



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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A very happy and blessed new year

A message from Sadr Majlis

This message was sent to all new and outgoing Ansar office holders on Dec. 31st, 2019.

As-Salamu Alaikum,

My dear brothers, I wanted to send this message with mixed feelings of joy and sorrow which results from our mutual love and brotherhood for each other. As the Holy Qur'an testifies, we could not have acquired this affinity for each other, had not Allah Ta'ala Himself blessed us with it as a reward for our strong faith and true love for Khilafat.

May Allah Ta'ala always keep this affinity in our hearts and may He never make us do anything which could risk deprivation of this. And may He always make us do what grows this affinity for each other in our hearts as this is our true wealth which no one else in this world can even dream of, let alone have it.

This wealth in our hearts is our real asset regardless of what role we take moving forward in the next year. Many of you are moving on to some other roles in the new year. Although, it saddens me that I will not be able to work closely with some of you, I am happy and grateful for our time together.

I can't say enough Jazakallah to each one of you for your dedicated service to the Majlis as well as for becoming a source of inspiration especially for me, personally.

I would also like to welcome you all in your new roles with open heart. I would like to extend my full cooperation as we march forward throughout the year, Insha'allah. Together we will overcome all the challenges which may come along our way in our journey together. We may succeed at times and we may also falter but it is our struggle together which will be our true reward. It will not only bring us closer together but will also earn us the pleasure of Allah Ta'ala as well as the prayers of our beloved Imam.

May Allah Ta'ala prove this new year to be a source of immense blessings for you and your families and may your new year resolutions focus around advancing yourself to a step higher in Taqwa. Ameen.

Requesting your prayers for myself and my family.

Jazakumullah.

What's new on the website

- Congregational Salat
- Advice from Khalifatul-Masih
- Ansar Tahir Scholarship—A Tool for Za'im to Connect with Ansar Brothers
- Health New Year Resolution



Tajnid Updates

Has any of your contact information—mailing address, phone number, or e-mail—changed? Please report any changes at

the following link or e-mail to Qa'id Tajnid.

On our website: ansarusa.org/tajnid-update

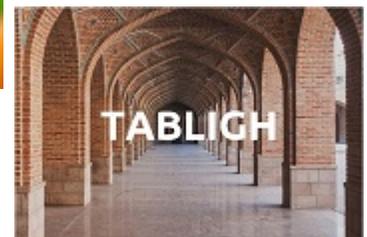
Via email: qaid.tajnid@ansarusa.org



Brain Health Supplements

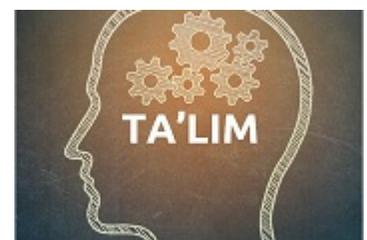
Tanvir Ahmed, Qa'id Health

25% of adult Americans may be taking supplements that promise improved memory, attention and focus. But are these supplements needed or do they actually work?



Diet or Supplements

- People who take the health supplements are usually healthy, eat well and DO NOT NEED THEM.
- These products are not regulated and there is not enough evidence to back up their claim.
- There is strong evidence that certain diets, like the Mediterranean diet, the DASH diet, and the MIND diet can help improve cognitive function.
- Many brain supplements focus on omega-3 fatty acids, vitamin E, various B vitamins, or various combinations.



What works

- **Omega-3 Fatty Acids (Fish Oil)** are found mostly in fish like salmon and mackerel. Leafy green vegetables (Brussels sprouts, spinach), vegetable oils (canola, soybean), and nuts and seeds (walnuts, flaxseeds) are other sources. Omega-3s in these foods may help protect brain cells.
- **Vitamin E** is the only proven supplement to have benefits in diseases like Dementia. It does not prevent the disease itself.
- **B-Vitamins - B6, B9 (folate), and B12** are commonly linked with brain health. Most adults do not need them if they eat healthy.
- **The Bottom Line** - Focus on Aerobic Exercises (Nordic Walking, cycling), and diet rich in grains, vegetables & fruits and fish.



If you have any questions, please contact Qa'id Health at gaid.health@ansaurusa.org.

Source: [Harvard Health](#), [Cleveland Health](#)



Send us your stories of brotherhood, Ijtima memories, or any other inspiring experience that we can share with Ansar brothers via this e-newsletter.

Contact Us

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