

A1-Nahl

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Summer 97

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Over three million people (3,004,584)
belonging to different nations and different countries around the globe
enter the fold of Ahmadiyyat, the true Islam
at the hand of Hazrat Mirza Tahir Ahmad,
ayyadahullaho ta'ala benasrehilaziz, Khalifatul-Masih IV

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Another Blessed Year

Al-Nahl has been reporting the number of *Bai'ats* that are performed around the world every year, ever since the International *Bai'at* was started in 1993. This year, once again, Allah has blessed the Jama'at with tremendous success in the field of *Tabligh*. The awe and majesty of this sign is so enormous, and the grandeur with which this sign has appeared this year, we have been compelled to express our appreciation by giving thanks to Almighty Allah for showering such great blessings upon our Jama'at.

This year, the number of *Bai'ats* has once again doubled over that of last year, i.e., over 3 million. This is such a great sign that those who reject Hazrat Promised Messiah, *alaihissalaam*, and his claims for want of witnessing a sign of his truth, if they have some fear of Allah left in their hearts and ponder, they would be left with no option but to accept the Truth of Ahmadiyyat.

Majority of the *Bai'ats* have once again come from the continent of Africa. That continent, by the special grace of Allah, is unique in spreading and advancing the cause of Ahmadiyyat, the true Islam. The millions that join the Jama'at, bring along with them mosques and their religious teachers. In other words, they bring their resources for their training with them and that is why, within a very short period of time, these newly converted Ahmadis become *Daeen-ilallah* themselves and embark upon the *Jihad* of converting others. Today, the people of Africa are seen by the West as weak and under-developed and hence no match to their material progress. That is yet another sign of Allah that it is always the under-privileged class that initially comes into

the fold of a prophet's mission. The others have always considered those who accept a prophet in the beginning, as beneath them. Allah says in the Holy Quran that the people of Noah used to say:

وما نراك اتبعك

الا الذين هم ارادلنا بادی الراى

وما نرى لكم علينا من فضل

We see that none have followed thee but those who, to all outward appearance, are the meanest of us. And we do not see in you any superiority over us.

— Al-Quran 11[Hud]:28

But it is also true, and history is a witness, that in the end, it is the same people who appear weak at the inception of a true religious order, that bring about the revolution of peace and they are the ones who receive great rewards from Allah. Trusting that tradition of Allah, we hope that insha Allah, the same kind of wave that has gripped Africa today, would engulf this country as well, and people would throng to Ahmadiyyat in large numbers. We must therefore, continue to play our part and never tire of spreading the word of Allah. We must do that with our humble prayers and meekness of heart so that Allah would reward us and our future generations. May Allah enable us to accelerate the pace of Ahmadiyyat in this country. Amin.

“Over three million people belonging to different nations and different countries around the globe have decided to convert to Ahmadiyyat at this moment”

A Short Address At The International Bai'at 1997

By Hazrat Khalifatul-Masih IV, ayyadahollaho ta'aalaa benasrihilaziz

Today has dawned upon us in a way that has no parallel in the history of mankind and the history of religions. Nobody anywhere in the world can claim that over three million people have been initiated and converted to their religion and that they all have at the same moment repeated the words of initiation behind their Imam. It has never happened before in the world neither in any one country nor in the collective human experience of the entire world. So this is a very special moment, by the grace of Allah, for Ahmadis and I hope that it is so for the entire mankind as well. Over three million people belonging to different nations and different countries around the globe have decided to convert to Ahmadiyyat at this moment. They had in fact, converted at some point during the year but had been impatiently waiting for this day to join in the International *Bai'at*, as they realize that this is a special moment. Today, we are going to fulfill that wish, insha Allah. Ninety-six countries will be represented today. They are 221 different people of the world (not nationalities.) Last year, 187 different people from 94 countries had performed the *Bai'at* and the total number was over 1,600,000. No one could say then that they had converted 1,600,000 people to Islam. This year we have even gone further and converted over 3 million.

Last year arrangement for dish antennae could not be completed everywhere. Because of that many people were deprived of joining in this

blessed occasion. This year, by the grace of Allah, wherever people had wished to join in this International *Bai'at*, Jama'at at its own expense, provided the dish antennae at all such places. In some countries as many as ten, twenty, thirty and even up to forty dish antennae have been provided. All those who had wished to join in, have been informed before hand. They are now in the shape of large crowds, awaiting this moment. All of them are ready to repeat the words of initiation in their own respective tongues. All those languages in which the initiation would be repeated over here, will also be followed by the people of their respective origins. According to a prophecy of Hazrat Isa (Jesus), *alaihissalaam*, — which as I see it was a prophecy while the Christians believe it to be an incident of the past, — all nations of the world had gathered in Jerusalem under the Holy Spirit. They all spoke at the same moment in their own respective tongues and could not understand any other tongue but their own. There is no mention of such an incident in any history book. Therefore, it is a prophecy of Hazrat Isa, *alaihissalaam*, that when he would reappear at a future time, then all nations in their own respective tongues would speak the word of God and that such an event will take place through the blessings of the Holy Spirit. None of them will understand each other's tongue but in their own respective tongue, they will all be saying the same thing. Today that moment has arrived. Let us then join in this International *Bai'at*.



Hazrat Bhaee Abdur Rahman Qadiani, razi Allaho 'anho, during his trip to Europe, 1924

Hazrat

Bhaee Abdur Rahman Qadiani

Razi Allaho Anho

From autobiographical notes in "Hazrat Bhaee Jee Abdur Rahmaⁿ Qadiani 1879-1961" published in Urdu by his son Mehta Abdul Khalek, Lahore, Pakistan

Translation by Dr Rasheed Azam, Staley NC

During a conversation on July 31, 1923, Hazrat Musleh Mau'ood (razi Allaho 'anho), the Second Caliph of the Promised Messiah, alaihissalaam, said:

"There are some members of Jama'at who have joined us from Hindus whose dedication to and love for Islam should be emulated; each of them is equal to tens of thousand of other Muslims. (Bhaee Abdur Rahman Qadiani and Bhaee Abdur Raheem Qadiani were mentioned by name). I congratulate our very sincere brothers; I have always had special love for both of them. May they prosper in their faith and may each of them with Allah's Mercy and Grace be equal to not ten thousands but more than a million. May Allah enable us to be dedicated like them. Ameen."

BIRTH AND FAMILY

Hazrat Bhaee (Brother) Abdur Rahman was the first born in a strict orthodox Hindu family in Kanjrore Dattan, Tehsil Shakar Garh, India. He was given the name of Hareesh Chandar at the time of his birth on January 1, 1879 as noted by his respected mother, Parbatti Devi. His father was Mehta Gorand Tamel Sahib son of Mehta Heera Lal Sahib. His father and mother belonged to Datt and Mohan branches of Mohyal Tribe respectively. Their people were famous for their bravery and at one time they had their rule spread from Kashmir

from Kashmir to Kabul up to Arabia. It is noted in a British Gazette about the Mohyal Nation:

"Majority of this tribe is settled in the districts of Jhelum and Rawalpindi. They have been farmers for generations although they originated from Brahamans and conducted religious ceremonies because of their high caste. Datt tribe of Mohyal Nation at one time ruled over Arabia and later had ruled over Kabul from 860 to 950 AD."

EARLY CHILDHOOD

Hazrat Bhaee Jee was about one month when his mother came to reside with her father Chauhdary Gopal Das who at that time was employed at Mitha Chak. An old Muslim lady by the name of Maryam cared for him the whole night after he fell from his bed one night. The Muslim lady loved the child so much that she used to care for him at night and even carry him about during the day reciting the Holy Quran. He continued to receive physical as well as spiritual nourishment from this pious Muslim lady for four to five years and his development was being influenced by Islamic values. His grandfather got him admitted to a school in Jagalian (Tehsil Phalian) at age five. According to the custom among upper class Hindus, his parents showed their love by giving him to wear ear-rings and other ornaments on his hands and ankles. He was robbed of his jewelry by an unknown assailant and was left half dead. Thank God, Bhaee Jee was rid of another custom

of another custom of idolatry! After this incident, his mother did not want him out of her sight and came to live in Pakpatan where his father was employed. Thus here too he was deprived of education.

ANOTHER INCIDENT

Bhaee Jee's respected mother narrated that once she along with other ladies went to visit a grave-site for prayer and offerings. On the way back she was frightened to encounter a noble person with white beard and turban who attracted the young boy towards him. She wanted to flee from there but the noble person said: "My daughter, it is visible on this child's forehead that he belongs to God and will not be of much use to you. It will be good for you to give him willingly rather than regret later." She ran away from there with her child and never went to visit that grave-site again.

Young Heresh Chandar in his early childhood participated in the worship of gods and goddesses and performed rituals in temples according to Hindu customs.

BEGINNING OF LOVE FOR ISLAM

His father under the then customary education system received instruction from some Muslim teachers and acquired excellent command in reading and writing Persian language. His thinking reflected Islamic teachings which were passed on to his son, Hazrat Bhaee Jee Qadiani, and inclined him to Islam in later life. Bhaee Jee also studied a book called Rasoom-i-Hind (Indian Customs) as part of his curriculum in 4th and 5th grades. This book had an enlightening effect on him and guided him towards the natural light of the Unity of God from the darkness of idol worship. This book served as a seed that was to grow into a full fledged tree of love of Islam.

TWO DREAMS

Bhaee Jee saw two dreams during that part of

his childhood when his heart was turning to Islam. His dreams reflected his circumstances at that time and were later fulfilled by God Almighty to strengthen his faith. His first dream related to a scene of the Day of Judgment. He was confined in a room no bigger than ten by ten feet. It resembled the office of his school. The dream indicated a revolutionary change in his attitude and feelings of overwhelming joy and confidence.

In his second dream he saw himself swimming along with other birds in a vast and pleasant though not very deep reservoir of water. He was enjoying floating and sometimes he stood up. Suddenly he was attacked by a crocodile. It began to devour his feet first and had half his body in his jaws. He stretched both his hands and started tearing the mouth, the eyes and the head of the crocodile. The crocodile ran away and thank God he was saved without any injury.

During his education in a school in Chunian, after reading "Indian Customs," he used to express his thoughts in a simple and modest way. Other Hindu students affected by their social prejudice used to oppose him in discussions as their selected rival. This led him to seek the company of the Muslim students instead of Hindus. He used to stand at the doors of mosques instead of going into temples and enjoyed watching the Muslim worshippers offering congregational Prayer. This scene was very pleasing to his heart and soul. Jumu'a (Friday) and Eid Prayers had special attraction for him to watch. He did not understand the call to Prayer at that time but he was affected by it and would stand still listening very respectfully. "This exercise led me to many blessings later in life," Bhaee Jee used to say.

At night, Bhaee Jee used to sleep with his head towards Ka'ba. Sometimes his mother would change the direction of his bed so that his feet would be towards Ka'ba but he would turn around his feet again. His mother often used to get upset at this behavior of her son.

STEP TOWARDS AHMADIYYAT

In spite of the fact that the Promised Messiah, alaihissalaam, the founder of Ahmadiyya Movement in Islam was being talked about all over the world during 1893-94, yet the Muslims were generally in a state of slumber. A friend of Bhaee Jee who returned from Lahore after attending some function there said:

“A Muslim Divine who is also a great scholar had predicted the demise of an Englishman and the prophecy has been fulfilled.”

In response to his further inquiry his friend told him that the Divine person lived somewhere near the Russian border but he had forgotten the name of the village.

Bhaee Jee says that he can never forget the memorable time when in 1894 (1311 Hijra) the great sign of the eclipse of the Moon and the Sun took place on the appointed dates in the holy month of Ramadan according to the prophecy of the Holy Prophet, peace and blessings of Allah be upon him. I still can hear the resounding announcement of the Headmaster of my Middle school, Maulvi Jamal Deen Sahib, made before the whole class: “We should search for the Mahdi, alaihissalaam, who was to come during these latter days. The Sign of his appearance has been fulfilled and he is already born somewhere in a cave.”

After this I used to pray with great zeal and fervor day and night to be led to the Mahdi of the age and this gave me strength and improved my spiritual state. Sometimes during those days I felt over-powered by the idea of Mahdi, alaihissalaam. I used to go out in the wilderness, and cry, and call upon God to lead me to that Holy Person.

A NEW ERA BEGINS

Hazrat Bhaee Jee narrates:

I encountered many trials on my journey towards Islam. My mother had

discovered my secret and was determined to dissuade me from my thoughts by moving from place to place and to far off places and hiding me from the outside world. However, God Almighty provided me with an opportunity to meet Dr Syed Mir Haidar Shah Sahib in Chunian who was a cousin of Hazrat Mir Hassam Deen Sahib of Sialkot.

Dr Sahib was working at that time in Sambaryl Hospital in Sialkot where he had met Hazrat Aqdas (Promised Messiah, alaihissalaam) during Hazoor's travel to Sialkot and had joined the Jama'at. I was looking through the books of Dr Sahib and was fascinated to see Nishan-i-Aasmani (Sign from Heaven) and did not put it down till I had finished it. I then started reading Anwarul-Islam (The light of Islam) and completed it in a few installments. My heart was already filled with the love of Islam but the fact is that I was not only introduced to the writings of the Promised Messiah, alaihissalaam, but also found the Mahdi I had been looking for and about whom I knew very little at that time. I found the true and new light of Islam in my heart and learnt the Salat (Formal Prayer) in two to three days and began offering my Prayers regularly.

DECLARATION

A few days later I told Dr Sahib that I could no longer hide my faith and I wanted to profess Islam openly. He was delighted to hear this because he himself had the same desire all along. Syed Hamid Sahib was informed about

this and a meeting was arranged with him. I was treated with extreme kindness and affection. After listening to me, he expounded at length the three stages of knowledge (based on inference, observation and personal experience) in a most effective manner. Thus adding invaluable information to my knowledge and understanding of Islam.

Some of my relatives in Sialkot held high posts in the police and other government departments. Syed Hamid Sahib advised that I should move to Qadian to avoid mischief and uproar of my relatives .

I loved the name of Qadian and my heart was filled with joy and firm conviction for my faith. I agreed. I was busy grasping the beauty of Qadian in my loving imagination while Syed Hamid Shah Sahib was writing a letter for me. (Later I was delighted when I found Masjid Aqsa exactly as I had imagined it to be.) Syed Hamid Shah Sahib gave me the letter and sent me off with prayers. I left for Qadian the same day by evening train and did not bother to take with me any extra clothes. I had thought that I have just to present myself before a holy man in Qadian, profess Islam at his hand, present some offering and then return. I also thought that profession of Islam in Qadian would be a special benediction!

I left Sialkot on Thursday and reached Batala at 9 A.M. on Friday. Now I had to find my way to Qadian. Whomsoever I asked they stared at me and said: 'There is just a village Qadi, we do not know where Qadian is; better go to a police station and enquire there.'

It was almost noon and I still had not found the way to Qadian. Perplexed and tired I was debating whether I should return to Sialkot. Suddenly someone came close to me and asked, "Do you want to go to Qadian?" The voice pulled me out of my despondency. I asked the man about Qadian to which he replied: "The Qadian of Mirza Sahib?" and added: "I live in Qadian. Mirza Sahib is the Chief and owner of Qadian; I will drop you to his very door step." Satisfied with his answer I settled to pay him two annas as my fare to ride his yakka (horse carriage). He had two other Hindu passengers besides me.

I reached Qadian on Friday, September 20, 1895. In spite of great desire, I arrived too late for Jumu'a Prayer.

ACCEPTANCE OF ISLAM

I passed through Hindu population overcoming all obstacles of narrow streets of the city and reached Masjid Mubarak. I saw two gentlemen sitting under the arch of stairs leading to the Mosque, one was teaching and the other was learning the Holy Quran. Syed Hamid Shah Sahib's letter was addressed to Hazrat Maulvi Abdul Kareem Sahib and I had no idea how he would look like. I went up to them and said: Assalamo alaikam. The person teaching the Holy Quran turned his attention to me and I handed over the letter to him. The elderly man scanned me from head to toe two three times and indicated that I be seated. He read the letter and said: "I am Abdul Kareem" and the person reading the Holy Quran

was another new Muslim, Bhaee Abdur Raheem Sahib.

We heard call to Asr Prayer (Hafiz Moeenuddeen Sahib was the caller) and all went up to the Mosque. Maulvi Abdul Kareem Sahib directed me to the spot where I could perform my ablution. I entered the middle room of the Mosque where about ten persons were sitting on the floor in a circle, including the Promised Messiah, alaihissalaam. Maulvi Abdul Kareem Sahib beckoned me to come forward and recognizing Hazrat Aqdas I offered my salutation with great reverence and love. Hazoor gazed at me with kindness and answered my greetings. On this occasion Hazoor was present in the Mosque before adhaan and Maulvi Abdul Kareem Sahib already had spoken to him about me while I was performing ablution.

The Promised Messiah, alaihissalaam, looked at me and said: "Maulvi Sahib, this boy looks very young and appears to be a minor; Hindus are always looking for an opportunity to create a mischief." Hazrat Maulvi Sahib respectfully submitted that he is an intelligent young man and has come here after careful deliberation. Hazrat Maulvi Nooruddin Sahib also made similar submission and I was directed to say something myself. I stood up and respectfully pleaded: "Hazoor I have been a Muslim in my heart for a long time. I know Salat and offer it regularly. I have read your books Anwarul-Islam and Nishan-i-Asmani with devotion and full understanding. I am a grown-up man and not a minor." Upon this

presentation, Allah granted my prayers and Hazrat Aqdas accepted my plea. I entered Islam and Ahmadiyyat at Hazoor's hand after repeating Kalima Tayyaba (There is no God but Allah and Muhammad is His Messenger).

Thus Bhaee Jee became one of the 313 companions of the Promised Messiah, alaihissalaam. He continues his story:

Thus I was pulled out of darkness of idolatry by the God Almighty and accepted by Him through His beloved the Promised Messiah, alaihissalaam. Living in Qadian I started reading the books of Hazrat Aqdas starting with Surma Chashm-i-Arya (collyrium for the eyes of the Aryas). It was my good fortune to be blessed by the loving company of the Promised Messiah, alaihissalaam, and I preferred living and dying in Qadian after accepting Islam.

SOME IMPORTANT INCIDENTS AND RELIGIOUS SERVICES AFTER JOINING AHMADIYYAT

Early one morning I went to the post office in Qadian and saw my father sitting in the company of an orthodox Arya teacher. I was stunned by this unexpected sight and did not know for a while what to do. However, my father stood up the moment he saw me and embraced me and said very affectionately:

"My son, whatever you have done is all right. Who can stop you if you like it. May you live happily wherever you are. But when you left home without any information for us we were worried for you and wasted money looking for you. Your mother has lost eyesight crying and your brothers and sisters are

anxious to see you. You should see your mother at least once and this might restore her sight."

I kept quiet and felt uneasy to be in the grip of my father all of a sudden. I suggested going to Hazoor's place and requested the postmaster to attend to the task for which I had gone to the post office.

However, the Hindu postmaster deliberately delayed my work of completing the money order for which I had gone there for a friend. Meanwhile an Ahmadi or some other person informed the people at Daar-i-Masih that Bhaee Abdur Rahman has been detained at the post office by some Hindus. The news had also reached the Promised Messiah, alaihissalaam, and he came out of his house. A large number of Ahmadis headed towards the post office as soon as they heard the news.

My task at the post office was completed and I had succeeded in persuading my father to meet Hazoor.

As I entered Masjid Mubarak, I saw my master, the Promised Messiah, alaihissalaam, pacing to and from on the rampart and I identified him for my father at a distance. My father was a clever man and became alert and adopted very respectful attitude taking some money in his hand from his pocket. He offered his greetings to Hazoor in customary Hindu manner with folded hands and offered the money to Hazoor. His salutation was responded to but his money was not accepted.

Hazrat Aqdas spoke very kindly to

my father and inquired about his health and then the purpose of his visit. My father was delighted and became very encouraged by Hazoor's affection to speak his mind. For about half an hour Hazrat Aqdas listened to my father's pleas and at times very gently corrected his misconceptions assuring his satisfaction in all matters. After my father had finished, Hazrat Aqdas asked me in private:

"Mian Abdur Rahman, what would you like to do?"

I respectfully submitted:

"Hazoor, I am a true Muslim and God has blessed me by His grace to be your servant. No doubt I have love for my parents and brothers and sisters but I don't want to go because I have not learnt much about Islam as yet."

After listening to my presentation, Hazrat Aqdas said to my father:

"We cannot send Abdur Rahman with you at this time. If you have time, it will be better for you to stay here with him for two weeks. However, if you are unable to stay because of your employment, then you can send his mother, brothers and sisters here to stay with him as long as they like and we will take care of all their expenses of transportation and stay here."

Hazrat Aqdas, alaihissalaam, went inside his house after this and I came to Hazrat Maulvi Nooruddin Sahib's office along with my father.

I was busy preparing the manuscript of Hazoor's book "Sat Bachan" (The True Word) when a young boy brought a letter from Hazoor for me and also

gave the verbal message:

“Send to me the enclosed statement copied by your father in his own hand and signed. Then you accompany him home.”

The summary of Hazoor's instructions in my own words was as follows:

“I, so and so, son of so and so, father of Mian Abdur Rahman, (a new Muslim) formerly known as Haresh Chandar, hereby do solemnly swear by my Parmeshwer (God), my Creator in Whose Hands is my life, that I am taking my son Abdur Rahman, formerly Haresh Chandar, for two weeks to meet his grief stricken mother and younger siblings severely affected by his separation and are dying to see him.

I further promise and swear by God that I will not hurt my son on the way or in my house in any way whatsoever and after two weeks as promised he will be safely brought back to Qadian in peace.

Signed and written by Mehta Goranad Tamel Mohan.”

I turned to Allah in great agony and prayed to Him with fervor and humility and begged His help. Peace descended upon me and my heart was greatly strengthened. I became fortified to obey the command of my master, the Promised Messiah, alaihissalaam, to go with my father even at the risk of my life. My understanding was that Hazoor was guided through revelation to change his earlier decision which was no doubt based upon due consideration of all the circumstances. It strengthened my faith in God and in the fact that His

pious servants never change their decisions unless directed by Him as their decisions are always based upon truth and justice. Anyway, I gave the note to my father who wrote his pledge even in stronger words swearing not by ‘Parmeshwer’ but “God Almighty, Who is One and has no partner.”

At the time of Zuhr Salat, we were in the company of the Promised Messiah, alaihissalaam, including Hazrat Maulvi Nooruddin Sahib. All were quiet but unexpectedly the silence was broken by Hazrat Maulvi Nooruddin Sahib by addressing Hazoor with great respect and humility:

“Hazoor has told Abdur Rahman to go with his father. That far away area is surrounded by non-Muslims. We shall be kept informed about him if Hazoor would approve Abdur Raheem accompanying them.”

Maulvi Sahib wanted to add something more but saw Hazoor's awe-inspiring face and heard his commanding voice: “No Maulvi Sahib, we do not need Muslims only in name. If he is ours, he will come back to us.”

When I joined my father, he told me to hurry up and pack. I packed up a copy of the Holy Quran and a few books of the Promised Messiah, alaihissalaam, and took leave of my elders and friends. I went to the house of my benefactor, Hazrat Maulana Nooruddin Sahib. He was resting on bed and I bent forward after saying assalamo alaikum to embrace him. He prayed for my safe journey in trembling voice and bade me farewell with encouraging words, advising me to

observe Salat punctually and saying that my father had promised not to interfere in my faith.

In obedience to the command of my master, the Promised Messiah, alaihissalaam, I left the sacred town of Qadian though my heart was heavy with grief and my eyes shed tears of sorrow. I felt I was being led to a death trap and not to my mother or brother and sisters. My legs trembled but my faith was strong to obey the command of my master.

We traveled by horse-cart from Qadian to Batala to catch a train for the next leg of the journey. However, my father decided to proceed to Dera Baba Nanak on the horse-cart traveling in the pitch dark nights constantly changing routes. Finally we reached the village of Vatam Dattan after crossing over the river. We rested here a while and after visiting with some relatives of my father, he hastened to take me to Dutch Kot headquarters three to four miles away.

Here was the beginning of my troubles. My parents considered me a curse for their life and wished me dead. My brothers and sisters were thirsty of my blood and their hatred was expressed not only in verbal abuse and sarcasm but also in physical kicks and blows with sticks and clubs. They would throw me flat on ground and climb on my chest to inflict pain and threaten to kill me. I was surrounded by difficulties from all sides and many times I wanted to put an end to my life. The vast spacious world became so small and confined that I could find no way of escape.

This period of eight or nine months of torture was extremely difficult and full of grief for me. But Allah listened to my prayers and the prayers of my worthy friends that I was able to escape and return to Qadian at the feet of my master. He had said: 'If he is ours, he will come back.' I came back and was welcomed with embraces by everyone. When I went to meet Hazrat Maulvi Nooruddin Sahib, he stood up to embrace me and prayed for me with great affection and asked me to sit beside him in his dispensary.

The silence of the day was broken by the adhaan for the Zuhur Salat. I met Maulvi Abdul Kareem Sahib in Masjid Mubarak who was very gracious and affectionate as usual. Then I saw the Promised Messiah, alaihissalaam, enter the Mosque and I went forward with great enthusiasm and reverence to shake and kiss his hands and then I fell at his feet. Very graciously he put his hand over my head with love and said something like this:

"It is good you have come back. Your father did not keep his words and put you under great hardship by detaining you. We were very worried about you but thank God He granted you steadfastness and success in your trial. A believer is always faithful and loyal and true to his words."

Once again my father came to Qadian and consulted the opponents of Hazrat Aqdas, alaihissalaam, to kidnap me. He even took advice from Hazoor's cousin, Mirza Nizamuddin, his bitter enemy. All his plans resulted in failure and he returned home disappointed. Now he filed several cases against me.

One day I was served a summon and I signed it without reading. When Hazoor heard about it, he directed me to read it. It was only then that I discovered that the summon was served two days late and the date of hearing in the court had already passed.

I decided to put an end to this matter once for all and wrote the following letter to my father:

“You should know this fact very well that I have not accepted Ahmadiyyat out of greed or coercion and I have joined the true Islam because its beauties have conquered my heart. Your efforts of several years have not succeeded in turning me away from it and your wastage of funds can never pursue me to give it up. You may succeed in capturing my body but never my heart and my soul. You may cut my body into pieces and grind the pieces even then I will not desist from proclaiming the Unity of God. Therefore, be resigned and accept the will of God Almighty.”

My mother cried bitterly when my letter was read out to her but became resigned to my fate. The reply she sent me read thus:

“O.K., son. Live long and prosper and be happy. What is done is done. We can't fight with God.”

Thus this bitter episode came to close. Bhaee Jee now settled in the town of his beloved master for good. He fervently observed all religious rites and was dedicated to supplication. He was an obedient servant of Allah and rendered invaluable services to Islam.

PARTICIPATION IN THE CONFERENCE OF GREAT RELIGIONS

Hazrat Bhaee Jee, among other memories of his stay in Qadian, also related the story of the Conference of Great Religions. An English rendering of his eye-witness narration of the related account of events has appeared in the pages of Al-Nahl earlier (Special Issue on “The Philosophy of the Teachings of Islam,” Al-Nahl, Vol. 7, No 4). He was entrusted with carrying and delivering the posters announcing to the world the heavenly news that the essay of the Promised Messiah, alaihissalaam, will excel all others.

We narrate here one incident of his devotion to his master, the Promised Messiah, alaihissalaam.

HAZOOR, MUNSHI KARAM ELAHI CAN REACH HERE

Hazrat Aqdas, alaihissalaam, was sitting in Masjid Mubarak after Maghrib Prayer. Plans were being finalized for his journey to Gurdaspur where Hazoor had to go for a hearing in a case. Hazoor asked for Munshi Karam Elahi (who was to appear as a witness in the case) and was informed that he was in Gujranwala and it would be impossible for him to reach Gurdaspur the following day. Hazoor observed that it would be better if he could come somehow because the officer concerned was a determined opponent and might not give him another chance. But everybody in the mosque thought this to be impossible except Bhaee Jee, who was the youngest of all present. He said: ‘Hazoor Munshi Karam Elahi can reach Gurdaspur by tomorrow afternoon.’ All were struck dumb to hear this proclamation and Hazoor inquired : ‘Yes, Mian Abdur Rahman, tell us how?’

Bhaee Jee answered : “Hazoor, I will leave right now for Batala and take a yakka (horse-carriage) for Amratsar if available, or walk on foot, and catch the 8 A.M. train to Lahore and Gujranwala and then return to Gurdaspur with

Munshi Karam Elahi.” Hazrat Adqas, alaihissalaam, was highly pleased with the plan and said: “It is night. Don’t go alone,” and told Mian Fateh Mohammed to accompany him up to Amratsar. Then Hazoor went inside and brought some money and gave to Bhaee Jee with the words:

“Now go. God be with you. We expect to see you in Gurdaspur tomorrow.”

The two devoted servants kissed Hazoor’s blessed hands and departed. They were not able to hire a horse-cart from Qadian and without wasting time ran towards Batala. They hired a yakka from Amratsar and left immediately after Isha Prayer. It was a dark night and the passage was not safe from dacoits but the prayers of the Mahdi, alaihissalaam, were with them. They were saved twice from attack on the way. They reached in time for the train and Bhaee Jee boarded the train for Gujranwala. He ran all the way from the railway station to Munshi Jee’s house and learnt that he had gone to a village Bamba Wali near Ghokhar. He was taken to Rahwali village by horse-carriage paying extra money but had to then run to Bamba Wali and informed Munshi Sahib about his mission. They ran all the way to Gujranwala railway station without wasting a second and reached there at the nick of the time to catch the train. They reached Gurdaspur exactly at the time the Promised Messiah, alaihissalaam, was expecting them.

Hazrat Bhaee Jee rendered invaluable other services to Islam all his dedicated life at Qadian. Two other important events in his life are mentioned here.

MAQAAM-I-ZUHOOR-I-QUDRAT-I-THANIYA

Hazrat Bhaee Jee identified the exact spot where the bai’at of the first caliph, Hazrat Maulvi Nooruddin, may Allah be pleased with him, was

taken after the demise of the Promised Messiah, alaihissalaam, in 1908. A complete map of the area was prepared and permanent signs were erected on the ground and the trees were also marked. This is an important event in the history of Ahmadiyyat.

JOURNEY TO EUROPE

In 1924, Hazrat Bhaee Jee Abdur Rahman Qadiani, was honored to be the member of the delegation visiting Europe in the blessed company of the Second Caliph. Hazrat Musleh-i-Mau’ood, razi Allaaho anho. The purposes of this journey included the propagation of Islam and laying the foundation stone of Fazl Mosque, now also known as the London Mosque. Among other duties, Hazrat Bhaee Jee undertook to write daily diary about this blessed visit and sent it in letter form to Qadian. Bhaee Jee was specially entrusted to perform this task. The highlights of the visit were thus read out to huge audience when received in Qadian. The details of this European expedition are now permanently preserved as “London Diary” and according to Hazrat Mirza Bashir Ahmad, razi Allaho anho, “It is an invaluable record.”

ARRIVAL IN RABWAH AND DEATH

God Almighty fulfilled Bhaee Jee’s wish to visit Rabwah in 1960 when he attended the Annual Jalsa and met Hazrat Musleh Mau’ood (razi Allaho ’anho). He had lived all his life as a devoted servant of Islam in Qadian and this was last meeting with the Second Caliph and other loved ones in Pakistan. He departed for Karachi by Rail on January 6, 1961 but died during the journey at Khanewal as willed by Allah. Innaa lillaahe wa innaa elaihe raaje’oon.

BURIAL IN QADIAN

Khanewal’s Jama’at brought Bhaee Jee’s body to Rabwah where Hazrat Musleh Mau’ood led the funeral prayer before departure for Qadian in the company of notable members of Jama’at and relatives with permission from the Indian

Government. He was buried in specially reserved part of Bahishti Maqbara, Qadian. Hazrat Mirza Bashir Ahmad Sahib (razi Allaho 'anho) stated the following in his condolence message to one of his sons on January 14, 1961:

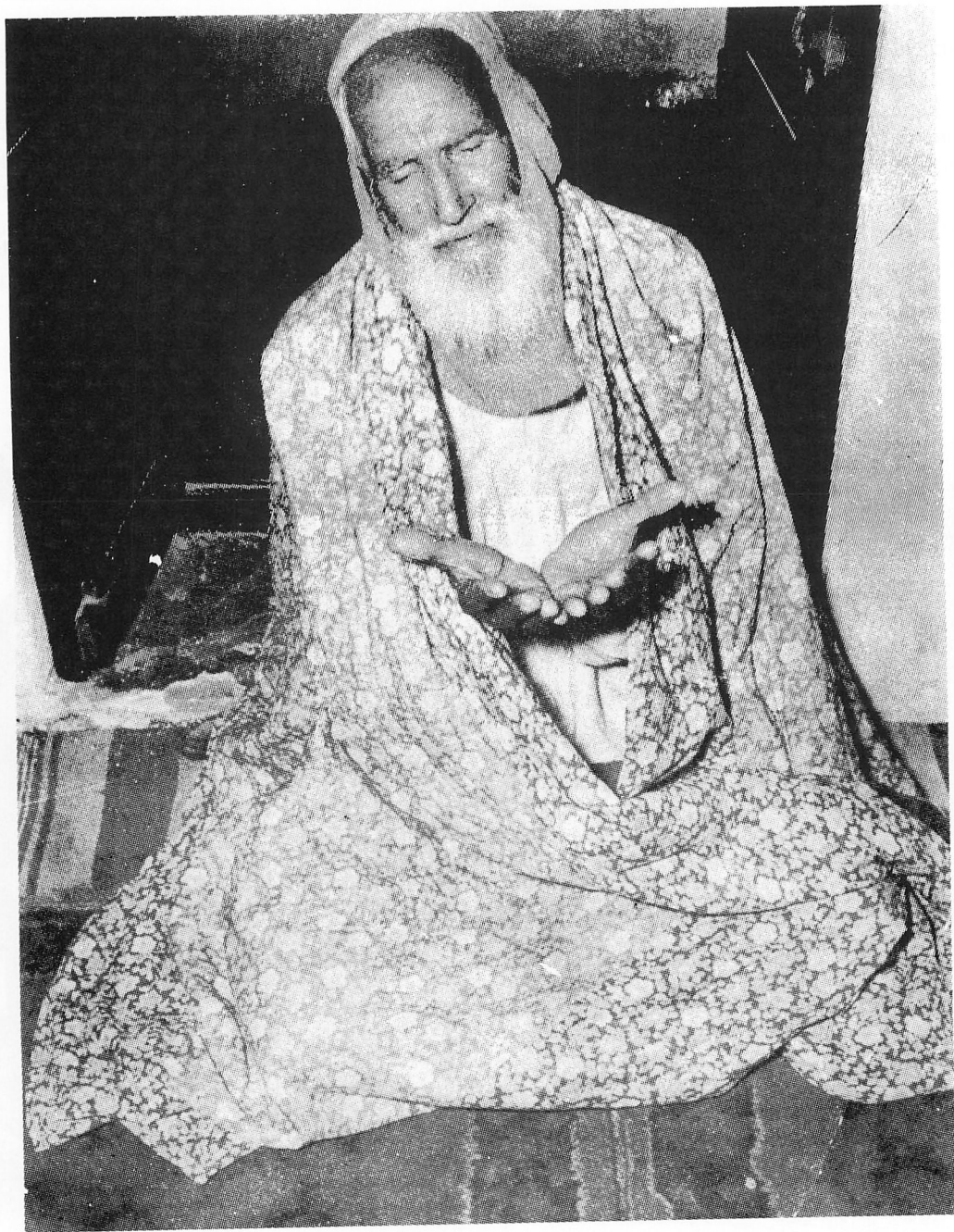
“We must be very grateful to God Almighty Who facilitated the burial of Hazrat Bhaee Jee in Bahishti Maqbara of Qadian according to his wish.”

CONCLUDING WORD

Hazrat Bhaee Jee's life presents a model of great sacrifice. He put his life in the hands of the Promised Messiah, alaihissalaam, and his successors with complete dedication in the service of Islam. He died in Pakistan but is buried in Qadian, India, near his master. May Allah grant him the company of the exalted ones in the hereafter. Ameen.



Hazrat Bhaee Abdur Rahmad Qadian, razi Allaho 'anho, is sitting down on the left, in this picture taken with Hazrat Khalifatul-Masih II, razi Allaho 'anho, during his visit to England in 1924.



Hazrat Bhaee Abdur Rahman Qadiani, razi Allaho 'anho, in Baitud-Du'aa, Qadian

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Anecdotes from Yesteryear

By Syed Sajid Ahmad, Boise ID



My father, Syed Sajjad Haider, was born in 1922 to Syed Mohammad Yousuf Shah and Syeda Rabe'a Bibi, as their eldest son. He passed away on January 16, 1990. He was a moosi. In compliance with his life long desire, he was buried in Bahishti Maqbara at Rabwah in Pakistan where his parents lie in peace too.

He was aadeeb fazil and served the government almost all his life. Two of his children died in infancy. He left a wife, three sons, a daughter, and lot of memories behind. Some of them have been recounted in these pages in accordance with the beautiful injunction of the Chief of the Prophets (peace and blessings of Allah be on him): Ozkoroo amwaatakum bilkhair, i.e., remember your expired man with beneficence.



My father always considered Ahmadiyyat (i.e., the true interpretation of Islam) the greatest blessing of God on him and on us. He mentioned it very emphatically and forcefully. When delving in such a proclamation, I could see the great heights of conviction in his countenance, his speech, and the expressions he chose. He talked about the blessings of Ahmadiyyat incessantly. He mentioned his desire to build a home with trees in it and call it Bagh-i-Ahmad (Garden of Ahmad), Ahmad representing the jamaali manifestation of Muhammad, peace be on him. Every Ramadhan, he read Tafseer-i-Sagheer (Short Commentary on the Holy Quran) from its first page to the last, word by word. He often used to recite portions of Durr-i-Sameen consisting of the prayers of the Promised Messiah, alaihissalaam, for his children.



As far as I remember, he never missed a Jalsa Salaana. He attended it diligently. He went to the

Jalsa Gaah on time and did not leave early. I remember listening to the last speech of Hazrat Musleh-i-Mau'ood, radhi Allahu anho, at Jalsa Salaana with my father. I also remember standing in a line to shake hands with Hazrat Mirza Bashir Ahmad, may Allah be pleased with him, along with my father.



He had great faith in the institution of khilafat in Ahmadiyyat. He once told me that during my early years of life, I fell sick very seriously. He wrote a letter to Hazrat Khalifatul Masih II, may Allah be pleased with him, for prayer for my recovery. He went to mail it. When he arrived home after mailing the letter, I was already recovering!



He was an academic kind of person. He liked books. He had quite a good collection of books despite limited resources. His interest was multifold, most prominent being the Ahmadiyyat.

Once he learned that an old Persian book contained evidence supporting the claim of the Promised Messiah, alaihissalaam. He ordered the book all the way from Iran.

He subscribed to as many Ahmadiyya periodic publications as he could. As far as I remember, he had every Ahmadiyya book he could put his hands on — and he read them very intently. Allah says in the Holy Quran:

Only those of His servants who possess knowledge fear Allah (The Holy Quran, 35 [Al-Fatir]:29).

His deep interest in Ahmadiyya literature was transferred to me through the quiet environment of the appreciation of divinely knowledge he created in the house. I do not remember that he ever asked

me to read any book overtly or covertly.

As soon as I was able to read, he subscribed Tash-heez-ul-Azhan for me. Tash-heez is a magazine for Ahmadi children. Tash-heez conducted competitions in essay writing and finding answers to given questions. I regularly participated in these competitions. They trained me in searching for answers and material for essays. He probably guided me to the right sources but I do not remember him helping me any more than that.

He tried to provide for both our spiritual and intellectual upbringing despite his very limited resources. While he subscribed to the Tash-heez, he also subscribed Readers' Digest and Life magazines for me during my high school years though the subscription costs were prohibitive considering his income. He renewed only the subscription of the Readers' Digest after comparing the usefulness of the two magazines.



He had clear and beautiful handwriting. I had a handwriting competition at school during my elementary school years. I remember that he showed me how to write beautifully but he did not aid me in the actual writing. During my junior school years, he used to send me to Maulvi Ismaeel Sahib's, who helped me practice calligraphy.



He liked good literature, especially good poetry. He had notebooks where he had copied out of the ordinary, in excellence or in content, poetry wherever he found it. These notebooks consisted of hundreds of handwritten pages. Most of these collections had a couplet from Ghalib on the first page. One of them had the saying: "Dogs continue barking while rivers continue flowing." A befitting epitome to his deep conviction of his faith in the face of overwhelming opposition and obstacles.



He was a dedicated and hard working civil servant. He went to work very early in the morning and returned home late. I had a chance to visit his place of work a number of times. I always found him buried in his work.

After a day's hard work, he never refused attention when he came home. He listened to me very attentively. During my early years he showed me how to draw a mouse and a bird using ellipses and triangles.



He was a very patient and persevering person. He had considerable control over his emotions. We, as his children, did make mistakes but throughout my life I never saw him showing harshness towards us. He would always wait until after the things had settled down and hearts and minds were ready to accept reason, then he would make us understand very politely, respectfully, and in the best way possible.



While his intellectual hobby was acquiring knowledge, his physical hobby was gardening. He liked growing flowers and taking care of them. He lived his life like a gardener. Caressing flowers of human decency without being scratched by the thorns of human inadequacies.



I can remember myself sitting in his lap and him telling me of a sophisticated person:

"He dressed faultlessly. His face and clothes shining. One day he had an accident. The doctor removed his shirt to check for injuries. And lo, what they found! Though his face was clean and shining, his neck and arms were very dirty. There were layers of dirt

everywhere except for the exposed parts. See, it is very important that the whole body be kept clean and not only the parts which are readily visible.”

Had he given me the same advice some other way, I might have not remembered or grasped it with a similar effect.



During my elementary school years, we lived right next to a railway station, upstairs in a two story home. We could hear and observe the arrival and departure of the few trains which passed that way those days. We had assigned trains to ourselves. The morning train is mine and the evening one is yours. He reminded us of the arrival of our trains. We used to run to the top of the roof to look at them. I remember him accompanying us on the rooftop and help us look over the short wall.



He went along with us in our adventures and curiosities when we were young. These kind of activities are necessary to establish a relationship of confidence, trust, and friendship with children.

During my early years, we were stationed in the mountains. A porcupine wandered to our home one day. He let me play with it until it was time to go to bed. The porcupine hid his head so the only thing we could see were the protruding spikes. We housed the porcupine under a twig basket and put dark cloth over it to provide darkness and warmth to the porcupine. We had put some weight over the twig basket so that the porcupine may not come out and may not harm itself by wandering around the house. When we uncovered the basket in the morning, the porcupine was gone.



During my teens, one evening I returned home later than expected. Parents care about their children and do get worried when they do not show

up as expected. Parents should keep their eyes open and notice such things. Children can get involved in accidents, etc. He said: “You should come home immediately after Isha salaah (late night formal prayer). Only those with unworthy attitudes, activities and intentions stay out after that.” Since then I have always found his comments true. One who wants to get up for Tahajjud (midnight to predawn formal worship) or does not want to be late for Fajr (dawn formal worship) will go to bed right after Isha, except for when it is necessary to be awake for known and ma’roof activities related to business, community, or service of faith. The Holy Prophet Mohammad, peace and blessings of Allah be upon him, used to retire to his residence right after Isha. He did not approve of the pre-Islamic era Arabs’ habit of indulgence in loose talk and activity until late.



During my years in the high school, I read a quote in one of the Digests published in Urdu that notes, comments, and underlining outstanding portions in a book makes the book alive. The next book I borrowed from the library, I tried to bring it to life by writing comments, etc. My father noticed it and said that if every reader of a borrowed book starts writing notes in it, it will be ruined. Since then I have never added anything to a borrowed book though I have written notes, etc., in my personal books. It seems strange to me when I come across a book in the library with portions, especially pictures, cut out or torn away. How can someone be so oblivious of the rights of the other readers.



Sometimes he talked about his own younger years. He told me that when the bicycles were first brought to India, people did not think that this contraption could even stand up all by itself let alone carry anybody somewhere. A foreign priest used to ride one. People followed the priest in anticipation that both the ride and the rider would

soon fall down to ground.

He recalled that one time tea was served free to travelers at large railway stations to develop customers.



He used to talk about the injustices and excesses of the people with means and authority. He had a great desire to help the oppressed. He used to tell us numerous stories in this respect. I take this opportunity to relate some of them here.

He was appointed in a remote village. He noticed some women in shabby condition serving all day in the house of the local patwaari (revenue clerk). He came to know that the women were descendents of wealthy landlords in the village. The elders from the women's family did not have any male children. After the death of the elders, the local patwaari wrote all the family's lands away. The women were forced to serve the patwaari in the hope that they may get their lands back one day. He was very moved by the story. He had the lands transferred to the women.

He used to tell us of an officer who asked the public to come to his place for their things done, and then asked them to put the bribe under a corner of the prayer mat on which he would be sitting in service of God.

He once was relating the excesses of a patwaari to a higher officer who was his acquaintance. A stranger sitting nearby became interested. The stranger asked him if he could give him the complaint in writing. My father inquired "Why?" The stranger said that he was an anti-corruption officer. "So will you take some steps to stop him?" my father asked. The anti-corruption officer responded: "My intention only is to cut my share off the offender's proceeds and that I may take my share."



He was appointed in the area of Dera Ghazi Khan for a few months. This appointment was

considered to be temporary, therefore, he left the members of the family behind. This appointment of a few months dragged on to a number of years. He used to visit us from time to time. Once he told the story of a professor there.

"I had heard that some professors are known to be absent-minded. In Dera Ghazi Khan, I had the occasion of witnessing such behavior. My neighbor was a professor. One day, he left for school before I left for work. On my way to work, I saw him returning home. I asked him what made him return. He said that he had not checked by putting his hand into his pocket but he was sure that he had left the key in the bolt of his front door and had put the padlock in his pocket in place of the key. Right there and then he put his hand into his pocket and brought out the padlock."



Syed Sajjad Haider (1922-1990)

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Laa Ilaaha Illallaah

(There is no God but Allah)

A Poem By Hazrat Musleh-i-Mau'ood, Razi Allaho 'Anho

Translation by Dr Rasheed Azam, Staley NC

Laa ilaaha illallaah, (There is no God but Allah)
Is the hand that points to Ka'ba, and is the elixir for all heart aches.

Spell of the enchanting eyes ever induces from my heart the cry:
Laa ilaaha illallaah, (There is no God but Allah)

Dead hearts and souls revive when the trumpet sounds:
Laa ilaaha illallaah, (There is no God but Allah)

When I stagger under the weight of my sins, who comes to my rescue?
Laa ilaaha illallaah, (There is no God but Allah)

All riddles are solved and my heart finds peace with
Laa ilaaha illallaah, (There is no God but Allah)

Be it the Doctrine of Duality or Trinity
All arguments are blown away like cobweb against the Truth irrefutable:
Laa ilaaha illallaah, (There is no God but Allah)

From all that exists rises but one song:
Laa ilaaha illallaah, (There is no God but Allah)

Idols in your heart, avails you nothing just saying with your tongue:
Laa ilaaha illallaah, (There is no God but Allah)

Intercession before God on the Day of Judgment is:
Laa ilaaha illallaah, (There is no God but Allah)

The darkness of shirk will be no more with the appearance of the light of
Laa ilaaha illallaah, (There is no God but Allah)

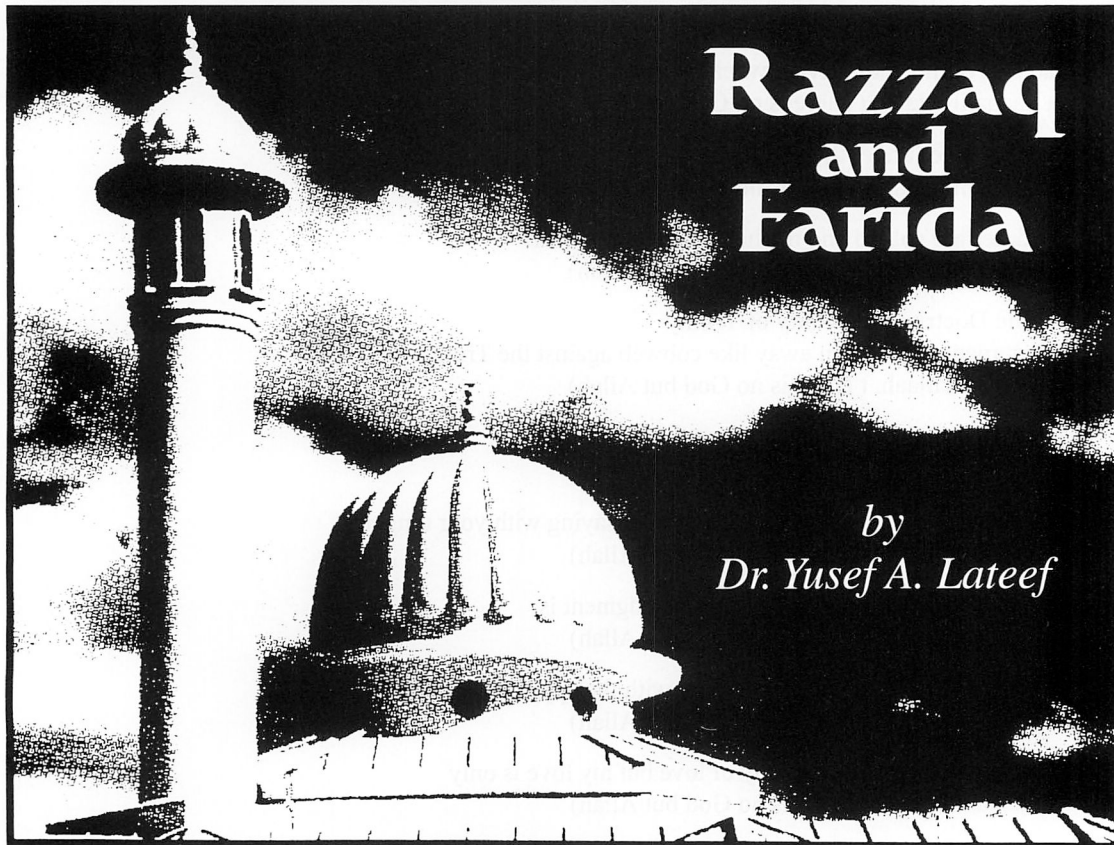
There may be thousands worthy of love but my love is only
Laa ilaaha illallaah, (There is no God but Allah)

Every bright face manifests His Glory,
His Light pervades the Universe.
He is manifest everywhere.
Laa ilaaha illallaah, (There is no God but Allah)

Let "Laa ilaaha illallaah" be your guide
For it is the quintessence of all cures
Laa ilaaha illallaah, (There is no God but Allah)

Ansar Chanda Literature

Sadr Ansarullah, U.S.A., has noted that many members of Ansarullah have not paid the Ansarullah Chanda Literature. All the members are reminded that the rate of Chanda Literature, for Ansarullah, has been set at \$10.00 per year. Currently the cost of publishing Al-Nahl is being met out of other funds. This creates a burden on our other important activities. Members are therefore urged to please pay their share of the Chanda Literature as soon as possible. May Allah enable us to fulfill our obligations in a timely manner. Ameen.



Razzaq and Farida

A story for children written by Dr Yusef A. Lateef. Published by Majlis Ansarullah, U.S.A. Children and new Muslims, all can read and enjoy this story. It makes a great gift for the children of Ahmadi, Non-Ahmadi and Non-Muslim relatives, friends and acquaintances. Every page of the story is accompanied by a colorful drawing.

Please send \$1.50 per copy to Sajid, 5539 Firethorn, Boise ID 83716 with your mailing address and phone number. Majlis Ansarullah U.S.A. will pay the postage within the continental U.S.

Blood Pressure:

An Important Number to Know

Chronic and usually non curable, high blood pressure or hypertension affects one in four — about 50 million Americans. Many of them, however, don't even know it, because this condition rarely causes noticeable symptoms.

According to the American Heart Association (AHA), among people aged 65 and older, about 40 percent of whites and 50 percent of African Americans may have high blood pressure.

In women, high blood pressure is two to three times more common in those who have been taking oral contraceptive pills for five years or longer.

The older people get, the more likely they are to develop high blood pressure, but hypertension can affect people of all ages even the very young. Unfortunately when high blood pressure develops, it is usually a lifelong condition. High blood pressure will not go away on its own — but, in most cases, it can be kept under control by regular, ongoing treatment.

The word “tension” in hypertension refers to the pressure inside the blood vessel walls caused by the flow of blood. The harder it is for blood to flow, the higher one's blood pressure will be. Blood pressure is the result of two forces. One is created by the heart, as it pushes blood into the arteries and through the circulatory system. The other is the force of the arteries as they resist the blood flow.

How Blood Pressure is Measured

Blood pressure is measured by an instrument called a sphygmomanometer or blood pressure cuff. Two readings are recorded: the top or “systolic” number is the maximum pressure inside the arteries when the heart pumps blood: The bottom or “diastolic” number is the pressure inside

the arteries when the heart relaxes between contractions. The systolic number is always higher than the diastolic number. When systolic and diastolic pressures fall into different categories or classifications (see chart), the physician will select the higher category to classify the person's blood pressure status.

The average blood pressure reading for adults is 120/80. Often, in older adults, the upper number is high, while the lower number is normal. This condition, called isolated systolic hypertension, should not go untreated because lowering the systolic number has been proven to reduce strokes and heart attacks in people aged 60 and over.

The Dangers of Hypertension

High blood pressure increases the heart's workload, causing the heart to enlarge and weaken over time. It also increases the risk of stroke, heart attack, kidney failure and congestive heart failure. When high blood pressure exists with obesity, smoking, high blood cholesterol levels or diabetes, the risk of heart attack or stroke increases several times.

High blood pressure causes the heart to work harder than usual to pump blood. This extra effort may cause the heart to become enlarged and unable to pump blood properly. High blood pressure can also cause blood vessels to thicken and harden (arteriosclerosis), can cause fatty deposits to accumulate on blood vessel walls (atherosclerosis), and can cause blood vessels to enlarge and weaken (aneurysm). The end result can be heart attack, stroke, kidney disease or vision problems. Conversely, low blood pressure rarely causes health problems.

Classification of Blood Pressure for Adults Aged 18 years and Older

Normal blood pressure	<130 (systolic) <85 (diastolic)
High normal blood pressure	130-139 (systolic) 85-89 (diastolic)
Mild hypertension (Stage 1)	140-159 (systolic) 90-99 (diastolic)
Moderate hypertension (Stage 2)	160-179 (systolic) 100-109 (diastolic)
Severe hypertension (Stage 3)	180-209 (systolic) 110-119 (diastolic)
Very severe hypertension (Stage 4)	>209 (systolic) >119 (diastolic)

Optimal blood pressure with respect to cardiovascular risk is 120/80 mm Hg.

The Causes of Hypertension

Though heredity, race and gender play a role, the cause of high blood pressure isn't known in 90-95 percent of cases, according to the AHA.

In a small number of cases, hypertension is caused by an identifiable factor, such as kidney disease, hormonal disorders, pregnancy and oral contraceptives. This is called "secondary" hypertension and usually can be cured when the original medical problem is treated.

Treating High Blood Pressure

Medical science does not understand the causes of most cases of high blood pressure, so there are no definitive ways known to prevent it. There are however, several factors related to high blood pressure that increase the chance that a person will develop the condition. Many people can successfully control a hypertensive condition by making the following lifestyle changes:

Lose Excess Weight

Studies have shown that body weight, changes in body weight over time and skin thickness are related to changes in blood pressure level. These factors have been linked to the subsequent rise and development of high blood pressure.

If you are overweight, try to lose weight. Children who are overweight usually have higher blood pressure than those who are not.

Reduce Sodium Intake

Heavy salt consumption increases blood pressure in some people, particularly the elderly. According to the AHA, daily sodium intake should not exceed 3000 milligrams (about 1½ teaspoons of table salt). Cut down on using salt in cooking and at the table. Check the "Nutrition Facts" label for the amount of sodium per serving, especially with canned and processed food, which are very high in sodium.

Exercise Regularly

Regular exercise can lower blood pressure and also helps to control weight — another factor that contributes to high blood pressure.

Do Not Smoke

The relationship between smoking and high blood pressure is not completely understood. It is known, however, that a smoker with high blood pressure has a higher risk of heart attack and stroke.

When blood pressure is very high and/or when lifestyle changes fail to reduce blood pressure to a desirable level, medication must be prescribed. There are numerous medications available, and people respond differently to them. Most patients, therefore, go through a “trial” period during which the prescribing physician determines which medications are the most effective and cause the fewest side effects.

The medications commonly prescribed to treat high blood pressure include:

- Diuretics — rid the body of excess fluids and sodium.
- Beta blockers — reduce the heart rate and the heart’s output of blood.
- Sympathetic nerve inhibitors — inhibit nerves from constricting blood vessels.
- ACE (angiotensin covering enzyme inhibitors) — interfere with the body’s production of angiotensin, a chemical that causes the arteries to constrict.
- Calcium antagonists — reduce heart rate and relax blood vessels.

Hypertension killed 37,520 Americans in 1993 (the most recent year for which statistics are available) and contributed to the deaths of thousands more, through stroke, heart attack and heart failure, according to the American Heart Association.

Source: National Institute of Health

(Reproduced for Al-Nahl with thanks from
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Ansar Pledge

اشهد ان لا اله الا الله وحده لا شريك له
واشهد ان محمدا عبده ورسوله

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 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 Ta'ala.

Publications

Al-Nahl: Published quarterly. See page 2 for subscription information.

Ansarullah News: Monthly newsletter. Copy available from the Sadr or Secretary Ishaat.

Salat Chart: 18x24" Color, Arabic with English transliteration and English translation, \$2/copy. Available from Sajid.

Razzaq and Farida: A story for children. \$1.50/copy. Available from Sajid.

Calendar

US National Annual Ijtema Ansarullah and US National Majlis Shura Ansarullah: Silver Spring, MD: September 98.

West Coast Ansar Ijtema: San Francisco, CA, October, 97.

Annual Ijtema Ansarullah Southern Region, Houston TX, November 1997.

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