

By Women
For Women
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In this month's An-Nisa

We've got an exclusive interview with Cllr Nosheen Dad who talks to sister Safeeyah about her concerns following the murder of Jo Cox MP.

There's another south Asian twisted recipe to tickle your flavor buds. A piece sent in by a reader on mother hood, a write up on the women's committee programme during Ramadhan and a readers poem.

We are also looking for more writers and volunteers! Get in touch if you fancy something challenging!

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



“The fight goes on”

Cllr Nosheen Dad (Labour)

by Safeeyah Patel

On Friday the 17th June 2016, The Al-Hikmah Centre held a special tribute to late Jo Cox who was sadly murdered on the 16th of June 2016. I personally attended this tribute. People from near and far, mixed backgrounds, men and women came together to pay their respects to a woman who fought for what she believed was right. An inspiration she was. Many are saddened and have felt a great loss, she was a friend to all, a mother, a daughter and a wife. People cried and people hugged as they shared their memories of Jo Cox.

I got an interview with Nosheen Dad, Labour Councillor of Dewsbury South she has said;

“I am absolutely devastated, she has left a huge void in everyones lives that she has touched, I hope we can do her just, for Brendan, her kids and her family”.

Nosheen was on a day off, on this tragic day, she asked her family to let her sleep and to not disturb her, her sister shouted her to wake up, and shouted Jo has been shot. Nosheen said;

“I just remember jumping out of my bed and reaching for my phone, I had 21 miscalls and I thought I hope she is ok, I returned my calls and the first person I rang was Paula, and she couldn't string herself together, it was at that point I realised that Jo had been shot, then reports came in saying she'd been shot several times and she's been stabbed and the way it was unfolding it was just horrible. I found out of Jo's passing at the press conference at the food bank with other councillors, it's so sad to think that someone was just out doing there job, doing what she was elected to do, and to be taken away from her family and her constituent who held her in high regard. It is just such a cowardly act”.

From this tragic incident, causing us to loose such a heart warming woman, we can only wonder how families of other MPs and Councillors have been left feeling, terrified for the safety of the ones close to them who are simply trying to make this country, this town, other towns and cities a better place for all of us, when asking Nosheen how her family felt for her safety she replied;

“Not just family but friends I have on my

social media have all been worried, I have messages and text messages saying that the first person in their mind was me as I am the same built as Jo and same height. Twitter followers are saying please be careful when you are out and about but I have shared those sentiments with Paula, Shabir and Masood I have said don't go on your own we will go as a team wether it be a surgery a meeting or a constituent call, we will go as a team we are vulnerable”.

And when asked if she would want to back down as councillor she was firm and positive that she will not back down “the fight goes on”, she also said;

“It's sad but as politicians we think that it is normal and it's part of the parcel to be attacked verbally, we go in prepared that someone somewhere will not agree with what you say or do and shout and scream abuse, but it shouldn't be that way, we go in as politicians thinking that it's part of the job and then others say it; 'you put yourself into it, you knew what you were getting yourself into'; but NO! we are only human beings, some people forget that we get things right and just as often we get things wrong, we are only humans and we don't deserve to get attacked the way Jo was resulting in her death or to be attacked verbally either, it's a sad sad incident that has taken place, but I hope people on a wider level take something away from this and realise that away from our public duties we are daughters, sisters, wives, mothers we are something to someone else”.

She also repeated that it has scared her and her family, and scared her for the safety of her friends and colleagues but despite this she repeated “backing down isn't going through my mind and I hope it does not make others want to back down from politics because the fight goes on we have to stand strong and tall against the face of hatred, extremism and radicalisation of all forms we need to be loud and clear that we have no space for this in our society, we will not let it win we will not let it beat us”.



EXCLUSIVE
to An-Nisa!

Recipes with a South Asian twist!

Safeeyah's Kitchen

Greek Moons

The idea of this recipe is taken from a greek Tarragon Triangle recipe, however I just have to change everything to make it my own and I made this and this is my winning recipe this Ramadhan with the family.

Ingredients:

- 2 or 3 packets of rolled shortcrust pastry
- 1 tbsp oil
- 3 tbs scoops of butter
- 2 medium chicken breast chopped into tiny tiny pieces
- 3 chopped green chillies
- 3 garlic cloves minced
- half tin sweetcorn
- 3 tsp dhara powder
- 1 tsp salt
- 2 tsp black ground pepper
- 4 tbsp milk
- 150ml fresh double cream
- 1 tbsp dried parsley
- Nandos lemon and herb full 250g bottle
- egg, dried mint and chillie flakes for decoration and flavour.

Method:

In a pan heat the oil and add 3 scoops of butter. Once melted add in the chillies and garlic a long with the chicken and keep cooking till the chicken is white.



Then add in the sweetcorn and cook until the water has burnt out then add in the dhara powder, salt and pepper. Cook for another 3 minutes on low to medium heat.

Add in the milk and fresh double cream and parsley a long with the Nandos Lemon and herb sauce. Stir and set aside to cool.

Once cooled open out the just rolled shortcrust pastry and make circles in

them same size as the bread-crumble pancakes you make and fill then fold and stick to seal. To stick just pinch the edges closed.

Once done brush egg on top and sprinkle dried mint and chillie flakes then freeze once frozen and bag up to store in freezer, then when you want to cook oven cook on 160d for 25 to 30 minutes or until slightly golden.

ENJOY!!

DID YOU KNOW

If you add up all the numbers from 1 to 100 consecutively
(1 + 2 + 3...)
it totals 5050

Camel's milk
doesn't curdle

An average person
will spend
25 years asleep

Your skin is the largest
organ making up
the human body

The first sailing boats
were built in Egypt

You can spell the word
'level' the same backwards

The WD in WD-40
stands for Water Displacer

The word racecar can be
spelled the same way
backwards

Meaningful Prayer (Salaah) workshop

Back by popular demand, the Meaningful Prayer workshop for females, took place in Ramadhan, with the aim of reconnecting hearts and perfecting postures, during Salaah.

The practical and theory workshops (covering Khushoo in Salaat) were skillfully delivered by local learned sisters. Khushoo' means calmness, serenity, tranquillity, and that the heart stands before the Lord in humility and submission. (al-Madaarij, 1/520).

The practical workshop was very engaging, easy to follow and all the positions in salaah

were demonstrated – an excellent way of refreshing this knowledge. The theory workshop was very uplifting with clear references to hadith and quran. Techniques such as, meditation before starting salah, relaxation and understanding the meaning of Surah Al fatiha and Att'tahiyat was enlightening and useful for attaining Khushoo.

The meaningful prayer workshop was organised by the IMWS Women's committee (made up by volunteers from the community) in partnership with local learned sisters from the community.

Workshops are open to everyone – you just need to book a place in advance. A big thank you to all the volunteers and learned sisters for organising and delivering the workshop and for all the sisters that attended. More workshops and social events will be organised soon.

Information about new workshops and activities can be found on the IMWS website, IMWS Women Facebook, on twitter @imws_women and in Paigaam magazine. Email us to be added on to our mailing list so you can be the first to find out about any new courses/events sisters@imws.org.uk.



Motherhood

From a Muslim Sister

Salaams Brothers and Sisters,

I'm hoping to give you an insight into my daily life of a being a mommy and a housewife!

Waking up in the morning, rushing to the bathroom whilst your little ones dreaming away, brushing, getting ready (no time for make-up), rushing downstairs so you can enjoy JUST ONE cuppa tea before both babies decide to awake from their sleep (husband included - haha)

Aahhh.. succeeded.

Before becoming a mommy, I had all these goals I wanted to achieve. No sugar until 4 years old, no whining or not wanting certain foods, keeping the home neat and clean, making sure the laundry never piles up (haha) and takeaway once a month only - that failed!

However, being a mum I have learnt that many days it's just about getting through, is your baby fed? Has he showered? Ooops, not forgetting the husband - Did he sleep well? Did he have his lunch? His day at work went well? Yup!

Last but not least, am I still up and going? Yup - now that is what I call a successful day.

Im trying to keep up with the supermommy and wife agenda too! Actually - I realised, there is no such thing.

These are authentic women, who confess they don't have it all together but still keep going. These are scared mums who keep fighting when they feel they are on the verge of giving up. Mums like me and you who are overwhelmed by keeping up with all the little things, who feel lost at times but the smile of our baby in the morning and a comforted hug from the husband keeps us working



on getting better each day.

We are portrayed to be perfect by the media, by bothersome aunts or maybe irritating in-laws for some but each of us are entitled to our own flaws and mistakes.

Sometimes we may look at other mums and assume they are perfect! Why does my baby climb on me during Salaah? Why does he try to flip the pages of the Quran whilst Im praying? At first I use to wish he would just play quietly whilst I pray, but after reading how our beloved Prophet (s.a.w)'s grandchildren used to do the same with him and how our Prophet (s.a.w) would smile wholeheartedly and extend his sajdah for them, I now feel a sense of happiness when my baby decides to sit on the prayer mat whilst I pray.

There is me, giving my every minute, my every second to my two loved ones. Days become weeks, months and years and then forms a beautiful life filled with memories. What more do we need?

What we don't see is the patience and strength Almighty gives us women to maintain a household and family. So appreciate what the Almighty gives us each day, smile, say in his name and start the day and see how Almighty grants you barakah.

Keep going, your amazing!

Wassalam

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Time

By Ameenah Farooq

Time what can't we make of you?

*How can we control you,
so you don't move so quickly?*

*You're slipping away from us,
And we can't keep up with you,
or hold you down,*

We can't change you,

We can't stop you,

*We can't sit still in the hopes you'll copy us,
You're moving so quickly but sometimes
not quick enough,*

Time what can we make of you?

We can embrace you,

We can thank you,

We can hate you,

We can worry about you,

*Time you're a wonderful thing that we all
take for granted sometimes but other times
it's the opposite.*



Keep up to speed with what's happening for sisters at the Al-Hikmah Centre by following An-Nisa and IMWS Women on Twitter and Facebook!

બાળક

-આબિદાબેન રાજપુરા

પોતાના સંતાનો દરેકને વ્હાલાં હોય છે. એટલેજ બાળકોની જરૂરી વસ્તુઓ મા-બાપ લાવી આપે છે. પરંતુ ઘણાં બાળકોને મળતી વસ્તુઓથી સંતોષ થતો નથી. અને બીજા બાળકોની વસ્તુઓ જોઈને તે પણ તેવુંજ માગવાની જીદ કરે છે. વસ્તુની કિંમત કે માતા પિતાની આવક અંગે નાના બાળકને ખ્યાલ હોતો નથી. છતાં લાગણીના વ્હેણમાં ઘણીવાર માતા પિતા બાળકની જીદ પૂરી કરે છે. આથીજ ઘણાં મા-બાપ બાળકોને હંમેશા શોપીંગમાં લઈ જવાનું ટાળે છે. ચાલાક બાળકો સુપરમાર્કેટ કે શોપમાં જીદ કરે, બુમબરાડા કરે, મોટે મોટેથી રડે, ક્યારેક ફ્લોર ઉપર આળોટીને મા-બાપને ફજેત કરવાની કોશિશ કરે ત્યારે મા-બાપ તેની હઠ આગળ લાચાર બની જાય છે. કહેવત છે કે, “બાળક બળવાન તો માવતર લાચાર.” હઠ પૂરી કરવાની આ તેની ચાલાકી છે.

શિસ્ત માટે મા-બાપ બાળકને જીદ ના કરવાનું સમજાવે ત્યારે ઘરમાં જો દાદા-દાદી કે નાના-નાની હોય તો તેઓ બાળકની જીદ પૂરી કરીને બાળકને બગાડે છે. આવી પરિસ્થિતિમાં બાળક હંમેશા જીદ કરતું થઈ જાય છે. બાળકના વર્તન અંગે ઘરના બધાનો એક મત હોવો જરૂરી છે. તેમ કરવાથી તેનું વર્તન શિસ્તભર્યું બને છે. કોઈ પણ વસ્તુ માટે જીદ કરવાને બદલે બાળકને સારી પસંદગી કરતાં શીખવાડો કેમકે જિંદગીમાં સારા નિર્ણયો કરતાં આવડવું જરૂરી છે. બાળકોને એહસાસ કરાવવો જરૂરી છે કે તેમનું ધારેલું બધુંજ અને તેમને જે રીતે કરવું છે તે હંમેશા નહીં થઈ શકે. બાળમનોવિજ્ઞાન પ્રમાણે આજની નવી પેઢીના બાળકોને વ્યક્તિગત રીતે સમજવાં જરૂરી છે. બાળકનો સ્વભાવ, તેની જરૂરિયાતો, તેનું સ્વાભિમાન, લાગણીશીલતા વગેરેના અનુસંધાનમાં બાળક સાથે સમજપૂર્વક કામ લેવાથી જીદ-હઠ જેવી ખોટી ટેવો રોકી શકાય છે.

આધુનિક જમાનામાં મા-બાપ બન્ને જ્યારે નોકરી કરતા હોય ત્યારે તેમની ગેરહાજરીની ખોટ પૂરવા, બાળકને સંતોષવા માટે તેની ગમે તે માંગ પૂરી કરવામાં આવે છે. ઘણી વાર ઘરનો માહોલ શાંતિપૂર્ણ રાખવા બાળક જે માંગે તે આપીને મા-બાપ જવાબદારીમાંથી છટકી જાય છે. ક્યારેક એવું પણ બને કે પોતાની જિંદગીમાં (બાળપણમાં) તેમને જે ના મળ્યું હોય તે આપીને મા-બાપ સંતોષ અનુભવે છે. મોટા બાળકો ઘણીવાર પોતાની હઠ પૂરી કરવા યુક્તિઓ અજમાવે છે. મીઠી મીઠી વાતો કરીને, ઈમોશનલ બ્લેકમેલ કરીને બાળકો સગાંને પોતાના તરફ આકર્ષીને પોતાનું કામ કઢાવી લે છે. બાળકોની એક ટીવી ચેનલના સર્વે પ્રમાણે ૭૨ ટકા બાળકોએ કહ્યું કે, “ મને જે ગમે તે કરવાની છૂટ મળે તે ઘણું મહત્વનું છે.” એટલે જ ઘણીવાર ઘરમાં ટીવી કે ફેમીલી કાર લેવામાં બાળકોની પસંદગી અને આગ્રહ સામે મા-બાપ જુકી જાય છે.

પહેલાના જમાનામાં મા-બાપની આંગળી પકડીને બાળક ચાલતું અને તેઓ જે લાવી આપે તેનાથી ખૂશ રહેતું. હવે તેવું રહ્યું નથી. ટીવીની જાહેરાતો જોઈને, બીજા બાળકોની વસ્તુઓ જોઈને તેમને પણ તેવુંજ જોઈએ અને તે મળવું જ જોઈએ, એવી મનોવૃત્તિ આજકલ જોવા મળે છે. ધનિક પરિવારના બાળકોની માંગણીઓ પણ મોટી મોટી હોય છે. નાનપણથી જ મોંઘા મોબાઈલ ફોન, આઈ પેડ અને કોમ્પ્યુટર તથા સ્કૂલની રજાઓમા મોંઘી હોલીડેઝ, મોંઘા રેસ્ટોરન્ટમાં ખાવા જવાનું વગેરે જેવી મોટી જીદો શરૂ થાય છે. અને આવી જીદો પૂરી પણ કરવામાં આવે છે. મિત્રોની પસંદગીમાં પણ કોઈની ટકોર તેમને ગમતી નથી. આવા સંતાનો શાદી લાયક બને ત્યારે પણ પોતાનું ધારેલુંજ કરતાં હોય છે.. હોલની સજાવટ, કપડાં, ભાડાની મોટી મોંઘી કાર, મોંઘું હનીમૂન વગેરે માતા પિતાની ઈચ્છા હોય કે ન હોય પણ તેમની જરૂરિયાત સમજે છે અને તે પૂરી કરીને જ જંપે છે.

બાળપણની શરૂઆતથી જ જો તેને વાસ્તવિકતાનું ભાન કરાવવામાં આવે, સમજાવવામાં આવે તો તેના વર્તનમાં, શિસ્તમાં જરૂર ફરક પડે. માતા-પિતા, વડીલો, શિક્ષકો, ઉસ્તાદો વગેરેનો સામૂહિક સાથ બાળકને હઠીલું બનતું રોકી શકે છે. શરૂઆતની સારી ટેવોથી જ મોટેપણે સારું પરિપક્વ વ્યક્તિત્વ વિકસે છે.

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