



**MAJLIS  
ANSARULLAH  
USA**

# **Majlis Ansārullāh Monthly Meeting**

## **March 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)
- Dua'

Suggested Total Time (75 – 90 mins)



# Recitation of the Holy Quran

Know that the life of this world is only a sport and a pastime, and an adornment, and a *source* of boasting among yourselves, and of *rivalry* in multiplying riches and children. *This life* is like the rain, the vegetation produced whereby rejoices the tillers. Then it dries up and thou seest it turn yellow; then it becomes broken pieces of *straw*. And in the Hereafter, there is severe punishment, and *also* forgiveness from Allah, and *His pleasure*. And the life of this world is nothing but *temporary* enjoyment of deceitful things.

(57:21)

إِعْلَمُوا أَنَّمَا الْحَيَاةُ الدُّنْيَا لَعِبٌ وَلَهُوَ  
وَزِينَةٌ وَتَفَاخُرٌ بَيْنَكُمْ وَتَكَاثُرٌ فِي  
الْأَمْوَالِ وَالْأَوْلَادِ ط كَمَثَلِ غَيْثٍ  
أَعْجَبَ الْكُفَّارَ نَبَاتُهُ ثُمَّ يَهِيْجُ  
فَتَرَاهُ مُصْفَرًّا ثُمَّ يَكُوْنُ حُطَامًا ط  
وَفِي الْآخِرَةِ عَذَابٌ شَدِيْدٌ لَّامَغْفِرَةٌ  
مِّنَ اللّٰهِ وَرِضْوَانٌ ط وَمَا الْحَيَاةُ الدُّنْيَا  
إِلَّا مَتَاعٌ الْغُرُوْرِ ﴿٢١﴾



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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*

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

*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.*

# The Holy Quran Segment

**Suggested Time = 10 mins**

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



## Verses Recited Earlier

Know that the life of this world is only a sport and a pastime, and an adornment, and a *source* of boasting among yourselves, and of *rivalry* in multiplying riches and children. *This life* is like the rain, the vegetation produced whereby rejoices the tillers. Then it dries up and thou seest it turn yellow; then it becomes broken pieces of *straw*. And in the Hereafter, there is severe punishment, and *also* forgiveness from Allah, and *His pleasure*. And the life of this world is nothing but *temporary* enjoyment of deceitful things.

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إِلَّا مَتَاعٌ الْغُرُورِ ﴿٢١﴾



## Commentary

- In 57:21 why is the life in this world called a sport and pastime?
- In this verse what is the wasted life of this earth likened to and why?



# Commentary

- Life spent in forgetfulness of God and disregard of its higher values is described in this verse as sport and pastime otherwise man's life on this earth is a serious matter
- Life devoted to obtaining materialistic pleasures has been likened to the end of a blooming and blossoming crop over which a scorching wind has blown turning into broken pieces of straw





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# Khalifa's guidance (aba)

**Suggested Time = 20 mins**

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

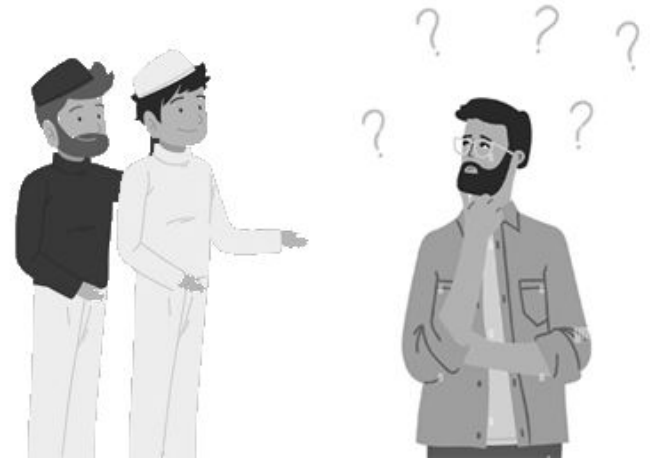
**It contains the following items:**

1. Scenario question and discussion (2 slides)
2. Guidance from the Khalifa (1 slide)
3. Take home message from the speech (1 slide)



## Discussion Scenario

One of the local Majalis held a tabligh meeting. Several non-Ahmadi guests participated. One individual expressed his disappointment that Ahmadis have been suffering for a while. Early on in India, and later in Pakistan. Several Ahmadis live a difficult life, and some are eventually killed in this cause. He was also surprised that most Ahmadis still stay connected with the Jama'at when they can easily have a life of ease and comfort outside the community.





# Questions

- Why do you think Ahmadi Muslims have been persecuted?
- How would you explain the fact that Ahmadi Muslims do not leave the community to live the life of ease and comfort?



## “World is a prison for the believer”

- ***“On one occasion the Promised Messiah (peace be upon him) stated that people have now ventured far from the truth of Islam and that they have no idea what the truth of Islam is. True life in Islam requires a sort of death, in the form of hardship. But in the end, only he who attains this is truly alive. It is said in the sayings of the Holy Prophet (peace and blessings be upon him) that man considers the desires and luxuries of this world as heaven even though they are, in reality, hell, whilst the righteous person endures difficulties in the path of God, and this is heaven.”***



## Take "home" message?

Please review the following with children/family during casual discussion:

- Think about any unnecessary materialistic pursuits in your life and ways to overcome them?

**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.



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 say to the parents not to ruin the peace of the homes due to 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 fulfill 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 Jalsa Salana Germany 8/15/2009)

# Salat Page



Salat is the best educator and the most excellent means of teaching perfect servitude. [...] Be dutiful to Salat in such a way that, not only your body or tongue, but also all the intentions and passions of your soul entirely become Salat.

(Malfuzat Vol. 1 page 108)



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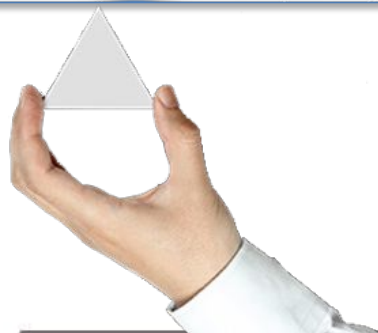
# Mental & Physical health Segment

**Suggested Time = 15 mins**

**It contains**

- 1. Questions of general knowledge and/or religious knowledge followed by their answers.**
- 2. A thought-provoking video**
- 3. A physical health segment**

**PHYSICAL      MENTAL**





# Mental Health

- **Which is the most broken bone in the body?**
  1. Femur
  2. 2. Collar bone
  3. 3. Skull
- **What is incubation period?**
  1. Diseases in babies
  2. Someone with infection with no symptoms
  3. Period of recovery after sickness
- **When did Alexander Dowie pass away?**
  1. March 1907,
  2. March 1908,
  3. March 1909





1. Collar bone (Clavicle)
2. Period of illness when someone is infected by an organism but not yet showing symptoms. One may be infectious at this time (infect those around them)
3. March 1907



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# Technology Video



Link embedded within the above thumbnail,  
it can be played by clicking on it in presentation mode



<https://www.youtube.com/watch?v=Xenr8Vhi0-g>



## The Good

### Online Social Networks -> Social Media

Collaborative learning  
Strengthen relationships  
Support Groups  
Campaigning for Social Good  
Sharing experiences/expertise  
Connect anytime  
Exploration of different topics

## The Bad/Ugly

- **Cyberbullying:** posting, or sharing negative, harmful, false, or mean content about someone else
- **Echo Chamber:** beliefs are amplified or reinforced by communication and repetition inside a closed system and insulated from rebuttal
- **Trolling:** intentionally antagonizes others online by posting inflammatory, irrelevant, or offensive comments (“Troll Farms”)
- **Witch Hunts:** campaign targeting a person or group who holds an unorthodox or unpopular view
- **Privacy Abuse:** Companies sell or allow third parties to access data
- **Doomscrolling:** Constant barrage of bad news creates anxiety/depression
- **Addictive:** Activation of reward centers in the brain similar to cocaine

# Health talk

## Exercise for Life



### **You're Never too Old** *Keep Active as you age*

<https://newsinhealth.nih.gov/2011/12/youre-never-too-old>

- It is absolutely never too late to start to exercise
- **Exercise is Medicine - You will start to feel and look good, no matter when you start to exercise**
- Exercise is crucial to maintain your physical and mental well being. You will look and feel better



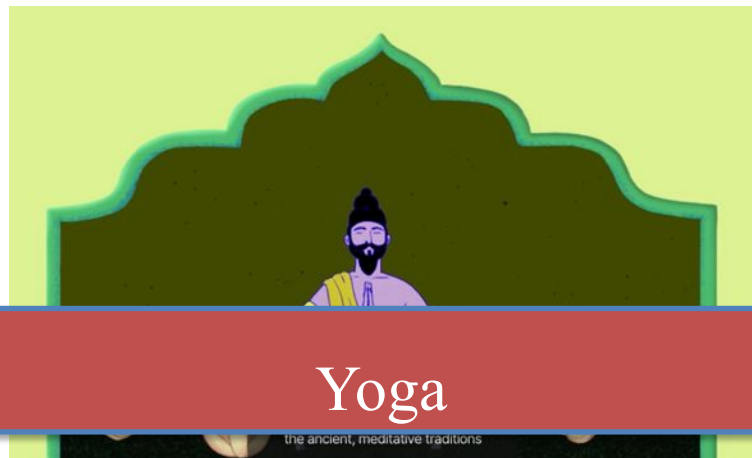
## Aerobic Exercises

- **Aerobic, low-impact endurance exercises** improve heart health, stamina, energy and promote healthy weight loss
- The best exercises are **walking, bicycling water aerobics-swimming at any age**
- Exercise regularly, most day of the week and at least 150 minutes per week.



## Strengthening Exercises

- Weight Training builds muscles, improves joint stability and mobility
- *Start low and go slow* and exercise different muscle groups each day
- Exercise different group of muscles every day



- Yoga is a mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation
- There are over a hundred types of yoga, some fast-paced, others gentle and relaxing

- You can start a Yoga program at any age, needs no special equipment or gym
- Check out the video [https://www.ted.com/talks/krishna\\_sudhir\\_what\\_yoga\\_does\\_to\\_our\\_body\\_and\\_brain/transcript?language=en#t-1026](https://www.ted.com/talks/krishna_sudhir_what_yoga_does_to_our_body_and_brain/transcript?language=en#t-1026)



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# LOCAL TOPICS





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## **Reminders/Announcements Dua**

**Jazakumullah for Participating!**

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