



IN THE NAME OF ALLAH, THE MOST GRACIOUS, MOST MERCIFUL
**NEW ZEALAND MUSLIM SPORTS
ASSOCIATION INC.**

PO Box 22 396, OTAHUHU, AUCKLAND, NEW ZEALAND

Affiliated to Federation of Islamic Associations of New Zealand

In Association with FIJI MUSLIM FANCA (Fiji - Australia - New Zealand - Canada - America) SPORTS FEDERATION

Monthly

NZMSA -Newsletter

May 2014

FIANZ Muslim Unity Cup 2014

Mount Wellington Ba wins the FIANZ Muslim Unity Cup 2014 held in the Easter Holiday Weekend.

Mount Wellington fought hard in the previously in the earlier tournament but knew they had to fight harder this year as the competition of soccer level in our ethnic group had noticeably risen.

Talking exclusively to The Auckland Times, Abdul Haroon the manager of Mount Wellington Ba Muslim Soccer Club said he had to inject a few Middle East and Canterbury to gain the victory. The competition is off-cause tough and teams need to spend a lot of money to pull through comfortably in any completion these days, be it be soccer, rugby, cricket or netball. Mount Wellington BA played the defending champions Afganistan based Avondale Nasinu the plenty shootout finishing the extra time with a nil all draw.

FIANZ Muslim Unity Cup 2014 hosted by New Zealand Muslim Sports Association annually show the tournament as a successful one as the team enjoyed the tournament without having any protest of any kind.

Awards sponsored by Halal Tasty Foods were presented as follows:

The Rocky of the tournament - Ziad Yusuf, Papatoetoe.

The Golden Boot award - Soheb Sheikh, Papatoetoe.

The Golden Ball award – Mohammed Haji, Mt Wellington Ba.

The Golden Gloves award – Amar Ali, Avondale Nasinu.

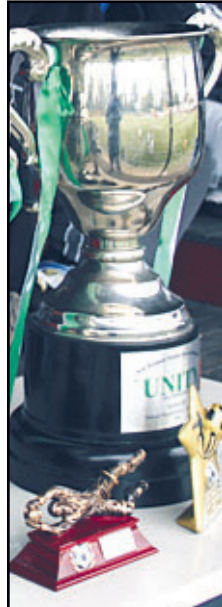
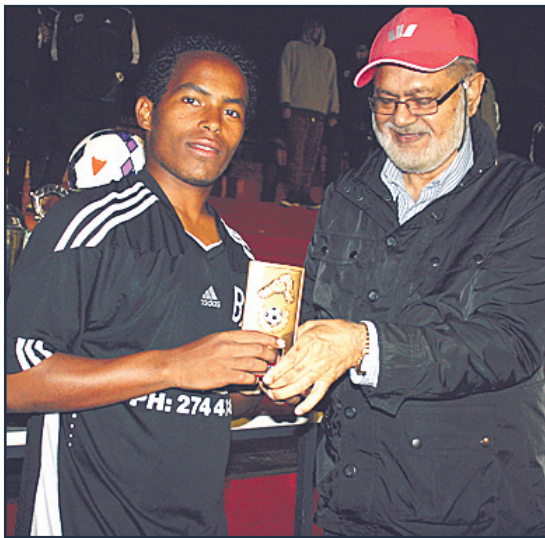
The Tournament Team – Manukau Rewa.

The Tournament Manager – Moshin Ali, Otahuhu.

Runners Up – Avondale Nasinu.

Winners - Mt Wellington Ba.





New Zealand Muslim Sports Monthly Newsletter

Editor - Naushad Ali; ph- 0211373885

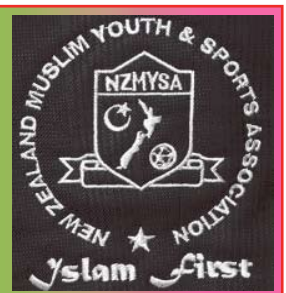
Assistant Secretary NZMSA

Email contact: - naushad.ali@vodafone.co.nz

Website: www.nzmsa.co.nz

Design: New Zealand Muslim Sports Association

Email: newsletter@nzmsa.co.nz



Sports in Islamic Perspective

Dr Abdelhak Hamiche

Islam is a comprehensive and balanced religion that regulates life and the future of man. It also concerned with the affairs of the individual and the society; the individual's affairs include his soul, body and mind. Islam wants believers to be strong in their soul, body and mind. Prophet Muhammed (peace be upon him) said: "The strong Muslim is better and more beloved to Allah than the weak Muslim."

The Islamic nation is a nation of true strength. The Caliph Omar Ibn Al Khattab once saw a man droning in his prayers and said to him: "O man lift your head, reverence is in the hearts, reverence is not in the necks." Meaning, do not bend your neck and head, keep your head high.

A woman of the companions of Prophet (PBUH) saw some young men walking leniently, tediously and droningly, and she asked who these are? They said these

are "hermit" meaning worshipers, she then said: Omar used to walk fast and talk loud and hit hard, and he was the real worshiper, he was strong in his talk, walk and movement, they are not worshipers. The worshiper is Omar, and Omar represented strength. Hence Islam encouraged sports, all sports that strengthen the body, like swimming, archery and running.

Omar said: "Teach your children swimming and archery and order them to ride horses well. These were the known sports during their time.

In our times there are various sports items and sport has become a science and art, and now there are institutes for sports, preparatory and high institutes that teach people to practice sports, especially in the current times. In old times people were obliged to walk for miles in order



to fulfill their needs, and nowadays people will take a ride or drive to anywhere. Thus, they are in need of exercise to strengthen their bodies.

Sports in Islam is not as many believe limited to men. Women can also practice sports, but with legitimate limitations and rules. We are not like westerners. They have their religion and we have ours, and they have no reservations. If we want to teach women sports, it should be done in clubs limited for women.

Fat and flabby woman is no longer desired in our time, and she is not the desired woman by Islam. Islam desires a strong woman who is capable of serving her home, husband, children, society and religion whenever needed.



Where do we stand compared to the lady Companion of the Prophet and the Prophet's wives who participated in battles by serving the warriors, aiding the wounded, giving water to warriors and participating in the battle?

Umm Omara, Nusaiba Bint Kaab, Umm Salim AlRumaisaa and other lady companions of Prophets fought in the Battle of Uhud. When Prophet Muhammad looked at Nusaiba bint Kaab while she was in battle he prayed for her and said: "By the name of Allah her standing is better than that of an active man."

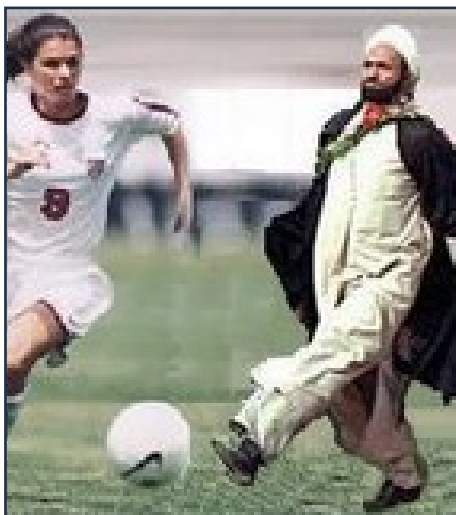
The prophet's wife Aisha (May Allah be pleased with her) used to race with the Prophet, and she did that only when no person could see her.

On these grounds we should practice sports as much as we can. Islam does not prevent strengthening the body through these types of sports. Islam wants Muslims to be strong in their bodies, minds, morals and souls, because it glorifies strength which is a characteristic of Allah's perfection.

A strong body is more capable of performing the obligations of life and religion. Islam does not allow anything that may weaken the body to the extent that one cannot perform these obligations, yet it reduced some of these obligations in order to keep the body healthy. Islam allowed praying while sitting to those who cannot stand, it also allowed those who cannot fast to eat, and it dropped pilgrimage, jihad and other obligation to those who could not perform them.

Prophet Muhammad (PBUH) said to Abdullah bin Amr bin Al Aas, when he had overburdened himself worshipping by fasting and performing night prayers: "Fast and eat, and perform night prayer and sleep, because your body has its rights and your eyes have rights" (narrated by Bukhary and Muslim).

Ibn Al Qayem mentioned in his book Zad Al Maad in the section related to sports that movement is the backbone of sports, and it naturally rids the body of sediments and food waste. It also makes the body light and active, and it improves the metabolism and strengthens the joints, tendons and hasps, and heels all physical illnesses and most temperamental illnesses, that only if it was done moderately and accurately. He added, each body part has a



special sport that strengthens it, except for horse riding, crossbow, fighting and running which are for the whole body, and they heal chronic diseases.

Islam has recognised sport and encouraged it, and this proves the flexibility of Islam that includes all the aspects of the right civilisation, and in a way that is fair for people's interest. It is noticeable that physical education does not reach its goal unless accompanied by moral and soulful sport. Matches should always maintain ethics and foremost avoid fanaticism towards one team. That is, individual or a team, celebration should be to an acceptable extent, and it should be done appropriately. One must always remember that destiny may always hide something that is not pleasant and future rounds may not always be in favour of the current winner. There should be no gloating; people should wish for others what they wish for themselves, and hate for others what they hate for themselves. That is clear when a Bedouin outran the Prophet's camel which has never been outrun, and when the people did not like that, the prophet expressed genuine sportsmanship and said: "Allah does not raise anything in life without bringing it down." In order to calm those who got excited. It is also stated that he once said to Aisha when

he had outrun her: "This is in return."

Islam's ethics in sports do not allow directing improper words against the other teams, and deny abnormal behaviours that are not worthy of a human being with dignity, but a person who encourages an act that is good for creating a strong citizen with good morals. Islam does not accept collective sports that involve men and women, expose, and include forbidden behaviours. It also does not accept sports that provoke desire and cause immorality.

We must practice sports within these limits, or else its disadvantages will be more than its benefit. That is stated in the Holy Quran: "O ye who believe! Make not unlawful the good things which Allah hath made lawful for you, but commit no excess: for Allah loveth not those given to excess." (Quran 5:87).

Sports has many benefits and who practices it gains many health, emotional and social benefits. Sports teaches individuals belonging to a group, committing to rules and regulations, respecting people's rights, accepting loss, and having sportsmanship.

It also teaches cooperation and sacrifice for others, especially in team sports, in addition to perseverance and determination to win, not feeling despair when one loses, as it teaches always try again, and also be healthy and natural in growing, bearing in mind the social domain that is provided by the sports society. All these are subject to distinctive supervision, follow-ups and commitment.

The writer is Associate Professor, Academic, at the Qatar Faculty of Islamic Studies at Hamad Bin Khalifa University.

Reference: The Peninsula February 15, 2013

The Month of Rajab

The month Shab-e-Miraj.

The Blessed Month of Rajab, is the seventh month in the Islamic lunar calendar. Listed below are some key anniversaries and important dates of this blessed month.

The Virtues of the Blessed Month of Rajab

Hadrat Salman Farsi (Radi Allahu ta'ala anhu) narrates that the Beloved Prophet (Salla Allahu ta'ala alayhi wa aalihi wa Sallam) of Allah (Subhanahu wa Ta'ala) said that there is a day in the month of Rajab on which if a person fasts and does Qiyamul Lail (night vigil) on that night, he will receive rewards like a person who fasts for 100 years and does Qiyamul Lail for nights of 100 years. This is the night of the 27th and the day of the 27th Rajab. This is the day on which Sayyadina Hadrat Muhammad Mustafa (Salla Allahu ta'ala alayhi wa Sallam) was appointed to Messengerhood, (Ghuniyatut Talibeen, Tarteeb Shareef).

Hadrat Salman (Radi Allahu ta'ala anhu) narrates that the Beloved of Allah, Hadrat Muhammad (Salla Allahu ta'ala alayhi wa Sallam) said "O Salman, there is no Mumin (True Believer) and Muminah (Truly Believing Female) who performs 30 Rakaah in the month of Rajab and in each Raka'ah recites Surah Al Fatihah once, Surah Al-Ikhlal 3 times, and Sura Al Kafirun 3 times that Allah does forgive them their sins and bestows rewards upon them, as upon a person who has fasted a whole month. He becomes among those who will be steadfast in their salaam in the year which is to come. For him the deeds of the day is equal to that of the martyr. He will be raised with the Martyrs of the Battle of Badr. For him is written for the fast of each day, one year's worship. His station is raised 1000 times higher.

If he fasts the entire month of Rajab and he performs this (Above) Salaat, Allah will give him salvation from the Hell Fire, make Waajib for him, His Paradise and bestow His Nearness upon him. Hadrat Jibreel (alaihi as-salaam) informed me "O Muhammad this is the sign between you & the Mushrikeen-Polytheists and the Munafiqin (Hypocrites) because the Munafiq does not perform this Salaat." Hadrat Salman (Radi Allahu ta'ala anhu)

says, I beseeched "O Rasoolallah tell me when and how shall I perform this Salaat (Prayer)" He said "O Salman, perform ten Rakaah on the first of it (month of Rajab) and in each Raka'h recite Surah Al-Fatihah once, Surah Al Ikhlas thrice and Surah Al Kafiroon thrice and after you do your Salaam (at the end of the Salat) raise your hands and say :

" There is no God but Allah, The One Who has no partners. To Him belongs all His kingdom and all the praise, Who created life and death and Who is Alive without Death. From His hands (only) good is done and Who has Power over everything. Dearest Allah, no one can



stop what You bestow and no one can give what You prevent. There is no one who can profit us except You the August among all. " Then spread your hands over your face."

In the middle of the month perform ten Rakaah and in each Rakaah recite Surah Al Fatihah once, Surah Al Ikhlas thrice, and Surah Al Kafiroon thrice and after you do your salaam (at the end of the Salaat) raise your hands towards the heavens and say :

There is no God but Allah, the One who has no partners. To Him belongs all His Kingdom and all the praise. Who created life and death and Who is Alive without Death. From His Hands (only) good is done and Who has Power over everything. The only God, Unique, Who has no needs . . . He has no wife and no children. Then spread your hands over your face. You perform this Salaat at the end of the month, ten Rakaah. In every Rakaah recite Surah Al Fatihah one, Surah Al Ikhlas thrice and Surah Al Kafiroon thrice. After you do your salaam, raise your hand towards the

heaven and say :

There is no God but Allah, The One Who has no partners. To Him belongs all His Kingdom and all the praise. Who created life and death and Who is Alive without Death. From His Hands (only) good is done and Who has Power over everything. And the blessing of Allah be upon the Master Muhammad (Salla Allahu ta'ala alayhi wa Sallam) and upon his pure progeny and there is no power greater than that of Allah Who is the Greatest in Might". Then ask for your needs (to be fulfilled). Your Supplication will be accepted and Allah will create seventy trenches between you

and the Hell fire, the distance between each trench will be like it is between Heaven and Earth and written for you will be freedom from Fire of Hell, and from crossing the Bridge of Siraat."

When the Beloved of Allah, Hadrat Muhammad (Salla Allahu ta'ala alayhi wa Sallam) had finished, I fell down in prostration, weeping out of gratitude towards Allah for the abundance of the rewards. Note:~ We here in Daar-ul-Ehsaan, perform this salaam every year, in pairs of two Rakaah, doing the salam after each pair. This way we do 10 Rakaah in 5 pairs and the supplication after the salaam of the fifth pair. Allah and his beloved know the best, (Ghuniyatut Talibeen, Tarteeb Shareef).

By the Grace & Mercy of Allah (Subhanahu wa Ta'ala) the most Merciful, the Treasure which is the Hereafter for the Mumineen is available to you through the virtues contained in "The Virtues Of Islamic Life". Treasure these issues, file them, go back to them and read them frequently, practice these virtuous deeds in your life and you will find by His Blessings showered upon those who strive to reach Him, your Iman soaring and your heart filled with the gift of love bestowed upon you by the One Who created you for the One who is the most Beneficent and the most Generous and for the one He loves the most, Sayyadina Hadrat Muhammad Mustafa (Salla Allahu ta'ala alayhi wa Sallam) Insha-Allah Ta'ala.

This most blessed month of Rajab is significant not just for the many blessings for the fasting and special prayers but also because of so many anniversaries (URS).

The Dhikr of Rajab

1) Fasting

It is highly recommended to fast in this month of Rajab even for one day at least. A hadith says: Whosoever fasts a day in Rajab, the fire of hell will be away from him a distance of one year's journey, and whosoever fasts 3 days in Rajab, will be entitled for Paradise.

Imam Ali (alaihi as-salaam) used to fast the whole month of Rajab. Many of his followers do the same.

2) Seeking Forgiveness (Estighfaar)

The Beloved Prophet (Salla Allahu ta'ala alayhi wa Sallam) used to say: Rajab is a month of seeking forgiveness, so seek forgiveness from Allah (swt); He is verily the Forgiver, the Merciful. It is highly recommended to repeat 'Astaghfirullaah wa as-aluhut tawbah'

3) Sadaqa and Charity

There is a big reward for sadaqa and charity in the month of Rajab. Those who cannot fast may give sadaqa to the poor every day, or recite 'Subhana Ilalahil Jaleele Subhana Man la Yanbaghil Tasbeeho Illa Lahoo; Subhanal A'azzinil

Akrame; Subhana Man Labisal Izza wa Howa Lahoo Ahlun.'

4) Repeating 'Laa ilaaha illa-Allah' 1000 times.

5) Repeating 'Astaghfirullaaha zul jalale wal Ikraam min jamee' al zonoobe wal aathaam' 1000 times.

6) Repeating Sura Al Tawheed 'Qul-

ho-wallaho Ahad' 1000 times to get the reward of 1000 Angels and blessings on the reciter, his / her children, family and neighbours.

7) It is recommended to recite 'Qul-ho-wallaho Ahad' 100 times every Friday in the month of Rajab.

May Allah (Subhanahu wa Ta'ala) grant you more blessings in this month and every month to do more for the real future in Akhirah.

LoanMarket

home finance brokers

InsuranceMarket

Izaz Hussein Mobile Mortgage & Insurance Broker

Registered Financial Adviser

M 021 369033 P 2555 666

E izaz.hussein@loanmarket.co.nz

*The name you can trust
when it comes to home
loan and insurance advise*

www.loanmarket.co.nz

An independently owned and operated business.

Member of the New Zealand Mortgage Brokers Association.

Halal Tasty Foods

283 Great South Rd, Otahuhu. Ph: 276 6401

Superior Hall Decorations & Wedding Planners

Inspirational, creative and beautiful, stage decorations for
Engagements, Mehndi, Weddings, Receptions and Birthdays.
Chair Covers, Sashes & Table Linens for all Occasions.



*Make the match and we do the rest
A complete wedding solution*



Ph: 09 270 3633* Mob: 021 715 946