

This Ramadhan is however very different from previous Ramadhan. We face very serious challenges. All communities around the world are battling the COVID-19 pandemic. Part of that battle requires us to make unprecedented sacrifices, for the good of everyone.

On our part, we cannot partake in congregational taraweeh prayers nor gather for iftar or even for Eid el Fitr (Hari Raya) with relatives and friends, whether at home or in mosques. But as we know, "with every hardship, there is ease".

We can make this Ramadhan even more special, not just for ourselves, but also for our family, friends, various communities, various nations, and the world. Allah's test of the COVID-19 has shown that despite segregation, social distancing, restricted movements, border controls,

Humanity is One and We are all Connected.

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We at the Arab Network @Singapore (AN@S) would like to wish everyone a most blessed Ramadhan! In the spirit of this holy month, let us all ride these trying times together with the belief that we can only succeed if we help and care for one another.

AN@S is privileged to have with us members of our community to contribute good tips and our community to contribute good tips and reminders for us to reflect and use, as we manage the COVID-19 situation. AN@S is also honoured to have the direct support and permission of Professor Abdal Hakim Murad, Cambridge University, Dean, Cambridge Muslim College, to reproduce his insightful article on "A Perspective on the Pandemic", in this AN@S Cares page - you may wish to scroll to the bottom of this page or visit: :https://m.youtube.com/watch?v=9AnTLiyWZ-Vk. Professor Abdal Hakim Murad has also Vk. Professor Abdal Hakim Murad has also kindly extended his "respects and best wishes to all our Singapore friends and brethren".

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Advice and tips that we have gathered from members of our community in their respective areas of expertise.

Useful resources that have been developed by other groups and organisations.

A list of products and services that we can support.





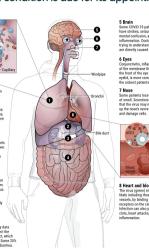
"The best medical advice for the general public with respect to the COVID -19 situation is mainly: To AVOID LEAVING YOUR HOME unnecessarily.

• To DISTANCE yourself from people outside your household.

To wear a MASK when you leave your house.

This is because you don't know if you or the healthy-looking person near you may already be infected. Asymptomatic infected people are most infectious 2–3 days before symptoms as this is when they shed the virus. **Do not be afraid to see a doctor if** you feel unwell, if you suddenly lose your sense of smell or taste (even without any fever/cough/sore throat) or if your medical condition is due for its appointment.





V. ALTOUNIAN/SCIENCE Covid 19 affects the lungs mainly but this diagram illustrates the other parts of our body that it can have an effect on.

Dr Zainah Alsagoff

Opthalmologist Christchurch Hospital, New Zealand Singapore National Eye Centre



"When using a mask, ensure that a tight seal on the face, on the top, sides, and bottom can be achieved. If wearing a hijab, my preference would be to use the mask on the inside for a proper seal.

No matter what happens, do not touch your face if you have not washed your the hands! And do not neglect importance of nutrition and looking after your mental health during these times."



Dr Lubna Ahmad Harharah Obstetrician and Gynaecologist Parkway East Hospital



As we are spending more time indoors and in front of digital screens, we should also be aware of the need to maintain our ocular health. Some useful tips for good eye care include:

- Ensure sufficient lighting particularly when reading and working on your laptops and avoid lights that are too bright or too dim.
- Adhere to recommended distance between you and your reading text (40 cm) or screen (60 to 80 cm) as best as you can. A computer/ laptop stand to help elevate your device will help you to maintain the proper distance.
- Take a break to rest and relax your eyesight by looking out the window to look at nature and greenery or during walks near your immediate surroundings.
- Avoid lying down when reading or when using your laptop. A good sitting posture is essential to keeping healthy eyes. If you need to use prescription glasses, be
- sure to wear them routinely so as not to further strain your eyesight.

• A good diet also plays a part in good ocular health and consuming sufficient Vitamin A from fruits and vegetables is recommended. Please note that optical shops, including us at I-Care Optical are still open by appointment during the Circuit Breaker, or you can also contact any optometrist for advice.

Fathya Alsogaff Optometrist, I-Care Optical

Helpful links: To find healthcare providers nearest to you: https://wwwflugowhere.govsg Advice-for-public up to date WHO health and hygiene advice: https://www.ho.int/emergencies/diseases/novel-coronavirus-2019 Resources MOH infographics: https://www.moh.govsg/covid-19 Articles on how to change our daily habits to reduce the risk of contracting COVID-19 : https://www.healthlike.com/





"Not being able to freely leave our homes for a prolonged and uncertain period of time and what this means for changes in our daily routines and social norms can lead to an exacerbation of worry, doubt and feelings of isolation.

While it is valid to have such feelings, we should also look for opportunities that lie within challenges. We are fortunate to live in a time and place where we can access the world at our fingertips and to be in touch with our loved ones, friends and colleagues regularly. These and the immense social media resources to help us stay productive and learn something new could help keep our minds stimulated."

Aishah Alattas Mental Health Counsellor



"Studies have shown that sense of smell is the only sense linked to our brain's limbic system that controls emotion, motivation and memory.

Deep breathing exercises using essential oils is one of many ways to keep us feeling more at ease, confident and relaxed. Start your day by:

 Gently rubbing your palms together with a few drops of essential oils Gently bring them within a few inches of your nose Inhale deeply and exhale through your mouth.

Repeat 5-10 times for effectiveness and to loosen up your body and get your mind energized. When lethargy sets in throughout the day in response to anxiety, keeping yourself motivated is key! Diffuse essential oils that can elevate your mood.

End your day with a relaxing scent by: Applying oils on your temples, wrists and back of neck. Setting up your diffuser to help create the comfortable environment your needs to get the rest it needs. For overall good health, key is to sleep and wake up at

Samira Alhadi Biodynamic Craniosacral Therapist Young Living Leader @oilymummusings

around the same time daily."

Helpful links:

Club HEAL newsletter on mental health and nutrition: http://online.anyflip.com/byli/zpcd/mobile/index.html More information on essential oils: https://www.youngliving.com/en_SG PPIS Family Institute: Individual, Couple and Family Therapy services are available via online therapy platform during the Pandemic. Err more info. Tel: 4/35.003 cr. Emoli: Https:/so. Casa Raudha Women's home https://ww w.casaraudha.ora | National CARE Hotline 1800-202-6868



"During this time of Home-Based Learning, it is important to ask yourself,

- What are your intentions in educating your children?
- What do you want them to achieve through their education?
- What do you think are the most
- important things they should learn? • What kind of learners do you
- want them to be?



Hanan Hussein Alsagoff, Mother of 3 home-schooled children



"Any great salesman will tell us that sales is not a result of great ideas or great products. It is a result of strong discipline, of full-scale planning, and of relentless activities. Lots of hard work.

Likewise, wisdom does not come with age. It comes

through how much and how well we have learned, and how meaningful our experiences are.

How different we will all become June 1st (or beyond) will depend on how much and how well we use our time, our energy, our resources, and our opportunities. As they say, use them or lose them."

Omar Alattas Academic and Organisational Development Alattas Group is committed to help develop the potential, capabilities, and performance of key individuals, so as to help them attain their academic targets, to achieve their professional goals, and to enhance their community contributions

www.alattasgroup.com/#iabout www.linkedin.com/company/alattas-group-pte-Itd

Helpful links:

WHO guide to parenting in the time of COVID: https://www.haint/emergen.nkey/ **450 free ivy-league online courses: 450 free ivy-league online**/ 1921327/450-free-ivy-league-university-courses-you-can-take-online/ lthy-parenti https://qz.com/lbz/bz/r400-000 Free local online courses: The local online courses: The local online courses/courses/courses-by-category/online-learning/ https://www.ntualeurning.novec.nt Free online Islamic classes: https://muslim.sa/articles/free-online-islamic-classes-during-this-covid-19-period



"With the current unpredictable times ahead of us, job security is no longer a given. It is now highly important that you hold tight to your job and outperform on the job, whilst looking for other income streams, just in case. For those who have been displaced, do not stop and feel sorry for yourself - start looking for a job quickly. Take advantage of free online courses that may give you new employment opportunities.



Nobody knows how long this crisis will last. We need to be prudent in our expenses, whilst searching for additional income streams. And finally, we must Tawakkal to Allah swt for Allah swt helps those who help themselves."

Mohamad Alkaff Recruitment Consultant, For resume writing tips, job search advice and jobs placement in IT, logistics http://www.erp21.com.sg alkaff@erp21.com.sg



"My Ramadhan reflection and gratitude - Life has been a struggle for me as single Mum with 3 boys and COVID-19 now brings unprecedented suffering to many people everywhere, but there is a SILVER LINING IN EVERYTHING and the MERCY Of ALLAH lifting us in our darkest and lowest moments. I moved to a new job in medical services and products, a few months ago, after my previous employer folded up. I am so grateful to be a part of a growing business to provide essential services to community now in distress and in need. Alhamdulillah" Malikah Aljunied

Unfortunately, the unexpected nature of the COVID-19 pandemic has forced many enterprises and entities, both public and private, to scale down on manpower, implement pay cuts or close down altogether. This has left many individuals with lesser or no income, the effects of which may be exacerbated further by a weakening economy and a lowered hiring rate. Here in Singapore, the government has announced several packages, subsidies and employment initiatives in order to ease our financial burden. However, it can be overwhelming to sift through all the information and find what is relevant to you. We hope that the following list can help get you started:

To find grants, funds and packages available to you: https://www.supportgowhere.gov.sg/ Framework for those who have suffered a loss of income due to COIVD-19: https://blog.seedly.sg/money-framework-loss-income

jobs-covid-19/ Mortgage deferment FAQ: https://www.mas.gov.sg/-/media/MAS/resource/covi

d-19/FAQs-on-Repayment-Deferment-Resi-Property-Loans-for-Individuals.pdf Jobs portal: https://www.fastjobs.sg/





We would like to take this opportunity to also introduce the below businesses and services in our community that you may wish to support. They may be closed during the Circuit Breaker period but they would be happy to have your support after the Circuit Breaker is lifted.

Food

Siti Zahra Al Sultan Catering (Home catering business recently started by a single mother taking care of a disabled child and sick brother) (Nasi Padang & Malay dishes & desserts & Arabic Biryani Marag) Minimum order and delivery charges apply.

Zans Treats

http://zanstreats.com/shop/

Helwa Eatz https://www.facebook.com/helwa.bizz

Whatsapp: 8142 6648 for complete menu

The Cookie Workshop www.thecookieworkshop.sg

La Riss Gourmet https://www.facebook.com/RoastedLambShoulder/

Instagram @nabila_kitchentreats

ePasar

https://www.epasar.sg/

Nabila Kitchen Treats

Other Products & Services i-Care Optical Instagram @icareoptical Tel:64421424

Lulu Alhadad

Instagram @lulualhadad & @labridal.sg https://www.lulualhadad.com **Zaytoun Boutique**

https://instagram.com/zaytoun.boutique **Espousal Fusion Entertainment**

Instagram @ef_entertainment https://www.espousalfusion.com



The Arab Network @ Singapore (AN@S) is a non-profit organization. It was established by a group of service-minded individuals from the Singapore Arab community in August 2010. AN@S was incorporated as a public-listed, non-profit company with Singapore's Accounting & Corporate Regulatory Authority (ACRA) in August 2010. AN@S is united under the slogan "We Are All Connected". We serve the community, We uplift its well being. We strengthen its bonds. We help preserve our unique heritage. We foster responsible citizenship.



Let's stay connected and join us in our journey as we embark on new projects for the Singapore community. We are always looking for new ideas and support. We would love to hear from you!

Website: https://arabnetworksingapore.org/ Facebook: https://www.facebook.com/arabnetworksg/ Email Address: thearabnetwork@gmail.com



Designed by Nahlah Alsree Graphics and Branding designer @hunny.jpg -- www.hunny-bee.com

A Perspective on the Pandemic

"The future is God's, not man's; all is His, and we travel into it as He decrees.Meanwhile we experience this quarantine from dunya. Consider the book of the German Muslim author Michaela Özelsel, Forty Days, which is the diary of a forty-day solitary retreat: she records how each day brings increasing self-knowl-edge, and gratitude and amazement at the nearness of Almighty God, and a sense of life and of creation as a pure and unmerited and astonishing gift. I like the way her spiritual guide recites prayers as she enters the apartment where she is to perform this chille, before closing the door with the traditional phrase: yumuşak geçsin, may it pass softly and easily.

For many people, the confinement is irksome and the purity of spiritual concentration seems like an unrealistic hope: children fight and need exercise, we miss our friends, and, this the greatest pain, in Ramadan we are likely to miss the timeless majesty of our Tarawih prayers.

Our hearts miss the mosques, and in this distance we learn how much we need the beautiful and healing forms of our practices ... The Chosen One tells us that one of ... the special characteristics of his Umma is that "the whole earth has been made a mosque for me". In almost every home there is someone who can lead the prayer, even in a basic way; the fasting can proceed in a fully Sharia-valid manner; our zakat al-fitr can still be paid: Islam is entirely doable in our seclusion. So, let us relearn the traditions of seclusion, 'uzla. And let us not waste time, but seize the opportunity. We can read books more than we ever did before:Ni'ma'l-anisu kitabu / in fataka'l-ashabu"How good a friend is a book, when friends are unavailable."

As we spend our days in peaceful detachment, and our hearts calm down, in an uncanny way we can establish a feeling of connection with the souls of scholars of past ages, by respectfully engaging with their works; we can in some mysterious sense become their disciples, we can enjoy their company. In the same way we must establish the prayer strongly in our homes, remembering the Prophetic commandment that our houses must not become like graves, but must be brought to life by salat. The adhan should be recited loudly and on time. We should log on to live Qur'anic recitation, rather than simply listen to recordings. We can take online Islamic classes and systematically learn things we should have known long ago, especially the basic obligations, fard a'yan. This can be a lifetime opportunity to increase in ilm, to catch up on what we should have done before, and to taste the unique blessings of increased 'amal.

In times of fitna, particularly amid the seditions and sorrows of the end-times, the Prophetic instruction is, firstly, to break your swords: "wa'dribu bi-suyufikum al-hijara", and to become a piece of furniture in your house: "kun hilsan min ahlasi baytik". The intention should be to avoid the distractions of the tumultuous outside world: in many countries, for instance, the temptations of the treacherous glance in the underdressed summer months, the risks of improper conversations, of backbiting and slander, or pointless shopping expeditions and extravagant restaurant meals; but our imams, including Imam al-Ghazali, emphasise that the intention must primarily be to keep others safe from our own evils, not to be safe from theirs. By self-isolating, we avoid infecting other people with our bad habits and our poor adab. We now inflict less harm upon the world.

So we ask Allah ... that this opportunity for retreat be for us a blessed time, of sabr and of shukr, of tawakkul and taslim, and that He decree a blessed outcome. We were all running too fast after dunya, and we need to stop, and draw breath for a while. May we enter Ramadan, therefore, in a calm and well-prepared state of prayer and attentiveness to our duties and to the presence of Almighty God.

May it be the best Ramadan of our lives, free of laziness and full of constructive family love, forgiveness, prayer and the gaining of knowledge. May this self-isolation end, as Ramadan always ends, not with a sense of release, but with a sense that a spiritual and special time has been experienced, and will be missed.

And we will pray, too, for strength for medical staff, for mercy upon our dead, and for greater taqwa in our hearts. And we will pray that the mighty will be humbled, that the dead hand of materialism will be lifted from a frantic and greedy and stressed Bani Adam, and that this be a time of tawba and reflection and return to Haqq not only for the Umma, but for all of humanity, which has suffered from its own sins for too long, and craves the merciful guiding restoration of its heart, by the grace of Heaven.

Professor Abdal Hakim Murad Dean of Cambridge Muslim College, Shaykh Zayed Lecturer, Department of Divinity, Cambridge University, UK Director of Studies, Wolfson College, Cambridge University, UK