



NEWSLETTER

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October 2023 | Rabi ul Awal/Rabi Al-Akhar 1445

"Let there be a group among you who call (others) to goodness, ordain what is good and forbid what is evil. It is they who will be successful." [Aal Imran, 3:104]

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

17th ANNUAL SIRAH CONFERENCE

Prophet Muhammad (SAW): A Source of Inspiration and Guidance

Saturday, October 14th | 7:00 PM

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2023 THANKSGIVING UMRAH

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Friday, October 20th After Asr

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Are You Navigating a Midlife Crisis?

As I crossed the threshold of my 50th birthday, I found myself navigating a whirlwind of emotions,



Register Early for the 2023 - 2024 Preschool Program

The preschool program is a weekly program, Tuesday through Thursday, and will begin on **Tuesday, September 12, 2023**, in sha Allah.

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

Announcements

Reserve a spot for your child(ren). Register Early. 2023 - 2024 SUNDAY SCHOOL

Sunday school begins on **September 10, 2023** in sha Allah and ends on June 9, 2024. We are accepting students ages 5 to 17 (limited space available).

Tuition and Fees: \$450 per child per year plus \$50 non-refundable registration fee. \$675 for two siblings plus \$50 non-refundable registration fee. \$950 for three siblings plus \$50 non-refundable registration fee.

School hours are from **10:00 am to 2:00 pm**.

Subjects Taught: Qur'an, Arabic, and Islamic Studies (Hadith, Sirah, etc.)

Dress code: Proper Islamic dress is required for both boys and girls. Girls must wear a navy Jilbab and a white scarf and boys must wear navy pants (blue jeans allowed) and white shirts or T-shirts. No shorts allowed.

To apply, please visit ionamasjid.org and click on Education tab and follow the link to Sunday School.

For more information, please contact the principal, **Sr. Souad**, at **248-872-2169**.

REGISTER ONLINE at IONAMASJID.ORG

2023 - 2024 PRESCHOOL PROGRAM

The preschool program is a weekly program, Tuesday through Thursday, and will begin on **Tuesday, September 12, 2023**, in sha Allah.

The tuition per child is \$250 per month.

Sr. Souad Soubra, the Sunday and Summer School Principal, has designed a wonderful program for preschoolers. The curriculum includes Personal Development, Literacy Skills, Numbers and Math, and Art in addition to learning Islamic manners, dua's, Memorizing Qur'an, and Arabic. The preschool is the first step to schooling and our goal is to build confidence in the students, get them acquainted with the educational environment, teach them good manners, and help them develop the concepts of sharing and charity. Students will receive a certificate at the end of the year marking their first memorable school year.

Children **ages 3 to 5** from all cultures are welcome. The preschool program is from **9:30 AM to 12:30 PM**, Tuesday through Thursday, and the tuition per child is **\$250** with a discount for siblings. For more information, please contact **Sr. Souad** at **248-872-2169**.

The school will, in sha Allah, start on **Tuesday, September 13, 2022** and end on **Thursday, May 30, 2024**. IONA is committed to helping the community with their educational needs. Let us help you develop your child right from the start.

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SYNOPSIS OF AMEER MUSTAPHA'S FRIDAY KHUTBAH

How to Taste the Sweetness of Iman? Part 1

In a hadith narrated by al-Abbas Bin Abdul-Muttalib (the Prophet's uncle - RAA) recorded by Imam Muslim, the Prophet (ﷺ) said, "Indeed he who is pleased (and content) with Allah as his Lord (Rubb), Islam as his Deen and Muhammad as his Messenger has tasted the sweetness of faith (iman)." (Muslim)

How can one taste the sweetness of iman?

We perceive taste through sensory organs called taste buds located on top of the tongue. The taste sensation and flavors are produced and determined when a substance in the mouth reacts with the receptors of taste buds. Thus, sweet and bitter tastes can be experienced by the tongue.

Iman is neither a food nor a substance that can be tasted by the tongue. How would one then taste iman and which organ is responsible for that? The organ responsible for the taste of iman is the heart. The Prophet (ﷺ) once pointed to his chest declaring taqwa is here; indicating that iman is in the heart. We know from an ayah in surah al-Hujurat where, in response to the Bedouin Arabs who came to the Prophet (ﷺ) claiming iman, Allah (ﷻ) rejected their claim saying, "You have not yet come to believe, all you may say is 'We have surrendered,' and not until iman enters your heart" [al-Hujurat, 49:14].

This ayah is a clear proof that the organ responsible for iman is the heart. If the heart is sound one may experience the sweet taste of iman. Otherwise, one's iman is either weak or the heart is so corrupt and damaged that there isn't a mustard seed's weight of iman in one's heart.

The tongue among other functions is used to articulate one's thoughts. One may express his faith by saying I believe, however it is the heart that may or may not confirm that profession of faith. To patiently endure the trials one goes through as a test of one's faith is a sign of a sound heart. Allah (ﷻ) says, "Do people think that they will be left alone on saying, 'We believe,' and not be tried? We have certainly tried those who came before so that Allah may for certain know the truthful ones and the liars" [al-Ankabut, 29:2,3].

To taste the sweetness of iman, one must be convinced of Allah's existence having a firm belief in Him as the only Supreme Being and Deity who is worthy of worship.

One must put his full trust in Allah (ﷻ) and accept Him as his Lord and Master (Rubb). Thus the statement, I am pleased (raditu) with Allah as my Lord, (رَضِيْتُ بِاللَّهِ رَبًّا).

The word, raditu (رَضِيْتُ), in the hadith comes from the root (Ra Da Wa, ر خ و), which carries several meanings. It means, to acknowledge, to accept, to confirm, to approve, to be satisfied with, to be content with and to be pleased with, among other meanings.

The statement Raditu Bil-Lahi Rubba (رَضِيْتُ بِاللَّهِ رَبًّا), conveys all these meanings and the implications of such a statement are:

1. Rida bil-Uluhiyyah (رَضِيَ بِاللَّهِ لَوْهِيَةً): To accept, be content and pleased with Allah (ﷻ) as the God, Ilah. In other words, nothing in the heavens nor on earth deserves or is worthy of worship except Allah (ﷻ). This is called Tawhid al-Uluhiyyah ((توحيد الألوهية), or Unity of God, i.e. to single Him out in worship with utmost sincerity.
2. Rida bil-Rububiyyah (رَضِيَ بِالرَّبُّوبِيَّةِ): To accept, be content and pleased with Allah (ﷻ) as the Lord or Master, Rubb. It is also to recognize Him as the sole Creator and Sustainer of everything and to firmly believe that He alone has the power to manage all affairs. Furthermore, to depend solely on Him and to seek help from no one else other than Him while accepting the Divine Decree He decreed for us. This can be summed up as Tawhid al-Rububiyyah ((توحيد الربوبية) or Unity of Lordship.
3. Another implication is to accept all His commands. One must be happy and content with Allah's final rulings and judgments for He is the true Ruler and Sovereign.
4. Finally, to be pleased with Allah (ﷻ) as the Master (Rubb), one must have extreme love, respect and reverence for Allah (ﷻ). In describing the believers, Allah (ﷻ) says, "Those who (truly) believe, love Allah most passionately" [al-Baqarah, 2:165].

The outcome of this love and contentment is for one to be happy and pleased with Islam as the only way of life Allah (ﷻ) decreed for His slaves and servants to follow; which confirms the statement from the hadith mentioned above, "I am pleased with Allah as my Lord and with Islam as my Deen (رَضِيْتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا)."

To claim to be pleased with Islam as one's deen means that one accepts Islam as the only legitimate way of life with the purpose of genuinely guiding individuals and societies. In other words, one is to accept the final divine legislation, the Shariah of Allah (ﷻ) in its entirety. Allah (ﷻ) favor upon humankind is complete.

Continues on page 6

SISTERS CORNER

ARE YOU NAVIGATING A MIDLIFE CRISIS AND DON'T EVEN KNOW IT? KNOW THE SIGNS & TIPS FOR GETTING THROUGH

As I crossed the threshold of my 50th birthday, I found myself navigating a whirlwind of emotions, an unexpected identity crisis, and profound faith-related turmoil. At first, I couldn't quite grasp what was happening. I felt as if I were adrift in a sea of confusion with no discernible compass to guide me through this turbulent period of my life. It was a time when I questioned the very essence of who I was, what I had achieved, and where I was headed.

Everything I had once taken for granted suddenly seemed up for reevaluation, and it was an unsettling experience, to say the least.

As I wrestled with these perplexing emotions, I realized I was not alone in my struggle. Friends and family in similar age groups faced similar challenges, and it slowly dawned on me that what I was going through was, in fact, a classic midlife crisis.

It was as if a light had been switched on in the dark recesses of my mind illuminating the path forward. Understanding that this was a well-documented phase of life brought relief, even if it didn't immediately resolve the emotional turmoil I was experiencing. It was the first step towards regaining my footing and embarking on a journey of self-discovery and growth that would ultimately reshape my perspective on life, identity and faith.

When we think of a midlife crisis, the image that often comes to mind is that of a middle-aged man buying a flashy sports car or making impulsive life decisions. Society has, for a long time, centered the concept of a midlife crisis around men. However, it's essential to recognize that women, too, experience profound shifts during this life stage.

Have you had a midlife crisis? Are you in the midst of one and don't know it yet? Women face unique challenges during their midlife crisis. Let's explore tips for coping and discuss how Muslim women can draw strength from their faith to navigate this transformative period

Understanding How Midlife Crises Hit Women

A societal misconception is that women are immune to midlife's complexities and challenges. Women, in fact, experience their unique and transformative midlife journeys with emotions, concerns and transitions that differ from their male counterparts.

To truly understand the midlife crisis for women, we must delve into the multifaceted aspects of this crucial life stage, shedding light on its intricacies and exploring how women navigate its challenges with resilience, grace and empowerment.

Some of what may happen in a midlife crisis is part of natural growth and a reexamining of one's life, a resetting of intentions. Some things, however, can be unhealthy for us, even destructive. Recognizing these



shifts and changes that may come with a midlife crisis is crucial to figuring out how to manage these feelings and changes. Here are some of the ways a midlife crisis can manifest:

1. **Identity shifts:** Just like men, women can experience a profound questioning of their identity during midlife. They may grapple with questions about their purpose, achievements and roles in life.
2. **Physical changes:** Menopause often coincides with the midlife years (generally identified as being between 40-60 years of age), bringing a host of physical and hormonal changes. These changes can impact a woman's self-esteem and body image.
3. **Relationship dynamics:** Women may reassess their relationships during midlife, including marriages, friendships and family ties. This period may spark a desire for more meaningful connections.
4. **Career reflection:** Many women may ponder their careers and whether they are on the right path. This can lead to changes in employment, seeking new challenges or even entrepreneurship.
5. **Empty nest syndrome:** As children leave home, mothers may struggle with the "empty nest" syndrome, which can evoke feelings of loneliness and loss of purpose.
6. **Emotional turmoil:** Women experiencing a midlife crisis may grapple with intense emotions and mood swings. This emotional turbulence can lead to strained relationships with friends and family members who may not understand the underlying causes.
7. **Risky behavior:** A midlife crisis can manifest in risky behavior, such as reckless spending, substance abuse, or extramarital affairs. These actions may be driven by a desire to break free from the routine and constraints that have defined their lives for years.
8. **Impulsive decisions:** In pursuing personal fulfillment, women in midlife may make choices that seem impulsive to others, such as changing



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careers, ending long-term relationships, or embarking on new adventures.

9. A quest for youth: Society's pervasive emphasis on youth and beauty can intensify feelings of insecurity and self-doubt among women as they age. This can lead some women to seek external validation through drastic measures like cosmetic surgery, extreme dieting or excessive spending on beauty products.

Tips for Coping with a Midlife Crisis

For many women, identifying that they are experiencing a midlife crisis can be a challenging and elusive task. The tumultuous emotions, questioning of identity and sense of restlessness may manifest subtly and unexpectedly, making it difficult to pinpoint the root cause. Moreover, societal misconceptions that frame midlife crises as exclusive to men can further complicate recognizing this pivotal life stage. However, acknowledging the signs and seeking guidance is a crucial first step.

Here are some valuable tips to cope with the midlife crisis, and it starts with embracing self-discovery through new experiences, seeking support from loved ones, prioritizing self-care, considering professional counseling, and finding solace in one's faith and spirituality. These strategies can help women navigate the complexities of midlife with resilience and grace.

1. Seek professional help: Don't hesitate to consult a therapist or counselor to navigate this challenging period. Professional support can provide valuable insights and coping strategies.
2. Self care: Prioritize self care, including physical exercise, a balanced diet and sufficient sleep. These habits can help manage stress and improve overall well-being.
3. Explore new interests: Embrace this time as an opportunity for personal growth. Explore new hobbies, travel or enroll in classes to stimulate your mind and spirit.
4. Strengthen your support network: Cultivate meaningful relationships with friends and family. Lean on your loved ones for emotional support and connection.
5. Mindfulness and meditation: Mindfulness practices and meditation can help manage stress, increase self-awareness and promote inner peace.
6. Reevaluate goals: Take time to reflect on your goals and aspirations. Are they still relevant, or must you adapt them to your current life stage? Take time to properly renew your intentions for your goals.
7. Strengthen relationships: Communicate openly with loved ones about your feelings and concerns. Building a support network is essential during this phase.
8. Explore new interests: Embrace new hobbies or interests align-

ing with your evolving self. This can provide a sense of fulfillment and purpose.

9. Acceptance: Understand that a midlife crisis is a natural phase of life. Embrace it as an opportunity for growth and self-discovery.

Drawing Strength from Faith: Tips for Muslim Women

Faith can play a significant role in how individuals cope with midlife challenges. People of various faiths may turn to their beliefs, religious communities or spiritual practices for guidance and support during this period. However, how faith influences the experience of a midlife crisis can vary widely depending on an individual's beliefs and level of religious involvement.

Exploring how your faith can offer guidance, strength and solace during a midlife crisis may lead you to discover invaluable sources of support and clarity on this transformative journey. Let's take a look at some tips below.

1. Prayer (salat): If you haven't done it before, focus on regularly praying to find solace and purpose. If you have established a good, regular prayer schedule, spend some lingering time on your prayer mat conversing with Allah (S). Seek guidance from Allah (S) through your daily prayers.
2. Reading and reflecting on the Quran: The Quran is a source of wisdom and comfort. Take time to read and reflect on its verses to find answers to life's questions.
3. Community and sisterhood: Connect with other Muslim women online or online. Sharing experiences and seeking advice from those who share your faith can be invaluable.
4. Charity (sadaqah): Kindness and charity can uplift the spirit. Giving to those in need can bring a sense of fulfillment and purpose.
5. Du'a (supplication): Pour your heart out to Allah (S) in du'a. Ask for guidance, patience and strength during this transformative period.

While society may have focused primarily on men experiencing a midlife crisis, women, too, undergo significant changes during this life stage. It's crucial to recognize and support women on their journeys. By understanding women's challenges, offering practical coping strategies, and encouraging a deeper connection with their faith, we can empower women to embrace midlife as a time of growth, self-discovery and spiritual enrichment.

Remember, you are not alone in this journey; your faith can be a powerful source of strength and resilience.

Layla Abdullah-Poulos, contributing writer for Hautehijab.com

KIDS CORNER

Be the First to Help

Ibne Abbas (RA) narrates: Rasulullah (Peace be upon him) sent Abdullah ibne Rawaha (RA) with a Jamaat (expedition) on a Friday. His companions set off in the morning, but he decided to stay behind and catch up with them after offering Salat-ul-Jumah (Friday Prayers) with Rasulullah (Peace be upon him). When he did so, he was spotted by Rasulullah (Peace be upon him), who inquired: What prevented you from going out in the morning with your companions. He replied: I wanted to offer Salat-ul-Jumah with you and then join them. He said: If you spend all that is present in the world, you will still not be able to attain the reward and virtues of those who left in the morning.

Source: Hadith from Tirmidhi.

Whenever the opportunity comes to help Islam, we should not delay and immediately take part in helping. Allah has promised great rewards and forgiveness for those who are always the first to sacrifice for Islam.

Courtesy of: islamcan.com

How to Taste the Sweetness of Iman? Part 1 (cont'd)

This declaration appears in surat al-Ma'idah, "Today, I have perfected for you your Deen, completed My blessing upon you, and am well-pleased with Islam as your Deen (way of life)" [al-Ma'idah, 5:3]. If Allah (ﷻ) is happy and pleased with Islam as our way of life, why can't we then be happy with it as our way of life? After all it came from the One who knows and is Wise (Hud, 11:1).

It is noteworthy to mention that the progression of Shariah started with Nuh (AS) and then Ibrahim (AS). Musa (AS) received the Torah (al-Taurat) filled with guidance and light, the divine commandments and legislation, and the do's and don'ts. "Indeed, We sent the Torah, containing guidance and light, by which the prophets, who had submitted to Allah, judged the Jews by it." [al-Ma'idah, 5:44] The Prophets, Rabbis and scholars were entrusted to uphold and implement the Torah, so that the children of Israel may live with one another in peace and harmony and may prosper. They were warned, "Those who do not judge according to what Allah sent down, then it is those who are disbelievers." [al-Ma'idah, 5:44] They were warned again, "Those who do not judge according to what Allah sent down, then it is those who are unjust." [al-Ma'idah, 5:45]

Ending the legacy of Musa (AS), Isa (AS), the last messenger sent to the Children of Israel, was given the Injil or Gospel, which encompassed the Torah and confirmed the Shariah of Musa (AS). The Injil was again complete guidance to be followed. "Let the people of the Gospel (Injil) judge by what Allah revealed in it. And those who do not judge by what Allah had sent, then it is those who are rebellious." [al-Ma'idah, 5:47]

Allah (ﷻ) declared that those who don't judge by that which Allah (ﷻ) had sent (the divine law) are disbelievers, unjust, and rebellious.

Muhammad (ﷺ), Allah's final Prophet and Messenger, receives the last complete book of guidance, the Qur'an, that contains the final Shariah (law), from the Supreme Law-Giver Allah (ﷻ). This was the ultimate manifestation of Allah's grace and mercy upon His servants. "And We sent to you (O Muhammad) the Book with the truth, confirming the Scriptures that came before it, and with final authority over them: so judge between them according to what God has sent down." [al-Ma'idah, 5:48]

Allah (ﷻ) promises those who follow His guidance to never fall in despair, be in a state of fear or be grieved. When guidance comes to you from Me, whoever follows My guidance, no fear shall come upon them, nor shall they grieve." [al-Baqarah, 2:38]

Whoever upholds and adheres to Allah's commands shall never go astray or be depressed, while those who turn away from His guidance, Allah (ﷻ) has assured them a miserable life. "Then when guidance comes to you from

Me, whoever follows My guidance will neither go astray nor fall into misery. And whoever turns away from My Remembrance (Guidance) will certainly have a miserable life." [Ta Ha, 20:123,124]

Hence, if anyone desires a life of contentment and peace, let him find it in Islam. While at the same it must be clear that, "Whoever desires a deen (way of life) other than Islam, it will not be accepted from him, and he will be one of the losers in the Hereafter" (Aal Imran, 3:86).

Our faith and way of life should bring us utmost contentment and happiness. This joy comes only when we accept Islam in its entirety, "O you who believe enter into Islam totally" [al-Baqarah, 2:208].

To be continued

Islamic Organization of North America Presents 17TH ANNUAL SIRAH CONFERENCE



Saturday, October 14, 2023 | 7:00 PM



Imam Mustapha Elturk



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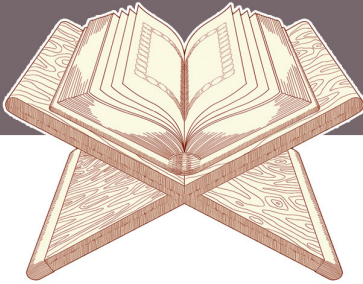
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OCTOBER 2023

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

* 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.



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