



**MAJLIS
ANSARULLAH
USA**

Majlis Ansārullāh Monthly Meeting

March 2024

Does Holy Quran Promote Violence?

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

Recitation of the Holy Quran

O ye who believe! be steadfast in the cause of Allah, bearing witness in equity; and let not a people's enmity incite you to act otherwise than with justice. Be always just, that is nearer to righteousness. And fear Allah. Surely, Allah is aware of what you do.

Chapter 5 Verse 9

Verily, Allah enjoins justice, and the doing of good to others; and giving like kindred; and forbids indecency, and manifest evil, and wrongful transgression. He admonishes you that you may take heed.

Chapter 16 Verse 91

يَا أَيُّهَا الَّذِينَ آمَنُوا كُونُوا قَوْمِينَ لِلَّهِ شُهَدَاءَ بِالْقِسْطِ وَلَا
يَجْرِمَنَّكُمْ شَنَا نُ قَوْمٍ عَلَىٰ آلَا تَعْدِلُوا إِعْدِلُوا هُوَ أَقْرَبُ
لِلتَّقْوَىٰ وَاتَّقُوا اللَّهَ إِنَّ اللَّهَ خَبِيرٌ بِمَا تَعْمَلُونَ ﴿٩١﴾

إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ وَإِيتَايَ ذِي الْقُرْبَىٰ وَيَنْهَىٰ
عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ وَالْبَغْيِ يَعِظُكُمْ لَعَلَّكُمْ تَذَكَّرُونَ ﴿٩١﴾

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 Abdullah bin 'Amr^{ra}, relates that the Holy Prophet^{sa}, said:

"Surely things will happen to my people as happened earlier to the Israelites. They will resemble each other like one shoe in a pair resembles the other to the extent that if anyone among the Israelites had openly committed adultery with his mother, there will be some who would do this in my ummah (people) as well. Verily, the Israelites were divided into 72 sects, but my people will be divided into 73 sects. All of them will be in the Fire except one.' The Companions asked, 'Who are they, O Messenger of Allah?' The Holy Prophet, peace and blessings of Allah be upon him, said: They are the people who will follow my practice and that of my companions."

(Tirmidhi)

Suggested Time 15 mins



Recitation of the Holy Quran

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عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ وَالْبَغْيِ يَعِظُكُمْ لَعَلَّكُمْ تَذَكَّرُونَ ﴿٩١﴾

Understanding the verses

You are holding a banner of “Muslims for peace” at a flyer distribution event. A church group approaches you with a list of verses. They claim that the Holy Quran teaches to the contrary. It promotes violence against people of different faiths. Present day Muslims want to be politically correct and try to come across as proponents of peace. He quoted this verse “And when the forbidden months have passed, kill the idolaters wherever you find them and take them prisoners, and beleaguer them, and lie in wait for them at every place of ambush. But if they repent and observe Prayer and pay the Zakah, then leave their way free. Surely, Allah is Most Forgiving, Merciful”. **Chapter 9 verse 5**

- How would you explain this and other such verses and counter their argument?
- Please quote verses against these arguments





The term الأشهر الحرم is generally applied to the four sacred months of Muharram, Dhul-Qa'dah, Dhul-Hijjah and Rajab, the first three being the months of the Greater Pilgrimage, while in the last the Arabs generally performed the Lesser Pilgrimage or 'Umrah. In this verse, the words الأشهر الحرم signify not the "sacred months", but "forbidden months"..... These were meant to grant a respite to idolaters to travel through the land in safety and see whether Islam had not triumphed and whether the Word of God had not proved true. At the end of this period, during which all hostilities were to be suspended, war was to be resumed against the idolatrous Arabs with the exception, of course, of such as had entered into a treaty with Muslims, and the treacherous and faithless idolaters already at war with Muslims were to be captured and killed wherever found. **It should, however, be remembered that the command to wage war after the expiry of the four forbidden months did not apply to all idolaters without discrimination but was directed only against such avowed enemies of Islam as had themselves started hostilities against Islam and had broken their plighted word and plotted to expel the Holy Prophet from the city.....As for those idolaters who had not been guilty of faithlessness and treachery, they were to be protected (see 9:4 & 7).** It is highly regrettable, however, that, divorcing this commandment from its context, some critics have made this verse the basis for an attack against Islam, alleging that it inculcates the destruction of all non-Muslims. The Quran and history belie this baseless allegation.

(Five Volume Commentary Reference 1168)

Verses for Protection of the Non-Guilty

Excepting those of the idolaters with whom you have entered into a treaty and who have not *subsequently* failed you in anything nor aided anyone against you. So, fulfil to these the treaty *you have* made with them till their term. Surely, Allah loves those who are righteous.

Chapter 9, Verse 4

إِلَّا الَّذِينَ عٰهَدْتُمْ مِّنَ الْبَشَرِ كَيْنَ ثُمَّ لَمْ يَنْقُصُوْكُمْ شَيْئًا وَّ لَمْ
يُظَاهِرُوْا عَلَيْكُمْ اٰحَدًا فَاْتَبَوْا اِلَيْهِمْ عٰهَدًا هُمْ اِلٰى مُدَّتِهِمْ اِنَّ
اللّٰهَ يُحِبُّ الْمُتَّقِيْنَ ﴿٤﴾

How can there be a treaty of these idolaters with Allah and His Messenger, except those with whom you entered into a treaty at the Sacred Mosque? So, as long as they stand true to you, stand true to them. Surely, Allah loves those who are righteous.

Chapter 9, Verse 7

كَيْفَ يَكُوْنُ لِلْبَشَرِ كَيْنَ عٰهَدٌ عِنْدَ اللّٰهِ وَعِنْدَ رَسُوْلِهِ اِلَّا الَّذِيْنَ
عٰهَدْتُمْ عِنْدَ الْمَسْجِدِ الْحَرَامِ فَمَا اسْتَقَامُوْا لَكُمْ فَاسْتَقِيْبُوْا
لَهُمْ اِنَّ اللّٰهَ يُحِبُّ الْمُتَّقِيْنَ ﴿٧﴾

The Holy Quran against violence

In chapter 16, verse 91 of the Holy Quran, where Allah the Almighty says:

“Verily, Allah enjoins justice, and the doing of good to others; and giving like kindred...”

Hence, the Quran does not only call upon Muslims to be fair and just, but rather it has established a far higher standard of treating others. Where Allah the Almighty says, “*giving like kindred*”, He requires a believer to favor others and to always desire the very best for them. It requires Muslims to treat all other people like their close family members. It obliges that they strive to love others, without any desire for reward, just as a mother selflessly loves her child. Furthermore, the Quran does not say that a Muslim should treat only their fellow Muslims in this way, rather it says that they should love ‘*others*’ and this includes Muslims and non-Muslims alike.

Khutba Juma – Hadrat Khalifatul Masih V^{aba} November 11, 2016

The Holy Quran - Verses against violence

'Eat and drink of what Allah has provided, and commit not iniquity in the earth, creating disorder.' ([2:61](#))

'And they strive to create disorder in the earth, and Allah loves not those who create disorder.' ([5:65](#))

'And create not disorder in the earth after it has been set in order..' ([7:57](#))

'...create not disorder in the earth after it has been set in order. This is better for you, if you are believers.' ([7:86](#))

And the servants of the Gracious God are those who walk on the earth in a dignified manner, and when the ignorant address them, they say, 'Peace!' ([25:64](#))

Affirmation of Unity of God

Being inclined to someone other than Allah is to break away from Him.
[...] Salat is, indeed, the name of practical affirmation of the unity of God.
(Malfuzat Vol. 1 page 107)

Salat and Peace

The greatest criterion of man's pious life is Salat. He, who keeps crying out to God in Salat, lives in peace.
(Malfuzat Vol. 1 page 402)

He sees without physical eyes and hears without physical ears and speaks without a physical tongue. Likewise it is His work to bring a thing into existence from nothingness. For example, in dreams you see how He creates a whole world without matter and shows you every mortal and nonexistent being as having existence. Thus are all His Powers. Ignorant is he who denies His Powers. Blind is he who has no knowledge of His profound and inconceivable Powers. He can, and does everything that He intends to, except those which are at variance with His Glory or which are in conflict with His Promises.

وہ دیکھتا ہے بغیر جسمانی آنکھوں کے۔ اور سنتا ہے بغیر جسمانی کانوں کے۔ اور بولتا ہے بغیر جسمانی زبان کے۔ اسی طرح نیستی سے ہستی کرنا اُس کا کام ہے جیسا کہ تم دیکھتے ہو کہ خواب کے نظارہ میں بغیر کسی مادہ کے ایک عالم پیدا کر دیتا ہے اور ہر ایک فانی اور معدوم کو موجود دکھلا دیتا ہے پس اسی طرح اس کی تمام قدرتیں ہیں۔ نادان ہے وہ جو اُس کی قدرتوں سے انکار کرے۔ اندھا ہے وہ جو اُس کی عمیق طاقتوں سے بے خبر ہے۔ وہ سب کچھ کرتا ہے اور کر سکتا ہے بغیر اُن امور کے جو اُس کی شان کے مخالف ہیں یا اُس کے مواعید کے برخلاف ہیں۔

Q. Who was the first man on to walk on the moon?

1. Lance Armstrong
2. Louis Armstrong
3. Neil Armstrong
4. Peter Armstrong
5. None of the above

Q. What do you get when you multiply any number with 0?

1. 0
2. Infinity
3. Undefined
4. - 0

Q. What does I.Q. stand for?

1. Intellectual Quality
2. Infinitesimal Quadrant
3. Inconsistent Quadrilateral
4. Intelligence Quotient

Q. Who was the first man to walk on the moon?

1. Lance Armstrong
2. Louis Armstrong
3. Neil Armstrong
4. Peter Armstrong
5. None of the above

Neil Armstrong was a NASA astronaut and aeronautical engineer. He famously became the first person to walk on the moon on July 20, 1969. His phrase, "That's one small step for man, one giant leap for mankind", has become part of aerospace history.



Neil Armstrong

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1. 0
2. Infinity
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Q. What does I.Q. stand for?

1. Intellectual Quality
2. Infinitesimal Quadrant
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4. Intelligence Quotient

IQ stands for intelligence quotient and, in short, it is a measure of a person's reasoning ability. In other words, an IQ test is supposed to gauge how well someone can use information and logic to answer questions or make predictions.

Quran Tajweed Basics

Short Vowels

There are two types of vowels in Arabic, short and long. One should be very careful in prolonging these vowels. Prolonging and shortening the vowels can change the meaning of the word.

Short vowels: Should be prolonged only for **1 harkat or 1 Sec.**

		
Be	Bu	Ba
Bee	Buu	Baa



[Click here for a short video](#)



**MAJLIS
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USA**

Health

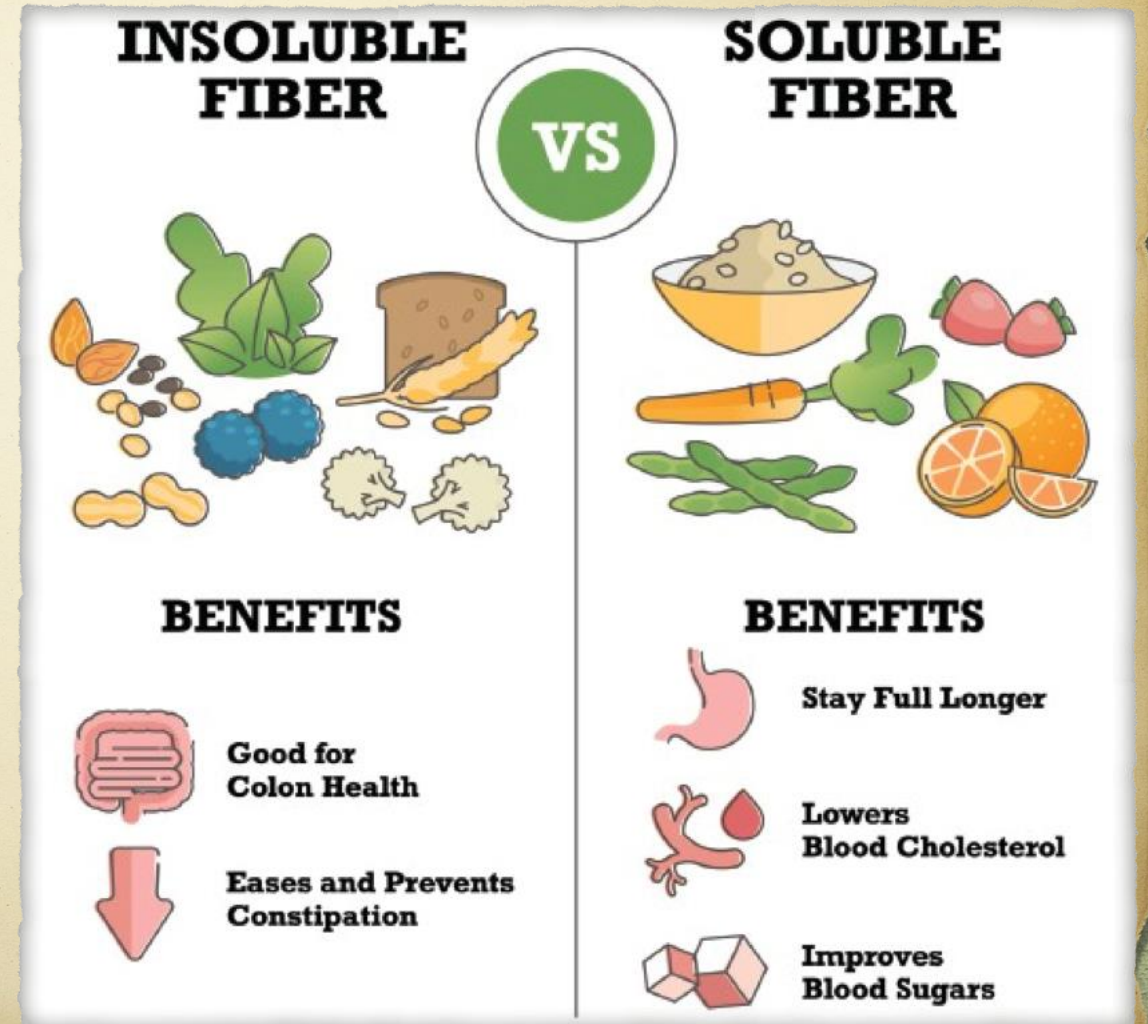


High-Fiber Foods

Tanvir Ahmed

Prevent Heart Disease, Diabetes and Cancer

- ↳ CDC states that fiber rich diet decreases risk of heart disease, diabetes and some cancers
- ↳ Increased intake of fruits, vegetables, nuts, seeds, legumes, and whole grain is encouraged
- ↳ **Over 90% of Americans do not consume** the recommended amount of fiber (25-34g daily)



Beneficial Gut Bacteria

- ↳ A certain type of dietary fiber referred to as **Prebiotics**, increased good bacteria
- ↳ Increased gut bacteria and diversity assists in weight loss and reduce obesity

Prebiotic Foods



Banana



Barley



Leeks



Garlic



Jerusalem Artichoke



Legumes



Apples



Wheat Bran



Chicory Root



Mushrooms



Dandelion Greens



Oats



Onions



Rye



Asparagus

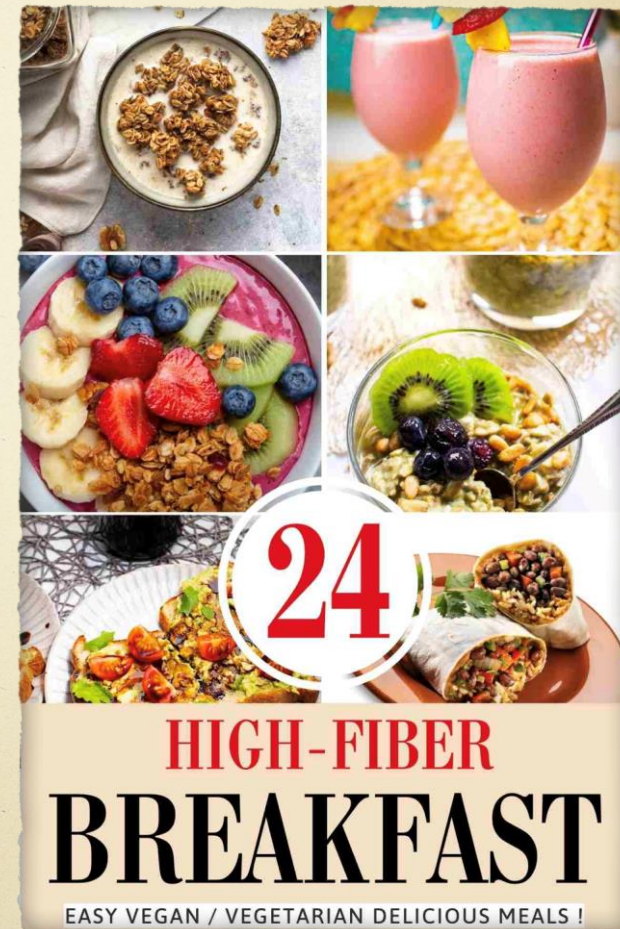
Fibers help your Sugar

- ❧ Eating more fibers slows glucose absorption in your body
- ❧ Steady sugars levels are linked to increased satiety
- ❧ Drink plenty of fluids with fibers to prevent bloating and constipation



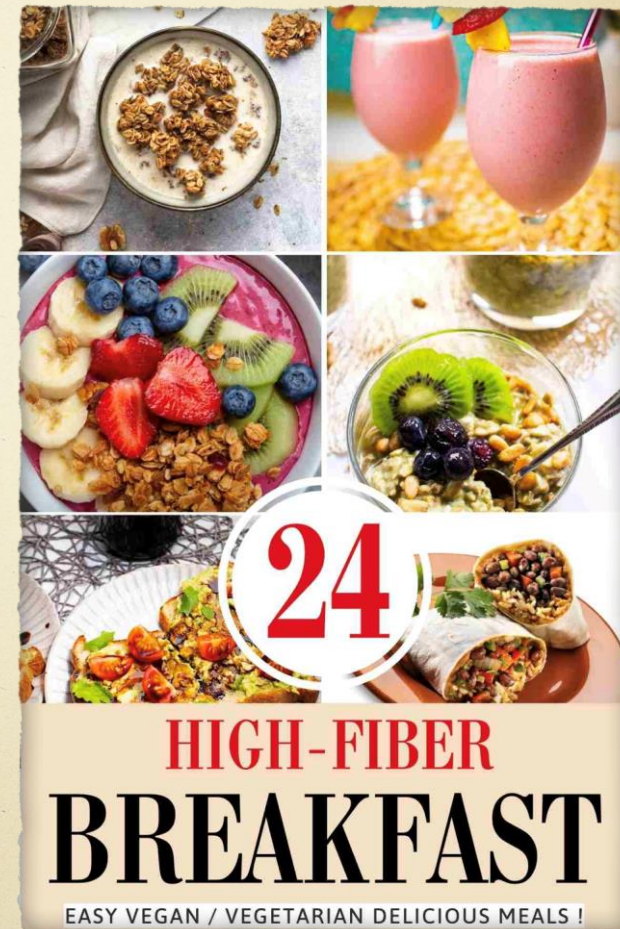
Ways to Increase your Fiber Intake

- Recommended Fibers for males is 31-34 g daily
- Start your day with a fiber rich breakfast e.g. whole grain bread, low fat yogurt, fruits, nuts, smoothie oats
- Here is a link to High Fiber recipes <https://insanelygoodrecipes.com/high-fiber-breakfast-recipes/>



Ways to Increase your Fiber Intake

- ❧ Add 1 serving of fruits or vegetables at each meal
- ❧ 1-2 cups of fruits or 2-3 cups of vegetables daily
- ❧ Eat the skin of fruits and vegetables, apples, pears potatoes
- ❧ Add one serving of berries
- ❧ Add one serving of nuts daily
- ❧ Eat whole grain breads, wheat, oats, brown rice etc. Eat beans, lentils and avocados





- 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!