



**MAJLIS
ANSARULLAH
USA**

Majlis Ansārullāh Monthly Meeting

July 2021

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Agenda

- Recitation of the Holy Quran
- Pledge
- Salat page
- The Holy Quran segment (10 min)
 - Selected verses
 - Questions and comments
- Friday Sermon segment (20 min)
 - Sermon synopsis
 - Discussion scenario and guidance from sermon
 - Take home message
- Mental and physical health segment (15 min)
- Open slot for local topics
- Reminders/announcements
- Dua





Recitation of the Holy Quran

But if they answer thee not, then know that they only follow their own evil inclinations. And who is more erring than he who follows his evil inclinations without any guidance from Allah? Verily Allah guides not the unjust people. (28:51)

O ye who believe! obey Allah and obey *His* Messenger and those who are in authority among you. And if you differ in anything among yourselves, refer it to Allah and *His* Messenger if you are believers in Allah and the Last Day. That is best and most commendable in the end. (4:60)

فَإِنْ لَّمْ يَسْتَجِيبُوا لَكَ فَاعْلَمْ أَنَّمَا يَتَّبِعُونَ أَهْوَاءَهُمْ ط وَمَنْ
أَضَلُّ مِمَّنِ اتَّبَعَ هَوَاهُ بِغَيْرِ هُدًى مِّنَ اللَّهِ ط إِنَّ اللَّهَ لَا
يَهْدِي الْقَوْمَ الظَّالِمِينَ ؕ

يَا أَيُّهَا الَّذِينَ آمَنُوا أَطِيعُوا اللَّهَ وَ أَطِيعُوا الرَّسُولَ وَ أُولِي
الْأَمْرِ مِنْكُمْ ؕ فَإِنْ تَنَازَعْتُمْ فِي شَيْءٍ فَرُدُّوهُ إِلَى اللَّهِ وَالرَّسُولِ
إِنْ كُنْتُمْ تُؤْمِنُونَ بِاللَّهِ وَ الْيَوْمِ الْآخِرِ ط ذَلِكَ خَيْرٌ وَ أَحْسَنُ



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Ansar Pledge

Say this part three times:

*Ash-hadu • alla ilaha • illallahu • wahdahu
• la sharika lahu • wa ash-hadu • anna
Muhammadan • 'abduhu • wa rasuluh*

Say this part once:

I bear witness • that there is none worthy of worship • except Allah. • He is One •
(and) has no partner, • and I bear witness • that Muhammad (peace be upon him) •
is His servant • and messenger.

Say this part once:

I solemnly pledge • that I shall endeavor • throughout my life • for the propagation
• and consolidation • of Ahmadiyyat in Islam, • and shall stand guard • in defense
of • the institution of Khilafat. • I shall not hesitate • to offer any sacrifice • in this
regard. • Moreover, • I shall exhort my children • to always remain dedicated • and
devoted • to Khilafat. • *Insha'allah.*

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Salat Page



“Do not perform the Salat as a mere ceremony but observe it with the burning and the melting of the heart and supplicate continuously in the Salat. It is the key to the resolving of all difficulties. In addition to the prescribed prayers and glorification supplicate much in your vernacular so that your heart should melt and continue this effort till you arrive at that condition for that is the means of the achieving of all true objectives.”

(Malfuzat, Vol. VI, pp. 367-368).

The Holy Quran Segment

Suggested Time = 10 mins

**It contains verses, questions
about the verses followed
by commentary**





Recitation of the Holy Quran

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Questions

- Why is the word “obey” mentioned before Allah and the messenger but not before “who are in authority amongst you” ?
- Can the words “those in authority” refers to non-Muslim rulers?



- The word “obey” before “in authority amongst you” has been omitted in order to point out that obedience to the authority properly constituted by law is, in reality, obedience to God and His Messenger.
- In the wider significance “those in authority” will also mean non-Muslim rulers in authority over Muslims. Practice of the Holy Prophet (pbuh) as well as his sayings make it clear that in secular matters Muslims should obey even such rulers who are not Muslims (Five volume commentary)

Friday Sermon Segment

Suggested Time = 20 mins

It contains the following items:

1. Synopsis of Friday Sermon (2 slides)
2. Scenario discussion and discussion questions (2 slides)
3. Guidance from Sermon to close the discussion (1 slide)
4. Take home message from the Sermon (1 slide)





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Friday Sermon

Refrain from following un-Islamic customs

Address Jalsa Salana Germany: August 24, 2003

Sixth condition of Bai'at

یہ کہ اتباعِ رسم اور متابعتِ ہو اوہوس سے باز آجائے گا اور قرآن شریف کی حکومت کو بکلی اپنے سر پر قبول کرے گا اور قَالَ اللہ اور قَالَ الرَّسُول کو اپنے ہر ایک راہ میں دستور العمل قرار دے گا۔



That he/she shall refrain from following un-Islamic customs and lustful inclinations and shall completely submit himself/herself to the authority of the Holy Qur'an; and that he/she shall make the Word of God and the sayings of the Holy Prophet Muhammad (pbuh) his/her guiding principles in every walk of his/her life.



Synopsis of the Sermon

- The Promised Messiah (as) admonishes us not to follow the un-Islamic customs that people have added to their faith because of the influence of the society in which they live.
- When the customs take root, their victim is blinded and gradually comes fully into the grip of carnal desires, whereas the pledge during *bai'at* is that he/she will safeguard completely from the carnal desires and will be completely subservient to the sovereignty of Allah and the Holy Prophet (pbuh) .
- Each Ahmadi should possess such a strong character that Western culture should have no effect on him/her whatsoever.
- The truth of the matter is that if a believer adopts the Holy Qur'an as the source of guidance in his daily life, all his evils will start vanishing automatically. His heart shall contain no lustful desires because this is the pure Book which completes the *shari'ah* as a way of life.
- The most important thing for an Ahmadi is to make it obligatory upon him to recite a minimum of two or three *ruku's* of the Holy Qur'an regularly. Then, taking the next step, he should read it with translation. By reciting the Holy Qur'an daily along with reading the translation, its beautiful teachings subconsciously filter into the deep layers of the mind.

Discussion Scenario

A Nasir was professionally very successful, and his job was based on generating contacts. He was not attending evening prayers. Za'im sahib asked him about it. He said that he has been going to a local bar with his friends. He is able to generate business contacts. Za'im sahib expressed concerns about going to the pub and discouraged him to do so as alcohol is served in pubs.



The Nasir smiled and said that he knows better and orders coffee or soft drinks instead. He promised to come for prayers off and on.



Please share your opinion about,

- It is reasonable to encourage him to come for prayers but Za'im sahib should not have interfered with his professional activities.
- It was reasonable for Za'im sahib to discourage the Nasir from going to the bar.
- Is it possible to stay completely away from locations and people who consume alcohol?



Guidance from the Sermon

There exist many other social evils in Western society. To adopt them merely because we live in this society and we feel compelled to do so is, indeed, a worrisome situation. For instance, it is wrong on your part to befriend someone who consumes alcohol and to accompany him to a restaurant or a bar thinking that: 'he would drink alcohol, but I will drink coffee or some other beverage.' Great caution is required. One day, you may be influenced by him to try just one sip and then God forbid, it becomes your habit to drink. Keep the following hadith of the Holy Prophet (pbuh) in mind:

Hadrat Abu Barzah ra relates that the Holy Prophet (pbuh) said, 'I fear that you may be tempted by the lusts of the flesh and sexual cravings, and I am afraid of the evil consequences of sensual temptations.'

(Musnad Ahmad bin Hanbal)

Bottom line is that we must stay away from forbidden practices as best as we can. Salat keeps us away from indecencies and evil activities.



Take "home" message?

Pick one of the following topics from this Friday sermon to discuss with children/family during casual discussion:

- Analyze your life to see if you are involved in any un-Islamic customs?
- Discuss how can we judge various practices using the teachings of the Holy Quran and explanations provided to us by the Khalifa of the time?

Tips to engage youth in conversation: (1) Give them more talking time, and (2) use examples from Huzur's (may Allah be his helper) sermon to make a point.

Mental and Physical health

Suggested Time = 15 mins

It contains questions of general knowledge and/or religious knowledge followed by their answers. A thought-provoking video and a physical health segment





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Mental Health



Quiz



1. What is the difference between snow, fleet, freezing rain and hail?
2. How much blood is in an adult human body?
3. When did first International Bai'at take place?



1. When the temperature between the ground and clouds remains at or below freezing it results in snowfall
Sleet occurs when snowflakes melt into a raindrop in a wedge of warm air well above the ground and then refreeze in a layer of freezing air just above the surface. This results in frozen raindrops, or small ice pellets.
Freezing rain occurs when the wedge of warm air aloft is much thicker, allowing the raindrop to survive until it meets the cold ground. A coating of ice forms on whatever the raindrops contact.
Hail are ice balls and form in warmer weather when raindrops are carried very high and freeze.
2. 1.2-1.5 gallons, 5 liters or 10 units
3. 1993.

Stick Platforms



Amazing interaction of forces!
This illustrates that when aligned properly and considering the laws of physics, even weak objects can hold heavy loads.

Sticks platform: From World of Engineering

Click [here](#) if video does not play



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Physical Health





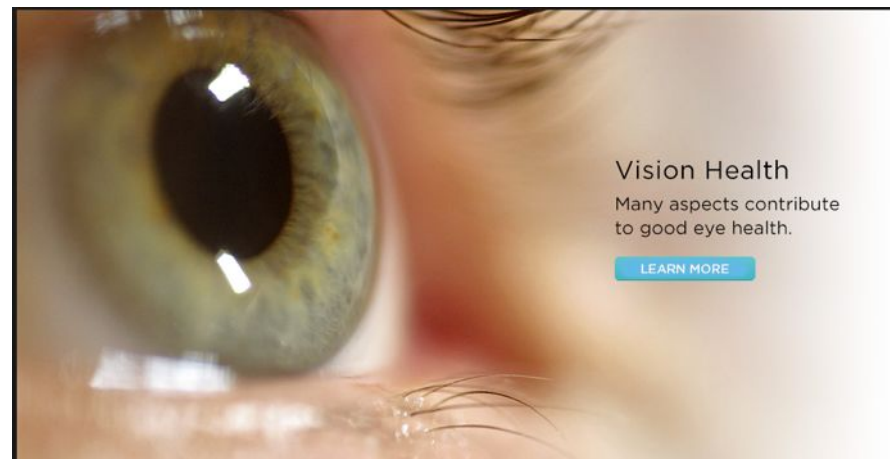
Keep your eyes healthy

Tanvir Ahmed

Is it Just part of growing up

Through out our 40s certain changes in vision are considered normal e.g. need reading glasses

As we grow older we are also at a higher risk of developing age-related eye diseases, e.g. **age-related macular degeneration, cataract, diabetic eye disease, glaucoma, dry eyes etc.**





How do I keep my Eyes Healthy

- ***Comprehensive Eye Exam***
Many common eye diseases often have no warning signs. A comprehensive eye exam is the way to detect these diseases in their early stages. Get an eye exam after age forty and certainly at 50 years of age
- ***Know your family's eye health history***
Certain Eye Diseases run in the family and you may be at higher-than-average risk to develop a particular eye disease.
- ***Eat right to protect your sight***
Diet rich in fruits and vegetables, particularly dark leafy greens, such as spinach, kale, carrots or collard greens as well as fish high in omega-3 fatty acids, such as salmon, tuna, and halibut are good for vision



How do I keep my Eyes Healthy

- *Maintain a healthy weight - Obesity can lead to Diabetes, High Blood Pressure (Diabetic Eye Disease and Glaucoma)*
- *Wear protective eyewear, when playing sports or work potential hazardous activities at work or home. Keep your specs and Contact Lens clean and store properly*
- *Smoking increases risk of developing age-related macular degeneration, cataract, and optic nerve damage*
- *Sunglasses protect your eyes from ultraviolet rays. When purchasing sunglasses, look for ones that block out 99-100 % of both UV-A and UV-B radiations*
- *Give your eyes a rest
If you spend a lot of time in front of a computer, try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds - May Reduce Strain on your Eyes*



Suggested Time = Zaim's discretion

Zaim can include any other segment of local interest in this segment



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That's all folks

Reminders/Announcements

Dua

Jazakumullah for Participating!

**If you enjoyed it, please convey to
those brothers who are not here
today!**