

**September, 2006 -Shaban ,Ramadan 1427**

In the name of Allah, the Compassionate, the Merciful

## Chairman's Note

Assalamu alaikum brothers and sisters in Islam,

As your chairman, I thought it would be important to bring you up to date on the happenings at the ICCR and what our plans are for the near future. By now you all know that we are searching for a new Imam. Ads have been placed in Islamic publications and on our web site. Our goal is to bring someone in who is not only a scholar in Qur'an and Hadith, but someone who is trained and experienced in dealing with all types of people, Muslim and non-Muslim. It is also very important that the prospective Imam has a good command of the English language and is a good communicator. The Imam Search Committee is planning to interview a few candidates shortly. We will keep the community updated on our progress toward hiring an Imam. In the mean time I want to thank all of the leaders in our community that have volunteered to give khutbahs and encourage others to contribute by volunteering as well. So far, every khutbah has been excellent and enlightening. May Allah (SWT) bless those brothers for their efforts.

The Tajwid classes were another highlight this summer. When we were searching for ideas on what to do with our children and young adults, Sr. Hala Azmeh came up with the idea of focusing on Qur'an memorization. She contacted Islamic Institute of Education based in Illinois and we were fortunate to have brother Ali Toft offer his services with other brothers from the school for a two week period. The program was such a success there is a plan in the works to continue Tajweed classes permanently going forward. May Allah reward the teachers and their helpers for leaving a permanent impact on those who benefited from their efforts. Thanks to all of the hard work by the Education Committee and community members who made the arrangements and efforts to make this a success.



Ramadan is fast approaching and as we know, every year is not without some confusion on when this glorious month starts and ends. It has been the policy of the ICCR board to follow the decision of The Fiqh Council of North America, which is an independent body, comprised of qualified Islamic scholars in North America. This year The Fiqh Council of North America has decided to pre-determine the dates through calculation. This will no doubt cause relief for the ummah, but there will also be some controversy among Muslims as well. I encourage you to visit the ISNA web site and read about why and how they came to this conclusion.

[http://www.isna.net/index.php?id=35&backPID=1&tt\\_news=764](http://www.isna.net/index.php?id=35&backPID=1&tt_news=764)  
or visit: [www.isna.net](http://www.isna.net) and click on the article under More Press Releases and Articles

Jazakumallah khairan and Ramadan Mubarek,

Hassan K. Igram  
Chairman, ICCR Board of Directors

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This newsletter is compiled by the Public Relations Committee (PRC) members include Muhammad Hayat, Tim Hyatt, Ridwan Rashid, Sarah Tawil, Jordan Trcka and Mohamed Soliman.

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**In the name of Allah,  
The Compassionate, The Merciful**

The month of Ramadan in which was revealed the Qur'an, a guidance for mankind, and clear proofs of the guidance, and the Criterion (of right and wrong). And whosoever of you is present, let him fast the month, and whosoever of you is sick or on a journey, (let him fast the same) number of other days. Allah desireth for you ease; He desireth not hardship for you; and (He desireth) that ye should complete the period, and that ye should magnify Allah for having guided you, and that peradventure ye may be thankful.

**Al-Baqarah, The Cow 002.185**

# TREASURER'S REPORT

Through the years, the generous contribution of the community members has made the maintenance and upkeep of the Islamic Center possible. However, the contributions during the 1st quarter of fiscal year 2006-07 have not kept pace with the expenses, and have resulted in a financial crisis. The table shows that in the 1st quarter of 2006-07, ICCR had an operating deficit of \$4,867. Currently the cumulative deficit in the general operating fund is over \$9,000.

MONTH	INCOME	EXPENSE	GAIN/LOSS
MAY	\$21,145.70	\$14,670.27	\$6,475.43
JUNE	\$1,027.50	\$6,798.20	-\$5,770.70
JULY	\$2,425.00	\$7,997.20	-\$5,572.20
Year to Date	\$24,598.20	\$29,465.67	-\$4,867.47

The ICCR needs immediate financial help from you to resolve the current predicament. Not only that we are looking for your financial help, we are also looking at ways to cut out our costs, insha'Allah. We need your commitment of donating a fixed monthly amount of \$200, \$150, \$100, \$75 or \$50 through automatic withdrawal from your bank. This ensures a steady income for the mosque that we can rely on and also allows you to be a voting member of the ICCR. Forms are available on the ICCR website, [www.crmosque.com](http://www.crmosque.com) and/or will be available during Jummah prayers. May Allah reward you in this life and in the Hereafter for helping to keep the mosque door open.

For questions, or to review a detailed financial report, please contact the Treasurer. If you have already signed up for the automatic withdrawal, JazakAllah Khairan for your generosity and we appreciate your continued support.

## Summer Programs Update

### Food and Supply Drive for Lebanon and Palestine

We had enough boxes to fill half of a semi truck with around a total of 200+ boxes. We are pleased to announce that the outstanding support from the Waterloo community members overwhelmed us as they provided 4 (or more) vans filled with relief supplies. It was reported that few young brothers from the UNI MSA involved and motivated the whole Waterloo community with their generous efforts. The attendance of our non-Muslim community Members was also great and was very encouraging to us. May Allah (SWT) reward ALL who helped our brothers and sisters in need. Finally, special thanks goes out to our sister volunteers and few brothers who worked very

hard for the most parts. More brothers are encouraged and at the same time challenged to participate and be rewarded in the future, insha'Allah.

### All You Can Eat Pancake Breakfast

We had a good turn out, many came to join which became a nice family event for all of us. Alhamdulillah, the food was well prepared and there was hardly any waste. We collected about \$1000 that would go towards the Gymnasium equipment furnishing. Volunteers worked very hard and completed their assigned tasks. With its success, plans are underway to host such event again at the end of or after Ramadan, insha'Allah.

Sunday  
School  
News

It's That Time of Year Again !!

The 2006/2007 **Sunday School** Year is about to begin !!

Insha'Allah, registration will be held on Sunday, September 10th from 11am to 12pm. All children ages 4 (child needs to be 4 by September 30th) and above are encouraged to attend the four hours comprehensive school program. Quran memorization, Arabic and Islamic Studies are the main focus of the program.

# September 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1:15 pm Jumma Prayer	2
3	4	5	6	7	8 1:15 pm Jumma Prayer	9
10 11:00 am Sunday School Registration	11	12	13	14	15 1:15 pm Jumma Prayer	16
17 10:30 am Sunday School	18	19	20	21	22 1:15 pm Jumma Prayer	23 1st. Day of Ramadan
24 10:30 am Sunday School	25	26	27	28	29 1:15 pm Jumma Prayer	30



During the holy month of Ramadan, our diet should not differ very much from our normal diet and should be as simple as possible. The diet should be such that we maintain our normal weight, neither losing nor gaining. However, if one is over-weight, Ramadan is an ideal time to normalize one's weight.

In view of the long hours of fasting, we should consume slow digesting foods including fiber containing-foods rather than fast-digesting foods. Slow digesting foods last up to 8 hours, while fast-digesting foods last for only 3 to 4 hours.

Slow-digesting foods are foods that contain grains and seeds like barley, wheat, oats, millet, semolina, beans, lentils, whole meal flour, unpolished rice, etc. (called complex carbohydrates).

Fast-burning foods are foods that contain sugar, white flour, etc. (called refined carbohydrates).

Fiber-containing foods are bran-containing foods, whole wheat, grains and seeds, vegetables like green beans, peas, sem (papry), marrow, mealies, spinach, and other herbs like methie, the leaves of beet-root (iron-rich), fruit with skin, dried fruit especially dried apricots, figs and prunes, almonds, etc.

The foods eaten should be well-balanced, containing foods from each food group, i.e. fruits, vegetables, meat/chicken/fish, bread/cereals and dairy products. Fried foods are unhealthy and should be limited. They cause indigestion, heart-burn, and weight problems.

**AVOID** 1) Fried and fatty foods. 2) Foods containing too much sugar. 3) Over-eating especially during the meal before Dawn (sehri. or suhur). 4) Too much tea during the meal before Dawn (sehri. or suhur). Tea makes you pass more urine taking with it valuable mineral salts that your body would need during the day.

**EAT** 1) Complex carbohydrates during the meal before Dawn (sehri. or suhur) so that the food lasts longer making you less hungry. 2) Haleem is an excellent source of protein and is a slow-burning food. 3) Dates are excellent source of sugar, fibre, carbohydrates, potassium and magnesium. 4) Almonds are rich in protein and fibre with less fat. 5) Bananas are a good source of potassium, magnesium and carbohydrates.

**DRINK** 1) As much water or fruit juices as possible between iftar (Breaking fasting) and bedtime so that your body may adjust fluid levels in time.

\* Part of an article by : Dr. Farouk Haffejee  
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<http://www.submission.org/ramadan/health.html>