



AL-MEEZAN

A Biannual Magazine for
Nasirat & Atfal-ul-Ahmadiyya Australia

December 2023



Write to Us

Send us your submissions which include but are not limited to articles, stories, poems, quizzes, religious articles, jokes, riddles, puzzles, artwork/drawings, accomplishments, achievements, etc. along with your name, age, Majlis and a brief introduction (optional). Please send them to your Majlis publications secretary or email to publicationssect@gmail.com.

Adults are also encouraged to write for the magazine, bearing in mind that the magazine is for young minds, therefore language should be appropriate.

Please reference your articles, especially Quranic verses and Ahadith.

Also note that articles, etc. should be typed in Microsoft Word with the font in Times New Roman and size 12. You can also attach pictures that you would like to add to your submissions with referencing if required, and any artwork should be submitted in jpg format.

Please note that it is up to the discretion of the editorial board to include these submissions in the magazine or not.



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May Allah the Almighty bless them immensely
for their efforts

Editorial

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Dear Atfal and Nasirat,

Assalaam-o-Alaikum Wa Rahmatullahi Wa Barakatuh.

I hope this issue of Al Meezan finds you in good health. Ameen.

As you read through the articles you will realise that there is a common theme of hobbies and how to spend time.

As you move through the day and discharge your responsibilities and find yourself no more tasks to do, aim for activities that add value to your life. Partake in hobbies that are worthy of your time, as time is a very precious entity. Take inspiration from your fellow Nasirat and Atfal, who spend their free time writing short stories, researching natural wonders, reading, drawing, painting and much more. However, as you indulge in worldly pleasures, keep in mind that your main objective is to progress spiritually and acquire good in the hereafter.

May Allah Almighty enable all Atfal and Nasirat to indulge in hobbies that are beneficial for mind, body and soul.

Jazakallah
Uroosa Naseer



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The Holy Quran

وَابْتَغِ فِيمَا آتَاكَ اللَّهُ الدَّارَ الْآخِرَةَ وَلَا تَنْسَ نَصِيبَكَ
مِنَ الدُّنْيَا وَأَحْسِنْ كَمَا أَحْسَنَ اللَّهُ إِلَيْكَ وَلَا تَبْغِ
الْفُسَادَ فِي الْأَرْضِ - إِنَّ اللَّهَ لَا يُحِبُّ الْمُفْسِدِينَ ﴿٤٨﴾

“And seek the Home of the Hereafter through that which Allah has bestowed on thee; and neglect not thy lot in this world; and do good to people as Allah has done good to thee; and seek not to create mischief in the land, surely Allah loves not the mischief makers.”

[Holy Quran, Chapter 28: Verses 78]



وَاصْبِرْ نَفْسَكَ مَعَ الَّذِينَ يَدْعُونَ رَبَّهُمْ بِالْغَدَاةِ
 وَالْعَشِيِّ يُرِيدُونَ وَجْهَهُ وَلَا تَعْدُ عَيْنُكَ عَنْهُمْ ۚ تُرِيدُ
 زِينَةَ الْحَيَاةِ الدُّنْيَا ۚ وَلَا تُطِعْ مَنْ أَغْفَلْنَا قَلْبَهُ عَنَّا
 ذِكْرَنَا وَاتَّبَعَ هَوَاهُ وَكَانَ أَمْرُهُ فُرُطًا ۝٢٩

“And keep thyself attached to those who call on their Lord, morning and evening, seeking His pleasure; and let not thy eyes pass beyond them, seeking the adornment of the life of the world; and obey not him whose heart We have made heedless of Our remembrance and who follows his evil inclinations, and his case exceeds all bounds.”

[*Holy Quran, Chapter 18: Verses 29*]

Ahadith: Saying of the Holy Prophet^{SAW}

Muhammad Zafrullah Khan Sahib in his book “Wisdom of The Holy Prophet^{SAW}” states that the Holy Prophet^{SAW} said;

“There are two blessings of which people do not take full advantage: health and leisure.”

[*Wisdom of The Holy Prophet^{SAW}, Page 36*]

Saying of the Promised Messiah^{AS}



On the topic 'Good of This World', the Promised Messiah^{AS} said:
"Let nobody think that one should have nothing to do with this world; this is not what I mean. And God also does not forbid the people to acquire worldly gains, rather, Islam restrains its followers from cutting oneself off from the world. This is cowardice. The wider the relations of the believer with the world, the higher are the ranks that he attains to, for, his target is 'religion'; the world and its belongings are the servants of religion."

The truth is that the acquisition of the worldly gains should not be the sole aim; the real aim should be the acquisition of religion. One should acquire the worldly gains in a way that they can serve the religion. It is as if a man is traveling from one place to the other; he needs a transport and the provision for the journey. As every one can understand, the target of this person is to reach the destination and not the transport or the provision. One should acquire the gains of the world keeping before him the aim of making them the servant of religion.

God the Almighty has taught us the prayer:

رَبَّنَا آتِنَا فِي الدُّنْيَا وَمَا لَهُ فِي الْآخِرَةِ مِنْ خَلَقٍ

“Our Lord, grant us good in this world as well as good in the world to come, and protect us from the torment of the Fire.” (Chapter 2, Verse 201)

Here, it is “this world” that precedes. But what is meant by “this world”. It is ‘hasanatuddunya’: that become-the cause of ‘hasanaat’ in the next world. This prayer makes it quite clear that the good of the next world must be kept in view while acquiring the good of this world. Moreover the words ‘hasanatuddunya’ draw our attention to all the best means of the acquisition of the good of this world that a believer is expected to use in his worldly affairs. You should acquire the worldly gains through such means as are good in themselves and not the means that put others to hardships; these means should also not bring any shame for you. The acquisition of worldly gains in this way will definitely become the cause of good in the next world.”

[So Said the Promised Messiahas, Page 65]

True Guidance



Huzoor-e-Anwar^{aba}, Hazrat Mirza Masroor Ahmad, said:

“As a believer delves deeper into the topic of gratitude towards Allah, he becomes a recipient of even greater blessings from Allah Almighty. God Almighty, Who is True to His Word, promises His righteous servants: *“And remember also the time when your Lord declared, If you are grateful, I will, surely, bestow more favors on you.”* (Chapter 14, Verse 8)

Therefore, Allah Almighty increases His favors upon those who are grateful to Him. For an Ahmadi Muslim, the biggest favor upon him is that God Almighty has enabled him to believe in the Imam and Mahdi of this age, who has come to guide the entire world. Every Ahmadi must make every endeavour to understand this topic of gratitude, so that he may become the recipient of God’s favours, and not become someone who is ungrateful to God, and thus become the recipient of God’s wrath.

It is narrated in the traditions that the Holy Prophet^{SAW} would enumerate all of the day’s blessings of God before going to sleep at night and would thank Allah Almighty for all His favors and would

praise the Lord, Who bestowed upon him His Grace and Beneficence and granted him the bounties of life. His feet would swell during his worship of The Divine. When he was asked why he bore such burden, he would respond by saying should he not be grateful to Allah for all His favors? We should thus follow his model. God Almighty states:

“Say, ‘If you love Allah, follow me: then will Allah love you and forgive you your faults. And Allah is Most Forgiving, Merciful.’” (Chapter 3, Verse 32)

This is the way to attain God’s love, which in turn reaps further rewards. The Holy Prophet^{pbuh} was not grateful for worldly blessings alone, he would express his gratitude for shelter against difficulties and trials, to the extent that he was thankful in the most trivial matters as well. We must also emulate his example and incorporate these standards of gratitude in our lives. God Almighty then increases His blessings upon these people, so it is in favor of man himself to be grateful to God. God Almighty says:

“And whosoever is grateful is grateful for the good of his own soul; but whosoever is ungrateful, truly my Lord is Self-Sufficient, Generous.”
(Chapter 27, Verse 41)

Huzoor-e-Anwar^{aba} said that gratitude should not only come in form of words or speech, but in practical actions as well, such that every part of a person’s body and organs should express this form of gratitude. What is gratitude? Gratitude is that a person’s entire existence should prostrate before God in humility and express his Love for Divine, to make efforts to gain that Love, to affirm that every blessing in his life is from God indeed, to declare, with words from the tongue, the praise and glory of The Lord, and to utilize His gifts such that they become a source of gaining God’s pleasure. Allah Almighty showers such servants with increased blessings and bounties.”

[Extract from Friday Sermon, 13 July 2012]

Today a Reader, Tomorrow a Leader

Maryam Sadiqa, Majlis Blacktown



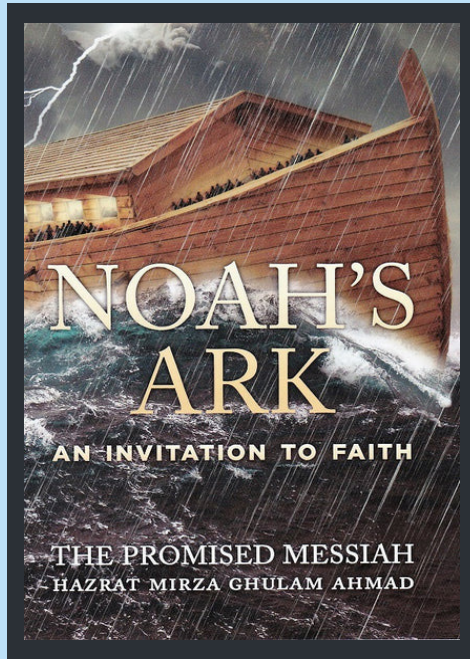
“There is no beauty better than intellect.”

This wonderful quote was said by our beloved Holy Prophet^{pbuh}, but what does it mean?

It means that knowledge is worth procuring. You might wonder why the Holy Prophet^{pbuh} conveyed such a message. The answer lies in the idea that knowledge serves as a pathway to nearness to God. This knowledge, we must understand, is predominantly of a religious nature.

So, let me pose a question to you - what better means exist to acquire knowledge than through books?

Dear kids, today I will tell you about my hobby of reading books. As I have explained before, the knowledge worth procuring is religious, so naturally the books I read are religious. One of my favorite books is 'Noah's Ark' by the Promised Messiahas. This beautiful book shows the wonders of our God and teaches true Islam.



You may be curious about the significance of reading, as there are other hobbies that vie for our attention.

The answer is deeply rooted in our faith. Almighty Allah cherishes those who seek knowledge, and the Holy Prophet^{pbuh} laid down a fundamental principle for every Muslim; to acquire knowledge about their own religion, thereby fortifying their faith in Allah Almighty.

Personally, I seize every opportunity to read, for I understand the profound impact it can have. Be it literature, history, or any other subject. I find solace and enlightenment from page to page. I implore you not to dismiss this. Consider the consequences of neglecting knowledge; without it, how will you then be guided?



The Holy Quran brims with profound wisdom, awaiting your exploration. Realize that knowledge is the gateway to a deeper understanding of the divine. The aforementioned book, 'Noah's Ark', tells you that nearness to God is worth procuring like a precious gem, so what stops you from gaining knowledge about your Lord. Indeed, the merits of reading extend beyond the realm of religion. It is a pursuit that not only enriches your spiritual understanding but also nurtures your mental well-being. As you immerse yourself in the world of books, you provide your brain with a mental workout, sharpening your focus and enhancing your memory.

Now, let's return to the subject of my cherished hobby. The books I engage with hold the power to transform the reader, both spiritually and mentally. Our beloved Holy Prophet^{pbuh} was an illiterate man, but it's fascinating to consider the very first gift bestowed upon him by the Almighty was knowledge, specifically religious knowledge, that transformed him from within. Let's delve into his journey. Starting as an illiterate man with only a few who recognized him, to a well-known Prophet of God who we still remember 1500 years later.

I also engage with the Holy Quran, diving into both the original text and its translations. I embark on a quest to uncover the deeper layers of wisdom, striving to connect the dots and make the words resonate with greater meaning. For, in every verse, there is guidance that resonates with my soul. I encourage you to embrace the joys of reading, not just as a pastime but as a gateway to expanding your horizons. Whether you are delving into religious texts, exploring the mysteries of the universe, or embarking on fictional adventures, every book you open has the potential to ignite your intellect and nurture your soul.

Today a Reader, Tomorrow a Leader.



Asifa Maqbool's Hobbies

Majlis Plumpton

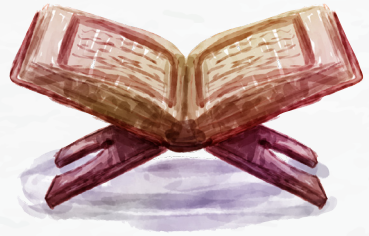
Hobbies play a significant role in our lives. People engage in activities to find entertainment and happiness. I have discovered my passion in three diverse hobbies: MTA, Painting and Studying the Holy Quran. Each of these hobbies brings unique benefits to my life, mentally and physically.

My first hobby is watching MTA. Many young people would see this as a task, but I see it as an opportunity to learn more about our Khalifa and our religion. It helps me understand what us Ahmadis believe in and what our muslim brothers and sisters are doing around the world. MTA has many different programs that accommodate all different age ranges. I find joy in watching MTA and discovering new programs.



My second hobby is painting. Painting allows one to express themselves and their emotions through watercolors, oils, acrylics, or any other medium. Painting has allowed me to express emotions, thoughts, and ideas in a visual medium. Engaging in paintings brings a sense of mindfulness, as it encourages complete attention during the creative process, reducing stress and anxiety. Over time, painting fosters personal growth, you can get better at it and have fun too.

The last but not the least hobby of mine is reading and understanding the Holy Quran. The Holy Quran holds a special place in my heart as this hobby that enriches my spiritual life. The Holy Quran is a source of spiritual enlightenment and guidance. Regular reading and understanding of Quranic verses deepen my connection with my faith and Allah the Almighty. The Holy Quran provides me with a moral compass and valuable information that guides me in my decision making. It imparts wisdom and principles that contribute to many things. The Holy Quran guides me and helps me understand why certain rules have been put in place and brings me comfort.



In conclusion, my hobbies of watching MTA, painting, and the study of the Holy Quran has benefited my life in many aspects. MTA has helped me gain more knowledge, painting is a way for self-expression and relaxation, and the Holy Quran enriches my spirituality and guides me to the right path.

These hobbies are just my hobbies, everyone's is different and unique. All these, collectively contribute to my personal growth and well-being. Whether constructing intricate miniature worlds, painting vibrant canvases, or immersing myself in the divine wisdom of the Holy Quran, my hobbies serve as invaluable sources of enrichment and balance in my life.

EXISTENCE OF GOD

Sammar Usman, Majlis Berwick

“Eyes cannot reach Him but He reaches the eyes. And He is the Incomprehensible, the All Aware.” (Chapter 6, Verse 104)

The question of God’s existence is one that is often raised in classrooms, television, and movies. While some doubt God and his existence, many throughout history have acknowledged the existence of a higher power. Despite the fact that humans differ on almost everything, the belief in a higher power has been consistent in all cultures, times, and places. Atheism has grown more prominent in modern times. Many scholars and scientists believe that God is real, and that God created everything. The Holy Quran also states that God created the universe. God also created humans and then did not just leave. God guided us to him and gave us hints and proofs of his creation. The biggest proof being the Holy Quran. There are many questions asked by Atheists, one of the main ones being “If God is real then why can’t we see God”. There is a very simple answer to the question, that if we humans can’t see anything then it doesn’t mean it ceases to exist. There are 5 main senses, touch, taste, feel, sound, and sight. When we hear a sound from far away and it sounds like a big blast then we know it is a big blast even though we can’t see it. When we smell a type of perfume or fruit, we know what it is even if we didn’t see it. If one says that we need to see something to know it’s real, then one could also say that perfume and sounds are not real. Muslims believe that

God has revealed Himself through the Prophets. God has shown His countenance and put His love in the hearts of people. It's said in Holy-Quran:

“And that is Our argument which We gave to Abraham against his people. We exalt in degrees of rank whom so We please. Thy Lord is indeed Wise, All Knowing.” (Chapter 6, Verse 48)

Creator of the Universe

God is the creator of the universe. If God created the universe, then who created God? This question was the greatest argument against God by atheists. The Holy Prophet^{pbuh} foretold that a time would come when people would ask this question, said Hazrat Mirza Bashir Ahmed^{RA}. If we study the universe and see how it was created, we see that it was all because of a creator.. Many other questions come to mind like how order was made, how the universe was made and how humans were made. The Holy Quran says:

“Do not the disbelievers see that the heavens and the earth were a closed- up mass, then We opened them out? And we made from water every living thing. Will they not then believe?” (Chapter 21, Verse 31)

From this verse it can be seen that we humans were made from water. This supports the Big Bang Theory, that all creation was created from a single droplet of water. One must also remember that this verse was revealed long before scientists made the Theory. The theory that humans and everything were made from water is a very known scientific discovery. This verse from the Holy Quran raises questions about the creation of the universe. There are many scientific facts written in the Holy Quran that scientists have

only just figured. Hazrat Mirza Tahir Ahmed^{RH} has given many examples of such facts. Many people, especially atheists believe that the universe was made by chance. They try to use science to support their claims. God also says that anything made by chance doesn't have any order. God says that everything needs something to make it work. An example is a painting that has colors placed in precise spots. If we splash paint randomly, would a picture still merge? Same with a house made of bricks, if we threw a bunch of bricks together would a house still merge? All these things can't be made by chance. This shows that everything that demands order needs a creator. This goes with the universe. The universe demands a natural order and thus a creator, and that creator is God. If something happens by chance, then there is also a chance that it didn't happen. Birds need to fly to get food to their nest, thus God gave them wings. Humans need to breathe, thus God gave them air. Humans need water, thus God gave them sea. All this works in perfect harmony and none of this was by chance.

Scientific Opinion

Many Atheists don't believe in God and try to use science to their advantage. They believe that everything has a scientific answer. Some scientists are not supportive of the 'No God theory'. Many scientists do believe in God and many scientists also have scientific proof of the existence of God. The biggest proof would be the creation of the universe.

Prayers to God

God listens to the prayers of the righteous people at all times. The only time your prayer won't be accepted would be, when it is bad for you and He is trying to help you. When someone needs help, God is always there. In history there have been many incidents

where it seemed as though there was no way to survive, but they still survived due to God. Non-believers could say that all these things happened by chance. But the way they happened is not by chance. God made it clear that it was him, who was protecting them. When Prophet Noah^{AS} was told to build an ark, he built it during a time with no rain. However, when the need arose, all his enemies drowned and Prophet Noah^{AS} and his followers survived. God Almighty saved Hazrat Ibrahim^{AS} from the fire of Namrud and extinguished the intensifying flames of the fire. God Almighty saved Prophet Yusuf^{AS} from an apparently certain death and miraculously gave him respect, honor and power. Prophet Moses^{AS} won against his enemies and God Almighty split the Nile River into two and to save him from Pharaoh and his army. God Almighty miraculously kept Prophet Jonah^{AS} alive in the belly of a whale. God Almighty saved Prophet Jesus^{AS} from dying a cursed death on the cross. God Almighty saved the Holy Prophet^{pbuh} and Hazrat Abu Bakar^{RA} when they were in cave Thaur and their enemies were outside. The enemy didn't go through because a spider had built a giant spider web and a dove had built a nest. It would have been impossible for anyone to go through without destroying the web and the nest. Experiencing the existence of God can never come to an end. Over the past 1400 years there have been many people who have experienced the existence of God, but it was decreed that in the time of the Promised Messiah^{AS} myriads of people would experience God's existence. More than a 100 years ago, God raised the Promised Messiah^{AS}, to proclaim that God does exist today as He existed before and that God does speak today as He spoke before. He invited the hungry to partake in this heavenly bread and called upon the thirsty to quench their thirst from this spring of life. Blessed indeed are the ones who accept this invitation.

In a small hamlet 131 years ago, a group of 75 came together to discuss how they would change the world. The convention (known as Jalsa Salana) was the first of its kind, and sought to show the path to God.

Experiencing God

Perhaps the final and ultimate evidence for the existence of God comes from the personal experience of Divine signs. My dad was in university. A scholarship exam was coming up. Anyone achieving more than 80% was to receive the scholarship. The test was very hard and only a few people passed. My dad prayed every day and when he got the results back, he saw that he got exactly 80%, because that was what he prayed for. My mother is a convert from the Sunni sect of Islam to Ahmadiyyat. She prayed to God to show her the true path and God showed her the signs and as a result, my mother accepted Ahmadiyyat. The Promised Messiah^{AS} says:

“Search for God is a difficult matter. Observation of the heavens and the earth and reflection of the perfect orderliness of the universe only leads to the conclusion that the universe should have a Creator, yet it is not a proof that such a Creator exists. There is a difference between ought to be and is.” (The Essence of Islam, Volume 1)

Conclusion

The preceding discussion attempted to provide evidence for the existence of God by making a rational enquiry into the ultimate question. Nonetheless, doctrine, dogma, interpretation, discovery, argument, reasoning, ratiocination or any process by which religious knowledge is externalized, are significant primarily as a means to the end of establishing a relationship between God and human beings. And thus, the final and most profound confirmation

of the existence of God comes from the experiential evidence taking religion to an empirical height. The Promised Messiah^{AS} says:

“The only way to acquiring certainty is to experience God repeatedly by having conversation with him or by witnessing His extraordinary signs” (The Essence of Islam, Volume 1)

Advancement of science reveals the intricacy of the universe and the grandeur of the Divine Design and reinforces the fact that in the workings of the universe there are Signs for those who reflect. This is a simple truth that is part of our deepest conviction. The Holy Qur’an says:

“And as for those who strive in Our path We will surely guide them in Our ways. And verily Allah is with those who do good.” (Chapter 9, Verse 70)

God says that if you come to Him and if you strive and if you want to know Him, pray to Him and He will guide you. Even if any Atheist seeks God, then Allah will surely guide him, and show them his existence and convert him to Islam. Ameen

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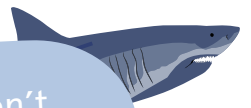
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a prawns heart is located at the bottom of its head

Sharks don't have bones. Instead their skeletons are made of cartilage



cats can't taste anything sweet



elephants are the only animals that can't jump

FUN FACTS

by Inaya Salman
Majlis Berwick



it's physically impossible for pigs to look up into the sky



a grizzly bear can run as fast as horse



kangaroos can't walk backwards



owls can't move their eyeballs



the colossal squid has the largest eyes in the world



a crocodile cannot stick its tongue out



a pet hamster can run up to 8 miles on wheel.

a blue whale's heart can weigh up to 2000 pounds



MY HOBBIES

Najia Sheikh, Majlis Adelaide South

My favorite way to pass time is gardening. I like growing flowers and vegetables in my backyard. In this way, I can use my spare time productively and beneficially, which is great for my health as it keeps me active. Gardening also teaches me patience and the responsibility of taking care of something, as planting seeds, watching them grow, and seeing the first blooms are magical experiences. Gardening also keeps my mind refreshed and relaxed as I am close to nature, taking in fresh sights and air. It is very easy for me to find peace and happiness in my garden. Gardening keeps me close to nature and helps me develop an eco-friendly mind.

At home, I also enjoy drawing and painting. This leads me to be entertained while I spend my free time. I also enjoy photography, reading books, and watching YouTube kids. Also, I like going shopping, eating out and traveling to different places for sightseeing.



SOCCER

Areeb Ahmad, Majlis Campbelltown

My name is Areeb Ahmad and I have several different hobbies. My favorite hobby is playing soccer because it's the world's biggest sport and extremely fun to play.

What made me interested in this sport was watching other big players play on the pitch, score goals and even win big trophies for their team. Playing this sport has overall made me healthy, fit and active throughout the day.

Every day I try to overcome my challenges in order to get better at the skills that need improvement. I play for a soccer club called Minto Stingers and I have played brilliantly all throughout the season, scoring many goals that have magnificently helped my team.

Furthermore, soccer is an amazing sport that brings people together from all over the world. It doesn't matter where you're from or how good you are – anyone can enjoy it. This makes everyone feel like they're part of a big team, which is really special. They share a common love for the game, and that's what brings them together. This inclusivity creates a special bond among players



and fans, turning the soccer field into a place where friendships can bloom, and differences can be set aside. It's a beautiful thing to witness people of all ages and skill sets coming together, all driven by the same passion.

When you play soccer, you need to be strong and think smart. You have to make quick decisions and work together with your teammates. This teamwork helps create special moments both when you score and when you defend. This collective effort, whether in creating scoring chances or defending against opponents, leads to a shared sense of achievement. The joy of a well-placed pass or a perfectly timed shot is a testament to the mental and physical challenges that soccer presents, pushing players to exceed their own limits.

I feel super happy and excited when I step onto the field. The rush of energy, the chasing after the ball, and the joy of making a great play, are all feelings that light me up inside. Soccer challenges me both mentally and physically, encouraging me to get better every time I play. Playing soccer also keeps me healthy and strong. It's like a fun way to exercise and stay in good shape. Plus, being part of the Minto Stingers team is like having a second family. We support each other, learn from our mistakes, and cheer each other on. It's more than just a game – it's about building strong friendships.

For me, soccer is more than just a hobby. It's a big part of my life that brings me happiness, excitement, and a sense of belonging. Every game, every practice, and every goal reminds me why I love this sport so much. I can't wait to keep playing with lots of enthusiasm and dedication. And this is why I love soccer.

Salat

Rayyan Ahmed, *Majlis Campbelltown*

Salat is the second pillar of Islam. Salat is important as it allows all Muslims to communicate with Allah and follow in the footsteps of the Holy Prophet^{pbuh}. There are five prayers that Muslims should be praying regularly, those are: Fajr, Dhuhr, Asr, Maghrib and Isha, which are to be performed daily and regularly. This has been instructed in the Holy Quran;

“Establish prayer at the decline of the sun [from its meridian] until the darkness of the night and [also] the Qur’an of dawn. Indeed, the recitation of dawn is ever witnessed.” (Chapter 17, Verse 78).

Salat allows us to become closer to Allah, it strengthens our character, cleanses our souls of sins, and motivates us to be better Muslims every day. Our behavior can become kinder, gentler, and more virtuous. We become happier and more uplifted. Offering five daily prayers keeps us in a state of constant remembrance of Allah. It helps one understand the purpose of life and allows them to live with greater meaning. It makes us God-Conscious in our everyday activities. When a person prays five times a day, he becomes accustomed to feeling the presence of Allah and develops the sense that Allah is always watching them.



This spiritual connection frees our minds and bodies from the stress of everyday life. It strengthens our faith and influences us to do more good deeds.

It must be understood that sincere prayer never goes to waste. Sometimes, the deep spiritual experience of the intense love of Allah can bring tears to the eyes. Sometimes, love fills the heart with sublime happiness. Holy Prophet^{pbuh};

“No servant of Allah humbles himself for the sake of Allah, but Allah thereby brings around his Raf’a.”

Raf’a is an Arabic word meaning ‘to raise’. It means that Allah will exalt his status before Him. True humility can only be achieved by mentally concentrating on the attributes of Allah. When Allah’s immense greatness dawns on someone, one has no choice but to be humbled.

Salat is an obligation upon all Muslims and Allah has made it obligatory for a reason. Allah doesn’t burden anyone beyond their ability, which is why Salah has been made easy for His followers. The principle of salah is to ensure Muslims stay devoted to Allah, attain nearness to Allah and remain conscious of the importance of faith and submission to their Creator. It is also mentioned in the Holy Quran;

“Verily, Salat restrains (oneself) from shameful and unjust deeds” (Chapter 29, Verse 45).

This verse highlights that by performing Salat, a believer is able to restrain himself from committing shameful and unjust actions. A few of many benefits of Salat are listed below;

- Salat ensures that we remember God in the best way
- Salat reminds us of the Day of Judgement and the Hereafter
- Salat purifies us from sins
- Salat improves our characters
- Salat makes our day blessed
- Salat allows us to establish a habit of being clean

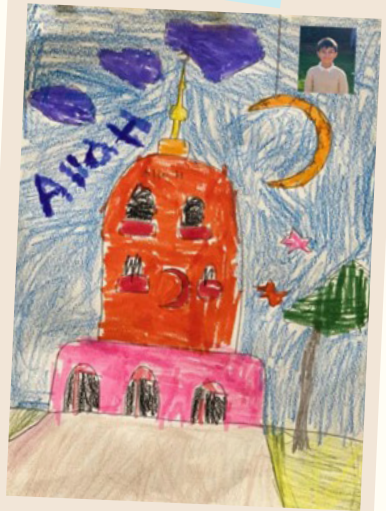
Salah is an obligatory act for Muslims and Allah has made Salat easy and straightforward for His believers. As a result, Muslims should be regular in praying their 5 daily prayers, in order to increase their faith and to establish a better relationship with Allah.

GALLERY

submit your drawings, paintings, crafts to be featured!



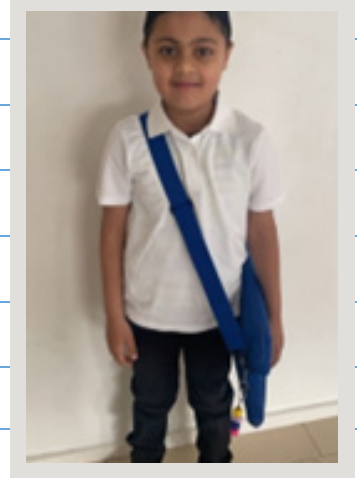
Adam Goraya, (6)
Majlis Campbelltown



Zayan Padda (8)
Majlis Campbelltown

MY FIRST DAY OF MASROOR ACADEMY

My name is Mirza Haris Ahmad Shaukat, I'm from Majlis Adelaide South. I turned 7 years-old this year and started attending Masroor Academy. I was very excited and at the same time, a little nervous too, because this was my first time attending Masroor Academy.



I woke up in the morning, had breakfast, got ready and packed my bag with a book, a pencil case, and some snacks.

My baba dropped me at Noor Mosque around 11am. First, I met the Principal Sahib. I said Assalam-o-Alaikum to him. He welcomed me inside with a smile and told me to join the class. After the morning assembly, I went to class with my appointed teacher and we focused on the importance of Salat. I was given the level 1 syllabus and my homework was the prayer for the Intention of Salat. I saw many of my friends there, including Wali, Salman, and Ahmad. I was happy to be with them. We had a break at the end, and I had my snacks.

MIRZA SHAYAN SHAUKAT'S HOBBIES

Majlis Adelaide South

A hobby is an activity done regularly in your spare time for pleasure. An activity that helps you relieve stress and tension. For example, reading, writing, cooking, traveling or collecting things etc.

Since childhood, I have always had a passion for arts and crafts. From my earliest days, I would collect items and make things. In pre-school, I would love to bring home boxes, small lids and craft paper to create art.



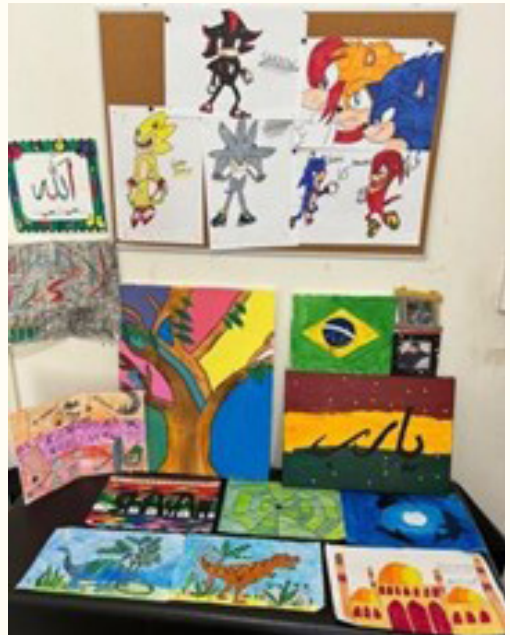
Then I found out about drawing. It was like a whole new world for me. When I started drawing, I was kind of bad. However, each day I improved my drawing skills until I started to draw all sorts of cartoon characters. I started competing in Atfal art competitions. When Eid and Ramadan events came, I would make drawings of Eid Mubarak and Ramadan Kareem and bring them to school to show to my class fellows.

In recent days another chapter of art entered my life and that was painting. I was introduced to painting by my friend. So, I started painting on paper to practice and figure out which colors would look good together and later started painting on canvases.



The first painting I did was 'Ya-Rab'. I used red, yellow, green and sparkly stars, with a white and black border. After that, I started to paint trees and flags. I started to do arts and crafts, writing Allah's name, and picture frames with pop sticks and wood. Here I have attached a little part of my work to share with you.

In my opinion, I think that having a hobby is quite good as we spend some time according to our enjoyment which helps us to



A Natural Wonder: Blood Falls

Tabiq Kareem Ahmad Sharma, Majlis Marsden Park



Dear Friends! Our Creator Allah the Almighty has made this planet, Earth, a home for us, by not only providing us with basic necessities, but much more than what we could imagine.

This amazing world of ours not only has breathtaking landscapes, but also some strange yet interesting places that are full of wonders. Antarctica, the world's coldest and driest continent located at the South Pole is in no doubt a desert of ice.

So, wouldn't it be surprising to find a waterfall on this frozen continent? Yes! Found in the Taylor Valley of the McMurdo Dry

Valleys in Victoria Land, East Antarctica. The name of this waterfall is no less surprising and equally mysterious; Blood Falls!

Now let's find out, why this mystery "Five-Story-Tall-Waterfall", the only waterfall of its kind on Earth, is called Blood Falls, and how it came to be about? Scientists believe that millions of years ago, a lake, 'Lake Bonney', gradually got buried under ice and because the water of this lake is three times saltier than normal sea water, it cannot freeze and keeps coming out of the glacier, Taylor Glacier', in the form of a waterfall.

The surface of the Lake Bonney contains iron, so when water flows through, the iron combines with oxygen to produce a zinc-like substance, which gives it its blood-red color.

Exciting isn't it!

You'll be even more thrilled to know that Blood Falls was discovered for the very first time in 1911 by an Australian explorer and academic writer, Thomas Griffith Taylor. Therefore, the valley and the glacier are named after him; Taylor Valley and Taylor Glacier. Scientists and researchers have also found at least 17 different types of ancient microbes that are able to survive extreme environments, 100s of meters deep with almost no oxygen. Finding such microbes has given scientists the hope of finding life in other places in our Solar System such as Mars or frozen Europa (a moon of Jupiter).

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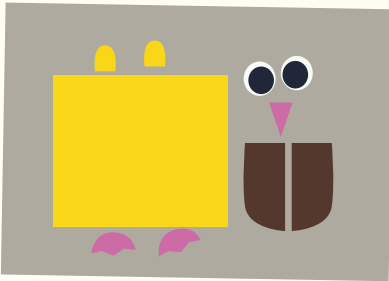
<https://antarcticsun.usap.gov/science/4721/>

LET'S CREATE!

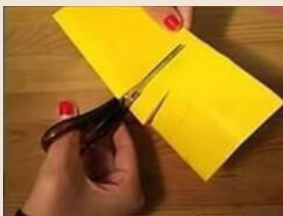
Submitted by: Inaya Salman from
Majlis Berwick



You will need: Glue, Scissors and Paper
cut into the following shapes



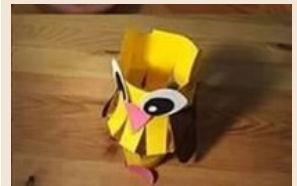
An Owl



Folder paper in half
and cut halfway at
the fold



Open the paper and
roll, to create a
cylinder shape for the
body and then glue
the sides together



Glue the eyes, beak,
legs and wings to
the body

You will need:
scissors and yarn



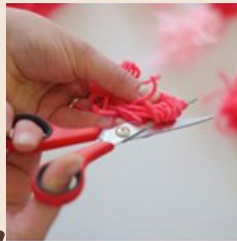
Tassels



Take some yarn and
wrap it over
your hand



Wrap the yarn
over itself and tie
a knot



Cut the yarn
from the bottom



Practise makes
perfect!

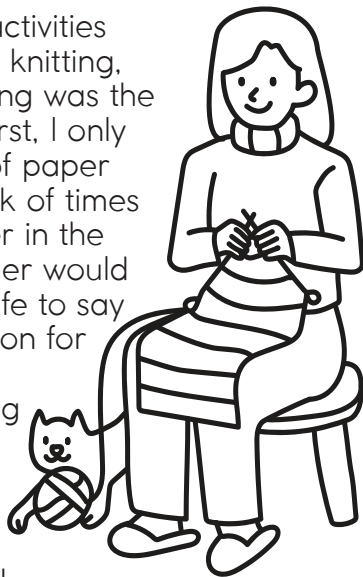
AIZA BAJWA'S HOBBIES

Majlis Berwick

I am a cheerful girl, who gets good grades, and actually doesn't mind studying, but always makes time for the things she loves. Over the years I have had many hobbies from soap-making to the Japanese art of paper folding. As humans, our interests change over time, and our lifestyle, friends and experiences are all factors that determine what interests us. My current hobbies consist of sewing, cooking and horse riding. So, let me tell you about the things I enjoy and perhaps introduce you to your new favorite hobby.

Sewing

I have always been drawn towards activities involving the art of cloth-making like knitting, crocheting and embroidery but sewing was the only one that I really stuck with. At first, I only had the ability to make clothes out of paper or plastic for my Barbies. I often think of times when I thought that cutting out paper in the shape of a shirt and sewing it together would make a wearable shirt. I think it is safe to say that I have made progress. My passion for sewing came from watching my grandmother sit in front of her sewing machine making clothes for me and my cousins. She can make anything; pants, shirts, dresses, you name it. While I am not as good as her, I too can make shirts and dresses and I have even made a cardigan! (it ripped but I made it)



Cooking/Baking

I love to eat but I also love to cook. I remember playing with my mini kitchen as it had an oven and everything. My mini kitchen now sits in our storage room collecting dust but not because I have lost my passion for cooking but because I have moved on to a real kitchen, with an oven and everything. After years of sitting on the sidelines, watching Mum and Dad cook, I finally learned how to make something! Tea. I know it's not that



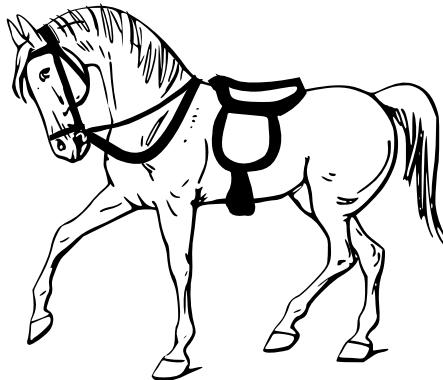
hard, but we all start somewhere. Over the years, I have learned to make many dishes which even though led me to many failures, I also found some success. Some of my favorite memories are of the time I tried to bake a cake in a glass pan, not realizing that the metal pan helps it cook. It just came out looking just a little more cooked than the way it went in. I also remember the time I made a cake and didn't mix it enough and found chunks of boiled egg inside. Don't worry this won't happen to you, just follow a recipe. I would recommend looking at the following website for recipes that are easy to follow and well-explained:

- Taste
- Woolworths
- Coles
- Sydney Morning Herald

Equestrian

I actively started taking part in horse riding around **2** years ago, as I found horses very fascinating. The way they walk, trot and all the different footfalls. Did you know that horses have a hierarchy where the stallion's role is to provide protection and viable offspring. While the alpha mare's job is also to produce viable offspring, they have to tell the herd where to go. Alongside learning fascinating facts about horses, I also ride them which is great fun, and before you ask, yes, I have fallen off a horse before. I was dismounting, I slipped on the sand and fell straight on my back, luckily, I didn't get hurt but it was a close call. The best thing about being an equestrian is that it is an exciting way to exercise. This is why I would recommend trying it. There are places all over Australia that provide horse riding lessons for beginners.

All in all, my hobbies help me express myself in various ways and learn more about myself. I believe that it is important to have a hobby that is not repetitive, so there is a lot to learn before you get bored. I hope reading about my hobbies will encourage you to explore your interests and perhaps try something new!



Maha Jafrey's hobbies

Majlis Melbourne East, 7 years old



Watching MTA - at Jammat mta studios in Canada



Tie Dye and Crafts



Visiting beaches -
this was in Hawaii



Science & Potions

Hijab is My Protection

Aiza Bajwa, Majlis Berwick



The Arabic root word for Hijab is ‘Hajaba’, which means to ‘conceal’ or ‘cover’. In the Islamic context, Hijab refers to the dress code required for Muslim women who have reached puberty. Hijab is the requirement of veiling the entire body and the covering of the face is referred to as Niqab. However, hijab is not just about outer appearances, it is about noble speech, modesty, and dignified conduct. These righteous manners are also required of men. Muslim men are also required to dress in loose and non-revealing clothing in order to maintain their modesty and dignity.

Although there are many benefits of Hijab, first and foremost, it is a commandment from God. Therefore, wearing it is an act of faith and obedience to The Creator. It brings one closer to their Lord and helps bring a sense of satisfaction and contentment to the person wearing it.

God, the All-Wise, knows what is best for His creation, and has therefore provided guidance for their benefit. As mentioned in the Holy Quran;

“O Prophet! tell ... the women of the believers, that they should pull down upon them of their outer cloaks from their heads over their faces” (33:60)

Islam promotes modesty and decency and seeks to minimize immorality and moral degradation within society, while creating stability in both families and communities. Hijab, amongst other things, helps attain this goal in a number of ways;

- It shields women from unwanted advances.
- It shields women from perverted looks and superficial scrutiny.
- It shields women from exploitation based on appearance.
- It shields women from temptations and harm.

Hijab promotes a woman's femininity and grants them dignity and self-respect. It has given women the power to shape their identity through righteousness, intelligence and societal contribution, as opposed to being judged by superficial standards. Rather than by a harmful society that has taught many women, from childhood, that their worth is proportional to their attractiveness. Society has compelled women to follow unrealistic standards of beauty in order to satisfy a community that has placed much emphasis on external beauty and internal beauty counts for very little.

However, Islam teaches that a woman is to be respected for her virtuous character and actions rather than by her physical features.

A woman shouldn't have to use her body and charm to gain recognition or acceptance in society and Hijab directs this attention away from appearance and onto qualities such as piety, virtue, modesty and intellect.

Hijab enables women to have confidence in themselves as human beings. It increases the self-esteem of women by allowing them to focus on what really matters in life. The obsession with physical appearance can have dangerous and unhealthy consequences, as some women go to harmful lengths in order to feel accepted by an increasingly demanding society. Thus, hijab helps prevent such mental and physical harms associated with a lack of confidence, by limiting self-consciousness based on appearance.

The Hijab is an act of obedience between Muslim women and their Creator. It is a source of empowerment and dignity, and millions of Muslim women around the world choose to wear the Hijab as part of their faith. Far from being oppressive, the Hijab is an act of liberation, purity and most importantly, belief. Respect for women is an important aspect of Islamic teachings, and this is illustrated via the Hijab.



IMAGINATION

READING as a hobby

Syeda Aniq Shafiq Majlis Plumpton

"A reader lives a thousand lives before he dies. The man who never reads lives only one."

George R.R. Martin

Hobbies are activities that people like to do in their free time to bring joy and fulfillment to one's life.

Reading can be considered as one of the most beneficial and important hobbies for several reasons. Reading gives one the chance to experience a variety of stories, learn about a multitude of topics, and expand their imagination. Every time one reads, they have the chance to learn something new that they can connect to their own life experiences and become well-rounded.

In addition to its benefits for mind and soul, reading has also been linked to improve overall health. Studies suggest that reading can reduce blood pressure, lower stress levels, and even boost the immune system.

Reading also has the power to take the mind to new places, both literally and metaphorically. One can travel to faraway lands, meet interesting characters, and experience new cultures through stories. This can broaden one's perspective on the world and increase empathy and understanding for different people and cultures. Overall, reading is a truly beneficial hobby that has a wide variety of positive effects on the mind, body, and soul.

CURIOSITY



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9,



J O Y F U L



KARATE

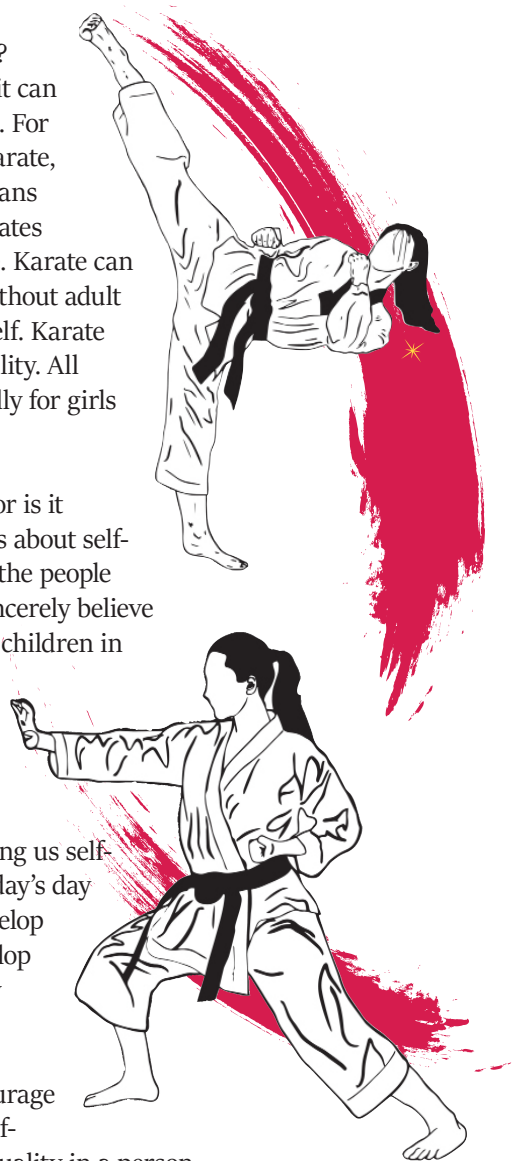
Alishba Bhatti,
Majlis Campbelltown

Hobbies related to fitness that help us stay active are important but you may ask why? Hobbies are used to achieve your goals or it can just be something that you're interested in. For me I have many hobbies such as, soccer, karate, and reading comics but the hobby that means the most to me is karate. Karate demonstrates discipline, it keeps me energetic and active. Karate can come in handy when you are alone and without adult supervision and you need to defend yourself. Karate builds your strength, coordination and agility. All these factors are really important, especially for girls in today's society.

Karate isn't just about what belt you are nor is it about throwing punches or kicks. Karate is about self-confidence and making sure that you and the people around you are safe from any threats. I sincerely believe that parents should consider putting their children in karate, as there are many benefits to it.

As teenagers we are most likely glued to our phones and unaware of our surroundings. Thus, karate will help us stay aware of your surroundings by teaching us self-awareness and focus. It is important in today's day and age that women and girls learn to develop awareness of their surroundings and develop skills to defend themselves in order to stay safe every day.

So, karate is my favorite hobby and I encourage you to focus on yourself and build your self-confidence as that is the most important quality in a person.



GAMING AND OTHER THINGS

Faris Iqbal Raja, Majlis Blacktown

Hobbies are things that we like doing in our free time to relax our minds.

My hobbies are playing sports, computer gaming and Melty Beads crafting. The reason sports is my hobby is because while playing sports I am usually laughing half of the time. For example, I was playing soccer with my friends and the game mode was free for all and most of the people kept on laughing including me. My favorite sport is soccer which is a very popular game in my school and almost all the boys love it.

Another one of my hobbies was gaming as you have read before. Here is the reason why; You can play with your friends online and sometimes even offline and there are over a million games to play.

Another one of my hobbies is Melty Beads Crafting. Melty beads are a type of beads where you can create stuff and then you have to iron them with a parchment paper on top of them (baking paper) and VOILA! You have melty bead art. I have a lot of these and that is why I like to make them.



CRICKET!

Taha Khan, Majlis Campbelltown

Hobbies are very important as they keep us creative, relaxed, and entertained. Whether it is sports, drawing, or something simple like reading, hobbies let us express ourselves and feel better. In our busy lives, they give us a break make us feel good. Hobbies aren't just for fun, they also help us feel better and are a big part of how we live.

Cricket is my favorite hobby, but it's more than just a hobby, it's a central part of who I am, and it has profoundly influenced my life. My love for cricket began when I was just a kid. Watching players on TV hit the ball, take wickets, and breathtaking catches. The excitement and the skill on display captured my imagination, and I quickly became hooked.

Yet, cricket isn't just about the big shots or taking wickets. It's a team sport, and that means working together to achieve a common goal. It's like a big jigsaw puzzle, with each player being a piece. When we all come together and play our roles, the puzzle is complete, and we win. This has taught me the importance of teamwork, just like working together in a group project at school.

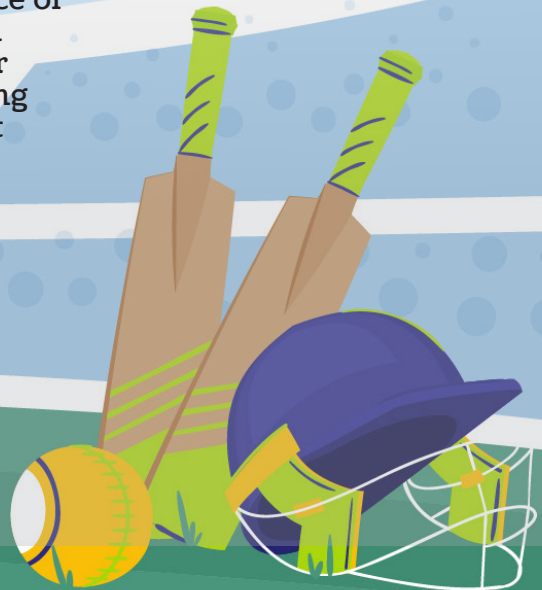
Cricket has also shown me the significance of hard work and consistent practice. Whether you're perfecting a cricket shot or studying for a test, putting in the effort is essential. In cricket, you have to keep practicing to get better, and it's the same in life, practice and effort leads to success.

What makes cricket so special to me is the excitement it brings. When I'm out on the field, my heart races with adrenaline. The thrill of a close match, the cheers from the crowd, and the energy in the air makes cricket feel like a superpower. It's an incredible feeling.

I've also learned from some remarkable cricket players, such as David Warner, Mohammad Asif, and James Anderson who have inspired me to work hard and never give up on my dreams. They show that with dedication and perseverance, you can achieve greatness.

Cricket is not just a hobby, it's a way of life for me. It has made me a better team player, instilled discipline in me, and given me the gift of patience. Whether I'm playing a casual match with friends or watching an intense game, cricket is my passion. I hope to keep enjoying it for many more years to come.

In conclusion, cricket is not just a hobby, it's a significant part of my life. It has taught me valuable life lessons and brought me immense joy. It's a sport that has shaped my character and helped me understand the importance of teamwork, dedication and perseverance. So, whether I'm on the field or watching from the sidelines, cricket continues to be a driving force in my life.



Perseverance in Patience

Noor Kiran Mehar, Majlis Adelaide South



In the Arabic language, patience means to confine or contain. It is to persevere in something, to endure pain and suffering and to hold fast the divine law and to refrain from what Allah forbids. Patience is one of the most important attributes in Islam, with well over 90 verses in the Holy Quran stating the virtues and benefits of patience.

This article will discuss the times when The Holy Prophet^{pbuh} demonstrated patience in his daily life, the advantages of practicing patience and the importance of encouraging this virtue in our own lives.

The Holy Prophet^{pbuh} was born an orphan, he never felt and enjoyed the love of a father, and at the age of six he lost his mother. After which he remained under his grandfather's supervision who passed

away when he was only eight years old. One could only imagine the shock and pain of his childhood. However, despite such hardship, he always behaved in a patient and tolerant manner.

On one occasion, The Holy Prophet^{pbuh} observed a woman who was occupied in loud mourning over her child's grave. He told her to be patient and to accept God's will. This woman replied *"If only you had suffered the loss of a child as I have, you would have realised how difficult it is to be patient under such an affliction."* The Holy Prophet^{pbuh} replied *"I have suffered the loss of not one but seven children."* Such are the degrees of perseverance in patience of our dear Holy Prophet^{pbuh}.

"Strange are the ways of a believer for there is good in every affair of his ... if he (a believer) has an occasion to feel delight, he thanks (God); thus there is a good for him in it, and if he gets into trouble and shows resignation (and endures it patiently), there is a good for him in it." (Muslim).

This teaching demonstrates that even if we are faced with misfortune it is for a reason, perhaps to make us stronger, and stay steadfast towards Allah by demonstrating patience and the acceptance of Allah's will. In conclusion, the concept of patience holds great importance in Islam. It embodies the ability to endure hardships, pain, and adversity without complaint while maintaining steadfastness in following the Divine law.

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Flip The Wish Fish

Mahnour Talpur, Majlis Melbourne West

Flip, a sparkling blue-wish-fish, glided through the well that he had spent his entire life in. “Ash!” He cried, looking out to see his best friend speeding towards him, Ash’s beautiful red and orange tail flowing behind him.

“Flip!” He called out as he arrived, “Someone’s here, a small girl!”

Flip and Ash swam side by side as they gathered ceremoniously with the other wish fish, swirling around and around against the brick edges of the well. Flip dared to look above him, seeing the face of a small girl distorted by the water. She had bright brown eyes, dark raven hair and lips pulled into a wide smile as she dipped her finger in the pond. Flip had been through this process millions of times already.

It seemed the village was growing, and every person wanted to use the one wish they were entitled to in their lifetime. To Flip it seemed disheartening – why was the entirety of his life based merely on the fact of making these villagers happy? He hated being treated like a genie in a bottle, but after all, there was nothing he could do. He was destined to this gloomy, miserable life.

He pondered over this, as he swam faster and faster, his thoughts swirling around in his mind with the same intensity as the fish were circling the pond. The anger consumed him, and he felt as though he would never get rid of it. Why was it that wish fish, fish with their own dreams and hopes, had to be sacrificed for one villager’s wish? Why was it that this was the destiny of his fellow wish fish? To be randomly picked out of the water, and have their last breath be used to grant a stranger their wish.

But Flip’s rage dissipated as soon as he rose out of the water. It was his turn.

He gasped, taking in this entire new world he had never experienced, but it was not the fresh air that made his anger disappear, nor was it the beautiful colors and smells and sounds he was met with. It was the girl, staring at him with such anticipation and excitement, eyes wide with . with hope.

And it was that moment he felt that it had all been worth it. If he had spent his entire life confined to a pond, if this was his last moment, he knew he had made someone feel this way. That was not something everyone got to say.

Flip closed his eyes, waiting for death to strike him as he strained to hear her soft whisper, “I wish I wish. I wish to free this fish.”

What? Flip opened his eyes, startled, disoriented and at complete shock with what had just happened. He looked down expecting to see his fins, but instead saw the hands of a small boy. He was a boy.

“Hi,” the girl whispered in awe, “I’m Hope.”

Flip smiled inwardly, it seemed only fitting that Hope was her name. All of his life, he had thought that it was him who was destined to bring others hope, but he hadn’t realized that in the darkest of times, he had been given hope. A hope to start a new life given by a girl who he thought would be the one to end his life.

It all seemed so surreal, he stared wordlessly as tears ran down his face. Maybe this wasn’t just his destiny, maybe it was everyone’s destiny. To bring others’ hope, to share hope with the world – hope that was so beautiful, so fragile, yet burning so brightly in his heart that he felt it would never burn out. And maybe just maybe, hope might be given back to you, when you least expect it.

“I’m Flip.” he replied.

My Responsibilities as a Waqfa

Ghazala Moin, Majlis Melbourne West

Waqf-e-Nau is the blessed scheme that was founded by Hazrat Khalifatul Masih IV^{RH} on 3rd April 1987 according to the Will of Allah Almighty. Objective of waqf e nou scheme is to prepare children of Jama'at as life devotees, raised from birth, to get closer to Allah, fulfilling the noble mission of the Promised Messiah^{AS} and the needs of the Jama'at in different fields, such as Tabligh, Tarbiyyat, Taleem as well as in education and healthcare.

His Holiness Khalifa tul Massih V^{ABA} said *“Waqf-e-Nau’ is not a title, but it is a duty and obligation. It is a sacred bond and a solemn pledge. It is a lifelong commitment and sacrifice made for the sake of their faith, wherein all material matters, or worldly positions are of no value in comparison to the fulfilment of the pledge of being a Waqf-e-Nau”* (International Waqf-e-Nau Refresher Course 07 Dec 2019). His Holiness stresses the point that waqf e nou children are not special just by being Waqf-e-Nau. Rather, they will be seen as special by Allah only if they uphold their responsibilities and become true, ardent servants of Allah. Just as Hazrat Maryam^{AS} devoted her unborn child in the way of God and just as companions of Hazrat Muhammad^{SAW} sacrificed in every field.

Now I will explain my true responsibilities as a Waqfa. The most basic obligation is to fulfil the rights of the worship of Allah, by offering five daily prayers sincerely and in a state of complete submission to Allah the Almighty. Certainly, the foremost aspiration of any Waqf-e-Nau, should be to attain the nearness of Allah the Almighty. He has bestowed upon us, The Holy Qur'an, which has a universal, everlasting, perfect, and timeless teachings. As a Waqf e nau we must recite Holy Quran daily with translation and try to understand its meanings and act upon the teachings of Islam in our daily lives. With this, we should

also try to act upon the Aswa e Husna of Prophet Muhammad^{SAW}.

Furthermore, we are extremely fortunate that in this era, the Promised Messiah^{AS} has enlightened us to the true meaning and interpretation of the Holy Qur'an and equipped us with the intellectual weapons to respond to those who oppose Islam or query it. Thus, to understand the deeper meanings of the Holy Qur'an, it is essential that we read the books of the Promised Messiah^{AS}, as well as the other books published by the Jama'at. We must make it a habit to set aside time every day to read the books or writings of the Promised Messiah^{AS}, as they will furnish us with the necessary means to defend our religion.

Moreover, I will say that a waqf e nau should be a role model for everyone. We must enhance our moral training in every minute of our life. We must avoid, gossips, spreading false information, ill talking, back biting, lying or any kind of bad behaviour. We must adopt modesty and wear hajib and follow Allah's command in this regard. Some people criticise or deride our pardah and hijab, we should consider it to be a badge of honour and feel pride that we have stayed strong in our faith in the face of adversity. Showing patience and keeping our head held high in such circumstances is the true means of establishing our honour and self-respect in the world. I want to say to all waqfaat that never worry for a second that others might taunt you or consider you to be a laughingstock because of your religious beliefs. If they mock, let them! We must disregard any hesitation or fear and stand up with certainty and conviction in the truth of our faith. It is our duty to propagate the true and peaceful teachings of Islam through our words and conduct.

In Conclusion, I will say that we must all recognise the crucial importance of seeking the Help of Allah the Almighty at every juncture. If we seek His Grace and mercy, then all our efforts will be fruitful. May Allah the Almighty enable us to fulfill our responsibilities as a Waqf e nau. Ameen.

Reference:

<https://www.alislam.org/articles/training-of-waqf-e-nau-duties-of-secretaries/>

<https://www.alislam.org/book/essence-of-waqf-e-nau/>

<https://www.alislam.org/articles/roles-responsibilities-of-waqfat-e-nau/>

Mexican Taco Bowls

Umaima Sohail, Majlis Blacktown

INGREDIENTS

200g beef mince	½ packet taco seasoning
200g refined beans	½ carrot, grated
1 large tomato, diced	½ avocado, chopped
1 large onion, diced	½ cup grated cheese
2tbsp sour cream	2 soft tortillas
2tbsp olive oil	



METHOD

1. Preheat oven to 180 C
2. Place two large oven proof bowls upside down on a baking tray
3. Spread some olive oil evenly on one side of the tortillas and place them oil side down over the bowls
4. Bake the tortillas for 5-10 minutes or until they are brown around the edges
5. Take them out of the oven with oven mitts and set aside to cool
6. Put the oil you have remaining into a pan and add the onions to cook on medium heat
7. Add the mince and cook until brown
8. Add the taco seasoning and refried beans and cook for a further 5 minutes
9. Grate the carrot and dice the tomato and avocado into a small bowl
10. Once the tortillas have cooled, take them off the oven-proof bowl and flip over to make your taco bowl
11. Add the mince, carrot, tomato, avocado and cheese into the taco bowl. Add seasonings of your choice
12. Top with a spoon of sour cream and serve!

**Oh Allah you are one and have
no partner.**

**Oh Allah you are my Lord.
You always forgive me when I
do something bad.**

**You are the Merciful and the
Forgiver.**

**You have created us and we
love and honour you.**

**We always have faith in Islam
and in you oh Allah.**

*A poem by Amtul Farhat Kafi Mohammed
daughter of Mohammed Rehmat Samiullah,
from Melbourne East to show
her love and appreciation
for Allah (S.W.T).*

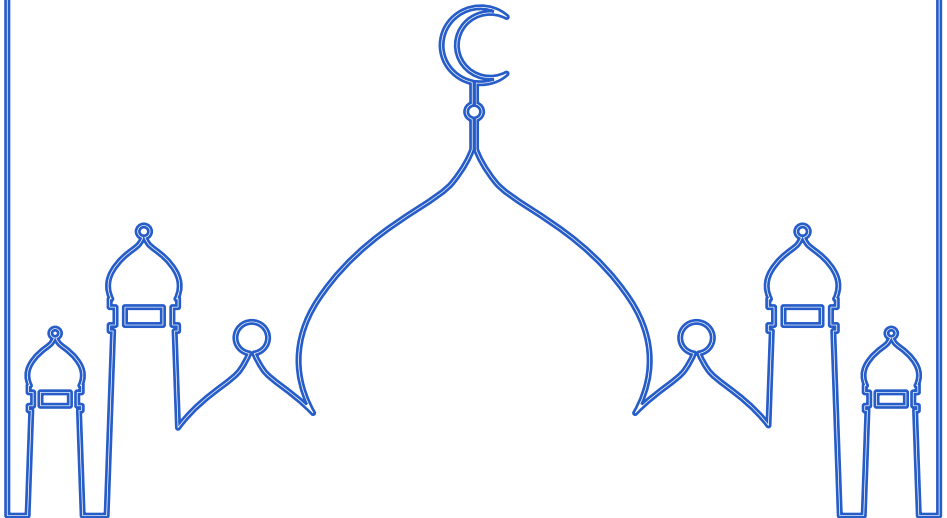


RELIGIOUS ACHIEVEMENTS

Ibrahim Bhatti, son of Amtul Owais of Majlis Campbelltown recently had his Ameen Ceremony on the 13th of August 2023. Request for prayers for his ongoing success for the service of Islam and the Jamaat.



Aiza Bhatti, daughter of Maham Chughtai of Majlis Campbelltown recently had her Ameen Ceremony on the 13th of August 2023. Request for prayers for her ongoing success for the service of Islam and the Jamaat.



Hibatul Mateen, 8,
daughter of Bushra Santa
and Munam Qaisrani of
Region Perth, Western
Australia was Awarded
certificate of achievement
for the completion of
the Holy Quran during
the month of Ramadan
earlier this year

