



**MAJLIS
ANSARULLAH
USA**

Majlis Ansārullāh Monthly Meeting

June 2023

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Agenda



- Recitation of the Holy Quran (5 mins)
- Pledge
- The Holy Quran segment (10 min)
- Hadith (5 min)
- Khalifa's (aba) guidance segment: (20 min)
- Al-Wasiyyat (5 mins)
- Salat (Daily Prayers) Segment (5 mins)
- Health segment (10 min)
- Open slot for local topics and/or interactive session with Murabbi sahib (10-20 mins)
- Reminders/announcements (5 mins)
- Du'a

Suggested Total Time (75 – 90 mins)



Recitation of the Holy Quran

Muhammad is the Messenger of Allah. And those who are with him are hard against the disbelievers, tender among themselves. Thou seest them bowing *and* prostrating themselves *in Prayer*, seeking grace from Allah and *His* pleasure. Their mark is upon their faces, being the traces of prostrations. This is their description in the Torah. And their description in the Gospel is like unto a seed-produce that sends forth its sprout, then makes it strong; it then becomes thick, and stands firm on its stem, delighting the sowers — that He may cause the disbelievers to burn with rage *at the sight* of them. Allah has promised, unto those of them who believe and do good works, forgiveness and a great reward. (48:30)

مُحَمَّدٌ رَسُولُ اللَّهِ ۗ وَالَّذِينَ مَعَهُ أَشِدَّاءُ عَلَى
الْكُفَّارِ رُحَمَاءُ بَيْنَهُمْ تَرَاهُمْ رُكَّعًا سُجَّدًا
يَبْتَغُونَ فَضْلًا مِّنَ اللَّهِ وَرِضْوَانًا سِيمَاهُمْ فِي
وُجُوهِهِمْ مِّنْ أَثَرِ السُّجُودِ ۗ ذَٰلِكَ مَثَلُهُمْ فِي
التَّوْرَةِ ۖ وَمَثَلُهُمْ فِي الْإِنْجِيلِ ۖ كَزَرْعٍ أَخْرَجَ
شَطِئَهُ فَازْرَعَهُ فَاسْتَغْلَظَ فَاسْتَوَىٰ عَلَىٰ سَوَابِهِ
يُغِيبُ الزَّرْعَ لِيُغَيِّظَ بِهِمُ الْكُفَّارَ ۗ وَعَدَّ اللَّهُ
الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ مِنْهُمْ مَّغْفِرَةً
وَأَجْرًا عَظِيمًا ﴿٣٠﴾



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Ansar Pledge

Say this part three times:

Ash-hadu • alla ilaha • illallahu • wahdahu • la sharika lahu
• wa ash-hadu • anna Muhammadan • 'abduhu • wa
rasuluh

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

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 pledge • that I shall endeavor • throughout my life • for the propagation • and consolidation
• of Ahmadiyyat in Islam, • and shall stand guard • in defense of • the institution of Khilafat. • I shall
not hesitate • to offer any sacrifice • in this regard. • Moreover, • I shall exhort my children • to always
remain dedicated • and devoted • to Khilafat. • *Insha'allah.*



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The Holy Quran Segment

Suggested Time = 10 mins

**It contains verses, questions
about the verses, followed
by commentary and discussion**





The Holy Quran Segment

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Understanding the Verse

1. What qualities of the companions of the Holy Prophet (peace and blessings of Allah be on him) have been mentioned in this verse?
2. “Their mark is upon their faces” is referring to which marks?
3. What is the verse “This is their description in Torah” alluding to?



1. They are brave, firm and courageous and not susceptible to the evil influences of bad persons and environment; on the contrary, they are loving and kind towards each other. They are bowing *and* prostrating themselves *in Prayer*, seeking grace from Allah and *His* pleasure
2. Their faces show the signs of obedience and spirituality. It is the light of Allah which can be seen through them. They were embodiment of complete devotion and obedience to the Holy Prophet (peace and blessings of Allah be on him)
3. The words, "this is their description in the Torah," may refer to the Biblical description, viz. "he shined forth from mount Paran and he came with ten thousand saints" (Deut. 33:2)

Five volume commentary



“O Allah, bless Muhammad and prosper him and grant him peace; Thou art Praiseworthy and Glorious”

"The Holy Prophet, peace and blessings of Allah be upon him, neither scorned nor shunned the company of widows and the needy; on the contrary, he always sought opportunities to help them." (Musnad Darmi)



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Khalifa's guidance (may Allah be his helper)

Suggested Time = 20 mins

***(All Ansar members need to participate
in this discussion)***

It contains the following items:

1. Scenario, question and discussion(2 slides)
2. Guidance from the Khalifa (1 slide)

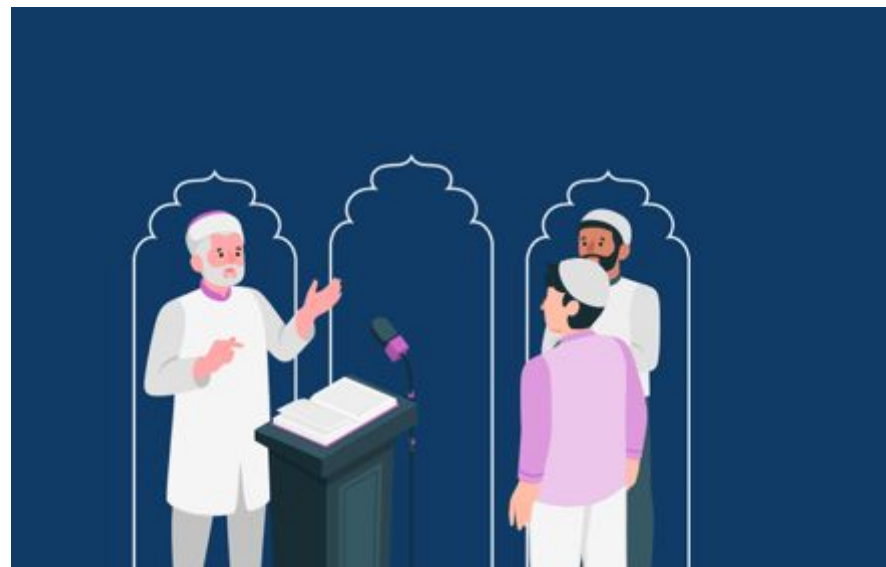




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Discussion Scenario

While Zaim Ansarullah was making the announcement for upcoming Shura elections, he made sure that everyone is aware that having a beard is a requirement for being elected as a Shura representative. One member expressed his frustration about that. He asked what difference would having a few hair on the face will make? Such a restrictive policy will keep many knowledgeable members from participating in Majlise Shura and giving useful suggestions.





Discussion

- Which of the following do you feel is correct?
 - a) The Nasir is correct, having a beard or not does not make any difference
 - b) The Nasir is not correct, one can't be a true Muslim, unless they have a beard
 - c) Some other answer
- Should we encourage Ansar to grow a beard?
- How can we follow in the footsteps of the Holy Prophet (peace and blessings of Allah be upon him)?



Khalifa's (aba) guidance

Huzoor (may Allah be his helper) said that Ansarullah's age is such that those who have not should grow beards. Huzoor said you should elect those members who have beards except if there is dearth of such men and you can't find anyone with beard. Huzoor said that the outward Islamic traditions should be visible, only Allah knows what is hidden. Huzoor said that one opponent of the Promised Messiah (peace be on him) asked that his claim is that of prophethood, but the followers don't even have a beard. The Promised Messiah (peace be on him) responded "Maulvi Ji" you are concerned about the beard, but I am more concerned about their faith. Once their faith is strong, they will keep a beard. When they will realize that the Holy Prophet (peace and blessings of Allah be upon him) had a blessed beard and our Imam also has a beard, they will automatically grow a beard. Huzoor recommended to grow a beard for the love of the Holy Prophet and the Promised Messiah (peace be on him). If you grow a beard purely out of love of these individuals, your love for them will grow tremendously. (Meeting with Majlise Amila Ansarullah Spain. Al-Fazl International 5/10/2013)



Al-Wasiyyat (The Will)

“God addressed me and said that I should inform my Jama‘at that those who believe, and their belief is not adulterated with worldly considerations and is free from hypocrisy and cowardice and is not found wanting at any stage of obedience, such people are the favorites of God. And God says that indeed these are the ones whose station is that of Truth ” (The Promised Messiah, peace be on him)

Questions for self reflection only (no answer needed in the meeting)

- 1. Have you joined the system of Wasiyyat? If not, are you comfortable with your reasoning?*
- 2. If you are a Moosi, are you satisfied with the spiritual purification expected of you?*



“Allah the Almighty has emphasized on regularity in *salat*, timely observance of all the prayers in congregation. The commandment is of *qiyam-us salat* [observing the prayer] and '*qiyam-us salat* literally means to observe *salat* on time and in congregation. Thus, Ansarullah should pay the most attention towards this, that each member is regular in congregational prayers. Rather, every *Nasir* should himself analyze his state and endeavor to become regular in congregational prayers. One should undertake the utmost effort to observe prayers in congregation mainly in the mosque, salat center or if this is not possible, then with the members of the household. This will also develop an awareness regarding congregational prayers amongst the children and the youth ”. (Friday Sermon 9/29/2017)



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Mental and Physical health Segment

Suggested Time = 15 mins

It contains questions of general knowledge and/or religious knowledge followed by their answers. A thought-provoking video and a physical health segment





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Mental Health



Quiz



1. Which greenhouse gas is main driver of Earth's current warming?
 - a. Methane
 - b. Carbon Dioxide
 - c. Russia
2. All following foods are good sources of Vitamin B12 except?
 - a. Egg
 - b. Tuna
 - c. Apples
3. How long did Khalifatul Masih III ra remain Khalifa?



- **b.** Some people mistakenly believe water vapor is the main driver of Earth's current warming. But increased water vapor doesn't cause human-produced global warming. Instead, it's a consequence of it. Increased water vapor in the atmosphere supercharges the warming caused by other greenhouse gases, such as carbon dioxide, followed by methane.
- **c.** Vitamin B-12 is not found in fruits. It is found naturally in animal products and added to some foods. Cottage cheese, yogurt, meat, poultry, eggs, and seafood are some common sources of vitamin B-12. Some foods are also fortified with vitamin B-12, such as certain breakfast cereals and soy beverages .
- 17 years



Visual Health & Cataract

Tanvir Ahmed

Is it Just part of growing up

- **Through out our 40s** certain changes in vision are considered normal e.g. need reading glasses
- Some age-related eye diseases, e.g. **age-related macular degeneration, cataract, diabetic eye disease, glaucoma, dry eyes etc.**



How do I keep my Eyes Healthy

- **Comprehensive Eye Exam**
Many common eye diseases often have no warning signs.
- **Get an eye exam after age forty and certainly at 50 years of age. You may need more frequent eye exam if you have certain medical conditions e.g diabetes glaucoma etc.**

How do I keep my Eyes Healthy

- **Know your family's eye health history**
- **Eat right to protect your sight**

Diet rich in fruits and vegetables, particularly dark leafy greens, such as spinach, kale, carrots or collard greens contain omega-3 fatty acids. Certain fish such as salmon, tuna, and halibut are good for vision because of high omega-3 fatty acid content

How do I keep my Eyes Healthy

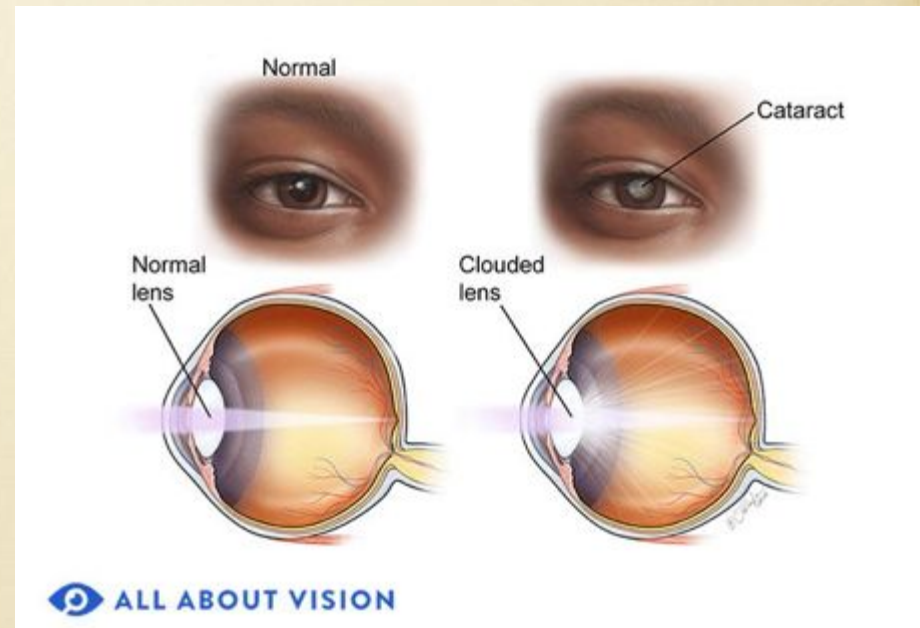
- **Maintain a healthy weight** - Obesity can lead to Diabetes, High Blood Pressure (Diabetic Eye Disease and Glaucoma)
- **Smoking** increases risk of developing age-related macular degeneration, cataract, and optic nerve damage
- **Sunglasses protect your eyes from ultraviolet rays.** When purchasing sunglasses, look for ones that block out 99-100 % of both UV-A and UV-B radiations

How do I keep my Eyes Healthy

- **Wear protective eyewear**, when playing sports or work potential hazardous activities at work or home. Keep your specs and Contact Lens clean and store properly
- **Give your eyes a rest**
If you spend a lot of time in front of a computer, try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds - May Reduce Strain on your Eyes

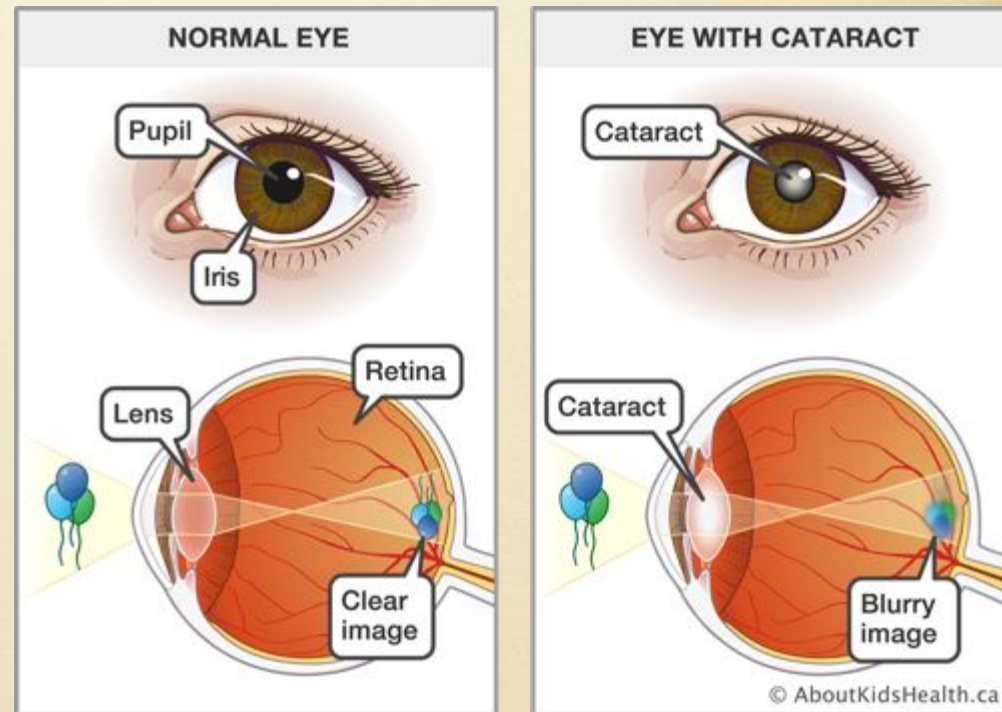
Cataract

- A **cataract** is clouding of lens in the eye. The lens is the part of the eye that focuses light on the retina
- Cataracts makes a person's vision blurry or dull
- It can also make everything look brown. Headlights and other lights might cause a glare to some patients



Cataract

- The Diagnosis of Cataract requires a proper eye examination by by an optometrist or ophthalmologist
- The main treatment is surgery
- Not all people need immediate surgery or surgery at all - Talk to your doctor
- Surgery is simple and can greatly improve your vision and quality of life
- You can reduce your chances of cataract by not smoking or stopping immediately if you do smoke





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LOCAL TOPICS



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That's all folks

Reminders/Announcements

Dua'

Jazakumullah for Participating!

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

Please provide feedback so we can do better

<https://forms.gle/B17grkrjVNq5zCJR8>

