

Rabi Al- Awwal 1445

# The Tamkeen Times

Isolation

فَفِرُّوۤا اِلَّى ٱللَّ*َهِ<sup>ط</sup>َ*اِنِّى لَكُم مِّنْهُ نَذِيرٌ مُّبِينٌ So 'proclaim, O Prophet': ''Flee to Allah! I am truly sent by Him with a clear warning to you. 51:50



Alhamdulilah, the theme for this month is isolation! Isolation can be very beneficial for us as Muslims, as it gives us the opportunity to reflect on our lives, make istaghfaar, and remember Allah (swt) in various different ways. In the beginning, it was a habit of the Rasool (saw) to isolate himself in the Cave Hira where he would reflect on the state of the people around him and seek guidance from Allah (swt). If we always spend time surrounded by people and never sit alone with ourselves, we will lose the understanding that we will return to our Lord alone and not with our family, friends, or our spouse. We came into this world alone and we will return to Allah (swt) the same way. Making a habit of productive isolation will enforce this concept in our minds and give us peace in our lives and with our akhirah!

### الباطن The Hidden One

This name enforces the idea that Allah is aware of all inner aspects of our lives, including our thoughts and feelings. It reminds us that even in isolation, we are never truly alone as Allah is always aware of our struggles and is there to provide us with strength and comfort. Reflection on this particular name also serves as a reminder that Allah (swt) knows what we reveal and what we conceal from others- nothing can be hidden from Him. It gives us peace and a sense of taken-caredness, it lets us know that we are not alone. Most importantly, reflecting on this name regularly helps to protect us from committing sins and reinforces the close connection between you and Allah (swt)!





# Deed of the month

- Try to stay away from bad influences or things that cause you spiritual harm in your life.
- The Prophet PBUH went on a mountain to reflect after many of the events in his life. We can take from this example and give ourselves time to be on our own and reflect on the experiences of our life and how to become better.
- Get used to sitting and not doing anything for a little while. No distractions, just sitting and clearing your head of lots of the garbage you might see in the west.
- Try to find company in yourself, you don't always have to be with other people when doing something. You can go on a walk by yourself, run errands by yourself, etc.



بَل انْتَمِرُوا بِالْمَعْرُوفِ وَتَنَاهَوْا عَنِ الْمُنْكَرِ حَتَّى إِذَا رَأَيْتَ شُحًا مُطَاعًا وَهَوًى مُتَبَعًا وَدُنْيَا مُؤْثَرَةً وَإِعْجَابَ كُلِّ ذِي رَأَى بِرَأَيهِ فَعَلَيْكَ بِخَاصَّةِ نَفْسِكَ وَدَعِ الْعَوَامَ فَإِنَّ مِنْ وَرَائِكُمْ أَيَّامًا الصَّبْرُ فِيهِنَ مِثْلُ الْقَبْضِ عَلى الْجَمْرِ لِلْعَامِلِ فِيهِنَ مِثْلُ أَجْرِ خَمْسِينَ رَجُلاً يَعْمَلُونَ مِثْلَ عَمَلِكُمْ

"Rather, comply with (and order) the good, and stay away from (and prohibit) the evil, until you see avarice obeyed, desires followed, and the world preferred, and everyone is amazed with his view. Then you should be worried about yourself in particular, and worry of the common folk. Ahead of you are the days in which patience is like holding onto an ember, for the doer (of righteous deeds) during them is the like of the reward of fifty of those who do the like of what you do



### Quiz of the Month

The brother did the right thing, the tone in which he sent the messages like sheikh mentioned wasn't in an aggressive or violent tone, he was trying to convey to his sister how important the matter was. One thing that bothers me and I've seen multiple times is parents kind of taking this right away from the brother for telling his sister how to dress and advising her about the deen. This is becoming increasingly common, parents tell the brother that they are the parents and that they are the ones responsible and he shouldn't speak on these matters. A lot of times it's the mothers who support their daughters in all these types of matters, or they don't oppose such things enough. Stuff like the graduates dancing on the stage is becoming normalized as feminism rises, this is seen as some type of freedom or something progressive, and when it's time for the men of the house to speak up they don't and let it all happen in front of them. It will definitely get worse as time goes on, the measures that would have to be taken to protect one's family will become more and more tougher, Allah has made us responsible and we will be questioned.

Men are the caretakers of women, as men have been provisioned by Allah over women and tasked with supporting them financially.

Surah An-Nisa Verse 34

A man is a guardian over the members of his family and shall be questioned about them.

Sahih Muslim 1829a





## Sadaqah for Barakah

#### Zakat Foundation in Sudan

The Zakat Foundation of America is an official donation outlet that covers across the borders of just food and water. It deals with matters of education and spiritual wellness, etc. it reaches across all parts of the world with its journey and mission to help those in need.

### Zakat Foundation In Sudan

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Get Involved

Zakat Foundation of America has been active in Sudan since 2007 and has worked to improve the lives of Sudanese citizens. We have strengthened Sudan's medical infrastructure, brought in medicine, professional training of physicians, & emergency care.



Urgent Needs

Zakat Foundation of America has been active in Sudan since 2007 and has worked to improve the lives of Sudanese citizens. We have strengthened Sudan's <u>medical infrastructure</u>, <u>brought in</u> <u>medicine</u>, <u>professional training of physicians</u>, and <u>emergency care</u>.

News & Publications

This relief from Zakat Foundation's generous donors has focused especially on women's obstetrics, gynecological, and pre- and post-natal care. We also

manage a highly efficient and growing <u>Seasonal Islamic Giving</u> centered on providing every year a full month of Iftar meals, which you generously support. This program feeds hundreds of families in the month of fasting. In its wake, some two months later, our staff and local volunteers also oversee the distribution of thousands of pounds of Udhiyah







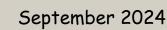
# Story of the Month

A person went to Abu Tha'balah Al-Khushani and asked him about a certain verse. When Abu Tha'balah asked which verse, the person referred to the verse from Surah Al-Ma'idah (5:105), which tells people to take care of themselves and assures that following guidance will protect them from harm. Abu Tha'balah said he had asked the Prophet Muhammad (مَعْلَوْهُ عَلَى about this verse. The Prophet explained that people should keep doing good and avoid evil. However, when people start being greedy, follow their desires, and prefer the world over righteousness, and when everyone is impressed with their own opinions, individuals should focus on their own behavior and worry about others. The Prophet also said that the coming times would be very tough, with patience being as hard as holding hot coals, and that doing good deeds would earn the reward of fifty people doing the same. Abdullah bin Al-Mubarak later added that someone had asked whether this reward was for fifty people from their own group or from others. The Prophet clarified that it was for fifty people from their own group.

# Tamkeen News

Alhamdullilah another month of Tamkeen memories has passed! Hiking, swimming, volleyball and much more activities were made during this month. However, the month did end with an unfortunate event, astonishingly, only 4 girls showed up to the Halaqa, along with the boys complaints, the day was cut short. This led to lots of disappointment from sheikh and much amending on both the boys and girls side. The Quizzes have been in the same ratio, and at the end of the month there was a sudden spike, inshallah this is a good sign. May Allah swt grant Tamkeen a good future and continue to raise our numbers in value.

يَا أَيُّهَا الَّذِينَ آمَنُوا عَلَيْكُمْ أَنْفُسَكُمْ لاَ يَضُرُّكُمْ مَنْ ضَلَّ إِذَا اهْتَدَيْتُمْ Take care of yourselves! If you follow the guidance no harm shall come to you (5:105)



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# Tamk-Foolery



WHENEVER OSTART TO

**GET LONELY** 







Being alone with Allaah is better than being crowded by people who have forgotten Allaah.

Islamic Tube 🤍