

## CHECKLIST FOR GAZA

<b><input type="checkbox"/> MAKE DU'A' (A PRAYER) – 5 MINUTES DAILY</b>
<p>O Allah, improve the state of the <i>Ummah</i> (nation) of Muhammad (saws); O Allah, grant ease to the Ummah Muhammad (saws); O Allah, have mercy on the Ummah of Muhammad (saws).</p> <p>O Allah ease the pain and suffering of the people of Gaza; O Allah, grant them steadfastness and patience; O Allah, make their hearts firm and strong; O Allah, save the people of Gaza.</p>
<b><input type="checkbox"/> PRAY TAHAJJUD (NIGHT PRAYERS)</b>
<p><i>"Allah will never change the condition of a people until they change that which is within themselves."</i> (The Holy Qur'an 13:11)</p> <p>In order for any of our actions be effective, they must be blessed by and accepted by Allah. We can only achieve this by drawing nearer to Him through acts of worship and abstaining from prohibited acts.</p> <ol style="list-style-type: none"> <li>1. Make sure to sleep and wake up between 'Isha' and Fajr prayers.</li> <li>2. Make your wudu', clear your mind and prepare for your prayer.</li> <li>3. Make your intention to perform 2 rak'ahs of Tahajjud prayer.</li> <li>4. During your <i>sujud</i> (prostrations), recite a du'a' for those suffering in Gaza [see above for examples].</li> <li>5. Can be repeated up to 8 rak'ahs (4 sets of 2 rak'ahs).</li> </ol>
<b><input type="checkbox"/> FAST MONDAY AND/OR THURSDAY</b>
<p>Abu Hurayrah reported that the Prophet (saws) would fast Mondays and Thursdays. When he was asked about this, he said, "The deeds of people are presented to Allah (swt) on every Monday and Thursday. Allah (swt) forgives every Muslim except for those who are deserting each other."</p>
<b><input type="checkbox"/> CALL A RESIDENT OF GAZA</b>
<p>Call a random number in Gaza. Tell them that you are calling from North America, make Duaa for them and tell them all their brothers and sisters around the world are with them. This will give them moral support and courage. How to call:</p> <p>Replace last 4 digits with random ones.</p> <p>(011) 972-8284-XXXX            (011) 972-8282-XXXX            (011) 972-8255-XXXX</p> <p>Try 4 or 5 times and you'll reach a family insha'Allah! Even if you don't speak Arabic, use slow and simple English.</p>

<b><input type="checkbox"/> TALK TO A NEIGHBOR AND/OR CO-WORKER</b>
<p>Educate your co-workers, friends, and neighbors about the situation in Gaza; let them know why this is important to you. Often times, people trust information from a source they know and are more likely to share this information on with others.</p> <p>For talking points:  <a href="http://www.middle-east-online.com/english/?id=29449">http://www.middle-east-online.com/english/?id=29449</a></p>
<b><input type="checkbox"/> ATTEND A DEMONSTRATION</b>
<p>For protest dates/ times/ locations: <a href="http://www.answerla.org">www.answerla.org</a></p>
<b><input type="checkbox"/> CONTACT ELECTED OFFICIALS</b>
<p>President-Elect Barack Obama:  <a href="http://change.gov/page/content/contact/">http://change.gov/page/content/contact/</a></p> <p>Locate your elected officials:  <a href="https://writerep.house.gov/writerep/welcome.shtml">https://writerep.house.gov/writerep/welcome.shtml</a></p>
<b><input type="checkbox"/> WRITE A LETTER TO THE EDITOR</b>
<p><i>New York Times:</i> <a href="mailto:letters@nytimes.com">letters@nytimes.com</a>  <i>Los Angeles Times:</i> <a href="mailto:letters@latimes.com">letters@latimes.com</a>  <i>Washington Post:</i> <a href="mailto:letters@washpost.com">letters@washpost.com</a>  <i>Chicago Tribune:</i> <a href="mailto:ctc-tribletter@tribune.com">ctc-tribletter@tribune.com</a>  <i>Orange County Register:</i> <a href="mailto:letters@ocregister.com">letters@ocregister.com</a>  <i>Time Magazine:</i> <a href="mailto:letters@time.com">letters@time.com</a>  <i>Newsweek Magazine:</i> <a href="mailto:letters@newsweek.com">letters@newsweek.com</a></p>
<b><input type="checkbox"/> SIGN AN ONLINE PETITION</b>
<p>Avaaz: <a href="http://www.avaaz.org/en/gaza_time_for_peace/">http://www.avaaz.org/en/gaza_time_for_peace/</a>            CAIR: <a href="http://petition.cair.com/Default.aspx">http://petition.cair.com/Default.aspx</a>            IAC: <a href="http://www.iacenter.org/gazapetition/">http://www.iacenter.org/gazapetition/</a></p>
<b><input type="checkbox"/> DONATE TO RELIEF ORGANIZATIONS</b>
<p>Islamic Relief: <a href="http://www.irw.org">www.irw.org</a>            LIFE for Relief &amp; Development: <a href="http://www.lifeusa.org">www.lifeusa.org</a>            KinderUSA: <a href="http://www.kinderusa.org">www.kinderusa.org</a>            UN Relief &amp; Works Agency:  <a href="http://www.un.org/unrwa/emergency/donation/">http://www.un.org/unrwa/emergency/donation/</a></p>