



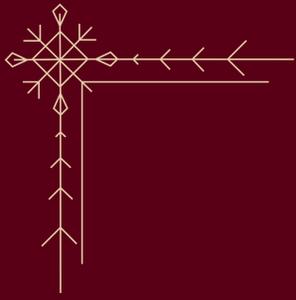
The Tamkeen Times

Avoiding Burnout in Ramadan



Introduction

Ramadan Mubarak and welcome back to the Tamkeen Times! For the month of February, we'll be diving into the theme of burnout – particularly in Ramadan. In this blessed month, we're all in the goal setting mood, trying to asses our deen, where we can improve, being more consistent in salah, praying qiyam, and more. It can be so easy to over book our days, set piles of habits we want to achieve daily, and very quickly fall into a cycle of underachieving, giving up, and burning out. In this newsletter, we'll look at what can look like in Ramadan, how to avoid it, and how to maintain traction as we continue through Ramadan inshaAllah. Stay tuned and enjoy the read!

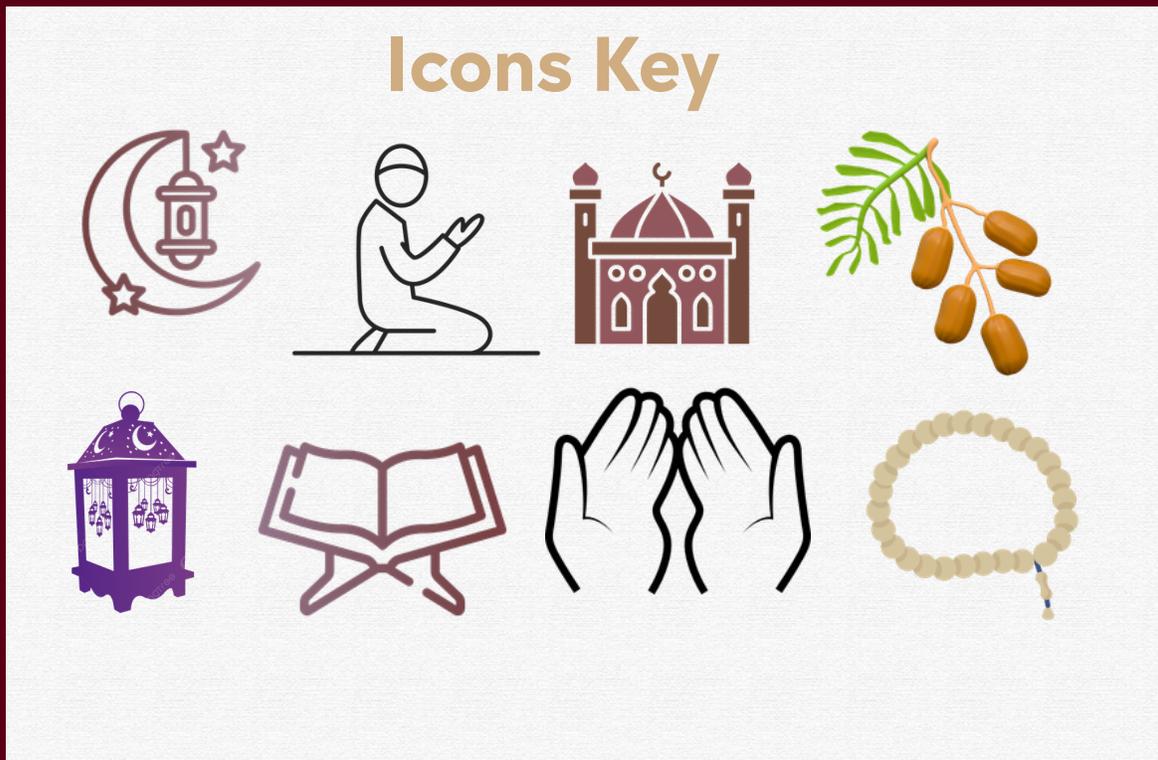


New Type of Game!

Before you begin reading...

One of our creative Editorial Team members spent time creating a new game for you in this month's newsletter: an icon search game. Think it's too easy for you? I doubt it, but try it out and test your skills!

Find all the icons hidden around the newsletter, screenshot them, and send them to one of the editorial team members, first to complete this WINS!





February Features

Alhamdulillah, over the last month we've entered our Tamkeen Winter Quarter. We're starting strong with a new Saturday halaqah series "Muslim Conquest to Persia".

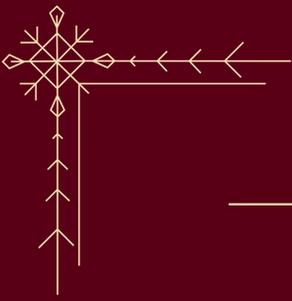
During the month of Ramadan, we are diving deep into the Quran in our weekly Tuesday halaqahs (read the "Tuesday Summary" to learn more).

Alhamdulillah, last week Tamkeen families gathered on the Tamkeen Land for a beautiful discussion on Islam over culture and racism, and afterwards shared an amazing Iftar together. We ended the night by praying taraweeh together (alhamdulillah for the heater that kept us warm :)).

Our amazing Peer Review Team have put together an article competition titled "Why have We Stopped Caring About the Khilafah?", submissions due March 1st so be sure to submit yours if you haven't already.

Our hardworking Reteach Team is planning to release all reteach articles and halaqah companions (short questions at the end of each article) and then sending an exam, the winner will receive an award iA!

I'm happy to announce that after fundraising for Qurans to be put on the land... they have arrived alhamdulillah, now we will have Qurans at the Tamkeen Land for our Quran halaqahs. Jazakumullahukhairan to everyone that donated, May Allah put it in your balance of good deeds.



Best Quiz Answer

Quiz Title: One Week till Ramadan

Author: Anonymous

SubhanAllah, the approach of Ramadan reminds us of Allah's mercy and the fleeting nature of time, as emphasized in the Quran: "And [that they may know] that the Hour is coming no doubt about it and that Allah will resurrect those in the graves" (22:7). This verse urges preparation for the Hereafter, mirroring how we prepare for Ramadan. A Hadith reinforces this, The Prophet (PBUH) said, "Take advantage of five before five: your youth before your old age, your health before your sickness, your wealth before your poverty, your free time before your preoccupation, and your life before your death" (Sunan Ibn Majah 4257). Ramadan's early arrival each year is a divine reminder to seize the moment for worship.

Why we chose this quiz: Nicely written reminder to not waste our time.

حَدَّثَنَا آدَمُ بْنُ أَبِي إِيَاسٍ، حَدَّثَنَا ابْنُ أَبِي ذَنْبٍ، حَدَّثَنَا سَعِيدُ الْمَقْبُرِيُّ، عَنْ أَبِيهِ، عَنْ أَبِي هُرَيْرَةَ - رَضِيَ اللَّهُ عَنْهُ - قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ "مَنْ لَمْ يَدَعْ قَوْلَ الزُّورِ وَالْعَمَلَ بِهِ فَلَيْسَ لِلَّهِ حَاجَةٌ فِي أَنْ يَدَعَ طَعَامَهُ وَشَرَابَهُ".

said, "Whoever does not give (ﷺ) Narrated Abu Huraira: The Prophet up forged speech and evil actions, Allah is not in need of his leaving his "food and drink (i.e. Allah will not accept his fasting.)

Sahih al-Bukhari 1903



Featured Story/Person

By the middle of Ramadan, a lot of us start to feel the shift. The excitement from the first couple days fades a bit, the sleep schedule catches up to us and staying consistent feels harder. That's why the story of Bilal Ibn Rabah RA hits differently in this way.

Bilal RA went through unimaginable hardship for his faith. He was tortured, exhausted and pushed to his limits, yet he held onto repeating one word "AHAD" that Allah is One. What carried him through those difficult moments was his faith not motivation. If he had relied on motivation, it would not have gotten him as far as it did. It wouldn't have given him the firmness in Deen that he had.

Ramadan can feel similar in its own way. We may not feel the same drive we had at the start, and that's okay. This month isn't about being perfect or having the same pace of Iman all month. It's about staying connected to Allah SWT, even in small, even when we feel tired.

Sometimes the strongest faith isn't loud but just the decision to keep going no matter what because despite how Bilal felt, he persisted and reached the finish point.



Tuesday Summary

Since Ramadan is here, we've started a special series just for this month. Instead of our usual topics, we wanted to focus on something more unique to Ramadan and what better than spending time with the book of Allah.

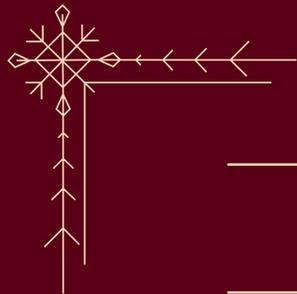
But not just reading it. This series is about slowing down and looking a little deeper, paying attention to the specific words that are chosen, how meanings vary across different Surahs and peeling back the layers that often go unnoticed when we're just skimming through our daily portion of reading.

Alhamdulillah, we've already had a couple of halaqas and it has been amazing to hear the miraculous nature of the Qu'ran we overlook. Sometimes, we look at the surface and not truly grasp the hidden gems that Allah SWT has planted in His book, subhanAllah.

حَدَّثَنِي مُحَمَّدُ بْنُ عَزْرَةَ، حَدَّثَنَا شُعْبَةُ، عَنْ سَعْدِ بْنِ إِدْرَاهِيمَ، عَنْ أَبِي سَلَمَةَ، عَنْ
عَائِشَةَ - رَضِيَ اللَّهُ عَنْهَا - أَنَّهَا قَالَتْ سُئِلَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَيُّ الْأَعْمَالِ
أَحَبُّ إِلَى اللَّهِ قَالَ "أَدْوَمُهَا وَإِنْ قَلَّ". وَقَالَ "اكْفُوا مِنَ الْأَعْمَالِ مَا تَطِيقُونَ".

asked, "What deeds are loved most by Allah?" He said, "The most (ﷺ)
regular constant deeds even though they may be few." He added, "Don't
".take upon yourselves, except the deeds which are within your ability

Sahih al-Bukhari 6465



Featured Article

Tamkeeners' Reflections



WHY?

By Delilah

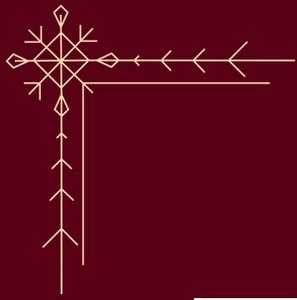
- Why

Why? Why are we so broken? Why can't we all just be one ummah together, befriend each other, why does it have to be a culture that separates us? Why is it that since I'm not Indian, Pakistani, or Turkish, I can't be friends with your daughter? Why is it that my mom can't be friends with you because she's American and not your or some other culture? It's sad, not only because of the things I mentioned, but because Tamkeen is the only place that I've found that has other cultures that actually befriended me, or didn't care about culture or where I was from, and it's the first place my mom and dad actually found friends. This problem also affects our ummah and doesn't keep it as strong as it should be. We should have way more people who go to Tamkeen and write articles and help out within our community. We can invite people who we think will actually keep up with things like the quiz and even writing articles. I think those are some things that can help bring more people to Tamkeen. But I want to know what you think, so put a comment on what you think will bring more people to tamkeen.

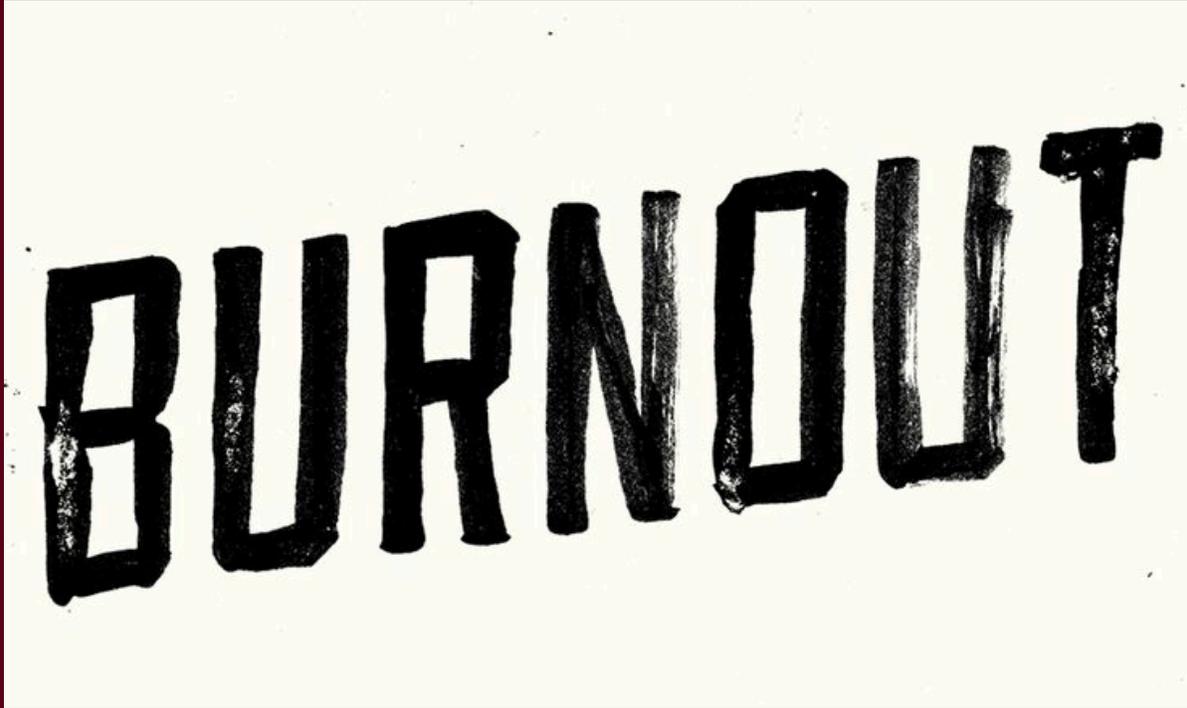
An article titled **"Why?"** came out this month. It's a bittersweet reflection on how divided we've become as Muslims, especially because of culture and identity. It questions why we separate ourselves instead of acting like one ummah, and it challenges us to think about whether we're actually willing to change that. It also talks about struggles youth face with commitment and staying firm. She explains that we are weakening ourselves by dividing over culture instead of uniting as Muslims and that if we don't fix this, especially as youth, our community will continue to collapse. It connects so beautifully to Ramadan because Ramadan is one of the strongest examples of community. We fast together, pray together and gather at the same iftar table. Our unity comes naturally this month. So if we can come together so easily during Ramadan, it shows that real unity is possible OUTSIDE of Ramadan. This article is essentially a reminder that the sense of community we feel in Ramadan shouldn't disappear once the month ends, *we're supposed to carry that unity with us throughout the entire year.*

Click here to **submit your article**: <https://tamkeen.us/TamkeenerPortal/SubmitArticle.aspx>

Click here if you want **help picking an idea** to write about: <https://docs.google.com/forms/d/e/1FAIpQLSfIAOzT25woRMyCk-XzQxzQMdVhibM1XkhTd0-vFoL1OAmGRQ/viewform>



Theme Exploration: Qiyamul Layl



When this blessed month comes around, many of us might look at it as a way to build a long list of new habits, but this mindset isn't as accurate as we might believe it to be.◦

I'm going to describe a scenario and I want you to think about if it sounds familiar: On social media one day, you start seeing posts saying "100 days until Ramadan". You see content on preparing for Ramadan, hearing about "making up fasts" for the women, and see Muslim productivity gurus spawning out of nowhere. Then, almost in the blink of an eye, Ramadan is here. Day one comes, you wake up for suhoor, pray your two raka'ah before the fard of fajr, you complete the adhkar sabah, make dua to Allah, and spend your day worshipping Allah, reading Quran, and checking off all the boxes that you wrote to measure your progress in Ramadan. Day one completed! You continue a few days in this way, smashing your goals and feeling confident. As the days go by, slowly but surely, your other commitments start showing back up again. Your homework starts to pile up or your boss asks you to work extra hours. Then, as you start to prioritize those tasks again, one day you forget to read your juz, or another habit you had planned and you postpone it and put it off for tomorrow. The next day, as you slowly start coming back to school and work, the same thing happens. This might go on for a few days until you realize that you have abandoned many habits and that amazing progress you started out with isn't happening anymore. The feeling that you likely felt at that time, whether you realized it or not, was burnout.



Theme Exploration Continuation

When this blessed month comes around, many of us might look at it as a way to build a long list of new habits, but this mindset isn't as accurate as we might believe it to be.

Burnout is the psychological feeling that you get after forcing progress whether in an unrealistic time frame, scheduling too many tasks, or not managing your dunya with your akhirah for maximum effect. About a week or two in, many Muslims experience this feeling and I'm sure many of us can agree that it didn't initially lead us to "catch up on everything" and "do more", rather, it propagated a cycle of forgetting, underachieving, and then procrastinating to a future time that kept moving forward.

One realistic way to set ourselves up for success is not to plan your habits and goals so that you can say you did them at the end, but to pick actionable items and be truly realistic, even if it doesn't feel like you'll end the month with a tremendous glowup. At the end of the day, Ramadan isn't a 30 day program, it's a dedicated period where Allah makes it easier for us to get close to him. If we are more worried about writing that we prayed 12 raka'ahs or finished the Quran twice or even three times, than we are about building khushu' or practicing and reflecting on the Quran, we will be attached to a moving target of success and miss the opportunity of developing a relationship with Allah.





TAMK-FOOLERY

Me : I am going to lose weight this ramadan

Me during iftar :



Other Days At
3am

Ramadan Month
At 3am

Instagram and Facebook icons followed by 'RJ Umar Tweets'

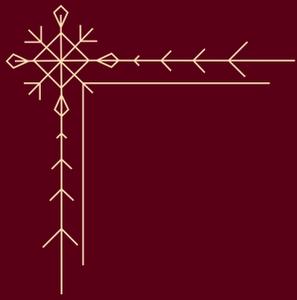


At least he woke up to pray Fajr 🤲❤️

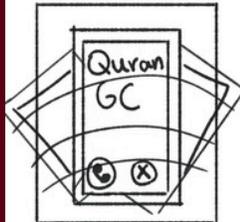
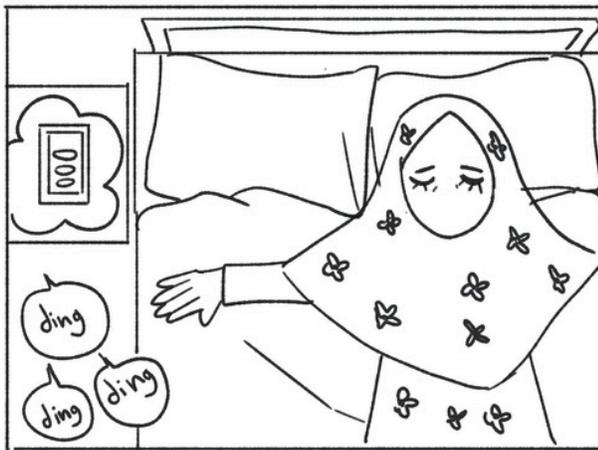
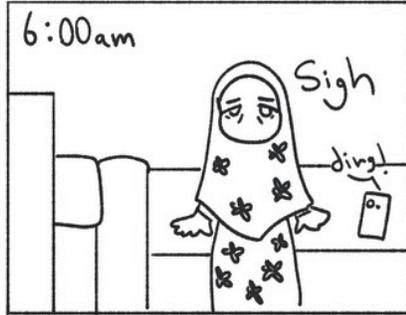


I'll start studying for finals after iftar:





COMIC



The Criterion (25:15)

قُلْ أَذْكَاءٌ خَيْرٌ أَمْ جَنَّةُ الْخُلْدِ الَّتِي وَعَدَ الْمُتَّقُونَ كَانَتْ لَهُمْ جَزَاءً وَمَصِيرًا ۝١٥

Say, 'O Prophet.' 'Is this better or the Garden of Eternity which the righteous have been promised, as a reward and 'an ultimate' destination?

What do you-



شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَى وَالْفُرْقَانِ فَمَن شَهِدَ مِثْمَ الْشَّهِيرِ فَلْيَصُمْهُ وَمَن كَانَ مَرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَىٰ مَا هَدَيْتُمْ وَلَعَلَّكُمْ تَشْكُرُونَ ١٨٥

Ramadhān is the month in which the Quran was revealed as a guide for humanity with clear proofs of guidance and the decisive authority. So whoever is present this month, let them fast. But whoever is ill or on a journey, then 'let them fast' an equal number of days 'after Ramadhān'. Allah intends ease for you, not hardship, so that you may complete the prescribed period and proclaim the greatness of Allah for guiding you, and perhaps you will be grateful.

Keep Reminding your friends and yourself to keep trying their hardest this Ramadan!