

The Treasure of Fellowship

FROM FRAGRANCE TO FORTRESS



OFFICIAL PROGRAM GUIDE

السلام عليكم
peace be upon you

The Treasure of Fellowship

FROM FRAGRANCE TO FORTRESS

A fundamental shift in society has occurred in recent years, emphasizing individualism and cold digital interactions. However, as humans are social creatures, it is crucial to recognize the significance of authentic connections among ourselves. Creating connections and building fellowship and companionship hold a significant place in the teachings of Islam. It is not merely a casual social relationship but a profound and spiritually uplifting bond based on compassion and virtue. In Islam, friendship is viewed as a divine gift that can guide individuals on their journey toward spiritual growth and righteousness.

We are reminded to choose our companions wisely as the connections we make impact our character and conduct, as the Prophet, peace and blessings be upon him, said, "A man follows the religion of his friend; so each one should consider whom he makes his friend" (Abi Dawud). We need to reflect deeply on our own actions as well to see if we uphold the values we wish to see in others, to treat people with respect and kindness, whether they share the same faith or not. If not, we may become isolated and lonely. This is a condition that affects far too many people and has been deemed a public health priority by the U.S. Surgeon General, Vivek Murthy.

A genuine bond is built when one is sincere in their intentions, loyal in their actions, advises one another through compassion, and is trustworthy in their words. As Muslims, we are encouraged to hone these attributes out of love, as the Prophet, peace and blessings be upon him, narrated that "none of you truly believes until you love for your brother what you love for yourself" (Ibn Majah). This love is a powerful force that inspires people to do the most amazing acts of kindness and empathy for each other, no matter how large or small these acts may be. By embodying these values in our relationships, we can then truly support and assist those closest to us.

How do you cultivate and maintain your ties with others? How do you define friendship? In moments of competing interests, how do you provide counsel to those closest to you? How do you help them? How do you know that those around you bring a positive impact to you? Do you bring a positive influence to those close to you? Do you love for your brother or sister what you love for yourself?

We encourage you to creatively explore these concepts and more in Regional and National competitions and workshops during MIST 2024. Remember that unique projects displaying creativity and insight will be judged most favorably.

We welcome you to the 15th Annual Philadelphia Muslim Interscholastic Tournament, filled with interactive, educational, and inspiring content. We hope you enjoy the weekend.

Sincerely,

The Mist Philly Dream Team

CODE OF CONDUCT

ATTENDANCE AT MIST PHILLY IS A PRIVILEGE

The policies apply to all students, adults, and authorized persons attending the tournament. Participants shall respect all rules and practices at all times. Participants violating any of the code of conduct rules may jeopardize their ability to participate, and may be disqualified. Students may be sent home immediately at their own expense. Participants and other authorized individuals attending MIST Philly 2024 Regional Tournament automatically accept terms and conditions outlined in the MIST 2024 Code of Conduct.

TOURNAMENT AUTHORITY

Staff members of MIST Philly are board members and volunteers. Any questions/comments/concerns may be directed to a volunteer. Any matters requiring escalated involvement may be directed to board members.

GENERAL CONDUCT

Participants must wear the supplied tournament ID badge at all times from arrival at the tournament until departure from the tournament. Participants should be prompt, and prepared for all activities. Participants are required to attend all general workshops, competitive events, etc. for which they are registered.

PERSONAL CONDUCT

Participants are expected to conduct themselves in a mature, Islamic manner. Any acts that can be deemed reckless, irresponsible, or immoral will result in disciplinary action. Causing bodily harm and/or having possession of weapons, defacing/stealing property, and violating the sanctity of the tournament are strictly prohibited. All interactions with fellow participants should be done in a professional manner.

PROHIBITED ACTIONS

Engaging in any lewd, indecent, sexual or obscene acts, verbal, physical, or sexual harassment is completely unacceptable. Participants must not loiter in restricted zones (including hallways, non-MIST buildings, etc.), regardless of the presence of a coach/chaperone. A student engaging in the use of slurs against any person on the basis of race, color, creed, national origin, ancestry, gender, sexual orientation, or disability is strictly prohibited.

LOST OR STOLEN ITEMS

Any items that are lost or stolen at a MIST event are the sole responsibility of the participant. Retrieved items are to be reported to the board members or volunteers.

DRESS CODE

Participants must dress in modest, professional, and competition appropriate clothing throughout the tournament weekend.

MEDIA RELEASE

By participating in MIST Philly activities and competitions, you consent release of any photographs, video footage, and names for promotional and media purposes.

TEAMS REPRESENTED

YCC - Cherokee	ICCL - Hempfield
YCC - Downingtown West	ICCL - Linden Hall
YCC - Great Valley	ICCL - Manheim Township
YCC - Owen J Roberts	North Penn
YCC - Downingtown East	North Penn - MaST Community Charter
YCC - Henderson	North Penn - Agora Cyber Charter
YCC - Garnet Valley	Al Aqsa Islamic Academy
YCC - West Chester East	Mujahideen - Commonwealth Charter
YCC - Unionville	Mujahideen - Cheltenham
YCC - Kennett	Mujahideen - Russell Byers
YCC - Rustin	Mujahideen - Wissahickon
YCC - Downingtown Stem	Mujahideen - Upper Darby
YCC - Collegium Charter	Mujahideen - SLA Beeber
YCC - Westtown	Mujahideen - PA Cyber
YCC - Odyssey Charter	MLV - Easton
YCC - Penncrest	MLV - Parkland
YCC - Sun Valley	MLV - Whitehall
Dover- Polytech	MLV - Moravian Academy
Dover - Sussex Academy	MLV - Emmaus
Dover - Caesar Rodney	MLV - Upper Perkiomen
Dover - MOT Charter	MLV - Northampton
Dover - North Caroline	MLV - Lehigh Academy
Dover - Early College	MLV - Harriton
Dover - Charter School of Wilmington	MLV- Liberty
Dover - Lake Forest	Central
Dover - Odessa	Islamic Organization of the Southern Tier
Dover- Smyrna	George Washington Carver
Dover - Newark Charter	Franklin Towne Charter
Devon - Upper Merion	Haverford
Devon - Perkiomen Valley	Lower Merion
Devon - Spring-Ford	Iqra Institute
Devon - Methacton	Baitul Mukarram - Central
Devon - Pennsylvania Cyber Charter	Baitul Mukarram - Penn Alexander
Devon - Villa Maria	
Devon - Conestoga	
Devon - Northeast	

SATURDAY

February 24th

INTRODUCTION

8:00 - 8:30 AM	Registration	Great Court
9:00 - 10:00 AM	Orientation	Auditorium

COMPETITIONS & WORKSHOPS

10:00 - 12:00 PM	Knowledge & Quran*	
	Knowledge Test 1	Curtis 456
	Knowledge Test 2	Curtis 453
	Knowledge Test 3	Curtis 455
	Knowledge Test 4	Curtis 454
	Sisters' Quran (Level 1)	Curtis 343
	Sisters' Quran (Level 2 & 3)	Curtis 344
	Sisters' Quran Recitation	Curtis 344
	Brothers' Quran (Level 1)	Randell 323
	Brothers' Quran (Level 2 & 3)	Randell 326
	Brothers' Quran Recitation	Randell 326
10:00 - 10:50 AM	Faithful Friendships	
	Imam Safwan Eid	Auditorium
11:00 - 12:00 PM	Preserving Heritage	
	Nada Abuasi, Samar Dahleh, Sabrin Hilal	

DHUHR PRAYER & LUNCH 12:00 - 1:00 PM

1:00 - 3:00 PM	Writing & Oratory	
	Extemporaneous Speaking*	Curtis 353A
	Extemporaneous Essay*	Curtis 352
	Original Oratory*	Curtis 344
	Spectators Allowed:	
	Spoken Word	Auditorium

COMPETITIONS & WORKSHOPS

3:00 - 4:15 PM	Brackets Prelim 1*	
	MIST Bowl	Randell 323, 328A, 328B, 329
	Debate	Curtis 453
	Brothers' Improv	Randell 326
	Sisters' Improv	Randell 327
	Math Olympics Pre-test	Curtis 250, 250A
3:00 - 4:15 PM	Mindful Resilience	Auditorium
	Sheikh Arqum Rashid & Mufti Niaz Hannan	

ASR PRAYER & REMINDERS 4:15 - 5:00 PM

5:00 - 6:15 PM	Brackets Prelim 2*	
	MIST Bowl	Randell 323, 328A, 328B, 329
	Debate	Curtis 453
	Brothers' Improv	Randell 326
	Sisters' Improv	Randell 327
	Math Olympics Round 1	Curtis 250
5:00 - 5:45 PM	Defend, Empower, Prevail	Great Court
	Muhsin Cason: The Muslim Boxer	

MAGHRIB & ISHA PRAYER 5:45 - 7:15 PM

HYPE SESSION 6:30 PM

7:15 - 8:30 PM	Brackets Prelim 3*	
	MIST Bowl	Randell 323, 328A, 328B, 329
	Brothers' Improv	Randell 326
	Sisters' Improv	Randell 327
	Math Olympics Round 2	Curtis 250
7:15 - 8:30 PM	Qur'an & Nasheed Night	Auditorium
	Imran Rahman	

DINNER 8:30 PM

NO SPECTATORS*

Permanent Prayer Room: Curtis 258 (S), Curtis 255B (B)
Coaches' Room: Randell 120

WORKSHOP DESCRIPTIONS

Faithful Friendships: Building Bonds of Faith

Explore the profound companionship shared between Prophet Muhammad, peace and blessings be upon him and his devoted Sahabah, companions. By studying models like Abu Bakr, Umar, Ali and others, may Allah be pleased with them, we gain insights into building righteous bonds of Islamic brotherhood in contemporary times. Join us in reflecting on insightful hadith, statements and actions of the Prophet, peace and blessings be upon him, and reminders that have the power to strengthen present-day circles of faith-based unity and shared purpose.

Preserving Heritage: Exploring Traditional Palestinian Art

Join us for an enriching workshop led by local Palestinian artists as they delve into the historical and cultural importance of traditional embroidery and other art forms. Discover the meanings behind common Palestinian symbols and patterns, gaining a deeper understanding of the cultural narrative. With hands-on experience, you can create your own embroidered piece and kite with step-by-step guidance, offering a unique opportunity to connect with the art form and take home a meaningful creation.

Mindful Resilience: Addressing Survivor's Guilt

As we witness the trauma inflicted on Muslims around the world, many feel haunted by survivor's guilt, wondering why we are spared such pain. This panel workshop will delve into the constructive ways to process these complex emotions through mindfulness, trust in Allah, and collective healing to empower our commitment to justice. In times like these we are often reminded by the Prophet, peace and blessings be upon him, who related to his companions, "The believers in their mutual kindness, compassion and sympathy are just like one body. When one of the limbs suffers, the whole body responds to it with wakefulness and fever". Recognizing that fighting darkness requires light, we will rekindle the strength, resilience, and hope within ourselves and the shared dreams of the affected community.

Defend, Empower, Prevail: A Martial Arts Workshop for Personal Safety

As Muslims living in America, it is essential to draw upon Islamic teachings to empower ourselves with knowledge of self-defense. Join us for an enlightening session rooted in Islamic principles, where we will delve into the importance of safety, its relevance in various situations, and methods for de-escalation. Through scenarios presented by a speaker, participants will gain insights into applying safety techniques aligned with Islamic values to strengthen their preparedness for personal well-being and the well-being of others. This interactive workshop will be conducted with gender separation, focusing on imparting fundamental self-defense techniques to the youth.

Elevating Voices: Qur'an & Nasheed Night

Join us to experience Imran Rahman's soulful live performance, featuring mesmerizing nasheed covers and Quran recitation. Immerse yourself in the captivating melodies and eloquent recitations that capture the essence of devotion, allowing for moments of deep reflection. Don't miss this opportunity to witness Imran Rahman's talent and passion. Join us for an unforgettable evening of enlightenment and inspiration!

SUNDAY

February 25th

INTRODUCTION

8:00 - 8:30 AM Check In & Art Submissions Great Court/Auditorium

COMPETITIONS

8:00 - 9:15 AM **Brackets Quarterfinals***

MIST Bowl	Randell 323, 328A, 328B
Debate	Curtis 453
Brothers' Improv	Randell 326
Sisters' Improv	Randell 327
Math Olympics	Curtis 250

9:15 - 11:15 AM **Group Projects**

Business Venture*	Curtis 452
Social Media*	Curtis 353A
Science Fair*	Curtis 457
Humanitarian Service*	Curtis 457
Short Film*	Curtis 250A
Spectators Allowed:	
Brothers' Nasheed	Randell 326
Sisters' Nasheed	Randell 327

9:00 - 10:15 AM **Cultivating Ihsan**
Hamza Gulzar Khan Auditorium

10:15 - 11:15 AM **Short Film Screening**

11:15 - 12:15 PM **Brackets Semifinals**

MIST Bowl	Curtis 340, 341
Debate	Curtis 453
Brothers' Improv	Randell 326

DHUHR PRAYER & LUNCH 12:15 - 1:15 PM

NO SPECTATORS*

Permanent Prayer Room: Curtis 258 (S), Curtis 255B (B)
Coaches' Room: Randell 120

COMPETITIONS & WORKSHOPS

1:15 - 3:15 PM	Arts*	
	Extemporaneous Drawing	Curtis 250A
	3D Art	Curtis 351
	Fashion Design	Curtis 456
	2D Art	Curtis 456
	Photography	Curtis 457
	Digital Art	Curtis 457
	Culinary Arts: Chopped	Curtis 353A
	Culinary Arts: Baking	Curtis 353A
1:15 - 2:40 PM	MISTery Hunt	Great Court
	MIST BOWL:Competitors vs. Organizers	
2:45 - 4:15 PM	Brackets Finals	
	MIST Bowl	Auditorium
	Debate	Randell 326

ASR & MAGHRIB PRAYER 4:15 - 6:15 PM

MIST PHILLY GROUP PHOTO 5:00 PM

6:15 - 8:30 PM	Awards Ceremony	Auditorium
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WORKSHOP DESCRIPTIONS

Cultivating Ihsan: Exploring Food Origin

Explore the origins of your food with @boybawarchi, Hamza Gulzar. Whether it's organic ingredients or industry-grown produce, this session will delve into the significance of understanding the importance of simple ingredients while relating it to ihsan, excelling in your actions. While he demonstrates the process of making cookies, Hamza explains the importance of embodying the spirit of Ihsan for a lifestyle rooted in gratitude and conscientious living.

NO SPECTATORS*

SPEAKERS



Imam Safwan Eid

Imam Safwan Eid, born and raised in Quincy, Massachusetts, apprenticed under his father, Shaykh Dr. Talal Eid, learning Islamic leadership firsthand. He continued his studies in Lebanon before serving as Imam in Michigan, where he focused on community service and scholarship. With a Masters in Islamic Studies, he's known for counseling, marriage sermons, and pastoral care. Currently Director of Religious Affairs at the Muslim Center of Greater Princeton, Imam Safwan resides in Plainsboro with his family, striving to foster compassionate leadership and profound scholarship within Muslim communities.

Nada Abuasi

Nada Abuasi is a Palestinian Muslim creative writer and artist. Her writing has been published in newsletters, blogs, and anthologies, and her art has been shared at galas and auctions. Nada holds a Bachelor's degree in Political Science and Criminal Justice, concentrating on the intersection between settler-colonialism, carceral systems (i.e prisons, police, and courts), and labor exploitation. She is currently pursuing a Master's in Communications Culture and Media, where she researches a variety of topics, from 'the revival of film photography' to 'the importance of de-colonial archives.' Apart from her studies, Nada has also dedicated a large portion of her time to global south liberation, particularly the Palestinian cause, working with various student groups and local and national grassroots organizations to educate, politicize, and mobilize.



Samar Dahleh

Samar Dahleh is a Palestinian Muslim creative writer and organizer. She completed her Bachelor's degree in Political Science and Philosophy, followed by a Master's in Criminology and Criminal Justice. Samar's activism began with founding the MSA in both her high school and university at Cabrini. She has since become an active organizer in Philadelphia, fostering connections across Pennsylvania's major cities, including Harrisburg and Pittsburgh, through multifaith organizing efforts. In addition to her activism, Samar is a talented henna artist and dabbles in tatreez, showcasing her cultural heritage through art. She currently works for the philanthropic arm of a real estate company, where she continues to advocate for community empowerment in West Parkside.



SPEAKERS

Sabrin Hilal

Sabrin Hilal is a Palestinian artist from Philadelphia. She graduated from Drexel University in 2020 with a degree in Materials Science and Engineering. Outside of work, she is learning how to work with different mediums through art journaling and hopes to inspire and encourage others to express themselves through art. She participated in MIST Philly as a competitor in high school and joined as an organizer when she started college, working on the Registration & Outreach team and as an Associate Director for her last two years.



Mufti Niaz Hannan

Mufti Niaz Hannan is the Head of Islamic Studies at An-Noor Academy Day School in Piscataway, Central New Jersey, USA. Mufti Niaz began his journey in Islamic Studies at a young age and finished his Ḥifẓ (complete memorization of the Qur'ān) in the spring of 2004. For the next nine years, Mufti Niaz would study the Islamic Sciences in the UK, graduating in 2011 from Jamiatul Ilm Wal Huda UK in Blackburn, near Manchester, North England. The following year, he trained as a Mufti (issuer of Muslim legal responses) and completed an MA in Islamic Studies. For the last fifteen years, Mufti Niaz has been serving as an Imam in New Jersey, and travels and teaches all over the Tri-State area and Delaware. He is also the Muslim Chaplain at Drexel University in Philadelphia, a Dars Nizami teacher at Darul Uloom Central Jersey, and an instructor for Riwaq Institute in Greater Philadelphia.



Sheikh Arqum Rashid

Arqum Rashid is the Resident Scholar and Imam at the Islamic Society of Central Delaware and an Assistant State's Attorney in Baltimore. He serves as the current director for Riwaq Institute. Arqum is a graduate of al-Azhar University with a degree in Islamic law and of Delaware Law School with a law degree. He has a Master's in Interreligious Studies with a specialization in Islamic Studies from Hartford International University (previously Hartford Seminary). Arqum is currently pursuing his Ph.D. in Islamic Studies there as well.



SPEAKERS



Muhsin Cason: The Muslim Boxer

Born and raised in Baltimore, Maryland, Muhsin was brought up in a Muslim and sports minded household as the younger brother of World Heavyweight Champion Hasim Rahman. By the age of 15 as he was pursuing his own boxing career, Muhsin became a "Hafiz " and memorized the entire Quran. He has since been known for his beautiful recitation voice and has led numerous prayers in his local Las Vegas & Philadelphia community Masajid. Undefeated and currently ranked in the top 10, Muhsin is a proud Muslim with a massive social media Presence. As an undefeated Cruiserweight with 11 fights and 8 by Knockout, he is currently ranked #5 in the USA and targeting a title shot soon.

Imran Rahman

Imran Rahman is an 18-year-old creative from Tampa, FL, currently in their senior year of high school. Originally from Bangladesh, Imran has competed in numerous Quran competitions both nationally and internationally. He creates content on social media, posting Quran recitations, nasheed, and vlogs online to inspire others to recite and benefit. Additionally, he works as a videographer/filmmaker and runs a content agency while also planning to start college in the upcoming year, inshaAllah. For fun, he enjoys playing soccer!



Hamza Gulzar

Hamza is a part-time bread baker at Seylou, a Muslim-owned bakery and mill, and a part-time barista at Loud n' Roasted, another Muslim-owned coffee shop and roastery. Whenever inspiration strikes, he shares snippets of his passion through videos on social media, using the username "boybawarchi". His passion lies in understanding his specific role in the ummah and acting upon it. He believes his role is to nourish people through food and to connect that nourishment to Allah as its source.

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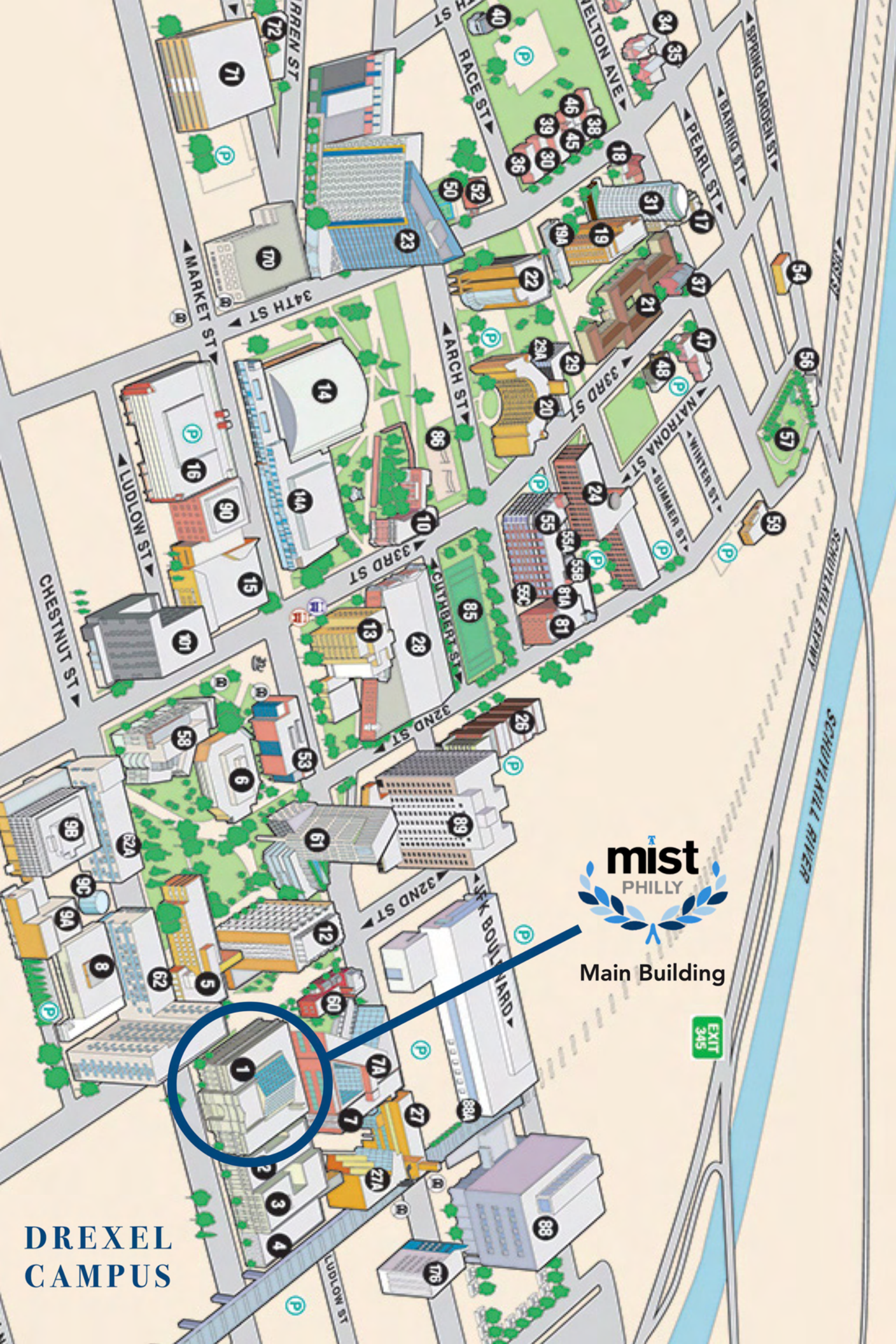
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