

monthly

# ZAMZAM

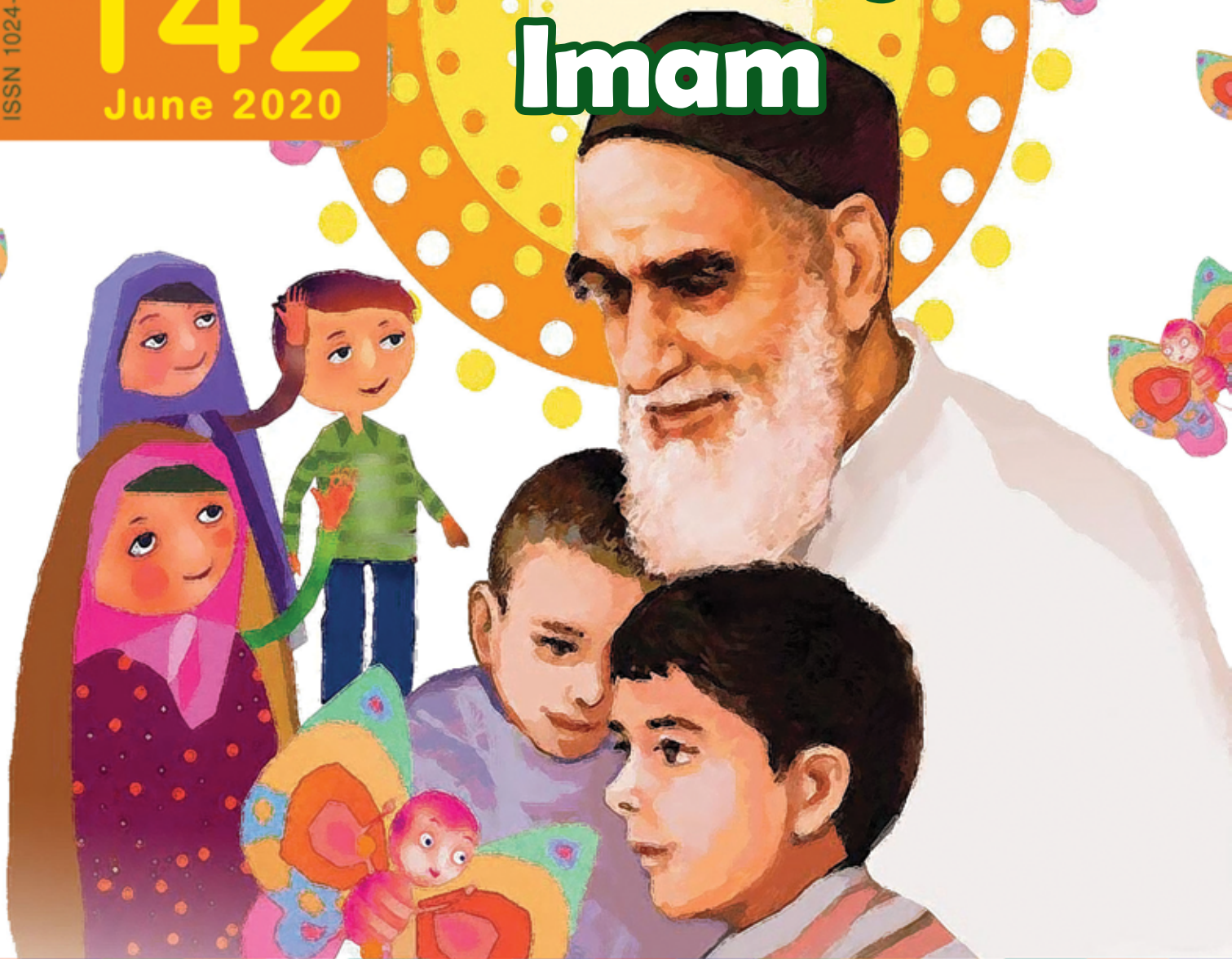
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June 2020

## The Peace-Loving Imam



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**Patience is the key to the  
gates of happiness.**

**Imam Khomeini (ra)**

# ZAMZAM

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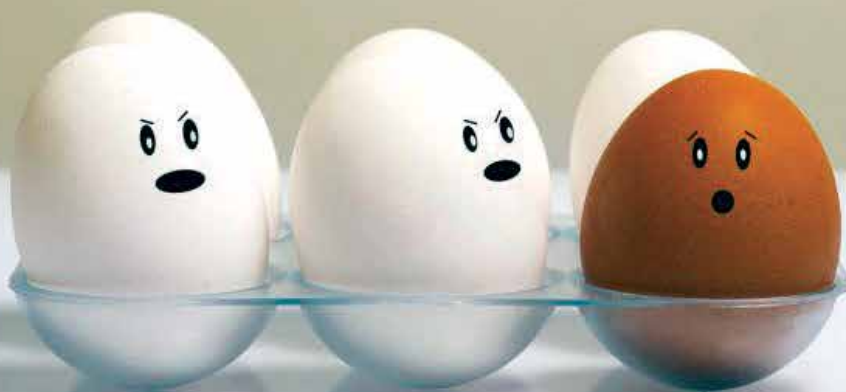
We are all born in a different way,  
How we look and what we say.

From different countries around the world,  
Of different gardens: boys and girls.

Of many sizes and colors, too,  
The things we like and the things we do.

We're sure glad, it works this way,  
The world is so colorful every day.

If everyone were the same, you see,  
You wouldn't be you and I wouldn't be me!



Peace is certainly needed for human life. This need is felt now more than ever before in the world where widespread hostilities and violence are witnessed. Islam like other Divine religions invites human beings to peace and peaceful co-existence.

The founder of Islamic Revolution of Iran, Imam Khomeini(ra), believed that peace-loving and justice-seeking in Divine religions are facts. He said: "As per Islam, we are always against war and desire peace among all countries."

Imam Khomeini (ra) also held that, "We seek peace among all nations. We are not at war with any country regardless of Islamic or non-Islamic.»

Without peace every one in particular, youngsters feel insecure and hopeless. A world full of peace is essential for being happy. Let's now read what Atiyeh, a peace-seeking girl has written to us:

"I hope to see the day when the world will be filled with the fragrance of flowers,

nice with the singing of nightingales and the flight of cheerful butterflies. I hope to see the day when the sky is clear, blue and the sun smiling, when children play happily, rivers are full of fish, farms fresh and green and there is no grief in the world. On that day, even cats and mice are friends. Really, for children, friendship is the nicest thing in the world and so is peace.

Peace in the world is loved by children just as water is loved by a thirsty being, just as an infant loves sleeping and just as a healthy child loves playing. Peace is sweet and desirable like receiving prizes from a teacher, like planting a seed and then seeing it grow into a sapling, like a young bird's learning to fly and like the birth of their first child to a family. Only God understands what we children mean by our innocent words. I wish the world were always peaceful. Peace, to me is the most delicious cake in the world."

**Shiva Mirhassani**



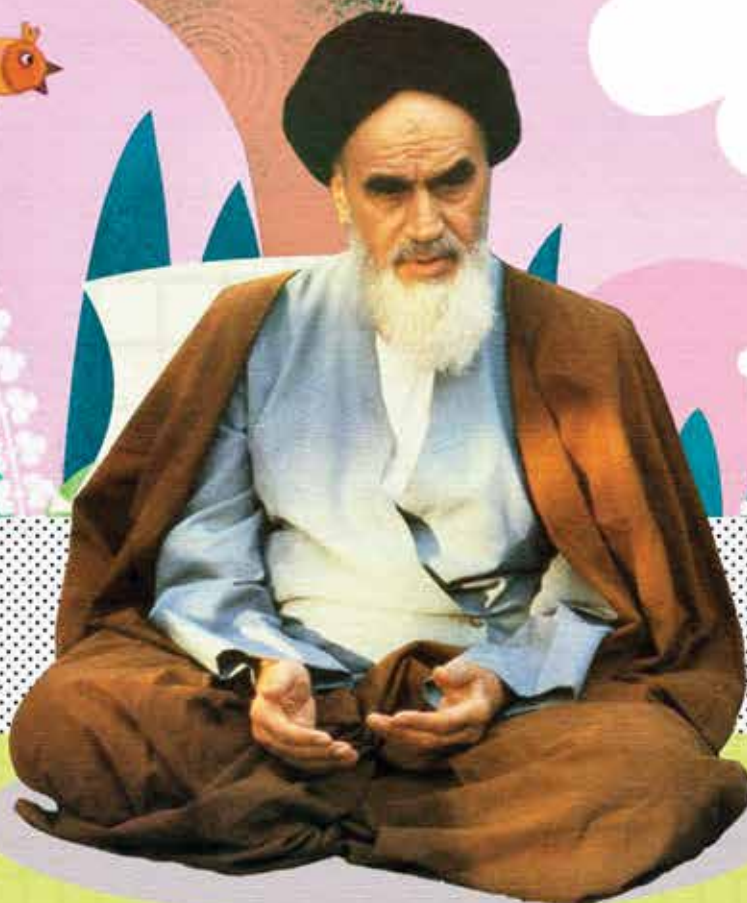
# The Celestial Figure

By: Aliakbar Haeri

**Name:** Sayyid Ruhollah  
**Family name:** Mostafavi,  
known as Mousavi Khomeini

**Title:** Imam Khomeini

**Date of birth:** 20th of the month  
of the Jamadiuthani of the year  
1320 of lunar Hijri - 30th of  
the month of Shahrivar of  
the year 1281 of Solar Hijri  
(20/9/ 1902)





**Place of birth:** Khomein Town in Iran

**Date of demise:** 1368 of Solar Hijri  
(3/6/1989)

**His works:** The book 'Sharhe duayeh sahar', 'Sharhe Chehel Hadith', 'Kashful-Asrar', 'A book of Poetry', 'Tahrirul-Wasilah' and so on.

Imam Khomeini's father was one of the leading 'Ulama of the holy city of Najaf. After years of studying and teaching Islamic knowledge, he reached the degree of Ijtihad and then returned to his hometown - Khomein to teach the people. Due to the oppressive policies of the monarchical rule in Iran, then he also had to make Jihad against them and as a result, he was martyred at the hands of the agents of the tyrant of his time when his son, Ruhollah was just five, leaving the legacy of struggle for justice and against oppression to his son Ruhollah who was also raised and educated by two pious ladies, his mother and his (paternal) aunt. About ten years later, those





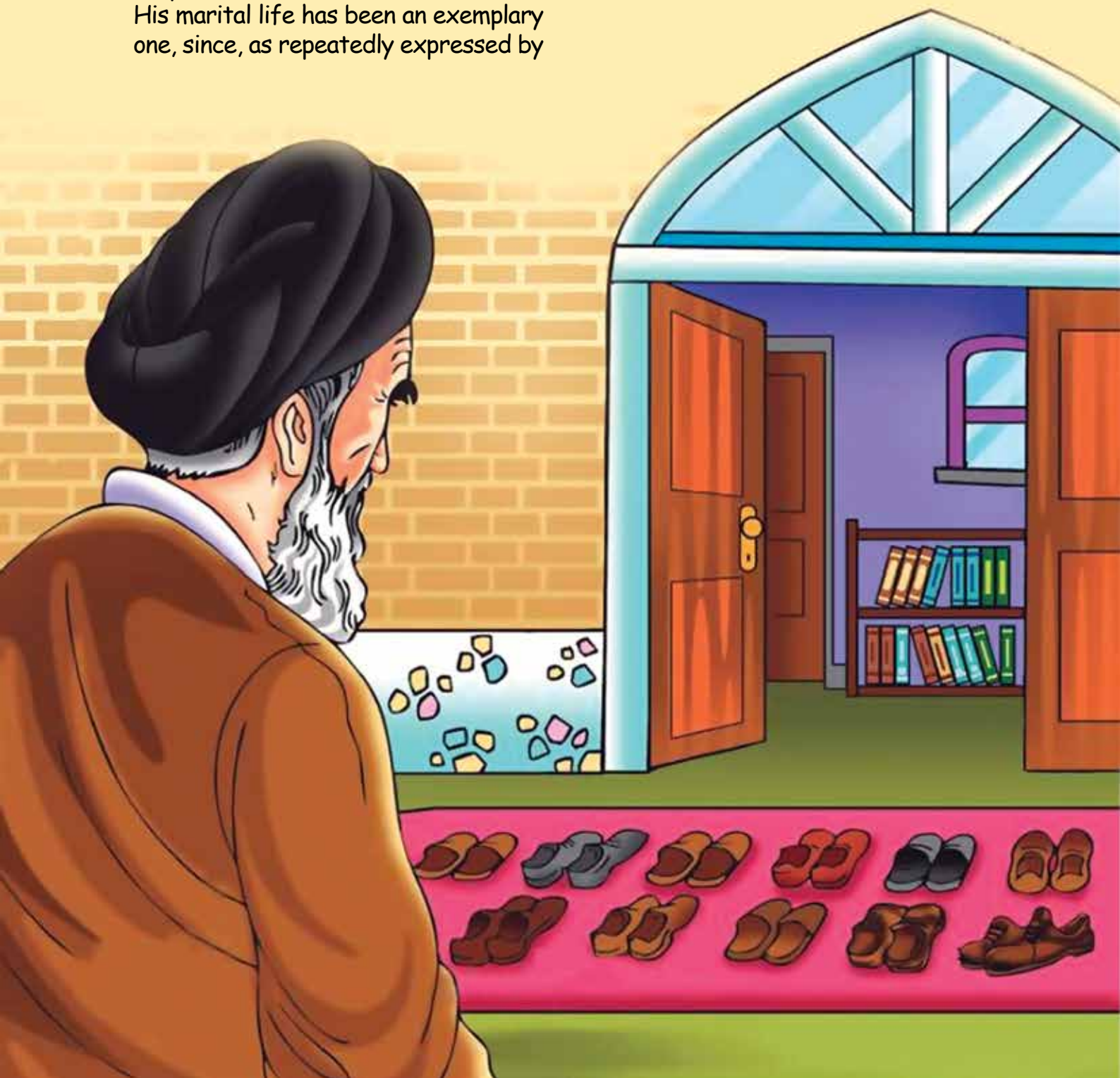
two honourable ladies who had been very loving to him also passed away. In 1300 (1921) Ruhollah stepped into the Qum theological center (Hawze'ye 'Elmiyyah), where he spent most of his time studying under great teachers. At 27 he married the daughter of a prominent religious authority of Tehran. Two sons and three daughters were born to that honourable devout couple.

His marital life has been an exemplary one, since, as repeatedly expressed by

his wife, Imam Khomeini (ra) was most respectful, loving and considerate to his wife, and as an example, would not start eating (at home) before his wife came and started eating.

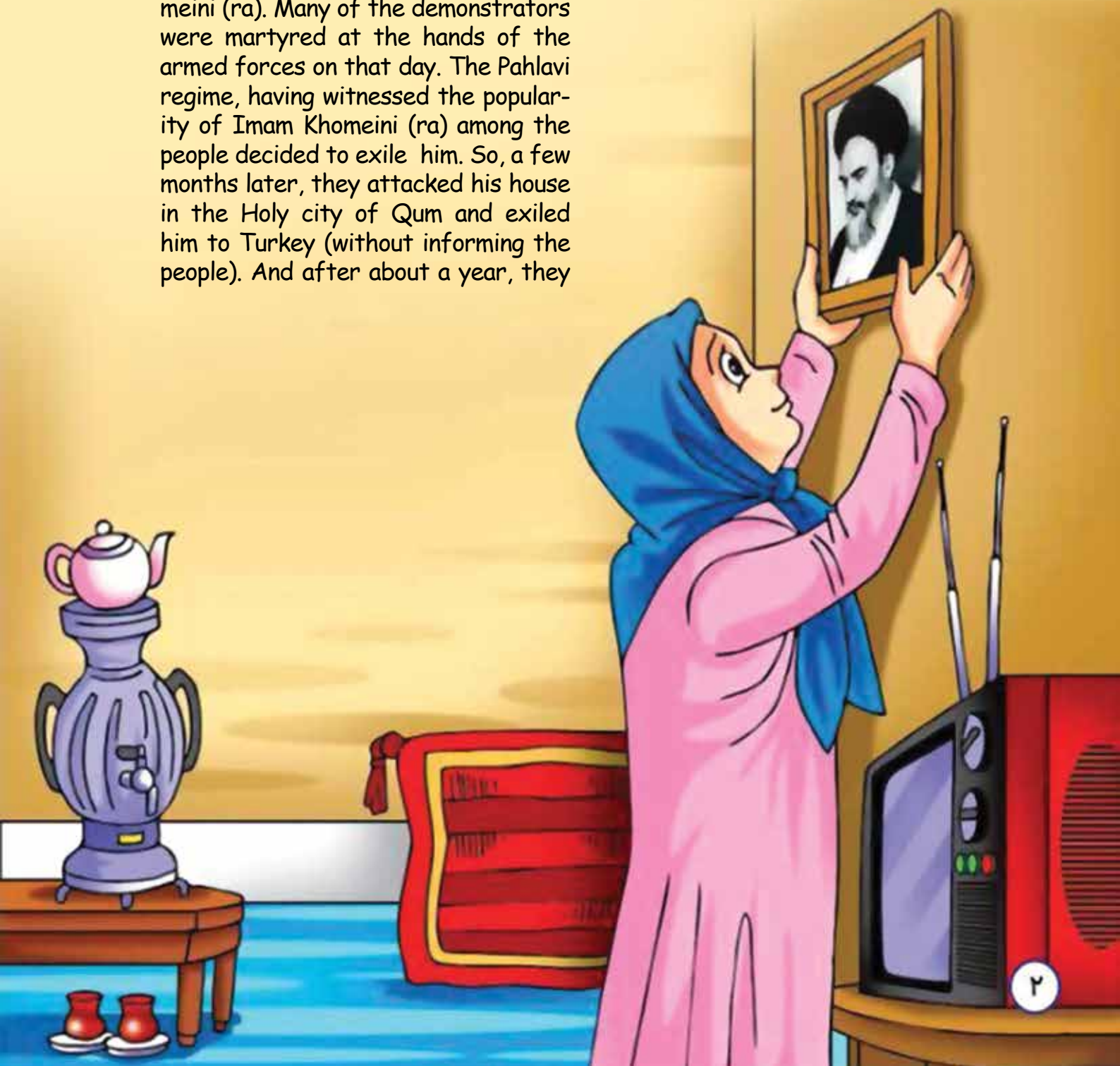
•15 th Khordad of 1342 (4/6/ 1963)

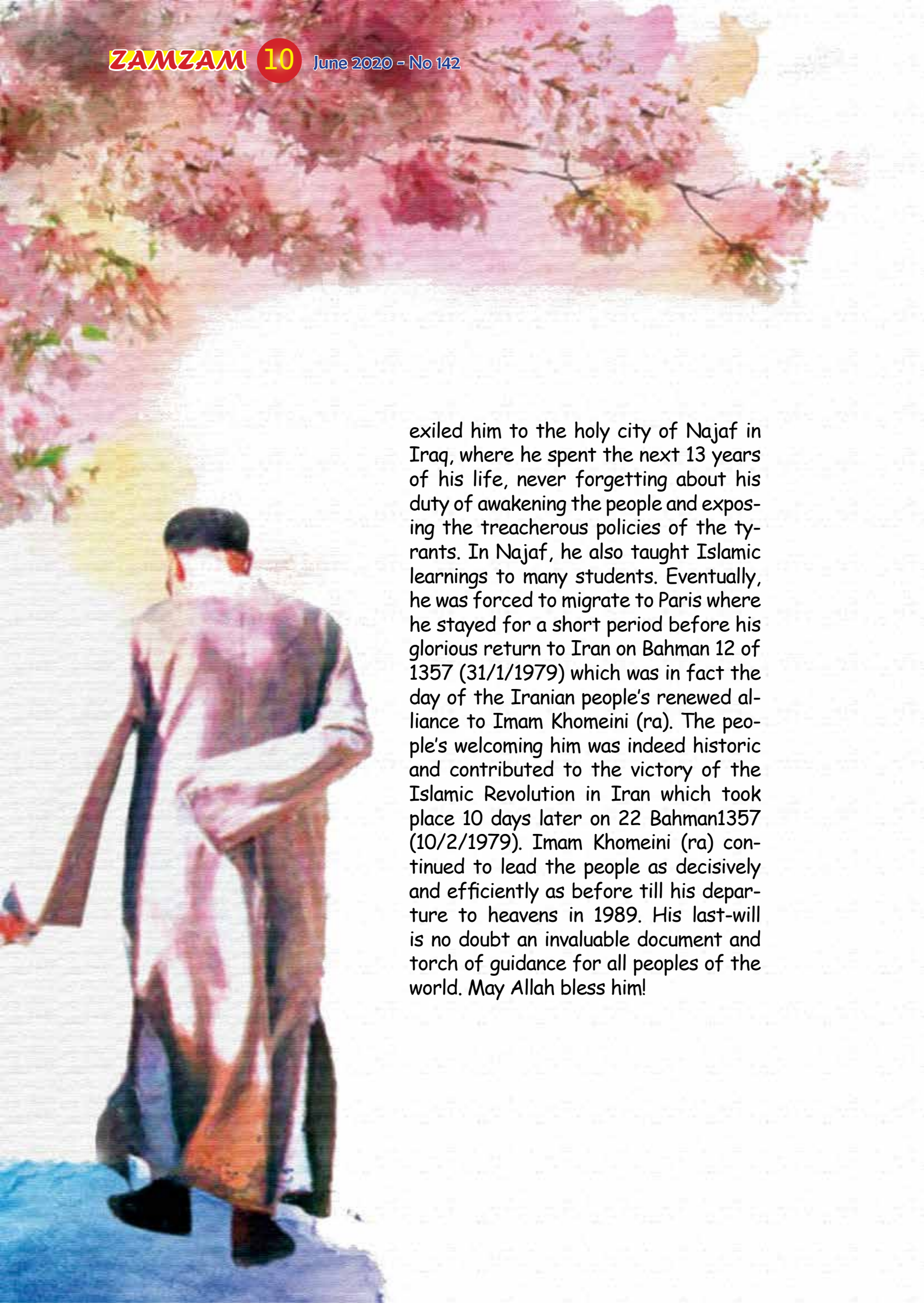
That day can be regarded as the starting point of the rise of the sun of the Islamic Revolution in Iran, since on that day, the Iranian people in numerous





cities and towns of the country, having been awakened by the historic speech of Imam Khomeini (ra) delivered by him two days before ( on Khordad 13 - 2/6/1963) in opposition to the slavish, tyrannical policies of the Pahlavi regime, rushed to the streets and expressed their support for Imam Khomeini (ra). Many of the demonstrators were martyred at the hands of the armed forces on that day. The Pahlavi regime, having witnessed the popularity of Imam Khomeini (ra) among the people decided to exile him. So, a few months later, they attacked his house in the Holy city of Qum and exiled him to Turkey (without informing the people). And after about a year, they





exiled him to the holy city of Najaf in Iraq, where he spent the next 13 years of his life, never forgetting about his duty of awakening the people and exposing the treacherous policies of the tyrants. In Najaf, he also taught Islamic learnings to many students. Eventually, he was forced to migrate to Paris where he stayed for a short period before his glorious return to Iran on Bahman 12 of 1357 (31/1/1979) which was in fact the day of the Iranian people's renewed alliance to Imam Khomeini (ra). The people's welcoming him was indeed historic and contributed to the victory of the Islamic Revolution in Iran which took place 10 days later on 22 Bahman 1357 (10/2/1979). Imam Khomeini (ra) continued to lead the people as decisively and efficiently as before till his departure to heavens in 1989. His last-will is no doubt an invaluable document and torch of guidance for all peoples of the world. May Allah bless him!



# Serving God

By: Mahdi Zainali

Ahmad's Mother, after saying her daily prayers, prayed to God with these words: "O my God! Make me one of Your servants." Ahmad heard these words and asked his mother: "Mom, how can I be a servant of God." In reply, his mother said: "You should do everything as God has wanted you and for pleasing your God. You should think, before doing anything, whether what you want to do pleases God or not, as Imam Ali (AS) has said: "Being a servant of God means your life and death should be in God's way."

## Being careful about one's doings

Maryam was writing something. Her father asked her what she was writing and she answered: "I am writing about what I did today, good and bad, to become more careful about my doings from now on."

Her father became happy and said: "Good for you, my daughter!" Then she added: "But I do not know whether to write down small good things too." Her father replied: "God loves



all good actions. Remember that small good actions can bring great blessings." Prophet Muhammad (PBUH) has said: "Do not think of any action which pleases God as small and unimportant, as that may lead to God's giving you great rewards..."

## Hard work

Mostafa's father returned home after a day of hard work. Mostafa brought him a glass of water and said: "Father, I wish you would work less and spend more time with us." His father thanked him and said: "My dear son! Working for supporting one's family brings one closer to God."

A man saw Imam Baqir (AS) working hard on a farm, and asked the Imam (AS): "What if you die while doing so?" The Imam (AS) replied: "I will be serving God if I die while working hard to become needless to the other than God."







## **Certain Islamic teachings for your good health:**

- Wash your hands before and after eating.
- Brush your teeth regularly.
- Avoid eating rapidly. Rather try to chew well.
- Do not take big bites.
- Avoid eating or drinking cold things after having had something sweet (for that causes tooth decay).
- Drink slowly and not hurriedly.

The background of the page features a colorful illustration of a mouse standing on its hind legs in a field of tall, green and yellow grass. The mouse is light brown with large ears and a long tail. The sky above is a soft blue with white clouds. The title 'The Trapped Gazelle' is overlaid on the illustration in large, stylized letters.

# The

# Trapped

# Gazelle

Once upon a time, there was a young, very beautiful gazelle living in a forest. She had large shining eyes and a soft, attractive skin. One day, as she was walking, she was caught in a trap which had been put on her way by a hunter. She tried hard to escape, but the ropes were hard and it seemed impossible for her to be able to get rid of that trap on her own. She decided to ask for help, but no other animal was around. She thought that if the hunter came, it would be the

end of her life and so she prayed to God for some help from somewhere. Suddenly she caught sight of a fat mouse which was passing there. She became hopeful and called out, asking the mouse for help. The un-



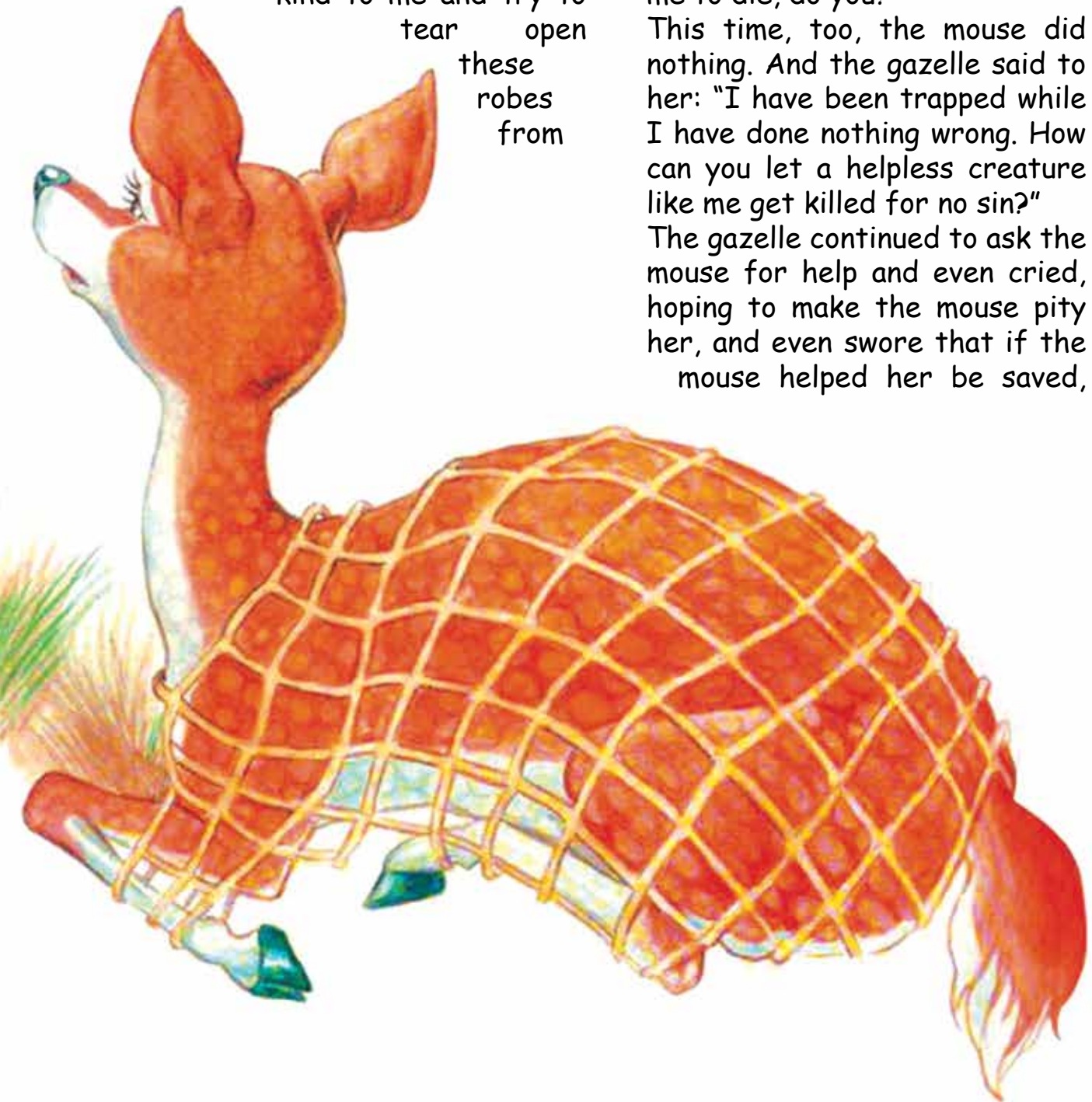
kind mouse first pretended that she was not hearing the cries of the trapped gazelle, but eventually had to stop and listen to the gazelle who said to her: "We do not know each other and have not been friends before. I knew that I cannot ask you for a favour as a friend. But I hope you will be kind to me and try to tear open these robes from

around me before the hunter arrives."

But the mouse did nothing. The gazelle continued: "If you help me get rid of this trap, I will be at your service as long as I am living. Please hurry up and save me before the hunter comes and takes my life. You do not want me to die, do you?"

This time, too, the mouse did nothing. And the gazelle said to her: "I have been trapped while I have done nothing wrong. How can you let a helpless creature like me get killed for no sin?"

The gazelle continued to ask the mouse for help and even cried, hoping to make the mouse pity her, and even swore that if the mouse helped her be saved,





she would do anything for her as long as she was alive."

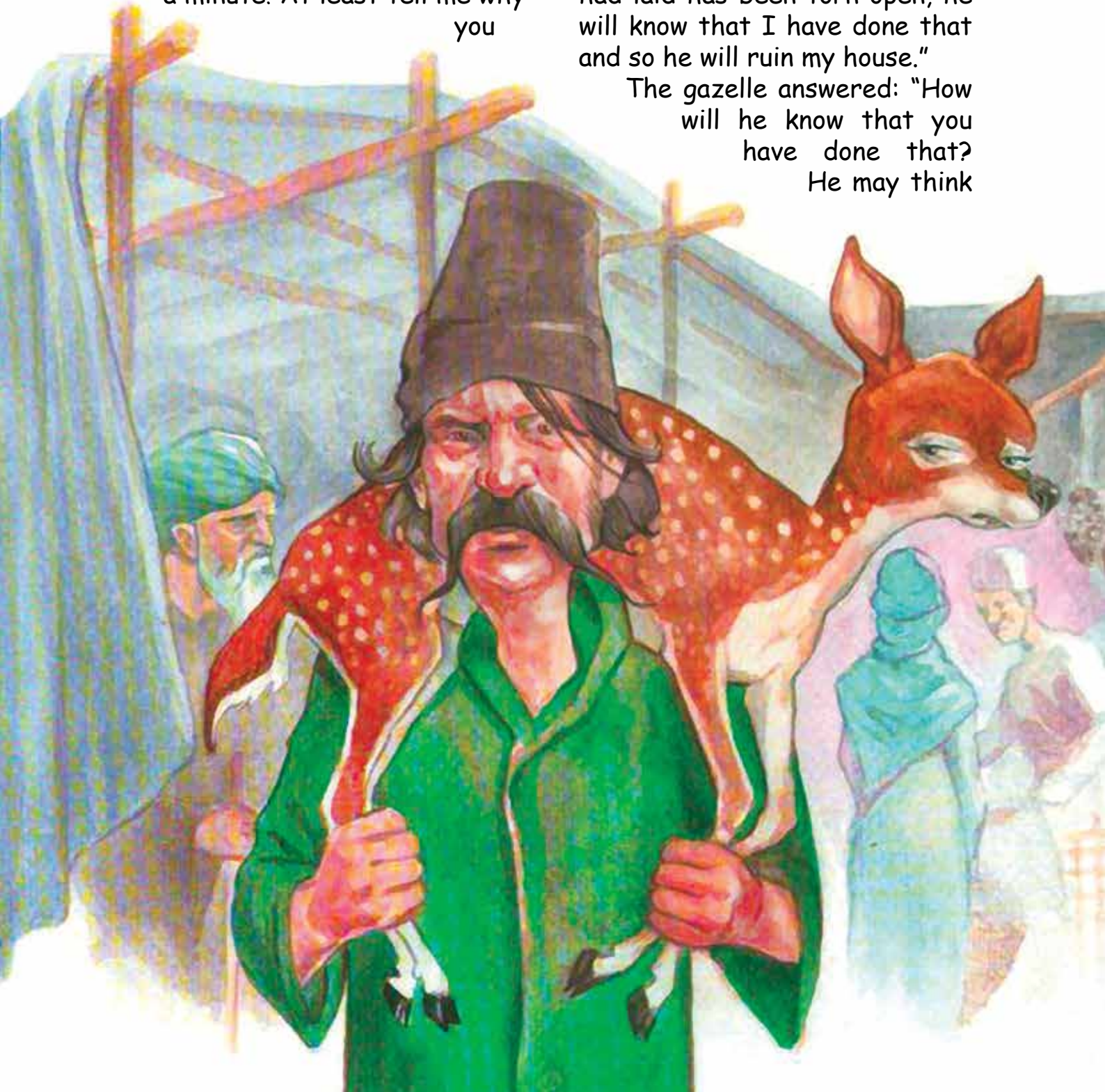
This time the mouse said: "I want to help you, but I cannot."

And started walking away. The gazelle shouted after her: "Wait a minute! At least tell me why you

cannot help the one who is caught in a trap for no sin?"

The mouse answered, "I am a small animal, while the hunter is strong and merciless. If he comes and sees that the trap he had laid has been torn open, he will know that I have done that and so he will ruin my house."

The gazelle answered: "How will he know that you have done that? He may think



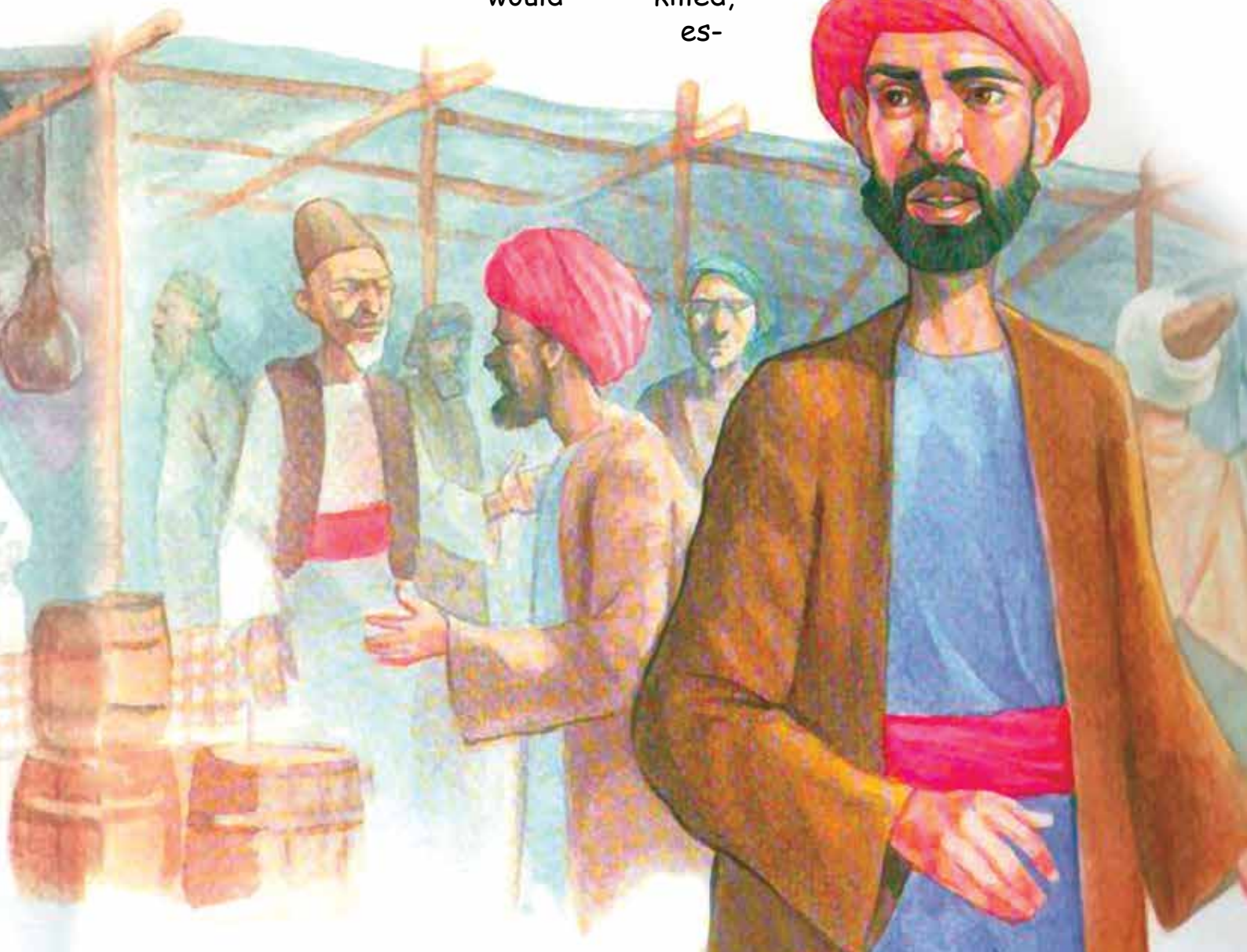


that a rabbit or some other animal has done that."

But the mouse hurried away, saying: "My father always advised me to just take care of myself."

But just when the mouse finished her words, an eagle from above rushed down to her and quickly took the mouse in his claws and flew away. The gazelle was watching this scene with fear and just then the hunter arrived. The gazelle thought that she could no longer find any help and so would

soon be killed. But the hunter said to himself, "What a beautiful gazelle God has created! I could sell it for a good price!" So the hunter untied the ropes and put the lovely gazelle on his shoulders and walked to a market-place to sell her. There a kind man saw the gazelle on the hunter's shoulders and said to himself, "It is not fair that such a fine animal should get killed, es-





pecially since gazelles harm nobody."

So, he bought the gazelle from the hunter and immediately let it go, free to somewhere she liked and said to her: "You are free, go where you come from." And the gazelle happily ran into the forest. The hunter was surprised and asked the man why he had freed the gazelle. In reply the man said; "God is Merciful and

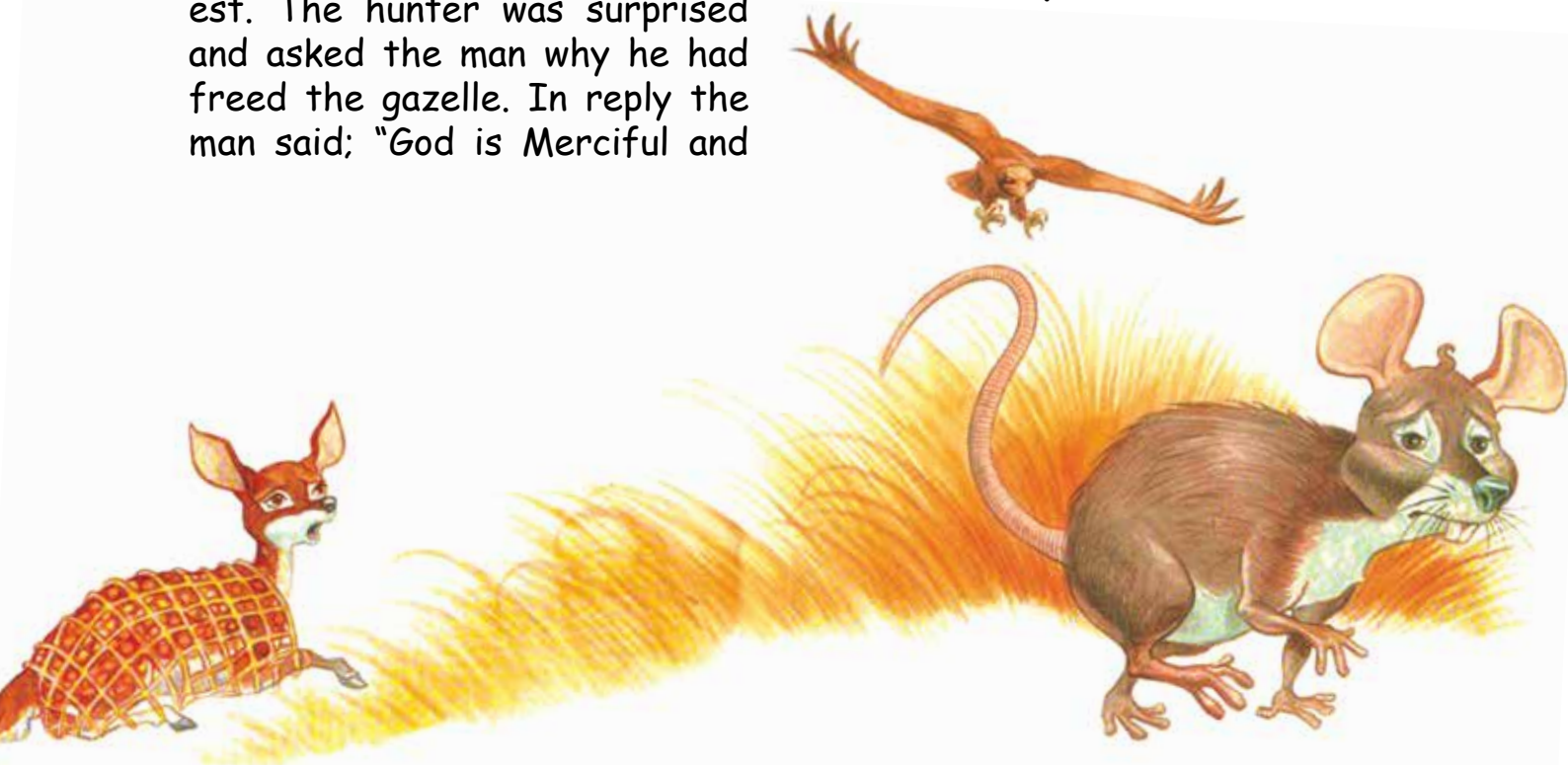
wants us to be merciful too. He will reward mercy with His Mercy."

And needless to say, the eagle ate the mouse promptly and then took his afternoon rest."

***A story from Marzban-nameh (a collection of fables in Persian literature) by Sa'ad ad-Din Varavini***

***Simplified by: Fariba Kalhor***

***Illustrated by: Farhad Jamshidi***





## Chopped Egg Garnishes



1

● Hot-boil one or two eggs and allowing them 10 minutes boiling time. Cool rapidly, then shell and separate the yolk from the white. Pass the yolk through a metal sieve, pressing with a wooden spoon.



2

● Finely chop the egg white and either leave plain or mix finely chopped fresh parsley.



3

● Use fine lines of alternating yellow yolk and the speckled green egg whites.



4

● If prepared, the finely chopped parsley can be used as a third color, with the plain egg yolk and egg white, or the white can be dusted with paprika.



# SAVE THE EARTH, SAVE LIFE

By: Arman Alimohammadi

Obviously, we share the planet earth with other living beings worldwide. This planet belongs to all and so everybody, even animals and plants have the right to enjoy peace, tranquility and safety in it. Likewise, any harm done to the living environment is a sin, because it is a trampling upon the rights of the others. World Environment Day is on 5 June. On this day people from all over the world can do something positive to help our planet. Its aim is to raise global awareness about our environment.

Do you know when the World environment day has begun? In the year 1972, the United Nations Conference on the Human environment was held from 5th June to 16th June. After that, every year on 5th June, it has been hosted by different countries of the world with different theme. Environmental protection is not, only work of the government. For this, our contribution as a person is also significant. It is our duty as a consumer using the gifts provided by nature.





■ Reduce, Reuse, Recycle; these are words we know. We have to save our planet, so we can live and grow. We might be only children, anyway we have to try, you will see, we will save our planet, it starts with you and me!

■ I do not want to protect the

environment; I want to create a world where the environment does not need protecting.

■ Be a part of the solution, not part of the pollution.

■ More intelligent species would destroy their own environment.

■ May our surroundings remain



healthy. May all the trees bloom and flourish.

- Do plantation and you will get much greenery.

- Kindly think you can not live a natural life without air. You are the most intelligent among creations of God I know you will definitely say "no not without AIR"!

- The future is not something we

enter, the future is something we create.

- We never know the worth of water till the well is dry.

- Trees are poems the earth writes upon the sky.

- Gardening is the work of a lifetime: you never finish.

Remember that lots of little things can make a big difference.



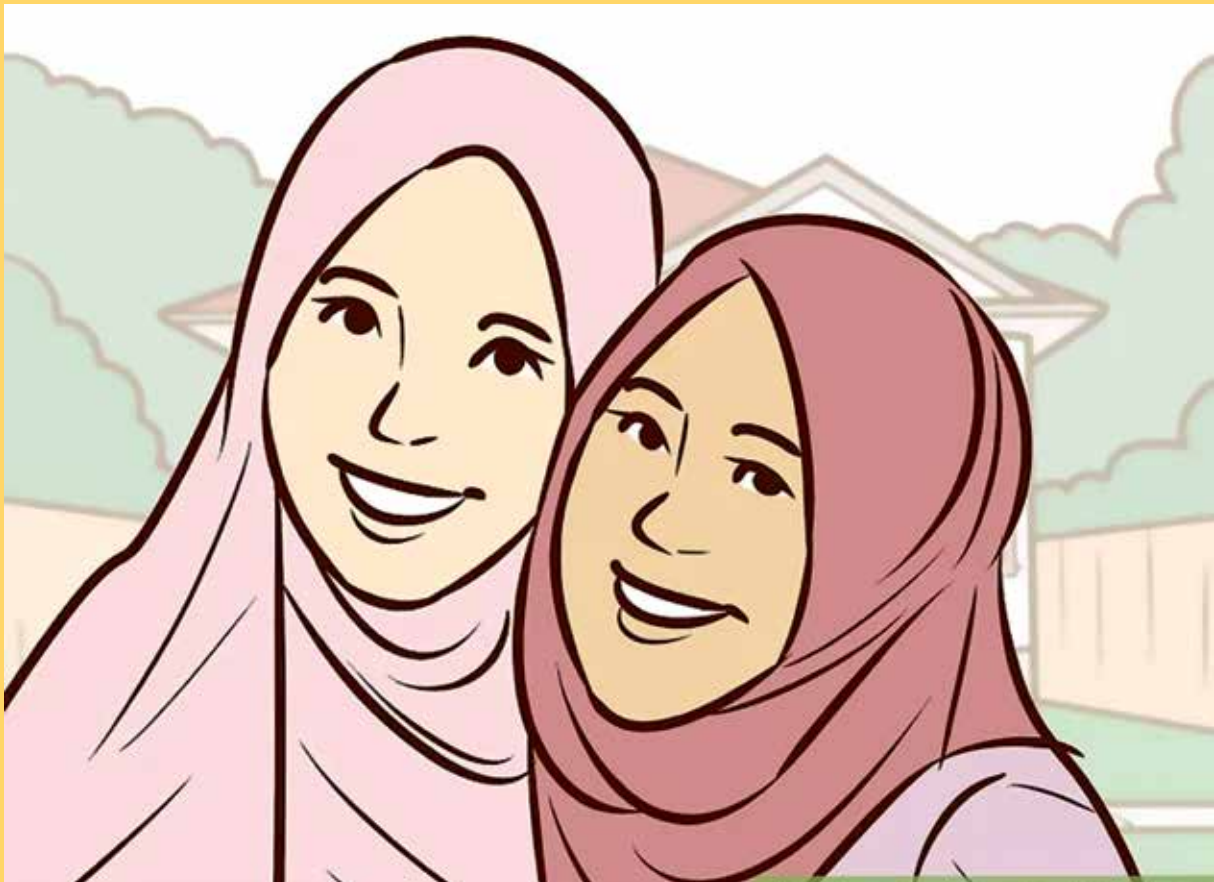


# How to Deal with Peer Pressure

By: Elham Salimi

Are you always tired of doing what your friends want you to do? Are you no longer interested in wearing what they like you to wear? Are you now thinking about finding out more about yourself? You are right. It is your right, as a young person, to start thinking about how to get rid of peer pressure.

It is your right to choose between the advisable and the unadvisable. After all, you are no longer under the supervision of your parents as much as you used to be as a child and so you need to think properly and take proper decisions. Peer group pressure can influence: the way you dress, the way you behave, the way you



think, the music, games and TV programs you like, the way you live your life now, the way you might live in the future, the kind of adult you become.

Of course not always peers are undesirable in so far as clothing, recreations and the like are concerned. People can influence others in a positive way by: Saying positive things, encouraging others to try, accepting people's differences, getting involved in positive group activities at school, caring about the feelings

of others, caring about the safety of others, using good manners, using appropriate language, getting involved in positive out of school activities, e.g. sport, talking about, 'authority' figures [parents, teachers, police] as people to go to for care, help and guidance.

You may have friends who have been brought up in good environments, can be good companions, but never forget the fact that there might be some whose companionship causes misconducts





and offences on your part, as we see some teenagers who have done wrong, such as consuming narcotics, theft, indecent clothing and behaviour in public and .... just because their (bad) friends have been doing such harmful things.

So do not be afraid to say 'No' to wrongdoers or even to a seemingly good friend who, for any reason, suggests something improper to you. At first, it might seem hard to you, but if you are determined to choose a proper,

healthy lifestyle, you will manage to push away all negative urges and moreover to lead your peers to the right way of life.

As an example, if a friend offers you a cigarette, you should refuse and immediately point out to him/her a very significant fact that he is neglecting, namely that cigarette-smoking is bad for one's health, and may even cause cancer and if a peer invites you to a party which you know is against the moral values of your family, you should, in-



stead of feeling shy, proudly talk about the values taught by your parents to you and tell him/her that you will never act against your parents' teachings.

You can choose to be part of a group where you will feel safe, valued and supported by the others in the group. If you are not a 'group' person you will still have the support of others in this group if you behave in the same way. No one is perfect all the time but everyone needs to be able to recognize a situation

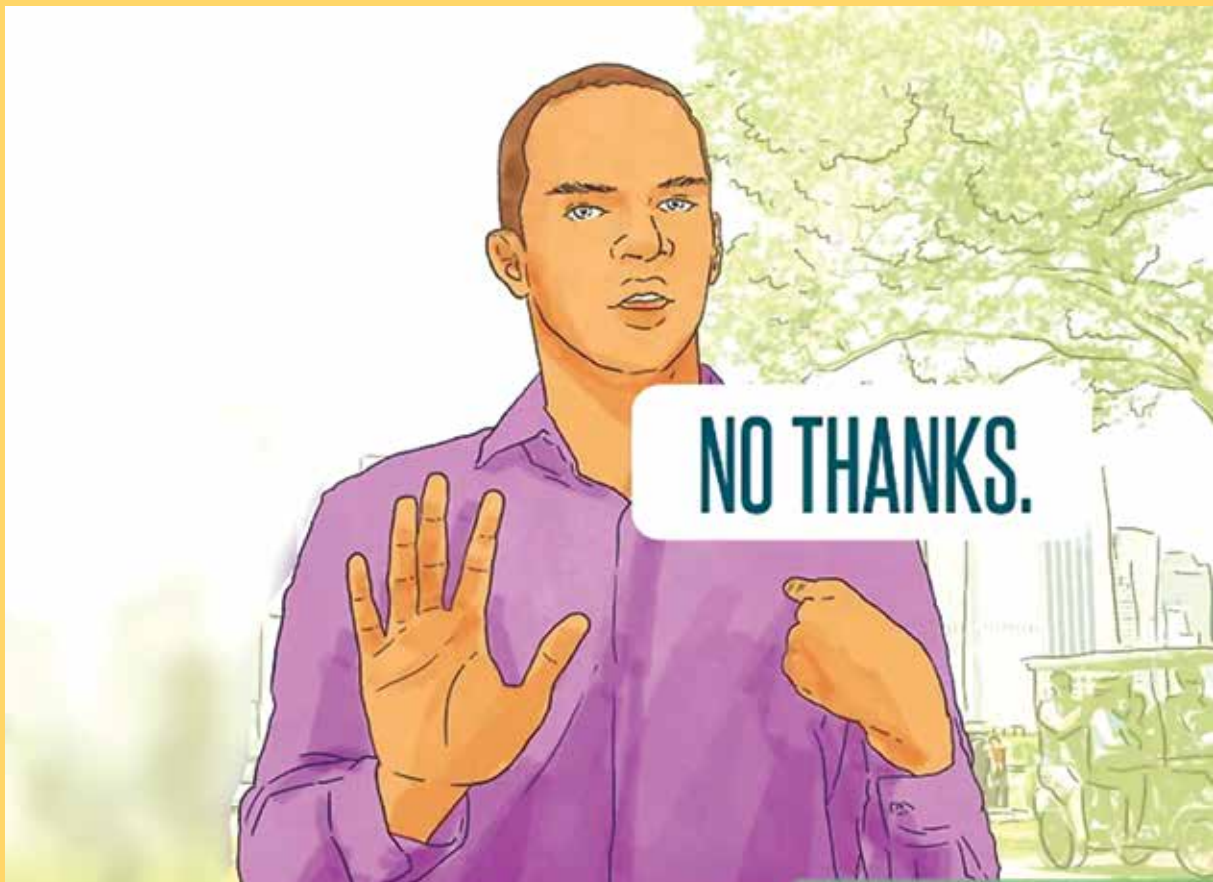
that could lead to trouble or danger. But what you can do:

- You must learn to say 'No'

The most basic way to respond to peer pressure is to just say 'no.' There are lots of ways to say no. For example, say, "I don't do that" or, "No thanks, I'll pass." You can also say, "I'd rather not, thanks."

- Be careful not to get forced into doing something by being called "scared" or "a chicken." Stay firm in your own decision.

- You could also change the





subject, it will at least buy you some time until you feel ready to respond (or not respond at all). Change the subject by saying, "Do you want to watch this movie with me? I've really been wanting to see it, but it's no fun watching it alone."

● Build up your social skills. Teens who are awkward, shy, have trouble making friends, or are uncomfortable navigating social situations may be more susceptible to negative peer pressure in an attempt to fit in. Building

up self-confidence by developing your social skills may work to reduce this weakness. Not all kids are wired to be the "life of the party" or "Mr./Ms. Popularity," but any teen can become at least somewhat more comfortable and confident in social situations.

Anyway, remember that kids who do things that make others feel bad or get into trouble are not good friends! So, tell yourself that you should try to reach happiness and thus need good, wise companions.



# Memories of a Great Man

## *An Advice*

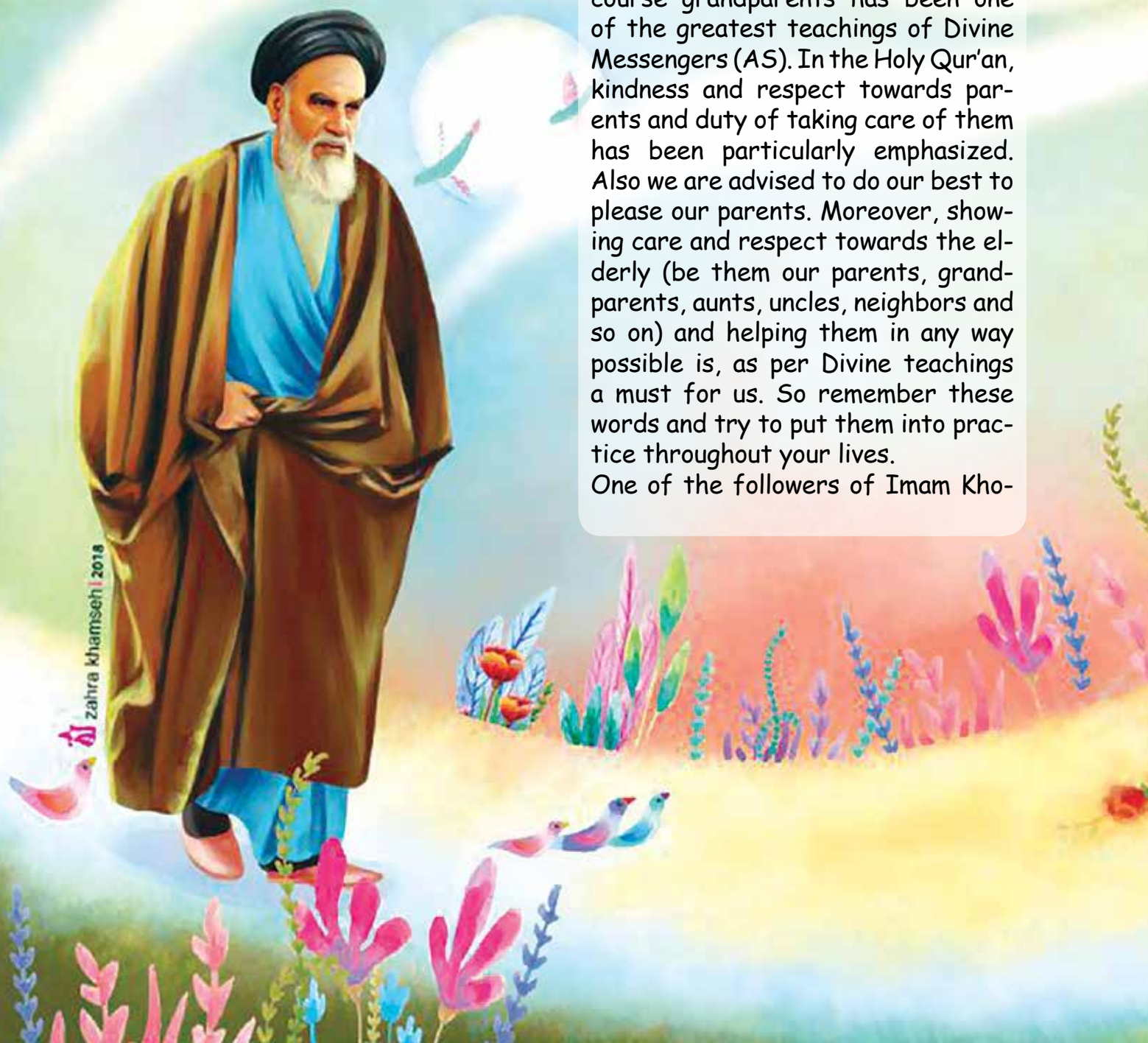
A relative of Imam Khomeini (ra) has narrated: Imam Khomeini (ra) would get up two hours before the Azan (call for prayer) for the morning prayer, for acts of worship. One night as he was coming out of his room for ablution, he caught sight of me and addressed me such: "Know the

value of your youth and worship God. The pleasure of 'Ibadah (worshipping God) lies mostly in youthhood. When one has got old, while desiring to worship God, one does not have the needed strength to do so."

## *Respect for Parents*

Being good to one's parents and of course grandparents has been one of the greatest teachings of Divine Messengers (AS). In the Holy Qur'an, kindness and respect towards parents and duty of taking care of them has been particularly emphasized. Also we are advised to do our best to please our parents. Moreover, showing care and respect towards the elderly (be them our parents, grandparents, aunts, uncles, neighbors and so on) and helping them in any way possible is, as per Divine teachings a must for us. So remember these words and try to put them into practice throughout your lives.

One of the followers of Imam Kho-





meini (ra) has narrated: Once I had the honour of visiting Imam Khomeini (ra) in his house, and in that meeting I saw that one of the country's officials, accompanied by his aged father came to the presence of Imam Khomeini (ra). That man had walked in ahead of his father (an impolite conduct as per Islam) and so Imam Khomeini (ra) asked him: "Is this gentleman your father?" The man said: "Yes, he is." Then Imam Khomeini (ra) addressed him thus: "Then why were you walking ahead of him?" Thus pointing to him that his conduct to his father had not been Islamic.

### ***Helping the Needy***

A neighbour of Imam Khomeini (ra) in the city of Qum has narrated: on a cold winter morning, (years before

the victory of the Islamic Revolution) Imam Khomeini and I walked to attend a class. On the way, we saw an old woman washing clothes in the stream with great hardship, since the water was very cold and icy. Seeing this, Imam Khomeini said to me, "You go to the class and I will join you later." I asked him if there was anything I could do for him, but Imam said, "No." and then Imam Khomeini started washing the clothes instead of that woman. Later, I also found out that he had told that needy woman to come to his house and wash the clothes with warm water instead of suffering the hardship of washing in that cold water. Imam had told that woman that he would tell his family to prepare warm water for her and to help her in any other possible way.





# Mobile Phone

By: Mahdi Hussein

Nowadays, having a mobile phone seems a must and no doubt, it has various uses, but we should also remember that too much attachment to it can be harmful, since it will have undesirable effects on our physical, emotional and spiritual health and besides might harm the concentration which we need to have on our various duties. So try to limit using that as much as possible. Sometimes, your cell phone may even become annoying for

you. As an example, when you are playing a favourite game with your friend, you hardly like to receive a phone call. Also, when in the presence of the elders, you need to avoid checking that device, unless absolutely necessary since that might seem impolite and a sign of your being careless about them.

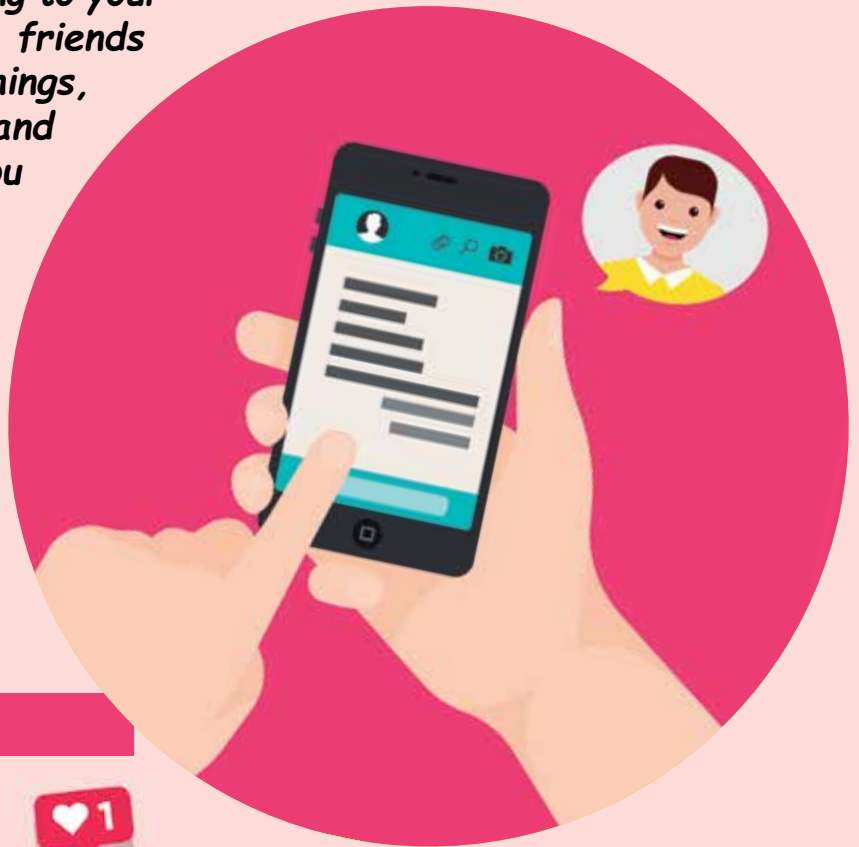
Moreover, though for various reasons you might enjoy playing on your mobile, it is better for you not to let it become your



chief recreation. You can have fun in various other ways too, which often also contribute to your health, such as a sport, reading books and talking to your family members and friends which among other things, add to the affection and sincerity between you and them.

So do not let such things preoccupy you so much that you would neglect your duty of building healthy relationships

and a good future for yourselves and the others and be sure to pass this lesson to your peers, too.





# STAY HOME

Compiled by: Morteza Afradian

These days are special ones for many of us, since due to the outbreak of coronavirus, we are no longer able to spend several hours each day outside

home - at school, at work, and with friends. Here, are some recommendations to support you at this challenging time. These are short activities that





you can do by yourselves and/or with limited guidance.

### 1- Challenge a friend

Keeping in contact with school friends can help you feel less isolated. Challenge a friend over a chat or video call.

- Make a story (Story Maker 1 or Story Maker 2) or design a hero or a toy together. Can you agree which options to choose?
- Who can say the tongue twisters the fastest?

### 2- Do some crafts

Crafts are fun to make, choose the activities using very basic materials that you will probably already have at home. Younger children especially will enjoy making flashcards and colouring pictures. Choose a topic you have studied at school and print out the materials. Make the flashcards or read and colour the picture. If you make flashcards, you can also play the memory game with another member of the family.



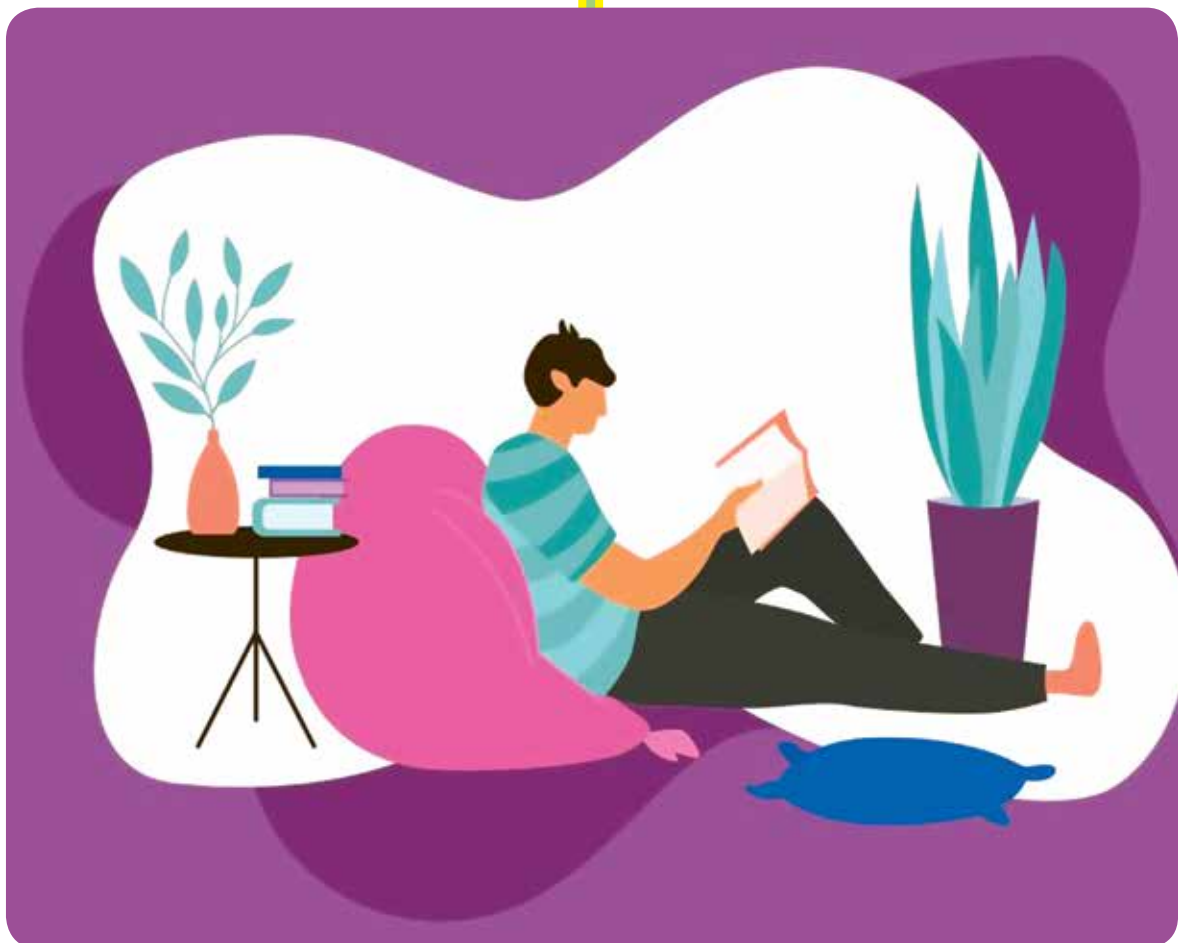
### 3- Extend your vocabulary

There are lots of ways to revise and extend vocabulary at home, such as Word games and practicing pronunciation. Songs and stories are also great for extending your vocabulary. You could also look in your school book and choose five words from each unit you have studied so far, or words from activities they have done before in the school. You could also ask one of your parents to make mini

word cards by writing the words on small pieces of paper. Put the words in a bag. Every day, for example after dinner, your parent should take out five words and ask you to: spell the words, define the words, draw the words, tell a simple story using the words!

- And finally revise schoolwork. Work hard at home for better results at school.

We hope these suggestions help at this challenging time.





# Do you know that.....?

What does not ask questions, but needs to be answered?

The Telephone

What comes down, but never goes up?

Rain

What has no beginning and no end?

A Circle

Why do lions eat raw meat?

Because they can't cook

## What is a rainbow?

A rainbow is caused by sunlight being refracted, or 'bent', and reflected back towards the observer by the raindrops. By this refraction, sunlight is broken up into its component colours: red, orange, yellow, green, blue, indigo and violet - the colours of the rainbow from the outside to the inside of the arc. Rainbows always form on the side of the observer opposite the sun. Mankind always seems to have regarded rainbows as good news. A legend maintains that, if you dig at the spot where the rainbow touches the ground, you will find a pot of gold buried there.

## Why do some species of birds migrate?

A great many bird species are migratory. Despite dangers from storms and drought and the constant attacks of men, millions of birds make twice-yearly journeys that cross continents and oceans. In summer on the continental land masses of the northern hemisphere, there is an abundance of insect food and long hours of daylight for hunting it, vitally important when some young birds eat many times their own weight. Millions of birds are therefore in the northern hemisphere for summer breeding. In winter, they migrate south, having stored up the energy for the journey in the form of fat. Some species stay on the wing for up to 120 hours at a time. Most birds migrate at heights below 6500 metres. Experiments have shown that birds use bows, sun and stars for navigation.





# Stone and the Flower

Author Unknown

«You have hardened», said the flower, bending her petals downward toward the half stone at her roots. «These rains should have softened you, made you more fertile and receptive to the seeds of the fields; but no. You have accumulated minerals and have become more silent and full of calcium. Why do you stay here? Why do you resist

the brook that gives us water?»

The stone said nothing.

A number of clouds passed by, the sun set and the night arrived with an immense bronze-coloured freckled moon with scars upon her worn face and in this manner reflected down upon the silent stone which still had



not fallen asleep. The flower, by now, had tucked-in her petals and slept profoundly, and at this time the stone began to answer:

«I stay here because your roots have made me yours. I stay here because it is no longer about my feeling the earth rather because I have become part of that which functions as a support of your stem which resists the wind and the rain. Everything changes, my sweet flower», said the stone, «but I stay here because love is that microscopic space between your feet and my salted skin. You would

only be able to feel it if destiny were ever to separate the two of us.»

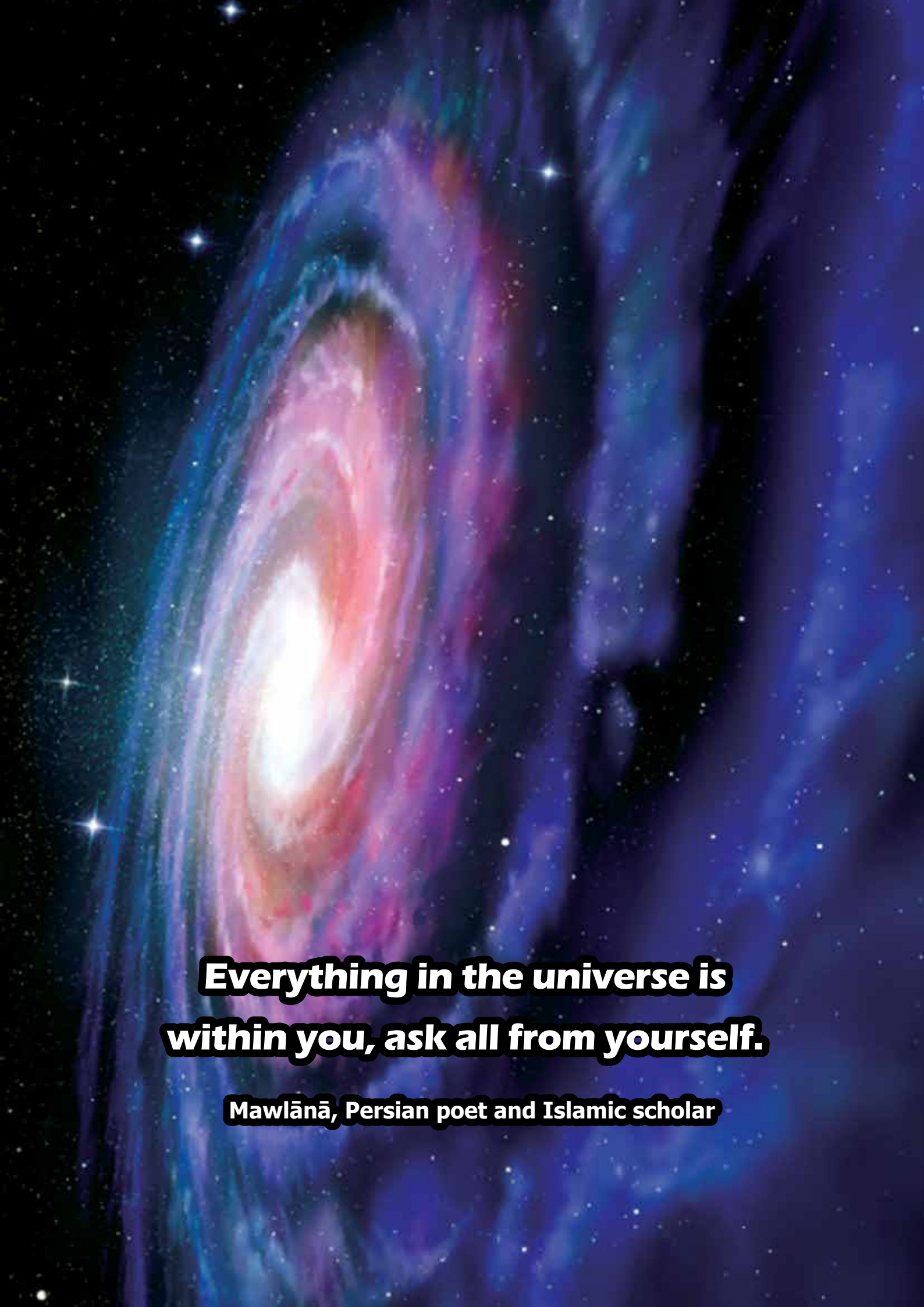
The moon followed the fade of the stars. Dawn gave a yawn as the sun began to burn its horizon on the lower lip of the mouth of a new day. The flower awoke and extended her beautiful petals. «Good morning», she said, «I dreamt that you were singing to me. How foolish of me, don't you think?»

The stone said nothing.

Source: [www.Spiritual-Short-Stories.com](http://www.Spiritual-Short-Stories.com)







**Everything in the universe is  
within you, ask all from yourself.**

**Mawlānā, Persian poet and Islamic scholar**

PEACE IS ITS OWN REWARD.

MAHATMA GANDHI

