



Muslim Community Center News

A Publication of the Muslim Community Center for Human Services

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You Can Help

Please help MCC by volunteering and donations. Make your check payable to MCC and mail it to:
**MCCHS, 7600 Glenview Dr,
Richland Hills, TX 76118.**

Your support will be appreciated.

Dr. SAM ROACH

Our volunteer dentist **Dr. Roach** who donated the dental equipment and has been volunteering at the clinic for the last 3 years has been sick and unable to come to the clinic since August 2014. Please pray for his rapid recovery. Our best wishes are with him and his family.

MISSION & VISION STATEMENT

MCCHS is dedicated to empowering underserved communities residing in the Dallas/Ft. Worth Metroplex, to face complex challenges created by duality of culture and lack of appropriate medical and social services. Our long-term vision is to develop a community of people who are thriving and striving to maintain a harmonious family structure by offering counseling and education to prevent marriage discord, domestic violence and child abuse. MCC plans to offer counseling services and shelter for the victims of domestic violence from Middle Eastern and South East Asian region for whom services are currently not available due to cultural and language barriers.

EID MUBARAK

On behalf of Board of Directors of MCC, I would like to thank our volunteers, donors and supporters for their continued commitment to MCC. This enabled us to provide the needed services to the residents of DFW area.

May Allah bless you and your families .

M. Basheer Ahmed, M.D. Executive Director



MCC's SERVICES TO THE COMMUNITY

With God's blessing and your continued support, MCC offers the needed services to the residents of DFW area through Al-Shifa clinic and social service programs. Over 3000 calls were received by MCC during the past nine months for assistance for medical and social issues. Al-Shifa clinic provided services to 800 people this year. Al-Shifa clinic is one of the few charitable clinics which offers mental health services and during the past nine months over 100 patients were seen by the volunteer psychiatrists. In addition to providing mammograms for more than 35 patients, MCC provided educational programs on breast cancer. Over 100 victims of domestic violence have been registered with MCC and the staff has presented five lectures on the subject of domestic violence at multiple locations. MCC's Arabic speaking case worker has been providing counseling to distressed families and attending to the Arabic speaking people who are hospitalized in Tarrant County; providing the translating and support services to individuals and families.

Unfortunately our dentist Dr. Sam Roach is sick and therefore the clinic was not functioning in August. We are sure he will soon return to work in the meanwhile we are seeking a volunteer dentist for the Al-Shifa clinic. Please help us in locating a dentist who is willing to provide the needed services in this area. We will take any dentist who would like to volunteer for four - five hours on a regular basis - could be once in a month, week, or a quarter. The clinic provides limited services to clients who need help and have nowhere else to go.

Azhar Azeez elected as the President of ISNA

Mr. Azhar Azeez, one of the Founders of Islamic Association of Carrollton, member of MCC advisory board and a community leader became the President of one of the largest Muslim Organization ISNA. He is the one of the youngest President elected to this position. Mr. Ghulam Bakkali organized the event and Dr. Ahmed and Mr. Suleman presented a plaque for his achievement on behalf of the DFW Muslim community.



MEDITATION

Human mind wanders all the time and it is not uncommon to have multiple thoughts even when you are sitting quiet, attempting to sleep or doing any chores. You may be preoccupied with multiple stresses about work, relationship, environmental situation and family issues. You may worry about the past or the future and in certain situations this may lead to deprivation of sleep, overeating or high anxiety.

Recent MRI studies showed that the stress hyper activates amygdala, a part of the brain in mid section which influences emotions. People who learn to relax by meditating showed less hyper activity in amygdala by MRI studies.

I will write another article to describe the negative effects of stress on physical and emotional health. In this brief article I will just discuss the role of meditation in alleviating or reducing the stress which may lead to a healthy life. Although it may take a short period to meditate, many individuals do not take even five to ten minutes a day to pay attention to this important aspect of our life. We use many excuses like "too busy to meditate", "thoughts cannot be controlled", "some anxiety is necessary to get work done" etc. There is no doubt that we need to have some anxiety or pressure to get our work done and to solve conflicts. However continuously preoccupied with stressful thoughts is more harmful than beneficial. Many research –based publications in reputable journals confirm that meditation even for few minutes is more beneficial than not meditating.

What is meditation and how we do it?

Meditation simply means controlling recurring thoughts, real or imagined which may lead to stress. For example continuously thinking the list of the things you have to do tomorrow will not help in accomplishing the task but will create anxiety about pending activities. You may be worried about the communication you had with your supervisor or colleague which you should have avoided. The preoccupation with the repeated thoughts will not resolve anything except hyperactivity, the areas of the brain which results in emotional distress and may affect physical health.

The meditation is a technique where you control the recurring thoughts. You can close your eyes and concentrate on your breathing and pay attention to the feeling that your breath is coming in and going out; during this period avoid any other thought coming to your mind. By practicing five to six minutes a day you learn to control your thoughts and the brain can be protected from continuous bombardment of stimuli due to worrisome ideas. Only this short period can help you in relaxing and it also prepares you to cope with stressful stimuli even when you are not meditating as you have learned to exert some control over your thoughts. Most probably all religious rituals followed by Hindus, Buddhists, Jews, Christians and Muslims provide the opportunity to meditate. Unfortunately, very few people benefit from this opportunity.

I will discuss here two Islamic rituals which provide ample opportunity to meditate, control unwarranted thoughts, anxiety and stress which can lead to much healthier emotional life. For example, when you pray, it is expected that you concentrate only on prayers and think that you are standing in front of Allah but I am sure just like me all of us have experience that multiple thoughts come to your mind about examinations, daily chores, things to do list and the conflicts one has at work or at home. Is it possible to pray only two rakahs in one day without having any thoughts other than prayer? Isn't it very difficult? One way to achieve this tranquility is to concentrate on prayers. When you stand up for prayers after niyyah just think that you are in front of Kaaba and people are doing the tawaaf. No other idea should enter your mind except the image of Kaaba. This way you will control all other thoughts that enter your mind. Another example is the use of dhikr. If you are glorifying Allah in dhikr, just concentrate on that and block all ideas and you will be able to achieve the goal of meditation.

Even though these techniques appear to be simple but in reality spending even few minutes trying to focus is difficult. However in spite of multiple failures if you persist, you will achieve your goal. Skiing is a difficult sport but with practice you can do it. Meditation does not cost anything and techniques are very simple. It needs to be clarified that it will not totally control your anxiety or anger; of course these emotions are normal and everyone experiences such thoughts but what it will help in is that you will be able to develop better self-control. Once you have better grip over your emotions, it can bring a positive change in your outlook towards life in general.

MUSLIM FOSTER PARENTS

During August and September several "awareness and orientation sessions" on how to become foster parents were held at the Islamic Association of Collin County, Plano; Frisco Masjid; Epic Masjid, Plano and Valley Ranch Masjid in Irving. These sessions were primarily organized by Mr. Ejaz Syed who himself is a foster parent and a CPS worker. Benchmark family services participated in providing the information. Some 15 to 20 people participated in these sessions at different locations but unfortunately none have registered yet. MCC for Human Services has made similar efforts during last several years with similar results. I agree with Mr. Syed's conclusion that our community does not have the passion to get involved. "Younger generation is busy raising their kids and the older generation says they are done raising children". I commend Mr. Ejaz Syed and other organizers for their selfless effort and I hope they will continue in spite of some frustrating experiences. MCC is willing to support him. I appeal the residents of DFW area to come forward and become registered parents.

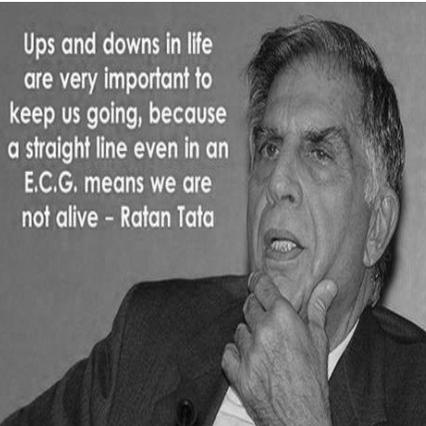
It is said that laughing for five minutes a day is essential for keeping good health. We will be sharing with you one joke or comic in each Newsletter to give you some relief from the most stressful events happening around the world.



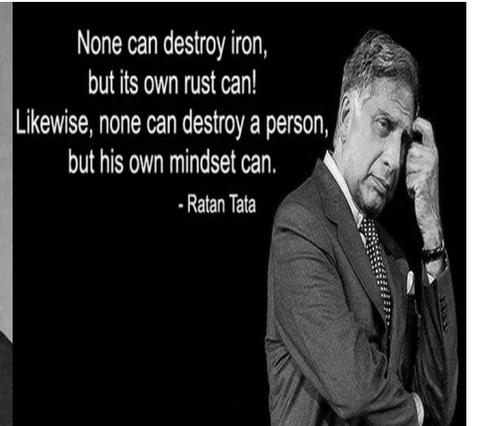
شکم کو کربلند اتنا کہ بر سحر و افطار سے پہلے
خدا تبار سے پوچھے کہ بتا تیری غذا کیا ہے

Ratan Tata is the head of the Tata Group, one of the best entrepreneurs in India. I am sharing some of his words of wisdom.

Both of these quotes will make you think about the self attitude and the coping mechanism to face ups and downs in our life.



Ups and downs in life are very important to keep us going, because a straight line even in an E.C.G. means we are not alive - Ratan Tata



None can destroy iron, but its own rust can! Likewise, none can destroy a person, but his own mindset can.

- Ratan Tata