



力行 Strive

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

August 2011 - Ramadan 1432

Ramadan Special 齋月專題

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Chairman's Message 會長的話

Assalamu Alaikum Dear Brothers and Sisters! The blessed month of Ramadan has arrived and as we continue journey through this spiritual month, we realize we have so much to be thankful for. Let us pray for those who are undergoing testing times.

HKIYA, is proud to re-launch "Strive". Strive - striving in the path of the Almighty, to better ourselves as Muslims, as individuals & striving for a better community. May Allah Kareem make this publication successful & reward everyone contributing for their efforts. Ameen!

Br. Zaiq M. Ali

各親愛的教兄弟姊妹，願全能的真主賜給你們安康。本年的齋月已經來臨，這是一個自我增進心靈修行的月份，期望真主多加指引，使我們一起完成這一項五功。

今期會訊以『力行』為名。說到使用『力行』，其實本會在成立初期也曾經使用過這個名稱作為會訊，代表伊青全力以赴在主道上奮鬥不懈，用自己的行為與善功，為自己、為教親及社會作出貢獻。

本人藉此以真誠感謝所有曾為本會訊作出時間貢獻及意見的教兄弟姊妹，使本會訊能順利出版，希望得到讀者們的回應及共鳴。最後願全能的真主賜給各人安康，兩世幸福。阿們！

夏利辛兄弟

Health tips during Ramadan

Edited by Dr Nafees Begum Baig.
We summarize the health tips on fasting given by Prof Saghir Akhtar on BBC-Religions-Islam: Ramadan.
http://www.bbc.co.uk/religion/religions/islam/practices/ramadan_1.shtml

Ramadan is a month where Muslims exercise self-control and an abstinence from food and drink is prescribed to all healthy Muslims during the hours of sunrise to sunset. Although the sick are exempt, many continue to fast and therefore they also abstain from oral medications and intravenous nutrition.

Advice on diet

Most of the health problems are likely to arise from inappropriate diet, over-eating and insufficient sleep.

Do not eat excess

There is no need to consume excess food at Iftar, dinner or Sahur. The true objective of fasting is to experience hunger and to check desire in an attempt to reinforce the soul in piety.

齋月健康小貼士

由碧納菲醫生節錄及翻譯。以下簡述了Saghir Akhtar 教授於英國廣播公司網上《宗教 - 伊斯蘭教：齋月》的健康貼士，讓教親了解正確的齋月飲食。

http://www.bbc.co.uk/religion/religions/islam/practices/ramadan_1.shtml

齋月是穆斯林實行自我控制的月份，所有健康的成年人須從日出到日落期間禁止飲食。雖然病人可被豁免，但許多病人會選擇齋戒，影響了服用藥物的份量和時間。以下是對無論是健康或服藥中穆斯林的齋戒貼士。

飲食建議

大部分的健康問題都是由於不適當的飲食，飲食過量和睡眠不足。

切勿飲食過量

於開齋、晚餐或封齋時，切勿飲食過量。原因有兩個，最重要的是這樣有違齋月的精神，是在於體驗飢餓和加強心靈的虔誠。其次，身體有調節機制，可降低代謝率，並確保在飢餓時能有效利用體內的脂肪儲備。大多數人齋戒時會減少體力勞動，故此比正常份量較少的飲食，將足以維持一個人所需的能量。

吃多元化的食物種類

為了保持齋月期間身體健康，應從主要食物類別，包括穀物類、奶及奶製品、魚、肉和家禽、類、蔬菜和水果，進食適當份量。(素食者和嚴格素食者應該作出適當調節)最好飯後進食水果。齋月時的飲食應盡量簡單，以維持正常體重。體重過重的朋友，也不妨嘗試於齋月擺脫多餘的重量！

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Eat a variety of food

To remain healthy during Ramadan, normal quantities of food from the major food groups: bread and milk and dairy product, fish, meat and vegetable and fruit should be consumed. Intake of fruits after a meal is strongly suggested. In actual fact, our diet in Ramadan should be as simple as possible.

Eat complex carbohydrates at Sahur

In view of the long hours of fasting, we should consume the so-called 'complex' carbohydrates or slow digesting foods at Sahur.

Drink plenty of fluid

Drinking of sufficient water and juices is encouraged between Iftar and sleep to avoid dehydration and for detoxification of the digestive system.

Eat refined carbohydrate at Iftar

Refined carbohydrates foods may be better taken at Iftar to rapidly restore blood glucose levels. Dates are an excellent source of sugar, fibre, carbohydrates and magnesium and have been recommended since the days of the Prophet Mohammed (Sallallahu 'Alayhi Wasallam) as a good way of breaking the fast.

Avoid food causing indigestion and eat fibre-rich food

Fasting can often increase gastric acidity levels in the stomach causing a burning feeling. This can be overcome by eating foods rich in fibre such as whole wheat bread, vegetables, humus, beans and fruits. These foods trigger stomach and bowel movement and reduce the build up of acid in the stomach.

在封齋 (Sahur) 時進食複合碳水化合物

由於長時間禁食，在封齋時進食“複合碳水化合物”或需要長時間消化的食物（約 8 小時），減少白天空腹的時間。這類食物包括：含有穀物和種子像大麥、小麥、燕麥、小米、粗麵粉、豆類、小扁豆、全麥麵粉、糙米等。在開齋 (Iftar) 時進食精製碳水化合物。相反地，在開齋時進食精製碳水化合物或容易消化的食物（消化時間約 3 至 4 小時），可迅速恢復血糖水平。食品中含有糖和白麵粉者，較為適合。含有豐富的糖、纖維、鉀和鎂，先知穆罕默德（願真主賜他平安）也把它作為開齋食物。

避免吃難以消化的食物、多吃纖維豐富的食物

盡量避免吃油炸、太辣和過甜的食物，因為容易引起消化不良和胃酸過多。相反含豐富纖維的食物如全麥麵包、蔬菜、豆類和水果，則有助腸胃蠕動，減少胃酸。

喝大量水份

應於開齋與睡眠之間，飲用足夠的水和果汁，以避免脫水和幫助消化系統解毒。然而，盡量避免於封齋時，飲用大量含咖啡因的飲料，造成脫水和礦物質的損失。

多做輕鬆運動

如伸展或步行。為伊巴特 (Ibadah) (禮拜活動)、睡眠、工作和身體運動，安排好時間，維持一個身心健康的齋月。

對病人齋月的建議

所有健康的穆斯林成年人應於齋月期間把齋，但對於空腹時可能會影響健康的病人或嚴重患者，是可以不用禁食。“真主要你們便利，不要你們困難。”（古蘭經 2:185）。然而，有些病人，因為某些原因，選擇把齋前，應該先向醫生了解。總括而言，患病的穆斯林是可被豁免齋戒的。但若果病人健康不被齋戒所影響，而且在醫生的指導下，仍可齋戒。



Dates are the best food for Iftar
棗是最佳的開齋食品



Food containing complex carbohydrate
含有複合碳水化合物的食物



Fruits containing simple carbohydrate
水果含有豐富的簡單碳水化合物

Light exercise is encouraged

It is recommended to engage in some light exercise, such as stretching or walking. It is also important to follow good time management procedures for *ibada* (prayer and other religious activities), sleep, studies, work, and physical activities or exercise.

Advice for the sick who fast during Ramadan

Ramadan fasting is obligatory for the healthy adult but when fasting may significantly affect the health of the fasting individual or when one is genuinely sick, Islam exempts him from fasting. "God intends every facility for you, he does not want to put you into difficulties" (Quran 2:185). However, some patients may be able to fast if their health is not adversely affected during the period of fasting. In such case, advice from doctors should be sought beforehand.



Islam & Spirituality 伊斯蘭與心靈

Lies cause bad breath

Prepared by Zafiq Ali

The Prophet (Sall Allahu Alayhi Wasallam) said: "When a person tells a lie, the bad smell that comes out of the lie keeps the angels one mile away." [Tirmidhi]

Keep in mind that you are pushing the angels that protect you, away from you when you tell lies. Many are the lies that we are aware of telling. Yet how many more lies do we tell without even considering them as lies, so far away are we from having Islamic morals.

Once, a Companion of the beloved Prophet called her son in telling him that she wanted to give him something. The Prophet (Sall Allahu Alayhi Wasallam) then asked her if she had in fact given anything to her son. She replied that she had given him a date. The Prophet (Sall Allahu Alayhi Wasallam) told her that if she had not given him anything she would have been recorded as lying to her child.

We need to be very careful not to say anything that we are not committed on fulfilling, for all lies are written down. A small lie is noted down as a small lie and a big lie is written down as a big lie. As we are careful to keep our breath pleasant and not offend people with it, shouldn't we be even more careful not to offend and chase away the angels that protect us?

謊言引致口氣

(由Hira Khan 姊妹攝譯)

先知穆罕默德(願安拉賜他平安)說：“當一個人說了一個謊言，由那謊言散發出來那難聞的氣味會使天使跟那個人保持一英里的距離。”《鐵密濟》

你要記住，說謊的時候你正在推開保護著你的天使。有時我們都是在意識到自己說謊的情況下騙人的。我們越習慣說謊，就越難做到一個有伊斯蘭道德的人。

有一次，先知(願安拉賜他平安)的同伴跟她兒子說要給他一樣東西。之後先知(願安拉賜他平安)問她有沒有給她兒子任何東西。她回答說，她給了他兒子一個棗子。先知(願安拉賜他平安)告訴她，如果她當時沒有給他任何東西的話，她就會被記錄為跟她的兒子說謊。

我們說話時應該非常小心，不能輕易對別人作出承諾，因為所有謊言都會被記錄下來。一個小的謊言會被記錄為一個小謊言而一個大的謊言則會被記錄為一個天大的謊言。平常我們都喜歡保持口氣清新，以避免冒犯別人；其實我們是不是應該更加小心，避免冒犯和驅趕保護我們的天使嗎？



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

Islamic Story 故事篇

Only for Allah (Subhanu Wa Taala)

Prepared by Sr Nafees Begum Baig

Source: "Ihya-ul Uloom Ud Deen" by Imam Ghazali.

There was a pious man among the Banu Israel who always remained busy in the worship of Allah. A group of people came to him and told him that a tribe living nearby worshipped a tree. The news upset him, and with an axe on his shoulder he went to cut down that tree.

On the way, Satan met him in the form of an old man and asked him where he was going. He said he was going to cut a particular tree. Satan said, "You have nothing to be concerned with this tree, you better mind your worship and do not give it up for the sake of something that does not concern you." "This is also worship," retorted the worshipper. Then Satan tried to prevent him from cutting the tree, and there followed a fight between the two, in which the worshipper overpowered the Satan. Finding himself completely helpless, Satan begged to be excused, and when the worshipper released him, he again said, "Allah has not made the cutting of this tree obligatory on you. You do not lose anything if you do not cut it. If its cutting were necessary, Allah could have got it done through one of his many Prophets."

The worshipper insisted on cutting the tree. There was again a fight between the two and again the worshipper overpowered the Satan. "Well listen," said Satan, "I propose a settlement that will be to your advantage." The worshipper agreed, and Satan said, "You are a poor man, a mere burden on this earth. If you stay away from this act, I will pay you three gold coins every day. You will daily find them lying under your pillow. By this money you can fulfill your own needs, can oblige your relative, help the needy, and do so many other virtuous things. Cutting the tree will be only one virtue, which will ultimately be of no use because the people will grow another tree." This proposal appealed to the worshipper, and he accepted it.

The worshipper found the money on two successive days, but on the third day there was nothing. He got enraged, picked up his axe and went to cut the tree. Satan as an old man again met him on the way and asked him where he was going.

"To cut the tree," shouted the worshipper. "I will not let you do it," said Satan. A fight took place between the two again but this time Satan had the upper hand and overpowered the worshipper. The latter was surprised at his own defeat, and asked the former the cause of his success. Satan replied, "At first, your anger was purely for earning the pleasure of Allah, and therefore Almighty Allah helped you to overpower me, but now it has been partly for the sake of the gold coins and therefore you lost."

只為真主 (Subhanu Wa Taala) 由碧納菲姊妹譯
選材自: Imam Ghazali "Ihya-ul Uloom Ud Deen"

從前在以色列的巴努，有一個虔誠的人忙於崇拜真主。有一天，有人前來告訴他，附近的一個部落的居民在向一棵樹崇拜。他非常憤怒，拿起斧頭，準備去砍伐那棵樹。

在途中，撒旦化身為一位老人，問他要去哪裡。他告訴那老人打算砍伐那棵樹。撒旦說："你為什麼要為那棵樹而放棄你的拜功，那棵樹根本與你無關。"崇拜者反駁說："這也是拜功。"然後撒旦試圖阻止他前去砍樹，兩者便打鬥起來，崇拜者更打敗了撒旦。撒旦知道自己打不贏崇拜者，便乞求崇拜者放過他，崇拜者便釋放他。撒旦卻再次表示："真主並沒有要求你砍伐那棵樹，就算你沒有做到，你也不會失去任何東西。若果真主真想砍伐那棵樹，必定指示先知去做。"

崇拜者堅持前去伐樹。兩者再次打鬥起來，崇拜者再次擊敗了撒旦。撒旦便說："好了，我提出一個和解辦法，對你有好處。"崇拜者同意，撒旦繼續說："你是一個貧窮的人，是這個世界的一個負擔，如果你不去砍樹，我將會每天給你三個金幣，放在你的枕頭下，足以滿足自己的需要，也可以幫助你的親戚和有需要的人，也能用作善事。砍伐那棵樹只是一個功德，但人們會再種另一棵樹，最後也是徒勞無功。"崇拜者接受了這項建議。

崇拜者連續兩天都得到金幣，但在第三天便沒有。他被激怒了，拿起斧頭，前去砍樹。撒旦再次化身為那個老人，問他要去哪裡。崇拜者喊道："要去砍樹"，撒旦說："我不會讓你這樣做。"兩者又再打鬥起來，但這次撒旦佔了上風，制服了崇拜者。崇拜者不服自己的失敗，並問撒旦原因。撒旦說："起初，你的憤怒只是為了取悅真主，所以全能的真主便幫助你打倒我，但現在你的憤怒部分是為了金幣，因此，你便輸了。"



News & Events 消息與活動速遞

REMOVAL NOTICE 搬遷啟事

HKIYA office has relocated temporarily from 8/F to Room 705 on 7/F at Masjid Ammar & Ramju Sadick Islamic Centre. The telephone & fax number remains the same. Office hours are 4:30 pm – 7:30 pm (except Sunday & Tuesday)

本會由八月一日起將辦公室搬到愛群道清真寺七樓705室。電話、傳真號碼維持不變。辦公時間為下午四時半至七時半(星期二、日休息)



I- Visit to Madrasah-tul-Hira (Sham Shui Po)

Date: 6th August 2011 (Saturday)
Time: 3:00 pm to 7:00 pm

The following is a message from the Women's Foundation after their visit to Madrasah-tul-Hira:

"I would like to express my heartfelt thanks to all of you for giving us such a wonderful day. It was also an eye opening experience to all of us. I can't forget the sweet and genuine smiles of the kids. They are all very lovely and amiable. It is no doubt that your work is so meaningful. Looking forward to another collaboration opportunity in future."

The volunteers and visitors played group games with the kids and distributed toys and stationery. Alhamdulillah, the programme ended with Iftar sponsored by HKIYA.

We thank the Muslim Professional Network for their generous contribution to the programme, Muslimah Group for their helping hand, Iqra Sultan from Islamic Kasim Tuet Memorial College for their well-presented presentation on Ramadhan and of course Hazrat Sultan Bahu Society for accommodating this wonderful gathering at their venue.

1. 探訪兒童班 2011 之 齊來與孩童開齋吧!

日期：二零一一年八月六日(星期六)

時間：下午三時至七時

地點：深水埗 Madrasah-tul-Hira

節目包括：中學生齋月分享、遊戲及送贈禮物、非穆斯林參與齋戒及一起開齋。是次活動由本會、Muslimah Group、Muslim Prof. Network、婦女基金會、伊斯蘭脫維善紀念中學及 Hazrat Sultan Bahu Trust 合辦，在安拉的引領下已順利舉行。我們藉此感謝各位義工的參與。

婦女基金會藉此衷心多謝本會能給予他們成員享有了一個特別的一天。看到在這次活動中孩子們天真甜美及親切的笑容，使婦女基金會視野又一次擴闊了。婦女基金會亦認同本會這次具意義的工作，能帶給孩子們添展笑顏，所以期望日後與本會能再有合作的機會。

眾義工們帶領兒童班孩子們一起玩集體遊戲，隨後亦分發玩具及文具給每位孩子。作為是次活動的最終環節，由本會(HKIYA)贊助開齋飯。

對於本會能順利完成這次活動，要感謝多個協辦單位，如Muslim Professional Network協助安排活動的各項環節、Muslimah Group的多項幫忙、伊斯蘭脫維善紀念中學 Iqra Sultan 精彩的齋月短講及當然Hazrat Sultan Bahu Society給予我們探訪的兒童班地方。



News & Events 消息與活動速遞

2- Iftar Gathering at Stanley Masjid 赤柱清真寺開齋聚會

Date: 21st August 2011 (Sunday)
Time: 3.00 pm to 7.00 pm
Venue: Stanley Masjid

Contents: Islamic talk & sharing, sight-seeing, breaking fast together & getting to know new Muslim friends.
For more information, please call 28920021

日期：二零一一年八月二十一日（星期日）
時間：下午三時至七時
地點：赤柱清真寺
節目包括：短講、分享、參觀、開齋飯，認識穆斯林朋友
如有興趣者可致電本會查詢及報名，電話：28920021。

3- Ramadan Ibadah Camp (Overnight) 齋月伊巴特之夜

Date: 27th Ramadhan 1432 (26 - 27 August 2011)
Time: Isha prayer to Fajr prayer.
Venue: Masjid Ammar Centre, Wanchai
Contents: Islamic talk & sharing (Challenges for Muslim Youth in HK), Prayers & Du'a, and Suhr & Fajr Prayer.

A combined effort by IKTMC, IUHK & HKIYA.
For more information, please call 28920021

日期：二零一一年八月二十六至二十七日
時間：由宵禮至翌日晨禮
地點：灣仔愛群清真寺暨林士德伊斯蘭中心
節目包括：短講、分享（本地穆斯林青少年所面對的挑戰）、禮拜及都阿 (Dua)

如有興趣者可致電本會查詢及報名，電話：2892-0021
是此活動由本會、伊斯蘭脫維善紀念中學及香港伊斯蘭聯會合辦。

The Night of Destiny is better than a thousand months. In it descend the angels and Jibreel, by the command of their Lord – for all works. (Quran 97:3-4)

那高貴的夜間，勝過一千個月眾天神和精神，奉他們的主的命令，為一切事務而在那夜間降臨。《古蘭經第97章“高貴”第3至4節》

4- Zakat for Horn of Africa Drought 天課資助非洲旱災災民

HKIYA has allocated a total sum of HK\$20,000 from the Zakat fund to assist the needy affected in the countries at the Horn of Africa Drought.

本會將港幣二萬元的天課，施散給非洲東北部旱災災民。

Sadaqat-al-Fitr is obligatory for the Muslims – slave & free, male & female, young & old. It must be paid before people went out to the prayer (Eid-ul-Fitr). (Muwatta)

麥米錢 (Sadaqat-al-Fitr) 是當然的善款，相當於一頓飯的價錢。可在開齋節之前任何時間或是在開齋節會禮之前給予貧困和有需要的人的。馬立克的《Muwatta聖訓》

