



**MAJLIS  
ANSARULLAH  
USA**

# Majlis Ansārullāh Monthly Meeting

## August 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 keep on exhorting; for verily, exhortation benefits those who would believe.

And I have not created the Jinn and the men but that they may worship Me.

I desire no sustenance from them, nor do I desire that they should feed Me

Surely, it is Allah *Himself* Who is the Great Sustainer, the Lord of Power, the Strong

So, the fate of those who do wrong shall surely be like the fate of their fellows of old; so, let them not ask Me to hasten on *the punishment*.

Woe, then, to those who disbelieve, because of that day of theirs which they have been promised (51:56-61)

وَذَكِّرْ فَإِنَّ الذِّكْرَ يُتَنَفَعُ الْمُؤْمِنِينَ ﴿٥٦﴾

وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا

لِيَعْبُدُونِ ﴿٥٧﴾

مَا أُرِيدُ مِنْهُمْ مِنْ رِزْقٍ وَمَا أُرِيدُ

أَنْ يُطْعَمُونِ ﴿٥٨﴾

إِنَّ اللَّهَ هُوَ الرَّزَّاقُ ذُو الْقُوَّةِ الْمَتِينُ ﴿٥٩﴾

فَإِنَّ لِلَّذِينَ ظَلَمُوا ذُنُوبًا مِثْلَ ذُنُوبِ

أَصْحَابِهِمْ فَلَا يَسْتَعْجِلُونَ ﴿٦٠﴾

فَوَيْلٌ لِلَّذِينَ كَفَرُوا مِنْ يَوْمِهِمُ الَّذِي

يُوعَدُونَ ﴿٦١﴾

يُوعَدُونَ ﴿٦١﴾



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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**



## Verses Recited Earlier

And keep on exhorting; for verily, exhortation benefits those who would believe.

And I have not created the Jinn and the men but that they may worship Me.

I desire no sustenance from them, nor do I desire that they should feed Me

Surely, it is Allah *Himself* Who is the Great Sustainer, the Lord of Power, the Strong

So, the fate of those who do wrong shall surely be like the fate of their fellows of old; so, let them not ask Me to hasten on *the punishment*.

Woe, then, to those who disbelieve, because of that day of theirs which they have been promised (51:56-61)

وَذَكِّرْ فَإِنَّ الذِّكْرَى تَنْفَعُ الْمُؤْمِنِينَ ﴿٥٦﴾  
وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا

لِيَعْبُدُونِ ﴿٥٧﴾

مَا أُرِيدُ مِنْهُمْ مِنْ رِزْقٍ وَمَا أُرِيدُ

أَنْ يُطْعَمُونِ ﴿٥٨﴾

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فَإِنَّ لِلَّذِينَ ظَلَمُوا ذُنُوبًا مِّثْلَ ذُنُوبِ

أَصْحَابِهِمْ فَلَا يَسْتَعْجِلُونَ ﴿٦٠﴾

فَوَيْلٌ لِلَّذِينَ كَفَرُوا مِنْ يَوْمِهِمُ الَّذِي

يُوعَدُونَ ﴿٦١﴾

يُوعَدُونَ ﴿٦١﴾



# Understanding the Verse

- According to the verse 51:57 the purpose of our creation is worship of God. What is the meaning of “Ibadah” and how can we achieve the purpose of our creation? Please discuss



- The primary significance of the word “Ibadah” is to subject oneself to a rigorous spiritual discipline, working with all one’s inherent powers and capacities to their fullest scope, in perfect harmony with and in obedience to Divine commandments, so as to receive God’s impress and thus to be able to assimilate and manifest in oneself His attributes. This is, as stated in the verse, the great and noble aim and object of man’s creation and this is exactly what worship of God means.





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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)



## Discussion Scenario

After a local “Humanity first” event a Nasir was having dinner with some of his non-Muslim co workers. They appreciated the work “Humanity First” organization has been doing. One of them remarked that service of fellow mankind should be the main purpose of our life. The more we get “entangled” in religions the further away we move from social service and humanity. He gave examples of some extremist Muslim organizations?





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# Questions

- Does practice of religion take us away from service of mankind?
- If worship of Allah the Almighty is the purpose of our existence, why should we bother with other activities in life?



## Purpose of life

The Promised Messiah<sup>as</sup> said the pleasures of the world – such as children, wives and sustenance – were just a means of temporary rest for mankind, as a support in this life. They were only meant to assist mankind in fulfilling the rights of Allah the Almighty and the rights of mankind. They were not the sole purpose of life.

The Promised Messiah<sup>as</sup> said there were scores of Muslims who thought building large houses and preparing lavish meals were the sole purposes of life. However, Allah the Almighty in the Holy Quran said that Allah would not care of any person if they did not worship and pray to Him.

Permissible worldly pleasures are just to assist humans in their worship of Allah the Almighty.

“If we understand this purpose of life, then we will be part of the true Ansar.” It is these people who can be true “helpers” of a prophet.

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:

1. How can we improve the standards of worship in our household?

**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.



## **Domestic responsibility Segment**

- ‘Many disagreements between husband and wife stem from lack of confidence in each other. Wives complain that husbands do not tell the truth and husbands also complain that wives do not tell the truth habitually! In most of the cases they blame each other that the other had not been honest or is routinely dishonest. This affects the children, and they too start telling lies.’
- ‘It is also instructed that if you always speak the truth and try to continue to fulfil your responsibilities, in light of your efforts God Almighty will continue to reform you and will enable you to follow virtues. God will overlook your sins and your mistakes and make your home resemblance of paradise.’
- ‘It is also mentioned that they should stay firm on speaking the truth because this is the only way to establish mutual confidence, and this alone helps in honoring mutual relationship. Speaking the truth alone also enables the proper upbringing of children so that they become productive members of society.’

(Address delivered to ladies on 21 August 2004 at Jalsa Salana Germany. Published in Al Fazl International 1 May 2015)



My experience is that nothing takes one so near to God as Salat. The various postures of the Salat demonstrate respect, humility and meekness. In Qiyam (standing posture) the worshipper stands with his arms folded as a slave stands respectfully before his master and king. In Ruku‘ (bowing) the worshipper bends down in humility. The climax of humility is reached in Sajdah (prostration), which indicates extreme helplessness.

[Speeches to Jalsa Salana, 1906, pp. 6-8 ]



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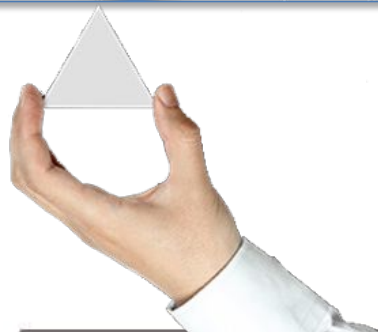
# Mental & Physical health Segment

**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

- Which country emits the most greenhouse gases?
  1. USA
  2. 2. China
  3. 3. India
- How long is home isolation recommended for an individual with COVID who has been afebrile for 24 hrs?
  1. 5 days
  2. 14 days
  3. 21 days
- Who lead the funeral prayer of the Promised Messiah (as)?
  1. Mirza Bashiruddin Mahmood Ahmad (ra)
  2. Hakim Maulvi Nooruddin (ra)
  3. Mufti Mohammad Sadiq (ra)



1. China emit 27% of greenhouse gases as opposed to 11% for USA
2. 5 days
3. Hadhrat Hakim Maulvi Nooruddin Khalifatul Masih I (ra)





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# Technology Video



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



<https://youtu.be/iyKRZm3xFI8>



# What is the cloud

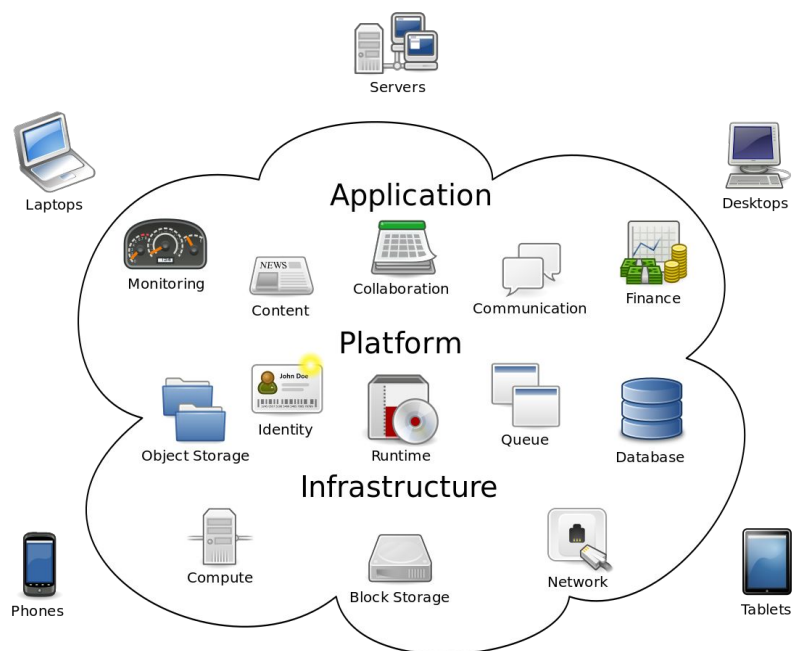
On-Demand delivery of computing resources over the internet (“the cloud”)

- All “content” is served through the cloud
- Google Docs, Microsoft 365 are programs that run in the cloud
- Dropbox, Google Drive, etc. are services that provide cloud storage
- Windows Desktop (OS) running in the cloud accessible from a phone
- Creating production-ready databases in seconds
- Accessing compute-intensive services (machine learning, chatbots, voice-to-text, AI Services, etc.)
- Requires Internet access!

## THE CLOUD

Consists of three major types of services:

- **Applications:** Google Docs, WhatsApp, Salesforce, etc.
- **Platform:** Databases, Security, Queuing services, etc.
- **Infrastructure:** servers/desktops, storage, etc.





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## For Businesses

Very little upfront investment; no physical infrastructure needed

Up and running within minutes

Compete with big businesses

Cost effective (on-demand, elastic)

Economies of Scale (savings passed on to the end user)

“Free” services: Databases, storage, image recognition, etc.)

You can build the next great service with cloud technologies



# Cancer Diagnosis Prevention & Treatment

## Cancer – It is getting Common

- Cancer is a large group of diseases that can start in almost any organ or tissue of the body. A **neoplasm and malignant tumor** are other names for cancer
- Cancer is the second leading cause of death globally, accounting for an estimated **9.6 million deaths**, or one in six deaths, in 2018
- Lung, prostate, colorectal, stomach and liver cancer are the most common cancers in men
- The **cancer burden continues to grow globally**, exerting tremendous physical, emotional and financial strain on individuals, families, communities and health systems

## Cancer Prevention

- Some **30% to 50% of cancer deaths could be prevented** by modifying or avoiding key risk factors and proven prevention methods
- **Prevention** offers the **most cost-effective long-term** strategy for the control of cancer
- The cancer burden can also be reduced through **early detection of cancer and management of patients who develop cancer**







## Cancer Prevention Strategies

- No Alcohol and tobacco (no smokeless tobacco, Vape, pipe, Huka etc)
- Eat a healthy diet with plenty of fruit and vegetables
- Exercise regularly and maintain a healthy weight
- Sexual promiscuity is a risk factor for some cancers
- Vaccination against hepatitis B etc
- Reduce exposure to ultraviolet radiation (Sun Protection against Skin Cancer)
- Avoid urban air pollution



## Early Diagnosis and Treatment

- A. Screening aims to detect early or at precancerous stage. Colonoscopy, self examination
- B. Early diagnosis identifies symptomatic cancer cases at the earliest possible stage
- C. Cancer is more likely to respond to **effective treatment when identified early**, resulting in a greater chance of survival and reduced suffering.
- D. It is also **less costly** to treat at early stages when the disease is not metastatic (widespread)
- E. Treatment options include surgery, cancer medicines and/or radiotherapy, administered alone or in combination.
- F. Palliative care, which focuses on improving the quality of life of patients and their families, is an essential component of cancer care



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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!**