



**MAJLIS
ANSARULLAH
USA**

Majlis Ansārullāh Monthly Meeting

June 2022

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Agenda

- Recitation of the Holy Quran (5 mins)
- Pledge
- The Holy Quran segment (10 min)
- Khalifa's guidance segment: Based on Huzoor's address in the final session of UK Ansarullah Ijtema, 9/12/21 (20 min)
- Domestic responsibility segment (10 mins)
- Salat (Daily Prayers) Segment (5 mins)
- Health segment (10 min)
- Technology segment (5 mins)
- Open slot for local topics (10-20 mins)
- Reminders/announcements (5 mins)
- Dua'

Suggested Total Time (75 – 90 mins)



Recitation of the Holy Quran

And there are some among men who take for themselves objects of worship other than Allah, loving them as they should love Allah. But believers are stronger in their love for Allah. And if those who transgress could *now* see the time when they shall see the punishment, *they would realize* that all power belongs to Allah and that Allah is severe in punishing.

(2:166)

وَمِنَ النَّاسِ مَن يَتَّخِذُ مِن دُونِ اللَّهِ
أُنْدَادًا يُحِبُّونَهُمْ كَحُبِّ اللَّهِ ۗ وَالَّذِينَ
آمَنُوا أَشَدُّ حُبًّا لِلَّهِ ۗ وَلَوْ يَرَى الَّذِينَ
ظَلَمُوا إِذْ يَرُونَ الْعَذَابَ ۙ أَنَّ الْقُوَّةَ لِلَّهِ
جَمِيعًا ۙ وَأَنَّ اللَّهَ شَدِيدُ الْعَذَابِ ﴿١٦٦﴾



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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.*

The Holy Quran Segment

Suggested Time = 10 mins

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



Verse Recited Earlier

And there are some among men who take for themselves objects of worship other than Allah, loving them as they should love Allah. But believers are stronger in their love for Allah. And if those who transgress could *now* see the time when they shall see the punishment, *they would realize* that all power belongs to Allah and that Allah is severe in punishing.

(2:166)

وَمِنَ النَّاسِ مَنْ يَتَّخِذُ مِنْ دُونِ اللَّهِ
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Understanding the Verse

- Based on verse 2:166 what is one of the qualities of believers?
- Why should one love Allah the Almighty?



- The verse says that “believers are stronger in their love of Allah”. In other words, their love of Allah the Almighty is stronger than all other attractions and desires. We must reach high standards of love and relationship with Allah the Almighty.
- No other subject has been so completely and so repeatedly dealt with in the Quran as God’s beauty and beneficence and such of His attributes as create an irresistible love and longing in the human soul for the Supreme being.



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Khalifa's guidance (aba)

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)
3. Take home message from the speech (1 slide)



Discussion Scenario

A young Khadim approached his dad after having a discussion with his atheist friend. The two were discussing the concept of God. The atheist friend asked the Khadim as to why does he love God? The Khadim explained that if we do not follow God's commandments and do not worship Him, we will go to hell. The atheist friend exclaimed that you worship a "policeman" up in the heaven?





Questions

- Was Khadim's response, correct?
- How would you have responded to the atheist?
- What are some of the ways to earn love of Allah the Almighty?



True love of Allah the Almighty

- ***“I believe in heaven and hell and that they are a reality and that their punishments, blessings and pleasures are all true. But I say that man should not perform the worship of God on the basis of heaven or hell. Rather, he should do so because of his personal connection and love with Allah...”***
- ***“Does a mother care for her child in the hope that when the child grows older, he will feed her? No! Rather her love is pure. To such an extent that if a king was to instruct her, that if you neglect this child and it dies you shall not be punished in any way, rather will be given a reward, would she be happy with this command or would she rebuke the king? This is pure love, and it is in this spirit that one should worship Allah the Almighty, not out of a desire of any reward or fear of punishment.”***

Based on Huzoor’s address in the final session of UK Ansarullah Ijtema, 9/12/21



Take "home" message?

Please review the following with children/family during casual discussion:

- What practical steps we can take as a family to develop relationship with Allah the Almighty

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.



- ‘Men who eye their wives’ property should take heed from this that it is their responsibility to provide, and they have no right over the property of their wives. They are indeed responsible to meet the full expenses of wives and children. No matter what the situation is, even if they have to take on manual work, it is their obligation to meet the expenses of the household. If prayer is made along with hard work, Allah the Exalted blesses and grants increase [in income].’

(Friday sermon delivered on 2 July 2004 at International Centre, Mississauga, Canada. Published in Al Fazl International 16 July 2004)

Salat Page



Salat is an instrument for security against sins. It is a characteristic feature of Salat that it drives one away from sin and evil deeds. Therefore, seek that sort of Salat and try to mold your Salats accordingly. Salat is the essence of blessings. Favors of Allah are attained through the Salat. Therefore, perform it decently that you may inherit Allah's blessings. (Malfuzat Vol. 3 p 103)



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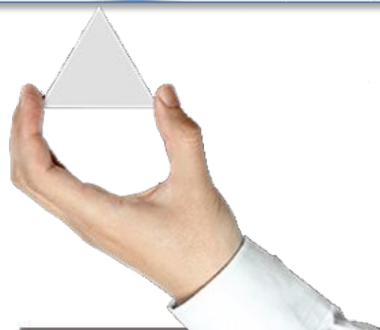
Mental & Physical health Segment

Suggested Time = 15 mins

It contains

- 1. Questions of general knowledge and/or religious knowledge followed by their answers.**
- 2. A thought-provoking video**
- 3. A physical health segment**

PHYSICAL MENTAL



Mental Health

- **What is greenhouse effect?**
 1. Green color makes house look spacious
 2. 2. Vegetables grow faster in a greenhouse
 3. 3. Gases in earth's atmosphere prevent heat from escaping into the space
- **Based on scientific experiments, inhaling steam works for COVID patients?**
 1. True
 2. False
- **What was the duration mentioned in the prophecy regarding Lekh Ram during which he was going to suffer Divine wrath?**
 1. Six years
 2. 2. No time mentioned
 3. 3. Six months



1. Gases in earth's atmosphere prevent heat from escaping into the space. This is called greenhouse effect and leads to global warming
2. False. Steam inhalation has no benefit in treating COVID
3. Within a span of six years, this person will be grievously punished by God Almighty for his disrespectfulness and profanities he uttered against the Holy Prophet of Islam. (Aeena Kamalate Islam)?





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Technology Video



Link embedded within the above thumbnail,
it can be played by clicking on it in presentation mode



<https://www.youtube.com/watch?v=B7MSwtRY5Z8>

The life of Programmer

What do programmers do?

- Essentially programmers solve problems (requirements) by writing code in small steps known as functions
- Programmers write code that logically solves problems
- Programmers need to know the syntax of a language as well the ecosystem of the language (database, filesystem, networking, etc.)
- The more code you write and review, the better you become
- Anyone can start coding and improve their skills with patience and practice



Mental Well Being

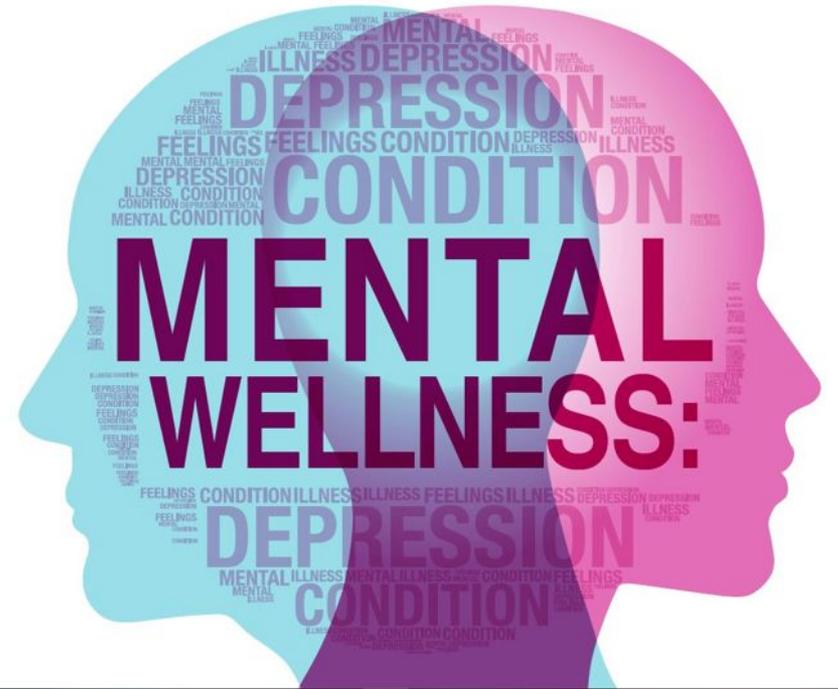
What is Mental Health

- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act
- Mental well being helps determine how we handle stress, relate to others, and make choices
- Mental health is important at every stage of life, from childhood and adolescence through adulthood
- It is a health problem like other health issues, and one should not be ashamed of or feel guilty of diagnosis



Mental Health and Wellness

1. Positive mental health allows people to
 - Realize their full potential, cope with the stresses of life, work productively, make meaningful contributions to their communities
2. Many factors contribute to mental health problems
 - Biological factors such as genes and brain chemistry
 - Life experiences such as trauma or abuse





Early Warning Signs

- **Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:**
 - Eating or sleeping too much or too little, feeling helpless or hopeless
 - Pulling away from people and usual activities, having low energy
 - Inability to perform daily tasks like taking care of your kids or getting to work or school
 - Smoking, drinking, or using drugs (new or more than usual)
 - Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
 - Yelling or fighting with family and friends, experiencing severe mood swings that cause problems in relationships
 - Having persistent thoughts and memories you can't get out of your head, hearing voices or believing things that are not true
 - Thinking of harming yourself or others



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LOCAL TOPICS



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Reminders/Announcements Dua

Jazakumullah for Participating!

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