



# STRIVE 力行

HONG KONG ISLAMIC YOUTH ASSOCIATION 香港伊斯蘭青年協會

Indeed in the alternation of night and day, and whatever Allah has created in the heavens and the earth, there are surely signs for a people who are Godwary.

Surat Yunus (Jonas) 10:8



晝夜的輪流，以及真主在天地間所造的森羅萬象，在敬畏的民眾看來，此中確有許多跡象。  
《古蘭經》10章6節

## Message from the Chair *Assalamu Alaikum!*

On behalf of the council of HKIYA, I am proud to announce that HKIYA has reached new heights and is developing towards a diversified Muslim Youth organization.

We have successfully granted to work on a "School Based After School Learning and Support Fund." from the Education Bureau, and enable us as a service provider to host after-school classes. In addition, we have produced two short videos on "Ramadan & Eid al-Fitr" and "Hajj & Eid al-Adha" in Cantonese with Chinese subtitles, which were well received by the society.

HKIYA shall continue to produce more quality medias to spread the message of Islam and clarify misconceptions in the society. We also welcome and value your opinions and suggestions for further improvement.

## 會長的話

### 親愛的讀者 敬道色蘭!

本人謹代表香港伊斯蘭青年協會委員向大家分享伊青正踏入一個新里程。經過多年的努力，本會將服務邁向多元化發展，為年青人提供更多的支援和社區服務。

我們成功向教育署申請了“校本課後學習及支援計劃”撥款，用於校內進修課程和興趣班。除此之外，我們最近亦製作了兩部有關齋月和開齋節，以及朝覲和宰牲節的短片，短片以廣東話配以中文字幕，於網上平台和不同社區活動中播出。

To:

Return Address : P.O. Box 47116, Morrison Hill Post Office, 5/F, 28 Oi Kwan Road, Wanchai, Hong Kong.

On this coming months, we are working on numerous projects to better represent ourselves and serve not only our Muslim community but the society in general. HKIYA, believes in contributing to the society for a better tomorrow for our future generation. Last but not the least, please remember the needy and the refugees around the globe, and offer your support in all ways possible.

本會將繼續努力不懈製作更多高水準短片，從而宣揚伊斯蘭及令大眾對這個宗教有更清晰的認識。我們歡迎你分享對短片內容的一些想法，你的寶貴意見能使我們不斷進步。在這段時間，我們有多個項目正在進行中，服務範圍不僅是為穆斯林社區，也擴展到各社會階層。伊青深信為大眾服務，取諸社會，用於社會，才為下一代共建美好將來。最後，希望大家在安穩的生活中，勿忘那些在世界各地正等待援助的人，盡你的一切可能對這些受困的人伸出援手吧!

Br. Zaiq Ali

## Explore SINGAPORE



Singapore is a city that's had to be resourceful to be successful. In Singapore, no matter which mosque you choose to visit, the sincere, quiet atmosphere and neatness is consistent. There are many famous mosques worth visiting such as Masjid Sultan and Masjid An-Nahdhah (The People's Mosque). People have a chance to view ancient Quranic scripts at the Ba'alwi Mosque; this mosque consists of many historical and valuable items such as ancient coins, some tools used by the Arabs in the past, and Turkish ceramic.

There is no book like the holy book - Qu'ran, that teaches scientific facts, teaches people about basic living and guides us in various issues. Another good place to visit is

Harmony Centre, it exhibits a lot of important information about the development of Islam, Islamic culture and famous Muslims in history through many precious photos and informative descriptions. This exhibition center is very helpful to clear people's misconceptions about Islam.



The Muslim Converts Association of Singapore is a place where the new Muslim converts can get together and develop fraternal, religious guidance which can help converts adjust themselves to new situations more easily. The Association also provides consulting services on marriage, family problems and social relationships etc. The group operated out of a modest waqaf (to give in the name of Islam and its propagation) house which was administered and rented out by the Islamic Religious Council of Singapore or MUIS. The house was named "Rumah Saudara Baru" or the "Muslim Converts' Home" and was officially opened by the then President of MUIS, Hj. Buang Siraj on 27 November 1977.

The following year, in 1980, the Association was also known as "Darul Arqam", a name given by the Mufti of Singapore, Syed Isa Semait, to be synonymous with The Muslim Converts' Association of Singapore. "Darul Arqam" is Arabic for "House of Arqam". "Arqam" or Aboo Abdullah Arqam bin Abi al-Arqam, was an early convert to Islam during the first three years of Prophet Muhammad's (peace be upon him) prophethood in Makkah. He had allowed his house to be used for learning and propagation of Islam. The name of "Darul Arqam" thus, seems appropriate for the newly-formed Muslim Converts' Association of Singapore. After several years, Darul Arqam expanded and the intention



to have a building to call their own was never far from the minds of the dedicated people in the Association. In 1982, with the support of countless volunteers and well-wishers, the Association raised funds to purchase a small piece of land at Changi Road in order to build an Islamic Centre. Finally, the whole of Darul Arqam came under one roof. In 1996, the Association bought a 3-storey building called The Galaxy. This was to be its new Headquarters, where previously a cinema cum shopping centre stood. After massive renovations, a spanking new Galaxy befitting a professional and outward-looking Islamic centre was born.



The Galaxy was meant to be the one-stop station for anyone - locals and foreigners, born-Muslims, new Muslims, non-Muslims - to embrace Islam or to simply learn more about Islam in an Islamic, vibrant environment conducive to learning, discussion and spiritual advancement. The Muslim Converts' Association of Singapore actively serves to bridge everyone - regardless of language, race or belief - towards the better understanding of Islam. Advocating no compulsion in religion, this non-profit organisation is dedicated to deliver educational opportunities with lectures, courses, and other activities that depict Islam in discussion, behaviour and spirit. Its friendly programmes and harmonious events involve social gatherings in celebration of Islamic events, dissemination of books and magazines to build Islamic awareness, a good managed Islamic book store, and to provide assistance for the community through counselling, financial aids, and other welfare service, to represent the interests of all Muslim converts residing in Singapore.



The Islamic Book Store in Darul Arqam  
在Darul Arqam中心內的伊斯蘭書店

文 article by Sr. Iman Wong  
譯 translated by J Tang

## 星洲探索

新加坡是一個豐富且成功的城市。在新加坡，所有清真寺都會讓人感受到一貫的真誠、寧靜、整潔。當地有不少值得探訪的著名清真寺，包括蘇丹清真寺及人民清真寺。參觀者有機會在Ba'alwi 清真寺一睹古代的「古蘭經」手抄本，該清真寺收藏了不少珍貴的歷史文物，如古錢幣、阿拉伯和土耳其陶器。世上沒有一本書像聖書「古蘭經」能同時詳細地介紹科學知識並教導人應付基本生活問題，以及在眾多事情上給予導引。另一好去處是伊斯蘭Harmony Centre，裡面展示不少重要資訊，藉著文字及相片介紹伊斯蘭教起源、文化、歷史上聞名的穆斯林。這展覽中心可幫助公眾消除對伊斯蘭的誤解。



「新加坡歸伊協會」會址讓新入教的信眾相聚一起，共建友誼及尋求宗教導引，讓他們更容易去適應新環境。該處亦提供婚姻、家庭問題及社交問題等輔導服務。上述團體會址是服務大眾的永管產業（用於伊斯蘭教發展及其傳播）下的物業，由「新加坡伊斯蘭教宗教理事會」負責管理及分租，這幢樓房名為「Rumah Saudara Baru」（新進兄弟屋）或「伊斯蘭皈依者屋」，於一九七七年十一月二十七日由新加坡伊斯蘭教宗教理事會主席 Hj. Buang Siraj正式揭幕。

一九八零年，協會(即Darul Arqam)由新加坡穆夫提Syed Isa Semaith親自命名，意思是歸入伊斯蘭教者的協會。阿拉伯語「Darul Arqam」的英文名稱是「House of Arqam」，而「阿卡姆」(Arqam 或 Aboo Abdullah Arqam bin Abi al-Arqam) 則指先知穆罕默德(願主福祐他)皈依伊斯蘭在麥加履行先知責任的頭三年，他把自己的房子作為教授伊斯蘭教教義之所，換言之，「Darul Arqam」似乎是很適合用於代表當時新成立的「新加坡歸伊協會」。多年後，新加坡的「Darul Arqam」得以擴充，並因應協會成員的發展憧憬而建立大樓。一九八二年，在眾多義工及善心人的支持下，協會成功籌款去購買樟宜路一塊土地，興建一所伊斯蘭中心。終於，「Darul Arqam」取得正式會址。一九九六年，協會買購了一座名為「Galaxy」



的三層樓房作為其新總部，它前身為一所戲院及購物商場。經大肆改建後，「Galaxy」變成一所外型莊嚴且合用的伊斯蘭中心。



「Galaxy」意指每個人的中途站，招待對象不分本地或海外，穆斯林後裔、新入教者或非穆斯林，凡是仰慕穆斯林或是希望多了解伊斯蘭，都可以在這活潑的學習環境中成長。「新加坡歸伊協會」積極為每個人擔當橋樑角色——不分信仰、種族、信仰——讓他們更深入地認識伊斯蘭。協會提倡不能強制人們信教，這非牟利機構專注於教育事業，提供教育機會，透過講學及課程，讓學生從言、行、精神等層面認識伊斯蘭教。協會亦舉辦伊斯蘭慶節活動，以促進友好及社會和諧；並且發行書籍和雜誌去鼓勵大眾關心伊斯蘭教，同時妥善管理書店；對外亦為公眾提供輔導、經濟援助及社會服務，以轉達對新加坡所有穆斯林和新入教者的關懷。

New muslim convert ceremony and welcome gift  
新穆斯林入教儀式和入教禮物





# Hong Kong Muslim Youth Training Camp 2015 Summary

## 愛與寬容夏令營2015

The theme of this year's Muslim Youth Training Camp (MYTC) was "Love & Tolerance". The theme was selected to reflect the true teachings of Islam and to instill these values in our younger generations so that they could practice and demonstrate the peaceful co-existence of Muslim and Non-Muslim in communities.



The MYTC was held from 24-26 July 2015 at the Salvation Army Bradbury Campsite in Cheung Chau. A total of 117 people joined the camp with 44 overseas participants, including Dr. Ibrahim Chao from Taiwan and Dr. Anis Ahmad from Pakistan, as the main speakers. Through Islamic seminars, workshops and group games, we aimed to increase the Islamic knowledge of participants as well as to strengthen their belief. Participants had a memorable and fruitful experience as they made new friends and established a network for future co-operations. The programme also included a BBQ, hiking event and a sight-seeing visit to the beautiful island of Cheung Chau.



The camp was a great success for the Association. Based on the evaluation forms received from the participants, there were only praises for the whole event and the organizers.

To arrange an international camp is not difficult and yet at the same time, not easy. We would say the success was not only based on the commitments of all those who were involved but most importantly the help from Allah (swt). If we work hard and commit ourselves totally to the cause, we will achieve our goal. Having said so, no matter how experienced, clever, and determined you are in your effort, without the blessings and guidance from Allah (swt) to assist you in areas not within your control and expectations, you are bound to fail.



本年穆斯林青年夏令營(MYTC)主題為「愛與寬容」，以傳遞伊斯蘭教的真正教義，我們亦希望藉此讓年輕一代學習愛與寬容的價值，讓他們在社區中實踐並加予示範，讓穆斯林與非穆斯林和睦共處。

穆斯林青年營已於2015年7月24日至26日假長洲救世軍白普理營舉行，117位參加者當中，有44位來自海外，講者為台灣的趙錫麟博士及巴基斯坦的Dr. Anis Ahmad教授。我們透過伊斯蘭教義講座、工作坊、團體遊戲讓參加者加深認識伊斯蘭教知識並鞏固信仰。參加者經歷了難忘的體驗，活動中讓他們互相認識，藉以彼此維繫或拓展日後的合作。其他節目亦包括燒烤、登高、遊覽美麗的長洲景點。

香港伊斯蘭青年協會的夏令營圓滿成功。參加者在回應問卷中對大會及活動甚表欣賞。

舉辦這次國際夏令營，任務殊不容易，惟當可順利完成。我們謹把這次成功歸於各方的協助及安拉的助佑。如果我們努力準備，全情投入，就能夠達成目標。常言道，無論擁有何等經驗、智慧、決心以及付出，若得不到安拉的祝福及指引，以渡過無法控制或超出期望的處境，則無法成功。



## Secret About Time

As a child, I came across an article about time. There is one part I still remember - "Time seems to play tricks with us; it makes us accept the changes in our lives without us realizing." Think about it, if a young teenager turns into a gray-haired aged man overnight, will he be able to accept his fate? And yet we age continuously through our lives and we accept it because we claim it's natural. We may not notice, but we are being tested by means of time.

Surah Al-Asr (The Time - Chapter 103) is one of the shortest chapters in the Qur'an. "I swear by the time. Most surely man is in loss. Except those who believe and do good, and enjoin on each other truth, and enjoin on each other patience."

This chapter gives us a wake-up call, reminding us that this world is only temporary. Allah has advised us in the Qur'an that we need to make use of our precious time in this world to prepare ourselves for the hereafter. However, how many among us seriously ponder over it? Everyday, we go to school, work, eat, drink, we keep doing the same tasks day after day, year after year. Then one day, you notice your reflection in the mirror, and you realize how different you have become over time. You realize the changes do not stop at your appearance, but could also be reflected through your health, interests, thoughts, behavior and even your living environment. We start our journey as children, become teenagers, step into adulthood, reach middle age, and finally come across the inevitable, death. What is it that we need to understand during such a process? Have you understood the meaning of this life, of our existence in this world? Take a moment of your time to think how you will account for your life in this world.

Upon reaching the final stage of our lives, we cannot take anything away with us; our wealth, status, friends, family and cherished goods will be left

記得小時候我曾經看過一篇關於時間的文章，其中有一句讓人記憶猶深“時間好像是跟我們玩把戲，它讓我們不知不覺地接受了人生不同大小的轉變。”試想想，如果一個年青力壯的人，在一夜之間變成一個滿頭白髮的老翁，誰能接受這巨變？而時間卻把歲月催人老這難以接受的事實，不著痕跡地浸入我們的生命裡。人們可能覺察不到，其實我們都是活在時間的考驗中。

「古蘭經」103章“時光章”是「古蘭經」中最短的章節之一，真主說：“以時光盟誓，一切人確是在虧折之中，惟信道而且行善，並以真理相勸，以堅忍相勉的人則不然。”這一章給了我們很大的警醒，使我們認識到，今世的時光很短暫，我們要珍惜寶貴的分分秒秒，更應抓緊時間為永久的後世做好準備。

真主所启示的『古蘭經』忠告世人，對眾人的教誨會有多少人認真的思考一下？我們每日如常上學、上班、吃吃喝喝，年復一年，當合上雙眼然後再打開雙眼，又是新的一天了。日月如梭，不知不覺間，鏡中反映出的那個自己與十年前的舊照片相比，發現自己的確有很大改變。轉變的不單是外觀，還有健康、興趣、生活環境和思想行為。我們從小孩子成為青年，然後達至成年，再步入中年，接著到了晚年，最後死亡絕對不爽約的來到自己跟前，在這個過程中我們需要學習什麼？到了今天我們領悟到人生真諦嗎？有否花點時間想想如何向真主交代自己的人生？

我們到了人生的終站時，什麼東西也不能帶走，財富、地位、親人朋友、各樣心愛的東西。我們將獨自一人走到另一個陌生的地方，但唯獨有一種東西會跟著我們一起，它就是我們生前的所作所為，一切善功及惡行。

文 王婉 姊妹

譯 Hira Khan 姊妹

article by Sr. Fatima Wong

translated by Sr. Hira Khan

behind. We will start our journey to a new place, alone, the only things joining us would be our deeds, no matter good or evil.

There are two hadiths worth sharing with you:

1. Two graces, many people underestimate; **health and free(leisure) time.** (Riyadh Saliheen)
2. **Avail five before five :**
  - Your youth before senility (old age)
  - Fitness before sickness
  - Wealth before poverty
  - Free time before busy time
  - Life before death(Riyadh Saliheen)



As the creator and controller of time, Allah has formulated time to be abstruse; time is not fleeting nor agonizingly long. However, slowly but ruthlessly, it slips through our hands without us realizing, Allah uses time to test us. Those who realize its importance and utilize it benefit from it; others ignoring it end up as losers of the hereafter.

We are here to build ourselves a meaningful life and strive for the hereafter. In order to prevent yourself from regretting decades later, reflect your actions and life directions now. Nobody knows if today will be the last chance to do so. Make it a habit to thank Allah for granting us another day, realizing that everyday is a blessing from Allah. We should always remain grateful and tail in the path of Islam. We need not fear death, for it is inevitable. We shall instead beware of not preparing enough for our death.

## 時間的奧妙

有兩則聖訓很值得與大家分享：

第一則是 有兩種恩典人們常常忽視 - 身體的健康和閒暇的時間 (利雅德聖訓)

第二則是 在五件事到來之前要珍惜的事項 -

- 在年老之前珍惜青春
- 在生病之前珍惜健康
- 在貧窮之前珍惜財富
- 在忙碌之前珍惜閒暇
- 在死亡之前珍惜生命 (利雅德聖訓)



創造及掌管時間的真主把時間制定得十分奧妙，時間不是一瞬即逝，也不是漫長無止，而是悄悄地、安靜地卻帶點無情的，在我們不知不覺間流走而絕不會回頭。真主是要把它帶到今世來考驗我們，有些能理解和重視它的人在當中獲益了，也有些忽視它的人在當中自欺了，在後世成為虧折者。

我們現在要做的事是要為自己建立一個有意義的人生，努力為後世而耕耘，別等到十多年後才來反省自己，好好珍惜我們的今天吧！沒有人會知道到了明天還能否生存，因此要好好感謝真主賜予我們活着的每一天，你可知道每天都是真主賞賜我們珍貴的恩典。我們要常感恩，要為主道而奮鬥，我們無須懼懼死亡，因為它是必然到來的，但要慎防沒有為死亡作好準備。



藉著全能真主的幫助和社會各界的支持，香港伊斯蘭青年協會於一九七三年正式以社團成立，隨後於一九九九年五月二十六日本會註冊成立為有限公司，同時被確認為慈善團體，會務得以日益發展。

本會的宗旨是以《古蘭經》和先知穆罕默德(願安拉賜他平安)為依據，於穆斯林青年和社會各界之間推廣伊斯蘭的教義，以祈望得到真主的喜悅(SWT)。

The Hong Kong Islamic Youth Association (HKIYA) was founded in 1973 by the grace of Allah Almighty. On 26th of May 1999, the Association succeeded in incorporating as a Limited Company by Guarantee under the Companies Ordinance. The Association is also recognized by the Inland Revenue Department as a charitable organization. Our aims are to promote Islamic teachings and brotherhood among Muslim youth and the community in Hong Kong so as to seek the pleasure of Allah Almighty, following the example of Beloved Prophet Muhammad (peace and blessings be upon him), the Companions of the Prophet and guidance in the Holy Quran.

## City's Skyscrapers to Nature Sights 走出石屎森林回歸自然

Hong Kong's busy life gives us little or no time to get away from the city's skyscrapers and into natural scenic sights. We may pass by hills or even some of Hong Kong's beaches but we might rarely stop to think and reflect. To witness and absorb Allah (subhana wa ta'ala)'s signs while taking the time to unwind from life's hectic schedule.

We may not be able to do this everyday but taking the time to do this once in a while would help us in every aspect of our lives. It would not only refreshen us but also redirect us into observing the signs of Allah (subhana wa ta'ala). To appreciate the blessings that He has given us and attest to the beauty of what Allah (subhana wa ta'ala) has created; from the rising sun to the sway of trees, or the smell of flowers to the night's breeze. All of which remind me of how Allah (subhan wa ta'ala) is able to do all things, where my life's worries can be brushed off, just like the change in tides. He is the disposer of affairs, where He can turn a situation that was filled with gloom to full of hope just the way He changes the night into the day or a sky covered with clouds to a crystal clear one.

"Indeed, in the creation of the heavens and the Earth and the alternation of the night and the day are signs for those of understanding." (Qur'an 3: 190)

To take the time off to observe Allah (subhana wa ta'ala)'s signs is thus a means of not only spiritual growth, but healing, because with growth there is understanding and with proper understanding of who Allah (subhana wa ta'ala) is there is comfort. At this moment, I am filled with nothing but gratitude.

文 Sa'diyya Nesar 姊妹

譯 雪迪嘉 姊妹

article by Sr. Sa'diyya Nesar

translated by Sr. Syddeqah

香港生活節奏急速，大部分香港人都被繁忙的工作壓迫得沒有餘暇欣賞四周大自然景色。我們即使經過翠綠的山坡或置身於潔白的沙灘，也甚少會認真思考它們的由來。大自然的一切全是由造物主安拉創造，這是祂存在的最好見證。我們應該花點時間走出這石屎森林，從百忙之中放鬆心情，體驗這美好的大自然。

我們不可能每天花時間到郊外，其實只要間中讓自己身心投入大自然的懷抱裡，這對於我們日常生活都有莫大的好處。透過呼吸新鮮空氣，穿梭於叢林間，可喚醒沉睡的細胞，令我們重新找到方向。除此，當我們觀察這壯觀的大自然，絕不難發現自然就是真主神聖迹象的集大成者。心存感恩的人會讚嘆真主的超卓，至仁主祝福著大地的一切被造物，將美倫美奐的動植物用來粉飾人類的居所。由晨光照耀大地到搖動著的青枝綠葉，燦爛的花兒散發著香氣和晚間掠過的微風，這全都是真主彰顯祂的大能。親親大自然能把生活上的煩惱一掃而空，就像換輪胎一樣簡單。我們只應祈求真主的相助，唯獨祂才能幫助我們處理那些無能為力的事。祂使厄運和絕望變成了充滿希望，就如祂將黑夜轉成白日或將佈滿烏雲的天空再度展露出光芒。

“天與地中的東西都屬於安拉，萬事都只歸於祂。”  
「古蘭經」第3章109節

當我們欣賞真主所創造的世界，不但可使個人靈性成長，亦能回復身心靈的平衡。成長令我們領悟到萬物非主，唯有真主，祂給予人類希望和慰藉。此刻，心中感恩之情，實在是筆墨難以形容。

歡迎投稿 You are welcome to submit articles for the HKIYA's newsletter STRIVE  
請將你的文章電郵到 Please email the article to: [hkiya@hkiya.org.hk](mailto:hkiya@hkiya.org.hk)

1. “分享時刻”版面為公開場地，歡迎各教胞及朋友投稿。論壇版中文文章以500字為限（請提供英文譯本）。
2. 本通訊編輯會因應篇幅內容，保留文章刪節權和修改權，惟以力求保持文章主要論點及立場為原則。
3. 來稿請附上作者真實姓名及聯絡方法（可用筆名發表）。若不適用，恕不另行通知，本會概不予退稿。
4. 投稿者注意：當文章被刊登後，本報即擁有該文章的出版權，本報權利並包括轉載被刊登的投稿文章於本地及海外媒體（包括電子媒體、如互聯網站等）。本報上述權利絕不影響投稿者的版權及其權利利益。

1. The "Sharing the moments" column welcomes to all members; to submit their articles in English and Chinese (Word-limit for Chinese is 500).
2. The editor of the newsletter reserves the right to edit the submitted article; even with the changes, we will preserve the stance and main points of the article.
3. Writers must provide their real name and contact information in their submissions to HKIYA, however writers can still use their pen names in their writings. HKIYA reserves the right not to publish articles without notice. Articles submitted may also not be returned back to the writers.
4. Please Note: if your article is published in our newsletter, HKIYA will own the publishing rights of the articles for reproduction or publishing to both the local and overseas media (including electronic media such as websites, social media, etc). The association will not in any way affect the interests and copyright of the writer.

## My wonderful experience in Muslim Youth Camp 在穆斯林青年營的精彩體驗

I am glad to share my wonderful experience at the Muslim Youth Camp in Cheung Chau. During the two nights and three days camp, I have met new people and made new friends. Besides we played some games and enjoyed the BBQ foods. The most important is that we have the chance to learn a lot of things about Islamic culture and knowledge.

I would like to express my complete gratitude for the camp organizer and sponsor, especially that they had arranged Islamic talks by different brothers from overseas: Dr. Anis Ahmad, Dr. Ibrahim Chao, Br. Ibrahim Bao, Dr. Abdullah Siu and Br. Nabeel Al Kadi. Mashallah, the talks were so good. For the first time, I felt the camp was clean, well organized and educational.

I hope there will be more similar educational camps to provide for the youth. Hence, we can gain more knowledge and develop communication skills, cooperation and team spirit. I believe that through learning and practising, we can equip ourselves to be better muslim. I would highly recommend everyone to join these types of educational trips!



文 article by Sr. Iqra

譯 translated by Br. Abu Bakr Ma

很好高興與你們分享我在三日兩夜青年營的美好體驗。生活營中我認識了一些新朋友，除了如常參與羣體活動和遊戲，品嚐燒烤美食，更重要的是我有機會在這裡學習有關伊斯蘭的文化和知識。

我非常感謝這次青年營的主辦和贊助機構，特別是他們安排了來至海外的不同伊斯蘭學者演講。感讚真主的大能，這次演講十分精彩。這是我第一次參與青年營，對於活動計劃的周密與組織工作井井有條，還有充滿教育意義的內容感到十分滿意。

我希望將會有更多類似的教育生活營給年青人。藉著這個機會增強大家的宗教知識，發展良好的溝通技巧，合作互助及團隊精神。我相信透過學習和鍛煉，我們能夠成為優秀的穆斯林。我鼓勵年青人多參與這類型有益身心的活動。



# 如何表現同理心

文 Zaiq Ali 兄弟 譯 雪迪嘉姊妹

為何這個人會感到這麼失落和沮喪？停止猜度吧！當你並未澈底了解這個人就不應隨意評論他，就如你自己也不喜歡被人胡亂批評。請給予同理心！

## 什麼是同理心？

同理心其實是一種能夠體會他人的情緒、理解他人的感受，並站在他人的角度思考和處理問題。很多時人類的天性都會對他人的遭遇表現出同理心；但我們亦可透過積極學習，加強覺知別人感受和處境的能力，以及在日常生活中多加運用。舉一個例子，如果你申請去朝覲的簽證被拒，你當然會感到失望和難過。你的朋友阿布杜拉知道了你的事情後，他把手輕輕放在你的肩膀上，安慰著你說“我十分明白你感受，我四年前申請去朝覲的簽證也曾被拒，所以此刻你感到的失望和難過我是能感同身受的。無論如何你也不要絕望，你可以明年再嘗試申請。”阿布杜拉的回應便是表現出同理心的一個例子。

## 從伊斯蘭了解同理心

我們只要細心閱讀，便會找到很多經文章節和聖訓鼓勵人們要對他人表現出同理心。“你們本族中的使者確已來教化你們了，他不忍心見你們受痛苦，他渴望你們得正道，他慈愛信士們。”「古蘭經」懺悔第9章128節這段章節提及大能的真主讚美我們敬愛的先知(願主福祐他)內心之善，以及與身俱內的同理心。

舉一個有關我們敬愛的先知(願主福祐他)表現出同理心的例子：有一天先知穆罕默德(願主福祐他)與他的同伴坐在一起，當時有一群人正走向他們。那些人的潦倒狀況讓人同情，他們既沒有鞋穿，亦飽受饑餓骨瘦如柴。先知(願主福祐他)立即走近他們看看有什麼需要幫忙，仁慈的先知(願主福祐他)對他們的苦況深表同情，臉上流露了難過的神情。他著比拉勒呼喚他的同伴禮拜，並於禮拜後迅速安排他的同伴到各族群收集物資，然後分發給困苦中的穆斯林教胞。

## 有同理心的人可改變人生

抱持同理心待人接物使你更能發揮自己的長處，也使你的事業更為成功，而且因為你對人充滿情感，關懷和樂意相助，人們亦會相對地對你作出友善的態度，喜歡與你共事，這會令你感到快樂。當你讓身邊的人感覺到你能體會他的感受或處境，其實你這樣做已即時安撫了他內心的不安，減少他無助感和孤獨感。在輔導相關的層面，能對他人遭遇感同身受，設身處地表現出同理心，這相比起給予意見，對失落受困擾的人更為有用。根據Carl Rogers羅傑斯博士(個人中心論的創始人)，同理心是輔導員最有效力的正面影響技巧和技能，能讓受輔導的人在過程中成長，相反，如欠缺同理心的輔導，只會令對方感到更沮喪。因此，輔導員必須具備高度同理心才会有理想的效果。若下一次你遇到朋友同你分享不愉快體驗時，你可以細心聆聽，理解他的感受和處境後才給予意見。或許當你自己感到失落或有負面情緒時，你可以寫下當時的感覺，弄清自己的感受。嘗試與自己內心產生共鳴和覺察自己的真正想法，這將會(如真主意欲)幫助你把心情好轉起來。

# How to Show Empathy



article by Br. Zaiq Ali  
translated by Sr. Syddeqah

Why does a person feeling down or depressed? Before judging him/her, try to understand from his/her perspective as you won't enjoy being misjudged. In other words, be empathetic!

## What is Empathy?

Empathy is simply the awareness of the feelings and emotions of other people. Empathy is the ability to recognize, understand and share others' feelings, like walking in someone else's shoes. Most of the time, humans are naturally tuned to show empathy; however, we can also actively try to develop this positive skill and use it daily. A general example of empathy is if your visa application for Hajj is rejected and you feel disappointed and upset. Your friend, Abdullah, places his arm around your shoulder and says, "I know how you're feeling. My visa application for Hajj was also rejected four years ago. I know you must be disappointed and upset about it, but try not to be too hopeless, you can try again next year."

## Empathy in Islam

We have numerous sayings of our beloved Prophet Muhammad (peace be upon him) that encourage empathetic behaviour.

"Indeed there has come to you a Noble Messenger from among you - your falling into hardship aggrieves him, most concerned for your well being, for the Muslims most compassionate, most merciful." (Taubah 9:128) Here in this verse God Almighty praised our beloved Prophet (peace be upon him) for his empathetic nature.

One account of the Prophet's empathy in action is when he was sitting in with his companions one morning, and members of a miserable tribe approached them. They had no shoes and their skin was stuck to their bones because of hunger. The Prophet (peace be upon him) became instantly



moved upon seeing their condition and the color of his face changed. He had Bilal give the call to prayer and gathered his companions. After praying, they took up a collection for the tribe, generously helping them. (Muslim)

## Be Empathetic and Transform Your Life

Empathy will lead to you to greater success personally and professionally. It will turn you into a more compassionate and helpful person. When you assure someone that you understand him by reflection of feelings or reflection of content, you instantly bring comforting relief to him. In counselling, empathetic understanding is mostly more helpful than giving advice to a distressful person.

According to Dr. Carl Rogers (founder of the Client-centred approach), empathy is counsellors' most powerful tool that can bring about growth in clients, and lack of empathy actually makes clients feel worse. Hence, it is more effective to show empathy before offering advice. Next time someone shares their unpleasant feelings with you, listen to them rather than giving advice, understand the issue and make sure you got him accurately through reflection of feelings before you are up for an advice. Perhaps, you can try to share your feelings the next time you feel down or feeling negative. Try to be empathetic and explain your feelings, this will (insha'Allah) help you feel better.

