



## Dar-us-Sunnah (DUS) Masjid and Community Center Newsletter

### YEAR IN REVIEW — *Notable events in 2015*

By the grace of God, the year of 2015 has finally wound down, and we can look back at Dar-us-Sunnah's progress both as a place of prayer and a community center. Most evident is the beginning of the Phase II of construction—we are well on our way to finishing the building, although much still needs to be done. The addition of a dome highlighted the transformation of a once lifeless concrete frame into a Masjid. Alhamdulillah, we were



even able to pray in the unfinished upper floor on Laylat-ul-Qadr and Eid al-Fitr, with the consent of city authorities. It only reinforced our desire to see the Masjid completed.

Dar-us-Sunnah held its Annual Fundraising Dinner on April 9th at the Holiday Inn in Skokie. Congregants were able to pray in the upper hall on the 27th night of Ramadan (right), and also on Eid al-Fitr.



The Annual Cookout and Humanitarian Day on August 9 was a huge success. Members of the Dar-us-Sunnah community as well as the Greater Evanston community came together at Twigg's Park to enjoy good food and each others' company.



Dar-us-Sunnah held its traditional Annual Sirat-un-Nabi on the 31st of October. Alhamdulillah, this year was great in terms of youth involvement and participation, and an all-around success. Shown is Imam Farid Fahmi delivering the keynote address.



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**ANNUAL FUNDRAISING DINNER: Saturday, April 9, 2016**

**ANNUAL PICNIC AND HUMANITARIAN DAY: Sunday, July 31, 2016**

Remembering Abba: Momena Shireen Ahmed

A Profile of Shaheed Muhammad Nazmul Haque, a martyr in the 1971 Liberation War of Bangladesh

Shaheed Md. Nazmul Haque embraced martyrdom at an



early period of the Bangladesh Liberation War, at the hands of Pakistan Army. He was then working as the Deputy Director of the Anti-Corruption Bureau in Chittagong. Shaheed Haque was born on 1st February, 1924, to an aristocratic Muslim family of the Naogaon district.

His father Mr. Azimuddin Ahmed was the first Muslim lawyer of Rajshahi Division and was also the Founder of Rajshahi Bar Council. Shaheed Nazmul Haque received his early education at Naogaon KD High School and later at Rajshahi College, and graduated with a Bachelor and Master of Arts in English from Calcutta University. He also received his Bachelor of Law degree from Rajshahi University.

Shaheed Haque Joined the Police Service as a sub-divisional police officer (SDPO) after completion of his training at Police Academy, Sardah-Rajshahi. He had a distinguished police career spanning over a period of two decades with unblemished service records of honesty and integrity, for which he was conferred the prestigious Pakistan Police Medal (PPM) in 1967. He also earned laurels for conducting enquiry into the sensation-



Receiving an award from President Lyndon B. Johnson in the late 1960's

al "303" case against corrupt government officials during late sixties. He also received advanced training at the International Police Academy

my at Washington DC in 1968. The following year he was deputed to work with the Bureau of Anti-Corruption in Chittagong as its Deputy Director.

As a patriotic Bengali officer, he joined the Liberation struggle of 1971, being imbued by the call of Banga Bondhu Sheikh Mujibur Rahman. He was one of the first few Bengali Police officers who provided powerful primary resistance to the barbaric atrocities of the Pakistani Army. He was always vocal against injustices and inequities perpetuated against the Bengali officials of the Police Department. And during the fiery, tumultuous 1971 March days it was at his house in Chittagong that the patriotic Bengali police officers would frequently converge at night to discuss and chalk out their resistance strategies. This brought upon him the wrath of the Pakistani Army. The first armed encounter of the Bengali Police officers with the Pakistani Army took place on March 26-28, 1971. By March 29. However, the Pakistani Army regained the control of Chittagong city and then planned for lynching the leaders of the revolt. This eventually led to his kidnapping on the fateful afternoon of April 7, and was brutally murdered and buried at an unknown place. Neither his dead body nor his graveyard could ever be traced. Bangladeshis all over the world will always remember with deep respect and gratitude the contributions and sacrifices of this valiant police officer towards our liberation struggle. May Allah rest his soul in eternal peace and bliss!

Shaheed Haque was survived by seven children, who were raised by his late widow, Mrs. Latifa Haque.

The dedication of the Shaheed Nazmul Haque Police Super Barracks in Naogaon recognize the life and legacy of Shaheed Haque.

*This text was composed by the family of Shaheed Haque to be inscribed in stone at the site of the barracks dedicated to him in Naogan. The dedication was covered in the Daily Korotoa and Daily Kalar Kontho on November 17, 2015 in Bangladesh.*

*The text was translated by Nurul Haque Miah (Ex-Chief Planning, Ministry of Agriculture, Government of Bangladesh).*

By Shaykh Abdur Rahman Khan

All praises are for Allah, The Almighty, and may His peace and blessing be upon His true servant and final Messenger Muhammad, on his Companions and his household.

These days Muslims are being tested; from being mocked at, to threats of direct monitoring and expulsion and even vile remarks towards Allah SWT, The Creator and Sustainer of all that exists.

In these tough times it is faith in Allah SWT, Sabr and Tawakkul in Him SWT that would bring about calmness amidst all these fireworks and would provide peace and tranquility to the hearts. Moreover it will provide light in moments of darkness as Rasoolullah SAS said: meaning: *and patience is light*.

Often Sabr is translated as patience or withstanding with patience what has befallen you. One may think that it is a passive state of accepting injustice. But another meaning of Sabr is “التصبر Tasabbur” or perseverance; the ability to continue in spite of difficulties. In other words: Don’t give up!

Both of these are required when going through trials and tribulations and let us be reminded that Allah SWT is with those who persevere:

*And be patient. Indeed, Allah is with the patient. (8:46)*

Allah SWT tests the Believers regardless to time or place. Throughout our lives, from childhood to old age, we go through with trials. Situations constantly change. Whether circumstances change from

- richness to poverty;
- from ease to hardship;
- from joy to sadness;
- from health to sickness;
- from strength to weakness;
- from security to fear; life does not always go on the same path.

He tests Believers whether they are the Prophets or they are just like any of us. He tests us as individuals, as families, as a community as a tribe, as a country and as an Ummah as He SWT says:

*Alif-Lam-Mim. (1) Do people think that they will be left alone because they say: “We believe,” and will not be tested. [29:1-3]*

More importantly, in each of these tests the Believers are measured how truthful they are to their belief. Allah SWT says in the very next verse:

*And We indeed tested those who were before them. And Allah will certainly make (it) known (the truth of) those who are true, and will certainly make (it) known (the falsehood of) those who are liars. [29:3]*

So this is not the time to take off Hijab. This is the time all Muslim sisters must feel honored to wear their Hijab and let America and the world come to know that FEAR WILL NOT WIN OVER FAITH! This is not the time for brothers to shave off their beard but must be proud to be a Muslim.

When the genocide took place in Bosnia two decades ago many Bosnians did not know how to perform Wudhu but when they were massacred just because they had a Muslim name they said: We are proud to be Muslims!

Furthermore, we must never think that one will enter Jannah without being tested.

Allah SWT says:

*Or do you think that you will enter Paradise without such (trials) as came to those who passed away before you? They were afflicted with severe poverty and ailments and were so shaken that even the Messenger and those who believed along with him said, “When (will come) the Help of Allāh?” Yes! Certainly, the Help of Allāh is near! (2:214)*

In Islam, there are **three types** of situations in which we must strive to practice patience. Indeed in these circumstances Sabr becomes Waajib or compulsory. Today all these three types are quite manifest in our lives.

#### **The first is Patience in handling challenges and tests from Allah**

Allah gives the most striking examples of patience in the lives of the Prophets, because they showed patience in situations we could never dream of. Examples are many: The example of Prophet Yusuf (AS) who was thrown in a well by his own brothers; Prophet Yunus (AS) was in the belly of a whale for three days; Prophet Ayoub (AS) (AS) was tested with loss of health, wealth and family and not to mention the tests endured by the “Ulul ‘Azm” the five who are strong-willed and persevering:

- Prophet Noah (AS);
- Prophet Abraham (AS);
- Prophet Moses (AS);
- Prophet Jesus (AS) and
- Prophet Muhammad (SAS).

They never deviated from their devotion to Allah, and remained resolute only for Allah SWT’s Pleasure.

In fact, Allah tests most, those that He loves most. Thus, the Prophets whom He loved the most were tested the most. Rasoolullah SAS said:

*The Prophets, then the righteous then those nearer to perfection. A man will be tested with regards to religion. Hence if he is firm in his religion his test will increase and if he is weak in his religion it is lightened. And a servant will continue to have tests until he walk*

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this earth without any sins.

This type of Patience Rasoolullah (SAS) describes:

*Strange are the ways of a believer for there is good in every affair of his and this is not the case with anyone else except in the case of a believer for if he has an occasion to feel delight, he thanks (Allah SWT), thus there is a good for him in it, and if he gets into trouble and is shown resignation and endures it patiently, there is a good for him in it.*

Today as we are bombarded with bigotry, rejection, hatred and even physical abuse. Yet we must not give up but be steadfast and persevere. This is what causes our Imaan to increase in Allah SWT.

We are reminded what Allah SWT informs about Prophet Musa (AS):

*Moses said to his people, "Seek help through Allah and be patient. Indeed, the earth belongs to Allah. He causes to inherit it whom He wills of His servants. And the [best] outcome is for the righteous." (7:128)*

#### **The second: Patience in obeying Allah's commands**

Throughout our daily lives, especially when performing our Ibaadaat, we are taught to be patient and to be steadfast to Allah's orders.

The obedience of a Muslim towards Allah SWT and his Messenger SAS must be based and backed by a strong character of patience. This is because without patience; it is hard for us to consistently perform all our religious obligations with complete sincerity and devotion.

With regards to exercising patience Allah SWT says:

*"And be patient to Allah's commandments, for you are under our observance, and glorify the Praises of your Lord when you get up from sleep." [52:48]*

Thus our Salaah; our Zakaah; Zhikr of Allah SWT; Fasting, Hijaab are not always easy and convenient. They require us to have patience in fulfilling them.

Sometimes they become a test for us yet we have to try our best to fulfill them for none but Allah SWT.

Unfortunately there are those who reject Allah SWT spend their wealth to prevent those who believe from worshipping Allah SWT. But patience and perseverance is required to withstand such onslaughts. Allah SWT says

*Indeed, those who disbelieve spend their wealth to avert [people] from the way of Allah. So they will spend it; then it will be for them [source of] regret; then they will be overcome. And those who have disbelieved – unto Hell they will be gathered. (8:36)*

#### **The third: Patience in refraining from Allah SWT's prohibition**

This situation is one in which we can all relate to, and think of our own examples. When we come across situations in which we know we are doing something Haraam, sometimes we still continue doing the Haraam

thing for whatever reason.

We should remember also that, Allah is the All Seeing, All Knowing. We are also reminded of His promises if we exercise patience in refraining from His prohibitions.

#### **What are the benefits of adopting Patience in our character?**

- Patience results in Allah's Mercy and Guidance.

Allah Says in the Qur'an:

*They are those on whom are the Salawât (i.e. blessings) from their Lord, and (they are those who) receive His Mercy, and it is they who are the guided-ones.*

- Allah Also Says:

*Except for those who are steadfast and do right actions. They will receive forgiveness and a large reward. (Surah Hud, 11)*

- Patience leads to Intelligence in thought and action. One of the major factors preventing people from acting intelligently is their impulsive thinking and behavior brought about by impatience. Sudden anger or desire shuts down the mind and pushes people to act without thinking.

For this reason Rasoolullah SAS when asked for advice by one of his Companions he replied: Don't get angry. And he kept on asking for more advice and each time Rasoolullah SAS responded: Don't get angry.

- Every single time we practice patience Allah removes our sins from us even if it is something physical. The Prophet said:

*"No fatigue, nor disease, nor sorrow, nor sadness, nor hurt, nor distress befalls a Muslim, even if it were the prick he receives from a thorn, but that Allah expiates some of his sins for that."*

- Allah SWT grants true leadership with Sabr. He SWT says:

*And We made from among them leaders guiding by Our command when they were patient and [when] they were certain of Our signs. (32:24)*

- Most importantly the reward of Sabr will be in the highest plains of Jannah. May Allah SWT make us amongst them. He SWT tells us:

*And those who have believed and done righteous deeds – We will surely assign to them of Paradise [elevated] chambers beneath which rivers flow, wherein they abide eternally. Excellent is the reward of the [righteous] workers (58) Who have been patient and upon their Lord rely. (59))*

#### **What are the methods for acquiring patience?**

The biggest question we ask in these trialing times how can we increase in our Sabr. Here I would suggest just a few:

##### **1. Zhikr of Allah SWT**

These days we should be engaged in Zhikr of Al-

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lah. **Our morning and evening Zhikr** (The Ma'thuraat) should be recited for ease and protection. Allah the Almighty Says in the Qur'an: *Verily in the remembrance of Allah do hearts find rest!* (13: 28 )

While others defend our rights and we feel good about it, it is the help from Allah SWT that brings about the greatest of joy. Allah SWT tells the Believers in Badr: *Allah made it not but as a message of good news for you and as an assurance to your hearts. And there is no victory except from Allah, the All-Mighty, the All-Wise.* (3:126)

## 2. Qadr of Allah SWT

We must also keep in mind that everything comes from Allah SWT. This is the Imaan in Qadr. If we are firm in our belief that only Allah possesses knowledge of the past, present, and future, we will be able to put our trust in him, fully aware that He does as He pleases, and whatever He wills to be done, can never be undone. We must believe that Allah SWT is in control of everything.

*Unquestionably, His is the creation and the command; blessed is Allah, Lord of the worlds.* (7:54)

## 3. From the Sunnah of Rasoolullah SAS

In all what we are going through we must not give up. Today we witness Islamophobia from the media, politicians and some members of the public. Many of our fellow citizens escaped bigotry; racism; and injustice in their home countries and came to these shores with the hope of living in freedom to serve their Creator and freedom to serve humanity; freedom to think; freedom to live.

Unfortunately, recently especially in the presidential debates Islamophobic remarks have intensified, notwithstanding the fact that Muslims were here in America long before Christopher Columbus saw these shores. But we must gain strength from the life and example of Rasoolullah SAS. It is his example that will lead us out of the darkness that is thrust upon us.

During the Makkan period from the time Rasoolullah SAS declared his Prophethood until he was expelled, he endured from Quraish of Makkah what we cannot dream of enduring. Just to mention some:

- Mockery
- Rejection
- Threats
- Make appeal to the highest authority for him to stop this mission
- Pressured his close family members to force him to stop preaching
- Option to be exchanged for Umaarah bin Waleed

bin Al Mugheerah. In other words Abu Talib would hand over Rasoolullah SAS to Quraish and they give him Umaarah and they could do as they wished...

- Verbal abuse
  - Make noise while The Qur'an was recited
  - Media attack (Abu Jahl and Abu Lahab)
  - False accusations
  - Lies
  - Quraish sent for help from People of The Book to hurl Rasoolullah SAS with questions hoping he would stumble
  - Physical abuse (camel entrails was thrown on him and choking him)
  - Tortured those who follow him (the case of Bilaal – RA)
  - Complete boycott of his entire tribe
  - Killed the weak among his followers (Sumayyah (RA) and her husband Yasir (RA))
  - Pelted and expelled (Taif)
  - Accusation of being a sorcerer, possessed, a poet, liar, a madman
  - Being rejected by his own tribe... meaning he now has no protection
  - Psychological torture
  - Assassination attempt
  - Confiscation of property
  - Expulsion
  - Then after expulsion 27 Ghazawaat including Ahzaab where all the tribes united to eliminate them. They plotted and plotted and Allah SWT plots and He SWT is the best of plotters!
- Rasoolullah SAS endured all with patience and Tawakkul in Allah SWT and never gave up. In fact, every time they did any of the above to him, he and his Companions became stronger. Indeed, many who did some of the torture to the Muslims themselves became upright Muslims and defended Islam. One only need to look at the example of Abu Sufyan who was the leader of the disbelievers. In the end he accepted Islam and from his generation came the Umayyad Dynasty. With the perseverance and endurance of Rasoolullah SAS today the world is filled with 1.8 billion Muslims in every nook and corner. Rasoolullah SAS predicted: *"This message will reach to wherever the night and day have reached. Allah shall not leave any home built by clay or stones or by animal skin (tent) except Allah will make this religion to enter it, to give honor to those who are honorable and to disgrace those who are disgraceful. The honor Allah shall give to Islam and dishonor*

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*By Dr. Momena S. Ahmed*

In the summer of 2006, Chicago alderman Edward Burke proposed a ban on trans fats in Chicago restaurants. Alderman Burke has served on the Chicago City Council since 1969. His concern was the increase of heart disease, diabetes and obesity. Even children were becoming victims of these deadly diseases. As a public health professional I support this legislation because it can save people's life and health, while at the same time saving billions of dollars in healthcare costs (NY times, 2006).

What are trans fats?

There are two broad type of trans fats that are found in foods. The first one is naturally occurring, which is found in meat and some dairy products such as beef, lamb and butterfat. The other one is the artificial trans fats or trans fatty acid, which are created in an industrial process that adds hydrogen to liquid vegetable oil, to make them more solid (trans fats, UCM 3001120).

Trans fats are easy to use, inexpensive, and have longer shelf lives. It gives the food a desirable taste and texture. So, the primary dietary source of trans fats that are mostly found in "processed food", as "partially hydrogenated oils". The processed food has a longer shelf life. Many other foods such as doughnuts, cakes, pie crusts, biscuits, cookies, crackers, stick margarines etc. are also rich in trans fats.



The use of trans fats is very popular, mostly in restaurants and fast-food outlets to deep fry food

because oil with trans fats can be used many times in commercial fryers. (Trans fats, UMC 3001120)

Before 1990, little was known about the health effects of trans fats. In the 1990s, researches identified the health hazards of trans fats. Trans fats raise the body's bad cholesterol (LDL) level and lower the protective good cholesterol (HDL) level, resulting in increasing the risk of coronary artery disease and stroke. It is also associated in the development of type 2 diabetes. (Trans fats, UMC 3001120)

The American Heart Association recommended that

adults can protect their hearts by lowering their LDL cholesterol by reducing intake of trans and saturated fats (AMA, 2014).

Chicago is one of the highly populated, vibrant cities of the Midwest. Throughout the year, many festivals, conferences and parades take place. Taste of Chicago is one of the largest food festivals in world. People are going to the restaurants after these events. The food is the main attraction. So restaurants' food should be nutritious and healthy.

After the proposal of the ban there were many disagreements among the civilian people and restaurants' owners. Even the higher officials had discrepancies in their opinions. One Chicago pizza company, which uses oil with trans fats in their dough, told that if they substitute that with oil, the price would be higher by almost \$50,000 per year. So Alderman Burke first proposed to have the information of the cooking method in the restaurants. Next he proposed the establishment of a fine of \$200-\$1000 per day if the restaurants failed to remove the trans fats from their kitchen (Chicago city, 2006).

After much criticism, Mr. Burke changed his proposal to ban trans fats from only fast food chains like KFC, Burger King, Mc Donald's, and those that have gross revenue in excess of \$20 millions (Chicago Weights, July2006).

Public Health means health protection and health promotion of the population. This trans fats ban definitely preserves the health of the population. According to nutritionist Bonnie Minsky, the American Academy of Sciences could not measure the level of trans fats that is harmful. He also mentioned that "Alderman Burke's proposal could actually save thousands of lives and billions of dollars with heart disease in the country, because once you get a big city like Chicago to ban something like this, you'll see a lot of other big cities following suit". (Chicago City, Aug 2006).

It is good news that many countries such as Denmark, Canada and certain states in the United States (California and New York) already reduced or restricted the use of trans fats in the food services. After repeated efforts in Illinois, legislation finally passed in April, 2011 that artery clogging trans fats are banned in food

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served in restaurants, movie theaters, cafes and bakeries or sold in school vending machines, starting in 2013. School cafeterias would be affected in 2016 (Illinois, 2011).

In November, 2013, the U.S. Food and Drug Administration (FDA) made their preliminary determination that partially hydrogenated oils are no longer Generally Recognized As Safe (GRAS) in human food (Trans fats, UCM 3001120).

Restaurants are the second kitchen in American life. If food from that kitchen is not healthy that would be very harmful and tragic for the society. Now people are more conscious about their health. Restaurants' owners and other food manufacturers have taken steps to limit or eliminate trans fats from their products.

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Members of our community were also very engaged in the political and social arena, supporting various humanitarian causes through rallies and demonstrations. Shown is a "Black Lives Matter" rally in August (above) and a peace rally in Evanston in

December (below).



#### **December 2015 Mystery Person** - Yusuf Ahmed

When my mother was pregnant with me, she saw light come out of her belly. My father died before my birth. I was born around the year 570. Who Am I?  
(answer next edition)

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*Allah shall give to unbelief. (Musnad Ahmad)*  
What can we do? Action items:

1. Du'a to Allah SWT. Never despair of the mercy of Allah SWT.
  2. Reach out to neighbors and coworkers and invite them over for tea, coffee or lunch.
  3. Students should be brave to form a committee and go to their Principal and discuss ways and means how they can address their fellow students.
  4. Build coalitions with interfaith partners, there are many people out there who are sorry for what is being said and done in their names.
  5. Masaajid should be more engaged in interfaith dialog and open houses.
  6. Write an article to local newspapers
  7. Tweet positive messages and use Facebook to call for peace and understanding.
  8. Order free dawah literature from Whyislam.org and Gainpeace.com
  9. Reach out to ICNA Relief for social work in your community and work together with them to help alleviate poverty, hunger and social ills.
  10. Reach out to ICNA Social Justice for injustices done whether to workers or racial violence
  11. Report all acts of hate crimes to law enforcement immediately.
- Finally, let me end a final thought: It what Rasoolullah SAW said:

*"The example of a Believer is that of a fresh tender plant; from whatever direction the wind comes, it bends it, but when the wind becomes quiet, it becomes straight again. Similarly, a believer is afflicted with calamities (but he remains patient till Allah removes his difficulties.) And an impious wicked person is like a pine tree which keeps hard and straight till Allah cuts it down when He wishes."*

O Allah SWT! Guide our people to the Straight Path and protect us all! Those among us whose Imaan is weak let it be strengthened with these trials. Help us to remain truthful to our faith. Help us to speak truth. And if there is one good that stems from all these trials and tribulations is that the Muslim Ummah become more upright and their faith, Sabr and Tawakkul be increased.

*This article, written by Sheikh Abdur Rahman Khan, was adapted from the Islamic Circle of North America newsletter on December 10, 2015. It was published here with the consent of the author.*

# Dar-us-Sunnah Masjid & Community Center

Date	Program
01/02/2016	Bengali Tafseer
01/16/2016	English Tafseer
02/06/2016	Bengali Program
02/20/2016	English Tafseer
03/05/2016	Bengali Program
03/19/2016	English Program
04/02/2016	Bengali Program
<b>04/09/2016</b>	<b>Annual Fundraising dinner</b>
04/16/2016	English Program
05/07/2016	Bengali Program
05/21/2016	English Program
06/04/2016	Bengali Program
<b>06/06/2016</b>	<b>Ramadan Mubarak – subject to Hilal sighting</b>
<b>07/06/2016</b>	<b>Eid ul Fitr – subject to Hilal sighting</b>
07/16/2016	English Program
<b>07/31/2016</b>	<b>Annual Cook-Out/Picnic and Humanitarian Day</b>
08/06/2016	Bengali Program
08/20/2016	English program
09/10/2016	Bengali Program
<b>09/12/2016</b>	<b>Eid ul Adha – subject to Hilal sighting</b>
09/17/2016	English Program
10/01/2016	Bengali Program
10/15/2016	English program
11/05/2016	Bengali program
11/19/2016	English Program
12/02/2016	Bengali Program
<b>12/09/2016</b>	<b>Annual Sirat-un-Nabi Program</b>
12/16/2016	English Program

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