ECHOES OF A QUIET LIFE

اصداء حياة هادئة



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Ramadan is a time
to purify the heart, strengthen our
bond with Allah (SWT), and grow
through worship charity, and
self-discipline".

رَمَضَان هُوَ وَقْت لِتَطْهِير الْقَلْب وَتَقْوِيَة
عَلَاقَتنَا بالله ﷻ وَنَمَّوهَا مِنْ
خِلَالَ الْعِبَادَة وَالصَدْقَة وَالْاِنْضِبَاط الذَّاتِيّ.

As we fast, let us remember
that fasting is not just a physical act of
abstaining from food and drink;
it is also a spiritual endeavor aimed at
fostering empathy, self-restraint, and
mindfulness

بَيْنَمَا نَصُوم دَعونَا نَتَذَكَّر أَنَّ الصِّيَام لَيْسَ مُجَرَّد
عَمَل جَسَدِيٍّ مِنَ الْاِمْتِنَاع عَنّ الطَّعَام وَالشَّرَاب
؛ بَلْ هُوَ أَيْضًا جَهْد رَوْحي يَهْدُف إِلَى تَعْزِيزِ
التَّعَاطُف وَضَبْط النَّفْس وَالْوَعْي.

Let us remember the importance of unity during this blessed month of Ramadan. In a world where division and polarization often dominate, Ramadan offers us a chance to come together in worship, to strengthen our ties as a community, and to remind ourselves of the universal values of mercy, peace, and justice.

لِنَنْتَبِه إِلَى أَهَمِّيَّة الْوَحْدَة فِي هَذَا الشَّهْر الْمُبَارَك فِي عَالَم غَالِبا مَا يَسُود فِيهُ الْاِنْقِسَام وَالتَّطَرُّف . يُتِيح لَنَا رَمَضَان فُرْصَة لِلتَّجَمُّع فِي الْعِبَادَة وَتَعْزِيز رَوَابِطنَا كَجَمَاعَة وَتَذْكِيرً أَنَفْسُنَا بِالْقَيِّم السَّامِّيَّة مِنَ الرَّحْمَة وَالسُّلَّام وَالْعَدَالَة.

Ramadan calls us to reflect on the needs of the less fortunate. Our fasts should inspire acts of charity, for as the Prophet Muhammad (SAS) reminded us, the best of deeds are those that benefit others. This is a time to reach out to those suffering whether from poverty, war, or displacement and offer our help, even in small ways.

يَدْعُونَا رَمَضَان لِلتَّفَكُّر فِي اِحْتِيَاجَات الْأَقَلّ حَظّا. يَجِب أَنْ يُلْهِمنَا صِيَامنَا بِأَعْمَال الْخَيْر كَمَا ذَكَرنَا النَّبِيّ مُحَمَّد صَلَّى الله عَلَيْهُ وَسَلَّم بِأَنَّ أَفْضَل الْأَعْمَال هِي تِلْكَ الَّتِي تَنْفَع الْآخِرِيْن .إِنَّهُ وَقْت لِلتَّوَاصُل مَعَ مَنْ يُعَانُون سَوَاءً بِسَبَب الْفَقْر أَوْ الْحَرْب أَوْ التَّشَرُّد وَتَقْديم مُسَاعَدَتنَا حَتَّى وَإِنَّ كانت بِطُرُق بَسيطَة.

To receive Allah's (SWT) divine mercy, show mercy and kindness to others; for how can you expect His grace if your behavior is despicable?

لِلْحُصُولِ عَلَى رَحْمَة الله ﷻ الْإِلَهِيَّة كُنْ رَحِيما وَلَطِيفا مَعَ الْآخَرِينَ ؛ فَكَيْفَ تَتَوَقَّع نِعْمَتهُ إذاً كَانَ سُلُوكَ مُسْتَحِقّا لِلْاِحْتِقَار؟

Be a source of comfort to others and live by embracing the prophetic values; for it is through adopting his blessed ways that we will attain true success

كُنْ مَصْدَر رَاحَة لِلْآخِرَيْنِ عِشْ حياتَك بِاعْتِنَاق الْقَيِّم النَّبَوِيَّة ؛ فَبِاتِّبَاع سُبُله الْمُبَارَكَة نَبْلُغ النّجَاح الْحَقِيقِيَّ.

Ramadan is a time
to cultivate gratitude and thankfulness
for every morsel of food. Never
complain about what you eat, and be
mindful of the portions you consume.
Gluttony is a disease of the heart.

رَمَضَان فُرْصَة لِتَنْمِيَة الْاِمْتِنَان وَالشُّكْر لِكُلُّ
لُقْمَة طَعَام نَتَنَاوَلهَا .لَا تَتَذَمَّر أَبَدًا مِمَّا تَأْكُل
وَاِنْتَبَه لِلَكْمِيَات الَّتِي تَتَنَاوَلهَا ، فَالشَّرَاهَة
مَرَض قَلْبي.

Never fall into
despair; a true believer knows that
Allah (SWT) forgives all sins.
The doors of mercy
are always open.

لَا تَيْأَسْ أَبَدًا، فَالْمُؤْمِن الْحَقّ يَعْلَم أَنَّ
الله ﷻ يَغْفِر الذُّنُوب جَمِيعًا، فَأَبْوَاب
الرَّحْمَة مَفْتُوحَة دَائِما.

Self-discipline
is a lesson learned in Ramadan to curb our evil thoughts and inclinations. Do not fall prey to the evil within yourself.

الْاِنْضِبَاط الذَّاتِيّ دَرْس نَتَعَلَّمهُ فِي رَمَضَان لِمَنْع شُرُود أَفْكَارنَا وَمُيُولنَا الْمُؤْذِيَة، فَلَا تُقْع فَرِيسَةً لِلشَّرّ فِي دَاخِلكَ.

Islam teaches that all human beings are equal in the eyes of Allah (SWT). No one is superior based on race, social status, wealth, or nationality. True worth lies in the strength of one's faith, sincerity, and good deeds. Allah (SWT) judges us by our piety, character, and devotion, not by superficial aspects.

يُعلِمنَا الْإِسْلَام أَنَّ جَمِيع الْبَشَر مُتَسَاوُونَ فِي نَظَر الله ﷻ ، لَا أحَد أفْضَل مَن اُحْد بِنَاءً عَلَى الْعِرْق أَوْ الْوَضْع الْاِجْتِمَاعِيُّ أَوْ الثَّرْوَةُ أَوْ الْجِنْسِيَّة فَأَنَّ الْقِيمَة الْحَقِيقِيَّة تَكْمُن فِي قُوَّة الْإِيمَان وَالْإِخْلَاص وَالْأَعْمَال الصَّالِحَة .ان الله يَحْكُم عَلَيْنَا بِتَقْوَانَا وَأَخْلَاقنَا وَعِبَادَتنَا لَهُ وَلَيْسَ مِنْ خِلَالَ الْأُمُور السَّطْحِيَّة.

My years in Egypt taught me self-reliance and the true meaning of sacrifice for Allah's (SWT) sake. If I could turn back time, I'd make different choices but reflection on our journey is key to growth and learning from our experiences

لِقَدّ عَلِمَتنِي سنوَاتِيٌّ فِي مِصْر
الْاِعْتِمَاد عَلَى النَّفْس وَالْمَعْنَى الْحَقِيقِيَّ لِلتَّضْحِيَة فِي سَبِيل الله ﷻ ، لَوْ عَادَ بِي الزَّمَن لِاتَّخَذت خِيَارَات مُخْتَلِفَة لَكِنَّ التَّأَمُّل فِي رِحْلَتنَا هُوَ مِفْتَاح النموالتعلم مِنْ تَجَارِبنَا.

Instead of spending time talking about others, it's essential to reflect on yourself. We should focus on our own actions, growth, and well-being. If we don't have anything beneficial or constructive to say, it's often better to remain silent. Words hold immense power - they can build, uplift, and inspire, but they can also hurt, destroy, and cause regret

بَدَلًا مِنَ الْاِنْشِغَال بِالْحَديث عَنّ الْآخِرَيْنِ
اِنْشَغَل عَلَى نَفْسُكَ ، رَكَّز عَلَى أَفْعَالكَ وَنَمَّوكَ
وَرَفَاهِيَتكَ إذاً لَمْ يَكُن لَدَيْكَ مَا هُوَ مُفِيد أَوْ بِنَاء لِتَقُولهُ
فَمِنْ الْأَفْضَل أَنْ تَلْتَزِم الصَّمْت ، فَأَنَّ لِلْكَلِمَات قُوَّة
هَائِلَة يُمْكِنهَا أَنَّ تَعْز وَتَصْلُح وَ يُمْكِنهَا أَيْضًا أَنْ تَجْرَح
وَتُؤْذِي وَتَسَبَّب النَّدَم.

Islam teaches that faith is not something separate from daily life, it's embedded in everything a person does. It's a holistic approach that seeks to guide Muslims to live ethical, compassionate, and spiritually fulfilling lives, recognizing that every action is an opportunity to worship Allah (SWT) and contribute to the well-being of society.

يُعَلِّم الْإِسْلَام أَنَّ الْإِيمَان
لَيْسَ شَيْئا مُنْفَصِلا عَنْ الْحَيَاة الْيَوْمِيَّة ، بَلْ هُوَ جُزْء لَا يَتَجَزَّأ
مِنْ كُلُّ مَا يَفْعَلهُ الْإِنْسَان ، إِنَّهُ نَهْج شَامِل يَسْعَى لِإِرْشَاد
الْمُسْلِمِينَ لِلْعَيْش حَيَاة أَخْلَاقِيَّة وَرَحِيمَة وَذَاتُ مُعَنًّى رُوحِيّ ،
مُدْرِكِينَ بِأَنَّ كُلُّ فَعَلَّ هُوَ فُرْصَة لِعِبَادَة الله ﷻ وَالْمُسَاهَمَة فِي
رَفَاهِيَة الْمُجْتَمَع.

Some may love to hear their voice, and that's fine, but let your voice elevate others, one of truth, not falsehood. Speak with purpose and integrity, for words have the power to heal, inspire, and transform. Let your voice be a beacon of hope, a source of encouragement, and a call to lift those who need it most. In a world full of noise, choose to make your voice one that brings clarity, compassion, and change. and contribute to the well-being of society.

الْبَعْض يُحِبُّون سَمَاع اصَوْاتهمْ وَهَذَا أَمْر طَبِيعِيّ ، لَكِنَّ دَع صَوْتكَ هُوَ الَّذِي يُعْلِي مِنْ شَأْن الْآخِرَيْن ، صَوْتا لِلَحَق وَلَيْسَ لِلْبَاطِل ، تَحَدَّث بِهَدَف وَصَدْق وَنَزَاهَةً فَالْكَلِمَات لَهَا قُوَّة فِي الشِّفَاء وَالْإِلْهَام وَالتَّغْيِير ، لِيَكُنّ صَوْتكَ مَنَارَة لِلْأَمَل وَمَصْدَرا لِلْتَشْجِيعِ وَدَعْوَةً لِرَفْع مِنْ هُمْ فِي أَمْسِ الْحَاجَة الِيَّ الدُّعُم فِي عَالَم مَلِيء بِالضَّوْضَاء ، اِخْتَر أَنْ يَكُوْنّ صَوْتكَ هُوَ الَّذِي يُضْفِي الْوُضُوحُ وَالرَّحْمَة وَالتَّغْيِير.

You should never seek a leadership position; it should be entrusted to you. Leadership is a heavy responsibility, one that many are not equipped to bear. It is not about power or recognition, but about service, patience, and humility. It cannot be bought, nor can it be forced. It is earned through trust and the willingness to serve others selflessly.

يَجِب أَلَا تَسْعَى أَبَدًا إِلَى مَنْصِب
قِيَادِيٍّ ، بَلْ يَنْبَغِي أَنْ يُعْهَد بِهِ إِلَيْكَ ، الْقِيَادَة مَسْؤُولِيَّة ثَقِيلَة لَا يَتَحَمَّلهَا الْكَثِيرُونَ فَهِي لَيْسَتْ عَنّ السُّلْطَة أَوْ الشُّهْرَة بَلْ عَنّ الْخِدْمَة وَالصَّبْر وَالتَّوَاضُع ، فَلَا يُمْكِن شِرَاؤهَا وَلَا يُمْكِن فَرْضهَا بَلْ تُكْتَسَب مِنْ خِلَالَ الثِّقَة وَالْإِسْتِعْدَاد لِخِدْمَة الْآخِرَيْنِ بِإِخْلَاص.

Beware of Toxic People. They Will Only Destroy your life. When you try to be kind, your kindness is often mistaken for weakness.

This is especially true when you encounter toxic people. individuals who thrive on manipulation, emotional abuse, and self-interest. They often appear charming or harmless at first, but their true nature reveals itself once they grow familiar with you.

اِحْتَرَس مِنَ الْأَشْخَاص السَّامِينَ ، فَهُمْ سَيُدَمِّرُون حَيَاتكَ عِنْدَمَا تُحَاوِل أَنَّ تَكَوُّن لِطَيْفا ، غَالِبَا مَا يُسَاء فَهُمْ لُطْفكَ عَلَى أَنَّهُ ضِعْف ، وَهَذَا يَنْطَبِق بِشَكْل خَاص عِنْدَمَا تَقَابُل أشخاصًا سَامَّيْنِ ، اشخاص يَزْدَهِرُون بِالتَّلَاعُب وَالْإِسَاءة الْعَاطِفِيَّة وَالْمُصَالِح الذَّاتِيَّة ، غَالِبا مَا يُبْدُون جَذَّابَيْنِ أَوْ مُسَالِمِينَ فِي الْبِدَايَة لَكِنَّ طَبِيعَتهُمْ الْحَقِيقِيَّة تَنْكَشِف بِمُجَرَّد أَنْ يَأْلَفُوكَ.

Life without principles
is like a ship without a rudder. aimless and adrift.
When we lose our core principles, especially those that guide our sense of right and wrong,
we lose the very essence of who we are.
For Muslims, these principles are drawn from the sacred words of Allah (SWT), the Qur'an, and the noble Sunnah of the Prophet Muhammad (SAS), serving as our compass through life's challenges

الْحَيَاة بِلَا مَبَادِئ مِثْلُ سَفِينَة بِلَا دَفَّة وَبِلَا وَجْهَة وَتَائِهَة عِنْدَمَا نَفْقِد مَبَادِئنَا الْأَسَاسِيَّة وَخَاصَّة تِلْكَ الَّتِي تَوَجُّه إِحْسَاسنَا بِالصَّوَاب وَالْخَطَأ نَفْقِد جَوْهَرهويتنا بِالنِّسْبَة لِلْمُسْلِمِينَ تُسْتَمَدّ هَذِهِ الْمَبَادِئ مِنْ كَلِمَات الله ﷻ الْمُقَدَّسَة الْقُرْآن وَالسَّنَة النَّبَوِيَّة الطَّاهِرَة لِلنَّبِيّ مُحَمَّد ﷺ الَّتِي تَعْمَل كَالْبَوْصَلَة لَنَا فِي مُوَاجَهَة تَحَدِّيَات الْحَيَاة.

ECHOES OF A QUIET LIFE
اصداء حياة هادئة

It's truly baffling to witness people who are aware of their wrongdoings, yet still engage in bullying others. This behavior is even more painful when it comes from those who are supposed to care for us. family and friends. These are the people we trust the most, and when they act in hurtful ways, it can have a profound emotional impact. What makes this even more troubling is that those who hurt others, knowingly or unknowingly, often fail to recognize that their actions will have consequences. The truth is, negativity, cruelty, and emotional harm always come back to affect the person who dishes it out. It may not happen immediately, but the energy you put into the world, especially if it's toxic or harmful, can manifest in ways that are far beyond what you initially intended.

مِنَ الْمُحَيَّر حَقًا أَنْ نَشْهَد أشخاصًا يُدْرِكُون أَخِطَائِهِمْ وَمَعَ ذَلِكَ يُمَارِسُون التَّنَمُّرعَلَى الْآخِرَيْنِ وَيَزْدَاد هَذَا السُّلُوك إيلامًا عِنْدَمَا يَصْدُرمِنْ أُولَئِكَ الَّذِينَ مِنَ الْمُفْتَرَض أَنْ يَهْتِمُوا بِنَا كَالْعَائِلَة وَالْأَصْدِقَاء فَهَؤُلَاءِ هُمْ أَكْثَر مِنْ نثق بِهِمْ وَعِنْدَمَا يَتَصَرَّفُون بِطُرُق مُؤْذِيَة يُمْكِن أَنْ يَكُونَ لِذَلِكَ تأثيرعَاطِفِيٌ عَمِيق وَمَا يَزِيد الْأَمْر إِثَارَةً لِلْقَلَق هُوَ أَنْ مَنْ يُؤْذُون الْآخِرَيْنِ عَنْ قَصْد أَوْ بِغَيْر قَصْد غَالِبا مَا يُغْفِلُون ادراك عَوَاقِب أَفعَالهُمْ .
فَالْحَقِيقَة هِي أَنْ السَّلْبِيَّة وَالْقَسْوَة وَالْأَذَى الْعَاطِفِيَّ دَائِما مَا يَعُود لِيُؤْثِرعَلَى الشَّخْص الَّذِي يُمَارِسهُ.
قَدْ لَا يَحْدُث ذَلِكَ فَوْرا لَكِنَّ الطَّاقَة الَّتِي تُبذلها فِي الْعَالَم خَاصَّةً إِذَا كانت سَامَّة أَوْ ضَارَّة يُمْكِن أَنْ تَتَجَلَّى بِطُرُق تَتَجَاوَز بِكَثِير مَا كَنَّت تَقَصُّدهُ فِي الْبِدَايَة.

Through my own experiences,
I've come to understand that life is unpredictable, and everything can shift in the blink of an eye - from joy to sorrow, health to sickness, friendship to conflict,
peace to chaos, love to hate, and even life to death. In moments of uncertainty, the question arises: Who truly holds control? The answer is clear: Allah (SWT) is the ultimate controller of all things, and in Him, we must place our trust. In a world where everything changes in an instant, trust in the One who holds all things in His hands.

مِنْ خِلَالَ تَجَارِبِيِّ الشَّخْصِيَّة تَعَلَّمَت أَنَّ الْحَيَاة لَا يَمّكُنَّ التَّنَبُّؤ بِهَا وأن كل شيء قد يتغير في لمح البصر ، مِنَ الْفَرح إِلَى الْحُزْن وَمِنْ الصِّحَّة إِلَى الْمَرَض وَمِنْ الصَّدَاقَة إِلَى الْعَدَاوَة وَمِنْ السُّلَّام إِلَى الْفَوْضَى وَمِنْ الْحُبّ إِلَى الْكَرَاهِيَّة وَحَتَّى مِنَ الْحَيَاة إِلَى الْمَوْت. فِي لَحْظَات الشَّكّ يَبْرُز السُّؤَال من يملك زمام الأمور حقًا ؟!

الإجابة واضحة: الله ﷻ هو المتحكم الأعظم في كل شيء، وَفِيهُ يجب أن نضع ثقتنا. في عالم يتغير فيه كل شيء في لحظة، توكلوا على من بيده كل شيء.

I sit here, and as it's after midnight, the utter silence around me reminds me of the need for solitude, away from the busy world. Away from people, away from a materialistic society. True peace of mind can only be achieved when you are in isolation with Allah (SWT). In these quiet moments, you hear the beating of your heart echoing the name of Allah (SWT)- Allah (SWT). It is in this stillness that you realize that He is the only source of true comfort.

أَجلَس هُنَا وَمَعَ حُلُول مُنْتَصَف اللَّيْل يُذَكِّرنِي الصَّمْت الْمُطَبَّق مِنْ حَوْلِيِّ بِالْحَاجَة إِلَى الْعُزْلَة بَعيدا عَنْ صَخَب الْعَالَم بَعيدا عَنّ النَّاس بَعيدا عَنّ الْمُجْتَمَع الْمَادِّيِّ لَا تَتَحَقَّق رَاحَة الْبَال الْحَقِيقِيَّة إِلَّا فِي عُزْلَة مَعَ الله ﷻ فِي هَذِهِ اللَّحْظَات الْهَادِئَة تَسْمَع دِقَّات قَلْبكَ تُرَدِّد اِسْم الله ﷻ - الله ﷻ .
فِي هَذَا السُّكُون تُدْرِك أَنَّهُ جَلّ عُلَاه هُوَ الْمَصْدَر الْوَحِيد لِلرَّاحَة الْحَقِيقِيَّة.

Allah is Al-Adal,
The Just. Unlike human systems of justice that are prone to corruption, bias, and inequity, Allah's (SWT) justice is absolute, perfect, and impartial. It is not influenced by wealth, status, or any other worldly factor. His justice is for everyone, regardless of their circumstances. Allah's (SWT) sense of justice is not swayed by personal gain or the power dynamics that dominate human societies.
It is a divine justice that ensures fairness and accountability for all people.

اللهﷻ هُوَ الْعَادِل.
الْعَدْل الْمُطْلَق عَلَى عَكْس نَظْم الْعَدَالَة الْبَشَرِيَّة الَّتِي قَدْ تَكَوَّن عَرْضَة لِلْفَسَاد وَالتَّحَيُّز وَالظُّلْم ، فَإِنَّ عَدَالَة اللهﷻ مُطْلَقَة كَامِلَة وَغَيْر مُتَحَيِّزَة هِي لَيْسَتْ مُتَأَثِّرَة بِالثَّرْوَةِ أَوْ الْمَكَانَة أَوْ أَيُّ عَامِل دُنْيَوِيّ آخِر .
عَدَالَة اللهﷻ تَشْمَل الْجَمِيعَ مَهْمَا كانت ظُروفهُمْ ، وَلَا يَتَأَثَّرعَدْل اللهﷻ بِالْمُصَالِح الشَّخْصِيَّة أَوْ الدّينَاميكِيَات السُّلْطَوِيَّة الَّتِي تُهَيْمِن عَلَى الْمُجْتَمَعَات الْبَشَرِيَّة ، إِنَّهَا عَدَالَة إِلَهِيَّة تَضَمُّن الْإِنْصَاف وَالْمُسَاءلَة لِجَمِيع النَّاس.

Every human being, regardless of their race, religion, color, or nationality, is created by Allah (SWT). The diversity in humanity is part of Allah's (SWT) wisdom, yet it does not imply any inherent superiority or inferiority between individuals based on these attributes. Allah (SWT), in His infinite mercy and justice, loves all of His creation. Therefore, it is inconceivable to think that Allah (SWT), who is The Just (Al-Adal), would show favoritism or bias based on race, ethnicity, or religious backgroundstant, trust in the One who holds all things in His hands.

كُلُّ إِنْسَان بُغْض النَّظَر

عَنْ عِرْقه أَوْ دِينهُ أَوْ لَوْنهُ أَوْ جِنْسِيَّتهُ هُوَ مَخْلُوق مِنْ خَلْق الله ﷻ وَالتَّنَوُّع فِي البشرمن حَكَمَتهُ وَمَعَ ذَلِكَ لَا يَعْنِي ذَلِكَ أَيّ تَفَوُّق أَوْ نَقْص بَيْنَ الْأَفْرَاد بِنَاءً عَلَى هَذِهِ الصِّفَات .

الله ﷻ بِرَحْمَته وَعَدْله اللَّامُتَنَاهِيينَ يُحِبّ جَمِيع خَلْقه وَلِذَلِكَ مِنْ غَيْر الْمَعْقُول أَنْ يَظُنّ الْإِنْسَان أَنَّ الله ﷻ الَّذِي هُوَ الْعَادِل الْعَدْل سَيَظْهَر تَحَيُّزًا أَوْ اِنْحِيَازًا بَنَّاءً عَلَى الْعِرْق أَوْ الْأَصْل أَوْ الْخَلْفِيَّة الدِّينِيَّة.

This year, Ramadan has taught me the power of patience in the face of personal struggles, leadership challenges, and advocacy for peace. Through quiet reflection and trust in Allah (SWT), I've learned not to question His wisdom but to remain steadfast during adversity. Ramadan has deepened my understanding that challenges have a purpose and that through patience, faith, and trust in Allah (SWT)T, we can overcome any difficulty with strength and grace.

عَلِمنِي رَمَضَان هَذَا الْعَام قُوَّة الصَّبْر فِي مُوَاجَهَة التَّحَدِّيَات الشَّخْصِيَّة وَالتَّحَدِّيَات الْقِيَادِيَّة وَالدَّعْوَة لِلسَّلَام مِنْ خِلَالَ التَّأَمُّل الصَّامِت وَالثِّقَة فِي الله ﷻ ، تَعَلَّمَت أَلَا أُشَكِّك فِي حُكْمَته بَلْ أَنَّ أَظَلّ ثَابِتا فِي مُوَاجَهَة الصِّعَاب ، لِقَدّ عَمَّق رَمَضَان فَهَمِّيٌّ بِأَنَّ التَّحَدِّيَات لَهَا هَدَف وَأَنَّهُ مِنْ خِلَالَ الصَّبْر وَالْإِيمَان وَالثِّقَة بالله ﷻ يُمْكِننَا التَّغَلُّب عَلَى أَيّ صُعُوبَة بِقُوَّة وَنَعَمَة.

It's nice to have a comfortable masjid with soft mats and a place to pray, but let us always remember that the Prophet (SAS.)'s masjid, the one he built, had no roof, only mudbrick walls to define its boundaries. Yet, it nurtured the best of the generations.
Rows of palm trunks supported a roof made of palm fronds, and the ground was covered with pebbles and sand. While we all enjoy comfort, we should remember that Allah's (SWT) house is meant to bring inner comfort and peace. Let us be grateful for what we have.

مِنَ الْجَمِيل أَنْ يَكُونَ لَدَيْنَا مَسْجِد مُرِيح وَسَجَّاد نَاعِم وَمَكَان لِلصَّلَاة وَلَكِنَّ يَجِب أَنْ نَتَذَكَّر دَائِما أَنَّ مَسْجِد النَّبِيّ محمد ﷺ الَّذِي بُنَاه ، لَمْ يَكُن لَهُ سَقْف بَلْ كانت جُدْرَانهُ مَصْنُوعَة مِنَ الطُّوب اللَّبَن ، لِتَحْدِيد حُدوده وَمَعَ ذَلِكَ فَقَدْ رَعَى أَفْضَل الْأَجْيَال ، فَقَدْ كانت الْأَعْمِدَة مَصْنُوعَة مِنْ جُذُوع النَّخِيل وَكَانَ السَّقْف مُغَطًّى بِأَغْصَان النَّخِيل وَالْأَرض مغطاة بِالْحَجَّارَة وَالرَّمْل ، بَيْنَمَا نَحْب جَمِيعًا الرَّاحَة يَجِب أَنْ نَتَذَكَّر أَنَّ بَيْت الله ﷻ يَجِب أَنْ يُوَفِّر الرَّاحَة وَالسَّلَام الدَّاخِلِيُّ .ولَنَكُنّ مُمْتَنِّيْنِ لَمَّا لَدَيْنَا.

Beware and remain vigilant,
for Satan preys upon the weak of mind and heart. Those who harbor animosity toward you may go to great lengths, even compromising their very souls, in their relentless pursuit to bring you down. They may resort to deceit, manipulation, and evil, all in an attempt to undermine your strength and success. However, never forget that if Allah (SWT) is with you, no force, no matter how great or malicious, can overcome you. All power and control rest in His hands alone, and nothing happens except by His will. Trust in His protection, for with Allah's (SWT) guidance and support, you will rise above all challenges, and no harm will befall you unless it is part of His divine plan. Stand firm in your faith, for victory is assured when you place your trust in Him.

اِنْتَبَه فَالشَّيْطَان يَصِيد ضِعَاف الْعُقُول وَالْقُلُوب ، أُولَئِكَ الَّذِينَ يَحْمِلُون لَكَ الْعَدَّاء قَدْ يَذْهَبُون إِلَى أَبْعَد الْحُدود حَتَّى أَنَّهُمْ قَدْ يَبِيعُون أَرْوَاحهُمْ فِي سَعِيِّهِمْ الْمُسْتَمِرّ لِإِسْقَاطك ، قَدْ يلجأون إِلَى الْخِدَاع وَالتَّحَايُل وَالشَّرّ مُحَاوِلِينَ هَدْم قُوَّتك وَنُجَّاحك لَكِنَّ لَا تَنْسَى أَبَدًا أَنَّهُ إِذَا كَانَ الله ﷻ مَعَكَ فَلَا قُوَّة مَهْمَا كانت عَظِيمَة أَوْخَبِيثَة يُمْكِنهَا التَّغَلُّب عَلَيْكَ ، فَكُلُّ الْقُوَّة وَالْقُدْرَة وَالْحُكْم بِيَده وَحَدّه وَلَا يَحْدُث شَيْء إِلَّا بِمَشِيئَته ، ثق فِي حِمَايَة الله ﷻ فَمَعَ تَوْجِيه وَدُعُمهُ سَتَرْتَقِي فَوْقَ جَمِيع التَّحَدِّيَات وَلَنْ يُصِيبك مَكْرُوه إِلَّا بِرَحْمَته ، أُثْبُت عَلَى إِيمَانك فَالنَّصْر مَضْمُون بِالتَّوَكُّل عَلَيْهُ.

Laylatul Qadr is a sacred night of reflection, mercy, and spiritual renewal. It offers an opportunity to seek forgiveness, express gratitude, and strengthen one's connection with Allah (SWT). The night feels deeply peaceful, as prayers are answered and the heart is filled with hope. It reminds us of our vulnerability and the boundless mercy of the Divine, leaving us with a renewed sense of purpose and closeness to Allah (SWT).

لَيْلَة اَلْقَدرِ هِيَ لَيْلَةٌ مُبارَكَةٌ لِلتَّفَكُّرِ، وَالرَّحْمَةُ، وَالتَّجْدِيدُ اَلرُّوحِيُّ إِنَّهَا فُرْصَةٌ لِطَلَبِ اَلْمَغْفِرَةِ، وَالتَّعْبِيرُ عَنْ اِلامْتِنَانِ، وَتَقْوِيَةُ اَلْعَلَاقَةِ مَعَ اَللَّهِ ﷻ. تَغْمُرنَا فِي هَذِهِ اَللَّيْلَةِ السَّلَامِ اَلْعَمِيقِ، حَيْثُ يَتِمُّ قَبُولَ اَلدَّعَوَاتِ وَيَمْتَلِئُ اَلْقَلْبُ بِالْأَمَلِ. فَهِيَ تُذَكِّرُنا بِمَدَى ضَعْفِنا وَرَحْمَة اَللَّهِ ﷻ اَللَّامَحْدُودَةِ، وَتَتْرُكَنَا مَعَ إِحْسَاسٍ مُتَجَدِّدٍ بِالْهَدَفِ وَالْقُرْبِ مِنْ اَللَّهِ ﷻ.

On Laylatul Qadr, the angels descend,
bearing Allah's (SWT) divine decrees, enveloping the faithful with boundless mercy, forgiveness,
and grace. It is a night when the gates of the heavens open wide, and every sincere supplication is answered. Remember, in His infinite wisdom, Allah (SWT) ordains all with justice and mercy. Seek this blessed night with humility, for the decree of the Angels is a reminder that every moment is a reflection of His will, and in His hands, our destinies are shaped with perfect wisdom.

فِي لَيْلَة الْقَدْرتُتنْزِل الْمَلَائِكَة حَامِلَة لأقدار الله ﷻ الْإِلَهِيَّة وَتَغْمُر الْمُؤْمِنَيْنِ بِرَحْمَة لَا حُدود لَهَا وَمَغْفِرَة وَنَعَمَة ، إِنَّهَا لَيْلَة تُفْتَح فِيهَا أَبْوَاب السَّمَاء عَلَى مِصْرَاعِيِّهَا وَيُسْتَجَاب فِيهَا كُلّ دُعَاء صَادِق . تَذَكُّر أَنَّ الله ﷻ بِحُكْمَته اللَّامُتَنَاهِيَة يُقَدِّر كُلّ شَيْء بِالْعَدْل وَالرَّحْمَة فَاسْتَغِلُّوا هَذِهِ اللَّيْلَة الْمُبَارَكَة بِخُشُوع ، فَتَدْبِير الْمَلَائِكَة يُذَكِّرنَا بِأَنَّ كُلّ لَحْظَة هِيَ اِنْعِكَاس لِمَشِيئَتهُ وَبِيَدِيِّه تُصَاغ أَقْدَارنَا بِحُكْمَة تَامَّة.

ECHOES OF A QUIET LIFE
اصداء حياة هادئة

As Ramadan comes to an end,
many feel a mix of emotions—joy for Eid and sorrow for the passing of a blessed month. It's a time of reflection on whether the spiritual growth
and positive changes made during Ramadan will be carried forward or fade as life returns to normal. The end of Ramadan often leaves a sense of longing, as we wonder if we'll have the opportunity to welcome this special month again next year.

مَعَ اِقْتِرَاب نِهَايَة رَمَضَان يَخْتَلِط فِي قُلُوب الْكَثِيرِينَ مَشَاعِر الْفَرَح بِالْعِيد وَالْحُزْن عَلَى اِنْقِضَاء الشهرالمبارك ، إِنَّهُ وَقْت لِلتَّفْكِير وَالتَّأَمُّل فِيمَا إِذَا كَانَ النُّمُوّ الرُّوحِيّ وَالتَّغْيِيرَات الْإِيجَابِيَّة الَّتِي تَمّ تَحْقِيقهَا خِلَالَ رَمَضَان سَتَسْتَمِرّ أَمْ سَتَتَلَاشَى مَعَ عَوْدَة الْحَيَاة إِلَى طَبِيعَتهَا ، غَالِبا مَا يَتْرُك نِهَايَة رَمَضَان شُعُورا بِالشَّوْق إِذْ نَتَسَاءَل إِنْ كانت سَتُتَاح لَنَا فُرْصَة التَّرْحِيب بِهَذَا الشَّهْر الْكَرِيم مُجَدَّدا الْعَام الْمُقْبِل!.

In a world marred by the devastation of war, the suffering caused by anarchy, and the ongoing genocide in Palestine, we must remain mindful of the greater truths that transcend these hardships. Allah, in His infinite wisdom, tests those He loves, offering challenges that build strength, resilience, and patience. As believers, it is our duty to respond to these trials not with despair, but with a commitment to justice, peace, and truth.

فِي عَالَم يَعْصِف بِهِ دَمَار الْحَرْب وَالْمُعَانَاةَ
النَّاتِجَة عَنّ الْفَوْضَى وَالْإِبَادَة الْجَمَاعِيَّة الْمُسْتَمِرَّة فِي فِلَسْطِين ،
يَجِب أَنْ نُكَوِّن وَاعَيْنِ لِلْحَقِيقَة الْكُبْرَى
الَّتِي تَتَجَاوَز هَذِهِ الْمِحَن . ان الله ﷻ بِحُكْمَته اللَّامُتَنَاهِيَة يَخْتَبِر
مَنْ يُحِبّ وَيُقَدِّم تَحَدِّيَات تُنَمِّي الْقُوَّة وَالصَّمُود وَالصَّبْر كَمُؤْمِنِينَ
يُجِب عَلِيّنَا أَنَّ نَسْتَجِيب لِهَذِهِ الْمِحَن لَا بِالْيَأْس بَلْ بِالْإِلْتِزَام
بِالْعَدْل وَالسُّلَّام وَالْحَقّ.

I have learned that the people we love most often hurt us the most through their actions and words. In these painful moments, I find comfort in reflecting on the suffering of Prophet Muhammad (SAS), who faced rejection and abuse from those he deeply cared for. Despite this, he remained steadfast in his mission. In times of hurt, I draw strength from knowing that I am on the right path, just as the Prophet (peace be upon him) faced challenges with patience and resilience. With Allah's guidance and support, we can rise above pain and stay true to our purpose.

لِقَدّ تَعَلَّمَت أَنَّ الْأَشْخَاص الَّذِينَ نَحْبهمْ أَكْثَر هُمْ مَنْ يُؤْذُونَنَا فِي كَثِير مِنَ الأحيان مِنْ خِلَالَ كَلِمَاتهمْ وَأَفْعَالهمْ فِي هَذِهِ اللَّحْظَات الْمُؤْلِمَة أَجِد الْعَزَاء فِي التَّأَمُّل فِي مُعَانَاةِ النَّبِيّ مُحَمَّد ﷺ الَّذِي تَعَرُّض لِلرَّفْض وَالْإِسَاءة مِنْ أُولَئِكَ الَّذِينَ أَحَبّهُمْ وَاهْتِم بِهُمْ وَمَعَ ذَلِكَ ظَلَّ ثَابِتا فِي رِسَالَته .

ان فِي أَوْقَات الْأَلَم أَسَتَمُدّ الْقُوَّة مِنْ مَعْرِفَتِي أَنَّنِي عَلَى الطَّرِيق الصَّحِيح تَمَاما كَمَا وَاجَه النَّبِيّ مُحَمَّد ﷺ التَّحَدِّيَات بِالصَّبْر وَالثَّبَات ،ومَعَ تَوْجِيه الله ﷻ وَدُعُمه يُمْكِننَا أَنَّ نَتَجَاوَز الْأَلَم وَنُظِلّ مُخْلِصَيْنِ لِمُهِمَّتنَا.

ECHOES OF A QUIET LIFE
اصداء حياة هادئة

The experiences and stories of past nations should serve as profound lessons for us. Their mistakes, sins, and ultimately, their downfall, provide us with valuable insights that can guide our own lives. When we reflect on their history, we should not only see the consequences of their actions but also learn how we can avoid the same errors.

The stories of these nations are not just tales of the past; they are reminders that actions have consequences, and ignoring the lessons of history can lead to our own ruin.

Take, for example, Pharaoh and his evil ways. His arrogance, tyranny, and oppression of the oppressed should stand as a grave warning for anyone who perpetuates evil in their actions.

يَجِب أَنْ تَكَوَّن تَجَارِب وَقَصَص الْأُمَم السَّابِقَة دروسًا عَمِيقَة لَنَا ؛ فَان أَخِطَاؤهُمْ وَذُنُوبهُمْ وَسُقُوطهُمْ يُعَزِّزنَا بِرُؤَى ثَمينَة يَمّكُنَّ أَنْ تُوَجِّه حَيَاتنَا ؛ فَعِنْدَمَا نَتَأَمَّل فِي تَارِيخهمْ يُجِب عَلِيّنَا أَلَا نَرَى فَقَطُّ عَوَاقِب أَفعَالهمْ بَلْ نَتَعَلَّم أَيْضًا كَيْفَ يُمْكِننَا تَجَنُّب نَفْسُ الْأَخْطَاء ؛ فَان قَصَص هَذِهِ الْأُمَم لَيْسَتْ مُجَرَّد حِكَايَات مِنَ الْمَاضِي ؛ بَلْ هِي تَذْكِيرَاتٌ بِأَنَّ الْأَفْعَال لَهَا عَوَاقِب وَأَنَّ تَجَاهُل دُرُوس التَّارِيخ يُمْكِن أَنْ يَقُودنَا إِلَى هُلَّاكنَا فَعَلَى سَبِيل الْمِثَال فِرْعَوْن وافعاله الشِّرِّيرَة ؛ يَجِب أَنْ يَكُونّ تَكَبُّرهُ وطَّغِيَانه وَظُلْمهُ لِلْمُسْتَضْعِفِينَ بِمَثَابَة تَحْذِيرا جَادّا لِكُلُّ مَنْ يُوَاصِل الشَّرّ فِي أَفْعَاله.

Don't exhaust yourself for the comfort of others. You spend your time giving, sacrificing, and draining your energy for people who only take without giving back. You burn bright to warm them, but who is replenishing your energy? You aren't meant to be a candle that fades away for the sake of others. You are not a servant to those who only reach out when they need something. Kindness, love, and support should never cost you your own well-being. You shouldn't be at the service of people who only contact you when it benefits them.

لَا تُرْهِق نَفْسُكَ مِنْ أَجلْ رَاحَة الْآخِرَيْن .أَنْتَ تُهْدِروَقْتكَ فِي الْعَطَاء وَالتَّضْحِيَة وَاسْتِنْزَاف طَاقَتكَ لاشخاص ياخذون فَقَطُّ دُونَ ان يُعْطُوا فِي الْمُقَابِل .أُنْت تُضِيء بَوَهَّج لِتَدْفِئَتهُمْ وَلَكِنَّ مِنْ مِنْهُمْ يُجَدِّد طَاقَتكَ؟ أُنْت لَمْ تَخْلُق لِتَكُوُّن شَمْعَةً تُذَوِّب مِنْ أَجلْ الْآخِرَيْن ؛ أُنْت لَسْتَ خَادِمَا لاولئك الَّذِينَ يَتَوَاصَلُون بِكَ فَقَطُّ عِنْدَ حَاجَاتهمْ لِشَيْء مِنْكَ .ان اللُّطْف وَالْحُبّ وَالدُّعُم لَا يَنْبَغِي أَنْ يُكَلِّفكَ شَيْئا ؛ لَا يَنْبَغِي أَنْ يُكَلِّفكَ عَافَيْتُهم الشَّخْصِيَّة ؛ لَا يَجِب ان تَكُون فِي خِدْمَة مِنْ لَا يَتَوَاصَلُون مَعَكَ إِلَّا لِمَصْلَحَتهُمْ.

ECHOES OF A QUIET LIFE
اصداء حياة هادئة

In your journey to bring comfort and uplift others, remember that small acts of kindness can have a profound impact. During my visit to Creedmoor Psychiatric Center, I learned that sharing sacred words and melodies from our faith can be a powerful form of therapy. It's not just about offering words of comfort, but also creating a peaceful and uplifting environment where others feel a sense of connection and tranquility. Whether it's reading from sacred texts or sharing uplifting songs, these acts have the ability to heal and inspire. In times of difficulty, don't underestimate the power of your presence and your ability to spread peace through simple, compassionate gestures. Keep in mind that the smallest offerings, whether spiritual or emotional, can make a world of difference to someone in need.

فِي رِحْلَتكَ لِجَلْب الرَّاحَة وَرَفْع مَعْنَوِيَّات الْآخِرَيْن ؛ تَذَكَّر أَنَّ الافعال الصَّغِيرَة مِنَ اللُّطْف يُمْكِن أَنْ يَكُونَ لَهَا تَأْثِيرعَمِيق خِلَالَ زِيَارَتِي لِمَرْكَز كريدمور لِلْأَمْرَاض النَّفْسِيَّة ؛ تَعَلَّمَت أَنَّ مُشَارَكَة الايات القرأنيه والاناشيد الدِّينِيَّة الْمُؤَثِّرَة يُمْكِن أَنْ تَكَوَّن وَسِيلَة فَعَالَة لِلْعِلَاَج الْأَمْرليس مُجَرَّد تَقْديم كَلِمَات تَعْزِيَة وَرَاحَة بَلْ خَلْق بِيئَة هَادِئَة وَمُلْهَمَة يَشْعُر فِيهَا الآخرون بِالْإِرْتِبَاط وَالسِّكِينَة ؛ سَوَاءً كَانَ ذَلِكَ بِقِرَاءة الايات القرأنيه أَوْ مُشَارَكَة الاناشيد الدِّينِيَّة فَإِنَّ هَذِهِ الْأَعْمَال لَهَا الْقُدْرَة عَلَى الشِّفَاء وَالْإِلْهَام فِي أَوْقَات الشِّدَّة لَا تُقَلِّل مِنْ قِيمَة وُجُودكَ وَقدْرَتكَ عَلَى نَشْر السُّلَّام مِنْ خِلَالَ الْإِيمَاءَات الْبَسيطَة الرَّحِيمَة تَذَكَّر أَنَّ أَبْسَط الْعَطَاءَات سَوَاء كانت رُوحِيَّة أَوْ عَاطِفِيَّة يُمْكِن أَنْ تَحَدُّث فَرقًا كَبِيرا لِشَخْص مُحْتَاج.

ECHOES OF A QUIET LIFE
اصداء حياة هادئة

Being misunderstood, especially by loved ones, can be deeply painful. It highlights the importance of truly listening to understand, not just to respond. As one quote says, Listen to understand, not to respond. Miscommunication often happens because people hear through their own filters, and sometimes, words are often misunderstood, but silence speaks the truth. In those moments, it's crucial to practice empathy and patience. Ultimately, true connection comes when we actively listen and seek to understand each other, as In a world where you can be anything, be someone who listens.

سُوء الْفَهْم خَاصَّةً مِنَ الاحباء ؛ يُمْكِن أَنْ يَكُوْنَ مُؤْلِما لِلَغَايَّة وَهَذَا يُسَلِّط الضَّوْء عَلِيّ أَهَمِّيَّة الْاِسْتِمَاع الْحَقِيقِيّ وَبِصِدْق لِفَهِم الْآخِرَيْنِ ؛ وَلَيْسَ فَقَطْ لِلرَّدّ كَمَا يُقَال فِي أَحَد الْاِقْتِبَاسَات اِسْتَمَع لِتَفَهُّم لَا لِتَّرَدّ يَحْدُث سُوء الْفَهْم غَالِبا لِأَنَّ النَّاس يَسْمَعُون مِنْ خِلَالَ تَفْسِيرَاتهمْ الْخَاصَّة ؛ وَأَحْيَانَا تُفَهِّم الْكَلِمَات بِشَكْل خَاطِئ لَكِنَّ الصَّمْت يَتَحَدَّث بِالْحَقّ فِي تِلْكَ اللَّحْظَات مِنَ الْمُهِمّ التَّحَلِّي بِالتَّعَاطُف وَالصَّبْر فِي النِّهَايَة تَأْتِي الْحَقِيقَة فِي التَّوَاصُل الْحَقِيقِيّ عِنْدَمَا نَسْتَمِع بِفَعَّالِيَّة نسعي لِفَهِم بَعْضنَا الْبَعْض كَمَا يُقَال فِي أَحَد الْاِقْتِبَاسَات فِي عَالَم يُمْكِنكَ أَنَّ تَكُوُّن فِيهُ أَيّ شَيْء كَنّ شَخْصا يَسْتَمِع.

ECHOES OF A QUIET LIFE
اصداء حياة هادئة

Sometimes, I find myself overwhelmed by my personal challenges, and in those moments, I feel the urge to yell out and cry to Allah (SWT) to pour my heart out and complain to Him. Tears flow freely from my eyes as the weight of my emotions presses down on me. My heart aches, and I begin to question my choices, wondering where I went wrong or why things have turned out the way they have. But then, in a moment of clarity, I snap back into reality. I remind myself of the countless others around the world who are suffering far more than I can imagine those whose pain is unrelenting and whose hardships seem never-ending. I think of the people of Palestine, where babies, children, mothers, fathers, brothers, and sisters are losing their loved ones in the ongoing violence and genocide. Despite the unimaginable loss, the grief, and the daily trials they face, they still find the strength to say Alhamdulillah praising the Exalted One with unwavering faith.

احيانا أَجِد نَفْسي غَارِقا فِي تَحَدِّيَاتِي الشَّخْصِيَّة ؛ وَفِي تِلْكَ اللَّحْظَات أَشْعَر بِرَغْبَة مِلْحَة فِي الصُّرَاخ وَالْبُكَاء إِلَى الله ﷻ لِأَفْرَغ قَلْبِيٌّ وَأَشْكُو اِلَيْهُ تَدَفَّق دُموعِيٌّ بَحْرِيَّة مِنْ عَيْنيا ؛ بَيْنَمَا يَضْغَط عَلِيّ ثِقْل مَشَاعِرِي ؛ يُؤْلِمنِي قَلْبِيٌّ وَأَبْدَأ فِي التَّسَاؤُل عَنّ اِخْتِيَارَاتِي متسائلا أَيْنَ أَخْطَأَت أَوْ لِمَاذَا سَارَت الْأُمُور عَلِي هَذَا النَّحْو ؟. لَكِنَّ فِي لَحْظَة مِنَ الْوُضُوح أَعُود إِلَى الْوَاقِع أَذَكر نَفْسي بِان الْعَدِيد مِنَ النَّاس حَوْلَ الْعَالَم يُعَانُون أَكْثَر مِمَّا يُمْكِنِنِي تَصَوُّرهُ ؛ أُولَئِكَ الَّذِينَ لَا يَرْحَمهُمْ الْأَلَم ؛ وَتَبْدُو مُعَانَاتُهُمْ لَا تَنْتَهِي . أَفِكر فِي شَعْب فِلَسْطِين حَيْثُ يَفْقِد الرُّضَّع وَالْأَطْفَال وَالْأُمَّهَات وَالْآبَاء وَالْإِخْوَة وَالْأُخُوَّات أَحِبَّائهمْ فِي الْعُنْف ؛ والابادة الْجَمَاعِيَّة الْمُسْتَمِرَّة . عَلَى الرَّغْم مِنَ الْخَسَارَة وَالْحَزن وَالتَّجَارِب الْيَوْمِيَّة الَّتِي يُوَاجِهُونهَا إِلَّا أَنَّهُمْ لَا يُزَالُون يَجِدُون الْقُوَّة لِيَقُولُوا الْحَمْد لله يُسَبِّحُون الرَّبّ بِإِيمَان رَاسِخ.

ECHOES OF A QUIET LIFE
اصداء حياة هادئة

Just like food nourishes and sustains the body, words – spoken, written, or even unspoken can uplift, heal, inspire, or sometimes wound the soul. The right words at the right time can feel like a warm meal after a long fast.

What we live on is what nourishes the soul,
just as food nourishes the body. If we constantly feed ourselves with negativity – whether it's through the music we listen to, the conversations we engage in, or the media we consume – it's like feeding our soul junk food. Just as poor nutrition weakens the body, toxic input can weaken the spirit.

But when we feed ourselves with words of truth, beauty, wisdom, and love, we strengthen our inner life.

تَمَاما كَمَا يُغَذِّي الطَّعَام الْجِسْم وَيُحَافِظ عَلَيْهُ ؛ يُمْكِن لِلْكَلِمَات الْمَنْطُوقَة او الْمَكْتُوبَة أَوْ حَتَّى غَيْر المَنْطُوقَة أَنَّ تَسْمُو بِالرُّوْح ؛ تَشْفِيهَا وتُلْهِمهَا أَوْ أحيانًا تَجْرَحهَا. ان الْكَلِمَات الصَّحِيحَة فِي الْوَقْت الْمُنَاسِب يُمْكِن أَنْ تَشْعُرنَا كَمَا لَوْ أَنَّنَا تَنَاوَلنَا وَجْبَّة دافئة بَعْدَ صِيَام طَوِيل. مَا نُعَيِّش عَلَّيْهُ هُوَ مَا يُغَذِّي الرُّوْح ؛ تَمَاما كَمَا يُغَذِّي الطَّعَام الْجَسَد ؛ إِذَا كُنَّا نُغَذِّي أَنَفْسُنَا بِاسْتِمْرَار بِالطَّاقَة السَّلْبِيَّة سَوَاءً كَانَ ذَلِكَ مِنْ خِلَالَ الْمُوسِيقَى الَّتِي نَسْتَمِع إِلَيْهَا أَوْ الْمُحَادَثَات الَّتِي نَخُوضهَا أَوْ وَسَائِل الْإِعْلَام الَّتِي نَسْتَهْلِكهَا ؛ فَكَأَنَّنَا تُغَذِّي أَرْوَاحنَا طَعَامًا غَيْر صِحِّيٍّ ؛ وَكَمَا أَنَّ سُوء التَّغَذِّيَة يُضْعِف الْجَسَد فَإِنَّ الْمُحْتَوَى السَّامّ يُضْعِف الرُّوْح .

وَلَكِنَّ عِنْدَمَا نُغَذِّي أَنَفْسُنَا بِكَلِمَات الْحَقِيقَة وَالْجَمَال وَالْحُكْمَة وَالْمَحَبَّة فَإِنَّنَا نُقْوِي حَيَاتنَا الدَّاخِلِيَّة.

ECHOES OF A QUIET LIFE
اصداء حياة هادئة

Instead of focusing on what you lack, shift your attention to the many blessings you already have. A heart filled with gratitude sees beyond hardship and recognizes the endless favors of Allah (SWT). Complaining blinds, us, but gratitude opens the door to contentment and spiritual growth. Even a single blessing such as the ability to speak, see, walk, or have a roof over your head is far greater than we often realize. In the Qur'an, Allah (SWT) uses the singular form ni'mah "blessing" to show that just one of His favors is so vast, we could never fully comprehend or repay it. Allah (SWT) promises that if we are grateful, He will increase us in His blessings. Gratitude is not just a feeling it's an act of worship and a way to draw closer to our Creator. May we be among those who constantly reflect, give thanks, and never take His mercy for granted.

بَدَلًا مِنَ التَّرْكِيز عَلَى مَا يَنْقُصكَ ، حَوِّلْ اِنْتِبَاهكَ إِلَى النِّعَم الْعَدِيدَة الَّتِي أَنْعُم الله ﷻ بِهَا عَلَيْكَ فَالْقَلْب الْمُمْتَلِئ بِالشُّكْر يَرَى مَا وَرَاء الْمَشَقَّة

وَيُدْرِك نِعَم الله ﷻ اللَّامُتَنَاهِيَةَ . ان التَّذَمُّر يُعْمِي الْقَلْب أَمَّا الشُّكْر فَيَفْتَح بَاب الرِّضَا وَالنُّمُوّ الرُّوحِيّ ، فَان مُجَرَّد نَعَمَة وَاحِدَة كَالْقُدْرَة عَلَى الْكَلَام أَوْ الْبَصَر أَوْ الْمَشْي أَوْ وُجُود مَأْوَى لِحِمَايَتكَ هِي أَعْظَم بِكَثِير مِمَّا نُدْرِك ، وَفِي الْقُرْآن الْكَرِيم يَسْتَخْدِم الله ﷻ صِيغَة الْمُفْرَد "نَعَمَة" لِيُظْهَر أَنَّ مُجَرَّد نَعَمَة وَاحِدَة مِنْ نَعَمه لَا يُمْكِننَا إِدْرَاكهَا أَوْ رَدّهَا ، وَقَدْ وَعُد الله ﷻ لَئِنْ شَكَرْتُم لَأَزِيدَنّكُمْ ، فَالشُّكْر لَيْسَ مُجَرَّد شُعُور بَلْ عِبَادَة وَطَرِيق لِلتَّقَرُّب إِلَى الله ﷻ .

نَسْأَل الله ﷻ أَنْ يَجْعَلنَا مِنَ الشَّاكِرِينَ الذَّاكِرِينَ الَّذِينَ لَا يُغْفِلُون عَنْ رَحْمَته أَبَدًا.

ECHOES OF A QUIET LIFE
اصداء حياة هادئة

One of the best things you can do in this life is to bring joy to someone's heart. The Prophet Muhammad (SAS) said that bringing happiness to a fellow believer is among the most beloved deeds to Allah (SWT) . Spreading joy uplifts others, inspires hope, and strengthens bonds between hearts. A kind word, a sincere smile, a thoughtful gesture these may seem small, but they can have a powerful impact on someone's day, or even their life.
Let your actions and your words be a source of comfort, light, and positivity for others. In a world full of noise and hardship, be the reason someone remembers the beauty of kindness. When you bring happiness to others, Allah (SWT) places peace and contentment in your own heart.

مِنْ أَعْظَم مَا يَمّكُنَّ أَنْ تَفْعَلهُ فِي هَذِهِ الْحَيَاة هُوَ إِدْخَال السُّرُورعَلَى قَلْب إِنْسَان برئ . فَقَدْ قَال النَّبِيّ مُحَمَّد ﷺ إِنَّ مِنْ أَحَبّ الْأَعْمَال إِلَى الله ﷻ سُرُور تَدَخُّله عَلَى قَلْب مُسْلِم . ان نَشَر الْفَرَح يَرْفَع مِنْ مَعْنَوِيَّات الْآخِرَيْن وَيَبْعَث الْأَمَل وَيُقْوِي الرَّوَابِط بَيْنَ الْقَلُوب مثل الكَلِمَة الطَّيِّبَة وَالِابْتِسَامَة الصَّادِقَة واللَّفْتَة اللَّطِيفَة والتي قَدْ تَبْدُو بَسيطَة لَكِنَّهَا تَحَمُّل أَثَرًا عَمِيقًا فِي يَوْم انسان ما بَلْ وَرُبَّمَا فِي حَيَاته كُلَّهَا ، اِجْعَل أَفْعَالك وَكَلِمَاتك مَصْدَر رَاحَة وَنُور وَسَعَادَة لِلْآخِرَيْن ، فَفِي عَالَم مَلِيء بِالضُّغُوط والهموم كُنّ أَنْتَ السَّبَب الَّذِي يَذْكُر النَّاس بِجَمَال اللُّطْف وَالرَّحْمَة ، فعِنْدَمَا تُدْخِل السُّرُورعَلَى قُلُوب النَّاس يَمْلَأ الله ﷻ قَلْبك بِالطُّمَأْنِينَة وَالسَّكِينَة . نَسْأَل الله ﷻ أَنْ يَجْعَلنَا مِنَ الَّذِينَ يُخَفِّفُون الْأَحْمَال وَيَرْفَعُون الْمَعْنَوِيَّات وَيَنْشُرُون الْفَرَح أَيْنَمَا حَلُّوا.

True worth comes from within. Coal and diamonds share the same origin both are carbon. What makes a diamond shine is the pressure and time it's endured. Likewise, your value isn't defined by appearances or beginnings, but by your strength, growth, and character. Allah (SWT) looks at what lies in the heart, not what's on the outside.

ان الْقِيمَة الْحَقِيقِيَّة تَنْبُع مِنَ الدَّاخِل . فَالْفَحْم وَالْمَاسّ مِنَ الْأَصْل نَفْسُهُ فَكِلَاهُمَا مِنَ الْكَرْبُون لَكِنَّ مَا يَجْعَل الْمَاسّ يَتَأَلَّق ويضيء هُوَ قُدْرَتهُ عِلِّيُّ تَحَمُّل الضَّغْط الْمُحِيط لِوَقْت طَوِيل وَكَذَلِكَ قِيمَتكَ فَهِي لَا تُحَدِّد بالمظهر أوبالبدايات بَلْ بِقُوَّة شَخْصِيَّتكَ وَنُمُوّكَ وَثُبَّاتكَ .

To receive Aallah's (SWT) divine mercy, be merciful and kind to others. How can you expect His blessing if your behavior is deserving of contempt.

لِتُنَال رَحْمَة الله ﷻ الْإِلَهِيَّة ،كُنّ رَحِيمَا
وَلِطَيْفَا مَعَ الْآخِرِيْنِ فَكَيْفَ
تَتَوَقَّع الْحُصُولُ عُلِي بَرَكَاتهُ ﷻ إذاً كَانَ سُلُوكَ غَيْر رَحِيم؟!



Imam Safraz Bacchus is a distinguished faith leader who has been serving his community in New York City for over thirteen years. He is currently the Imam and scholar in residence at Masjid al-Abidin in Queens. NY. Imam Bacchus' dedicated service and his chaplaincy engagements with New York's diverse faith leaders, two prominent hospitals, law enforcement and elected officials has earned him accolades and praise.

Imam Bacchus serves on the advisory council of the 106 Precinct and is a community partner with the NYPD. He completed the citizen police academy program and is currently serving as a member of the clergy advisory council of the Queen's District Attorney, Melinda Kataz. Born in Guyana, Imam Bacchus took an early interest in the study of Islamic law and theology. In 1993 he was granted a full scholarship by the Government of Egypt in collaboration with the Government of Guyana to study Islamic jurisprudence, Arabic and Theology at the prestigious Al-Azhar University in Cairo. Upon the completion of his studies in 2004, Imam Bacchus returned to Guyana and joined the Central Islamic Organization of Guyana (CIOG). Under the auspices of the CIOG he was assigned the role of a religious educator. He played a leading role on a committee working to eradicate poverty and another that was tasked with coordinating an orphan care program. Before migrating to the United States in 2013, Imam Bacchus became a household name after serving as the host of a weekly television program that tackled a range of subjects of vital importance to the citizens of Guyana. In 2015 Imam Bacchus successfully completed his Master's degree in Islamic Studies at the American Open University in the USA . His final thesis was- Towards a Faith base understanding of environmental Ethics. Upon completing four units of clinical pastoral education with Northwell Health, Imam Bacchus took on the role of Chaplaincy with two healthcare facilities in Queens, New York. During the Covid19 outbreak, Imam Safraz worked tirelessly to provide emotional and spiritual support to the families who lost loved ones to the pandemic. Imam Bacchus continues to coordinate the delivery of aid and relief supplies to Senegal, Gambia and many others West African Countries as well as in his native Guyana. These include school supplies, food hampers and basic amenities to communities in West Africa, and Guyana. Imam Bacchus was the recipient of the life-time achievement award from the Office of the President of the United States in 2002 and his contribution to his community, particularly his efforts to end gun violence through faith, has earned him the recognition of Adrienne Adams, Speaker of the New York City Council.

In February 2024 Imam Safraz was appointed to deliver the innovation for the opening session of the New York State Assembly. and also at the Inauguration of Kathy Hochul, the 57 Governor of New York.