



**MAJLIS  
ANSARULLAH  
USA**

# **Majlis Ansārullāh Monthly Meeting**

## **August 2024**

### **Where is Jesus<sup>as</sup>?**

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- Recitation and translation of the Holy Quran
- Pledge
- Hadith
- Discussion segment
- Salat (Daily Prayers)
- Al-Wasiyyat
- Zahanat
- Reading The Holy Quran
- Health segment
- Local Time – Missionary Comments/Reminders/Announcements
- Du'a

# Recitation of the Holy Quran

When Allah said, 'O Jesus, I will cause thee to die a natural death and will exalt thee to Myself and will clear thee from the charges of those who disbelieve and will place those who follow thee above those who disbelieve, until the Day of Resurrection; then to Me shall be your return, and I will judge between you concerning that wherein you differ.

إِذْ قَالَ اللَّهُ يُعِيسَى إِنِّي مُتَوَفِّيكَ وَرَافِعُكَ إِلَيَّ  
وَمُطَهِّرُكَ مِنَ الَّذِينَ كَفَرُوا وَجَاعِلُ الَّذِينَ  
اتَّبَعُوكَ فَوْقَ الَّذِينَ كَفَرُوا إِلَى يَوْمِ الْقِيَامَةِ ثُمَّ  
إِلَىٰ مَرْجِعِكُمْ فَأَحْكُمُ بَيْنَكُمْ فِيمَا كُنْتُمْ فِيهِ  
تَخْتَلِفُونَ ﴿٥٦﴾

[Chapter 3, Verse 56](#)

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

*Say this part three times:*

Ash-hadu • alla ilaha • illallahu • wahdahu • la sharika lahu • wa ash-hadu • anna Muhammadan • `abduhu • wa rasuluh

*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 promise that • I shall endeavor • till the end of my life • for the consolidation • and propagation of Islām Ahmadiyyat • and for upholding • the institution of Khilafat. • I shall also be prepared • to offer the greatest sacrifice • for this cause. • Moreover, • I shall urge all my children • to remain true • to Khilafat Ahmadiyya. • *Insha'Allah.*

O Allah, Bless Muhammad<sup>sa</sup> and the people of Muhammad<sup>sa</sup>, as Thou didst bless Abraham and the people of Abraham. Thou art indeed the Praiseworthy, the Glorious. Prosper, O Allah, Muhammad<sup>sa</sup> and the people of Muhammad<sup>sa</sup>, as Thou didst prosper Abraham and the people of Abraham. Thou are the Praiseworthy, the Glorious

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى  
إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَّجِيدٌ، اللَّهُمَّ بَارِكْ  
عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ  
إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَّجِيدٌ -

Narrated 'Aishar<sup>ra</sup>: Allah's Messenger<sup>sa</sup> died while Abu Bakr<sup>ra</sup> was at a place called As-Sunah (Al-'Aliya) 'Umar<sup>ra</sup> stood up and said, "By Allah! Allah's Messenger<sup>sa</sup> is not dead!" 'Umar<sup>ra</sup> (later on) said, "By Allah! Nothing occurred to my mind except that." He said, "Verily! Allah will send him and he will cut the hands and legs of some men." Then Abu Bakr<sup>ra</sup> came and uncovered the face of Allah's Messenger<sup>sa</sup>, kissed him and said, "Let my mother and father be sacrificed for you, (O Allah's Messenger<sup>sa</sup>), you are good in life and in death. By Allah in Whose Hands my life is, Allah will never make you taste death twice." Then he went out and said, "O oath-taker! Don't be hasty." When Abu Bakr spoke, 'Umar sat down. Abu Bakr praised and glorified Allah and said, No doubt! Whoever worshipped Muhammad, then Muhammad is dead, but whoever worshipped Allah, then Allah is Alive and shall never die." Then he recited Allah's Statement.: **"(O Muhammad) Verily you will die, and they also will die."** (39:31) He also recited:

**"Muhammad is no more than an Apostle; and indeed the Apostles have passed away, before him, If he dies Or is killed, will you then Turn back on your heels? And he who turns back On his heels, not the least Harm will he do to Allah And Allah will give reward to those Who are grateful."** (3:145).

*(Sahih Al-Bukhari, the Book about the Virtues of the Companions of the Prophet<sup>sa</sup>)*

**Suggested Time 15 mins**



# Recitation of the Holy Quran

When Allah said, 'O Jesus, I will cause thee to die a natural death and will exalt thee to Myself and will clear thee from the charges of those who disbelieve and will place those who follow thee above those who disbelieve, until the Day of Resurrection; then to Me shall be your return, and I will judge between you concerning that wherein you differ.

إِذْ قَالَ اللَّهُ يُعِيسَى ابْنِ مَرْيَمَ إِنِّي فَتَوَفِّيكَ وَرَافِعُكَ إِلَيَّ  
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فَوْقَ الَّذِينَ كَفَرُوا إِلَى يَوْمِ الْقِيَامَةِ ثُمَّ  
إِلَىٰ مَرْجِعِكُمْ فَأَحْكُمُ بَيْنَكُمْ فِيمَا كُنْتُمْ فِيهِ  
تَخْتَلِفُونَ ﴿٥٦﴾

[Chapter 3, Verse 56](#)

You were sitting among your friends discussing the attributes of Allah the Almighty. You mentioned that Allah is the all powerful and whenever He wants, He says "Be; and it is". One non-Ahmadi friend asked a question, "If God is so powerful, how come you do not believe in physical ascension of Prophet Jesus<sup>as</sup> when most Muslims believe in it?".

How would you answer this question from the Holy Quran?





## DEATH OF JESUS OF NAZARETH Izala-e Auhaam, part 2, page 765, 1891

## وفات مسیح ناصریؑ

Son of Mary has passed away, by God,  
That noble one has entered the Paradise.

ابن مریمؑ مر گیا حق کی قسم داخلِ جنت ہوا وہ محترم

The Quran fully asserts to his death;  
It informs of his passing away.

مارتا ہے اُس کو فرقاں سر بسر اُس کے مر جانے کی دیتا ہے خبر

He has not remained outside of mortality;  
It has been proved by the thirty verses.

وہ نہیں باہر رہا اموات سے ہو گیا ثابت یہ تیس آیات سے

## Some verses and their explanation

# Recitation of the Holy Quran

## Allah caused Jesus to die. Clear proof of his death 3:56

When Allah said, 'O Jesus, I will cause thee to die a natural death and will exalt thee to Myself and will clear thee from the charges of those who disbelieve and will place those who follow thee above those who disbelieve, until the Day of Resurrection; then to Me shall be your return, and I will judge between you concerning that wherein you differ.

### [Chapter 3, Verse 56](#)

*Proof:* The word *mutawaffeeaka* means "I will cause you to die". Whenever God is the *fa'il* (subject) and man is the *maf'ul* (object), it always refers to death. It means that God takes the soul of the man. In this case, it applies to Jesus<sup>as</sup> which in turn means that he has passed away.

إِذْ قَالَ اللَّهُ يُعِيسَى إِنِّي مُتَوَفِّيكَ وَرَافِعُكَ إِلَيَّ  
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إِلَيَّ مَرْجِعُكُمْ فَأَحْكُمُ بَيْنَكُمْ فِيمَا كُنْتُمْ فِيهِ  
تَخْتَلِفُونَ



# Understanding the verses

**Jesus did not die an accursed death on the cross but met a dignified death (4:159)**

On the contrary, Allah exalted him to Himself. And Allah is Mighty, Wise. [[4:159](#)]

بَلْ رَفَعَهُ اللَّهُ إِلَيْهِ<sup>ط</sup> وَكَانَ اللَّهُ عَزِيزًا حَكِيمًا ﴿١٥٩﴾

**Proof:** This means that Jesus Christ<sup>as</sup> did not suffer an accursed death by dying on the cross. Instead, God exalted him to Himself. The word rafa'a here refers to a kind of death which is dignified and exalted. The same word has been used in reference to Hazrat Idrees<sup>as</sup> in reference to the exaltation of his status (see [19:58](#)).

# Understanding the verses

## Jesus does not eat food anymore and the Prophets can't survive without eating. (5:76, 21:9)

The Messiah, son of Mary, was only a Messenger; surely, Messengers *like unto him* had indeed passed away before him. And his mother was a truthful woman. They both used to eat food. [5:76]

مَا الْمَسِيحُ ابْنُ مَرْيَمَ إِلَّا رَسُولٌ قَدْ خَلَتْ مِنْ قَبْلِهِ الرُّسُلُ  
وَأُمُّهُ صِدِّيقَةٌ كَانَا يَأْكُلَنِ الطَّعَامَ أَنْظُرْ كَيْفَ نُبَيِّنُ لَهُمُ  
الْآيَاتِ ثُمَّ أَنْظِرْ أَنِّي يُؤْفَكُونَ ﴿٢٦﴾

**Proof:** It is clearly stated that both Jesus<sup>(as)</sup> and his mother no longer eat food as understood from the Arabic word *kaanaa*, which is for past tense. Just as Mary<sup>as</sup> no longer eats food and has died, the same applies to Jesus<sup>as</sup>.

And We did not give them bodies that ate no food [21:9]

وَمَا جَعَلْنَاهُمْ جَسَدًا لَا يَأْكُلُونَ الطَّعَامَ وَمَا كَانُوا خَالِدِينَ ﴿٩﴾

**Proof:** No physical body can remain without food. This is the practice of God. Why should we believe Jesus<sup>as</sup> to be an exception to this?

## Only three phases of life of Prophet Jesus<sup>as</sup> 19:34

And peace was on me the day I was born,  
and *peace there will be on me* the day I shall  
die, and the day I shall be raised up to  
life *again*. [[19:34](#)]

وَالسَّلَامُ عَلَيَّ يَوْمَ وُلِدْتُ وَيَوْمَ أَمُوتُ وَيَوْمَ أُبْعَثُ حَيًّا ﴿٣٤﴾

**Proof:** There are only three episodes mentioned here for Jesus<sup>as</sup>, namely, his birth, death, and life in the hereafter. If his physical ascent to heaven and physical descent from heaven were supposed to occur, they should have been mentioned here.

## Jesus was worshiped by Christians. This proves he is dead 16:21-22

And those on whom they call beside Allah create not anything, but they are themselves created. [[16:21](#)]

وَالَّذِينَ يَدْعُونَ مِنْ دُونِ اللَّهِ لَا يَخْلُقُونَ شَيْئًا وَهُمْ يُخْلَقُونَ ﴿٢١﴾

*They are* dead, not living; and they know not when they will be raised. [[16:22](#)]

أَمْوَاتٌ غَيْرُ أَحْيَاءٍ وَمَا يَشْعُرُونَ أَيَّانَ يُبْعَثُونَ ﴿٢٢﴾

**Proof:** All those persons who are considered 'gods' according to these verses are dead. Jesus Christ<sup>as</sup> is also believed to be god and he is dead.

## Jesus not given unusually long/everlasting life 21:35

We granted not everlasting life to any human being before thee. If then thou shouldst die, shall they live *here* for ever? [[21:35](#)]

وَمَا جَعَلْنَا لِبَشَرٍ مِّن قَبْلِكَ الْخُلْدَ أَفَإِنَّ مِثَّ فَهْمُ  
الْخُلْدُونَ ﴿٣٥﴾

**Proof:** This verse explains that all people are subject to only one Way of God. No one has escaped death, nor will anyone escape death in the future. Everyone gets old and eventually dies, and Jesus Christ<sup>as</sup> is not an exception to this rule.



## Human prophets can't bodily ascend to the heaven 17:94

'Or thou ascend up into heaven'...Say,  
'Holy is my Lord! I am not but a  
man *sent as a Messenger*.' [[17:94](#)]

أَوْ يَكُونَ لَكَ بَيْتٌ مِّنْ زُخْرَفٍ أَوْ تَرْتُقِي فِي السَّمَاءِ ط وَلَكِن نُّؤْمِنُ  
لِرُقِيِّكَ حَتَّى تَنْزِلَ عَلَيْنَا كِتَابًا نَقْرُؤُهُ ط قُلْ سُبْحَانَ رَبِّي هَلْ  
كُنْتُ إِلَّا بَشَرًا رَسُولًا ع ﴿٩٤﴾

**Proof:** The disbelievers had asked the Holy Prophet<sup>sa</sup> to raise himself to heaven and they were told through Divine revelation that it is not the Way of God to raise a human body to heaven. If we are to suppose that Jesus Christ<sup>as</sup> did rise bodily to heaven, it would render the reasoning of this verse invalid and lead to a contradiction in the Holy Quran. Hence, the purely established truth in this matter is that Jesus Christ<sup>as</sup> did not go to heaven in his physical body. Instead, he died, and his soul went to heaven.

## Jesus was a prophet preceding prophet Muhammad<sup>sa</sup>, hence he is dead 3:145

And Muhammad is only a Messenger. Verily, *all* Messengers have passed away before him. If then he die or be slain, will you turn back on your heels?. And Allah will certainly reward the grateful. [[3:145](#)]

وَمَا مُحَمَّدٌ إِلَّا رَسُولٌ قَدْ خَلَتْ مِنْ قَبْلِهِ الرُّسُلُ أَفَإِنْ  
مَاتَ أَوْ قُتِلَ انْقَلَبْتُمْ عَلَىٰ أَعْقَابِكُمْ وَمَنْ يَنْقَلِبْ عَلَىٰ  
عَقْبَيْهِ فَلَنْ يَضُرَّ اللَّهَ شَيْئًا وَسَيَجْزِي اللَّهُ الشَّاكِرِينَ ﴿١٤٥﴾

**Proof:** The reasoning of this verse is as follows: *If it is necessary for a Prophet to live forever in this world, then present an example of such a Prophet from the past.* If Jesus<sup>as</sup> were considered as an exception to this, the verse will lose its meaning.

In short, prayer is that sovereign remedy which converts a handful of dust into precious metal. It is the water which washes out inner impurities. With such prayer, the soul melts and, flowing like water, falls at the threshold of the Divine. It stands before God and bows down before Him and prostrates itself before Him. Indeed, the Salat that Islam teaches is a reflection of such prayer. The standing of the soul in prayer is that it is prepared to endure every misfortune for the sake of God and is eager to carry out His commands, and its bowing down means that, discarding all other loves and relationships, it leans towards God and becomes His; and its prostration is that, falling at the threshold of God, it loses itself altogether and wipes out its own being. This is the Salat which brings about a meeting between God and the worshipper. The Islamic law depicts its picture in the shape of the daily Salat so that the physical Salat should urge a worshipper towards the spiritual Salat.

**Lecture Sialkot, Ruhani Khaza'in, vol. 20, pp. 222-224**

غرض دعا وہ اکسیر ہے جو ایک مشتِ خاک کو کیمیا کر دیتی ہے اور وہ ایک پانی ہے جو اندرونی غلاظتوں کو دھو دیتا ہے۔ اُس دعا کے ساتھ روح پگھلتی ہے اور پانی کی طرح بہہ کر آستانہ حضرت احدیت پر گرتی ہے۔ وہ خدا کے حضور میں کھڑی بھی ہوتی ہے اور رکوع بھی کرتی ہے اور سجدہ بھی کرتی ہے۔ اور اسی کی ظل وہ نماز ہے جو اسلام نے سکھلائی ہے اور روح کا کھڑا ہونا یہ ہے کہ وہ خدا کے لئے ہر ایک مصیبت کی برداشت اور حکم ماننے کے بارے میں مستعدی ظاہر کرتی ہے اور اس کا رکوع یعنی جھکنا یہ ہے کہ وہ تمام محبتوں اور تعلقوں کو چھوڑ کر خدا کی طرف جھک آتی ہے اور خدا کے لئے ہو جاتی ہے اور اُس کا سجدہ یہ ہے کہ وہ خدا کے آستانہ پر گر کر اپنے تئیں بکلی کھو دیتی ہے اور اپنے نقش وجود کو مٹا دیتی ہے۔ یہی نماز ہے جو خدا کو ملاتی ہے اور شریعت اسلامی نے اس کی تصویر معمولی نماز میں کھینچ کر دکھلائی ہے تا وہ جسمانی نماز روحانی نماز کی طرف محرک ہو

Since great tidings have been given to me about this graveyard and because God did not only say that this graveyard is Bahishti, but also said

أَنْزَلَ فِيهَا كُلَّ رَحْمَةٍ

that is, every kind of blessing has been sent down upon this graveyard and there is no blessing which is not shared by those who are buried in this graveyard, God has inclined my heart through His Wahi-e-Khafi towards the idea that for the burial in the graveyard some conditions should be prescribed and only those should get admittance who, because of their truthfulness and their perfect righteousness, comply with them.

اور چونکہ اس قبرستان کے لئے بڑی بھاری بشارتیں مجھے ملی ہیں اور نہ صرف خدا نے یہ فرمایا کہ یہ مقبرہ بہشتی ہے بلکہ یہ بھی فرمایا کہ اُنزَلَ فِيهَا كُلُّ رَحْمَةٍ یعنی ہر ایک قسم کی رحمت اس قبرستان میں اتاری گئی ہے اور کسی قسم کی رحمت نہیں جو اس قبرستان والوں کو اُس سے حصہ نہیں۔ اس لئے خدا نے میرا دل اپنی وحی خفی سے اس طرف مائل کیا کہ ایسے قبرستان کے لئے ایسے شرائط لگا دیئے جائیں کہ وہی لوگ اس میں داخل ہو سکیں جو اپنے صدق اور کامل راستبازی کی وجہ سے اُن شرائط کے پابند ہوں سو وہ تین<sup>۳</sup> شرطیں ہیں۔ اور سب کو بجالانا ہوگا۔

What is the strongest muscle in the human body?

1. Biceps
2. Quadriceps
3. Heart
4. Jaw Muscle

What is the fastest land animal?

1. Cheetah
2. Ostrich
3. Lion
4. Deer

What is a group of crows called?

1. A pack
2. A flock
3. A murder
4. A caw

What is the strongest muscle in the human body?

1. Biceps
2. Quadriceps
3. Heart
4. **Jaw Muscle (The Masseter)**

### [The Masseter](#)

The masseter a primary muscle of mastication and it is one of the strongest of human muscles.

What is the fastest land animal?

1. **Cheetah**
2. Ostrich
3. Lion
4. Deer

Per the [Encyclopedia Britannica](#), capable of going from 0 to 60 miles per hour in less than three seconds, the cheetah is considered the fastest land animal.

What is a group of crows called?

1. A pack
2. A flock
3. **A murder**
4. A caw

### [Murder](#)

A group of crows is called a "murder." There are several different explanations for the origin of this term, mostly based on old folk tales and superstitions. For instance, there is a folktale that crows will gather and decide the capital fate of another crow.

## Quran Tajweed Basics

### Noon Sakin – Idgham without Ghunnah

In Tajweed, Idgham means to merge one letter into another. If Noon Sakin (نْ) and Tanween are followed by Lām or Rā Mashaddad (رَّ) then a complete Idgham (merge) without nasal sound is made. The Noon and Tanween sounds should be completely eliminated.

راء متحرك/راء مشدد		لام متحرك /لام مشدد	
نون ساكن	نون ساكن	نون ساكن	نون ساكن
رَعُوفٌ رَّحِيمٌ	مِنْ رَبِّهِمْ	خَيْرٌ لَّكُمْ	مِنْ لَدُنْكَ
رَعُوفٌ رَّحِيمٌ	مِنْ رَبِّهِمْ	خَيْرٌ لَّكُمْ	مِنْ لَدُنْكَ
رَبِّ رَّحِيمٍ	مِنْ رَّوْحِ اللَّهِ	مُصْفَرًّا الظُّلُومِ	أَنْ لَا

A Common mistake while calling Azaan: أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ (Ash-hadu **an-la**-ilaha illa-llah)  
**Correct:** (Ash-hadu **alla** ilaha illa-llah)



[Click here for a short video](#)



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# Health





# **SUGARS AND ADDED SUGARS**

Tanvir Ahmed

# SUGAR ADDICTION

Sugar activates the reward and pleasure centers of our brains the same way addictive substances do.

B & J CHOC CARAMEL COOKIE DOUGH  546 CAL 50G SUGAR	MAGNUM CLASSIC  434 CAL 38G SUGAR	PER 200ML B & J BIRTHDAY CAKE  468 CAL 48G SUGAR	HAAGEN DAZS SALTED CARAMEL  564 CAL 47G SUGAR	MAGNUM WHITE CHOC  436 CAL 42G SUGAR
GREEN & BLACKS ORGANIC CHOC  340 CAL 34G SUGAR	BASKIN & ROBBINS MINT CHOC CHIP  420 CAL 31G SUGAR	B & J MOOPHORIA CHOC COOKIE DOUGH  264 CAL 30G SUGAR	B & J VEGAN CHOC FUDGE BROWNIE  350 CAL 34G SUGAR	HAAGEN DAZS VANILLA  432 CAL 32G SUGAR
BREYERS COOKIES & CREAM  140 CAL 11G SUGAR	HALO TOP PNUT BUTTER CUP  136 CAL 10G SUGAR	ALPRO PLANT BASED VANILLA  266 CAL 18G SUGAR	HALO TOP VANILLA BEAN  118 CAL 10G SUGAR	OPPO SALTED CARAMEL  150 CAL 11G SUGAR



# **REDUCE Free sugars**

- ❖ **Free sugars are simple sugars** added to foods by the manufacturer or consumer.
- ❖ Free sugars **DO NOT INCLUDE** sugars naturally found in dairy (milk), **structurally whole** fruits and vegetables
- ❖ Watch for sugar labels which may say glucose, sucrose, maltose, corn syrup honey, invert sugar, hydrolyzed starch and fructose

# Sugars & Cardiovascular Disease

- ❖ **The more free sugar you eat, the more the risk** of heart disease and stroke
- ❖ High Sugars are also linked with high **Triglycerides (TG)** a kind of fat that comes from butter, oils etc.
- ❖ High Triglycerides increase risk of heart disease



# Inflammation and disease

- ❖ **ADDED SUGAR** intake can promote **inflammation in the body** and this stresses the heart and the blood vessels leading to **high blood pressure**
- ❖ **Added Sugars** are found in **processed foods** which have little **nutritional** value, leading to overeating and excess calorie intake **> to obesity > Heart Disease**



# What can I do

- ❖ Replace Free Sugars with non-free sugars found in **whole fruits and vegetables**
- ❖ **Whole intact grains** don't cause the same spike in blood sugars as do free sugar containing foods
- ❖ Fibers in whole foods clean up our bowels and slow sugar absorption. Intake **should be at least 25 gm daily**
- ❖ Watch what you buy and eat, **particularly breads cereals, flavored yogurts which contain high added sugars**



# What can I do

- ❖ **Choose fresh fruits** instead of ice creams, cakes, cookies, and juices for deserts
- ❖ **Fiber rich food** keep you full reducing hunger
- ❖ **Cooking at home** is the key instead of eating out
- ❖ **Drink water** not juices, cokes and sodas
- ❖ Remember to **get good sleep**
- ❖ **Exercise Regularly**
- ❖ **Reduce stress**

## Juice vs Whole Fruit

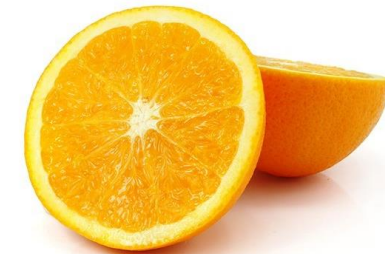
16oz orange juice



**224 CALORIES**

12  $\frac{3}{4}$  tsp sugar  
0g fiber

1 orange



**45 CALORIES**

2  $\frac{1}{4}$  tsp sugar  
4g fiber



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- Reminders/announcements
- Du'a
- Adjourn



**Waqf e Ardhi  
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Jazakumullah for Participating!  
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