

الْحَمْدُ لِلَّهِ الَّذِي وَفَّقَنَا لِلْقِيَامِ وَالصِّيَامِ، وَنَسَأَلُهُ سُبْحَانَهُ أَنْ يُدْخِلَنَا الْجَنَّةَ مِنْ بَابِ
الرِّيَانِ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، الْوَاحِدُ الْقَهَّارُ، الْعَزِيزُ الْغَفَّارُ،

وَأَشْهَدُ أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدَ اللَّهِ وَرَسُولَهُ، فَاَللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا
مُحَمَّدٍ وَعَلَى آلِهِ وَأَصْحَابِهِ وَالتَّابِعِينَ وَمَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ

Praise be to Allah who enabled us to worship and fast, and we ask Him to admit us through the paradise door of Al-Rayyan. And I bear witness that there is no god but Allah alone with no partner, the Almighty one, The Magnificent, The Forgiver.

And I bear witness that our Prophet Muhammad is the salve of Allah and His Messenger, O Allah send peace and blessings upon the Prophet Muhammad and his companions, and followers, and those who followed them in truth until the Day of Judgment, Amin.

فَسَبِّحْ بِحَمْدِ رَبِّكَ وَكُن مِّنَ السَّاجِدِينَ * وَاعْبُدْ رَبَّكَ حَتَّىٰ يَأْتِيَكَ الْيَقِينُ

“So exalt [Allah] with praise of your Lord and be of those who prostrate [to Him]. And worship your Lord until there comes to you the certainty” (death). (15:98-99)

- **Post-traumatic Ramadan Disorder**
- **Withdrawal Symptoms**
- **Ramad-amnesia:** is a condition affecting millions of Muslims in the UK and around the world.
- It is highly contagious and can be contracted through speech, action and even thoughts.
- The source of the outbreak is usually a blow to the head or an excessive Eid-hug which causes the sufferer to forget every important lesson learnt in Ramadan.
- This temporary state of amnesia can last for eleven months until the next Ramadan where the sufferer enjoys a temporarily relief from its symptoms, only to contract the illness once again at the end of Ramadan.
- Hence the cycle of eleven months of suffering and one month of relief continues year after year, often with the sufferer living in denial of their condition.
- **Immunisation:** Find people bowing and prostrating in unison, begging Allah to unite our hearts, our ranks.
- People focused on health, wealth, stealth, on *dhikr* and *fikr*. After Ramadan focus ***Istiqama***.

فَاسْتَبِقُوا الْخَيْرَاتِ إِلَى اللَّهِ مَرْجِعُكُمْ جَمِيعًا

“so race to [all that is] good. To Allah is your return all together.” (5:48)

ادخلوا الجنة بما كنتم تعملون

“Enter Paradise for what you used to (continuously) do.” (16:32)

- **The reality of Islam is that it is a Deen of action, striving, excelling and development**

فَاسْتَقِمُّوا كَمَا أُمِرْتُمْ وَمَنْ تَابَ مَعَكَ وَلَا تَطْغَوْا إِنَّهُ بِمَا تَعْمَلُونَ بَصِيرٌ

“So remain on a right course as you have been commanded, and those who have turned back with you, and do not transgress. Indeed, He is Seeing of what you do.”
(11:112)

وَإِنِّي وَاللَّهِ مَا أَخَافُ بَعْدِي أَنْ تُشْرِكُوا، وَلَكِنْ أَخَافُ أَنْ تَنَافَسُوا فِيهَا

“By Allah, I am not afraid that you will worship others along with Allah, but I am afraid that you will envy and fight one another for worldly fortunes.” (Bukhari)

قُلْ آمَنْتُ بِاللَّهِ فَاسْتَقِمَّ

“Declare that you believe in Allah and remain upright/steadfast.” (Muslim)

يَا أَيُّهَا الَّذِينَ آمَنُوا لِمَ تَقُولُونَ مَا لَا تَفْعَلُونَ كَبُرَ مَقْتًا عِنْدَ اللَّهِ أَنْ تَقُولُوا مَا لَا تَفْعَلُونَ

“O you who have believed, why do you say what you do not do? Great is hatred in the sight of Allah that you say what you do not do.” (61:2-3)

- **Fasts: Mondays – Thursday, 13,14,15th Every Month**
- **6 Fasts Shawwal**
- **Reflection - Maintain Piety**
- **Preserve The Fasts Of The Body – Mind - Heart**
- **Continuous Good Deeds**
- **Community Relations – Good Friends**