



The Lighthouse

**Muslim American Society-
Social Services Foundation**

Volume 1, Issue 6

September 10, 2010

Eid Mubarak

To All

**MAS-SSF is Happy to
Announce:**

**Fall Family
Development
Project Workshops**

Marriage in Islam 9/25&10/2

**Stress and Anger 9/27-1/11
Management**

Breastfeeding 101 10/17

This summer a youth support group for girls was started. For detailed information on each workshop and this group please go to pages 4 and 5. This information is also available on the SSF website, www.mas-ssf-sac.org.

In addition Rabea Chaudhry, a Muslim attorney, mediator, and artist conducted a workshop on **Conflict Resolution** that focused on marital, parent-child, and other relationships. One happy participant stated afterward that the workshop was better than all the classes she took in college for her psychology major .

**Islamophobia and
Muslim Children:
Anti-Muslim Bigotry
Can Harm Your
Children:
How to Help Them Now**

What is the problem?

The current wave of extremely anti-Muslim speech, acts and images on TV, radio, and Internet will likely hurt some children. How can we prevent the pain of stigma and discrimination and if trauma occurs help them as soon as possible?

**Why would my
children be hurt?**

Muslim Children who witness speech, acts, and images which stigmatize Islam and/or Muslims, or bullying or harm to other Muslims or themselves, especially their family and friends, may become ill.

**How can I prevent my
children from harm?**

For children 0-5 at home listen to the media when they sleep. Discuss the news quietly when they are sleeping. Even babies sense stress and tension. If you remain calm so will they. For children 6-12 be very careful about the amount of news media exposure-just enough to allow you

**Family Development
News**

Your membership in the **Family Development Circle (FDC)** will Support the new **Family Development Project (FDP)**.

Why should I care?

Muslim families are struggling to stay healthy in difficult times. The economy is bad, anti-Muslim bigotry is frightening, and rearing children, especially teens, is always a challenge, divorce is common, and refugees need help.

**How will the Family
Development Project help?**
Eleven workshops covering challenges in life from birth to old age will be offered multiple times each year in multiple Sacramento locations: Prenatal Childbirth Education, Breastfeeding 101 Parenting Young Children 0-5, Parenting Children from 6-12, Parenting Teens, Marriage in Islam, Conflict Resolution in Families, Stress and Anger Management, Preparing for Retirement, and Caring for Aging Parents.

How can I help?

Join the Family Development Circle with a monthly "zakat-eligible" and IRS "tax deductible" donation of \$10 or more. Please turn to back page 6 to see your member benefits join or go to www.mas-ssf-sac.org.

Thank you

to talk to them about the problem and reassure them you will help them with any problem, especially with school. They need to know they must tell you so you can help. Talk with their teacher and principal and ask them to be watchful. Be sure the teacher is not biased, if you think they are you must be proactive. Request a transfer to a different teacher immediately if necessary. If you have not volunteered in the classroom this is the time to start.

Be sure your children participate in activities which build a strong identity, such as Islamic weekend school, Muslim Girl and Boy Scouts, MAS Community and Youth Center (MCCYC), and Sacramento Area Muslim Youth (SAMY). They will also gain a support network of friends in addition to the family. You and the principal need to talk to your child about what to say and do if they or other Muslim children are bullied by other children or a teacher. Practice this in role-plays. Parents and principal need to designate a "go-to" staff person who will have a safe place for your child. The principal should send an email to all staff asking them to grant permission immediately to any child who asks to go to the "go-to" person if they request to because of bullying or harassment.

For high school students:

Everything above is true but it is harder because they have 5 or 6 teachers. The high school bullies are bigger, the language may be nastier, and there may be more subtle or overt physical threats from other students.

You and the "go-to" school staff need to teach them the language to use--it may be different than it was when they were younger. Most schools discourage any physical defense with the "you throw-you go" rule, meaning that any student who hits will be considered part of the problem and be suspended or expelled. Moving away to safety and getting help is approved.

Students may be approached by gang members who offer to protect them. Teach them to say no thank you to gang members--the price for gang help is taking part in gang criminal activity. For girls sexual favors are the price.

Your child may secretly decide to take a knife or other weapon to school for self-defense. Be watchful, talk to your child about this, and do not let it happen, most schools have a rule that bringing a weapon to school is cause for permanent expulsion. Above all avoid the impulse to just tell a boy to "go be a man and learn to take care of yourself." Give a boy positive examples and model being a wise man. Some children will need parents' help because they are timid.

For college students: Consult with them about what is happening on their campus and whether they are going to choose to be politically active. Even if they do not plan to be, they need to decide, with your help, how to go to safety if confronted or insulted on campus, whether in class or not.

How do I know if my child is being traumatized by bullying or media exposure? I am afraid my child might not tell me.

Here are some signs for young children:

Bad dreams without knowing "what happened" in the dream.

Reenacting the event when they are playing with peers.

Bedwetting restarting, wanting to sleep with parents, Other fear-related behaviors.

Here are some signs to watch for in older children:

Not wanting to go to school, stomach aches, headaches,

Avoiding school activities,

Avoiding Muslim activities (identity development),

Problems with memory, learning school work, completing homework, lower grades than before "due to something on my mind,"

Wanting to be driven back and forth from school when they walked or took a school bus before,

Not wanting to be picked up from school by a person wearing certain clothes, like hijab or shalwar kamees,

Not showing feelings--for example, happiness, joy, sadness, anger, when they used to,

Indifference in response to emotional situations,

Vigilance--always watching for possible threats,

Risky behavior, such as driving fast or taking parent's medications or illegal drugs or alcohol,

Self-destructive behavior, often done in secret and hidden, such as cutting, burning, scratching or head banging, and

Anti-social behavior, such as bullying others or shoplifting.

Who can help my children?

If you believe your child may have been bullied, or is traumatized due to exposure to anti-Muslim, anti-Islam material in media, including social media such as My Space, Facebook, please contact MAS-Social Services Foundation immediately to begin the healing process. (916) 486 8626. We will be sure your child receives care in your home language and counseling which includes traditional Islamic material.

If you are having difficulty with school bullying by students or staff we will work with CAIR (916) 441-6269, sacval@cair.com) to help you resolve the problem. We will work with the staff to build a school culture of tolerance of diversity and intolerance of bullying and harassment.

Note:

There is one book that may be helpful with children 6-12. Parents MUST read it FIRST and think carefully about what they will say and do when they read it later together with their child. It should be read with a parent.

This book is based on a true experience.

Mommy, am I a? Anila Ali, Karen Gottlieb
Avid Readers Publishing Group,
Lakewood, CA 2010 ISBN 978-1-935105-45-9
AvidReadersPG.com

Great Book for Fathers (and Wives and Mothers too)

There When He Needs You

Reviewer: Samir Ead

I am a father of a teenage son and a teenage daughter and I recommend There When He Needs You to all fathers of sons of all ages.

Since Islam

established that a stable family structure is the nucleus of a strong vibrant society, it became apparent that the role of a father is not limited to working to provide his children with halal food, but it goes beyond that to encompass a more critical role. Beside the mother, a good father lovingly nurtures his children with values and morals and the right conduct within the boundaries of Islam. A Muslim father provides a behavioral model for his son.

This book addresses the father-son relationship in all its forms, challenges, successes and failures. Even though the book concentrates specifically on teen/preteen sons, I think a good many of the stories and experiences mentioned in the book apply to teen/preteen daughters. The author zoomed in on the father-son relationship because he wanted to highlight the way males express or suppress feelings and emotions.

I found that I can relate to many of the stories illustrated in the book and said to myself "I have been there". The book contains many stories of fathers lost and found, of men overwhelmed, and of parents who will do anything for their sons. In each story you will find a bit of life, a lesson, sometimes a touch of sadness at missed opportunities to connect.

Fathers have evolved from the "cavemen dad" image to "sons' best friend and moral guide." A caveman dad was silent, uninvolved with his kids and somebody children watched from afar. Cavemen dads became obsolete as more women became employed and as the divorce rate rose, making it necessary for fathers to become more engaged in everyday routines with their children.

Besides the caveman dad, there is the "absent father" who is always busy and never around, the "authoritarian" father who never listens and who demands respect but never gives it back. There is the "control freak dad" who crushes a child's attempts at developing autonomy and the "cold" father who withholds feelings and considers showing emotions strange, unmanly and unimportant. None of these fathers are considered healthy anymore. Today, fathers are supposed to be actively involved, express their feelings and balance career and family. Many men are struggling to be the best fathers they can be in the face of these sometimes overwhelming expectations. Some are getting it done, but far more know that they're not quite pulling it off.

The good news is: You can be a great father without being a superdad. You can learn what compromises to make, learn to express your feelings in a different way, and get support from your wife as your greatest ally. A wife plays a big role in inspiring her husband to become a better father.

During your son's slow coming of age, your words and actions will guide him even when you think he's not listening or watching. Model the behaviors that you are preaching.

Good communication entails trust and a genuine sharing of feelings. Fathers and sons who can talk comfortably to one another have a much easier time facing the challenges of teen years. They can air differences of opinion civilly, negotiate solutions to problems amicably, share experiences truthfully, and be secure in one another's presence. Treating your son like a man helps him to become one. If you have trouble finding neutral interests to bond over, technology is a good topic to fall back on. Sons love when their fathers ask them for help. It makes them feel special.

Men are trained not to express feelings and emotions, yet people who are out of touch with their feelings are often lonely and are unable to reach out to others and establish close relationships. Many fathers have trouble with words and choose to show their love through actions only. So sons grow into fathers who aren't comfortable saying the words "I love you" to their own sons.

I would like to expand on the author's main theme by saying to fathers: If you are there when he needs you, he'll be there when you need him.

This reminds me of an accident last year that was physically painful but spiritually it was the most fulfilling experience of my life. I was standing on the top step of a 7-foot step-ladder painting. Suddenly I lost control, fell down and landed on a hard tile floor leaving a large, deep gash over my left eye. I was unconscious for half a minute. When I opened my eyes, I saw the face of my son, Wahib, with tears in his eyes, trying to inspect my injury and my daughter, Aya, with a bag of ice in her hand carefully attempting to place it over my eye. Wahib helped me stand up and walked me to the car for the trip to the emergency room. Despite the pain I felt and the 10 stitches I received, I was extremely touched by the way my kids reacted to my incident. I thanked Allah first for the slight injury I received but mainly I thanked Allah for blessing me with such caring and loving kids.

Finally, there is so much to being a father. It's an intriguing mixture of simplicity and complexity, toughness and tenderness. You need to be there for your son: love him, listen to him and guide him. Get involved, show interest, praise and empower.

There When He Needs You. Neil I. Bernstein
Simon & Shuster, Inc., Free Press, NY 2008

MAS Social Services Foundation Presents

MARRIAGE IN ISLAM

*All you need to know if you are single, preparing for marriage or newly married
This course will cover reasons for marriage, Fiqh ruling, conditions of
marriage, rules and responsibilities of spouses and families, Islamic vs.
cultural traditions, spousal selection, marriage contract, stages of
marriage, establishing a healthy relationship, how to avoid conflicts,
conflict resolution, and much more...*

Saturdays, September 25 and October 2, 2010 9:00 am – 5:00 pm

MCYC Elk Grove, 9412 Big Horn Blvd Elk Grove, CA 95757

Cost: \$50, includes material, light lunch, and refreshments

*Members of Family Development Circle receive
membership discounts on fee*

and priority registration.

Pre-registration required. Please call (916) 486-8626

Or email masssfsac@yahoo.com



TOO EXPENSIVE? TOO MUCH TIME? TOO FAR?
**OK, COMPARE WITH THE COST OF THAT DREAM WEDDING, BEING
TRAPPED IN AN UNHAPPY MARRIAGE OR ONE HOUR WITH A DIVORCE
LAWYER...**

STRESS AND ANGER MANAGEMENT

Workshop Presented By Terry Gilbert

Certified Anger Management Facilitator

6 Weeks, Every Monday 6:00-8:00 pm

September 27th through November 1st, 2010

At MAS Social Services Foundation

3820 Auburn Blvd., Suite 83 Sacramento, CA 9582 (916) 486-8626

masssfsac@yahoo.com www.mas-ssf-sac.org

**Fee is \$50 for 6 weekly sessions. Material included. Class size limited to 20 people.
Please call or email at the above contact information for registration. Members of
Family Development Circle receive discounted fees and priority registration.**

CAN'T MISS MONDAY NIGHT FOOTBALL OR TIRED AFTER A DAY WITH THE KIDS?

OK, CONSIDER THE DAMAGE STRESS AND ANGER DO TO YOUR HEALTH & THEIRS...

Breastfeeding 101: Guidance for New & Expecting Mothers

Topics will include:

How breastfeeding works

How to establish a good milk supply

How to know if your baby is getting enough milk

Latching and positioning techniques

Breastfeeding resources

October 17, 2010

5:30pm-8:30pm

Presented by Enderleen Ferland, RN, Certified Lactation Educator

Fee is \$10. All proceeds go to MAS Social Services Foundation.

*Fee waived for those with financial hardship

Location: MAS Social Services Foundation, 3820 Auburn Blvd. Suite 83
Sacramento, CA 95821

Brain Teaser

Who said,

"There is no embarrassment in knowledge."

**Be the first to email your answer to masssfsac@yahoo.com
and win \$25.**

Youth Support Group for Sisters 13-18 years old

**Youth Support Group meetings are open and will be held every
other Saturday at 11:00 AM.**

**At MAS Social Services Foundation 3820 Auburn Blvd, Suite 83
Sacramento, CA 95821**

(916) 486-8626 masssfsac@yahoo.com www.mas-ssf-sac.org

This group will provide a welcoming environment for youth to open up and express themselves and their ideas in a confidential setting in which they can receive and give peer support and advice to each other with a Muslim mentor and counselor present. In this setting the youth will be able to

discuss issues faced on a daily basis by Muslim youth growing up in the United States.

If you would like to find out more about this group please contact our Youth Support Group Coordinator at massfsac@yahoo.com



Muslim American Society of Sacramento Region
Social Services Foundation
 3820 Auburn Blvd., Suite 83, Sacramento, CA 95821
 Federal Tax ID 36-4571903, Phone: (916) 486-8626

Family Development Circle Benefits For You

Newsletter "The Lighthouse sent to your email box

One Free SSF Workshop/Class each year

25% Discount on any other SSF Workshop/Class per year

YOUR DONATION AT WORK

\$10 gives a needy person one hour of peer counseling or professional consultation with a Muslim psychiatrist

\$50 gives a scholarship to a 36-hour marriage preparation workshop.

\$100 gives 12 hours of premarital counseling for a needy engaged or recently married couple.

Membership and Donation Form

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____ Email: _____

Donation: (Zakat-Eligible and Tax-Deductible)

***Family Development Circle* (FDC):** Monthly Donation Pledge of \$10 or More ___\$10 other \$ ___

One-time pledge of: ___ \$25 ___ \$ 50 ___ \$ 75 ___ \$ 100 other \$ _____

Note: One-time Annual donation of \$120 or monthly donation of at least \$10 qualifies donor for membership in the Family Development Circle for the next twelve months.

Payment Method:

___ Cash___ Check or On-Line at www.mas-ssf-sac.org. Choose Donation, then Subscription Option for FDC

___ Auto Pay through your bank to Bank of America Account # **08068-70840** Routing # **121000358**

Signature: _____ Date: _____

www.mas-ssf-sac.org massfsac@yahoo.org

