



**MAJLIS  
ANSARULLAH  
USA**

# Majlis Ansārullāh Monthly Meeting

**May 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

Whatever is in the heavens and whatever is in the earth glorifies Allah; and He is the Mighty, the Wise

O ye who believe! why do you say what you do not?

Most hateful is it in the sight of Allah that you say what you do not.

Verily, Allah loves those who fight in His cause arrayed in *solid* ranks, as though they were a *strong* structure cemented with *molten* lead.

(61:2-5)

سَبَّحَ لِلَّهِ مَا فِي السَّمٰوٰتِ وَمَا فِي

الْاَرْضِ ۚ وَهُوَ الْعَزِيزُ الْحَكِيْمُ ﴿٢﴾

يٰۤاَيُّهَا الَّذِيْنَ اٰمَنُوْا لِمَ تَقُوْلُوْنَ مَا لَا

تَفْعَلُوْنَ ﴿٣﴾

كَبُرَ مَقْتًا عِنْدَ اللّٰهِ اَنْ تَقُوْلُوْا مَا لَا

تَفْعَلُوْنَ ﴿٤﴾

اِنَّ اللّٰهَ يُحِبُّ الَّذِيْنَ يُقَاتِلُوْنَ فِيْ سَبِيْلِهِ

صَفًّا كَاَنَّهُمْ بُنْيَانٌ مَّرصُوعٌ ﴿٥﴾



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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

Whatever is in the heavens and whatever is in the earth glorifies Allah; and He is the Mighty, the Wise

O ye who believe! why do you say what you do not?

Most hateful is it in the sight of Allah that you say what you do not.

Verily, Allah loves those who fight in His cause arrayed in *solid* ranks, as though they were a *strong* structure cemented with *molten* lead.

(61:2-5)

سَبَّحَ لِلَّهِ مَا فِي السَّمَوَاتِ وَمَا فِي  
الْأَرْضِ ۗ وَهُوَ الْعَزِيزُ الْحَكِيمُ ﴿٢﴾  
يَا أَيُّهَا الَّذِينَ آمَنُوا لِمَ تَقُولُونَ مَا لَا  
تَفْعَلُونَ ﴿٣﴾  
كَبُرَ مَقْتًا عِنْدَ اللَّهِ أَنْ تَقُولُوا مَا لَا  
تَفْعَلُونَ ﴿٤﴾  
إِنَّ اللَّهَ يُحِبُّ الَّذِينَ يُقَاتِلُونَ فِي سَبِيلِهِ  
صَفًّا كَأَنَّهُمْ بُنْيَانٌ مَرْصُوعٌ ﴿٥﴾



## Commentary

- How can one prove the truth of the Holy Prophet (peace and blessings of Allah be on him) based on 61:3
- Despite doing Bai'at of Promised Messiah (peace be on him), can one incur wrath of Allah?

## Commentary

- This verse teaches us a great lesson. Words do not carry much weight unless accompanied by corresponding actions. The fact that the Holy Prophet (peace and blessings of Allah be on him) was so successful and loved by his companions proves that he acted on all the advice he gave them.
- The Promised Messiah (peace be on him) has repeatedly said that verbal claim of pledging allegiance does not carry much weight unless accompanied by actions in accordance with his teachings. In fact, based on 61:4, one can incur displeasure of Allah if one does not act upon the teachings of the Promised Messiah (peace be on him) after pledging allegiance to him



# 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

A new convert wanted to go to Ansar Ijtema. Za'im sahib arranged for him to carpool with a group of Ansar. On the way, one of the Nasir told him that the Jama'at president has been against him and his family. He has a soft corner towards his own friends. Another Nasir shared his opinion that the president does not have a deep understanding of the system of the Jama'at. During the Ijtema they stayed with him and explained the program. They told him that the sports activities and Bar-B-Q is a lot of fun however, most of the Talim competitions are boring. Zaim sahib noticed that the convert was very quiet and subdued after the Ijtema and missed the next monthly meeting.





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- In your opinion, did the convert benefit from the Ijtema?
- What do you think went wrong in this trip?



## **“Why do you say what you do not do”**

- ***“A person having stayed in the company of a Maulvi (religious cleric) and hearing his exhortations of piety and spirituality had become convinced to convert to Islam. One day the person who was due to convert came across that same cleric drinking alcohol and his heart became hardened, and he stopped. He said that this cleric tells me good and pious things and tells me about the detriment of alcohol yet he himself is sitting here drinking alcohol and so he thought to himself one should stay away from such a religion.”***
- ***“One should not just convey the message of Islam with their words, rather they should do so with their actions. They should convince others with their personal examples, by remaining steadfast and guiding others with patience. One should not become frustrated in the face of opposition. So, these two principles must always be kept in mind when conveying Islam’s teachings: to create unity in one’s actions and teachings, and secondly to act with patience, consistency and self-control.”***

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



## Take "home" message?

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

- Analyze the qualities of a true follower of the Promised Messiah
- Judge your actions in accordance with these qualities ?

**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.



- ‘Another malady which is ruining homes and causing constant conflicts and restlessness in families is that after marriage, despite the capacity to live independently and without any warrantable reason, young men stay at their parents’ home with their siblings. If the parents are elderly and have no one to take care of them and are disabled with no helper, then it is the son’s duty to keep them with him and also serve them. However, if there are other siblings who live with the parents, then there is no harm in living separately. These days a lot of difficulties are created because of this. If living in joint family situation only increases one to commit sins, then it cannot be a virtue or a means to serve parents. (Friday sermon delivered on 10 November 2006 at Baitul Futuh, London. Published Al Fazl International 1 December 2006)

# Salat Page



Man can never achieve nearness to Allah without practicing *iqamusssalat* (observance of Salat). He ordered *aqeemussalat* (observe Prayer) because Salat tends to falter and those who comply with *iqamusssalat* they benefit from its spiritual form. [...] I have admonished my Jama'at to offer Salat decently and that too is supplication. (Malfuzat Vol. 2 p 346)



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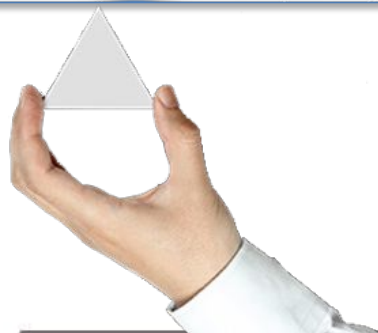
# Mental & Physical health Segment

**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

- **How many breaths do humans take in a day?**
  1. 24000
  2. 24
  3. 2400
- **What does Corona in Coronavirus mean?**
  1. Crown
  2. Sun
  3. Moon
- **Who are the “Dervishes” of Qadian?**
  1. Religious clerics,
  2. Founders of the city,
  3. Individuals asked to watch over holy sites





1. Approximately 24000
2. Crown
3. Individuals who were asked to stay in Qadian to watch over the Holy sites at the time of partition of India.



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# Technology Video



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



<https://youtu.be/DOpwEDwIDuE>



# What is AI?

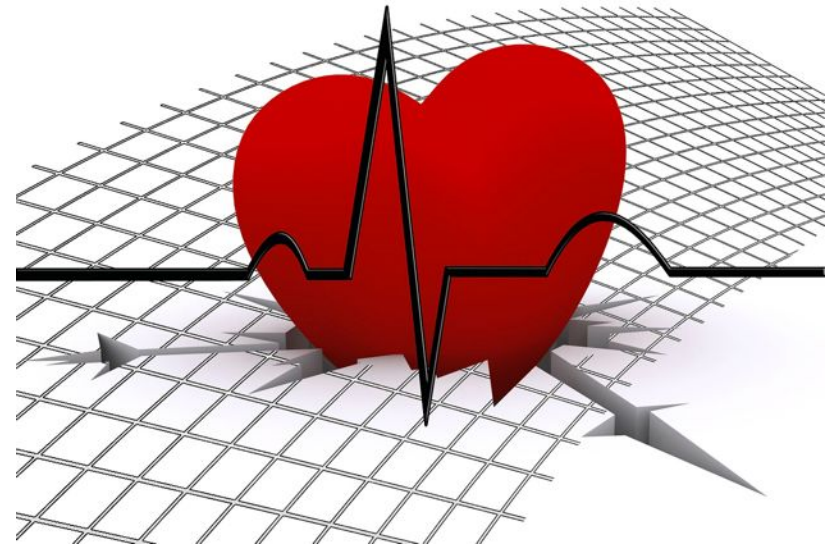
- **Combination** of Computer Science principles and large datasets to solve “problems”
- **A “long” history:**
  - Early stages of computer chess began in the 50s; First retail chess computer in 1977
  - IBM Deep Blue defeated Gary Kasparov in 1997; IBM Watson won Jeopardy Challenge 2011
  - Expert Systems: mimic decision-making process of humans (“rules engine”)
  - Today: Self-driving cars, household gadgets (Roomba vacuum), speech recognition (Siri), computer vision (Xray, CT scans, MRI), recommendation engines (shopping, videos, etc.), finance (trading), Robots (Boston Dynamics dog or Hanson Robotics’ Sophia), artwork, music
- **Proliferation of data** and powerful computing helped drive success of AI
- **Big advancements** in Vision and Natural Language Processing
- **Hype Cycle** (Innovation Trigger -> Inflated Expectations -> Plateau)

## Heart Disease in South Asians

- <https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease-prevention/art-20046502>

### A Uniquely High Risk Group

- **South Asians men** (Pakistan India, Bangladesh and other countries in the region) are identified as a uniquely high risk group for heart disease and have **4x greater risk of heart disease** than general population and a much greater chance of heart attack before age 50
- **Heart attack** strike south Asians (men and women) **at a younger age and is deadlier** than the general population. Almost **one in three** in this group **will die** from heart disease **before age 65**.



## Smoking and Diet



- South Asians tend to be smokers
- Typical South-Asian diet is **high in sugar, refined grains, and fatty foods**



## Thin Fat Syndrome

- Body mass index (BMI) in South Asians often falls into a **Thin-fat syndrome**
- People have a normal BMI (25 or less), but carry more weight in **their abdomen and that visceral fat** is more likely to lead to a Heart Attack etc.
- 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

## The Metabolic Syndrome

- More than 1/3rd of South Asian men and 17% of South Asian women have **metabolic syndrome which predisposes to heart disease**
- If more than one of these conditions occur in combination, the risk is even greater for heart disease



## Strategies to prevent heart disease

1. **Knowledge is Power**; be aware of your risks talk to your doctor
2. **Don't smoke or use tobacco**
3. **Get moving: exercise at least 30-60 minutes of activity daily**
4. **Eat a heart-healthy diet**
5. **Maintain a healthy weight**
6. **Get good quality sleep - Internet at night is not heart healthy**
7. **Manage stress**
8. Talk to your doctor and get regular health screening
9. email [gaid.health@ansarusa.org](mailto:gaid.health@ansarusa.org) for any questions







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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!**