

By Women
For Women
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In this month's An-Nisa with Ramadhan just round the corner we've got a thought provoking piece on being mindful and grateful.

And keeping with Ramadhan ever wondered what happens to your body during fasting? Page 2 is for you.

There's more happening with the Girl Guiding as a new group is set up and Safeeyah's been busy Asian-Twisting another gorgeous recipe.

Plus, the troubles of a 16 year-old with so many things happening how to get on top and stay in control.

Not to forget our popular monthly Gujarati page!

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



Dear Readers

SOMETIMES we take life for granted, we're so busy that we forget the ones we love even when they are sat right next to us. Being Married, A Parent, or just busy with work or caring for someone and so on can become just a routine. People that really matter become a background in our life. Take a moment and close your eyes and think about the people you really care about, the people you want to spend life with, have moments, and joy or maybe you have regrets of saying things that have taken you apart.

Is it our fault that we take things for granted and people for granted in life? in reality it's natural it's a way of life for us as we are programmed to adapt to everything because if we didn't we would become very stressed, but then we run into a paradox, where we want to stop taking things for granted but it just seems impossible.

And then when we loose that someone special in our life that we kept in the background we think to ourselves "I wish I didn't take him or her or it for granted, I wish I made that effort just to be a little more understanding or kind or just generally make time for that person". And sometimes words are exchanged yet you never fault yourself until it is too late and you think "I wish I NEVER said that, I wish I could take that back". But then it's too late they are gone in a split second.

Its not just people that we take for granted its things like water and electricity. I ask myself how can I stop taking things for granted is it possible?

Yes it is firstly by taking the things we take for granted out of the background, things like health, wealth, food, water and even the internet and technology, they are so consistent in our life just like all the other things and people we have that they become part of the wallpaper of life, and to take these things out of the background is by being conscious about it and thanking the creator for these things remembering the etiquettes we are taught.

Obviously these things don't always pop

out at us and sometimes it's hard to go deep into everything, but being aware of our background or environment friends and family near and far just by thinking and taking them out of the background you are aware of how BIG these things are.

Secondly, maximise the benefit you get out of them take the internet for example use that to the best of your ability contacting people and using it to maybe educate yourself further this is something else to do to stop taking things for granted.

Thirdly imagine what life would be like without all those things, if this is hard think about people in the world who have very little or nothing, read their stories, with Ramadan coming up really do think about the poor, the disadvantage, the people who are lonely and feel what they are feeling and don't just do this through Ramadan do this everyday when you sit to eat when going to school or work think about the freedom we have that's another thing we take for granted, there are people in the world fighting to go to school yet we have it on a plate we can study from home online and get a degree its so easy for some of us.

THE POSITIVE EMOTIONAL IMPACT OF NOT TAKING THINGS FOR GRANTED IN YOUR LIFE ON A DAY TO DAY BASIS CANNOT BE EMPHASIZED ENOUGH.

You will feel at peace, grateful to your creator, no jealousy in your veins, when we loose something it wont knock us down as hard as it would if you took it for granted and most of all you will feel like you want what you have, and because you want what you have, well ill tell you something...

YOU HAVE WHAT YOU WANT.



Spaghetti with an Asian Twist

I am not a fan of the traditional spaghetti bolognese cooked with ofcourse mince. So I prefer just a simple chicken spaghetti inspired by my grandma she makes it a lot different to me but the idea is taken from her. So Thanks to my special gran for this inspiration.

Ingredients:

- . 1 small onion diced
- . 3 garlic cloves crushed
- . 1 green chillie chopped
- . 4 tbsp oil
- . 1 medium chicken breast diced
- . 2 handfuls of mixed veg
- . 1 can of tomatoes blended
- . 1 small jar of bolognese sauce
- . 2 tbsp mixed herbs
- . 2 tsp dhara powder
- . 1 tsp chillie powder
- . 2 tsp salt
- . 2 tsp black pepper
- . 2 tbsp of fresh lemon juice
- . 1 packet of spaghetti half the spaghetti to make it smaller
- . sprinkle of fresh coriander and small green mango (kachi ker)

Method:

. In a pan heat the oil and add the onions, garlic, and chillie. Once fragrant add the chicken and some water.



Leave to cook for 15 minutes.

. Check the chicken and add the mixed veg and leave to cook for 10 minutes.

. After this add the blended tomatoes with a little water and cook once it bubbles add the mixed herbs, dhara powder, chillie powder, salt, black pepper and lemon. Leave to cook for 10 minutes stirring occasionally.

. meanwhile boil enough water in a pan with salt once

boiled add the spaghetti after 10 minutes it should be soft and not rubbery then drain.

. Once the chicken is cooked through add in the spaghetti and bolognese sauce and cook for a further 5 minutes keep stirring.

. Once ready to serve in a plate sprinkle some fresh coriander and serve with the small green mango just for a little kick in taste.

New Girl Guiding starts at Al-Hikmah

THE WEEKEND Girlguiding unit is proving very popular, based at the Al hikmah Centre. The first Brownie unit for 7-9 year old girls, based at the Al-hikmah, was set up in September 2015 and has rapidly grown with over 20 girls attending regularly and getting involved in exciting activities from crafts, sports, cycling, baking, archery, to learning about fire safety and earning Brownie badges. Recently, we have started a new Guide unit for 10-14 year old girls, at the centre, which opened last month. We now have over 15 girls attending the Guide unit and it is proving very popular.

Currently we are the only Brownie and Guide units in Kirklees running on a Sunday, and it seems to suit many girls who have other commitments during the week. All the units are run by trained volunteers, from the community and plan a range of fun and challenging activities.

For all enquiries or to register your interest please visit www.girlguiding.org.uk

Physiological Changes during fasting

THE CHANGES the occur in the body in response to fasting depend on the length of the continues fast. The body enters into a fasting state eight hours or so after the last meal, when the gut has finishes the absorption of of nutrients from the food.

In a normal state, body glucose, which is stored in the liver and muscles, is the body's main source of energy. During a fast, this store of glucose is used up first to provide energy. Later in the fast, fat becomes the next store source of energy for the body once glucose has ran out.

After many days to weeks of fasting the body then turns to protein for energy of the body this is what is known as 'starvation', and it is clearly unhealthy. It involves protein being released from the breakdown of muscle, which is why people who starve become very week and thin.

Fasting in Ramadan only extends from dawn till dusk, in which you have the opportunity to replenish energy at Iftari and Sehri. This provides a transition from using glucose to fat as the main source of energy, and prevents the

breakdown of muscle for protein. The use of fat for energy aids in weight-loss, preserving the muscles and reduces your cholesterol levels. Also weight loss results in better control of diabetes and reduces blood pressure.

A detoxification process also seems to occur, as any toxins in the body's fat are dissolved and removed from the body. After a few days of fasting, higher levels of certain hormones appear in the blood resulting in a better level of alertness and an overall feeling of general mental

well-being.

Balanced food and fluid intake is important between fasts. The kidney is efficient at maintaining the body's water and salts, such as sodium and potassium. However, these can be lost through sweating. To prevent muscle breakdown, meals must contain adequate levels of energy food, such as carbohydrates and some fat. That is why a balanced diet with adequate quantities of nutrients, salts and water is vital.





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OUR GENERATION seems to be suffocated by homework, revision and other responsibilities. We have to choose a college, we finally receive our NI numbers, and we can now apply to vote, for a driving license. What does this mean? Are we growing up? Oh no! Don't panic!

I sometimes feel our parents, aunts and uncles, teachers and mentors ignore the fact facing them, we are the future, we are the next set of politicians, doctors teachers and street cleaners.

On top of all our homework and revision we have to start thinking about our futures, what are we going to become, will we go to university? Will we find work in the increasingly difficult job market? Even if I manage to graduate, who will pay off my student loans, in the end will I be able to afford a house of my own? At 16, these are some of the thoughts in my mind. And I'm sure they're circling some of your minds too. How do we expect to cope?

I suggest we keep ourselves calm, look after ourselves, we have to remember there's more to life than us, there's more to life than

Inside my head Being 16 in 2016

school.

My tips and advice to you, as well as myself, to get through the horrors of exams: try not to overwhelm yourself, take everything step by step, focus on the present rather than the future. Remember to eat well, take regular breaks from studying, and try revising in different environments. Exercise. Breathe. Meditate, it may sound and look ridiculous but it works. It's helpful to timetable your studying around namaaz times, waking up for fajr and revising in the early hours helps retain information. But to do so, sleeping early is a must. Invest in healthy snacks, dried fruit and nuts (with chocolate of course). Listen to nasheds whilst revising, mix up your revision materials, use mind maps and games, stick posters on your bedroom walls explaining the

difference of squares. Use lots of colour, we are visual beings. Take power naps if it's all too much, 7 minutes of sleep can do wonders, trust me. Do zikr, eat dates, they keep up your protein levels. Go out with your friends and family, remind yourself there's more

to life than the difference between fission and fusion. Laugh. We're still teenagers, just because we have around 15 exams doesn't mean we can't have fun.

Most of us will be sitting exams during the best of all months: Ramadhaan. This may seem like it will tire us out, but it all depends on time management. Drink plenty of water during sehri and iftaari. Sleep after school but wake up for salaah and ibadah. Try not to let the hunger get to you, remember to be nice to everyone and most importantly to yourself!



કરકસર અને કંજૂસાઈ

-આબિદાબેન રાજપુરા

સામાન્ય રીતે આપણે આપણી આવકના પ્રમાણમાંજ ખર્ચ કરતા હોઈએ છીએ. ખર્ચ કર્યા પછી પણ થોડી બચત રહે એ રીતનું ધરનું બજેટ બનાવીએ છીએ. ઘરમાં બધાને ખોરાક, કપડા અને જરૂરી સગવડો મળી રહે, બાળકોને યોગ્ય શિક્ષણ મળે, અને સૌ સુખ અને સંતોષ સાથે સંપીને રહે તેજ ધરના વડિલની પ્રાથમિકતા હોય છે. આવી સમજદારી વાળી અર્થવ્યવસ્થા એટલે જ કરકસર. ગુજરાતીમાં એક કહેવત છે કે, “ત્રેવડ ત્રીજો ભાઈ છે.” ત્રેવડ એટલે કરકસર. કહેવતનો બોધપાઠ એ છે કે બે ભાઈની કમાણીથી ઘર ચાલતું હોય પણ તે આવકનું આયોજન વ્યવસ્થિત હોય તો બધાની સગવડો સાથે પણ બચત થાય છે. જે ત્રીજા ભાઈની આવક સમાન બની રહે છે. રોજીંદા જીવન ખર્ચ ઉપરાંત અચાનક આવી પડે તેવા ખર્ચાઓ, સમાજિક વ્યવહારો અને વધતી મોંઘવારી વગેરેને ખયાલમાં રાખી ખર્ચનું આયોજન થાય તો આવક-જાવકનું સંતુલન રહે છે.

મધ્યમ વર્ગના કુટુંબોએ હંમેશા કરકસર કરવી પડે છે. ગરીબ વ્યક્તિને તો બીજા દિવસની પણ ચિંતા હોતી નથી. દરરોજની આવક તેજ દિવસે પૂરી થઈ જાય છે. એટલે કરકસરનો કોઈ અવકાશ નથી. તેજ રીતે ઘણાં ધનિક વ્યક્તિઓ કે જેમના પાસે અઢળક સંપત્તિ હોય તેમને પણ કરકસર જેવા શબ્દની કોઈ મહત્તા નથી. પરંતુ જો મર્યાદિત આવકવાળા ઉડાઉ બની બેફામ ખર્ચ કરે તો દેવામાં ઉતરી પડે છે. વડીલો હંમેશા કહેતા આવ્યા છે કે, “જેવડી ચાદર હોય તેટલાજ પગ લાંબા કરો.” એટલે કે આવકના પ્રમાણમાંજ ખર્ચ કરવો જોઈએ. સાથે સાથે કરકસર કરીને ભવિષ્યની ચિંતા કરવી જરૂરી છે.

સમાજમાં આપણને કેટલાક એવા લોકો જોવા મળે છે. કે જે કરકસરને બદલે કંજૂસાઈ કરતા હોય છે. કંજૂસ લોકોને પૈસાની બચત કરવા સિવાય બીજું કંઈ દેખાતું નથી. ઘરના વ્યક્તિઓની સામાન્ય જરૂરિયાતો પણ પૂરી ના કરે, વારતહેવારે પણ ઘરનાને સારો ખોરાક, કપડાં, ભેટ આપવાથી દૂર રહે અને વધતું બેન્ક બેલેન્સ જોઈને ખૂશ થયા કરે. થયેલા ખર્ચનો પેની પેનીનો હિસાબ માંગે અને જરા પણ બગાડ થાય તો ગુસ્સો કરે તેવા કંજૂસ માણસો સમાજમાં ઘણાં હોય છે.

એક બોધકથા પ્રમાણે કંજૂસાઈનું શું પરિણામ આવે તે સમજવા જેવું છે. એક કંજૂસ વ્યક્તિ પોતાની કમાણીમાંથી ૧૦૮૬૧ જેટલા પૈસા પણ ખર્ચ ના કરે, ઘરનાને પેટ ભરીને ખાવાનું પણ ન આપે, કપડાં અને બીજી જરૂરિયાતો પણ મર્યાદામાં મળે. વધેલા બધાજ પૈસા તે ઘરની તિજોરીમાં ભેગા કરે, બચત ઉપર ઝકાત પણ ના કાઢે. આ કંજૂસ એક દિવસ ખૂબજ બિમાર પડી ગયો. તેની તબિયત દિવસે દિવસે વધુ બગડવા લાગી. તેને લાગ્યું કે હવે તે બચવાનો નથી તેણે પત્ની અને બન્ને દીકરાઓને

બોલાવીને કહ્યું કે “જિંદગીભર ઘણી મહેનત કરી મેં પૈસા બચાવીને આ તિજોરીમાં રાખ્યા છે. જેના ઉપર મારા સિવાય બીજા કોઈનો હક નથી. હું ગુજરી જાઉં પછી બધા પૈસા મારી કબરમાં મારી સાથે મૂકી દેજો.” આ પ્રમાણે કરવા માટે પત્ની અને પુત્રો પાસેથી વચન લીધું. દીકરાઓ આ અંગે ખુશ ન હતા. પરંતુ માએ સમજાવ્યા કે, મરનારની અંતિમ ઈચ્છા પૂરી કરવી જોઈએ.

કંજૂસની તબિયત વધુ બગડવા લાગી. એક દિવસ દીકરાઓને પિતા પાસે બેસાડી કંજૂસની પત્ની થોડા સમય માટે બહાર ગઈ. પાછી આવીને તેણે જોયું તો તેનો પતિ સકરાતની હાલતમાં હતો. થોડીવારમાં તેનું મૃત્યુ થયું. જનાઝાની તૈયારીઓ થવા લાગી. દીકરાઓએ માને કહ્યું કે, “પૈસા કબરમાં મૂકવાની મુખાઈ ના કરવી જોઈએ.” પરંતુ માએ કહ્યું કે મેં તમારા પિતાને વચન આપ્યું છે એટલે તે પ્રમાણે કરવું જ પડે. દીકરાઓ જ્યારે જનાઝા સાથે જવા લાગ્યા ત્યારે માએ કબાટમાંથી ચેક બૂક કાઢી અને એક ચેક લખી આપ્યો અને કહ્યું કે “પિતાની કબરમાં મૂકી દેજો.” પતિની બધીજ બચત બેંકમાં મૂકી, તે બધીજ રકમનો ચેક કબરમાં મૂકવા આપેલો. ચાલાક પત્નીએ આ રીતે વચન પણ પાળ્યું અને જિંદગીભર સહેલી કંજૂસાઈનો ફાયદો પણ મેળવ્યો.

આમાંથી બોધ લઈ શકાય કે જાત ઉપર જુલમ કરીને બચાવેલા પૈસા શું કામના? એક મુસ્લિમ તરીકે બચતની ઝકાત કાઢવી, ગરીબોને મદદ કરવી, હજ જેવા ફર્જ અદા કરવા અને સગાંવહાલાં સાથે વ્યવહાર રાખીને સુખેથી જિંદગી ગુજારવી જરૂરી છે. વ્યક્તિએ ખોટા ખર્ચ કરીને ઉડાઉ બનવું અને દેવામાં ડૂબવું એ અયોગ્ય છે. તેજ રીતે ઉપરની બોધકથા પ્રમાણે કંજૂસ બનવું તે પણ હડાપણ નથી. બંનેની વચ્ચેનું વલણ એટલે કે કરકસર જિંદગીમાં બહું જરૂરી છે.

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