



Sisters United in Human Service,
Inc. Quarterly Newsletter

Volume 1, Issue 15
February, 2010

MESSAGE FROM OUR PRESIDENT



Beloved Readers,

As we usher in a 13th year of service for the pleasure of Allah, Most High, we are, once again, very excited to have the opportunity to bring to you another edition of our Newsletter through which we can communicate highlights of our service efforts since our last edition (11/09). One of the highlights was our sponsorship of the 13th Annual Interfaith Appreciation Benefit Banquet, held on December 19th at the Atlanta Community Food Bank. This event served to “close out” our year’s activities and there could not have been a more fitting event through which that could have been done! As suggested in its theme, this event lifts up and acknowledges those who are helpers in the cause of Almighty God through their neighborly assistance: our devoted Sisters United volunteers who actively support our weekly feeding teams as well as those distinguished community volunteers across faith traditions who are also doing great works in this aspect of human service. This event also includes in its theme a desire that we will be blessed to “come to know and love each other” as a blessed outcome. All would agree that, based on the large attendance and high spirits that could be witnessed, we were all truly blessed to live into our theme this year. Please see page two for the the list of honorees whose efforts were acknowledged along with our over seventy plus SUIHS volunteers that evening who all served with the beautiful spirit of Al Ma’un (neighborly assistance). Another highlight since the November, '09 edition of our Newsletter was to have completed another dynamic and inspiring season of “Faith and Good Works,” hosted by Sis. Nadirah Sabir and produced by Sisters United. Many viewers have attested

to the inspiration they have received from presentations on the Qur’an (Part I: Faith) and how much they were also inspired by hearing about the achievements and contributions of our diverse guests (Part II: Good Works). We had the opportunity to thank Sis. Nadirah for all of her contributions to this wonderful program at our January 30th SUIHS Annual Meeting. We are so pleased that she will continue to support this wonderful dawah (teaching and sharing the faith with others) effort as we welcome our new host this year, Sis. Aseelah Rasheed, who also brings a rich background in television and film media, and much enthusiasm. We welcome you, Sis. Aseelah.

As we launch our 13th year of service for the pleasure of Allah, Most High, we pray for His continued guidance and mercy. We give Him all the praise and our sincere gratitude for His many blessings over these years. Once again, we thank you sincerely for your prayers and support: past, present and future, insha'Allah. May Allah, Most High, be pleased.

.....*Khayriyah Hanan Faiz*



Thank You to our Distinguished SUIHS, Inc. Volunteers

Sisters United In Human Service, Inc. proudly thank our over 70 distinguished volunteers who support our multiple feeding efforts each week. We say **thank you** to each of you and to the distinguished organizations and individuals listed below for their exceptional work in the service of humanity.

The Atlanta Community Food Bank
Bill Bolling

**Boys To Men Christian
Mentor Ministry**
Charles C. Jones, Sr.

Caring For the Needy
Victoria Muhammad

Custodians of the Faith
Rasheedah El

Giving Back to Humanity
Abdul Jami

His Love Extended Ministry
Anthony J. Hunter

Imam Amjad Taufique
Community Servant

Project Downtown
Zahra Hajjinoor

Sisters at Ialun
Anthonette Waajid

Let us all keep them in our prayers that Almighty God will strengthen and reward them out of His rich bounty and will give them recurring blessings for every act of sincere kindness and mercy shown to those in need of neighborly assistance.



Volunteer of the Quarter

*This quarter, we salute another one of our outstanding volunteers, **Sis. Selener Gilreath**, who serves on our Third Sunday Team, for her exceptional service and for the beautiful spirit she brings. **Sis. Gilreath** is very dependable and organized. She is punctual, always arriving at the feeding site on time to prepare the table so that her team can begin feeding on time. Once the feeding begins, she passes out the water and flatware to those standing in the lines with dignity and a sweet and positive demeanor. **Sis. Gilreath** also consistently prepares the food she donates with care, and receives compliments from those we serve, her team and team leader. When it is time to clean up, she always stays to help re-load the cars with our feeding equipment. Any task that she is asked to do, she does with*

*complete dignity and perfection. We are so grateful and blessed to have such a diligent and loyal sister on Team Four as **Sis. Selener Gilreath**. May Allah Reward her every effort!*

Help For Haiti

We all have been touched in some way by the devastating 7.0 earthquake that took place on the island of Haiti, one that ravaged this already impoverished nation. Sisters United, in coordination with Imam Sulaimaan Hamed and Bro. Hasan Ali, have all been working together collecting much needed donations, including money, food, clothing, etc., and coordinating their direct flight to Haiti. Our effort is ongoing and one that we will be able to elaborate on more in the next issue of our Newsletter. If you are able to make a donation, please contact us at the Atlanta Masjid or you can call us at (770) 465-2995. We thank you in advance.

Healthful Hints



Correct timing to take water will maximize its effectiveness to the human body.....

- Two glasses of water - After waking up - Helps activate internal organs*
- One glass of water - 30 minutes before meal - Helps digestion*
- One glass of water - Before sleep - To help avoid stroke or heart attack*

UPCOMING EVENTS

Rites of Unthaa - February 27. Masjid Al-Mu'minin. 1127 Hank Aaron Drive, Atlanta, Ga. 30315. Atlanta Interfaith Broadcasters (AIB) - Airs Four Times Weekly

YOUR CONTRIBUTIONS ARE NEEDED AND APPRECIATED

Your help is needed to help us continue this very important work! You can provide financial assistance in support of our efforts online or you can mail your tax-deductible donation to: P.O. Box 360893, Decatur, Georgia 30036. You can also use **Good Search** for informational searches and enter Sisters United as the beneficiary. Invite your family and friends to do the same. Each search benefits us in small, but important ways! If you are interested in supporting the works of SUIHS, Inc. in other ways, please contact us at (770) 465-2995 or at www.sistersunited.org. Newsletter Layout and Editor: Na'dira Abdullah Newsletter Logo: Sis. Akanke Abdul-Khaaliq; Contributing Writers: SUIHS, Inc. Members.

