



**MAJLIS
ANSARULLAH
USA**

Majlis Ansārullāh Monthly Meeting

September 2024

The Holy Quran and the Claim of Promised Messiah^{as}

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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

In the name of Allah, the Gracious, the Merciful.

Whatever is in the heavens and whatever is in the earth glorifies Allah, the Sovereign, the Holy, the Mighty, the Wise.

He it is Who has raised among the Unlettered people a Messenger from among themselves who recites unto them His Signs, and purifies them, and teaches them the Book and wisdom, although they had been, before, in manifest misguidance;

And among others from among them who have not yet joined them. He is the Mighty, the Wise.

That is Allah's grace; He bestows it on whom He pleases; and Allah is the Master of immense grace.

Chapter 62 Verses 1-4

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾

يُسَبِّحُ لِلَّهِ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ الْمَلِكِ

الْقُدُّوسِ الْعَزِيزِ الْحَكِيمِ ﴿٢﴾

هُوَ الَّذِي بَعَثَ فِي الْأُمِّيِّينَ رَسُولًا مِنْهُمْ يَتْلُو عَلَيْهِمْ آيَاتِهِ وَيُزَكِّيهِمْ وَيُعَلِّمُهُمُ الْكِتَابَ وَالْحِكْمَةَ وَإِنْ كَانُوا

مِنْ قَبْلُ لَفِي ضَلَالٍ مُّبِينٍ ﴿٣﴾

وَأَخْرَجَ مِنْهُمْ لِبَأْسٍ لِحَقُّوَابِهِمْ ۗ وَهُوَ الْعَزِيزُ الْحَكِيمُ ﴿٤﴾

ذَلِكَ فَضْلُ اللَّهِ يُؤْتِيهِ مَنْ يَشَاءُ ۗ وَاللَّهُ ذُو الْفَضْلِ الْعَظِيمِ ﴿٥﴾

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 -

Says Abu Hurairah^{ra}:

'One Day we were sitting with the Holy Prophet when Surah Jumu'ah was revealed. I enquired from the Holy Prophet, Who are the people to whom the words, '**And among others of them who have not yet joined them,**' refer.' Salman, the Persian, was sitting among us. Upon my repeatedly asking him the same question, the Holy Prophet put his hand on Salman and said, 'If Faith were to go up to the [Pleiades](#), a man from these would, surely, find it'

(Bukhari)

Suggested Time 15 mins



Recitation of the Holy Quran

In the name of Allah, the Gracious, the Merciful.

Whatever is in the heavens and whatever is in the earth glorifies Allah, the Sovereign, the Holy, the Mighty, the Wise.

He it is Who has raised among the Unlettered people a Messenger from among themselves who recites unto them His Signs, and purifies them, and teaches them the Book and wisdom, although they had been, before, in manifest misguidance;

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Chapter 62 Verses 1-4

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وَأَخْرَجَ مِنْهُمْ لَبَأَ يُلْحَقُونَ بِهِمْ ۗ وَهُوَ الْعَزِيزُ الْحَكِيمُ ﴿٤﴾

ذَلِكَ فَضْلُ اللَّهِ يُؤْتِيهِ مَنْ يَشَاءُ ۗ وَاللَّهُ ذُو الْفَضْلِ الْعَظِيمِ ﴿٥﴾

One Nasir learned how to use Twitter (X). He started defending Islam/Ahmadiyyat to the best of his ability. One of his contacts asked him to show that the coming of Mirza Ghulam Ahmad^{as} has been mentioned in the Holy Quran and he will accept Ahmadiyyat. The Nasir did a thorough search and could not find the name Ghulam Ahmad in the Holy Quran.



How would you help him proving the truth of the Promised Messiah^{as} from the Holy Quran?

Understanding the verses

[62:4](#) – The verse signifies that, the Message of the Holy Prophet^{sa} was meant not only for the Arabs among whom he was raised but for all non-Arabs as well, and not only for his contemporaries but also for the generations to come till the end of time. Or, the verse may signify that the Holy Prophet will be raised among another people who have not yet joined his immediate followers. The reference in the verse and in a well-known saying of the Holy Prophet is to the Second Advent of the Holy Prophet himself in the person of the Promised Messiah in the Latter Days. Says Abu Hurairah^{ra}: 'One Day we were sitting with the Holy Prophet when Surah Jumu'ah was revealed. I enquired from the Holy Prophet, Who are the people to whom the words, 'And among others of them who have not yet joined them,' refer.' Salman, the Persian, was sitting among us. Upon my repeatedly asking him the same question, the Holy Prophet put his hand on Salman and said, 'If Faith were to go up to the Pleiades, a man from these would, surely, find it' (Bukhari). This saying of the Holy Prophet shows that the verse applies to a man of Persian descent. The Promised Messiah, the Founder of the Ahmadiyya Movement, was of Persian descent. Other sayings of the Holy Prophet speak of the appearance of the Messiah at a time when there would remain nothing of the Qur'an but its words and of Islam but its name, i.e. the true spirit of Islamic teaching will have been lost (Baihaqi). Thus the Qur'an and the Hadith both agree that the present verse refers to the Second Advent of the Holy Prophet in the person of the Promised Messiah.

Five Volume Commentary Ref - 4236

Understanding the verses

The points made in Chapter 62 Verse 4 and the hadith provide a convincing mention of the Promised Messiah^{as} Mirza Ghulam Ahmad of Qadian (peace be on him)

1. The Holy Prophet^{sa} is talking about his second appearance
2. His second coming will be in distant future (faith ascending to Pleiades couldn't possibly be in his time)
3. Despite presence of the Holy Quran and Ahadith, faith could disappear
4. The one who will bring it back will be a non-Arab and be of Persian descent. (This also means it will not be the Holy Prophet^{sa} himself)
5. Someone who can be considered as the second coming of the Holy Prophet^{sa} himself has to be completely subservient of the Holy Prophet^{sa} and a complete devotee of the Prophet^{sa}. In fact, he will be servant of Ahmad or Ghulam of Ahmad
6. The Promised Messiah^{as} fulfilled all these criteria. He is an ardent lover and complete devotee of the Holy Prophet Muhammad^{sa}; He is of Persian descent; He appeared when true Islamic teachings had practically disappeared. He was able to show the true face of Islam to the world and established a community that lives by true Islamic teachings

[Chapter 69 Verses 45-48](#)

And if he had forged *and attributed* any sayings to Us,
We would surely have seized him by the right hand,
And then surely We would have severed his life-artery,
And not one of you could have held *Us* off from him.

وَلَوْ تَقَوَّلَ عَلَيْنَا بَعْضَ الْأَقَاوِيلِ
لَأَخَذْنَا مِنْهُ بِالْيَمِينِ
ثُمَّ لَقَطَعْنَا مِنْهُ الْوَتِينَ
فَمَا مِنْكُمْ مِنْ أَحَدٍ عَنْهُ حَاجِزِينَ

- These verses provide a clear proof of truth of the Promised Messiah^{as}
- Allah the Almighty is describing His practice of destroying someone who lies against Allah
- The Promised Messiah^{as} claimed to receive direct revelation from Allah the Almighty for decades. However, not only was he not destroyed by Allah, but his community also continues to spread despite all odds.

Chapter 61 Verse 7

And remember when Jesus, son of Mary, said, ‘O children of Israel, surely I am Allah’s Messenger unto you, fulfilling that which is before me of the Torah, and giving glad tidings of a Messenger who will come after me. His name will be Ahmad.’ And when he came to them with clear proofs, they said, ‘This is clear enchantment.’

وَإِذْ قَالَ عِيسَى ابْنُ مَرْيَمَ بَيْنَ يَدَيْ إِسْرَائِيلَ إِنِّي رَسُولُ
اللَّهِ إِلَيْكُمْ مُصَدِّقًا لِمَا بَيْنَ يَدَيَّ مِنَ التَّوْرَةِ
وَمُبَشِّرًا بِرَسُولٍ يَأْتِي مِنْ بَعْدِي اسْمُهُ أَحْمَدٌ فَلَمَّا
جَاءَهُمْ بِالْبَيِّنَاتِ قَالُوا هَذَا سِحْرٌ مُّبِينٌ ﴿٧﴾

The prophecy mentioned in the verse under comment applies to the Holy Prophet, but as a corollary it may also apply to the Promised Messiah, Founder of the Ahmadiyya Movement, since in his person the Second Manifestation of the Holy Prophet took place. To this Second Manifestation or Second Coming of the Holy Prophet, the third verse of the next *Surah*—Al-Jumu`ah pointedly refers.

(Five Volume Commentary – Reference 3037)

The Promised Messiah^{as} writes:

The first stage of a believer's spiritual state is that humility, weeping and tender-heartedness which a believer experiences during Salat and remembrance of Allah. That is, to generate in oneself a spirit of supplication, poignancy, humility, extreme humbleness, meekness of soul, ardor and warmth. To assume a state of fear while turning to the Glorious God as this verse states: 'Surely, success comes to the believers, Who are humble in their Prayers.' (23: 2-3). That is, successful are the believers who are humble in their Salat and during remembrance of Allah and who are engaged in remembrance of their Lord with poignancy, tender-heartedness, ardor and heart-felt passion.'

Appendix, Barahin e Ahmadiyya Part 5
Ruhani Khazain Volume 21, Page 188

حضرت مسیح موعود علیہ السلام فرماتے ہیں :

”اول مرتبہ مومن کے روحانی وجود کا وہ خشوع اور رقت اور سوزوگداز کی حالت ہے جو نماز اور یاد الہی میں مومن کو میسر آتی ہے۔ یعنی گدازش اور رقت اور فروتنی اور عجز و نیاز اور روح کا انکسار اور ایک تڑپ اور قلق اور تپش اپنے اندر پیدا کرنا۔ اور ایک خوف کی حالت لینے پر وارد کر کے خدائے عزوجل کی طرف دل کو جھکانا جیسا کہ اس آیت میں بیان فرمایا گیا ہے قَدْ أَفْلَحَ الْمُؤْمِنُونَ۔ الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَائِعُونَ۔ یعنی وہ مومن مراد پاگئے جو اپنی نمازوں میں اور ہر ایک طور کی یاد الہی میں “ (صرف نماز ہی نہیں بلکہ ہر ایک طور کی یاد الہی میں) ”فروتنی اور عجز و نیاز اختیار کرتے ہیں۔ اور رقت اور سوزوگداز اور قلق اور کرب اور دلی جوش سے اپنے رب کے ذکر میں مشغول ہوتے ہیں۔

(ضمیمہ براہین احمدیہ حصہ پنجم، روحانی خزائن جلد 21 صفحہ 188)

God addressed me and said that Taqwa is a tree that should be planted in the heart. The very water which nourishes Taqwa irrigates the whole garden. Taqwa is a root without which everything is meaningless; and if it remains intact then nothing is lost. What benefit is there for a man in indulging himself in the useless activity of claiming with his tongue that he seeks God while he has no sure footing with his Lord. Look, I say to you truly and sincerely that ruined is he whose faith is tainted by even a hint of worldliness. Hell is very close to that soul all of whose intentions are not for God – rather some of them are for God and others are for the world. Thus, if you have an iota of worldly adulteration in your intentions, all your worship is in vain.

خدا نے مجھے مخاطب کر کے فرمایا کہ
تقویٰ ایک ایسا درخت ہے جس کو دل میں لگانا چاہیے۔ وہی پانی جس سے تقویٰ پرورش
پاتی ہے تمام باغ کو سیراب کر دیتا ہے۔ تقویٰ ایک ایسی جڑ ہے کہ اگر وہ نہیں تو سب کچھ
ہیج ہے اور اگر وہ باقی رہے تو سب کچھ باقی ہے۔ انسان کو اس فضولی سے کیا فائدہ جو زبان
سے خدا طلبی کا دعویٰ کرتا ہے لیکن قدم صدق نہیں رکھتا۔ دیکھو میں تمہیں سچ سچ کہتا ہوں کہ وہ
آدمی ہلاک شدہ ہے جو دین کے ساتھ کچھ دنیا کی ملونی رکھتا ہے اور اُس نفس سے جہنم بہت
قریب ہے جس کے تمام ارادے خدا کے لئے نہیں ہیں بلکہ کچھ خدا کے لئے اور کچھ دنیا کے
لئے۔ پس اگر تم دنیا کی ایک ذرہ بھی ملونی اپنے اغراض میں رکھتے ہو تو تمہاری تمام عبادتیں
عبث ہیں۔

In what year did World War II end?

1. 1941
2. 1945
3. 1948
4. 1950

Whose face is on a US \$5 bill?

1. George Washington
2. Benjamin Franklin
3. Abraham Lincoln
4. Thomas Jefferson

In which country is the Sphinx located?

1. Greece
2. India
3. Egypt
4. Mexico

In what year did World War II end?

1. 1941
2. 1945
3. 1948
4. 1950

On May 8, 1945, Germany surrendered. After the atomic bomb was dropped on Hiroshima and Nagasaki, Japan surrendered on September 2, 1945, and the Second World War came to an end.

[Reference – Library of Congress](#)

Whose face is on a US \$5 bill?

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In which country is the Sphinx located?

1. Greece
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[The Great Sphinx of Giza](#) is a limestone statue of a reclining sphinx, a mythical creature with the head of a human and the body of a lion. Facing directly from west to east, it stands on the Giza Plateau on the west bank of the Nile in Giza, Egypt. The face of the Sphinx appears to represent the pharaoh Khafre. It is known as أبو الهول in Urdu.



Quran Tajweed Basics

Rules of Waqf(Stop)

Waqf means to pause or stop. During the recitation of Quran, if one needs to stop at the end of meaningful sentence with break of breath or at the end of verse, these **rules apply on the stopping word**;

<u>In Pause</u>		<u>In Continuation</u>
ذَلِكَ		ذَلِكَ
يَوْمٍ		يَوْمٍ
تَعْبُدُ		تَعْبُدُ
مَخْتُومٍ	Change to	مَخْتُومٍ
قُرْآنٍ	←	قُرْآنٍ
رَسُولِهِ		رَسُولِهِ
يَرَاهُ		يَرَاهُ
مُسْفِرَةٌ		مُسْفِرَةٌ
أَبْوَابًا		أَبْوَابًا

Note: Letters with **Fat'ha, Dammah, Kasra, Tanween** and **vertical kasra/inverse Dammah** are **changed to letters with sukoon**

Quran Tajweed Basics

Rules of Waqf(Stop) Cont.

In Pause	In Continuation
رَفَعْنَا	رَفَعْنَا
الْأَعْلَى	الْأَعْلَى
يَظُنُّ	يَظُنُّ
مُسْتَسِي	مُسْتَسِي
مَعْدُودَاتِ	مَعْدُودَاتِ
نِسَاءً	نِسَاءً
مَاءٍ	مَاءٍ
النَّبِيِّ	النَّبِيِّ
مَثْوَايَ [Math'waay]	مَثْوَايَ

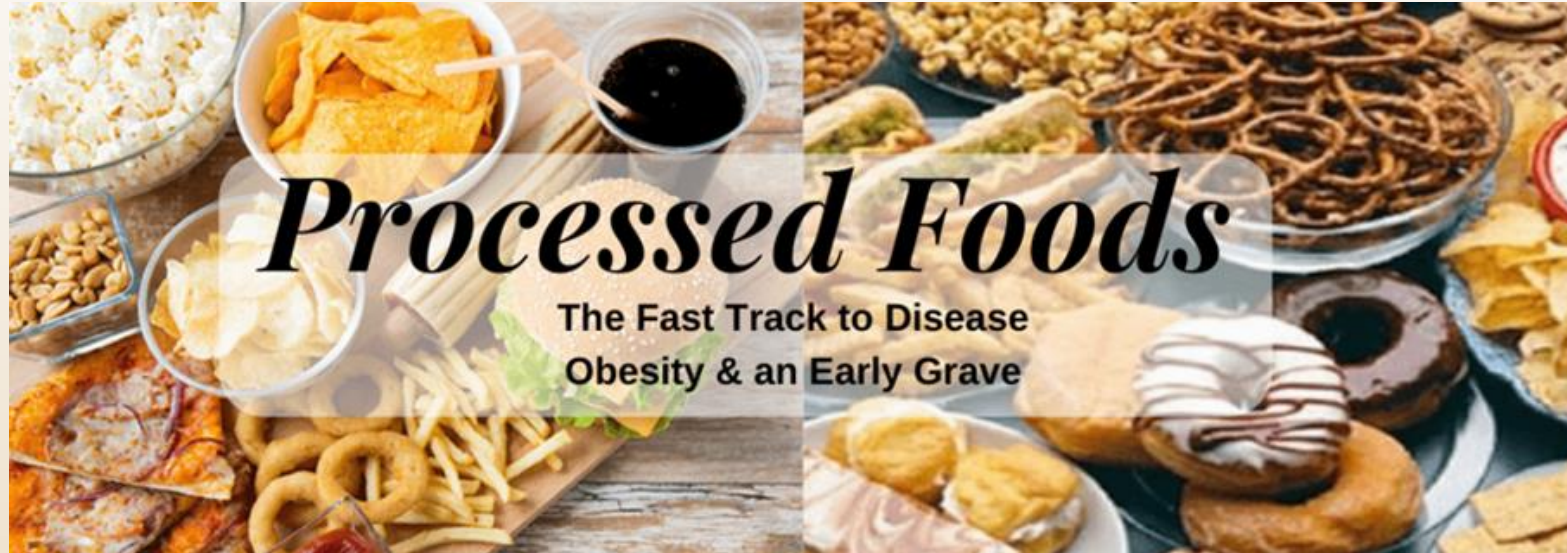
Change
to

Note: the change (or no change) **in red** in the last letter of the word at Waqf



**MAJLIS
ANSARULLAH
USA**

Health



ULTRA-PROCESSED FOODS

TANVIR AHMED

ULTRA PROCESSED FOODS

- **Ultra-processed foods** are produced with industrial ingredients and often food additives to adjust color, flavor, consistency, texture, or to extend shelf life
- **There are about 5,000 substances** that get added to our food. Most of them have never been tested for safety and health risks by anyone other than the company using them
- **Ultra-processed foods** include prepackaged soups, sauces, frozen pizza and ready-to-eat meals, hot dogs, sausages, French fries, sodas, store-bought cookies, cakes, candies, doughnuts, ice cream etc.
- Heavily processed foods often include unhealthy levels of added **sugar, sodium and fat**



ULTRA PROCESSED FOODS

- Some researchers think that ultra-processed foods **increase inflammation** because they are recognized by the body as foreign – much like an invading bacteria. The more inflammation, the more the risk of many diseases of bowel, heart, joints etc.
- People who eat more of these foods **also tend to drink more fizzy drinks** and less tea and coffee and also less vegetable, and fruits. They are more likely to be physically inactive, eat more calories
- It could be the combined ill affect of both ultra-processed foods and lack of healthy diet



ULTRA PROCESSED FOODS

- **Eating more ultra processed foods raises the risk of developing and dying from cancer, especially ovarian cancer**
- The risk of dying from any cancer increased by 6%, while the risk of dying from ovarian cancer rose by 30%, depending on how much ultra processed food was consumed
- Ultra-processed foods is linked to increased risk of obesity, heart attacks, stroke, diabetes mellitus and kidney disease.



EATING HEALTHY

- People who are too busy to take care of their health will soon find themselves busy taking care of their illness
- Eat natural and minimally processed foods, made at home
- Your children respond to what you do and say - lead by example
- For any questions, please contact gaid.health@ansarusua.org





- 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