

ISSUE 7  
APRIL 2021

# Ramadan

THE MONTH OF MERCY

FREE



AIM

START

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# Editorial





The updates of  
The Farah Saeed Trust  
During the  
Lockdown

Love for Parents

The Abbas Foundation

Theabbasfoundationtrust.weebly.com

Thank you

To our writers, artists, supporters, collaborators and those who even said a simple good word.

Our 2020 projects

Love for Parents blog.  
 Parents reminder quotes.  
 Doorway to Paradise project.  
 Completion of masjid in Sudan.

Collaborative projects between AFT and FST.  
 Black History Month: Positivity.  
 Ramadan: Water well in Indonesia and Ramadan reminders.  
 Eid Qurbani for Yemen  
 Lebanon emergency and food aid appeal  
 Birmingham COVID-19 food aid response and updates.  
 Raise awareness of Cyclone Amphan and Nisarga in India and Bangladesh with fundraising.

Mosques together.  
 Farah Magazine Issue 6 - March 2020  
 Artistic art project Season 2 - November 2020.  
 Beacon of Hope  
 Little Farah Magazine Issue 2 - December 2020



Ustadh Nuril and Noorat



Thefst.weebly.com

MAPS MCOC IN COLLABORATION WITH THE FARAH SAEED TRUST

PRESENTS

# INSPIRE TOGETHER

LISTEN TO  
INSPIRING  
TALKS



LEARN  
HOW TO  
DO  
ISLAMIC  
ART



FUNDRAISE  
TO HELP  
KIDS WITH  
CANCER



PLAY  
RAMADAN  
FAMILY  
QUIZ



A WEEK FILLED WITH FREE  
INSPIRING ACTIVITIES TO DO  
WITH YOUR FAMILY AND FRIENDS  
COMING TO YOUR SCREEN!



MAPS: Many Cultures, One Community

Date: DD/MM/YY to DD/MM/YY

Time: (GMT); (PST)



[mapsredmond.org](http://mapsredmond.org)



[thefst.weebly.com](http://thefst.weebly.com)





PARTICIPATE IN A RANGE OF FUN-FILLED ACTIVITIES INCLUDING OUR ART COMPETITION!

  
mapsredmond.org

  
thefst.weebly.com

# Inspire together schedule

 SUNDAY DATE	POETRY 'TITLE' ASQARINI HASBI' 
 MONDAY DATE	HALAQA TITLE SPEAKER 
 TUESDAY DATE	ISLAMIC CALLIGRAPHY BY AISHA QURESHI 
 WEDNESDAY DATE	STORY TELLING BY SHAMA FARAJ 
 THURSDAY DATE	LEARN HOW TO DO MOSAIC ART 
 FRIDAY DATE	RAMADAN FRIDAY QUIZ AND ANNOUNCEMENT OF ARTISTIC WINNER 

 MAPS - Many Cultures, One Community

PLEASE DONATE GENEROUSLY TO OUR  
ST JUDE'S CHARITY APPEAL TO HELP  
KIDS WITH CANCER GET BETTER!  
[ADD LINK]

  
St. Jude Children's  
Research Hospital  
Finding cures. Saving children.



# INSPIRE TOGETHER



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HAVE FUN!

WIN A PRIZE!

ALL PARTICIPANTS WILL FEATURE IN A VIRTUAL ART EXHIBITION AND WILL RECEIVE A CERTIFICATE OF PARTICIPATION

TASK: DRAW OR PAINT SOMETHING AROUND THE THEME OF 'CONNECTION IN RAMADAN'

DEADLINE DD/MM/YY

Entry Requirements:

Please use A4 paper.

Participants must be aged 5 to 16.

A photo or scan of the artwork needs to

be sent to

[thefarahaheedtrust@hotmail.com](mailto:thefarahaheedtrust@hotmail.com)

alongside a short biography and

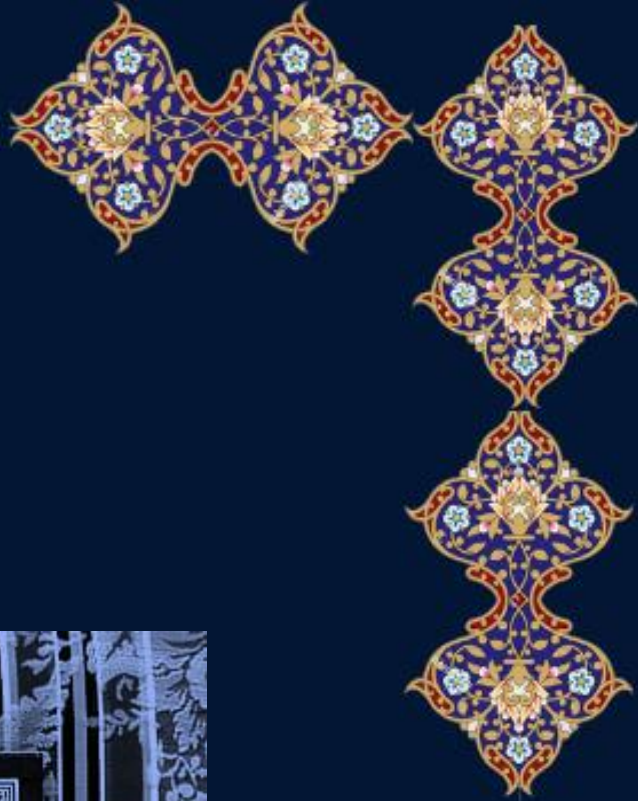
description of your artwork.





*Spiritual  
development*





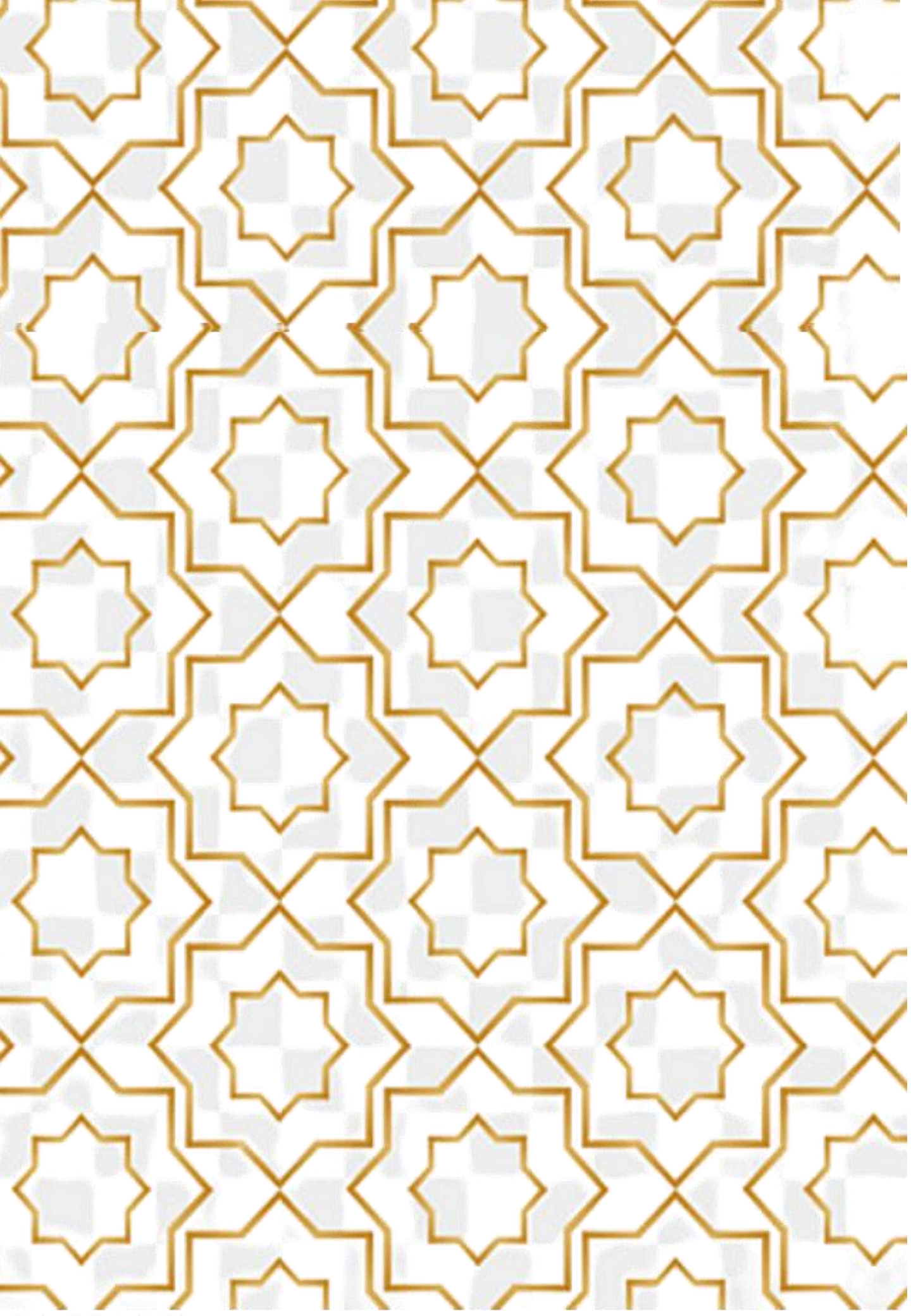




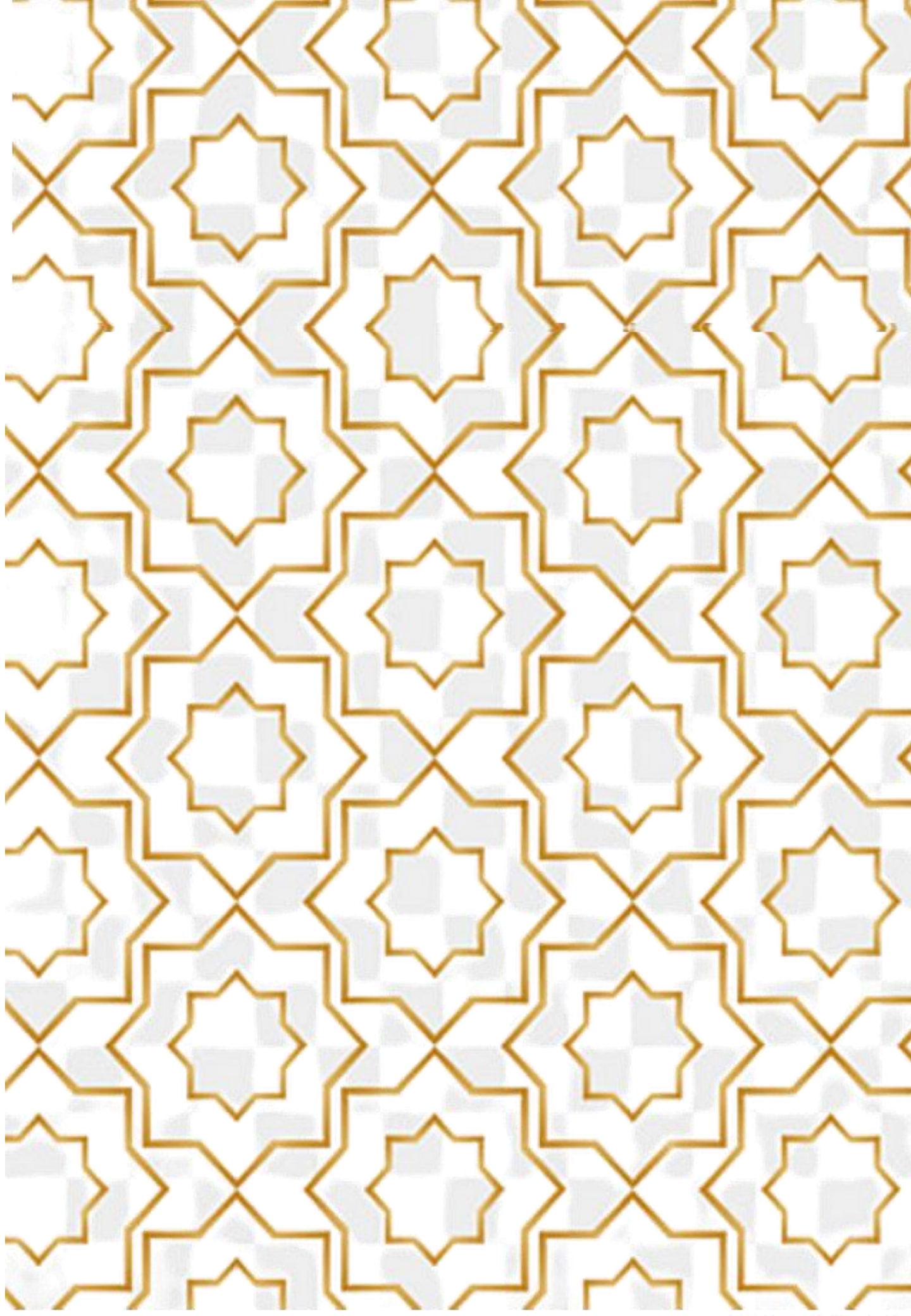
سُبْحَانَكَ يَا رَبِّ الْعَالَمِينَ











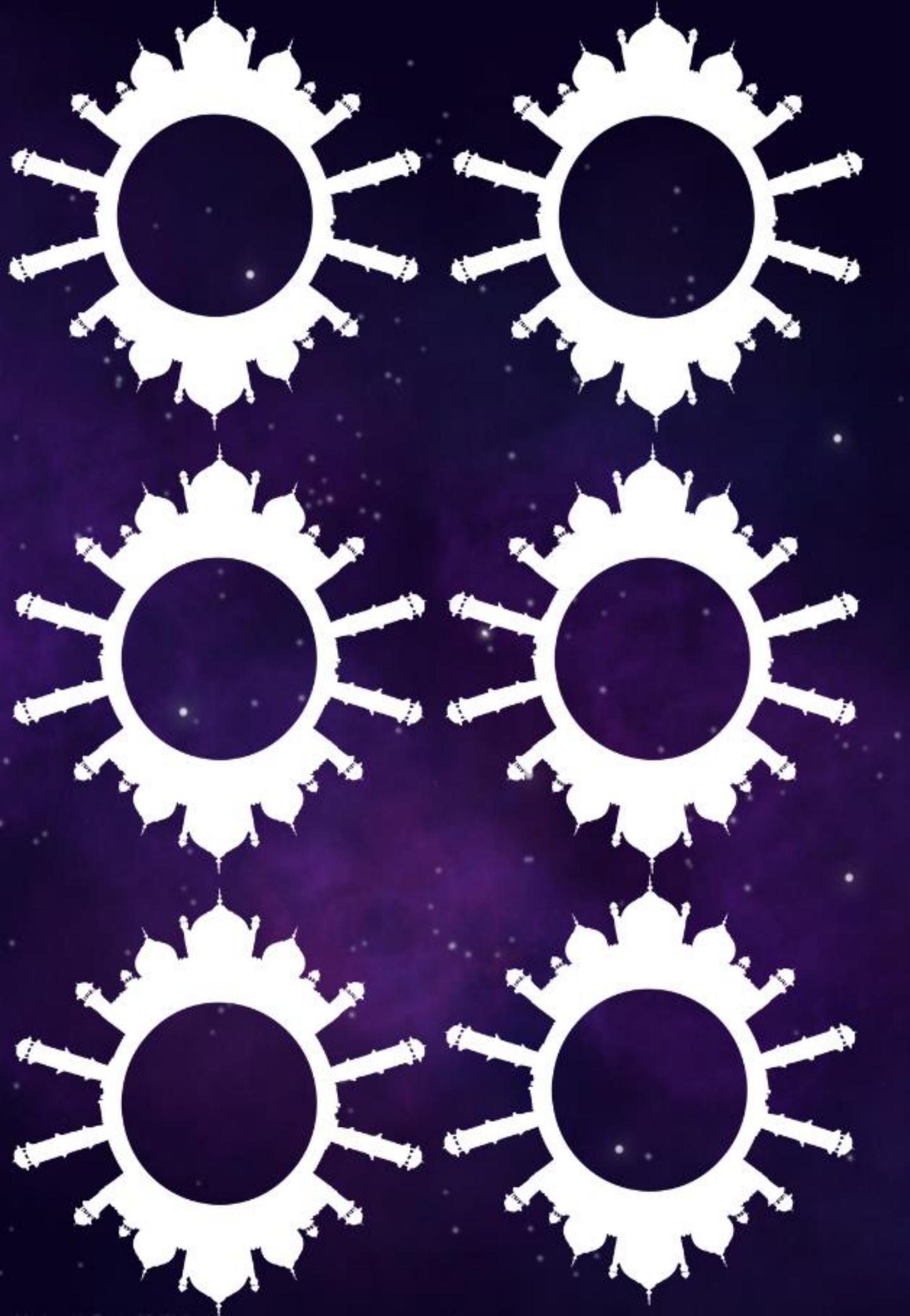












# الابذكر الله تطمئن القلوب

*Verily, in the remembrance of ALLAH  
do hearts find rest*

( ١٠٢٢ )





الاذكار التي تنظف القلوب

*Verily, in the remembrance of ALLAH  
do hearts find rest.*

(10: 61)



# ليلة القدر

Laylat al Qadr







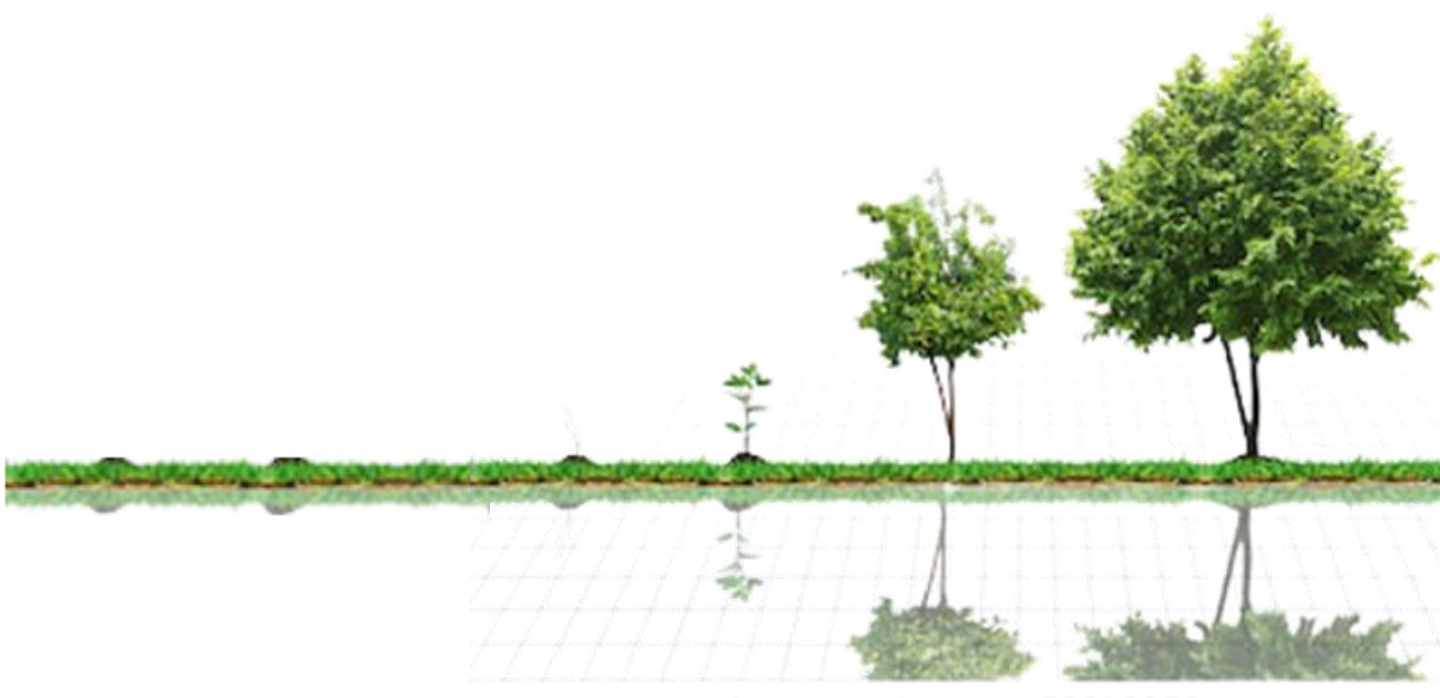
ZAKAT





تغذية النبات



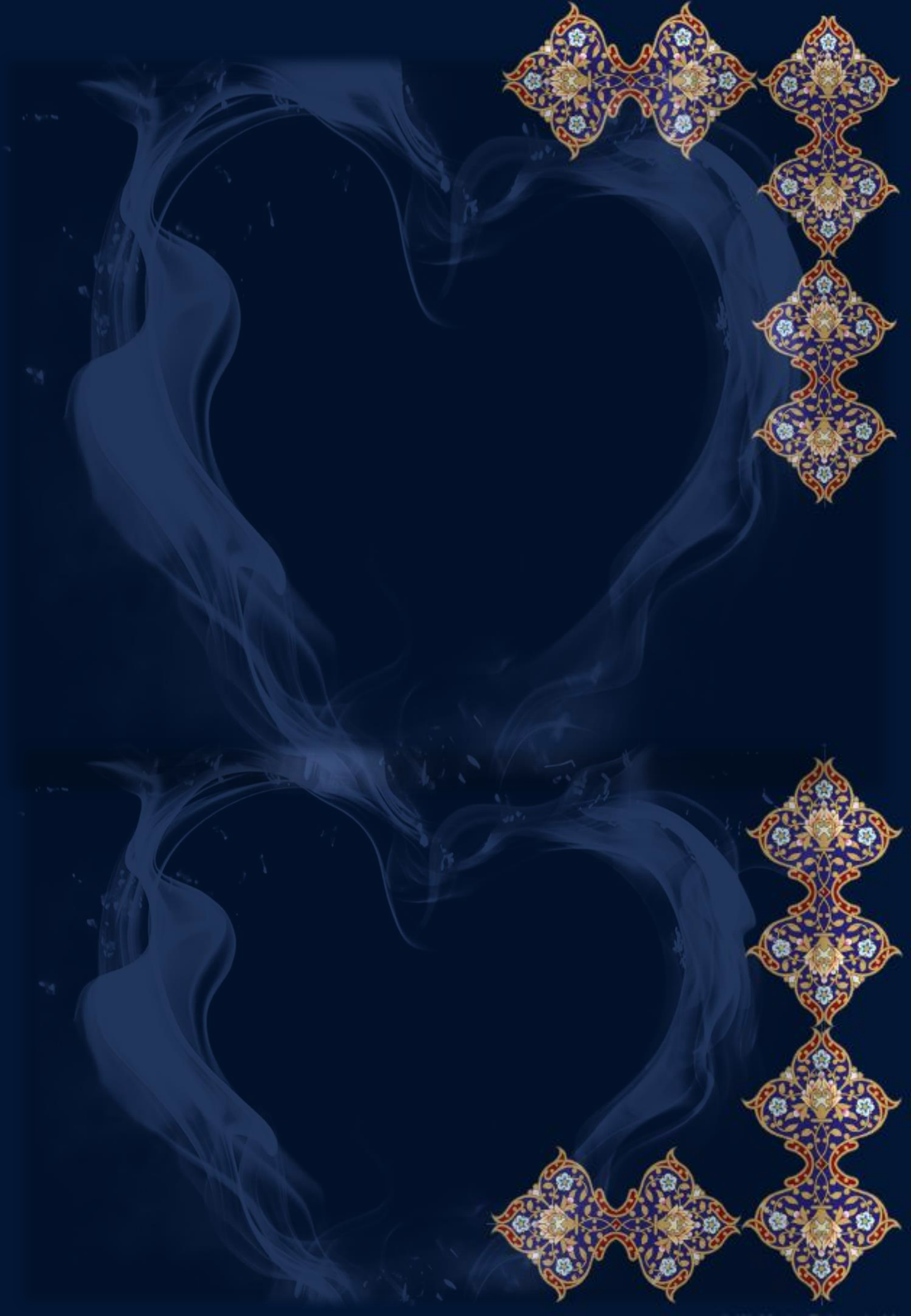




*Personal  
development*

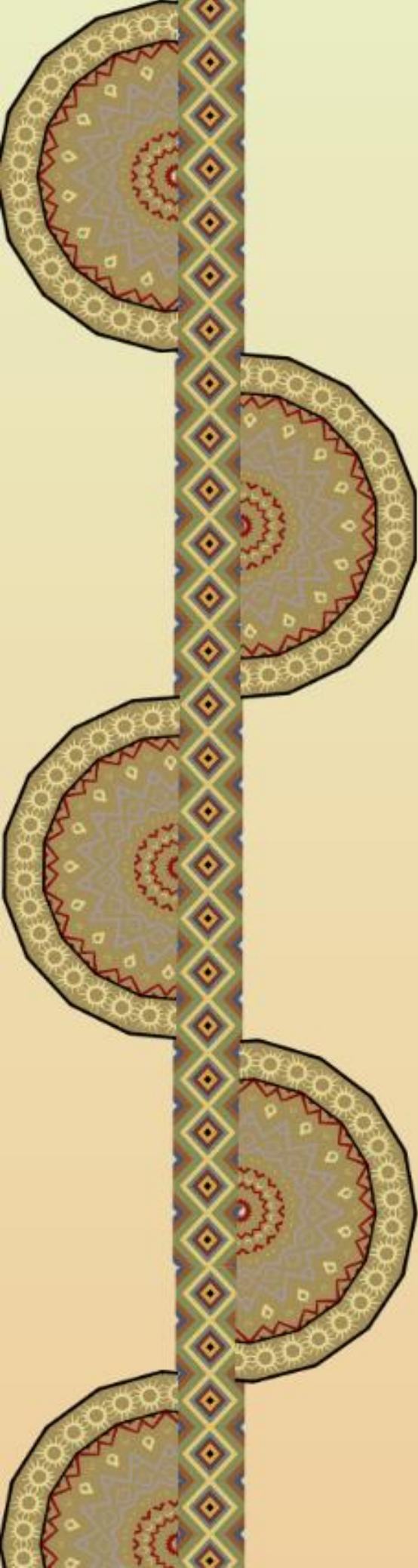












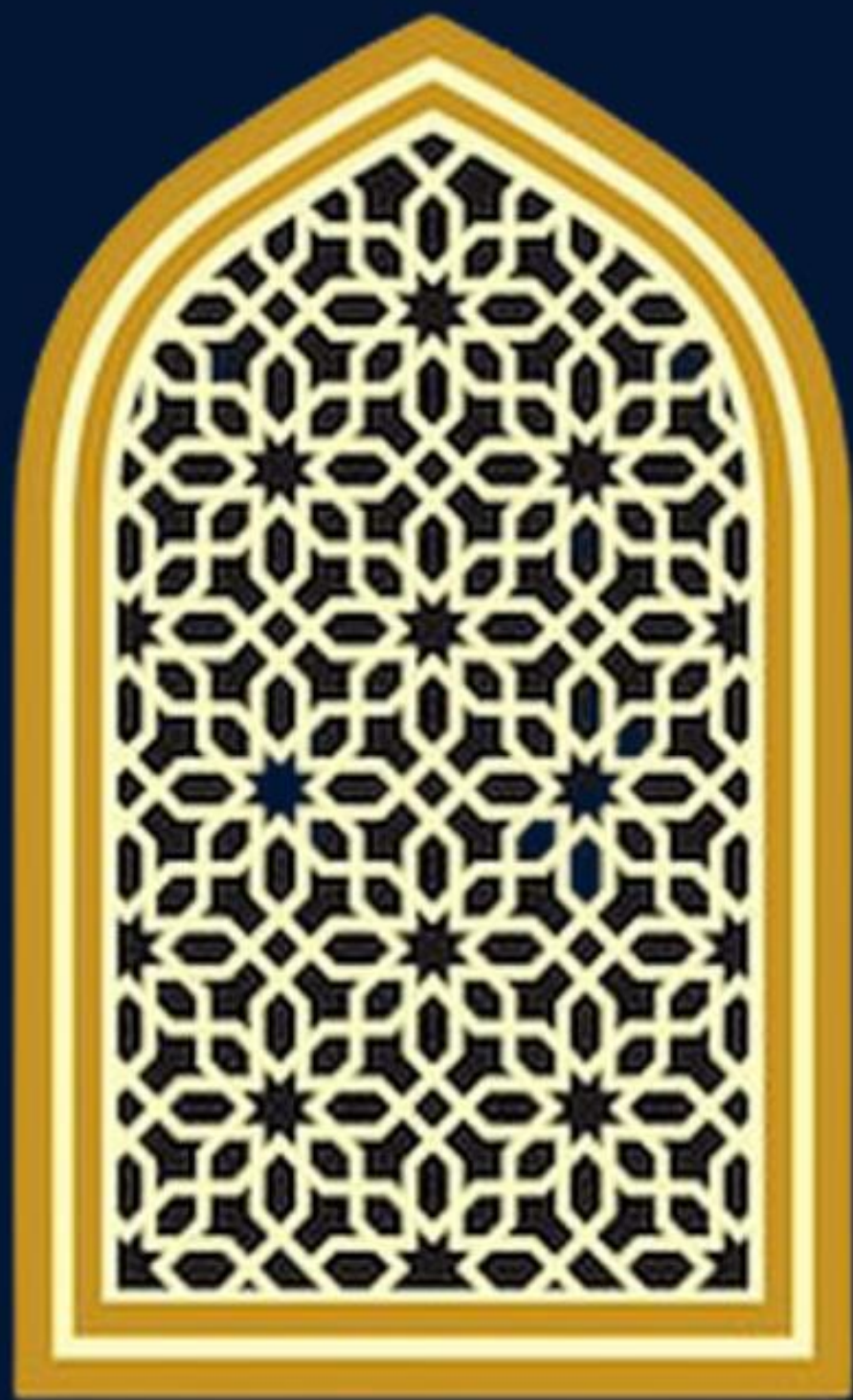






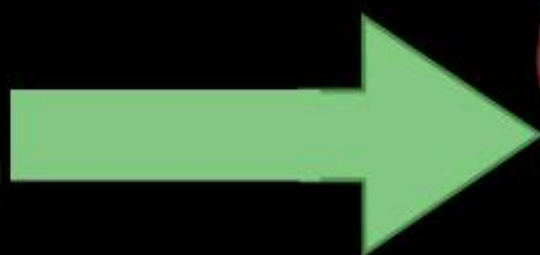
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ













بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الرَّكَّابُ أَنْزَلْنَاهُ إِلَيْكَ لِتُخْرِجَ النَّاسَ مِنَ الظُّلُمَاتِ إِلَى  
النُّورِ بِإِذْنِ رَبِّهِمْ إِلَى صِرَاطٍ الْعَزِيزِ الْحَمِيدِ ﴿١﴾

Alif, Lam, Ra. [This is] a Book which We  
have revealed to YOU, that YOU might  
bring mankind out of darknesses into the  
light by permission of their LORD - to  
the path of THE EXALTED IN MIGHT, THE  
PRAISEWORTHY

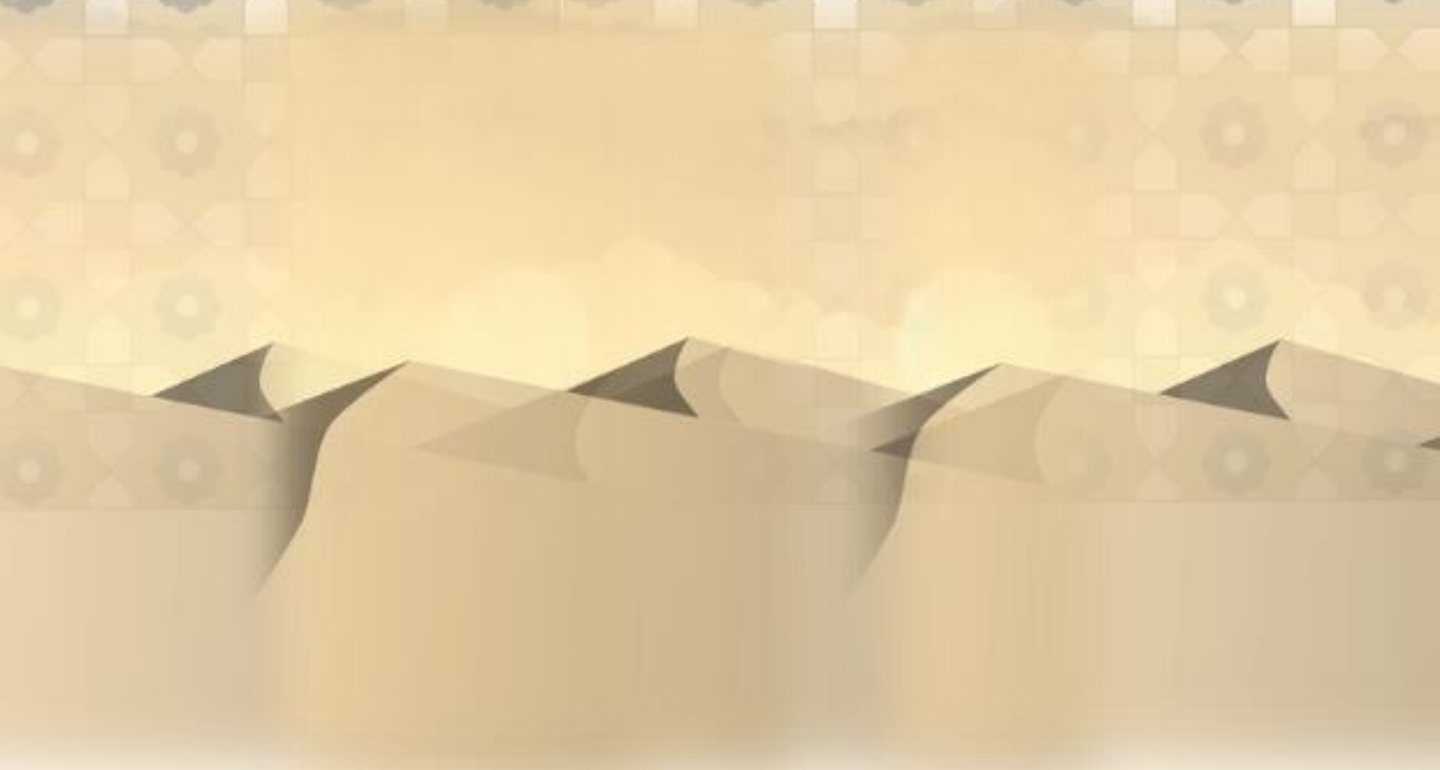
Al-Qur'an 14:1

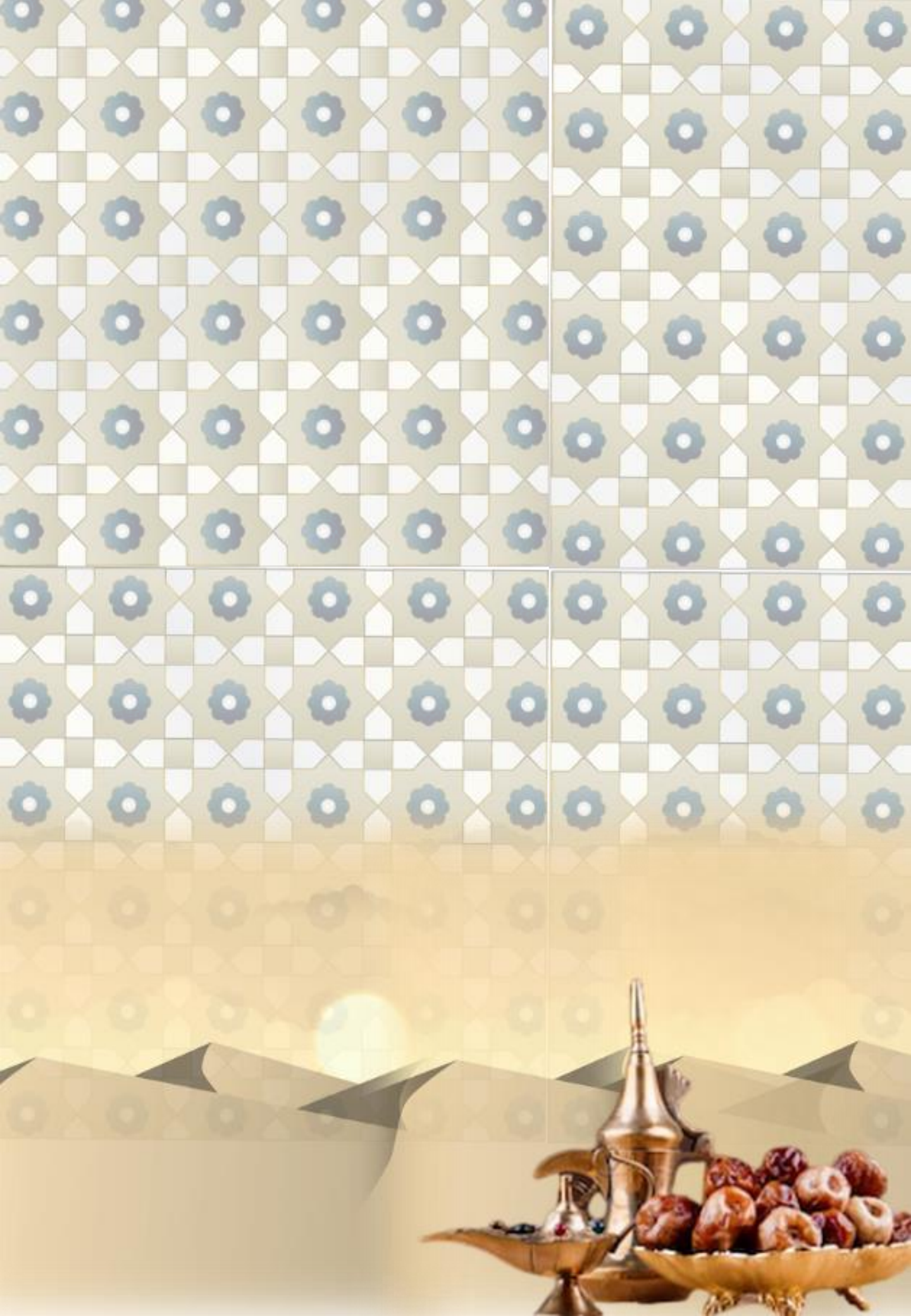


*Health  
development*













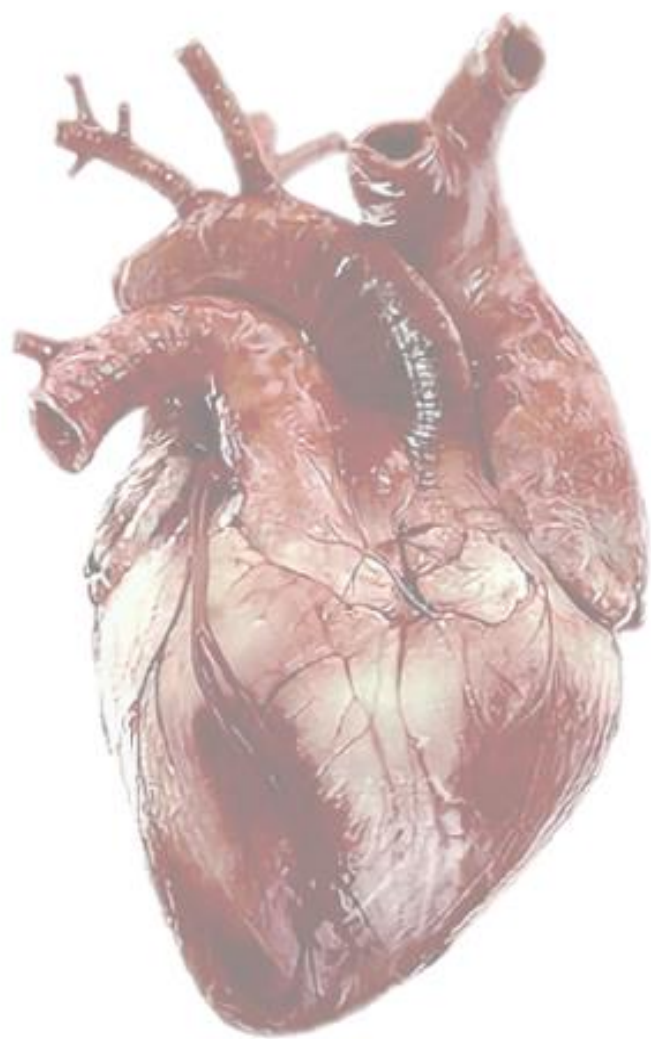
Bil hana wish shifa  
*With Blessing and Healing.*  
بالهنا والشفاف



# FIX YOUR HEART AND BODY PRACTICALLY WITH EXERCISE

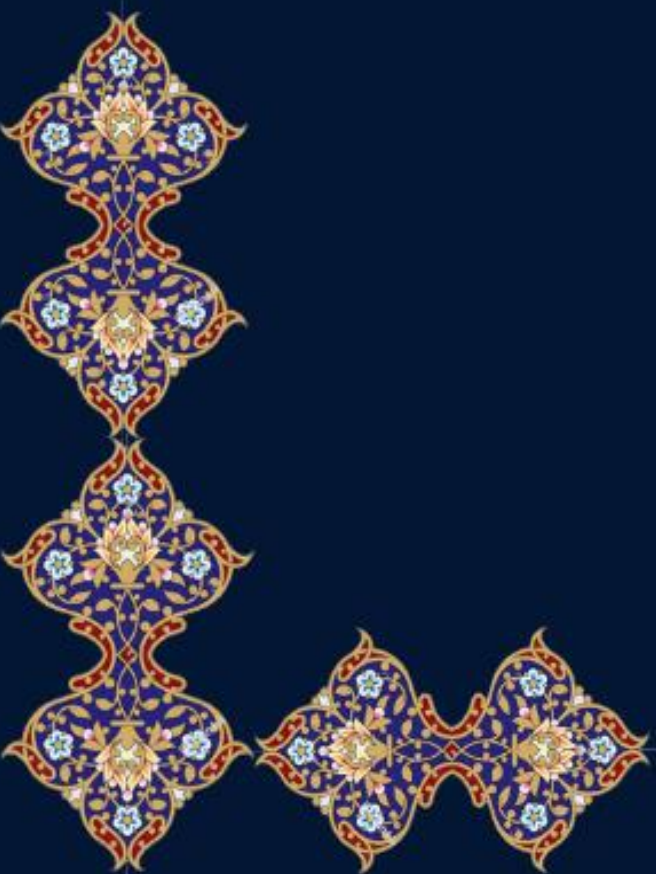
**By Rowah Hasan**

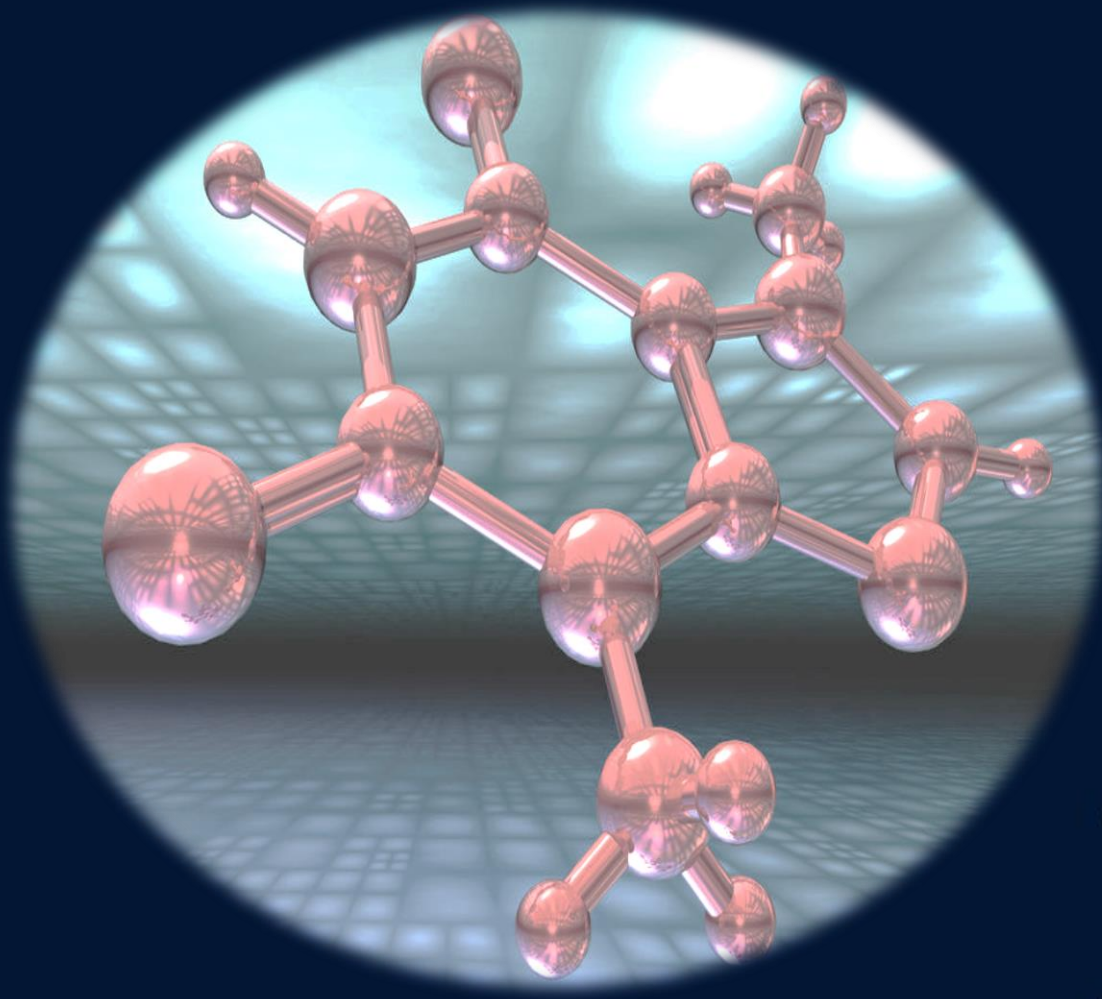






*Social  
development*















# RAMADAN WORDSEARCH

E A M A Y I Q E S O S U N T D  
C I L J E F H V Z B U Q A D F  
N Y B L M D Z O C D P F I O R  
A X D R A W L L Y L P E R K A  
T A I X R H K Z T L L G Y I M  
N O I T C E T O R P I B I N A  
E M E R C Y D U A V C M O R D  
P K H P F I C A E W A I A B A  
E B I Y M H J N C X T W R F N  
R T A R A W E E H C I O R Z N  
T T C R D S Q J E F O X E A Y  
R N I H S T P N B H N U Y K V  
Q T I F Q I N D U E A X A A P  
Y K I L F O L S W B K F R T X  
R K H F C N A T Y A H S P X Z

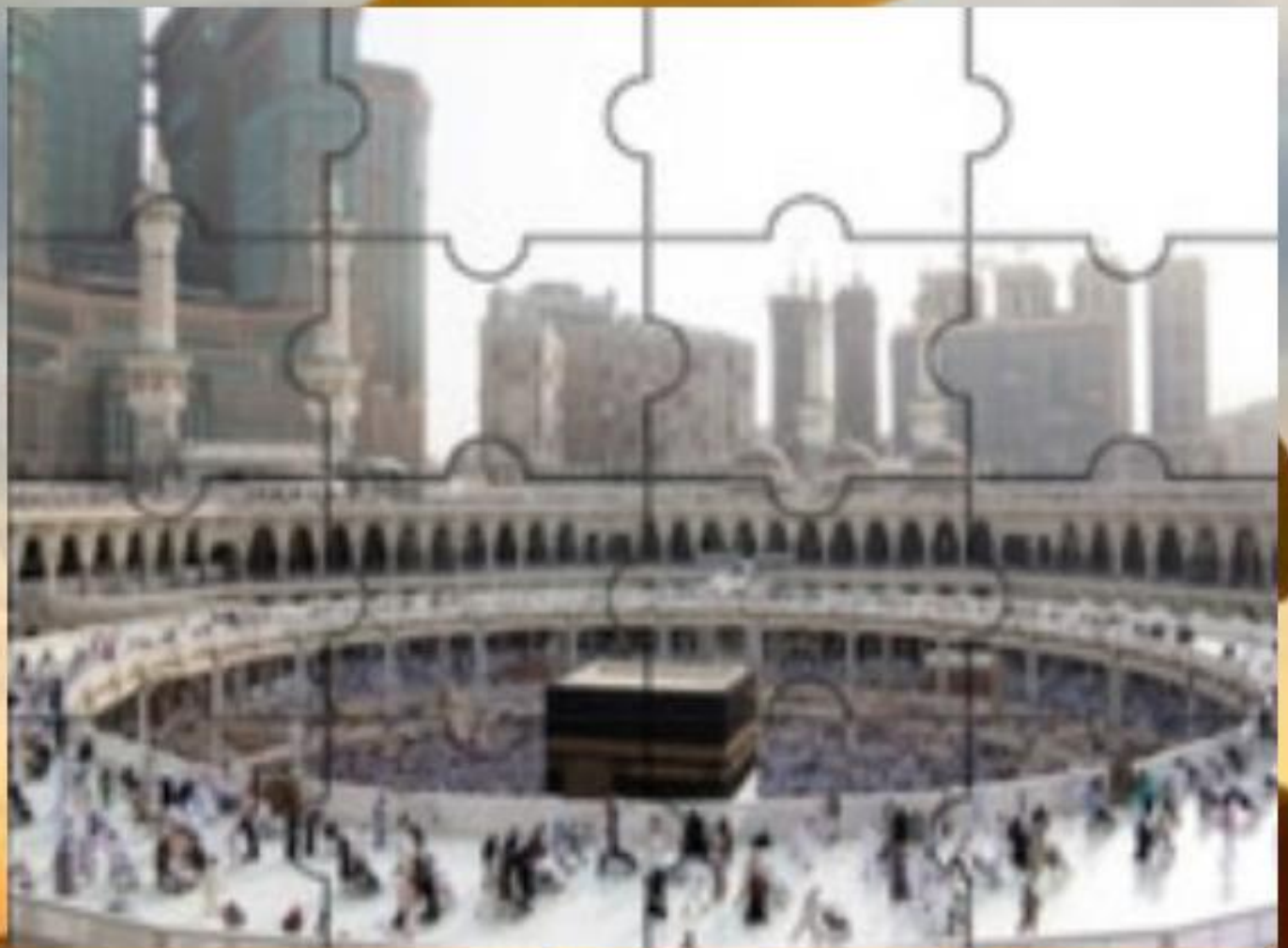
RAMADAN  
FAMILY  
CHARITY  
EID  
FITR  
PRAYER

SUPPLICATION  
SHAYTAN  
PROTECTION  
MERCY  
REPENTANCE

FORGIVENESS  
DUA  
ALLAH  
ZAKAT  
DHIKR

LOVE  
CONNECTION  
RENAISSANCE  
SUHOOR  
TARAWEEH  
QIYAM

# FARAH JIGSAW PUZZLE



One minute  
challenge: Can you  
rearrange the jigsaw  
puzzle in one  
minute?

# THE RAMADAN MAZE!



The Quran was revealed during Ramadan to our Beloved Prophet Muhammad (pbuh). It is the centre core for our life and guidance to all mankind.



#### ACROSS

- 2 The end of Ramadan is celebrated with this festival.
- 4 Ramadan is divided into three sets of 10 days: Mercy, Repentance and protection from \_\_\_\_\_.
- 7 It is the name of the gate to enter Paradise in which people who fast.
- 9 It is narrated by Abu Hurairah (ra) that Prophet Muhammad (pbuh) said, Fasting is a \_\_\_\_\_. So the fasting person should avoid obscene speech and should not behave foolishly and ignorantly, and if somebody fights with him or insults him, he should tell him twice, 'I am fasting.' By the One in Whose hand is my soul, the smell that comes from the mouth of a fasting person is better in the sight of Allah than the scent of musk. (Allah says about the fasting person), 'He has given up his food, drink and desires for My sake. The fast is for Me and I will reward (the fasting person) for it and the reward of good deeds is multiplied ten times.'
- 11 It is said that the odour of a fasting person is more eloquent and fragrant to Allah than this.

- 12 Ramadan is the \_\_\_\_ lunar month of the Muslim Calendar.
- 15 The Night of Power is better than a \_\_\_\_\_ month.
- 16 Like with every action, Ramadan starts with this.
- 17 The Quran was revealed on Laylatul \_\_\_\_\_.

#### DOWN

- 1 Ramadan is one of the \_\_\_\_\_ pillars of Islam.
- 3 Ramadan is when Muslims fast, give charity, perform good deeds, no sexual relations and not do \_\_\_\_\_ acts.
- 5 It is the plural phrase of a food commonly eaten by those who fast and contains high fibre.
- 6 It is the name of the Surah that affirms the Quran was revealed during Ramadan.
- 8 It is the name of the angel in which Allah sent to Muhammad pbuh to reveal the Quran.
- 10 The Quran was revealed for this purpose for all mankind.
- 11 The start of Ramadan is based upon this.
- 13 It is the name of the cave in which the Quran was revealed to Muhammad pbuh in Makkah.
- 14 This battle took place during Ramadan.

# THE RAMADAN CROSSWORD

