

Newsletter


A NEWSLETTER OF THE MOBILE ISLAMIC COMMUNITY

		
<p>Islamic Center South Korea</p>	<p>Islamic Center Michigan</p>	<p>Islamic Center Washington, DC</p>
<p>IMAMS SPEAK</p> <p>Prayer is more than begging G-d. Prayer is more than responding or acting out of fear, or even admiration, love or praise for G-d. Prayer is more than that... Once we connect with the Creator, if we are thinking beings; and the Qur'an puts more emphasis, very, very strong emphasis on thinking. Nothing is stressed more in the Qur'an than the exercise of the mind; thinking to find its obedience and purpose for which it was created. So prayer is to eventually bring us to see with our minds how we are to identify human life and how we are to protect it for its great future as the inheritor of all that G-d has created for the good of living things.</p> <p>W.D. Muhammad</p>	<p>ANNOUNCEMENTS</p> <p>Events at the Mobile Masjid of Al-Islam are cancelled until further notice. The Mobile Masjid of Al-Islam will meet by conference calls at 1 pm Fridays for Jum'ah, and 12 noon on Sundays for Taleem. Call this number: 712-775-7031. Use pin: 524420723#. Remember the pound sign (hashtag sign).</p> <p>LINKS HERE AND NOW AND COMING SOON</p> <p>Wellness: coronavirus.gov</p> <p>Neighborly needs: uwsa.org; or dial 211</p> <p>Study and enrichment:</p> <p>https://www.quran.com/ https://classroommagazines.scholastic.com/support/learnathome.html stories.audible.com</p> <p>questions/comments: newsletter1559@gmail.com</p>	<p>RAMADAN</p> <p>Ramadan begins at the end of April. The tentative date is the evening of Thursday, April 23rd. The hilal committee and the Imam's office will announce the actual starting date. Here are some ways to prepare for the month of Ramadan: Read the Quran daily; Complete prayers in a timely manner; Pray for those in anxiety (especially in light of Covid 19); and Plan for expenses (zakat, Eid needs, etc.)</p> 

FOOD FOR THOUGHT

As we enter into a new (temporary) era of Reality in America and Al-Islam in America, we reflect on Allah's words in the Quran. "And if you fear (an enemy), perform Salaah (pray) on foot or while riding. But when you are secure, then remember Allah in prayer as He has taught you, what you did not know before ". Al-Baqarah 2:239. "They plan and Allah PLANS, and ALLAH IS THE BEST OF PLANNERS". An-Anfal 8:30

Whether this world's current situation is real or an elaborate scheme, we can see from the above Quranic Ayats, that Allah is above all schemes and schemers. According to hadith, there are six or seven ways a person can pray when in times of fear (under threat). Whichever of them a person (chooses), it is permissible. In our current situation, (COVID 19), the concern is so intense. The Imam (community) cannot form the usual Muslim (Prayer) rows and lead them in congregational prayer. In this case each Muslim should pray by himself, as if (she) he was fighting in a battle. Whether walking on foot, or riding in transportation, facing the qiblah or not, he (she) should gesture like bowing and prostrating, making the prostration lower than the bowing. There are many ways we as a community can fulfill our duty to Allah and stay an orderly body of believers... **G. Shakir**



The Mental Health STIGMA in Our Community: Let's look at the facts! What is a STIGMA? A mark of disgrace associated with a particular circumstance, quality, or person. The stigma or mark; creates a situation that could cause an individual to be disqualified from full social acceptance. In the case of Mental Illness, the stigma is false and based on lack of knowledge, fear and ignorance. It is not true that the person needing help is bad any more than a person with a high blood pressure is bad.

We often take care of the physical health of our spouses, children, parents and anyone else who needs help. We need to become educated and truthful about our Mental Health. We are often not reminded of the need for balance between the Mental, Physical and Spiritual aspects of our lives. They each effect the other. For example, when you feel depressed you are often, also not eating a good diet or feeling connected spiritually. There is a connection. Many of us know when we, our child or another family member is suffering from depression or anxiety. Both issues can lead to alcohol and other drug use, violence and sometimes suicide. We say or do nothing because of the STIGMA. We don't want people to say bad things about us. Therefore, we suffer in silence. Often, we tolerate abusive situations. Can we continue to avoid the Stigma; and not seek support from a licensed professional who will hold your confidence? Stay tuned for resources and solutions.

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