

# Loving & Learning

REMEMBRANCE OF OUR BELOVED ﷺ



RABI' 1444  
AL- AWWAL



# Welcome

Masjid Rabata is a spiritual program that offers a space for learning, gathering, and developing for Muslim women. Loving & Learning is Masjid Rabata's annual Rabi' al-Awwal program which aims to increase love for the Prophet ﷺ through presentations on his unique qualities and characteristics by leading Muslim female scholars. The Loving & Learning program will go in tandem with the Salawat Project where women all across the globe strive to gather 50 million Salawat.

# Loving & Learning

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Meet the speakers and take notes on the Prophet's ﷺ qualities

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### 29 Salawat

Variety of Salawat which will be recited in each Loving & Learning lecture during Rabi' al-Awwal

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# Loving & Learning Schedule

## WEEK 1

- Thursday, September 29, 2022**  
Masjid Rabata 7:00PM CST  
Anse Shehnaz Karim  
The Appearance of the Prophet ﷺ and His ﷺ Select Possessions
- Saturday, October 1, 2022**  
Masjid Rabata Qiyam 4:30AM CST  
Dr. Tamara Gray  
The Prophet's ﷺ Worship

## WEEK 2

- Thursday October 6, 2022**  
Masjid Rabata 7:00PM CST  
Dr. Saadia Mian  
The Prophet's ﷺ Eating, Cupping and Hijama
- Saturday, October 8, 2022**  
Masjid Rabata Qiyam 4:30AM CST  
Dr. Marah Dahman  
The Prophet's ﷺ Qualities and 'Itr

## WEEK 3

- Thursday, October 13, 2022**  
Masjid Rabata 7:00PM CST  
Anse Hafsa Abdul-Hakeem  
The Prophet's ﷺ Movement & Speech
- Saturday, October 15, 2022**  
Masjid Rabata Qiyam 4:30AM CST  
Dr. Farhana Yunus  
How the Prophet's ﷺ lived and His ﷺ age

## WEEK 4

- Thursday, October 20, 2022**  
Masjid Rabata 7:00PM CST  
Anse Fadiyah Mian  
The Prophet's ﷺ Names and Seeing Him ﷺ in a Dream
- Saturday, October 22, 2022**  
Masjid Rabata Qiyam 4:30AM CST  
Anse Rydanah Dahman  
The Prophet's ﷺ Death and His ﷺ Legacy



JABIR IBN SAMURAH REPORTED:

“I SAW THE MESSENGER OF ALLAH ﷺ ON A CLEAR NIGHT WHILE HE WAS WEARING A RED CLOAK. I TURNED MY SIGHT BETWEEN HIM AND THE MOON AND, TO ME, *he was more handsome & beautiful than the moon.*”

# Loving & Learning Shama'il

Al-Shama'il al-Muhammadiyya (The Sublime Qualities of the Prophet Muhammad ﷺ) is the most famous collection of narrations detailing the moral, physical and spiritual perfections of the Prophet Muhammad ﷺ. Commonly referred to as 'The Shama'il' and compiled by the prolific Imam al-Tirmidhī, this perennial masterpiece connects hearts to the Prophet's blessed being ﷺ.

The Shama'il generously invites us to experience the most detailed and exquisite qualities of the message-bearer—the Prophet Muhammad ﷺ. This knowledge fundamentally alters, informs, and orients our understanding of the Message he brought. Knowing the Shama'il is a critical pre-requisite to properly understanding Islam in general and the Prophet's ﷺ life (Sira) in particular; his beautiful appearance, lifestyle and character provide the ultimate context for developing a deep, holistic appreciation of the Message and the Messenger at the same time.

Without understanding the Shama'il, we're likely to read Islam and the Prophet's ﷺ life through the lenses of our own socially-conditioned impressions and assumptions. Instead, the Shama'il leaves a profound and indelible impression that spiritually empowers us to apply Islam to our lives.

Knowing the Shama'il is a tried and true means of filling our hearts with reverence for the Prophet ﷺ, which, in turn, fills our hearts with reverence for his Sacred Law. A form of praise in its own right, it provides a deep look into the Prophet's ﷺ sublime beauty and serves as a means of connection, veneration and spiritual transformation. The Shama'il offers us tastes of delight and joy, and most importantly, engenders sincere love of Allah and His Messenger ﷺ in our hearts. To spend time with the Shama'il is to praise Allah and remember Him, for it is He who endows His beloved ﷺ with beautiful form and unparalleled character.

([www.shamail.org](http://www.shamail.org))

# Available at Daybreak Book Shop

[daybreak.rabata.org](http://daybreak.rabata.org)

## Shama'il of the Prophet Muhammad ﷺ

A STUDY-BOOK ON THE PROPHETIC CHARACTER

Visit Rabata's Daybreak Book Shop to purchase your own copy of the Shama'il. Multiple options available.

Open the Camera App on your phone and hold it in front of the QR code below for a direct link to Daybreak Book Shop.



ABU ZAHRA PRESS  
Madrasa Curriculum Series

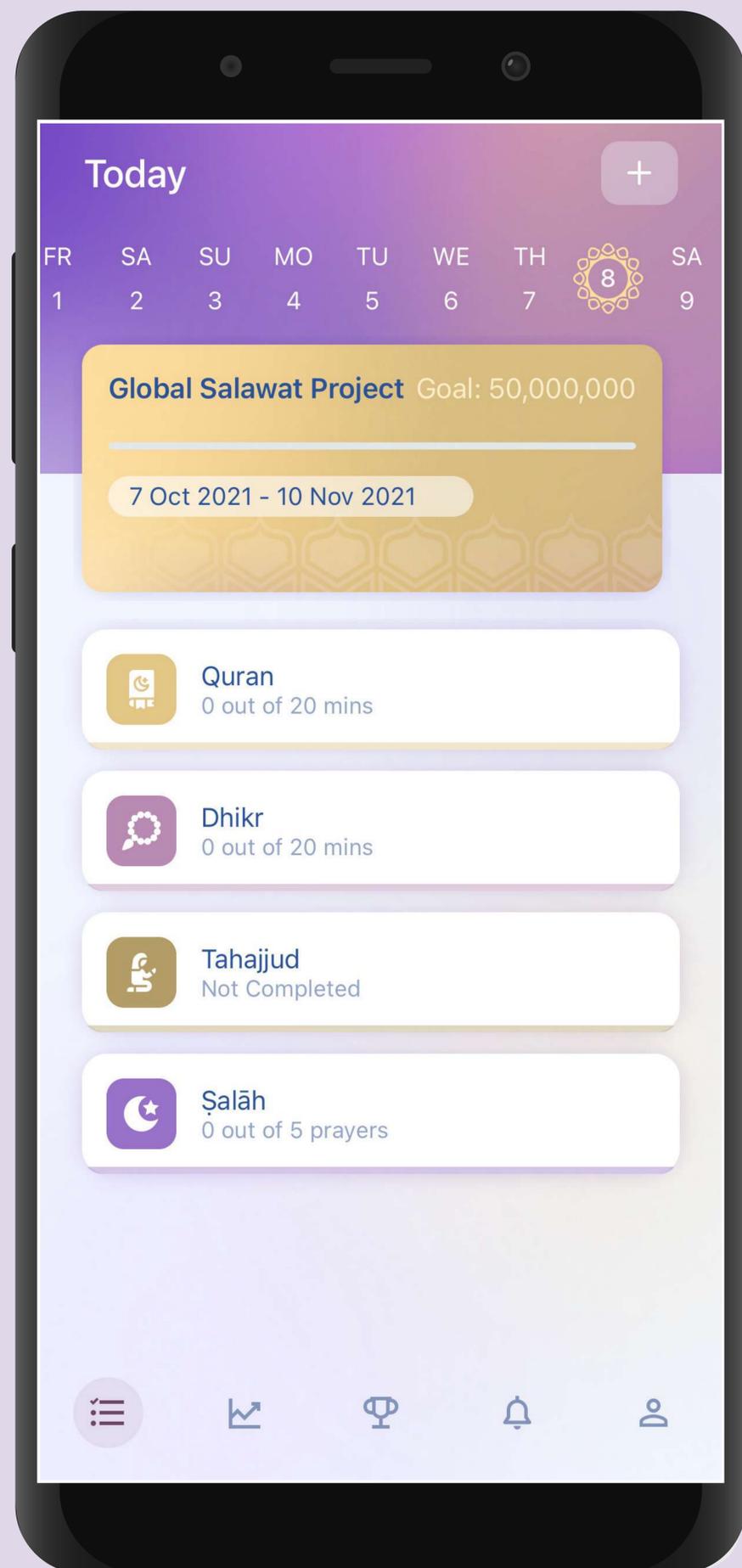
# Loving & Learning Salawat Project

## ENTER YOUR SALAWAT COUNTS IN RABATA'S IBADAH APP

Available on iOS and Android

Download Today

[rabata.org/ibadahapp](https://rabata.org/ibadahapp)



# GETTING STARTED

## *Rabata Ibadah App*

# 1

Create your personal account

# 2

Set up daily goals by clicking on the plus sign on the top right and choose from Dhikr, Fasting, Quran, Salah and Tahajjud

# 3

Complete your goal on the home page by swiping right and delete an item by swiping left

# 4

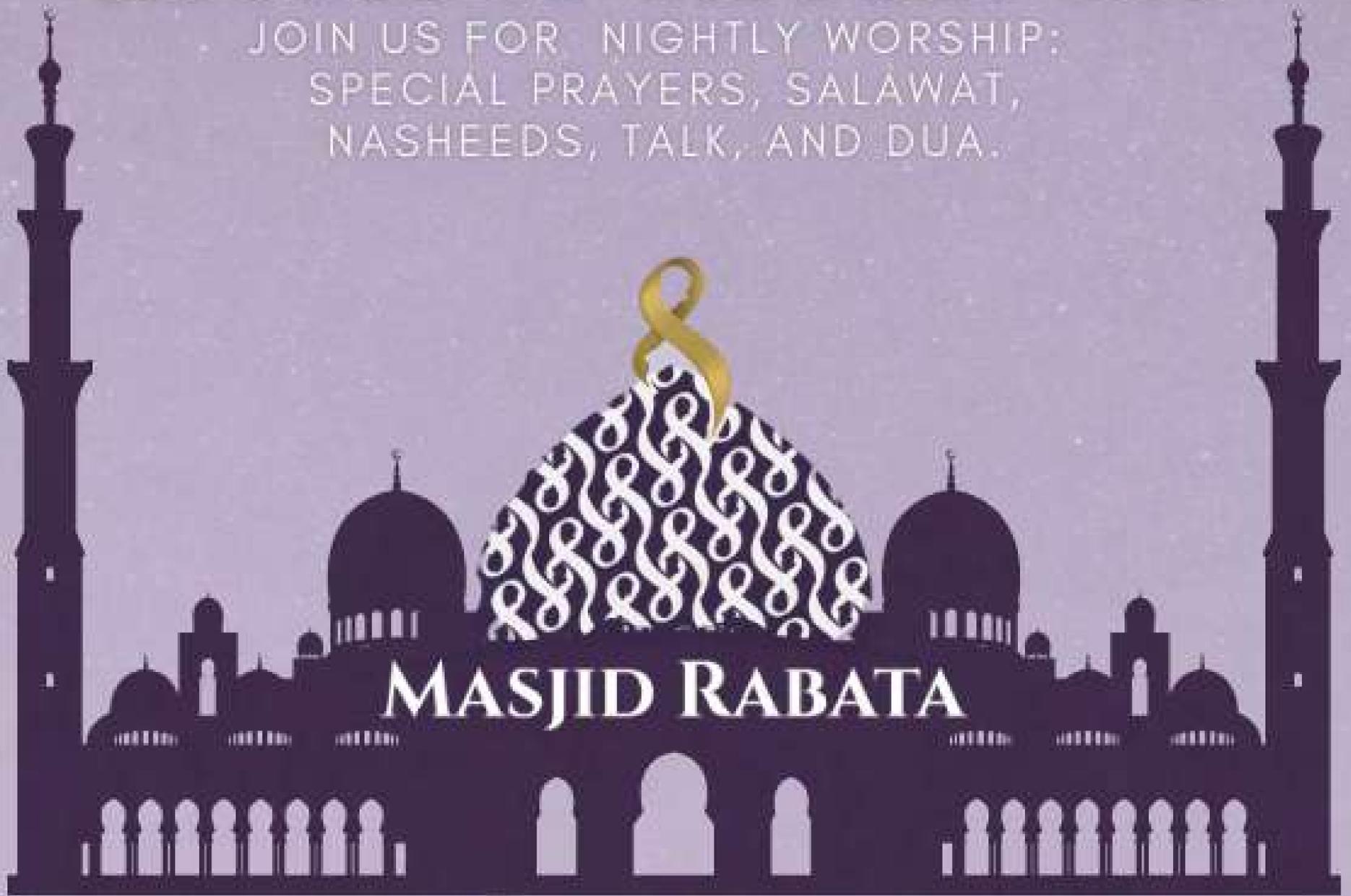
Start new challenges by selecting the trophy icon on the bottom tab

# 5

Enjoy your stats and special Rabata notifications through the stats & notifications bell icons on the bottom tab

Every Saturday  
4:30am to 6:30am CST

JOIN US FOR NIGHTLY WORSHIP:  
SPECIAL PRAYERS, SALAWAT,  
NASHEEDS, TALK, AND DUA.



## Masjid Rabata Qiyam

[rabata.org/masjidrabata](http://rabata.org/masjidrabata)

Join us at Masjid Rabata as we gather for special programming focused on spiritual growth and sisterhood. Masjid Rabata features activities based on the Islamic months that promote gathering together to reflect on their importance.

We offer weekly qiyams year-round to nurture nightly worship habits. These programs include talks, personal worship time, dhikr, and nasheed. We also offer Quran programs during Ramadan for every recitation speed.

“Take on only as much as  
you can do of good deeds,  
*for the best of deeds  
is that which is  
done consistently,  
even if it is little.”*

Sunan Ibn Majah 4240

# Loving & Learning

## The Appearance of the Prophet ﷺ and His ﷺ Select Possessions



Anse Shehnaz Karim

Currently serving as Executive Director of Rhoda Institute's parent organization, Sanad Collective, Anse Shehnaz is also one of our main teachers. She studied with the foremost scholars of Syria, including Anse Tamara Gray, and received her ijaza in the recitation of Quran from the late Shaykh Muḥyī al-Dīn al-Kurdī in 1999. Anse Shehnaz has a degree in education from the University of BC as well as a Master's in Public Administration from the University of Ottawa. Her expertise includes curriculum design and pedagogy from a holistic spiritual perspective.



# Loving & Learning

## The Prophet's ﷺ Worship



Anse Dr. Tamara Gray

Dr. Tamara Gray is the founder of Rabata, an organization dedicated to promoting positive cultural change through creative educational experiences.

She holds a doctorate in Leadership from the University of St. Thomas, a Master's degree in Curriculum Theory and Instruction from Temple University, and spent twenty years studying traditional and classical Islamic Sciences, Quran, and Arabic in Damascus, Syria. She sits on the board of the Collegeville

Institute's Inter-religious Fellows Program, working to develop educational programming for faith leaders around social justice issues and on the academic council of The Islamic Seminary of America where she is also a faculty member. She serves as a council member at the Fiqh Council of North America and as a Senior Fellow at Yaqeen Institute. Dr. Gray lives in Minnesota where she enjoys coffee, the seasons, and her grandchildren.



# Loving & Learning

## The Prophet's ﷺ Eating, Cupping and Hijama



Anse Dr. Saadia Mian

Dr. Saadia Mian is board-certified doctor in internal medicine and endocrinology. After completing an undergraduate degree in psychology at the University of Michigan, she went on to medical school at Michigan State University. She works full-time at Metro Detroit Endocrinology Center in Dearborn, Michigan. She also runs an online program called 'The Holistic Endocrinologist' where she merges her passion for allopathic and holistic medicine. She received her tajwid ijaza from Shaykh Al-Kurdi (may Allah ﷻ be pleased with him) and another from Shaykh Krayem ar-Raji and went on to memorize the Quran. She wrote the book, 'The Crowning Venture: Inspiration From Women Who Have Memorized the Quran' along with a companion journal. She is a founding member of Rabata and continues to serve on the board while also teaching classes. She has a special interest in transformational leadership and coaching to support women to bring their own visions to life.



*“The laughter  
OF ALLAH’S MESSENGER ﷺ  
WAS NOTHING BUT  
a joyful smile.”*

Ash-Shama'il Al-Muhammadiyah 227

# Loving & Learning

## The Prophet's ﷺ Qualities & 'Itr



Anse Dr. Marah Dahman

Anse Marah grew up in Syria, where she studied tafsir, hadith, tajwid, and other Islamic Sciences. She now lives in Tampa, Florida, where in addition to working as a dentist, she teaches at her local Masjid and is a mom of three. Anse Marah was greatly influenced by her teachers in Syria, whom she remembers as open, kind, patient, and wise. "My teacher made things easy on us and put the world into perspective," she said. "All our teachers spent so much time bringing us up.

I am excited to be able to pay that debt forward by teaching at Ribaat."

Anse Marah has been teaching Islamic Science courses with Ribaat since its inception in 2013.



“ALLAH'S MESSENGER ﷺ  
WAS NEITHER OBSCENE,  
NOR PROFLIGATE,  
NOR BOISTEROUS IN  
THE MARKETS, AND  
HE WOULD NOT REPAY  
A MISDEED WITH A  
MISDEED, BUT WOULD  
*pardon & forgive.*”

Ash-Shama'il Al-Muhammadiyah 346

# Loving & Learning

## The Prophet's ﷺ Movement & Speech



Anse Hafsa Abdul-Hakeem

Born and raised in Georgia and now living in New Jersey, Anse Hafsa has been a lifelong seeker of Sacred Knowledge. She began her studies in her youth with local scholars and later was able to travel overseas to pursue deeper studies in Yemen, Jordan, and Egypt. She holds certifications in topics such as Tajwid, Fiqh, and Arabic grammar. Her hopes to pursue Islamic scholarship continued when she heard about Rabata and was recommended to jump on the wave by her community teachers. She found through Ribaat a means that connected her to the legacy of Muslim women's scholarship and leadership. She graduated with the first Ribaat cohort, earning the Ribaat Teacher Certification. She is still studying but also enjoying family life, teaching, and working in the non-profit sector in social services. She has been a Ribaat Tajwid teacher since 2020 and is a teacher with Dragonflies, Rabata's youth program.



# Loving & Learning

## How the Prophet ﷺ Lived and His ﷺ Age



### Anse Dr. Farhana Yunus

Dr. Farhana Yunus is a mother of four boys and one girl, an optometrist, and has completed the Ribaat Teacher Certification through the Ribaat Academic Institute. She has taught clinical nutrition at St. Matthew's University Medical School. She loves teaching and empowering young boys and girls as both a Boy Scout and Girl Scout troop leader. In her free time, she loves to travel, read, fish, kayak, and try new recipes. If she could have any superpower it would be to fly.



“ALLAH'S MESSENGER ﷺ,

*would love to start  
whatever he could  
on the right side,*

IN HIS COMBING,  
HIS FOOTWEAR, AND  
HIS PURIFICATION.”

Ash-Shama'il Al-Muhammadiyah 84

# Loving & Learning

## The Prophet's ﷺ Names and Seeing Him ﷺ in a Dream



Imam Fadiyah Mian

Approximately two decades ago, New Jersey mom of four and educator, Imam Fadiyah Mian embarked on the journey of a lifetime to study Islamic Sciences in Syria. During this period, she completed her training in tajwid and received her ijaza from the late Shaykh Muḥyī al-Dīn al-Kurdī (may Allah ﷻ be pleased with him) and currently teaches tajwid through Ribaat. While in Syria, Imam Fadiyah also studied under the guidance of Dr. Tamara Gray. Imam Fadiyah is one of the graduates of the first graduating class of Ribaat. Through her work, Imam Fadiyah found spiritual grounding and increased blessings in her time and her life. Imam Fadiyah also volunteers as the beloved Masjid Rabata Imam, providing guidance to Muslim women from around the world about the practical elements of spiritual worship and personal growth.



# Loving & Learning

## The Prophet's ﷺ Death and His ﷺ Legacy



Anse Rydanah Dahman

Anse Rydanah has dedicated her life to teaching Islam, leading weekly halaqas in her community in Tampa Bay, Florida for the past 20 years, and has taught with Ribaat since its inception in 2013. Anse Rydanah received traditional Islamic knowledge from her teachers in Syria and teaches a variety of subjects including usūl, tafsir, hadith, and fiqh, and is frequently invited as a guest speaker at local colleges and universities. Anse Rydanah states about teaching at Ribaat, “I love the idea of providing a taste of what Allah (swt) allowed us to get from our teachers, and to be part of a safe, reliable, and effective teaching institution.” Besides being a committed educator of Islam, Anse Rydanah is a certified IRS Enrolled Agent and has been helping individuals and businesses with their taxes since 1990. She also has an AS in Computer Programming and Applications and studied Pharmacy in Syria for 3 years before she moved to the United States. Anse Rydanah comes from a large and loving family with many siblings, children of her own, one of whom she describes as “a true angel” due to being diagnosed with Angelman Syndrome, and three grandchildren. With the little time she has left in between working, family, and teaching, she enjoys reading, writing, and needlework.



“ALLAH'S MESSENGER ﷺ SAID:  
*if someone sees me  
in his sleep, he has  
indeed seen me*  
FOR SATAN CANNOT IMITATE ME.”

Ash-Shama'il Al-Muhammadiyah 408

# Loving & Learning

اللَّهُمَّ صَلِّ عَلَيَّ سَيِّدِنَا  
مُحَمَّدٍ صَلَاةً تُنَوِّرُ بِهَا  
وُجُوهَنَا

Allāhumma ṣallī ‘alā  
Sayyidinā Muḥammadin  
ṣalātan tunawwiru bihā  
wujūhanā

O Allah exalt Sayyidinā  
Muhammad, an exaltation  
through which You illuminate  
our faces

اللَّهُمَّ صَلِّ عَلَيَّ سَيِّدِنَا  
مُحَمَّدٍ صَلَاةً تُطَهِّرُ بِهَا  
قُلُوبَنَا

Allāhumma ṣallī ‘alā  
Sayyidinā Muḥammadin  
ṣalātan tuṭahhiru bihā  
qulūbanā

O Allah exalt Sayyidinā  
Muhammad, an exaltation  
through which You cleanse  
our hearts

اللَّهُمَّ صَلِّ عَلَيَّ سَيِّدِنَا  
مُحَمَّدٍ صَلَاةً تُنَزِّهُ بِهَا  
أَفْكَارَنَا

Allāhumma ṣallī ‘alā  
Sayyidinā Muḥammadin  
ṣalātan tunazzihu  
bihā afkāranā

O Allah exalt  
Sayyidinā Muhammad,  
an exaltation through which  
You elevate our thoughts

اللَّهُمَّ صَلِّ عَلَيَّ سَيِّدِنَا  
مُحَمَّدٍ صَلَاةً  
تَقْضِي بِهَا حَاجَاتِنَا

Allāhumma ṣallī ‘alā  
Sayyidinā Muḥammadin  
ṣalātan taqḍī bihā ḥājātinā

O Allah exalt Sayyidinā  
Muhammad, an exaltation  
through which You fulfill our  
needs

# Loving & Learning

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا  
مُحَمَّدٍ صَلَاةً تُؤَيِّدُ بِهَا أَمْرَنَا

Allāhumma ṣallī ‘alā  
Sayyidinā Muḥammadin  
ṣalātan tu ‘ayyidu bihā  
amranā

O Allah exalt Sayyidinā  
Muhammad, an exaltation  
through which You support  
us in our affairs

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا  
مُحَمَّدٍ صَلَاةً تَفْتَحُ بِهَا  
بَصَائِرَنَا

Allāhumma ṣallī ‘alā  
Sayyidinā Muḥammadin  
ṣalātan taftaḥu bihā  
baṣā’iranā

O Allah exalt Sayyidinā  
Muhammad, an exaltation  
through which You open our  
inner sight

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا  
مُحَمَّدٍ صَلَاةً تَخْتِمُ بِهَا  
حَيَاتَنَا

Allāhumma ṣallī ‘alā  
Sayyidinā Muḥammadin  
ṣalātan takhtimu bihā  
ḥayātanā

O Allah exalt Sayyidinā  
Muhammad, an exaltation  
because of which You seal  
our lives with a good end

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا  
مُحَمَّدٍ صَلَاةً تُقَوِّي بِهَا  
عَزَائِمَنَا

Allāhumma ṣallī ‘alā  
Sayyidinā Muḥammadin  
ṣalātan tuqawwī bihā  
‘azā’imanā

O Allah exalt Sayyidinā  
Muhammad, an exaltation  
through which You strengthen  
our determination

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ صَلَاةً تُنَجِّنَا بِهَا مِنْ جَمِيعِ الْأَهْوَالِ  
وَالْآفَاتِ، وَتَقْضِي لَنَا بِهَا جَمِيعَ الْحَاجَاتِ، وَتُطَهِّرُنَا بِهَا مِنْ جَمِيعِ  
السَّيِّئَاتِ، وَتَرْفَعُنَا بِهَا عِنْدَكَ أَعْلَى الدَّرَجَاتِ، وَتُبَلِّغُنَا بِهَا أَقْصَى  
الْغَايَاتِ، مِنْ جَمِيعِ الْخَيْرَاتِ، فِي الْحَيَاةِ وَبَعْدَ الْمَمَاتِ

Allāhumma ṣalli `alā Sayyidinā Muḥammadin ṣalātan tunjīnā bihā min  
jamī` il-ahwāli wal-āfāt, wa taqḍī lanā bihā jamī` al-ḥājāt, wa tuṭahhirunā  
bihā min jamī` is-sayyi'āt, wa tarfa` unā bihā `indaka a`lad-darajāt, wa  
tuballighunā bihā aqṣal-ghāyāti min jamī` il-khayrāt, fil-ḥayāti wa ba`dal-  
mamāt

O Allah, send upon Sayyidinā Muhammad a prayer through which You deliver us from all tribulations and harm; and through which You fulfill for us every need; and through which You purify us from every bad thing; and through which You raise us to the loftiest of degrees in Your sight; and through which You cause us to reach the highest limit of every goodness, in this life and after death

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ صَلَاةً تُحَسِّنُ بِهَا الْأَخْلَاقَ، وَتُيَسِّرُ  
بِهَا الْأَرْزَاقَ، وَتَدْفَعُ بِهَا الْمَشَاقِقَ، وَتَمَلَأُ بِهَا الْآفَاقَ، وَعَلَى آلِهِ  
وَصَحْبِهِ وَسَلَّمَ، صَلَاةً دَائِمَةً مِنْ يَوْمٍ خَلَقْتَ الدُّنْيَا إِلَى يَوْمِ  
التَّلَاقِ، وَاسْتُرْنَا بَيْنَ يَدَيْكَ يَا عَزِيزُ يَا خَلَّاقَ

Allāhumma ṣalli `alā Sayyidinā Muḥammadin ṣalātan tuḥassinu bihal-  
akhlāq wa tuyassiru bihal-arzāq wa tadfa`u bihal-mashāq, wa tamla'u  
bihal-āfāq, wa `alā ālihi wa ṣaḥbihi wa sallim, ṣalātan dā'imatan min  
yawma khalaqtad-dunyā ilā yawmit-talāq, wasturnā bayna yadayka yā  
`azīzu yā khallāq

O Allah, bless Sayyidinā Muhammad a blessing by which You improve our character, make easy for us our sustenance and remove our difficulties. A blessing that fills the horizons and likewise bless his family and companions and send peace upon them all, from the day You created this world, until the day we meet You, and cover our faults O Mighty Creator

# Loving & Learning

اللَّهُمَّ صَلِّ عَلَيَّ سَيِّدِنَا  
مُحَمَّدٍ صَلَاةً تَغْفِرُ بِهَا  
ذُنُوبَنَا

Allāhumma ṣallī ‘alā  
Sayyidinā Muḥammadin  
ṣalātan taghfiru bihā  
dhunūbanā

O Allah exalt Sayyidinā  
Muhammad, an exaltation  
through which You forgive  
our sins

اللَّهُمَّ صَلِّ عَلَيَّ سَيِّدِنَا  
مُحَمَّدٍ صَلَاةً تُزَكِّي بِهَا  
نُفُوسَنَا

Allāhumma ṣallī ‘alā  
Sayyidinā Muḥammadin  
ṣalātan tuzakkī bihā nufūsanā

O Allah exalt Sayyidinā  
Muhammad, an exaltation  
through which You purify our  
egos

اللَّهُمَّ صَلِّ عَلَيَّ سَيِّدِنَا  
مُحَمَّدٍ صَلَاةً تَشْرَحُ بِهَا  
صُدُورَنَا

Allāhumma ṣallī ‘alā  
Sayyidinā Muḥammadin  
ṣalātan tashraḥu bihā  
ṣudūranā

O Allah exalt Sayyidinā  
Muhammad, an exaltation  
through which You uplift  
our spirits

اللَّهُمَّ صَلِّ عَلَيَّ سَيِّدِنَا  
مُحَمَّدٍ صَلَاةً تُثَقِّلُ بِهَا  
مِيزَانَنَا

Allāhumma ṣallī ‘alā  
Sayyidinā Muḥammadin  
ṣalātan tuthaqqilu bihā  
mizānanā

O Allah exalt Sayyidinā  
Muhammad, an exaltation  
through which You add  
weight to our scales  
(of good deeds)



# Would you like to continue learning about the life of the Prophet ﷺ?

Rabata's Ribaat Academic Institute provides Muslim women with a solid foundation through a comprehensive curriculum covering the full range of traditional Islamic Sciences including sira.

To learn more and join over 4000 women all across the globe in the rising tide of female scholars, leaders, and community stewards, visit [register.rabata.org](http://register.rabata.org).

# Rabata.org

Rabata promotes positive cultural change through creative educational experiences, spiritual upbringing, and community care



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YouTube youtube.com/rabata

*Support Rabata*

[rabata.org/supportrabata](https://rabata.org/supportrabata)

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