



# Ansar Connection

A biweekly e-newsletter of Majlis Ansarullah, USA

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We are the Helpers of Allah.

December 9, 2019

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## The True "Best Buy"

Zahid Mian, Qa'id Finance

Allah Almighty reminds us in the Holy Qur'an that He loves those who do good:

*"And spend in the cause of Allah, and cast not yourselves into ruin with your own hands, and do good; surely, Allah loves those who do good" (2:196)*

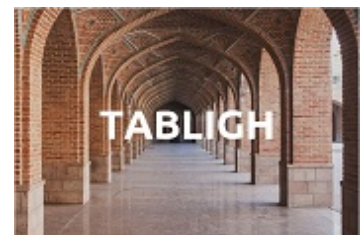
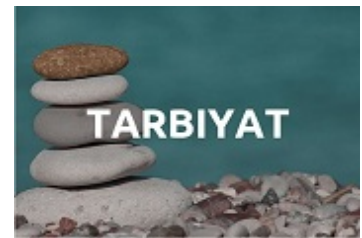
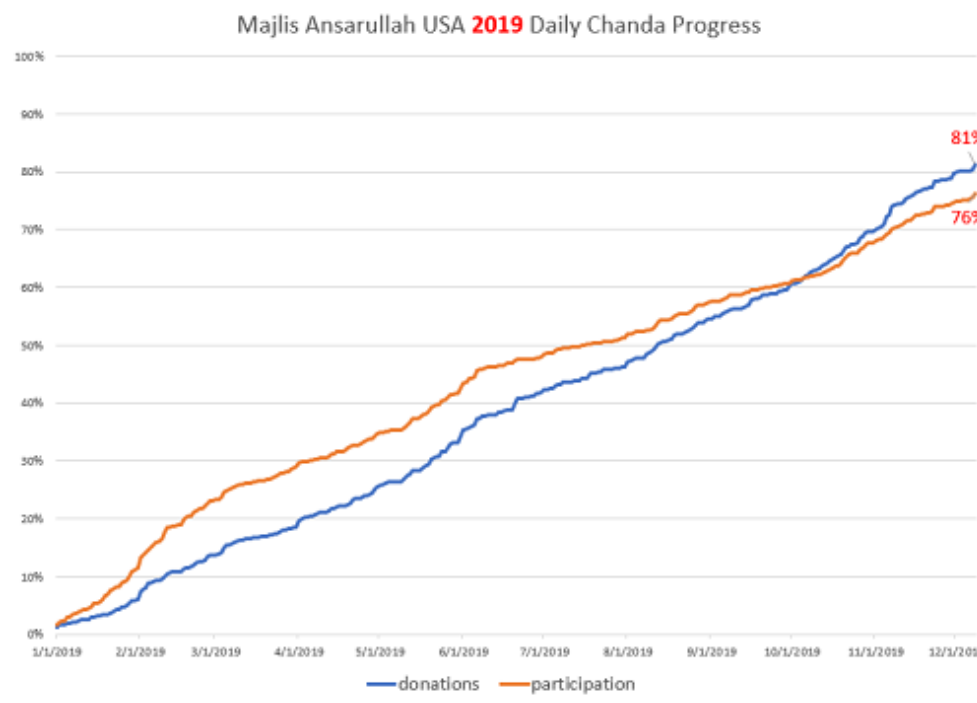
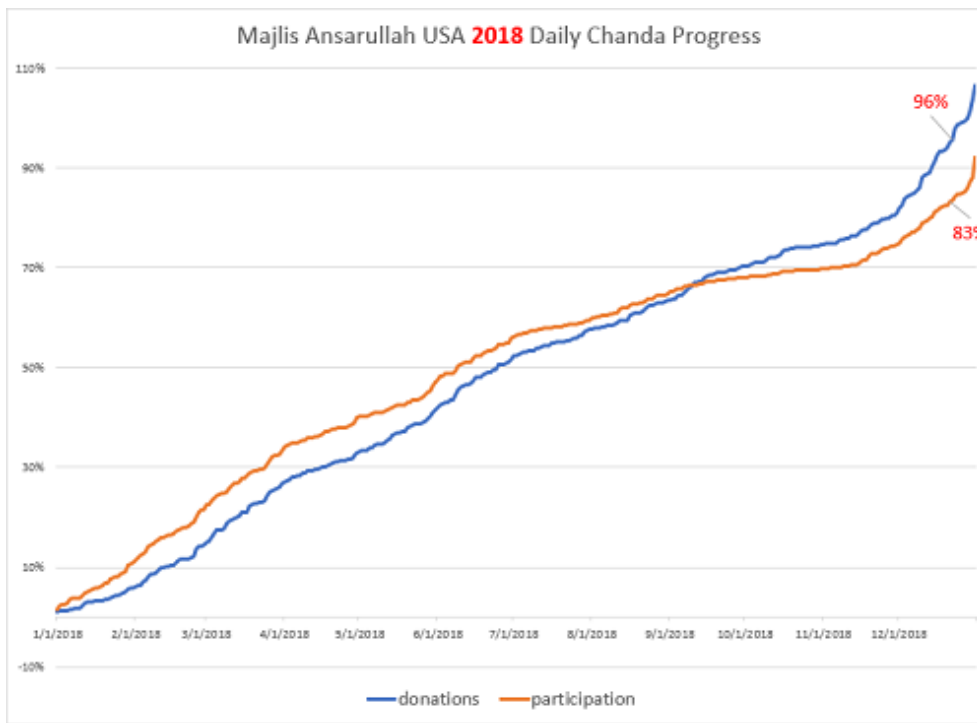
The following two charts show a comparison of Chanda participation and collection for the years 2018 and 2019.

## Comparison of Chanda Participation and Collection for 2018 and 2019

## What's new on the website

- Ta'lim Test II
- Ansar Tahir Scholarship—A Tool for Za'im to Connect with Ansar Brothers
- Health New Year Resolution
- Congregational Salat





As is obvious, last year at this time, we were well ahead of the current pace. About 2,300 members have paid their Ansar Chanda this year, but we still have more than 1,200 who have not. We need you to step up at this time!

You can pay Ansar Chanda online using your checking account or credit card at [amanat.ansarusa.org/chanda](https://amanat.ansarusa.org/chanda). Those brothers who have not yet paid their Ansar Chanda fully are requested to do so before the end of the year. This would be the true "Best Buy" in the holiday season of sales and spending. May Allah Almighty reward you with His countless blessings well above the proportion of your Chanda contribution, Ameen.



## 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



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## Waking Up Early - Physical and Spiritual Benefits

*Syed Tanvir Ahmad, Qa'id Health*

Benjamin Franklin is quoted to have said: "Early to bed and early to rise, makes a man healthy, wealthy and wise." Here is what waking up early does it in terms of physical and spiritual benefits.

- Waking up with the rise of sun is a natural process—regulated by sunlight or lack of sunlight and body's natural hormones.
- Early wake-up call is good for your mind, body, and overall wellness.
- Nature Communications Journal concludes that early risers are less likely to develop mental health problems.
- The Obesity Society found a link between waking up early and more balanced diet.
- Journal of Applied Social Psychology - Early risers are more proactive and able to identify and diffuse problems quickly.
- University of Toronto - Early risers are happier and have a better outlook on life.
- Waking up early requires discipline—early to bed and early from bed.
- The greatest benefit of all - Tahajjud Prayer and Fajr Prayer on time and starting your day with remembrance of Allah.

Sleep Hygiene is crucial - get rid of screens from your bedroom and avoid all other stimulants (coffee, tea, etc.)

Remember to pray before you go to bed; offer Rakaat of Nawafil and recite prayers prescribed by the Holy Prophet (peace and blessings of Allah be on him) at bedtime.

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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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Department of Publications  
Majlis Ansarullah USA



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