



LIC Sisters' Basketball From Strength to Strength

From just a 'keep-fit' program to a competitive team.

With Allah Almighty's blessing, Lewisham Islamic Centre (LIC) started Basketball sessions for Sisters only a few years ago. LIC hired Forest Hill School Sports Hall to hold a weekly session for Sisters only.

Under the leadership of Sister Nailah (Stephine) Lemonious Gray, the Basketball Sessions progressed until the Sisters involved became a Team taking part in regular Women Only Tournaments. The team now has 15 Sisters involved and is growing from strength to strength.

Imam Shakeel Begg who himself is an ardent Basketball player (not to be mistaken with Shaquille O'Neal), really needs to be concerned and look over his shoulders as there is much talent in this team, Masha'Allah.

We at LIC in accordance with our Islamic ethos encourage everyone to be physically active and to live and lead a healthy lifestyle. Indeed, Prophet Muhammad (peace and blessings of Allah be upon him) said: "*A strong believer is better than a weak believer*" [Muslim]. Although he was talking in terms of faith and character, it is also indicating that physical strength i.e. optimum health and fitness are desirable. Islam's holistic approach to life and thus health offers us the ability to remain strong and healthy.



We also wish our Sisters all the best and we would like to extend our special gratitude and thanks to our Sister Nailah (Stephine) Lemonious Gray for leading this project on behalf of LIC.

We would also like to thank the sisters who have taken part in the LIC Sisters Basketball Club and in Basketball Tournaments especially Team captain Sara bint Azeddine (Makkaoui), Saafia Neophytou, Zayna Morgan, Sabah Kada, Kamillah Robinson, Aisha Mugenyi, Aisha Khan, Aisha Foote, Ameerah & Aneesah Baiden (mum and daughter), Asma Abdullahi and Dominique Johnson.

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