

## NEWSLETTER

Volume 17 | Issue 8 August 2023 | Muharram/Safar 1445

"Migration will not end until repentance ends, and repentance

will not end until the sun rises in the west." [Abu Dawud]

Verily, those who have believed, and those who emigrated and struggled in the way of Allah, it is they who may hope for Allah's mercy. And Allah is Forgiving, Merciful.." [al-Baqarah, 2:218]

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## Sunday School 2023 Register NOW!

September 10th, 2023 - June 9th, 2024 For Students ages 5-17

Promoting a strong sense of Islamic identity

More on page 2

### 2023 Thanksgiving Umrah

### **Register Now**

More on page 7



#### Saturday, August 19th After Asr

Bring your family and friends to spend an evening with your community!



#### 5 Childhood Activities We Can Do as Adults

Remember how you felt as a child when you were jumping rope, playing tag with friends, riding your...



#### Register Early for the 2023 - 2024 Preschool Program

The preschool program is a weekly program, Tuesday through Thursday, and will begin on **Tuesday**, **September 12**, **2023**, in sha Allah.



Mustapha Elturk Ameer

IONA Masjid Community Advisory Board

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## Announcements

# Reserve a spot for your child(ren). Register Early. 2023 - 2024 SUNDAY SCHOOL

Sunday school begins on **September 10, 2023** in sha Allah and ends on June 9, 2024. We are accepting students ages 5 to 17 (limited space available).

**Tuition and Fees:** \$450 per child per year plus \$50 non-refundable registration fee. \$675 for two siblings plus \$50 non-refundable registration fee. \$950 for three siblings plus \$50 non-refundable registration fee.

School hours are from 10:00 am to 2:00 pm.

Subjects Taught: Qur'an, Arabic, and Islamic Studies (Hadith, Sirah, etc.)

**Dress code**: Proper Islamic dress is required for both boys and girls Girls must wear a navy Jilbab and a white scarf and boys must wear navy pants (blue jeans allowed) and white shirts or T-shirts. No shorts allowed.

To apply, please visit ionamasjid.org and click on Education tab and follow the link to Sunday School.

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

REGISTER ONLINE at IONAMASJID.ORG

#### 2023 - 2024 PRESCHOOL PROGRAM

The preschool program is a weekly program, Tuesday through Thursday, and will begin on **Tuesday, September 12, 2023,** in sha Allah.

**The tuition** per child is \$250 per month.

Sr. Souad Soubra, the Sunday and Summer School Principal, has designed a wonderful program for preschoolers. The curriculum includes Personal Development, Literacy Skills, Numbers and Math, and Art in addition to learning Islamic manners, dua's, Memorizing Qur'an, and Arabic. The preschool is the first step to schooling and our goal is to build confidence in the students, get them acquainted with the educational environment, teach them good manners, and help them develop the concepts of sharing and charity. Students will receive a certificate at the end of the year marking their first memorable school year.

Children ages 3 to 5 from all cultures are welcome The preschool program is from 9:30 AM to 12:30 PM,

Tuesday through Thursday, and the tuition per child is \$250 with a discount for siblings. For more information, please contact **Sr. Souad** at **248-872-2169**.

The school will, in sha Allah, start on **Tuesday, September 13, 2022** and end on **Thursday, May 30, 2024**. IONA is committed to helping the community with their educational needs. Let us help you develop your child right from the start.





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heart of our community, fostering spiritual growth, educational opportunities, and a place of solace for all. Together, let's build a stronger foundation of faith and service. Donate to the masjid today and make a lasting impact on the lives of countless individuals.

to IONA masjid, you can empower the

## Synopsis of Ameer Mustapha's Friday Khutbah

### The Significance of the Hijrah - Part 1

The Hijra is a significant and an important occasion in the history of Islam. Every year, Muslims celebrate a new Islamic year known as the hijri year. Muharram is the first month and Zhul Hijjah is the 12th month of the lunar calendar.

The early Muslims celebrated a new chapter in the history of Islam and certainly in the life of Muhammad (SAW) closing in on a time and a period full of persecution, discrimination, anguish, pain and grief.

The first phase of the Prophetic mission in Mecca lasted for thirteen years (610-622) and is commonly known as the Meccan phase; whereas the second phase which began with the Hijrah is called the Medinan period which lasted for nearly ten years (622-632).

Every Islamic New Year is reminiscent of this very significant occasion in the history of Islam, which brought in its wake an end to tyranny, persecution, discrimination, pain and grief of the believers in Mecca and ushered in a new era of freedom, fraternity, equality, and justice in Medina. Indeed, the Hijrah was the beginning of a new phase in the life of the Prophet Muhammad (SAW) and his companions.

The Hijra is the migration of the prophet (SAW) and his companions from Mecca to Yathrib later renamed Medina in 622 AD. It was carried out under a divine command and was mandatory unlike the optional migration of a few companions to Abyssinia (al-Habasha) in the early days of the Prophet's mission.

The Prophetic mission began with the first revelation in the cave of Hira situated at the peak of the mountain of Light (Jabal al-Noor). It was a simple command to "read" (iqra') and hence began the journey, which along its way transformed his companions into beacons, illuminated with the light of Iman (faith), and led to the establishment of Islam as a concrete historical reality.

This was the fruit of the Iman that had been inculcated in the minds and hearts of the believers during the Meccan period. Their tarbiyah (training) and tazkiyah (purification) at the hands of the Prophet (SAW), the adversities endured by them in the path of Allah (SWT) and their life-experiences during the Prophetic era had

made for them the hitherto metaphysical and eschatological concepts of the unseen, the life hereafter and the retribution on the Day of Judgment as something not only comprehensible but also real.

They could not help but cry out: Our Lord! We have heard someone calling us to faith- "Believe in your Lord"-and we have believed. Our Lord! Forgive us our sins, wipe out our bad deeds, and grant that we join the righteous when we die. "Our Lord! Bestow upon us all that You have promised us through Your messengers- do not humiliate us on the Day of Resurrection- You never break Your promise." (Al-Imran, 3:193-194)

The believers' intense and deep-rooted faith (Iman) made them withstand all forms of persecution, hardship and torture meted out to them by the arch enemies of Islam including Abu Jahal and the Prophet's own uncle Abu Lahab who vented their wrath against them just for proclaiming the true testimony of faith and living by it. Bilal, Ammar, Yasir, Sumaiyya among other companions of the Prophet (SAW) were brutally tortured and some of them were killed. The noble Prophet was subjected to verbal abuse and constant harassment and many intrigues and murderous plots were hatched against him.

The Prophet's agony reached a climax. After a failed attempt seeking to establish a base of Dawah in al-Ta'if, a city near Mecca, and to his utter disappointment and surprise, the people of al-Ta'if not only rejected him but chased him out of the city pelting him with stones.

Where to go and who to turn to? To relieve himself from anxiety, the Prophet (SAW) cried out to God with a courteous complaint:

"O Allah! I complain to You of my weakness, my lack of resources and the humiliation I have been subjected to by the people. O Most Merciful of those who are merciful. You are the Lord of the weak and You are my Lord. To whom have you entrusted me? To a distant person who receives me with hostility? Or to an enemy to whom you have given power over me? So long as You are not angry with me, I do not care what I face. Your favor is of a more expansive relief to me. I seek refuge in the light of Your Face by which all darkness is dispelled. and every affair of this world and the next is set right, lest Your anger or

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## SISTERS CORNER

### 5 Childhood Activities We Can Do as Adults to Engage Our Inner Child, Exercise & Have Fun!

Remember how you felt as a child when you were jumping rope, playing tag with friends, riding your bike perhaps or running races in your gym class? If you're a Gen X parent, much of your childhood was spent playing games and doing things outside. Millennial and younger parents also share memories of the games and physical activities they engaged in as kids. Moving our bodies often wasn't born of an active choice to exercise, it was just something we did for fun.

So, why did that change for so many of us as we became adults and (maybe) arents ourselves?

Life often demands us to grow up and conform to societal norms, leaving little room for our inner child's carefree, imaginative spirit. However, buried within each of us lies a wellspring of joy, creativity and curiosity that, when tapped into, can bring forth numerous joys and health benefits. Embracing and nurturing our inner child rekindles our zest for life and allows us to navigate challenges with a fresh perspective.

But what does that mean? What is the inner child? You may have heard this term but could use more clarity. The inner child is an essential part of an individual's psyche, representing their childlike essence. It encompasses all the experiences and lessons learned during childhood before reaching puberty. This concept is commonly perceived as a semi-autonomous sub-personality that operates below the surface of our conscious mind. It's like a part of our personality, drawing on our experiences as a child, that lives (often dormant) within our adult self.

But it doesn't have to be dormant. Drawing on your inner child can bring about positive changes in your life. This part of us is often known for its qualities of innocence, playfulness, creativity, curiosity and a sense of wonder. It's the aspect unencumbered by societal expectations and self-judgment, allowing us to experience life with boundless freedom. Connecting with our inner child can infuse those traits into our lives, leading to a more fulfilling and inspired existence.

It's about tapping into some of the joy and fun you may have experienced as a child and infusing it into your adult existence and activities.



#### Exercise and the Inner Child

Exercise can transport you back to childhood while providing numerous health benefits. It's like taking a trip down memory lane and getting a fantastic workout simultaneously! Many forms of exercise involve playful movements that resemble the activities we enjoyed as children. Whether dancing, skipping, jumping, or playing sports, these movements can evoke a sense of joy and playfulness, helping you reconnect with your inner child. Many of the games we played as children can be played as a form of exercise as adults, which can invoke fun memories and enjoyment in a way typical forms of adult exercise may not.

Through exercise, you can also cultivate mindfulness and become more attuned to the sensations in your body, enhancing the mind-body connection and bringing a sense of childlike presence to your workout.

Exercise in general is a form of self-expression that enables you to move your body freely without fear of judgment. It's like being a child again, where you can let go, be spontaneous, and fully immerse yourself in the moment without inhibitions. With exercise, you don't have to worry about what others may think; you and your body are moving in harmony.

Here are five childhood activities you can engage in to activate your inner child while enjoying the healthy benefits of physical activity and movement.

#### Childhood Play as an Adult Workout

1. Jumping rope: Remember when you were a kid and all you needed as a jump rope and some space to jump? Or, when you jumped rope with a group of friends, two of them twirling the rope(s) and you jumping in the middle? Jumping rope is a classic childhood activity with a fantastic cardiovascular workout. It improves coordination, agility and endurance with minimal equipment.

Find a suitable jump rope and start with a few minutes of jumping, gradually increasing the duration as

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## Bai Fangli The Selfless Man Who Made a Difference

In 1987, a 74-year old rickshaw puller by the name of Bai Fangli came back to his hometown planning to retire from his backbreaking job. There, he saw children working in the fields, because they were too poor to afford school fees.

Bai returned to Tianjin and went back to work as a rickshaw puller, taking a modest accommodation next to the railway station. He waited for clients 24 hours a day, ate simple food and wore discarded second-hand clothes he found. He gave all of his hard-earned earnings to support children who could not afford education.

In 2001, he drove his rickshaw to Tianjin YaoHua Middle School, to deliver his last installment of money. Nearly 90 years old, he told the students that he couldn't work any more.

All of the students and teachers

were moved to tears

In total, Bai had donated a total of 350,000 yuan to help more than 300 poor students continue with their studies. In 2005, Bai passed away leaving behind an inspiring legacy.

If a rickshaw-puller who wore used clothes and had no education can support 300 children to go to school, imagine what you and I can do with the resources we have to bring about positive change in our world!

Source: Narrated by Bheki Sims Skhumba Ndlovu (Motivational Speaker)

Courtesy of: islamcan.com

#### The Significance of the Hijrah - Part 1 (cont'd)

Your displeasure descend upon me. I desire Your pleasure and satisfaction until You are pleased. And there is no power and no might except by You."

The Prophet's mercy, kindness and magnanimity knew no bounds. When asked by the angel of mountains if he may cause the mountains surrounding al-Taif to move in and crush its dwellers as they had tortured and abused Allah's messenger, his spontaneous response was that they should be left safe as their progeny and future generations perhaps would heed to the message brought by him and worship the one and only true God.

The first thirteen years of the Prophetic mission in Mecca was focused toward inculcating three basic doctrinal beliefs in the hearts of the believers: (a) faith in Allah (SWT), (b) faith in the institution of Prophethood, and

(c) faith in the hereafter. These three cardinal articles of faith revolve around two-thirds of the Qur'anic text revealed during the Meccan period.

This was evident from his very first public speech. He addressed the gathering saying, "Verily, Ar-Raid (One who guides for the way) does not lie to his people. By Allah Even if I were to lie to all people, I would never lie to you, and if I were to deceive all people, I would never deceive you. By Allah, in which there is no deity (worthy of worship) other than Him, I am Allah's Messenger to you in particular and to all people in general. By Allah! You will die just as you sleep, and you will be resurrected just as you wake up from sleep. You will be recompensed on account of what you do, earning good for good and evil for evil. Verily, it is either Paradise for eternity or the Fire for eternity." ....To be continued

## 5 Childhood Activities We Can Do as Adults to Engage Our Inner Child, Exercise & Have Fun! (cont'd)

your fitness level improves. And, if you can get your friends on board, do some group jumping like when you were kids!

- 2. Hula hooping: So, how many rounds could you hula hoop when you were a kid? It wasn't as easy as it looked, but once you had a rhythm going, you were probably unstoppable! Hula hooping is a fun and playful activity that engages your core muscles, improves balance and enhances coordination. Get a hula hoop sized for adults (they're everywhere from local Five and Below stores to sporting goods stores) and try different techniques like waist hooping, arm hooping or even learning tricks and routines.
- 3. Outdoor games: Rediscover the joy of outdoor games like tag, capture the flag, bike races, hide-and-seek or playing ball games (H-O-R-S-E, handball, pickleball, etc.) These games provide enjoyable exercise and incorporate agility, speed and strategic thinking elements. Gather friends or family members and have a playful and active day outdoors. You KNOW you want to play freeze-tag with your adult friends!
- 4. Trampoline jumping: Jumping on a trampoline is an excellent way to have fun while getting a low-impact, high-intensity workout. It helps strengthen muscles, improves cardiovascular health and enhances balance and coordination. Sure, you need access to a trampoline to engage in this fun exercise, but I bet you can find a friend who has a trampoline in their backyard (if you don't have one yourself). Some fitness centers also offer trampoline workout classes if you need access to a trampoline.
- 5. Playground workouts: Playgrounds aren't just for children. Many parks have outdoor fitness equipment for adults to exercise and have fun simultaneously. You can try monkey bars for upper body strength, swings for a core workout or climbing structures for improving flexibility and balance. Get creative and design your playground workout routine.

It is important to note that Islam encourages a balanced approach to life, and exercise should be pursued within the framework of maintaining overall well being while considering individual capabilities and limitations. Consulting with healthcare professionals and following safe exercise practices is recommended.

By incorporating regular exercise into their lives, we can fulfill the Islamic teachings of maintaining physical health, promoting discipline, and fostering a balanced and fulfilling lifestyle while bringing out our inner child!

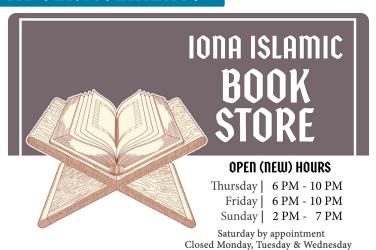
Go ahead – you deserve to have some fun while getting your sweat on!

Layla Abdullah-Poulos | Courtesy Hautehijab.com



Image source: Canva

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# **AUGUST 2023**IONA Masjid - Salah and Iqamah Timings

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

\* S = Shafi'i, H = Hanafi | **Athan is 10 minutes** before Iqamah except for Maghrib 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.



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.