

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Dear Brothers and sisters in Islam

السلام عليكم ورحمة الله وبركاته

(Assalamo Alaikum Wa-Rahmatullahi Wa-Barkatuh)

Re: Sentencing of Christchurch Terrorist

All praises to Allah Subhana Wa ta Ala, our Creator and Master of the whole universe. He is the Most Gracious and Most Merciful. By the grace of Almighty Allah (SWA) I pray that you along with your families are in highest of Islamic spirits.

As you may be aware the hearing for the sentencing of the Christchurch terrorist starts on Monday, 24 August 2020. This is going to be very stressful time for our community, some of the members that were directly or indirectly impacted by this act of terrorism may experience anxiety, depression or distress. If you or anyone close to you is showing any of these signs please make sure they get help and support.

Talk to someone:

- a friend or a family member
- free call or text 1737 any time for support from a trained counsellor
- your GP, who can advise on the best treatment options for you
- a member of your local community mental health team (contact them through your local district health board).

Phone a helpline:

- Need to talk? (1737, free text or call)
- the Depression Helpline (0800 111 757)
- Lifeline (0800 543 354)
- Samaritans (0800 726 666)
- Youthline (0800 376 633)

Useful website and resources

- griefcentre.org.nz
- www.skylight.org.nz

Youtube videos – produced for our community

- <https://youtu.be/KbSzTDiWLaC>
- <https://youtu.be/JoQxpPwICGk>
- <https://youtu.be/FPuM9i1nnt4>

AVONDALE ISLAMIC CENTRE

122/126 Blockhouse Bay Road,
Auckland 1026

BIRKENHEAD ISLAMIC CENTRE

79 Onewa Road, Birkenhead,
Auckland 0627

PONSONBY MOSQUE

17 Vermont St.,
P O Box - 91504,
Auckland 1030

RANUI MOSQUE

31-33 Armada Dr., P O
Box - 70006, Ranui,
Auckland 0655

KELSTON ISLAMIC CENTRE

45 Cartwright Rd, Kelston,
Auckland 0602

New Zealand Muslim Association Inc.

(Founding member of The Federation of Islamic Associations of New Zealand)



NZMA would like to remind our community to take extra care and be vigilant during this period. Please report any suspicious activities or behaviour to police immediately by ringing 111. I have been advised by the NZ Police that they will be doing safety patrols around our mosques and Islamic Centers.

We pray to Allah Subhana Wa ta Ala to keep you and your families safe and well during this difficult period.

Jazakallah Khairan

Ikhlaq Kashkari

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President

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