



# Ansar Connection

A biweekly e-newsletter of Majlis Ansarullah, USA

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We are the Helpers of Allah.

August 8, 2016  
Vol. 3, No. 16

## UK Jalsa (US Timings)

*Faheem Younus Qureshi, Sadr Majlis*

Dear Ansar Brothers,  
As-Salamu 'Alaikum Wa Rahmatullah

Insha'allah, the historic 50<sup>th</sup> Jalsa Salana UK will start on this Friday, August 12.



For your convenience, the US Eastern Standard Times of the speeches of Hazrat Khalifatul V (may Allah be his helper) and International Bai'at are listed below. Kindly adjust for other US time zones as needed. Please see the [Jalsa program](#) for full program detail.

Friday	11:30 AM EST	Inaugural address	Hazrat Khalifatul Masih
Saturday	07:00 AM EST	Address to Ladies	Hazrat Khalifatul Masih
Saturday	11:00 AM EST	2 <sup>nd</sup> Day Address	Hazrat Khalifatul Masih
Sunday	08:00 AM EST	International Bai'at	
Sunday	11:00 AM EST	Concluding Address	Hazrat Khalifatul Masih

Faheem Younus Qureshi  
Serving Majlis Ansarullah, USA

## What's new on the website

- National Ijtima Program
- Etiquette of Meeting
- Going Door-To-Door
- Paid Job Training



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## [Register for National Ijtima](#)

The names of first 313 registrants (who also attend the Ijtima) will be sent to Hazrat Khalifatul Masih seeking Huzoor's special prayers.

**September 23, 24 and 25, 2016**  
**Baitur Rahman Mosque, Silver Spring, MD**

### How Exercise Improves Your Quality of Life

*Syed Tanvir Ahmad, Qa'id Health*

Exercise not only helps you live longer—it helps you live better.



#### **Wards off depression**

There is a strong link between regular aerobic exercise and improved mood and stress relief and improvement in symptoms of depression.

#### **Better Physical Well Being**

Harvard Health Professionals found that men who exercised 30 minutes a day were 41% less likely than sedentary men to experience erectile dysfunction.

#### **Sharpens wits**

Aerobic activity in particular boosts blood flow to the brain, promotes good lung function, which in turn improves memory and cognition.

SCHOLARSHIPS

TARBIYAT

TABLIGH

TA'LIM

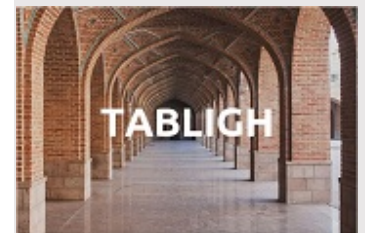
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## Improves sleep

Exercise is the only known way for healthy adults to boost the amount of deep sleep which is essential for your body to renew and repair itself.

## Protects mobility and vitality

Regular exercise at midlife helps preserve mobility and independence as we age.

Share this story:     

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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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Department of Publications  
Majlis Ansarullah, USA



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*United States of America*