

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*In the name of God, Most Gracious, Most Merciful*

# Submitters Perspective

Monthly Bulletin of International  
Community of Submitters

[www.masjiduntucson.org](http://www.masjiduntucson.org)



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## RAMADAN

### Reflections on Fasting

*Ramadan is the month during which the Quran was revealed, providing guidance for the people, clear teachings, and the statute book. Those of you who witness this month shall fast therein. Those who are ill or traveling may substitute the same number of other days. GOD wishes for you convenience, not hardship, that you may fulfill your obligations, and to glorify GOD for guiding you, and to express your appreciation. [2:185]*

**Ramadan** is the ninth lunar month in the Islamic calendar. Muslims (Submitters) all over the world fast every day of this month

from dawn to the sunset. During fasting, the Muslims abstain from eating, drinking and sexual encounter as decreed by God in verse 2:187 of the Quran.

At the outset, for somebody who does not have experience with it, fasting seems to be hardship on the people. It is very common for Muslims (Submitters) to have a colleague or a friend exclaim, "... You mean you cannot even drink water till sunset, not even a sip!"

The Submitters know that God did not reveal His laws to be a hardship for us (3:108). In fact obeying and following God's commands, such as fasting during the month of Ramadan, is for our benefit both physically or spiritually.

Many medical professionals recognize that fasting is beneficial to our health. It provides a break in the cycle of rigid habits and gives some of our internal organs much-needed rest. However, in our emphasis on refraining from food, drink, and marital relations during the daylight hours, we should not forget many other important aspects of this sacred time. Perhaps, it would help us to remember not only the physical act of fasting, but also its underlying purpose:

*O you who believe, fasting is decreed for you, as it was decreed for those before you, that you may attain salvation. (2:183)*

*Cont'd on Page 2*

## Ramadan

*Cont'd from page 1*

Thus in order to attain salvation, we should refrain from any behavior that may jeopardize the rewards from fasting. We should take advantage of this month to purify our souls further through concentrated worship, reading of the Quran more often, giving charity, and doing good deeds.

[The following paragraph was taken from Submitters Perspective article in January 1998 issue, titled RAMADAN: A GIFT OF REMEMBRANCE by sister Kathryn. For the entire article, please refer to [www.masjiduntucson.org](http://www.masjiduntucson.org).]

Our lifetime is so brief compared to eternity. We are deprived of nothing during this brief period, including repeated, individualized messages of God alone. Twenty-four hour God-consciousness is our goal. It is that which we strive toward, with steadfastness and patience. We know that "God never burdens any soul beyond its means..." (2:286) and that fasting is not an ordeal but rather a great opportunity to run, not walk, along God's path. How awesome is God. He takes His creation with all

its limits and uses it to remind individually and constantly that He alone is our Lord and Master. Given our previous behavior, God is merciful beyond our wildest dreams, and provides us with a gift of remembrance that can only lead us closer to Him for all eternity.

### The Night of Power (Destiny)

The Night of Power or the Night of Destiny (Layl-al-Qadr) is the night in which the Quran was revealed to Prophet Muhammad. It is the 27th night of Ramadan. God describes this night as better than a thousand months. During that night, the angels and the Spirit descend therein, by God's leave, to carry out every command (97:1-5).

The Night of Power starts at the sunset of 26<sup>th</sup> day of Ramadan corresponding to the 27<sup>th</sup> night. It ends at the dawn of the following morning.

*Note: Like every year, there will be gatherings of Submitters in different communities around the world for the Night of Power (Destiny) to commemorate God all night long. Please check with your local community for such a gathering (Ed.)*

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# QURAN

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## Ramadan 2004 USA/CANADA

*God willing*

**October 15 - November 12**

To calculate the Ramadan start date: Compare the time of the New Moon with the sunset at your location. If the new moon is born before sunset, you should fast the next day. Similarly to determine the last day of fasting, compare the time of the next New Moon with the sunset at your location. If the new moon is born before sunset, the month of Ramadan is complete on that day. The Night of Power or Destiny starts at the sunset of November 9, 2004. For further details, see the Ramadan page at [www.masjiduntucson.org](http://www.masjiduntucson.org).

## FOOD FOR THOUGHT



During Ramadan our minds invariably wonder to thoughts about food. While we continue to refrain from eating, it is acceptable to consider the verses in the Quran on this delectable topic.

From the tempting fruits of Eden to the etiquette reminders for eating with Muhammad, the Quran narrates examples to learn from vicariously. Wondrous sustenance was granted to many in the past including the ghost town sleeper's unspoiled food, Mary's divine provisions and dates, Job's healing spring, Jonah's edible fruit tree, and the feast from the sky for Jesus' disciples. Many of these accounts underscore the fact that the prophets and messengers were only humans that ate and walked in the markets just like us. These individuals may also be contrasted with Abraham's angel guests who did not eat. From the pages of the Quran we are taught our stomachs may long for cucumbers, onions, and beans but it shouldn't be out of ungratefulness like the Children of Israel with the manna and quail. There are similar lessons in the account of the boastful gardener and his friend, Sheba's marvelous homeland and the sure harvester. It must be our goal to thank God without fail for every morsel that He provides for our well being.

Provisions of the past were tied directly to crops, harvest, and springs, but God sends modern provisions through money, grocers and restaurants. However, it doesn't diminish the importance of being appreciative. One way of demonstrating appreciation for His support is to adhere to God's laws like giving "due alms on the day of harvest" or giving *Zakat* charity when we receive any provision of money. Those that observe Ramadan, acknowledge that God knows what is best for us. Allowing all the vast array of foods that God has deemed permissible shows recognition that He is the Most Gracious Provider, and that He imposes only a few limits on what to eat or drink in His scripture. Pronouncing God's name on anything before it is eaten expresses belief in Him and His revelations. While Ramadan is a test of steadfastness, we are told in the Quran that God may test steadfastness through loss of money or crops as well. God alone has the power to relieve this type of adversity.

God also offers proof of His abilities and existence through the food He provides. The variety of colorful, self-packaged fruits and vegetables confirms His greatness and today's shipping industry roaming the earth augmenting our choices, gives all the more reason not to take what God endows us with for granted. God tells us He is aware of the grain in the depths of the soil and He is the One who causes it to crack and germinate. He sends good weather to allow them to grow revealing His kindness and control. Out of His mercy, He has allowed a selection of livestock to be domesticated for our meals as well as fish and other meats. Humans cannot create a simple tree to feed themselves, yet God feeds and is not fed. Only God, the best Provider, could have planned such an amazing and pleasurable system of delivering nutrition and healing to His creation.

Other verses in the Quran use crops, gardens and fruits figuratively in order to give insight and understanding. Spending in God's cause, for instance, is compared to a grain producing many spikes as well as crops grown in fertile soil. Preoccupation with this worldly life is paralleled with a flourishing garden suddenly struck completely barren and useless. However, most of these illustrative verses in the Quran are used in the allegorical descriptions of the Hereafter. No one would want to be like the occupants of Hell that are described as eating from trees of bitterness and drinking miserable drinks of sand. In contrast, the lucid passages about the lavish gardens and lush orchards of Heaven almost temporarily transport our yearning souls to the rivers of unpolluted water, fresh milk and honey that are reserved as a reward for the righteous.

God rewards the righteous from His inexhaustible bounties both in this life and in the Hereafter. Figs, olives, grapes, pomegranates and other foods mentioned in the Quran anchor its illuminating verses about God and all His splendor in the reality around us. As we find compassion for those that go hungry during Ramadan, we can also renew our appreciation of God and His innumerable blessings.

*Donna A.*

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## CONFERENCE 2004 REPORT

*You shall hold fast to the rope of GOD, all of you, and do not be divided. [3:103]*

*You shall submit to Him, reverence Him, observe the Contact Prayers (Salat), and— whatever you do— do not ever fall into idol worship. [30:31]*

Praise be to God, this was the 19<sup>th</sup> annual United Submitters International Conference. The venue was Tucson, Arizona and the dates August 6-8, 2004. Submitters from around the world gathered to share ideas and to commemorate God.

Br. Faiz led the Friday prayer. Preparing for his career as a professor in the college of business, he gave us ideas on getting rich quick. Of course, these ideas wouldn't necessarily be accepted in the world of business. Faiz reminded us of the ways God rewards us for even the little things we do in His cause. We can use every situation, whether good or bad, as a means of remembering God, and when we do God blesses us. And this is the only way we can truly get rich.

The get acquainted/welcome session took a long time because, *mashaAllah*, we were such a large group this year. Well over 250 people attended this year's conference. We divided into 19 small

groups (using 19 attributes of God) to get acquainted. It's a great way to really get to know one another.

The *zikr* (meditation on God) Friday evening was especially lively. Sister Parisa sang with her lovely voice, and she added the haunting sound of a drum that she played beautifully with her fingers. It made a delightful beat that captivated all of us.

Saturday and Sunday we were treated to excellent talks. They were fascinating and very informative—everything from adorable pictures of baby harp seals to the discovery of another scientific miracle in the Quran. God says in 16:78: *GOD brought you out of your mothers' bellies knowing nothing, and He gave you the hearing, the eyesight, and the brains, that you may be appreciative.* This is the actual order that a baby develops its senses!

We were also treated to many wonderful presentations by younger submitters, including well-

researched power point talks and a trivia game that proved to be lots of fun for the whole audience.

One great blessing always of the conference is seeing all the new faces, brand new submitters, excited and eager to learn. This year's conference also brought a return of several submitters who had been unable to attend for many years. It was wonderful to see all these familiar faces.

May God continue to bless the community of submitters, and keep us in the forefront of the righteous.

*O you who believe, you shall reverence GOD and seek the ways and means to Him, and strive in His cause, that you may succeed. [5:35]*

*Nargis and Lydia*

*[Note. If you have any comments or suggestions about the conference, please feel free to let us know at [info@masjiduntucson.org](mailto:info@masjiduntucson.org)]*