



Ansar Connection

A biweekly e-newsletter of Majlis Ansarullah, USA

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We are the Helpers of Allah.

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Salat Ashra

Imran Hayee, Sadr Majlis

Dear Ansar Brothers,
As-Salamu 'Alaikum Wa Rahmatullah

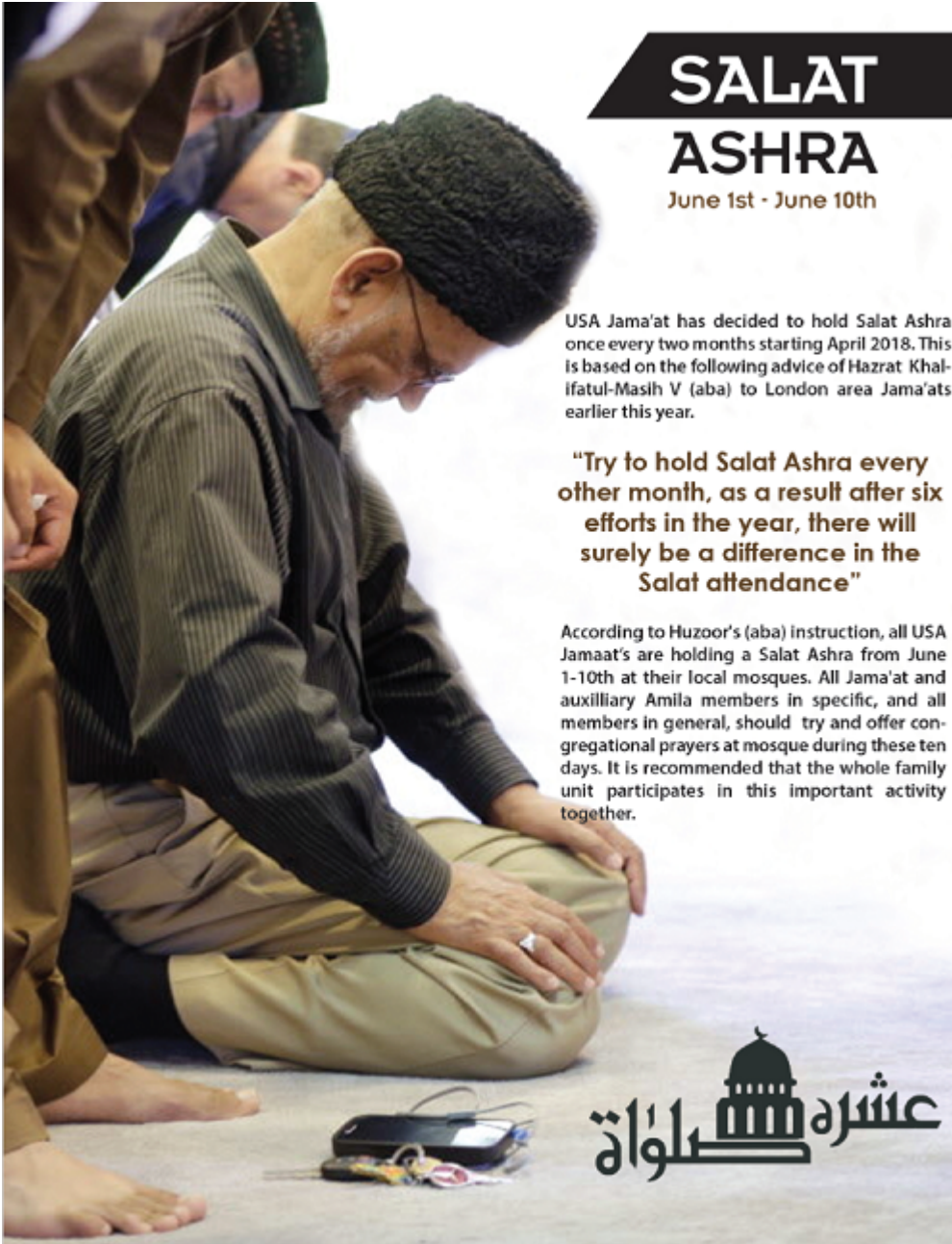
National Tarbiyat Department of USA Jama'at is holding a Salat Ashra on June 1 - 10. This Salat Ashra initiative has been started with the directives of Hazrat Khalifatul-Masih V (may Allah be his helper) intending to inculcate the habit of congregational Salat into the fabric of our everyday life. I would request all Ansar to please take a lead role to make this Ashra a success.

This is a double blessing that this Salat Ashra is falling in the middle of Ramadan. Many of you are already frequenting mosques and Salat Centers during this blessed month. Let's strive harder to cling to this habit beyond this Ramadhan and Salat Ashra.

What's new on the website

- Fasting—The Physician Within
- Ramadan Tips
- A Misconception Removed
- Bone Health





SALAT

ASHRA

June 1st - June 10th

USA Jama'at has decided to hold Salat Ashra once every two months starting April 2018. This is based on the following advice of Hazrat Khalifatul-Masih V (aba) to London area Jama'ats earlier this year.

"Try to hold Salat Ashra every other month, as a result after six efforts in the year, there will surely be a difference in the Salat attendance"

According to Huzoor's (aba) instruction, all USA Jamaat's are holding a Salat Ashra from June 1-10th at their local mosques. All Jama'at and auxiliary Amila members in specific, and all members in general, should try and offer congregational prayers at mosque during these ten days. It is recommended that the whole family unit participates in this important activity together.

عشرة صلوات



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- ◆ Sadr Majlis
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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**.

Exercise with Arthritis

Syed Tanvir Ahmad, Qa'id Health

It is difficult to think exercise when you suffer from chronic pain as you do in arthritis. Yet regular exercise not only helps maintain joint function, but also relieves stiffness and decreases pain and fatigue.



Try these tips for exercise if you suffer from the pain of Arthritis:

- Avoid exercise at the time of day when stiffness is worse.
- Apply heat to sore joints or take a warm bath or shower.
- Cold packs to painful joints after exercise may help.
- Remember to stretch and try slow motion exercises such as yoga, tai chi, walking, swimming etc.
- Cut back on duration and intensity if pain becomes worse.
- Listen to your body; do not push beyond your limit.
- Combine good nutrition, exercise, healthy body weight, and medications when necessary to live healthy with arthritis.

Source: [Harvard Health Publishing](#)

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Department of Publications



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