(95afar 1445

رَضِوَاللَّهُ عَنْهُ Sayyiduna Farwah ibn Nawfal reports that once he came to Nabi and said, "O Rasulullāh, صَلَّالَتَهُ عَلَيْهِ وَسَلَّمَ teach me something that I may recite before going to bed."

Rasulullāh حَكَّالَتُهُعَلَيْهِ وَسَلَّمَ said: "Recite Suratul Kāfiroon for verily it is a means of freedom from Shirk." [Sunan Tirmidhi 3403]

SUN

TUE

MON

WED



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FRI



18 Aug

| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---------|---------|---------|---------|---------|---------|-----------|
| 20 Aug | 21 Aug | 22 Aug | 23 Aug | 24 Aug | 25 Aug | 26 Aug |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 27 Aug | 28 Aug | 29 Aug | 30 Aug | 31 Aug | 1 Sept | 2 Sept |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 3 Sept | 4 Sept | 5 Sept | 6 Sept | 7 Sept | 8 Sept | 9 Sept |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 10 Sept | 11 Sept | 12 Sept | 13 Sept | 14 Sept | 15 Sept | 16 Sept |

Sunnah to fast (Mondays and Thursdays)

Sunnah Hijaamah (Cupping) Days

Sunnah to fast (The bright days - 13,14,15)



WIFĀQUL 'ULAMA (SA)

ASSOCIATION OF SOUTH AFRICAN 'ULAMA

ASPIRING TO PRESERVE THE ESSENCE OF SUNNAH

