

We are the Helpers of Allāh.

An Upward Journey

Imran Hayee, Şadr Majlis

Dear Anşār Brothers,
As-Salamu 'Alaikum Wa Rahmatullah

Ten years ago, I was a Khādim and loved being a Khādim. I even put forward a Shūrā proposal in my last year of MKA for trying to increase the age limit of a Khādim. I was in love with MKA and did not want to leave it at any cost because I did not know what lied ahead. Since I joined Majlis Anşārullāh, I have received similar or in some cases much more love and respect from my Anşār brothers that I can't explain in words. I can just tell you that my heart is ecstatic and is filled with gratitude to Almighty Allāh for granting me such an addictive environment of brotherhood in Majlis Anşārullāh.

I am not saying this because I have been entrusted with the responsibility of Şadr Majlis Anşārullāh USA but because I have enjoyed Majlis Anşārullāh for the past 9 years as a happy follower without worrying about how to steer. In fact, now, I am not sure how to prepare myself for taking this enormous responsibility. I am still not ready to take the driving seat but I will draw my strength from your brotherhood and prayers as well as from the continuous guidance of Ḥaḍrat Khalīfatul-Masīḥ (may Allāh be his helper) to carry out this immense responsibility, Inshā'allāh.

I would also like to take this opportunity to say Jazākumullāh to our very dear brother, Dr. Faheem Younus Qureshi Şāḥib for tirelessly leading this Majlis for the last 4 years. Şadr Şāḥib, you showed us how to carry out Ḥuḍūr's instructions with the utmost humility and diligence. May Almighty Allāh abundantly reward you and your family for their countless sacrifices. Although the command of this caravan is changing now and it could change again after two years but that does not mean that our brotherhood is

going to be affected by this. We will be working in the same brotherly spirit regardless how our roles transform, Inshā'allāh.

At the end, my dear brothers, I would like to remind you the promise of Almighty Allāh which He has made with the Holy Prophet (may peace and blessings of Allāh be on him) and his true followers:

Surely every hour that follows is better for thee than the one that precedes. (The Holy Qur'an, 93 [Al-Ḍuḥā]:5)

Majlis Anşārullāh USA will ride on this promise and keep progressing with each passing day, Inshā'allāh. Please don't be mistaken though! This upward journey is bound to happen but it's not because of "me" or because of "you." It's only because of "us" working as a team united under the umbrella of Khilāfat. This is the only recipe of success.

My dear brothers, let's keep praying and striving to remain united and enjoy being part of this upward journey ahead. May Almighty Allāh be with us all, Āmin.

With love and prayers,

Wassalām,

Imran Hayee
humbly serving Majlis Anşārullāh USA



Mark Your Calendars

2018 Anşārullāh National Ijtimā'

will be held on

September 21, 22, 23

at

Baitur Raḥmān Mosque, Silver Spring, MD

An Advice about Requesting Prayers

Ghayyur Manan Khan, Za'im Georgia-SC

Ḥaḍrat Muṣliḥ Mau'ūd (may Allāh be pleased with him) once pointed out an erroneous tradition regarding prayer requests. He said: "People in our Jamā'at have adapted a habit that when they meet they casually request each other for prayers and move forward. Neither, the one who is requesting prayers has firm faith in his heart that the other will definitely pray for him nor does it catches the listener's attention. It has become just like a ritual or a tradition; as when people see each other and ask about their wellbeing, similarly these people, like any other tradition, request each other for prayers.

Now, if we continue it just like a tradition then gradually the grandeur of the prayer will diminish. Always

request only such people for prayers who you believe will definitely pray, and do not request for prayers to those who you believe will not pray, so that the grandeur of prayer may not decrease in the hearts of people. And the one who has been requested for prayers, it is incumbent upon him to pray, whatever way one can, either by name or collectively for all those who have requested them for prayers. One cannot remember everything; especially, those who are being requested for prayers by hundreds, they cannot remember everyone's name. For them there is a way that whenever one is asked to pray, he should pray then and there. (Friday sermon, Nov. 3, 1945)

Increasing Monthly Meeting Attendance

Baltimore Majlis

Alḥamdulillāh, the attendance has generally been good in our Anṣār general meeting here in the Baltimore Majlis but nothing like what we are experiencing in the last 12 months or so. When you see nearly 30 brothers sitting in a conference room with almost no vacant chair, when you see an 85-year-old Nāṣir contributing to the discussion just as much as a 45-year-old, you know something has gone terribly right.

Here are a few practical things we believe have worked for the Baltimore Majlis:

- Holding the monthly Anṣār meetings on the exact same date and time every month—after Ṣuḥr Prayer on the first Sunday of every month.
- Synchronizing our auxiliary meetings so Lajna, Khuddām, and Anṣār all hold meetings at the same time to keep the family unit together.
- Closely following the interactive meeting format and materials provided by National and not doing "our own thing."
- Za'im Majlis does a great job of involving new members. Agenda is distributed within a few Anṣār, making interaction easy.



In the end, it is the Almighty Allāh who blesses our efforts. We pray that Almighty Allāh may continue to strengthen our brotherhood, Āmīn.

Do you have a faith-enhancing experience or an Ijtimā' brotherhood story to share?

Send your inspiring stories at newsletter@ansarusa.org

that we can share with Anṣār brothers via our newsletters.

2018 Anşār National Departmental Goals

The Majlis' 2018 national departmental goals are as follows. Help from local Majālis is instrumental in achieving these goals. Anşār are urged to fully participate in activities arranged by their local Majālis to make achieving these goals possible.

Department	Goals
'Umūmī	<ul style="list-style-type: none"> • General meeting attendance at least 50% or more every month • Achieve attendance target for National Ijtimā'
Publications	Publish: <ul style="list-style-type: none"> • 26 bi-weekly e-newsletters • 3 to 6 print newsletters • Year-in-review issue of Al-Naḥl
Tajnīd	<ul style="list-style-type: none"> • Verify contact information of 2700 members and update national Tajnīd system with changes in mailing address, phone, email, etc.
Finance	<ul style="list-style-type: none"> • Participation of 2700 Anşār • Each Za'im to contact each member in his Majlis for budget preparation
Taḥrīk Jadīd	<ul style="list-style-type: none"> • 90% of Anşār participation in Taḥrīk Jadīd
Waqf Jadīd	<ul style="list-style-type: none"> • 90% of Anşār participation in Waqf Jadīd
Tarbiyat	<ul style="list-style-type: none"> • All Anşār watching or listening to Ḥuḍūr's (may Allāh be his helper) Friday sermons and discussing with their families, at least once a month • 50% of earning and Chanda-paying Anşār to join the System of Wasiyyat
Ta'līm	<ul style="list-style-type: none"> • 40% of Anşār taking and completing Ta'līm Test I and II
Ta'līmul Qur'ān	<ul style="list-style-type: none"> • All Anşār regularly reciting the Holy Qur'ān with its translation and/or commentary
Tarbiyat Nau Mubā'ī'in	<ul style="list-style-type: none"> • Create and implement a short workbook for Nau Mubā'ī'in • Ensure Nau Mubā'ī'in are active and participating in local and national events of the Jamā'at and Majlis Anşārullāh
Tablīgh	<ul style="list-style-type: none"> • Motivate 100% Anşār to participate in at least one Tablīgh activity a month • Enable local Muntazim to organize one group Tablīgh activity a month • Provide opportunity to all Anşār to participate in National Tablīgh Campaigns
Social Services	<ul style="list-style-type: none"> • 1500 visits to sick/elderly/inactive members
Health	<ul style="list-style-type: none"> • At least 30% of members to exercise regularly (4 times a week or more) • Support Anşār health care services via Anşār Help Line
Auditor	<ul style="list-style-type: none"> • Audit 50 Majālis' accounts during the year • Conduct yearly audit of income and expenses submitted by Majālis and National departments

Send your feedback and comments at newsletter@ansarusa.org

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



To access materials from various departments of Majlis Anṣārullāh USA, archives of Anṣār periodicals, calendar of events, and other useful information and tools, visit ansarusa.org.

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Cancer Prevention

Syed Tanvir Ahmad, Qā'id Health

The risk of cancer increases with age in many cases. Family History is important in many cancers. Lifestyle is perhaps the biggest cancer risk factor that you can change and reduce your risk of new cancer, affect cure, and fight complications of the disease. Here are a few recommendations:

- Eat a nutritious diet consisting of vegetables, fruits, and less of meat. Use honey wherever you need sugar and sweetener. Avoid high fat, high meat diets. Certain foods are particularly beneficial: honey, olive oil.
- Exercise regularly at least 30 minutes a day for five or more days of week.

- Maintain ideal body weight and keep your BMI in the healthy range.
- Do not use any form of tobacco, not just cigarettes.
- No intoxicants (alcohol, drugs).
- Wear UVA / UVB-protective sunscreen.
- Get screened (Colonoscopy, Mammogram). Many cancers have strong genetic component and screening can detect and cure some cancers when diagnosed in early disease stage.

Source: Harvard Health Publishing