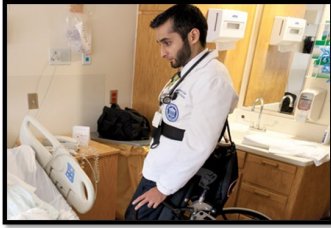




Inside this issue:

<i>Dua of the Month</i>	1
<i>Pearls of Wisdom</i>	2
<i>Community News</i>	3
<i>Events</i>	3
<i>Salah timetable</i>	4



Hammad Aslam

With hardship comes ease

Hammad Aslam anticipated challenges at medical school. What he didn't anticipate was a tree falling on his car, and the resulting paralysis and brain injury.

Three years ago, I was involved in an automobile accident that left me completely paralysed from the chest down. After a complete spinal cord injury, a traumatic brain injury, an array of broken bones, severe nerve damage, a coma, a bout with pneumonia, and several months in the hospital, I am thankfully still here and able to reflect.

It was May 23rd, 2009. I was coming home from an apartment hunt with my family in Augusta, Georgia. I was supposed to begin medical school that fall. Our vehicle hydroplaned and hit a tree, and the tree collapsed on top of my corner of the car. Since then, I've been in a wheelchair. The other members of my family, thankfully, are fine.

Bouncing back from the accident has given me what I refer to as this second life. I think to myself, "What did I do with my first life?" I had been accepted to medical school, I had great friends, I was doing the occasional humanitarian

service, I was a part of several clubs, and I was tutoring my friends in science classes. I had my dream future laid out in front of me. Looking back, I believe that I should have done more.

When I had the ability to walk freely and go wherever I wanted to go, what did I do with it? Nothing extraordinary. I was not thankful for the ability to move freely and I took it for granted. I was selfish and self-centered in this regard. If I could go back in time with the knowledge and experiences I have now, I would try to use my efforts in things that would actually benefit others.

Being in a wheelchair, my friends and family tell me, may make me a more empathetic doctor. I've been through a great deal, and I've experienced a lot of pain—both physical and emotional. I feel that I can better relate to patients because of that.

During the first year post-injury, I was coping more with my physical situation: being paralysed, using a wheelchair, and not being able to do the things I have done my entire life. Over the second year, I dealt with my

mental situation. I've never worked so hard in my life and I can confidently say I worked harder than anyone that I know.

There were times when I thought I was in over my head. There were times when I wanted to quit. I became so frustrated because everything was different. Unlike before, I had to spend a long time studying things. Even so, my grades weren't reflecting my effort at all.

Or perhaps they were reflecting my effort, considering my injuries. I really wasn't the same person. I didn't have the same mind. The scar on my neck reminds me of my traumatic brain injury; it reminds me of the time I spent on the brain injury floor; it reminds me of all the times I was told to reconsider professions; it reminds me of why I had to work so hard to keep my dream alive of becoming a physician.

With the help of God, I will fulfill my dream. After three years, I feel that I've become more comfortable with everything in regards to the disabilities I have. From my first year in medical school, to now

Continued on p2.....

اللهم إني أسألك
موجبات رحمتك،
وعزائم مغفرتك،
والسلامة من كل إثم،
والغنيمة من كل بر،
والفوز بالجنة،
والنجاة من النار

Dua of the Month

Ibn Mas'ud (May Allah be pleased with him) reported:

One of the supplications of the Messenger of Allah (ﷺ) was: "Allahumma inni as'aluka mujibati rahmatika, wa

'aza'ima maghfiratika, wasalamata min kulli ithmin, walghanimata min kulli birrin, wal-fawza bil-jannati, wannajata mina-nar (O Allah! I beg You for that which incites Your

Mercy and the means of Your forgiveness, safety from every sin, the benefit from every good deed, success in attaining Jannah and deliverance from Fire)." [Al-Hakim].

With hardship comes ease (continued from p1)



—as I prepare to enter my third year—there's a significant difference in me. But there are still some things that make me ask, "Is this real?"

When I see photos or videos of myself, I see myself the way others see me. Do people even remember what I looked like standing, walking, or running? I know I have a hard time remembering. The people I talk to now only know this current state. It makes me wonder, "Who have I become?" I have to remind myself that this is who I am. This is who I have become. Everything in the past has passed, never to return again.

I have come to truly value time. Every moment we spend not pleased with our current state of affairs is a moment wasted. We have been given only a short

amount of time to spend in this world and if we do not value each moment that we have been blessed with, it is a show of simple ingratitude.

Now I find peace in everything. When troubles come into my life I simply accept them, deal with them and learn from them. If something hits you, you take the hit and keep going. Why waste any moment feeling negative when we can just as easily smile?

Three years of paralysis and two years of medical school have passed. It sometimes feels like I have lived two lives: one life has passed away, and another one has started. Now as each valuable moment passes by, I find myself experiencing it as I bear these disabilities.

If the boy I was before met

the man I am now, I don't think he would care too much about my obstacles, failures, or rough patches. He would assure me that each time I fall, I'll be able to pick myself back up. That is why I meet the people I meet; that is why I face the successes and failures that I do; that is why I experience pain and see others in pain. It is all to prepare me for bigger tests—tests that I should pass because I have been preparing for them my whole life.

Hammad Aslam is a medical student at the Georgia Health Sciences University—University of Georgia Medical Partnership in Athens, Georgia.

Words by Chelsea Toledo

Original Article Published in Emel Magazine

Issue 94 July 2012



Pearls of Wisdom

Those that remember Allah standing, sitting, and lying down, and meditate upon the creation of the heavens and the earth. "Indeed, in the creation of the heavens and the earth and the alternation of the night and the day are signs for those of understanding. [3: 190]

Hadith of the Day:

'A Muslim is the one who avoids harming Muslims with his tongue or his hands. And a Muhajir (an emigrant) is the one who gives up (abandons) all what Allah has forbidden [Sahih al-Bukhari 6484]

Wise Quote of the Day:

O' People who take pleasure in a life that will vanish, falling in love with a fading shadow

is sheer stupidity. Whoever desires to purify his heart then let him prefer Allah to his desires. [Ibn al Qayyim]

Guidance of the Day:

Maurice Bucaille, the well-known French physician, said that what attracted his interest in Islam was how North Africans in France faced death. As a physician exposed to disease and death, he observed many of his own countrymen not knowing how to die or handle death.

The fear of death is natural. Reflexively, one protects himself from it. The Prophet (peace be upon him) encouraged believers to desire a long life for two reasons: to make up for past iniquities or to increase good deeds.

The one who remembers death is ennobled by certain characteristics. One of them is contentment and lack of covetousness. The Prophet (peace be upon him) said, "Contentment is a treasure that is never exhausted." He also prayed, "O Allah, provide for my family with what suffices them and grant them contentment with it." [Purification of the Heart]

Food for Thought:

If you don't like something, change it. If you can't change it, change your attitude, don't complain. Consider how hard it is to change yourself and you will understand what little chance you have in trying to change others.

Abdulla Hassan 2003 - 2020 إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

To Allah we belong and to Him we return. (Abdulla Hassan 2003- 2020)

The Altrincham community came together for the Janaza of 16 year old Altrincham Bayaan Academy student Abdulla Hassan. He had moved to Altrincham from Dubai almost three years back.

Abdulla had a rare protein metabolism disorder and managed his condition well by carefully and constantly monitoring his protein intake. However, very suddenly and out of the blue in mid-June he was admitted to the Manchester Children's Hospital's PICU, as his ammonia levels became dangerously high. After 3 weeks he was helicoptered by air ambulance, along with 6 doctors to King's College Hospital in London, where he remained in ICU for a month. The management of Abdulla's care for almost 2 months saw the NHS at its very best, with no stone left unturned to try and help Abdulla. Abdulla had an urgent liver transplant but post-surgery complications meant that he travelled to the ul-

mate heavenly abode of his Creator on 6th August 2020. This was the will of Allah and his parents repeated patiently 'Alhamdulillah.'

Abdulla's Janaza was promptly arranged and despite the family hardly knowing anyone locally, it was widely attended by members of the Altrincham community, teachers and friends from outside Manchester. On this beautiful summer's day, even the birds circling above seemed to be paying homage to Abdulla, whose Janaza prayer was led by a childhood friend.

Abdulla was a Year 11 student at Altrincham College of Arts and the Headteacher made a personal visit to the home to pass on flowers and express the sorrow of pupils and staff alike.

Quotes from his teachers' condolence messages include:

"What a lovely young man Abdulla was, he was so kind, polite and respectful to everyone he met...we are blessed to have known him."

"Abdulla was a beautiful person who we have been

blessed to have at Altrincham College. He was well known for his charm and impeccable manners, I will miss that smile."

Abdulla was also enrolled at Bayaan Academy and was dearly loved by all his teachers and pupils for his mannerism and his signature smile. He had also worked as volunteer at the Academy and whilst he was in hospital, his teacher would begin every lesson with all students making a special dua for Abdulla. The entire community was very much impacted by Abdulla's demise but our faith helps us through these very testing times.

Abdulla's parents have expressly praised the local community for the tremendous support extended in every possible manner during this extremely difficult period in their lives. Abdulla's younger brother is buried in Dubai and returned to His Creator 10 years ago at the tender age of 5, due to the same illness. Abdulla's parents have requested the community to continue making dua.

Follow AMA Online



AMA Online
@AMAOnlineUK



www.ahma.co.uk



COMMUNITY NEWS

GCSE Religious Studies results 2020

The Religious Studies curriculum changed in 2017 when it became compulsory to study two religions instead of focusing on one religion. The 2020 cohort were our second batch of students to follow the new more challenging AQA (A) curriculum - 50% Islam and 50% Christianity. AHMA students have had their exams accredited by the British Muslim Heritage Centre, which has been a JCQ examination centre for several years now. This year's results proved outstanding, as always. From the 27 students entered they all achieved amazing results maShaaAllah; attaining the equivalent of A or above.

14 students - numerical grade 9 (A**)

6 students - numerical grade 8 (A*)

7 students - numerical grade 7 (A)

Particular thanks go to the outstanding teacher Sr Sadaf Chaudhri and Sr Saima Alvi for the overall administration of the GCSE programme of study, for more than a decade now.

Events

WELL BEING SUPPORT GROUP

Worried about your and your families health? Not sure how to change, AHMA with Dr Zakariyah Goga have created a series of 3 talks to help with Diet, Exercise and Mental Health.

Final Session on Mental Health on Thursday 3rd September.



Join using the details below

Telephone :0161 989 1441

Email: events@ahma.co.uk

ALTRINCHAM & HALE MUSLIM ASSOCIATION
AHMA

WELLBEING SUPPORT GROUP
presents a **weekly series** run by Dr Zakariyah Goga
Hosted By Dr Iqbal (APPSUKF)

Diet
20th August

Exercise
27th August

Mental health
3rd September

Starting **20th August**
Join using the **details below**
Contact: 0161 989 1441
events@ahma.co.uk

ahma.co.uk

Prayer Schedule for September 2020

Day	Date	Fajr	Fajr Jama'at	Sunrise	Dhuhr	Dhuhr Jama'at	Asr	Asr Jama'at	Maghrib	Isha	Isha Jama'at
Tue	1	4:48	5:30	6:19	1:10	1:30	4:52	6:30	7:58	9:23	10:00
Wed	2	4:48	5:30	6:19	1:10	1:30	4:52	6:30	7:58	9:23	10:00
Thu	3	4:50	5:30	6:20	1:09	1:30	4:50	6:30	7:56	9:21	10:00
Fri	4	4:54	5:30	6:24	1:09	1:40	4:47	6:30	7:51	9:16	10:00
Sat	5	4:57	5:30	6:26	1:08	1:30	4:46	6:30	7:49	9:14	10:00
Sun	6	4:59	5:30	6:27	1:08	1:30	4:44	6:30	7:46	9:11	10:00
Mon	7	5:01	6:00	6:29	1:08	1:30	4:43	6:00	7:44	9:09	9:30
Tue	8	5:03	6:00	6:31	1:07	1:30	4:41	6:00	7:42	9:07	9:30
Wed	9	5:05	6:00	6:33	1:07	1:30	4:39	6:00	7:39	9:04	9:30
Thu	10	5:07	6:00	6:34	1:07	1:30	4:38	6:00	7:37	9:02	9:30
Fri	11	5:09	6:00	6:36	1:06	1:40	4:36	6:00	7:34	8:59	9:30
Sat	12	5:11	6:00	6:38	1:06	1:30	4:35	6:00	7:32	8:57	9:30
Sun	13	5:13	6:00	6:40	1:06	1:30	4:33	6:00	7:30	8:55	9:30
Mon	14	5:15	6:00	6:41	1:05	1:30	4:31	5:00	7:27	8:52	9:30
Tue	15	5:17	6:00	6:43	1:05	1:30	4:29	5:00	7:25	8:50	9:30
Wed	16	5:17	6:00	6:43	1:05	1:30	4:29	5:00	7:25	8:50	9:30
Thu	17	5:19	6:00	6:45	1:04	1:30	4:28	5:00	7:22	8:47	9:30
Fri	18	5:23	6:00	6:48	1:04	1:40	4:24	5:00	7:17	8:42	9:30
Sat	19	5:25	6:00	6:50	1:03	1:30	4:23	5:00	7:15	8:40	9:30
Sun	20	5:27	6:00	6:52	1:03	1:30	4:21	5:00	7:12	8:37	9:30
Mon	21	5:29	6:00	6:53	1:03	1:30	4:19	5:00	7:10	8:35	9:00
Tue	22	5:31	6:00	6:55	1:02	1:30	4:17	5:00	7:08	8:33	9:00
Wed	23	5:33	6:00	6:57	1:02	1:30	4:16	5:00	7:05	8:30	9:00
Thu	24	5:35	6:00	6:59	1:02	1:30	4:14	5:00	7:03	8:28	9:00
Fri	25	5:37	6:00	7:00	1:01	1:40	4:12	5:00	7:00	8:25	9:00
Sat	26	5:39	6:00	7:02	1:01	1:30	4:10	5:00	6:58	8:23	9:00
Sun	27	5:41	6:00	7:04	1:01	1:30	4:09	5:00	6:55	8:20	9:00
Mon	28	5:42	6:30	7:06	1:00	1:30	4:07	5:00	6:53	8:18	9:00
Tue	29	5:44	6:30	7:07	1:00	1:30	4:05	5:00	6:50	8:15	9:00
Wed	30	5:46	6:30	7:09	1:00	1:30	4:03	5:00	6:48	8:13	9:00
	Jumma Khutba will start at 1:15pm with Jama'at at 1:40pm.										