

AL-MEEZAN

A Bi-Annual Magazine for
Nasirat & Attal-ul-Ahmadiyya Australia

Volume 22 April 2022



Abbreviations used in the magazine

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

as: alaih-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)

Write to Us

Send us your submissions which include but not limited to articles, quotes, recipes and jokes, etc. to 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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May Allah the Almighty bless them immensely for immensely for
their efforts

Editorial



Dear children,

Assalamoalaikum warahmatullah wabarakatahu,

With the Grace of Allah the Almighty, we hope and pray that you are well and may Allah the Almighty always keep you in His Protection and Grace.

Allah the Almighty is also given the attribute of Al-Wali, The Friend, and we seek Him through our prayers. If we attain Him, we have solace in His friendship and only to Him, we can truly ask for help and pray to.

Allah's prophets have always done so and yet, they were also blessed with true companions and friends. We see it in the times of both Prophet Muhammad (peace and blessings of Allah be upon him) and Promised Messiah (peace be upon him), friends like Hadhrat Abu Bakr and Maulvi Noor Uddin (may Allah be pleased with them). It is also narrated that Prophet Muhammad (peace and blessings of Allah be upon him) that whosoever calls Hadhrat Ali (may Allah be pleased with him) as a friend can count on Prophet Muhammad (peace and blessings of Allah be upon him) as a friend.

Thus, having friendship and companionship is not only a natural but is truly held with esteem in Islam. May Allah enable us to follow the right path. Ameen.

Wassalam,
Sahar



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The Holy Quran

"The true kingdom shall that day belong to the Gracious God; and it shall be a hard day for the disbelievers. Remember the day when the wrongdoer will bite his hands; he will say, 'O, would that I had taken the same way with the Messenger! 'Ah woe is me! Would that I had never taken such a one for a friend! 'He led me astray from the Reminder after it had come to me.' And Satan is man's great deserter."

[Holy Quran Translation by Maulawi Sher Ali (RA), 25:27-30]

Ahadith: Saying of the Holy Prophet(saw)

Abu Bakrah (May Allah be pleased with him) reported:

Mention of a man was made to the Prophet (Peace and Blessings of Allah be upon him) and someone praised him whereupon he (Peace and Blessings of Allah be upon him) said, "Woe be to you! You have broken the neck of your friend!" He repeated this several times and added, "If one of you has to praise his friend at all, he should say: 'I reckon him to be such and such and Allah knows him well', if you think him to be so-and-so, you will be accountable to Allah because no one can testify the purity of others against Allah."

[Riyad as-Salihin 1789].

Saying of the Promised Messiah(as)

Two friends can continue their friendship only if at times each of them does what the other says and at times each of them agrees to what the other does (i.e. at times "A" agrees to what "B" says and at times "B". agrees to what "A" says). If one of them always insists on the other doing whatever he says, the friendship will not last long. Same should be the case with God and the man. At times, God listens to what the man says and blesses him with His Grace and at times the man accepts patiently whatever God had destined for him. The fact is that this really and truly belongs to God that He may try the man-and the trials that come from God are all for the good of man. This is the Law promulgated by God, that the good results of a test make the man deserving of the Grace of God.

[Malfoozat Vol. 1, p. 311, referenced from: So Said the Promised Messiah (as)]

Words of Wisdom from the Friday Sermon

(Extract taken from Friday Sermon summary delivered on the 17th of August 2007 from alislam.org)



In the Holy Quran (2:258), God promises that when the believers take God as their friend, then their every effort in strengthening of faith will cause their spiritual and physical needs to be fulfilled. We see around us that those who indulge in their worldly desires never find any contentment and satisfaction because these desires are never-ending. But those who strive to progress in faith gain spiritual contentment and the world comes to them as well.

Huzoor reminded us that even the efforts that we make in gaining nearness to God are a favor bestowed by God Himself. The Promised Messiah explains that one must fulfill the obligation of his every effort in a befitting manner. If water can be obtained at 20 feet, he must not tire of his efforts at 2 feet and abandon his struggle. The main point is never to give up.

Huzoor reminded us that God has promised to those who do not give up their great effort and those who continue in their struggle to purify themselves that they shall be granted spiritual and worldly gains and when they die, they shall attain eternal Paradise. We are witnessing the fulfillment of this promise for the past one hundred years in the lives of countless Ahmadi Muslims who live a life of peace and contentment as compared to non-Ahmadi. Huzoor also mentioned an observation made by a Shia friend of an Ahmadi Muslim residing in USA who happened to listen to Huzoor's speech during the recent Jalsa Salana held in UK, who said that the reason why Ahmadiyya Jamaat is progressing is because they are united under one Imam, the Khalifa.

Huzoor recited the verses of the Holy Quran (47:12 and 30:48) where Allah has promised succor to Believers and disappointment to non-believers. Huzoor said that we have never seen any Prophet or his followers meet with failure. They are faced with temporary trials but the end result is always success because God is with them. This was so before the times of the Holy Prophet (saw), during his time and the same tradition shall remain in place for all times to come after him. Allah, Who is the Lord of the worlds, listens to the supplications of His man. Fortunate are those who strive towards Him and gain His nearness.

Huzoor reminded all the Ahmadi Muslims once again who have pledged their allegiance to the Promised Messiah that first, merely their pledge is not sufficient. After making this pledge, one must strive to safeguard and nurture this seed of faith, provide spiritual food and weed the soil and protect it from all harm and make the tree that springs forth a fruit-bearing tree. The Promised Messiah has said that one who possesses a single goodness is not entitled to be called a righteous person; only the one who possesses all good values is a righteous person. Second, we should always remember that Allah has made a promise to the Believers that He shall be their Protector and has guaranteed them victory over non-believers.

(<https://www.alislam.org/archives/2007/summary/FSS20070817-EN.html>)

Good Friends Are Good For Your Health

Rahat Ahmad, Majlis Adelaide South

Friendship can have a major impact on your health and wellbeing, but it is not always easy to build or maintain friendships. Understanding the importance of friendships in your life and what you can do to develop and nurture friendships is important.

Good Friends are Good for your Health. Friends can help you celebrate good times and provide support during bad times. They prevent loneliness and give you a chance to offer needed companionship. Friends also increase your sense of belonging and purpose, improve your self-confidence and self-worth, help cope with trauma, serious illness, job loss, or the death of a loved one and encourage you to change or avoid unhealthy lifestyle habits (e.g. lack of exercise).

Spending time with friends can also help reduce stress. According to Harvard Medical School (2016), social connections help relieve levels of stress, which can harm the heart's arteries, gut function, insulin regulation, and the immune system. Friends also help cope with stressful situations, as one small study (2018) found that when children spend time with their friends during stressful times, they produce less cortisol, a hormone released when the body is under stress.

Friends also play a significant role in promoting overall health. People with strong social support have a reduced risk of many significant health problems, including depression, high blood pressure, and an unhealthy body mass index. Studies (2020) have shown that people with a rich social life are likely to live longer than their peers with fewer connections. Everyone has self-doubts and insecurities, but having friends who support you plays a big role in building your self-esteem, self-appreciation and love. Supportive friends help you feel more confident by offering praise and reassurance when you are feeling unsure. They will shine a light on just how amazing you are and how much you have to offer.

Friends can be a positive influence, if they are generous with their time, help others, are ambitious, or family-oriented, as you are more likely to develop

those values yourself. Great friends have the power to mold you into the best version of yourself. They see you and love you for who you truly are. They encourage you to push yourself to do better and be the person you want to be.

Developing and maintaining good friendships takes effort. Many people find it hard to develop new friendships or keep up existing friendships. Friendships may take a back seat to other priorities, such as work or caring for aging parents. You and your friends may have grown apart due to changes in your lives or interests, or maybe you have moved to a new community and have not yet found a way to meet people. The enjoyment and comfort friendship can provide, however, makes the investment worthwhile.

Quality counts more than quantity. While it's good to cultivate a diverse network of friends and acquaintances, you also want to nurture a few truly close friends who will be there for you through thick and thin.

Friendship is a crucial part of our lives. Friends help with so much such as your physical health, healthy behaviors, emotional support, building your confidence, helping with stress, and pushing you to be your better self. All these aspects show the importance of friendship and most importantly friendships that positively influence you.

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Cleanliness In Faith

Jaziba Ahmed, Majlis Langwarrin Group 3

Cleanliness is half of faith and cleanliness is next to God. This is shown by: firstly, through the hadith, "cleanliness is a part of faith". Secondly, Allah loves those who keep themselves clean. Lastly, the Promised Messiah (Peace be upon him) says physical cleanliness assists and aids in having inner purity.

Firstly, we see cleanliness in the hadith, Cleanliness is a part of faith. This tells us the importance of cleaning to stay healthy because our Prophet Muhammad used to say this in his Sunnah.

Secondly, Allah loves those who keep themselves clean. We can see this in the holy Quran verse 223, chapter 2: Allah loves those who turn to Him and those who keep themselves clean. This tells us that Allah Himself has told us about how cleanliness is important to stay healthy physically and spiritually.

Lastly, the Promised Messiah (Peace be upon him) says physical cleanliness assists and aids in having inner purity in Tafsir, Hazrat Masih-e-Maud.

In conclusion, cleanliness is important to stay healthy. This is shown in the essay.

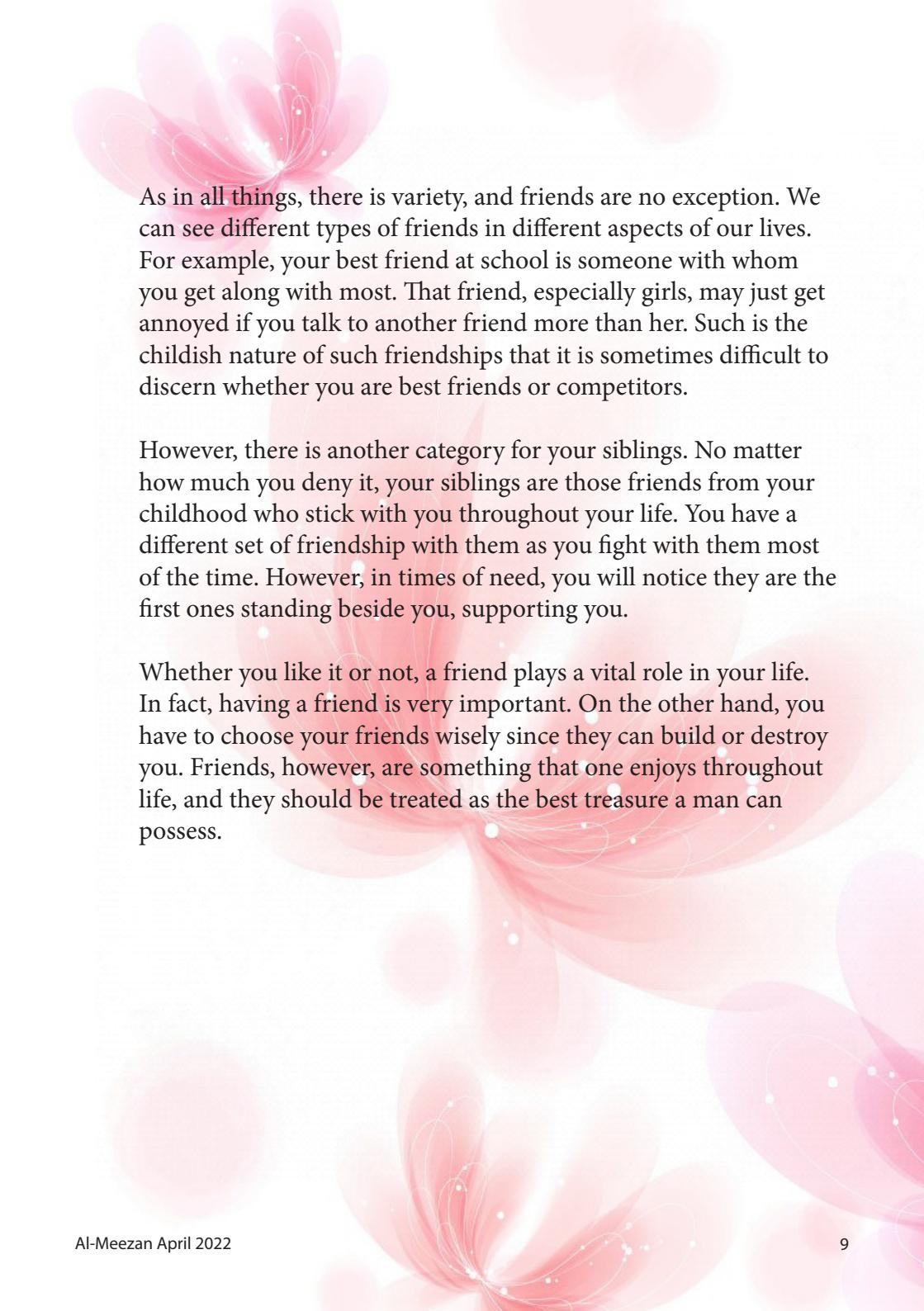
Friendship

Atia tul Subuh, Majlis Adelaide West

The idea of friendship is either joyful or chilling depending on the person's type of connection. In today's friendship have several definitions. Friendship is best characterized as a state of mutual trust between two or more people. It requires a high level of trust because it influences the friendship's stability and duration. Trust is build up through open and honest communication between the individuals. Friendship may shatter due to a lack of trust, some people may quit friendships after just one incidence of dishonesty, while others will offer second and even third opportunities. The length of friendship and the reasons for breakups are determined by friendship types. Friendships are developed in the first place because of the importance of communication in people's lives.

In today's world, true friendship is quite rare. Many people merely support those in positions of power in order to further their own selfish interests under the disguise of friendship. They stick with their buddies until their selfish objectives are met. Friends that are dishonest abandon people as soon as their power is revoked. These types of self-seeking friends may be found all over the world, and they are far more harmful than foes.

Friends can be both the good or the bad types. Good friends help push us on the right path in life while on the other hand, bad friends don't care about us but only care about themselves and can lead us into the wrong path; because of this, we have to be absolutely careful when choosing our friends in life.



As in all things, there is variety, and friends are no exception. We can see different types of friends in different aspects of our lives. For example, your best friend at school is someone with whom you get along with most. That friend, especially girls, may just get annoyed if you talk to another friend more than her. Such is the childish nature of such friendships that it is sometimes difficult to discern whether you are best friends or competitors.

However, there is another category for your siblings. No matter how much you deny it, your siblings are those friends from your childhood who stick with you throughout your life. You have a different set of friendship with them as you fight with them most of the time. However, in times of need, you will notice they are the first ones standing beside you, supporting you.

Whether you like it or not, a friend plays a vital role in your life. In fact, having a friend is very important. On the other hand, you have to choose your friends wisely since they can build or destroy you. Friends, however, are something that one enjoys throughout life, and they should be treated as the best treasure a man can possess.

Has the Virus Turned People to Faith or Away from It?

Aleeza Talpur, Group 2

The following was an essay that attained first position in the Nasirat Essay

Competition G2 (10-11) category.

What can be more powerful and true than the words of Allah, the Creator of this universe. In Chapter 17, Verse 68 of the Holy Quran, Allah says: “When a calamity befalls you on the sea, all those whom you invoke forsake you except Him. But when He delivers you safely to the shore you turn away from Him, for man is indeed most thankless.”

In 2020, the world faced a catastrophe, a worldwide pandemic, a kind never seen before. The cause of this pandemic was coronavirus or Covid-19. People all over the world struggled financially, physically and emotionally as countries were sent into lockdown over and over again. Through these tough times, individuals were presented with isolation, away from the usual life's hustle and bustle.

Some individuals used this time to their benefit, analysing their inner soul and trying to satisfy their need for faith and inner peace. People were able to worship their Creator and implore for His mercy and guidance through these difficult times. Conversely, there were some who were too caught up in their so called life patterns – enjoying distractions, partying and getting lazy. Faith is a very important part of human lives. It affects people's lives, spirituality, minds and bodies.

When people follow a certain faith, they have different ways to worship their God. They follow a set of principles and actions which guide them how to live their life to its best potential. This, in turn, creates harmony among people and nurtures the human mind and psychology. Due to the restrictions, people haven't been able to go to their places of worships and have not been able to visit each other, as often as they used to, before the pandemic. Thus, people have taken to social media and used it as a useful resource to fulfil their requirements of faith and acquire peace within themselves.

Besides the global pandemic we're experiencing right now, the plague is probably the most legendary in history. In particular, the Black Death that took place during the middle of the fourteenth century and swept across Europe, the Middle East, and Eurasia leaving millions dead. We read in history that during the time of 'black death' virus, a vast majority of people turned to faith and implored for mercy and forgiveness from their lord. Many vigils and prayer services were carried out and people left their worldly tasks devoting their time, money and energy to prayers, meditation as well as self-reformation.

The Holy Qur'an itself is a witness to the fact that afflictions and diseases have all been a part of a test and tribulations from Allah and the prophets have stood by it and so have the believers and people of faith. According to the revelation of the Promised Messiah (Peace be upon him):

"Until the people do not cure themselves of the disease of their sins, the epidemic of this world will not be alleviated."

(Barahin - e - Ahmadiya)Nowadays, due to the Covid-19

pandemic, people have once again turned to faith – as it is human nature that whenever humans are faced with troubles or hard times, they turn to Allah and offer supplications day and night. The isolation has given people more time to reflect upon their way of life and try to improve it for the betterment of their future and also for the society. People have turned to their Allah because deep down they know that Allah is their 'RAB', 'MALIK' and 'CREATOR'.

He loves them more than 70 times a mother loves her child, so He will listen to their prayers and relieve them of this suffering. They also know that Allah alone is the most 'powerful' and 'Supreme', and responsible for all living beings on Earth. They also try to incorporate more and more good deeds in their lives in order to please Allah. Regular prayer, recitation of the Holy Quran and understanding its meanings is also a means of asking for Allah's mercy and pleasure.

Now, let's see how the pandemic has affected us as Ahmadi Nasirat. Have we forgotten about our monthly meeting? Have we not attended Qur'an classes? Have we been affected more or less from zoom classes and online meetings? The answer to these questions is that we have in fact made a greater use of our time and also ,the technology. We have attended the classes, meetings, tarteel class, dars and participated in all the Jama'at programmes from the ease of our homes. On the other hand, there are still a large group of people who are too caught up in thinking about the disease, who will get it, it's rate of spread, how does it affect people's health and lives - so on and so forth. These people have too much fear of coronavirus and have little or no faith (tawakkul) towards Allah. These people only rely on the worldly means - news, media, science.

They commit their time and focus only on human solutions and abilities. They have too much hope that the vaccine, once out, will solve all their problems. Little do they know that Allah is the solution and has been the solution from the beginning of this life on this Earth until the end of times. Not even a leaf falls from a tree without the consent and knowledge/wisdom of Allah the Almighty!

As we read in the Holy Qur'an:

"Your Allah is only Allah, There is no God but him, his knowledge in encompasses all things." (20:99)

May Allah make us true believers of faith - Amen.

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1. Holy Qur'an
2. Barahin - e - Ahmadiya
3. History of the World

Friendship

Rayyan Shahid Ahmed, 8 years, Majlis Campbelltown

Why is Friendship so important?

Friends bring more happiness to our lives than anything else. They have a huge impact on your mental health and happiness. Good friends relieve stress, provide comfort, and joy, and prevent loneliness and isolation.

What is a good friend?

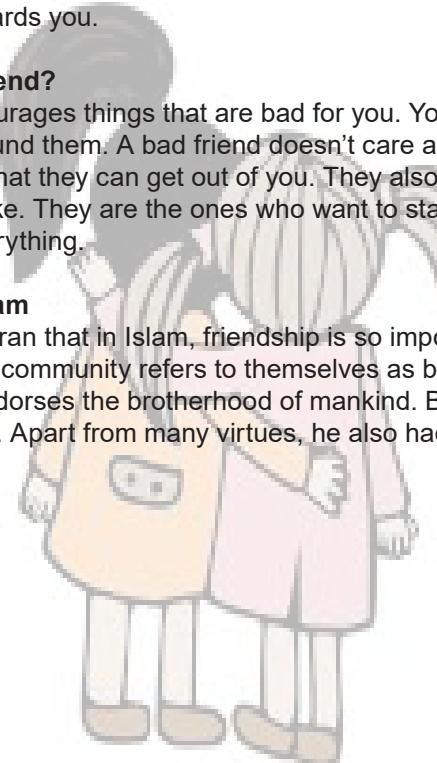
A good friend respects your decisions and doesn't argue with those decisions you make. They are also responsible for their own actions. If your friends with a good person, it will also make you a good person. They are also loyal and accept you for who you are during bad times. They are also honest towards how they feel towards you.

What is a bad friend?

A bad friend encourages things that are bad for you. You feel uncomfortable when you are around them. A bad friend doesn't care about who you are. They only care about what they can get out of you. They also don't agree with the decisions you make. They are the ones who want to start an argument and blame you for everything.

Friendship in Islam

It is said in the Quran that in Islam, friendship is so important to the point where the Muslim community refers to themselves as brothers and sisters. In this way, Islam endorses the brotherhood of mankind. But brotherhood must have a foundation. Apart from many virtues, he also had excellent relationships with his friends.



What is the Value of Friendship?

Good friends are vitally important to your mental health and to the quality of your life. Friendship is an opportunity to learn more about yourself. To also mature as a human being and to open the full experience of life.

What is Friendship made of?

Friendship is a bond between two or more people who want to engage with one another. It involves having mutual interests in each other's thoughts, feelings, and experiences. Friendship works on trust, respect, emotion and support and admiration.

What is the goal of friendship?

The goal of friendship is to help us change and grow. Friends are people who call us on our issues, push us to grow, and support us through this process. We cannot overestimate how important good friends are to our growth in life



Riddles

Arslan Tahir, Langwarrin

What can jump higher than a building?
Anything that can jump — buildings don't jump, silly!
An elephant in Africa is called Lala. An elephant in Asia is called Lulu.

What do you call an elephant in Antarctica?
Lost.

Imagine you are in a room with no windows or doors. How will you get out?
Stop imagining.

Where would you take a sick boat?
To the doc(k).

What kind of room has no doors or windows?
A mushroom.

I'm orange, I wear a green hat and I sound like a parrot.

What am I?
A Carrot.

What fruit can you never cheer up?
A blueberry.

What did the zero say to the eight?
"Nice belt!"

Importance of Friendship

Fatima Usman, 13 years, Majlis Berwick

Friendship is an important aspect in life and helps you build trust and allows you to rely on someone in a time of need. But as there are pros in friendships there can also be cons if you have the wrong friends. Living in Western culture means you will encounter many different people and sometimes they might not be good friends and that may affect your behavior without you knowing it. Students - especially children and teens – subconsciously get influenced a lot as they are growing and learning. This is especially evident in Western Culture where the expectations of students are high in dressing yourself and behaving in a way.

Students then allow themselves to get caught up in this and that makes them be able to have friends. An example is when a new piece of clothing is in trend, or a new hairstyle (like scrunchies) become very popular, and everyone is buying them. This makes teens want to be part of a community and make themselves notice. This way, you consciously become friends with wrong people but subconsciously you become influenced by these people and that makes you want to belong in the society. However, there are many people out there who do not want to be this or aren't as overly affected by these trends. These people can make good friends, or an example of a good friend is someone who does not pay attention to your physical beauty but instead your inner beauty.

Society is so pressured these days that people do so much to fit in with the trends and stay relevant to new things or what people are paying attention to. Having friends is important even if you wish to be lonely. Friends especially come important in school if you know you need someone to support you.

As someone who is entering year 8, I have known many people in my life so far and as a famous quote goes, Understanding is deeper than knowledge. There are many people who know you, but very few who understand you, implies that a way you can tell someone is a true friend, is if they understand you and support your decision except for when it's bad and could harm you.

Islam attaches great emphasis on the choice of a friend to be selected in life. For this purpose, it is expected that one should employ his/her judgment in a manner free from emotion and try to set aside the criterion for assessing his/her real worth. Therefore, for the great good or bad influences friends can have on the characters and personality of each other, it is important for every man of reason to choose friends that are characterised by good mannerism and behaviour.

To conclude, you should surround yourself with friends you feel comfortable with, trust them, and they support your decisions. As Ali ibn Abi Talib (may Allah be pleased with him) said, 'A true friend is someone who sees a fault, gives you advice, and defends in you in your absence,' Friendship is important and needed, but all these criteria can be met by your family. Your family, especially your parents, are the closest people to you. They gave birth to you and have seen you grow which means they know you the most from anyone on earth.

My parents, especially my mother, are my best friend. When I was struggling through choosing my friends, my mum always advised me to friends with good people and to not be influenced by them. This shows how you need to be aware of your surroundings and not completely close yourself off from the world.
May Allah protect all of us. Ameen.

Friendship

Maliha Mehmood, Year 2, Campbelltown

Friendship is about believing in each other. Friendship is also about caring, sharing, and sticking together.

There are so many ways of showing friendship. The bus was coming soon, and Sam didn't have his stuff packed up. He was having a rough day. Tye and Dan helped Sam pack his stuff up quickly, so he could make it to the bus on time. They were showing their friendship to Sam by helping him.

Alyssa's best friend Oceana was in the hospital. Alyssa had requested her class to make Oceana some get well cards. All of Oceana's classmates refused to visit her in the hospital, but Alyssa visited her best friend every single day. By doing this Alyssa showed her friendship to Oceana.

Has COVID-19 Caused More People to Turn to Faith?

Amman, ACT

The following was an essay that attained 1st position in the Nasirat Essay Competition G2 (11-12) category.

On the 11th of March 2020, the coronavirus was declared a global pandemic.

Even now, in February of 2021, that fact remains so. COVID-19 has been affecting many people around the world, whether that be medically, financially, mentally or even spiritually. But just how much of an impact has COVID had on peoples' belief in the One True God?

Has the coronavirus pandemic caused more people to turn to faith, or away from it?

Current statistics suggest that people did turn to faith because of the pandemic, but many theorise that these people would have come from religious backgrounds and then, grown to become more focused on worldly matters. Then, when the coronavirus started affecting people more seriously, they were reminded to reassess their priorities and remember God. Many people do not care about religion at all, but call on God when they are in a state of panic or despair because they feel that they will receive Divine Help, whether they deserve it or not. This is an extremely common occurrence, as it is a habit of mankind to become desperate during a physically or psychologically detrimental experience.

This has also been mentioned multiple times in the Holy Qur'an. Such as: "And when trouble befalls a man, he calls on Us, laying on his side, or sitting, or standing; but when We have removed his trouble from him, he goes his way, as though he had never called on Us for the removal of the trouble that befell him." (The Holy Qur'an, 10:13)

And:

“And when We bestow a favour on man, he goes away turning aside, but when evil touches him, lo! he starts offering long prayers.” (The Holy Qur'an, 41:52)

Having to stay at home for a long period of time and feeling rather scared would have caused a substantial amount of people to pray more and remember God. And this is not just an opinion; it seems to be quite close to what was happening in 2020.

Mark McRindle, a social researcher in Sydney, surveyed 1002 people last year (2020) in July and found that 41% of them said they were thinking about God more, and 35% said they were praying more. While most of these people were Christian, the fact remains that having to stay home for the best of 2020 did serve as a reminder to the people in Australia that they had been forgetting religion and being less mindful of God. A similar survey was held in the US, with more detailed results. A quarter of American adults said that their faith was strengthened, while only 2% said their faith was weakened as a result of the coronavirus pandemic. But, the majority of participants said that either they felt nothing had changed (47%), or the question wasn't applicable because they were not religious and this had not changed (26%). Overall, it is evident that more people did turn to faith, but not a massive amount.

Being quarantined for the majority of 2020 made people realise that they had been forgetting religion, thus reassessing their priorities. And this effect was taking place all over the world. Though it may not always seem so, bad situations can have positive effects. In closing, I would like to share a Qur'anic verse that describes exactly that. It describes 2020, but it is also something to keep in mind for the future.

“It may be that you dislike something, although it is good for you, or like something although it is bad for you.” (The Holy Quran, 2:217)

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- 1st January, 2020 Friday Sermon
- The Sydney Herald August 23, 2020 report
- Pew Research Centre April 30, 2020 report

How is Cleanliness Important to Stay

Zunairah Jameel, Group 3, Majlis Marsden Park

The following was an essay that attained first position in the Nasirat Essay Writing Competition for the G3 (8-9) group.

Cleanliness is important to stay healthy. Health is one of the greatest blessings of Allah. If we are healthy then we can pray, focus, learn and play better.

In Islam ,cleanliness is so important that Allah says in the Holy Quran: "Allah loves those who turn to Him and loves those who keep themselves clean" (2:223). The Holy Prophet (saw) has even said that "Cleanliness is half of faith". This is because a clean body helps us to have a clean mind and be pure from the inside, too. Now, we will see how being clean can make us healthy.

Keeping our body clean removes harmful germs which can make us sick. COVID is one example of what happens if we don't wash our hands or keep away from someone sick. But, Islam also teaches us to keep our homes and environment clean, too. This keeps germs and insects away and stops infections. When our body and surroundings are clean, we should also try to think happy and positive to be clean in our heart also. All this will make us and our places beautiful and Allah loves beauty.

How can we be clean? In Islam, we are taught biggest to smallest ways to be clean. By bathing, doing ablution, wearing clean clothes, eating good clean food and keeping homes clean will keep us away from filth and germs, keeping us healthy. The Holy Prophet (peace and blessings of Allah upon him) also taught us many ways to be clean like: eating with our right hand, toilet manners, and even, prayers. We should ask our parents to tell us these manners every day so that we can also follow them.

In the end, I will tell you what my mother told me, and this helped me understand how being clean can make us healthy. She said Sir Zafarullah Khan Sahib (ra) said: We must keep our bodies, which is like a container for the soul, clean and tidy so that the soul is not damaged." So, if we keep the container clean and beautiful then

dirt cannot get inside, keeping us healthy and beautiful.

I pray that Allah protects me from all harmful things and cleans me inside and outside. Ameen.

References:

- Holy Quran
- Selected Sayings of the Holy Prophet
- Steps to Exercise by Hazrat Mirza Tahir Ahmed (ra)
- My mum
- www.alislam.org article : Islam and bathroom hygiene

Friendship

Haaniya Nasir, Majlis Adelaide West

Friends must be chosen wisely, as they can influence your actions and behaviour. Your friends are the people who you choose to socialise with. You build a connection with them and talk to them. True friends have pure and clean hearts. If that is so, then they have also have the rights of a friend. Friends are patient and tolerant towards each other.

I also find that when you become closer and more comfortable with your friends, you can tell them about Ahmadiyyat, the true Islam. The Holy Prophet Muhammad (Peace and blessings of Allah be upon him) once said, “A Muslim who prays for his friend when he is not present in his absence and the angels pray for that person that they should be receiving the same.” Another Hadith of the Holy Prophet (peace and blessings of Allah be upon him) is, “Do not have spite and rancour against one another and nor be jealous of one another and nor should you backbite against one another. In fact, become like brothers with one another.”

You must also fulfil the rights of your parents friends. Respect them, even after your parents pass away. We should remain in concern for our friends to always be comfortable, like a mother is always concerned for her children, however many she has. If they become ill, if you are close, you will become anxious and concerned and feel sorrow for them. We should pray for our friends, as Allah is the only one who can change and save people.

Once you call someone your friend, they shall forever remain that. If they decide not be your friend anymore, that is their choice. But, you should keep connection with them. This is the way and spirit of friendship in Islam.



My visit to Dr Abdus Salam's Grave

Zaafir Rizwan Ahmad, 11 years, Perth



Last year I went to Pakistan to visit my dearest grandmother. I had a chance to visit the Baheshti Maqbara, The Heavenly Graveyard). Only Moosi Ahmadis are buried in this graveyard. A Moosi is a person who signs up for Wasiyyat, and as their will, promises to uphold high standards of piety in their life and pay at least 10% of their income in chanda. There, I visited the grave of Dr. Abdus Salam. He was a great scientist and physicist and was the first Muslim to win a Nobel Prize in the field of Physics.

He was a sincere Ahmadi, with great love and esteem for Khilafat. He was also very patriotic. His passion for teaching future generations led to him establishing educational institutes in different countries. I was very excited to know about him and inspired by how great a scientist and Ahmadi he was. I aspire to be just like him. When he passed away, his wife told everyone that Dr. Abdus Salam's wish was that every Ahmadi kid should study a lot.

Dear friends, being Ahmadi kids, we should focus on our studies and strive towards our goals. We should serve Jamaat and all mankind, just like Dr. Abdus Salam.

Friends (Poem)

Romina Tanveer, Year 1, Majlis Campbelltown

A friend is someone that helps you

They lift you up and make you laugh, too

They encourage you all the time

And, make you feel very sublime

They would support you throughout the

way

And, make sure you are not led astray

They are someone you can rely on

To always show you the pros and cons

They are kind, caring and a little silly, too

But, you should always know that a friend

loves you

The Importance of Friendship

Shanzae Imran, Majlis Perth, Age 12

What is Friendship? Mohammad Ali, one of the greatest boxers in history explained:

"Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learnt the meaning of friendship, you really haven't learnt anything."

Friendship is the relationship between two people based on mutual affection, love, respect and trust. Friendship is an important aspect of life that contains happiness, companionship and great memories. It is one of the purest relations in a person's life, as true friends are a blessing who are always there for you and can make you the happiest. As Walter Winchell once said:

"Real friends are the ones who walk in when the rest of the world walks out."

This quote indicates that real friends are reliable and always ready to come for help. Having real friends in your life can make your life easier and filled with loads of joy and happiness.

True Friendship is selfless and one of the most precious relations on earth. During a person's lifetime, they meet many people, but a few leave a mark on their heart. They are kind, nice and caring and always try to protect you from harm and evil. They stand by with you no matter what.

It's not always easy to recognise a true friend. Though the world is filled with good people, who care about the environment, community and social cohesion, there are some bad people as well, who spread hatred, do not comply with the laws and discriminate on the basis of race and religion. In order to ensure company of good friends, one needs to inculcate good qualities, such as being caring, kind and respectful towards other people's religious beliefs, values and origins. As Ralph Waldo Emerson once said:

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The only way to have friends is to be one."

One might have a large friend circle, but that doesn't mean that all the friends inside that circle are true friends, who stand strong for you without any judgements. Hazrat Ali (May Allah be pleased with him) once said:

A friend who does not defend you in your absence is not a true friend."

One who betrays should not be considered a true friend. As some wise man once warned that giving bad friends a second chance is like giving them a second bullet because they missed the first one.

One should always stand by their friends, but if they find in them a bad habit which can impact their faith, they should distance themselves. For instance, an Ahmadi muslim's faith can be influenced by an atheist friend.

In order to further highlight the importance of friendship in one's life, I would like to quote the Prophet of Allah, the Promised Messiah (Peace be upon him). He had a keen desire to have a companion. He once said:

"For days and nights together I very humbly supplicated and prayed to my beloved God, 'O Lord I am alone, who will be my helper, an associate, grant me one. When I raised my hands in the morning for supplication the whole heaven was filled with my wailing and my prayers. Then God in His infinite mercy granted my prayers and conferred upon me His blessings and He from His Majesty gave me a pious, sincere and obedient friend and his name like his brilliant qualities was Nooruddin." (<https://www.alislam.org/articles/laying-foundation-of-khilafat/>)

Friendship is an important aspect in life because it teaches us a great deal about life. We learn many lessons from friendship which we can't find anywhere else. For example, friends bolster our confidence in being our true selves in front of others. Friends make us feel loved, special and unique. Friendship helps us grow and learn the art of living, for instance, after a fight or an argument; friends come back together after setting aside their differences. Friendship teaches loyalty. Therefore, there is no doubt that best friends help us in our difficult and bad times of life. They always try their utmost best to help us, when needed and offer timely advice. True friends are like a valuable asset because they share our joys and sorrows and soothe our pain. Seasons change but true friends always remain the same in one life.

What Islamic Principles Can be Used to Curb the Spread of Global Pandemics?

Anusha Waheed

The following is an essay that attained the first position in Nasirat Essay Competition G1 category.

Islam is a contemporary religion that seeks to provide individuals with teachings that offer guidance within one's daily lifestyle. Amidst a global pandemic, the philosophies and teaching of Islam can provide guidance and protection to curb the spread of deadly viruses.

Islam not only offers guidance at an individual and societal level which aids in effectively combating the pandemic. Fundamental principles such as not leaving the area affected by the virus, restricting access to other citizens are vital teachings that are closely practised by governments today. Notably, Islam encourages individuals to look after their health and wellbeing through the consumption of healthy foods, exercise, and a greater focus on spirituality. In addition to individual guidelines, Islam also promotes society to work collectively in supporting those who are needy. These principles whilst being handed down 1400 years ago are still relevant today and are essential in curbing the spread of the global pandemic.

As a result of the global pandemic, millions of people have passed away. During a pandemic, Islam encourages a lockdown of the area which has been infected so that the spread of the virus/bacteria is controlled and limited. The Holy Prophet (peace and blessings of Allah be upon him) stated that:

"When you hear that (a plague) is in a land, do not go to it and if it occurs in a land that you are already in, then do not leave it, fleeing from it," (Bukhari).

During the time of the Black Plague, the same guideline was followed of no one entering or leaving was authorised by the Promised Messiah (peace be upon him). During the time of the Black Plague the vaccination was made, but Allah the Almighty stated to the Promised Messiah (peace be upon him):

"I will protect all those who are within the periphery of your house". Therefore, all the Muslims that believed in Allah and stayed within the walls of the Promised Messiah's (peace be upon him) house were saved from the plague, yet the non muslims were dying.

This principle is crucial in that it seeks to protect individuals who are in an area affected by the pandemic and seeks to control its spread by restricting access to those who intend to visit that area.

The teaching is a fundamental guideline for any plague or pandemic. This can be seen in the actions that have been taken by the World Health Organisation and the Australian government by setting a complete travel ban, implementing lockdowns and quarantines as well as restricting entry to international travellers.

Throughout a global pandemic, focusing on your individual self is essential to stay safe. Scientists' deeper exploration of the virus has led to the conclusive finding that individuals who are healthy and have good immunity are less prone to contracting the virus. Whilst this finding has been revealed recently, the Holy Prophet (saw) encouraged everyone to take care of their diet and implement healthy eating within their daily life. He stated that we should watch out for our choice of food and include healthy foods such as raw honey, dates, and citrus fruits - all of which are known for improving our immunity.

Additionally, Islam teaches that whilst looking after our physical wellbeing we should also focus on our spirituality. By offering our five daily prayers, reciting the Holy Quran daily can help an individual to cope with stress and overcome anxiety and depression. As stated in the Holy Quran:

"Surely Allah does not change the conditions in which a people are in until they change that which is in themselves."

"(The Holy Quran, 13:12) Furthermore, the Holy Prophet (saw) stated: "Do not graze a sick herd with a healthy one, [or, Do not put a sick patient with a healthy person]" (Al-Bukhari).

Meaning someone who is healthy and far from getting infected, should not be left or put with someone who can cause them to get sick. This principle guides an individual to not only look after themselves but also look after the welfare of others, particularly, vulnerable people such as the elderly by staying away from them if they are sick.

Additionally, Islam encourages individuals to work collectively in order to support vulnerable members of society who require support during hardships. This principle becomes more important in the current COVID-19 pandemic. Due to the pandemic, thousands of people became unemployed, contracted the virus or had family members who were ill and were unable to leave their homes.

Islam teaches that “Fulfilling a need of a Mu’mín brother is better than liberating a thousand slaves...” (Imam Sadiq). This practice of giving to and helping the needy is also reflected in the Australian Government’s implementation of a supplementary care package that sought to financially support those who became unemployed or were affected by COVID-19.

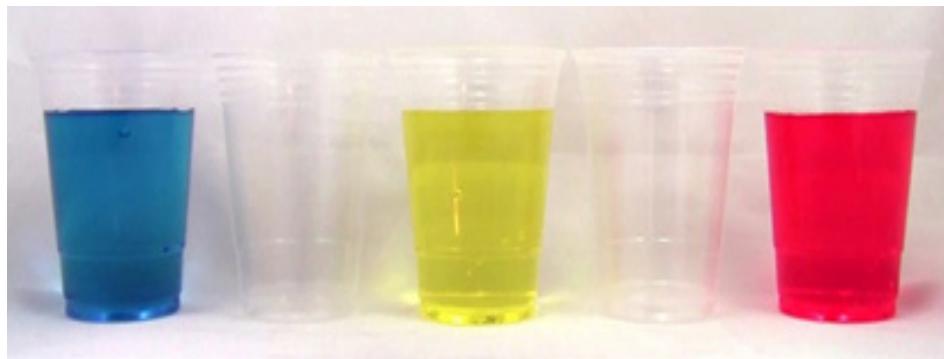
Moreover, free local testing clinics and care packages were also provided to members. It is stated that “One who works for a charity in a just cause is like one who campaigns in the way of Allah until he returns home” (Sahih Tirmidhi).

At a community level, many members of our Jamaat, through the department of Khidmat-e-Khalq, assisted members by donating money, handing out care packages, masks, high-quality sanitisers, groceries, and general food. This effort at a community level effectively supported thousands of people and enabled the effective management of community affairs that were otherwise compromised due to COVID-19.

As the pandemic continues there are large numbers of people dying. Practising the teachings and guidelines of Islam on epidemics, are vital as they sustain the world, not only from today from the times of the Holy Prophet (peace and blessings of Allah be upon him) and the Promised Messiah (peace be upon him). The guidelines taught and suggested by Islam allow governments around the world to sustain their country as well as the people, giving the outlook of a positive impact.

Water Walking - STEM activity

Arslan Tahir, Majlis Langwarrin



You'll need six containers of water for this one: three with clear water, one with red food colouring, one with blue colouring, and one with yellow colouring. Arrange them in a circle, alternating coloured and clear containers, and make bridges between the containers with folded paper towels. You will be amazed to see the coloured water "walk" over the bridges and into the clear containers, mixing colors.

This is a first hand look at “capillarity”. Dig deeper and find out how it works and why it works. Try arranging the glasses in a different order or use an empty cup at the end of the sequence, and see what happens.

(Adapted from <https://www.sciencebuddies.org/stem-activities/walking-water>)

DIY Friendship Bracelets

Abeera Khan, 7 years, Majlis Penrith



Isn't it weird sitting at home during lockdown? Not going to school every day as we used to? But, not everything has to be boring. We should help out around the house and try to learn new skills.

Here is something I picked up as a hobby, it's called "Friendship Bracelet". I quite enjoy making them and I hope to share with my friends and family as gifts once Covid is over, inshAllah.

You don't need a lot to get started in making fun colourful bracelets.

All that you need is probably already available to you around the house.

Let's gather your supplies. Here is what's required:

1. embroidery string or thread (different colours)
2. clipboard/tape
3. scissors
4. letter beads or charms

Easy directions to follow:

Pick 3 different coloured string/thread of your choice. Cut each into 14 inch length. Hold one end of the 3 strings together and put a knot.

Then use the clipboard to hold the knotted end still while you start to make the braid (you may choose to tape down the knotted end or ask a friend to hold it for you).

Now start to make a normal braid as you would in your hair.

You may choose to add beads or charms in between as you complete the braid.

Now tie a knot at the end to finish the bracelet.

That's it, it was this simple.

Go on now you give it a try. Make a pretty Friendship bracelet for yourself, your mum, sisters, cousins and friends.

Enjoy!



Who, What, Which

Munazzah Noor, Majlis Langwarrin

Which country is called the land of 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

Which is the most spoken language in the world?

Mandarin (Chinese)

Which is the most sensitive organ in our body?

Skin

Which is the most spoken language in the world?

Mandarin (Chinese)

Which two parts of the body continue to grow for your entire life?

Nose and Ears



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



Oreo Stuffed Cookies

(Aiza Bajwa, Majlis Berwick)



INGREDIENTS

200g butter, chopped, at room temperature

130g (1/2 cup) smooth peanut butter

1 teaspoon vanilla extract

100g (1/2 cup) caster sugar

155g (3/4 cup, firmly packed) brown sugar

2 eggs

300g (2 cups) plain flour

150g (1 cup) self-raising flour

1 teaspoon bicarbonate of soda

80g (1/2 cup) unsalted peanuts, coarsely chopped

2 x 133g pkt Original Oreo cookies

100g milk chocolate, melted

METHOD

1. Preheat oven to 180C/160C fan forced. Use electric beaters to beat the butter, peanut butter, vanilla, and caster and brown sugars in a bowl until pale and creamy.
2. Add the eggs, 1 at a time, beating well after each addition. Sift in the plain and self-raising flours, and bicarb. Fold to combine then fold in half the peanuts.
3. Lightly grease two 12-hole 80ml (1/3 cup) muffin pans (see tip). Roll level tablespoonfuls of the dough into balls and flatten slightly. Place an Oreo between 2 pieces of dough and press edges to enclose Oreo. Place on a baking tray. Repeat with the remaining Oreos and dough. Place tray in the fridge for 30 minutes to chill.
4. Place the stuffed dough balls in prepared muffin pans. Bake for 12 minutes or until lightly browned. Set aside in the pans for 10 minutes to cool slightly before transferring to a sheet of baking paper to cool completely.
5. Drizzle melted chocolate over the cookies and scatter over remaining peanuts. Set aside until chocolate is set then serve.



Rainbow Fruit Skewers

(Abeera Khan, 7 years, Majlis Penrith)



INGREDIENTS

Strawberries

Oranges (any, such as Mandarin or Valencia)

Grapes

Banana

Pineapples

Kiwifruits

Blueberries

(Optional) any other fruit

Bamboo skewers

METHOD

1. Chop up fruits in big but bite-sized pieces (with the help of an adult). Then, grab some bamboo skewers and stick each piece of fruit in order of your choice. I like to put strawberries right at the top like a pyramid and decorate all skewers on a plate in a rainbow shape to make it look beautiful.

Tex-Mex Nachos

Ammara Hameed, Group 2, Majlis Berwick)



Note: Avoid soggy nachos by briefly baking them before topping with cheese, seasoned beef, refried beans, guacamole, and salsa. They're a great snack, party appetizer or even, a casual weeknight dinner.

INGREDIENTS

- 1 x 330g bag of Doritos Original Corn Chips
- 1 cup Doritos medium salsa
- 2 tsp. smoked paprika
- 1 large onion diced
- $\frac{1}{4}$ tsp. ground chilli
- 500g ground beef
- 2 tsp. ground cumin seed
- 1 can red kidney beans, rinsed and drained
- 1.5- 2 cups shredded Cheddar, Colby Jack, or Mexican

Optional toppings: thinly sliced green onion, snipped fresh cilantro, seeded and sliced fresh jalapeño chilli pepper, sour cream, guacamole and additional medium salsa.

METHOD

1. Preheat oven to 180° C (350° F). Arrange half of the corn chips on an 11 or 12-inch oven-proof platter or pizza pan. Set aside.
2. In a large skillet, cook onion & ground beef over medium heat until brown. Drain off fat.
3. Add in the cumin, paprika and chilli, cook for 2 minutes.
4. Stir the red kidney beans and the 1 cup salsa into the beef.
5. Cook for a further 5 minutes.
6. Spoon half of the mixture over chip. Sprinkle half the cheese. Bake in the preheated oven for 10 minutes or until the cheese melts.
7. Remove from the oven. Top with remaining chips, beef mixture, and cheese. Bake for a further 10 minutes or until the cheese has melted.
8. Top with your selected additional toppings and medium salsa.

Academic Achievements

The following children performed highly and commendably in the educational spheres. Please pray that may Allah the Almighty endeavour them to reach the highest peaks and bless them in both this world and hereafter. Ameen!

Shanzae Imran,

of Western Australia, graduated year 6 in 2021 and was awarded an academic DUX Award in the year 6 cohort of her school.



Dania Ahmed,

7 years, Majlis Logan East, received a PBL Super Star Gold award from her state public school.



Eshan Bhatti,

Son of Komal Amjad has achieved a teacher award in year 3.

Spiritual Achievements

Please remember the following children in your prayers. They are the children who have achieved milestones or special achievements in the way of religion. May Allah the Almighty enlighten them with His Blessings, may they find solace in Him and He grants them all the best there is to offer in this world and hereafter. Ameen!



Durre Adan Bilal, d/o Bilal Hameed Sahab & grand daughter of Chaudhry Munawar Ali Khan Sahab, Derwaish Qadian, completed her first recitation of Holy Qur'an on 31st December 2017, at the age of 6 by her mother Bushra Bilal Sahiba, Alhamdulillah.

By the Grace of Allah,
Ayaan Zakaria, s/o Sadaf
Jabeen Zakaria and Zakaria
Idrees, has completed his
first recitation of the Holy
Quran. He is 9 years old, and
a member of the Waqf-e-Nau
scheme. May Allah reward him
for his efforts, Inshallah.

