MASJID ABU BAKR

As-Siddique

NEWSLETTER

August 2025 | Issue #148

The Prophet Muhammad SAW said: Shake hands and rancour will disappear. Give gifts to each other; you will love each other, and enmity will disappear.” (Muwatta Imam Malik)

Self-Care or Self-Indulgence?

It’s often said that we live in the “age of psychology.” The self-help industry is now worth billions, with influencers, books, podcasts, and corporate brands all preaching the gospel of self-care. Some people talk about self-care as though they’ve earned a PhD in it, offering advice as though humanity had only recently discovered the idea of looking after oneself.

But here’s the uncomfortable question: **When does self-care cross the line into self-indulgence?**

In many cases, the modern self-care movement isn’t about healing or balance – it's about me, me, me. It's become a secular religion of the self, with the individual placed at the centre of the universe. Anything that causes discomfort – responsibility, accountability, sacrifice – is branded as "toxic" or "not serving your energy."

The result? A culture where egoism and narcissism flourish, masked behind the language of “boundaries” and “personal growth.” When everything becomes about self-preservation, community and duty suffer.

Islam doesn’t reject ‘self-care’- it refines it. The Prophet SAW taught us about rest, diet, emotional regulation, and time for worship and reflection. But in Islam, care for the self is always in balance with care for others and, more importantly, accountability to Allah ﷻ. There’s no space for ego-worship.

Islam provides a holistic framework: physical, mental, and spiritual well-being all rooted in purpose, not pleasure. The modern wellness industry often detaches self-care from any moral compass – it removes responsibility and accountability. That’s why it's easy to fall into excess and self-justification.

True self-care is not facemasks and bubble baths – it’s about discipline, moderation, sincerity, and submitting to something greater than the self. We don’t need to invent new methods. We just need to revive the timeless balance that Islam has already given us.

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August 2025

Safar / Rabi' Ul-Awwal 1447 AH

Date			Beginning Times					Jama'ah Times			
DAY	DATE	ISLAMIC	FAJR	SUNRISE	DHUHR	ASR	ISHA	FAJR	ASR	MAGHRIB	ISHA
Fri	1	7	2:31	5:24	1:11	6:23	10:01	4:30	7:45	8:53	10:20
Sat	**2**	**8**	**2:36**	**5:25**	**1:11**	**6:22**	**10:00**	**4:45**	**7:30**	**8:51**	**10:10**
Sun	3	9	2:40	5:27	1:11	6:21	9:59	"	"	8:50	"
Mon	4	10	2:44	5:28	1:11	6:20	9:58	"	"	8:48	"
Tue	5	11	2:47	5:30	1:11	6:19	9:56	"	"	8:46	"
Wed	6	12	2:51	5:31	1:11	6:18	9:55	"	"	8:44	"
Thu	7	13	2:55	5:33	1:11	6:17	9:54	"	"	8:43	"
Fri	8	14	2:58	5:35	1:11	6:15	9:53	"	"	8:41	"
Sat	**9**	**15**	**3:02**	**5:36**	**1:11**	**6:14**	**9:51**	**4:45**	**7:15**	**8:39**	**10:10**
Sun	10	16	3:05	5:38	1:10	6:13	9:50	"	"	8:37	"
Mon	11	17	3:09	5:39	1:10	6:12	9:48	"	"	8:35	"
Tue	12	18	3:12	5:41	1:10	6:10	9:47	"	"	8:33	"
Wed	13	19	3:15	5:42	1:10	6:09	9:45	"	"	8:31	"
Thu	14	20	3:18	5:44	1:10	6:08	9:44	"	"	8:29	"
Fri	15	21	3:21	5:46	1:10	6:06	9:42	"	"	8:27	"
Sat	**16**	**22**	**3:24**	**5:47**	**1:09**	**6:05**	**9:41**	**5:00**	**7:00**	**8:25**	**10:00**
Sun	17	23	3:27	5:49	1:09	6:03	9:39	"	"	8:23	"
Mon	18	24	3:30	5:50	1:09	6:02	9:38	"	"	8:21	"
Tue	19	25	3:33	5:52	1:09	6:01	9:36	"	"	8:19	"
Wed	20	26	3:36	5:54	1:08	5:59	9:35	"	"	8:17	"
Thu	21	27	3:39	5:55	1:08	5:58	9:33	"	"	8:15	"
Fri	22	28	3:42	5:57	1:08	5:56	9:32	"	"	8:13	"
Sat	**23**	**29**	**3:44**	**5:58**	**1:08**	**5:54**	**9:30**	**5:15**	**6:45**	**8:11**	**9:50**
Sun	24	30	3:47	6:00	1:07	5:53	9:29	"	"	8:09	"
Mon	25	1	3:50	6:02	1:07	5:51	9:27	"	"	8:07	"
Tue	26	2	3:52	6:03	1:07	5:50	9:25	"	"	8:04	"
Wed	27	3	3:55	6:05	1:07	5:48	9:24	"	"	8:02	"
Thu	28	4	3:58	6:06	1:06	5:46	9:22	"	"	8:00	"
Fri	29	5	4:00	6:08	1:06	5:45	9:21	"	"	7:58	"
Sat	30	6	**4:03**	**6:10**	**1:06**	**5:43**	**9:19**	**5:30**	**6:30**	**7:56**	**9:40**
Sun	31	7	4:05	6:11	1:05	5:41	9:17	"	"	7:53	"

Dhuhr Jama`ah
1:30

1st Jumu`ah
1:25

2nd Jumu`ah
2:20

Islamic dates are subject to regional moonsighting reports.
Asr time ends 5 minutes before the published Maghrib time.
Isha beginning time is calculated based on 'Sub`ul-Layl'.

MASJID ABU BAKR
(WALTHAMSTOW)

IS HIRING A CLO
AT A VERY EXCITING TIME IN OUR HISTORY INSHA'ALLAH

The Masjid is seeking an experienced individual for our new Community Liaison Officer (CLO) position with a focus on supporting the management team to deliver a high standard of customer service to all stakeholders. They will also help administer and manage our growing Masjid needs (including events) and be a point of contact for the community.

The ideal candidate will be proactive, organised, passionate and motivated about serving the community during a time of real growth and positive change for the Masjid inshaAllah.

This is a flexible part-time role (10 hrs per week). Email HR@masjidabubakr.co.uk for the full job description.

Abu Ubaydah Ibn Al Jarrah RA

"In every nation there exists a man worthy of all trust, and the trustworthy of this nation is Abu Ubaydah Ibn Al Jarrah." [Bukhari, Muslim]

This is how Prophet Muhammad SAW praised this Sahabi. Abu Ubaydah RA embraced Islam through the hands of Abu Bakr RA at the beginning of its dawn in Makkah. Moreover, he was one of the Sahabah who migrated to Abyssinia with the second delegation. He fought all the battles alongside Prophet Muhammad SAW. Trustworthiness became his strong trait and flourished under the guidance of Prophet Muhammad SAW.

Not only was Abu Ubaydah loyal but he had a strong sense of responsibility towards Prophet Muhammad SAW. During the battle of Uhud, he sensed the potential threat to the Prophet's life. Hence, throughout the battle he kept a close eye on him. As the battle reached its fiercest, Abu Ubaydah was the first one to reach the Prophet SAW when the arrow hit him and protected him from further harm. Two of the rings of the Prophet's mail had penetrated his cheeks and he was bleeding. In one narration Abu Bakr RA reports the whole event, explaining how Abu Ubaydah insisted to be the one who helps Prophet Muhammad SAW. Abu Ubaydah RA used his teeth to pull out the mail and in doing so lost his upper teeth while pulling the first mail and lower front teeth while pulling out the second one. [Al Mustadrak]

But the tale of his bravery doesn't stop here; wherever he was given an obligation he did it with honesty and diligence. Abu Ubaydah was sent to the battle of Khabat as a commander by the orders of Prophet Muhammad SAW. The expedition had no means of supplement except for a bag of dates. This did not waver the Sahabah in their mission. Rather, when the dates finished they would crush withered leaves and swallow them with water to satisfy their hunger. Their only goal was to accomplish what their Prophet had asked of them. Therefore, the expedition came to be known as Al Khabat (The Struggle).

Umar Ibn al Khattab said about him on his deathbed "If Abu Ubaydah Ibn Al Jarrah was alive, I would have entrusted him with the caliphate, and if Allah asked me about him, I would say, I assigned the caliphate to the trustworthy of Allah and His Prophet SAW, Abu Ubaydah Ibn Al Jarrah."

This statement does not mean that this great Sahabi was not bestowed with rulership; on the contrary Abu Ubaydah RA was privileged to be the commander-in-chief, leader of the greatest Muslim army ever and a beloved ruler of Syria. However, these titles and high positions meant nothing to Abu Ubaydah RA. He continued to be a humble and simple person as he was before all the riches. Once Umar Ibn Al Khattab RA visited him when he was the governor of Syria, his house had no furniture not to mention that the room in which he slept only had a sword, saddle bag and a shield. Upon Umar's questioning about why he had not kept any furniture in his house? He simply answered that he had room to sleep in and that was enough for him.

The news of his death saddened Umar RA who was Ameer ul Mu'mineen at the time. He is reported to have said "If I were to make a wish, I would have wished for a house full of men just like Abu Ubaydah".

They are such that Allah has inscribed faith on their hearts, and has supported them with a spirit from Him. He will admit them to gardens beneath which rivers flow, in which they will live forever. Allah is pleased with them, and they are pleased with Allah. Those are the party of Allah. Be assured that it is (the members of) the party of Allah that are the successful. (Al Mujadalah)

MASJID PROJECT REMINDER

Whilst the Masjid Expansion Project is ongoing, please help us manage Jumu`ah by coming to 2nd Jama`ah (2:20pm) – if you can & especially if you are bringing children – to ease congestion.

Some plans are up on the notice board & these changes are coming after 30 years so if you can support & donate (£50 a share) then please use the details below:

Masjid Abu Bakr (NatWest)
Sort code: 60-22-23
Account number: 68474199
Ref: Masjid Project

Scan to *donate*

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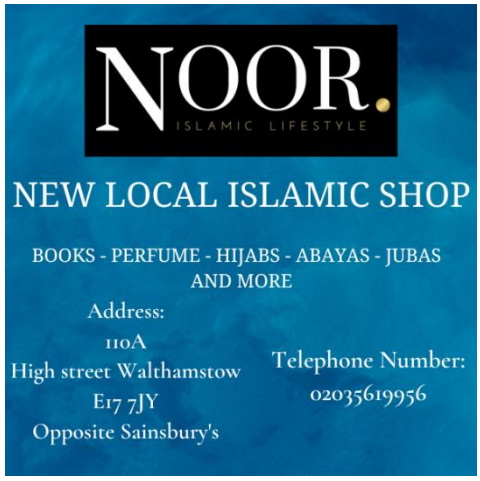
Boys' Trip to The Regent's Park

Bismillah… Boys, dads and Ustaadhs travelled to Islamic Cultural Centre (Regent's Park Mosque) on 30/08/2025.

We reached before Salaat al Dhuhr and had quality, peaceful time in the Masjid praying and waiting for Salaah. After Salaah, we met the Imam who was overjoyed upon seeing 'smiling faces of children in the Masjid'. ***"This is the best day of my life!"*** he exclaimed. We had a small quiz session, had lunch, and then headed to the Park for some fun and games. Alhamdulillah, we prayed Duas for travelling, entering Masjid, eating, etc. Overall everyone had a great time MashaAllah. May Allah grant us blessings in this life and the Hereafter!

"Jazakamullahu khairun. respected usaatidhah for the boys trip. [snip] had a great time. Please organise more trips for the youth, if possible May Allah reward you for your efforts." ~Parent



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