

A person in a white t-shirt and blue jeans is jumping joyfully in the air with their arms raised and mouth open. The background is a bright blue sky with some light clouds at the bottom. The text is overlaid on this image.

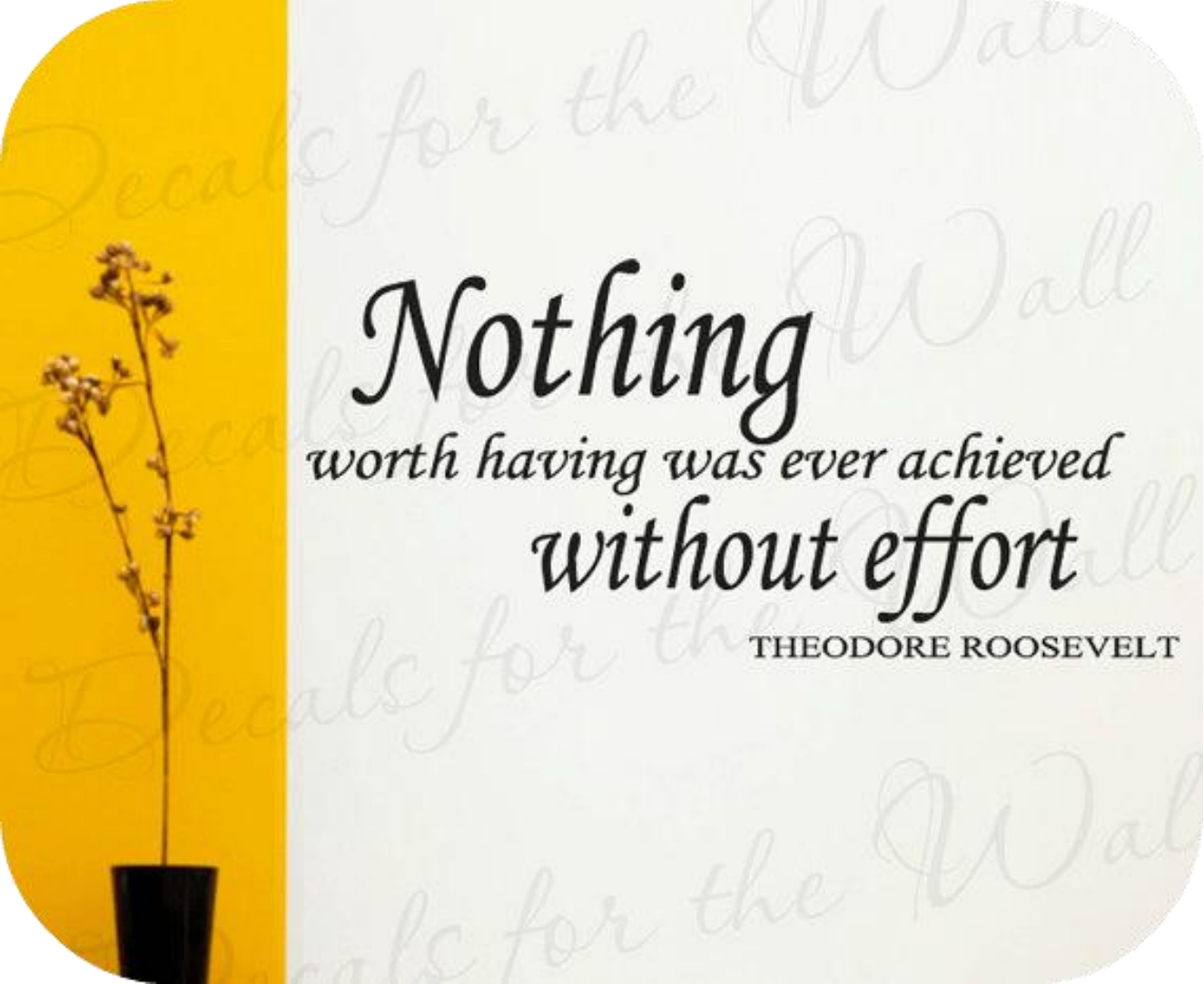
MAKING THE EFFORT – TFCHA APRIL 2020

Reach for the sky

and you'll go high

**In the Bible it says (Romans 14:19):
So then let us pursue what makes for
peace and for mutual up building.**

For the dream comes through much effort and the voice of a fool through many words. (Ecclesiastes 5:3)



Nothing
worth having was ever achieved
without effort
THEODORE ROOSEVELT

Think about things that you have put a lot of effort in to this year. It could be in school or out of school.

Think about:

- Subjects you are good at
- Things you do at home
- Things you do in the community
- Teams/clubs
- Things you are involved in at school

MAKING THE EFFORT IN THESE DIFFICULT TIMES

Think about all the different people that are making an effort to keep things going during this very difficult time. The Coronavirus means that many people in our communities are having to make an enormous effort to help people.

Here is part of an interview with Dr Lauren Jones who works in a hospital in Birmingham

How has the Coronavirus outbreak directly affected your job?

We have had to become adaptable in our roles, more focused and united as a team to support one another in the common goal of caring for our patients and fighting the C

If you could give the UK general public one piece of advice right now what would it be?

I strongly advise the public to follow the national guidance provided by Public Health England and the Government. Stay at home to help slow the spread of the virus, practice good hand hygiene and don't allow anxiety to overwhelm you at this uncertain time. For those going shopping or going to work, it is very important to follow social distancing i.e. keeping more than 2 metres apart. We can beat this together.



Making the effort: Ramadhan (starts 23 April)

HOW DO YOU RECHARGE:

- YOUR MIND?
- YOUR BODY?
- YOUR PHONE?
- YOUR HOME?

- YOUR SOUL?



THE FIVE PILLARS OF ISLAM

These are the duties of Islam, the religion of Muslims.

لَا إِلَهَ إِلَّا اللَّهُ
مُحَمَّدٌ رَسُولُهُ

Shahadah
(Faith)

الصَّلَاةُ

Salah
(Prayer)

الصَّوْمُ

Sawm
(Fasting)

الزَّكَاةُ

Zakat
(Alms)

الْحَجُّ

Hajj
(Pilgrimage)

KALIMAH SHAHADAH
(the word of Testimony)

لَا إِلَهَ إِلَّا اللَّهُ
مُحَمَّدٌ رَسُولُهُ
I bear testimony that there is no deity but Allah, and I testify that Muhammad is His servant and Messenger of Allah.

The First Pillar of Islam is TESTIMONY.

1. FAJR
2. ZUHR
3. ASAR
4. MAGHRIB
5. ISHA



The Second Pillar of Islam is PRAYER.



The Fourth Pillar of Islam is FASTING.

Fasting is one of the pillars of Islam meaning it is an integral part of a Muslim's identity and faith.

If something is part of the 5 pillars, it means that this action brings some sort of benefit and purpose which is essential to Islamic teachings.

The Third Pillar of Islam is ZAKAT.

The Fifth Pillar of Islam is HAJJ.

So what is fasting and what benefit does it bring?

- Fasting is practised by most major religions in some form including Hinduism, Christianity and Judaism.
- In Islam, it comprises of no food or drink between the hours of dawn and sunset.
- So fasting in Ramadhan is not just about staying hungry, but it is also about realising the bad habits we have: lying, swearing, arguing, backbiting- and putting an end to those to!

IT'S ABOUT BECOMING THE BEST VERSION OF YOURSELF FOR THE NEXT YEAR AHEAD!



What are the benefits and purpose of this month?

- It is also a time for self reflection- the practise of having to stop eating and drinking on a regular basis all day, automatically encourages the mind to be more reflective on everything it wants to do.
- Muslims are encouraged to spend as much time as they can reconnecting with their faith by reading the Quran, engaging in prayer, visiting the mosque and spending valuable time with loved ones.
- It is also an opportunity to think of the less fortunate: Muslims will stay hungry for many hours but most of us have the fortune of being able to look forward to a hot meal at the end of the day, and even choose what we'd like to eat!
- Many people around the world do not have this luxury, so fasting puts this into perspective. Muslims donate to the poor very generously in this month.

Yes that is A LOT of money!
According to the [Huffington Post](#), in 2017, an estimated £100 million was raised by British Muslims in Ramadhan alone! Selflessness and generosity are greatly encouraged.

An estimated
£100 million*
is about to be donated

The generosity of Britain's Muslims peaks in Ramadan. At NZF, we promote the local payment of Zakat so that we can make a difference with it right here in the UK.

So if you're a Muslim, **give your Zakat locally** and if you're not, do us a favour and let a Muslim friend know about NZF.

Zakat is a core obligation that requires Muslims to make an annual payment equal to 2.5% of their qualifying assets for poverty alleviation, economic empowerment and community development.
*Based on research by Muslim Charities Forum in relation to Ramadan 2016. This year, Ramadan begins on 5th May.

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**National Zakat
Foundation**



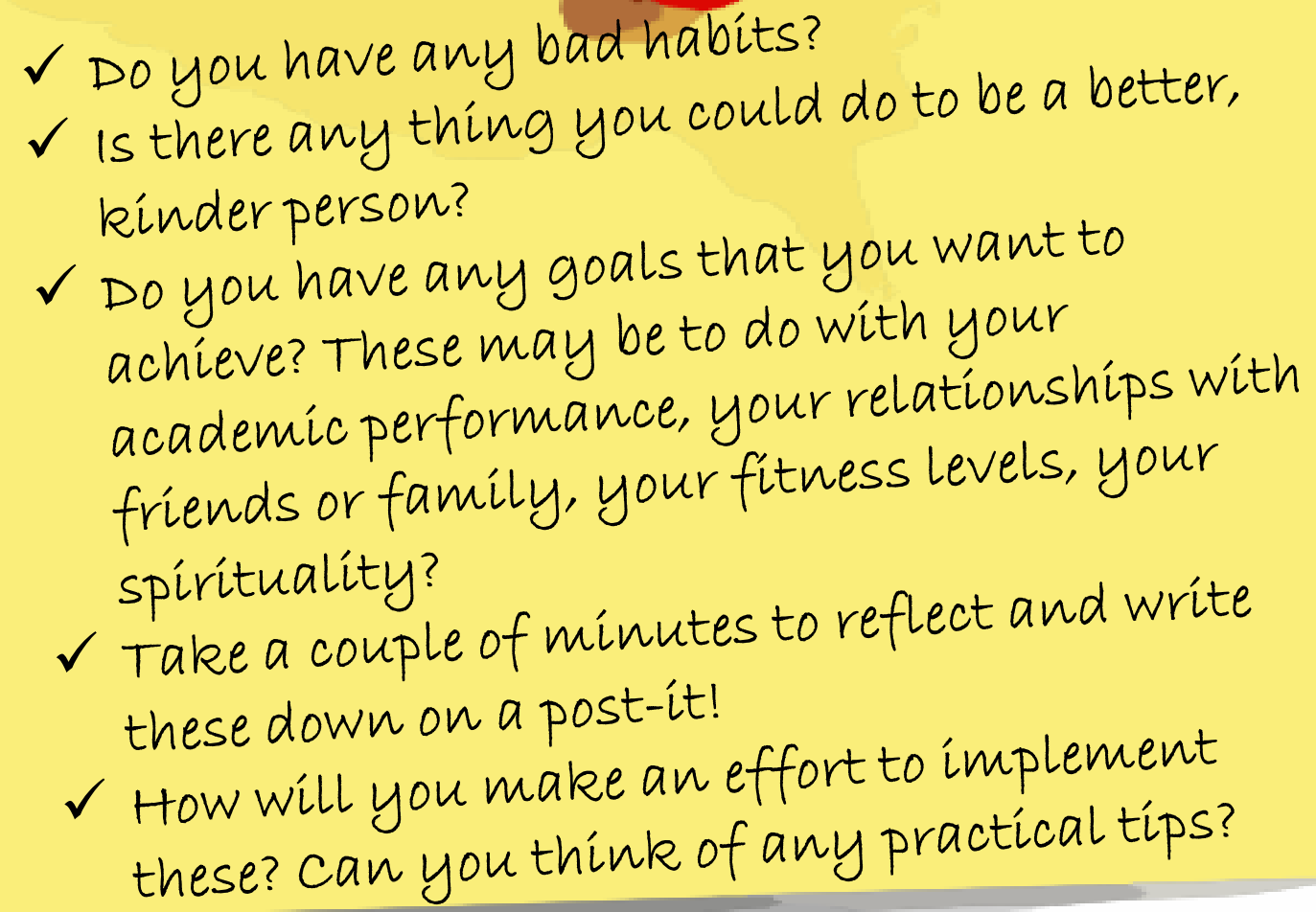


So in other words...

Ramadhan is about becoming the best version of yourself! Putting in the effort to make a sacrifice and help others

Image: An open community Iftar in Minnesota, USA.

Think about it: how can I be the best version of myself?

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- ✓ Do you have any bad habits?
 - ✓ Is there any thing you could do to be a better, kinder person?
 - ✓ Do you have any goals that you want to achieve? These may be to do with your academic performance, your relationships with friends or family, your fitness levels, your spirituality?
 - ✓ Take a couple of minutes to reflect and write these down on a post-it!
 - ✓ How will you make an effort to implement these? Can you think of any practical tips?

Video Links

- Questions that Muslims get asked during Ramadhan:

<https://www.youtube.com/watch?v=fF2g22wwh8I> (start at 1:43)

- What Ramadhan means to Muslims:

<https://www.youtube.com/watch?v=w8PPo-SyThU&list=PLvWODEkOt4bISRY-wkWw7fNWXYkhFW2Di&index=49&t=0s>

A prayer for reflection

Like everyone else, Lord, I want to succeed in my life and in my relationships.

Balance is something I am always seeking so I can be successful in every area. Help me not to put work, hobbies, or other activities ahead of my family, or my relationships,

but to keep them in the centre as the hub of my life.

Teach me to have the right priorities and to make the effort to keep them in the right place.

Amen