

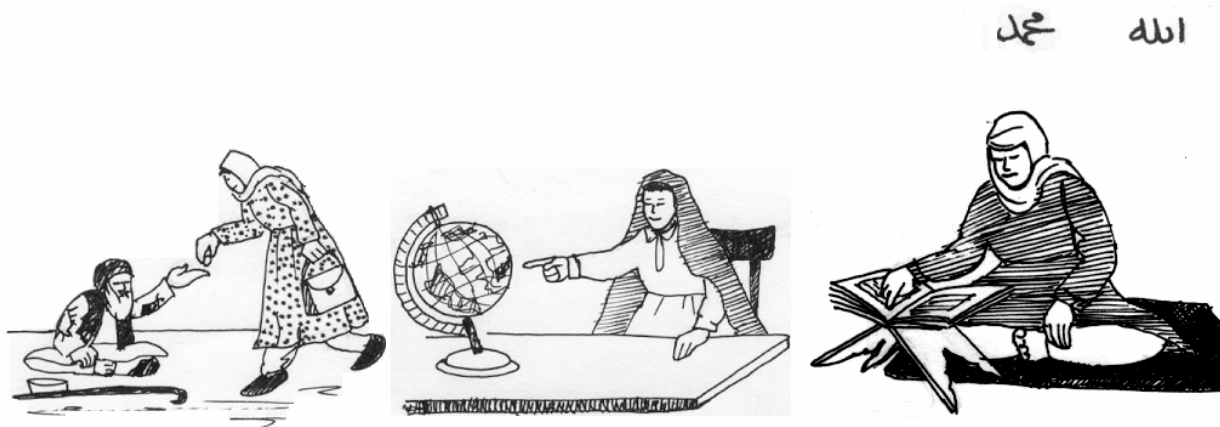


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FROM THE AMERICAN PEOPLE

Learning for Life Foundations Program

DRAFT



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Level 1

Milestones 4-5

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RURAL EXPANSION OF AFGHANISTAN'S COMMUNITY-BASED HEALTH CARE (REACH)

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MILESTONE 4: THE SIX HOLY CREEDS

Translation of Six Kalimas (The Six Holy Creeds Of Faith)

1- Translation of Kalima-e- Taieba (creed of faith):

“God is unique and one, no one shoulder worshiped but God and Mohammad is His messenger”

2- Kalima-e Shahadat:

I confess that the God is the one to be worshiped, he is unique and I confess that Mohammad is His messenger.

3-Interpretation of Kalima-e-Tamjeed (complementary creed)

“Chastity resides in God, all praises and eulogies are to God, no one merits to be worshipped but God and He is the most great. There are no scarcities in God’s existence. He is to be worshipped, he is the most great over all the universes and He is the powerful one for the believers.”

4-Translation of Kalima-e-Tawheed:

“No one deserves to be worshiped but the God, He is unique in existence. The sovereignty of all universes is reserved for him. All praises and eulogies are to Him. The gift of life and death is in His power, He is everlasting, will never die and He is the Lord of greatness and grandeur.”

5-Translation of Astaghfaar Kalima:

“Oh God! You are my Lord, no one deserves to be worshiped but you, and you created me. I am your servant and I am faithful to you to the extent of my ability. I take refuge in you from committing evil actions. I certify that your gifts have been bestowed to me and I confess wrong actions and sins. Exonerate me since there is no other exonerator but you.

6-Translation/Interpretation of Kalima-e-Rad-e-Kofr:

“Oh God! I take refuge in you. If I think of another companion to you and if I committed the sin that has been cause of ignorance literally I beg for your mercy. I am repentant and I abhor infidelity, polytheism, lying, backbiting, shamelessness, false accusation and all sins. I am obedient and I confess that no one deserves to be worshipped but you the Lord.”

Milestone 4

Interpration of the Shash Kalima (Six Holy Creeds Of Faith)

1-2: No one deserves to be worshiped except Allah almighty, Allah is unique and does not have any companion and no one is similar to him. Prophet Mohammad (PUBH) is the messenger of Allah. Allah has sent him to rescue the people from loss and guide them to the right path so that they understand there is no to be worshipped except God.

In addition, we confess/certify that God is sole and unique and Muhammad (PUB) is the first and the last prophet of God.

3: This holy creed (Kalima) also emphasizes unification, magnificence and sacredness. It declares that no one deserves to be worshipped but Allah.

4: This holy creed of faith tells of the unification of Allah and invites the believers to worship him. It is mentioned in this holy creed that: Allah is almighty and is the governor of the whole universe, so we have to worship him because there is no one as powerful as he is. He is omnificent, omnipotent and he is the one who sees and hear every thing with out any ear or eye. He provides us blessings/ feast; he gives life to the dead and causes those who are alive to die, but he is everlasting and immortal.

5: Oh Allah! You are my God and my Creator, I would not worship any one except you. I am your creature and you have created me. I try my level best to fulfill promises as far as I can. When I commit wrong deeds, I refer to you and apologize for that. I confess that you have granted me numerous blessings, there for I always will remain grateful to you. I confess to my wrong deeds and sins that I commit, but I am hopeful for your gratitude and forgiveness. So please forgive me and help me remain faithful until my death.

6: Oh Allah! I take refuge in you because I am frightened by the temptation of devil. To avoid thinking of any companion for you, I appeal for your help. Since every mistake I make and every sin I commit is clear to you, please forgive me. I apologize for my wrong deeds and repent for what has gone wrong. Oh God! Please protect me from lying which is forbidden in your religion; please stop me from telltale, backbiting and disgraceful deeds. I am weary of all the sins which have been mentioned in your holy book and I am just your obedient servant. I obey all the divine precepts, because no one deserves to be worshipped but you and Mohammad (PBUH), who is your last messenger.

MILESTONE 5: SAYINGS OF THE PROPHET

Milestone 5, Activity 1

The prophet's name is Mohammad (PBUH), his father's name was Abdullah, his grandfather's name was Abdul Motaleb and his mother's name was Amina. The Prophet was not yet born when his father died. The night he was born, three hundred pillars broke down in Kassra's palace, a palace made by unbelievers. Fires were lit in fire worshipers' temples; it was a glorious bright night. From the very moment he was born, he was stamped with the sign of prophesy on his back. When he was four his mother died so his grandfather Abdul Motaleb took responsibility to bring him up. When he was eight his grandfather died, and his uncle took responsibility to raise him. He was unique in honesty and faithfulness; he was tolerant, humble, just, patient and gentle. Everyone adored him for his character and he was called Amin (trusty) for his honesty and trustworthiness. The prophet Mohammad (PBUH) is the most respected as well the first and the last in prophesy. When he was 40 he began to prophesie, and he was 63 when died.

Milestone 5, Activity 4:

The Story of Najeeba and Raheela

Najeeba and Rahela were telling stories to each other while they worked on their embroidery. Someone knocked on the door and Najeeba opened the door. There was the postman bringing her letter from her spouse. She received the letter and took it to Rahela to read for her, but Rahela also could not read the letter. Being embarrassed, Najeeba did not show the letter to anyone and kept it.

After a month her spouse returned home and he asked Najeeba: "Are you prepared for the wedding party?" "I do not know anything about it," Najeeba said.

"I told you to be prepared for the wedding party through the letter I sent to you!" her husband said.

"But I cannot read!" Najeeba said.

"You are right. If you had practiced the prophet's (PBUH) Hadith, you would not have remained uneducated! The prophet (PBUH him) said: 'Each man and woman is obliged to seek knowledge.'"

Milestone 5, Activity 5:

The List of the Holy Words of Muhammad (PBUH)

List of Hadiths:

1. Each man and woman is obliged to seek knowledge.
2. Those who are not trustworthy, they have a deficiency from the point of view of faithfulness. The people trust on someone who is trustworthy and is respected everywhere.
3. One of the signs of a hypocrite is being untruthful; those who are untruthful lack faith and no one will help them or like them.
4. Those who believe in God and the Day of Judgment are benefactors and never harm others.
5. “Should we tell you what to do? What can bring more reward than fasting, praying and giving Zakat (regular charity)?” “Yes! You are most welcome, oh God’s messenger.” The audience replied. The Prophet added: “ To encourage people to bring peace and reconciliation among themselves polishes the religion, and hostility and disagreement ruin the religion. Thus then try to bring peace among people.”
6. Backbiting means to talk wrongly in the absence of someone who is not here to defend him/herself; it makes people unsatisfied. Anyone who preserves the dignity and grace of a Muslim brother/sister, on the Day of Judgment God will save him/her from fire. Behave as a stranger and a traveler in your life.

Milestone 5, Activity 6:

Subject for the Role Play:

Shakila is a housewife; she has three daughters and a son. Recently, she had another girl but she does not care for her children properly. Her husband is unsatisfied for she has not brought up the children properly and also because she has given birth to too many girls.

One day, Jamila, Shakila’s niece, comes to her house to express her congratulations over something. Shakila’s husband complains that his son is naughty and harasses the neighbors. Shakila also complains that her husband does not let the girls to go to school. Jamila herself is attending the Learning for Life course because she has learnt that the prophet (PBUH) said: “Each man and woman is obliged to get education,” and she claims that she has also learnt much things about how to bring the children up appropriately some other things. So she advises them and asks Shakila’s husband to allow Shakila to enroll in the Learning for Life course, as will letting their girls to go to school.

Milestone 5, Activity 7:

A Story about Breaking off a Relationship:

Ziagul is a good woman and a Muslim woman. She used to carry out her tasks on time and she used to reserve time for praying. She used to treat her children well and help them in their lessons. Her husband loved her very much for having good morals.

One day she quarreled with her nephew over some matter, and she felt disappointed. Some days later her nephew wanted to reconcile with her but Ziagul refused. Some time later both of them were invited to a party but still Ziagul did not want to talk to him. Ziagul's sister-in-law learnt that Ziagul was angry with her nephew, so she came over to Ziagul and advised her that her behavior was not good and she told her the Hadith of the prophet that instructs: "Do not be enemy of each other, do not have a feeling of hostility and do not break off with each other, oh servants of God! Be brothers one to each other and it is not lawful to any Muslim to break off and not to talk to someone for more than three days." Thus she asked Ziagul to reconcile with her nephew, unless it would harm her personality. Why? Because God does not adore someone who breaks off for more than three days and does not talk with a Muslim sister or brother.

When Ziagul heard the holy Hadith, she went over to her nephew and reconciled with him.

The Holy Hadiths

- Narrated from Abu Horaira (May God be pleased with him) : "Any time the prophet (PBUH) was sneezing, he used to put his hand or some cloth on his mouth uttering *Alhamdulillah* (praise be to God). In this way he would make less noise. This Hadith signals that there is a need to be polite in meetings and when sneezing we should keep our mouth covered by hand or a piece of cloth in order to prevent any moisture and splutters spreading around and we should utter *Alhamdulillah* (praise be to God) during sneezing.
- Narrated from Abu Mossa (God may be pleased with him) that I heard the prophet (PBUH) saying that: "If any of you at any time sneeze uttering *Alhamdulillah* (praise be to God), you tell him/her *Yarhamakullah* (may God bestow his mercy to you) but if he did not sneeze, do not say it to him/her.
- Narrated from Abu Mossa (God may be pleased with him) that he said: "I asked, 'Oh messenger of God! Who is the best Muslim?' 'The one who does not harm other Muslims by hand or by tongue!'"

Interpretation of the Verses of the Holy Koran:

- God says that "You are not allowed to backbite about others. Do any of you like to eat a dead brother's meat? Then hate it (the action) and be frightened of God, since God is only merciful to those who are repentant and kind."
- It is narrated that the prophet (PBUH) said: "Anyone who safeguards the dignity and grace of a Muslim brother, God will save him from fire." If backbiting had taken place, the words should be taken back, if the backbiting was not prevented.

- Narrated from Abdullah Ibn-e Omar that the prophet (PBUH) said: “There are four characteristics that if they are together in someone’s personality, he is a terrible hypocrite. If someone has one of these four characteristics, s/he is considered to be a hypocrite until he/she gives it up: “if someone is considered to be truthful but he/she betrays and speaks but lies, if someone is cheating and if someone says scurrilous words to someone he is fighting with.”

About Prohibition of Hostility and Breaking off Relationship

- Narrated from Annas (God be pleased with him) that the prophet (PBUH) said: “Do not be enemies to each other and do not have a feeling of hostility and do not break off with each other or turn your back to others, and oh God’s servants, be brothers to each other and no Muslim is allowed to sever relations for more than three days after a quarrel, argument or fighting.”

Prohibition of Hostility:

- Narrated from Abu Horaira (God may be pleased with him) he said that the prophet (PBUH) said: “Keep yourselves away from hostility. Why? It swallows righteousness as the fire swallows wood.”
- It is narrated from Abu Horaira (God may be pleased with him) that the prophet (PBUH) said: “There are two characteristics in people that indicate infidelity and ignorance: the first one is disrespecting one’s ancestors and the second one is grieving over someone’s death.”

Milestone 5, Activity 8:

The List of the Holy Hadiths:

- To visit sick people is like taking a walk in the precincts and gardens of Paradise till he finishes the visit.
- There are three signs for someone to be identified as a hypocrite: if he tells lie, does not keep promises and does not return borrowed belongings. Believers are those who return back what they have in their depository and fulfill their promises.
- God rewards a thankful servant. Anyone who does not thank others for their goodness will not thank the God for His gifts. Anyone who regards the goodness of others and thanks them is likely to have thanked God.
- The best of you are those who have good characteristics.
- It is narrated from Abu Horaira (may God be pleased with him) that the Prophet (PBUH) said: “Keep away from hostility. Why? It swallows the goodness as the fire swallows the wood.”