



# NEWSLETTER

Volume 18 | Issue 2

February 2024 | Jumada al-Thani - Rajab, 1445

*"And in the mountains there are streaks of white, red, and of varying shades." [Fatir, 35:27]*

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*"For every day on which the sun rises, there is a (reward from God) for the one who establishes justice among people." [al-Bukhari]*

## News Release

### IONA Hosts Detroit City Council President Pro Tem James Tate

Councilman Tate, who has been faithfully serving the city of Detroit as a council member since 2009, expressed a keen interest in gaining insights from a Muslim leader regarding the events and conflicts in Gaza. It was noted that he had already engaged with Jewish leaders to understand their perspectives.

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## Memory Care for Muslim Seniors

Memory Care is dedicated to providing the best, most comprehensive resources to those struggling with Alzheimer's and dementia, as well as their caregivers and loved ones. Memory Care do support Muslim Seniors and their families.

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**First Friday sermon starts at 12:10 PM and the second sermon starts at 1:20 PM**



### IONA Food Catering Service

Enjoy the convenience of having our delectable dishes delivered to your doorstep... | More on page 2



### The Great Trial of Gaza - Part 1

Our brothers and sisters in the Holy Land, especially in Gaza, are demonstrating remarkable patience and resilience in the midst of a significant trial, fear... | More on page 3

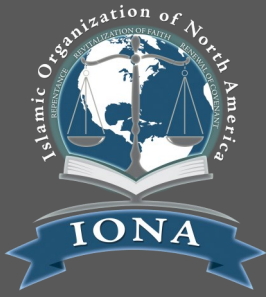


### 3 Ways Our Practice of Salah and Dhikr Deeply Benefits Our Wellbeing

My routine is simple: perform *wudu*, put on my robe, pray *tahajjud* prayers, make chai and ...

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## Announcements



Mustapha Elturk  
Ameer

IONA Masjid  
Community  
Advisory Board

Naveed Ashraf  
Director of Operations  
IONA Masjid &  
Learning Center

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Irina Colakovic

Kaysar Hussain

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Iqbal Surti

Sayed Khan

## IONA Food Catering Service

Starting from February 1, 2024, IONA is thrilled to announce the launch of our exclusive catering service for substantial orders, perfect for private gatherings and major events like weddings and graduations. Our culinary team, led by experienced commercial chefs, will expertly prepare a delightful selection of Pakistani, Bangladeshi, and Indian cuisine.

Enjoy the convenience of having our delectable dishes delivered to your doorstep, whether it's your home, mosque, banquet hall, or any other venue of your choice. Please note that we are currently accepting orders for a minimum of 50 people per order.

All proceeds generated from this catering service will directly contribute to the IONA Masjid. For inquiries or to place your order, please feel free to call us at 248-462-6244.



## IONA's Friday Lunch

Visit the IONA Cafe every Friday from 12 PM to 2:30 PM and indulge in our freshly prepared lunch for just \$10.00. Your purchase directly supports the Masjid.

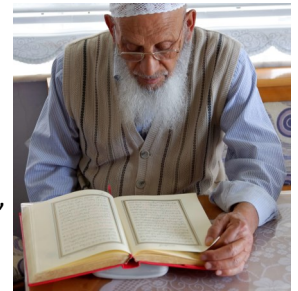


## Memory Care Guide for Muslim Seniors

Memory Care is dedicated to providing the best, most comprehensive resources to those struggling with Alzheimer's and dementia, as well as their caregivers and loved ones. Memory Care do support Muslim Seniors and their families.

MemoryCare.com's mission is to support older adults living with memory impairment and their families by using the latest, data-driven research and collaborating with memory care experts to provide resources that are accessible to all who are in need. Whether you are in the early stages of memory or cognitive impairment or care for a loved one in the later stages, MemoryCare.com has tools that can help.

To learn more about supporting Muslim seniors visit, <https://www.memorycare.com/memory-care-guide-for-muslim-seniors/>



## Help Those in Need - Become a Volunteer

**HAVE CAR, WILL TRAVEL?  
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All our "snowbirds" are heading South for the Winter! Won't you please help fill in for them? Many of our regular drivers take a couple months off this time of year, but the need for transportation does not lessen. The Interfaith Volunteer Caregivers program needs drivers who can provide rides for our older and disabled neighbors so that they can get to doctor appointments and essential errands. Just a couple hours of your time can make a huge difference in someone's life. You pick your own area & your own times. Drive as often or as little as you like in the comfort of your own car. Even one more ride a year might get someone to an appointment that could save their life! **Daytime drivers especially needed!** Please call IVC today at (586) 757-5551 for more information.

*[Learn more about our work at [www.ivcinfo.org](http://www.ivcinfo.org).]*

## The Great Trial of Gaza - Part 1

*"We shall certainly test you with something of fear, hunger, loss of wealth, lives and fruits, but give glad tidings to the patient. Who, when afflicted with calamity, say: 'Truly, to Allah we belong and truly, to Him we shall return.'" They are those on whom are the Salawat (i.e., who are blessed and will be forgiven) from their Lord, and (they are those who) receive His mercy, and it is they who are the guided ones."* [al-Baqarah, 2:155-157]

For a believer, experiencing afflictions, hardships, and misfortunes should not be a surprise. A believer understands that every form of suffering in this life is essentially a test from Allah. When faced with difficulties, individuals with weaker faith might resort to blaming others or even Allah, often failing to fully grasp the wisdom concealed within their challenges.

To gain a clearer understanding, it is imperative to reflect on a reality that many Muslims tend to overlook. Our presence on this earth is a testament to the profound covenant that Allah has taken from all of us, a commitment we are here to honor.

*"And (mention O Prophet) when your Lord took from the children of Adam - from their loins - their descendants and made them testify against themselves, (asking them), 'Am I not your Lord?' They said, 'Yes, we have testified.'" [al-a'raf, 7:172]*

The ayah is a profound reminder of a significant event that took place in the realm of the unseen before human beings were brought into this world.

In this gathering, Allah posed a question to them: "Am I not your Lord?" This question was a fundamental acknowledgment of Allah's sovereignty and lordship.

The response from the progeny of Adam was in the affirmative, "Yes, we have testified." This affirmative response constituted a covenant, a solemn agreement, acknowledging Allah (SWT) as their Lord and Creator.

The purpose of this covenant was to establish a deep, inherent recognition within every human soul that Allah is the ultimate Lord, the Creator, and the Sustainer. This recognition forms the core of the natural disposition (fitrah) that every human being is born with.

This covenant serves as a reminder to human beings of their innate understanding of the divine and recognition of the existence and oneness of Allah.

The acknowledgment made in the unseen realm forms the basis for human accountability in the Hereafter. It is a reminder that humans are responsible for recognizing and submitting to the divine authority throughout their lives regardless of the types of trials they may go through.

Believers recognize that the life of this world is imperfect and that humans will be subject to all forms of trials.

We in this transient world are being tested in every aspect of our lives and it should not come as a surprise for a believer.

*"Blessed is the One in Whose Hand is all authority. And He has power over all things. (He) who created death and life to test you as to which of you is best in deed - and He is the Exalted in Might, the Forgiving."* [al-Mulk, 67:1,2]

The ayah highlights a profound aspect of the human experience – life is a test. Allah created both life and death as part of a divine plan to examine and evaluate human beings. The purpose of this test is to see who among them performs the best deeds.

The emphasis on "best in deed" stresses the importance of righteousness, morality, and virtuous actions in the sight of Allah (SWT).

The two attributes of Allah, Exalted in might and Forgiving give humans hope in overcoming the trials. Allah's immense might and power are beyond measure. His control over the universe is absolute. Despite His might, Allah (SWT) is also characterized by His forgiveness. He provides humans with opportunities for repentance and forgiveness, acknowledging their weaknesses.

Life is a test designed by Allah (SWT).

Ayah 155 of surah al-Baqarah, addresses the reality of trials and tests in life, emphasizing the importance of patience and gratitude.

*"And We shall surely test you with something of fear and hunger, loss of wealth, lives and fruits, but give glad tidings to the patient."* [al-Baqarah, 2:155]

The ayah begins by stating emphatically, that without a doubt, believers will be tested. Trials and challenges are an inherent part of life, and they come in various forms such as fear, hunger, loss of wealth, loss of lives, and diminished crops.

The ayah outlines some of the challenges that people may face, encompassing both external hardships (fear, hunger) and personal losses (loss of wealth, lives, and crops). These challenges are distinct, affecting different aspects of life.

### **Trials of fear:**

*"And We shall surely test you with something of fear ..."*

One of the challenges or tests that believers may face in life is the experience of fear. This fear could encompass various aspects, including fear of danger, harm, loss, or uncertainty.

Believers may face situations of fear, such as threats to their safety or well-being. This could include physical danger, persecution, or any circumstance that causes a sense of fear and apprehension.

Another aspect of fear is fear of loss. The fear of losing something valuable, be it a loved one, possessions, status, or any source of security, is another dimension. Loss can trigger fear and anxiety, and believers may be tested with such situations.

Uncertainty about the future, the unknown, or unforeseen circumstances can also be a source of fear. Believers may encounter situations where the future seems ambiguous, and this uncertainty becomes a trial in itself.

Experiencing fear becomes a test of faith and resilience. How individuals respond to fear, whether they maintain trust in Allah, exhibit patience, and strive to overcome their fears with faith, is an essential aspect of this trial.

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## Sisters Corner

### 3 Ways Our Practice of Salah (Prayer) and Dhikr (Meditation) Deeply Benefits Our Wellbeing



My eyes open in a gentle flutter, and I stretch to the musical purrs of my cat, Sage, at the foot of my bed. The sky is still in opaque darkness, and I feel a sense of welcomed aloneness as a new day has been gifted to me. This is the time of day, sandwiched between the night and the morning, that I feel most connected to Allah (S). My routine is simple: perform *wudu*, put on my robe, pray *tahajjud* prayers, make chai and begin writing.

If any of those steps are missing, my body and soul feel slightly off for the remainder of the day. As someone who prides herself on being a self-proclaimed “spiritual scientist,” I wanted to explore why I felt that way. In my quest to answer these questions, I uncovered the undeniable truth behind the power of prayer.

The Islamic tradition, rich in its practices and rituals, offers more than just a religious doctrine to worship and converse with Allah (S); it provides a holistic approach to well-being that harmonizes life's mental, physical and spiritual aspects. Prayer (*salah*) and meditation (*dhikr*) are integral components of this tradition, deeply rooted in the teachings of the Quran and the practices of Prophet Muhammad (saw).

Let's explore three ways in which performing our prayers provides so many mental and physical health benefits.

**1. Mental Benefits:** Regular prayer and meditation can bring significant mental health benefits. The practice of salah, especially in the early hours of tahajjud, offers a tranquil environment for self-reflection and connection with Allah (S).

This quiet time allows for clearing the mind and reducing stress and anxiety.

The repetitive nature of dhikr, the act of remembering Allah (S) through phrases like *SubhanAllah*, *Alhamdulillah* and *Allahu Akbar*, functions as a form of mindfulness meditation, helping to focus the mind and foster a sense of inner peace.

**2. Physical Effects:** Physically, the acts of wudu and salah are akin to gentle exercises. The movements involved in salah – standing, bowing, prostrating and sitting – improve flexibility and promote blood circulation. Regular prayer can contribute to better posture and muscle tone. Additionally, the discipline of fasting, particularly during Ramadan, has been noted for its detoxifying effects and its role in improving metabolic health. We know that's not why we fast, but what a wonderful side benefit!

**3. Spiritual Connection:** On a spiritual level, prayer and meditation strengthen one's connection with Allah (S). This connection is pivotal in Islamic spirituality. It provides a sense of purpose and direction, aligning one's actions and thoughts with divine will. Prayer is not just a ritual; it is a conversation with Allah (S), a moment to express gratitude, seek guidance and find solace in the divine presence.

This spiritual practice fosters a deep sense of peace and contentment, reinforcing the belief in a higher purpose and the transient nature of worldly struggles.

As advocated in Islam, the integration of prayer

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## IONA Hosts Detroit City Council President Pro Tem James Tate

FOR IMMEDIATE RELEASE

January 11, 2024

### IONA Hosts City Council President Pro Tem, Mr. James Tate, and Council's Chief of Staff Keyontay Humphries

[W] – Yesterday, Imam Mustapha Elturk, Ameer of IONA and Director of Operations, Naveed Ashraf, hosted Mr. James Tate, Detroit City Council President Pro Tem, along with the council's chief of staff Keyontay Humphries.

The introduction between Imam Elturk and Councilman Tate was facilitated by Rev. Stancy Adams, Chair of the InterFaith Leadership Council of Metropolitan Detroit (IFLC), where Imam Elturk previously served as treasurer for several years.

Councilman Tate, who has been faithfully serving the city of Detroit as a council member since 2009, expressed a keen interest in gaining insights from a Muslim leader regarding the events and conflicts in Gaza. It was noted that he had already engaged with Jewish leaders to understand their perspectives.

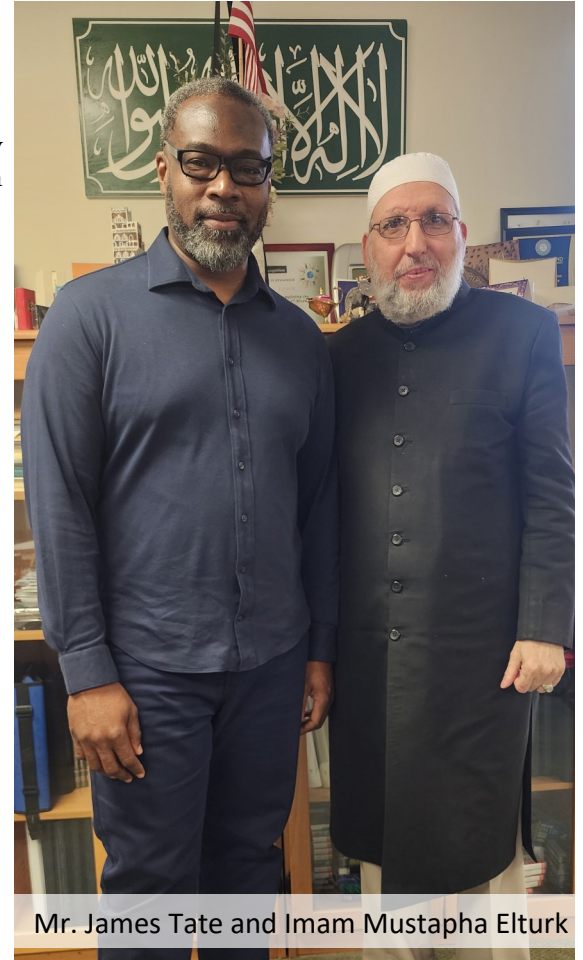
During the meeting, Imam Elturk shared a comprehensive slide presentation originally prepared for a lecture at his mosque, titled "The Plight of the Palestinians." The presentation delved into the historical background of the Zionist movement, the Balfour Declaration in 1917, the British mandate, the Nakba of 1948, the 1967 Six-Day War with Arab states, and the first and second Intifadas, providing a historical context for the recent crisis in the Holy Land. Emphasizing that the crisis has deep roots spanning decades, Imam Elturk highlighted occupation and oppression as the root cause of the ongoing violence.

Mr. Tate inquired about the slogan "from the river to the sea, Palestine will be free," seeking clarification on its various interpretations. Imam Elturk offered insights into the diverse perspectives associated with the slogan including the concept of a one democratic state.

Following weeks of deliberation, the Detroit City Council ultimately passed a resolution supporting a ceasefire in Gaza and the immediate release of all hostages. Notably, two out of the nine-member council, Council Pro Temp James Tate and At-Large Member Coleman A. Young II dissented. Mr. Tate preferred not to vote on matters he felt less informed about.

The meeting, conducted over lunch, provided an educational platform for Mr. Tate to gain a holistic understanding of the Jewish and Muslim perspectives on the conflict, empowering him to make more informed decisions in the future.

End



Mr. James Tate and Imam Mustapha Elturk

### 3 Ways Our Practice of Salah (Prayer) and Dhikr (Meditation) Deeply Benefits Our Wellbeing .... Continued from page 4

and meditation into daily life transcends religious obligation, offering a comprehensive approach to nurturing the mind, body and soul. My journey and subsequent research into the effects of these practices have led me to appreciate the profound wisdom in these rituals.

They are not just acts of worship but also tools for holistic well-being, enhancing mental clarity, physical health and spiritual connectivity. As I continue my daily routine of tahajjud, wudu and chai, I am reminded of the harmonious balance these practices bring to my life, enriching my days with a sense of fulfillment and tranquility.

Until next time, may you find peace, balance, and the power of prayer.

Zaiba Hasan | Courtesy Haute Hijab

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### The Story of the Woodcutter

Once upon a time a very strong woodcutter asked for a job in a timber merchant, and he got it. The pay was really good and so were the work conditions. For those reasons, the woodcutter was determined to do his best.

His boss gave him an axe and showed him the area where he was supposed to work. The first day, the woodcutter brought back 18 trees.

"Congratulations," the boss said. "Go on that way!"

Very motivated for the boss' words, the woodcutter would try harder the next day, but he only could bring 15 trees back. The third day, he tried even harder, but he only could bring 10 trees.

Day after day he was bringing less and less trees.

"I must be losing my strength", the woodcutter thought. He went to the boss and apologized, saying that he could not understand what was going on.

"When was the last time you sharpened your axe?" the boss asked.

"Sharpen? I had no time to sharpen my axe. I have been very busy trying to cut trees."

**Reflection:** We are like that. We sometimes get so busy that we don't take time to sharpen the axe. The state of our iman greatly depends on how much we sharpen it with food that feeds the soul. If we go on with our lives too busy to feed our soul, it will lose strength and we will not be motivated to perform good deeds. So, take a moment everyday and "sharpen" your soul by listening to the Quran, lectures, remembering Allah, etc.

Courtesy Stephen Covey | Reflection by Islamcan.com



### The Great Trial of Gaza (cont'd)

Our brothers and sisters in the Holy Land, especially in Gaza, are demonstrating remarkable patience and resilience in the midst of a significant trial, notably the persistent fear they endure. The situation in Gaza is marked by what can be described as 'constant fear' as Israel continues its assault. For over 100 days, they have been enduring relentless daily bombardment.

"It's so scary. We don't know what's happening around us. We are so afraid about what will happen next," said Rama Abu Amra, a 21 year old university student. "For two days, we have woken up hearing bombs falling around us without knowing what's happening. It has come as a total shock, we almost didn't know if it was happening in real life or in a nightmare."

#### **Trials of Hunger:**

"And We shall surely test you with something of fear and hunger ..."

The phrase "trials with hunger" refers to one of the challenges or tests that believers may face in their lives, particularly the experience of hunger. Food is the basic need for the preservation of the self. Without it we suffer hunger, physical discomfort and need for sustenance. Believers may encounter situations where they lack access to an adequate food supply, leading to hunger.

The trial of hunger can also be linked to economic difficulties.

Believers might face poverty or financial challenges that make it difficult to afford a sufficient and nutritious diet.

Experiencing hunger can deepen believers' understanding of the struggles they face. It fosters empathy, compassion, and a sense of solidarity with those who regularly endure hunger.

A graphic for IONA Masjid featuring an aerial view of the mosque with a large green dome. Overlaid on the image is a QR code with a blue 'P' logo, a 'SCAN ME' button, and text encouraging donations. The text reads: "Support IONA Masjid. By giving your generous contribution to IONA masjid, you can empower the heart of our community, fostering spiritual growth, educational opportunities, and a place of solace for all. Together, let's build a stronger foundation of faith and service. Donate to the masjid today and make a lasting impact on the lives of countless individuals." The background of the text area is orange.

**Support IONA Masjid**

By giving your generous contribution to IONA masjid, you can empower the heart of our community, fostering spiritual growth, educational opportunities, and a place of solace for all. Together, let's build a stronger foundation of faith and service. Donate to the masjid today and make a lasting impact on the lives of countless individuals.

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The trial of hunger can be a test of contentment and gratitude. Believers are encouraged to be content with what they have, even in times of scarcity, and to express gratitude for the provisions Allah has granted them.

The experience of hunger can prompt spiritual reflection. It encourages believers to turn to Allah (SWT) in supplication, seeking His help and sustenance. It becomes an opportunity for spiritual growth, humility, and increased reliance on Allah.

For how long our brothers and sisters in Gaza can endure hunger.

High ranking Israeli officials including defense Minister Yoav Gallant, have made public statements expressing their aim to deprive civilians in Gaza of food, water, and fuel – as part of the military operations.

The Israeli government is using starvation of civilians as a method of warfare which is a war crime.

According to the World Health Organization, Gaza is facing “catastrophic levels of food insecurity,” with the risk of famine “increasing each day.”

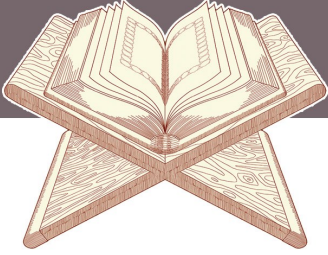
“An unprecedented 93% of the population in Gaza is facing crisis levels of hunger, with insufficient food and high levels of malnutrition. At least 1 in 4 households are facing “catastrophic conditions”: experiencing an extreme lack of food and starvation and having resorted to selling off their possessions and other extreme measures to afford a simple meal. Starvation, destitution, and death are evident.”

Like other trials, hunger becomes a test of patience (sabr). Believers are encouraged to endure difficulties with patience, trusting in Allah's wisdom and relying on Him for sustenance.

Our brothers and sisters in Gaza find refuge in Allah alone. They confront this trial with unparalleled resilience and fortitude. Many are transforming the challenge of hunger into an act of worship through fasting. May Allah (SWT) alleviate their suffering and grant them provisions in ways beyond their imagination, ameen.

Indeed, the experience of hunger, when approached with the right mindset, can serve as a means of personal and spiritual growth.

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# FEBRUARY 2024

## IONA Masjid - Salah and Iqamah Timing

Date	Fajr	Iqamah	Sunrise	Zuhr	Iqamah	Asr (S)*	Asr (H)*	Iqamah	Maghrib	Iqamah	Isha	Iqamah
Thu 1	6:13	<b>6:45</b>	7:46	12:51	<b>1:00</b>	3:23	4:03	<b>4:15</b>	5:48	<b>5:53</b>	7:12	<b>7:45</b>
Fri 2	6:12	<b>6:45</b>	7:45	12:51	<b>1:00</b>	3:24	4:04	<b>4:15</b>	5:50	<b>5:55</b>	7:13	<b>7:45</b>
Sat 3	6:11	<b>6:45</b>	7:44	12:51	<b>1:00</b>	3:25	4:06	<b>4:15</b>	5:51	<b>5:56</b>	7:14	<b>7:45</b>
Sun 4	6:10	<b>6:45</b>	7:43	12:51	<b>2:00</b>	3:26	4:07	<b>4:15</b>	5:52	<b>5:57</b>	7:15	<b>7:45</b>
Mon 5	6:09	<b>6:45</b>	7:42	12:51	<b>1:00</b>	3:27	4:08	<b>4:15</b>	5:54	<b>5:59</b>	7:16	<b>7:45</b>
Tue 6	6:08	<b>6:45</b>	7:41	12:51	<b>1:00</b>	3:28	4:09	<b>4:15</b>	5:55	<b>6:00</b>	7:17	<b>7:45</b>
Wed 7	6:06	<b>6:45</b>	7:39	12:51	<b>1:00</b>	3:29	4:11	<b>4:30</b>	5:56	<b>6:01</b>	7:19	<b>7:45</b>
Thu 8	6:05	<b>6:45</b>	7:38	12:51	<b>1:00</b>	3:30	4:12	<b>4:30</b>	5:58	<b>6:03</b>	7:20	<b>7:45</b>
Fri 9	6:04	<b>6:45</b>	7:37	12:51	<b>1:00</b>	3:31	4:13	<b>4:30</b>	5:59	<b>6:04</b>	7:21	<b>7:45</b>
Sat 10	6:03	<b>6:45</b>	7:36	12:51	<b>1:00</b>	3:32	4:14	<b>4:30</b>	6:00	<b>6:05</b>	7:22	<b>7:45</b>
Sun 11	6:02	<b>6:45</b>	7:34	12:51	<b>2:00</b>	3:34	4:16	<b>4:30</b>	6:02	<b>6:07</b>	7:23	<b>7:45</b>
Mon 12	6:01	<b>6:45</b>	7:33	12:51	<b>1:00</b>	3:35	4:17	<b>4:30</b>	6:03	<b>6:08</b>	7:24	<b>7:45</b>
Tue 13	5:59	<b>6:45</b>	7:32	12:51	<b>1:00</b>	3:36	4:18	<b>4:30</b>	6:04	<b>6:09</b>	7:25	<b>7:45</b>
Wed 14	5:58	<b>6:45</b>	7:30	12:51	<b>1:00</b>	3:37	4:19	<b>4:45</b>	6:05	<b>6:10</b>	7:26	<b>7:45</b>
Thu 15	5:57	<b>6:45</b>	7:29	12:51	<b>1:00</b>	3:38	4:20	<b>4:45</b>	6:07	<b>6:12</b>	7:27	<b>7:45</b>
Fri 16	5:55	<b>6:45</b>	7:28	12:51	<b>1:00</b>	3:39	4:22	<b>4:45</b>	6:08	<b>6:13</b>	7:28	<b>7:45</b>
Sat 17	5:54	<b>6:45</b>	7:26	12:51	<b>1:00</b>	3:40	4:23	<b>4:45</b>	6:09	<b>6:14</b>	7:30	<b>7:45</b>
Sun 18	5:53	<b>6:45</b>	7:25	12:51	<b>2:00</b>	3:40	4:24	<b>4:45</b>	6:11	<b>6:16</b>	7:31	<b>7:45</b>
Mon 19	5:51	<b>6:45</b>	7:23	12:51	<b>1:00</b>	3:41	4:25	<b>4:45</b>	6:12	<b>6:17</b>	7:32	<b>7:45</b>
Tue 20	5:50	<b>6:45</b>	7:22	12:51	<b>1:00</b>	3:42	4:26	<b>4:45</b>	6:13	<b>6:18</b>	7:33	<b>7:45</b>
Wed 21	5:49	<b>6:30</b>	7:20	12:51	<b>1:00</b>	3:43	4:28	<b>4:45</b>	6:14	<b>6:19</b>	7:34	<b>8:00</b>
Thu 22	5:47	<b>6:30</b>	7:19	12:51	<b>1:00</b>	3:44	4:29	<b>4:45</b>	6:16	<b>6:21</b>	7:35	<b>8:00</b>
Fri 23	5:46	<b>6:30</b>	7:17	12:51	<b>1:00</b>	3:45	4:30	<b>4:45</b>	6:17	<b>6:22</b>	7:36	<b>8:00</b>
Sat 24	5:44	<b>6:30</b>	7:16	12:50	<b>1:00</b>	3:46	4:31	<b>4:45</b>	6:18	<b>6:23</b>	7:37	<b>8:00</b>
Sun 25	5:43	<b>6:30</b>	7:14	12:50	<b>2:00</b>	3:47	4:32	<b>4:45</b>	6:19	<b>6:24</b>	7:38	<b>8:00</b>
Mon 26	5:41	<b>6:30</b>	7:13	12:50	<b>1:00</b>	3:48	4:33	<b>4:45</b>	6:21	<b>6:26</b>	7:39	<b>8:00</b>
Tue 27	5:40	<b>6:30</b>	7:11	12:50	<b>1:00</b>	3:49	4:34	<b>5:00</b>	6:22	<b>6:27</b>	7:40	<b>8:00</b>
Wed 28	5:38	<b>6:30</b>	7:09	12:50	<b>1:00</b>	3:49	4:35	<b>5:00</b>	6:23	<b>6:28</b>	7:41	<b>8:00</b>
Thu 29	5:37	<b>6:30</b>	7:08	12:50	<b>1:00</b>	3:50	4:36	<b>5:00</b>	6:24	<b>6:29</b>	7:42	<b>8:00</b>
Fri 1	5:35	<b>6:15</b>	7:06	12:49	<b>1:00</b>	3:51	4:37	<b>5:00</b>	6:26	<b>6:31</b>	7:43	<b>8:00</b>

\* S = Shafi'i, H = Hanafi | **Athan is 10 minutes** before Iqamah except for Maghrib

First Friday sermon starts at 12:10 PM and second sermon is at 1:20 PM



IONA aims at transforming its members and surrounding communities to righteous, God-fearing people, who collectively strive for the highest moral standard and constantly seek God's forgiveness to earn His pleasure. IONA members seek His mercy and grace in this life and in the hereafter. They rejuvenate their souls through internal struggle (jihad) and spiritual exercise in worship of the Creator, God most glorified. The strength of their belief in God almighty gives them the courage to promote good and forbid evil, and to engage in the struggle to establish social, political, and economic justice.

