

Date: 17-10-2025 (simplified summary)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
وَاتِمُّوا الْحَجَّ وَالْعُمْرَةَ لِلَّهِ.  
قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:  
الْعُمْرَةُ إِلَى الْعُمْرَةِ كَفَّارَةٌ لِمَا بَيْنَهُمَا.

## THE 'UMRA AND ITS IMPORTANCE

Dear brothers and sisters, the *'umra* is an *'ibāda* consisting of: entering *iḥrām*, visiting the Ka'ba, performing *ṭawāf* and *sa'y*, cutting the hair, and finally exiting *iḥrām*. The *'umra* brings harmony to the heart, purifies from sins, and strengthens our *īmān*. Dear Muslims, encourage yourselves and especially the youth; *'ibāda* is more valuable at a young age. In *iḥrām* we let go of worldly life; with *ṭawāf* we show submission; with *sa'y* we fulfill our duty and continue to strive for Allah ﷻ. Dear believers, ISN has been organizing *'umra* programs for years. Let us register and bring others along. May Allah ﷻ accept our *'umra* and enable us to go on *'umra* again and again. *Āmīn*.