

THE FRIDAY BULLETIN

The Weekly Muslim Update



A Publication of the Jamia Mosque Nairobi

Jamia Mosque chairman among Kenyans honoured on Mashujaa Day

Jamia Mosque Nairobi Chairman Sheikh Mohamed Osman Warfa was among 264 Kenyans honoured by President William Ruto during the 63rd Mashujaa Day celebrations held at Kipchoge Keino Stadium in Eldoret, Uasin Gishu County, on Tuesday.

Sheikh Warfa was recognised for his longstanding service in spiritual leadership and his contributions to Islamic values, education, mentorship, unity and community welfare through his leadership at Jamia Mosque, the Nairobi Islamic Association and Nairobi Muslim Academy.

"Through his wisdom, integrity, guidance to the youth and commitment to peaceful conflict resolution, he has made a lasting contribution to spiritual and social development in his community," the National Heroes Council said.

His recognition follows that of Jamia Mosque Secretary-General Abdulbari Hamid, who was included in last year's national honours list for his contributions to public service and philanthropy.

Another Muslim leader honoured was Sheikh Abdi Mohamed Abdi Kheir, a former chairman of the Kenya Muslims Charitable Society, who was recognised for his contributions to spiritual leadership and community development.

The National Heroes Council credited him with supporting the establishment of 50 Islamic centres, expanding access to Islamic education and providing spiritual guidance.

"Through his work with the Muslim World League and other Islamic organisations, he has mentored and guided youths while advancing charity and community empowerment," the council said.

Former Chief Justice Dr Willy Mutunga was honoured for his contribution to constitutional reform, human rights and the advancement of multiparty democracy.

Dr Mutunga, who served as the first Chief Jus-



tice under the 2010 Constitution, spearheaded administrative and structural reforms in the Judiciary aimed at addressing corruption, reducing bureaucracy and clearing case backlogs.

He was detained without trial between 1982 and 1983 under former President Daniel arap Moi's administration because of his pro-democracy activities.

He also taught law at the University of Nairobi, where he is credited with being the first indigenous Kenyan to teach constitutional law at university level.

Former Kenya Red Cross Secretary-General Asha Mohammed was recognised for her contributions to humanitarian response, public health, governance, international diplomacy and development.

"As Secretary-General of the Kenya Red Cross, she strategically steered Kenya's unified response to some of the country's most

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In Today's Issue



1 Ways to Boost Our Trust in Allah

Every human being comes into this world by decree of Allah, and with him or her, carries a life journey that has been pre-ordained, written and endorsed by Allah Himself.

2 Kapsowar Mosque Appeals for Funds to Fix Mosque

Kapsowar Mosque in Elgeyo Marakwet County is appealing for Sh700,000 to fund urgent repairs and renovations. It is facing structural challenges, including cracks in the walls, a leaking roof and worn-out flooring.

3 Discover, Learn, and Play – The Islamic Way!

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Health Ministry Urges Muslim Leaders to Intensify Ebola Awareness Campaigns

The Ministry of Health has urged imams, Islamic scholars and Muslim community leaders across the country to intensify public awareness campaigns on Ebola prevention as Kenya reports a rise in confirmed cases.

In a statement on Ebola Virus Disease preparedness and response issued on Saturday, October 17, Principal Secretary for Public Health and Professional Standards Mary Muthoni Mu-

riuki said Islamic institutions had an important role to play in disseminating accurate information, encouraging early reporting and supporting affected families with compassion.

The ministry confirmed four new cases, including three healthcare workers who treated the initial patient and a close male relative of the deceased, bringing the total number of

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KAMMP elects Dr Muhammad Salim Shaush as president

The Kenya Association of Muslim Medical Professionals (KAMMP) has elected Dr Muhammad Salim Shaush as its new president for a two-year term, succeeding Dr Ahmed Yakub Kalebi, who has led the association since November 2024.

The leadership transition followed elections held during KAMMP's eighth Annual Scientific Conference in Mombasa in 2026, themed "Healthy Life Course, Healthy Planet: Advancing Excellence, Ethics and Digital Health for All."

Dr Shaush, a consultant interventional cardiologist and cardiac electrophysiologist based in Mombasa, previously served two terms as chairman of KAMMP's Mombasa Branch. He will lead the association, which brings together Muslim healthcare professionals from various disciplines.

Dr Abdallah Bajaber, a paediatrician and outgoing Secretary-General, was elected Deputy President, succeeding Hussein Iman Sigat. Dr Nabila Ali, a consultant psychiatrist who previously served as Secretary-General of KAMMP's Nairobi Branch and chaired its Mental Health Committee, was elected Second Deputy President.

Other officials elected include Dr Ahmed Kamau as Secretary-General, Dr Salma Naji as Assistant Secretary-General, Dr Fatma Rashid as National Treasurer and Sofia Sala as Assistant National Treasurer. In his outgoing remarks, Dr Kalebi urged members to support the new leadership as it builds on the association's achievements. "As I hand over leadership, I am confident that the incoming team will build on the progress we have made in strengthening the association, expanding our community outreach and advancing the role of Muslim medical professionals in healthcare delivery. I urge our members to support the new leadership as we continue serving our communities and contributing to the country's health sector," he said.

Founded in 1995 and officially registered in 1998, KAMMP promotes medical education, professional development, community outreach, humanitarian assistance and healthcare advocacy among Muslim medical professionals.

The association has organised medical camps for incarcerated women at Lang'ata Prison and children in orphanages. It has also mobilised funds for humanitarian ini-

tiatives, including relief efforts in Gaza and assistance to flood victims in Kenya. Through its Al Ilm Education Financial Aid Programme, KAMMP supports disadvantaged students pursuing health sciences courses. In partnership with the Federation of Islamic Medical Associations (FIMA), it has also organised life-saving skills workshops in mosques.

During the COVID-19 pandemic, the association participated in consultations on the safe reopening of mosques and contributed to guidance on home-based care, isolation and the handling of deceased persons.

KAMMP has also engaged in national healthcare policy discussions, including consultations on Social Health Insurance benefits and proposed drug-control legislation, as well as initiatives towards establishing the Kenya Quality of Care Authority.

With the new executive in place, the association is expected to sustain these initiatives, strengthen support for healthcare professionals and expand its contribution to public health and humanitarian services across Kenya.

Muslim Leaders urged to Intensify Ebola Awareness Campaigns

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confirmed cases to seven. "Islam places great importance on cleanliness, the preservation of life and care for others. As we gather for prayers, Friday sermons (khutbahs) and other religious activities, the Ministry encourages all worshippers to observe the guidance on Ebola prevention," she said.

In a letter addressed to mosque congregations, Muthoni urged religious leaders to use Friday sermons, congregational prayers, madrassa activities and community outreach programmes to educate worshippers on Ebola symptoms, prevention measures and the importance of seeking medical assistance promptly.

Worshippers were also urged to report possible exposure to the virus without delay, with the ministry emphasising that early detection and a coordinated response are critical to protecting communities.

Kenya's first three linked cases of Ebola Virus Disease, caused by the Bundibugyo virus, included one death. The second and third cases were identified while the patients were in quarantine and under daily monitoring.

The deceased, a Kenyan citizen who contracted the virus in the Democratic Republic of Congo (DRC), travelled through Uganda before arriving at Jomo Kenyatta International Airport (JKIA).

He later died at Nairobi Hospital. His burial took place at Lang'ata Muslim Ceme-

tery in Nairobi on Wednesday, October 7, 2026. Muthoni urged religious leaders to remind worshippers about the importance of good hygiene, recognising symptoms early and promptly reporting suspected cases or possible exposure. She also called on mosque leadership to provide handwashing facilities and advise worshippers who feel unwell, particularly those who may have been exposed to the virus, to seek medical advice before attending congregational activities.

"If you have been in contact with someone suspected or confirmed to have Ebola, contact health authorities promptly, even if you feel well. Follow the advice given on monitoring, quarantine and any movement restrictions," she said.

The advisory further stated that health authorities should be notified immediately in the event of a suspected or confirmed Ebola-related death. Trained burial teams should then coordinate with the bereaved family and Islamic religious leaders to ensure a safe and dignified burial that respects Islamic practices while complying with infection prevention and control requirements.

"Islam places great importance on treating the deceased with dignity and respect. However, the body of a person who has died from Ebola remains infectious. Family members, religious leaders and community members should not touch, wash or handle the body of anyone suspected or confirmed

to have died from Ebola," the advisory stated.

The ministry also advised households to avoid close physical contact with anyone suspected of having Ebola and to contact health authorities immediately.

The public was cautioned against direct contact with the blood and other body fluids of anyone suspected or confirmed to have the disease. These include saliva, sweat, vomit, urine, faeces, breast milk and semen. People were also advised against sharing personal items that may be contaminated.

"Health teams will advise on medical care and how to protect other household members," the statement added.

Ebola symptoms may appear between two and 21 days after infection. They include sudden fever, severe headache, muscle pain, weakness, sore throat, vomiting, diarrhoea and skin rash. In severe cases, unexplained bleeding may occur. People travelling to or from Ebola-affected areas, healthcare workers, family members and caregivers face an increased risk of infection if they come into direct contact with infected people without appropriate protective equipment.

Members of the public can report suspected cases or seek guidance on safe referral by contacting the Ministry of Health through its toll-free hotline, 719, or by dialling *719# on USSD.

4 Ways to Boost Our Trust in Allah

By Maria Zain

Every human being comes into this world by decree of Allah, and with him or her, carries a life journey that has been pre-ordained, written and endorsed by Allah Himself. Each one of us has a unique path, a journey throughout a temporary abode – one that is full of obstacles, challenges, punishments and plenty of rewards.

For Muslims *la-ilaha-ill-Allah* (the phrase that denotes that there is no deity, save for Allah), is more than just a saying of conviction, rather it embodies the entirety of being Muslim.

This may sound simple for some: just eliminate, for example, statues of worship, or do not submit to any other religious structure. Unfortunately, the human being is easily tempted and one can sometimes perceive other forms of worship, such as a career-path, money, power, a relationship even, or the coveting of a worldly prize. When this happens, this person's focus of worship changes into one that is geared towards worldly pleasures and instead of seeking Allah's pleasures in life, he or she may become overly focused on his or her object of obsession.

"But sufficient is your Lord as a Guide and Helper." (Surah Al-Furqan 25: 31). For a person who forgets the belief in one single Allah, it is easier for him or her to fall into sadness, and even clinical depression when the going gets tough.

But believers are reminded that: "Nothing shall ever happen to us except what Allah has ordained for us." (Surah At-Tawbah 9:51).

And are often reminded that there will always be challenges in life that will force them to think and reflect and each challenge has actually been uniquely tailored to fit each person's situation, surroundings, personality and physical /spiritual or mental strength.

There are many ways to achieve *tawakkul*. And even if one is certain of his or her trust in Allah, a booster shot would never hurt the heart or soul.

Spend Time to Reflect, Shed Tears if Need Be

No human being can escape sadness. But in Islam, there is a way to feel less sorrow or grief, by invoking Allah to provide strength and patience.

Prophet Muhammad (peace be upon him) described his tears over the death of his son, Ibrahim, as part of his humanness. "Verily with hardship, there is relief." (Surah Al-'Alaq 96:6).

Tears that come from the eyes and the heart are from Allah, as with that come sincerity. Shedding tears allows negative emotions to be released rather than transforming into self-consuming anger or bitterness that could eventually destroy one's *tawakkul*.

However, crying alone is not enough if it is not accompanied with reflective wisdom. Although Allah catches every tear of a true believer, an overdose of sadness can lead

to depression, which is also dangerously self-consuming. "Remember Me, by praying, glorifying, and I will remember you." (Surah Al-Baqarah 2:152).

Within the realm of sadness, Muslims need to remember that there are ways of remembering Allah – may it be through *du'a* (invocations), prayers such as *istikarah* (the prayer for guidance), and even *dhikr* (constant remembrance of Allah).

Allah promises: for those who are resolute, He will send down calmness and tranquility upon them.

It is said that Allah thinks about those who think about Him the most, so by constantly remembering Allah in times of difficulty, a Muslim solidifies the belief that with every adversity comes a reward.

Get a Grip of the Situation and Plan for the Next Step of Action

Although *tawakkul* denotes complete trust in Allah, every Muslim needs to plan for the next course of action when a challenge presents itself. Sitting back in anger or frustration is akin to giving up in many situations.

Allah loves those who help themselves, who better themselves and who are constantly striving to achieve their goals or overcome problems for His sake.

Getting a grip of the situation allows a person to understand why he or she is facing a certain obstacle. Prophet Muhammad once said: "He who Allah wishes for good, He will firstly inflict him with hardship." (At-Tirmidhi). Thus a believing Muslim picks up from calamities and constructively embraces the situation in stride.

One could ask constructively: Why did this happen to me? If I have made any mistakes that may have angered Allah, how shall I repent? What could have I done to avoid this situation? What valuable lessons can I learn from this problem? How shall I make myself a better Muslim for the sake of Allah?

Repentance is an important practice by those who practice *tawakkul*.

Repentance allows a Muslim to recognize his or her wrongdoings, weaknesses and the sheer magnitude of grace that Allah has bestowed upon him or her. Repenting cleans the heart and allows a believer to move on. "Noah said to them: 'Ask forgiveness

from your Lord. He is Oft-Forgiving. He will send you rain in abundance, and give you increase in wealth and children; and bestow on you gardens; bestow on you rivers.'" (Surah Nuh 71:10-2).

Some people find that writing their thoughts down puts the problem into perspective. They allow themselves to address their fears, their concerns and can even find solutions to their problems. Others may benefit from talking to supportive family or friends in order to overcome negative emotions and to plan for the future.

In all cases, Muslims need to remember that while they plan, only Allah can determine the outcome, and that outcome is the best for the person at that given moment. So when you have made your decision, then put your trust in Allah. (3:159).

Instead of asking Allah for a certain plan to work, a believing Muslim – full of *tawakkul* – should ask for Allah to grant him or her an outcome that is best for him or her.

"Live for the Moment Because Each Moment Will Pass

So hold that which I have given you and be of the grateful." (Surah Al-'Araf 7:144)

Trusting in Allah also involves taking care of one's self.

A Muslim should surround him or herself with positive company, preferably those who have a strong personal relationship with Allah.

A Muslim in search of a higher level of *tawakkul* should also indulge in activities that he or she enjoys the most, as long as they do not contradict the teachings of Islam.

This promotes happiness and positive energy in a person, providing a healthy distraction from the problem.

It also encourages one to constantly remember and appreciate the blessings of Allah, and feel thankful at all times – even if it is a glass of water, because Allah was the One who provided the same glass of water – rather than nit-pick at the imminent problems in life.

From the Holy Qur'an

Ayah of the week

"Indeed, Allah is with those who fear Him and those who are doers of good....."

(Qur'an 16:128)



 **JAMIA MOSQUE QUR'AN COMPETITION 1448 H/ 2027 CE**

Registration for this year's competition is now open. Madrasah or Islamic Institution wishing to participate in the competition should register with the Da'wah Office in Jamia on or before Friday 24th Jumada Thani 1448 A.H/ 4th December 2026.

INSTRUCTIONS

- ✓ There is specific targeted number of participants hence first come first served.
- ✓ There will be Tarjama/Tafsir in 30 juz category (Surah Fatiha and from Surah Bayyinah to Surah Naas).
- ✓ Only three languages will be allowed: Arabic, English or Kiswahili.

Limited Slots Available

For Ladies: Have a Good Day the Islamic Way

By Saleema Dawood

A Blessed Morning. For ladies, having a good day in the Islamic way is a good place to start with. Wake up in the morning with gratitude in your heart.

Express gratitude that all your limbs and faculties are intact and that Allah has blessed you with another day to serve Him. You could've woken up with a bad headache or aches and pains, but if your health is in order, give abundant praise.

Gratitude promotes abundance in one's life, as Allah states in the Quran: "If you are grateful [to Me], I shall most certainly give you more and more." (Surah Ibrahim 14:7). Make an intention to spend the day in Allah's obedience. Thus, refrain from sin and any haram acts that may sever your relationship with Allah, and ask Him to grant you the ability to serve Him well. Sacrificing the comfort of a warm bed to worship Allah is one of the most beautiful ways to express your love for Him.

So strive to make the Tahajjud (late-night prayers) prayers a priority in your day. There are enormous blessings bestowed at this special time when Allah draws His servants so near and graciously grants them whatever they desire.

Even if you wake just 20 minutes before Fajr (dawn), pray it. Try not to skip it. If you have little kids who often clamor over you while you pray, Fajr may be one of the prayers that you are able to perform with concentration and devotion. Therefore, take advantage of this opportunity to offer a beautiful prayer to your Lord and be spiritually rejuvenated in return.

Prophet Muhammad (Peace Be Upon Him) said: "Whoever performs the prayer before the rising of the sun (Fajr) and before its setting (Asr), will not enter Hell." (Muslim)

If possible, complete as much Quran reading and dhikr at this time as the blessings of it will be scattered throughout your day.

Remember, You Are the Heart

There is a popular saying that, "The father may be the head of the house, but the mother is the heart." Mothers are the ones who set the emotional tone in a house. So wake up your kids in a pleasant manner. Kids, especially little ones, crave loving connections, and a loving mother is a beautiful mother. While mothers usually have a load on their minds in the morning, strive to give your kids a good dose of positive attention, as this will foster co-operation.

Our Prophet (Peace Be Upon Him) was very affectionate, merciful, and even playful with kids, and he set the best and most beautiful example for us. With this in mind, when waking them up, climb into bed and snuggle with them for a few moments, fill their emotional cups, and just enjoy seeing their fresh little faces.

A scholar once made a profound state-

ment when he said that there is little difference between a Muslim mother and an atheist mother. They both have similar mundane tasks for the day, except that the Muslim mother has the opportunity to spend her entire day remembering Allah.

"Therefore, keep your tongue moist with the remembrance of Allah. As you pack lunches, get the bags ready, and let your heart find contentment in Allah's remembrance for verily, in the remembrance of Allah, do hearts find rest." (Surah Ar-Ra'd 13:28)

Important Things to Remember

Strive to pack your family healthy lunches and serve them a healthy breakfast so that they have the stamina to face the day. Serve dates, honey, and milk, as these are sunnah foods and will earn you spiritual rewards. Encourage your family to eat with the intention that these foods strengthen their bodies to serve Allah for the day.

This act of eating and enjoying halal foods then becomes ibadah (worship). It is a fact that men want to feel loved and cared for just as much as women do, so do not underestimate the positive effect a little love note can have.

Pop one into your hubby's lunch box with the intention of enhancing the love between you. Alternatively, a sweet text message or an email while hubby is at work can stir heartfelt emotions and will set the mood of your relationship for the day. Make sure there are some positive connections between you and your kids before they leave the house. A good long hug or wishing for a good day are simple ways to establish positive vibes.

Umm Zaynab, mother of 4, says she likes to send her daughters a flying kiss at the door before they leave. If you are dropping them off, use the drive in the car to connect. There are many delightful reports of moments of humor shared between the Prophet (PBUH) and the sahaba (companions).

Sharing jokes in the car can be a fun and lighthearted start to a serious day. Alternatively, use the time to give them some simple Islamic advice while their minds are still fresh. Tidiness and cleanliness are an intrinsic part of being Muslim. "Verily Allah is Pure and loves purity, Clean and loves cleanliness, Noble and loves nobility, Generous and loves generosity. So, keep your courtyards (of your homes) clean, and do not resemble the Jews." (Tirmidhi)

These household chores are part of the daily grind, so why not turn them into acts of ibadah (worship) you can earn rewards for. Make the intention to do it for the sake of Allah, as He loves cleanliness and order. In the same vein, beautifying your home for Allah's pleasure and to bring comfort to your family can also earn you rewards since Allah is beautiful and loves beauty.

[Muslim] While cooking can be a real labor at times, turning it into ibadah (worship) can be a motivating factor to get that pot on the stove. Our bodies are a trust from Allah, and one that we should nourish and care for, so cook your family wholesome foods.

Beautify this daily act by keeping up with the remembrance of Allah while you stir your pot, add your spices, measure your flour, etc. When opening your fridge, express gratitude for all that Allah, your Raziq (Provider), has bestowed on you.

Reciting Allah's name, Ya-Wadudu (All-Loving) and blowing onto the food can facilitate loving relationships amongst family members. This is a great way to douse sibling rivalry, for sure!. So now that you have your mornings beautifully organized, let's look at how we can have a good afternoon and evening the Islamic way.

Have a Fruitful Afternoon

If you fetch your young kids before Dhuhr prayer, a good idea is to set a quiet 'after school' rhythm for them. Take out calming books or set up some water play activities while you pray in as much quiet as possible with young kids around.

Qaylula is the nap or rest (even without sleep) taken at midday or when the sun is at its peak. This can be done even before Dhuhr prayer unless the salaah is held early (in the beginning of its time), in which case it may be done afterwards. This power nap has been proven to promote learning and increase performance. Anas (may Allah be pleased with him) reported that the Prophet (peace be upon him) said: "Take a nap, for the shayaateen do not take naps." (al-Tabaraani).

Encourage your little ones to nap with you else. Put on some nasheeds or audio books to keep them entertained.

Light of Knowledge Quiz

Who was the first martyr in Islam?

- A Sumayyah bint Khayyat (RA)
- B Khadijah bint Khuwaylid (RA)
- C Safiyyah bint Abd al-Muttalib (RA)

Answer to be revealed in the next issue

Last week's answer was choice C: "Two"

Don't Be Depressed: 3 Ways to Boost Your Self-Esteem

By Aisha Stacey

Look After Yourself

Your body is as important as your mind. When your body feels good, your mind will feel good too. Never underestimate the importance of physical health. A Duke University study shows that exercise may be just as effective as drugs in treating depression. Taking the time to look after yourself can be as simple of resting or taking a nap. Being in tip top condition can do wonders for your self esteem. Thus eating well, getting enough rest, and exercising are extremely important actions to incorporate into your daily life.

Prophet Muhammad also advised his followers to take care of themselves in this way by working, being energetic and being early risers. He said that a strong believer was a better than a weak believer. And that did not only mean in terms of character and faith. His words also encapsulate the idea of achieving and maintaining optimal health and fitness.

"O God, make the early morning hours blessed for my nation." (Imam Ahmad). "Any action without the remembrance of God is either a diversion or heedlessness excepting four acts: Walking from target to target [during archery practice], training a horse, playing with one's family, and learning to swim." (At Tabarani). Eat of the good things which We have provided for you. (Surah Al Baqarah 2:172). "Eat of what is lawful and wholesome on the earth." (Surah Al Baqarah 2:168).

Look After Others

Once you are well on your way to improving your health and fitness, it is time to incorporate looking after others into your daily life. Looking after others has multiple benefits and not just for those on the receiving end.

Those who are generous and give of themselves gain many benefits from their generosity. Understanding that there are many people in this world alone and suffering, often in silence, makes us realize how grateful we should be for what we have.

Research by Stephen Post indicates that when we give of ourselves, especially if we start young, everything from life satisfaction to self-realization and physical health is significantly improved.

Mortality is delayed, depression is reduced and well-being and good fortune are increased. The concept of being generous is deeply entrenched in Islam. God tells us that we will be rewarded for using the blessings He was given us to benefit others. We will be rewarded by feeling good about ourselves.

Thus raising our self-esteem, and we will be rewarded with more blessings. The act of helping others will boost our self esteem. And knowing that your efforts make

a difference will enhance your feeling of worth and usefulness. You will feel part of something bigger than yourself and know that you, just as you are, are needed and appreciated. "Who is it that would loan Allah a goodly loan so He may multiply it for him many times over? And it is Allah who withholds and grants abundance, and to Him you will be returned." (Surah Al Baqarah 2:245)

Choose Your Friends Wisely

Do these words ring a bell? You have heard them before I am sure, possibly in Islamic classes. Prophet Muhammad gave his companions lots of advice about choosing friends. Modern day psychology also has a lot to say about friendships and how they influence you and your state of mind. If you are trying to raise your self-esteem, or maintain a healthy level of self-esteem, being picky about whom you hang out with is essential. Basically, you want to have friends that make you feel good about yourself and not those who trigger your negative thinking, or put you down rather than boost you up.

For some people making friends can be really difficult. However looking after yourself, making sure you are healthy in both body and mind can help ease the path to making good friendships.

Perhaps you have already made friends in the course of your daily pursuits, at school or work or when you attend the mosque or Islamic classes. We naturally gravitate to those people who are similar to ourselves or have similar interests but to secure a friendship we sometimes have to step outside our own predetermined comfort zone. Those people you meet when trying to implement your strategies for improving your self esteem just might be the friends you are looking for.

You will find your friends at the gym, in

your running group, at the pottery or mechanics class you have decided to take or at Islamic lecture you attend every week. If certain things are important to you, your worship for instance, then it is best that you avoid people who make fun of your efforts to worship God.

Your friends should hold the same values and beliefs that you hold. Your differences, such as clothing and hobbies make your friendships interesting but if your core value system is not the same, the friendship may fizzle out because it had no solid foundation. Remember that we are influenced by the people we surround ourselves with, therefore you need friends that support and guide you not those who lead you astray. You should choose them carefully.

Prophet Muhammad said that a person would be influenced by his friends, and he warned that everyone should look carefully at those they consider to be their friends. (At Tirmidhi, Imam Ahmad, Abu Dawud). "And (remember) the Day when the wrong-doer bites his hand, and says: 'Oh! Would that I had taken a path with the Messenger. Ah! Woe to me! Would that I had never taken so-and-so as a friend! He indeed led me astray from the Reminder (the Quran) after it had come to me.'" (Surah Al-Furqan 25:27) We have now discussed several ways of building self esteem, including looking after yourself and others, and seeking and maintaining good friendships to build a support network.

The power of positive thinking can make great changes, and accepting yourself as a good and decent person is a way to reinforce your self-esteem. On your never-ending quest for self-development, the next steps include building up your self-confidence.

CROSSWORD PUZZLE

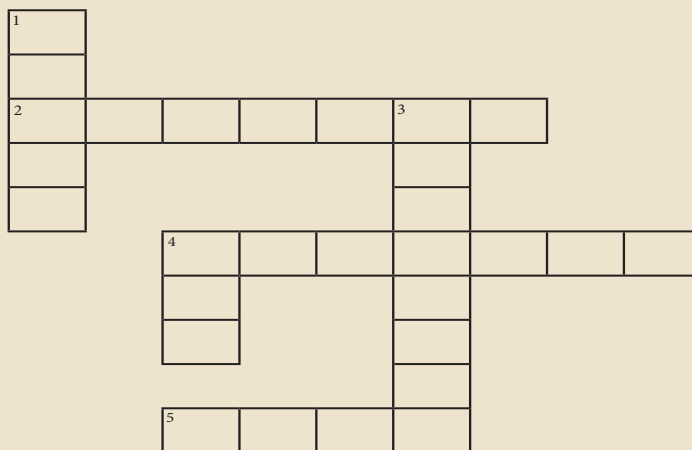
LAST WEEK'S ANSWERS

ACROSS

4. Batn
5. Abubakr

DOWN

1. Baqarah
2. Al-Muqtadir
3. Infitar



ACROSS

2. The Surah whose name means "The Splitting Open"
4. Who was the first martyr in Islam?
5. How many months in the Islamic calendar are considered sacred?

DOWN

1. Arabic term referring to Arm
3. The Name of Allah meaning "The All-Powerful"
4. The number of Surahs in the Qur'an that begin with Alif Lam Mim.

Jamia Mosque Trains More Than 40 Reverts in Entrepreneurship

Jamia Mosque has trained more than 40 reverts in entrepreneurship, equipping them with practical business skills to promote economic independence and sustainable livelihoods.

The training, held last Saturday at the Jamia Multipurpose Hall, covered key aspects of starting and managing a business. Participants received certificates upon completion.

The sessions were facilitated by Khadija Abubakar, Managing Director of Northern Horizon Consultancy, who guided participants on business model development, financial management, inventory control, record keeping and customer relations.

Abubakar identified poor record keeping, weak financial management and unsuitable business models as some of the challenges that undermine business performance and sustainability.

She urged participants to combine faith with practical planning, emphasising the importance of putting Allah first while taking deliberate steps towards achieving their business goals.

"Always put Allah first and rely on Him for success, but remember that faith must go hand in hand with proper planning. Integrate your prayers into your daily routine, seek Allah's guidance and put in the work required to build and sustain your business," she said.

She cautioned participants against assuming that a business model successful



Trainees pose for a group photo with their trainer after completing an entrepreneurship session held at Jamia Mosque, Nairobi, last Saturday. The training, which ran from 9:00 AM to 5:00 PM, covered the fundamentals of entrepreneurship and running a successful business guided by Islamic principles.

for one entrepreneur would necessarily work for another. She encouraged them to assess their priorities, needs and resources, identify opportunities suited to their circumstances, and maintain sound financial management, accurate records and good customer relations.

Jamia Mosque Executive Officer Abdallah said the initiative sought to extend support for reverts beyond spiritual guidance by equipping them with practical skills to improve their livelihoods.

"We organised this training because we believe supporting reverts should go beyond spiritual guidance to include practical skills

that can help them become economically self-reliant. We hope the knowledge gained will help participants establish sustainable businesses and improve their livelihoods," he said.

The programme also incorporated Islamic business ethics, emphasising honesty, integrity, transparency and fairness in commercial transactions. The initiative underscores the role of religious institutions in supporting reverts through skills development, social support and economic empowerment, enabling them to pursue self-employment and build sustainable enterprises.

Malindi Islamic Centre Seeks KSh 54 Million for Orphans' Waqf Project

The Malindi Islamic Centre for Orphans (MICO) has embarked on a KSh 54 million waqf (endowment) project aimed at generating sustainable income to support the welfare of orphans in Muslim communities across Malindi and Watamu.

The proposed five-storey building will form part of the centre's waqf property, with revenue from rented commercial spaces expected to fund programmes in education, healthcare, nutrition, institutional development and other essential social services for orphans.

MICO Chairman Abdulrahman Abubakar said the project would help the centre become more financially self-reliant while strengthening its capacity to meet the growing needs of vulnerable children.

"We are looking towards improving the socioeconomic welfare of orphans within the local Muslim community and reducing our dependence on donations. The waqf investment project is expected to generate a monthly income of KSh 300,000 upon completion," said Abubakar.

MICO brings together 23 mosques in Malindi and Watamu. In addition to supporting orphans, the centre runs a madrassa (Islamic school) and Malindi Orphans Acad-

emy, which offers the Competency-Based Education (CBE) curriculum alongside Islamic studies. The academy also requires additional facilities, including modern science and computer laboratories and a resource centre, to strengthen learning and respond to changing educational needs.

Speaking to The Friday Bulletin, Abubakar revealed that MICO had already invested KSh 12 million in the ongoing waqf project but was facing financial constraints that had slowed construction.

He noted that the number of vulnerable orphans requiring assistance had increased, while limited resources continued to hamper the management committee's ability to provide adequate support. The project, he said, was conceived as a long-term solution to help bridge the funding gap.

MICO Board of Trustees Chairman Dr Abdulrahim Hussein Talib Ali appealed to Muslims to pool their resources and support the initiative, describing it as an opportunity to establish a lasting charitable legacy for future generations.

"By donating towards the waqf project, you are not only fulfilling a charitable obligation but also making a lasting impact on the lives of orphans who depend on our sup-

port. Our main objective is to transform the lives and livelihoods of orphans in Malindi and Watamu," said Dr Abdulrahman.

He also urged financially able Muslims to sponsor orphans and help improve their living conditions, citing the teachings of Prophet Muhammad (peace be upon him) on the virtue of caring for orphaned children. Dr Abdulrahman further appealed to well-wishers, donors and Muslim charitable organisations to support the project and help the centre expand its services. He identified two key ways to support MICO's mission: contributing towards the waqf project and sponsoring individual orphans.

Contributions to the waqf project will help complete the income-generating commercial units, creating a sustainable revenue stream for the centre. Meanwhile, orphan sponsorships will help meet essential needs, including education, nutritious meals, accommodation, medical care and clothing.

Those wishing to support the initiative can contribute through M-Pesa Paybill number 4165139, using their name as the account reference.

Do Not Cast Yourself into Destruction with Your Own Hands

By Sheikh Badru Jaffar

Late last month, in September, the weight of loss was heavy on me after several notable members of Kenya's Muslim community died. Against that backdrop, I learned the scale of another continuing loss: maternal and perinatal deaths remain a significant public-health challenge. Every day in Kenya, 93 babies are still-born, while 15 mothers and 92 newborns die. According to the Kenya Association of Muslim Medical Professionals, many of these deaths are preventable.

Why, then, are we losing 107 mothers and newborns each day to causes that need not be fatal?

Alongside systemic challenges, faith-related concerns and regressive cultural practices were identified as contributing factors. A mother might avoid a health facility because she fears that her family will not be allowed to make the adhan for her newborn or take the placenta home for cultural rituals.

She might also choose to deliver at home because the hospital environment does not provide sufficient privacy or allow her to decide who may be present during the birth.

These choices can place mothers and newborns in grave danger and contribute to the alarming figures.

At the 8th KAMMP Scientific Conference, a gynecologist described a woman pregnant with twins who was brought to hospital and required blood transfusion. Although her condition required hospitalisation, she colluded with her brother and 'discharged' herself. After frantic calls, she was located and returned to care, and she lived to see her twins.

Islam is not merely a religion but a complete way of life, with teachings that support and promote human wellbeing.

In this context, Shaykh al-Islam Ibn Taymiyyah explains: "To rely solely on treatment or causes while believing that the treatment or causes independently determine their effects compromises Tawhīd; to deny the role of treatment and causes altogether reflects a deficiency in sound reasoning; and to neglect treatment and the means that Allah has commanded constitutes a departure from the Shariah."

A Muslim is therefore obliged to seek skilled medical care. As Muslim scholars say, "Pursuing the necessary means is an act of worship, while relying upon them is shirk." Whoever takes the available means, even when they are limited, and then places reliance upon Allah Most High has fulfilled the duty.

Had the woman who left the hospital died or lost her twins, she would have borne responsibility for rejecting necessary care.

Allah says, in a translation of the meaning: "Do not cast yourselves into destruction with your own hands." Belief in Qadar, or predestination, is one of the pillars of iman.

The lives already lost were predestined to end when they did, but belief in Qadar does not remove human responsibility. A Muslim medical professional should therefore ask: Was I responsible?

Was the deceased an orphan patient? Am I part of a broken or inadequately supported healthcare system?

Each individual will be called to account: "And every one of them will come to Him alone on the Day of Resurrection."

The responsibility must therefore rest somewhere. Alone, we can do so little; together, we can do so much. No woman should die while giving life, and every newborn deserves not only the right to survive but also the opportunity to thrive. Behind every death is a family, and behind every family is a story.

What is profoundly disheartening is that many of these deaths are preventable. Medical professionals introduced the Maternal and Perinatal Death Surveillance and Response initiative, which has significantly reduced the numbers and lends credence to a painful fact: someone, somewhere, failed to play a necessary role.

MPDSR also embodies the teaching that the believer is friendly and befriended, for there is no goodness in one who is neither friendly nor befriended: "The best of people are those who are most beneficial to people."

"Every woman, every newborn, everywhere—*tunajua, tunaweza na tunarekebishia*" is a motto that calls all stakeholders to collaborate, take responsibility, and act. No woman should die while giving life because cultural practices or perceived religious requirements prevented her from receiving skilled medical care.

Protecting mothers and newborns requires health facilities, faith leaders, families, and medical professionals to work together so that respectful care and life-saving treatment are never treated as competing choices.

The Writer is a member of Majlis Ulamaa of Jamia Mosque Nairobi.

Jamia Mosque chairman among Kenyans honoured

Continued From Page 1

complex modern crises," the council said. Dr Mohammed played a key role in the country's response to major emergencies, including the COVID-19 pandemic and devastating floods. She currently serves as the International Federation of Red Cross and Red Crescent Societies' permanent representative to the African Union and international organisations in Addis Ababa, Ethiopia.

Former Cabinet Secretary Amina Mohamed was also honoured for her contributions to public administration, diplomacy and international leadership. She served in several Cabinet portfolios, including Foreign Affairs and International Trade; Education, Science and Technology; and Sports, Culture and Heritage.

She also became the first woman to chair the World Trade Organization's General Council. The late Ahmed Mohammed

Khalif, a former Secretary-General of the Supreme Council of Kenya Muslims (SUPKEM), was honoured posthumously for his role in the struggle for multiparty democracy, social justice and the protection of minority rights.

The council cited his efforts to seek justice for victims of the 1984 Wagalla Massacre, in which security forces killed members of the Degodia community in Wajir County.

"Following the 1984 Wagalla Massacre, he courageously filed a case against the State seeking justice and reparation for the victims, hence becoming the voice for the voiceless," the council said, adding that the 2013 Truth, Justice and Reconciliation Commission report later acknowledged the injustices committed during the massacre. Khalif served as Minister for Labour and Manpower Development under former President Mwai Kibaki after the govern-

ment was formed in January 2003.

He died in a plane crash in Busia after serving in the position for 20 days. Former Prime Minister Raila Odinga was also honoured posthumously for his contribution as a statesman, patriot and constitutional reformer.

"As Kenya's Prime Minister from 2008 to 2013, he championed landmark political, social and economic reforms, including the promulgation of the Constitution of Kenya 2010. A long-serving Opposition leader and Member of Parliament, he consistently championed electoral justice, inclusivity, and the rights of the marginalised," the council said.

The Mashujaa Day celebrations coincided with the official conferment of city status on Eldoret, widely known as the "City of Champions".

Dr Ahmed Kalebi inducted into pathology Hall of Fame

Dr Ahmed Kalebi, founder of Dr Kalebi Labs, has been inducted into the Hall of Fame by The Pathologist, an international publication covering pathology and laboratory medicine, following six appearances on its Power List.

The induction recognises Dr Kalebi's sustained contributions to pathology through diagnostic innovation, professional practice, advocacy and the advancement of laboratory medicine. He first featured on the Power List in 2019 and remained on it for three consecutive years, through 2021. After a three-year sabbatical, he returned to the field in 2024 and subsequently earned further recognition, culminating in his sixth appearance in 2026. This year, he was named among the 50 leading voices in pathology and laboratory medicine, with recognition of his work in developing a digital-first laboratory in Kenya.

Reacting to the honour, Dr Kalebi said the achievement reflected the collective efforts of his team at Dr Kalebi Labs.

"Being recognised for the sixth time by The Pathologist is a tremendous honour. But this recognition is not mine alone. It be-

longs to the entire team at Dr Kalebi Labs, whose commitment to world-class, cutting-edge laboratory services and advocacy continues to drive our work here in Kenya," he said. The recognition comes as Dr Kalebi Labs, established in 2024 following his return to pathology, approaches its second anniversary.

The laboratory aims to expand access to modern diagnostic services through technology, specialised expertise and improved laboratory processes. Its operations incorporate total laboratory automation, digital pathology, advanced molecular diagnostics and artificial intelligence-enabled systems to improve efficiency and support diagnostic quality. Dr Kalebi said his induction also highlighted the need for greater international recognition of African expertise in laboratory medicine.

"Africa has exceptional talent in pathology, science and laboratory medicine. We need to create more opportunities for that expertise to be recognised internationally while continuing to build the capabilities that our healthcare systems need at home," he said. His career spans more than two decades in

diagnostic practice, professional education, laboratory innovation and public health communication.

He has also advocated for greater

recognition of pathology as a critical component of healthcare, supporting disease diagnosis, treatment decisions and patient management. As automation, artificial intelligence and digital technologies reshape laboratory medicine, Dr Kalebi maintains that innovation must deliver tangible benefits to patients, clinicians and healthcare systems. He said this principle continues to guide the team at Dr Kalebi Labs as it works to strengthen Kenya's diagnostic capabilities.



Kapsowar Mosque Appeals for Funds to Fix Deteriorating Structure



Kapsowar Mosque in Elgeyo Marakwet County is appealing for Sh700,000 to fund urgent repairs and renovations to improve the safety and comfort of worshippers. The mosque, which has served the local Muslim community for years, is facing structural challenges, including cracks in the walls, a leaking roof and worn-out flooring.

The deteriorating condition of the facility has prompted the congregation to seek financial assistance from well-wishers and institutions, including Jamia Mosque Nairobi, to restore the mosque and ensure it remains a safe place of worship. However, the estimated Ksh 700,000 renovation cost is beyond the financial capacity of the local congregation, necessitating support from the wider Muslim community and other partners. Muslims, individuals and organisations willing to support the project can contribute through;

Jamia Mosque Paybill Number: 150770, Account Name: Kapsowar

The community has appealed for contributions towards the project, saying every donation will help preserve the mosque as a centre of worship and unity for present and future generations.

KDF Camp in Marsabit Inaugurates New Mosque

Karare Kenya Defence Forces (KDF) Camp in Marsabit County has inaugurated Masjid Al-Jood, a new mosque expected to serve military personnel, their families and civilians in the surrounding community. The mosque was officially inaugurated by Major General Mohamed Iddi, Director of the Directorate of Oversight, Compliance and Accountability (DOCA) at Defence Headquarters in Nairobi. Constructed by the World Assembly of Muslim Youth (WAMY), the facility will provide a dedicated place of worship while promoting Islamic education, spiritual development and community cohesion. Speaking during the inauguration, Major General Iddi thanked donor Abi Badr and WAMY for facilitating the construction of the mosque, noting that the facility would contribute to the spiritual well-being of military personnel and their families.

He said the mosque would serve a purpose beyond congregational prayers by providing an opportunity to nurture faith, instil good values and strengthen bonds of brotherhood, peace and mutual respect. "A mosque is more than a physical structure. It is a place where hearts are united in prayer, children are nurtured in faith and good values, and communities strengthen their bonds of brotherhood, peace and mutual respect," Major General Iddi said. "May Almighty Allah accept this contribution, reward the donor abundantly and make this mosque a source of blessings for the entire community," he added.

Major General Iddi also urged the surrounding community to take responsibility for maintaining the mosque and ensuring it remains a welcoming place of worship for generations to come. WAMY representative Issa Aljab encouraged residents to make full use of Masjid Al-Jood, highlighting its potential to advance Islamic learning and deepen religious knowledge. The inauguration was attended by senior KDF officers, including Brigadier Hussein Dida, Garrison Commander at Kahawa; Brigadier Dr Ismail Abdi Awle, Chief of Clinical Support Services at Defence Headquarters; Colonel Rajab Athman, Kenya Army Service Imam; and Lieutenant Colonel Abdulrazaq Gullah, the KDF Islamic chaplain, among other guests. Located in Karare Ward, the camp serves as a forward operating base and security hub for the KDF's 23rd Mechanized Infantry Battalion. The establishment of Masjid Al-Jood adds to the camp's facilities, providing a space for worship and religious education while strengthening ties between military personnel and the surrounding community.