



**MAJLIS  
ANSARULLAH  
USA**

# **Majlis Ansārullāh Monthly Meeting**

## **February 2022**

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# Agenda

- Recitation of the Holy Quran (5 mins)
- Pledge
- The Holy Quran segment (10 min)
- Khalifa's guidance segment: Based on Huzoor's address in the final session of UK Ansarullah Ijtema, 9/12/21 (20 min)
- Domestic responsibility segment (10 mins)
- Salat (Daily Prayers) Segment (5 mins)
- Health segment (10 min)
- Technology segment (5 mins)
- Open slot for local topics (10-20 mins)
- Reminders/announcements (5 mins)
- Du'a

Suggested Total Time (75 – 90 mins)



# Recitation of the Holy Quran

As for those who say, 'Our Lord is Allah,' and then remain steadfast, the angels descend on them, saying: 'Fear ye not, nor grieve; and receive glad tidings of the Garden which you were promised.

'We are your friends in this life and in the Hereafter. Therein you will have all that your souls will desire, and therein you will have all that you will ask for—  
'An entertainment from the Most

Forgiving, Merciful God.' ([41:31-33](#))

إِنَّ الَّذِينَ قَالُوا رَبُّنَا اللَّهُ ثُمَّ اسْتَقَامُوا تَتَنَزَّلُ عَلَيْهِمُ الْمَلَائِكَةُ  
أَلَّا تَخَافُوا وَلَا تَحْزَنُوا وَأَبْشِرُوا بِالْجَنَّةِ الَّتِي كُنْتُمْ تُوعَدُونَ ﴿٣١﴾

نَحْنُ أَوْلِيُّكُمْ فِي الْحَيَاةِ الدُّنْيَا وَفِي الْآخِرَةِ ۗ وَلَكُمْ فِيهَا مَا  
تَشْتَهُنَّ أَنْفُسُكُمْ وَلَكُمْ فِيهَا مَا تَدَّعُونَ ﴿٣٢﴾

نُزُلًا مِّنْ غَفُورٍ رَّحِيمٍ ﴿٣٣﴾



*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

**Suggested Time = 10 mins**

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



## Verses Recited Earlier

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نُزُلًا مِّنْ غَفُورٍ رَّحِيمٍ ﴿٣٣﴾



# Understanding the Verses

- In the verse 41:31 what is being rewarded by the descent of angels?
- Allah's beloved individuals go through a lot of trials and tribulations. Why does the verse say that they shall have no fear?



- Having a firm belief in Allah the Almighty and tolerating all challenges and difficulties in this relationship is being rewarded by descent of angels who talk to such individuals and give them glad tidings.
- Allah's beloved do go through trials and tribulations, but they are so inebriated in this love that they persevere and are not disappointed or loose hope. They find comfort in the love of Allah.





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## Khalifa's guidance (aba)

**Suggested Time = 20 mins**

***(All Ansar members need to participate in this discussion)***

**It contains the following items:**

1. Scenario, question and discussion(2 slides)
2. Guidance from the Khalifa (1 slide)



# Discussion

After conducting the pledge at the beginning of the meeting the Zaim of a Majlis asked Ansar a simple question. “How do you plan to fulfill your pledge?” Some members were unable to recall what they had just pledged. Attending Ansar members started giving various answers.





# Discuss

- How many members know the pledge by heart?
- What may be the best way to live up to our Ansar pledge?
- Along with Allah the Almighty, who is the best judge of our internal state?



# Hallmarks of a Nasir

- ***“In order to fulfil our pledges of being Ansarullah, and in order to be the true helpers of the Promised Messiah (peace be upon him), in the completion of this great and far-reaching work, we must enter the field with purpose and endeavor. Only then can we be true Ansarullah. Mere verbal claims of being so are hollow and meaningless. Rather, we must reflect upon our actual state.”***
- ***“The task of propagating the message of Islam to the corners of the Earth is no easy feat. For this we must deepen our relationship with God, increase the standards of our righteousness, strive to increase our knowledge and endeavor to live our lives in accordance with the commandments of Allah the Almighty.”***

Based on Huzoor’s address in the final session of UK  
Ansarullah Ijtema, 9/12/21

# Salat



“Offer Prayers with commitment to regularity. Some people offer only one of the daily Prayers. They should remember that there is no exemption from Prayers.”  
(Malfuzat Vol. 1 page 172)



- ‘I have observed that children of such homes where parents do not have a loving relationship mostly find comfort outside of home. Therefore, I will also say to the parents not to ruin the peace of the home because of their personal egos and petty wishes and ultimately ruin their children. They should try to become leaders of the righteous and honor their trusts in the true sense. They should also fulfil their pledge and their promise that they took after taking the bai’at of the Promised Messiah (on whom be peace). May Allah the Exalted enable everyone to do so! Ameen.’  
(Address to ladies 15 August 2009 at Jalsa Salana Germany. Published in Al Fazi International 2 May 2014)



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# Mental and Physical health Segment

**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**

**PHYSICAL MENTAL**



# Mental





# Quiz

- 1) How fast does the air rush out of the nose when we sneeze?
  - a) 1 mph
  - b) 100 mph
  - c) 1000 mph
  
- 2) Staying apart from other people when you are exposed to CORONAVIRUS is called?
  - a) Quarantine
  - b) Isolation
  - c) physical distancing?
  
- 3) When did the Promised Messiah (as) invited Alexander Dowie to a prayer duel?
  - a) Sept 1902
  - b) June 1889
  - c) September 1984?

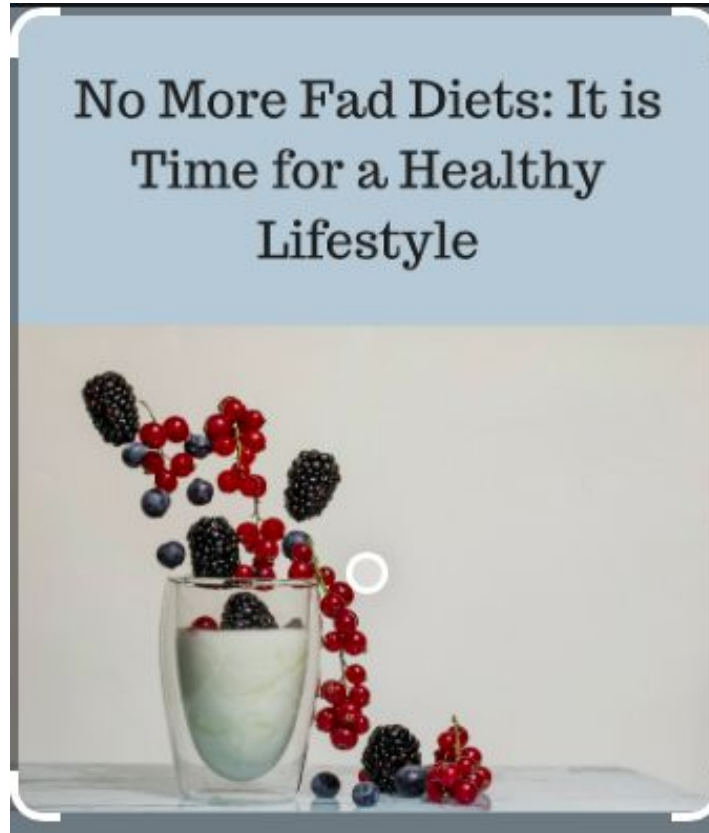


# Answers



1. 100 mph
2. Quarantine
3. September 1902

# Answers



# Your Lifestyle Matters

# Dietary Habits

- **American Heart Association** emphasizes the importance of overall dietary pattern rather than individual foods / nutrients and the critical role of **nutrition** in all stages of life
- Food is eaten at home, work, sports, mosques etc **AND** it is possible to follow a heart-healthy dietary pattern, whether food is prepared at home, [ordered in a restaurant](#) or online, or purchased as a prepared meal





# The Ten Commandments of Dietary Pattern to promote Heart Health

- **Balance food and calorie intake with physical activity** to maintain a healthy weight
- Choose a **wide variety and eat plenty of fruits and vegetables** to get a full range of nutrients from food rather than supplements
- Choose **whole grains** and other foods made up mostly of whole grains (barley, millet, oatmeal, buckwheat, brown rice, quinoa)
- **Include healthy sources of lean and/or high-fiber [protein](#)** such as **plant proteins** (nuts and legumes), fish or seafood, lean meat and limit red & processed meats
- Use liquid non-tropical plant oils such as olive or sunflower oils

# The Ten Commandments of Dietary Pattern to promote Heart Health

- Choose **minimally processed foods (natural)** rather than ultra-processed foods (chips, candy, breakfast cereals, chicken nuggets, hotdogs, fries)
- Minimize intake of **beverages and foods with added sugars** (coke, juices)
- Choose or prepare foods with **little or no salt**
- **Do not drink Alcohol**
- Apply this guidance no matter where food is prepared or consumed (Home, school, work)



# Take "home"

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

- Review instances in your family's life where trust in Allah the Almighty helped you persevere and succeed?

**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.



## How Cryptocurrencies work? *Click the YouTube Thumbnail below*







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# LOCAL TOPICS



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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!**