

# Newsletter

A Newsletter of the Mobile Islamic Community

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## READ THE HOLY QURAN DAILY

**Editor's note: Imam W. Deen Mohammed (IWDM), taught that knowledge is appropriate for all humanity. Through this he led us to the knowledge that "man means mind". In the statements below, you are encouraged to think of brothers and sisters, (minds), where appropriate.**

For the brother who holds a burning grudge against you:

"If you stretch your hand towards me to kill me, I am not going to stretch my hand towards you to kill you. Indeed, I fear Allah, the Lord of the worlds." (Surah Al Maida verse 28)

For the brother who hates you due to ignorance:

"O Allah, forgive my people for they don't know any better." (The Prophet Muhammad (saw) in Uhud)

For the brother you have wronged:

"By Allah! Allah has truly preferred you over us, and we have surely been of the wrongdoers." (Surah Yusuf verse 91)

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

### Wake Up to Human Life Imam W.D. Mohammed (IWDM)

Slavery was a bad circumstance, and we shared that as a people. Slavery had its way of making impressions not only in our minds but also in our souls. Those impressions in our souls give pictures and design to our soul; they make our soul distinguishable or different from the soul of other people....We experienced that, and it has put a print, a design, on our very souls and we are different.

(pgs. 150-151)

### Leave the hurt behind! How to let go of a grudge.

At some point in the late 70s, during a Brownies [scout troop] meeting, something happened to Deborah [not her real name], that she has never been able to forget. Well, she can't remember exactly what the incident was, but she knows the perpetrator – another girl, who still lives in her town. "I think she might have pushed me," says Deborah "I think she might have said something mean to me."

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## Shawwal is the Tenth Month of the Islamic (Hijri) Calendar

### What is the month of Shawwal?

In the Islamic calendar, Shawwal is significant as it marks the end of Ramadan and the beginning of the Eid al-Fitr celebration. It also is a month where Muslims are encouraged to continue their spiritual growth and fast for six days. Below are some events, practices, and the significance associated with the month of Shawwal:

- **Eid al-Fitr:** The first day of Shawwal marks the beginning of Eid al-Fitr. On Eid al-Fitr, Muslims gather to celebrate the successful completion of the holy month of Ramadan. They participate in the Eid prayer and give Zakat al-Fitr. This day is also filled with joy and festivities. Muslims wear their best dress and exchange greetings, gifts, and food with family and friends.

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For the brother who seeks your forgiveness:

"There is no blame on you today. May Allah forgive you! He is the Most Merciful of the merciful!" (Surah Yusuf verse 92)

For the brother you just had an argument with:

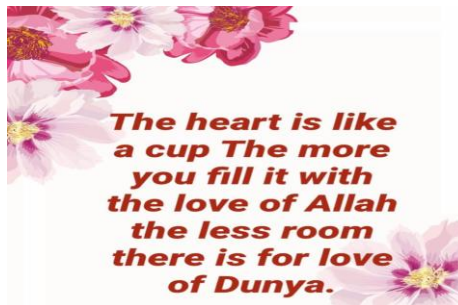
"O Abu Musa, can we not continue to be brothers, even if we disagree on an issue?" (Ash Shafi (ra) to Yunus As-Sadafi (ra))

Our hope on the day of judgment with our brothers:

"And We will remove whatever is in their breasts of resentment, [so they will be] brothers, on thrones facing each other." (Surah Al-Hijr verse 47)

At any point in time, we fit in one of the categories above. Try to exemplify it accordingly, then ask Allah [SWT] to make you of that last group for eternity.

From a post attributed to Dr. Omar Suleiman, June 22, 2022



Send Articles, Points of View,  
Announcements,  
Questions/Comments To  
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Whatever it was, she has held a "deep grudge against her for 46 years".

To make it even worse, "She can't even remember being in Brownies with me." This makes things worse, she says. "I think it's difficult to get over a grudge if they don't know you have a grudge against them, or why." She could confront her, but doesn't think it would help. "[The perpetrator] might apologize, but if she can't remember then it feels a bit meaningless." Instead, Deborah is resigned to living with it. "It's not eating away at me, like it did maybe the first 10 years. I'm pleasant to her – I'm not mean – but there's always this little thing at the back of your mind, gnawing away."

People who hold grudges are more likely to have lower levels of mental wellbeing, and even experience depression. Forgiveness is associated with lower stress levels, lower risk of heart disease and mental illness, and may lead to a longer life.

...Short-term anger is probably a good thing because it shows: 'I am a person of worth – people should treat me that way.' Your anger may be justified and if it does turn into a grudge, that probably comes with enjoyable feelings such as a sense of empowerment or self-protection. But then there is this tendency, if we are not careful, for grudges to turn on us. Grudges take up mental space – ruminating over past hurts means we are reliving them rather than moving forward. They are so powerful, because grudges often stem from a deep sense of injustice. When we feel wronged, our brains hold on to that memory as a way of protecting us from similar harm in the future.

Grudges are rather deceptive little things. Once they take hold in the heart, they become the unwelcome guest that doesn't know how to leave. To view the entire article, visit <https://www.theguardian.com>.

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- Fasting: The Prophet Muhammad (PBUH) fasted six days during the month of Shawwal. It is recommended to fast for six days in Shawwal after the mandatory fasts of Ramadan and Eid celebrations.
- Spiritual Renewal: Shawwal is seen as a period to continue the spiritual practices and positive habits cultivated during Ramadan.
- Battle of Uhud: The third day of Shawwal, when the Quraysh and Meccans fought the Prophet and his followers.
- Battle of Hunayn: (Shawwal 4, 8/630)
- Martyrdom of Hamza b. 'Abd al-Muttalib: (Shawwal 7, 3/625)
- Shawwal marks the beginning of the three months leading up to Dhul Hijjah, the month of Hajj.

## ANNOUNCEMENT



MALI [ Muslim American Logic Institute]

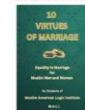
Salim MuMin · Feb 11 ·

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