



The Tankeen Times

ENTERTAINMENT

Introduction

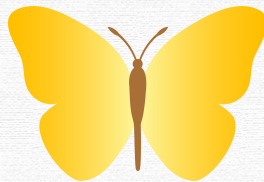
As youth and as people living in the West, we have immediate and constant access to different forms of entertainment— watching sports, scrolling TikTok, , making art, playing games on our phone or on our Xboxes, and even more. This immediacy and consistency can make our lives more convenient and enjoyable, but it can also desensitize our dopamine receptors, make us feel lower in energy and make it harder for us to have fun during more exciting events. Keep reading to learn more about wasting time in Islam, the impact it has on our brains, and most importantly, tips on managing our consumption of entertainment as Muslims seeking to avoid extremism and wasting our time!





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Game



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



The Tamkeen Times

**June News Highlight: Tamkeen Soccer team DEMOLISHES
Islamic Housers!!!**

FULL TIME



Balgouthi '1, '7, 17
Ayman '34
Yassin Ali '59
Hamza '60+1

6-3

kickly

kickly

kickly.net



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Saturday Halaqa Summary

Alhamdulillah, we've wrapped up our series on the Muslim Conquest of Persia, and now we're moving on to another amazing series.....open your heart ❤️

During these past months, many questions from Tamkeeneers have piled up on our website. Sheikh is now addressing a set of them during our halaqas. (Be sure to send in your questions so we can address them). As much as learning about history is important, it's also equally important to address the problems and issues that remain in the hearts of our youth.

Jazakallahu khayran Sheikh for giving us priority and guiding our minds to the right answers.





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Theme Explorer

Entertainment itself is **not inherently bad**. Islam does not teach to abandon every form of recreation or enjoyment. In fact, rest and halal fun can help us recharge and maintain balance in our lives. **The problem comes when** entertainment begins to consume our time, distract us from our duties as Muslims, or become our primary source of fulfillment. When we spend hours scrolling, watching sports, etc., without purpose, It's really **easy to start neglecting** things like salah, reading the Quran, and maintaing a relationship with Allah (swt) through remembering Him consistently throughout the day.

Modern entertainment is designed to keep our attention for as long as possible. Constant stimulation from short videos, notifications, and even the closeby presence can make mundane tasks in life feel boring. Over time, this can **affect our dopamine system**, making it **harder to focus** on less stimulating tasks and enjoy simpler activities. Many people notice that after spending long periods consuming entertainment, they feel mentally tired despite having done very little physical work.
(<https://www.healthline.com/health/mental-exhaustion>)

As Muslims, we are encouraged to **be intentional with our time**. Every moment is a blessing from Allah (swt) and an opportunity to earn hasanat from Him, **benefit with and from others**, or strengthen our relationship with our Lord. This does not mean we can never relax or have fun. It just means **approaching entertainment with moderation and self-control**. By setting screen limits or asking a friend or family member to help us keep our consumption habits in check, we can prevent ourselves from wasting away our time and regretting it later on.



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Story of The Month

Out of the billions of people who are going crazy over these World Cup games and wasting their time on nonsensical foolery such as celebrating people kicking a ball, **be the one that is different.**

One of the beautiful lessons from our halaqa on this topic was the idea of having a **"false sense of championship"**. The idea that your enemies are working hard to distract you with these games and looking up to players while you ignore the real player on the battlefield who is truly the champion that is fighting for the sake of Allah.

And this all connects back to entertainment and the plan of your enemies, they want you to be distracted. They want you to waste your energy on nonsensical foolery such while you are too busy to fight alongside your brothers and sisters.

They want you to be at the sidelines while they fight our people who are on the frontlines but us? We're like kids that they handed an iPad too, to sit on the benches and shut up. Don't do anything, just be glued to the screen and don't engage in the battlefield. **Doesn't this image bother you?**



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Tuesday Halaqa

In the midst of **darkness**, when deviant groups were beginning to spread throughout the Ummah and gain more power. There came forward one man, **Tughril Beg**. He stood against these corrupt groups and worked to establish an empire that would last for centuries. His efforts had laid a foundation for a long lasting state (Seljuk Empire to Ottoman Khilafah) and helped put an end to the rule of the corrupt Buyid Dynasty. The lessson is that Tughril was not someone people would have even expected. He was a man who came from someplace random, a different ethnicity and background.

Yet **Allah SWT chose him** to raise the flag of the Ummah and revive the Khilafah. This is a reminder that no one is truly indispensable. If someone turns away, Allah SWT can replace them with someone better, even someone from a place you would never expect so don't find pride in your nationality. What truly matters is **sincerity**. If Allah finds sincerity in a person, no matter where they are from, He can use them as a means to bring about great good.



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Tamkeen's Reflections

The Mothers of the Orphans Who Carried the Deen on their Backs

There is a famous saying in Arabic:

“الأم مدرسة إذا أعددتها أعددت شعبًا طيب الأعراق.”

Featured Article

Although this article was posted in May and not June, we chose it as this month's feature because of the timeless and beautiful message: the beautiful and highly dignified role of a mother. This anonymously posted article highlights the stories of the upbringing of three great historical figures: Muhammad ibn Idris Al-Shafi'i, Ahmed Ibn Hanbal, and Malik Ibn Anas. A great line of poetry is discussed too:

الأم مدرسة إذا أعددتها أعددت شعبًا طيب الأعراق

This article is a must read! Check it out here:

<https://tamkeen.us/homepage/Tamkeen'sReflections.aspx>



The Tankeen Times

By: Nour Ali
Was it Worth it?
(This is a long one)



Featured QUIZ

Doing something that scares you is worth it. I would go further. Every Muslim should do it. Pick something that makes your heart race and face it on purpose. But stay smart about risk. Risk is not one thing. It shifts with the activity. Free climbing a cliff with no rope is reckless. Doing what thousands of people do each year under trained staff is safe. These sit at opposite ends, and we should judge them that way.

Two recent deaths show the gap. In Yemen, Al-Qaqa Ibn Antar, the climber people called the "Spider-Man of Yemen," fell into a volcanic crater this June. He scaled sheer rock with no rope and no harness, as he had done before. One slip ended it. That is free soloing. The danger is the whole point of the act, and the act leaves no room for a single mistake.

Brazil shows the other side. Maria Eduarda Rodrigues de Freitas, age 21, died at an abandoned bridge near São Paulo. The staff launched her off the edge without attaching her cord. Police arrested three instructors and charged them with homicide. The bridge was not a regulated site. The sport did not kill her. A failed operator did. People take that same jump at proper parks every day and walk away smiling.

So the gap is the whole question. A trusted skydiving center or a licensed jump park runs checks, keeps records, and trains its staff. An abandoned bridge run by people who flee the scene does not. Pick the first. Avoid the second. The risk drops to near zero when you choose right.

Now, why face fear at all? Because fear that you never face does not leave you. It grows. People who dodge all fear start to invent new ones in their mind. They wall off a part of life and call it caution. Here is the strange part. People who never face real fear end up scared of small things. I heard this in a video once and it stuck. Watch someone like that at an airport. They stress and spiral over a small delay. Calm down. You sit in a cool building with food and water on every side. You will be fine. The worst case is a missed flight and a seat on the next one. I do not mean be careless. I mean a mind with no real fear will invent fear for no reason. So bring fear into your life on purpose. Face it. Beat it. Grow from it.

Facing fear trains you. No one tells you to feel calm as you jump from a plane. You feel the fear and you jump. That is the lesson. You learn that you can act while afraid. You do it again, and the grip loosens. You grow to enjoy it.....



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Skydiving also gives you a skill worth holding. Picture a world where only enemies of Islam carry that skill, and Muslims do not. That gap leaves us weaker. We should own this skill. It makes us more capable, more ready, and harder to push around.

Look at the people who skydive and a pattern shows. They tend to be fitter than the average person. They tend to be stronger. They handle people with ease and move with confidence in a crowd. These are traits a Muslim should build. The sport does not hand them out by chance. It shapes them.

Think about why. A jump demands discipline. You pack the rig with care. You check each strap. You follow a plan with no shortcuts. You train your body to take the load. Each jump rewards focus and punishes a careless mind.

The skydiving training pushes this harder than you expect. As you fall, the instructors make you run through set tasks. You must recall each one and perform it in order while the ground rushes up. They build the drills this way by design. The clock shrinks with every second, and you have to think fast and think right. A wrong move or a blank mind, and you fail the level and need to redo it. So you learn to hold your thoughts steady while your body drops through the air. Few drills train the mind under stress this well. Over time that calm becomes who you are.

So pick your fear and meet it. Afraid of heights? Go skydiving. Afraid of water? Learn to scuba dive. Afraid of the jump? Find a trusted park and take it. Stay away from the reckless edge, the no-rope climb, the bridge with no rules. Stay inside the line where thousands have gone before you and come home. Can someone die? Yes. The odds run low enough that they should not stop you. Go out. See the world a new way. Train your fear before life asks you to.



TAMK-FOOLERY



Me telling my problems to Allah At 3am



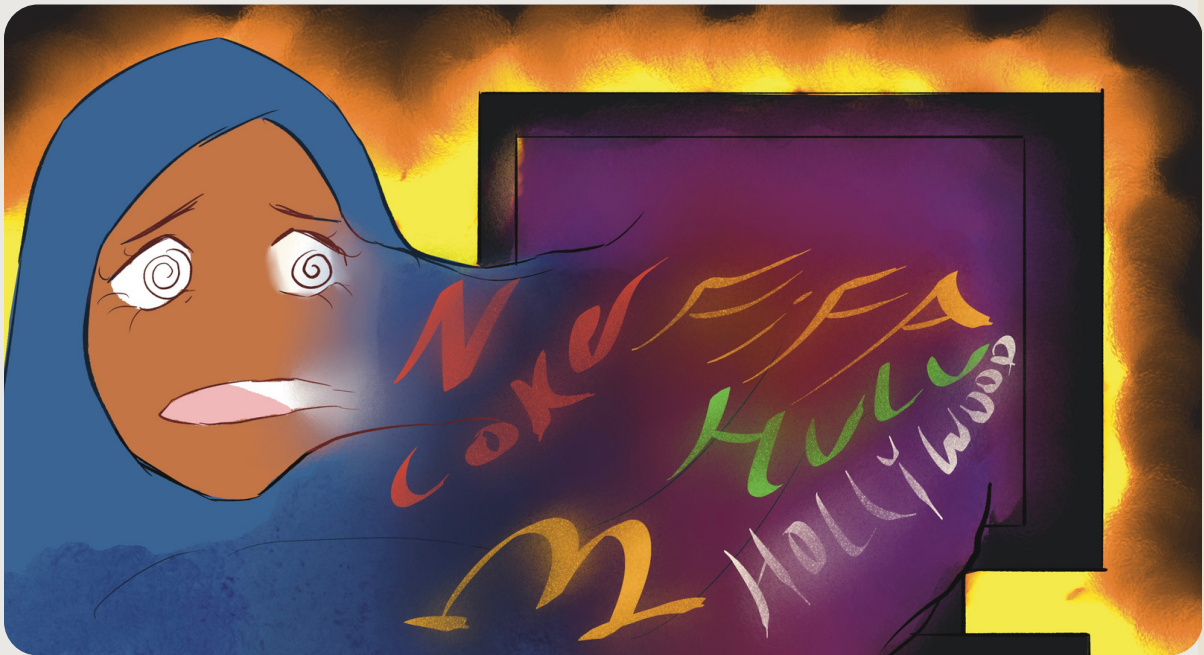
Scientist trying to explain a new groundbreaking discovery

Muslims that have already read about it in the Quran





The Tankeen Times COMIC



Everything is ok in moderation. Watching sports, reading books, taking hobbies, using your phone or whatever halal entertainment we like to do is not haram. The sin comes when we spend hours a day watching, scrolling, listening, etc. Be careful, however, that your fun does not take the place of your salah, your adhkar, your dedication to the relationships around you, and the other things that please Allah. Be moderate and do not allow all of your time to be consumed by Entertainment, or your entertainment will consume you.

