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NEITHER TRICK NOR TREAT

It is the season once again for orange and black-themed monster candy on shop shelves; carved pumpkins and skeletons on the neighbors' lawns; and children, adults and even pets dressed in either ghoulish and terrifying costumes, or somewhat funny and endearing ones. Halloween is upon us.

While the holiday may attract a lot of attention especially among children and youth who want to partake in the candy and dress up, it is important for us as Muslims to understand why this holiday is not one we should celebrate. Some might view it as a seemingly harmless holiday of tricks or treats, but its origins lie in pagan and religious traditions that run counter to our own beliefs. (Read more about [the history of Halloween](#)).

The first step therefore is to educate ourselves and our children and offer alternative activities that reaffirm their love for Islam and our own holidays such as Eid. There are always opportunities to eat candy (but not too much) and even dress up in fun and Islamically appropriate costumes without compromising beliefs or observing a holiday that primarily revels in sinister and dark themes such as ghosts, zombies and other strange things. In fact, many other communities choose not to take part in Halloween, and as Muslims we should not be ashamed to turn off our porch lights on Halloween - a signal that the household is not celebrating - before the trick or treaters come calling.

To learn more about the the Islamic stance on the celebration of different holidays including Halloween, please read the following fatawa by Dr Hatem al-Haj:

- [Celebrations of feasts other than the two Muslim feasts](#)
- [Halloween](#)
- [I am a convert, can I have my daughter experience Halloween as a part of my culture](#)

SORRY!



**NO TRICK OR
TREATING HERE
THANK YOU**

THE SUNNAH OF THE PUMPKIN

Many stores across North American are currently overflowing with delicious pumpkins.

Pumpkins are rich in nutrients, containing several vitamins and minerals. But did you know they were also one of the Prophet's (saw) favorite foods?



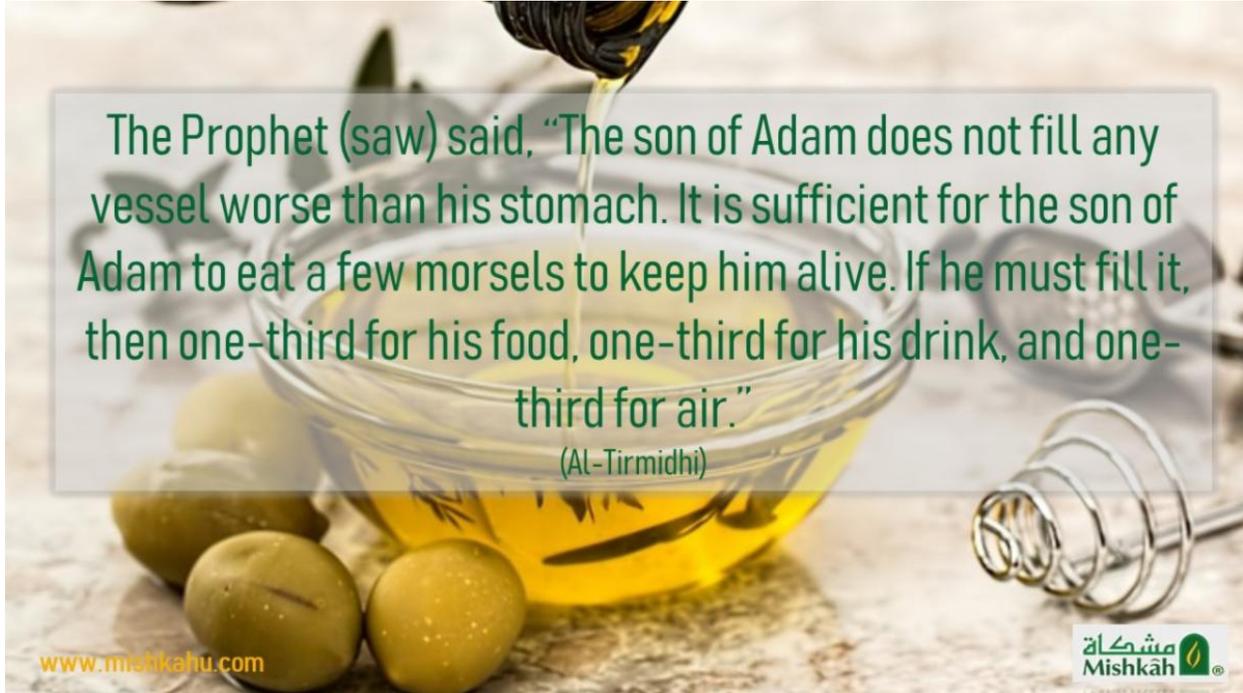
Anas bin Malik (ra) said, "The Prophet used to like pumpkin. He was brought some food and invited to eat. I picked up the pumpkin in the plate and put it before him because I knew he liked it." (Tirmidhi). And in another narration, Anas reported that a person invited Allah's Messenger (saw) to a meal. "I also went along with him. He brought soup containing pumpkin. Allah's 'messenger (saw) ate that pumpkin with relish. When I saw that I began to place it before him, and did not eat it (myself). It was since then that pumpkin was always my favorite (food)," Anas said. (Reported in Muslim)

Alhamdulillah, every aspect of our beloved Prophet's life has been so well documented that we know he also enjoyed eating dates, barley, olives, milk and grapes, among other things.

We can learn much from not only what the Prophet (saw) ate, but also how he ate. As with all things, he taught us the importance of moderation, the remembrance of Allah and recognizing His blessings in every meal, not wasting food or criticizing a meal, and sharing the meal with others. By eating as he ate, always focusing on what is good and what is halal, inshaAllah we can move towards better health and eating habits.

So say bismillah and try a pumpkin today.

HADITH OF THE WEEK



The Prophet (saw) said, "The son of Adam does not fill any vessel worse than his stomach. It is sufficient for the son of Adam to eat a few morsels to keep him alive. If he must fill it, then one-third for his food, one-third for his drink, and one-third for air."

(Al-Tirmidhi)

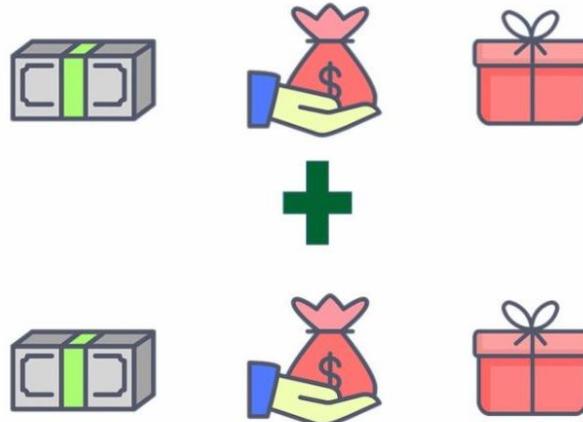
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Final Weeks Begin	December 7

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