



Ansar Connection

A biweekly e-newsletter of Majlis Ansarullah, USA

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We are the Helpers of Allah.

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Recitation of Holy Qur'an During Ramadan

Munir A. Malik, Qa'id Ta'limul Qur'an

Dear Ansar Brothers,
As-Salamu 'Alaikum Wa Rahmatullah

We are going through the blessed month of Ramadan with ample opportunities for all of us to gain spiritual and physical benefits.

Allah Almighty says in the Holy Qur'an: "The month of Ramadan is that in which the Qur'an was sent down as a guidance for mankind with clear proofs of guidance and discrimination." (2:186)

The Promised Messiah (may peace be on him), the reformer for this age, has guided us: "The Holy Qur'an is a treasure-chest but few are those who are aware of it." (Malfoozat, vol. 2 page 344)



Translation: All Goodness lies in the Holy Qur'an
(revelation of the Promised Messiah, as)

What's new on the website

- Fasting—The Physician Within
- A Misconception Removed
- Acetaminophen (Tylenol)
- Bone Health



The Department of Ta'limul Qur'an, Majlis Ansarullah USA has set the optional goal that in the month of Ramadan all Ansar brothers complete the recitation of Holy Qur'an with its translation/commentary.

I very respectfully request all my Ansar brothers to please commit to achieving this optional goal of reciting the Holy Qur'an in its entirety in this blessed month with its translation. Please also make a resolution to continue the practice of daily recitation for the whole year as our beloved Imam, Hazrat Khalifatul-Masih V (may Allah be his helper) has been advising us repeatedly about this.

May Almighty Allah enable us to reap full spiritual and physical benefits of the blessed month of Ramadan, Ameen.

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Ta'lim Test I

Ta'lim Test I can be accessed at:

talimtest.ansarusa.org or
ansarusa.org/taleem

Please complete the test by the deadline of June 15, 2018.

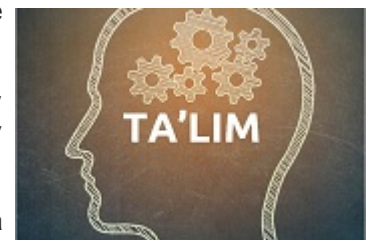
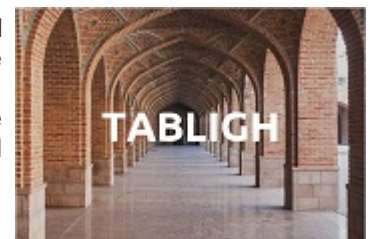
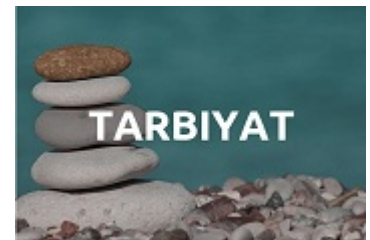
Ramadan Tips

Zahid Mian, Qa'id Finance

While Ramadan is indeed a spiritually rejuvenating experience, don't ignore physical exercise. In years past, I found myself gaining weight at the end of Ramadan despite fasting and eating regular meals. Over the last few years, I have been very careful about diet and exercise and have found that by taking care of the physical body, the spiritual side is more enjoyable. So, let me share my experience and hopefully it will help someone.

- Eat healthy and in moderation. Don't make the mistake of eating too much, especially at night (one trick to eating less is chewing slowly). I would recommend loading up on a few dates, a lot of salad, a lot of water, and maybe a protein enriched spinach/kale smoothie.
- Avoid oily foods, sodas, salty foods, and sugar. Substitute fresh fruits for sugary desserts. Avoid carbs (cereals, bread, muffins, etc.) and go with protein-heavy foods like boiled eggs, seafood, or Daal/lentils.
- Do physical exercise. During Ramadan, I make an extra effort to run at least a couple of miles before breaking fast. I would suggest 1/2-hour walk, if possible, but certainly something like pushups, planks, squats in the privacy of your own home is good.
- Find a way to take a 20-minute power nap. There are many benefits, especially in Ramadan. This will give you the boost you need to carry on during the day.
- Of course, spend extra time in worship.

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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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