

GOD IS GREATER

JULY 2, 2025



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DO THE RIGHT THING!!

Spike Lee popularized this quote in 1989; however, many of us of the Muslim faith will try and do the right thing year. Muharram, the name given to this first month of the lunar calendar, began June 26, 2025 at a sacred month of peace, reflection, and we will strive to DO THE



as we start this new Lunar calendar. We will strive to DO THE RIGHT THING” throughout the year.

PEACE AND BLESSINGS TO ALL THIS ISLAMIC NEW YEAR

EYES ON MENTAL HEALTH

Bayyinah Shaheed, Contributor

Men have a tendency to not see a doctor regularly; many illnesses go undiagnosed or untreated. NIMH states that about 19% of U.S. men face mental illness each year. This month we use as a positive example a **man** as reported on local news who suffers from anxiety and depression. Daily, this man would write down things for which he was grateful. This helped him to calm down, focus better and be more at peace. Of course, he still must take his medication, see his doctor and continue this practice. Contact me if I'm needed, (to be continued)

John Muhammad Thoughts

Br. John keeps us inspired; this is just one of his influences he shares:

“Of itself, suffering doesn’t make people better.

Sometimes it makes them bitter. But when suffering is mixed with faith and God’s grace, then it becomes a wonderful tool for building Godly character (2 Cor. 12: 1-10). If suffering alone gave people wisdom and character, then our world would be a far better place, because everybody suffers in one way or another.

When we accept our suffering as a gift from God and use it for His glory, then it can work in us and for us to accomplish the will of God.” Warren Wiersbe

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WE PRAY FOR...

- ◆ you
- ◆ GROWTH AND GUIDANCE
- ◆ OUR FAMILIES AND FRIENDS
- ◆ FORGIVENESS...

SUSTENANCE

(VIBE OF THE MONTH)

We look at **sustenance** as everything that the Almighty provides for us—health, knowledge, opportunities, and more. We trust that He knows when, where, how and how much of His sustenance will be distributed to us. He provides it all... “and the Almighty provides for whoever He wills without limit.” (2:212) Much appreciation and gratitude should always be given.