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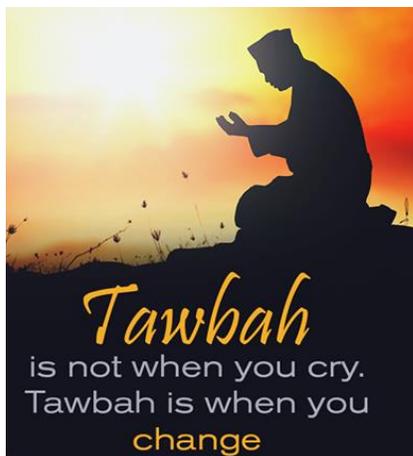
Rocket Science

March 2018

Jumada al Thani / Rajab 1439



In the name of Allah,
 most Gracious, most Merciful



Overcoming the addiction to sinning

Very often we hear that Allah (swt) is Merciful and that He will forgive our sins, no matter how large or small they might be. Allah (swt) says in the Holy Quran, "And return [in repentance] to your Lord and submit to Him before the punishment comes upon you; then you will not be helped" (39:54).

The doors of forgiveness are wide open. In one famous hadith, our beloved Prophet (saw) said, "Allah the Almighty has said, 'O Son of Adam, as long as you invoke Me and ask of Me, I shall forgive you for what you have done, and I shall not mind. O Son of Adam, were your sins to reach the clouds of the sky and you then asked forgiveness from Me, I would forgive you. O Son of Adam, were you to come to Me with sins nearly as great as the Earth, and were you then to face Me, ascribing no partner to Me, I would bring you forgiveness nearly as great as it [too]'" (At-Tirmidhi).

Forgiveness

So, we all know there is light at the end of the tunnel. But for forgiveness to work, one must have a firm commitment not to commit the same sin again, ever. Allah (swt) says in the Holy Quran, "And those who, when they commit an immorality or wrong themselves [by transgression], remember Allah and seek

forgiveness for their sins - and who can forgive sins except Allah? - and [who] do not persist in what they have done while they know" (3:135). As Allah (swt) says in this verse, we must make a firm commitment not to sin again, for us to be excused by His forgiveness.

But how easy is it to do so? When we are addicted to something, such as looking at women, or smoking cigarettes, or any other sin that we commit day in day out, it can be very hard to come out of it. Ask those who drink. How easy is it for them to stop their bad habit?

In this article, we look at two effective ways to overcome our addictions.

1 Money matters

We all love our money, and giving it away seems to be the hardest thing we can do. We can make a commitment right now, that the first time we commit a sin, we pay an amount to a charity, for example we could start with giving away \$10 for the first infringement. If we make the same mistake a second time, we should increase our "penalty" to an amount that will force us to think twice before committing that sin again. How about \$40 for the second infringement? Likewise, the amount keeps increasing for the third time, fourth and so on.



This method is really effective for those who are committed to overcoming the sin and where money plays a big role in their lives. As time goes by, you will notice that you automatically think twice before committing the sin, and eventually stop it completely, insha Allah.

2 Two rakaahs is all it takes

So, what if you are not a fan of money? What if money is not a strong enough motivator for you? Well, there is a second option. With this option, you will notice that even Shaitan will tell you to stop sinning!

It goes like this. Make a promise to yourself that every time you commit a sin, you will make fresh wudu and pray two rakaah nafli prayers. This commitment has to be real and you must keep to your word. For if Shaitan figures out that you aren't serious, he will find ways to draw you away from Allah (swt).

A person once was given this suggestion by their sheikh to overcome a smoking problem. On the first day, he prayed 10 times, i.e. 20 rakaahs. The next day four times (eight rakaahs), and the third day two times (four rakaahs). By the end of the week, he got so good at it, that he didn't need to pray the additional prayers. He stopped his smoking habit completely. Now every time he goes to smoke, Shaitan himself tells this person to stop smoking! How amazing.

You might wonder why this is so.

One thing Shaitan hates the most is prayer we make to Allah (swt), especially the sujud. Abu Huraira reported that the Messenger of Allah (saw) said, "When the son of Adam performs prostration, Satan withdraws weeping and he says, 'Woe to me! He was commanded to prostrate and he prostrated, so he will go to Paradise. I was commanded to prostrate and I refused, so I will go to Hellfire'" (Muslim, Ibn Majah).

There is nothing closer to Allah (swt) than prayer and it takes away any lewdness in our lives. Shaitan runs the other way when we make sincere prayer to Allah (swt).

This method is effective for those who have a strong will to come out of their bad habits. It also trains the mind to think twice before doing something, as there is a "penalty" for committing that sin. Try it. You'll love it!

Conclusion

Both these methods are really effective in overcoming your addiction, be it smoking, looking at the haram, or – God forbid – drinking. It can also be used to overcome minor sins or bad habits that just won't go away, such as getting angry or speaking bad words. For these methods to be effective, you must be strong willed and keep to your promise, otherwise Shaitan will overpower you, just as he has done all these years. With the help of Almighty Allah (swt), we can all become better human beings, insha Allah.



BDS movement nominated for Nobel Peace Prize

Norwegian parliamentarian Bjørnar Moxnes has officially nominated the BDS movement¹ for Palestinian rights for a Nobel Peace Prize². He did so with the support of his party, the progressive Rødt (Red) Party, explaining why BDS “should be supported without reservation by all democratically-minded people and states.”

The following is his statement on nominating the BDS Movement for Palestinian Rights for a Nobel Peace Prize.

“As a member of the Norwegian parliament, I proudly use my authority as an elected official to nominate the **Boycott, Divestment and Sanctions (BDS)** movement for Palestinian rights for the Nobel Peace Prize.

Nominating the BDS movement for this recognition is perfectly in line with the principles I and my party hold very dear. Like the BDS movement, we are fully committed to stopping an ascendant, racist and right-wing politics sweeping too much of our world, and securing freedom, justice and equality for all people.

Inspired by the South African anti-apartheid movement and the American Civil Rights movement, the grassroots, Palestinian-led BDS movement is a peaceful, global human rights movement that urges the use of economic and cultural boycotts to end Israeli violations of Palestinian human rights and international law.

Basic Human Rights

The BDS movement seeks to end Israel’s half-century of military rule over 4.5 million Palestinians, including the devastating ten-year illegal siege collectively punishing and suffocating nearly 2 million Palestinians in Gaza, the ongoing forcible eviction of Palestinians from their homes, and the theft of Palestinian land through the construction of illegal settlements

in the occupied West Bank. It seeks equal rights for Palestinian citizens of Israel, currently discriminated against by dozens of racist laws, and to secure the internationally-recognized legal right of Palestinian refugees to return to homes and lands from which they were expelled. Palestinian refugees constitute nearly 50 per cent of all Palestinians, and they are being denied their right to return, guaranteed by law to all refugees, simply because of their ethnicity.

The BDS movement’s aims and aspirations for basic human rights are irreproachable. They should be supported without reservation by all democratically-minded people and states.

The international community has a longstanding history of supporting peaceful measures such as boycotts and disinvestment against companies that profit from human rights violations. International support for such measures was critical in the struggle against apartheid in South Africa and the racist colonial regime in former Rhodesia.

If the international community commits to supporting BDS to end the occupation of Palestinian territory and the oppression of the Palestinian people, new hope will be lit for a just peace for Palestinians, Israelis and all people across the Middle East.



Bjørnar Moxnes



The BDS movement has been endorsed by prominent figures, including the former Nobel Peace Prize winners Desmond Tutu and Mairead Maguire. It is gaining support from unions, academic associations, churches, and grassroots movements for the rights of refugees, immigrants, workers, women, indigenous peoples and the LGBTQI community. It is increasingly embraced by progressive Jewish groups and anti-racist movements across the world.

Twelve years since BDS' launch, it's high time for us to commit to doing no harm, and for all states to withdraw their complicity in Israel's military occupation, racist apartheid rule, ongoing theft of

Palestinian land, and other egregious human rights violations.

Awarding a Nobel Peace Prize to the BDS movement would be a powerful sign demonstrating that the international community is committed to supporting a just peace in the Middle East and using peaceful means to end military rule and broader violations of international law.

My hope is that this nomination can be one humble but necessary step toward bringing forth a more dignified and beautiful future for all peoples of the region."

1 bdsmovement.net

2 www.globalresearch.ca/bds-movement-nominated-for-nobel-peace-prize/5629172

Sri Lankan halal food fair

The Sri Lankan Society of New Zealand organised a Sri Lankan Halal Food Fair for the third consecutive year. The event was held at the Wesley Community Centre in Auckland on 10 February. Food always brings people together and the food fair was one of the best examples that brought the Sri Lankan and other communities together. Many Sri Lankan delicacies were sold and were enjoyed by kids and adults alike. Food on sale included koththu roti,

biryani, hoppers, string hoppers, dosai/idly, lamprais, short eats and traditional sweets of which the highlight was watalappam with cold falooda drink. In addition to the selling of food, there was face painting and sale of slime for kids to enjoy. All food items were prepared by families of the Sri Lankan Society of New Zealand. Thanks to everyone who participated in and supported the event.



Prominent NZ Muslim killed in Afghanistan



Dr Hashim
Slaimankhel

NZ Muslims Strongly Condemn the Terrorist Attack in Kabul, Afghanistan

The Federation of Islamic Associations of New Zealand Inc. (FIANZ) and the Muslim community in New Zealand were shocked and saddened by the news of the latest terrorist attack in Kabul, Afghanistan. In this latest attack, more than 100 innocent civilian lives have perished. A prominent Muslim Leader from Auckland (Dr Hashem Slaimankhel) who was visiting Afghanistan was also unfortunately killed in this suicide attack. Dr Hashem who was originally from Afghanistan took up residence in New Zealand in 1989 and worked as a Refugee Health Worker with the Auckland District Health Board. He was a passionate advocate and campaigner for social justice, rights of women and children, interfaith dialogue, refugee resettlement and was actively involved across diverse communities on various projects. Above all, Dr Hashem was known for his humility, generosity, caring nature and selflessness in serving others. In 2010, He was acknowledged by the Ministry of Social Development, Auckland Council and New Zealand Police for his contribution to rights of Muslim women and family violence awareness.

In addition to the loss of over 100 lives, scores have also been injured in this terrible incident which is believed to be the deadliest terrorist attack in Kabul in several months.

"This is a despicable act caused by the terrorist perpetrator whosoever on the innocent people especially those who were at a market place going about their daily lives in Kabul, said Mr Hazim Arafah, President of FIANZ. This is senseless, shameful and totally against the teachings of Islam", said Mr Hazim Arafah, President of FIANZ.

Islam promotes peace and security to all mankind. It does not allow any lawless action against innocent people and their property, no matter when, where, or under what pretext such action might be taken. Islam denounces all kinds of terrorism. "Killing of innocent people is prohibited in Islam and those who carried out this atrocious crime must be some insane criminals", said Mr Hazim.

We most strongly condemn this malicious crime and an indiscriminate and unjustified attack against civilians which are serious violations of human rights and humanitarian laws, said Mr Hazim.

In these difficult times, we stand in solidarity with our Afghanistan brethren and supplicate to Allah Almighty to give the family of Dr Slaimankhel and others who have lost their loved ones, the forbearance and fortitude to bear the loss and also for the speedy recovery of those injured in this terrible tragedy.

—End—

HAZIM ARAFEH
PRESIDENT
Tel: 021 961 968



Al-Madinah school team wins entrepreneurship competition

Six female Business Studies students from Al-Madinah School (Zakia Bibi, Sabrina Bryant, Musharafa Nisha, Shahidah Faiz, Aslayna Ali and Aishah Bangi) have won the South Auckland Region Start-up Company of the Year Award from the Lion Foundation Young Enterprise Scheme (YES)¹. The team, appropriately named Impervious, researched how to make canvas water-resistant and applied the concept to school shoes made out of canvas.

Throughout the challenge, the Impervious team involved their community while developing their plan. They presented their business pitch with the prototype to a group of judges and received positive

feedback as a result. One of the judges suggested promoting the product to a primary school since she herself has the issue of wet shoes with her grandchildren.

With community feedback, Impervious came up with additional features like glow in the dark materials and special laces to attract more children. Throughout the process, students had the opportunity to work with people outside the classroom. They were supported by a group of successful entrepreneurs, business alumni, and YES coordinators/roaming teachers and of course, their Business Studies teacher.

Impervious promoted their product through social media, school newsletters and the YES night market, where they managed to sell enough to break even and continue their business next year.

1 Secondary students get a head start on entrepreneurship. Education Gazette. gazette.education.govt.nz/articles/secondary-students-get-a-head-start-on-entrepreneurship



Impervious team members Sabrina Bryant (left) and Zakia Bibi

Jannah Road Op Shop
164E Stoddard Road
Mount Roskill
Email:
jannahroad@gmail.com
Tel: 021 0831 0030



FOOD RUN

Non perishable, Veggies & Fruits

Can you spare a little food for those in need?

Jannah Road Charity would like to help our community and those in need of basic food items. We are currently helping refugee families, those on the benefit, students who are struggling and workers who cannot make ends meet.



For donations - Call us on 021 0831 0030 and we'll arrange pick-up or drop-off, of the items from you and distribute them to the needy.

If you see food being WASTED,
Let's remind others and ourselves about
Those people who are STARVING everyday.



We could be the next person tested
With not enough food to eat...

~Jannah Road~

Muslim footballer wins award, breaks records, accomplishes dawah

Mo (short for Mohamed) Salah is an Egyptian footballer, currently playing for Liverpool in the English Premier League¹. He previously played for Basel (Switzerland), Chelsea (EPL), Fiorentina and Roma (both Italy), and has played for his country 56 times. He usually plays on the right wing, often cutting into the centre onto his stronger left foot, and either shooting on goal or playing quick exchanges with other players to set them up to score. As a result, he is a prolific scorer and makes many assists. His former Chelsea boss, José Mourinho said, "He's young, he's fast, he's creative, he's enthusiastic. When we analysed him, he looks the kind of humble



personality on the pitch, ready to work for the team."

His CV is impressive. In 2017, he scored 23 goals in 29 appearances for Liverpool. In December, he won the Confederation of African Football (CAF) African Player of the Year award. Also in December, he scored in a 4-0 win over Bournemouth. This set two records. Firstly, Liverpool became the first team in EPL history to win four consecutive games by at least three goals. Secondly, Salah became the second-fastest player to reach 20 goals for the club, after only 26 matches. This is behind George Allen, a player from the 1890s, and equal with Roger Hunt, a player that older readers may remember from the 1960s.

He is best friends with teammate, Senegalese forward Sadio Mané, who paid tribute to Salah's akhlaq: "Mo is the perfect gentleman, and it's not just for the club. I know I mean a lot for people back home [in Senegal] but you have to see the reactions he gets from Egyptians when we even travel for games."²

Like Mané, Salah is a devout Muslim. He married Magi in 2013, and they have a daughter Makka, named after the holy city in Saudi Arabia.

His skills, iman and modesty have endeared him to Liverpool fans, who now sing the following chant³:

- 1 en.wikipedia.org/wiki/Mohamed_Salah
 2 www.theguardian.com/football/2018/jan/05/mo-salah-african-award-step-in-quest-place-history
 3 www.youtube.com/watch?v=96tESg9MV7A

*Mo Sa lah lah lah lah lah
 Mo Sa lah lah lah lah lah
 If he's good enough for you
 He's good enough for me
 If he scores another few
 Then I'll be Muslim too
 If he's good enough for you
 He's good enough for me
 Sitting in a mosque
 That's where I wanna be
 Mo Sa lah lah lah lah lah*



Salah and Mané celebrate another goal by performing sujud

Rainbow's end

Bermuda is an island in the Atlantic, a British overseas territory with a population of 60,000. It conducted a referendum on homosexual "marriage" in June 2016. A majority of those voting opposed both homosexual "marriage" and same-sex civil unions, but since fewer than half of eligible voters took part, the results were deemed invalid.

Despite losing this democratic referendum, the Supreme Court made homosexual "marriages" legal in May 2017. The Progressive Labor Party took up the matter after winning power in the July 2017 election.

Bermuda is said to have a "small gay community". The decision affected more homosexual weddings on cruise ships. Only about half a dozen homosexual "marriages" took advantage of the ruling.

Bermuda's governor has now signed into law a bill reversing the original undemocratic Supreme Court decision. In December, Senators approved the Domestic Partnership Act, allowing homosexuals to enter domestic partnerships but not marriage, by an 8-3 vote. The House of Assembly approved it 24-10¹.

Being a British overseas territory, Bermuda has to balance the democratic views of Bermudians with complying with European court rulings. Walton Brown, Bermuda's minister of home affairs, explained, "The act is intended to strike a fair balance between two currently irreconcilable groups in Bermuda, by restating that marriage must be between a male and a female while at the same time recognising and protecting the rights of same-sex couples."

Rhetoric

Statistics

Predictably, the ruling has been met with a storm of protest from homosexual lobby groups and individuals. Many have ignored the fact that this is the democratic view of the majority of Bermudian voters. "Governor Rankin and the Bermuda parliament have shamefully made Bermuda the first national territory in the world to repeal marriage equality," said Ty Cobb, director of Human Rights Campaign Global.

In fact, statistically, this means that Bermuda has left the 26 countries that have currently legalised homosexual "marriages" and rejoined the nearly 90% of countries worldwide that do not recognise it. Those countries that do recognise it are all western. The world population is 7.6 billion people, and 4.5 billion (59%) live in Asia. Not a single Asian country has currently legalised homosexual "marriage", although Taiwan is in the process.

Equal vs the same

Joe Gibbons, a 64-year-old married gay Bermudian, said, "I feel enormously disappointed. This is

not equality."² Similarly, UK Labour MP Chris Bryant said, "Gay and lesbian Bermudians have been told that they aren't quite equal to everyone else."

Both of them fall into the trap that homosexual campaigners ignore: the difference between *equal* and *the same*. This was explained in the January 2017 issue of *Rocket Science*³. *The same* means that two things are identical in all major respects. *Equal* means that two things are the same in terms of value. Since heterosexual marriages are capable of producing joint children and perpetuating the human race, while homosexual couples are incapable, the two are clearly not the same. However, by allowing homosexuals to register that they are a couple, domestic partnerships give equal rights. Walton Brown explained this, emphasising that homosexual couples would have "equivalent" rights to married heterosexual couples, including the right to make medical decisions on behalf of one's partner.

- 1 www.theguardian.com/world/2017/dec/14/bermuda-to-end-same-sex-marriage-and-replace-with-domestic-partnership
- 2 www.theguardian.com/world/2018/feb/08/bermuda-repeal-same-sex-marriage
- 3 mtalbertislamiccentre.org/sites/default/files/Rocket_Science_Jan_2017.pdf





Voice of Islam

VOI delivers the message of Islam based on the teachings of the Noble Quran and the Sunnah (practices) of the Prophet Muhammad (saw).
VOI television is broadcast on:

- APNA TV (Freeview channel 36)(10.30 am Sun)
- Face TV (SKYTV channel 83) in New Zealand (11.30 am Sat & 9.00 am Sun)
- Southern Television (Freeview Channel 39) in Dunedin and Southland (see TV guide for times)
- Mai TV (Fiji Broadcasting Corporation) in Fiji (9.00 am Sun)
- Metro TV in Ghana, West Africa (see TV guide for times)

3 & 4 March

Quran: 4: 156-159.

Animation: Does God permit critical thinking.

My path to Islam: Ben Gresham.

Inspiration series 02: Her last wish.

Amazed by the Quran: Limitless rewards by Nouman Ali Khan.

10 & 11 March

Quran: 4: 156-159.

Animation: Dress up for Allah.

Lecture: Hope in Allah by Yasmin Mogahed.

Amazed by the Quran: Speaking of blessings by Nouman Ali Khan.

17 & 18 March

Quran: 4: 156-159.

Animation: Earth & cattle – comparison from the Quran.

My path to Islam: Jilian Taylor.

Inspiration series 02: Does God hate me.

Documentary: Miracles of the Quran 2 part 1.

24 & 25 March

Quran: 4: 156-159.

Animation: Favours of our parents.

Lecture: Changing the present, dreaming the future by Tariq Ramadan.

Amazed by the Quran: Allah's boundless generosity by Nouman Ali Khan.

Documentary: Miracles of the Quran 2 part 2.

31 March & 1 April

Quran: 4: 156-159.

Animation: Honesty – the first step to being a Muslim.

Lecture: Jesus in Islam by Yasir Qadhi.

Amazed by the Quran: Mary's upbringing by Nouman Ali Khan.



Yasir Qadhi

Watch VOI online, or order a free copy of the Quran: www.voitv.org

Auckland prayer timetable for March 2018

(from www.islamicfinder.org. For other cities in New Zealand, see www.fianz.co.nz).

Date	Fajr	Sunrise	Dhuhar	Asr 1	Asr 2	Maghrib	Isha
1	05:37	07:05	01:34	05:12	06:10	08:01	09:26
2	05:38	07:06	01:34	05:11	06:09	08:00	09:24
3	05:40	07:07	01:34	05:11	06:08	07:58	09:22
4	05:41	07:08	01:34	05:10	06:07	07:57	09:21
5	05:42	07:09	01:33	05:09	06:06	07:56	09:19
6	05:43	07:10	01:33	05:08	06:05	07:54	09:18
7	05:44	07:11	01:33	05:08	06:04	07:53	09:16
8	05:45	07:12	01:33	05:07	06:02	07:51	09:14
9	05:47	07:13	01:32	05:06	06:01	07:50	09:13
10	05:48	07:14	01:32	05:05	06:00	07:49	09:11
11	05:49	07:15	01:32	05:04	05:59	07:47	09:10
12	05:50	07:16	01:32	05:03	05:58	07:46	09:08
13	05:51	07:17	01:31	05:03	05:57	07:44	09:06
14	05:52	07:18	01:31	05:02	05:56	07:43	09:05
15	05:53	07:19	01:31	05:01	05:54	07:41	09:03
16	05:54	07:20	01:30	05:00	05:53	07:40	09:02
17	05:55	07:20	01:30	04:59	05:52	07:38	09:00
18	05:56	07:21	01:30	04:58	05:51	07:37	08:59
19	05:57	07:22	01:30	04:57	05:50	07:35	08:57
20	05:58	07:23	01:29	04:56	05:48	07:34	08:55
21	05:59	07:24	01:29	04:55	05:47	07:32	08:54
22	06:00	07:25	01:29	04:55	05:46	07:32	08:53
23	06:01	07:26	01:29	04:54	05:45	07:31	08:51
24	06:02	07:27	01:28	04:53	05:44	07:29	08:49
25	06:03	07:28	01:28	04:52	05:42	07:28	08:48
26	06:04	07:28	01:28	04:51	05:41	07:26	08:46
27	06:05	07:29	01:28	04:49	05:40	07:25	08:45
28	06:06	07:30	01:27	04:48	05:39	07:24	08:43
29	06:07	07:31	01:27	04:47	05:37	07:22	08:42
30	06:08	07:32	01:27	04:46	05:36	07:21	08:40
31	06:09	07:33	01:26	04:45	05:35	07:19	08:39

Asr 1: Maliki, Shafii and Hanbali schools (single shadow length)

Asr 2: Hanafi school (double shadow length)

"In the lifetime of the Prophet, we used to speak while praying and one of us would tell his needs to his companions, until the verse, 'Guard strictly your prayers' (2:238) was revealed. After that, we were ordered to remain silent while praying." (Hadith Bukhari)

Credits

Rocket Science is a monthly newsletter produced by the Mount Albert Islamic Trust.

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Why attend Rocket Park jumuah?

Prayers are held at the **Senior Citizens' Association building, Rocket Park, New North Road, Mount Albert.**

- ✓ Central location
- ✓ Plenty of free parking
- ✓ Facilities for ladies
- ✓ Heating and air-conditioning
- ✓ Bayan (religious talk) before jumuah prayers
- ✓ All bayans and khutbahs in English

NB We are only open for Friday prayers – not for the five daily prayers.

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Back issues of *Rocket Science*

Missed an issue of *Rocket Science*? All our monthly issues are available online at the Mount Albert Islamic Trust website: www.mtalbertislamiccentre.org

SwT, saw, as, ra

SwT: subhanahu wa ta'ala "Glory to Him, the Exalted" (when mentioning Allah)

saw: salallahu alaihi wassalam "May the blessings and peace of Allah be upon him" (when mentioning Muhammad)

as: alaihis salam "Peace be on him" (when mentioning other prophets)

ra: radi allahu anhu/ha/hum "May Allah be pleased with him/her/them" (when mentioning members of Muhammad's family, companions, etc)