



1444 Hijri

1 Jan: New Year's Day
22-23 Jan: Chinese New Year

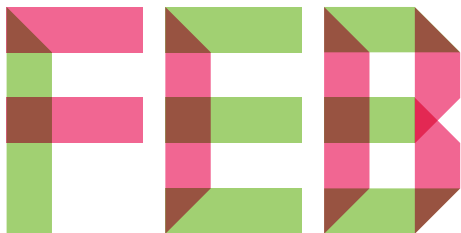
SUN	MON	TUE	WED	THU	FRI	SAT
1 8 Jamadilakhir	2 9 Jamadilakhir	3 10 Jamadilakhir	4 11 Jamadilakhir	5 12 Jamadilakhir	6 13 Jamadilakhir	7 14 Jamadilakhir
8 15 Jamadilakhir	9 16 Jamadilakhir	10 17 Jamadilakhir	11 18 Jamadilakhir	12 19 Jamadilakhir	13 20 Jamadilakhir	14 21 Jamadilakhir
15 22 Jamadilakhir	16 23 Jamadilakhir	17 24 Jamadilakhir	18 25 Jamadilakhir	19 26 Jamadilakhir	20 27 Jamadilakhir	21 28 Jamadilakhir
22 29 Jamadilakhir	23 1 Rejab	24 2 Rejab	25 3 Rejab	26 4 Rejab	27 5 Rejab	28 6 Rejab
29 7 Rejab	30 8 Rejab	31 9 Rejab				

Date	Subuh	Syuruk	Zohor	Asar	Maghrib	Isyak
1	5 44	7 08	1 10	4 34	7 10	8 25
2	5 45	7 08	1 11	4 34	7 11	8 26
3	5 45	7 08	1 11	4 35	7 11	8 26
4	5 46	7 09	1 11	4 35	7 12	8 26
5	5 46	7 09	1 12	4 36	7 12	8 27
6	5 47	7 10	1 12	4 36	7 13	8 27
7	5 47	7 10	1 13	4 36	7 13	8 28
8	5 48	7 11	1 13	4 37	7 14	8 28
9	5 48	7 11	1 14	4 37	7 14	8 28
10	5 49	7 11	1 14	4 38	7 15	8 29
11	5 49	7 12	1 14	4 38	7 15	8 29
12	5 50	7 12	1 15	4 38	7 15	8 29
13	5 50	7 12	1 15	4 38	7 16	8 30
14	5 50	7 13	1 16	4 39	7 16	8 30
15	5 51	7 13	1 16	4 39	7 16	8 30
16	5 51	7 14	1 16	4 39	7 17	8 30
17	5 52	7 14	1 17	4 40	7 17	8 31
18	5 52	7 14	1 17	4 40	7 17	8 31
19	5 53	7 14	1 17	4 40	7 18	8 31
20	5 53	7 15	1 17	4 40	7 18	8 31
21	5 53	7 15	1 18	4 40	7 18	8 31
22	5 54	7 15	1 18	4 41	7 19	8 32
23	5 54	7 15	1 18	4 41	7 19	8 32
24	5 54	7 16	1 18	4 41	7 19	8 32
25	5 55	7 16	1 19	4 41	7 19	8 32
26	5 55	7 16	1 19	4 41	7 20	8 32
27	5 55	7 16	1 19	4 41	7 20	8 32
28	5 56	7 16	1 19	4 41	7 20	8 32
29	5 56	7 17	1 19	4 41	7 20	8 32
30	5 56	7 17	1 20	4 41	7 20	8 33
31	5 56	7 17	1 20	4 41	7 21	8 33

Deeds are only with intentions and every person will have only what they intended."
(Bukhari & Muslim)



Read: *The Power of Intention*



1444 Hijri

SUN	MON	TUE	WED	THU	FRI	SAT
			1 10 Rejab	2 11 Rejab	3 12 Rejab	4 13 Rejab
5 14 Rejab	6 15 Rejab	7 16 Rejab	8 17 Rejab	9 18 Rejab	10 19 Rejab	11 20 Rejab
12 21 Rejab	13 22 Rejab	14 23 Rejab	15 24 Rejab	16 25 Rejab	17 26 Rejab	18 27 Rejab Israk Mikraj
19 28 Rejab	20 29 Rejab	21 30 Rejab	22 1 Syaaban	23 2 Syaaban	24 3 Syaaban	25 4 Syaaban
26 5 Syaaban	27 6 Syaaban	28 7 Syaaban				

Date	Subuh	Syuruk	Zohor	Asar	Maghrib	Isyak
1	5 57	7 17	1 20	4 41	7 21	8 33
2	5 57	7 17	1 20	4 41	7 21	8 33
3	5 57	7 17	1 20	4 41	7 21	8 33
4	5 57	7 17	1 20	4 41	7 21	8 33
5	5 58	7 17	1 20	4 41	7 21	8 33
6	5 58	7 17	1 20	4 40	7 21	8 33
7	5 58	7 17	1 20	4 40	7 21	8 33
8	5 58	7 17	1 20	4 40	7 22	8 33
9	5 58	7 17	1 20	4 40	7 22	8 33
10	5 58	7 17	1 21	4 40	7 22	8 32
11	5 58	7 17	1 21	4 39	7 22	8 32
12	5 58	7 17	1 20	4 39	7 22	8 32
13	5 58	7 17	1 20	4 39	7 22	8 32
14	5 58	7 17	1 20	4 38	7 22	8 32
15	5 58	7 17	1 20	4 38	7 22	8 32
16	5 58	7 17	1 20	4 38	7 22	8 32
17	5 58	7 17	1 20	4 37	7 22	8 32
18	5 58	7 17	1 20	4 37	7 21	8 32
19	5 58	7 17	1 20	4 37	7 21	8 31
20	5 58	7 16	1 20	4 36	7 21	8 31
21	5 58	7 16	1 20	4 36	7 21	8 31
22	5 58	7 16	1 20	4 35	7 21	8 31
23	5 58	7 16	1 20	4 35	7 21	8 31
24	5 58	7 16	1 19	4 34	7 21	8 30
25	5 58	7 16	1 19	4 33	7 21	8 30
26	5 58	7 15	1 19	4 33	7 21	8 30
27	5 58	7 15	1 19	4 32	7 20	8 30
28	5 58	7 15	1 19	4 32	7 20	8 30

 Verily, among the best of you
are those with the best character.”
(Bukhari & Muslim)



Listen:
*Finding
Serenity*



1444 Hijri

SUN

MON

TUE

WED

THU

FRI

SAT

1

8 Syaaban

2

9 Syaaban

3

10 Syaaban

4

11 Syaaban

5

12 Syaaban

6

13 Syaaban

7

14 Syaaban

8

15 Syaaban
Nisfu Syaaban

9

16 Syaaban

10

17 Syaaban

11

18 Syaaban

12

19 Syaaban

13

20 Syaaban

14

21 Syaaban

15

22 Syaaban

16

23 Syaaban

17

24 Syaaban

18

25 Syaaban

19

26 Syaaban

20

27 Syaaban

21

28 Syaaban

22

29 Syaaban

23

1 Ramadan
Beginning of Fasting

24

2 Ramadan

25

3 Ramadan

26

4 Ramadan

27

5 Ramadan

28

6 Ramadan

29

7 Ramadan

30

8 Ramadan

31

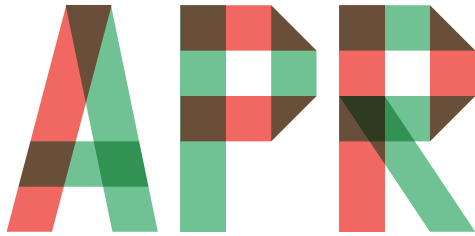
9 Ramadan

Date	Subuh	Syuruk	Zohor	Asar	Maghrib	Isyak
1	5 57	7 15	1 19	4 31	7 20	8 29
2	5 57	7 15	1 18	4 30	7 20	8 29
3	5 57	7 14	1 18	4 30	7 20	8 29
4	5 57	7 14	1 18	4 29	7 20	8 29
5	5 57	7 14	1 18	4 28	7 19	8 28
6	5 56	7 14	1 17	4 27	7 19	8 28
7	5 56	7 13	1 17	4 27	7 19	8 28
8	5 56	7 13	1 17	4 26	7 19	8 28
9	5 56	7 13	1 17	4 25	7 19	8 27
10	5 56	7 12	1 16	4 24	7 18	8 27
11	5 55	7 12	1 16	4 23	7 18	8 27
12	5 55	7 12	1 16	4 22	7 18	8 27
13	5 55	7 11	1 16	4 22	7 18	8 26
14	5 54	7 11	1 15	4 21	7 17	8 26
15	5 54	7 11	1 15	4 20	7 17	8 26
16	5 54	7 11	1 15	4 19	7 17	8 26
17	5 54	7 10	1 15	4 18	7 17	8 25
18	5 53	7 10	1 14	4 17	7 16	8 25
19	5 53	7 10	1 14	4 16	7 16	8 25
20	5 53	7 09	1 14	4 15	7 16	8 25
21	5 52	7 09	1 13	4 14	7 16	8 24
22	5 52	7 09	1 13	4 13	7 15	8 24
23	5 52	7 08	1 13	4 12	7 16	8 24
24	5 51	7 08	1 12	4 12	7 16	8 24
25	5 51	7 08	1 12	4 13	7 16	8 23
26	5 50	7 07	1 12	4 13	7 15	8 23
27	5 50	7 07	1 12	4 14	7 15	8 23
28	5 50	7 07	1 11	4 14	7 15	8 23
29	5 49	7 06	1 11	4 15	7 15	8 22
30	5 49	7 06	1 11	4 15	7 14	8 22
31	5 49	7 06	1 10	4 15	7 14	8 22

Allah wants ease
for you, not hardship."
(Surah Al-Baqarah: 185)



Read: Islam
Teaches Us
Self-care



1444 Hijri

7 Apr: Good Friday
22 Apr: Hari Raya Puasa

SUN

MON

TUE

WED

THU

FRI

SAT

1

10 Ramadan

2

11 Ramadan

3

12 Ramadan

4

13 Ramadan

5

14 Ramadan

6

15 Ramadan

7

16 Ramadan

8

17 Ramadan
Nuzul Quran

9

18 Ramadan

10

19 Ramadan

11

20 Ramadan

12

21 Ramadan

13

22 Ramadan

14

23 Ramadan

15

24 Ramadan

16

25 Ramadan

17

26 Ramadan

18

27 Ramadan

19

28 Ramadan

20

29 Ramadan

21

30 Ramadan

22

1 Syawal
Hari Raya Puasa

23

2 Syawal

24

3 Syawal

25

4 Syawal

26

5 Syawal

27

6 Syawal

28

7 Syawal

29

8 Syawal

30

9 Syawal



The most beloved deed to Allah is the most regular and constant even if it were little."
(Bukhari)



Read:
Building
Good Habits

Date	Subuh	Syuruk	Zohor	Asar	Maghrib	Isyak
1	5 48	7 05	1 10	4 16	7 14	8 22
2	5 48	7 05	1 10	4 16	7 13	8 21
3	5 47	7 05	1 09	4 16	7 13	8 21
4	5 47	7 04	1 09	4 17	7 13	8 21
5	5 47	7 04	1 09	4 17	7 13	8 21
6	5 46	7 04	1 09	4 17	7 12	8 21
7	5 46	7 03	1 08	4 18	7 12	8 21
8	5 46	7 03	1 08	4 18	7 12	8 20
9	5 45	7 03	1 08	4 18	7 12	8 20
10	5 45	7 02	1 07	4 18	7 12	8 20
11	5 44	7 02	1 07	4 19	7 11	8 20
12	5 44	7 02	1 07	4 19	7 11	8 20
13	5 44	7 01	1 07	4 19	7 11	8 20
14	5 43	7 01	1 06	4 19	7 11	8 19
15	5 43	7 01	1 06	4 20	7 10	8 19
16	5 43	7 01	1 06	4 20	7 10	8 19
17	5 42	7 00	1 06	4 20	7 10	8 19
18	5 42	7 00	1 06	4 20	7 10	8 19
19	5 41	7 00	1 05	4 20	7 10	8 19
20	5 41	7 00	1 05	4 21	7 10	8 19
21	5 41	6 59	1 05	4 21	7 09	8 19
22	5 40	6 59	1 05	4 21	7 08	8 19
23	5 40	6 59	1 05	4 21	7 08	8 19
24	5 40	6 59	1 04	4 21	7 08	8 19
25	5 39	6 58	1 04	4 22	7 08	8 19
26	5 39	6 58	1 04	4 22	7 08	8 19
27	5 39	6 58	1 04	4 22	7 08	8 18
28	5 39	6 58	1 04	4 22	7 07	8 18
29	5 38	6 58	1 04	4 22	7 07	8 18
30	5 38	6 58	1 03	4 22	7 07	8 18



1444 Hijri

11 May: Labour Day

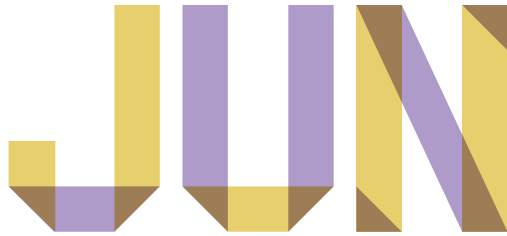
SUN	MON	TUE	WED	THU	FRI	SAT
	1 10 Syawal	2 11 Syawal	3 12 Syawal	4 13 Syawal	5 14 Syawal	6 15 Syawal
7 16 Syawal	8 17 Syawal	9 18 Syawal	10 19 Syawal	11 20 Syawal	12 21 Syawal	13 22 Syawal
14 23 Syawal	15 24 Syawal	16 25 Syawal	17 26 Syawal	18 27 Syawal	19 28 Syawal	20 29 Syawal
21 1 Zulkaedah	22 2 Zulkaedah	23 3 Zulkaedah	24 4 Zulkaedah	25 5 Zulkaedah	26 6 Zulkaedah	27 7 Zulkaedah
28 8 Zulkaedah	29 9 Zulkaedah	30 10 Zulkaedah	31 11 Zulkaedah			

Date	Subuh	Syuruk	Zohor	Asar	Maghrib	Isyak
1	5 38	6 57	1 03	4 23	7 07	8 19
2	5 37	6 57	1 03	4 23	7 07	8 19
3	5 37	6 57	1 03	4 23	7 07	8 19
4	5 37	6 57	1 03	4 23	7 07	8 19
5	5 37	6 57	1 03	4 23	7 07	8 19
6	5 36	6 57	1 03	4 23	7 07	8 19
7	5 36	6 57	1 03	4 24	7 07	8 19
8	5 36	6 57	1 03	4 24	7 07	8 19
9	5 36	6 57	1 03	4 24	7 07	8 19
10	5 36	6 57	1 03	4 24	7 07	8 19
11	5 35	6 56	1 03	4 24	7 07	8 19
12	5 35	6 56	1 03	4 25	7 07	8 19
13	5 35	6 56	1 03	4 25	7 07	8 20
14	5 35	6 56	1 03	4 25	7 07	8 20
15	5 35	6 56	1 03	4 25	7 07	8 20
16	5 35	6 56	1 03	4 25	7 07	8 20
17	5 35	6 56	1 03	4 25	7 07	8 20
18	5 35	6 56	1 03	4 26	7 07	8 20
19	5 34	6 56	1 03	4 26	7 07	8 20
20	5 34	6 56	1 03	4 26	7 07	8 21
21	5 34	6 56	1 03	4 26	7 07	8 21
22	5 34	6 57	1 03	4 26	7 07	8 21
23	5 34	6 57	1 03	4 27	7 08	8 21
24	5 34	6 57	1 03	4 27	7 08	8 21
25	5 34	6 57	1 03	4 27	7 08	8 22
26	5 34	6 57	1 03	4 27	7 08	8 22
27	5 34	6 57	1 04	4 28	7 08	8 22
28	5 34	6 57	1 04	4 28	7 08	8 22
29	5 34	6 57	1 04	4 28	7 08	8 23
30	5 34	6 57	1 04	4 28	7 08	8 23
31	5 34	6 57	1 04	4 28	7 09	8 23

 So eat from the good, lawful things
which Allah has provided for you.”
(Surah An-Nahl: 114)



Watch:
*Understanding
Halal Food*



1444 Hijri

2 Jun: Vesak Day
29 Jun: Hari Raya Haji

SUN

MON

TUE

WED

THU

FRI

SAT

1
12 Zulkaedah

2
13 Zulkaedah

3
14 Zulkaedah

4
15 Zulkaedah

5
16 Zulkaedah

6
17 Zulkaedah

7
18 Zulkaedah

8
19 Zulkaedah

9
20 Zulkaedah

10
21 Zulkaedah

11
22 Zulkaedah

12
23 Zulkaedah

13
24 Zulkaedah

14
25 Zulkaedah

15
26 Zulkaedah

16
27 Zulkaedah

17
28 Zulkaedah

18
29 Zulkaedah

19
30 Zulkaedah

20
1 Zulhijjah

21
2 Zulhijjah

22
3 Zulhijjah

23
4 Zulhijjah

24
5 Zulhijjah

25
6 Zulhijjah

26
7 Zulhijjah

27
8 Zulhijjah

28
9 Zulhijjah

29
10 Zulhijjah
Hari Raya Haji

30
11 Zulhijjah

Date	Subuh	Syuruk	Zohor	Asar	Maghrib	Isyak
1	5 34	6 58	1 04	4 29	7 09	8 23
2	5 34	6 58	1 04	4 29	7 09	8 24
3	5 34	6 58	1 05	4 29	7 09	8 24
4	5 34	6 58	1 05	4 29	7 09	8 24
5	5 35	6 58	1 05	4 30	7 10	8 24
6	5 35	6 58	1 05	4 30	7 10	8 25
7	5 35	6 58	1 05	4 30	7 10	8 25
8	5 35	6 59	1 05	4 30	7 10	8 25
9	5 35	6 59	1 06	4 31	7 10	8 25
10	5 35	6 59	1 06	4 31	7 11	8 26
11	5 35	6 59	1 06	4 31	7 11	8 26
12	5 35	6 59	1 06	4 31	7 11	8 26
13	5 36	7 00	1 06	4 32	7 11	8 26
14	5 36	7 00	1 07	4 32	7 11	8 27
15	5 36	7 00	1 07	4 32	7 12	8 27
16	5 36	7 00	1 07	4 32	7 12	8 27
17	5 36	7 00	1 07	4 32	7 12	8 27
18	5 37	7 01	1 08	4 33	7 12	8 28
19	5 37	7 01	1 08	4 33	7 13	8 28
20	5 37	7 01	1 08	4 33	7 13	8 28
21	5 37	7 01	1 08	4 33	7 13	8 28
22	5 37	7 02	1 08	4 34	7 13	8 28
23	5 38	7 02	1 09	4 34	7 13	8 29
24	5 38	7 02	1 09	4 34	7 14	8 29
25	5 38	7 02	1 09	4 34	7 14	8 29
26	5 38	7 02	1 09	4 34	7 14	8 29
27	5 39	7 03	1 09	4 35	7 14	8 29
28	5 39	7 03	1 10	4 35	7 14	8 30
29	5 39	7 03	1 10	4 35	7 15	8 30
30	5 39	7 03	1 10	4 35	7 15	8 30

There are two blessings that many people are
deceived into losing: Health and free time."
(Bukhari)



Read: Health
Tips From
Prophet PBUH



1444-1445 Hijri

SUN

MON

TUE

WED

THU

FRI

SAT

1

12 Zulhijjah

2

13 Zulhijjah

3

14 Zulhijjah

4

15 Zulhijjah

5

16 Zulhijjah

6

17 Zulhijjah

7

18 Zulhijjah

8

19 Zulhijjah

9

20 Zulhijjah

10

21 Zulhijjah

11

22 Zulhijjah

12

23 Zulhijjah

13

24 Zulhijjah

14

25 Zulhijjah

15

26 Zulhijjah

16

27 Zulhijjah

17

28 Zulhijjah

18

29 Zulhijjah

19

1 Muharram
Islamic New Year

20

2 Muharram

21

3 Muharram

22

4 Muharram

23

5 Muharram

24

6 Muharram

25

7 Muharram

26

8 Muharram

27

9 Muharram

28

10 Muharram
Asyura Day

29

11 Muharram

30

12 Muharram

31

13 Muharram

 Verily in the remembrance of
Allah do hearts find comfort."
(Surah Ar-Ra'd: 28)



Read:
The Power
of Dua

Date	Subuh	Syuruk	Zohor	Asar	Maghrib	Isyak
1	5 40	7 03	1 10	4 35	7 15	8 30
2	5 40	7 04	1 10	4 35	7 15	8 30
3	5 40	7 04	1 11	4 36	7 15	8 30
4	5 40	7 04	1 11	4 36	7 16	8 30
5	5 41	7 04	1 11	4 36	7 16	8 31
6	5 41	7 04	1 11	4 36	7 16	8 31
7	5 41	7 05	1 11	4 36	7 16	8 31
8	5 41	7 05	1 11	4 36	7 16	8 31
9	5 42	7 05	1 12	4 36	7 16	8 31
10	5 42	7 05	1 12	4 36	7 16	8 31
11	5 42	7 05	1 12	4 36	7 16	8 31
12	5 42	7 05	1 12	4 36	7 17	8 31
13	5 42	7 05	1 12	4 36	7 17	8 31
14	5 43	7 06	1 12	4 36	7 17	8 31
15	5 43	7 06	1 12	4 36	7 17	8 31
16	5 43	7 06	1 12	4 36	7 17	8 31
17	5 43	7 06	1 13	4 36	7 17	8 31
18	5 44	7 06	1 13	4 36	7 17	8 31
19	5 44	7 06	1 13	4 36	7 17	8 31
20	5 44	7 06	1 13	4 36	7 17	8 31
21	5 44	7 06	1 13	4 36	7 17	8 31
22	5 44	7 06	1 13	4 36	7 17	8 31
23	5 44	7 06	1 13	4 36	7 17	8 30
24	5 45	7 06	1 13	4 36	7 17	8 30
25	5 45	7 06	1 13	4 36	7 17	8 30
26	5 45	7 06	1 13	4 35	7 17	8 30
27	5 45	7 06	1 13	4 35	7 17	8 30
28	5 45	7 07	1 13	4 35	7 17	8 30
29	5 45	7 06	1 13	4 35	7 17	8 30
30	5 45	7 06	1 13	4 35	7 17	8 29
31	5 45	7 06	1 13	4 34	7 17	8 29



1445 Hijri

19 Aug: National Day

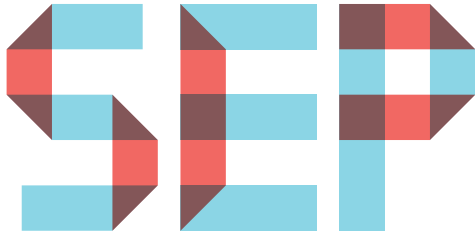
SUN	MON	TUE	WED	THU	FRI	SAT
		1 14 Muharram	2 15 Muharram	3 16 Muharram	4 17 Muharram	5 18 Muharram
6 19 Muharram	7 20 Muharram	8 21 Muharram	9 22 Muharram	10 23 Muharram	11 24 Muharram	12 25 Muharram
13 26 Muharram	14 27 Muharram	15 28 Muharram	16 29 Muharram	17 30 Muharram	18 1 Safar	19 2 Safar
20 3 Safar	21 4 Safar	22 5 Safar	23 6 Safar	24 7 Safar	25 8 Safar	26 9 Safar
27 10 Safar	28 11 Safar	29 12 Safar	30 13 Safar	31 14 Safar		

Date	Subuh	Syuruk	Zohor	Asar	Maghrib	Isyak
1	5 46	7 06	1 13	4 34	7 17	8 29
2	5 46	7 06	1 13	4 34	7 17	8 29
3	5 46	7 06	1 12	4 33	7 16	8 29
4	5 46	7 06	1 12	4 33	7 16	8 28
5	5 46	7 06	1 12	4 33	7 16	8 28
6	5 46	7 06	1 12	4 32	7 16	8 28
7	5 46	7 06	1 12	4 32	7 16	8 28
8	5 46	7 06	1 12	4 32	7 16	8 27
9	5 46	7 06	1 12	4 31	7 16	8 27
10	5 46	7 06	1 12	4 31	7 15	8 27
11	5 46	7 06	1 11	4 30	7 15	8 26
12	5 46	7 05	1 11	4 30	7 15	8 26
13	5 46	7 05	1 11	4 29	7 15	8 26
14	5 46	7 05	1 11	4 29	7 15	8 26
15	5 46	7 05	1 11	4 28	7 14	8 25
16	5 46	7 05	1 10	4 28	7 14	8 25
17	5 46	7 05	1 10	4 27	7 14	8 24
18	5 46	7 04	1 10	4 27	7 14	8 24
19	5 45	7 04	1 10	4 26	7 13	8 24
20	5 45	7 04	1 10	4 26	7 13	8 23
21	5 45	7 04	1 09	4 25	7 13	8 23
22	5 45	7 04	1 09	4 24	7 12	8 23
23	5 45	7 03	1 09	4 24	7 12	8 22
24	5 45	7 03	1 09	4 23	7 12	8 22
25	5 45	7 03	1 08	4 22	7 12	8 21
26	5 45	7 03	1 08	4 21	7 11	8 21
27	5 44	7 02	1 08	4 21	7 11	8 21
28	5 44	7 02	1 07	4 20	7 11	8 20
29	5 44	7 02	1 07	4 19	7 10	8 20
30	5 44	7 02	1 07	4 18	7 10	8 19
31	5 44	7 01	1 06	4 18	7 10	8 19


 My Lord, lift up my heart, and ease my task for me.
 Untie my tongue, so that they may understand my words."
 (Surah Taha: 25-28)



Read:
 Social
 Cohesion
 in Islam



1445 Hijri

SUN	MON	TUE	WED	THU	FRI	SAT
					1 15 Safar	2 16 Safar
3 17 Safar	4 18 Safar	5 19 Safar	6 20 Safar	7 21 Safar	8 22 Safar	9 23 Safar
10 24 Safar	11 25 Safar	12 26 Safar	13 27 Safar	14 28 Safar	15 29 Safar	16 30 Safar
17 1 Rabiulawal	18 2 Rabiulawal	19 3 Rabiulawal	20 4 Rabiulawal	21 5 Rabiulawal	22 6 Rabiulawal	23 7 Rabiulawal
24 8 Rabiulawal	25 9 Rabiulawal	26 10 Rabiulawal	27 11 Rabiulawal	28 12 Rabiulawal Maulidur Rasul SAW	29 13 Rabiulawal	30 14 Rabiulawal

Date	Subuh	Syuruk	Zohor	Asar	Maghrib	Isyak
1	5 43	7 01	1 06	4 17	7 09	8 19
2	5 43	7 01	1 06	4 16	7 09	8 18
3	5 43	7 00	1 06	4 15	7 08	8 18
4	5 43	7 00	1 05	4 14	7 08	8 17
5	5 43	7 00	1 05	4 13	7 08	8 17
6	5 42	7 00	1 04	4 12	7 07	8 16
7	5 42	6 59	1 04	4 11	7 07	8 16
8	5 42	6 59	1 04	4 10	7 07	8 16
9	5 42	6 59	1 03	4 09	7 06	8 15
10	5 41	6 58	1 03	4 08	7 06	8 15
11	5 41	6 58	1 03	4 07	7 05	8 14
12	5 41	6 58	1 02	4 06	7 05	8 14
13	5 40	6 57	1 02	4 05	7 05	8 13
14	5 40	6 57	1 02	4 04	7 04	8 13
15	5 40	6 57	1 01	4 03	7 04	8 13
16	5 40	6 56	1 01	4 02	7 03	8 12
17	5 39	6 56	1 01	4 01	7 03	8 12
18	5 39	6 56	1 00	4 00	7 03	8 11
19	5 39	6 55	1 00	3 59	7 02	8 11
20	5 38	6 55	1 00	3 59	7 02	8 11
21	5 38	6 55	12 59	4 00	7 02	8 10
22	5 38	6 54	12 59	4 00	7 01	8 10
23	5 37	6 54	12 58	4 01	7 01	8 09
24	5 37	6 54	12 58	4 01	7 00	8 09
25	5 37	6 53	12 58	4 01	7 00	8 09
26	5 36	6 53	12 57	4 02	7 00	8 08
27	5 36	6 53	12 57	4 02	6 59	8 08
28	5 36	6 53	12 57	4 02	6 59	8 08
29	5 36	6 52	12 56	4 02	6 58	8 07
30	5 35	6 52	12 56	4 03	6 58	8 07

 Your God has not forsaken you, nor does He hate you,
and the future will be better for you than the past.”
(Surah Ad-Duhaa: 3-4)



Listen: Managing
Negative Feelings



1445 Hijri

SUN	MON	TUE	WED	THU	FRI	SAT
1 15 Rabiulawal	2 16 Rabiulawal	3 17 Rabiulawal	4 18 Rabiulawal	5 19 Rabiulawal	6 20 Rabiulawal	7 21 Rabiulawal
8 22 Rabiulawal	9 23 Rabiulawal	10 24 Rabiulawal	11 25 Rabiulawal	12 26 Rabiulawal	13 27 Rabiulawal	14 28 Rabiulawal
15 29 Rabiulawal	16 1 Rabiulakhir	17 2 Rabiulakhir	18 3 Rabiulakhir	19 4 Rabiulakhir	20 5 Rabiulakhir	21 6 Rabiulakhir
22 7 Rabiulakhir	23 8 Rabiulakhir	24 9 Rabiulakhir	25 10 Rabiulakhir	26 11 Rabiulakhir	27 12 Rabiulakhir	28 13 Rabiulakhir
29 14 Rabiulakhir	30 15 Rabiulakhir	31 16 Rabiulakhir				

Date	Subuh	Syuruk	Zohor	Asar	Maghrib	Isyak
1	5 35	6 52	12 56	4 03	6 58	8 07
2	5 35	6 51	12 55	4 03	6 57	8 06
3	5 34	6 51	12 55	4 04	6 57	8 06
4	5 34	6 51	12 55	4 04	6 57	8 06
5	5 34	6 51	12 55	4 04	6 56	8 05
6	5 33	6 50	12 54	4 04	6 56	8 05
7	5 33	6 50	12 54	4 04	6 56	8 05
8	5 33	6 50	12 54	4 05	6 55	8 05
9	5 32	6 50	12 53	4 05	6 55	8 04
10	5 32	6 49	12 53	4 05	6 55	8 04
11	5 32	6 49	12 53	4 05	6 55	8 04
12	5 32	6 49	12 53	4 06	6 54	8 04
13	5 31	6 49	12 52	4 06	6 54	8 03
14	5 31	6 48	12 52	4 06	6 54	8 03
15	5 31	6 48	12 52	4 06	6 53	8 03
16	5 30	6 48	12 52	4 06	6 53	8 03
17	5 30	6 48	12 52	4 06	6 53	8 03
18	5 30	6 48	12 51	4 07	6 53	8 03
19	5 30	6 48	12 51	4 07	6 53	8 02
20	5 29	6 47	12 51	4 07	6 52	8 02
21	5 29	6 47	12 51	4 07	6 52	8 02
22	5 29	6 47	12 51	4 07	6 52	8 02
23	5 29	6 47	12 51	4 08	6 52	8 02
24	5 29	6 47	12 50	4 08	6 52	8 02
25	5 28	6 47	12 50	4 08	6 52	8 02
26	5 28	6 47	12 50	4 08	6 51	8 02
27	5 28	6 47	12 50	4 08	6 51	8 02
28	5 28	6 47	12 50	4 09	6 51	8 02
29	5 28	6 47	12 50	4 09	6 51	8 02
30	5 28	6 47	12 50	4 09	6 51	8 02
31	5 27	6 47	12 50	4 09	6 51	8 02

 Verily, you will never leave anything for the sake of Allah Almighty
but that Allah will replace it with something better for you.”
(Musnad Ahmad)



Watch:
Happiness
and Success
in Islam



1445 Hijri

I 12 Nov: Deepavali

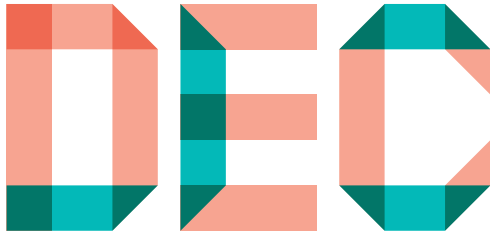
SUN	MON	TUE	WED	THU	FRI	SAT
			1 17 Rabiulakhir	2 18 Rabiulakhir	3 19 Rabiulakhir	4 20 Rabiulakhir
5 21 Rabiulakhir	6 22 Rabiulakhir	7 23 Rabiulakhir	8 24 Rabiulakhir	9 25 Rabiulakhir	10 26 Rabiulakhir	11 27 Rabiulakhir
12 28 Rabiulakhir	13 29 Rabiulakhir	14 30 Rabiulakhir	15 1 Jamadilawal	16 2 Jamadilawal	17 3 Jamadilawal	18 4 Jamadilawal
19 5 Jamadilawal	20 6 Jamadilawal	21 7 Jamadilawal	22 8 Jamadilawal	23 9 Jamadilawal	24 10 Jamadilawal	25 11 Jamadilawal
26 12 Jamadilawal	27 13 Jamadilawal	28 14 Jamadilawal	29 15 Jamadilawal	30 16 Jamadilawal		

Date	Subuh	Syuruk	Zohor	Asar	Maghrib	Isyak
1	5 27	6 47	12 50	4 09	6 51	8 02
2	5 27	6 47	12 50	4 10	6 51	8 02
3	5 27	6 47	12 50	4 10	6 51	8 02
4	5 27	6 47	12 50	4 10	6 51	8 02
5	5 27	6 47	12 50	4 10	6 51	8 02
6	5 27	6 47	12 50	4 11	6 51	8 02
7	5 27	6 47	12 50	4 11	6 51	8 03
8	5 27	6 47	12 50	4 11	6 51	8 03
9	5 27	6 47	12 50	4 11	6 51	8 03
10	5 27	6 47	12 50	4 12	6 51	8 03
11	5 27	6 47	12 50	4 12	6 51	8 03
12	5 27	6 48	12 50	4 12	6 51	8 04
13	5 27	6 48	12 51	4 12	6 51	8 04
14	5 27	6 48	12 51	4 13	6 52	8 04
15	5 27	6 48	12 51	4 13	6 52	8 04
16	5 27	6 48	12 51	4 13	6 52	8 05
17	5 27	6 49	12 51	4 14	6 52	8 05
18	5 27	6 49	12 52	4 14	6 52	8 05
19	5 27	6 49	12 52	4 14	6 52	8 05
20	5 28	6 49	12 52	4 15	6 53	8 06
21	5 28	6 50	12 52	4 15	6 53	8 06
22	5 28	6 50	12 53	4 15	6 53	8 06
23	5 28	6 50	12 53	4 16	6 53	8 07
24	5 28	6 50	12 53	4 16	6 54	8 07
25	5 28	6 51	12 53	4 17	6 54	8 08
26	5 29	6 51	12 54	4 17	6 54	8 08
27	5 29	6 51	12 54	4 17	6 55	8 08
28	5 29	6 52	12 54	4 18	6 55	8 09
29	5 29	6 52	12 55	4 18	6 55	8 09
30	5 30	6 52	12 55	4 19	6 56	8 10

Verily Allah says: 'I am with My servant when he remembers Me and his lips move saying My Name.'
(Sunan Ibn Majah)



Read: Ways to Get Closer to Allah



1445 Hijri

I 25 Dec: Christmas Day

SUN

MON

TUE

WED

THU

FRI

SAT

1
17 Jamadilawal

2
18 Jamadilawal

3
19 Jamadilawal

4
20 Jamadilawal

5
21 Jamadilawal

6
22 Jamadilawal

7
23 Jamadilawal

8
24 Jamadilawal

9
25 Jamadilawal

10
26 Jamadilawal

11
27 Jamadilawal

12
28 Jamadilawal

13
29 Jamadilawal

14
1 Jamadilakhir

15
2 Jamadilakhir

16
3 Jamadilakhir

17
4 Jamadilakhir

18
5 Jamadilakhir

19
6 Jamadilakhir

20
7 Jamadilakhir

21
8 Jamadilakhir

22
9 Jamadilakhir

23
10 Jamadilakhir

24
11 Jamadilakhir

25
12 Jamadilakhir

26
13 Jamadilakhir

27
14 Jamadilakhir

28
15 Jamadilakhir

29
16 Jamadilakhir

30
17 Jamadilakhir

31
18 Jamadilakhir

Among His signs are your sleep, by night
and by day, and your seeking of His bounty.”
(Surah Ar-Rum: 23)



Read: Moving
Forward in Life

Date	Subuh	Syuruk	Zohor	Asar	Maghrib	Isyak
1	5 30	6 53	12 55	4 19	6 56	8 10
2	5 30	6 53	12 56	4 19	6 56	8 11
3	5 31	6 54	12 56	4 20	6 57	8 11
4	5 31	6 54	12 57	4 20	6 57	8 11
5	5 31	6 55	12 57	4 21	6 58	8 12
6	5 32	6 55	12 58	4 21	6 58	8 12
7	5 32	6 55	12 58	4 22	6 58	8 13
8	5 32	6 56	12 58	4 22	6 59	8 13
9	5 33	6 56	12 59	4 23	6 59	8 14
10	5 33	6 57	12 59	4 23	7 00	8 14
11	5 34	6 57	1 00	4 24	7 00	8 15
12	5 34	6 58	1 00	4 24	7 01	8 15
13	5 35	6 58	1 01	4 25	7 01	8 16
14	5 35	6 59	1 01	4 25	7 02	8 16
15	5 35	6 59	1 02	4 26	7 02	8 17
16	5 36	7 00	1 02	4 26	7 02	8 17
17	5 36	7 00	1 03	4 27	7 03	8 18
18	5 37	7 01	1 03	4 27	7 03	8 18
19	5 37	7 01	1 04	4 28	7 04	8 19
20	5 38	7 02	1 04	4 28	7 04	8 19
21	5 38	7 02	1 05	4 29	7 05	8 20
22	5 39	7 03	1 05	4 29	7 05	8 20
23	5 39	7 03	1 06	4 30	7 06	8 21
24	5 40	7 04	1 06	4 30	7 06	8 21
25	5 40	7 04	1 07	4 31	7 07	8 22
26	5 41	7 05	1 07	4 31	7 07	8 22
27	5 41	7 05	1 08	4 32	7 08	8 23
28	5 42	7 06	1 08	4 32	7 08	8 23
29	5 42	7 06	1 09	4 32	7 09	8 24
30	5 43	7 06	1 09	4 33	7 09	8 24
31	5 43	7 07	1 09	4 33	7 10	8 25