



# 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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Despite an unusual rainfall in the middle of the annual Food Fair, the weather did not dampen the spirit and enthusiasm of both participants and visitors to the Food Fair held on the 8/Floor roof top of Masjid Ammar and O.R. Sadick Islamic Centre.

The money raised surpassed the record last year. All proceeds went to the Sadaqah Fund managed by the Islamic Union. A total of \$80,000 was raised as compare with \$60,000 last year.

A number of organizations and individuals took part and brought out different kind of homemade delicacies and products. Even brothers and sisters across the border in Shenzhen took part and brought a whole roast lamb which sold out within a short time when it went on sale.

There were so many varieties that it was difficult to choose from but most of the items were sold out by the end of the day.

On behalf of the Chairman and Council Members of the Union we wished to thank everyone for their generous support in making the Food Fair 2019 a major success. Insh'Allah we hope to see you all again in 2020! Ameen.

Organizations and individuals participated the event including:

Pengajian Ibu-Ibu DWP KJRI HK, Royal Brunei Airlines, Halaqoh AHAD, Yat Sin Street Indonesian Sisters, Muslim Filipino Association of Hong Kong, Helpers of Islam Group, Hong Kong Chinese Islamic Federation, D & L, Hong Kong Muslim Women Association, Hani Halal, Anatolia Cultural and Dialog Centre, Sis Rubinah Chu, Sis Rahima Tuet, Sis Amina Curreem, Sis Maryam, Pakistan Ladies & Pakistan Women Association, Islamic Cultural Association, Shenzhen Muslim Hotel Halal Restaurant, Oriental Palace Halal Food Group Co. Ltd., Bismillah Restaurant, Jashan Restaurant, Chrisly Café, Chor Dynasty Ltd. and Let Pacific Food



# IU MATTERS



## 71st Annual General Meeting



The Islamic Union of Hong Kong held the 71st AGM on 1 December 2019 in the Seminar Room at the Masjid Ammar and O. R. Sadick Islamic Centre.

The five retired members, Haji R.M. Omar, Bro. Aminul Haque, Haji Amin Ma Fung Chi, Haji Nassar El-Morshidy and Haji A.R. Karamdin, were unanimously re-elected to the General Council for a new 3-year term.

## General Council Member 2019-2020

Chairman	Bro. A.R. Suffiad	Vice Chairman	Haji Saeed Uddin
Hon. Treasurer	Bro. O.M. Arab	Hon. Secretary	Haji R.M. Omar
Building Management Committee	Haji M.A. Khan	Information Technology Committee	Bro. Aminul Haque
Welfare Committee		Membership Committee	
Investment Committee	Haji Saeed Uddin	Da'wah Committee	Haji Kasim Ma Fung Wai
Youth, Education & Sports Committee	Bro. Jaffar Hussain	Legal and Tax Advice Committee	Dr. Nisha Mohamed
Medical Committee	Haji A.R. Karamdin	Publicity & Publications Committee	Haji Nasser El-Morshidy
Library Committee	Bro. Ali Mahomed	Canteen Monitoring Committee	Haji Amin Ma Fung Chi
Co-ordinator, Islamic Association of Macau	Haji R.M. Omar	Salaries and Allowances Committee	Bro. O.M. Arab
Representatives to the Trustees	Haji Saeed Uddin Bro. Aminul Haque	Council Members	Bro. Azmat M. Moosdeen Haji Muskin Khan





## 1001 Inventions Exhibition in Macau

The Union and the Islamic Association of Macau (IAM) recently organized a day trip to the Macao Science Centre to learn how ancient Arabs invented a number of scientific developments that are still being used and further developed in modern times.

“The Golden Age of Arabic Science Exhibition from 1001 Inventions” traced back how Arab Muslims inventions are in use in the present days. To name a few, the inventions include flight simulator, surgical tools, mathematics, astronomy etc.

A busload of IU members embarked to Macau on a coach departed from Masjid Ammar and O.R. Sadick Islamic Centre and crossed the Hong Kong-Zhuhai-Macao Bridge.

The group spent a good two hours at the Museum where the staff gave the visitors a guided tour.

During the trip members also visited the Macao Mosque and Cemetery where they performed Zuhur prayer and later enjoyed a delicious lunch with compliment of the Macau Mosque Management Committee. The Macau Mosque was built in the 1860s by the Muslim early settlers during the Portuguese-ruled of Macau. Nowadays, the mosque is specially crowded during Sundays and Islamic festivals. The prayer room is no longer sufficient. IAM is tirelessly working on the renovation of the mosque.

The group returned to Hong Kong on board the same coach – tired but happy.





# IU MATTERS

The University of Hong Kong, Faculty of Arts, School of Modern Languages and Cultures and the Union jointly organised "How to read the Holy Quran" class in November 2019. This 16 hours course is dedicated to help Muslims fulfilling their religious duty. Mr. Amjad Refai, Arabic Program Director at The University of Hong Kong is the volunteer teacher of the course. Through this course, students learn on recognizing individual Arabic alphabets and its vowels before learning on how to read the words and eventually sentences from the Quran. Students with over 80% attendance will receive a full refund of the registration fee and a completion certificate.

## How to read the Holy Quran



On 14 November 2019, a delegation of Muslim from the Hong Kong Chinese Islamic Federation, Islamic Union of Hong Kong, The Chinese Muslim Cultural and Fraternal Association and Hong Kong Muslim Women Association made a courtesy call to the China Islamic Association in Beijing.

### *Observance of the Birthday of Prophet Muhammad (peace be upon him)*

On the evening of 8 November 2019, the Islamic Union Dawah Committee held an event to commemorate the birth of Prophet Muhammad (peace be upon him).

More than 100 Muslims attended the event.



## BE GOOD TO YOUR NEIGHBOURS

Our neighbours, Muslims or non-Muslims, should be very important people to you. We should therefore be good to them and treat them well and with respect. Our Prophet (saw) said: "The best neighbour in Allah's sight is he who behaves best to his neighbour."

Our neighbours must feel that they are safe to have you as their neighbour. Destruction of properties, vandalism, rowdiness and other misbehaviour are all condemned in Islam. Our Prophet (saw) has reminded us about this aspect of neighbourliness: "He is not truly a believer if his neighbour is not safe from his action." And that: "The believer is he who is not a danger to the life and property of other people." He also said: "A Muslim is he who avoids harming people with his tongue and hands."

Help our neighbours, irrespective of whether they are Muslims or not, when necessary and in

whatever way you can. Our Prophet (saw) said: "He is not a Muslim who takes his fill while his neighbour starves," and that: "Allah is not merciful to him who is not merciful to people."



Ustazd Abdul Muhaemin Karim  
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We should also take the initiative in establishing friendship and good neighbourliness with our non-Muslim neighbours. For instance, the the Eid-ul-Fitr celebration, it is good to invite our non-Muslim neighbours to our house and serve them our festive goodies. In turn, they might invite us for their festive celebration, and we must respond to their invitation. And, of course, if they know that we are Muslim, they would serve us halal food like soft drinks and fruits. If they are not sure about the Muslim dietary style, here we have the opportunity to let them know about it in a nice and friendly way. We must

be friendly and establish rapport and goodwill with them.





## ISLAM

# Values to live by according to the Quran

By: Dr Mamadou Bocoum / Source: religiousreader.org

The Quran advocates many values that shape one's intellectual and spiritual journey to God; but most importantly, these values also enable adherents to be more tolerant as they consider themselves vicegerent of God.



Unfortunately, it appears that some Muslims do not give due consideration to these values. Following are some values that the Quran highlights related to the value of life, respecting differences; justice and forgiveness.

## *How the Qur'an values life*

When your Lord said to the angels, "I am appointing someone as my deputy on earth," they said (almost protesting), "Are you going to appoint one who will commit corruption and bloodshed therein, even though we (are the ones who) commemorate Your Name and glorify You?" The Lord said, "I know that which you do not know". (Q. 2:30).

I find this passage from the Quran extremely important. It helps me appreciate mankind but also my journey towards understanding God and his relationship with mankind. For instance, the verse indicates that mankind enjoys the most privileged state amongst all God's creations. Furthermore, the verse tells us that mankind is God's viceroy on earth. God could have chosen the angels (but he seemingly rebuked them) or other beings but did not.

Humans occupy a unique position in the divine scheme of things, and safeguarding the sanctity of life is paramount. It is for this reason that the Qur'an considers murder one of the greatest sins. The Qur'an informs Muslims that murdering one person is akin to murdering all mankind; but helping to preserve individual life is the equivalent of helping to preserve the life of all humankind.

If anyone kills a person not in retaliation of murder, or (and) to spread mischief in the land – it would be as if he kills all mankind, and if anyone saves a life,

it would be as if he saves the life of all mankind. And indeed, there came to them Our Messengers with clear proofs, evidences, and signs, even then after that many of them continued to exceed the limits (e.g. by doing oppression unjustly and exceeding beyond the limits set by God by committing the major sins)

in the land!. (Q. 5:32).

Indeed, if murder was a customary practice among humankind, it would not take long for the human race to vanish into extinction. Here the Quran informs Muslims that the survival of all humankind depends on everyone respecting and protecting others. One concludes from this noble verse that we are an interdependent species and our survival and prosperity is dependent on the value we place on the lives of others.

Respecting difference in the Quran, including difference of belief Diversity, especially in the sense of difference of belief, is part of divine will. The Quran helps me to understand and appreciate this fact quite well as it states the following verses.

And if your Lord had willed, He could have made [all] mankind one community; but they will not cease to differ. (Q.11:118)

And had your God willed, those on earth would have believed all of them entirely. Then, [O Muhammad], would you compel the people in order that they become believers? (Q. 10:99).

O mankind, indeed We have created you from male and female and made you into diverse nations and tribes so that you may know one another. Indeed, the most noble of you in the sight of God is the most righteous of you (Q. 49:13).

Looking at these verses one can see that God in fact wills mankind to be diverse including differences in

beliefs. I personally find this extremely important. These verses clearly stand against any Muslim who proselytizes and holds Islam as the only true faith and sees other religions as null, or sees people of non faith as irrelevant. Conversion is God's work, and he willed that all mankind would not exist in a single community or hold one identical message. Even Mohammed did not have the power to convert people to Islam but Mohammed was rather asked to convey the message for conversion as one of the above quoted verses indicate is God's work. God wills human difference and Muslims ought to see this difference as being part of the moral teaching of the Quran.

### ***The value of justice in the Quran***

O you who believe! Stand out firmly for justice, as witnesses to God; even though it be against yourselves, or your parents, or your kin, be he rich or poor, God is a better Protector to both (than you). So follow not the lusts (of your hearts), lest you may avoid justice, and if you distort your witness or refuse to give it, verily, God is ever well acquainted with what you do. (Q. 4:135).

O you who have believed, be persistently standing firm for God, witnesses in justice, and do not let the hatred of a people prevent you from being just. Be just; that is nearer to righteousness. And fear God; indeed, God is acquainted with what you do. (Q. 5:8).

Arguably, it is almost impossible to enjoy or appreciate any values or even the meaning of life in the absence of justice. Hence why the concept of justice is paramount in the teaching of the Quran. As the above verses demonstrate, God commands Muslims to be just and practice justice wherever they are in spite of how difficult the situation may prove. Furthermore, the Quran makes the call for righteous behavior and the practice of justice between Muslims; but also to follow the above when dealing with non-Muslims. To not follow this path is to go against the teaching of the Quran.

### ***Forgiveness in the Quran***

The value of forgiveness, widely associated with Christianity, can play a central role in a Muslim's spiritual journey toward God. Hence it would be just and fair to conclude this short chapter with quotes from the Quran.

Those who spend [charity] in prosperity and in adversity, who repress anger, and who forgive men; verily, God loves the good doers (Q.3:134).

And not equal are the good deed and the bad. Repel [bad] by that [deed] which is better; and thereupon the one whom between you and him is enmity [will become] as though he was a devoted friend. (Q. 41:34)

## *The Teaching Methods of Prophet Muhammad (PBUH)*

*They said, "Glory to You! We have no knowledge except what You taught us. You, only You, are All-Knowing, All-Wise."* (Quran, 2:32)

The relationship between knowledge and our daily actions is a key topic in psychology. According to Joachim Funke, professor of Experimental and Theoretical Psychology at University of Heidelberg, it is not possible to act without knowledge. However, every new-born baby has the instinct to latch on and suck milk rhythmically from the breast of his or her mother and that instinctive action needs knowledge. Who gave them this knowledge in order to be able to live? The other example that shows that Allah (SWT) is the One who teaches us everything is in the Quranic verse *"And among you there is he who is brought back to the miserable age, so he knows nothing after having*

By: Zin Eddine Dadach / Source: islamicity.org  
*known"* (Quran; 22:5). This state of forgetting even the names and faces of family members is known as the Alzheimer's disease, which usually affects people over sixty-five years of age. In this perspective, by His beautiful Names "The All-Knowing One" and "The Prime Light," Allah (SWT) is therefore the Absolute Teacher and the Absolute Guide of humanity as mentioned in the Quranic verse *"And Allah taught Adam all the names."* (Quran; 2:31)

*"Is he who was dead by ignorance and We gave him knowledge and set for him Light of Belief whereby he can walk amongst men; like he who is in the darkness?"* (Quran; 6:122)

Indeed, the conception of knowledge (Al-Ilm) in Islam is the Guiding Light (Huda) separating right from

# ISLAM

wrong (Al furqan). Therefore, the way the sun brings light to our eyes to see the world around us, is the same way Al-Ilm is the source of guidance to see the Truth. The sacred position of knowledge in Islam is also proven by the fact that the



word “science” and its derivations appear 779 times (averaging 7 times a chapter) in the Quran<sup>3</sup>. This is the second only to the word “Allah.” **The Chosen One (PBUH) was then selected to educate his followers and all humanity in order to erase their ignorance with knowledge.** In order to highlight the importance of knowledge to humanity, the first Quranic verse sent to Prophet Muhammad (PBUH) by Allah (SWT) through Angel Gabriel started with “**Read!**” (Quran; 96:1-5).

*“Indeed, Allah conferred a great favor on the believers when He sent among them a Messenger from among themselves, reciting to them His verses (the Quran) and purifying them and instructing them the Book (Quran) and wisdom (Sunnah), while before that they had been in manifest error.”* (Quran; 3:164).

To be able to fully transmit his message, **Prophet Muhammad (PBUH) first addressed the hearts to become the beloved one in order to inspire his followers to listen to his message.** Secondly, in order to maximize the effects of his message that could permanently transform the behavior of people, **he used a type of speech that made his followers think during his educational methods, mainly based on active learning and analogies.**

Here are some of the strategies of his teaching methods:

(1) The Prophet (PBUH) would often repeat his lesson three times to the same people

(2) **He utilized analogies to enhance the imagination and curiosity of the listeners.** For example, the Prophet (PBUH) asked his companions, “What would be the situation of someone who has a river at his door and every day, five times a day, he comes out and he takes a bath in that river? At the end of the day would

he have any dirt on himself?” They responded, “There would be no dirt on him, O RasulAllah.” Then the Prophet said, “Similarly there are the five prayers cleansing the person in this way.”

(3) As the Prophet (PBUH) used analogy

to explain a topic verbally, **he also used illustration to make a point graphically.** In this context, the Prophet drew a straight line through the sand and then drew lines to the right and lines to the left of the first line. Then while the people were looking attentively at the drawing, he recited the Quranic verse “*And verily, this (Allah’ commandments) is My Straight Path, so follow it, and follow not (other) paths, for they will separate you away from His Path*” (Quran; 6:153)

(4) On other occasions, he illustrated his point using his hand as once he said, “I and the one who takes care of the orphans are in paradise, like this (as he was speaking, he interlaced his fingers).”

(5) **His teachings were also based on living experiences as opportunity to instruct.** For example, The Prophet (PBUH) once was with some companions to prepare food. He asked them to slaughter a sheep. One companion said he would do that, another said he would skin it, and a third said he would cook it. Then the Messenger of Allah (SWT) replied, “I will collect wood for the fire.” They said, “No, we will do that work for you.” The Prophet (PBUH) answered, “I know that you can do it for me, but Allah (SWT) hates to see a servant of his privileged above others.” And the Prophet went and collected firewood.

(6) **The Prophet at times would readdress a question to a subject that is more significant and instructive.** Once a Bedouin asked the Prophet (PBUH): “When is the hour?” [The Day of Judgment]. The Prophet (PBUH) said, “What have you prepared for that final hour?” The Bedouin said, “I haven’t prepared a lot of Salah (good deeds) and I haven’t prepared a lot of Zakah (charity) but I am preparing one thing which is my love for Allah (SWT) and His messenger.” The Prophet (PBUH) replied: “You will be with who you love.”



# Learning Cantonese



The Youth, Education & Sports Committee (Y.E.S) of the Islamic Union of Hong Kong organized an introductory Cantonese course for sisters. It was held from September to November 2019 (every Thursday morning), at the Masjid Ammar & O.R.S. Islamic Centre.

The classes were conducted by Sr. Aminah Li and attended by 18 sisters of different nationalities. The aim of the course was to provide the non-Chinese sisters a platform and an opportunity to learn basic Cantonese. The topics were:

- Self-introduction
- Useful expressions
- Numerals
- Shopping
- Counting with measure words



The attendees learned some basic conversational skills in Cantonese and gained confidence in communicating with local Chinese on a daily basis.

The attendees showed immense interest in learning Cantonese and gave positive feedbacks. All the participants agreed that the course was useful and appreciated the efforts of the organizer.

Youth, Education & Sports Committee Presents:

## Kung Fu Class

9 February - 12 April 2020

Every Sunday 10:45am - 12:15pm  
8/F, Masjid Ammar & O.R. Sadick Islamic Center  
40 Oi Kwan Road, Wanchai, Hong Kong

Free for Charge  
All Muslim brothers and sister are welcomed to join.

For enquiry and registration:  
Tel.: 3469 9210 (Aminah Li)  
E-mail: aminahli@iuhk.org  
Whatsapp: 6355 5561



## EVENTS

# Workshop on Mercy & Compassion in Islam

Islam shows mercy and compassion. That was the message conveyed to participants at the workshop held on 5 and 6 October, 2019 in the Seminar Room on the 6 floor of Haji Osman Ramju Sadick Islamic Centre.

Organized by the Dawah Committee and the Youth Committee of the Islamic Union of Hong Kong (the Union) participants came from China, Macau, Myanmar, Vietnam, Cambodia, Thailand, Malaysia, Taiwan, the Philippines as well as Hong Kong. The aim of the workshop was to equip Muslim brothers and sisters with the necessary skills and techniques needed for the successful implementation of da'wah.

On 4 October 2019, a welcome dinner was arranged in honour of the two speakers and the participants. Bro. Jaffar Hussain, Chairman of the Youth Committee, welcomed them to the workshop while Haji Kasim Ma Fung Wai, Chairman of the Da'wah Committee presented souvenirs to the overseas participants and the two speakers.

On 5 October 2019, Bro. Firdaus Wong, founder of Multiracial Reverted Muslims Organization in Malaysia, talked on the topic of "Islam – Mercy & Compassion". The topic covered areas such as; effective communication and other related knowledge essential to conducting Dawah







effectively. It was an interactive workshop in which the participants had a high degree of engagement. Bro. Firdaus effectively shared his expertise with the participants.

On 6 October 2019, Bro. Kamran Shehadat, the Chief Executive Officer of Sustainability and Climate Change Department and Bahu Trust, United Kingdom, gave a talk on "Climate Change and Solution, from the Quran and Sunnah". A unique topic, it approached environmental issues from a distinct perspective. There were group discussions on various topics such as climate change and Islam. Ideas were exchanged between the participants on how to be environmentally friendly.

A very positive feedback was received from the participants who expressed their appreciation to the Union for organizing this workshop which enable them to learn new communication skills to help them in doing Da'wah in their respective countries.

## EVENTS

# An Inspiring Talk

Professor Komaruddin Chalil



At the invitation of the Da'wah Committee of the Islamic Union of Hong Kong (the Union), Professor Komaruddin Chalil recently delivered a series of lectures to Indonesian sisters on leadership and on efficient management of an organization.

Arriving on the afternoon of Friday, 11 October 2019, Prof. Chalil was met at the airport by Ustad Abdul Muhaemin bin Karim, the da'wah worker employed by the Union to cater to the spiritual needs of the sisters.

The series of lectures began in the seminar room of Masjid Ammar and Osman Ramju Sadick Islamic Centre with recitation of verses from the Holy Quran by Sis. Inih Rasinih. This was followed with the performance of Nasheed by sisters from Halaqoh an Indonesian organization actively involved in da'wah work in the territory. After the performance of Nasheed Prof. Chalil talked about "How to run an organization successfully and effectively".

In the afternoon he gave a talk on "Fundraising and Accounting in an Organization". This was followed with a very active question and answer session.

On Sunday, 13 October 2019, he spoke



on the same topics. This was followed with another active question and answer session after which Haji Kasim Ma Fung Wai, Chairman of the Union's Da'wah Committee presented a souvenir to Prof. Chalil.

The first session on 12 October 2019 was arranged specially for 153 representatives of 9 organizations in Hong Kong while the second session on Sunday 13 October 2019 was arranged for over 192 representatives from 59 organizations including 6 participants from 4 organizations in Macau – Matim, Halimah, Halaqah and Irsyad.

Being whole day affairs, the Committee provided simple lunch and light refreshments to the combined total of over 345 participants.

Prof. Chalil was born in Indramayu, Indonesia on 15 January 1974 and holds a Master degree of UIN Sunan Gunung





Djati Bandung. A highly experienced da'wah worker, he has published over 14 books on various topics concerning Islam. He is currently a lecturer at UIN Sunan Gunung Djati Bandung and General Director of PT. Siinergy Insan Sejahtera.

In his talks Prof. Komarudin said that effective leadership is the process of creating a vision, developing a strategy, enlisting cooperation and motivating. The effective leader must:

- create a vision of the future that takes into account the legitimate long-term interests of the parties involved;
- develop a rational strategy for moving forward that vision
- enlist the support of the key power centers whose cooperation, compliance or team-work is necessary to advance that movement; and

must highly motivate core groups of people whose actions are central to implementing the strategy.



In the afternoon session, he talked about fundraising which he described as a process of seeking voluntary financial contributions by engaging individuals, businesses, charitable foundations or governmental agencies. He further said that traditionally, fundraising consisted mostly of asking for donations on the streets, at people's doors or face to face, but new forms of fundraising such as online, have emerged in recent years.



He also talked about the importance of learning accounting and focused on three major statements - the income, the balance sheet and the cash flow statements.

The audience were extremely happy and greatly motivated. Many sisters wished that such courses be conducted annually so that incoming leaders could benefit from it.



## NEWS

# Sonny Bill Williams: 'Allah keep me strong. Help me become a better person'

By Shamoon Hafez from BBC Sport

It is 6am at a London hotel and Sonny Bill Williams has just completed the dawn Fajr prayer and is sitting on his mat.

"When I hold my hands up afterwards, I am asking: 'Ya Allah, please guide me. Keep me strong. Help me become a better person. Help me become a better man,'" he says.

"I know I have my frailties, but strengthen me. Forgive me for my sins. Ya Allah, bless my close ones and those around me. Keep them safe, especially the children. Keep us where our feet are and grateful for what we have."

It is 10 years since Williams became a Muslim while playing for Toulon in France after a period in his life where he was "wild and at the other end of the spectrum" to where he is now.

Super League newcomers Toronto Wolfpack's marquee signing seems content with his life, in a happy place having returned to rugby league after five years in rugby union.

The North American side's general manager reels off Williams' accomplishments across four disciplines: two World Cups in rugby union with New Zealand; playing rugby sevens at the 2016 Olympics; winning multiple National Rugby League (NRL) titles in rugby league; and winning New Zealand's heavyweight boxing title.

The 34-year-old spends half an hour fielding questions during an introductory news conference at Arsenal's Emirates Stadium, greeting journalists in English, Arabic and Samoan, talking about "humility" having become the highest-earning player in the history of either code, and "earning



the respect" of his team-mates.

Williams is a man mountain, standing at 6ft 4in and weighing 17st 5lbs, and he dominates a room - but his imposing physique is in complete contrast to his modest, soft-spoken character.

"Alhamdulillah (thanking God) means everything," he tells BBC Sport. "Drinking a glass of water - Alhamdulillah. Having an opportunity to speak to you - Alhamdulillah. Seeing my wife and kids - Alhamdulillah. I always have my creator in the front of my mind.

"Sometimes I keep my head down on the ground in sujood (prostration) because I know Jesus, Moses and the Prophet Muhammad were in that position.

"Look, I chased girls. I drank alcohol, spent lavishly and thought I was someone that I wasn't. I lived that life and, in my experience, what did it give me? Hollowness and emptiness in my heart."

Williams, who met his team-mates for the first time on Wednesday in Manchester, adds: "It took a few years for the process, but I found Allah, I found Islam and it really allowed me to turn the wildness in myself into positivity.

"With the way that I have driven as a sportsman to succeed, those two together have allowed me to reach where I am today."

Williams says there is no feeling like the "genuine love" of a fellow elite sportsman who is also Muslim. Fiorentina winger Franck Ribery is someone he "keeps in contact with on social media", while he is "quite close" to former South Africa batsman and captain Hashim Amla.





“In today’s society it is no secret that a lot of us Muslims have been forced to almost be embarrassed to be Muslim.

“For me, I am so proud to be a Muslim - the honesty that it has, what it stands for and what it can give. When I see other sportsmen who are out there and proud, wow it is such a beautiful thing.”

In March, an attack by a gunman at a mosque in Christchurch saw 51 people killed and Williams shared a tearful message on social media in which he expressed his “deep sadness” and hoped those who died “went to paradise”.

A week after the shootings, Williams visited the city and met members of the community as an act of solidarity.

“Being one of the most high-profile Muslims in New Zealand and playing for the national team, the All Blacks, at the time, I knew that it was my duty,” he says.

“I am a pretty shy guy but I had to step up, and I knew I had to be vulnerable in that space. I stepped up and represented not just the Muslim community that was hurting, but also the New Zealand community.

“I thought that if I could step into that space, a difficult one to navigate through at the time, and just preach the positivity - but also tell them it is real, it hurts but what can we do to move forward in a better way?

“As New Zealanders, we have done that and are

leading in that space - and I am proud to say I was a part of that.”

As he approaches the latest test of his distinguished career, almost 9,000 miles away from home, how does Williams feel about the move and how would he like to be remembered?

“I was really humbled and grateful for the opportunity. It is a really exciting opportunity for myself as a sportsman. Yes, there is a lot of pressure but what better way for a sportsman to try achieving something in this arena?

“‘Legacy’ is not a word that I like. I am just a guy out there who has done his best, who was real, kept it authentic, but liked to take on challenges.”

Last year, Williams performed the minor Umrah pilgrimage to Saudi Arabia, describing the trip as an “awesome experience”.

He says: “Mecca is so special, seeing the Kaaba for the first time and then experiencing the serenity and calmness of Medina.

“Yes, I am a Kiwi, a New Zealander, Samoan - but a human being. That is what Islam offers. It is there for all of mankind. I prayed next to an African brother, an Asian, a European, a Middle Eastern, from all walks of life.

“You are in your robes so there are no levels of society, everyone is equal, that is probably the biggest thing.”





# EVENTS

## INTERNETIONAL FOOD FAIR

Precious moments





# 國際美食嘉年華

## 珍貴的时刻





# EVENTS 活動

## *Muslim Hiking* 穆斯林郊遊



## Autum Hiking at Hok Tau 秋遊鶴藪賞紅葉





## 古蘭經誦經班

香港大學文學院的現代語言及文化學院與伊聯會於2019年11月合作舉辦了「古蘭經誦經班」，全課程為16小時，旨在幫助穆斯林履行教義。香港大學阿拉伯語課程主任Amjad Refai先生義務擔任課程的導師。通過本課程，學生將學習如何識別各個阿拉伯字母及其元音，從而學習讀誦古蘭經中的單詞和句子。

出席率超過80%的學生將全額退還報名費及將獲頒發結業證書。



2019年11月4日，由香港中華回教博愛社、香港伊斯蘭聯會、香港中國回教協會、香港回教婦女會聯合組成的代表團應中國伊斯蘭教協會的邀請到訪北京，受到中國伊協會長楊發明、副會長金汝杉的熱情接待。

## 紀念穆聖（願主福安之）生辰活動

伊聯會宣教委員會於2019年11月8日晚上，在愛群清真寺舉辦了紀念穆罕默德（求主賜他平安）誕辰活動。

當晚有一百多位教胞參加了是次活動。



## Dua'h

اللَّهُمَّ بَاعِدْ بَيْنِي وَبَيْنَ خَطَايَايَ، كَمَا بَاعَدْتَ بَيْنَ  
الْمَشْرِقِ وَالْمَغْرِبِ، اللَّهُمَّ نَقِّنِي مِنَ الْخَطَايَا كَمَا  
يُنَقَّى الثَّوْبُ الْأَبْيَضُ مِنَ الدَّنَسِ، اللَّهُمَّ اغْسِلْ  
."خَطَايَايَ بِالْمَاءِ وَالتَّلْجِ وَالْبَرَدِ"

O Allah! Distance me from my sins, as you have distanced the east from the west, and wash away my sins with cool water, ice and hail, as a white garment is cleansed of all dirt.

真主啊！如您將東方與西方隔開般，請讓我遠離我的罪；如同白色衣服上的污垢都被清洗般，請用冷水、冰和冰雹洗淨我的罪。

## Quran

وَجَعَلَنِي مُبَارَكًا أَيْنَ مَا كُنْتُ  
سورة مريم: 19:31

And he has made me  
blessed wherever I am  
Quran 19:31

祂使我無論在那裡都是有福的

《古蘭經》19:31

## Hadith

قَالَ اللَّهُ أَغَدِّثُ لِعِبَادِي الصَّالِحِينَ مَا لَا عَيْنٌ رَأَتْ وَلَا أُذُنٌ سَمِعَتْ وَلَا  
خَطَرَ عَلَى قَلْبٍ بَشَرٍ

Abu Huraira reported: Allah's Apostle (peace and blessings be upon him) said: Allah said: I have prepared for my righteous servants what no eye has seen, what no ear has heard, and what no heart has perceived.

Source: Sahih al-Bukhari 3072

據艾布·胡萊賴（願主喜悅他）傳述：

真主說：我已為我真善的僕人們預備了無眼見過，無耳聞過，心裡也絕無想過的（恩賜）。



# 一場令人振奮的講座

Komaruddin Chalil教授



Komaruddin Chalil教授最近應香港伊斯蘭聯會宣教委員會邀請，為印尼姐妹們進行了一系列關於組織領導力和有效管理的講座。Chalil教授於2019年10月11日到達香港，由伊聯會的宣教主任穆海明老師接待。

一系列的講座在灣仔愛群清真寺暨林士德伊斯蘭中心6樓研討室舉行，並由Inih Rasinih姊妹朗誦《古蘭經》作序幕，接著由很積極參與宣教活動的印尼姊妹團（Halaqoh）朗誦讚聖詩。之後Chalil教授開始了為題「如何成功及有效地運作組織」的講座。而同日下午，舉行了第二場「組織的籌款和會計」講座，以及與參與者有一段很積極的問答時間。

同樣的主題於翌日繼續，在Chalil教授解答完參加者的踴躍發問後，宣教委員會馬蓬偉主席送贈紀念品予Chalil教授。

於12日舉行的首節講座特別為本地的9個團體的153名參加者舉辦，而13日舉行的第二節講座則為來自各地的59個團體合共192人舉辦，當中包括來自個澳門4個團體——Matim、Halimah、Halaqah及Irsyad的6位參加者。

Chalil教授於1974年1月15日在印尼出生，他擁有由印尼肅南火山加提萬隆國家伊斯蘭大學（UIN Sunan Gunung Djati Bandung）所頒發的碩士學位，是一位非常有經驗的宣教工作者。他曾經出版了14本有關伊斯蘭各個主題的著作，現在他於母校國家伊斯蘭大學（UIN）任教，並且擔任PT. Siinnergy Insan Sejahtera總經理。

Chalil教授在演講中提到，



有效的領導能力是建立願景、制定戰略、爭取合作和激勵的過程。有能力的領導者必須：

- 考慮到有關各方的合理長期利益，建立對未來的預算（預期）；
- 制定合理的戰略以進一步實現預算；
- 爭取為實現願景能起關鍵作用的合作人士或團體的支援；
- 必須能激勵核心人物發起對於實施戰略起重要作用的行動。

在下午的環節，Chalil教授談到籌款活動，他將其描述為通過與個人、企業、慈善機構或政府合作來尋求義務捐款的過程。他進一步解釋指，傳統的籌款活動主要包括在街上、人家門口或面對面的募捐，但近年來出現了新的籌款形式，如網上籌款。

他還討論到學習會計的重要性，並集中介紹了三個主要報表——收入、資產負債和現金流量表。

是次工作坊的參加者表現得很有動力，而且非常滿意是次活動。許多姐妹表示希望每年均有此類工作坊舉行，以便今後新上任的領導人員可以從中受益。

# 新西蘭橄欖球傳奇巨星威廉姆斯： 伊斯蘭驅走了我內心的空虛

翻譯：葉哈雅 出處：BBC Sport

桑尼・比爾・威廉姆斯（Sonny Bill Williams），新西蘭體育界傳奇人物。作為一名橄欖球傳奇巨星，他與新西蘭國家隊一起贏得兩次橄欖球世界盃冠軍，並代表兩個不同的橄欖球聯賽球隊一起贏得了兩個澳大利亞全國橄欖球聯賽（NRL）冠軍，並且與酋長隊一起贏得了2012年超級橄欖球冠軍；作為一名職業拳擊手，他職業生涯7勝0負未嘗敗績，三次KO對手。



本週一，威廉姆斯與超級聯賽俱樂部多倫多沃爾夫派克（Toronto Wolfpack）簽下了一份價值1000萬美元的兩年合同，成為世界上收入最高的橄欖球運動員。

本週四晨禮後，威廉姆斯在倫敦一家酒店接受了BBC的專訪。他告訴記

者：「我剛剛在不斷祈禱，我祈求真主指引我，讓我擁有一顆強大的心，讓我成為一個更好的穆斯林，讓我成為一個更好的人。我很清楚，我有很多不足，但我祈求真主賜予我力量與勇氣，祈求真主寬恕我的罪過，祈求真主護佑我和我身邊所有人。讓我們的孩子們能夠健康、平安成長，讓我們永葆感恩之心。」

威廉姆斯出生在一個基督教家庭，十年前，威廉姆斯在法國橄欖球聯賽效力時皈依伊斯蘭。彼時的他，還是一名熱衷於美酒與享樂的花花公子，而皈依伊斯蘭之後的他，似乎完全變了一個人。

威廉姆斯身材魁梧，身高達1.95米，體重達262斤。然而，貌似兇神惡煞的他，卻藏著一顆柔軟、細膩、善良的心，他的謙虛，讓我們自歎不如。

在接受BBC體育台採訪時，威廉姆斯說道：「我經常掛在嘴邊的一句話就是『感贊真主』，這句話對我來說意義重大。喝一口水，我就感贊真主；回家看到妻子和孩子們，我就感贊真主；今天接受你們的採訪，我也要感贊真主，因為我相信你們會讓世人看到真實的我。每當我感到疲憊或困惑，我就會靜下心來禮拜，我會匍匐在地向真主祈禱——這是我們的先知穆罕默德（願主福安之）祈求真主援助的方式，也是先知爾薩（耶穌）以及先知穆薩（摩西）祈求真主的方式。」

威廉姆斯坦言：「曾經的我，沉醉於紙醉金迷的生活，瘋狂追求身體的享樂，過著放縱奢侈、荒淫無度的生活，可最終，我發現自己一無所獲，我感覺自己一無所有，無比空虛。感

今年五月，這位34歲的橄欖球傳奇巨星在奧塔哥理工學院完成體育管理學學士課程，他在社交媒體上發佈了身穿畢業袍和家人在一起的照片，同時配有以下文字：「是的，一個太平洋島民、一個拳擊手、一個橄欖球運動員、一個七人制橄欖球選手，也可以完成大學學業，千萬不要讓別人看低你！一切讚美，歸於真主！」

此前，在代表新西蘭國家隊征戰橄欖球世界盃期間，威廉姆斯請求聯盟允許他去掉球衣中不符合伊斯蘭教法規定的商標標誌，因為他認為穿上帶有這些商標的球衣會受到「良心譴責」，而聯盟最終也同意了該請求。

新西蘭橄欖球聯盟執行主席內爾・索倫森（Neil Sorensen）在接受採訪時指出：「良心譴責這一理由可以被接受，但前提是它必須真實。我們相信，威廉姆斯的訴求是真誠而又真實的。」

威廉姆斯的訴求和他的宗教信仰有關，他所信仰的伊斯蘭教禁止宣揚涉及酒類、煙草、賭博和銀行（伊斯蘭教義禁止放貸收息的行為）等行業的產品和商業行為。他說：「我反對穿帶有銀行、酒類產品和賭博公司商標的球衣，因為這些宣傳和我的宗教信仰背道而馳。獲准可以不穿這樣的球衣對我本人很重要。我對自己的信仰瞭解越深刻，就越對自己以往的行為感到不安。球衣上的商標對有些人來說可能只是微不足道的小事，但對我來說這關乎信仰，因此非常重要，我希望大家能尊重我。」





贊真主，就在這時，我找到了伊斯蘭，我找到了真正的主宰，伊斯蘭信仰徹底解放了我，驅走了我內心深處的恐懼與空虛。

「從我開始真正思考自己的人生，到我決定皈依，再到我真正感受到伊斯蘭信仰的偉大，我都在感贊真主。雖然追尋伊斯蘭真理花費了我好幾年時光，但是，我最終找到了依靠，我最終將我內心所有的狂野與不羈化為無盡的動力，督促我不斷前進，激勵我做一個更好的人。有人說我的成功是源自我的天賦與努力，但我很清楚，我的一切，都源自造物主的恩賜。」

威廉姆斯認為，運動員和穆斯林的雙重身份給他帶來不少挑戰，同時也給了他無盡的動力與感動。他與法國著名足球運動員弗蘭克·裡貝裡保持著友好關係，同時也與南非板球國家隊隊長雜湊姆·阿姆拉私交甚密，他們都公開承認自己的穆斯林身份，都為更正世人對穆斯林的負面印象而不懈努力。

威廉姆斯說：「現如今，穆斯林與伊斯蘭似乎成為眾矢之的，很多穆斯林甚至為自己的信仰感到自卑，不敢公開承認或宣揚自己的信仰，這讓我非常痛苦。於我而言，我要大聲的告訴全世界，我是一名運動員，我更是一名穆斯林，我以我的穆斯林身份而感到自豪，我為我的伊斯蘭信仰而感到自豪。」

今年3月，威廉姆斯的祖國新西蘭爆發一起嚴重恐怖襲擊事件，一名槍手在基督城清真寺發起襲擊，導致51名穆斯林死亡。威廉姆斯於第一時間發表聲明，聲淚俱下地控訴這起恐怖襲擊事件，同時控訴極端民族主義者對伊斯蘭信仰的無端仇恨。

事件爆發一周後，威廉姆斯更是親自前往基督城，與當地穆斯林群體會面，給他們帶去他的慰問與祝福。

威廉姆斯坦言：「我知道我很渺小，但是在新西蘭，幾乎人人都知道我的名字，我為新西蘭國家隊效力，我為新西蘭的榮譽而不斷戰鬥，但是，當我的族人因為信仰而遭受如此慘劇時，我知道我必須站出來。我也知道，此時來到基督城，會讓那些種族主義者咬牙切齒，我的團隊甚至告訴我這裡極其危險，但是，我依然要來這裡，我要和我的穆斯林兄弟姐妹們在一起，我們要告訴世界，我們所有人都團結一心，除了真主，我們無所畏懼。」

當記者問威廉姆斯為何會在職業生涯巔峰選擇遠走他鄉接受新的挑戰時，他說：「首先，我很感謝俱樂部對我的信任，這對我而言的確是一個巨大的挑戰，但我很興奮，我很期待這裡的一切，我希望我能代表穆斯林在這裡發出正面的聲音。誠然，新的聯賽意味著新的挑戰，可對一名運動員而言，還有比挑戰更能證明自己實力的事物嗎？您剛剛說我是個偉大的運動員，您問我希望世人如何銘記我，我只想說，我只是個普通人，我只是盡己所能的完成我的工作，我努力遵循我信仰的要求做一個好人，我只希望人們記住我是一名穆斯林，僅此而已。」

去年，威廉姆斯前往聖城麥加完成副朝。威廉姆斯說：「我必須承認，那是一段奇妙的旅程。當我到達麥加的那一刻，我瞬間心潮澎湃；當我看到尊貴的天房時，我熱淚盈眶；在聖城麥迪那，我體會到了前所未有的平靜與安寧。感贊真主，一切都是那麼的神奇。」

最後，威廉姆斯總結道：「我是一名新西蘭原住民，是一個普普通通的人，我不想世人用異樣的眼光看我，這是伊斯蘭信仰對我的教導。我能夠自己獨自祈禱，也會與我的非洲兄弟、亞洲兄弟、歐洲兄弟、美洲兄弟一同祈禱，我們都是真主的造化，我堅信，眾生平等。」







# 探討伊斯蘭的憐憫及惻隱之心

於2019年10月5及6日在愛群清真寺暨林士德伊斯蘭中心的研討室舉行的工作坊，講者為在場參加者講解了伊斯蘭的憐憫及惻隱之心。

是次工作坊由宣教委員會及青年、教育及體育委員會（YES）合辦，眾多的參加者分別來自中國內地、澳門、緬甸、越南、柬埔寨、泰國、馬來西亞、台灣及菲律賓。工作坊旨在向穆斯林兄弟姐妹們介紹如何能成功實施宣教所需的技巧。

在歡迎晚宴上，YES委員會主席韓浩山兄弟致歡迎詞，宣教委員會主席馬蓬偉哈智致送紀念品予海外參加者及兩位演講嘉賓。

10月5日，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主持了首場主題為「伊斯蘭——憐憫與惻隱」的工作坊。該工作坊主要講解對於有效展開宣教至關重要的溝通方法和知識。是次工作坊，參加者很積極的與演講嘉賓互動，令黃偉雄兄弟更有效地分享了他的專業知識。

而在10月6日，英國的Bahu Trust的可持續發展和氣候變化部主席Kamran Shezad兄弟發表了以「《古蘭經》和聖行對氣候變化與解決方案」為題的演講。演講主題十分特別，它從不同的角度去看待如何處理環境的問題，並圍繞氣候變化和伊斯蘭等主題進行了小組討論。

與會者的反饋非常積極，其中對於伊聯會舉辦是次工作坊讓他們能夠學習新的宣教交流技巧表示感謝。





# 齊來學廣東話




香港伊斯蘭聯會的青年、教育及體育委員會（Y.E.S）為姐妹們舉辦了廣東話入門課程。該課程於2019年9月至11月期間的每個星期四上午，在灣仔愛群清真寺暨林士德伊斯蘭中心的4樓課室上課。

課程由李鳳霞姊妹主持，有18名來自不同國籍的姊妹參加。課程的目的是為非華裔姊妹提供一個學習基礎廣東話的平台和機會。課堂上曾經探索了以下的主題：自我介紹、語氣表達方式、數字、購物用語及量詞。

參加者學習了一些廣東話必要的會話技巧，並從與本地華人日常交流時獲得了自信心。

各參加者對學習廣東話表現出極大的興趣，並給予了積極的反饋。所有參與的姊妹都認為是次課程讓她們加深對廣東話的認識。





**宣教委員會**

**第十四屆 了解伊斯蘭課程 2020**

逢星期六 下午 2:30 (廣東話課程)

04-01-20	伊斯蘭發展簡史	楊興本
11-01-20	伊斯蘭是一個和平的宗教	楊興本
18-01-20	伊斯蘭的六大信條	馬永祥
01-02-20	伊斯蘭的五大功修	馬永祥
08-02-20	造物主的存在	馬蓮偉
15-02-20	古蘭經與宇宙奇蹟	何秀賢
22-02-20	穆聖與眾先知	何秀賢
29-02-20	伊斯蘭婦女	楊茜雯
07-03-20	清真食品	馬蓮偉
14-03-20	死後復生	馬蓮偉
21-03-20	結業禮	


課程報名費：\$100.00

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了解伊斯蘭 明白人生的意義



青年、教育及體育委員會主辦

## 第15期武術班

2020年2月9日 - 4月12日

逢星期日上午10:45 - 下午12:15

灣仔愛群清真寺8樓天台

香港灣仔愛群道40號

費用全免

歡迎各穆斯林兄弟姊妹參加

報名及查詢：

電話：3469 9210 (李姊妹)

電郵：[aminahli@iuhk.org](mailto:aminahli@iuhk.org)

Whatsapp: 6355 5561





## 第71屆週年會員大會

2019年12月1日，香港伊斯蘭聯會假愛群清真寺暨林士德伊斯蘭中心6樓的研討室，舉行了第71屆週年大會。

在全體一致通過的情況下五位卸任幹事，包括馬超奇哈智、夏萬盧兄弟、馬蓬志哈智、納德賢哈智及田志立哈智，全部重新當選，未來三年他們將繼續為伊聯會服務。



## 香港伊斯蘭聯會幹事會 2019-2020

主席	石 輝兄弟	副主席	沙 意哈智
名譽財政	馬德民兄弟	名譽秘書	馬超奇哈智
大廈管理及維修委員會	簡漢佳哈智	資訊科技委員會	夏萬盧兄弟
福利委員會		會籍委員會	
投資委員會	沙 意哈智	宣教委員會	馬蓬偉哈智
青年、教育及體育委員會	韓浩山兄弟	法律及稅務諮詢服務	杜俐琛博士
醫務委員會	田志立哈智	出版委員會	納德賢哈智
圖書館委員會	馬雅歷兄弟	食堂監察委員會	馬蓬志哈智
澳門伊斯蘭會聯絡人	馬超奇哈智	薪金及津貼委員會	馬德民兄弟
伊聯會駐基金會理事	沙 意哈智 夏萬盧兄弟	幹事	簡志偉哈智 梅智傑兄弟





## 尋找穆斯林科技之旅

香港伊斯蘭聯會與澳門伊斯蘭會（IAM）早前特別舉辦了一次澳門之旅，到訪澳門科學館以了解古代阿拉伯人所發明的許多科學技術如何在現代仍在使用的，以及其進一步的發展。

主題為「1001發明精華展：阿拉伯科學發明的黃金時代」的展覽，追溯了當今仍然在使用的阿拉伯穆斯林的科學發明。僅舉幾例發明，如VR飛行模擬器、手術工具、數學及天文學等。

旅行當日早上，一班伊聯會成員乘坐旅遊巴士從灣仔愛群清真寺暨林士德伊斯蘭中心出發，經港珠澳大橋，到澳門科學館。

參訪團在科學館內參觀了兩小時，科學館的工作人員為團友們提供導游服務，向團友們介紹了展覽的一些亮點。

參訪團還參觀了澳門清真寺和墳場。團員們在澳門清真寺進行了晌禮後，澳門清真寺的管理委員會為大家提供了一頓美味的午餐。澳門清真寺建於1860年代，是葡萄牙統治澳門期間的早期定居穆斯林建造，但到了現在，清真寺在星期日與伊斯蘭節日期間都會特別擁擠，禮拜殿的空間已不足夠容納所有教友。IAM一直致力於清真寺的維修保養工作。

參訪團搭乘同一輛旅遊巴士安全回到了香港——雖然累了一點但是大家都很开心。





# 按照古蘭經所倡導的價值觀去生活

出處：IslamiCity

價值觀，是基於人的一定的思維感官之上而作出的認知、理解、判斷或抉擇，也就是人認定事物、辯定是非的一種思維或取向，從而體現出人、事、物一定的價值或作用。

價值觀對人們自身行為的定向和調節有著非常重要的作用。價值觀決定人的自我認識，它直接影響和決定一個人的理想、信念、生活目標和追求方向的性質。

真主在《古蘭經》中提到了各式各樣的價值觀，這些價值觀能夠幫助我們在主道上塑造我們的理智與靈魂，最重要的是，《古蘭經》所提到的價值觀以及相關理念要求我們穆斯林一定要寬容待人，因為我們本身就是真主派遣在大地上的代治者。

然而不幸的是，有些穆斯林對《古蘭經》傳遞給我們的真理不屑一顧，然而，這些價值觀涉及到我們對生命的理解，涉及到對異見與異同的尊重，也涉及到正義與寬容等。

在這裡，就讓我們一起學習源自真主的真理，通過信仰，不斷加深我們對自我、人生、今世與後世的認識。

## 《古蘭經》對人性的重視與強調

真主說：「當時，你的主對眾天神說：『我必定在大地上設置一個代理人。』」他們說：『我們贊你超絕，我們贊你清淨，你還要在大地上設置作惡和流血者嗎？』他說：『我知道你們所不知道的。』」（《古蘭經》2：30）

這節經文的意義，在於讓我們更加感恩、更加賞識自己的同胞，也會幫助我們更好地



理解真主、理解真主與人類的關係。這節經文指出，真主在造化萬物時賦予了人類一系列特權，也指明人類是真主派遣在大地上的代治者，真主沒有選擇天使抑或是任何其他被造物擔當此重任。

人類在真主造化的萬物與生靈中有著特殊的地位，因此，守護人性、保護全人類是我們至高無上的職責所在。正因如此，《古蘭經》才明確指出，謀殺是一項大罪中的大罪，《古蘭經》告誡我們，無辜殺害一人，就宛如殺害了全人類。

人們經常說，欠債還錢，殺人償命。但是，倘若自相殘殺是人之常情，那人類很可能早已滅絕於世間。

如果人類想要存活於世，我們每個人都要互相尊敬、互相保護。我們可以從中作出如下結論：人類是互相依賴、互相依存的，人類的存活與否、繁榮與否都取決於我們對生命的理解，取決於我們對他人生命的尊重。

《古蘭經》還提到了對人類異同與異見的尊重，其中包括對天啟信息的不同理解，特別是對不同信仰的不同理解。這一切都是真主的前定，真主說：「假若你的主意欲，他必使眾人變成為一個民族。他們將繼續分歧，但你的主所憐憫的人除外。」（《古蘭經》11：118）

「如果你的主意欲，大地上所有的人，必定都信道了。難道你要強迫眾人都做信士嗎？」（《古蘭經》10：99）

「眾人啊！我確已從一男一女創造你們，我使你們成為許多民族和宗族，以便你們互相



認識。在真主看來，你們中最尊貴者，是你們中最敬畏者。真主確是全知的，確是徹知的。」（《古蘭經》49：13）



通過以上這些經文，我們可以發現，真主在前定時就將

人類造化的多種多樣，這種多樣性就包括信仰的異同。這些經文明確禁止穆斯林改宗叛教，禁止穆斯林否認其他天啟的信仰，也禁止穆斯林蔑視那些暫時還沒有找到真理的人們。

一個人信仰伊斯蘭與否，都由真主決定，真主在造化萬物時並沒有將人類造化為單一的群體，而是將人類造化為不同的族群。縱然是真主的使者穆罕默德（願主福安之），也無力決定某人是否會皈依伊斯蘭，但是，穆聖（願主福安之）為我們帶來了皈依伊斯蘭的天啟信息。

簡言之，作為穆斯林，我們應當通過學習《古蘭經》來看清真主賦予我們的異同。

### 《古蘭經》對正義與公道的重視與強調

真主說：「信道的人們啊！你們當維護公道，當為真主而作證，即使不利於你們自身，和父母和至親。無論被證的人，是富足的，還是貧窮的，你們都應當秉公作證；真主是最宜於關切富翁和貧民的。你們不要順從私慾，以致偏私。如果你們歪曲事實，或拒絕作證，那末，真主確是徹知你們的行為的。」（《古蘭經》4：135）

真主還說：「信道的人們啊！你們當盡忠報主，當秉公作證，你們絕不要因為怨恨一夥人而不公道，你們當公道，公道是最近於敬畏的。你們當敬畏真主。真主確是徹知你們的行為的。」（《古蘭經》5：8）

倘若沒有公平與正義，我們就根本不可能感知或享受任何其他理念與價值觀，甚至也無法感知生命的意義。正因如此，「公正」在《古蘭經》中有著極其崇高的地位。

正如上所述經文所示，真主命令穆斯林要秉公作證，命令我們不論在何種情形下都堅守公平與正義。《古蘭經》不僅要求穆斯林相互公平相待，也要在與非穆斯林打交道時同樣堅守公正之道，倘若我們無法做到這一點，那我們就違背了《古蘭經》的教誨。

### 《古蘭經》對寬恕與憐憫的重視與強調

《古蘭經》中所提到的寬恕與赦宥可以總結到如下兩節經文中：

「敬畏的人，在康樂時施捨，在艱難時也施捨，且能抑怒、又能恕人。真主是喜愛行善者的。」（《古蘭經》3：134）

「善惡不是一樣的。你應當以最優美的品行去對付惡劣的品行，那末，與你相仇者，忽然間會變得親如密友。」（《古蘭經》41：34）

總而言之，伊斯蘭不僅僅是單純的宗教信仰，更是一個完美而完整的生活方式。

真主在《古蘭經》中給我們指明了人生的道路，也指明了獲取今後兩世幸福的方向，問題的關鍵，就在於我們是否願意去學習真主的信仰，去遵循真主的意願，以真主教導我們的偉大價值觀去生活，去追求今後兩世的成功。



# 莫憂愁

-從伊斯蘭的觀點如何看待生活中遇到的問題-



今世是考驗場，人人皆受考驗，每個人都要面對不同的遭遇。

「我（真主）必以些微的恐怖和饑饉，以及資產、生命、收穫等損失試驗你們，你（穆聖）當向堅忍的人報喜。」

（古蘭經2：155）

生死都是考驗

「他（真主）創造死生，以便考驗你們誰的作為是最優美的。他是萬能的，是至赦的。」

（古蘭經67：2）

信士也不例外

眾人以為他們得自由地說：「我們已通道了，而不受考驗嗎？我（真主）確已考驗在他們之前的人。真主必定要知道說實話者，必定要知道說謊者。」

（古蘭經29：2-3）

財產和子女都是考驗（磨難）

「你們的財產和子嗣，只是一種考驗，安拉那裡有重大的報酬。」

（古蘭經64：15）

遭遇患難、改變信仰、兩世損失

「有人在邊緣上崇拜真主，若獲福利，他就安然享受；若遭禍害，他就輕率背叛。他將喪失今世和後世，這是明顯的虧損。」

（古蘭經22：11）

遭遇患難也是一種恩典

「也許你們厭惡某件事，而那件事對你們是有益的；或許你們喜愛某件事，件事對你們是有害的。真主知道，你們確不知道。」

（古蘭經2：216）

「令人驚奇的是：信士的全部事情都是好事，只有信士才享有此殊榮。如果他（她）獲得福利，他（她）感謝真主，這對他（她）是好事；如果他（她）遭遇禍患，他（她）忍耐，這對他（她）也是好事。」

（聖訓）



遭遇困境可以抵贖罪過

「當信士遭遇疼痛、疾病，安拉都會因為這些痛苦而消除他的過錯。」  
(聖訓)

磨難鋪就坦途

「伴隨困難有容易。」  
(古蘭經94章)

「誰敬畏真主，他(真主)將為誰開闢一條出路，而且從他意料不到的地方供給他。誰托靠真主，他(真主)將使誰滿足。」  
(古蘭經65：2-3)

以堅忍面對遭遇

「他們遭難的時候，說：『我們確是屬於真主的，我們必定只歸於他』；這等人是蒙真主赦宥和憐憫的，這等人確是遵循正道的。」  
(古蘭經2：156-157)

以禮拜、祈禱面對困境

艾優卜(約伯)在苦難中的祈禱，當時他曾祈求他的主(說)：「痼疾確已傷害我，你是最仁慈的。」我就答應他的請求，而解除他所患的痼疾，並以他的家屬和同樣的人賞賜他，這是由於從我發出的恩惠和對於崇拜我者的紀念。  
(古蘭經21：83-84)

努哈(挪亞)在患難中的祈禱「努哈，以前，他曾祈求我，故我答應了他，並且拯救他和他的信徒們脫離憂患。」  
(古蘭經21：76)

永不絕望真主的仁慈

「你們不要氣餒，不要憂愁；只要你們是有正信的，你們就是最高貴的。」  
(古蘭經3：139)

真主與忍耐者同在

「信道的人們啊！你們當借堅忍和拜功，而求祐助，真主確是與堅忍者同在的。」  
(古蘭經2：153)





# 香港伊斯蘭聯會會訊

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馬超奇 哈智  
吳恩華 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，  
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## 國際慈善美食嘉年華2019

空前的成功

於2019年12月29日，儘管是12月的異常降雨天氣，但並未減少所有出席伊斯蘭聯會所舉辦的一年一度國際慈善美食嘉年華參加者的熱情。是次活動仍如常在灣仔愛群清真寺暨林士德伊斯蘭中心8樓的天台舉行。

今年所籌集的捐款超過了去年，與去年的60,000元相比，今年共籌集了80,000元，是次活動的所有收益將用作施濟用途。

許多組織和個人參加了今次的美食嘉年華，他們均帶來了不同種類的家鄉自製美食和產品。甚至有深圳的兄弟姐妹也到場參加，並帶來了整隻烤全羊。烤全羊十分受歡迎，在開賣不久就買光了。

我們謹代表香港伊斯蘭聯會主席及各委員會成員，感謝各位參加者為2019年的國際慈善美食嘉年華取得重大成功所給予的大力支持。知感真主！希望來年2020年將與大家再次相聚！阿敏！

參加的組織和個人包括：

印尼領事館 婦女會  
汶萊皇家航空班 團  
印尼駐港領事館 團  
日善街印律工務會  
香港菲蘭幫工務會  
伊斯蘭回教協會  
中國回教婦女會  
D & L 香港回教婦女會  
Hani Halal  
Anatolia文化對話中心  
Rubinah姊妹  
脫佩芳姊妹  
納瑾姊妹 婦女協會  
巴基斯伊蘭文化協會  
香港州清真餐館  
深州宮蘭州牛肉麵  
天津有味  
Let Pacific食品  
華星北空  
Bismillah土耳其烤肉餐廳  
Jashan印度餐廳  
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