

IN THIS ISSUE

WOMEN IN RAMADAN BY USTADHA ZEHRA HAZRATJI

WE ARE HIRING

HADITH OF THE WEEK

SUPPORT MISHKAH THIS RAMADAN

WOMEN IN RAMADAN: REAPING THE BLESSINGS

By Ustadha Zehra Hazratji

Ustadha Zehra teaches Fiqh and Introduction to Islamic Culture at Mishkah University

Ramadan is that beloved guest that we long for and welcome with hope and excitement every year. We pray and yearn to be among those who take full advantage of the month, receiving Allah's Mercy, Forgiveness, and Deliverance from the fire. However, as women, sometimes the responsibilities we have or the biological circumstances that affect us make us feel that we miss out or can't do as much as we wish to. So, what can we do to avoid that feeling of spiritual lowness and still partake in reaping the blessing of Ramadan?

The first step is to be positive and focus on what we can do rather than on what we can't. So, if a woman is menstruating or has postnatal bleeding, she must abstain from fasting and prayer, but she can still do many other forms of worship. Similarly, if a woman is breastfeeding her young child, she may not be able to fast, but that doesn't prevent her from not praying. Lastly, a woman may be able to fast and pray, but chores of cooking, cleaning, raising children, or working may affect her ability to carry out other forms of worship in the way she desires.



This is the reality of a woman's circumstances, so rather than sulking about being in one of those categories and not being able to do all the things we want to, let's focus on how a woman can take full advantage of Ramadan despite the challenges. There are numerous ways to avail of the benefit of Ramadan, so let's enumerate some of them.

If a woman is unable to fast and pray due to menstruation or postnatal bleeding, here are some of the things she can do:

1. **Dhikr:** remembering Allah. Remembrance of Allah is one of the easiest forms of worship, yet its weight is heavy on the scales in the hereafter. Allah says in the Qur'an "*Verily in the remembrance of Allah do hearts find rest/comfort.*" [13:28]. A woman can remember Allah at any time or place, so it's the best form of worship to engage in, while we can't pray, or fast, and have other tasks such as cooking or cleaning to take care of. So, try to keep your tongue busy with the remembrance of Allah. The Messenger of Allah (saw) said, "*Allah the Exalted says: 'I am as my slave expects me to be, and I am with him when he remembers Me. If he remembers Me inwardly, I will remember him inwardly, and if he remembers Me in an assembly, I will remember him in a better assembly (i.e., in the assembly of*

angels)." Remembrance of Allah includes the known adhkar of the morning and evening, and for the regular things we do daily like eating, sleeping, etc., in addition to general adhkar, tasbih, tahmid, takbir, and tahlil.

2. **Du'aa.** The power and significance of du'aa is something we all overlook, whether or not we're fasting. It is the weapon of the believer, and again something we can do in any state or place. The Prophet (saw) said, "*Du'aa (supplication) is worship.*" And Allah says in the Qur'an "*And when My servants ask you concerning Me, indeed I am near. I respond to the invocation of the supplicant when he calls upon Me...*" [2:186] So increase du'aa. Have intimate conversations begging and pleading with your Creator and ask for everything you need in this world and the next. Don't forget to dedicate a part of your daily du'aa to all our brothers and sisters suffering from various tribulations all over the world. Sincere du'aa is the least we can do to help them.

3. **Listening to the Qur'an**, or even reading it on an electronic device. Technology has made the issue of whether or not a woman can read the Qur'an in a state of menstruation a way to be "on the safe side." Ramadan is the month of the Qur'an, so we don't need to feel like we have to miss out on our connection with the Qur'an when we're not fasting.

4. **Feeding fasting people.** Cooking is something we have to do anyway, but when we're not fasting and praying it's a great time to cook extra to get the reward of other people's fasts. Also, it's an opportunity to plan ahead, and freeze food so that when you are fasting and praying again, you don't have to spend that precious time in the kitchen if you're already well stocked!

5. **Offering to babysit children so moms can get a chance to go and pray taraweeh.** There are so many mothers who long to be able to pray in the masjid, but having to stay with their young children prevents them from doing so. Therefore, offering another woman that opportunity is a great way to earn rewards.



6. **Charity.** Ramadan is the month of charity as the Prophet (saw) was the most generous in Ramadan. So, take advantage of the days you can't participate in prayer and fasting and increase your charity in those days. And remember that charity doesn't have to be monetary, helping others and even just smiling are forms of charity.

7. **Renewing intentions.** We often neglect that with the right intention almost any act we do can be counted as a form of worship. So, when you're cooking or taking care of your children, doing so with numerous good intentions can bring you countless rewards. Get into the habit of having multiple noble intentions for the mundane chores you have to do anyway in order to increase the benefit.

8. **Renew and increase your tawba or repentance to Allah.** The Prophet (saw) used to seek forgiveness from Allah 100 times a day and he didn't even commit sins, so imagine how many times a day we should be seeking forgiveness! Make istighfar a regular part of your dhikr.

9. **Send salah and salaam upon the Prophet (saw)** make it a regular part of your wurd of dhikr. Allah's Messenger (saw) said: "Whoever sends Salah upon me, Allah sends Salah upon him ten times."

10. Spend the extra time you have in the days you can't pray or fast to **devote time to reflection and seeking knowl**

edge. Spend time reading tafsir of the Qur'an so you can understand its meaning and reflect upon the words and creation of Allah, all of which will bring you closer to Him and fill that spiritual void that not praying and fasting can cause.



These are just some practical tips to help women feel that they are still able to benefit from the blessings of Ramadan and feel spiritually connected while being unable to participate in some of the forms of worship that others are performing. Accept the "break" that Allah has given you to use that time and energy to worship Him in ways that you may not have given so much attention to.

May Allah accept all of our fasting, standing in prayer, dhikr, recitation of the Qur'an, charity, and make

us among those who attained His Mercy, Forgiveness, and Deliverance from the fire. Ameen.

Shaykha Zehra Hazratji

WE ARE HIRING

Mishkah University has two new positions open:

- **Coordinator for the Office of the Registrar.**
- **Coordinator of Development and Marketing/Communication**

Join us as we move forward in our mission to make authentic Islamic Education accessible to all and in providing our students with life-changing educational opportunities.



You can find more details regarding both positions at the link below:

<https://mishkahu.com/about/careers/>

HADITH OF THE WEEK



Whoever observes fasts during the month of Ramadan out of sincere faith, and hoping to attain Allah's rewards, then all his past sins will be forgiven.
(Bukhari and Muslim)

مشكاة
Mishkâh®

www.mishkahu.com

SUPPORT MISHKAH THIS RAMADAN

The Islamic University of North America, Mishkah, is a pioneer in online Islamic higher education. Established by Sh. Dr. Salah Assawy, may Allah reward him, Mishkah is the only online university in North America that provides authentic, accessible, applicable and affordable Islamic education. Highly regarded scholars of Islam developed our unique curriculum. Our instructors are among the most qualified in their fields, with degrees from prestigious Islamic institutions and having studied under some of the most notable Islamic scholars. We enroll students from all over the world and more than 750 have graduated since our founding in 2003.

In addition, the university is actively engaged in preparing to apply for accreditation from the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC). We aim to be the first online Islamic University to reach such an accreditation. Our IT support, student information system capabilities, and the whole online student experience continue to be unmatched, walhamdulillah.

Mishkah aims to create a generation of scholars of Islam in the West, who are equipped with an authentic, mainstream understanding of Islam based on the Quran, the Sunnah, the understanding of the companions of the Prophet (peace be upon him) and the great scholars of Islam throughout history. We aim to spread the correct Islamic knowledge that can challenge and defeat the misconceptions, misunderstandings and extreme interpretations of Islam.

In addition, Mishkah has launched its nine-level, academic Arabic program for non-Arabic speakers, which was authored by a team of esteemed scholars in Arabic as a second language. Through this program, students can progress from a total lack of knowledge of the language to a level where they can enroll in higher education courses in Arabic.

Also, Alhamdulillah, as part of the accreditation preparation, and through an Islamic loan provided by generous brothers and sisters like you, Mishkah is working on paying for the purchase of its headquarter building with a total price of \$575,000.

The cost for exemplary online Islamic education is high, so in this great and blessed month of Ramadan, we invite you to increase your support to Mishkah by spreading the word about us and by donating your sadaqa and zakat generously. (Many Fiqh councils, such as the Muslim World League and the Assembly of Muslim Jurists of America (AMJA), have confirmed the eligibility of educational institutions for the fund of Zakat.)

Mishkah University
Presents
ARABIC LANGUAGE PROGRAM
for Non-Arabic Speakers
جسرك إلى العربية
Your Bridge to Arabic (Jisruka ila Al-Arabiyyah)
لغير الناطقين بالعربية

- Mishkah Text Books
- Listening, Speaking, Reading & Writing
- 9 Levels – Each level is 3Months/40 Hours
- Experienced, Certified Teachers & Native Speakers
- Affordable Cost
- Live One-on-One Sessions
- University Certificate

813.575.4290 | www.mishkahu.com | support@mishkahu.com

I ask Allah almighty to reward you and your family in this great month.

Wassalamu alaikum warahmatullah
Your brother,

Haitham Barazanji
CEO of the Islamic University of North America, Mishkah

ZAKAT	SADAQAH	ACCREDITATION	NEW BUILDING	STUDENT SPONSORSHIP
DONATE	DONATE	DONATE	DONATE	DONATE

ACADEMIC CALENDAR

Ramadan Break	May 25
Classes Resume	June 15
Last Day to Withdraw	July 8

Mishkah University
(866) 808-0813 | support@mishkahu.com | <http://www.mishkahu.com>



**SIGN UP FOR
OUR EMAILS**



**SHARE THIS
EMAIL**

