



Ansar Connection

A biweekly e-newsletter of Majlis Ansarullah, USA

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We are the Helpers of Allah.

May 16, 2016
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It's That Time of Year Again!

Faheem Younus Qureshi, Sadr Majlis

Dear Ansar Brothers,
As-Salamu 'Alaikum Wa Rahmatullah

Our National Ijtima will be held on September 23-25 at Baitur Rahman Mosque, Silver Spring, MD. I humbly invite all of you to join this auspicious gathering.

Keeping your needs and comfort in mind, we have the following updates for you:

This year, our goal is to inspire 1313 brothers to attend. Therefore, we will be sending the names of **first 313 registrants** (who also attend the Ijtima) to Hazrat Khalifatul Masih seeking Huzoor's special prayers.

You can register [here](#).

Full [Ijtima program](#) is now available.

We have better **hotel choices** this year. Please [book early](#) as hotel rooms always run out in the end.

We will Insha'allah have an extended Salat area, better AV support, sumptuous BBQ, free health tests, a workshop in Urdu for our recent immigrant brothers, sports and educational competitions, and tons of brotherhood.

Above all, kindly pray for the success of our Ijtima. May Allah the Exalted be the Helper and Protector of your families. Ameen.

Faheem Younus Qureshi
Serving Majlis Ansarullah, USA

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What's new on the website

- Treasures Which Were Buried
- Diabetes
- National Ijtima Attendance Goal
- 40 Weekly Fasts



Take 2016 Ta'lim Test I [online](#)

[PDF version](#) is also available to take the test on paper

Deadline: Sunday, July 10, 2016

Running like 16 at the Age of 68

Rashid Syed, LA East

At age 68, I ran and jogged 13.1 miles on Super Bowl Sunday on February 7, 2016, in Huntington Beach, CA. I wasn't alone; I was with my son, Salman Syed; Dr. Ahsan Khan, President of LA East Jama'at; Zahid Mian, Qa'id Finance; and twenty five thousand plus other participants. Running and jogging along the coast on a beautiful sunny day felt like a practice run. I felt pretty young when I learnt I was running along with a lady who was 89.



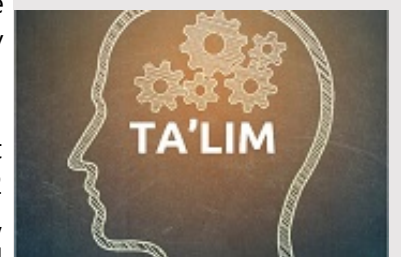
I have been running for as long as I remember but I have been running half marathons since 2005. Not only does it help me stay healthy it also helps raise funds for various charity organizations.

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 68, I feel pretty good about my health. If I can do it, anybody can do it.

I have preached to fellow Ansar members for years that running and jogging not only is a big accomplishment it also forces one into a disciplined life style. About 12 years ago, I was suggested a back surgery for my lower back pain. Instead of surgery, I took the path of running and jogging. Not only did I get rid of the back pain, I continue enjoying normal life, which was not possible with the back surgery.

Please get out, start walking 15-20 minutes a day, but regularly. Increase your walk to 25-30 minutes and continue until you are comfortable with the speed and distance. Don't start running until you have built speed.



Planning for another ½ Marathon in February 2017.

Rashid Syed

Share this story:     



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

Department of Publications
Majlis Ansarullah, USA



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