

Islamic Center of Indiana

AL-HUDA

NEWSLETTER



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السلام عليكم ورحمة الله وبركاته

We are excited to present this issue focused on preparing for Ramadan.

We hope this issue helps you enhance your Ramadan experience, allowing you to deepen your Iman.

We pray that this issue inspires and facilitates a transformative Ramadan experience, filled with increased faith and abundant rewards.

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Preparing For Ramadan



As Ramadan approaches, it's crucial to prepare spiritually and mentally to make the most of this blessed month. Shaaban, the month before Ramadan, offers a golden opportunity to ease into the habits of worship and self-discipline, ensuring that Ramadan becomes a time of growth, not struggle.

One important mindset shift is to avoid starting new habits or leaving sins only when Ramadan begins. This often leads to burnout or feelings of inadequacy. Instead, use Shaaban as a training ground—gradually increasing acts of worship, such as prayer, fasting, and Quran recitation. By doing so, your heart will be more receptive, and you'll reap greater rewards in Ramadan. As A'isha reported: "I never saw him (the Prophet ﷺ) fast more in any month than in Sha'ban" (Bukhari). Some scholars say he fasted in Shaaban because it's the month that people ignore the most because it's between Rajab and Ramadan.

Start with small steps, such as fasting Mondays and Thursdays, praying Qiyam al-Layl, or revising Quran. Reflect on Allah's words: "And hasten to forgiveness from your Lord and a garden as wide as the heavens and the earth, prepared for the righteous" (Quran 3:133). Shaaban is the time to hasten.

Cleanse your heart, seek forgiveness, and strive to leave bad habits now. That way, when Ramadan begins, you'll hit the ground running and maximize its blessings.



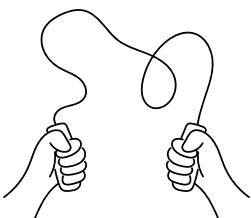
Prepare today to harvest the fruits tomorrow!

What is Wellness?



Wellness Defined

Wellness is often misunderstood as requiring a coach or guru, but it simply means achieving ideal functioning of mind and body. It starts with understanding your needs and how to meet them.



Nutrition

Nutrition is the foundation of wellness. Proper nourishment ensures our bodies function optimally, while poor nutrition can lead to deficiencies, sensitivities, or excess calorie consumption. Feeling unwell is often a sign of unmet needs, so diet should be your first focus.

Physical Health

Physical health also requires regular maintenance. Annual check-ups, routine bloodwork, and staying updated on immunizations help catch issues early. Ignoring symptoms can have serious consequences, as some conditions worsen silently.

Mental and spiritual health are equally crucial. Address signs of depression, anxiety, or other concerns promptly. Optimize physical health to support mental well-being and prioritize self-care: socialize, relax when overwhelmed, and share feelings with trusted friends to prevent burnout.

Wellness is about listening to your body, addressing issues early, and balancing physical, mental, and spiritual health.

By Ihab Ali, PT, DPT

The Liberation of *Al-Quds*

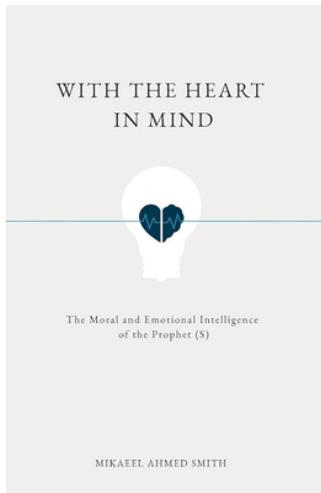


July 4th, 1776, marks the day the Declaration of Independence was ratified, freeing the American Colonies from the British Empire. However, for Muslims, this day holds an additional significance—the liberation of Al-Quds (Jerusalem). On July 4th, 1187, the Battle of Hattin, led by Salahuddin Yusuf Al-Ayyubi, freed Al-Quds from Crusader occupation after 90 years of oppression, beginning with the brutal siege of 1099, during which 150,000 Muslims were massacred.

The liberation of Al-Quds was not only Salahuddin's accomplishment. It was a grassroots movement involving countless forgotten heroes. One such figure was Zayn ul-Deen Al-Harawi, a scholar from Afghanistan. Deeply affected by the massacre at Al-Aqsa, Al-Harawi traveled to Baghdad with refugees to plead for intervention. In a shocking act, he interrupted a Friday khutbah by eating publicly during Ramadan to highlight the urgency of Al-Aqsa's plight. His bold actions moved the Caliph to tears and sparked a larger movement.

Similarly, Al-Qadi Al-Fadil Ibn Al-Khasab rallied the people of Aleppo against the Crusader-allied governor Ridwan, leading to the Battle of Balat—a significant victory. Efforts by figures like Ibn Asakir, who wrote extensively about Al-Aqsa, kept the Muslim world aware of its suffering.

Despite setbacks, these efforts paved the way for the rise of the Zengid Dynasty and eventually Salahuddin's decisive victories. The liberation of Al-Quds was the culmination of sacrifices and resilience, showing the power of collective action and perseverance against injustice.



Book Review:

With the Heart in Mind

Mikaeel Ahmed Smith

With the Heart in Mind is a poignant exploration of the different versions of intelligence exhibited by the Prophet Muhammad (SAW). Smith argues that these multiple forms of intelligence are the key to radical personal and societal transformation. The book is structured into four sections:

1. The Aql: The historical and philosophical foundation of this book is based on “Al-Aql”. Sh. Smith provides a highly academic explanation of intelligence and its different forms.
2. Emotional Intelligence: Explores how understanding and regulating one's own emotions, as well as understanding others, are essential for meaningful relationships and societal change.
3. Moral Intelligence: Connects emotional intelligence with moral development, emphasizing the need for ethical guidance to prevent manipulation and foster genuine change.
4. Radical Change: Argues that cultivating these intelligences leads to transformative impact.

A thought-provoking and academically rich read, this book offers deep insights for anyone seeking personal growth or a better understanding of leadership. As Ramadan approaches us shortly, consider this book for your next read!

Events at Alhuda!

December Showcase:



JUZ AMMA REVIEW DAY



AYA'S FIRST EVENT



AMP'S PALESTINE EVENT

LET'S GET READY FOR RAMADAN TOGETHER

► MY QURAN MY LIFE

Every Monday And Thursday

► TAFSEER HALAQAH

Every Tuesday

► BEGINNER ARABIC

Wednesday

► INTERMEDIATE ARABIC

Thursday

► QIYAM NIGHT

Every Monday And Thursday

► ESTEEM & EMERGE

Tuesday, Friday, & Sunday

► TAHFEZ & NOORANIYA

Tues, Wed, Thurs, & Friday

► & MORE YOUTH EVENTS

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information

Introducing Noah Fayed



Tell us a little bit about yourself

My name is Noah Youssef Fayed, and I'm 29 years old... yeah, I'm not thrilled about that either. I was born to a mother from Michigan and a father who immigrated from Beirut, Lebanon. Growing up in a military family, I moved around a lot, so I'm kind of from everywhere. My dad joined the U.S. Air Force while in college here, which led to him becoming a U.S. citizen. I'm originally from Dearborn, Michigan, and I have a big family—a twin brother (who's older by an hour and 43 minutes) and ten more siblings after him. It's a mixed family, and I'm incredibly grateful for it.

As for my job, well... let's just say I do a handful of things for the government. Nothing shady—promise. Or is it? (Kidding.)

Right now, I'm back in school for cybersecurity, working toward the next step in my career.

What are some things that you've noticed?

Personally, I haven't run into any issues since I joined in October. But if we're keeping it real, I have noticed something—the whole "clique" thing. Everyone is friendly, no doubt, but some people stick strictly to their groups. And from a newcomer's perspective, that invisible wall? It's noticeable. It doesn't feel as welcoming as it should. I've talked to a few others, and they've noticed it too. A strong community shouldn't have those barriers.

What inspires you in your Islam?

Simple: Allah and the brothers. Their encouragement keeps me going, and my hunger for knowledge keeps me engaged. Islam has so much depth, and I'm still soaking it all in. What better way to learn than by getting involved?



What are your hobbies & interests?

My hobbies? Oh, buckle up. I'm all about spending time with friends and family, diving into movies, dominating (or getting dominated in) video games—yes, even Fortnite. Call me a manchild; I own it. Board games? Love 'em. Reading? Yep. And most importantly, growing in my faith with the community.

Fridays? Easily my favorite day of the week. Not just because it's right before the weekend (though that's a nice bonus), but because of Jummah. There's something powerful about hearing a message that hits home every time. Funny enough, when I was Christian, I never got this excited for church, but that's a whole other story.

And let's talk about post-Jummah traditions—bonfires with the brothers discussing Hadiths, grabbing lunch, or hanging out in the evening. Oh, and we never skip Yafa Coffee. That place is legendary.

What are your goals in Islam?

Right now, my goal is simple: take it one day at a time. As a new Muslim, I don't want to overwhelm myself by trying to learn everything at once. I'd love to absorb as much as possible, but pacing myself is key. There's so much knowledge to gain, and sometimes, it's easy to forget things.

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