



Newsletter Ramadan 1434/2013

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Hidaya Foundation

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Putting Things in Perspective: Benefits of Fasting & Etiquettes of Eating in Islam

If done right, fasting in the month of Ramadan has many benefits for us, spiritually as well as health wise. Also, for most of us, during the month of fasting, we will naturally appreciate the bounties that Allah provides us year in and out. Below are some nice reminders for us all to reflect on regarding the benefits of fasting and etiquettes of eating from Qur'an, sunnah and science.

Fasting is Good for You

"... But to fast is best for you, if you only knew." [Al-Qur'an 2:184]

If done right, there can be many medical benefits to fasting including: weight management, resting of the digestive tract, lowering of blood sugar levels, lowering of cholesterol and systolic blood pressure, and causing concentration of all fluids within the body (due to slight dehydration) which can lead to longevity. (Dr. Shahid Athar, M.D.)

Do Not Waste & Eat with Moderation

Allah (SWT) says, "O children of Adam, take your adornment at every masjid, and eat and drink, but be not excessive. Indeed, He likes not those who commit excess." [Al-Qur'an, 7:31]

The Prophet (peace be upon him) said: "No human ever filled a vessel worse than the stomach. Sufficient for any son of Adam are some morsels to keep his back straight. But if it must be, then one third for his food, one third for his drink and one third for his breath." (Ahmad, At-Tirmidhi, An-Nasaa'i, Ibn Majah – Hadith Sahih)

Eat and Drink from What is Lawful

"O you who believe! Eat of the lawful things that We have provided you with, and be grateful to Allah, if it is indeed He Whom you worship." [Al-Qur'an, 2:172]

Recognize that Allah has Produced the Food, and be Thankful for it

"And it is He who sends down rain from the sky, and We produce thereby the growth of all things. We produce from it greenery from which We produce

grains arranged in layers. And from the palm trees - of its emerging fruit are clusters hanging low. And [We produce] gardens of grapevines and olives and pomegranates, similar yet varied. Look at [each of] its fruit when it yields and [at] its ripening. Indeed in that are signs for a people who believe." [Al-Qur'an, 6:99]

"And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]; but if you deny, indeed, My punishment is severe.'" [Al-Qur'an, 14:7]

Never Complain About Your Food

Messenger of Allah (pbuh) never found fault with food. If he had inclination to eating it, he would eat; and if he disliked it, he would leave it. (Al-Bukhari and Muslim)

Share Your Food and Pronounce Allah's Name Over it for Blessings

Some of the Companions of Messenger of Allah (pbuh) said: "We eat but are not satisfied." He (pbuh) said, "Perhaps you eat separately." The Companions replied in affirmative. He then said: "Eat together and mention the Name of Allah over your food. It will be blessed for you." (Abu Dawud)

Messenger of Allah (pbuh) said, "The food of one person suffices for two, the food of two persons suffices for four persons, and the food of four persons suffices for eight persons." (Muslim)

Messenger of Allah (pbuh) was sitting while a man was eating food. That man did not mention the Name of Allah (before commencing to eat) till only a morsel of food was left. When he raised it to his mouth, he said: "Bismillah awwalahu wa akhirahu (With the Name of Allah, in the beginning and in the end)." Messenger of Allah (pbuh) smiled at this and said, "Satan had been eating with him but when he mentioned the Name of Allah, Satan vomited all that was in his stomach." (Abu Dawud and An-Nasaa'i) ♦

Ramadan Featured Projects - Feeding the Poor

This Ramadan, Hidayah is Providing Cooked Meals for Iftar for Over 3,000 People Daily

Donate zakat or sadaqah towards feeding the poor at the time of iftar, and may Allah (swt) give you the rewards of their fasting.

The Prophet (peace be upon him) said: "Whoever feeds the person who is breaking his fast, he will have his reward (for his fasting) without decreasing anything from the reward of the fasting person." [Al-Tirmidhi 807, Ibn Maajah 1746, Classed as Sahih by Shaykh al-Albaani in Sahih al-Tirmidhi 647]



One Million Meals - Cooked Food

Al-hamdulillah, this Ramadan, Hidayah Foundation is distributing over 1.3 metric tons (over 1,300 kg) of chicken biryani daily to the poor at the time of iftar in Pakistan. Each day, 38 pots filled with 35kg of chicken biryani each are cooked and distributed in the form of over 1,000 bags (1 kg each bag) to the poor. A 1 kg bag of chicken biryani is enough to feed 2 adults, or 4 children - so each day over 3,000 people are benefiting from this effort!

*It costs approximately **\$50** to cook each pot of chicken biryani, which is enough to feed over 100 people insha'Allah.*

One Million Meals - Dry Ration

This Ramadan, Hidayah Foundation is distributing dry ration meals to tens of thousands of people throughout Pakistan, India, Sri Lanka, Cameroon, Guinea, and Sierra Leone. *Due to buying in bulk, it costs on average **just 50 cents per meal**.* Please donate to partake in the effort of feeding the poor this Ramadan.

Fidya (Compensation for not fasting during Ramadan)

Each year, Hidayah accepts Fidya donations from elderly or sick Muslims who can not fast. These Fidya donations are distributed among poor Muslims who are qualified to receive Zakat in the form of dry ration food. *The price for Fidya in the USA is **\$3.50** by the Hanafi school of thought, and **\$7.00** according to the Shaafi and other schools of thought.*

Sadaqat-ul-Fitr

Hidayah Foundation uses Sadaqat-ul-Fitr donations to provide food in the form of wheat, barley, grain, etc. for the less fortunate. *Sadaqat-ul-Fitr is **\$3.50** according to Hanafi school of thought or **\$7.00** according to other major schools of thought for each person in the family.* ♦



Your Donations at Work

Currently, Hidaya is Supporting Over 8,270 Orphans and 3,700 of their Widowed Mothers Each Month

Project Updates - No Orphan without Education & Widow Orphan Support

In the past few months, Hidaya has added nearly 2,000 more orphans and nearly 500 more widows to its monthly support projects. Please donate to help us continue to provide help to the weakest of society, so they may in time become assets to those around them.

Under **Widow/Orphan Support**, widowed mothers are provided a monthly stipend to cover household needs. Also, food, clothing, toys, shoes, and other items are given to these families.

Under **No Orphan without Education**, widowed mothers or caregivers of orphans are provided with a stipend for the ongoing education of each orphan. The stipend continues for as long as the child continues to attend school. After the age of 18, orphans who want to continue their studies are given support via the Spread Education project. ♦



*It costs **\$20 per month** to support a household of widows/orphans and **\$10 per month** to support each orphan for their education. ♦*

Currently, Hidaya is Operating 55 Schools with Nearly 4,400 Students

Project Update - Support Hidaya Schools

Hidaya Foundation adopts and operates schools which have been shut down (mostly under a government initiative in Pakistan called "Adopt a School"), and opens schools in rural areas which have none to begin with. Hidaya Team members regularly monitor the schools to check on the teachers and students to make sure everyone is doing well. In the past few months, Hidaya has added 17 more schools under this effort.



Grade Level	# Students
Kindergarten	949
1st Grade	1,721
2nd Grade	476
3rd Grade	566
4th Grade	429
5th Grade	253
Total	4,394

*It costs about **\$120** to run a classroom of approximately 40 students for each month. ♦*

So far in 2013, Hidaya has Supported over 280 Families to Get their Daughters Married

Project Update - Marriage Support

Due to crushing poverty, countless families in South Asian countries are unable to have their daughters and sisters get married.

Hidaya Foundation supports parents in these difficult situations by providing them with basic items necessary for newlywed girls, including dresses, shoes, utensils, bedding, fans, sewing machines, etc. Hidaya also offers some financial assistance to offset other marriage expenses. *Depending on the region, it costs approximately \$100 to \$300 to support the marriage of one young woman.*

Donate towards Marriage Support, and may Allah Bless you with a good marriage.

Help the Poor by Educating Fellow Muslims about Zakat



Each year, Hidaya Foundation publishes documents about Zakat with the goal of helping Muslims understand the concept and how to give the proper due amount so they may fulfill their religious obligations and the rights of the poor.

Join us in this Effort of Teaching Muslims, and be part of Sadaqah Jariah

Enclosed along with this newsletter, you should find a copy of Hidaya Foundation's latest document called **"A Practical Guide for Calculating Zakat."** Hidaya is asking that you join us in this effort of spreading knowledge about Zakat to other Muslims by distributing the extra copy to friends or family to read. Please contact us if you are interested in receiving more copies.

Watch Zakat Videos (Part 1 - Part 13), explaining in detail about Zakat at:
www.hidaya.org/publications/zakat-videos/ ♦

Automatic Recurring Donation Towards Hidaya's Projects

"Aisha (raa) narrated that, "The most beloved action to Allah's Apostle (pbuh) was that whose doer did it continuously and regularly." [Bukhari Vol. 8 Book 76 #469]

By creating a profile on Hidaya's secure website, you can sign up for **Automatic Recurring Donations** or make **Quick Donations** for any or even several of our projects at:
www.hidaya.org/createprofile

Program	Projects
Environment	Green Energy, One Million Trees, Clean Drinking Water
Social Welfare	Zakat (Obligatory Charity), Disaster Relief, One Million Meals, Marriage Support, Widow/Orphan Support, Container Shipment for In-Kind Donations, Sadaqah (Charity), Qurbani, Sadaqat-ul-Fitr, Fidya, Aqiqah, Kaffara
Health Care	Medical Assistance, Medical Camps, Preventive Health Care Education
Self Employment	Animal Farming, Farmer Assistance, Small Businesses for the Poor
Education	Spread Education, No Orphan without Education, Hidaya Institute of Farming & Agriculture, Support Hidaya Schools, One Million Books, Job Skills Training, Disaster Preparedness Team
Information & Communication Technology	Basic Computer Skills, Software Development Training, System Administration Training, Network Administration Training

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Donation Form



Hidaya Foundation is a non-profit 501(C)(3) charitable organization with US Tax ID # 77-0502583.

Name _____
 Email _____
 Address _____
 City _____
 State _____ ZIP _____
 Phone _____
 Signature _____ Date _____

Zakat (Obligatory Charity) Zakat
 One Million Meals (\$50 for 100 meals) \$ _____
 Fidya (\$3.50 Hanafi or \$7 other madhab per missed day of fasting) \$ _____
 Sadaqat-ul-Fitr (\$3.50 or \$7 per person) \$ _____
 No Orphan without Education (\$10 per month) \$ _____
 Widow/Orphan Support (\$20 per month) \$ _____
 Support Hidaya Schools (\$120 per month for classroom) \$ _____
 Other : _____ \$ _____
Total \$ _____

You may sign up for **Automatic Recurring Donation** or **Quick Donations** towards any of our projects on our secure website at:
www.hidaya.org/createprofile
 Double your donation with **Corporate Gift Matching**.
 Contact us if you need help setting it up at your organization.

Name on the card: _____

Card No: _____

Expiry Date: (mm/yy) _____