

Wisdom is to say what ought to be said, at the time it ought to be said, in the manner it ought to be said.

The AsSiddique Weekly

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Attention

This bulletin contains
Qur'anic verses.

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Verse of The Week

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
﴿أَلَمْ تَرَ أَنَّ اللَّهَ يَزْجِي سَحَابًا ثُمَّ يُؤَلِّفُ بَيْنَهُ ثُمَّ يَجْعَلُهُ رُكَّامًا فَتَرَى
الْوَدْقَ يَخْرُجُ مِنْ خِلَالِهِ وَيَنْزِلُ مِنَ السَّمَاءِ مِنْ جِبَالٍ فِيهَا مِنْ
بَرَدٍ فَيُصِيبُ بِهِ مَنْ يَشَاءُ وَيَصْرِفُهُ عَنْ مَنْ يَشَاءُ يَكَادُ سَنَا بَرْقُهُ
يَذْهَبُ بِالْأَبْصَارِ﴾ [سورة النور - الآية 43]

“Do you not see that Allah gently drives the clouds, then joins them together, piling them up into masses, from which you see raindrops come forth? And He sends down from the sky mountains [of clouds] loaded with hail, pouring it on whoever He wills and averting it from whoever He wills. The flash of the clouds’ lightning almost (nearly) takes away eyesight. ﴿43﴾” [Qur’an 24:43].



Hadith of The Week

عَنْ أَبِي عَبْدِ الرَّحْمَنِ عَبْدِ اللَّهِ بْنِ عُمَرَ بْنِ الْخَطَّابِ رَضِيَ اللَّهُ عَنْهُمَا قَالَ:
سَمِعْتُ رَسُولَ اللَّهِ ﷺ يَقُولُ: (بُنِيَ الْإِسْلَامُ عَلَى خَمْسٍ: شَهَادَةِ
أَنَّ لَا إِلَهَ إِلَّا اللَّهُ وَأَنَّ مُحَمَّدًا رَسُولُ اللَّهِ، وَإِقَامِ الصَّلَاةِ، وَإِيتَاءِ
الزَّكَاةِ، وَحَجِّ الْبَيْتِ، وَصَوْمِ رَمَضَانَ). [رواه البخاري ومسلم].

On the authority of Abdullah, the son of Umar ibn al-Khattab رَضِيَ اللَّهُ عَنْهُمَا that he said: I heard the Messenger of Allah ﷺ say, “Islam has been built on five [pillars]: testifying that there is no deity worthy of worship except Allah and that Muhammad is the Messenger of Allah, establishing the salah (prayer), paying the zakat (obligatory charity), making the hajj (pilgrimage) to the House, and fasting in Ramadhan.” [Bukhari & Muslim]



Editorial

The ICS Must Participate

Dr. Hatim Hegab

THE recent government shutdown of assistance programs, including the Supplemental Nutrition Assistance Program (SNAP), has placed increased pressure on local food banks, schools, and community organizations as they struggle to meet the growing need. With SNAP funding lost beginning November 1, facilities like Our Daily Bread Food and Resource Center have seen a significant rise in guests, including many individuals and families new to food assistance. In anticipation of greater demand, people are proactively seeking help, highlighting the urgent gap the shutdown creates for vulnerable populations.

In such challenging times, the role of community institutions becomes critical. The Islamic Center’s participation in donating money, food items, or engaging in supportive activities strengthens the collective effort to address hunger and poverty in the city. By working alongside nonprofits such as Our Daily Bread Food and Resource Center, Project HEART, and Stillwater Mobile Meals, the Islamic Center can help fill the void left by reduced government support. This partnership not only provides immediate relief to those in need but also reinforces the message of unity and compassion within the wider community.

Moreover, the Islamic Center’s involvement aligns with Islamic values of charity (zakah and sadaqah) and social responsibility. Supporting food assistance programs during this period of hardship is a tangible way to embody the faith’s teachings on caring for the poor and needy. The participation of the Islamic Center sends a powerful signal that caring for vulnerable neighbors

transcends religious boundaries and showcases a spirit of solidarity that all residents can rally behind for the health and harmony of the city.



Reflection



Every Innovation is a Bid'ah

Dr. Hatim Hegab

QUR'AN says in Surah An'nour: "Do you not see that Allah drives clouds gently, then joins them together, piling them into a mass, and you see the rain emerging from within it? And He sends down mountains of hail within the clouds and strikes with it whom He wills and averts it from whom He wills. The vivid flash of its lightning almost blinds the sight." (Qur'an 24:43).

This remarkable description aligns with modern knowledge where clouds are classified into different types based on altitude and formation. Among these, *nimbostratus* and *cumulonimbus* clouds are the two main types that carry rain. Nimbostratus clouds bring steady, widespread rainfall, while cumulonimbus clouds are towering and associated with thunderstorms and heavy showers. The verse's mention of "mountains of hail" corresponds with the dense, layered formations of these storm clouds that produce hail.

Another profound aspect is the statement about lightning's flash almost taking away the eyesight momentarily. Scientifically, the intense glare of lightning can indeed overwhelm human vision for a brief time, preventing permanent damage but causing a temporary blindness that serves as protection—an insight revealed long before modern science. This verse not only demonstrates knowledge of natural phenomena but also subtly highlights the precise balance and control in creation, urging us to recognize the presence and power of the divine. For those who reflect deeply, such signs in nature provide compelling evidence of wisdom beyond human invention.

All Praise is to Allah*, the Almighty, Exalted be He, who have revealed the Qur'an, a guidance to all humanity.

*Allah is the name of God in Arabic and Aramaic, it is pronounced with an emphatic L.



Weekly Article



Seasonal Affective Disorder

Dr. Hatim Hegab

EACH November, we "fall back" by setting our clocks one hour earlier as Daylight Saving Time ends. While gaining an extra hour of sleep may seem like a treat, the shift can still disrupt your body's internal clock, especially if you're already sleep-deprived. Our circadian rhythm, which regulates our sleep and wake cycles, relies heavily on light exposure. Changes in the timing of morning and evening light caused by the clocks shifting can affect sleep quality, mood, and alertness.

Even though we gain an hour, the earlier sunset can lead to increased feelings of fatigue and sluggishness, difficulty falling asleep at your usual time, and changes in appetite and mood, particularly for those vulnerable to seasonal affective disorder (SAD). To adjust smoothly, it helps to get morning sunlight by taking a walk or opening blinds early, stick to a consistent sleep schedule even on weekends, limit evening screen time and use dim lighting before bed, and stay physically active to improve sleep quality and combat sluggishness.

Seasonal Affective Disorder, a form of depression starting in fall or winter, affects about 5% of people and is four times more common in women. Symptoms include fatigue, body aches, irritability, and changes in appetite. Managing SAD involves light therapy using a light box each morning, maintaining social connections, eating a balanced diet rich in fruits, vegetables, and omega-3s, and seeking professional help when symptoms affect quality of life. Remember, sleep and emotional health are closely linked, so if you struggle with sleep or seasonal mood changes, consulting a sleep or mental health specialist can provide support.

If you need assistance, or would like to talk to someone, please contact us and we shall discuss the best option for you.

From The Lives of The Companions

Bilal ibn Rabah ﷺ PART (1)



Dr. Hatim Hegab

WHENEVER Umar Ibn Al Khattab ﷺ mentioned Abu Bakr ﷺ, he would say, “Abu Bakr is our master and the emancipator of our master.” By “our master,” he was referring to Bilal.

Indeed, a man whom Umar ﷺ would honor with the title “Our Master” must have been truly great and fortunate. Bilal ﷺ, described by narrators as dark-skinned, slender, tall, with thick hair and a sparse beard, was known not for pride but humility. When praised, he would bow his head, lower his eyelids, and with tears flowing down his cheeks say, “Indeed, I am an Abyssinian. Yesterday, I was only a slave!”

So who was this Abyssinian who had been a slave? He was Bilal ibn Rabah, the caller to prayer (Mu’ezzin) who announced the times for Muslim prayers and challenged the idols of his time. Bilal’s faith and truthfulness made him one of Islam’s great miracles. From the earliest Muslims until today, millions know Bilal’s name and his role just as well as the first two caliphs, Abu Bakr ﷺ and Umar ﷺ. In Muslim communities across the world—from Egypt to Malaysia, to the Americas and Europe, and deep into Africa and the mountains of Asia—children learn that Bilal was the Mu’ezzin of the Prophet ﷺ and a slave who was tortured by his master to abandon Islam

but remained steadfast, repeating “One, One,” affirming the oneness of God.

Before Islam, Bilal was simply a slave tending camels in exchange for a handful of dates. Without Islam, he likely would have lived and died forgotten. Yet, his sincere faith elevated him to a place of honor among the most revered figures in Islamic history. Despite his dark complexion, humble lineage, and status as a former slave, Bilal’s ﷺ truthfulness, certainty, and self-sacrifice won him timeless respect, underscoring Islam’s message that true greatness comes from faith and character, not birth or social status.

People once thought a slave like Bilal ﷺ, without family or power and owned by others, could never rise above his circumstances. But he exceeded all expectations and became the first Mu’ezzin chosen by the Prophet ﷺ. This role was coveted even by the noblest Quraysh leaders who embraced Islam. The name Bilal ibn Rabah ﷺ now stands as a symbol of courage, devotion, and transformation—an inspiring testament to how faith can uplift the humblest to the highest ranks.

Bilal ﷺ was born of an Abyssinian slave woman from the tribe of Jumah in Makkah. His mother is believed to be a princess from Abyssinia who was enslaved and brought to Makka. He lived a life of servitude, with bleak days and no control over his future. Yet through his unwavering belief, he became one of the most beloved and immortalized companions in Islamic history.

Science News



Scientists Found a Gene That Makes You Immune To Heart Attacks

Dr. Hatim Hegab

HEART disease remains one of the leading causes of death worldwide, but exciting progress in genetics reveals that cer-

tain genes can significantly lower a person’s risk of heart attacks. Unlike a simple on-and-off switch, no single gene provides immunity from cardiovascular disease. Instead, scientists have identified multiple genes that influence how our bodies regulate cholesterol, fatty deposits, and heart muscle repair. Among these, mutations in the ANGPTL3 gene stand out for their power-

ful effects—individuals with these mutations have remarkably low cholesterol levels and show little evidence of artery plaque, which greatly reduces their risk of heart attacks.



Beyond ANGPTL3, variations in other genes also contribute to heart health. For example, specific variants of the BAG3 gene are linked to a lower risk of heart failure, while changes in the SVEP1 gene reduce the levels of proteins associated with plaque buildup. The MeXis gene plays a crucial role in helping the body remove excess cholesterol from clogged arteries, further

protecting against heart disease. Scientists are also studying the WWP2 gene, which may be involved in preventing excessive scarring after a heart attack—a discovery that could lead to innovative treatments to improve recovery.

The identification of these protective genes is not only helping us understand the biological mechanisms behind heart disease but also opening new avenues for treatment. Researchers are using this knowledge to develop targeted drugs that mimic the protective effects of these mutations. For instance, therapies aimed at inhibiting ANGPTL3 are already under clinical investigation, showing promise in lowering cholesterol and triglyceride levels. Similarly, blocking WWP2 could reduce harmful scar tissue formation following heart damage, helping patients heal more effectively.

As genetic research advances, it offers hope for more personalized and effective cardiovascular care. By understanding the complex interplay of genes like ANGPTL3, BAG3, SVEP1, MeXis, and WWP2, medical science moves closer to preventing and managing heart disease with precision therapies tailored to individuals' unique genetic profiles. This progress not only paves the way for better health outcomes but also highlights the crucial role genetics plays in shaping our risk and resilience against heart disease.



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MSA

MASHUP: University Students across Oklahoma are invited to join the MSA Mashup on Saturday, November 8, 2025, at 1704 Asp Ave, Norman, OK. This collaborative event brings together the Muslim Student Associations from Oklahoma State University, University of Oklahoma, University of Central Oklahoma, and University of Tulsa. With activities ranging from sports tournaments to Qur'an recitation and nasheed performances, the event promises a fulfilling day of faith and fellowship. Tickets for this statewide gathering are priced at \$5, supporting event logistics while ensuring accessibility for all participants.