



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

Newsletter

July 2012

Festival of EID 2012



New Zealand Muslim Sports Association Inc and South Auckland Muslim Association Inc are together hosting the annual Festival of Eid at Mangere Centre Park on Sunday 2nd September from 10am to 5pm in conjunction with Muslim Council of Auckland and FIANZ. As held previously Festival of Eid is purely organised to celebrate eid with the community. We had thousands of people through the gates on the Festival of Eid carnival days for the last two years.

Kids bouncy castles, Ferris wheels, Face painting, Clowns, Athletics sports & games, volleyball, Men's soccer, Hina decorations & competitions, Food Stalls, Book sales, Islamic cloth sales and many more activities will be held Insha Allah.

This year we will also organise full flash open to all soccer tournament on Saturday and Sunday as well. Tea and refreshments will be provided to all present free with Noah's SAMAI to enhance the Celebration of Eid 2012.

A program by the organisers of the Islam Awareness Week will be held in the lounge on Saturday which will be the last day of the nation wide Islam Awareness Week starting from August 23rd.

Watch the space for detailed information.



Heart Attack



A heart attack (also known as a myocardial infarction) is the death of heart muscle from the sudden blockage of a coronary artery by a blood clot. A coronary artery is a blood vessel that supplies the heart muscle with blood and oxygen.

Blockage of a coronary artery deprives the heart muscle of blood and oxygen, causing injury to the heart muscle. Injury to the heart muscle causes chest pain and the sensation of chest pressure. If blood flow is not restored to the heart muscle within 20 to 40 minutes,

irreversible death of the heart muscle will begin to occur. Muscle continues to die for six to eight hours at which time the heart attack usually is “complete”. The dead heart muscle is eventually replaced by scar tissue.

What causes a heart attack?

The most common underlying disease for heart attacks is atherosclerosis, where fatty plaques build up on the inner lining of the coronary arteries. This is known as coronary artery disease (or coronary heart disease), and is a gradual process that slowly limits the blood supply to the heart muscle. The biggest single risk factor for heart attack is smoking.

Other causes include:

- High cholesterol
- High blood pressure
- Having diabetes
- A family history of heart disease.

Signs and symptoms

Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain or discomfort. People often are not sure what’s wrong and wait too long before getting help.

The warning signs of a heart attack vary, it is possible to have no pain (especially in women and people who are diabetic) or the only sign may be an indigestion type pain. If you have chest pain which lasts more than a few minutes it MAY be a sign of a heart attack.

The pain may:

initially come and go

be in one or both arms (more commonly the left)

go into your neck, back, jaw, stomach and abdomen

It may feel like:

- squeezing
- pressing
- tightness
- fullness
- pain

You may have one or more of the following symptoms with or without chest pain/discomfort:

- sweating
- feeling faint
- feeling sick
- vomiting
- being short of breath

Learn the signs, but remember: Even if you’re not sure it’s a heart attack, have it checked out.

Minutes matter! Fast action can save lives - maybe your own. Don’t wait more than 5 minutes - call 111.

Calling 111 is almost always the fastest way to get lifesaving treatment. Emergency medical services staff can begin treatment when they arrive - up to an hour sooner than you’d get treatment if you go to hospital by car.

How is a heart attack diagnosed and treated? The diagnosis of heart attack is based on your symptoms, your personal and family medical history and the results of diagnostic tests.

THE FIVE PILLARS OF ISLAM

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FANCA NZ Muslim Nation team officials at the fundraising last month. From left; Mohammed Aslam, Rauf Khan, Mohammed Azim, Irshad Ali & Abdul Hakim



Moh'd Azim, Sheikh Israr and Rauf Khan

FANCA FIJI 2012 "celebrating its 15 year of perpetual birth (1997 - 2012)"
From Wednesday 26th September to Sunday 30th September 2012.

Prince Charles Park Nadi, Fiji.

#1. Monday 24th September- The program will start with Board of governors meeting at 9.00 am at Nadi Muslim Primary School. -
-ID check up and approval at 2pm.
-Quran Tilawat competition at Nadi Mosque at 6.30pm where all countries will take part.

#2. Tuesday 25th September - Dinner and presentation at 7.00 pm. Venue to be advised.
-The Chief Guest is the Attorney General and Minister for Justice Hon. Aiyaz Sayed Khaiyum.

#3. Wednesday 26th September - The

Official opening of the FANCA 2012 will be at 4.45pm. -

-All Teams assemble at Nadi Mosque at 3.30 pm.

-Rally from Nadi Mosque to Prince Charles Park Nadi at 3.45 lead by Fiji Police Band.

-President of the Republic of Fiji Hon Ratu Epeli Nailatikau will be officially open the 8th FANCA Tournament 2012.

#4. The Soccer Tournament will be played in four categories. (National team, U21, Master 35, and Veteran 42).

#5. Alongside, volleyball, Tug of War and golf will be played.

SOME IMPORTANT RULES OF FANCA SOCCER TOURNAMENT 2012

10.0 DEFAULTS

- 10.1 No team shall be allowed to abandon the play during the duration of the playing time as means of protest or otherwise. Any team failing to observe this rule shall be fined a minimum of \$1000 and shall forfeit the points in favour of the opposing team who shall receive three points (3) with a two (2) goals advantage.
- 10.2 Where a team fails to take field on time and, results in, the game being terminated by the referee upon expiry of the grace period will forfeit the points to the opposing team and shall be liable to a fine of minimum \$1000 and shall be liable to further disciplinary action. The opposing team shall receive three (3) points with two (2) goals advantage.

11.0 FINES

- 11.1 Any fine imposed on any player/officials of any Nation must be paid before he will be allowed to play or discharge his duty as an official of any Nation.
- 11.2 All fine imposed to players/officials should be paid in the currency of the country in which the tournament is held.

12.0 PARADE

- 12.1 Every Nation must participate in the Parade. FAILURE of any Nation to attend parade will result in three hundred dollars (\$300) fine which must be paid before the team is authorized to participate in the tournament.

13.0 RESERVE BENCH

- 13.1 Up to eleven (11) members are allowed to sit on the bench. No one other than players and officials will be allowed on the bench.
- 13.2 Any player/official found passing remarks that are uncalled for, will be immediately removed and will not be allowed to take the bench for the remaining of the match and the matter be referred to Consultative Committee for further actions.
- 13.3 Every substitute must report to the fourth official prior to taking the field.

14.0 PARTICIPATION - (FANCA TOURNAMENT) SOCCER/OTHER SPORTS

- 14.1 Every Nation can take part in the Soccer Tournament on four (4) categories.
- 14.2 NATIONAL TEAM (Mandatory)
- 14.3 U21 (By Invitation) - the player should be under 21 years of age on the last day of Tournament.
- 14.4 MASTERS (By Invitation) - the player should be over 35 years of age on the first day of the Tournament.
- 14.5 VETERAN (By Invitation) - the player should be over 42 years of age on the first day of the Tournament.
- 14.6 Tug of War - all Nations have to take part in the tournament.
- 14.7 Volley Ball - by invitation only.
- 14.8 Golf - by invitation only.
- 14.9 Quran Tilawat Competition - every Nation should take part in this competition.

15.0 DUAL REGISTRATION

- 15.1 Dual Registration of players is allowed by the Nations during the FANCA Tournament.
- 15.2 A player sent off the field of play in a particular division has to miss at least one game in the same division to be eligible to play the next game.

16.0 GENERAL

- 16.1 All Participating Nations shall undertake to fully observe and comply with the rules set up by Board of Governors and shall respect the decisions made by the Board of Governors and Tournament Committee.
- 16.2 The Consultative Committee will institute fines/expulsion to players/officials who do not comply with the Tournament Rules.
- 16.3 Any Rule that has not been incorporated, the FIFA rule will apply.
- 16.4 The Board of Governors will have powers to add or delete any clause of the Tournament Rules and By Laws.
- 16.5 The following awards will be given to players:

1. Tournaments MOST VALUABLE PLAYER
2. Best DEFENSIVE player
3. Best OFFENSIVE player
4. Best DISCIPLINED Team
5. Best GOAL KEEPER
6. GOLDEN BOOT Award
7. ROOKIE of the Tournament

- 16.6 Any dispute in interpreting the above rules shall be resolved by Board of Governors and its decision will be final and binding.

17.0 POLICIES - DISTRIBUTION OF GATE TAKINGS.

- 17.1 Policy Re: Gate Sharing, The total gate sharing shall be distributed in the following manner.
- 17.2 First \$2500.00 is to be allocated to the hosting Nation for its expenses.
- 17.3 Out of the balance, 10% goes to FANCA FEDERATION.
- 17.4 After deducting from balance 17.2 and 17.3, 40% goes to the Host Nation.
- 17.5 Balance of 50% to be equally divided amongst the four Nation.


MOHAMMED SATTAR
SECRETARY GENERAL



Over 42's veterans fundraising from left; Mohammed Faruk, Abdul Khaid, Faizal Khan, Sheikh Israr, Arif Ali and Fahrad Khan.



FANCA NZ 2012 Sub-Committee meeting held last month. From left; Moh'd Shameel, Moh'd Azim, Rauf Khan, Azmat Ali, Azad Sheikh, Ilyaz Khan, Sheikh Israr (Head of Nation NZ), Abdul Khaid and Irshad Ali Boy.



NZ Under 21 team - winners of the FANCA Australia 2008



Ponsonby Muslim FC - winners of the FANCA FIJI ICC 2011

Peace of Mind.....

1. Peace of mind is that anxiety -- we need the mental condition in peace of God standing which you have accepted guard over our hearts.
2. Forgiving those who hurt us is the key to personal peace.
3. When we are unable to find tranquility within ourselves it is useless to seek elsewhere.
4. If we do not find peace in ourselves, we will never find it anywhere else.
5. If there is to be any peace it will come through being, not having.
6. Nothing can bring us peace but ourselves.
7. In a world filled with No God no peace -- causes for worry and Know God know peace
8. Peace is not the absence of conflict, but the presence of God no matter what the conflict.
9. There may be those on earth who dress better or eat better, but those who enjoy the peace of God sleep better.
10. A man's business is to do the will of God; then God Himself takes on the care of that man; therefore that man ought never to be afraid of anything.

☪ Ramadhan Mubarak ☪

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Introduction to Ramadan

Ramadan is the ninth lunar month in the Islamic calendar. Muslims all over the world fast during this month from the beginning of dawn to sunset. During fasting, Muslims abstain from eating, drinking and sexual activity as commanded by God in the Quran (2:187).

Like all other practices in Islam, the practice of fasting during the lunar month of Ramadan has been in existence since the time of Abraham. Full details about fasting are given in the Quran in chapter 2 verses 183 to 187.

[2:183] O you who believe, fasting is decreed for you, as it was decreed for those before you, that you may attain salvation.

[2:184] Specific days (are designated for fasting); if one is ill or traveling, an equal number of other days may be substituted. Those who can fast, but with great difficulty, may substitute feeding one poor person for each day of breaking the fast. If one volunteers (more righteous works), it is better. But fasting is the best for you, if you only knew.

[2:185] Ramadan is the month during which

the Quran was revealed, providing guidance for the people, clear teachings, and the statute book. Those of you who witness this month shall fast therein. Those who are ill or traveling may substitute the same number of other days. GOD wishes for you convenience, not hardship, that you may fulfill your obligations, and to glorify GOD for guiding you, and to express your appreciation.

[2:186] When My servants ask you about Me, I am always near. I answer their prayers when they pray to Me. The people shall respond to Me and believe in Me, in order to be guided.

[2:187] Permitted for you is sexual intercourse with your wives during the nights of fasting. They are the keepers of your secrets, and you are the keepers of their secrets. GOD knew that you used to betray your souls, and He has redeemed you, and has pardoned you. Henceforth, you may have intercourse with them, seeking what GOD has permitted for you. You may eat and drink until the white thread of light becomes distinguishable from the dark thread of night at dawn. Then, you

shall fast until sunset. Sexual intercourse is prohibited if you decide to retreat to the masjid (during the last ten days of Ramadan). These are GOD's laws; you shall not transgress them. GOD thus clarifies His revelations for the people, that they may attain salvation.

What is a Lunar Month?

A lunar month (also known as synodic month) is the time it takes for the moon to orbit the earth - which is approximately 29.5 days. Therefore, the number of fasting days during Ramadan may sometimes be 29 days, and other times 30 days. Since a lunar month is, on the average, one day shorter than a solar month, a lunar year is 10-12 days shorter than a solar year. The Month of Ramadan therefore comes about 11 days earlier each year. This way Submitters fast when the days are warm and long in summer, as well as when they are cool and short in winter. This beautiful design by God is also a test for the Muslim to see if they will fast regardless of the length or temperature of the days of Ramadan.

Shab-e-Baraat

Shab-e-Baraat (Laylatul Nifsul Shaban) is the night when Allah the Almighty arranges the affairs of the following year. It is a night of worship and prayers for all Muslims.

Nawafil for Shab-e-Baraat

1. Read 6 rakaat Nafl prayer (2+2+2), after Magrib. After every two rakaats read Surah Yaseen once. This special prayer, by the blessing of Allah Almighty, will give you a healthy and prosperous life for the whole year.

2. Read 12 rakaat nafl prayer, in each rakaat read:

Surah Fatiha (Alhamdo) : once

Surah Iklas : 10 times.

Afterwards read:

3rd Kalima : 10 times

4th Kalima : 10 times

Darood Sharif : 100 times

Third Kalima Tamjeed (Exaltation)

Fourth Kalima Tawheed (Oneness)

3. Read 8 rakaat nafl prayer with one salaam. In each rakaat read

Surah Fatiha : once
Surah Iklas : 11 times
Hazrat Fatima (May Allah be pleased with her) is reported to have said that whoever will observe this prayer, on Shab-e-Baraat and will present its reward (sawab) to my soul, I will strongly recommend for his/her forgiveness to Allah Almighty before I enter the heavens.

4. The Prophet (Peace Be Upon Him) used to read this dua abundantly on this night, we should do the same:

Allahumma inni al-alka afwa wal afiyata wal muafatad-daimata fid dunya wal akhirah

5. Read 100 rakaat nafl prayer reciting in each rakaat reciting :

Surah Fatiha : Once

Surah Iklas : 10 times

The person observing this prayer on Shab-e-Baraat will have tremendous blessings from Allah Almighty and his/her prayers will be answered and will be made free from the fire of hell and will go to paradise.



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 <p>Accommodation Within walking distance of the Haram in Makkah and Madina (4 people per room)</p>	 <p>Other Services Daily Meals included Air fares included Processing of VISAs and other documentation.</p>

Book now

NZ Hajj Unisa Trust (وقف اتحاد الحلال النيوزيلندي) is the only New Zealand hajj agent approved by the Ministry of Hajj, Saudi Arabia
* Only 100 spaces available. First come first served basis
** Dates may change slightly subject to availability



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مجلس العلماء النيوزيلندي

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RAMADHAN TIMETABLE - AUCKLAND

(1433H - 2012)

SAUM FAST	DATE	DAY	SUHOOR ENDS	FAJR START	SHURUQ SUNRISE	ZUHR NOON	ASR	MAGRIB IFTAR	ISHA NIGHT
1	21 - JUL	SAT	5:52	5:57	7:28	12:27	3:48	5:32	6:58
2	22 - JUL	SUN	5:52	5:57	7:27	12:27	3:49	5:33	6:58
3	23 - JUL	MON	5:51	5:56	7:27	12:27	3:49	5:33	6:59
4	24 - JUL	TUE	5:51	5:56	7:26	12:27	3:50	5:34	7:00
5	25 - JUL	WED	5:50	5:55	7:25	12:28	3:51	5:35	7:00
6	26 - JUL	THU	5:50	5:55	7:25	12:28	3:52	5:36	7:01
7	27 - JUL	FRI ★	5:49	5:54	7:24	12:28	3:52	5:36	7:01
8	28 - JUL	SAT	5:48	5:53	7:23	12:28	3:53	5:37	7:02
9	29 - JUL	SUN	5:48	5:53	7:22	12:27	3:54	5:38	7:03
10	30 - JUL	MON	5:47	5:52	7:22	12:27	3:55	5:39	7:03
11	31 - JUL	TUE	5:46	5:51	7:21	12:27	3:55	5:40	7:04
12	1 - AUG	WED	5:45	5:50	7:20	12:27	3:56	5:40	7:05
13	2 - AUG	THU	5:45	5:50	7:19	12:27	3:57	5:41	7:05
14	3 - AUG	FRI ★	5:44	5:49	7:18	12:27	3:58	5:42	7:06
15	4 - AUG	SAT	5:43	5:48	7:17	12:27	3:58	5:43	7:07
16	5 - AUG	SUN	5:42	5:47	7:16	12:27	3:59	5:43	7:07
17	6 - AUG	MON	5:41	5:46	7:15	12:27	4:00	5:44	7:08
18	7 - AUG	TUE	5:41	5:46	7:14	12:27	4:01	5:45	7:09
19	8 - AUG	WED	5:40	5:45	7:13	12:27	4:02	5:46	7:09
20	9 - AUG	THU	5:39	5:44	7:12	12:27	4:02	5:47	7:10
21	10 - AUG	FRI ★	5:38	5:43	7:11	12:26	4:03	5:48	7:11
22	11 - AUG	SAT	5:37	5:42	7:10	12:26	4:04	5:48	7:11
23	12 - AUG	SUN	5:36	5:41	7:09	12:26	4:05	5:49	7:12
24	13 - AUG	MON	5:35	5:40	7:07	12:26	4:05	5:50	7:13
25	14 - AUG	TUE	5:34	5:39	7:06	12:26	4:06	5:51	7:13
26	15 - AUG	WED	5:33	5:38	7:05	12:26	4:07	5:52	7:14
27	16 - AUG	THU	5:32	5:37	7:04	12:25	4:08	5:52	7:15
28	17 - AUG	FRI ★	5:30	5:35	7:03	12:25	4:08	5:53	7:15
29	18 - AUG	SAT	5:29	5:34	7:01	12:25	4:09	5:54	7:16
30	19 - AUG	SUN	5:28	5:33	7:00	12:25	4:10	5:55	7:17

5 minutes have been allowed between sunset and magrib/iftar.
Time for Asr is based on double shadow. Asr based on single shadow is about 40 minutes earlier.

INTENTION WHEN BEGINNING THE FAST

**Allahumma inni nawaito laka
sauma ramadhan**

*Translation: Oh Allah, I intend to keep the
fast of Ramadhan for Your Pleasure*

DUA WHEN BREAKING THE FAST

**Allahumma Inni Laka Sumtu Wa Bika
Aamantu Wa 'Alayka Tawakkaltu
Wa 'Ala Rizqika Aftartu**

*Translation: O Allah! I fasted for You and
I believe in You and I put my trust in You and
I break my fast with Your sustenance*

SADAQAT-UL-FITR:

\$10 Per Person

ZAKAAT NISAB:

**Gold Nisab: 87.48 grams
Silver Nisab: 612.32 grams**

(Please note, the dates shown are approximate. The exact date depends upon the sighting of the moon of the month of Ramadhan. Therefore, please refer to your local Islamic Centre and Imam for the exact dates.)