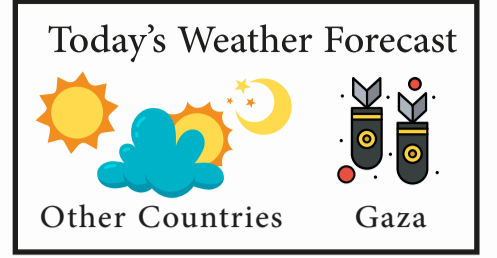


Ramadan News



in KAIHL

Empowering Communities: The Impactful Initiatives of Erdem Okulu

Interviewed By Havva Nur Topuk, İrem Bodur

Assalamualekum Hocam. We are here to ask you a few questions about Erdem Okulu. First of all, What is "Erdem Okulu" ? How would you define it?

Birsen Arisan: Alaikum Salam. Sure. Erdem Okulu is one of the long-established clubs of our school that carries out the task of social aid and solidarity. It is also a club that organizes awareness-raising movements and follows the developments in the Islamic geography.

So what are your activities so far?

Birsen Arisan: Erdem Okulu reacts very quickly when events happen. For example, during last year's earthquake on February 6, we started our work on the first day: we provided fuel, stoves, tents, food, clothes. We started on the first day and it lasted for 1-2 months. Our aid was with the support of our parents, students, teachers and alumni. After the events in Gaza this year, we organized a Palestine night program in the first week, where we explained the history of this event, how this process took place and how we should act. So we react quickly to every event.

We have been organizing the Children's Festival, which has now become a tradition, during the Children's Rights Week on November 20-25 for 2 years. We take the children staying in the social services dormitory here to show the disadvantaged students to the students in our school, to raise awareness and to have a good time for the children. Now, we organize it 2 times a year. When we did it before the pandemic, we were doing it in April for one time, but now we do it 2 times, in November and May. Our festival lasts all day, and children can find all kinds of entertainment. They have a nice day with sports activities, an inflatable playground and workshops.

What is your process for organizing these activities?

Birsen Arisan: We react to sudden events, Palestine , earthquakes, etc. Apart from that, we have regular meetings. We talk to the students in the club every week, almost every day. We think about what we can do this week. Thanks to this frequent gathering, new ideas emerge and we are open to anyone who has an idea. I mean, a student who is not in the club can also convey his/her idea to us, we try to do as much as possible.

What would you like to say about the Erdem Okulu Ramadan agenda and activities?

Birsen Arisan: Before Ramadan, we used to give food aid to 2 families every week on a regular basis, this has become a traditional movement of Erdem School. We



identify families in need, get their addresses and help 2 families every week in this way. We wanted to increase this in Ramadan. We have given shopping vouchers so that they could buy their own needs. We also prepared Ramadan food aid boxes for a group of families. The students of our school also contributed and we have distributed them to families in need. Another project was to leave gifts in the shoes of the children who came to taraweeh to make them happy. We also distributed gifts to them at the exit. It was a good experience for our students and we also made our students happy. We provided 50 children at a container camp in Onikişubat district of Kahramanmaraş with Eid gifts. We also organized an iftar for 150 people in Gaza with the support we received from our classes. We will receive the photos next week, Insha'Allah. This is our work during Ramadan.

Is there anything you would like to add?

Birsen Arisan: We hosted the students from our sister school Antakya Girls Anatolian Imam Hatip High School in Hatay who came to Istanbul after the earthquake. We organized picnics, met them and met their needs. We met the washing machine and some of the needs of our sister school. We met all the bed linen of the student dormitory of Malatya Selahattin Eyyubi Girls Anatolian Imam Hatip High School, which is also in the earthquake zone. We provided bed linen for 160 students. Moreover, our orphanage visits take place regularly. We are also holding charity bazaars. This year we opened a charity bazaar (Kudüs Çarşısı) and we met the bed linen needs with the money we got from it. We are trying to meet the needs with the things we sell and the income we get. At the same time, we have a children's festival planned for May. Last year we went to Konya, we took the berets we made ourselves, we gave gifts of provisions, food aid and berets to refugee families in need. We also want to go to our sister school Antakya Girls Anatolian Imam Hatip High School to bring gifts to our brothers and sisters there and to meet them.

Thank you for your time and letting us know about all of this incredible good work.

Birsen Arisan: My pleasure.

Understanding I'tikaf: Insights and Guidelines From Yusuf Kiraz

Interviewed By Buse Betül Sert, Hümeýra Elif Öğütçü

Assalamualaikum Hocam. Thank you for accepting us. We would like to ask you some questions about I'tikaf. First of all, what is itikaf and what is its ruling?

Yusuf Kiraz: Alaykumselam. Yes, itikaf is an act of worship that is sunnah muakkadah. Doing itikaf in the last 10 days of Ramadan is sunnah muakkadah, which means the practices that our Prophet performed continuously and rarely left. It is an act of worship that the Prophet (peace be upon him) never abandoned after fasting was made obligatory. In terms of the way it is done, we can think of it as a kind of worship camp, where we take a break from our daily work outside and devote those days to Allah, to worship.

So what are the conditions of itikaf?

Yusuf Kiraz: First and foremost, there are differences between men and women when it comes to itikaf.

There are specific guidelines for men regarding itikaf:

- It should be performed in a mosque where prayers are led by men and congregational prayers are held continuously.
- Men are not allowed to leave the mosque during itikaf, except for essential needs such as using the bathroom or performing ablution.
- They should focus primarily on worship and avoid getting involved in other activities as much as possible.
- It is recommended to stay awake during the nights, especially in the last 10 days when Laylat al-Qadr (the Night of Power) is observed.
- In addition, the itikaf person meets his/her needs such as eating and sleeping inside the mosque during that time.

Women can also perform itikaf in mosques or designated areas within their own homes. They should remain in that place for the duration of itikaf, only leaving in case of necessity.

What are adabs of i'tikaf? We have just mentioned some of them, is there anything else we can add to them?

Yusuf Kiraz: Nowadays, of course, we add new things to things like mosque etiquette. For example, not to be too busy with the phone. It's not like I'm in i'tikaf and I'm playing on the phone. We will disconnect from the world a little bit. We will be as little interested as possible in the daily life, politics, sports or other agendas. We will not engage in empty, unnecessary conversations. So itikaf is an individual worship.

The process is conducted in the mosque, with other individuals present. However, it is important that this does not become a casual conversation, but rather a time for personal reflection. It is crucial to focus on individual spiritual practices such as reading the Qur'an, enhancing religious knowledge through books, and engaging in tasbehat and dhikr.

How can women and students practice itikaf? After all, women have some responsibilities at home. Apart from that, we students have to come to school or do homework.

Yusuf Kiraz: In general, we relax the conditions and rules of itikaf in order to ease the conditions for the students. For example, when a student who is preparing for the university exam comes and enters itikaf here and says, "Sir, can I solve a test?" we tell him to do it.

Normally, it is necessary to take a break from these things, but this is how we get used to it. These things are not sinful anyway, but since the spirit of itikaf is to completely turn towards worship, there might be some problems.

For women, if they are going to observe itikaf in their homes, it would be nice to have someone with them, if

possible, to take care of their cooking, cleaning and so on. If cooking is a necessity, the woman can go and cook and then go back to her own mosque to continue her itikaf. We encourage our male friends, whether they are married or young students, to consider performing I'tikaf. If you are unable to do so, consider supporting your household members such as your wife or mother in performing I'tikaf, and take on some of their chores at home. This way, you will be contributing to their good deeds and providing them with support.

Do you have any other comments or suggestions to add on this topic?

Yusuf Kiraz: First of all, It is important to note that Itikaf is a unique form of worship. In Islamic jurisprudence, there is a distinction between fard al ayin (individual obligation) and fard al kifaye (communal obligation), correct? Within the category of sunnahs, our fiqh scholars have designated a subcategory known as sunnah-i kifaye, under which Itikaf falls. This implies that in every town, city, or village, at least one person should observe the sunnah of Itikaf. This practice should not be completely abandoned, as doing so would mean that the entire community has neglected this sunnah, leading to a problematic situation.

That is why it is necessary to revive itikaf and put it on the agenda.



In recent years, it has been on the agenda of men a little more, there is a movement, but women can also recommend it to each other and put it on their agenda. Of course, their work is a little more difficult because of their busy homes.

Secondly, Itikaf can become quite addictive. Once you experience itikaf, you may find yourself wanting to do it again the following year, and every year after that. It is a unique form of worship that enriches one's spiritual life, strengthens piety, and deepens one's relationship with the Lord. It is an experience that must be personally encountered to be fully understood. Therefore, I encourage all our students to participate in itikaf, even if only for a short period, in order to experience and enjoy it.

This year, Ramadan will be the end of our exam period, and after Friday we will go on break. In the meantime, a few days of itikaf can be done. It doesn't necessarily have to be 10 days. It is not always possible. Intend to do as much as you can, 2 days, 3 days or 5 days according to your intention. So as much as you can do.

Thank you for dedicating your time and keeping us informed.

Yusuf Kiraz: You are always welcome.

Laylatul-Qadr: Understanding the Night of Power

By Gökçe Kayhan



In the dictionary, the word "qadr" means "judgment, honor, power, greatness". In religious literature, it is used in the form of "Laylatu'l-Qadr" as the name of the night when the Qur'an was revealed. Surah 97 of the same name was revealed about the virtue of this night. It states that the Qur'an was revealed on the night of Qadr and that the night is better than a thousand months.

The importance of Laylatul-Qadr

Laylatul Qadr is a time of intense spiritual reflection, and it is often seen as an opportunity to reset one's relationship with Allah. For Muslims, it is a night of immense importance and one that should be spent in prayer and contemplation.

How To Make Dua On Laylatul-Qadr ?

Aisha reported: I said, "O Messenger of Allah, if I know which night is the Night of Decree, what should I say during it?" The Messenger of Allah, peace and blessings be upon him, said, "**Say: O Allah, You are pardoning. You love to forgive, so forgive me.**"

اللَّهُمَّ إِنَّكَ عَفُوفٌ ، تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'affuwwun tuhibbul 'afwa fa'fu 'anni'
Source: Sunan al-Tirmidhi 3513

Verses about the Night of Qadr

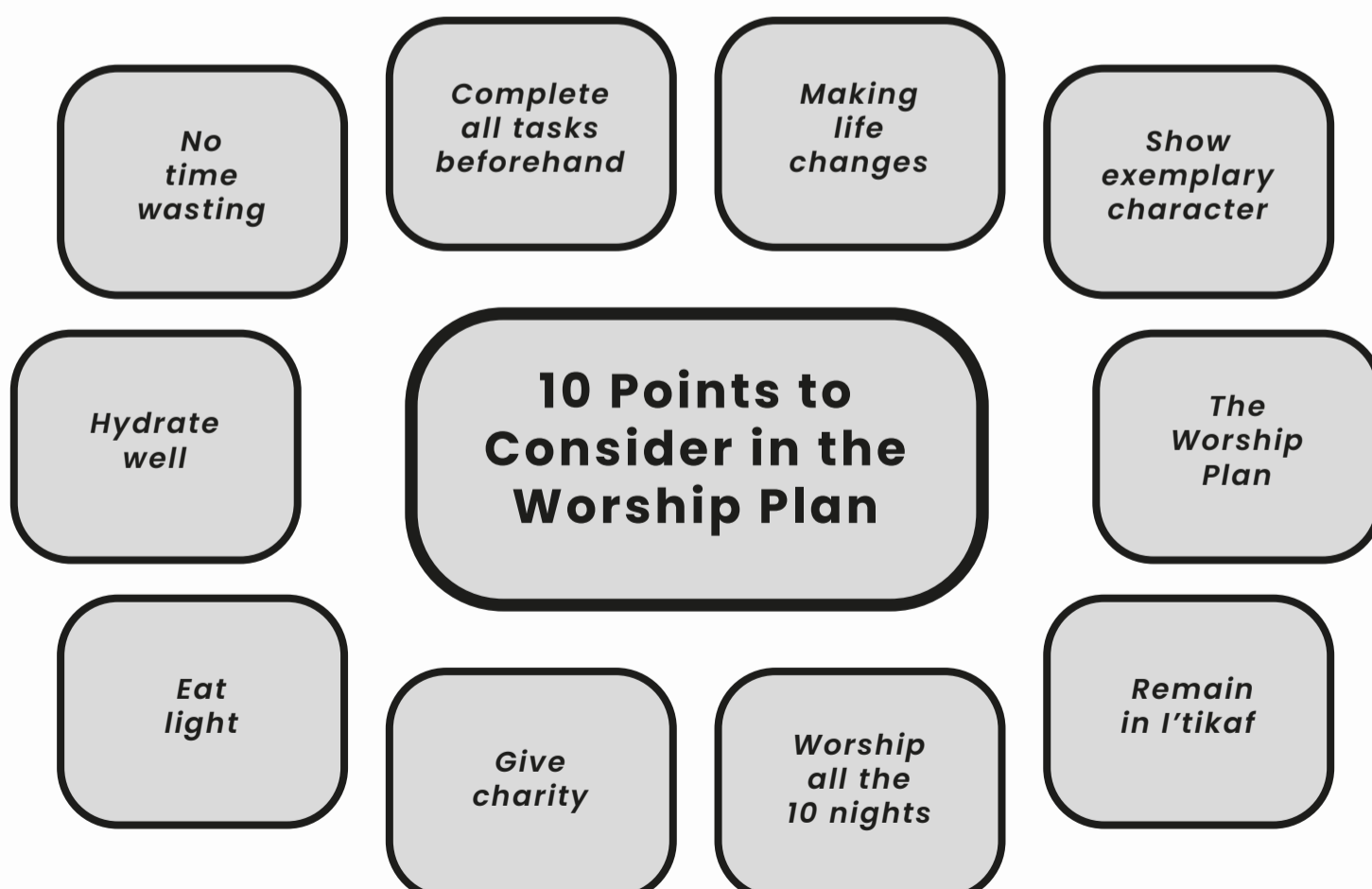
1. Verily! We have sent it (this Qur'an) down in the night of Al-Qadr (Decree)
2. And what will make you know what the night of Al-Qadr (Decree) is?
3. The night of Al-Qadr (Decree) is better than a thousand months (i.e. worshipping Allah in that night is better than worshipping Him a thousand months, i.e. 83 years and 4 months).
4. Therein descend the angels and the Ruh [Jibrael (Gabriel)] by Allah's Permission with all Decrees,
5. Peace! (All that night, there is Peace and Goodness from Allah to His believing slaves) until the appearance of dawn.

(Surah Al-Qadr)

Hadiths about the Night of Qadr

- Narrated `Aisha: Allah's Messenger used to practice I'tikaf in the last ten nights of Ramadan and used to say, "Look for the Night of Qadr in the last ten nights of the month of Ramadan."
- Narrated Aisha: With the start of the last ten days of Ramadan, the Prophet (صلى الله عليه وسلم) used to tighten his waist belt (i.e. work hard) and used to pray all the night, and used to keep his family awake for the prayers.
- Narrated Abu Huraira: The Prophet (صلى الله عليه وسلم) said, "Whoever fasted the month of Ramadan out of sincere Faith (i.e. belief) and hoping for a reward from Allah, then all his past sins will be forgiven, and whoever stood for the prayers in the night of Qadr out of sincere Faith and hoping for a reward from Allah, then all his previous sins will be forgiven."

Maximise the Last 10 Nights of Ramadan!



5 Best Things To Do On Laylatul Qadr, scan



The School's Ramadan Agenda: What's On The Calendar?

ERDEM OKULU RAMADAN ACTIVITIES

Reading some concepts in reverse allows us to reach deeper meanings. Infak is one of these mysterious concepts. Our horizons broaden when we think of the need that comes with the concept of infaq as meeting the needs of the giver rather than the receiver.

We should also not forget the following hadith. It was narrated from Hz Aisha (radiyallahu anha) that the mother of the believers asked our master as follows: "O Messenger of Allah! I have two neighbors. Which one should I give a gift to?" Our Master said: "Give to the one whose door is closer to you." (Bukhâri, Shūfa 3, Hibe 16, Edeb 32).

Taking this hadīth as a motto, the Erdem Okulu starts Ramadan aid from our neighborhood. Each class in our school prepares and distributes a Ramadan parcel and delivers cash aid to families in our neighborhood. and also our club is in cooperation with the Orphan Foundation in order to reach out to our orphans who increase the tenderness of hearts. On the occasion of the Foundation's "Touch Your Heart This Ramadan" project, our Erdem Okulu is offering Eid clothes to 50 brothers and sisters in the hope of touching the hearts of our little orphan brothers and sisters living in Kahramanmaraş.



LAYLATUL QADR PROGRAMME

The "three months", which the believers are eagerly waiting for, also includes the blessed nights in which the lamps of the heart are illuminated. As Kartal AIHL family, we, as the Kartal AIHL family, celebrate these nights that our Lord has granted us as a means of mercy. And we welcome it with joy. We wish to be worthy of our Lord (pbuh) who was gifted to the worlds on the night of Regaip, Let us ascend to the arsh u'âlâ with Miraj, receive our ber'at on the night when deeds are presented to our Lord, and finally, on the night we are commanded to seek in the last ten days of Ramadan, let us praise the One who revealed the Qur'an to our hearts. From Allah we came and to Him we return...

Friday, April 5, 2024
Hasan Tahsin Uğur Mosque
20.30



DAYS OF I'TIKAF

The three months are a journey. Ramadan is the most pleasant and blessed last stage of this journey. This journey is not only an opportunity to get closer to Allah spiritually, but it is also an occasion for us to move forward in our own inner world through accounting and contemplation. While making this inner journey, our greatest guide is the Prophet (SAW) and his Sunnah of itikaf. This journey we will practice the worship of itikaf, which is a sign that it is about to reach a stop, at Hasan Tahsin Uğur Mosque as teachers, parents, alumni and students of Kartal Anatolian Imam Hatip High School.

*The I'tikaf program will take place on April 5-6-7.



EID CELEBRATION

For a month, our students, teachers, staff and all Muslims worshipped our Lord, begged for His mercy and forgiveness, and prayed for salvation from the Almighty. As we bid farewell to the season of mercy, the three months, especially Ramadan, we feel sadness in our hearts. However, the happiness of the belief in being forgiven and the dignity of believers being together surrounds the believing hearts. Even though we are far away, we invite our school community to join online Eid to share and multiply our happiness and add our prayers to each other.

Friday, April 12, 2024
Online (zoom)
17.00



Expand Your Mind: Ramadan Reading Recommendations 2

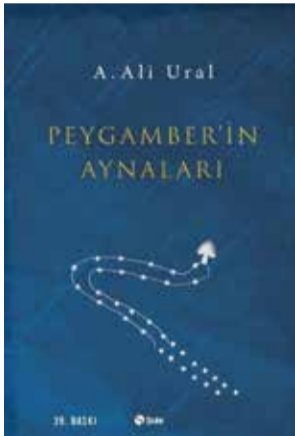
In our last issue, we suggested some books for reading during Ramadan. Now, we're back with Part 2 of our book recommendations. This time, we're featuring even more works and authors that will enrich both your material and spiritual world. Don't miss out on adding these to your reading list - you'll be glad you did.



1- Kirk Hadis:

"Kirk Hadis " is compiled from radio speeches made by İsmet Özel. On the back cover of the book, where you will find forty hadiths chosen by a poet and how we should look at our lives with these hadiths, the following is written:

"If you would like to know what a hadith has to do with a poet, what a hadith inspires a poet, in what way a hadith treats a poet, you have come to the right place. You have come to the right place, but if you are going to stay in this place, you can stay as long as you know that this place will not provide you with comfort. If you are willing to stay, you have entered the field of "terakki" (progress). It is to be feared that what you will read in the rest of these lines will haunt your comfort, which you have kept intact until now."

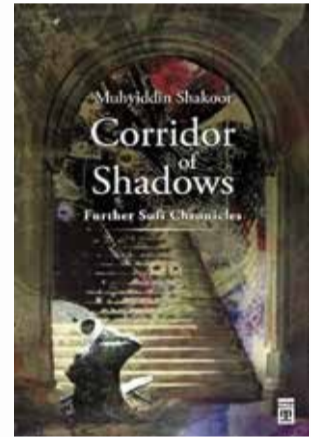


2- Peygamber'in Aynaları :

"Peygamber'in Aynaları" brings today's readers closer to the real center, the Last Prophet, by focusing on the lives of thirty-three Companions. Under the magical roof of literature, centuries are taken out of the way and Asr-ı Saadet is reconstructed in all its beauty.

4- Corridor of Shadows:

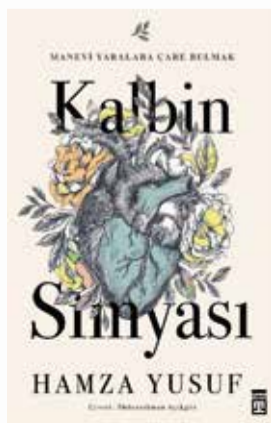
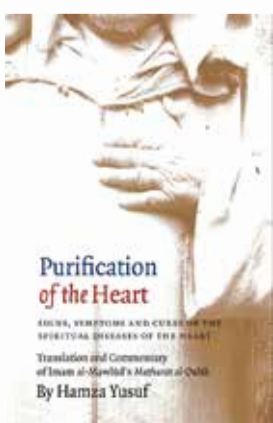
Corridor of Shadows invites us on a journey full of joys, embodied at times in a firefly, a star, and a rainbow, and at times in solidarity and in standing up for truth and justice. It is also full of trials and tribulations like discrimination, betrayal, the loss of loved ones, nuclear threat and war. Through this journey, Shakoor shows us how everything we come across on our path, whether it be a source of joy or pain, can turn into signs that lead us into a higher, spiritual reality. However, we must be ready and willing to turn our gaze constantly towards the Higher Power, as title of the book inspired by the following Qur'anic verse suggests: Have you not considered how your Lord lengthens the shadow! (25:45).



3- Winter Harvest:

Winter Harvest is the long-awaited sequel to When You Hear Hoofbeats Think of a Zebra, now considered a Sufi classic. Friedlander has spent over 40 years in a Sufi order and is now sharing his stories and travels in the winter of his life. Shems Friedlander is the author of nine books. He is a painter, photographer, designer, filmmaker and educator. Friedlander is Emeritus Professor at the American University in Cairo. He was selected in 2012, 2013, 2014 and 2015 as one of the 500 Most Influential Muslims in the World, in the field of Art and Culture, by the Royal Islamic Strategic Studies Center.

Corridor of Shadows is a genuine affirmation of the spiritual significance of the journey called life. This book, not to be missed by spiritual seekers, is a "golden thread" meant to help us in our endeavor to escape the dark and narrow confines of our egos and mundane lives...



5- Purification of The Heart:

This exploration of Islamic spirituality delves into the psychological diseases and cures of the heart. Diseases examined include miserliness, envy, hatred, treachery, rancor, malice, ostentation, arrogance, covetousness, lust, and other afflictions that assail people and often control them. The causes and practical cures of these diseases are discussed, offering a penetrating glimpse into how Islam deals with spiritual and psychological problems and demonstrating how all people can benefit from these teachings.

Traditional Ramadan Dishes Across The World

By Berkan Balik

Muslims all over the world enjoy diverse and mouth-watering cuisines during Ramadan. From Morocco's bustling markets to Indonesia's vibrant streets, Ramadan brings a rich tapestry of flavors, traditions, and communal dining experiences. Let's explore some best Ramadan recipes around the globe.



Samosa, India

Iftar feasts consist of many curries, bread, and rice dishes in India, but you'll find Samosa on every dinner table. Samosas are deep-fried pastries with flaky, crisp, golden pastry and spiced potato with peas, generally paired with chutney, raita, or any combination of curries.

Chebab, United Arab Emirates

One of its people's favorite dishes — especially for Ramadan — is Emirati chebab, a fluffy pancake. To make this delectable delicacy, blend saffron, cardamom, and warm milk to create a batter, and then cook it on a hot pan. The finishing touch is to drizzle the chebab with date syrup (or honey).



Ma'arouk, Syria

While many Suhoor, Iftar, and Eid al-Fitr banquets feature year-round favorites, Ma'arouk is served only during Ramadan in Syria and neighboring Lebanon. Traditionally served with numerous cheeses, jam, hot tea, or coffee, Ma'arouk dough is infused with aromatic mahlab, then stuffed with delectable date paste and finely chopped mixed nuts, creating a sweet-spicy mix integral to the flavor.

Arroz caldo, Philippines

For Filipinos, arroz caldo, their national dish, is the perfect homely and healthy Iftar meal. Arroz caldo features chicken, ginger, and garlic in a flavorful broth mixed with warm, creamy rice and topped with crispy fried garlic, scallions, and lime. Those craving a little extra protein can add soft-boiled eggs.



Haleem, India and Pakistan

A savoury porridge from the Indian subcontinent, Haleem has seen many regional variations but typically consists of grains, lentils, meat, spices of the cuisine, and a cooking liquid of milk, broth, or water. It is most commonly eaten in Hyderabad during Iftar to break a long day of fasting. In Pakistan, haleem complements naan instead of being eaten on its own.

Jollof rice, Nigeria

As the country with the largest Muslim population in Africa, Nigerians celebrate the holy month of Ramadan with much zeal. And everyone agrees the celebration would be incomplete without large platters of their national dish, jollof rice, consists of fluffy long-grain rice cooked in a rich tomato-based sauce, then seasoned with fiery curry powder, dried thyme, and bay leaves. Often accompanied by crispy-fried chicken or fish and garnished with fried plantains (dodo) or coleslaw.



Falooda, Bangladesh

Falooda, a sweet and refreshing dessert drink beloved in the area, is a mixture of sweet vermicelli noodles with sweetened milk, chilled rose syrup, jello, basil seeds, tapioca pearls, and chopped nuts. Traditionally, Bengali falooda is served in a tall glass and topped with a scoop of cold vanilla ice cream, extra nuts, and strands of saffron.

Kue lapis, Indonesia

Possibly the most vibrant of Ramadan desserts, kue lapis is a strikingly layered steamed cake consisting of a variety of natural ingredients indigenous to Southeast Asia, including butterfly pea flowers, pandan leaves, rose syrup, and pumpkin. As the month of Ramadan concludes and Eid al-Fitr approaches, street vendors dot the streets selling stacks of kue lapis.



Qatayef, Egypt

Once qatayef starts appearing in shops, you know that Ramadan has arrived. These sweets, traditionally eaten only during Ramadan, are synonymous with festive spirit for not just the people of Egypt but all North African and Middle Eastern people. The main component of qatayef is a pancake made with flour, semolina, and yeast that is cooked on just one side.

Nisalda, Uzbekistan

Only prepared during Ramadan, nisalda is an indispensable component of Ramadan cuisine in Uzbekistan. A native plant similar to clove, called yetmek, flavours a mixture of hand-whipped egg whites and sugar syrup. The dish was once traditionally prepared by men since beating egg whites into pillowy peaks required brute force in an era devoid of electric mixers.



Mansaf, Jordan

The national food of Jordan, mansaf is a traditional Levantine dish of ghee-infused rice and lamb cooked in jameed—fermented dried yoghurt. Lamb is cooked in a jameed broth before being plated on layers of paper-thin flatbread, rice, and sautéed almonds or pine nuts. It is most commonly served on the last day of Ramadan when families and loved ones gather to celebrate Eid ul-Fitr.

Ramadan : The Gentle Breeze

By Hafsa Orhan

Every year, as the month of Ramadan approaches, a gentle breeze begins to blow from the east. This refreshing wind, originating near the Ka'bah, travels across continents, countries, cities, and homes.

This gentle wind blows for a month, spreading peace, freshness, and abundance wherever it goes. It is not harsh or ambitious, but rather slow and virtuous, bringing light to the darkness. It visits all our homes, sits at all our tables, and stays with us for a whole month. However, it has a characteristic that sets it apart from other winds.

The gentle breeze is somewhat shy. If you fail to prepare for it and make necessary changes in your home, organization, and daily routines, you will not be able to recognize its benefits or virtues when it arrives.

When he arrives, one should show him respect and make the necessary preparations as if we were hosting a very important guest. As the saying goes, Ramadan, known as the sultan of 11 months, has arrived. Just like a sultan, it does not leave gifts where it is not welcome. Similarly, the peaceful wind of Ramadan will not take away the evils from an unprepared heart, nor will it plant the pleasant seeds it carries in the heart of the person. However, this should not be misunderstood. This wind is never a wind that wearies the lover. If he comes across even a pinch of love for himself in a heart, he wants to offer that heart all the beauty he has. Especially if that heart is a heart that is impatiently waiting for Ramadan, Ramadan surrounds it and nourishes it with the most beautiful seeds of love for a month.

How many Ramadans have come and gone, but we still carry the black stains of the same sins in our hearts. Have we failed to nurture even a pinch of affection in our hearts yet we are still the same? A crucial question arises at this point: Another Ramadan has come and it is almost over; have we welcomed and treated the Sultan in the way he deserves this time?



Ramadan Word Search

By Zeynep Betül Cevizci

F	O	R	G	I	V	E	N	E	S	S	B
G	G	I	U	Y	G	K	Q	G	O	O	E
T	H	G	I	B	L	E	S	S	I	N	G
A	G	H	D	O	O	G	G	O	R	O	R
Q	U	S	A	L	V	A	T	I	O	N	Q
W	O	A	N	E	S	S	I	N	G	G	U
A	T	L	C	J	H	L	P	H	R	H	R
C	O	A	E	R	M	E	R	C	Y	T	A
S	U	H	O	O	R	U	A	H	I	K	N
F	T	H	G	U	O	R	Y	S	B	G	D
L	A	Y	L	A	T	U	L	Q	A	D	R
E	I	D	U	L	F	I	T	R	U	O	D

LEFT TO RIGHT

THE KINDNESS OF FORGIVING SOMEONE FOR SOMETHING THEY HAVE DONE.

PRAYER ASKING FOR DIVINE FAVOUR AND PROTECTION

A NIGHT OF GREAT REWARD AND SIGNIFICANCE

A RELIGIOUS FESTIVAL THAT MUSLIMS CELEBRATE AT THE END OF RAMADAN

THE MORNING MEAL EATEN BY MUSLIM BEFORE THE SUN HAS COME UP DURING RAMADAN

THE SAVING OF HUMAN BEINGS FROM SIN AND ITS CONSEQUENCES

SOMETHING THAT IS LUCKY OR MAKES YOU HAPPY.

UPSIDE DOWN

A SHIELD OR PROTECTIVE BARRIER, FEAR OF GOD

THE HOLY BOOK OF THE MUSLIMS.

THE ACT OF OFFERING PRAYERS TO ALLAH SWT

HELP OR ADVICE THAT IS GIVEN TO SOMEBODY, ESPECIALLY BY SOMEBODY OLDER OR WITH MORE EXPERIENCE

I'tikaf vs Modern Psychology

By Zeynep Karzaoğlu Şimşek

Modern life often emphasizes pleasure and speed, leading us to constantly consume and act quickly. Despite adapting to this fast-paced lifestyle, we may still find ourselves spiritually unsatisfied or experiencing a lack of meaning. As a result, we may go through periods where we feel disconnected from ourselves, potentially leading to depression or anxiety disorders.

The month of Ramadan offers us a form of worship in which we can be spiritually fulfilled and return to ourselves: I'tikaf. In the Islamic literature, I'tikaf means "retreating in seclusion in a mosque with the intention of gaining Allah's pleasure and following certain rules" (Karakaş, A. C. (2019)). It is known to have been practiced as an act of worship since the time of Prophet Abraham, even before the time of Prophet Muhammad Mustafa (pbuh). (Al-Baqarah, 2/125).

During I'tikaf, the person minimizes worldly preoccupations and engages more in worship and prayer. It is centered around strengthening the bond with the Creator and getting closer. From a modern psychological perspective, I'tikaf can be likened to "mindfulness exercises".

During itikaf, individuals distance themselves from worldly preoccupations, spend time alone, reflect on their thoughts, and attempt to make sense of their existence. We can evaluate this in two dimensions: in both I'tikaf and in the practice of staying in the moment, it is essential to be able to first recognize what is happening in the present moment and then to accept what we recognize. We can say that both I'tikaf and the practice of staying in the moment are experiential processes, not conceptual. Getting closer to one's Lord in I'tikaf can keep one away from psychopathological problems. Thus, he/she gets away from the problems he/she experiences in daily life.

As a result of the research, it has been observed that the sense of belonging attained through participating in I'tikaf and striving to get



closer to Allah(swt) is effective in alleviating individuals' concerns and anxieties about the future (Karakaş, A. C. (2019)). Another study shows that due to the intensification of worship in I'tikaf, the level of mental health continuity is higher in individuals who regularly worship (Gök, 2019). At the same time, it has been found that those who participate in I'tikaf feel peaceful and happy (Karakaş, 2019).

In itikaf, we undergo a process of existential self-understanding and self-discovery, similar to the practices of mindfulness in modern psychology.

Reference : Karakaş, A. C. (2019). Impact of The Itiqāf on The Spiritual Intelligence, Religious Consciousness and Worry Severity . Akademik Platform İslami Araştırmalar Dergisi, 3(1), 1-12.



What Are the Etiquettes of Eid?

By Ömer Osman Şahin, Melih Taşdemir

What is Eid ?

Eid is a joyous occasion celebrated by Muslims worldwide, marking the end of Ramadan the month of fasting. Along with the festivities, its also a time to follow the beautiful teachings of the Prophet Muhammad (PBUH) by observing Sunnah acts on this special day.

1. Gusül :

Start your Eid day by taking a Gusül (ritual bath) just as the Prophet Muhammad (PBUH) used to do. This signifies purity and readiness for the optimistic day ahead.



2. Wearing Our Best Clothes:

Dress in your finest clothes as a way of showing gratitude to Allah for the blessings bestowed upon you. Following the Sunnah, choose clean and modest clothing to adorn yourself on this blessed day.



3. Eating Before the Eid Prayer.

Before heading to perform the Eid prayer, partake in an odd number of dates or any other sweet food. This Sunnah act follows the tradition of the Prophet Muhammad (PBUH) and ensures that you do not pray with an empty stomach.



4. Performing Eid Prayer.

Attend the eid prayer at the mosque or an outdoor prayer ground, joining with fellow Muslims to offer gratitude to Allah ,remember to follow the guidance of the imam and participate in the prayer wholeheartedly.



5. Dua :

After the Eid prayer, engage in supplications and prayers for forgiveness, mercy, and blessings for yourself, your family, and the entire Muslim community. The Prophet Muhammad (PBUH) used to engage in these supplications after the Eid prayers, setting a beautiful example for us to follow.



6. Giving Charity (Sadaqah al-Fitr):

One of the significant Sunnah acts of Eid is giving charity also known as Sadaqah al-Fitr before the Eid prayer. This charity is obligatory upon every Muslim, ensuring that even the less fortunate can partake in the joyous celebrations of Eid.



7. Joy and Goodwill:

Eid is a time to spread happiness and goodwill among family, friends, and neighbors. Greet each other with warm wishes, exchange gifts and visit the homes of loved ones to strengthen the bonds of brotherhood and sisterhood.



8. Avoiding Sins:

On this blessed day, refrain from engaging in any sinful activities and strive to uphold piety and sinlessness. Let Eid be a reminder to renew your commitment to following the path of Islam and seeking the pleasure of Allah.

In conclusion, embracing the Sunnah acts of Eid not only adds spiritual significance to the celebrations but also strengthens our connection to the teachings of the Prophet Muhammad (PBUH). Let us strive to incorporate these beautiful traditions into our Eid festivities, enriching our hearts and souls with the blessings of this special day.

Test Your Quran Knowledge !

By Zeynep Berra Can, Burcu Sevim Kizilay

1) In which surah is the page with a single verse?

- A) Surah al-Baqarah
- B) Surah al-An'am
- C) Surah al-Ankabut
- D) Surah al-Saffat

2) What is the longest surah in the Holy Qur'an?

- A) Surah al-Baqarah
- B) Surah al-Ali 'Imran
- C) Surah al-Ma'idah
- D) Surah al-An'am

3) Which prophet is the most mentioned in the Qur'an?

- A) Prophet Jesus (a.s)
- B) Prophet Mohammed (p.b.u.h)
- C) Prophet Joseph (a.s)
- D) Prophet Moses (a.s)

4) Which surah has two basmalas in the Qur'an?

- A) Surah al-Shu'ara
- B) Surah al-'Alaq
- C) Surah al-Neml
- D) Surah ad-Dahr

5) Which animal is not mentioned in the Qur'an?

- A) Whale
- B) Bee
- C) Wolf
- D) Spider

6) Which surah has no basmala?

- A) Surah al-Bayyinah
- B) Surah al-Mu'min
- C) Surah al-Anfal
- D) Surah al-Tawbah

7) Which surah was revealed in Mecca?

- A) Surah al-Ma'idah
- B) Surah al-Mulk
- C) Surah al-Nisah
- D) Surah al-Jumu'ah

8) Which isn't mentioned in Surah al-Kehf?

- A) The story of the man who owns two gardens
- B) The story of Prophet Moses and Khader
- C) The story of Prophet Adam
- D) The story of Dhul-Qarnayn, Gog and Magog

9) Of which Prophet's story does the Qur'an call as the most beautiful story?

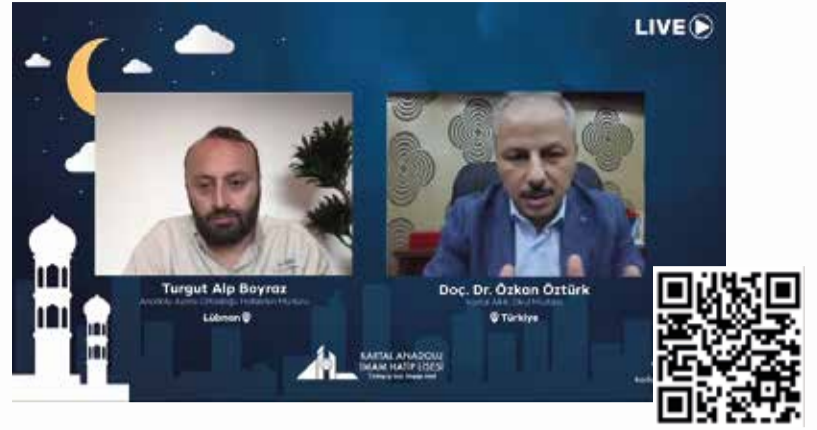
- A) Prophet Adam (a.s)
- B) Prophet Yunus (a.s)
- C) Prophet Mohammed (p.b.u.h)
- D) Prophet Joseph (a.s)

10) Which surah is the heart of the Qur'an?

- A) Surah al-Maryam
- B) Surah al-Yaseen
- C) Surah al-Fatihah
- D) Surah al-Qadr

Ramadan Vibes in Kaihl

"Ramadan Around the World" brings to the screen the manifestations of Islam in different geographies and the Ramadan cultures produced by Muslims. In "Ramadan Around the World", we meet with guests from all over the world to talk about the Ramadan experiences and customs produced by Muslims in different climates. In the broadcast with Turgut Alp Boyraz, Middle East News Director of Anadolu Agency, tells the experience of Ramadan in the Arab region, specifically in Lebanon and Palestine. He mentions the cultural and geographical similarities and differences, the traditions and practices during Ramadan, and the impact of the Israeli occupation on the observance of Ramadan in Palestine. To find out the details please scan the QR code.



Former Ambassador Prof. Dr. Ahmet Kavas met us with the concept of "ummah" in our Ramadan Glossary school YouTube channel, which includes interviews with people of wisdom within the framework of concepts. He discusses the concept of "Ummah" and the importance of unity among Muslims regardless of their geographical location. He emphasizes the need for Muslims to understand that they are part of a larger community and should support and empathize with one another. He also highlights the lack of awareness and unity among Muslims today and suggests that with a stronger sense of Ummah, they could address various issues and prevent injustices. To find out the details, please scan the qr code.



"Ramadan Around the World" brings to the screen the manifestations of Islam in different geographies and the Ramadan cultures produced by Muslims. In the last episode, our guest was Dr. Alfredo Maiolese, who is the president of the European Muslim League. In the broadcast with Dr. Alfredo Maiolese, he tells us about how Islam started to spread in Italy. He informs us about the diverse Muslim communities in Italy and in which cities these communities exist. He also mentions the challenges and difficulties they encounter in their normal life as well as in Ramadan as Muslims. He emphasizes the importance of the differentiation between the Jewish people and the Zionist movement as a political idea and how the majority of the Italian people stand with Palestine. To watch the full conversation, you can scan the qr code.



Hani Ramadan, who is a Swiss Imam originally from Egypt, is our last guest. The meeting is scheduled to take place at 18:45, April 8th on our YouTube channel.

Winner Announced!

The cryptology question we asked in the first issue of our Ramadan newspaper received correct answers from many of our friends. We thank everybody for their attention. The answer to the question was that fasting is a shield. We awarded Süleyman Yasin Güler for being the first to submit the answer, along with our teacher Esra who prepared the question.



Editor's Note :

We have completed our series with this issue of our 2024 Ramadan newspaper. I am absolutely delighted to see that our newspaper has been a wonderful journey we have embarked on and an unforgettable memory we will always remember and cherish as a school community. To start with, I praise to Allah (swt) for letting us reach the ending of this blissful memorable journey. I would also like to express my deep and sincere gratitude to our principal **Doç. Dr. Özkan Öztürk** and our school administration for all their support in creating this newspaper, to all my **esteemed colleagues** who sacrificed their precious time and provided us with a valuable flow of information, to **Gökçe Kayhan** who proposed the idea of the newspaper, to **Enver Şimşek** who enriched the content with his ideas, to all my **devoted students** who interviewed our teachers and prepared the content with a tremendous effort, and especially to **Hamza Babacan** who designed the newspaper in the best possible way.

May Allah accept all our fasting and worship and May the blessings of Allah fill your life with happiness and open all the doors of success now and always. Eid Mubarak!

