



# MY BOOK OF QUESTIONS

UNDERSTANDING ISLAM

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Isha'at Department - Lajna Ima'illah UK



## **My Book of Questions**

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# بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## **Foreword**

Alhamdulillah, by the grace of Allah, Lajna Ima'illah UK Isha'at Department has published this book of questions with continued guidance from Sadar Sahiba UK, Dr Fariha Khan Sahiba. This book is aimed at an age group starting from aged 4 up to 7+. The purpose of this book is to provide information and answers to commonly asked questions surrounding religion, home and society.

I would like to thank Aalia Rehman, Atifa Ahmad and Hadiqa Asma for the work and effort they put in. I pray that this book helps everyone to learn and gain an insight on a range of topics, to guide and strengthen their beliefs.

Aameen

Lubna Sohail

Serving as Secretary Isha'at

Lajna Ima'illah United Kingdom

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# RELIGION

## What is Islam?

The word 'Islam' literally means 'Peace and surrender to the will of Allah the Creator'. It was founded by Prophet Muhammad (sa) over 1400 years ago in Arabia.

## What is the Holy Quran?

The Holy Quran is a compilation of the verbal revelations given to the Holy Prophet<sup>sa</sup> over a period of twenty three years.

## What is Sunnah?

Sunnah is the practical example of the Holy Prophet<sup>sa</sup> to demonstrate Quranic principles.

## What is Hadith?

Hadith is an Arabic word (its plural is Ahadith). Hadith means (i) the words actually spoken by the Holy Prophet<sup>sa</sup>, or (ii) words that describe an observed incident related to the Life of the Holy Prophet<sup>sa</sup>.

# RELIGION

**What is the purpose of religion?**

The purpose of religion is to worship which helps to achieve nearness to Allah and lead a peaceful life.

The purpose common to the advent of all the Prophets, on whom be peace, is to establish true and real love of God

**Why do we pray?**

Prayer is the most basic form of communication between human beings and God.

There are five daily Prayers, each of which should be performed at its own appointed time.

# WHAT HAS ALLAH GIVEN ME?

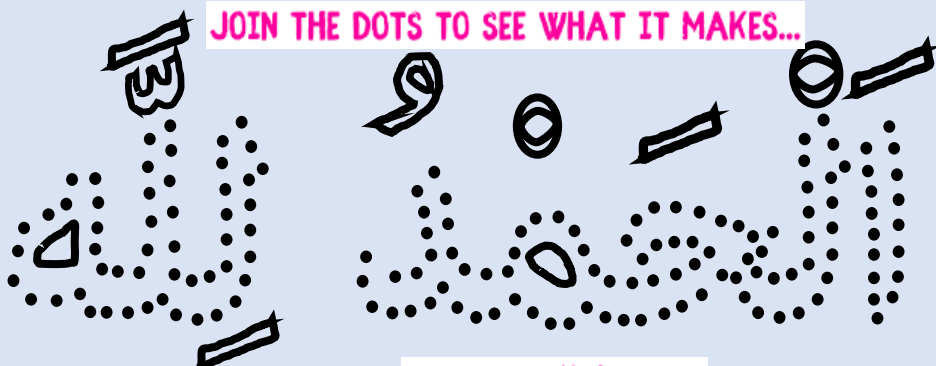
ALHUMDOLILLAH, I HAVE...

Make a list of your blessings

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



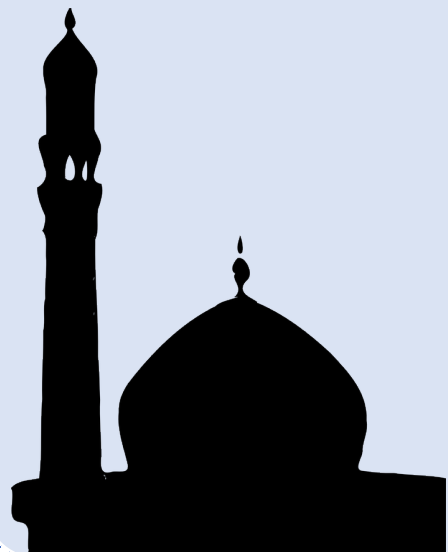
JOIN THE DOTS TO SEE WHAT IT MAKES...



WORDSEARCH - MY BLESSINGS

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

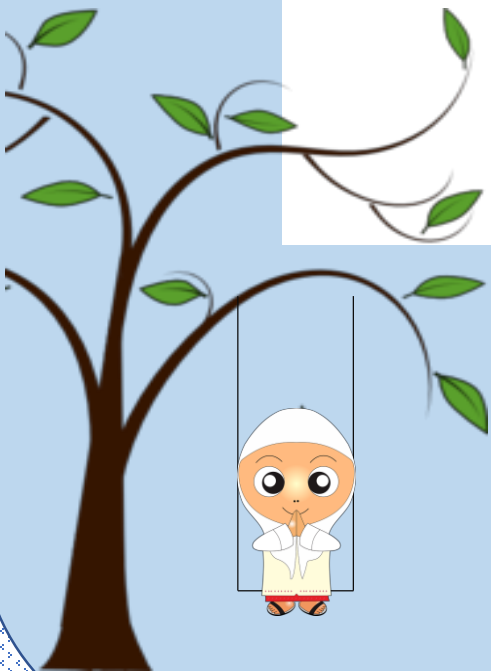
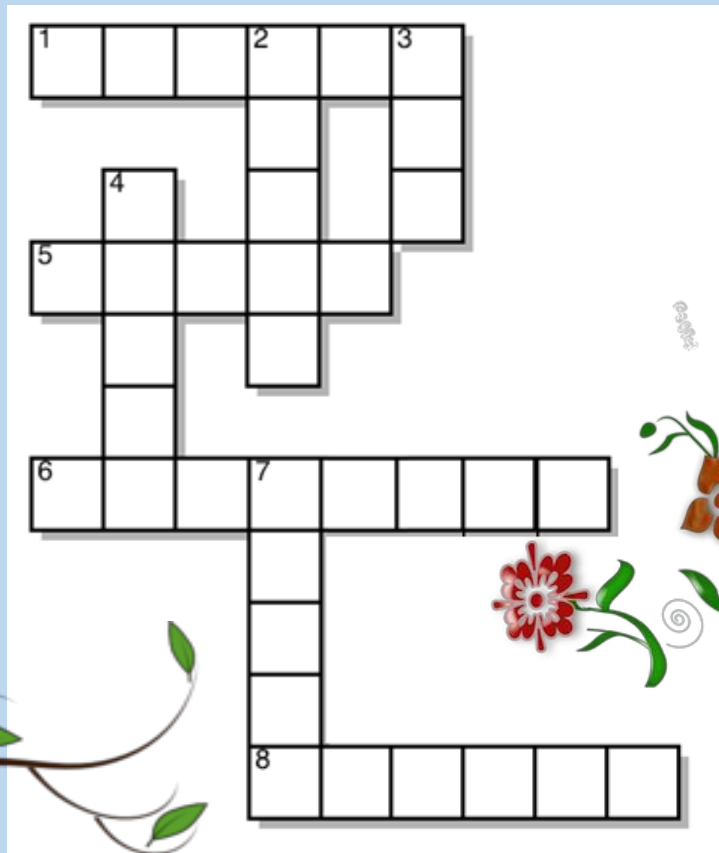
Can you find these words?  
 Family  
 Water  
 Friends  
 Sweets  
 Parents  
 School





# My religion is special because...

ALHUMDOLIALH, BECAUSE OF MY RELIGION I HAVE ALL THESE THINGS...



## ACROSS

1. Where you pray Salat
5. The second Pillar of Islam
6. The Holy month in which Muslims fast
8. Our beloved Leader

## DOWN

2. Our Holy Book
3. Muslim celebration that happens twice a year
4. Our annual convention that lasts for 3 days
7. The Arabic word for God

# ALLAH

الرَّحْمَنُ

الْعَفَّارُ

الْمُهَيِّمِنُ

الله

الْمُذِلُّ

الْعَظِيمُ

Who is Allah?

الْمُقَيَّبُ

The Islamic name of God is 'Allah'. This name, in Arabic, applies only to the One Supreme Being and to no one else.

الرَّقِيبُ

In addition to the proper name 'Allah', Allah has many beautiful names, describing His various attributes.

الْحَكِيمُ

الْمُخْصِي

الصَّمَدُ

# ALLAH

## Why can't I see Allah?

Huzoor<sup>aba</sup> once explained in a Bustane Waqfe Nau class: There are lots of things that we can't see. ... you cannot see the air; you only use it. In the same way, you can't see everything... Allah Almighty is a light- He can be seen everywhere. He made everything, He made the world, He made the earth from this we can see that there is a Creator and Allah Almighty says He cannot be seen but the world, the things He has created, all the things in the world tell you that there is a Creator and the Creator is Allah. Recognise Him by His creation.

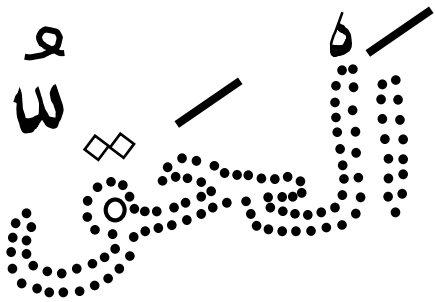


## What is Dua?

Dua is a unique type of communication with Allah.

# Attributes of Allah

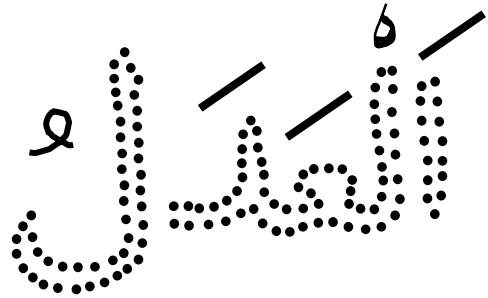
JOIN THE DOTS TO SEE WHAT IT MAKES...



Can you find out what this attribute means?

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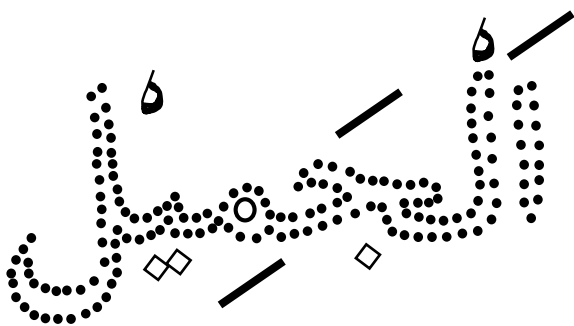
JOIN THE DOTS TO SEE WHAT IT MAKES...



Can you find out what this attribute means?

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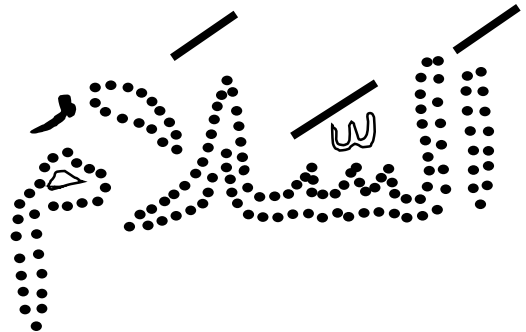
JOIN THE DOTS TO SEE WHAT IT MAKES...



Can you find out what this attribute means?

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JOIN THE DOTS TO SEE WHAT IT MAKES...

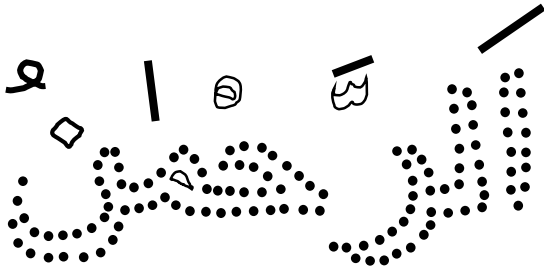


Can you find out what this attribute means?

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# Attributes of Allah

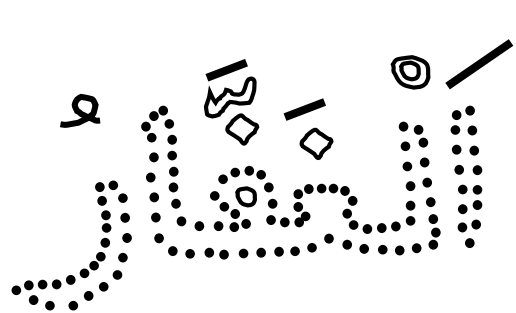
JOIN THE DOTS TO SEE WHAT IT MAKES...



Can you find out what this attribute means?

---

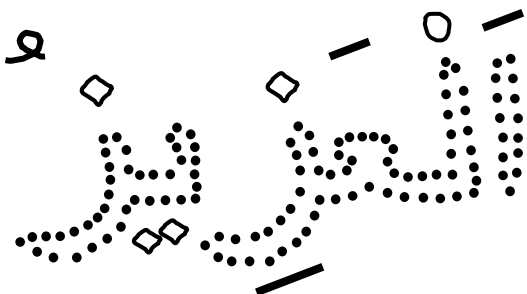
JOIN THE DOTS TO SEE WHAT IT MAKES...



Can you find out what this attribute means?

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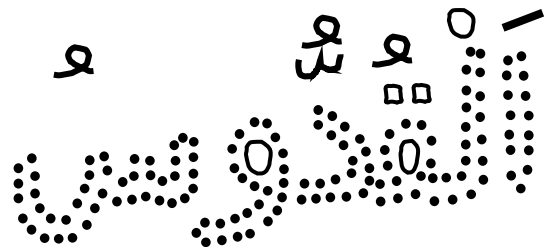
JOIN THE DOTS TO SEE WHAT IT MAKES...



Can you find out what this attribute means?

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JOIN THE DOTS TO SEE WHAT IT MAKES...



Can you find out what this attribute means?

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# QURAN

I finished reading the Holy Quran once, why do I need to read it again?



MashAllah! Congratulations for finishing the Quran. It's a big achievement, specially at your age! The word Qur'an means that which is often read or recited.

But it's important to remember this is the start of a journey. We need to read the Quran daily because it was sent by Allah to the Holy Prophet (sa) to guide you through your life. We should also read the translation for a better understanding. Every time we read it, we will discover something new and the more we read it, the better we'll understand.

For more information: search Children's corner #1 on [alislam.org](http://alislam.org)

# QURAN

**Why is the Quran so important?**

The Holy Quran is the word of God sent to help guide us through our whole life and help us make the best decisions

Even though we can't see Allah we can still talk with Him through prayers. Prophets like the Holy Prophet<sup>sa</sup> had a very deep connection with Allah, and so to help the rest of the Muslims, Allah sent down the Quran to the Holy Prophet<sup>sa</sup>

**How can we communicate with Allah?**

# Quran Quiz

There's a lot of important information in the Holy Quran... see if you can find the answers to these questions



1. Who was the Holy Quran revealed to?

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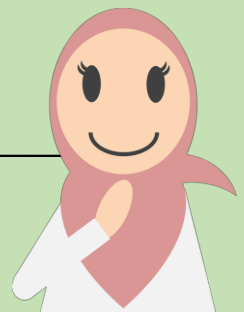
2. How many years did it take for the whole Quran to be revealed?



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3. How many chapters (surah) are in the Quran?

---



4. What year was the first part of the Quran revealed?

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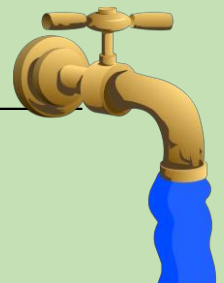
5. Which angel revealed Allah's words in the form of the Holy Quran?

---



6. Before you read the Quran, what should you do?

---





# Quran Quiz

There's a lot of important information in the Holy Quran...  
see if you can find the answers to these questions

7. How many fruits are mentioned in the Quran?



---

8. Which animals are mentioned in the Holy Quran?



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9. What is the name of the first Chapter (Surah) of the Quran?

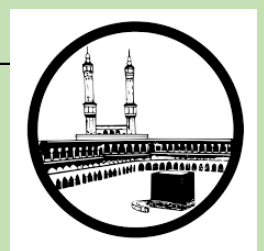
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10. What is the name of the last Chapter (Surah) of the Quran?

---

11. How many parts in the Holy Quran?

---



# PURDAH

When it's hot  
in summer  
can I wear  
shorts?

Huzoor<sup>aba</sup> explained in  
a  
Gulshane Waqfe Nau  
class:

“When you are five or  
six years old, you  
should not wear  
dresses without  
leggings. Your legs  
should be covered. So  
that you gradually  
realise that, your  
clothes should cover  
you. Do not wear  
sleeveless dresses.”

Why do some  
of my Muslim  
friends wear  
a headscarf?

His Holiness<sup>aba</sup> said that  
those who  
observed *Purdah* would  
be greatly rewarded by  
God.

*“Purdah and Hijab  
actually establish the  
true dignity,  
independence and  
freedom of women.  
Hijab does not only give  
women physical  
security but is also a key  
means of giving them  
spiritual security and  
purity of heart.”*

# PURDAH

Why does my mum wear a burqah?

Huzoor<sup>aba</sup> explained at a Jalsa Salana address: “An Ahmadi woman and an Ahmadi girl, who has reached the age of purdah, must always remember that purdah is a part of her faith. This is one of the commandments of the Holy Qur’an. With the grace of Allah, most young Ahmadi women understand this reality.”

At what age should we wear a head scarf?

Huzoor<sup>aba</sup> explained in a Gulshane Waqfe Nau class: “Each girl should consider, if she looks older then she should wear a scarf. If you make a habit of wearing the scarf at a young age, then you will not be self-conscious of it... The true purpose of ‘Purdah’ is modesty. You should be modest... The respect of an Ahmadi girl and woman is in maintaining her modesty. Modesty is the real thing. This modesty should stop others from seeing you in bad way.”

# PURDAH

What does Purdah mean to you?  
You can write or draw a picture

Purdah is important because...

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---

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My Purdah is...

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# PURDAH

## PURDAH WORD SEARCH!

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

Can you find these words...?

Purdah

Clothes

Hair

Fashion

Quran Headscarf

Summer

Muslim

# NAMAZ

## Why do we have to pray so much?

We pray 5 times a day so we can keep talking to Allah. We can ask Him for anything we want, He helps us in everything we do so we have to make sure we keep a strong connection with Him all day, everyday. It is also important to remember that we eat several times a day to keep our body healthy. Similarly, by praying 5 times a day we are able to keep our mind and soul healthy.

## What is Namaz?

Namaz or Salat, are the 5 daily prayers prescribed for all Muslims. It is also the second pillar of Islam, showing how important it is for every Muslim.

## Can we combine prayers?

Salat was given to us as 5 separate daily prayers, so it is important to pray and remember Allah 5 times a day.

However, sometimes it is permissible to pray Zohar and Asr or Maghrib and Isha together. For example, if you are going on a long journey and you will not reach your destination before the next prayer time, it is best to combine prayers.

# NAMAZ

For a detailed answer watch Children's Corner #6 on [alislam.org](http://alislam.org)

**Why do I have to do Wudhu before Salat, if I'm already clean?**

Wudhu is important because it prepares us for Salat. Allah has asked us in the Quran to perform Wudhu before each Namaz so that we are refreshed and clean and can start our prayers with a clear mind. Furthermore, Wudhu is considered to be the preparation step for Salat.

**Can I do Tayamum instead of Wudhu?**

Tayamum is only permitted if there is no clean water available. If you have access to water you should always do Wudhu.

**What can break my Wudhu and what if my wudhu breaks in Salat?**

There are a number of things that can break your wudhu including passing wind, vomiting, bleeding and sleeping, just to name a few. That's why its important to refresh your Wudhu before each prayer. If any of these things happen during namaz, you should redo your wudhu before continuing.

# nammaz

## ACTIVITY

Can you put the following statements in proper order from 1 to 7 to find the correct order of Wudhu?

- Perform Massah, by moistening your hands and running them over your head, down to the neck, then around and inside the ears
- Wash your hands to the wrist, 3 times, starting with the right hand
- Recite بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ
- Wash your forearm, up to the elbows, 3 times, starting with the right arm
- Rinse your nose 3 times using your left hand
- Wash your feet 3 times up to the ankles, starting with the right foot first
- Wash your face 3 times
- Rinse your mouth 3 times using your right hand



# nAMMAZ

## ACTIVITY

Can you match the Namaz to its correct timing and Rak'at using arrows?

NAMAZ

FAJR

ASR

ISHA

ZOHAR

MAGHRIB

TIMING

Sunset

Before  
sunrise

Afternoon

Night

Midday

RAK'AT

4 farz,  
2 sunnah,  
3 vitr

4 farz

4 sunnah,  
4 farz,  
2 sunnah

3 farz,  
2 sunnah

2 sunnah,  
2 farz

# ● PROPHETS OF ALLAH

## Who is Hazrat Muhammad (sa)?

The Holy Prophet Muhammad (sa) was the founder prophet of Islam and the one to whom the final religion was revealed by Allah. He was born in a noble family in 570 CE in Makkah, Arabia and he was a descendant of Prophet Abraham<sup>as</sup>. The word 'Muhammad' literally means 'praiseworthy'.

<https://www.loveforallhatedfornone.org/islam/the-prophet-muhammad-pbuh/>

## Why were there so many prophets?

Allah had to send so many different Prophets to help all the different people in all moments of time. There are so many people around the world and the world has existed for so long. So to help everyone there had to be lots of prophets sent down.

## Did you know..?

Hazrat Isa<sup>as</sup> is Jesus, in Islam we use his Arabic name!

Similarly, Hazrat Yaqub<sup>as</sup> is known as Jacob and Hazrat Yusuf<sup>as</sup> is Joseph in English!

# ● PROPHETS OF ALLAH

## What is a Prophet?

A prophet is a person chosen by Allah for the reformation and guidance of mankind. Islam makes it compulsory for every Muslim to believe not just in the truth of the Prophet Muhammad (sa), but also to believe in the truth of all the other prophets in the world that came before him.

Basics of Religious Education

## Who was the Promised Messiah<sup>as</sup>?

All religions contain prophecies that foretell the advent of a special Messiah, who will come as a reformer in the latter days. In Islam, Muslims await a promised Mahdi and Messiah. The advent of the Promised Messiah<sup>as</sup> was prophesied by the Holy Prophet<sup>sa</sup> himself.

[www.alislam.org/articles/promised-messiah-hazrat-mirza-ghulam-ahmad/](http://www.alislam.org/articles/promised-messiah-hazrat-mirza-ghulam-ahmad/)

## Did you know?

In one Hadith, the Holy Prophet<sup>sa</sup> mentions that there have been over 124,000 prophets!

## Here are some of the Prophets we believe in...

As Muslims, some of the prophets we believe in are:

Hazrat Adam<sup>as</sup>

Hazrat Ibrahim<sup>as</sup>

Hazrat Nooh<sup>as</sup>

Hazrat Moosa<sup>as</sup>

Hazrat Isa<sup>as</sup>

Hazrat Dawud<sup>as</sup>

Hazrat Ismael<sup>as</sup>

Hazrat Yakub<sup>as</sup>

Hazrat Musa<sup>as</sup>

Hazrat Harun<sup>as</sup>

Hazrat Yahya<sup>as</sup>

Hazrat Ayyub<sup>as</sup>

Hazrat Muhammad (sa)

# ● PROPHETS OF ALLAH

With some help, can you create a fact file for the following prophets...?

## Hazrat Isa<sup>as</sup>

He was born in

\_\_\_\_\_

The book that was revealed to him is called

\_\_\_\_\_

His mother's name was

\_\_\_\_\_

One important story from his lifetime is

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Hazrat Ibrahim<sup>as</sup>

He was born in

\_\_\_\_\_

Two of his sons were named

\_\_\_\_\_

and \_\_\_\_\_

The Islamic celebration that comes from Hazrat Ibrahim<sup>as</sup> is...

\_\_\_\_\_

Zamzam water was found when...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# ● PROPHETS OF ALLAH

## Life of the Holy Prophet (saw)

He was born in

\_\_\_\_\_

His mother's name was

\_\_\_\_\_

His father's name was

\_\_\_\_\_

His mother passed away when he was aged

\_\_\_\_\_

His grandfather's name was

\_\_\_\_\_

Who looked after him when his mother passed away?

\_\_\_\_\_

Hazrat Khadijah<sup>ra</sup> was his...

\_\_\_\_\_

Who did he live with when his grandfather passed away?

\_\_\_\_\_

What are the names of the 4 Khalifas of the Holy Prophet<sup>sa</sup>?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

# MY BELOVED HUZOOR

**I love Huzoor<sup>aba</sup>,  
but who is he and what  
makes him so special?**

Huzoor<sup>aba</sup> is very special to us Ahmadi Muslims because he is our leader who was chosen by Allah. He loves us very much and prays for us all everyday to make us happy and healthy.

## **What is Khilafat**

After Prophethood, Khilafat is the most important institution in Islam. Khulafa are ultimately appointed by God through His Divine guidance... The successors after The Promised Messiah(as) are known as the "Ahmadiyya Khilafat". Beloved Hazur<sup>aba</sup> is the fifth Khalifa of the Promised Messiah<sup>as</sup>.

<https://www.alislam.org/khilafat/>

# MY BELOVED HUZOOR

## What does Huzoor<sup>aba</sup> do all day?

Huzoor<sup>aba</sup> has many jobs to do that keep him busy every day of the week! Firstly, he is the Imaam at Mubarak Mosque in Tilford, so he leads all 5 daily prayers. He also spends his time replying to letters from all around the world. On some days, Huzoor<sup>aba</sup> also does mulaqat with people.

If you want to keep up with the busy schedule of Huzoor<sup>aba</sup>, watch the MTA programme, 'This week with Huzoor'.

## Huzoor<sup>aba</sup> is so busy, how do I talk to him?

You can always write a letter to him, you have to be patient when waiting for a reply, but he will always write back! You can also book a mulaqat to see him with your family. But the best way to keep a connection with Huzoor<sup>aba</sup> is to listen very carefully to his Khutba every Friday and follow what he says and always pray for him.

# MY BELOVED HUZOOR

What is the name of the Promised Messiah<sup>as</sup>?

What year was Hazrat Mirza Tahir Ahmad<sup>rh</sup> elected as Khalifa?

How many years did Hazrat Mirza Bashiruddin Mahmud Ahmad<sup>ra</sup> remain Khalifa?

What is the name of the fifth Khalifa of the Promised Messiah<sup>as</sup>?

Which Khalifa was elected in 2003?

Can you name all 5 Khulafa of the Promised Messiah<sup>as</sup>?



# MY BELOVED HUZOOR

Draft a letter to Huzoor<sup>aba</sup> in this space, you can ask him for prayers or draw him a picture

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

My dearest Huzoor,

السلام عليكم ورحمة الله

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ISLAMIC

# CELEBRATIONS

Which celebrations can we take part in?

Eid of course! Eid is the main event we, and around 2 billion Muslims across the globe, celebrate.

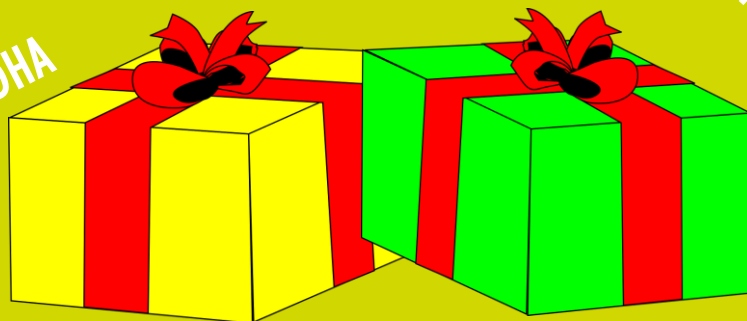
Another celebration that's important in our lifetime is your Aameen. When you finish the Quran, you celebrate with an Aameen, sometimes with Huzoor<sup>aba</sup>!

This joyous day is celebrated to give thanks for the blessings of Ramadhan. Muslims attend the congregational Eid prayer service which is held in the morning, and then spend the rest of the day exchanging greetings and gifts with family and friends. Fasting during Ramadhan inspires sympathy for the hungry and needy, and encourages Muslims to donate generously to the poor.

<https://www.alislam.org/question/muslims-holidays-special-days/>

QURAN AAMEEN  
EID UL ADHA

EID UL FITR



RAMADHAN

ISLAMIC

# CELEBRATIONS

Which celebrations can we take part in?

Ramadhan is also an important month! It's a whole month we fast and work to improve ourselves. It is one of the 5 pillars of Islam, as told to us in the Holy Quran. You can set yourself goals to memorise part of the Holy Quran during this time.

Ramadhan is the month in which Muslims must fast from dawn to sunset. This is meant to experience and understand the hardships of poverty and learn the virtue of patience and avoiding evil acts.



<https://www.alislam.org/question/muslims-holidays-special-days/>



# CELEBRATIONS



**Did you know?**  
Most Muslims try to finish at least 1 whole reading of the Holy Quran during Ramadhan!

What are your goals for this Ramadhan?

<hr/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>

# CELEBRATIONS

Can you find out some interesting facts about Eid?



1. Eid-ul-Fitr starts as soon as the new moon is seen!

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Can you write a diary entry of what you did last Eid, so you remember it when you're older



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# EID

## What is Eid?

Eid is the name of the celebrations we have, as Muslims. We have 2 different Eid celebrations each year; Eid Ul Fitr and Eid Ul Adha.

## Why do we celebrate Eid twice a year?

Each year, we have 2 Eid celebrations and both are celebrated for different reasons. Eid Ul Fitr is celebrated to mark the end of Ramadhan and a whole month of fasting. Eid Ul Adha is celebrated to honour the sacrifice of Hazrat Ibrahim (as).

EID UL ADHA

EID UL FITR



# EID

**Some of my friends have Eid on a different day to me.  
Why?**

Eid is celebrated according to the lunar calendar. This means that the months in the Islamic calendar, change as the moon changes. In all the countries around the world the moon is seen differently, so depending on which country you are in, the day of Eid changes.

## **Some facts about Eid!**

- Eid Ul Fitr means “Festival of breaking the fast”
- Eid Ul Adha means “Festival of Sacrifice”
- Eid goes back approximately 10 days every year. This means it takes about 38 years for Eid to be around the same date again!

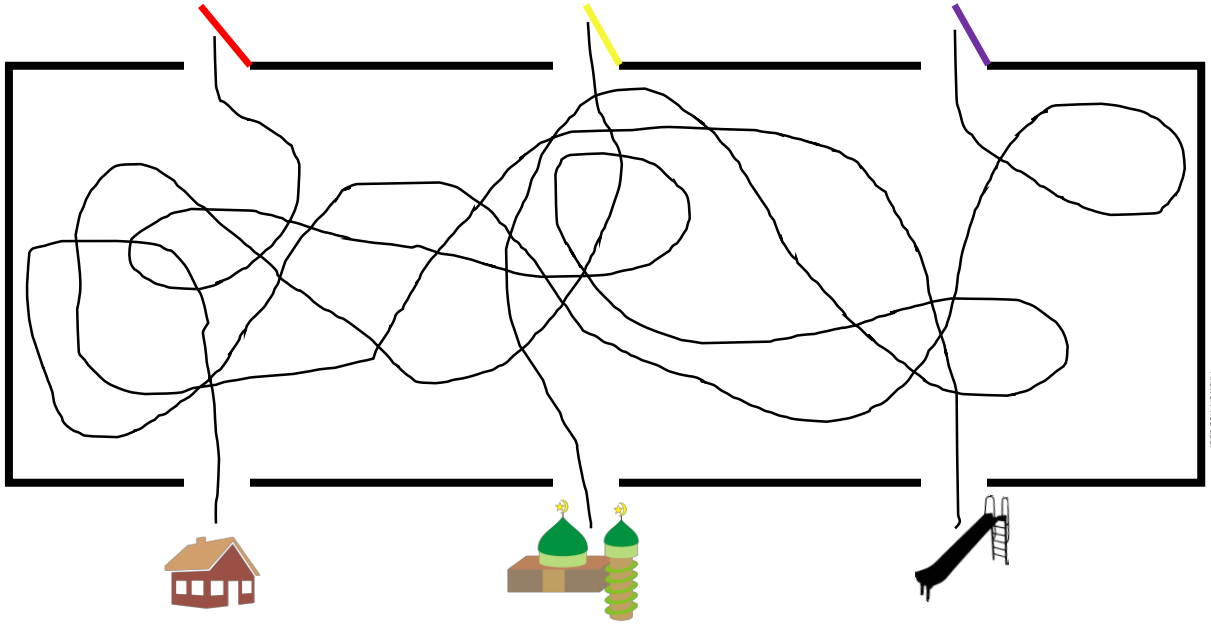
EID UL ADHA

EID UL FITR



# CELEBRATIONS

Mariam got lost on her way to Eid namaz. Can you help her find the Mosque?



Oh no! You took Mariam home. Try again!

Yay! You helped Mariam get to the mosque!

Oh no! You took Mariam to the park. Try again!

Eid is such a busy period, make a list of everything you need to do, don't forget!

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
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OTHER

# CELEBRATIONS

Are there any special ceremonies around the birth of a baby?

When a Muslim child is born, the first ceremony to be performed is to recite “Adhan” and “Iqamah” in the ears of the new born. This can be performed by anyone and is usually whispered into the ears of the baby.

Usually on the seventh day after the birth of the baby an animal is sacrificed and a feast follows wherein friends, relatives and neighbours are invited and some of the sacrificial meat is distributed among the poor. The animal sacrificed can be a goat, sheep, lamb, cow or camel.

<https://www.alislam.org/question/special-ceremonies-birth-death/>



OTHER

# CELEBRATIONS

Can I celebrate my birthday?

Huzoor<sup>aba</sup> once explained:

“You should do something that has benefits. If you celebrate your birthday, what will happen?

Children will come and play and go. If you celebrate your birthday by giving money to charity, pay for a poor child’s education or feed a poor child then that child will be happy and will pray for you. His parents will pray for you and that will be a better celebration. Then you should pray for yourself so that you have a relationship with Allah Almighty.”

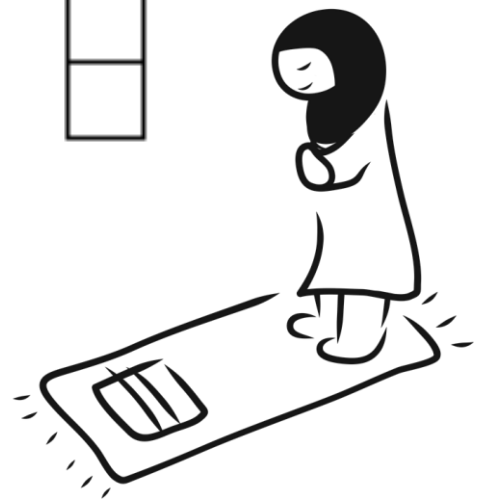
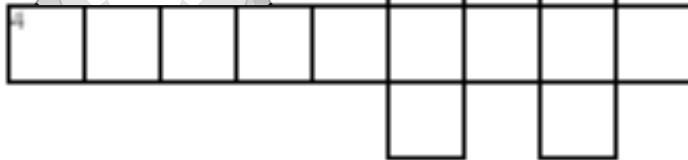
For a detailed answer watch Bustane Waqfe Nau Class from on February 14<sup>th</sup> 2016



# CELEBRATIONS

## Crossword Puzzle!

Find the answer to the statements below and fill in the crossword...



### Across

2. Muslim celebration in the month of Dhul      Hajj

4. Christian celebration on December 25<sup>th</sup>

### Down

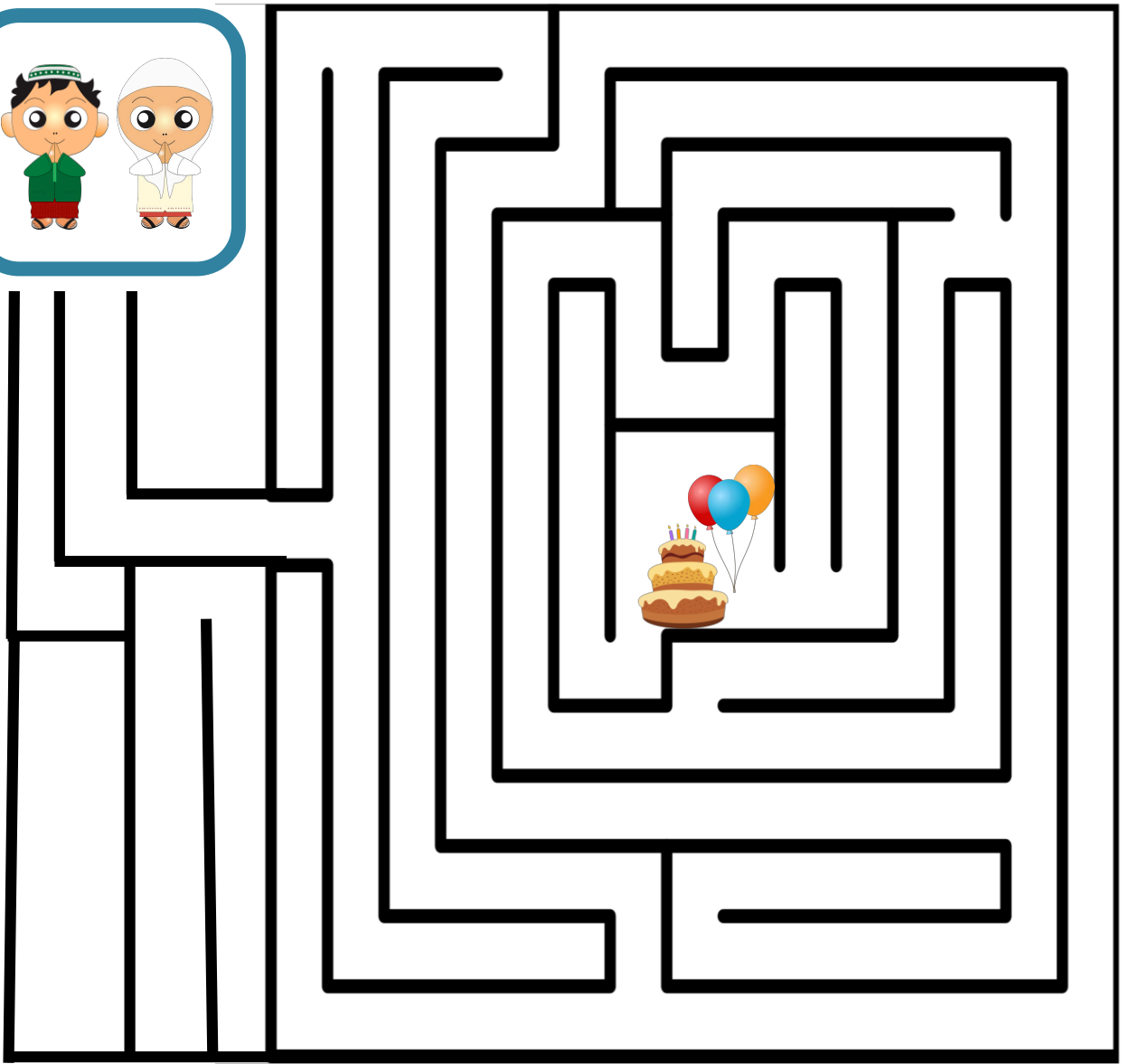
1. Christian celebration with chocolate eggs.

2. Muslim celebration at the end of Ramadhan

3. The month of fasting

# CELEBRATIONS

Mariam and her brother can't find the cake and Eid decorations, can you help them through the maze?





# SCHOOL

**Can I sing Christmas songs?**

We should avoid anything or any verse that contradicts with Islam.

For more information see "Participation In Christmas Songs" on the Waqf-E-Nau Canada YouTube channel.

**Can I do face painting?**

As Huzoor<sup>aba</sup> mentioned in a class with Nasirat, face painting should not be an activity Ahmadi children partake in. He said that we are humans and dressing up as animals, especially painting our faces to look like them, should not be considered something 'fun' to do.

For more information, please watch Gulshan-E-Waqf-E-Nau Nasirat Canada July 2012

**Why can't I fast? My non-Ahmadi friends do.**

When Allah told Muslims to fast during the month of Ramadhan, he gave some exceptions. He said fasting is important but to fast you must be fit and in good health. Children's bodies aren't developed fully and so you do not need to fast.

For more information, please watch Ghulshan-E-Waqf-E-Nau class from 12<sup>th</sup> October 2013



# SCHOOL

## Why can't I eat the same food as the rest of my friends?

There are some food that Allah has asked us, as Muslims, not to eat. Meat from pigs, including bacon and ham are haram for Muslims to eat, as mentioned in the Holy Quran. Therefore, some of your non-Muslim friends might eat these things, but you should always avoid food that are not Halal.

For more information please Watch Huzoor's class with Waqf-E-Nau girls in Germany.

## Why am I not allowed to eat sweets that contain gelatine?

Huzoor<sup>aba</sup> once explained: "With regards to gelatine, it is made with different things. Alright? Some are made with animal bones. Including swine's bones, it is displayed so on some labels as well. There are some vegetable gelatine, which are made from plants like aloe vera, and then there are types plants too. For example there are gelatine made of beans too. So these kind of types are halal. For those who have it written and usually they do write on the label that it contains traces of pig, do not eat that... Now they write 'alcohol-free chocolates' and 'vegetarian' chocolates on the chocolate boxes. So that type of gelatine you can eat."

Gulshane Waqfe Nau Class Germany, 23rd June 2013.



# SCHOOL

## To make the cupcakes...

1. Preheat the oven to 180°
2. Mix together the butter, sugar, flour, eggs, vanilla extract, baking powder and flour. Mix until just combined – an overmixed batter makes a dense cake!
3. Divide the batter between 12 cupcake case
4. Bake in the oven for 20-25 minutes, or until they are firm

## Ingredients

- 175g butter (room temp)
- 175g self-raising flour
- 175g caster sugar
- 1.5 tsp baking powder
- 1 tsp vanilla extract
- 3 eggs

## Ingredients

- 175g butter (room temp)
- 350g icing sugar
- 1 tsp vanilla extract
- 3 tbsp milk (optional)
- Food colouring (optional)
- Cupcake decorations

## To make the icing...

1. Beat together the butter and half of the icing sugar, in a large bowl, until smooth
2. Continue adding the icing sugar in small amounts, ensuring the mixture is smooth.
3. Mix in the vanilla extract. If mixture is too thick, add 2-3 tbsp of milk
4. Add food colouring (optional)
5. Cover the cupcakes!

# SCHOOL



Take pictures of your cupcakes with all the different decorations and stick them here!

Made by.....



Made by.....

Made by.....



# NOTES

# NOTES

# MY BOOK OF QUESTIONS

