



**MAJLIS
ANSARULLAH
USA**

Majlis Ansārullāh Monthly Meeting

July 2023

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Agenda

- Recitation of the Holy Quran (5 mins)
- Pledge
- The Holy Quran segment (10 min)
- Khalifa's guidance segment: (20 min)
- Al-Wasiyyat (5 mins)
- Salat (Daily Prayers) Segment (5 mins)
- Health segment (10 min)
- Open slot for local topics and Murabbi sahib's comments (10-20 mins)
- Reminders/announcements (5 mins)
- Du'a

Suggested Total Time (75 – 90 mins)





O ye who believe! it is not lawful for you to inherit women against their will; nor should you detain them wrongfully that you may take away part of that which you have given them, except that they be guilty of a flagrant evil; and consort with them in kindness; and if you dislike them, it may be that you dislike a thing wherein Allah has placed much good (4:20)

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا يَحِلُّ لَكُمْ أَنْ تَرِثُوا النِّسَاءَ
كُرْهًا ۖ وَلَا تَعْضَلُوهُنَّ لِتَذْهَبُوا بِبَعْضِ مَا
آتَيْتُمُوهُنَّ إِلَّا أَنْ يَأْتِيَنَّ بِفَاحِشَةٍ مُّبِينَةٍ ۗ
وَعَاشِرُوهُنَّ بِالْمَعْرُوفِ ۗ فَإِنْ كَرِهْتُمُوهُنَّ
فَعَسَى أَنْ تَكْرَهُنَّ شَيْئًا وَيَجْعَلَ اللَّهُ فِيهِ خَيْرًا
كَثِيرًا ﴿٢٠﴾



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

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 promise that • I shall endeavor • till the end of my life • for the consolidation •
and propagation of • Islām Ahmadiyyat • and for upholding • the institution of Khilafat. • I
shall also be prepared • to offer the greatest sacrifice • for this cause. • Moreover, • I shall
urge all my children • to remain true to • Khilafat Ahmadiyya. • *Insha'Allah.*

The Holy Quran Segment

Suggested Time = 10 mins

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





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1. What are various ways men can become heirs of women against their will?
2. What universal principle of treatment of wives have been mentioned in this verse?
3. Based on the verse, how should a husband deal with his wife's weaknesses and shortcomings?

1. Man does not treat his wife well but does not divorce her hoping to possess her property, man treats his wife harshly and forces her to take Khula so he can have the dowry or her possessions, husband takes wife's property by force, relatives of dead husband don't let his widow marry again, they force her to marry someone in the same family against her will to keep the property or forcibly take her property
2. **وَعَاشِرُوهُنَّ بِالْمَعْرُوفِ** Consort with them in kindness. The Holy Prophet (peace and blessings of Allah be upon him) has also stated "the best among you is he who is best in his treatment of his wife" (Tirmidhi) The Promised Messiah (peace be on him) has said that one who does not show a noble character towards his wife and treat her in best possible way can't be virtuous.
3. A woman cannot adequately appreciate and acknowledge the great debt she owes to the Quran. No other Scripture has given to her the high status that the Quran gives her. It not only lays down her inalienable rights but also exhorts men to overlook the weaknesses and shortcomings of their wives and treat them with kindness and benevolence even if they do not like them.



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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 Scenario

A Nasir is an eloquent speaker and is very regular in the Masjid. He is frequently asked to make presentations in Jama'at programs. Unfortunately, he does not treat his wife well at home even in front of his children. However, he always brings his children to the Masjid. Overtime, his eldest son, who is now a Khadim, started missing Jama'at programs. Once, Qaid sahib asked him to come to a Jama'at program. The Khadim excused again. Qaid sahib told him that his father will be presenting. "That is precisely the reason I am not coming" was Khadim's response.





1. What could be a potential reason for the Khadim to skip Jama'at programs?
2. As the Nasir is the head of the household, is he justified in using harsh language for maintaining discipline in his household?
3. Who do you think is most responsible for Khadim's actions?
 - The Nasir
 - The Khadim
 - System of Jama'at



“While living in the western society where there are all kinds of freedom, the responsibility of Ansarullah has increased significantly. While you must pay close attention to your children and your household, you have to be thoughtful about your wife as well. If wife is treated well, she will be able to focus on the training of your children. Otherwise, instead of training of the children, she will be busy presenting the actions and complaining about such fathers and husbands who don't pay attention to their wives.... The automatic result of this situation will be that the children will move away from you.... (contd.)



Thus, if the attitude of Ansar of any age is not good with the members of their household, there is possibility of faltering. When they (children) move away from you, they will continue to move away from the religion as well.... Children also realize that the expected good treatment of their mother is lacking inside the home. They recognize that the tall claim of service of the religion this man makes is a deception. As I said before, such children move away from the religion. In this society and this environment Satan is already on the lookout as to when someone with this thought process develops and when I trap him in my web". (Annual Ijtema Ansarullah UK 2004. 9/26/2004)



Al-Wasiyyat (The Will)

“I was shown a place which was named Bahishti Maqbarah, and it was conveyed to me that it contained the graves of such righteous members of the Jama‘at as are destined to dwell in heaven. ” (The Promised Messiah, peace be on him)

Questions for self reflection only (no answer needed in the meeting)

- 1. Have you joined the system of Wasiyyat? If not, are you comfortable with your reasoning?*
- 2. If you are a Moosi, are you satisfied with the spiritual purification expected of you?*



The Promised Messiah (peace be on him) says: 'Understand this well that worship is not a burden and nor a tax, rather there is pleasure and enjoyment in it. And the delight found in worship is much greater than all the delights and satisfactions found in the world.' (Friday Sermon 9/29/2017)



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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





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Mental Health



Quiz



1. How much saliva does the mouth produce in a day?
 - a. A tablespoon
 - b. A cup
 - c. A liter
2. How many countries are in the continent of Africa?
 - a. 54
 - b. 44
 - c. 34
3. When can a Moosi pay his Chanda Hissa Jaidad (Chanda on property)?
 - a. Can only pay after his death
 - b. Can only pay during his lifetime
 - c. Can be paid during lifetime as well as after death



- **c.** Our mouth produces about a liter of saliva in a day. It helps with lubrication, taste, digestion of the food and keeping the mouth clean
- **a.** Africa has 54 countries, the most in any continent.
- **c.** Chanda Hissa Jaidad can be paid both during the life of the Moosi as well as after his/her death. The calculation of the Chanda owed may be different in based on the circumstances



Occurrence and Health

Salt and Health

- The words “salt” and “sodium” are often used interchangeably but they are not the same
- One teaspoon of table salt contains about 2.4gm of sodium
- Sodium is found in many foods, including monosodium glutamate (MSG), sodium bicarbonate (baking soda) and sodium nitrate (a preservative)



Sodium and Health

- The body needs a small amount of sodium to function, but most Americans consume too much sodium
- High sodium consumption can raise blood pressure which is a major risk factor for heart disease and stroke
- Reducing your sodium intake can help lower your blood pressure and improve health

Salt

- Average Americans consume more than 3.4 grams of sodium each day
- This is well above the Dietary Guidelines of 2.3 gm daily salt intake for healthy lifestyle
- More than 40% of the sodium we eat each day comes from just 10 types of foods, with breads and rolls at the top
- Eggs and omelets are the tenth leading source of sodium



How to Reduce Sodium Intake

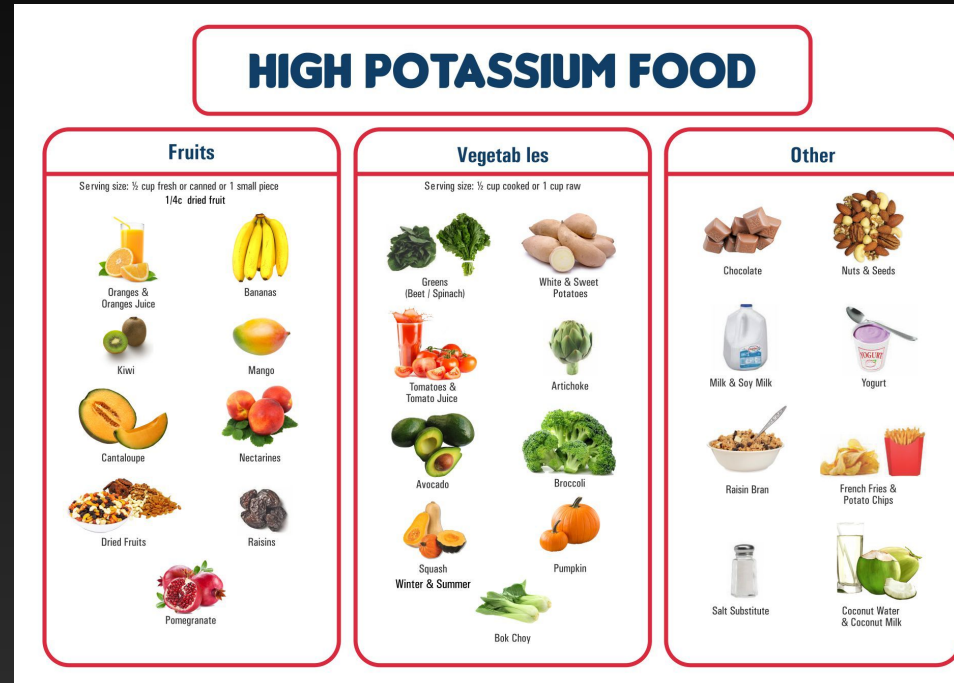
- Buy fresh, frozen, or canned vegetables with no salt or sauce added
- Choose packaged foods labeled “low sodium,” “reduced sodium,” or “no salt added” foods
- When buying prepared meals, look for those with less than 600 milligrams (mg) of sodium per meal, which is the upper limit set by the FDA for a meal or main dish to be “healthy”

How to Reduce Sodium Intake

- When cooking, use alternatives to replace or reduce the amount of salt you use, such as garlic, citrus juice, salt-free seasonings, or spices.
- Prepare rice, pasta, beans, and meats from their most basic forms (dry and fresh)
- Eat more fruits and vegetables
- Limit ready made foods, pasta sauce
- When dining out select a lower sodium meal ask that no salt be added to your food, salads etc.
- Keep takeout and fast food to an occasional treat.

Potassium and Health

- Increasing potassium intake can help decrease your blood pressure if you have high blood pressure
- Most Americans eat too little potassium and too much sodium
- Some good sources of potassium include bananas, oranges and melons, cooked spinach and broccoli, and potatoes and sweet potatoes.





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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!**