



**MAJLIS
ANSARULLAH
USA**

Majlis Ansārullāh Monthly Meeting

January 2024

The Holy Quran

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- Recitation and translation of the Holy Quran (10 min)
- Pledge (5 min)
- Hadith (5 min)
- Discussion segment (15 min)
- Salat (Daily Prayers) (5 min)
- Al-Wasiyyat (5 min)
- Zahanat (Intelligence) (5 min)
- Health segment (10 min)
- Local Time – Missionary Comments/Reminders/Announcements (10 min)
- Du'a

Recitation of the Holy Quran

Verily, We Ourselves have sent down this Exhortation, and most surely, We will be its Guardian – **15:10**

إِنَّا نَحْنُ نَزَّلْنَا الذِّكْرَ وَإِنَّا لَهُ لَحَافِظُونَ ﴿١٠﴾

Dost thou not know that Allah knows whatsoever is in the heavens and the earth? Surely, it is all preserved in a Book, and that is easy for Allah – **22:71**

أَلَمْ تَعْلَمْ أَنَّ اللَّهَ يَعْلَمُ مَا فِي السَّمَاءِ وَالْأَرْضِ إِنَّ ذَلِكَ فِي كِتَابٍ ﴿٧١﴾ إِنَّ ذَلِكَ عَلَى اللَّهِ يَسِيرٌ ﴿٧٢﴾

We know how much the earth diminishes of them and with Us is a Book that preserves everything – **50:5**

قَدْ عَلِمْنَا مَا تَنْقُصُ الْأَرْضُ مِنْهُمْ وَعِنْدَنَا كِتَابٌ حَفِيظٌ ﴿٥﴾

In a well-preserved Book – **56:79**

فِي كِتَابٍ مَّكْنُونٍ ﴿٧٩﴾

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.*

O Allah, Bless Muhammad^{sa} and the people of Muhammad^{sa}, as Thou didst bless Abraham and the people of Abraham. Thou art indeed the Praiseworthy, the Glorious. Prosper, O Allah, Muhammad^{sa} and the people of Muhammad^{sa}, as Thou didst prosper Abraham and the people of Abraham. Thou are the Praiseworthy, the Glorious

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى
إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ بَارِكْ
عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ
إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ -

Hadrat Abu Umamah^{ra} relates that he heard the Holy Prophet^{sa} say: Keep reading the Quran for it will intercede for its readers on the Day of Judgment (**Muslim**)

Hadrat Nawas ibn Sama'an^{ra} relates that he heard the Holy Prophet^{sa} say: The Quran will be summoned on the Day of Judgment along with those who kept it company in this life and acted in conformity with it. It will be heralded by the second and third chapters and these will plead on behalf of those who kept it company (**Muslim**)

Suggested Time 15 mins



Recitation of the Holy Quran

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In a well-preserved Book – **56:79**

فِي كِتَابٍ مَّكْنُونٍ ﴿٧٩﴾

A Nasir's son came back from college a bit concerned. At the dinner table, he shared with his family the discussion he had with his friends. He explained to his friends that the Holy Quran is the ultimate guide for humanity. They questioned the validity of his claim by raising several allegations. If it is such a good book, why was it revealed so late in human history and why was it revealed piecemeal and disjointed? How was it saved in its original form?

- How would you respond to these allegations?
- Please provide some unique attributes of the Holy Quran?



Discussion



Benefits of Piecemeal Revelation of the Holy Quran

1. It gave comfort to the heart of the Holy Prophet^{sa} as it was revealed, and he was able to put the teachings in context based on the situations
2. It was easier to memorize as it was revealed
3. Teaching is easier to learn in small pieces at a time rather than all at once in the form of a big book
4. If it was revealed in the book form, it would have to have the current sequence which would have not been pertinent to the ongoing circumstances
5. Some portions have prophecies, and some portions have reference to the fulfillment of these prophecies. If it was revealed all at once, it will lose the relevance
6. Revelation in different times and circumstance clearly debunks the allegation that someone gave the Holy Quran to the Holy Prophet

Preservation

1. The Holy Prophet^{sa} himself memorized the Holy Quran as it was revealed
2. There were four individuals assigned to memorize as it was being written the first time
3. Arabs had very good memory in general
4. The entire Quran was already written in the time of the Holy Prophet^{sa} under his supervision.

Preservation

It is not only the text of the Holy Quran that has been preserved intact by God. He has provided for the preservation of its spirit also. This has been done by raising divinely inspired Reformers among the Muslims from time to time. These Reformers, known in Islamic terminology as Mujaddids, receive revelations from God and interpret and explain the true meaning of the Quranic text. In our own time God has raised Ahmad, the Promised Messiah, Founder of the Ahmadiyya Movement, to demonstrate the truth and excellence of the Quran in a manner unparalleled in the history of Islam.

Five volume commentary verse 15:10 – Hazrat Khalifatul Masih II^{ra}

So said the Promised Messiah^{as}

Of all the current revealed Books on earth, the Holy Qur'an is the only Book which is conclusively proven to be the Word of God.

- Its teachings for salvation are based entirely on truth and are in accordance with human nature.
- Its doctrines are so perfect and firm that strong proofs bear witness to their truth.
- Its teachings are free from every type of polytheism, innovation and worship of creatures.
- It is full of eagerness for the manifestation of the Unity of God and of Divine greatness and of the perfection of the Lord of Honor... It does not tolerate any kind of deficiency or defect or unworthy attributes in the case of the Creator.
- It does not impose any doctrine by mere authority but sets down reasons for the truth of that which it teaches. It establishes every purpose with proofs and arguments.
- It sets forth reasons for the truth of every principle and carries the mind to perfect certainty and full understanding.
- It repels all evils that afflict people's doctrines, actions and words, and works with bright reasoning. It teaches good manners, the knowledge of which is necessary for every human being.
- It repels every corruption with as much force as that which inspires the corruption.

Brahin-e-Ahmadiyya, Ruhani Khaza'in, Vol. 1 pp. 81-83

Regularity in Prayers

“Offer Prayers with commitment to regularity. Some people offer only one of the daily Prayers. They should remember that there is no exemption from Prayers.”

(Malfuzat Vol. 1 page 172)

Essence of Salat

“Salat definitely and surely dispels evils. Salat is not just going through certain postures. The essence of Salat is the supplication that has pleasure and bliss in it.

(Malfuzat Vol. 1 page 103)

FOREWORD

The booklet *Al-Wasiyyat* (Urdu) written in 1905, gives the glad tidings of the second manifestation of Divine grace in the form of Khilafat and details the institution of the grand scheme of making a testamentary disposition for the cause of Islam and the establishment of a graveyard named as the *Bahishti Maqbara*¹.

پیش لفظ

حضرت اقدس مسیح موعود و مہدی معہود علیہ السلام نے رسالہ الوصیت دسمبر 1905 میں تصنیف فرمایا جس میں آپ نے اللہ تعالیٰ سے اپنی وفات کے بارہ میں الہام پا کر جماعت کو تسلی دیتے ہوئے فرمایا کہ اللہ تعالیٰ کی قدیم سے یہ سنت ہے کہ وہ دو قدرتیں دکھلاتا ہے۔ پہلی قدرت تو نبی کا وجود ہوتا ہے اور نبی کی وفات کے بعد قدرت ثانیہ کا ظہور ہوتا ہے۔ گویا حضور علیہ السلام نے جہاں اپنی وفات کی خبر دی وہاں ساتھ ہی خلافت کے ایک دائمی سلسلہ کی اپنی جماعت میں جاری ہونے کی بشارت بھی دی۔ اس رسالہ میں حضرت مسیح موعود علیہ السلام نے الٰہی منشاء کے ماتحت اشاعتِ اسلام اور تبلیغ احکام قرآن کے مقاصد کے لئے نظامِ وصیت کے قیام کا اعلان بھی فرمایا۔

Q. If you're in a race and pass the person in second place, which place are you in?

1. First place
2. Second place
3. Third place
4. Don't know – too busy running

Q. Which number comes next in the pattern: 3, 4, 7, 11, 18, ?

1. 25
2. 27
3. 29
4. 32

Q. Before Mount Everest was discovered, what was the highest mountain in the world?

If you're in a race and pass the person in second place, which place are you in?

1. First place
2. **Second place**
3. Third place
4. Don't know – too busy running

Which number comes next in the pattern: 3, 4, 7, 11, 18, ?

1. 25
2. 27
3. **29**
4. 32

Before Mount Everest was discovered, what was the highest mountain in the world?

Still Mount Everest! It was still the highest mountain in the world, only no one knew it because it hadn't been discovered yet.

Quran Tajweed Basics

Thick/Heavy (Tafkheem) Letters

There are 7 letters out of 29 in Arabic which should be always pronounced with a heavy and thick sound.

| | | | | | | |
|---------|-------|-------|---------|-------------|-----------|----------|
| ظ | ق | ط | غ | ض | ص | خ |
| تَلْظَى | قَالَ | طَابَ | غَافِرٍ | بِضَآرِيْنَ | لَصَادِقٌ | خَالِدًا |

Phrase to remember the thick letters: **حُصَّ صَعِطِ قَطَ**

English heavy sounds(/**AW**/ Vowel): **LAW**, **STRAW**, **BALL**

Note: Letters Alif, Laam(ل) and Ra(ر) can be pronounced light or heavy based on some conditions which will be covered later



[Click here for a short video](#)



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Health



Eating Potatoes Every day ?

Tanvir Ahmed

Are Potatoes Good

- Potatoes are NOT "bad" carb as long as they are consumed properly
- They are sustainable, with a low carbon and water footprint, and less land is required for their production compared to other crops (2021 Study)
- Potatoes are the most **commonly consumed vegetable** (Tomatoes are trailing behind!)



Are Potatoes Good

- Potatoes can have a place in your meals, when prepared in a health-conscious way
- Eating them with foods high in protein, fiber and unsaturated fats can slow digestion and prevent spikes in blood glucose. (One cooked potato with skin on, contains 3 gm of fibers. Recommendation is to eat 25-38 gm of Fiber daily)



Health Benefits of Potatoes

Improved Gut Health

- They can be considered a **prebiotic**, so they feed the **"good" bacteria in your gut**
- Eating whole potatoes and garlic helps maintain a healthy microbiome, improving **digestion and supporting immune**
- Potatoes are abundant in **potassium**.
- Potassium is a mineral that supports our nerves, muscles, kidneys and heart It also plays a key role in regulating blood pressure.



Best Ways to Cook Potatoes

- **Boiling and Simmering - Salmon with Potatoes & Horseradish Sauce**, where you bring the potatoes to a boil and then simmer until tender
- **Simply steaming** whole potatoes until tender (about 15 minutes) creates a delicious side. Add herbs and spices for additional flavors.
- Roasting potatoes in oven either alone or with Brussels sprouts makes them an ideal side dish
- **Air fryers** are not only for making fries but also for making delicious baked potatoes.



Potential Harms

- Potatoes don't count as a vegetable on Harvard's Healthy Eating Plate because they are high in the type of carbohydrate that the body digests rapidly, causing blood sugar and insulin to surge and then dip (Fluctuation in Sugar)
- Potatoes seem to be a particular culprit for weight gain and diabetes; fries, chips etc.





- Sign-up for TAQWA Quran classes via the following link
<https://www.altaqwa.us/registration/>
- Murabbi Sahib's Comments
- Reminders/announcements
- Du'a
- Adjourn

Jazakumullah for Participating!

If you enjoyed it, please convey to those brothers who are not here today!