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Signs of Iman in the Life of the Believer

The believers fulfil the terms of their trust that are placed in their charge.

By Imam Faisal Abdur-Razak

The believer who attains noble attributes and upright conduct has truly found the road to Paradise. The guide to these noble attributes can only come from the last revelation, the Holy Qur'an. When the opening verses of Surah Al-Mu'minun were revealed, the Prophet (s.a.w.) remarked: "...the one who measures up to them, will most surely go to paradise" (reported by Imam Ahmad, At-Tirmidhi, An-Nasaa'i, Al-Haakim).

"And those who guard their modesty"

They are modest in every sense of the word. They are free from sex abuse and sex perversion. They are so modest that they even conceal those parts of their bodies that the Law does not forbid to expose before others. This is the true purification of the household and the society and the true prevention from corruption of lineage and genealogy.

"Except with those joined to them in the marriage bond, or (the captives and slaves) that the right hand possess, for (in their case) they are free from blame"

This is a parenthesis which is meant to remove the common misunderstanding that sexual desire is an evil thing in itself and satisfying it even in lawful ways is not desirable, particularly for the righteous and godly people. The parenthesis has been added to say that there is nothing wrong in satisfying the sexual desire in lawful ways and that living unmarried lives, away from the world, like monks and hermits is not the Islamic way of life. What is evil is that one should transgress the prescribed limits for satisfying the sex desire. Marriage is strongly encouraged in Islam and is considered a sign that reflects the Bounty of the Creator. "And among His Signs is this, that He created for you wives from among yourselves, that you may find repose in them, and He has put between you affection and mercy. Verily in that are indeed signs for a people who reflect" (30:21).

The wisdom behind the institu-

tion of marriage is immense and diverse; Marriage establishes the best method for directing one's innate sexual drive and satisfying it in a lawful and rewarding way. Marriage fashions the best format for having children, raising a family and increasing one's progeny. The sense of responsibility in being married and caring for children spurs one towards work and taking care of obligations. Marriage induces a certain order in life and promotes cohesive relationships between distant families and sustains harmony in the society.

"But those whose desires exceed those limits, they are transgressors"

Here are a few brief injunctions based on this statement:

(1) Two categories of women have been excluded from the general command of guarding the private parts: wives and women who are legally in one's possession, i.e. slave girls. Thus, the verse clearly lays down the law that one is allowed to have sexual relations with one's slave-girl as with one's wife, the ba-

sis being possession and not marriage.

It should be noted that Islam came at a time when slavery was an international system and when the prisoners of war were taken as bondsmen according to the national law. It is clear that Islam, during the battles with its enemy, could not have forbidden this system from its side, so that Muslim captives could be taken as slaves while Muslims free the captives of their enemy. Hence, when captives in war fell as bondswomen and Muslim men were to become their guardian and protectors, it was permissible for Muslims to have sexual relations with those ones who they possessed. This sexual relation is to satisfy the natural need of the captured women, so that they do not involve in filthy sexual relations (or subjected to rape and gang-rape) like what is happening today with the prisoners of war all over the world under the New World Order, even though policies have forbidden them.

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Erosion of Justice

Wealth, intellectual and technological progress caused arrogance and tyranny.

By Imam Abdul Hai Patel

Allah says in Sura Qaf.: *The sentence that comes from Me can not be changed and I am in no way a tyrant unto the slaves*".

If we were to take this verse vis a vis the all forgiving, merciful, kind and compassionate qualities of Allah, then how we to interpret natural disasters. Are they punishment or show of Divine force of destruction?

It is not difficult to understand that these disasters are exhibition of Divine force, but let us ponder why this use of such force is necessary?

To understand this question let us turn to the pages of Quran:

"And who is most unjust then one who invents about Allah a lie or denies his verse? Indeed the wrongdoers will not succeed." (Ch 6 V.21)

"And they say " why has a sign not been sent down to him from his Lord. Say 'Indeed Allah is able to send a sign but most of them do not know.'" (Ch 6 v. 37)

"And we have already sent (messages) to nations before you, and then seized them with poverty and hardship that perhaps might humble themselves. Then why, whenever punishment came to them, did they not humble themselves? Rather their hearts became hardened and Satan made to them that which they were doing." (ch. 6, V 42-43)

Today the earth is a hotbed for arrogance and injustice. Human beings are imitating the laws of the jungle for survival. In the jungle, a predator is always around the corner to attack his prey for food or territory. Human beings are acting in a similar fashion often driven not by necessity, but by greed and power.

This mode of behaviour has assumed new titles and terminology to disguise human beings' ulterior motives. Territorial integrity, democratic reforms, autonomy, social reforms, equitable distribution are some of the terms used in the name of justice and survival.

Social and political culture has programmed human minds to obey only legislated commands and have taken away their freedom to exercise choice of accepting and obeying

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Please treat this Islamic Journal with respect!

In Honey There is Healing for Humankind

Honey is not only a source of sweetness, but also a complete storehouse of effective medicine

by Wahida Valiante,
National Vice-President, CIC

"And your Lord inspired to the bee, 'Take for yourself among the mountains, houses (i.e., hives), and among the trees and [in] that which they construct. Then eat from all the fruits and follow the ways of your Lord laid down [for you].' There emerges from their bellies a drink, varying in colours, in which there is healing for people. Indeed, in that is a Sign for a people who give thought" (Qur'an 16:68-69).

The bee is the only insect that can collect and preserve nectar for

nutrition that contains nourishment as well as healing properties. By its continuous movement and persistent high quality workmanship it produces the beehive — a very delicate and highly organized structure — as well as wax, honey, and the pollination necessary for flowers to produce fruit and seeds. In the Qur'an, Allah uses the feminine gender for the bee

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Editorial

Shocking News From Islamic Schools

It has happened again. Another Islamic school's principal has been charged with sexual assault of the children in his charge, this time in Ajax. Just thinking that the people you entrust your children with can breach your trust so easily sends a chill through your spine. The reaction in the Muslim community is that of shock and denial, mixed with contempt and outrage. How can a person who teaches the message of Allah and His Prophet (pbuh) commit such a heinous crime?

Islam teaches us to consider everyone innocent until proven guilty and not to speculate on the allegations or charges until the person is convicted in the court of law, because only Allah knows best. The secular media, on the other hand, thrives on thrills. Although the Mufti of the Islamic school in Ajax is not convicted yet (there is still a shadow of doubt since he may have been framed), his reputation has been tarnished forever. Being Muslim, we have to be cautious about making judgments.

Having said that, this abuse of our children and our faith must stop. The only way is to take solid and proper measures to ensure the future safety of minors.

In Canadian daycares, there is a certain policy in effect with regards to the protection of children from sexual abuse, and is worth looking at:

* There are always at least two teachers present in the room. This means that no single teacher is ever alone with children. This practice greatly reduces the chances of abuse (sexual or physical).

* Parents are welcome to drop in at any time, without calling. This adds to the accountability of teachers and keeps them on guard.

* Any improper touching or even verbal comments that suggest promiscuity are strictly not allowed. Improper intimidation of children is checked.

* The centres have a written policy on ways of disciplining children, which is provided to and signed by parents. This way, both the centre and parents share the responsibility of keeping an eye on children's safety.

Each institution is responsible for protecting its employees from unnecessary harm. The following steps should be taken by all Islamic schools in the interest of teachers and wardens.

* There should be an open-door policy. What this means is that all interactions between a child and a member of the school authority should remain open to observation. Closed doors and practice of privacy suggest that perhaps something is fishy. In addition, if every movement is in the open, there is less chance for framing someone for any monetary or other gains.

* A supervisory board should be set up and be authorized to make frequent un-announced visits to the school or boarding house. This board can be elected or appointed and approved by parents and school staff. It should have at least one social worker on its team.

* Regular meetings of the school staff and (both) parents should be scheduled during the year.

* Children's sleeping arrangements should be assigned according to age group. If at any time during the night that children have to be visited, it should be done by two members of school authority. It may sound inconvenient, but false accusations are devastating.

Finally, a word for parents: It is the responsibility of parents to keep good contact with the facility and with their children. Keep your eyes and ears out for anything suspicious. Visit the institution your child is planning to attend before enrolment and at different times. Stay there for a couple of hours or so and observe. After enrolment, drop in at various times. Go by your gut feelings. Do not dismiss the child's complaints without investigating them. In general, follow your instincts because nothing is more precious than your child's safety.

Islam has given us strict guidelines about modesty and sexual behaviour. If we follow them, we are guaranteed to stay out of trouble. There is a tradition of the Prophet (pbuh) stating that if there are a man and a woman alone (who are not *mahram*), the third one between them is Satan. Considering today's deviant societal conditions, perhaps we should take the same caution with people of the same sexes too, especially when one of them is a figure of authority.

Asma Warsi

Our Mail

The real threat to global peace -- Mankind

A sharp increase in crimes against humanity has made the world a very dangerous place. Leading human rights bodies have condemned these forces in the strongest terms and held them responsible for mass destruction, murders, massacres and slaughter, rape, war crimes, widespread torture, looting, collective punishments, concentration camps, etc.

Terrorism, violation of human rights, exploitation of people in any form, any place and at any time is highly intolerable, strongly condemnable and must not be allowed at any cost, by any forces, systems or governments. Those involved must be dealt with an iron hand. Their crimes are definitely unpardonable.

But who will launch the crusade against these forces?

Unfortunately, the Muslim world has miserably failed to serve Islam and protect Muslims and humanity at large. The condition of Muslims is pitiable in many Muslim states. Corrupt governments and systems, religious and political leaders, feudal and tribal lords, military dictators have crushed them badly and made their own countries hell for their people. Since lives are not safe and there is no future for them or their children, people are moving towards the west

for better quality and safety of lives and future.

The Muslim rulers and religious and political leaders are rendering mostly lip service and giving verbal assurances of introducing and implementing Islamic laws or political and democratic systems acceptable to the people. They are not fulfilling their promises, commitments and responsibilities. Instead the feudal and tribal lords, who dominate the country, rule and the system in many Muslim states, are allegedly treating the people worst than slaves and enemies and have made their lives miserable through cruelties and violation of human rights.

The Muslim world must rise to the occasion and provide a capable and acceptable leadership to face the present and future challenges and dangers to Islam, Muslims and mankind. They must ensure better quality and safety of lives, peace, prosperity and progress. This is the only solution or otherwise we should be prepared for the worst to come

Muslims world must unite on a common platform and become a force to reckon with. They must get prepared to serve humanity in true Islamic spirit. Presently the spirit and leadership is lacking. Muslims, Christians, Jews and all sane and wise peo-

Words of encouragement from our readers

For the past two years I've been an avid reader of The Ambition. Your paper is very well organized and has a keen approach towards targeting youth. I applaud your efforts and perseverance. It shows great dedication. ...Thank you for your time. Jazakualh Khair for the informative issues you tackle in your paper, that need to be addressed.

Shirin Almashni

I normally pick up a copy of your newspaper on my way back from Namaz (Salat) to educate myself by reading your excellent articles - most timely and are needed by ALL ages and genders. Thank you and may Allah reward you. Your editorials are rich and food for thought.

Azmatulla

I was first exposed to the teachings of Islam as an eight-year-old child. Over the next several years I learned more about Islam from various classmates and friends.

Alhumdulillah, I embraced Islam 2 years ago at the age of 23. I am a first year student in the Community Worker Program at George Brown College. I also have a B.A. in Philosophy from the university of Western Ontario. I am an aspiring writer and most of my work deals with the subject of the issues that I have faced as a convert to Islam.

May Allah reward you in your work.

Sr. Jessica Smith

I recently came across a copy of The Ambition and was greatly impressed. ...Please keep up the good work.

Ally Esmail

Pen is mightier than the sword
So why not write?

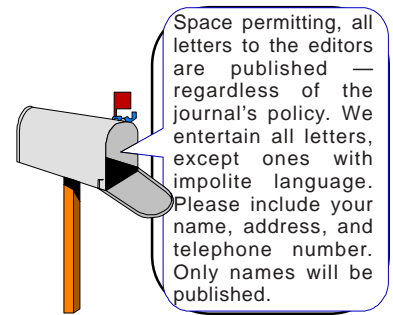
We invite writers,
children's story writers,
interviewers, news
reporters, etc. to send
us their contributions.

Send your articles by
May 31, 2001
to be included in the
July-Aug. 2001 issue

Articles should be less
than 1,500 words

Include your full name, address,
and phone number. You may also
wish to send your picture and a
little introduction about yourself.

Anonymous submissions not
acknowledged.



letters@theambition.com

ple must join heads and hands to face the present and future challenges. This coalition is urgently needed to make the world a safer place to live in with peace and prosperity.

Javed Zaheer

Du'a

I do not know where I am going.

I have no map, no road signs, no compass, Not even the light of an evening star.

It's just me in my faded-out blue jeans,

And my worn out Doc Martin boots.

A set of tasbeeh, a copy of the Qur'an, And an iron will that speeds me on.

I want to do your Will Allah. And I know that my desire to do your Will pleases you.

But I get stuck.

I may not know exactly where I am going Allah, But this I do know.

I know that You will never leave me oh Lord, That You are always by my side.

That You hear me when I call You, Even when all I can do is whisper.

Allah please guide me on the right path, To do what pleases you. Help me to remember you in the best possible way.

Please guide this humble, iron willed servant, In the faded out blue jeans, And the worn out Doc Martin boots.

By Jessica Smith

Five Good Reasons to Advertise in The Ambition

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|--|--|--|--|---|
| 1. The Ambition goes to thousands of Muslims regardless of their ethnicity. | 2. Unlike most ethnic papers, it has fewer pages and your ad catches more attention. | 3. It has Islamic knowledge so people don't throw it away after reading it once. | 4. Your ad has a long life of two months, not just one week or so. | 5. With The Ambition , your money goes a long way. |
|--|--|--|--|---|

Good Appearance

By Dr. Muhammad 'Ali Al-Hashimi

The true Muslim takes good care of his clothes, so you will see him presenting a pleasant appearance, without being extravagant. He is pleasant to look at and to meet, and does not annoy people with his careless, dishevelled appearance. He always checks himself before he goes out to meet people, and he makes himself look good, in moderation, for the Prophet (pbuh) used to make himself look good in front of his companions, as well as in front of his family. In his commentary on the Ayah: "Say: Who has forbidden the beautiful [gifts] of Allah, which He has produced for His servants, and the things, clean and pure, [which He has provided] for sustenance? . . ." (Qur'an 7:32) Al-Qurtubi said: "Makhul reported from 'A'ishah: 'A group of the companions of the Prophet (pbuh) was waiting at the door for him, so he prepared to go out to meet them. There was a vessel of water in the house, and he peered into it, smoothing his beard and his hair. ('A'ishah said:) I asked him, 'O Messenger of Allah, even you do this?'" He said: "Yes, when a man goes out to meet his brothers, let him prepare himself properly, for Allah is beautiful and loves beauty." The Muslim does all of this in accordance with the Islamic ideal of moderation, avoiding the extremes

of either exaggeration or negligence: "Those who, when they spend, are not extravagant and not miserly, but hold a just [balance] between those [extremes]" (Qur'an 25:67.)

Islam wants its followers, and especially its advocates (da'is) to stand out in gatherings in an attractive fashion, not to appear unsightly or unbearable. Neglecting one's appearance to the extent of being offensive to one's companions in the name of asceticism and humility is not a part of Islam. The Prophet (pbuh), who was the epitome of asceticism and humility, used to dress in decent clothes and present a pleasant appearance to his family and his companions. He regarded dressing well and looking good as a demonstration of the blessings of Allah:

"Allah loves to see the signs of His gifts on His slave." Ibn Sa'd reports in al-Tabaqat that Jundab ibn Makith (R.A.) said: "Whenever a delegation came to meet the Messenger of Allah (pbuh), he would wear his best clothes and order his leading companions to do likewise. I saw the Prophet (pbuh) on the day that the delegation of Kindah came to meet him; he was wearing a Yemeni garment, and Abu Bakr and 'Umar were dressed similarly."

Ibn al-Mubarak, al-Tabarani, al-Hakim, al-Bayhaqi and others report that 'Umar (R.A.) said: "I saw the Messenger of Allah (pbuh) ask for

a new garment. He put it on, and when it reached his knees he said, 'Praise be to Allah, Who has given me clothes with which to cover myself and make myself look beautiful in this life.'"

Abdul-Rahman ibn 'Awf (R.A.) used to dress in a cloak or garment that was worth four or five hundred dirhams (Tabaqat Ibn Sa'd, 3/131), and Ibn 'Abbas bought a garment worth one thousand dirhams and wore it (Tabaqat Ibn Sa'd, 3/131). So long as this taking care of one's outward appearance does not go to extremes, then it is part of the beauty that Allah has allowed for His slaves and encouraged them to adopt: "O children of Adam! Wear your beautiful apparel at every time and place of prayer: eat and drink: but waste not by excess, for Allah loves not the wasters. Say, who has forbidden the beautiful [gifts] of Allah, which He has produced for His servants, and the things, clean and pure, [which He has provided] for sustenance? Say: They are, in the life of this world, for those who believe, [and] purely for them on the Day of Judgement. Thus do We explain the Signs in detail for those who understand." (Qur'an 7:31-32)

Muslim reports from Ibn Mas'ud (R.A.) that the Prophet (pbuh) said: "No one who has even an atom's-weight of pride in his heart will enter Paradise." A man asked him, "What if he likes his clothes and shoes to look good?" (Meaning, is this counted as pride?) The Prophet (pbuh) said: "Allah is beautiful and loves beauty. Pride means denying the truth and looking down on other people."

This is the understanding adopted by the Sahabah and those who followed them sincerely. Therefore Imam Abu Hanifah (R.A.) always took care to dress well and to ensure that he smelled clean and fresh, and urged others to do likewise. One day he met a man who used to attend his circle, who was dressed in scruffy clothes. He took him to one side and offered him one thousand dirhams with which to smarten himself up. The man told him, "I have money, I do not need this." Abu Hanifah admonished him: "Have you not

heard the hadith, 'Allah loves to see the signs of His gifts on His servant?' So you have to change yourself, and not appear offensive to your friend." Naturally, those who call people to Allah should be better and smarter in appearance than others, so that they will be better able to attract people and make their message reach their hearts. Indeed they are required to be like this even if they do not go out and meet people, because those who proclaim the word of Allah should take care of their appearance and pay attention to the cleanliness of their bodies, clothes, nails and hair. They should do this even if they are in a state of isolation or retreat, in response to the call of the natural unaffected inclination of man (fitrah) which the Prophet (pbuh) told us about and outlined its requirements: "Five things are part of the fitrah: circumcision, removing the pubic hair, plucking hair from the armpits, cutting the nails, and trimming the moustache." (Bukhari and Muslim)

Taking care of oneself in accordance with this fitrah is something encouraged by Islam and supported by every person of common sense and good taste. Nevertheless, paying attention to one's appearance should not make a Muslim fall into the trap of over-exaggerating his grooming to the extent that he loses sight of the sense of balance prescribed by Islamic teaching. The Muslim always aims at moderation in all things, and is on the alert to prevent any one aspect of his life from taking over at the expense of another. The Muslim never forgets that Islam, which encourages him to take care of his appearance and to wear his beautiful apparel at every time and place of prayer, is also the religion that warns him against going to extremes in that, and tells him to avoid becoming enslaved by his appearance, as the hadith says: "Wretched is the slave of the dinar, dirham, and fancy clothes of velvet and silk! If he is given, he is pleased, and if he is not given, he is displeased." (Bukhari)

No doubt those who call people to Allah are saved from this error, because they surround themselves with the protection of Islam and adopt the principles of moderation that it has brought.

(An abridged version taken from the author's book "The Ideal Muslim", copyright and published in 1999 by the International Islâmic Publishing House (IIPH), Riyadh, Saudi Arabia. For more articles and books, visit <http://www.wefound.org>.)

From the Qur'an

"And remember Lot: Behold, he said to his people; 'you commit lewdness, such as no people in creation ever committed before you. Do you indeed approach men and cut off the highway? and practice wickedness in your councils?' But his people gave no answer but this: They said 'bring us the wrath of God if you tell us the truth.'" (Qur'an 29:28-29)

From the Hadith

Narrated Ibn Abbas on the authority of Abu Huraira that the Prophet (pbuh) said: "Allah has written for Adam's son his share of adultery which he commits inevitably. The adultery of the eyes is the sight (gazing at a forbidden thing), the adultery of the tongue is the talk, and the inner self wishes and desires and the private parts testify all this or deny it." (Al-Bukhari 2061)

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Shaykh Hamza draws crowd in Ottawa

by Sana Khan

Shaykh Hamza Yusuf Hanson drew a big crowd on Thursday, April 5 for his first and long awaited lecture in Ottawa. Several people were left standing as Muslims of all ages and races gathered from across the city at the Ottawa Congress Centre to hear Hamza Yusuf's lecture, which lasted nearly two hours.

"To say the world is out of balance right now would be an understatement," Shaykh Hamza Yusuf began. He continued to show that two major institutions of society are failing: the family and schools. Materialism is another aspect of society that destroys one's soul, he said.

"If you become a consumer, the only one consumed is you," he warned. "This society is creating *almacide*," he explained, *almacide* being his word for killing souls. So what is the solution? Shaykh Hamza said the first step in healing society is for people to turn to their hearts. Intentions come from the heart, he explained, and the heart must be sound.

This message of turning inward and returning to Islamic tradition is one that is central to many of Shaykh Hamza's lectures. Nazim Baksh, who coordinates many of Shaykh Hamza's events, said that the central theme of his talks is reformation and changing one's condition. This was evident in the challenge the Shaykh raised to his audience in Ottawa.

"If you all go back to the same life with no commitment of change, then you've done nothing," he said. "I believe this group of people should be able to change the whole city."

Hamza Yusuf Hanson was born and raised in the United States and converted to Islam in 1977. He then spent 10 years in the Middle East studying every aspect of Islam. He returned to California and in 1997, co-founded the Zaytuna Institute (www.zaytuna.org), an Islamic learning centre devoted to teaching Islam and its sciences using traditional teaching methods. It now has 200 students.

Over the years, Shaykh Hamza has become a popular and powerful speaker and educator in the Muslim community. He has lectured at the

Islamic Society of North America's (ISNA) annual conferences and has taught seminars at *rihlas* (rihla is the Arabic work meaning journey for the sake of learning) that have been held in Toronto and across the United States, in the United Kingdom, Morocco and Spain.

Although people of all ages respond to Shaykh Hamza's lectures, his message of reconnecting with Islamic tradition hits home with younger Muslims raised in the West. Baksh sees this as a result of Shaykh Hamza's exposure to both Islamic and Western culture. Muslims who grow up in the West, Baksh explained, "don't come with their parents' baggage. They don't understand the Islamic principles and traditions as people coming from Islamic countries [do]," he said. "So, how do we open the doors to that rich Islamic tradition?" Br. Hamza is able to do just that, Baksh explained.

"People come to hear Shaykh Hamza and they see something fresh and exciting about what he's talking about," said Abdul-Rehman Malik, who has worked with the Shaykh. From him, people learn that we are all connected by an Islamic tradition which is dynamic and empowers us to face the challenges of the West, says Br. Malik. Although Br. Hamza is a powerful speaker, that only lasts so long, Malik added. It is Shaykh Hamza's message of being grounded in something that is old yet so dynamic, that is a realization for many young people and creates a lasting impression because "we're a little directionless."

"For us, when we first heard Shaykh Hamza," Malik said, "it was very exciting, like a revelation. We started asking 'where have you been all our lives?'"

Aisha Aghliw, a second-year student at Carleton University who has listened to several Shaykh Hamza lectures and attended ISNA conferences, said that youth, along with everyone else, are struck by his knowledge.

"His knowledge is so vast and diverse," she said. "It's not just Islamic knowledge," she added, "it's everything."

Although Shaykh Hamza has been to Toronto several times, most recently last March for the Zarnuji

Institute conference on alternative education, this was his first time lecturing in Ottawa. Most of those present at the lecture had heard Shaykh Hamza before either in person or through his tapes available through Ihya Productions (www.ihyaproductions.com).

Br. Nazim Baksh said that young Muslims from Ottawa and Montreal who attended the *rihlas* eventually convinced organizers and the Shaykh to come to their cities. The planning was difficult but when plans were underway for a lecture in Montreal, the chance finally arrived for Shaykh Hamza to stop in Ottawa. The entire event was organized in less than a month.

From Ottawa, Shaykh Hamza went to Montreal for another first-time lecture on Friday, and the tour ended over the weekend in Florida.

"I'm glad he has finally come here," said Aghliw, "he will see the size of the Ottawa Muslim community and will hopefully come again," she said.

Pass on this journal to a friend after reading!

Your Health Matters

Have a look at the wrapper on a Coca-Cola 1.5 litre bottle and in the ingredients label you will find phosphoric acid in it. A minute quantity of ethylene glycol is also used (which is acknowledged in the soft drink world for making it really chill").

This is popularly known as anti-freeze which prevents water from freezing at 0 degree C and instead drops it by 4-5 degree C with minute quantities. This chemical is a known slow poison in the caliber of arsenic. So, if you manage to drink about 4 litres of Coke within an hour or so, you can die.

Read along and give up these dangerous things. Be natural, have flavoured milks, tender coconuts, butter milk, lassi and plain water instead of these "soft" drinks. Guess what's the pH for soft drinks, e.g. Coke? It's 3.4! This acidity is strong enough to dissolve teeth and bones! Our human body stops building bones at the age of about 30.

Soft drinks do not have any nutrition value (in terms of vitamins & minerals). It is high in sugar content, carbonic acid, chemicals i.e. colourings etc.

Some like to take cold soft drinks after each meal. Guess what's the impact? Our body needs an optimum temperature of 37 degrees Celsius for digestive enzyme functioning. The temperature of cold soft drinks is very much below 37 degrees or even close to 0 degree C. This will dilute the enzymes & stress the digestive system. The food taken will not be digested. In fact it will be fermented! The fermented food produces gases, decays and becomes toxin, gets absorbed by the intestine, circulates in the blood stream and is carried to the whole body. Hence toxin is cumulated in other parts of the body, developing into various diseases.

Think before you drink coke/Pepsi (or any soft drink) again. Have you ever thought what you drink

Historical background of Mother's Day

By Julia Ward Howe
(From CIC files)

Mother's Day was originally started after the American Civil War, by women who had lost their sons, to protest against the carnage of that war. They were supported by many other women who had lost husbands, fathers, fiancés, brothers, male cousins and other relatives. Here is the original Mother's Day Proclamation from 1870, proclaimed in Boston.

"Arise, then, women of this day! Arise all women who have hearts, whether our baptism be that of water or of fears! Say firmly: 'We will not have great questions decided by irrelevant agencies. Our husbands shall not come to us, reeking with carnage, for caresses and applause. Our sons shall not be taken from us to unlearn all that we have been able to teach them of charity, mercy and patience.

"We women of one country will be too tender of those of another country to allow our sons to be

trained to injure theirs. From the bosom of the devastated earth a voice goes up with our own. It says 'Disarm, Disarm! The sword of murder is not the balance of justice.

"Blood does not wipe our dishonor nor violence indicate possession. As men have often forsaken the plow and the anvil at the summons of war, let women now leave all that may be left of home for a great and earnest day of counsel. Let them meet first, as women, to bewail and commemorate the dead.

"Let them then solemnly take counsel with each other as to the means whereby the great human family can live in peace, each bearing after their own time the sacred impress, not of Caesar, but of God."

In the name of womanhood and of humanity, I earnestly ask that a general congress of women without limit of nationality may be appointed and held at some place deemed most convenient and at the earliest period consistent with its objects, to promote the alliance of the different

nationalities, the amicable settlement of international questions, the great and general interests of peace.

History of Father's Day

by Aneesa Lakhi

Father's Day is on 3rd Sunday in June. The idea for creating a day for children to honor their fathers began in Spokane, Washington. A woman by the name of Sonora Smart Dodd thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909. Having been raised by her father, Henry Jackson Smart, after her mother died, Sonora wanted her father to know how special he was to her. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man. Sonora's father was born in June, so she chose to hold the first Father's Day celebration in Spokane, Washington on the 19th of June, 1910.

Let every day be the Father's and Mother's Day.

(The Ambition does not take the responsibility for the information in this article being correct or otherwise.)

Islamic school Principal released on bail

A revered Muslim priest who is principal of an all-male religious school in Ajax was released on \$10,000 bail yesterday, a week after he was arrested on eight charges of sexually abusing his past and present students.

Under the terms of his bail, 40-year-old Abdul Majid Khan cannot live in his own comfortable Ajax home, nor can he set foot on the property of The Institute of Islamic Learning, a school in which young Sunni Muslim boys are taught to memorize the Koran and are groomed as future religious leaders.

His bail was granted at a five-hour hearing earlier this week, but Mr. Khan was not released until the court was satisfied he would be supervised around the clock.

In addition to surrendering his passport, Mr. Khan must live with one of the four community members who posted his bail.

The court will allow him to conduct the business of the school he founded and raised funds to build, but only through members of the board.

The Institute of Islamic Learning

has been located since 1992 on a secluded 15-acre parcel of land in rural Ajax, sandwiched between corn fields and riding stables.

Originally, classes were conducted in the converted garage of a family home on the property, but today its nearly 130 students are housed in a \$2-million, gleaming, pink-bricked building, constructed on the site in 1996.

Mr. Khan is a father of four children under the age of 11.

Source: *Globe and Mail*

Kudos for our publisher

Sister Wilma, Co-ordinator

On April 28th, 2001, at Waterloo University, Mrs. Asma Warsi was honoured for promoting excellence in media coverage. This honour was given by the Canadian Islamic Congress at its annual conference.

In 1987, Mrs. Warsi, who hails originally from Pakistan, founded *The Ambition* as a children's magazine. It has since grown as a newspaper to include articles for all ages, and now enjoys a wide readership among Muslim and non-Muslim throughout the GTA and surrounding areas. Although she is employed by the

Book Reviews

In the Early Hours: Reflections on Spiritual and Self-Development

Written by Khurram Murad and edited by Riza Mohammed. Published in January 2000 by Revival Publications, Leicestershire, UK. 154 pages, paperback (ISBN 0-9536-768-0-3).

Khurram Murad (1932-96) has been a source of guidance and inspiration to thousands of people all over the world. His death in December 1996 has deprived the Ummah of one of its great sons -- a thinker, a prolific writer, a teacher, a guide, and a leader

Toronto District School Board as an ESL teacher, her life is very much wrapped around *The Ambition*, her family of four grown up children and a much loved granddaughter, her husband and her friends. Well done, Mrs. Warsi, an honour well deserved!

Also, at this time three other people will be honoured for their outstanding contributions to society. They include Mr. Sikandar Khan of Vancouver, Mrs. Khadija Haffajee, and Mr. Zafar Bangash. The staff of *The Ambition* congratulates them all.

of the Islamic movement. Khurram Murad's latest book, published posthumously, comes at a critical time in the crisis of spirituality.

In the *Early Hours: Reflections on Spiritual and Self-Development* sets out the goal of the Believer ¾ the single-minded desire to seek the good pleasure of Allah (swt). The book was specifically called "In the Early Hours" to highlight that precious, but often neglected, time during the night when Allah (swt) is closest and most receptive to His servants. The book is a compilation of a series of lectures, originally delivered after Salat Al-Fajr, in the early hours of Summer 1993, as part of a course entitled *Self-Development for Islamic Workers*.

Over the centuries much has been written about the spiritual aspects of Islam and one only needs to venture into a local bookstore to browse shelves heaving with spiritual this and Sufi that. Is another book on spirituality needed then? However, what this book adds is a new user-friendly dimension, which is often lacking in more academic works. This book does provide an academic perspective, with approximately 280

Qur'anic references alone, but does so in a manner that is compatible with almost every category of reader. It is as enriching a read for a person whose aim is to make spirituality his sole quest, as it is for a person who is less spiritually inclined.

Each of the seven chapters in this book represents a *Nasiha* (advice). The book begins by setting out the basis of self-development, outlining the goals in life, and the prerequisites of *Tazkiya* (self-development).

There is a great coherence in the book's structure, moving the reader to a new stage of development with every chapter, which is indeed the best characteristic of the book. The book is an easy read, with Arabic terms kept to a minimum (and where used, meanings have been given) that even non-Muslims can understand with ease. There is no pre-requisite to reading this book: Anyone can read it.

In the *Early Hours* is addressed to each and every Muslim and Muslimah, but it is particularly recommended to the youth of the West, quite a few of whom may be prone to defining their Islam in reaction to the Islamophobia of their environment. This book helps one to defeat the enemy within and win the enemy without.

The book is available from the Islamic Foundation, UK. For more information, please contact Dr. Riza Mohammed at rizamohammed@hotmail.com.

Source: Summary of reviews by Nadeem Malik, Muslim World Book Review (Vol. 20, No. 4), Dr. Muhammad Hanif, Impact International (July 2000), and Tufayel Muhammad, Trends Magazine (March 2000).

Health Awareness Main Issue at TARIC's Family Night

by Sister Wilma, Staff Reporter

Once Again, Taric Islamic Center hosted an interesting and informative Family night on April 7, 2001. As is normal for any Islamic gathering, the health seminar opened with a recitation from the Holy Qur'an and a prayer, both offered by Sheikh Imran Ali.

The three topics were covered by highly knowledgeable professionals.

Asthma and how to manage it.

Br. Kyoom Abdool, a Respiratory Care Practitioner, with his informative and effective talk helped us see a true picture of Asthma and its chronic inflammation which can cause long term side effects and even death as the muscles constrict to protect the airways. Three million people in Canada suffer from this disease presently. The annual health care cost relating to Asthma exceeds 3.6 billion dollars. Twenty children and five hundred adults die from Asthma each year. It is estimated that 80% of asthma related deaths are preventable.

Symptoms which suggest asthma are cough, wheezing and breathlessness. At the present time, it is not fully understood what causes Asthma.

There are many triggers for asthma such as allergic factors, irritants, medications, stress, infections, laughing, food additives, weather and weather changes. The slides he showed helped us see clearly the many causes to Asthma. A job well done and well received by the audience.

Arthritis and Healthy Bones for Life

This topic in the seminar was presented by Dr. Aliya Khan, Associated Professor of Medicine at McMaster University, and was very enlightening indeed. As always Dr. Khan presented her expertise in a simple and helpful way so that we can benefit from her knowledge. Osteoporosis causes fractures, back pain, shortening of stature, immobilization and hospitalization. People can even end up in a wheelchair. It affects Asian and Caucasian women mostly. Women affected are twice as many as man. Drinking too much coffee

robs the body of calcium. Alcohol and smoking should also be avoided as it causes bone destruction as well. Women after menopause lose bone mass much more rapidly (7% bone loss per year.) Medications such as Predneson can also cause bone removal and a person using such a drug should talk to their doctor. Arthritis causes bones to become thin as well. It is advisable to take 1,000 mg. Of calcium up to the age of 50 for women and over 50 to increase it to 1500 mg per day. For men, throughout their lives, 1,000 mg of calcium should be taken. Six glasses of milk or six servings of dairy products will give you the required 1500 mg. of calcium needed. Broccoli & salmon, and almonds are good sources of calcium as is milk. Tums is another good source of calcium. Dr. Khan recommended that we look for the kind that has 500mg of calcium per tablet. Vitamin D is present in milk. Calcium and Vitamin D should be taken together.

In order to help control this disease, one should walk at least forty minutes a day. Low impact aerobics is also helpful as well as weight training and stair climbing. In the case of stair climbing, one should climb at least 10 flights of stairs daily. Activities such as swimming, cycling and dancing are also good but do not give quite the same benefit. It is important to avoid sit ups if bones are soft. For women, estrogen replacement therapy helps but problems can occur. It can increase the risk of breast cancer. DO NOT START estrogen if you have heart problems already.

Angina and Heart Attack.

The next speaker was Dr. Salim Naqvi, who is Assistant Professor of Medicine, University of Toronto. Angina is a symptom of a disease, and it manifests itself in different ways, he said. One of the ways it can manifest itself is as an oppressive sensation in the middle of the chest and pressure in the left arm, sometimes as pain between the shoulder blades, and sometimes as nausea. Among the symptoms of heart attack are a crushing sensation in the chest, tightness in the throat, and a numb feeling in the left arm

which goes down the arm. The blood supply to the heart and left arm is the same. Symptoms of a heart attack can include a feeling of terror, cold sweat, and a gut feeling that something is very, very wrong. It represents a cry of the heart for more blood. When this happens, a person should stop what he is doing and walk away from the situation that is stressful. Heart attacks come when the tubes become choked up. Heart attacks can come without warning and it is important that people get to the hospital within four hours of commencement of heart attack.

At the present time, it is not known why we get this disease. Sometimes it is an infection which can make the disease begin. Some of the factors that have been observed in people with Angina are obesity, inactivity, diabetics, smoking, cholesterol and our genes.

People can reduce the risk of heart attack by reducing their weight, looking after themselves, exercising, and modifying their Type A personalities.

Seeking knowledge is highly recommended in Islam and these types of seminars offer a way of educating ourselves in a warm and comfortable atmosphere.

Our last, but not the least, speaker was Sheikh Mohammed Saffie, Taric's Director of Education. The main thrust of his talk was that of the Islamic perspective of health issues. God speaks in various verses in the Qur'an of our need to be responsible for our own health. He pointed out that Prophet Mohammad, (p.b.u.h.) and his companions were simple people of austere living and high thinking. Food should not become the main focus of our existence. We should not allow our own hands to kill ourselves. Muslims need to get Islam into their lives. Sh. Saffie feels that the practicality of Islam should be more emphasized in the Islamic world and that Muslims need to take the Qur'an as the book of life. We also must demand that the Muslim leaders go back to the Qur'an. Physical, mental, spiritual and economic health should be present in all Muslims. He said that "even though we live in the west, we must realize we have a heritage". He

Traditional Medicine

by S. Eshaq

Eat lots of yoghurt before pollen season.

Strokes - Prevent build-up of fatty deposits on artery walls with regular doses of tea.

Insomnia - Use honey as a tranquilliser and sedative.

Asthma - Eating onions helps ease constriction of bronchial tubes.

Arthritis - Salmon, tuna, mackerel and sardines actually prevent arthritis.

Upset Stomach - Bananas will settle an upset stomach.

Nausea - Ginger will cure morning sickness and nausea.

Bladder Infections - High-acid cranberry juice controls harmful bacteria

Bone Problems - Bone fractures and osteoporosis can be prevented by the manganese in pineapple.

PMS - Women can ward off the effects of PMS with comflakes, which help reduce depression, anxiety and fatigue.

Memory Problems - Oysters help improve your mental functioning by supplying much-needed zinc.

Colds - Clear up that stuffy head with garlic.

Food Bazar at Islamic Forum a big success

The Forum was hustling on this warm and windy day of May with people enjoying themselves with food from the international Muslim community. There were games for children and activities. The bazaar was arranged to raise funds for the Islamic Forum at Dixie and Advance Blvd. in Mississauga.

The mosque has very interesting programs for Muslims all ages and specially for new Muslims.

also stated that "Islamic hygiene is almost lost but we should start with ourselves."

Among other interesting things he said was that we need to be re-educated on what we eat and its uses for the well being of our bodies. Austere living, simple living, cleanliness of heart, mind and body are goals which we all should strive for. A very forceful and right to the point message, was once again brought by the Shaikh.

Cough - Control cough with red Pepper. A substance similar to that found in the cough syrups is found in hot red pepper.

Breast Cancer - Wheat, bran and cabbage help maintain estrogen at healthy levels.

Lung Cancer - A good antidote is beta carotene, a form of Vitamin A found in dark green and orange vegetables.

Ulcers - Cabbage contains chemicals that help heal both gastric and duodenal ulcers.

Diarrhoea - Grate an apple with its skin, let it turn brown and eat it to cure this condition

Clogged Arteries - Mono unsaturated fat in avocados lowers cholesterol.

High Blood Pressure - Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers blood pressure, too.

Blood Sugar Imbalance - The chromium in broccoli and peanuts helps regulate insulin.

Wish you good health.

[The Ambition does not have any proof or otherwise about the medicinal values of these foods and so, does not take any responsibility.]

Matrimonial

Sunni Muslim parents invite correspondance for their daughter, Canadian-born and raised, 25-year-old, B.A., family oriented and kind hearted, from US/Canada-raised and educated professional of India/Pak background.

R. Ali
P.O. Box 43007
Moscrop Postal Outlet
Burnaby, B.C. V5G 4S2

May 15 is the Census Day!

Please fill out your forms sent to you by Census Canada. It is a legal duty of all of us. It will also help government of Canada count the Muslim population in Canada.

Education and Marriage maian concerns at CIC's Fourth Annual Conference

Reported by Asma Warsi

"Education and Marriage are the two most important issues facing Canadian Muslims." That was the message to the audience at the 4th annual conference of Canadian Islamic Congress that started with the melodious recitation of the Qur'an by Br. Hussain Abu Zawawa on the crisp sunny morning of April 28, 2001, in Waterloo, Ontario.

"We are Canadian Muslims, not Muslims in Canada," emphasized Dr. Elmasry, the CIC's National President, in his welcome speech. "We are here to build bridges between the Muslim and the non-Muslim population of Canada, and CIC is well recognized as the organization serving and protecting the civil rights of Muslims," he said.

Following the Awards Ceremony, Dr. Munir al-Kassim, the keynote speaker, stressed that education and marriage are closely tied together. "Education starts at a very early stage at life, and even not necessarily in school," he said. "As the first teacher in a child's life is the mother, it is very important to have a good mother, who comes from a peaceful family, which in turn, comes from a peaceful marriage," he inter-related the two.

Education from Islamic perspective can not be divided into secular and religious since subject and morality go hand in hand. Any knowledge that is useful for humanity is acceptable in the sight of God, and hence, will be rendered Islamic. But, if it is used for human destruction, it is not. If the understanding of the first pillar of Islam, Tawheed, and the total authority of Almighty, is soundly established in the mind and referred to at all times, one can not and will not stray from the Divine guidelines.

Br. Munir emphasized the need to work with the public school system while helping and enhancing the Islamic schools. Both systems, he pointed out, have shortcomings. Whereas the public schools lack the touch of morality, Islamic schools are choking due to the lack of funds. They can not allure good teachers at

a competitive salary nor can they have expensive equipments and resources.

This brings us back to the importance of a strong and peaceful Islamic family, he said. When the mother chants the glory of Allah to her child, his character is developed and strengthened and later when he integrates into the mainstream, he stands tall. "You have to give your children a good start. The higher the building is, the deeper the foundation should be, or your building will collapse," He said. Parenting is not a part-time job and we have to set our priorities,

"The higher the building is, the deeper the foundation should be, or your building will collapse."

away from the evils of the secular values, we have to vaccinate our children with Islam. Then they will be protected and even bounce back if, God forbid, they fall pray to the Satan.

Education, according to him, is of two kinds. One is acquired and the other one is inspired. Whereas the first one is attained, the latter comes only by intimate relation with Allah, as it is directly from Him, hence the need for Islamic character. What defines an Islamic character? Everything that Islam teaches. The sounder the character is, the wiser the person. And again, it comes from the training a child gets at her mother's knee.

The keynote speech was followed by a panel discussion on the topic of "Maintaining High Moral Values in Canadian Education". The learned panel consisted of Sh. Faisal Abu-Jehad, Dr. Munir al-Kassem, Dr. Mahmoud Haddara, Mr. David Oates, and Ms. Joice Palubiski.

Whereas Shaikh Faisal, with his mellow tone, emphasized on the importance of incorporating acts of

mercy with each other for the sake of Allah, Dr. Haddara mentioned the famous proverb (with slight change) that "it takes a whole community to educate a child." Ms. Palubiski talked about the diversity in schools (and society at large) and how it is going to effect everyone. She stressed on understanding and tolerance of each other and of the differences. Mr. Oates presented an overview of the situation in a multi-racial and multi-language setting in classrooms, citing that in teaching international languages, the religion and values of the teachers are reflected in their teaching styles etc. "Language equals culture and heritage," he said, and active participation in multicultural society is very important in order to enrich others and vice versa.

Another interesting point made by Dr. Harrara was that we have to give children the responsibility to DO things, because this way they remember the most (80%) compared to 20% of what they hear and 50% of what they see.

Br. Faisal talked about **Islamic schooling** as opposed to Islamic schools. He told us that Islamic education must go beyond just reading and memorizing the Qur'an or adding the Arabic language to the secular curriculum. We need to look beyond that, he said.

A shocking report by Dr. Munir al Kassam was the statistics he produced about the different types of influences that our children have: Sunday schools have a 0% influence, regular day schools 8%, scout masters 20%, father 40%, mother 60% and friends, an alarming 78%. We have to help our children choose their friends, he said. Morality, morality, and morality, was his message in this session.

A nutritious lunch was provided by the CIC after this session. This time was also filled by live entertainment by Nasheed (religious songs) singers.

Unfortunately I could not attend the afternoon session that was to follow. Considering the topic "Muslim Youth Marriage" and the panel of well-known speakers, it must have gone very well.

Path to Paradise- No bed of Roses!

The path to Paradise is no bed of roses. One has to face in it untold hardships and sufferings and abide by many limits and restrictions. The desire to indulge in the cravings of the heart has to be resisted. But the reward thereof will be eternal joy and pleasure in the life hereafter. On the other hand the reward for indulging in the temporary pleasure will be perennial suffering in Hell.

Consider the position of a student on the eve of his examinations: he is reluctant to leave the company of the rest of the family who are enjoying watching TV; he has to leave them in order to engross himself in his books and notes. But after his temporary displeasure he enjoys the fruits of success. So is the case with a sick person who is compelled to abstain from delicious foods until he regains his health.

God has set before us the two paths. And He has also created in us the faculty to distinguish between the two. All human beings whether learned or ignorant, young or old, have the ability to distinguish between good and evil. If any one of us

does anything good, he feels relieved in his heart and conscience, and if he does something bad, he feels terribly upset. This faculty is perhaps not restricted to human beings only. We notice it even in animals. For example, if you throw a piece of meat to a cat he will eat it in front of you in a relaxed manner. But if he were to snatch the piece of meat from you, he would run off to a corner, away from your sight and would devour it quickly while keeping himself alert from you so that you do not chase him or snatch back the piece from him. Is this not an indication that the cat feels that the first act on his part was right because it was granted to him whereas the second act was an act of aggression?

This is the case with animals. What about human beings, and especially Muslims? This is the interpretation of the verse: "Have we not shown him the two high-ways (of good and evil)?" (90:8).

[Taken from "General Introduction to Islam- THE FAITH", BY Shaikh Ali Al-Tantawi (Rahimahullah) , pg. 12]

Erosion of Justice

Continued from page 1

any other authorities, especially Divine authority, since the retribution for violation is instant from legislators as compared to that from the creator Allah, which is either delayed or in the hereafter.

In the absence of instant retribution, there is very little regard, if any, for divine laws.

Unprecedented abundance of wealth and resources coupled with intellectual and technological progress have caused high level of arrogance and tyranny.

Concentrations of these resources in the hands of few have created an imbalance resulting in more poverty and starvation in some parts of the world and a life of riches and luxuries in other parts.

The quest for domination has created massive refugee crises in the last fifty years, and without any solutions, e.g. Palestine, Kashmir etc. It has kept aboriginal populations on the outskirts of civilization. Even after the end of Apartheid in South Africa, life for blacks still remains in so-called "Squatter Camps," (I am witnessing it as I write this article.)

Is this a just world to live in?

There is so much injustice inflicted by us upon one another that defies imagination. By polluting the environment, we have not spared other creatures either. The rich and powerful U.S.A. refuses to ratify the treaty for reducing pollutants, thus putting its temporary economic benefits above human welfare.

The most obvious reason for oppression is Economics, although religion and ethnicity have also been used for some of the most brutal and inhuman acts of oppression, as we have seen the Ethnic cleansing in Bosnia and tribal warfare in Rwanda.

The Quran has exhorted us to respect all the creations of Allah. This

is the dominion of Allah, where we are just custodians for the duration of our earthly existence.

"To him belongs whatever is in the heavens and earth."

In Sura Al Hujarat Allah says: "O people! Indeed we have created you from male and female and made you peoples of tribes that you may know one another." This verse tells us to accept the population composition as it is, i.e. tribes or races; black, brown, yellow or whites, they are all human beings and the creation of Allah and have every right to co-exist and share space and resources on earth. Yet, today, we have forgotten the owner of this kingdom and any reminder from Him in the form of a disaster is also ignored.

The force of oppression is not only physical but also economical as in case of sanctions on Cuba and Iraq; or having interest based institutions that exploit the poor nations through interest in the name of free economy; or with pseudo feudal systems in farming and factories, popularly known as slave camps, sweatshops and child labour industries. They are all different acts of oppression and injustices. The oppression index of the earth is at an all time high.

The question arises: When Allah says that He does not do injustice to any one, how can He, then, tolerate injustice on earth by human beings to one another?

This question is enough to incite wrath of Allah and natural disasters are just small warnings for us to heed and overcome our arrogance and acknowledge his greatness and bow in submission for forgiveness as Prophet Ibrahim(pbuh) said:

"I surrender to the Lord of the Universe."

[Part 3 of this discussion will be published in a next issue - The Moral Perspective.]

Newsroom

CAIR-CAN takes leading role in fight to defend Islamic religious practices

(OTTAWA, CANADA - 4/13/01) - Alhamdulillah (Praise be to Allah.)The Canadian office of the Council on American-Islamic Relations (CAIR-CAN) has announced that the Court Challenges Program of Canada denied public funding for a legal challenge by the Association for Genital Integrity (AIG), a group trying to ban male circumcision as a criminal assault. The group claims that the Canadian Criminal Code, which prohibits female genital mutilation, discriminates against men by not providing equal protection under the law.

For the full story, see the article by Adrian Humphreys in Canada's National Post: <http://www.nationalpost.com/Search> using the term "circumcision."

CAIR-CAN campaigned actively on this issue. The article in the National Post stated, "...the Canadian branch of the Council on American-Islamic Relations, attacked the group's proposal, saying that such a ban would impose undue harm on both the Muslim and Jewish communities in Canada."

In a letter to Melina Buckley, acting Executive Director of the program, CAIR-CAN wrote: "...The Ontario Human Rights Commission expressed alarm and surprise when male circumcision was framed as a human rights abuse and com-

Canadian University officials apologize for student's Islamophobic remarks.

(Ottawa, Canada - 04/25/01) - The President and Vice-Chancellor of York University, along with the Dean of Osgoode Hall Law School, have strongly condemned and apologized for an Islamophobic commentary that recently appeared in *Obiter Dicta*, a student newspaper of the law school. The University is also taking disciplinary action against the student who wrote the March 12th op-ed piece, "In Allah We Trust", which included extremely hateful and derogatory statements about Islam. (See <http://www.yorku.ca/obiter/march/mar12/Mar12-Allah.html> for full commentary)

President Marsden, and Dean Mr. Hogg replied to CAIR-CAN expressing deep sorrow. In the March 19th issue of the *Obiter*, Dean Hogg and eight students wrote to condemn the bigoted article. The editor also issued an apology. (See for letters and apology)

"It is encouraging to see such fair-minded and swift action from the administration of York University towards such a hateful attack on Islam compared to female genital mutilation. Furthermore, both the Canadian Pediatric Society and the American Academy of Pediatrics have allowed as legitimate the practice of circumcision for religious or cultural reasons.

lam," said CAIR-CAN Board member Dr. Jamal Badawi.

We thank York University officials for taking a prompt action in this matter.

Top Taliban leader dies

ISLAMABAD, Pakistan, April 16 (UPI) — The Taliban regime's second-most powerful leader died Monday from liver cancer, officials said.

Mullah Mohammed Rabbani died in a hospital in Rawalpindi, in northeast Pakistan, the Taliban's ambassador to Pakistan told the News newspaper.

Rabbani, 45, was the head of Afghanistan's governing council of ministers and was deputy to Taliban's supreme commander Mullah Mohammed Omar.

Rabbani had been seriously ill for several months and had not been seen in public for most of this year, the BBC said.

CIC joins forces with Canadian NGOs to voice C-16 Concerns

(Waterloo, ON — April 9, 2001) The Canadian Islamic Congress is joining eight other NGOs to voice collective concerns to Canada's lawmakers over Bill C-16.

C-16 is the newly-introduced Charities Registration (Security Information) Act which will allow Canada's justice system to use secret evidence supplied by CSIS or the RCMP to deregister existing charities,

or deny charitable status to non-governmental organizations (NGOs) accused of supporting alleged "terrorist" activities.

"In our view, the proposed new legislation would not only be ineffective, it threatens the ability of Canada's 80,000 charities to raise the money needed to fund health research and patient support, provide social and community services, support cultural activities, provide education and literacy programs, and assist in international development and relief efforts," the

group said in a joint letter addressed to Solicitor-General Lawrence MacAulay.

The letter added that "Since the 'terrorist' activities that are the target of this legislation are all activities that would be criminal if carried out in Canada, the scope of Bill C-16 might be appropriately defined by reference to the relevant provisions of Canada's Criminal Code, rather than creating a new and undefined offence of 'support for terrorism'."

[Please send your financial support today to CIC and ENCOURAGE others to do the same. CONTACT Dr. Mohamed Elmasry, President, CIC. Res: (519) 746-7928]

Voice of a destitute and paraplegic person.

Please help J. Iqbal, a legal Canadian entrant on a **Minister's permit** who became paraplegic in a car accident. By the Grace of God he survived after long hospitalization. The insurance company has exhausted all the specified fund on his treatment.

Now he totally depends on the community for help. He does not have any access to the OHIP or assistance until 2003.

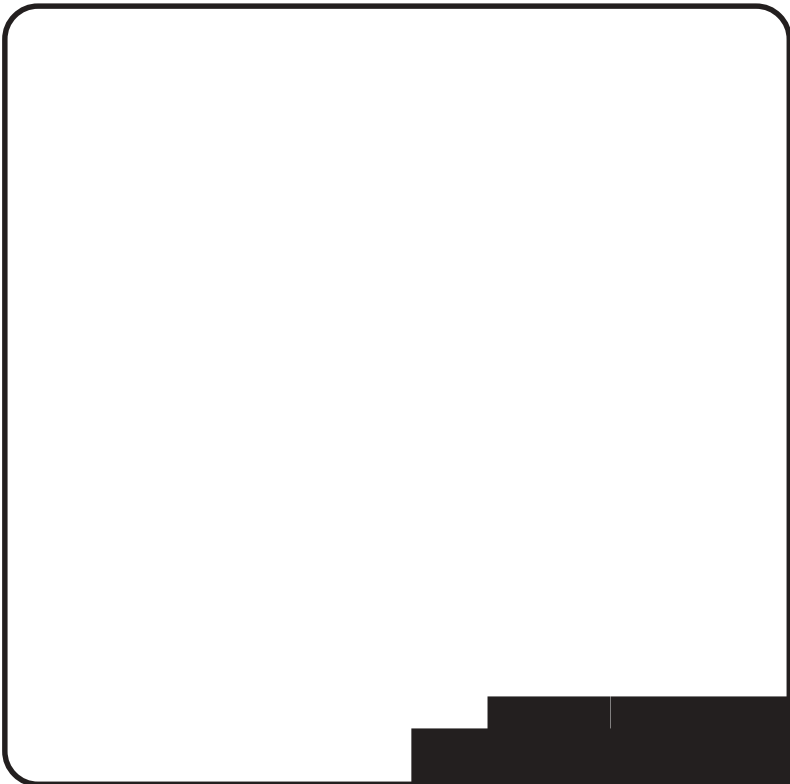
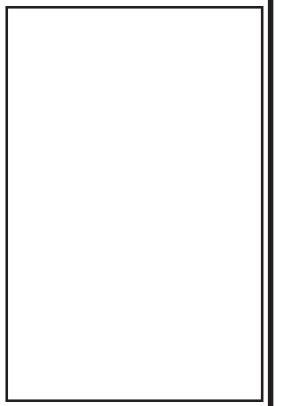
Please generously spare even a dollar for him. May God help you, bless you and reward you in this world and in the Hereafter.

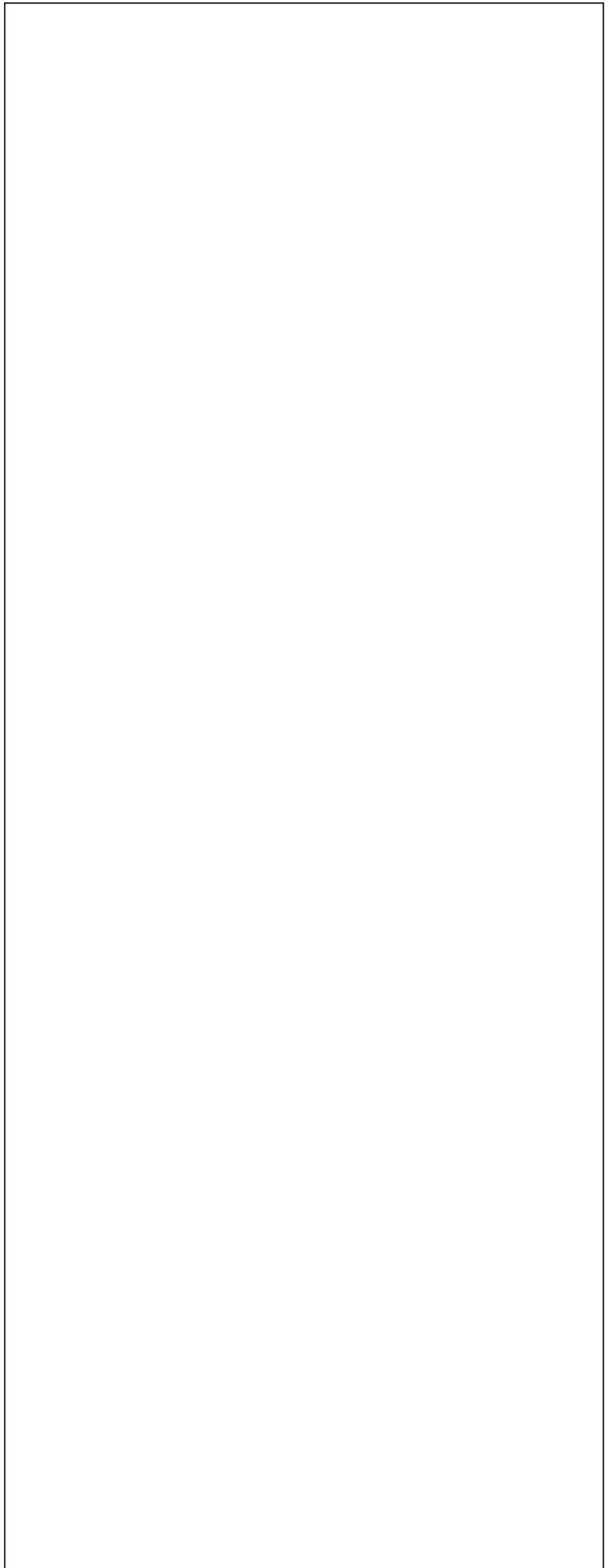
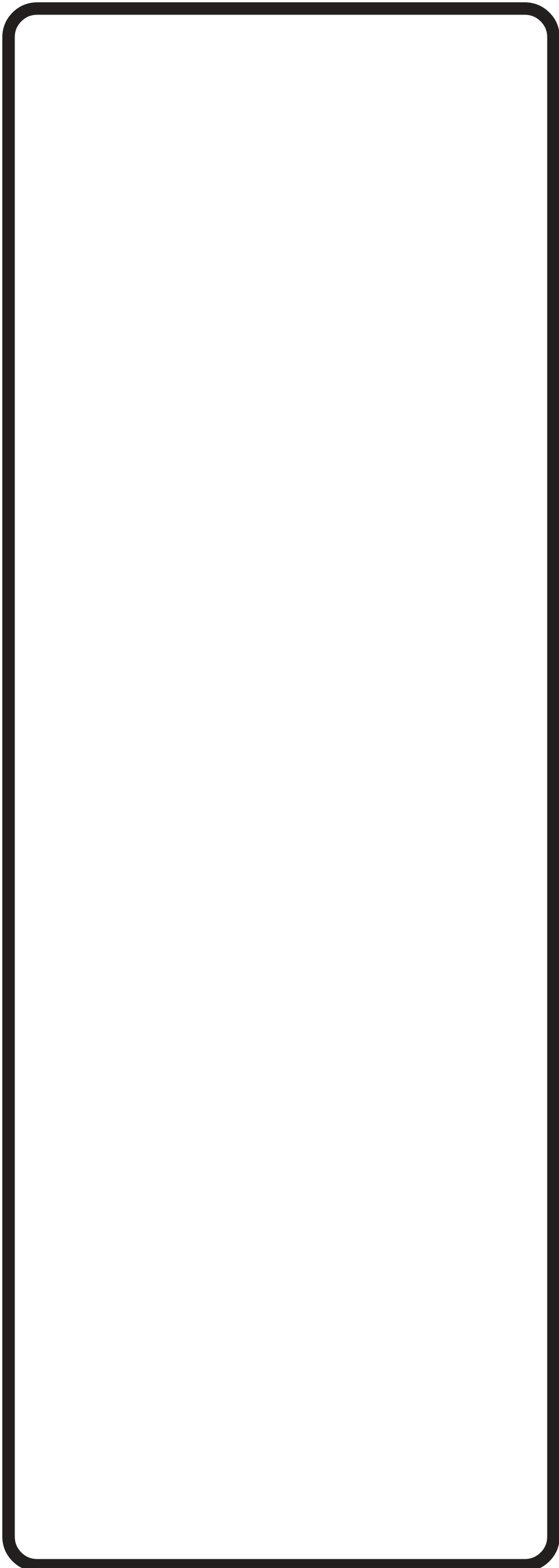
Please make cheque payable to:

Javed Iqbal

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In Honey There is Healing

Continued from page 1

to point out that only female bees produce honey, which is contrary to the common belief that all bees do.

Bees are social insects that live in societies or colonies, where each individual bee inhabits a private beehive cell. A community of bees, representing a highly organized and cooperative form of social existence, inhabits each beehive: "And there is no creature on [or within] the Earth or bird that flies with its wings except [that they are] communities like you. We have not neglected in the Register a thing. Then unto their Lord they will be gathered" (Qur'an 6:38).

Honey consists of more than seventy different ingredients that are of vital importance in nutrition. The composition of honey varies with the different types of flowers, the area, the soil and even the climatic conditions. For example, honey extracted from the pollen of clover (*Trifolium alexandrinum*) in Australia is different from that produced by the same plant here. Furthermore, both of them are different again from the honey given by English clovers. The major factor behind this difference is the diversity in the composition of the soil that nourishes the flowers.

For thousands of years, honey was considered the most important source of sugary compounds. "Thus far, approximately fifteen different kinds of sugar have been found in honey. The most important of these are fructose 40%, glucose 30%, sucrose 4%, barley, sugar, maltose dextrin or fruit starch, erlose, and others" (Al-Barsha, Dr. Muhammad. "From Honey to Health." Al-Mubeen. February-March 1991).

Many scientists are interested in honey because of the many enzymes it contains, which play a vital role in the life of the living organism. The most important of these is "amilase, which changes starch and dextrene into invetase, transforms ordinary sugar into glucose and fructose, and works as a catalyst in hydrogen peroxidase and phosphatase, which help in generating phosphates and enzymes that convert citric acid to acetic acid" (Al-Barsha). All of these enzymes make honey one of the most important sources of nutrition.

Research has also shown that honey contains a group of vitamins, the most important of which is "Vita-

min B2 or riboflavin. Honey contains up to 1.5 milligrams of riboflavin per kilogram, Vitamin B1 or thiamine (up to 0.1 mg), panthenic acid or Vitamin B2 (up to 2 mg), Vitamin B5 or nicotinic acid (up to 1 mg), Vitamin B6 or pyridoxine (up to 1 mg), and up to 30-40 mg of ascorbic acid or Vitamin C" (Al-Barsha). There are also traces of Vitamin K, E and carotene.

Honey, furthermore contains many mineral salts, the most important of which are calcium (needed for the development of bones and teeth), sodium, potassium, manganese and iron (necessary for the production of red blood cells), chloride, phosphorous, sulphur, and iodine. Although minerals exist in very small concentrations in organic matter, they play a very important and distinctive role in contributing to our bodily processes through their interaction with enzymes, vitamins, and hormones. If these minerals are lacking in a person's diet, he/she loses energy and vitality, as well as the ability to work and think effectively.

These minerals also play an important role in blood circulation and the development of blood, bones, and teeth. Therefore, they are a good source of minerals for older people who can usually digest honey easily without any adverse effect. "English research has shown that a teaspoon of honey per day aids in calcium utilisation and helps prevent osteoporosis" (Al-Barsha).

Many researchers have also confirmed the presence of antibiotics in honey. For burns, it cools the wound, reduces pain and aids in faster healing, without scarring and infection because bacteria cannot live in honey.

Therefore, we find that honey is not only a source of sweetness, but is also a complete storehouse of effective medicine for treating illness and for providing immunity to disease (Qur'an 16:68-69). Although honey has taken on great importance in many dietary and nutritional programs and is prescribed for great number of diseases and is recommended after surgical operations or during periods of recovery, most modern hospitals and health institutions have not yet begun to prescribe it. You can try it at home for nasal congestion very easily: Place a desertspoon of honey in a basin of hot water and inhale the fumes, after covering your head with a towel over the basin. It is very effective.

Continued from page 1

(Also, Islam encourages the freedom of such slaves by many methods, for example, when the bondswoman gives birth, then her son is a free man; if her master freed her voluntarily or as an atonement to hitting her on the face; by an agreement which the bondswoman can pay a sum of money as her ransom, etc. So, Islam prevented all the sources of slavery, except the source of the prisoners of war. In any case, slavery was a necessity of war at that time, and it was the system of dealing in reply. However, it was not a result of the Islamic social system. Anyone who wants to understand the Qur'anic Law in this regard should study An-Nisa (4:3, 5), Al-Ahzab (33:50, 52) and Al-Ma'arij (70:30) together with this verse in Al-Mu'minun.)

(2) The law prescribed here is only applicable to men as is clear from the Text and the bondsman is unlawful for the woman possessing him. The wisdom why the slave has been forbidden for the woman is that he can only satisfy her sexual desire but cannot become guardian and governor of her and her household, which leaves a serious flaw in the family life.

(3) The sentence "But those whose desires exceed those limits (in lust for sexual desire), they are the transgressors" proclaims satisfying oneself in other ways unlawful, whether it be through fornication, homosexuality, sex gratification with animals, or some other means. The jurists only differ with regard to masturbation. Imam Ahmad Ibn Hanbal regards it as lawful if it helps to abstain from adultery, but Imam Malik and Imam Shafi'i regard it as unlawful; and though the Hanafies also regard it as unlawful, they give the opinion that if a person indulges sometimes in masturbation under the fit of passion, it is expected that he will be forgiven the error. Masturbation is unhealthy and can lead to medical and psychological problems. The jurists agree that anything that brings harm is unlawful especially if it becomes a common habit.

(4) Although the absolute prohibition of Mut'ah (temporary marriage) was not until the year of the conquest of Makkah, some commentators argue the prohibition of Mut'ah from this verse. The correct position however, is that the prohibition of Mut'ah is based on the authentic Sunnah of the Holy Prophet (s.a.w.) and the consensus opinion of the jurists.

"And those who faithfully observe their trusts and their covenants"

The believers fulfil the terms of their trust that are placed in their charge. The word Amanat (or trust) used in the verse is a very comprehensive word and includes all those trusts that are placed in their charge by Allah, society or individuals. Likewise "ahd" includes all those covenants, pledges and promises which are made between Allah and man, and between man and man. According to a tradition reported by both Bukhari and Muslim, the Prophet (s.a.w.) said: "Four characteristics are such that if a person has all the four in him, he is beyond any doubt a hypocrite, and the one who has one of these is a hypocrite to the extent till he gives it up: when something is

Signs of Iman

placed in his trust, he commits breach to the trust, when he speaks he tells a lie, when he makes a promise he breaks it, and when he has a quarrel with somebody he exceeds all limits (of decency and morality).

"And those who strictly guard their prayers"

The believers strictly adhere to the prescribed times of the prayers. They perform them with due regard for their pre-requisites, conditions and articles, with clean body and dress and necessary ablutions. They do not recite mechanically but understand what they recite and are

conscious that they are supplicating their Lord like humble servants

"These are indeed the inheritors who will inherit Paradise: They shall dwell therein forever."

Firdaus or Paradise is a vast garden adjoining the dwelling of a person and enclosed by defence walls and containing all kinds of fruit trees, especially vines. The inheritance of paradise by believers should be their dwelling forever.

(The first part of this article was published in the March-April issue of *The Ambition*.)

A Beautiful Wedding at TARIC

Sister Wilma, Staff Reporter.

All weddings are special and this one was no exception! The bride in her gorgeous white outfit carried yellow roses as she went to join her intended husband at the specially decorated head table on the raised platform.

The auditorium of Taric never looked prettier with green and white balloons decorating the walls, the head table with its white starched cloth, graced with white candles and yellow roses with baby breath interspersed between the delicate roses. On the front of the podium a stunning wreath with Kameeza & Imran tastefully written there.

On the guests' tables, decked out with white cloths, vases filled with small white flowers and greenery, with green sparkles surrounding the vases, gave a distinct festive air to each table.

The invited guests, who represented many different cultures, with various styles of Islamic dress, eagerly awaited the ceremony which would join together in marriage Kameeza and Sheikh Imran.

The ceremony opened with a recitation of the Qur'an by Brother Soud Fakh, which was ably translated into English by Br. Ansar Khan. The Chairman of Taric, Br. Haroon Salamat extended opening remarks and a warm welcome to all present, on April 14th.

Shaikh Nazeem Habibulla gave a beautiful message about Islamic marriage followed by the Nikkah ceremony performed by Sheikh Mohammad Saffie. In his message Shaikh Nazeem Habibulla stressed that marriage is not a ritual, but is a serious and sacred contract. This contract must be executed in its totality. He also stressed that marriage is not meant to be trouble or a burden and should not be so unless people make it that way. Marriage is supposed to give people security and peace.

He also stressed that a man is responsible to take care of his wife and give her food, clothing and shelter and make sure she is comfortable and to follow the example of Prophet Mohammad in the way that he was good to his wives.

"Respect and honour your wife. The wife is not a maid" were words that many of the women present took to heart as they listened to the Shaikh. "A wife is the husband's partner in life, and the husband

should spend time with her. Men must protect their family from hellfire by striving to show a good example.

As an Imam, there is a danger that Sh. Imran could be so busy helping the community, that he may neglect his family." He advised Shaikh Imran to be prepared to say NO when necessary and that he should keep in mind that his wife and inshallah his family, are his priorities.

After addressing the role of the husband, Shaikh Habibulla addressed the role of wife, mother and sister. He stressed that many women do not obey their husbands in Islamic marriages. A woman is to obey her husband as long as he tells her to do what is morally right.

He also mentioned that men and women should help each other to please Allah. All of us should be good role models. Decent families make decent societies. He also stressed that the newlyweds should not neglect their duty to their parents.

The road to happiness is not always smooth, he said, and we all want to go to Heaven but it is not easy and we have to face difficulties and be prepared to pay a fair price. Don't just dream if you want a happy marriage - be prepared to deal with problems. Patience is a very valuable asset to have. There is a great need of patience in marriage. Fear Allah, Allah is aware of all you say and do. Husbands and wives should beautify each other and comfort each other and the bride and groom should think seriously about the purpose of marriage. These wise words from Sh. Habibulla set the tone of the wedding.

Shaikh Saffie also spoke briefly and reminded Sr. Kameeza that she should be Sh. Imran's helpmate in order to help him do his job as Imam. The final part of this lovely wedding was a delicious meal, enjoyed by all.

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Kidz Korner

Worship in Islam

by Samina Ali,
Grade 9

Many people often misunderstand the concept of worship in Islam. A lot of people think that worship means only things like praying five times a day, giving zakat once a year or fasting during Ramadhan. However, Islam teaches us that worship is more than this. Just the word **Islam** itself tells us that worship is not only about doing a few acts once in a while, but about total submission to Allah.

While worship in Islam includes acts such as zakat and fasting, it also looks at the big picture and includes a person's beliefs, daily activities and the sacrifices one makes for the sake of Allah.

From a small age, we're all told about the importance of prayer and fasting in Ramadhan. Both are pillars of Islam and bring us closer to Allah. But what is also important is how we act on a daily basis.

We can't pray and fast and then go and lie to our parents or cheat at school because these are bad things in Islam. It is not right to claim that we are

good Muslims and then go and treat the people around us badly. We need to be nice to all people and animals, including the tiniest insect because everything is Allah's creation. He will be pleased with us if we treat His creations with care and respect.

Sacrifice is also a part of worship. Some people may think sacrifice only means sacrificing our life in jihad but it is not. There are other ways we can sacrifice in the name of Allah and get rewarded for it. Instead of spending that extra \$5 on junk food, we can give it to a poor person or to the masjid. Rather than working part-time every day, we can work only 6 days and use one day to volunteer at a masjid or old age home. And instead of only praying only the 5 *fard* (obligatory) prayers, we can sacrifice a few more minutes to read the Sunnah and Nafl prayers too.

So worshipping Allah is not only about doing the required acts or only sticking to the 5 pillars of Islam. Every good deed we do is a way to worship Allah and if we do good deeds all the time, we are always worshipping Allah!

A page from the Life of the Prophet (peace be upon him)

The Peace Treaty

The people of Madinah had been very helpful to the Muslims who had immigrated from Makkah. These Ansars (helpers of Islam) had each adopted an immigrated Muslim as their brother in Islam and equally shared their knowledge and possessions with them so that the immigrants could learn to become self-sufficient.

Aside from the Ansar and the Muslims who had come from Makkah, many Jewish tribes also lived in Madinah. In the Holy Quran, Jewish people are referred to as "People of the Book", meaning that these people had been sent many Prophets and that a Holy book was given to these people through revelation to a Prophet (Christians are also given the title "People of the Book" for the same reason). The Jews followed Prophet Musa (Moses) to whom the Taura (10 Commandments) had been revealed by wahi (revelation) as well as Prophet Dawud (David) who had received the Zabur (Psalms).

Because the Taura told of the coming of Prophet Mohammad (pbuh), the

Prophet (pbuh) thought that the Jews would believe in him as Allah's Messenger and be helpful and kind towards the Muslims. The Prophet (pbuh) told the Jews "We should help each other and should fight our enemies together. We are the People of the Book. You will practice your own religion. We should have an agreement of peace and cooperation."

The Jews liked this idea and agreed to enter into a peace treaty with the Muslims. Some of the terms of this agreement were:

- The Jews would have freedom of conscience without interference in their religious affairs
- Jews and Muslims would live on friendly terms
- In case of war with a third party, they would help each other
- Neither party would give shelter to the Quraish
- If Madinah was ever attacked, both parties would help protect Madinah and each other.

Although the Jews signed and agreed to the peace treaty, Mohammad (pbuh) hopes of unity between the two groups were short lived. The Jews, like the Quraish,

believed that they were special. Although the Jews believed that a Prophet was to come, they believed that he would come from their people (i.e.- that he would be a Jew and from the Israelites). The Jews did not want to accept the fact that Arabs could have a Prophet too.

The Jews began to oppose Islam. They began to support the Quraish of Makkah and Munafiqun (hypocrites) of Madinah. Rather than following the terms of the treaty, the Jews helped the enemies of Islam. They even went so far as asking the kuffar to attack the Muslims!

The Prophet (pbuh) was very saddened and troubled by this. He (pbuh) loved peace and wanted to live in peace with the Jews. Although the Jews did not follow it, through the peace treaty with the Jews, the Prophet (pbuh) showed that Muslims should live in peace with everyone, regardless of religious differences. Muslims should not fight with others (unless provoked) and show respect towards others and their beliefs.

Hey Kids! WE WANT YOU!

The Kidz Korner is looking for young and talented writers, poets and artists! Don't let your talents go to waste . . . submit your work to be published in a future edition of *The Ambition*.

Please submit entries by March 31, 2001 or contact Farheen at kidzkorner@theambition.com



Choose the correct answer:

- 1) Muslims had a peace treaty with
 - a) The Arabs
 - b) The Jews
 - c) The Canadians
- 2) The Helpers of Islam adopted the Muslims from Makkah as their
 - a) Mother
 - b) Brother
 - c) Teacher
- 3) The People of the Book are
 - a) Only Muslims
 - b) Muslims and Christians
 - c) Muslims, Jews and Christians
- 4) The agreement between the Muslims and the Jews was supposed to be based on
 - a) Constant arguing
 - b) Peace and co-operation
 - c) Cooking dinner for each other
- 5) Munafiqun are:
 - a) Hypocrites of Islam
 - b) Helpers of Islam
 - c) Leaders
- 6) Mohammad (pbuh) taught Muslims to live in _____ with others
 - a) Fear
 - b) Peace
 - c) Sadness

An older man was walking down the street when he came upon a group of a few boys about 10 years of age, surrounding a dog. Concerned that the boys were hurting the animal, he went over and asked them what they were doing. One of the boys replied,

"This dog is an old neighborhood stray. We

The True Lie!

take him home with us sometimes, but only one of us can take him home. So we're having a contest: whichever one of us tells the biggest lie can take him home today."

Of course, the man was shocked. "You boys shouldn't be having a contest telling lies!" he exclaimed. He then launched into a 10-minute sermon against lying, begin-

ning, "Don't you boys know it's a sin to lie?" and ending with, "Why, when I was

your age, I never told a lie." There was complete silence for about a minute. As the man smiled with satisfaction that he'd gotten through to them, the smallest boy gave a deep sigh. "All right," he said, "give him the dog."



Spring is in the Air!!

G	F	Y	H	J	I	N	T	D	S	F	A	SHOWERS
C	R	W	R	E	I	R	L	H	H	Z	K	BIRDS
S	A	N	A	R	E	O	O	E	Y	W	N	SUNSHINE
U	I	E	H	E	A	W	S	I	J	G	S	TREES
N	P	G	S	R	E	I	O	O	U	N	K	GARDENING
S	Y	N	R	R	W	N	N	K	D	I	A	ALERGIES
H	H	I	S	S	I	C	E	Y	F	R	P	WARM
I	R	N	A	H	A	M	R	A	W	P	W	RAINY
N	E	E	F	D	O	P	E	B	A	S	A	SPRING
E	L	D	F	J	M	W	P	I	A	R	H	FUN
A	L	R	U	Y	E	A	E	R	R	T	W	
B	A	A	N	G	E	R	A	D	R	E	P	
G	F	G	R	N	E	I	E	S	H	L	W	
S	X	A	L	L	E	R	G	I	E	S	G	

Answers to the questions
1) b 2) b 3) c
4) b 5) a 6) b

5,000 copies of *The Ambition* have been distributed free of charge at several mosques in and around Metro from as far as Kingston and Oshawa in the east to Brampton, Burlington, Kitchner, and Hamilton in the west. You may also pick up your copy at many Muslim grocery stores.

Muslim Investment 101

The Essentials of an Islamic Will

By Sister Gemma Salamat, Financial Advisor

Every adult living today who has personal and business assets should have a current will which sets out how these assets are to be distributed upon death. It is equally important to have in place a "living will" to deal with medical treatment in the event of mental and /or physical incapacity and a power of attorney to allow for the handling of financial transactions by a third party in the event of illness, incapacity or travel.

The sad truth however, is that many people, including Muslims, don't have such documents.

So, why is this so? First, a vast majority finds it difficult to deal with the subject. Others really never think of it believing the family will handle it, or they have it on their "to-do" list thinking there is still plenty of time. And then there are those who cannot justify the cost of the will preparation or simply find their situation too complicated to make final decisions because of marriage, more than one wife (which is permitted in Islam), divorce, children, stepchildren and family members with physical and mentally disabilities.

Whenever I get an opportunity, I speak about the importance of a will. I know from first hand experience that a will would save your loved ones much pain, frustration, agony and cost. Also, if you die intestate, i.e. without a will, the distribution would be on the basis of the governing laws and not according to your wishes or Islamic law.

If it is your wish to settle your estate according to Islamic law you

must put it in writing. According to the Quran, your wealth may be distributed proportionally to your heirs according to a prescribed system, which takes into account your relationship to the persons, and how many are alive at the time of your death. You may also share your wealth with others but there are limits.

The Quranic verses on bequests and inheritances are scattered throughout the Quran. The experts tell us that there are two classes that can potentially receive your wealth—a protected group referred to as heirs and another group which I would refer to as "non heirs". The main distinction is that heirs have the right to receive what has been prescribed while bequests to non-heirs are optional. A further limitation is that non-heirs collectively cannot receive more than 1/3 the value of the estate except where the heirs agree.

If you are looking to the Quran for clear direction, you will not find it an easy task. A transliteration of one of the sections pertaining to required distribution in Sura 4, Al Nisa, demonstrates this point.

"Allah has enjoined you concerning your children. A male shall inherit twice as much as a female. If there be more than two girls, they shall have two thirds of the inheritance; but if there be one only she shall inherit the half. Parents shall inherit a sixth each if the deceased has a child, but if he has no children and his parents be his heirs, his mother shall have a third. If he has brothers, his mother shall have a

sixth after payment of any bequest he may have bequeathed, or debt".

Other verses specifying what must be given to husbands, wives, brothers and sisters are similar in formation and again difficult for the lay person to understand.

The "distributable" amounts are calculated after bequests and debts are deducted. Further and more importantly, where there are children involved, the male gets twice as much as a female. And if both parents are also alive then each gets at least a sixth of the estate. But note that the father could get twice as much as the mother when there are no children, son or spouse. However the division is not straightforward in these instances so my advice is to seek guidance from your imam or your mosque. Here are a few typical examples to help you to grasp this elaborate system:

- Sons only — Divided equally
- Daughters only — Divided equally
- One son, one daughter — 2/3 to son, 1/3 to daughter
- One son, two daughters — 1/2 to son and 1/4 to each to daughter
- Two sons, one daughter— 2/5 to each son and 1/5 to daughter
- Two sons, two daughters — 1/3 to each son and 1/6 to each daughter
- Three sons and one daughter — 2/7 to each son and 1/7 to daughter
- Children with wife alive— 1/8 to wife, remainder divided as above according to number and gender of children

- Children with husband alive — 1/4 to husband, remainder divided as above according to number and gender of children

- Sons and daughters, wife and both parents alive —1/6 to each parent, 1/8 to wife and remainder divided as

above according to number and gender of children.

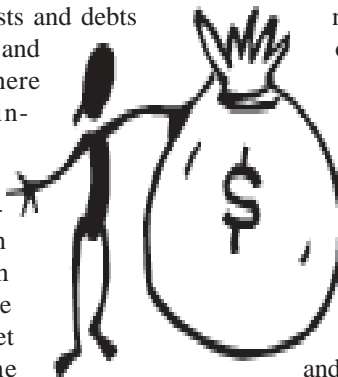
Remember that most of us Muslims are new immigrants without close relatives to handle our affairs or look after our children when we die. We are also living longer and may end up in elder care homes without the capacity for clear thought and action.

Think of what will happen if you die without a will. Would you want the government to figure out who gets what, who takes care of the family and your mentally or physically

challenged child, and who handles the finances until the estate is settled? It can be a real a mess. And your estate may end up paying more in fees and taxes than it should, leaving less for your loved ones.

Here are a few final thoughts for you. Spend the time and money to have your will prepared by a legal professional. It could be the best investment you ever made. If you are married, have your wills drawn up together so that they reflect an integrated estate plan. Review and update your will every three or four years to deal with changes in family circumstances or financial affairs.

It would be a real parting gift to leave a current listing of your assets, bank accounts, safety-deposit boxes and names of lawyer and accountant in a known place. Your loved ones deserve no less than the best. And your thoughtfulness and caring will speak volumes even though you will no longer have an earthly voice.



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60 VTV	Mon	2:00 a.m.	Reflections On Islam
18 WNED	Mon	5:00 p.m.	Religion & Ethics Newsweekly
2 TVO	Fri	11:00 p.m.	Diplomatic Immunity
60 VTV	Sat	7:00 a.m.	Reflections On Islam
4 CFMT	Sat	11:00 a.m.	South Asian Newsweek
60 VTV	Sat	1:00 p.m.	Muslim Chronicle
9 CTS	Sat	3:00 p.m.	Islam Today
9 CTS	Sat	8:00 p.m.	Faith Journal
9 CTS	Sat	9:30 p.m.	Muslim Faith
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