


# Newsletter

A Newsletter of the Mobile Islamic Community



<p><b>READ THE HOLY QURAN DAILY</b></p>	<p><b>Read, Listen, and Study Tafsirs and Lectures of Imam W.D. Mohammed</b></p>	<p><b>RABI AL AWWAL is the Third Month of the Islamic (Hijri) Calendar</b></p>
<p><b>Dhikr: Remembrance of ALLAH</b></p> <p>The Arabic word ذكر means ‘reminder’ or to ‘remember’. Dhikr in Islam is to remember God using short sentences that contain the names of Allah and/or supplications from the Qur’an or hadith that glorify Allah the Merciful. The concept behind Dhikr is to constantly remember the Greatness of Allah the Merciful while going about our daily lives.</p> <p><b>Importance of Dhikr</b></p> <p>Mentioning and praising Allah the Merciful is one of the simplest forms of worship a Muslim can do. It is easy to practice and can be done anywhere, at anytime.</p>  <p>Regardless of its ease in performance, Dhikr plays a fundamental role in the life of a believer. While it serves as a reminder and a source of worship,</p> <p><b>Continued on page 2 column 1</b></p>	<p><b>Islamic Concept of Unity</b></p> <p>Tauheed comes from a word in Qur’anic Arabic. These terms were not with the Arabs before Islam. They came only with the Prophet [pbuh] as Qur’anic terms. So they are not Arabic terms only; they are Qur’anic Arabic terms.</p> <p>Tauheed does mean unity, but it really means more than unity. There are other common words for unity. This is a particular word in Revelations for unity. It is close to monotheism, the idea of One G-d ruling in the human life and over everything that exists.</p> <p>Tauheed is understood as that for the Jews and also has some ties to the Christians’ concept of G-d; not the shirk or plural body but the continuous line of purity and light that comes from our Creator to the service of G-d through [mankind]. How it comes, how we understand it resembles something in Christian doctrine and theology.</p> <p>The purpose in presenting Tauheed in this connection with the most important concept for the People of the Book is to show us our connectedness—that we are not to see ourselves</p> <p><b>Continued on page 2 column 2</b></p>	<p><b>Mindfulness</b></p> <p>We have all had those moments of “I am here but I am not here.” Mindfulness is paying attention in a particular way; on purpose, in the present moment, and non-judgmentally. Also, it is embracing the beauty of monotasking.</p> <p>Being mindful isn’t always easy, but if we get even a little better at it, we benefit in crucial ways. Mindfulness techniques, including meditation, yoga, and deep rhythmic breathing are some of the lifestyle tools to control stress, improve sleep, and even avoid illness.</p> <p>A study published in Psychological Science revealed that clearing your mind can lead to deeper thinking and increased creativity. Stress and ruminations tax our ability to be creative as well as to really immerse ourselves in experiences. Meditation, yoga, and aerobic exercise can help you achieve relatively rapid calmness of mind so that every day feels a little more like an adventure.</p> <p>After conducting a study, reading current research, and documenting her personal experience, Dr. Lissa Rankin concluded that we have the ability to heal our bodies just by changing how</p> <p><b>Continued on page 2 column 3</b></p>

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Dhikr**

Dhikr brings peace and tranquility in our lives.

Source: SimplyIslam

O you who have believed, remember Allah with much remembrance, and exalt Him morning and afternoon. Qur'an 33:41-42

And remember your Lord within yourself in humility and in fear without being apparent in speech - in the mornings and the evenings; and do not be among the heedless. Qur'an 7:205

And be not like those who forgot Allah, so He made them forget themselves. Those are the defiantly disobedient. Qur'an 59:19

...and remember Allah much so you may be successful. Qur'an, 8:45

...and the men who remember Allah often and the women who do so - for them Allah has prepared forgiveness and a great reward. Qur'an 33:35

So remember Me, I will remember you; and be grateful to Me and do not deny Me. Qur'an 2:152

...and the remembrance of Allah is the greatest. Qur'an 29:45

...and to glorify Allah for that which He has guided you [to]; and perhaps you will be grateful. Qur'an 2:185

SAIB SHUKROH IKR

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Islamic Concept of Unity**

completely separate from the movement in Scripture from its beginning to its conclusion.

Excerpts from *And Follow The Best Thereof*, Imam W. Deen Mohammed, p.8

Live in Alabama? Go online or call to see if you are registered to vote in the November 5, 2024 Presidential Election.

<https://www.sos.alabama.gov/alabama-votes>



**Secretary of State Wes Allen**

Call Toll Free: 1-800-274-8683

**3,817,340 Registered Voters**

The last day to register to vote for the 2024 General Election is October 21st, 2024.

**Project 2025**  
PRESIDENTIAL TRANSITION PROJECT

The 2025 Presidential Transition Project has convened the conservative movement in support of the ideas that will reclaim our nation. *Mandate for Leadership* serves as a policy resource for future conservative presidents, the American people, and anyone who is interested in learning more about our vast federal government.

One of the many topics in project 2025 states: "MISSION: Federal education policy should be limited and, ultimately, the federal Department of Education should be eliminated." For more information on this and other subjects that can affect your life, go to <https://www.project2025.org/policy/>

Send Articles, Points of View,  
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Mindfulness**

we think and feel. She conducted the study to find out why her health-conscious patients, who were eating health conscious [physical] diets, were sicker than her patients whose diets often included unhealthy food, drink, and activities.

To find out what was really going on she asked all of her patients two questions: "What do you think is the root of your illness?" and "What does your body need in order to heal?" Often, she got the following responses: "I hate my job," "I need more me time," "I need to hire a nanny." "I need to stop being a pessimist."

Dr. Rankin stated that her bravest patients did what their intuition told them what their bodies needed. They made radical changes such as quitting a job, relocating, seeing a marriage counselor, or pursuing long-suppressed dreams. These radical changes caused their bodies to heal.

Dr. Rankin stated that she healed herself in this way. In her 20s she was diagnosed with multiple health conditions including high blood pressure and precancerous [conditions]. At age 33 she was burned out as an OB-Gyn doctor. Listening to her intuition, she made changes: left her job, sold her house, and relocated to a small town with her husband and baby. As a result of taking radical actions her health conditions resolved or drastically improved.

Per Dr. Rankin, the lifestyle choices you make can optimize your body's relaxation response, counteract the stress response, and result in physiological changes, leading to better health.

Source: Provided by a newsletter reader via Time Special Edition, Mindfulness: The New Science of Health and Happiness, 2017.