



OCTOBER 2021 · ISSUE 2 · VOLUME 1



### UPCOMING EVENTS

#### WEEKLY BROTHERS CIRCLE

Every Thursday 7.30PM (check WhatsApp Group for updates)

#### WEEKLY SISTERS CIRCLE

Every Sunday 10.30AM-12.30PM  
 (contact 07863719616 to register a place)

#### BARKING YOUTH CIRCLE

Every Friday 6.30pm-8.30pm  
 youth club for 13+

#### COMMUNITY ROAD WATCH

13th Nov - 1pm  
 Volunteer with the Safer Transport Team to keep our streets safe from speeding

### 31 BAGS ON A WET AND WINDY DAY #LITTLELITTERLEAGUE



During our current community litter pick DUG collected 31 bags of rubbish on a very wet and windy day - A superb effort by the #littlitterleague to add sparkle to our neighbourhood.

It might be gloomy but these shining stars really brightened up the weekend.

Amongst the strange specialties and unusual artefacts collected, included, a potty, hair curler, and a whole bunch of magazines.

Thanks to our Councillors and community leaders, including Deputy Leader Saima Ashraf of the London Borough of Barking & Dagenham for visiting to take a look at what the kids are doing. Your collective presence, praise and encouragement makes a massive to our young people.

We do like the front foot approach and dedicated volunteers at the House of The Community are committed to working with our neighbours to raise aspirations and pride in our neighbourhood.

This litter pick activity takes place on the first Saturday of the month!

Emdad Rahman

## CYCLE/WALK TO THE MASJID



A new cycle shed at Darul Ummah Goresbrook where the local residents are being encouraged to leave their cars at home and cycle or walk to the Masjid.

This is an activity which will bring the community together, increasing physical activity levels and increase health benefits.

Fitness improves focus, wellbeing, concentration, calmness, serenity, and this has an overwhelmingly positive effect on khushoo in prayer and rituals.

Cycling can help protect from serious diseases such as stroke, heart attack, some cancers, depression, diabetes, obesity and arthritis.

Riding a bike is healthy, fun and a low-impact form of exercise for all ages. Cycling is easy to fit into the daily routine by riding to the shops, park, school, work and now the Mosque.

Commendations to the far thinking committee and volunteers for introducing this shed. It took a whole day to travel up north, de assemble it further and transport back to Goresbrook.

The community will reap countless benefits from this and I've already chosen my spot!

Emdad Rahman

# IMAM'S CORNER



**HAFIZ  
EMDAD  
RAHMAN**

## DUG FRIDAY SERMONS

In October we covered some very relevant topics pertaining to our daily lives, including our role as effective citizens.

The Khutba has been a platform for us to talk about what we do as a community and to also raise aspirations.

With this in mind the Friday sermons have briefly touched on the following issues and matters:

- Being active role models and citizens for the younger generations.
- Knowing that a Muslim is by default a good citizen - There should be no ambiguity, nor should there be any confusion.
- To recognise the vast contributions of Muslims both past and present in helping make our world a better place.
- To encourage our youth to be active in positive actions and to encourage the old and young to work together.
- We have addressed loneliness, depression and mental health - These are recurring themes which we address regularly.
- The sermons have stressed the importance of positive community liaisons and reaching out to all members regardless of their background.
- The Imams have spoken about the power of sincere supplications and taking a little time out to reflect on personal actions whilst setting new goals and targets.

## DUG HOSTS SNT MEETING

DUG hosted the Eastbury Ward Safer Neighborhood Team ward panel public meeting. An opportunity for residents to attend and inform Police about any local crime issues that they are concerned about. We have agreed to host regular ward panel meetings.



## NEW JUMMAH TIMES

1st Khutbah Starts: **12.30pm**

2nd Khutbah Starts: **1.00pm**

For the full prayer timetable with the updated prayer times visit:

**[www.darulummahgoresbrook.org.uk](http://www.darulummahgoresbrook.org.uk)**



Follow us on Instagram

@darulummahgoresbrook to get involved in our project to get 100 individuals to each contribute their own hadith/ayah/quote that will be beneficial to others. This project aims to get our followers to do increased research and the more we go along, the more obscure the quotes will need to become. This will in turn empower young (and old) Muslims to have a greater connection to their local mosques.

Please get involved and encourage others to do so too! (DM us to get involved)

## THIS MONTHS JUMMAH COLLECTION

01/10 - £590.06

08/10 - £684.94

15/10 - £593.20

22/10 - £530.91

29/10 - £729.44

**Total - £3,092.55**

## SET UP A STANDING ORDER TO HELP YOUR LOCAL MASJID

### Account Name

EXECUTIVE COUNCIL OF DAWATUL ISLAM UK & EIRE

**Sort Code** 20-31-52

**Account No** 73071421

### GET IN TOUCH

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