

Hajj & Umrah Workshop

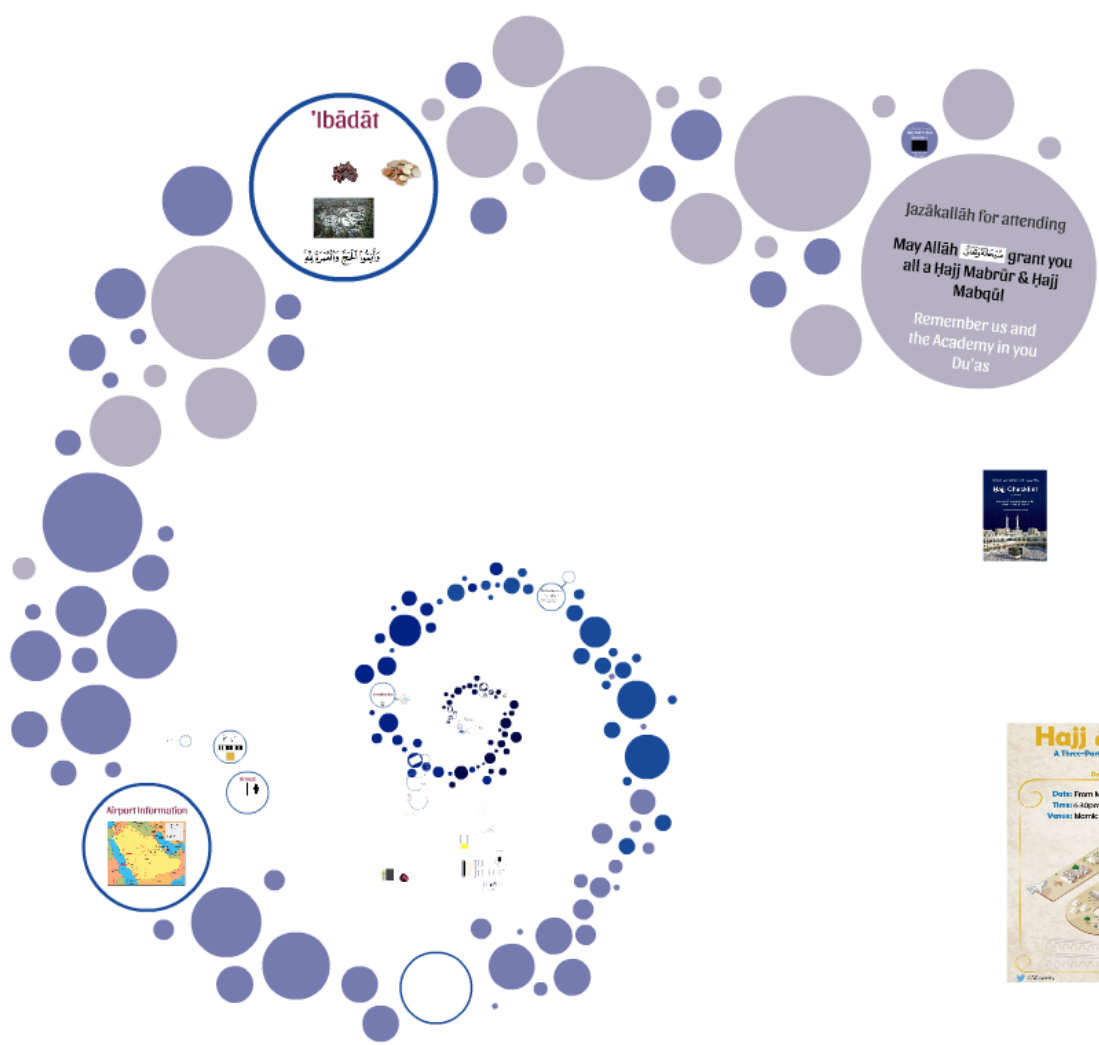
A Three-Part Series of workshops explaining how to perform Hajj & Umrah
 Explained in a simple step-by-step method
 Delivered by Sheikha Ameer Farah Al Madani, D.H.M.S. (UAE)

Date: From Monday 29th July 2018 - Wednesday 29th July 2018
Time: 10am - 12pm
Where: Islamic Academy of Coventry

Workshop Sessions:

- Day 1:** Practical packing advice
 • How to wear the Ihram
 • How to perform Taharrat
- Day 2:** How to perform Hajj
 • Rituals for each day explained
 • How to perform Hajj Continued
 • Ziyarat of Madinah

Islamic Academy of Coventry



'Ibādāt

تذكار الحج والعمرة
 ذكركم الحج والعمرة

Jazakallāh for attending
 May Allāh ﷻ grant you
 all a Hajj Mabrūr & Hajj
 Mabqūl
 Remember us and
 the Academy in you
 Du'as

Airport Information



Hajj & Umrah Workshop
 A Three-Part Series of workshops explaining how to perform Hajj & Umrah
 Based on a simple step by step method
 Organized by Islamic Centre, Perth & the Holy Quran Centre

Date: From Monday 23rd July 2016 – Wednesday 25th July 2016
Time: 4:45pm Start
Venue: Islamic Academy of Country

Day 1: • Practical walking advice
 • How to wear the Ihram
 • How to perform Umrah

Day 2: • How to perform Hajj
 • Blessings for each day explained

Day 3: • How to perform Hajj Continued
 • Ziyarat of Madinah

Islamic Centre
 Islamic Academy of Country

Islamic Academy of Coventry

Hajj Workshop

Session 1



www.islamicacademycoventry.org

Maulānā Anwar Shaikh
Maulānā Ebrahim Noor

Introduction

Housekeeping

- Rest Rooms
- Sit where you can see the screen
- Pens & Paper provided if needed
- Everyone should have a copy of the Hajj Checklist
- Sisters should also have copy of Womens Hajj Companion
- Questions at the end



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'Ibādāt



وَأَتِمُّوا الْحَجَّ وَالْعُمْرَةَ لِلَّهِ



Why did we develop this Workshop

- To help Brothers' & Sisters' who are planning on going for Ḥajj
- Talk about the practical details of Ḥajj
- Lots of Information can cause confusion therefore we have created a simple workshop with clear, concise instructions to make it easier for pilgrims
- Developed a simple checklist to use throughout the journey

**Help Prepare Correctly for the
journey of a Lifetime**

Schedule



How

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Schedule



Session Timings
Monday - Thursday
18:30 - 19:45



How to Present Salām



Session 4
Ziyārah
of Madīnah



The History of
Masjid Nabwī



How to Perform
Ḥajj



How to Perform
'Umrah



Departing
from Home



Preparation
for the Journey
&
Travelling to the
Holy Land

The 3 Types of Hajj



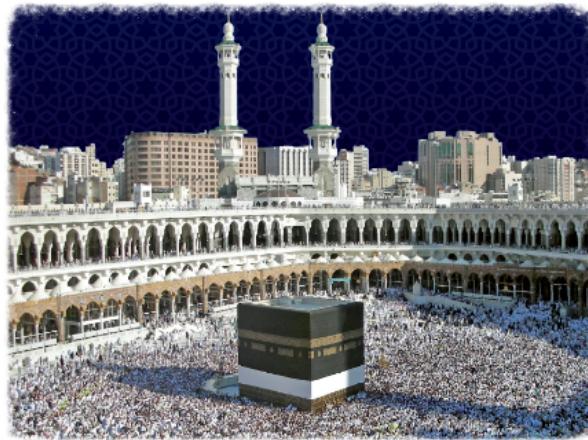
Hand Language



Hajj Tamattu'
Pilgrim enters into Ihram to
perform 'Umrah in Hajj
then removes it. They
then perform Hajj.

Hajj Ifrād
Pilgrim enters into Ihram of
Hajj only (without intention of
'Umrah being performed)

The 3 Types of Hajj





**Preparation
for the Journey
&
Travelling to the
Holy Land**



How to Perform 'Umrah



How to Perform Ḥajj

The 3 Types of Hajj



Hajj Qirān

Pilgrim enters into state of Iḥrām once and performs 'Umrah & Hajj in same Iḥrām

Hajj Tamattu'

Pilgrim enters into Iḥrām twice. Performs 'Umrah in 1st Iḥrām, then removes it. Then enters Iḥrām again for Hajj

Hajj Iḥrād

Pilgrim enters into state of Iḥrām once with intention of Hajj only (No 'Umrah performed)

Ḥajj Iḥrām

Pilgrim enters into state of
Iḥrām once with intention of
Ḥajj only
(No 'Umrah performed)

Ḥajj Qirān

Pilgrim enters into state of
Iḥrām once
and performs 'Umrah & Ḥajj in
same Iḥrām

Ḥajj Tamattu'

Pilgrim enters into Iḥrām twice.
Performs 'Umrah in 1st Iḥrām,
then removes it. Then enters
into Iḥrām again for Ḥajj



**Preparation
for the Journey
&
Travelling to the
Holy Land**

Preparation before we go

Prepare our bodies before we go





Appro

Ṭawāf i

Ṭawāf c

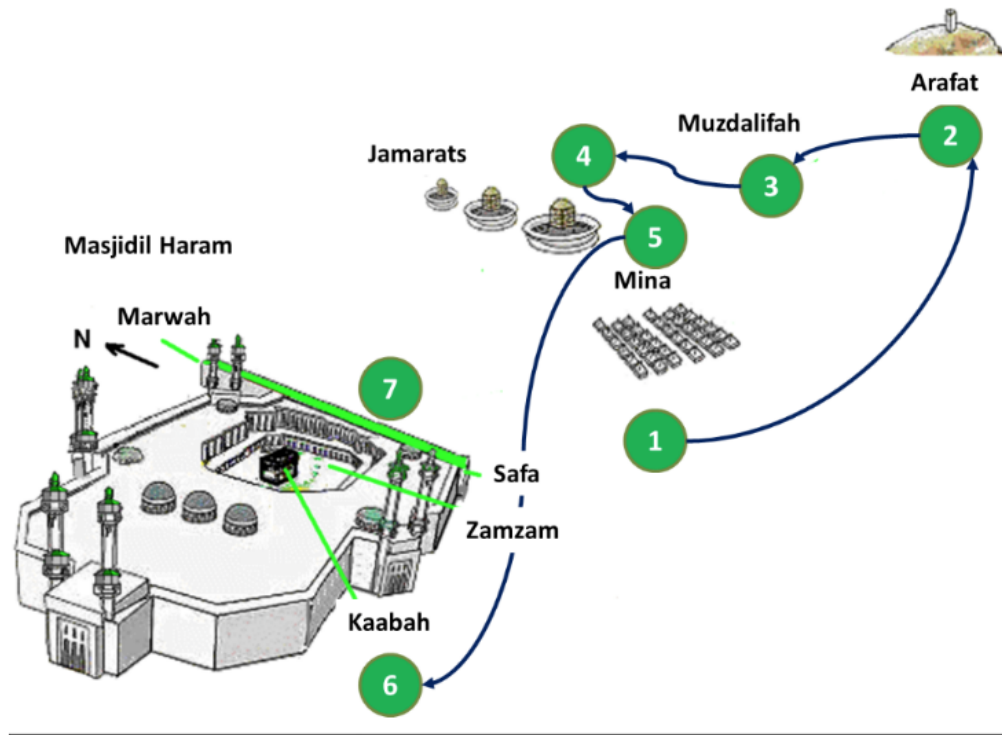
Approximate Distances

Ṭawāf in Maṭāf - 1.2 km

Ṭawāf on Roof- 4.25 km

Sa'ī - 3.15 km

Distances between Holy Places



Makkah - Mina - 8km

Mina - 'Arafāt - 13km

'Arafāt - Muzdalifah - 8km

Muzdalifah - Mina - 5km

Europa Camp - Jamarāt - 4km

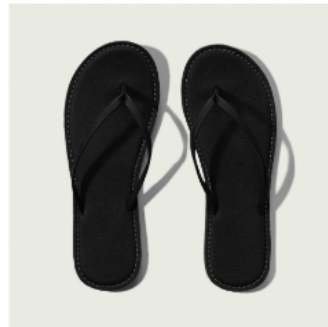
Walking

Women - can wear any footwear

Take well worn comfortable footwear

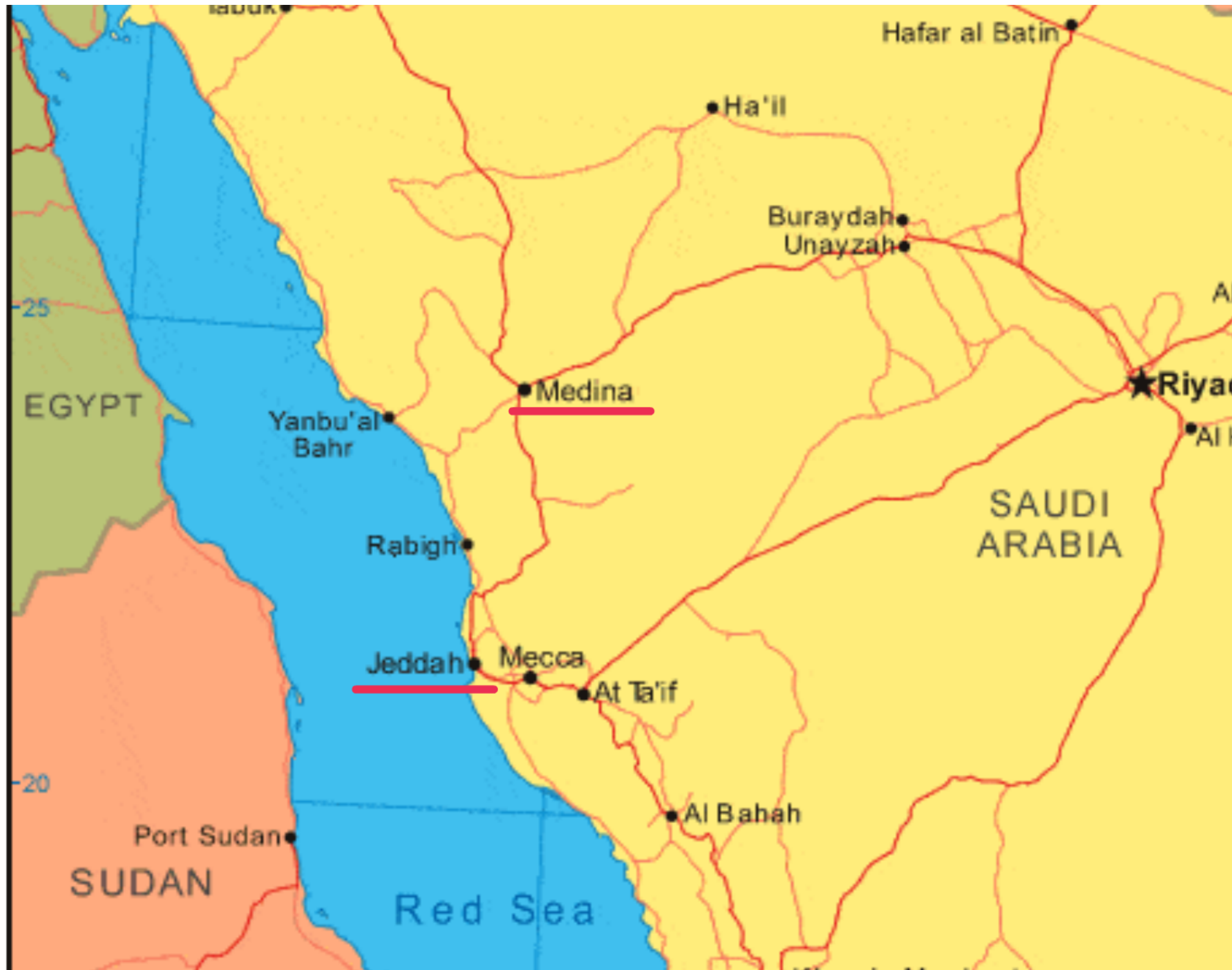


Men - flip flops



Airport Information





Preparation for the Journey & Travelling to the Holy Land

3 Types of Hajj



Hand Luggage

It is recommended you carry a small light hand luggage, packing only the essential items, so it is easier for you to travel.

The less weight you have on your person, the easier it will be for you to visit the various Holy sites during Hajj.

You can also use this hand luggage when you go to the various Holy sites during Hajj.

Your personal documents (passports/plane tickets) should be kept on your person at all times while travelling, in a small personal bag/handbag so they are easily accessible.

Your money can be kept in a money belt/pouch. If it is the type that goes around your waist, then the lower part of the thram can be folded over it for extra peace of mind.



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The less weight you have on your person, the easier it will be

You can also use this hand luggage when you go to the various Holy sites during Ḥajj.

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Your money can be kept in a money belt/pouch. If it is the type that goes around your waist, then the lower part of the Iḥrām can be folded over it for extra peace of mind.



What to Pack in Hand Luggage ?



Packing List Extras



First Aid

- Plasters
- Ibruprofen/Paracetamol
- Dioralyte Sachets – Rehydration
- Imodium – Diarrhea
- Lozenges for sore throats
- Cough medicine
- Foot creams or blister plasters
- Anti Hystemines
- Any other prescription medicine you might need
- Inhalers
- Glucose Tablets

First Aid

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- Foot creams or blister plasters
- Anti Hystemines
- Any other prescription medicine you might need
- Inhalers
- Glucose Tablets

Last Minute Checks

Money (In Wallet or in Money Belt)

Passports (check Visa & Meningitis certificate)

ID Cards & Wrist bands if supplied by Hajj Operator

Credit\Debit Cards if needed (In Wallet or in Money Belt)

Airplane Tickets or e-ticket numbers

Make copies of Passports and give to next of kin

Give Hotel information to next of kin

Suitcases & Hand Luggage (ensure you have not exceeded baggage weight allowance for your airline and hand luggage size is within specified size limits)

Mobile Phone

Departing from Home



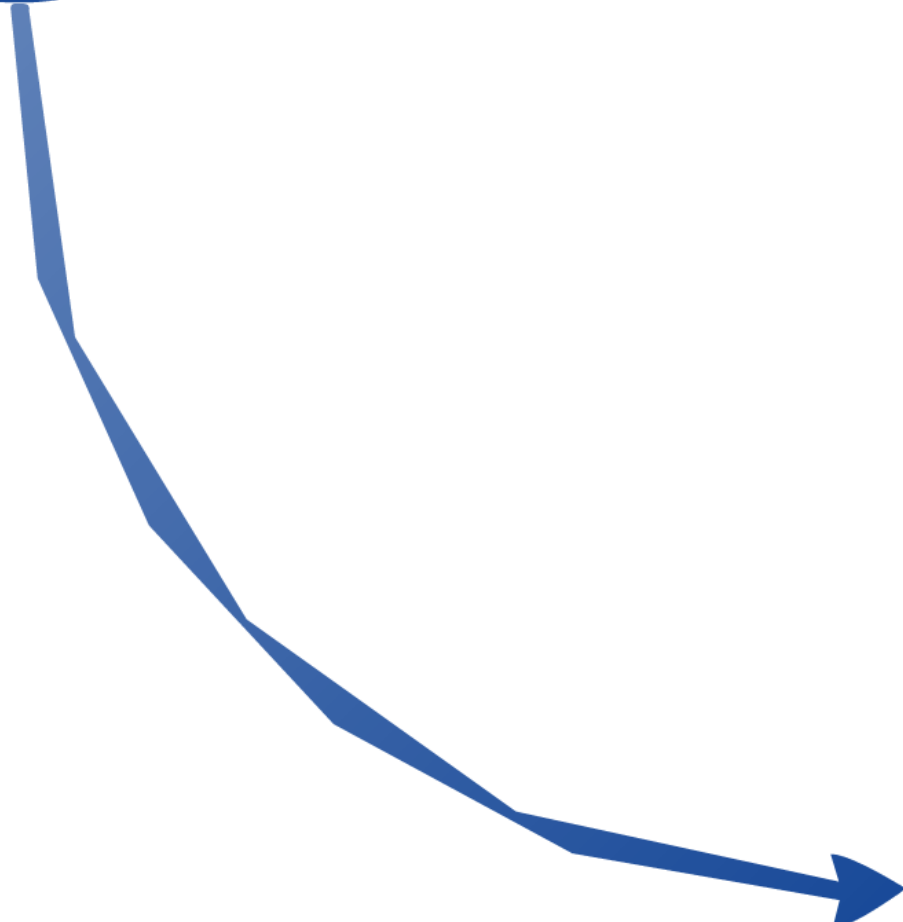
Departing from Home



Entering into the State of Ihram



On Makkah



At Home Before Leaving	
Task	Complete
Perform Ghusl & clip nails, trim moustache, remove public hair and hair under armpits	<input type="checkbox"/>
Read 2 Rak'ah Nafil for ease of Journey, (if it is not Mahril time for Salât). Recite Sûrah Kafirun in 1 st Rak'ah and Sûrah Ikhlas in 2 nd Rak'ah.	<input type="checkbox"/>
After Salât, do Du'a, send Durûd to Rasûlullah ﷺ then thank Allah ﷻ for the opportunity to go for Hajj, ask for ease of journey, report from all sin, and ask for protection from self-desire (Nafs) and Shaytan.	<input type="checkbox"/>
Meet family & friends and leave in a happy state. Remain in dhikr during journey and stop for Salât on the way if required. Do NOT miss any Salât, plan the journey ahead taking into account possible traffic.	<input type="checkbox"/>

Note: All of the pilgrims will now be classed as travellers so

At Home Before Leaving

Task	Complete
Perform Ghusl & clip nails, trim moustache, remove pubic hair and hair under armpits	<input type="checkbox"/>
Read 2 Rak'ah Nafl for ease of Journey, (if it is not Makrūh time for Ṣalāt). Recite Sūrah Kāfirūn in 1 st Rak'ah and Sūrah Ikhlaṣ in 2 nd Rak'ah.	<input type="checkbox"/>
After Ṣalāh, do Du'ā, send Durūd to Rasūlullāh ﷺ then thank Allāh ﷻ for the opportunity to go for Ḥajj, ask for ease of journey, repent from all sins, and ask for protection from self-desire (Nafs) and Shayṭān.	<input type="checkbox"/>
Meet family & friends and leave in a happy state. Remain in dhikr during journey and stop for Ṣalāt on the way if required. Do NOT miss any Ṣalāt, plan the journey ahead taking into account possible traffic. Note: All of the pilgrims will now be classed as travellers so only Qaṣr Ṣalāt will be read.	<input type="checkbox"/>

Note: If it is difficult to put on the Iḥrām at the airport, then males can put on at least the lower part (lungi) from home.

Females should get changed at home into the clothes they are using as Iḥrām. They are allowed to wear any type of footwear.

'Umrah

There are 2 Farḍ - Compulsory actions in 'Umrah as follows:

1. To enter into the state of Iḥrām
2. To complete at least 4 rounds of the Ṭawāf

There are 3 Wājib actions in 'Umrah as follows:

1. To complete all 7 rounds of the Ṭawāf
2. To perform the Sa'ī between Ṣafa and Marwah
3. To perform Ḥalaq or Qasr (Shaving or trimming of the hair)

From the above, the only action which a female cannot perform if she is on her menstrual cycle, is the Ṭawāf.

Furthermore, the Sa'ī cannot be performed without performing the Ṭawāf first.

Hajj

There are 3 Farḍ – Compulsory actions in Hajj as follows:

1. To enter into the State of Iḥrām
2. Wuqūf of Arafāt (To spend some time in Arafāt between Zawāl on the 9th of Dhul Ḥijjah, until ṣubaḥ ṣādiq on the 10th of Dhil Ḥijjah)
3. Tawāf Ziyārah (This can be done anytime starting from ṣubaḥ ṣādiq on the 10th of Dhul Ḥijjah until sunset on the 12th of Dhil Ḥijjah.

Important Note: If a woman is on her menstrual cycle during the days of Hajj, then she may delay her Tawāf Ziyārah. If she returns home without completing it, then her Hajj will be incomplete and relations will remain unlawful for her until she returns to Makkah and performs the Tawāf Ziyārah. Therefore do NOT leave Makkah until you have performed the Tawāf Ziyārah.

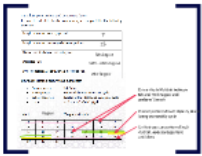
There are 6 Wājib actions in Hajj as follows:

1. To stay in Muzdalifah during the period of Wuqūf
2. To perform the Saī between Ṣafa and Marwah
3. To perform Ramī (stoning of the Jamarāt)
4. For a person who is doing Hajj Tamattu or Qirān to perform the Uḍhiyah (Naḥr)
5. To perform Ḥalaq or Qasr (Shaving or trimming of the hair)

From the above, the only action which a female cannot perform during Hajj, if she is on her menstrual cycle, is the Tawāf Ziyārah. If she does not get clean until after the 12th of Dhil Ḥijjah and has to delay it, then there will be no Dam (sacrifice of goat or equivalent) upon her.



Entering into the State of Ihram





Iḥrām for Men

**2 Sheets of
Unstitched Cloth**



Iḥrām for Women

**Any Simple Clothes
(put on from home)**

Break out Session

**Brothers - Practical Ihram
Sisters - Common Scenarios**

Islamic Academy of Coventry

Women's Ḥajj Companion

(2nd Edition)

Maulānā Ebrahim Noor



Purpose of Booklet

Help Plan your journey ahead

Calculate arrival & departure dates

**Provide Solutions for all possible
Scenarios**

Help put your mind at ease

**Booklet Exercises have to be
done by ALL mature females in
your group**

Calculate your arrival and departure dates

In order to calculate the dates on which you can go, fill in the following questions.

Length of normal monthly period:	7
Length of normal clean days between periods:	15
Date of the final day of the last cycle:	5th August
Dates for Ḥajj:	19th - 24th August
Projected start date of the cycle closest to Ḥajj.	21st August

Now fill in the table below with a highlighter

- Green squares: Ḥajj Dates
- Pink squares: Projected dates of menstrual cycle
- Yellow squares : Overlap of Ḥajj Dates and menstrual cycle
- Circle: Mark the 20th of Dhil Ḥijjah

Month 1: August (Gregorian Month)

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Can arrive in Makkah between 6th and 18th August and perform 'Umrah

Cannot perform Tawāf Ziyārah, due to being on monthly cycle

Earliest you can perform Tawāf Ziyārah, so delay departure until then

Calculate your Unique Scenario

If you never had a chance to select your dates for Hajj and have already booked your flights, then you need to plan ahead and see what scenario will affect you. This will then help you to prepare accordingly.

This exercise must be carried out by **all** females in your family who have reached puberty. There are a couple of exemptions, if a woman is pregnant or has reached her menopause then she will not be experiencing a menstrual cycle, hence there will be no need to complete this section for them.

Sometimes, younger members of the family can be shy and not inform us of their menstrual cycle. This can lead to very serious issues, for example they start their cycle a few days before you are due to depart from Makkah and no time is left for them to perform the Ṭawāf Ziyārah.

Now fill in the table below with your unique information:

Date of entry into Makkah	
Date of departure from Makkah:	
Length of your normal monthly cycle:	
Length of your normal clean days between cycles:	
Date of the final day of your last cycle:	
Dates for Hajj:	
Projected start date of your cycle closest to Hajj:	

Example Scenario

Once you have filled in the table on the previous page, you will need to fill in the information into the chart on the following page. But before that, let's look at the example below:

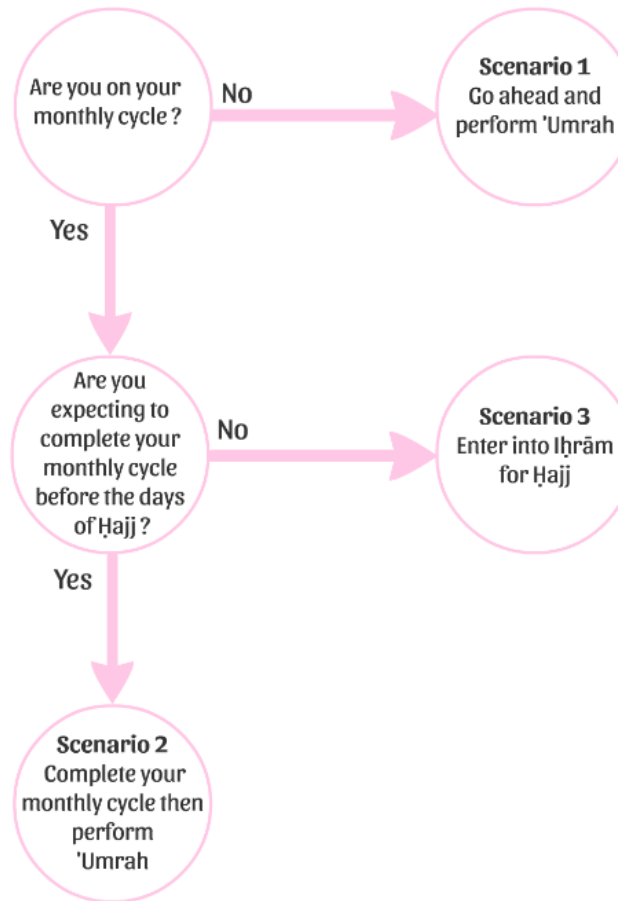
Date of entry into Makkah	9 th August
Date of departure from Makkah:	26 th August
Length of normal monthly cycle:	7 days
Length of normal clean days between cycles:	20 days
Date of the final day of the last cycle:	16 th July
Dates for Ḥajj:	20 th August – 24 th August
Projected start date of the cycle closest to Ḥajj.	6 th August

We will now enter this data into the chart below (August & September)

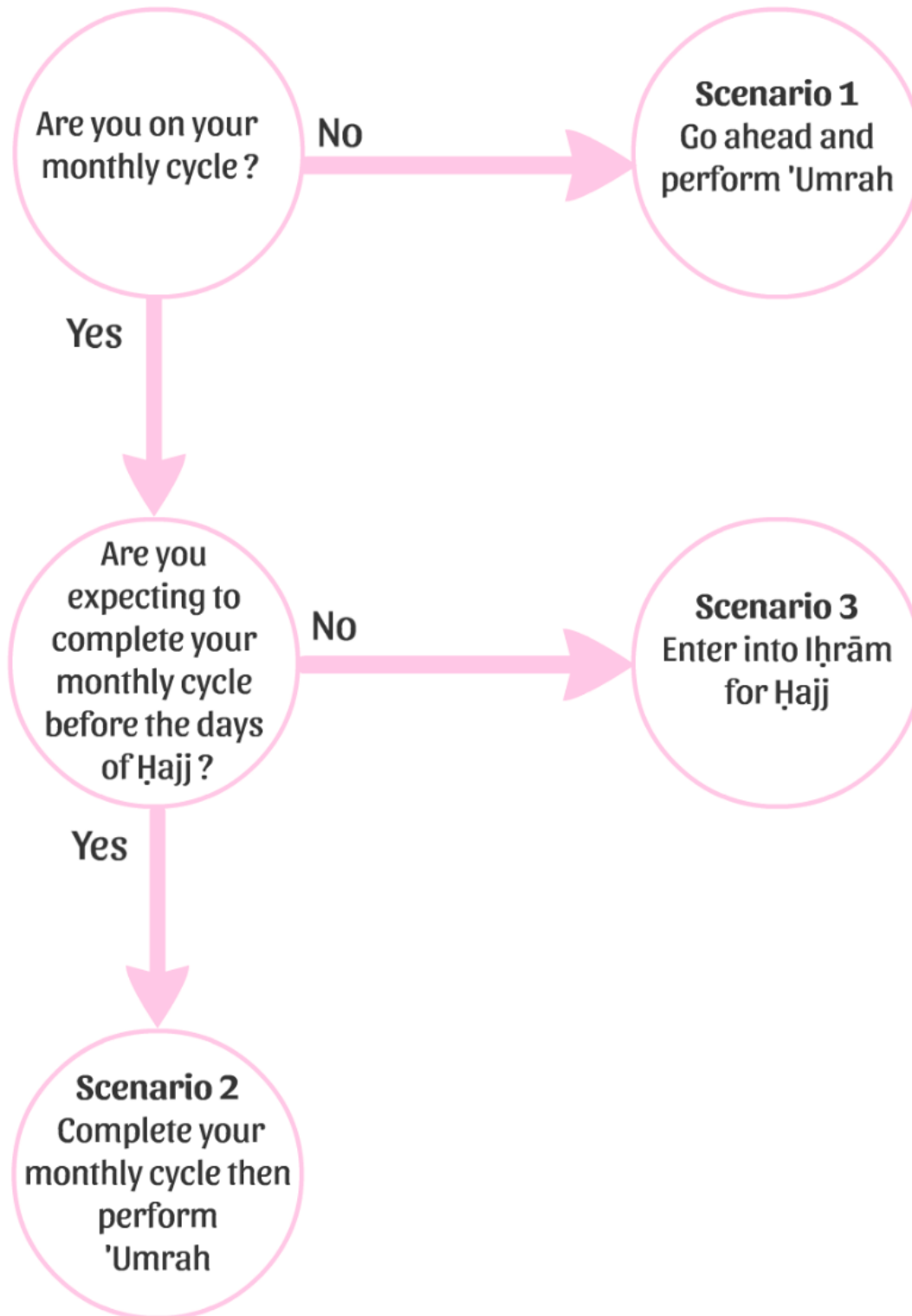
- Green squares: Ḥajj Dates
- Pink squares: Projected dates of menstrual cycle
- Yellow squares : Overlap of Ḥajj Dates and menstrual cycle
- Circled Days: Entry & departure from Makkah

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

On entry into Makkah the first time

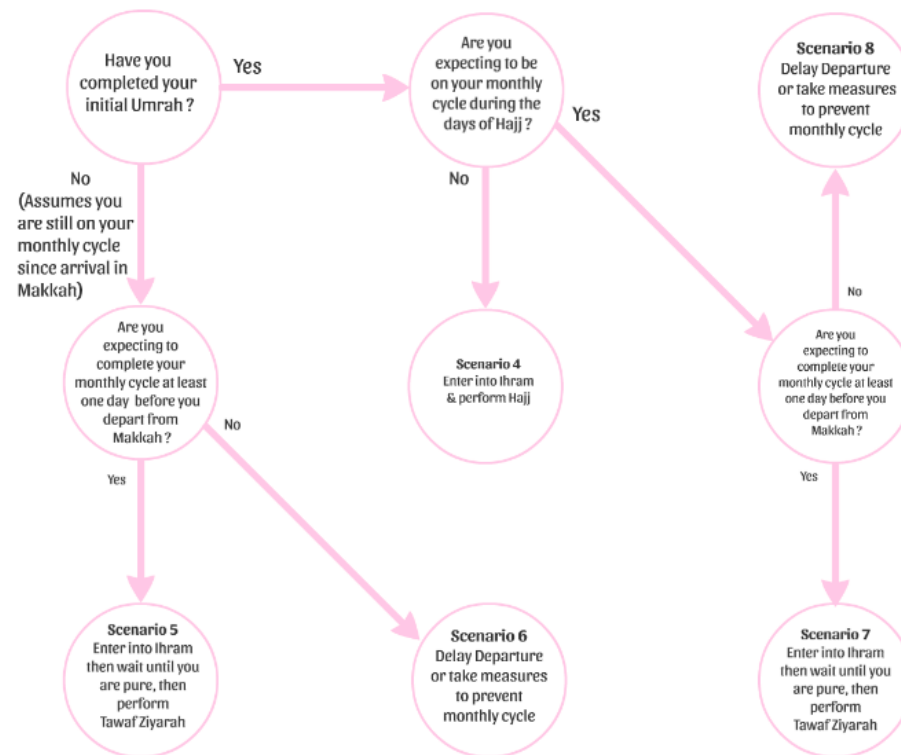


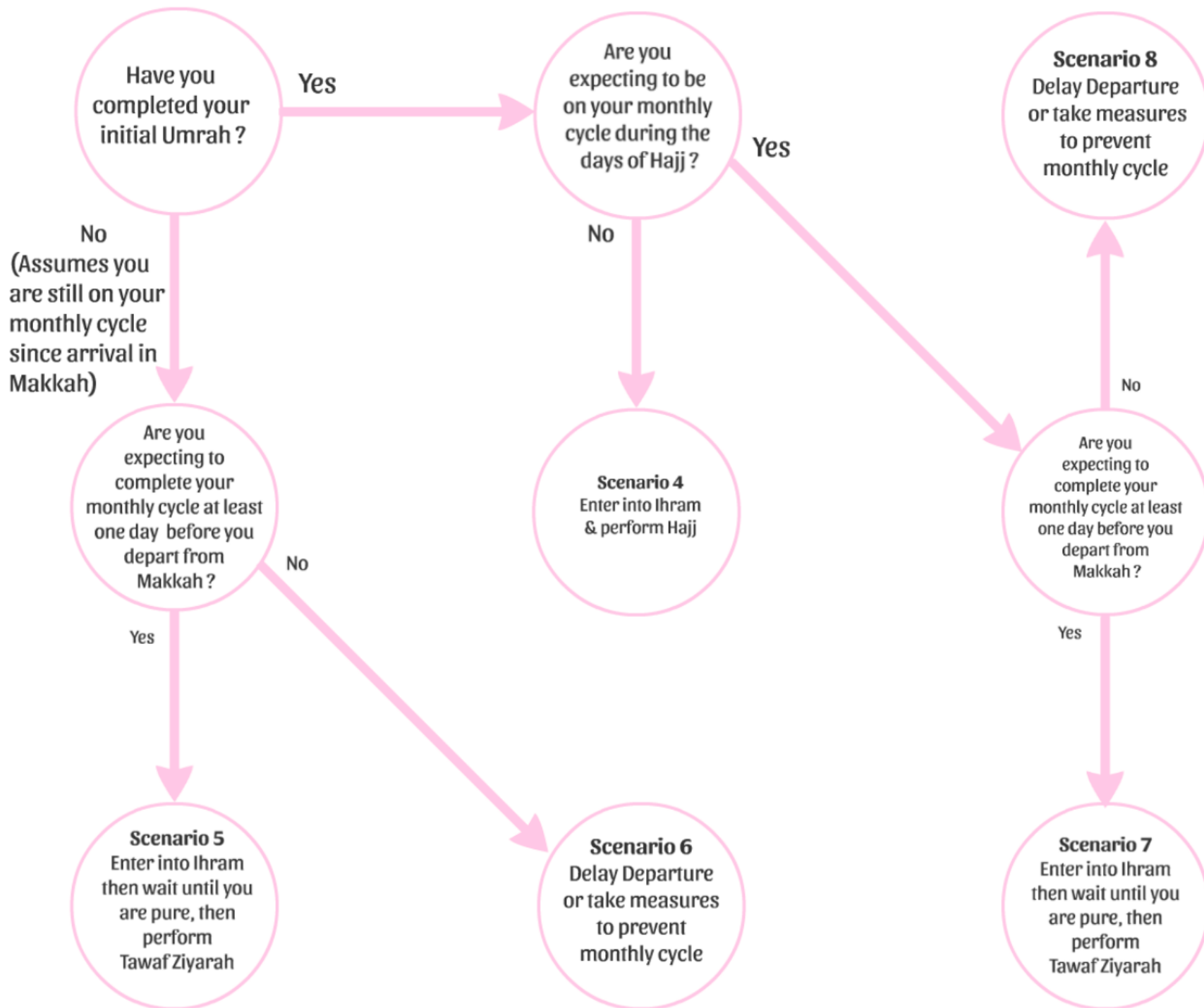
Cannot perform Tawāf during monthly cycle



Predict Scenario for Ḥajj

When you enter into Iḥrām prior to Ḥajj, answer the questions below to find your Scenario





Scenario

Consider the following points:

Maximum days of Menstrual Cycle = 10

**Cycle starts on 10th of Dhul Hijjah (approx 10th August)
and lasts for 10 days**

**Earliest Tawāf Ziyārah can be done is 20th of Dhul Hijjah
(approx 20th August)**

**To be safe, Departure should be delayed until 20th
August in most extreme case.**

Recap

Fill in the table on page 20 with the correct dates



Input dates into Monthly Tables on Page 22



Calculate your scenario for initial 'Umrah



Calculate your Scenario for Hajj



Take measures accordingly if needed





**End of Break Out
Session**

Extra Information for Sisters in Masjid Al-Ḥaram

- Do not enter Masjid if you are on your monthly cycle
- Designated areas for sisters to read Ṣalāt
- Do not read Ṣalāt in the same row or area as Men
- If you are performing Ṭawāf and Adhān starts, ensure you reach the women's prayer area before Ṣalāt begins or you may get stuck
- You can read Ṣalāt in congregation when you are in the Ḥaramayn - ask your male companions on the procedure
- There will also be Janāzah Ṣalāt in congregation in which you can participate - again ask your male companions on the procedure



End of Session 1