



NEWSLETTER

Volume 20 | Issue 2

February 2025 | Rajab - Sha'ban 1446

"The thunder glorifies His praises, as do the angels in awe of Him. He sends thunderbolts, striking with them whoever He wills. Yet they dispute about Allah. And He is tremendous in might." [al- Ra'id, 13:13]

In This Issue

- Announcements _____ 2
- Synopsis:
The Tide is Turning _____ 3
- Sisters:
Sawdah Bint Zam'ah—The second wife of the Prophet (SAW) _____ 4
- Kids:
See How Much Allah Loves You _____ 5
- 10 Ramadan Tips _____ 6
- Prayer Times _____ 8

"When the Messenger of Allah (ﷺ) hears thunder he would stop speaking and say, 'Glory be to the One Whom the thunder glorifies and praises, and the angels [also glorify Him] out of fear and awe of Him.' Then he would say, 'This [thunder] is a stern warning to the people of the earth.'" [al-Bukabri:Al-Adab al-Mufrad]

RAMADAN 2025

Saturday, March 1—First Day of Ramadan

| More on page 2

QUR'AN CONFERENCE

Endurance and Hope: Qur'anic Guidance in Times of Trials

| More on page 2

THE TIDE IS TURNING

Always think well of Allah (SWT) in both ease and hardship

| More on page 3

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



IONA's Noor Circle's Girls

The girls of Noor Circle; aged 7-13 have raised over \$15,000 in donations for Gaza and Lebanon. . . .

| More on page 2



The Second Wife of the Prophet

Her marriage to the Prophet came at a time of great sorrow for him, shortly after the death of Khadijah bint Khuwaylid. . . .

| More on page 4



The Tide is Turning

Allah (SWT) reveals, "Say (O Prophet), truth has come and falsehood has perished for indeed, falsehood is bound to perish."

| More on page 3



Mustapha Elturk
Ameer

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Announcements

Ramadan 1446 AH

Ramadan Mubarak
We Wish You A **Blessed Ramadan**
First Night of Tarawih:
Friday, February 28 (after Isha)
First Day of Fasting:
Saturday, March 1 (Ramadan 1)

The Astronomical New Moon is on Friday, Feb 28, 2025 at 0:44 Universal Time. On that day, the elongation is more than 8 degrees and moon is more than 5 degrees above the sun everywhere in North America. Therefore, first day of Ramadan 1446 is on Saturday, March 1, 2025, in sha Allah. Tarawih prayer will start on Friday, February 28 after night.

18th Annual Qur'an Conference

Endurance and Hope: Quranic Guidance in Times of Trials

Life is filled with challenges, however the Qur'an offers timeless wisdom to navigate hardships with faith, patience, and resilience. Join us for an enlightening conference that explores how Qur'anic teachings provide hope and strength in the face of adversity. Discover profound lessons on enduring trials, embracing hope, and finding peace in trusting Allah's plan.

Join our esteemed speakers for inspiring talks, and interactive discussions. Let the Qur'an illuminate your path through life's challenges.

Speakers:

Dr. Hafsa Rahman | Imam Dawud Walid | Imam Abdulatif Azom | Imam Mustapha Elturk

Date: Sunday, February 23rd | Venue: IONA Masjid | Time: 6 PM



2025 PRESCHOOL PROGRAM

The preschool program is a weekly program
Tuesday through Thursday
The tuition per child is \$250 per month.



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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** or **suelturk@gmail.com**.

Register at <https://ionamasjid.org/preschool/>

The school ends on **Thursday, May 29, 2025.**

IONA is committed to helping the community with their educational needs.

Let us help you develop your child right from the start.

Synopsis of Ameer Mustapha's Khutbah

The Tide is Turning

Always think well of Allah (SWT) in both ease and hardship as our brothers and sisters in Palestine have always thought well of Allah (SWT) and He (SWT) in spite of what was going on for 15 months Allah (SWT) granted them victory. Indeed, the tide is turning. Allah (SWT) reveals, "Say (O Prophet), truth has come and falsehood has perished for indeed falsehood is bound to perish." (al-Isra', 17:81)

On behalf of all people of conscience, Muslims, Jews, Christians, and those of no faith, who stood in solidarity with the Palestinian people during the 15 months of relentless Israeli aggression, we extend our heartfelt congratulations to the Palestinian people on this manifest victory.

This Victory is a triumph. This victory is not just for Palestinians. It is for justice, it is for humanity.

This victory is for the innocent babies who were killed in cold blood simply because they were Palestinians. It is for the women who gave their lives in the pursuit of freedom from oppression. It is for the elderly who were brutally slaughtered because of their ethnicity. It is for the journalists who sacrificed their lives to uncover and share the truth of the war with the world. This Victory is for the doctors and nurses who worked tirelessly saving lives even as bombs fell around them. And this Victory is for the students at Columbia University, NYU, Yale, George Washington University, Indiana University, UCLA, and many others across the United States and the globe who stood firm in defense of justice.

This victory is also for the millions of people worldwide, in Spain, France, Italy, Germany, the United States, and far beyond who rallied, protested, and marched for the Palestinian cause. It is for everyone who raised their voice against the ethnic cleansing and genocide taking place in Gaza. But above

all this victory is for the Palestinian people themselves who have endured over 70 years of oppression, Injustice, and dispossession yet have shown unimaginable resilience, steadfastness, patience, and faith. They never gave up. They placed their trust in Allah (SWT) knowing that He never abandons the oppressed. And if there is one lesson we have learned from the Qur'an, it is this; Allah (SWT) is always on the side of the oppressed and He will never forsake them. This is the Sunnah (way) of Allah. Allah, the Exalted in Might, despite the carnage and the relentless killings and destruction the Palestinians remain steadfast. They never complained. Instead, they stood firm in gratitude saying nothing but *alhamdulillah*. They thought well of Allah and He (SWT) in turn took care of them.

This victory is for the Palestinians who stood tall in the face of constant bombardments, daily massacres and untold suffering. They stood for their rights, land and freedom. And like all people, they deserve to live in freedom and peace.

Indeed, 'The Tide is Turning,' These events will be remembered and will be recorded in the archives of history and for generations to come this war on Gaza will be studied and taught in schools, colleges, and even military academy as a testament to the courage, resilience, and steadfastness of a people who refused to be erased. For decades Palestinian have endured a painful and unjust reality, humiliation, illegal settlements, constant conflict, and violence particularly at the al-Aqsa mosque, one of the holiest sites in Islam, the annexation of their lands, and the forced removal of families from their homes. These actions are barbaric, they defy the very principles of civilization and democracy the world claims to uphold.

Continued on page 5



Sawdah bint Zam'ah – The Second Wife of the Prophet (SAW)

Sawdah bint Zam'ah (RAA, may Allah be pleased with her) was the second wife of the Prophet Muhammad (SAW). Her marriage to the Prophet came at a time of great sorrow for him, shortly after the death of Khadijah bint Khuwaylid.

Sawdah's life exemplifies faith, generosity, and devotion, making her a beloved figure among the "Mothers of the Believers" (*Ummahat al-Mu'mineen*).

Sawdah (RAA) was born into a noble Quraysh family. She was initially married to Sakran ibn 'Amr, and the couple embraced Islam in its earliest days. Together, they endured the hardships of persecution and migrated to Abyssinia seeking refuge. Sadly, her husband passed away shortly after their return to Makkah, leaving Sawdah (RAA) as a widow.

After the death of Khadijah (RAA), the Prophet (SAW) was left grieving and caring for his young children. Recognizing his need for companionship and support, a well-wisher suggested Sawdah as a suitable match. Sawdah (RAA), who was mature and known for her kind-hearted nature, readily accepted the proposal. Their marriage served as a means of mutual support during a challenging period in the Prophet's life.

Sawdah (RAA) was known for her cheerful nature and sense of humor, which brought comfort to the Prophet (SAW) during difficult times. For instance, she once made



the Prophet laugh by joking about her slow pace, saying, "On the Day of Judgment, I'll need a camel with wings to catch up with everyone else!" Her generosity was equally evident, as she frequently distributed food and goods to the poor, prioritizing their needs above her own.

In her later years, Sawdah (RAA) made a selfless decision to forgo her marital nights with the Prophet in favor of Aishah (RAA), seeking only to remain part of the

Prophet's household and earn nearness to him in the Hereafter.

Sawdah's contributions to the early Muslim community were significant. She supported the Prophet's mission and helped care for his household, including his children. As one of the Mothers of the Believers, her actions and character set an example for Muslim women.

Sawdah (RAA) lived a quiet and pious life after the Prophet's passing. Her legacy is one of faith, kindness, and selflessness. She holds a special place in Islamic history as a supportive and devoted wife who brought ease and comfort to the Prophet during a critical time in his mission.

Sawdah bint Zam'ah's life serves as a reminder of the importance of compassion, generosity, and steadfast faith. Her example continues to inspire Muslims to prioritize kindness and devotion in their lives, echoing her contributions to the early Islamic community.

IONA's Noor Circle – Young Girls Supporting Gaza and Lebanon

In an inspiring display of generosity and determination, the girls of Noor Circle; aged 7-13 and their young mentors have raised over \$15,000 in donations for the people of Gaza and Lebanon. Through their creative initiative, the girls sold handmade buttons to support those in need.

The Noor Circle girls set out with the goal of making a difference in the lives of people affected by conflict and hardship in Gaza and Lebanon. Their idea was simple but powerful: to use their creativity to raise funds that would provide much-needed support to communities in these regions.

By selling the buttons, the girls not only raised significant funds but also spread awareness about the ongoing challenges faced by people in Gaza and Lebanon. The girls' incredible achievement is a reminder of the power of young people to create change. Their hard work, compassion, and creativity have shown that age is no barrier to making a meaningful impact in the world.

We congratulate the girls of Noor Circle on their remarkable effort and thank everyone who supported their initiative. Together, they've made a real difference, and their story serves as an inspiration to all of us.



Kids Corner

See How Much Allah Loves You

One of the names of Allah is “Ar-Rahmaan”, which means the Merciful. We see how merciful Allah is every day, but we may not realize it: He gives us food to eat, a safe house to live in, good clothes to wear, family and friends that love us... The list goes on and on.



There are ways in which Allah is merciful to us that we can't even see! There are two angels always at either side of us. The angel on the right records our good deeds, and the angel on our left records our bad deeds.

The Prophet (peace be upon him) tells us that whenever we think of something bad to do, Allah tells the angel on the left to not record that deed until we actually do it. And if we do the bad deed, then Allah tells the angel to write it down only as one. But if we don't do the bad deed after thinking about, Allah tells the angel to write it down as a good deed!



What about when we think of a good deed? When we simply think of a good deed, Allah tells the angel to write it down. Can you imagine getting a reward for having good thoughts? When we actually do the deed, Allah tells the angel to write the reward ten to seven hundred times!

<https://ummibraheem.wordpress.com/>

The Tide is Turning (cont'd)

Human life is sacred, human souls are precious and irreplaceable. While stones can be rebuilt a lost life can never be restored. May Allah (SWT) have mercy on those who gave their lives for this noble cause, and may He accept them as martyrs and grant them the highest place in Paradise.

To our Palestinian brothers and sisters, congratulations on your steadfastness and this hard earned victory. Your patience and unwavering faith have inspired the world. This victory is a reminder to all of us, arrogance will always lead to ruin but humility, patience, and faith will always lead to Victory. And so we say, *alhamdulillah*.

May Allah (SWT) continue to protect the oppressed wherever and whomever they may be. May He (SWT) grant victory to the righteous and guide us all toward actions that promote Justice, harmony and truth, Ameen

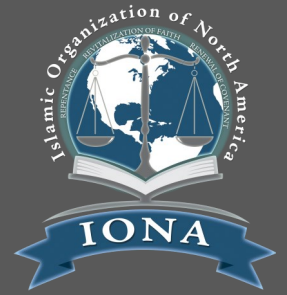
IONA's Friday Lunch

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. Thank you for backing your Masjid!



IONA Food Catering Service

IONA catering service perfect for private gatherings and major events like weddings and graduations. Enjoy the convenience of having our delectable dishes of a delightful selection of Pakistani, Bangladeshi, and Indian cuisine 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. For inquiries or to place your order, please feel free to call us at 248-462-6244.



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Ten Ramadan Health and Fitness Tips

Ramadan, the holy month is the time for self-reflection and self-discipline, also focuses on spiritual cleansing of body and mind. Apparently, for the month of Ramadan, a change in routine supports health and fitness benefits in particular. Ramadan being at the start of summer, coupled with scorching climate in UAE, food and water restraints may impact the body in many ways. Nevertheless, one can beat it by relying on healthiest wellness tips. As Ramadan is around the corner, we break down some health and fitness essentials to follow a hale and hearty lifestyle.

This Ramadan, stick to these snippets of information to keep your body fit as a fiddle. You may find it difficult to make changes in your routine when you begin fasting, though. To figure it out, here we have 10 health and fitness tips to be followed during Ramadan fasting. So, let's go!

<https://activefitnessstore.com/blog/10-ramadan-health-and-fitness-tips>

10 Tips STAY ACTIVE During Ramadan
activefitnessstore

- Follow Traditional Ramadan Schedule**
Enrich your days and night with prayer and meditation for a rewarding Ramadan. Be ready to receive the blessings and favour.
- Break the Fast with Dates**
Dates help stabilise blood-glucose level and prevents overeating. It should be followed by consumption of fruit juice or vegetable soup.
- No Binge-eating at Iftar**
Over-indulging on food is against the rules of fasting and leads to obesity. The Iftar meal should be light, combined with fluids to ensure healthy diet.
- Less Sugar**
Foods high in sugar content should be avoided. They only elevate calorie intake and are low in nutritional content.
- Get Ample Rest**
Make yourself equipped for fasting on all days during Ramadan by having adequate rest and sleep.
- Stay Hydrated**
Consume as much as water between Iftar and sleeping time to help keep hydrated and reduce thirst during the following day of fasting.
- Get Fruits and Fiber-Rich Food**
Take in lots of fruits and fiber-rich foods to complement water intake as well as to help the body detox.
- Go for Light Exercises**
Continue cycling, biking, treadmill and elliptical workouts. Perform these low intensity training preferably before Suhur or at a time that best works.
- Never Skip Suhur**
Suhur helps in keeping you active during fasting hours in the day. Serves as the source of energy, taking Suhur reduces excessive thirst as well.
- Maintain Health and Fitness**
Have a check on your health and fitness to keep yourself energetic during the day of fasting.



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FEBRUARY 2025

IONA Masjid - Salah and Iqamah Timing

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

* 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

~ Saturday, March 1 is the First Day of Ramadan. Tarawih starts on Friday, February 28, after Isha prayer, in sha Allah. RAMADAN MUBARAK

IONA is dedicated to transforming its members and surrounding communities into righteous, God-fearing individuals who collectively strive for the highest moral standards and continuously seek God's forgiveness to earn His pleasure. IONA members earnestly seek His mercy and grace in both this life and the hereafter. They rejuvenate their souls through internal struggle (jihad) and spiritual exercises in the worship of the Creator, the Most Glorified. Their deep faith in God Almighty empowers them with the courage to promote good, forbid evil, and engage in the struggle to establish social, political, and economic justice.

