



# NEWSLETTER

Volume 17 | Issue 7

July 2023 | Dhul Hijjah 1444 - Muharram 1445

*“This day have I perfected your religion for you, completed My favor upon you, and have chosen for you Islam as your deen (way of life).”*  
[al-Ma'idah, 5:3]

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*“Islam began as a something strange and it will return to being strange, so blessed are the strangers.”* [Muslim]

## SUMMER SCHOOL 2023 REGISTER NOW!

### July 3rd - August 18th

### For Students ages 5-13

Promoting a strong sense of Islamic identity

| More on page 2

## 2023 THANKSGIVING UMRAH

### Register Now

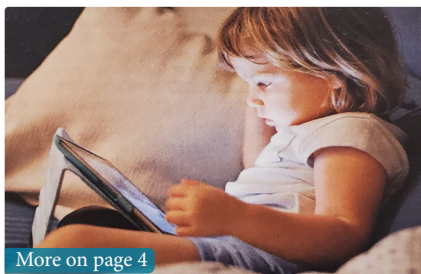
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## Community Family Dinner

### Monthly Family Dinner July 21st, 7:00 PM

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



More on page 4

### Children and screen time: How much is too much?

How much time does your child spend watching TV or movies, playing with a smartphone or

SUMMER SCHOOL REGISTER NOW!

More on page 2

## IONA Summer School

Enroll your child(ren) today!  
Qur'an, Hadith, Arabic, Sirah

# Announcements

## SUMMER SCHOOL 2022



Registration is open for IONA's summer school. The school began on Monday, July 3rd and will end on Thursday, August 18th, in sha' Allah. Children ages 5 to 13 may enroll. School hours are Monday through Thursday from 10:00 AM to 2:00 PM. Qur'an, Hadith, Arabic, and Sirah will be taught. The tuition per child per summer is \$400. The tuition for two siblings is \$650 and \$900 for three siblings (brothers and sisters only). There is a \$50 non-refundable registration fee. Please note that 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 (or blue jeans) and white shirts or t-shirts. Shorts are not allowed. Register now, limited seats are available. Registration forms may be obtained from the IONA Center and submitted to the Principal, Sr. Souad Soubra, who is available on Sundays between 10:00 AM and 2:00 PM at the IONA Center. You may also register online at [ionamasjid.org](http://ionamasjid.org)



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- Lunch & dinner
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# SYNOPSIS OF AMEER MUSTAPHA'S FRIDAY KHUTBAH

## Human Rights and Justice in Islam - Part 2

### The Rights of Parents:

Parents hold a highly respectable and prominent status in Muslim society. In Islam the duty towards parents has been placed directly after the supreme duty towards God. *"And your Lord has decreed that you worship none except Him, and (that you should treat) your parents with kindness. Never speak a word of contempt nor reproach them when one or both of them reach old age. Rather, speak to them kindly and graciously. And lower to them the wing of humility out of mercy and say, 'My Lord, have mercy upon them as they brought me up (when I was) a child.'" [Quran, 17:23]*

Tenderness and kindness toward parents with special attention to mothers is expressed in the following verse, *"And We have enjoined upon man (care) for his parents. His mother carried him in weakness upon weakness, and his weaning is in two years. Be grateful to Me and to your parents; to Me is the (ultimate) return." [Quran, 31:14]*

Mothers are highly honored in Islam. A man came to Prophet Muhammad and asked,

"Who is most deserving of my good company?" The Prophet said, "Your mother." The man asked, "Then who?" The Prophet said "Your mother." The man asked again, "Then who?" The Prophet said, "Your mother." The man asked again, "Then who?" The Prophet said, "Your father." [Bukhari] Additionally, the Prophet Muhammad declared that heaven lies under the feet of the mother.

Many prayers regarding parents can be found in the Quran. *"Our Lord! Forgive me, my parents, and the believers on the Day of reckoning." [Quran, 14:41], "My Lord, have mercy on them, just as they cared for me when I was little." [Quran, 17,24]* among many other supplications. To be neglectful of this duty and deprive parents of their rights is a sin punishable by God.

### Freedom of Religion and Expression:

Islam gives religious freedom to everyone. It is forbidden to prosecute and/or torture people for their religious beliefs. The Quran clearly states, *"And say (O Prophet), 'The truth is from your Lord, so whoever wills let him believe; and whoever wills let him disbelieve.'" [Quran, 18:29]*

Islam promotes the propagation of its message, concepts

and ideology. A Muslim, however, is forbidden to compel or force others to accept his or her faith. God instructs, *"Let there be no compulsion in religion." [Quran, 2:256]*

The right to freedom of expression for the sake of propagating virtue and righteousness is not only a right in Islam, it is an obligation. In describing the faithful, the Quran explains, *"They enjoin what is good and forbid what is evil." [Quran, 9:71]*

Muslims are urged and encouraged to have an open dialogue with other faith traditions. Holding debates and discussions on religious matters simply requires they be done in decency. *"Do not debate with the people of the Book except in that which is better." [Quran, 29:46]* Jews and Christians are referred to as "people of the Book," however, open dialogue applies with equal force to other faiths as well.

### Other Rights:

Islam also recognizes the right to basic necessities of life. The rich must provide for the poor for there is a known right in the wealth of the rich towards the poor. *"And in their wealth there is an acknowledged right for the needy and the destitute." [Quran, 51:19]*

Other human rights include the rights of enemies at war. On rights of enemies at war, Maududi, an Islamic thinker and scholar of modern time, writes, "In the days when Islam came into focus the world was completely unaware of the concept of humane and decent rules of war. The West became conscious of this concept for the first time through the works of the 17th century thinker, Grotius. But the actual codification of the 'International Law' in war began in the middle of the 19th century. Prior to this no concept of civilized behavior in war was found in the West."

Fourteen centuries ago, Islam drew a clear line of distinction between combatants and non-combatants of the enemy country. Non-combatants include women, children, the elderly, and the religious. The Prophet Muhammad gave clear instructions to the believers at the time of war. In one of his teachings, he states, "Do not kill any old person, any child or any woman." In another saying of his we find, "Do not kill the monks in monasteries" and, "Do not kill the people who are sitting in places of worship."

Continues on page 6

## SISTERS CORNER

### Children and Screen Time: How Much is too Much?

How much time does your child spend watching TV or movies, playing with a smartphone or computer, or enjoying video games? Although some screen time can be educational, it's easy to go overboard, especially during the COVID-19 pandemic.

The American Academy of Pediatrics discourages media use by children younger than 2 and recommends limiting older children's screen time to no more than one or two hours a day.

**Too much screen time can be linked to:**

- **Obesity**

The more TV and video your child watches, the greater his or her risk is of becoming overweight. Having a TV or other electronics in a child's bedroom increases this risk as well. Children can also develop an appetite for junk food promoted in ads, as well as overeat while watching on electronics. Learn more about screen time and body weight (1).

- **Irregular sleep**

The more time spent watching on a screen, the more likely children are to have trouble falling asleep or have an irregular sleep schedule. Sleep loss can lead to fatigue and increased snacking.

- **Behavioral problems**

Elementary students who spend more than two hours a day watching TV, playing video games or using a computer or smartphone are more likely to have emotional, social and attention problems. Also, exposure to video games is linked with an increased possibility of attention problems in children. Read "Are video games and screens another addiction?" (2)

- **Impaired academic performance**

Elementary students who have TVs or other screens in their bedrooms tend to perform



worse on tests than do those who don't have these in their bedrooms.

- **Violence**

Too much exposure to violence through media can desensitize children to violence. As a result, children might learn to accept violent behavior as a normal way to solve problems.

- **Less time for play**

Excessive screen time leaves less time for active, creative play.

Your child's total screen time might be greater than you realized. Start monitoring it, and talk to your child about the importance of sitting less and moving more. Also, explain screen time rules — and the consequences of breaking them.

Consider these five ways slimming screen time is good for your family's health. (3)

**In the meantime, here are simple steps to reduce screen time:**

- **Eliminate background TV.**

If the TV is turned on — even if it's just in the background — it's likely to draw your child's attention. If you're not actively watching a show, turn it off.

- **Keep TVs, smartphones and computers out of the bedroom.**

Children who have electronics in their bedrooms watch more than children who don't have these in their bedrooms. Monitor your child's screen time and the websites he or she



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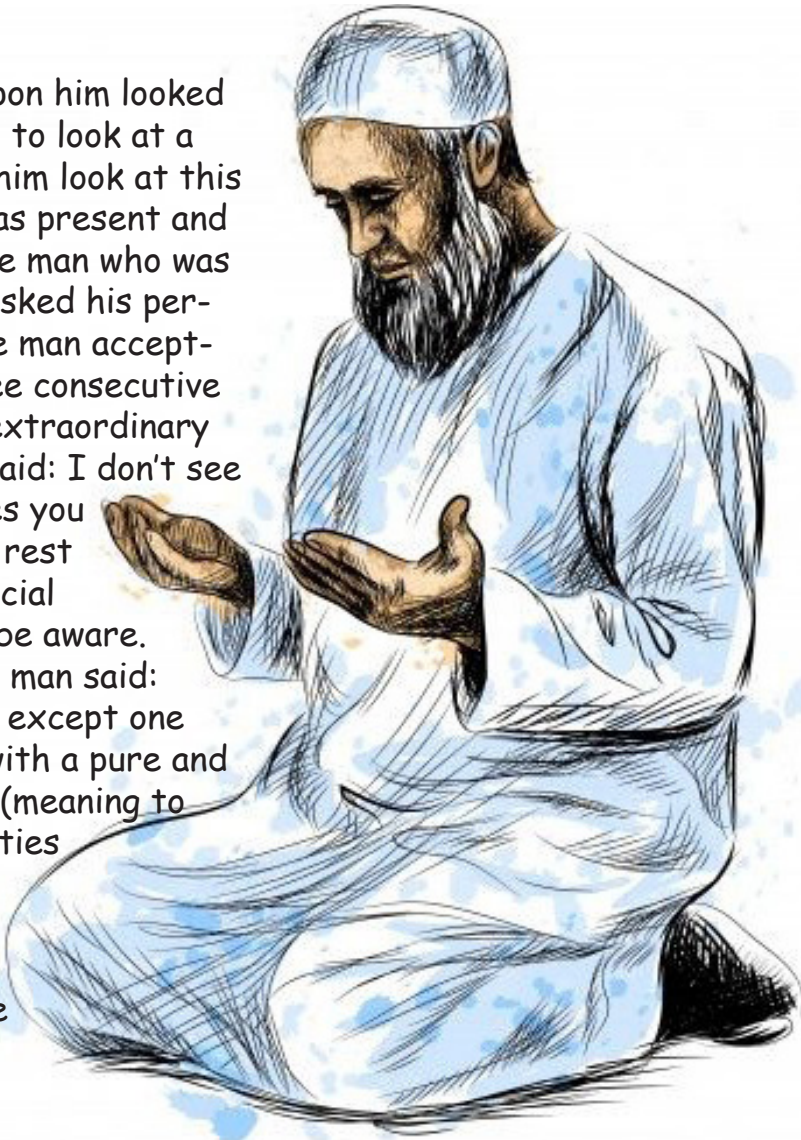
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# Look at A Man Who Will Enter Paradise

One day the Prophet peace be upon him looked at a man and said: Whoever likes to look at a man who will enter Paradise, let him look at this man. Abdullah Ibn Abbas, who was present and heard this comment, followed the man who was favoured with this promise. He asked his permission to be his guest which the man accepted. After observing him for three consecutive nights, without seeing anything extraordinary about him, Abdullah Ibn Abbas said: I don't see anything about you which qualifies you to enter Paradise more than the rest of us. Can you remember one special thing you do of which I may not be aware. After thinking for sometime the man said: Nothing is outstanding in my life except one thing, may be, that I go to bed with a pure and sound heart towards my friends (meaning to forgive others of their bad qualities and to think good of everybody). Then Ibn Abbas exclaimed: This is exactly what qualifies you to enter paradise. Source: from the book "Luminaries of Islam" by Arafat K.El-Ashi



It is not easy to forgive others of their faults but let us try hard to bring this quality in ourselves.

Courtesy of: [islamcan.com](http://islamcan.com)

## Human Rights and Justice in Islam - Part 2 (cont'd)

### The rights Islam conferred on the combatants are:

- 1) The prohibition of torture once captured. Muhammad says, "Punishment by fire does not behoove anyone except the Master of the Fire."
- 2) Protection of the wounded. Muslim soldiers are not allowed to attack wounded enemy combatants since they are not fit to fight.
- 3) The prisoner of war should not be slain.
- 4) No one should be tied to be killed.
- 5) No looting or destruction in the enemy's country.
- 6) Muslims are prohibited from taking anything from the general public of a conquered country without paying for it.
- 7) Sanctity of a dead body. Islam has categorically prohibited its followers from disgracing or mutilating the corpses of their enemies as was practiced in Arabia before the advent of Islam. Additionally, corpses of the enemy are returned without ransom.

8) Prohibition of breach of treaties. The Prophet would always remind the Muslim soldiers at times of war, "Do not be guilty of breach of faith," and this order has been repeated in the Quran.

### Summary:

Human rights in Islam have neither been granted by a king nor by any legislative body. They have been granted by God. No one has the authority to abrogate or amend the rights conferred by God. Moreover, these rights are not philosophical concepts to be appreciated and displayed. They are meant to be upheld and enforced. When they are put to action, justice is served. When justice is served, peace manifests itself. It was the job of God's prophets to deliver to man the necessary tools so they may establish and abide by justice.

"Verily, We sent Our Messengers with clear signs and sent down with them the Book and the Balance so that people may stand forth in Justice." [Quran, 57:25]

## Children and Screen Time: How Much is too Much? (cont'd)

is visiting by keeping TVs and computers in a common area in your house.

- **Don't eat in front of a screen.**

Allowing your child to eat or snack in front of electronic devices increases his or her screen time. The habit also encourages mindless munching, which can lead to weight gain.

Get 6 additional tips to reduce children's screen time. (4)

When your child has screen time, make it as engaging as possible:

- **Plan what your child views.**

Instead of flipping through channels, seek quality videos or programming. Consider using parental control settings on your TV and computers. Preview video games and smartphone applications before allowing your child to play with them.

- **Watch with your child.**

Whenever possible, watch programs together and talk

about what you see, such as family values, violence or drug abuse. If you see a junk food ad, explain that just because it's on TV doesn't mean it's good for you.

- **Record programs and watch them later.**

This will allow you to fast-forward through commercials selling toys, junk food and other products. When watching live programs, use the mute button during commercials.

- **Encourage active screen time.**

Have your child stretch or do yoga while watching a show. Challenge your family to see who can do the most jumping jacks during a commercial break. Choose video games that encourage physical activity.

It can be difficult to start limiting your child's screen time. However, it's worth the effort. By creating new household rules and steadily making small changes in your child's routine, you can curb screen time and its potential effects.

Register for Slim Your Screen Time (5) — a free at-home, self-guided program designed to help you improve your

health by reducing screen time. Join at any time.

Jill Christensen

Jill Christensen is a nurse practitioner in Family Medicine in Waterville, Minnesota.

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/children-and-screen-time>

(1) <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/screen-time-and-body-weight-is-there-a-connection>


(2) <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/are-video-games-and-screens-another-addiction>

(3) <https://www.mayoclinichealthsystem.org/hometown-health/featured-topic/5-ways-slimming-screen-time-is-good-for-your-health>

(4) <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/6-tips-to-reduce-childrens-screen-time>

(5) <https://www.mayoclinichealthsystem.org/wellness/slim-your-screen-time>

## ADVERTISEMENTS



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# JULY 2023

## IONA Masjid - Salah and Iqamah Timings

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

\* 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.

**Support IONA Masjid**



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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.