



## Announcement Brief after Jumuah Salah

Fri 25 June, 2 & 9 July

Assalamu Alaikum

Respected Brothers and Sisters,

As explained in the Khutba (sermon) and the Bayan (Speech) before Salah, the Qur'an and Hadith place huge emphasis on health and well being. The Prophet (Peace be upon him) said, the strong and healthy believer is better than a weak believer. One of the major problems within the Asian people of Blackburn is diabetes and sugar. The national average for diabetic patients is approximately 4% but the average for Asians in Blackburn is nearly 10%, more than double.

Respected Brothers, we as a community individually and collectively need to tackle this issue seriously. Diabetes is a serious condition that causes blindness, kidney disease, heart disease, high blood pressure, stroke and many other diseases. It is a silent killer! Along with the medication, it is vital for diabetic patients to learn about diabetes because the problem can be managed through education. A key problem is most people don't understand what is diabetes and that is why there are major problems.

Al-Hamdulillah, Blackburn with Darwen NHS is providing a free training which is flexible and in Urdu and Gujrati as well. I urge all diabetic patients to **ring 01254 282708** and register your name for the programme. Also convey this information to anyone you know who has diabetes. Leaflets will be available for those interested.

Respected Brothers, it is very important that all diabetic patients register on this course because through this there is evidence that diabetes can be managed without the need to necessarily take medication. Therefore, please convey the message and take the leaflet, and more broadly ensure and understand that it is our Islamic duty to take care of our health and educate ourselves.



## General Resource – Jumua’h Bayan

(1) Narrated Usamah ibn Sharik:

I came to the Prophet (peace\_be\_upon\_him) and his Companions were sitting as if they had birds on their heads. I saluted and sat down. The desert Arabs then came from here and there. They asked: Apostle of Allah, should we make use of medical treatment? He replied: Make use of medical treatment, for Allah has not made a disease without appointing a remedy for it, with the exception of one disease, namely old age. (Abu Dawud, 3846)

(2) Prophet Muhammad (pbuh) mounted the pulpit, then wept and said, "Ask Allah (swt) for forgiveness and health, for after being granted certainty, one is given nothing better than health." (Tirmidhi)

(3) The Prophet (pbuh) said: "Take benefit of five before five: Your youth before your old age, your health before your sickness, your wealth before your poverty, your free time before you are preoccupied, and your life before your death" (Al Hakim)

(4) The Messenger of Allah (pbuh) said, "There are two blessings which many people lose: (They are) Health and free time for doing righteous deeds." (Bukhari)

(5) The Prophet Muhammad (peace be upon him) said: "Ask God for forgiveness and health, for after being granted certainty, one is given nothing better than (good) health." (Tirmidhi, 780)

(6) The Messenger of Allah (pbuh) said, "A strong believer is better and more beloved to Allah than a weak one, and in each one of them there is good." (Muslim).

(7) The Messenger of Allah (pbuh) said, "Your body has rights over you." (Bukhari)