

UQAB

Magazine

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Eid
Al-Adha
MUBARAK

Greetings from the Ameer of Hizb ut Tahrir, the Eminent Scholar

Ata Bin Khalil Abu Al-Rashtah

To the Visitors of his Online Pages on the Occasion of the Blessed Eid ul-Adha for the Year 1444 AH corresponding to 2023 CE

All praise is to Allah and peace and blessings be on the Messenger of Allah, and upon his family and companions and those who follow him

Allahu Akbar, Allahu Akbar, Allahu Akbar, La Ilaha Ila Allah, Allahu Akbar, Allahu Akbar, Wa lillah Alhamd

To the whole Islamic Ummah in general... the best nation brought to humankind that command the Ma'roof (right) and you forbid the Munkar (wrong) and believe in Allah Al-Aziz Al-Hakim...

To the dawah carriers in particular... may Allah bring the victory by their hands, and may Allah support them to establish the Islamic State, the Khilafah Rashidah (rightly guided Caliphate) on the method of Prophethood...

To the noble visitors of the online pages, seeking the good that it carries, exerting effort to find the truth and support its people.

To them all,

Assalamu Alaikum Wa Rahmatullah Wa Barakatuh

I congratulate you on the occasion of the blessed Eid ul-Adha...and I ask Allah Al-Qawi Al-Aziz that this Eid is the opening of good and blessings for all the Muslims.

Dear Brothers and sisters, I greet you and make dua with khair for you, asking Allah Al-Qawi Al-Aziz to lift the hardship of infliction and the pandemic from all Muslims, and that this blessed month is the last blessed month that descends upon Muslims in the absence of a State that bring the glory to Islam and its people, indeed, Allah is Powerful and Mighty.

May Allah accept your worships and make you from those whom Allah (swt) described in the verse:

رَجَالٌ لَا تُلْهِهِمْ تِجَارَةٌ وَلَا بَيْعٌ عَنْ ذِكْرِ اللَّهِ وَإِقَامِ الصَّلَاةِ وَإِيتَاءِ الزَّكَاةِ يَخَافُونَ يَوْمًا تَتَقَلَّبُ فِيهِ الْقُلُوبُ وَالْأَبْصَارُ * لِيَجْزِيَ اللَّهُ أَحْسَنَ مَا عَمِلُوا وَيَزِيدَهُمْ مِنْ فَضْلِهِ
وَاللَّهُ يَرْزُقُ مَنْ يَشَاءُ بِغَيْرِ حِسَابٍ

“[Are] men whom neither commerce nor sale distracts from the remembrance of Allah and performance of prayer and giving of zakah. They fear a Day in which the hearts and eyes will [fearfully] turn about * That Allah may reward them [according to] the best of what they did and increase them from His bounty. And Allah gives provision to whom He wills without account” [An-Nur: 37-38]

Your Brother,

Ata Bin Khalil Abu Al-Rashtah

Ameer of Hizb ut Tahrir

10 Dhul Hijjah 1444 AH

Corresponding to 28/06/2023 CE

Press Release

America is Prolonging the Conflict in Sudan to Force Civilians to Accept the Pro-Military Rule

America launched what it called the Sudan Conflict Observatory platform. On June 9, 2023, the spokesman's office of the U.S. Department of State issued a statement in this regard, "The Sudan Conflict Observatory platform affirms the U.S. commitment to transparency as we work with partners to bring an end to the military conflict in Sudan; address human rights violations and abuses; and ensure immediate, safe, and unhindered humanitarian access for organizations providing life-saving assistance to the most vulnerable and those displaced due to the fighting. The United States is unwavering in our support for the democratic aspirations of the Sudanese people and their demands for freedom, peace, and justice."

It has become known to every follower of Sudanese politics that America is the one who instructed its puppets, Burhan and Hemeti, to ignite this ongoing war in Sudan in order to sabotage the Constitutional Declaration that places the military under civilian authority, which means the real transfer of power from the hands of American military men to British civilian men that is managing this war in a way that prevents either side from achieving a decisive victory, prolonging the duration of the war and pushing the political parties, especially the civilians, into a state of despair and ultimately accepting its conditions, with the real power remaining in the hands of its military men. This statement issued by the US State Department leaves no room for doubt about America's management of the conflict, despite its claims that it seeks to end it, as stated in the misleading statement. The reality contradicts what they say, and the recurrence of ceasefires that both sides do not abide to confirms America's lies and deception.

As for the greatest wonder of all wonders as the saying goes, "the worst calamity makes you laugh" it is what was stated in the statement that America supports the aspirations of the Sudanese people for freedom, peace, and justice, while simultaneously maintaining its grip on Sudan through the military! It is well-known that America only supports dictatorial and military regimes in Muslim countries that govern their people with iron and fire.

Sudan is an Islamic land, and it will not be liberated from America and its men, or from Britain and its followers, except by establishing a principled state based on the great Aqeedah of Islam, Al-Aqeedah of the Islamic Ummah, the Khilafah Rashidah (rightly guided Caliphate) on the method of Prophethood that unifies the Muslim lands, cuts off the tails of the kuffar (disbelievers) and their followers, and restores the Ummah's glory, dignity, and goodness.

وَيَقُولُونَ مَتَىٰ هُوَ قُلْ عَسَىٰ أَن يَكُونَ قَرِيبًا

“"When is that?" Say, "Perhaps it will be soon" [Al-Isra:51]

Ibrahim Othman (Abu Khalil)
Official Spokesman of Hizb ut Tahrir
in Wilayah Sudan

NEWS & COMMENTS

Who Will Stop the Killing of Muslims and Demolishment of Mosques in Ethiopia

News:

On 2nd June, following Jumma prayers, 3 Muslims were killed by Ethiopian security forces outside the Grand Mosque, Anwar Masjid in Addis Ababa, the capital of Ethiopia during a peaceful protest against the authority's demolition of several mosques in the outskirts of the city and plans to destroy more. The police used tear gas and opened fire at worshippers to disperse the crowd gathered outside the mosque. The previous week, 2 Muslims were killed and dozens injured by security forces at the same location during another protest, while 114 Muslims were also reportedly arrested. Some reported that ambulances were unable to reach the injured due to forces laying siege to the mosque.

Comment:

In recent months, at least 19 mosques have been demolished by the authorities in Ethiopia as part of a contentious urban planning project that involves the fusion of several municipalities in the Oromia region on the outskirts of the capital and the building of a new Shaggar city which the government argues will improve the economy and beautify Addis Ababa as an urban tourism site. The government decision to demolish more than 30 mosques in the newly established Shaggar City has understandably provoked huge anger amongst Muslims in the country who have arranged various protests against the move. The Federal Supreme Council of Islamic Affairs of Ethiopia sent a letter to Prime Minister Abiy Ahmed seeking an end to the demolition but it fell on deaf ears. The project also involves the destruction of homes and businesses, which will reportedly leave thousands homeless.

In April 2022, more than 20 Muslims were killed and more than 150 wounded in an attack in Sheikh Elias Cemetery in the northern Ethiopian city of Gondar during a funeral of a Muslim elder. The incident also saw the looting of Muslim properties. The perpetrators were extremist Christians. In 2019, multiple mosques were attacked in the town of Mota in Amhara in a wave of anti-Muslim violence.

Ethiopia or Abyssinia as it was once known was once a sanctuary for Muslims seeking protection from persecution at the time of the Prophet (saw); it houses one of the oldest mosques in Africa – Al Nejashi Mosque; it has a rich history of Islam that spans centuries; and has a population of over 25 million Muslims – over one third of the population. Yet today, Muslims are killed and Islamic religious sites are destroyed in this land with no

government, no leadership, no ruler who has the political will to stop the injustice, even though the Prophet (saw) said

“قَتْلُ الْمُؤْمِنِ أَكْبَرُ عِنْدَ اللَّهِ مِنْ زَوَالِ الدُّنْيَا” **Killing a believer is more grievous before Allah than the extinction of the whole world.** We expect nothing from Western governments and the UN except empty words of condemnation. We expect nothing from the current regimes and rulers of the Muslim world who have proven time and again that they bear no genuine care for the sanctity of Muslim blood or Islam.

Today, the rights of Muslims in Ethiopia is being trampled over as they are in India, Myanmar, France and in other lands across the world with no sincere Islamic leadership to protect them. This was not always the case. When Muslims in Spain, Palestine, India and elsewhere were being persecuted in the past, the Khilafah (Caliphate) stepped in to protect their blood and liberate them from their oppressors. It is this state alone that has the political will and power to protect Muslims, no matter where they live, from harm and persecution, for the Prophet (saw) said:

“وَإِنَّمَا الْإِمَامُ جُنَّةٌ يُقَاتِلُ مِنْ وَرَائِهِ وَيَنْقَى بِهِ” **Only the Imam is a shield, behind whom you fight and you protect yourself with.** However, since the destruction of the Khilafah on the 3rd March 1924, Muslims have globally been like orphans, abandoned, with no guardian or protector.

Upon the re-establishment of the Khilafah based upon the method of the Prophethood, the state will seek to unify the Muslim lands, their resources, wealth and military to build a superpower which will strike fear into the hearts of those who dare to harm Muslims, or attack their Deen or religious sites. It will wield immense political, economic, strategic and military power and leverage and demonstrate in actions rather than empty words its role as guardian and shield of the Muslims and Islam. So we call our brothers and sisters in Ethiopia and across the world to work with Hizb ut Tahrir to establish with urgency the Khilafah which will herald a new dawn of security and protection for this Ummah.

**Written for the Central Media Office of
Hizb ut Tahrir by**

**Dr. Nazreen Nawwaz
Director of the Women's Section in
the Central Media Office of Hizb ut Tahrir**

Know about the life saver, Hizb ut Tahrir, their call for Islam, Caliphate and its method



On 10 May 2023, certain news platforms including text and television reported about detentions of up to 16 Muslims in two cities – Bhopal and Hyderabad. The scandalous allegations attacked Hizb ut Tahrir as a ‘Terrorist’ organization intending to wage ‘Jihad’ against India. References made to ‘unknown’ sources to different intelligence agencies (state and union) including some ‘foreign’ agencies. Possession of printed material of Hizb ut Tahrir books by those detained were made the basis of the allegations. Since then different versions of the allegations have been doing its rounds online, including some linking the 16 Muslims arrested to an ongoing case of Hizb ut Tahrir members in the state of Tamil Nadu. Even eminent news platforms such as India Today or Economic Times of India could not adhere to basic code-of-conduct, that is published on their own websites, and conveniently towed the ‘narrative’ given to them without running a basic fact check about Hizb ut Tahrir! So herein a brief introduction about Caliphate and Hizb ut Tahrir. Hizb ut Tahrir (Party of Liberation) is a political party that works to re-establish Khilafah (Caliphate), Islamic ruling system, in the Muslim world through emulating the example of Prophet (pbuh) as its methodology.

About Caliphate: The Khilafah system of governance is not an unknown system that the world or the people of India, are ignorant about. India was ruled by this governing system for centuries that ushered India into its golden era; as the Islamic system created security, safety, and prosperity to the extent that India was known as the basket of the world for food. India's production

share was more than 25% of the world's production. The Caliphate known as Khilafah (in Arabic) is the Islamic Ruling system stipulated, by Prophet Muhammad (pbuh–peace and blessings upon him) himself, as the institution of ruling to continue after the time of Prophet (pbuh) in Medinah where he was the Messenger of Allah and Head of the state. In this institution the Caliph known as Khaleefah (in Arabic) is the elected person to head the Government of all territories governed by the state that includes Muslim and Dhimmi (Non-Muslims citizens). The Caliph has the authority to appoint his assistants (in ruling), judges and also head of various administrative departments or directorates, which he can also delegate. The Caliph also takes an elected consultative body known as Shura (consultative council). It is viewed that the general responsibility to live and apply the Shariah in their lives for Muslims is entrusted collectively as a trust to the Caliph by the Muslims in what is known as Bayah (covenant). The Caliph is expected to implement the Shariah (law ordained in the Quran and Hadith of Prophet). The Shariah rules govern matters of personal and public affairs. Public affairs govern matters of ruling, economy, society and international relations. As for Personal affairs, there is no compulsion in religion and worship and as for personal affairs involving participation of ruling, economy & society they are governed by the Shariah limits.

History of Caliphate: It is an established fact of history that the institution of Caliphate as a Ruling system of the Muslim world started from Medinah after the time of Prophet (pbuh) and continued till 1924 when

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it was formally abolished by Mustafa Kemal Pasha in Turkey. Broadly speaking, after the first 5 Caliphs who were among the companions of the Prophet (pbuh), the institution remained in the hands of Umayyads (in today's Syria), Abbasids (in today's Iraq and Iran), and Uthmanis (in today's Turkey). The continuation of the Caliphate under a single Caliph is by direct instruction of the Prophet (pbuh) in his ahadith (sayings); with failure to do so deemed a sinful action on the Muslims. There were brief times in history when the unity of the Caliph was disputed only to be settled by later generations. During the colonial expansion of European states as a result of the Industrial revolution in the 19th century, some territories in Africa and Asia came under occupation by the colonial states although resisted throughout by the Caliphate then in Turkey. WW1 saw the Caliphate join Germany in 1914 to fight against Britain and France and after their defeat, territories of the Caliphate were dismembered into various mandates that later became failed states in what is now known as different Muslim major countries in North Africa, Middle East and Asia. In particular reference to India, 1918 (after WW1) to 1924 was a period of immense uncertainty when the question of continuation of Caliphate was a major concern for Muslims throughout the world including India. It was then that famous Khilafat Movement was launched by Muslim leaders such as Ali brothers that even Non-Muslims supported the call. It was during then that Mahatma Gandhi wrote in Young India in June 1921 to defend the Caliphate against all odds even if there were no Musalmaans in India; for his view about the role of Caliphate in removing the colonial injustices was far too obvious. Books about Caliphate and its Shariah rulings has been written throughout the last 1400 years from around the world in so many languages. Today they are routinely available in books stores and online. However, the law of Allah Almighty, which requires the continuation of the struggle between truth and falsehood, made the people of falsehood miss the role of Islam under its state for many centuries of false history that they teach their children, despite the recognition of many fair-minded people in the world that all of humanity is indebted to Islam and its people for the bright change they brought about in people's lives.

About Hizb-ut-Tahrir: Hizb-ut-Tahrir (Party of Liberation) is a political party formed in 1953 by the eminent scholar, political thinker and judge Sheikh Taqiuddin Nabhani. The Hizb works to create public opinion in the Muslim countries in favor of the Islamic ruling system, the Caliphate, through emulating the example of Prophet (pbuh). This involves presenting the Islamic solutions to address contemporary problems, political activism and ultimately working for political change in the Muslim countries in a non-violent way. In Muslim non-major countries, the party encourages the Muslim community to be the advocates for Islam and safeguard its Islamic identity. Activism includes studying the Islamic solutions to contemporary economic, social & ruling problems

from the Shariah standpoint, appealing to all sections of the people against the injustices of ruling elite, who mostly enjoy the patronage of the colonial states with the view to stifle any form of political revival in the Muslim world. Activism globally is adhered to intellectual means as a Shariah obligation with regards to method for revival of people. Any form of violence by individuals or groups for political change is seen as a violation of the method to revive people. The party has published a draft-constitution based on Shariah principles and made available as a recommendation to the future Caliphate. The opinions and views of the party are fully public, as long as the countries do not restrict the websites or publishers, and there are no different opinions, views or actions of the party to what is publicly stated. The party makes this a condition for its followers, to work with the party. Today the party is present in more than 40 countries including some outside the Muslim world; and since its founding, it has not deviated in its method.

O People! Hizb ut Tahrir is the shepherd (pioneer) that does not lie to its flock (people), and its cause is determined to save humanity from the slavery of capitalism and the degeneration of its morals into the justice of Islam that does not oppress people at all, and it does this noble work without any ajr from people, following the example of the prophets and messengers; headed by the master of creation, Muhammad, may Allah bless him and grant him peace. Hizb ut Tahrir doesn't fears the injustice of the oppressors, and it does not fear the blame of the blamer, and it knows that the Western powers and their agents in the world are working hard to prevent people from searching for a civilized alternative that will save them from the clutches of greed, chaos and secular racism. So this evil force obscures the truth of Islam and the truth of Hizb ut Tahrir that carries this Islam. Rather, they distort its image so that the downtrodden people will not be guided to what is in the hands of the party of great good, and what Hizb ut Tahrir carries is the civilized alternative that saves people from the calamities they are in caused by man-made regimes. So it is obligatory for every honest and impartial savior, whether Muslim or a non-Muslim, a male or a female, a scholar or an aalim, a security man or a lawyer, a lecturer or a professor, to work hard to adopt the great Islam as a way of life and a way of living. Allah (swt) says in His Book,

هُوَ الَّذِي أَرْسَلَ رَسُولَهُ بِالْهُدَىٰ وَدِينِ الْحَقِّ لِيُظَاهِرَهُ عَلَىٰ الدِّينِ كُلِّهِ وَلَوْ كَرِهَ الْمُشْرِكُونَ

“It is He who has sent His Messenger with guidance and the religion of truth to manifest it over all religion, although they who associate others with Allah dislike it.” [TMQ 9:33].

05 Dhul Hijjah 1444 AH

Hizb ut Tahrir

23 June 2023 CE

India

Metabolic Syndrome

Written for the Central Media Office of Hizb ut Tahrir by

Ali Nassoro Abu Taqiuddin
Member of the Central Media Office of Hizb ut Tahrir



It is important we define metabolism, so that we can have a basic understanding of the title. Metabolism (metabolic) is the chemical process by which the body converts food into energy. The process involves breaking down of food into sugars and acids through the digestive system. The energy can be used instantly or stored in body tissues such as the liver and muscles. Therefore, the metabolic process occurs meticulously and if tampered with it can lead to various health issues.

Now, metabolic syndrome is also known as insulin resistance syndrome. It is a group of conditions that increase the risk of obesity, diabetes, coronary heart disease, stroke, hypertension and other serious health problems. **It is caused by deliberately not adhering to the dictates of the four pillars of a good health, which are diet, exercise, fasting and sleep.**

Latest global statistics reveals a grim picture of an unhealthy society. Currently, there are over 870 million undernourished, 1.745 billion overweight and 837 million obese people. [Worldometers.info, 17 June, 2023]. The global health cost of diabetes is \$375 billion a year. That of obesity is more than \$2 trillion. [Matthew Walker, PhD, Why We Sleep (2017), p. 169]. We are in such a health

mess as a result of our refusal to unlearn what occupies our mind in terms of what it means to have a good health. In other words, we are slaves of our habits and in turn we are victims of our ill-conceived decisions in the name of social-fitting. Or deliberately not acting on the truth due to fear of social backlash or pressure!

Let us briefly expound on the importance of adhering to the three primary pillars of a good health. **First, diet:** are you eating real food; meaning it does not cause disorders? I know you will answer YES. But, wait for a moment, you might rethink your answer. In addition, you will cast doubts over the entire food pyramid that you have been taught and adopted as your so-called fundamental guide for a balanced diet.

In simple terms nutrients are categorized into essential (protein) and non-essential (carbohydrate). The difference between them is that essential nutrients need to be consumed through diet while non-essential nutrients our bodies can create enough internally. To enunciate, we will use two food types i.e. carbohydrate (sugar) and protein (meat); and their metabolism will give us a snapshot of either we eat real food (essential nutrients) or not.

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Metabolism of carbohydrate (sugar) is as follows; in your mouth it is broken down into glucose and fructose. In the pancreas we have the insulin hormone, whose primary job is to lower blood sugar. Insulin triggers body cells to absorb glucose from the blood stream. On the other hand, fructose is metabolized by the liver into glucose, lactose, and glycogen. The liver can only use and store so much fructose as glycogen at one time. When the limited glycogen stores are full, the excess fructose is changed directly into liver fat through de novo lipogenesis.

Before we describe the metabolism of protein (meat), it is imperative to note that: 'protein plays a pivotal role in life. In the cell, proteins do the heavy lifting. If DNA is the CEO calling the shots, the proteins are the legions of blue-collar workers keeping the business running. Proteins provide structure, building muscle, and catalyze metabolic reactions. They act as receptors, hormones and couriers of information, relaying messages from outside the cell back to DNA – signaling which genes to turn on and which ones to turn off. DNA provides the code to manufacture cellular proteins – the message contained within each gene is translated into action by proteins. One gene equals one protein.' [Travis Christofferson, *Ketones the Fourth Fuel* (2020), p. 38].

Now, the metabolism of protein (meat); in your stomach it is broken into amino acids. Amino acids are used to create proteins. If amino acids exist in excess, the body has no capacity or mechanism for their storage; thus, they are converted into ketones or they are decomposed.

In brief, diets that are rich in carbohydrates especially in this era of processed food products, creates a dangerous cycle detrimental to our health. Since, whenever you eat carbohydrate (sugar): glucose spikes and insulin responds until it becomes resistance, and liver and muscle fat storage rises. In the ensuing cycle tampering with other crucial hormones such as leptin and ghrelin. Leptin triggers a sense of feeling full. Ghrelin triggers a strong sensation of hunger. In addition, our taste buds are damaged.

Second, exercise: have you exercised today? Exercise, also known as physical activity, is any movement that works the body at a greater intensity than the usual level of daily activity. Exercising is important due to the following major reasons: one - it improves skeletal muscles insulin sensitivity. Two - it reduces stress, and resultant cortisol release. Third – it makes the TCA (tricarboxylic acid) cycle run faster, detoxifies fructose, improving hepatic insulin sensitivity. Try to avoid being sedentary as much as possible. Sedentary means sitting a lot and refers to a person or job that is not very physically active. There are numerous types of exercises but focus on three most crucial: walking fast, gym (doing compound workouts: bench press, squats, dead lift, rows and pull-ups) or High-intensity interval training (HIIT)

such as jogging, push-ups, etc.

Third, fasting: are you fasting today? Fasting is the opposite of starving. Fasting is intentional abstinence from food and drink consumption for a period of time. There are numerous reasons for fasting, but for the purpose of our context is metabolic. In this era of processed fast food products that keep us craving for more and more. Furthermore, causing us to become overweight and obese.

Fasting must be included as part of our dietary strategy in our day to day lives. Limiting our food and /or drink intake to specific time in a day. For instance, we take one meal in a day at between 12pm – 2pm or between 5pm – 7pm (two hours only). It will not only assist us in losing weight, but also address other numerous health challenges. Fasting makes our bodies go into ketosis. Ketosis is metabolic state where the body burns stored fats. The prolonged fasting, such as 48 / 72 hrs of water fasting is recommended, since the body goes into the state of autophagy. Autophagy is a natural, self-preservation mechanism that removes damaged or dysfunctional parts of a cell and recycles other parts towards cellular repair.

Fourth, sleep: did you have a quality sleep? 'Humans are not sleeping the way nature intended. The number of sleep bouts, the duration of sleep, and when sleep occurs have all been comprehensively distorted by modernity.

Throughout developed nations, most adults currently sleep in a monophasic pattern – that is, we take a long, single bout of slumber at night, the average duration of which is now less than seven hours. Visit cultures that are untouched by electricity and you often see rather different patterns. Hunter – gatherer tribes, such as the Gabra in northern Kenya or the San people in the Kalahari Desert, whose way of life has changed little over the past thousand years, sleep in a biphasic pattern. Both these groups take a similarly longer sleep period at night (seven to eight hours of time in bed, achieving about seven hours of sleep), followed by a thirty – sixty minute nap in the afternoon.

There is also evidence for a mix of between two sleep patterns, determined by time of year. Pre-industrial tribes, such as the Hadza in northern Tanzania or the San of Namibia, sleep in a biphasic pattern in hotter summer months, incorporating a thirty- to forty-minute nap at high noon. They then switched to a largely monophasic sleep pattern during the cooler winter months. [Matthew Walker, PhD, *Why We Sleep* (2017), p. 67].

Sleep is a crucial pillar in achieving good health. Any acts of sleep procrastination and deprivation will lead to dangerous short-term and long-term health consequences. One catastrophic example is that of a driver driving then falls asleep or has a microsleep on

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a busy road or a highway. Another example is that of a young child who has been denied sleep by his parents in the name of education. One thing must be clear, sleep debts cannot be repaid! Sleep is the most ignored pillar among the four, but, it is the one that all the remaining three revolve around it, since the body requires it to function at its optimal level.

In conclusion, metabolic syndrome must be tackled at the individual level by attempting to incorporate a better diet – rich in protein, regular exercise, intermittent water fasting and taking a nap in the afternoon and sleeping early after dusk. In addition, policies will be enacted in the upcoming Islamic state of Khilafah (Caliphate) reestablished on the methodology of the Prophethood.

Policies that will guarantee citizens' health and secure environment. The Khilafah will ban multinationals that profit from the suffering of the people. Adhering to the Islamic Shari'ah and not profit will be the benchmark for safeguarding the health of the citizens. Health sensitization will be regularly done to ensure that citizens are consuming the right diet, engaging in exercise, encouraging regular fasting, having adequate quality sleep among other necessary health issues of priority. Because healthy citizens equal a stable state. Healthy citizens are a vital role for the Khilafah to be a global dominant player.



Expiation of Breaking the Oath (Kafarat ul-Yameen)

01 Dhul Hijjah 1444 AH - 19/06/2023 CE

Ata Bin Khalil Abu Al-Rashtah

Question:

Assalam Alaikum Wa Rahmatullah Wa Barakatuh
Our honorable Sheikh,

Can the expiation for breaking an oath (kafarat ul yameen) be given for a young infant child who does not eat food and who only drinks breast milk or infant formula? If the expiation is given and the person forgets about this situation (it is given to an infant), should the person repeat giving the kafara to a poor person?

And another question related to the expiation for breaking an oath: Is it sufficient to feed the poor once, or is it necessary to feed him twice (lunch and dinner?)

And the third question: a person who lives in Europe and gave expiation for the oath to the poor in Ukraine by following the amount of expiation for the oath in Ukraine. Was it necessary for him to follow the amount of expiation in Europe, or was it sufficient to follow the amount in the country to which it was sent to?

Answer:

Wa Alaikum Assalam Wa Rahmatullah Wa Barakatuh

1- The basic principle regarding expiation for an oath (kafarat ul yameen) is the words of the Allah (swt):

لَا يُؤَاخِذُكُمُ اللَّهُ بِاللَّغْوِ فِي أَيْمَانِكُمْ وَلَكِنْ يُؤَاخِذُكُمْ بِمَا عَقَّدْتُمُ الْأَيْمَانَ فَكَفَّارَتُهُ إِطْعَامُ عَشْرَةِ مَسَاكِينَ مِنْ أَوْسَطِ مَا تُطْعَمُونَ أَوْ كِسْوَتُهُمْ أَوْ كَسْوَتُهَا أَوْ تَحْرِيرُ رَقَبَةٍ فَمَنْ لَمْ يَجِدْ فَصِيَامُ ثَلَاثَةِ أَيَّامٍ ذَلِكَ كَفَّارَةُ أَيْمَانِكُمْ إِذَا حَلَفْتُمْ وَاحْفَظُوا أَيْمَانَكُمْ كَذَلِكَ يُبَيِّنُ اللَّهُ لَكُمْ آيَاتِهِ لَعَلَّكُمْ تَشْكُرُونَ

“Allah will not impose blame upon you for what is meaningless in your oaths, but He will impose blame upon you for [breaking] what you intended of oaths. So its expiation is the feeding of ten needy people from the average of that which you feed your [own] families or clothing them or the freeing of a slave. But whoever cannot find [or afford it] - then a fast of three days [is required]. That is the expiation for oaths when you have sworn. But guard your oaths.3 Thus does Allah make clear to you His verses [i.e., revealed law] that you may be grateful” [Al-Ma'idah: 89]. Feeding ten poor people is one of the options

mentioned in the verse:

“So its expiation² is the feeding of ten needy people from the average of that which you feed your [own] families” [Al-Ma'idah: 89].

2- It is understood from the noble verse that the number ten is binding, i.e., ten needy persons must be fed, so it is not correct to feed one poor person ten times, for example. We explained previously this in the Answer to a Question on 29/4/2022 CE, in which the following was stated:

[and the opinion that I see more correct is that if the text is mentioned with a certain number of poor people, such as

“So its expiation is the feeding of ten needy people from the average of that which you feed your [own] families or clothing them” [Al-Ma'ida: 89]

“...and he who is unable - then the feeding of sixty poor persons.” [Al-Mujadila: 4]. In this case, the aforementioned number (ten, sixty) must be adhered to, whether the giving is in kind or in value, because the number is intended, it is a necessary restriction, but if the text requires giving poor people without mentioning a number, it is permissible to give one poor person because there is no restriction on the number, and it may be given to more than one poor person, as Allah (swt) says regarding zakat:

إِنَّمَا الصَّدَقَاتُ لِلْفُقَرَاءِ وَالْمَسْكِينِ وَالْعَامِلِينَ عَلَيْهَا وَالْمَوْلَىةَ قُلُوبُهُمْ وَفِي الرِّقَابِ وَالنَّعَامِ وَفِي سَبِيلِ اللَّهِ وَأَبْنِ السَّبِيلِ فَرِيضَةً مِّنَ اللَّهِ وَاللَّهُ عَلِيمٌ حَكِيمٌ

“Zakah expenditures are only for the poor and for the needy and for those employed to collect [zakah] and for bringing hearts together [for Islam] and for freeing captives [or slaves] and for those in debt and for the cause of Allah and for the [stranded] traveler - an obligation [imposed] by Allah. And Allah is Knowing and Wise” [At-Tawba: 60]. So it is permissible for the one who pays Zakat to give his zakat to one poor person, and it is permissible to divide it among many poor people, because there is no specific number in the verse, rather the term “poor people” is mentioned like this without a number... But he takes into account that they are eligible to zakat because they are described as poor.]

3- Accordingly, the completion of the expiation requires feeding ten poor persons with the average food, and this means that the poor person who is given the expiation is the one who can eat the average food. As for the breastfed child, I do not think that he is included in this concept, and therefore he is not counted among the poor who are fed in the expiation for an oath. If a man got up and sent food to a poor family consisting of ten members,

including a baby, then this expiation is incomplete; it is like feeding nine and not ten, because the baby does not come under the concept of those who are being fed. This is what I see most correct and is what I am content with. Therefore, he must complete it by feeding another poor person in addition to those he fed to complete the expiation of ten poor people. This is in contrast to the child who eats food, such as a boy with distinguishing mind and the like, for these are counted in the expiation. If there were children in the poor family like these, then the expiation is valid by feeding them, because they enter into the concept of those who are fed.

4- The jurists differed in determining the amount of food for each poor person in expiation for breaking an oath (kafarat ul yameen), and in the type of the food from which the expiation is given etc., and I quote something about this from the Kuwaiti Encyclopedia of Fiqh

[“Second: In terms of the amount”

- The Malikis, Shafi'is, and Hanbalis are of the view that it is a condition that each poor person be given one mudd (a measure of weight) from most of the country's staple food, and it is not permissible to give the value of the food in accordance with the text of the verse:

“So its expiation is the feeding of ten needy people” [Al-Ma'idah: 89]. It is a condition that the shares should not be reduced, so it is not permissible to give twenty poor people ten mudd; to each one of them half a mudd unless he completes for ten of them what was lacking. It is also required that the feeding be for the ten, so the fabrication is not valid, so if he fed five and clothed five, it is not permitted. It is also required that a mudd be given to each of the ten on the basis of ownership, and it is not permitted according to the Malikis to repeat giving to one. The Hanafis hold the view that it is a condition that each poor should be given half a saa' (measure of weight) of wheat, or a saa' of dates or barley, or the value of that in money or trade offers, because the purpose is to pay the need, and that can be achieved by the value.

As for the amount of permissible food for them: two meals that are satiating, that is, it is required that each poor person has lunch and dinner, and likewise if he gives them dinner and suhur, or he gives them two lunches and so on, because they are two intended meals.

But if he gives one person lunch and another one dinner, that is not valid, because he would have divided the food of the ten over twenty, which is not valid.

They also stipulate that he does not give the entire expiation to one poor person in one day at once or separately over ten times. But if he fed one poor person for ten days, lunch and dinner, or gave one poor person

for ten days every day half a saa', that is permissible because the need is renewed every day making him like another poor person, as if he spent the value on ten poor people.

“Third: In terms of type”

- The Hanafis held the opinion that what is sufficient in feeding is wheat, or barley, or dates, the flour of each one as its original by measure, that is, half a saa' in wheat flour and a saa' in barley flour, and it was said: What is considered in the flour is the value, not the measure, and it is permissible to extract the value from other than these types. The Malikis went to the fact that feeding is from wheat if they ate it, so it is not acceptable from any other of barley or corn or other than that. If they ate other than wheat, then what equals it in satiety, not measure (is given). The Shafi'is held the opinion that feeding is from the grains and fruits on which zakat is due, because the bodies are established by it, and it is required that it be from the majority of the country's food. The Hanbalis went to stipulate that the feeding should be from wheat, barley and their flour, dates and raisins, and nothing else is permitted, even if it was the food of his country, unless those foods are not available.] **End**

5- What I see most correct regarding feeding for the ten poor is that they are given two meals to be true to the meaning of the verse:

فَكَفَّارَتُهُ إِطْعَامُ عَشْرَةِ مَسَاكِينَ مِنْ أَوْسَطِ مَا تُطْعَمُونَ أَهْلِيكُمْ

“So its expiation is the feeding of ten needy people from the average of that which you feed your [own] families” [Al-Ma'idah: 89]. Feeding the family is twice a day, so that it can be called feeding, such as lunch and dinner; otherwise, he has not completed feeding his family, and similarly with regard to the poor in the expiation, he must feed them twice a day until the expiation is complete, so if he suffices with lunch without dinner, or with dinner without lunch it is not acceptable, and also, the Shariah has made the food in Ramadan two meals: the pre-dawn meal and the iftar meal, so complete feeding is with them or the same.

6- As for your question: (a person who lives in Europe and gave expiation for the oath to the poor in Ukraine by following the amount of expiation for the oath in Ukraine. Was it necessary for him to follow the amount of expiation in Europe, or was it sufficient to follow the amount in the country to which it was sent to?) the answer to that and what I am confident about is that the amount spent is according to the average food in the country in which the person who is given the expiation resides, and that is because the noble verse says:

فَكَفَّارَتُهُ إِطْعَامُ عَشْرَةِ مَسَاكِينَ مِنْ أَوْسَطِ مَا تُطْعَمُونَ أَهْلِيكُمْ

“So its expiation is the feeding of ten needy people

from the average of that which you feed your [own] families” [Al-Ma'idah: 89]. This makes him feel that feeding is according to the place in which the person is in, because what is required is to feed ten poor people from the average of what he feeds his family. If he fed, for example, in Ukraine with ten dollars, then this may be sufficient to feed ten poor people there, but it is not sufficient to feed ten poor people according to the situation in Europe. For example, he has to feed for one hundred dollars so that he would have fed from the average of what he feeds his family. Therefore, I think that it is better and more prudent to give the amount of feeding ten poor people in the country in which he resides.

This is what I see most correct, and Allah Knows Best, He is Most Wise.

Your Brother,

Ata Bin Khalil Abu Al-Rashtah