

The South Coast
MUSLIM CHRONICLE

FREE

January 2012

MUSLIMS: MOST PATRIOTIC BRITONS



FULL DETAILS ON PAGE TWO

WELCOME TO A BRAND NEW MUSLIM MAGAZINE!

The South Coast Muslim Chronicle is a brand new vibrant magazine aimed at Southampton's dynamic Muslim community. Our aim is to bring you the latest news with an Islamic perspective and details of upcoming events in the Southampton area. We also plan to bring you articles which stimulate the mind and allow you to question many things which we take for granted.

The South Coast Muslim Chronicle is run by the Muslim Council of Southampton, a representative group for the city's mosques and Muslim organisations. We welcome contributions from anybody who would like to have their article published. Please email your article to info@mcs-online.org and we'll be happy to assist you.

WE ARE THE MCS
A look at the work we
undertake for you

2

TUBERCULOSIS ALERT
Somalians and
Pakistanis Most at Risk

3

THE DANGERS OF TV
How watching TV
causes "mind fog"

4

CHRISTMAS SPECIAL
The Muslim Perspective
on Jesus

4

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THE MUSLIM COUNCIL OF SOUTHAMPTON



The Muslim Council of Southampton (“MCS”) is a group made up of representatives from local Muslim organisations. These include the Mosques in the city, together with Fitrah Southampton Islamic Primary School (Fitrah SIPS) and representatives from groups such as The United Somali Community Association. The MCS also has a Women’s Committee to promote the rights of Muslim women in the community and to ensure their views are fairly represented and is always seeking ways to involve local people with Muslim activities.

The MCS began in 1999 to bring Muslims in the city closer together and to ensure that the community as a whole is represented, both locally and nationally. We make sure that the views, concerns and opinions of the community are put forward by representatives from those communities and we meet regularly to promote Muslim interests with organisations such as the Police, the Council and Southampton’s MPs. We also have close links with the NHS to ensure that our community is able to benefit from services.

You can find out more information about us by logging onto our website at www.mcs-online.org or by emailing info@mcs-online.org. If you have any questions, views or opinions then we’d love to hear from you.

SURVEY SHOWS MUSLIMS TO BE MORE PATRIOTIC THAN MOST BRITONS

A recent survey by influential think tank Demos has shown that Muslims are more patriotic than most Britons. The results of the survey showed that 83% of Muslims consider themselves proud to be British compared to 79% of the general population. The results have come as a great surprise to many and have once again brought into question the portrayal of Muslims in mainstream media.

Britain is home to an estimated 3 million Muslims and around 70% are thought to have been born here. 20% arrived in Britain following the end of World War II and the remaining 10% are thought to have arrived in the country in the last 10 years or so.

The results of the survey indicate that Britain perhaps needs to rethink what it believes to be patriotism, particularly because it suggests that people are less concerned with the monarchy and the Union Jack and are more drawn to ideas such as community values, social equality and justice; values which Islam has always embraced. The vast majority of Britain’s Muslims have worked hard to contribute to the achievements of the country and it is vital that members of the community continue to do so in order to overcome misconceptions about Muslims.



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TUBERCULOSIS ON THE RISE LOCALLY

There has been an increase in the diagnosis of tuberculosis in the Southampton area and local health services have requested help from local communities in preventing the spread of the disease.

Tuberculosis is a treatable disease which can be fully cured with medical intervention. However, complications may arise if it is left untreated and death from the disease is not unheard of, particularly in developing countries.

Tuberculosis, or TB as it is commonly known as, can present itself with a variety of symptoms. Please make an appointment to see your doctor if you have been suffering from



any of the following symptoms:

- Coughing for more than three weeks
- Fevers
- Night sweats
- Sudden weight loss
- Swollen glands in the neck

A doctor will be able to perform an examination and to arrange for treatment to be started quickly. Reducing the spread of tuberculosis also involves checkups for people who have been in close contact with sufferers of the disease, even if they do not feel unwell.

Advice and information is available from any GP's surgery or through the Community TB Service at the Royal South Hants Hospital. Clinic times run from 8:30am to 4:30pm from Monday to Friday.

They can be contacted via telephone on 023 8071 3180.

COMMUNITY FOCUS: SOUTHAMPTON'S MUSLIM PRIMARY SCHOOL

Fitrah Southampton Islamic Primary Schools (Fitrah SIPS) aims to provide an education of the highest standard in both Islamic Studies and the National Curriculum within an Islamic environment. It follows the principles of mainstream Sunni Islam.

The school is independent, firmly non-political and is not affiliated with any particular group or organisation. It provides for educational needs of its pupils and seeks to maintain the "Fitrah", or innate natural disposition, of its pupils.



The school emphasises good behaviour, exceptional manners, and high ethical standards. The teachers and governors believe that a comprehensive and well balanced Islamic education produces happier and successful students. This complements the school's aim of ensuring its pupils attain excellence in academic achievement. Emphasis is placed on the role students will play in a diverse and multicultural Great Britain.

The school is based at 55 Northumberland Road. Anybody seeking more information can contact the school directly on 023 8000 6000 or via email on office@fitrahsips.com. The school also has its own website <http://fitrahsips.com/>

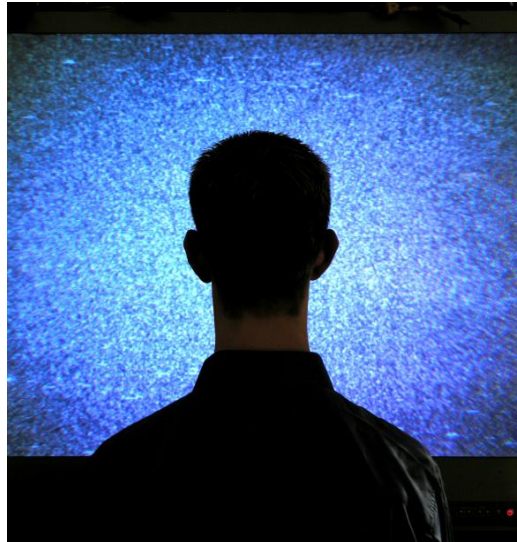
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HOW TELEVISION ALTERS BRAIN WAVES AND CAUSES “MIND FOG”

If you experience "mind fog" after watching television, you are not alone. Studies have shown that watching television induces low alpha waves in the human brain. Alpha waves are brainwaves between 8 to 12hz and are commonly associated with relaxed meditative states as well as with suggestibility.

While alpha waves achieved through meditation promote relaxation and insight, too much time spent in the low alpha wave state caused by TV can cause unfocused daydreaming and the inability to concentrate. Researchers said that watching television is similar to staring at a blank wall for several hours.

This article is not meant to suggest that people should



never watch TV. However, it is only fair that people understand what happens to the brain each time it is exposed to television.

In a 1969 experiment, Herbert Krugman monitored a person many times and found that in less than one minute of television viewing, the person's brainwaves switched

from beta waves associated with active, logical thought to mainly alpha waves. When the subject stopped watching television and began to read a magazine, the brainwaves reverted to beta waves.

This indicates that most parts of the brain responsible for logical thought tune out while viewing TV. The impact of television viewing on one person's brain state is obviously not enough to conclude that the consequences apply to everyone. However, research involving many others, completed in the years following Krugman's experiment has repeatedly shown that watching television produces brainwaves in the low alpha range.

CHRISTMAS, MUSLIMS AND JESUS (PEACE BE UPON HIM)



Christmas has come and passed, as quickly as it always seems to. The lights went up, the rush in the shopping centres began, and the festive season was upon us again. It raised an interesting question: how do Muslims view Christmas?

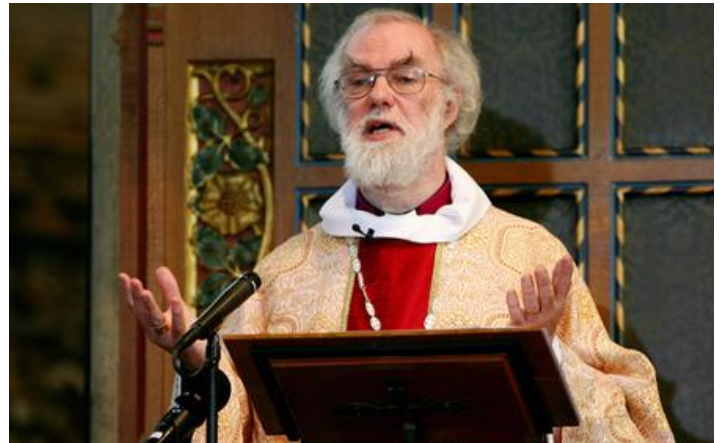
In a time of so much misunderstanding, it's a question we should consider seriously. Ask any Muslim and they will tell you, almost with a festive cheer, that Jesus was definitely not born on December 25; that most scholars would agree that he was probably born in the spring or summer and that historically, December 25 was the time for celebrating the birth of Mithra, the Sun-god. Indeed, many rituals of modern-day Christianity are remarkably similar to that ancient Persian religion. Some might argue that were Jesus here today, he would rail against the commercial festival that Christmas has become – not dissimilar to what he did to the money changers in the temple.

CONTINUED OVERLEAF

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CHRISTMAS, MUSLIMS AND JESUS (PEACE BE UPON HIM) - CONTINUED

But Muslims should know that Christians lament all this too. For Christians, Christmas really is about celebrating the birth and life of Jesus. And in that, at least, we as Muslims can stand with them. Let us come together on what binds us. Muslims also believe that Jesus was born miraculously, without a human father, to be a Sign, like the similitude of Adam – God simply says "Be" and it is.



In the Quran, Jesus is given many auspicious titles: the "Messiah", the "Spirit" of God, the "Word" of God, as well as a Prophet and a Messenger. God showed many miraculous wonders through him, such as curing the sick, the giving sight to the blind, healing the leper and giving life to the dead. All this was done by God's permission and power, something Jesus confirms often in the Bible, such as at John 5:30: "By myself I can do nothing; I judge only as I hear, and my judgment is just, for I seek not to please myself but Him who sent me".

We believe his enemies persecuted Jesus; that he was "raised up to heaven" and that he shall one day return to this world, as a major sign of the end of times. He will do battle with and defeat the Anti-Christ – known in Arabic as the Dajjal. I believe all of this because I am a Muslim. If I were to deny, or even doubt, any of this, I would, quite simply, no longer be Muslim. There is so much that is misunderstood between Muslims and Christians. I could say so much more about what brings us together. But instead let me tell you what the Prophet Muhammad (peace be upon him) said to Muslims about Christians. His words are quite simply timeless;

The Prophet Muhammad (peace be upon him) said: "To those who adopt Christianity, near and far, we (Muslims) are with them. Verily, I and my followers defend them, and by God, I hold out against anything that displeases them. No compulsion is to be on them.

"Neither are their judges to be removed from their jobs, nor their monks from their monasteries. No one is to destroy a house of their religion, to damage it, or to carry anything from it to the Muslims' houses. Should anyone take any of these, he would spoil God's covenant and disobey His Prophet.

"Verily, they have my secure charter against all that they hate. No one is to force them to travel or to oblige them to fight. The Muslims are to fight for them."

"Their churches are to be respected. They are neither to be prevented from repairing them nor the sacredness of their covenants. No one of the nation (of Muslims) is to disobey this covenant till the Last Day (end of the world)."

Yes, that really is what the Prophet Muhammad (peace be upon him) said to Muslims about Christians. In an age of such misunderstanding and misinformation, it must come as an eye-opener to some on both sides. So, this Christmas, as you sit down and get ready to enjoy your (halal) turkey, reflect on those words. In the season of goodwill, we, as Muslims, have to share.