

Newsletter

A Newsletter of the Mobile Islamic Community

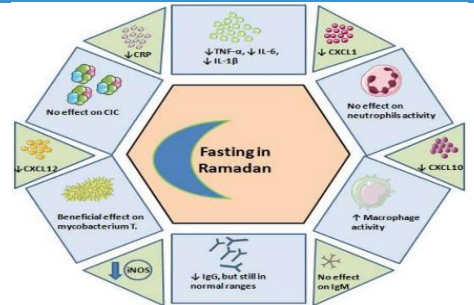
WE PRAY RAMADHAN IMPROVES US

SPIRITUALLY

MENTALLY

PHYSICALLY

MORALLY



Read, Listen, and Study
Lectures of Imam W.D. Mohammed

Read the HOLY QURAN daily.

Fasting is prescribed to you as it was prescribed to those before you, that you may (learn) self-restraint. HQ 2:183

STORIES OF THE PROPHETS

(Peace and blessings on them all)

It was Arabia's custom at the time for the pious and thoughtful to devote a period of each year to a retreat of worship, ascetism, and prayer. They would seek an empty place far away from their people where they could concentrate on their prayers and genuinely seek a new level of seriousness, wisdom, and ethical goodness through meditation. This practice was called tahannuth or tahannuf. In this Muhammad found the best means of satisfying his will to thinking and meditating. In its solitude he could find a measure of spiritual detachment and peace that would enable his consciousness to screen the whole universe for inspiration and to pursue his thought wherever it might lead. At the head of Mount Hira', Muhammad discovered a cave whose perfect silence and total separation from Makkah made it a perfect place for retreat. In that cave Muhammad used to spend the whole month of Ramadan. He would satisfy himself with the least provisions, carried to him from time to time by a servant, while devoting himself uninterruptedly to his spiritual pursuits in peace, solitude, and tranquility. Resource: The Life of Muhammad by Haykal

To Be Continued

RAMADAN QURAN READING SCHEDULE

Juz' 1	1:1-2:141
Juz' 2	2: 142-2:252
Juz' 3	2:253-3:92
Juz' 4	3:93-4:23
Juz' 5	4:24-4: 147
Juz' 6	4:148-5:81
Juz' 7	5:82-6:110
Juz' 8	6:111-7:87
Juz' 9	7:88-8:40
Juz' 10	8:41 -9:92
Juz' 11	9:93-11 :5
Juz' 12	11:6-12:52
Juz' 13	12:53-14:52
Juz' 14	15:1-16:128
Juz' 15	17:1-18:74
Juz' 16	18:75-20: 135
Juz' 17	21: 1-22:78
Juz' 18	23: 1-25:20
Juz' 19	25:21-27:55
Juz' 20	27:56-29:45
Juz' 21	29:46-33 :30
Juz' 22	33:31-36:27
Juz' 23	36:28-39:31
Juz' 24	39:32-41 :46
Juz' 25	41 :47-45:37
Juz' 26	46:1-51:30
Juz' 27	51:31-57:29
Juz' 28	58: 1-66: 12
Juz' 29	67:1-77:50
Juz' 30	78:1-114:6

Send comments, questions, submissions to
newsletter1559@gmail.com

Ramadan Fasting Exerts Immunomodulatory Effects: Insights from a Systematic Review.

1. Ramadan fasting has been shown to only mildly influence the immune system, and the alterations are transient and return to basal pre-Ramadan status.
2. Ramadan fasting during the second trimester of pregnancy was shown to be safe and did not result in negative fetal outcomes or maternal oxidative status alterations.
3. In cardiac patients, Ramadan fasting can have beneficial effects including lipid profile improvement and alleviation of oxidative stress.
4. In asthmatic patients, Ramadan fasting does not alter immunologic parameters.
5. In HIV patients, Ramadan was shown to be safe.
6. In patients with schizophrenia, Ramadan could increase immunologic markers.
7. In patients with autoimmune disorders, Ramadan was generally safe.
8. Fasting athletes who maintain intensive training schedules show fluctuations of immunologic markers.

Ramadan, the ninth month of the Islamic lunar calendar, is observed by approximately 1.8 billion Muslims

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ANNOUNCEMENTS

Mobile Masjid Looks to Reopen

With Covid 19 vaccinations being offered to more age groups, the Mobile Masjid has put forth five key steps to prepare for reopening for in person events. Gregory Shakir and Ahmad Zahra worked with the community to put forth these steps.

Step 1: Decontamination/Sanitize

- wipe down podium and door knobs
- cover microphone with a disposable microphone cover
- hand sanitizers available
- sanitize the Imam's office
- bring your own personal prayer rug to minimize bodily contact with masjid carpet.

Step 2: Mandatory Mask

- mandatory masks while attending services/events
- minimize excessive talking to help lessen the spread of unseen vapors (droplets)

Step 3: Air Quality

- use of HEPA filters (professional grade), house plants, and air purifiers for better air quality

Step 4: Temperature check by a person trained in the procedure or wall mounted thermometer

- if you have a cold, flu or other similar symptoms, seek medical care and stay home.

Step 5: Social Distancing

- markings have been placed in the Musalla indicating prayer stations for social distancing.
- the Multipurpose room is able to accommodate 14 to 16 allowing room to prostrate with social distancing

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Mobile Masjid Looks to Reopen

- The W.D. Mohammed Culture Center is able to accommodate 25 to 30 people allowing room to prostrate with social distancing
- The restrooms/ha'main and wudu areas allow for 2 people at a time.

OF NOTE

COVID FUNERAL ASSISTANCE

<https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance>

Who can apply? You may qualify if: You are a U.S. citizen, non-citizen national, or qualified alien who paid for funeral expenses after January 20, 2020, **and**

The funeral expenses were for an individual whose death in the United States, territories or the District of Columbia, may have been caused by or was likely the result of COVID-19.

Ramadan Food Series
 Afro-Caribbean Cuisine with Hakeemah Cummings
 Instagram Live April 10 @ 12pm
 Levantine Iftar Table with Hanan Kayed
 Facebook Live April 10 @ 3pm

All Events Free. Please donate at www.muslimmuseum.org/donate

Emergency Rental Assistance

Alabama can help renters with costs starting as far back as March 13, 2020. Call 1-833-620-2434 or visit <https://eraalabama.com/>.

CORRECTION: Congratulations to Sister Patricia Salaam and Brother Shakuur Prince on their recent wedding (nikkah).

How do you celebrate Eid? Send to newsletter1559@gmail.com

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worldwide as a month of fasting and as one of the five pillars of Islam, along with testimony of faith, charity, pilgrimage, and daily prayer. It is believed that the revelation of the *Qu'ran* to Prophet Muhammad occurred during this month.

During daylight hours, Muslims abstain from eating any food, drinking any liquid, and other physical needs such as smoking and sexual intercourse. Furthermore, Ramadan has a strong ethical and spiritual dimension, in that it is a time to purify the soul and to gain proximity to God (“Allah”) through reflection and supplication. While Muslims fast from dawn until sunset, food and drinks are allowed before dawn and after sunset (these meals are called *Suhoor* and *Iftar*, respectively) (1). The month of Ramadan lasts 29–30 days based on the witnessing of the small sliver of the crescent moon. The duration of the month varies upon the time of year and regional latitudes. Mean fasting duration is usually 13 h, whereas in some regions it can extend to 18 h (1).

All Muslim adults are expected to fast; nevertheless, there exist dispensations for certain subsets of the Islamic community including pregnant, nursing or menstruating women, travelers, ill people, and the very young or the very old individuals.

As Ramadan fasting influences different body systems, of great interest is the influence of fasting on the immune system, which plays a critical role in regulating and maintaining body response to stressful and harmful events. This influence may shed light on immune status of fasting people. Additional information regarding this study can be found at [Ramadan Fasting Exerts Immunomodulatory Effects](#).