

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

We've got:

a report on last month's Sitting Salah workshop which attracted sisters from around the region. There's an article on patience – a key for this holy month and a poem on 'easy'.

Read about the Girlguiding and Brownies fundraising fun day and a recipe to making your own strawberry ice cream.

Enjoy!

email: an-nisa@imws.org.uk
if you would like to contribute.

Sitting Salah Workshop

A **SITTING** down salah workshop was recently organised by the IMWS Women's committee and delivered in partnership with local learned sisters, at the Centre. The workshop was well attended and was specially arranged for those that pray salah sitting down due to health reasons.

The aim of the workshop was to define the conditions that allow a person to pray sitting on the floor or chair and demonstrate how to pray salah sitting down. There was lots of opportunity to ask questions about rulings regarding this and

other related topics, which everyone appreciated.

Participants found the workshop extremely useful and many left reassured that they were praying their salah correctly. Overall, participants were able to clarify their conditions and seek advice about which position (sitting on chair or floor) they could pray their salah.

If you need further information on this topic or have ideas on future workshops that we could host, please contact us on sisters@imws.org.uk.

For future workshops follow us on twitter @[@imws_women](https://twitter.com/imws_women) or Facebook.



Easy Strawberry Ice Cream

Recipe
of the
Month

There is not much better than homemade ice cream on a hot sunny day. There's a sense of achievement in making something so delicious but something that is also very satisfying. Although this recipe is for strawberries do play around with other fruit

Ingredients:

- 1 x 400g punnet strawberries
- 1 x 250g tub mascarpone
- ½ x 397g can condensed milk
- cones and sprinkles, to serve

Method:

1. Pull the green hulls out of the strawberries. If they are still quite hard, cut them in half or quarters with a table knife. Tip them into a flat-bottomed dish.
2. Use a potato masher to squash the strawberries as much as you can. Tip into a bowl..
3. Add the mascarpone and mash this in – don't worry if it is a bit lumpy. Add

the

condensed milk and mix everything together. Don't worry if the mix is streaky.

4. Spoon the mixture into a metal or plastic box and put it in the freezer. Wait until the next day or at least 6 hours before scooping into bowls or cones. Decorate how you like.



Patience

THERE are two very important qualities for a Muslim; patience and gratefulness. It is important for us to be patient through the tests of the Almighty

Patience is not the ability to wait, but the ability to keep a good attitude while waiting.

It is common for us to immediately complain with frustration as soon as something small goes wrong in our perfect world. We are quick to blame and argue rather than trying to get through the hardship with perseverance.

Remember sisters, this world is not for fun, ease and games but a test from the Almighty and the more we endure in this world the higher our rewards in the here-after.

Therefore, next time a calamity occurs attempt to get through it patiently with little complaint and always remember to stay strong as after hardship there will surely be ease.

A perfect example of a very patient woman is Hajra (r.a). When Ismail (a.s) was still a small baby, his father Ibrahim (a.s) took him and his mother, Hajra (r.a), to the site of the Ka'ba. He gave them some dates and a goat skin full of water and left them there. As Ibrahim (a.s) was walking away, Hajra (r.a) followed him, asking why she and her son were being left in such a desolate place. She asked several times but he would not answer her. Finally, she asked if the Almighty had ordered him to do this and he indicated that it was so. Upon hearing this, she accepted the Almighty's will and returned to the site where Ibrahim (a.s) had left her.

Look at her amazing faith in the superior knowledge of the Almighty and the acceptance and patience that she had in such a stressful situation. May the Almighty give us patience to bear our tests in this world so that we may benefit from this in the hereafter. Ameen.

Poets Podium

It's As Easy as...

By Maariyah Patel

It's as easy as riding a duck or giving a child a lemon to suck,

It's as easy as drinking ink or getting a cow to go pink,

It's as easy as walking on a planet or eating a burger made out of granite,

It's as easy as drinking mud or falling in blood,

It's as easy as talking to the moon or turning a teacher into a balloon,

It's as easy as seeing a ghost or telling a dog to roast,

It's as easy as seeing a coin talking or watching the sun walking,

It's as easy as eating a ball or stretching yourself to make you look tall.

Fun Day Success

24TH BATLEY GUIDES and Brownies, based at the Al hikmah Centre, organised their very first family fun day last month. The aim of the day was to raise awareness of Girlguiding and what they do and raise funds for the units which would go towards the running costs and for trips and adventures away from the units.

The community support was extraordinary as many families attended the day to join in with the fabulous, fun activities that were organised by the girls themselves, with a little help from their leaders. This ranged from delicious desserts and bun sales, mehndi, face painting, biscuit and bun decorating, bric-a-bac bargains, stationery and toy stall, lucky dip, to having



a go at a variety of interesting crafts and recycling activities and not forgetting the ever popular the bouncy castle!

The Guides and Brownies also learnt about organising, marketing and advertising an event (including designing own posters), deciding on activities to run, pricing, advertising, running an activity or stall and handling money on the day – all great life skills for the future ahead.

For more information about joining Brownies/Guides visit www.girlguiding.org.uk

Did You Know?

Fasting will:

1. Rest the digestive system
 2. Allow for cleansing and detoxification of the body
 3. Create a break in eating patterns, while shining a spotlight on them
 4. Promote greater mental clarity
 5. Cleanse and heal “stuck” emotional patterns
 6. Lead to a feeling of physical lightness, increasing energy level
- Promote an inner stillness, enhancing spiritual connection

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રોજની મૂઝવણ

-આબિદાબેન રાજપુરા

આમતો ગૃહિણીની ઘણી જવાબદારી હોય છે. પરંતુ ઘરના સભ્યોને ભાવે તેવી રસોઈ બનાવી તેમને ખુશ રાખવા એ મોટી જવાબદારી છે. દરરોજ રસોઈમાં શું બનાવવું તેની મૂઝવણ હંમેશાં રહેતી હોય છે. ઘણીવાર રાત્રે સૂતાં સૂતાં બીજા દિવસની રસોઈનું પ્લાનિંગ મનમાં ચાલતું હોય છે. અને તે નક્કી થઈ જાય તો બીજે દિવસે કામકાજ જલ્દી પૂરું થાય છે.

ઘરના બધા લોકોની પસંદગી જુદી જુદી હોય અને બન્ને ટાઈમ રાંધવાનું હોય ત્યારે કામ વધી જતું હોય છે. કેમ કે બાળકોને શાકભાજી, કઠોળ, દાળ વગેરે ઓછું ગમે, તો વડીલોને દરરોજ ગોસ, મરઘી, મચ્છી આપો તો તેમને સંતોષ નથી થતો. આવા સંયુક્ત કુટુંબમાં એક સમયે ૩-૪ વાનગી બનાવવી પડતી હોય છે. ભારતમાં હજુ પણ સંયુક્ત કુટુંબમાં સવારે વહુ સાસુને પૂછતી હોય છે કે, “આજે રસોઈમાં શું બનાવું?” લગ્ન પછી રસોડાની બધી જવાબદારી નવી વહુની હોય છે. દીકરાના લગ્ન કરવા પહેલાં ખાસ ચકાસવામાં આવે છે કે કન્યા કેટલી કામગીરી છે. રસોઈમાં હોશિયાર છે કે નહીં.

રસોઈ અંગેની વહુની મનોદશા અને મૂઝવણ અંગે મહાન કવિ અવિનાસ વ્યાસે લખેલી એક કવિતા સંયુક્ત કુટુંબની ગામડાની વહુની પરેશાની વ્યક્ત કરે છે. જે આ પ્રમાણે છે.

સૂરજ ઉગતા સાથે ઉઠું,
કંથડાને કેસર નાંખી દૂધ કઢેલું પાંઉ
સાસુને શકરીયું ભાવે, સસરાને કંસાર
નણંદીને ગરમ રોટલો ઉપર ધીની ધાર

પરણ્યો મારો પાપડ ખાતો, શાક મસાલેદાર
જેટલા માથાં એટલા ભોજન ક્યાંથી આવે પાર ?
સાંજે સાસુ પગ ચંપાવે સસરો પાણી મંગાવે
પરણ્યા જેવડી નણંદ મને હાલરડા ગવડાવે
ઉપર અધીરો નણંદવીરો સુવા ટાણે શીરો માંગે
બોલો આ સોસાયટીમાં કોની થઈને રહું ?
સાસરીયામાં સૌ મને કહેતાં બેબલી વહુ.

પશ્ચિમના દેશોમાં ગૃહિણીઓની રસોઈની મૂઝવણ થોડી ઓછી રહે, કેમકે મોટાભાગના ઘરોમાં જ્યાં પતિ પત્ની બન્ને કામ કરતા હોય ત્યાં ફક્ત એક જ ટાઈમ રસોઈ થતી હોય છે. વળી શનિ-રિવ બહાર ખાવાનો રિવાજ વધતો જાય છે. ઉપરાંત રેડીમેઈડ ફ્રોઝન ફૂડ, ટેઈકઅવે, હોમ ડિલિવરી વગેરેની સગવડોથી થાકેલી બહેનો ઘણી વાર રાંધવાનું ટાળી લે છે. આજની પેઢીની દીકરીઓ અને વહુઓ રસોઈની બૂક્સ વાંચીને રસોઈ કરતી હોય છે, પરંતુ જેમાં દીકરાને માની બનાવેલી વાનગીઓનો સ્વાદ મળતો નથી. શરૂઆતમાં થોડી કચકચ થાય પણ પછી તે પણ ટેવાઈ જાય છે.

ઘણી બહેનો રસોઈનું અઠવાડીયાનું ટાઈમ ટેબલ બનાવી રાખે છે. જેથી દરેકને ખબર પડે કે આજે જમવામાં શું મળવાનું છે? જો કે આ બાબત બહું પ્રેક્ટિકલ નથી અને બધાને અનુકૂળ પણ થતી નથી.

રસોઈની મૂઝવણોનો સામનો કરીને બારેમાસ રસોઈ બનાવી ઘરનાં સૌને શુદ્ધ અને સાત્વિક ખોરાક આપીને ગૃહિણી પોતાની ફરજ બજાવ્યાનો સંતોષ અનુભવે છે. પરંતુ ઘરના સૌ તેણીની મહેનતને બિરદાવે, આભાર વ્યક્ત કરે તે જરૂરી છે. કેમકે રસોડાનું શોપિંગ, કુકિંગ અને ખાધા પછીનું કામ ઘણી મહેનત માંગી લે છે. જો કે ઘણા ઘરોમાં તેણીની કદર થતી નથી.



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