

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Nor are the two bodies of flowing water alike - the one palatable, sweet and pleasant to drink, the other, salt and bitter.

Yet from each (kind of water) do ye eat flesh fresh and tender, and ye extract ornaments to wear: and thou seest the ships therein that plough the waves, that ye may seek (thus) the bounty of Allah that ye may be grateful.



Issue No. 35

February 2004

The UK World Conference 2004

The three **MUST** dates in your diary for 2004 are Friday 30th July, Saturday 31st July and Sunday 1st August. Why? They are the days for the UK World Conference.

Following the tremendous success of the conference in Canada and the trip to Udaipur, it is now the UK's turn to host the world conference. If you've attended previous conferences, you won't need persuading to come along. For those who might be thinking what has this got to do with me? Here are few reasons to join us: By coming along, you will:

- meet people from around the world
- make new friends
- see the impact and the dynamism of the Reform Movement
- feel part of a bigger, exciting community
- understand your roots and what the Reform Movement is all about
- have plenty of fun and eat plenty of great food!!

The organising of the conference is coming along nicely and we are looking forward to a stimulating three days. Delegates from Canada and USA have already confirmed their attendance.

The conference will be held at the Hanover International Hotel in Daventry. The conference committee is exploring hotels nearby for delegates to stay.

The conference committee is still working on the themes and topics and information will be passed on to you as soon as these are available. Currently, the programme is as follows:

FRIDAY EVENING

- Welcomes and opening remarks
- Meal and informal gathering

SATURDAY BREAKFAST

- Focus on the Reformist Movement: debates, workshops, speeches and many more activities to fuel discussion, provide focus and new thoughts. Lunch will also be served.

SATURDAY EVENING

- Gala dinner - time to take out your posh frocks and suits!

SUNDAY

- Breakfast
- The Reform Movement: Where next? More discussions and debates and lunch. Conference closing ceremonies.

Conference closes at 5.00pm

SUNDAY EVENING

- Social event: a chance to exchange emails and contact details and continue friendship building.

For further details either about the conference, or, if you want to be involved in helping to organise it, contact:

Haki Kapasi

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Phone 0121 429 3202 (day)

0121 449 0113 (evening)

Email Haki@inspire.eu.com

SEE YOU THERE!

An email for Mr Livingstone I presume

Akber Kirefu has been busy sending emails to those who make important decisions. He wrote to Ken Livingstone, the Mayor of London who is now back in Tony Blair's good books, about celebrating Eid in London. Here is Akber's email and a reply from the Mayor's office.

Dear Mr Livingstone,

I was impressed with the organised Hindu Diwali celebrations that took place in Trafalgar Square, the heart of London on Sunday 19 October. This was truly a move

that must have pleased thousands from the ethnic background and in particular the Hindus that you allowed London to recognise this major event in the Hindu religious calendar.

Being a Muslim living in London I would like to ask you if you have already considered the celebration of the Islamic festival of Eid to mark the end of Ramadhan. With so many Muslims living in London and the suburbs, I am sure that such a celebration would be welcomed and especially if it's organised and celebrated with the same weight of that of Diwali.
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Are diet drinks really a healthy alternative?

We don't know about the veracity of the information in this article, but for the sake of the health and well being of our community members, we are printing this just in case it is all true...

In October of 2001, my sister started getting very sick. She had stomach spasms, she was having a hard time getting around, to walk was a major chore. It took everything she had just to get out of bed, she was in so much pain.

By March 2002, she had undergone biopsies, and was on 24 various prescription medications. The doctors could not figure out what was wrong with her. She was in so much pain, and so sick, she knew she was dying. She put her house, bank accounts, life insurance etc. in her oldest daughter's name, and made sure her younger children were to be with her oldest daughter.

She wanted her last hooray, so she planned a trip to FL (basically in a wheelchair) for March 22nd. On March 19th I called her to ask her how one of her tests went, and she said they didn't find anything on the test, but they believe she had MS.

I thought, oh, my.... Then I recalled an article a friend of mine emailed to me and I asked her "Do you drink Diet pop?" She told me "yes." As a matter of fact she was getting ready to crack one open that moment. I told her not to open it, and stop drinking the diet pop and I emailed her the following article.

She called me within 32 hours after our phone conversation and told me she stopped drinking the diet pop, and she can walk! She went up the stairs and the muscle spasms went away. She said she didn't feel 100% but sure felt a lot better. She told me she was going to her doctors with this article and would call me back when she got home.

She called me. Her doctor was amazed, he is going to call all of his MS patients to find out if they consumed artificial sweetener. In a nutshell, she was being poisoned by the aspartame in the diet

soda, dying a slow death. When she got to FL March 22nd, all she had to take was one pill, and that was a pill for poisoning. She is well on her way to recovery and she is walking! No wheelchair!

This article saved her life...

If it says '**sugar free**' on the label, **do not even think about it.** I have spent several days lecturing at the World Environmental Conference on '**aspartame**' marketed as 'NutraSweet', 'Equal', and 'Spoonful'.

In the keynote address by the EPA, it was announced that in the United States in 2001 there is an epidemic of multiple sclerosis and systemic lupus, that it was hard to understand what toxin was causing this to be rampant. I stood up and said that I was there to lecture on exactly that subject. I will explain why Aspartame is so dangerous.

When the temperature of this sweetener exceeds 86 degrees F, the wood alcohol in Aspartame converts to \bar{A} sformaldehyde and then to formic acid, which in turn causes metabolic acidosis. (Formic acid is the poison found in the sting of fire ants.) The methanol toxicity mimics among other conditions multiple sclerosis. People were being diagnosed with having multiple sclerosis in error.

Multiple sclerosis is not a death sentence, where methanol toxicity is! Systemic lupus has become almost as rampant as multiple sclerosis, especially with Diet Coke and Diet Pepsi drinkers. The victim usually does not know that the aspartame is the culprit. He or she continues its use, aggravating the lupus to such a degree that it may become life-threatening. We have seen patients with systemic lupus become asymptomatic once taken off diet sodas. In the case of those diagnosed with Multiple Sclerosis, (when in reality, the disease is methanol toxicity), most of the symptoms disappear. We've seen many cases where vision returned and hearing improved markedly. This also applies to cases of tinnitus.

During a lecture I said 'If you are using Aspartame (NutraSweet, Equal, Spoonful, etc.) and you suffer from fibromyalgia

symptoms, spasms, shooting pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision, or memory loss - you probably have **Aspartame disease!**'

During a visit to a hospice, a nurse said that six of her friends, who were heavy Diet Coke addicts, had all been diagnosed with MS. This is beyond coincidence! Diet Coke and Diet Pepsi etc. **is not a diet product!** The Congressional Record states that it makes you crave carbohydrates and will make you **fat**. The formaldehyde stores in the fat cells, particularly in the hips and thighs.

Once off these products with no significant increase in exercise, etc., Dr. Roberts in his lecture stated that he had patient who lost an average of 19 pounds over a trial period. Aspartame is especially dangerous for diabetics. We found that physicians would believe that they have a patient with retinopathy, when in fact the symptoms are caused by aspartame. The aspartame drives the blood sugar out of control. Thus diabetics may suffer acute memory loss due to the fact that aspartic acid and phenylalanine are neurotoxic without the other amino acids found in protein. Thus it passes the blood brain barrier and deteriorates the neurons of the brain, causing in diabetics (as well as in patients not suffering from diabetes) various kinds of brain damage, seizures, depression, manic depression, panic attacks, rage, violence. (The Aspartame in thousands of pallets of Diet Coke and Diet Pepsi consumed by men and women fighting in the Gulf War, may be partially to blame for the well-known Gulf War Syndrome.)

Dr. Roberts warns that it can cause birth defects i.e. mental retardation if taken at the time of conception and early pregnancy.

Children are especially at risk for neurological disorders and should **not** be given NutraSweet. I can relate different case histories of children having mal seizures and other disturbances being on NutraSweet. Unfortunately it is not ►

continued...

always easy to convince a mother that aspartame is to blame for her child's illness. Only by trial and success will she be able to warn other mothers to take their children's health in their own hands.

Stevia, a sweet herb, **not a manufactured additive**, which helps in the metabolism of sugar (which would be ideal for diabetics) has now been approved as a dietary supplement by the FDA. For years the FDA has outlawed this sweet food because of their loyalty to **Monsanto**. Books on this subject are available: **Excitotoxins: The Taste that Kills** - written by Dr. Russell, Blayblock (Health Press 1-800-643-2665) and **Defence Against Alzheimer's Disease** - written by DR H. J. Roberts, also a diabetic specialist.

According to the Conference of the American College of Physicians '...we are talking about a plague of neurological diseases caused by this deadly poison.' Here is the problem: There were Congressional Hearings when Aspartame was included in 100 different products.

Since this initial hearing, there have been two subsequent hearings, but to no avail.

Nothing has been done. The drug and chemical lobbies have very deep pockets. Now there are over 5,000 products containing this chemical, and the **patent has expired!**

I assure you, **Monsanto**, the creator of Aspartame knows how deadly it is. They fund among others, the American Diabetes Association, the American Dietetic Association, the Conference of the American College of Physicians.

This has been exposed in the New York Times - to no avail. These Associations cannot criticise any additives or convey their link to **Monsanto** because they take money from the food industry and have to endorse their products. Senator Howard Hetzenbaum wrote a bill that would have warned all infants, pregnant mothers and children of the dangers of Aspartame. The bill would have also instituted independent studies on the problems existing in the population (seizures, changes in brain chemistry, changes in neurological and behavioural symptoms). It was killed by the powerful drug and chemical lobbies, letting loose the hounds of disease and death on an unsuspecting public.

NEWS



Zenabbai Karimjee School

The Burhaniya Bohra School, formerly Zenabbai Karimjee School, built by the illustrious philanthropist Karimjee Family of East Africa, is now taken over by the Kenya Government after the Bohra community failed to run it professionally.

After Kenya's independence, it had become a secular school. However Bohri kids still followed all the dictates of Bohrism. e.g topis and ridas etc. The school buildings overlooking the Tudor Creek where the most modern and spacious located on luxurious grounds, and perhaps the only Bohra School with some kind of standards in the Bohra world.

It was built in 1958 and was opened by Sir Eveline Barring, the then colonial Governor of Kenya. The school was recently run by a Kothar appointed school committee, some of the members being school drop-outs and patrons of Mullahs and Sheikhs.

Compare this to what the Observer wrote: 'The Aga Khan went on to describe a number of initiatives that he had launched in the areas of higher education to address the need to foster intellectual development in Muslim societies. These included the Aga Khan University with campuses in South Asia, East Africa and the United Kingdom, and the University of Central Asia with campuses under development in Tajikistan, Kazakhstan and the Kyrgyz Republic. Among the more significant new ventures he mentioned, was an International Network of schools that he had launched across Africa and Asia, that provides education of the highest quality from the primary to the higher secondary levels on custom-designed campuses with the best facilities available.'

Sayedna's un-Islamic Act

In Saifee Masjid, Mumbai, Sayedna was leading the prayers when an announcement was made informing everyone that on Sunday morning on 23 November 2003, Sayedna would lead prayers in Fatemi Masjid, near Rozat-Tahera. However, only those who have a Waajebaar card with numbers starting from 3000 upwards would be allowed in the Mosque for prayers.

An email to Mr Livingstone continued from front page..

This of course would win the hearts of millions not just in London but also outside and show London to be the 'true multicultural capital of the world.'

A courteous reply would be appreciated

Regards

Mr Akber G Kirefu, Ilford, Essex

Dear Mr Kirefu

Thank you for your email sent to Ken Livingstone which has been passed to me by the Mayor's Office. Your comments regarding the Diwali event in Trafalgar Square and EID celebrations are much appreciated.

The recent event in Trafalgar Square was the result of an initiative by members of the Hindu community and was supported by the Mayor as part of his ongoing cultural programme which aims to reflect and celebrate the capital's diversity. Other projects which have been supported this year include the Asian London guide, a publication which promoted the wide range

of Asian festivals and events taking place in London during the Summer and the London Mela, a major festival which featured performances by artists from throughout London's varied Asian communities.

As part of his work with faith communities, the Mayor regularly consults with Muslim leaders. To date no definite proposals from the Muslim community to stage a public celebration for EID have been received. However, the Mayor recently hosted a reception to mark EID which was attended by Muslim leaders and community representatives at City Hall and sent a message of goodwill to all London's Muslims. In addition, the Mayor hosted a number of seminars and conferences during the year of specific interest to the Muslim community.

Thanks again for your comments and suggestions which will be given due regard by the Mayor's Office in its consideration of possible events for the future.

Yours sincerely

Brian Oakaby, Senior Events Officer,
Greater London Authority

Three stories to read and reflect

AZAD has come across these three stories to get readers thinking about matters non-material.

The struggle is necessary

A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could, and it could go no further.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily. But it had a swollen body and small, shrivelled wings.

The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time.

Neither happened! In fact, the butterfly spent the rest of its life crawling around with

a swollen body and shrivelled wings. It never was able to fly.

What the man, in his kindness and haste, did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our lives. If God allowed us to go through our lives without any obstacles, it would cripple us. We would not be as strong as what we could have been. We could never fly!

Saira Kirefu
Canada

God's voicemail

Most of us have now learned to live with voice mail as a necessary part of our lives. Have you ever wondered what it would be like if God decided to install voice mail? Imagine praying and hearing the following:

Thank you for calling heaven.
For English, press 1
For Daawat-ni-Zaban, press 2
For all other languages, press 3

Please select one of the following options:

Press 1 for arzi
Press 2 for shukran
Press 3 for shikayt
Press 4 for all others

I am sorry, all our Angels and Saints are busy helping other sinners Right now. However, your prayer is important to us and we will answer it in the order it was received. Please stay on the line.

If you would like to speak to:
God, press 1
Prophet Mohammed, press 2
Hazrat Imam, press 3

To find a loved one that has been assigned to heaven press 5, then enter his safai chitthi # followed by the Dollar sign, (If you receive a negative response, please hang up and dial area code 786)

For reservations to heaven, please enter local amil name followed by the numbers, 110.

For answers to nagging questions about dinosaurs, life and other planets, please wait until you arrive in heaven for the specifics. Our computers show that you have already been prayed for today, please hang up and call again tomorrow.

The office is now closed for the weekend to observe a religious holiday. If you are calling after hours and need emergency assistance, please contact your local amil.

Thank you and have a heavenly day.

Would you pass the honesty test?

Several years ago an imaam moved to London. He often took the bus from his home to the downtown area. Some weeks after he arrived, he had occasion to ride the same bus. When he sat down, he discovered that the driver had accidentally given him twenty pence too much change.

As he considered what to do, he thought to himself, you better give the twenty pence back. It would be wrong to keep it. Then he thought, oh forget it, it's only twenty pence. Who would worry about this little amount? Anyway, the bus company already gets too much fare; they will never miss it. Accept it as a gift from Almighty Allah and keep quite.

When his stop came, the Imaam paused momentarily at the door, then he handed the twenty pence back to the driver and said 'Here, you gave me too much change.'

The driver with a smile replied 'Aren't you the new Imaam in this area? I have been thinking lately about going to worship at your mosque. I just wanted to see what you would do if I gave you too much change.'

When the Imaam stepped off the bus, his knees became weak and soft. He had to grab the nearest light pole and held for support, and looked up to the heavens and cried 'Oh Allah, I almost sold Islam for twenty pence!'

Remember, we may never see the impact our actions have on people. Sometimes we are the only knowledge of Quran someone will read, or the only Islam a non-Muslim will see. What we need to provide, Insha Allah is an example for others to see. Be careful and be honest everyday, because you never know who is watching your actions and judging you as a Muslim.

Taken from 'The Muslim Woman vol. 4 Ed 1'

Obituaries

Shabir Alibhai

Shabir Alibhai, from Leicester, UK, sadly passed away in April 2003.

This gentle and quiet man was always ready to work for the community which he did with a sense of duty and humour.

He will be much missed and our condolences go to all his family.

Abbasbhai Fidali

Abbasbhai Fidali passed away at home in November 2003 at 5.30am UK time. Akber Kirefu writes:

My Abbas Mama was the 5th sibling of the 6 brothers and sisters. He leaves behind his wife Nafisa, daughter Kaniz and Shamira. He had been ill for sometime but never lost the will to leave. His positiveness and his smile no matter how much in pain he was has left and everlasting impression on me personally.

Akber Kirefu
London

Mr Qader Bhai Rokar

Mr. Qader Bhai Rokar passed away on 17th December 2003 at the age of 84 after a short illness.

The late Qader bhai was born in Kaparwanj (Gujrat) in 1919. He was married to Late Nafeesa bai, the daughter of Taher bhai Kinkhabwala, who was the well known reformist in Surat. They had five sons and three daughters.

The late Qader bhai was a part of the reformist movement till his last breaths. His father, the late Ahmad bhai Rokar was also a reformist. Ahmad bhai was one of the witnesses in the famous Burhanpur Dargah Hakeemi case, this was indeed an act of very courageousness.

The late Qader bhai was admitted to Hakeemiya Coronation High School from where he passed his matriculation examination and then came to Surat. Janab Taher bhai realised his capabilities and offered him to marry his daughter Nafessa bai. Some years back, he was very much pressured by his close relatives to switch over to Sayyedna's side but he resisted that most bravely and never ever bowed before Sayyedna.

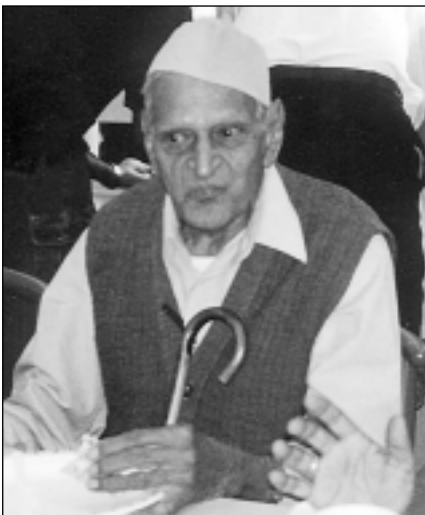
The Dawoodi Bohra Jamat, Surat pays rich tributes to him, and prays to Allah on his behalf. We would fail in our duties, if we do not mention the services rendered by Malegaon Jamat's Mehdi Bhai, and associates who came to Surat as soon as they received the sad news. It is to be remembered that Surat is some 280 km away from Malegaon. These people were in Surat by 9.15A.M, having received the news at 1.30 A.M. and by 1 P.M we were back from Qabristan after performing the Tajheez wa Takfeen.

This Malegaon Jamat always performs such duties sincerely and earnestly when they are needed most. May Allah (SWT) reward them the most for their deeds.

Idris Kinkhabwala
Secretary Dawoodi Bohra
Sudharak Mandal.
Surat, India

Janab Mohammad Hussain Haidary

Janab Mohammad Hussain Haidary ex-president of the Reformist Dawoodi Bohra Jamat of Udaipur passed away in Udaipur on 30th September 2003.



Janab Haidary's contribution to the Reform Movement is immeasurable. He will be sorely missed. AZAD saluted him in Issue no. 31, and we take from that article the words from our Canadian brothers and sister.

During the (Canadian conference),

we were very lucky to be honoured with the presence of Mohammad Hussain

Haidary Saheb, the President of the Dawoodi Bohra Jammat, Udaipur.

He was perhaps the most senior member among all the delegates, we were highly impressed by his great wisdom, passion and commitment to the reformist cause, and above all, his ability to inspire us, for which we thank him most sincerely. Haidary Saheb has undoubtedly witnessed first hand the long struggle against Kothar, and as President of Udaipur Dawoodi Bohra Jamaat leads the Movement at a very critical time in its history.

And in the words of Haidary Saheb:

In spite of Kothar's repeated efforts of the past 70 years to annihilate reformist movement, we together have formed a united world body of dedicated and selfless reformists who will always fly high the banner of **reforms**. 'Fight wrong and follow truth.'

What if the IT industry starts producing movies?

Some Film titles may be like these :-

Meri Disc Tumhare Paas Hai

Aao Chat Kare

Programmer No.1

Mera Naam Developer

Java Wale Job Le Jayenge

Do Processor , Baarah Terminal

Tera Code Chal Gaya

Har Din Jo Mail Karega

Network Ke Us Paar

Debugging Koi Khel Nahi

Jish Desh Mein Bill Gates Rehatha Hai

Raju Ban Gaya MCSE ..!

What does love mean?

F A group of professional people posed this question to a group of 4 to 8 year olds. The answers they got were broader and deeper than anyone could have imagined. See what you think:

'When my grandmother got arthritis, she couldn't bend over and paint her toe nails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.'
Rebecca - age 8.

'When someone loves you, the way they say your name is different. You know that your name is safe in their mouth.'
Billy - age 4.

'Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.'
Chrisy - age 6.

'Love is when you kiss all the time. Then when you get tired of kissing, you still

want to be together and you talk more. My Mommy and Daddy are like that. They look gross when they kiss.'
Emily - age 8.

'Love is what's in the room with you at Christmas if you stop opening presents and listen.'
Bobby - age 7. (Wow!)

'If you want to learn to love better, you should start with a friend who you hate.'
Nikka - age 6.

'There are two kinds of love. Our love. God's love. But God makes both kinds of them.'
Jenny - age 8.

'Love is when Mommy gives Daddy the best piece of chicken.'
Elaine -age 5.

'Love is when your puppy licks your face even after you left him alone all day.'
Mary Ann - age 4.

'I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones.'
Lauren - age 4.

'When you love somebody, your eyelashes go up and down and little stars come out of you.'
Karen - age 7.

'You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget.'
Jessica - age 8.

And the final one -- Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child.

The winner was a four year old child whose next door neighbour was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his Mother asked him what he had said to the neighbour, the little boy said:

'Nothing, I just helped him cry.'

Words women use (what they really mean)

Fine

This is the word women use to end an argument when they feel they are right and you need to shut up. Never use 'fine' to describe how a woman looks - this will cause you to have one of those arguments.

Five minutes

This is half an hour. It is equivalent to the five minutes that your football game is going to last before you take out the trash, so it's an even trade.

Nothing

This means 'something,' and you should be on your toes. 'Nothing' is usually used to describe the feeling a woman has of wanting to turn you inside out, upside down, and backwards.

Go ahead (with raised eyebrows)

This is a dare. One that will result in a

woman getting upset over 'Nothing' and will end with the word 'Fine.'

Go ahead (normal eyebrows)

This means 'I give up' or 'do what you want because I don't care.'

That's Okay

This is one of the most dangerous statements that a woman can make to a man. 'That's Okay' means that she wants to think long and hard before paying you back for whatever it is that you have done.

Thanks

A woman is thanking you. Do not! Faint. Just say you're welcome.

Thanks a lot

This is much different from 'Thanks.' A woman will say, 'Thanks A Lot' signifies that you have offended her in some callous way. Tread very carefully!



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