



# Ansar Connection

A biweekly e-newsletter of Majlis Ansarullah, USA

WEBSITE DEPARTMENTS EVENTS PARENTING SERVICES ARCHIVES

We are the Helpers of Allah.

November 25, 2019

Vol. 6, No. 24

*Can't see images? Enable option to load images on your phone or email app.*

## Health New Year Resolution

*Syed Tanvir Ahmad, Qa'id Health*

2020 is fast approaching. Let's resolve to make some healthy choices for the new year. Here are a few suggestions:

**Exercise Regularly:** Start an exercise program and make it your habit—walk, ride a bicycle, swim or actually go the gym you have been paying for years.

**Eat Healthy:** We all know what a healthy diet is—vegetables, fruits, whole grains, milk, fish, honey. We should consume these regularly but avoid excess of anything.

**Say No to Tobacco:** Avoid tobacco in all forms and if you do not smoke, help a friend or family member quit.

**Get Your Family Involved:** Exercise together or start a healthy activity together—gardening, walking, bicycle riding.

**Reduce Your Family's Screen Time:** Try to reduce screen time and get active. Lead by example.

**Health Checkup:** Get your annual checkup and follow your health professional's recommendations.

**Protect Yourself:** Get your flu or other vaccinations. Flu vaccines are offered in many doctor's offices, clinics, pharmacies and health departments.

**Reduce your stress:**

أَلَا يَذْكُرُ اللَّهُ تَطْمِئِنُّ الْقُلُوبُ

“It is in the remembrance of Allah that hearts can find comfort” (13:29)

Be regular in offering Salat in congregation and recitation of the Holy Qur'an with translation and commentary.

## What's new on the website

- Congregational Salat
- Ijtima Pictures
- Ijtima Videos
- Ijtima Portal



## Ta'lim Test II

Please [take Ta'lim Test II online](#)

The deadline to take the test is Tue, Dec 31, 2019.

### Login Password

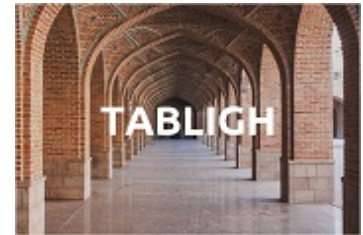
First three letters of your Majlis name plus 2019

Examples:  
dal2019 for Dallas Ansar  
det2019 for Detroit Ansar



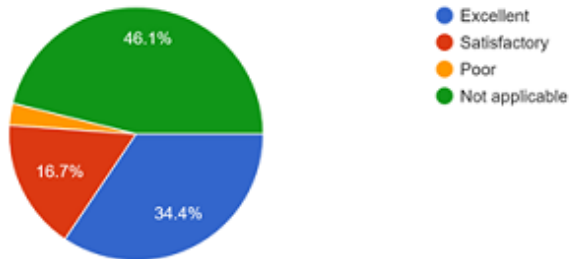
## National Ijtima Survey Results

Here are some of the National Ijtima survey results. More results will be shared in the upcoming issues of this newsletter.



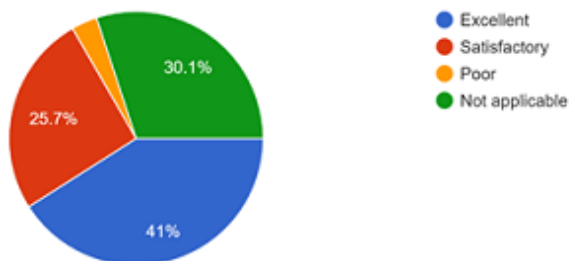
### Protecting our children from drugs [Saturday]

180 responses



### Five daily prayers in congregation: Is it practical? [Saturday]

183 responses

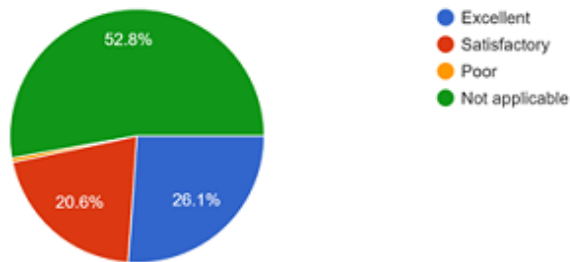


Contact Us

- ◆ [Sadr Majlis](#)
- ◆ [Editor](#)

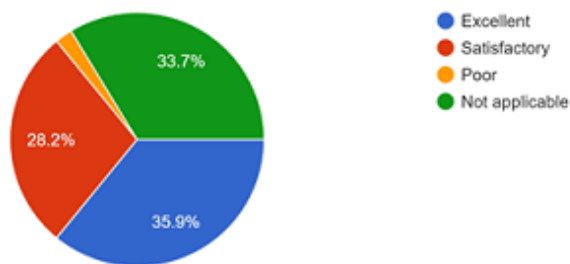
### Social Security, Medicare, Medicaid and Ansar [Saturday]

180 responses



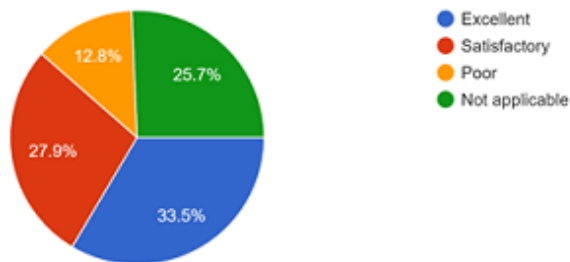
### I don't find peace and pleasure in Salat: what should I do? [Sunday]

181 responses



### Father-in-Law/ Son-in-law [Sunday]

179 responses



---

**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



[Share a Story](#) | [Send Feedback](#) | [Visit Our Website](#) | [Unsubscribe](#)

You are subscribed to the mailing list of Majlis Ansarullah USA  
as **RAFIMALIK@YAHOO.COM**.

To update your email address, first [unsubscribe](#), then [subscribe](#) with your new email

address.

Majlis Ansarullah USA is an auxiliary of the Ahmadiyya Movement in Islam, USA, [www.alislam.org](http://www.alislam.org).



AHMADIYYA  
MUSLIM COMMUNITY  

---

*United States of America*