



力行 Strive

香港伊斯蘭青年協會 Hong Kong Islamic Youth Association

July 2012 - Ramadhan 1433

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Editor's Message 編者的話

Assalamu Alaikum, dear readers,
Ramadhan Mubarak! Insha Allah,
in this month of Ramadhan,
HKIYA will launch a new Online
Da'wah Video Program to suit
the local community. Find out
more from the contents inside!

On behalf of the 'Strive' Editorial
Board and the HKIYA council
members, we would also like to
congratulate our Chairman, Br
M. Zaiq Ali in his marriage in May
2012. This 'Strive' is full of love
and surprises from Almighty
Allah! Let's also pray to Allah for
his guidance in the month of
fasting! Ameen!

Sr. Nafees Baig

敬道色蘭!親愛的讀者, 萊麥丹月(齋戒月)吉慶! 托靠真主, 伊青將於萊麥丹月為本地觀眾推出一系列網上宣教節目, 詳情請參閱內文。

謹代表「力行」編輯委員會及伊青全體幹事, 恭喜主席Br. M. Zaiq Ali 於本年五月成家立室。今期「力行」充滿真主賜予的愛和驚喜!不容錯過!讓我們一起求真主於萊麥丹月中引領我們。阿憫!

碧納菲姊妹

The Month of Ramadhan and The Virtues of Fasting

by Br. M. Zaiq Ali

The beloved Prophet Muhammad (peace and blessings of God be upon him) addressed us on the last day of the month of Shabaan (Islamic Calendar) and said, "O people, there has come upon you a great month, a blessed month, in it is 'Laylatul-Qadr' which is better than a thousand months. Allah has made fasting in it obligatory and the night prayer therein a voluntary act of worship. Whoever seeks to draw close to Allah therein with a good act, it is as though he has discharged an obligation in other months. Whoever discharges an obligation in it, it is as though he has carried out seventy obligations in other months."

It is a month of patience and the reward for patience is paradise. It is a month for accommodating and comforting people. It is a month in which the sustenance of the believer is increased. Whoever provides for a fasting person so that he may break his fast, he would gain the reward of freeing a slave and attain forgiveness for his sins." The Sahabah (companions of the beloved Prophet) said, "Not all of us have the means to provide for a fasting person to break his fast". The beloved Prophet said "Allah would give this reward to whoever provides a gulp of milk or a drink of water or a date for the fasting person to break his fast, and whoever satiates the hunger of the fasting person, he would receive forgiveness for his sins and his Lord will give him drink from my 'Fount' (Al-Kousar on the Day of Judgment) after which he would suffer no thirst ever and he would receive the equivalent of the reward of the fasting person without any decrease in his reward."

It is a month, the beginning of which (the first ten days) is mercy, the middle of it is forgiveness and the end of it is freedom from hell fire. Whoever lightens the workload of his servant in it, Allah would free him from hellfire and so do a lot of four things in it. Two acts with which you would please your Lord and two acts that you cannot do without. As for the two acts with which you please your Lord, they are the testimony that there is no god besides Allah and the seeking of His forgiveness. As for the two acts that you cannot do without, you should seek paradise from your Lord and seek protection from hell fire."

萊麥丹月份和齋戒的美德

譯者: Hira Khan 姊妹

親愛的先知穆罕默德(願真主賜他平安)在沙邦月(伊斯蘭日曆)的最後一天對我們說, "各位, 有一個月份, 充滿祝福的月份, 那月裡有好過一千個月的蓋德勒夜。安拉在這個月為我們規定了齋戒, 並提議我們自願地做夜間禮拜。誰於那個月以親近安拉為目標, 從而做善事, 他就會好像同時履行了其他幾個月份的義務。誰在那個月份義務地做善事, 他就會好像同時在其餘的月份進行了總共七十項義務。"

這是一個需要耐性的月份, 而耐性的獎賞是天堂。這是一個需要樂於助人及安慰人的月份。這是一個增加信仰的月份。誰為一個封齋者提供開齋飯, 他就會獲得與釋放一名奴隸一樣的獎賞, 並且會被赦免他的罪。親愛的先知的同伴說, "我們並不全部有能力為一名封齋者提供開齋飯"。親愛的先知說, "真主會獎勵那些向封齋者提供一口牛奶, 水, 或一個棗來開齋; 而能使封齋者飽足的人, 他的罪會得到赦免, 另外, 真主會給他從我的 "源泉" (在審判日的Al-Kousar) 喝。喝了之後, 他將永遠不再口渴並將獲得相當於一位封齋者的獎賞。"

這個月份, 頭十天代表著憐憫, 中間十天代表寬恕, 而最後十天代表遠離地獄之火。誰於這個月份減輕他工的工作量, 真主便會幫他遠離地獄, 所以我們要熱衷地做四件事。其中兩種包括使真主高興的行為, 另外兩種包括你被規定了的行為。至於使真主高興的兩項行為就是作証 "萬物非主, 唯有安拉" 及求真主饒恕。至於不可缺少的行為就是求真主讓你進入樂園和保護你讓你遠離地獄之火"。



Readers' Contribution

Do you have articles you would like to share with Muslim Youth?
Address them to the 'Strive Editorial Board':
hkiyahk@yahoo.com.hk

讀者來稿

如有文章或感想想跟讀者分享, 請電郵致「力行編輯委員會」:
hkiyahk@yahoo.com.hk

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Marriage in Islam

by Sr. Hira Khan

Marriage is highly encouraged in Islam, it is said to be beneficial to mankind. Married people are known to lead a healthier life, both physically and mentally; and are able to avoid many serious sins in the process. Islamic marriages aim to bring us peace and happiness, by bringing two people together and enabling them to defend each other against difficulties.

Allah says in the Holy Quran:

"And marry those among you who are single (i.e. a man who has no wife and the woman who has no husband) and (also marry) the Salihun (pious, fit and capable ones) of your (male) slaves and maid-servants (female slaves). If they be poor, Allah will enrich them out of His Bounty. And Allah is All-Sufficient for His creatures' needs, All-Knowing (about the state of the people) (Surah Noor, 24:32).

Marriage is important and should be fulfilled, however, how do we select our other-half? The prophet (PBUH) has said that a righteous wife can lead to success of a man in the Day of Judgement. It is known that some of the most important aspects are religiousness, compatibility and nature of the spouse.

We are encouraged to pick a spouse due to their religiousness, and not only beauty and wealth, so that the marriage can increase our faith and help us lead a righteous life.

Compatibility of the couple is also extremely important. If two people do not match each other, life together can become quite difficult. However, this does not mean that class distinction is encouraged, it is stressed that all people are equal. It just means that, for instance, it is better for a man who is extremely devoted to his religion find a woman who is at a similar level of devotion as him.

It is also stressed that a good-natured spouse be picked, as only a person of good nature can be capable of giving their other half a content life. If our partner is of ill nature, it will only lead to miserable ends and destroy our faith.

Prophet Mohammad (PBUH) has mentioned that "men and women are twin halves of each other" (Bukhari). We can't live a full life with half of ourselves missing, only marriage can bring comfort to the soul by filling up that part and optimising our faith.

Reader's Contribution

Reflection on fasting

by Stone Age

Thanks to my upbringing from parents, since childhood I have got into the habit of being not wasteful. That we should treasure our food seems known to everyone, yet many people ignore it. That is why I must say something about it.

Last Friday, I went with my family to tea at the Islamic Centre canteen. We shared a table with another family. Meanwhile, the family settled the bill and left, but leaving behind half a dish of curry chicken, a full bowl of rice and a plate of "dim sum". The "dim sum" was simply untouched that the waitress mistook that we had just ordered it. It is useless to cry over the wasted food as such thing occurs every day around the globe with the affluent Hong Kong not an exception.

In this small canteen, I learn about an interesting but helpless fact: Food wasting is not only the rich people's 'patent'; it is also the bad habit of some of the Muslim immigrants from the poor countries. They are wasting food here, but their people in their own countries are suffering from hunger waiting for foreign aids. It goes without saying that we should protect our environment and be thrifty, which are men's virtues. However, more importantly, avoiding extravagance and waste are obligatory on us as Muslims. If such basics cannot be fulfilled, why be a Muslim?

Deep down, people who leave their dishes unfinished at Iftar (fast -breaking meal) in the month of Ramadan irritate me a lot. If the food was not to their taste, they just left the food after a few bites and chose to dine elsewhere. Oh Allah! Have we forgotten the meaning of fasting? The meaning of fasting is self-evident. All I want to emphasize is to ask yourself why you fast?

We should form the habit of not wasting food, as the Quran teaches us: "...eat and drink (freely), but do not waste; verily, He does not love the wasteful!" (7:31)

As Ramadan is approaching, let's reflect over our past deeds, and be prepared for a more rewarding Ramadan, Ameen.

伊斯蘭教的婚姻

作者: Hira Khan 姊妹

伊斯蘭教非常鼓勵婚姻, 因它對人類有明顯的益處。各種調查顯示已婚人士無論身體或精神上都比單身人士健康; 結婚亦能夠避免我們犯很多嚴重罪過。伊斯蘭婚姻的主要目的在於為我們帶來平穩和幸福的生活, 透過凝聚兩人在一起, 並肩面對和對抗各種困難。

真主在《古蘭經》第 24 章第 32 節說道:

"你們中未婚的男女和你們的善良的奴婢, 你們應當使他們互相配合。如果他們是貧窮的, 那末, 真主要以他的恩惠, 使他們富足。真主是富裕的, 是全知的。" (光明, 24:32)。

婚姻是非常重要的並應由穆斯林履行, 可是我們可以如何選擇我們的另一半呢? 先知曾經說過, 一個正直的妻子可以引導一個人, 令他在審判日得到成功。選擇一個終身伴侶最主要是根據他對宗教的熱誠, 兩人之間的相容性及配偶的本性。

伊斯蘭教鼓勵我們根據一個人對宗教虔誠的程度選擇配偶, 並不只看重美貌和財富, 以便我們的婚姻增加我們的信仰及帶領我們過著正直的生活。

一對夫婦的相容性也是非常重要的。如果兩個人不匹配的話, 生活在一起可以成為一件非常困難的事。然而, 這並不意味著我們要有階級分別, 因我們的宗教強調所有人都是平等的。它只意味著若一名宗教虔誠的男子要結婚, 就最好找一個跟他類似水準程度的人, 方便生活。

選擇一個本性好的配偶亦非常重要, 因為只有一個本性善良的配偶才有能力給予他們的伴侶一個安穩的生活。如果我們的伴侶是本性壞的話, 他只會導致一個悲慘的結果並摧毀我們的建立多年的信仰。

先知曾經提到"男人和女人是彼此的另一半"(布哈里)。我們的生活中不能缺少這一半地生活下去, 而且只有婚姻才可以幫我們填滿該部分, 並且鞏固我們的信念及給我們的心靈帶來安慰。

讀者來稿

齋戒有感

作者: 石器時代

因父母的教導, 我從小便養成不浪費的習慣。是的, 我今次想說的就是珍惜食物。有人認為這道理十分老掉牙, 人皆知曉。但我還是要說, 因為世界上還有人不理會這「老掉牙」的道理。

事緣上星期五, 我們到伊斯蘭中心「飲茶」。因為食客眾多, 我們被迫和另一家人「搭枱」。不一會兒, 那一家人吃飽後離去。雖然當時人去「枱」空, 枱上卻留下半碟熱騰騰的咖喱雞、一碗飯, 和一碟碰也沒碰過的點心。侍應還以為那些食物是我們剛剛叫來的。生氣也沒用, 因為這些事情在世界各地日日上演, 當然, 在富裕的香港也不例外。

在這小小的飯堂裏, 讓我了解到一個有趣又帶點無奈的事實: 浪費食物不只是富國人民的「專利」, 更有的是從貧窮國家或第三世界移民到來的穆斯林。他們的同鄉在飢寒交迫中煎熬, 還要接受其他國家的援助, 自己卻在富裕國度裏浪費食物。不懂得環保節儉已不在話下, 更重要的是, 珍惜食物應當是穆斯林基本的責任。連這基本的責任也履行不到, 那你當穆斯林來幹嗎?

其實, 最令我氣結的是, 有人竟然在齋戒月吃剩開齋飯。如飯鏟不合他們的口味, 只啖一兩口便扔掉, 寧選別處再飽餐。主啊! 難道我們已忘記齋戒的意義嗎? 齋戒的意義不言而喻, 我想不用多說了。我只想大家知道你為何要齋戒而已。

珍惜食物的習慣, 應該持之以恆, 就如古蘭經說(7:31) "...你們應當吃, 應當喝, 但不要浪費, 真主確是不喜歡揮霍者的。"

既然齋月將至, 讓我們反思過錯, 養成珍惜食物的習慣以贏取齋戒的回賜。阿憫!

Smiling is Charity

by Br. M. Zaiq Ali

微笑是一種慈善

譯者: Hira Khan 姊妹

There is a Hadith saying: "Charity is prescribed for each descendant of Adam every day the sun rises." In other words, it is the duty of every man to give charity each and every day. But how can we afford to give it so often? Won't that be too much a responsibility for us to shoulder?

The answer is in another Hadith – "The doors of goodness are many... enjoining good, forbidding evil, removing harm from the road, listening to the deaf, leading the blind, guiding one to the object of his need, hurrying with the strength of one's legs to one in sorrow who is asking for help, and supporting the feeble with the strength of one's arms—all of these are charity prescribed for you." He also said: "Your smile for your brother is charity." (Fiqh-us-Sunnah)

Smiling also

1. makes us attractive
2. changes our mood
3. relieves stress
4. boosts our Immune system.

聖訓裡說道: "每一位阿當的子孫都被規定要每天行善。"換句話說, 做善事是每一個人每天都應負的責任。但我們如何才能負擔經常做慈善活動呢? 對我們來說會不會太重負荷?

答案於另一則聖訓裡 — "通往善良的門有很多, 當中包括結合好的事情、禁止邪惡、消除危險、聆聽聾人的說話、領導盲人、指導身邊的人去到他所需求的、匆匆的趕去幫助一些傷心或尋求協助的人, 並運用自己的實力支援弱者 — 這些行善方法都已為你訂明。" 他還說: "你給你兄弟的笑容亦是一種善事"。(Fiqh-us-Sunnah)

微笑亦可以

1. 使我們更有吸引力
2. 改變我們的情緒
3. 減輕壓力
4. 促進我們的免疫系統。

New Online Da'wah Program with Homepage modification & QR Code

by Br. Adam Li

全新網上「宣教節目」 配合網頁改革、QR碼使用

作者: Adam Li 兄弟

In order to tie in with our Da'wah program, this year, Hong Kong Islamic Youth Association website will proceed with some significant changes. In the first stage, we will add a video player in our website to broadcast different Da'wah programs produced by our association, including "Imam Channel", "Muslim Chat", "History Chamber". The contents cover Surah, Hadith, Shari'ah, news and Islamic history. In the later time, insha Allah, we will invite more brothers and sisters to join our Da'wah program so that we can present to you even more quality programs. We wish that everyone could learn from Allah's message by watching and sharing our programs with families and friends. The following is the QR Code of Hong Kong Islamic Youth Association website. You can go to our facebook to download it and send to your friends to make this friendly HKIYA platform become more and more lively.

今年為配合一系列宣教節目, 香港伊斯蘭青年協會的網頁將會作出重大革新。在首階段我們會加入影片於首頁部份, 於不同時段播放本會製作的宣教節目, 當中包括「阿訇在線」、「穆談天下事」、「古今會客室」, 內容包含伊斯蘭教法、時事新聞、世界歷史等, 包羅萬有。往後日子我們將邀請更多兄弟姊妹加入宣教節目行列, 為各位不停送上優質節目。希望大家欣賞節目之餘, 同時更能體會到真主降示給我們的訊息, 並且努力地推廣開去, 令更多人認識真主和伊斯蘭教真正的一面。以下是香港伊斯蘭青年協會網頁的QR碼。各位可以到我們的facebook下載並傳送給各界好友, 令這個可愛的伊青平台變得更加熱鬧。



香港伊斯蘭青年協會網址:
Hong Kong Islamic Youth Association
website:
<http://www.hkiya.org.hk>



香港伊斯蘭青年協會 Youtube 連結:
Hong Kong Islamic Youth Association
Youtube Channel:
<http://www.youtube.com/HKIYA1973>

伊青網上宣教節目 (本地製作, 以廣東話為主) HKIYA Online Da'wah Program

逢星期一 阿訇在線 (由教長講解伊斯蘭, 由淺入深)
Every Monday Imam Channel

逢星期三 穆談天下事 (由穆斯林角度看時事)
Every Wednesday Muslim Chat

逢星期五 古今會客室 (講古說今有關伊斯蘭的歷史)
Every Friday History Chamber

News & Events 資訊與活動速遞

Paper Cutting Class 剪紙班

The paper cutting class was held on 22 April 2012 at the Jockey Club Creative Art Centre. More than 30 kids joined the class and had fun. A special thanks to our volunteer teacher, Miss H.Y. Chan who taught us how to do paper cutting in an interesting way.

在2012年4月22日那天, 30多位小朋友參加了本會於賽馬會創意藝術中心所舉行的剪紙班, 特別多謝陳嫻英老師義務為大家上了既有趣又充實的一課。



Happy Friday 週五聚一聚

The regular study group 'Happy Friday' was jointly organised by Hong Kong Islamic Youth Association and Chinese Muslim Cultural and Fraternal Association. The aim was to share interesting Islamic topics among audience under a relaxed atmosphere.

由香港伊斯蘭青年協會、中華回教博愛社合辦的週五聚一聚以輕鬆的方式, 討論有趣的伊斯蘭話題。



Free visit to Ocean Park 免費遊海洋公園

The trip was organised free for our young members on 23 June 2012 as part of the "HKIYA Summer Program 2012". Everyone enjoyed the trip and we hope to see you at the next trip, insha Allah!

本會安排小朋友會員在2012年6月23日免費到海洋公園, 大家都玩得很盡興, 希望下次有你的參與!



Thanks and Praises to Almighty Allah! The weather was great and we all had fun! 感謝和讚美真主! 那天天氣晴朗, 大家都玩得樂而忘返!



Visit to new Legco Complex 參觀新立法會大樓

Date: 21 August 2012 (Tue)

Time: 2:30 pm

Age: 12 or above, Role play as council member or chairman is possible!

For registration and enquiry, please call 2892-0021 or visit our website: www.hkiya.org.hk or facebook

日期: 2012年8月21日 (星期二)

時間: 下午2:30

年齡: 12或以上, 可參與角色扮演活動, 扮演議員和主席!

報名及查詢: 請致電2892-0021, 或瀏覽本會網址 www.hkiya.org.hk 或 facebook

Watch our activity videos/ programs on Youtube channel 活動片段 / 節目重溫:
<http://www.youtube.com/HKIYA1973>

Visit our Facebook album 活動相片分享:
<http://www.facebook.com/HKIYA1973>



Visit to Drug Infocentre 參觀藥物資訊天地

A visit to the Drug Infocentre was organised as one of the "HKIYA Summer Program 2012" on 7 July 2012 for students and youth to understand more about drug abuse and substance abuse.

本會於2012年7月7日安排會員參觀藥物資訊天地, 讓青少年了解濫藥的禍害, 避免染上壞習慣, 積極人生!

Architectural Walk 建築行

One of "HKIYA Summer Program 2012" - Distinctive Architectural Walk lead by an experienced local Architect conducted in both Cantonese and English.

Date: 25 August 2012 (Sat)

Time: 2:30 pm

Schedule: Walk through Statue Square, Bank of China Building, Murray Building, Albert Road, Fringe Club, Hollywood Road Police Station to Shelley Mosque

For registration and enquiry, please call 2892-0021 or visit our website: www.hkiya.org.hk or facebook

建築師將介紹一些香港中環及半山的現代及文物古蹟建築歷史和背景。

日期: 2012年8月25日 (星期六)

時間: 下午2:30

行程: 皇后像廣場、中銀大廈、美利大廈、亞厘畢道、藝穗會、中區警署、些利街清真寺

名額有限, 先到先得!

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