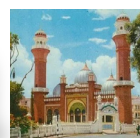


The Friday Bulletin



The Weekly Muslim News Update

Ramadhan: Watch out for new moon, Chief Kadhi urges Muslims

The Chief Kadhi, Sheikh Abdulhalim Hussein Athman, has called upon Muslims across the country to keenly watch out for the crescent moon on the evening of Sunday, March 10 and Monday March 11.

He pointed out that Kenyan Muslims should rely on physical sighting of the moon to mark the start and end of fast as per Islamic teachings, whoever sights the crescent with the naked eye by then should report to the nearest Kadhi and register their testimony, or report to the local Imams of their area so that the moon-sighting committee, chaired by the Chief Kadhi, can make the official announcement to mark the beginning of Ramadhan. "Whoever sights the moon or is in possession of reliable information should cooperate and share it with the local Imams or the nearest Kadhis so that the moon-sighting committee, chaired by the Chief Kadhi, can make the official announcement to mark the beginning of Ramadhan," he said.

Muslims anticipate the end of Shaaban, the month preceding Ramadhan, by watching for the absence or presence of the crescent moon, which indicates the continuation of Shaaban or the beginning of Ramadhan.

Speaking to the Friday Bulletin, Sheikh Abdulhalim said that an initiative seeking to end the incessant differences witnessed during moon sighting has been launched and called for cooperation and unity among Muslims.

The Chief Kadhi noted that the moon-sighting committee has developed an inclusive structured mechanism on the issues of moon sighting with representatives drawn from across the country, saying this will build confidence and faith in the decisions made by the committee.

The Judicial Officer expressed optimism that the initiative will achieve its goal of bringing Muslims together, thereby ending the differences which have for many years been seen as the main symbol of Muslim disunity. "This is a matter that threatens the unity of Muslims, and we want to resolve it once and for all," he

said.

The divisions related to the sighting of the crescent - local vis-a-vis international sighting - are not unique to Kenya but are a global phenomenon that have been in

existence for centuries and are no doubt not expected to end in the foreseeable future. The start of Ramadhan is determined by the lunar calendar, which, unlike the Gregorian calendar, follows a 29- or 30-day cycle determined by the cycle of the moon.

Jamia Ramadhan Quiz Show Kicks-Off

TOP: Sheikh Ratib Abdunoor posing questions to participants during the Ramadhan Quiz show that will start airing on Horizon TV during Ramadhan on weekdays from 5:00pm-6:00pm and weekends from 2:00pm.

INSET: The judges Sheikh Muhammad Abdallah, Muslim Chaplain at University of Nairobi and Director of Da'wah Jamia Mosque Nairobi Sheikh Muhammad Sheikh following proceedings during the quiz.

Participants are drawn from over 20 high schools and higher learning institutions.

Palestine: Muslim Leaders unites in aid campaign

In a remarkable show of unity, several Muslim leaders from various organizations, including the Deputy Chief Kadhi of Kenya, the National Muslim Leaders Forum (NAMLEF), the Council of Imams and Preachers of Kenya (CIPK), and Jamia Mosque Nairobi, gathered at the Jamia Multipurpose Hall on Sunday to unveil the "Voices for Palestine" campaign.

This initiative aims to provide aid to Palestinians and raise awareness of their ongoing struggles.

During the event, a press release was issued condemning Israel's military campaign

in Gaza, which has resulted in significant loss of life, destruction of property, and mass displacement. The leaders, led by Jamia Mosque Committee member and former senator Billow Kerrow, described the Israeli actions as "genocide" targeting the Palestinian people.

"We are all aware of the humanitarian catastrophe in Gaza, which has faced daily relentless bombing by Israel for more than four months now," the press release stated. "These acts constitute genocide committed by the Israeli Authorities. More than 30,000 people have died, the majority being women and children."

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MPs probe Daystar University over LGBTQ, religious discrimination

In a recent development, Daystar University found itself under the legislative microscope after accusations of promoting LGBTQ rights in its curriculum and infringing upon the re-

ligious freedoms of Muslim students surfaced.

Last week, National Assembly Speaker, Moses Wetangula, took decisive action by

directing the Education Committee, headed by Tinderet Member of Parliament Julius Melly, to launch a thorough investigation into the allegations leveled against Daystar University.

Education Cabinet Secretary Ezekiel Machogu has been summoned to appear before the committee within a fortnight to address the concerns. Speaker Wetangula further instructed Secretary Machogu to dispatch a team for an on-site investigation at Daystar University to ascertain the veracity of the claims. "Go and find out these allegations," Wetangula directed, "I'll direct the clerk to avail you the hansard report of what Nyalii MP Mohammed Ali has said. You will be at liberty to also call the member and discuss with him and appear before the committee of education."

The allegations were brought to light by Nyalii MP Mohammed Ali, who raised concerns regarding malpractices at Daystar University, including reports of withholding marks from students who opted out of attending chapel services. Ali vehemently condemned such actions, urging the Education Cabinet Secretary to ensure that university policies align with constitutional provisions. In response to queries in parliament, CS Machogu refuted claims of mark withholding based on religious attendance, citing a university statement that clarified the expectations outlined in the code of conduct signed by students upon admission. According to Machogu, while students are required to attend chapel services as per university policy, the release of marks is not contingent upon attendance.

Nonetheless, MP Ali, after a personal visit to Daystar University, affirmed that Muslim students were indeed being compelled to attend chapel services. MP Ali further sounded the alarm on the alleged infiltration of LGBTQ agendas in university curricula, urging vigilance from the Ministry of Education. He questioned the appropriateness of assigning tasks related to LGBTQ topics to students and called for a broader examination of similar practices across various educational institutions.

Jamia organizes two-day Zakah workshop

On Tuesday, Jamia Mosque Nairobi hosted a Zakah workshop that brought together Imams and Muslim community leaders to discuss the institution of Zakat. The two-day workshop, held at the Jamia Multi-purpose Hall, also organized a sensitization forum for Muslim women on Wednesday, calling for organized collection and distribution of Zakat to eradicate poverty in the Muslim community and bring about a paradigm shift in social empowerment.

The workshop's main objectives were to provide a foundation for subsequent chapters, outline the general principles, meanings, and rulings that govern the laws of Zakat, disseminate knowledge on Sharia aspects of Zakat collection and distribution, the legal and administrative aspects of Zakat collections and distribution, and the challenges.

Guest speaker Dr. Islam Muhammad Salim stressed the importance of Muslims fulfilling their obligation towards Zakah, noting that it is one of the five pillars of Islam and an obligatory practice for every adult Muslim of sound mind and means. Dr. Islam, a member of the Majlis Ulamaa of Jamia Mosque Nairobi, emphasized the importance of Zakat in creating a balance in society and economically empowering the poor and needy.

Dr. Islam explained that Zakat has multiple objectives highlighted in both the Quran and Hadith, such as purifying and blessing a Muslim's wealth and soul and promoting economic balance by transferring wealth from the rich to the poor. He stated that these systems have had a positive economic and social impact on society and that Zakat can

cleanse jealousy and hatred for recipients while liberating them from material needs.

Dr. Islam emphasized that Zakat is a systematic way of assisting the poor and needy in society and, if implemented correctly, can address social and economic problems. He stressed that Zakat is an instrument of economic empowerment that should be practiced by Muslims to empower the unprivileged in society.

During the workshop, participants were also taken through Zakatable assets such as gold and silver, crops and fruits, earnings of trade, and other business enterprises. Other topics of discussion included Islamic charity work, Zakat calculation, management, and distribution knowledge, systems, and strategies.

Allah commands Muslims to pay Zakat on their total wealth in excess of Niswab (minimum wealth) to the poor and needy for the benefit of the society's social and economic welfare. Wealthy Muslims, as a matter of obligation, are liable to pay 2.5% of their annual net wealth in Zakat to satisfy the needs of all those who cannot afford the basic necessities of life.

Zakat is payable from personal wealth, business, and exploited assets, such as assets rented for profit, means of transportation, plants, and equipment used for producing goods and services.

It is also payable from salaries and professional fees. Farmers pay 10% (mainly cereals), but if irrigated, 5% is payable, and Niswab for cattle is 30 while goats and sheep is 40.

13th edition of Jamia Quran Competition for next week

The much-awaited Jamia Mosque Nairobi Quran Competition is back for its 13th edition, with over 77 participants from more than 50 Madrassas in Nairobi set to compete in the annual competition.

The competition will take place at Jamia Mosque (Nairobi) starting from next Thursday, March 14th, and will be divided into four categories: the five Ajzaa, ten Ajzaa, 15 Ajzaa, and the whole Quran.

The five and ten Ajzaa category competitions will kick off on Thursday, March 14th, while the 15 and whole Quran Ajzaa category competitions are scheduled for Saturday, March 16th.

The awarding ceremony for the winners of this year's event and the subsequent closing ceremony will be held on Sunday, March 17th and will be live-streamed from Jamia Mosque's premier TV station, Horizon Tv, starting at 10 A.M.

Officially launched in 2011, the Jamia Mosque Nairobi Quran Competition is an annual event held during the Holy Month of Ramadhan.

The competition began with elimination rounds in zonal competitions, where the top three boys in each category from their respective zones compete against the top three from other zones.

This year, Masjid Al-Farouk (Pumwani) hosted the first stage of the zonal competitions, followed by Biafra, Masjid Salaam (South C), Masjid Al-Ameen (Juja Road), and Masjid Al-Aqsa (Komarock), with a total of five zones participating in the boys' zonal competitions.

Moreover, the girls' competition will start on March 21st for the five and ten Ajzaa categories, with the 15 ajzaa and Whole Quran category competition taking place on March 23th. The awarding and closing ceremony for the girls' event is set for March 24th in the afternoon.

The Jamia Quran Competition is a highly anticipated event that showcases the dedication and commitment of young Muslims in learning and understanding the Holy Quran, as well as the importance of religious education in their lives.

Muslim Leaders unites in a Humanitarian Campaign

Continued from page 1

Despite calls for a ceasefire from the global community, Israel and its allies have ignored these pleas and continued with their attacks. Kenya's Deputy Chief Kadhi, Sheikh Sukyan Omar, urged the audience to stand up for the oppressed, emphasizing that Islam advocates for peace and the protection of the weak.

Abdullahi Abdi, the chairperson of NAMLEF, called on Muslims and everyone to be proactive in championing the rights and freedoms of Palestinians. He also called for a review of the United Nations Security Council guidelines, which he believes have been used by Israel's allies to prevent the international body from ending the bloodshed.

The leaders announced a series of measures to support the Palestinian cause, including boycotting Israeli products and businesses, organizing demonstrations, lobbying the government to intervene, and raising funds to provide humanitarian aid to the Palestinians. To support the noble cause, donate through PAYBILL NUMBER 150770, Account Number: Gaza

The A to Z of the Holy Month of Ramadhan

By Afifa Jabeen

We are blessed to benefit from yet another holy month in our lifetime. Ramadhan is nearly here and we all are spiritually charged and excited to receive unlimited bounties. It is the time of the year when we try to please Allah and are rewarded with the limitless mercies of Allah.

If you haven't felt the thrill yet, then read on. Listed below are the A to Z of Ramadhan, the benefits, wisdom and lessons one learns from the fasting bonanza.

Abstinence

As-Siyam or fasting means to "abstain from something." In Ramadhan, one should abstain from food, drink, marital relations and other actions that displease Allah, from dawn to dusk with the explicit intention of doing so for the sake of the Almighty.

Blessings

The blessings and benefits of Ramadhan fasting are too many to be listed. Some of these include: The blessed Holy Quran was revealed in this month, the doors of the heaven are opened, while the doors of the hell are closed and the devils are chained.

Charity

The benefits of charity to the poor and needy are tremendous. Ibn 'Abaas said: "The Prophet (peace be upon him) was the most charitable among the people, and he used to be more so in the month of Ramadhan when Jibreel used to meet him on every night of Ramadhan till the end of the month." (Bukhari)

The Prophet said: He who gives food for a fasting person to break his fast, he will receive the same reward as him, without nothing being reduced from the fasting person's reward. (Tirmidhi)

Du'a

Ramadhan is a great time to make dua (supplication). A dua list will ensure that you will not miss out on any important dua that you want to make to Allah during this holy month. The Messenger of Allah said: The dua of the fasting person will not be refused. (Reported by Bayhaqi)

Eid

With the sighting of the moon at the end of the month comes the Eid Al-Fitr. It's like the cherry on top of the cake as it's a celebratory time that includes buying new clothes, parties, rides for kids and exchanging gifts with family members and friends.

Forgiveness

Ramadhan is the best time to forgive and be forgiven. The Prophet said: Every son of Adam sins and the best of the sinners are those who repent. (Ibn Majah). Allah provides many opportunities to repent to Him and seek His forgiveness.

Gheebah

The Prophet said: Whoever does not abandon falsehood in word and action, then Allah has no need that he should leave his food and drink. (Al-Bukhari) We must pay attention to the purification of our manners. Backbiting and slandering is forbidden and it is like eating the flesh of one's dead brother.

Therefore stay away from Gheebah to realize the true spirit of fasting.

Health

Fasting overhauls the body during the holy month. It speeds up the metabolism and improves brain function, because it boosts the production of a protein called brain-derived neurotrophic factor. It encourages Muslims to take care of their health and to build strong bodies.

The Prophet said: A strong believer is better and is more beloved to Allah than a weak believer, and there is good in everyone. (Muslim)

I'tikaf

It means seclusion and staying in the mosque with the intention of becoming closer to Allah. The Prophet would perform I'tikaf for 10 days every Ramadhan. In the year that he died, he performed it for 20 days.

Jannah

It is one of the ultimate goals of all Muslims. Ramadhan is essentially a shield from the hell-fire. The Prophet is reported to have said about Ramadhan: An angel calls out: 'O you who intend to do good deeds, have glad tidings. O you who intend to do evil, refrain, until Ramadhan is completed. (Ahmad and Nasa'i)

Kibr

Kibr is when a person feels a sense of superiority and behaves high-handedly with others. The Prophet said: Never can the person who possesses a speck of pride inside his heart enter Paradise. One should refrain from pride and self-glorification in Ramadhan to please Allah. The act of fasting itself helps us to attain humility and get rid of arrogance.

Laylatul Qadr

The Night of Qadr is greater than 1,000 months of continuous worship; that's over 83 years. Many will be freed from the hell-fire and granted Jannah on this night. Believers should therefore increase their worship, especially during its last third part when Allah descends to the lowest heavens asking for those who seek His forgiveness.

Miswak

Using the miswak is Sunnah when fasting and otherwise. However, a fasting person must be careful not to swallow anything.

Niyah

One should be extremely mindful of his intention of fasting and do it only for Allah. The Prophet said: Whoever fasts one day seeking the pleasure of Allah, if that is the last day of his life, he will enter Paradise. (Ahmad 5/391)

Obligatory Deeds

The reward of an obligatory deed in Ramadhan is multiplied by 70 while a non-obligatory



action commands the reward of obligatory action in this blessed month. This is a once-in-a-year opportunity to upgrade our rewards collection, thereby improving ourselves.

Piety

Allah legislated fasting for gaining Taqwa (piety). Taqwa in this case means to make a shield between oneself and Allah's anger and hellfire. The purpose is met when at the end of the fasting day we are able to fear Allah more and as a result are able to protect ourselves from the hellfire.

Qiyam Al-Layl

Numerous Quranic verses and prophetic narrations mention the excellence of the night prayer and the merit of those who perform it regularly. Abu Huraira said: "I heard the Messenger of Allah say: 'The one who does Qiyam in Ramadhan with faith and sincerity, all his/her sins will be forgiven.'"

Rayyan

There is in Paradise a door called Rayyan. It is for the fasting Muslims. Only those who fasted the month of Ramadhan will be able to enjoy the bliss of Paradise inside that area.

Suhoor

Suhoor is the pre-dawn meal taken before the time of Fajr. The Prophet encouraged us to take suhoor by saying: Have suhoor, for in suhoor there is blessing (barakah). (Bukhari)

Taraweeh

Special prayers after Isha during Ramadhan are called Taraweeh. It is strongly recommended that both men and women attend the prayer in congregation as Taraweeh is a means for forgiveness of the sins.

Umrah

The one who does Umrah in Ramadhan will attain a reward equal in amount to that of Haj.

Vision

Many young Muslims are clueless about what they should do in Ramadhan. It is therefore important to have a vision, not only

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Expecting & nursing mothers in Ramadan: Worship of a different kind

Maria Zain

When Mariam gave birth to her first child, Ramadhan was only a few days away.

For the first time, she found out what it was like not to fast during the holy month – for the whole month. She would spend hours in her room adjusting to life with a newborn.

Her cycles included nursing, napping, tending to a crying baby, sleeping and waking again and again for more nursing sessions, diaper changing, the daily bath, and more naps. Needless to say, the joy of having a newborn was overwhelming.

At the same time, having to trawl through Ramadhan with a baby with erratic mood swings was also very tiring, not to mention the feeling of being lonely.

While everyone else was busy celebrating Ramadhan by attending lectures, joining Qur'an circles, and participating in other worship, Mariam felt she was missing out on so much. Even suhur and iftar were not part of her schedule, as life adjusted around her baby.

She felt she could not even participate in the simplest worship of breaking fast, let alone fasting and performing Tarawih at night.

Mariam didn't realize that the ease of Ramadhan vanished quite a bit after becoming a mother, as her daughter grew.

Mariam was tasked with taking care of a nursing toddler the following year, and was also expecting another baby girl, which gave her the flexibility of not fasting during Ramadhan. And as the years passed, her family multiplied, turning Ramadhan into a whole different experience all together.

Many mothers go through these long phases of pregnancy, post-partum, and breastfeeding, giving them leave from the worship of Ramadhan. While the flexibility is there, Ramadhan really does come with a different form of "hardship."

Taking care of young children who have multiple needs, not to mention that they are always hungry, even if they've already passed the stage of nursing. It is very tiring and a great test of patience.

You Can Still Do Your Best

While it is only forbidden to fast during post-natal periods of bleeding, expecting and nursing mothers are also exempt from worship. Scholars differ in their opinions as to whether they need to make up all the days that they miss or may just pay a "fine" by feeding those less fortunate.

Regardless of the opinions they follow, here are a few ways for mothers to partake in Ramadhan, even if it involves different forms of worship.

1- Taking a change of mindset

It may not be easy to go through Ramadhan while everyone is busy with worship and you're the only one wearing a baby around the house who needs to nurse every 20 minutes. In fact, fasting while raising toddlers, one of whom still needs to be breastfed throughout the day, is not easy at all.

But take heart, and take a change of mindset—as a mother to little children, or an expecting mother even—you're on a special route of worshiping yourself. Carrying your baby in your womb gives you the automatic status of a martyr, as does breastfeeding through the first few weeks.

After that, Allah knows well how much you would like to fast and perform Taraweeh in congregation but may not be able to.

Take heart; Allah knows and understands completely. You are worshipping Allah, just by the situation you are already in.

2- Set your reasonable goals

Everyone is different, so it is needless to compare with who is doing what during Ramadhan.

If you're able to give to charity, by all means go ahead – even if it only means promoting charitable endeavors online.

If all you can manage is watching Islamic

lectures on YouTube, then stock up on them while Ramadhan lasts. Download your favorite Qur'anic recitation, and listen to the Qur'an, if you're unable to find time to read a page.

Recite Dzikr every day – that is also a form of worship and a good one too – for Allah remembers those who remember Him.

3- Talk to your baby about Ramadhan

As silly as it sounds, newborns retain everything they hear from birth. In fact, they may understand more than we already know.

Talk to your baby about Ramadhan, and if you have older children, tell them stories about the holy month, and read books together. Insha Allah, they will grow up loving Ramadhan as much as you do and will appreciate the month for having spent it with their mother.

4- Prepare meals

early on

If it's possible, buy in bulk so you don't have to leave the house too often.

Children often need frequent snacks and set meals; cook in bulk so you don't have to spend too much time in the kitchen every single day.

Many meals can double as iftar as well as suhur for those who are fasting. If you have to leave the house, pack small snacks in zip-lock bags or tupperware for the children.

5- Make the best of your own Ramadhan

Remember, at the end of the day, every single person walks down his or her own path and endures their journeys.

Such journeys are designed by the Planner of All Things, and we should be grateful that we are given the chance to enjoy one whole Ramadhan, even if we feel we haven't performed to the best of our abilities.



Pack Potatoes

Servings: Serves 2-4

A coastal favourite, this spicy snack is sold on just about every corner of the island of Old town in Mombasa. It is commonly known as viazi karai. Ideal as a snack or starter during Ramadhan, a very unique way of making potatoes.

Ingredients for Potatoes & Chilli Paste

- ▶ 500 gm potatoes
- ▶ 2 tsp chilli powder
- ▶ 1 tsp salt
- ▶ juice of 1 lemon (or as needed)

Ingredients for Batter

- ▶ 1 cup gram flour/besan flour/chickpea flour
- ▶ 1/2 tsp salt ▶ 1/4 tsp garlic paste
- ▶ 1/4 tsp chilli powder (optional)
- ▶ water as needed

Instructions

Boil the potatoes until tender, peel and quarter them.

Make a thick chilli paste by mixing the chilli powder, salt and lemon juice.

Slit each potato piece in the centre but do not cut all the way through. Using the tip of a knife, scoop some chilli paste and dab it in the slit, so that the chilli paste is sandwiched in the middle of the potato quarter. Continue until all are done. Set aside.

In a bowl, add the gram flour, salt, garlic paste and chilli powder. Then slowly add water a little at a time while stirring or whisking until you have a smooth and runny batter. Not too watery, there should be a bit of thickness to it.

Heat oil in a deep wok or frying pan. When hot, dip and roll each potato piece into the gram flour batter to coat then gently put this into the hot oil and fry until nice and golden. Remove into a strainer then place on tissues/kitchen towels to blot out excess oil.

Enjoy!

Getting ready for your first Ramadan

By Amal Stapley

If you're a new Muslim and haven't experienced it yet, you've probably got a million-and-one questions going round your head about it and you're possibly wondering how on earth you'll manage.

You may be wondering: How will I adjust to those long hours without food?

How will I manage to do all the things I usually have to do on a daily basis when I'm not eating and drinking?

And on top of that, how will I be able to fit all those extra activities in that people are telling me about?

As a new Muslim, you're probably keen to please God as much as you can and you want to get your fasting right. But how will you cope if you've never done it before?

And also, how will your friends, family and co-workers react to you fasting?

The major comfort you can take is that millions of people have done it before you and survived and received the blessings of this special month, and millions will do it after you. Whatever challenges you will face, someone else has managed the same challenges.

God guided you to Islam and He knows what you can bear and He never tests you with something you can't cope with. And fasting is the only thing He asks you to do for Him:

"Allah said: 'Every deed of the son of Adam is for him except fasting; it is for Me and I shall reward for it...'" (Al-Bukhari and Muslim)

So how will you manage?

Like anything new, the best thing to do, to make it as easy as possible, is to prepare for it. Below are some ideas that may help you that others have tried in the past.

Preparing Yourself Psychologically

The thought of fasting will probably seem quite strange to you at the moment, unless you have had contact with other people fasting previously, so you might feel a bit nervous and apprehensive about it. You can reduce these feelings by finding out more about fasting and what it entails. Some of the ways you can do this are:

- **Talk to Muslims who have fasted before:** It will be particularly helpful if you can meet up with or talk to other new Muslims to find out about their experiences.

- Read introductory information about Ramadan: Reading information such as A Beginner's Guide to Ramadan and other information will help to dispel a lot of worries.

- **Listen to talks about Ramadan:** There are lots of talks that you can access on the internet now. You may also find that there will be talks at your local mosque that will help to prepare you.

- **Start getting rid of bad habits now:** If you are someone who is prone to swearing, lying, backbiting or any other bad habits, become more aware of what you're doing and try to curb the habit before Ramadan. And, if you typically waste many hours in front of the television, start gradually replacing this

with more beneficial activities.

- **Free-up your diary for Ramadan:** Try to clear your diary as much as possible during Ramadan, so you can spend more time concentrating on spiritual matters. Reschedule non-urgent activities before or after Ramadan.

Preparing Yourself Physically

Physically, the major change during Ramadan is the change of routine, you'll be eating at different times and probably waking much earlier than you're used to. So rather than wait until Ramadan arrives and suddenly expect your body to cope with the changes, if you start getting into training now, it will be much easier when you actually have to do it. Here are some suggestions:

- **Consult your doctor if you're taking regular medication or have health issues:** It's always wise to have a chat with your doctor before you start to fast, to make sure that it won't harm you. The scholars have said that if you are sick, it's disliked to fast if it will be very difficult for you, and it is forbidden to fast if it will harm you. So if a trustworthy doctor says that you can fast, you should do your best to do so.

- **Start adjusting your sleeping pattern now:** This will make it easier for you to wake up on time to eat Sahoor (the pre-dawn meal) before the Fajr Prayer time when Ramadan arrives. So now, instead of leaving it to the latest time to pray Fajr, start praying towards the beginning of the time. You could even try getting up and doing a few units of Night prayer before Fajr to get your body used to getting up early. (You can always go back to sleep after you've prayed!)

- **Start having an early breakfast:** Some people say that one of the most difficult things for them is to have a good breakfast at the start of the fasting day, as they aren't used to eating a lot in the morning. Practice having a nourishing breakfast as early as you can before Ramadan comes to get your stomach used to it. If you're not sure what to eat, click here to get a good guide to healthy eating while fasting:

- **Reduce your caffeine intake:** If you habitually drink a lot of tea or coffee, it's a good idea to start reducing the amount you drink before Ramadan, so you'll avoid having headaches when you're fasting. Maybe even substitute decaf versions in increasing amounts.

- **Get rid of bad habits in advance:** If you're still smoking, work out a plan so you can stop before Ramadan. Likewise, if you



regularly chew gum, take this opportunity to stop before Ramadan arrives.

- **Practice Fasting:** The first three days of fasting are usually challenging for most Muslims until their body adjusts to the routine, but as you have probably never fasted for a full day, let alone for 12 hours, it will help if you do some practice fasts beforehand.

Preparing Yourself Spiritually

Ramadan is not only a month to control your physical desires; it's also a month to focus on spiritual matters too. If you can start preparing from now, it will give you a head start when the blessed month finally arrives.

- **Focus on your prayers:** If you aren't yet praying all the five daily prayers in full, make a concerted effort to learn them before Ramadan comes. In this way you'll be able to get the extra reward for the prayers during Ramadan and you'll also find it easier to join in with Tarawih (the special Ramadan night prayers) and also the other congregational prayers.

- **Get in the habit of spending time with the Quran daily:** Even if you can't read Arabic yet, just spend some quiet time with the Quran on a daily basis, contemplating its meanings.

- **Learn some Ramadan Dua (supplications):** Try to learn some of the special Dua related to Ramadan, such as those said when breaking the fast or when you're invited to break your fast at someone else's house.

Preparing Your Family and Friends

For those of you who have told your family, friends and co-workers about your conversion, explain to them what you will be doing during Ramadan and help them to understand it as well as you can. They may find the whole idea of Ramadan difficult to accept. As food and drink is such an essential part of most people's daily life, they may find it hard to accept you not eating and drinking for such a long period of time.

- **Be patient with them:** Try to remember back to a time when you may also have thought like they do.

Islamic teachers' colleges appeals for laptops

Islamic Teachers' Training College in Miskindani, Mombasa, is appealing for well-wishers and donors to step forward and assist the institution in acquiring laptops.

The laptops would allow the teacher trainees at the college access to the online work and resources that comprise their academic courses, and also enable students to complete homework, research, and study while at the institution.

According to the Chairman of the Board of

Management, Sheikh Omar Said Muhammad Lali, there is a fear that the majority of Diploma teacher trainees at the Islamic college may miss sitting for assessment exams due to lack of laptops.

He pointed out that the majority of the trainees



are from poor families who are struggling with fee arrears, and that the failure to procure these essential devices could bar most of the trainees from crucial certification examinations. "I appeal to people of authority, people of wealth, and people of ability to come forward to offer support to the college and trainees from poor backgrounds to purchase the laptops because failure to procure these essential devices could lead to majority of teacher trainees being barred from crucial certification examinations," he said.

Sheikh Omar further added that the other main challenge facing teacher trainees' smooth progression is financing their studies, as the majority of the students are self-sponsored and from poor families who have difficulties paying fees.

He appealed to Islamic financial institutions and Muslim organizations to offer scholarships and bursaries to needy teacher trainees in the Muslim community to pursue their education and training.

The Chairman of the Board of Management emphasized that Muslim students from poor backgrounds require incentives such as scholarships and bursaries from Islamic corporates to attract and motivate them to take teaching as a profession. Sheikh Omar further called on Muslim educationists and professionals to educate parents and youth in the Muslim community about the prospects of teaching as a profession as a means of reorienting them to pursue the course.

KNEC has given the trainee teachers until April 30, 2024, to acquire the gadgets or risk being barred from the assessments, which are vital for their certification. In a notice addressed to all Principals of Diploma Teacher Training Colleges, KNEC directed teacher trainees to obtain laptops to facilitate their participation in this year's assessments.

The Council has outlined eight minimum specifications for the laptops required for the online assessment tests. These include a licensed Windows 10 version 22H2 and above, a 14-inch screen with a minimum resolution of 1920×1080, an integrated webcam, 256GB SSD or HDD, and 8GB memory.

For more information and details, contact the Chairman of the Board of Management, Sheikh Omar Said Muhammad Lali, at 0722764688 or the Principal of Islamic Teachers' College at 0768331507.

Don't evict and disinherit widows, chief Kadhi urges Muslim families

The Chief Kadhi, Sheikh Abdulhalim Hussein Athman, has emphasized the importance of adhering to Quranic teachings when dealing with issues regarding inheritance rights.

In a passionate plea to the Muslim community while addressing congregants at the Jamia Mosque Nairobi during the Jumuaah Khutba, Sheikh Abdulhalim highlighted the disturbing trend of disputes over deceased persons' properties among Muslims.

Expressing deep concern over unfair distribution practices, the Chief Kadhi condemned the eviction and disinheritance of widows and orphans, citing strong Quranic admonitions against such actions.

He stressed that Islam champions the rights and respect of women, offering unparalleled liberation through its teachings.

"In Islam, women enjoy equal status in inheritance rights," Sheikh Abdulhalim affirmed, pointing out the Quran's explicit provisions safeguarding the rights of widows and daughters. He underscored the fixed and prescribed shares allotted to widows in their husbands' estates, stating that any depriva-

tion of these rights is considered a grave sin. Debunking misconceptions and cultural practices that deviate from Islamic principles, Sheikh Abdulhalim emphasized the necessity of ensuring fair distribution according to Sharia law.

"Depriving women and daughters of their rightful inheritance, whether partially or entirely, is completely prohibited and leads to dire consequences," he warned.

The Chief Kadhi urged Muslim parents to transparently communicate their decisions regarding inheritance while alive to prevent conflicts and controversies among heirs.

He emphasized the importance of upholding justice and equity in matters of inheritance, echoing the consensus among Muslim scholars that any form of disinheritance of women is unacceptable.

"As stewards of Islamic principles, it is incumbent upon us to uphold fairness and equity in distributing inherited properties," Sheikh Abdulhalim asserted, calling for adherence to Quranic guidance to ensure the rights of widows, orphans, and entitled heirs are upheld.

The A to Z of the Holy Month of Ramadhan trials

Continued from Page 3

for the month of Ramadhan but after that as well. Goals should be set and a routine that will help you achieve those goals should be followed. Be it feeding 10 people, volunteering for charity work or reading the Holy Quran, list it on paper and start doing it.

Wudu

By purifying oneself for prayer, a person expiates all of his sins and his prayer is considered an extra reward for him, which in turn is multiplied several times for it being Ramadhan.

A believer must try to do ablution to remain pure as much as he can in the blessed month. If a person makes wudu' well, all his sins between two prayers (between the salat he will perform and the subsequent one) will be forgiven. (Bukhari)

X-ray your Life

Ramadhan is a good time to introspect whether or not your life is being led according to the Quran and Sunnah. It is an exercise in improving the self and setting goals for the present and the future.

This month should make us reflect on the endless bounties that God has bestowed on

us and thank Him profusely for the same. It is also time for Tawbah (repentance) with a pledge not to repeat) for the past sins.

Yateem

The number of orphans worldwide has reached an all-time high.

Muslims should follow the example set by the Prophet Muhammad himself who said holding his index and middle fingers together upright:

I and the person who looks after an orphan and provides for him will be in paradise like this.

They should come together to care for, provide for, and support orphans who cannot otherwise help themselves in the holy month of Ramadhan.

Zakat Al-Fitr

The Prophet enjoined Zakat Al-Fitr so that those who observed fasting are purified of their bad deeds and thus, are able to perfect their fasting, and so that the poor and the needy are able to arrange for their basic necessities of food and clothing. It should be distributed before the Eid prayer.

Muslim reverts told to seek knowledge and endure trials

Muslim reverts have been advised to seek Islamic knowledge and remain steadfast in their religion for spiritual nourishment.

Various speakers at a revert workshop held on Saturday at Jamia Multipurpose Hall also urged reverts to embrace patience and perseverance when faced with challenges after becoming Muslims.

Addressing the participants, a member of Majlis Ulamaa of Jamia Mosque Nairobi, Sheikh Badru Jaafar, told new Muslims not to despair but to remain steadfast in their faith.

“Hardships and trials are tests of our faith by Allah in order to validate the sincerity of our faith. You should not despair and lose hope in Allah’s mercy at any given time. These trials and challenges are not limited to you; even born Muslims face similar challenges every day,” said Sheikh Badru.

In his remarks, Chairman of Family Resource Centre (FRC), Sheikh Abdullatif Abdulkarim, said that sometimes the challenges new Muslims encounter arise from having little knowledge about Islam.

Sheikh Abdullatif urged new Muslims to seek knowledge from authentic scholars and at the same time strive to practice Islam in accordance with the Qur’an and the teachings of Prophet Muhammad (peace be upon him). He further urged the new Muslims to be patient when family members and non-Muslim relatives stand in the way of



their religion.

Sheikh Abdullatif said that despite family members sometimes being an obstacle, it is the obligation of a Muslim to maintain and strengthen family ties as commanded by Islam.

Imam of Parklands Mosque, Sheikh Abdulrahman Ishaq, said that the tribulations and fortitude faced by Prophet Muhammad should serve as an inspiration to new Muslims in strengthening their faith and overcoming challenges arising in their families

and society.

Sheikh Ishaq further pointed out that Islam is a religion for all humans everywhere and every time and not a religion for Arabs, as Arabs share a culture, not a religion. Participants cited lack of basic Islamic knowledge, being abandoned by family members, discrimination and stigma as some of the challenges they face in their newfound faith.

Mosques across the country were also challenged to take up the responsibility of offering teaching classes for reverts. The seminar was organized by Masjid Al-Ameen Juja Road and attended by reverts drawn from various areas in Nairobi who shared their experiences and challenges.

CIPK calls for Kadhis’ appeal Court

The Council of Imams and Preachers of Kenya (CIPK) is calling for Parliament to enact a law for the establishment of a Kadhis Court of Appeal to handle issues related to inheritance and other property cases among Muslims in the country.

Speaking in Eldoret, Uasin Gishu County, on Sunday, the North Rift chairman of the Council of Imams and Preachers of Kenya (CIPK), Sheikh Abubakar Bini, called for an amendment to the Kadhis Court Act to allow the establishment of an appeal Kadhis’ Court. He stated that the absence of a Kadhis Court of Appeal has compelled Muslims to resort to conventional courts, which render decisions contrary to their faith.

Sheikh Bini noted that currently, appeals from Kadhis’ Court are directed to the High Court of Kenya. He emphasized that the establishment of an appeal system would enable Muslims to exercise their right to appeal to a superior court within the Kadhis’ system.

According to Islamic law and the Kadhis Courts, children born out of wedlock to a Muslim father have no right to inherit from his property. However, Kenya’s 2010 Constitution recognizes such children as beneficiaries of their fathers’ estate. Recently, the High Court in Mombasa overturned a ruling by the Kadhis’ Court that denied a beneficiary, who was allegedly born out of wedlock, the right to a share of his Muslim father’s estate.

In its ruling in favor of the child, the Court of Appeal stated that it was discriminatory to deny a child inheritance simply because they were born out of an unlawful union.

Former President Ali Hassan Mwinyi Passes on at 98

As the sun set on Thursday last week, the East Africa region found itself in mourning with the passing on of former Tanzanian President Ali Hassan Mwinyi, who died at the age of 98.

President Samia Suluhu delivered the somber news on Thursday evening, just 19 days after the nation mourned the death of former Prime Minister Edward Lowassa. President Suluhu disclosed that Mwinyi passed away in a hospital in Dar es Salaam, where he had been undergoing treatment for lung cancer since November.

“On behalf of the government, I would like to convey my condolences to the family, relatives, friends, and all Tanzanians for this loss,” expressed President Suluhu.

Mwinyi, affectionately known as Mzee Rukhsa, departed after succumbing to lung cancer at the age of 98. Born on May 8, 1925, in the Coast Region of Mainland Tanzania, Mwinyi grew up on the island of Zanzibar, where his parents were born. His journey into politics began here, and he rose to become one of Tanzania’s most celebrated politicians.

A teacher by profession, Mwinyi joined the Afro Shiraz Party (ASP) in 1964 and held various positions in the government of Zanzibar and the United Republic of Tanzania. He served as Minister of Health, Home Affairs, Natural Resources, and even as Ambassador to Egypt.

In 1984, Mwinyi was elected President of Zanzibar and Vice-President of the United



Republic of Tanzania. When Tanzania’s First President, Julius Nyerere, stepped down in 1985, Mwinyi succeeded him as President of the United Republic of Tanzania.

During his presidency, Mwinyi implemented significant socioeconomic reforms, liberalizing the Tanzanian economy and reintroducing multi-party politics. His leadership was characterized by a commitment to promoting democracy, economic development, and social progress.

Mwinyi’s efforts led to a more business-friendly environment in Tanzania, encouraging private sector growth and foreign investment. He oversaw the reintroduction of multi-party politics, marking a departure from the single-party system that had been in place for decades.

After leaving office, Mwinyi remained active in Tanzanian politics and continued to be involved in various national and international initiatives. He is widely respected for his contributions to Tanzania’s political and economic development and is considered a key figure in the country’s transition to a more open and democratic society.



Zakat and Sadaqa for the Ummah

Zakat is a yearly form of compulsory alms that relatively wealthy Muslims are obligated to give. Its importance can be seen in the fact that Muslim scholars consider it the third pillar of Islam. Muslims view Zakat as more than a mere redistribution of wealth from the rich to the poor in a fair and equitable way. It is not a favor that is given to the poor by the rich. It is the right of the poor on the wealth of the rich. Zakat, therefore, is unlike charity that is given to the needy voluntarily. Withholding Zakat is considered depriving the poor of their due share. The spiritual rewards to a devout Muslim are indeed immense. The Muslim who pays his/her Zakat is obeying Allah's command and shows his or her obedience in a very tangible way by parting with some unutilized wealth. Zakat is a reminder of one's obligation to the financially less fortunate amongst us. It also helps a person to refrain from being obsessed with worldly wealth by affirming that all the wealth in the universe is truly the property of Allah. In that sense, any wealth that is given to humans is merely entrusted to them. The Muslim who devotedly gives out his/her due Zakat will be increasingly in tune with the spiritual side of life. This self-discipline and spirituality will come in very handy in facing the trials and tribulations of life. Another function of Zakat beyond spiritual benefits is the purification of one's wealth. Islam considers any wealth that is directly or indirectly derived from vice to be forbidden. Yet, it may be very difficult to ascertain where our wealth originated from but there is dire need to keep it pure and clean from any kind of impurity. Thus one who pays Zakat actually "purifies" his wealth by separating from it the portion that belongs to the poor. Most Muslims choose to offer Zakat in Ramadhan due to higher spiritual rewards in the holy month, but it is not necessarily a must. The day a Muslim becomes the owner of minimum wealth that makes Zakat payable, they must calculate and pay the amount in the period of exactly one lunar year from this day.

Ummah Foundation over the years has continuously appealed to Muslims, especially in the month of Ramadhan, to give their Zakatul Maal and Sadaqa for the purpose of uplifting the Ummah and upgrading their living standards. This Zakat is then redistributed to the poor and needy in the society. Zakat is supposed to bring change in the Ummah so that those given this year can be able to give as well come next year. The objective is to evenly distribute wealth in the society and make sure that wealth does not only rotate among the rich. During the first three best generations, Zakat was adorably given emphasis and that is why they were able to succeed more than us. As a matter of urgency we need to come out wholeheartedly and make our contributions and give our Zakat to Ummah Foundation who will then on your behalf help the deserving poor who are noticeable everywhere within our community. Your Sadaqa can also be used to educate the bright poor and give a future to the next generation. We continuously ask you to support Ummah Foundation meet its objectives of fighting poverty and eradicate ignorance from our midst. It serves as a net of social security for the poor and to uplift and support the entire community. Zakat helps keep the economy running by freeing people from burden and providing them with an opportunity to fulfil their potential.

Make sure you don't miss out getting these bounties from Allah s.w.t .

Payments can be send to:

Ummah Foundation

2ND Floor Suite A4, Village Plaza

Ngara Rd, P.O Box 58717-00200 Nairobi

TEL: (+254) 202680610/13/16 Mob: 0734-845277

Email:info@ummahfoundation.net. Web: www.ummahfoundation.net

Or Bank to our account as per details below:

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DIPLOMATIC VEHICLES - ASSORTED MODELS FOR SALE THROUGH PUBLIC AUCTION

DULY INSTRUCTED BY OUR PRINCIPALS, AN INTERNATIONAL DIPLOMATIC AGENCY WE SHALL SELL BY PUBLIC AUCTION THE UNDER MENTIONED DIPLOMATIC VEHICLES ON:-

**THURSDAY 21ST MARCH 2024 STARTING AT 10.00 A.M.
AT UNHCR SUB - OFFICE AT DADAAW WITHIN GARISSA COUNTY**

VEHICLE DESCRIPTION	MODEL/ BODY TYPE
TOYOTA LAND CRUISERS (3 DOORS - HARD TOPS)	STATION WAGONS
TOYOTA LAND CRUISERS HZ176R-RKMRS (4 DOOR - HARD TOPS)	STATION WAGONS
TOYOTA LAND CRUISERS (5 DOORS - HARD TOPS)	STATION WAGONS
TOYOTA LAND CRUISERS RHD	AMBULANCES
TOYOTA LAND CRUISERS D/CABIN	PICK UPS

VIEWING AND BID REGISTRATION STARTS FROM:-



**WEDNESDAY 13TH MARCH 2024 TO WEDNESDAY 20TH MARCH 2024
WEEKDAYS VIEWING TIME: 9.00 A.M. TO 4.00 P.M.
SATURDAY VIEWING TIME: 9.00 A.M. TO 1.00 P.M.**

N.B. VIEWING IS STRICTLY THROUGH APPOINTMENT TO BE DONE ONE DAY BEFORE.

- Interested bidders are required to pay a refundable deposit of **Kshs. 500,000.00** for EACH MOTOR VEHICLE to obtain a **BIDDING REGISTRATION NUMBER** through **BANKERS CHEQUES** drawn in favour of **PHILLIPS INTERNATIONAL AUCTIONEERS**.
 - Access to the auction venue will be strictly limited to one representative per bidder who possesses both a catalogue and a bidding number.
 - SALE WILL BE "ON - AS - IS - WHERE - IS - BASIS" & SUBJECT TO REASONABLE RESERVE PRICES.**
 - ONE BIDDING NUMBER IS ONLY ENTITLED TO PURCHASE ONE MOTOR VEHICLE.**
- NB. THE DEADLINE FOR ISSUING BIDDING NUMBERS AND CATALOGUES WILL STRICTLY BE ON WEDNESDAY 20TH MARCH 2024.**
- The declared purchaser must deposit 25% of the purchase price by close of business of the **AWARD NOTIFICATION DATE** and the balance be paid **STRICTLY** within **THREE (3) DAYS FROM THE AUCTION DATE**. Failure to pay the balance, i.e., 75%, will result in the forfeiture of the Ksh. 500,000.00 deposit, and the motor vehicle will be re-auctioned.
 - All expenses in respect to **TAXES, CUSTOMS DUTIES, RE-REGISTRATION AND ANY OTHER COSTS** shall be borne by the buyer before collection/transfer of the vehicle.
 - In case the buyer does not clear the taxes in the period defined (maximum 14 days after the clearing of the 100% payment) the buyer will be charged for extra storage fee. Neither the **AUCTIONEER NOR OUR PRINCIPAL** will be liable for consequences arising thereof.
 - Bidders eligible for tax exemption must furnish our office with all pertinent documents for verification.
 - Final payments will be made via direct deposit into the bank account details provided by **PHILLIPS INTERNATIONAL AUCTIONEERS**.
 - COLLECTION OF THE VEHICLES WILL BE UPON COMPLETE RE-REGISTRATION OF MOTOR VEHICLE (ACQUIRING OF LOCAL NUMBER PLATES AND TRANSFER OF OWNERSHIP OF THE MOTOR VEHICLE).**

N/B:

- THERE WILL BE NO REGISTRATION ON THE DAY OF AUCTION.
- ENTRANCE TO THE AUCTION SITE WILL BE STRICTLY THROUGH APPOINTMENT FROM THE AUCTIONEER'S OFFICE.
- COMPLETE LIST OF AUCTION ITEMS AND CATALOGUES WILL BE AVAILABLE AT UNHCR - DADAAW SUB-OFFICES.
- STRICTLY NO CASH TRANSACTIONS.

FOR FURTHER DETAILS PLEASE CONTACT: 0722 427202, 071244842 OR 0727872478 OR
VISIT OUR WEBSITE: WWW.PHILLIPSAUCTIONEERS.CO.KE