

# uswatul MUSLIMAH

ROLE MODELS FOR THE MUSLIMAH

## NEWSLETTER

Issue One

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### Al Humairaa' - Sayyidah `Aaisha (radiyallahu anha)

#### 10 Unique Privileges

**A**aisha (radiyallahu anha) says: "Allah Ta'ala has blessed me with ten privileges over the other wives of Rasulullah (salallahu alaihi wasallam) and I say this without bragging or boasting:

- I was the most beloved to Rasulullah (salallahu alaihi wasallam) among his wives.
- My father was the most beloved of all men to Rasulullah (salallahu alaihi wasallam).
- I was the only virgin whom Rasulullah (salallahu alaihi wasallam) had married.
- He married me at the age of seven.
- I went to live with him at the age of nine.
- (When people had slandered me and levelled accusations against me) Allah Ta'ala had exonerated me and confirmed my chastity and purity.
- In his final illness, Rasulullah (salallahu alaihi wasallam) asked all his wives for permission to come to my house, and the last days of Rasulullah's (salallahu alaihi wasallam) earthly life was spent in my house without any division with the other wives.
- The last thing to enter the blessed mouth of Rasulullah (salallahu alaihi wasallam) was my saliva. (She had chewed on the miswaak to soften it before giving it to Rasulullah (salallahu alaihi wasallam) to use).
- Rasulullah (salallahu alaihi wasallam) passed away whilst his blessed head was between my chin and my chest.
- Rasulullah (salallahu alaihi wasallam) was buried in

my house."

(Siyaru Aa'laamin Nubalaa, vol. 2, pg. 147)

#### Keeping the Heart Clean

The exemplary life of Sayyidah `Aaisha (radiyallahu anha) is filled with innumerable lessons. One major lesson that she taught was to always have a clean heart. On one occasion the hypocrites slandered her. It was an extremely trying time. Rasulullah (salallahu alaihi wasallam) as well as `Aaisha's (radiyallahu anha) parents were very distressed by this terrible accusation. When `Aaisha (radiyallahu anha) came to hear of the false rumours about her doing the rounds, she became very ill. She could not eat a morsel of food nor sleep a wink. She wept almost continuously. Eventually an entire ruku of the Qur'an was revealed which cleared her name and explained how chaste and virtuous she was. While the hypocrites were responsible for this heart-breaking incident, unwittingly, a few sincere Muslims also got caught up in this ugly accusation and defamation. Among them was Hassaan bin Thaabit (radiyallahu anhu).

Once after the demise of Rasulullah (salallahu alaihi wasallam) he had come to the home of `Aaisha (radiyallahu anha). She instructed that he be treated with honour and respect. Someone commented that he was also among those who had caused her grief. `Aaisha (radiyallahu anha) replied: "He used to defend Rasulullah (salallahu alaihi wasallam) with his poetry" (Saheeh Bukhari #4146). *(Continued on Next Page)*

#### About Uswatul Muslimah

Women have always played a vital role in developing a healthy society. They are generally the managers of the home and nurture the Imaam Ghazaalis and Imaam Raazis of the time. Furthermore, a woman has a unique ability of getting things done the way she wants. If every woman uses this ability to guide and direct the household towards Deen, a great degree of reformation of the society will be achieved. Uswatul Muslimah is an educational program dedicated to our Muslim sisters. The many activities organised for our honourable mothers and sisters includes, lectures on pertinent topics, at various venues; a website which posts relevant articles, audios, questions and answers, relating to women; and Alhamdulillah now we also have the Uswatul Muslimah newsletter. The Uswatul Muslimah program is run by a panel of Ulama under the auspices of Madrasah Ta'leemuddeen, Isipingo Beach.

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What she meant was that Hassaan (radiyallahu anhu) had done a great service to Islam. Therefore, those are the positive aspects of his life that needs to be recorded and remembered, and not the negative incidents. Subhanallah! What a clean heart. She forgave something so serious and defended the person as well. May Allah Ta'ala help us also to always have a clean heart. [Aameen]

(Extracts from our upcoming book "Lessons from the life of Sayyidah 'Aaisha (radiyallahu anha)")

### Pleasing One Being!

'Aaisha (radiyallahu anha) advised Mu'aawiyah (radiyallahu anhu):

*"Whoever seeks the pleasure of Allah Ta'ala, though to the displeasure of people, Allah Ta'ala will take care of the matter of the people. And the one who will incur the wrath of Allah Ta'ala to please the people, Allah Ta'ala will hand this person over to these people."* (Tirmizi #2414)

### **Messed with red & blue ink!**

Imagine a child going for the first time to his father's desk. The exciting pens, the pencils, eraser, letter-opener, etc. are all neatly arranged on one side. He begins to explore and investigate the use of each item. In a few minutes the entire place is in a mess. He also turns the inkpot upside down and the ink runs on his fingers, onto the papers, the desk and the carpet. The child obviously had no idea of the consequence of his innocent explorations. Gripped with fear, the child now starts wiping the ink off his fingers on the front of his clothes and he hastily starts wiping the ink off other items using whatever pieces of paper available to him. Now, what should your reaction be, to this child? Should you scream at him for his innocence? You judge for yourself. Would punishing such a child not be unfair to him? His curiosity got the better of him. He made a mistake. He did not know the reality of what he was doing. Would it not be better to sit with him and explain to him the wrong he has done, the mess he has made and the danger of exploring things on his own?

## *Goodbye to Depression*

Every second person complains of stress, anxiety and depression. There are three main causes for this:

1. We have shifted our focus from Allah Ta'ala towards our abilities and resources, and towards people around us. Thus, when everything around us fails us, we lose hope in life and sink into a state of depression. We have forgotten that our Allah Ta'ala alone has placed us in that condition and our Allah Ta'ala alone will remove us from that condition. Our attention and focus should constantly be directed towards the unlimited treasures of Allah Ta'ala and not towards our endless weakness.

2. We worry and concern ourselves over such things that are beyond our reach, and neither are they in our control. We become overwhelmed thinking about matters that have already been decided by our Allah Ta'ala. Mortal man, however, fails to accept that he has absolutely no say in such issues. Hence we become so involved in matters and things that are beyond our control that we end up neglecting what is in our control. The end result is disorder and helplessness which leads to depression.

3. Sins also lead to depression. It is impossible to be happy if Allah Ta'ala is unhappy with us. Our evil actions are the fuel to the fire of destruction and depression. Righteous actions will fill the heart with happiness.

## **From the Pen of Hazrat Moulana Yunus Patel Saheb (rahimahullah)**

**Letter**

(unedited)

*Asalamu alaikum Maulana*

I have come across your website at a time when I most need guidance. I am married for almost one and a half years. My husband and I have a very strong relationship most of the time. However, there are things we don't understand and this is causing conflict between us. I try very hard to be a good wife to my husband. Sometimes I get angry and upset with him. I say or do things in anger without thinking. I need guidance. I feel we don't communicate enough about what is bothering us and where we are going. Sometimes my husband irritates

me in a good way but beyond the limit and I am finding it hard to handle. Please give me advice and guidelines on being a better wife. Sometimes he is wrong too, but he won't see it. May Allah reward you, Insha-Allah. Jazakallah.

**Reply**

*Bismihi Ta'ala*

Wa alaikumus Salaam wa Rahmatullahi wa Barakatuh Alhamdulillah, you are trying your very best to be a good wife to your husband. Whilst there should be love for the husband, there must also be respect. Getting angry with him, shouting him and abusing him in the manner that he abuses you displeases Allah Ta'ala. That will then affect your marriage. You state that he

irritates you in a good way but beyond limits. If this is the situation, then when he is in a good mood, you must bring it to his attention that you appreciate his attention, but you are irritated when he goes beyond the limits. You must clearly define what are those limits, and what reaction from your side will show that it is beyond limits and irritating you. Also read Bismillahir Rahmaanir Raheem 7 times and blow on all the food you cook. Everyone including the children may eat from it. Make lots of tauba from all sins and make lots of du'aa.

*Was Salaamu alaikum wa Rahmatullahi wa Barakatuh*

**Yunus Patel (Maulana)**