



# ISF NEWSLetter



ISLAMIC SOCIETY OF FOLSOM (ESTD 1993)

MARCH 2016 (Jumada Al-Awwal - Jumada Al-Akhir 1437 A.H.)

ISF newsletter is a monthly magazine containing Islamic articles and stories, general knowledge information and fun stuff for youth and families.

Your comments and suggestions are welcome. Please call us at 916-358-6283 or send an email to [isfnewsgroup@yahoo.com](mailto:isfnewsgroup@yahoo.com).

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## From Quran:

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ

الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ وَنَبَشِّرِ الصَّابِرِينَ

**(2:155) We shall certainly test you by afflicting you with fear, hunger, loss of properties and lives and fruits. Give glad tidings, then, to those who remain patient;**

الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ


**(2:156) those who when any affliction smites them, they say: "Verily, we belong to Allah, and it is to Him that are destined to return."<sup>156</sup>**

## From Hadith:

Mu'awiyah  reported:

The Messenger of Allah said, "When Allah wishes good for someone, He bestows upon him the understanding of Deen. [Al-Bukhari and Muslim].

وعن معاوية رضي الله عنه قال: قال رسول الله صلى الله عليه وسلم: "من يرد الله به خيراً يفقهه في الدين" ((متفق عليه))

Allah's Prophet  said, "During your sleep, Satan knots three knots at the back of the head of each of you, and he breathes the following words at each knot, 'The night is long, so keep on sleeping,' If that person wakes up and celebrates the praises of Allah, then one knot is undone, and when he performs ablution the second knot is undone, and when he prays, all the knots are undone, and he gets up in the morning lively and gay, otherwise he gets up dull and gloomy," (Sahih Bukhari, Book #54, Hadith #491)

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## Youth Corner:

How much do you know about Quran. Answers at the end.

1. How many Suras(chapters) are there in the Quran?
2. How many Suras are named after the prophets?

3. How many prophets are mentioned in the Quran?
4. How many times is Prophet Musa (Al) mentioned in the Quran?
5. Which Prophet is mentioned 29 times in the Quran?
6. Which Prophet is mentioned 43 times in the Quran?
7. How many times Prophet Muhammad (Sal) is mentioned in the Quran?
8. Which Surah is the heart of the Quran?

**PARENTS:**

Pencil: I'm sorry.

Eraser: For what ? You didn't do anything wrong.

Pencil: I'm sorry, you get hurt because of me. Whenever I made a mistake, you're always there to erase it. But as you make my mistakes vanish, you lose a part of yourself and get smaller and smaller each time.

Eraser: That's true, but I don't really mind. You see, I was made to do this, I was made to help you whenever you do something wrong, even though one day I know I'll be gone.

I'm actually happy with my job. So please, stop worrying I hate seeing you sad.

Now stop and think

Our Parents are like the eraser, whereas we children are the pencil.

They're always there for us, cleaning up our mistakes.

Along the way they get older and pass away.

But we often fail to thank them for what they have done for us.

So don't forget to think and thank them going the same way.

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**HEALTH:**

Hajjaj ibn Yusuf asked a famous doctor of his era Shabib ibn Zaid to share with him some good medical advice. He mentioned the following:

1. Only eat meat of a young animal.
2. Sleep for a short while after lunch.
3. Walk after dinner for a short while even if you have to tread through thorns.
4. Do not eat until you have digested what you have already consumed even if it takes you three days to digest.
5. Do not sleep until you visit the toilet.
6. Eat fruits when the season begins.
7. When the season is finishing, stop eating the fruits.
8. Drink two glasses of water as you wake up in the morning.
9. Drinking water after eating food is worse than drinking poison. It is better not to eat.

**Extracted from kitab Anmol Moti.**

Take Water Before Bedtime.

"About 90% of Heart Attacks occur Early in the Morning & it can be reduced if one takes a Glass or two of Water before going to bed at Night"

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## GEMS: *ANYWAY*

People are often unreasonable, irrational, and self-centered. Forgive them anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway

What you spend years creating, others could destroy overnight. Create anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

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While talking about Khadijah رضي الله عنها the Prophet صلى الله عليه وسلم, replied to Aishah رضي الله عنها: "She believed in me when no one else did; she accepted Islam when people rejected me; and she helped and comforted me when there was no one else to lend me a helping hand" (Al-Bukhari).

### Cooks Corner:

#### Peri Peri Chicken:

The *Oxford Dictionary of English* records "piri-piri" as a foreign word meaning "a very hot sauce made with red chilli peppers" and giving its origin as the Ronga language of southern Mozambique word for "pepper".<sup>[3]</sup>

The good you do today, will often be forgotten. Do good anyway.

Give the best you have, and it will never be enough. Give your best anyway.

In the final analysis, it is between you and God. It was never between you and them anyway.

*-this version is credited to Mother Teresa*

The Paradoxical Commandments *by Dr. Kent M. Keith (Edited)*

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds. Think big anyway.

Give the world the best you have and you'll get kicked in the teeth. Give the world the best you have anyway.



Serves 4 to 5

Preparation time : 4 hours for marinating  
30 minutes for cooking

Level : Easy

*Ingredients:*

- 1 kilo(2.2 lbs) Chicken (washed and cut into medium size pieces)

***For Peri Peri marinade:***

- 4-5 dry red chillies (adjust according to your spice preference)
- 2 tbsp paprika powder
- 2 tbsp lemon juice
- 1 tbsp any chili sauce
- 5 cloves of garlic
- 1 tbsp oregano
- 3 tbsp dark vinegar
- 1 tsp black pepper powder
- Salt to taste
- Pinch of red food color (optional)


## Method

1. Pour all the ingredients of the peri peri marinade into a mixing jar of a mixer. Grind to a smooth paste.
2. Marinade the chicken pieces in it for up to 4 hours minimum. It can also be kept overnight to marinate.
3. Preheat oven to the maximum temperature (250 degrees C) and grill the chicken pieces for 25 to 30 minutes or till done.
4. Serve hot.


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## TITBITS:


SOMETHING YOU MIGHT HAVE  
NOT KNOWN And NEED TO KNOW !!

 **Ants Problem:**  
Ants hate Cucumbers.  
"KEEP the skin of Cucumbers near  
the Place where they are or at Ant Hole.


 **To make the Mirror Shine:**"Clean with  
Sprite"


 **To remove Chewing Gum from  
Clothes:**  
"Keep the Cloth in the Freezer for  
One Hour"

**To Whiten White Clothes:**  
"Soak White Clothes in hot water  
with a Slice of Lemon for 10 Minutes"

 **To give a Shine to your Hair:**  
"Add one Teaspoon of Vinegar to  
Hair, then wash Hair"

**To get maximum Juice out of Lemons:**  
"Soak Lemons in Hot Water for One  
Hour, and then juice them"

 **To avoid smell of Cabbage  
while cooking:**  
"Keep a piece of Bread on the Cabbage  
in the Vessel while cooking"

 **To remove Ink from Clothes:**  
"Put Toothpaste on the Ink  
Spots generously and let it dry  
completely, then wash"

**To get rid of Mice or Rats:**  
"Sprinkle Black Pepper in  
places where you find Mice & Rats. They  
will run away"

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Answers: 1.114 2.6 3.25 4.136 5.ISA (A)  
6.Nuh(A) 7.4 8. Yaseen



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ISF

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*March 2016 Salat Iqama Times:*

|                 | Fajr    | Zuhr    | Asr     | Maghreb | Esha    |
|-----------------|---------|---------|---------|---------|---------|
| Mar 01 – Mar 05 | 5:45 am | 1:30 pm | 4:00 pm | Sunset  | 8:30 pm |
| Mar 06 – Mar 12 | 5:30 am | 1:30 pm | 4:30 pm | Sunset  | 8:30 pm |
| Mar 13 – Mar 19 | 6:30 am | 1:30 pm | 4:30 pm | Sunset  | 8:45 pm |
| Mar 20 – Mar 26 | 6:15 am | 1:30 pm | 4:30 pm | Sunset  | 8:45 pm |

**JUMA: Talk: 1:20pm Khutba and Salat: 1:40pm**

