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*Preserve Water, Preserve Life*

**How Much is Too Much?**

“Get out of the shower!” your little brother shouts as he bangs on the washroom door. “You’ve been in there for twenty minutes!”

The 20 minutes you spend in the shower, can use up 400 liters of water. The Prophet (pbuh) performed the “ghusl”, a complete bath, with one Sa’ of water; that is just 1.6 liters.

Abu Ja’far narrated; “While I and my father were with Jabir bin ‘Abdullah, some people asked him about taking a bath. He replied, ‘A Sa’ of water is sufficient for you.’ A man said, ‘A Sa’ is not sufficient for me.’ Jabir said, ‘A Sa’ was sufficient for one who had more hair than you and was better than you [meaning the Prophet].” (Bukhari)

**The Current Picture**

There has been a passive acceptance of our luxurious lifestyle. While the average Canadian uses **335 litres** of water per day, the average sub-Saharan African uses **10-20 litres** per day. It may seem impossible, but in today’s world, the level of conservation practiced by the Prophet (pbuh) is necessary.

These statistics may explain why:

- **Less than 0.5%** of all water on Earth is fresh water for human use. The rest is sea water or frozen in polar ice caps.
- 1.4 billion people, that’s 20% of the world’s population, lack access to an adequate supply of clean drinking water.
- Global water consumption is doubling every 20 years, more than twice the rate of human population growth.
- 31 countries currently face water scarcity.
- Women in Africa and Asia walk, on average, 6 km each day to collect water.
- More than half the world’s major rivers are either polluted or drying.
- In developing countries, water causes 80% of illnesses. Each year 3 to 4 million people die of waterborne diseases.
- By 2025, two-thirds of the world’s population will live in conditions of water shortage and one-third will live in absolute water scarcity.

**The Cause**

The problem is not the amount of water. The amount of water on Earth remains

constant and there is enough to meet everyone’s needs. The problem is unequal access and use.

Different regions of the world naturally hold different amounts of fresh water. India, for example, holds 20% of the world’s population but only 4% of its water. This natural division of water is easy for governments to overcome with the right technology. The problem of water scarcity arises when limited water is coupled with social inequalities and political agendas. Who gets access to a region’s water and how they use it is usually determined by who has power and money.

*What we call man’s power over nature turns out to be a power exercised by some men over other men with nature as its instrument. {C.S. Lewis}*

**Industrial Giants**

Industries require vast amounts of water. It takes 400,000 liters of water to manufacture one car. Industries purchase access to a region’s water at subsidized rates from the government. Most of the world’s freshwater is naturally stored under the ground. Industries pump this groundwater faster than it can replenish itself,

Continued on p4.....

*Dua of the Month*

Anas (May Allah be pleased with him) reported:

The Messenger of Allah (ﷺ)

said, "Recite frequently: 'Ya Dhal-Jalali wal-Ikram! (O You, Possessor of glory and

honour).'"

[At- Tirmidhi].

## *Community News*

### **\*AHMA GIRLS GROUP UPDATE\***

The online weekly AHMA Girls' Group continued after Ramadan.

The sessions were centred around prayer and included talks on the history of salah, the benefit of prayer and practical tips that the girls could implement in their day to day lives.

An initiative was also introduced whereby each week one girl would choose and then present a reflection on a name of Allah swt. The reflections offered were profound and mature and gave all attendees (including the leaders) lots of food for thought.

Similarly, as a response to the recent international discourse on Black lives, one attendee offered to lead a session on the life of Malcolm X. The quality and calibre of the presentation was exceptional and we look forward to future reflections!

Friday, July 24, concluded the Girls Group for the 19/20 academic year. The sessions will restart in September inshaAllah and further details on registration will be posted in the coming weeks.

### **SAFEGUARDING**

Safeguarding of our congregation, in particular children and vulnerable adults, is one of the most important responsibilities of the Trustees and Management Committee.

Despite the difficulties of Lockdown and the closure of the mosque, we have used the time productively Allhamdulillah to update our safeguarding policies and procedures. All the Trustees and Management Committee members along with most Bayaan staff have undergone safeguarding training. A further 5 have proceeded to gain a level 3 qualification, these include:

***Designated Safeguarding Lead -Dr Yasmin Gill. Deputy Safeguarding Lead: Br Mahmood Hussain (Boys group) Deputy Safeguarding Lead: Sr. Maha Khan (Bayaan).***

We are in the process of setting up a dedicated safeguarding page on the website, along with an on-line form, email address and telephone number, so that anyone with any safeguarding concerns can directly contact (with complete confidentiality) the safeguarding Leads.

If anyone has any safeguarding concerns at all please contact the designated leads via email at [safeguarding@ahma.co.uk](mailto:safeguarding@ahma.co.uk). Any communication will of course be treated with complete confidentiality. In the near future we will inSha Allah be setting up a dedicated safeguarding page, with an on-line concerns form and telephone number. Watch this space!

### **RE-OPENING THE MASJID**

As-salaamu aliakum Dear Brother and Sisters.

I pray that you and your family are well. Alhamdulillah, following the government announcement allowing places of worship to open as from the 4th of July we started initially with Maghreb and Isha prayers on Sunday the 5th of July. We put in a pre-registration process to enable brothers to attend the jamma'at. The rear hall of the Centre was marked out with 2 meters socially distance spacing, we asked all those attending to wear a mask, bring their own pray mat and a shoe bag and operated a one way system in and out of the rear hall. Face masks, shoe bags and sanitising gel was provided at the registration desk for the worshipers. Within a few days we established Fajr jamma'at and have established the 5 daily prayers as from the 25th of July.

The establishment of daily prayer gave us confidence that we can manage the process and Alhamdulillah we prayed Jummah at the Centre on the 24th of July. We asked people to pre-register and applied the same rules as for the daily prayers. We have a total of 130 spaces available at the Centre and at Jummah we had 111 people for the jamma'at, the process was very smooth as most people respected our advice and came early so that the administration process could be completed. The AHMA would like to say jazak'Allahkhair to the community for their understanding and patience. Insha'Allah we will continue to be vigilant and adhere to government advice on social distancing. As soon as it is practically possible, we would like to resume normal service whereby our sisters and children are able to come to the Centre for prayers and other activities.

Insha'Allah we are planning on adopting the same process for Eid-ul-Adha prayers. The trustees wish you all Eid Mubarak. Please keep safe and we pray that Allah (swt) protects us all. Ameen.

**Please note that both 10am and 11am jamma'at for Eid at Altrincham are now full. Sorry, due to Covid 19 restrictions the capacity of the Mosque is greatly reduced.**

## Emotional Wellbeing:

How often do you consider your emotional wellbeing? What does being emotionally well mean to you?

Every one of us are unique in the way that we define our emotional wellbeing and indeed in the way that we approach our ways of "staying well". Some, may not have considered this very much whilst others may choose to consider this on a daily basis. Most of us though, only really consider this when we are faced with difficulties in our emotional wellbeing. This usually happens when our usual ways of coping are compromised.

COVID-19 has brought about a multitude of changes to our personal and professional lives. These changes are likely to have influenced our daily routines greatly. For some, social interactions with both family and friends have been reduced significantly and for others, interactions have increased significantly. Our children are no longer attending school in the way that they once did, our partners are no longer attending work in the way that they did. Finding space for ourselves and to nurture our emotional wellbeing during such a time can be difficult.

## Pearls of Wisdom:

And it is He who produced you from one soul and [gave you] a place of dwelling and of storage. We have detailed the signs for a people who understand. [6: 98]

### Hadith of the day:

The first to be summoned to Paradise on the Day of Resurrection will be those who praise God in (both) prosperity and adversity." - Al-Tirmidhi, Hadith 730

### Guidance of the day:

Among the greatest of saving things are to bear God's trials with fortitude, receive His

favours with gratitude, and detach yourself from this world, for it is distracting you away from Him.

For many, prior to the pandemic, the mosque provided a space for connection. Connection with Allah, but also with other members of the community. Familiar faces to bring a sense of comfort and new faces who join the community for a sense of belonging and unity with like-minded others, those with a common ground and understanding of the life that is before of us. A place for our children to grow and learn from others around them, for the sake of Allah. For many, our spiritual wellbeing feeds our emotional wellbeing and vice versa.

Having choice and control over the way we spend our time and who we spend our time with, can be hugely protective when considering our emotional health. The pandemic has meant that some of these protective factors have been taken away, leaving us to find new ways to care for our emotional wellbeing. The mosque had to shut its doors on the 12th March putting further strain and need for innovative ideas to maintain our emotional and spiritual wellbeing.

AHMA have been working alongside professionals to provide a range of opportuni-

ties to improve and support the emotional wellbeing of our community. Using Zoom and other virtual platforms, we are also considering ways to support our community whilst protecting their physical health as well as their emotional health.

Our main aim is to try to work in a preventative manner. That is, to prevent incidences of emotional difficulties by ensuring that we maintain our emotional wellbeing. From relaxation groups and reflection groups, focusing on soothing the mind and body, to spiritual and social opportunities focusing more on our connection with others and Allah. We are trying to work together to provide something for everyone.

Please get in touch to find out more, you will be offered a telephone call to find out what would be best for you, right now.

t:0161 981 1441

ARE YOU INTERESTED IN IMPROVING YOUR EMOTIONAL WELLBEING?

AHMA ARE WORKING WITH QUALIFIED AND SPIRITUAL MEMBERS OF THE COMMUNITY TO PROVIDE A RANGE OF OPPORTUNITIES TO IMPROVE THE EMOTIONAL WELL-BEING OF OUR COMMUNITY.

FOR FURTHER INFORMATION ABOUT SESSIONS AND CLASSES  
GET IN TOUCH  
0161 989 1441 OR EMAIL EVENTS@AHMA.ORG.UK

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alted only afflicted him with this trial because there is much good for him in it, whether it be raising his degree, increasing his good deeds, or expiating his sins. [Counsels of Religion by Imam al-Haddad]

### Food for thought:

Faith is like a muscle. It must be exercised to grow. Repeated experiences of having to trust what we can't see and repeated experiences of learning to trust that things will work out, are what makes our faith muscles grow strong.



## Upcoming Events / Activities

### ISLAM THE PATH TO ENLIGHTENMENT.

The aims of our study circle is to study Islam in a way that makes it applicable to our lives. Thus, we look at contemporary issues that may arise in our lives through the lens of Islam. We have studied many topics over the years. Including tafsir of various surahs in the Quran. Looked at various Hadith and their interpretation and relevance to our lives today. We have discussed parenting strategies and how best to bring up our children in these challenging times. We have looked at how to stay positive and to look after our mental and emotional health. We have had talks on the Seerah and the lessons we can learn from looking at the life of prophet Muhammad (saw).

Many other subjects have also been studied, looked at and debated. Currently we are looking at Islamic history, which is being presented by an inspiring sister. We hope that this will help us appreciate “our history,” derive lessons from it and enable us to have a deeper understanding and analysis of the present, inshallah. This learning is taking place online at the moment.

Come and join us sisters and let's learn together to improve our lives. This is a great opportunity to meet with members of your community and make lifelong friends. The circle is usually held in the mosque on Wednesday afternoon. The circle is conducted in English so that everyone can join us! Whatever language you speak.

### *Preserve Water, Preserve Life (continued)*

causing the land to collapse and permanently destroying its ability to store water. In the Arabian Peninsula, groundwater use is three times greater than recharge and at current rates of extraction, Saudi Arabia may well reach total depletion in 50 years. In developing countries, industries dump 75% of their untreated wastes into local water bodies. When the environment is sufficiently damaged and water disappears, industries move elsewhere, leaving a region's residents in scarcity.

#### **Political Power**

The politics of power and money also determine which countries can secure water. Since most rivers and groundwater aquifers cross national boundaries, future conflicts in the world will likely involve water. In the early 1970s, Syria and Iraq almost went to war over the waters of the Euphrates when Syria built a dam at Tabaq, blocking a quarter of the River's flow to Iraq. Ten African countries share the waters of the Nile and each wants a share of the

River. To protect its Nile water supply, Egypt repeatedly threatens to use its size, wealth and power to go to war against Ethiopia, a country where water flows abundantly but millions starve to death each year.

#### **Where Do We Fit In?**

The problem of water scarcity is not confined to the developing world. North Americans are the worst hoarders of water. While millions go without water, North Americans use 1,280 cubic meters of water per person every year; Europeans use 694; Asians use 535; South Americans use 311 and Africans use 186.

While North Americans can boast large water supplies—Canada contains one quarter of the world's freshwater—our extravagant habits won't save us from danger for long. Water levels in the Great Lakes reached record lows in recent years. The Ogallala groundwater aquifer in the U.S. High Plains is being depleted eight times faster than nature can replenish it, causing the land to drop at least a

meter each year. Americans have dammed, diverted and polluted the Colorado River until little or no water reaches its destination at sea.

The extravagances of our lifestyle—lawn sprinklers, frequent car washes, sprawling golf courses, dripping taps, and toilets that consume 18 liters of water per flush—fool us into believing we're safe. They help us ignore the world's water crisis or accept it with a shrug. The principle of “We have it so let's use it now and think about the future later” prevails in our minds.

#### **How Do We Respond?**

*We live in the world's most technically sophisticated society, yet we are now right back where we were three thousand years ago, praying for rain. {Garrett Ward}*

Every person on the planet has a right to adequate water. The Prophet (pbuh) said,

*“People are co-owners in three things: water, fire and pasture” (Abu Dawud).*

## Preserve Water, Preserve Life (continued)

**Iyas Ibn Abd narrated that the Prophet (pbuh) forbade the sale of excess water (Abu Dawud).**

Ideally, basic water needed for survival should be free, equally available to everyone and legally protected from waste and contamination. Current global practices and policies are obviously unjust.

For Muslims, natural resources are a trust from Allah and we are accountable for their care and use. The Prophet (pbuh) said,

**“The world is green and beautiful and God has appointed you as His stewards over it. He sees how you acquit yourselves...” (Muslim).**

We are also responsible for halting injustices we see around us, as the Quran outlines:

**“Let there arise out of you a band of people inviting to all that is good, enjoining what is right, and forbidding what is wrong: They are the ones to attain success” (3:104).**

Yet, as individuals we have little control over international water politics and policies. How then should we respond to the global water crisis? Here are ways to begin:

• **Don’t lose hope**—The Quran tells us that

**“Allah is the Creator of all things and He is guardian over all things” (39:62).**

You and I are only responsible for making an effort. Allah takes care of the results. He knows what’s best for us and He is the Most Just, whether that justice comes in this life or in the next.

• **Be grateful**—Allah granted us an abundant supply of fresh, clean water without any

effort from us. Allah asks us in the Quran,

**“Have you considered the water which you drink? Is it you that send it down from the clouds, or are We the senders? If We wished, We would have made it salty; why do you not then give thanks” (56:68-70).**

**“Say: Have ye thought: If (all) your water were to disappear into the earth, who then could bring you gushing water” (67:30).**

Water is not simply “there” and it doesn’t “fall by itself”. As we read in numerous verses of the Quran, Allah “sends down water from the sky”. Allah is the only one that can continue our supply of water and if He wishes, He can remove it any time.

• **Get involved**—Raise awareness among your friends and family. Join conservation groups in your area that protect local water sources. Many organizations look for volunteers to clean-up riverbanks, monitor water quality, or educate school groups.

• **Change your habits**—Although we can’t always control the actions of governments and industries, we can control our own use of water. Allah rewards us for every step we take towards change. Resist the habit to overuse and waste water. The Quran tells us:

**“...Do not squander (your wealth) wastefully. Surely the squanderers are the fellows of the Devils” (17:26).**

**“Eat and drink, but waste not by excess, for Allah loves not the wasteful” (7:31).**

Just because we have abundant water, doesn’t mean we

should use it. The Prophet (pbuh) made this clear when he said,

**“Excess in the use of water is forbidden, even if you have the resources of a whole river” (Tirmidhi).**

Begin to fulfill your trust and responsibility towards Allah by conserving the water you use at home.

### Few Easy Ways You Can Conserve Water

Don’t use your toilet as a wastebasket or flush it unnecessarily. Toilets consume a vast quantity of our water supply.

- Turn off the tap when you brush your teeth or soap dishes.
- Keep a bottle of drinking water in the fridge. Don’t run your tap for cold water.
- Run your dishwasher and washing machine only when they are full.
- Check pipes and taps for leaks and get them fixed. Many homes lose more water from leaky taps than they need for cooking and drinking.
- Install low-flow shower heads and flow-restrictors on taps. A 5-minute shower with a standard shower head can use up to 100 liters of water while a low-flow shower head uses 35 liters of water.
- Water your lawn every third day or less and water during the cool times of the day.
- Sweep patios and drives, don’t hose them.
- Drive less! It takes approximately 10 liters of water to produce a liter of petrol.

**“It is He [Allah] who has placed you as viceroys of the Earth and has exalted**

**some of you in rank above others, that He may try you by that which He has given you. Surely your Lord is quick in punishment, and He is most surely the Forgiving, the Merciful” (Quran, 6:165).**

### Resources for Further Study

Abdel Haleem, M.A.S. (1998). Water in the Quran. In H. Abdel Haleem (Ed.), Islam and the Environment (pp. 103-117). London: Ta-Ha Publishers.



Donations to AHMA

Make donations to AHMA for all kinds of payments online.

[ama-online.org.uk/donations](http://ama-online.org.uk/donations)

## *Little Hands Mother & Toddler Group*

Little Hands Mother & Toddler Group is a voluntary run group based at our very own AHMA.

During lockdown our little group has been very active. I realised very early on during lockdown that I needed to get proactive. I was constantly in touch with the group and the feedback I was getting was the children were missing their little friends, missing their contact with each other and we were all missing our regular session. I had heard about Zoom and decided to sign up. We started our weekly Zoom sessions. Alhamdulillah it was so lovely to see everyone. The kids were so excited. The interaction between the kids, mums & myself was amazing. We had a zoom session once a week. During the session we would have a good catch up. Mashallah the kids had so much to say. It was such a blessing to be able to see and hear the children and their mums. We sang nursery rhymes, read a story we even had a structured activity. Considering we were having a virtual session the children still managed the activity and enjoyed making their little pictures & cards. The children made Ramadan cards during Ramadan.

Once lockdown was lifted and the new rules allowed meetings of small groups. We decided to have our sessions in the park keeping within social distancing. Once a week we started meeting in Halecroft Park.

All the mums/carers brought their own picnic mat and we all sat 2 metres apart.

The children were so amazing considering the age group varied from 1 years old to

3yrs old they had no problem with sitting on their own mats and still participating. For the first few sessions we tried to stay on our mats and sang nursery rhymes, did all the actions for each song.

Week 4: I gave each child their own giant bubbles and the children enjoyed blowing giant bubbles.

Week 5: we had a more structured game. Each child was given a sheet with a picture of their choice. Each child with their mum/carer would go around the park collecting flowers and inserting them into their picture. Instead of colouring using pencils they coloured their picture with flowers. The children loved this activity. On this particular day it was raining and the children came ready with their wellies and raincoats all super charged for their activity:

Week 6: this week we did another flower activity. Each child had a sheet with a picture of a few flowers on it. They walked around the park looking for each flower. The children absolutely loved finding each flower. The children felt so proud of themselves.

As you can see Little Hands Mother & Toddler Group has been super active and continuing during this uncertain time. Our children have learnt even though we are doing things differently we are still trying and Alhamdulillah staying in touch and Mashallah I hope you can see how much fun our little group has had and will continue to do so.

Shabnam Galica

Little Hands Mother & Toddler Group



The children made Ramadan cards during Ramadan.



Week 6:: flower activity



Week 5: Structured games

## Prayer Schedule for August 2020

Day	Date	Fajr	Fajr Jama'at	Sunrise	Dhuhr	Dhuhr Jama'at	Asr	Asr Jama'at	Maghrib	Isha	Isha Jama'at
Sat	1	3:43	4:30	5:25	1:16	2:00	5:28	7:00	9:05	10:30	9:20
Sun	2	3:44	4:30	5:27	1:16	2:00	5:27	7:00	9:03	10:28	9:18
Mon	3	3:44	4:30	5:27	1:16	1:30	5:27	7:00	9:03	10:28	9:18
Tue	4	3:45	4:30	5:29	1:16	1:30	5:26	7:00	9:01	10:26	9:16
Wed	5	3:47	4:30	5:32	1:16	1:30	5:24	7:00	8:57	10:22	9:12
Thu	6	3:48	4:30	5:34	1:16	1:30	5:23	7:00	8:55	10:20	9:10
<b>Fri</b>	<b>7</b>	<b>3:49</b>	<b>4:30</b>	<b>5:36</b>	<b>1:16</b>	<b>1:45</b>	<b>5:23</b>	<b>7:00</b>	<b>8:53</b>	<b>10:18</b>	<b>9:08</b>
Sat	8	3:50	4:30	5:37	1:15	1:30	5:22	7:00	8:51	10:16	9:06
Sun	9	3:51	4:30	5:39	1:15	1:30	5:21	7:00	8:49	10:14	9:04
Mon	10	3:52	5:00	5:41	1:15	1:30	5:20	6:30	8:47	10:12	10:30
Tue	11	3:56	5:00	5:42	1:15	1:30	5:19	6:30	8:45	10:10	10:30
Wed	12	3:59	5:00	5:44	1:15	1:30	5:18	6:30	8:43	10:08	10:30
Thu	13	4:01	5:00	5:46	1:15	1:30	5:16	6:30	8:41	10:06	10:30
<b>Fri</b>	<b>14</b>	<b>4:04</b>	<b>5:00</b>	<b>5:48</b>	<b>1:14</b>	<b>1:45</b>	<b>5:15</b>	<b>6:30</b>	<b>8:39</b>	<b>10:04</b>	<b>10:30</b>
Sat	15	4:07	5:00	5:49	1:14	1:30	5:14	6:30	8:37	10:02	10:30
Sun	16	4:09	5:00	5:51	1:14	1:30	5:13	6:30	8:35	10:00	10:30
Mon	17	4:12	5:00	5:53	1:14	1:30	5:12	6:30	8:33	9:58	10:30
Tue	18	4:12	5:00	5:53	1:14	1:30	5:12	6:30	8:33	9:58	10:30
Wed	19	4:14	5:00	5:54	1:14	1:30	5:11	6:30	8:30	9:55	10:30
Thu	20	4:19	5:00	5:58	1:13	1:30	5:08	6:30	8:26	9:51	10:30
<b>Fri</b>	<b>21</b>	<b>4:22</b>	<b>5:00</b>	<b>6:00</b>	<b>1:13</b>	<b>1:45</b>	<b>5:07</b>	<b>6:30</b>	<b>8:24</b>	<b>9:49</b>	<b>10:30</b>
Sat	22	4:24	5:00	6:01	1:13	1:30	5:06	6:30	8:22	9:47	10:30
Sun	23	4:27	5:00	6:03	1:12	1:30	5:04	6:30	8:19	9:44	10:30
Mon	24	4:29	5:30	6:05	1:12	1:30	5:03	6:30	8:17	9:42	10:00
Tue	25	4:32	5:30	6:07	1:12	1:30	5:02	6:30	8:15	9:40	10:00
Wed	26	4:34	5:30	6:08	1:11	1:30	5:00	6:30	8:12	9:37	10:00
Thu	27	4:36	5:30	6:10	1:11	1:30	4:59	6:30	8:10	9:35	10:00
<b>Fri</b>	<b>28</b>	<b>4:39</b>	<b>5:30</b>	<b>6:12</b>	<b>1:11</b>	<b>1:45</b>	<b>4:58</b>	<b>6:30</b>	<b>8:08</b>	<b>9:33</b>	<b>10:00</b>
Sat	29	4:41	5:30	6:14	1:11	1:30	4:56	6:30	8:05	9:30	10:00
Sun	30	4:43	5:30	6:15	1:10	1:30	4:55	6:30	8:03	9:28	10:00
Mon	31	4:45	5:30	6:17	1:10	1:30	4:53	6:30	8:01	9:26	10:00
<b>Jumma Khutba will start at 1:15pm with Jama'at at 1:45pm.</b>											