

# Reading Green Deen Times

READING ISLAMIC TRUSTEES FOR THE ENVIRONMENT (RITE)

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## Planting a (new) palm shoot...

We would like to welcome you all to the first newsletter by Reading Islamic Trustees for the Environment (RITE) a community group whose vision it is to bring a wider appreciation of the environment to the Muslim Community in Greater Reading.

The group was formed at the 'Greening Faiths' event in April 2009. The event looked at all the major religions and how they related to environmental concerns such as climate change. As a result of this inter-faith event a few of us decided that we should start a Muslim community group to promote environmental awareness and in doing so

the remembrance of Allah within the Reading Muslim community.

*He it is Who hath placed you as viceroys of the earth and hath exalted some of you in rank above others, that He may try you by (the test of) that which He hath given you. Lo! Thy Lord is swift in prosecution, and Lo! He verily is Forgiving, Merciful.*

*Quran 6:165*

We are volunteers and do this work for the love of Allah and to fulfil our duty (واجب *wajib*) to protect the earth that we have been given in trust (أمانة *amanah*).

As the ayah says we are given many tests in this life and climate change is a test for all of us. We have been given the knowledge and understanding of what we can do to slow it down and reduce its negative effects.

Our first campaign therefore is to raise awareness of this issue amongst the Muslim community and we are in discussions with several of the mosques in Reading and other Muslim charities and community groups.

We are looking for advocates to spread this message to your families, friends and local community. Contact us via our website if you are interested in helping.

## RITE on at Forbury Fever

In the first stage of our environmental awareness campaign RITE volunteers Aisha Clare and Summreen spent a Saturday in June at Forbury Fever speaking to the general public about RITE and our Islamic perspective on Climate Change and looking after the environment. We were kindly

hosted by 'Churches Together in Reading' at their stall where they were creating origami boats to send to Gordon Brown about limiting carbon emissions at the World Environment Summit in Copenhagen in December. They were also teaching children about the story of Noah (may the peace

and blessings of Allah be upon him) and his Ark and reminding people about the floods that have caused devastation around the world including in the UK, and what could be yet to come if action on climate change is not taken seriously.

# A Blessed, Healthy, and Fair Ramadhan for all

In this blessed month where we fast to seek the pleasure of Allah. We reflect upon many things, this year we want you to focus on the food that you eat as well. Now is the excellent time to make lifestyle changes, make sure that your iftar consists of the right combination of goodness to replenish your body's energy supplies after a long day of fasting.

**Fruit and Vegetables**  
*Aim for 5 or more servings a day.*  
 1 serving = 1 banana

**Bread, Potatoes and other Cereals**  
*Aim for 4-5 servings a day.*  
 1 serving = 1 medium roti



**Milk and Dairy Foods**  
*Aim for 3 servings a day.*  
 1 serving = 1/3 pint milk

**Meat, Fish and Alternatives**  
*Aim for 2 servings a day.*  
 1 serving = 75g cooked meat

**Fatty and Sugary Foods**  
*Try not to eat these too often and when you do, have small amounts. These foods are high in calories and cause weight gain. Cut down on deep fried foods, cakes, biscuits and pastries. Avoid sweetened drinks (use diet and unsweetened ones instead).*

## Use your purchasing power to make a change

*"The son of Adam does not fill any vessel worse than his stomach. It is sufficient for the son of Adam to eat a few mouthfuls, to keep him going. If he must do that (fill his stomach), then let him fill one third with food, one third with drink and one third with air."  
 Narrated by al-Tirmidhi (1381),*

### Made in Injustice?

"Unfair trade rules continue to lock of people in the developing world in poverty. Two billion people – a third of humanity – work hard to support themselves yet still struggle to survive on £1 per day or less."

The Fairtrade Foundation are trying to help tip the balance in favour of poor farmers and workers.'

**"Give full measure and full weight in justice, and wrong not people in respect of their goods."** Quran 11:85



### Is it Halal?

'Muslims are being betrayed by individuals & corporations whose only concern is making fast, easy money. Using 'blessed blades', pre recorded bismillah, captive bolts, electrified water and even pork proteins; the hard-earned Halal cash of many is being used to buy Haram. HMC has therefore, shouldered the enormous responsibility of discharging an obligatory duty on behalf of you, the community at large.'

RITE supports the Halal Monitoring Committee in their earnest efforts in making sure our food is halal, you can do this through buying meat with has been certified HMC. HMC is a registered charity and does not profit from the work they do.  
[www.halalmc.co.uk](http://www.halalmc.co.uk)

**"If one of you sees something wrong, he should change it with his hand; and if he is not capable of that, then with his tongue; and if he is not capable of that, then he should detest it with his heart; and that is the weakest faith"**

Hadith narrated by Bukhari

# Climate Change is....

Global warming and climate change refer to an increase in average temperatures of the earth's atmosphere. Natural events and human activities are believed to be contributing to an increase in average global temperatures. This is caused primarily by increases in "greenhouse" gases such as Carbon Dioxide (CO<sub>2</sub>).

### Why is this a concern?

Climate Change on a rapid

time scale would see a negative and violent change in the weather systems of the world. We could expect to see an increase in **floods, droughts** and with changes to the landscape the animals that inhabit them our eco-systems (a natural community consisting of all plants, animals and micro-organisms) become unbalanced and we could see shortages in food and water supplies for the world.

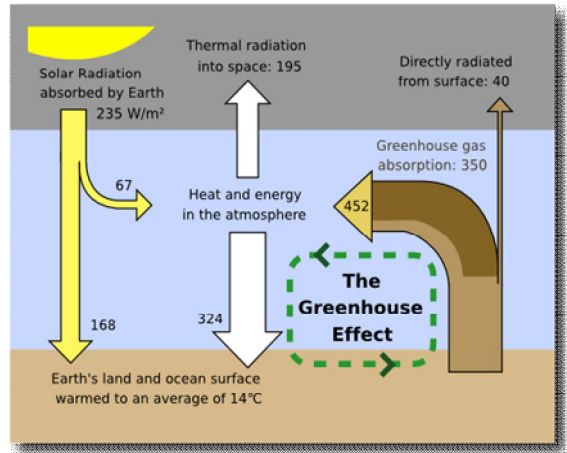


Image source: Greenhouse\_Effect, Wikipedia

We need to drastically cut the amount of carbon dioxide that we are using as a society, to try and reduce the negative effects. This means looking at the system as a whole and working together to reduce our own individual impacts too.

## 999 it's time:

### 'If not us, then who? If not now, then when?'

The world is awakening to the threats and impacts of climate change, a national movement is taking place to reassess how our world and our country is working, from consumerism and the economy to community and the environment.

We consider ourselves fortunate that as Muslims we have been given the

guidance needed to live pious, healthy and good lives from how and what to eat, to how to treat our neighbours and our environment.

Yet even our community is weakening under the pressures and tests of the world.

RITE is asking all its

supporters to use 9 Sept 2009 to reflect on how their lives are affecting other people and environment.

We want you to use fairtrade and organic food and drink to break your fast. As a symbol of this reflection.

Check our website for more details

More than **17 million** Bangladeshis live in areas that could be flooded by rising sea levels

Source: Met Office

## What can we do?

First and foremost we make du'a to Allah to guide us and to act upon the knowledge that we have been granted.

There are lots of ways that we can reduce our carbon consumption. Look at Reading's Climate Change Pledge at [www.reading.gov.uk/climatechange](http://www.reading.gov.uk/climatechange)

Here are a few examples and there are more on our website:

- Reduce the amount of unnecessary car journeys by walking or cycling instead
- Buy local organic seasonal fruit and vegetables or better still grow your own, if buying from overseas make sure you always buy Fairtrade!
- Consider switching to a provider that can offer renewable energy sources
- Reduce, Reuse, Recycle your waste
- Programme your heating system to only come on when you need it
- Insulate your roof and walls
- Don't leave electrical appliances on standby
- Calculate your carbon footprint



One life,  
One chance.

#### About RITE

#### Why Trustees?

Allah (God) has entrusted the earth to us (humans), and we should look after it. Using the word trustee shows that we take this responsibility seriously.

#### Why RITE?

A rite is an established, ceremonious, usually religious act and we believe that looking after the environment is a rite to living an Islamic life as in the Sunnah (sayings) of the Prophet Muhammad (صلى الله عليه وسلم) may the peace and blessings of Allah be upon him)

#### What do we do?

We are a group that works with mosques and community organisations to raise awareness of environmental issues and assists them in running environmental awareness events or activities with their members and networks.

RITE is run by volunteers; everything we do is for the sake of Allah (سبحانه وتعالى) glorious and exalted is He (Allah). If you want to help us please get in contact.

Email: [rite\\_online@yahoo.co.uk](mailto:rite_online@yahoo.co.uk)

Web: [www.rite.btik.com](http://www.rite.btik.com)

Join our group on facebook

## Dates for your diary

### Ramadhan رمضان

(August & September 09)

One Ummah' Radio 87.9FM

([www.1ummahfm.co.uk/](http://www.1ummahfm.co.uk/))

999 It's time Iftar on 9 September

### Shawaal شَوَّال

(September & October 09)

At As-Sabeel sisters circle on 4 October

### Dhul al Qadah ذُو الْقَعْدَةِ

(October & November 09)

At the University of Reading on 20/21 October

### Dhul al-Hijjah ذُو الْحِجَّةِ

(November & December 09)

5 December

### Copenhagen - UN Summit on Climate Change

There will be lots of activities on this day:

### South Reading - a world record breaking attempt

to plant 5000 trees in 1 hour with the BBC

'Breathing Spaces' Campaign

### Central London - Climate change protests

*Check our website and Facebook page for the most up to date details about events*

## National and International Mosque Focus

Here are a few examples of Mosques and community centres in the UK and abroad in their carbon reduction efforts.

### South Woodford Masjid on their journey

<http://revver.com/video/670349/london-mosque-goes-green-in-a-big-way/>

### Green masajids being designed in UAE

[www.english.globalarabnetwork.com/200908102144/Culture/sharjah-green-mosques-in-uae.html](http://www.english.globalarabnetwork.com/200908102144/Culture/sharjah-green-mosques-in-uae.html)

**Muslim Khatri Association Community Centre in Leicester** install solar panels on their roof. Read their case study here: <http://www.mka.org.uk/>

## Give me more information!!!

### The Muslim Green Guide to reducing climate change

[www.ifees.org.uk/Muslim\\_Green\\_Guide\\_Print\\_Final\\_V3.pdf](http://www.ifees.org.uk/Muslim_Green_Guide_Print_Final_V3.pdf)

### Freecycle Reading—don't bin it, see if someone else wants it first!

[http://groups.yahoo.com/group/Reading\\_Freecycle/](http://groups.yahoo.com/group/Reading_Freecycle/)

### UK's first Islamic Environmental Group

[www.lineonweb.org.uk/](http://www.lineonweb.org.uk/)

### How to reduce your carbon impact guide

<http://campaigns2.direct.gov.uk/actonco2/home/in-the-home.html>

### UN Climate Change efforts

[www.un.org/climatechange/](http://www.un.org/climatechange/)