

AL-Hilal



A Magazine for Children

2004-2

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Letter from Al-Hilal Staff

Assalāmu ‘alaikum, Al-Hilal Readers:

This issue is dedicated to helping others. Helping someone is reward enough—there’s no need for thanks or recognition. Remember, Allah sees all you do and your reward is ultimately with Him.

In this issue you’ll find short stories, historical people, career spotlights and additional ways you can do your part to help make your community better. If you can’t remember the last time you did something nice for someone else, start today. Social Service begins at home and includes the way you treat your parents, brothers, sisters, and neighbors. It also means trying your best to be a helpful, civic-minded person in all realms of your life.

‘Love for All, Hatred for None’ is a phrase we often hear, but how often do we really practice it? And how often do we realize, by serving others, you are in fact serving Allah, and what greater type of work is there?

Insha’allah we will all be encouraged to do more, give more and be more loving towards all of Allah’s creatures.

Wassalām,

Aliya Latif

Quarterly Al-Hilāl

A magazine for children, by children, that provides them with a creative opportunity to learn about the world around them, and how to apply the teachings of Islam and Ahmadiyyat to their daily lives. Al-Hilāl (The New Moon) is published by the Ahmadiyya Movement in Islam, under the auspices of the Children’s Magazine Committee, and directed by Dr Ahsanullah Zafr, National Amir, Jama’at Ahmadiyya, USA. The members of the committee are Maulana Syed Shamsahd Ahmad Nasir, Ahmadi Muslim Muballigh (Missionary) in Los Angeles area, Maulana Azhar Haneef, Ahmadi Muslim Muballigh (Missionary) in Philadelphia, Shanaz Butt, Sadr of Lajna Imaillah, USA, Naseem Waseem, Sadr Majlis Khuddam-ul-Ahmadiyya USA, Tazeen Ahmad of Maryland, Musa Asad of Maryland, and Syed Sajid Ahmad of North Dakota acting as the secretary of the committee.

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بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

In This Issue

- The Goodwill Mirror—
Mahmood Ahmad Khwaja—4
- Attributes of Allah—*Lubna Chaudhry*—9
- A Helping Hand—*Summer Mirza*—10
- My Vision of a World Community—*Bilal Ladd*—12
- A True Muslim Leader—*Maariya Bajwa*—14
- Umer and Maryam—A Helpful Sister—
Aysha Khan—16
- Fasting: Essential Features to Remember—
Zaki Krishan Dard—17
- The First Time I Observed a Fast in Ramadan—
Momin Bajwa—20
- Ramadan—*Aasim Ahmad*—22
- Maryland's Thoughts on Ramadan—23
- Glossary—24
- My Life As a Social Worker—*Mansura Karim*—25
- Spotlight on Health—*Sidra Haiy*—26
- A Secret Act of Service—*Aliya Latif*—28
- Ways You Can Help—30

Front Cover Design Courtesy of Sumera Choudhary

THE GOODWILL MIRROR

Written by Dr. Mahmood Ahmad Khwaja
United Arab Emirates



Tariq, a sixth grader, was considered the best student in his class. He was well mannered, respectful to his elders, cooperative with fellow students and very helpful to all in school. Whenever the principal wanted to cite an example of a good student, he always named Tariq.

Today, Tariq was very sad. He had just returned from a school football match between his and another school. When he entered the house he did not greet his family with ‘Assalamu Alaikum,’ as every Muslim should do. He quietly washed his hands, rinsed his mouth and sat down to have dinner. After eating, he did not stay with his parents and sister for the usual chat. Instead he went to his room and sat down to do homework. Islamic Studies, Mathematics and Science were his favorite subjects but today he did not feel like studying any of them. After a while he closed the books and lay down on the bed, reflecting on the incidents of the day.

Tariq was not sad because his team had lost the match due to a minor mistake by Abdullah just a few seconds before the final whistle. He was sad at what has taken place after the match. As the final whistle was blown some of his teammates surrounded Abdullah and started yelling, “Silly! Silly!,” and blamed him for losing the match. It hurt Abdullah so much that

he started to cry. His other teammates made a ring around the umpire, argued with him and said he was unfair and partial. Then some students from the rival school taunted his team on losing the match. His friends Zaid and Anas lost their tempers and hurled stones, injuring one of them. This led to a fight among all the students. However the coaches of the two teams and teachers quickly stopped the fighting. Luckily no one was seriously hurt.

Tariq was a soft, kind boy. He loved peace and disliked quarreling and fighting. He kept wondering, “Why do people fight?” His parents loved each other and their family and yet there were times when they argued about very small and trivial things. His own sister always quarreled with him over whose favorite TV program to watch. His relatives argued about things that had happened before he was even born!

Almost every day his classmates quarreled and even fought with others over grades, seats in the classroom and bus and who should be nominated as class captain and proctor. Tariq did not know much about world politics but from TV news and his elders’ conversations he had learned that there was fighting between the Palestinians and the Israelis, India and Pakistan over Kashmir, in Bosnia, Sudan, Chechnya and Afghanistan.

“There would not be any dispute or fighting anywhere in the world if people had goodwill for each other,” Tariq thought. Then he remembered one of the several Ahadith of the Holy Prophet, peace be upon him, he had read: “By Him in whose hand is my soul, a servant (of Allah) does not believe (truly) until he likes for his brother what he likes for himself.” Yes! GOODWILL! Goodwill towards each other will put an end to

all disputes and wars. But how can goodwill be created in the hearts of so many people? Tariq closed his eyes and asked himself again and again and yet again but his young mind offered no answer.

Suddenly he detected a wonderful and pleasant fragrance and on opening his eyes was surprised to see his room filled with a dazzling golden light. A saintly man with glittering eyes stood by his desk, smiling kindly at him. His robe shimmering like a thousand diamonds emitting golden light. Tariq was frightened and ran to the door but despite using all his strength he could not open it. “Don’t be afraid, Tariq! I am your friend and have come to help you fulfill your desire to create goodwill among people. Take this mirror. Whosoever will look into this mirror will always have goodwill towards others. I thought you were the best person to have this mirror. But remember if you ever even think of using it for a selfish motive, the mirror will break and disappear.” Then the man vanished.

Tariq could not believe his eyes and ears. Impossible! But the small pocket size mirror was still on his study desk. He picked it up. It was an ordinary mirror but when he looked into it he saw a halo of seven rainbow colored flowers around his face. It was not a reflection of his face but a magnificent portrait. He put the mirror in his pocket and decided to test it right away.

He went to the TV room. He knew his sister would be watching her favorite music program. On seeing him she yelled, “So you have come to disturb me! Watch the program I am watching or go away! I will not let you watch the sports channel.” Tariq replied calmly, “Oh no! I am going out to play football with my friends. I just want to show you this mirror.”

She took the mirror in her hand, looked into it and saw her face surrounded by seven beautiful rainbow colored flowers. “I look beautiful!” she said as she returned the mirror to him. “Dear brother, you can watch your favorite TV program. I am sorry I yelled at you.”

Was this his sister talking to him?! Tariq was amazed at the wonderful change in his sister! She had never spoken to him so politely.

Later that evening the mirror worked another miracle. Tariq had made everyone look into the mirror before they sat down to dinner. They had a pleasant evening without the usual arguments between his parents about trivial things. The mirror was working! It was creating goodwill among people. That night, before going to bed, Tariq carefully put the mirror in his school bag. He was planning to try it in school the next day.

The next day he entered the school bus and showed the mirror to the bus driver before taking a seat next to the door. He planned to show the mirror to every student boarding the bus. Today, the ride to school was peaceful and pleasant. The bus driver did not shout at the students for taking too long to board nor did he curse the drivers of other vehicles. Charmed by the sight of their beautiful image in the goodwill mirror everyone was jovial and kind to others. The seniors who used to push the junior students to vacate seats were today offering their own seats to their younger classmates. The students who were sitting were requesting those who were standing to share seats with them.

Tariq was happy at this wonderful change in his schoolmates. He was now convinced that with the help of

goodwill mirror he would be able to create goodwill among the people of the world. He was already planning a meeting with the Ameer of Abu Dhabi to offer his services and create goodwill among the people of his emirate. Tariq thought that he could also ask the Ameer to help him with overseas visits for the same purpose—to create goodwill between the warring parties and put an end to all the ongoing wars. “If I can accomplish this I will surely be awarded the Nobel Peace Prize and become the first Nobel laureate of my country!” Tariq thought with some pride.

But the moment this thought crossed his mind he heard the feeble sound of a mirror breaking into pieces. Alarmed, he unzipped his school bag and found that the mirror had broken and its small pieces were disappearing before his eyes. “OH MY GOODWILL MIRROR! It has been taken away from me because of my selfish thought! OH MY GOODWILL MIRROR!” and Tariq started to cry.

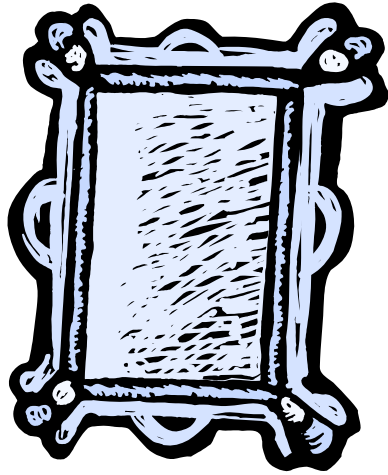
Tariq! Tariq! Get up or you will be late for Maghrib Salat.” He heard his mother’s soft voice and felt her loving hand stroking his forehead. On opening his eyes he saw her standing by his bedside and said to her in a choked voice, “Mother I lost my goodwill mirror.” His mother was perplexed and asked, “You lost what? Tariq, what is the matter with you? Are you all right my son?”

Yes I am all right”, and then he narrated the whole dream to her. “Mother I do not understand why even a single selfish thought destroyed the goodwill mirror,” he said sadly.

The answer is very simple,” she replied. “Selfishness and Goodwill cannot coexist. One would always destroy the other.

And remember one does not work for a good cause simply to win an award but to win Allah's pleasure."

Tariq wanted to ask more questions but it was getting late and it was time for Salat. So he performed wudu and left for the mosque.



ATTRIBUTES OF ALLAH

Lubna Chaudhry

Ar-Rabb ... The Lord
Ar-Rahman ... The Gracious
Al-Azeez ... The Mighty
Al-Kareem ... The Glorious
Al-Majeed ... The Nobel
Al-Akhir ... The Last
Al-Ghaniyy ... The Self-Sufficient
Al-Hakeem ... The Wise
Al-Wahid ... The One
An-Noor ... The Light
Al-Wasi ... The Bountiful
Al-Adl ... The Just

A Helping Hand

Summer Mirza, Age 15,
Columbus, Ohio



As this issue's theme is 'A Helping Hand,' I am going to tell you about the regional camp I attended which was held at Masjid Bait-un-Nasir located in Columbus. At the camp there were many young members who were helping out the elderly by getting them food, drinks, etc. We all get lots of blessings from Allah for doing these types of things, so one should always make helping humanity a main aspect of their lives.

I am going to tell you a story. The story is about a homeless woman who lived underneath a bridge. She came out from a dark area, when my family and I were walking into a store, and started yelling at us. She was saying that no one helped her, and that she needed someone to do one small thing for her. But, no one there listened to her, only because she didn't have a house or decent clothes to wear. When I heard this I gave her the number to a shelter I had volunteered at some time before, and I gave her some money. She was so happy that she couldn't stop smiling. Then I realized that all we need to do is give a small helping hand and that can make the biggest difference in someone's life.



There are many things one can do to help their community, jamaat, and family. One must try their hardest to make Allah happy, and that is achieved by many activities. One activity that is easy for everyone to do is give a



helping hand to everyone and everything around them. Personally, I have done many things to help out the main figures in my life. For my community, I do lots of volunteering and cleaning of the schools and neighborhoods.

For the jamaat, there are so many various activities one can do to better themselves, and their jamaat. For example, we can clean up the kitchen area, vacuum the salat area, help handle the children, etc. As a daughter of the local Lajna president, I have many opportunities to help the jamaat, and the community. In our family lives, we all can help by cleaning our room, washing the dishes, dusting, etc. Little things that we all can do here and there, will greatly help us in the hereafter.

By helping our community we will be recognized as Ahmadi Muslims in society, and people would be interested in finding out more about Ahmadiyyat. Also, Allah is always there to give us helping hands, and so we should help other people to give back everything they have done for us.

Let us all pray that Allah gives us the strength and will power to make this world a better place. Remember, all a person needs is a small helping hand and trust me, that can make him or her, the happiest person in the world.

“I solemnly promise that I shall always keep myself ready, to serve Islam, my nation, and my country, for the cause of the faith and the community.”

My Vision of a World Community

Bilal Ladd
St. Louis, MO
Age 14

The world today is a place that needs positive influences and uplifting spirits to guide us into a peaceful state. Community ... what exactly does community mean? Community means an interacting population of various kinds of individuals in a common location. Also, it means a group of people with a common characteristic or interest living together within a larger society. When you define the word, it is very important to know how we live, interact with one another, and communicate.

My vision of a world community would have to be that we need help morally, spiritually, economically, and politically. Morals are our principles, teachings, and how we conduct ourselves. The lack of moral knowledge in today's world is more common than the knowledge about a new upcoming entertainer. We have no one to teach the young people how to be intelligent, how to speak correctly, conduct ourselves in all situations, and be an honorable and respectful person. The majority of role models for young people are those who promote sex, violence, drug use, and other negative aspects of life. Spiritually we are in a state that is going to take a long time to get out of. Many of today's people just do not believe in God, or anything besides their money. God needs to be the focus in the community for us to function collectively, and have a

common background.

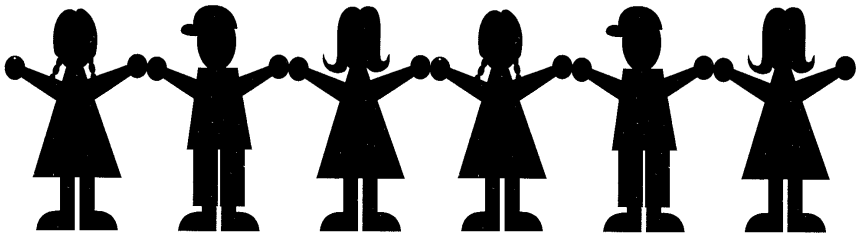
The leaders of our country determine political and economic policies, and these policies are not always in the best interest of society as a whole. Sometimes they distribute and import items that we have no say in, and sometimes engage in other activities in secret that promote the disintegration of society.

Drugs and alcohol are not all manufactured or produced in this country. Most poor people don't have the means to transport them to the United States, so how do they get here?

Politics is a word that is being used and analyzed more than ever today. When the election of the last president took place, there was a lot of controversy over the way the election was conducted.

Since the election, we have entered a state of anxiety and great turmoil. Many people would say that it is due to the current president's actions, but the controversy between Iraq and the U.S. has been a growing problem for many years. Now the turmoil is at a critical stage.

My vision of the world is to live with all people with love for all and hatred for none. Love is what we need with all the problems that we have today. Love is not a striving focus in our hearts and minds but it is exactly what society needs.



A True Muslim Leader

Maariya H. Bajwa
Research Triangle, North Carolina



There are many qualities that make leaders what they are. A few of those qualities would be **courage, honesty, caring for others, humility**, and so on. Leaders must be **focused on critical issues**, as well as being able to **see the big picture**. They must be **calm** under pressure. They also must have **passion and urgency** that drive their creativity and importance. Leaders should be **diplomatic, tactful**, and above all, **just and fair** in all their dealings, so they

can share their ideas, and listen to others. They must be able to **anticipate and address potential problems** before they occur. Leaders must be an **inspiration and motivation to others**, and **encourage** others to strive to do their best. They need to be **dedicated** to what they do.

A person who comes to my mind as one who embodied all these qualities is my grandfather, the late Professor Sir Abdus Salam.

Professor Salam needs no introduction: his name is synonymous with dedication to a cause and striving tirelessly to reach a goal, to search and to question. Allah, the Almighty, rewarded his diligence with the highest pinnacle of achievement in the field of physics, the Nobel Prize, in 1979. To me, his contribution to humanitarian causes is just as

inspiring. It is one of the causes most dear to his heart that I want to mention in relation to his role as a leader. I am speaking about his creation of the International Centre for Theoretical Physics.

My Grandfather came from humble beginnings and never forgot that. He never took his success for granted. He always thanked Allah, the Almighty, for His favors and he showed the responsibility of a leader by working tirelessly to give back to the less fortunate. One way he did this was to lead the way in creating a place where students of science from needy, under-developed countries could come and learn and do research. This place was the International Centre for Theoretical Physics, which he founded in 1964 in Trieste, Italy, and served as its first director until ill-health forced him to step down a few years before he passed away in 1996. On November 21, 1997, the first anniversary of his untimely death, the center was appropriately renamed the Abdus Salam Centre for Theoretical Physics.

Just as a medical doctor diagnoses a problem, then researches and works for a cure, my Grandfather recognized the problem, that is, the lack of teachers and adequate facilities in poorer countries of the world, and he did his best to find the solution. It was not easy. It took a lot of hard work persuading members of the United Nations Educational and Scientific Cultural Organization (UNESCO) and many other crucial agencies and people to make this dream of his a reality. But he never gave up. He also did all this in keeping with Islamic teachings, which was to use his knowledge and numerous God-given talents to benefit others. All this he did to win the pleasure of Allah.

He frequently reminded world leaders and top scientists that the source of his creativity and ideas was the Holy Quran, often quoting from it in his lectures. For all his worldly success, he lived his life humbly, another characteristic of a true leader.

Umer and Maryam - A Helpful Sister

Aysha Khan, age 9
Baltimore Jama'at

Once there was a girl named Maryam who had a brother named Umer. Maryam was busy cleaning her room and she went downstairs to put a toy away. While she was going downstairs, she heard her mother and Umer talking. Her mother was tired, and so was Maryam because she was helping her mother. Her mother was saying, "Look Umer: please be a good boy and make me a cup of tea. My son is a great boy. He's going to make me some great tea." But Umer was just making excuses. So Maryam went back upstairs to quickly clean her room. Umer came up shortly after her. She asked him, and found that Umer *still* hadn't made tea. Thereupon Maryam tried to convince Umer to make the tea, but he wouldn't listen, so Maryam decided to do it herself. Maryam felt she ought to help her mother. Her mother had high hopes about Umer. She slipped in the kitchen and quickly made the best tea she could. She even got it ready to serve, leaving Umer with the simple job of giving it to their mother. Then she called Umer and told him to serve the tea. Surprised, he did and was saved a lot of work. Their mother was satisfied *thinking* that Umer had made the delicious tea himself!

"Paradise lies under the feet of your mothers."

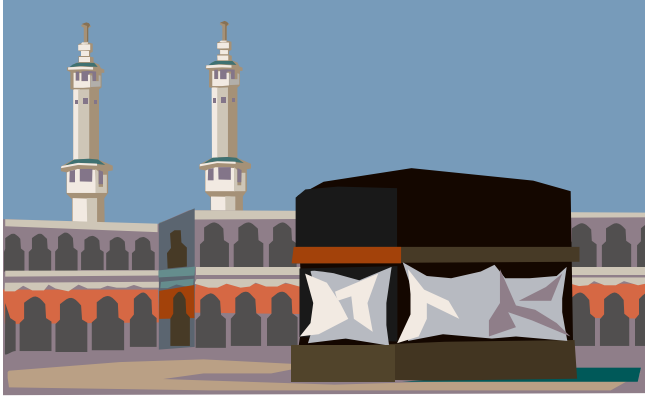


The First Time I Observed a Fast in Ramadan

Momin Bajwa, Age 10, North Carolina

I was so excited the night before I observed my first day of fasting in Ramadan, I could hardly sleep. I had to get up early in the morning to pray and get done eating an hour and a half before sunrise. Since I was not sick, and not traveling, I was not exempt. But I was only seven years old so I did not have to fast for a whole day. I could stop around midday if I needed to. Luckily, Allah kept me well to fast. I had been up many times before at sahar (pre-dawn breakfast time), just for the fun of it, and of course to pray, but I never actually felt like one of the group. This time was different. I was serious!

I declared my intention to fast by repeating the related Arabic expression, ate breakfast, and offered prayers after eating. I knew that after Fajr prayer one should try to read at least a ruku of the Holy Qu'ran, but in the month of Ramadan, one should try to read even more. I read what I could before getting too sleepy then went back to bed. When I woke back up at around 9 or 10 a.m., I knew I could not eat anything or drink for quite a few more hours. At first I didn't think I would make it for 7-8 hours without eating, with food so close by me. It helped that I had been promised some of my favorite foods since it was my first attempt at a complete fast. But I knew I had to try and concentrate on what the fast was really for. I was surprised at how much time I had to do other things. Instead of sitting on my bed and waiting for the sun to go down, I decided to read a book for homework. It was called "The Man in the Iron Mask." Halfway through the book, there was a description of a huge feast for the king. Reading about the feast made me even hungrier, but I was not supposed to eat anything for about 4-5 more



hours. I stopped reading.

It was time for Zuhr. I thought to myself, what if I accidentally drink water during wudu (ablution)? I asked my Mother and she said: “If you do it accidentally then it will be fine, but be very careful. Your fast is not broken for an accident only for carelessness.” When we offered our Zuhr Prayer, I prayed especially for those children who feel hungry all the time because they are too poor to have food around all the time. It was still some hours before sunset and even though I was told I could stop anytime, I started thinking to myself how hard it would be to eat only one or two things a day, and have to work and think on an empty stomach all the time. I thought, “I must complete this.” I thanked Allah for always giving me everything I needed to survive and promised not to complain about any food again. After I did that, I gave \$10 in Sadaqah.

It was time for Asr prayer and then listening to Huzoor’s Dars-ul-Quran on MTA. It was hard to concentrate because I could smell my pizza and the rest of our dinner from the kitchen. My Mother then called me to break my fast. I reminded everybody to say the prayer for breaking the fast. That done, we enjoyed our dates and almonds that my Mother always roasts for Aftāri. I put the almond in the middle of the date and ate it like that because it tasted so

good. My Father had a very sweet bright red drink called “Rooh Afza,” which he said gives him instant energy. I preferred water. We offered Maghrib Prayer and then it was time to eat. I was surprised that, after all that waiting, I could not really eat much pizza after all.

That was a hard day to go through, without food or drink, but very rewarding being part of something so special and knowing I did something to please Allah. I prayed He would accept my fast, Amin. Now I know something of how the poor and needy feel. I know more than ever not to be ungrateful, and always say “thank you” for all I have, and not whine if I don’t get what I want. I know fasting will make me closer to Allah, and I pray I can keep more fasts regularly as I get older and stronger, Insha’allah.

Ramadan



*Ramadan is a time,
A time of tribute.
It is the tribute, to Allah
Ramadan is a time
It is a time to purify the soul
Ramadan is a time,
A time where the gates of Hell close
And a time when the gates of Heaven open
Ramadan is a time,
The time when we are strongest and most united,
It is the time, of Ramadan.*

*By: Aasim Ahmad (age 14)
Zion Majlis*

Maryland's Thoughts on Ramadhan

Ramadan is a period of time when Muslims fast to please Allah. It is also a celebration of the time when Allah revealed the Holy Quran to the Holy Prophet Muhammad, sallallahu alaihi wa sallam. Ramadan is the ninth month on the Muslim calendar, and it lasts thirty days according to the cycle of the moon. Muslims eat breakfast before dawn, and they cannot eat or drink until sunset.

Muslims fast to please Allah by obeying His command to fast in the Holy Quran. Fasting makes you feel what it's like for those who do not have food to eat and have sympathy for the poor. It cleans out their body and helps them become healthier. When we fast, we say special prayers and read Quran, we get closer to Allah and become better Muslims. In the Holy Quran, Allah says that fasting is a "safeguard against evil" because when you are fasting, you want to stay away from bad things. Other religions also practice fasting, and Allah says in the Holy Quran that fasting is prescribed for Muslims as it was prescribed for other people before them. Jews have days of fasting, and Christians have fasting during the period of Lent before Easter.

Marya Asad, Age 11

The word 'Ramadan' means intense heat of the sun. The sun gives light, which is a good thing. Ramadan is for spiritual purification. In Ramadan, we become clean and good from the inside. The Holy Prophet (sallallahu alaihi wa sallam) said that in Ramadan, the gates of hell are closed and Satan is chained. The gates of heaven are open. That means that you have greater opportunity to do lots of good things and be rewarded. In heaven,

there are eight gates. Only people who fast can enter the gate named Raiyyan.

Raaheela Ahmed, Age 9

I think that Ramadan is like a training month for Muslims. In Ramadan, the door to hell is closed and Satan is locked up, and the gates to Paradise are open. You gain closeness to Allah when you fast. While you are fasting, you are reminded to offer Salat on time and to read extra Quran.”

Atia Chaudhry, Age 14

During Ramadan, I feel more obligated to offer my prayers and read the Quran. I feel that I should better myself as a Muslim and as a person. Helping others and becoming closer to God is my goal to reach all year round, but Ramadan is the time that we get the most reward.”

Nadia Khan, Age 12

Glossary

- Aḥmadiyyat احمديت : Muslim sect believing Ḥaḍrat Mirzā Ghulām Aḥmad to be the Promised Messiah and Mahdi, peace be on him
Aḥmadi احمدی : A follower of Ḥaḍrat Mirzā Ghulām Aḥmad, the Promised Messiah (peace be on him).
'alaihissalam: peace be on him
Āmīn: amen, so be it.
Amīr, Ameer: امير Commander, Head
Assalamu 'alaikum: peace be on you
Bukhārī: بخاری : The most reliable source of the sayings of the Holy Prophet Muhammad, peace and blessings of Allah be on him.
Ḥadīth حديث : Saying of the Holy Prophet Mohammad, sallallahu alaihi wasallam.
Ḥaḍrat, Hazrat, Hadhrat: حضرت : His Holiness
inshā'allah: God willing
Khalifatul-Masih خليفة المسيح : Successor to the Promised Messiah, 'alaihissalam.
Majlis مجلس : Society, organization.
raḍiyallāhu 'anhu: رضى الله عنه : May Allah be pleased with him.
Ṣadr صدر : President.
Ṣāhibzadah: صاحبزاده Son of a respected person, respected gentleman.
sallallāhu 'alaihi wasallam صلى الله عليه وسلم : peace and blessings of Allah be upon him.

My Life as a Social Worker

Mansura Karim
Philadelphia, PA

My job is very interesting because whenever you work with people, it can be different from day to day. I prepared for my job by working at a social service agency and also getting a Masters of Social Work degree. Our agency helps people in the urban community in Philadelphia in a variety of ways: by helping people get their General Education Degree (GED); provide job training and helping them find jobs; and to help find housing and to provide educational workshops to help them better understand and use their finances. We not only help with these issues, but with family problems as well. Most of the people that I help are 18-50 years old.



I also train college students who are interested in this work and act as a guide for them along with their college professors. In this way, I work with people with all levels of education and need. In the course of a day, I may meet with a teacher and review the curriculum and test scores to make sure that our students are learning what they need for job training. I have meetings with the case managers to make sure that the students are coming to school daily and if they have problems at home or with the courts, so that we may offer the necessary help. I work with the participants and encourage them, solve problems with them, or intervene in any way necessary to make sure that they follow the right paths so that their lives will improve. I bring people together so that we can see a full picture of each participant and what they need. My college interns work with me and learn how to do these things as well so that once they graduate from the university, they feel confident in their jobs.

As a Muslim, I feel blessed to be a part of so many lives. It is a blessing to know that I help to make people's lives better. Some things I offer are hope, respect, and genuine caring. I often think that the people that I serve would not have so hard a life if they were given more love and caring when they were young.

SPOTLIGHT ON HEALTH

Sidra Haiy, Age 15
Silicon Valley, CA

Recently, the Silicon Valley Jama‘at had a Health Symposium for the Lajna and Nasirat members. In this symposium many qualified professionals came to speak their thoughts on issues relating to basic health problems. For instance, homelessness, domestic violence and a major health issue—drugs. I will be going over some of the major details stated in the symposium.



The majority of the people who become homeless each year are women and children. The program discussed in the symposium was a sponsor for only women and children. This is because men usually do not have kids to support; the average man is in more of a need to take care of himself. All the people in a homeless shelter go through substance abuse counseling. This organization also supports a childcare center so that women are able to get a job without worrying for their child or paying for daycare.

Drugs are the biggest health concern that our society copes with today. They can cause many things to occur in a teen’s body that are indeed visible. A child can use eye drops excessively; this is because drugs make you sleepy, making your eyes red. When you observe your child with either lighters or an ashtray it hints that they have some sort of drug in their possession. Other hints include: a horrible odor, a sudden drop in grades and



losing the will to participate in class games or activities. Therefore if you take the time and give your child the right attention they will never see a reason to take drugs.



Everyone who takes drugs is capable of making up a reason for their actions; the important thing is to see right through the intention. One of the most common motives to use drugs is that it makes a person feel all grown up. It also makes a person believe that they fit in with everyone else. Others just want to be defiant, and obtain drugs and/or tobacco in order to take risks and rebel. As a result, beware of the excuses of the use of drugs because all this could be cured without the use of them. One way is by seeking help with a psychiatrist.

Domestic violence is another term that focuses on abuse. It's not just physical abuse but also verbal, emotional, financial and psychological abuse. Physical abuse occurs when someone hurts you by hitting you. Although physical abuse does heal in some time, emotional abuse isn't that easy to heal. For example, someone embarrasses you or just yells for no apparent reason. This starts causing open gaps that soon become impossible to recover from. There is also financial abuse where one person in the family controls the household money and the other is given a little bit of money to last a certain time period. The second spouse also has to record every penny they spent and hand it over to the financial leader of the home. So, domestic violence is all about power and control.

This symposium taught me a lot about health. Health can include many aspects such as violence and abuse. In conclusion everyone should take care of their health.

A Secret Act of Service

Aliya Latif

After the Holy Prophet Muhammad, peace be upon him, passed away, there were four Khalifahs (leaders) elected after him. When Hadhrat Umar, may Allah be pleased with him, became Khalifah, he was very concerned about the well being of the Muslim community. He would sometimes dress in disguise and go out in the city to see for himself how people were really doing.

One day he came across a very poor widow, who was without food for herself and her children. When he saw the condition she was in, he went off to find the necessary provisions. After he'd gathered a large bag of items, he heaved the heavy load on his back and began walking to deliver the gift.

Along the way, one of his companions recognized him despite the disguise and rushed to help him with the load. He insisted that the Khalifah give him this heavy bag instead of struggling with it alone.

Hadhrat Umar, may Allah be pleased with him, simply replied, "Will you be able to carry the weight of my sins on Judgment Day?"

The companion understood what he meant; it was better to let him continue and complete this act of service and hopefully win Allah's mercy and blessings.

When Hadhrat Umar, may Allah be pleased with him, reached the woman and gave her the unexpected gift she was so thankful and overwhelmed, she exclaimed, "I wish that you were our Khalifah instead of Umar!"



Hadhrat Umar, may Allah be pleased with him, simply smiled and continued on. He never revealed his true identity to the woman or asked for any thanks. He didn't need to be recognized or thought of as a giving person. His reward was with Allah and his intention was to serve Allah for his sake alone.

How often do we help others and feel overly proud of what we've done? Sometimes we even tell everyone who'll listen just so we can hear people say how nice and kind we are. But wouldn't it be wonderful to help others in secret? To do something nice and not tell a soul so we know that we're helping them solely for Allah, not for any other reason? In Islam we are reminded often how important it is to help and serve others. Sometimes we help in public so others will also be inspired to also become more giving. Other times we give in secret, not for thanks from people but only for Allah.

Insha'allah, we can all find ways to help others both in private and in public, without pride or pretense, but with sincerity and love.

Ways You Can Help

Want to do something nice for someone else but need some ideas? Volunteering is the easiest way to help others and learn more about social service.

Your Local Hospital: Go to your local hospital or Nursing Home and ask to be a volunteer. There are a number of ways you can help out. You can help in pediatrics by reading stories and playing games with the younger children. You can also help by feeding elderly patients, bringing water, or transporting patients throughout the hospital.

Volunteermatch.com: Ask your parents to go online and look at the many different volunteer opportunities in your area. Volunteer match will search for activities by your zip code and give you many different kinds of projects, from neighborhood cleanups to races, food drives and tutoring.

Get out and Walk (or Run): Turn off the TV and get some exercise in helping others. Diabetes, Birth Defects, Cancer, Hunger—there are walks in every major city for just about every single cause. Speak to your parents and friends about organizing a team to get out and exercise for a great purpose.

The Public Library: The public library in your neighborhood usually has lots of information about volunteering in your neighborhood. You can also work at the library to help others by shelving books, tutoring, or reading stories during children's story time.

Donate: Clothes, toys, canned food and books that are new or in good condition are great items to donate. Remember never give things that are broken, dirty, torn and you wouldn't wear or use

yourself. If you're really feeling inspired, you can organize a drive at school or at your mosque to collect these items. Ask your parents for help and encourage family and friends to participate. Whatever you collect can be donated to a neighborhood shelter or organization that works with people in need.

At the Mosque: Talk to you social service secretary and find out what's planned that includes young people. If they have no ideas, make some suggestions and offer to help out.

There are also a number of great funds established where you can donate money and help the Ahmadi Muslim community.

Your donations can help build a mosque, have books printed and translated, support MTA and also help Ahmadi missionaries around the world. You can donate to Humanity First and help build hospitals, schools, and provide medicine/emergency supplies to victims of floods, earthquakes, hurricanes and other natural disasters.

There is also a special fund just for kids—the Children's Eid fund—where children in America donate money to make sure Muslim children in Africa also have a wonderful Eid. Last year children sent money to Sierra Leone, this year we'll pick a new country. Make sure to participate each year.

Don't have money to give? You can still help out at the mosque. Clean it up! Set aside some time once a week or once a month to come in and make sure you mosque is clean and inviting. Make it a fun cleanup day and encourage family and friends to come along. There are countless blessings in keeping a mosque beautiful.

With so many ways you can help—
Everyone can be a volunteer.
So Get out and Get to Work!



We want to hear from you!

Children are encouraged to send their writings for publication in this magazine. Please mention your full name, age, city and state. If you want to send a picture or artwork, please send the original. If you want the original back, please write your address on the back of the artwork with the note: "Please send this back to" followed by your address. The Children's Magazine Committee, under the supervision of the Amir, Jama'at Ahmadiyya, U.S.A., will review and approve all submissions before publication.

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