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Rocket Science

June 2017

Ramadan / Shawwal 1438



In the name of Allah,
most Gracious, most Merciful

Eid mubarak!

This year, Ramadan coincides with most of June, and Eid ul-Fitr is likely to be Monday 26 June (subject to confirmation). All of us at *Rocket Science* and the Mount Albert Islamic Trust wish all our readers "Ramadan Mubarak!" and "Eid Mubarak!" May Allah (swt) grant you the rewards for your fasting and your extra devotional activities during this special month, and may He help us to continue in the heightened sense of iman once Ramadan is over.



And don't forget the rewards for fasting any six days in Shawwal (except Eid ul-Fitr). Abu Ayub (ra) reported that the Messenger of Allah (saw) said, "Whoever fasts Ramadan and follows it with six days of Shawwal, it will be as if he fasted *dahr* (the whole year or possibly forever)." (Narrated by Muslim, Abu Dawood, al-Tirmidhi, al-Nisaa'i and Ibn Maajah)

123456 The virtue of fasting
six days of Shawwaal

Rules and guidelines of Ramadan

We all know the merits of doing good deeds during Ramadan, when obligatory deeds are rewarded up to 700 times and when voluntary acts are given the reward of performing an obligatory deed outside Ramadan.

But what are the rules and guidelines pertaining to Ramadan? The following are based on the Islamic Academy of Fiqh.

Who must fast?

Anyone who is an adult (i.e. has reached puberty) must fast, whether male or female, except:

- A person who is not sane
- A traveller
- A woman who is pregnant, breastfeeding, in her menstrual period or post-childbirth bleeding
- An old man or woman whose sickness is permanent and who cannot fast

As for the traveller, they can choose to fast or make it up later. As for the woman who is pregnant or breastfeeding, some scholars say she can pay fidyah (expiation) while others say she must make it up later. As for the old man or woman who is sick permanently, they can break the fast and give fidyah or sadaqah for the poor and needy for every fast missed, with no making up. If the sickness is

temporary, then they must make it up later.

Some recommendations of fasting

Ramadan is the holy month in which the Quran was revealed. As Allah (swt) says in the Quran, fasting was prescribed to us so that we may learn taqwa (piety) (2:183). This means that we are conscious of Allah (swt) at all times, we do more good, and refrain from all evil. It is a sunnah to have the pre-dawn meal (suhur) as late as possible, and to break the fast at sunset (maghrib) without delay.

We need to increase our worship, charity and supplications, and stay at the mosque during the last ten days if possible. Attending taraweeh and performing tahajjud are some other ways we can attain taqwa.

There is a night called Laylatul Qadr (the Night of Decree), which Allah (swt) says in the Quran is better than a thousand months (97:3). Scholars say this is likely to be in the odd days in the last ten days of Ramadan (21, 23, 25, 27 or 29). We need to make all efforts to gain the reward of the night. A simple act of giving a \$1 in charity during the last ten days will ensure that we get the reward of paying \$1 each day for a thousand months (over \$28,000)!



Qada and kaffarah

Things that invalidate fasting are of two kinds: those that require qada (i.e. making up) and those that require both qada and kaffarah (expiation).

Qada

The following items require making up (qada) only:

- Intentionally eating or drinking
- Deliberate vomiting
- The beginning of menstruation or post-childbirth bleeding (even if it happens in the last moment before sunset)
- Deliberate ejaculation for reasons other than sexual intercourse
- Intending to break the fast before sunset
- Eating, drinking, or having intercourse after dawn on the mistaken assumption that it is not dawn yet
- Doing the above under the mistaken assumption that it is already sunset

Qada and kaffarah

The following requires qada (making up) and kaffarah (expiation). If a person has sexual intercourse during the day (dawn to sunset), the penalty is to fast an additional 60 continuous days (two months) and make up the fast. If this is not possible, then they need to feed 60 poor people with an average meal each.

What is permissible during fasting?

According to the Islamic Academy of Fiqh, the following are permissible:

- Unintentional eating, drinking or smoking

- Unintentional vomiting
- Swallowing things which are not possible to avoid, such as one's saliva, street dust, smoke, etc.
- Injection or intravenous drip which is solely medical and not nutritional
- While taking a bath or shower, if water is swallowed involuntarily, it will not invalidate the fast
- Using perfumes, wearing contact lenses or using eye drops
- Having a blood test
- Using a *miswak* (tooth-stick) or toothbrush (even with toothpaste), and rinsing the mouth or nostrils with water
- General medical examinations which do not give energy or food
- If one sleeps during the daytime and has a wet dream, it does not break one's fast
- Also, if one has intercourse during the night and was not able to make *ghusl* (bathe) before dawn, they can begin the fast and make *ghusl* later
- Kissing between husband and wife is allowed in the fast, if they can control themselves.

May Allah (swt) guide us all and help us fast this Ramadhan with ease.



What is so special about dates?



Dates have always had a special place in the hearts of Muslims. Aisha (ra) reported that our Prophet (saw) said, "The household which has dates will not go hungry." Another version states, "The house that doesn't have dates has got no food" (Sahih Muslim).

Dates are mentioned in the Quran, famously in Surah Maryam when the angel Jibril calls out to a hungry Maryam (ra) in the midst of her labour pains, "Shake the trunk of the date palm towards you, causing fresh (nutritious) dates to fall on you" (Quran 19:25).

Most Muslims follow the example of the Prophet (saw) in breaking fast with dates.

Thus it is clear to Muslims who follow the Quran and the sunnah (the example of the Prophet, saw) that dates are a blessing to us from Allah (swt), a nutritious and healthy food with many benefits.

Nutritional properties

Scientists in recent years have been catching up with what Muslims have long believed about dates – just as scientists have "proved" much of the science in the Quran!

Two scientists at Cornell University in New York State, Mohamed Ali Al-Farsi and Chang Yong Lee, wrote a review of the nutritional and functional properties of dates in 2008¹. They said that dates are low in fat but rich in sugars, mainly fructose and glucose. Thus dates are a good source of energy, as 100g of flesh can provide an average of 314 kilocalories.

Dates contain ten minerals, the main ones being copper, potassium, and magnesium. Eating

100g of dates (about ten dates) can provide over 15% of the recommended daily allowance of these minerals.

They are also rich in vitamins, primarily Vitamin B-complex and Vitamin C (but about a dozen others as well).

Dates are high in dietary fibre (8g/100g) and are a good source of antioxidants, mainly carotenoids and phenolics.

The glycaemic index (GI) of dates is low. Individual foods can be given a GI, which is a figure representing their relative ability to increase the level of glucose in the blood. A low-GI food will release glucose more slowly and steadily, which leads to more suitable after-meal blood glucose readings. (A high-GI food causes a more rapid rise in blood glucose levels and is suitable for energy recovery after exercise or for a person experiencing hypoglycaemia.) The GI for dates differs according to the variety but they generally range from 30 to 50. GI numbers below 56 are considered low; numbers above 70, high.



Childbirth

Our Prophet (saw) recommended that women should eat dates at the time of childbirth (Sahih Muslim), and scientists now agree: "... the consumption of date fruit in the last 4 weeks before labour significantly reduced the need for induction and augmentation of labour and produced a more favourable delivery outcome." This was the conclusion of scientists who carried out a study² on 69 pregnant women who each ate six dates a day for four weeks before their delivery and compared the results with 45 pregnant women who ate no dates in that period.

Diseases

Other groups of scientists have concluded that eating dates may help to treat or prevent certain specific diseases. Let's take a couple of examples.

In 2015, a study³ was reported on the impact of eating dates on large intestine health, to see if that could reduce the risk of colorectal cancer. The researchers did what is called a randomised, controlled, cross-over human intervention study, which is one of the most reliable types of study you can construct.

They concluded, "... consumption of date fruit may reduce colon cancer risk without inducing changes in the microbiota."

Also in 2015, another group of scientists published a study about Alzheimer's Disease (AD). Their work involved feeding dates to mice to see if there would be a neuroprotective effect as a result, which could translate into benefits for humans. Their conclusion? "Our results suggest that date fruits

dietary supplementation may have beneficial effects in lowering the risk, delaying the onset or slowing down the progression of AD."

Scientists Walid Al-Shabib and Richard J. Marshall summed up dates best. After extensive research⁵ they said, "In many ways, dates may be considered as an almost ideal food, providing a wide range of essential nutrients and potential health benefits."

- 1 Al-Farsi, Mohamed Ali & Yong Lee, Chang. (2008). A review of the nutritional and functional properties of dates. *Critical Reviews in Food Science and Nutrition*, 48(10), 877-887.
- 2 Al-Kuran O, Al-Mehaisen L, Bawadi H, Beitawi S, & Amarín Z. (2011). The effect of late pregnancy consumption of date fruit on labour and delivery. *J Obst Gynaecol*, 31(1), 29-31.
- 3 Eid N, Osmanova H, Natchez C, Walton G, Costabile Gibson G, Rowland I, & Spencer JP. (2015). Impact of palm date consumption on microbiota growth and large intestinal health: A randomised, controlled, cross-over, human intervention study. *Br J Nutr* 114(8), 1226-1236.
- 4 Subash S, Essa MM, Braidy N, Awlad-Thani K, Vaishnav R, Al-Adawi S, Al-Asmi A, & Guillemin GJ. (2015). Diet rich in date palm fruits improves memory, learning and reduces beta amyloid in transgenic mouse model of Alzheimer's Disease. *J Ayurveda Integr Med*, 6(2), 111-120.
- 5 Al-Shabib Walid & Marshall Richard J. (2003). The fruit of the date palm: Its possible use as the best food for the future? *International Journal of Food Sciences and Nutrition*, 54(4), 247-259.



World's most popular name banned in China

The name *Muhammad*

"The name *Muhammad* is the most common name in the world. In all the countries around the world - Pakistan, Saudi Arabia, Morocco, Turkey, Syria, Lebanon - there are more Muhammads than anything else. When I joined the Nation of Islam and became a Muslim, they gave me the most famous name because I was the champ."



Muhammad Ali

The Quran is the holy book of Muslims, who believe it is the verbatim word of Allah (swt). It was revealed to Prophet Muhammad (saw) over a period of 23 years. Prophet Muhammad (saw) was referred to as the walking Quran, meaning that he was a shining example of how the Quran should be put into practice. For this reason, what Prophet Muhammad (saw) said and did, as recorded in the ahadith, is taken as an authority and guidance for leading a good life, second only to the Quran.

It is therefore not surprising that many Muslims choose to name their male children after Prophet Muhammad (saw). As reported in the April 2017 issue of *Rocket Science*, Islam is likely to be the world's largest religion by the end of the 21st century. As a result of all the above, *Muhammad* is the most popular male given name in the world. Wikipedia¹ states that, "According to the sixth edition of *The Columbia Encyclopedia* (2000), *Muhammad* is probably the most common given name [in the world], including variations. It is estimated that more than 150 million men and boys in the world bear the name *Muhammad*."

The name *Muhammad*, originally in Arabic alphabet, may be transliterated into Roman alphabet in various ways: *Mohamed*, *Mahomet*, *Mamadou*, etc. This can all be treated as the same, as they are simply spelling variants of *Muhammad*. Whatever the spelling, children with these names have been named after the prophet of Islam (saw).

It is also not uncommon for *Muhammad* to be followed by a second given name, eg *Muhammad Ali* (not meaning Muhammad the son of Ali).

Not only is *Muhammad* the world's most popular male given name, but it is also the most popular or common given name in many surprising countries outside the traditional centre of Islam in the Middle East, north Africa and the Indian subcontinent. Muhammad is nowadays the commonest given name for newborn sons in:

- England and Wales²
- Ireland³
- Oslo, Norway⁴
- The four biggest cities in the Netherlands⁵
- Brussels, Belgium⁶
- Israel⁷

It has also been reported⁸ that "*Mohammed* is the most common New York taxi driver name. We know this thanks to Seth Kadish, a 31-year-old data scientist who's ranked the 20 most popular first and last names for New York City taxi drivers. Using open data on 52,131 active cabbies, Kadish found that the top five names are, in order of frequency, *Md* (an abbreviation for *Mohammed*), *Mohammad*, *Mohammed*, *Muhammad*, and *Mohamed*."

In short, *Muhammad* is the world's most popular male given name.



China ban

It is therefore sad that it has been reported⁹ China is attempting to ban the name *Muhammad*, and other Islamic names, for Uyghur parents in the western province of Xinjiang. Children with “unacceptable” Islamic names will be denied household registration, a crucial document that grants access to social services, healthcare and education. This comes on top of existing restrictions imposed by the central government, including banning males from wearing “abnormal” beards, and women from wearing face veils.

This crackdown on religion has been condemned by human rights groups. Sophie Richardson, China director at Human Rights Watch, said, “This is just the latest in a slew of new regulations restricting religious freedom in the name of countering ‘religious extremism’. These policies are blatant violations of domestic and international protections on the rights to freedom of belief and expression. If the government is serious about bringing stability and

harmony to the region as it claims, it should roll back – not double down on – repressive policies.”

1 [en.wikipedia.org/wiki/Muhammad_\(name\)](http://en.wikipedia.org/wiki/Muhammad_(name))

2 Joseph Curtis ‘Mohammed tops the list of most popular baby boy names in England and Wales as Oliver and Amelia stay favourites (and there are even a few Corbyns!)’. The Daily Mail, 2 September 2016.

www.dailymail.co.uk/news/article-3770523/Oliver-Amelia-popular-baby-names.html#ixzz4hz3oR2Z0

3 www.irishcentral.com/travel/muhammad-and-freya-top-new-baby-names-on-irish-passports-in-2016

4 www.bbc.com/news/blogs-news-from-elsewhere-28982803

5 www.telegraph.co.uk/news/worldnews/europe/netherlands/6022588/Mohammed-is-most-popular-boys-name-in-four-biggest-Dutch-cities.html

6 islamineurope.blogspot.co.nz/2009/11/belgium-mohamed-most-popular-name-in.html

7 www.jpost.com/Israel-News/Mohammed-most-popular-baby-name-in-Israel-in-2014-438634

8 www.citylab.com/life/2015/01/mohammed-is-the-most-common-new-york-taxi-driver-name/384498/

9 www.theguardian.com/world/2017/apr/25/china-bans-religious-names-for-muslims-babies-in-xinjiang





Belgium votes to ban halal and kosher meat

The parliament of the Walloon region of Belgium has voted to ban halal and kosher slaughter claiming that all animals must be stunned before being killed¹. Similar legislation has been proposed by the parliament in the northern Flemish region. If passed, both proposals would become law in 2019.

Needless to say, this proposal has been criticised by Muslim and Jewish groups.

The Belgian Muslim Executive said, "Muslims are worried about whether they can eat halal food ... in conformity with their religious rites and beliefs."

The president of the European Jewish Congress, Moshe Kantor, said, "This decision, in the heart of

Western Europe and the centre of the European Union, sends a terrible message to Jewish communities throughout our continent that Jews are unwanted. It attacks the very core of our culture and religious practice and our status as equal citizens with equal rights in a democratic society. It gives succour to antisemites and to those intolerant of other communities and faiths. We call on legislators to step back from the brink of the greatest assault on Jewish religious rights in Belgium since the Nazi occupation of the country in World War II."

Countries including Denmark, Switzerland and New Zealand already prohibit unstunned slaughter.



Halal and kosher slaughter practices in a nutshell

There are some minor differences in the types of animal that are permitted as food in the two religions². The crux of halal and kosher slaughter methods is that they drain the animal of blood. The main similarities and differences in slaughter practices are as follows.

Islamic halal practices (dhabihah) derive from passages in several places in the Quran. For instance, surah Al-Baqarah ayat 172-3 states, "O ye who believe! Eat of the good things that We have provided for you and be grateful to Allah if it is Him ye worship. He has only forbidden you dead meat, and blood, and the flesh of swine, and that on which any other name has been invoked besides that of Allah."

Jewish kosher practices (shechita) derive from passages in the Bible. For instance, the book of Deuteronomy, chapter 12, verses 21-25 state, "If the place where the Lord your God chooses to put his Name is too far away from you, you may slaughter animals from the herds and flocks the Lord has given you, as I have commanded you, and in your own towns you may eat as much of them as you want. Eat them as you would gazelle or deer. Both the ceremonially unclean and the clean may eat. But be sure you do not eat the blood, because the blood is the life, and you must not eat the life with the meat. You must not eat the blood; pour it out on the ground like water. Do not eat it, so that it may go well with you and your children after you, because you will be doing what is right in the eyes of the Lord."

Similarities

Both practices involve slitting the throat of the animal with a sharp knife and draining the blood. The slaughter may be performed by any Muslim or Jew who knows how to do it correctly. After slaughter, the animal's carcass must be examined in order to establish that it is not diseased, and is fit for consumption.

Differences

For halal meat, the slaughterman must mention the name of Allah (swt) usually by saying the tasmiyya (*Bismillahir rahmanir rahim* "In the name of Allah, Most Compassionate, Most Merciful") and the takbir (*Allahu akbar* "Allah is Great"). This is done before the slaughter of every individual animal. In kosher slaughter, on the other hand, a blessing to God is recited at the beginning of a period of slaughtering, which is taken to cover all the animals slaughtered in that period.

Halal meat must be kept separate from non-halal meat, whether in the slaughterhouse or in the restaurant kitchen. If the two are on the menu, they must be prepared in separate areas with separate utensils. The same applies in kosher preparation, except that it also extends to dairy products. If utensils are used for cooking dairy products, they cannot be used for kosher meat.

1 www.independent.co.uk/news/world/europe/belgian-region-walloon-bans-kosher-halal-meat-islam-jewish-a7723451.html

2 en.wikipedia.org/wiki/Comparison_of_Islamic_and_Jewish_dietary_laws



Halal Malaysian restaurant, Japan

700-metre long handwritten Quran

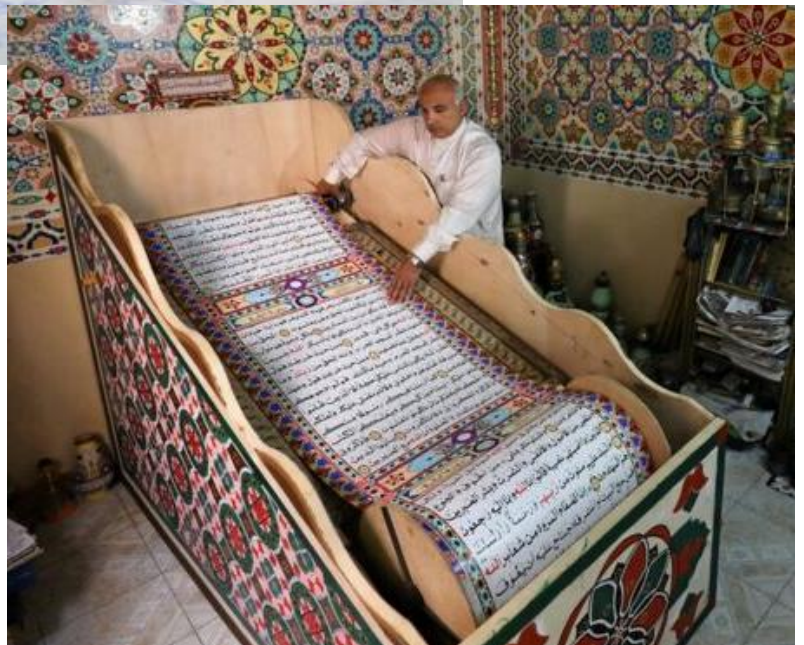
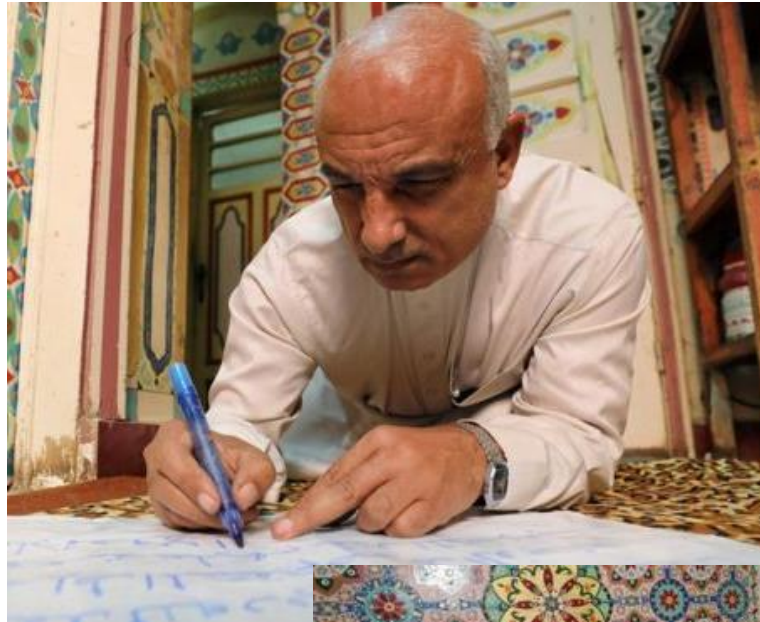
An Egyptian school dropout has taken three years to painstakingly handwrite a scroll Quran¹. Saad Mohammed lives in Belqina, north of Cairo, and hopes to enter the scroll in the *Guinness World Records*. However, while the book has several unusual categories, it does not have any record for the world's largest handwritten Quran.

He explained his problem: "This Quran is 700 metres long, and of

course that's a large amount of paper. I self-funded this project for the past three years - and I'm an average person. I don't have assets or anything."

The Quran is 700 metres long, over twice the height of the Auckland Sky Tower.

May Allah (swt) reward him for his devotional effort.



Other record-breaking Qurans

The oldest Quran in the world is officially, according to the Guinness World Records, the Holy Quran Mushaf of Othman, which was created in 655 and belonged to the Caliph Othman (c.AD 588-656). Nowadays, its 705 remaining pages are kept safe in Uzbekistan.

Another contender for the largest handwritten Quran was unveiled in Afghanistan in 2012. It is more than 2.2 metres long and 1.55 metres wide, contains 218 pages of beautifully written text and is wrapped in a leather cover created from the skins of 21 goats. The

500kg (1,100lb) holy book took five years to create, but does not appear to have been officially entered in the *Guinness Book of Records*.

No-one has claimed the record for the smallest Quran. However, in 2012 a resident in the UAE claimed their copy - at just 5.1cm long, 8cm wide and 550 pages - boasted that title².

1 www.bbc.com/news/world-middle-east-39796225

2 www.emirates247.com/news/emirates/world-s-smallest-quran-in-uae-2012-04-22-1.454954



Holy Quran Mushaf of Othman



World's smallest Quran?



Yassir Fazaga

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 June

Quran: 2: 183-185 Ramadan.

Ramadan Reminders; Erase all your sins.

Lecture: Ramadan in Allah's words: part 3 & 4 by Nouman Ali Khan.

Documentary: Miracles of the Quran 2 part 2.

Clip: Signs of an accepted Ramadan.

10 & 11 June

Quran: 97: 1-5 Laylatul Qadr – the night of power.

Clip: Fast for Allah.

Lecture: Blessings of the last 10 days of Ramadan & Laylatul Qadr by Yasir Qadhi.

Documentary: Miracles of the Quran 2 part 3.

Feature: The last 10 nights of Ramadan by Tawfique Chowdhury.

17 & 18 June

Quran: 97: 1-5 Laylatul Qadr – the night of power.

Clip: Signs of an accepted Ramadan.

Lecture: Ramadan & patience and the legacy of Muhammad Ali by Nouman Ali Khan.

Documentary: Miracles of the Quran 2 part 4.

Feature: The last 10 nights of Ramadan by Tawfique Chowdhury.

24 & 25 June

Quran: 97: 1-5 Laylatul Qadr – the night of power.

Clip: The final nation to fast Ramadan.

Lecture: Ramadan – time to stop bad habits by Yassir Fazaga.

Clips: Ramadan Reminders, erase all your sins, never fear the enemies of Allah.

Fast the 6 days of Shawwal

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

Auckland prayer timetable for June 2017

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

Date	Fajr	Sunrise	Dhuhr	Asr 1	Asr 2	Maghrib	Isha
1	05:54	07:24	12:19	02:55	03:34	05:13	06:40
2	05:54	07:25	12:20	02:54	03:34	05:13	06:40
3	05:55	07:26	12:20	02:54	03:34	05:13	06:40
4	05:55	07:26	12:20	02:54	03:33	05:12	06:39
5	05:56	07:27	12:20	02:54	03:33	05:12	06:39
6	05:56	07:27	12:20	02:54	03:33	05:12	06:39
7	05:57	07:28	12:20	02:54	03:33	05:12	06:39
8	05:57	07:28	12:21	02:54	03:33	05:12	06:39
9	05:57	07:29	12:21	02:53	03:32	05:12	06:39
10	05:58	07:29	12:21	02:53	03:32	05:11	06:39
11	05:58	07:30	12:21	02:53	03:32	05:11	06:39
12	05:59	07:30	12:21	02:53	03:32	05:11	06:39
13	05:59	07:31	12:22	02:53	03:32	05:11	06:39
14	05:59	07:31	12:22	02:53	03:32	05:11	06:39
15	06:00	07:32	12:22	02:54	03:32	05:11	06:39
16	06:00	07:32	12:22	02:54	03:32	05:11	06:39
17	06:00	07:32	12:22	02:54	03:33	05:12	06:39
18	06:01	07:33	12:23	02:54	03:33	05:12	06:40
19	06:01	07:33	12:23	02:54	03:33	05:12	06:40
20	06:01	07:33	12:23	02:54	03:33	05:12	06:40
21	06:01	07:33	12:23	02:54	03:33	05:12	06:40
22	06:02	07:34	12:24	02:55	03:33	05:12	06:40
23	06:02	07:34	12:24	02:55	03:34	05:13	06:41
24	06:02	07:34	12:24	02:55	03:34	05:13	06:41
25	06:02	07:34	12:24	02:56	03:34	05:13	06:41
26	06:02	07:34	12:24	02:56	03:35	05:14	06:41
27	06:02	07:34	12:25	02:56	03:35	05:14	06:42
28	06:02	07:34	12:25	02:57	03:35	05:14	06:42
29	06:02	07:34	12:25	02:57	03:36	05:15	06:42
30	06:02	07:34	12:25	02:57	03:36	05:15	06:43

"The prayer is the standard of Islam. Whoever loves prayers, and observes their limits, timings and method, is a true believer." (hadith, Kanz al-Ummal)

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

Asr 2: Hanafi school (double shadow length)

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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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)