

No Pain No Gain *In Sickness or in Health*

Being hospitalised, away from family and the comfort of your home, at your lowest ebb physically, mentally and spiritually, the last thing you need to worry about is the food, whether it is Halaal and suitable for your particular ailment. SANHA has partnered with leaders in hospital care to ensure that your medically-approved delivered to your bedside is absolutely Halaal.

Visiting the sick is a great Sunnah (practice and teaching of the Prophet Muhammad – sallallahu alayhi wa sallam). He strongly encouraged and emphasized visiting the ailing and sick people. Imam Bukhari recorded a Hadith from Sayyidina Abu Huraira (RA) that our beloved Prophet sallallahu alayhi wa sallam said:

“The rights of one Muslim over another Muslim are six.” Someone asked, ***“What are they?”*** Rasulullah sallallahu alayhi wa sallam replied, ***“When you meet him you greet him with salaam (peace); when he invites you, you accept his invitation; when he consults you in a matter, you give him sincere advice; When he sneezes and praises Allah, you ask Allah to have mercy on him; When he is sick, you visit him and when he passes away you accompany him i.e. you join in his janazah (burial).”***

To receive your free copy of the list of hospitals certified Halaal by Sanha and Islamic guidelines on visiting the sick send your request to pro-kzn@sanha.org.za or call 031 207 5768 and ask for extension 25. Specify if you wish to receive this by email or post.