



Hajj & Umrah Workshop

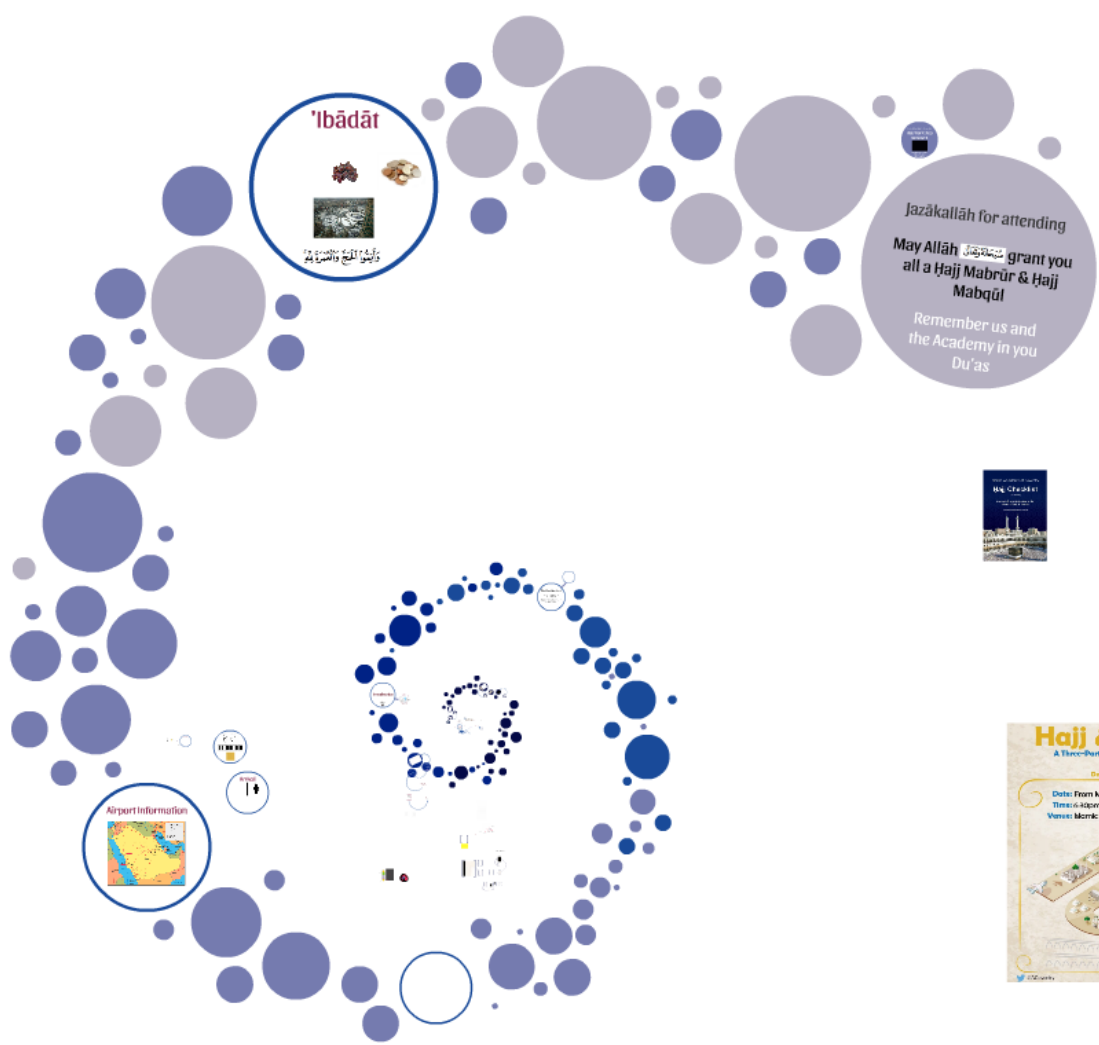
A Three-Part Series of workshops explaining how to perform Hajj & Umrah
 Explained in a simple step-by-step method
 Delivered by Sheikha Ameer Farah Al Madani, D.H.M.S.

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 Taharah
- Day 2:** How to perform Hajj
 Ihram for each day explained
 How to perform Hajj Cordoned
 Ziyarat of Madinah

Islamic Academy of Coventry



Hajj & Umrah Workshop

A Three-Part Series of workshops explaining how to perform Hajj & Umrah
Broken down in a simple step by step method
Delivered by Academic Advisor Prof. Dr. Shafiqul Hossain Khan

Date: From Monday 23rd July 2016 – Wednesday 26th July 2016
Time: 4:45pm Start
Venue: Mornic Academy of Country

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

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

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

Mornic Academy of Country

Islamic Academy of Coventry

Hajj Workshop

Session 2



www.islamicacademycoventry.org

Maulānā Anwar Shaikh
Maulānā Ebrahim Noor

Things permissible in Iḥrām

- Shadowing under an umbrella or other such object that protects you from the sun, such as a car roof is allowed, as long as it does not touch your head.
- You can wear rings, glasses, hearing aids, watches, belts or girdles & money pouches
- You can change your Iḥrām while in the state of Iḥrām
- You can shower or bathe but dont scrub the body, let the water run over you
- You can use a Miswāk
- You can cover yourself in a blanket, sleeping bag etc. but dont put it over your head

Prohibited actions Iḥrām

- Hunting
- Wearing perfume or using anything which has a fragrance like toothpaste, soap, shower gel , shampoo etc. On body, clothes, food & drink
- For men to wear sewn or stitched clothes
- Makeup, surma, henna, all forms of beautification
- Lying, Abusing, Swearing, all unlawful action
- Shaving, cutting, trimming, any hair or nails from body
- For men to cover the central bone of the upper part of the foot
- For men or women to cover their faces, women can cover their faces in a manner where the cloth does not touch the face
- For men to cover their heads (even with a blanket)
- Having Relations with husband or wife, or any act which could lead up to it



When to Enter the State of Ihram

Home



Transit

Put on Iḥrām at
Home\Airport
or Transit Aiport

Madīnah

Iḥrām will be put
on in Madīnah

Makkah (Direct)

Put on Iḥrām at Home\Airport

At Airport (If putting on Iḥrām from the Airport)

If you are travelling direct to Makkah then you will have to put on your Iḥrām at the Airport if you have not already done so at home.

It is not recommended to try and put the Iḥrām on in the plane, as space is very limited and it can get very difficult. There is also the possibility of getting the Iḥrām unclean as well in the small toilets.

It is recommended for males, to put on at least the bottom part of the Iḥrām (lungi) at home or the airport. When the time comes and the Mīqāt (boundary) is approaching, if they haven't put on the top part of the Iḥrām (Chādar) yet, then they can simply remove their upper garment and put the Chādar on.

At Airport

Task

Check in luggage first.

Perform Wuḍū if needed and put Iṭar (perfume) on body (don't stain Iḥrām). Put Iḥrām on (If you have not already done so from home). For males, remember to remove underwear.

For males, put on flip flops (if you have not already done so) & put shoes and clothes away.

Read 2 Rak'ah Nafl, Ṣalātul Iḥrām (make sure it's not Makrūh time). Recite Sūrah Kāfirūn in 1st Rak'ah and Sūrah Ikhḷāṣ in 2nd Rak'ah (with head covered).

After Ṣalāh is finished do Du'ā, Mustaḥab to recite this:

اللَّهُمَّ إِنِّي أَسْأَلُكَ رِضَاكَ وَالْجَنَّةَ وَأَعُوذُ بِكَ مِنْ
سَخَطِكَ وَالنَّارِ بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ

*Allāh humma Innī As'aluka Riḍāka Wal Jannah, Wa A'ūdhubika
Min Sakhatika Wan-Nār, Birraḥ-matika Yā Ar ḥamar Rāḥimīn*

“Oh Allāh I ask of your pleasure and your Jannah and I
seek refuge from your anger and the fire”

If needed, go to the toilet & then renew Wuḍu before
boarding the plane.

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put on your Iḥrām at the Al
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possibilities
If putting

Home

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*Allāh humma Innī As'aluka Riḍāka Wal Jannah, Wa A'ūdhubika
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“Oh Allāh I ask of your pleasure and your Jannah and I
seek refuge from your anger and the fire”

If needed, go to the toilet & then renew Wuḍu before
boarding the plane.

Mīqāt



Mīqāt boundaries



Miqāt



Madīnah



Dhul-Hulayfah



Al-Juhfah



Jeddah

Makkah



Dhāt-Iraq



Qarn Al-Manzil



Yalamlam





Read all Ṣalāt at correct times, allow for time travelling to Makkah. Read Maghrib when you can see sunset. (Do not use refreshing towel on plane)

If you are going direct to Jeddah, at the correct time, before reaching the Mīqāt (boundary) make the intention (Niyyah) for ‘Umrāh (bare headed for men). If you have not already put on the top part of the Iḥrām (Chādar), then do this before making the intention, which is as follows:

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

Allāh humma Innī Uridul ‘Umrata, Fa yassirhā li, Wa Taqabbalhā Minnī

“Oh Allāh, I intend to perform ‘Umrāh, so make it easy for me and accept it from me”



Then Recite the Talbiyah:

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

*Labbayka Allāh humma Labbayk, Labbayka Lā Sharīka laka
Labbayk. Innal Ḥamda Wan Ni‘mata Laka Wal Mulk, Lā Sharī
Kalak*

“Here I am, oh Allāh, here I am. Here I am, you have no partner, here I am. Truly the praise and favour is yours, and the sovereignty, you have no partner”

Hajj Terminal



At Jeddah Airport (Hajj Terminal)

After leaving the plane, you will board a bus which will take you to a waiting area.

At immigration, men and women may become separated. Ensure each person has their Documents (Passport, Group Operator details). Arrange to meet them in the Baggage Claim area if needed.

The immigration officers will check your Visa, Immunisation Certificate and Passport. They will also now take your photograph and fingerprints (This will be for both men & women). They will take your draft and give you a transport ticket and a sticker stamp on your passport for your Mu'allim. (This process may change). There could be a long wait so be patient.

Note: Your Passport will now be taken by your Group Operator\Mu'allim who will submit it at the relevant checkpoints. If your whole journey is with a group, then you may only receive your passport back again, once you are at the airport for your return journey home.

If you are planning on travelling back without the group, then ensure you have collected your passport from the Group Operator before leaving for the airport on the way home.



After immigration, if you have been separated, meet the rest of the group including women from your family in the Baggage Claim area and collect luggage.

You will now wait in the terminal until your transportation is arranged. This can be a long wait so be patient. Keep reciting the Talbiyah and stay busy in worship.

Your Group Operator will inform you, once your transportation is ready.

You will then board a bus\coach and there will be a number of checkpoints. At one of these checkpoints, all the passports will be checked in.

After the checkpoint, the coach will stop at the relevant Mu'allim's office where the receipts for the passports will be given to your Group Operator.

The coach will now proceed to the Hotel.





Entering Makkah

Masjid Al-Ḥarām



Entering Ḥaram Sharīf

Perform Wuḍu (or Ghusl if needed) then make your way to Ḥaram Sharīf. Try to enter through Bābul ‘Umrah if possible. If it is not possible due to the construction going on, then you may enter through any door.

Enter the Masjid with the right foot and recite the Du‘ā:

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

*Bismillāhi Waṣṣalātu Wassalāmu ‘Alā Rasūlillāh, Allāh humaf
taḥlī Abwāba Raḥmatik*

“In the name of Allāh and Mercy and Peace on the
Messenger of Allāh, Oh Allāh, open the doors of your
mercy for me”

You can also do the Du‘ā of I’tikāf (Nafl) as well:

بِسْمِ اللَّهِ دَخَلْتُ وَ عَلَيْهِ تَوَكَّلْتُ وَ نَوَيْتُ سُنَّتْ
الْإِعْتِكَافُ

*Bismillāhi Dakhaltu Wa ‘Alayhi Tawakaltu Wa Nawaytu
Sunnatul ‘Itikāf*

“In the name of Allāh I am entering, and upon him I place my trust and I am making the intention of the Sunnah of I’tikāf”

Keep your gaze on the floor with proper humility until you get to the Maṭāf which is the open space where the Ka’bah is. You will go down some steps until you will see the marble floor and the area will open up. When you get near enough and think you can see the Ka’bah, then raise your gaze and recite thrice:

اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ

Allāh hu Akbar, Lā ilāha illallāh

“Allāh is the Greatest, there is no God but Allāh”

Then behold the house of Allāh ﷻ with your eyes.

Then read Durūd Sharīf and do Du‘ā. Ask for as much as possible and remember the whole Ummah in your Du‘ā’s. This is one of the instances where a persons’ Du‘ā gets accepted. Imām Abū Ḥanīfah رَحِمَهُ اللَّهُ recited the following Du‘ā:

‘Oh Allāh, after today please accept all my Du‘ās’.

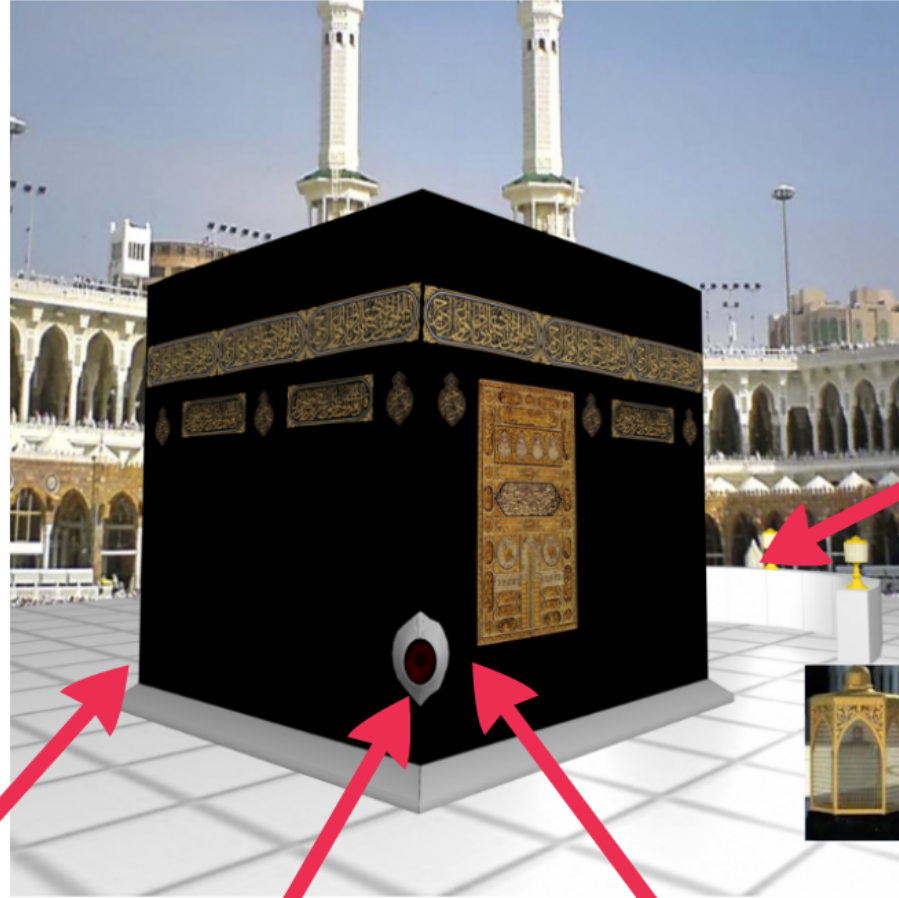
If you feel fit, then perform ‘Umrah as soon as possible.



How to Perform 'Umrah

‘UMRAH - SUMMARY

1. Ghusl for Iḥrām – Sunnah
2. 2 Rak'āts before Iḥrām – Sunnah
3. Intention + Talbiyah (Farḍ)
4. Ṭawāf with Wuḍu (Farḍ)
5. 2 Rak'āts after Ṭawāf (Wājib)
6. Sa'ī (Wājib)
7. Ḥalq or Qasr– to shave hair on head or trim (for women, only a finger length of hair will be cut) (Wājib)



Hatīm

Maqāme
Ibrāhīm

Multazam

Ḥajar Aswad

Rukne Yamāni



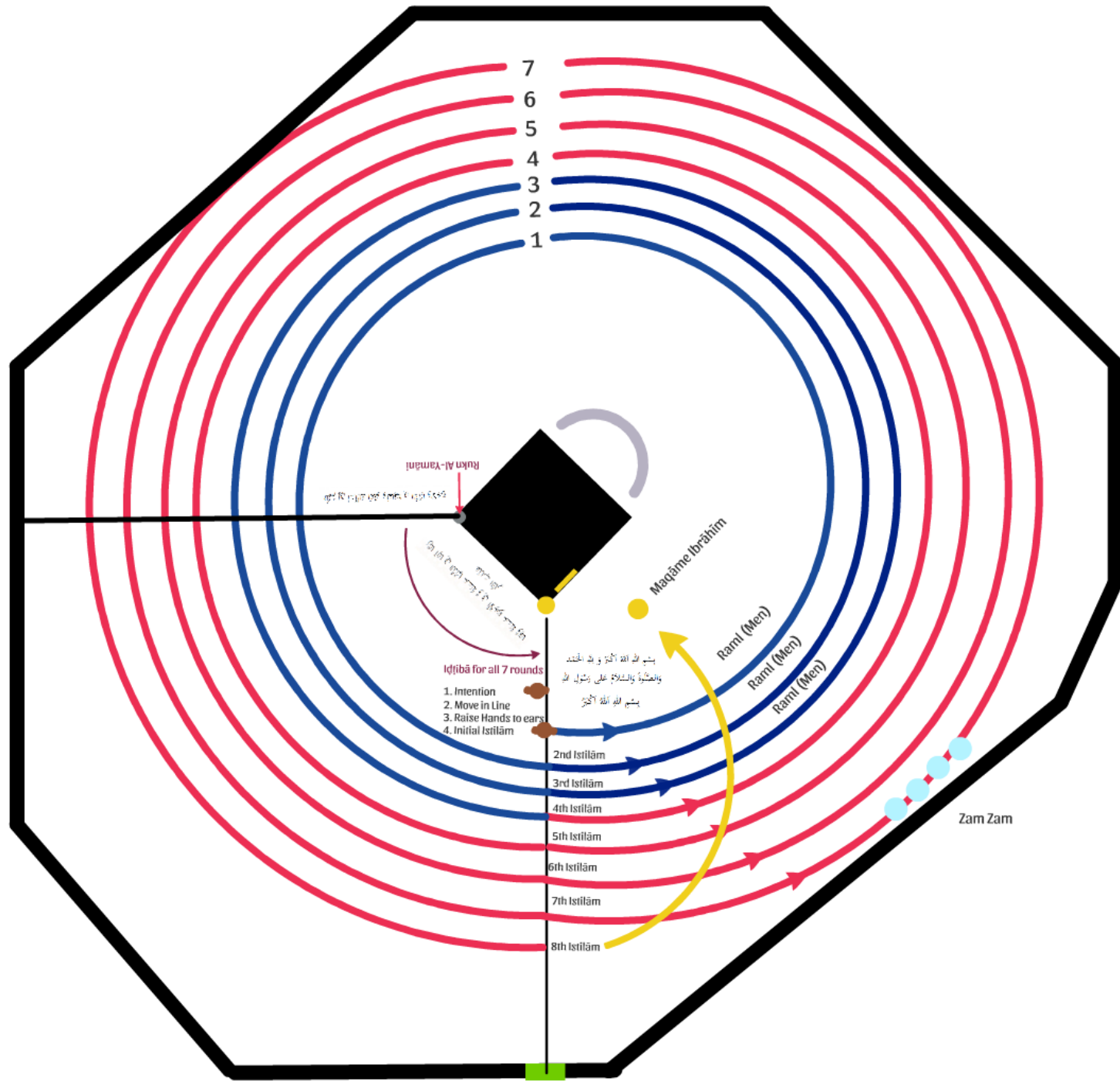
Put the Iḥrām
under the right
shoulder so it is
exposed

Iḍṭibā'



Raml

Men Only - Walk Fast with chest out, like marching for the first 3 rounds only



Green Lights on Wall

7
6
5
4
3
2
1

Rukn Al-Yamāni

Maqāme Ibrāhīm

Ramī (Men)
Rami (Men)
Rami (Men)

- Iqjibā for all 7 rounds**
1. Intention
 2. Move in Line
 3. Raise Hands to ears
 4. Initial Istilām

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
وَالْعَشْرَةَ وَالسَّلَامَ عَلَى رَسُولِهِ
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

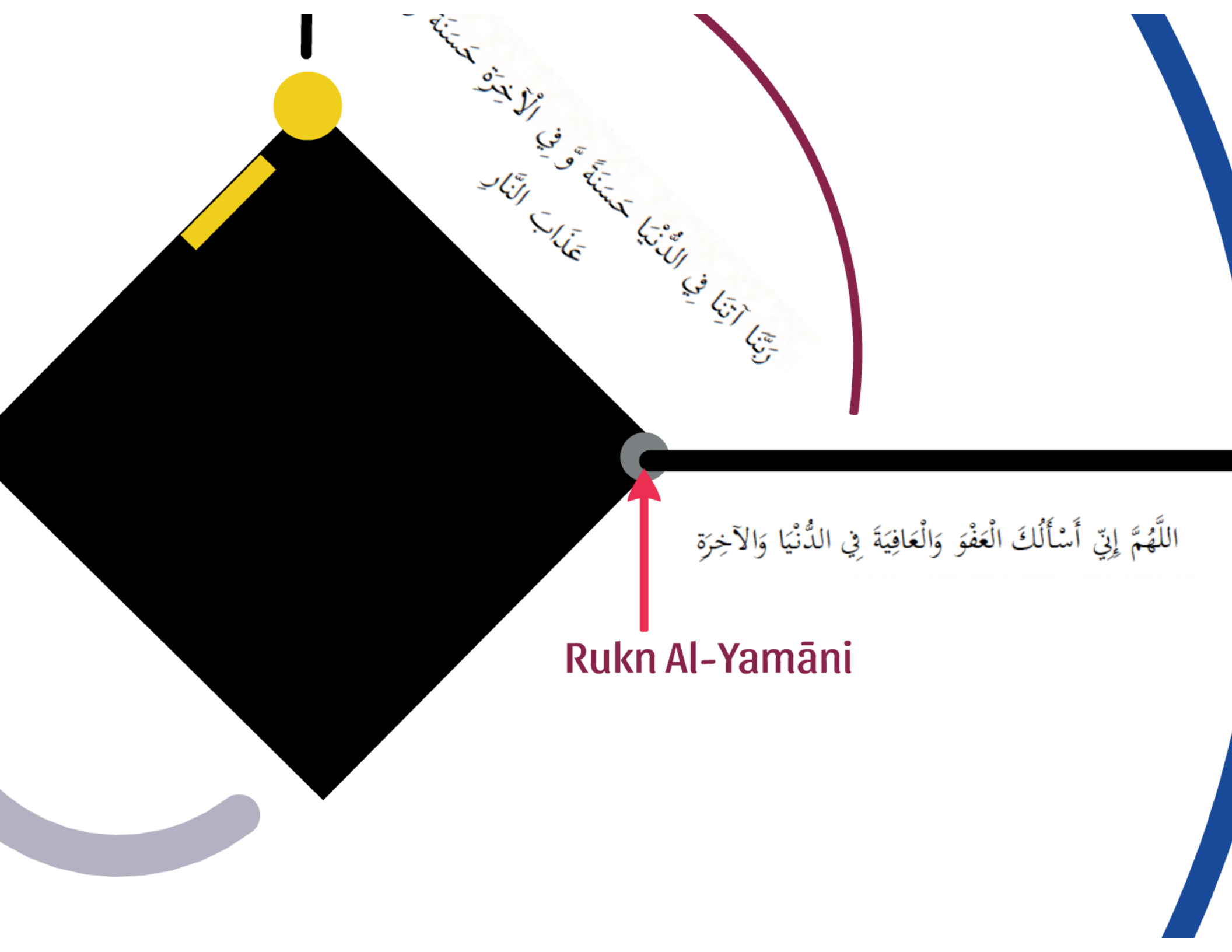
2nd Istilām
3rd Istilām
4th Istilām
5th Istilām
6th Istilām
7th Istilām
8th Istilām

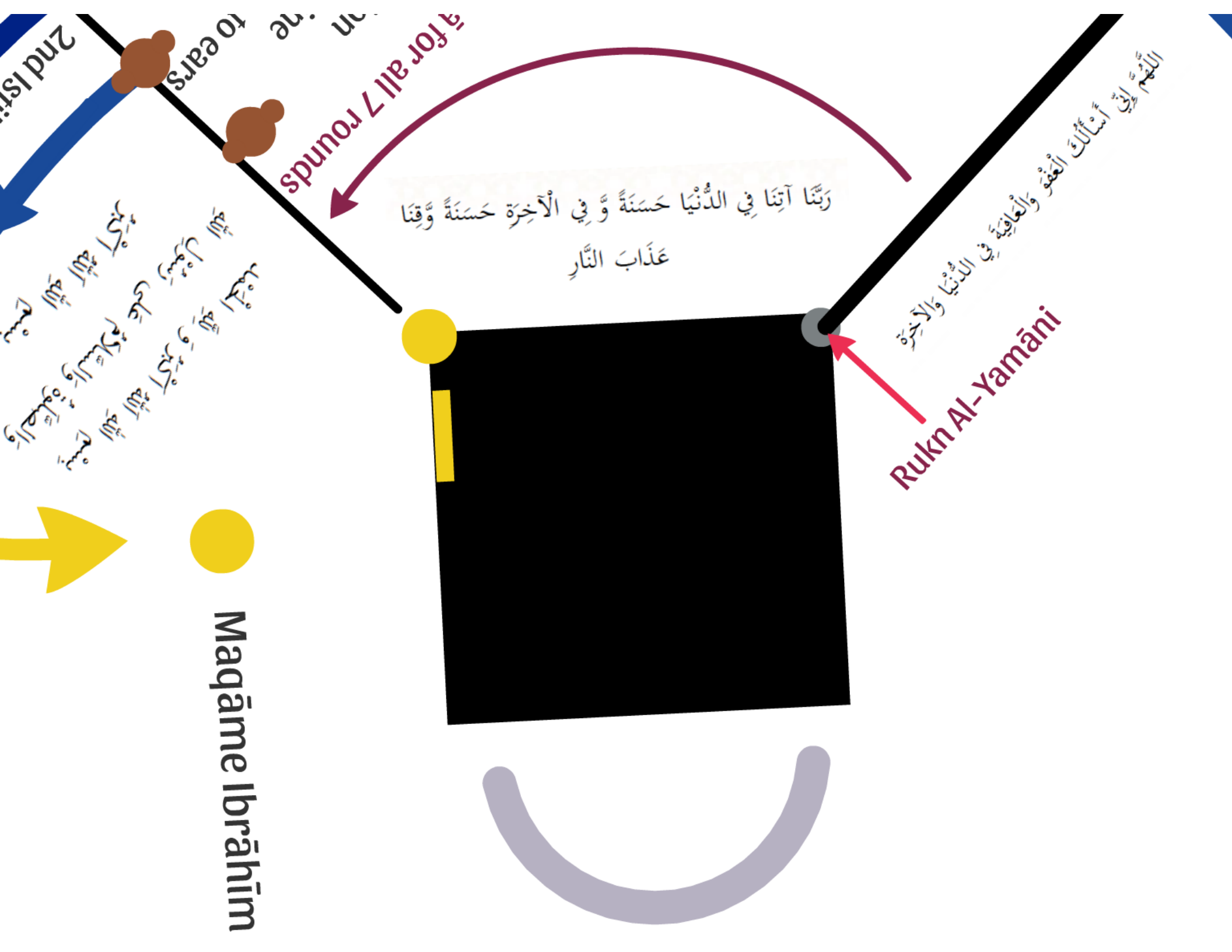
Zam Zam

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً
عَذَابِ النَّارِ

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

Rukn Al-Yamāni





For men, do Raml (Walk Fast with chest out, like marching for the first 3 rounds only).

Position yourself facing the Ka'bah so your right shoulder is in line with the left-hand side of Ḥajar Aswad. NOT directly in front.

Put your right foot on the floor just on the start.

Perform the Intention (Niyyah), this is obligatory (Farḍ).

'Oh Allāh I intend to perform Ṭawāf of your Sacred House for 'Umrah, so make it easy for me and accept it from me'

Then make one side step so you are directly in front of Ḥajar Aswad.

Then recite:

بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ وَ لِلَّهِ الْحَمْدُ
وَاصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ

*Bismillāhi Allāhu Akbar Wa Lillāhil Ḥamd, Waṣṣālatu
Wassalāmu 'alā Rasūlillāh*

“In the name of Allāh, Allāh is the Greatest and for Allāh is all Praise, and Mercy and Peace on the Messenger of Allāh”

And raise your hands to your ears (like when you do takbīr)

Then perform the Istilām of Ḥajar Aswad as follows:

Position your hands so they are at the same height as Ḥajar Aswad then recite:

بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ


Bismillahi Allāhu Akbar

“In the name of Allāh, Allāh is the Greatest”

And kiss your hands. DO NOT make a noise when kissing your hands.

Note: Have the Intention in your mind that you would like to kiss the Ḥajar Aswad, but because of the amount of people you cannot do it.

Then start your Ṭawāf and perform the Istilām every time you complete a round and come in front of Ḥajar Aswad.



Note: Make sure you go around the Hatīm as this is classed as being inside the Ka'bah.

Do not turn your chest towards the Ka'bah; if it does, then the round will have to be repeated. We are only allowed to turn our chest when doing Istilām.

You can recite any Du'ā during Ṭawāf (3rd Kalimah, Durūd, Istighfār etc.). An easy way to keep count would be to read from Al Ḥizbul 'Āḏam if you have it, as it has a section for each day, start each new round with the section for the following day). Make sure you do not push and shove other people. Take extra precautions as men and women perform the Ṭawāf together. If you have female members of the family with you, then stay together with them.

When reaching Rukne Yamāni (the corner before Ḥajar Aswad), if you are near, touch it with right hand or both hands. If it is far away, do not raise your hands or do anything else. Do not touch with the left hand only or turn your chest towards the Ka'bah at this point.

On reaching Rukne Yamāni, read the following Du'ā:

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا
وَالْآخِرَةِ

*Allāh humma Innī As'alukul 'Afwa Wal 'Āfiyata Fid Duniya Wal
Ākhirah*

“Oh Allāh, I ask for your pardon and wellbeing in this
world and the hereafter”

From Rukne Yamāni to Ḥajar Aswad read:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَ
قِنَا عَذَابَ النَّارِ

*Rabbanā Ātina Fid Duniyā Ḥasanatuw Wa Fil Ākhirati
Ḥasanataw Wa Qinā 'adhābannār*

“Our Lord, give us in this World [that which is] good and
in the Hereafter [that which is] good and protect us from
the punishment of the Fire”

After 7 rounds, do the final Istilām (8 in total), then go
behind Maqāme Ibrāhīm (The golden enclosure in the
Matāf, slightly behind and to the right of Ḥajar Aswad) and

read 2 Rak'ah Wājib Ṣalāt. (Better to read Sūrah Kāfirūn in 1st Rak'ah and Sūrah Ikhlāṣ in 2nd Rak'ah).

For men, there is no Iḍṭibā' when reading the 2 Rak'ah, so cover your shoulders with the Iḥrām.

If it is Makrūḥ time (after Fajr, Zawāl, or between 'Aṣr and Maghrib), then perform the 2 Rak'ah after the Makrūḥ time has finished, before any other Sunnah Ṣalāt.

If you can't read your Ṣalāt behind Maqāme Ibrāhīm due to the crowd, then it can be read anywhere else in the Masjid.

After Ṣalāh, do Du'ā.

After Du'ā, if possible go to the Multazam, (the space between the doors of the Ka'bah and Ḥajar Aswad) and do Du'ā, if it's not busy. This area is very busy so ensure you don't push and shove. Du'ā in this place can be done before or after going to drink Zam Zam.

If it is too busy, then stand near it and do Du'ā instead.

After the Multazam, go and drink as much Zam Zam as you can. Access to the well has now been blocked but you will see taps and water containers in many places.

Drink Zam Zam facing the Qiblah and recite the following Du'ā:

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا
وَشِفَاءً مِنْ كُلِّ دَاءٍ

*Allāh humma Inni As'aluka 'Ilman Nāfi'an, Wa Rizqan Wāsi'an,
Wa Shifā an Min Kulli Dā'in.*

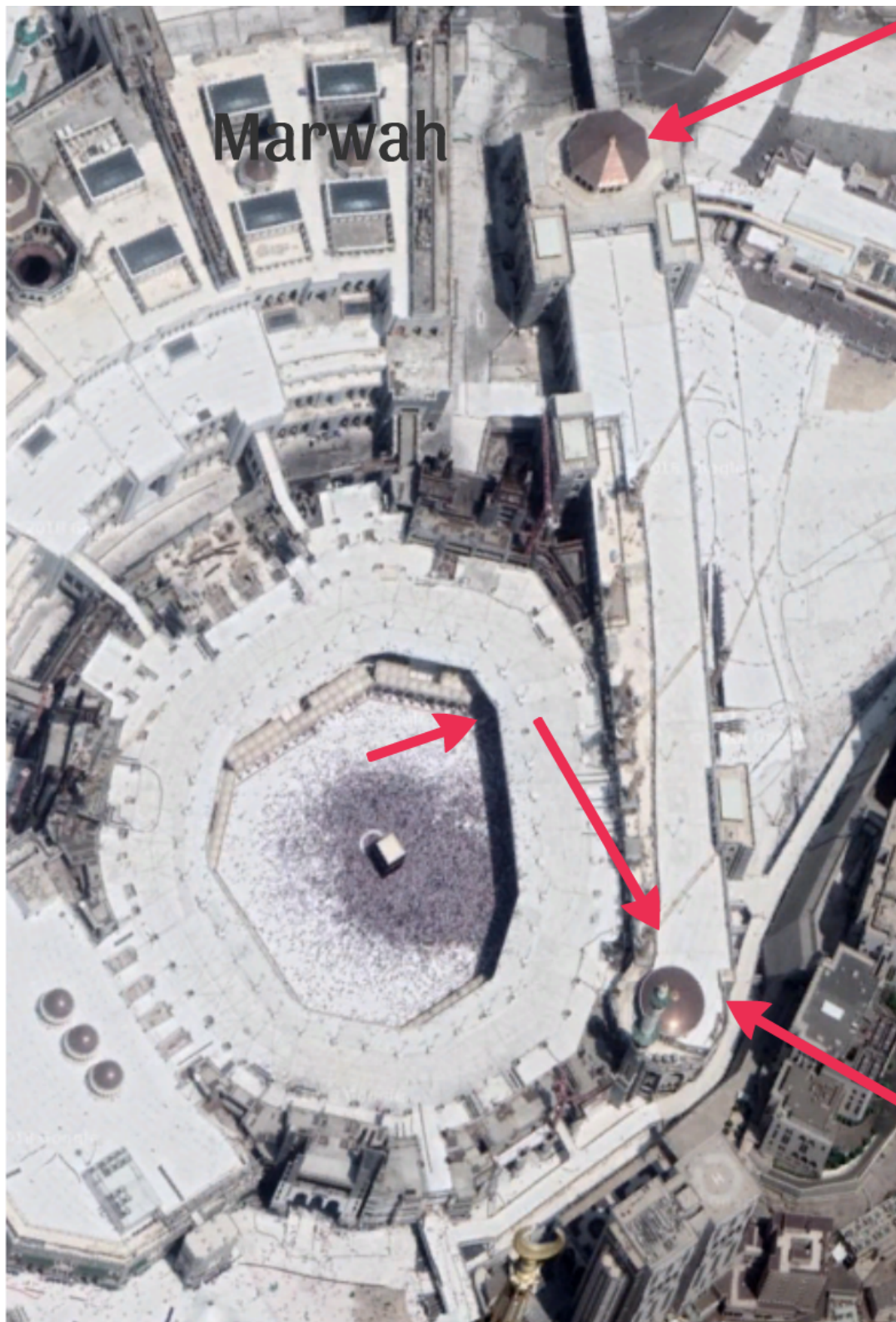
“Oh Allāh I ask you for beneficial knowledge and wide sustenance and cure from all illnesses”

You can also do the following Du'ā:

Oh Allāh, with the Barak'ah of this Zam Zam water, save me from the thirst of the Day of Judgment

After drinking Zam Zam, go back to Ḥajar Aswad and do Istilām again. (It is Mustahab to perform Istilām before Sa'ī).

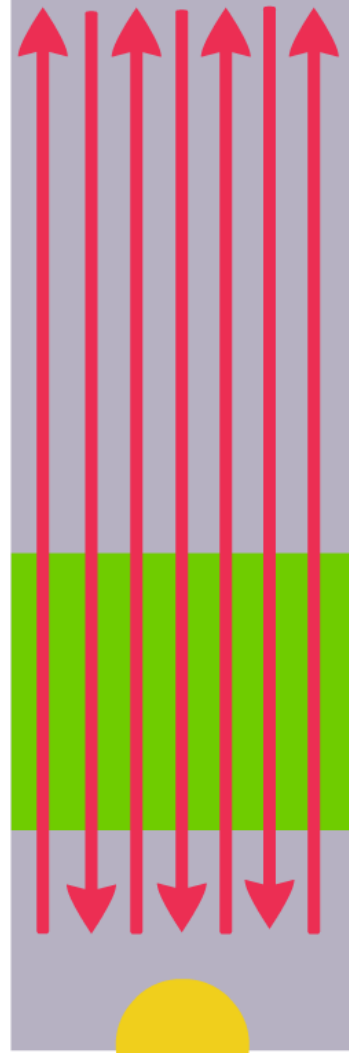
Afterwards proceed for Sa'ī.

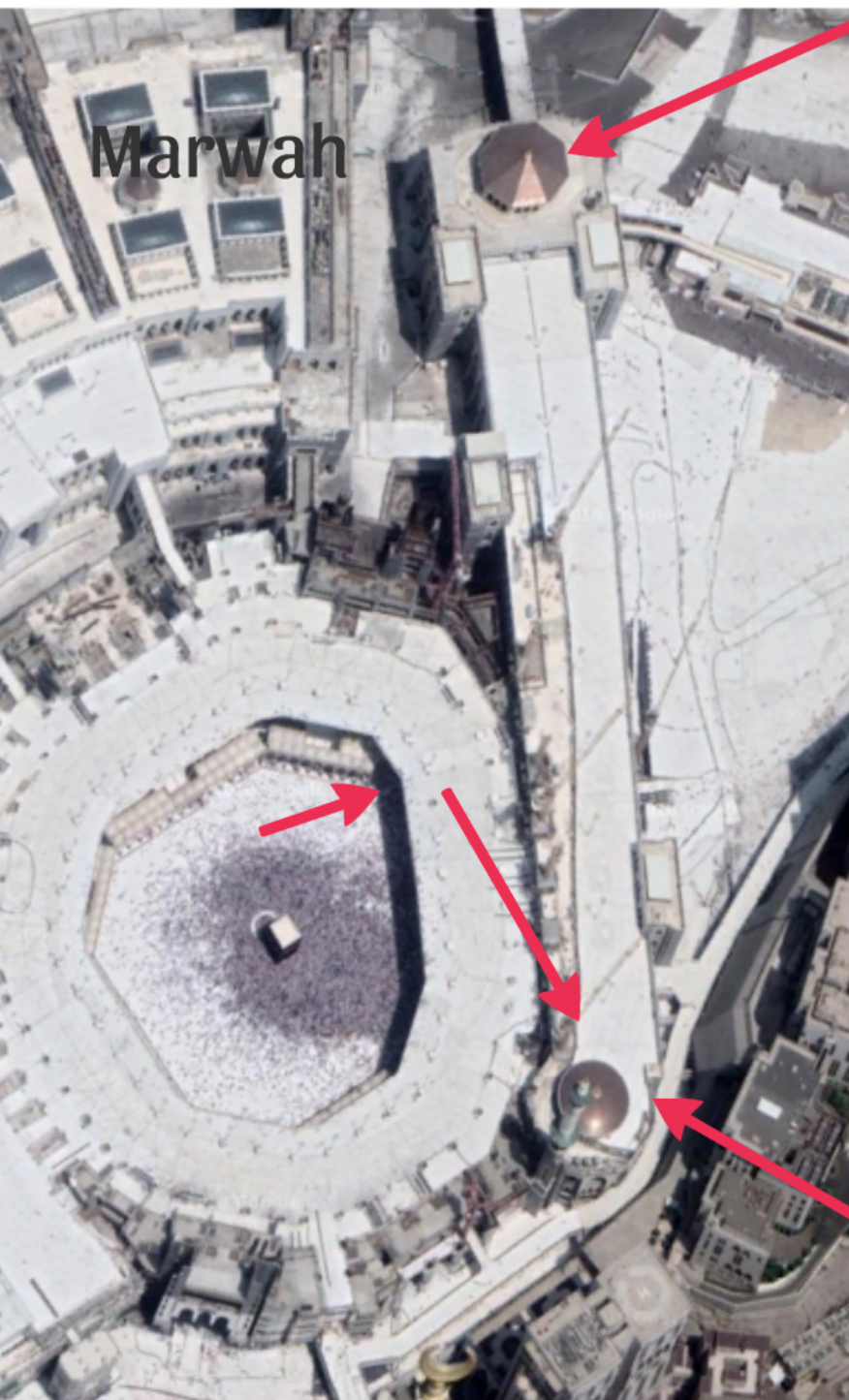


Marwah

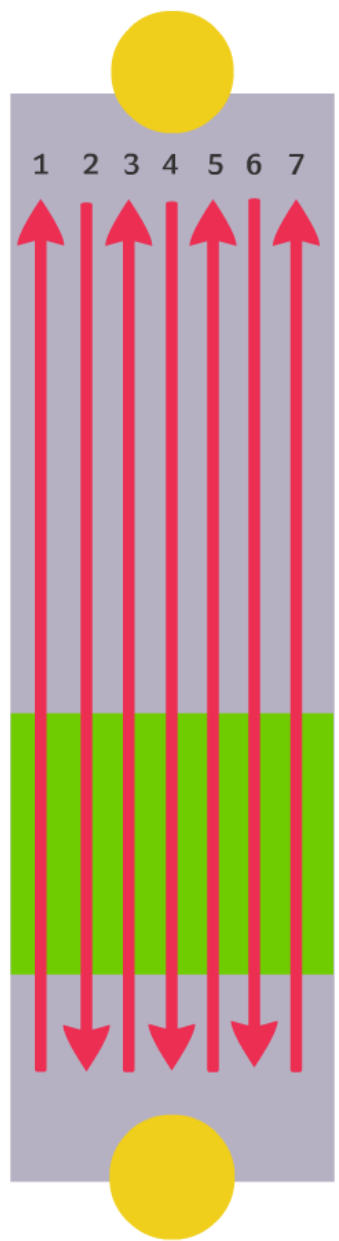
Şafā (Start)

1 2 3 4 5 6 7





Marwah (finish)



رَبِّ اغْفِرْ وَارْحَمْ أَنْتَ الْأَعَزُّ الْأَكْرَمُ

Jogging
(men only)

Safa (Start)

Follow signs for Masā (this will take you to Şafā) and make the intention of performing Sa'ī

When climbing Şafā, you can recite the following:

أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ
شَعَائِرِ اللَّهِ

*Ab da'ū, bi ma Bada Allāhu bihi, innaş Şafā wal Marwata min
sha'ā irillāh*

“I begin with what Allāh began with, Indeed As-Şafā and Al-Marwah are among the symbols of Allāh”

You need to climb up Şafā as far as you can, until you can see the Ka'bah (Due to construction, this might not be possible anymore). You may be able to see the Ka'bah through the pillars.

After seeing the Ka'bah, or facing in that direction, raise your hands for Du'ā

Read 3 times:

اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ

Allāhu Akbar, Lāilāha IllAllāh

“Allāh is the Greatest, there is no God but Allāh”

Read the 4th kalima:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ
الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

*Lā ilāha illallāhu, Waḥdahū Lā Sharīka lahu, Lahul-Mulku Wa
Lahul-ḥamdu, Yuḥyī Wa Yumītu, Wa huwa ‘Ala kulli shay’in
Qadīr*

“There is no God but Allāh, He is alone, there is no partner for Him, for Him is the dominion and for Him is all praise, He gives life and death and He has power over all things”

Then read the following Du'ā:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعَدَهُ
وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

*Lā ilāha illAllāhu Waḥdah, Anjaza Wa'dahu, Wa Naṣara
'Abdahu, Wa Hazamal Aḥzāba Waḥdah*

“There is no God except Allāh, he is alone, He fulfilled His promise, aided His slave and single-handedly defeated the allies”

Then read Durūd Sharīf, do lots of Du'ā, and proceed towards Marwah.

You can read any Du'ā during Sa'ī, but it is Sunnah to read this Du'ā:

رَبِّ اغْفِرْ وَارْحَمْ أَنْتَ الْأَعَزُّ الْأَكْرَمُ

Rabigh fir War ḥam, Antal 'A'az-zul Akram

“Lord forgive and have mercy, you are the most Majestic, most Generous”

At two places, there will be green lights. From one set of lights to the other, men must jog. At all other places, walk at a normal pace. For women, there is no jogging.

If you can't jog due to the crowd, do as much as you can.

For men, after jogging, you should wait for the women to catch up.

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For men, after jogging, you should wait for the women to catch up.

At Marwah you cannot see the Ka'bah, so you should go as far as you can and then turn towards the Ka'bah and do Du'ā as you did at Şafā,

Read 3 times:

اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ

Allāhu Akbar, Lāilāha IllAllāh

“Allāh is the Greatest, there is no God but Allāh”

then 4th Kalimah:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ
وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ

قَدِيرٌ

*Lā ilāha illallāhu, Waḥdahu Lā Sharika lahu, Lahul-Mulku Wa
Lahul-ḥamdu, Yuhyī Wa Yumītu, Wa huwa 'Ala kulli shay'in
Qadīr*

“There is no God but Allāh, he is alone, there is no partner for him, for him is the dominion and for him is all praise, he gives life and death and he has power over all things”

then Du'ā:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعَدَهُ
وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

*Lā ilāha illAllāhu Waḥdah, Anjaza Wa'dahu, Wa Naṣara
'Abdahu, Wa Hazamal Aḥzāba Waḥdah*

“There is no God except Allāh, he is alone, He fulfilled His promise, aided His slave and single-handedly defeated the allies”

Then read Durūd Sharīf, do lots of Du'ā, and proceed towards Ṣafā again.

Do this 7 times and you will end up at Marwah. Start on Ṣafā and finish at Marwah. Ṣafā to Marwah is 1 round and Marwah back to Ṣafā is 1 round.

After completing Du'ā at Marwah (after the 7th round), Sa'ī will now be complete.

Pray 2 Rak'ah Nafl anywhere in Ḥaram if possible, this is Mustahab



Halaq

&

Qasr

Your 'Umrah will not be complete until you have cut your hair. For men, there are barbershops located in the basement of the Clock Tower. Do not cut\shave your hair on the street. Women should cut their hair back at the hotel.

DO NOT USE PERFUMED SOAP ON HEAD (check with barber) when shaving/cutting. (Start from right side)

For men, it is more rewarding to completely shave the head rather than just cutting the hair.

For women, they should cut off approx. one inch off their plait. This can be done by wrapping the hair around a finger and then cutting it. This will be done each time an 'Umrah is performed.

Your 'Umrah is now Complete