



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

[www.nzmsa.co.nz](http://www.nzmsa.co.nz)

Monthly

Newsletter

March 2013

# ***FIANZ MUSLIM UNITY CUP SOCCER TOURNAMENT 2013***

'Insha Allah' New Zealand Muslim Sports Association's annual Unity Cup Soccer Tournament is going to be held during this year's Easter holidays from Friday to Monday at Bill McKinley Park, in Panmure Auckland. The stadium with all climate tuff will give the clubs a good contest to show their skills.

Mighty young Waikato Somalis will once again come out with full strength to defend their title but the Wellingtonians cannot be forgotten as they all are already making the noise.

Tauranga side came close to picking up the last year's Eid Cup has recruited some newcomers in their club.

Auckland based teams such as Papatoetoe, and Mt Wellington are taking this tournament very seriously they are training habitually.

The tournament named after Federation of Islamic Associations of New Zealand with is abbreviated as FIANZ are the major sponsors of our Unity Cup Muslim Soccer Tournaments, together with the newly fashioned Humm FM, an Auckland based FM radio station this year. Rams Commercial Cleaners and Tākanini Fish Mart with Halal Tasty Foods are the supporting sponsors.

Pool draws will be held at the Mangere Centre Park Sports Complex on the 20th of March at 7pm in the Associations club

managers meeting when the players' registration and all fees are due.

New Zealand Muslim Sports Association together with FIANZ Unity Cup also organises Eid Carnival and Sports, Eid Cup Soccer Tournament and issues Monthly Newsletter to the general public.

**Future Initiatives for the Association are to do the followings;**

- 1) Our members visiting house to house and dropping Dawah material.
- 2) Work very closely with all Islamic centres and youth groups.
- 3) Actively involve with any Islamic activity or initiative undertaken by other Islamic organization.
- 4) To advocate and introduce playing uniforms that conforms with the Islamic sharia.



**GOOD OMEN:** The Waikato Muslim team who won the Unity Trophy, [Clockwise from left] Ahmed Abdi, Sadiq Nicholson, Mohammed Ali, Saeed Hashi, Mawlid Gabose, Sharmake Ismail, Zabir Azizi, Ayanle Abdullahi, Faisal Sheikhdon, Abdikadir Abdi, Jama Boss, Tesuya Michael and Boya Ali, with Abdullahi Salad in front.



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# NEW ZEALAND MUSLIM SPORTS ASSOCIATION INC



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PRESENTS



## FIANZ MUSLIM UNITY CUP SOCCER TOURNAMENT 2013

**Bill Mc Kinley Park**  
3-35 Ireland Road, Panmure  
Auckland

**From Friday 29th March  
To Monday 1st April**  
(Easter Holidays)

TOURNAMENT CHAIRMAN:  
SHAMEEL JALIL - 021 0441022

Is it Waikato Somalis again or  
Papatoetoe this time .....  
& Tauranga Farmers ????  
Weekend not to be missed

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# Health Benefits Of Honey

*“And your Lord revealed to the bee saying: Make hives in the mountains and in the trees and in what they build: Then eat of all the fruits and walk in the ways of your Lord submissively. There comes forth from within it a beverage of many colours, in which there is healing for men; most surely there is a sign in this for a people who reflect. (Surat an-Nahl, 68-69)”*

Honey is a sweet treat. In fact, it is man’s oldest sweetener. It can be a good substitute for sugar in our drinks and food. But it is also good for many other things and treating many other conditions. Reliance on commercialized medicines which contains too much chemicals can become hazardous to our health. Alhamdulillah, Allah has given us the knowledge that Mother Nature can at least help to ease the pain we are suffering from.

Honey is composed of sugars like glucose and fructose and minerals like magnesium, potassium, calcium, sodium, chlorine, sulphur, iron and phosphate. It contains vitamins B1, B2, C, B6, B5 and B3 all of which change according to the qualities of the nectar and pollen. Besides the above, copper, iodine, and zinc exist in it in small quantities. Several kinds of hormones are also present in it.

Approximately one half of the human diet is derived directly or indirectly from crops pollinated by bees. Today honeybees are an essential part of a healthy agriculture economy. If you have allergies, honey can be beneficial. If you eat honey that is local to your area, it may prevent your seasonal allergies. Bees use the pollen from local plants and eventually it ends up in your honey.

Honey may also be good for your skin. It has the ability to attract water. You can use honey instead of alpha hydroxy masks because of its high content of the acid. It is also safe for sensitive skin.

You can also use it as a moisturizing mask for your skin as well as your hair. To use it as a conditioner, mix the honey with olive oil. Be sure to wash your hair thoroughly before you go outside.

If you have a sore throat, take some honey. Due to its natural anti-inflammatory effect, it will help to heal the wounds more quickly. It also has different phytochemicals--chemicals found in plants and different foods--that kill viruses, bacteria,

and fungus making it a good substitute for wound dressings. The taste may also take your mind off the pain.

There is evidence that honey diluted in water will help with your stomachaches and dehydration.

## **Germ-Fighting Properties**

Do you have a cut? Honey is a natural antiseptic. Medical journals cite more than 600 cases in which honey was employed to treat wounds. By applying honey to your wounds, you prevent infections. Honey contains antimicrobial agents, which prevents infections by killing the bacteria in and around your wounds. When using honey it may help to heat it up before putting it on your wound (caution test the heat before you place it on the wound). Many types of bacteria can’t survive in honey, so wounds heal, swelling eases, and tissue can grow back.

Honey may also be effective in the treatment of your ulcers. In Europe, honey has been used internally to help cure ulcers, particularly stomach ulcers.

Burns, too, heal better with honey, studies show. The advantage of honey is that it not only prevents infections from occurring, it actually accelerates skin healing. Since the sugar in honey absorbs water it helps to trap some of the moisture so that the bacteria and other microbes can’t grow as easily as in other food.

## **How Does It Help In Healing Wounds?**

When honey comes into contact with body moisture, the glucose oxidase enzyme introduced to the honey by the bee slowly releases the antiseptic hydrogen peroxide at a sufficient level to be effective against bacteria but not tissue damaging. Not only is honey anti-bacterial, it also draws body fluids and nutrients to the area and so assists cell growth and prevents a scar forming by drying out of the wound.

The osmotic action of the honey draws out and provides a film of liquid between the tissues and the dressing, allowing the dressing to be removed painlessly, without tearing of the re-growing cells. There are reports in medical journals of large bed sores, otherwise needing skin grafts, that have healed without scarring after honey treatment.

In treating diarrhea, honey promotes the rehydration of the body and more quickly clears up the diarrhea and any vomiting and stomach upsets. The anti-bacterial properties of honey, both the peroxide

and non-peroxide, are effective in the laboratory against MRSA strains of bacteria which are notoriously resistant to antibiotics and are sometimes responsible for the closing of hospital wards.

## **Other Benefits of Honey**

**Easily digested:** Because sugar molecules in honey can convert into other sugars (e.g. fructose to glucose), honey is easily digested by the most sensitive stomachs, despite its high acid content. It helps kidneys and intestines to function better.

**Good source of antioxidants:** It plays a big role in the prevention of cancer as well as heart disease.

**Has a low calorie level:** Another quality of honey is that, when it is compared with the same amount of sugar, it gives 40% less calories to the body. Although it gives great energy to the body, it does not add weight.

**Rapidly diffuses through the blood:** When accompanied by mild water, honey diffuses into the bloodstream in 7 minutes. Its free sugar molecules make the brain function better since the brain is the largest consumer of sugar, thus, reduces fatigue.

**Supports blood formation:** Honey provides an important part of the energy needed by the body for blood formation. In addition, it helps in cleansing the blood. It has some positive effects in regulating and facilitating blood circulation. It also functions as a protection against capillary problems and arteriosclerosis.

**Does not accommodate bacteria:** This bactericide (bacteria-killing) property of honey is named “the inhibition effect”. Experiments conducted on honey show that its bactericide properties increase twofold when diluted with water. It is very interesting to note that newly born bees in the colony are nourished with diluted honey by the bees responsible for their supervision - as if they know this feature of the honey.

**Royal Jelly:** Royal jelly is a substance produced by worker bees inside the beehive. Inside this nutritious substance are sugar, proteins, fats and many vitamins. It is used in problems caused by tissue deficiency or body frailty.

It is obvious that honey, which is produced in much higher amounts than the requirements of the bees, is made for the benefit of man. And it is also obvious that bees cannot perform such an unbelievable task “on their own.”



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# Principles of Self Development in Islam

*The concept of answerability and self-purification.*

*By Syed Imtiaz Ahmad*

## Purification from Corruption.

We regularly wash our hands before touching food because our hands come in contact with so many objects that may collect harmful germs from others touching the same objects. We wash our clothes when they collect sweat and dirt from our own body and our surroundings. We bathe and shower to keep our body clean. All these cleanliness chores are intended to keep us in good physical health. What about some chores to keep our minds clean and in good health? So many things that we come in contact with can corrupt our minds. We may see a person drawing satisfaction from hitting and humiliating another. It leaves an impression on our mind and may later make us do the same impulsively. We see people achieve success through lying and cheating, and our mind may perceive it as an acceptable behavior particularly if these cheaters and liars are being bandied around as role models. A child may go through abuse from parents considered respectable in society and on growing up may engage in the same dysfunctional behavior.

Both eyesight and hearing are indispensable for human learning and development. They can propel us to unimagined heights of human excellence. However, we must learn to use them properly. Otherwise what we see and hear can also corrupt our mind and degenerate us into the lowest abyss of human existence.

How do we purify ourselves from the corrupting influences around us? We need to reflect on what we see and hear and to separate them into experiences that are desirable form of behavior and those that are undesirable in the light of some guiding principles. We may call it the exercise of the mind, and similar to



other forms of exercise, the exercise of the mind requires regime and regularity. The process of purification of the mind, variously called purification of the heart and soul, is known in Islam as tazkiyyah. A pre-requisite of engaging in tazkiyyah is to know that the human mind is prone to becoming corrupted. The corruption may be attributed to acquired elements within oneself, or to external influences, or both. However, the responsibility for any undesirable behavior rests with the person who commits it and not the person or the environment that caused it. We all bear direct responsibility for our actions. The legal system will make us answerable if we break a law, and God will make us answerable if we defy divine guidance. One cannot use the excuse that the devil made me do it, or my boss made me do it, and so on. If we are caught speeding on a roadway, we cannot be absolved simply because others speeded and did not get caught. God sees and hears everything. There is no question of not getting caught. Just as the speeding regulations are meant to save us from hurting ourselves as well as others, the divine guidance is simply for our own benefit. The concept of answerability for one's actions is called mas'uliyah. Success in purification of the mind, soul, or psyche requires recognition that the world can pollute the mind, the soul can corrupt itself via instigation, and desires can conspire to overwhelm one's mind, and drive us into capriciousness or eccentricity. Consider the following statement from the Quran:

“Verily, the soul is inclined to evil.” (Quran 12:53)

Everyone is born with a soul that is pure, free of corruption or impurity. The natural instinct or disposition of every human soul is to do what is right. As one grows, the harmful messages through the eyes, hearing, touch, smell and other senses affect the purity of the human soul. Therefore, every human experience must be scrutinized for its potential

corrupting influences. Reforming these corrupting influences, within the human mind, is called the process of purification or tazkiyyah. The following statements in the Quran illuminate this concept:

“And [by] the soul and He who proportioned it. And inspired it [with discernment of] its wickedness and its righteousness. He has succeeded who purifies it. And he has failed who instills it [with corruption].” (Quran 91:7-10)

“But as for him who feared standing before his Lord, and restrained himself from impure evil desires, and lusts. Verily, Paradise will be his abode.” (Quran 79:40-41)

Despite the best efforts that one may make at purification of the mind, aberrations are still possible. We may make mistakes or commit sins. What happens then? A properly trained human mind possesses what is called a self-reproaching soul (nafs-e-lawwama). It will react by an admission that something has gone wrong; it will accept the failing with humility, and it will engage the mind to reform itself accordingly.

On the other hand, someone who has a headstrong soul (nafs-e-ammara) such admissions may be seen as undignified, thus becoming prone to more and bigger aberrations in future. A wrongful act if recognized with a thoughtful commitment to avoid repetition is an act of self-purification and proper human development. On the contrary, a reckless disregard of such actions leads to further corruption of the soul and self-degeneration.

## International Club Championship

The date for the 2013 International Club Championship will be from Thursday 27th June to Sunday 30th June 2013 at Churchill Park, Lautoka. Hosted by Fiji Muslim Sports Association in combination with Fiji Muslim FANCA Sports Federation,

the ICC will be represented by clubs from New Zealand, Australia and Fiji. Ponsonby Muslim FC from Auckland are the defending champions and are the winners for the last three years since the ICC concept started in Fiji.

## 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: The Auckland Times

Email: aucklandtimes@xtra.co.nz



# National Islamic Ijtema 2013

National Ijtema this year will be held at Al Maqtoum Airport Mosque which is located at 91 Westney Rd, Mangere, Auckland. Telephone 09 – 2560341 enquires are taken between 10am - 3pm. The Ijtema will begin on Friday 29th March and will finish on Sunday 31st March (Easter Holiday weekend). All male Muslims are invited to attend this worthfull congregation. 'Insha Allah' all meals from Friday to Sunday will be provided .

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