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Rocket Science

July 2017

Shawal / Thul Qaidah 1438



In the name of Allah,
most Gracious, most Merciful

Seven lessons from Ramadan

As the month of the Quran and fasting has ended, we need to reflect and understand the lessons learnt from that holy month. We need to try and apply what we learnt in that holy month at least until the next Ramadan, insha Allah.

1 Taqwa and muraqabah

Allah (swt) says in the Quran, "O you who believe! Fasting is prescribed for you, as it was prescribed upon those before you, in order that you may attain taqwa" (2:183). Taqwa means righteousness and muraqabah means to be constantly aware that Allah (swt) is watching our every move. We become more pious, do good deeds and refrain from committing sins. As the Prophet (saw) said, "Fear Allah wherever you are, and increase your good deeds, for good deeds remove bad ones."

2 Discipline

During the month of Ramadan, we brought upon ourselves a strict regime. We ate at prescribed times, we kept away from food and drink during the day and we performed acts of ibadah at the allocated times. We prayed tarawih at night, recited much of the Quran, and made dua and dhikr,

constantly remembering our Creator. We must ensure that we continue these deeds after Ramadan, insha Allah.

We remembered to pray on time, not to neglect prayers and to keep praying regularly. The Quran says, "By men whom neither traffic nor merchandise can divert from the remembrance of Allah, nor from regular prayer, nor from the practice of regular charity: their [only] fear is for the day when hearts and eyes will be transformed [in a world wholly new]" (24:37).

3 Patience

Fasting taught us patience. We restrained ourselves from eating, drinking, conjugal relations and sexual desires. Abu Hurairah (ra) narrated, "I heard the Messenger of Allah say, 'The month of patience (Ramadan) and three days of each month is fasting for a lifetime.'" We also learnt how to control our anger and be patient with time and people.

We learnt to keep good manners and talk good words with fellow human beings. The Prophet (saw) said, "Whoever does not abandon falsehood in speech and action, then Allah has no need that he should leave his food and drink."

4 Getting closer to Allah

Like all ibadah, fasting brought us nearer to our Lord. We did everything to please Allah (swt) and kept away from anything that would cause His displeasure. Abu Huraira (ra) narrated that the Prophet (saw) said, "Allah said, 'The fast is for Me and I will give the reward for it, as he (the one who observes the fast) leaves his sexual desire, food and drink for My sake. Fasting is a screen (from Hell).'"

5 Acquiring knowledge

We spent our free time away from wasteful deeds such as whiling away time, surfing the net and social media, and unwanted talk and gossip. We instead spent time acquiring beneficial knowledge, such as reading the translation and tafsir of the Quran, listening to Islamic lectures and researching on various topics of interest. The Quran says, "Say, 'Are those who know, equal to those who do not know?' Only they will remember [who are] people of understanding" (39:9).

6 Supplication (dua)

We asked dua during Ramadan seeking forgiveness for our sins, seeking protection from hellfire and requesting good in both worlds. As the Prophet (saw) said, "When the

fasting person breaks his fast, his supplication is not turned back." We learnt to ask for anything and everything from our Creator during this blessed month. What stops us from doing so for the remaining time?

7 Charity

We paid zakat ul-fitr during Ramadan in our effort to help the poor and needy. We also paid zakat al-mal, being 2.5% of our wealth. We gave charity in other forms, such as helping out in the mosque, smiling to fellow human beings, helping the elderly or at home with spouses. We opened our hearts and contributed to great causes, from stopping cruelty for animals, to providing shelter and clothing to war-torn countries. We helped sponsor orphans, to give them a better life.

The Prophet (saw) said, "I and the one who looks after an orphan will be like this in Paradise," showing his middle and index fingers.

It has often been said that Ramadan is a boot camp for the rest of the year. We need to ensure that the lessons we learn from that month are carried over for the entire year so that we may win the pleasure of Allah (swt), and insha Allah enter his gardens of Paradise.

The benefits of eating less

We have just finished the month of Ramadan, during which we abstained from eating, drinking and marital relations during daylight hours. That's what we did during the daytime. But what did we do during the night-time hours? Did we try to eat a whole day's worth of food in a few hours? As the popular saying goes, Ramadan is about fasting, not feasting.

It is also worth remembering the well-known hadith of Prophet Muhammad (saw) that, when we eat, one-third of our stomach is for food, one-third for drink, and one-third for air. In other words, eat as much as you need in order not to feel hungry, drink to avoid dehydration, and do not eat so much that your stomach is full and you feel bloated.

Historical accounts

There is an English proverb "You are what you eat", and the idea that what you eat greatly influences your health has been around for centuries. The ancient Greek Hippocrates (about 460 – 370 BC), noting that obese Greeks tended to die younger than slim Greeks, therefore associated many illnesses with gluttony. In the late 15th century, Alvise Cornaro, an Italian aristocrat, tested the idea that the less you eat, the healthier you are, by consuming only 350g of food per day, about 1,000 calories according to recent estimates. He ate bread, panatela or broth, and eggs. For meat he chose veal, goat, beef, partridge, thrush, and any poultry that was available. He bought fish caught from the local rivers. The result was that he claimed to have achieved "perfect health" and died at age 84 or so, a good age even by today's standard but an impressive feat in the 16th century, when 50 or 60 years old

was considered elderly.

Modern research

This is all contained in a recent BBC report¹ on research into calorie intake and ageing. A 1935 study of white rats restricted their calorie intake by 30 – 50%, which was found to extend lifespan, delaying death from age-related disorders and disease.

In the late 1980s, two independent long-term trials – one at the US National Institute on Ageing and the other at the University of Wisconsin – studied calorie intake effects on rhesus monkeys, with whom humans share 93% of DNA, and who also age in the same way as humans. The monkeys were split into two groups. All monkeys received the full complement of nutrients and minerals that their bodies need; however, one group ate 30% fewer calories. One monkey, Sherman, was placed on the calorie restriction (CR) diet in 1987 at age 16. He is now 43 years old, the oldest rhesus monkey ever recorded. As younger monkeys were developing diseases and dying, he seemed to be immune to ageing. Even into his 30s, he would have been considered an old monkey, but he didn't look or act like one. Externally, like other CR monkeys, he had more hair, brown instead of grey hair, and less sag. Internally, the incidence of cancer and heart disease was reduced by 50%, and diabetes had virtually disappeared. Overall, only 13% of the monkeys in the CR group had died of age-related causes in 20 years, while 37% of the other group had died, nearly three times as many.



Researchers are quick to caution that effects found in rhesus monkeys may not necessarily extend to humans, and that any person's reaction to calorie reduction will depend on other factors such as genetic predisposition to gaining weight, how sugars are metabolised, how fat is stored, and other physiological fluxes. Similarly, while it is possible to carry out such tests with monkeys that have an average lifespan of only 20 years, the ethics of doing the same with humans is questionable. Studies would also have to be much longer-term in order to show effects.

Susan Roberts, a dietary scientist at Tufts University in Boston USA, has been a leading scientist in the Comprehensive Assessment of Long-Term Effects of Reducing Intake of Energy trial (Calerie) for the past ten years. Results published in 2015 after two years of study, show that, for the calorie-restricted group, the ratio of good cholesterol to bad cholesterol had increased, molecules associated with tumour formation were reduced by around 25%, levels of insulin

resistance, a sign of diabetes, fell by nearly 40%, and blood pressure was lower. "There was nothing in what we saw that made us think caloric restriction doesn't work in people," says Roberts.

While it is too early to make conclusive statements, it seems that reduced calorie intake, while maintaining required levels of nutrients and minerals, may slow the ageing process and, perhaps more importantly, reduce the incidence of illnesses associated with ageing. "Going after each disease one at a time isn't going to significantly extend lifespan for people because they'll die of something else," says Rozalyn Anderson, a gerontologist from the University of Wisconsin. "If you cured all cancers, you wouldn't offset death due to cardiovascular disease, or dementia, or diabetes-associated disorders. Whereas if you go after ageing you can offset the lot in one go."

Calorie restriction and Islam

Does this mean that we should all starve ourselves? Obviously not, as anorexia is a serious eating disorder. However, a moderate reduction in calorie intake may be beneficial. That is what we have been doing during Ramadan. Many people feel full after eating a modest amount at iftar, and eat modest amounts at sahur. Nevertheless, at the end of the month, they feel rejuvenated and healthy.

It is therefore worthwhile remembering that, while fasting is compulsory (with some exceptions) during Ramadan, there are other fasts that are recommended during the rest of the year:



Rhesus monkeys

- Any six days in Shawwal (except Eid, when fasting is prohibited). 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)."
- Mondays and Thursdays
- The 13th, 14th, and 15th day of each lunar month
- The Day of Arafah (9th of Thul-Hijja)
- The Day of Ashura (10th of Muharram), plus one additional day of fasting before or after it
- As often as possible in the months of Rajab and Shaban
- The first nine days of Thul-Hijja (but not for anyone performing Hajj)

And Allah (swt) knows best.

Always consult your doctor or dietitian before embarking on a change of diet, especially if you have existing medical conditions.

1 Alex Riley 'The secret to a long and healthy life? Eat less.' BBC News, 1 June 2017. www.bbc.com/future/story/20170601-the-secret-to-a-long-and-healthy-life-eat-less



Marvels of Allah's creation: Mountains

Reflections on a recent trip around New Zealand, with quotes from Allah's words in the Quran

Living in New Zealand, one of the best ways to see the beauty that Allah (swt) has created is to travel the country. The South Island boasts of this beauty magnificently, although the North Island has its share as well. What is it about the beautiful view of a mountain that attracts mankind so much, whether in summer, with trees in lush green, or in winter, with the snow-capped mountains painted in white? They stand tall, as indicators of New Zealand's volcanic past.

"And the mountains, how they are firmly fixed" (Quran 88:19).

"And the mountains as pegs" (Quran 78:7).

"And He has placed firm mountains on the earth lest it should move away from you" (Quran 16:15).

We are struck in awe at the majestic beauty of the mountains. We go out of our way to book a

cruise around Milford Sound and Doubtful Sound to have a breathtaking view of them. When we go up close, we feel we are connected with nature.

As we took a cruise around Doubtful Sound, at one point the captain of the ship stopped the engine and asked us to have a moment of silence. He asked us to stand or sit still, with no clicking of cameras, and no movement on board. We took in the magnificent beauty of the surrounding waterfalls, mountains, sky, water, and the sound of the wind blowing, birds chirping, the water splashing, in utter silence. The experience in itself cannot be taken in photographs or videos. One has to be there to feel it.

Allah (swt) talks about the mountains at the time of the Thamud: "And they used to carve from the mountains, houses, feeling secure" (Quran 15:82).



Cruising on Milford Sound

The mountains give us a feeling of stability. Allah (swt) says in another verse in the Quran, where the bees are also given refuge in the mountains, "And your Lord inspired the bee, 'Take for yourself among the mountains, houses, and among the trees and (in) that which they construct'" (Quran 16:68).

The beauty of the mountains is only temporary. As we explore the Quran, Allah (swt) talks of the majesty of the mountains and what will happen to them: "On the day when the earth and the mountains will be in violent commotion. And the mountains will be as a heap of sand" (Quran 73:14).

This magnificent beauty of which we are in awe, will one day be a mirage: "And the mountains are removed and will be (but) a mirage" (Quran 78:20).

Just like the end of life of mankind, the mountains themselves will also be turned to dust.

"... and when the mountains will be blown away as dust" (Quran 77:10)

"... and the mountains will crumble" (Quran 56:5)

"... and the mountains will become



like tufts of wool" (Quran 70:9)

"When the mountains shall be set in motion" (Quran 81:3)

"... and the mountains shall be like fluffs of carded wool" (Quran 101:5)

As we travel, let us appreciate the signs that Allah (swt) has provided us. Let us ponder on his signs. This too will one day come to a close.

"So which of the favours of your Lord would you deny?" (Quran 55:38).



Kayaking on Doubtful Sound

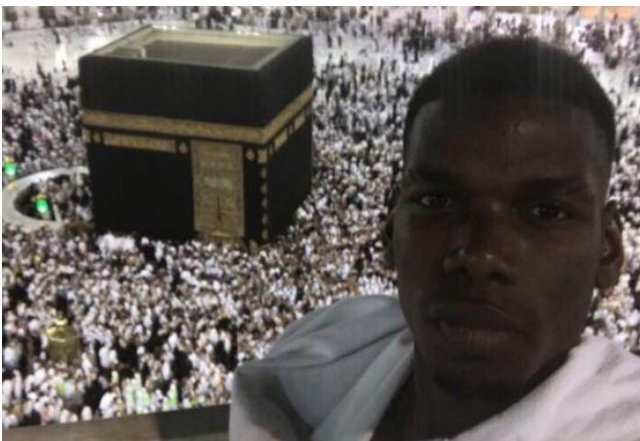
World's most expensive footballer performs umrah



With the Europa Cup



In Makkah



Selfie at the Kaaba

Paul Pogba was born in Lagny-sur-Marne, France, to parents from the Republic of Guinea, West Africa. Footballing genes obviously run in the family as his two older twin brothers are also both professional footballers, Florentin, the eldest, for French club Saint-Étienne, and Mathias for Dutch club Sparta Rotterdam and the Guinean national team.

Paul captained his nation to victory at the 2013 FIFA U-20 World Cup and took home the Best Player award. He debuted for the senior French national team in 2013 in a 3–1 win against Georgia, and scored his first World Cup goal in 2014 against Nigeria, winning the Best Young Player Award for his tournament. He represented his nation at Euro 2016 in France, where he scored one goal as France reached the final. In 2016, he became the world's most expensive footballer when Manchester United paid Juventus a fee reported to be £89m (about NZ\$155 m).

On 24 May this year, he lifted the Europa Cup as a member of the Red Devils after their 2-0 victory over Ajax. Pogba scored the first goal.

How did he celebrate? Pogba is a Muslim, and he took himself off to Makkah to perform umrah during Ramadan. He described it online as the "most beautiful thing I've seen in my life".

Islamophobia in Europe 1: Danish blasphemy laws

"Anyone who publicly destroys or desecrates in this country anything related to lawfully existing religious communities' doctrines or worships is punished with a fine or imprisonment for up to 4 months," 150-year-old clause 140 of Danish penal law stated. However, Denmark's parliament repealed this law on 2 June¹.

The law had been applied in a few cases involving Christianity and Judaism. In 1938, four people were sentenced for displaying anti-Semitic posters and in 1946 two people were fined after acting out a "baptism" at a ball in Copenhagen. Another prosecution attempt came 46 years ago in 1971, when two Denmark Radio producers aired a song mocking Christianity. They were eventually acquitted of all charges.

However, now that it comes to be applied to Islam, the law has been repealed. Earlier this year, a 42-

year-old man from northern Jutland posted a video of himself burning a Quran, dubbed, 'Yes to freedom – no to Islam.' "Consider your neighbour: it stinks when it burns," the man wrote in text accompanying the video. As a result of the repeal of the law, the man was freed and cannot be punished. "The legislature decided to repeal the Penal Code blasphemy clause on public mockery or scorn against a religion. Blasphemy was exactly the core of the charges against the 42-year-old. With his actions no longer being a criminal offense we cannot carry out the planned criminal proceedings, which are therefore cancelled. The accused will not be punished," said Attorney General Jan Reckendorff.

1 Denmark repeals blasphemy law, Koran burner walks free. RT, 2 June 2017. www.rt.com/news/390678-denmarki-blasphemy-law-repeal



Islamophobia in Europe 2: German attacks on Muslims

A report by RT¹ contains alarming figures of attacks on Muslims in Germany. A total of 208 anti-Muslim incidents were reported across Germany in the first three months of 2017. These included threatening letters, property damage, attacks on women wearing headscarves, online and verbal abuse, and two cases of physical injury.

However, the real figure may be much higher, because many crimes go unreported. "I assume that the detected offenses are only the tip of the iceberg," Ulla Jelpke, from the Left Party, said.

There were 32 anti-Islam rallies, mostly organised by the anti-immigrant movement PEGIDA, compared to 80 in the first quarter of 2016.

In September 2016, a man of German descent originally from Kazakhstan was beaten to death

near Bonn by four self-styled "refugee hunters." There were also 900 assaults on refugee centres recorded across Germany in 2016, over 850 of which may have been committed by far-right extremists, according to police. The statistics marked a fivefold increase from 2014 figures.

The German Defense Ministry has also launched investigations against hundreds of people over alleged far-right and extremist activity. In one recent case, two German soldiers and a 24-year-old student were arrested in connection with a plot to assassinate senior politicians, a false-flag attack they planned to pin on Syrian refugees.

1 Over 200 anti-Muslim incidents so far this year – German authorities . RT, 2 June 2017.

www.rt.com/news/390672-200-anti-muslim-attacks-germany



Islamophobia in Europe 3: German “cultural values”

In discussions about immigration and integration, German Interior Minister Thomas de Maiziere faced a barrage of ironic tweets from people on social media after trying to explain the main principles of German “Leitkultur,” or dominant culture¹. The term was coined in the 1990s by Syrian-German political scientist Bassam Tibi, referring to European values in general, including human rights and democracy.

De Maiziere’s comments are clearly aimed at Muslims. “We [in Germany] say our name, we shake our hands to greet each other ... We show our faces. We are not the burqa,” he wrote.

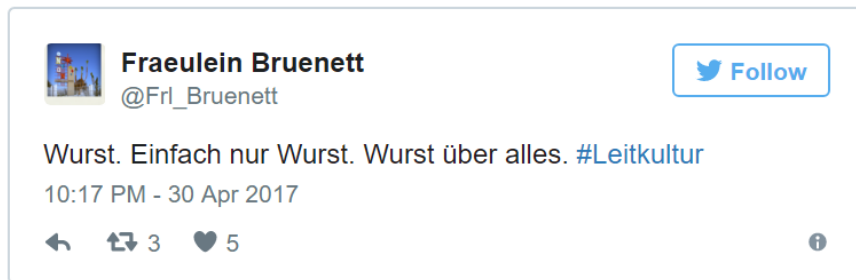
His comments provoked responses from other parliamentarians. Greens party member Jamila Schaefer countered that defining people by their homeland is the wrong approach. “A society is always changing – and one of the reasons for that is migration. I don’t think finding a way to live together peacefully is about preserving one culture.”

Commentators on social media adopted more tongue-in-cheek positions.

1 Michael Dalder ‘Only sausages’: Germans ridicule interior minister’s ‘dominant culture’ idea for integration. RT, 3 May 2017. www.rt.com/news/387033-sausages-germany-culture-maiziere



Thomas de Maiziere



The tweet says, “Sausages. Only sausages. Sausages above all.”



The tweet says, “No one wanted to shake hands with me at breakfast. Now I’m thinking if I could deport my family.”

Islamophobia in Europe 4: Austrian “cultural values”

More than 90,000 people have arrived in Austria since the start of the migrant crisis in 2015, most of them from Muslim-majority war zones outside Europe. The ruling centrist coalition has proposed imposing two laws on them¹. “Those who are not prepared to accept Enlightenment values will have to leave our country and society,” reads the text of the law that drew thousands of protesters to the streets earlier this year.

The first is a law that migrants must take language lessons in German; otherwise, benefits will be withheld. These are contained in a 12-month “integration course”, and are presented as a prerequisite for work in the country. “Work is one of the most important factors for successful integration, which is why we are not only breaking down language barriers with this policy – we are also creating a continuous integration concept for the first time,” said Social Democratic politician Alois Stoger.

The second is a ban on Islamic veils – either the burqa or the niqab – in public places, with a fine of €150.

Muslim migrants will also be expressly forbidden from distributing incendiary radical materials, and are encouraged to volunteer before they can get work permits.

The law was opposed by the left-leaning Green Party, which said that it scapegoated refugees, and the nationalist Freedom Party, which called it a window-dressing for deeper integration issues.

The law may not be voted in, because the centrist coalition that proposed the legislation has since collapsed, triggering an early election in October.

1 “‘Enlightenment values’: Austria enacts anti-burqa & compulsory integration law’. RT, 9 June 2017. www.rt.com/news/391753-austria-burqa-ban-integration



The good news from Austria

Demographics

About 59% of Austria's population are Roman Catholic, with another 6% Eastern Orthodox Christians and 4% Protestants¹. Islam is the country's second largest religion with 7%. Most Muslims came to Austria during the 1960s as migrant workers from Turkey and Bosnia and Herzegovina, and there are also communities of Arab and Afghan origin. Austria was the first Western European country to regulate the religious freedoms of the Muslim community with the Act of Recognition of 1912. There are plenty of Austrians (or whatever religion) who are of migrant backgrounds, about 22% of the country's 8.7m population. The percentage of Muslims is likely to increase because demographic profiles and birthrates mean that they are overrepresented among the young.

Austrian Muslims condemn terror

It was reported in the May 2017 issue of Rocket Science that Muslims have been condemning attacks carried out in the name of Islam for years. The website Muslims Condemn (muslimscondemn.com) proves this.

In similar vein, 300 imams representing the mainstream Islamic Religious Authority of Austria have condemned such violence². In June, 180 imams gathered in Vienna for a signing ceremony, and an additional 120 endorsed the declaration through email.

The declaration "condemns terrorist and extremist acts of violence all over the world," and "holds that the atrocities of the Islamic State terrorists are contrary to Islam and must be condemned most severely."

It placed particular attention on reaffirming Austria's secular values.





The banner reads, "United against extremism and terror!"

"We emphasize the adherence to constitutional principles in the Republic of Austria, including the equality of all citizens before the law, pluralism, democracy and the rule of law," the declaration says, which insists that "freedom is an indispensable asset for people and that the task of every society is to work for freedom at any time and place. ... Every Muslim man and Muslim woman is to play an active part in the security and peace of the country and its citizens. ... We call upon Muslims to participate actively in various social spheres."

But the declaration says that there is no deeper integration issue presented by Islam, insisting that "terrorism cannot be attributed to a religion, an ethnicity or a culture" and stating that "terrorists misuse our peaceful religion of Islam to reach their political goals."

Hijabi for a day

In the face of rising discrimination and attacks against Muslims, especially females, the Austrian president Alexander Van der Bellen has said that there may come a day when all women are asked to wear headscarves out of solidarity³. He believes it is "every woman's right to wear whatever she likes. ... if this continues... with the widely spreading Islamophobia, the day will come when we have to ask all women to wear a headscarf – all – out of solidarity to those who do it for religious reasons."

1 Religion in Austria.
en.m.wikipedia.org/wiki/Religion_in_Austria

2 'You are Islam's black sheep': 300 Austrian imams condemn ISIS terrorists. RT, 14 June 2017.
www.rt.com/news/392285-austria-imams-condemn-isis

3 'All women' could be asked to wear headscarves in 'solidarity' with Muslims – Austrian president. RT 27 April 2017.
www.rt.com/news/386378-austrian-president-women-headscarves



Alexander Van der Bellen

Drugs in southern Thailand

The three provinces of Pattani, Yala and Narathiwat in southern Thailand, bordering Malaysia, are predominantly Muslim. A new problem has emerged in these provinces in recent years: drugs¹. Known as kratom, it contains four main ingredients – the leaves of a local plant known as kratom, cough syrup, Coca-Cola and ice. It is sold for around 100 Thai baht. There are an estimated 80,000 to 100,000 drug users in Thailand's southernmost provinces, about 5% of the population, most of them aged between 14 and 30 years old.

A recent survey found that more than 80% of people living in those provinces feel that drugs is their most pressing issue, and want the government to solve it. Apart from the addiction, there are three problems: theft, divorce and insurgency.

"Most people here are farmers, and things get stolen when they go to bed and no one's minding the fields," said Samart Lakatap, a probation officer in Narathiwat province.

Infidelity used to be the leading cause of divorce among Muslims in Thailand's southern province of Pattani. That has recently changed as a growing number of women face neglect as a result of their husbands using drugs. "Nowadays, when a man makes a marriage proposal, the first question the father will ask her daughter is if [her boyfriend] takes any drugs," said Ahama Hayeedermee, secretary of Pattani's Islamic Council.

The Thai military government has claimed that security issues in the insurgency-torn south have

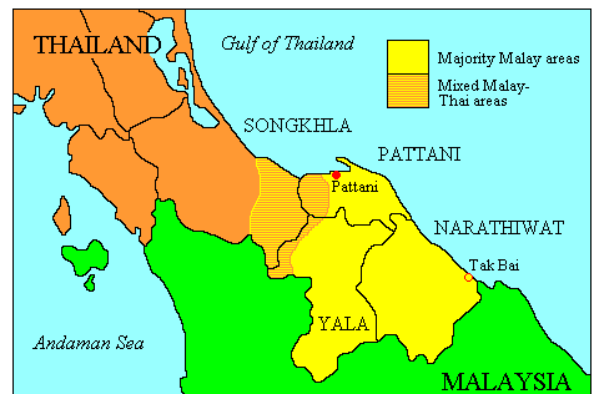
prevented them from solving drug-related issues in the region.

That led to a "secret" report submitted by the national security council to the cabinet in 2009, which included claims that insurgency groups used drugs to influence youth to join their groups, and also used money from the drug trade to sponsor their violent activities.

Education is considered the answer. "A crackdown accomplishes very little, it is impossible for them [drug users] to quit because they are already addicted," said Col Suwan, director of the Internal Security Operations Command drug prevention training centre in Pattani's Yarang district. The Yalannanbaru project, which means "the new path" in Malay, started in 2007 as a project to educate youth with risks of developing a drug addiction. There are currently 2,512 volunteers in 352 villages, with the number next year expected to reach 20,750 volunteers in 2,075 villages.

In one village, Ban Uyib, rules were established where both drug buyers and sellers will be fined and reported to the police. The rules, which came into effect in March, were printed on a vinyl board and placed at the mosque.

1 The drug addictions devastating Thai villages. BBC News 13 June 2017. www.bbc.com/news/world-asia-40081330





Zara Faris

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)

1 & 2 July

Quran: 1: 1-7 Al Fatihah – the opening.

Clip: Fast the 6 days of Shawwal

Lecture: Continuing the path after Ramadan by Abdul Rahman McCarthy.

Feature: The untold history of Islam by Abdullah Hakim Quick.

Documentary: Every moment every second miracles happen part 1.

8 & 9 July

Quran: 1: 1-7 Al Fatihah – the opening.

Clip: Fast the 6 days of Shawwal, God guides whom He wills.

Lecture: Struggling against materialism by Yasmin Mogahed.

Clip: Get through hard times with patience.

Documentary: Every moment every second miracles happen part 2.

15 & 16 July

Quran: 1: 1-7 Al Fatihah – the opening.

Lecture: Islamophobia: The trials facing Muslims today by Yasir Qadhi.

Documentary: Every moment every second miracles happen part 3.

22 & 23 July

Quran: 1: 1-7 Al Fatihah – the opening.

Lecture: Islamic brotherhood by Tawfique Chowdhury.

Clip: Allah is all I need.

Documentary: Every moment every second miracles happen part 4.

29 & 30 July

Quran: 1: 1-7 Al Fatihah – the opening.

Lecture: The concept of Hijab by Zara Faris.

Feature: My hijab story.

Documentary: Every moment every second miracles happen part 5.

Clip: What is the secret of success.

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

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

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

Asr 2: Hanafi school (double shadow length)

Whoever misses asr prayer, it is as if he has lost his family and his wealth. (hadith Sahih Bukhari narrated by Ibn Umar, ra)

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)