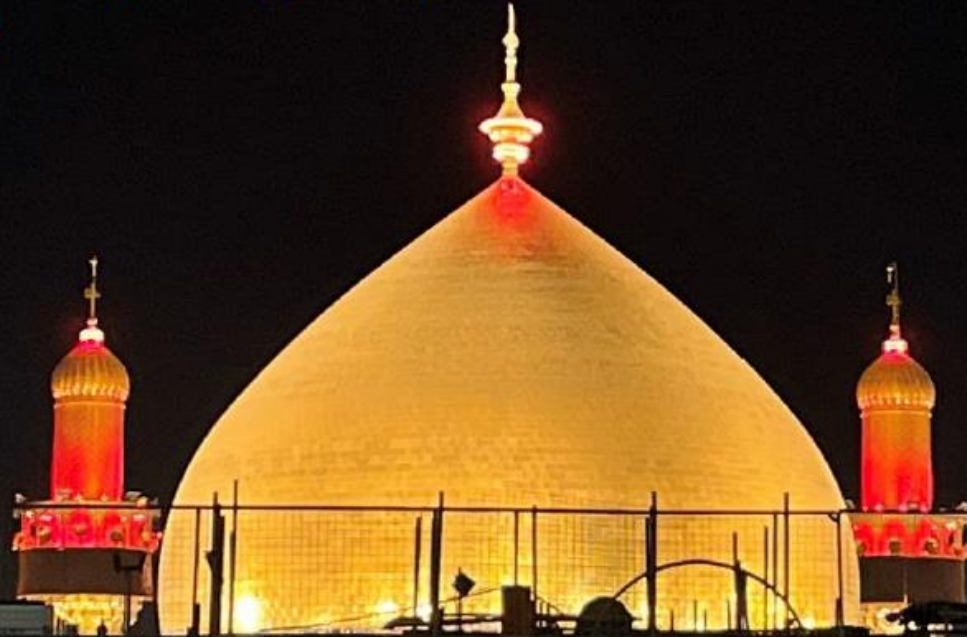


HUBEALI CALENDAR 2024

يَا سُفْيَانُ إِذَا حَزَنَكَ أَمْرٌ مِنْ سُلْطَانٍ أَوْ غَيْرِهِ فَأَكْثِرْ مِنْ قَوْلِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ فَإِنَّهَا مِفْتَاحُ الْفَرْجِ وَكَنْزٌ مِنْ كُنُوزِ الْجَنَّةِ

O Sufyan! When a matter from the ruler or someone else grieves you, be frequent from the words: 'لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ' There is neither might nor strength except with Allah-azwj', for it is a key of happiness, and a treasure from the treasures of Paradise'.

(Bihar Al-Anwaar, Vol. 75)



JANUARY – 2024

Jamadi'ul Thani / Rajab 1445

Mon	Islamic	Tue	Islamic	Wed	Islamic	Thu	Islamic	Fri	Islamic	Sat	Islamic	Sun	Islamic
1	18	2	19	3	20	4	21	5	22	6	23	7	24
8	25	9	26	10	27	11	28	12	29	13	Rajab	14	2
15	3	16	4	17	5	18	6	19	7	20	8	21	9
22	10	23	11	24	12	25	13	26	14	27	15	28	16
29	17	30	18	31	19								

Prayer Times for Gt. London (BST)

Jan	Fajar	Sunrise	Zuharain	Sunset	Maghrabain
1	06:36	08:06	12:04	16:02	16:21
3	06:36	08:06	12:05	16:04	16:23
5	06:36	08:06	12:06	16:06	16:25
7	06:35	08:05	12:07	16:09	16:28
9	06:34	08:04	12:08	16:12	16:31
11	06:33	08:03	12:08	16:14	16:33
13	06:31	08:01	12:09	16:17	16:36
15	06:30	08:00	12:10	16:20	16:39
17	06:28	07:58	12:11	16:24	16:43
19	06:26	07:56	12:11	16:27	16:46
21	06:24	07:54	12:12	16:30	16:49
23	06:22	07:52	12:13	16:34	16:53
25	06:19	07:49	12:13	16:37	16:56
27	06:17	07:47	12:14	16:41	17:00
29	06:14	07:44	12:14	16:44	17:03
31	06:11	07:41	12:14	16:48	17:07

- 20 Zahoor Syeda tu Nisa il Alameen^{-asws}
Rajab Zahoor Imam Muhammad Baqir^{-asws}
3 Shahadat Imam Ali Naqi^{-asws}
- 9 Zahoor Shehzada Ali Asghar^{-asws}
10 Zahoor Imam M. Taqi^{-asws}
13 Zahoor Mola Ali^{-asws}

 Qamar dar Aqrab:
 12:41 January- 5 to 21:10 January- 7

Seasons' Effect on Health and Lifestyle

Imam Ali Reza^{-asws} wrote (in response to Mamoon Rashid's request for diet during the months of the year): The human body is like fertile land, it should be watered regularly so that it neither dries out nor gets flooded with water, as balance is required in accordance with time of the year and weather conditions. When properly looked after, its vegetation lasts and its yield increases and its plantation grows, but if neglected its branches become pale and plants stop producing fruits/herbs. The human body resembles soil/plants in this respect, if looked after with a balanced diet (as per weather conditions); the body remains healthy, strong and endures well with age. For those living in Mashhad-Iran - but are very much applicable for the Northern Hemisphere).

Imam^{-asws} says: In January, mucus starts to hurt.

Recommended: Taking hot water on empty stomach, hot vegetables like the celery and the watercress and the leek, to enter the bath-house at the beginning of the day and the massaging with oils.

Avoid: Sweets, the soft fish and thick dairy products.

FEBRUARY – 2024

Rajab / Shaban 1445

Mon	Islamic	Tue	Islamic	Wed	Islamic	Thu	Islamic	Fri	Islamic	Sat	Islamic	Sun	Islamic
						1 	20	2 	21	3 	22	4 	23
5	24	6	25	7	26	8	27	9	28	10	29	11	Shaban
12	2	13	3	14	4	15	5	16	6	17	7	18	8
19	9	20	10	21	11	22	12	23	13	24	14	25	15
26	16	27	17	28	18	29 	19						

22 Niyaz (Imam Jafar-e-Sadiq^{-asws})

28 Safar Mola Hussain^{-asws} from Madina

4 Zahoor Mola Abbas^{-asws}

11 Zahoor Shehzada Ali Akbar^{-asws}

25 Shahadat Imam Musa-e-Kazim^{-asws}

Shaban Zahoor Syeda Ummul Musaib^{-asws}

5 Zahoor Mola Sajjad^{-asws}

15 Zahoor Imam-e-Zamana^{-asws}

27 Eid-e-Mairaj

3 Zahoor Mola Hussain^{-asws}

7 Zahoor Shehzada Qasim^{-asws}

Prayer Times for Gt. London (BST)

Feb	Fajar	Sunrise	Zuharain	Sunset	Maghrabain
1	06:09	07:39	12:14	16:49	17:08
3	06:06	07:36	12:14	16:53	17:12
5	06:03	07:33	12:15	16:57	17:16
7	06:00	07:30	12:15	17:00	17:19
9	05:56	07:26	12:15	17:04	17:23
11	05:53	07:23	12:15	17:08	17:27
13	05:49	07:19	12:15	17:11	17:30
15	05:45	07:15	12:15	17:15	17:34
17	05:41	07:11	12:15	17:19	17:38
19	05:37	07:07	12:14	17:22	17:41
21	05:33	07:03	12:14	17:26	17:45
23	05:29	06:59	12:14	17:29	17:48
25	05:25	06:55	12:14	17:33	17:52
27	05:21	06:51	12:14	17:37	17:56
28	05:17	06:47	12:13	17:40	17:59
29	05:15	06:45	12:13	17:41	18:00



Qamar dar Aqrab:

20:38 February-01 to 06:29 February-04
03:10 February-29 to 13:57 March-02

Imam Ali Reza^{-asws} says: In February, the weather starts to become mild and plant growth starts with more rainfall. Blood cell production increases and cold/mucus start to decrease.

Recommended: Garlic, bird meat, fish, dried fruits, and exercise.

Avoid: Eating sweets (cut down on sugar).

MARCH – 2024

Shaban / Ramdhan-ul-Mubarak 1445

Mon	Islamic	Tue	Islamic	Wed	Islamic	Thu	Islamic	Fri	Islamic	Sat	Islamic	Sun	Islamic
								1  20		2  21		3 22	
4 23		5 24		6 25		7 26		8 27		9 28		10 29	
11 Month Ramdhan		12 2		13 3		14 4		15 5		16 6		17 7	
18 8		19 9		20 10		21 11		22 12		23 13		24 14	
25  15		26 16		27  17		28  18		29  19		30 20		31 Clocks Forward 21	

20 Day of Nauroz, 20th March 03:06 GMT

19 Subh-e-Zarbat Amir-ul-Momineen^{-asws}

10 Shahadat Syeda Malika tul Arab^{-asws} 15 Zahoor Imam Hassan^{-asws}

21 Shahadat Amir-ul-Momineen^{-asws}

Prayer Times for Gt. London (BST)

Mar	Fajar	Sunrise	Zuharain	Sunset	Maghrabain
1	05:14	06:44	12:13	17:42	18:01
3	05:10	06:40	12:12	17:45	18:04
5	05:06	06:36	12:12	17:49	18:08
7	05:01	06:31	12:11	17:52	18:11
9	04:57	06:27	12:11	17:56	18:15
11	04:52	06:22	12:10	17:59	18:18
13	04:48	06:18	12:10	18:03	18:22
15	04:43	06:13	12:09	18:06	18:25
17	04:39	06:09	12:09	18:10	18:29
19	04:34	06:04	12:08	18:13	18:32
21	04:30	06:00	12:08	18:16	18:35
23	04:25	05:55	12:07	18:20	18:39
25	04:20	05:50	12:06	18:23	18:42
27	04:16	05:46	12:06	18:26	18:45
29	04:11	05:41	12:05	18:30	18:49
31	05:07	06:37	13:05	19:33	19:52 C F



Qamar dar Aqrab:

03:10 February-29 to 13:57 March-02
09:04 March-27 to 19:53 March-29



Lunar Eclipse: March 25 2024 @ 04:52 to 06:54 GMT

Imam Ali Reza^{-asws} says: March is the first month of spring. Phlegm is suppressed and blood is revived.

Recommended: To have lean meat and (boiled/fried) half-cooked eggs. To walk in fields/parks, gentle exercise, blood extraction and cupping.

Avoid: Intake of onions, garlic, sour pickles and sour (things).

APRIL – 2024

Ramadhan-ul-Mubarak / Shawwal 1445

Mon	Islamic	Tue	Islamic	Wed	Islamic	Thu	Islamic	Fri	Islamic	Sat	Islamic	Sun	Islamic
1	22	2	23	3	24	4	25	5	26	6	27	7	28
8	☀️ 29	9	30	10	Shawwal	11	2	12	3	13	4	14	5
15	6	16	7	17	8	18	9	19	10	20	11	21	12
22	13	23	🌙 14	24	🌙 15	25	🌙 16	26	🌙 17	27	18	28	19
29	20	30	21										

Shawwal Eid-ul-Fitar

15 Shahadat Imam Jafar-e-Sadiq^{-asws}

Prayer Times for Gt. London (BST)

Apr	Fajar	Sunrise	Zuharain	Sunset	Maghrabain
1	05:04	06:34	13:04	19:35	19:54
3	05:00	06:30	13:04	19:38	19:57
5	04:55	06:25	13:03	19:41	20:00
7	04:51	06:21	13:03	19:45	20:04
9	04:47	06:17	13:02	19:48	20:07
11	04:42	06:12	13:01	19:51	20:10
13	04:38	06:08	13:01	19:55	20:14
15	04:33	06:03	13:00	19:58	20:17
17	04:29	05:59	13:00	20:01	20:20
19	04:25	05:55	13:00	20:05	20:24
21	04:21	05:51	12:59	20:08	20:27
23	04:17	05:47	12:59	20:11	20:30
25	04:13	05:43	12:59	20:15	20:34
27	04:09	05:39	12:58	20:18	20:37
29	04:05	05:35	12:58	20:21	20:40
30	04:03	05:33	12:58	20:23	20:42

🌙 Qamar dar Aqrab:
15:21 April- 23 to 01:38 April- 26

☀️ Solar Eclipse: April 08 2024 @ 19:52 to 20:51 GMT

Imam Ali Reza^{-asws} says: Weather in April starts to warm up and Spring is more highlighted with refreshing mild-wind conditions.

Recommended: Grilled food and food that can be cooked with vinegar, wild-bird meat, to take an early morning bath, to put some oil on the body and use fragrances.

Avoid: Drinking water upon the empty stomach.

MAY – 2024

Shawwal / Zeeqad 1445

Mon	Islamic	Tue	Islamic	Wed	Islamic	Thu	Islamic	Fri	Islamic	Sat	Islamic	Sun	Islamic
				1	22	2	23	3	24	4	25	5	26
6	27	7	28	8	29	9	Z.Qad	10	2	11	3	12	4
13	5	14	6	15	7	16	8	17	9	18	10	19	11
20	12	21	13	22	14	23	15	24	16	25	17	26	18
27	19	28	20	29	21	30	22	31	23				

Z.Qad Zahoor Syeda Masooma-e-Qum^{-asws} **11** Zahoor Imam Ali Raza^{-asws}

Prayer Times for Gt. London (BST)

May	Fajar	Sunrise	Zuharain	Sunset	Maghrabain
1	04:01	05:31	12:58	20:25	20:44
3	03:57	05:27	12:57	20:28	20:47
5	03:54	05:24	12:57	20:31	20:50
7	03:49	05:20	12:57	20:34	20:53
9	03:44	05:17	12:57	20:37	20:56
11	03:38	05:14	12:57	20:41	21:00
13	03:33	05:11	12:57	20:44	21:03
15	03:28	05:08	12:57	20:47	21:06
17	03:22	05:05	12:57	20:50	21:09
19	03:16	05:02	12:57	20:52	21:11
21	03:10	04:59	12:57	20:55	21:14
23	03:04	04:57	12:57	20:58	21:17
25	02:59	04:55	12:58	21:01	21:20
27	02:56	04:53	12:58	21:03	21:22
29	02:53	04:51	12:58	21:05	21:24
31	02:51	04:49	12:58	21:05	21:24

 Qamar dar Aqrab:
22:35 May- 20 to 08:25 May- 23

Imam Ali Reza^{-asws} says: May is the last month of spring.

Recommended: Early morning showers and to add lots of fresh vegetable to diet.

Avoid: Exercising on an empty stomach, salty foods, thick meat like beef and thick milk (drink).

JUNE – 2024

Zeeqad / Zilhajj 1445

Mon	Islamic	Tue	Islamic	Wed	Islamic	Thu	Islamic	Fri	Islamic	Sat	Islamic	Sun	Islamic
										1	24	2	25
3	26	4	27	5	28	6	29	7	Zilhajj	8	2	9	3
10	4	11	5	12	6	13	7	14	8	15	9	16	10
17	11	18	12	19	13	20	14	21	15	22	16	23	17
24	18	25	19	26	20	27	21	28	22	29	23	30	24

29 Shahadat Imam M.Taqi^{-asws}

Zilhajj Aqd-e-Syeda^{-asws}

7 Shahadat Imam M.Baqir^{-asws}

8 Safar Imam Hussain^{-asws} Mecca to Karbala

9 Shahadat H.Muslim Bin Aqeel^{-asws}

10 Eid-ul-Azha

15 Zahoor Imam Ali Naqi^{-asws}

18 Eid-e-Ghadir & Rukhsati Pak Syeda^{-asws}

22 Shahadat Sons of H. Muslim^{-asws}

24 Eid-e-Mubahila & Zahoor Syeda Bint-e-Imam Hussain^{-asws}

Prayer Times for Gt. London (BST)

Jun	Fajar	Sunrise	Zuharain	Sunset	Maghrabain
1	02:50	04:48	12:58	21:09	21:28
3	02:49	04:47	12:59	21:11	21:30
5	02:48	04:46	12:59	21:13	21:32
7	02:47	04:45	12:59	21:14	21:33
9	02:46	04:44	13:00	21:16	21:35
11	02:45	04:43	13:00	21:17	21:36
13	02:45	04:43	13:01	21:19	21:38
15	02:44	04:42	13:01	21:20	21:39
17	02:43	04:42	13:01	21:20	21:39
19	02:42	04:43	13:02	21:21	21:40
21	02:42	04:43	13:02	21:22	21:41
23	02:43	04:44	13:03	21:22	21:41
25	02:43	04:44	13:03	21:22	21:41
27	02:44	04:45	13:03	21:22	21:41
29	02:46	04:47	13:04	21:21	21:40
30	02:46	04:47	12:01	21:21	21:40

Qamar dar Aqrab:
06:39 June-17 to 16:33 June-19

Imam Ali Reza^{-asws} says: Blood cell production slows down (compared to Spring), mucus inflammation is also reduced but acidity increases.

Recommended: Make frequent use of fresh vegetables (e.g. cucumber, courgettes), watery fruits, goat's meat, chicken, grouse, partridge, dairy products and fresh (soft) fish.

Avoid: Excessive exercise, fatigue and the use of fatty meat.

JULY – 2024

Zilhajj 1445 / Muharram 1446

Mon	Islamic	Tue	Islamic	Wed	Islamic	Thu	Islamic	Fri	Islamic	Sat	Islamic	Sun	Islamic
1	25	2	26	3	27	4	28	5	29	6	30	7	Muharram
8	2	9	3	10	4	11	5	12	6	13	7	14	8
15	9	16	10	17	11	18	12	19	13	20	14	21	15
22	16	23	17	24	18	25	19	26	20	27	21	28	22
29	23	30	24	31	25								

10 Roz-e-Ashura

12 Soyyam of Shuhada-e-Karbala

25 Shahadat Imam Zain-ul-Abideen^{asws}

Prayer Times for Gt. London (BST)

Jul	Fajar	Sunrise	Zuharain	Sunset	Maghrabain
1	02:47	04:48	13:04	21:21	21:40
3	02:50	04:49	13:04	21:20	21:39
5	02:53	04:51	13:05	21:19	21:38
7	02:57	04:53	13:05	21:18	21:37
9	03:02	04:55	13:05	21:16	21:35
11	03:07	04:57	13:06	21:15	21:34
13	03:12	04:59	13:06	21:13	21:32
15	03:17	05:01	13:06	21:11	21:30
17	03:21	05:04	13:06	21:09	21:28
19	03:24	05:07	13:06	21:06	21:25
21	03:27	05:09	13:06	21:04	21:23
23	03:30	05:12	13:06	21:01	21:20
25	03:33	05:15	13:06	20:58	21:17
27	03:36	05:18	13:06	20:55	21:14
29	03:39	05:20	13:06	20:52	21:11
31	03:42	05:23	13:06	20:49	21:08

Qamar dar Aqrab:
14:54 July-14 to 01:26 July-17

Imam Ali Reza^{asws} says: In July, the weather turns warmer.

Recommended: To have a little cold water upon the empty stomach. To eat herbs and vegetables, which are easily digestible. Diet intake similar to June. To smell fragrances and apply perfumed oils.

AUGUST – 2024

Muharram / Safar 1446

Mon	Islamic	Tue	Islamic	Wed	Islamic	Thu	Islamic	Fri	Islamic	Sat	Islamic	Sun	Islamic
						1	26	2	27	3	28	4	29
5	30	6	Safar	7	2	8	3	9	4	10	5	11	6
12	7	13	8	14	9	15	10	16	11	17	12	18	13
19	14	20	15	21	16	22	17	23	18	24	19	25	20
26	21	27	22	28	23	29	24	30	25	31	26		

Prayer Times for Gt. London (BST)

Aug	Fajar	Sunrise	Zuharain	Sunset	Maghrabain
1	03:45	05:25	13:06	20:48	21:07
3	03:48	05:28	13:06	20:44	21:03
5	03:53	05:31	13:06	20:41	21:00
7	03:58	05:34	13:05	20:37	20:56
9	04:03	05:37	13:05	20:33	20:52
11	04:07	05:40	13:05	20:30	20:49
13	04:11	05:44	13:05	20:26	20:45
15	04:15	05:47	13:04	20:22	20:41
17	04:19	05:50	13:04	20:18	20:37
19	04:23	05:53	13:03	20:14	20:33
21	04:26	05:56	13:02	20:09	20:28
23	04:30	06:00	13:02	20:05	20:24
25	04:33	06:03	13:02	20:01	20:20
27	04:36	06:06	13:01	19:57	20:16
29	04:39	06:09	13:00	19:52	20:11
31	04:42	06:12	13:00	19:48	20:07

Safar Ahl Al-Bayt^{-asws} were brought to court of Yazid^{-la} **13** Shahadat Syeda Masooma^{-asws} Bint-ul- Hussain^{-asws}
17 Shahadat Imam Ali Raza^{-asws} **20** Chehlum of Shuhada-e-Karbala **24** Shahadat Syeda Ummul Musaib^{-asws}

 Qamar dar Aqrab:
 22:35 August-10 to 10:02 August-13

Imam Ali Reza^{-asws} says: Moderate to gusty winds are one of the characteristics of this month with northerly wind flowing at the night. Cold, cough and flu become the epidemic in this month.

Recommended: To have easily digestible foods with use of diluted milk/yogurt and to smell cool perfumes.

Avoid: Fatigue and the use of laxatives (Julab).

SEPTEMBER – 2024

Safar / Rabi'ul Awwal 1446

Mon	Islamic	Tue	Islamic	Wed	Islamic	Thu	Islamic	Fri	Islamic	Sat	Islamic	Sun	Islamic
30	26											1	27
2	28	3	29	4	30	5	R-Awwal	6	2	7		8	4
9	5	10	6	11	7	12	8	13	9	14	10	15	11
16	12	17	13	18	14	19	15	20	16	21	17	22	18
23	19	24	20	25	21	26	22	27	23	28	24	29	25

28 Shahadat Prophet Muhammed^{-saww} & Imam Hassan^{-asws}

8 Shahadat Imam Hassan Askari^{-asws}

17 Zahoor Prophet Muhammed^{-saww} & Imam Jafar Sadiq^{-asws}

5 Shahadat Syeda Masooma Qum^{-asws}

9 Eid-e-Shujah

26 Shahadat Hazrat Abu Talib^{-asws}

Prayer Times for Gt. London (BST)

Sep	Fajar	Sunrise	Zuharain	Sunset	Maghrabain
1	04:44	06:14	12:59	19:45	20:04
3	04:47	06:17	12:59	19:41	20:00
5	04:50	06:20	12:58	19:36	19:55
7	04:53	06:23	12:57	19:32	19:51
9	04:57	06:27	12:57	19:27	19:46
11	05:00	06:30	12:56	19:23	19:42
13	05:03	06:33	12:55	19:18	19:37
15	05:06	06:36	12:55	19:14	19:33
17	05:09	06:39	12:54	19:09	19:28
19	05:13	06:43	12:53	19:04	19:23
21	05:16	06:46	12:53	19:00	19:19
23	05:19	06:49	12:52	18:55	19:14
25	05:22	06:52	12:51	18:50	19:09
27	05:25	06:55	12:50	18:46	19:05
29	05:29	06:59	12:50	18:41	19:00
30	05:30	07:00	12:49	18:39	18:58

Qamar dar Aqrab:

05:20 September-7 to 17:27 September-9

Lunar Eclipse: Sept 18 2024 @ 01:40 to 04:16 GMT

Imam Ali Reza^{-asws} says: In September, the air becomes cold but (is still) refreshing.

Recommended: Eating sweets and the moderate use of lean meats, vegetables and easy to digest foods with a good aroma.

Avoid: The intake of beef and the excessive use of grilled/barbecue meat, as well as frequent bathing. Also some fruits and vegetables including watermelon and cucumber.

OCTOBER – 2024

Rabi'ul Awwal / Rabi'ul Thani 1446

Mon	Islamic	Tue	Islamic	Wed	Islamic	Thu	Islamic	Fri	Islamic	Sat	Islamic	Sun	Islamic
		1	27	2	28	3	29	4 	30	5 	R-Thani	6 	2
7	3	8	4	9	5	10	6	11	7	12	8	13	9
14	10	15	11	16	12	17	13	18	14	19	15	20	16
21	17	22	18	23	19	24	20	25	21	26	22	27 ^{Clocks Back}	23
28	24	29	25	30	26	31 	27						

10 Zahoor Imam Hassan Askari^{-asws}

Prayer Times for Gt. London (BST)

Oct	Fajar	Sunrise	Zuharain	Sunset	Maghrabain
1	05:32	07:02	12:49	18:37	18:56
3	05:35	07:05	12:48	18:32	18:51
5	05:39	07:09	12:48	18:28	18:47
7	05:42	07:12	12:47	18:23	18:42
9	05:45	07:15	12:47	18:19	18:38
11	05:49	07:19	12:46	18:14	18:33
13	05:52	07:22	12:46	18:10	18:29
15	05:55	07:25	12:45	18:06	18:25
17	05:59	07:29	12:45	18:02	18:21
19	06:02	07:32	12:44	17:57	18:16
21	06:06	07:36	12:44	17:53	18:12
23	06:09	07:39	12:44	17:49	18:08
25	06:13	07:43	12:44	17:45	18:04
27	06:16	07:46	12:44	17:41	18:00 C B
29	05:20	06:50	11:44	16:38	16:57
31	05:23	06:53	11:43	16:34	16:53



Qamar dar Aqrab:

11:23 October-4 to 23:35 October-6

17:30 October-31 to 05:21 November-3

Imam Ali Reza^{-asws} says: In October, the winds are turbulent and the cold breeze in the morning starts to intensify.

Recommended: Adding some fat to the food and sour pomegranates, fruits after the meals, spiced meat and exercise.

Avoid: Blood-letting, reduce drinking water.

NOVEMBER – 2024

Rabi'ul Thani / Jamadi'ul Awwal 1446

Mon	Islamic	Tue	Islamic	Wed	Islamic	Thu	Islamic	Fri	Islamic	Sat	Islamic	Sun	Islamic
								1 	28	2 	29	3 	30
4	J-Awwal	5	2	6	3	7	4	8	5	9	6	10	7
11	8	12	9	13	10	14	11	15	12	16	13	17	14
18	15	19	16	20	17	21	18	22	19	23	20	24	21
25	22	26	23	27	24	28 	25	29 	26	30 	27		

15 Shahadat Bint-e-Rasool Allah^{-asws} Syeda tu Nisa il Alameen^{-asws}

Prayer Times for Gt. London (BST)

Nov	Fajar	Sunrise	Zuharain	Sunset	Maghrabain
1	05:25	06:55	11:43	16:32	16:51
3	05:28	06:58	11:43	16:29	16:48
5	05:32	07:02	11:43	16:25	16:44
7	05:36	07:06	11:44	16:22	16:41
9	05:39	07:09	11:44	16:19	16:38
11	05:43	07:13	11:44	16:16	16:35
13	05:46	07:16	11:44	16:13	16:32
15	05:49	07:19	11:44	16:10	16:29
17	05:53	07:23	11:45	16:08	16:27
19	05:56	07:26	11:45	16:05	16:24
21	05:59	07:29	11:46	16:03	16:22
23	06:03	07:33	11:47	16:01	16:20
25	06:06	07:36	11:47	15:59	16:18
27	06:09	07:39	11:48	15:57	16:16
29	06:12	07:42	11:49	15:56	16:15
30	06:13	07:43	11:49	15:55	16:14

 Qamar dar Aqrab:
 17:30 October-31 to 05:21 November-3
 00:22 November-28 to 11:54 November-30

Imam Ali Reza^{-asws} says: In November, rain falls less frequently than the previous month.

Recommended: Cup of hot water every morning.

Avoid: Drinking water at night, reduce on taking showers, hot vegetables like celery and the mint and the watercress and fatigue.

DECEMBER – 2024

Jamadi'ul Awwal / Jamadi'ul Thani 1446

Mon	Islamic	Tue	Islamic	Wed	Islamic	Thu	Islamic	Fri	Islamic	Sat	Islamic	Sun	Islamic
30	27	31	28									1	28
2	29	3	30	4	J- Thani	5	2	6	3	7	4	8	5
9	6	10	7	11	8	12	9	13	10	14	11	15	12
16	13	17	14	18	15	19	16	20	17	21	18	22	19
23	20	24	21	25	22	26	23	27	24	28	25	29	26

13 Shahadat Bibi Ummul Baneen^{-asws} 20 Zahoor Syeda tu Nisa il Alameen^{-asws}

Prayer Times for Gt. London (BST)

Dec	Fajar	Sunrise	Zuharain	Sunset	Maghrabain
1	06:15	07:45	11:49	15:54	16:13
3	06:17	07:47	11:50	15:53	16:12
5	06:20	07:50	11:51	15:52	16:11
7	06:22	07:52	11:52	15:52	16:11
9	06:24	07:54	11:52	15:51	16:10
11	06:27	07:57	11:54	15:51	16:10
13	06:28	07:58	11:54	15:51	16:10
15	06:30	08:00	11:56	15:52	16:11
17	06:32	08:02	11:57	15:52	16:11
19	06:33	08:03	11:58	15:53	16:12
21	06:34	08:04	11:59	15:54	16:13
23	06:35	08:05	12:00	15:55	16:14
25	06:36	08:06	12:01	15:56	16:15
27	06:36	08:06	12:02	15:58	16:17
29	06:36	08:06	12:03	16:00	16:19
31	06:36	08:06	12:04	16:02	16:21

Qamar dar Aqrab:
08:07 December-25 to 19:48 December-27

Imam Ali Reza^{-asws} says: In December cold weather persists with gusty winds.

Recommended: Hot foods.

Avoid: Cupping and blood-letting, cold food.

JANUARY – 2025

Jamadi'ul Thani / Rajab – Shaban 1446

Mon	Islamic	Tue	Islamic	Wed	Islamic	Thu	Islamic	Fri	Islamic	Sat	Islamic	Sun	Islamic
				1	29	2	Rajab	3	2	4	3	5	4
6	5	7	6	8	7	9	8	10	9	11	10	12	11
13	12	14	13	15	14	16	15	17	16	18	17	19	18
20	19	21	20	22	21	23	22	24	23	25	24	26	25
27	26	28	27	29	28	30	29	31	Shaban				

Rajab Zahoor Imam Muhammad -asws

3 Shahadat Imam Ali Naqi-asws

9 Zahoor Shehzada Ali Asghar-asws

10 Zahoor Imam M. Taqi-asws

13 Zahoor Mola Ali-asws

22 Niyaz (Imam Jafar-e-Sadiq-asws)

25 Shahadat Imam Musa-e-Kazim-asws

27 Eid-e-Mairaj

28 Safar Mola Hussain-asws from Madina

Shaban Zahoor Syeda Ummul Musaib-asws

Prayer Times for Gt. London (BST)

Jan	Fajar	Sunrise	Zuharain	Sunset	Maghrabain
1	06:36	08:06	12:04	16:02	16:21
3	06:36	08:06	12:05	16:04	16:23
5	06:36	08:06	12:06	16:06	16:25
7	06:35	08:05	12:07	16:09	16:28
9	06:34	08:04	12:08	16:12	16:31
11	06:33	08:03	12:08	16:14	16:33
13	06:31	08:01	12:09	16:17	16:36
15	06:30	08:00	12:10	16:20	16:39
17	06:28	07:58	12:11	16:24	16:43
19	06:26	07:56	12:11	16:27	16:46
21	06:24	07:54	12:12	16:30	16:49
23	06:22	07:52	12:13	16:34	16:53
25	06:19	07:49	12:13	16:37	16:56
27	06:17	07:47	12:14	16:41	17:00
29	06:14	07:44	12:14	16:44	17:03
31	06:11	07:41	12:14	16:48	17:07

 Qamar dar Aqrab:

16:21 January- 21 to 04:30 January- 24

The Reward for Loving the Followers of Ahl Al-Bayt-asws:

عَلِيٌّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ ابْنِ أَبِي عُمَيْرٍ عَنْ هِشَامِ بْنِ سَالِمٍ وَحَفْصِ بْنِ الْبَحْتَرِيِّ عَنْ أَبِي عَبْدِ اللَّهِ ع قَالَ إِنَّ الرَّجُلَ لَيُحِبُّكُمْ وَ مَا يَعْرِفُ مَا أَنْتُمْ عَلَيْهِ فَيَدْخِلُهُ اللَّهُ الْجَنَّةَ لِيُحِبُّكُمْ وَ إِنَّ الرَّجُلَ لَيُبْغِضُكُمْ وَ مَا يَعْرِفُ مَا أَنْتُمْ عَلَيْهِ فَيَدْخِلُهُ اللَّهُ الْبُغْضُكُمْ النَّارَ

Ali ibn Ibrahim has narrated from his father from ibn abu 'Umayr from Hisham ibn Salim and from Hafs ibn al-Bakhtari who narrates the following from Abu Abdullah-asws :

A person who loves you (being the followers of the Ahl al-Bayt-asws) without knowing your belief Allah-azwj will Admit him to Paradise because he loves you. A person who hates you without knowing what your belief is, Allah-azwj will Throw him into the fire for hating you. (Al-Kafi, Vol. 1, H 1874, Ch. 56, h 10)