



**MAJLIS  
ANSARULLAH  
USA**

# **Majlis Ansārullāh Monthly Meeting**

## **November 2024**

### **The Holy Quran and Our Moral Development**

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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

And thou, O soul at peace!

يَا أَيَّتُهَا النَّفْسُ الْبُطِينَةُ ﴿٢٨﴾

Return to thy Lord well pleased with Him  
and He well pleased with thee.

ارْجِعِي إِلَىٰ رَبِّكِ رَاضِيَةً مَّرْضِيَّةً ﴿٢٩﴾

So enter thou among My chosen servants,  
And enter thou My Garden.

فَادْخُلِي فِي عِبَادِي ﴿٣٠﴾

وَادْخُلِي جَنَّاتِي ﴿٣١﴾

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 -

Narrated by Hadrat Aisha<sup>ra</sup> – The Prophet of Allah<sup>sa</sup> said:

“The best of you is one who is best in his treatment of his family [wife], and I am the best of you in the treatment of my family.”

***Sunan at-Tirmidhi, Book of Virtues,  
Chapter: Virtues of wives of the Holy Prophet<sup>sa</sup>***

**Suggested Time 15 mins**



And thou, O soul at peace!

يَا أَيَّتُهَا النَّفْسُ الْبُطِينَةُ ﴿٢٨﴾

Return to thy Lord well pleased with Him  
and He well pleased with thee.

ارْجِعِي إِلَىٰ رَبِّكِ رَاضِيَةً مَّرْضِيَّةً ﴿٢٩﴾

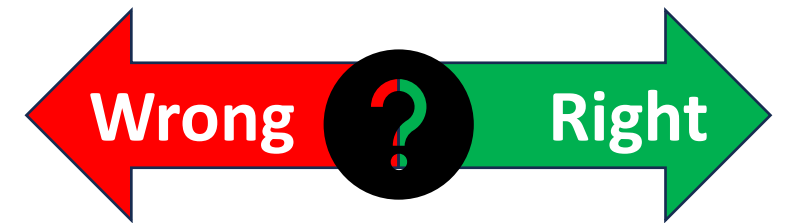
So enter thou among My chosen servants,  
And enter thou My Garden.

فَادْخُلِي فِي عِبَادِي ﴿٣٠﴾

وَادْخُلِي جَنَّاتِي ﴿٣١﴾

A key purpose of religious teachings is to make one a better human being. Do you believe, if one follows the Holy Quran honestly, one will develop high morals?

Please provide prove your claim from the verses of the Holy Quran.





## So Says The Promised Messiah<sup>as</sup>

The Third Source: The Soul at Rest

Then there is a third source, which signifies the beginning of the spiritual state. The Holy Qur'an describes it as Nafs-e-Mutma'innah [the soul at rest]; it says:

يَا أَيُّهَا النَّفْسُ الْمُطْمَئِنَّةُ ۝ ارْجِعِي إِلَىٰ رَبِّكِ رَاضِيَةً مَّرْضِيَّةً ۝  
فَادْخُلِي فِي عِبَادِي ۝ وَادْخُلِي جَنَّاتِي ۝<sup>3</sup>

(Part 30, Ruku` 14)

This means that: 'O tranquil soul that has found peace in God, return to thy Lord well pleased with Him as He is well pleased with thee. Join My chosen servants and enter My Paradise.'

This is the stage at which the soul, having been delivered from all weakness, is filled with spiritual strength and has such a relationship with God Almighty that it cannot live without Him. Just as water flows downwards and rushes forth because of its sheer volume, and removes all obstacles in its way, so does the soul flow towards God. It is to this state that the Divine injunction refers: 'O soul that has found peace in God, return to Him.' It brings about a great transformation, not only after death, but also in this very life, and is granted a paradise in this world even before the hereafter.

**[The Philosophy of the Teachings of Islam, Ruhani Khaza'in, vol. 10, pp. 316-320]**

### (۳) نفس مطمئنہ

پھر ایک تیسرا سرچشمہ ہے جس کو روحانی حالتوں کا مبدء کہنا چاہیے۔ اس سرچشمہ کا نام قرآن شریف نے نفس مطمئنہ رکھا ہے جیسا کہ وہ فرماتا ہے۔

يَا أَيُّهَا النَّفْسُ الْمُطْمَئِنَّةُ ارْجِعِي إِلَىٰ رَبِّكِ رَاضِيَةً مَّرْضِيَّةً

فَادْخُلِي فِي عِبَادِي وَادْخُلِي جَنَّاتِي ۝

یعنی اے نفس آرام یافتہ جو خدا سے آرام پا گیا اپنے خدا کی طرف واپس چلا آ۔ تو اس سے راضی اور وہ تجھ سے راضی۔ پس میرے بندوں میں مل جا اور میرے بہشت کے اندر آ جا۔ یہ وہ مرتبہ ہے جس میں نفس تمام کمزوریوں سے نجات پا کر روحانی قوتوں سے بھر جاتا ہے اور خدا تعالیٰ سے ایسا پیوند کر لیتا ہے کہ بغیر اس کے جی بھی نہیں سکتا اور جس طرح پانی اوپر سے نیچے کی طرف بہتا اور بسبب اپنی کثرت کے اور نیز روکوں کے دور ہونے سے بڑے زور سے چلتا ہے اسی طرح وہ خدا کی طرف بہتا چلا جاتا ہے۔ اسی کی طرف اشارہ ہے جو اللہ تعالیٰ فرماتا ہے کہ اے وہ نفس جو خدا سے آرام پا گیا اس کی طرف واپس چلا آ۔ پس وہ اسی زندگی میں نہ موت کے بعد ایک عظیم الشان تبدیلی پیدا کرتا ہے اور اسی دنیا میں نہ دوسری جگہ ایک بہشت اس کو ملتا ہے

## Chapter 89 Verses 28 – 31

The last four verses of the Surah constitute a befitting climax. They purport to say that he who acquires the prerequisites for full moral development, mentioned in the foregoing verses, becomes immune to all possibility of faltering or falling. He attains the highest stage of spiritual development; "he is well pleased with his Lord and his Lord is well pleased with him." At this stage, called the heavenly stage, man is freed from all weakness and frailty and is braced with a peculiar spiritual strength. He becomes "united" with God and cannot exist without Him. As water flows with great force down a slope and, on account of its great mass and the total absence of all obstacles, dashes down with irresistible force, so the God-intoxicated man, at this stage, casting off all trammels, becomes attracted unrestrainedly towards his Maker. It is in this life and not after death that this great transformation takes place in him and it is in this world and not elsewhere that access to Paradise is granted to him. He finds his support only in God; He drinks deep at this fountain of spiritual life and is delivered from death.

***Five Volume Commentary – Reference 4722***

تفسیر۔ نفس مطمئنہ سے مراد وہ نفس ہے جس میں اوپر کی بیان کردہ چاروں خوبیاں پائی جاتی ہوں۔ اللہ تعالیٰ بتاتا ہے کہ جس قوم میں یہ چار خوبیاں پیدا ہو جائیں وہ ہر قسم کے تنزل اور ادبار کے خوف سے مطمئن ہو جاتی ہے۔ جب یتیم پروری کا مادہ قوم کے ہر فرد کے دل میں پیدا ہو جائے انہیں اپنی موت سے کیا گھبراہٹ پیدا ہو سکتی ہے یا جب مساکین کی خبر گیری کا احساس ہر شخص کے دل میں پیدا ہو جائے اور وہ ایک دوسرے کو اس کی تحریک کرتے رہتے ہوں تو قومی جنگوں کے وقت انہیں کیا خطرہ ہو سکتا ہے۔ مساکین جن کا بوجھ قوم اٹھا رہی ہوگی آگے بڑھیں گے اور ہر قسم کی تکلیف کو خوشی سے برداشت کرنے کے لئے تیار ہو جائیں گے وہ سمجھیں گے کہ جب قوم ہمارا خیال رکھتی ہے، ہمارے لئے کھانا مہیا کرتی ہے، ہمیں کپڑے پہناتی ہے، ہماری ضروریات کو پورا کرتی ہے تو اب ہمارا بھی فرض ہے کہ ہم قومی مصیبت میں اس کا ہاتھ بٹائیں اور اس کی عزت کو برقرار رکھنے میں کسی قسم کی قربانی سے دریغ نہ کریں۔

The Promised Messiah<sup>as</sup> while explaining the importance of congregational prayers to the Jama'at says:

"The rationale behind putting more reward in congregational prayers is that it creates unity. The instructions to practically implement unity are so particular that even the feet are required to be aligned." This means that while offering prayers in rows, feet should also be brought into line, for which heels must be aligned. He further says, "and the rows must be straight, and (worshippers) should be standing connected to each other. It means that they must act like one being." By standing in rows, they will turn into one being, meaning there will be a dynamism in them. "So that one's illuminations can permeate into others. The disparity that gives birth to ego and selfishness, does not last (in such setting)."

**Friday sermon, delivered by Hadrat Khalifatul-Masih V<sup>aba</sup>  
January 20<sup>th</sup>, 2017**

حضرت مسیح موعود علیہ الصلوٰۃ والسلام باجماعت نماز کی اہمیت بیان فرماتے ہوئے ایک جگہ فرماتے ہیں کہ: "نماز میں جو جماعت کا زیادہ ثواب رکھا ہے" (یعنی نماز باجماعت میں جو زیادہ ثواب رکھا ہے) "اس میں یہی غرض ہے کہ وحدت پیدا ہوتی ہے۔ اور پھر اس وحدت کو عملی رنگ میں لانے کی یہاں تک ہدایت اور تاکید ہے کہ باہم پاؤں بھی مساوی ہوں۔" (یعنی پاؤں بھی جب سیدھے صف میں کھڑے ہوں تو برابر ہوں۔ اس کے لئے ایرھیاں برابر کی جانی ہیں۔) "اور صف سیدھی ہو اور ایک دوسرے سے ملے ہوئے ہوں۔ اس سے مطلب یہ ہے کہ گویا ایک ہی انسان کا حکم رکھیں۔" (صف بندی ہوگی تو ایک انسان کی طرح بن جائیں گی۔ یعنی اس میں طاقت پیدا ہوگی۔" اور ایک کے انوار دوسرے میں سرایت کر سکیں۔" فرمایا "وہ تمیز جس سے خودی اور خود غرضی پیدا ہوتی ہے نہ رہے۔" (یعنی امیر بھی، غریب بھی سب ایک صف میں کھڑے ہوں گے۔ بعض لوگوں کے دماغوں میں خودی ہوتی ہے یا خود غرضی ہوتی ہے اس کو باجماعت نماز ختم کرتی ہے۔) فرمایا کہ "یہ خوب یاد رکھو کہ انسان میں یہ قوت ہے کہ وہ دوسرے کے انوار کو جذب کرتا ہے۔" (کسی میں نیکی کا زیادہ اثر ہے۔ نیکیوں کے اچھے اونچے مقام پر ہے تو دوسرا بھی اس اثر کو قبول کرے گا)

(ملفوظات جلد 8 صفحہ 247-248۔ ایڈیشن 1985ء مطبوعہ انگلستان)

The knowledge that I have been granted about the calamities is none other than that death will run rampant on all sides, that earthquakes of such severity will occur as will provide a foretaste of the Day of Judgment. The earth will be turned upside down and the lives of many will become agonizingly distressing. Then, those who repent and forsake sin, to them Allah will show mercy. As all the Prophets as had prophesied about this age, it was inevitable that all this should have come to pass. But those who set their hearts aright and follow the ways favored by God shall have no fear or grief.

حوادث کے بارے میں جو مجھے علم دیا گیا ہے وہ یہی ہے کہ ہر ایک طرف دنیا میں موت اپنا دامن پھیلانے لگی اور زلزلے آئیں گے اور شدت سے آئیں گے اور قیامت کا نمونہ ہوں گے اور زمین کو تہ و بالا کر دیں گے اور بہتوں کی زندگی تلخ ہو جائے گی۔ پھر وہ جو توبہ کریں گے اور گناہوں سے دستکش ہو جائیں گے خدا اُن پر رحم کرے گا۔ جیسا کہ ہر ایک نبی نے اس زمانہ کی خبر دی تھی ضرور ہے کہ وہ سب کچھ واقع ہو لیکن وہ جو اپنے دلوں کو درست کر لیں گے اور اُن راہوں کو اختیار کریں گے جو خدا کو پسند ہیں اُن کو کچھ خوف نہیں اور نہ کچھ غم۔

Who discovered that the earth revolves around the sun?

1. Nicolaus Copernicus
2. Galileo Galilei
3. Johannes Kepler
4. Donald Trump

How many bones are there in an ear?

1. 8
2. 4
3. 1
4. 3

Where would you be if you were standing on the Spanish Steps?

1. Los Angeles
2. Rome
3. Madrid
4. New York City

Who discovered that the earth revolves around the sun?

1. Nicolaus Copernicus
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In 1543, Nicolaus Copernicus detailed his radical theory of the Universe in which the Earth, along with the other planets, rotated around the Sun. His theory took more than a century to become widely accepted.

How many bones are there in an ear?

1. 8
2. 4
3. 1
4. 3

Each human ear has three bones known as ossicles; the malleus, incus, and stapes (also known by their shape as the hammer, anvil, and stirrup, respectively). All of the ear bones are in the middle of the ear. The outer ear and inner ear are boneless.

Where would you be if you were standing on the Spanish Steps?

1. Los Angeles
2. Rome
3. Madrid
4. New York City

The Spanish Steps (Italian: Scalinata di Trinità dei Monti) in Rome, Italy, climb a steep slope between the Spanish Plaza known as the Piazza di Spagna at the base and Piazza Trinità dei Monti, dominated by the Trinità dei Monti church, at the top.



## Quran Tajweed Basics

### Marks/Signs of Pausing during Tilawat

م	الْوَقْفُ الْإِلْزَامِي	<b>Compulsory to stop here.</b>
لا	(لَا وَقْفَ عَلَيْهِ)	<b>Do not stop and start from here.</b> (if a pause is made, it is essential to recite from the Prev meaningful word(s))
ط	الْوَقْفُ الْبُطْلَانِي	<b>Better to stop but not compulsory.</b>
ج	الْوَقْفُ الْجَائِزِي	<b>Permissible to stop or continue.</b>
ز	الْوَقْفُ الْمَجْزُورِي	<b>Proposed stop. Permitted to stop here.</b>
ص	الْوَقْفُ الْمُرَخَّصِي	<b>Permitted to stop here if needed</b>
⋮	الْوَقْفُ الْمَعَانِقَةُ	<b>Stop only at the one of the two 3 dots.</b>



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# Health



**SALT**

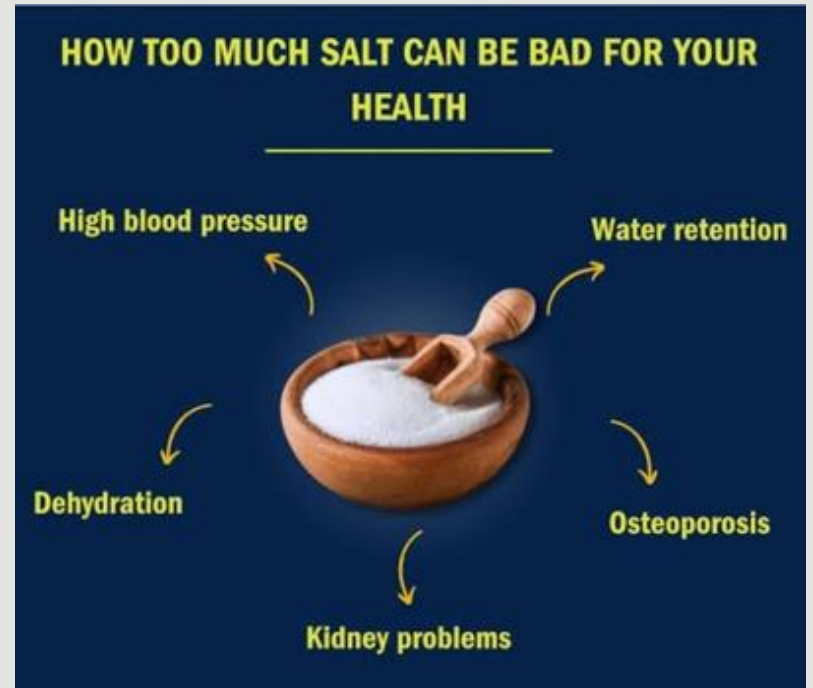
# Salt and Health

- The words "**salt or table salt**" and "**sodium**" are often used interchangeably but they are not the same
- **Table salt** is sodium chloride and sodium chloride is 40% sodium and 60% chloride
- One teaspoon of table salt contains about **2.4gm of sodium**
- **Sodium** is found in **many foods**, including monosodium glutamate (**MSG**), sodium bicarbonate (**baking soda**) and sodium nitrate (**a preservative**)



# Salt and Health

- The body needs a small amount of sodium to function, but most Americans consume too much of it
- Most sodium we consume is from table salt. High sodium consumption can raise blood pressure which is a major risk factor for heart disease and stroke
- Together, heart disease and stroke kill more Americans each year than any other cause
- Reducing sodium intake will improve health, prevent disease and disability



# We consume too much Salt

- Average Americans consume more than 3.4 grams of sodium each day
- This is above the Dietary Guidelines of 2.3 gm daily salt intake for healthy lifestyle
- More than 40% of the sodium we eat each day comes from just 10 types of foods, with breads and rolls at the top
- Eggs and omelets are the tenth leading source of sodium



# Why Is Sodium Added to Packaged Food?

- About 70% sodium we eat is added to packaged and restaurant food
- Sodium enhances flavor, preserves freshness, and improves texture and appearance. These effects can be accomplished with much lower levels of sodium
- Many US food products contain lower amounts of sodium when they are sold in other countries
- Salt is an acquired taste and individuals can easily adapt with gradual reductions in salt intake



# How to Reduce Sodium Intake

- When buying prepared meals, look for those with less than 600 milligrams (mg) of sodium per meal, which is the upper limit set by the FDA for a healthy meal
- Choose “low sodium,” “reduced sodium,” or “no salt added” foods
- Buy fresh, frozen, or canned vegetables with no salt or sauce added. Read food labels





# Reduce Sodium Intake

- When possible, purchase fresh poultry, fish, and lean meat, rather than cured, salted, smoked, and other processed meats
- Check your fresh foods to see whether salt or saline solution has been added - avoid if fresh foods have added salt
- Registered dietitian and your doctor can help. Follow their advice and take action



# Reduce Salt Intake

- Use salt alternatives when cooking such as garlic, citrus juice, salt-free seasonings, spices to reduce salt in food
- Prepare rice, pasta, beans, and meats from their most basic forms (dry and fresh). Eat more fruits and vegetable and limit ready made foods, pasta sauce
- Dining out? select a lower sodium meal ask that no salt be added to your foods
- Keep takeout and fast food to an occasional treat





- 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**