

CAMBRIDGE CENTRAL MOSQUE

NEWSLETTER

INCLUSIVITY, AUTHENTICITY, COMPASSION



FASTING READY

'The month of Ramadan in which the Qur'an was revealed, guidance for mankind and clear proofs of guiding and discernment. So whoever among you witnesses the month, let him fast it.' (QUR'AN 2:185)

PREPARING FOR THE fast is a beautiful and grounding experience. Before the fast begins we remind ourselves of our weakness and need, and we call on Allah for strength. When we fast we learn that saying a decisive No to our pleasures is possible: a great and precious lesson! We feel liberated from slavery to our cravings. And we learn to understand the suffering of the hungry of the world.

'Fasting is half of sabr.' (TIRMIDHI)

The scholars tell us that fasting has three levels. Firstly we must learn and comply with the rules of the *fiqh*, the regulations which govern fasting. Secondly, we must avoid sins. And thirdly, we must free the heart from any inclination to low and base things.

So Ramadan is a time for self-repair and reflection, a time to make ourselves beautiful, and to behave in a beautiful way to others.

Poems on the Life of the Prophet Muhammad



PAUL ABDUL WADUD
SUTHERLAND

Poems For Ramadan

Our longstanding supporter Paul Abdulwadud Sutherland has published a collection of poems, all written during the holy month of Ramadan and dedicated to the theme of the Sira: the blessed life-story of the Holy Prophet. All proceeds from sales of this book go to our mosque!



TURKEY 'A WORLD-LEADER IN SUSTAINABLE ENERGY'

AS AN INTEGRAL and vital component in the Umma's green strategy, Turkey has made remarkable progress in the hijra towards a carbon-neutral economy. The country's renewable energy capacity grew by an astonishing fifty percent over the past five years, and Turkey now has one of the world's highest rates of renewable capacity additions.

2023 will also see the commissioning of the country's first nuclear power station, significantly reducing Turkey's carbon emissions.

Dr Fatih Birol is the executive director of the International Energy Agency, a Paris-based NGO created by the OECD. In the agency's new report on Turkey, Birol writes: 'Turkey has seen significant diversification in its energy mix in the past decade. In particular, bolstered by a supportive policy environment, renewable energy has grown impressively, led by hydropower, solar and wind'.

Turkey currently ranks 9th in the world in installed hydroelectric capacity, 13th in the world in wind energy capacity, 16th in the world in solar energy capacity, and 14th in the world in geothermal energy capacity.

46% of Turkey's energy mix is currently generated from renewables.



ISTANBUL'S GALATASARAY STADIUM IS THE GREENEST STADIUM IN THE WORLD

EIGHT HEALTH BENEFITS OF FASTING

- 1 Increased growth hormone secretion.
- 2 Weight loss through reducing calorie intake.
- 3 May boost brain function and lower dementia risk.
- 4 May improve blood pressure and cholesterol levels.
- 5 Helps fight chronic inflammation.
- 6 Supports blood sugar control.
- 7 May improve longevity.
- 8 May benefit cancer prevention and treatment.

(SOURCE: HEALTHLINE.COM)

SHARIA FINANCE GOES GREEN

LONDON-BASED Gatehouse Bank has introduced a Sharia-compliant environmentally-friendly home purchase scheme. Properties with an A or B energy efficiency rating will receive a 10bps reduction, and Gatehouse will also offset the carbon impact of the property.

‘Give food, spread Salam’

NEWCOMERS TO THE UK are often shocked by the rising levels of deprivation in our country, and sadly Cambridge has the highest inequality rate of any UK city. Our mosque basement is busy with eager volunteers packing food for needy local residents, and in partnership with Islamic Relief and Cambridge Sustainable Food our mosque is trying to serve the very intense need among Cambridge people which has been worsened by the cost-of-living crisis. The mosque has also operated Open Warm Rooms, so that on cold days local residents of every background and belief can warm up in the mosque and enjoy a complementary cup of tea or coffee.

If you have food or quality clothes to donate please contact us!



PHOTO: KASHEF CHOWDHURY

World's Best Building in Bangladesh!

A REMOTE COMMUNITY hospital in Bangladesh has won the prestigious RIBA International Prize. Describing the Friendship Hospital in the environmentally-challenged Shyamnagar coastal region as ‘a model of climate-conscious design built with the bare minimum of resources’, the Royal Institute of British Architects commended architect Kashef Chowdhury for responding to ‘the crushing impact of climate breakdown on vulnerable communities.’

LECTURES

Recent highlights of our mosque lecture programme have included **Dr Mustafa Styer** on Islamic Education; **Dr Ingrid Mattson** on ‘The Pastoral Presence of the Prophet’; **Aasia Bibi** on ‘Climate-Friendly Cooking’; **Shaykh Faraz Rabbani** on ‘Rooted Beings: Realigning our Relationship with God’; **Shaykh Sulayman Van Ael** on ‘From Belonging to Becoming’; **Shaykh Sohail Hanif** on ‘The Truth about Giving’, and also a Zakat Calculation Workshop; **Shaykh Aleeb Abdul Qadir** on ‘Sincerity and Serenity’; **Shaykh Sayful Alam** on ‘Three Ways to Acknowledge Blessings’; **Shaykh Shabbir Hassan** on ‘Spiritual Productivity’; **Shaykh Shamsud Duha** on ‘Truth in our Youth’; and **Shaykh Jibril Alao** on ‘Arabic and the Qur’an’.



Garden News

ON 26 AUGUST the BBC's popular 'Gardener's World' programme featured a long segment about the mosque garden, with interviews with our head gardener Helen Seal and several of the garden volunteers. The series regularly attracts over 2.5 million viewers.

Our garden was also a special feature in *Gardens Illustrated* magazine.

We were proud to be featured in *The Guardian's* pick of best bee-friendly wildflower spaces in the UK. Our garden is a 'pollinator-friendly oasis' in busy built-up Cambridge!

We held our first 'Good to Grow Day' in which our gardeners advised mosque-goers on how to grow their own herbs and vegetables the natural Sunna way!

- In 2022 we celebrated 94 Nikah ceremonies in the mosque, and 19 Janaza funerals.
- Twelve local artists from Urban Sketchers Cambridge made their first visit to the mosque on November 12, and were amazed at the diverse and interesting range of architectural themes on which to exercise their talents.
- The mosque showcased its message and community on December 3 for the ever-popular Mill Road Winter Fair.
- On January 17 we held a Qur'an celebration, in which leading reciters showcased some of the best-loved and most moving passages of the Holy Qur'an in different styles and modes.
- Mental health and chaplaincy professionals led by Dr Abdullah Rothman, Principal of Cambridge Muslim College, organised a Mental Health and Wellness Day, with presentations and Q&A sessions about mental health issues in the Muslim community.
- Our mosque hosted a live discussion on BBC Look East focussing on practical ideas for making your home greener.

Madrasa

THIS HUGE POPULAR service for children and young people is now fully booked! To join the waiting list go to cambridgecentralmosque.org/madrasa

Prayer timetables

Download from cambridgecentralmosque.org/prayer-times or collect a physical copy from the mosque!

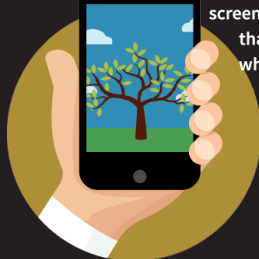
1. Plant a tree

Or several of them! Sow a seed in your garden, in a pot at home, or support a reforestation organisation... These all qualify.



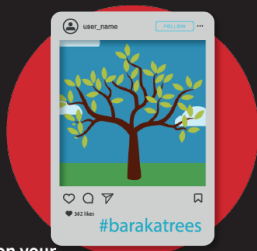
2. Take a picture

Snap a photo or grab a screen capture, anything that shows the world what you've planted.



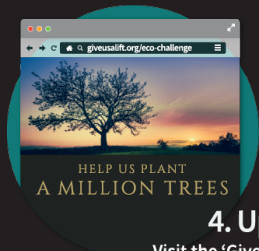
3. Share

Post the image/s on your preferred social media platform, make sure you use the #barakatrees hashtag.



4. Upload a link

Visit the 'Give Us A Lift' website: www.giveuslift.org/eco-challenge
Fill out the Eco-Challenge form, including a link to your post.



A MILLION TREES

Please support our sister charity Give Us A Lift in its campaign to mobilise Cambridge Mosque supporters around the world. The plan is to plant **one million trees** to help fight the impact of climate breakdown. The first tree was planted in our mosque garden!



KERALA CHARISMA

MAY ALLAH REWARD Shaykh Aboobacker Ahmed, founder of the All-India Sunni Scholars Association, for gifting our mosque with ten hand-made Qur'an stands (kursi) made of mahogany. The Shaykh was represented at the presentation ceremony by Shaykh Muhammad Muneeb, head imam of the Malayalam-speaking Muslim community in the UK.

Shahadas Bring Natural Light

WITH HUMILITY AND gratitude we find that in 2022 the number of our Shahada ceremonies for formal conversion to Islam totalled 103 men and women, all of whom were lovingly welcomed in our mosque. We ask all our readers to pray for their spiritual wellbeing, strength and happiness as they discover their new lives in loving obedience to the Divine.

Converts often face difficulties learning and adapting, and the Mosque partners with Cambridge Crescent, a local convert-care group which meets regularly and provides free books and other resources for our very welcome newcomers. Please support this work by visiting www.cambridgecrescent.org

One of our newcomers, Alison Osborn, a schoolteacher from Haverhill, recorded a beautiful public statement on the occasion of her entry to Islam, which is now available online.

In September a group of new Muslims attended a week-long 'Experience Islam in Konya' retreat in Anatolia's famous spiritual capital. Our thanks to Diyanet for arranging and hosting this transformational event.



MACMILLAN UNITES COMMUNITIES

On September 22 we again hosted a large Coffee Morning at the mosque to raise money and awareness for the charity Macmillan Cancer Support.

Guests included local MP Daniel Zeichner, Mark Ashton (Mayor of Cambridge), Michelle Hutchinson (Macmillan Cancer Support), and Somaiya Khan-Pritchard (Baraka Khan Foundation).

Special thanks go to the bakeries and supporters who contributed with their cakes, tarts, doughnuts and more, and to everyone who donated!



THIS YEAR DON'T miss our unique **Ramadan TV** service! Broadcasting online 24 hours a day during the fasting month, this features Qur'anic recitations, inspirational Islamic songs, reports from the mosque, documentaries, Islamic talks, and much much more. Make this a Ramadan of Islamic learning and growth! cambridgecentralmosque.org/ramadan-tv



INVEST IN BEAUTY

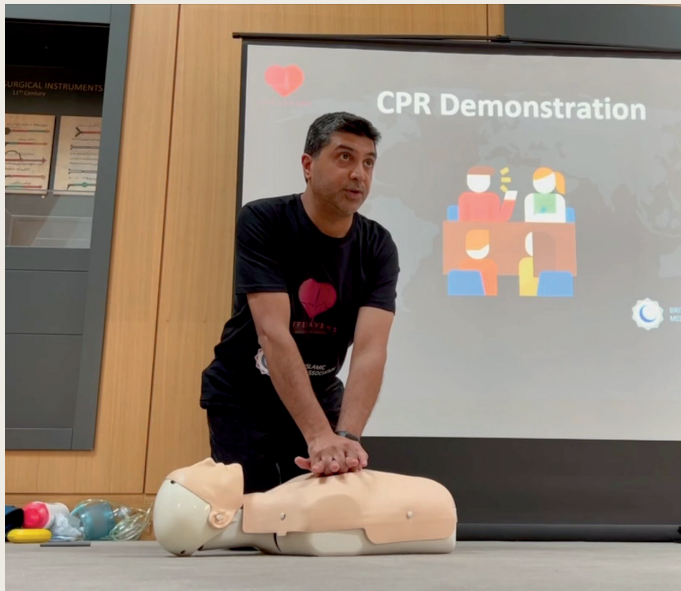
Our fourth Islamic Art Sale is scheduled for **15 November 2023**. As with our successful previous sales, leading artists from around the world are donating exquisite artworks to be sold to raise funds for our mosque. Sign up now at cambridgeislamicart.com for the latest updates.

BUKHARA BLESSINGS



BE INSPIRED THIS Ramadan by watching four completely new episodes of our famous 'Travelling Light' series of spiritual talks! Delivered by Dr Samir Mahmoud and Shaykh Suleiman Van Ael in a famous 17th century mosque in the ancient Uzbek city, these lectures include Qur'anic recitations by Qari Muhammad Ashraf Bukhari plus many traditional Uzbek religious songs from the vocalists of the famous Yunus Rajabi Institute. These will be released weekly during the fasting month on mishkatmedia.com/travelling-light

Our sincere thanks go to the Centre of Islamic Civilisation, the Ministry of Tourism, and the Ministry of Higher Education of Uzbekistan for their kind cooperation and for facilitating the necessary permissions.



Medical Matters

Dr Osman Bhatti and Dr Shanaz Hussain led our annual British Islamic Medical Association Lifesavers event in the mosque. With so many learning CPR, the recovery position, and how to manage choking, who knows how many lives will be saved in future, in sha' Allah?

Many thanks to Arthur Rank Hospice Charity and all the organisers and participants in our 'Living Well Till the End of Life' event. Roundtable discussions on complementary therapy, mindful walks and relaxation techniques attracted a lively discussion.

Partnering with local health and care organisations we ran our inaugural Diabetes Wellness Day. With rates of diabetes continuing to grow, particularly among some minority communities, we were thrilled to host such an important event.

Our gratitude goes to the Rosie Maternity Hospital and Neonatal Voices for coming to the mosque to answer questions about maternity services, and for speaking on the particular challenges facing some minorities when using UK maternity services.

GALA DINNER

Our partner charity Give Us A Lift and its busy Chair, Aminul Islam, arranged a first Gala Dinner at Churchill College Cambridge to raise funds for our mosque. The event, held on August 21, attracted 312 guests from around the world, and in addition to the £500 entrance fee, donations of £275,000 were pledged.

EARTHQUAKE APPEAL

We have launched a major appeal to raise funds for the recent terrible earthquake in Turkey and Syria. Please donate through our website, or directly to the Turkish Red Crescent at kizilay.com.tr under 'Donations for Earthquake in Pazarcik'.



HONoured BY LIFE

The women's ablution area has just been adorned with a new and beautiful Fishtail Palm (*Caryota mitis*). The ablution zones are designed to admit natural light from skylights, allowing us to introduce a range of indoor plants to add beauty and blessings to these spaces.

Financial Crisis

THE MOSQUE IS built, but the costs are ongoing! With the energy crisis our electricity bill has tripled to reach a worrying twelve thousand pounds a month. We are not balancing our books now, and urge all our supporters to dig deep and support this great cause. 'Sadaqa decreases no wealth' (Hadith narrated by Muslim).

ONLINE OUTREACH

WITH THE HELP of our Communications Officer Tariq Chow our mosque is becoming a global phenomenon. A khutba marking the death of Queen Elizabeth II was viewed over three hundred thousand times, and other khutbas and events are spreading their authentic Islamic blessings around the world.



Interfaith Harmonies

AS A LANDMARK institution of the British Muslim community our mosque is actively engaged in building bridges of respect and understanding among religious groups.

Key recent events saw Imam Zakarya Gangat joining with Dr Rowan Williams and Rabbi Jonathan Wittenberg in climbing Mount Skirrid in Wales, where they planted trees to show solidarity with the natural world which is suffering from climate change.

We have also held interfaith introductions and discussions with a range of denominations in Cambridge.

Abdal Hakim and Sam Turner of the Architects Climate

Action Network discussed perspectives on environmentally-sensitive sacred architecture, in a Woolf Institute interview hosted by Dr Ed Kessler.

Abdal Hakim Murad delivered an interfaith talk in support of the proposal to add Ecocide as a crime to international statutes. The text is available as a chapter in a new book *Faith Voices for Ecocide Law* published in Sweden, which includes chapters by representatives of the major world religions. The book was launched to coincide with the COP27 climate change summit.

The University of Cambridge's 'Cambridge Zero' campaign held a 'Climate Change and Religion' interfaith convention at the mosque with a range of participants from different backgrounds and spiritual paths.



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<https://soundcloud.com/cambridgecentralmosque>



HYMN BY YUNUS EMRE (D.1328)

Not for us the single view, let us to the Friend, my heart;
Let us not in longing die; come, let us to the Friend, my heart.

Let us away while life remains, before the form is left behind;
Before the foe has breached the walls; come, let us to the Friend, my heart.

Let us away, not stand apart, let us now for the Friend prepare;
Our place is in the line of Shaykhs; come, let us to the Friend, my heart.

Let us abandon home and land – though, we may grieve for friendship's sake;
To find the meaning of true Love; come, let us to the Friend, my heart.

Be for me a certain guide as now we follow Friendship's Road;
Let us forswear the backward glance; come, let us to the Friend, my heart.

Not resting in the world of form, passing and illusory,
Let us hold fast to Unity; come, let us to the Friend, my heart.

Beyond this world let us progress, soaring above to Friendship's realm;
Let us no longer breathe desire; come, let us to the Friend, my heart.

This our world does not endure; open your eyes, your soul arouse;
Be to me a comforter; come, let us to the Friend, my heart.

Before they tell that we have died, that death has laid his hand on us,
That Azrail has struck us down; come, let us to the Friend, my heart.

To sainthood let us now attain, seek now God's message to receive;
As comrade Yunus Emre take; come, let us to the Friend, my heart.☁

If you love Turkish songs, why not buy the book *Turkish Sacred Songs*, available on Amazon and from your local Islamic bookshop?
Ideal for your mosque or madrasa choir. All profits go to support our mosque!

DONATION INFORMATION

Bank Transfer

HSBC

Address:

63-64 St Andrews Street,
Cambridge CB2 3BZ,
United Kingdom

Account Name: The Cambridge Mosque Trust

Account No.: 54298209

Sort code: 40-16-08

IBAN: GB68HBUK40160854298209

Branch Identifier: HBUKGB4103J

Post one-off cash/cheques made payable to:

"THE CAMBRIDGE MOSQUE TRUST"

309-313 Mill Road,
Cambridge CB1 3DF

Or automate a regular donation by downloading,
completing and posting a standing order form to your bank.
Information on our website.

www.cambridgecentralmosque.org

Registered charity: 1164931

