

22nd Rabee' uth-Thaane 1446

Edition #1



A Chronicle for Salafi Sisters & Children

الأخوات وأطفالهن



Ahlan wa Sahlan!

We begin in the name of Allah, we praise Him and seek His assistance in compiling this short bi-weekly publication, Al Akhawaat wa Atfaaluhunna (Sisters and Their Children) as a benefit to you, our sisters in Salafiyyah,

Salafi sisters face a challenge in the country we live in (South Africa) and perhaps other countries too, in that we are short of beneficial reading material, as well as a lack of time to work our way through the lengthy (yet good) books. Until we all get there, we hope to offer an alternative to enjoy some short but impactful articles and share some simple yet important knowledge.

From Aqeedah to Islamic History to Children's Activities, we intend to compile an interesting bundle for you every two weeks in sha Allah.

May Allah benefit us and all of you with it and keep us steadfast on this path of drawing closer to Him.

Happy Reading in sha Allah. Barakallahu Fiki

YOUR SISTER, UMM MU'EEEN BINT YUNUS BIN ANSAREE YACOOB (STUDENT)

Ahlan wa Sahlan.....	2
Al Aqeedah—What does it Mean and Why do we Need It?	3
The Method of Wudhu of Nabi Muhammed ﷺ	4
Her Chastity... Her Purity... Her Righteousness... The Sought-After-Woman	5
Five Benefits from Surah Nur specifically for Muslimaat.....	6
Teaching Children.....	7
Mother of the Believers—Khadija Bint Khuwaylid رضي الله عنها.....	8
Al Atfaal (For the Children) [The Etiquettes of Sleeping, Friends, Playdough Recipe]	9
Al Atfaal [Crossword Puzzle, Fill in the missing words]	10

AL AQEEDAH

Correct Aqeedah (Creed) is the foundation upon which the Salafi Community builds the practice of their deen, their character, their interactions, their speech and their ibaadah.



The word “Aqeedah” means a contract or a thing to which a person attaches their heart, or ties it to firmly. There is not a person who truly strives to be successful in this world and the next, who does not make it their life’s priority to learn the correct Aqeedah, as without knowledge of it, one is in darkness.

The Creed of the Saved Sect, is the same creed of the Final Messenger of Allah, Muhammed ﷺ. It is the same creed which was adopted and practiced by the companions of Nabi Muhammed ﷺ

It entails that we believe in: Allah, in His Angels, in His Books, in His Messengers, in the Last Day and in that Allah has already decreed all matters, the good and the bad, before it occurs, that He knows the apparent and the hidden, that He subhanahu wa ta aala knows what isn’t and if it had been, how it would be.

The one who learns and implements the Creed of the Messenger of Allah ﷺ as Allah commanded, comes to understand, through it, that:

- A community can never unite on falsehood, and uniting on the correct Aqeedah is what ultimately grounds them.
- It is necessary to seek knowledge of what Allah loves, to make one’s actions, speech, social interactions, business dealings and worship conform to that.
- Knowledge is not taken except from the two revelations, i.e. the Qur’an and the Sunnah, and learnt at the feet of the scholars, or the students of the scholars.
- Love and hate, association and disassociation is for Allah.
- Every societal ill affecting a Muslim community, has its roots in ill-understanding of deen and that teaching Muslims correct Aqeedah is the beginning of the solution to every harm affecting them.

In the next edition we discuss the meaning of Eemaan in sha Allah.ﷻ

The Method of Wudhu of Nabi Muhammed ﷺ



Narrated Humran (the freed slave of `Uthman bin `Affan)

“I saw `Uthman bin `Affan asking (for a container of water) to perform ablution (and when it was brought) he poured water from it over his hands and washed them three times and then put his right hand in the water container and rinsed his mouth and washed his nose by putting water in it and then blowing it out. Then he washed his face three times and (then) forearms up to the elbows three times then passed his wet hands over his head and then washed each foot three times. After that `Uthman said, *"I saw the Prophet (ﷺ) performing ablution like this of mine, and he said, 'If anyone performs ablution like that of mine and offers a two-rak'ah prayer during which he does not think of anything else (not related to the present prayer) then his past sins will be forgiven.'*" - Sahih Muslim

Benefits of this Hadeeth:

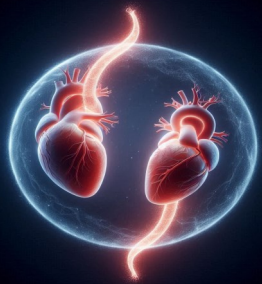
1. Uthman Radhiallahu Anhu had a slave whom he had freed named Humran.
2. Teaching by demonstrating an action is a sunnah.
3. Washing the mouth and nose is done with the same scoop of water three times.
4. Every Salaah is an opportunity to have ones past sins forgiven, provided that their wudhu is according to the Sunnah as described, and they focus on their actions in Salaah.¶

Narrated Abu Amaamatal Baahilee

“When a Muslim man makes wudhu, his sins leave him from his hearing, his sight, his two hands and his two feet, and when he sits, he sits the sitting of one forgiven.”

—Sahih At Targheeb (Authenticated by Al Albani Rahimahullah)

The Muslim women shares in this with the Muslim man.



Her Chastity... Her Purity... Her Righteousness...

The Sought-After-Woman

In his book, Means to a Happy Family Life, (translated into English) and originally authored by Shaykh Sulayman ar Ruhaylee, he writes:

"How excellent was the saying of the one who said, "The woman is not according to her wealth, or her beauty or by the boast of her parents, but rather by her chastity and her purity and her righteousness to her husband and children, and her execution of the duties of the home and her caring for you in good times and bad. If only I knew where you could find these women beneath the blue sky?!"

Verily these women should be searched for with gold ink, rather they should be searched for with gold treasures. Mustafa Mukhtar (Our Nabi) ﷺ said,

If there comes to you one who pleases you with his religion and his manners, then marry him; if you do not do so, there will be corruption in the land and widespread evil."

Thus, the Prophet ﷺ made choosing a spouse based upon their religious commitment and character." [End of Quote from the Book]

This is solid advice from Shaykh Sulayman arRuhaylee Hafidhahullah, Yaa Akhwaatee. Make it your business to be the kind of Muslimah who is sought after. The times we are witnessing, subhanallah, are from the very worst of times. Our girls and women are exposed to fitnah after fitnah, may Allah safeguard them. The best thing a young girl, and her parents can do, is to educate her about her deen, the waajibat due from her... She needs to know her Lord, At Tauheed... She needs to dive into righteous actions upon Tauheed, she needs to understand that her deeds are only acceptable to Allah

when they are done sincerely for His Sake and according to the Sunnah of Rasulullah ﷺ. Should a man come to propose to her, and his Aqeedah is in order, and he has good character, then she must marry him, in order to safeguard herself and her progeny. Consideration is not given to looks or wealth above his deen. A man who knows his Lord will fear Him, and if he fears his Lord, he will treat his wife well, something your children will in turn learn and value. This is a source of ease for the parents of a Muslimah and a source of blessings in her marriage.¶



Five Benefits from Surah Nur

(Summarised from the Tafsir of Ibn Katheer)

1. *Lowering the Gaze:*

Believing women are instructed to lower their gaze and guard their private parts.

2. *Not Displaying Adornment:*

They should not display their adornment (except what is Apparent meaning the outer garment) to non-Mahram men.

3. *Wearing the Nijaab:*

They should draw their veils over their chests and not expose their adornment except to specific people such as their husbands, fathers, sons, brothers and other specified individuals.

4. *Avoiding Attracting Attention:* They should not stamp their feet to make known what they conceal of their adornment.

5. *Repentance:* They are encouraged to turn to Allah in repentance. [End of Extract from Tafseer Ibn Katheer]



Take heed, Oh Sister, Your Lord has spoken. One of the most important realisations a Muslimah can come to is that the Qur'an is a message to you from Allah. Reciting the Qur'an melodiously, with beautiful Tajweed has its benefits, yet no benefit is greater than **conforming your actions to the Pleasure of Allah**, your Creator, Sustainer and Nourisher.

A muslimah lowers her gaze. Looking directly at males in the malls, when approaching a cashier or clerk for some official business, this is contrary to these commands. The Muslimah does not wear an abaya nor niqab nor khimar which draws attention to herself because of its beauty. You have heard it before Yaa Ukhtee, "Simplicity is Key." If it is not allowed to attract attention to ourselves, then this **includes all actions which could draw attention to ourselves**, e.g. screaming whilst out in public whilst having a laugh or a good time with the girls, wearing striking colours, having hair hanging out from under the hijab, applying eye make-up, wearing fancy sunglasses with a niqab, draping a Palestinian scarf over the Hijab. At first, all this might seem like a good idea, these trends, but when we ponder, we realise that **Allah has clearly commanded modesty**. Modesty is a quality which is highly regarded in a Muslimah.

Yet, if you have tried, and failed, then never lose hope, because Allah loves that you should **turn to Him in repentance when you err, and try again.** ¶

TEACHING CHILDREN

Ibn Qayyim al-Jauziyyah, a renowned Islamic scholar has provided several insightful points on teaching children. These are summarised points based on wisdom from the Sunnah:

Holistic Development

Ibn Qayyim emphasized the importance of nurturing all aspects of a child's development, this includes eemaan, intellect, morals, social skills and physical health.

Moral Education

He stressed the significance of instilling good morals and habits from a young age to help children grow into well-rounded individuals.

Exemplary Behaviour

Ibn Qayyim advised parents and educators to lead by example, as children often learn more from what they see than what they are told.

Positive Reinforcement

He recommended using positive reinforcement, such as praise and encouragement, to motivate children and reinforce good behaviour.

Balanced Discipline

While he acknowledged the need for discipline, he also advised against harsh punishment, suggesting that gentle guidance and correction are more effective.

Yaa Ukhtee, it is no easy task, so make a firm niyyah to do this lillahi. It is, truly, more of a balancing act than anything else. Women generally feel under-valued, especially when they are making efforts to teach their children because they are not given a concession when it comes to cleaning, cooking, "dolling-up" and all the other precious things a Muslimah does, the foremost of them, being her own worship and spiritual development. Yet, doing it whilst expecting a reward from Allah makes all the difference.

So, Salafi Momma, design a holistic plan to teach your child, include theory (e.g. stories of the Sahaaba and ahaadeeth), as well as model the behaviour you would love to nurture in your child. Praise effort no matter how feeble it seems, as children develop at different paces, and finally, don't forget to teach accountability. When a child has misbehaved, they must know their behaviour is not the behaviour a Muslim displays, and they must be taught to apologise and rectify the behaviour, then shown love and support as they attempt to do it better next time.

May Allah make all your children the coolness of your eyes! ۞

MOTHER OF THE BELIEVERS

KHADIJA BINT KHUWAYLID رَضِيَ اللَّهُ عَنْهَا

Khadija bint Khuwaylid (68BH—3BH) was a successful and respected businesswoman in Mecca, known for her intelligence, integrity, and generosity. She was the first wife of the Nabi Muhammad ﷺ and the first person to accept Islam. She had previously been married and widowed, then married for a second time and divorced, before coming into the nikah of Muhammed ﷺ

- She was born into a wealthy and influential family, and she managed her family's business with great skill and acumen.
- Khadija was known for her kindness and support for the poor and needy.
- She was also a loving and devoted wife, providing emotional and financial support to Muhammad ﷺ during the early years of his prophethood.
- Khadija Radhiallahu Anhaa bore Nabi Muhammad ﷺ 4 daughters and one son, whom Allah decreed would die in his childhood.
- Khadija's unwavering faith and support played a crucial role in the early spread of Islam.
- She passed away three years before the Hijrah, the same year as the passing of the uncle of Nabi Muhammed ﷺ, Abu Talib. It became known as the Year of Sorrow.



Some Fawaa'id (Benefits)

- Khadija Radhiallaahu Anhaa was the first to accept Islam, a wise decision subhanallah.
- Emotional and Financial Support to Muhammad ﷺ helping him to continue his mission despite the challenges they faced as a minority Muslim community.
- Khadija (Radhiallahu Anhaa) 's life is an example of a strong, mature, and pious Muslimah who balanced her responsibilities as a business owner and a devoted wife.
- Her faith, compassion and commitment to her husband in his most trying times are an example to every Muslimah who wants any level of success in dunya (this life) and aakhirah (the next life).۞

اللهم اجعلنا مثلها رضي الله عنها



Some of the Etiquettes of Sleeping

آداب النوم

1. Before I sleep, I make wudhu the sunnah way.
2. I cover left-over food and drink, and switch off my light.
3. I recite the three Quls (Surahs: Ikhlāas, Falaq and Naas), blow into my palms and wipe them all over my body.
4. I dust my bedding three times with a garment I have removed.
5. I lie down on my right side and I recite:

بِسْمِكَ رَبِّي وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ، إِنَّ أَمْسَكَتَ نَفْسِي، فَأَغْفِرْ لَهَا، وَإِنْ أَرْسَلْتَهَا فَأَحْفَظْهَا بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ

Sweet Dreams...

الأطفال

المرء على دين خليله فلينظر أحدكم من يخالل

Our Nabi, Muhammed ﷺ taught his ummah to choose good friends, because a person becomes like his friends. So be a friend who:

Loves Allah, Obeys the Parents, Tells the Truth, Plays Kind Games, Loves the Masjid, Loves to learn about Islam, is Learning Qur'an, Uses Good Words... May Allah bless you!



A Safe Playdough Recipe To Make (with Mummy's Help Of Course)

• 2 cups of all-purpose flour • 1 cup of salt • 2 tablespoons of cream of tartar • 2 tablespoons of vegetable oil, • 2 cups water, • food colouring (optional)

In a large pot, combine the flour, salt, and cream of tartar.

Add the wet ingredients: Pour in the water and vegetable oil. Add food colouring if you want coloured play dough.

Cook the mixture: Place the pot on medium heat and stir constantly. The mixture will begin to thicken and form a dough.

Knead the dough: Once the dough pulls away from the sides of the pot and forms a ball, remove it from the heat and let it cool slightly. Knead the dough until it's smooth.

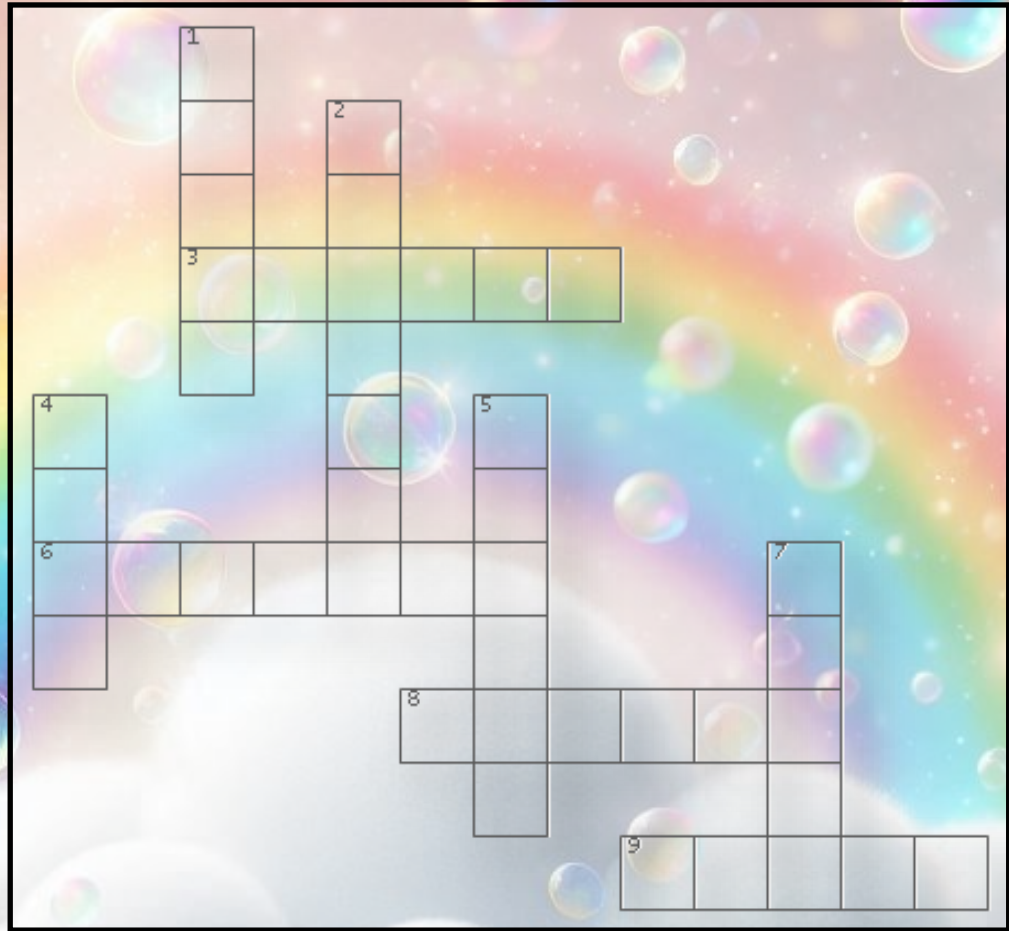
Store the play dough: Once cool, store your play dough in an airtight container.

[PLEASE ASK MUMMY OR ANOTHER ADULT FOR HELP WITH THE COOKING PART].



At Tahaarah

Print this page in portrait. Then use the clues to fill in the words below. Words can go across or down. Letters are shared when the words intersect.



ACROSS

3. Cleanliness is half of it.
6. It's important to wear clean _____
8. A place of worship that should be kept clean.
9. The bath we take on a Jummuah and on Eid

DOWN

1. This is what we use to make wudhu
2. The day Muslims perform a special congregational prayer
4. The fifth part we wash during wudhu.
5. The sunnah object to use to clean teeth.
7. This action is done before praying.

About Nabi Muhammed ﷺ (Choose the correct words from the block)

Elephant

Tauheed

Makkah

Orphan

1. Nabi Muhammed ﷺ was born an _____
2. The place of birth of Muhammed ﷺ was _____
3. The name of the year in which Nabi Muhammed ﷺ was born was the Year of the _____.
4. The message sent to Nabi Muhammed ﷺ by Allah was a message of _____.

الأطفال