



Al-Ansaar Welfare & Education
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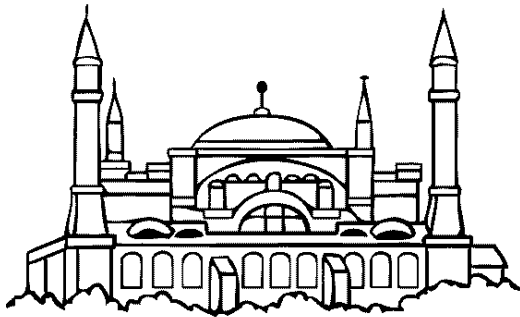
Majlis of Mustafa



Rabi ul Awwal 1443 A.H.

وَ أَحْسَنَ مِنْكَ لَمْ تَرَ قَطُّ عَيْنِي
وَ أَجْمَلُ مِنْكَ لَمْ تَلِدِ النِّسَاءُ
خُلِقْتَ مُبْرَأً مِّنْ كُلِّ عَيْبٍ
كَأَنَّكَ قَدْ خُلِقْتَ كَمَا تَشَاءُ

“My eyes have never seen anyone
more perfect than you,
No woman has given birth to
anyone more beautiful than you,
You have been created free
from all defects,
Indeed, it is as if you were
created the way you wished”.



Live a day like Prophet Muhammad



MORNING ROUTINE! BISMILLAH...

1. Some prep the night before...

- Get yourself a miswak.
- If you have a phone, put it away in a different room.
- Get an alarm clock and set the alarm time for 30 minutes before Fajr or at Fajr start time.

2. Do this in the morning...

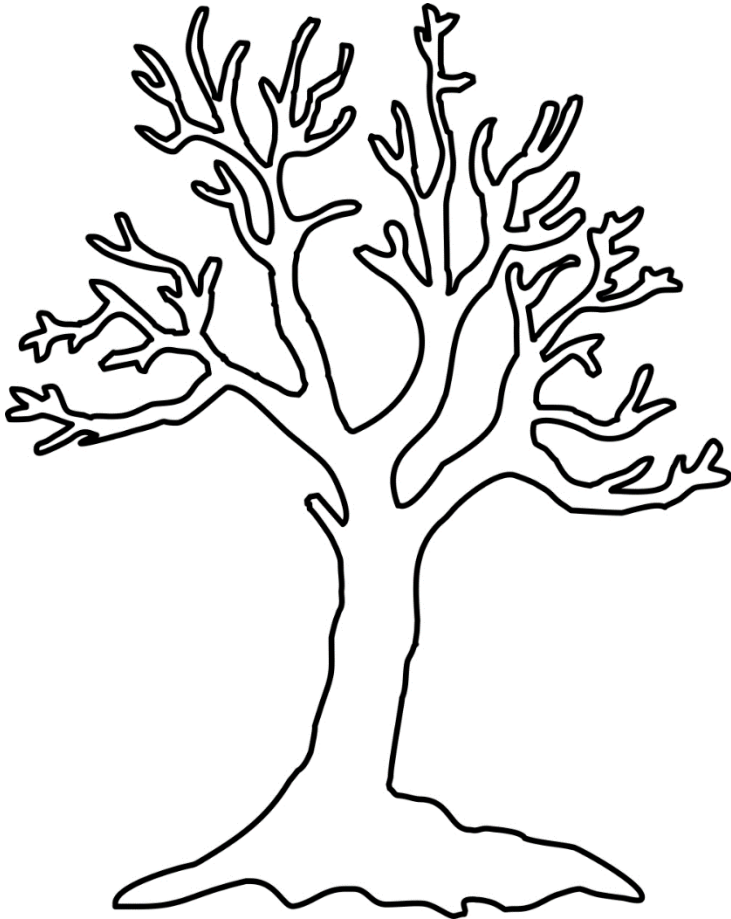
- When you wake up, sit up and rub your eyes.
- Read the 'Upon waking up' Du'a.
- Use the miswak to clean your mouth.
- Thank Allah for everything He has given you.
Count as many blessings as you can!
- Wash your hands and face.
- Use the bathroom and make Wudhu.
- Prepare for Salah.
- Boys - pray in the Masjid!
- Sit until sunrise reciting Qur'an, making Du'a and remembering Allah.
- Pray 2 Rak'ah Salah 10-15 minutes after sunrise.
- Have breakfast!

Once you've completed the above steps, you have precisely lived the morning routine of the Prophet Muhammad (peace be upon him)!

Seerah - The Beautiful Life of the Prophet



Remember key events from the Prophet Muhammad (S.A.W)'s life and add them to the tree!



Adopting Prophetic Eating Habits Into Our Life

We often hear 'What we eat is What we are'. This is very true - what we put inside our bodies will affect our physical health, mental health and spiritual wellbeing greatly! Our Prophet (peace be upon him) was the perfect role model and guide for what our eating habits and routines should be like. Be inspired by his beautiful example during this blessed month. You may already be doing some things, while some things might be new but try to attempt as many as you can. Also create your own targets! You don't need to attempt them in order but tick them off once you have accomplished them. Remember the aim - you are not trying to complete the entire list, you are trying to incorporate Prophetic habits into your lifestyle and then make them a part of your eating routine forever In Shaa Allah!

Action to complete	Attempted	Achieved!
1. Eat on the floor without leaning.		
2. Eat dates and water for a whole day!		
3. Eat your food together with a family member from only one plate.		
4. Make Talbina for a meal - breakfast or evening meal.		
5. Make Nabidh one evening, leave overnight and drink for breakfast.		
6. Help your mum make Thareed and add dudhi (bottlegourd) to the curry instead of potato.		
7. Fast on a Monday and / or Thursday.		
8. Only eat food which doesn't require cooking for a whole day.		
9. Buy and eat barley bread / chapatti.		
10. Don't drink any other drink for a week - only water and milk.		
11. Send food to a neighbour - especially someone living on their own.		
12. Donate a food pack to the poor and needy.		
13. Feed a homeless person.		
14. Don't use a spoon etc when eating food - use three fingers on your right hand to eat and lick your fingers when done.		
15. Sit like the Prophet (S.A.W) did when eating - in the tashahudd position, squatting, or with the right knee raised.		
16. Eat from what is closest to you on the plate first.		
17. Make Du'a for the person who has cooked the food for you!		
18. Eat healthy - no junk food!		

Be grateful, not ungrateful!

One of the greatest ways to show gratitude to Allah for the blessings of food is to not waste any, to not be indulgent and use the food in a manner which is against the teachings of Islam. Use the table below to reflect on the food wastage habits in your house and how we can reduce this wastage. Record the food that is not eaten and thrown away for the next 7 days! Include food that has gone bad, food left on your plate, food leftovers at a restaurant and food you don't finish in your packed lunch etc...

	Food thrown	Reason / Why / When	How can I prevent this?
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			

Make Talbina!

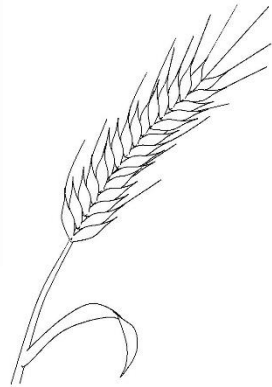
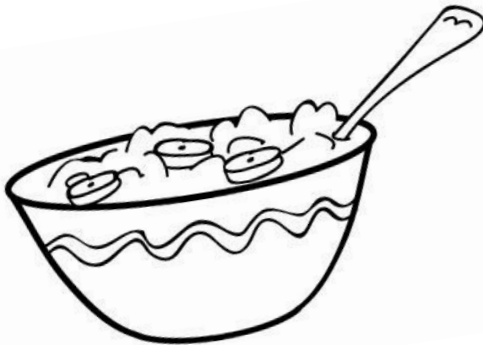
Get help in the kitchen to make the very tasty sunnah food, Talbina!

INGREDIENTS:

- 1/2 mug of water
- 1/2 mug of fresh milk
- 2 tbsp of ground barley
- Honey or chopped dates to sweeten (optional)

METHOD:

1. Combine the milk and water together in a pan on medium heat.
2. Add the ground barley and combine into the mixture thoroughly.
3. Bring the mixture to the boil whilst stirring, avoiding any lumps.
4. Add honey or chopped dates to sweeten if you wish.
5. Keep the mixture on the hob until it reaches the desired consistency.
6. You can add more milk or water to adjust the consistency.
7. You can also add / garnish with other wholesome natural foods like raisins and sultanas, nuts, sunflower / pumpkin seeds, ground nutmeg and other dried fruits.



Prophetic Du'as of Eating

TRANSLATION	DUA IN ARABIC	TITLE
(I) begin in the name of Allah, O Allah! Make it an appreciated blessing by means of which the bounties of paradise are attained.	اللَّهُمَّ اجْعَلْهَا نِعْمَةً مَشْكُورَةً تَصِلُ بِهَا نِعْمَةٌ الْجَنَّةِ بِسْمِ اللَّهِ	Seeing food put down in front of you
(I) begin in the name of Allah.	بِسْمِ اللَّهِ	Dua before Eating
(I) begin in the name of Allah and with the blessings of Allah.	بِسْمِ اللَّهِ وَبَرَكَاتِهِ	Dua before Eating
All praise is for Allah, the one who fed me this food, and provided me with it through no might and power of my own.	الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ	Dua after Eating
Oh Allah, bless in it for us and feed us better than it.	اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَأَطْعِمْنَا خَيْرًا مِنْهُ	Dua after Eating
All praise is for Allah, the one who fed us and gave us drink and, he gave us enough and, gave us shelter and, satisfied us and he made us from the believers.	الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَكَفَانَا وَأَوَانَا وَأَرْوَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِينَ	Dua after Eating
All praise is for Allah, the one who fed us and gave us drink and he made us believers.	الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ	Dua after Eating
All praise is for Allah Who has given food and drink, and made it easy to swallow, and he has made a way out for it.	الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَ وَسَقَى، وَسَوَّعَهُ وَجَعَلَ لَهُ مَخْرَجًا	Dua after Eating
All praise is for Allah, an abundant, good, and blessed praise, a never-ending praise, a praise which we will never bid farewell to and an indispensable praise. He is our Lord.	الْحَمْدُ لِلَّهِ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ، غَيْرَ مَكْنِيِّ وَلَا مُودَعٍ وَلَا مُسْتَعْفَى عَنْهُ رَبُّنَا	Dua after Eating

O Allah, bless it for us and increase it for us.	اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ	Dua for drinking milk
In the name of Allah in the beginning of it and in the end of it.	بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ	Upon forgetting the eating Dua
In the name of Allah in the beginning of it and in the end of it.	بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ	Upon forgetting the eating Dua
O Allah, bless them in what you provided them and forgive them and have mercy upon them.	اللَّهُمَّ بَارِكْ لَهُمْ فِيمَا رَزَقْتَهُمْ، وَاعْفِرْ لَهُمْ وَارْحَمْهُمْ	When eating as a guest
O Allah, feed the one who fed me and give drink to the one who gave me drink.	اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي، وَاسْقِ مَنْ سَقَانِي	When eating as a guest
O Allah, You have increased Your bounties and made them good and blessed, thereby making us satiated and quenched. All praise is for Allah, The One who nourishes and is not nourished.	اللَّهُمَّ أَكْثَرْتَ وَأَطْبَبْتَ وَبَارَكْتَ فَأَشْبَعْتَ وَأَرْوَيْتَ. الْحَمْدُ لِلَّهِ الَّذِي يُطْعِمُ وَلَا يُطْعَمُ	When picking up the Dastarkhan after food
O Allah, bless our fruit for us, bless our town for us, bless our saa' for us and bless our mudd for us.	اللَّهُمَّ بَارِكْ لَنَا فِي ثَمَرِنَا، وَبَارِكْ لَنَا فِي مَدِينَتِنَا، وَبَارِكْ لَنَا فِي صَاعِنَا، وَبَارِكْ لَنَا فِي مِدَّنَا	When seeing fruit first in season

Follow the Sunnah and help those in need!

 **PRESTON**
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- UHT Milk
- Cereal
- Rice
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- Sugar
- Coffee
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- Baby Items

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'Helping Those In Need' - All Donations Welcomed

Drop Off Times - Tuesday, Thursday and Weekends between 11am to 1pm

Samuel St, Preston, PR1 4YE - Tel: 01772 794103 or foodbank@prestoncommunity.co.uk