



**MAJLIS
ANSARULLAH
USA**

Majlis Ansārullāh Monthly Meeting

November 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)





Recitation of the Holy Quran

In the creation of the heavens and the earth and in the alternation of the night and the day there are indeed Signs for men of understanding; (3:191)

Those who remember Allah while standing, sitting, and *lying* on their sides, and ponder over the creation of the heavens and the earth: “Our Lord, Thou hast not created this in vain; *nay*, Holy art Thou; save us, then, from the punishment of the Fire. (3:192)

إِنَّ فِي خَلْقِ السَّمٰوٰتِ وَالْاَرْضِ وَاخْتِلَافِ الْاَيِّدِ
وَالنَّهَارِ لَاٰيٰتٍ لِّاُولِي الْاَلْبَابِ ﴿١٩١﴾

الَّذِيْنَ يَذْكُرُوْنَ اللّٰهَ قِيَمًا وَقُوْدًا وَّعَلٰى جُنُوْبِهِمْ
وَيَتَفَكَّرُوْنَ فِيْ خَلْقِ السَّمٰوٰتِ وَالْاَرْضِ ۗ رَبَّنَا مَا
خَلَقْتَ هٰذَا بَاطِلًا ۗ سُبْحٰنَكَ فَقِنَا عَذَابَ النَّارِ ﴿١٩٢﴾



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**





Recitation of the Holy Quran

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Understanding the Verse

1. Who are *أولى الألباب* “*men of understanding*”?
2. Why is the study of universe and signs of Allah followed by “*Holy art Thou; save us, then, from the punishment of the Fire*”?
3. What could be the meaning of “*alternation of night and day*”?



Understanding the Verse

1. Those who put their intelligence and knowledge to proper use and while pondering over the physical universe and spiritual universe, reach their Creator and develop a deeper connection with Him.
2. Recognition of the Almighty is the true purpose of creation and is the ultimate triumph and comfort. Being outside the true relationship with the Creator is like being in fire is a punishment. We are praying to Allah to help us achieve His nearness as we increase our understanding and go through the process of learning.
3. Alternation of night and day could mean the literal night and day, but it also alluded to the alternation of periods in time. A period of knowledge and spiritual reckoning and a period of darkness and dissociation from the Almighty Allah.



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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

During an Ansar meeting, the local missionary asked a question as to how many members have read all the books of the Promised Messiah (peace be on him)? None of the members raised their hands. The missionary urged all Ansar to pay attention towards this matter and start reading the books of the Promised Messiah (peace be on him) which are a “Spiritual treasure”. One Nasir mentioned that it may be too late for Ansar, and it will be worth urging the Khuddam to get into the habit of reading these books.





- Please have a show of hands in your meeting to see how many Ansar have read all the books of the Promised Messiah (peace be on him)?
- Do you agree with the Nasir that we should focus more towards Khuddam-ul-Ahmadiyya and encourage them to read the books of the Promised Messiah (peace be on him) as Ansarullah have already passed the stage of learning?
- What is the meaning of “Roohani Khazain”?



I want to turn your attention towards some other matters. One of them is concern for religious knowledge and its acquisition through the Holy Quran, Ahadith and reading the books of the Promised Messiah (peace be on him). The Holy Prophet (peace and blessings of Allah be upon him) had stated to acquire knowledge from the cradle to the grave and to acquire knowledge is mandatory for a believer. Thus, no one can claim that their knowledge is so vast that they don't need to acquire anymore. By pondering, vast new meanings of the Holy Quran can be understood. Among the Ahadith, there are some worthy of reflection which are not fully understood by those who have the knowledge of Hadith. They seek help from those who are more learned in the knowledge of Hadith than them. (contd.)



Then there are books of the Promised Messiah. New meaning and points of wisdom become apparent with every read. No one can claim that they have finished the books. One must continue to acquire knowledge. Hazrat Musleh Maud (ra) once said that Al-Fazl is the newspaper of the Jama'at. People don't read them asserting that there is nothing original in them, same old substance. Hazrat Musleh Maud (ra), about whom the Promised Messiah (peace be on him) had informed that he will be filled with spiritual and secular knowledge, said that such learned people or who assert themselves learned, may not be able to see anything new in Al-Fazl. They may be more knowledgeable than me as I can always find something new in Al-Fazl. (Annual Ijtima Majlis Ansarullah UK 10/14/2009)



Since great tidings have been given to me about this graveyard and because God did not only say that this graveyard is Bahishti, but also said *انزل فيها كل رحمة* (anzila feeha kullo rahma) that is, every kind of blessing has been sent down upon this graveyard and there is no blessing which is not shared by those who are buried in this graveyard, God has inclined my heart through His Wahi-e-Khafi towards the idea that for the burial in the graveyard some conditions should be prescribed and only those should get admittance who, because of their truthfulness and their perfect righteousness, comply with them. (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) further states: 'If you wish to seek the delight and pleasure in your *Salat* then it is necessary that you offer some supplications in your own language. However, it is often observed that *Salat* is offered by merely going through the physical postures and thereafter one begins to supplicate.

(Friday Sermon 9/29/2017)



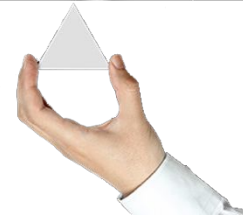
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Mental and Physical health Segment

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



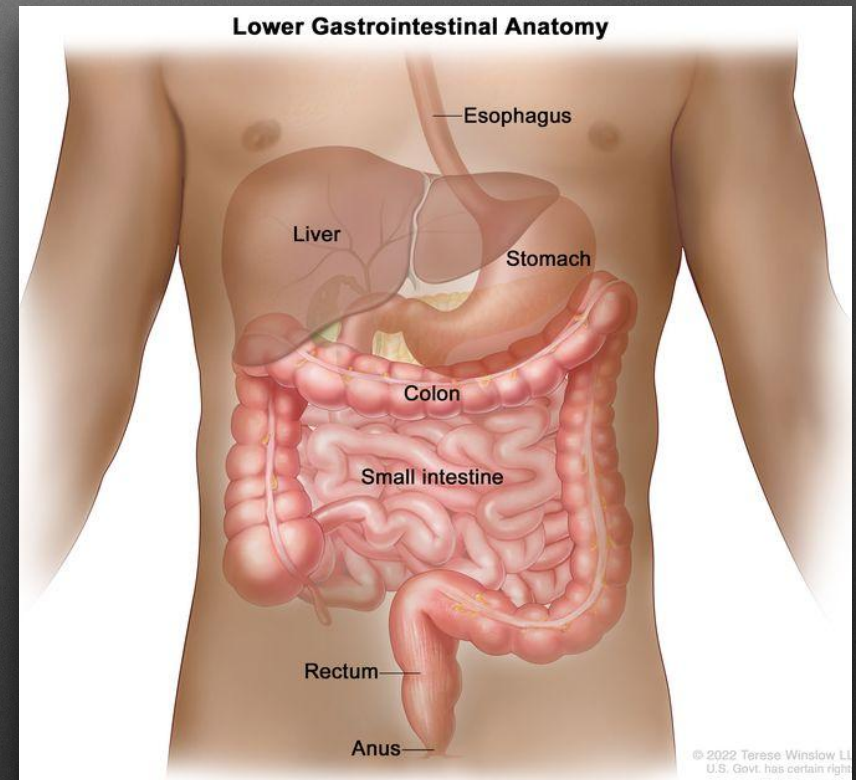
1. How much radiation we are exposed to while flying from east coast to west coast in USA?
 - a. No radiation
 - b. 0.035 mSv
 - c. 0.1 mSv
2. Smoking Hookah is a less harmful alternative to smoking cigarettes. True/False?
3. What would happen if a person who is willing to sign *Wasiyyat* dies suddenly, but had initiated the process of *Wasiyyat* before death ?



1. **b.** While flying from east coast to west coast, we are exposed to about 0.035 mSv. This is in comparison to about 1 mSv for a chest Xray and 1-10 mSv with a CT scan.
2. In a typical 1-hour hookah smoking session, users may inhale 100–200 times the amount of smoke they would inhale from a single cigarette. In a single water pipe session, users are exposed to up to 9 times the carbon monoxide and 1.7 times the nicotine of a single cigarette. The amount of smoke inhaled during a typical hookah session is about 90,000 milliliters (ml), compared with 500–600 ml inhaled when smoking a cigarette. (cdc.gov)
3. The Wasiyyat of such a person could be considered for approval if the deceased fulfilled other requirements, and heirs are willing to pay the Chanda from his belongings

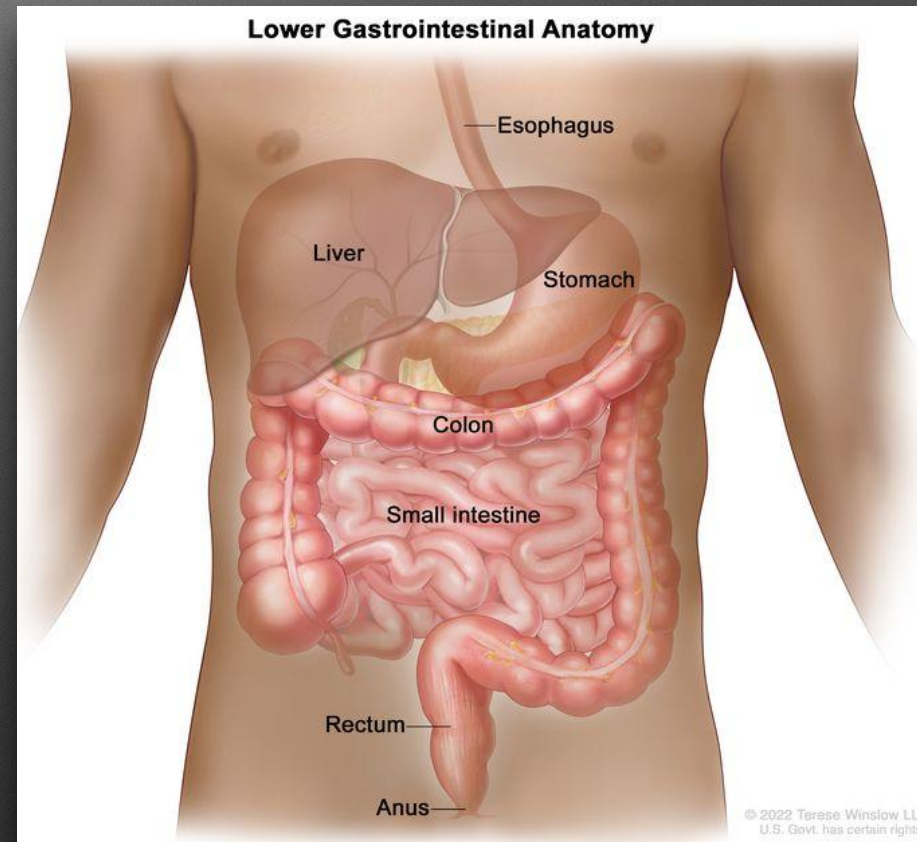
COLORECTAL CANCER

- Colorectal cancer is a disease in which malignant (cancer) cells form in the tissues of the colon or the rectum.
- Colorectal cancer is the third leading cause of death from cancer in the United States.
- Different factors increase or decrease the risk of getting colorectal cancer.



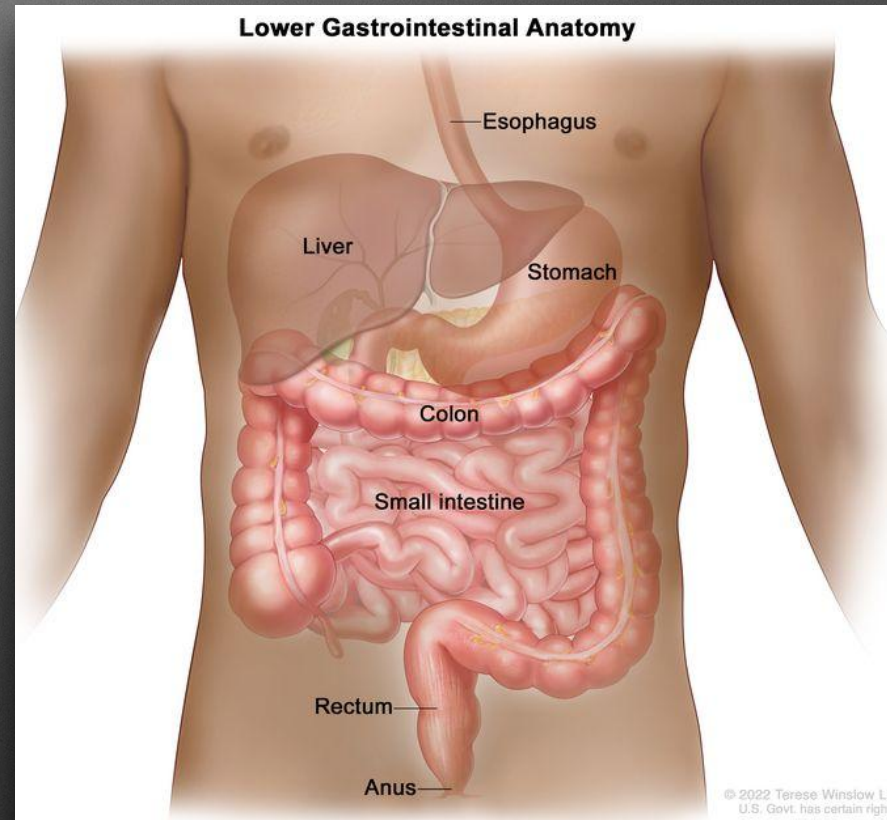
Risk Factors

- Risk of colorectal cancer increases with age
- Inflammatory bowel disease
- Family history
- Lack of regular physical activity
- A diet low in fruit and vegetables.
- A low-fiber and high-fat diet or a diet high in processed meats.
- Overweight and obesity
- Alcohol consumption.
- Tobacco use



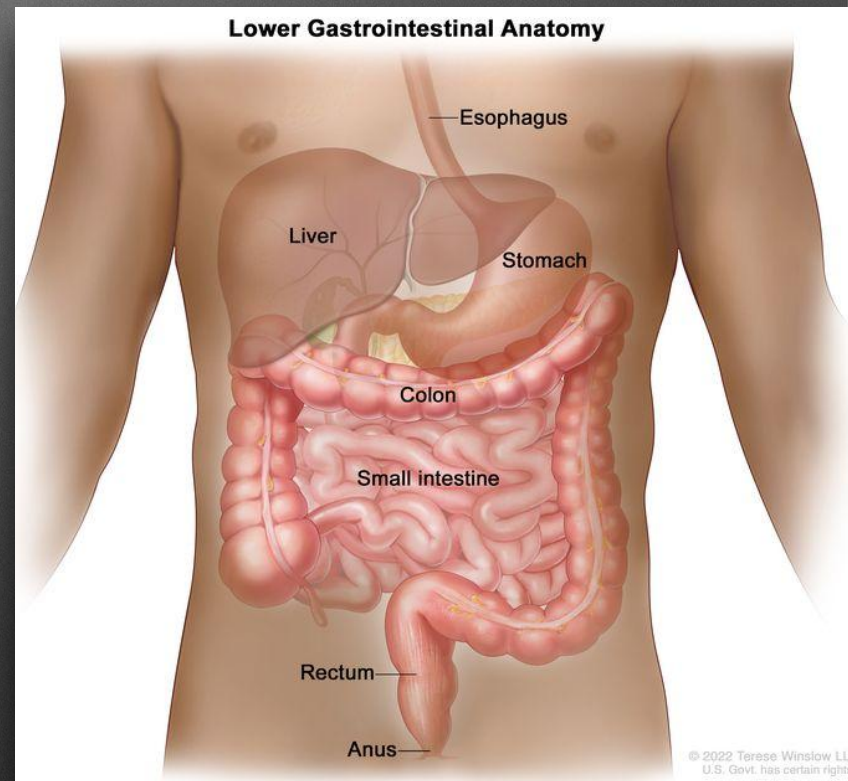
Symptoms

- **Colorectal Cancer does not always cause symptoms**
- A change in bowel habits.
- Blood in or on your stool (bowel movement).
- Diarrhea, constipation, or feeling that the bowel does not empty all the way.
- Abdominal pain, aches, or cramps that don't go away.
- Weight loss and you don't know why.



SCREENING

- Five types of tests are used to screen for colorectal cancer:
 - Fecal occult blood test
 - Sigmoidoscopy
 - Colonoscopy
 - Virtual colonoscopy
 - DNA stool test



SCREENING

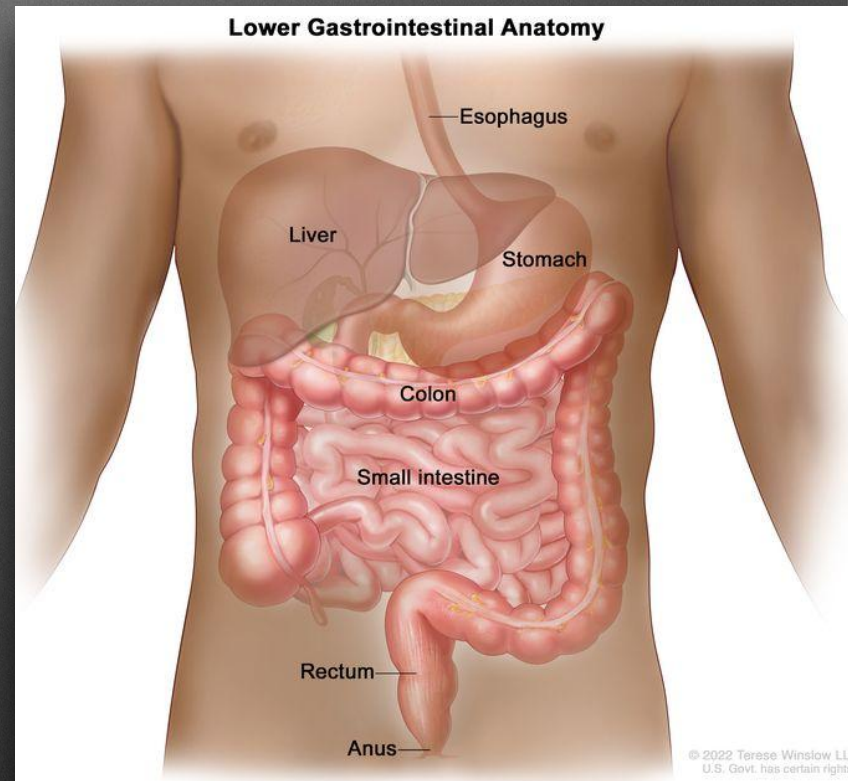
Screening is looking for cancer before a person has any symptoms.

This can help find cancer at an early stage.

When abnormal tissue or cancer is found early, it may be easier to treat.

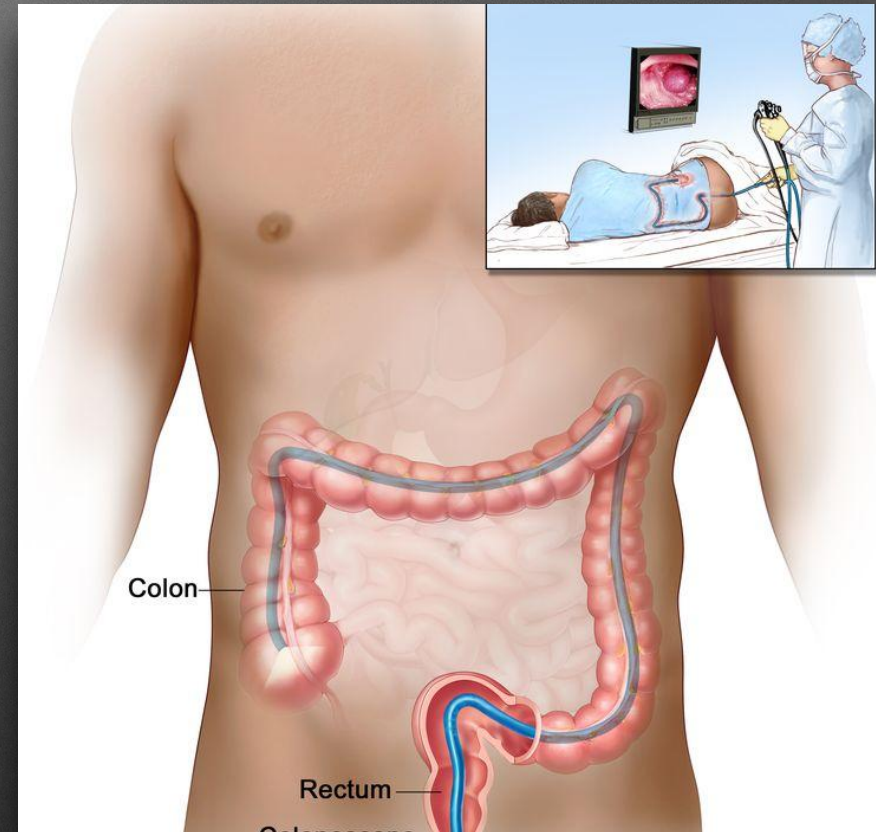
By the time symptoms appear, cancer may have begun to spread.

The U.S. Preventive Services Task Force recommends that adults aged 45 to 75 be screened for colorectal cancer.



COLONOSCOPY

- Colonoscopy is a procedure to look inside the rectum and colon for polyps, abnormal areas, or cancer.
- A colonoscope is inserted through the rectum into the colon after the colon has been emptied by bowel prep
- A colonoscope is a thin, tube-like instrument with a light and a lens for viewing.
- It may also have a tool to remove polyps or tissue samples, which are checked under a microscope for signs of cancer





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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!**