

MCC Seniors Program Newsletter

July 2011

MCC Seniors July Meeting

The Islamic Society of Washington Area (ISWA) in Silver Spring, Maryland, hosted the MCC senior program on July 9th. Our seniors enjoyed the hospitality of ISWA's Imam Faizul Khan and seniors. The seniors were able to share a delicious homemade buffet with their host.



Dr. Sufi gave an excellent educative presentation on the prevention, detection, and intervention of Colon Cancer. During the senior program meeting, members were given the opportunity to provide their input in the planning of the first Special Interfaith Ramadan Iftar event scheduled to be held at MCC. In addition information on trips to 2011 Hajj to be led by MCC Imam Mohammed through Rendez Vous agency of Abdel El Faramawy was shared at the meeting. Note: three different groups and prices range from \$6000 to \$10000.

While at ISWA, our seniors were treated to a 20% discount from the elegant Rahmah Boutique

Welcome Ramadan

The special interfaith Ramadan event will take place on August 3rd at the Muslim Community Center in Silver Spring at 6:30PM and promises to be very exciting inshaAllah.



News Items

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Let there rise from you a group of people inviting to good, enjoining the right and forbidding the wrong. Those will be the successful"

Al'Imran 3:104



Ramadan is one of the most festive times for the whole Islam community. Throughout the month, early in the dawn, the Muslims wake up, have their Suhoor (early morning meal), and then go to the nearby Masjid for the Fajr (the Morning Prayer). Friends and family come together, and greet themselves heartily. The time is used to show gratitude to Allah by prayer, meditation and self-control within oneself.

Recitations of the Qur'an, or Taraweeh, are held in the Masjids every night during Ramadan. Communities gather at the Masjids to pray, listening to the oratory verses. This not only uplifts the spiritual awakening within them, but also strengthens the bond of fraternity. Throughout the month, Iftar gatherings are organized in various households, Masjids and communities. People celebrate together with their near and dear ones feasting on mouth-watering delicacies after the day-long fast.

Laylatul Qadr (the Night of Power) is one of the odd days of the last ten days of Ramadan; it is very special; is. Laylatul Qadr (the Night of Power) is described in the Qur'an as, {better than a thousand months}. [Surah Al-Qadr: 3] Any action done on this night such as reciting the Qur'an, remembering Allah, etc. is better than acting for one thousand months which do not contain the night of Qadr.

Eid-ul-Fitr concludes the holy month of Ramadan in celebration. Eid ul-Fitr actually means the Festival of the Breaking of the Fast. The occasion is regarded very auspicious.

It is observed on the first day of the month that follows the month of Ramadan. The whole community comes together for the special salah (prayer) at the beginning of the day. They put on new clothes, buy sweets, and gather together. Thereafter, they visit the mosques in groups and have family meals. Food and clothes are also donated to the poor. Now-a-days, fairs are also held on the occasion of Ramadan.

Islam dictates all Muslims to enjoy the festivities of Eid. It also asks the more privileged ones lend a helping hand to the poor during the time of celebrations, so that they are not left out of the bright picture of Eid. All well-to-do people thus have to pay the Zakat-ul-Fitr (three kilo of food, or its equivalent in terms of money) to the poor ones. However, the payment of Zakat-ul-Fitr is an obligation, not a choice, and it implies upon every well-to-do person who is adult, able, and sane at the time of the sunset on the last day of Ramadan

The Muslim population is scattered everywhere throughout the globe. And the inhabitants of each country have their own unique way of celebrating the grandeur of Eid. But some set of festivity and way of celebration remains the same irrespective of any boundary. Observing fasts throughout the month and celebrating Eid with great gusto are both parts of being the true Muslim.

InshaAllah May Allah give us a blessed Ramadan....Ameen!

Seniors In Action

Our seniors are making a difference in our Community and throughout our program.

They are the heart and soul of our MCC Senior Program. This is a special salute to their efforts.

A special thanks to:

Dr. Ashraf Sufi who runs a Gastroenterology practice with emphasis on latest technology on diagnostic and therapeutic endoscopy procedures with his wife finds time out of his busy schedule to write medical articles for our Newsletter's Health Column. He finds time to volunteer at all levels in taking on humanitarian projects overseas to giving presentations to make people aware of colon cancer prevention. He recently presented at our program on Health promotion, disease prevention.

Dr. M. Choudhury is an educator and writer, he has taught in several institutions world wide. He served as principal of MCC Quranic weekend school. He is presently president of Mafiq foundation an Islamic Dawah organization. He still finds time to offer words of wisdom through his inspiring book

AL-Iman And Al Amalu Assalih
(Faith and righteous Actions)

He also volunteers for Montgomery County Senior Connection Program which provides a variety of services to assist seniors. The services include outreach to the elderly that are shut-ins.

JazakAllahu Khairan and our deep appreciation to all our volunteers who are contributing to the success of MCC Senior Program

Sayings of the Prophet (PBUH)

Sahl ibn Sa'd reported that the Prophet (pbuh) said: "There is a gate to Paradise that is called ar-Rayyan. On the Day of Resurrection it will say: 'Where are those who fasted?' When the last [one] has passed through the gate, it will be locked."

- Bukhari and Muslim.

"The one who is fasting is happy at two times: when he breaks his fast he is happy with it, and when he meets his Lord he will be happy that he has fasted. He leaves his food, drink, and desires for My sake. His fasting is for Me ...I will give the reward for it, and for every good deed, he will receive ten similar to it."

-Bukhari and Abu Dawud

Tips for having a good Ramadan

Do everything for the sake of Allah (swt); be real with yourself and true to Allah. Read the Qur'an everyday. Stack up on your deeds, 70 times more reward for one deed so let's invest in our deen. Give charity; don't be cheap, the more you give for the sake of Allah the more Allah gives to you. Go to the Masjid; help out, read Taraweeh prayer. Revive the Sunnah; work on character and of course the main thing, praying on the odd nights and especially on Laylat al - Qadar.

What we say when beginning the fast

رَمَضَانَ شَهْرَ مِنْ تَوَيْتَ غَدٍ وَبَصَوْمٍ

Wa bisawmi ghadinn nawaiytu min shahri Ramadan

(I intend to keep the fast today in the month of Ramadan) [Abu Dawud]

What we say when breaking the fast

أَفْطَرْتُ رِزْقَكَ عَلَى وَآمَنْتُ بِكَ صُمْتُ لَكَ إِنِّي اللَّهُمَّ

Allahumma inni laka sumtu wa bika aamantu wa 'ala rizq-ika affarthu

(O Allah! I fasted for You and I believe in You and I break my fast with Your sustenance) [Abu Dawud]



Announcements!!!

Member's News

New Arrival

All praises to Allah for the recent birth of Mohamed Yousief Ali Khan. He was born on June 30th, 2011, at 9:30a.m to the proud parents Musawwir Khan, and Tusnuva Khan; Grandparents are Brother Mohamed Mosadder Ali Khan and Sister Selina Khan Please Keep them in your Dua'a , asking Allah(swt) to make the new born among the Saleheen Al mutaqeen - Ameen

Recovering Brother

Special Prayers are required for the speedy recovery of Brother Mohammad Asslam Baig who was hospitalized for a month, and is now recuperating at home. We ask you to make Dua'a for him and his wife sister Naiima Baig. May Allah make it purification for him- Ameen

Iftar at MCC

In celebration of the holy month of Ramadan, MCC is pleased to announce three Exciting Iftar Events;

PLEASE MARK YOUR CALENDAR

August 3rd

The MCC Senior Program Interfaith Iftar Event

August 10

MCC Special Iftar with County Executives

August 14

MCC Special Iftar with White House and State Department Officials

We are looking forward to seeing you at MCC throughout the month of Ramadan, inshaAllah

MCC Senior Program Ambassadors Volunteers

A special cadre of volunteers will trained to visit churches, synagogues, hospitals, nursing homes etc; they will represent the beautiful faces of Islam to the community at large. Selection is under way and their training will soon begin.



Hajj 2011 Program.

MCC Imam Mohamed Sh. Mohamed will be leading a group from MCC to the Hajj Inshaa Allah. For further Information please call 301-3843454

4th Annual Sister's & Children's Ramadan & Eid_Boutique

Fri, Jul 8 — Fri. Jul 29

Free Eid Outfits and Accessories for Sisters & Children

ICM Masjid

19411 Woodfield Rd.,

Gaithersburg MD 20879

301 840 9440

Boutique Hours (July 8—July 29th)

Friday: 10 am — 2:30 pm

Friday: 6:30 pm - Maghrib

Saturday & Sunday: 10 am — 1:30 pm