



NEWSLETTER

Volume 16 | Issue 10
October 2022 | Safar - Rabi ul Awal 1444

“What is with Allah is better than diversion and than a transaction, and Allah is the best of providers”
{Jumuah, 62:11}

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“I guarantee a house in Jannah for one who gives up arguing, even if he is in the right” {Abu Dawud}

16TH ANNUAL SIRAH CONFERENCE

7:30 PM Saturday, October 8

Speakers

Shaykh Mohammad Ishtiaq | Sr. Kamila Rashad | Imam Mustapha Elturk

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From the Midwife’s Desk: Infertility and Faith-Part 2

As in the case of women there can be a variety of reasons for male infertility. They include genetic conditions...



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Sunday School Starting September 11, 2022

Now accepting students ages 5-17 for the 2022/2023 Sunday school year. For more info contact Sr. Souad at (248) 872-2169



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IONA launches the First Muslim Soup Kitchen in Macomb County

This morning IONA celebrated the official ribbon cutting ceremony for the first Muslim run soup kitchen in Macomb County. The project that began two years ago is now fully...

ANNOUNCEMENTS

16TH Annual Sirah Conference

7:30 PM
SATURDAY, OCTOBER 8

IN THE FOOT — STEPS OF THE PROPHET (SAW)

SPEAKERS



Shaykh Mohammad Ishtiaq



Sr. Kamila Rashad



Imam Mustapha Elturk

Allah (SWT) raised Muhammad (SAW) as His final Prophet and Messenger in order to save humanity from all types of darkness. He exemplified the highest standard of character. He (SAW) taught Islamic values, spirituality and emotional intelligence. He helped us understand and manage our emotions in times of distress and grief. He (SAW) showed us how to overcome challenges and resolve conflicts. Muhammad (SAW) was a strong leader who inspires the life of many. He (SAW) left behind a legacy that true believers hold dear and live with. "Indeed, the Messenger of Allah is an excellent model for anyone whose hope is in Allah and the Last Day and frequently engage in the Praise (zikr) of Allah." (al-Ahzab, 33:21) Join our esteemed speakers to learn more from one of the greatest personalities the world has ever produced.

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For more information, please contact the principal, **Sr. Souad**, at 248-872-2169.

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Ameer

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IONA **SOUP**
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Spirituality and Emotional Well-Being - Part 1

Allah (SWT) informed us there will be no escape from trials in this world. He categorically cautioned, “*And most certainly, We shall try you with some fear and hunger, loss of wealth, lives and crops. And give glad tidings (O prophet) to those who are patient (in adversity).*” (al-Baqarah, 2:155)

The ayah explains the various states of mind we experience throughout our short-lived lives. Each person regardless of whether she or he is Muslim or non-Muslim, male or female will at one point in his or her lifetime experience some fear, will go hungry, will lose his/her job, house or other possession, will get sick (at times with incurable diseases), will be tried with death, crops yielding zero harvest due to drought or have businesses that fail. These states of mind may lead to anxiety and/or depression.

Most people treat anxieties and depression not in the way the Qur'an and the Sunnah prescribe, rather through prescription drugs. The populace has become dependent on psychiatrists prescribing Prozac among other drugs that profit none except doctors and pharmaceutical companies which in reality care more about money than our well-being.

Smart believers who know and understand such warnings with full conviction and expectation that he or she will experience these states of mind would prepare for it. For example, when it is announced there will be a shortage of food, we rush to grocery stores and fill our basements and pantries with food. A smart thing to do. In other words, we prepare for the event that hasn't happened yet. Similarly, as believers, being informed of what to expect during our lifetime, one should prepare whether it happens or not. So how do we prepare to overcome anxieties and depression?

First, let us understand what anxiety is. According to the Medical News Today, anxiety is a general term for several disorders that cause nervousness, fear, apprehension, and worrying. These disorders affect how we feel and behave and they can manifest real physical symptoms.[1]

Anxiety disorders may be caused by environmental factors, medical factors, genetics, brain chemistry, substance abuse or a combination of these. It is mostly triggered, however, by the stress in our lives.[2]

It should be noted that people with severe cases of mental illness including disorders that produce psychotic symptoms including but not limited to severe anxiety, major depression or thoughts of suicide need to consult a therapist, psychologist or a psychiatrist depending on the severity of the illness. However, for most people spirituality is a way to cope with the day-to-day life's challenges that may cause anxiety and depression.

More people today are under stress than ever before – particularly our youth. Studies show that work, money and job stability are the main sources of stress which lead to anxiety. Stress has a profound negative impact on one's mental and physical health.

This is where Islam comes to the fore. Islam provides us with a positive outlook on life so we may overcome these states of mind with strength, not weakness. The Qur'an clearly informs us that we were created by Allah (SWT) and that every human soul on earth is going to be tested and tried by his/her Creator. “*Blessed is He in Whose hand is Dominion; and He has power over everything. (He) who created death and life to try you in order to see who among you are best in conduct. And He is the Almighty, the Forgiving.*” (al-Mulk, 67:1-2) In other words, Allah (SWT) tries us to see how we handle the affairs of life.

So it does not come as a surprise for the believer, Allah (SWT) also explains the types of tests we are going to experience. Rest assured, as Allah (SWT) promised, at times, we will go through cycles of fear. There will come a time when we have to go hungry. There will come a time when we won't have enough money to eat, live, and buy what we want. We will definitely be tested with ailments, diseases and death.

People who overcome such life events have one thing in common; they endure the trials with patience and perseverance. “*And give good news to those who are patient, who, when inflicted with calamity, say, 'We belong to God and to Him we shall return.'*” (al-Baqarah, 2:155-156)

In simple terms, it is not the end of the world. Instead of becoming anxious and depressed they are steadfast in the face of adversity. They face hardship with strength. We are reminded that this world is imperfect and such trials are but a part of life.

Competition for the pursuit of worldly endeavors is a source of anxiety and depression. The pursuit of happiness is a slogan of consumerism, materialism and secularism. We are led to believe that we only live once and that accumulation of wealth and possession is a source of happiness and contentment. As we all know too well, this happiness is fleeting. Among the wealthiest of people are those who are utterly depressed and miserable. Many celebrities and wealthy people take their lives and commit suicide. They filled their lives with riches but could not fill their hearts with peace and contentment. The void can only be filled through a meaningful connection with our Creator. Competition is sanctioned in Islam but only for the hereafter, “*And in that (the pursuit of Paradise) let those who are in competition compete.*” (al-Mutaffifeen, 83:26)

The Prophet cursed those whose only goal in life is money, “Woe to the slave of dinar and dirham” Although he may be Abdullah (slave of Allah) or Abdul Rahman (the slave of the most

SISTERS CORNER

From the Midwife's Desk: Infertility and Faith - Part 2



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What causes male infertility?

As in the case of women there can be a variety of reasons for male infertility. They include genetic conditions, developed health conditions, problems with sperm and physical causations:

- Problems with sperm can be a causation for infertility. A sperm analysis can give answers about the condition of the sperm produced by a man. Analysis looks at the quantity of sperm, the ability for the sperm to swim or move well, the shape or condition of the sperm, and how any issues with the sperm could be contributing to infertility.

Physically there could be a few issues as well.

- A physical condition called varicocele can impact fertility. In this condition the veins of a man's testicles are too large allowing for overheating of the testicles. This can negatively impact sperm. If a man has sustained injury to the reproductive system, sperm can be blocked in the body or reduced in number and therefore never meet an egg to fertilize. Sometimes men are born with conditions that cause impediment of sperm as well. There can often be a surgical response to unblock sperm and allow for pregnancy.
- If one or both testicles have been removed due to cancer treatment or injury, conception odds would be reduced if not impossible.
- Medical conditions such as diabetes, hormonal disorders and hypertension can also contribute to infertility.

What can you do about infertility?

First, when you think you are ready to attempt a pregnancy it is a good idea for both partners to visit their respective health care providers and review your history to see if there could be any conditions that could possibly hinder pregnancy or cause problems with a pregnancy. Your health care provider should counsel you to avoid lifestyle choices that can increase your risk for infertility, take proactive steps for a healthy pregnancy, such as taking a prenatal vitamin, and perhaps recommend genetic testing.

For women, your midwife, nurse practitioner or obstetrician-gynecologist may discuss tracking your period and becoming familiar with your fertile days. There are many apps that can make it easy to do this. They will discuss how to target your fertile days to increase your chance for

pregnancy. Here is a great resource to help with that: Calculating Your Monthly Fertility Window. If you are having difficulty finding a pattern to your ovulation or getting pregnant even with regular periods, ovulation kits can be a handy tool to help pinpoint when you are actually ovulating and when you should have sex. You can purchase ovulation kits online or in the drug store.

Once you have been trying for a year (or 6 months if 35 and older), it is time to talk to your health care provider about infertility. They will likely refer you to a fertility specialist.

Conception for the infertile couple

Abu Huraira narrated that the Prophet, peace and blessings be upon him, said:

"There is no disease that Allah has created, except that He also has created its treatment." (Sahih Bukhari, Volume 7, Book 71, Number 582)

According to Al-Bar in a 2015 article on the Islamic perspective on reproductive technology, it is halal to seek a remedy to infertility as long as all of the products of conception and the pregnancy itself involve only the married couple. This means that the pregnancy cannot be achieved through donated sperm or egg or through surrogacy. You can find the article here: Chapter 11 Assisted Reproductive Technology: Islamic Perspective.

This still leaves viable options for infertile couples.

If ovulation is the issue, couples may be offered medication that can help to initiate ovulation once other causes of infertility have been ruled out. If the problem cannot be easily resolved, there are other steps that can be taken to conceive.

- Artificial Reproductive Technology or ART offers successful procedures to produce pregnancies for infertile couples. According to the CDC, in 2018 there were a total of 203,119 ART procedures resulting in 81,478 infants born. ART accounts for about 2% of all infants born in the US.
- In-Vitro Fertilization or IVF is one type of ART that can be modified in different ways to cause conception. In general IVF is a procedure in which an egg is fertilized outside of the body and then placed inside of the woman's body to create a pregnancy.

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NEWS RELEASE

IONA Launches the First Muslim Soup Kitchen in Macomb County



James Fouts, Mayor of Warren, (center) cuts the ribbon celebrating the launch of IONA's first Muslim Soup Kitchen in Macomb County. Next to Mayor Fouts (left) is Mustapha Elturk, Imam and President of IONA, celebrates with IONA staff, members and supporters of the Soup Kitchen.

August 24, 2022

This morning IONA celebrated the official ribbon cutting ceremony for the first Muslim run soup kitchen in Macomb County. The project that began two years ago is now fully operational. City of Warren mayor, Jim Fouts, cut the ceremonial ribbon and delivered a few remarks of support for IONA's work in providing hot food for those in need in our area. In his opening remarks, Mayor Fouts said, "I commend IONA for what is greatly needed today

with the high price of gas and runaway inflation. There are many people who need additional help."

Imam Mustapha Elturk then spoke on the Islamic obligation to help others in need. In his comments, he said, "we are grateful to be living our faith. Feeding the poor is part and parcel of our faith." To emphasize the importance of feeding the poor and needy, Imam Elturk quoted a verse from the Qur'an, "*(The servants of God) who, for the love of God, feed the needy, orphans and prisoners. We only feed you for God's sake; we desire from you neither reward nor thanks.*" (Quran, 76:8,9)

Imam Elturk praised the mayor for being a longtime supporter of the Muslim community in Warren.

He also thanked the community for their encouragement and sponsorship particularly the individuals who were directly involved in the making of the Soup Kitchen out of their good will for the public good.

Muslim and non-Muslim community members were present to help celebrate this great accomplishment for IONA.

The Soup Kitchen is open every Tuesday from **11:00 AM to 2:00 PM.**

**HELP US FEED THOSE IN NEED FOR THE SAKE OF ALLAH (SWT)
YOUR CONTRIBUTION TOWARD THE SOUP KITCHEN IS APPRECIATED**

KIDS CORNER

WALKING WITH A BAG OF BREAD BY NIGHT

Ali Ibn Al Husain used to lead a seemingly miserly life. But when he died they discovered that he was supporting one hundred poor families in Madinah. Muhammad Ibn Ishaq said: Some people of Madinah used to live not knowing where from they got their livelihood. When Ali Ibn Al Husain died they lost what used to be sent to them by night. As a matter of fact, Ali Ibn Al Husain used to carry a bag of bread by night on his back and distribute it as charity. He would say: "The secret charity puts out the

anger of Allah." When Ali Ibn Al Husain died and people washed his body, they found some black traces on his back. They said: What is this? Then the answer was that he used to carry bags of flour on it by night and would give them to the poor people of Madinah. That is why when he died, people of Madinah said: We only lost the secret charity when Ali Ibn Al Husain died. Source: "Luminaries of Islam" by Arafat K. El-Ashi

Courtesy of: <https://islamcan.com/islamic-stories/walking-with-a-bag-of-bread-by-night.shtml>

Spirituality and Emotional Well-Being - Part 1 (cont'd)

Merciful) but in reality he is enslaved by his greed to worldly possessions and materialism. He/she is the slave of the mighty dollar. And the more one competes for worldly endeavors the more miserable one gets.

“Woe to every slanderer, backbiter, who amasses wealth and counts it, thinking that his wealth will make him immortal. Never! He will be cast into the Crusher” (al-Humazah, 104, 1-4)

“Your greed for more has distracted you (from the pursuit of real happiness) until you visit your graves.” (al-Takathur, 102:1-2)

And what does one take with him/her when departing this world? Nothing except one's faith and deeds. Not only is competing for worldly endeavors a source of misery in this world; he/she will be tormented in the Crusher. *“Crusher (al-hutamah,) and do you know what the Crusher (al-Hutamah) is? It is the kindled fire of God.” (al-Humazah, 104, 1-4)* Double loss.

Lack of trust in God produces anxiety and depression. Financial insecurity is a cause of anxiety. We often forget that Allah (SWT) is the Provider (al-Razzaq) and Sustainer. Do we, as believers, not have the certainty (yaqin) that He will take care of us? Why do people enter panic mode when they lose their job, wondering how they will pay bills and feed the family? This phenomenon is all too common. We simply lack trust in the Provider and Sustainer. One's attitude should be as the Prophet (SAW) taught, “Praise be to God in any case.” Keeping the bond and spiritual link with Allah strong gives one hope and confidence that Allah (SWT) who sees and hears all will certainly come to our aid. After all, it is He who is in total control of everything. We must have true faith in God and complete reliance on Him.

Omar (RAA) said, I heard the messenger of Allah (SAW) say, “If you only rely on Allah as you ought to rely on him, He would have provided for you as He provides for the birds. They leave in the morning on an empty stomach and return in the

evening with full belly.”

Three observations to be made regarding this hadith. One, before the birds leave in search for their daily bread, they congregate and celebrate the praises of Allah in the early hours of the morning and throughout the day. We call it chirping but in reality they are exalting and glorifying Allah (SWT), their Provider, *“Do you not see that all (creatures) that are in the heavens and on earth praise God, even the birds lined up in ranks? Each knows its (own way) of prayer and glorification. God has full knowledge of what they do.” (al-Nur, 24:41)*

Birds, among other creatures, serve God and pray to Him, “But you do not understand their glorification.” (al-Isra', 17:44)

He is the only refuge they have. Two, birds, after glorifying Allah (SWT), as do other creatures, go out and seek their provision. They don't sit idle waiting for a morsel of food to be dropped from the sky. They go after their rations and find it. Finally, no bird hoards food for the next meal, what to speak of the next day for fear of shortage. There is no need for that because they trust Allah (SWT). They are certain that their food will be provided for them every day.

Lack of trust in God indeed produces anxiety. We must have the highest level of certainty (yaqin) that He will provide for us as He provides for the birds; that He will help us find a job if we are jobless; that He will facilitate our affairs for us; that He will not abandon us in times of adversity as long as we don't abandon Him in times of prosperity. He is our Lord and Master. We must be faithful servants to Him to earn His compassion and mercy. I shall, sincerely and whole heartedly, celebrate his praises in the early hours of the morning and throughout the day as birds and other creatures do to earn His help and support.

[1] <https://www.medicalnewstoday.com/info/anxiety>

[2] <https://www.medicalnewstoday.com/info/anxiety/what-causes-anxiety.php>

From the Midwife's Desk: Infertility and Faith - Part 2 (cont'd)

Walking the Difficult Path

For Muslims dealing with infertility, it's important to lean on Allah, seek help in patience and prayer, make dua and seek out comfort in supportive family, friends, and support groups. While some couples may decide to seek assistance in achieving pregnancy, some couples may decide to accept the condition that Allah has placed on them and not pursue ART to achieve pregnancy. It is a really personal decision that should be respected and accepted.

While there are viable options out there, the road to conception can be long and arduous. However, it can happen. I have personally sat with couples who were unable to achieve pregnancy through spontaneous and ART means and then suddenly, they spontaneously conceive.

Allah, in the Quran gives us insight into the hardship that Prophets Ibrahim and Zakariyah, peace be upon them, and their wives felt due to their infertility and the joy they felt upon learning of their conceptions. Couples dealing with infertility can take heart and hold onto hope whether choosing to pursue assistance with fertility or choosing to accept the condition as it is.

May Allah bless us with righteous children and the patience to bear them and raise them. Ameen.

Melissa Fleming

Courtesy of: soundvision.com

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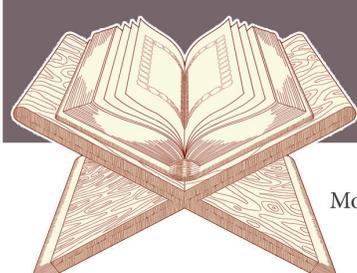
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IONA Masjid - Salah and Iqama Timing

Date	Fajr	Iqama	Sunrise	Zuhr	Iqama	Asr(S)*	Asr(H)*	Iqama	Maghrib	Azan	Isha	Iqama
Sat 1	5:59	6:45	7:29	1:27	2:00	4:38	5:27	5:45	7:16	7:21	8:32	8:45
Sun 2	6:00	6:45	7:30	1:26	2:00	4:37	5:25	5:45	7:14	7:19	8:30	8:45
Mon 3	6:01	6:45	7:31	1:26	2:00	4:35	5:24	5:45	7:13	7:18	8:28	8:45
Tue 4	6:02	6:45	7:32	1:26	2:00	4:34	5:22	5:45	7:11	7:16	8:27	8:45
Wed 5	6:03	6:45	7:33	1:26	2:00	4:33	5:21	5:45	7:09	7:14	8:25	8:45
Thu 6	6:04	6:45	7:34	1:25	2:00	4:32	5:19	5:30	7:07	7:12	8:24	8:45
Fri 7	6:05	6:45	7:36	1:25	2:00	4:30	5:18	5:30	7:06	7:11	8:22	8:45
Sat 8	6:06	6:45	7:37	1:25	2:00	4:29	5:16	5:30	7:04	7:09	8:21	8:45
Sun 9	6:07	6:45	7:38	1:24	2:00	4:28	5:15	5:30	7:02	7:07	8:19	8:30
Mon 10	6:08	6:45	7:39	1:24	2:00	4:27	5:13	5:30	7:01	7:06	8:18	8:30
Tue 11	6:09	6:45	7:40	1:24	2:00	4:25	5:12	5:30	6:59	7:04	8:16	8:30
Wed 12	6:11	6:45	7:41	1:24	2:00	4:24	5:10	5:30	6:57	7:02	8:15	8:30
Thu 13	6:12	6:45	7:42	1:23	2:00	4:23	5:09	5:30	6:56	7:01	8:14	8:30
Fri 14	6:13	6:45	7:43	1:23	2:00	4:22	5:07	5:30	6:54	6:59	8:12	8:30
Sat 15	6:14	6:45	7:45	1:23	2:00	4:20	5:06	5:30	6:53	6:58	8:11	8:30
Sun 16	6:15	6:45	7:46	1:23	2:00	4:19	5:04	5:15	6:51	6:56	8:09	8:30
Mon 17	6:16	6:45	7:47	1:23	2:00	4:18	5:03	5:15	6:49	6:54	8:08	8:30
Tue 18	6:17	6:45	7:48	1:22	2:00	4:17	5:01	5:15	6:48	6:53	8:07	8:30
Wed 19	6:18	6:45	7:49	1:22	2:00	4:15	5:00	5:15	6:46	6:51	8:05	8:15
Thu 20	6:19	6:45	7:51	1:22	2:00	4:14	4:58	5:15	6:45	6:50	8:04	8:15
Fri 21	6:20	6:45	7:52	1:22	2:00	4:13	4:57	5:15	6:43	6:48	8:03	8:15
Sat 22	6:22	6:45	7:53	1:22	2:00	4:12	4:56	5:15	6:42	6:47	8:01	8:15
Sun 23	6:23	6:45	7:54	1:22	2:00	4:11	4:54	5:15	6:40	6:45	8:00	8:15
Mon 24	6:24	6:45	7:55	1:21	2:00	4:10	4:53	5:15	6:39	6:44	7:59	8:15
Tue 25	6:25	6:45	7:57	1:21	2:00	4:08	4:52	5:15	6:37	6:42	7:58	8:15
Wed 26	6:26	6:45	7:58	1:21	2:00	4:07	4:50	5:00	6:36	6:41	7:56	8:15
Thu 27	6:27	6:45	7:59	1:21	2:00	4:06	4:49	5:00	6:35	6:40	7:55	8:15
Fri 28	6:28	6:45	8:00	1:21	2:00	4:05	4:48	5:00	6:33	6:38	7:54	8:15
Sat 29	6:30	6:45	8:01	1:21	2:00	4:04	4:46	5:00	6:32	6:37	7:53	8:15
Sun 30	6:31	6:45	8:03	1:21	2:00	4:03	4:45	5:00	6:30	6:35	7:52	8:15
Mon 31	6:32	6:45	8:04	1:21	2:00	4:02	4:44	5:00	6:29	6:34	7:51	8:15
Tue 1	6:33	6:45	8:05	1:21	2:00	4:01	4:43	5:00	6:28	6:33	7:49	8:00

* S = Shafi'i, H = Hanafi

First Friday sermon starts at 12:10 PM and second sermon is at 1:30 PM



IONA aims at transforming its members and surrounding communities to righteous, God-fearing people, who collectively strive for the highest moral standard and constantly seek God's forgiveness to earn His pleasure. IONA members seek His mercy and grace in this life and in the hereafter. They rejuvenate their souls through internal struggle (jihad) and spiritual exercise in worship of the Creator, God most glorified. The strength of their belief in God almighty gives them the courage to promote good and forbid evil, and to engage in the struggle to establish social, political, and economic justice.



Future Plan
Please continue supporting your center. Scan the QR code to donate

IONA center is always in need of funds in order to keep the Masjid running and maintained at all times. Your continued support is always appreciated.