

A photograph of a person wearing a light blue hijab and a light blue jacket, walking away from the camera through a series of large, ornate arches in a mosque. The arches are made of light-colored stone and feature intricate geometric patterns. The floor is a checkered tile pattern. The person is walking towards a dark, arched doorway at the end of the corridor. The lighting is warm and golden, suggesting late afternoon or early morning.

# AL-MEEZAN

A Bi-Annual Magazine for  
Nasirat & Atfal-Ul-Ahmadiyya Australia  
Volume 21 September 2021



## Abbreviations used in the magazine

Saw/PBUH: *sallallahho alaiih-e-wassallam* (Peace and Blessings of Allah be on him)

as: *alaiih-es-salaam* (Peace be on him/her)

ra: *rehmaullahota'ala* (May Allah the Almighty bestow His mercy on him)

ra: *razi Allah-o-ta'ala anho/anha* (May Allah be pleased with him/her)

aba: *ayadahullahho ta'ala bi nasrihil azeez* (May Allah as-sist him with His mighty help)

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## Write to Us

Send us your submissions which include but not limited to articles, quotes, recipes and jokes, etc. to [sabihaarshad@hotmail.com](mailto:sabihaarshad@hotmail.com) or your Majlis publications secretary along with your name, age, Majlis and a brief introduction (optional).

Adults are also encouraged to write bearing in mind that the magazine is for young minds, therefore language should be appropriate. Please reference your articles, especially Quranic verses and Ahadith. Your submissions should be set in Times New Roman and size 12. If you would like to include pictures along with your article, please send them as a separate attachment in your email and reference them if required. It is up to the discretion of the Publications team to include the submissions in the magazine.



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Project Heads:

*Mrs Abida Chaudhry*  
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*Mrs Sabiha Farooq*  
(National Publications Secretary)

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Cover Page: *Rabia Sharif*

Designing and Layout: *Maleeha Ahmed*

Graphics: *Freepik.com*

May Allah the Almighty bless them immensely for immensely for  
their efforts

# Editorial

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Dear Children,

AssalamoAlaikum Warahmatullah Wabarakatahu,

We hope and pray that as you read this magazine, you are in the best of spirits and health.

Take a moment to think how very blessed we are to be part of the Ahmadiyya Muslim Community in Islam. Firstly, Allah Almighty has given us the opportunity to recognise the truth. Secondly, we have a community, under the blessed guidance of Hadhrat Khalifatul Masih V<sup>(aba)</sup>, where we feel belonged. Hence, we should heed his advice and guidance, especially during these testing times. May the Almighty Allah continue to guide us on the right path. Ameen.

Wassalam,  
Sahar Bashir





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## The Holy Quran

"Say to the believing men that they restrain their eyes and guard their private parts. That is purer for them. Surely, Allah is well aware of what they do. And say to the believing women that they restrain their eyes and guard their private parts, and that they disclose not their natural and artificial beauty except that which is apparent thereof, and that they draw their head-coverings over their bosoms..."

*(Holy Quran with English Translation by Maulvi Sher Ali (ra), 24:31-32).*



## Ahadith: Saying of the Holy Prophet(saw)

Narrated by Abu Huraira, the Prophet<sup>(saw)</sup> said, "Faith (Belief) consists of more than sixty branches (i.e. parts). And Haya (This term "Haya" covers a large number of concepts which are to be taken together; amongst them are self respect, modesty, bashfulness, and scruple, etc.) is a part of faith."

*(Sahih Bukhari, Volume 1, Book 2, Number 8)*

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## Saying of the Promised Messiah(as)

The Book of God does not aim at keeping women in seclusion like prisoners. This is the concept of those who are not acquainted with the correct pattern of Islamic ways. The purpose of these regulations is to restrain men and women from letting their eyes to rove freely and from displaying their good looks and beauties, for therein lies the good both of men and of women. It should be remembered that to restrain one's looks and to direct them only towards observing that which is permissible is described in Arabic by the expression ghadde basar, which is the expression employed in the Holy Quran in this context.

*(The Philosophy of the Teachings of Islam, pp. 25)*

# Words of Wisdom from the Friday Sermon

*Extract from summary of Friday Sermon delivered by Hadhrat Khalifatul  
Masih V<sup>(aba)</sup> on the 13th of January 2017*





Huzoor<sup>(aba)</sup> said that if we have to stay on religion then we have to adapt religious teachings. If we proclaim that we are Muslim and we are firm on the religion then its restrictions are necessary. We must act upon the commandments of the Prophet Muhammad<sup>(saw)</sup> also. Promised Messiah<sup>(as)</sup> said that modesty is the part of faith. Huzoor<sup>(aba)</sup> said thus to save our faith veil and modest dress are necessary.

On the name of freedom and advancement if advanced countries have relinquished their modesty, the reason is that they have drifted away from the religion also. Thus, an Ahmadi girl who has accepted the Promised Messiah<sup>(as)</sup>, she has taken oath that she will give preference to the religion over the worldly affairs. An Ahmadi boy, an Ahmadi man, a woman and a girl who had accepted Promised Messiah<sup>(as)</sup>, they have taken oath that they will give preference to the religion above the worldly affairs. And it can happen only when they will act upon the commandments of the religion.

This is our good luck that Promised Messiah<sup>(as)</sup> has explained everything wide open. Hence, regarding the immodesty he said at one place, "that some people stress on the immodesty like Europe but it is not appropriate at all.

This immodesty of the women is the root cause of debauchery and immorality. The countries where this immodesty is accepted look at their moral condition? If due to their immodesty they have increased in their morality and chastity then we are wrong.

*(<https://www.alislam.org/friday-sermon/2017-01-13.html>)*



# Stories by Hadhrat Khalifatul Masih II<sup>(ra)</sup>

*Sana Ahmad, Majlis Castle Hill*

## **Dehli is still far away**

Kings do not matter to the ones who have found God. Prophets, though, are at quite a different level—even their servants and slaves achieve such a status that kings are rendered insignificant before them.

Nizamud-Din Auliya, a saint from Delhi, was the sage of many saints. Through him, enlightenment spread far and wide in India. A king of the Tughlaq Dynasty ruled India at that time. An action of Nizamud-Din Auliya annoyed the king. The king was about to embark on a journey. So he said that he would punish Nizamud-Din Auliya after he returned from his journey.

This news worried the followers of Nizamud-Din Auliya. Their worries increased as the king started his journey back to Delhi. They suggested that an effort for conciliation should be undertaken before the king arrives back. Nizamud-Din Auliya responded, “All is in the hands of God. I cannot do much. God will act as He wills.” When the king had proceeded further, the followers became even more alarmed. They told him again that now there is only a very short distance to cover. He replied, “Do not worry, Delhi is still far away.”

Finally, the king reached very close to Delhi. It has been a tradition of the Muslim kings not to enter the city at night. As a matter of fact, it was the tradition of the Revered Prophet, may peace and blessings of Allah be upon him, and the kings acted upon it. Therefore, as the king arrived near the city, he stayed outside the city, and an announcement was made that the king planned to enter the city the following day

The anxious followers again said that the king was about to enter the city. He responded again, “Delhi is still far away.”

As the daylight spread, his devout followers became extremely worried about the wrath of the king on arrival in the city. But instead the news came that the



king had suddenly died in some accident. So, the king's body entered the city in his place.

## Debate

Hazrat Hakim Maulana Nurud-Dinra used to say that he had a teacher named Maulawi Rahmatullah, who moved to Medina later in his life.

Maulawi Rahmatullah was very pious and eminently devout, but he did not have much knowledge about the religion of Christianity. Once, a debate was arranged between him and a Christian. His opponent was a clever and knowledgeable person while Maulawi Rahmatullah knew only the Qur'an and Hadith. Being wise and intelligent, he said, "If I present Qur'an and Hadith, my opponent will say, 'I do not believe in them.' My argument should be acceptable to my opponent too, but I am not aware of any such arguments."

Finally, he said, "Why should we seek help from people, instead let us pray as we do not have much of a choice but to pray to God." He then occupied himself in prayer. At about eleven in the night, someone knocked at his door. He opened the door. A man in a robe entered and said, "Tomorrow you are debating with that priest, I am also a priest, but, with regards to the unity of God, I consider you in the right. Therefore, I want you to note down some references because it is possible that you may not be aware of them." The mysterious priest dictated all the references to Maulawi Rahmatullah

When the debate took place the next day, the opposing priest was amazed by what was taking place in the debate; Maulawi Rahmatullah who did not know any references, was citing Greek books at some place and Hebrew books at another, and he was also presenting English extracts. He was citing the unity of God from the Bible.

In short, Maulawi Rahmatullah debated excellently and the opposing priest was defeated squarely. The stranger showed up in the same manner every night, dictated the citations, and in the morning, Maulawi Rahmatullah presented them forcefully.

*(Points to Ponder (2011), pp.6-7)*

## Importance of Purdah

*Zoha Talpur, Majlis Melbourne West*

Purdah is an Arabic word meaning barrier or partition. In Islam however, purdah is more than a barrier, it is a principle of modesty. The word is a symbol of honour, respect and dignity. It allows women to be judged by their inner beauty rather than physical beauty, as they have more control over their actions and personality. Purdah, however, is not for only women but is addressed towards wider society for the purpose of purifying humanity. To understand the importance of purdah and modesty, we must understand the two stages of purdah; the first being purdah of the eyes and the second being of the dress.

It has been narrated by one of the companions that the Holy Prophet<sup>(saw)</sup> once stated:

“The glance is a poisoned arrow of Satan. Whoever lowers his gaze for Allah, He will bestow upon him a refreshing sweetness, which he will find in his heart on the day he meets Him.”

This Hadith shows the emphasis for the believers, both men and women, to lower their gaze for the opposite gender. In the Holy Quran Allah the Almighty has stated:

“O Prophet! Tell the believing men to lower their gaze and guard their chastity. That is purer for them. Surely Allah is All-Aware of what they do.” (25:30)

Both the Quranic verse and Hadith further deepen the understanding that if purdah of the eyes is not sustained,



however small a glance may be, it is indeed the work of Satan and is haram as evident through various other Hadith and verses of the Quran. As William Shakespeare once said, 'The eyes are windows to the soul.' They reveal what your words and actions do not, they reveal your uttermost feelings and allows one to give into any temptations. Lowering your gaze allows one to avoid these temptations and therefore the importance of purdah of the eyes is reinforced.

The second stage of purdah is the purdah of the dress. There are many benefits of this stage of purdah for women mainly being protection from harm and evils, being hidden from society's expectations of beauty as well as allowing muslim women to show their dedication to Allah through purdah.

In the Holy Quran, Allah states:

"O Prophet, tell your wives and your daughters and the women of the believers to bring down over themselves [part] of their outer garments. That is more suitable that they will be known and not be abused. And ever is Allah Forgiving and Merciful." (Surah Al- Ahzab 33:60)

In the Quranic verse mentioned above Allah the Almighty makes it clear that the purpose of purdah is to protect women from evils in society and harm. This particularly includes various forms of abuse and harassment, which are common in societies in which few women cover. Purdah, on the contrary, allows women to be protected from the evils in society. In this verse it is clear that the true purpose of purdah is for the own benefit of those who chose to wear it. Purdah allows women to be recognised and respected, not just because of their beauty which reinforces its importance.

When a Muslim woman does purdah she is obeying and submitting to Allah. Even though there are many benefits of purdah, it is first and foremost a commandment from Allah therefore wearing it is an act of obedience and faith to Allah the Almighty. In the modern westernised society, purdah is seen to be a sign of backwardness and oppression. It is viewed as something of only cultural and traditional value and that it is not of any religious significance. Allah, the All-Wise, knows what is best for us, and has therefore provided guidance in order to benefit humankind. Purdah, just like any other act of obedience to Allah, brings one closer to Him and helps bring a sense of satisfaction and contentment to the person wearing it. Purdah in no way is a sign of backwardness as stated by Nobel Peace Prize winner, Tawakkul Karman, "Man in early times was almost naked, and as his intellect evolved he started wearing clothes. What I am today and what I'm wearing represents the highest level of thought and civilization that man has achieved, and is not regressive. It's the removal of clothes again that is a regression back to the ancient times."

Purdah also allows women to remain hidden and not have to live up to society's expectations of beauty. The world has a very clear idea of what is desirable. One who chooses to wear purdah no longer has to use her beauty to obtain recognition, respect and acceptance from those around her. A woman who wears purdah liberates herself from the vain and selfish desire to show off her beauty and to compete with other women around her. Purdah allows woman to receive respect without using her beauty and the unreal beauty expectations that surround the world today. Islam teaches that a woman is to be respected according to her virtuous character and actions rather than by her looks or physical features, of which she has little or no control. She does not have



to use her body and charms to gain recognition or acceptance in society, as purdah directs self-worth away from appearance and onto qualities such as piety, virtue, modesty and intellect – attributes which are more equally accessible to all.

Purdah is not only a part of Islam but is also apparent in the bible however some people chose to dismiss the verses of the bible that state so. In the bible, Allah has stated,

“And every woman who prays or prophesies with her head uncovered dishonours her head.” (1 Corinthians 11:3-6)

“I also want women to dress modestly, with decency and propriety, not with braided hair or gold or pearls or expensive clothes, but with good deeds, appropriate for women who profess to worship God.” (1 Timothy 2:9-10)

These verses from the bible are evidence that purdah is also apparent amongst other religions as well, and is not only relevant to Islam but is a commandment from Allah to all of humanity.

Therefore, it is evident through all the verses and Hadith provided that purdah is a very important part of our modern society. Purdah constantly demonstrates the benefits of both stages; of the dress and of the eyes, as it continues to protect women from society's evils and harm, allows them to avoid having to live up to unrealistic expectations of beauty and most importantly allows them to show their obedience to Allah. Purdah gives women the ability to be judged and recognised not through their beauty, but through their personality which gives women the respect that they are deprived of in today's day and age.

# Congregational Prayers and COVID-19

*Hazrat Mirza Masroor Ahmad, Meeting with Atfal-ul-Ahmadiyya Australia, 10th October 2020*

“Currently those Muslims who are praying at home due to the COVID-19 restrictions are doing so out of necessity and Allah the Almighty knows their true intentions. He is the Merciful. If a Muslim purposely avoids going to the Mosque in normal circumstances to worship, it is wrong. However, where the conditions do not permit it then Allah will grant His rewards according to people’s intentions. This is why the Holy Prophet (peace and blessings be upon him) has said that ‘Verily deeds are judged by the intentions.’ If a person has pure intentions they will be rewarded for it. On the other hand, if they have impure intentions then they will be the recipients of His Displeasure. For example, some people make charitable donations but their objectives are not sincere and that is wrong and disliked by Allah the Almighty.”

# Cure through Medicine

*Abeera Khan, Majlis Penrith*

One day a small boy saw his dad lying on the sofa.

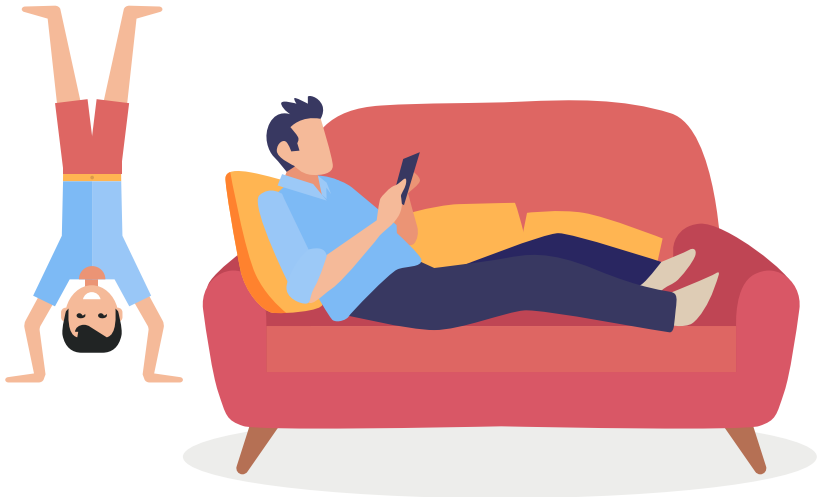
Boy: Dad, are you alright?

Father: I've pain in my stomach so I've taken medicine for it. I'm lying down so the medicine stays in my tummy and helps me feel better soon.

Next day, the father saw his son hanging upside down from a tree

Father: what are you doing, son?

Boy: Dad, I've taken medicine for my headache, I'm hanging upside down so the medicine stays in my head and helps me feel better soon.



# FACTS TO KNOW

*Munazzah Noor, Majlis Langwarrin*

Which country is called the land of the rising sun?

***Japan***

Which is the tallest mountain in the world?

***Mount Everest***

Which is the fastest animal on the land?

***Cheetah***

Which continent is known as 'Dark' continent?

***Africa***

Who is the inventor of electricity?

***Benjamin Franklin***

Which is the largest animal in the world?

***Blue whale***

Which planet is known as the Red Planet?

***Mars***

Which is the tallest animal on the earth?

***Giraffe***

Which is the most sensitive organ in our body?

*Skin*



What is the most spoken first language in the world?

*Mandarin (Chinese)*

Which is the largest 'Democracy' in the world?

*India*



Who is the inventor of Television?

*John Logie Baird*

Which is the largest ocean in the world?

*Pacific Ocean*

Which is the largest plateau in the world?

*Tibetan Plateau*

Which is the instrument used to measure Blood pressure?

*Sphygmomanometer*

Which day is observed as World Environment Day?

*June 5*

How many years are there in a century?

*One Hundred*



# Why Respect of Parents is Important

*Zunairah Jameel, Majlis Marsden Park*



No one in the world has come without parents. If Allah gives us life, then our parents become the source of life. Therefore, seeing how important our parents are, we should respect them and show our care for them. This is taught by God, His Prophets, His Books and our Beloved Huzoor (aba).

Since our childhood, parents look after us, feed us, protect us and work hard to give us the best in life. They teach us to walk, eat, sleep and talk. They give up their time, sleep, friends, and enjoyment just to raise us. So how do we treat someone who has done so much for us?

We should pray for our parents as taught in the Holy Quran [17:25]. We should understand how to be thankful to them. We should talk to them in a nice manner, love them, spend time with them and be obedient. All these things actually mean respect. When they say to stop watching cartoons or to read the Quran, it does not mean that they do not like us to have fun. It actually means they want the best for you, so listen to them and don't answer back.

I always think about those children who do not have parents and I feel sorry for them, so I am very happy and thank Allah for giving me caring parents. We should be proud of them even when we are frustrated. I hope I can do all this. Ameen.

# Seeking Good Friends


*Hazrat Mirza Masroor Ahmad, Meeting with Atfal-ul-Ahmadiyya Australia, 10th October 2020*

“Seek friendships with those people who are faithful to you, who are sincere and who hold sympathy for others in their hearts and are of good character. True friends are those who do not deceive you or lie to you no matter what the circumstances. As you are all young students, try to be friends with people who take their studies seriously. Further, as Ahmadi Muslims, you should cultivate friendships with people who believe in the existence of God Almighty.”



## Tulip Origami for Healthcare workers

*Aneesa Hakim, Perth*



In 2020, one of the activities for Nasirat was to make gifts for healthcare workers. I followed a YouTube channel on how to make Tulip Origami. I departments in a hospital. So, I wrote messages of thanks inside the petal of the Tulips.

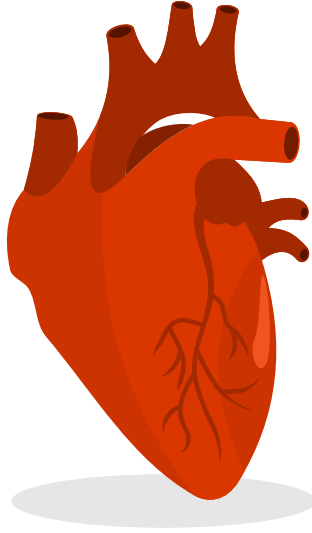
Some messages I wrote were:

- Thank you to Cleaners and Patient Service assistants for keeping the hospital clean and safe
- Thank you to Doctors for treating patients and trying to help people to not get COVID.
- Thank you to Paramedics for driving the sick people to the hospital
  - Thank you to Nurses for helping the patients
  - Thank you to Surgeons for doing surgery

I really enjoyed making the Origami and have discovered my new hobby!  
Thank you to the National Nasirat team in providing this activity!

# Human Cardiovascular System

*Aiza Bajwa, Majlis Berwick*



Another name for the Cardiovascular System is the Circulatory System. The Cardiovascular System delivers nutrients and oxygen to all cells in the body. It consists of the heart and the blood vessels running through the entire body and the arteries carry blood away from the heart the veins carry it back to the heart.

The heart is the key organ in the circulatory system. With each heartbeat the heart sends blood throughout our bodies, carrying oxygen to every cell. After delivering the oxygen, the blood returns to the heart. The heart then sends the blood to the lungs to pick up more oxygen. The cardiovascular system delivers oxygen, nutrients, hormones, and other important substances to cells and organs in the body.

Activities like walking, jogging, running, cycling, swimming, rowing, stair climbing, hiking and cross country skiing are pure aerobic activities. Sports such as soccer, basketball, squash and tennis may also improve your cardiovascular fitness.

# Just for Laughs!

Taha Zahid



What do you call a bear without teeth

*GUMMY BEAR!*

What walks on 4 legs when baby, 2 when adult and child, and 3 when old?

*Us; human beings.*

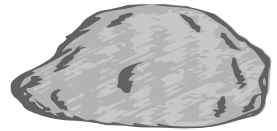


What five letter word becomes shorter when you add two letters to it?

**SHORT.**

What did the rock eater do when he saw a rock?

*Eat it obviously!*



What is a ninja's favorite drink?

*Kara tea!*



# INSPIRATIONAL QUOTES

Mona Luqman, Majlis Blacktown

"All our dreams can come true, if we have the courage to pursue them."

- Walt Disney

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

- Anne Frank

"The more that you read, the more things you will know. The more that you learn, the more places you'll go!"

- Dr. Seuss

"I'd rather be a failure in something I love than be successful in something I hate."

- George Burns

# The Perfect Role Model

*Hazrat Mirza Masroor Ahmad, Meeting with Atfal-ul-Ahmadiyya Australia, 10th October 2020*

“Allah the Almighty has deemed the Holy Prophet Muhammad (peace and blessings be upon him) to be the perfect role model and example for all of humanity and so true love for him requires us to love every aspect of his being and every feature of his noble character. Thus, when reflecting upon the Holy Prophet (peace and blessings be upon him), who was the perfect example for humanity, rather than focusing on one attribute or quality, it is imperative that we love each and every action and characteristic of his and seek to follow it in our own lives to the best of our abilities. If a person is able to live their lives in this manner, then he or she will certainly be a good Muslim.”

# The Best Muslim and Caller to God

*Absaar Khalid, Majlis Berwick*



Hadhrat Abu Bakr (ra) was well-known, honoured and respected among the Quraish due to his noble qualities his righteousness, wisdom, wealth and helpfulness.

As soon as he accepted Islam, Hadhrat Abu Bakr (ra) surrendered his entire life and wealth in service of Islam and the Holy Prophet (saw). The news of his acceptance of Islam spread quickly and came as a huge shock to the chiefs of the Quraish. Hadhrat Abu Bakr(ra) began to preach Islam to the people of Quraish.

Due to his efforts some members of the well-known Makkan families accepted Islam, such as, Hadhrat Uthman bin Affan(ra), who became the third Khalifah of the Holy Prophet(saw); Hadhrat Abdur-Rahman bin Auf(ra) and Hadhrat Abu Ubaidah bin Abdullah bin Al-Jarrah(ra). The following companions had the added honour of being quite young when they accepted Islam: Hadhrat Sa'd bin Abi Waqas (ra), who was nineteen years old and in the prime of his youth when he became a Muslim; Hadhrat Zubair bun Al-Awwam (ra), a cousin of the Holy Prophet(saw), was only fifteen years old when he accepted Islam; and Hadhrat Talhah bin 'Ubaidullah (ra), who was quite young.

All of these six individuals are considered amongst the greatest of the companions, as well as the closest companions and advisors of the Holy Prophet (saw). In addition to these, there was Hadhrat Khalid bin Sa'id (ra) and also Hadhrat Uthman bin Mazun (ra), who was from the Banu Jamh. He was a man of such pious and simple habits that he even asked to become a hermit but the Holy Prophet (saw) refused as it is not permitted in Islam to ignore the rights of one's fellow human beings in order to worship God.

# My Trip to Makkah and Medina

*Fatima Usman, Majlis Berwick*

## On the Plane

When my summer holidays started in December 2019, My mother told me that we are going to perform umrah. Since my childhood, my mother always told me about who we are as Muslims, what is Islam and from where did it emerge. As I became a nasira, I had the chance to read about early Islamic history and Life of Holy Prophet Hazrat Muhammad<sup>(saw)</sup>. My parents always had prayed for an opportunity to visit Makkah and Medinah and perform Umrah.

Finally, the day arrived. I was so excited and my heart pounded.

I Was Going to Saudi Arabia! YAY!

Our stopover was at Dubai where our whole family got ready for umrah. My father and brothers put on Ihram (two pure white plain pieces of cloth to be worn by men only). My mother and I also changed clothes. I changed my scarf with a new one that was a Tabaruk from Beloved Huzoor His Holiness Hazrat Mirza Masroor Ahmad<sup>(aba)</sup>. We offered 2 nafal at Dubai International Airport and niyat for umrah. I was really excited.

## Hotel Room

Our plane landed at Jeddah International airport, which is a very busy airport, roughly after 3 hours. I could see many people with ihram ready for Umrah.

We took a taxi for Makkah from airport. Makkah looked very busy. It was mix of quite old buildings and



many new modern hotel buildings close to Kaaba. There were many buses around filled with people from different nationalities. After almost an hour, we reached Makkah. I checked the time and it was around 12 am. Our hotel was just in front of Masjid Al Haram and 5-minutes to Kaaba.

## Umrah

Although, I was too tired, I was excited to be here at Makkah, the most sacred place in Islam and specially the birth city of Holy Prophet<sup>(saw)</sup>. We start our Umrah by performing Tawaf (seven circuits around Kaaba). My mum was guiding us as she had done Umrah more than 50 times since her childhood.

When we went around the Kaaba, it was very crowded and people pushing and shoving. I also got pushed and shoved a few times.



One thing stood out to me was that the Meccans were wearing coats and jackets as it seemed winter season in Arabia.

Then, we did the Saai (seven circuits between Safa and Marwa). It's the place where Bibi Hajra, wife of Hazrat Ibrahim<sup>(as)</sup>, ran in between those mountains looking for water for her son Hazrat Ismail<sup>(sa)</sup> who was a baby. She ran 7 times between these mountains looking for water for her baby in the scorching heat of desert, while her husband was away obeying Allah's command. As Hazrat Ismail<sup>(as)</sup> cried and rubbed his feet on the mountain, water came out.

The most we had to walk was at Safa and Marwa. My brothers and I were so tired that we couldn't walk. Then was the last ritual of Umrah to cut your hair. It is necessary for men to shave or trim at least one quarter of the hair on your head after performing the rites of a pilgrimage.

Alhamdulillah, our umrah was done. I felt so relieved. My first Umrah was complete!



**continued..**

*Fatima Usman, Majlis Berwick*

Next day we performed another Umrah, visited few shops and went to Cave Hira. It is 3 km from Makkah and where the Prophet Muhammad<sup>(saw)</sup> received his revelations from Allah through the angel Gabriel.

Today was the last day at Mecca. My dad and Mum did tawaf while we read Quran or slept. My dad tried to touch the black stone and he succeeded.

### **Last Day**

After spending four spiritual days in Makkah, we leave for Medina. We booked a cab and started our journey. Madinah is roughly 450 km away from Makkah. The whole way was desert and mountains. After 4 hours travelling in car, I looked outside and saw few palm trees. It was a sign that medina is nearer.

Medina, is considered to be the second-holiest city after Makkah. The Masjid al-Nabawi ('Prophet's Mosque'), built by Hadhrat Muhammad (saw) in 622 CE, is of exceptional importance in Islam and is the site of burial of the last Islamic prophet. The original name of the city before the advent of Islam was Yathrib and it is referred to by the same name in the Qur'an in Chapter 33, al-Ahzab (The Confederates).



### **Welcome to Medina**

Medina was a modern city as compared to Makkah. It was quite calm too. Our hotel was close to one of the gates of Masjid Nabawi.

We offered prayer at Holy prophet's Mosque and then my father hired a guide for sightseeing Medina.

Medina is home to several notable sites and landmarks, most of which are mosques and hold historic significance. These include: the Masjid Nabawi, as mentioned before; Masjid al-Fath, also known as Masjid al-Khandaq; Masjid Quba; Masjid al-Qiblatayn, mosque of the two qiblas where Holy Prophet (saw) received the command to change Qibla (direction of prayer) from Jerusalem to Makkah; Baqi' Cemetery, where the graves of many famous Islamic figures are presumed to be located; and, the Uhud mountain, site of the eponymous Battle of Uhud.

The Masjid al-Qiblatayn is one of the few mosques in the world to have contained two mihrabs (niches indicating the qibla) in different directions.

We also visited the Garden of Hazrat Usman<sup>(ra)</sup> bought dates from the Garden shop.

We returned to the hotel late night and after some rest, my mother went to visit the Roza-e-Rasool<sup>(saw)</sup>, the final resting place for Hadhrat Muhammad<sup>(saw)</sup>. It has separate timings for men and women; and yet, it was very crowded. My mother returned after 6 hours, tired but glowing, as if she had the most precious thing in the world. At the time of Fajr, my father went to Roza-e-Rasool, as this time was specified for men.



The next day, before we left, I bought few gifts from Medina for my family.

Although it was a tiring journey, but I am lucky enough to visit these holy places of Islam. I am thankful to my parents who took us to this spiritual journey. I saw many historical places about which I have read in books only.

May Allah accept our Umrah and call us so we can visit Holy Kaaba again. Ameen.

# Did You Know..?

*Maria Ahmad, Majlis Berwick*

First Quranic revelation was Surah Al-‘Alaq, verses 2-5.

Last Quranic revelation was Surah Al-Baqarah, verse 282, or Surah Al- Mai’dah verse 4.

The total number of letters in the Holy Quran are 323,760.

The total number of words in the Holy Quran are 86,430.

The total Chapters in the Holy Quran are 114.

The total parts in the Holy Quran are 30.

The number of Ruku’ in the Holy Quran are 540.

The number of places of Sajdah Tilawat (prostration during recitation) are 15.

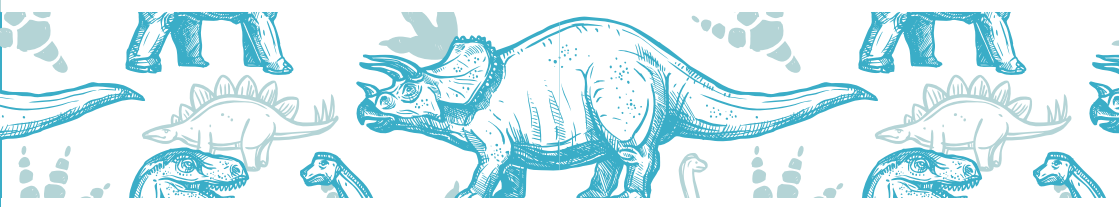






# Dinosaurs

Waleed Ahmad, Majlis Berwick



'Dinosaur' is from the Greek language meaning 'terrible lizard'. They walked on the earth for over 165 million years, while humans have only been on earth for 200 thousand years! The biggest dinosaurs were over 100 feet long and over 50 feet tall, while the smallest were the size of chickens! Some dinosaurs were carnivores (meat eaters) while others were herbivores (plant eaters). Many had feathers, horns, dangerous tails and spikes! Scientists believe that small birds, such as chickens and crows, are the closest living relatives of dinosaurs. In fact, chicken is thought to be a descendant of the T-Rex!

# RIDDLES

*Romina Tanveer, Majlis Campbelltown*

**What's easier to give than  
receive?**

**Criticism**

**What kind of dress can  
never be worn?**

**Address**

**What kind of cup can't  
hold water?**

**A cupcake**

**What breaks when you say it?**

**Silence**



**What goes all around the world  
but doesn't move?**

**The highway**

**What belongs to you but is used  
more by other people?**

**Your name**

**What word is always  
spelt incorrectly?**

**Incorrectly**

**What can you give away but  
also keep?**

**A cold**

# Pineapple Dessert

*Mona Luqman, Majlis Blacktown*

## INGREDIENTS

1 pack Marie biscuits	500g thickend cream
1 pack pineapple jelly	500g can pineapple chunks (drained)
3-4tbsp melted butter	1 can condensed milk

## METHOD

1. Crush biscuits and mix it with the melted butter and firmly press into a serving dish to make a base.
2. Whip the cream and then, mix condensed milk, pineapple chunks (drain all the juice before adding them into cream and reserve some chunks for top decorations) and pour on to the biscuit base. this is the second layer.
3. Now, decorate with jelly and pineapple pieces and sprinkle some crushed biscuits.



# Jam Cookies

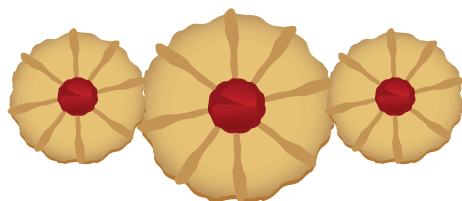
*Aneesa Hakim, Perth*

## I N G R E D I E N T S

200g Butter (unsalted, softened )	1 Medium-sized egg
200g Caster sugar	1 tsp Vanilla extract
320g Plain white flour	½ tsp Baking powder
50g any jam as you like	½ tsp Salt

## M E T H O D

1. Pre-heat the oven to 180°C (fan 160°C/gas mark 4). Line 2 large baking trays with non-stick baking parchment.
2. Beat together the softened butter, sugar and vanilla until pale and fluffy.
3. Add in the beaten egg and mix until combined before adding the flour, baking powder and salt. Mix together until a soft dough is formed.
4. Roll the dough into small balls (approx. 3cm diameter) and place onto the baking trays, leaving a gap for the biscuits to spread in the oven. Gently press the centre of each biscuit with your thumb to create a hollow in the centre.
5. Add approximately ½ tsp of jam to the centre of each biscuit or until the hollow is filled.
6. Bake in the oven for 12-15 minutes until very lightly coloured. Leave to cool before moving to a wire rack.



# My Life During Quarantine

I write this to tell you how my life was during quarantine during which we also celebrated Eid.

Alhamdulillah, we had the opportunity to enjoy Ramadan with Allah's blessings and keep our fasts during this lockdown and also, offer congregational prayers daily. I was really grateful that we still had the opportunity to celebrate Ramadan even though it was not as normal.

Due to this coronavirus we had to pay attention to the restrictions addressed by the government and stay home. We could not offer Eid prayers together or visit each other in jama'at. This was a new experience for me and I felt really sad about it. However, we could still recite prayers within our home and enjoy the Eid.

During the lockdown, schools had to move to online learning, also known as remote learning. It was a big step and BIG change for me, as I had never done this before in my life.

When we started our studies online, spending long periods of time on our devices gave me pain in my eyes. I started to dislike it and wanted to go back to school. Over at school, we were able to talk to teachers and students. These direct interactions gave us a better understanding of what we are learning.

It was really hard but, soon I started to see some upshots of my new routines. I could wake up early and do Tahajjud prayer, then, follow with Fajr prayer and also, recite the Quran. Then, I could have a power nap, as I knew I did not have to get dressed for school and not even worry about getting late!

Also, during this lockdown, I had a chance to finish many of the jama'at activities such as completing my taleemi syllabus and art and crafts. I worked on the Qaseeda couplets and the Ayesha Saddiqah award. Hence, throughout the lockdown, I had more time to work on my religious studies.

May Allah help us throughout these tough times and keep everyone safe during this pandemic. Inshallah. Ameen.

Yashfa Fayyaz, Majlis Berwick



## Academic Achievements

*Please remember the following children in your prayers. May Allah the Almighty grant them more successes in life and hereafter. May they be the shining stars of our community, and be the light that benefits the community and country at large. Ameen.*



Fareeha Anjum, d/o Naila Anjum, received Academic Excellence Award in year 6 and also, an award for Debating and Public Speaking. She was also the School Girls Captain 2020 and her name is now etched on the School History Board.

Sunaina Rana, d/o Amtul Raqeeb Rana, received DUX award and also, received an Academic Excellence Award.



Amtul bari, d/o Quratul Ain, received an Academic Excellence Award and also, an award for sports activities.

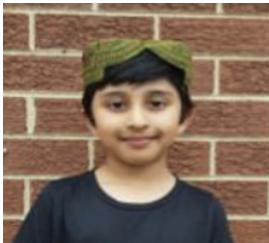




## Religious Achievements

*Please pray for the following children, in recognition of their religious achievements. May Allah the Almighty bless the following children with the successes of this world and the hereafter. Ameen.*

Master Rayn Mubarik, son of Mawra Mubarik completed his first reading of the Holy Quran. May he stay connected to the book of Allah the Almighty, read it daily, understand it properly, act upon it consciously and teach it to others humbly. Ameen!



Nadi Ahmad, son of Ahmed Munir and Amna Ahmed, finished his first reading of the Holy Quran at the age of 5. Please remember him in your prayers. May he continue to seek wisdom and faith in his daily life from the eternal words of the Holy Quran. Ameen.

Hajrah Khalid, daughter of Khalid Shareef Ghalib, finished her first reading of the Holy Quran at the age of 6 years and 10 months. May she continue to seek the eternal treasures of Allah for this world and hereafter from the words of the Holy Quran. Ameen.





I am Abeera Khan, daughter of Sidra-Tul-Muntaha Khan and Ziaullah Khan. I am in year 1 and live in Penrith. Friday, 25 September 2020 was a very joyous occasion for me and my family as it is my very first significant spiritual accomplishment that I've by Allah Almighty's Grace, completed the first recitation of Holy Quran at the age of 6 years, Alhumdolillah. I started learning the Holy Quran at the age of 4 with the help of my Mum. I remember when I had to repeat the Yassarnal Quran twice so I would be able to memorise its rules by heart and that really helped me.

Every day I would aim to recite at least 2 Rukus. One day during Ramadhan, I even recited 10 Rukus, Alhumdolillah. Now, I've started to recite Holy Quran once again from the very beginning and my goal is to recite at least one Ruku after offering Fajar before heading to school, InshAllah.

