



In the name of God, Most Gracious, Most Merciful

# Submitters Perspective

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## The Contact Prayers (Salat)

The Salat is one of the commandments in the Quran. The word “salat” comes from the root word “Sila” which means connection or contact. When we observe the Contact Prayer we are making contact with our Creator. It’s more than just “pray”. God gives us an opportunity to make contact with Him 5 times a day.

We know that the Salat has many benefits for us: the real us, the soul. The body as well. At a very simple level: getting up and moving every so often is good for the health, while sitting for long hours ironically causes the body more stress. Waking up at dawn is also shown to provide better mental health.

In soul terms, we see that righteous works help strengthen and develop the soul.

*[30:44] Whoever disbelieves, disbelieves to the detriment of his own soul, while those who lead a righteous life, do so to strengthen and develop their own souls.*

*[7:8] The scales will be set on that day, equitably. Those whose weights are heavy will be the winners.*

*[101:6] As for him whose weights are*

*heavy. [101:7] He will lead a happy (eternal) life.*

Let’s look at the ways Salat can help us become a “soul heavy-weight.”

Salat is mentioned more than 70 times in the Quran. It is associated with righteousness (2:3, 2:177, 11:114), seeking help (2:45), steadfastness (2:45, 2:153, 13:22, 22:35, 31:17), remembering God (4:103, 20:14, 29:45), God’s protection (5:12), belief in the Hereafter (6:92), wiping out evil works (11:114), attaining God’s mercy (24:56).

We’re reminded to observe salat early in the Quran. You open the Quran to Al-Fatehah, which we recite in Salat. Then we turn the page to sura 2, and it says:

*[2:1] A.L.M [2:2] This scripture is infallible; a beacon for the righteous; [2:3] who believe in the unseen, observe the Contact Prayers (Salat),\* and from our provisions to them, they give to charity.*

This pattern is repeated in other suras as well, e.g. sura 27, sura 31:

*[27:1] T. S.\* These (letters) constitute proofs of the Quran; a profound scrip-*

*ture. [27:2] A beacon, and good news, for the believers. [27:3] Who observe the Contact Prayers (Salat), give the obligatory charity (Zakat), and they are, with regard to the Hereafter, absolutely certain.*

*[31:1] A. L. M.\* [31:2] These (letters) constitute proofs of this book of wisdom. [31:3] A beacon and a mercy for the righteous. [31:4] Who observe the Contact Prayers (Salat), give the obligatory charity (Zakat), and as regards the Hereafter, they are absolutely certain. [31:5] They are following the guidance from their Lord, and they are the winners.*

The above verses are reminders of what we should be doing. These next are commandments—“you shall” do it.

*[2:43] You shall observe the Contact Prayers (Salat) and give the obligatory charity (Zakat), and bow down with those who bow down.*

*[2:45] You shall seek help through steadfastness and the Contact Prayers (Salat). This is difficult indeed, but not so for the reverent,*

*[2:238] You shall consistently observe the Contact Prayers, especially the mid-*

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dle prayer, and devote yourselves totally to **GOD**. [2:239] Under unusual circumstances, you may pray while walking or riding. Once you are safe, you shall commemorate **GOD** as He taught you what you never knew.

2:238 gives us the reminder to observe and consistently do so. 2:239 reminds us the importance of observing Salat, even if we're stuck in a car and cannot get out safely or in any unusual situation. We should consistently do our Contact Prayers, because it's that good for us; it's that important.

The Contact Prayer is a basic requirement for Submission, along with worshipping God alone and giving Zakat. [98:5] All that was asked of them was to worship **GOD**, devoting the religion absolutely to Him alone, observe the contact prayers (Salat), and give the obligatory charity (Zakat). Such is the perfect religion.

As submitters, when God asks us to do something, we respond and say we hear and obey. Specifically, for Salat we see:

[42:38] They respond to their Lord by observing the Contact Prayers (Salat). Their affairs are decided after due consultation among themselves, and from our provisions to them they give (to charity).

Salat keeps coming up when submitters or believers are described. For example, in sura 23, The Believers, the first thing God tells us:

[23:1] Successful indeed are the believers; [23:2] who are reverent during their Contact Prayers (Salat). [23:3] And they avoid vain talk.

The importance of Salat is highlighted by being repeated in this same sura: [23:9] And they observe their Contact Prayers (Salat) regularly.

This repetition or double occurrence also is seen in sura 70: [70:22] Except for the worshipers. [70:23] Who always observe their contact prayers (Salat). ... [70:34] They consistently observe their contact prayers (Salat), on time. [70:35] They have deserved a position

of honor, in Paradise.

In describing the True Believers in sura 8, God again underlines the importance of Salat: [8:2] The true believers are those whose hearts tremble when **GOD** is mentioned, and when His revelations are recited to them, their faith is strengthened, and they trust in their Lord. [8:3] They observe the Contact Prayers (Salat), and from our provisions to them, they give to charity. [8:4] Such are the true believers. They attain high ranks at their Lord, as well as forgiveness and a generous provision.

Salat is part of the definition of righteousness contained in 2:177: .... Righteous are those who believe in **GOD**, the Last Day, the angels, the scripture, and the prophets....and they observe the Contact Prayers (Salat) and give the obligatory charity (Zakat) .... These are the truthful; these are the righteous.

We have many examples of righteous believers doing Salat.

[10:87] We inspired Moses and his brother. "Maintain your homes in Egypt for the time being, turn your homes into synagogues, and maintain the Contact Prayers (Salat). Give good news to the believers."

[19:30] (The infant spoke and) said, "I am a servant of **GOD**. He has given me the scripture, and has appointed me a prophet. [19:31] "He made me blessed wherever I go, and enjoined me to observe the Contact Prayers (Salat) and the obligatory charity (Zakat) for as long as I live.

[19:54] And mention in the scripture Ismail. He was truthful when he made a promise, and he was a messenger prophet. [19:55] He used to enjoin his family to observe the Contact Prayers (Salat) and the obligatory charity (Zakat); he was acceptable to his Lord.

[21:73] We made them imams who guided in accordance with our commandments, and we taught them how to work righteousness, and how to observe the Contact Prayers (Salat) and the obligatory charity (Zakat). To us, they were devoted worshipers.

[5:55] Your real allies are **GOD** and His messenger, and the believers who observe the Contact Prayers (Salat), and give the obligatory charity (Zakat), and they bow down.

We also have examples of the unrighteous who do not do Salat.

Losing the Contact Prayers (Salat) [19:59] After them, He substituted generations who lost the Contact Prayers (Salat), and pursued their lusts. They will suffer the consequences. [19:60] Only those who repent, believe, and lead a righteous life will enter Paradise, without the least injustice.

[5:58] When you call to the Contact Prayers (Salat), they mock and ridicule it. This is because they are people who do not understand.

[74:42] "What brought you to this retribution?" [74:43] They will say, "We did not observe the contact prayers (Salat).

[75:30] To your Lord, on that day, is the summoning. [75:31] For he observed neither the charity, nor the contact prayers (Salat). [75:32] But he disbelieved and turned away.

[68:42] The day will come when they will be exposed, and they will be required to fall prostrate, but they will be unable to. [68:43] With their eyes subdued, humiliation will cover them. They were invited to fall prostrate when they were whole and able.

68:42-43 remind us we need to do our worship practices here and now. Otherwise we'll be physically unable to prostrate. The soul will just be too weak on the Day of Judgment.

There are also people who observe Salat but are heedless of it:

[107:1] Do you know who really rejects the faith? [107:2] That is the one who mistreats the orphans. [107:3] And does not advocate the feeding of the poor. [107:4] And woe to those who observe the contact prayers (Salat)— [107:5] who are totally heedless of their prayers. [107:6] They only show off. [107:7] And they forbid charity.

The most important objective of Salat

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is remembering God (29:45, 20:14, 87:14-5). Let's keep in mind that remembering God is a commandment in itself (2:152, 4:103, 7:205, 33:41-42) and is a means to be happy (20:130, 13:28-29). How does that happen? A nourished soul is a happy soul. And remembering God allows us to grow our souls and thus grow closer to God.

*[29:45] You shall recite what is revealed to you of the scripture, and observe the Contact Prayers (Salat), for the Contact Prayers prohibit evil and vice. But the remembrance of GOD (through Salat) is the most important objective.\* GOD knows everything you do.*

*[20:14] "I am GOD; there is no other god beside Me. You shall worship Me alone, and observe the Contact Prayers (Salat) to remember Me.*

*[87:14] Successful indeed is the one who redeems his soul. [87:15] By remembering the name of his Lord, and observing the contact prayers (Salat).*

This may be why God tells us to be **reverent** during Salat (23:2). If we're reverent, we're more likely to be remembering God throughout Salat rather than work or some worldly thing that's on our mind.

We also see the connection between salat and avoiding evil and vice (29:45). Perhaps because we are more aware of God, more mindful of God, we are more likely to follow God's commandments.

The subtitle for 14:40 reminds us that the Contact Prayers are a gift from God. If we want to attain God's mercy, we must be steadfast in observing our Contact Prayers.

*[24:56] You shall observe the Contact Prayers (Salat) and give the obligatory charity (Zakat), and obey the messenger, that you may attain mercy.*

*[9:71] The believing men and women are allies of one another. They advocate righteousness and forbid evil, they observe the Contact Prayers (Salat) and give the obligatory charity (Zakat), and they obey GOD and His*

*messenger. These will be showered by GOD's mercy. GOD is Almighty, Most Wise.*

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Faiz

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## Conference Report 2019

*[31:22] Those who submit completely to GOD, while leading a righteous life, have gotten hold of the strongest bond. For GOD is in full control of all things.*

The 34<sup>th</sup> annual conference of the United Submitters International was held in Tucson, Arizona Aug 2-4, 2019. The khutba was delivered by brother Bob. He reflected, among other things, on the moon landing fifty years ago, July 1969.

*[54:1] The Hour has come closer, and the moon has split.\* [54:2] Then they saw a miracle; but they turned away and said, "Old magic." [54:3] They disbelieved, followed their opinions, and adhered to their old traditions. [54:4] Sufficient warnings have been delivered to alert them. [54:5] Great wisdom; but all the warnings have been in vain.*

We know from the footnote for 54:1 how significant this event was:

*\*54:1 This important sign of the approaching end of the world came to pass in 1969 when humans landed on the moon and brought pieces of the moon to earth. At the same time, God's mathematical Miracle of the Quran was being gradually unveiled. Traditional Muslims opposed it, since it exposed the fallacy of their practices (App. 25).*

We then met several submitters who

were attending their very first conference though some had been in submission for many years. They were thrilled to find themselves among so many like-minded submitters. When we divided the attendees into groups to get to know one another, many of the stories of these submitters were heartwarming. It was wonderful to take the time to share experiences, and get to know our believing family. There was a sense of love and excitement in the air.

The talks began Friday night. We were treated to a wide range of topics that enlightened us and made us reflect. The youthful speakers were especially inspirational. Each submitter has a unique outlook and a wonderful way of sharing their experiences. The final speech on Sunday reminded us how "great" the conference had been, how "great" the talks were, how "great" the whole experience was for each of us. From TUG to GREAT! Last year we learned the acronym TUG (Thank U God) and we remembered to use it often. This year the acronym was GREAT. Everything in this world is great and it all comes from God. And we can remember that easily by remembering that God is **Running Everything All the Time**. God is Great.

The zikr in the mornings and evenings was a lovely way to sing the praises of God, to commemorate Him for guiding us and bringing us together. Hearing the beautiful voices raised in joy and thankfulness truly makes the heart rejoice and uplifts the soul. *[13:28] They are the ones whose hearts rejoice in remembering GOD. Absolutely, by remembering GOD, the hearts rejoice.*

Too soon, Sunday noon came around. We enjoyed taking lots of group photos to remember our time together. Then we had our last prayer of the conference. We had our pizza/EEgee's party at the masjid, with more than 100 people joining in. It was fun to have everyone gather together and enjoy God's bounties.

For people who were able to stay a day

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longer, we arranged a picnic up on Mt. Lemmon, which is a beautiful, woodsy area just outside of Tucson. About 70 people were able to attend, enjoying lunch, some hiking and the nice cool temperatures of the higher elevation. After our noon prayer on the mountain, we came back down. It's a beautiful drive, going from the desert vegetation to the tall pines and back again.

Still unable to say goodbye, we arranged a potluck feast at the Mosque for a final lovely get together. It's always such a wonderful feeling to join with other submitters and come together with the focus on worshipping God alone. This sense of unity and purpose keeps us energized for the coming year.

May God keep us steadfast, guided, appreciative and devoted to the worship of Him alone.

[24:55] *GOD promises those among you who believe and lead a righteous life, that He will make them sovereigns on earth, as He did for those before them, and will establish for them the religion He has chosen for them, and will substitute peace and security for them in place of fear. All this because they worship Me alone; they never set up any idols beside Me. Those who disbelieve after this are the truly wicked.*

Nargis and Lydia

## VERSES ON GOD'S WONDROUS SIGNS: THE EARTH

[40:57] *The creation of the heavens and the **earth** is even more awesome than the creation of the human being, but most people do not know.*

[51:20] *The **earth** is full of signs for those who are certain.*

[79:30] *He made the **earth** egg-shaped.*

[11:7] *He is the One who created the heavens and the **earth** in six days—and His (earthly) domain was completely covered with water—in order to test you, to distinguish those among you who work righteousness.*

[13:3] *He is the One who constructed the **earth** and placed on it mountains and rivers. And from the different kinds of fruits, He made them into pairs—males and females. The night overtakes the day. These are solid proofs for people who think.*

[29:56] *O My servants who believed, My **earth** is spacious, so worship Me.*

[41:9] *Say, "You disbelieve in the One who created the **earth** in two days,\* and you set up idols to rank with Him, though He is Lord of the universe." footnote\*41:9-10 *The "days" of creation represent a yardstick. Thus, the physical universe was created in two days, while the calculation of provi-**

*sions for all the creatures on earth required four. This also teaches us that there is life only on this **planet Earth**.*

[41:11] *Then He turned to the sky, when it was still gas, and said to it, and to the **earth**, "Come into existence, willingly or unwillingly." They said, "We come willingly."*

[51:48] *And we made the **earth** habitable; a perfect design.*

[64:3] *He created the heavens and the **earth** for a specific purpose,\* designed you and perfected your design, then to Him is the final destiny.*

[88:17-20] *Why do they not reflect on the camels and how they are created? And the sky and how it is raised. And the mountains and how they are constructed. And the **earth** and how it is built.*

## Quran app

[73:4] ... read the Quran from cover to cover.

By God's grace, we have a Quran app available (Authorized English Version, translated by Rashad Khalifa, Ph.D.). Please visit:

<https://www.masjiduntucson.org/quran/app/>

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## Contact Prayer (Salat) times calculator app

By God's grace, we have a Contact Prayer (Salat) time calculator app. Please visit:

<https://www.masjiduntucson.org/salat/app/>