



MECCA CENTER NEWSLETTER

March 2020 | Rajab 1441- Shaban 1441 | Issue 53

www.meccacenter.org

Stuck On Social Media & Video Games: A Parenting Guide



The Mecca Center was pleased to host Dr. Leonard Sax, MD, PhD for both a Teen Talk and Adult Session on February 8. The forum was very well received with approximately 200 community members in attendance.

With the various types of, and pervasiveness of video games and social media platforms constantly evolving, Dr. Sax presented audience members with a glimpse into many of the media that children have access to. He discussed the impact of social media on family life and presented in-depth longitudinal cohort studies and the observed effects on females and males. As part of his discussion, he challenged parents to take ownership of their roles and be duly informed of our children's realities as well as the tools and means to aid them in navigating these challenges.

Why are kids in the United States today so much more likely to be anxious and disengaged compared with kids from the same demographic 30 years ago, and compared with young Australian or Swiss today? Here are Dr. Sax's answers:

- The bonds across generations have been broken; You must restore them
- We have allowed the same-age peer relations to displace the family
- Prioritize the family. Cancel the playdate. Make a family date instead.

- We have allowed screens to displace real-world experience; You must change that: limit, govern, and guide how your kids use social media and video games
- American culture now prioritizes fame and wealth over virtue and character; You must challenge that. You can't change Hollywood. But you can create a culture of respect within your own home.

To learn more, please see a complete PDF online at www.leonardsax.com/willowbrook.pdf.

Join us for an
AN AFTERNOON WITH ACTIVE ADULTS
A Social Networking Initiative for Adults (Ages 50&Up)
Learn & Share Your Input For
Active Adults Services & Programming

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مرکز مکہ يتشرف بدعوة السيدات والسادة البالغين
من العمر ٥٠ سنة فما فوق إلى مبادرة التعارف
والنشاطات الاجتماعية في أول لقاء من نوعه
يرجى التسجيل

3PM-6PM
SUNDAY MARCH 1, 2020
The Mecca Center
16W560 91st Street Willowbrook, IL 60527

Must RSVP By Feb 27: AACprogramming@gmail.com or
Call Sister Ghada at 630-241-2000 Ext 2

Made with PosterMyWall.com Refreshments will be served

The Mecca Center invites community members ages 50 and up to an afternoon with Active Adults on Sunday, March 1, 2020 to learn about and share your input for Active Adults services and programming. Refreshments will be served. For more information or to RSVP, please call Sister Ghada at 630-241-2000 (ext. 2).



THE MECCA CENTER

PRAYER SCHEDULE

March 2020 | Rajab 1441- Shaban 1441

March	Rajab	Day	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
01	6	Sun	05:09 AM	06:25 AM	12:04 PM	03:59 PM	05:43 PM	07:00 PM
02	7	Mon	05:07 AM	06:24 AM	12:04 PM	04:00 PM	05:45 PM	07:01 PM
03	8	Tue	05:06 AM	06:22 AM	12:04 PM	04:01 PM	05:46 PM	07:02 PM
04	9	Wed	05:04 AM	06:20 AM	12:04 PM	04:02 PM	05:47 PM	07:03 PM
05	10	Thu	05:03 AM	06:19 AM	12:04 PM	04:03 PM	05:48 PM	07:05 PM
06	11	Fri	05:01 AM	06:17 AM	12:03 PM	04:04 PM	05:49 PM	07:06 PM
07	12	Sat	04:59 AM	06:16 AM	12:03 PM	04:05 PM	05:50 PM	07:07 PM
08	13	Sun	05:58 AM	07:14 AM	01:03 PM	05:06 PM	06:52 PM	08:08 PM
09	14	Mon	05:56 AM	07:12 AM	01:03 PM	05:07 PM	06:53 PM	08:09 PM
10	15	Tue	05:54 AM	07:11 AM	01:02 PM	05:08 PM	06:54 PM	08:10 PM
11	16	Wed	05:53 AM	07:09 AM	01:02 PM	05:09 PM	06:55 PM	08:12 PM
12	17	Thu	05:51 AM	07:07 AM	01:02 PM	05:10 PM	06:56 PM	08:13 PM
13	18	Fri	05:49 AM	07:06 AM	01:02 PM	05:11 PM	06:57 PM	08:14 PM
14	19	Sat	05:47 AM	07:04 AM	01:01 PM	05:12 PM	06:58 PM	08:15 PM
15	20	Sun	05:46 AM	07:02 AM	01:01 PM	05:13 PM	07:00 PM	08:16 PM
16	21	Mon	05:44 AM	07:00 AM	01:01 PM	05:13 PM	07:01 PM	08:17 PM
17	22	Tue	05:42 AM	06:59 AM	01:00 PM	05:14 PM	07:02 PM	08:19 PM
18	23	Wed	05:40 AM	06:57 AM	01:00 PM	05:15 PM	07:03 PM	08:20 PM
19	24	Thu	05:39 AM	06:55 AM	01:00 PM	05:16 PM	07:04 PM	08:21 PM
20	25	Fri	05:37 AM	06:54 AM	01:00 PM	05:17 PM	07:05 PM	08:22 PM
21	26	Sat	05:35 AM	06:52 AM	12:59 PM	05:18 PM	07:06 PM	08:24 PM
22	27	Sun	05:33 AM	06:50 AM	12:59 PM	05:18 PM	07:07 PM	08:25 PM
23	28	Mon	05:31 AM	06:49 AM	12:59 PM	05:19 PM	07:08 PM	08:26 PM
24	29	Tue	05:29 AM	06:47 AM	12:58 PM	05:20 PM	07:10 PM	08:27 PM
March	Shaban	Day						
25	1	Wed	05:28 AM	06:45 AM	12:58 PM	05:21 PM	07:11 PM	08:28 PM
26	2	Thu	05:26 AM	06:43 AM	12:58 PM	05:22 PM	07:12 PM	08:30 PM
27	3	Fri	05:24 AM	06:42 AM	12:57 PM	05:23 PM	07:13 PM	08:31 PM
28	4	Sat	05:22 AM	06:40 AM	12:57 PM	05:23 PM	07:14 PM	08:32 PM
29	5	Sun	05:20 AM	06:38 AM	12:57 PM	05:24 PM	07:15 PM	08:33 PM
30	6	Mon	05:18 AM	06:37 AM	12:57 PM	05:25 PM	07:16 PM	08:35 PM
31	7	Tue	05:16 AM	06:35 AM	12:56 PM	05:26 PM	07:17 PM	08:36 PM

Iqama Times

Fajr
30 minutes after
Adhan

Dhuhr
1:15 PM

Asr
March 1-7: 4:10 PM
March 8-31: 5:30 PM

Maghrib
2 Rak'as after
Adhan

Isha
March 1-7:
8:00 PM
March 8-31: 5
minutes after Adhan

Jumma
Friday prayer
always at
1:00 PM



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