



MAJLIS
ANSARULLAH
USA

Majlis Ansārullāh Monthly Meeting

April 2024

فِيهَا كُتُبٌ قَيِّمَةٌ

Therein are lasting commandments (98-4)

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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

Those who disbelieve from among the People of the Book and the idolaters would not desist *from disbelief* until there came to them the clear evidence

لَمْ يَكُنِ الَّذِينَ كَفَرُوا مِنْ أَهْلِ الْكِتَابِ
وَالْمُشْرِكِينَ مُنْفَكِينَ حَتَّىٰ تَأْتِيَهُمُ الْبَيِّنَةُ

A Messenger from Allah, reciting unto them the pure Scriptures

رَسُولٌ مِّنَ اللَّهِ يَتْلُو صُحُفًا مُّطَهَّرَةً

Therein are lasting commandments.

فِيهَا كُتُبٌ قَيِّمَةٌ

Chapter 98 Verse 2-4

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 مَّجِيدٌ، اللَّهُمَّ بَارِكْ
عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ
إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَّجِيدٌ -

Hadrat Ali^{ra} relates that the Holy Prophet^{sa}, said:

“A time will come when nothing will remain of Islam except its name, and nothing will remain of the Qur'an except its script. Mosques will be full of worshippers, but as far as righteousness is concerned, they will be empty and deserted. Their 'ulama' (religious scholars) will be the worst of creatures under the canopy of the heavens. Evil plots will originate from them and to them will they return.”

(Mishkat)

Suggested Time 15 mins



Recitation of the Holy Quran

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A Messenger from Allah, reciting unto them the pure Scriptures

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Therein are lasting commandments.

فِيهَا كُتُبٌ قَيِّمَةٌ

Chapter 98 Verse 2-4

Majlis Ansarullah arranged a Holy Quran exhibition. Several copies of the Holy Quran with translations in various languages were at display. Many guests visited and were impressed. One of the visitors asked a question of Muntazim tabligh, "Why should I read the Holy Quran? I have my own holy book." Why do you think the Quran is better than other books?



1. Does the Holy Quran claim to be an everlasting and supreme book?
2. Give some distinguishing features of the Holy Quran
3. Please quote verses on this topic

Guidance from Promised Messiah^{as}

The Promised Messiah^{as} states:

“The Torah and Gospels do not contain such secrets and intricacies as are replete in the Holy Quran. Furthermore, the Holy Quran doesn't just mention all the various matters as a mere claim, as is the case in the Torah and Gospels which only make claims, rather, the Holy Quran demonstrates proof and evidence. Everything it mentions is accompanied by strong and robust proof. Just as there is an attraction to the eloquence and articulacy of the Holy Qur'an, and just as its teachings have rationality and an allurement, in the same way, its proofs are effective.”

(Malfuzat [1984], Vol 3, pp. 243-244)

Superiority of the Holy Quran

1. The source of the Holy Quran is Allah the Almighty Himself as is apparent from the first revealed verses.
2. The meaning and beauty of the Holy Quran is more apparent on people who are pure and bring about a pious change in them
3. Whatever claims the Holy Quran makes, it also provides answers and support of those claims. It does not depend on other sources for explanation
4. The Holy Quran has been arranged in an immaculate sequence
5. The Holy Quran describes historical stories which have prophecies for times to come
6. Provides clear proofs of weaknesses in other faiths

Therein are lasting commandments(98-4)

1. The Holy Quran is a compendium of all that is good, lasting and imperishable in the teachings of former revealed Scriptures, with a good deal more which those Scriptures lack but which man needed for his moral and spiritual development.
2. All those right ideals and principles and ordinances and commandments which were of permanent utility to man have been incorporated in it.
3. The Quran stands, as it were, not only as a guardian over those Books but comprises additional teachings that guard and protect man from moral decline and degeneration and teaches him how to make right use of his God given faculties.

Five volume commentary

Superiority of Holy Quran

This is a perfect Book; there is no doubt in it; it is a guidance for the righteous

Chapter 2, Verse 3

ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ

The Promised Messiah^{as} states:

“It means that, this is the Book that has come into existence out of the knowledge of God Almighty. Since His knowledge is free from ignorance and forgetfulness, this Book is free from every doubt and confusion. And since the knowledge of God possesses the perfect power to make human beings perfect, therefore, this Book is perfect guidance for the righteous. It elevates them to the station that is the highest pinnacle for the progress of human potential.

(Haqiqatul Wahi, pp. 160-161 [English Translation])

And remember the day when We will raise up in every people a witness against them from amongst themselves, and We will bring thee as a witness against these. And We have sent down to thee the Book to explain everything, and a guidance, and a mercy, and glad tidings to those who submit to God.

Chapter 16, Verse 90

وَيَوْمَ نَبْعَثُ فِي كُلِّ أُمَّةٍ شَهِيدًا عَلَيْهِمْ مِّنْ أَنفُسِهِمْ وَجِئْنَا بِكَ شَهِيدًا أَعْلَىٰ هَٰؤُلَاءِ ۗ وَنَزَّلْنَا عَلَيْكَ الْكِتَابَ تَبْيَانًا لِّلْكُلِّ شَيْءٍ وَهُدًى وَرَحْمَةً وَبُشْرَىٰ لِّلْمُسْلِمِينَ

The Promised Messiah^{as} writes:

“The Holy Qur’an is a Book which has proclaimed its own matchlessness and has claimed its own greatness, its wisdom, its truth, the beauty of its composition and its spiritual lights.”

(Brahin-e-Ahmadiyya, Ruhani Khaza'in, Vol. 1, pp. 662-665, footnote 11)

Salat and Inheritance of Heavenly Blessings

Salat is an instrument for security against sins. It is a characteristic feature of Salat that it drives one away from sin and evil deeds. Therefore, seek that sort of Salat and try to mold your Salats accordingly. Salat is the essence of blessings. Favors of Allah are attained through the Salat. Therefore, perform it decently that you may inherit Allah's blessings.

(Malfuzat Vol. 3 p 103)

And you, too, should partake of the Holy Spirit by compassion and by purifying your souls. Because without the Holy Spirit true *Taqwa*²¹ cannot be attained. And, totally shedding all base desires of the self, choose for the sake of winning the pleasure of God that path compared to which no path can be narrower and straiter. Don't fall in love with the pleasures of the world, for they take you away from God. Choose a life of austerity for the sake of God. The pain which pleases God is better than the pleasure which makes Him angry. And the defeat which pleases God is better than the victory which invites the wrath of Allah. Renounce the love which brings you nearer to the wrath of Allah. If by purifying your hearts you come to Him, He will help you whichever path you tread and no enemy shall ever be able to harm you.

اور چاہئے کہ تم بھی ہمدردی اور اپنے نفسوں کے پاک کرنے سے روح القدس سے حصہ لو کہ بجز روح القدس کے حقیقی تقویٰ حاصل نہیں ہو سکتی اور نفسانی جذبات کو بکلی چھوڑ کر خدا کی رضا کے لئے وہ راہ اختیار کرو جو اُس سے زیادہ کوئی راہ تنگ نہ ہو۔ دنیا کی لذتوں پر فریفتہ مت ہو کہ وہ خدا سے جدا کرتی ہیں اور خدا کے لئے تلخی کی زندگی اختیار کرو۔ درد جس سے خدا راضی ہو اُس لذت سے بہتر ہے جس سے خدا ناراض ہو جائے۔ اور وہ شکست جس سے خدا راضی ہو اُس فتح سے بہتر ہے جو موجب غضب الہی ہو۔ اُس محبت کو چھوڑ دو جو خدا کے غضب کے قریب کرے۔ اگر تم صاف دل ہو کر اُس کی طرف آ جاؤ تو ہر ایک راہ میں وہ تمہاری مدد کرے گا اور کوئی دشمن تمہیں نقصان نہیں پہنچا سکے گا۔

Q. A red house is made of red bricks, and a blue house is made of blue bricks. What's a greenhouse made of?

1. Wood
2. Fire
3. Glass
4. Cement

Q. How much is half of $2 + 2$?

1. 4
2. 11
3. 1.5
4. 3

Q. What letter is not included in any of the 50 U.S. state names?

1. P
2. Q
3. Z
4. X

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FIRST, you divide 2 by 2, which equals 1.

THEN, you add 2, which gives you 3 as a final answer.

Q. What letter is not included in any of the 50 U.S. state names?

1. P
2. Q
3. Z
4. X

Quran Tajweed Basics

Long Vowels(Madd-e-Asli)

In Tajweed, Madd refers to lengthening certain vowel sounds. There are three letters of Madd:

1. **Alif(ا)Maddah:** if it's preceded by a letter with Fatha. Ex: رَا (Raa)

2. **Ya' (ي)Maddah:** if it's preceded by a letter with Kasrah. Ex: مِي (Mee)

1. **Wao(و) Maddah:** if it's preceded by a letter with Dammah. Ex: تُو (Tuu)

Alif (ا) must not have a harkat, Wao(و) and Ya'(ي) must have a sukoon. These are also called Madd-e-Asli and the prolongation should be **two harkaat or two seconds.**



[Click here for a short video](#)



**MAJLIS
ANSARULLAH
USA**

Health



Exercise Program for 40 and over

Tanvir Ahmed



Walking with a Purpose

- Brisk Walking for about 30 Minutes a day, five days a week. Walk Fast enough that you cannot SING but can Talk
- Power Walking or Speed walking is the act of walking with a speed at the upper end of the natural range for the walking gait, **typically 4-5 Miles / Hour.**

Check out the resources
<https://fitfortyforever.com/how-to-start-power-walking/>



Nordic Walking

- **Nordic Walking** is a total-body version of walking that can be enjoyed both by non-athletes as a health-promoting physical activity, and by athletes as a sport
- The activity is performed with specially designed walking poles similar to ski poles
- Check out the resources
<https://www.americannordicwalking.com/blog/2017/3/4/eo4yagte05ql8orxo5vnti12ze0d3n>

Swimming

Is a tremendous physical and mental workout

Can be substituted with water aerobics or other water exercises

Check out the resources

<https://www.choosept.com/resources/detail/top-10-exercises-to-do-in-pool>



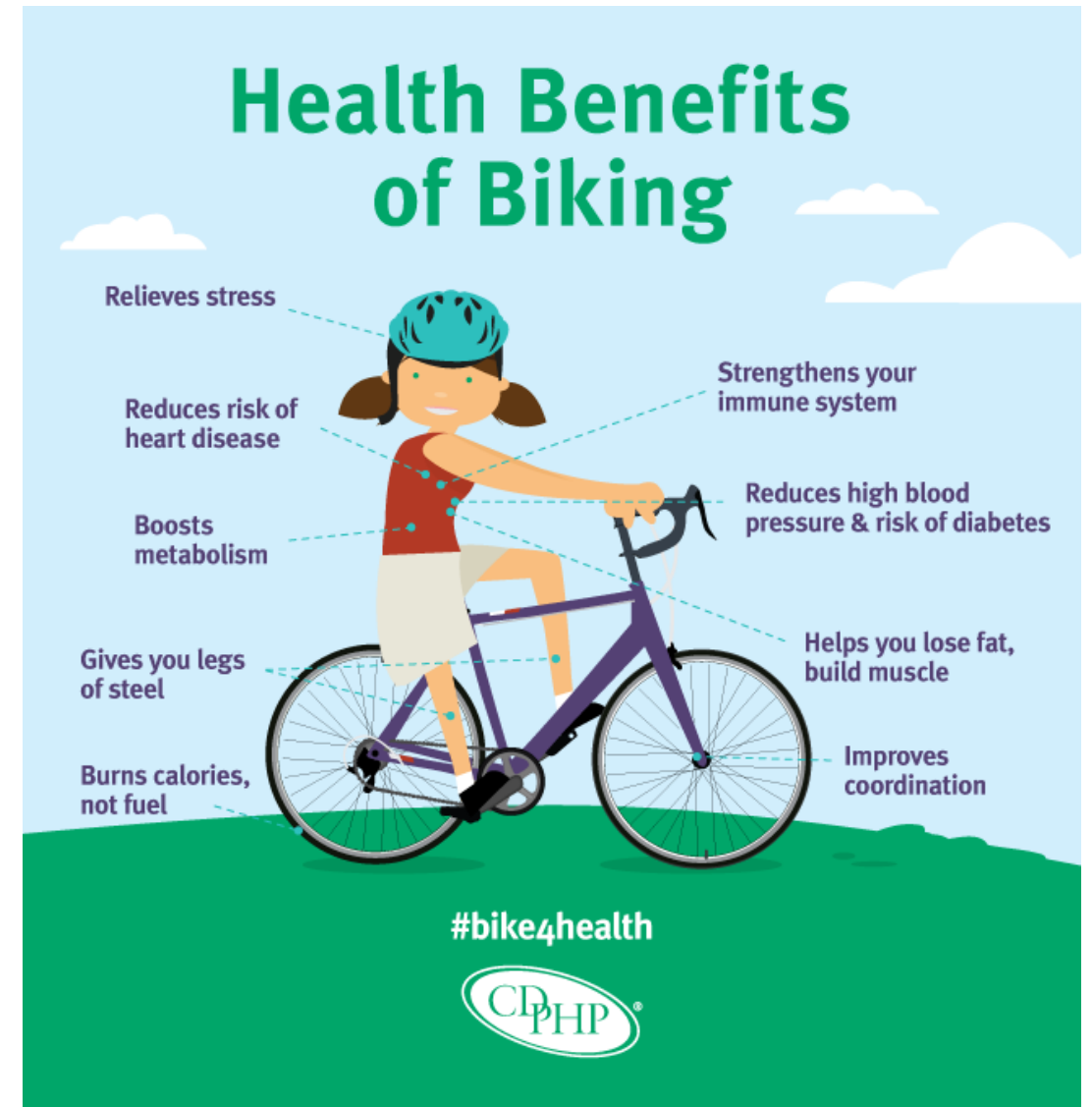
Health Benefits of Cycling

Great outdoor activity for your entire family

You can do it all year around even in very cold and hot weather with proper preparation and technique

Check out the resources

<https://www.health.harvard.edu/staying-healthy/the-top-5-benefits-of-cycling>



Yoga



- Great Indoor and Outdoor exercises with minimum investment and equipment
- Check out the resources for benefits and how to get started
- <https://www.nytimes.com/guides/well/beginner-yoga>
- <https://www.healthline.com/nutrition/13-benefits-of-yoga#section5>

Gardening

Is a great physical and mental stress reliever for the entire family

You can garden with a little investment even in a small area

Check the resources

<http://thenationshealth.aphapublications.org/content/47/5/17>



Exercise while sitting

Some members who are severely limited by illness or age to exercise.

Others find very difficult to find time to exercise

Here is the link to resources

<https://www.nhs.uk/live-well/exercise/strength-and-flexibility-exercises/sitting-exercises/>





- 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!