



Ansar Connection

A biweekly e-newsletter of Majlis Ansarullah, USA

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We are the Helpers of Allah.

March 23, 2015

Vol. 2, No. 6

Launching "Majlis Ansarullah Calling"

Faheem Younus Qureshi, Sadr Majlis

Dear Ansar Brothers,
As-Salamu 'Alaikum Wa Rahmatullah

Last year, we reserved 75 hotel rooms for our National Ijtima at subsidized rates. On one end, the hotel was unhappy with us thinking we won't be able to use all the blocked rooms. And on the other end, some Ansar brothers were unhappy with us that they never knew about these rooms in the first place. (Fact: All rooms were taken well before the Ijtima.)

We want to try our best that no one should be able to say "I didn't know about it." Therefore, by the grace of Allah, the Majlis is launching a robocall service titled... "Majlis Ansarullah Calling."

This will be a pre-recorded phone call by virtue of which we will pass on critical information, directly to every member on our Tajnid, in a timely fashion. It is important to remember that this service will compliment, and not replace, any of our existing communication tool. So my dear Zu'ama, Nazimin, and National Amilah members, you still have to maintain the same old—yet very effective—method of communication called "personal connection."

This is how it will work. Your phone will ring, once or twice a month, during evening hours (never past 9 P.M. unless it is a true emergency), and you will hear a pre-recorded, 30-second voice message typically explaining a service and/or a program.

For example, some members still do not know that Majlis Ansarullah, USA provides a free health service for uninsured Jama'at members, or that Ansar Tahir Scholarship can financially help you to pay for your tuition, or that we offer free books, or that Ansar are going to

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- Beware of Tax Phone Scams
- Eight Tax Savers for Parents



Mexico for Tabligh, or that you can have your living Will completed at Ijtima for free, or...you get the point.

We would prefer to use your cell phone number (if we have it in our database). Of course, if you wanted, there would be an option to opt out.

These humble efforts, these repeated reminders, are also meant as an effort on my part to fulfill the heavy burden that you have laid on me. In his Friday Sermon of December 5, 2003, Hazrat Khalifatul Masih V (may Allah be his helper) narrated a Hadith where the Holy Prophet (may peace and blessings of Allah be on him) said that a person whom Allah has appointed guardian over a people and he does not discharge his duties fully with respect to those people, then on his death Allah will make him ineligible to enter paradise.

May Allah Almighty grant you a long, healthy, and fruitful life in the service of Islam and Ahmadiyyat, Amin.

Was-Salam,

Faheem Younus Qureshi
Serving Majlis Ansarullah, USA

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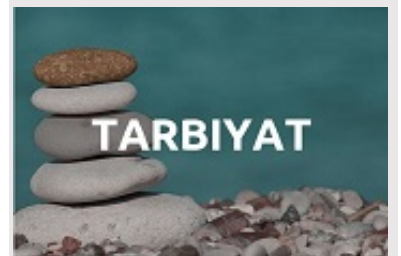


Running like 16 at the Age of 67

Rashid Syed, Los Angeles

On February 1, 2015, I ran, jogged, and walked my 10th Surf City Half Marathon, 13.1 miles, along with thousands of other runners. I have been running for as long as I remember but I have been running half marathons since 2005. Not only does it help me stay healthy it also helps raise funds to benefit causes such as Alzheimer's Cure Research Foundation, American Liver Foundation, Cops for Kids with Cancer, and many more.

And this year, I was fortunate to have other Ahmadi brothers running the marathon with me.





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In 2005, I experienced lower back problem. The doctors advised for a back surgery to repair the bulge in my disc but I decided not to let the doctors cut open my back; instead, I started exercising more. That was the best decision I have ever made. I continued running and I am not sure what happened but my back pain disappeared. I have not seen a doctor for my back since 2005.

In 2008, the doctors found out that I had blockage in 3 arteries. After many examinations, the doctors decided not to do a bypass or place any stents. They decided to treat my condition with medication. After two months of rest, the doctors decided that it was safe for me to resume running. I was determined to treat myself with diet and exercise. I became more aggressive in running.

I am a living example of the fact that discipline, determination, motivation, watching diet, and doing a little exercise can cure many health conditions. Everyone experiences aches and pains with the age but at age 67, I feel pretty good about my health. If I can do it, anybody can do it.

I would encourage my Ansar brothers to keep a healthy lifestyle by doing exercise and eating healthy. However, if you are not in the best of health, please do not start running 13.1 miles based on my experience. Here are some suggestions:

- Start with 15-20 minute regular walk each day and increase your walk and distance each week.

- Set a goal. Run or walk to a set destination each day. Have a good attitude and keep smiling.
- Buy good, light running/walking shoes (look for sales for good price).
- Keep increasing your time and distance until you reach a comfortable limit.
- Do not skip days while running; skipping means starting all over again, which is not easy.

If you are not in the best of health, consult your physician or Qa'id Health at qaid.health@ansarusa.org before you start running.

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Send us your stories of brotherhood, Ijtima memories, or any other inspiring experience that we can share with Ansar brothers via this e-newsletter.

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