



**MAJLIS
ANSARULLAH
USA**

Majlis Ansārullāh Monthly Meeting

July 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

Call unto the way of thy Lord with wisdom and goodly exhortation and argue with them in a way that is best. Surely, thy Lord knows best who has strayed from His way; and He knows those who are rightly guided (16:126)

And as a Summoner unto Allah by His Command, and as a Lamp that gives bright light (33:47)

أُدْعُ إِلَى سَبِيلِ رَبِّكَ بِالْحِكْمَةِ
وَالْمَوْعِظَةِ الْحَسَنَةِ وَجَادِلْهُمْ بَالَّتِي
هِيَ أَحْسَنُ ۗ إِنَّ رَبَّكَ هُوَ أَعْلَمُ
بِمَنْ ضَلَّ عَنْ سَبِيلِهِ وَهُوَ أَعْلَمُ
بِالْمُهْتَدِينَ ﴿١٢٦﴾

وَوَدَّاعِيًّا إِلَى اللَّهِ بِإِذْنِهِ وَسِرَّاجًا مُنِيرًا ﴿٤٧﴾



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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

Call unto the way of thy Lord with wisdom and goodly exhortation and argue with them in a way that is best. Surely, thy Lord knows best who has strayed from His way; and He knows those who are rightly guided (16:126)

أَدْعُ إِلَى سَبِيلِ رَبِّكَ بِالْحُكْمَةِ
وَالْمَوْعِظَةِ الْحَسَنَةِ وَجَادِلْهُمْ بِالَّتِي
هِيَ أَحْسَنُ ۗ إِنَّ رَبَّكَ هُوَ أَعْلَمُ
بِمَنْ ضَلَّ عَنْ سَبِيلِهِ وَهُوَ أَعْلَمُ
بِالْمُهْتَدِينَ ﴿١٢٦﴾

And as a Summoner unto Allah by His Command, and as a Lamp that gives bright light (33:47)

وَدَاعِيًا إِلَى اللَّهِ بِإِذْنِهِ وَسِرَاجًا مُنِيرًا ﴿٤٧﴾



Understanding the verses

- What are some of the key points about Tabligh as mentioned in verse 16:126?
- In 33:47 why is the Holy Prophet (pbuh) likened to a lamp (sun)?



- While doing Tabligh we should remember that we are calling people towards Allah the Almighty. We need to use the principles of wisdom (e.g., knowledge, justice, forbearance and firmness), goodly exhortation (a discourse which softens the heart of the hearer), provide most cogent and solid arguments and not be discouraged if desired result is not obtained.
- The Holy Prophet (pbuh) has been likened to the sun as he is now the ultimate and only source of spiritual light.



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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

Muntazim tabligh was talking about importance of tabligh and dedicating time for various activities to spread the message of Islam Ahmadiyyat. He approached a few Ansar and requested them to join his team. Their asylum cases were recently approved. One Nasir said that we have to settle down in the country first. We have just started our jobs and don't want to offend our employers by getting involved in tabligh activities. Besides, the people of this country seem very satisfied in their lives and will likely not need our message?





Questions

- Why should we convey the message of Islam to the society around us?
- What is one main responsibility of the person who is conveying the message of Islam?



Spreading the truth

- ***“Here, there are many opportunities to convey the message of Islam freely. If, in some other countries, there are obstacles in our way and the law and governments hinder us, then why should we not take advantage in those nations where we are free to do so?”***
- ***“Thus, those people who are living freely in these countries who have the opportunity to peacefully spread Islam should strive to do so to an even greater extent than before and prove by their own actions that Islam is that true religion that can bring the world to the right path and that can deliver it to salvation.”***

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:

- How can you participate in the noble activity of spreading the message of Islam Ahmadiyyat in the world?

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.



- ‘Every married man is a guardian over his family, and it is his duty to take care of their needs. Man has been made the guardian. Providing for the family, to take care of children’s education, to meet all their educational needs and expenses, all these are responsibilities of the man. But it is regrettable that there are some men even in the Jama’at who, let alone provide for the family, ask their wives for money to meet their expenses although they have no right over the earnings of their wives. If a wife pays for some expenses, it is her favor on the husband.’ (Friday sermon delivered on 5 March 2004 at Baitul Futuh, London. Published in Al Fazl International 19 March 2004)



Salat is an instrument for security against sins. It is a characteristic feature of Salat that it drives one away from sin and evil deeds. Therefore, seek that sort of Salat and try to mold your Salats accordingly. Salat is the essence of blessings. Favors of Allah are attained through the Salat. Therefore, perform it decently that you may inherit Allah's blessings.

(Malfuzat Vol. 3 p 103)



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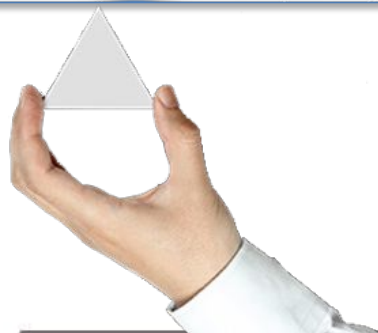
Mental & Physical health Segment

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

- **A car travels a constant speed of 40 mph. How far will it go in 45 minutes?**
 1. 40 miles
 2. 30 miles
 3. 20 miles
- **What is commonly called long COVID?**
 1. A long Coronavirus
 2. Virus traveling from China to USA
 3. Symptoms about a month after COVID
- **When did the Promised Messiah (as) invite Alexander Dowie to a prayer duel?**
 1. March 1889
 2. September 1902
 3. September 1984



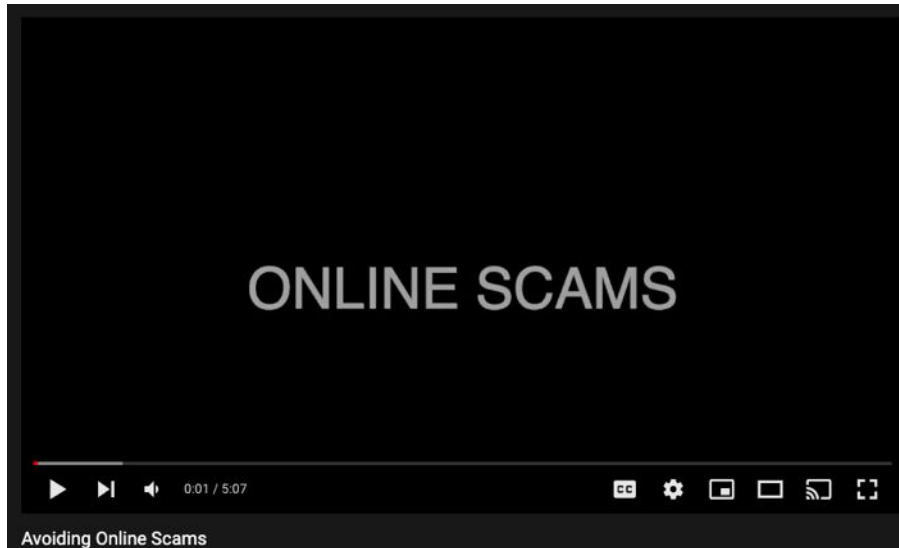
- 30 miles
- Post COVID symptoms/conditions felt about 4 or more weeks after the initial infection
- September 1902?





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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/i6LU6MFSokQ>

Online Scams are Proliferating

- Avoid all sorts of scams (not just online)
- Online scams are easier/cheaper, so more likely to work
- Usually with a promise of free things or prize winnings
- 2018: people lost \$800 million to online scams
- Phishing is the most common type of online scam
- Majority of victims are those older than 45



Types of Scams

Bad Software/Apps: program can monitor your keystrokes, act like ransomware, etc.

Nigerian Scam: promise of a fortune in exchange for some fees

Phishing Scam: e-mail that appears to be from a well-known source (e.g., bank)

Smishing Scam: text messages that require immediate attention

Catfishing Scam: Fake personality on social media (usually with romantic interest)

Fake Lotteries: Give up personal information to get the reward

Investment Scams: promote bogus investments

Passive Income Scam: “work from home” opportunities, sell products at a high margin, etc.



Diabetes Mellitus

- Diabetes is a chronic disease characterized by high blood sugar, which leads over time, to serious damage to the **heart, blood vessels, eyes, kidneys and nerves**
- The most **common type is Type-2 Diabetes**, which usually develops in adult life due to **insulin deficiency or resistance to insulin**
- In the past three decades the prevalence of type 2 diabetes has risen dramatically worldwide



Risk of Developing Diabetes

- About 422 million people worldwide have diabetes, the majority living in low-and middle-income countries
- 1.5 million deaths are directly attributed to diabetes each year
- 1.9 billion adults are overweight or obese while 462 million are underweight. *We are literally eating ourselves to death*



Symptoms of Diabetes

- Symptoms of diabetes include frequent urination, increased thirst, constant hunger, unintentional weight loss, vision changes and fatigue
- Symptoms are gradual and the disease may be diagnosed years after onset. It can be a deadly delay

Prevention and Treatment

- We can prevent Type-2 Diabetes and we can prevent the death and suffering that results from the complications of diabetes
- The steps are easy, effective and we are all capable of a little more
- Exercising regularly, eating healthy, avoiding smoking, and controlling blood pressure and Cholesterol, and avoiding obesity. Routine health check ups.



Living with Diabetes

- Early Diagnosis with screening and regular check up with your doctor
- Diet, physical activity medication are the key. Good control of blood pressure and Cholesterol is essential to reduce heart disease, stroke, kidney failure etc.
- Regular screening for damage to the eyes, skin and feet for early treatment





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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!**