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Keeping the Community Aware Since 2005
Vol. 17/ No. 18



Event Coverage

Eid tradition for many families and WNYMuslims celebrates it as an event.

The event started after Iftar at the Desi Dhaba (Formerly Mr. Dees) restaurant, and we can proudly say that the Chand Raat festivities were an undeniable success. Music and laughter rang through the air; the scents of Eastern culinary delicacies mingled so invitingly that even those who had just eaten Iftar, fast breaking meal, couldn't help but have a taste.

The main aim of this event is to promote local private businesses like jewelry, ethnic clothes, food, etc., and undoubtedly it proved to be a lucrative opportunity for them. Keeping with tradition, there were also a number of henna artists present, and women were able to get their hands decorated with the customary intricate designs while their kids were engaged in other activities.



The event was so popular that the banquet hall remained packed for its entire duration. It is no surprise that the annual event continues to be widely attended year after year: it is an excellent opportunity for families to kick off Eid with the community, and it has the added bonus of providing services to help them prepare for the festivities the next day.



STAND UP BUFFALO

Eviction Prevention

AS A PART OF THE “STAND UP BUFFALO” INITIATIVE, THE CITY OF BUFFALO URBAN RENEWAL AGENCY (BURA) IS EXPANDING ITS SUPPORTIVE SERVICES TO HOUSEHOLDS FACING EVICTION.

Call 2-1-1 to learn more and apply today!
For more details pls click on the thumbnail below:



Are you at risk of eviction due to your inability to pay your rent as a result of the pandemic? The City of Buffalo has financial assistance to assist those who meet the eligibility requirements.

AS A PART OF THE “STAND UP BUFFALO” INITIATIVE, THE CITY OF BUFFALO URBAN RENEWAL AGENCY (BURA) IS EXPANDING ITS SUPPORTIVE SERVICES TO HOUSEHOLDS FACING EVICTION.

To qualify, applicants must provide:

- Proof of household income at or below 80% Area Median Income. Low income is based on income and household size, i.e. under \$62,100 for a family of 4
- Proof of Buffalo residency
- Proof of tenancy, i.e. lease or landlord month to month statement
- Proof of overdue rent payment for any month after March 2020

Call 2-1-1 to learn more and apply today!



standupbuffalo.com



Closet For Humanity

Donation Drop off: By appointment only.

[4027 Bailey Ave. Amherst NY 14226.](http://4027_Bailey_Ave_Amherst_NY_14226)

wnym@wnymuslims.org

VOLUNTEERS NEEDED

(for the closet setup)

Interested Volunteers, please register by clicking [here](#) or scanning the QR code,

Thanks:



For more details please click [here](#) or on the thumbnail. Please donate hangers for the closet setup



Olive Tree Family Services

[135 Grant Street Buffalo, NY 14213](https://www.dawnmafc.com)

716-332-1637

info@dawnmafc.com

www.dawnmafc.com

We work with families and make sure they understand that they are an integral part of the process, and their needs are heard, understood, and prioritized. everyone is welcome regardless of race, color, ethnicity and religion. All are welcome to be part of our community and all are welcome to become part of our family. Olive Tree is a place where everyone can feel at home.

Services:

- Family Advocacy
- Skill Building
- Community Groups

Dawn Martial Arts and Fitness Center

5959 Main Street Williamsville NY 14221

T: 716-882-8990

info@dawnmafc.com

www.dawnmafc.com



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MARTIAL ARTS AND FITNESS CENTER
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WHAT WE OFFER

- Taekwondo classes for all ages
- Fitness Classes for Women
- Class sizes are between 5-10
- Customized individual programs
- Private Classes

OUR PROGRAMS

- Little Tigers: Ages 3-5
- Children's Martial Arts: Ages 6 & up
- Teens & Adults: Ages 13 & up

We are confident that our programs will meet the needs of any student, beginner or expert.

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Williamsville, NY 14221

(716) 882-8990
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RESPECT **DISCIPLINE** **CONFIDENCE**

DAWN MARTIAL ARTS AND FITNESS CENTER
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Williamsville, NY 14221

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No Contract Packages starting at \$40 a month!
Family Discounts Available!



Internship and Volunteering Opportunities



Interested candidates, please [email](#) us or Click [here](#) for more details.


PAID Internship!!!
 Internship has potential to result in full time employment!
 This is a great way to make extra money while gaining valuable
 experience in non-profit, community relations, and
 government affairs!
 Current Project: StandUp Buffalo Rental Assistance Program
 Contact us TODAY!
 P: 716-923-4386
 E: WNYM@WNYMuslims.org



Now Hiring
 Labor Jobs, Restaurants Jobs and IT Jobs.
CLICK HERE TO APPLY

Featured Events

<p style="text-align: center;"> Diversity Cruise</p> <p style="text-align: center;">Please click here for the event coverage.</p>	 <p style="text-align: center;">Please click here for the event coverage.</p>
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Notification

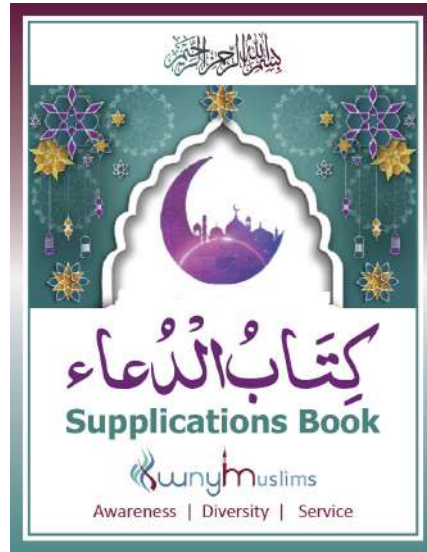
by [email](#)

Kitab-ud-Dua

We are humbly gratified to present our noble gesture, *A Collection of Supplications*, it is our sincere endeavor to express our gratitude towards The Almighty for all the blessings He bestowed upon us and to repent for our sins and to suppliantly pray to our Lord for the eradication of this prevailing pandemic from the face of the earth.

We highly appreciate our community's consistent support, which enabled us to have a strong foothold in the community. We pray that our persistent efforts with our meager resources be accepted by our Creator, and graciously request to everyone to keep us and our loved ones in your prayers as you benefit from this humble effort. May Allah reward you all for your noble actions, contributions and may keep you steadfast in the path of your faith. Aameen.

Please click on the thumbnail below for the PDF of the book



Mosques @ WNY

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Islamic Society of Niagara Frontier



(716) 568-1013



Masjid An-Noor

[745 Heim Road, Getzville NY 14068](#)

imamannoor@isnf.org

Jumu'ah Salat

Khutbah @ 1:30 PM and
Iqama' @ 1:55 PM

Masjid Taqwa

[40 Parker Avenue, Buffalo NY 14214](#)

imamattaqwa@isnf.org

Jumu'ah Salat

Khutbah @ 1:30 PM and
Iqama' @ 2:00 PM

For events and other announcements please click [here](#)



Muslim Society of Buffalo Jami Masjid

[1957 Genesee St, Buffalo, NY 14211](#)

716-300-5040

jamiprograms@gmail.com

jamimasjidbuffalo.org



Jumu'ah Salat

1st- 1:15pm

2nd- 1:50pm

For more details please click [here](#)



[Amazon.com: Take Your Lunch Break: Helpful Tips for Relieving Work-Related Stress eBook : Chohan...](#)

[Take Your Lunch Break: Helpful Tips for Relieving Work-Related Stress - Kindle edition by Chohan, Massoma Alam.](#)

[amazon.com](https://www.amazon.com)



Take Your Lunch Break By Massoma Alam

I am a Pakistani Muslim trying to break the mental health stigma and normalize talking about our mental health.

I had severe anxiety for nine years and tried everything I could to overcome it, which I speak about in my TEDx Talk: "Go Spaghetti: Overcoming Anxiety" (which you can find on YouTube). What I couldn't fit into my talk I put in my book. This book is a compilation of years of research and tried and tested methods that helped me and many others overcome the worst parts of anxiety and stress.

I am an Industrial & Organizational psychologist, motivational speaker, advocate for those with anxiety, and a mother. I have two beautiful children, a three-year-old boy, and a one-year-old daughter!

Take Your Lunch Break: Helpful Tips for Relieving Work-Related Stress contains my personal story of how anxiety almost cost me my job and mental health, plus tons of research and original interviews with mental health professionals and high-performing leaders. Topics in my book include: dealing with deadlines, bosses, burnout, coworker tensions, habits, goal setting, diet, and exercise. I took the best of what's out there in the self and professional development world combined with my own expertise to bring one resource for you. A one-stop-shop if you will for everything on how to live your best life.

In all those sleepless nights, moments of paralyzing anxiety, and darkness that surrounded me, if I could go back in time and give myself this book, I know that it would have been a rope to mental and emotional freedom. I'm doing this for all the other Massoma's out there in the world, the ones who are still battling with crippling thoughts of either their work, their mental health, or their self-image. This book is for them. Because they don't need to suffer anymore.

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and give hope to people. I would love the support of this amazing community if you could please order my book and write a thoughtful review on Amazon that would help me tremendously!

For the Prayer Schedule of WNY Major Mosques please click [here](#)



Awareness | Diversity | Service

www.wnymuslims.org

📍 [4027 Bailey Avenue, Amherst, NY 14226](#)

✉ wnym@wnymuslims.org

☎ (716) 923-4386

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