



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ Ansar

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We are the Helpers of Allāh.

My First Handshake with Ḥuḍūr

Abdul Qudus Yahya

I was one of the 100 Anṣār who went to meet Ḥaḍrat Khalīfatul Masīḥ V (may Allāh be his helper) during the ALC 2016. During my visit, I experienced love, witnessed the acceptance of prayer, and expressed my gratitude to Allāh's grace and mercy for selecting me for this blessed journey.

This was my first religious trip to London, UK. It cemented my faith in Allāh, the Holy Prophet (may peace and blessings of Allāh be on him), the Promised Messiah and the Mahdī (may peace be on him) and Khulafā'.

I experienced unconditional love from my Anṣār brethren during this trip. Love that no amount of gold and silver can bring about among people of different hues and backgrounds. The hugs, the pictures, the memories. While the cameras might have captured some of these moments, but the imprint that is left on my heart is most adorable and endearing.

I will never forget when Ḥuḍūr shook my right hand and held on, firmly, to my shoulder. It was like Ḥuḍūr shouldered all my problems. This was my first ever meeting and a first ever hand shake with Ḥuḍūr.

One remembers things he cares about, and Ḥuḍūr does care. I was born and raised in Ghana. When I introduced myself that I was from Ghana and Wa, Ḥuḍūr named my tribe. This shows Ḥuḍūr's knowledge of his diverse Jamā'at.

Ḥuḍūr did not ask me for a report but listening to Ḥuḍūr's questions I thought: "How well could I have prepared myself to answer these questions?"

The National 'Āmila of Majlis Anṣārullāh, USA had prepared but Ḥuḍūr's questions were more profound. It showed that we should make room for Allāh. He is the best planner and His representative on earth pointed out how things could have been done differently.

Among the Anṣār brothers of our caravan, I felt humility. I witnessed such brothers sleeping among big snorers like myself in one large hall whom Allāh has blessed with luxurious private homes. Yet no one complained. They endured every hardship for the sake of Allāh. It was a demonstration of "we hear and we obey."

Before ending my account, I must share the prayers that Ḥaḍrat Muṣliḥ Mau'ūd (may Allāh be pleased with him), made when he laid the foundation stone of the Fazl Mosque, London. It cemented my conviction in acceptance of prayer. Ḥaḍrat Muṣliḥ Mau'ūd prayed for the growth of the Jamā'at and for the Fazl Mosque to become a sun of spiritual light. Reading this prayer, offered in 1924, left me awestruck.

Seeing Jamā'at's progress today, I bear witness that the prayer of Ḥaḍrat Muṣliḥ Mau'ūd was accepted. Allāh has provided the means, prayed for by Ḥaḍrat Muṣliḥ Mau'ūd, in the form of Baitul Futūḥ which is the largest Mosque in Western Europe. Allāh has provided a Jāmi'ah in UK to train missionaries. Allāh has provided such great means of hospitality to the Jamā'at that a person like me is humbled to even express. As the Holy Qur'an states that we should travel in the world and see the signs of Allāh. The sign that I saw on this trip is that Allāh provides for His servant from where he expects not.

Allāh has also provided dedicated people who are sacrificing their time wealth and honor for the service of religion. The Anṣār of London did a marvelous job hosting us. They were always standing by to help. I envy them for their service and goodness.

Finally, Allāh granted me a special bounty. On the night before my departure, I was allowed to sleep in a guest house where Ḥaḍrat Khalīfatul Masīḥ V used to stay during his UK visits prior to becoming a Khalīfah.

I will never forget this trip.

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A Father's Role

"Respect your children and cultivate in them the best of manners." (Ibn Mājah)

As is evident from this Ḥadīth, Islām places great emphasis on imparting good values and morals to children. It is interesting to see the results of a recent survey that suggests that even those who reject the teachings of Islām (majority of Americans) find that providing values and morals for his children is the most important contribution of a father.

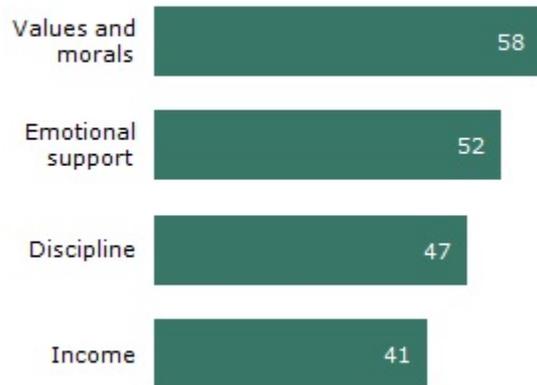
In his concluding address at the 2015 National Ijtimā of Majlis Anṣārullāh UK and USA, Ḥaḍrat Khalīfatul Masīḥ V (may Allāh be his helper) reminded us about this duty of a Nāṣir in these words:

"...presenting his example, he should become a source for the training of the young generation."

May Almighty Allāh enable each and every one of us—the followers of the Promised Messiah (may peace be on him)—to not lose sight of this utmost important role of ours. Āmīn.

A Father's Role

% who say it is "extremely important" for a father to provide this for his children



Notes: Percentage who said "Don't know/Refused" not shown. Based on full sample N=1,004.

PEW RESEARCH CENTER

Senior Centers

Zafar Malik, Los Angeles East

Senior centers are established generally in every city. These center are very useful for our senior Anṣār brothers especially for those who have recently immigrated to the U.S. I myself migrated from Pakistan a few years back and joined these centers. I participated in various programs and found these programs very beneficial.

For the benefit of Anṣār brothers, I would like to share some benefits one can derive from these centers.

- Senior centers conduct various technology courses. Many centers have their own computer labs where they teach computer courses.
- Health/medical lectures are arranged from time to time on different medical conditions that many senior Anṣār face such as diabetes, cholesterol, mental health, etc.
- These centers hold different physical exercise sessions including yoga.
- These centers also arrange trips for group of seniors.
- Pickup and drop off transportation may be available depending on eligibility.
- Many of these centers also offer volunteer opportunities that help senior Anṣār become productive.

Senior centers offer excellent opportunities for socialization and interaction with people of different backgrounds. This also offers opportunities for Tablīgh. Whenever I get a chance, I try to remove misconceptions about Islām and introduce Aḥmadiyyat the real Islām to my Jewish, Christian, Indian, and Vietnamese friends.

In fact, instead of sitting idle and resting at home, we must try to lead active life which is good religiously, socially, and health wise. I urge my senior Anṣār brothers to explore these opportunities.

Please do not hesitate to contact me at zim1946@hotmail.com if you need more information about senior centers.

Send your feedback and comments to newsletter@ansarusa.org

2017 National Amila of Majlis Anşārullah, USA

Ḥaḍrat Khalīfatul Masīḥ V (may Allāh be his helper) has graciously approved the following national ‘Āmila of Majlis Anşārullāh, USA for the year 2017. May Almighty Allāh enable each of these members to fulfill their responsibilities in the best possible manner, Āmīn.

Officeholder	Office
Faheem Younus Qureshi	Şadr
Suhail Kausar	Nā’ib Şadr Awwal
Imran Hayee	Nā’ib Şadr Şaff Dom
M. Dawood Munir	Nā’ib Şadr
Maqbool Ahmad Tahir	Qā’id ‘Umūmī
Rafiuddin Malik	Qā’id Ishā’at (Publications)
Basharat Ahmad Wadan	Qā’id Īthār (Social Services)
Zahid Mian	Qā’id Māl (Finance)
Karim Sharif	Qā’id Ta’līm (Education)
Munir Malik	Qā’id Ta’līmul Qur’ān (Education of the Holy Qur’ān)
Mirza Ghulam Rabbi	Qā’id Tablīgh (Preaching)
Hassiem Abdullah Babatu	Qā’id Tahrik Jadid
Muhammad Shahid Mahmood	Qā’id Tajnīd (Membership)
Tahir Soofi	Qā’id Tarbiyat (Training)
Rizwan Alladin	Qā’id Tarbiyat Nau Mubā’i’in (New Converts)
Mooda Shiraz Mantara	Qā’id Waqf Jadīd
Syed Tanvir Ahmad	Qā’id Dhahānat wa Şiḥat Jismānī (Intellect and Physical Health)
Mansoor Bhatta	Auditor
Pervaiz Khan	Mu’āwin Şadr (IT)
Abdul Hadi Ahmad	Mu’āwin Şadr (Special Projects)

Majlis Anşārullāh, USA is offering Anşār Ṭāhir Scholarship to Anşār for up to \$4,000 per year per applicant for a maximum of two year training (maximum amount is \$8,000 per applicant). The scholarship is for vocational training of Anşār to improve their employability. The scholarship will be granted on “first-come, first-served” basis. There is no deadline for the application. In most cases, payments will be made directly to the training institution. Applications should be submitted through the local Za’im Anşārullāh. Applicants will be selected based on the following criteria:

- The applicant is a bona fide member of Majlis Anşārullāh, USA in good standing.
- The applicant has identified a new or alternate career path and is capable and willing to undertake successful completion of the proposed training.

Aḥmadiyya Movement in Islām, Inc.
P.O. Box 226, Chauncey, OH 45719

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Health Blog—Don't Skip Breakfast

Syed Tanvir Ahmed, Qā'id Dhahānat wa Ṣiḥat Jismānī (Intellect and Physical Health)

A proper breakfast is one of the most important things for good health.

Breakfast skippers tend to gain weight—when they are in fact trying to Lose Weight.

A balanced breakfast includes fresh fruit, a high-fiber breakfast cereal, low-fat milk or yogurt, whole-wheat toast, and a boiled egg.

For healthy breakfast recipes, visit: www.aicr.org/healthyrecipes/breakfast.html

Source: American Institute for Cancer Research

