



Ansar Connection

A biweekly e-newsletter of Majlis Ansarullah, USA

WEBSITE DEPARTMENTS EVENTS PARENTING SERVICES ARCHIVES

We are the Helpers of Allah.

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Another Year, Another Marathon

Rashid Syed, LA East

I have been running half marathons since 2005. By the grace of Allah, I ran another half marathon—13.1 miles—on February 7, 2017, at the age of 69.



In March, I experienced pain in my lower back—my back problem of last 18 years had come back. The doctor suggested that I undergo back surgery as soon as possible due to bulged discs causing 90% blood flow blockage resulting in severe pain in my back and legs.

I avoided back surgery for 18 years but this time it was unavoidable. Having had a surgery in March I was determined to bounce back and continue my normal life and running. And by the grace of Allah I was able to do this, Alhamdulillah.

On October 8, 2017, I ran, jogged, and walked 10 miles in Huntington Beach, CA. It is God's miracle. Even the doctor who performed the surgery was surprised to see my quick recovery.

What's new on the website

- Prayers from Khalifatul-Masih
- Wasiyyat Testimonials
- Ijtimā Testimonials
- Giving Time to Families



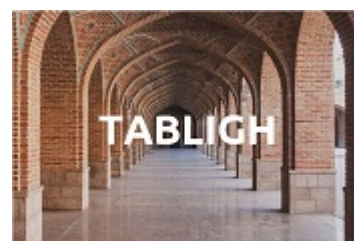
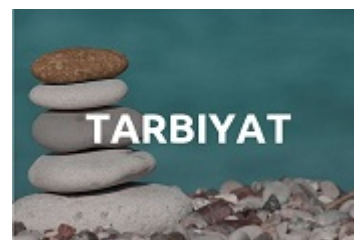
Running and jogging helps you adopt an active and disciplined lifestyle. I am a living example of the fact that discipline, determination, motivation, watching diet, and doing a little exercise can cure many health conditions. Everyone experiences aches and pains with the age but at age 69, I feel pretty good about my health. If I can do it, anyone can do it.

I urge Ansar brothers to get out, start walking 15-20 minutes a day, regularly. Increase your walk to 25-30 minutes and continue until you are comfortable with the speed and distance. Do not start running until you have built speed. If you have a medical condition, you should seek advice from your doctor or Qa'id health at qaid.health@ansarusa.org before start running.

Looking forward to another ½ marathon in February 2018, at the age of 70, Insha'allah.

Rashid Syed

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Have you paid your 2017 Ansar Chanda?

2017 Ansar fiscal year is ending on December 31st

If you have not paid your Ansar Chanda in full please do so as soon as possible.

An Invitation from Al-Hilal

Syed Sajid Ahmad, Secretary Children's Magazine Committee

Parents are requested to urge young writers to write for Al-Hilal—a magazine for children. The topic for the next issue of Al-Hilal is Role Models.

- Who inspires you?
- What's about their character that makes them a true role model?
- A role model can be someone who may have passed away or someone you learned about from a book.

Parents are requested to encourage their children to submit their original work and to reference any material that is not their own.

If parents have helped with an article, please include "helped by...[parent's name]".

Please send submissions to our editorial team at al-hilal@ahmadiyya.us by December 15, 2017.

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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.

Department of Publications
Majlis Ansarullah, USA



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