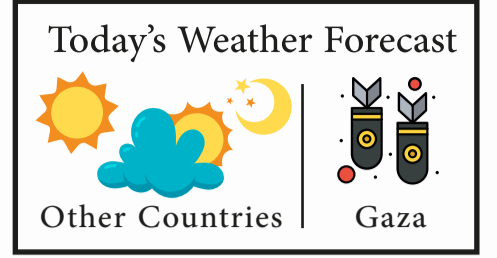


Ramadan News



in KAIHL

Rediscovering Ramadan: Ottoman Traditions Revealed by Recep Ađaç

Interviewed by Zeynep Yađmur Sevgili, Ebrar Bařak Baykar

Ramadan, the Sultan of 11 months and the crown of our hearts, has arrived with the breeze of mercy. We asked Recep Ađaç, our valuable history teacher, how we can spend this holy month without losing touch with our history.

Welcome to our interview Hocam. Thank you for accepting us.

Thank you guys for inviting me too. It is a pleasure.

Let's start with our first question. How did the Ottomans know that Ramadan was coming?

In the Ottoman Empire, the arrival of Ramadan was confirmed by the Kadi of Istanbul, also known as the Kadi of the Throne, who reported the sighting of the crescent moon at the observatory to the palace. The palace then announced this news to the public through officials. If the crescent moon was not observed, the arrival of Ramadan was announced with a cannon shot called Tekmil-i Selasin.

Were there any special preparations for Ramadan at that time?

Of course, one month before Ramadan, the sultans started to fill the pantries for the meals to be eaten. The menus were already set. (Rice, noodles, chicken and lamb are the main dishes and the indispensable part of the menu is the "hořaf", the stewed fruit). Due to the high population of Istanbul, in order to prevent the people from suffering, it was ensured that the products were in sufficient quantity and the prices were affordable.

How were iftar meals during Ramadan?

Mansion owners would accept everyone from the street as a guest of God and invite them to their tables. They would feed and drink their guests who accepted the invitation and give them gifts called 'tooth rent' as a thank you. In addition, the sultan would pour sherbet, sweet syrup made from fruits, from all the fountains during the month of Ramadan. We would be happy to see such practices in our school :)

You mentioned tooth rent, which most of us have not heard before. Could you explain it more please?

Sure. It was a gift given to guests who were invited to iftar or sahur meals by host. Money, a gold coin or similar items were given to guests since they had accepted the host's invitation. The host would bid



them farewell by saying: "You have been my guest, you have tired your teeth by eating the food I served, so this is your tooth rent."

Could you provide some examples of entertainment during Ramadan?

In the past, there was a tradition of "mahya" being hung in mosques with at least two minarets, which was a privilege reserved for the dynasty. This reflects the hierarchical structure of the time. Additionally, to make Ramadan more enjoyable, plays featuring Karagöz Hacivat were staged and light plays were performed with oil lamps.

So, what was served on the table during this beautiful month?

Halva, baklava, and pastries were always enjoyed, along with Iskilip dolma and pilaf as the main dishes. Various delicacies were prepared, and in addition, only the sultan and his mother were allowed to have kadayıf dessert, while only the sultan could have zerde. They used to break their fast with Zamzam water.

How was Eid al-Fitr traditionally celebrated?

After performing the morning prayer at the Topkapı Palace, the Sultan would distribute tips and enjoy the mehter's (Ottoman military band) music before joining a festive procession to the Divan-ı Hümayun, the Imperial Council, room for the main feast. During the Eid celebration, guests would greet the sultan and watch the javelin game in Gülhane Park on the second and third day. Throughout Ramadan, Istanbul was adorned with beauty, from its mosques to its streets.

Thank you very much for informing us about these topics..

Thank you as well, I truly enjoyed it.

5 PLACES YOU SHOULD VISIT IN ISTANBUL IN RAMADAN

By İrem Bodur, Havva Nur Topuk

Experience the charm of Istanbul during Ramadan with a myriad of captivating destinations awaiting your exploration!

Istanbul, the dream of countless people and also the most crowded and perhaps the most popular city in Turkey, is a perfect choice to spend your free time during Ramadan. Its ancient areas, museums, mosques, informative and entertaining events, and more make it an ideal destination. So, we are here to recommend you some excellent places you should visit during Ramadan! Let Istanbul be your guide to a Ramadan filled with spiritual enrichment and memorable encounters.

(You can access more information about the places via QR codes)



1. THE BLUE MOSQUE-FATİH

Sultanahmet Mosque, also known as The Blue Mosque, with its 6 minarets, is one of the most visited places in Ramadan. It was made upon Sultan Ahmet's request by Mehmet Ağa and it is an architectural wonder decorated with İznik tiles.



Additionally, visitors may join activities which are organized there, sometimes even famous people may attend them! Moreover, you have the opportunity to perform the taraweeh prayer with the congregation later in the day.



2. ALTI ÜSTÜ KIRK KÖFTE

We all know that one of the most important things that makes Ramadan itself is iftar. If you want to eat your iftar outside and if you are big fan of meatballs, then Altı Üstü Kırk Köfte is the best choice for you. There are three different types of meatballs, drinks and salads on the menu. Also, you can enjoy the live performance of flute and qanun played surrounded by the legendary decoration.



3. MİMAR SİNAN TARIHİ SÜLEYMANIYE KURUFASULYECİSİ

This place offers a magnificent ambience with a peaceful atmosphere, and the staff are all friendly. It comes highly recommended for those who want to enjoy a lively atmosphere while dining. Afterward, you can join the Tarawih prayer at Süleymaniye Mosque.



4. YERALTI MOSQUE

According to Evliya Çelebi, the cellar was originally part of a tower built by Ömer, son of Abdulaziz, in 711 Hijri, and was later converted into a mosque. There is a rumor that the companions who were martyred in the first Islamic army that surrounded Istanbul were buried here, and the entrance was sealed with lead.



5. TOMB OF ORUÇ BABA

Rumors suggest that Oruç Baba was a devoted dervish who lived many years ago. Despite being very poor, he continued his worship without interruption. During Ramadan, when he had little food for iftar and sahur, he fasted and broke his fast with a simple meal of dry bread and vinegar.

Since it is believed to fulfill wishes from the first day of Ramadan, the Oruç Baba tomb, which is quite crowded at these times, opens fasting on the first and last days of Ramadan with foods such as sugar, olives, vinegar, and bread, which are thought to represent abundance. Everyone distributes them to each other with the aim of bringing prosperity.



Turkish Wisdom: Quotes from Renowned Authors

By Naile Sönmez, Rumeysa Yılmaz

In this page, in order to deliver you this breeze of mercy, we collected some nice quotes from our praised authors. Since we believe that the words lost their spirit and meaning when written in English, and as an expression of respect for the memories of these precious people, this part was intentionally prepared in Turkish. Enjoy !



"Ve oruç tutmak... İnsan yüreğini canlı, cıvıl cıvıl sesli kuşlarla doldurmak değil midir?"

Sezaî KARAKOÇ

"Gerçek gün doğuşu, gerçek kuşluk, gerçek öğle, gerçek ikindi, gerçek akşam ve gün batışı, gerçek gece ve yatsıdır oruç."

Sezaî KARAKOÇ

"Uzun süren bir kuraklıktan sonra, dudakları çatlamış toprağından ötürü ellerini göğe kaldırmış çiftçi için birden boşanan yağmur neyse, biz Müslümanlar için, gelen bu oruç da odur."

Sezaî KARAKOÇ

"Orucun ilk günü kararmaya yüz tutmuş kalpte küçücük beyaz bir benektir, ilk günkü hilal gibi ince bir göz kırışıdır."

Sezaî KARAKOÇ

"Oruç geldi, ondan bize ölümsüz bir şeyler katılacak demektir. Giderken, bizden de ona ölümsüzleşecek birkaç şey katmalı."

Sezaî KARAKOÇ



"Ramazan, bir ayna gibi. İnsanın kendi içine bakma ve ruhsal temizlik yapma zamanıdır."

Cemal SÜREYA



"Oruç ayı geldi. Hepinize kutlu olsun. Ey oruca yol arkadaşı olan, dost olan kişi, yolun uğurlu olsun, hoş olsun."

Mevlana Celaleddin RUMİ



"Ramazan, beden orucu değil, ahlak orucu tutma zamanıdır. İnsanın içini temizleyen, nefsi terbiye eden bir süreçtir."

Cemil MERİÇ



"Ramazan ayı boyunca şehrin ileri gelenlerinin iftar verme geleneği meşhurdu. On bir ayın sultanı unvanıyla anılan Ramazan, her şeyden evvel, boğaz ve mideyle alakadardı; bu ayda bazen israf denilebilecek bir bolluk hüküm sürer; İstanbul en nefis yemeklerin her 'Merhaba' diyene sunduğu muazzam bir imalathaneye dönerdi. Büyük konukların iftar sofrasında yer almak için tanıdık olmaya lüzum yoktu ki... Gözüne kestirdiğine girerdin. Kimse kim olduğunuzu, nerede ve ne münasebetle tanışıldığını, isminizi ve işinizi sormazdı. Sadece kapıda duran ağa, kılığınza kıyafetinize bakarak size yer gösterirdi. Ya büyük sofrada ya da orta sofrada yahut da alt katta kahve ocağı sofrasında... Otur masanın bir kenarına; istersen ne konuş ne dinle; yaranmaya çalışma; sekiz on türlü yemekten tıka basa karnını doyur; kahveni iç usulcacık sıvış, git. Kimse farkında olmaz, onlar dahi işi acayip bulmazdı. Otuz gün Ramazan'ı böylece, yabancı konaklarda iftar etmek suretiyle lord gibi yiyip içerek geçiren binlerce adam vardı."

Refik Halit KARAY



"İlk orucumu dokuz yaşında tuttum. Bu da ömrümdede hiç unutamayacağım günlerden biridir. Oruç benim yaşımdaki çocukların ifasına tahammül edemedikleri büyük sevaptır. Eğer bir gün tutmaya dayanabilirsem hacı ninem büyük babamın anası, bu orucu benden bir mecdiyeye satın alacaktı. Çünkü küçüklerin orucu büyüklerinizden daha makbul olduğunu söylüyordu." Diyerek çocuk zihninde orucun nasıl yer aldığını okuyucuya aktarmıştır.

Hüseyin Rahmi GÜRPINAR



"Ramazan, incecik hilal bir neşterdir. Nefste çizikler açar, kötü kanı ve müzmin iltihabı günlerce akıtır. Oradan doğan boşluğa dolunay aydınlığı konacaktır. "

Ahmet MURAT



"Ramazan geldi diye hepimize ferdi endişelerimizin ötesinde bir canlanma doğdu mu?"

İsmet ÖZEL

Light-Paced Exercise in Ramadan: Promoting Health and Well-being

By Esra Büyükvesek



During Ramadan, sleep patterns change, metabolism slows down, and energy levels drop. Engaging in light-paced exercise during this period can help regulate metabolism and contribute to weight control, in addition to promoting health and well-being. Examples of light-paced exercises during Ramadan include walking, pilates, and stretching exercises.

Here are 10 important reasons to exercise during Ramadan:

1. Regulation of Metabolism: After prolonged fasting, the body may find it difficult to balance metabolism with food intake. Therefore, it is important to keep the metabolism in good working order by exercising.

2. Strengthening the Immune System: Keeping the immune system strong during Ramadan reduces the risk of disease. Therefore, it is important to support the immune system by exercising regularly.

3. Maintaining Healthy Sleep Patterns: Exercise is important for maintaining healthy sleep patterns. We can improve sleep quality by exercising regularly during Ramadan.

4. Supporting Spine Health: Daily exercises should be done to prevent spinal health problems such as cervical herniated discs and herniated discs.

5. Supporting General Health and Well-being: Exercise supports physical and mental health, reduces stress and improves overall well-being. Therefore, it is important to exercise regularly during Ramadan.

6. Increases Energy Levels: Exercise energizes the body and keeps you more alert and active throughout the day. This prevents the low energy experienced during Ramadan.

7. Reduces Stress: Exercise helps to reduce stress hormones and improve mood. This protects your spiritual and mental health during Ramadan.

8. Regulates Digestion: Exercise helps the digestive system to work regularly. This prevents digestive problems in Ramadan and facilitates digestion.

9. Makes You Feel Happier: Exercise increases the secretion of endorphins, known as the happiness hormone. This helps to improve mood and maintain a positive emotional state.

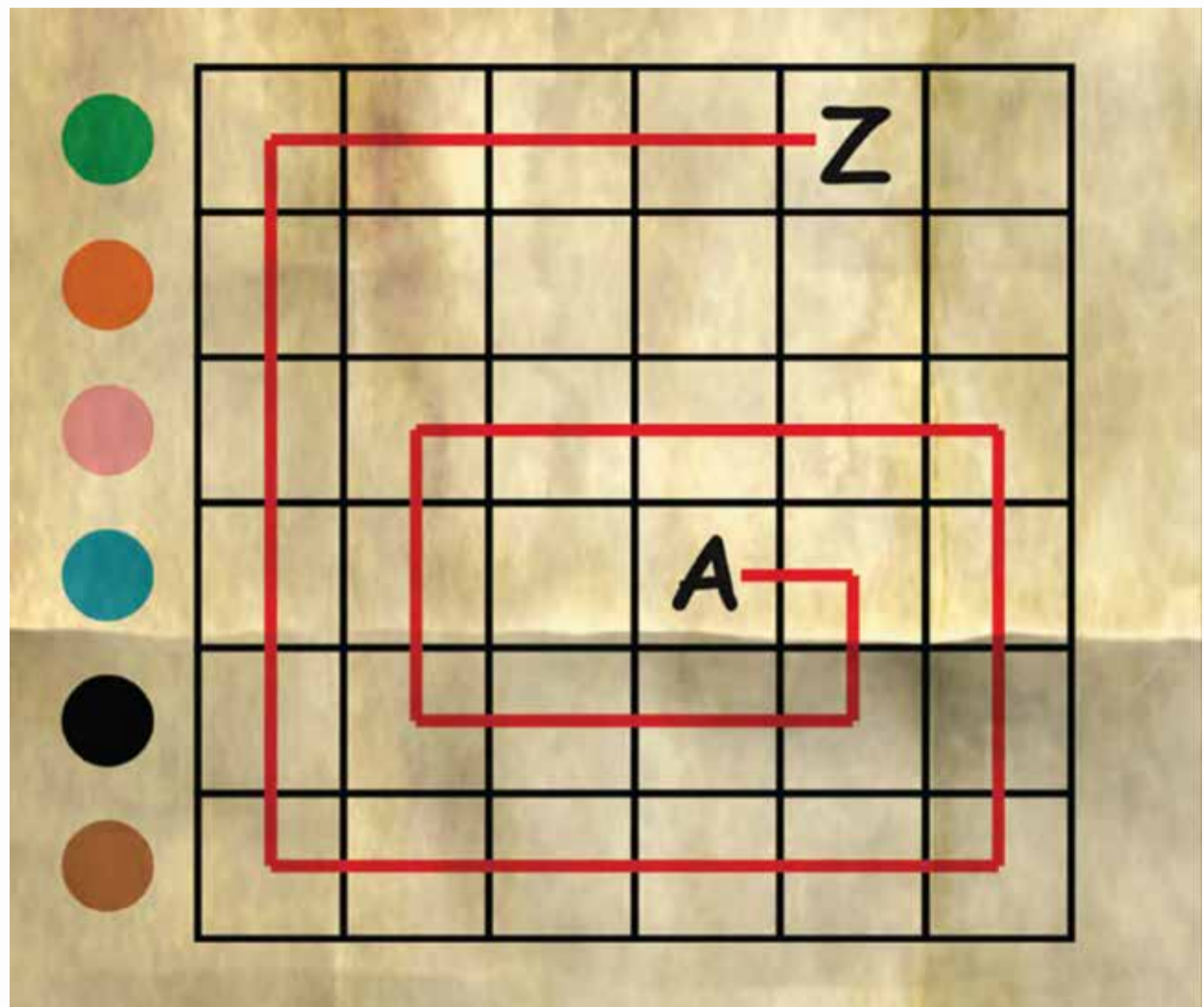
10. Improves Focus and Concentration: Regular exercise increases brain function and improves focus. This allows you to be more productive at work, school or other activities during Ramadan.



WE LOVE CRYPTOLOGY

Join us for an exciting mental challenge and an opportunity to expand your knowledge! Cryptology, a captivating subject with a rich history, will spark your curiosity about decoding secret codes.

This time the question is for our teachers.



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GOOD LUCK...

ESRA ONATÇALI ERTUĞ

Divine Dialogue: Inspirational Dua's from the Holy Quran and Hadiths

By Zeynep Temel

Dua is the act of a servant confessing their helplessness in the presence of Allah's greatness and asking for His favor and help with feelings of love and adoration. Prayer is a form of dialogue between Allah and the servant, where the servant presents their situation to Allah and makes supplications. Prayer serves as a bridge between limited, finite, and incapable beings and the infinite power of the universe. From the Holy Quran and hadiths, we can discover some of the most beautiful expressions of prayer. Here is a compilation of these inspiring prayers...



"My Lord! Grant me wisdom, and join me with the righteous. Bless me with honourable mention among later generations. Make me one of those awarded the Garden of Bliss."
(Ash-Shu'ara Ayats-83-85)

"Allah! I ask You [to grant me] Your Love, the love of those who love You, and deeds which will cause me to earn Your Love. O Allah! Make Your Love dearer to me than [the love of] myself, my family and the cold water [winter]."
(At-Tirmidhi)

"(Oh Allah!) Make me one of those who rejoice if they do good deeds and repent if they do bad deeds."
(Ibn Majah, Adab, 57)

"O Allah, forgive me, have mercy on me, grant me wellness and safety, guide me and provide for me."
(Ibn Maajah)

'O Allah, I seek refuge from knowledge which does not benefit, from the heart that is not submissive to you/fearful of you, from the soul that does not feel contented and the supplication that is not answered.'
(Sahih Muslim, Hadith: 2722)

"Our Lord! Do not let our hearts deviate after you have guided us. Grant us Your mercy. You are indeed the Giver of all bounties."
(Ali 'Imran,8)

"Our Lord! Forgive us and our fellow believers who preceded us in faith, and do not allow bitterness into our hearts towards those who believe. Our Lord! Indeed, You are Ever Gracious, Most Merciful."
(Al-Hashr,10)

"My Lord! Grant me an honourable entrance and an honourable exit and give me a supporting authority from Yourself."
(Al-Isra,80)

Ramadan: Qur'anic Embrace and Moral Development

Interview with Süleyman Aydın
By Enes Talha Kurt

Hocam, how is the month of Ramadan described in the Holy Quran?

Ramadan is described in the Holy Qur'an as a month closely associated with the Qur'an, emphasizing its value. It is described as the month in which the Qur'an descended and is referred to as the month of mercy, forgiveness, and compassion. Additionally, Laylat al-Qadr is included in the month of Ramadan. It is depicted as a month that brings joy and happiness to Muslims.

How should our connection and relationship with the Qur'an be during Ramadan?

Ramadan is traditionally considered a month for reading the Qur'an. However, it is important for individuals to personally engage with the Qur'an by reading and striving to understand its teachings. This personal approach adds significant value and is viewed favorably by Allah(swt). By reading and comprehending the word of Allah in one's own language and with sincerity, individuals will be better equipped and will experience personal growth. Therefore, it is more beneficial to prioritize reading and understanding the Qur'an rather than solely listening to it.



What activities do you recommend for creating a Qur'an-centered routine during Ramadan?

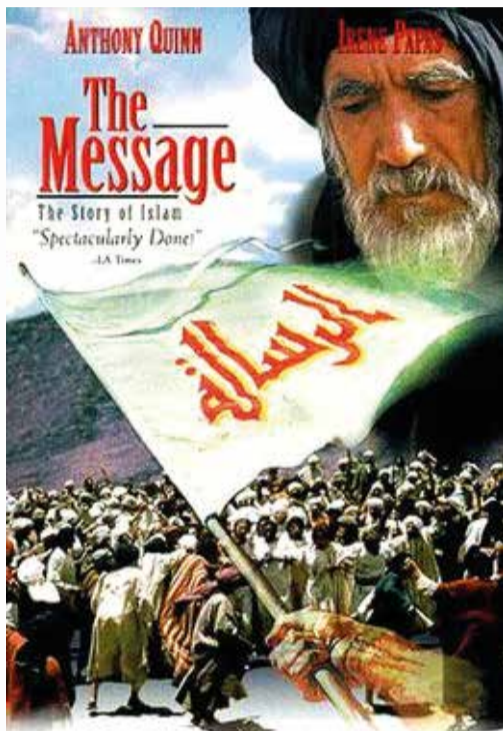
Actually the Qur'an is a book of morality and one of the biggest problems of the society we live in is that we lack morality. The Qur'an commands us to be truthful in our essence, in our words. It commands us not to lie. It commands us never to look down on other people. It tells us that we should not extend our hand, our tongue or our heart to something that is not our right. Therefore, the day we begin to understand the Qur'an, the day we begin to believe in it, the day we begin to align our morals with the morals of the Qur'an, we will gain both happiness in this world and happiness in the hereafter.

Is there anything else you would like to add about Ramadan?

In fact, Ramadan should be a month that should be much more productive for us, a month that will equip us both materially and spiritually. Worship has a morality. As a human being, when we begin to understand the morality of fasting, we begin to understand the morality of other acts of worship too.

Ramadan WATCHLIST

Many individuals seek meaningful ways to observe and enrich their spiritual journey. Alongside traditional practices such as fasting, prayer, and reflection, incorporating inspiring and educational content into your routine can further enhance the spiritual experience. Here's a curated watchlist of diverse content ideas that are perfect for the Ramadan season:



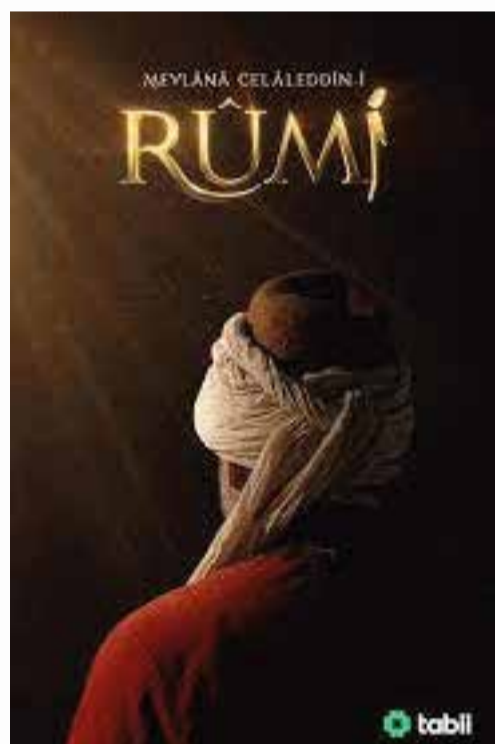
The Message:

Immerse yourself in the epic historical drama "The Message", which portrays the life of Prophet Muhammad (peace be upon him) and the early days of Islam. Experience the challenges and triumphs of the Prophet's mission, offering profound insights into faith and resilience. This movie never gets old! It is a must-watch movie if you haven't still seen it yet.



Omar:

Follow the compelling journey of Caliph Omar ibn Al-Khattab in the gripping series "Omar". Witness his remarkable leadership, wisdom, and commitment to justice as he navigates the complexities of governing the Muslim community during a pivotal era in Islamic history.



Rumi:

Explore the mystical poetry and wisdom of the renowned Persian poet and mystic, Rumi. Delve into his profound teachings on love, spirituality, and the quest for inner enlightenment, resonating deeply with the themes of self-discovery and devotion central to



Mavera:

Embark on a captivating historical journey with "Mavera", a Turkish drama series set in the 13th century. Follow the inspiring story of Ibn Arabi, a prominent Islamic scholar and Sufi mystic, as he navigates the spiritual and political landscape of the time.



Yousuf:

Experience the timeless tale of Prophet Joseph (Yusuf) in the acclaimed TV series "Yousuf", which brings to life the narrative of patience, resilience, and divine intervention. Delve into the story of Prophet Joseph as he faces adversity, betrayal, and ultimately, redemption.



These captivating narratives offer profound insights into Islamic history, spirituality, and the human experience, making them perfect additions to your Ramadan watchlist. May these stories inspire reflection, deepen your faith, and enrich your spiritual journey during this blessed month.

A Time for Spiritual Renewal

A To-Do and Not-To-Do Guide

Ramadan is a blessed time when the greatest miracle, the Qur'an, was revealed. Allah (swt) opens the gates of mercy to the fullest in this month, and He wants to forgive us and provide us with various bounties. For this reason, Ramadan should be a month in which the course of our lives changes. It should not only be a month that we spend without food and water, but it should be a time when we aim to gain the pleasure of our Lord, when we plan to establish good habits in our lives, and when we can experience a material and spiritual cleansing and purification through many good deeds. To purify oneself and become a better believer during Ramadan, there are certain actions that should be avoided. We have prepared a list of these actions for your reference.



Not-To-Do-List

- Don't lie, backbite or gossip
- Don't overeat and overspend
- Don't oversleep
- Don't waste your time on screens
- Don't be rude to people
- Don't eat unhealthy food
- Don't forget the poor
- Don't be super lazy
- Don't argue or fight on anything
- Don't stop talking about Palestine

Abu Hurayrah (may Allah be pleased with him) reported that the Prophet (may Allah's peace and blessings be upon him) said: "Allah does not look at your bodies or at your forms, rather He looks at your hearts and deeds."



To-Do-List

- Fix your salah
- Eat moderately and healthily
- Donate
- Give charity more
- Memorize and read Quran
- Study the meaning of the Quran
- Keep boycotting Israeli Products
- Be grateful
- Be kind
- Do more tasbih of Allah / Dhikir
- Perform Tarawih
- Contemplate on the verses
- Pray more
- Lower your gaze
- Observe itikaf (at least for a couple of hours)
- Prepare for Eid

Ramadan Moon Sighting

TRT World

Ramadan is the holiest month in Islam, during which Muslims abstain from eating and drinking from sunrise until sunset.

The start of the month is determined by the sighting of the crescent moon, which marks the beginning of the Islamic lunar month. Countries rely on the testimonies of moon-sighters and astronomical calculation to determine the start of Ramadan.

The Islamic calendar —the Hijri calendar — is based on the moon's cycles, varying from 29 to 30 days. This is unlike the Gregorian calendar, which is based on the solar year. As a result, the start and end of Ramadan can vary by a day or two each year.

The moon sighting is a significant part of Islamic tradition to determine the important days. Moon sighting is undertaken by astronomers and religious scholars in countries worldwide. In some places, the sighting of the moon is done with the naked eye, while in others, telescopes or other advanced technology are used.

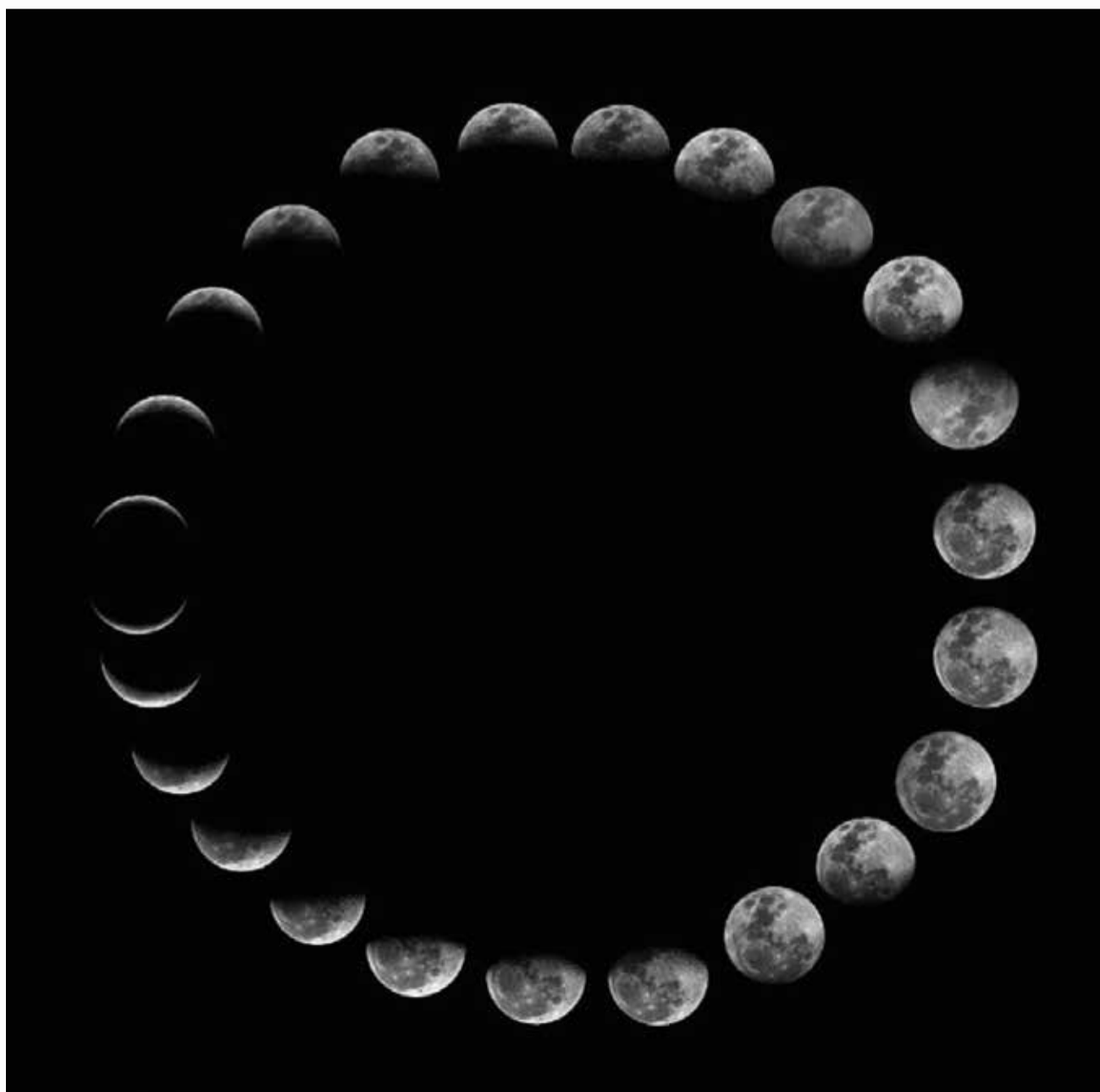
Once the crescent moon is sighted, Muslims mark it as the start of Ramadan and their month-long fast.

The end of Ramadan is again marked by the sighting of the next crescent moon, which signals the beginning of Eid al Fitr, one of the two big festivals of Muslims. This is a time of celebration, with feasting, charity, gift-giving, and socialising with family and friends.

Abu Hurayra reported Prophet Muhammed (ﷺ) as saying:

صُومُوا لِرُؤْيَيْتِهِ وَأَفْطِرُوا لِرُؤْيَيْتِهِ

“Observe fast on sighting it (the new moon) and break (fast) on sighting it (the new moon), but if the sky is cloudy for you, then complete the number (of thirty).” (Muslim)



An insight into moon-sighting

Ramadan Vibes in KAIHL

By Osman Nuri Pişkin

1. Welcoming Ramadan Program

On March 12th, we organized the 3rd Welcoming Ramadan program to mark the beginning of Ramadan. The program showcased student-created fun videos about Ramadan, included reminders on the significance of Ramadan through verses and hadiths, and featured an interactive live quiz in teams. Additionally, we dedicated a special segment to remember Gaza, and wrapped up the event with a prize giveaway.



2. Ramadan Around the World : Meeting Nouman Ali Khan

Just as we do every Ramadan, we continue to interview Muslims from around the world. In the interview, we had the opportunity to speak with Nouman Ali Khan, the founder of Bayyinah Institute, who resides in Dallas, USA. He tells us that Ramadan in the United States is a diverse experience, with some areas having a concentrated Muslim community and others with a small community. He also highlights that the fundamental purpose of Ramadan is to reintroduce ourselves to the Quran meaningfully, but it has become a month of Quran recitation without contemplation. We asked him numerous questions ranging from what the difference of living there is to creating content for Youtube in the mosques of the US. If you would like to know the answers he gave to these questions and much more, we highly recommend you check it out on our school's Youtube channel.



3. Ramadan Glossary : Family

On Ramadan Glossary's 6th episode, we had Dr. Zehra Işık, who is currently a lecturer at Faculty of Theology at Marmara University, as our guest. According to her, Ramadan presents an opportunity for families to deepen their worship and become closer to Allah with the help of prayer and reflection. She tells us that she is not quite fond of the saying "Where are those old Ramadans?". Mrs. Işık says it is good to remember those days and make our children know them too. She adds that we should be focusing on the current Ramadans and many more crucial points about Ramadan. It is a must-watch for all of us, you can find the whole interview on our school's Youtube page.

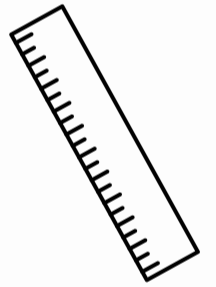
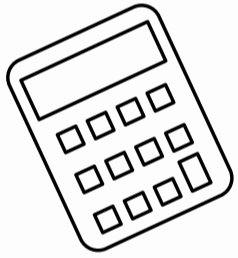
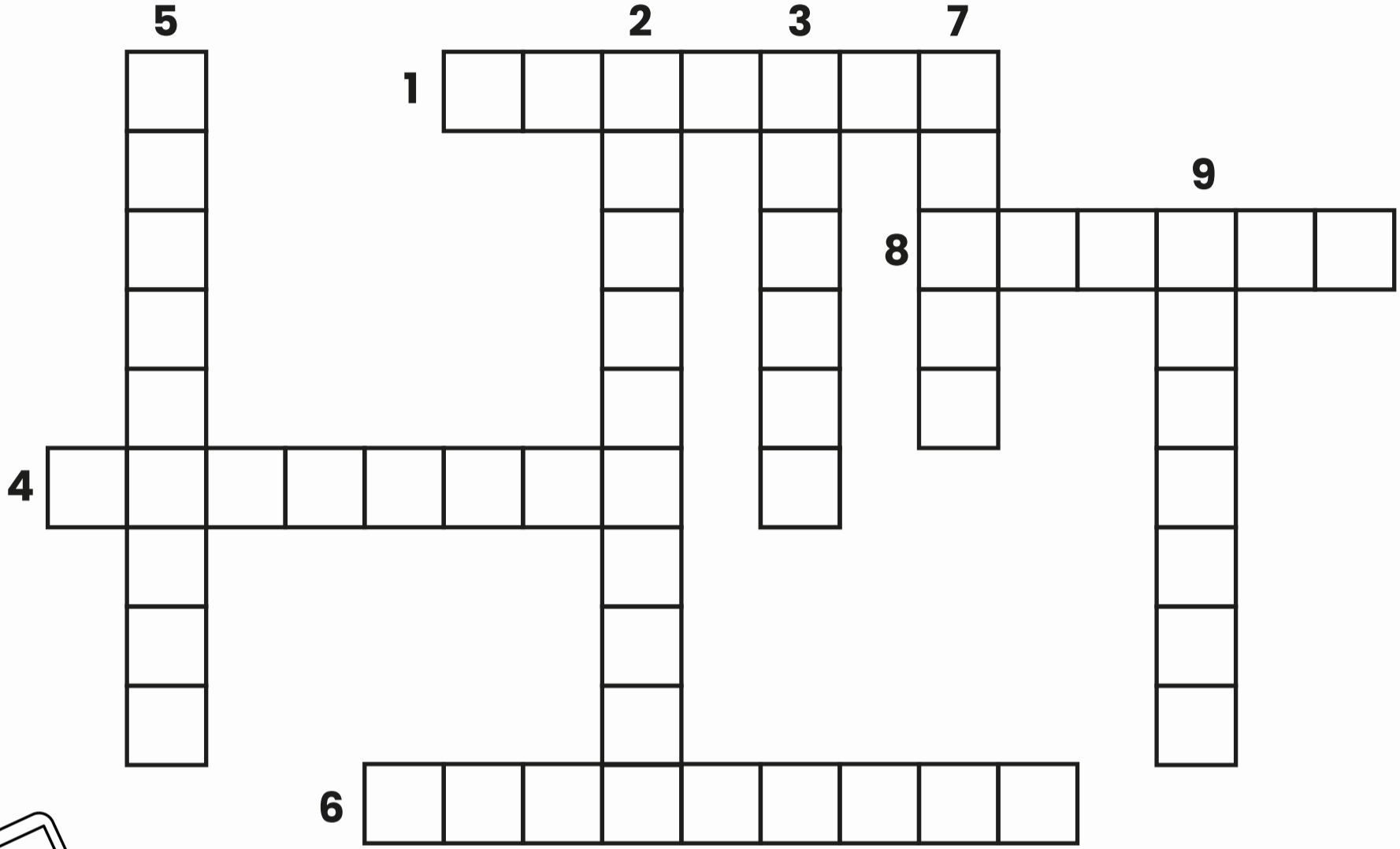
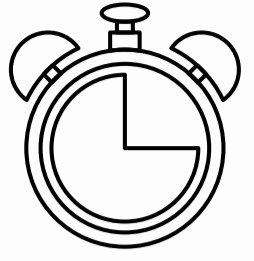
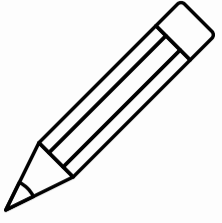


4. Ramadan Glossary: Infaq

In the this episode of Ramadan Glossary, we had Murat Yılmaz, who is the head of a charity organization, Yetim Vakfı, which was founded to encourage others to spend for the sake of Allah, as our guest. He emphasizes that Ramadan and the concept of helping have a significant place in Islam. Mr. Yılmaz points out that the month of Ramadan is a special period where prayers and spending in the way of Allah have exponentially grown in value. During the interview, he highlighted many crucial points. You can find the interview and much more on youtube.com/kartalaih1985 if you're interested.

KARTAL CROSSWORD

By Zeynep Betül Cevizci



1 Most of Yüksel Hoca's memories are associated with this place.

5 Our latest Teachers' Day movie.

2 Our teacher who we believe came down from heaven.

6 Our teacher who spent 2/3 of his life in Kaihl.

3 Conservative nutella.

7 The ceremony that takes place when a plate is broken.

4 Our brother to whom we entrust the school.

8 The best program prepared by Erdem School and our mothers for us.

9 The most popular soup of our dining hall.

