



In this month's An-Nisa we have an article from 'A day In the life of; A Female Nasheed Artist'. Then we have an exclusive recipe new and created just for An-Nisa readers from 'Safeeyah's Kitchen'.

Goodbye Winter and Hello Spring Skin. WoW! that has gone by fast and if you continue to read on we have some fantastic spring face treatments that can be made at home and tips on how to keep that skin glowing for Spring. It is true when seasons change so does your skin!!

Then we are welcoming a new column written by a young teenage girl on her views of life and events called 'Maryam's Contemplations'. And a very eye opening poem written by our poet Ameenah Farooq.

Would you like to get involved with the An-Nisa team, maybe have some writing you would like to share or would like to write an article for 'A Day In The Life Of', then please do contact us at an-nisa@imws.org.uk

To contribute to An-Nisa email an-nisa@imws.org.uk



A Day In The Life Of A Female Nasheed Artist

I HAVE always said that any work I do will be based around what I enjoy doing. People tend to choose a degree or a career based on how much income they will get, for me personally this isn't the reason I would pick a career or degree. I chose based on the talents I have and I picked a degree I knew I would enjoy. Sometimes for some people choosing a career path because of the money is right for them.

Once I left Uni I decided to challenge myself by starting four businesses one is commission based and that is selling print products, the others are of my own; a clothes business under my daughter's name so that any income from that will go towards her savings, for my third business I'm a henna artist, I don't charge much because I believe a good business woman is an honest woman buying cones cost say £1.00 each and doing henna doesn't take up much time, so why charge ridiculous prices?

Especially when you're doing something you enjoy, the less you charge the more customers you will gain as long as you're not making a loss and you're good at it.

My main business the most challenging one that I decided to do was to become a Nasheed Artist. I do charge for my time, but I don't charge for charity events and most events held are for charities making it a difficult money making business. A female Nasheed Artist can't make albums and sell them as her voice is her aura therefore she can't sing in front of men and she can't put samples on the internet for men to hear, but can spread the word through advertising and through 'word of mouth'.

In a typical day I look over my businesses, this includes; stock check, bargain hunting for new stock, taking pictures and advertising, I then do the traditional wife and mother jobs and

fit time in for my daughters learning and playtime and when my daughter naps I make time for my writing in poetry and novels and research and write my own Nasheeds and practice them.

When I perform these Nasheeds I'm nervous as it will be the first time performing them. People may also be unsure to book me as they have not heard me so I volunteer to visit them and give a sample performance depending on where they are based which again makes it difficult to get bookings, however this is what I love it's a HUGE challenge.

Why did I choose to become a Nasheed artist? Since childhood I've always had a love for singing and performing in school, but I know my limits so I chose the right way, I took the challenge and now I perform for women and children and the plus is that I get to teach my Nasheeds to children it makes them feel special as they will be the first to have heard a new Nasheed and learn it and seeing them smile and enjoying the performance makes me feel good on the inside.

So yes it is hard getting bookings and getting known but I do not regret making this choice for my life and the plus is that if I ever change my mind to go on to do something else then I have my qualifications as a back-up. I believe you should enjoy what you do but pick the right choices, study, get qualifications and choose the path that will please Almighty. Make something out of your hobbies it will be the best thing you ever choose to do.



Honey chicken Filo Pie

THIS IS ANOTHER ONE OF MY EXPERIMENTAL DISHES THAT I JUST LOVE AND HAVE TO SHARE, IT IS MADE WITH CHICKEN, CINNAMON AND HONEY AND GIVES A TASTE OF MOROCCO.

Ingredients:

- One chicken breast chopped into tiny pieces
- 4tbsp oil
- 1 onion chopped and diced
- 2 garlic cloves crushed
- 1 green chillie chopped
- 1 cinnamon stick snapped into pieces not too small
- 3 cardamon pods (elachi)
- 1 fresh Tomato blended
- 2 tsp dhara powder
- 1tsp jeero powder
- salt to taste
- 3 tbsp Honey
- Pack of Filo Pastry (the purple one)

Method:

Heat the 4tbsp of oil then add the onions, garlic, chillie, cinnamon and cardamon leave to fry for 3 minutes.

Add 50ml of water and leave on low heat with the lid on for 10 mins keep checking that the water hasn't burnt out.

Once this is done add the chicken and leave to cook for 10 mins adding water if needed. Add the tomatoes, dhara



and jeero powder and salt and leave to cook for 10 mins stirring occasionally take off the heat add the honey give it a good stir and leave to cool.

In the meantime get an oven dish and grease it and layer with 4 filo sheets but grease each one lightly with

a brush I would use a sterilised new paint brush so that it does not rip the filo sheets greasing them will help them stick together.

Once the mixture has cooled remove the cardamon and cinnamon and place on the sheets. Fold over the sheets see fig 1. and then butter the top of the folded sheets and finish layering with the rest of the filo sheets.

Pop in the oven gas mark 4, 180c for 35 minutes or until golden brown.

Goodbye Winter and Hello Glowing Spring skin

WINTER has gone and Spring is here!! Warmer weather can change the way your skin looks and if you already have skin problems then you will need to change your skin care routine; Here I have 5 spring tips for you;

1) Exfoliate once a week, get rid of the dead skin cells this will begin the skin renewal process and maintain a radiant glow.

2) Use a moisturising mask once a week to keep your skin soft, you can make your own mask using ingredients like avocado, honey, coconut oil and banana, these are good for nourishing the skin, if you have breakouts or acne use a mask with oatmeal.

3) Eat more Antioxidant-rich foods such as; Blueberries, Cranberries and artichokes and cinnamon these will give you a natural glow inside out as long as you eat them as a daily diet.

4) Try a hydrating serum this can be very effective for moisturising skin at a deeper level and can help to smooth out rough patch.

5) Hit the GYM this will help maintain a healthy body, and works wonders for your skin. Sweating regularly increases circulation and will give you a natural glow.



of sugar.

2. Blend the mixture forming a syrup.

3. Grab a little with the fingers and pass through areas you want

radiant glow.

I have chosen a fruit exfoliating scrub for you made with Papaya and Banana because it leaves your face soft and bright.

1. Make a paste of one slice of Papaya, 1 banana and add 2 tbsp

Our trip to Manchester!

ON SATURDAY 12th March the Women's committee organised a social trip to a restaurant in Manchester. The coach set off on the evening and arrived at the restaurant, mostly traffic free, in no time. The mix and banter within the group was lovely to see, as ladies of all ages chatted and got to know each other. The restaurant was very nice with excellent facilities to include a prayer room and buffet. The ladies enjoyed the buffet and the variety of the food was overwhelming. There was lots of opportunity to discuss what activities and events we could organise and how we could work with each other to make things succeed. Most commented that it was nice to be able to enjoy good company, take a break from the stresses of life, in a safe and well organised outing. We hope to organise more activities and events in the future. To keep up to date please follow us on Twitter @IMWS_Women.

treated or apply all over the body as well as the face, for that use more ingredients to make the paste and then wash off in the shower after scrubbing it in with warm water.

4. Finish off with cold water to open the pores.

Here is the moisturising mask remedy I have chosen for you;

I've chosen the coconut oil remedy as most of you must have this in your cupboards. The method is; 1. Warm some extra-virgin coconut oil in a microwave.

2. Rub the warm oil on the affected skin area and gently massage so the oil is absorbed by the skin.

3. Follow this remedy two or three times daily and you will see results within a few days.

Do I look fat in this?

GROWING up is a tough business, we are faced with many challenges as teenagers, and the truth is we never really stop growing; we are constantly changing, spiritually, mentally and of course physically.

As a young woman, I have known and come to terms with the changes within my body; the new-ness never really ends. I have also opened my eyes to the way we are, in a way, 'programmed' to feel insecure about ourselves.

From our childhoods we have played with dolls that looked 'perfect' and had 'perfect lives'. We are frequently telling each other how 'slim' we look in this, and how it would be better if we ate less, we look at our friends in their many variations and wish, 'if only I was as skinny as her', 'if only I was her size'.

What we see daily, on advertisements, if not then on T.V, if not then even on the very news sites we turn to for truthful information. We always feel a little too fat or a little too skinny, Why? Because our faces look too round in that scarf, or our bums seem to stick out in a certain abaya or our clothes seem to

hang off us, but truly, we are not fat, not skinny, not too this or too that.

We are simply what He made us. And we should be happy with the way we look for that simple reason, our creator made us, and our creator is perfect, surely there's no mistake in what He creates. Constantly sucking our stomachs in in front of the mirror, running mile after mile, skipping meals, trying new diets, nervously stepping onto the weighing scales, all for what? To look 'slimmer', to fit into that certain dress, to look like all the women we see on advertisements, with perfect bodies and no worries over how much they eat.

When in fact if we followed the sunnah diet, if we ate only to fill a third of our stomachs, and exercised regularly not over dramatically, we would stay healthy. Not 'slim'. Not 'skinny'. Healthy.

That's what truly matters, no one wants to die of obesity, and likewise no one wants to die of anorexia. So we need to stop looking for some absurd image of ourselves and learn to accept ourselves, stay healthy and most importantly love ourselves.

Cycling for our lives!

ONE UNUSUALLY warm Sunday afternoon last month, the Al-Hikmah ladies cycle group got together for a 5 mile bike ride on the Spen valley greenway. This was something no one in the group had ever achieved and two months ago would have been an impossible thought. But all the indoor training had prepared us all for this ride. Everyone arrived excited but nervous, wondering whether they would have enough energy, stamina and skill to complete the ride. Bikes adjusted, helmets fastened, greenway rules explained and we were off! The first part was a steep uphill ride - no one had experienced this and a far cry from the flat, even floors of the Al-hikmah centre. However, we

battled through and peddled for our dear lives and finally



made it to the top! Phew what a relief - and then a reassuring thought - yes we can do it! Gears were the next thing we had to master and things started to make sense. Everyone's

confidence grew as we challenged ourselves though the ups and downs of the greenway. Everyone made it to the end of the greenway which took us all the way to Heckmondwike! The return journey was mostly downhill and a relaxing and rewarding ride. At the finish point we all celebrated, huge grins on everyone's faces. We all realised, not only did we successfully cycle quite a long distance but had managed to get back in one piece! Similarly in our own lives, we all have our ups and downs, but you need to challenge yourself, stay positive and be amazed at what you can actually achieve! Looking forward to the next one..

Poets Podium

Your Needs

by Ameenah Farooq

Your decisions are what you need; you don't need to be doubted, the more you begin to love your ideas,

the more you understand you don't need anyone,

You need yourself to survive; you don't need to have a guide on breathing,

the further you go along in life, the more you understand you don't need anyone,

You're independently confidant; you don't need to feel angry,

uncertain of yourself,

or upset from what others have said, you can keep going have a strong self-esteem,

Like I said; you don't need anyone.

You don't need to feel like you're being pushed around, you certainly don't need anyone. However,

You don't need to feel lonely; let others show you there's positivity, of the start of a strong friendship, everyone needs to be shown some hope,

you do need at least someone,

You don't need to feel distress; let others comfort you in times of need,

everyone needs to be supported, you can't cope alone you do need at least someone,

You don't need to feel mirthless; let others join you in the fight to stop your apathetic behavior, everyone needs their mood lightened,

no matter how much you think you can deal with whatever it is that's going on,

you do need at least someone.

You deserve to feel like you're cared for you need at least someone.

The power of love – Discovered

Last month I attended The Power of Love event which was hosted at the Al-hikmah centre. It was part of a 6 city UK tour and Batley was a part of it! How lucky and right on our doorstep, I thought to myself. The programme was delivered by Ustadha Rehana Shah Bulbulia (South Africa) who turned out to be a truly inspirational and empowering speaker. Everybody in the room was captivated by her speech, and felt really uplifted by her engaging manner, storytelling, excellent links to real life scenarios and amazing knowledge of quran, hadith and seerah.

I never thought that Love for the Almighty, his messenger and for each other had the power to transform ways of thinking, circumstance and people. Love is what makes the world go round; turns it upside down and inside out. But who do you love, who should you love, and how? So many questions, but this was explained beautifully by the Ustadha.

Some precious ‘gem’s’ from Ustadha Rehana Shah Bulbulia’s Power of Love talk:

- Love the Almighty – give him your heart.

When our heart belongs to Him it will bring us to the highest accolade. Your heart will constantly be broken by those around you but your Creator will never break your heart.

“Verily, my happiness is my Iman; and verily, my Iman is in my heart; and verily, my heart does not belong to anyone but the Al-

mighty.” (Asma bint Abu Bakr)

- But how do we give Him our heart?

“If you should love the Almighty, then follow me (Prophet Muhammed (SAW), [so] He will love you and forgive you your sins.”

Follow the Sunnats of our Nabi (SAW) and love our Nabi (SAW) more than you love yourself! Constantly send durood upon him. Our Nabi (SAW) had such a compassionate heart and with this he successfully conquered people’s hearts.

- Love others for the sake of the Almighty.

Sometimes difficult to love people but love them for the sake of the Almighty and tell them you love them. When you love someone you are compassionate and kind – when you show mercy towards creation, the Creator will show mercy to you!

- People need to be reminded that the Almighty loves them dearly.

Finally, sometimes in our turbulent and busy lives we forget. The last story was about a young boy who was doing dawah – eagerly distributing leaflets about Islam and sharing a very important message. The story was uplifting and there was not a dry eye left in the room.

“...The little boy had one leaflet left and decideds to knock on the door of a building. He kept knocking but no one answered. He persistently continued until finally an old women opened the door. He declared ‘I’ve got a message for you

– God loves you!’ and handed her his last leaflet. A week later, after Jumma prayers in the masjid, the same old lady spoke up and said “I’ve never been here before. You see, before last week I was not a Muslim. My husband died a few years ago, leaving me totally alone in this world. Last Friday I could not bear it anymore and was about the commit suicide. Then I heard knocking on my door, I thought I’ll wait a minute and whoever it is will go away. I waited but the knocking continued so I opened the door. When I opened the door and looked I could hardly believe my eyes. A little angelic boy with a beautiful smile. The words that came from his mouth caused my heart to leap to life as he exclaimed, ‘I’ve got a message for you – God loves you!’ I read the leaflet word for word and accepted Islam. Since the address of this masjid was stamped on the back of this leaflet, I came and wanted to personally say thank you to the little boy who came just in time to save my soul from an eternity in hell.”

A brilliant reminder that spreading the message of the Almighty’s love can make a massive difference to people’s lives!

After the event I felt like I had understood what it meant to love and be loved and felt I had to tell everyone about what I had learnt. Thank you IMWS Women’s committee and volunteers for supporting this event and I hope we can have more events and talks like this in the future.



IT'S BACK!

An-Nisa 2016

WOMEN & KIDS FUN DAY

NOW

Taking Stall Bookings

To Book a Stall or Volunteer!

call

01924 500 555

or email: info@imws.org.uk

Monday 30th May 2016

At The

Al-Hikmah Centre