



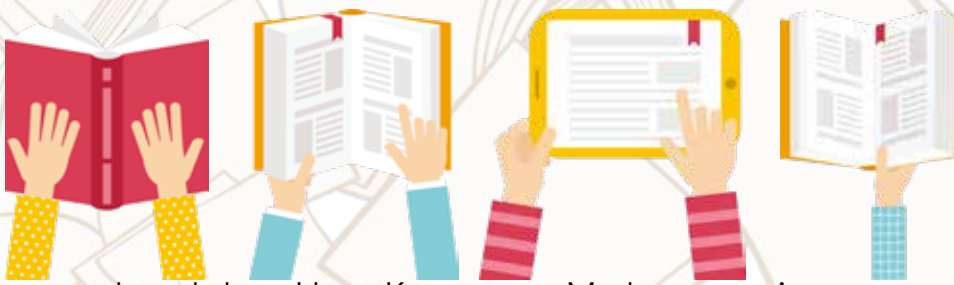
Newsletter

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Please show due respect for this publication
as it contains excerpts from the Holy Qur'an.

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I.U. Participation in 2019 Hong Kong Book Fair a Big Success



The annual week-long Hong Kong Book Fair was held 17 – 23 July 2019 at the Hong Kong Convention and Exhibition Centre. It was the fourth consecutive year that the Islamic Union of Hong Kong (IUHK) and the Islamic Cultural Association (ICA) took part at this popular event.

This year, IUHK and ICA was allocated a 36 square meter booth at the Spiritual Zone of the Book Fair. The Islamic booth at the Hong Kong Book Fair served multiple purposes. It was a medium to promote the image of Islam and the Muslim Community to the general public. Muslims and non-Muslims could take the opportunity to buy new Islamic titles. It was a platform for encouraging people to read and find out more about the truth of Islamic teachings, and provided an excellent opportunity to answer the

non-Muslim visitors' questions on Islam. Free flyers and booklets were also distributed.

To add attractions to the fair, daily cultural activities like Islamic calligraphy demonstration, Ebru painting workshop, mosaic plate workshop and henna drawing were conducted during the book fair period. All these cultural activities created an exciting and fun experience to our visitors. The organizer wishes to express its appreciation to all those who voluntarily contributed effort and time to the administration and operation of the book fair.

Special thanks to Muslim Council Hong Kong for the donation of Chinese and English translated Holy Quran for free distribution at the fair.



ISLAM

My Hajj Experience *by Hajia Aisha Yeung*

Allhamdolillah! At the end of Dhu al-hijja 1440, I was finally called by Allah (SWT) and completed Hajj for the first time.

Before I embarked on my trip, I learned a lot about the pilgrimage from many Muslim friends, so I can say I was a bit well prepared. However, because of my lack of Islamic knowledge, I still felt uneasy for my trip. Three days before departure, I began reviewing all the information intensively. On the day of departure, I could manage to recite the words of obedience and Talbia, which had given me some confidence. I felt my life is about to have an enormous change, a powerful spiritual cleansing journey is going to begin. I also felt deeply when I was drafting my will which made me realized that I am so close to death, the fragility and the impermanence of life and the Might of Allah (SWT).

In state of ihram – symbolizes the abandon of the secular world and turn sincerity only to Allah (SWT). When we entered the state of ihram on the plane, I immediately felt that I had left all the trivial issues of Dunya (i.e. this world) behind and ready to be sincerely entering the Holy City to complete my duty of worship. Finally, it took us more than five hours to arrive at Masjid Haram from our hotel. Fortunately, I was given friendly reminders by some Hajiahs that in order to enjoy the unique culture in Saudi Arabia that one needs to be “sabr” (patience); therefore, as a short-tempered person myself, I learnt to deal with the situation with respect and patience.

Thanks to Allah's guidance and



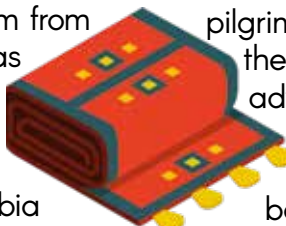
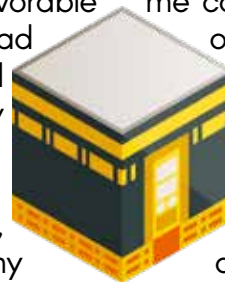
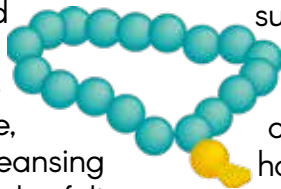
protection, I performed Umrah led by two Pakistani brothers in a clamorous environment. We successfully completed Tawaaf, prayers, we drank Zam Zam water, completed Saa'i and had haircuts. I deeply understood that when I have a firm belief, I can feel and receive care and protection from Allah (SWT) easily. Allhamdolillah eventually I completed the ibadah under unexpected favorable conditions. The days I had encountered in Mina will be unforgettable for my lifetime.

After I completed Umrah, I began to implement my plan of Tawaaf. Although our accommodation was far away from Masjid Haram, I understood that it was not easy to be a pilgrim especially in my situation; therefore, I tried not to let any adverse conditions hinder my plan of worship and performing Tawaaf on behalf of my loved ones. During my stay in Makkah, I knew no places except Masjid Haram and where we stay. I felt really lonely when I saw others doing Tawaaf in pair or in big groups, but I had a feeling I was not alone, Allah is always by my side. One

day, my roommates asked: “Why don't you buy souvenirs for your relatives and friends?” Actually, I had no idea where to get souvenir, until they told me that there is a big shopping mall inside the clock tower where I can buy all kind of things. However at the same time I found that it was very inconvenient for a single lady to go shopping alone in the mall. Almost as an afterthought, I realized this was the arrangement of Allah to make me continue focusing on the rites of Hajj rather than other insignificant activities.

On the 9th of Dha al-Hijja, we arrived at Arafat. No one could leave the campsite without permission at night. I loved the surroundings and atmosphere of Arafat. We made use of the time to perform ibadah. As the weather at night was still very hot, I preferred to pray and read in the open area. I tried to imagine how prophets Muhammad and Adam (peace be upon them) prayed to Allah in the plain of Arafat and the mountain of Jabal Rahmah! I really want to visualise the incident even though I know it is impossible...so I spent a lot time on contemplating those scenarios.

Suddenly, Allah (SWT) showered dew on this arid and hot plain.



Everyone was excited. People raised their hands and made Dua to thank Allah. The torrents rain came afterwards; the strong wind cut off the electricity in our tent. We decided to continue praying while some were crying out of fear, nevertheless I still enjoyed the strong religious atmosphere at Arafat.



Subsequently, we spent more than five hours to reach Muzdalifah but no one is allowed to stay there overnight, our coach must keep moving. While I was travelling on the coach, I saw thousands of pilgrims walking from Arafat to Muzdalifah. Most of them were in pairs, some with elderly and children and some even walked bare foot. I immediately felt guilty as I was travelling by coach. I also felt so blessed that Allah (SWT) loves me so much even though I am a negligible and ordinary servant. At the moment, I am determined to, in-sha Allah, try my best to serve Allah (SWT) in Dunya.

The time I spent in Mina (the city of tents) was a life time memory. Our women group only occupied three tents and each tent has about eighty beds. Although the hygienic condition was good but still many people fell ill. I guess it was due to the insufficient indoor air ventilation. I like to sit alone by the aisle to read and pray. There were some female scholars explained and taught us about Islam in Arabic, French and English. I met sisters from many

different countries. I translated their teaching into Mandarin for Muslims from Mainland China. As such, Allah made my time more fulfilling and meaningful.

On the day of the Eid, I went to Jamarat together with my roommate. After cutting hair, I was told there was no special arrangement of the day. If I decided to go back to Masjid Haram to perform Tawaaf and Saii', I must arrange transportation by myself so I was told better to wait another day and do it together with the farewell Tawaaf. However, I preferred to complete the rite immediately. I went to ask my roommates to go with me, however they were accompanied by their husbands and none of them want to go on that day.

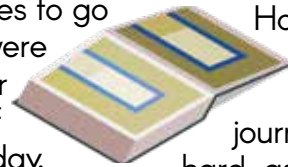
At last, I decided to head back to Masjid Haram after Zuhr by following the pedestrian subway, walking all the way back - Allhamdolillah! I finally finished performing Tawaaf in a crowded situation and returned to the Mina camp safely at around 9 pm, a journey of total 42,330 steps which made me tired, the first time for the Hajj journey.

Finally, there was only one rite left - the farewell Tawaaf. I could not stop paying attention because I knew I could only rely on Allah to let me complete the final task. I am so lucky that The Almighty



Hajia Aisha Yeung (Left)

Allah (SWT) always listen my Dua and take care of me. I wished to complete the farewell Tawaaf on the top level of Masjid Haram on Dhul-hajj 13th, although I was still all by myself, I could deeply felt that Allah is always there with me. My eyes brimming with tears of strong emotions when I looked at Masjid Haram for the last time...



Looking back my Hajj journey, although it was quite hard as I had to finish most of the rites alone, Allhamdolillah I could make good use of my time in Makkah. Because there was no group leader, I constantly contacted Imam Uthman Yang and Imam Noorudin Yang by phone whenever I had questions. May Allah (SWT) reward them and their families as well as the brothers and sisters who have provided me useful information about Hajj and supported me all the way, Ameen! In-sha Allah I wish I can be a real Hajia and a true believer.

May Allah (SWT) give me ability and strength to do more for the Ummah, Ameen Yaa Rabb!



Welcome to Islam

5 May 2019



Alhumdullilah! Another 32 brothers and sisters recently embraced Islam. At a ceremony held in the Seminar Room of Masjid Ammar and Osman Ramju Sadick Islamic Centre on Sunday, 5 May 2019, 28 sisters and 4 brothers joined the Ummah by reciting the Kalimah Shahadah before a large gathering.

The event began with Hafiz Atiq Ur Rehman reciting verses from the Holy Quran and was followed with a talk on "What has Islam brought us" by Bro. Isa Ma, a teacher of Islamic Kasim Tuet Memorial College.

Following Bro. Isa Ma's talk, Imam Uthman Yang Xing Ben, Chief Imam of Masjid Ammar conducted the ceremony by calling on the converts to recite the Declaration of Faith in groups of four.

The Chairman of the Islamic Union of Hong Kong (the Union) Bro. A.R. Suffiad then presented souvenirs to Bro. Isa Ma and the converts after which Uztad Ishaq Ma Da'wah Worker of the Union, said a Dua.

The converts came from three different countries with 21 from the Philippines, 8 from China and 3 from Indonesia.

Souvenirs consisting of prayers mats, prayer caps, Quran and prayer beads were presented to the brothers while the sisters were also presented with prayer gowns, scarfs and pins.

The event was organized by the Da'wah Committee of the Union.



The Golden Age of Arabic Science Exhibition

The Dawah Committee organized a trip to visit the “1001 Inventions – The Golden Age of Arabic Science” exhibition in the Macao Science Center on 13 July 2019. This is an educational exhibition on the history of scientific development starting from the 7th century in the region we know today as the Middle East.

There are more than 60 interactive exhibits like



short films, guided tours and workshops. The tour guide introduced some highlights of the exhibition, such as, Ibn Al- Haytham – the mysteries of “how we see”, Elephant Clock, Astrolabe, Al- Zahrawi’s Surgical Tools in 10th century and VR fight simulator. There were also exhibits on the daily life of Muslims, Muslim apparels, Halal food and restaurants, Masjid and Muslim Cemetery. This exhibition let the public understand more about Islam and Muslim civilisation, popular culture and technologies today, such as coffee, cameras and carpets, are actually derived from the invention and wisdom of the ancient Muslim.

The group performed prayer and had lunch at the Macao Masjid after the exhibition. “The Golden Age of Arabic Science Exhibition from 1001 Inventions” will be closed on 27 October 2019.



12th Understanding Islam Course

An “Understanding Islam Course” was organised by the Da’wah Committee.

eligible students.

Beginning on 24 February 2019, the ten-session course ended on 28 April 2019. A closing ceremony was held on 5 May, after a conversion ceremony. Haji Kasim Ma Fung Wai, chairman of the Union’s Da’wah Committee presented certificates to the 27

Amongst the subjects taught at the course were: Existence of the Creator, Islam – religion of Peace, Lifestyle of Muslims, Six beliefs of Islam, Five pillars of Islam, Life of Prophet Muhammad, Quran and the miracle of the universe, Women in Islam, Halal food, Life and Death.



EVENT

Summer Camp for Youths



The Youth, Education & Sports Committee (YES) recently organized a summer camp for youths at the Pokfulam RHAB campsite. Over 50 youngsters, mostly secondary school and university students took part in this rewarding outing.

On the afternoon of 22 June 2019, the participants assembled at the Seminar Room of Masjid Ammar and Osman Ramju Sadick Islamic Centre where they were briefed by Bro. Jaffar Hussain, Chairman of the Committee. Following Zuhur prayers, the youngsters departed for the campsite.

The two-day camp ended with a sharing session chaired by Bro. Zaiq Ali, a registered social worker and honorary secretary of the Committee. Others who shared the elevation on the camp

included Sis. Aisha Ansari, Sis. Sumarie Nasar, Sis Khadija Wong and Bro.

their contribution in making this camp so successful.



Usama Qaisar.

The purpose of the camp was to encourage the youths to be active in the community and firm in their Faith.



At the campsite Ustad Firdous Wong, founder and president of the Multiracial Reverted Muslims, Malaysia spoke on 'Muslim Youths in Modern Times' and addressed the many challenges facing the young generation. He encouraged them to keep learning about Islam and get to know about the life and teachings of Prophet Muhammad (PBUH) and the stories of the Sahabahs.

Bro. Jaffar thanked the team members, volunteers and participants for making the camp a huge success.

May Allah Kareem reward everyone for



Learning Tae-Kwon-Do



Get in there young! Martial Arts is said to develop both mind and body.



The Hong Kong Islamic Youth Association (HKIYA) and The Youth, Education & Sports Committee (YES), of the Islamic Union of Hong Kong organized an introductory Taekwondo course for children age between 5 – 15 years in July 2019 at the Masjid Ammar & O.R.S. Islamic Centre. The sessions were conducted by Sr. Nafeesa, a qualified coach of Hong Kong Taekwondo Association.

It gives opportunity for children to build self-esteem, concentration, self-discipline, patience, a positive attitude, and self-confidence. A total of 16 children were introduced to some of the basic skills of Taekwondo such as front kicks, turning kicks, punches and block patterns. The aim was to challenge their minds and bodies.

Not only did the children had fun and enjoy the class, but also their parents, they were thankful and appreciated the organizers for providing

Taekwondo classes for children. Some of the comments by the parents.

Br Bilal: "Thank you for hosting this brilliant event. So nice to see the kids having such a lovely time together."

Br Sultan said: "It was awesome!!! Thanks for arranging the activity."

Sr Sahara said: "Keep up with the good works and my sincere thanks to all of you to make this happen! It was great! I

am extremely happy seeing a mosque, being utilized wisely for community activities apart from the usual! It has given a different perspective – a mosque is for the children! It showed them a mosque could be a fun place! I hope to see more of these beautiful events taking place. Alhumdulilah, keep up the amazing work. For adults and children."

Parents' stayed in the activity room to encourage their children, which filled the atmosphere with joy and laughs. Insha'Allah, in the future, more activities will be organised.



One Belt One Road – Islamic Cultural Lecture

Dawah Committee of the Islamic Union of Hong Kong and Hong Kong Chinese Islamic Federation co-organized a "One Belt One Road – Islamic Cultural Lecture" on 8 June 2019. Prof. Jin Li-yan was invited to give a talk on the porcelain culture of Islam. Prof. Jin is a Chinese Muslim (Hui) from Beijing, ancient porcelain scholar, studied in Japan and graduated from Keio University with a Doctor in Art History.

The talk aimed to give audience a better

understanding on Islam through the culture of porcelain from countries along the "One Belt One Road" initiative. Prof. Jin explained the Islamic culture in China and promoted culture exchange through his interesting pictorial presentation. Amongst the many antique porcelains in the presentation, there were Islamic porcelains from Ming Dynasty which are still preserved in a mosque in Beijing. The lecture was well attended and has broadened the audiences' knowledge on the history of Islam in China.

EVENT

Halaqoh Eid Gathering

by Uztad Abdul Muhaemin bin Karim

In conjunction with the Da'wah Committee of the Islamic Union of Hong Kong (the Union), an Indonesian sister organization Halaqoh organized an Eid (Hari Raya) gathering on 9 June 2019 at the Osman Ramju Sadick Islamic Centre.

The function was attended by more than 250 sisters from all over the territory. At began with recitation of verses from the Holy Quran after which Professor Udin Kamiluddin from Indonesia and Uztad Abdul Muhaemin bin Karim the Union's da'wah worker delivered talks to the gathering.

The main objective of the gathering was to thank Allah (SWT) for giving them the will, the strength and the endurance to observe fast during the Holy Month of Ramadhan and to show their gratitude to Him.

In his talk to the audience, Uztad Muhaemin said that Eid celebration brings rejoicing and happiness. However the happiness is not because of

the departure of Ramadhan; the happiness is because of the successful completion of one month's training and the completion of an important task.

Bro. Udin told the audience that the Eid gathering is a day of remembrance and prayers to Allah (SWT); to glorify His name and to demonstrate their remembrance of His favours. Along with that, to remember the deceased by praying to Allah (SWT) to bless their souls; the needy by extending a helping hand; the grieved by showing them sympathy and the sick by cheerful visits and utterances of good wishes.

Nasheed was performed during the gathering by the Shalawat Group and prizes were given to those who could correctly answer questions put to them by the speakers.

Alhumdullilah! The gathering was very successful and closed with a du'a by Uztad Abdul Muhaemin bin Karim



Be like a date palm to the people it provides food at all times

A Muslim ought to be a giver who will not refrain from giving. He will be generous and sincere. When he is like this, he hopes for nothing except reward and recompense from Allah the Mighty and Majestic. He will not wait for people's praises; or an act of reciprocity over a good statement or act that he made or did for them. He does all that hoping for good in the Hereafter, and what Allah has prepared therein for the generous.

A Muslim is like a date palm which produces fruits all year around. Its fruits are sweet; people throw stones at it while it throws dates back at them. Its load is minor while its produce is vast.

Abdullah Ibn Umar (ra) narrated that the Messenger (ra) said to him: 'Tell me about a tree which is like a Muslim; its leaves never get dry and it produces fruits all times?' Ibn Umar said: 'I felt in my mind it was the date palm but I could observe Abu Bakr and Umar (ra) were not willing to talk, thus I hated that I should say something.' Later Umar (ra) told me: 'If you had said it, it would have been better for me than such-and such.' (Muslim)

The Messenger of Allah (saw) wanted to draw the attention of those present a very magnificent description of a Muslim which is the characteristic of a giver. He (saw) wanted to draw the attention to the benefit of doing good without looking round and without being gratuitous or causing any harm because a generous person can be subjected to harm when he gives and gives unendingly.

We have a good lesson in what Abu Bakr (ra) did to a relative of his, Mistah, who plunged into assassinating the character of his noble daughter, Aisha, the wife of the Prophet (saw). Abu Bakr (ra) later chose Allah's option that he should

continue to give without holding back and he was pleased with

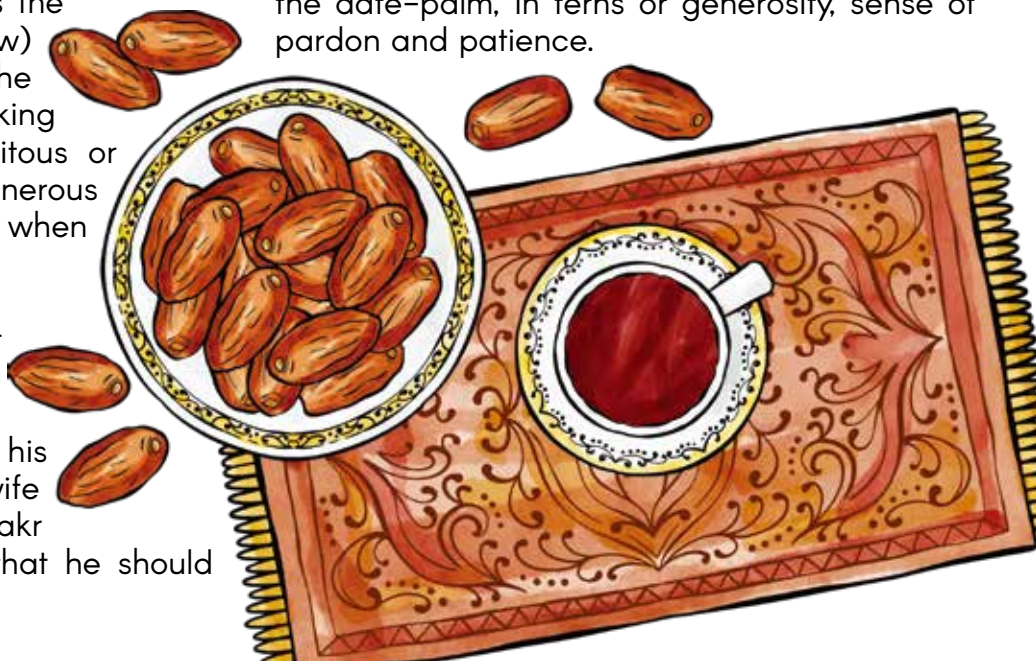
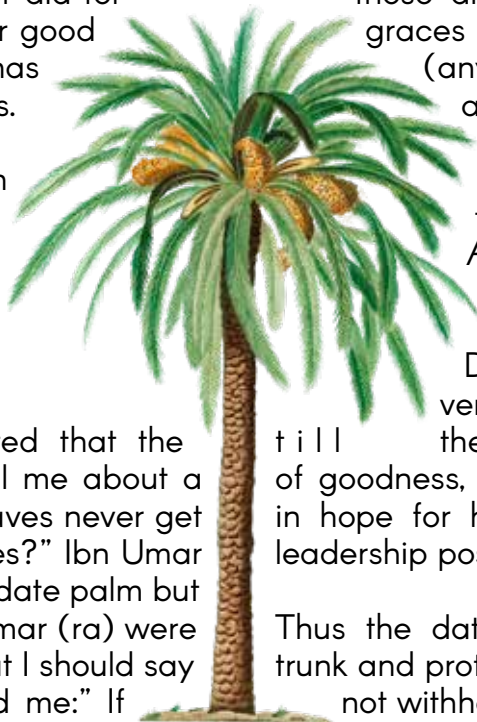
Allah's pardon for him, and His pleasure. The story was mentioned in the Qur'an: "And let not those among you who are blessed with graces and wealth swear not to give (any sort of help) to their kinsmen, and those who left their homes for Allah's cause. Let them pardon and forgive. Do you not love that Allah should forgive you? And Allah is Oft-Forgiving, Most Merciful." (An-Nur: 22)

Despite the fact that it came in one verse, it establishes for the ummah, till the coming of the Hour, meanings of goodness, pardon and generosity not done in hope for honour, popularity or craving for leadership position.

Thus the date-palm, despite its height, long trunk and protection over its fruits high up, does not withhold even if the person in need of it is child or an outcast. If one of them were to throw stones at it, it would not budge. This is the reason this tree is the best of all trees in worth to the people. In the same manner, the best of the people is he who shows some semblance with the date-palm, in terms of generosity, sense of pardon and patience.



Ustazd Abdul Muhaemin Karim
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IU MATTERS

IU Hockey Team Win Tournament in Cambodia - And Do Charity Work

At the invitation of the Phnom Penh Hockey Association in Cambodia, the Union recently took part in a seven-a-side hockey tournament. On 24 August and 25 August 2019 in Phnom Penh. The tournament with a total of seven teams from Cambodia, Thailand, Laos and Hong Kong took part.

The squad, comprising of 20 players and officials, left Hong Kong on Friday, 23 August 2019 and on arrival at Phnom Penh airport after a three hour flight,

The team was met by representatives of the Cambodian Muslim Women Alliance (CMWA) a non-government organization actively involved in charity work in Cambodia.

The following day, the team participated in the Phnom Penh Seven-A-Side Tournament winning the championship; scoring the most goals in the tournament (18) and having one of its player – Bro. Usman – voted the best player of the tournament.

Muslim scholars mostly from Fatani (Al Fatani) introduced Islam to Cambodia converting many people – especially Champas – to the religion. The Muslim population is now estimated at one million, the majority living in the provinces of Kampong Cham and Tbung Khumum.



□ The Union's hockey team attended Seven-A-Side tournament in Cambodia and won championship.



The country has more than 600 Masjids and many musallahs. The biggest Masjid is the Alserkal Grand Masjid situated in Phnom Penh which can accommodate about 3,500 worshippers. Completed in 2014 with funds provided by a businessman from the United Arab Emirates, the opening ceremony held on a Friday, was attended by Hun Sen, the Prime Minister of Cambodia and over 1,000 people.

Whilst in the country, the team visited Chong

Koh Village which is a few hours drive from the capital. Situated on an island, the village is inhabited by 287 Cham families – all Muslims – who fish for a living. The Cham Muslims make out less than 5% of Cambodia's population of 16.5 million and are descendants of an ancient civilization. Sadly, they were singled out for slaughter by the Khmer Rouge during their brutal reign of terror in the 1970's during which nearly two million Cambodians were slaughtered.

On the morning of 24 August the team visited the "Genocide Museum" where they were shown exhibits of the genocide and instruments used to torture the helpless victims.

In response to an application from CMWA, the YES Committee of the Union launched an appeal for funds



to provide food packets to Muslims of Chong Koh. The cost of the food packets ranged between US\$13 to US\$25 and contained rice, noodles, oil, sugar, sauce, milk, sardines, and salt.

An initial sum of US\$4,900 was sent to CMWA by telegraphic transfer on 23 July 2019 to facilitate purchase and packing in time for the team's arrival while another sum of US\$1,700 was sent on 19 August 2019 making a total of US\$6,600.

On Monday, 26 August 2019, the team visited Chong Koh Village and in an exercise which took three hours to complete, distributed the food packets to the people.

The players were accompanied by Bro. Kader Rahman, a qualified coach who served as technical consultant. Himself a keen hockey player, Bro. Rahman represented Hong Kong in the Asian and Olympic games.



According to Bro. Rahman, the youngsters showed much better teamwork in this tournament and this contributed immensely to the team winning the championship.

Bro. Firdaus Wong founder and president of the Multi-Racial Reverted Muslims of Malaysia joined the team in Cambodia with the aim of doing a study on Da'wah in the country. At the invitation of CMWA he delivered a short talk on Islam on 26 August 2019 to the villagers at the KM9 Masjid in Chong Koh village. The team's visit was given wide coverage by CAMTV, a local news channel.

A strong supporter of the Union's hockey team Bro. Majid bin Hassan once again kindly looked after the

expenses of the students by donating \$50,000 – a gesture very much appreciated by the youngsters.

Eid-ul-Adha Prayer

This year's Eid-ul-Adha was fall on Sunday, 11 August 2019. Muslims in Hong Kong comprise a multi-diverse group of communities, in order to let everyone enjoy the joy of Eid, three Eid prayers were held at Masjid Ammar.

The earliest Eid prayer was led by Haifz Atiq ur Rahman at 7:30am with a short talk given in Urdu, second prayer was led by Imam Uthman Yang at 9:00am with a short talk in Cantonese, and the last prayer according to Shafi'i madhhab was led by Imam Ishaq Ma at 10:15am with a short talk in English.



HADEETH

حديث أبي هريرة قال: جاء رجل إلى رسول الله صلى الله عليه وسلم فقال: يا رسول الله، من أحق الناس بحسن صحابتي؟ -يعني: صحبتي، قال: أمك قال: ثم من؟ قال: أمك، قال: ثم من؟ قال: أمك، قال: ثم من؟ قال: أبوك (متفق عليه)

In a hadeeth of Prophet Muhammad, a man came to the Prophet asking, “Who among the people is the most worthy of my good companionship?” The Prophet said: “your mother.” The man said, ‘Then who?’ The Prophet said, then your mother. The man further asked, ‘Then who?’ The Prophet said, then your mother. The man asked again, ‘Then who?’ The Prophet replied, then your father. (Saheeh Al-Bukhari, Saheeh Muslim)

來當願「母（問答子人（：的聖又回男眾聖說你穆子）名在穆又「男之一「子：？個安，：？男說誰那福載道呢那）是」主記問）之後。願中前待。安然親（訓面（母親福「母聖的）伴的願問你穆的）之陪你（步「之安要「聖一：？」安福當：穆進說誰福主應說「子）是親主願我）？男之後的願（是之誰那安然的（聖誰安是「福「聖穆，福後。主：：穆到中主然親願道說

QURAN

وَاخْفِضْ لَهُمَا جَنَاحَ الذُّلِّ مِنَ الرَّحْمَةِ وَقُلْ رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا
(24:17)

And lower to them the wing of humbleness out of mercy and say: "My Lord, be merciful to them, as they raised me since I was little." (17:24)

你應當必恭必敬地服侍他倆，你應當說：「我的主啊！求你憐憫他倆，就像我年幼時他倆養育我那樣。」（17:24）

DUA'H

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ
(41:14)

O our Lord! grant me protection and my parents and the
believers on the day when the reckoning shall come to pass!
(14:41)

我們的主啊！求你在清算之日饒恕我和我的雙親和信士們。（14:41）

Public Talk on Spiritual Life Bro. Isa Ma

On June 30th 2019, Sheikh Omar Husain delivered two lectures at the Islamic Union of Hong Kong and interacted passionately with the audience.

Sheikh Omar is the Religious Director at the Muslim Children Education and Civic Center in San Antonio, USA and holds an MA in counselling and guidance. He is also a graduate of Al-Azhar University in Cairo, the oldest institute of Islamic learning in the world. He has delivered many talks around the world on various contemporary issues affecting Muslims today.

In the first lecture, titled Effective Stress Management: An Islamic Perspective, Sheikh Omar talked about the common sources of stress in modern life. He examined different reasons that people feel stressed and shed light on the measures to deal with stress as Muslims. He quoted that the Prophet Muhammad (peace be upon him) said, "Strange are the ways of a believer for there is good in every affair of his and this is not the case with anyone else except in the case of a believer for if he has an occasion to feel delight, he thanks (God), thus there is a good for him in it, and if he gets into trouble and shows resignation (and endures it patiently), there is a good for him in it." (Narrated by Suhaib in Sahih Muslim). He mentioned that the top management personnel of the world major technologies companies often have strict restraints on their children's use of the technologies that they provide because they know the profound influence of digital technologies to mental health. He pointed out that essentially we



have to keep a lively connection with our sense of purpose as informed by the Islamic faith so as to navigate us through the various mental health problems.

In his second lecture, titled Harmony of Two Lives: The Struggle for Balance, He shocked the audience by saying that the two lives cannot be balanced, and then explained cleverly that the reason is the afterlife is certainly superior. He encouraged the audience to be firm in their faith and to stand strong against the temptations and distractions of the temporary life. He quoted the beautiful words from the Qur'an, "...For those who do good in this world is good; and the home of the Hereafter is better. And how excellent is the home of the righteous" (16:30).

After each lecture Sheikh Omar invited the audience to ask questions and he answered in a detailed manner. One brother

asked, "What if we are content with our portion of this world but people who are close to us, for example, family members, are anxious about the worldly possessions, and thus a conflict arises?" Sheikh Omar jokingly replied, "Welcome to life." He explained by saying that this is one of the hardest struggles for believers and opening loved ones' eyes to the reality of life required a large amount of patience.

Prior to the second lecture, there was a conversion ceremony for two local sisters. They took the Shahadah under the guidance of our guest. May Allah preserve them on His path. Ameen.



EVENT

TALK ON "MERCY TO THE UNIVERSE" PART II

On the 24th of June, 2019, Mercy to the Universe (II) was held by the YES Committee on the 6th floor of Masjid Ammar. The purpose of the workshop was to equip the Muslim brothers and sisters who are active in the Dawah field with the necessary Islamic knowledge and practical skills for them to conduct their Da'wah activities and help them face challenging situations confidently.

The workshop was conducted fulfilled by Bro. Firdaus Wong, the founder of the Multiracial Reverted Muslims from Malaysia. The central topic of the workshop was "Effective Communication in Da'wah".

Bro. Firdaus had introduced the AIDAR system. 'A' for attention, it is about how to get the attention of others to talk about Islam. 'I' for interest, it is about how to grasp their interest. 'D' for desire, it is to increase their interest. 'A' for action, it is about how to motivate them to



take action and lastly, 'R' is for retention, it is about how to ensure the consistency is there.

Bro. Firdaus also explained the importance of understanding why there were different reactions in the same contexts? It is because what we say is only accounted for 7% of what is believed, and the way we say it accounts for 38% and what others see accounts for 55%. It is also equally important to understand human motivation which could be towards or away from something. For example, we Muslims pray to fulfil our responsibility or it is to stay away from

hellfire? When the audience was asked with this question, the answer varied.

There were many Da'wah-related topics covered during the workshop and the Brother Firdaus did an outstanding job of sharing his expertise with participants.



Fatihah for Haji O.R. Sadick, benefactors and others

On 24 August 2019, The Islamic Union of Hong Kong held a religious function in memory of its main benefactor late Haji Osman Ramju Sadick and for all those who have returned to Allah (SWT).

By the will of the late Haji Osman Ramju Sadick, who had bequeathed one quarter of his estate to the Union to carry on its social and welfare work for Muslims in the name of Allah.

After being the Union's Chairman for five consecutive years, from 1967 to 1971 when Haji Sadick stopped being actively involved in Committee work because of health. He had previously served on its Committee in one capacity or another for more than 20 years. He continued, however, to give invaluable advice and moral and material support.

He returned to Allah on 24 August 1967 at the age of 67 after a lifetime during which he found not only material success but also spiritual satisfaction by trying always to meet his obligation to Islam — the religion he embraced. He spent so much time and money consistently on Islamic matters. He is sorely missed in every way.

The Fatihah gathering started off by the recitation of verses from the Holy Quran by Uztad Ishaq Ma. Followed by a short talk in English on "The Importance of Gratitude in Islam" by Imam Mohammed Ramadhan Shaojie Ding, Imam of Macau Mosque, "He will pay them their dues in full, and will increase them from His bounty. He is Forgiving and Appreciative." (Quran: 35:30) said Imam Ding. Imam Ding concluded his talk by reminding the audience, believers must strive to perfect their worship and put their faith in actions.

Followed by recitation from Verses of Holy Quran by Hafiz Atiq-Ur-Rehman and Hafiz Rashid Nomani, the event ended with a dua by Imam Uthman Yang Xing Ben, Chief Imam, Masjid Ammar. May Allah have mercy on Haji O.R. Sadick, all benefactors and other Muslim brothers and sisters' soul.



SEWING CLASSES GAINING IN POPULARITY



The Union received a generous donation of \$60,000 from the Consulate General of the United Arab Emirates in Hong Kong for upgrading sewing classes in the Centre.

At a ceremony held in the Conference Room of Masjid Ammar and Osman Ramju Sadick Islamic Centre on Tuesday, 9 July 2019 the cheque was handed over to Bro. A.R. Suffiad, Chairman of the Union by Her Excellency Nabila Abdelaziz Nasir Saeed Alshamsi, the Consul General of the United Arab Emirates in Hong Kong.

The donation was used to construct a new room on the 6th floor, to purchase 9 new sewing machines and new furniture.



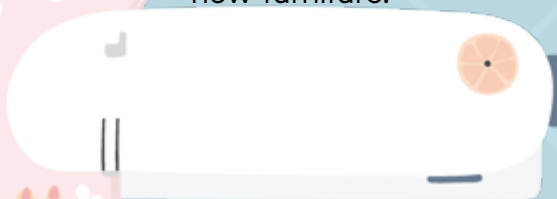
The Union began organizing sewing class in January 2008 when it applied to and received HK\$52,800 from Muslim Aid London. This was spent on the purchase of 8 sets of sewing machines, furniture, installation of wiring and electrical sockets in a small room on the seventh floor of the Centre.

The aim of these classes is to empower Muslims – especially domestic helpers – to build their self-confidence and equip them with new knowledge and skill useful in their daily lives especially on return to their homeland.

In the beginning, there were only 2 classes, one on Sunday morning and one in the afternoon with 15 students in each class. Later, the classes were expanded to three, to take in one in the evening for sisters from the Philippines.

Starting from early 2018, the classes were run every Wednesday, Friday, Saturday and Sunday with about 15 students in each class held in a small room on the seventh floor. Because of the overwhelming demand on Sundays, the class was extended to the mezzanine floor to accommodate around 90 students.

There are now five sewing classes with more than 180 students who are taught by 4 volunteer teachers who do not





receive any allowance or salary. All classes are free. The cost of materials and maintenance of machines were voluntarily paid by the students and when needed, subsidized by the Union.

According to Sis. Sri Biarti, who has been teaching sewing in the Centre for over 7 years, the feedback from those sisters who returned to their homeland is that the skill they learned during their time in Hong Kong enabled them to earn an honest and decent living and many have expressed their gratitude for being given the opportunity to learn a new skill.

A formal opening ceremony was held on Friday, 2 August 2019 at which a miniature sewing machine made by the students was presented to Her Excellency by Bro. Suffiad, after which group photographs were taken and light refreshments were served.

Apart from sewing, the Welfare Committee in conjunction with Indonesian Muslim organizations such as Halaqoh, organise computer and English classes. At the moment, 25 students are attending computer classes while 20 students are attending English classes. As with sewing classes the teachers are all volunteers and receive no salary or allowance.



暑假齊學跆拳道

年輕人動起來！據說武術能發展身心！

香港伊斯蘭聯會的青年、教育及體育委員會與香港伊斯蘭青年

協會於2019年7月，在灣仔愛群清真寺為5至15歲的兒童聯合舉辦了跆拳道入門課程，該課程由香港跆拳道協會合格教練Nafeesa姊妹擔任教練。

該課程為兒童提供了一個建立自尊、專注力、自律、耐心、積極態度及自信心的機

會，為總數16名孩子介紹了跆拳道的一些基本技能，例如前踢、轉身踢、拳打及

格擋等，課程旨在挑戰他們의思想和身體，在安全的學習環境中促進身心發展。

孩子們不僅玩得開心地享受課堂，他們的父母也感謝委員會為孩子們提供這次機會讓孩子們接觸跆拳道。父母們在上課期間在旁鼓勵孩子們，令課堂充滿了歡樂氣氛。感謝真主，不久將來我們會舉辦更多對青少年有益的活動，請繼續參加並提供支持。



忠孝節會禮

一年一度伊斯蘭兩大節日之一的忠孝節會禮於2019年8月3日上午假灣仔愛群清真寺暨林士德伊斯蘭中心舉行，今年因適逢周末假日，為滿足大眾所需，本會安排了三場會禮，上午7:30由Hafiz Atiqur Rehman帶領儀式，而上午9:30由楊興本教長帶領，最後一場10:15由馬超興教長帶領會禮儀式。每場會禮約30分鐘。

成班前約半小時，信眾們一起讚頌大讚詞至會

禮開始，會禮是兩拜，每拜中附加多個「特格比爾」（Takbir），為廣大信眾安排了三種語言：中文、烏爾都文、英文等進行演講。

每場會禮均座無虛席。會禮結束後，教友們分別走向大殿前方相互道安恭賀佳節愉快，之後前往五樓餐廳享用點心，有的則相約其他地方聚會，大家開心地度過了一個美好的節日。



仲夏逍遙海下遊 Midsummer Hiking at Hoi Ha

2019.6.23 (Sun)



一帶一路之伊斯蘭傳文化講座

香港伊斯蘭聯會宣教委員會與香港中國回教協會於2019年6月8日合辦了「一帶一路－伊斯蘭文化講座」。

金立言教授應邀就瓷器文化進行了演講，金教授是來自北京的中國穆斯林（回族）、古代瓷器專家，曾在日本留學，從慶應義塾大學獲得藝術史博士學位。

演講旨在通過「一帶一路」沿線國家的瓷器文化，使聽眾更好地了解伊斯蘭。金教授解釋了中國的伊斯蘭文化，並通過有趣的圖片展示促進了文化交流。在介紹的眾多古董瓷器中，其中有明代的伊斯蘭瓷器，這些瓷器仍收藏在北京的清真寺中。講座參加人數眾多，金教授的講解令聽眾更深入的了解中國伊斯蘭歷史。

「只為慈憫全世界」工作坊2

於2019年6月24日，香港伊斯蘭聯會的青年、教育及體育委員會（YES）在愛群清真寺暨林士德伊斯蘭中心6樓研討室舉行了「只為慈憫全世界II」工作坊。工作坊的目的是為活躍於宣教工作的穆斯林兄弟姐妹們提供必要的伊斯蘭知識和實踐技能，以幫助他們開展宣教活動，並幫助他們自信地應對挑戰。

來自馬來西亞的多元種族皈依穆斯林協會（MRM）創始人及主席黃偉雄兄弟實踐了工作坊的目標，其中心主題是「有效的宣教交流」。

他介紹了「AIDAR系統」，「A」代表關注，如何吸引人們對談論伊斯蘭的關注；「I」代表興趣，如何把握人們的興趣；「D」代表欲望，如何增加人們了解



伊斯蘭的欲望；「A」代表行動，如何激勵人們採取行動；最後的「R」代表保留，如何確保對人始終如一的態度。

黃偉雄兄弟還解釋了對來自不同背景的人面對相同的內容會有不同反應的理解的重要性。這是因為我們所說的內容僅佔信仰的7%，而我們說話的方式卻佔了38%，而其他因素則佔了55%。同樣重要的是，要理解人們的動力可以走向亦可以是遠離某種事物，就如我們穆斯林祈禱是履行我們的責任，還是要遠離地獄之火？當聽眾聽到這個問題時，答案可以是多種多樣的。

該工作坊還涵蓋了許多與宣教有關的主題，黃偉雄兄弟在與參與者分享他的專業知識方面做得非常出色。



印尼姊妹團縫紉班越來越受歡迎

香港伊斯蘭聯會近日從阿聯酋駐港領事館收到了一筆\$60,000的慷慨捐款，該筆捐款將用於營運印尼姊妹團的縫紉班。



周日，每班約15名學生，大部份課堂均在七樓的小房間舉行。但由於週日的課堂需求特別大，課堂須移師至一樓平台舉行，該處可容納約90名學生。

支票移交儀式於2019年7月9日（星期二），在愛群清真寺暨林士德伊斯蘭中心的會議室舉行。支票由阿聯酋駐港領事館總領事 Nabila Abdelaziz Nasir Saeed Alshamsi 女士遞交給伊聯會主席石輝兄弟。



現時中心有五個縫紉班進行中，約180多名學生由4名義務老師教授，老師們完全沒領到任何津貼或工資。所有課程均為免費，材料和縫紉機的維護費由學生自行支付，在有需要時由伊聯會提供補貼。

該項捐款用於在六樓圖書館內建造一間新的課室、購買9台全新的縫紉機，並且購買了新的家具。

伊聯會早於2008年1月向穆斯林援助（倫敦）（Muslim Aid London）申請並獲得了\$52,800港元的捐款開辦縫紉班。該款項用於改裝七樓一個小房間，包括加設電線及電源插座、購買8台縫紉機及家具等。



據在中心教授縫紉班逾7年的Sis. Sri Biarti說，收到已回祖國的姐妹們反饋的意見表示，他們在香港學到的技能讓他們的生活變得比以往更好，對於曾經有機會學習生活技能，她們均表示感謝。

這些課程的目的旨在讓穆斯林——特別是家庭傭工——能夠建立自信，並為他們提供對日常生活有用的新知識和技能，特別是當她們回到祖國後的生活。



於2019年8月2日（星期五），伊聯會為全新的縫紉班課室舉行了正式的開幕禮，學生們準備的一台縫紉機模型，由伊聯會主席石輝兄弟代表送贈給阿聯酋駐港領事館總領事 Nabila Abdelaziz Nasir Saeed Alshamsi 女士。開幕禮後出席人士拍攝大合照，並享用了簡單的點心。

縫紉班在剛開始時只開辦了2班，分別於周日早上及下午，每班只有15名學生。後來增加至三班，為菲律賓姐妹加設了晚上的課堂。

從2018年初開始，課堂增至逢週三、週五、週六及

除縫紉班外，伊聯會的福利委員會還與印尼穆斯林組織如印尼姊妹團（Halaqoh）合作，舉辦電腦班及英語班。目前正在上電腦課的學生有25名，而正在上英語課的學生有20名。與縫紉班一樣，教師均為義工，完全沒收取任何工資或津貼。



印尼姊妹團開齋節聚會

香港伊斯蘭聯會聯同印尼姊妹團Halaqoh於2019年6月9日，在愛群清真寺暨林士德伊斯蘭中心6樓研討室合辦了開齋節聚會。

來自香港各地250多名姊妹參加是次活動。由來自印尼的Udin Kamiluddin教授背誦《古蘭經》的經文後，伊聯會的宣教委員會的穆海明老師進行了演講。

是次聚會的主要目的是感謝真主（SWT）賜予他們意志、力量以及忍耐力，在齋月期間進行齋戒並向祂表示感謝。

在穆海明老師的演講中提到，開齋節慶祝活動帶來歡

樂和幸福，然而幸福並不會因為齋戒月完結而離去，這份幸福是源自完成了這一個月的重要任務。

Udin教授指出，開齋節聚會是紀念和向真主（SWT）禱告的日子，榮耀他的名，並感念他的恩惠。向有需要的人伸出援助之手，透過愉快的問候和祝願向他們表達同情和對他們的病痛所感到的悲傷。

Shalawat小組在聚會進行期間朗誦了讚聖詩，之後進行了有獎問答遊戲。

贊美真主！聚會在穆海明老師念誦祈禱詞後完滿地結束。



從伊斯蘭角度看人生

2019年6月30日，Sheikh Omar Husain在香港伊斯蘭聯會舉辦了兩場講座，與觀眾熱情互動。

Sheikh Omar Husain是美國聖安東尼奧穆斯林兒童教育和文娛中心的宗教主任、持有「諮詢及指導」的碩士學位。他還畢業於開羅的艾資哈爾大學（Al-Azhar University），這是世界上最古老的伊斯蘭教育機構。他是一位非常有經驗的演講者，曾經就現時各種會影響穆斯林的問題在世界各地進行多次會談。

首場講座的題目為「從伊斯蘭角度管理壓力」，Sheikh Omar談到了生活常見中常見的壓力來源。他研究人感到壓力的不同原因，並闡明了穆斯林應如何應付壓力。他提到世界大型技術公司的管理人員，經常嚴格限制孩子使用他們提供的技術，因為他們知道數碼科技對心理健康深遠影響。他表示我們必須保持信仰，引領我們解決各種心理健康問題。

第二場講座的題目為「爭取平衡



達致兩世和諧」，他說兩世其實並不可能達致平衡，並解釋了原因是後世肯定是較優越的。他鼓勵參加者堅定信仰，堅決抵抗生活中誘惑和分心。他引用了《古蘭經》：「……行善者在 今世將享受美滿的生活，而後世的住宅確是更好的。敬愛者的住宅真優美。」（16:30）。

每次演講後，Sheikh Omar均邀請參加者提問，並詳細回答。一位兄弟問：「如果我們對這個世界感到滿意，但我們的親人對世俗財產感到焦慮，從而產生了衝突，該怎麼辦？」Sheikh Omar開玩笑地說：「歡迎來到現實生活！」他解釋指，這是穆斯林最艱難的奮鬥之一，讓親人了解真理需要極大的耐心。

在第二場演講前，還為決定皈依伊斯蘭的兩個姐妹舉行了一場小型的入教儀式。他們在參加者的引導下宣讀作證詞。願真主保佑他們。阿敏。

馬沛聰兄弟

新聞

鮮魚行學校非華裔口生克眼中文入真光

大角嘴的鮮魚行學校，不少學生來自基層，今年有八成三學生獲派首三志願。非華裔的混血學生冰冰（Sheema Hussain），與基層家童任耀華，同獲派心儀的名校，兩人收到派位證難掩內心喜悅，期望日後可以改善家境、回饋社會。

鮮魚行學校昨晨學生公布升中派位結果，大批家長到場陪伴子女領取派位證，有家長得悉派位結果後，與子女相擁而泣。

菲律賓及巴基斯坦混血學生冰冰（Sheema Hussain），獲派首志願的真光女書院，媽媽在旁哽咽流淚，滿懷欣慰。香港出生，父母不諳中文，冰冰自幼學習中文感到困難，但

她性格樂觀，堅持以廣東話與人日常溝通，終克服困難，課室一隅的壁報上，記者找到冰冰寫上目標的紙條，「英文拿狀元，中文考試比上次進步，數學考試九十三分或以上」。

冰冰一家四口住在深水埗白楊街唐樓，她稱理想成績有賴學校老師盡心教導，感謝老師每每留校



課後輔導致晚上六、七時，假日也容許她回校溫習，笑言付出終得回報。她對中學生活寄予期望，「再多六年，新的開始」，她期望遇到更多好朋友，亦會努力讀書，希望能學有所成，改善家境，「努力讀書是為家人及自己的將來」。

（星島日報報道）

曲棍球隊在柬埔寨贏得錦標賽 再做點慈善工作

應柬埔寨的金邊曲棍球協會邀請，香港伊斯蘭聯會到當地參加七人曲棍球錦標賽。在2019年8月24日至25日舉行的比賽總共有7個隊伍參賽，當中包括柬埔寨、泰國、老撾和香港。

由20名球員及顧問組成的隊伍，於2019年8月23日星期五離開香港，經過三小時的飛行後抵達金邊機場，並與積極參加柬埔寨慈善工作的非政府組織柬埔寨穆斯林婦女聯會（Cambodian Muslim Women Alliance）的代表見面。

第二天，球隊參加了金邊七人曲棍球錦標賽並獲得冠軍，在比賽中進球最多（18）的球員為Usman兄弟，他更被大會評為最佳球員。

將伊斯蘭引入柬埔寨的穆斯林學者大多來自Fatani (Al Fatani)，使許多人——尤其是占婆人——皈依伊斯蘭。目前在柬埔寨的穆斯林人口估計有一百萬，其中大多數在磅湛（Kampong Cham）和通昆（Tbung Khumum）生活。

柬埔寨國內有600多間清真寺和許多伊斯蘭教育中心。最大的清真寺是位於金邊的Alserkal Grand 清真寺，可容納約3,500名信徒。該清真寺由阿聯酋的商人提供資金並於2014年完成建築，其開幕儀式於星期五（23日）舉行，柬埔寨總理洪森（Hun Sen）和1,000



多人參加。

球隊參觀了與首都距離僅數小時車程的崇光村（Chong Koh Village），該村位於一個島上，居住著287個湛人家庭（全是穆斯林），他們以捕魚為生。湛穆斯林在柬埔寨1,650萬人口中所佔的比例不到5%，是古代文明的後裔。可悲的是，在1970年代殘酷的恐怖統治期間，他們被紅色高棉（Khmer Rouge）屠殺，當年近200萬柬埔寨人被屠殺。

8月24日的上午，球隊參觀了「種族滅絕博物館」（Genocide Museum），館內展

示了種族滅絕的展品以及用來折磨無助受害者的工具。

為響應CMWA的申請，YES委員會早前曾發出呼籲為崇哥穆斯林提供食物包。食物包的價格在13至25美元之間，其中包括大米、麵、油、糖、調味料、牛奶、沙丁魚及鹽等食物。

初始基金4,900美元於2019年7月23日透過電匯已發送給CMWA，以方便球隊到達前購買物質和包裝，而另外的1,700美元則於2019年8月19日發送給了CMWA，總計6,600美元。在2019年8月26日星期一，球隊訪問了崇哥村，並用三小時將食物包分發給了村民。



是次行程，球員們由Kader Rahman兄弟——合格的教練，曾擔任技術顧問——陪同，Rahman兄弟曾代表香港參加亞洲和奧林匹克運動會。Rahman兄弟指，球員們在這次錦標賽中表現出更好的團隊合作精神，這成為贏得冠軍的最大原因。

馬來西亞的多元種族皈依穆斯林協會（MRM）的創始人及主席黃偉雄兄弟



亦加入了是次柬埔寨團隊，旨在研究當地的宣教活動。應CMWA的邀請，他於26日在崇哥村KM9清真寺舉行了一場關於伊斯蘭的簡短演講。當地新聞頻道CAMTV對球隊是次到訪進行了廣泛報導。

伊聯會曲棍球隊的強力支持者Majid bin Hassan兄弟再次慷慨解囊，捐贈了50,000港元幫助球員們。

紀念林士德先生及眾先人活動

2019年8月24日，香港伊斯蘭聯會為歸真的林士德先生和其他歸真的先人們舉行了紀念活動。

斯蘭教的事務中，投入了大量的時間和金錢。所有認識他和聽過他的事跡的人，都懷念著他。

林士德先生歸真後，根據他的遺囑，家人將財產的四分之一捐贈給了伊聯會，以繼續伊聯會的慈善工作，為香港穆斯林謀福利。

林士德先生不僅是一位充滿魅力的領袖，他對待同事更是謙虛友善。此外，他一直在財力上為伊聯會提供最大程度的支持。大家曾經為他取了一個綽號「伊聯會先生」。

林士德先生於1967年至1971年間，任香港伊斯蘭聯會主席。後來因為健康理由而卸任。他在香港伊斯蘭聯會中以各種不同的形式服務了二十餘年。即使卸任了，他仍然不遺餘力的為伊聯會事務提供各種寶貴意見，精神和物質上的大力支持。

他在1967年8月24日歸真，享年67歲。在他的一生中，他不僅事業有成，也享受了伊斯蘭信仰帶來的滿足感。他在伊



活動由馬超興老師誦讀古蘭經章節開始，而後由澳門清真寺丁少傑阿訇進行教義演講，題目為「感恩的重要」，演講中他引述《古蘭經》經文：「以便他使他們享受自己的完全的報酬，並把他的恩惠加賜他們；他確是至赦的，確是善報的。」（35：30）及諸多聖訓來提醒聽眾，要做一個感恩的人，由其在宗教方面做出卓越貢獻的人，如前人種樹後人乘涼之概念，除感恩真主的恩典外我們做為後來人應該無時無刻想起先輩的付出，為他們祈禱，按真主和使者的教誨為指引，繼續將伊斯蘭發揚光大。

之後由Hafiz Atiq-Ur-Rehman及Hafiz Rashid Nomani分別念誦古蘭經雅辛及其他章節，最後由楊興本教長誦讀法蒂哈及為全體先輩做都阿，祈求真主慈憫林士德哈志、伊聯會的善長以及所有歸真的兄弟姐妹。

阿拉伯科學發明的黃金時代

香港伊斯蘭聯會的宣教委員會於2019年7月13舉辦了一次澳門之旅，參觀了正在澳門科學館展出的「1001發明精華展：阿拉伯科學發明的黃金時代」展覽。

展覽透過逾60件互動展品、短片、戲劇導賞及工作坊等，介紹自公元7世紀起一千年間豐富的科學發展史。導游向參觀團介紹了展覽的一些亮點，如伊本海瑟姆（Ibn Al-Haytham）——「我們如何看見」之謎、象鐘、星盤、Al-Zahrawi於10世紀使用的手術器械和VR飛行模擬器等。之後參觀團還參觀了一個有關穆斯林

日常生活的展覽，該展覽介紹了穆斯林服裝、清真食品和餐館、清真寺和穆斯林公墓等。這些展覽讓公眾更加了解伊斯蘭和穆斯林，以及生活中常見的物品和科技，例如咖啡、相機、地毯、飛機等均是源於古代穆斯林世界的發明及智慧結晶。

參觀之後，參觀團到達澳門清真寺進行祈禱，並共進午餐。這是一次富有成果的旅程，我們認識了很多關於現今的中東地區自公元7世紀起一千年間豐富的科學發展史。



第12屆了解伊斯蘭課程

由香港伊斯蘭聯會宣教委員會主辦的「伊斯蘭知識課程」，於2019年2月24日開課。該課程逢星期日下午，於愛群清真寺暨林士德伊斯蘭中心6樓的研討室舉行。

課程所涵蓋的內容包括：造物主的存在、伊斯蘭是一個和平的宗教、伊斯蘭發展簡史、伊斯蘭的六大信條、伊斯蘭的五大功修、穆聖與眾

先知、古蘭經與宇宙奇蹟、伊斯蘭婦女、清真食品及死後復生。

課程於2019年4月28日完成最後一課「死後復生」，並於5月5日舉行入教典禮，之後舉行畢業禮，宣教委員會主席馬蓬偉哈智頒發結業證書予28位完成課程的學員。



青少年暑期夏令營



為鼓勵非華裔青少年保持活躍、健康、堅定的核心價值觀，並擴展他們的穆斯林社交網絡，香港伊斯

蘭聯會的青年、教育及體育委員會（YES）於2019年6月22至23日，在位於薄扶林的香港傷健協會賽馬會傷健營舉辦了青少年暑期夏令營。

超過50名穆斯林青少年，大部份是香港中學和大學生參加了夏令營。出發當日，學生

由YES委員會的成員和義工接待，並由委員會主席韓浩山兄弟致歡迎詞。

參加者們很高興地歡迎來自馬來西亞多元種族皈依穆

斯林協會（MRM）的創始人及主席黃偉雄兄弟能一起參與夏令營。黃偉雄兄弟於營內與參加者談到現時穆斯林青年有關的話題以及如何面對挑戰，他還鼓勵年輕人要繼續學習伊斯蘭教義並了解穆聖（願主福安之）的生平和教導，以及聖人夥伴的故事。

在夏令營的尾聲，YES委員會的秘書、註冊社工Zaiq Ali兄弟舉行了一場分享會。數名參加者在會上分享了是次夏令營的回饋。

參加者回饋：

「非常感謝伊聯會舉辦這個夏令營，讓香港的穆斯林社區變得更團結。」

「感謝真主，希望明年會有更多參加者，讓我們分享更多。」



朝覲歸來有感

感讚安拉！在伊曆1440年11月底我終於能獲得安拉的召喚，排除萬難成功踏上朝覲之路。

成行前，全賴全能安拉的恩賜讓我從許多教胞口中得知大量關於朝覲的訊息，因此我可謂是有所準備的；雖然如此但鑒於自己的知識面之不足，遂還是讓我覺得忐忑不安。直到臨行前三天，我開始「閉關」學習，認真地閱讀起手頭上所有關於朝覲的資料，及至起程前一天，才能把遵命詞及巡遊天房的念詞大約背誦下來，這才讓我重拾信心，感覺自己的人生即將面臨一次重大的改變，一次由內而外的心靈洗滌之行迅即展開……而另一件讓我感受至深的事就是在執筆草擬遺囑之際，我首次感受到死亡的臨近、生命的短暫與脆弱、人生的無常及安拉的大能。

受戒——象徵撇開世俗，一心向主，而當我們在飛機上準備受戒時我真的能把現世的所有煩瑣事宜拋諸腦後，誠心誠意地奔赴聖城履行功課，及後從下榻酒店到抵達禁寺共耗費了五個多小時，幸虧臨行前得到教胞的溫馨提醒告之沙特的獨特文化就是慢和等，故對我這個急性子而言也只有以尊重的態度待之。

承蒙安拉的引領及看守，副朝的功課在鬧哄哄的環境下跟著兩位巴籍兄弟順利完成巡遊天房、禮拜、喝滲滲水、索法及麥爾卧兩山行走及剪髮等項目，讓我深切體會到只要有堅定的信念就能得到安拉的加倍照顧及保護，讓你在意想不到的有利條件下完成任務，而此類情況在穆民的日常生活也常能遇之！

如此，當我完成了是次正朝前的副朝功課後，便開始實行計劃中



的巡遊天房排序。雖然住宿處離禁寺不近，但我深知基於個人的各種現狀能獲得是次朝覲的機會實屬不易，故我盡可能不讓任何的不利條件阻礙前行，只憑安拉的意欲我便無所畏懼。

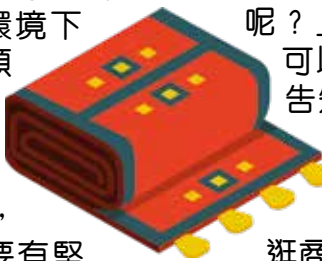
在麥加的日子裡，除了禁寺及住處外我別無所知，這樣才讓我能專心致志地為歸真的親人做功課，即便我在做功課時目睹別人的成雙成群偶爾也會感到孤單，可我感到安拉常在我身邊，一天，同房的兩位姊妹問道：「妳怎麼不買手信給親友呢？」其實我真的不知道哪裡可以買到手信，然後她們才告知原來鐘樓大廈裡是個大規模的商場，能買到各類東西，惟後來我發覺在當地一位女士單身進內逛商場又很是不便，遂只是簡單的走了一圈兒便離去。後來我想到，這也許是安拉的安排，因為只有這樣我才能繼續專注巡遊的功課，不讓我分心在其他無關緊要的瑣事上。

臨近大朝時期，前來麥加的朝

覲者越來越多，當地實施起交通管制，這意味著我個人進出禁寺就不如前期方便，我必須乘坐計程車才能從稍遠的住處到達目的地。這時，我得知與我相熟的華裔教長及其他教胞已到達聖城，一想到他們就如看見自己的親人般親切，我的心情就格外興奮！

我嘗試告之教長禁寺裡我常用的進出口位置及當天準備前往做巡遊的時間，一心想著能碰見他們的機會很大，可最後還是沒能碰上。雖然我有點失落，但是我相信希望在明天。

伊曆十二月九日晡禮後我們隨團進住阿拉法特，當晚我們只能在帳篷裡渡夜而不能擅自離開營地，我喜歡那裡的整體氛圍，我們抓緊時間做不同的功修；夜間的氣候依然酷熱，故我喜歡在空地上做禮拜、做祈禱、閱讀。愛思考的我會試著想像當時的穆聖（願主福安之）及阿丹聖祖是如何在阿拉法特平原及慈憫山向安拉做祈禱的？我真的很想知道，縱然我不能……突然間，安拉在這塊乾旱炎熱的平原上降下甘露，讓我們異常雀



躍，大家紛紛捧手向安拉做感恩祈禱；雨越下越大，再後來狂風大作把我們帳篷裡的水電截斷了，我們還是繼續祈禱，有的人也許因為驚怕過度而不停哭泣，而我還是很享受這濃厚的宗教氛圍。

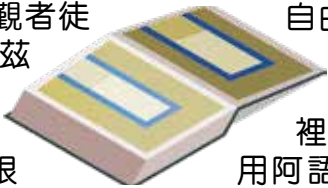
及後，我們坐了五個多小時的車到達穆茲達發，但由於當地的警察不允許，故我們沒能在那兒留宿，沿途看見成幾千上幾百萬穿著戒衣的朝覲者徒步從阿拉法特走到穆茲達發，他們多半是兩兩一伙的，還有少數是扶老攜幼的，眼瞅著他們赤腳地一步步走來，讓安坐車廂裡的我罪惡感油然而生，感讚仁慈大能的安拉對我——一個微不足道的普通僕人如此疼愛，我實在是太幸運啦！我舉意在今世裡會盡力為安拉服務。阿憫！



在米納（帳篷之城）三日兩夜的時光是我畢生難忘的，我們女團只佔了三個帳篷，但每個帳篷卻



容納了約八十個床位，衛生條件已很不錯，就是室內的空間不足，故許多人均在此染病。嚮往



自由及戶外活動的我還是喜歡獨自待坐在過道上閱讀和禮拜，營地裡也有些女學者為我們用阿語、法語及英語講解教義知識，在學習期間我認識了不同國籍的教胞，還為數位來自內地的教胞進行英漢翻譯，如此，安拉讓我的時間過得更充實更有意義。古爾邦節當日，我隨同房一同去打石，回營後把頭髮剪掉一小撮後，我詢問領隊關於當日的安排，但她告之並沒安排，如我想回禁寺做正朝的功課就要自己設法前往，還建議我們辭朝那天一併做。我聽畢後覺得此舉不可行，遂想叫上兩位同房一起前往，而她倆均隨丈夫同行，故沒打算在當日做功課，最終我決定自己一人於晌禮後從營地（離打石場很近）利用人行隧道步行回禁寺。全賴安拉的襄助，當晚九時許我終於能在頗擁擠的情況下完成功課，安全回到營地，共步行了四萬二千三百五十六步，讓我在朝覲過程中初次感到了累。

接下來，雖然只剩下辭朝巡遊天房一項功課，但我的內心還是不

敢鬆懈，只有托靠安拉能讓我們盡善盡美地完成最後的任務。感讚安拉垂聽我的禱告及沿途的照料，我在十二月十三日零晨如願在禁寺頂層完成所有的巡遊功課，儘管仍舊是孤身一人，但我深切地感受到安拉無時無刻都與我同在，離開的一刻我凝視禁寺淚流滿面，瞬間百味

滋味湧上心頭……

回顧是次朝覲之旅，因來之不易遂使我份外重視，因個人獨處的時間較長遂使我能善用時間，因沒有教長帶領遂使我在途中不斷地向楊興本及楊興文教長提問所有存疑事項，祈主回賜他們及家人！祈主回賜所有在我出行前後幫助過我的教胞們，包括為我提供過大量資訊的其他教長及多位女教胞。阿憫！托靠安拉，我希望自己能成為一位名符其實的哈芝也，一位能為主道繼續奮鬥的真信士。阿憫！

楊茜雯（Aisha）
伊斯蘭鮑伯濤小學教師



說善言

真主說：「信士們啊！你們應當敬畏安拉，應當說正話。他就改善你們的行為，就赦宥你們的罪過。服從安拉及其使者的人，確已獲得偉大的成功。」（《古蘭經》33：70-71）

真主命令信士們應當說善言，說真話；禁止說惡言，惡言包括撒謊、誹謗、造謠、背談、謾罵、作偽證、髒話、閒話等等。真主在古蘭經裡把善言和惡言分別打了個比喻：「難道你們不知道真主有過這樣一個比喻嗎？一句善言，好比一棵優良的樹，其根底是深固的，其枝條高聳入雲，憑主的許可，按時結果。真主為眾人打了許多比方，以便他們記取教誨。一句惡言，恰似一棵惡劣的樹，從大地上被連根拔去，絕沒有一點安定。」（《古蘭經》14：24-26）以上經文闡明了一個非常深刻的道理，一句好話，就像一棵好樹，樹根堅固，說明說好話的意念端正，想幫人，好樹會結出有益的果實。一句壞話，就像一棵壞樹，樹根不穩，說明說話的動機不純，想害人，壞樹就會結出有毒的果實。好樹壞樹都是從土壤生長出來，也就是說，善言與惡言都是從一張嘴巴說出來，但是確有天壤之別。善言可以帶來無限的福利，惡言可以帶來無限的災禍。有道是，良言一句三冬暖，惡語傷人六月寒。穆聖說：「善言是一種施捨（善功）。」須知，人最容易犯的錯（罪），都是出自這張嘴巴，惡言是罪過，惡言會抵消善功。可千萬別小瞧這個小東西，一不小心就會犯錯誤。因此，我們一定要看守好舌肉，穆罕默德（願真主賜他平安與吉慶）聖人教導我們說：「穆斯林，是人們從其手和口都得到安寧的人。」也就是說，穆斯林是什麼人？穆斯林是不可以用手（武

力）和口（言語）傷害他人的人。

讓我們深思參悟一下，真主為什麼創造人只有一張嘴巴，兩個耳朵，兩隻眼睛，兩隻手呢？那就是要我們少說、多聽、多看、多做。中國人傳統的治家格言中也有：處世戒多言，言多必失。常言說得好，講的多，錯的多，一言既出，駟馬難追。有道是，三思而後行，三思而後語；靜坐常思己過，閒談莫論人非。艾布胡賴萊傳述，穆聖（願真主賜他平安與吉慶）說：「誰信仰真主和末日，誰就應當說善言或者沉默。」沉默是金，但是很少人做得到。伊本哈邦傳述，穆罕默德（願真主賜他平安與吉慶）聖人說：「沉默是智慧，真正做到的人寥寥無幾。」

真主命令我們說善言做善事，言行一致，光說不做，不可以，說一套，做一套更不可以。真主說：「信道的人們啊！你們為什麼說你們所不做的事呢？你們說你們所不做的，這在真主看來，是很可恨的。」（《古蘭經》61：2-3）

對待那些沒有教養的人，蠻橫不講理的人，粗暴無知的人。真主命令我們以善言，問安對待他們，不跟他們斤斤計較，不要與無知的人爭辯。真主說：「至仁主的僕人是在大地上謙遜而行的，當愚人以惡言傷害他們的時候，他們說：『祝你們平安。』」（《古蘭經》25：63）以德報怨，以禮對待愚人，這才是信士應具有的美德。

那麼，哪些話屬於善言？真主在古蘭經裡告誡我們說：「他們的秘密談話，大半是無益的。勸人施捨，或勸人行善，或勸人和解者（秘密的談話）除外。誰為求真主的喜悅而作此事，我（真主）要賞賜誰重大的報酬。」（《古蘭經》4：114）也就是說，導人于正道，命人行善，止人作惡，調解紛爭，以真理和忍耐互相勸勉，這些都屬於善言的範疇。

總上所述，要說話就要謹言慎語，說善言；否則，就沉默不語。



楊興本教長
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歡迎加入穆斯林大家庭



感謝真主！在2019年5月5日，有32位，其中4位兄弟及28位姊妹加入穆斯林的大家庭，入教儀式在愛群清真寺暨林士德伊斯蘭中心6樓研討室舉行。

入教儀式由Hafiz Atiq Ur Rehman 誦唸古蘭經，以及伊斯蘭脫維善紀念中學的教師馬沛聰兄弟作了題目為「伊斯蘭帶給了我們什麼」的演講揭開序幕。

接著楊興本教長帶領一眾歸伊者先以阿拉伯語再以各人的國家語言宣讀作證詞。

之後，伊斯蘭聯會主席石輝兄弟

贈送紀念品予馬沛聰兄弟，接著儀式由伊聯會宣教員馬超興兄弟念祈禱詞。

一眾歸伊者分別來自三個國家，24位來自菲律賓、8位來自中國香港及1位來自印尼。

送給入教的兄弟們的紀念品包括地毯、帽子、古蘭經及念珠，而姊妹們更包括祈禱袍、頭巾及髮針。

在活動的最後，所有皈依者與嘉賓們一同合照留念，超過200名出席者享用茶點。



香港伊斯蘭聯會會訊

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編輯團隊：納德賢 哈智
馬超奇 哈智
吳思華 女士
彭錦明 女士

簡漢佳 哈智
楊興本 教長
駱澤妍 哈佳

此刊物含有古蘭經經文，切勿亂扔，
如需丟棄，請先將其撕碎。

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伊聯會在2019香港書展 取得莫大成功



為期一周的香港書展於2019年7月17日至23日在香港會議展覽中心舉行。這是香港伊斯蘭聯會和伊斯蘭文化協會（香港）連續第四年聯合參加這個受歡迎的公眾活動。

今年IUHK和ICA在書展的心靈書區租用了一個36平方米的攤位，向大眾宣傳伊斯蘭和穆斯林社區的形象。穆斯林和非穆斯林可以藉此機會購買最新出版的伊斯蘭書籍。這是穆斯林和非穆斯林獲得新的伊斯蘭資訊的一種方式，是鼓勵人們閱讀和了解伊斯蘭教義的平台，以及提供一個回答非穆斯林訪客關於伊斯蘭問題的絕佳機會。還有免費的傳單和小冊子派發。

為了增加攤位的吸引力，在書展期間還舉辦了一連串如：伊斯蘭書法示範、Ebru土耳其大理石浮紋水畫工作坊、馬賽克碟子工作坊和漢娜手繪藝術等日常文化活動。這些活動為我們的參觀者帶來了歡樂和有趣的體驗。我們對所有為書展的管理和運作做出貢獻和付出時間的義工們表示感謝。

