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ANSARULLAH  
USA**

# **Majlis Ansārullāh Monthly Meeting**

## **March 2021**

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# Agenda

- Recitation of the Holy Quran
- Pledge
- Salat page
- The Holy Quran segment (10 min)
  - Selected verses
  - Questions and commentary
- Friday Sermon segment (20 min)
  - Sermon synopsis
  - Discussion scenario and guidance from sermon
  - Take home message
- Mental and physical health segment (15 min)
- Open slot for local topics
- Reminders/announcements
- Dua





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# Recitation of the Holy Quran

Observe Prayer at the declining and paling of the sun on to the darkness of the night, and the recitation of *the Qur'an in Prayer* at dawn. Verily, the recitation of *the Qur'an* at dawn is specially acceptable to God (17:79)

أَقِمِ الصَّلَاةَ لِذُلُوكِ الشَّمْسِ إِلَى غَسَقِ اللَّيْلِ وَقُرْآنَ الْفَجْرِ  
إِنَّ قُرْآنَ الْفَجْرِ كَانَ مَشْهُودًا ﴿٧٩﴾

And wake up for it (the Qur'an) in *the latter part of the night* as a supererogatory service for thee. It may be that thy Lord will raise thee to an exalted station. (17:80)

وَمِنَ اللَّيْلِ فَتَهَجَّدْ بِهِ نَافِلَةً لَكَ ۗ عَلَيَّ أَنْ يَبْعَثَكَ رَبُّكَ  
مَقَامًا مَّحْبُودًا ﴿٨٠﴾



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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.*



“Salat definitely and surely dispels evils. Salat is not just going through certain postures. The essence of Salat is the supplication that has pleasure and bliss in it.

(Malfuzat Vol. 1 page 103)

# The Holy Quran Segment

**Suggested Time = 10 mins**

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





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## Recitation of the Holy Quran

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# Questions

- How many salat times are mentioned in this verse?
- What is meant by raising to Muqame Mahmood (exalted station) for the Holy Prophet (pbuh)?





- The word “Dalak Al Shams” implies three phases of the sun: declined from the meridian, or it became yellow or it set. This coincides with three prayers, Zuhr, Asar and Maghrib. Ghasaqillail (Isha’) and Fajar. Thus all five prayer times are mentioned in this verse.
- “It may be that thy Lord will raise thee to an exalted station” is a prophecy. The Holy Prophet (pbuh) will be mocked and abused by his opponents. However, the righteous as well as God himself will sing his praises and exalt his status (Five volume commentary)

# Friday Sermon Segment

**Suggested Time = 20 mins**

**It contains the following items:**

1. Synopsis of Friday Sermon (2 slides)
2. Scenario discussion and discussion questions (2 slides)
3. Guidance from Sermon to close the discussion (1 slide)
4. Take home message from the Sermon (1 slide)





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# Friday Sermon

## Be regular in Tahajjud

Address Jalsa Salana UK: July 27, 2003

## Third condition of Bai'at

یہ کہ بلا ناغہ پنج وقتہ نماز موافق حکم خدا اور رسول کے ادا کرتا رہے گا۔ اور حتی الوسع نماز تہجد کے پڑھنے اور اپنے نبی کریم ﷺ پر درود بھیجنے اور ہر روز اپنے گناہوں کی معافی مانگنے اور استغفار کرنے میں مداومت اختیار کرے گا۔ اور دلی محبت سے خدا تعالیٰ کے احسانوں کو یاد کر کے اس کی حمد اور تعریف کو اپنا ہر روزہ ورد بنائے گا۔

That he/she shall regularly offer the five daily Prayers in accordance with the commandments of God and the Holy Prophet Muhammad<sup>sa</sup> and shall try his/her best to be regular in offering the tahajjud and invoking durud on the Holy Prophet Muhammad<sup>sa</sup>. That he/she shall make it his/her daily routine to ask forgiveness for his/her sins, to remember the bounties of God and to praise and glorify Him.



## Synopsis of the Sermon

Hadrat Abu Hurairah<sup>ra</sup> narrates that the Holy Prophet<sup>sa</sup> said, ‘The first thing for which a person would be called to account is the Prayer. If he succeeds in this account, he would be successful and will attain salvation. If that account is deficient, he will be ruined and will be a loser. If there is a shortfall in the obligatory Prayers, Allah will make it up from his *nawafil*. Similarly, all his other deeds will be accounted for.’ (*Sunan-ut- Tirmadhi*)

The Holy Prophet<sup>sa</sup> said, ‘Take heed, if there is no Prayer, there is nothing. Faith without worship is no faith at all.’

Hadrat Abu Hurairah<sup>ra</sup> has related that the Holy Prophet<sup>sa</sup> said, ‘Our Lord descends every night to the lowest heaven. When one-third of the night remains, Allah says, “Who will call upon Me, so I should respond to him? Who will beg of Me, so I should grant him? And Who will ask my forgiveness, so I should forgive him?” Allah the Almighty keeps saying so until dawn breaks.’ (*Musnad Ahmad bin Hanbal*)

Many members of the Community write letters for prayers. If they practice this method of prayer themselves, they will see the blessings of Allah pouring upon them.

Everyone should keep in mind that in order to win the pleasure of Allah, to attain His love, and to have our prayers find acceptance with Allah, we need the intermediation of the Holy Prophet<sup>sa</sup>. The best way to do that—as we are told in the *hadith*—is to invoke Allah’s blessings upon him. The Promised Messiah<sup>as</sup> has also admonished that *durud* should be recited abundantly.

# Discussion Scenario

A Nasir works two jobs and comes home late. He has the habit of “catching up” on his sleep on the weekend. His wife was worried that he is not offering any Tahajjud prayers. She had tried to talk to him a few times, but there was no response.

One morning at Tahajjud time, she woke him up. He got very upset at her that she should be mindful of his sleep and rest as it is important for his health. He told her not to wake him up again.





- Was Nasir's wife justified in waking him up?
- Is Nasir's response justified?
- How would you suggest the Nasir change his habit?



Hadrat Abu Hurairah<sup>ra</sup> has related that the Holy Prophet<sup>sa</sup> said, ‘Allah will have mercy on a man who gets up at night for his [voluntary] Prayer and awakens his wife for the same purpose, and if she hesitates, he sprinkles water over her face to wake her up. And, Allah will have mercy on a woman who gets up at night to offer [voluntary] Prayer and awakens her husband for the same purpose, and if he hesitates, she sprinkles water over his face to wake him up.’

*(Sunan Abi Dawud, Kitab-us-Salat)*

**In our opinion**, we have to follow the teachings of Islam regardless of circumstances. In this case the wife was justified in her concerns and would be advisable to continue to encourage him to offer Salat including Tahajjud. The Nasir should not get upset at her encouragement to do so.





## Take "home" message

Pick one of the following topics from this Friday sermon to discuss with children/family during casual discussion:

- Discuss the status of congregational Salat in your family
- Discuss the benefits of Salat with your family
- Lead by example and offer Tahajjud prayers and encourage your family to do so?

**Tips to engage youth in conversation:** (1) Give them more talking time, and (2) use examples from Huzur's (may Allah be his helper) sermon to make a point.

# Mental and Physical health

**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**



# Mental Health



# Quiz



1. Does water expand, shrink or remains of same size when it freezes?
2. How much snow would one inch of rain equal to?
3. What is the total height of Minara-tul-Masih?



1. Most liquids shrink when they freeze. Water also shrinks up to 4°C. After that it expands with freezing. It expands about 9% (*sciencefacts.net*)
2. When the temperature drops to 30 F, one inch of liquid precipitation would fall as 10 inches of snow. However, it can vary from 5 inches to 20 inches (*nsidc.org*)
3. The height of Minara-tul-Masih is 105 feet.

# Entangle



Sometimes, you may need the power of brain rather than that of tools.

Stuck cord: From Science is amazing



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# Physical Health Segment



## High Risk of Heart Disease in South Asians



Tanvir Ahmed MD

<https://stanfordhealthcare.org/stanford-health-now/2015/south-asians-heart-disease-qa.html>





## High Risk of Heart Disease in South Asians

- **South Asians** (Pakistan India, Bangladesh and other countries in the region) are recently identified as uniquely high-risk group for Heart Disease. Men appear to have a higher risk than women
- **South Asians** have a **four times greater risk of heart disease** than the general population and have a much greater chance of having a **heart attack before age 50**.
- **Heart attacks** strike south Asian men and women **at younger ages and the attacks are more deadly** compared to any other ethnic group
- **Almost one in three in this group will die from heart disease before age 65.**

## Why are we a High-Risk Group: **Smoking and Diet**

- South Asians tend to be smokers  
!!!

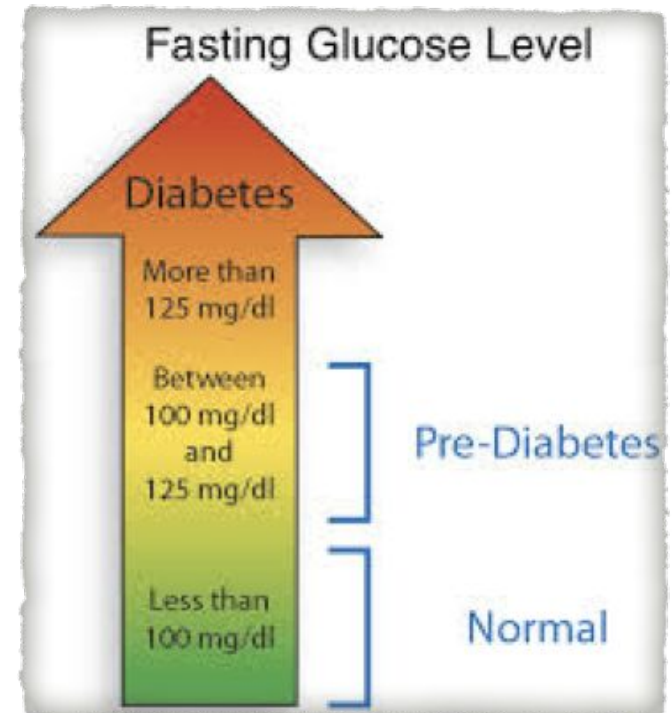


- Typical South-Asian diet tends to be high in sugar, refined grains, and fatty foods



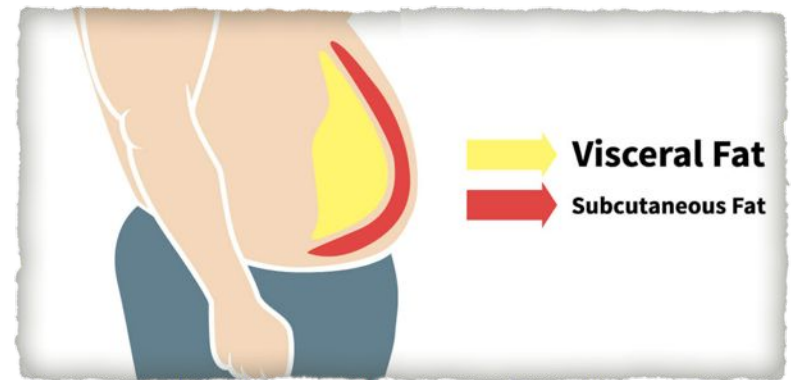
## Why are we a High-Risk Group: Pre-Diabetes

- **Pre-Diabetic.** An alarming number of South Asians appear to be **insulin resistant**, a pre-diabetic condition in which the body does not process insulin efficiently
- **Insulin-resistant and diabetic patients are at EQUAL HIGH RISK** for heart disease



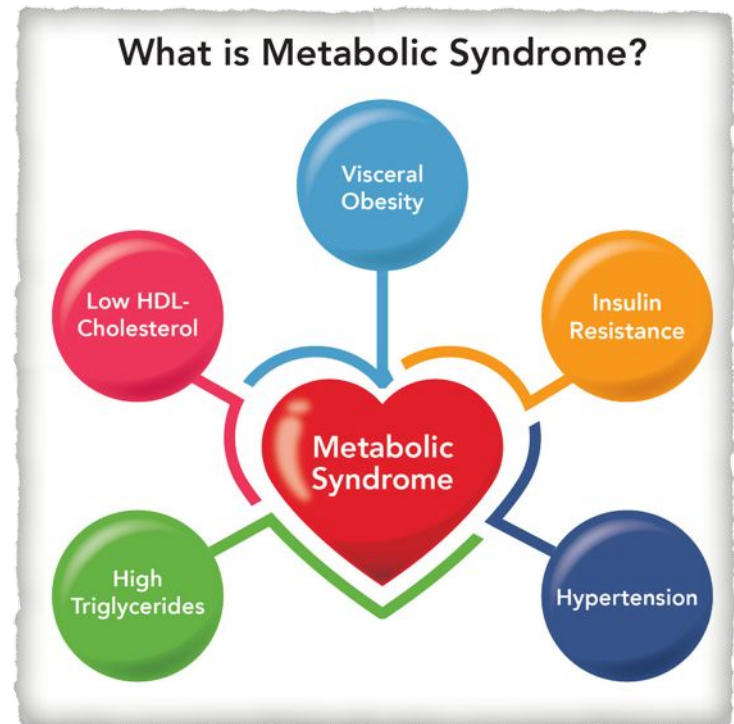
## Why are we a High-Risk Group: Thin Fat Syndrome

- **THIN FAT SYNDROME.** Body mass index (BMI) in South Asians often falls into a **Thin-fat syndrome**
- People may have an acceptable **BMI (25 or less)**, but they also carry more of their **weight in their abdomen** and that **visceral fat** is more likely to lead to a cardiovascular event (Heart Attack etc.)



## Why are we a High-Risk Group: Metabolic Syndrome

- More than 1/3rd of South Asian men and 17% of South Asian women have metabolic syndrome;
- **Metabolic syndrome is a cluster of conditions**
  - High blood pressure
  - High blood sugar levels
  - Excess body fat around the waist
  - Abnormal cholesterol levels that increase the risk of heart disease, stroke and diabetes
  - If more than one of these conditions occur in combination, the risk is even greater





## What can I do to Reduce My Risk

- **Knowledge is Power.** Becoming aware of your risk at an early age is an important first step
- **Family history.** The most important risk factor is often a family history of diabetes, high cholesterol, or heart disease, **all of which are highly prevalent in South Asian families.**
- **Regular Exercise** and **eating heart-healthy** foods will also contribute to lowering your heart disease risk
- No Smoking Vaping or any type of tobacco products
- Talk to your doctor and get a check up. Call the Helpline or Qa'id Health if you need any assistance



**Suggested Time = Zaim's discretion**

**Zaim can include any other segment of local interest in this segment**



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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!**