



# insight

Cambridge Muslim Community Centre Newsletter

[www.cambridgemuslims.info](http://www.cambridgemuslims.info)

## A Life of Remembrance

'The most naïve thing in my eyes is to linger in sin, with no regrets – hoping for a far off pardon and to come closer to Allah without doing anything, and waiting for the harvest of Jannah while planting the seeds of hellfire – waiting for reward without performing any deeds.'

Yahya ibn Mu'adh

True to our vision, we plan that the Centre would offer many services that would benefit the Community. The services can only begin with everyone's commitment to make it happen. This is our Community and we collectively will fulfil the needs of it. To kick start the process, we will be starting a Study Circle that is open to both brothers and sisters. Doctor Amir Babiker will very kindly take us through Kitaab al Tawheed Insha'Allah.

## Asalamu Alaikum!

Alhamdulillah, We have completed many milestones in a very short time, with the help of Allah swt and your very generous donations. Masha'Allah. We have embarked on the next milestone of sorting out the basement which will house an Office, Conference / Madrasa facility and a small kitchenette. We are also housing a wudhu/shower unit next to the toilet, to be used by those using the basement and also act as a backup facility.

## What's going on?

Furthermore, we are holding an Open Day at the Centre on 4<sup>th</sup> December 2010. The theme is "Benefitting the Community" and we have arranged for people to give free advice on the day. These are people like The Cambridgeshire Constabulary, the Citizen Advice Bureau, some Brother and Sister Solicitors. There will also be Bring and Buy Food sale, Henna painting and it goes without saying an Islam propagating Dawah Desk.

Are you able to help out on the day or do you have an idea that will benefit our Community, if so please contact Brother Imtiaz Din on 0786 11 44 682 or

Email [Office@cambridgemuslims.info](mailto:Office@cambridgemuslims.info) Insha'Allah.

You will have seen that our Cambridge Muslim Information Portal [www.cambridgemuslims.info](http://www.cambridgemuslims.info) has gone through a transformation. As part of this transformation, we are asking our Community to register to the website by creating an account (bottom right). This will help us in automating the way the weekly Events Calendar and Monthly Newsletter are emailed, as well as any advisories or announcements that affect our Community. Some information will be viewable by Registered users and not General public.

It will be beneficial to register Insha'Allah.

## Salman Al-Farisi (RA)

Salman Al-Farisi (RA) fled from his homeland in Persia during his youth after his father imprisoned him for not following the religion of the first worshippers. Travelling in extensively in search for the truth, he served Christian monks who remained upon the true message of Isa (AS).



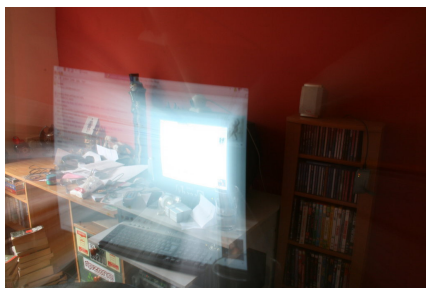
learnt that the time of the new Prophet from Arabia had arrived.

On his journey to the city, he was betrayed by his guides and sold as a slave to a Jewish man in Madinah.

(salallahu alayhi wa sallam) in Madinah, accepted Islam and freed himself from slavery. He was the mastermind behind the idea of digging a trench in the battle of Al-khandaq. Being one of the finest scholars of this Ummah, he translated parts of the Qur'an into the Persian language during the lifetime of the Prophet (salallahu alayhi wa sallam). Salman served as the governor of the former Persian capital and died during the Caliphate of 'Uthman (RA).

Salman headed for Makha after having Salman met the Prophet

# Living in the Age of Email Forwards by Shaykh Imtiaz Daniel



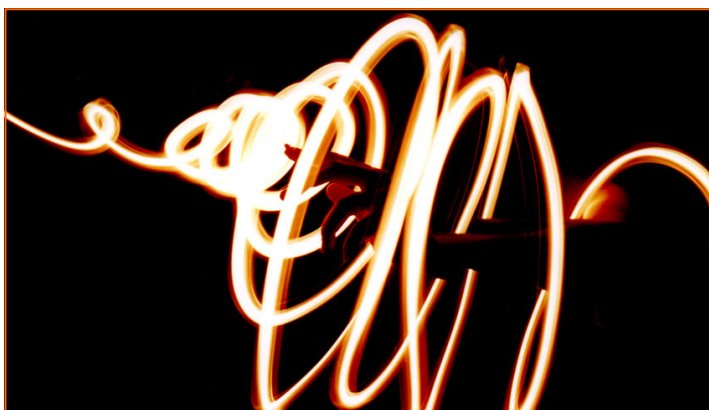
The advent of modern technology has provided an unprecedented platform for individuals and groups to manufacture and spread false information about Islam at a large scale. This phenomenon is carried out by both, people who are members of the faith and others who are open adversaries of Islam. Whilst the latter group is less successful in its attempts to penetrate and circulate false teachings among Muslims, the first group for a long time, has had almost total success with very little opposition.

Though there is a small but growing circle of Muslims ever cautious and vigilant, aware of the dangers of false teachings and always demanding verification and proof, the vast majority of Muslims are completely oblivious to this predicament. Throughout the years, I have personally witnessed Imāms of mosques, students at universities and the average Muslim at home or at work, all inadvertently and naively involved in tampering with the pristine teachings of Islam. Commentaries are given of the Qur'ān with the aid of strange and fictitious Israelite traditions, ahādīth are quoted, unanimously agreed

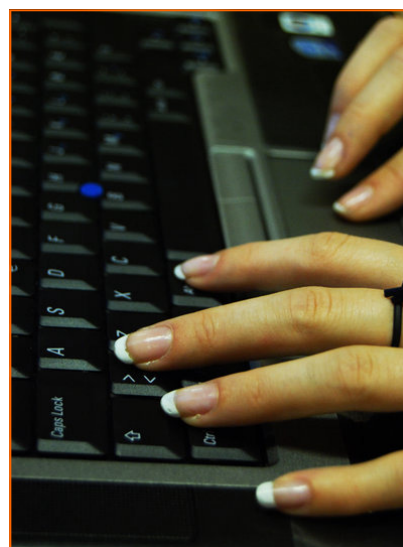
by the scholars as fabrications, irrational statements are dressed up and put into the mouth of early Muslim scholars to gain legitimacy, and ridiculous rumors are spread without anyone questioning its authenticity or asking for a reference. Emails in particular are used as a vehicle to spread false information from person to person with astonishing rapidity by encouraging recipients to forward messages, to everyone they know.

It is now quite normal to find our email boxes inundated with alleged miracles; like the “trees in the form of the *shahādah* in Germany”, or famous conversion stories like, Neil Armstrong becoming a Muslim after hearing the adhān on the moon, or warnings on the birth of *dajjāl* with the help of doctored photographs or worst still fabricated ahādīth on the merits of different actions.

Of course, this phenomenon is



nothing new. Preachers, zealots, heretics, pamphleteers, storytellers and ignorant ascetics of every age give currency to legendary narratives and furnish it with a few of their own “pious inventions”. Conscious of this problem, in the early centuries of Islam, a group of Muslims scholars took on the challenge and



dedicated their lives to preserve the authentic statements of the Prophet (*ṣallallāhu ‘alayhī wa-sallam*) and to purge out later additions. They travelled long arduous journeys, leaving their families and children and sacrificing the luxuries of food and comfort, deciphering hundreds of manuscripts, interrogating a multitude of men and writing volumes of books all with the intent of protecting and preserving this religion and eliminating fabrications.

Yet, the task is not over. Even today, the circulation of fables and fictitious legends continues via the pulpit, books, television and most recently the internet. If this trend continues unchecked it will lead to disastrous results.

It is only when we as Muslims work together, that we will be able to eradicate this problem. We must show a high level of caution and vigilance and avoid forwarding emails without verification. We must not quote or cite ahādīth whose authenticity is unknown or doubtful. ... [And]... We should not feel inhibited or shy to ask someone for a reference or source.

## 'Ibadah Preserves You by Ibn Rajab al-Hanbali

Ibn Rajab al-Hanbali:

“And whoever is mindful of Allah (and keeps to His boundaries) in his youth during his years of strength, then Allah will preserve him in his old age when his strength weakens. And He will allow him to enjoy and benefit from his sense of hearing, sight, capabilities, strength and mind/intellect.

One particular scholar had



passed the age of 100 and still continued to benefit from his strength of body and mind. One day, he took a great leap and jumped up high, and the people rebuked him for that. So he said: **“We preserved these limbs of ours from sin when we were younger, so Allah has preserved them for us in our old age.”**

*Jami 'Ulum wal-Hikam*

## Always a Bounty by Imam Ibn al-Qayyim



The divine decree related to the believer is always a bounty, even if

it is in the form of withholding (something that is desired), and it is a blessing, even if it appears to be a trial, and an affliction that has befallen him is in reality a cure, even though it appears to be a disease!

Unfortunately, due to the ignorance of the worshipper, and his transgressions, he does not consider anything to be a gift or a blessing or a cure unless he can enjoy it immediately, and it is in accordance with his nature. If he

were only given a little bit of understanding, then he would have counted being withheld from as a blessing, and the sickness as a mercy, and he would relish the trouble that befalls him more than he relishes his ease, and he would enjoy poverty more than he enjoys richness, and he would be more thankful when he is blessed with little than when he is blessed with a lot.

*Madarij al-salikeen*

## The Muhaddith by Imam al-Dhahabi

It is reported that once, a heretic was brought to Harun al-Rashid (the 'Abbasi Khalif) who subsequently ordered his execution.

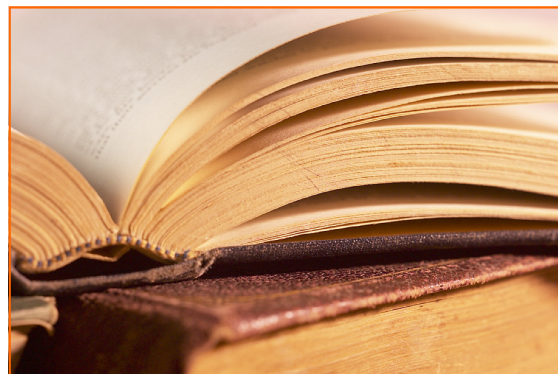
The heretic said to him, *‘Why are you executing me?’*

He said, *‘To relieve the worshippers of you (and your heresy).’*

The heretic said, *‘And what can you do about the one thousand narrations that I attributed to the Mes-*

*senger of Allah (sallallahu `alayhi*

*wa sallam) although he did not utter a single letter of them?’*



Al-Rashid then said to him, ***‘O enemy of Allah! And what can you do about Abu Ishaq al-Fazari and Ibn al-Mubarak who sift through them and extract them one by one?!’***

*Tadhkirat al-Huffadh*

# Insults are better taken lying down!



***“Abu Dharr was taking his camels to drink at a trough that he owned, when some other people came along and said to one another: “Who can compete with Abu Dharr in bringing animals to drink and make his hair stand on end?”***

***A man said: “I can.” So, he brought his animals and competed with Abu Dharr and ended up breaking the trough. Abu Dharr was standing when he saw this, so, he sat down, then he laid down. Someone asked him: “O Abu Dharr, why did you sit down then lie down?”***

***He said: “The Messenger of Allah (The Prophet Muhammad) said: “If any of you becomes angry and he is standing, let him sit down, so that his anger will go away. If it does not go away, let him lie down.”***

***[Reported in the 'Musnad' of Ahmad (5/152) and 'Sahih al-Jami' (694)]***

With advances in science being made every day, it's no wonder that the parallels with religion appear to only increase. There are two ways to think about science: you can be a theist, believing that behind the veil of randomness lurks an active, loving God, or you can be a materialist, for whom everything is matter and energy interacting within

space and time. Whichever metaphysical club you belong to, reports by the New Scientist and The Telegraph this month, are definitely food for thought. The article below showcases scientific claims to support the Prophet Muhammad's prescription for those overwhelmed by anger: to subdue one's anger by lying down.

Taking insults lying down may hurt your pride but it is less likely to make you angry, claim scientists.

Research showed that those who took personal insults while upright exhibited brain activity linked to attacking but this urge disappeared when they took the same insults lying down.

Eddie Harmon-Jones, a cognitive scientist who led the study at Texas A&M University, said: "In the upright or leaning forward state one might be more likely to attack.

"Maybe in the reclining state you're more likely to brood."

Those who took part in the study were not warned that they were participating in an anger exercise. The researchers asked them to pick something which made them cross, such as abortion or public smoking, and write a brief essay on their stance.

They were then hooked up to a machine which measures brain activity and told that a person in an adjacent room would evaluate the essay.

Then the students chosen for the study heard a voice recording of someone disparaging the intelligence, likeability and logical skills of the essays.

Volunteers who heard these in-

sults while on their backs felt as angry as volunteers who were upright. However, measurements showed that in upright volunteers, a reaction in the brain that has been linked to anger and the likelihood of retaliating.

Those who received their insults while lying down, however, did not experience the same angry brain reaction.

The scientists now think that lying down could affect how the brain handles other emotions, such as desire and happiness.

Peter Bandettini, a brain imager at the National Institute of Mental Health in Bethesda, Maryland, said: "It never occurred to me that body position might influence behavioural or neuronal activity in the context of aggression - but it makes sense.

"I do think that this is somewhat specialised to things like aggression or anger."

The research was published in the latest edition of the journal Psychological Science.

***By Richard Alleyne, Science Correspondent  
Published: 1:50PM BST 12 Aug 2009***

*Taken from the RadicalMiddle-Way website*

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