

Message from Sadr Ansarullah, USA

Dear Ansar: السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

It is sadly too often that we hear news of health problems among the Ansar. Some of this inevitably comes with the territory, so to speak. Nevertheless it is incumbent upon us to pay as much attention to our physical and mental health as we do to our spiritual well-being. There is a huge amount of information available on every aspect of health related issues for men over forty; go to the internet or browse through any magazine or periodical and you will find everything you need to keep you updated on the latest medical developments. Monitoring our diet and exercise habits is of paramount importance if we want to succeed in remaining healthy as Ansar. I am, therefore, taking the liberty to reproduce a portion of the health plan written by our Qaid Zahanat wa Sehat-e-Jismani (Intellect and Physical Health), Dr. B. K. Ahmad, for your information and integration into your lives:

"The vast majority of us live sedentary lives. Most of us go to work in the morning and return late in the evening, leaving little personal time for ourselves. Even though we cannot change certain factors such as our sex, genetic heritage, we can certainly take steps to change our risk for life threatening diseases, promote longevity and enhance overall well-being.

In order to maintain good health we must get into the habit of regular exercise. Considering our age group we have to be careful and must have a medical check-up before getting started. Things to check are blood pressure, fasting blood sugar

and blood cholesterol levels. If there is a family history of heart disease, an EKG may be needed and, if necessary, an exercise stress test. If someone doesn't have health insurance a local Ahmadi doctor may be able to arrange a free check-up.

The weather in most places is fair in spring and summer. Get out into the fresh air and walk. All you need is a pair of good walking shoes and a safe place to walk. The best time is in the morning after Fajr prayers. Late evening may suit others. It sure beats sitting in front of the TV. Benefits include weight loss as well as increasing overall fitness.

Start walking slowly. Time yourself. Make sure you warm up first and cool down after each exercise period. Listen to your body. Do not overdo it. As you get used to the exercise routine and build up physical endurance, you will begin to feel better. Make adjustments in your weekly work schedule gradually to accommodate time for exercise. Share your progress with other Ansar at the monthly Ansar meeting."

I urge all members to incorporate some kind of physical activity in their daily lives. There is no doubt that this will also act as a catalyst to enhance our emotional and our spiritual lives, *Insha Allah*. May Allah give us the energy and determination to commit to improving our health, *Ameen*.

وَالسَّلَامُ

Dr. Wajeeh Bajwa

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Hadith

The Holy Prophet (peace and blessings of Allah be on him) said: "The most excellent way of remembering Allah is to proclaim: There is no one worthy of worship except Allah. And the best supplication is to profess: All praise belongs to Allah." (Tirmidhi)

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Centenary Ahmadiyya Khilafat Essay Writing Competition

The Jama'at is holding a nationwide essay-writing competition to commemorate the centennial jubilee of *Ahmadiyya Khilafat*. All participants will be awarded certificates of participation in this historical event. First three places for each category overall and for each auxiliary will also be awarded prizes. Entries received after the due date will not be considered for the competition - no exceptions.

Topic: The Institution of *Khilafat*

Due date: December 31, 2007

Rules and Regulations:

- Members may submit essay as individuals or with co-authors from the same auxiliary.
- *Category I:* The essay shall consist of a minimum of 30,000 words and a maximum of 60,000 words and must be submitted in English.
- *Category II:* The essay shall consist of a minimum of 5,000 words and a maximum of 20,000 words and must be submitted in English.
- A complete list of references must be provided: references must state authors' names, year of publication, title, edition, and publisher.
- The essay must be submitted as a MS Word file (on a disk or via e-mail).
- The following are sub-headings given only to guide the competitors. However, essays by no means should be limited to these topics:
 1. Definition, importance, and types of *Khilafat*.
 2. Institution of *Khilafat* according to the Holy Qur'an and *Ahadith*.
 3. Institution of *Khilafat* according to Muslim scholars.
 4. Importance of the station of *Khilafat*.
 5. The great objectives of *Khilafat*.
 6. Institution of *Khilafat* is a part of religion.
 7. Responsibilities of *Khilafat* and the great system of discharging them.
 8. The establishment of *Tauheed* (unity of Allah) through *Khilafat*.
 9. *Khilafat* as a means of spiritual elevation.
 10. *Khilafat* as a means of unity of Nations.
 11. Sayings of the Promised Messiah ﷺ and his *khulafa* (plural of *Khalifa*) about *Khilafat*.
 12. Blessings of *Khilafat*.
 13. Brief account of *Khilafat-e-Rashida*.
 14. History of *Ahmadiyya Khilafat* and a brief life sketch of each *Khalifa*.
 15. *Tahrikat* of *Ahmadiyya Khulafa* (schemes initiated by *Ahmadiyya Khulafa*).
 16. Great achievements of Jama'at Ahmadiyya during *Khilafat*.
 17. Establishment of *Khilafat* and our responsibilities.

Please submit your essay (on a disk or as attachment to e-mail) to: mmunir52@sbcglobal.net or M. Dawood Munir, Qa'id Ta'lim, Majlis Ansarullah, USA, 11106 Brandon Gate, Houston, TX 77095-6603

Prescribed Rates of Chanda Ansarullah

Chanda Ansar: 1% of yearly (take home) income
 Chanda Ijtema: 1/8 of total Chanda Ansar
 Chanda Publication: \$10 yearly

Example with \$12,000 Yearly Income

Chanda Ansar: \$120
 Chanda Ijtema: \$15
 Chanda Publication: \$10

From the Desk of...

Qa'id Waqf-e-Jadid

All ansar are urged to participate in the blessed scheme of Waqf-e-Jadid. This year, 865 ansar pledged for this scheme so far. Ansar who have not yet pledged for waqf-e-jadid this year are

urged to give pledges to their local muntazim mal.

Qa'id Tajnid

Zo'ama have been provided current local tajnid of their respective majalis. Ansar are

requested to contact the local za'eem in case of any change in their tajnid information such as telephone number, address change etc. so that the Ansar tajnid may be kept up-to-date.

Ansar News

- Dr. Muzaffar Ahmad of Willingboro majlis passed away on June 18, 2007 after a protracted illness, *Inna lillahe wa inna ilaihe raje'oon*.
- Hamid Ayyub, son of Maulana Abu Bakr Ayyub and uncle of Chairul Bahri, Qa'id Tehrik-e-Jadid, passed away on May 28, 2007 in Indonesia, *Inna lillahe wa inna ilaihe raje'oon*.

May Allah grant peace to the souls of the deceased and grant patience and steadfastness to their families, *Ameen*. Ansar are requested to remember the deceased and their families in their prayers.

Local Ijtema'at in Various Majalis



Ansar at local ijtema of Dallas majlis



Ansar at local ijtema of North New Jersey majlis



Ansar at ijtema of New York Metropolitan majalis



Ansar at local ijtema of Silicon Valley majlis

Learning Urdu with the Revelations of the Promised Messiah, alaihissalam

زلزلہ کا دھکا

zal●za●lah kā dhak●kā
Shock of earthquake (June 1, 1904).

zal●za●lah: earthquake dhak●kā: shock
kā: of (masculine)



Ansar at regional ijtema of Central East region

**Send detail and pictures of your local and regional events and
ansar news via email at newsletter@ansarusa.org.**

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