

الْحَمْدُ لِلَّهِ الَّذِي وَفَّقَنَا لِلْقِيَامِ وَالصِّيَامِ، وَنَسْأَلُهُ سُبْحَانَهُ أَنْ يُدْخِلَنَا الْجَنَّةَ
مِنْ بَابِ الرِّيَّانِ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، الْوَاحِدُ
الْقَهَّارُ، الْعَزِيزُ الْغَفَّارُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ، 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, we ask Him to admit us through the paradise doors of Al-Rayyan. I bear witness that there is no god but Allah alone with no partner, The Almighty, The Magnificent, The Forgiver. 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 family, companions, followers, and those who followed them in truth until the Day of Judgment, Ameen.

We started a 30 day anti-biotic course to heal our bodies, mind, heart, & soul that was diseased by the world & consumed by its darkness. Ramadan healed us, strengthened our immunity & protected us.

Ramadan: month of **Purpose & Goals, Long Term Vision, Structure & Organisation, Balance & Fitrah**; taught us to have **REVERENCE** of Allah & remember Him more fully and faithfully. *واذْكُرْ رَبَّكَ كَثِيرًا - فِي نَفْسِكَ - إِذَا نَسِيتَ*

Taught us **RESTRAINT** through detachment of the Dunya, Modernity & Ego. Taught us **RESPONSIBILITY** to our Deen & Humanity.

We must continue to keep focused, do du'a, build on our good deeds, evaluate ourselves regularly & seek Allah's pleasure.

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

Post-traumatic Ramadan Disorder - Ramad-amnesia: is affecting millions of Muslims around the world. Highly contagious, contracted via speech, action & 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 state of amnesia can last for eleven months until the next Ramadan, until they contract it again.

Immunisation: Find people bowing and prostrating in unison, begging Allah to unite their hearts & bodies.

“Those who repent, those who worship, those who praise, those who fast, those who bow, those who prostrate, those who show right and forbid wrong and those who keep the limits of Allah in sight; and give glad tidings to the Muslims.” (9:112)

“Those who remember Allah while standing, and sitting, and reclining on their sides, and ponder about the creation of the heavens and the earth; “O our Lord! You have not created this without purpose; Purity is to You, therefore save us from the punishment of fire.” (3:191)

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

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

Islam is a Deen of action, striving, excelling and continuous development

“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)

“The people of Paradise are one hundred and twenty rows, of which eighty are from this Ummah and the other forty are from all the other nations.” (Tirmidhi) **Are you worthy/eligible?**

"Do good deeds properly, sincerely and moderately...the most beloved deed to Allah's is the most regular and constant even though it were little." (Bukhari)

“Indeed, those who have said, "Our Lord is Allah " and then remained on a steadfast - the angels will descend upon them, saying, "Do not fear and do not grieve but receive good tidings of Paradise, which you were promised.” (41:30)

“Declare that you believe in Allah then remain steadfast.”(Muslim)

- **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**