

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of God, Most Gracious, Most Merciful

# Submitters Perspective

Monthly Bulletin of International  
Community of Submitters

www.masjiduntucson.org



Published by Masjid Tucson  
Jumada II 1437

All Rights Reserved

## Why people use drugs

The use of drugs to alter consciousness is nothing new. Satan has made this a part of human life throughout history (5:90). Alcohol has always been the most commonly used drug because of the ease in producing it by fermentation. In many cultures, the consumption of drugs and alcohol has been associated with one's entrance into the adult social world.

The Arabic word "khamr" (intoxicant) is from the root word "khamara" which means "to cover" or obscure. Contrary to what many people think, drugs cloud and cover the mind rather than open it up. The so-called high that people think they experience when intoxicated is actually a state of disorientation and looseness portrayed as pleasure. The devil not only leads one to take intoxicants, but continues to entice the intoxicated person to do things that they would refrain from when sober or oriented.

*O you who believe, intoxicants and gambling, and the altars of idols, and the games of chance are abominations of the devil; you shall avoid them, that you may succeed. The devil wants to provoke animosity and hatred among you through intoxicants and gambling, and to distract you from remembering God; and from*

*observing the Contact Prayers (Salat). Will you then refrain? (5:90-91).*

Generally speaking, there are three reasons why people use drugs. The first (prescription drugs) is for therapeutic reasons with things such as weight loss, anxiety or insomnia. (This article does not discuss medical use of substances.) The next reason is for recreational use, to get a feeling of euphoria, for insight to relieve suffering. And thirdly, people use drugs because of addiction.

In addition to the need to feel good and overcome anxieties, peer acceptance and approval are critical factors behind drug consumption and addiction. Most people have been socialized to be overly-dependent on someone or something in the material world to make them happy. Many people also turn to intoxicants to make them happy. There is a myth that drugs allow an individual to imagine being what he or she wants to be free of inhibitions, worries, and tension. Drugs are also sought as a means toward inner-fulfillment; many people are led to believe that chemical substances and drugs are a cure-all for their negative feelings.

Despite widespread use and acceptance of so-called "legal drugs" like alcohol,

there can be no compromise regarding their prohibition by God. God knows us better than we know ourselves. God certainly knows what can make us really happy, and He knows what is dangerous to us.

*Intoxicants and Gambling Prohibited*  
*They ask you about intoxicants and gambling: say, "In them there is a gross sin, and some benefits for the people. But their sinfulness far outweighs their benefit." ... (2:219)*

There are four groups of depressants: alcohol, benzodiazepines, opiates, and barbiturates.

**Alcohol:** alcohol is also known as ethanol and produces what we call a biphasic effect. It produces stimulation, then it produces depression. Alcohol affects all the different components of the cell level system. Alcohol produces relaxation, sleeplessness, and reduced inhibitions which means you are likely to do things that you wouldn't have before. You will have reduced judgment, inability to make decisions, impaired concentration, and slower reflexes.

**Benzodiazepine:** these drugs are known as Zanax, Valium, Clonipin, and other drugs used for reducing anxiety or panic. They

*(Continued on page 2)*

*(Continued from page 1)*

increase the inhibitory receptor function in the brain; they calm down the brain.

**Opioids:** There are many opiates used for the control of pain: morphine, codeine, fentanyl, hydrocodone, oxycodone, and methadone are just a few. Opiates produce analgesia or calming of pain. They are characterized by rapid tolerance. When you stop using opiates you go through severe withdrawal. You can't die from it; most people wish they could. Opiates reduce alertness by increasing the inhibitory function in the brain.

**Central Nervous Stimulants:** These include cocaine and amphetamines.

**Marijuana:** marijuana does have a number of negative effects. It can negatively affect driving skills and produces addiction. The active ingredient in marijuana is THC or tetrahydrocannabinol. A person can test positive for up to 30 days after use.

**Club Drugs:** there are several of them: LSD, acid, roofies, ecstasy, special K, and Angel dust. All club drugs affect driving skills because of a distortion of vision and other senses. These drugs cause a highly reduced reaction time and reduced judgment.

**Abuse versus dependency:** Drug abuse is a voluntary situation where people are making bad choices about their use of the drugs for self-anesthetization, for celebration or just wanting to get a high. Chemical dependency is a brain disease caused by genetic vulnerability, drug use and environmental influences. Generally, if a drug abuser is educated about the adverse effects of drugs or they are coerced by a loved one or they are punished in some way, the drug use will decline. In dependence, people cannot stop using the drug. This is called impaired control over drug use. Both are serious drug use conditions.

**Who becomes dependent?** Statistics show:

One in four people who use heroin will become dependent.

One in five people who use cocaine will

become dependent.

One in six or seven people who use alcohol will become dependent.

One in 10 people who use marijuana will become dependent.

One in 10 people who use amphetamines will become dependent.

One in 10 people who use benzodiazepines will become dependent.

One in 10 people who use opiates will become dependent.

One in 20 people who use psychedelics will become dependent.

Chronic drug addiction leads to a drug personality—the type of person whose action and thoughts are determined by his constant need to take drugs. Drug personalities may anger easily, can become violent, are frequently depressed, alienated from family members, have few friends except fellow addicts, are unable to maintain jobs, often feel persecuted, and may be unable to acknowledge their addiction; drugs become their idols.

*“He idolizes what is more apt to harm him than benefit him. What a miserable lord! What a miserable companion!” (22:13)*

### **Worship God Alone To Overcome Drug Abuse**

Because of their addictive quality, drugs and intoxicants stay with a person for a long time. In order to stop taking drugs, a person must have a better substitute in life—a belief, a bond, a greater motivation to seek happiness and balance in fulfilling ways. God is the source of all happiness. When a person begins to realize this, he or she can wean away from substance abuse. In the Quran, God enjoins worshipers not to pray when intoxicated.

*O you who believe, do not observe the Contact Prayers (Salat) while intoxicated, so that you know what you are saying...” (4:43)*

Evidently, during the time verse 4:43 was revealed, there were people who took

intoxicants, probably alcohol. Yet, they were motivated to pray to God and seek His guidance. Being human, we are all susceptible to Satan's tricks to distract us from remembering God. The sincere believers who took intoxicants gradually overcame their alcoholism to please God. How could a sincere believer pray five times a day and continue to take intoxicants?

Happiness and peace of mind is only attainable by worshiping God alone, and God relieves one from confusion, fear, grief and a sense of hopelessness.

*Guaranteed Happiness Now and Forever*  
*Anyone who works righteous, male or female, while believing, we will surely grant them a happy life in this world, and we will surely pay them their full recompense (on the Day of Judgment) for their righteous works. (16:97)*

The more one depends on drugs, the more unhappy one becomes. The drug user must learn to trust God and stop taking intoxicants. This is the most effective substance abuse program.

*If anyone thinks that God cannot support him in this life and in the Hereafter, let him turn completely to (his Creator in) heaven, and sever (his dependence on anyone else). He will see that this plan eliminates anything that bothers him.*

*We have thus revealed clear revelations herein, then God guides whomever He wills. (22:15-16).*

*Frank*

\* \* \* \* \*

*Perhaps one of the greatest rewards of meditation and prayer is the sense of peace that comes to us. We no longer live in a completely hostile world. We are no longer lost and frightened and purposeless. The moment we catch even a glimpse of God's will ... the real and eternal things in life, we are no longer deeply disturbed by all that surrounds us in purely human affairs. We know that God lovingly watches over us. We know that when we turn to Him, all will be well with us, here and hereafter.*

*Adapted from Alcoholics Anonymous*

## Intoxicants: science catching up with Quran

The more humans learn, the more they recognize God's system is the truth. A recent report by the U.S. Centers for Disease Control and Prevention (CDC) shows that binge drinking cost the U.S. economy \$249 billion. Researchers believed actual costs were even higher because data on alcohol is frequently under-reported or unavailable. The corresponding cost to the economy from illicit drugs, as estimated by the US government, is about \$193 billion. The costs relate to crime, lost work productivity and healthcare. As a reference point—the federal deficit was \$439 billion in 2015.

That is in terms of dollars. To put the cost in terms of human life, government statistics estimate that alcohol and illicit drugs cause about 88,000 and 17,000 deaths respectively annually. Alcohol is also the leading preventable cause of birth defects and intellectual and neuro-developmental disabilities in children, according to an American Academy of Pediatrics (AAP) study published in 2015. AAP cautioned mothers that they should completely abstain from alcohol during pregnancy, i.e., no amount of alcohol was safe to drink. While these statistics pertain to the USA, it is by no means the country with the highest consumption of alcohol. According to a World Health Organization report published in 2014, there are more than 45 countries with a higher per capita consumption of alcohol than the United States.

Intoxicants have serious effects on the lives of the abuser and their families. A large number of cases of domestic violence involve a family member who is an alcoholic. Children of alcoholic parents are also prone to psychological and social problems, and more likely to turn to alcohol abuse themselves.

God has instructed Submitters to avoid consuming any intoxicants (including alcohol). The Quran calls intoxicants an "abomination of the devil" and tells us

that we must avoid it in order to succeed (5:90). While there may be some benefits to alcohol (e.g., jobs to those employed in the industry), the sinfulness far outweighs the benefits (2:219).

We know God's wisdom far exceeds our own. The best thing for our souls and our bodies is to completely avoid illicit drugs and alcoholic beverages. Some day, God willing, scientific research will reach the same conclusions as taught in the Quran.

*Intoxicants and Gambling Prohibited\**  
[2:219] *They ask you about intoxicants and gambling: say, "In them there is a gross sin, and some benefits for the people. But their sinfulness far outweighs their benefit." They also ask you what to give to charity: say, "The excess." GOD thus clarifies the revelations for you, that you may reflect,*

*\*2:219 The world now recognizes that the economic benefits from manufacturing alcoholic beverages and illicit drugs are not worth the traffic fatalities, brain damage to children of alcoholic mothers, family crises, and other disastrous consequences. Check with "Alcoholics Anonymous" and "Gamblers Anonymous" for more information. See also 5:90-91.*

*Intoxicants and Gambling Prohibited*  
[5:90-91] *O you who believe, intoxicants, and gambling, and the altars of idols, and the games of chance are abominations of the devil; you shall avoid them, that you may succeed. The devil wants to provoke animosity and hatred among you through intoxicants and gambling, and to distract you from remembering GOD, and from observing the Contact Prayers (Salat). Will you then refrain?*

### References

<http://www.masjiduntucson.org/quran/appendices/appendix35.html>  
<http://www.cdc.gov/media/releases/2015/p1015-excessive-alcohol.html>  
<https://www.drugabuse.gov/related-topics/trends-statistics>  
<http://www.cdc.gov/features/alcoholconsumption/>  
<http://pediatrics.aappublications.org/content/136/5/e1395>

<http://www.cnn.com/2015/10/21/health/aap-no-alcohol-during-pregnancy/>  
[https://en.wikipedia.org/wiki/List\\_of\\_countries\\_by\\_alcohol\\_consumption\\_per\\_capita](https://en.wikipedia.org/wiki/List_of_countries_by_alcohol_consumption_per_capita)  
<http://www.learn-about-alcoholism.com/effects-of-alcoholism.html>  
<https://ncadd.org/family-friends/there-is-help/family-disease>  
<http://allpsych.com/journal/alcoholism/>  
<http://www.niaaa.nih.gov/>

Faiz

\* \* \* \* \*

*In the name of God, Most Gracious,  
Most Merciful*

New Title Available

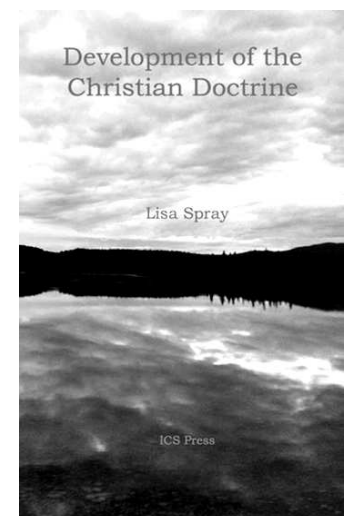
## *Development of the Christian Doctrine*

By Lisa Spray

Christianity is a very diverse religion, and the development of its most basic doctrines has not always been straightforward nor peaceful.

Lisa Spray takes a look at that development, using the scripture as her main source, supplemented with scholarly research.

Using her initial research for *Jesus: Myths and Message* as her starting point, Spray focuses now on the basic doctrines of Christianity. Incorporating recent research by numerous scriptural scholars, she gives us a new, wide-ranging look at an old subject.



MASJID TUCSON United Submitters International

PO Box 43476 Tucson AZ 85733-3476 USA

Tel: (520) 323 7636

internet web site [www.masjiduntucson.org](http://www.masjiduntucson.org)

e-mail: [info@masjiduntucson.org](mailto:info@masjiduntucson.org) [masjiduntucson@gmail.com](mailto:masjiduntucson@gmail.com)

Non-profit Org  
U.S. Postage  
PAID  
Tucson AZ

ISSN 1089-053X

*Happiness is Submission to God Alone*

Keep up with history in the making. Subscribe now.

\$12/yr. U.S., Canada and Mexico, \$19/yr. overseas.

## Food Pantry

[2:272] *You are not responsible for guiding anyone. GOD is the only one who guides whoever chooses (to be guided). Any charity you give is for your own good. Any charity you give shall be for the sake of GOD. Any charity you give will be repaid to you, without the least injustice.*

Praise be to God, it's now been one year since we began the food pantry at Masjid Tucson in partnership with the local Community Food Bank. Twice a week, we distribute food to people who are in need. We had no idea how great the need truly is. We have regulars who come by and tell us that they were able to pay a bill or buy some necessity because they didn't have to pay for food this week. In the small bag of canned goods that we distribute, we include a copy of an old Submitters Perspective. And we've been told by several that they really enjoy reading the articles. God gave us an opportunity where by helping people, we are also educating about His religion; showing the community what Submission is really all about.

By God's grace, in our first year, we served over 8,000 people, including 3000 families with small children. We estimate that over 53,000 pounds of food were distributed. This includes canned goods, bread, fresh produce, water, and fun foods like chips and cookies. The submitter community con-

tributed more than 4000 hours of volunteer time to make it happen. Many Submitters also sent generous donations. It takes a lot of hard work and we thank everyone who participated. We thank God most of all.

We recently received this letter from a regular who wanted to express appreciation. We're not doing this for the thank you; we're doing it for God: [76:9] *"We feed you for the sake of GOD; we expect no reward from you, nor thanks.* But it's a reassurance from God to hear that we're making a difference.

"I wish I could find the perfect way to say thank you for being such a thoughtful and caring people. You always seem to know just what people need and what will brighten their day. Kindness is such a part of your nature that I am sure you're not even aware of some of the little things you do that make such a difference in someone's life. That's why I want you to know your generous spirit has touched my life and others more than I can count. And so, although I'm sure that "thank you" is a phrase you hear very often, I want to say it again and tell you that we appreciate you all more than you know. Signed: The Guys!"

May God bless the strivers who keep the food pantry up and running, and bless those who are in need with His provisions. May God allow us to continue to be able to help those individuals. We pray God accepts from us.

*God Willing*

## 31<sup>st</sup> Annual Conference United Submitters

July 29-31, 2016

Vancouver, Canada



God willing, we are planning to hold this year's United Submitters International Conference in the beautiful city of Vancouver, B.C., Canada (on July 29, 30 and 31).

We will include more details in subsequent issues of the *Submitters Perspective*, God willing. You can keep an eye on the web site for details as well (*including passport/travel document requirements for US Citizens*): [www.masjiduntucson.org/conference/](http://www.masjiduntucson.org/conference/)

For people who arrive by air, Seattle, WA, can be an alternative city to fly in. It is possible to rent a car there or take a shuttle to Vancouver (about a 2-hr drive). But save the dates and start planning for another special gathering of submitters.

God willing, see you in July.