



The Family Day Supplement

On Sunday the 3rd of July, we held our annual Family Day meeting. It was conducted by Mr. Hamad Ahmad and many of the young speakers of the UK Jama'at had the chance to deliver speeches and poems. There were contributions from ages ranging from 5 to 16.

Our Young Speakers:

Zahra Saeed, Zubaida Ahmad, Zainab Ahmad, Arzish Omar, Juhi Wasim, Adeeba Ali, Daniyaal Omar, Shayaan Ahmad, Irfaan Ahmad, Faizaan Ahmad and Inshaal Ahmad.

There were speeches from Inshaal Ahmad, Faizaan Ahmad, Zubaida Ahmad, Zahra Saeed, Irfaan Ahmad and Shayaan Ahmad. Adeeba Ali and Simrah Khayam Zafar recited poems while Arzish Omar, Daniyaal Omar and Juhi Wasim recited verses of the Qur'an.

In this Supplement, all of the children's poems and speeches are included. Firstly we will have a look at Zahra Saeed's speech about her experience of Wembley and the UK Jama'at.

Assalamu alaikum,

My name is Zahra. I am a Lahori Ahmadi Muslim girl. I love coming to Darus Salaam in Wembley, London. We come all the way from Oxford to London. I really enjoy and love being with all of you. I have some lovely friends that I get to meet and play with. I made some great friends here, like Leen, Juhi and Simrah. When my Dad says that there is a Sunday meeting this week, I get really excited. I can't wait till next time.



Zainab & Zubaida Ahmad in the photo above .



Zahra Saeed (in the photograph above)



Simrah Khayam Zafar (14) recited a poem she wrote about Grandmothers, fittingly her paternal grandmother was at the meeting, visiting from Pakistan.

Why are grandmas important ?
 Well, who else tells you about their childhood games,
 Even though they are the same.
 The one that reads the Quran to me,
 And loves a classic cup of tea.
 The one that's always there for hugs and kisses.
 She's the one everyone misses.
 They're always there to help with school,
 Which makes them really cool.
 Sometimes she has to baby-sit,
 But it doesn't matter because she's really fit.



My grandmas are perfect, with all due respect.

(Simrah Khayam Zafar in the photograph)

We also had contributions from visitors from the Karachi Jama'at. Daniyaal Omar and Arzish Omar recited verses of the Holy Quran with the English translation. Arzish Omar(9) recited verses of Chapter Al-Falaq:

In the name of Allah, the Beneficent, the Merciful.

Say: I seek refuge in the Lord of the dawn,

From the evil of that which He has created,

And from the evil of intense darkness, when it comes,

And from the evil of those who cast evil suggestions in firm resolutions,

And from the evil of the envier when he envies.

My dear elders and friends,

Assalamo alaikum

I have recited verses of Chapter Al-Falaq, The Dawn. It is one of the last two chapters. It is a very comprehensive prayer. It is narrated that the Holy Prophet Muhammad (sallal laaho alaihi wasallam) used to recite it before going to sleep. That shows how much importance was given to it by our Beloved Prophet. It covers almost all evils. We seek Allah's protection against all these evils. May Allah protect us from these evils and grant us safe and sound health and also grant us happiness in life.

(Arzish Omar
 photographed on the next page)



Daniyaal Omar (10) recited 5 verses from the Chapter of the Quran “The Clot” with translation and he explained how we can use the teachings of the Holy Quran in everyday life.

Read in the name of thy Lord who creates –
Creates man from a clot.
Read and thy Lord is most Generous,
Who taught by the pen,
Taught man what he knew not.

My dear elders and friends,
Assalamo alaikum
I have just recited the five verses of the chapter called the Clot. These verses were the first revelation which came down to the Holy Prophet Muhammad (sallal laaho alaihi wasallam) in the cave of Hira where he was engaged in deep meditation. This cave is not very far from the Holy Ka’bah. It is narrated that the Holy Prophet Muhammad (sallal laaho alaihi wasallam) selected this cave because he could see the Ka’bah from here as this sacred house was very dear to him. The Holy Qur’an says that it was the first House of Allah built for His worship.

The very first word of the first verse says: Read. This shows that how much importance is given to the seeking of knowledge. It is through knowledge that man makes progress in life. The verses also tell us that it is through seeking knowledge that man can achieve a position of honour and respect among the creatures of Allah and command mastery over them.

We who are in the process of acquiring knowledge in schools and colleges should pay special attention to this commandment of Allah

and give top priority to the seeking of knowledge and shine our capabilities which Allah has so generously granted us.

It reminds me of a well-known prayer of the Holy Prophet Muhammad (sallalloho alaihi wasallam). It is rabbi zid-ni il-ma. That is, O Allah increase me in knowledge.

I pray that may Allah grant opportunity and wisdom to achieve as much knowledge as we can, so that we can not only make progress in life but can be of service to our nation.

(Daniyaal Omar in the photograph above right)

Besides the guest speakers we also had the regular speakers of the UK Jama’at like Inshaal Ahmad and Faizaan Ahmad. Faizaan Ahmad (14) delivered a speech about family, in keeping with the family day theme. Today is family day, and I thought what could be a more relevant topic than defining what a family really is. Many of you may see a family as a group of 4 to 5 people, even three people who live in the same house and are related. A typical family image consists of a mother, a father and children like shown in programmes such as the Simpsons. However, that is not the true essence of family. If that were the true essence of family, then did Prophet Muhammad (peace be upon him) have a family? He lost his mother and father at a young age and was looked after by his grandfather and later his uncle. However, the point is a family may not be what you think it is and I’ll explore the



different interpretations of what family means to different people. In our Jama'at we have many examples of the different interpretations of family. Firstly, we have the stereotypical family and many of them. We also have the Jama'at which is a family itself, and we are all Muslims which means we are part of the Muslim UMMAH, the Muslim family. The feeling of belonging is indicative of a family, and it is one of the reasons many of us are part of this Jama'at. In our day-to-day lives we need to think outside our immediate families and look at the bigger picture. The Qur'an emphasises, in fact Allah told Prophet Muhammad (PBUH) many times that you should look after your neighbours, so much so, that he was worried that when he died some of his inheritance money would go to neighbours. Allah has also laid emphasis in the Qur'an on looking after the orphans. So the importance of family is explored in the Qur'an which shows how important family is, in Islam.

We may not think about how lucky we are to have a family and many of us will no doubt take our families for granted. However, there are many people in the world who do not have a family, like orphans who either have to fend for themselves or are fostered by other families. However, a good family background is very important to help society advance. Many of today's problems are caused by a lack of family values, like drugs, alcohol abuse etc. could be a result of negligence and insufficient moral education from parents. If children are taught the right things from a young age then, they will



tend to lead good lives and bring up successful families themselves.

Today we are gathered here to celebrate our families and be thankful for being given something in our lives which we can live a happy life with.

And I'll just leave you with a quote...

I don't care how poor a man is; if he has family, he's rich.

(Faizaan Ahmad photographed in the top left.)

Inshaal Ahmad delivered a speech on the "Abuse of Ramadan" as Ramadan approaches, it highlights the path us Muslims should follow in Ramadan and in everyday life.

Ramadan is around the corner and today my speech is on Ramadan and how Muslims abuse it. In Ramadan we change many things about the way we live. Firstly we fast and not only do we refrain from food and drink during the day we refrain from bad language, bad thoughts and bad actions. Some people even refrain from listening to music but the real essence of Ramadan is to replenish the soul. These instructions that we follow in Ramadan are so good that it is hard to believe that we don't do this all the time. Some people only keep their mind, tongue and soul clean during Ramadan which completely defeats the point. If you know in your heart that how you live in Ramadan is the right way then why can't you treat your soul every month?



So I believe that during the rest of the year, we should practise some of the things that Ramadan teaches us because we will feel happier and it will increase our “imaan” or faith. The things that we can carry on from Ramadan include refraining from bad language, bad thoughts and bad actions. Ramadan is difficult because of the fasting but one other thing that we ought to do which is arguably the most difficult is waking up for Fajr. Personally for me that is the most difficult because sleep is very important for me but we are taught that prayer is better than sleep- assalato khairum minan naum - and this is expressed in the Fajr Azaan.

So what we should really be learning from Ramadan is the pain and suffering of poor people who can't afford food and drink and this encourages us to give to the poor. We must follow the example of the Prophet Muhammad (PBUH) who took care of his neighbours and made sure that they didn't sleep hungry. Living in this country it is difficult to take care of your neighbours literally because they're not likely to sleep hungry but in general terms we should help our neighbours even in other countries. An example of help is donating money to help other brothers and sisters and it is this kind of comradeship and unity between Muslims that will help strengthen the brotherhood of Islam.

If we live our lives in the spirit of Ramadan we can be successful in creating a society in which Muslims are thought of as peaceful and not the followers of a religion that promotes terror. As Ramadan is approaching and we get into the good habits of Ramadan we should aim to

continue to keep ourselves on the straight path and integrate the ideals of Ramadan into our everyday lives.

(Inshaal Ahmad in photograph top left)

Another one of the younger speakers was Zubaida Azhar Ahmad who gave a speech about road safety which included a poem which she had previously written for a school assembly.

Assalamo alaikum andI welcome you all to FAMILY DAY. I hope you are sitting comfortably and are ready to enjoy my last year school Assembly speech about road safety.

Road safety – Do you know what it means? Whether it's having fun with your friends, chatting on your mobile phone, listening to music, or just thinking about something. It's easy to forget about keeping yourself safe, especially on the roads.

Do you feel safe when crossing the roads? How many of you have seen what happens when a pedestrian is hurt, either in real life or on television?

Did you know? Traffic is the biggest single cause of accidental death for 7-16 years olds. Every year over 4,500 children are seriously injured while walking or cycling on UK roads.

62% of young people have admitted to being distracted by talking to friends as they cross the road. It only takes a second to become one of the thousands of young people injured on our roads every year.



When you are out and about as a pedestrian, you should be aware of what you are doing when you reach the kerb. Distractions such as using your i-pods, chatting on your mobile or texting while crossing the road are a big danger.

SO PLEASE MAKE SURE THAT WE DON'T BECOME A STATISTIC ON OUR ROADS.

Now I like to tell you a poem about how to be safe and be seen on our roads.

We ask that you BE SAFE, BE SEEN

Wearing colours like orange and green.

Other good colours are yellow and white,

For both of these are seen to be bright.

Reflective clothing may not be the trend

But it beats waiting months for your body to mend.

When riding your bike you're suddenly hit

And all because you weren't well lit.

Reflective pedals and spokes are great,

So treat your bike just like your mate.

It needs looking after just like you,

So make sure you are seen as two.

Reflective is what you wear for night

Fluorescent for dusk and poor daylight.

Wherever you go and wherever you've been

We ask that you BE SAFE, BE SEEN.

(Zubaida Azhar Ahmad in the picture at the top)

Irfaan Ahmad's talk was on the leadership of the Prophet Muhammad (PBUH) and the most inspiring personality in the history of religions.

I have been reading stories about Prophet Muhammad (P.B.U.H.) from a very young age and have been learning about him. Starting with one person, Prophet Muhammad was able to spread the message of Islam and unite the Meccan community into one Ummah. Over one billion people on this globe today have been united by the message of Islam and still remember Prophet Muhammad (P.B.U.H) as a great man.

How did this one man manage to unite over 1,000,000,000 people? We will look at some of his stories which demonstrate how he managed to do this.

Prophet Muhammad (PBUH) showed kindness to other people. One example of Prophet Muhammad being kind is when he visited a woman whilst she was ill even though she threw rubbish on him on his journey to the mosque. This visit changed her character for the better.



In Arabia in the 7th century women were treated very harshly by men. Prophet Muhammad (PBUH) thought differently from the society and respected women. He showed this when a man came to him asking which member of his family he should respect the most. The Prophet replied three times that he should respect his mother the most.

He also showed by example and taught people to take care of the most vulnerable members of a society. He did this when a boy called Ibaad took a bunch of grapes from a farmer's garden. Ibaad stole because he was very hungry, thirsty and lonely. The gardener took him to the Prophet to be punished. However, the Prophet scolded the gardener for not feeding and clothing him. The gardener apologised and from then on took care of Ibaad.

The people who caught Ibaad wanted to punish him. However, the Prophet (PBUH) showed mercy on him. This shows leadership qualities because he thought differently from the crowd and he was able to give advice which people were prepared to listen to.

Prophet Muhammad also showed a boy how to treat nature. This happened when a boy was caught near an oasis throwing stones at trees to get dates from them. He was taken to the Prophet for him to pass a judgement. The Prophet questioned the boy and realised he was not aware of the damage he was causing. The Prophet explained to the boy that he would have to be patient and the dates would fall when they were ripe. The boy understood the Prophet's message.

I think Prophet Muhammad (PBUH) is important because he managed to unite a Muslim community to live as one family by setting an example. Also, Prophet Muhammad (PBUH)

successfully changed an illiterate and warring society into a very educated and sophisticated one which lasted for over 1000 years.

"He had to fly for his very life to a distant place where he had to organize people belonging to different races and different religions into a compact whole." (Extract from: The Living Thoughts of Prophet Muhammad).

Most importantly, even over 1500 years after his death, he is still remembered as a great man.

I hope you realise why I have chosen Prophet Muhammad as the great person who still inspires me and many other people around the world.

(Irfaan Ahmad in the photo above)

Shayaan Ahmad spoke about Surah 30

Ar- Rum(The Romans) and Sura 49

Al- Hujaarat (The Apartments) with their translations and also what we should learn from them.

Assalamo alaikum

Bismilla-hir Rahma-nir Rahim

Today my speech is based on Surah 49 Al-Hujuraat and surah 30 Ar-Rum.

"O Mankind! Surely We have created you from a male and a female, and made you tribes and families that you may know each other. Surely the noblest of you with Allah is the most dutiful of you. Surely Allah is Knowing, Aware"(49:13)



The verse of Surah Al-Hujuraat starts with Allah calling out to everyone : O mankind!

We are told that Allah has created us from a single male and female

Over time we have branched out and become different nations and tribes and can learn from each other- not despise each other.

Only Allah can judge which nation is the most honourable and righteous

The lesson to learn from this Sura is to look beyond our prejudices and look for the good in others.

Rather than passing a judgement on a nation we leave this in the hands of Allah.

There is another Sura Ar-Rum which gives us a similar message:

“And of His signs is the creation of the heavens and the earth and the diversity of your tongues and colours. Surely there are signs in this for the learned “ (30:22)

Please note the sounds in this Sura: a poetic technique known as assonance.

Allah is telling us that although we may be different in many ways and have evolved into different nations and tribes yet we have descended from the same male and female and form part of the same family unit on this earth.

This miracle, as we now know has happened through the DNA code which allows the creation of a unique individual person.



With the increase in our knowledge and understanding, eventually feelings for people of other cultures grow, we rise and are brought closer to Allah, the Creator, Sustainer and Overseer of us all.

The lesson we learn from these 2 Surahs is that we should live with each other as though we are members of the same family, and realize that ultimately, we are one creation of Allah.

(Shayaan Ahmad in the photos above)

Juhi Wasim also read a Surah of the Holy Quran An-Nas chapter 114 with the English translation.

Say: I seek refuge in the Lord of men,

The King of men,

The God of men,

From the evil of the whisperings of the slinking devil,

Who whispers into the hearts of men,

From among the jinn and the men.



(Juhi Wasim in the photo top-left)

Adeeba Ali recited a lovely poem about family by Glaedr which was ideal for the family day theme.

*Family comes together
For always and forever.
In sickness and in health
In poverty or in wealth
Family comes together
For always and forever.
Without any reason
Anytime or any season
Family comes together
For always and forever.
In death or in life
In happiness or in strife
Family comes together
For always and forever.
In anger or in kindness
Whether all seeing or in blindness
Family comes together
For always and forever.
Whether for work or for play
They somehow find a way
For family to come together
Because families are forever.*

(Adeeba Ali - in photo top right)

Zainab Ahmad recited a poem she wrote about communication.

*Communication is something I like to do
And you do too.
You bbm and text ,
Then facebook comes next.
Facebook is what every kid enjoys*



*After that they go and make noise.
Letters and fax come too
But they're harder for communication
And that's true.
The most oldest way to communicate is to talk
People also talk and walk.
Messenger is also here
On your phone you use it everywhere.
Skype is when you talk on webcam
Another name for junk is spam.
You tweet on twitter
And on your phone you can flitter.
That's it from communication from me to you
The next person you will talk to will be who?
(Zainab Ahmad photo below)*

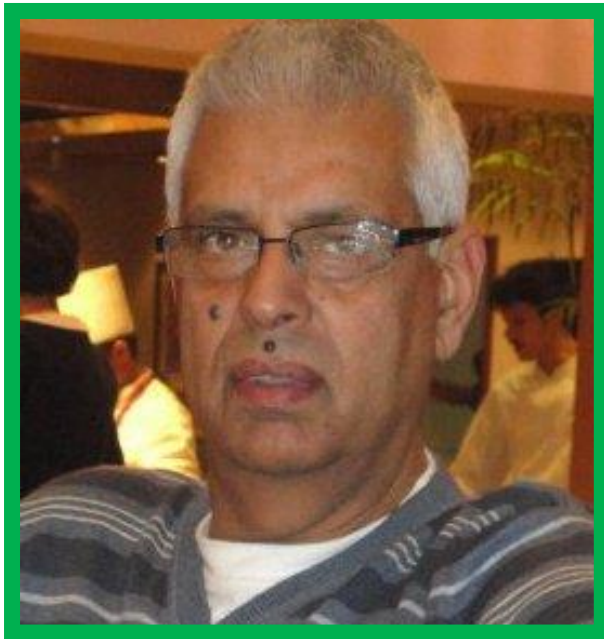




Jameela Khan- UK Jama'at President



Hamad Ahmad : organised and conducted the Family Day programme



Editor: Inshaal Ahmad

Photos : Tahir Wasim (photo on left)

