

Blessings of Heeding Khalifah's Call

Moyenuddin A. Sirajee, Los Angeles East

By the Grace of Allah, we are blessed with the divine Ahmadiyya Khilafat. There are innumerable blessings of Khilafat that all of us witness everyday. One such blessing is to listen to Khalifah's advice and say Labbaik to his calls and then see how Allah's help makes things happen as a result of obedience.

I am a firm believer that if you heed the call of the Khalifah of the time and do your part with sincerity, Allah will do the rest. I would like to share a couple of such efforts that bore fruit just because they were done in responding to the call of the Khalifatul Masih.

For many years, my wife and I offered a copy of the book *The Life of Muhammad* to our local public library; however, each time the administrators declined our offer, stating that the library had plenty of books about the Prophet Muhammad (may peace and blessings of Allah be on him).

In 2012, in a Friday sermon, Hazrat Khalifatul Masih V (may Allah be his helper) encouraged members to distribute *The Life of Muhammad*. Inspired by Huzoor's sermon, my wife and I tried once again to donate the book to the same library that had consistently refused to accept



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the book in the past. To our surprise and delight, the library accepted the book. No doubt, this time around, it was done in response to the call of our beloved Khalifah that resulted in a favorable outcome. Alhamdulillah.

That same year, also inspired by a Friday sermon of Huzoor, the San Diego Lajna decided to host the first Siratun-Nabi Day. Many guests were invited to attend the program. Lajna worked hard and did their due diligence by sending invitation and making personal phone calls to many women's groups in the area and everyone prayed fervently for the success of the event. Again to our delight, the event had a very good turnout. In fact, there were more guests than Lajna members at the event. Perhaps the most rewarding moment, as my wife described, was when one woman entered the small Prayer space and exclaimed that she immediately felt that this was a place of peace. Since we were eager to respond to Huzoor's call with action Allah showered His blessings and made the event a success. Alhamdulillah.

Both of these small incidents that were a result of following Huzoor's instructions given in his Friday sermons, reaffirmed my faith. The Holy Qur'an defines the believer as someone who believes and does good work (A'mal-i-Saliha). Through his weekly Friday sermons, Hazrat Khalifatul Masih not only encourages us to do good works, but also defines the exact A'mal-i-Saliha needed at the time. It is by listening to Huzoor's Friday sermons and implementing his advice on what A'mal-i-Saliha to pursue that we will find success, Insha'allah.

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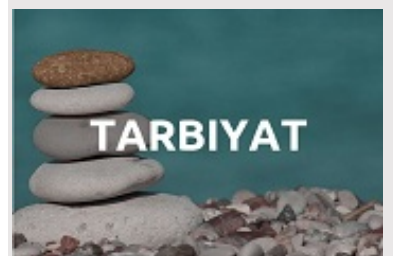


National Ijtima Registration Is Open!

Registration for the 2015 National Ijtima of Majlis Ansarullah, USA is now open. Please click [here](#) and take a minute to register for Ijtima 1111 to be held on September 18-20, 2015 at Baitur Rahman Mosque, Silver Spring, MD.

Obesity

Zahid Mian, Los Angeles West



In America, having a BMI (body mass index—largely based on height and weight) of 30 or greater makes you obese. Here are some quick facts about Obesity in the United States:



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- Nationally, obesity rate rises to 27.7% in 2014
- Obesity rates highest in Southern and Midwestern states
- Higher obesity rates linked to lower well-being
- Largest increase of obesity since 2008 among the 65+ group, followed by 45-64 group
- While normal and overweight percentage saw slight decrease, obesity rate jumped at a higher rate

The following tables and charts show obesity trends in the United States since 2008 (to 2014).

States With Lowest Obesity Rates

	% Obese
Hawaii	19.0
Colorado	20.3
Montana	23.5
California	23.9
Massachusetts	24.0
Idaho	24.2
South Dakota	24.6
New York	24.7
Minnesota	24.8
Connecticut	24.9

January-December 2014
Gallup-Healthways Well-Being Index

States With Highest Obesity Rates

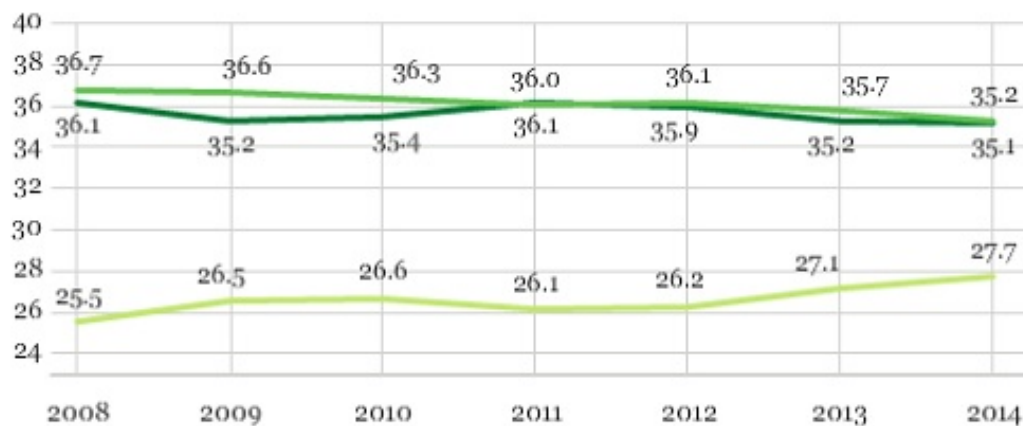
	% Obese
Mississippi	35.2
West Virginia	34.3
Louisiana	33.2
Arkansas	33.0
Oklahoma	32.6
Alabama	32.1
Kentucky	31.5
Indiana	31.4
Iowa	31.1
Missouri	30.9

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American Adults, by Weight Category

Weight category as determined by BMI

■ % Normal weight (BMI 18.5 to <25) ■ % Overweight (BMI 25 to <30)
 ■ % Obese (BMI 30 or above)



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Percentage Obese in U.S. Among Various Demographic Groups

Sorted by change, largest to smallest

Among adults aged 18 and older

	2008	2014	Difference
	%	%	(pct. pts.)
National adults	25.5	27.7	2.2
Aged 65+	23.4	27.4	4.0
Aged 45 to 64	29.5	33.0	3.5
Midwest	26.8	29.7	2.9
Women	23.9	26.7	2.8
Whites	24.3	26.7	2.4
Aged 30 to 44	27.0	29.3	2.3
South	26.9	29.2	2.3
Annual income less than \$36,000	30.0	32.3	2.3
Annual income \$90,000+	21.1	23.1	2.0
East	24.7	26.6	1.9
Annual income \$36,000 to \$89,999	25.8	27.7	1.9
West	22.8	24.6	1.8
Men	27.0	28.7	1.7
Blacks	35.0	35.5	0.5
Aged 18 to 29	17.4	17.7	0.3
Hispanics	28.8	28.3	-0.5

Gallup-Healthways Well-Being Index

Source: gallup.com

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