



بسم الله الرحمن الرحيم

ISM Today

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Ramadan 1435

Volume II Issue I

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Ramadan Mubarak!

Alhamdulillah! If you are reading this, then you have been blessed by Allah (SWT) with an opportunity to experience another Ramadan. May Allah (SWT) make this Ramadan a rewarding, blessed and spiritually successful time for you and your family. As you are probably aware, the first day of Ramadan will be on Saturday, June 28, 2014.

The ISM has been working to make sure that all of our community will be able to have a positive and spiritual month. Because of the large number of people who attend programs at the ISM, everyone is requested to kindly follow all rules and directions of the security and parking staff. Your cooperation is needed to ensure that this month is rewarding for all.

The following programs will be taking place during this blessed month:

Taraweeh Prayers:



Taraweeh prayers will be held at the ISM beginning Friday, June 27 immediately after Isha prayer which is held at 10:30pm. Br. Ameer Hamza will be the primary prayer leader. Brothers will have the main prayer hall and the Center Hall. Sisters will have the balcony prayer hall and the gym. The gym is handicapped accessible. Sisters can enter through the Salam School doors and take an elevator to the gym where the prayers are broadcast by video (as they are in the Center Hall). Arrangements for Taraweeh prayer have also been made for the Brookfield/Waukesha communities (Elmbrook Hospital Auditorium, 19333 W. North Avenue, Brookfield) and at the Musalla near the UW-Milwaukee campus.

Children's programs during Taraweeh at ISM: There will be programs for young children (babies to ten years old) during the Taraweeh prayers at ISM to enable parents to participate in Taraweeh prayers. Parents **MUST** remain in the building while their children are in the programs. Please pick up your children immediately after Taraweeh prayers. Please note that parents of any children left unattended in the ISM will face serious legal or other consequences.

Education & Sports Programs for Youth (and others): Every Friday, Saturday and Sunday after eight Rakah Taraweeh, there will be short presentations on legends of Islamic history entitled "Islam's Hall of Fame." In cooperation with MAS Milwaukee, a variety of presenters will provide uplifting information and the month long program will conclude with a "trivia night" covering material discussed during the various talks. Prizes will be awarded to top contenders. Those male youth who attend the lectures will be eligible to attend the open gym programs that will be offered prior to Iftar. A basketball tournament is also being organized for youth.

Ramadan Program for Children: There will be a Ramadan Academy for those between 9 and 14 years old at the ISM from 1:00 to 4:30pm Monday-Thursday throughout the month of Ramadan. Attendees will pray Thuhr together and will have a variety of educational programs as well sports activities.

Iftar Program: There will be a daily "singles iftar" at the ISM for those individuals who are single or have limited family support. Individuals who would like to donate for each day's iftar (about \$500) should contact Imam Ziad Hamdan or the ISM Office.

Continued on page 2

RAMADAN PROGRAMS

(CONT. FROM PAGE ONE)

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Educational Programs with Imams: Every Sunday after Thuhr prayer, Dr. Zulfiqar will hold a topic based Fiqh halaqa (study circle). Every day after Asr prayer, Dr. Zulfiqar will hold Qura'an recitation sessions for brothers and answer their fiqh questions. Every Tuesday, Dr. Zulfiqar will have fiqh session for sisters from 1:30-2:30pm. Dr. Zulfiqar will also be giving a short Khatira (less than ten minutes) every night before Isha prayer (10:15-10:25pm). On Saturdays after Thuhr prayer, Br. Ziad will be holding a topic based fiqh halaqa for both brothers and sisters. Br. Ziad will also be working with the Ramadan Academy for youth and the youth education programs.

The Imams will be available for personal consultations throughout the month of Ramadan. Please call them directly or call the ISM Office between 11:00am-5:00pm to schedule an appointment with them.

Qiyam Programs: There will be adult Qiyam programs throughout the month of Ramadan, and special Qiyam program for youth during the last ten days of Ramadan. ONLY ELIGIBLE STUDENTS WHO DISPLAY COMMITMENT AND RESPONSIBILITY DURING THE FIRST 20 DAYS OF RAMADAN WILL BE ELIGIBLE TO PARTICIPATE! No children will be allowed without parents!

Khatmul Quran Program (27th Night) will be on Wednesday, July 23 at the ISM. ISM West will have their Khatm on Monday, July 21st.

Zakat ul Fitr: Please pay your Zakat ul-Fitr early! It is \$10 per person. The ISM has taken the lead on organizing a community-wide effort for Zakat ul-Fitr collection and distribution. Representatives of Milwaukee Masjid will distribute a Zakat ul-Fitr application to eligible recipients and a committee from all the Masjid will make the determination about distribution of the collected funds. Because Zakat ul-Fitr is intended to be distributed to needy individuals before Eid ul-Fitr (so that they can enjoy the Eid), everyone is requested to pay your Zakat ul-Fitr in the beginning of Ramadan.

Donating Opportunities: The Blessed Month of Ramadan is a time when those who make financial contributions have their deeds multiplied. The ISM is holding its annual fundraising dinner on **Saturday, July 5** and its special fundraising dinner for the new Masjid in Brookfield on **Saturday, July 19**. The ISM is also giving many of the local Muslim organizations the opportunity to raise funds at the ISM during Taraweeh prayers. The groups that will be raising funds include the following: MAS-Milwaukee (July 9); Bait ul-Maal—International Relief (July 10); Islamic Relief—International Relief (after Juma' on July 11); MCHC (July 12); Dar ul-Arqam (July 13); Mar'uf (July 14); Da'wa Center (July 15); AMP-Milwaukee (July 16); Clara Muhammad School (July 17); CAIR-National (after Juma' on July 18); MMWC/IRC (July 20); the QAI and Da'wa Programs at ISM (July 23) and the Zakat Foundation/UMR-for International Relief (after Juma' on July 25).

Facility Rental: The ISM facilities are available for rental during Ramadan for iftar programs. Please contact the ISM Office at 414-282-1812 for more details.

Eid ul-Fitr: The ISM has made arrangements for Eid ul-Fitr to be held at Humboldt Park (like Eid ul-Fitr last year) on Monday, July 28 for the entire Muslim community. Humboldt Park is located 3000 S. Howell Avenue. We have reserved special parking areas and security through the Milwaukee County Sheriff's Office. Inshallah we will have nice weather. In the event of rain, we will announce other arrangements.



RAMADAN MUBARAK

*The Islamic Society of Milwaukee
Cordially Invites You to Attend Our...*

ANNUAL FUNDRAISING IFTAR

SATURDAY, JULY 5, 2014
ISM COMMUNITY CENTER
815 W. LAYTON

Family Pass: \$500 Donation
Single Pass: \$250 Donation

EVENING PROGRAM

8:34 pm: Maghrib Prayer (ISM)
8:50 pm: Iftar/Dinner (Community Center)
9:50 pm: Program (Community Center)
11:00 pm: Isha & Taraweeh (ISM)



The Islamic Society of Milwaukee

Wishes you and your families a blessed Ramadan

"For every day on which the sun rises, there is a reward from God for those who establish justice among people." (Sahih Al-Bukhari)

Ramadan | 1435-2014

| Ramadan | Day | Date | Fajr Imsak | Shuruq | Thuhr | Asr | Maghrib Iftar ① | Isha |
|---|-----|--------|---------------|--------|-------|------|--------------------|-------|
| 1 | SAT | JUN 28 | 3:29 | 5:15 | 12:56 | 5:00 | 8:38 | 10:22 |
| 2 | SUN | 29 | 3:30 | 5:15 | 12:56 | 5:01 | 8:38 | 10:22 |
| 3 | MON | 30 | 3:30 | 5:16 | 12:56 | 5:01 | 8:38 | 10:22 |
| 4 | TUE | JUL 1 | 3:31 | 5:16 | 12:56 | 5:01 | 8:38 | 10:21 |
| 5 | WED | 2 | 3:32 | 5:17 | 12:56 | 5:01 | 8:38 | 10:21 |
| 6 | THU | 3 | 3:33 | 5:17 | 12:57 | 5:01 | 8:38 | 10:20 |
| 7 | FRI | 4 | 3:34 | 5:18 | 12:57 | 5:01 | 8:37 | 10:20 |
| 8 | SAT | 5 | 3:35 | 5:18 | 12:57 | 5:01 | 8:37 | 10:19 |
| ISM Fundraising Dinner ISM Community Center 815 West Layton Ave. | | | | | | | | |
| 9 | SUN | 6 | 3:36 | 5:19 | 12:57 | 5:01 | 8:37 | 10:19 |
| 10 | MON | 7 | 3:36 | 5:19 | 12:57 | 5:01 | 8:37 | 10:19 |
| 11 | TUE | 8 | 3:37 | 5:20 | 12:57 | 5:01 | 8:36 | 10:18 |
| 12 | WED | 9 | 3:39 | 5:21 | 12:58 | 5:01 | 8:36 | 10:16 |
| 13 | THU | 10 | 3:40 | 5:22 | 12:58 | 5:01 | 8:35 | 10:16 |
| 14 | FRI | 11 | 3:41 | 5:23 | 12:58 | 5:01 | 8:35 | 10:15 |
| 15 | SAT | 12 | 3:42 | 5:23 | 12:58 | 5:01 | 8:34 | 10:14 |
| 16 | SUN | 13 | 3:43 | 5:24 | 12:58 | 5:01 | 8:33 | 10:13 |
| 17 | MON | 14 | 3:45 | 5:25 | 12:58 | 5:01 | 8:33 | 10:12 |
| 18 | TUE | 15 | 3:46 | 5:26 | 12:58 | 5:01 | 8:32 | 10:11 |
| 19 | WED | 16 | 3:47 | 5:27 | 12:58 | 5:01 | 8:31 | 10:10 |
| 20 | THU | 17 ☾ | 3:49 | 5:28 | 12:58 | 5:01 | 8:31 | 10:08 |
| 21 | FRI | 18 | 3:50 | 5:29 | 12:59 | 5:00 | 8:30 | 10:07 |
| 22 | SAT | 19 ☾ | 3:51 | 5:29 | 12:59 | 5:00 | 8:29 | 10:06 |
| ISM West Fundraising Dinner Peck Welcome Center at the Milwaukee Zoo 10001 W Bluemound Rd | | | | | | | | |
| 23 | SUN | 20 | 3:53 | 5:30 | 12:59 | 5:00 | 8:28 | 10:05 |
| 24 | MON | 21 ☾ | 3:54 | 5:31 | 12:59 | 5:00 | 8:28 | 10:03 |
| 25 | TUE | 22 | 3:54 | 5:31 | 12:59 | 5:00 | 8:28 | 10:03 |
| 26 | WED | 23 ☾☾ | 3:56 | 5:32 | 12:59 | 5:00 | 8:27 | 10:02 |
| 27 | THU | 24 | 3:58 | 5:34 | 12:59 | 4:59 | 8:25 | 9:59 |
| 28 | FRI | 25 ☾ | 4:00 | 5:35 | 12:59 | 4:59 | 8:24 | 9:58 |
| 29 | SAT | 26 | 4:01 | 5:36 | 12:59 | 4:59 | 8:23 | 9:56 |
| 30 | SUN | 27 | 4:03 | 5:37 | 12:59 | 4:58 | 8:22 | 9:55 |

Insha'Allah Eid ul-Fitr will be held at Humboldt Park (3000 S. Howell Ave) on July 28th, 2014 at 9:30am.

① DUE TO SLIGHT VARIATIONS, 3 MINUTES WERE ADDED TO MAGHRIB/IFTAR TIMES

☾ Possible Laylat Al-Qadr

☾☾ 27th Night of Ramadan



4707 South 13th Street | Milwaukee, WI 53221 | 414.282.1812 | www.ismonline.org

President's Message

President's Report on ISM Activities 2013-14

Assalaamu alaikum, brothers and sisters:

As we approach Ramadan 1435 AH and ask you to again generously support the Islamic Society of Milwaukee, it is appropriate to reflect on some highlights of this past year's activities by your ISM.



Last Ramadan the ISM broke ground on a masjid in Brookfield. We will have spent approximately \$1.5 million on construction costs this past year by the start of Ramadan, one-third of which will have come from ISM's general revenues (so all of you share in this) and the remainder specifically fund-raised by the ISM West Taskforce. We need to raise additional funds to complete the masjid. This ISM project will help us alleviate severe space problems that we face, as well as serve our growing Waukesha community.

The ISM is acquiring a 3-acre parcel of land at 4866 S. 13th St. for \$642,500 at the end of Ramadan. While in the short-term the piece of land will be an outstanding investment property, in the long term it will offer Salam School an opportunity to expand. For the past few years, Salam School enrollment has been capped at about 750 students with a long waiting list.

Last year the ISM acquired the 4-acre "land behind the Islamic Center" parcel and is developing additional parking on that land to address our severe parking problems. The cost of that initial development is \$100,000.

Last year the ISM set aside 5000 square feet of its 801 W. Layton Ave. building for development of a medical and elderly care clinic. While the Muslim Community & Health Center will bear the majority of the cost (their fund-raising iftar is on July 12), the ISM will contribute up to \$125,000 as the landlord for the build-out of this undeveloped building space. This project serves significant community and outreach purposes.

Last year the ISM lent more than \$100,000 in support to local Islamic organizations, including assistance for the needy and refugees in our community, providing most of the financial support for the food bank at the Dawa Center that has provided tens of thousands of meals, helping Wisconsin masjid in need and other causes.

Finally, the ISM maintains a staff that includes two imams, an Executive Director and others who provide educational programs, counseling, maintain ISM facilities and perform outreach, among other things. While I have written about "bricks and mortar" first in this letter, service to our community for the sake of Allah (SWT) is our first goal and to the extent that we engage in acquiring or improving our facilities it is only to provide that service.

Therefore, won't you join us for the ISM's Annual Fundraising Dinner on Ramadan 9, 1435 AH (Saturday, July 5, 2014) and share in the blessings for all of the work that your donation to the ISM for the sake of Allah (SWT) can do?

On behalf of the ISM, I pray that Allah (SWT) allows all of us to reach Ramadan; that He forgive all of us for our shortcomings (and I ask you for your forgiveness as well); and that He may grant you the best of health and faith and that we all be permitted to gather together and complete this Blessed month. Ameen.

Duaa When Breaking Fast in Someone's Home

أَفْطَرُ عِنْدَكُمْ الصَّائِمُونَ وَأَكَل طَعَامَكُمْ الْأَبْرَارُ ، وَصَلَّتْ عَلَيْكُمْ الْمَلَائِكَةُ

Transliteration: aftarā 'indakum-uṣ-ṣāa'imoonā wa akala ṭa'aamakum-ul-abraaru, wa ṣallat 'alaykum-ul-malaa'ikah

Translation: May the fasting (people) break their fast in your home, and may the dutiful and pious eat your food, and may the angels send prayers upon you.

Frequently Asked Questions in Ramadan

1. I woke up at the minute of Fajr athaan. Can I drink water?

Sure, one can drink water or have a little snack while the athaan is being called. No drinks or snacks are permitted once the athan is over.

2. Can I brush my teeth while fasting?

Yes, you can brush your teeth, even with toothpaste. The Prophet (SAW) used Miswaak while fasting and it had a mild to strong taste. The Hanafi school dislikes the use of toothpaste especially after noon. Tasteless toothpastes are preferred over strong taste toothpastes.

3. My son has football practice and games during Ramadan. What should he do?

He should not miss fasting as fasting is Fard (obligatory). Intentional Ramadan fast breaking can never be compensated for when it comes to reward.

4. I am traveling back to my home country for Eid. They started Ramadan one day after we did in the U.S. What should I do if they complete 30 days (31 days for me)?

One should celebrate Eid according to the local calendar. Eid is a communal festival and should be celebrated with the local community. Fasting their last day (your 31st day) in this situation is recommended but not required.

5. What is the ruling for traveling and fasting during Ramadan?

One is excused from fasting while traveling. The travel which allows shortened prayer (Qasar Salah) permits omission of fasting. According to Ahnaaf, it must be 48 miles or more. The missed day should be made up after Ramadan.

6. I am nursing my little child and I feel fine. Is it okay if I don't fast?

A nursing mother is permitted to break the fast even if she is doing fine health wise. There is no restriction on her to fast if she chooses to do so.

7. Is it OK to take birth control pills to avoid having periods during Ramadan so I can fast the whole month?

It is not required to disturb the normal cycle. Allah SWT likes the believers to enjoy the permitted concessions. There is nothing Haram in taking the pills and in doing more fasting than required. Insha'Allah, such an act will be rewarded.

8. With hot, long days, fasting has become harder than ever. If I work outdoors, at what point is it considered

physically unsafe for me to fast?

Fasting can only be omitted if it has a real toll on one's health. If fasting will result in severe de-hydration or fainting then it should be avoided. Normal thirst and tiredness does not justify breaking the fast. One should not put oneself in harms way though. It is permitted to break the fast if the labor/work is physically too demanding and one has no choice but to do the work during the month of Ramadan.

9. Can I use asthma inhalers during fasting?

Scholars differ on this issue due to scientific differences. The inhalers are meant to go directly to the airways and lungs without reaching the stomach. Unfortunately, that is not the case. Some parts of the inhaled material does get to the stomach. The majority of the inhalers do contain sugar which is left close to the throat. That is why some jurists prohibit use of inhalers during fasting. Some jurists argue that inhalers help neither hunger nor thirst. Therefore they are permitted for use during fasting. In my opinion, they should not be used while one is fasting. There are inhalers that last for 12 hours. They should be used at Suhur and Iftar times.

10. What is the best way to deal with teens wanting to spend the whole day watching the soccer World Cup during Ramadan?

There should be a balanced schedule for our teens (and their parents!) They should be allowed to enjoy the soccer World Cup if they perform their prayers on time and do the assigned Qur'anic recitations. Ramadan is the month of fasting, prayers and Qur'an.

11. Since Zakat al-mal is wajib, does it have more reward if I give it in Ramadan?

Absolutely! Any act of charity gets multiple rewards during the month of Ramadan. Zakat reward is multiplied due to Ramadan's blessings.

12. If a woman has some bleeding a few days after her regular period, should she fast?

She should start fasting as soon as her regular periods are over even if there is a little unusual bleeding after the normal cycle.

13. Which one has more reward: Taraweeh alone or in congregation? At the masjid or at home?

Taraweeh at the Masjid and in congregation is far more rewarding than doing it at home.

Dr. Zulfiqar Ali Shah
Religious Director

Ramadan Health Tips

During this blessed month of Ramadan, it's very important to maintain a well-balanced diet to help keep your energy levels high. Making the right choices will keep you healthy and strong. Here are some tips for you:



- **Stay hydrated.** Set a goal of at least 8 cups per day. The best choice is water! Avoid excessive consumption of caffeinated or sugary beverages (soda, juices, lattes, etc.). You can also try calorie-free beverages, such as crystal light, flavored water, caffeine-free tea and coffee, etc.

- **Portion control.** It is very important to pay attention to your body. When you feel you have had enough to eat, stop. Use smaller plates, bowls, and serving spoons. Make sure half of your plate is fruits and vegetables. Do not put serving dishes on the table (this will make it harder to go for a second round). Put salad dressing on the side instead of mixing it in. Make meal time special by having a pretty table set-up. Finally, eat slowly!
- **Limit sodium.** Avoid processed food such as canned foods (soup, stew, sauces, etc.), frozen foods (dinners, entrees, etc.), snack foods (chips, candy), packaged starchy foods (stuffing mixes, mac & cheese dinners), and meats (cured or smoked meats, canned meats). To season your food, try tart flavor (lemon, lime juice, vinegar), peppers, and herbs and spices (onions, garlic, salt-free seasoning like Mrs. Dash).



- **Eat more fiber.** Slowly increase fiber in your diet. Eat whole grain breads, brown rice, bake with whole wheat flour, look for choices with 100% whole wheat, cooked kidney beans, cooked lentils, baked beans, pears, apples, blackberries, raspberries, dried dates, baked sweet potato with skin, almonds, and choose fresh fruits and vegetable instead of juices.

- **Healthy/Alternate methods of cooking.** Select lean cuts of meat, take skin off poultry, cook the ground meat and then drain off the fat. Cook without adding fat (Bake, broil, roast, stew, boil). Thicken sauces using evaporated nonfat milk instead of whole milk. Use low-fat cheeses. Instead of butter or stick margarine, try reduced-fat or whipped spreads. Use nonstick cooking spray instead of butter or oil.



- **Suhoor Suggestions.** Oatmeal, 1 cup bran cereal, 100% whole wheat toast, low-fat cottage cheese with fruit, low-fat yogurt (Greek yogurt has more protein), low-fat/skim milk, 1 tablespoon peanut butter (try with green apples or bananas: yum!), eggs (scrambled or hard-boiled), hummus, 1 oz. nuts, tuna (in water), low-fat labana, low-fat cheese, and avocado.

Dalal Hasan, Registered Dietician



RAMADAN GREETINGS

WISHING YOU AND YOUR FAMILIES A MONTH FULL OF BLESSINGS AND HAPPINESS.


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ISM TODAY

Community News

Our Deepest Condolences

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

Inna Lilahi wa Ina Ilaihi raji'oun. To Allah we belong and to Him we shall return. The ISM would like to extend our condolences to the families who lost someone dear to their hearts. We ask Allah (swt) to forgive their sins and bless them with a home in Jannah.

- * **Abdul Hamid Nagdas**, father of Br. Muhammad Rafiq Nagdas & grandfather of Br. Noman Rafiq Nagdas.
- * **Wasfiya Abdeljaber Al-Ramahi**, mother of Sr. Samiha Al-Ramahi and grandmother of Bashar Khader, Mohammad Khader and Suha Al-Ramahi.
- * **Mohammad Abdulraheem**, father of Br. Rami Mohammad Abdulraheem.
- * **Abdelmuti Abedrabo Nabhan**, father of Br. Eyad & Sr. Falastine Ayed & brother of Khader Nabhan.
- * **Fakur Saheb**, father of Br. Khaja Hussein.
- * **Faleh Mutairi**, father of Br. Hamad Mutairi.
- * **Ahmad Hosni Salah**, brother of Br. Abdelmonem Hosni Salah.
- * **Shahzad Rajab Ali**, nephew of Br. Bahdur, Br. Kareem, and Br. Muhammed Ali Bhimani.
- * **Shaher Assad**, husband of Sr. Nahida Assad & father of Dunia, Warda, Noor, Ayah, Malaak, Muhammad and Obada Assad.
- * **Yusra Hamdan**, sister of Br. Saleh, Br. Jamil, and Br. Amin Hamdan & stepmother of Br. Basem Attari.
- * **Sabiha Sultana**, mother of Br. Mushtaq Ahmed.
- * **Hajjiyani Zubaida Bai**, mother of Sr. Naseem Ghaffar and mother-in-law of Br. Arif Ghaffar
- * **Hajj Ali Barasneh**, father of Br. Omar Barasneh
- * **Syed Ikramuddin Ali**, father of Sr. Samira Syed and father-in-law of Dr. Vaqar Syed
- * **Abed Ul Qadir Elewa**, brother of Sr. Hemmet Elewa and brother-in-law of Br. Abood Elewa
- * **Hajjiyani Zubaida Bai**, mother of Sr. Naseem Ghaffar and mother-in-law of Br. Arif Ghaffar
- * **Maureen Hautzinger**, mother of Julia Hautzinger and mother-in-law Hesham Al-Ali

”إِنَّ لِلَّهِ مَا أَخَذَ ، وَلَهُ مَا أُعْطِيَ ، وَكُلُّ شَيْءٍ عِنْدَهُ بِأَجَلٍ مُّسَمًّى -- فَلْتَصْبِرْ وَلْتَحْسَبِ“

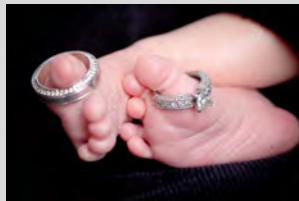
“Indeed, to Allah belongs what He took, and to Him belongs what He gave, and everything with Him has an appointed time — and be patient and hope for Allah’s reward.”

Community News

Congratulations On Your Newborn!

The ISM would like to congratulate:

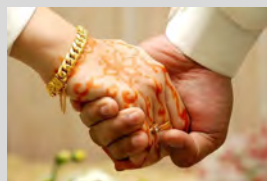
- ♦ Amal Asad & Montaser on the birth of their daughter, Fadwa
- ♦ Ahmad Mahmoud & Sara Mustafa on the birth of their daughter, Zayna.
- ♦ Mourad and Helima Aichoune on the birth of their son, Siraj.
- ♦ Walid Hamed & Itab Ramadan on the birth of their son, Laith.
- ♦ Nisreen Hanitchet & Yousef Mansour on the birth of their son Abdel-Kareem.
- ♦ Sahar and Ali Hamed on the birth of their son, Murrad.
- ♦ Eman & Tarik Amin on the birth of their son, Maher.



We wish them a life full of joy & Iman!

Congratulations on your Marriage

Marriage is equated with "completing half of one's faith". The ISM would like to wish our newlyweds a long, happy and healthy life together, inshallah.



Congratulations to you and your families!

- ♦ Zainab Ashraf & Ravi Theja Yada
- ♦ Ayesha Abdullah & Fauzan Ali
- ♦ Aisha Bano & Omar Zuberi

Congratulations On Your Engagement !

May Allah bless your engagement and grant you a beautiful and happy marriage.

- * Kareem Sarsour & Seema Oweisi
- * Muhannad Bleibel & Shaima Zeyara
- * Najla Silmi
- * Alia Mian & Shahid Mian
- * Reema Kaloti & Mohammad Nabulsi
- * Alia Kaloti & Mohammad Khalid
- * Omar Kattan & Majidah Murrar
- * Maysa Dawod & Ahmad Atari



New Muslims

Alhamdulillah many brothers and sisters have accepted Islam in the last several months. May Allah continue to guide them and strengthen their iman! Below are two of

Sr. Denise Kirk



Br. Thomas Bell



College Graduates 2014

Congratulations College Graduates of 2014!

Congratulations to all of the college graduates of 2014! The ISM wishes you the best in all your future endeavors. We ask Allah (SWT) to provide you with the skills and knowledge needed to achieve success in your future careers. You are the bright future of the Muslim Ummah.

Ayman Abdelkarim, *Marquette University*

Amer Abdulkarim, *UW-Milwaukee*

Samer AbdulKarim, *UW-Milwaukee*

Waleed Akbar, *UW-Milwaukee*

Khadijah Akhtar, *UW-Milwaukee*

Loubna Alabbar, *Applied Science University*

Najla Alabbar, *Applied Science University*

Sundos Alabbar, *Applied Science University*

Asad Asad, *Harvard University*

Ahlam Ayes, *Marquette University*

Muhammad Ayes, *Marquette University*

Wajiha Azhar Masood, *Penn-State University*

Dina Dakwar, *UW-Milwaukee*

Elif Dogan, *UW-Milwaukee*

Maram Farrah, *UW-Milwaukee*

Mariam Hamdan, *UW-Milwaukee*

Shazeen Harunani, *Marquette Dental School*

Ala Ismail, *Marquette University*

Afreena Khan, *UW-Madison*

Nada Ismail, *MSOE*

Yazan Joudeh Hamed, *Marquette University*

Wala Kheireh, *Alverno College*

Bilkis Lawal, *Medical College of Wisconsin*

Alia Mian, *Marquette University*

Inas Murrar, *Marquette Dental School*

Reham Murrar, *UW-Milwaukee*

Neveen Musa, *UW-Milwaukee*

Issam Qamhiyeh, *UW-Milwaukee*

Johara Bayazid, *UW-Milwaukee*

KawKawa Sanhaji, *UW-Milwaukee*

Abbas Sarsour, *UW-Milwaukee*

Kareem Sarsour, *UW-Milwaukee*

Ahmad Sabri, *Cardinal Stritch MBA*

Hamzeh Snouber, *UW-Platteville*

Sahar Querishi, *Alverno College*

Yasir Yafai, *Marquette University*

College Graduates 2014



Congratulations Class of 2014

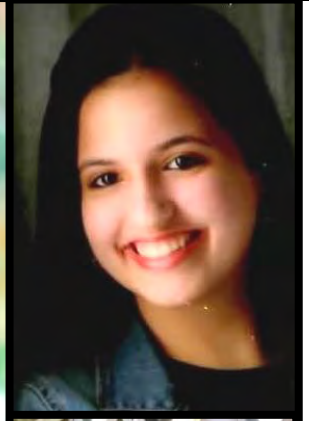
College Graduates 2014



High School Graduates 2014

| | | | |
|------------------------|-----------------------------|---------------------|----------------------------------|
| ♦ Fatma Abdullah | <i>Oak Creek High</i> | ♦ Noor Jaber | <i>Oak Creek High</i> |
| ♦ Zeki Abulughod | <i>Homeschool</i> | ♦ Abdul Jamaledin | <i>Franklin High</i> |
| ♦ Dena Abusaif | <i>Oak Creek High</i> | ♦ Rehana Jamaledin | <i>Salam High</i> |
| ♦ Ayisha Ali | <i>Franklin High</i> | ♦ Omar Karim | <i>Oak Creek High</i> |
| ♦ Hamza Ali | <i>Oak Creek High</i> | ♦ Ahmad Mahmoud | <i>Franklin High</i> |
| ♦ Kalimah Al-Mujahid | <i>eAcheive Academy</i> | ♦ Lameese Mahmoud | <i>Salam High</i> |
| ♦ Yousef Alaeddin | <i>Ronald Reagan High</i> | ♦ Aniya Maheen | <i>Franklin High</i> |
| ♦ Amal Ali | <i>Oak Creek High</i> | ♦ Bilal Malas | <i>Marquette High</i> |
| ♦ Abbas Amer | <i>Greenfield High</i> | ♦ Fakhri Mohheddin | <i>South Milwaukee High</i> |
| ♦ Ala'a Asad | <i>Franklin High</i> | ♦ Hasan Munim | <i>Marquette University High</i> |
| ♦ Mariam Al-Titi | <i>Oak Creek High</i> | ♦ Ayah Musaitif | <i>Salam High</i> |
| ♦ Tasneem Amro | <i>Salam High</i> | ♦ Aya Mustafa | <i>Salam High</i> |
| ♦ Aya Azzam | <i>Salam High</i> | ♦ Mohammad Naji | <i>Franklin High</i> |
| ♦ Aazam Chattha | <i>Brookfield Academy</i> | ♦ Ahmed Nessakh | <i>Oak Creek High</i> |
| ♦ Sarah Dakwar | <i>Franklin High</i> | ♦ Ahmad Omari | <i>Shorewood High</i> |
| ♦ Meriem Djelmami-Hani | <i>Homestead High</i> | ♦ Malik Otallah | <i>Oak Creek High</i> |
| ♦ Hashim Duden | <i>South Milwaukee High</i> | ♦ Badri Ouaari | <i>Wauwatosa East</i> |
| ♦ Salam Fatayer | <i>Ronald Reagan High</i> | ♦ Mariam Titi | <i>Franklin High</i> |
| ♦ Hend Hamdy | <i>Salam High</i> | ♦ Fahed Salim | <i>Pulaski High</i> |
| ♦ Judah Hamed | <i>Franklin High</i> | ♦ Anas Sarsour | <i>Riverside High</i> |
| ♦ Khaled Hamed | <i>Salam High</i> | ♦ Sundos Sarsour | <i>Salam High</i> |
| ♦ Osama Hussein | <i>Oak Creek High</i> | ♦ Saify Sobhani | <i>Brookfield Academy</i> |
| ♦ Mohammed Imscitif | <i>Franklin High</i> | ♦ Hayley Stormheim | <i>Washington Park High</i> |
| ♦ Jodeh Jaber | <i>Franklin High</i> | ♦ Mohammad Suleiman | <i>Franklin High</i> |
| ♦ Mellek Jaber | <i>Ronald Raegan high</i> | ♦ Hassan Zagloul | <i>Marquette University High</i> |
| ♦ Rayann Jaber | <i>DSHA</i> | | |
| ♦ Sireen Jaber | <i>Salam High</i> | | |

Attendees of the ISM High School Graduation Dinner



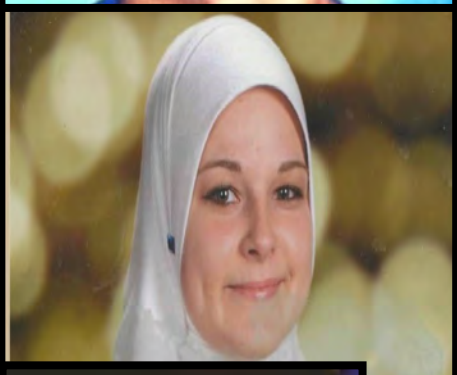
Congrats
Class
of
2014!



Attendees of The ISM High School Graduation Dinner



Congrats
Class
of
2014!



Salam School NEWS

Salam High Graduation

Alhamdulillah, Salam School graduated its 4th class this year.

Thirty eight students earned their Salam High School diplomas and are headed off to many colleges and universities, both locally and nationally. Salam School wishes to congratulate them on their achievements and wishes them the best of luck in all their future endeavors.

Mr. Safaa Zarzour from the Zakat Foundation was the keynote speaker at the commencement ceremony.

The Class of 2014 Valedictorian was Asia Mian and the Salutatorian was Tasneem Amro.



Valedictorian— Asia Mian



Salutatorian— Tasneem Amro





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Sun: By Appointment Only

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- ◆ Memory Install (FREE)
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- ◆ Laptop USB Ports Fix and Repair
- ◆ LCD and DC Jack Replacement
- ◆ Install and Reconfigure any software
- ◆ Website Design and Development
- ◆ Blank Screen Repair
- ◆ We Offer DIRECTV in Store

**We specialize in
TV Repair**

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and refurbished computers!**



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ISM Community Outreach

2:143 And Thus We have made you a medium (just) nation **that you may be the bearers of witness to the people** and (that) the Messenger may be a bearer of witness to you;...

Thanks for giving our students the opportunity to learn more about Islam and all that you do at the Islamic Center of Milwaukee. **Sara Johnson (George Williams College)**



Dear Islamic Society of Milwaukee,

Thank you so much for allowing our school to visit your facility. The presentation was outstanding! You did an excellent job keeping our students engaged while also informing them. It was a great opportunity for our students to get to experience. Please accept the enclosed donation for your time and for generously providing refreshments. We really appreciated it!

Thank you again,
Rachel Gerth & Erin School

Visitors to the Islamic Society of Milwaukee (May-June)

- ◆ Urban Immersion Group
 - ◆ Erin High School
- ◆ Wheaton Franciscan Health
 - ◆ St. John's Church
 - ◆ McPherson College
- ◆ Elder Care Focus Group
- ◆ George Williams College

If you know of any group that would like to visit the ISM, please contact the ISM at (414) 282-1812 or email us at ismooffice@ismonline.org.



I want to thank you for your wonderful presentation to my class. They were very impressed by your easy manner and the information you shared. I have had several say that our field trip to the ISM was the highlight of the course.

Many thanks,
Sheena Finnigan class
Wisconsin Lutheran College



Delivery is available

TRY OUR CATERING SERVICES



SHAWARMA HOUSE



HOURS

MONDAY
11:00 AM-11:00 PM
TUESDAY
11:00 AM-11:00 PM
WEDNESDAY
11:00 AM-11:00 PM
THURSDAY
11:00 AM-11:00 PM
FRIDAY
11:00 AM-3:00 AM
SATURDAY
11:00 AM-3:00 AM
SUNDAY
11:00 AM-8:00 PM



SANDWICHES

| | REGULAR | SHRAK |
|---|---------|--------|
| Chicken Shawarma House Marinated thin slices of chicken cooked on a Rotisserie and served in bread with pickles and our homemade garlic sauce | \$5.99 | \$6.99 |
| Falafel Sandwich A mixture of seasoned chickpeas fried and served in bread with salad pickles and tahini sauce | \$4.99 | \$5.99 |
| Beef Shawarma Sandwich Marinated thin slices of beef cooked on a rotisserie and served in bread with tomatoes, onions, and tahini | \$5.99 | \$6.99 |
| Kefta Kabab Sandwich Seasoned beef with onions and parsley grilled and served in bread with salad, pickles, onions, and tahini | \$5.99 | \$6.99 |
| Sheesh Tawook Sandwich Marinated chicken seasoned with special spices, skewered and grilled served in bread with tomatoes, pickles, and our homemade garlic sauce | \$5.99 | \$6.99 |
| Sheesh Kabab Sandwich Marinated beef seasoned, skewered, and grilled in bread with salad, pickles, onions, and tahini | \$6.49 | \$7.49 |
| Zinger Sandwich Seasoned chicken strips, turkey, cheese, lettuce and tomatoes and mayo all served in bread | | \$5.99 |
| Arabic Style cheese burger Our Arabic homemade beef patty topped with cheese, pickles, tomato, lettuce, and ketchup served on a warm toasted bun. | | \$4.99 |

To make it COMBO (Fries & Soda) \$2.49 extra

PLATES

| | |
|---|---------|
| All Inn Grill One skewer of each: Kefta, Sheesh Tawook & Sheesh Kabab served with rice, hummus, Arabic Salad, falafel, grilled onion & tomato and bread | \$11.99 |
| All Inn Shawarma Beef & Chicken Shawarma, rice, hummus, Arabic Salad, falafel and bread. | \$10.99 |
| Beef Shawarma Plate Our thin slices of marinated beef cooked on a rotisserie and served on a plate with tomatoes, onions, and Tahini on the side | \$7.99 |
| Chicken Shawarma Plate Our thin slices of marinated chicken cooked on a rotisserie on a plate with pickles and garlic sauce on the side | \$7.99 |
| Hummus Shawarma Plate Our homemade hummus served with our thin slices of marinated beef or chicken shawarma | \$7.99 |
| Kefta Kabab Plate Two skewers of kefta kabab served with rice, Arabic salad, hummus and bread | \$9.99 |
| Sheesh Tawook Plate Two skewers of our marinated chicken seasoned with special spices, skewered, grilled and served on a plate with rice, Arabic salad, hummus, and bread | \$10.99 |
| Sheesh Kabab Plate Two skewers of our specially seasoned beef with onions and parsley grilled and served on a plate with rice, Arabic salad, hummus, and bread | \$8.99 |

SIDES

| | |
|---|--------|
| Hummus Plate | \$5.99 |
| Baba Ghannouj | \$5.99 |
| Dwali Six delightful, Middle Eastern style, stuffed grape leaves filled with our seasoned rice and steamed | \$4.49 |
| Falafel Seasoned ground chickpeas & fresh vegetables shaped into pies & deep-fried. | |
| 3 piece | \$1.50 |
| 6 piece | \$3.00 |
| 9 piece | \$4.50 |
| 12 piece | \$6.00 |
| Fries | \$2.99 |
| Rice | \$3.49 |
| Jerusalem Salad Freshly diced cucumbers, tomatoes, and parsley | \$3.49 |
| Tabouleh Freshly diced tomatoes, onions, parsley, green paper and cracked wheat with a magic touch of olive oil and lemon juice | \$3.49 |
| Pickle Mix | \$3.49 |
| Fattoush A harmonious mix of romaine lettuce, tomatoes, cucumbers, onions dressed with our special homemade dressing and homemade pita croutons | \$3.99 |
| Yogurt Salad Freshly diced cucumbers and fresh mint dressed in yogurt | \$3.49 |
| Garlic Sauce 2oz. | \$0.75 |
| Tahini 2 oz. | \$0.75 |
| Arabic hot sauce 2 oz. | \$0.50 |
| Lentil soup | \$2.49 |

DRINKS

| | |
|---------------------|--------|
| Soda Product | \$1.99 |
| Bavaria | \$1.99 |
| Rabia Juice | \$1.49 |
| Coffee | \$1.49 |
| Shaninah | \$1.99 |
| Vimto | \$1.49 |
| Hot Mint Tea | \$1.49 |

DESSERTS

| | |
|----------------|--------|
| Baklava | \$1.99 |
| Knafe | \$2.99 |

2921 N Oakland Ave. Milwaukee, WI 53211
Phone: (414) 967-1000

ISM West Construction Continues!

West Fundraising Dinner Saturday: July 19th at Peck Welcome Center at the Milwaukee Zoo



ISM TODAY

Book Corner

'Til Faith Do Us Part

Summary by Nabil Salous



In this interesting book, author Naomi Schaefer Riley shed some light on interfaith marriages, which have become more common in America. The author narrated the story of a Jewish woman who went to her Rabbi upset by the fact that her son was going to marry a non-Jewish girl. After conversing with the Rabbi, she told her

son, ***“Understand that this is not the way we raised you, this is not what we stand for. You have free will, but there are consequences. If you drop a glass, it breaks. Know that you are cutting yourself off from your family. There are other children and we want them to marry Jews. This is what we did for 150 generations. We gave up our lives rather than convert. Don't think you will be able to drive a wedge in this family. You do what you want, but you have to live with the consequences you create.”***

Many Rabbis will not bless or even participate in interfaith marriages. Some Rabbis believe that intermarriages are less likely to succeed due to many historical differences between the way Jews and non-Jews were raised. There are many other religious groups that disagree with marrying outside of the faith. Christian Evangelicals disagree with interfaith marriages and use quotes from the Bible such as, "Do not be yoked with unbelievers, what do righteousness and wickedness have in common." The Mormons also discourage interfaith marriages. In fact, most Mormon individuals marry in the Mormon faith. In the case of interfaith marriage, the non-Mormon spouse often ends up either converting to the Mormon faith or divorcing their spouse. In the Catholic faith, marrying outside of the faith is considered to be unacceptable. If it occurs, the non-Catholic spouse would have to raise the children as Catholic. Recently, though, the Catholic Church has become more accepting of such marriages.

Muslims tend to be more open and more liberal regarding interfaith marriages, despite huge cultural and religious differences. One survey showed that one in five Muslim men marry non-Muslims. Because traditional Islam allows Muslim men to marry non-Muslim women but Muslim women are not allowed to marry non-Muslim men, a severe gender imbalance has been created that has left many Muslim women without partners. In other words, the traditional Muslim view that has allowed Muslim men to marry non-Muslim women has led to a gender imbalance that has forced Muslim women into what traditional Muslims would regard as religiously forbidden intermarriages.

Jihad Turk of the Islamic Center of Southern California shed some light on the faith of children and the necessity of interfaith couples to discuss the faith of their children in advance of their marriage. Mr. Turk said, ***“If the Christian or Jewish sister is a practicing one and the Muslim is a practicing one, there is going to be a clash because she wants the children to be like her and he wants them to be in his faith, and it becomes a clash that leads to divorce and confusion among the kids.”***

According to a survey conducted by the author on couples of the same faith, 80% of those couples raise their children in their faith and 20% of those couples have no preference of faith for their children. In the case of interfaith marriages, only 40% of couples raise their children in one particular faith; the rest of the couples allow their children to decide their own faith. It is apparent from the above mentioned survey that the lack of religious commitment on the side of parents reflects directly on their children.

One issue that often arises in interfaith families is related to the contributions that each make to their religious communities. According to the survey, couples of the same faith give an average of \$1,500 to religious charities, while

couples in interfaith marriages donated an average of \$627 to religious charities. Couples of the same faith also gave more to non-religious charities, but the gap was much smaller.

Book Corner (cont.)

An item that is common among different religious groups is that they are all trying to discourage interfaith marriage and boost their numbers by marrying from among their own. Jonathan Sarna, a Jewish Rabbi who is struggling with this issue within the Jewish community in America, is predicting that Muslims are going through same trajectory as well. He said, ***“While Muslims are in no way facing the kind of population crisis that Jews are, they need to create plenty of opportunities for Muslims to meet other Muslims in the natural course of events. Even as we celebrate that America has allowed people of different races to marry, nevertheless Muslims need to articulate a rhetoric that they want to preserve Islam in America, and that can only happen when Muslims marry other Muslims.”***

The reality is that interfaith marriages are taking place, whether a particular religious community condones it or not. The difficulties with interfaith marriages are numerous and diverse. It begins with who is going to perform the wedding ceremony: a religious official or a civil official. Even though the complication of the cultural differences starts at the wedding ceremony, it definitely doesn't end there. One example is when an Afghani man married a non-Muslim girl. His family, who envisioned their son's wedding to be the happiest occasion of their life, didn't even attend the wedding.

Even divorce does not end the conflicts that sometimes take place in interfaith marriages. After Joseph Reyes got divorced, he took his daughter Ela to be baptized in the Catholic Church, despite the fact he agreed to have his daughter be raised Jewish. This triggered the anger of the Jewish mother who filed a criminal complaint in court that lasted two years. Eventually, the Judge barred Mr. Reyes from exposing his daughter to any religion other than Judaism.

Cristopher Smith, a Catholic man, and his Jewish wife concluded that two religions in one household simply wasn't feasible for either of them. Christopher summed it all in one sentence when he said, ***“I wouldn't want my children to intermarry, despite the fact that we have happy family. Interfaith marriage is not good for faith or marriage.”***

ISM TODAY

WI Masajid

Council of Wisconsin Islamic Centers

This past spring, during the convention of the Milwaukee Chapter of the Muslim American Society (MAS), a meeting was convened by the MAS organizers for all of the Masajid in Wisconsin. Alhamdulillah, there was very good representation at the initial meeting and a new group, the Council of Wisconsin Islamic Centers, was established. A second meeting of the newly established group was held on Saturday June 14 at the ISM Community Center. Representatives from all the Milwaukee Masajid were in attendance as well as representatives from Masajid in Appleton, Green Bay, Kenosha, Madison and Sheboygan. A steering committee was formed and there was a brainstorming session about how Masajid from around the State of Wisconsin can work together on issues of common interest and to select two major goals that the new council could achieve during the council's first year. Not surprisingly, youth education was one of the main priorities.

Inshallah this new council will be a new way for Muslims throughout Wisconsin to work together and pool their talents and resources. Dr. Iftikhar Khan was selected as the Chairman of the Council for one year.

We would like to thank MAS-Milwaukee (especially Br. Salah Sarsour) for initiating this important gathering.



Some of the attendees of the June 14th meeting.
Twelve masajid were represented.



EID UL FITR



Humboldt Park
3000 South Howell Ave.
Milwaukee, WI 53207
July 28th, 2014 at 9:30am

In the event of bad weather, alternative arrangements will be announced.

ISM Today-Green Tip of the Month



GREEN TIP OF THE MONTH: Towards a Green Ramadan and a Greener Eid!

Ramadan Kareem! Each day in this blessed month of Ramadan:

| | | | | | |
|---|---|--|---|--|---|
| Find the most environmentally friendly way you can to get to the Masjid today (walk, bike, bus or car share). | Use sunlight to brighten the indoors. Switch off the lights and conserve energy. Switch on solar energy! | Unbottle Water! Join the Islamic Environmental Group's campaign for a plastic bottle-free Ramadan. | Think prayerfully about how we are using up our resources at an unsustainable rate. | Support organic fair trade. Look for the certified organic label when purchasing products. | Go meat-free today. More carbon is used to produce meat than growing grains, vegetables, and fruits. |
| Turn the water off while brushing your teeth. Use less water in Wudu (ablution). | Listen. Find a spot outdoors. Observe, and contemplate the wonders of creation. | Reduce, re-use, re-purpose, and recycle. Help curb the effects of global climate change. | Plant a tree. Grow an organic garden without the use of pesticides / herbicides. | Bring your own washable plate, cup and utensils to the community Iftar. Have a waste-free Iftar. | Power Down. Unplug. Do not use electricity for as long as you can today. |
| Read the Qur'an. There are more than 1,500 verses related to the environment. Learn the environmental messages in the Hadith. | Know where your food comes from. Visit a farm / farmers market. Support sustainable Community Supported Agriculture (CSA). | Moving your thermostat up 2 degrees in summer and down 2 degrees in winter could prevent about 2,000 pounds of carbon dioxide per year. | Bring and use your own cloth, canvas, or reusable and recyclable bags at the supermarket or store. Say: No, thank you for 'paper or plastic'. | "Sleep mode" reduces a computer's energy consumption by 60 to 70%. At the end of the day, power it off completely. | Learn about composting. You can significantly reduce food waste and produce rich compost for garden soil. Eliminate Waste, Grow Food! |
| Volunteer. Clean up a neighborhood, river, park, road, etc. Help clean up your Masjid after Iftar. | Don't pollute – Telecommute! Drive less. Have productive and efficient meetings via the phone, Internet, etc. | Use a low-flow showerhead. A family of four can save about 20,000 gallons of water per year. | Do not use Styrofoam. It is difficult to recycle, and harmful to the health and the environment. | Check your tire pressure. Low tire pressure means high energy/fuel consumption. | Configure your office or home printer or copy machine to print on both sides of the page. Save paper. |
| Obey the speed limit when driving. Every 10 mph faster, reduces fuel economy by about 4 mpg. | Using cold water can save up to 80% of the energy required to wash clothes. Dry clothes outside, if you can. | Consider supporting a fossil-free economy. Support renewable energy (such as solar, wind) investments. | Switch to e-billing. In the U.S., hard copy bills alone generate almost 2 million tons of carbon dioxide. | Shop responsibly. Reduce one-time use of gift-wrapping waste. Support eco-friendly, sustainable products. | Pray outside! Touch the grass, smell the earth. Rain or shine, glorify and praise the Creator. Eid Mubarak! |

Islamic Environmental Group of Wisconsin. <http://IslamicEnvironmentalGroup.org/>. Twitter: <https://twitter.com/WIGreenMuslims>
Celebrating 9 years! Bridging Faith and Ecology. Volunteering for a Just, Peaceful and Sustainable Future.

Calendar of Fundraising Events

Ramadan/July 2014

Sun Mon Tue Wed Thu Fri Sat

| | | | | | | |
|---------------------------------|----------------------------------|---|--|--|--|--|
| | | 1 | 2 | 3 | 4 | 5 ISM Fundraising Iftar |
| 6 | 7 | 8 | 9 MAS Fundraising Iftar and Taraweeh | 10 Bait ul-Maal Int'l Relief (Taraweeh) | 11 Islamic Relief (Friday Prayer) | 12 MCHC Fundraising Iftar and Taraweeh |
| 13 Darul Arqam (Taraweeh) | 14 Mar'uf (Taraweeh) | 15 Zaytuna/Zaid Shaker Iftar \$10 per person | 16 AMP- Milwaukee (Taraweeh) | 17 Clara Muhammad School (Taraweeh) | 18 CAIR-Nat'l (Friday Prayer) | 19 ISM West Fundraising Iftar |
| 20 MMWC (Taraweeh) | 21 Da'wa Center (Taraweeh) | 22 | 23 QAI/Da'wa Programs (Taraweeh) | 24 | 25 Zakat Foundation (Friday Prayer) | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

- MAS : Muslim American Society
- MMWC : Milwaukee Muslim Women's Coalition
- MCHC : Muslim Community & Health Center

- QAI: Quran & Arabic Institute Program (ISM)
- CAIR: Council on American Islamic Relations

ISM Weekly Calendar for Ramadan

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|---|
| <ul style="list-style-type: none"> ♦ Fiqh Halaqa with Dr. Zulfiqar (After thuhur prayer) ♦ “Islam’s Hall of Fame” (Multiple speakers) | <ul style="list-style-type: none"> ♦ Day Camp with Imam Ziad (1:30-5:00) | <ul style="list-style-type: none"> ♦ Day Camp with Imam Ziad (1:30-5:00) ♦ Women Fiqh Session with Dr. Zulfiqar (1:30-2:30) | <ul style="list-style-type: none"> ♦ Day Camp with Imam Ziad (1:30-5:00) | <ul style="list-style-type: none"> ♦ Day Camp with Imam Ziad (1:30-5:00) | <ul style="list-style-type: none"> ♦ “Islam’s Hall of Fame” (Multiple speakers) | <ul style="list-style-type: none"> ♦ “Islam’s Hall of Fame” (Multiple speakers) ♦ Halaqa with Imam Ziad (After thuhur prayer) |

Iqama Jama’ah Prayer Times at ISM

June/July

| Day | Fajr | Dhuhr | Asr | Maghrib | Isha |
|-------|------|-------|------|---------|-------|
| JUNE | | | | | |
| 1-10 | 4:30 | 1:10 | 5:15 | +5 min | 10:30 |
| 11-20 | 4:30 | 1:10 | 5:15 | +5 min | 10:30 |
| 21-27 | 4:30 | 1:10 | 5:15 | +5 min | 10:30 |
| 28-30 | 4:00 | 1:10 | 5:15 | +5 min | 10:30 |
| JULY | | | | | |
| 1-11 | 4:00 | 1:10 | 5:15 | +5 min | 10:30 |
| 12-20 | 4:15 | 1:10 | 5:15 | +5 min | 10:30 |
| 21-27 | 4:15 | 1:10 | 5:15 | +5 min | 10:15 |

DO WE OVEREAT DURING RAMADAN?

Did you know that the area of the world with the highest proportion of individuals who are at least 100 years old is the Japanese Island of Okinawa. Many have attributed their longevity to the eating practice they refer to as “hara hachi bu”, which roughly means “eat until you are eight-tenths full. Does this remind you of the Prophetic tradition where Muslims are told that the “vessel” that is filled more than any other is the stomach and that we should only fill it with one-third food, one-third liquid and keep the final one-third for air/breathing. What is a possible reason behind this tradition? Well, scientists tell us that there is a delay between the stomach becoming full and the sensors in the stomach which signal the brain that the stomach is full. This delay can be twenty minutes. So, if we continue to stuff ourselves until we “feel” full, we have actually overstuffing ourselves since our brain was delayed in getting the message. Scientists also agree that restricting the amount of food that we consume protects against many diseases (including heart disease) and leads to longer life spans and slower aging of the brain.

ISM Today is a publication of the Islamic Society of Milwaukee, a 501 (c)(3) not-for-profit religious organization.

All articles, news, events, pictures, and other content should be submitted to
ISMToday@isonline.org

Summertime is SALES TIME!

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we're still short on listings.

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