



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ Ansar

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We are the Helpers of Allāh.

It's That Time of Year Again!

Dear Anṣār Brothers,
As-Salāmu 'Alaikum Wa Raḥmatullāh

Our National Ijtimā' will be held on September 23-25 at Baitur Raḥmān Mosque, Silver Spring, MD. I humbly invite all of you to join this auspicious gathering.

Keeping your needs and comfort in mind, we have the following updates for you:

This year, our goal is to inspire 1313 brothers to attend. Therefore, we will be sending the names of **first 313**

registrants (who also attend the Ijtimā') to Ḥaḍrat Khalīfatul Masīḥ V (may Allāh be his helper) seeking Ḥuḍūr's special prayers. You can register at ansarusa.org/events/ijtima2016/registration.

Full Ijtimā' program is available at ansarusa.org/events/ijtima2016.

We have better **hotel choices** this year. Please book early as hotel rooms always run out in the end: ansarusa.org/events/ijtima2016/accomodation

We will Inshā'allāh have an extended



Going Door-To-Door

Zahid Mian, Qa'id Finance

In February this year, the National 'Āmila of Majlis Anṣārullāh, USA had the great honor and opportunity to have an audience with Ḥaḍrat Khalīfatul Masīḥ V (may Allāh be his helper). In that meeting, Huzoor instructed Qa'id Finance that budgets should be collected based on accurate information. In particular, Ḥuḍūr used the phrase "door-to-door" to describe how best to compile budgets, implying that every member has to be contacted to accurately capture the budget.

This year, we are saying Labbaik to the words of our beloved Khalīfah and asking all Zu'amā and/or Muntazimīn Finance to go "door-to-door" and ask each member about their budget. Likewise, we ask all members to cooperate with them and respond to this call. Inshā'allāh, with a little bit of effort, we will make clear that we are the people that the Holy Qur'ān highlights as those that hear and obey.

What is the rate for Chanda Anṣārullāh? There are three categories of Chanda Anṣārullāh: Majlis, Ijtimā', and Publications. The Majlis Chanda is 1% of take home pay; the Ijtimā' Chanda is 0.13% of take home pay; the Publications Chanda is a flat \$10. This is roughly \$120 for every \$10,000 in take home pay. See this online calculator for more details.



Şalāt area, better AV support, sumptuous BBQ, free health tests, a workshop in Urdu for our recent immigrant brothers, sports and educational competitions, and tons of brotherhood.

Above all, kindly pray for the success of our Ijtimā'. May Allāh the Exalted be the Helper and Protector of your families. Āmīn.

Was-Salām,



Faheem Younus Qureshi
Serving Majlis Anşārullāh, USA

Running like 16 at the Age of 68

Rashid Syed, LA East

At age 68, I ran and jogged 13.1 miles on Super Bowl Sunday on February 7, 2016, in Huntington Beach, CA. I wasn't alone; I was with my son, Salman Syed, other members, and twenty five thousand plus other participants. I felt pretty young when I learnt I was running along with a lady who was 89.

I have been running half marathons since 2005. Not only does it help me stay healthy it also helps raise funds for various charity organizations.

Over the years, I have been determined to treat my medical conditions—including heart issues and back pain—with diet and exercise.

Running and jogging helps you adopt an active and disciplined lifestyle. I am a living example of the fact that discipline, determination, motivation, watching diet, and doing a little exercise can cure many health conditions. Everyone experiences aches and pains with the age but at age 68, I feel pretty good about my health. If I can do it, anybody can do it.

Please get out, start walking 15-20 minutes a day, but regularly. Increase your walk to 25-30 minutes and continue until you are comfortable with the speed and distance. Don't start running until you have built speed. If you have a medical condition, you should seek advice from your doctor or Qa'id health before start running.

Planning for another ½ Marathon in February 2017.

Rashid Syed



Send your feedback and comments to newsletter@ansarusa.org



How Exercise Improves Your Quality of Life

Syed Tanvir Ahmad, Qā'id Dhahānat wa Ṣiḥat-i-Jismānī

Exercise not only helps you live longer—it helps you live better.

Wards off depression: There is a strong link between regular aerobic exercise and improved mood and stress relief and improvement in symptoms of depression.

Better Physical Well Being: Harvard Health Professionals found that men who exercised 30 minutes a day were 41% less likely than sedentary men to experience erectile dysfunction.

Sharpens wits: Aerobic activity in particular boosts blood flow to the brain, promotes good lung function, which in turn improves memory and cognition.

Improves sleep: Exercise is the only known way for healthy adults to boost the amount of deep sleep which is essential for your body to renew and repair itself.

Protects mobility and vitality: Regular exercise at midlife helps preserve mobility and independence as we age.

Paid Job Training

Zafar Malik, LA East

I would like to introduce to my Ṣaff Awwal Anṣār brothers a program that offers paid job training. It is a Federal government program for low-income individuals who are 55 or older. The program provides part-time training to individuals who are unemployed and have poor employment prospects. The Senior Community Service Employment Program has offices in each county.

SCSEP provides both community services and work-based training with an average of 20 hours a week paid with the

highest of federal, state, or local minimum wage. Participants are placed in a wide variety of community service activities at non-profit and public facilities, including day-care centers, senior centers, schools, and hospitals.

I have worked as a Job Coach in this program in San Jose for two years and highly recommend this program to brothers who think they might benefit from it. More information about this program can be found at doleta.gov/seniors



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**Send detail and pictures of your local and regional events and
Anṣār news via e-mail at newsletter@ansarusa.org.**



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Register for National Ijtimā‘

September 23, 24 and 25, 2016
Baitur Raḥmān Mosque, Silver Spring, MD

ansarusa.org/events/ijtima2016/registration