

Winning Team For FIFA 2018, France Has 7 Muslim Players

The French national team was named world champion after defeating the Croatian team 4-2 in the 2018 FIFA World Cup Final in Moscow on Sunday. France won its second World Cup title since it first hosted the 1998 tournament 20 years ago.



By: Aysha Qamar
 “We are world champions and France are going

to be on top of the world for next four years,” French coach Didier De-

schamps said following the game. He called the tourna-

ment a “beautiful celebration of football.”

Cont. on page 14



Ulema, Religious Scholars Push Taliban For Peace Talks, Denounce Ongoing War

As illegal and anti-Islamic war is going on in Afghanistan, the ‘International Conference of Muslim Scholars on Peace and Stability in Afghanistan’ was attended by nearly 100 religious Ulema and scholars from Afghanistan and 37 Islamic countries of the world.

By: Lailuma Noori

The conference was hosted by Saudi Arabia in collaboration of the Organization of the Islamic Cooperation (OIC), concluded in the holy city of Makkah on Wednesday with a declaration



to condemn violence in Afghanistan.

Addressing the opening session in the conference, head of Afghanistan ulema council Qayamuddin Kashaf said: “Taliban should be invited to the

Two Holy Mosques for peace talks.”

“The visions of all religious scholars were good and positive. They all consider the ongoing war

Cont. on page 14

Yemen Rally: A Success

People from diverse backgrounds gathered in downtown Hamtramck, MI on Thursday July 12th, from 6-7 pm to protest “The No Muslim Ban,” and the cruelty being done to the Yemen population.

Important keynote speakers included; Abayomi Azikiwe, Rev. Dave Bullock, Saaed Khan, Bill Meyer, Randi Nord, Rev. Rich Peacock, Rev. Ed Rowe, Osama Siblani, Tarek Al-Haidri and JoAnne Watson.

“I think it’s so important that we are all here,” Dave Bullock stated. “We need to get the word out about the importance of what’s happening in Yemen.”

The conflict within Yemen dates back to 2011 when the authoritarian president handed over his power to his deputy

Abdrabbuh Mansour Hadi.

Hadi was unable to handle the financial instability, corruption, unemployment and the food crisis the country suffered. Also, members of Al-Qaeda continued to attack the region of Yemen during this time.

The Houthi movement emerged as a result. The movement contains a group of individuals who disagreed with Hadi’s presidential reign and decided to take power into their own hands.

Cont on page 14

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Justice Kennedy Retires, Trump To Appoint New Judge

Justice Kennedy has recently announced that he is retiring from the Supreme Court of the United States (SCOTUS).

By: TMO Staff

The Supreme Court is the highest Court in the United States and any decision made by the Supreme Court trumps over all other courts in the country.

The SCOTUS has been known to have 9 members to avoid any ties, which has led to many 5-4 decisions on many landmark cases.

Many are concerned because it is the President of the United States' responsibility to appoint a Justice that then has to be confirmed by the United States Senate. Mr., Trump has already appointed one Justice during his term as President of the United States (POTUS). The position became vacant when Justice Scalia passed away during the Obama administration, so it was President Obama's responsibility to appoint



a new Justice.

Unfortunately, due to the nature of American politics, the Senate, who was majority Republican, refused to see the judge that President Obama has appointed.

They did not meet with him on the basis of his qualifications, but on the basis that it was

President Obama who appointed him and the Republicans did not want to give President Obama a chance to give another seat in SCOTUS.

The Republicans in the Senate wanted to wait till the 2016 Presidential election and wanted to give Donald Trump the opportunity to appoint a

judge, which he eventually got.

Another concern is that Justice Kennedy, although being a conservative himself, has protected *Roe v. Wade*, which states:

The Republican Party and conservatives have celebrated the news of retirement, but many

pro-choice groups and activists are worried that many women will lose the right to choose what they can do with their bodies.

It is evident that President Trump will pick someone that represents his views.

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Muslim Travel Ban: America Under The Dark Cloud Of Bigotry



By: Dr. Aslam Abdullah

A divided Supreme court on partisan lines upheld Muslim travel ban by a margin of 5 to 4. No different than the 1944 Supreme Court decision that upheld the internment of Japanese American. In the decision, the majority conservative judges believe that the President has a sweeping statutory authority and his decisions based on national security are within his constitutional rights.

Thus, National security is the mantra that gives the President absolute power to impose whatever policy he deems fit to secure national interests.

The implications of this decision are far-reaching.

The president now has the backing of the judiciary branch to include more countries in the list of travel ban countries.

The President can revoke the naturalized citizenship of any legal resident anytime under the pretext of national security

The President can declare any community or a country a threat to the people of the United States

The President can ban any religion under the pretext of danger to the people of the United States

The decision, in fact, expands the power and authority of the President beyond the known constitutional process. It relegates the house and senate to a debating club without any authority to legislate because the President has the authority to question any legislation to secure national interests.

This is the rise of dictatorship on the ashes of democracy and no one really knows how the events would unfold the future political drama in the country.

The Supreme Court decision is made by judges who claim to be nonpartisans and secular, but the reality is that like any other human beings their religious and political ideas and affiliations impact their views.

In the current Supreme, there are five Catholics, three Jews, and one Protestant even though he is not loud about his religious affiliation. The Catholics are chief justice John Roberts, Justice Anthony Kennedy, Clarence Thomas, Samuel Alito and Sonia Sotomayor. The Jewish justices are Ruth Bader Ginsberg, Stephen Breyer and Elena Kgan.

Neil Gorsuch is an Episcopalian This has not been the case always. Since its inception in 1789, the Supreme Court has had 91 Protestant judges out of 113 judges.

The judges are not selected on party or religious lines. However, the possibility of their religious and ideological biases may impact their decision.

The travel ban decision seems to emerge from this hypothetical belief that the current Islamophobic propaganda created by the right-wing Christian evangelical political groups close to the Republican party and especially to the President might have impacted the conservative judges who are usually more inclined to take positions that in the past have favored the conservatives

and Republicans.

Indeed, this decision is one of the most earthshaking in modern American history with far-reaching consequences to the generations to come. The 1944 supreme court decision upholding the internment of Japanese still haunt the Japanese and the ethnic and religious minorities. This current decision would be a nightmare for Muslims and other religious minorities who do not endorse the Republican or Trump agenda in the near future.

This decision would be seen by the generations to come as a form of legalized Islamophobia and under this decision, Muslims would face, a situation that might pale the Japanese internment. The country is in the grip of white supremacy and evangelical Christian who view every non-white non-Christian especially Muslims a threat to Western Civilization under the leadership of America.

When race and religion combine to promote their supremacy, nothing but persecution and violations of basic human rights occur through a process the perpetrators call legal. This is where America stands today.

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Seeking God

by Azher Quader

“Tujhe aadam nahin miltha Khuda ki justajoo kaisi

Thu hai begaana apna, Aashna ki justaju kaisi”
Iqbal

“You have trouble seeking humans to connect with, how do you expect to find God?”

You are unaware of yourself, how do you expect to find the Most Aware?”

Some seek God in silent solitude and meditation. Some seek Him through scholarly discussions and animated debates. Some through meticulous accounting for prayers and prostrations. Some seek Him through their reverence of saints whose tombs they frequent. Clearly different members of the same faith have different approaches, as they go about seeking God. How successful are we in all our efforts? How can we ever know? Does the guidance in the Quran provide us some clues? Coming out of another Ramadan boot camp, perhaps it is a good time to ask this question and try to find out which path to pursue.

For millions of Muslims Ramadan is not just a time when their physical endurance is tested, but also a time for reconnecting with their faith and spirituality. As the month concludes, there is a certain sense of accomplishment and gratification among many, at having fulfilled our obligations and completed our religious duties. Even, at having met the demands of piety, in accordance with the guidance from the Quran.

“Oh you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you many learn piety and righteousness” Quran 2:183 (Baqara)

No mention of endurance here and certainly no mention of collecting funds or meeting financial goals for the year ahead.

But pety, as beauty, is often in the eyes of the beholder. Although the Quran emphasizes the practice of saum and sal-

ath as aspects of piety, it repeatedly also remarks on certain key values as foundational to the concept of piety. Such values as integrity, courage, humility, patience, compassion, accountability, charity and chastity.

It invites us to constantly appraise ourselves through reflection and introspection, to know our capacities and our potentials, our talents and our endowments, so we may know our strengths and our weaknesses, in order to overcome our deficiencies and become better people. In the language of the Quran, we are encouraged to adopt His colors and acquire His attributes, so we can perform His work and become His foot soldiers in making the earth a better place for all.

It repeatedly reminds us to ponder, to reflect, to question. It inspires us to engage, to involve and to strive in the causes of justice. It motivates us to serve the other, especially the other who is ignored, who is oppressed, who is suffering. It asks us to let go our fears and fight for the freedoms of those who are trapped in poverty, shackled in the misery of cruel oppressions or enslaved by the tyranny of human bondage. We are prompted to raise our voices for the victims of racial violence, religious prejudice, sexual abuse and to question the passage of laws that deny the logic of divine guidance.

In our poet philosopher mocks at our desire to find God, without even knowing the humans all around us, he is not alluding to seeking God through prayer and meditation but through a different path. He is drawing his inspiration from the Quran. The path to God as the Quran would describe it, is a “steep climb”. In Quran’s terminology, it is

“to free a slave, to feed the hungry, to lift up some destitute, from down in the dust.” Quran 90:12-16 (Balad).

Back then when the Quran was revealed, slaves were favored possessions. Today we cling to our worldly possessions, our

money, our homes our cars our luxuries, our vanities stemming from our jobs and positions, which define our status and our identity. If we are in search of God are we expected to let go these alluring possessions which feed our egos?

That attitude of total commitment to God’s Will then, maybe what is required for our search to bear fruit. It would imply not only knowing what that Will is but more importantly pursuing it with actions to evidence it. Unfortunately, the mullah’s stranglehold for centuries on our faith has so silenced the faithful into submission, that the Hijazi spirit which once propelled the early Muslims to go beyond their desert homes to establish a glorious civilization in the world, in pursuit of that Will, is rarely to be found anymore.

Again as Iqbal would say: “Gala tho ghont dia ahle madrassa ne thera

Kahaan se aye sada La ilaha illallah”

“Your throat has been so strangled by the inhabitants of the madrassa

Where can the cry of true imaan be heard anymore?”

Today we build magnificent mosques for prayer and meditation, seeking His countenance in them. We make huge investments of our times in memorizing the Quran, hoping to receive His pleasure and His blessing. We engage with followers of other faiths over nicely planned banquets and seminars, believing with them, we will find our common path to God.

The Quran is quite clear that God is everywhere and is neither confined by space nor time. To believe that He inhabits some sacred enclosures of our creation, however magnificent they may be, might work for our human needs but not for the quality of His transcendent omnipresence. While millions seek Him through prayers and prostrations, the Quran seems to ask for a higher price. One in which we are invested in serving God’s people, not merely in our own devotional practices.

Could it be that the God we seek has long left the places we seek Him in? Could it be that He has abandoned our sacred spaces, angered by the hypocrisy of our purported beliefs, the disappointing reality of our defiant

behaviors?

We dare not look too far to view this sad picture in our mirrors, to witness the conflicts within our mosques, the ego battles, the court cases, the disillusionments, that have become so common in our religious lives.

Maybe now that the days of fasting and feasting are over, we can look for Him in places that we have ignored before. Maybe we do things that we haven’t done for long; spend some time serving the homeless, feeding the hungry, comforting the ailing. Maybe God is waiting for us in a homeless shelter to see if we show up and touch a troubled soul. Maybe God is looking for us in a crowded nursing home, where a lonely resident is longing for a visit from family or friend or anyone to talk to. Maybe God is watching us speed by in our fancy cars, as one of His less fortunate creatures is looking for scraps to eat, from a trash can on the street.

Yeah, He probably likes to be around the ones who need Him the most. The grieving, the struggling, the voiceless, the forgotten. If we are to

Cont. on page 12



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Resurrecting Why I Wear Hijab And Need To Use The Redress Control Number

In the last week of June of 1998, my Nani Amma died. It was the worst pain I had felt until that moment or since. Nothing compares or prepares for the loss of a maternal grandmother. It was heart-wrenching and devastating.

By Nadia B. Ahmad

My perfect summer was cleft asunder. I spent three weeks in a daze and couldn't figure out what to do with my life. I was going to leave off for college in the fall and wasn't sure if the 3,000 miles away from what I thought of as Orlando was such a good idea anymore.

Up until my grandmother leaving this world, I could think of no real problems that I had. Someone had stolen a brownie from my lunch bag in 10th grade. And then the Orlando Magic couldn't figure out how to win.

Yet losing my maternal grandmother was such a shock, it hurts even 20 years later. The only way I could fathom to honor my grandmother was to wear hijab. I had also promised my mother in 2nd grade if she let me go to college wherever I wanted, I would wear hijab. I figured now would be a good time to own up to my promise. So I didn't wear hijab out of any sense of religious duty or modesty. I wore it to shroud the grief of losing my grandmother. I



spent the past five years toying with the idea of wearing it, but I never got around to actually donning it. I never wore it particularly well as I never had the fashion savvy or the time in the morning to fasten it properly. It was always falling off.

Neither of my grandmothers received beyond an elementary school education. And they both would remind me that going to school was such an honor. To learn and be able to study because that is something they could never do. They

taught me to respect my writing utensils and books and never throw them carelessly on the ground.

My mother told me that I didn't have to wear it if I didn't want to. She told me I could still go off to California if I didn't wear hijab. I still wasn't wearing it all the time when I flew out for the start of the semester. But by Labor Day of my freshman year, I figured I should be less lackadaisical about wearing the hijab and keep up with my 2nd-grade bargain to my mother. My father

didn't like the idea of either – the hijab or the Berkeley. He felt the hijab would create needless problems for me. So, the hijab also became another way to tick him off for no reason. My father thought the six-year medical program at the University of Miami would have been the key to happiness instead of going to Berkeley to study literature and wear hijab.

That was how I left my parents, I went off to college. This new child separation policy is another level of trau-

ma. I don't know what we would do if someone came and snatched our kids away. I'm not one of those parents who shelter my kids from reality. I don't mince words. If something is bothering me, they know it.

After they came back from Build-a-Bear workshop last week with my cousins and their cousin, I was thinking the whole time of the migrant parents and their children. I said to them:

"If you lose your teddy

Cont. on page 6

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"Who, when a misfortune overtakes them, say: 'Surely we belong to God and to Him shall we return'." Al-Baqarah 2:156
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Cont. from page 5
Resurrecting Hijab

bear's certificate, they may come to snatch the bear away from you."

"Huh?"

"Yes, Border Patrol is taking away kids from their parents. So you definitely don't want to lose your teddy bear. Don't lose the papers."

"What about us?"

"I don't know. You are U.S. citizens, but you don't look American-American, so the police will always view you with suspicion. You have to be on your guard."

"But will the police take us?"

"They take children or their parents who are undocumented. They don't have what we call "a status" in this country. Status doesn't mean anything. It's just legal mumbo jumbo. These migrant workers are why you have chocolate ice cream and straw-

berry shortcakes. Like, imagine a baby like Jihan being taken away from her parents. How would she feel? How would you feel? How would I feel?"

They look at their 10-month-old sister. Now I start to regret telling them about the new family deportation policy. Maybe the courts will do something. I have so little faith in the courts now. These courts that protect the elite and powerful and shackle the weak and helpless.

They become nervous about their upcoming trip to California. I tell them don't worry. "Why don't worry? Because you're a lawyer." "Yes, and I'll use my redress control number, so they don't bother us as the airport." I respond. Last time I didn't use the redress control number, our trip was a total mess. I suppose that is why they have the number in the first place.

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Was The Korean Summit Really A Success?

President Trump visited Singapore this month to start peace talks with the leader of North Korea, Kim Jong Un.

By: TMO Staff

The purpose of this Presidential trip is to convince North Korea to denuclearize, however, Mr. Trump's objectives were not fully met. Some have speculated that Mr. Trump created a problem and created the summit to make it look like he solved the problem and get enough support to win a Nobel Peace Prize.

Since Donald Trump became president, he has famously made American allies angry and American adversaries furious. So far, the Russian Federation has not had to deal with Trump's wrath. During his speech at the United States, Mr. Trump called Kim Jong Un "rocket man" and at multiple times has instigated North Korea to do missile tests that could potentially reach the Western Coast of the United States. The world started to assume that the United States and North Korea might engage in nuclear war. The issue became so heightened that several states within the country were looking at establishing policies in case their state became a target for North Korea.

Before Mr. Trump's unnecessary remarks towards North Korea, the United States and North Korea did not have diplomatic relations and they were not on the verge of nuclear war. Some would say that the United States and North Korea had a severed relationship because of the Korean War. Ever since Mr. Trump took office, the severed relationship showcased itself as a case of bad blood between two countries.

As the situation intensified, the Trump administration decided to hold the summit to start peace talks with North Korea. After months of deliberations and several rollercoasters like events, it was decided that Singapore would be an appropriate location for



the two leaders to meet.

Many people held high hopes for this meeting because it was the first time an American President met with the leader of North Korea. The objective of this summit was to denuclearize North Korea, but that did not happen. North Korea was found demolishing a nuclear site, but many have speculated that the North Korean government did this to hide evidence from international media.

Instead of denuclearizing or even agreeing to not use nuclear missiles

on other states, North Korea decided to open up a burger franchise in their country. This was perhaps done to please Mr. Trump who has been known to enjoy several burgers on a daily basis. Mr. Trump was also seen and heard asking photographers to take good pictures of him and Kim Jong Un that would make them look thin and nice. Clearly, Mr. Trump prioritized his looks over American national security.

The Trump administration has been trying to show the world that this summit was successful

and that Mr. Trump's actions are worthy of an award. However, this summit was not as successful as the administration is making it out to be. Mr. Trump did not meet his objectives, he instead gave North Korea an international stage to speak. North Korea is infamous for violating basic human rights and many countries have condemned the authoritarian country for their actions. This summit showed the world that the United States is willing to befriend a state that starves its population and kills anyone who tries to escape.

Mr. Trump also commented that he admired the way Kim Jong Un is treated by his people. During an interview with Fox and Friends, Mr. Trump said: "Hey, he's the head of a country, and I mean, he's the strong head — don't let anyone think anything different...He speaks and his people sit up at attention. I want my people to do the same."

It looks like Mr. Trump was busy admiring a dictator, while North Korea was able to keep their nuclear weapons.

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Thoughts On Suicide

With the recent suicides of the fashion designer Kate Spade and the chef and CNN television personality Anthony Bourdain, there is a spotlight on those who kill themselves.

By: Ali Muslim

According to the Center for Disease Control, the suicide rate in the US rose by 25% since 1999. Twenty-five states saw a rise in suicide by more than 30%. But what about in the Muslim community?

There is little data to indicate the prevalence of suicide in the Muslim community. However, there is a 2010 study by Ajit Shah and Mahmood Chandia, "The relationship between suicide and Islam, a cross-national study". The study stated that suicide is illegal in many Muslim countries. At the same time, many Islamic countries do not collect suicide statistics. Furthermore, some countries have difficulty to define communities, such as India, which has a large Muslim minority.

Clearly many factors making tracking suicides in the Islamic community difficult, but Shah and Chandia found that suicide rates were lower in individuals adhering to Islam.

Two US psychiatrists sat down to report their experience to The Muslim Observer.

"When it comes to depression specifically, religion can help cope because of ritual and belief in the mercy of God," explained Dr. Shady Shebak, clinical professor of psychiatry through Michigan State University and a faculty psychiatrist at Pine Rest Christian Mental Health Services. "But sometimes the religious community can cause problems for example in their understanding of the problem. It can create a false dichotomy, religion vs. psychiatry."

The other psychiatrist, who asked that he not be named, agrees. He said that he once had a 15-year-old Arab patient



who had a psychotic break and believed that the CIA and FBI were after him.

"That might be in fact true for a young Arab male," he said, "but he also believed other things that clearly marked him as being paranoid."

The psychiatrist said that his patient, along with his family, came in for a consultation. The patient's mother asked when could he be taken off medication, but she started to cry when he said that the patient was doing well and that he shouldn't be taken off the medication. "When she began to weep you could just see that the patient felt so ashamed. He then dropped out of the program. A few months later I got a call that my former patient had unsuccessfully tried to commit suicide by running into traffic."

"Clearly suicidal thinking is a problem with some segments of the Muslim community. Just because a person is Muslim doesn't mean that they can just wish their thoughts away. Their situation might be even more complicated by their cultural baggage, which doesn't really recognize mental health problems except to stigmatize those who

suffer from them."

"The problem is that just because the religion forbids suicide, it doesn't mean that the person isn't miserable," explained Shebak. "A person with suicidal thoughts and anxiety will start worrying that they are having demonic thoughts about suicide."

Shebak said that an increasing number of Muslims in North America are going into the mental health field, which is better for the Islamic community. A lot of young doctors are going into psychiatry or family medicine with an interest in psychiatry, which is also good because they are on the front lines, he explained.

Shebak said that one issue with his patients is that they don't come to see him unless their problem is severe.

"We need to do better at prevention and treatment. If a person has been depressed for a week or anxious for three weeks, you probably need to see someone," said Shebak, noting that depression and psychosis are dangerous triggers for suicidal thinking.

"It's tricky, you have to be careful in determining that people who self-

harm actually want to commit suicide," explained Shebak.

"Some people come in after they tried seeking attention, such as cutting their arm a little or overdosing slightly. They do this when they know someone is home and will save them. In such an instance we need to address why they need attention; they usually have low self-worth. They could kill themselves by accident though."

"Another type of person is impulsive and they might not have a plan or look depressed. They just

do something especially if they are men and have guns, they are very likely to die. Ever since an experience with one patient. Adolescents are notorious for this, especially because they can be extremely impulsive. If they are also attention-seeking they could do some real damage to themselves."

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Making Children Suffer, Is This The New America?

Thousands of kids have been separated from their parents and have been placed in a tent city in Texas. Many of these children are as young as 3 years old.



By: TMO Staff

The Trump administration has ordered the Department of Homeland Security's ICE to raid homes all over the country and take away anyone who does not have proper documentation of American citizenship.

This executive order of "Zero Tolerance" has been under criticism for various reasons. Mr. Trump became President under the nomination of the Republican Party.

The Republican Party, also known as the GOP (Grand Old Party), has always claimed to be the party that values traditions and always put families first.

However, what Mr. Trump is doing right now is the exact opposite of these values that the Republican party claims to uphold. Another criticism is that when detaining these families, ICE separates parents from their kids and from what it seems like so far, ICE or any federal agency is not doing anything to reunite these children with their parents.

Adding on to that, many people have stated that this will not solve the problem of gang violence in the United States and will not prevent illegal drugs from coming across the border.

How does separating immigrant families with children prevent violence? It has become evident that immigrant families come

to the United States to improve their lives and provide a safe and sustainable life for their children.

No one would ever willingly leave their home country unless their lives were in danger. These families came to the United States seeking asylum, as internationally recognized resolutions have permitted them to do so.

The truth behind these families living in the United States without proper documentation is that they came to the United States with the hope that they would be safe from the violence they have been facing in their home countries. For many of them, returning to their country of origin is equivalent to a death sentence.

These families have escaped persecution from violent drug cartels, gangs, and authoritarian governments. Forcing them to go back would be cruel and unjust.

There have been reports that many of the children being detained in the tent city have been experiencing trauma and other symptoms of severe anxiety and depression. They are young children who need their parents, but because of Mr. Trump's executive order, these poor children have to suffer all alone in cages, while being scared by ICE agents.

Many have compared pictures of

the tent city in Texas, to pictures taken of the concentration camps during the 1930's when the Nazi regime was controlling Germany. They have also compared pictures of the items collected from the detained individuals in the United States to the shoes that once belonged to Jews and many others who were killed by the Nazi regime.

We can get mad at the Department of Homeland Security for carrying out the Executive Order, but that will not help anyone. The Trump Administration is to blame for the suffering of thousands of children.

The Trump Administration has not just created an environment of fear but an environment of hatred. Unfortunately, there are some people who actually support this act and many of them claim to be pro-life in the abortion issue. They want to force women to give birth to a child but do not care for children who are already living. It is contradictory to claim oneself as pro-life, but be in support of an act that completely disregards the rights of a human life.

There is a way to stop the Trump Administration from committing such heinous acts and that way is the United States Congress. It is the sole responsibility of Congress to listen to the people of the United States and vote on bills in the way that the people want them to vote.

Contact them by calling their

Congressional Offices in DC and their state/district offices.

Write letters to the Members of Congress and urge them to stop any act that disrespects human rights.

You can find your Representative in the House of representatives at (findyourrep.gov). You can input your zip code and the name and contact information of your Representative will appear.

Every state has 2 Senators, so that means that you have 2 Senators representing your interest in DC. You can contact them at ([senator](http://senator.gov)).

You can also attend town hall meetings and make your voice be heard while standing in front of elected officials. Sometimes we forget that they are here to do what we tell them to do.

Do not hesitate to reach out to them and exercise your right to speak your mind. You have the power to stop this injustice and help thousands of people reunite with their families.

If you want to write for TMO,
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Delectable Chunky Avocado Salad

By: *Noor Saleem*

In the midst of the summer heat, family gatherings and relaxation are probably leaving you reaching for not so healthy choices, such as numerous scoops of ice cream, overly sweetened lemonade, or store-bought pie.

While a bowl of ice cream or ice-cold carbonated beverage may give you a nice cool-off, they definitely may give you a sugar crash, mood swings, and further cravings for junk food and sweets, too. Instead, fill your plate with snacks and meals as close to nature as possible. Reach for the fresh vegetables and guacamole dip, juicy watermelon slices, or even grilled salmon. Importantly, if you are the host, or bring a dish to share with your loved ones, take a step towards eating healthy by providing the healthy options yourself. Bring a bag of dry roasted cashews, a fruit platter, or even a unique salad, such as this chunky avocado salad.

While the red pepper hummus dip recipe shared last week is an absolutely incredible choice if you are seeking a high-protein snack that will grant you satiety, this chunky avocado salad is also loaded with incredible benefits. Not only will this salad grant you satiety for hours after consuming, due to the high-fat content of the avocados and extra virgin olive oil, but it will enhance your mood-boosting neurotransmitters, increase your energy levels and nourish your body with a myriad of trace minerals and vitamins. It's a common concern of clients that avocados and extra virgin olive oil are high in fat and lead to weight gain. It's crucial to note that not all fats are created equal, and in fact, good fats will aid you to lose weight while preventing cardiovascular health conditions, digestive health conditions, and cognitive health conditions as well. Healthy fats, such as extra virgin olive oil, avocados, nuts and

seeds, avocado oil, fatty fish, avocado oil, and grass-fed butter are all incredibly beneficial to you in countless ways. When you eat healthy fats, you, in fact, will be full for much longer than reaching for "sugar-free" cookies loaded with artificial sweeteners, hydrogenated oils, and a myriad of chemicals. Atop that, consuming an adequate amount of healthy fats will balance your blood sugar, thus reduce the possibility of cravings after meals.

Give this chunky avoca-

do salad a try, and enjoy it as a dip or on its own. Feel free to add black beans, organic grass-fed cheddar cheese, and a bed of shredded lettuce or kale for a twist.

Ingredients:

8-10 large avocados
3 grapevine tomatoes
3 medium-sized red onions
1 bunch fresh cilantro
Dressing:
6 small lemons, freshly juiced
1/2 cups extra virgin

olive oil
1 tablespoon Himalayan pink salt
1/2 teaspoon rosemary, dried
1/2 teaspoon ground mustard seed
1 teaspoon black peppercorn, ground
1 tablespoon fresh dill, chopped
1 teaspoon dried mint

Directions:

Chop the avocados into 1/2 inch cubes, and place in a large bowl.

Wash and chop the

tomatoes into 1/4 inch cubes, and place in the bowl as well.

Finely chop the red onions and cilantro. Add to the bowl. In a separate glass mixing bowl, mix all of the dressing ingredients. Drizzle over the avocados, and use a serving utensil to gently mix the ingredients.

Transfer to a serving dish. Refrigerate for 1 hour, as it's best when chilled.

Enjoy with organic tortilla chips or with a spoon!



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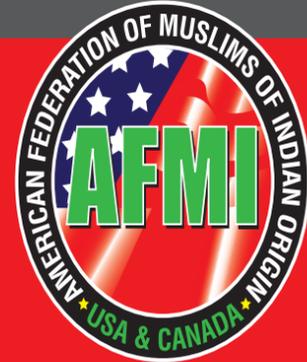
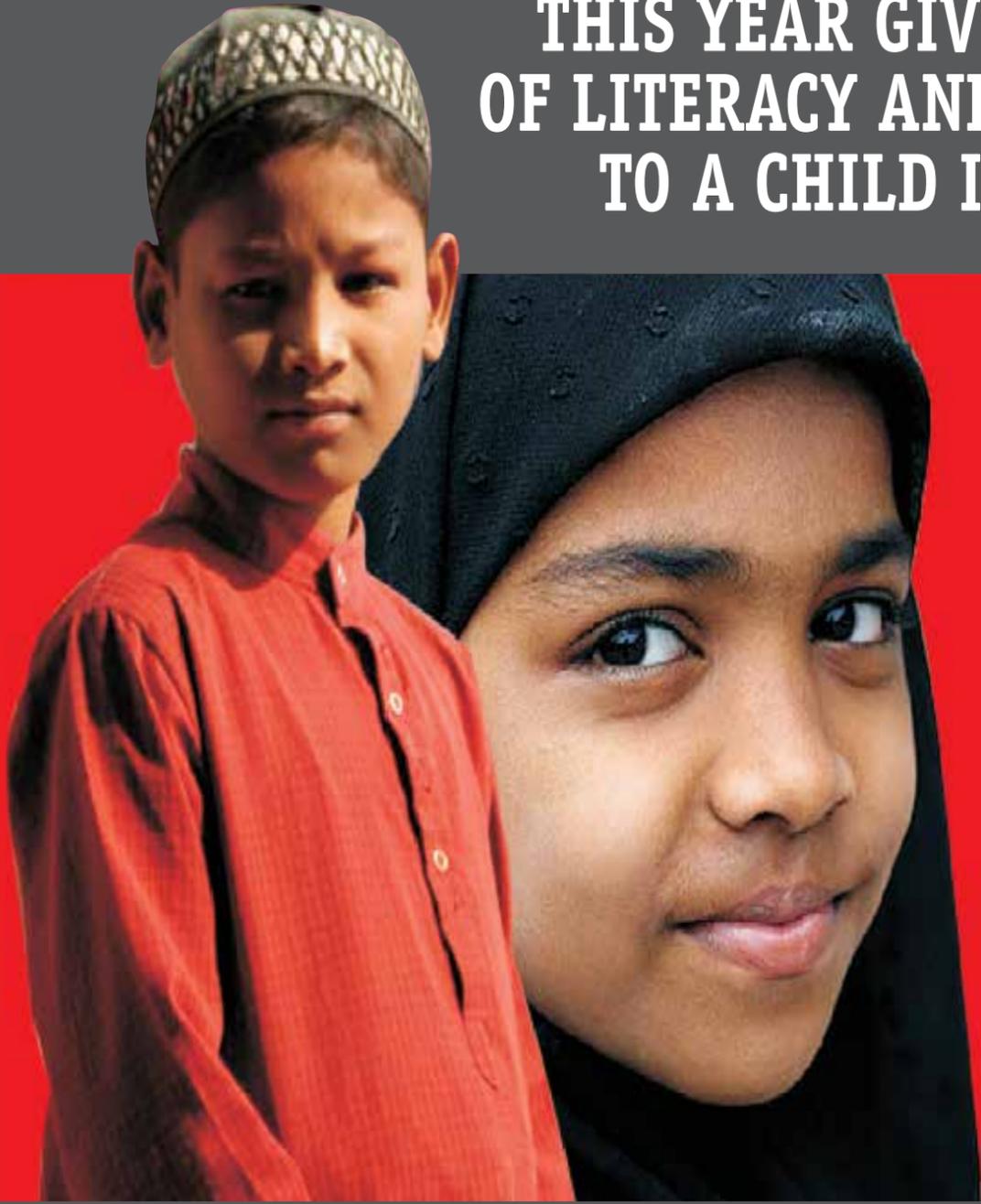
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**Cont. from page 4.
Seeking GOD**

ever find Him we will need to leave our warm and cozy places of worship and seek him among the poor, the destitute and the deprived.

That will require a journey of self awareness, which we may not have taken before, but must. It will require character, which demands much more than a life of fasting and praying, which we are so often taught to follow. It will require sacrifices much greater than what we are used to make. If we truly seek God, a much bigger price will need to be paid.

“So give the relative his rights and the destitute and the wayfarer. That is the best for those who seek God’s presence. Those are the prosperous.” Quran 30:38 (Rum)

The Quran talks about a grand bargain for the believers to make. A bargain with God, with a promise for Paradise in return:

“God has purchased from the believers their lives and their wealth in exchange for Paradise. They shall fight in God’s way and shall slay and be slain. It is a promise which is binding

on Him in the Torah and the Gospel and the Qur’an. Who is more true to His promise than God? Rejoice then in your bargain that ye have made, for that is the supreme triumph.” Quran 9:111 (Tauba).

Clearly His offer is open for all people, if they seek His favor, His presence, His paradise. The choice is ours to make.

“Wo ek sajda jisey thu giraan samajhta hai

Hazaar sajdaon se deta hai aadmi ko najaath.”

Iqbal

“That one prostration (commitment) that you believe is so difficult to make

Is the one that frees man from all the prostrations he is making, in search of salvation.”

That one sajda is the sajda of tauhid about which the Quran makes the case, verse after verse, surah after surah and we heard recited night after night in Ramadan.

Tauhid is the belief beyond any conditions over God’s Singularity, His Message, His Messengers, His Program for life.

Tauhid is what breaks down the barriers between man and fellow man, replaces hate with compassion, arrogance with humility, prejudice with understanding. Tauhid is what instills in us the fear of God and gives us the courage to speak truth to power, rally against injustice, fight oppression, go to prison, get killed. Tauhid is what inspires us to serve the under served, care for the sick, embrace the immigrant, house the refugee. Tauhid is what enables us to overcome adversities through the power of patience and perseverance. Tauhid is the glue that binds communities together across racial, ethnic, national and yes, theological divides. Tauhid is what informs us of our purpose in being. It is the compass that gives us direction to navigate through the uncharted waters of societal improprieties, when they clash with Divine directives. It is the lens which provides us the clarity of vision we need, to stay on “the path”, the straight path.

It is the awareness and pursuit of tauhid that results in a civilized world where justice, compassion and peace are possible. Tauhid is the only truth,

the only promise, the only path to paradise. Deny the lesson of tauhid, the Quran warns us, and we will be left with the certainty of injustice, insecurity and conflict in the here and endless agony in the hereafter.

What better sajda to make above all other sajdas? What better way to seek God?

May He whose countenance we so ardently seek, help us find our way in the wilderness.

Azher Quader is a thinker, writer and Founder President of Community Builders Council, (www.cbc7.org) a non profit tax exempt organization, whose mission is to promote empowerment through education and engagement.

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Eid Picnic Gathers Qabeelah Ittihaad Families

With both heavy rain and scorching sunshine within a few hours, the Eid Picnic for Qabeelah Ittihaad definitely engraved many beautiful memories. It’s been more than seven weeks since most of the team met, and the blessed month of Ramadan kept many busy with worship and family time.

By: TMOS Staff

With the many Eid socials in the community, this Eid Picnic sure did hit the hearts of many. For, what better way to gather your entire team of volunteers along with all of their families than for fresh grilled barbeque and some outdoor fun?

While some played basketball, a volleyball match took place, along with lots of laughter, sarcastic jokes, and endless smiles. Kids ran around the park, played on the swings, and enjoyed the water balloon fight with the remainder of the team. Team-building activities were also part of the program, which only became more exciting with the speaker system used during both discussions, welcoming remarks, and games. Omar Malik, the current Ameer of Qabeelah Ittihaad, gave welcoming remarks, and introduced the remaining of the team. Delicious food, along with fresh barbeque off the grill, was served. Heavy rain did not stop this team from having fun and only hours later did this beautiful gathering conclude.

Qabeelah Ittihaad Michigan, Al-



Maghrib’s chapter of Southeast Michigan, was founded in 2005. Respect, integrity, manners, optimism, and helpfulness are all qualities of Qabeelah Ittihaad volunteers. As of today, the Qabeelah has hosted more than 70 seminars and one-day seminars. Their mission is to help their communities by providing them with opportunities to seek Islamic knowledge in a fun, engaging, and extraordinary way. It’s more than just sitting in a classroom and taking notes—bonds are built, memories are made, and seeds of friendship

are planted. They’ve had more than four students complete the Al-Maghrib degree audit to its entirety, two of which are now Al-Maghrib instructors themselves. The Qabeelah hosts seminars on various topics, covering Qur’anic Tafseer, pillars of faith, beautiful patience, Fiqh of marriage, modesty and clothing, ethics and manners in Islam, history, and many more heart-warming courses. Other than hosting seminars several times a year, Qabeelah Ittihaad’s volunteers get together to put their knowledge into

action: they give back to their community. Of the many projects conducted, they’ve made almost 300 personal hygiene packages, brought hot food to a homeless shelter, helped pack clothing for the needy, and much more. They work as a team, strive as a team, and experience the incredible fruit of their efforts as a team, alike.

For more information about Qabeelah Ittihaad, or to check out their upcoming class, visit: almaghrib.org/Michigan

Third Annual MCM And Farmington Police Department Volleyball Match

It was a sunny afternoon on Friday that quickly turned into rain, but right in time for the Muslim Community Mosque to defeat the Farmington Hills Police Department at the third annual volleyball match barbeque.

by Noor H. Salem

For the third year in a row, the Muslim Community Mosque, also known as the Islamic Cultural Association, welcomed the mayor of Farmington Hills, many wonderful individuals from the school board, and the Farmington Hills Police Department for a volleyball match, followed by a fresh barbeque. It was a pretty heated game, with some fierce and experienced players, along with not so experienced others just there to have some fun with the team.

After everyone enjoyed a delicious barbeque and dessert, a few welcoming remarks along with special acknowledgments and appreciation were given. There were plenty of handshakes, laughs, and smiles shared across individuals from various backgrounds, cultures, and religions. The mayor of Farmington Hills, Dr. Ken Massey, said a few inspirational words about the importance of unity in the community. The heavy rain that began to pour did not stop many from playing volleyball, although the official match has been complete for the year. It was beyond just a volleyball match though, and more than just good kabob or hummus. This event builds bridges and brings the community together at an incredible level. It was truly a beautiful scene, with endless smiles and lots of good laughs from both old and new friends.

“We hope the good food helps you get over the loss,” said Imran Salha, the new imam of the mosque, as the attendees roared into laughter. Nonetheless, it was about more than just tasty food, and farfetched beyond a volleyball match. It was an event that brought together the community, in order to work



together in building unity.

“Next year I’d like to see some vegetable curry,” said Paul from the University of Michigan, as he laughed and thanked the Muslim Community Mosque for a beautiful gathering.

The Muslim Community Mosque, also

known as the Islamic Cultural Association, of Farmington Hills, was founded by a group of families who hoped to establish an Islamic community that modeled their beliefs and values. In 1987, the community purchased the Franklin Building and moved to its present location. Two years later, it established the prestigious Huda School which has flourished

over the years. The ICA created a weekend Arabic School, Dar-al Huda. The ICA has continued to grow and expand, offering its members an Islamic environment where they can feel at home and raise their children with hearts at ease. Since its inception, the ICA has held various school and family functions for the occasions that matter most to its members—

such as Ramadan and Eid—as well as exciting activities for the whole family. It has also prided itself in offering weekly Islamic and educational lectures and maintaining a youth program that has been going strong for years. The ICA hopes to continue to expand by offering more services that the community can benefit from.

We were honored to interview Afroz Khan, the outreach committee director at the Muslim Community Mosque, on her experience with this year’s annual barbeque and volleyball match.

By far what’s your favorite part of the volleyball barbeque?

Cont on page 14

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**Cont. from page 1
FIFA Cup**

With one of the most diverse teams in the league, France's win in the 2018 Fédération Internationale de Football Association (FIFA), or International Federation of Association Football- as they say in English -was a win for immigrants all over the world.

The French team has a total of seven Muslim players, including: Adil Rami (of Moroccan descent), Djibril Sidibé (of Malian descent), Benjamin Mendy (of Senegalese descent), Paul Pogba (of Guinean descent), N'Golo Kanté (of Malian descent), Nabil

Fekir (of Algerian descent) and Ousmane Dembélé (of Malian descent).

Of the above Muslim players, Pogba made headlines when he traveled to Makkah, Saudi Arabia to perform Ummrah before the start of the World Cup.

This isn't the first time the French team showcased diversity. In the past many other Muslim players played for the national team. Prominent players include Zinedine Zidane, Karim Benzema, Hatem Ben Arfa, Franck Ribéry and Samir Nasri. Zidane and Benzema made history as some of the

top goal scorers for the French national team.

The team's diversity and success were of particular importance for immigrants because of the country's well known anti-immigrant sentiment. France's colonial past has impacted immigration policy and ideology for decades, particularly against the African rooted community.

In the early 2000s, racial injustice and police brutality were at an extreme high causing many to speak up against injustice after the tragic death of two teenagers who were electrocuted in a substation after being

chased by police.

Even last month, riots took place in the city of Nantes, close to Paris, after a Guinean immigrant was shot and killed by police.

The French team may contain only seven Muslims but it has more than 15 players with African roots. This inclusion of talent despite immigrant speculation showcasing the change the country may be having. This is definitely a step forward and celebration for immigrants everywhere despite what country they supported in the World Cup.

**Cont. from page 1
Ulema, Religious Scholars**

in Afghanistan as unacceptable, which was our anticipation from them," Kashaf said in a sideline of the conference.

Mawlawi Kashaf further said that ulema and Muslim scholars were obliged to declare their position against the ongoing bloodshed, extremism, explosions and suicide bombings, adding that the government has authorized to Ulema and Muslim scholars for mediation in peace talks.

Meanwhile, the government of Saudi Arabia and the Organization of the Islamic Cooperation (OIC) also condemned the ongoing illegal war in Afghanistan. In his opening speech, Secretary-General of the Organization of Islamic Cooperation

(OIC) Dr. Yousef bin Ahmad Al-Othaimeen called on the Afghan government and "all components of Afghan society" to respond to work toward peace in the country.

"Our conference today is a reflection of the gravity of the strife and division in Afghanistan that have denied Afghan people the grace of security and stability, hindered development, frustrated society and killed hope," he said. "Worse still, killing the innocent in the name of Islam has aggravated the situation."

He said that this conference comes at a critical time in Afghanistan's history.

Also present at the conference, the Saudi minister of Islamic affairs, Sheikh Abdullatif bin

Abdul Aziz Al-Asheikh said the prosperity of Afghanistan leaders and its Ulema and all religious scholars of the Islamic world was to address the Afghans' problems and their unity.

In the conference, the Afghan delegation enumerated its demands as follows:

– The conference should ask both sides of the ongoing conflict to maintain truce and kick off direct talks.

– A delegation of Muslim ulamas from this conference should be appointed to hold direct talks with the Taliban group.

– We are asking the OIC to hold the organization's summit for consolidation of peace and stability in Afghanistan.

– We are asking the government and the Custodian of the Two

Holy Mosque King Salman to invite the Taliban group for peace talks to Haramain al Sharifain.

– We are asking the OIC to hold such conference in Kabul.

– We want the religious ulamas and OIC to declare their clear stance related to the ongoing war in Afghanistan.

– We as ulamas of the Islamic world are responsible to declare our clear position against explosion, suicide attacks and extremism.

It is the first time that OIC has held an international conference of ulamas from Islamic world countries on Afghanistan and ongoing illegal war in the country.

**Courtesy of
the Kabul Times****Cont. from page 1
Yemen rally**

Today, the Houthi movement seized an area in Yemen called Sanaa and have become a modern version of the Al-Qaeda in Yemen territory.

The protest was able to shine a light on the fear and problem with the Houthi Movement and the United States recent congressional order, "The No

Muslim Ban." People were able to voice their opinions through poetry to express their emotions.

"As a child, I first laid my foot on this land. I stand here today a man tired and bend full of thriving I was proud of this moment, I am gripped by doubt. My heart is clutched in a great frame of despair my brothers are not cruel and this is unfair. I too must be a child to the tender

soul I do not understand this humiliation. Must I really fall? My innocent life is seen before long deserting my cold eyes that thank me wrong. The darkness of mere thought of being abandoned haunts me like vicious wolves seeking retribution. Are you telling me history again is pushing into the present I fear the shadows of crime and racism stand. And this to the supreme court stands wrong. My religion

is Islam, not insanity," Recited Tarek Al- Haidri, a global activist.

The recent protest is the first of several to come. Society needs to stick together in order to spread awareness about controversial issues occurring locally and globally. Yemen is suffering and not many understand the extent of what the people are going through on a daily basis.

**Cont from page 13
VollyBall**

enjoy the volleyball game and the delicious food a lot, but my favorite part really is getting our community together, making new friends and catching up with old ones."

What do you most enjoy about being the outreach committee chair?

"Being the outreach chair has given me the opportunity to work with really amazing people within our masjid and outside. I am grateful to the board, the executive committee, and the members of MCM for trusting me, and supporting me in my

"I outreach efforts. It has been such a rewarding experience working together with people from different races, religions, ethnicities, cultures, and backgrounds for the greater good. It has made my life richer, and I'm still learning....."

This annual volleyball barbeque has been occurring for three years thus far. What first initiated the idea for you to execute this?

"From the beginning, our goal has been to be an integral part of the community at large. We had talked about having a barbecue and inviting our neighbors to get to know each other. We had also committed to sponsoring a dinner for south Oakland Shelter when they were hosted by our neighbors at

North Congregational Church. In December of 2015, when tensions were running high due to the backlash against Muslims, the mayor of Farmington Hills Dr. Ken Massey, and our police chief Chuck Nebus met with the representatives of the local Muslim community to listen to our concerns, and to assure our safety and security. Chief Nebus suggested a friendly game between the police department and our masjid as a means of developing better community relations. Alhamdulillah, we were able to combine the three ideas into a single fun event that brought everyone together. And InshaAllah this will become a long-standing tradition!"

How does it feel to win the game

this year?

"It's always fun no matter who wins, but it sure feels good to win! I'm thankful to our police officers and our members who came out to play after a hard day's work. Some of them were still playing in the rain after the official game was over!"

As for now, there's an entire year for both teams to practice some volleyball skills in order to prepare for some competitive fun next summer. Prior to that however, are many amazing outreach events that will bring many of these attendees together, such as soup kitchen volunteering, interfaith camps, and much more.



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