

TRANQUILITY

Editor: Tsukuba Muslim Residents Association (TSUMRA)

Vol. 8 No 3

<http://www.geocities.com/tsumra/>

Email: tsumra@hotmail.com



-Dome of The Rock-

Rabiul Thani 1424 A.H. /June 2003

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Tranquility

Tsukuba Muslims Residents Association (TSMRA)



I would like to thank all editors of tranquility for helping me on making this real. Also thanks to Allah who gave us this opportunity to be in his right path..Please enjoy your reading.

Dedication

To those who seek the truth sincerely, honestly, and open-mindedly!

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TSMRA'S COMING ACTIVITIES

--June--

- June 15 : Country Presentation (Indonesia)
- June 29 : Visit to NASDA'S Tsukuba Space Centre & Ibaraki Geological Museum

--July--

- June 15 : Country Presentation (Pakistan)

ABU BAKR AS-SIDDIQUE: THE TRUTHFUL COMPANION

by Hamzah Qassem

"No one has been a better Companion to me than Abu Bakr".

These were the words of the Holy Prophet in his last sermon, about the Companion who will feature in this issue.

Abu Bakr the First Among Men to Enter Islam

Abu Bakr was always a very close Companion of the Holy Prophet, he knew him better than any other man. He knew how honest and upright the Prophet was. Such knowledge of the Prophet made Abu Bakr be the first man to follow the Message of Prophet Muhammad (saw). He was indeed the first adult male to accept Islam.

The Holy Prophet told Abu Bakr what had happened at Mount Hira', he told him that Allah (swt) has revealed to him and made him His Messenger. When Abu Bakr heard this from the Prophet (saw), he did not stop to think, he at once became a Muslim. He submitted to Islam with such determination that once the Holy Prophet himself remarked "I called people to Islam, everybody thought over it, at least for a while, but this was not the case with Abu Bakr, the moment I put Islam before him, he accepted it without any hesitation". He was titled *As-Siddique* by the Prophet because his faith was too strong to be shaken by anything.

In fact, Abu Bakr was more than a great believer, as soon as he became a Muslim, he immediately began to preach Islam to others. Among those who accepted Abu Bakr's invitation to Islam were: Uthman, Zubair, Talha, Abdul Rahman bin Auf, Saadi bin Waqqas and others who later became the pillars of Islam.

Abu Bakr's love of the Prophet (saw) was so great that he was willing to sacrifice his life for the sake of protecting and comforting the Prophet (saw). Such love and sacrifice were demonstrated when one day the Holy Prophet was saying his prayers in the Ka'aba, while some of the chiefs of Mecca were sitting in the court yard of the Ka'aba. Seeing the Prophet praying, 'Uqbah bin Abi Mu'eet took a long piece of cloths and put it around the Prophet's neck and twisted it hard in an

attempt to strangle the Prophet (saw) to death. At that moment Abu Bakr happened to pass by from a distance, he saw 'Uqbah trying to strangle the Prophet to death. Immediately Abu Bakr ran to the help of the Prophet, he pushed 'Uqbah aside and took the cloth from around the Prophet's neck. Thereupon the enemies of Islam came down upon Abu Bakr and beat him, although Abu Bakr with faith like a rock did not care for his own suffering, he was glad that he was able to save the Prophet of Allah, even at the risk of his own life.

Abu Bakr, with the wealth he had, had a major role in freeing some of the Muslim slaves, who were barbarically tortured by their heartless *Mushrik* (idol-worshipping) masters to give up the Faith and return to their masters' beliefs. The heartless monsters tried all kinds of torture: they made them lie all naked on the

burning desert sand, putting big stones on their chest, as well as other kinds of torture. Here Abu Bakr's wealth came to the rescue, as he bought the poor helpless slaves from their inhuman masters and set them free, Bilal Al-Habashi, the slave of Umayya bin Khalaf, was among those who were set free by Abu Bakr. Bilal became afterwards the *Mu'azzin* (caller to prayer) at the Prophet's mosque.

Migration to Madinah

Islam was growing rapidly in Mecca, the enemies of Islam were getting frustrated by this rapid growth. The Chiefs of Mecca found that it is necessary for them to get rid of the Prophet (saw) before Islam can cause a real threat to them, so they planned to kill the Prophet. Allah (swt) revealed to his Prophet the intentions of the non-believers and ordered him to migrate to Madinah. So the Prophet

quickly went to Abu Bakr's house who was among the few that were left in Mecca with the majority of Muslims having already migrated to Madinah.

The Prophet informed Abu Bakr that he was commanded to migrate to Madinah that night and that he has chosen him to have the honor of joining him on his migration. Abu Bakr's heart was full of joy, "I have been looking forward to this day for months" he exclaimed.

The Meccans were so eager to find the Prophet they were searching for him like mad hounds. Once they came to the mouth of the cave, Abu Bakr grew pale with fright, he feared not for himself, but for the life of the Holy Prophet. However, the Prophet (saw) remained calm and said to Abu Bakr "do not fear, certainly Allah is with us". Such words

quickly calmed down Abu Bakr and brought back tranquility to his heart.

Participation in Battles

Abu Bakr, being the closest of Companions to the Prophet (saw), took part in all the battles that Prophet Muhammad had fought. At Uhud and Hunain, some members of the Muslim army showed signs of weakness. However, Abu Bakr's faith never wavered. He always stood like a rock by the side of the Prophet.

Abu Bakr's faith and determination to raise the banner of Islam were so great that at Badr, one of his sons, who had not yet embraced Islam was fighting among the enemies, Abu Bakr was so eager to find his son in the battle that he was searching for him amongst the enemies in order to slay him.

Abu Bakr's great love of the Prophet was demonstrated when peace talks at Hudaibiya were held. During the negotiations, the spokesman of Quraish was touching the beard of the Prophet every now and then. Abu Bakr's love for the Prophet was so great that he could bear no more, he took out his sword and looked angrily at the man saying "if that hand touches the beard of the Prophet again, it will not be allowed to go back".

Tabuk was the last expedition of the Holy Prophet. He was keen to make it a great success, he therefore asked people to help the expedition with whatever they could. This brought the best out of Abu Bakr who beat all records as he took all his money and household articles and heaped them at the Prophet's feet.

"Have you left anything for your children?" asked the Prophet. Abu Bakr then responded with great faith "Allah and his Messenger are enough for them". Companions standing around were stunned they realized that whatever they do they could not outdo Abu Bakr in the field of service to Islam.

The Successor of the Prophet

The first Hajj under Islam was in the ninth year of Hijra. The Prophet (saw) was too busy at Madinah to lead the Hajj, so he sent Abu Bakr as his agent, he was to lead the Hajj in place of the Prophet.

The Prophet (saw) led the prayers himself ever since he arrived to Madinah. During his last illness, the Prophet could no longer lead the prayers, he was too weak to go to the mosque, he therefore had to choose someone to fill such high position after him.

Abu Bakr was also the one who was honored to be chosen by the Prophet for such a task.

Thus in the lifetime of the Prophet, Abu Bakr came to fill the highest position under Islam - the Imam leading prayers. While one day Abu Bakr was away Omar was appointed by the Companions to lead the prayers in his absence. Realizing the change of voice, the Prophet said "This is not Abu Bakr's voice. None but he should lead prayers, he is the fittest person for this position!".

When the news of the Prophet's death came out, many Muslims were confused and stunned. Omar himself was so overcome with emotions that he drew his sword and declared "If anyone says that the Messenger of Allah is dead, I will cut off his head".

Muslims stayed in such state until Abu Bakr arrived and gave his famous address: "O People! If anyone among you worships Muhammad, let him know that Muhammad is dead. But if anyone among you who worships Allah, let them know that He lives and will never die. Let all of us recall the words of the Qur'an: "Muhammad is only a Messenger of Allah, there have been Messengers before him. What then, will you turn back from Islam if he dies or is killed?"

Suddenly, Abu Bakr's words started to sink in, and in no time the confusion was gone. Having shrugged off the shocking news of the Prophet's death, Muslims realized that they need someone to fill the position of leadership amongst them.

The two main groups amongst Muslims were the *Muhajirun* (migrants from Mecca) and

the *Ansar* (the helpers of Madinah). The Ansar gathered at a meeting place called Thaqifa Bani Sa'ida. Saad bin Abada, the Ansar leader, suggested that the Khalifa should be from amongst them. Although many refused saying that the Muhajirun in right have a better claim to the Khilafah. When the news reached Abu Bakr, he quickly went to their gathering, fearing that confusion might spread once again, and said "Both Muhajirun and Ansar have done great service to Islam. But the former were the first to accept Islam, they were always very close to the Messenger of Allah. O Ansar, let the Khalifa be from amongst them". After a short discussion, the Ansar agreed that they should choose the Khalifa from amongst the Muhajirun, being from the tribe of Quraish and being the first to accept Islam.

Abu Bakr then asked people to choose between Omar Ibn al-Khattab and Abu Ubaida Ibn al-Jarrah. Hearing this, both men jumped to their feet and exclaimed "O Siddique, how can that be? How can anyone else fill this position as long as you are among us? You are the best person from the Muhajirun. You were the Companion of the Prophet (saw) in the *Thaur* cave. You led prayers in his place, during his last illness. Prayer is the foremost thing in Islam. With all these qualifications you are the fittest person to be the successor of the Holy Prophet. Hold out your hand that we may pledge loyalty to you!"

But Abu Bakr did not stretch out his hand. Omar saw that the delay might lead to the reopening of the disagreements, so he himself took Abu Bakr's hand out and

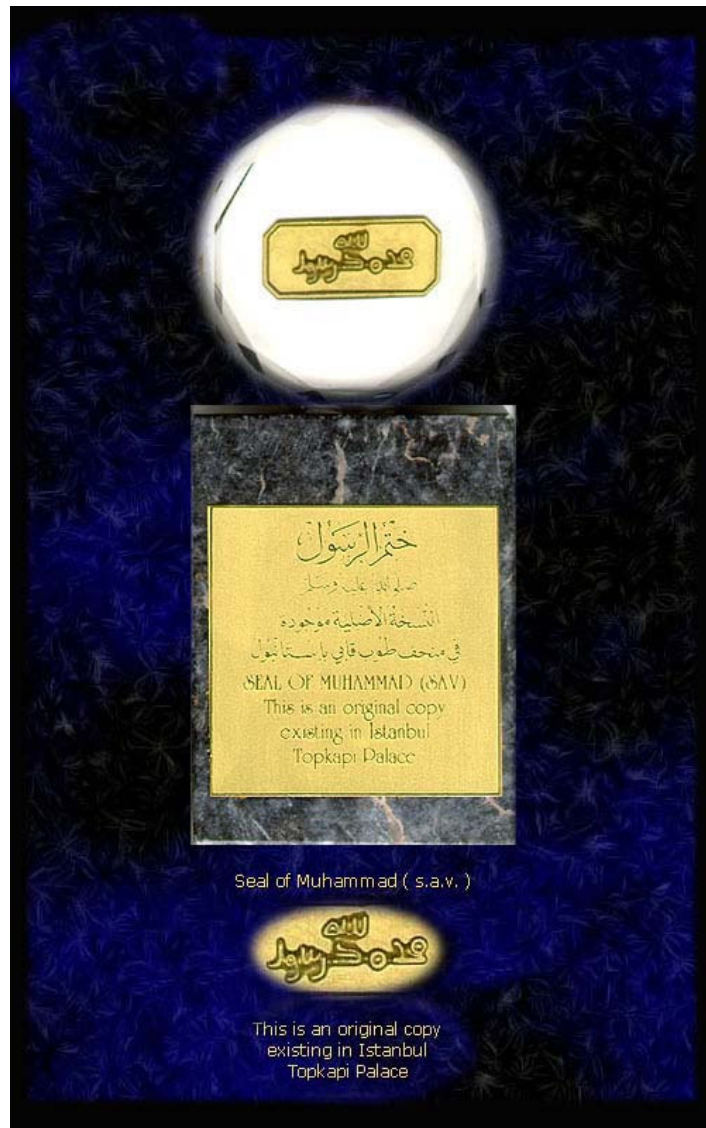
pledged loyalty to him. Others followed by example, and Abu Bakr became the first Khalifa by general consent of the Muslims.

The next day, Abu Bakr addressed the gathering of Muslims in the Prophet's mosque urging them to continue their path as true Muslims and to give him loyalty and support as long as he is obeying the Commands of Allah (swt) and His Messenger.

Ali (raa), along with some of his relatives, delayed their pledge of loyalty to Abu Bakr for six months. Although both men respected each other, there was a difference of opinion with the Khalifa as to the right of inheritance of the Prophet's land. But Ali soon after the death of his wife Fatima (raa) gave the pledge of loyalty to Abu Bakr.

Such was the quality of the humble and generous Companion who believed the Prophet in everything, to the extent that he was called As-Siddique by the Prophet. His great personality and service to Islam and Muslims earned him the love and respect of all Muslims, so that he was chosen as the first Khalifa after the death of the Prophet by all Muslims.

(courtesy of <http://www.islam.org.au>)



Benefits of Dates



Muslims generally break their fast by eating dates. Prophet Muhammad (sallallahu alaiyhi wassallam) is reported to have said: "if anyone of you is fasting, let him break his fast with dates. In case he does not have them, then with water. Verily water is a purifier."

The Prophet (sallallahu alaiyhi wassallam) used to break his fast by eating some dates before offering Maghrib prayer, and if ripe dates were not available, he used to substitute them with some dried grapes. When they too were not available, he used to have a few sips of water, according to some reports. Modern science has proved that dates are part of a healthy diet. They contain sugar, fat and proteins, as well as important vitamins. Hence the great importance attached to them by the Prophet (sallallahu alaiyhi wassallam).

Dates are also rich in natural fibres. Modern medicine has shown that they are effective in preventing abdominal cancer. They also surpass other fruits in the sheer variety of their constituents. They contain oil, calcium,

sulphur, iron, potassium, phosphorous, manganese, copper and magnesium. In other words, one date is a minimum of a balanced and healthy diet. Arabs usually combine dates with milk and yogurt or bread, butter and fish. This combination indeed makes a self-sufficient and tasty diet for both mind and body. Dates and date palms have been mentioned in the Holy Qur'an 20 times, thus showing their importance. The Prophet likened a good Muslim to the date palm, saying, "Among trees, there is a tree like a Muslim. Its leaves do not fall."

Sayyidah Mariam (alaiyhas salaam) mother of Isa (alaiyhis salaam) had dates as her food when she felt labour pains and during confinement. They are definitely the "crown of sweets," and ideal food which is easy to digest, and within half an hour of taking it, the tired body regains a renewed vigour. The reason for this is that a shortage of sugar in the blood is the main factor that makes people feel hungry and not an empty stomach as is often assumed. When the body absorbs the nutritional essence of a few dates, the feeling of hunger becomes appeased. When one breaking the fast with dates and takes some other food afterwards, he cannot eat much. It would seem that breaking the fast with dates then helps one avoid excessive eating.

Experiments have also shown that dates contain some stimulants that strengthen the muscles of the uterus in the last months of pregnancy. This helps the dilation of the uterus at the time of delivery on one hand and

reduces the bleeding after delivery on the other. Dieticians consider dates as the best food for women in confinement and those who are breast-feeding. This is because dates contain elements that assist in alleviating depression in mothers and enriching the breast-milk with all the elements needed to make the child healthy and resistant to disease. The Prophet (sallallahu alaiyhi wassallam) has emphasized the importance of dates and their effectiveness in the growth of the fetus. He has also recommended they be given to women. Modern dietary institute now recommend dates to be given to children suffering from a nervous nature or hyperactivity. The Prophet (sallallahu alaiyhi wassallam) has also recommended dates as a medicine for heart troubles, according to some reports. Modern science has also proved the effectiveness of date, in preventing diseases of the respiratory system.

Sayyidah Ayisha, (R.A.) wife of Prophet (sallallahu alaiyhi wassallam), used to prescribe dates for those suffering from giddiness. It is now well known that a fall in the level of the sugar in the blood and low blood pressure are among the causes of giddiness. She was also reported to have used dates combined with cucumber to treat her over-slim condition! She said, "they've tried to fatten me giving me everything. But I did not become fat. Then they fattened me with cucumber and ripe dates and I gained!" Ayisha was quite correct, as we now know that one-

kilogram of dates contains nearly 3,000 calories, which alone are sufficient to supply the minimum daily requirements of an active man for one full day.

Dates are rich in several vitamins and minerals. When the level of trace elements falls in the body, the health of the blood vessels is affected leading to an increased heart rate and a consequent inability to perform its function with normal efficiency. As dates are also rich in calcium, they help strengthen the bones. When the calcium content in the body decreases, children are affected with rickets and the bones of adults become brittle and weak.

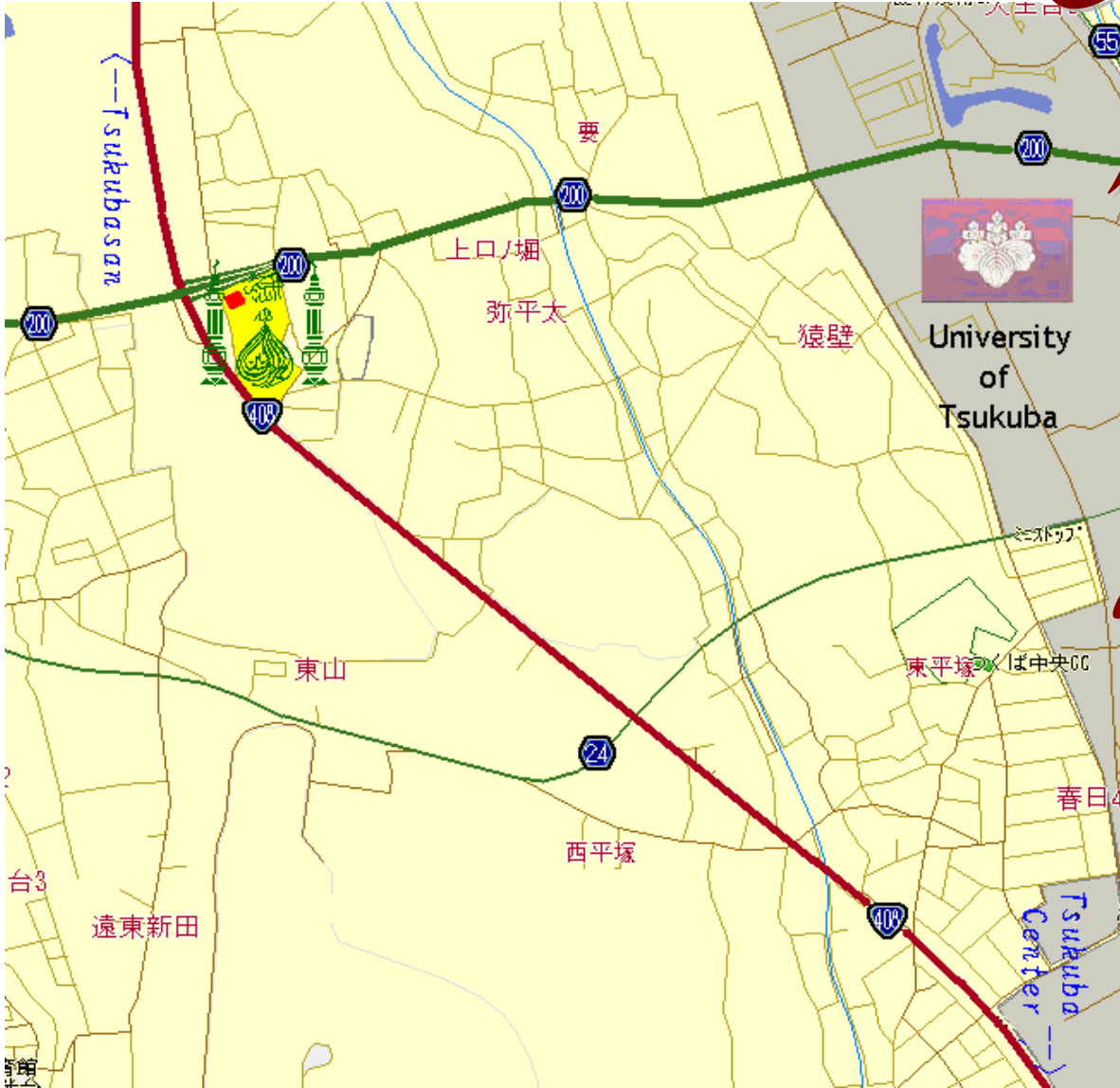
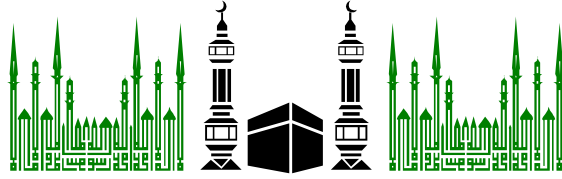
Dates are also important in keeping up the health of eyes. It is quite effective in guarding against night-blindness. In the early years of Islam, dates served as food for Muslim warriors. They used to carry them in special bags hung at their sides. They are the best stimulant for muscles and so the best food for a warrior about to engage in battle.

The Prophet (sallallahu alaiyhi wassallam) used to combine dates with bread sometimes. At other times he mixed ripe dates with cucumber, or dates combined with ghee. He used to take all varieties of dates, but he preferred the variety called Ajwah.

Source:

<http://members.muslimsites.com/skalghazal>

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