

QUARTER 4 - EARLY 2025 NEWSLETTER

SISTERHOOD IN ACTION



Islamic Women's Council of New Zealand



OUR QUARTER FOUR MAHI



TOP NEWS OF THE QUARTER



KIWIBANK Finalist

The Islamic Women's Council of New Zealand (IWCNZ) was so honoured to be named one of three **Finalist** for the 2025 Mitre 10 New Zealander Community of the Year Award- Alhamdulillah

This recognition reflects the collective effort of everyone who has walked this journey with us: our council, leadership, Community Development Team, service providers, and funders, including various New Zealand government ministries.

This is not just about us — it's about the *power of collaboration*. Together, we have advocated for and supported Muslim women, working to enrich their social, economic, and cultural experiences in Aotearoa. Our core values of **dignity, community, and respect** drive our efforts to ensure *Muslim women can stand strong in their identity and lead positive, inspiring lives*.

This acknowledgment reminds us that change is possible when we work side by side. As we look ahead, our focus remains on creating **sustainable pathways for future generations**, ensuring they can excel without the challenges we've faced. **We're grateful to our community, partners, and supporters**. When we come together, incredible things happen. Let's keep the momentum going!

Rapid Adventures-Palmerston North

On 19 January, Youth Muslim Muslimah from Palmerston North took on the challenge of rafting the Mangaweka River, where they learned essential rafting skills and gained a deeper understanding of the area's geographical landscape.

The event, aimed to encourage outdoor physical activity, teamwork, and personal growth. Participants stepped out of their comfort zones, tackled new physical challenges, and for some, even overcame their fears. The Islamic message of the trip focused on tawakkul, trusting in Allah, as the unpredictability of the river's waves reflected the ups and downs of life, reinforcing the importance of faith in times of uncertainty.



Treetop Adventure- Christchurch

On 25 January, over 20 Youth Muslimah from Christchurch joined us for an adventure high among the trees, tackling a range of treetop courses and challenges, including flying foxes, balancing logs, and rope crossings. Participants selected difficulty levels suited to their abilities, with many pushing themselves to take on the more challenging courses.

The obstacles tested their endurance, strength, and mental resilience, encouraging them to step outside their comfort zones. Everyone cheered each other on, creating a supportive atmosphere that brought the group closer and made the experience even more enjoyable. The Islamic message of the event highlighted how the challenges faced on the course mirrored life's trials, reminding participants to rely on their faith and resilience to overcome obstacles.

Pounamu Carving-Wellington & Hamilton

Pounamu carving workshops in Wellington and Hamilton, held in collaboration with the Aotearoa Bone and Stone Academy, brought together young Muslim women for a meaningful cultural and creative experience. The sessions began with reflections on the Islamic purpose of the event, highlighting the importance of building strong relationships with tangata whenua and deepening understanding of Māori culture.

Participants learned about the significance of pounamu in Māori traditions before carving their own pieces. They engaged in the intricate process of shaping, sanding, and polishing the stone, gaining an appreciation for the patience and skill involved. The workshops fostered cultural exchange, with participants sharing aspects of their own heritage while developing a deeper respect for Māori traditions.

A special thank you to our sponsors, Creative Communities Porirua and Ventia, for making these events possible.



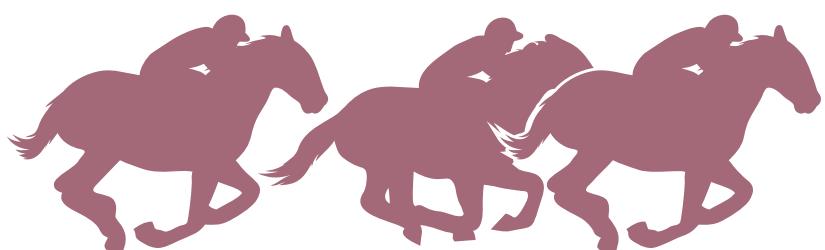


Sunnah Trots- Hamilton

The Sunnah Trots event in Hamilton brought together Youth Muslimahs for a unique experience that combined physical activity with Islamic teachings. Inspired by the Hadith of Prophet Muhammad (peace be upon him), which encourages swimming, archery, and horse riding, the event aimed to promote a healthy and active lifestyle while fostering an appreciation for Sunnah sports.

Participants had the opportunity to develop fundamental horse riding skills, including steering, stopping, and trotting, while also learning essential safety measures and horse care.

Beyond the physical aspect, the event created a space for Muslimah youth to connect, share experiences, and strengthen their sense of sisterhood. Among the most memorable moments were seeing participants ride for the first time, watching those with initial fears gain confidence, and witnessing friendships form throughout the day.



Nourish your Mind, Body and Soul

Sister Naimah Abdat's session explored how believers view hardships as opportunities for spiritual growth. Using nature's cycles as a metaphor, she illustrated how life's challenges transition through phases, autumn (change and difficulty), winter (low energy and reflection), deep winter (insight and growth), late winter (hope), spring (renewal), and summer (vitality).

The session highlighted integrating spiritual and practical self-care: increasing du'a, maintaining salah, and consuming seasonally supportive foods. Embracing these cycles with faith, self-care, and resilience allows individuals to navigate hardships with hope and strength, reinforcing the interconnectedness of mind, body, and soul in overcoming adversity.

A promotional image for a Zoom talk. At the top, the logo for IWCNZ (Islamic Women's Council New Zealand) is visible. The main title is "PREPARING FOR RAMADAN IN SHABAN" in large, bold, white letters. Below the title, it says "with Shaykhah Umm Jamaal ud-Din". The background features a woman in a dark niqab standing in front of a bright, glowing crescent moon and rays of light. The text "This Sha'ban, embark on a transformative journey with our exclusive Zoom talk. Discover the profound significance of Sha'ban and unlock practical tools to elevate your worship" is displayed in a white box. At the bottom, the date and time are listed: "TUESDAY, 11TH FEBRUARY ● 6:00PM- 7:00PM NZT" and the link to join: "LINK TO JOIN: <https://tinyurl.com/zoomiwcnz>".

Preparing for Ramadan in Shaban

This Zoom session by Shaykah Umm Jamaal Ud Din guided Muslimah in preparing physically, mentally, and spiritually for Ramadan. It covered five key areas: purifying the heart, self-reflection, goal-setting, motivation, and the power of dua.

Participants were encouraged to let go of past grievances, assess their previous Ramadans, and set structured goals for worship and time management. Shaykah provided strategies to stay consistent and overcome challenges, ensuring participants remained focused despite distractions. The session concluded with a reminder on sincere dua and trusting Allah's guidance.

Key takeaways included the importance of early preparation, self-accountability, and maintaining motivation. Attendees left feeling empowered with practical strategies to embrace Ramadan wholeheartedly and maximise its spiritual benefits.

**Nourishing our Mind,
Body & Soul
during difficult times**

A promotional image for a session by Naimah Abdat. The background is dark with a stylized white spiral graphic. The text "Nourishing our Mind, Body & Soul during difficult times" is in the upper right. In the lower right, there is a signature that reads "Naimah Abdat" with "NATUROPATH & WELLNESS ED" underneath. A small portrait of Naimah Abdat, a woman wearing a hijab, is in the bottom left.



WIL - Christchurch

The Islamic Women's Council of New Zealand (IWCNZ) recently celebrated the graduation of its Women in Leadership programme in Wellington, bringing together an inspiring group of women from diverse backgrounds. The programme provided a platform for both mentors and mentees to learn, grow, and support one another in their leadership journeys. Through shared experiences and guided mentorship, participants developed essential skills to navigate leadership roles while staying true to their values and aspirations.

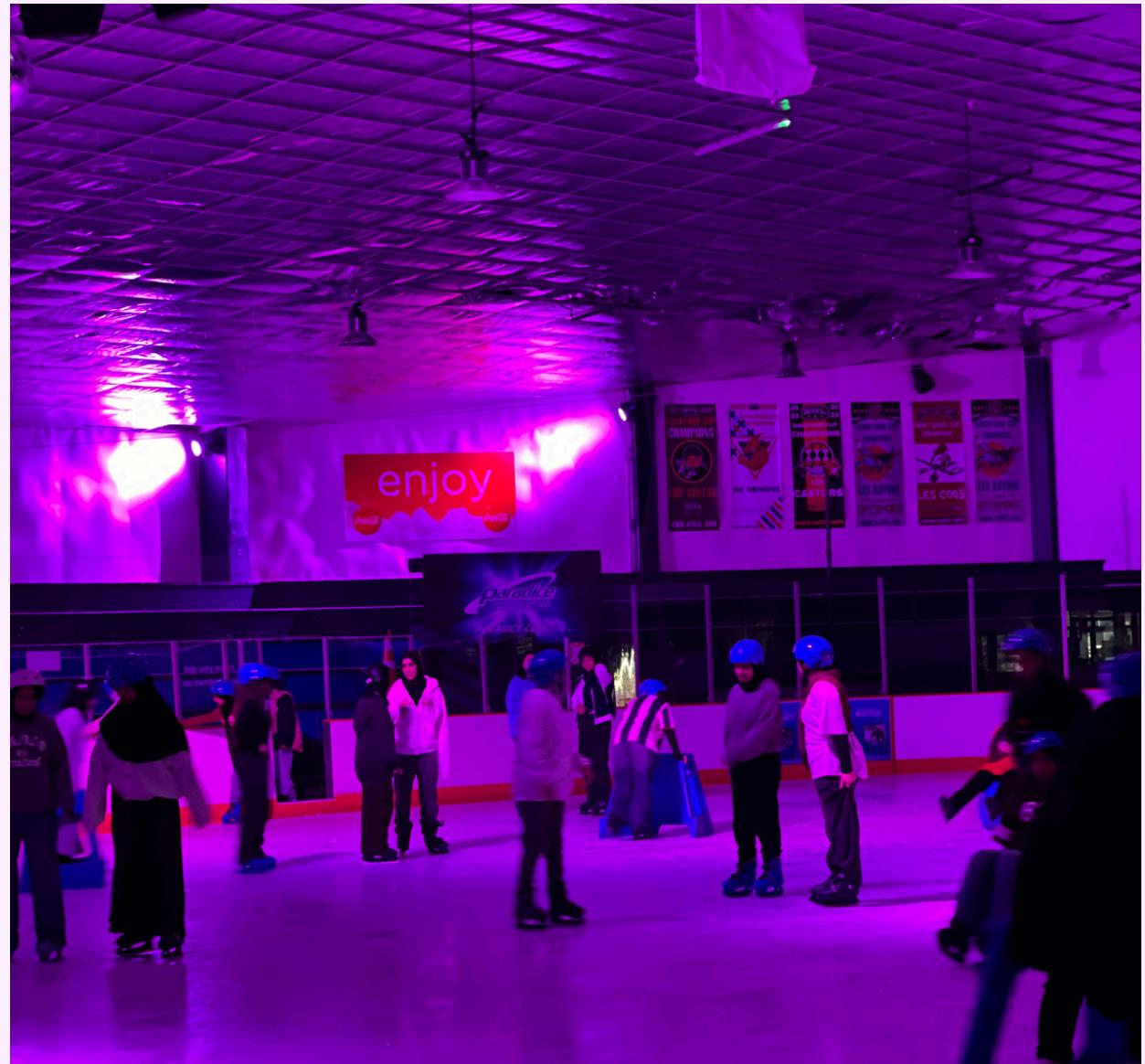
The graduation marked the END of months of dedication and growth, SHOWING the strength and resilience of Muslim women in leadership. The diverse perspectives and connections built throughout the programme highlighted the power of mentorship and collaboration in confident, capable leaders. It was a moment of celebration, reflection, and inspiration for the journey ahead.



Lesha Prime

The Islamic Women's Council of New Zealand (IWCNZ) is deeply grateful for the opportunity to host Shaykha Lesha Prime, a renowned scholar, speaker, and educator dedicated to uplifting Muslim women worldwide. With her wisdom and warmth, she delivered a powerful discussion on Faith in Action, inspiring us to embody our values in our daily lives and communities.

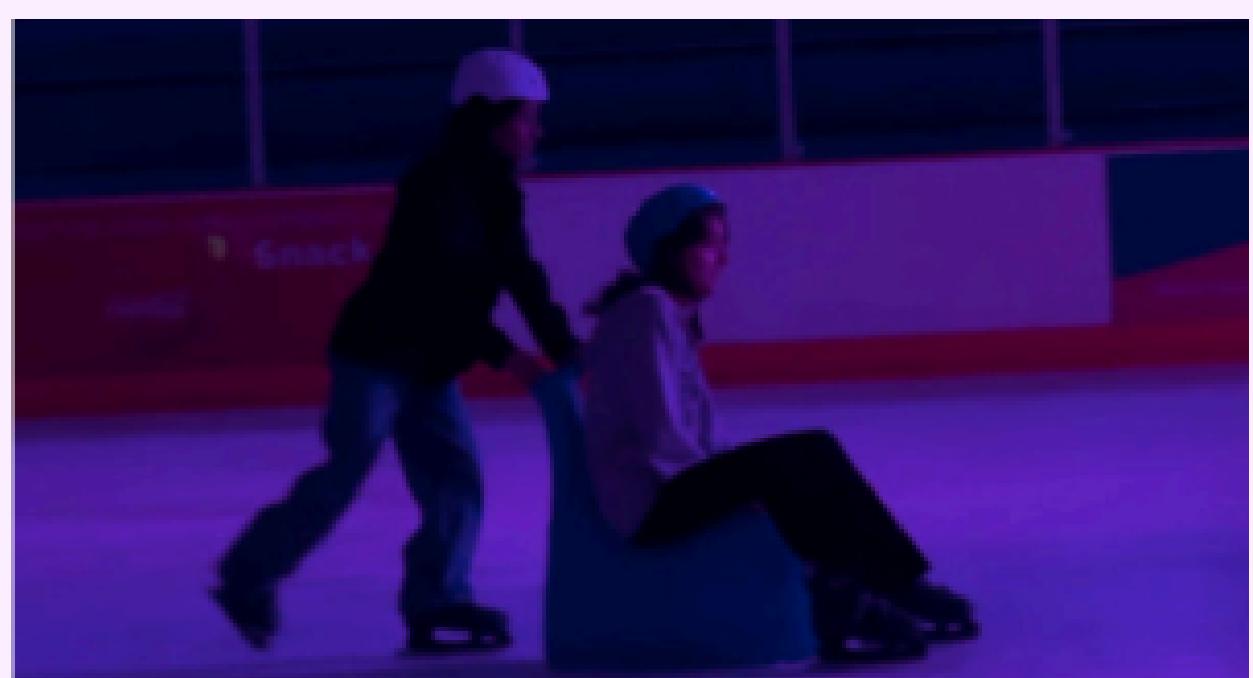
A heartfelt thank you to Fitrah for making this special event possible. It was an honour to learn from Shaykha Lesha Prime and be reminded of the strength that comes from living our faith with sincerity and purpose. May her words continue to inspire and guide us on our journeys.



Youth Ice Skating

On the 24th of November, IWCNZ hosted a sold-out ice skating session at Avondale Ice Skating Rink, offering 53 young Muslim women a chance to unwind after exams. The exclusive two-hour session provided a safe and supportive space for skaters of all levels to connect, learn, and have fun.

The event began with an Islamic reflection on balance and moderation, tying the physical act of skating to the broader concept of equilibrium in life. With overwhelmingly positive feedback, the event reinforced the value of promoting sisterhood, self-confidence, and joy in a welcoming environment.



LEAN INTO YOUR DEEN SERIES

TAWAKKUL

On November 8, 2024, IWCNZ hosted a session focusing on Tawakkul—trusting and relying on Allah in all aspects of life.

Led by Shahin Indorewala, a spiritual counsellor for Muslim women, the session provided valuable insights into overcoming anxiety and strengthening trust in Allah, especially during challenging times. The session offered practical advice on seeking guidance in decision-making and building resilience through faith.

[Click here to view](#)



POWER OF DU'A

On December 8, 2024, IWCNZ hosted a session led by Aliyah Umm Raiyan, a renowned author, TEDx speaker, and founder of Solace UK. The session, focused on "Exploring the Power of Supplication," with powerful insights from her book *The Power of Du'a*. Aliyah shared impactful tips on making du'a effectively and connecting with Allah through supplication, leaving participants emotionally inspired and reflective.

The session's engaging format, with interactive Q&A enhanced the experience and fostered a sense of community support. The event received positive feedback through social media.

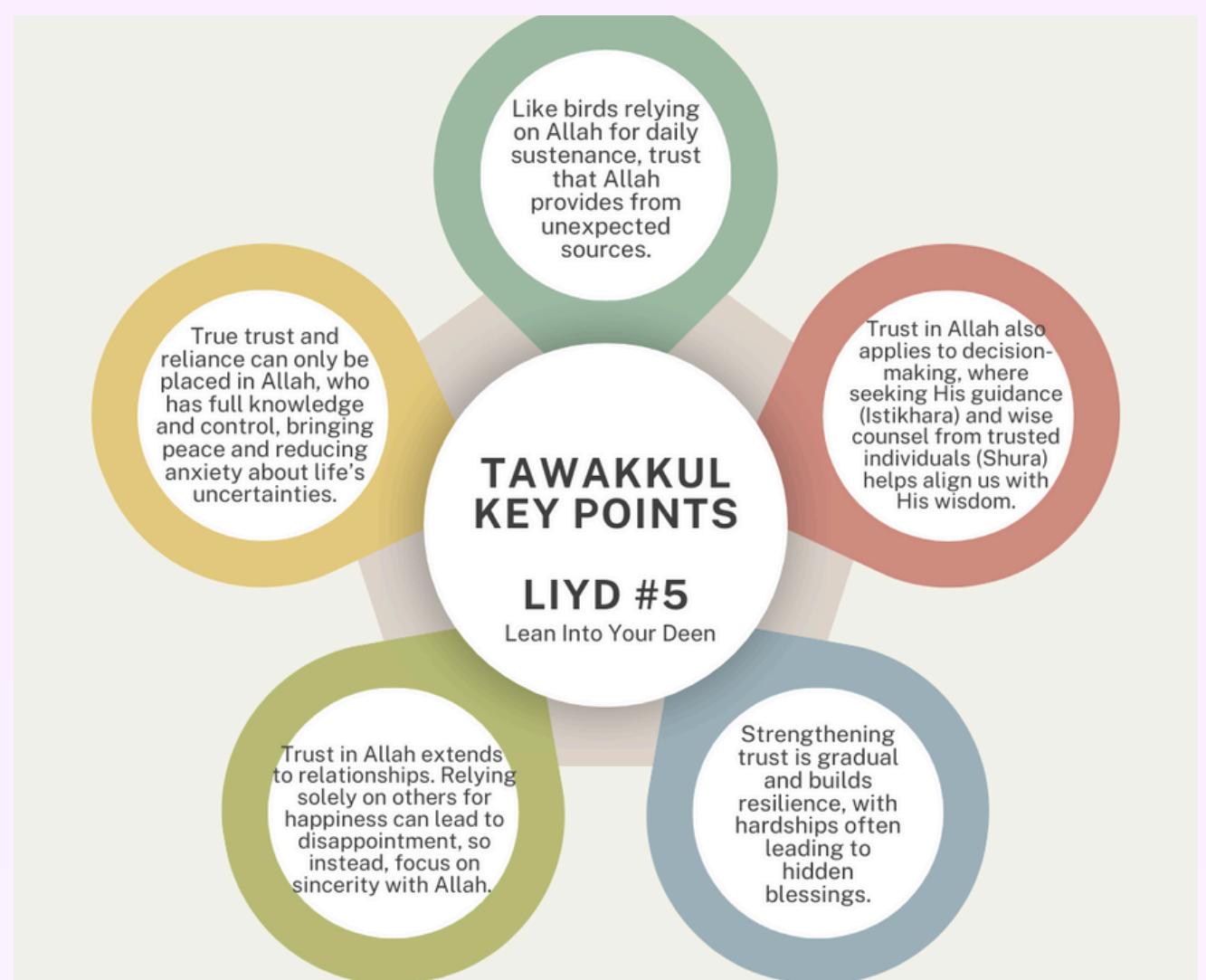
[Click here to view](#)

PERSONAL RELATIONSHIP WITH QURAAN

On February 2nd, 2025, IWCNZ hosted the seventh session of the "Lean into Your Deen" series, featuring Samia Mubarak, founder of Quranic Ocean. The session focused on developing a personal and emotional connection with the Quran.

Samia, a Quran memoriser and instructor at Ribaat Academic Institute, shared profound insights on how the Quran serves as a transformative guide, offering solace and guidance in different life circumstances. She encouraged attendees to approach the Quran with an open heart, emphasising its ability to heal and provide reassurance.

[Click here to view](#)



Diving Tools :

- Bring your heart in
- Know that the Creator of your heart sent you words to comfort and help you thrive through your life.
- The Quran can speak to your every situation.
- The Quran is a safe space.
- Know the power of the Quran in its healing and giving you hope and diving into it.
- It is the only friend that is eternal, accompanying you in all your moments.
- I may know the Quran, but does the Quran know me?
- Every drop of Quran is transformative, even when you don't realize it as you trust the physical waters that grow plants.
- How does this verse make you feel? Why does it make you feel that way? Allow the Quran to unravel buried parts of you.

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SUNNAH SERIES

 Auckland



SWIMMING

IWCNZ's Sunnah Series continued with a refreshing swimming session, providing a safe and welcoming space for young Muslimah to embrace this Prophetic practice. Despite the rainy weather, 23 attendees enjoyed a relaxed and uplifting environment, strengthening sisterhood while engaging in a Sunnah-promoted physical activity.

The event featured free swimming time, an inspiring Islamic reminder on the benefits of swimming, and of course, pizza! New friendships were formed, and participants expressed enthusiasm for more pool events. With such positive feedback, IWCNZ looks forward to expanding its swimming initiatives!



ARCHERY

IWCNZ kicked off its Sunnah Series with an exciting archery session, bringing 20 youth together to learn this Prophetic practice. Led by the Sahaba 101 Archery Team, the event combined technical training with Islamic teachings, emphasising the physical and spiritual benefits of archery.

Participants engaged in hands-on training, developed new skills, and connected with others in a supportive environment. A friendly competition added excitement, reinforcing confidence and teamwork. The event successfully revived a cherished Sunnah while promoting resilience, focus, and community.



HORSE RIDING

The Sunnah Series wrapped up with an exhilarating horse riding event at Hunters Ridge Equestrian, offering 20 young Muslimah the chance to engage in this beloved Prophetic practice. Demand was overwhelming, with spots selling out in just two hours and many requesting future opportunities.

The event featured structured riding sessions, an Islamic reminder on the significance of horse riding, and hands-on training to build confidence in the saddle. Despite light rain, participants embraced the experience, overcoming fears and gaining new skills. Positive feedback and strong enthusiasm suggest a bright future for more outdoor Sunnah-inspired events!

MUSLIMAH IN MOTION

MULTI-SPORT TOURNAMENT

NETBALL | FUTSAL | VOLLEYBALL

IWCNZ's first-ever Multi-Sport Tournament, held on February 8-9, 2025, was an incredible success, bringing over 150 Muslim women together for a weekend of competitive yet inclusive sporting fun. Featuring netball, futsal, and volleyball across two venues, the event created a culturally safe space where participants could engage in sport with confidence and support.

Highlights included:

- A full-day netball tournament with 12 teams competing across three categories.
- First-time futsal and volleyball tournaments, drawing high participation and enthusiasm.
- Free registration, making the event accessible to all.
- Strong community engagement, with families cheering on participants.
- Youth leadership in action, as IWCNZ's Youth Council played a key role in implementing the event.

With overwhelmingly positive feedback and growing demand, IWCNZ looks forward to expanding future tournaments to offer even more opportunities for Muslim women to stay active and connected.



NETBALL WINNERS:

- **JUNIOR: AL MADINAH**
- **YOUTH: MUSLIMAH FERNS**
- **OPEN: MUSLIMAH FERNS**

FUTSAL WINNER:

- **MUSLIMAH FERNS**

VOLLEYBALL WINNER:

- **SAMA**



The IWCNZ Youth Council implemented its first nationwide initiative: the National Picnic Day. Held in five cities—Auckland, Hamilton, Christchurch, Wellington, and Dunedin—this event brought together communities from across New Zealand for a day of connection, nature, and sustainability. After months of thoughtful planning, the Youth Council successfully organised an event filled with engaging activities and meaningful interactions.

Designed to strengthen regional ties and provide a relaxed space for young people to connect, the picnic also served as a meet-and-greet for the IWCNZ Youth Council 2025. It offered a platform for sharing the council's vision and inspiring others to join the IWCNZ community. Rooted in the Islamic values of kinship and community, this event embodied the spirit of mutual support and empowerment, reflecting the core mission of the Youth Council.

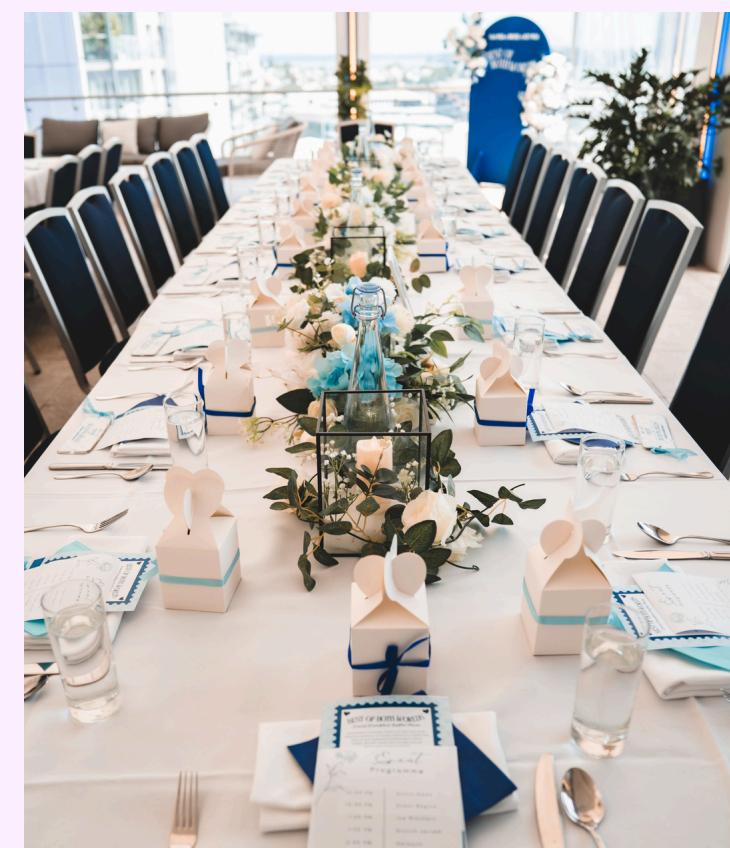


With activities such as a treasure hunt and bead-making tasbih challenge, participants had the chance to build connections, reflect on their shared faith, and contribute to a stronger, more unified community. This National Picnic Day was a key milestone in fostering youth leadership, cross-regional collaboration, and the growth of the IWCNZ network.





Best of Both Worlds

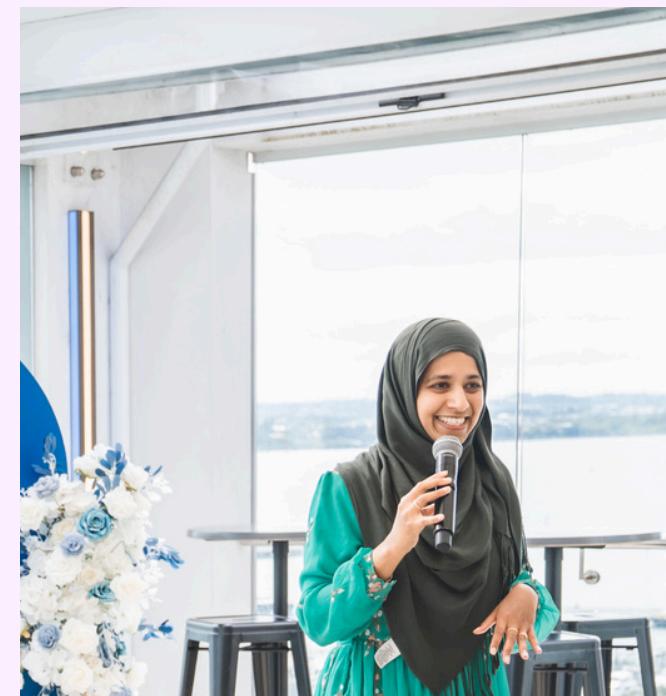


UoA MSA x IWCNZ x AUTMSA

On February 23rd, the Best of Both Worlds event was held at Rydges Auckland, co-hosted by 3 organisations. This gathering brought together 60 Muslimah university students for an enriching experience that combined faith, networking, and personal development. The event aimed to support young Muslim women transitioning into or currently attending university by fostering connections and providing Islamic guidance on maintaining faith in a Western academic environment.

The carefully curated program balanced Deen and dunya, allowing attendees to engage in both meaningful discussions and social interactions. The event began with welcomes from organisational representatives, followed by addresses from National Coordinator, Aliya and Muslim Chaplain Ustada Shehala. MSA-led icebreakers fostered connections, leading into a relaxed brunch for networking. The session concluded with a thought-provoking halaqah by Sister Azoora Ali.

The impact of the event was significant: attendees left feeling more connected, empowered, and prepared for university life. Many highlighted the halaqah as particularly impactful, appreciating the relevance of the discussions and the opportunity to share experiences.





EMERGING CAREERS NETWORKING



Vision Board Workshop

In February 2025, IWCNZ hosted the second edition of the Emerging Careers Networking Series: Vision Board Workshop in Auckland, Wellington, and Christchurch, with a total of 46 Muslim women attending. The session, facilitated by Coach Kelly Cooper, focused on self-reflection, goal-setting, and career visualization to empower participants in taking the next step in their professional journeys.

The workshop was structured into three parts:

- Understanding strengths – Identifying personal skills and sources of motivation.
- Career clarity – Defining ideal job roles, work environments, and values.
- Vision board creation – Crafting personalized boards to visualize future aspirations.

The event incorporated Islamic reminders on intention (niyyah) and trust in Allah (tawakkul), reinforcing the importance of faith-driven career growth. Sisters engaged in networking, sharing their goals, and gaining inspiration from one another.

This session provided a much-needed space for self-development, with attendees appreciating the opportunity to reflect and connect.



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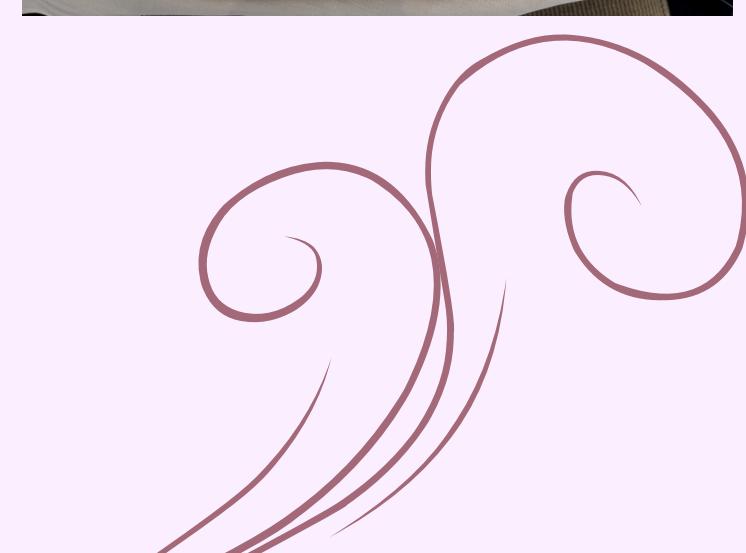
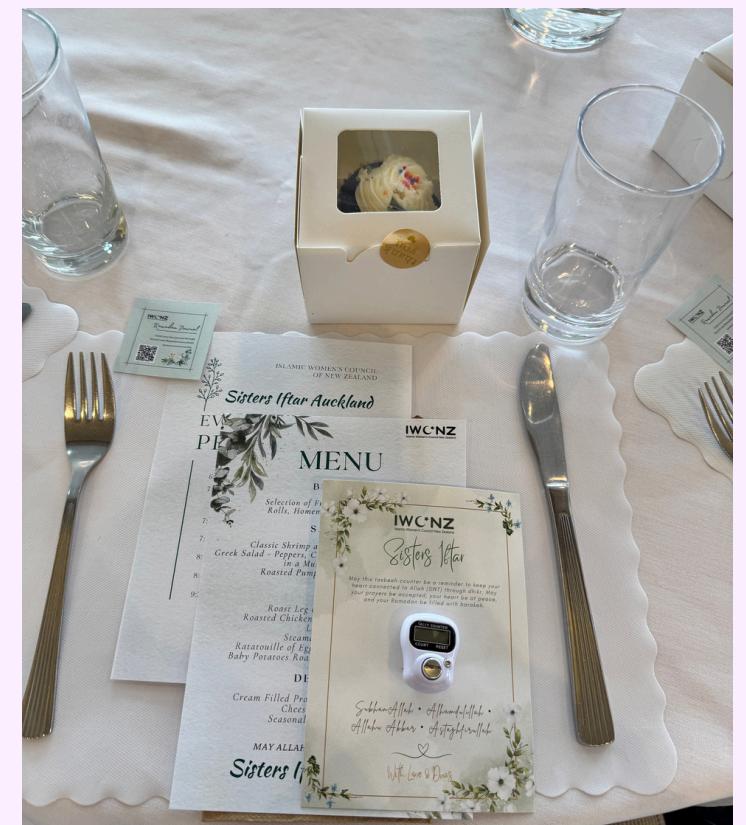


Ramadan 2025

Embracing the Spirit of Ramadan Together

As part of Ramadan, the Islamic Women's Council of New Zealand (IWCNZ) organized a series of online and offline events to strengthen sisterhood and spiritual growth.

- Annual Ramadan Decor Competition:** This exciting competition encouraged sisters to showcase their creativity and bring the spirit of Ramadan into their homes, making it an engaging and inspiring event for our community.
- Sisters Iftar in Auckland:** Brought together 103 sisters for an evening of reflection and connection. Sister Reem Ayyub led a pre-iftar halaqa, guiding attendees on spiritual growth and mindfulness during Ramadan. The event provided a beautiful space for our sisters in Auckland to gather, connect, break their fast together, pray, and share meaningful conversations.
- Ramadan School Initiative:** As part of our outreach, Auckland youth worker visited a school to raise awareness about Ramadan. The session aimed at raising awareness to staff on Ramadan, the fasting practices of Muslim students, and the school library was decorated with Ramadan-themed decor. Resources were provided to engage students and promote understanding within the school community.
- Sisters Iftar in Wellington:** Brought together 42 sisters for an evening of reflection, connection, and community. Sister Asma Ibrahim led a pre-iftar halaqa on maximizing the blessings of Ramadan, offering valuable insights on spiritual growth. The event provided an opportunity for sisters to break their fast together, enjoy meaningful conversations, and savour a delicious meal, creating a memorable and uplifting experience for all.



WHAT OUR SISTERS HAD TO SAY

"IWCNZ events allow me to feel a sense of belonging especially living in a country where we can be seen as the minority. Being in spaces with other women in the same boat as me has been really empowering."

IWCNZ has been an incredible space for connecting with other Muslim women who are in a similar stage of life and facing similar experiences. Living in New Zealand, where Muslims are a minority, it's not always easy to find that sense of community in everyday life. That's why IWCNZ events feel so refreshing—they provide a space where we can come together, support one another, and strengthen our faith. Every time I attend an event, I leave feeling uplifted, with a renewed sense of iman and belonging. It's truly a blessing to have a platform like this where we can grow spiritually and socially in a welcoming environment.

As a muslim revert it really helped me and my friend to have a chance of belonging and understanding islam as it's hard to find people who welcome you wholeheartedly. And having a community like this for women will really help other muslimah gain knowledge, have fun and a safe space for them.

IWCNZ events mean a lot to me because they provide an affordable and fun experience for muslimahs. They give us a chance to connect, learn, and just be ourselves as Muslims in a supportive space. Through the events we get to try so many new activities and gain so many skills which we would have otherwise not thought of. Without these, it'd be harder to find such opportunities for growth and community while also balancing our faith. Jazakallah for organising these events! :)

I joined IWCNZ late last year and had my daughter attend the ice skating event. It was awesome as I got my nieces to join her as well. The main benefit I see is to gather with more Muslimahs and connect with them and make new friends. I have already signed up to the conference for 2025 together with my muslimah friends, hoping for an exciting event Insha Allah.



Alhamdulillah and many more positive feedbacks....

Sisters In Business

HARMONY HIVE

About Me

My name is Nibras, and I'm the founder of Harmony Hive, an event planning company here in Auckland, New Zealand. Originally from Iraq, I've been in New Zealand for a decade now and have made this beautiful country my home. I hold a Master's degree in Basic Medical Science, but my priorities shifted toward family commitments once I arrived in NZ. This change ultimately led me down a new and fulfilling path in event planning.

Hobbies and Interests

I'm passionate about reading, creating, and exploring new experiences. Learning and expanding my understanding of different cultures and ideas are constant pursuits of mine.

About Harmony Hive

Harmony Hive was born from my passion for people and my desire to help them celebrate life's happy moments. We specialize in event planning that is tailored to our wider communities, providing an inclusive space for people to come together in celebration.

Motivation to Start

Eight years ago, I began volunteering in the Muslim community, and soon, this experience evolved into a special project for the Muslim community, eventually expanding to serve Middle Eastern and ethnic communities across North Shore, Auckland. Seeing the unique needs of these communities inspired me to create Harmony Hive to deliver events specifically crafted for them, fostering a sense of respect, unity, and joy.

Business Journey

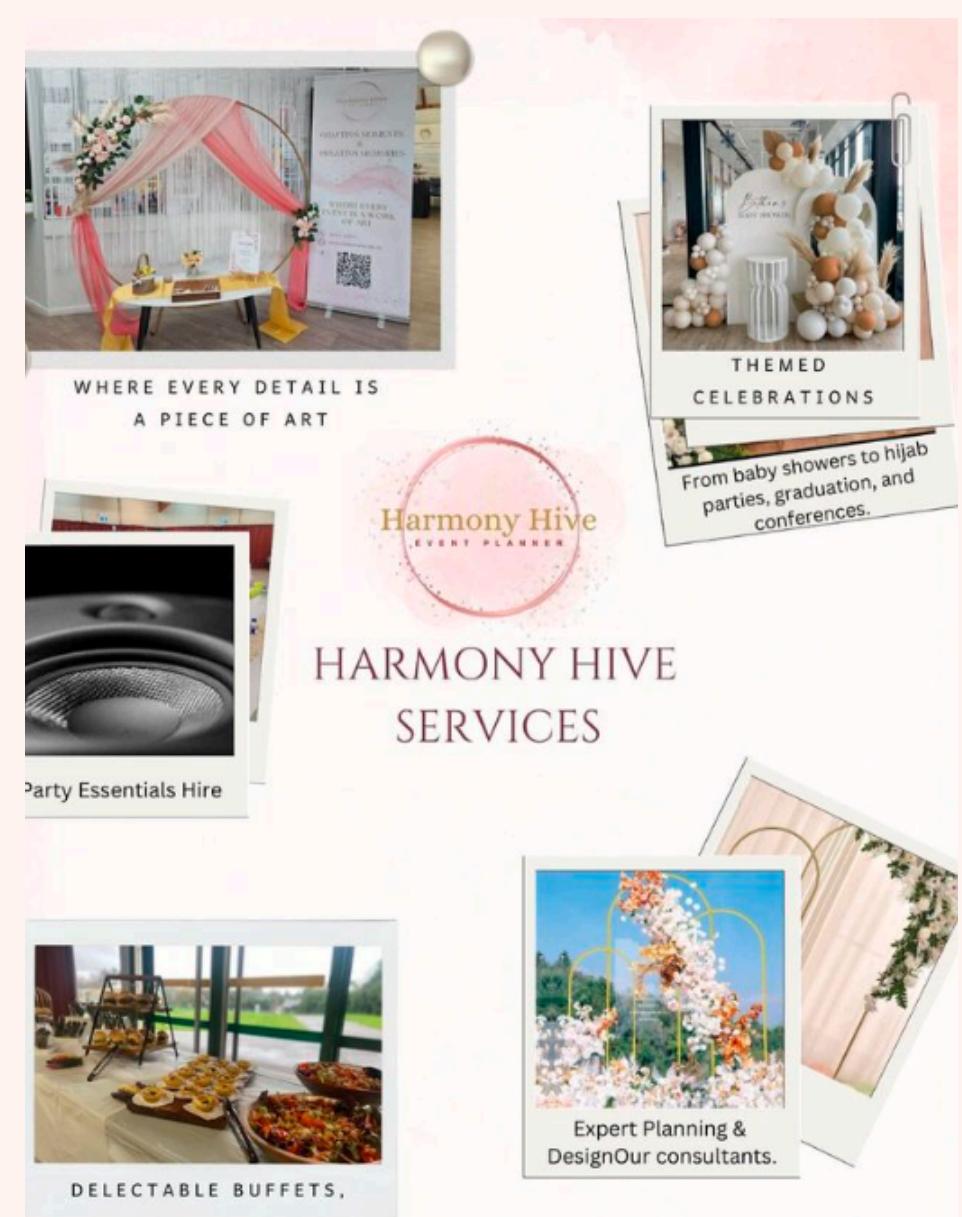
With the support of friends, I officially launched Harmony Hive a year ago. Our first major event, the Arabian Market in North Shore, Auckland, was a huge success and solidified our mission to bring various ethnicities together in peace and celebration.

Contact Details

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Cake.by.Nabaa
More cake less drama

Sisters In Business

CAKES BY NABAA

At *Cakes by Nabaa*, each cake is a labour of love, designed not only to taste amazing but to add a special touch to any occasion. My journey into cake-making started unexpectedly, inspired by the joy of baking my first cake for my son's baby shower. The flood of compliments I received planted a seed, and over the years, I continued to bake cakes for my children's birthdays, honing my skills and discovering my true passion for the craft. As a busy mum of three, I've always found comfort and creativity in the kitchen, and what started as a personal hobby gradually blossomed into a full-fledged business.

What I love most about baking is the ability to bring people together and make moments memorable. At *Cakes by Nabaa*, I focus on using high-quality ingredients, attention to detail, and a personal connection with each client to create cakes that feel as special as the event they're for. From classic flavours to custom designs, I work closely with my clients to ensure their vision is brought to life, whether it's a simple family celebration to a birthday. The joy I feel seeing a client's reaction when they first see their cake is unmatched, and it's what keeps me going every day.

Starting *Cakes by Nabaa* has allowed me to combine my love for baking with my passion for making people happy, and I'm excited to see where this journey will take me. My goal is always to create cakes that aren't just about flavour or design—they're about creating lasting memories.



Contact Details

Instagram: @cake.by.nabaa
or click [HERE](#)

Cake.by.Nabaa
More cake less drama





Gisters In Business

MERAKI HENNA BY SHAFNA

About Me

I am Shafna, I am a passionate henna artist and fashion designer, deeply inspired by my rich cultural heritage. Born and brought up in India, I relocated to New Zealand with my family two years ago, making it our new home. I am blessed with a loving husband and three beautiful kids who inspire me every day. Balancing family life, I work part-time as a sewing machinist and offer alteration services from home.

Hobbies and Interest

My true passion lies in Henna artistry, which led me to launch my own business. I am specialized in designing bridal henna and selling high quality organic henna cones. I am excited to share my creativity, skills and love for henna with New Zealand's vibrant community. Crafty at heart, I enjoy sewing, henna, crochet, gardening, and cooking. I'm passionate about learning new skills, sharing my harvest, and connecting with like-minded individuals.

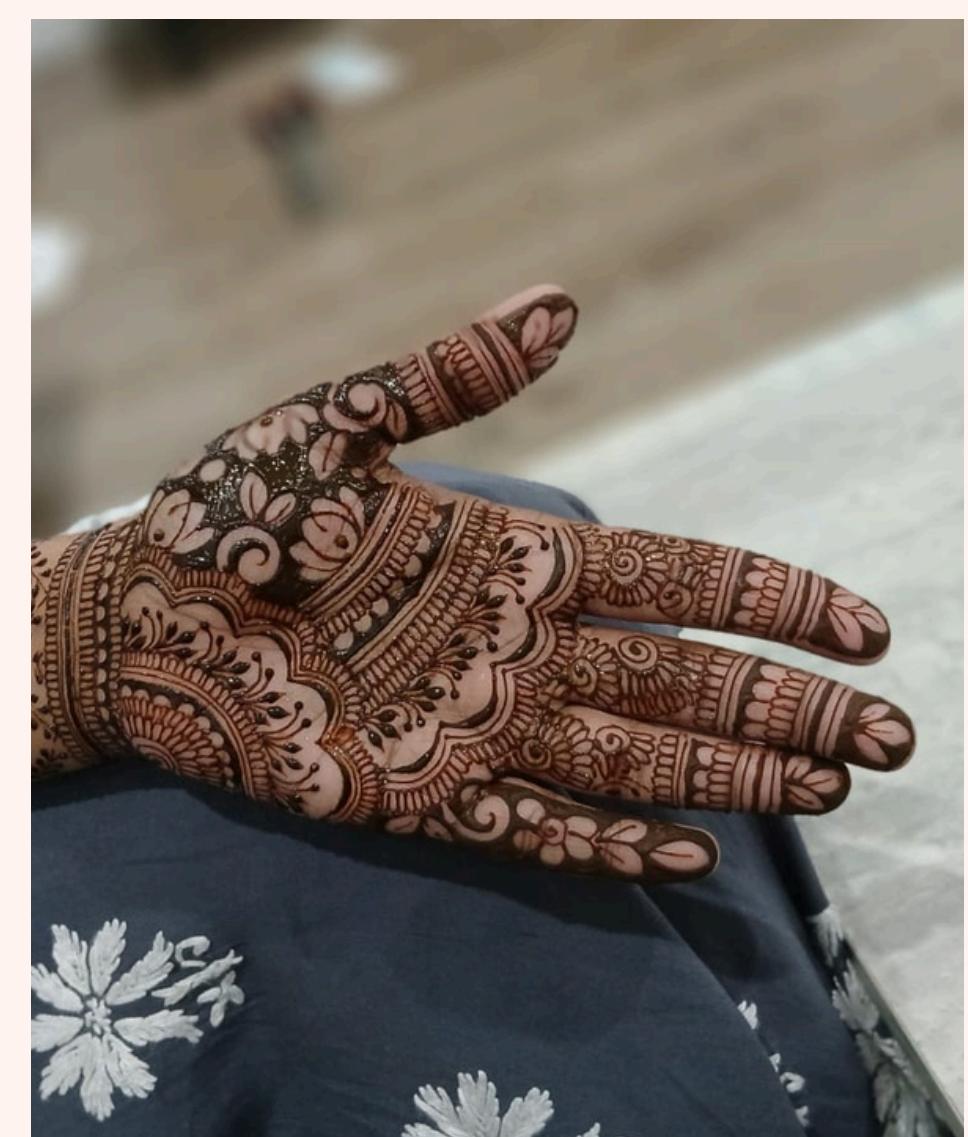
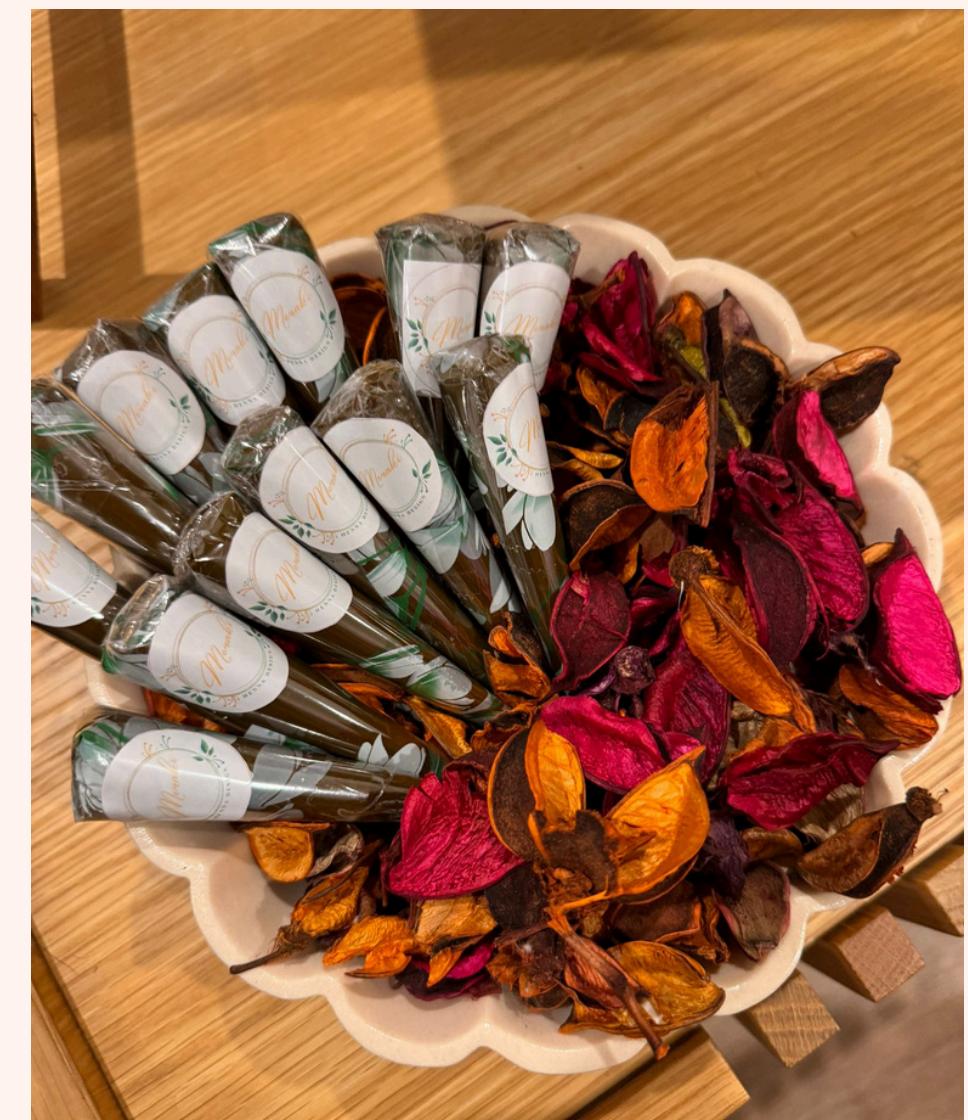
About Meraki Henna

Life took a new turn when we moved to New Zealand I began working part-time as a sewing machinist, and with the support of my family and a close-knit community of Keralite friends here, I started offering sewing and alterations from home. Encouraged by their support, I launched 'Meraki Henna,' offering personalized henna designs and selling organic henna cones. All cones are made to order.

At Meraki Henna & Stitching Studio, we blend traditional craftsmanship with modern creativity. With over a decade of experience in stitching and alterations, we've recently expanded our offerings to include organic henna cones and henna designs for bridal, parties, and cultural events. Our passion for henna artistry shines through in each intricate design, delivering memorable experiences for our clients. I am available for all your events ,just message me:)

Contact Details

Instagram:@mer_aki__henna_



@MER_AKI_HENNA_

Shafna/Henna Artist

Auckland NZ based Henna artist

▲ Organic Henna Cones Available 🍀

▲ Bridal, Party, All Events Henna...

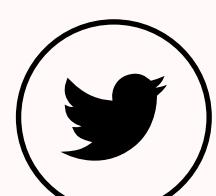
Sisters and fellow adventurers!
Want to be the first in line for all the
exciting opportunities coming your way?
Join our database and follow us on social
media to stay in the loop!



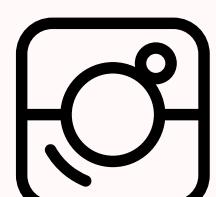
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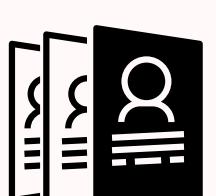
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جَلَّ جَلَّ اللَّهُمَّ حَمْدُكَ