



**MAJLIS
ANSARULLAH
USA**

Majlis Ansārullāh Monthly Meeting

September 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)
- Murabbi sahib's comments and local topics (10-20 mins)
- Reminders/announcements (5 mins)
- Du'a

Suggested Total Time (75 – 90 mins)





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Recitation of the Holy Quran

In the name of Allah, the Gracious, the Merciful. When the help of Allah comes and the victory And thou seest men entering the religion of Allah in troops. Glorify they Lord, with His praise and seek forgiveness of Him. Surely, He is oft returning with compassion (110:1-4)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ① إِذَا جَاءَ نَصْرُ اللَّهِ
وَالْفَتْحُ ② وَرَأَيْتَ النَّاسَ يَدْخُلُونَ فِي دِينِ اللَّهِ
أُفُوجًا ③ فَسَبِّحْ بِحَمْدِ رَبِّكَ وَاسْتَغْفِرْهُ ④ إِنَّهُ
كَانَ تَوَّابًا ⑤



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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Recitation of the Holy Quran

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كَانَ تَوَّابًا ⑤



Understanding the Verse

1. In this chapter, what is Allah the Almighty asking the Holy Prophet (peace and blessings of Allah be upon him) to do?
2. Why is the Holy Prophet (peace and blessings of Allah be on him) being asked to offer Istighfar?
3. What is the significance of verse “Surely, He is oft returning with compassion?”



Understanding the Verse

1. The Holy Prophet is here enjoined that since God's promise has been fulfilled and large masses of people have begun to enter the fold of Islam, he should give thanks to his Lord for fulfilling His promise about victory, sing His praises and seek His protection and forgiveness.
2. The Holy Prophet (peace and blessings of Allah be upon him) is not being asked to beg forgiveness for his sins as according to the Holy Quran, he enjoyed complete immunity from every moral lapse or deviation from the right course. He is being asked to pray for forgiveness for those who committed crimes against the Holy Prophet as well as the weaknesses and faults of the future Muslim generations.
3. The expression, "He is Oft-Returning with compassion," holds a message of hope for the Holy Prophet (peace and blessings of Allah be upon him). He is told that whenever there was any danger of his followers deviating from the path of Islam and falling victims to moral decay on a large scale, God will return to them with compassion and will raise from among them a Reformer who will lead them to the right path.



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Khalifa's guidance (may Allah be his helper)

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

Two Nasirs were discussing about prayers. One Nasir said that the Promised Messiah (peace be on him) has said that “from one point of view, Istighfar has priority over repentance” The other Nasir appeared somewhat confused. He expressed his feeling and stated how can saying Astaghfirullah remove one’s sins?





Discussion

- Do you believe offering Istighfar has any benefit?
- Does saying Astaghfirullah is an easy remedy to have sins forgiven?
- What is the best way to say Istighfar?



“Huzoor (may Allah be his helper) said that along with your domestic guidance, pay attention to Tabligh as well. The newcomers will observe your models and your will have to strive for their training. For this, Allah the Almighty has taught us a lesson to offer Istighfar. If Istighfar is offered with sincerity, reflection and while realizing one's faults, there will be personal reformation as well as of those who join in the future InshaAllah. There will be reformation of the environment and of the children. There is a lot of power in Istighfar provided it is offered with comprehension. It is offered while keeping those weaknesses and limitations in mind which have been committed by us and while promising not to commit them in the future”. (contd.)



“With this approach in mind, Ansarullah should evaluate themselves, especially the office holders should evaluate themselves and recognize their responsibilities. I expect that most of you will already be acting on this and those who have some weakness and limitations will strive to remove them with new resolve, determination, and assurance. They will try to execute the plans which have been assigned from the Ansarullah auxiliary and the plans which have been assigned from the local Jama'at and the plans which I advise occasionally”. (Refresher course for the office holder of Majlis Ansarullah UK, Al-Fazl 2/22/2008)



“I pray again: O All-Powerful God of mine, make this piece of land fit for the graves of those of my Jama‘at who are pure of heart and who have in reality become Yours and, in their deeds, there is no adulteration of worldliness, Amin. Again, for the third time do I pray: O my Mighty and Benevolent [God!] O Forgiving and Merciful God, do grant them alone a place for graves here who have true faith in this messenger of Yours and who have no trace of hypocrisy, of selfish motives and of doubt or suspicion in their hearts.” (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) said, "Similarly, prayer in the eyes of those who do not offer prayers, is a penalty in that they unjustly have to wake up in the morning, perform ablution in the cold, leave their blissful sleep as well as various other comforts and offer it." The Promised Messiah (peace be on him) said, "The fact of the matter is that he is .. unable to comprehend it. He is unaware of the pleasure and comfort, which is experienced in prayer." (Friday Sermon 9/29/2017)



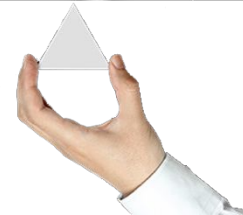
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Mental and Physical health Segment

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





1. How much food is wasted in the United states?
 - a. Over 100,000 pounds
 - b. Over a million pounds
 - c. Over a billion pounds
2. How much height we loose, as we age?
3. What is schedule C form for Musis?



- c. In the United States, food waste is estimated at between 30-40 percent of the food supply. This estimate, based on estimates from USDA's Economic Research Service of 31 percent food loss at the retail and consumer levels, corresponded to approximately 133 billion pounds and \$161 billion worth of food in 2010.
- Height loss is related to aging changes in the bones, muscles, and joints. People typically lose almost one-half inch (about 1 centimeter) every 10 years after age 40. Height loss is even more rapid after age 70. You may lose a total of 1 to 3 inches (2.5 to 7.5 centimeters) in height as you age.
- It is binding upon every Musi at the end of each year, in view of his payments in Hissa Amad, to send a testimonial to the Wasiyyat office in accordance with Schedule 'C'. If such testimonial is not received, the case of such a Musi shall be brought before Majlis Karpardaz for consideration.



WORKING OUT ON THE ROAD

Tanvir Ahmed

QUICK AND SIMPLE

- Workout routine that **you can do on the road**, regardless of what **equipment** you have access to.
- Quick and simple **full bodyweight** workout that you can do on the road **anywhere**.



REPEAT 2-3 TIMES

- Plank Hold x30 seconds-60 seconds



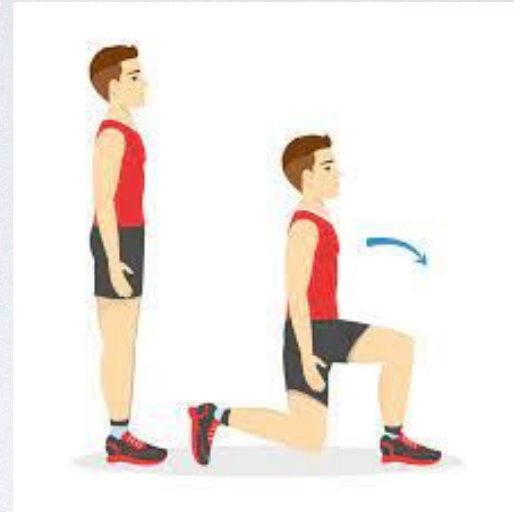
- Bodyweight squat x20 repetitions



- Bent over Y raises
x15 repetitions



- Alternating reverse lunges
x10 ea



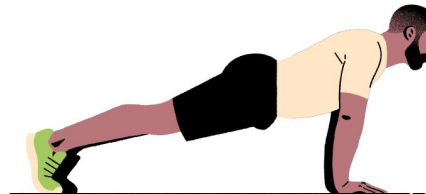
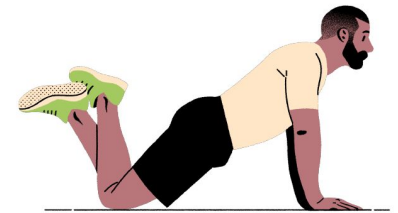
- Bird dog x10 repetitions each side



- Push-ups x 8-15 repetitions

Find the right form for you.

There's a push-up variety suited for every fitness level.



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MONDAY!**



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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!**