

Weekly Booklet



An episode from the book *Faizan e Sunnat*
written by Ameer Ahl al-Sunnah امير اهل السنة والجماعة

How to Bring Blessings in Food

(English)



Which part of one's food is blessed?

The plate makes dua of forgiveness

A health issue resolved

Harms of hot food

Shaykh al-Tareeqah Ameer Ahl al-Sunnah,
Founder of Dawat-e-Islami, Hazrat Allamah Mawlana
Muhammad Ilyas Attar Qadiri Razavi

امير اهل السنة والجماعة

کھانے میں برکت پانے کے طریقے

How to Bring Blessings in Food

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Translation Department (Dawat-e-Islami)

Aalami Madani Markaz, Faizan-e-Madinah, Mahallah Saudagran,
Purani Sabzi Mandi, Bab-ul-Madinah, Karachi, Pakistan

UAN: ☎ +92-21-111-25-26-92 – Ext. 7213

Email: ✉ translation@dawateislami.net

How to Bring Blessings in Food



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Aalami Madani Markaz, Faizan-e-Madinah Mahallah Saudagran,
Purani Sabzi Mandi, Bab al-Madinah, Karachi, Pakistan

✉ **Email:** maktabaglobal@dawateislami.net – maktaba@dawateislami.net

☎ **Phone:** +92-21-34921389-93

🌐 **Web:** www.dawateislami.net

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى خَاتَمِ النَّبِيِّينَ
أَتَابَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Dua for reading this book

Recite the following before you read a religious book or begin an Islamic lesson; you will remember whatever you study **اِنْ شَاءَ اللَّهُ**.

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَاَنْشُرْ
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْاِكْرَامِ

O Allah! Open the doors of knowledge and wisdom for us and have mercy on us! O He Who is the Most Glorious and Honourable! (Al-Mustatraf, vol. 1, p. 40)

Note: recite *ṣalāt* upon the Prophet once before and after.

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How to Bring Blessings in Food

Attar's prayer

O Allah! Whoever reads or listens to the 18 page booklet *How to Bring Blessings in Food*; grant them ability to value food and always consume only halal! I also ask You to forgive them and their parents without accountability!

أَمِيرِن بِجَاهِ خَاتَمِ النَّبِيِّينَ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

The excellences of sending ṣalāt upon the Prophet

Allah's final Prophet, our master Muhammad صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said, "As long as a Muslim sends ṣalāt upon me, the angels continuously send mercy upon him. It is now up to him whether he recites more or less."¹

صَلُّوا عَلَيَّ الْحَبِيبِ صَلَّى اللَّهُ عَلَيَّ مُحَمَّدٍ

The virtue of eating a fallen piece of bread

Dear Islamic brothers! The mercy of Allah is immense, and

¹ Sunan Ibn Maja, vol. 1, p. 490, hadith 907

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often, an act might appear small but have great significance.

The Companion ‘Abdullāh b. Umm Ḥarām رَضِيَ اللهُ عَنْتُهُ explains how the Messenger of Allah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said, “Show honour to bread, as it is a celestial and terrestrial blessing. Whoever eats a piece of bread that fell upon the dining mat shall be forgiven.”¹

سُبْحَانَ اللهِ Dear Islamic brothers! If only we would do away with our hesitation and eat pieces of bread and grains of rice that fall on the dining mat, and thereby make ourselves eligible of forgiveness.

Pieces of bread (an account)

The Companion ‘Abdullāh b. ‘Umar رَضِيَ اللهُ عَنْهُمَا once saw a piece of bread on the ground. “Clean this”, he said to his servant, “and put it away.” When later asking for that piece of bread at ifṭār time, the servant revealed he had eaten it.

Ibn ‘Umar exclaimed:

Go! You are free! I heard the Messenger of Allah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ say, “Whoever picks up a fallen piece of bread and eats it, Allah forgives him before it reaches his stomach.” How can I keep you as a servant when you

¹ Jame’ al-Saghir, p. 88, hadith 1426

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have earned forgiveness?¹

Religious mindset

سُبْحَانَ اللَّهِ Look at the religious mindset of our pious elders. A servant picked up bread that had fallen to the floor, then cleaned and ate it. Doing this led to him attaining forgiveness and being manumitted from servitude by his master.

O Lord of the Prophet! For the Prophet's sake, grant us a religious mindset and true love for the Sunna! Whenever we see a piece of fallen bread, grant us ability to respectfully pick it up, clean, and eat it. O Allah! Remove our reluctance to act upon the Sunna and forgive us!

اٰمِيْنُ بِجَاهِ خَاتِمِ النَّبِيِّينَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Broaden the dining mat

Pious elders did not say “Pick the dining mat up”. They would say, “Broaden the dining mat” or “Increase the food.”

By saying this, they were praying for their dining mat to felicitate more people, for more food, and for vast blessings.²

¹ Tanbīh al-Ghāfilīn, p. 348, hadith 514

² Sunnī Bahishtū Zēwar, p. 566, summarised

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When I read a particular booklet

Dear Islamic brothers! To be successful in both worlds, always remain attached to the Islamic environment of Dawat-e-Islami. There are countless benefits of this.

The following is a summarised statement issued by an Islamic brother from Calcutta (India). He recalls how he was once distant from the Sunna and was heavily focused on the latest fashion trends. As he returned home one night, he came across a large group of people wearing ‘imāmahs. When he came closer, he found out a Madani Qafila of Dawat-e-Islami had arrived from Mumbai and a Sunna-inspired gathering was taking place.

He thought to himself, “These people made such a long journey to come to this city. I should listen to what they have to say.” He then sat down in the gathering. Books and literature of Maktabat al-Madinah were distributed at the end. He too received a booklet, and looking at the front, found it was named *A Horrific Camel*.

Upon arriving home, he put the booklet down and thought, “I’ll read this tomorrow.” He got ready for bed, but before laying down to sleep, he opened the booklet just to look inside. His gaze fell upon the following words: “Satan will try to make you

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feel lazy, but make sure to read this booklet. **رَبِّ شَاءَ اللَّهُ** You will feel positive change inside you.” This impacted him profoundly.

He realised Satan will try to never let him read this. Realising nobody is promised tomorrow and one should not delay in good deeds, he began reading the booklet instead of going to bed.

He himself says:

I take oath by Allah, before Whom I will stand on the Day of Judgement to answer for my deeds. When I opened that booklet and read of the appalling injustice inflicted upon the Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** by disbelievers, it rendered me sleepless. I proceeded to cry for a long time.

That night, he made intention to travel in a Madani Qafila the very next morning.

When he went to his parents seeking permission to travel in the Madani Qafila, they happily said he could do so. He thus set off to spend three days with it.

Being around those who love Allah’s Messenger transformed him completely. **أَلْحَمْدُ لِلَّهِ** He became punctual in offering salah. He began wearing an ‘imāmah on his head and Sunna-compliant clothing on his body.

His mother was overjoyed at this positive change and prayed for

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him extensively. Friends and family alike were nothing but happy for him. **اَلْحَمْدُ لِلّٰهِ** Today, he is an organisational head working hard to spread the Sunna.

صَلُّوْا عَلَيَّ الْحَبِيْبِ صَلَّى اللهُ عَلٰى مُحَمَّدٍ

Distribute booklets

Dear Islamic brothers! Look at the positive impact Dawat-e-Islami had on a young man. He went from missing salah to becoming punctual in it, and going on to achieve further religious success.

This also highlights the merits of distributing the literature of Maktabat al-Madinah. When that young man read the booklet, he decided to join the Madani Qafila at once and adorned his head with an ‘imāmah.

To convey reward to your family members who have passed away, purchase literature from Maktabat al-Madinah and distribute them during Islamic gatherings, weddings, funerals, Mawlid processions and other events. You can also place a booklet in wedding cards. If any literature you gift leaves an indelible impression on somebody, which leads to them offering salah and acting upon the Sunna, you will be successful in both worlds.

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Licking one's fingers after eating is Sunna

The Companion ‘Āmir b. Rabī‘ah رَضِيَ اللهُ عَنْهُ narrates, “Allah’s Messenger صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ would eat with three fingers and would lick them upon concluding.”¹

Which part of one’s food is blessed?

The Companion Jābir رَضِيَ اللهُ عَنْهُ conveys, “The Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ commanded us to lick our fingers and bowls. He said, ‘You do not know which part of the food harbours blessings.’”²

How to attain the blessings of food

Dear Islamic brothers! Unfortunately, seeing the manner in which Muslims eat today, it appears there are very few fortunate enough to eat in accordance with the Sunna and earn the benefits that come with this.

As the hadith we just read explains we do not know which part of the food contains blessings, we must strive not to waste even a single particle of food. We should pick the meat off bones such that no meat remains on it at all. One can also shake bones into a plate, allowing for lodged pieces of meat to fall onto it.

¹ Majma’ al-Zawa`id, vol. 5, p. 23, hadith 7923

² Sahih Muslim, p. 1122, hadith 2023

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If possible, try to eat the cooked spices in the dish too, such as cardamom, black pepper, clove, and cinnamon, etc. **رَبِّ شَاءَ اللهُ**
This will be beneficial. Instead of throwing away the whole green chillies from biryani and other dishes, take them out before you eat and store them somewhere. Like this, you can blend them and use them in another dish.

Many people also discard the skin off fish, but this should be eaten. In short, all parts of food should be considered, and every harmless part should be eaten. Also, the fingers and plate should be cleaned so no particles of food remain.

How to lick one's fingers after eating

The Companion Ka'b b. 'Ujrah **رَضِيَ اللهُ عَنْهُ** explains:

I saw the Messenger of Allah **صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** eating with his thumb, index finger and middle finger, joining them together.

I beheld him licking his fingers before wiping them, starting with the middle finger, then the index, and ending with the thumb.”¹

It is Sunna to lick the fingers thrice after eating

Dear Islamic brothers! Licking the fingers three times after

¹ Majma' al-Zawā'id, vol. 5, p. 29, hadith 7941

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eating is Sunna. If food remains on the fingers even after this, you can continue licking them until none remains.

As narrated in *Shamā'il al-Tirmidhī*: “The Messenger of Allah ﷺ would lick his fingers three times (after eating).”¹

Cleaning the plate thoroughly is Sunna

The final Prophet ﷺ declared, “Whoever thoroughly cleans the plate (by using his fingers to lick it clean) and his fingers, is kept satiated by Allah in this world and the Hereafter.”²

There are more blessings in the end

The Messenger of Allah ﷺ announced:

A plate of food should not be taken away until it is licked clean by the person eating, or somebody else. This is because as there are more blessings at the conclusion of eating.³

The plate makes dua of forgiveness

The Companion Nubaysha رَضِيَ اللهُ عَنْهُ narrates of how the Prophet Muhammad ﷺ stated, “Plates seeks forgiveness for

¹ Shamā'il al-Tirmidhī , p. 61, hadith 138

² Mu'jam al-Kabīr, vol. 18, p. 261, hadith 653

³ Kanz al-'Ummāl, vol. 15, p. 111, hadith 40824

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whoever licks it clean after eating (by using his fingers to do so).”¹

Another narration describes how the plate says, “O Allah! Free him from Hell just as he saved me from Satan.”²

Mufti Aḥmad Yār Khān رَحْمَةُ اللَّهِ عَلَيْهِ comments, “If a dish is left dirty without being cleaned, Satan begins to lick it.”³

Wisdoms of licking the plate

Mufti Ahmad Yār Khān رَحْمَةُ اللَّهِ عَلَيْهِ also mentioned:

Licking the plate shows respect for food and saves it from wastage. Leaving it dirty attracts flies. Bits of food that remain on it are washed down the sink and or even thrown in the rubbish, which entails major disrespect.

If every person leaves just a few pieces of food in their plates and leaves them to waste, this will add up to a large quantity of food daily. This shows us there are many wisdoms in licking the plate.⁴

Inspiring words

The final Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said, “Thoroughly cleaning a

¹ Sunan Ibn Māja, vol. 4, p. 14, hadith 3271

² Kanz al-‘Ummāl, vol. 15, p. 111, hadith 40822

³ Mir'at al-Manājīh, vol. 6, p. 52

⁴ Mir'at al-Manājīh, vol. 6, p. 38, summarized

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plate (by using the fingers to lick it clean) is more beloved to me than giving an entire plate of food in charity.”¹ Licking a plate in this manner is an act of humility, and thus earns more reward than giving charity.

The Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ proclaimed, “May Allah fill their stomachs in this world and the Hereafter; those who lick the plate and their fingers.”

This entails a person being protected from poverty in this world and from hunger on the Day of Judgement. It also connotes being safeguarded from Hell, as nobody will be satiated there.²

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

The reward of freeing a slave

Imam Muḥammad al-Ghazālī رَحْمَةُ اللهِ عَلَيْهِ writes: “Whoever licks his plate, pours water into it, washes it, and drinks the resultant water receives the reward of freeing a slave.”³

How to drink the water

Dear Islamic brothers! We must also pay attention to other

¹ Kanz al-‘Ummāl, vol. 15, p. 111, hadith 40821

² Mu‘jam al-Kabīr, vol. 18, p. 261, hadith 653

³ Iḥyā’ al-‘Ulūm, vol. 2, p. 7

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utensils we use to eat and ensure to lick them clean.

Whenever you drink tea, milk, or juice, etc., from a cup, ensure to put water in the cup after you finish and drink this, allowing for all the drink to be consumed properly without wastage.

If food is emptied from a pot or large container, and a small amount remains therein, one should use a spoon to take this out if possible. It should not be the case that food is left in pots and goes on to be wasted. As much of the pieces of food should be removed as possible; do not allow a single morsel to be wasted.

When a pot still has food in it after being emptied, one can pour water into it, keep this in the fridge, and use it to help prepare other meals. Yet, this is only possible if Allah wills.

When licking clean a pot or cup, or pouring water into them to drink from, it is essential to keep in mind all traces of food should be removed. If food remain in the dish, this is not considered washing. From my experience, a plate is not usually cleaned after washing and drinking from it once. It is better to place water in it two or three times, rub your finger around the plate all the way around, and then drink it.

The drops that remain after drinking

A few drops will remain after washing and drinking from the

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plate, so gather these with your finger and consume them.

After drinking from a glass or bottle; despite it appearing empty, after a few moments you will see droplets gather at the bottom after rolling down the sides. You should drink these also, as hadith clearly explain we do not know which part of our food contains blessings.

May we be given ability to wash and drink from our plates and cups in such a manner, that it is not possible to tell whether something has just been eaten or drunk from them.

A health issue resolved

By travelling in the Madani Qafilas of Dawat-e-Islami, many issues are resolved and countless ailments are removed. An Islamic brother mentions during his return from a 12-day Madani Qafila in Baluchistan, him and other travellers stopped at a station. As they began speaking with people there and inviting them to goodness, they met a brother who had an amazing experience regarding Madani Qafilas.

This brother told of how he was once in intense pain due to kidney stones. His doctor advised him to get surgery. Yet, he was advised by a well-wishing contemporary to not worry and instead travel in a Madani Qafila, as duas are accepted during them and Allah will remove his problems.

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This lovingly presented invitation won his heart over and he set out to travel in a three day Madani Qafila.

أَلْحَدِثُ لِيهِ Within this time, his kidney stone issue was removed. His doctor was shocked when informed of this, as they stones were of a type that could only be removed with surgery.

صَلَّى اللهُ عَلَى مُحَمَّدٍ صَلُّوا عَلَى الْحَبِيبِ

Overly hot food is forbidden

The Companion Jābir رَضِيَ اللهُ عَنْهُ tells of how the final Prophet of Allah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said, “You should cool hot food, as there is no blessings in it.”¹

To what extent should food be cooled?

Lady Juwayriya رَضِيَ اللهُ عَنْهَا elucidates, “The Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ disliked eating food before it stopped steaming.”²

Harms of hot food

Dear Islamic brothers! We should let food cool down before eating, but this does not mean we let it cool to the extent it hardens or becomes unenjoyable. Let it cool until steam stops rising from it.

¹ Al-Mustadrak, vol. 4, p. 132, hadith 7125

² Majma‘ al-Zawā‘id, vol. 5, p. 13, hadith 7883

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Mufti Ahmad Yār Khān said: “Allowing food to cool a little and not blowing on it is a source of blessings and eating it like this prevents ‘health’ issues.”¹

Eating extremely hot foods and drinks can result in blisters in the mouth and throat, and inflammation of the gut.

Also, drinking cold water immediately after this is harmful for the gums and intestines.

Fly in food

If a fly falls into food or drink, it is wasteful and sinful to throw it away. Submerge the fly into the food, take it out, and consume the food without any worry.

The Prophet Muhammad ﷺ explained:

Submerge a fly when it falls into food (and remove it afterwards), as one of its wings contains cure and the other disease. When falling into food, it places the disease-containing wing in first, so submerge it fully.²

Chew meat when eating it

Lady ‘Ā’isha al-Şiddīqah رَضِيَ اللهُ عَنْهَا narrates of how the

¹ Mir`at al-Manajih, vol. 6, p. 52

² Sunan Abī Dāwūd, vol. 13, p. 511, hadith 3844

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Messenger of Allah ﷺ delineated, “Do not cut meat with a knife, as this is the way of non-Arabs. Bite it with your teeth and eat, as this is tastier and more satisfying.”¹

If it is a large cut of meat, like a roasted leg, there is no harm in cutting it with a knife as required.

Missing brother found after 12 years

Dear Islamic brothers! To learn and teach the Sunna, continue travelling in the Madani Qafilas of Dawat-e-Islami. As well as gaining Islamic knowledge, your worldly problems will also be resolved - *بِرِثَاةِ اللَّهِ*.

Once during a Madani Qafila, an Islamic brother mentioned his elder brother had travelled overseas for work, but fallen out of contact for 12 years. The responsibility of providing for his brother’s three children and their mother had fallen to him, and their financial situation was difficult.

This Islamic brother said he had joined the Madani Qafila intending to make dua during it. Around a week after the Madani Qafila ended, the Islamic brother came to a Dawat-e-Islami meeting, where he began crying and emotionally revealed he received a phone call from his brother who had been out of contact for 12 years. The now no longer missing brother had

¹ Ibid, vol. 3, p. 511, hadith 3844

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also sent him 125,000 rupees.

صَلُّوا عَلَيَّ الْحَبِيبِ صَلَّى اللهُ عَلَيَّ مُحَمَّدٍ

There are wisdoms in dua not being accepted too

اَلْحَمْدُ لِلّٰهِ There many stories like this, describing how those who travelled in Madani Qafilas had their duas fulfilled. There are also many others whose wishes did not manifest. Even if one does not see signs of his dua being fulfilled, he should remain content with the decree of Allah. As often is the case, not getting what we want is sometimes what is better.

The scholar Naqī ‘Alī Khān رَحْمَةُ اللهِ عَلَيْهِ writes in his book, *Aḥsan al-Wi‘ā*:

This is the wisdom of Allah. You unknowingly ask Him for something bad for you, and He rejects your dua and saves you from harm.

For example, you seek to become rich. Yet, being wealthy will bring harm to your faith. You seek good health and well-being, yet in the knowledge of Allah, being healthy may bring you harm in the Hereafter.

Such rejection is better than acceptance (i.e. such a dua not being accepted is beneficial for you).

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عَسَىٰ أَنْ تُحِبُّوا شَيْئًا وَهُوَ شَرٌّ لَّكُمْ^ط

*it is near that you prefer something even though it is bad for you.*¹

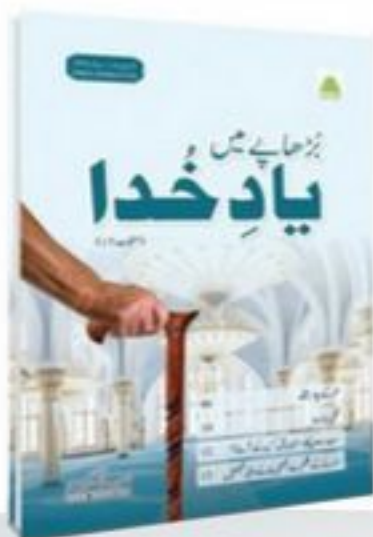
Read this verse and be thankful for this rejection (i.e. dua not being accepted). Sometimes, in place of the dua, reward in this world and the Hereafter is received. You seek the lowly wealth of the world whilst Allah stores the lofty bounties of the Hereafter for you. This is a time to be grateful, not complain.²

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَى مُحَمَّدٍ

¹ Al-Quran, part 2, Al-Baqarah, verse 216; translation from Kanz al-'Irfān

² Faḍā'il-i-Du'ā', p. 159

Next Weekly Booklet



Faizan-e-Madina, Muhallah Sodagaran, purani sabzi mandi, Karachi.

UAN +92 21 111 25 26 92    0313-1139278

 www.maktabatulmadinah.com / www.dawateislami.net

 feedback@maktabatulmadinah.com / ilmia@dawateislami.net