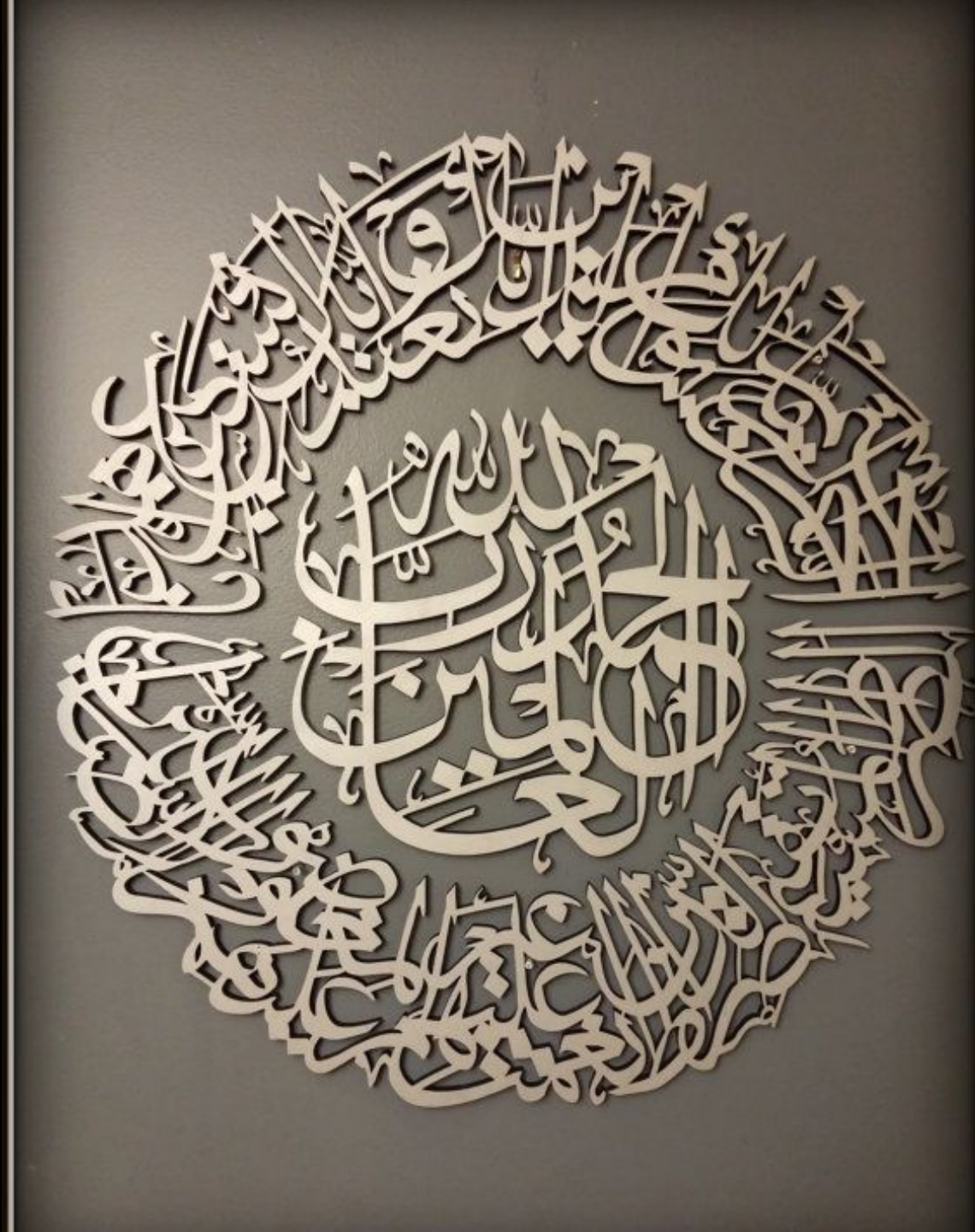
The Opening

Surah Al Faatiha



The best introduction



Ubayy, would you like for me to teach you a Surah the likes of which has neither been revealed in

- the Tawrah (original Old Testament)
- the Injil (original Gospel)
- the Zabur (original Psalms)
- or the Furqan (the Qur'an)?

[at-Tirmidhi 2875]



ٱلْحَمْدُ لِلَّهِ

Alhamdu

lillah

Amazing facts about the HUMAN BODY



Circulatory System

The arteries, veins, and capillaries is about 60,000 miles long.

Ear

Your ears apparently secrete more earwax when you are afraid than when you aren t.

Skeletal Muscles

There are more than 600 individual skeletal muscles in the human body.

Nail

The fastest growing nail is on the middle finger, and your dominant hand's middle fingernail will grow the fastest of all.

Nerves in Human Body

The nerves within the human body can span approximately 45 miles.

Tongue

The strongest muscle in the human body is the tongue.

Blinking Eye

Women blink twice as many times as men do. The average person, man or woman, blinks about 13 times a minute.

Taste Buds

There are about 9,000 taste buds on the surface of the tongue, in the throat, and on the roof of the mouth.
By the age of 60, most people will have lost about half their taste buds.

Human Skin

The skin of an average adult covers 12-20 square feet and accounts for 12% of body weight.

Skin

Humans shed about 600,000 particles of skin every hour.

You are **amazing**


Taking life for granted?


Thanks!
Be
grateful


The source
of all
talent


How do we
pay back?



True
even if we are
unaware of it



Unique &
Independent

رَبِّ ٱلۡعَٰلَمِينَ

Lord of

all the worlds



Nurturing **Provider**


Generous
Sustainer


Complete
Authority


Boundless
Gift giver



To what are you **devoted?**

NHS choices Your health, your choices

Health A-Z | Live Well | Care and support | H

Addiction: what is it?

If you have an addiction, you're not alone. According to the charity Action on Addiction, one in three of us are addicted to something.

Addiction is defined as not having control over doing, taking or using something to the point where it could be harmful to you.

Addiction is most commonly associated with gambling, drugs, alcohol and nicotine, but it's possible to be addicted to just about anything, including:

- **work** – workaholics are obsessed with their work to the extent that they suffer physical exhaustion. If your relationship, family and social life are suffering and you never take holidays, you may be a work addict.
- **internet** – as computer and mobile phone use has increased, so too have computer and internet addictions. People may spend hours each day and night surfing the internet or gaming while neglecting other aspects of their lives.
- **solvents** – volatile substance abuse is when you inhale substances such as glue, aerosols, petrol or lighter fuel to give you a feeling of intoxication. Solvent abuse can be fatal.
- **shopping** – shopping becomes an addiction when you buy things

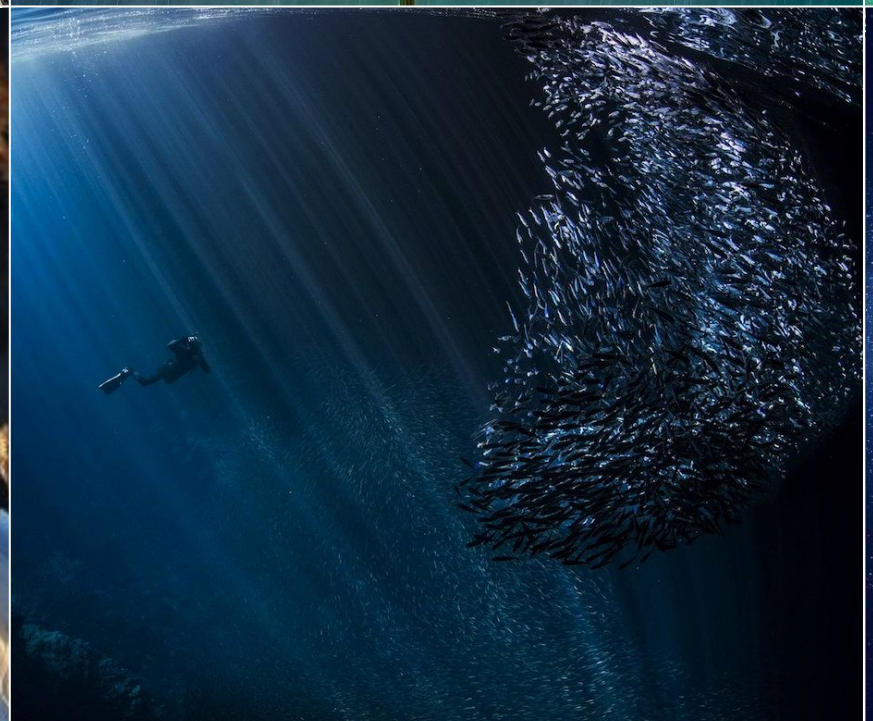


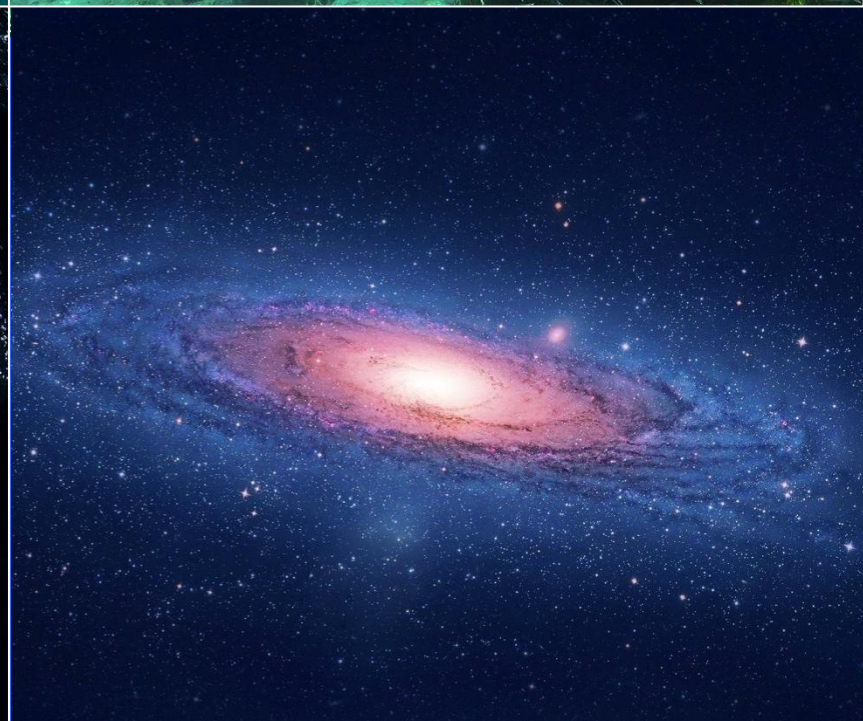




Of all the **worlds**







ٱلرَّحۡمَٰنِ ٱلرَّحِيمِ

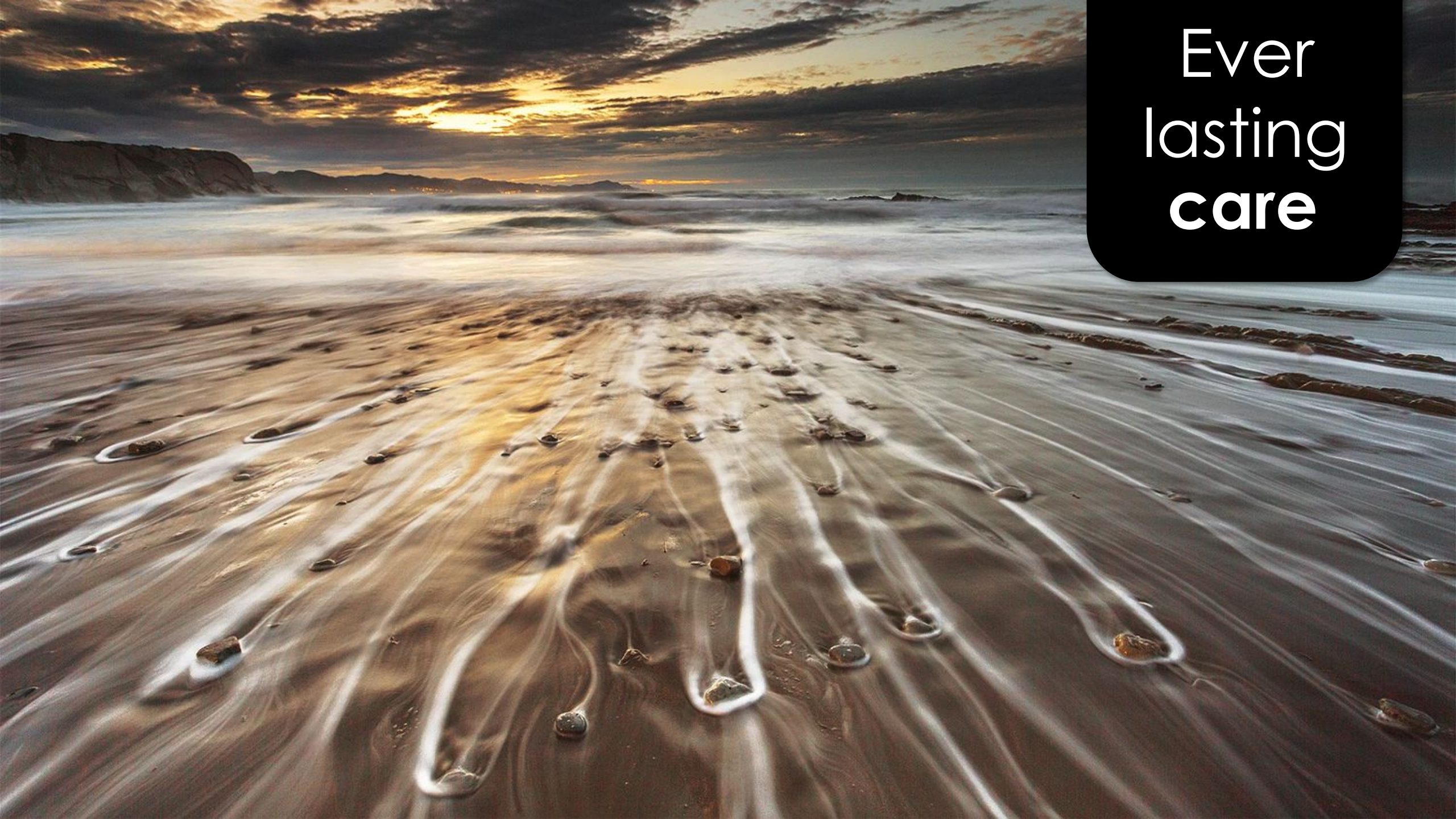
Ar-Rahmaan

Ar-Raheem




Caring
without
conditions


Immediate
compassionate
care


Ever
lasting
care


We're all in
need

مَـٰلِكِ يَوْمِ ٱلدِّينِ

Maaliki

Yawmid-deen


Ultimate
Mastery


Absolute
justice

إِيَّاكَ نَعْبُدُ

Iyyaaka

Na’budu


Sole
devotion


Devoted


Willing
submission

وَإِيَّاكَ نَسْتَعِينُ

Iyyaaka

Nasta'een


Desperate
need

ٱهْدِنَا ٱلصِّرَٰطَ ٱلْمُسْتَقِيمَ

Ihdinas assiraat

Al mustaqeem


HOUSTON
ZURICH 4961 MI
SEOUL
LADIES
MONTREAL
TOKYO 5043 MI
NANTWICH
EASIEST

Which **way?**



صِرَٰطَ ٱلَّذِينَ أَنۡعَمۡتَ عَلَيۡهِمۡ

Siraat alladheena

an’amta alayhim


Modelled by
example

غَيْرِ ٱلْمَغْضُوبِ عَلَيْهِمْ

ghayril maghdhoobi ‘alayhim

Overtaken by
desire



وَلَا ٱلضَّآلِّينَ

wa lad
dhaaaaleen

Overcome by

doubt



Belief requires **action**

Character

Morals and Manners
Self-control and commitment to good

Care & Compassion

Family and needy
Respect, humility and Mercy

Spend

Don't be materialistic
Give from what you love

Modesty

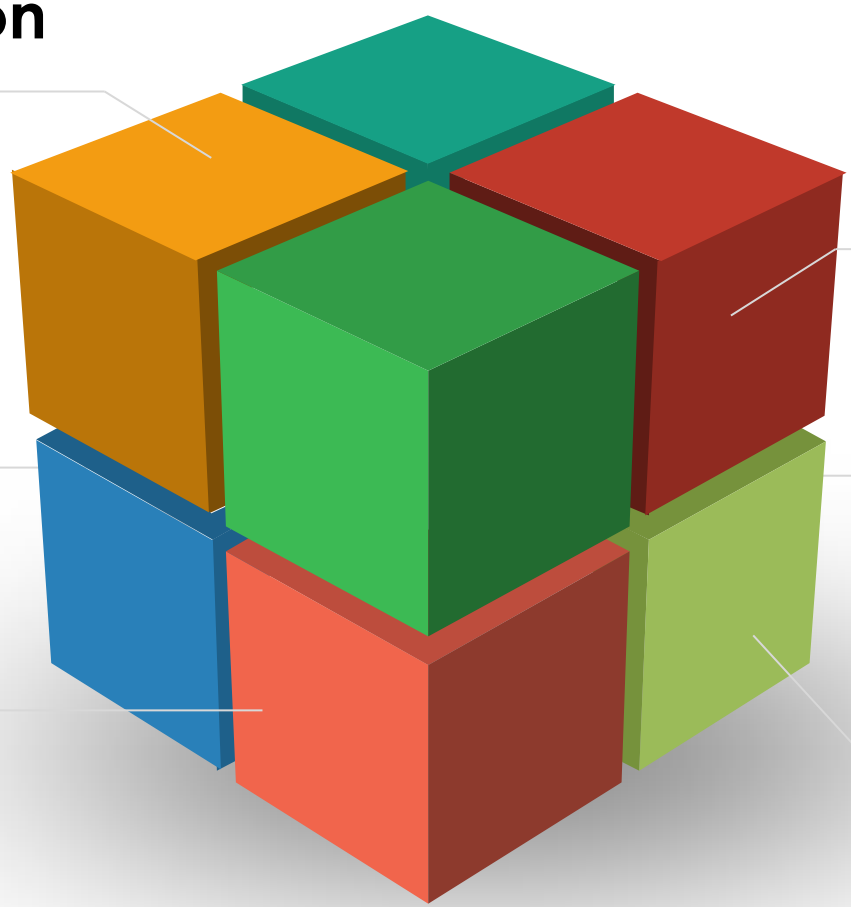
Respect & Honour

Striving

Justice & Truth
Pilgrimage

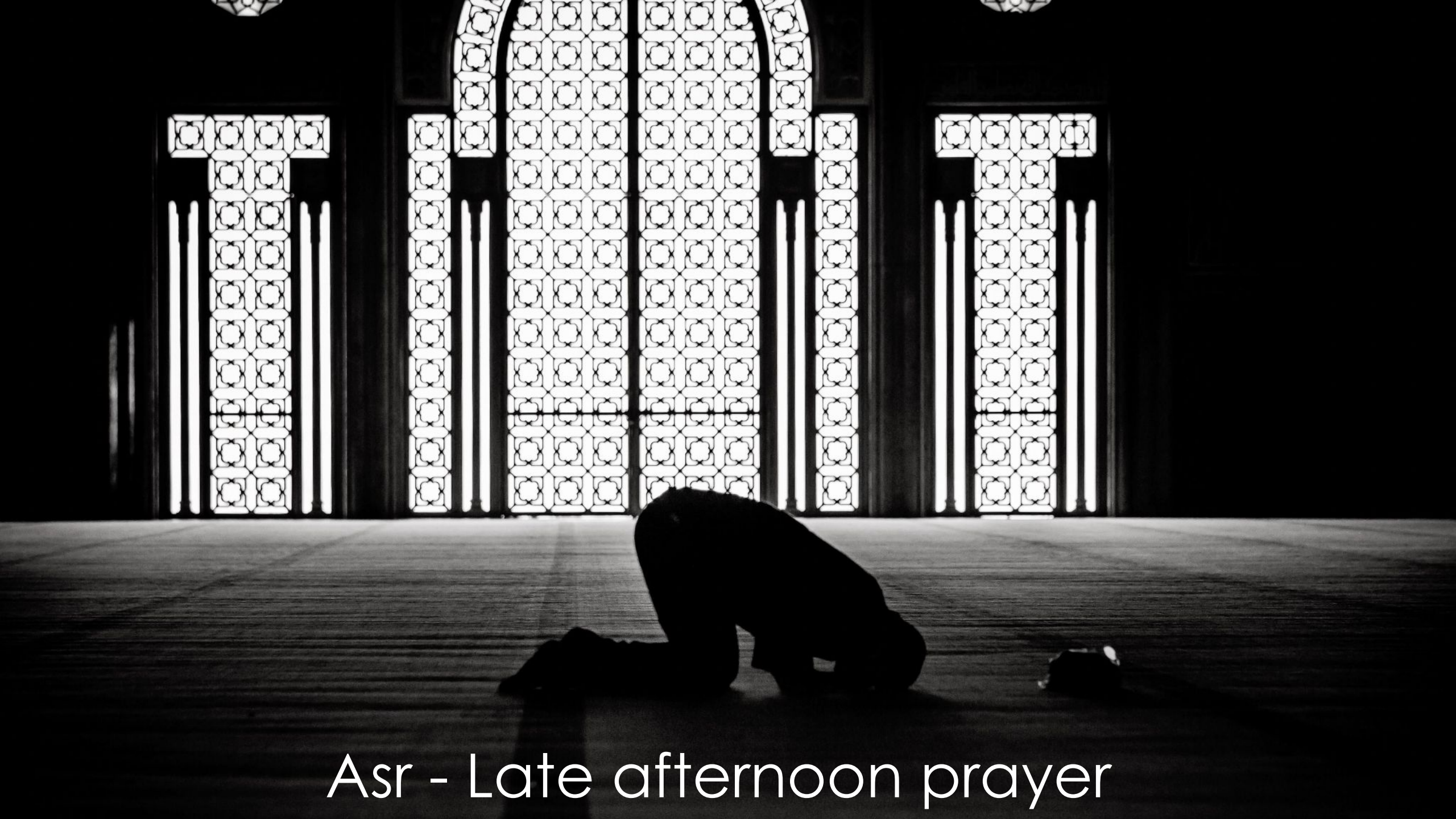
Sacrifice

Satisfaction with little
Fasting and focus



Mindfulness

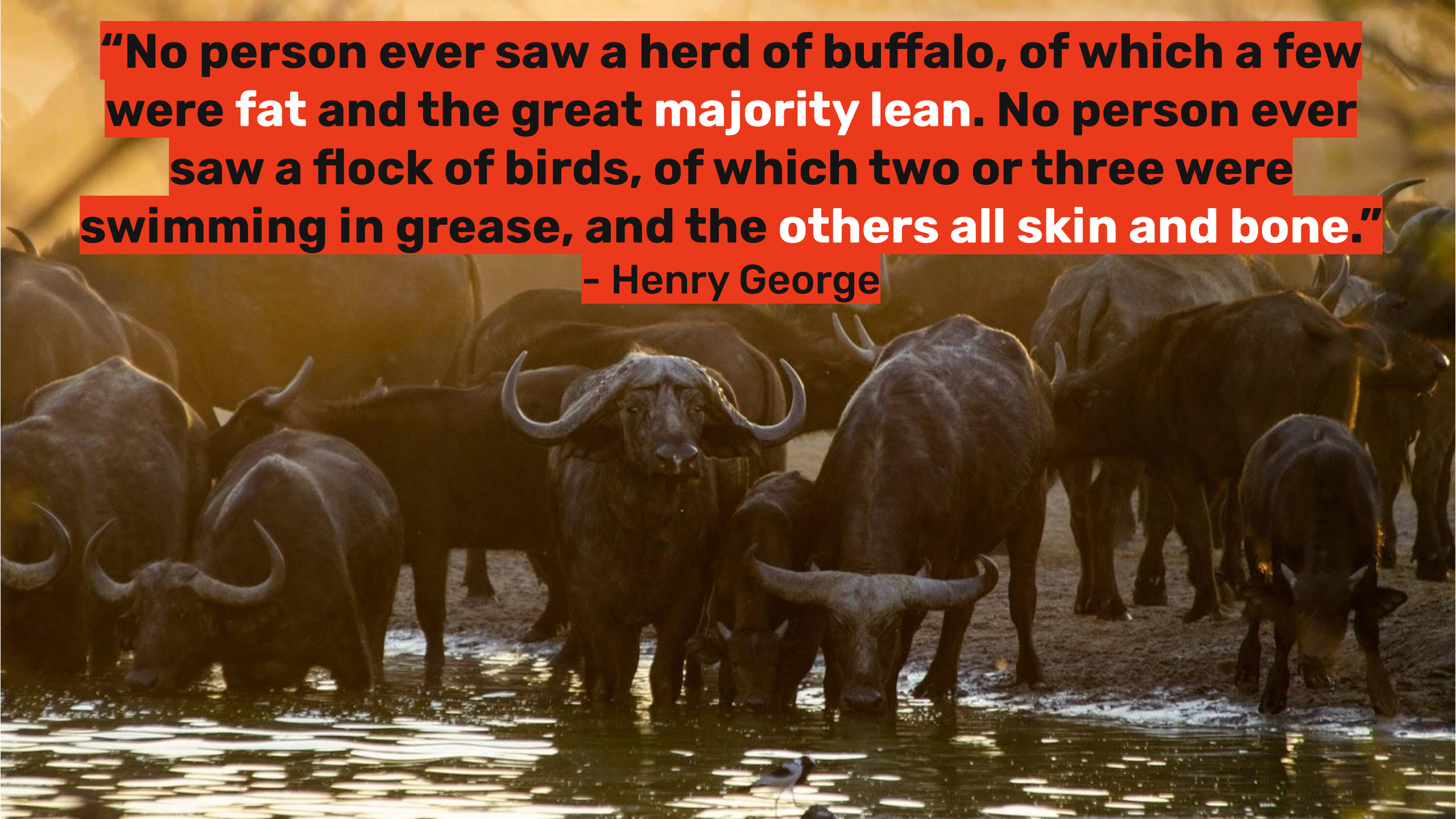
5 daily prayers
Timely routine to bring focus



Asr - Late afternoon prayer


Village spirit


CHA
CHA
Luton’s first pay-what-you-can café
Opening the window
of human spirit & dignity

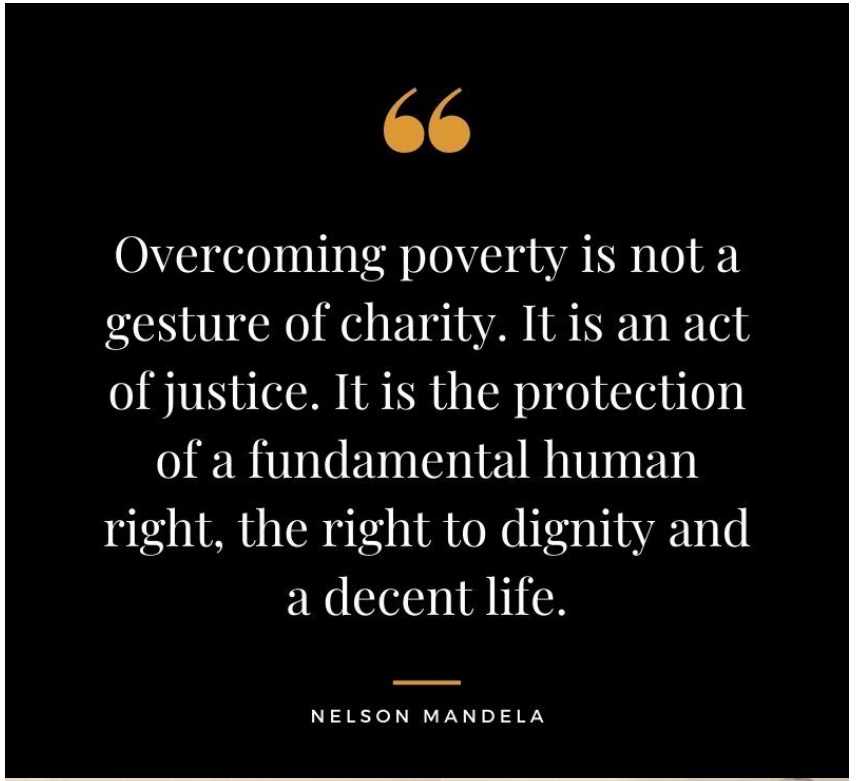

“No person ever saw a herd of buffalo, of which a few were fat and the great majority lean. No person ever saw a flock of birds, of which two or three were swimming in grease, and the others all skin and bone.”
- Henry George





Dignity and food

- Feeding programmes sometimes expose personal **vulnerability** and the associated **shame**
- **Bias** (conscious and unconscious) affects how we consider and **treat those in poverty**
- We can all be **proud of** a **Luton** location that treats everyone it serves with quality and dignity





Solution: Pay-it-forward mechanics



At reception you are given a brown envelope

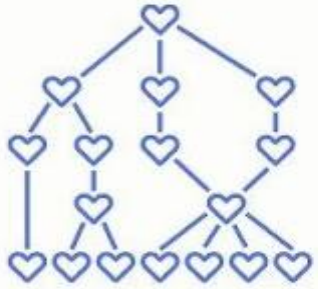


Order your meal and dine in



Pay what you can in the brown envelope and drop it off on exit

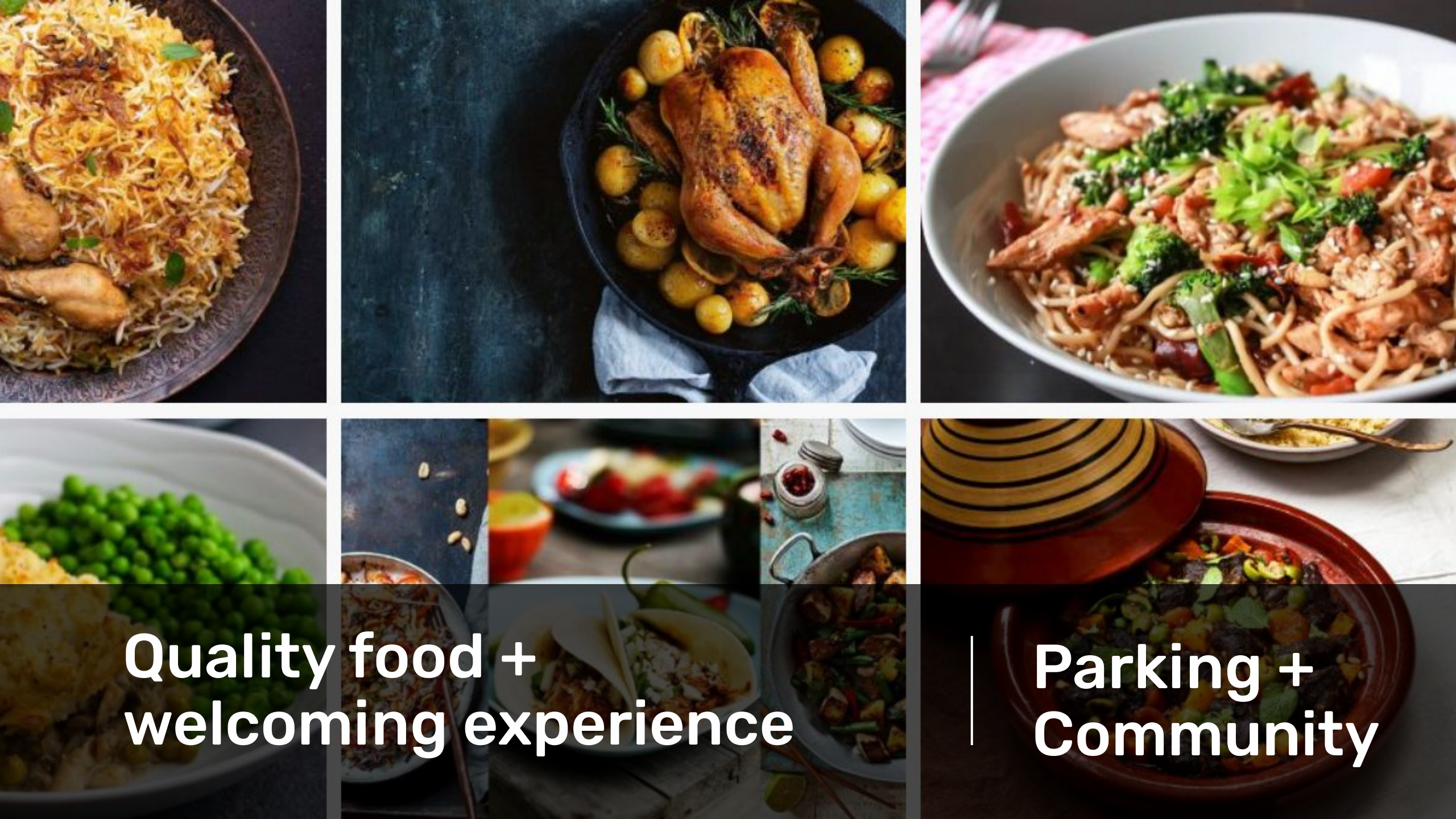
CHA
CHA



Everyone looks out for each other



Chachas is self-financing with the power of pay what you can


Quality food +
welcoming experience
Parking +
Community

CHA CHA

In this life, happiness lies in:

Something to do

Something to love

Something to hope for

www.thechacha.org

A project of THE Raise Up FOUNDATION

Charity reg. 1188653

Thank you



Questions & Answers