

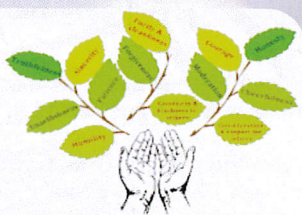
# Monthly الفجر The Dawn

The Newsletter of the Birmingham Mosque Trust Ltd

## The Concept of Moderation in Islam

12

### Moderation



"Eat and drink, but do not be immoderate." (7:31)

"Do not chain your hand to your neck (so that you are mean in spending), nor stretch it out to the utmost limit (so that you waste everything)." (17:29)

Islam is a religion of moderation in worship, in obedience, in rulings and in every commandment. It calls for objectivity and balance in words, actions, looks, behaviour and all other states. Allah says, "Thus We have made you a middle nation, so that you may act as witnesses for mankind, and the Messenger may be a witness for you..." (Al-Quran 2:143).

#### The Charitable nature of this nation is evident in many facets:

- 1.) It enjoins what is good and forbids what is evil; and it believes in Allah as stated in the above verse.
- 2.) It is the most beneficial nation to mankind as in Abu-Hurayra's interpretation for this very verse where he said, "The best of mankind to mankind; bringing them to Islam even when they were once cuffed in chains!"
- 3.) Being the most responsive to all prophets. The Prophet (SAW) said, "I would be the first intercessor in Paradise and no apostle amongst the apostles has been testified (by such a large number of people) as I have been testified. And verily there would be an apostle among the apostles who would be testified to by only one man from his people." (Muslim)
- 4.) It would never unanimously agree on an evil.
- 5.) Its book is the best divine book, its Prophet is the best of all prophets and it will be ahead of all nations on Judgment Day according to the Prophet's words, "We are the last nation but the first to be judged on judgment day." (Agreed upon).
- 6.) Its people will constitute the majority of the inhabitants of paradise, as per the Prophet's saying, "...I hope that you would constitute one-half of the inhabitants of paradise..." (Muslim)

Hence the concept of moderation as in, "Thus We have made you a middle nation..." (Al-Quran 2:143), coincides with the concept of charity as in, "You are indeed the best community that has ever been brought forth for [the good of] mankind..." (Al-Quran 3:110).

#### Moderation in the Qur'an:

This word was mentioned five times in the Qur'an and all of them were about avoiding dereliction and extravagance:

-First: "Thus We have made you a middle nation..." (Al-Quran 2:143).

-Second: "Be ever mindful of prayers, especially the middle prayer; ..." (Al-Quran 2:238). The best of all five prayers, according to the Prophet, is the middle prayer which is the Asr prayer.

-Third: "...So its expiation is the feeding of ten needy people from the average of that which you feed your [own] families..." (Al-Quran 5:89).

-Fourth: "The most moderate of them said, 'Did I not say to you, 'Why do you not exalt [Allah]?''" (Al-Quran 68:28).

-Fifth: "And raising clouds of dust, forcing their way into the midst of the enemy," (Al-Quran 100:4-5).

There are many other verses of course discussing the meaning as a whole without using the word "middle" explicitly.

#### Moderation in the Sunnah:

This concept also came in the narrations of the Prophet (SAWS) but none of them is different from the meanings mentioned earlier as agreed by the linguists and interpreters. As mentioned in the narration by Abu-Hurayra, "...so if you ask Allah for anything, ask Him for the Firdaus, for it is the middle part of Paradise and the highest part of Paradise, and at its top there is the Throne of the Beneficent, and from it gush forth the rivers of paradise..." (Al-Bukhari)

#### The Importance of moderation:

No doubt that Islam is distinguished from other rites and beliefs with its moderation because its whole method is based on this quality. Moderation is the insignia of Islam since Allah sent this true faith starting from the time of Noah up until the time of Muhammad (SAW). True Muslims are always a middle nation and being middle is what we call "the straight path" same as; guidance and charity. Allah says describing it, "and guide you to a straight path," (Al-Quran, 48:2), and "You are indeed guiding to the straight path," (Al-Quran 42:52).

Among the virtues of Islam is that it urges us to moderation in responsibilities and rulings. This can be seen clearly in all the legislative texts that require no interpretation. Allah says, "Allah desires ease for you, not hardship..." (Al-Quran 2:185), and, "Allah wishes to lighten your burdens, for, man has been created weak." (Al-Quran 4:28).

The Qur'an came with a life style based on moderation in everything it calls for and everything it urges us to do. It is the fair judge that we can hold on to if we want to be saved, to be happy and to gain paradise in this life and the hereafter.

#### Characteristics of moderation in Islam:

Following are the most prominent characteristics:

#### Ease and mitigating difficulty or hardship

The Prophet (SAWS) applied this message of ease and this private and public magnanimity in an unprecedented way. It is said the Prophet (SAW) was never asked about two options except that he chose the easiest of them unless it was forbidden. He became the living example of this very verse, "You have indeed in the Prophet of Allah a good example for those of you who look to Allah and the Last Day, and remember Allah always." (Al-Quran 33:21). The companions also followed the same



footsteps in words and in actions. I can't help but wonder about the hardliners who wish to make everything so difficult for this nation, where do they come from? Allah Himself says, "Allah wishes to lighten your burdens, for, man has been created weak." (Al-Quran 4:28).

#### **Good manners**

The Islamic social system is comprehensive and it organizes the relation between man and his Creator, between man and his brother (humanity), between man and the universe and finally between man and all the other creatures.

Hence manners are part and parcel of Islam and the Prophet (SAW) confirmed this fact when he said, "I was but sent to perfect the noblest manners."

Mankind is created by Allah and every time mankind takes a step higher in manners he takes a step higher in humanity and is able to practice humanity in its full spectrum.

#### **Moderation is to establish fairness and equity**

The Prophet (SAWS) was the best example for all human beings; he was a role model for anyone seeking righteousness and fairness. He was never asked to pick one out of two options except that he picked the easiest unless it was forbidden.

He urged his nation to pursue moderation and to economize in everything; eating, drinking, sleeping, marriage... etc. He said, "Those who abstain from my tradition are not of my nation..." He also urged us to make things easy for others and to propagate good tidings. He said to Abu-Musa Al-Ashari and Muadh Ibn Jabal (RA) when he sent them to Yemen, "Make things easy, not difficult. Give glad tidings and do not alienate people. Cooperate and do not disagree."

#### **Moderation in acts of worship**

Moderation applies to all the origins and branches of religion just like water flows in the green stems and branches.

The narration of the three men marks the moderation in actions of worship: Anas narrated, "A group of three men came to the houses of the wives of the Prophet (SAW) asking how the Prophet (SAW) worshipped Allah. When they were informed about that, they considered their worship insufficient and said, "Where are we from the Prophet (SAW) as his past and future sins have been forgiven." Then one of them said, "I will offer the prayer throughout the night forever." The other said, "I will fast throughout the year and will not break my fast." The third said, "I will keep away from the women and will not marry forever." Allah's Apostle came to them and said, "Are you the same people who said so-and-so? By Allah, I am more submissive to Allah and more afraid of Him than you; yet I fast and break my fast, I do sleep and I also marry women. So he who does not follow my tradition in religion, is not from me (not one of my followers)." (Al-Bukhari)

#### **Calling others to the way of Allah using moderation**

Calling others to the way of Allah is one of the most supreme objectives of our religion. Every sincere Muslim wishes for this status from deep within his heart. No one speaks better, talks better or guides better than those who call others to the way of Allah. Allah says, "And who speaks better than one who calls to Allah and does good works and says, 'I am surely of the Muslims'?" (Al-Quran 41:33). Al-Hassan Al-Basry read this verse once and said, "These are Allah's beloved, Allah's advocates, Allah's elite, Allah's best, and Allah's most beloved of mankind. They answered His calling, called the people to the way of Allah and responded in the very best reply ever, 'I am surely of the Muslims!' This is indeed the vicegerent of Allah."

We must all remember that dawah is not limited to lecturing or well-written sermons, the most effective and influential form of dawah is done by manifesting the manners of Islam wherever we go. Actions will almost always capture the attention of others more than words and the model Muslim is the one who abides by the teachings of his religion and hence becomes a cause for guiding others to it even without uttering one single word.

### **Highgate Interfaith Forum**

**(The monthly meeting is held on First Tuesday of every calendar month from 10 AM to 12 PM, all welcome)**

Highgate Friends Group convened a free "Adult Mental Health Aware Half Day Course" in the Birmingham Central Mosque on 11th February 2020. Around 40 people attended this course and mostly were ladies.

Mental Health conditions are a normal part of life. In any one year, approximately one in four people experience at least one diagnosable mental health issue, and the World Health Organization (WHO) forecasts that by 2030 depression will be the single leading cause of the global burden of disease.

Educating people about mental health helps to reduce the stigma around mental ill health and, in turn, increases people's willingness to talk about wellbeing in a positive framework.

This course learnt to;

- Define mental health and some mental health issues
- Understand factors that affect mental health
- Identify the stigma and discrimination surrounding mental health issues
- Feel more confident about starting mental health conversations
- Understand how to look after their own mental health

The course outline was Depression, Anxiety disorders, Psychosis, Eating disorders, Suicide and Self-harm

Mosque Management provided refreshments and certificates were awarded at the end

**Note: Anyone interested in participating future course please contact Mosque main office**

## **Islam and Moderation**

**MODERATION is key** - Prophet Muhammad described Islam as "the Middle Way"

To be extreme is discouraged, as it leads to intolerance

Unfortunately, rule-following has fallen out of fashion—people think it's cool and shows individualism to break all rules

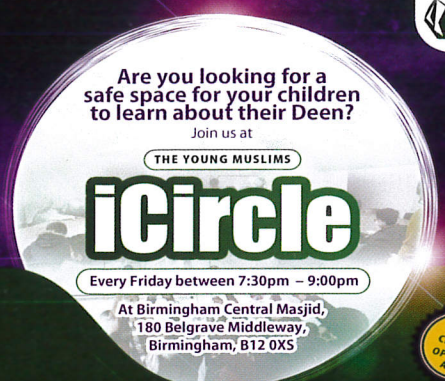
People think someone who sticks to the rules is an extremist, Rules set limits and guidelines, just like with children, and promote orderliness and cohesion, but individual variations are accepted and expected (scarf/hijab example)



## Our Departments & Services

- ❖ **Marriage Bureau & Introductions** – if you are looking for a marriage partner:  
Sunday/Monday between 2.00 – 4.00 pm.  
Fridays between 2.00 – 5.00 pm on 0121 446 4157 & 07496 838 790
- ❖ **Marriage registrations/Nikah ceremonies**  
A registered venue for Islamic & civil marriages – 0121 440 5355 or enquiries@centralmosque.org.uk
- ❖ **Family Support Service / Shariah Council**  
This department deals with family problems and marriage/divorce disputes and endeavours to resolve through mediation and counselling. Telephone advice every Monday to Thursday between 5.00 – 8.00 pm on 07494 675 916  
familysupport@centralmosque.org.uk
- ❖ **Supplementary School for Children**  
Faith Supplementary school for children:  
Weekdays 5.00 – 7.00 pm  
Weekends 11.00 am – 2.00 pm  
After school classes for learning Salah, Qur'an, Hadith and Arabic etc.  
Please contact: 0770 415 6028
- ❖ **Religious Education visits**  
Comprehensive guided tours of the building plus presentations/Q&A sessions by qualified faith guides.  
For bookings, Information and availability  
Please contact main office 0121 440 5355 or visit@centralmosque.org.uk
- ❖ **Free Quran, Arabic & Seerah Classes (Sisters Only)**  
Word to word Quran with brief explanation. Arabic lessons for the purpose of understanding Quranic text, delivered in Urdu. Every Wednesday 10 – 1 pm  
For any further enquiries, please contact 07437 010 773
- ❖ **Funeral Services & Mortuary**  
Complete funeral arrangements at very reasonable charges. Please contact  
Mr. Abdul Haq: 0121 440 7353, 07791 837 794  
Mr. Sakeeb Haq: 07795 838 786
- ❖ **Dars-e-Qur'an (Tafseer) and Hadith**  
Maulana Abdul Hadi Al-Omri  
Monday & Wednesday after Zuhr prayers (Urdu).
- ❖ **Special Sessions for special needs (Deaf) people**  
Adult Islamic Classes: Fridays -11:30 -12:30 pm  
Childrens Islamic Classes: Sunday - 12:00 - 3:00 pm  
BSL Interpreted Speeches and Sermon  
Fridays 12:30 pm til after Jumua prayers
- ❖ **Library, Literature & Faith Services for New Muslims**  
Daily 2.00 – 4.00 pm. Meet one of our Islamic scholars for any question about Islam to minimise misconceptions and misunderstanding about this beautiful religion.  
Please contact: 07516 601 585
- ❖ **iCircle The Young Muslims**  
Are you looking for a safe space for your children to learn about their Deen?  
iCircle for young people on every Friday 7.30 – 9 PM  
Please contact: Mr. Shafiq 07977 581 356
- ❖ **New Muslim Classes**  
New Muslim drop-in Session on every Saturday 7 – 8 PM  
Please contact: Mr. Hafiz Qaiser 07810 306 627

Please contact the office  
for any advertisement



Are you looking for a safe space for your children to learn about their Deen?  
Join us at  
**THE YOUNG MUSLIMS**  
**iCircle**  
Every Friday between 7:30pm – 9:00pm  
At Birmingham Central Masjid,  
180 Belgrave Middleway,  
Birmingham, B12 0XS

FREE STUDY CIRCLES OPEN TO ALL

We have a number of segregated circles running at the same location for boys, girls (ages 11 and above) and a separate study circle for the parents to ensure there is something for everyone.  
We cover a variety of Islamic discussions, seerah, games and workshops for all levels.

Leadership	Charity	Da'wah	Day Trips	Study Circles	Media
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www.ymuk.net  
https://www.eventbrite.co.uk/e/young-muslims-birmingham-friday-icircle-registration-55082114086  
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### Birmingham Central Mosque's Banqueting and Conference Halls are available for

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- ✓ Family Gatherings
- ✓ Community Events
- ✓ Khatams, meetings etc
- ✓ Conferences / Seminars etc...



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For availability, charges and booking, please contact the mosque office via 0121 440 5355 or enquiries@centralmosque.org.uk

## Monthly Newsletter 'The Dawn'

The Dawn is distributed free in many city mosques on the last Friday of every month. It is also sent to other religious and educational institutions, libraries, hospitals and prisons. However, any individual wishing to receive a copy regularly for a year by post is requested to complete this slip and return it with a minimum donation of £10, to the mosque at the address below.

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Please State if it is a new membership or a renewed one



# BIRMINGHAM CENTRAL MOSQUE

180 Belgrave Middleway, Highgate, Birmingham B12 0XS

## PRAYER TIMETABLE

“Indeed prayers are enjoined on believers at a stated time.” - Al-Quran 4:103

March 2020 Rajab / Shaban 1441 AH



Mar-20		Rajab	Fajr فجر		طلوع شمس		Dhuhr ظهر		العصر Asr		مغرب Maghrib		العشاء Isha	
Date	Day	Lunar Dates	Start	Jamāt	Sunrise	Zawāl	Start	Jamāt	Start	Jamāt	Sunset	Adhān	Start	Jamāt
1	Sun	6	5.34	6.00	6.53	12.20	12.25	1.15	3.54	4.30	5.47	5.50	7.16	8.00
2	Mon	7	5.31	5.45	6.51	12.19	12.24	1.15	3.55	4.30	5.49	5.52	7.18	8.00
3	Tue	8	5.29	"	6.48	"	"	"	3.57	"	5.51	5.54	7.19	"
4	Wed	9	5.26	"	6.46	"	"	"	3.59	"	5.53	5.56	7.21	"
5	Thu	10	5.23	"	6.44	"	"	"	4.00	"	5.54	5.57	7.21	"
6	Fri	11	5.21	"	6.42	12.18	12.23	"	4.02	"	5.56	5.59	7.23	"
7	Sat	12	5.18	"	6.39	"	"	"	4.03	"	5.58	6.01	7.24	"
8	Sun	13	5.15	"	6.37	"	"	"	4.05	"	6.00	6.03	7.26	"
9	Mon	14	5.12	5.30	6.35	12.17	12.22	1.15	4.06	4.45	6.02	6.05	7.27	8.15
10	Tue	15	5.10	"	6.32	"	"	"	4.08	"	6.03	6.06	7.28	"
11	Wed	16	5.07	"	6.30	"	"	"	4.09	"	6.05	6.08	7.30	"
12	Thu	17	5.04	"	6.28	"	"	"	4.11	"	6.07	6.10	7.32	"
13	Fri	18	5.01	"	6.25	"	"	"	4.12	"	6.09	6.12	7.33	"
14	Sat	19	4.59	"	6.23	12.16	12.21	"	4.14	"	6.11	6.14	7.35	"
15	Sun	20	4.56	"	6.21	"	"	"	4.15	"	6.12	6.15	7.36	"
16	Mon	21	4.53	5.15	6.18	12.16	12.21	1.15	4.17	5.00	6.14	6.17	7.38	8.15
17	Tue	22	4.50	"	6.16	"	"	"	4.18	"	6.16	6.19	7.39	"
18	Wed	23	4.48	"	6.14	12.15	12.20	"	4.19	"	6.18	6.21	7.41	"
19	Thu	24	4.45	"	6.11	"	"	"	4.21	"	6.20	6.23	7.43	"
20	Fri	25	4.42	"	6.09	"	"	"	4.22	"	6.21	6.24	7.44	"
21	Sat	26	4.39	"	6.07	12.14	12.19	"	4.24	"	6.23	6.26	7.45	"
22	Sun	27	4.37	"	6.04	"	"	"	4.25	"	6.25	6.28	7.47	"
23	Mon	28	4.34	5.15	6.02	12.14	12.19	1.15	4.26	5.00	6.27	6.30	7.49	8.30
24	Tue	29	4.31	"	6.00	12.13	12.18	"	4.28	"	6.28	6.31	7.50	"
25	Wed	30	4.29	"	5.57	"	"	"	4.29	"	6.30	6.33	7.51	"
26	Thu	Shab'an	4.26	"	5.55	"	"	"	4.30	"	6.32	6.35	7.53	"
27	Fri	2	4.23	"	5.53	"	"	"	4.32	"	6.34	6.37	7.55	"
28	Sat	3	4.20	"	5.50	12.12	12.17	"	4.33	"	6.35	6.38	7.56	"
British Summer time Begins on Sunday, 29th March 2020. Clocks are turned forward 1 hour														
29	Sun	4	5.17	6.05	6.48	1.12	1.17	1.45	5.34	6.00	7.37	7.40	8.57	9.30
30	Mon	5	5.15	6.00	6.46	1.12	1.17	1.45	5.36	6.00	7.39	7.42	8.59	9.30
31	Tue	6	5.12	"	6.43	1.11	1.16	"	5.37	"	7.41	7.44	9.01	"
Friday Prayers: Urdu Speech at 12.30pm   English Speech at 12.45 pm   Main Arabic Khutba at 1.15pm														

Friday Prayers: Urdu Speech at 12.30pm | English Speech at 12.45 pm | Main Arabic Khutba at 1.15pm

\* Islamic dates are tentative and are subject to change as per crescent moon sighting

### PRAYER TIMES IN OTHER CITIES WITH RESPECT TO BIRMINGHAM

CITY	FAJR	DHUHR	ASR	MAGHRIB	ISHA
BRADFORD	- 01	- 01	- 03	+ 03	+ 02
GLASGOW	+ 06	+ 06	+ 11	+ 05	+ 05
CARDIFF	+ 08	+ 10	+ 01	+ 05	+ 04
LIVERPOOL	+ 04	+ 04	+ 02	+ 08	+ 07
LONDON	- 06	- 07	- 04	- 04	- 14
LUTON	- 06	- 05	- 04	- 03	+ 07
NEWCASTLE	- 02	- 01	- 07	- 04	- 14
MIDDLESBOROUGH	- 04	- 03	- 01	+ 02	0
MANCHESTER	+ 01	+ 02	- 01	- 01	0

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