



**MAJLIS  
ANSARULLAH  
USA**

# **Majlis Ansārullāh Monthly Meeting**

**May 2024**

## **Who is the God of The Holy Quran?**

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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

Allah — there is no God but He, the Living, the Self-Subsisting and All-Sustaining. Slumber seizes Him not, nor sleep. To Him belongs whatsoever is in the heavens and whatsoever is in the earth.

**Chapter 2, Verse 256**

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَةٌ  
وَلَا نَوْمٌ ۚ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ ۗ

Say, 'This is my way: I call unto Allah on sure knowledge, I and those who follow me. And Holy is Allah; and I am not of those who associate gods with God.'

**Chapter 12, Verse 109**

قُلْ هَذِهِ سَبِيلِي أَدْعُو إِلَى اللَّهِ تَعَالَى عَلَى بَصِيرَةٍ أَنَا وَمَنِ اتَّبَعَنِي  
وَسُبْحَانَ اللَّهِ وَمَا أَنَا مِنَ الْمُشْرِكِينَ ﴿١٠٩﴾

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<sup>sa</sup> and the people of Muhammad<sup>sa</sup>, as Thou didst bless Abraham and the people of Abraham. Thou art indeed the Praiseworthy, the Glorious. Prosper, O Allah, Muhammad<sup>sa</sup> and the people of Muhammad<sup>sa</sup>, 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 Abu Huraira<sup>ra</sup> relates that the Holy Prophet<sup>sa</sup> said:

“My servant transgresses against Me, while it does not behoove him to do so. He abuses Me, while it does not behoove him to do so. His transgression against Me is that he says that ‘Allah the Almighty, having once created me, will not resurrect me (after I am dead).’ And his abuse of Me is that he claims that ‘Allah has taken unto Himself a son,’ whereas I am Self-Sufficient, The One on Whom everything else depends. I have never begot, nor was I begotten, and there never was one like unto Me.”

**(Masnad Ahmad)**

**Suggested Time 15 mins**



# Recitation of the Holy Quran

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وَسُبْحَانَ اللَّهِ ۖ وَمَا أَنَا مِنَ الْمُشْرِكِينَ ﴿١٠٩﴾

One evening a Nasir's teenage son asked a question at the dinner table. Bhagavan, Buddha, Yahweh, Krishna, Waheguru, Jesus are all the names of god. For us it is Allah. Various religions ascribe different attributes to god. How does the Holy Quran explain the entity of god or the creator?



In other words, how does the Holy Quran describe Allah the Almighty?



## What does the word, “Allah” mean?

*Allah* is the name of the God Almighty in the Arabic Language. *Allah* is the personal name of God. The word *Allah* is never used for any other being or thing. The names for God found in other languages are all attributive or descriptive and are often used in the plural, but the word ‘*Allah*’ is never used in the plural. This is because Islam advocates the belief in the absolute unity of God. In the absence of a parallel word in the English language, the original name ‘*Allah*’ has been retained throughout the translation. Allah is recognized through his attributes and there are over 99 such attributes mentioned in The Holy Quran, the book of Muslims. For example, Allah is Most Gracious, Most Merciful, Lord of All the Worlds, Master of the Day of Judgment, The Provider, and The Sustainer. These attributes are invoked in prayers and also every Muslim is encouraged to adopt attributes of Allah in the journey of life.

*Five Volume Commentary – Verse 1 of Surah Al-Fatiha, Page 5*

# So said the Promised Messiah<sup>as</sup>

**In the Holy Qur'an, our God describes His attributes thus**

In the name of Allah, the Gracious, the Merciful. بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ ﴿١﴾  
Say, 'He is Allah, the One; قُلْ هُوَ اللّٰهُ اَحَدٌ ﴿٢﴾  
'Allah, the Independent and Besought of all. اللّٰهُ الصَّمَدُ ﴿٣﴾  
'He begets not, nor is He begotten; لَمْ يَلِدْ وَّلَمْ يُولَدْ ﴿٤﴾  
'And there is none like unto Him.' وَّلَمْ يَكُنْ لَّهٗ كُفُوًا اَحَدٌ ﴿٥﴾

***Surah Al-Ikhlās – Chapter 112***

This means that: Your God is One in His Being and in His attributes. No other being is eternal and everlasting and self-existing like His Being, nor are the attributes of any being like His attributes.

**[Allah The Exalted](#) – Page 10**

## How does the Islamic concept of God differ from other religions?

The Islamic concept of God is distinct from other faiths as it is a strongly monotheistic religion with the worship of One God as its central theme. Islam presents its unity in a straightforward, unambiguous and comprehensible manner.

According to Islamic teachings, God is neither born of anyone nor gives birth to anyone and compromise is not permitted in the Unity of God – neither in worship nor in belief. He is called a Living God who loves His creation and listens to their supplications. None of His attributes have been suspended. He therefore communicates with mankind as before and has not barred the avenues to reach Him directly. As such, Muslims can maintain a direct relationship with their Lord and, therefore, all intermediaries are forbidden. Islam holds that there is no contradiction between God's word and His deed. It, thus, frees us from the traditional rivalry between science and religion, and does not require man to believe in anything beyond the laws of nature determined by Him. Islam offers far greater insight into the various attributes of God and man's relationship with his Lord than any other faith.

**[Some Distinctive Features of Islam](#) – by Hazrat Mirza Tahir Ahmad, Khalifatul Masih IV<sup>rh</sup>**

## Salat is a Vehicle

He who wants to meet Allah and desires to reach His court, Salat is the vehicle by which he can get there quicker. He who abandons Salat cannot reach there.

**(Malfuzat Vol. 3 p 189)**

پس جو شخص خدا تعالیٰ سے ملنا چاہتا ہے اور اس کے دربار میں پہنچنے کی خواہش رکھتا ہے، اُس کے واسطے نماز ایک گاڑی ہے جس پر سوار ہو کر وہ جلد تر پہنچ سکتا ہے۔ جس نے نماز ترک کر دی وہ کیا پہنچے گا۔

## Blessings of Salat

The Salat taught by the Holy Prophet(sa) is that which when performing one joins the abdaal (saints), sins part with him, his prayers get accepted, and he attains nearness to God.

**(Malfuzat Vol. 4 p 43)**

جو نماز رسول اللہ صلی اللہ علیہ وسلم نے سکھلائی تھی وہ نہیں پڑھتے۔ یہ وہ نماز ہے جس کے پڑھنے سے انسان ابدال میں داخل ہو جاتا ہے۔ گناہ اس کے دور ہو جاتے ہیں۔ دعائیں قبول ہوتی ہیں۔ انسان خدا تعالیٰ کا قرب حاصل کر لیتا ہے۔

Let the righteous persons of the *Jama'at* who have pure souls accept *Bai'at*<sup>18</sup>, after me, in my name<sup>19</sup>. God Almighty desires to draw all those who live in various habitations of the world, be it Europe or Asia, and who have virtuous nature, to the Unity of God<sup>20</sup> and unite His servants under one Faith. This indeed is the purpose of God for which I have been sent to the world. You, too, therefore should pursue this end, but with kindness, moral probity and fervent prayers. And till that time when someone inspired by God with the Holy Spirit is raised by Him, all of you should work in harmony with one another.

اور چاہیے کہ جماعت کے بزرگ جو نفس پاک رکھتے ہیں میرے نام پر میرے بعد لوگوں سے بیعت لیں ☆ خدا تعالیٰ چاہتا ہے کہ اُن تمام روحوں کو جو زمین کی متفرق آبادیوں میں آباد ہیں کیا یورپ اور کیا ایشیا اُن سب کو جو نیک فطرت رکھتے ہیں توحید کی طرف کھینچے اور اپنے بندوں کو دین واحد پر جمع کرے یہی خدا تعالیٰ کا مقصد ہے جس کے لئے میں دنیا میں بھیجا گیا سو تم اس مقصد کی پیروی کرو مگر نرمی اور اخلاق اور دعاؤں پر زور دینے سے۔ اور جب تک کوئی خدا سے روح القدس پا کر کھڑا نہ ہو سب میرے بعد مل کر کام کرو۔

Q. How many edges does a cube have?

1. 12
2. 18
3. 22
4. 16

Q. If you have a bowl with six apples and you take away four, how many do you have?

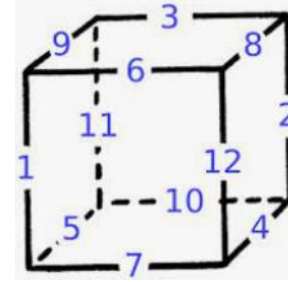
1. 6
2. 2
3. 4
4. 5

Q. The human brain is composed mainly of fat?

1. TRUE
2. FALSE

Q. How many edges does a cube have?

1. **12**
2. 18
3. 22
4. 16



Q. If you have a bowl with six apples and you take away four, how many do you have?

1. 6
2. 2
3. **4**
4. 5

Q. The human brain is composed mainly of fat?

1. **TRUE**
2. FALSE

The human brain is nearly 60 percent fat. We've learned in recent years that fatty acids are among the most crucial molecules that determine your brain's integrity and ability to perform

[National Library of Medicine](https://www.nlm.nih.gov/)

## Quran Tajweed Basics

### Misc. Maddaat (Elongations)

**Maddul-Leen** (soft): If a letter with Fat'ha appears before Waw sakin (و) or Ya Sakin (ي), it should sound softly making a half circle of 2 counts/harkaat similar to English words "Round", "Bound".



**Al-Maddus-Saghir** (medium-long elongation): It is represented by a thin wave sign ~ and should be prolonged 3 to 5 seconds/counts approx. (subject to mod of recitation)



**Al-Maddul-Kabir** (extra-long elongation): It is represented by a thick wave sign ~ and should be prolonged 4 to 6 seconds/counts approx. (subject to mod of recitation)



[Click here for a short video](#)





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# Health

# Lifestyle And Health

Tanvir Ahmed  
Qaid Health  
Majlis Ansarullah USA



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# Lifestyle And Health

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- ❖ According to WHO\*, **60% of related factors** to individual health and quality of life are correlated to **lifestyle** and millions of people **follow an unhealthy lifestyle**
- ❖ Problems like diabetes, joint and skeletal problems, cardiovascular diseases, hypertension, overweight etc.
- ❖ **Note that violence** can be caused by an unhealthy lifestyle

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# Lifestyle Factors

## DIET

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- ❖ Diet is the **greatest factor** in lifestyle and has a **direct impact on** health
- ❖ **Poor diet** leading to **obesity** is a common nutrition problem in urban societies
- ❖ Use of fast foods (high fat, high salt and high sugars) is a major negative factor



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# Exercise

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- ❖ Exercise is physical activity that is **planned, structured, and repetitive** and has as an objective of the **improvement or maintenance** of physical fitness
- ❖ Exercise along with a healthy diet improves health
- ❖ **There is a positive relationship between active lifestyle and happiness (Study)**



# Sleep

- ❖ **Sleep is a necessity of life.** It cannot be apart from healthy life.
- ❖ **Sleep** has a clear influence on **mental and physical health**
- ❖ **Sleep disorders** have several social, psychological, economical and healthy consequences
- ❖ Adults who sleep less than **7 hours** a night may have more health issues than those who sleep 7 or more hours a night. (NIH)



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# Substance Abuse

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- ❖ Addiction is as an **unhealthy lifestyle**
- ❖ **Smoking and using other substances** may result in cardiovascular disease, asthma, cancer, and brain injury
- ❖ Addiction has devastating financial, physical and mental health consequences



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# Modern Technology

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- ❖ **Application of modern technologies** facilitates the life of human beings
- ❖ **Misuse and Excessive use** of electronic **may disturb sleep**
- ❖ **Serious mental and physical harm** can result from prolonged and unsupervised use of technology to the developing mind
- ❖ **Addiction to use of cell phones is related to depression symptoms**





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# Reading

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- ❖ Reading and study is the exercise of soul
- ❖ **Reading** may lead to improved physical and mental health
- ❖ Prevalence of dementia (Alzheimer's disease) is lower in educated people
- ❖ Reading could **slow process** of dementia





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



**Waqf e Ardhi  
Sign-up**

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

Please take a moment to provide your feedback

<https://tinyurl.com/TalimDeckFeedback>



**Feedback**