

A STEP TO
HEALTHY LIFE

NEWS LETTER

MARCH 2011

WE CAME FROM GOD AND
WE WILL RETURN TO HIM

ISLAM

THE COUNCIL OF ISLAMIC GUIDANCE

DRINK
PURE WATER

By: Ali Emami

The Clear Truth

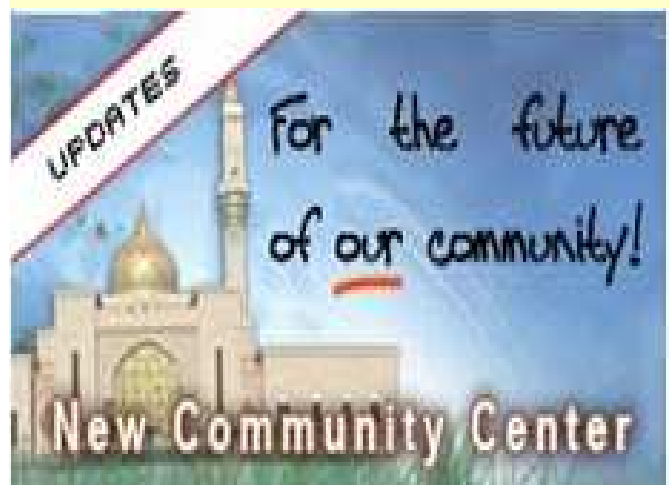
Take a good look around you from where you sit! What do you see? Do you see the walls? The ceiling? The chair on which you sit, the screen on your computer, your desk? What you see will depend on where you are. Yes, but whoever or wherever we are, we will notice that there are things around us, all of which seem to be “made. None of them happen to exist of their own accord. They have been designed and created. The loops in your carpet, fabricated, your computer, assembled. Or in a grander perspective, your home itself has been planned and constructed. This article that you are reading now; you understand that it has been written, with an intention, and it wouldn't even occur to you that the words therein just happen to be arranged so by chance. In the same manner, a person who sees a painting has no doubt whatsoever that it was made by a painter. And this doesn't only pertain to works of art: even a couple of bricks placed on top of one another make one think that they have been arranged by someone with a certain plan. The shape of one brick itself will give you the same conclusion. Everything that you see has had its inception, its dawn. Look around, behold! Can you find nothingness? Everywhere you look, an object has been designated there, has its own place in the plot, like in a splendid and opulent painting. The air itself is saturated, composed of countless air particles, and where they are absent, other things exist. Where some things are absent, other things exist. Does this world seem to be a work in progress to you? Do you see any empty spots left on the canvas? Everything that is, is made of the same foundation: atoms. The ground and the walls and the sky and we are all alike in our final level of structure. It is as if we are all part of one program, in which is a single, universal code.

Let's advance to an even broader perspective: Our marvelous globe, and the natural spectacles therein; the verdant trees, the dreamy clouds, the billions of creatures. They are things too, after all, and have had their own timeline and origin. Each has its own place in the whole

picture. The mere miracle in their existence aside, let us consider their actually quality. Everything in nature follows a cycle, perfect curvatures that promise constant renewal. The cycles of life, of food, of rain, of everything we need. The absence of even one of these details might mean the end of life on the earth. Everything, every piercing detail from the atom, the smallest unit of matter, to the glorious galaxies and their billions upon billions of stars, from the enchanting moon, an indivisible appendage of the world, to our solar system, all of which function in perfect harmony and compliance with one another. This regimented system runs flawlessly, like a wrist-watch.

Would it thus be a huge in leap in reasoning to deduce that there is an order in our universe, a plan? Therefore, everywhere where there is an order— either big or small-- such as a watch, a founder and protector, a “watchmaker,” of this order must also exist. Our universe, too, has had its inception, its birth, and this is an indisputable scientific fact. If we are aware that it has come to be from nothingness, and even unnecessarily on top of that we witness its order and perfection, can we not be certain that it, too, as with all things, has its Creator?

Yes, the matter in everything you see has been created from a single intention, from a single plan, from One God. ***This is the clear truth.***



An Introduction to Islam

Ok, so you may now accept that God exists. What now? In fact, all that is now is quite clear. You have been created without your will and request. You did not ask God to create you, since you were not even alive to demand it from God prior to your existence. Isn't this literally (actually quite mathematically) an infinitely kind blessing God has bestowed upon you? Wouldn't it seem reasonable, at least courteous, to thank and submit yourself to your Lord for creating you?

Enter Islam! You have probably heard this word before, and know that it is a religion. Everyone has some knowledge and convictions about Islam. However, the majority of these convictions come from inadequate, partial or incorrect sources. Islam is not a new religion. It is the only religion that is not named after a group of people, a place, or an individual. It is the religion of all the prophets, including Noah, Abraham, David, Moses, Jesus and Mohammad (peace and blessings upon all), only to name a few. The word Islam itself has a dual, literal definition: peace, and submission to God. It requires a fully conscious effort and profound devotion to submit to the one Almighty God, which Muslims call "Allah." This means to act on what Allah instructs all of us to do, in the Quran, which is the divine message Allah has sent down to us, and how His beloved Prophet, Muhammad (pbuh) encouraged us to live. Muslims follow a religion of amity, peace, mercy, and the majority of them have nothing to do with the adverse events which have come to be correlated with their religion.

Imam Al-Sadiq (A.S) said:

"When a child dies from the family of Momineen the announcer in the Malakon announces that so and so has died, if the child's one of the parents are there, child will be given to them; if parents are not dead then the child will be hand over to Bibi Fatima (A.S). She will take care of the child until one of the parents will join with the child".

In liberating ourselves from our egotism, submitting solely to Allah, in belief and in practice, we will feel peace from within, thereby demonstrating the peace in our external conduct.

Muslims believe, as a foundation, in a Single and Incomparable God; in the prophets through Whom His revelations were sent to mankind; in Judgment Day and the individual liability for one's actions and in Allah's full authority over fate and in the after-life. In addition, Shi'a Muslims also believe as part of the religion foundation that the last Prophet, Muhammad (pbuh) has been succeeded by the chain of leaders (Imams) to this day to complete the mission, and also that all Allah's acts are just and based on an intelligent purpose. Muslims believe in the series of prophets beginning with Adam and including Noah, Abraham, Ishmael, Isaac, Jacob, Joseph, Job, Moses, Aaron, David, Solomon, Elias, Jonah, John the Baptist, and Jesus, peace be upon them. Allah's ultimate message to man, the Quran, is a reconfirmation of the timeless message and a recapitulation of everything prior to it being revealed to the Prophet Muhammad (pbuh).

Islam reminds us that it is a religion of not only faith, but practice; it is an all-embracing lifestyle that must be practiced incessantly. Islam has a series of actions that must be practiced by a Muslim: daily prayer, fasting in the month of Ramadan, alms-tax from the left-over of wealth, the pilgrimage to Mecca for those who can afford it, caring about other Muslims' actions by promoting good deeds and denouncing bad deeds, and finally Jihad, the constant and continuous struggle to make yourself and your society better day by day.

March 20, 2003

Feb., 02, 2011

She insisted Baba take my picture before going to Hospital.



This News Letter is dedicated to Noor-e-Zekra Syed

"Sitting with the people of learning is an honor in this life and the hereafter."

MARCH 2011

The Growth of Islam

Throughout the last 20 years, the number of Muslims in the world has been rising rapidly. Statistics for the year 1973 show that the world population of Muslims was 500 million; now, it has reached 1.5 billion. Today, every fourth person is a Muslim.

The cause for this continual increase is not only the growing population in Muslim nations, but as well the growing number of people who are converting to Islam, a phenomenon that has been gaining enormous momentum as of late. Westerners are talking a lot about what kind of a religion Islam is, what the Qur'an says, what duties come with being a Muslim, and how Muslims are required to conduct their affairs. This curiosity has naturally resulted in a rise in the number of people worldwide converting to Islam.

In a recent poll in the United States of America, the conversion rate among Americans is estimated to be at 135,000 per year, with African-Americans making up the largest group of converts followed by American women (For every 1 male convert to Islam, 4 females convert to Islam), as well as a significant number from the Latino community. In Great Britain, it is estimated that 50,000 people per year convert to Islam. But overall, almost every country in the world has its own share of remarkable statistics with regard to its Muslim population.

Visit this site for the complete list. (<http://www.uga.edu/islam/countries.html>-Visit)

A list of Famous Converts- source: http://www.suite101.com/article.cfm/islam_in_the_us/33392

Videos:

"38 Popular Muslim Converts": <http://www.youtube.com/watch?v=YB5QBzquBrU>

"Amazing Convert story":

<http://www.youtube.com/watch?v=CFFGYendf-Q>
part 1

http://www.youtube.com/watch?v=j9yaxDn1_MQ
part 2

"Nicole Queen: Converts after seeing Youtube videos on Islam"

<http://www.youtube.com/watch?v=khjtrlkYU5I>

Muslim community of our times around the world does not qualify to understand Islam. Merely because they were born in Muslim family, so they are culturally or traditional Muslims. Jews and Christians are more qualified to understand Islam than these traditional Muslims. Reason they have learned and practice their religion for centuries. Their understanding of religion is far better than the culturally Muslims. However, thanks to migration, Muslim families now living in the west for couple of decades gradually gaining grounds of understanding of Islam. New generation growing here under the open knowledge environment had opportunity to see other side of coin, which they were not exposed earlier. I mean the Hippocratic attitude of parents, lack of knowledge and their understanding of Islam. They need right answers to satisfy friend in school and else where to defend their affiliation to Islam which in today's politico-media term labeled as terrorist. They want to know scientific knowledge based Islamic believes, and practice together at home. Now time is up for the culturally Muslim. The good part of this phenomenon is that awareness is playing on both side. Non Muslim are equally eager also to understand Islam as they see their friends are like wise human being with a little different habits but cool. Specially the socio-cultural, joint family, respect for women and elderly aspect. They want to protect common human values. The misconceptions portray by the Muslims in past that Qu'ran is Muslims Holy Book kept them away to read Qu'ran. It was surprise to most of my Christians and Jewish friends that Qu'ran is for humanity. It is false to attribute to Muslims only. Muslims believe in all holy books came from the GOD through the his-Prophet Dawood, Moses and Jesus pbuh all, the Zaboor, Torah and Injeel (Bible). Qu'ran is the final book from the same origin and has time line till the day of judgment. All event and worldly discoveries so far mankind has made in this universe are gradually verified by this book. That's why today's scientist and

Food for thought

by Mansoor Syed

When asked about my views of Islam, I always told my listeners that Islam is a very high tech sophisticated and scientific religion. 90% of the

You have right to disagree

Noor-e-Zehra Syed's family is grateful to the
Sick Kids Hospital

Doctors, Nurses, Researchers and support staff for doing every thing possible to serve Noor-e-Zehra Syed. Words cannot express our heartfelt gratitude for their dedication, support during last days of Noor-e-Zehra at Sick Kids ICU. We pray to GOD The Almighty Lord (Allah) to keep every body healthy, happy and award knowledge to better serve humanity.

**Thank you ALL.
Mansoor, Ghazala and Muslim.**



CANADA BEYOND BORDERS
World Developmental Relief Organization

Noor's family have no words to express the kindness and support extended to Noor-e-Zehra Syed at
Sunny View School.

Our thanks and prayers will remain for all at School who helped in learning and optimizing her life skills. Specially Mr. Mohammad her class teacher. We are thankful to Mrs. Marita Adams for her support and prayers for Noor at this difficult times.

*Thank you all GOD bless you.
Noor's Family*

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Noor's family is grateful to Islamic community of
The Council of Islamic Guidance
for their countless support during our difficult time.
Specially Mr. Ahsan Butt and Mr. Shana Raza's families.
Ajrun Min'allah ba haq'ua Mohammad (pbuh) wa alay.

&
All Momineen around the world who prayed for Noor's health, Bar Illah ba Haqua Chardaa Masumeaen Alayha Salam shower them with your best bounties.

My family and I are thankful to all at **Seneca School** for their generous support and their valuable Denotation for Sick Kids Hospital in Memory of my beloved sister **Noor-e-Zehra Syed.** (Muslim's Family)

Dad is writing life story of Noor for sick kids, interested to Contribute Contact: cbbworld@gmail.com or (289) 800-1634. CBB is working on a project to establish Special Need School in Pakistan in **Memory of Noor-e-Zehra.**

wise men through out the world irrespective of their faith affiliation taking guidance from Qu'ran. Now technically specking I am going to play hard ball (word), labeled as terrorist in today's politico-Media circles. All scientist, researchers, scholars and teachers from school to universities are **Jihad's.** Jihad is seeking knowledge to serve better humanity in all spheres of life. Jihad has gradients scale, as much knowledge you acquire and practice one can attains higher stature in society and as well in the kingdom of our Lord. On high echelon of jihad scale if one kept on attaining higher levels, will join up their Jesus, Mosses, Abraham, Noah, Adam and Mohammad (pbuh all). The pre-qualification of jihad scale is simple as 1, 2, 3. Follow commands of GOD, sincerely seek knowledge and do not think bad for any human being in letter and sprit. **I guarantee! You are Jihadi.** Faiths presented in world today has another common misconception

that every body has duty to preach his/her faith without having certified knowledge. Specially in Muslim communities around globe feels their inherent right and duty to preach their thoughts and cultural as Islam. On top of it they have every right to pass judgment on other faiths and fellow Muslim. While Lord of the universe said in Qu'ran to his messengers that your job is only pass on his message. No right to pass judgment, use of force is not your duty and forbidden.

So human do not have right to judge irrespective of cast, color, creed and faith. My friend says! **"DO NOT ALLOW INTERFERENCE IN YOUR FAITH AND DO N'T INTERFEAR IN OTHERS."** Life will be much easier. Think about it!! Strongly suggest reading **"The Bible, The Qu'ran and Science by Dr. Maurice Bucaille.** http://www.witness-pioneer.org/vil/Books/MB_BQS/default.htm