

## MESSAGE FROM OUR PRESIDENT



Beloved Readers,

. As Salaamu Alaikum  
(May The Peace of God Be With You)!

In a time when there appears to be mass turmoil domestically and throughout the global environment... in a time when our Gulf waters, its sea life and those who depend on its inhabitants for their consumption and livelihood are in peril due to uncontrolled, massive oil emissions, the believer is comforted by the realization that Almighty G-d is in ultimate control of all things. He Permits his human creation to error, correct those errors, when possible, and learn from our errors, trespasses and human failures. In fact, the more enduring lessons we learn are those stemming from our mistakes and human errors. One lesson we can learn from the situations we face today is that in our quests for material and financial gain, we must insure that our pursuits are always halal (permissible by G-d and, therefore, good for us and for creation) and that they, in no way, encroach on or jeopardize the wellbeing of other forms of created life. This is a critical lesson we all must learn and adhere to in order to maintain a healthy and protected ecosystem within our sacred creation. We pray that this disaster (and all other local and global crises we are witnessing and affected by, is understood and resolved for the greater human and environmental welfare and that we, more importantly, will take the lessons learned to all of our human endeavors...for we are all tied to creation in

oneness, of G-d Ordained and Fashioned by our Creator, Almighty G-d (tauheed). We are blessed to embrace this understanding, to read our common sacred Scriptures and apply the messages learned and injunctions provided therein in order that we may live our lives with regard for G-d and His total creation. Let us view these times and the peril we see around us as yet another reminder to reflect on and follow the Commands and Guidance of Allah, Most High. As we do this with sincere hearts and minds, we can find peace, focus, direction and, yes, real comfort in the midst of chaos and peril.

On behalf of Sisters United in Human Service, Inc., we are very, very pleased, once again, with the opportunity to publish another edition our Newsletter. This publication serves as one of our important vehicles for communicating highlights of our service efforts in between editions. We are honored to share some of these highlights with you at this time.

Sisters United in Human Service, Inc. is very proud of our recent sponsorship of the *Eleventh Annual Rites of Unthaa Program*. Each year, this Program, its wonderful participants, their supportive families and the supportive *village members* who are always there for them, encourage us beyond words. This year's Program maintained that wonderful, high standard once again! We take this opportunity to congratulate our esteemed participants and their parents: **N'Dia Abdus-Salaam** (Crystal Shahid and Malik Abdus-Salaam), **Aisha 'Ali Osman** (Kareemah E. Amir) **Aliyah Credle** (Nurah Abdus-Salaam and Musa Abdus-Salaam), **Khalijah Karim** (Orrie Karim and Khalil Karim), **Aliyah Karriem** (Anisa

and Rashid Rashad), **Imani Nia Poindexter** (Linda & Dawud Poindexter), **Zarah Jannah Sabir** ( Safiyyah Sabir & Taalib Din Sabir) and **Najah Salaam** (Walidah Salahuddin).

Their Closing Ceremony was awesome: the participants' presentations and the words of inspiration and encouragement provided by speakers, Ms. Angeletta T. Winters and Mrs. Daarinah Farooq. This powerful inspiration will be etched in their (and our) memories for a lifetime as they (and we) continue striving to become virtuous women, wives and mothers. Join us in extending our best wishes to these young sisters, *their loving families* and *the caring village* that supported them.

Another highlight (since our last Newsletter) is our entering another Program Season of **Faith & Good Works** at AIB. This show offers valuable information to our viewers as we explore the Holy Qur'an (**faith**), followed by the **good works** of many outstanding individuals of diverse faiths. Join us in witnessing the enlightenment and inspiration this weekly television program provides for so many regular viewers. We, again, extend our sincere thanks to Atlanta Interfaith Broadcasters for the great blessing and opportunity to present this show four (4) times each week. We also thank Sis. Nadirah Sabir for the fine job she is doing as our show's Host and for her important investments in helping to produce these shows. We invite our readers to visit our website for **Faith & Good Works'** air dates and times or simply contact Comcast Cable directly.

A proud highlight is having sent hundreds of Mothers Day Messages to our sisters, friends and supporters this month. If we missed you, you can download **this important message to all women** from our website: [www.sistersunited.org](http://www.sistersunited.org). We pray that you will, G-d willing, receive affirmation and inspiration from it!

... Sis. Khayriyyah Hanon Faiz



### **Volunteer of the Quarter**

**This quarter, we salute another outstanding volunteer: Bro. Mikhail Abdulbaaqee, who provides excellent security at our feeding sites and always with a very respectful and humble spirit. He has served at all six of our feeding sites, always providing whatever help that he sees may be needed, without having to be asked. Our Team Leaders all commend his respect for their leadership and his vigilance, his strength and kindness. Bro. Abdulbaaqee truly looks out for the sisters and those we serve, making sure that the lines are orderly and moving smoothly. We are truly blessed**

*to have Bro. Abdulbaaqee, a diligent, consummate volunteer. May Allah Reward Him for all that he does to assist us!*

**Wishing all Fathers, Brothers and Sons, A**



**Happy Father's Day!**

### **Healthful Hints**



**"An apple a day does more than keep the doctor away".....**Apples have a good claim to promote health.

They contain 2/3 fiber in their peel and Vitamin C, which aid the immune system and phenols, which reduce cholesterol. They also reduce tooth decay by cleaning one's teeth and killing off bacteria. Cornell University researchers found that the quercetin found in apples protects brain cells against neurodegenerative disorders like Alzheimer's Disease.

Apples are believed to help with stomach aches and are eaten to relieve constipation. Apple cider vinegar is used to help treat heartburn, and.....

**two apples a day may keep heart disease at bay!** (Researchers found that for every ten grams of fiber added to the diet, there is a 14 per cent reduction in heart disease).

### **UPCOMING EVENTS**

**June 26. SHARE Atlanta's Healthy Marriage Workshop. Atlanta Masjid. 4-6 PM. Please join us!**



**June 27. 2010 Muslim Graduates, Educators and M.O.R.E. honorees (High School and beyond) parents and family members are invited to an Appreciation Ta'leem and Reception. Atlanta Masjid. 2-5 PM. M.O.R.E. for Youth With Venture and Sisters United in Human Service, Inc., proudly invite all 2010 City-Wide Muslim Graduates! In the spirit of appreciation, we will acknowledge and honor their sacrifices, contributions, achievements and leadership. Please feel free to extend this invitation to those you know who meet these criteria.**

**Atlanta Interfaith Broadcasters (AIB) - Airls Four Times Weekly on Comcast Cable.**

### **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](http://www.sistersunited.org). Newsletter Layout and Editor: Na'dira Abdullah Newsletter Logo: Sis. Akanke Abdul-Khaaliq; Contributing Writers: SUIHS, Inc. Members.