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# Majlis Ansārullāh Monthly Meeting

## March 2025

### Living up to the title, “Father”

Kindness in dealing with our children



- 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



Verily you have in the Prophet of Allah an excellent model, for him who fears Allah and the Last Day and who remembers Allah much.

لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ لِّمَن كَانَ يَرْجُوا اللَّهَ  
وَالْيَوْمَ الْآخِرَ وَذَكَرَ اللَّهَ كَثِيرًا ﴿٣٢﴾

**Chapter 33, Al Ahzab, Verse 22**



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.*



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# Hadith



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 A'isha<sup>ra</sup> reported that there came a few desert Arabs to Allah's Messenger<sup>sa</sup> and said: Do you kiss your children? He said: Yes. Thereupon they said: By Allah but we do not kiss our children. Thereupon Allah's Messenger<sup>sa</sup> Then what can I do if Allah has deprived you of mercy?

**Sahih Muslim**



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# The Holy Quran Discussion



Verily you have in the Prophet of Allah an excellent model, for him who fears Allah and the Last Day and who remembers Allah much.

لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ لِّمَن كَانَ يَرْجُوا اللَّهَ  
وَالْيَوْمَ الْآخِرَ وَذَكَرَ اللَّهَ كَثِيرًا ﴿٣٢﴾

**Chapter 33, Al Ahzab, Verse 22**





A Nasir brought his 15 yr. old son to the Masjid after a while. The son used to be a regular but over last several months had not been attending any programs. As soon as Salat was over, the father noticed that the son did not join the congregational prayers. The father found his son outside the prayer area and scolded him in front of everyone for missing Salat. He said, "you have really disappointed me today". Few days later, Zaim sahib approached this Nasir and told him not be harsh with his son. The Nasir got upset and said he was allowed to punish children for missing Salat.

- What happened here?
- Do you agree with the Nasir or Zaim sahib?
- How would you have reacted if your son acted this way?



An individual with self-respect and self-control, who is also forbearing and dignified, has the right to correct a child to a certain extent or guide the child. But a wrathful and hot-headed person who is easily provoked is not fit to be a guardian of children.

*(Malfuzat, vol. 2, p. 4)*

Beating of children is an act which can be termed as a sort of polytheism (*shirk*). It actually means that the ill-tempered person makes himself a partner of God in giving guidance and sustaining the creatures...I wish that, instead of punishing children, parents would resort to prayer and would make it a habit to supplicate earnestly for their children as the supplications of the parents for their children are particularly accepted by God.

*(Malfuzat, vol. 2, p. 4)*

I pray for my children and require them to follow a broad set of rules of behavior and no more. Beyond this I put my full trust in Allah Almighty with the confidence that the seed of good fortune inherent in each of them will flourish at its proper time.

*(Malfuzat, vol. 2, p. 5)*



Tell the child that it is nice and good. The Holy Prophet<sup>sa</sup> said, "Do not curse a child for when you curse, angels add: Let it be like that; and like that he becomes". Incidentally, this also means that angels are responsible for the consequences of actions. When you tell a child it is bad, it draws an imaginary picture in which it figures itself out as bad and does in fact become bad. Therefore, do not abuse a child. Praise it and teach it to be good.

Address a child politely and courteously, for a child is a great mimic. If you address it rudely, it will return the compliment in kind

(۱۵) بچہ کے دل میں یہ بات ڈالنی چاہئے کہ وہ نیک ہے اور اچھا ہے۔ رسول کریم صلی اللہ علیہ وآلہ وسلم نے کیا نکتہ فرمایا ہے کہ بچہ کو گالیاں نہ دو کیونکہ گالیاں دینے پر فرشتے کہتے ہیں۔ ایسا ہی ہو جائے اور وہ ہو جاتا ہے۔

اس کا یہ مطلب ہے کہ فرشتے اعمال کے نتائج پیدا کرتے ہیں۔ جب بچہ کو کہا جاتا ہے کہ تو بد ہے تو وہ اپنے ذہن میں یہ نقشہ جمالیتا ہے کہ میں بد ہوں اور پھر وہ ویسا ہی ہو جاتا ہے۔ پس بچہ کو گالیاں نہیں دینی چاہئیں بلکہ اچھے اخلاق سکھانے چاہئیں اور بچہ کی تعریف کرنی چاہئے۔



Further, husbands need to understand their responsibilities as fathers. Fathers should also play their role in the child's training and upbringing. When boys reach seven or eight years old, they become needful of their father's attention. Men and fathers must establish their good examples. Where fathers should show respect and regard to their children, they develop good morals. A father's good relationship with his children gives them a sense of protection. Thus, to instill in children a sense of security, it is imperative that fathers spend some time in leisure activities with their children and pray for them.

## مردوں کو نہایت اہم زبیں نصح

پھر مردوں کی نخبیت باپ جو ذمہ داری ہے اسے بھی سمجھنے کی ضرورت ہے۔ صرف یہ نہ سمجھ لیں کہ یہ صرف ماں کی ذمہ داری ہے کہ بچے کی تربیت کرے۔ بیشک ایک عمر تک بچے کا وقت ماں کے ساتھ گزرتا ہے اور انتہائی بچپن کی ماؤں کی تربیت بچے کی تربیت کرنے میں بہت اہم کردار ادا کرتی ہے لیکن اس سے مرد اپنے فرائض سے بری الذمہ نہیں ہو جاتے۔ باپوں کو بھی بچوں کی تربیت میں اپنا کردار ادا کرنا چاہئے۔ خاص طور پر لڑکے جب سات آٹھ سال کی عمر کو پہنچتے ہیں تو اس کے بعد پھر وہ باپوں کی توجہ اور نظر کے محتاج ہوتے ہیں، ورنہ خاص طور پر اس مغربی ماحول میں بچوں کے بگڑنے کے زیادہ امکان ہو جاتے ہیں۔ یہاں بھی وہی اصول لاگو ہو گا جس کا عورتوں کے ضمن میں پہلے ذکر ہو چکا ہے کہ مردوں کو، باپوں کو اپنے نمونے دکھانے اور قائم کرنے کی ضرورت ہے۔ باپوں کو جہاں بچوں کی عزت و احترام کرنے کی ضرورت ہے تاکہ ان کے اخلاق اچھے ہوں وہاں ان پر گہری نظر رکھنے کی بھی ضرورت ہے تاکہ وہ ماحول کے بد اثرات سے بچ کر رہیں۔ پھر باپوں کا بچوں سے تعلق بچوں کو ایک تحفظ کا بھی احساس دلاتا ہے۔

اپنے بارے میں فرمایا کہ "ہم تو اپنے بچوں کے لئے دعا کرتے ہیں اور سرسری طور پر قواعد اور آدابِ تعلیم کی پابندی کراتے ہیں۔" (تعلیم ہماری کیا ہے؟ اس کے آداب کیا ہیں؟ کیا قواعد ہیں؟ اس کی پابندی کی طرف توجہ دلاتے رہیں۔) "بس اس سے زیادہ نہیں اور پھر اپنا پورا بھروسہ اللہ تعالیٰ پر رکھتے ہیں۔ جیسا کسی میں سعادت کا کم ہو گا وقت پر سرسبز ہو جائے گا۔"

(ملفوظات جلد 2 صفحہ 5- ایڈیشن 1985ء مطبوعہ انگلستان)



- Fathers, therefore, must be patient, kind, and forgiving, offering their children a positive, nurturing environment.
- Fathers, Huzoor<sup>aba</sup> explained, bear a great responsibility in the upbringing of their children. He stressed that their conduct and behavior, particularly towards their wives and relatives, would leave a lasting impression on their children. If children witness conflict or harshness in the home, it could drive them away from the values of faith, leading them to seek comfort elsewhere, which might expose them to negative influences. A father's role is not just as a disciplinarian but also as a spiritual guide who instils love for Allah and faith in the hearts of his children



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# Salat





By the sheer grace and mercy of Allah Almighty, there is a motivation in USA towards construction of mosques, but the benefit can only be derived when the mosques are utilized in their full right Islam, to populate them with those obedient servants of God who offer prayers in congregation. Many people are occupied at work during the daytime, however Fajr, Maghrib and Isha prayers can be offered at Masjid. Many Ahmadis living in the Western countries live 15-20 miles from Masjid but still make the effort to go to Masjid to offer salat in congregation. If everyone who possesses a car utilizes it for worldly matters, uses it for gaining God's pleasure, then the purpose of these vehicles will become the service of Islam, and the individual will gain both worldly and religious rewards. Wherever it is not possible to go to Masjid, a few Ahmadis living close by should organize to get together in one home to offer prayers in congregation. And those Ahmadis living in isolated areas should make arrangements within the household to offer prayers in congregation with family members. The children will also learn the importance of salat in this manner. such arrangements will also safeguard the children from getting involved in other activities outside the home.

***Friday Sermon delivered by Hazrat Khalifatul Masih V<sup>aba</sup>, June 22<sup>nd</sup> , 2012***





## نماز کی اہمیت

اللہ تعالیٰ کے فضل سے امریکہ میں مساجد بنانے کی طرف بہت توجہ پیدا ہوئی ہے، لیکن مساجد بنانے کا فائدہ تو تبھی ہے جب اُن کے حق بھی ادا ہوں۔ اور مساجد کے حق اُن کو آباد کرنا ہے۔ اور آبادی کے لئے خدا تعالیٰ نے جو معیار رکھا ہے وہ پانچ وقت مسجد میں آکر نماز ادا کرنا ہے۔ بہت سے لوگ بیشک ایسے ہیں جن کو کام کے اوقات کی وجہ سے پانچ وقت مسجد میں آنا مشکل ہے۔ لیکن فجر، مغرب اور عشاء میں تو یہ عذر نہیں چلتا، اُس پر تو حاضر ہو سکتے ہیں۔ میں جانتا ہوں دنیا لے احمدیت میں بہت سے ایسے لوگ ہیں جو ان مغربی ممالک میں رہتے ہیں اور مسجد سے پندرہ بیس میل کے فاصلے پر رہتے ہیں۔ لیکن نمازوں کے لئے مسجد میں آتے ہیں۔ اگر ظہر، عصر کی نمازیں نہ پڑھ سکیں، تو جیسا کہ میں نے کہا، یہ لوگ فجر، مغرب اور عشاء پر ضرور شامل ہونے کی کوشش کرتے ہیں۔ یہاں تو تقریباً ہر ایک کے پاس سواری ہے، اپنے دنیاوی کاموں کے لئے سواریاں استعمال کرتے ہیں، اگر اللہ تعالیٰ کی رضا کے حصول کے لئے اور اُس کی عبادت کے لئے یہ سواریاں استعمال کریں گے تو ان سواریوں کا مقصد دین کی خدمت بھی بن جائے گا اور آپ کے بھی دین و دنیا دونوں سنور جائیں گے۔ جہاں بہت زیادہ مجبوری ہے وہاں اگر قریب احمدی گھر ہیں تو کسی گھر میں جمع ہو کے گھروں میں باجماعت نماز کی ادائیگی ہو سکتی ہے۔ جہاں اکیلے گھر ہیں وہاں اپنے گھر میں اپنے بیوی بچوں کے ساتھ باجماعت نماز کی ادائیگی کی کوشش ہونی چاہئے تاکہ بچوں کو بھی نماز باجماعت کی اہمیت کا پتہ چلے۔ بچوں کو ماں باپ اگر فجر کی نماز کے لئے اٹھائیں گے تو اُن کو جہاں نماز کی اہمیت کا اندازہ ہو گا وہاں بہت سی لغویات سے بھی وہ بچ جائیں گے۔

خطبہ جمعہ ۲۲ جون ۲۰۱۲ء فرمودہ حضرت مرزا مسرور احمد، خلیفۃ المسیح الخامس ایدہ اللہ تعالیٰ بنصرہ العزیز



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# Al-Wasiyyat



But if you, in reality, die by killing your baser selves, then you shall appear in God and God shall be with you. And the house in which you live will be blessed and God's mercy will descend on the walls which are the walls of your house. And that city shall be blessed where such a person lives. If your life and your death, your every action and movement, and your kindness, and your anger are for God only and if, in any trouble or difficulty you do not put God to the test nor sever your relationship with Him—rather, under these trials, you step forward towards God—then I truly say to you that you will become a chosen people of God.

لیکن اگر تم اپنے

نفس سے درحقیقت مر جاؤ گے تب تم خدا میں ظاہر ہو جاؤ گے اور خدا تمہارے ساتھ ہوگا اور وہ گھر بابرکت ہوگا جس میں تم رہتے ہو گے اور ان دیواروں پر خدا کی رحمت نازل ہوگی جو تمہارے گھر کی دیواریں ہیں۔ اور وہ شہر بابرکت ہوگا جہاں ایسا آدمی رہتا ہوگا۔ اگر تمہاری زندگی اور تمہاری موت اور تمہاری ہر ایک حرکت اور تمہاری نرمی اور گرمی محض خدا کے لئے ہو جائے گی اور ہر ایک تلخی اور مصیبت کے وقت تم خدا کا امتحان نہیں کرو گے اور تعلق کو نہیں توڑو گے بلکہ آگے قدم بڑھاؤ گے تو میں سچ سچ کہتا ہوں کہ تم خدا کی ایک خاص قوم ہو جاؤ گے۔



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# Zahanat (Mental ability)



Q 1. What is the chemical symbol for oxygen?

1. O
2. O<sub>2</sub>
3. Oz
4. Oy

Q 2. What do you call a baby goat?

1. Calf
2. Goatee
3. Kid
4. Mini

Q 3. In what year did Christopher Columbus first reach the Americas?

1. 1542
2. 1492
3. 2023
4. He never arrived



Q 1. What is the chemical symbol for oxygen?

1. **O**
2. O<sub>2</sub>
3. Oz
4. Oy

**O – Oxygen** is a chemical element with the symbol O and atomic number 8.

Q 2. What do you call a baby goat?

1. Calf
2. Goatee
3. **Kid**
4. Mini

**Kid**

For the first six months of its life, a baby goat is called a kid. From six months to a year old, a female goat is known as a doeling. A male is a buckling. At a year old, a female goat is a doe or nanny. An adult male goat is referred to as a Billy or Buck. The formal name for a group of goats is a herd, although some people use the term tribe.

Q 3. In what year did Christopher Columbus first reach the Americas?

1. 1542
2. **1492**
3. 2023
4. He never arrived

**1492**

October 12, 1492, is of enormous significance in Western history: It is the day when explorer Christopher Columbus completed his journey across the Atlantic Ocean and landed in the “New World.”



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# Reading of the Holy Quran



## Quran Tajweed Basics

### Letter Rā (ر) **Thick/Thin sounds** (conti.)

Rā Sākin (ر) can be pronounced thick (Tafkhīm) or thin (Tarqīq) based on certain conditions:

- 1) Rā Sākin will also be pronounced with thick sound if previous Mutaharrik letter bears Fat'hah or Dammah, or it precedes by blank alif (Hamzatul-Wasl) or a bold letter appears after Rā .



- 2) Rā Sākin will be pronounced with thin sound if previous Mutaharrik letter bears Kasrah or happens to be a Yā Sākin. This equally applies to Rā Sākin observing a pause.



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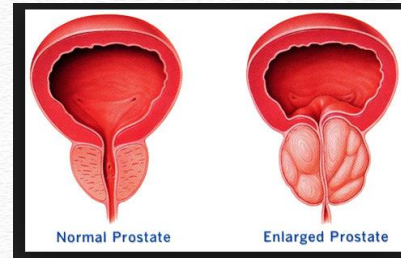
# Health



# Men's Health

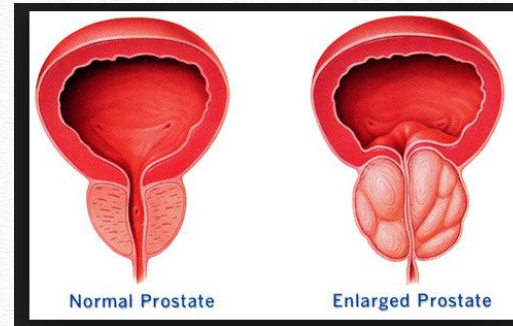
Tanvir Ahmed  
[tahmedmd@me.com](mailto:tahmedmd@me.com)  
(601) 209-3546

# The Prostate



- ❖ The prostate gland is about the size of a walnut. It is part of the male reproductive system and wraps around the tube that carries urine out of the bladder
- ❖ It grows larger as you get older. If your prostate gets too large, it can cause health issues
- ❖ Having prostate problems does not always mean you have [cancer](#)

# The Prostate Problems



- **Benign prostatic hyperplasia (BPH)** means that the prostate is enlarged but it is not a cancer. It is very common in older men
- **Prostate Cancer** is common among American men. Risk Factors include
  - Age.** Men age 50 and older
  - Race** Most common among African-American men.
  - Family history.** Increased risk If your father or brother has had prostate cancer
  - Diet** Eating [high-fat food](#) with few fruits and vegetables may raise your risk
- **Watch for these symptoms and seek care with your doctor**
  - Frequent urge to urinate
  - Need to get up many times during the night to urinate
  - Blood in urine or semen
  - Painful or burning urination
  - Not being able to urinate
  - Painful ejaculation
  - Frequent pain or stiffness in lower back, hips, pelvic or rectal area, or upper thighs
  - Dribbling of urine



# How to Manage

- ❖ Treatment of **Benign prostatic hyperplasia (BPH)**
- ❖ ***Watchful waiting, also called active surveillance.*** If your symptoms are not too bad, your doctor may tell you to wait before starting any treatment
- ❖ ***Medications.*** There are medicines that can help shrink the prostate or help relax muscles near your prostate to ease your symptoms
- ❖ ***Surgery.*** If nothing else has worked, [your doctor may suggest surgery](#) to help urine flow. There are many types of BPH surgery
- ❖ ***Other treatments.*** Sometimes radio waves, microwaves, or lasers are used to treat urinary problems caused by BPH. These methods use different kinds of heat to reduce extra prostate tissue.

# Prostate Cancer

- ❖ **Treatment for prostate** cancer depends on whether cancer is in part or all of the prostate or if it has spread to other parts of the body
- ❖ It also depends on your age and overall health
- ❖ **Watchful Waiting or Active Surveillance.** If the cancer is growing slowly and not causing problems, you may decide not to treat it right away
- ❖ **Surgery.** There are different types of Surgical options
- ❖ **Radiation Therapy**
- ❖ **Hormone Therapy** can also be used for prostate cancer that has spread beyond the prostate (Metastatic Cancer)



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- 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!

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