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ANSARULLAH  
USA**

# **Majlis Ansārullāh Monthly Meeting**

## **August 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





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## Recitation of the Holy Quran

And walk not in the earth haughtily for thou canst not rend the earth, nor canst thou reach the mountains in height. (17:38)

وَلَا تَمْشِ فِي الْأَرْضِ مَرَحًا ۚ إِنَّكَ لَنْ تَخْرِقَ الْأَرْضَ وَلَنْ تَبْدُغَ الْجِبَالَ طُولًا ﴿٣٨﴾

'And turn not thy cheek away from men in pride nor walk in the earth haughtily; Surely, Allah loves not any arrogant boaster. (31:19)

وَلَا تُصَعِّرْ خَدَّكَ لِلنَّاسِ وَلَا تَمْشِ فِي الْأَرْضِ مَرَحًا ۚ إِنَّ اللَّهَ لَا يُحِبُّ كُلَّ مُخْتَالٍ فَخُورٍ ﴿١٩﴾



*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



Salat is such that it puts everything in good shape – the worldly matters as well as faith. [...] By performing Salat, one is saved from all kinds of wrongdoings and immodesty. Therefore, your day and your night, in fact any moment, should not be bereft of prayers.

(Malfuzat Vol. 5 p 403)

# The Holy Quran Segment

**Suggested Time = 10 mins**

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





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# Questions

- What does the sentence “not rend the earth, nor canst thou reach the mountains in height” mean ?
- Can those who pray regularly and have faith in God become arrogant?





- It reminds us that after all our successes and achievements are limited, and there is no sense in losing our heads over what is so limited. Despite all our achievements, whether real or imaginary, we have to live on this earth and among these people. Thus, there is not need to be arrogant.
- When someone has faith in God and prays regularly. He enjoins others to that as well. God bestows favors on him. People flock towards him in large numbers. At this time such a person could become self-conceited and self centered. In this verse, Hadhrat Luqman is admonishing his son about it (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

## Pass your life in humbleness

Friday Sermon Frankfurt Germany: August 29, 2003

## Seventh condition of Bai'at

یہ کہ تکبر اور نخوت کو بکلی چھوڑ دے گا اور فروتنی اور عاجزی اور  
خوش خلقی اور حلیمی اور مسکینی سے زندگی بسر کرے گا۔

*That he/she shall entirely give up pride and vanity and shall pass all his/her life in humbleness, cheerfulness, forbearance and meekness.*



## Synopsis of the Sermon

- Even when man would perform a virtuous act, Satan would make him self-conceited, and thus through his personal vanity and egotism, he could be led to be proud and arrogant.
- One must not take it lightly that we accepted the condition at the time of making *bai'at* that we would not indulge in pride and vanity. Give up arrogance in its entirety.
- Therefore, in the seventh condition, the Promised Messiah (as) also introduced a way to obtain Allah's Graces. He said, if we try to break away from the habit of arrogance, but do not fill in the emptiness with humility and meekness, then arrogance would attack us again.
- Thus, the trait of arrogance breeds many other evils; slowly and gradually all paths of virtue are fully closed. Such persons drift away from religion and also from the *Nizam-e-Jama'at* [Organization of the Jama'at]
- It is not possible for arrogance and meekness to co-exist. Arrogant people are always deriding and mocking humble people who are servants of the Gracious God.
- So, each Ahmadi should adopt the habit of forgiving each other. This would elevate one's status in the Hereafter, and Allah the Almighty shall continue to increase one's honor in this world as well.

## Discussion Scenario

A Nasir is a big proponent of discipline and rules. He enforces them at home as well. He believes that it is in children's best interest to have ground rules at home. He is also rather harsh in treating his wife. In an Ansar monthly meeting Za'im sahib, who is much older than the Nasir, pointed out that ground rules can be maintained with love and affection instead of harshness and rudeness.



The Nasir argued that discipline is important to keep children from getting involved in the evils of society.



# Discussion

In your opinion,

- Is the Nasir correct in his approach of enforcing strict discipline as parents have to be very careful in this society?
- Do you think the Za'im sahib is correct as unnecessary harshness can alienate the youth?
- In your experience what has worked better, strict rules or more relaxed attitude?
- Any other approach?



## Guidance from the Sermon

“It is truly alarming to see how savagely some men mistreat their wives and children. Some girls write to me telling me they have now become adults, but since their childhood they have been witnessing the oppressive treatment of their fathers towards their mothers and themselves, but now they cannot tolerate it anymore. They used to hide in their rooms as soon as their father entered the house. If their mother or anyone of them happened to say anything against his likings, the father was so cruel that he would beat them. It is only arrogance that has turned fathers like this to commit such extremes. Most of them keep a nice posture outside their homes and people think no one is as noble as those persons. Consequently, on coming of age, the children of such ill-mannered and arrogant men, especially their sons, show a reaction to their father’s cruelty to their mothers, sisters or themselves. They start confronting their father, and when the time comes when the father becomes weak in his old age, they take their revenge.”

**The bottom line is that** we can pretty much achieve anything with wisdom, love and affection. In this case, the father is correct that there should be rules in the household however, these can be set up and implemented with the support and understanding of his family.





## Take "home" message?

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

- Ask your wife and children if you come across as harsh and arrogant to them?
- As a family, discuss the examples of humility of the Holy Prophet (pbuh)

**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**



# Mental Health



# Quiz



1. Why is there global warming?
2. How long are our human intestines?
3. When and by whom the name of our community was determined?



1. With burning of fossil fuel, carbon dioxide and methane are released into the atmosphere. These gases trap earth's heat causing slow warming. This is called the greenhouse effect and these gases are called greenhouse gases. This is called global warming and likely, in part, a result of human activities (nasa.gov)
2. About 15 feet
3. For the population census of 1901 the Promised Messiah<sup>(as)</sup>, proposed the name Musalman Firqah Ahmadiyya (Ahmadiyya Muslim Sect) for his Community



An example of why studying engineering is cool!  
How various forces have been used to support a heavy load.

From [World of Engineering](#)

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



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# Physical Health





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# Hearing loss







# Hearing

- Approximately 30% of people between the ages of 65 and 74 have hearing loss and nearly 50% older than 75 yrs. have difficulty hearing
- Hearing loss with aging affects some people more than others and it seems to run in families
- Hearing loss can be frustrating, embarrassing, and dangerous. It can be terribly disabling and isolating
- One may not be able to follow instructions by a physician, hear alarms, traffic sounds or simple day to day conversations.



## Why am I losing my hearing?

- Noise induced hearing loss. For example, construction workers, farmers, musicians, airport workers, industrial workers etc. are at particular risk.
- Viral or bacterial infections
- Heart conditions or stroke, head injuries, tumors, and certain medication side effects
- Wax build up is a very common reason for treatable hearing loss



# THE SILENCE IS DEAFENING

- Seek Professional help **sooner than later**
- **Hearing aids** may sound different when you wear for the first time and you may need to try more than one aid to find the right kind
- **Cochlear Implants** are small electronic devices surgically implanted in the inner ear that help provide a sense of sound to people who are profoundly deaf or hard-of-hearing
- **Assistive listening devices** include phone amplifying devices, smart phone or tablet "apps," and closed circuit systems (induction coil loops) in places of worship etc.
- **Lip reading or speech reading** can help some people too.
- Ask your friends and family to face you when they talk so that you can see their face and ask people to speak loud and clear **but not shout**
- **Background noise** makes it hard to hear people talk e.g. Noise from TV etc. - Turn them off



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# Open Segment

**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!**