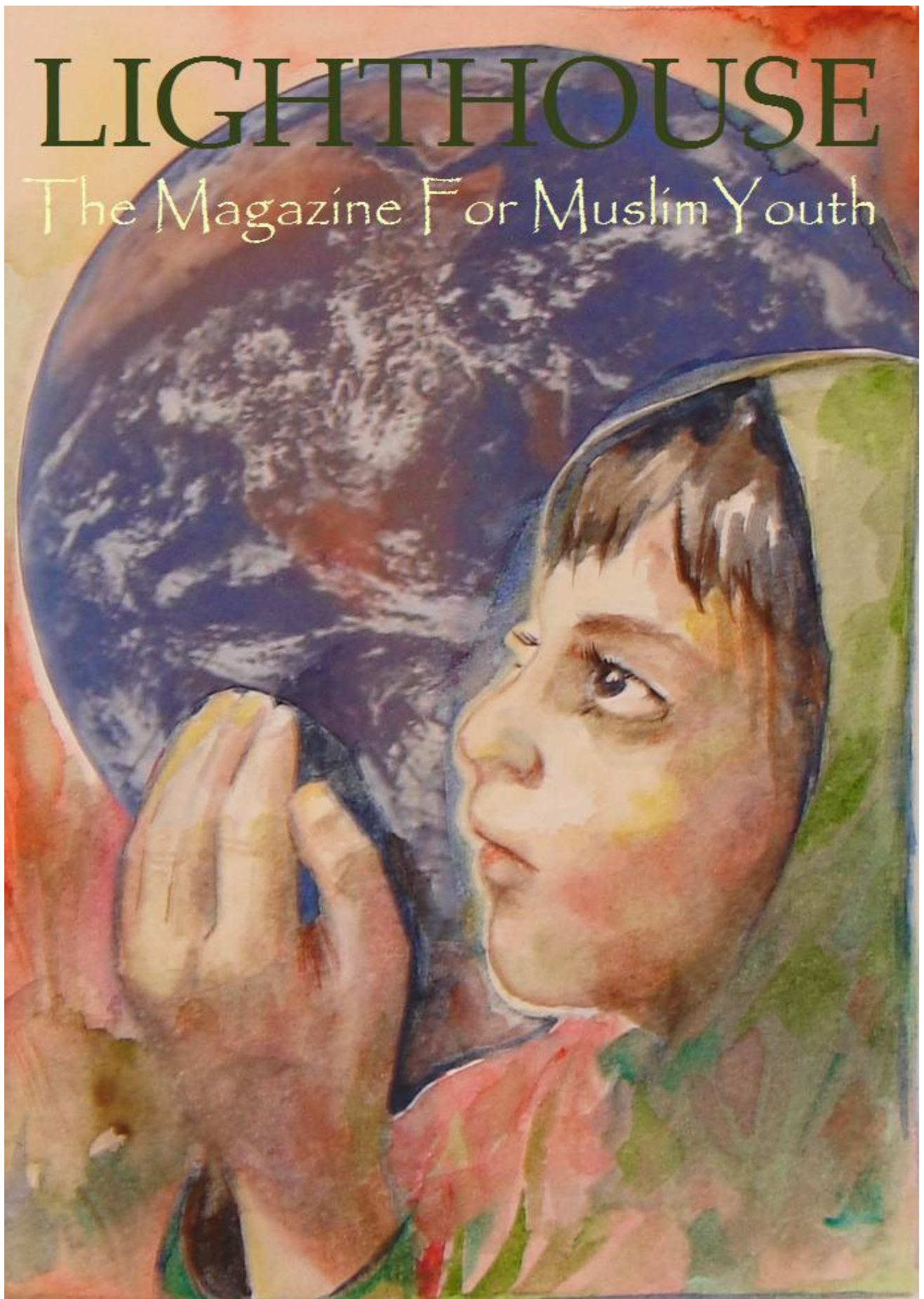


LIGHTHOUSE

The Magazine For Muslim Youth



Ramadhan Issue of Lighthouse Magazine

In a desert

On a mountain

In a cave

Sat a man all alone, he was praying

all was quiet when it happened:

There appeared an angel who commanded

The man to read

“Iqra” said the angel, the first words of the
Quran

“Iqra” repeated the man, his being filled with
light

“Read in the name of your Lord who created

Created man from a clot

Read and your lord is most gracious

Who taught man the use of the pen

Taught man what he knew not”

In a desert

On a mountain

Came the wisdom that lit the
entire world

A Holy book, Al-Quran



Given to Muhammad the messenger

And such is our faith

THE MAKING OF EID AL-FITR

Once upon a time Mr. and Mrs. Stylish and their family lived in a red house in a small town in a big country. They were very excited about Eid al-Fitr and could not wait for it to come. All during the month of Ramadan they waited and waited for Eid. They counted down the days on the calendar. They were so excited that they did not remember to do anything special in the sacred month of Ramadan. Whenever they had free time they cleaned and decorated the house for Eid, or tried out new recipes to cook for Eid, or they went shopping to get the trendiest clothes and accessories for Eid. They felt they had a delightful Ramadan, even though they didn't do much fasting or praying. Finally the day of Eid arrived. The Styles hardly slept the night before Eid. They would have loved to go to an Eid party but no one had invited them. On Eid they should have had a very nice time, but even though they visited their friends and went to the mall and ate and ate and ate (till they were about to burst with loud pops), they still had a sad, empty feeling inside them. By the evening the kids were arguing non-stop and the parents were arguing about how to stop the arguing. Everyone felt like screaming by bedtime.

Once upon a time there was another family, the Patients, who lived in a less red house in a bigger town in a smaller country. They too were excited about Eid, but more so about Ramadan. They cleaned their home and stocked up on groceries before the special month so they wouldn't have to do extra work in Ramadan and had enough time for praying and fasting. They even got most of their Eid shopping done early so when the last ten extra special days of Ramadan came, they would not be distracted by Eid preparations. When the day of Eid came, they were all overjoyed because of the happiness and peace they felt after praying and fasting in Ramadan. They went to the mosque for Eid prayers and met all their friends and shared Eid wishes. They had arranged an Eid party at their house for many of the new families in the area so everyone could enjoy Eid



together. In the evening they all watched a funny movie and enjoyed more of their Eid goodies. By nighttime they were tired and stuffed with yummy food, grateful to Allah for the enjoyable Eid day that filled their hearts with peace and happiness after a blessed month. *Which family would you like to belong to?*

ZAYNAB'S RESOLUTIONS

Most people write down New Year's Resolutions, but not Zaynab. She always writes down her resolutions before Ramadan. She thinks that Ramadan is the best time to break a bad habit and make a good one. This year her list is getting quite long. I really hope she can live up to all she aims for. You see Zaynab has a habit of being over-ambitious when it comes to resolutions. Oh, she left her list out on the table so we can take a sneak peak:

Zaynab's resolutions for this Ramadan, to be started on the morning of Ramadan the first:

- 1. Pray my salat with more concentration.*
- 2. Do my wudhu carefully and not leave water everywhere.*
- 3. Stop teasing my little sister when I have nothing else to do.*
- 4. Fast as much as I can.*
- 5. Do the evening dishes when my mother is fasting.*
- 6. Reply the first time my father calls me.*
- 7. Stop making fun of my teacher.*
- 8. Stop talking back to my mother.*

Zaynab has made a copy of her resolutions and stuck them on the wall above her bed. Let's see what happens ...

The only problem with these resolutions is that Zaynab might not realize that being good can be harder than it seems, and as she was writing and planning, the Shaitan was watching and rubbing his hands with delight. The Shaitan loves resolutions of any kind because his special job is to break them up and put doubts in people's minds so that nothing works out. Zaynab knows this, but she also trusts in the

amazing blessings Allah gives us in the month of Ramadan, when nothing is ordinary.

Zaynab's first challenge comes at the time of Zuhr salat. She forgets to do wudzu entirely and rushes straight into her salat because after she is done she can start playing on the computer. In the second rakah she remembers suddenly that



she missed her wudzu and also that she was going entirely too fast. She feels upset and guilty that she had started off wrong so she slows down and does the remainder of her salat much better. She also does two nafal at the end to make up for her mistake. Way to go Zaynab!



Her second challenge is harder. The following day at school her group of friends does their usual thing at lunch: make fun of their teacher. Mrs. Jamal is a good teacher, but she is plain and old-fashioned and sometimes wears the same clothes for several days in a row. The girls like to make fun of her and often Zaynab feels uncomfortable because the joking gets mean and the girls laugh about personal things that Mrs. Jamal cannot control. When she made this

resolution she did not realize how hard it would be to stand up to her friends. When the joking first starts, she just sits quietly, eating slowly with a grim face. Alisha asks her why she is not laughing and then Zaynab puts down her fork and clears her throat. All five girls look at her and there is silence for a minute. Zaynab feels faint but she starts speaking,

“I think its mean to make such fun of Mrs. Jamal. She's a great teacher. She never gives too much homework or loses her temper. I remember how she helped me catch up after I got the flu really bad and missed seven days of school. So what if she's not trendy? She's a teacher, not a fashion model. Give her a break.”

Zaynab looked at the faces around her. Only Alisha was nodding her head in agreement while the others were whispering to each other and looking at Zaynab as if she had sprouted horns and a beard. They pick up their lunch trays and stomp off to another table, muttering angrily. Zaynab feels weak in the knees but knows she did the right thing by speaking up. Good job Zaynab! Keep those resolutions going strong!

“Zaynab, Zaynab ...ZAYNAB”

The voice comes from a distance and seems to be getting louder. Zaynab puts down the latest Goosebumps book with a jerk and jumps up. It is her father calling.

She heads down the stairs two at a time.

“Yes Papa” she says breathlessly.

Her Dad glares at her from over the top of his glasses. “That’s the *fifth* time I have called you!”

Zaynab opens her mouth to argue, to say she never even heard him, that he should speak louder, but then she remembers a certain list and shuts her mouth quickly. She plops down on the sofa next to father and gives him a quick hug. “I’m sorry Papa. I’ll come like a rocket the next time you call”.

It is amazing to see how her father’s face is transformed in a second. The scowl vanishes and is replaced by a big smile as he lovingly pats Zaynab’s head. That wasn’t so hard!

Time for the evening dishes! They might be a resolution breaker. The Shaitan tries his best to distract Zaynab but she keeps shooing him away like an annoying fly at a picnic. Once she notices her mother collapsed on the sofa drinking a cup of tea after opening her fast, Zaynab heads for the kitchen and looks at the mess in the sink. She puts on some gloves and starts putting the dishes in the dishwasher the way her mother puts them. She is getting better, faster when suddenly a glass jumps out of her soapy hand and lands on the floor with a tremendous CRASH! Her mother comes running and Zaynab is ready for a lecture on the proper handling of glasses. Ramadhan really is a magical month! No lecture. Her mother kisses Zaynab for doing the dishes without asking and helps her take care of the mess and then they share a bowl of fruit salad and some raspberry lemonade.

It is the weekend and Zaynab is bored. It is hardest to be good when one is bored and of course the Shaitan knows that. Zaynab enjoys coloring in her sister Sana's Pooh coloring book, but it makes Sana really mad and Zaynab enjoys seeing her cute little sister clench her fists and jump up and down like an angry monkey. She always gets in trouble but she thinks it is worth it. *But what about her resolutions?* Zaynab remembers just as Sana is scrunching up her face to start crying. She hurriedly scoops Sana up in her arms for a cuddle and then takes her up to her room to play "Pincess Piness" which is Sana's favorite game. Another great win for Zaynab, the kid charmer.

Zaynab is doing quite well in *Ramadhan* and enjoying the nice feeling of being good, but so far she had stayed away from one thing that scared her: fasting. Zaynab had tried to fast last year, but because she was too sleepy at *suhoor* time, she only ate a half bowl of cereal and so by lunch time she was so hungry and cranky that she ate two bananas before she could stop herself. The month of Ramadhan is meant for fasting, Zaynab reminds herself, and so she prepares herself for another fast. This time Zaynab plans in advance. She goes to bed a little earlier so she can wake up fresh and early for suhooor with her parents. She follows her parents' advice and eats two eggs and a cheese sandwich, plus some milk and dates. Then she prays with all her heart for Allah to make the fast easy for her. The day does seem very long but Zaynab keeps herself busy. The Shaitan tempts her to sneak a glass of juice, but then she stops to think how anyone can sneak anything without Allah knowing? By evening, the hunger is a gnawing feeling in her stomach as she helps her mother fry samosas for *iftar*. When she sits down with her family to open her fast she is amazed at how light and happy she feels, as if her heart is full of a million dancing sunbeams. The feeling is incredible and well worth the day's hardship.

Do you think Zaynab had a perfect Ramadhan after the first few days? Do you think she broke any of her resolutions? I don't know about you, but I am sure that she made many, many mistakes and broke all of her resolutions many times over. Mistakes are not a problem. *Resolutions are not meant to hold us up to an impossible standard or to prove we are perfect.* They just motivate us to try harder and remind us to stay away from the mistakes we usually make. **Allah loves those who try hard to be good and the trying is all that counts.** I am sure Zaynab had

a wonderful Ramadan and on Eid she was one happy and content girl, enjoying the fruits and blessings of a month of good behavior.

In the month of Ramadan.

By Afia Ahmad, Minnesota, USA

In the month of Ramadan,

We fast when we can.

We don't eat much throughout the day,

And there's not much time to laugh or

play.

We wait and wait for

Iftar,

For that time is not far.

We try to do lots of good



deeds,

And wait patiently for Eid.

Eid essentials: How to pray the Eid salat

Are you all set for Eid? Did you remember to make or buy presents for your mom and dad? Did you check your schedule to make sure you don't have any major tests or assignments due and can take a day off to enjoy Eid? There is one thing that many kids and parents forget about while preparing for Eid and it causes some confusion. It is the Eid salat.

The Eid salat is slightly different from the other five daily prayers and it is worth spending a little time each year revising the correct way to offer the Eid salat. Otherwise you might be the one confused and wondering why the Imam keeps saying *Allah hu Akbar* instead of getting on with the salat. You might keep placing your hands on your chest and then letting them drop, glancing right and left to see what's going on. That's a soggy way to offer the special Eid salat. A good Muslim is prepared and knows the right thing to do at the right time. Here are the main points of the Eid salat:

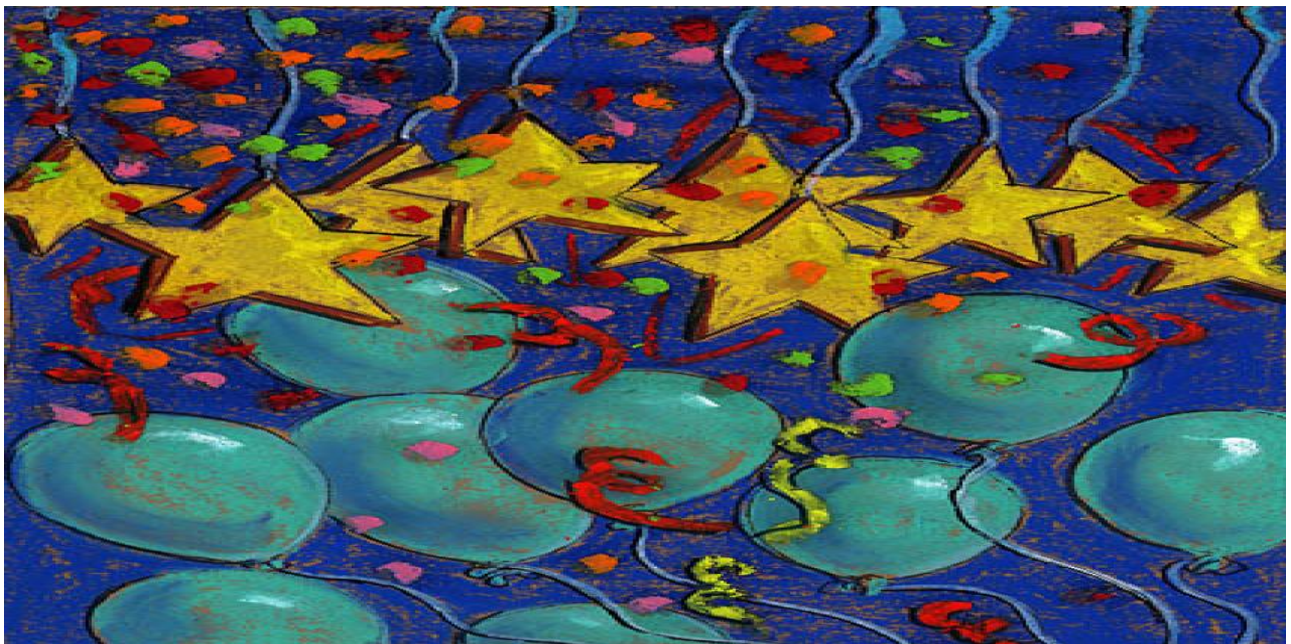
The first thing **is preparing for the salat**. It is recommended to take a bath before wearing ones best clean clothes for the Eid salat. Allah does not care for designer labels but decent and modest clothing is a must for salat. Eid salat is offered in congregation, in a mosque or a large open plain or hall where the maximum number of people can gather together. The Prophet Muhammad (pbuh) encouraged the women and children to come for the Eid salat gathering.

When you enter your mosque you might find the people gathered in the prayer hall reciting the praises of Allah. It is wonderful to come early and join in as much as you can. Remember, that on the day of Eid and otherwise, all Muslims are one family and we should greet unfamiliar faces with affection and kindness while we search for our relatives and friends. No one should feel lost or alone on Eid day because we were too busy yakking away with our close friends. Even if we don't share the same language, we share our faith and that is the biggest



bond of all that should bring our hearts close together. Eid is also the day to overlook the annoyances that may have bothered or separated us from friends and relatives in the past. With the intention of pleasing Allah, greet everyone with sincere kindness and see how good it feels.

There is no *adzhan* or *iqama* for the Eid salat. There are two *rakahs* in which seven *takbeers* (reciting “Allah is Great”) are recited by the Imam before Surah Fatihah in the first *rakah* and five *takbeers* in the second *rakah* after rising from *sajdah*. The hands are lifted to the ears with each *takbeer* and then allowed to fall to the sides. After the last takbeers the hands are folded as usual. When the Eid salat ends, there is a short sermon in which the importance of Eid is explained and special dua is offered to Allah to bless all mankind on the special occasion. Then the Imam wishes everyone a happy Eid and that means the sermon has ended and everyone can rise and greet their friends and neighbors. *Try to wish “Eid Mubarak” to the most number of people, especially seeking out anyone who seems lonely.* And now you are free to do whatever you wish to enjoy the blessed day of Eid!



CALLING ALL (craft) INVENTORS:

Have you ever thought Muslims need more crafts to help them share their special occasions and explain them to others? If so, you can do something to help.

Those of you who go to schools where other holidays are celebrated with great enthusiasm might spend many parts of the year feeling left out of the festivities of holidays we don't celebrate, for Ramadan and Eid are not represented nearly as much in crafts and activities. To make sure that Muslim kids have enough crafts and activities to share with their friends and teachers of other faiths, *Lighthouse Magazine invites all Young Inventors to send their favorite craft or activity ideas to us so we can share them with our readers.*

Don't have a favorite craft associated with Ramadan or Eid? No problem. **MAKE ONE UP.** If you think about it, people just like you made up all the symbols and activities associated with other religions. For example, the religion that Prophet Jesus (pbuh) brought did not teach anything about Christmas trees, or Santa or candy canes. All of these symbols and traditions have been made by people who wanted to celebrate and represent their holiday in different ways. Of course we have to be careful not to change our religion in any way, or make the material aspects, the "things" connected to it, more important than the spiritual part of the occasion.

Many holiday traditions are based on an important story or event, while others represent a symbol of religious importance. For Muslims, crafts and activities can involve our own special symbols and religious traditions. Lots of great ideas can be found by learning about the Eid celebrations in different countries, plus it can help to bring us closer to our Muslim brothers and sisters in faraway lands. So this Eid do some research and collect a list of possible Eid crafts and traditions that make our special days of Eid even more memorable.



Don't forget to share your ideas with us at zamustang@msn.com.

Match the words of Eid and Ramadan to their meanings:

Iftar	The first moon of the new month that signals Eid al Fitr.
Itikaf	The meal eaten at sundown to open the fast.
Hilal	An act of worship that Allah has made necessary for us.
Takbeerat	An act of worship that is voluntary.
Fitrana	Something that is not <i>haram</i> but strongly disliked.
Nafl	The loud recitation of Allah hu Akbar in Eid salat.
Fardzh	The <i>tahajjud</i> prayer typically offered after <i>Isha</i> in <i>Ramadhan</i>
Makrooh	The meal eaten before sunrise to begin the fast
Suhoor	A <i>sadaqa</i> given for every member of a family before the Eid salat so that the less fortunate can celebrate as well.
Taraweeh	A special act of worship in the last ten days of Ramadan when a person devotes himself entirely to prayer and fasting.



Dua diary

Kiran was helping her Aunty Noor go through her Uncle's things. Uncle Ibraheem had died two weeks ago after being sick with cancer for a long time. Since then Kiran's family was doing their best to help support Aunty Noor in every way they could. She had decided to sell her home and live with her daughter in another city so there was a lot to be done and everyone took turns helping. Today Kiran had offered to help Aunty Noor go through boxes of stuff in her storage space. *That is where she found the diaries.* There were so many of them, some plain journals, some like day planners with the dates already written. Kiran had always been fascinated with people who wrote a regular diary and she enjoyed reading those books the most that were in the form of diaries. She had just finished reading the diary of a Norwegian girl who had migrated to the United States hundreds of years ago. Of course Kiran knew that was a story made up by someone to recreate the events of history and it was meant to be read by anyone. However a real person's private diary would not be something for her to read. She was very curious though, because on one of the pages she had glanced at, there had seemed to be prayers in the diary. She mentioned this to her Aunty as she dusted the diaries and put them in a suitcase.



She found out that her Uncle was in the habit of writing down his prayers. He would keep a diary of the day he started praying for something new and why he wanted it, and then he would think of different ways to ask Allah for it. Sometimes, she said, he would record when his prayer had been answered. Other times, he would change his mind about the prayer and decide it had not been a very good idea to begin with and he would apologize to Allah and cancel it. She said he always flipped through his diary before each salat to remember all the things he wanted to ask Allah for, as salat is the best time for asking. Kiran found the idea very appealing. It was like writing applications to Allah for all a person needed. She thought of all the things she wanted to pray for and often she did, but then she forgot about them and got distracted by something else. Many times she would finish her prayer and then as she folded up the prayer mat, remember several things she had wanted to pray for. She remembered guiltily how her Aunty had always

reminded her to pray for Uncle Ibraheem in each salat, but Kiran always forgot. She would pray for her uncle when she visited him, but afterwards she was always too busy doing something else.

As Kiran saw her Aunty look through the prayer diaries with tears in her eyes, she suddenly made a decision. She would start her own prayer diary. That would surely bring her closer to Allah as she would be able to remember things to pray for and keep a record of her prayers. This was her way of honoring her dear Uncle Ibraheem who was always so kind to her and who had taught her how to play chess. Ramadhan was beginning soon. What better occasion to start her own diary and come closer to Allah by focusing on her dua.

Kiran started as soon as she got home. She searched her desk for the pretty yellow notepad her friend had given her. She tore out the first few pages that she had doodled on and wrote in her best handwriting:

KIRAN'S DUA DIARY.

She then searched her mind for duas that she kept forgetting. Her cousin Malek had broken his leg and was in need of prayers. Kiran barely passed her latest math test on mixed fractions and so she needed to pray for that. Her father kept telling the family about people losing their jobs in his company so she wanted to pray for her father to keep his job. She was onto her tenth dua when she heard the adzan for Asr prayer. She ran to do wudzu, feeling excited. Salat would never seem boring again because she had a lot to talk to Allah about!

Make your own dua diary this Ramadan. If you don't have a diary, even sticky notes work. **Stick one next to your bed so you can glance at it every now and then and add or remove prayers as you need to.** It will help you organize your thoughts and your prayers and help you focus in salat. Tell us how it helped you at zamustang@msn.com.

Ask Ayesha and she will answer your weird, wise and wacky questions:

Dear Ayesha, where is Allah? (asks 2-year old Raafe Rahman of Texas, USA)

Dear Raafe, what a very important question you ask! It's something I used to wonder about myself. Where is Allah? Depending on whom I would ask, I would get different answers for this: "Allah is in heaven" or "Allah is everywhere". I never really understood what that meant. If Allah is in heaven, where is heaven? If Allah is everywhere, why don't I see Him? I just didn't get it.

Well, you know what? Lots of people have wondered the same thing. In fact, when the Holy Prophet was alive, his companions used to ask him the same thing. They asked and it was such an important question that Allah Himself gave an answer in the Quran as to where He is. He said:

"And when the servants ask thee concerning Me, surely I am nigh. I answer the call of the suppliant (person who prays) when he calls on Me, so they should hear My call and believe in Me that they may walk in the right way." (2:186)



This verse in the Quran tells us that Allah is "nigh" which means He is near. That may seem kind of vague to you, but really, that answer tells you exactly what is important about where Allah is. You see, Allah is not a physical being like you and I. He does not have a body as we know it or have to occupy a physical location in space. He isn't even like the spirits you see on TV and in cartoons that fly around. He is actually a Being that it is too hard for our minds to fully comprehend. It's like trying to teach your 2 year old brother or cousin long division. They just won't get it! Their minds aren't ready to understand anything that complicated yet. Since we can't yet fully understand the Being that Allah is and His lack of taking up actual space, Allah has told us in this verse the thing about His location that is most important. He is near. No matter where we are, no matter what far corners of the earth we run to or what tiny crevice we hide in, Allah is near us. He will never leave us. And furthermore, He is near enough to us to hear us call for Him. Whenever we need Him, He is right there and will answer our call. How near to us is He? Well, He even goes onto answer that question:

"And certainly We created man, and We know what his mind suggests to him—and We are nearer to him than his life vein." (50:16)

Allah is closer to us than the veins inside us that keep us alive. He created us so He even knows what we are thinking! Wow. That might seem kind of scary. But really it's not. What Allah is telling us, is that He is like a part of our own make up. He is part of who we are because He breathed his spirit into us. That means that all the good qualities that Allah has, we have those inside us too! Except that in us, they are just tiny seeds that need to grow while in Allah, they are in their perfect form. Remember in the first verse I told you about, Allah goes on to say, "so they should hear My call and believe in Me that they may walk in the right way". It's no coincident that Allah tells us to listen to His call in the same verse that He talks about where He is.

You see, Allah made us. He knows what potential we have inside us. So He knows how best we can develop those qualities inside us that He gave us. He has told us how to do this in the Quran. When we follow what He has told us, the good qualities in us become a reflection of His perfect characteristics—we begin to comprehend in a small sense what Allah is and start to understand that not only is He near us, but our soul is tied to Him and by becoming better people, we move closer and closer to Him.

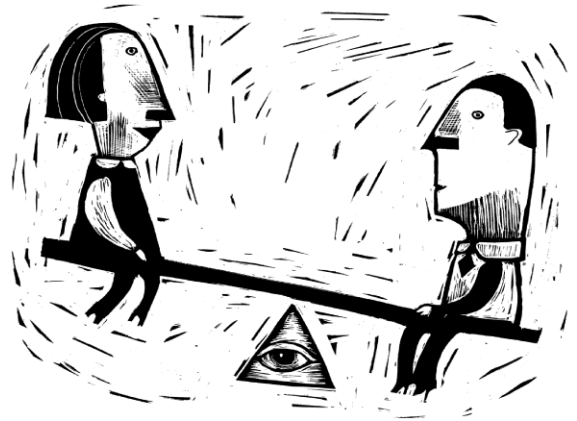
Dear Ayesha, I have heard people say that fasting is for Allah alone, but it does not seem that way to me. In Ramadan and on Eid I notice people boasting about how much they fasted and how long they prayed at night. My mother cannot fast because she is diabetic and people are always asking her why she cannot fast and saying that she should try harder and just take her medicines less often. It makes me wonder if Ramadan is some sort of competition or race. Please help me feel better about this special month.

What a great time for this question since Ramadan is coming up! What is fasting for? That can certainly be confusing to understand these days. It doesn't seem like too many people have a good reason for fasting or not fasting, and everyone has something to say about everyone else's reasons! Some people fast because everyone else is doing it. Some people DON'T fast because no one around them is doing it! Some people fast because they think it will make them lose weight! Some people don't fast because they think it is unhealthy! Some people fast so they can brag that they fasted! With so many confusing reasons, what is fasting all about anyway?

Well, let's go to the source. The Quran says,

'O you who believe, fasting is prescribed (made important) for you, as it was prescribed for those before you, so that you may guard against evil.' (2:183)

In this verse, Allah gives us the reason that he told us to fast, and tells us that it is not only Muslims who were told to fast; in fact, every religion includes some kind of fasting! The reason for fasting is quite simple. Fasting, Allah tells us, is so that we can keep from doing evil. Are you surprised? Did you think that fasting was just about not eating? In actual fact, you can think of the month of Ramadan as a boot camp—it is a month in which we give our best effort to keep from doing any kind of bad thing. Not eating is only a small step in gaining the self-discipline needed to keep from doing anything that can be harmful to us or others. See, we realize that by not eating, we can keep from doing something that is usually allowed to us only because Allah told us to. Of course we get hungry. Of course we want those delicious mouth watering French fries. However, we put aside our desire to eat yummy stuff because in this month, Allah told us to hold off until the sun sets. Pretty soon, we realize we are able to give up something we want and need for the simple reason that Allah told us we should in this month. Once we realize this, it should become very easy to give up things that are harmful to us and other people throughout the rest of the year!



The month of Fasting, then, is not to make us give up food; instead, it is to teach us that we are able to put God in front of our own desire to have something or do something just because we want to, and because we learn that we can, it becomes easier to give up all things that we may want but that may not be good for us. For example, if someone is making fun of you at lunch, you may want to throw your french fries at them; you may want to make them stop so bad you can picture your fries flying through the air and landing right in their big mouth! Your fingers are itching to do it so bad that you pick up the fries and are about to let them soar! But then you remember, Allah would never want you to throw things at people, even if they are being mean. It's not right. It'll get them all greasy and probably land you in detention. It's better to listen to Allah and give up your impulse to do something bad. That is what Ramadan is all about!

We are also told that during this month, a good deed carries more reward than at any other time. So not only do we give up bad stuff, we are encouraged instead to use our time to do good things. If you think about this, and think about what people around you are saying, it certainly doesn't seem like you should brag about fasting. Allah loves those people who don't brag and are humble; so it is probably

more in the spirit of Ramadan to be humble about the number of fasts you were able to keep, and be thankful that you were given the ability to be able to fast.

There is one other reason we are told to fast as well. Islam is a very practical religion. Not only does it *tell* you to grow closer to God and do good to others, its practices are based on ways to accomplish these things. In the case of Ramadan, fasting is the best way to identify with those people who have less than us. Still around the world and even in the United States, many people can't afford decent meals or any food at all. The hunger we feel while we are fasting lets us identify with their situation. It's easy to forget what it feels like to be hungry like that until you experience it yourself. And that is another very important reason for fasting.

Of course, Allah does not wish to harm us in any way or make us do anything that is too difficult for us to take. So He says very clearly,

“But whoever among you is sick or on a journey, he shall fast a like number of other days. And those who find it extremely hard may effect redemption (make up for the missed fast) by feeding a poor man...Allah desires ease for you, and desires not hardship for you...” (2:183-184)



Allah is very clear about stating that if you are on a journey or you are sick, you don't have to fast. You make it up later or if you can't make it up, for example if you have diabetes, than you feed a poor person instead. Allah does not desire any hardship for us. So of course someone who has to take medicines for their health or someone who is unable to fast for a good reason should not fast. That is a provision Allah has made very clear. It is silly for other people to say that someone should try harder.

First of all, your reasons are between you and Allah only—only Allah can judge you, so if you are satisfied in your heart and conscience as to why you are doing a certain thing, no one else has any business in it. Secondly, ruining your health is against the spirit of Ramadan. The idea is to make us stronger spiritually, not to take away our physical strength. Allah has given us permission not to fast if we are sick or need to take medicines. This is a gift from Allah. To not accept it is like picking a fight with Allah and saying you know better than Him. Why would

you want to do that and why would anyone else think it is a good idea for you to do that?

Remember, people say many things and will sometimes try to make you feel bad. It is not what people say or think that matters; it is what Allah says and thinks that matters. So in this month of Ramadan, make sure you are filled with the Ramadan spirit. Try as much as possible to do good things. If you want to do something really bad but aren't sure it's the right thing to do even though you really, really want it, step back for a second. Think twice about it, does it go along with the Ramadan spirit? Is it really worth it to do what you want and be happy for a second if it is not for the best? Is it more worth it to be strong and give that thing up to grow closer to Allah? Try your best and be strong. Allah will be with you.

The Lighthouse Team wishes its readers a very happy and blessed Ramadan and Eid. we apologize that This issue was late due to several unavoidable reasons.