



MCCUC NEWSLETTER

Muslim Community Center of Union County - 60 Prince St, Elizabeth, NJ 07208 - (908) 965-1001

April 2012

A Letter from Rana Naser Ahmed *Treasurer*

Recently we launched a brand new website. Please visit our new website and join our mailing list to receive up to date information on our Masjid project, current events and more at www.mccuc.org

We are in the final stage of acquiring a new property. Our attorneys are in the final stage of signing the contract. The bank owned property is being sold to us for \$750,000 'as-is' and we need to raise additional funds for necessary repairs. We are aggressively pursuing different options to raise funds.

1. We are working on fund raising events.
2. We are requesting different Masjids in tri-state area to allow us to attend their Jumma prayers to raise funds for MCCUC.

We need YOUR HELP. Please reach out to your family and friends and see how they can contribute to this? Can they speak with their local contacts in the Masjid to give us time to raise funds? Can they organize a fund raiser? Do they know a fund raiser speaker?

I am also a member of the food, maintenance/ repair, Sunday school and youth committees at MCCUC. We have many other committees to support our center. I encourage you to join these committees and provide continuous support to the community.

We offer daily Quran classes for the children. Quran classes are growing Alhumdollillah. We have classes in the morning, on weekends and in the evenings on weekdays.

In the very near future we will be setting up a seminar for our community sisters for the following programs. Orientations will be in English and Urdu.

1. How to open your own business and become a State of NJ registered childcare provider.
2. How to work as a health aid, certification process and job openings through different agencies in Elizabeth, Newark, Edison, Old bridge and other counties.

Inshallah on June 30th we will have a **BBQ at the Warinanco Park** in Elizabeth, NJ. Ticket will be \$5 per person. Children under 5 years can join for free. I hope to see you all at this BBQ event. More information to follow.

We are also looking to open up a Sunday school for community children. We will be offering pre-k to level 5 classes. More information to follow soon.

Please visit our website, or join our mailing list. We are also on facebook or you can follow us on twitter for up to date information on all ongoing activities.

Next month I will be writing about "The Blessings of Ramadan".

May Allah (swt) reward us all for our efforts.

JazakaAllah Khair.
Rana Naser Ahmed

Church Property Update

Banco Popular has given us an offer on the property for \$750,000.

We need to raise the total funds to fulfill this contract within 60 DAYS!

Please help bring this vision to life by donating on our website!

Donate Online on our website at :
<http://www.mccuc.org>
info@mccuc.org

**MCCUC
Family BBQ
Warinanco Park**
Elizabeth, NJ
\$5 per person
June 30, 2012

Ad Space

Help sponsor this newsletter by placing your ad here. Email info@mccuc.org

Youth Program

Date	Time	Speaker
April 14	2 PM	Usman Siddiqui
May 19	7 PM	Atif Chaudhry
June 16	7 PM	Dr. Farooqui

More events to come in next Newsletter.
For any questions please email us at:
info@mccuc.org

Monthly Program Dates

Date	Time
April 7	Asar to Magrib
May 5	Asar to Magrib
June 2	Asar to Magrib
July 7	Asar to Magrib
August 4	Asar to Magrib
September 1	Asar to Magrib
October 6	Magrib to Isha

Canned Food Drive

MCCUC is participating in a canned food drive now until April 30. All contributions will go to **American Muslims for Hunger Relief**. Please bring your non-perishable items and canned goods such as:

- Canned Tuna
- Macaroni & Cheese
- Dried canned beans

Islam and Your Health: Diabetes *by Qaiser Toqeer*

Diabetes, also known as “sugars” in many cultures, can be defined as high level of glucose (sugar) in your blood. Diabetes is a one of the major problems that Muslims face and the consequences of which are devastating. “So what can high blood glucose levels do to my body someone asked?” Diabetes combined with high blood pressure is the perfect recipe for heart disease. Furthermore, long term effects of diabetes also include permanent blindness, kidney failure, walking difficulties and last but not least stroke.

There are certain symptoms that can make someone think you have diabetes. People who have diabetes tend to feel very thirsty and urinate more than usual. However these symptoms are not specific enough to diagnose diabetes. In order to figure out if someone is suffering from this disease is beyond the scope of this article. Rather, I will focus on preventing from someone getting this horrible disease. We, Muslims, tend to think that only diet void of sugars can prevent someone from developing diabetes but this is partially true. There are several factors that must be taken into consideration. For example, diet, exercise, family history of diabetes and our social lifestyle. There are numerous research studies showing decrease risk of developing diabetes in those who exercise 30 min a day for 4-5 times a week. Moreover, if someone you know has diabetes, lifestyle changes such as exercise, low sugar diet, and weight control can significantly change their quality of life. One research study showed that people who lose weight can actually be cured of this disease spontaneously to the point that they require no more medications to control their blood sugar level.

The Sahabah used to engage in various types of physical activities such as horse riding, fencing, and wrestling which kept them healthy and active. Nowadays instead of playing sports people tend to watch them on television. Some of us completely deny our responsibilities and rely solely on Allah. In one hadith of Prophet (SAW), a man asked Prophet of Allah whether he should tie his camel or should he rely on Allah. Prophet (SAW) is reported to have said that tie your camel and then rely on Allah. Therefore, it is our moral and religious duty to take responsibility of our and our family's health.

The Causes of Anger and It's Medicine *by Zohaib Ahmed*

From Imam Ghazali's book “Ihya Uloom ad Deen” (The revival of religious teachings): “*Know, O dear readers, that the medicine of a disease is to remove the root cause of that disease. Isa (Jesus Christ) -peace be upon him- was once asked: “What thing is difficult?” He said: “God's wrath.” Prophet Yahya (John the Baptist) -peace be upon him- then asked: “What thing takes near the wrath of God?” He said: “Anger”. Yahya - peace be upon him- asked him: “What thing grows and increases anger?” Isa -peace be upon him- said: “Pride, prestige, hope for honour and haughtiness.”*

The causes which cause anger to grow are self-praise, jests and ridicule, argument, treachery, greed for wealth and name and fame. If these evils are united in a person, his conduct becomes bad and he cannot escape anger. So these things should be removed by their opposites. Self-praise is to be removed by modesty. Pride is to be removed by one's own origin and birth, greed is to be removed by remaining satisfied with necessary things, and miserliness by charity. The prophet Muhammad (peace be upon him) said: “*A strong man is not he who defeats his adversary by wrestling, but a strong man is he who controls himself at the time of anger.*”

...To Be Continued in next month's Newsletter

Islam Misunderstood *by Anwar Shah*

There is a lot of misunderstanding and misconceptions about Islam. Islam is portrayed as a violent religion. The fact of the matter is this that Islam is the fastest growing religion in the world (2.1 billion Muslims around the world). It has spread to all four corners of the world. The best course of action is to try to understand something which is grossly misunderstood. Every 3rd person who walks on earth is a Muslim – believes in Islam. More and more people are converting to Islam because of its simplicity and do-ability. The birth rate among Muslims is on the rise again as Muslims do not believe in planned parenthood and this has profound effect on Muslims around the world.

For an analysis, lets go back in history a little. England's Richard “The Lion Heart” and Saladin (Sultan Salah Uddin Ayubi of Turkey) were noble foes. When Richard fell sick, Saladin sent his personal physician to cure Richard's ailment who was very skeptical that Saladin wants him to be well again. So, you see that Islam is not always war and violent.

Muhammad (s.a.w.) used to walk through the streets of Mecca to get to Ka'aba for prayers. An old woman who was against Muhammad (s.a.w.) used to throw trash on him from above. One day, she was not there. After the prayers, Muhammad (s.a.w.) went to her house and knocked on the door. She opened the door, there he was asking her how she was feeling. She said I am sick. Muhammad (s.a.w.) nursed her and attended to her needs. When he was leaving she blessed him for being so thoughtful and said I wish the new leaders of Muslims was like you. He said, “I am that person” –Muhammad.

(As per muslimpopulation.com) Muslim population has been ever increasing through birth rate as well as high rate of conversions. Islam is the fastest growing religion and consequently this religion has become now the largest followers on this planet. At this moment, the Muslim population stands at 2.1 billion which is far greater than currently estimated 1.6 to 1.7 billion where as Christian Population is 1.98 billion [religiouspopulation.com]. According to some sources Muslim populations in India, China, Nigeria, Tanzania, Ethiopia and in some other countries are displayed less than the actual population they have.

...To Be Continued in next month's Newsletter