## Harrow Central Mosque

### & Masood Islamic Centre

34 Station Road | Harrow | London | HA1 2SQ Charity no. 1071261 0208 861 1234 | www.harrowmosque.org.uk | info@harrowmosque.org.uk



#### NEW! TO GIVE £5 TEXT HCM 5 TO 70450 | MONTHLY TO 70460 | ONE TIME

PLACE 5 WITH AN ALTERNATE AMOUNT I.E HCM 10, HCM 20 PLACE HCM WITH <u>HCMNOINFO</u> TO OPT OUT OF MARKETING TEVTS COST TWO STANDARD BATE MESSAGES

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	Prav	/er	Tir	ne	tak	ble	fo	r D	ece	em	ber	· 2(	)24	1	Donations & Pledges
1446 AH			Jamat Time					r December 2024 Beginning Time							Payment by BACS to: Harrow Central Mosque Account Number Sort Code 57298963 60-10-10
Dec-24	Jamadi-ul- Awwal / Thani	Day	Fajr	Zuhr	Asr	Magrib	Isha	Tahajud	Fajr	Sunrise	Zuhr	Asr	SunSet	Isha	Donate through facebook facebook.com/HarrowMosque
_	Ja A					-				0					Donate online           harrowmosque.org.uk/donate
1	29	Sun	7:00	1:00	2:30	4:00	7:20		6:06	7:45	11:55	2:08	3:55	5:29	Mortuary Donations
2	1	Mon	7:00	1:00	2:30	3:59	7:20		6:07	7:46	11:56	2:08	3:54	5:29	NatWest Bank
3	2	Tue Wed	7:00 7:00	1:00 1:00	2:30 2:30	3:59 3:58	7:20 7:20		6:08 6:09	7:48 7:49	11:56 11:57	2:07 2:07	3:54 3:53	5:29 5:28	Account Name: Harrow Central Mosque Mortury Fund Account
5	4	Thu	7:00	1:00	2:30	3:58	7:20		6:10	7:50	11:57	2:07	3:53	5:28	Account Number: Sort code:
6	5	Fri	7:00	1:00		3:57	7:20	JR	6:12	7:52	11:57		3:52	5:28	90205588 60-10-10
7	6	Sat	7:00	1:00	2:30	3:57	7:20		6:13	7:53	11:58	2:06	3:52	5:28	WOODFIELD PROPERTIES LONDON LTD
8	7	Sun	7:00	1:00	2:30	3:57	7:20		6:14	7:54	11:58	2:06	3:52	5:28	LOFT CONVERSIONS OR REAR EXTENSIONS
9	8	Mon	7:00	1:00	2:30	3:57	7:20	of	6:15	7:55	11:59	2:06	3:52	5:28	START TO FINISH
10	9	Tue	7:00	1:00	2:30	3:56	7:20	ne	6:16	7:56	11:59	2:05	3:51	5:28	Take full advantage of your existing space. Transforming your old, empty loft space
11	10	Wed	7:00	1:00	2:30	3:56	7:20	tim	6:17	7:57	12:00	2:05	3:51	5:28	into a fully functional, livable extra floor in your home. • DOMER • HIP TO GABEL
12	11	Thu	7:00	1:00	2:30	3:56	7:20	b	6:18	7:58	12:00	2:05	3:51	5:29	MANSARD     ROOFLIFT  ENQUIRE NOW
13	12	Fri	7:00	1:00	2:30	3:56	7:20	nin	6:18	7:59	12:01	2:05	3:51	5:29	(t) +447958739189 (a) tj66uk@gmail.com
14	13	Sat	7:00	1:00	2:30	3:56	7:20	<u>i</u>	6:19	8:00	12:01	2:05	3:51	5:29	Home Care Specialists
15	14	Sun	7:00	1:00	2:30	3:57	7:20	σ	6:20	8:01	12:02	2:06	3:52	5:30	Learning difficulties, dementia, 🛛 🛨 📭
16	15	Mon	7:00	1:00	2:30	3:57	7:20 7:20	be	6:21	8:01	12:02	2:06	3:52	5:30	physical & mental disabilities 0208 427 1441 / 07875 427 802
17 18	16 17	Tue Wed	7:00 7:00	1:00 1:00	2:30 2:30	3:57 3:57	7:20	ſ	6:21 6:22	8:02 8:03	12:03 12:03	2:06 2:06	3:52 3:52	5:31 5:31	info@onecare-uk.com / www.onecare-uk.com
10	18	Thu	7:00	1:00	2:30	3:58	7:20	efoi	6:22	8:04	12:03	2:00	3:53	5:32	into@onecare-uk.com
20	19	Fri	7:00	1:00		3:58	7:20	þe	6:23	8:04	12:04	2:07		5:32	DRIVING
21	20	Sat	7:00	1:00	2:30	3:59	7:20	es	6:23	8:05	12:05	2:08	3:54	5:33	
22	21	Sun	7:00	1:00	2:30	3:59	7:20	nt l	6:24	8:05	12:05	2:08	3:54	5:33	One of the Best Driving
23	22	Mon	7:00	1:00	2:30	4:00	7:20	i.	6:24	8:06	12:06	2:09	3:55	5:34	Schools in London
24	23	Tue	7:00	1:00	2:30	4:00	7:20	3	6:25	8:06	12:06	2:09	3:55	5:34	AUTOMATIC & MANUAL LESSONS     INTENSIVE & REFRESHER COURSES
25	24	Wed	7:00	1:00	2:30	4:01	7:20	15	6:25	8:06	12:07	2:10	3:56	5:35	✓ EARLYTEST BOOKING ✓ FLEXIBLE LESSONS TIME → FLEXIBLE LESSONS TIME
26	25	Thu	7:00	1:00	2:30	4:02	7:20	-	6:26	8:06	12:07	2:11	3:57	5:35	EXPERIENCED INSTRUCTORS     Email:     info@izidrivingacademy.org     Address:
27	26	Fri	7:00	1:00	2:45	4:03	7:20		6:26	8:07	12:08			5:36	Pinner, London
28	27	Sat	7:00	1:00	2:45	4:04	7:20		6:26	8:07	12:08	2:13	3:59	5:36	Ahmed & Co
29	28	Sun	7:00	1:00	2:45	4:04	7:20		6:26	8:07	12:09	2:13	3:59	5:37	Tofail Ahmed         Audit, Accounts, VAT           M.Com, FCA, CTA         Tax Planning and Compliance
30 31	29 30	Mon	7:00	1:00	2:45	4:05	7:20		6:26 6:27	8:07	12:09	2:14	4:00	5:38 5:39	284 Station Road, Payroll and Business Planning Harrow, HA1 ZEA Tel: c20 8861 0890 Fax: 020 8861 5890
31	30	Tue	7:00	1:00	2:45	4:06	7:20			8:07	12:09	2:15	4:01		Mob: 0773 818 510 Email: tofail@ahmedandco.com www.ahmedandco.com
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	Harrow, HA12UF We provide catering services and our Karak cival for private events and functions. For catering call: 07008 83445 Our Delivery Partners							chaudhry.ansar@kentonsolicitors.co.uk						tors.co.uk	
	naanstaa			Uber a Detroit				Friday Prayers at						at	12:30 PM & 1:15 PM

# NEWSLETTER

## Mental Health & Islam By Shaykh Mohammed Amar

Friday November 29 2024 - Jumada al Awaal 27 1446 AH

## Masjid Update

#### A Time of Renewal and Growth

In recent times, we have faced significant challenges, but through perseverance and unity, we are emerging stronger and more determined. Our vision to restore Harrow Central Mosque as one of the most active and influential mosques in the country is unwavering.

We are delighted to announce that Shaykh Mohammed Amar has rejoined our team as Head of Education at the beginning of term. With his extensive experience in delivering quality educational programmes, Shaykh Amar's return strengthens our efforts to continue the valuable work he led before the pandemic. Additionally, we would like to introduce our current office bearers:

- **Tofail Ahmed as Chairman**
- Nadeem Raza as General Secretary
- Ramzan Ibrahim as Treasurer

We are also pleased to announce the co-option of several new members to the Board of Trustees: Ateeb Ali Khan, Muneeb Awan, Usman Sajid, and Nadeem Mumtaz.

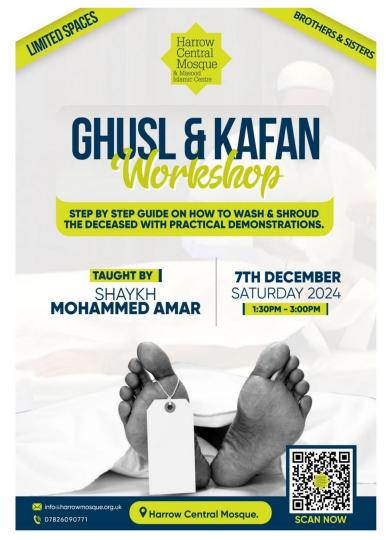
Ateeb Ali Khan, who grew up next door to the old mosque and began his journey as a teenage administrator in the madrassa, has been appointed Head of Youth Programs. He recently launched HMY (Harrow Muslim Youth), a youth wing of Harrow Mosque offering various initiatives and activities to engage and support the younger members of our community.

We look forward to the continued growth of our mosque and are excited about the positive changes taking place. We remain focused on fostering unity, providing valuable services, and maintaining Harrow Central Mosque as a vibrant centre for all.

#### Funeral Services at Harrow Central <u>Mosque</u>

Maintaining mental health is essential in Islam, as the faith emphasises balance in life. Start with prayer (Salah); it connects you to Allah Most High, offering peace and stability. Recite and reflect on the Qur'an al-Kareem, finding comfort in verses like

"Verily, with hardship comes ease" (Qur'an 94:6). Engage in Dhikr (remembrance of Allah) to soothe your heart. Seek halal social support from family, friends, or professionals in the community. Prioritise your physical health, as it impacts your mind; the Prophet said, "Your body has a right over you." If overwhelmed, seek medically trained help; Islam encourages seeking knowledge and solutions. Always trust Allah's mercy and plan.



Shaykh Mohammed Amar will be holding a seminar on Depression & Anxiety -Practical Advice & Solutions' - 09<sup>th</sup> January 2025 | 7:00pm

## **Upcoming Events & Activities**

For more info or to register for any of these events please visit www.harrowmosque.org.uk or email info@harrowmosque.org.uk

07<sup>th</sup> December - Ghusl & Kafan Workshop (Brothers & Sisters) 1:30pm - 3:30pm

07<sup>th</sup> December – Boys Weekly Youth Club with PS5 FC25 Tournament 6:30pm

22<sup>nd</sup> December – Boys Indoor Cricket – 2:00pm

25<sup>th</sup>-26<sup>th</sup> December - "Salah in Palestine Retreat" - 2 days and 1 night in the masjid (Brothers only) Madrassa - Open Days Thursday 5<sup>th</sup> December 2024 5:30pm - 6:00pm | 6:45pm - 7:20pm

Saturday 7<sup>th</sup> December 2024 11:30am - 12:00pm | 1:30pm - 2:00pm

An open day at the HCM Madrassa is a valuable opportunity for parents to engage with their child's Islamic education. It offers insight into the curriculum, teaching methods, and the nurturing environment that fosters both spiritual and academic growth.

By attending, parents can meet teachers, observe classrooms, and understand how their children learn Quran, Sunnah, and essential values. This involvement strengthens the parent-child bond and builds trust with the madrassa.



Under the guidance of Ramzan Ibrahim, our dedicated Funeral Director, who he himself has overseen over 200 Ghusls, earning praise from families for their compassion and efficiency. Recent feedback highlights this commitment:

"We would like to thank Brother Ramzan for his efforts. He was organized, patient, and professional, always available to communicate. We are very grateful to the Harrow Central Mosque Funeral Service for assisting us during our time of sadness and grief."

Harrow Mosque offers a free mortuary service to support families in their most difficult moments. Contact us on 0208 861 1234 (opt 5, then opt 3) for assistance.

25<sup>th</sup> December – Evening Programme (Watch this Space)

28<sup>th</sup> December – Monthly Gathering - "New Year New Me" - 5:30pm

28<sup>th</sup> – 31<sup>st</sup> December – Winter Camp for children 11:00am - 1:30pm

09<sup>th</sup> January - Depression & Anxiety Seminar – 7:00pm

11<sup>th</sup> January – Beginners Calligraphy - SOLD OUT

Scan the QR code to receive updates from your masjid:

Your presence shows your commitment to your child's development and reinforces the importance of education in Islam. Join us to celebrate learning and inspire your child to excel in their Deen!

