



## QUWWAT CLASSES FOR LADIES INFORMATION GUIDE: SEPTEMBER 2022

**Anas ibn Malik (r) reported:**

**The Messenger of Allah ﷺ said,  
“When you pass by the meadows of Paradise,  
graze as you like.”**

**They (r) said, “What are the meadows of Paradise?”**

**The Prophet ﷺ said “Circles of Remembrance.”**

### CONTACT INFORMATION

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**Join Quwwat Broadcast:** Save 07517 745228 into your safe contacts and send a WhatsApp message to it requesting to receive broadcasts.

# QUWWAT CLASSES LIST

## **1. QURAN TAJWEED & TILAWAH**

**MONDAYS 2-3pm - Quwwat Hall**

Resumes 5<sup>th</sup> September

## **2. TAFSEER OF SURAH BAQARAH**

**TUESDAYS 9.30-10.30am - Room 5**

**NEW CLASS** - Starting 4<sup>th</sup> October

## **3. HALAQAH: 99 NAMES OF ALLAH**

**TUESDAYS 10.30-11.30am - Room 5**

Resumes 13<sup>th</sup> September

## **4. LIFE OF THE MESSENGER ﷺ**

**WEDNESDAYS 9.30-10.30am - Quwwat Hall**

Resumes 7<sup>th</sup> September

## **5. HADITH: RIYADH US SALIHEEN**

**THURSDAYS 9.30-10.30am - Quwwat Hall**

Resumes 8<sup>th</sup> September

## **6. LIFE OF THE MESSENGER ﷺ**

**WEDNESDAYS 5-6pm - LSN 1st floor, side entrance**

Resumes 7<sup>th</sup> September

## **7. URDU LIFE OF THE MESSENGER ﷺ**

**THURSDAYS 2-3pm - Quwwat Hall**

Resumes 5<sup>th</sup> September

## **8. DHUHA MORNINGS (AGE 55+)**

**TUESDAYS 10-11.30am - Quwwat Hall**

Resumes 6<sup>th</sup> September

## **9. MAKTOOM MUMMY MORNINGS**

**THURSDAYS (Monthly) 10am-12pm - Quwwat Hall**

Resumes 15<sup>th</sup> September

## **10. REVERT COFFEE MORNINGS**

**SUNDAYS 10am-12pm (Fortnightly) - Quwwat Hall**

Resumes 28<sup>th</sup> August

## **11. GIRLS YOUTH ZONE (Years 10-13 inclusive)**

**FRIDAYS (Monthly) 7.30-8.45pm – Quwwat Hall**

Resumes 16<sup>th</sup> September



## **QURAN TAJWEED & TILAWAH**

### **Mondays 2-3pm**

The Quran was and is the greatest miracle of all the miracles granted to the prophets (pbuh). Its uniqueness being that unlike other miracles it was not constrained by time and place and can be experienced by mankind until the end of time because the Quran is a miracle of the ears and not the eyes.

This class will teach you how the Quran should be recited with Tajweed as it has been taught through the generations since the time of the prophet ﷺ and the Sahabah (r).

## **QURAN TAFSEER OF SURAH BAQARAH**

### **Tuesdays 9.30-10.30am**

This class will help you understand and allow you to reflect deeply on the divine message which is the only true compass that will help you navigate through this world successfully. Surah Baqarah is the second and longest chapter of the Quran with immense virtues and benefits.

***The Messenger of Allah (ﷺ) said, 'Do not turn your houses into graveyards. Satan runs away from the house in which Surat Al-Baqarah is recited.'* (Muslim)**

It is a Surah containing some of the most famous stories of the Quran, most powerful duas, important laws and commands and the greatest ayah of the Quran. This class will allow you to study the Surah in detail and draw beautiful life lessons whilst reflecting on the eloquence of the linguistic miracle of the Quran.

## **HALAQAH: 99 NAMES OF ALLAH**

### **Tuesdays 10.30-11.30am**

***"And to Allah belong the most beautiful names, so call upon Him by them". (7:180)***

What other motivation do we need beyond the hadith of our beloved prophet (pbuh) who said:

***"Allah has 99 names, 100 minus 1, and whoever enumerates them (memorises and understands them) will enter Jannah." Bukhari 7392***

Get to know your Most Merciful and Loving Lord by discovering His magnificent and majestic names in our Tuesday halaqah this year. They are not simply words to chant from your mouth but attributes through which you will find great comfort and inspiration and gratitude in being His servant and worshipper.

Each week different names will be covered with a look at the root meaning of each name and what the name tells us about our Lord as many of them cannot be translated into English without compromising the meaning. There will be a focus on how understanding these names can empower us and address our concerns and give us strength during difficult times and problems. You will also learn how to incorporate them in your duas. This class is a must if you wish to build your connection with Allah (SWT).

## **RIYADH US SALIHEEN (GARDENS OF THE RIGHTEOUS)**

### **Thursdays 9.30-1030am**

Gardens of the Righteous! The title of this class should be enough to make you want to come along!

What a better way to start your Thursday than to sit in this Hadith class and listen to timeless pearls of advice from the noble life of our beloved prophet (pbuh). Written by one of the greatest giants of the hadith scholars, Imam An Nawawi exhausted his efforts in compiling about 1900 narrations which would allow the lucky reader and seeker of knowledge to walk into a beautiful garden of ahadith through which they can envisage the noble prophetic character.

This is a book which every Muslim household should not be without. It teaches us how to live our daily life, worship our creator, Islamic morals and manners and much more. It is a book for scholars just as equally as it for the ordinary Muslim, for young and old and for the whole family and this class will help you unlock its treasures within.

## **LIFE OF THE MESSENGER (ﷺ)**

### **Wednesdays 9.30-10.30am**

### **Wednesdays 5-6pm**

### **Thursdays 2-3pm (Urdu)**

The great Andalusian scholar Ibn Hazm (r) said;

***“If the prophet (pbuh) only had the miracle of his own biography to prove his truthfulness, it would suffice for him.”***

Anybody who has studied the noble and miraculous life of the beloved messenger (pbuh) will concur with this deep statement. The seerah (biographical account) of the life of our prophet (pbuh) is unlike any other life story (fictional or real) you will ever encounter. You will smile, you will laugh, and you will cry. Cry tears of grief, tears of heartbreak, tears of joy and tears of yearning to one day glance upon his noble face and sit in his blessed company (pbuh).

The great poet and companion Hassan bin Thabit (r) said;

***“I could not praise Muhammad with my words, rather my words were made praiseworthy by Muhammad (pbuh).”***

This class is not graced by our presence rather we are graced by this class. The barakah and blessings from this class will illuminate your life - the very least of which will come from simply sitting in a gathering in which you are constantly hearing his blessed name (pbuh) and the sending salat and salaam upon his noble being.

## **DHUHA MORNINGS**

### **Tuesdays 10-11.30am**

Our Dhuha mornings are like a ray of sunshine for our grannies and elderly mothers who attend. It is a chance for them to get together with each other and spend some quality time with each other over a hot drink and light refreshments.

There is always something positive for them to take away and our focus is very much on gratitude in our cosy family-like environment at Quwwat. There are often activities organised for our grannies including pamper sessions fun & games and outdoor excursions.

Our Dhuha mornings aim to cater for any female elders over 60 but we expect attendees to be at least over 55. We are open to ladies of all faiths and beliefs.

## **MAKTOOM MUMMY MORNINGS**

### **Thursdays 10am-12pm (monthly)**

The Maktoom Mornings are for mothers (and female primary carers) of children or loved ones with special needs – these might be medical or mental or due to developmental delay or a combination of reasons. We are a platform for them to come together and share their stories and journeys as well as support each other with their knowledge and experiences.

This group compliments the Maktoom Madrasah that is run within Quwwat, our Maktoom playgroup and is a service we are passionate about developing further. The Maktoom playgroup caters especially for children with special needs, and we have many volunteers who support the Maktoom children and also organise fun games and activities for their siblings.

If you are a female carer or mother of somebody with health, medical or mental disabilities then join our group. We are open to females of all faiths and beliefs.

## **REVERT MORNINGS**

### **Sundays 10am-12pm (fortnightly)**

The newly started Revert mornings were in response to the many new Muslim sisters the halaqah group have been encountering. Again, we wish to give them a base and a platform from which they can share their stories, journeys and questions.

The sisters can support each other as well as find religious support and guidance from a dedicated team of sisters and the centre itself. All new Muslim sisters and any ladies genuinely interested in taking the leap of Faith are invited to come along.

## **YOUTH GIRLS ZONE**

### **Fridays 7.30-8.45pm (monthly)**

Our youth zone is an perfect place for girls in Years 10 to Years 13 (GCSE & 6<sup>th</sup> FORM) to come and relax in a warm and friendly but spiritual environment. Girls can enjoy a bite, play fun and games, get stuck into crafts and talk about their studies, career ambitions, teen issues and reflect on their own personal development. Our volunteers are experienced in working with working with teenage girls and providing wellbeing and spiritual support.

## FAQS

### ? **Who can attend and join these classes?**

All ladies are welcome to attend these classes. We also welcome ladies from other faiths and with other beliefs. However, please note that where stated some classes are only for specific age groups or categories.

### ? **Are there fees or do I need to pay for any of the classes / courses?**

No. All the classes and courses are free to attend. Contributions towards our projects and Quwwat charities are always welcome and greatly appreciated.

### ? **Who runs / delivers the classes / courses?**

The spiritual classes are delivered by various recognised teachers and female scholars of the local community who have a wide range of experience in running the classes and in teaching. Our other sessions are run by dedicated volunteers who have been internally trained and are all DBS checked.

### ? **Do the classes run all year long and even during holiday periods?**

Most of our classes run during term-time only. Classes like our Dhuha Mornings, Revert and Maktoom session do sometimes run in the holidays if attendees would like to come in and we can meet the provision.

### ? **Do I need to enrol / register for the courses?**

No. There are many institutions in Preston where structured courses are run for females. At Quwwat, we have learnt that there is a need for flexible courses which local sisters can attend easily without the commitment that enrolled courses have.

### ? **Do I need to buy Kitabs and take notes?**

No. Teachers may however recommend Kitabs and resources in every class which we encourage you to buy to support your journey of seeking knowledge. Many of these kitabs are indeed blessed kitabs to have in the home. We understand notetaking is not for everyone so feel free to just come and listen. The most important thing is that you benefit from our classes personally and spiritually.

### ? **Why are you not running a full morning Sanatayn course?**

Again, from experience we have understood that there is a greater need for flexible drop-in courses. Running a sanatayn course on one morning only significantly limits how many sisters can benefit from the courses. We also found that a full morning of back-to-back classes was mentally very demanding and believe just one hour each morning / afternoon or evening helps to pace the learning, is more manageable and also allows sisters plenty of time every day to attend to other commitments.

### ? **Why is there no new Arabic intake? When will there be an Arabic course?**

Our Arabic course has been very popular and inshaAllah we hope to run more classes in the future. Registration and new courses will always be advertised on our broadcast number and social platform.

? **Why have you not got more classes in the evening?**

Alhumdu lillah, Quwwat provides learning courses starting from children as young as 3 and also runs youth and adult classes as well as catering for individuals with special needs and we are growing each year. At present we are at almost full capacity. InshaAllah when we can do so we will definitely provide more evening classes for females.

? **Are all the classes onsite only or can I join online?**

All our classes are attended in person onsite – the barakah of coming to our beautiful homely and friendly centre and joining such a gathering is a huge blessing. Should there be a lockdown then provisions will be made for an online class where possible.

Where a class can be joined online the teacher will make this clear. Should you have a genuine reason for joining online you may come in and personally speak with the teacher to see if provisions can be made. Please note this is at the discretion of the teacher.