



In the name of God, Most Gracious, Most Merciful

Submitters Perspective

Monthly Bulletin of International
Community of Submitters

www.masjidtucson.org



Published by Masjid Tucson
Rabi II 1446

All Rights Reserved

Acceptance

Acceptance is the ability to accept the good and the bad in life without objecting, including thoughts, feelings, people, events, and the past and future. It can also refer to the quality or state of being accepted or acceptable, or the act of accepting something or someone. In psychology, acceptance means taking a stance of non-judgmental awareness and actively embracing the experience of thoughts, feelings, and bodily sensations as they occur.

Back in the 1980s when I was working for the railroad, I had to go into a rehab program for alcoholism. I was the only African American in the treatment program and I wondered how I would be accepted. But I found solace in a paragraph from the “Big Book” that Bill Wilson wrote in 1937.

“Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation — some fact of my life — unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing,

happens in God’s world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life’s terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.”

I was in the Nation of Islam, but I was still doing things that went against the Quran. When I was released from treatment, I was looking for the Nation of Islam mosque, but God guided me instead to Masjid Tucson. And I found acceptance.

Megan Bruneau, a therapist in New York City, on the website mindbody-green.com, has come up with things everyone should know about acceptance.

Acceptance does not mean liking, wanting, choosing, or supporting. There are many things we cannot change, but we can choose to allow it, to “make space for it.” You can “give yourself permission to be as you are, feel what you feel ... without creating unproductive shame or anxiety. The pain might still be there, but some of

the suffering will be alleviated.”

When I experience back pain, I need to look for reasons it might be happening, and ask God to relieve it, but I need to also accept it as perhaps a test. I can seek help from doctors and medicine, but first I turn to God. If He doesn’t relieve the pain, at least He helps me accept it and live with it. I have to accept that I can’t do the things I could do twenty years ago, I can’t. But I know that if I can make it to Heaven, it will be a lot better.

Bruneau says: “Remember that *accept* is a verb. It’s an active process, one that must be practiced consciously.” This may require a lot of time to truly create acceptance of the situation. You need to “create and strengthen neural pathways in your brain.” You may go back and forth between acceptance and resistance, but it gets easier as you work on it.

In the treatment program I attended, they said you won’t be successful unless you work the program—meetings, sponsor, accepting the rules. In Submission, there are things we need to accept and practice. God has given us

(Continued on page 2)

(Continued from page 1)

commandments we need to work on. When we accept these things, submission becomes easy to practice, and life becomes wonderful.

Acceptance is not a sign of apathy or giving up. "Practicing acceptance does not necessarily mean you won't be able to make a change. You can accept your body and still change it, accept your emotions and acknowledge their impermanence," says Bruneau.

"Acceptance can be practiced in all areas of your life: You can exercise it toward your current experience or reality, others' beliefs or ideas, your appearance, your emotions, your health, your past, your thoughts, or other individuals. Again, this doesn't mean you necessarily endorse whatever it is that you're accepting in these realms; rather, you recognize that you can't change the current nature of this exact moment, and accepting manages anxiety and helps calm."

Acceptance and submission are similar concepts. When we acknowledge and accept our purpose on earth, we can truly move forward. [51:56] *I did not create the jinns and the humans except to worship Me alone.* That's our purpose in life. When we accept that God is our Creator and that He is in full control, then we can more easily submit to the things that happen to us and around us. With acceptance we can find serenity; with Submission we can find happiness.

Happiness: Now and Forever

[10:62] *Absolutely, GOD's allies have nothing to fear, nor will they grieve.*
[10:63] *They are those who believe and lead a righteous life.* [10:64] *For them, joy and happiness in this world, as well as in the Hereafter. This is GOD's unchangeable law. Such is the greatest triumph.*

God's Promise:

Kings and Queens on Earth

[24:55] *GOD promises those among you who believe and lead a righteous life, that He will make them sovereigns on*

earth, as He did for those before them, and will establish for them the religion He has chosen for them, and will substitute peace and security for them in place of fear. All this because they worship Me alone; they never set up any idols beside Me. Those who disbelieve after this are the truly wicked.

Guaranteed Happiness

Now and Forever

[16:97] *Anyone who works righteousness, male or female, while believing, we will surely grant them a happy life in this world, and we will surely pay them their full recompense (on the Day of Judgment) for their righteous works.*

Frank

* * * * *

GOOD OR EVIL— GOD OR DEVIL

Some synonyms of good include: exceptional, favorable, excellent, righteous, altruistic, superb, truthfulness, pureness, love. Good is positive.

Some synonyms of evil include: bad, sin, wrong, corruption, sinfulness, narcissism, racism, dishonesty, hate. Evil is negative.

Train your mind to see the good in everything. Being positive is a choice. The happiness of your life depends on the quality of your thoughts. And remember that being positive doesn't mean ignoring the negative; it means overcoming the negative. [from an online post]

[2:119] *We have sent you with the truth as a bearer of good news, as well as a warner. You are not answerable for those who incur Hell.*

[3:115] *Any good they do will not go unrewarded. GOD is fully aware of the righteous.*

[3:126] *GOD thus informs you, in order to give you good news, and to assure your hearts. Victory comes only from GOD, the Almighty, Most Wise.*

[22:24] *They have been guided to the good words; they have been guided in the path of the Most Praised.*

[2:11] *When they are told, "Do not commit evil," they say, "But we are righteous!"*

[5:62] *You see many of them readily committing evil and transgression, and eating from illicit earnings. Miserable indeed is what they do.*

[6:21] *Who is more evil than one who lies about GOD, or rejects His revelations? The transgressors never succeed.*

Checking Quran verses, there are over 200 mentions of the word "good" and a little more than 100 of the word "evil." Good triumphs over evil every time!

If you remove an O from good, you get God. If you add a D to evil, you get devil.

[1:1] *In the name of GOD, Most Gracious, Most Merciful.* [1:2] *Praise be to GOD, Lord of the universe.*

[20:8] *GOD: there is no other god besides Him. To Him belong the most beautiful names.*

[59:24] *He is the One GOD; the Creator, the Initiator, the Designer. To Him belong the most beautiful names. Glorifying Him is everything in the heavens and the earth. He is the Almighty, Most Wise.*

[58:22] *You will not find people who believe in GOD and the Last Day befriending those who oppose GOD and His messenger, even if they were their parents, or their children, or their siblings, or their tribe. For these, He decrees faith into their hearts, and supports them with inspiration from Him, and admits them into gardens with flowing streams wherein they abide forever. GOD is pleased with them, and they are pleased with Him. These are the party of GOD. **Most assuredly, GOD's party are the winners.***

[58:19] *The devil has possessed them, and has caused them to disregard GOD's*

(Continued on page 3)

(Continued from page 2)

message. These are the party of the devil. Absolutely, the party of the devil are the losers.

[59:16] They are like the devil: he says to the human being, "Disbelieve," then as soon as he disbelieves, he says, "I disown you. I fear GOD, Lord of the universe."

[43:36] Anyone who disregards the message of the Most Gracious, we appoint a devil to be his constant companion.

The word God appears in Quran thousands of times; the word devil (plus the word Satan) around 100. No contest!

We love acronyms in this world, and GOAT is a common one. Michael Jordan, Tom Brady are considered among the Greatest Of All Time. But truly the One God is God Of All Things! And our job is to worship Him and glorify Him, to steadfastly persevere in following His guidance.

Laziness kills ambition
Jealousy kills peace
Anger kills wisdom
Fear kills dreams

Always, God wins and good wins. So let's be good and thank God for everything.

Taareq

* * * * *

He Gave you the Hearing, the Eyesight, and the Brains

It is only because of God's immense mercy, that we have this final opportunity, this life, to turn to Him alone and grow our souls. Thank you, God!

[67:2] The One who created death and life for the purpose of distinguishing those among you who would do better. He is the Almighty, the Forgiving.

We have no time to waste. This life is short. We only have until our life here ends. Will that be today? Tomorrow? Or years from now?

[16:77] To GOD belongs the future of the heavens and the earth. As far as He is concerned, the end of the world (the Hour) is a blink of an eye away, or even closer. GOD is Omnipotent.

God gave us the tools that we need to make it, God willing. He provided prophets, messengers, and the rites of our religion. He gave us scriptures, including a clear, fully detailed Quran with a built-in mathematical miracle. He allows us the gift of repentance in a system with a stacked deck in our favor. Good deeds are multiplied. Sins are turned into credits. We have a direct hotline that is always available to us, day or night. We can implore God any time for anything. And we have the understanding to seek refuge in God from Satan.

Then there are all the signs and proofs embedded all around us. Such as: *[16:79] Do they not see the birds committed to fly in the atmosphere of the sky? None holds them up in the air except GOD. This should be (sufficient) proof for people who believe.*

[30:22] Among His proofs are the creation of the heavens and the earth, and the variations in your languages and your colors. In these, there are signs for the knowledgeable.

[41:53] We will show them our proofs in the horizons, and within themselves, until they realize that this is the truth. Is your Lord not sufficient, as a witness of all things?

And finally, in addition to all the signs and proofs, God gave us the hearing, the eyesight, and the brains. So we can see the miracles, hear the sounds all around us, and use our brain to appreciate all of God's gifts.

[16:78] GOD brought you out of your mothers' bellies knowing nothing, and He gave you the hearing, the eyesight, and the brains, that you may be appreciative.

When we see or witness God's proofs are we appreciative? Or are we heedless? Remember, we only have this fleeting life to submit completely to God and develop our souls. Satan is always out to get us! He skulks on the straight path, and he would love to divert us. Do we remember to seek refuge in God?

Do we accept blindly? Do we verify information? Verifying information is good for our souls. Do we use our brains? *[17:36] You shall not accept any information, unless you verify it for yourself. I have given you the hearing, the eyesight, and the brain, and you are responsible for using them.*

God didn't leave us in the dark. We do not have to guess.

[16:9] GOD points out the paths, including the wrong ones. If He willed, He could have guided all of you.

[6:153] This is My path—a straight one. You shall follow it, and do not follow any other paths, lest they divert you from His path. These are His commandments to you, that you may be saved.

If we use our brains here – what makes the most sense? God's straight path. Contrast that with the absurdity of idol worship! There are NO short cuts!

Consider all the things that can be possible distractions / idols, if we do not put God first.

- Family members, spouse, children, money.
- Internet, social media, conspiracy theories.
- Drama and conflict. Ego, having to be right.

Then consider what God has provided us to counteract these distractions. Our Contact Prayers:

[29:45] You shall recite what is revealed to you of the scripture, and observe the Contact Prayers (Salat), for the Contact Prayers prohibit evil and vice. But the remembrance of GOD

(Continued on page 4)

MASJID TUCSON United Submitters International

PO Box 43476 Tucson AZ 85733-3476 USA

Tel: (520) 323 7636

internet web site: www.masjiduntucson.org

e-mail: info@masjiduntucson.org (or: masjiduntucson@gmail.com)

Non-profit Org
U.S. Postage
PAID
Tucson AZ

ISSN 1089-053X

Happiness is Submission to God Alone

Keep up with history in the making. Subscribe now.

\$12/yr. U.S., Canada and Mexico, \$19/yr. overseas.

(Continued from page 3)

(through Salat) is the most important objective. GOD knows everything you do.

Our trust in God: [64:13] *GOD: there is no other god besides Him. In GOD the believers shall trust.*

The Quran, with His guidance and teachings: [10:37] *This Quran could not possibly be authored by other than GOD. It confirms all previous messages, and provides a fully detailed scripture. It is infallible; for it comes from the Lord of the universe.*

[55:1] *The Most Gracious.* [55:2] *Teacher of the Quran.* [55:3] *Creator of the human beings.* [55:4] *He taught them how to distinguish.*

[2:147] *This is the truth from your Lord; do not harbor any doubt.*

Praise God, the Quran has everything we need. God's straight path makes the most sense. And thank you, God, You gave us the hearing, the eyesight, and the brains, and yes, we are responsible for using them.

[67:23] *Say, "He is the One who initiated you, and granted you the hearing, the eyes, and the brains. Rarely are you appreciative."*

Let us be among those who are always appreciative.

Emily

Spreading God's message one Quran at a time

Peace, brothers and sisters,

Peace be upon you and good morning/afternoon. I just wanted to give you a heartfelt thank you for the beautiful Quran translated by Dr Khalifa. It is now part of my permanent collection and I will treasure it. You don't know how much you have blessed me.

God bless you.

Sean

* * *

Dear brothers and sisters,

I am a Lakota Submitter. Peace be with you! Glory is to the One and only God, always and forever. Praise be to God, Lord of the universes. Creator of the Heavens and the earth. It is God's will that I proclaim that I bear witness that there is no other god beside the One and only God, the Absolute God, Never did He beget, nor was He begotten. None equals Him. There is not a likeness comparable to God in the heavens above or on the earth or in the waters beneath the earth!

I have received the gift of the Honorable Quran, translated by Rashad Khalifa. I wholeheartedly thank you. I pray to God to increase my

knowledge, grant me wisdom, include me with the righteous, and help me study the Quran carefully. And I pray for God's support when I kindly enlighten other prisoners to the path of my Lord God. The true guidance is God's guidance.

Leo

* * *

Greetings,

I want to thank you profusely for blessing me with the Quran that you provided for me, and for the literature that you sent with it. If it's at all possible, could I be added to the mailing list for the Submitters Perspective? I very much enjoyed reading it and the topics help me with a better knowledge of instruction and interpretation in how to follow and conduct myself in the faith. I'm already feeling the blessings by obeying what my heart has been drawn to. God willing, I will continue firm on my course.

Thank you for kindness,

James

Write for the Submitters Perspective

We appreciate your contributions to the *Submitters Perspective* in the form of articles, comments and suggestions. Please do not hesitate to contact us at: info@masjiduntucson.org