



# ICJC Newsletter

VOLUME 1, ISSUE 12

DECEMBER 2015

## IN THIS EDITION:

- Women's Committee Update
- Sprouts@ICJC
- ICJC Library Update

## Sprouts @ ICJC

Alhamdulillah, Sprouts Club volunteers organized their monthly "Feed The Hungry" event. They prepared meals for 100 homeless men

on Saturday, December 19<sup>th</sup> and the food was delivered to the Kansas City Union Mission Men's Shelter. This month, the volunteers also collected

more than 100 NEW winter hats, gloves and socks for the homeless to help them get through the winter months.



## COMING UP

Self-defense Class 1/9

Weight-Loss Challenge Winner Announcement 1/15

Contact Us [icjwc@gmail.com](mailto:icjwc@gmail.com)

Sprouts Club organized a private showing of the movie "The Good Dinosaur" at Palazzo Theater on Tuesday, December 29<sup>th</sup>. Alhamdulillah, we had a theater full of kids and their families who enjoyed the movie as a group with their ICJC friends.



## Visiting Our Friend Rania

Rania is an 8<sup>th</sup> grade student and a cancer patient from our community; she has been treated with chemotherapy for the last few months. Sprouts Club and ICJC Girl Scouts

would like to thank the community for their duas and donations for Rania. A group of girls visited Rania at her home on Saturday, December 26<sup>th</sup>, made dua together and enjoyed Rania's happi-

ness while she opened her gifts. With your donations, the Sprouts and Girl Scouts were able to get Rania almost everything on her wish list. Please keep her in your prayers every day. Jazzakom Allahu Khairan.



## Women's Committee Update

The Women's Committee launched its second annual "Weight-Loss Challenge" during December. The event kicked-off with a "Nutrition and Weight-Loss" workshop led by our very own Dr. Maussamee Hussain. She discussed how to set realistic goals for losing weight and more importantly,

how to keep it off. Nutrition and health tips are regularly shared on our Facebook page to encourage our participants.

Congratulations to our eight official contestants for having the courage to commit to this year's weight loss challenge. Winner will be announced on January 15<sup>th</sup>.





# ICJC Library

During the winter break, ICJC Library organized an educational event focused on caring for our earth and environment. The children enjoyed a movie "Earth has a Fever" with a recycle project, a talk on caring for our Planet, making arts and crafts with recycled bottles and bottle caps.

ICJC Library thanks all parents and children who participated in the Library's educational and fun activity on recycling and everyone who provided the sweets,

baked dishes, cookies, chips, water and paper goods. We hope to see you all again during our future activities, inshallah.



Caring4OurPlanet



## Women's Committee Update (cont.)

