



5<sup>th</sup> Annual Women's Conference

# BREAKING DAWN

*THE CHANGE IS WITHIN YOU*



## PROGRAM BOOKLET

# About Being ME

Being ME, the 'ME' stands for Muslimah Empowered, aspires to be the world's leading Muslimah organization focusing on God-consciousness, confidence, action and community.

Our mission is to give Muslim women a voice to express the reality of their unique lifestyles, share accomplishments that benefit humanity and inspire others to do the same. Since 2017, we have embarked on a mission to develop niche products that works with various community segments to further our mission. Being ME currently holds events in Toronto, Calgary, Vancouver, Ottawa and online. Please visit [www.attendbm.com](http://www.attendbm.com) to see all our products in action.

## Our Products

### BEING ME CONFERENCE

A conference organized to address the needs of women from all walks of life. And today, we are glad to have you with us here.

### LEGACY TOUR

Held at a **masjid** near you, we explore the lives of Muslim women throughout the ages who rose to great heights, overcame incredible odds, and left a lasting legacy for those to come after.

### COFFEE THERAPY

We address hot topics/trends, community challenges, current affairs and we endeavor to foster those discussion in a therapeutic fashion. The coffee just makes us think harder.

### INTIMATE CONVERSATIONS

A Muslim-friendly space for conversations around emotional and **sexual** intimacy between a husband and a wife.

### LEADERS' SUMMIT

Bringing together Muslimah **leaders** from our community in an effort to enable better dialogue and progressive action.

### ENTREPRENEUR PANEL

A **talk-show** style feature for selected womenpreneurs to share their success story and inspire others to start their own journey.



### RITE

An education empowerment program designed to facilitate conversations with Muslim youth via engaging presentations & interactive workshops in a **school** setting.

### BUILDING ME

One day **retreat** offering critical discussions, one on one time with our teachers, and a unique opportunity to develop the bonds of sisterhood.

### EAT. PRAY. LOVE

A **mini-conference** product - it's a "**spa get-away**" for your soul. We meet and learn from experts in nutrition, health, fitness, spirituality and relationships.

### RESILIENCE

**Mini-conference** where incredible women share powerful stories of personal challenges and spiritual triumphs that exemplify the very essence of **resilience** and trust in Allah.

### PLAY & PRAY CHILDREN'S CONFERENCE

A jam-packed day of innovative and exciting activities designed so your **child** will be inspired to rise to their greatest potential!

A vibrant sunset over a field of purple flowers. The sky is filled with warm, golden and orange hues, with the sun low on the horizon. The foreground is a lush field of purple flowers, possibly thistles, with some taller grasses. The overall scene is peaceful and inspiring.

# DAWN BREAKING

## *THE CHANGE IS WITHIN YOU*

The greatness of a Muslimah lies in her tenacity, in her unyielding will to persist and push forward despite the odds against her. The great scholar, Ibn al-Qayyim al-Jawziyyah said: "Satan rejoiced when Adam came out of Paradise, but he did not know that when a diver sinks into the sea, he collects pearls and then rises again." Every time we are thrown into hardship, we have the opportunity to collect pearls of wisdom and begin again. Hardship gives us a chance for renewal. The Muslimah can emerge from the brackish seas of hardship as a new woman, humbled and revived.

This world can move at a blinding pace. We don't take time to reflect, and in order to cope, we settle into our comfort zones. A labyrinth starts to take over our souls. The rivers of our faith become still and stagnant. We become doomed to have the same arguments and conflicts with our loved ones, repeat the same mistakes over and over again, and become heedless of our Lord. Change can be scary for all of us. But in order to grow, we often have to push ourselves out of our comfort zones. In order to reawaken to the reality of this universe and to reforge our connection with our Lord, we have to let go of a past that has hurt us and the people who tear us down. How does the Muslimah do this?

This year's theme explores the fierce heart of the Muslimah and her invincible spirit. This conference will focus on how you can change, adapt, and ultimately grow to be your best self. Your heart can change, your soul can be enlivened -take this opportunity to let go and renew your relationship with your Creator. You stand on the precipice of a new dawn, on the cusp of greatness. It's time for your soul to reawaken.



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# • *Conference Features* •

## **MAIN HALL SESSIONS**

Schedule pg 6

Knowledge based in-depth analysis, shared journeys, panel sessions and Q&A to leave all of our attendees ready to fly.

## **PLAY & PRAY CHILDREN'S CONFERENCE**

Schedule pg 8

Limited space available! Additional fee of \$20. \*\*Please ensure you pickup your child by 12:05 PM\*\*

## **MOTHERS' ROOM**

Enjoy live streaming, toys and activities for kids. There are even diapers for the babies! Will feel like you are in the comfort of your own living room.

## **MARKETPLACE**

Our Marketplace offers you a glimpse of the newest and the trendiest. There will definitely be something for everyone.

## **WORKSHOPS**

Schedule pg 7

Drawing inspiration from dynamic professionals, leaving attendees with the tools they need to shift into action.

## **JEOPARDY**

Main Hall 12:05 PM

We are entering the game show world this year with the introduction of Jeopardy at Being ME.

## **SCAVENGER HUNT - RACE TO THE END**

Navigate through our market place and solve riddles about our awesome vendors for a chance to win a prize.

## **MUSLIMAH OF THE YEAR**

Announcement Main Hall 7:15PM

## **QUR'AN COMPETITION TALENT SHOW**

Winners will be reciting/performing throughout the day

## **FASHION SHOW**

Main Hall 6:25 PM

Fashion show featuring muslims from all over the world: uniting religion, culture and modern society

## **ENTREPRENEURS PANEL**

Workshop Rm 10:30am

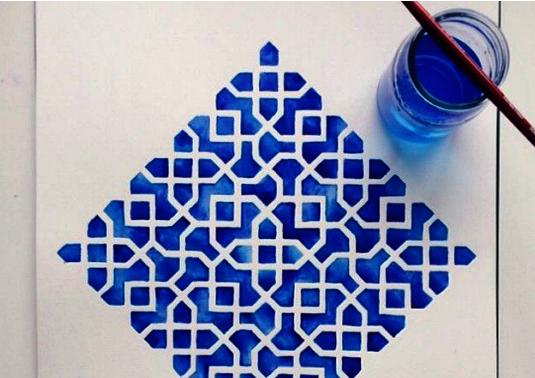
Ever wondered what it takes to get started with your own startup or run your own successful business. Join this diverse panel of experts as they share their wealth of knowledge in this area and answer your questions.

# • *Main Hall Schedule* •

<i>Start time</i>	<i>Session</i>	<i>Speakers</i>
10:40 AM	Opening of Program	Souad Farag
11:00 AM	Transformation: Education as a Means	Tesneem Alkiek
11:35 AM	Press Play: Living in the Moment	Amina Ega
12:05 PM	Jeopardy	
<b>12:35 - 2:05 DUHR SALAH &amp; LUNCH BREAK</b>		
2:10 PM	Stop, Start, Continue: Tiny Leaps, Lasting Changes	Zahra Billoo
2:45 PM	Heart Transformation: Change By Giving	Khaled Saad
3:20 PM	Comfort Zoned: Reaching beyond your Limit	Maryam Amir
<b>3:50 PM - 4:30 PM ASR SALAH BREAK</b>		
4:30 PM	Here's to the Fearless ones: Muslimah Change Makers	Zahra Billoo
5:05 PM	True You: Change through Introspection	Maryam Amir
5:40 PM	"Ayesha at Last" - A Book Reading	Uzma Jalaluddin
5:50 PM	Changing Families: Working through New Dynamics	Amina Ega
6:25 PM	Fashion Show	Souad Farag
<b>6:50 PM MAGHRIB SALAH BREAK</b>		
7:15 PM	Muslimah of the Year Award	Souad Farag
7:30 PM	Navigating Life's Terrains: Jagged edges, Smooth surface	Tesneem Alkiek
8:05 PM	End of Night Roundtable	
8:45 PM	Closing Remarks	

# • *Workshop Schedule* •

<i>Start time</i>	<i>Session</i>	<i>Speaker</i>
10:30 AM	Entrepreneurs Panel	Maria Arshad, Uzma Jalaluddin, Dr. Asil Abdu
11:30 AM	Healthy Living with Rulla	Rulla Abbas
12:45 PM	Bringing Up The Next Generation (Urdu)	ICNA Sisters
2:00 PM	Geometric Patterns With Masarah	Masarah Maisari
3:20 PM	Growing your hobby into a passion	Uzma Jalaluddin
4:30 PM	Networking Session With Souad	Souad Farag
7:15 PM	You are Precious: Self Reflection Session	Maha Alghoul



# Play & Pray Children's Conference Schedule

For children ages 4-6

<i>Start time</i>	<i>Session</i>	<i>Start time</i>	<i>Session</i>
9:30 AM	Registration Opens	2:10 PM	Sign In
10:00 AM	Name Tags & Introductions	2:30 PM	Making wudu & praying
10:25 AM	Creations of Allah - Make your favorite creation!	3:10 PM	Mindful speech game
11:00 AM	Learning valuable lessons from Islamic stories	3:30 PM	Arabic Letters
11:30 AM	Snack time	4:00 PM	Arts & Crafts/ Library Time
11:55 AM	Coloring - Lessons from the Ramadan Coloring Book	4:40 PM	Nap Time
12:15 PM	Masjid Aadaab	6:15 PM	Playtime
12:35 - 2:05 PM DUHR SALAH & LUNCH BREAK		6:50 - 7:15 PM MAGHRIB SALAH & DINNER BREAK	
		7:15 PM	Movie - Bilal
		8:45 PM	Program Closes/Sign Out



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## Main Hall Topics

### **Transformation: Education as a Means**

In this talk, we'll explore examples from the lives of the Companions of the Prophet (s) and Aisha (ra) in particular to learn how they created an environment that valued knowledge as a means of creating their identities and preserving the legacy of the Prophet (s). Through their respect for one another and their desire for truth through knowledge, the Companions were able to implement the ideals found within Prophetic practice and enact change within their communities. By recognizing both the need to obtain this knowledge as well as create an environment that makes this knowledge desirable and accessible, we too can embody a stronger and more confident identity that is ready to transform our society.

### **Stop, Start, Continue: Tiny Leaps, Lasting Changes**

How can tiny steps change habits over time? Our Prophet (SAW), wisely instructed us to abandon sin immediately but gradually develop good habits. Join us for this session where Sr Zahra will discuss how striving to do good consistently starts with tiny steps that often snowballs into outcomes you never thought you could achieve, all with the right intentions.

### **Here's to the Fearless ones: Muslimah Change Makers**

Muslim women are taking action across the globe achieving great feats. The achievements are varied and the challenges they face often are related to their context. Yet, there are certain qualities that embody all their struggles, certain commonalities that define their successes. Sr Zahra will help us identify some of these qualities and inspire us to similarly achieve impactful outcomes.

### **Comfort Zoned: Reaching beyond your Limit**

Escape your comfort zone and push your boundaries. Effective change occurs in the space just outside our comfort zone. It is in that space that one can nourish oneself, grow and reach one's maximum potential. Sr Maryam will endeavor to provide practical tips on how to be comfortable outside our comfort zone and reach for our maximum potential.

### **Navigating Life's Terrains: Jagged edges, Smooth surface**

[He] who created death and life to test you [as to] which of you is best in deed - and He is the Exalted in Might, the Forgiving. [67:2] As believers we recognize that the tests sent our way will help us achieve a higher status in Jannah. Understanding this, how can we prepare ourselves in the "easy" or "good" times, while readying ourselves for obstacles that are surely around the corner?

### **Press Play: Living in the Moment**

We can't control what happened in the past, and we don't have control over what will happen in the future. But what we can control is how we feel and act right now. How can we ensure we are living in the moment and not losing sight of all the blessings from Allah, while still learning from the past and planning for the future?

### **True You: Change through Introspection**

The Muslimah needs to aspire to great heights. Develop a habit of life-long introspection, where you are always growing, assessing, re-evaluating and changing. Take the time to reflect and evaluate what really motivates us to wake up in the morning and strive for Ihsan. Wake up to the Muslimah you want to be.

## **Changing Families: Working through New Dynamics**

Our traditional values and norms have helped Muslim families come together and maintain a support structure for our young and elderly over the last 1400 years. However, changing family dynamics, individualism and an absence of extended families necessitate a new look at how to tackle marriage, children and elder care in our context. This session will identify the essentials and also help us learn from our history of Muslims in new lands.

## **Heart Transformation: Change By Giving**

Indeed, the men who practice charity and the women who practice charity and [who] have loaned Allah a goodly loan - it will be multiplied for them, and they will have a noble reward (57:18). We know of the generosity of Zaynab, Aisha, her father, Umar, AbdurRahman bin Awf (RAA). Given the deprived condition we find our sisters and brothers around the world, are we giving as much as we can to help the Muslimin and secure our own future?



## Workshop Topics

### **Geometric Patterns With Masarah**

Are you interested in trying out a new activity that is relaxing and yet happens to have a strong connection with our glorious history? Join us for this hands-on Geometric pattern session where you will start building out your own personal master-piece.

### **Healthy Living with Rulla**

Join us for this session to find out what every woman needs to know about her health: what signs to watch out for, what tests to undergo and what to do to optimize this great blessing of health that Allah has granted us.

### **Entrepreneurs Panel**

Ever wondered what it takes to get started with your own startup or run your own successful business. Join this diverse panel of experts as they share their wealth of knowledge in this area and answer your questions.

### **You are Precious: Self Reflection Session**

Mistakes don't define who we are, rather they help refine us. Our collective goal is to leave the session:

- 1 - Feeling closer to Allah
- 2 - Develop an understanding of Allah's love and reassure ourselves regarding our own worth
- 3 - Learn to create an action plan to overcome obstacles in our lives.

### **Networking Session With Souad**

Looking for an opportunity to mix and mingle with some of the awesome women leaders in our community? Souad's one-of-a-kind session is just for you.

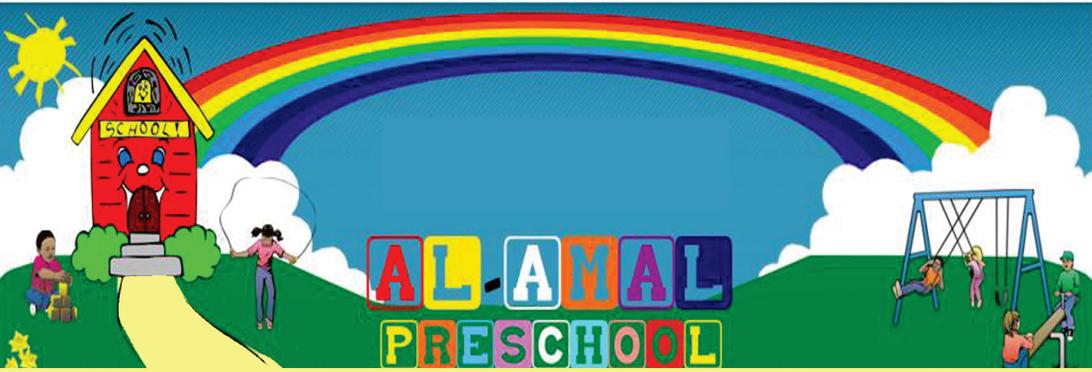
### **Bringing up the Next Generation (session in Urdu)**

As parents, do you feel like you can't keep up with the changes in society that are affecting your children? Come join this session to discuss how one can effectively navigate these changes and ensure we do our best with this incredible trust placed with us.

### **Growing your hobby into a passion**

We often pick up a hobby growing up. And for most of us, over the years the hobby gets lost. How can you develop your hobby into a passion that will endure, help centre your focus and become a source of reward in the sight of Allah? Join Sr Uzma as she speaks about her journey from a avid reader to a trailblazing author in a new genre of fiction.





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## Speaker Bios



### **Amina Ega**

Amina Ega has been teaching course on various facets of Islam for the last two decades, and her courses primarily focus on the foundational beliefs of Islam, and the implementation of those beliefs in our lives. Currently, she is a member of Muslim Family Hub, an Ottawa based not-for-profit working with CAS to support Muslim children by reconnecting them with their families or placing them with Muslim caregivers.



### **Maryam Amir**

Maryam received her master's in Education from UCLA. She holds a bachelor's degree in Child and Adolescent Development from San Jose State University. Currently, she is pursuing a second bachelor's degree in Islamic Studies through Al Azhar University's distance learning program. Maryam spent a year in Egypt studying Arabic and has memorized the whole Qur'an. Last but not least, she holds a second degree black belt in Tae Kwon Do.



### **Tesneem Alkiek**

Tesneem is the Director of Expanded Learning and a Fellow at Yaqeen Institute. She completed her undergraduate degree in Early Christianity and Islamic Studies at the University of Michigan. She is currently a Ph.D. candidate in Islamic Studies at Georgetown University with a focus on the development of Islamic law.



### **Uzma Jalaluddin**

Uzma Jalaluddin is a Canadian writer celebrated for the successful debut of her first novel, *Aysha at Last*, which has been favourably compared with Jane Austen's *Pride and Prejudice*. She also writes a column for the *Toronto Star* and is a high school teacher. Screen reader support enabled.



### **Zahra Billoo**

Zahra serves as the Executive Director of the Council on American-Islamic Relations, San Francisco Bay Area (CAIR-SFBA) office. At the onset of 2017, Zahra joined the speaker lineup at the historic Women's March on Washington and one of 50 lawsuits challenging Trump's "Muslim Ban" Executive Orders. Last year, she took part in an act of Civil Disobedience at the Capitol Hill with prominent Muslim leaders in support of the Dreamers and DACA act.



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