



Ansar Connection

A biweekly e-newsletter of Majlis Ansarullah, USA

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We are the Helpers of Allah.

January 9, 2017
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Are you ready for 2017?

In his Friday sermon of December 30, 2016, Hazrat Khalifatul Masih V (may Allah be his helper) urged us to self-evaluate ourselves as we begin a new year. The rhetorical questions Huzoor asked are reproduced in the following. Ansar are encouraged to review this self-evaluation checklist and also discuss with their household members.

- Have we fulfilled the oath of not doing Shirk (associating partners with Allah)?
- Have we spent this past year being completely pure from lying?
- Have we kept ourselves away from such doings which bring bad thoughts to mind?
- Have we kept ourselves safe from bad sights?
- Have we tried to keep ourselves away from everything to do with corruption and immorality?
- Have we kept ourselves safe from every type of injustice?
- Have we kept ourselves pure from every type of treason?
- Have we tried to stay away from all kinds of mischief?
- Have we abstained from all types of rebellious behavior?
- Have we been defeated by our sensual desires?
- Have we kept up with offering our five daily Prayers?
- Have we concentrated on offering Tahajjud Prayer?
- Have we been regularly sending Durood on our Holy Prophet (may peace and blessings of Allah be on him)?
- Have we abstained from giving any type of hardship to our loved ones or strangers?
- Have we regularly been reciting Istighfar?
- Have we been focused on praising Allah?
- Have we tried to stay away from superstitions and other meaningless talks?

What's new on the website

- If a tree falls in a forest...
- Find a Doctor for Uninsured
- Ansar Financial System
- How Exercise Improves Your Quality of Life



- Have we tried to completely fulfill and adhere to the commandments of the Holy Qur'an and of the Holy Prophet (may peace and blessings of Allah be on him)?
- Have we tried to bring softness and humbleness upon ourselves?
- Have we tried to completely free ourselves of arrogance?
- Have we tried to achieve the highest standards of good manners?
- Have we tried to excel in religion and its glory on a daily basis?
- Have we excelled in the love for Islam to such a level that it is more important to us than our wealth, honor, and children?
- Have we excelled in the love for Allah's creations?
- Have we tried with all that is possible by us to benefit the creations of Allah?
- Have we been praying that we forever obey the Promised Messiah (may peace be on him) and increase in his obedience?
- Have we excelled in brotherhood and obedience to such an extent that all other relations fall short of this?
- Have we prayed that we excel in loyalty and obedience towards Ahmadiyya Khilafat?
- Have we regularly prayed for the Khalifah of the time and Ahmadiyya Jama'at?

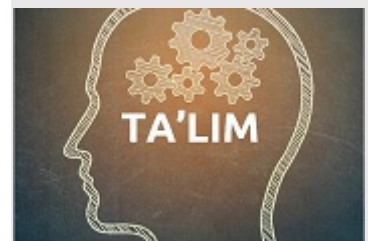
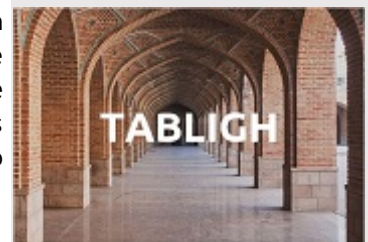
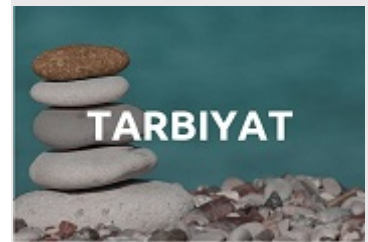
Huzoor said: "If many of these questions have been answered in the affirmative, then despite some downfalls the year would have been spent well. But if many answers are in the negative, then we should ask for this prayer in particularly that 'May Allah forgive any previous downfalls and that in the new year give us more and more opportunities to gain (spiritually) and be included in those believers whom are forever ready to sacrifice everything for Allah the Almighty'."

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Health Blog—Don't Skip Breakfast

Syed Tanvir Ahmed, Qa'id Health

A proper breakfast is one of the most important things for good health.





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Breakfast skippers tend to gain weight—when they are in fact trying to Lose Weight.

A balanced breakfast includes fresh fruit, a high-fiber breakfast cereal, low-fat milk or yogurt, whole-wheat toast, and a boiled egg.

For healthy breakfast recipes, visit: www.aicr.org/healthyrecipes/breakfast.html

Source: American Institute for Cancer Research

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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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