AHMADIYYA —BULLETIN—

May June 2021

Hijrat Ehsan 1400

HE WILL SURELY, MAKE THEM SUCCESSORS IN THE EARTH 24:56

TRUE MEANING OF WORSHIPPING ALLAH
 EID UL FITR IN THE UK
 NATIONAL KHILAFAT DAY
 JIHAD OF THE POETICAL PEN
 ISLAM AND GOOD HEALTH

"I came from God as Manifestation of His Power and I am the embodiment of God's Power. And after I am gone there will be some other persons who will be the Manifestation of the second Power [of God]. So, while waiting for the second Manifestation of His Power, you should all together keep yourselves busy praying."

(Risala Al-Wasiyyat, Ruhani Khazain Vol. 20, pp. 305-306)



The Holy Qur'an

Surely, the true religion with Allah is Islam. And those who were given the Book did not disagree but after knowledge had come to them, out of mutual envy. And whoso denies the Signs of Allah, then surely, Allah is Quick at reckoning. But if they dispute with thee, say, 'I have submitted myself to Allah, and also those who follow me.' And say to those who have been given the Book and to the unlearned, 'Have you also submitted?' If they submit, then they will surely be guided; but if they turn back, then thy duty is only to convey the Message. And Allah is Watchful of His servants. (Al-Imran, 3:20-21)

Hadith

Hazrat Umar ibn Khattab (Allah be pleased with him) relates that we were sitting one day with the Holy Prophet (peace and blessings of Allah be on him) when a man appeared among us whose clothes were of an intense whiteness, whose hair was very black, who bore no mark of travel and who was not known to any of us. He sat down in front of the Holy Prophet (peace and blessings of Allah be on him), their knees touching, and placing his hands on his thighs he said: 'Muhammad, tell me about Islam'. The Holy Prophet (peace and blessings of Allah be on him) said: 'Islam is that you should bear witness that there is no one worthy of worship save Allah alone and that Muhammad is His Messenger, and that you should observe Prayer, pay the Zakat. Observe the fast during Ramadhan, and perform the Pilgrimage to the House of Allah if you can afford the journey thither'. [After asking some more questions the man left]. The Holy Prophet (peace and blessings of Allah be on him) said to me: 'Umar, do you know who the questioner was'? I said: 'Allah and His Messenger know best'. He said: 'It was Gabriel who came to instruct you in your faith'

(Muslim, from Gardens of the Righteous, No. 60, page 19)

Malfoozat

I say truly that if souls were inspired by true search and hearts felt true thirst, people would look for this way and would search for it. I assure the seekers that Islam alone gives the good news of this way, for other people have since long sealed up the possibility of revelation. Be sure that this seal is not set by God, but as man has deprived himself of this favour, he seeks excuses for its absence. As it is not possible that we should be able to see without eyes, hear without ears, or speak without a tongue, in the same way, it is not possible that we should be able to behold the countenance of the sweet Beloved without the Holy Qur'an. I was young and am now old, but I have found no one who might have drunk of this clear understanding without this holy fountain. (Islami Usul ki Philosophy, Ruhani Khaza'in, Vol. 10, pp. 442-443) إِنَّ ٱلدِّينَ عِندَاللَّهِ ٱلإَسْلَامُ وَمَا الْخُتَلَفَ ٱلَّذِينَ أُوتُوا ٱلْكِتَبَ إِلَّا مِنْ بَعْدِ مَاجَآءَهُمُ ٱلْعِلْمُ بَغْيَٰا بَيْنَهُمْ وَمَن يَكَفُرُ بِعَايَنتِ ٱللَّهِ فَإِنَّ مَآجُوكَ فَقُلْ آسْلَمْتُ وَجْهِى لِلَّهِ وَمَن فَإِنْ حَآجُوكَ فَقُلْ آسْلَمْتُ وَجْهِى لِلَّهِ وَمَن وَٱلْأُمِيتِنَ ءَآسَلَمَتُمَ فَإِنْ آسْلَمُوا فَعَدِ ٱلْمَتَدَواً قَرَابَ تَوَلَّوا فَإِنْ مَا لَمَتَكُو ٱلْبَلَغُ وَٱللَّهُ بَصِيرُ إِلَى الْعَبَادِ ()





In the Name of Allah, Most Gracious Ever Merciful





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25: Virtual Meeting of Majlis Ansarullah India
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How to contact the Ahmadiyya Bulletin

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From 19 March 2021 to 14 May 2021

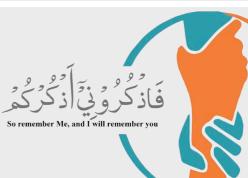


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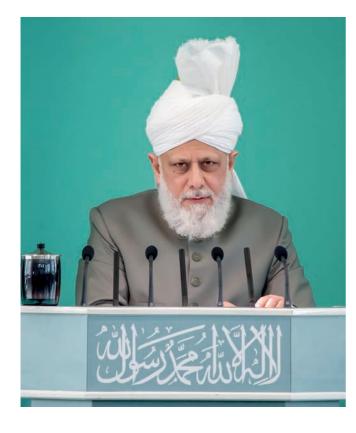
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FEATURE ARTICLES

True Meaning of Worshipping allah







SERMON: 19 March 2021

Men of Excellence Hazrat Usman^(Allah be pleased with him)

After reciting *Tashahhud, Ta'awwuz* and *Surah al-Fatihah,* Huzoor continued with his account on the martyrdom of Hazrat Uthman ^{(Allah be pleased with him).}

Huzoor said that Madinah remained in the hands of the rebels and they did not allow Hazrat Uthman's ^(Allah be pleased with him) body to be buried for 3 days.

The Prophet (peace and blessings of Allah be upon him) saw a dream in which he was informed of the martyrdom of Hazrat Uthman^(Allah be pleased with him) and that he will have to pass through severe difficulties.

With regards to the inheritance that Hazrat Uthman^(Allah be pleased with him) left behind, on the day of his martyrdom his treasurer had 30,500,000 dirhams and 150,000 dinars which was all looted. When Hazrat Uthman^(Allah be pleased with him) had wealth he would spend it all on the welfare of the people and give it to charity.

When Hazrat A'ishah^(Allah be pleased with her) received news of his martyrdom she said, he was the best at reconciling and most God-fearing of all people.

FRIDAY SERMON SUMMARIES

We present summaries of some of Huzoor's Friday sermons taken with thanks from alislam.org. While every effort has been made to present the salient points as accurately as possible, we take full responsibility for any errors. In order to draw maximum benefit from these sermons, members are advised to listen to them in full on compact disc, audio or video tape.

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The Appearance & Attire of Hazrat Uthman^{(Allah be pleased} with him)

The Companions stated that he was neither short nor very tall, he had a handsome face, soft skin, a full beard, strong joints, broad shoulders, full hair on his head and he would dye his beard yellow.

The Ring of the Holy Prophet (peace and blessings of Allah be upon him) When the Holy Prophet (peace and blessings of Allah be upon him) decided to write a letter to the Roman Governor, Hazrat Uthman^(Allah be pleased with him) said that it will not be read unless there is a seal. Thereupon, the Holy Prophet (peace and blessings of Allah be upon him) had a silver ring made upon which was engraved 'Muhammad Rasul Allah'. This ring was then passed on to Hazrat Abu Bakr^(Allah be pleased with him), then to Hazrat Umar^{(Allah be pleased} with him), and then in the caliphate of Hazrat Uthman^{(Allah} be pleased with him), a companion accidentally lost the ring. Hazrat Uthman^(Allah be pleased with him) presented a large reward for anyone who could find it. After despairing of this, he ordered that another ring be made just like the first which Hazrat Uthman^(Allah be pleased with him) wore until his demise. Alas that ring was taken away from him.

Esteemed Rank of Hazrat Uthman^(Allah be pleased with him) Hazrat Uthman^(Allah be pleased with him) was part of the ten people who were given the glad tidings of paradise.

The Holy Prophet^(peace and blessings of Allah be upon him) spoke of Hazrat Uthman^(Allah be pleased with him) being with him



in paradise. He stated that every Prophet has a dear friend and his, in paradise, would be Hazrat Uthman^(Allah be pleased with him).

Once, the Holy Prophet^(peace and blessings of Allah be upon him) was with a group of muhajirin (migrants from Makkah to Madinah) in which there were many esteemed companions. The Holy Prophet^(peace and blessings of Allah be upon him) told everyone to stand with their companion, upon which he himself stood next to Hazrat Uthman^(Allah be pleased with him), stating that he was his companion in this life and the next.

When the rebels had surrounded the house of Hazrat Uthman^(Allah be pleased with him), his freed slave said that they should fight these mischief-makers. Hazrat Uthman^(Allah be pleased with him) replied that by Allah, he would not fight them for the Holy Prophet^(peace and blessings of Allah be upon him) had promised him something and he wished for that to be fulfilled.

Hazrat Uthman's^(Allah be pleased with him) Role in the Expansion & Reconstruction of Masjid Nabawi

Hazrat Uthman^(Allah be pleased with him) purchased a plot of land for 10,000 dirhams for the expansion of Masjid Nabawi and offered it to the Holy Prophet^(peace and blessings of Allah be upon him). The Holy Prophet^(peace and blessings of Allah be upon him) said that he will buy this from him and in exchange a house in heaven will be given to Hazrat Uthman^(Allah be pleased with him). The first expansion of the mosque happened in 7 AH. It was further expanded in the caliphate of Hazrat Umar^{(Allah be pleased} with him)</sup> but he did not change the way in which it was originally constructed. Then, during the caliphate of Hazrat Uthman^(Allah be pleased with him), Masjid Nabawi was expanded once more, and he replaced the structure with stone walls and beautified it. Thereafter, upon the consultation of his companions and with the need for a new building, Hazrat Uthman^(Allah be pleased with him) spoke before the people and informed them that they would rebuild Masjid Nabawi. Apart from a few companions, the majority were in agreement with the proposal. Hazrat Uthman^(Allah be pleased with him) did not wish to force this upon anyone so he purchased the nearby homes of those who did not wish for the reconstruction to affect them. Thus, the reconstruction of Masjid Nabawi was completed in 30 AH.

The Holy Prophet^(peace and blessings of Allah be upon him) once said that the one who resembles him the most in morals was Hazrat Uthman^(Allah be pleased with him).

SERMON: 26 March 2021

Establishment of the Ahmadiyya Muslim Community

After reciting *Tashahhud, Ta'awwuz* and *Surah al-Fatihah*, Huzoor recited the following verses of the Qur'an,

هُوَ ٱلَّذِى بَعَثَ فِي ٱلْأُمِّيِّتِنَ رَسُولًا مِّنْهُمْ يَتُلُواْ عَلَيْهِمْ ءَايَنِهِ وَيُزَكِّيهِمْ وَيُعَلِّمُهُمُ ٱلْكِنَبَ وَٱلْحِكْمَةَ وَإِن كَانُواْمِن قَبْلُ لَغى ضَلَالِ مُبِينٍ () وَءَاخَرِينَ مِنْهُمْ لَمَا يَلْحَقُواْ بِهِمْ وَهُوَ ٱلْعَزِيزُ ٱلْحَكِيمُ ()

'He it is Who has raised among the Unlettered people a Messenger from among themselves who recites unto them His Signs, and purifies them, and teaches them the Book and wisdom, although they had been, before, in manifest misguidance; And among others from among them who have not yet joined them. He is the Mighty, the Wise.' (62:3-4)

Establishment of the Ahmadiyya Muslim Community

Every year we should remind ourselves of the purpose of the advent of the Promised Messiah (peace be upon him), that is to revive the teachings of Islam and to present these to the world. Each and every Ahmadi must strive to partake in the blessings of this mission.

Prophecies Regarding the Promised Messiah (peace be upon him)

Huzoor quoted the Promised Messiah (peace be upon him) when he stated that God Almighty sent the Holy Prophet (peace and blessings of Allah be upon him) in a time of complete darkness and imbued him with a spiritual light. God Almighty now sent Hazrat Mirza Ghulam Ahmad^(peace be upon him) – who was of Persian descent – in this era of darkness and misguidance to bring faith once more to the world. The Promised Messiah ^(peace be upon him) defended Islam after it was being attacked from every direction. And it was destined for the Promised Messiah^(peace be upon him) to be from among the Muslim Ummah in accordance with the aforementioned verses and the sayings of the Holy Prophet ^(peace and blessings of Allah be upon him).

Thousands witnessed the sign of the Dhus-Sineen star, the prohibiting from Hajj, the commencement of the railway system and the outbreak of the plague – all of which were prophecies of the Holy Prophet (peace and blessings of Allah be upon him). Comparison between the companions of the Promised Messiah (peace be upon him) and those of the Holy Prophet (peace and blessings of Allah be upon him) are very similar; for both had to endure persecution and malicious treatment. Just as the first companions were the people of God, so too are these companions of the Promised Messiah (peace be upon him) for they are the people of God and He looks after such people who act righteously and remember death often.

Huzoor further mentioned fulfilled prophecies such as the new modes of transport, the eclipses in the month of Ramadan, the increase in publication of books, the increase in facilities for mankind, and the destruction of certain towns and cities due to the wrath of God. It was in this era that the Promised Messiah (peace be upon him) was prophesied to appear.

The Promised Messiah (peace be upon him) even saw that the fulfilment of the prophecy that the camel would be forsaken would be to the extent that even a rail line would be built between Makkah and Madinah – this too has come to fulfilment over 1,300 years after the prophecy was made by the Holy Prophet (peace and blessings of Allah be upon him).

A Messiah Like Jesus (peace be upon him)

Both were rejected by their people. These teachings were always to be protected by God Almighty and in this era the Promised Messiah (peace be upon him) was appointed to continue this task of safeguarding the teachings of the Holy Qur'an, after they had become so misunderstood by the Muslims.

A false person would have been destroyed by all the opposition faced, but God Almighty was indeed with the Promised Messiah (peace be upon him) and supporting him throughout and placing love for him in the

hearts of people from all around the world.

Revival of Islam & A Great Revolution

Huzoor continued quoting the Promised Messiah ^(peace be upon him) who stated that the life of Islam lies in accepting the death of Jesus ^(peace be upon him), and just as God Almighty spoke to the previous Prophets, so too does He speak to him, but this was purely due to his subservience to the Holy Prophet ^(peace and blessings of Allah be upon him). He was the reflection of the Holy Prophet ^(peace and blessings of Allah be upon him) and from his Ummah (people), due to this that he too was sent as a Prophet of God. The Promised Messiah ^(peace be upon him) then stated that ever since he was appointed by God, a revolution was taking place before his eyes as the people were abandoning shirk they had been engrossed in, and turning to the unity of God. He said that this is reaching all people and one day they will all be one.

Huzoor prayed that may all, especially the Muslims be enabled to understand the message and accept the Promised Messiah^(peace be upon him) who came to revive faith.

SERMON: 2 April 2021

Men of Excellence Hazrat Usman^(Allah be pleased with him)

After reciting *Tashahhud, Ta'awwuz*, and *Surah al-Fatihah*, Huzoor continued highlighting incidents from the life of Hazrat Uthman(Allah be pleased with him).

Modesty

Huzoor Aqdas said that, the Holy Prophet (peace and blessings of Allah be upon him) stated that Hazrat Uthman(Allah be pleased with him) possessed the greatest level of modesty and humility from among his people. Once the Holy Prophet (peace and blessings of Allah be upon him) was laying down and resting in his home when Hazrat Abu Bakr (Allah be pleased with him) requested permission to enter which the Holy Prophet (peace and blessings of Allah be upon him) granted, whilst still lying down. Similarly, Hazrat Umar (Allah be pleased with him) asked permission which the Holy Prophet (peace and blessings of Allah be upon him) granted whilst still lying down. Then, when Hazrat Uthman^(Allah be pleased with him) asked permission, the Prophet^{(peace and blessings of Allah be upon} him) sat up and adjusted his clothes. Later, when asked why he had done this only when Hazrat Uthman^{(Allah} be pleased with him) walked in and not for the others, the Prophet^(peace and blessings of Allah be upon him) replied saying that he showed modesty before the same person in whose presence the angels also show modesty.

Simplicity

Huzoor said regarding the simplicity of Hazrat Uthman^(Allah be pleased with him), that he would arrange water for ablution at night by himself. Once someone asked him why he did not have one of his workers arrange the water, Hazrat Uthman ^(Allah be pleased with him) replied that the workers should be given time to rest at night.

Huzoor related that since he had accepted Islam, there was not a single Friday on which Hazrat Uthman^(Allah be pleased with him) did not free a slave. The only time he would not free a slave on a Friday was when there were no slaves to be freed. In that case, he would free a slave on a different day of the week. It is also recorded that during the time when his home was under siege, Hazrat Uthman^(Allah be pleased with him) freed 20 slaves.

Generosity

Once during a battle, the Muslims were extremely hungry and did not have any food. The Holy Prophet (peace and blessings of Allah be upon him) told them that by sundown, they would have something to eat. Upon hearing this, Hazrat Uthman^(Allah be pleased with him) sent nine camels to the Holy Prophet^(peace and blessings of Allah be upon him). Upon asking where they had come from, the Prophet ^(peace and blessings of Allah be upon him)was informed that they had been sent to him as a gift by Hazrat Uthman ^{(Allah be} pleased with him). Upon this, the Holy Prophet^(peace and blessings of Allah be upon him)raised his hands and prayed for him.

Compilation of the Qur'an

Huzoor said that Hazrat Uthman^(Allah be pleased with him) also had the honour of being the scribe for some revelations received by the Holy Prophet^(peace and blessings of Allah be upon him). For example, he was the scribe who wrote down the revelation of Surah Muzzammil.

During the Caliphate of Hazrat Abu Bakr (Allah be pleased with ^{him)}, the Holy Qur'an was compiled into the form of a single book. Later, during the time of Hazrat Uthman (Allah be pleased with him), he was informed that there were some discrepancies in the way some people were reciting the Qur'an. At the time, the original copies of the Qur'an were in the care of Hazrat Hafsah (Allah be pleased with her). Hazrat Uthman (Allah be pleased with him) wrote to her, requesting for those transcripts so that copies could be made, and then he would return the original copies to her. Then, Hazrat Uthman (Allah be pleased with him) gathered senior companions from the Quraish, and instructed them to make copies of the Qur'an, in the dialect of the Quraish as that was the dialect in which it was revealed; and that it should be kept in the same order as set by the Holy Prophet (peace and blessings of Allah be ^{upon him)}. Thus, the Holy Qur'an remained preserved in its original form, exactly as it had been revealed to the Holy Prophet (peace and blessings of Allah be upon him).

Huzoor explained that before it had been permissible for the Holy Qur'an to be recited in different dialects as many people would not be able to understand the original dialect. Thus, in order for it to be more accessible and easily understood, this was permissible. However, by the time of the Caliphate of Hazrat Uthman (Allah be pleased with him), Madinah had become the centre of Arabia, and tribes who had once been far and divided were now united and often met. In this manner, the original dialect became more widespread and understood by most. Thus, the initial allowance of recitation in different dialects which was based on the situation at the time, was no longer needed. Therefore, in order to ensure that the text remained exactly as it was revealed, including in its dialect, Hazrat Uthman (Allah be pleased with him) took this step and ensured that copies made were in the original dialect.

SERMON: 9 April 2021

Men of Excellence Hazrat Usman^(Allah be pleased with him)

After reciting *Tashahhud, Ta'awwuz* and *Surah al-Fatihah,* Huzoor continued highlighting incidents from the life of Hazrat Uthman ^(Allah be pleased with him). According to traditions, the Companions regarded Hazrat Abu Bakr^(Allah be pleased with him) as the senior-most companion, then Hazrat Umar and then Hazrat Uthman ^(Allah be pleased with them all). In another narration, someone asked Hazrat Ali^(Allah be pleased with him) who was the most noble after the Holy Prophet ^(peace and blessings of Allah be upon him), to which he replied Abu Bakr, then Umar and then Uthman.

The Holy Prophet's ^(peace and blessings of Allah be upon him) Regard for Hazrat Uthman ^(Allah be pleased with him)

Once the Holy Prophet ^(peace and blessings of Allah be upon him) did not offer the funeral prayer of a person. The Companions asked why this was as they had never seen him do so to which he replied that he had not done so because the deceased had held enmity against Hazrat Uthman ^(Allah be pleased with him) due to which God was displeased with him.

Huzoor said that the two Adhan [call to prayer] given for the Friday prayer were implemented during the Caliphate of Hazrat Uthman^(Allah be pleased with him). Before, the Adhan only used to be given when the Imam would sit by the pulpit. But as the number of Muslims grew by the era of Hazrat Uthman^(Allah be pleased with him) an earlier Adhan would be called outside the mosque.

Once during the Caliphate of Hazrat Uthman ^{(Allah be} ^{pleased with him)} Eid happened on a Friday. Hazrat Uthman ^(Allah be pleased with him) said in his Eid sermon that two Eids had been combined in one day. He further said it would be good for those who wished to stay and wait for the Friday Prayer, however those who wished to go were free to do so as well.

Diligence of Hazrat Uthman (Allah be pleased with him)

Huzoor said that Hazrat Uthman^(Allah be pleased with him) narrated a total of 146 sayings from the Holy Prophet ^(peace and blessings of Allah be upon him). The number of narrations related by him is relatively lower as compared to other companions as he exercised extreme caution ensuring that anything narrated by him was absolutely accurate.

Huzoor said that once, Hazrat Uthman^(Allah be pleased with him) was performing ablution and then he laughed. He explained that once he saw the Holy Prophet ^(peace and blessings of Allah be upon him) do the same, and said that whenever someone asks for water to perform ablution, and then washes his face, then all the sins related to the face are washed away, and the same is the case with all other parts of the body that are washed during ablution.

Huzoor said that Hazrat Uthman ^(Allah be pleased with him) was married eight times during the course of his life, all of which were after his acceptance of Islam. It is recorded that at the time of his martyrdom, Hazrat Uthman ^(Allah be pleased with him) had four wives.

Adopt the Spirit of the Rightly Guided Caliphs

Huzoor quoted the Promised Messiah^(peace be upon him) who said that one cannot be a true believer until they adopt the spirit of Hazrat Abu Bakr, Hazrat Umar, Hazrat Uthman and Hazrat Ali^(Allah be pleased with them all); all of whom did not care for worldly allures but had dedicated their lives to the service of Islam. The Promised Messiah ^(peace be upon him)also said that after the Holy Prophet^(peace and blessings of Allah be upon him), Islam was fortified by Hazrat Abu Bakr, Hazrat Umar and Hazrat Uthman^(Allah be pleased with them all).

SERMON: 16 April 2021

Ramadan - Understanding the Philosophy of the Acceptance of Prayers

After reciting *Tashahhud, Ta'awwuz*, and *Surah al-Fatihah*, Huzoor recited Chapter 2 Verses 184 to 187.

Attaining Righteousness

Huzoor said that the verses recited God has explained that fasting is an obligation. At the same time, God has stated that those who are ill or travelling are not required to fast but can complete them at a later time. And those who cannot fast, should pay the *fidyah*. Even if one is able to complete the fasts at a later time, it is still a good practice to pay the *fidyah*.

Condition for Acceptance of Prayers

Allah says that He hears the prayers of the supplicant. However, if one wishes for God to listen to them, then we too must listen to God and act upon His commandments.

The Promised Messiah^(peace be upon him) states that prayer is not the mere utterance of words, rather it is to fill the heart with the fear of God. It is when the soul of the supplicant flows like water to the threshold of the Divine and one seeks the strength to combat one's weaknesses.

How to Know When Prayers are Accepted

The Promised Messiah^(peace be upon him) says that when one supplicates in the true sense and has endeavoured to establish a lasting relationship with God, then one can be sure of this.

The Promised Messiah^(peace be upon him) said that a true connection is established when two sides are drawn to each other. He also explained that God Almighty has stated and promised that those who strive in His way will attain His nearness. God has taught us the prayer 'Guide us to the right path'. This means that one must strive a great deal and pray fervently keeping this in mind.

Become True Servants of God

During these days, we should especially pray 'Guide us to the right path' so that we may become true servants of God and truly serve his creation.

Do not Become Disheartened When Praying

The Promised Messiah^(peace be upon him) said that one should not become disheartened if they feel that their prayer has not been answered exactly as they had desired. God does hear our prayers, but He is not bound by our desire.

The Promised Messiah^(peace be upon him) has stated that one who requests another to pray for them, they themselves should first ensure to always establish the fear of God within themselves and adopt righteousness. It is then that the door for acceptance is opened.

Furthermore, in order to have prayers accepted, one should perform good deeds.

It is necessary for the means to be created, for which we should pray. This is what we have been taught in the prayer 'Thee alone do we worship and Thee alone do we implore for help'.

The Promised Messiah^(peace be upon him) said that one must adopt righteousness, for righteousness is the essence of the divine law. God Almighty has promised to accept the prayers of those who are righteous.

Two Aspects of God Almighty's Mercy

The Promised Messiah (peace be upon him) said that there are two types of mercy or grace of God; Rahmaniyyat [graciousness - the general grace] and Rahimiyyat [mercy - the special grace]. Under Rahmaniyyat, God created all that is required to sustain life even before its creation, and things which mostly humans benefit from. Then there is *Rahmiyyat*, under which, when we pray, and God accepts the prayer. This grace is related most to prayer. It is the quality of humans to seek from God and it is the quality of God to accept the prayers. God gave us the means under *Rahmaniyyat* such as the heart, tongue, eyes, ears etc. so that we could use them appropriately and seek from God and be heard under his special grace *Rahimiyyat.* Therefore, we must use that given to us under Rahmaniyyat in the best possible manner and use these blessings to reap the special grace of God which is through His attribute of Rahimiyyat.

The Importance of Prayer and Supplication

The Promised Messiah^(peace be upon him) said that just as when a child cries and his mother runs towards him to give him milk, such is the manner in which God hears a supplicant who cries at His threshold.

SERMON: 23 April 2021

Men of Excellence Hazrat Umar bin al-Khattab^(Allah be pleased with him)

After reciting *Tashahhud, Ta'awwuz* and *Surah al-Fatihah,* Huzoor highlighted incidents from the life of Hazrat Umar bin al-Khattab ^(Allah be pleased with him).

Family Background

Hazrat Umar's ^(Allah be pleased with him) father was named Khattab bin Nufail and his mother's name was Hantama bint Hashim. Various narrations were presented regarding Hazrat Umar's ^(Allah be pleased with him) date of birth. Some are of the opinion that he was born either four years before or after the Battle of Fijar. Other narrations say that he was born in 583 A.D. Another narration says he accepted Islam in 6 A.H. when he was 24 years of age, which would mean he was born in 590 A.D. The fourth opinion is that he was born when the Holy Prophet ^(peace and blessings of Allah be upon him) was around the age of 21 years.

Acceptance of Islam

The Holy Prophet (peace and blessings of Allah be upon him) bestowed the title of 'Faroog' to Hazrat Umar (Allah be pleased with him). Once, the latter was asked how he received the title of Faroog to which he replied that Hazrat Hamzah accepted Islam three days before him. Three days after this, he received word that his sister and brother-in-law had also accepted Islam. He went to their home and heard the Qur'an being recited inside. He knocked on the door and when it was opened, he began hitting his brother-in-law. According to another narration, when his sister stepped forward in front of her husband one of the blows accidentally landed on her. Upon seeing the blood, his temper subsided. He then asked to see the book which was being recited. His sister told him that he should first go and perform the ablution. Once he had done so, he was given the Qur'an, and he read verses 1-9 of Surah TaHa.

He then decided to accept Islam and proceeded to where the Holy Prophet (peace and blessings of Allah be upon him) was. When he arrived, Hazrat Hamzah, who was present there, said that the door should be opened; if he had come with good intentions they would welcome him, and if he had come with bad intentions then they would kill him. The Holy Prophet (peace and blessings $^{\mbox{ of Allah be upon him})}$ heard this and came outside. Upon this, Hazrat Umar^(Allah be pleased with him) pronounced the declaration of faith. Hazrat Umar(Allah be pleased with him) then asked the Prophet (peace and blessings of Allah be upon him). whether Islam is true. The Prophet (peace and blessings of Allah be upon him) replied saying of course it was. Then Hazrat Umar (Allah be pleased with him) asked that if this was the case, why were the Muslims still in hiding. Upon this, the Muslims formed two rows and marched out in the open towards the Ka'bah. When the Ouraish saw Hazrat Hamzah and Hazrat Umar^{(Allah be pleased with them} ^{both)} alongside the Muslims, they were shocked. Hazrat Umar^(Allah be pleased with him) said that it was from that day that the Holy Prophet^(peace and blessings of Allah be upon him) gave him the title of Farooq for upon his acceptance, Islam was granted strength and truth was distinguished from falsehood.

Hazrat Umar ^(Allah be pleased with him) was tall and strongly built. Before his acceptance of Islam, he would often win wrestling matches held at the famous Ukkaz festival. Hazrat Umar^(Allah be pleased with him) was also among those from the Quraish who learned how to read and write.

Hazrat Umar^(Allah be pleased with him), displayed some spiritual faculties even before his acceptance of Islam. When the Muslims migrated to Abysinnia, they prepared to leave before dawn so that they would not be bothered by the Quraish. It was common for the chieftains of Makkah to walk through the streets at night to ensure that no robberies took place. Hence, that night, as Hazrat Umar(Allah be pleased with him) was walking through the streets, he saw a house which seemed to have packed everything in preparation for a long journey. He approached and asked one of the Companions what the matter was? She was straightforward in her answer and replied that they were leaving Makkah, because he and his brothers did not allow the Muslims to live and worship freely (Hazrat Umar^(Allah be pleased with him) had not yet accepted Islam). Hazrat Umar^(Allah be pleased with him) turned the other way out of pain for what he had heard and said, 'may God be your Protector'.

The Holy Prophet^(peace and blessings of Allah be upon him) also prayed for Hazrat Umar^(Allah be pleased with him) to accept Islam. The Prophet^(peace and blessings of Allah be upon him) prayed that may God help Islam with whomever was dearer to him; either Umar bin al-Khattab or Amr bin Hisham. When Hazrat Umar^(Allah be pleased with him) accepted Islam, the angel Gabriel came to the Holy Prophet^(peace and blessings of Allah be upon him) and said that the heavens were pleased upon Hazrat Umar's^(Allah be pleased with him) acceptance of Islam.

SERMON: 30 April 2021

Ramadhan – A Month of Prayer, Invoking Blessings Upon the Holy Prophet^(peace and blessings of Allah be upon him) & Seeking Forgiveness

After reciting *Tashahhud, Ta'awwuz,* and *Surah al-Fatihah,* Huzoor said during the last 10 days of Ramadhan the state of the Holy Prophet's^(peace and blessings of Allah be upon him) prayers cannot even be described in words. Hazrat A'ishah relates that he strove harder in his prayers than was seen at any other time.

The Holy Prophet^(peace and blessings of Allah be upon him) is the perfect model for us, and we must try to establish the same standards set by the Holy Prophet^{(peace and blessings})

of Allah be upon him). Thus, we must immerse ourselves in prayers, especially during these days.

Invoke Blessings Upon the Prophet (peace and blessings of Allah be upon him)

In order to have our prayers heard, it is necessary to send salutations upon the Holy Prophet^{(peace and blessings} of Allah be upon him). It is narrated that once he said that one who abandons sending salutations upon him, abandons the path to Paradise.

The Promised Messiah^(peace be upon him), said that one night he sent salutations upon the Holy Prophet^{(peace} and blessings of Allah be upon him) so profusely that his heart was overcome. He then saw in a dream, that angels were coming to him with vessels of light filled with pure and sweet water. The angels said that these were the blessings on account of his sending salutations upon the Holy Prophet^(peace and blessings of Allah be upon him). On another occasion, the Promised Messiah^(peace be upon him) saw a dream, in which people were searching for a true servant of the Holy Prophet ^(peace and blessings of Allah be upon him). When they came across him, they said, 'this is the person who truly loves the Messenger ^(peace and blessings of Allah be upon him) of Allah'.

There are many in the world who repeat the words of the durood yet they do not know what it means.

Understanding Durood

When we say, 'O Allah, bless Muhammad' it means that may Allah bestow all that is good upon the Holy Prophet^(peace and blessings of Allah be upon him).

Then, when we pray 'O Allah, prosper Muhammad', we are praying for God to increase those blessings which he bestowed upon the Holy Prophet^(peace and blessings of Allah be upon him) as was previously prayed for.

Not only must this prayer be made with the sincerity of heart, our actions must reflect it as well.

God Almighty Himself has commanded believers to send salutations upon the Holy Prophet^{(peace and blessings} of Allah be upon him)

It is stated in the Holy Qur'an:

إِنَّ ٱللَّهَ وَمَلَيَعٍ حَمَّةُ، يُصَلُّونَ عَلَى ٱلنَّبِيَّ يَتَأَيُّهُ ٱلَّذِينَ ٵؘڡڹُوا صَلُوا عَلَيْهِ وَسَلِّمُوا تَسْلِيمًا ۞

Allah and His angels send blessings on the Prophet. O ye who believe, you too should invoke blessings on him and salute him with the salutation of peace.' (33:57) 'Bless O Allah, Muhammad and the people of Muhammad, as You did bless Abraham and the people of Abraham; You are indeed the Praiseworthy, the Glorious! Prosper, O Allah, Muhammad and the people of Muhammad, as You did prosper Abraham, and the people of Abraham; You are indeed the Praiseworthy, the Glorious!'

Importance of Seeking Forgiveness

The second important matter is seeking forgiveness, specifically through the following prayer:

'I seek forgiveness from Allah, my Lord, for all my sins, and turn to Him.'

The Promised Messiah^(peace be upon him) says that this prayer means that may God cover the faults which have been committed, and may God save the person seeking repentance from the innate weakness which every person possesses.

Seeking forgiveness through this prayer also enables one to fulfil the commandments of God.

An Example of God's Mercy

The mercy of God is extremely vast. The Holy Prophet (peace and blessings of Allah be upon him) relates that there was a person who had committed 99 murders. He felt bad and asked a learned person if he could be forgiven. That man said after committing 99 murders, there was no way for forgiveness; so he killed that man, and thus killed 100 people. He then went to another with the same question. He too told him that the door to God's mercy is always open and advised him to travel to a place where he would find people who supplicate to God.

However, he could never return to his former city, as true repentance is to never return. Thus, he set out for that place, but died along the way. The angels for mercy and punishment came to determine his fate. The angel for punishment said that he should be punished for his crimes, whereas the angels for mercy sought for him to be forgiven. It was decided that it would be seen whether he was closer to the origin of his journey or closer to his desired destination, and that would determine what his fate would be. When they measured, he was only slightly closer to his destination, and so God showed mercy and he was taken to Paradise.

Huzoor said that in our prayers during Ramadan, we must pray to be saved from the evil of opponents.

SERMON: 7 May 2021

Fierce Opponent Accepts Islam

Quoting the Hazrat Khalifatul Masih II^(Allah be pleased with him), Hazrat Umar^(Allah be pleased with him) was a fierce opponent of Islam before his acceptance, and one day decided that he would kill its founder. Along the way, someone informed him that his own sister had accepted Islam. He detoured to his sister's home and heard the Holy Qur'an being recited. Hazrat Umar^(Allah be pleased with him) asked what it was that he had heard, but they tried hiding it. Out of anger, he raised his hand to strike his brother-in-law, but his sister came in between, and he accidentally struck her instead.

Upon seeing that he had struck his sister, his anger subsided and he became remorseful. He then asked to see what it was that was being recited. His sister told him to first perform ablution, after which the verses of the Qur'an were presented to him. Upon hearing them, his heart melted, and he proclaimed his faith in Islam.

He then asked where the Holy Prophet^(peace and blessings of Allah be upon him) was and set out towards him. Upon arriving the Holy Prophet^(peace and blessings of Allah be upon him) asked him how much longer he would oppose them. Hazrat Umar^(Allah be pleased with him) declared his acceptance of Islam. After hearing this, the Companions^(ra) loudly proclaimed *Allahu Akbar!*

The Promised Messiah^(peace be upon him) presented another incident, where one night, Hazrat Umar^{(Allah be pleased with} him) found the Holy Prophet^(peace and blessings of Allah be upon him) was praying alone at the Ka'bah so profusely that it had a profound impact upon Hazrat Umar^{(Allah be pleased} with him). Then, when the Holy Prophet^{(peace and blessings of Allah} be upon him) left, Hazrat Umar (Allah be pleased with him) followed him. The Prophet(peace and blessings of Allah be upon him) felt a presence behind him, and when he turned around he saw Hazrat Umar (Allah be pleased with him) following him. The Holy Prophet (peace and blessings of Allah be upon him) said to him, that he did not leave him by day or by night. Hazrat Umar^(Allah be pleased with him) heard this and feared that the Holy Prophet^(peace and blessings of Allah be upon him) might pray against him, and so he said that he would no longer bother him.

Words of the *Adhan* Revealed to Hazrat Umar (Allah be pleased with him)

One day, Hazrat Abdullah^(Allah be pleased with him) went to the Holy Prophet^(peace and blessings of Allah be upon him) and informed

him regarding his dream in which he learnt the words of the Adhan. Hence, the Holy Prophet^(peace and blessings of Allah be upon him) instructed him to go to Hazrat Bilal^(Allah be pleased with him) and tell him to call the Adhan. When Hazrat Umar^(Allah be pleased with him) heard these words, he went to the Prophet^(peace and blessings of Allah be upon him) and informed him that he too had heard these words in his dream.

Responsibilities Entailed in Ramadhan & Saving Future Generations

Huzoor said that in the previous sermon, he drew attention towards reciting *durood* and *istighfar*. However, these prayers are not limited to Ramadhan, rather they should continue to be recited even after Ramadhan.

In today's day and age where worldliness is rampant and our children are vulnerable to these satanic forces, we must pray more than ever. We must establish a strong bond with our children and also educate them regarding God and enable them to attain complete certainty. This is the best manner of saving our future generations. However, this can only happen when we attain complete certainty ourselves. We must understand the true reason behind why we have accepted the Promised Messiah ^(peace be upon him).

Immoralities and indecencies are rampant now more than ever; and through means such as television and the internet, the ills that were once only found outside the home are available inside the homes. Hence, we must be very careful and take great care, especially of the children.

While praying a great deal for our children's worldly success, we should pray even more for their spiritual success. It is then that not only will we be saved, but so too will our future generations.

In these last few days of Ramadan, we should pray that our faith, and the faith of our children be safeguarded. We should also remember those Ahmadis all around the world who are facing hardships on account of their faith. We should recite the following prayers:

> رَبِّ كُلُّ شَيْيٍءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِيْ وَانْصُرْنِيْ وَارْحَمْنِيْ _ اَللَّهُمَّ اِنَّا نَجْعَلُكَ فِي نُحُوْرِهِمْ وَنَعُوْذُبِكَ مِنْ شُرُوْرِهِمْ-

O my Lord! Everything is dedicated to Your service! My Lord, protect me, help me and have mercy on me.'

'O Allah! We make You a shield against the enemy and we seek Your protection against their evil designs.'

It is not enough to merely repeat these prayers, rather we must also take care of our prayers and pay special attention to them.

SERMON: 14 May 2021

Responding to Persecution & Oppression with Prayers & Compassion

Huzoor said that in recent days, a Muslim cleric was saying on social media that if there is any disorder in the world, it is because of the 'Qadianis'.

These are the tactics which they use and this has been the case since the inception of Ahmadiyyat. It is by the grace of God that we have accepted the Imam of the Age who has taught that upon hearing their words and observing their efforts against us, we must remain patient. It is such 'Leaders of the Disbelievers' who have misguided the general Muslim population who do not know any better, towards treating Ahmadis cruelly.

Our Duty is to Pray

God knows better what their end will be; our only duty is to pray. This opposition is nothing new, rather it has been occurring since the time of the Promised Messiah^(peace be upon him). He was constantly attacked and so too were those who followed him. In fact they would worry that if people heard what the Promised Messiah^(peace be upon him) had to say, they would accept him.

Despite these efforts, people would still accept the Promised Messiah^(peace be upon him), and such is the case today. We will always continue to pray, and thus will we spread love in the world. God Almighty informed the Promised Messiah^(peace be upon him) that their actions are due to a lack of understanding and their misguided love for the Holy Prophet^{(peace and blessings of Allah} ^{be upon him)} – though misguided, they do claim to love him. Hence, God Almighty instructed the Promised Messiah^(peace be upon him) that he should not pray against them, but should rather pray for them.

Forbearance of the Promised Messiah (peace be upon him)

Huzoor Aqdas related an incident narrated by Hazrat Khalifatul Masih $II^{(Allah be pleased with him)}$ who said that

once when he was young, the Promised Messiah^(peace be upon him) was in Lahore, and as he walked through the streets, people would stand on their rooftops and curse the Promised Messiah^(peace be upon him). On another occasion, someone attacked the Promised Messiah ^(peace be upon him) from behind and it is even related that at times he would be pelted with stones. However, in a couplet revealed to the Promised ^(peace be upon him), God said that though these people harmed him, they were doing so because they believed it to be out of their love for the Holy Prophet^(peace and blessings of Allah be upon him), hence the Promised Messiah^(peace be upon him) should not pray against them but should pray for them.

If these opponents knew how much he loved the Holy Prophet^(peace and blessings of Allah be upon him), they would rush towards Ahmadiyyat.

We should pray for our opponents, for it is from them that people will eventually accept the Promised Messiah^(peace be upon him). Once his companion heard the Promised Messiah^(peace be upon him) weeping profusely in prayer. He heard him praying to God that the plague had spread, and if all these people died because of it, then who would be left to accept God?

Saving People With Prayers

Hence, we cannot pray against such people, rather we must help save them by praying for them. Ahmadiyyat has been established for the very reason of saving Muslims. Hence, we have been tasked with helping people reach great heights, how then can we pray against them? We know that though there is a faction of our opponents which has simply been influenced by them, but then, there is another faction which has simply followed their lead. But once they realise how much Ahmadis love the Prophet^{(peace and} blessings of Allah be upon him), they themselves will attest that Ahmadis are those in the world who are upholding the honour of the Holy Prophet (peace and blessings of Allah be upon him). And we are seeing that those who had once been influenced by the opponents are now realising the truth and accepting Ahmadiyyat.

There are many people who write letters to Huzoor saying that when they sincerely pondered and searched for the truth, they eventually saw the light and now wish to accept Ahmadiyyat. This has been the case since the time of the Promised Messiah^(peace be upon him) and with all the other Caliphs as well.

Huzoor said that our responsibility is to pray and remain patient.

Inauguration Of New Holy Qur'an Website

Adapted from a press release issued by the Jamaat Press Office



Hazrat Amirul Momineen Khalifatul Masih V launched a new website of the Jama'at on 9th April 2021. The site is designed to assist in the study and research of the Holy Quran – HolyQuran.io.

Huzoor had announced its impending launch during the sermon that preceded in the day. The launch was followed by a silent prayer led by Huzoor Aqdas.

Concerning the site, Hazrat Amirul Momineen had said in his sermon,

"The Al Islam website team has created the first version of a Holy Qur'an search website. The website 'HolyQuran.io' can be viewed independent from the Al Islam website. You can search any chapter, verse, word or topic in Arabic, English and Urdu through a new search engine. The search results can show translations produced by the Jama'at, as well as those translated by others. With every verse you can view



the commentary, topics, and related verses. Work is under way on further content and God willing, the next version will be ready by Jalsa Salana UK 2021."

Huzoor had further stated,

"Similarly, a new and more aesthetically pleasing

version of the website ReadQuran.app, which is available on the Al Islam website has been prepared which allows for the reading and listening of the Holy Qur'an. Along with English commentaries of the Holy Qur'an, it has notes of Tafsir-e-Saghir, word-by-word English translation, index of topics and several other features which would assist the regular study of the Holy Quran." Praying for the success of the new websites, Hazrat Mirza Masroor Ahmad said,

"We pray to Allah the Almighty that may this project fulfil its objective of spreading the beautiful teachings of the Holy Qur'an far and wide and that the members of the Jama'at are also able to benefit from these resources."

Inauguration Of New Chinese Website



On 2nd April 2021, Hazrat Amirul Momineen Khalifatul Masih V launched an official Chinese website of the Jama'at (islam.cn) from the Mubarak Mosque in Islamabad, Tilford. Huzoor then led all present in a silent prayer.

Huzoor had announced the impending launch of the website during his sermon beforehand and explained that this will serve to be a platform for spreading the message of Islam and introducing its teachings to the Chinese population. Hazrat Khalifatul Masih V had stated,

"After the Friday Prayers I will launch a new official website of the Chinese Desk of the Ahmadiyya Muslim Community. Through this website, people will be able to access information in the Chinese language about Islam and about the Jama'at. The website can be accessed via the main website of the Jama'at, alislam.org and it can also be accessed directly."

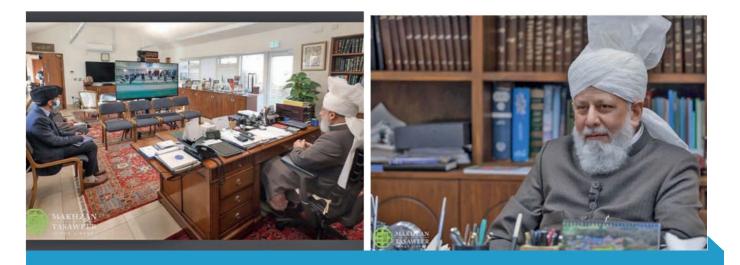


Huzoor had further mentioned,

"The content available on the website has been categorised under different subjects. It includes the new revised edition of the Chinese translation of the Holy Quran and 23 other books and pamphlets. It also has the answers to many questions and it has a 'Promised Messiah' section that contains an introduction to the Promised Messiah (peace be upon him) and the Caliphs of the Ahmadiyya Muslim Community."

Praying for the success of the new website and the Chinese people, Huzoor Aqdas stated,

"May Allah the Almighty enable this website to become a source of guidance for the Chinese people and may their hearts open up for accepting Islam and the Ahmadiyya Muslim Community."



Virtual Meetings held with Hazrat Khalifatul Masih V

All reports have been adapted from the press releases issued by the Press & Media Office of the Ahmadiyya Muslim Jama'at.

Virtual Meeting of South Region UK Majlis Atfal-ul-Ahmadiyya With Hazrat Amirul Momineen



On 24 April 2021, Hazrat Amirul Momineen Khalifatul Masih V held a virtual online meeting with 135 Atfal aged between 13 and 15 from the southern parts of the United Kingdom.

Huzoor presided the virtual meeting from his office in Islamabad, Tilford. Following a formal session starting with recitation of the Holy Qur'an, Atfal had the opportunity to ask Huzoor Anwar a series of questions regarding their faith and contemporary issues. When asked how bad habits can be overcome, Huzoor replied,

"The Promised Messiah (peace be upon him) has given us a very good principle that if you want to leave any bad habits or any sin, you should first try to loathe that sin – hate that sin and make a firm promise to yourself and to Allah the Almighty as well that you will never commit this sin or do this bad thing again. Also pray to Allah the Almighty that He saves you from the sin... So it all depends on your determination and a dislike of that bad habit and sin."

One Tifl asked what books of the Promised Messiah (peace be upon him) Huzoor would recommend that

young people should read first.

In response, Huzoor Aqdas mentioned that books such as '*Noah's Ark*' and '*The Philosophy of Divine Revelation*' that may be easier for younger people to comprehend. However, Hazrat Amirul Momineen explained that initially young people should develop an interest in the books by reading short passages from the writings of the Promised Messiah (peace be upon him) on topics which are of their interest by looking at the contents list of the books.

Huzoor Anwar also referred to the compilation of passages from the writings of the Promised Messiah (peace be upon him) published in five volumes known as *'The Essence of Islam'* which contains selected excerpts on various topics from which young people can select passages they wish to read to develop an interest.

One of the participants enquired if he could lead the prayers at home despite being younger than other family members. Huzoor said he certainly could if he had the religious knowledge and he could even lead the Taraveeh prayers in the Mosque if he had memorised enough portions of the Holy Qur'an.

One of the Atfal asked what happens in *Laylatul Qadr* (the Night of Decree) as mentioned in the Holy Qur'an chapter 97). Explaining the concept of Laylatul Qadr,



Hazrat Khalifatul Masih V explained,

"The Holy Prophet Muhammad (peace and blessings be upon him) said that during the last ten days of Ramadan, there is one special night in which Allah the Almighty accepts all of the prayers made by a person. At the same time, to benefit [from Laylatul Qadr] you have to be a true believer. It is not that an atheist comes to the Mosque or a person who has never offered prayer before and only on the night of Laylatul Qadr he goes into prostration and says, 'Allah the Almighty, accept my prayer.' No. If you are a true believer and are following all the commandments of Allah the Almighty, offering five daily prayers regularly, reading the Holy Qur'an, practicing the teachings of Islam, then you can benefit from that night."

Huzoor further said,

"The Holy Prophet of Islam (peace and blessings be upon him) said that we should try to find that night [of Laylatul Qadr] during the last 10 nights of Ramadan in the odd nights; that is, the 21st, 23rd, 25th, 27th and 29th. He did not precisely mention which night."

Huzoor Aqdas was also asked about his own experience and how he memorised parts of the Holy Qur'an. It was explained that in his childhood he studied at a school of the Jama'at in Rabwah where special religious education lessons took place in which learning portions of the Holy Qur'an was part of the curriculum. Huzoor said that he, along with other Atfal, would memorise the portions of the Holy Qur'an and also take part in memorisation of the Holy Qur'an competitions. Advising the importance of memorising the Holy Qur'an at a young age, Hazrat Amirul Momineen said,

"As Atfal, you should at least try to memorise the last twenty or thirty chapters of the Holy Quran. This is how you will develop interest. Also Atfal at the age of thirteen and above and Khuddamul Ahmadiyya as well, should also try to memorise the first seventeen verses of the chapter Al Baqarah and also try to know the meanings of these verses. It is very important to know the meaning of the verses. This is how you can increase your faith and you can save yourselves from the harmful effects of the environment and bad people."

One of the Atfal requested Huzoor Anwar to narrate memories from his time in Pakistan. Huzoor recalled,

"In Pakistan, I used to live in Rabwah, which is a city where the majority of people living there are Ahmadi Muslims. When we were Atfal, we used to say "Sallai ala" [invoking salutations upon the Holy Prophet Muhammad (peace and blessings be upon him)] before Fajr prayer [morning prayer]. Each and every area where there was an Atfal structure, they would call "Sallai ala" before Fajr prayer."

One of the questioners asked about sins and if all

sins can be forgiven. In response, Huzoor Anwar narrated two stories illustrating the vast Mercy of God Almighty and how the final judgment of every person lies with Allah. After narrating the two stories, Huzoor said,

"So it is Allah the Almighty who will decide who is going into heaven and who is going to hell. But our duty is that we should try to follow the commandments of Allah the Almighty and don't put ourselves in a trial. Don't think that 'whatever we do we shall be forgiven and we shall go to heaven.' Allah the Almighty says, 'These are My commandments, these are My injunctions, this is My teaching, this has been given in the Holy Qur'an; if you are a true believer, a true Muslim, then follow My commandments and injunctions. Then it is My promise that I will send you to heaven.'"

Virtual Meeting of Majlis Atfal-ul-Ahmadiyya Midlands Region UK With Hazrat Amirul Momineen



On 25 April 2021, Hazrat Amirul Momineen held a virtual online meeting with 58 Atfal aged between 13 and 15 from the Midlands of the UK.

Huzoor presided the meeting from his office in Islamabad, Tilford, while the Atfal were congregated at the Darul Barakaat Mosque in Birmingham.

Following a formal session starting with recitation of the Holy Qur'an, members took the opportunity to ask Huzoor a series of questions on various issues.

One Tifl, whose family had recently converted, enquired what advice Huzoor Aqdas would give to new converts. Huzoor Aqdas responded,

"After accepting the Ahmadiyya Muslim Community, there should be a significant change in your life with regards to your religious matters. People should know that now, after having accepted the Ahmadiyya Muslim Community, you are a changed person – that you offer five daily prayers in congregation at the Mosque if possible and, if not, then at least at home you can offer five daily prayers in congregation. Read the Holy Qur'an daily and identify the commandments and injunctions given in the Holy Qur'an and try to practice those. Whatever Allah the Almighty has asked to do, we should try to do so and whatever Allah the Almighty has asked us to stop, or is prohibited, we should not." Huzoor Anwar further stated,

"So a true Ahmadi Muslim, whether a new convert or an old Ahmadi Muslim, the basic thing is that there should be a significant change which people should feel in him and that is to follow the true teachings of Islam and to be a practicing Muslim. Offer the five daily prayers, recite the Holy Qur'an, and try to learn more about religion and in this age, the literature given to us by the Promised Messiah (peace be upon him) is the best literature through which we can comprehend much better our religion. The literature of the Promised Messiah (peace be upon him) covers all the necessary teachings of Islam given in the Holy Qur'an and in the Hadith. So we should try to read the books of the Promised Messiah (peace be upon him) and try to understand the true religion and be a practicing Muslim."

Another boy asked if Huzoor would continue with virtual meetings along with in-person meetings once the Covid-19 pandemic has passed. Huzoor Anwar responded,

"If possible, it can be continued. Those members of the Jama'at who are living in far-off countries where I do not visit frequently, they might have a virtual meeting with me. But people like you, who are just living 100 miles from here, they can easily come to see me."

Huzoor questioned the Tifl asking the question if he would prefer a physical meeting or a virtual meeting, to which the Tifl replied that he would certainly like to meet Huzoor in person to which Hazrat Amirul Momineen said,

"So for you it is a physical meeting, but for those countries who cannot come to the UK easily, with them, it is quite possible we shall have a virtual meeting. Now we have opened a new avenue – new doors have been opened... So it can be utilised later on."

One of the Atfal asked Huzoor what the daily routine of a Tifl should be. In a detailed response, Huzoor Aqdas said that when a Muslim reaches the age of 10, the five daily prayers become obligatory and so from that age, children should prioritise their prayers and base their lives around them. Referring to those aged 10 and above, Hazrat Khalifatul Masih V advised,

"The best routine should be that you get up early in the morning, offer your Fajr prayer, recite the Holy



Qur'an – even if it is one or two Rukus – then if there is enough time to have a short nap, then you can go to bed again and have a nap for half an hour. If there is enough time you can even sleep for two hours during summers. Then get up, get yourself prepared for school, go to school and spend your day in the school. There, you should also behave well with your fellow students."

Speaking about after school hours, Huzoor said,

"When you come back from school, do your homework and also try to do some extra work which you are supposed to the read the next day. That will help you to better understand the lecture of your teacher or whatever you are going to study. You will also have to offer your Zuhr prayers. If there is no time between closing of the school and reaching back home, then you should ask your teacher or head teacher to give you some place to offer your Zuhr prayers there. If the time is short then you can offer Zuhr and Asr prayers together..."

And continued,

"After that you should play for one hour outside. During summers you can easily play for one hour. Play football or cricket or hockey or rugby or anything you like. Then offer your Maghreb prayer. Then also try to read some books – either some religious books or other story books which will increase your knowledge. Also try to read the newspaper which will increase your secular knowledge. After having had your dinner, offer the Isha prayer and then go to bed as early as possible so that you can wake up instead of wasting time on television, internet or tablet. So you better go to bed early so you will be able to get up early in the morning for Fajr prayer. This is why it is said that 'Early to bed, early to rise, makes a man healthy, wealthy and wise!' This should be your routine."

Another Tifl asked how they could care for elderly people. Huzoor Anwar said they should try to help and serve their elders and spend as much time as possible with them. Huzoor advised,

"When you come back from school, after doing your homework, you should give some time to your parents and grandparents. Listen to them, speak to them. So in this way you can emotionally help them and they will be happy. They will pray for you and you need their prayers and that will also help you to attain success in your life."

Huzoor Aqdas was also asked how much time he spends on preparing his weekly Friday Sermons to which Huzoor said,

"It depends on the topic. Sometimes it takes me twenty hours, thirty hours, four days, five days. Sometimes it takes me two or three hours. So it all depends on the topic. When I have to find the references it will take me some time. When I have to write with my



own hand the whole of the script then it takes time. So it all depends. You can say anywhere from around three hours to four days, or forty hours!"

Virtual Meeting of Majlis Atfal-ul-Ahmadiyya North Region UK With Hazrat Amirul Momineen



On 1 May 2021, Hazrat Amirul Momineen Khalifatul Masih V held a virtual online meeting with 77 members of Atfal aged between 13 and 15 from the North of the UK.

Huzoor Aqdas presided the virtual meeting from his office in Islamabad, Tilford, while the Atfal were gathered at the Darul Amaan Mosque in Manchester. Following a formal session starting with recitation of the Holy Qur'an, the Atfal were given the opportunity to ask questions.

A Tifl enquired of Huzoor Aqdas if being the Khalifa of the time was a difficult responsibility and what the most challenging aspect of it was to which Huzoor replied,

"The work of the Khalifa is always challenging because when you see that whatever you are doing, you are answerable direct to Allah the Almighty for all your actions and for all your responsibilities you are discharging. If you have a fear of Allah, then every moment which passes should make you Godfearing and that is a great challenge."

Another child asked how children can cope with the stresses of life and the challenges that come with the pandemic whereby they cannot go to Mosques or attend Atfal events as they used to in the past.

Hazrat Khalifatul Masih V said that to some degree activities have restarted for children where they can go to schools; being back at school ought to reduce the frustrations and anxieties of children.

Outside of school time, Huzoor Anwar encouraged Atfal to utilise any extra time they may have in a positive and educative way. He said they should read regularly, especially the books of the Promised Messiah (peace be upon him).

"The best way of spending your time is that you should spend some time, after completing your homework, on the reading of the books of the Promised Messiah (peace be upon him) or the other literature of the Jama'at. This is how you can increase your religious knowledge and wisdom and increase your faith as well."

Huzoor Aqdas was asked how he himself had sought to morally train and guide his children when they were younger to which Huzoor replied,

"I think my children's mother played a vital role in training them, instead of myself."

Huzoor added,

"The best way is that fathers should set their own example before their children. If fathers are offering five daily prayers, they can ask their children to offer the five daily prayers, and offering the five daily prayers is the best way to discipline your children. Then, when the father is reciting and reading the Holy Qur'an daily, then children will know that their father is doing it, so they should also do it. And if inside your house the environment is good and your parents are living amicably – there is no quarrelling and shouting or crying in your house – the children will also get better lesson. So, when, one day, you become a father you should try to follow these instructions."

Another questioner asked Huzoor what ought to be the qualities of an exemplary Tifl and how he could serve the Jama'at and Khilafat. Giving a detailed response, Hazrat Amirul Momineen stated,

"An exemplary Tifl should be very regular and punctual in offering the five daily prayers. After the age of ten, it is obligatory on you to offer the five daily prayers and if possible, they should be offered in congregation – if you are living near the Mosque. Then, try to recite and read the Holy Qur'an daily, even if it is one or two Rukus [sections] or a small portion of it."

Huzoor Anwar also emphasised the need for setting a high moral example as a young Ahmadi Muslim saying,

"An exemplary Tifl should be morally very good and well behaved. When you go to school, students should know that this boy is very well behaved and so we have to be very careful in front of him; he is the person who does not involve himself in the bad things so we have to be very careful when coming in front of him. When they talk to you, even if they use filthy language you should just avoid them and leave it. And say, 'It is against the teachings of my religion that I should reply in the same language.'

Further explaining the qualities of an exemplary Tifl, Huzoor instructed,

"You should respect your teachers. You should obey your parents and always think that whatever your parents say to you is for your betterment and never think that they are trying to deprive you of your rights



or they are not caring for you... If you think that they are caring then you will obey them."

And,

"Be regular in doing your homework when you come back from school and try also to read some religious literature to increase your religious knowledge. And in this way, you will try to make yourself a perfect Tifl. And as the time goes on, you will increase your knowledge and wisdom. And in this way, you can serve the Jama'at and Khilafat in the best way."

A Tifl asked what Huzoor's routine was on Eid day. In response, Huzoor Anwar said that before the Eid prayers he spends time preparing his sermon and after the sermon he meets his immediate family and spends time calling others to wish them 'Eid Mubarak'. Apart from that, Huzoor said he spends time for an hour meeting family and having lunch. Thereafter, Huzoor Aqdas returns to his office and continues with his regular work.

Huzoor was asked why Muslims invoke blessings on the Holy Prophet of Islam (peace and blessings be upon him) and why offering Durood is a means of having one's prayers being accepted by Allah the Almighty. Hazrat Amirul Momineen explained,

"Allah the Almighty says that the Holy Prophet (peace and blessings be upon him) is a human being and he is the person whom I love more than any person in the world. He has brought you the final Shariah – the final law from Allah Almighty... So this is why Allah the Almighty says that you should be grateful to the Holy Prophet (peace and blessings be upon him) that he has brought you such a religion. And the best way to show your gratitude is that you offer Durood Sharif because Allah the Almighty says that since this person is the person whom He loves, more than anyone, any Prophet, so when you invoke Durood, then He will listen to your prayers as well."

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Continuing, Huzoor added,

"Allah the Almighty says that you should invoke blessings upon the Holy Prophet (peace and blessings be upon him) but don't think that he is something supernatural – he's also a human being.... We do not say the Holy Prophet (peace and blessings be upon him) conveys our message (to God). We say Allah the Almighty is listening to us directly but at the same time He asked us to praise the Holy Prophet (peace and blessings be upon him) because He loves him..."

Another Tifl asked how one can attract other people towards the message of Islam. Huzoor advised,

"First thing is your behaviour; if your behaviour is good, people will get attracted towards you and in this way, you can make more friends. When you will make more friends, they will ask you why you are different from others? Then you can tell them, 'Because I follow the true teachings of Islam.'.. So then, they will ask you questions about Islam and in this way you can convey the message of Islam.... So, the best way is to set your example before the people then people will get attracted."

Virtual Meeting of Arab Ahmadi Muslims Resident in Germany With Hazrat Amirul Momineen



On 4th April 2021, Hazrat Amirul Momineen Khalifatul Masih V granted a virtual online meeting to over 50 Arab Ahmadi Muslims, originating from various countries including Syria, Lebanon, Yemen, Palestine, most of whom were converts and were now living in Germany. Some of those present took the Bai'at on the day of the meeting.

Huzoor presided the meeting from his office in Islamabad, Tilford, whereas the 57 participants joined from the Baitus Sabuh complex in Frankfurt, which serves as the centre of the Jama'at in Germany. During the meeting Huzoor Aqdas spoke with each one present and enquired about their wellbeing, family and about any hardships they were facing from other family members who had not converted. Throughout the meeting, Huzoor offered his guidance and his prayers and particularly prayed that they would remain steadfast on their faith and that Allah the Almighty would remove whatever trials and tribulations they faced. One of the attendees, originally from Yemen, asked for prayers for the



Ahmadi Muslims in Yemen. In reply Huzoor Anwar said,

"Yes I do keep them in my prayers. May Allah have mercy upon them too. May Allah bless them."

Some who had converted related their stories of conversion, one of whom converted after seeing a dream. One person narrated that he converted after having regular theological discussions and debates with an Ahmadi Muslim friend which led him to researching into the Jama'at and ultimately he found it to be the truth.

Some men mentioned that their wives had not yet become Ahmadi Muslims and so Huzoor advised that they should exhibit the highest morals and treat their families with even greater love and care.

One of the participants who performed Bai'at on the day of the meeting said he converted because of seeing the good conduct of Ahmadi Muslims and as a result of researching online about the beliefs of the Jama'at. In response, Hazrat Amirul Momineen said that the convert should ensure he remained steadfast upon his faith exhorting,

"It should not be the case that if you ever see an individual Ahmadi Muslim behaving immorally that you turn away from the Jama'at. Rather you should have complete understanding and faith in the Promised Messiah (peace be upon him), that he is the Messiah and Mahdi as prophesied by the Holy Prophet Muhammad (peace and blessings be upon him). This is the faith you should strengthen within you... The teaching of the Jama'at is that which is the teaching of true Islam and an Ahmadi Muslim should be firm upon it regardless of him being a new convert or a born Ahmadi Muslim."

One of those in attendance mentioned he was not

an Ahmadi Muslim but was still doing research. Addressing him Hazrat Khalifatul Masih V said,

"Do research thoroughly into the Ahmadiyya Muslim Community and understand it fully and read about it in detail. There is no need to hurry in taking the oath of allegiance. May Allah open up your heart and if the Ahmadiyya Muslim Community is indeed true then may you have the ability to accept it and then, afterwards may Allah grant you firmness in your faith too."

As Huzoor bid farewell on concluding the meeting he said,

"In the limited time we had, we could only manage some brief introductions and could not speak in detail. In future, if there are further meetings arranged then perhaps we can speak about other matters too. May Allah keep you all protected."

Virtual Meeting of Majlis Khuddamul Ahmadiyya India With Hazrat Amirul Momineen



On 10 April 2021, Hazrat Amirul Momineen Khalifatul Masih V held a virtual online meeting with the National Amila of Majlis Khuddamul Ahmadiyya India.

This was a historic event since it was the first ever time that Huzoor Aqdas had granted a virtual online meeting with a delegation from Qadian, the hometown of Promised Messiah ^(peace be upon him).

As is his practice with such meetings Huzoor chaired the session from his office in Islamabad, Tilford, while the Khuddam were seated in the Holy Qur'an Exhibition Hall in Qadian, India.

During the 65-minute audience, all present had the opportunity to speak to Huzoor Anwar and the National Amila members were able to present a report about their respective departments and then receive Huzoor's guidance and instructions on a range of issues.

Huzoor emphasised the importance of effective reporting explaining that reports should be received from every Quiadat on a regular basis so that they can have a better understanding of the activities and give appropriate feedback.



Hazrat Amirul Momineen spoke in great detail about the importance of Tarbiyyat saying,

"Your Tarbiyyat programme is very important and if you can implement it effectively many issues will be automatically resolved. For example, small disputes that arise from time to time between people will not occur. Also remember that India is a very large country and the people of every area have their own ways and issues. They have their own culture... So you must cater for the people of each area according to their circumstances and needs."

And,

"You should identify the moral and spiritual weaknesses that exist in each area of the country that need to be eradicated or improved upon. There should be a plan in line with their local circumstances. One basic generic Tarbiyyat programme should be developed but, alongside it, you should make tailored local programmes according to the circumstances of the people of those particular areas. If Khuddamul Ahmadiyya can work accordingly, then the next generation of our youth will be well protected."

Addressing the Mohtamim Tarbiyyat, Hazrat Amirul Momineen further instructed,

"The pledge to give precedence to one's faith over worldly matters should be made into a motto. And remember, a person can only give precedence to his faith when he knows and understands the teachings of that faith... Do not just rely on old methods of work; develop new ways. You have young minds and so you should utilise your fertile brains in the best way."

Speaking to the Amila member responsible for Rishta Nata, Huzoor Anwar said they should educate Khuddam about the requirements and responsibilities of marriage as mentioned in the Holy

Qur'an.

"The responsibility of the Rishta Nata department, as well as that of the Tarbiyyat department, is that they should guide the Khuddam about the importance of giving precedence to faith when it comes to marriage. They should look at the standard of the faith of those who are proposed as marriage partners and, at the same they, they should also strive to better their own religious standards. The Khuddam should not run after worldliness and should not seek Jahaiz [dowry from the girls and their families] and money. Rather, they should look to see if the girl is righteous and that will only happen if the Khuddam themselves give priority to their religion."

Hazrat Khalifatul Masih Valso advised the Mohtamim Tarbiyyat Nau Mubayieen, to make programmes according to the different backgrounds of those who had converted and to establish a personal contact with each of the converts.

Throughout the meeting, Huzoor emphasised that the programmes or events should be made in a way where proper feedback is also taken so that their impact upon the participants can be ascertained. For instance, Huzoor Aqdas said if Majlis Khuddamul Ahmadiyya published articles in its magazines or elsewhere, there should be an effective feedback process to understand their impact and benefits.

Speaking to the Mohtamim Talim Huzoor said,

"The smaller Majalis need special attention with regards to their religious training. So there should be more focus in that regard. The Majalis based in cities have their own issues and so they need their own programmes with regards to religious and moral education and the methods in which they can be taught."

"In some areas there are people who are more educated than others whilst in others there are those who are not literate. Some people cannot understand the meanings of the books of the Promised Messiah (peace be upon him) because reading them is not an easy task. Even where the easier Urdu language is used, there remains some vocabulary that is difficult to understand. So you need someone to explain the text. Audio books should be used too. You should make a plan to involve and educate 100% of your Khuddam." Addressing Mohtamim Atfal-ul Ahmadiyya, Huzoor underlined the importance of their role and duties explaining,

"You must assess how many Atfal are engaged in the Atfal activities. Our task to guide and care for our children is a task of the utmost importance and consequence. If we are able to properly care for our children, then moving forward they will become active members of Khuddamul Ahmadiyya and the Jama'at in general. Therefore, looking after Atfal-ul Ahmadiyya is a huge responsibility. Do not consider it an ordinary task."

Huzoor Aqdas further said,

"Do not rest easy and be satisfied at having done a few programmes. Rather, analyse their true impact and what effect they have had and how many people took part. Honestly ascertain your shortcomings and assess what changes are required in your programmes to avoid those weaknesses in the future. Taking care of Atfal-ul Ahmadiyya is an enormous responsibility. You should pay very significant attention towards this."

Virtual Meeting of Majlis Ansarullah India With Hazrat Amirul Momineen



Following the historic virtual meeting earlier with the Amila of Majlis Khuddamul Ahmadiyya India, the corresponding Amila of Majlis Ansarullah of the country was blessed with an online audience with Hazrat Amirul Momineen on 11th April 2021.

Huzoor presided the meeting from his office in Islamabad, Tilford, while the Amila members joined from the Qura'n Exhibition Hall in Qadian.

During the session, Huzoor Aqdas emphasised the importance of national office bearers of Majlis Ansarullah keeping a close connection with the local representatives and members of Majlis Ansarullah throughout India. Huzoor stated,

"You must truly focus upon connecting each and every local Majlis with the Jama'at''s organisational structure. You should endeavour to forge such a close bond that it is as if they are all part of one body."

Speaking to Qaid Tarbiyyat of Majlis Ansarullah



India, Hazrat Khalifatul Masih V instructed,

"It is the duty of the members of Ansarullah that they oversee the affairs of their own homes. They should see if their own family members are observing the obligatory prayers regularly. If they have sons, they should see to it that they go to the Mosque as much as possible. It can only be said that our Ansar, Khuddam and Atfal are truly establishing their prayers when they offer their prayers in congregation as much as possible. If, at this time, there are restrictions in the Mosques due to the present Covid conditions, then prayers should be observed in congregation in homes."

Huzoor further instructed that the Tarbiyyat Department should give advice and counsel to Ansar about the importance of treating one's wife and family members with love and compassion. Huzoor Aqdas said the Amila members at all levels should lead by example in this regard too.

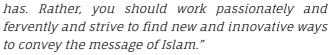
Speaking to the Qaid responsible for Nau Mobaeen, Huzoor Anwar said that even the people living in villages should be contacted to ensure they are involved in the activities of the Jama'at. Huzoor Aqdas observed that even in some remote parts of India people have access to mobile phones and so they should be involved through virtual events.

Addressing Qaid Tabligh, Huzoor advised,

"You should set specific targets for Tabligh and then work towards fulfilling them. Set targets nationally and at a local level. You will naturally be inclined to work hard when you have a goal and target before you, whereas if there is no firm objective it can lead to laziness and a lack of effort."

Highlighting the importance of developing innovative methods in Tabligh Huzoor instructed,

"Do not simply follow the old methods with a passive attitude and by letting the work continue as it always



During the meeting Huzoor Anwar advised that the younger Ansar should regularly exercise and ride bikes, particularly so in Qadian and in the cities. Hazrat Khalifatul Masih said that this would not only have personal health benefits but would also help reduce pollution and to cut carbon emissions.

As the meeting concluded Huzoor emphasised again the importance of not being set in one's ways but rather being open to new ideas and methods to convey the true teachings of Islam and to ensure the moral and spiritual wellbeing of Ahmadi Muslims. Huzoor said,

"You should seek to find new and improved ways to fulfil your duties. It should not be that you just rely on old methods – rather try to be innovative. Work together and with diligence and utilise your Godgiven brains. By the Grace of Allah, you have been blessed with good minds so you should strive to fulfil your duties with intelligence and acumen. May Allah enable you to do so and may He be your Protector and may He be your Helper."

Virtual Meeting of Lajna Imaillah Amila Indonesia With Hazrat Amirul Momineen



Hazrat Amirul Momineen Khalifatul Masih V granted a virtual audience to the Amila of Lajna Imaillah Indonesia on 3 April 2021.

Huzoor Aqdas presided over the meeting from his office in Tilford, Islamabad while the Lajna members joined from the Ar-Rahmat Hall at the Al-Hidayah Mosque complex in Jakarta.

During the meeting, Huzoor Anwar outlined the various responsibilities assigned to various Lajna

Amila members and gave guidance on improving the activities of their respective departments.

Speaking to the Secretary responsible for Waqf-e-Nau, Huzoor advised,

"Ensure the proper moral and spiritual training of the Waqifat-e-Nau. Each and every female member of Waqf-e-Nau should be regular in offering the five daily prayers. They should read the Holy Qur'an every day. They should read the books of the Promised Messiah (peace be upon him) which have been translated into Indonesian and other appropriate literature. They should try to listen to my Friday Sermons every week and you should make sure that all female members of Waqf-e-Nau are closely connected with the system of the Jama'at and that they are connected with Khilafat and they spend time in learning religious knowledge."

Later, the National Secretary for Sanat-o-Dastkari (Arts and Crafts), exhibited a range of products produced or cultivated by Lajna members from across the country, including vegetables, fruits, bags, buckets, herbal remedies and juices. With the assistance of the department, some of the women had gone on to set up their own businesses using the skills they had learned. Huzoor appreciated the effort that had been made by the women.

As the meeting approached its conclusion, participants were given an opportunity to ask questions. One member asked how best one could increase the number of people making financial sacrifices for the sake of Allah. To this Hazrat Amirul Momineen stated,

"You should make the members realise that financial sacrifice in the Jama'at is not a tax. It is the duty of every true believer that they should make sacrifices and indeed to make financial sacrifices for one's faith is written in the Holy Qur'an. In the second chapter of the Holy Qur'an, Al-Baqarah, Allah the Almighty says a Muslim should have 'belief in the unseen', should offer their prayers and should offer sacrifice in the way of Allah. And so this is the commandment of Allah, that you should make some financial sacrifice for the running of the day to day expenses of the Jama'at and primarily for spreading the message of Allah the Almighty in one's country in particular and in the whole world in general. So we are sacrificing for the sake of gaining Allah's pleasure."



"There are quite a number of Qur'anic verses which refer to the importance of financial sacrifice. There are also quite a number of sermons of the previous Caliphs of the Jama'at about this topic and I have also delivered many Sermons in which I have explained in detail and at length, the importance of sacrifice. Thus, let the members understand that this is not a tax. So if they sacrifice happily and wholeheartedly, then Allah the Almighty will reward them."

Another Amila member asked how they could increase the interest of Lajna members in reading the books of the Promised Messiah (peace be upon him). Huzoor Aqdas advised,

"You should try to select some passages from the books of the Promised Messiah (peace be upon him) which are related to women and relevant to their day to day life. Translate those parts into the Indonesian language. In this way, you will increase the interest of the ladies and the older Nasirat... Once they develop an interest, then they will start reading the other books as well."

In response to a question about how best to increase the number of those regularly taking part in Tabligh, Huzoor Anwar said,

"Develop confidence in the Lajna members. Prepare a syllabus, a Tabligh course and train them so that they can answer basic questions whilst doing Tabligh. Also, make some Tabligh CDs or DVDs that will teach them how to answer questions. They should include the answers to the questions raised by non-Ahmadi Muslims or by non-Muslims. They can also be played to their contacts so they would find out the answers to their questions."

Hazrat Khalifatul Masih V further stated,



"So, first do training classes for the Lajna members and ensure they themselves understand the true teachings of the Jama'at, the true Islam. Then when they have learned the true teachings of the Jama'at and of the true Islam, they will be able to do Tabligh. But for that, they will have to develop confidence and that confidence can only be created and developed through training."

Virtual Meeting of MKA Indonesia With Hazrat Amirul Momineen



On 18 April 2021, Hazrat Amirul Momineen Khalifatul Masih V held a virtual online meeting with the National Amila of Majlis Khuddamul Ahmadiyya Indonesia.

Huzoor presided the meeting from his office in Islamabad, Tilford, while the Amila members joined from the Ar-Rahmat Hall at the Al-Hidayah Mosque complex in Jakarta.

During the 75-minute meeting, the National Amila members were able to present a report about their respective departments and to receive the guidance and instructions of Huzoor Aqdas on a range of issues.

Huzoor emphasised the importance of having regular general meetings with the Khuddam to build a strong bond of brotherhood between them.

Huzoor also emphasised the importance of Tabligh and said Amila members should lead by example and should be allocated targets by the Tabligh department.

Hazrat Khalifatul Masih V further advised that Khuddam should be encouraged to regularly recite the Holy Qur'an, especially during the month of Ramadan.

Emphasising the need for the members of Majlis Khuddamul Ahmadiyya to write articles that get published externally, Huzoor instructed,

"Ask your members to write articles for other secular newspapers and magazines regarding Islamic teachings or any scientific article or any research paper. In this way you will be able to introduce the Ahmadiyya Muslim Community to others."

Highlighting the need for increased efforts in selflessly serving humanity, Huzoor Aqdas encouraged that Majlis Khuddamul Ahmadiyya Indonesia should expand their blood donation campaign stating,

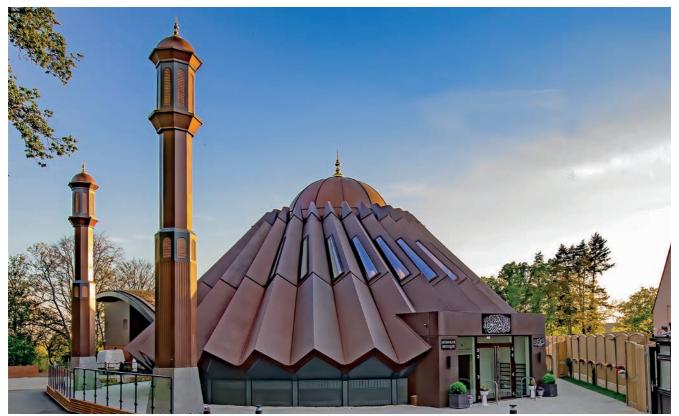
"You should try to increase the number of blood donors in different parts of the country... Help the poor people in your country without any discrimination of their religion and sect. Even try to extend your (humanitarian) help outside of Indonesia to some African countries as well."

Speaking to the National Secretary for Ishaat, Huzoor Anwar said,

"There should be a Khuddamul Ahmadiyya Magazine either in printed form or online... At least four issues in a year should be published and it should reach each and every member so that they will know what is Majlis Khuddamul Ahmadiyya and what are their responsibilities and what are their duties. It should increase their knowledge... So try to introduce and start a magazine. And name that magazine 'Tariq'."

Hazrat Amirul Momineen advised the Amoore Toalaba (Student Affairs) Mohtamim to encourage more students to pursue medicine as there was a pressing need for doctors in hospitals established by the Jama'at.

Eid ul Fitr in the UK 2021



Despite some lockdown restrictions still applicable, Eid-ul-Fitr prayers were permitted to take place in Jama'at mosques up and down the country on Friday 14th May. Precautions had to be taken with numbers limited so that social distancing was maintained safely. Special permission had to be sought from the local President for members to attend. Many were resigned to observe their Eid prayers at home. However, everyone had the opportunity to listen to Huzoor's sermon live telecast from the Mubarak Mosque via MTA. Local Mosques held prayers at 10.15 am giving enough time for a short sermon before listening in on Huzoor's sermon from the beginning delivered from the Mubarak Mosque in Islamabad after 10.30 am.

In this Hazrat Amirul Momineen said that it was by the sheer grace of Allah, after having passed through the month of Ramadhan, He has enabled us to witness the day of Eid. We can only reap the true blessings of this bounty of Allah, when we truly understand the purpose of Ramadan and Eid. If we have truly reformed ourselves and developed good habits, then they should clearly be visible after a period of thirty days. Huzoor said the Promised Messiah^(peace be upon him) clearly stated that there were two primary objectives of his advent; to help people recognise God and fulfil their rights owed to Him, and to help people recognise the rights they owe to their fellow human beings. This is the essence of Islam and the purpose of our lives.

True blessings of Ramadhan, Huzoor Anwar pointed out, will only be recognised when a true change is brought about. The Promised Messiah^(peace be upon him) said that to truly love God is to love Him more than one's parents, wife, family and all other things. God Almighty states in the Holy Qur'an:

'Celebrate the praises of Allah as you celebrated the praises of your fathers, or even more than that.' (The Holy Qur'an, 2:201)

If we can establish this level of love, then we can say that we are celebrating Eid in the true sense. Huzoor Aqdas said that life devotees should especially consider that everything they do and every action of theirs should be solely for the sake of Allah Almighty. The Promised Messiah^(peace be upon him) said that the story of Abraham^(peace be upon him) was repeated to show the great levels of sacrifice which one should aspire to attain. Islam seeks to make many Abrahams and instil that same spirit in everyone.

The Promised Messiah^(peace be upon him) said that one should always continue seeking forgiveness from God Almighty. When one truly turns to God in repentance, then Allah turns to him with mercy and forgiveness and erases his sins and faults. One should establish the true fear of God in their hearts. The purpose of prayer is to glorify God and to seek His forgiveness.

The Promised Messiah(peace be upon him) said that true worship is to wholly devote one's self to God. One's sole purpose should be attaining the pleasure of Allah. The sign of a true believer is that they never abandon worship and doing good deeds, for they do not do so merely for the sake of reward; rather they consider their very being to be created for the purpose of recognising and seeking the pleasure of God. This is the essence and this is the path of attaining the true spirit of Eid. We must establish high standards in our worship, in attaining the pleasure of God, and in fulfilling the rights owed to fellow human beings. Only then will we experience true Eid. The Promised Messiah^(peace be upon him) said that a true believer never takes personal enemies, nor tries to cause anyone harm.

Huzoor stated that reading, studying and pondering over the Holy Qur'an is also the sign of a true believer. It is necessary to recite and act upon the Holy Qur'an, along with worship, in order to increase in belief and certainty. We should recite the Holy Qur'an and read its translation so that we may understand its commandments. Offering our prayers with great care, and reciting the Holy Qur'an with true understanding will lead us to experiencing the true Eid. The Promised Messiah (peace be upon him) said that our victory lies in the Holy Qur'an. The Holy Prophet (peace and blessings of Allah be upon him) himself said that one who has not memorised any portion of the Holy Qur'an is like an empty home.

Huzoor said that the Jama'at has established many different funds to help all different kinds of people in need in various ways. We should strive to make contributions towards these funds and help those in need, in order to attain the pleasure of God. It is not enough to meet a few relatives and treat them with kindness and compassion, rather it is only when treating everyone in the same manner that we can truly experience Eid. Not only will we experience Eid twice a year, rather when we establish these qualities, then everyday will be an Eid for us.

Huzoor urged members to pray a great deal for the freedom of the people of Palestine, who are facing hardships and persecution in their own land.

Huzoor prayed that may Allah have mercy on them and though this Eid has come at a time of great grief for them, may He turn their grief into happiness. Huzoor said that we must pray for the entire world and for all those who are facing any sort of hardship. We should pray for injustice to be eradicated from the world. We should pray that the effects of this global pandemic are erased and the world returns to normal. This however, can only happen when the world turns its attention to fulfilling the rights owed to God and His creation. Huzoor prayed that may the world have the ability to do so.

Itekaf In 2021

This year the period of Itekaf during the month of Ramadhan began with the 20th fast on Monday 3rd May after Fajr prayers. Due to the lockdown, respected Amir UK sought guidance from Hazrat Amirul Momineen who graciously provided the following instruction last year which was also applied in 2021.

"In regards to this the guidance of Hazrat Musleh Maud (Allah be pleased with him) is very clear that, "Itekaaf can be observed outside the Mosque but the blessings or reward will not be the same." and this is also my view on the matter. Ladies are allowed to observe Itekaaf at home. "It is not mandatory for everyone to observe Itekaaf, however because these days people are not allowed to come to the mosques for Namaz or Jumma, therefore if anyone has designated a place in their home for Namaz where people do not regularly come and go, then that place or area can be used to observe Itekaaf. In this circumstance the members of the household should offer prayers in congregation and offer Jumma in that designated area as well. But this permission is only given in extreme circumstances. Under normal circumstances Itekaaf should observed in mosques."

Comment

Waleed Ahmad

Events at Batley School were still reverberating when preparing this edition. (see First Big Iftar). This was the instance when a Religious Education (RE) teacher used cartoons of the Holy Prophet (peace and blessings of Allah be upon him) by a satirical magazine to teach his subject. This, at a school in an area where over a third of the population is Muslim. The uproar was inevitable. Parents congregated outside the school gates in protest and the offending teacher was compelled to go into hiding after receiving death threats from misguided Muslims. To his credit the Head Teacher suspended the teacher and issued an apology.

Much of the debate in the aftermath was framed around the right to freedom of speech when the focus should also have been on the teaching acumen of the teacher involved. Religious studies are mandatory in schools. Recognising its importance, the UK established the Standard Advisory Council for Religious Education (SACRE) back in 1944, charging every Council in the country to ensure that religious teaching was undertaken and appropriately reflected the local population. An umbrella organisation exists on a national level of which our own Waqar Ahmedi is an elected member. Its current guidance states:

'RE is an important curriculum subject. It is important in its own right and also makes a unique contribution to the spiritual, moral, social and cultural development of pupils and supports wider community cohesion..... '

For a teacher to use material bound to inflame the sentiments of a third of its population beggars belief, and defies the aspirations set out by SACRE.

Admittedly independent or private schools like Batley are not strictly bound by SACRE but they are not expected to ignore it either. However, Batley would have to adhere to the provisions of Independent Schools Standards. This makes the offending teacher's methods even more out of step. These standards expect its religious teaching to have:

"...an acceptance that people having different faiths or beliefs to oneself (including those people who leave their faith or those who hold no faith) should be accepted and respected, and should not be the cause



of prejudicial or discriminatory behaviour.'

And

'the duty to actively promote mutual respect and tolerance of those with different faiths and beliefs[it is not] acceptable for schools to promote discrimination against or a lack of respect for other people or groups on the basis of their belief, opinion or background.'

Needless to say, respect was hardly being promoted through the use of such cartoons.

The fact of the matter is that for a RE teacher there is a mountain of academic material to choose from when teaching the life of the Holy Prophet (peace and blessings of Allah be upon him) that would enhance 'the spiritual, moral, social and cultural development of pupils'. The life of the Holy Prophet (peace and blessings of Allah be upon him) is replete with examples that would inspire any student to engender an improvement in him/herself - his unparalleled sense of clemency when he forgave all his tormentors on the fall of Makkah, his compassion when he resisted the destruction of Taif after its people had beaten and bloodied him, his sense of justice in refusing to waive a judicial punishment for a criminal because of her status, his forbearance when insulted, his respect for others in standing up for any funeral bier that passed, his kindness to the poor and underprivileged and the list goes on.

When Michael H Hart put the Holy Prophet ^(peace and blessings of Allah be upon him) at the top of his list of the greatest 100 men that ever lived, he may have done this on the basis of the Holy Prophet's ^(peace and blessings of Allah be upon him) influence on humanity, but what he failed to mention was that it was the shining array of the Prophet's innumerable qualities that engendered such influence, and that it continues to do so to this day.

Aren't these the types of examples that a RE teacher should use when teaching about the Holy Prophet (peace and blessings of Allah be upon him)? Would our school children at Batley and elsewhere not be better served to share these kinds of incidents of the real character of the Holy Prophet (peace and blessings of Allah be upon him) Would that not better help teach our children how to behave instead of sniggering over a cartoon at another person's expense and hurting others?

Clearly the debacle at Batley is more than about the abuse of the freedom of speech, it is about a RE teacher's crass ineptitude to perform his duties purposefully in line with the teaching guidelines prescribed.

Letters to the Editor

We welcome letters from our readers. If you have a comment or view you want to share with the rest of our readership, please pen them and e-mail to <u>ahmadiyyabulletin3@gmail.com</u> All letters suitable for publication will be reproduced in these pages.

Assalamo Alaikum

I've recently become too aware of the missing space in my dining table where Ahmadiyya Bulletin copy used to be kept. It used to serve as a continued reminder that even when I had few minutes, I'd flick through the pages to read a post or two. The big title page with Ahmadiyya Bulletin would catch glances of my children who would walk into the living room and though they wouldn't always read the magazine, cognitively the message of who we are, our identity would imprint in the minds subconsciously.

Sometime my children would flick through the pages because they liked the attractive pages. That would give me huge satisfaction as they did so in their own will. And these small steps will encourage then to open up and read more of the Jamaat books when they get older

I agree we have so many magazines in the Jama'at and in the digital world why not save the expenses of the Jama'at when everything is available online. Unfortunately, the digital age has also meant there is now far too much reliance on mobile devices. We've become addicted to them. Social interaction within our own households has become distant. People have become removed to opening up a book or a magazine to read. Advertising companies spend millions on billboards, TV and radio advert. Ahmadiyya Bulletin serves as a continued advert of the UK Jamaat in our home – a gap which isn't filled by any other magazine.

Maybe as a trial we could limit to sending editions

by post to every quarter or even every 6 months. I do agree sending monthly or every two months would be excessive, but I'd humbly request that we consider bringing back a much-loved magazine

What we can also do is to send out regular surveys to selected Jamaat members of mixed demographics with incentives or prizes for those who regularly give feedback. As I know in today's society, we're also constantly being asked to fill in surveys and people have become averse to giving them. But without feedback full circle of improvement and progress is difficult.

These are just few of suggestions that came as I sat on the dining table having breakfast and felt the urge to pen my thoughts.

Please remember me in your prayers.

Wassalam Muzaffar A Bhatti

Jazakallah and thank you for your letter. The Ahmadiyya Bulletin is still in print and will remain so until further notice albeit with a smaller print run than in the past. An edition is published every two months. Currently all those wishing to receive a hard copy who have paid their annual subscription of £15 per annum are sent a hard copy. The magazine is also available on-line to all at

https://ahmadiyya.uk/bulletin

– Editor.

First Big Virtual Iftar: Freedom of Speech or An Act of Provocation

Throughout the month of Ramadhan the Tabligh department organised Big Iftars where the opening of the fast was shared with our guests and neighbours. This year, as in 2020, these events were held virtually. The first took place on the 14th of April and was organised in coordination with Majlis Khuddamul Ahmadiyya UK. Its theme was 'Freedom of Speech or An Act of Provocation'. The event has had thousands of views which by 4th May numbered 3,957.

Proceedings can be accessed at https://www.youtube.com/watch?v=Eur1JEm504k

As always the Big Iftar included a session with speeches prior to the opening of the fast. This time the session was chaired and presented by Mr Adam Walker, Naib Sadr Majlis Khuddamul Ahmadiyya UK.

Introductions

Mr Walker introduced the event and proceeded to comment on the theme of the occasion. He said that we have seen an increase of the caricatures of the Holy Prophet (peace and blessings of Allah be on him) which Muslims find disturbing and insulting. These have included the Charlie Hebdo magazine in France as well as in Denmark, and more recently in the UK, at Batley School, where a cartoon of the Holy Prophet (peace and blessings of Allah be on him) was shown to students.

This event was organised to discuss how freedom of speech could be used responsibly. It was not to discuss its legality per se. This was acknowledged as an undeniable right which many in the past had fought so valiantly to win. A short video introducing the Jama'at was played.

Respect & Reverence For the Prophet by Dr Hammad Khan

Dr Hammad Khan said that one of the worst feelings in the world is when we are unable to help one of those we love when they are sick. Similarly, if



someone is attacked we spring to defend them as it hurts us to see them being hurt, even if that attack is only with words.

For example, we would feel the pain if someone close to us is being attacked. This also applies to those who we have never met yet we respect them – eg the recent attack on the statue of Winston Churchill in Parliament Square. This caused a great deal of upset to a lot of people. The defence of the statue by armed police showed us the depth of feelings people have for this revered figure.

So, it should not come as a surprise that people of religious faiths are hurt when Prophets are attacked. For Muslims, respect for all Prophets is an important part of faith, which stems from the love of Allah. Some people may find it surprising that Muslims respect all the Prophets of God because Muslims believe that God sent His Messengers throughout the ages to every people and nation. Islam also teaches that Muslims should not insult the religious figures of other faiths. Mutual respect and respect for discourse is a central tenet of Islam.

Dr Hammad recounted the recent incident which happened in Batley in Yorkshire by noting that he had attended the same school when he was young. The incident concerned the showing of a cartoon of the Holy Prophet (peace and blessings of Allah be on him) by a teacher to his pupils, while discussing blasphemy. Some of the depictions of the Holy Prophet (peace and blessings of Allah be on him) have been deliberately demeaning and insulting. He also referred to the book Satanic Verses which caused huge offence to all Muslims. At school, this became an excuse for some people at the time to abuse me and Islam. Religious debate must be conducted with mutual respect and civility.

This country has a long tradition on civil debate and discourse, which coincides with British tradition and Islamic thought come together beautifully. The right to express an opinion and thought must be respected, but with it comes the responsibility to be civil in our discourse, and not to insult just because we can. All members of society deserve to be treated with respect.

Freedom of Speech, or Licence to Abuse by Abid Khan, International Press Secretary.

Mr Abid Khan said that freedom of speech and expression is rightly championed here in the UK. We have seen societies ruled by dictators ruled with an iron fist and not tolerated any form of protest. Even today in certain parts of the world people are denied their basic right of expression. In Pakistan, Ahmadis are denied the most basic right of free speech and are prohibited by law to use basic Islamic terminology. But we have to agree that in a civilised society there has to be certain limits to free speech. Racist speech, anti-Semitic speech, hate speech are all form of expressions that are to be condemned. The question is not whether to have absolute free speech, but where to draw the line to limit that free speech.

With regard to the cartoons of the Holy Prophet (peace and blessings of Allah be on him), a lot of people do not understand why these are so offensive to Muslims. They see this as a trivial matter and that this is a weakness on the part of Muslims being over-sensitive. They seem to take pride in the right to mock and the right to insult. Here, it is important to note that we are not just concerned about the Holy Prophet (peace and blessings of Allah be on him) only but also believe that it is not right to insult the sacred personages of any other religion. Islam does not seek to prevent debate and critique about it - if anyone has any question or allegations about Islam it is the duty of Muslims to address these issues peacefully and with tolerance. This is what Ahmadi Muslims try to do by holding such events where we invite non-Muslims and they are encouraged to ask

questions and to raise their concerns. We welcome engagement with journalists and the media and we understand that it is their duty to probe.

We wholeheartedly condemn the fact that the teacher in the centre of the Batley School controversy had to face so many protests and has had to go into hiding. We reject and condemn in the strongest terms all forms of violence to intimidate people's behaviour in response to such cartoons. We believe that we should be willing to abstain from certain things in the interest of the wider peace and harmony of society. This is the way that we can forge unity and social cohesion in an increasingly multi-cultural society. Legally, we have the right to mock people who are unwell, less privileged, other people's parents or elders, yet the vast majority of us, thankfully, abstain from such behaviour. We impose limits on our speech because we recognise the importance of humanity and common basic decency - these are values that unite us all. Quoting Huzoor, Mr. Khan concluded: "Let it not be that in the name of the freedom of speech, the peace of the entire world be destroyed"



Concluding remarks by Amir UK

Amir Sahib said that practical freedom of speech is not a black and white issue and it is not a static concept. While it is easy to say we will defend your rights, it is harder to make it work. This debate is now centred around faith – so we need to clarify what is faith.

Faith is a code of conduct by which one can have a harmonious society. It defines the rules at every strata of life, from family life to public life, up to international interest. The code also shows how to develop your relationship with your Creator. And if we believe in the same God, it is not possible that He sent different messages to different Prophets. The basic message is essentially the same, how we can have a peaceful and harmonious society. As Muslims, we believe in all the prophets and the reformation that they brought for mankind. Some leaders, however, have tried to highlight the differences and this has come to light in the recent incident where a school teacher showed pictures of the Charlie Hebdo cartoon of the Holy Prophet (peace and blessings of Allah be on him) which raises the question about free speech and hate speech.

What does freedom of speech truly represent? Can people openly express their views without censorship? The right to free expression would be meaningless if it only protected certain types of expression, and is not extended to speech which might shock others. But this right can be curtailed under certain circumstances, for example, in the interest of national security, or public safety.

The popular belief in the West is that Islam opposes free speech, but this could not be further away from the truth. In fact, 1400 years ago Islam gave rights that did not exist in the civilised world until recent times. The Holy Qur'an taught that there should be no compulsion in religion. According to the Holy Qur'an, the ultimate goal of ever speech is to promote the discovery of the truth and to uphold human dignity. One of the attributes of Allah is Al-Hagg, the True and Right One. All Muslims must endeavour to emulate this attribute by following the code of truth, and tell the truth, even if it is unpleasant for them. Evil speech, which is obscene, immoral or hurtful, interferes with the discovery of truth and thus violates human dignity. Therefore, restricting evil speech is justifiable on freedom of expression.

However, even the most hateful type of speech, namely blasphemy, is not criminally sanctioned and thus not restricted under Islamic law - restriction only applies when there is danger of causing harm to the truth. The example of the Holy Prophet (peace and blessings of Allah be on him) on the conquest of Makkah, by forgiving all his erstwhile enemies, is to be followed - despite the severe persecution and torture Muslims were subjected to, everyone was forgiven and no one punished.

It should be appreciated that despite the freedom which is enshrined by the Article 10 of the European Convention on Human Rights, limitations are imposed which can include national interest, territorial integrity, public safety, prevention of disorder and crime, and the protection of health and morals. Therefore, it is clear that freedom of speech comes with responsibility and the bottom line is we have to decide what type of society we wish to create.

Huzoor, whose message to leaders of the world, has been that in order to create peace in the world, we must have justice, honesty and integrity by political leaders in making their decisions. He also said that the Muslim community must be completely transparent and there must be no hate speech or extremist views expressed in the mosques. He also said that the media must also play their role in spreading peace if one or two people join an extremist group, it is front page news, but when a Muslim community brings thousands of people towards peace, it is not given any positive coverage.

This was followed by questions from the participants and answers by Amir Sahib and Mr Ibrahim Ikhlaf, National Tabligh Secretary. It concluded with the virtual collective breaking of the fast, and a silent prayer led by Amir Sahib.

Full report in next issue of Ahmadiyya Bulletin

Tabligh Training Event

What did Promised Messiah (as) give to the world?

Regions: Hertfordshire | South West | East | Masjid Fazl

Saturday, 29 May 2021 | 6:30pm - 8:00pm

Platform: Zoom



NATIONAL TABLIGH DEPARTMENT UK

RATIONAL Religion

Second Big Virtual Iftar: Faith & Fasting - Igniting the Passion to Serve Humanity



The National Tabligh Department, in co-ordination with Majlis Khuddamul Ahmadiyya UK, held its second Big Virtual Iftar on 24th April 2021. The theme was "Faith & Fasting – Igniting the passion to Serve Humanity".

As with the first BVI effort, this event was promoted to non-Ahmadis on Eventbrite and a website Big Virtual Iftar was created for the Ramadhan activities. In addition, the event was promoted on Voice of Islam and the Next Door App.

In order to help ensure a large number of guests attending the event, a meeting was held on 11th April 2021 with local Jamaat office bearers. Phone calls were made to local Tabligh secretaries and local Presidents of Jama'ats by a team of 10 members of the National Tabligh Department. The purpose of this was to encourage members to invite non-Ahmadis to the event. As part of the marketing plan, posters and promotional messages were sent regularly to Jama'ats.

The event was held on the Streamyard platform and participants were able to watch it on YouTube. By the grace of Allah 364 external guests watched the programme. In addition, there were 4,200 unique viewers and the number of peak (concurrent) viewers was 1,008. Notable attendees viewing the event included the Royal Airforce and Royal Navy.

The host, Mr Rehan Syed, welcomed guests to the event. Tilawat-e-Qur'an and translation was by Mr Tahir Khalid who recited verses 12-14 of chapter 49 of the Holy Qur'an. Pre-recorded videos introducing the Jama'at and an exclusive virtual tour of Baitul-Futuh mosque were played.

The first speech was by Mr Naseer Dean, Naib Amir UK, who spoke on "Faith & Fasting – Igniting the Passion to Serve Humanity." He discussed the following:

- Serving humanity is a fundamental aspect of Islamic faith.
- Teachings of the Holy Prophet (peace and blessings of Allah be upon him), writings of the Promised Messiah (peace be upon him) and sermons of Huzoor Aqdas regarding serving mankind.
- Alms-giving during the holy month of Ramadhan.
- Humanity First and its aims.
- Humanity First's Global Covid-19 Response.
- Programmes of Humanity First.

Ramadhan Lockdown diary videos were played, featuring Mr Kaleem Edwards and Dr Hamzah Ahmed (a dentist).

The second speech was by Mr Akram Ahmedi, Chairman of IAEEE. He spoke on the topic 'Muslim Architects and Engineers: Striving to Make the World a Better Place' and he discussed the following:

- Aims of IAAAE.
- Portable water projects.
- Activities regarding solar panels purchased from China, mini solar systems in Tanzania, drilling in Benin, water pump training, alternative forms of energy, village project in Niger and architectural projects.

Afterwards the host recited the prayer for breaking the fast before the azan was called by Mr Bilal Mahmood.

After the breaking of the fast, a Voice of Islam promotional video was played.

Mr Akram Ahmedi made some concluding remarks where he highlighted that Humanity First has no commercial interest and the sole guiding principle is to serve mankind. He brought the broadcast to a close with a silent prayer.

External Guest Comments

The feedback from the external guests were promising. A selection of these are shown below:

Sarah Blackford: *Ramadan Mubarak from the Royal Air Force Specialist Engagement Team, Wales & West Midlands.*

Paul Milburn: *Ramadan Mubarak from the Royal Navy Attract Team Northern England. We are looking forward to tonight's programme.*

Janice Scott: *Ramadan Mubarak from all in the Royal Navy Attract Team in London and the South East.* Suzanne Lynch: *Ramadan Mubarak from the Royal Navy Attract Team in Wales and Western England. We are looking forward to tonight's programme.*

Paul Milburn: Amazing program this evening, thank



уои.

Suzanne Lynch: Thank you for tonight's Big Iftar. A fantastic programme - so educational and informative the Royal Navy Attract Teams from around the UK are looking forward to your next Virtual Big Iftar.

Page From History

Origin of the Ahmadiyya Bulletin

The Ahmadiyya Bulletin/Akhbar Ahmadiyya began during the time when Maulana Bashir Ahmad Rafiq was serving in the UK.

He writes,

'In 1962, Hadhrat Sahibzada Mirza Bashir Ahmad wrote to me and suggested that for the purpose of education, training and promoting mutual friendship amongst the members of the Jamaat it would be advisable to start a Paper on behalf of the British Mission. He said that it did not really matter if the paper consisted only of a few pages.

'In accordance with his wishes, I started publishing a bi-monthly paper, 'Akhbaar e Ahmadiyya'. A part of it was in English. For the Urdu portion, I made an attempt at calligraphy myself. The paper was printed on a cyclostyling machine and was distributed free of charge. Apart from the Jama'at news, it contained rebuttals of the allegations from our opponents. Articles concerning education and training formed an important part of it.

'In the beginning, the cyclostyling machine was operated manually and it was quite a chore. A few years later, an electric machine was purchased. By then the standard of calligraphy and printing had considerably. improved For calligraphy Malik Khaleel Ahmad printing Lateef Jan and for Ilyas Nasir Dehlvi Muhammad rendered invaluable service.

'By the Grace of Allah, this paper kept on progressing day by day. Even now, this paper is regularly published....'

> Taken from the Biography of Imam Bashir A Rafig www.bashirrafig.com

Surrey Police And The Month Of Ramadhan

BY FARHAN HAYAT

Majlis Khuddamul Ahmadiyya UK, in conjunction with the National Tabligh Department, launched the National Fasting Challenge during the month of Ramadhan with which it encouraged non Muslims to participate in one or more fasts. This initiative was publicised through various social media platforms and Jama'at and MKA websites. Many came forward. In addition, those Ahmadis at work were invited to encourage their colleagues to take up the challenge. Presented below is a report of how one of them, Farhan Hayat was able to get his colleagues at the Surrey Police involved.. - Editor

This year, Ramadhan was very different for officers and staff at Surrey Police. With Covid 19 impacting so heavily on how the Police Force engages with each other and the community, they wanted to deliver activity that would provide time for thought but also give an experience that would raise knowledge and understanding around why this month is, for so many millions of people around the world, such an important and holy month.

Mr Farhan Hayat, the Diversity and Inclusion manager and Chair of the Surrey Police Association of Culture and Ethnicity SPACE planned activity that would authentically understand the lived experiences of Muslim colleagues and communities and for officers and staff to get involved and experience it together. Activities throughout the month aimed to inspire, inform and educate but more importantly connect Surrey Police staff in solidarity with one another. The result was powerful and colleagues all across Surrey Police have been reflecting on how this month has inspired and allowed time to understand the Islamic faith in a new way.

On Friday 23rd April, PC Sabrina Schwarz and PCSO Razaul Hoque successfully delivered a virtual Peer Learning session: 'Ramadhan and a discussion on Islam and its Myths'. The event was attended by almost 40 colleagues and hosted by Sergeant Chris Walters. Topics included the act of giving through charity, the importance of prayer and the physical and spiritual benefits of fasting. The group also had an open discussion about the myths and



misconceptions of the Islamic faith, which led to really insightful learning enjoyed by all.

28th April welcomed the *#FastingCollective* in which 72 officers and staff across the Force joined Muslim colleagues and communities by observing a fast for a day. In the true spirit of a fast, colleagues set their alarm clocks and were awake for a 04:00 morning Suhoor meet just before sunrise. Here they were joined by Murrabi Sabah Ahmedi for some motivational words and encouragement ahead of the day. For many the day of not eating, drinking or even chewing was hard but allowed time for reflection and contemplation. Colleagues again joined the Imam for the evening virtual Iftar session where collectively the fast was broken with a delicious meal delivered for all participants by Majlis Khuddamul Ahmadiyya. Videos and blogs were posted on social media using the #FastingCollective handle and colleagues sent in their reflections to the diversity team.

Reflecting on his experience of fasting for a day, Deputy Chief Constable Nev Kemp said:

'The camaraderie of being together from Sahoor (before sunrise) to Iftar (after sunset), not just with colleagues in Surrey but with Muslims globally, really helped to focus me throughout the day.

AHMADIYYA BULLETIN | UK NEWS

"Although it was challenging, and I felt quite cold and tired towards the end, I could reflect that I would be able to eat at Iftar, whilst others are not always so fortunate. My appreciation and respect for the discipline required to complete Ramadhan has grown my admiration for our fasting colleagues as well. Thank you to the Ahmadiyya Muslim Community for their contribution and support.'

Sacha Pawley, Head of People Services tweeted. '#FastingCollective fabulous food package at the end of a day of fasting. Insightful day, living the experience, total admiration and respect for my colleagues who make this seem easy whilst doing a fantastic job in policing.

Chris Kershaw commented, 'The day was really enjoyable and I would encourage people to take part if there was one held next Ramadhan. It really helps to put the event into perspective and de-misty the Muslim religion and culture. The hunger helped to focus my mind on reflecting inwardly on my own life and how privileged most of us are in this country, that we have a good health system, plenty of food and a secure comfortable way of life. This just emphasised there are many in the world who experience that hunger day in day out, who don't have access to clean water and a National Health System and suffer from conflict such as in the Yemen.'



Following the success of the *#FastingCollective* Surrey Police joined the 'BigVirtualIftar' where DI James Ansell was invited as a keynote speaker on the topic of *'Serving Humanity, the Key to Community Cohesion'*. The event was globally attended and DI James Ansell shared his experience of joining the *#FastingCollective* and reflected on the importance of better connecting with diverse communities through shared understanding and authentic allyship.

On 5th May Surrey Police were invited as guest speakers on the live Drive Time Breakfast show.



DI James Ansell and Inclusion Lead Lucy Parsons spoke of their experience of the #FastingCollective and paid tribute to Muslim colleagues and communities who observe the requirements of the month of Ramadhan and the need for community cohesion between the police and the public. When asked how initiatives like the #FastingCollective impact on community cohesion, Lucy Parsons commented,

'By breaking down barriers, and encouraging everyday conversations, it helps to build an inclusive culture whether that's internally or within our communities, which helps to drive fundamental change.'

A News report on Muslim Television Ahmadiyya was also broadcast on Saturday 8th May at 7pm Watch the News Story <u>Here</u>

The great Albert Einstein is famously quoted to say, *'The only source of knowledge is experience.'* The Fasting Collective provided non-Muslim members of Surrey Police an authentic opportunity to live the experience of others in an experience that has opened their minds to the real purpose of Ramadhan.

Surrey Police prides themselves at being an inclusive employer, a Force that aims to reflect the community it serves. Mr Farhan Hayat manages the Positive Action portfolio at the force designed to support members of diverse communities joining policing careers. With fully funded degree apprenticeship opportunities available, he believes now is the perfect time to consider joining the Force. A career in the police is unlike any other. Apart from the exciting work you are involved with, policing allows you to really make an impact in protecting the most vulnerable and supporting a safe environment for all.

If you would like to discuss career opportunities and how the positive action team can provide mentoring and guidance throughout your application process, email <u>positiveaction@surrey.pnn.police.uk</u>

Ramadhan - Darsul Quran by Amir UK

During the month of month of Ramadhan several sessions of Darsul were organised Our'an and delivered virtually. One of these was by Amir UK on Saturday 1st of May. In this Amir Sahib began by commenting on the pandemic which had created difficulties globally.



The images currently coming from India at the time were particularly distressing to everyone and he urged everyone to pray during this blessed month, that Allah shows Mercy upon us all. We should also pray for those people who are alone at this time and those that have passed away, that Allah grants them a lofty status in the Hereafter. Amir Sahib then quoted from the Holy Qur'an,

يَتَأَيَّهُا ٱلَّذِينَ ءَامَنُوا كُنِبَ عَلَيْتُمُ ٱلصِّيامُ كَمَا كُنِبَ عَلَى ٱلَّذِينَ مِن قَبَّلِكُمْ لَعَلَّكُمْ تَنَقُونَ أَيَّامًا مَعَدُودَتِ فَمَن كَانَ مِنكُم مَّ يِضًا أَوْ عَلَى سَفَرٍ فَعِدَةٌ مِنْ أَيَّامٍ أُخَرَ وَعَلَى ٱلَّذِينَ يُطِيقُونَهُ وَأَن تَصُومُواْ خَيْرٌ لَكُمْ إِن كُنتُمْ تَعْلَوُمَ نَ كَمُونَ ()

O ye who believe! fasting is prescribed for you, as it was prescribed for those before you, so that you may become righteous. The prescribed fasting is for a fixed number of days, but whoso among you is sick or is on a journey shall fast the same number of other days; and for those who are able to fast only with great difficulty is an expiation - the feeding of a poor man. And whoso performs a good work with willing obedience, it is better for him. And fasting is good for you, if you only knew. (2:184-185)

Amir Sahib then related a saying of the Holy Prophet (peace and blessings of Allah be upon him) narrated by Hazrat Abu Huraira,

"Whoever fasted the month of Ramadhan out of

sincere Faith and hoping for a reward from Allah, then all his past sins will be forgiven"

Fasting, Amir Sahib explained, is there to bring reformation within us and we have to conduct ourselves in a respectful manner, otherwise we will not be able to achieve the true purpose of fasting. Amir Sahib quoted Huzoor, who has said,

When fasting is based on taqwa (righteousness) it produces a beautiful society, creating a spirit of sacrifice for each other. One is drawn to the needs of one's under-privileged brothers and this is very important because it was the blessed model of the Holy Prophet that during Ramadhan his almsgiving and charity would gain intense momentum like a gale storm. This becomes a source of removing anxiety from society and creates feelings of empathy for the less fortunate among those who are well-off; and feelings of love and gratefulness in the hearts of under-privileged believers for their well-off brothers. (Friday sermon 17/6/14)

Giving to the poor is also an important part of Ramadhan. When we fast we suffer hunger, thirst and deprivation. We are able to evaluate our life comforts that Allah has bestowed upon us.

We should also use Ramadhan to get rid of bad habits. Amir Sahib said that once the Holy Prophet (peace and blessings of Allah be upon him) saw a woman, who was fasting on a day (not in Ramadan) and, abusing her girl-servant. The Holy Prophet (peace and blessings of Allah be upon him) admonished her and asked her to break her fast formally. The woman protested arguing that it is not the month of Ramadhan "*But I am fasting today!*" The Holy Prophet Muhammad (peace and blessings of Allah be upon him) said,

"But was not your fast broken by the abuses you were hurling upon that poor girl?"

Most religions require fasting as part of their belief system. This is proof that Allah has sent prophets to all people. We can find fasting in the early Egyptians, the early Hindus, the Greeks (women only) and the Zoroastrians. Islam does not restrict fasting to a particular group and shows how religion has progressed. Islam has brought the perfect religion and provided equal rights to everyone.

Fasting has long been thought to be beneficial to the soul but also has many physical benefits. This has only been recognised recently with studies in the 20th century. Many different researchers have shown fasting: lowers the risk of brain disease, lowers risks of certain cancers, regenerates the immune system, protects against stroke, Parkinson disease and Alzheimer's. Allah has commanded us to fast and some of the benefits can only now just be realised in this time.

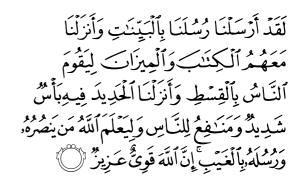
There are three Ashras (10 day periods) in Ramadhan namely, Mercy, Forgiveness and Salvation. In the first 10 days of the blessed month, we should be giving to charity, treating others with dignity, love and respect. We should also control our tempers and tongues. From the 11-20th day of Ramadhan we should pray and seek forgiveness from Allah for our sins We should also forgive other people who have wronged us. In the final 10 days we should seek Allah's pleasure and Allah's protection. Lail-ul-tul Qadr falls on the odd nights (i.e. nights whose dates are on odd numbers), in the last 10 days of Ramadhan as indicated in the Qur'an,

إِنَّا أَنزَلُنَهُ فِي لَيَلَةِ ٱلْقَدْرِ ۞ وَمَا آَدْرَىٰكَ مَا لَيْلَةُ ٱلْقَدْرِ ۞ لَيْلَةُ ٱلْقَدْرِ خَيْرٌ مِنْ ٱلْفِ شَهْرٍ ۞ نَنَزَّلُ ٱلْمَلَيَهِكَةُ وَٱلرُّوحُ فِيهَا بِإِذْنِ رَبِّهِم مِّن كُلِّ آَمْرٍ ۞ سَلَهُهِى حَتَى مَطْلَعَ ٱلْفَجَرِ ۞

Surely, We sent it down on the Night of Destiny. And what should make thee know what the Night of Destiny is? The Night of Destiny is better than a thousand months. It is all peace till the rising of the dawn. (97:2-6)

Itekaaf (a 10 day period of prayer and solitude) also takes place in a mosque in the last 10 days of this blessed month.

Amir Sahib then talked about social media. There may be many benefits of technology such as the communication methods we are using during the pandemic. Amir Sahib quoted,



Verily, We sent Our Messengers with manifest Signs and sent down with them the Book and the Balance that people may act with justice; and We sent down iron, wherein is material for violent warfare and many benefits for mankind, and that Allah may distinguish those who help Him and His Messengers without having seen Him. Surely, Allah is Powerful, Mighty. (57:26)

This verse relates to modern-day technology. Online shopping like at Amazon has made it easy for us to order anything we want to our door at a click of a button. However, there are many new dangers of modern technology, especially for the younger generations.

Huzoor has said that many people are so consumed by their mobile phones that they are gripped by an addiction. Their home-life falls apart, children are becoming addicted and when mothers call their children for dinner, they no longer listen. When they do come down, they are holding their phones or some other technology. Children are not focussing on their education and are watching films or playing games on their phones during times when they should be studying.

Mark Zuckerberg, the creator of Facebook has said that he will not allow his daughter to create a Facebook page until she is 13 years old. Some young mothers put an iPad in front of their children to distract them. This cannot be a good thing. Bill Gates stated he would not let his children get a mobile phone until they were 14. The average age for children receiving a phone is now 10. Mobile phones expose our children to big risks and are very dangerous.

Amir Sahib concluded by saying that when we die, we only take with us what good deeds we have accomplished into the hereafter. The month of fasting gives us a chance to reform and we should take full advantage of it. We are blessed with Khilafat and we should pray that Allah should continue to shower his blessings on Khilafat.

Dars ul Qur'an

This session was delivered from London on 29th April 2021 with Murrabi Sharjeel Ahmad. He began by reciting verses 64-78 of Surah Al Furqan from the Holy Qur'an. In these verses, Allah has mentioned some of the characteristics of those who are the servants of the Gracious God.

He said, parents name their children names like Abdul Rahman, Abdul Lateef, Abdul Hafeez, etc. (where Abdul means servant and the other name in an attribute of Allah), but do these children live up to the meaning of their name, which is actually a title he asked?

Hazrat Musleh Maud^(Allah be pleased with him) has mentioned that, in a wider scope, everyone is a servant of God, as Allah Almighty has created everyone. What is the distinction between the true servants of God and the non-believers?

The institution of waqfe-nau is such a grand scheme, that people should be able to see from a person's actions if they are living up to the expectation of waqfe-nau. Similarly, we should live to be the true servants of God. Allah says in the Holy Qur'an:

فَٱدْخُلِي فِي عِبَدِي ٢٠ وَٱدْخُلِيجَنَّنِي ٢٠

So enter thou among My chosen servants, And enter thou My Garden. (89:30-31)

The ultimate goal of a true servant of Allah is to enter the Garden belonging to Allah (paradise). The life of the Holy Prophet (peace and blessings of Allah be upon him) was the personification of the attribute Ar-Rahman (most Gracious).

In Islam there is a clearly defined concept of physical, moral and spiritual conditions of man. The source of these conditions or stages are mentioned in the Holy Qur'an as three states. The three states are dependent of each other.

The first and lowest state of existence is described as a "self" that is called "*Nafse Ammara*", a self which is ever inclined to evil and is opposed to his attainment of perfection and to his moral state. This is also called a natural state of man where instincts are the way of life. This is a state where human beings are more occupied of satisfying their immediate needs. There is no rationality or logic of actions. We carry out eating, drinking, sleeping, waking, anger and provocation, like the animals.

Once a person starts thinking about actions and bring them under the influence of reasoning, purpose and logic, he starts entering into moral states.

The source of moral states in Islam is mentioned as "*Nafse Lawwama*" i.e. "the reproving self". It means that this "self" starts asking questions about our actions and try to bring them under the influence of rationality; he enters a moral state of existence. In this state a person can fall back to the physical state, repent and then try to come back to their moral self. In short, this is the moral state of human self when it seeks to comprehend within itself high moral qualities and is disgusted with disobedience, but cannot achieve complete success.

The third and highest state which should be described as the beginning of the spiritual state of man, is called in the Holy Qur'an "*Nafse Mutmainnah*", that is to say, the soul at rest. This is the stage when the soul of a person being delivered from all weaknesses is filled with spiritual powers and establishes a relationship with God Almighty, without whose support it cannot exist. In this state of existence, man is at peace with himself and is in a perfect harmony with the Creator. As the physical state influences moral and spiritual states, the reverse is also true.

A spiritually depressed person may show moral lapses which also translates into physical problems. Similarly bad habits become morally depressive and spiritually inhibitive. That is why in Islam there are laws for physical existence, moral and spiritual and the relationships well defined and demonstrated by role models like Prophets.

The 7th condition of bait is: That he/she shall entirely give up pride and vanity and shall pass all his/her life in humbleness, cheerfulness, forbearance and meekness. In Hadith the Holy Prophet (peace and blessings of Allah be upon him) said,

"Three things are the roots of every sin. One should avoid them. Refrain from arrogance because it was due to arrogance that Satan was instigated not to prostrate to Adam. Second, stay away from greed because it was greed that made Adam eat the fruit of the forbidden tree. Third, avoid jealousy because it was out of jealously that one of Adam's sons killed his brother."

"No one who has the weight of a seed of arrogance in his heart will enter Paradise."

Allah Almighty has stated that He will only be on your side, if you are on His side. In other words, if you don't pray and pay attention to your prayers, then Allah will not care for you. So let us try to better ourselves and attain the pleasure of Allah.

Weekly Darsul Quran During the Month Ramadan on 28th April, 6th, 16th, 23th May

By grace of Allah, last year Norbury Jama'at organised weekly Darsul Quran for members of the Jama'at. Although, going to the mosques was not possible due to the pandemic restrictions, Norbury Jama'at organised these blessed events online using Microsoft Teams and Zoom.

Regional Missionaries Murabbi Faiz Ahmad Zahid Sahib, Murabbi Raza Ahmad Sahib, Hafiz Fazal e Rabbi Sahib delivered these Dars sessions with good attendance from Jama'at members.

DARSUL QURAN - NORBURY

- Paid Fitrana £2 every member of family, Eid Fund - £10 per earning member, Fidya -£60 –(if needed)? www.chanda.org.uk
- Huzur (aba) khutba Eid will be telecast at 10:30 AM tomorrow. All members must offer Eid Prayers with a short khutba at home
- See a How-To video and guidelines document & prepared khutba from Tarbiyyat Department Uk forwarded on Jama'at group.
- Eid Takbeera't From Fajar till Eid Prayers

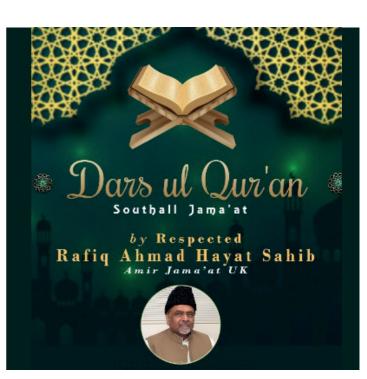
االله أكبر، االله أكبر، االله أكبر لا إله إلا االله. واالله أكبر ، االله أكبر

Dars ul Qur'an Southall

The Southall Jama'at invited the Amir UK for Darus ul Qur'an via Zoom on Sunday 18th April 2021.

In this Darus, Amir Sahib mentioned some dangers of social media, matrimonial issues and blessings of Ramadhan and the current Covid situation. He requested the Jama'at to pray for everyone and for the Jama'at's continued progress.

A total of 198 members of the Southall Jama'at attended the Darus.



Darsul Quran From Scotland 2021

One of the changes imposed by the lockdown was that many events came to be held virtually. This may have had draw backs but it also brought benefits as well. Among these was that people from all over the UK and beyond could join in events broadcast on line. This was certainly the case of this Darsul Qur'an given by Maulana Rawahuddin Arif Khan from Glasgow and shared by viewers around the country. It was presented on 2nd May 2021 and began with the recitation of the following verses of the Holy Qur'an,

يَتَأَيُّهُا ٱلَّذِينَ ءَامَنُوا كُنِبَ عَلَيْصُمُ ٱلصِّبِيَامُ كَمَا كُنِبَ عَلَى ٱلَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَنَّقُونَ ()

O ye who believe! fasting is prescribed for you, as it was prescribed for those before you, so that you may become righteous. (2:184)

Maulana Rawahuddin Khan explained that the significance of the last 10 days of Ramadhan and how we can make the most out of these days. Hazrat Aisha narrated that the Holy Prophet (peace and blessings of Allah be upon him) used to pray in the last 10 days of Ramadhan with such an effort, that one cannot witness at any other time.

When the last ten nights of Ramadan arrived, the Prophet (peace and blessings be upon him) would tighten his belt, spend the night in worship, and awaken his family. There is a Persian saying about Ramadhan which says,

"To talk less, to eat less and to sleep less are the characteristics of a Prophet."

We should also concentrate on voluntary prayers (nawafals and Tahujjud) in Ramadhan and seek forgiveness from the fire of Hell. The Holy Prophet (peace and blessings of Allah be upon him) has said,

"Our Lord Almighty descends to the lowest heaven in the last third of every night, saying: Who is calling upon Me that I may answer him? Who is asking from Me that I may give him? Who is seeking My forgiveness that I may forgive him?"

Whoever spends the night of Lailatul Qadr in prayer

out of faith and in the hope of reward, his previous sins will be forgiven.

It was during the last days of the Ramadhan when the Holy Qur'an was revealed. We should spend time reciting and understanding the Holy Qur'an during this period.

Maulana Rawahuddin said that, as there are currently some Government restrictions, it is a perfect opportunity for us to perform Itekaf at home. We should seek the treasure of Lailatul Qadr (the night of decree) in the last 10 days of Ramadhan. This night is better than 1,000 months, which is more than 83 years and is a whole lifetime.

The Promised Messiah and Imam Mahdi^(peace be upon him) has stated, Lailatul Qadr is a time of purification for man, so that he may become compliant to all of God's commandments. The prayer for Lailatul Qadr, which was conveyed to us by Hazrat Aisha, is:

O Allah! You are the Great Pardoner, You love to pardon. Hence I seek Your pardon.

There are seven stages in the spiritual journey of the observance of prayer. The right of the establishment of prayer can fully be offered only after one passes through these stages. Hazrat Khalifatul Masih II (Allah be pleased with him) has stated,

The first stage is that man offers his five daily prayers regularly. A Muslim who offers his five daily prayers and does not break in between, acquires the lowest level of faith.

The second stage in prayer is that all five prayers are offered at the stipulated time. When one offers his five daily prayers on time, he steps to the second ladder of faith.

The third stage is that the prayer be offered in congregation. By the congregational observance of prayer, man steps to the third ladder of faith.

The fourth stage is that man observes the prayer whilst understanding its meaning. An individual,

who does not know the translation of prayer, should learn the translation and observe prayers. Moreover, one who does know the translation should offer the prayer slowly, until he understands that he has done justice to the prayer.

Then, the fifth stage is that man becomes fully engrossed in the prayer. Just as one plunges into water, man should plunge into his prayer, until he acquires one of the two ranks: either that he is seeing God, or if not, he firmly believes that God the Exalted is seeing him.

After this, the sixth stage of belief is that an individual offers the Nawafal (Voluntary Prayers). One who offers the Nawafal expresses to God the Exalted, that he has offered his obligation, but he has not yet become

satisfied by them, and he says, 'O God, it is my desire to remain in Your royal court beyond the times of obligation.'

The seventh stage of belief is that man not only offers his five daily prayers and observes the Nawafal, but also prays Tahujjud (Late night/pre-dawn prayer) during the night. These are the seven stages by which prayer is deemed complete.

Prayer is not the only form of worship. Helping the needy and giving to the poor are also a form of worship. We should gather good deeds in our heart in Ramadhan and then keep them in our heart. We should not pass Ramadhan without taking benefit from it.

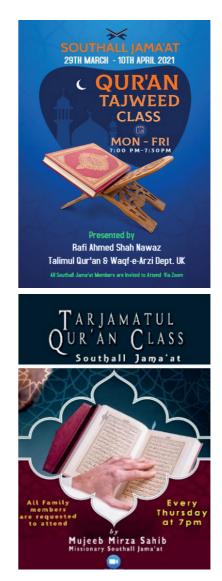
Qur'an Tajweed Class April

During the period from 29th March to 10th April, the Southall Jama'at hosted a Qur'an Tajweed Class via Zoom organised by the Talimul Qur'an & WaqfeArzi department UK. Mr Rafi Ahmed Shah Nawaz presented a very thorough explanation of the rules of Tajweed.

The word *"Tajweed"* means to improve, to do better. Tajweed of the Holy Qur'an is the knowledge and application of the rules of recitation, so it means giving every letter of the Qur'an its rights and dues of characteristics in terms of pronunciation and observing the rules that apply to those letters in different situations. We give them their dues by observing the characteristics of each letter that are present in them some of the time and not present at other times. Rafi sahib also mentioned the 20 most common errors in recitation and presented each error with examples.

Tarjamatul Qur'an Classes

A weekly Tarjamatul Qur'an class is being held by the Southall Jama'at conducted by Murrabi Mujeeb Mirza via Zoom. It takes place every Thursday at 7 pm. An average of 40 members are participating in these classes, whereby they learn the English translation of the Qur'anic verses and study its commentary.



Voice of Islam

"The purpose of the Voice of Islam is to inform people of the true teachings of Islam and to make it abundantly clear that Islam's teachings perfectly conform and relate to the needs of every era and every person. God Willing, the listeners of this radio station will come to recognise that Islam's teachings are of peace, love and compassion for all of mankind." (Hazrat Khalifatul Masih V, may Allah be his Helper, on the Inauguration of Voice of Islam Radio Station – 7th February 2016)

Voice of Islam is the Jama'at's radio station, broadcasting on DAB radio, online and on social media, has been in operation for over 5 years now. Based in Baitul Futuh, Morden, it transmits a variety of English language programmes 24 hours a day, 7 days a week, and is manned almost entirely by volunteers.

The programme is a mixture of live interactive shows, discussing contemporary issues, documentaries, and faith related matters, including Huzoor's Friday sermons. For further information, please see their website **https://voiceofislam.co.uk**.

The VOI Board, established to monitor and improve the service of the station, meets on a regular basis and is chaired by Amir Sahib UK. In a recent meeting Amir Sahib reported,

"I am continuously getting very good feedback, both from internal and external members. The fact that they make the effort of writing in, shows the impact which our shows and efforts are having. Also, our guest interviewees are of a very high calibre and the credit goes to our researchers and producers. I would like to thank all team members, the producers,

researchers, presenters, central teams, as well as the technical staff who are working in the background."

The fundamental aim of the station remains to promote the true teachings of Islam. One of the criticisms constantly made by the media against Islam is its supposed mistreatment of women. These detractors would be surprised to learn that over 90% of the volunteers are our Lajna members. One of these is the Assistant Head Producer of The Drive Time Show (DTS), who is also the Social Media Manager, Mrs Faiza Mirza.

Faiza Sahiba is a mother of 3 school-aged children and has been volunteering for VoI since its early days.



She first started on the DTS as a researcher. This is a live interactive programme which goes out every weekday during prime time, i.e. 4 – 6 pm. Topics for discussion are wide ranging, from current affairs to religion, and would often include outside guests. As an example, some of the topics discussed recently included, Ramadhan, The Syrian Conflict, Football, Can Science Prove the Existence of God, Food Waste, Free Speech and Caricatures of the Holy Prophet (peace and blessings of Allah be on him). These, along with other programmes, can be accessed on demand on the website.

In an interview for the VoI newsletter, Faiza Sahiba was asked how she balanced her time as a busy mother with volunteering for the radio station. She replied:

"Parenting 3 school aged children is no easy task, and as my children grew up and entered full time school, I decided it was a good time to find a job to keep myself busy. But I kept hitting a hurdle in finding a role which I could do around my children's school hours. When I was offered an opportunity with VOI, I saw this as the elusive 'job' I was looking for that would fit perfectly around my children. So, I don't see VOI as voluntary work but as my full-time job that Allah gave me – Alhamdolillah. I also keep in mind that this is not a permanent job, or something I have 'earnt' as I have zero qualifications. No Jama'at position is yours, we only get chances to serve. If we do, it is only due to Allah's blessings that He has chosen us and allowed us to do so. So, when it comes to balancing home life and VOI, yes there are times when it can become overwhelming. However, it's at that point you remember that your worth in this is nothing. You are here because of God Almighty, and only through His help can you achieve your tasks and goals."

When asked what advice she would give to anyone thinking of, or hesitating, to volunteer for VoI, she counselled:

"See it as a gift from God Almighty. This truly is Allah's



radio station, and you will literally see miracles unfold in front of your eyes in how things work out on the radio station as well as in your own lives."

The station has a good presence in the social media which it is continuing to develop on not just Twitter, but Facebook and LinkedIn as well.

VOI has a dedicated technical team, headed by the Secretary Audio Video UK, that manages and operates all aspects of the Voice of Islam radio broadcasts. The main team consists of 7 people, 2 Ansar and 5 Khuddam. Alongside, there is also a wider team of volunteers who regularly support in planning and management. Typical daily activities include technical direction of the 13 live shows across the week, editing various live and pre-recorded shows, managing the EncoDAD broadcasting software, making the daily playlist as well as monitoring and mainte-nance of all VOI technical equipment and outputs.

Recently, the use of a new VoI software, "Luci", has allowed presenters to connect remotely into the studio from any location across the globe. The technical team has played a critical role in facilitating the use of this software and hence supporting all VOI shows throughout the pandemic. The team also manages a dedicated email support line that is monitored 24/7.

The aforementioned are just a glimpse into the extensive number of responsibilities carried out by the entire work force of VOI.

The station continues to expand and there is always an opportunity to serve be it as a presenter, researcher, producer or in the technical team. Feel free to call the station if you would like to join, on 020 8687 7878 or Email: info@voiceofislam.co.uk

May Allah shower His blessings on all the workers of the Voice of Islam.

Ramadhan Activities In Keighley

BY MUJEEBUR RAHMAN, PRESIDENT KEIGHLEY

Big Virtual Iftar

During the month of Ramadhan, along with regular activities like children's classes, Fajr, Isha/Traveeh prayers at the mosque, the Keighley Jama'at fully participated in the national Big Virtual Iftar (BVI) organised on 14th April. In this respect, personal invitations were sent to a wide variety of 141 different contacts including 2 MP's, 89 Councillors, 14 Parish Councillors, 14 School Heads, 6 Churches, 1 Interfaith Group, Harrogate Police, Skipton Police, Keighley Police and 12 WhatsApp contacts. Not everyone attended but at least the basic message was conveyed.

Neighbour Iftari

Then on 30th April the Jama'at organised a neighbourhood iftari whereby 22 neighbours were presented food along with details of the next BVI event. A further 19 neighbours were provided food on various dates.

Sue Ryder Hospice

The Sue Ryder Hospice provides care for patients with life-limiting illnesses and their families at the hospice and in the Community. This was deemed to be a worthy cause and the Keighley Jama'at donated £523 to the Hospice. The gesture was picked up by the local newspaper, Keighley News, who also covered other activities of the Jama'at as did Twitter.

Food Donations

Members of the Keighley Jama'at donated 180 food items which were in short supply to the food bank run by the local Salvation Army. Items included, UHT Milk, chick peas, potatoes, kidney beans, jam and custard. In addition, around £100 worth of essential items in hampers were provided to the local Women's Refuge charity.



Muhammad – Champion of Peace: Slough



The Slough Jama'at organised a Virtual Event with a live stream on their YouTube channel on the subject of Muhammad – The Champion of Peace. It was attended by over 350 participants from as far away as Chicago USA, Germany and Belgium, with a large number of Slough residents taking part.

Speakers at the event included Councillor Preston Brooker, the serving Mayor of Slough, Councillor Jackie Slater from Burnham Parish Council and Reverend Margaret Dudley, Methodist Minister for the Thames Valley Circuit.

Dr. Atiq Ahmad Bhatti, President Slough said:

"This was our second large scale virtual event during lockdown, the first being our annual Peace Symposium last year. This time around, the event was streamed live on YouTube. I am thrilled that so many guests were able to join us, and I especially thank our guest speakers who supported the event. We felt it was important to speak about the life of the Prophet of Islam, who championed peace between all faiths through example and conduct." Feedback received was encouraging. Reverend Margaret Dudley, Methodist Minister and Pastor for the Thames Valley Circuit wrote, wrote.

"I have told you before I love your peace symposiums and think you do tremendous work. I was really thrilled to hear so many tuned in and listened."

"Before I became a Minister I taught religious education and have read the Qur'an (in English obviously) a few times. But your keynote speaker opened my eyes. I knew Muhammad, peace be upon him, faced opposition during his life time and Muslims continued to suffer after his death but I had no idea it continued for so long. So I found his talk very enlightening but also very sad."

"When all the major religions of the world are based in love and supposed to teach, preach, eat and sleep love I just don't get how that then happens especially in the 21st century."

"I pray that next year, which will be my last as I leave the area in 2022 when I retire, will be face to face

again."

"Please pass on my thanks to your whole community for all that they do and the way they work so well together."

"As usual I felt truly honoured that you asked me to speak and I hope what I said was of benefit to those who 'tuned in'." *"I pray you, your family and your community stay well, safe and continue to thrive..."*

A response like this demonstrates the benefit of holding such events. It dispels the many misconceptions about Islam and improves the perception of the Holy Prophet Muhammad (peace and blessings of Allah be upon him) among members of the wider public.

Slough Big Iftar Feeding the Hungry

Members of the Slough Jama'at donated over 800+ non perishable food items to Slough Outreach as part of their local Ramadhan Big Iftar initiative.

The items were used to help support the homeless, elderly and vulnerable members in and around Slough during the coronavirus pandemic.

The Jama'at came together under its ongoing local community welfare and support initiative to help those most in need during the coronavirus pandemic and has been running soup kitchens in Slough town since the start of the lockdown.

Local President Dr Atiq Ahmad Bhatti said:

"We have been supporting the homeless, elderly and vulnerable in Slough since March 2020, at the start of the coronavirus pandemic and we will continue to do so. During Ramadhan, charitable works are particularly focused upon and efforts in helping the poor, needy and vulnerable are doubled and tripled. Last year, we donated over 1000 food items to the NHS staff and COVID wards during Ramadhan, and this year the members of the community came together as part of our local Ramadhan 2021 Big Iftar initiative as a means of increasing our charitable efforts and support to the local community. Every month, we serve the homeless in Slough Town Centre with Slough Outreach and we look forward to doing much more for 2021."





Leicester Peace Conference 2021

On 27 February 2021, the Leicester Jama'at held their Annual Peace Conference on line. The event was held on Zoom and broadcast on Youtube. The theme for this year's Conference was 'achieving inner peace in the face of global pandemic' – a theme which emanates a sense of hope in a period of insurmountable odds. 600+ views were achieved on Youtube and this number continues to grow.

Guests in attendance included the Lord Mayor of Leicester Cllr Annette Byrne, Her Majesty's Lord Lieutenant of Leicester Michael Kapur Esq OBE and Vice Chancellor of Demontfort University Leicester Professor Katie Normington. Other dignitaries included ward councillors and representatives of faith and civic groups. The keynote speaker was Mr. Ibrahim Ikhlaf, Secretary Tabligh UK.

The host of the event was Mr Saleem Ahmed, member of Qadha board UK and a former President of Leicester. The event commenced with recitation of the Holy Qur'an by Mr Malik Mashood Rehan followed with its English translation by Mr Orhan Ahmed. A welcome address was delivered by Mr Ibrahim Bonsu, President of the Leicester Jama'at in which he highlighted some of the charitable activities of the local Jama'at since the first lockdown in 2020. He also informed the guests not only to participate in the virtual programme but to take time out to visit the local mosque Baitul Ikram when the pandemic is over.

An introductory video of the Jama'at and the institution of Khilafat was then relayed to the audience which then made way to the address of the Lord Mayor of Leicester, Councillor Annette Byrne. In her address, the Right Worshipful Lord Mayor echoed how faith can help strengthen us during difficult times. She also made mention of the many lives that have been lost and the businesses which have collapsed over this difficult COVID period. She pointed out that faith communities had not been idle during this time but made significant contributions to society, especially in attending to the vulnerable with their physical and spiritual needs. As a result,



many have found a degree of comfort which has contributed to their inner peace. The next guest to address the conference was Her Majesty's Lord Lieutenant of Leicestershire, Michael Kapur Esq OBE. The Lord Lieutenant took the opportunity to extend his gratitude to all the keyworkers including faith volunteers who had worked tirelessly throughout the pandemic to keep the community going despite difficult circumstances.

The next item was a virtual video tour of the local Baitul Ikram mosque of the Leicester Jama'at. This video showed various parts of the mosque and the functions held here. It also showcased the social distancing and risk assessment measures which are in place to make the mosque secure for prayers during the current pandemic. Next, the audience had the opportunity to listen to the addresses of the representatives of the Sikh and Christian communities in the persons of Mr Harinder Singh and Reverend Debra Mina Chidakwa-Akue (Christian Methodist Minister) respectively. Harinder touched on the responsibility of all faith communities to care for the needy in society and to have mutual love and respect for each other if we want to achieve inner peace. Reverend Debra who was born in Zimbabwe but migrated to the UK as a young girl also reminded the audience that, the way to achieve inner satisfaction is not about our qualifications or material things but through what we give back to society.

In his keynote address Secretary Tabligh UK Mr Ibrahim Ikhlaf threw light on the theme of the conference drawing references from the Islamic concept of achieving peace. He highlighted that despite the current predicament which has engulfed mankind, Islam still has the unique antidote to relieve the burden which has come about as a result of the pandemic. To do so, he drew the attention of the audience towards their responsibility to achieve peace with their Creator and their neighbours. He went on to say that materialism not only offers a phantom solution but actually contributes to the suffering of humanity. However, he explained true happiness lies in the recognition of God as expounded by the Promised Messiah (peace be upon him). Also, the Holy Qur'an teaches that human suffering comes as a trial but at the same time provides an opportunity for man to evolve. He concluded by making references to the advice rendered by Hazrat Amirul Momineen to world leaders on the need to observe absolute justice in order to create lasting peace and for it to prevail. Furthermore, governments should make efforts to put collective interest above selfish national interest, as anything which falls short of that can foster hate and trade wars which can eventually lead to a catastrophic end.

There were many positive comments received on the keynote speech and also on the entire Peace Conference programme. Watching on Youtube and commenting on the programme Joseph Nagle (PhD student at Durham University) said,

'I really enjoyed this evening, and I personally took a lot from the discussions, at a time where lots of us are struggling in a number of ways. It was actually very meaningful, and almost soothing to think about the idea of inner peace, and what that means for different people, different groups, and for myself. I enjoyed hearing the community leaders speak (from the video), and I also took a lot from the videos, in terms of learning about your community, your values, and the work that you do! '.

A vote of thanks was delivered by Maulana Zartasht Latif, Regional Missionary and Imam of Baitul Ikram. The event was brought to a close with a silent prayer led by Mr Ibrahim Ikhlaf.

Link to Youtube video: https://youtu.be/nElSdwpF3IA

Southall Efforts During Covid

When the country went into the lockdown last year and Mosques were closed, the Southall Jama'at initiated many activities to help the local community and the local Jama'at members.

In fact, immediately after the lockdown, a Southall Jama'at Coronavirus Support Team Group was established comprising of the local President, Vice President, General Secretary, Zaeem Ansarullah and Qaid Majlis Khuddam ul Ahmadiyya. Along with the support of Laja Imaillah Southall and other Jama'at members, this team spearheaded the Jama'at's support efforts to the vulnerable both within and without the Jama'at.

One of the initiatives undertaken included a calling campaign. This involved contacting members to find out about their wellbeing, buy groceries for elderly members, collect medicines for them and to supply homeopathy medicine. A series of virtual activities were also started to cater for religious needs of the members. A list of all the elderly Jama'at members was compiled. They were contacted regularly for any need or help.



Leaflets were distributed to local neighbours around the vicinity of the mosque. The leaflets mentioned the local Jama'at details and the help and assistance on offer. Khuddamul Ahmadiyya Southall established a food bank in the mosque with donations from members and provided regular support to community members from this food bank. All the important announcements from the Government or from the Jama'at were regularly communicated to Jama'at



members through phone calls and on a WhatsApp group. Some facts & figures are provided below:

CALLS

It is estimated that over 2,500 calls were made to members of the Jama'at during the pandemic to enquire about their wellbeing and general assistance.

WELLBEING

42 families of the Southall Jama'at, who had been flagged as elderly/vulnerable, were contacted on a regular basis for any needs.

HOMEOPATHY MEDICINE

Over 100 families were provided with Homeopathic medicine.

WHATSAPP/TEXT

Over 1,500 messages were sent and received in the duty of welfare.

(Medical Advice – where required medical advice from our local Ahmadi doctors has been implemented and provided to the Jama'at members)

SHOPPING

More than 80 trips to the supermarkets for shopping were made.

FOOD BANK

Khudadm ul Ahmadiyya Southall established a food bank at its local Darus Salam Mosque to fulfil any emergency requirements of members.

Ahmadiyya Muslim Dar us Salaam Mosque Southall

The recently opened Darus Salaam Mosque had planned to host various activities during the month of Ramadhan. But due to the COVID crisis, the restriction on places of worship enabled the Southall Jama'at to expend its efforts differently and unite together to provide assistance, and volunteer its services, for those in need. During the lockdown the Southall Jama'at handed over fruits worth £600 to the NHS community manager Simon Pitts at the Norwick Park Hospital to distribute to NHS staff at Ealing hospital.

Local President Mr Anes Khan said that,

"This is to appreciate the great work carried out by NHS in difficult times. Contributions were made by the Ladies, Elders and Youth auxiliary organisation members of the community".

"...... the focus for all members of the community is to double and triple their service to humanity and their charitable works, supporting those who are elderly and vulnerable, especially during these unprecedented times."

Members of the Jama'at and particularly its Khuddam, have been offering support to the coronavirus response in the Borough, helping with charities dropping off food parcels to vulnerable residents whilst the ladies group have made 440 face masks for NHS workers.

Thanks to NHS heroes



Southall Mosque displaying above a poster expressing gratitude to the NHS staff and other frontline workers for their valiant efforts during the crisis. Such posters were displayed at all our Mosques throughout the country.



Food packs donations to a local charity Foodbank for Cheap & Easy Cooking Campaign

By the Grace of Allah, the Norbury Jama'at donated another 100 food packs containing recipe booklets and recommended food items to a local foodbank in Croydon on 28 April 2021 following up with similar donations made earlier during the pandemic.

The recipe booklets enclosed in line with the Cheap and Easy Cooking campaign were particularly appreciated.



Cheap and Easy Cooking Campaign Organised In Leicester



The impact of the Covid 19 pandemic has resulted in many families struggling to make ends meet. As part of the efforts to address this dire problem, the UK Jama'at launched the Cheap and Easy Cooking campaign to help struggling families cook cheaply, healthily and easily. This campaign involved the donation of curry starter packs to food banks around the UK. Accompanying the curry starter packs the campaign produced a small booklet which showcased 5 Indian curry dishes which can be cooked cheaply, easily and healthily, with meals costing from 9p per serving.

Members of the Leicester Jama'at heeded to this call and as a result came forward in numbers donating generously towards the campaign. In total 118 curry starter packs were prepared by the Leicester Jama'at and donated to the Network foodbank, Leicester on 11th March 2021. Each curry starter pack contained:

- 1 Packet of Zeera, Cumin Seeds 100g
- 1 Packet of Tumeric powder 100g
- 1 Packet of Chilli powder 100g
- 1 Bottle of Garlic & Ginger Paste
- 1 carton Tomato Passata
- 1 White Chickpeas Tin
- 1kg packet of Rice
- Ω1packet of Red split lentils

On receiving the items, Mr Bruce Harrison (Operational Manager at Network foodbank, Leicester) said,

'Thank you so much for the food boxes, they look amazing and the recipe books are excellent. We really have clients that will really benefit from these, I would love the opportunity on how we can effectively

work together'.

By the grace of Allah, the appeal was a success and prayers go for all members of the Leicester Jama'at who came forward to donate massively despite financial difficulties faced by many themselves due to the current pandemic. The Leicester Jama'at looks forward to continue to work with the various foodbanks going forward to assist the needy in the society at large.



Tarbiyyat Day Southall

The Southall Jama'at organised a Tarbiyyat Day on 26th March 2021 and Murrabi Mansoor Ahmad Clarke was invited to make a presentation.

The programme started with Tilawat-e-Qur'an by Mr Mian Waleed Ahmad followed by a short speech in Urdu by Mr Noor Ahmad Butt on the topic of *Marital Harmony - Some Advice from Khulafa-e-Ahmadiyyat.* Mr Butt presented some guidance delivered by Hazrat Khalifatul Masih V and Hazrat Khalifatul Masih IV during various Friday Sermons on matrimonial issues, and how one can create and live in harmony and peace within their matrimonial households.

Afterwards Murrabi Mansoor Clarke delivered an insightful and thought provoking presentation on *the Importance of Salat, proving the existence of God and the significance of Khilafat* and developing true love for Khilafat. He also narrated and explained the Hadith of the Holy Prophet (peace and blessings of Allah be upon him) that

"Verily the Imam is but a shield from behind which the people fight and by which they protect themselves".

A total of 114 members of the Southall Jama'at attended the event via Zoom.

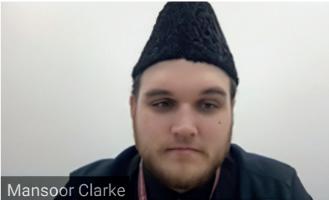
TARBIYYAT DAY

FRIDAY 26th March 2021 6:45pm

SPECIAL GUESTS

Mansoor Ahmad Clarke (Murrabi Silsila Ahmadiyya)





Pop-up Vaccination Clinic in Manchester

BY MR SAJID ARAIN, REGIONAL AMIR



A Covid-19 pop-up vaccination clinic was organised by the Jama'at at the Dar ul Amaan Mosque in Manchester on 11th April 2021.

This involved several weeks of preparation, which began with contacting two local MPs, Kate Green and Lucy Powell, to gain support for the event. Both MPs offered their assistance and provided NHS contacts, in charge of pop-up vaccination clinics.

Local Ahmadi doctor, Dr Ijaz Ahmad, took up the lead and planning for the event began in earnest with relevant NHS staff that included two local GPs Dr John Littler and Dr Huma Ghauri. A couple of virtual meetings took place which was followed with detailed site visits by the NHS team and safety personnel. They took stock of the halls and entrances available so that entry and exit routes could be chalked out and an assessment of the manpower required undertaken etc.

The Clinic itself started at 8.30 am with site setup. Patients started to arrive at 10 am and continued throughout the day until 4.30 pm. A total of 190 people were vaccinated, out of which 40 were residents from the neighbouring areas.

Refreshments were provided to all the guests and the NHS staff throughout the day. Lunch was also served to the 25 NHS staff present.

A very positive feedback was received from the NHS staff, who were impressed with how the day was run and with the well organised army of volunteers provided by the Jama'at.

Kate Green, MP for Stretford and Urmston, sent a video message of support and 3 Councillors (Cllr Lee Ann Igbon, Cllr Annette Wright and Cllr Sameem Ali) visited the Mosque during the clinic.



Covid-19 Vaccination at Baitul Futuh

ADAPTED FROM A REPORT BY MR NASIM JAMAL, REGIONAL AMIR

On Friday 28th March the second vaccination event organised with NHS Merton.

The NHS team started off with a strict eligibility criteria but this was relaxed as the day progressed to enhance the take up rate. By the end the NHS team were vaccinating all members who were over 18 and had not had their first vaccination.

Preparations had begun during the week prior with registrations for those members who wished to be vaccinated. Khuddam set up the Tahir Hall site on Saturday ready for the vaccination the next day. A dozen NHS reported for the task early at 7.30 am on Sunday morning and were received by Dr Maqbool Sani.

At 8:30am, Dr Sani formally thanked the NHS staff for giving up their Sunday for this service after which Regional Amir Nasim Jamal led everyone in a silent prayer. Vaccinations then began.

These ran very smoothly with no queues or delays from start to finish. The fact that a number of Jama'ats were given half hour slots beforehand had greatly helped in this respect.

Refreshments were on hand throughout. The Ziafat team had provided breakfast to all the NHS and helpers in the morning and then prepared Chicken Biryani followed by Kheer for lunch. Tea, cake and biscuits flowed throughout the day.

The car park was expertly manned by Khuddamul Ahmadiyya, and social distancing measures, with appropriate Purdah arrangements, were in place at all times. The NHS staff were very impressed with the organisation and the hospitality.

Vaccinations continued till the evening and ended at 7.30 pm. The NHS staff were extremely co operative and as many as 1220 were vaccinated. Not a single individual was refused. The breakdown is as follows:

Men (mainly Khaddim)	Women	Total			
553	667	1,220			



The count included 25 non-Ahmadis which were represented by 17 teachers from 2 schools and 8 others. The 8 non-Ahmadis were invited to come at the end of the day once all members had been vaccinated and there were spare vaccines.

In appreciation, Naib Amir Mr Naseer Dean presented all the NHS staff with fruit baskets and gifts on behalf of the Jama'at. Maulana Mashood Rana brought the whole session to a close with a silent prayer.



Historical QUESTION & ANSWER Session

QUESTION & ANSWER SESSION 12 MARCH 1995, LONDON

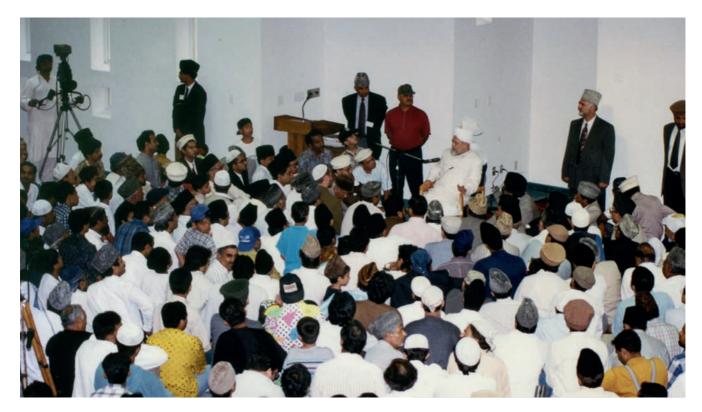
Huzoor's Relationship with Allah

Questioner: Do you have any special relationship with Allah, and can you share some of these experiences with us?

Hazrat Khalifatul Masih IV: This is a question which is slightly embarrassing because to discuss one's relationship with God as a personal distinction is not something which one does without embarrassment and humility. But officially, when I have to do that, I do so in my sermons and sometimes address the whole world with relation to that contact with God and the proof which is already included in the vision or dream to which I refer.

For instance, when (General) Zia ul Haq became overnasty with Ahmadiyyat and I issued a challenge of *mobahillah* to him particularly – his name was the first on the list and others under him – some Mullahs responded in different ways but always tried to avoid a confrontation which could be considered as *mobahillah*, by attaching very stupid and irreligious conditions. For example: *"Let's go to a minaret and* jump off it, whoever is saved will be from God" that sort of thing, or: "Let's walk in fire and see who survives". In response to these I say, why involve me, if you consider me to be a liar why involve me. You know you will be saved, so you can go ahead and jump, and I'll be waiting downstairs to do bai'at at your hands. This was the treatment to that very serious challenge of spiritual bout.

Because some of our guests may not understand what a *mobahilla* is, let me explain. *Mobahilla* means that when the dialogue is no longer productive and meaningful; when all the arguments which God has bestowed upon his people fail to produce results, and you see people behaving obstinately, and you have a sense that even when they understand, they do not have the courage or honesty to confess, that this is the truth and they have understood it. At such a stage, according to the Holy Qur'an, the Holy Prophet (peace and blessings of Allah be on him) was permitted to throw a challenge to his adversaries by inviting them to a *mobahilla*, that is a spiritual bout.



[The essence of the challenge is]: "Let us both pray to God and invite His wroth upon the person who is wilfully avoiding the truth and invoking His curse upon such a person, and His blessing bestowed on the party who is right."

This is the *mobahilla* which I threw as a challenge to Zia-ul-Haq and others of his sort who, under his shadow, crossed all limits of decency towards Ahmadiyyat. They indulged in all sorts of cruelty and filthy language; they did everything they could to hurt and destroy Ahmadis. In that challenge, I had particularly addressed Zia-ul-Haq because he was the leader. It is not historically proved that all such people are killed by God as a sign; if exceptionally rare things happen, and the leader is singled out, then that should be enough of a sign for the rest to see and understand. In the end I addressed Zia-ul-Haq in one of my sermons and said:

"You have not responded at all. The mullahs are responding in such absurd manner that obviously they are not taking it seriously. But you are the one who is the leader of all this movement.

"You think it is below your dignity to answer me, a person of no significance to you or your government, a person whom you thought that if he were in your country, you would teach him a lesson. You treat us like something to be trampled upon, not to be taken equally. All right then, if you accept the challenge then go on persecuting Ahmadis with the same ferocity as you have been doing so far and don't change it; if you think that I am right, then abstain from this any further and Allah's wrath will not fall upon you. But if you continue in this behaviour then nothing can save you from the wrath of God. That will be a sign that you have accepted the challenge."

Now, after a while, I noticed that he increased his atrocities against Ahmadiyyat. On the night of a Thursday night and Friday morning, I saw a dream which was a very clear message that the time for Zia's destruction has come and nothing can stop it. The next day, during the Friday Sermon, I mentioned that dream and explained that it shows that he has accepted the challenge by advancing in his cruelties and persecution of Ahmadis, and not retrieving his steps.

God, having seen his actions, informed me that now Zia is going to be destroyed in a manner that everybody would see and nothing can save him now. Before the next Friday, [on Wednesday 17 August 1988] his plane exploded in mid-air and he was torn into unrecognisable pieces. All that is buried in the name of his corpse is the dust they gathered from where the accident took place, and a false denture was all that was recognisable of Zia. And that was also significant because that represented his biting power. So, is this not a sign of one's relationship with God? And the truth of that relationship is apparent from all this.

Children's Stories: Migration to Medina



When the Holy Prophet (peace and blessings of Allah be on him) started his mission to spread the message of Islam, at first very few people in Makkah accepted him and believed in Islam. Most of them, especially the leaders, saw him and his message as a threat to their way of life. They tried everything to stop him - Muslims were boycotted, brutally tortured, or murdered; but more and more people were accepting the new religion. The new Muslims remained firm in their faith. Life was harsh for them, but their faith was solid. Eventually, the Holy Prophet (peace and blessings of Allah be on him) gave permission to those who can to emigrate out of Arabia. Desperate to stop the new religion at all costs, the Quraish finally decided that the only way was to kill the Holy Prophet (peace and blessings of Allah be on him).

In the meantime, many people of the town of Medina had accepted Islam and wanted the Muslims of Makkah to come and settle there in safety. Many Muslims took this opportunity and slowly many families escaped to Medina. Eventually, Allah revealed to the Holy Prophet (peace and blessings of Allah be on him) that he too should migrate to Medina and accordingly he made plans to do so. The night that he chose to leave Makkah was also the same night that the Quraish had plotted to kill him while he was sleeping.

As the plotters entered his room to carry out their evil deed, they found that it was not the Holy Prophet (peace and blessings of Allah be on him) who was in bed, but Hazrat Ali (Allah be pleased with him) instead. The Holy Prophet (peace and blessings of Allah be on him) had already made his escape with Hazrat Abu Bakr (Allah be pleased with him) and they made their way to the cave Thaur, about 3 miles from Makkah, where they stayed for a few days until it was safe for them to continue the long journey to Medina. When the Quraish discovered that the Holy Prophet (peace and blessings of Allah be on him) had escaped from their deadly plans, they employed a tracker to hunt him down. The tracker brought the hunting party to the mouth of Thaur and told them that Muhammad was either in the cave or had ascended to heaven. Inside the cave, the two men could see and hear their pursuers, and Hazrat Abu Bakr (Allah be pleased with him) was worried on behalf of the Holy Prophet (peace and blessings of Allah be on him). However, the latter assured him: "Fear not, we are not two in this cave. There is a third – God" (Bukhari). The Quraish thought that it was ridiculous that anyone could be hiding in the cave, as it was too open, and it was not a safe place to hide as there were snakes and vipers there. They ridiculed their tracker and went back to Makkah. After staying in the cave for two days, the Holy Prophet (peace and blessings of Allah be on him) and Hazrat Abu Bakr (Allah be pleased with him) made their way safely, but not without incidents, to Medina.

This event starts a new chapter in the dramatic spread of Islam in the world as well as the start of the Islamic Hijri Calendar which starts on this day.

Search

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U	А	Ν	Т	А	Р	E	Y
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1	Т	А	С	E	А	Т	0
Р	Р	С	0	W	Y	Q	Х

Animal Wordsearch

The names of these 18 animals below are hidden in this wordsearch puzzle. They go either left or right, or up and down.

How many can you find!!!

Ant	Аре	Bat	Bee	Cat	Cow
Emu	Fly	Fox	Gnu	Hen	Pig
Dog	Eel	Elk	Ram	Rat	Yak

Coded Message

Use this code-breaker to work out three secret messages below.

Α	В	С	D	Е	F	G	Н	Ι	J	Κ	L	М	Ν	0	Р	Q	R	S	Т	U	V	W	Х	Y	Ζ
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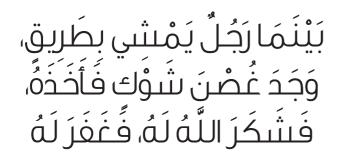
Riddles

1. After a train crashed, every single person died. Who survived?

- 2. Four legs up, four legs down, soft in the middle, Hard all around What am I?3. What can you catch but not throw?
 - 4. What begins with T, finishes with T, and has T in it?
 - 5. What goes up but never comes back down?
 - 6. What five-letter word becomes shorter when you add two letters to it?
 - 7. What travels around the world but stays in one spot?

.7. A stamp. 8) Your fingers.

Answers: 1) All of the couples. 2) Bed. 3) A cold. 4) A teapot. 5) Your age. 6) Short + er.



"While a man was walking along a path, he found a thorny branch of a tree on the way and removed it. Allah thanked him for that deed and forgave him".

(Sahih al-Bukhari)

Abu Zarr Al-Ghafari ^(may Allah be pleased with him) reported that the Prophet (peace and blessings be upon him) said, "Removing harmful things from the road is an act of charity (sadaqah)."

North London Atfal Help In Local Clean-Up



It was a cold Saturday morning on the 10th April when 3 Atfal - Ayan and Salman Roy and Rayhaan Bhunnoo joined their respective fathers in a community 'Clean-Up' event at the Welsh Harp Brent Reservoir. Braving the chill, everyone who attended for a few hours cleaned up quite a lot of rubbish and filled a number of bags. It is important to get involved in such community projects that help to clean and enhance the local environment. It is in line with the teachings of Islam and helps demonstrate to the public of what Islam is also about.

The World

The author entered a poetry competition at school and won with this poem.

It has since been published in the book 'Imagine - Between The Lines' and will be retained by the British Library

Editor

Imagine if there was a world where violence and hatred didn't exist,

Imagine if there was a world where a moment could never ever be missed.

Imagine if we lived a life where we'd know the difference between right and wrong,

Imagine if we lived a life where we would pray all day long.

Imagine if there was a man who came to teach us about global peace,

Imagine if there was a man who came to make love increase.

> By Fatiha Nadeem, aged 12 of Bradford North

Seasonal Allergies: Hay Fever

As we move into the summer season, our resident Homeopath, Dr Atiq Ahmad Bhatti DIHOM, FBIH, MCThA provides a few tips to help us through with some of the ailments we may have to deal with during this period.

The www.nhs.uk website explains hay fever as an allergic reaction to pollen, typically when it comes into contact with the mouth, nose, eyes and throat.

Pollen is the fine powder from plants. For some, this pollen causes an immune response by the body, resulting in the symptoms of hay fever.

Symptoms include sneezing and coughing, experiencing a runny or blocked nose, itchy eyes, throat, nose and ears, and tiredness.

Hay fever is a very common condition, affecting 2 to 3 million people in Britain every year. It is caused by an allergy to pollen or sometimes mould spores (Moulds are a type of fungus.)

Homeopathy can help minimise the symptoms of hay fever if the correct Homeopathic remedy, or combination of remedies, are taken in a timely manner. By providing the body with highly diluted remedies that, when taken in crude form produce symptoms similar to hay fever, the immune response by the body is minimised, allowing for an alleviation of symptoms and an overall desensitisation in immune response.

Common Homeopathic Remedies used to help combat the symptoms of hay fever include:

- Aconite (monkshood, wolfsbane | plant based)
- Allium Cepa (red onion | vegetable based)
- Euphrasia (eyebright | plant based)
- **Gelsemium** (yellow jasmine | plant based)
- Natrum Mur (common rock salt | mineral based)
- Sabadilla (cevadilla seed | plant based)

Key indications for use

- Aconite
- Coryza (catarrhal inflammation of the nose)
- Much sneezing
- Stuffy nose
- Watery and/or runny eyes

Allium Cepa

- Eyes burning and/or watery (as if from peeling an onion)
- Sneezing
- Fluent watery, acrid discharge (stinging discharge)
- Abundant flow of tears
- Sore and runny nose



Euphrasia

- Acrid lachrymation (watery stinging discharge from the eyes)
- Profuse and fluent coryza (catarrhal inflammation of the nose)

Gelsemium

- Sneezing
- Stuffed up sensation in the nose
- Watery, runny nose
- Peeling of the skin at the end of the nose

Natrum Mur

- Violent sneezing with, or without, a headache
- Watery coryza (catarrhal inflammation of the nose)
- Watery discharge from the nose

Sabadilla

- Spasmodic episodes sneezing (especially when waking up in the morning)
- Profuse, runny nose
- Watery bland discharge from the nose

The above Homeopathic remedies may be mixed depending upon the symptoms, or individual remedies may be used. Experience shows that hay fever does not always benefit from a single remedy, and a mixture can often provide better, stronger and lasting results, Insha'Allah.

For more information on Homeopathy, please visit the alislam website to download the book Homeopathy – Like Cures Like – by His Holiness Hazrat Mirza Tahir Ahmad, Khalifatul Masih IV ^{(may Allah have mercy upon him).}

https://www.alislam.org/library/books/homoeopathy.pdf

The above is not a comprehensive list, and for further information and guidance, please speak to a qualified Homeopath.

The information above does not replace professional medical advice from a registered GP or qualified medical practitioner. Always seek professional help if symptoms are of a serious nature.

Jihad of the Poetical Pen

BY JAVAID HAIDER HAMEED

Poets For Peace has become a novel means to spread the teachings of Islam. Inspired by Khulafa-e-Ahmadiyyat, Javaid Haider Hameed recounts his personal involvement in this project. Editor

By the Grace of Allah, I have the pleasure of producing and hosting the 'Poets for Peace' show on the Voice of Islam radio. My personal poetical journey began from when I was still very young and I have a lifetime to be thankful to Allah for.

Early Years

Poetry has always remained an interest throughout my life and something which was always meant to be a casual pastime. This creative streak started from early childhood as I enjoyed both drawing and poetry. I began stringing poetical words together from when I was perhaps nine or ten years old and still have my original notebook which contains some of my short poems. These seem quite amusing to read now although they may not have been for me at that time. I still enjoy painting to this day.

I continued to write English poems as I grew older, which became a way of expressing my innermost feelings. I would feel a sense of ease when I was able to release my thoughts onto paper. There were periods when I did not write anything at all. You could call it a hobby which I would enjoy coming back to now and again and my poems were never meant for public consumption. I would write short poems, put these scraps of papers into my notebook, the notebook would go into my cupboard where it would remain until I needed to bring it out again. Most of these poems were of a serious type and inspired by whatever life threw at me, but they were also inspired by my faith which played a pivotal part of my family life.

I also tried writing some poems in Urdu, and these were unintentionally amusing to read but only because of my novice attempts to write in this language. I resisted from allowing others to make grammatical corrections to these as they were in essence how I actually spoke. My family were always supportive and remained my captive audience throughout. Opinions never once deterred me from continuing to write as my poems were always a personal affair.

Faith Inspired Poetry

One year whilst sitting right at the back of the Jalsa Salana Marquee in 1998 I decided to write down all of the English verses written on the banners which hung along the sides of the Jalsa marquee, and then later wrote a short poem using these verses which I then posted to Hazrat Khalifatul Masih IV (Allah have mercy on him). Huzoor's letter of response was so beautiful and personal that it became the turning point of my poetry as it encouraged me to continue writing and focused my attention on writing more faith inspired poems. Later, the Lajna organisers of



the regular Saturday 'Children's Class' which took place with Huzoor in Fazl Mosque in London, contacted to let me know that Huzoor had passed them my poem which they were now preparing into a song so that it could be sung by Nasirat during a future class. The organisers also began asking for more poems, and hence by Allah's grace over the years I was fortunate to have a few poems sung very beautifully by Nasirat in front of beloved Huzoor during these classes. One particular poem was first read on the 9th May 1998 and then again after a few years. During the second occasion the whole class including Huzoor also sang along to the chorus of this poem which read: 'Come and join hands in the kingdom of God'. Words cannot describe the feeling I had (and continue to get to this day) when watching our beloved Khalifa singing the words of my poem. The Saturday children's class with Huzoor became a very special part of our family's life, also because my children would become regular attendees of these classes.

In 2001 I wrote a special poem titled 'Our Helper' for Huzoor which he graciously accepted during a mulaqaat. Perhaps to others this gift may have seemed quite simple, but to me it was the most meaningful personal item I could think of offering. It was a short poem but I had spent a long time thinking, writing and then lovingly framing it. Unfortunately, this was the last gift I had the opportunity to give our beloved Huzoor as in 2003 he sadly passed away. Inalillahi wainailaihi rajiun.

A Special Mulaqaat

After a few months following the demise of Hazrat Khalifatul Masih IV (Allah have mercy on him), my mother, wife, children and I went to have our first mulaqaat with our newly appointed Khalifa - Hazrat Mizra Masroor Ahmad (may Allah be his Helper). Once again I decided the best gift to give Huzoor was a specially written poem, which was titled 'Changing Seasons' and, like previously, this was very lovingly framed. Our meeting with Huzoor only lasted a few minutes but it was a very special and spiritually uplifting experience.

During our second mulaqaat with Hazrat Khalifatul Masih V, I decided not to gift Huzoor with an especially written poem. In fact the first question Huzoor asked during this mulaqaat was whether I had brought him another poem, and then pointing to the shelf behind us informed me that he still had the poem which I had presented to him during our first mulaqaat. I looked behind in amazement and there it was on the shelf was the framed poem I had previously gifted to Huzoor Aqdas. I felt embarrassed because I did not feel worthy of this amazing blessing.

From that point onwards I decided I would present Huzoor with a poem each time I would meet him during our annual mulaqaats. In fact writing a poem for Huzoor each year now became (and still is) my sole driving purpose for writing poetry. My poetical thirst felt satiated and content with simply writing poems for Huzoor alone and for the next ten years that followed I did just that, and did not write any other poems. I would also write to Huzoor in a poetical manner to express other matters, such as our wish to have our unborn child accepted into the Waqfe Nau scheme. I would see these framed poems in Huzoor's office over the years that passed. This was such a huge overwhelming blessing and honour that words cannot describe.

A Platform for English Poetry

As mentioned, poetry had always been a personal affair for me, but somehow other people got to know about this, and I would sometimes be invited in local and regional Jama'at gatherings to share one or two of my poems. In 2013 the eloquent Urdu poet Mr Mubarak Sidiqi had been invited to our Jama'at region with other acclaimed Urdu poets to take part in a Moshaira where I was also invited to present a poem in English. After the event, Mubarak Sahib requested that I write and present an English poem for a special programme which was to be hosted in the Baitul Futuh Mosque to mark 100 years of the establishment of the Jama'at in the UK. I felt hugely honoured to be a part of this celebration and it was also refreshing to hear poetry being read in other languages during this event as well. As a result, I was thereafter occasionally asked to prepare and read something relevant for other occasions.

And then I experienced some cherished moments which took me by surprise, and I feel too humbled to mention where Huzoor would recognise me in the midst of various gatherings and point me out to others as a poet. It was a huge honour for me to know that our beloved Khalifa had simply recognised me, and I began to reflect on this and questioned whether I was truly deserving of being recognised in this manner.

The Holy Qur'an highlights how believing poets could use their poetical abilities to 'do good works and remember Allah', and the Promised Messiah (peace be upon him) is quoted to have said about poetry: *"No concern do we have with verse or versifying, some*



may learn this way, this is our only aim". The Promised Messiah (peace be upon him) had used poetry purely as another means to spread the true teachings of Islam, and his words and purpose resonated with me. I began to ponder over the potential that English poetry could play in reaching out to others, and the need for a more visible presence which would make it easier for others to share and listen to English poetry.

I wrote to Huzoor informing my pleasure in listening yet difficulty in understanding Urdu Moshairas, and for many years thought about the prospect of the UK Jama'at holding an annual 'English Moshaira', as I felt a formal platform of this kind may also attract people towards Ahmadiyyat, especially the indigenous population. And if Huzoor shared my feelings also, then with his prayers and guidance I was prepared to organise such events. Huzoor graciously gave his letter of approval in a beautiful response and I decided to then make an appointment to meet with the Amir UK to discuss this matter further. I showed both my original letter and Huzoor's response, and Amir Sahib kindly agreed we could start by holding an event in the Baitul Wahid Mosque in Feltham and to then take it from there.

And so, a search began for Ahmadis that wrote English poetry and I discovered a multitude of talent from around the UK most of whom were Khuddam. A suitable name was needed for this group which represented its purpose, and the name 'Poets for Peace' stood out as the purpose of this group was to use poetry to promote the peaceful teachings of Islam, and Islam also meant 'Peace'. Mr Okasha Sami who was serving in the national Amila of Majlis Khuddamul Ahmadiyya, kindly connected me with a group of skilled Khuddam with experience in digital marketing and through this collaboration the Poets for Peace logo was designed. On the 31st January 2015 the very first English only poetry event was held by the UK Jama'at. Fifteen amazingly talented poets participated and the event was a huge success by the Grace of Allah. The very first poem read during this event was the English translation of one written by the Promised Messiah (peace be upon him).

And so, this journey began and each year since we have held successful poetry events which have been held in various Mosques, schools as well as other venues around the UK. These events have become a unique mechanism to share the beautiful teachings of Islam to a different kind of audience and continue to be very well received by all those attending. They have also subsequently attracted and unearthed a kaleidoscope of talented poets and other individuals of various backgrounds and ages, giving them an opportunity to blossom further. The passion and support shown from some of these people along this journey has been pivotal in both building and driving this forward. A website was also developed which not only showcased poetry from the multitude of poets involved, but also allowed us to share our poetical efforts and inspire a bigger audience. www.PoetsForPeace.co.uk

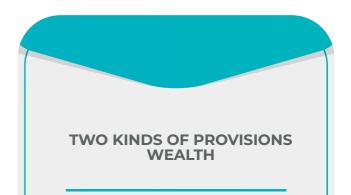
The Poetical Voice of Islam

In 2017, Mr Kaleem Edwards who was serving in the Voice of Islam (VOI) radio expressed his interest in a poetry programme. Ultimately, the first 'Poets for Peace' programme was then aired on the Voice of Islam digital radio on Friday the 24th August 2018 and a new chapter of this poetical journey hence begun. Its purpose continues to be a means to spread the true uniting message of peace to the world through poetry, and each show is on a particular theme which is delved deeper through the poetry which has been sent in by its listeners. Through the VOI, another landmark was reached in December 2020 when we were able to hold our first Virtual Poetry event which was streamed live via YouTube and where fifteen poets took part.



I pray that these efforts continue to melodiously bloom and spread their fragrant scent in attracting others to join this poetical cause and thus help in spreading the true and peaceful teachings of Islam.

By the grace of Allah poetry now plays a larger part of my life. Everything that has been achieved so far has been possible purely through the blessings and prayers of our khulafa whose loving glances alone have been enough to nurture its development to its current heights. Their interest has humbled me to my core, and I have subsequently safe-guarded each and every one of these moments in the closest chambers of my heart. I feel privileged and honoured in being granted the opportunity to serve in the Jihad of this poetical Pen, which I pray will continue to strengthen and be accepted by Allah. Inshallah.



The Promised Messiah (as) said:

"The fact of the matter is that provisions are of two kinds. There is one form that serves as a trial and the other is by way of anointment. Provisions by way of trial are those which have no relation with Allah; in fact, such provision continues to move man away from God, until it destroys him completely. It is to this that Allah Almighty alludes in the following verse: (¹) Laa tul-hikum amwaalukum, i.e. let not your wealth ruin you.

Provision by way of anointment is that which is devoted to God. God becomes the Guardian of such people. Such individuals consider all their possessions to belong to God and they demonstrate this through their action. Consider the state of the companions—when faced with trying times, they sacrificed whatever they had in the way of Allah Almighty. Hazrat Abu Bakr Siddiq (ra) was the first to don the garb of poverty. But how did Allah the Exalted reward him for this? It was he who became the very first Caliph.

Therefore, in order to be blessed with true merit, goodness and spiritual pleasure, only that wealth can be of use which is spent in the way of God".

(Malfuzat vol.1, pp. 210-211)

References 1- al-Munafiqun, 63:10

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So remember Me, and I will remember you

True Meaning of Worshipping Allah

In a recent virtual mulaqat, Hazrat Amirul Momineen Khalifatul Masih V (Allah be his helper) explained, in a response to a question, the true meaning of worshipping Allah. Huzoor said,

"....God Almighty has said that I have created the men and the Jinn so that they may worship Me. By worship, people think that this only refers to offering Salat. God Almighty has very clearly mentioned in another juncture that offering Salat is not the only form of worship. Taking care of people, looking after the poor, looking after the needy, fulfilling their necessary expenditures for food and fulfilling their basic needs are all forms of worship."

"By merely offering the five daily prayers and then committing injustices, this is not true worship. Nowhere has God Almighty said that this is true worship. Many of us take the wrong meaning of this verse (And I have not created the Jinn and the men but that they may worship Me - 51:57), that worship means to offer the five daily prayers. God Almighty is not in need of your five daily prayers. That is why a poet {Khawja Mir Dard} has said that man has been created to develop compassion for one another, otherwise angels were enough to show obedience (to God Almighty). That is to say, if all God needed from His creation was for them to be obedient to Him, to worship Him and to observe Salat, then angels were more than enough for God Almighty."

"You have been created so that you develop compassion within your hearts, so that you do not commit injustices and so that you take care of people. When you act upon this, God Almighty will be happy with you and will reward you. People will think highly of you in this world and even after your demise, God Almighty will grant you a place in paradise."

National Khilafat Day

This event was held at Baitul Futuh on 27th May 2021 and was broadcast live on YouTube for all UK Jama'ats. Proceedings were chaired by the National Amir, Mr Rafiq Ahmed Hayat and began with Tilawat-e-Qur'an by Maulana Tahir Khalid. A Nazm by Mr Mohammed Khalid Chughtai followed.

The first speaker was Sadr Ansaruallah, Dr Ijaz ur Rehman who spoke on the blessings of Khilafat. He warned that if we do not value the blessings from Allah, then Allah can bring forth others in our place. Stories of people and nations being destroyed are abundant in the scriptures of all religions. The only source of unity and salvation in this world today is Khilafate Ahmadiyya.

Maulana Raja Burhan Ahmad then recited Hazrat Ibrahim's^(peace be upon him) prayer, *"Our Lord, raise up among them a Messenger from among themselves, who may recite to them Thy Signs and teach them the Book and Wisdom and may purify them; surely, Thou art the Mighty, the Wise"* (2:130) and expanded upon its meaning in Urdu. He explained that this verse not only prophesises the advent of prophets and the system of caliphate but also explains their work.

A young *waqfe nau*, Sehar Ahmad then spoke on 'How Khilafat has guided me?'. Khilafat is a great divine blessing. One-way Khilafat can have an impact on our lives, is by the advice Huzoor gives to everyone in his weekly Friday sermons he explained. Another way is by writing letters to Huzoor for guidance and prayers. May Allah enable us to inculcate the love of the Khalifa in our hearts. Ameen

Updates on the Baitul Futuh project and the Holy Qur'an Academy were given. Mudassar Ahmad Tahir then recited a Nazm.

The final speech was given by Amir UK who started by saying these are challenging times with COVID. However, despite this, none of the work of the Jama'at has stopped in any form. This is the true blessing of Allah.

The word Khilafat means succession and a Khalifa is a successor to a Prophet of Allah. Unfortunately we have seen today organisations like ISIS who have exploited their spiritual status to forward their own



heinous agenda. No spiritual leader who has been truly appointed by Allah can promote violence and hate. The Amir quoted from the translation of Chapter 24, verse 56 of the Holy Qur'an which reads,

'Allah has promised to those among you who believe and do good works that He will surely, make them Successors in the earth, as He made Successors from among those who were before them; and that He will, surely establish for them their religion which He has chosen for them; and that He will, surely give them in exchange security and peace after their fear.'

In this verse Allah has promised Khilafat to Muslims with the condition of faith and good actions. In one Hadith, the Holy Prophet (peace and blessings of Allah be upon him) said,

Prophethood will remain among you as long as Allah wills. Then Khilafat on the lines of Prophethood shall commence, and remain as long as Allah wills. Then corrupt/erosive monarchy would take place, and it will remain as long as Allah wills. After that, despotic kingship would emerge, and it will remain as long as Allah wills. Then, the Khilafat shall come once again based on the precept of Prophethood.

This Hadith promises the re-emergence of Khilafat but also passes Judgement on what was to follow the early Khilafat.

Amir Sahib concluded by saying we are blessed in the UK that our Khalifa resides among us here. The Jama'at is trying it's best to alleviate the sickness and poverty in the world. We should pray for Huzoor's heath and long life, and pray that we are able to become righteous and pious people, so that we can help Huzoor in his task of bringing peace and prosperity to this world. The event concluded with a silent prayer.

Islam And Good Health

BY SALMA S. KHAN (NUTRITION CONSULTANT)

As with all matters concerning a Muslim, Islam provides guidance for a pure and healthy life. Islam promotes the eating of healthy wholesome food and eating in moderation.



With regards to eating wholesome foods, Allah states in the Qur'an,

يَتَأَيَّهُا ٱلَّذِينَ ءَامَنُوا صُلُوا مِن طَيِّبَتِ مَا رَزَقْنَكُمُ وَٱشْكُرُوا لِلَّهِ إِن كُنتُمْ إِتَياهُ تعبدون (إِنَّمَا حَرَّمَ عَلَيْكُمُ ٱلْمَيْـتَةَ وَٱلِدَّمَ وَلَحْمَ ٱلْخِنزِيرِ وَمَا أَهْبِلَّ بِهِ الْغَيْرِ ٱللَّهِ فَمَنِ ٱضْطُرَّ غَيْرَبَاغٍ وَلَاعَادٍ فَلَا إِثْمَ عَلَيُهِ إِنَّ ٱللَّهَ غَفُوْرُ

"O ye who believe! eat of the good things We have provided for you, and render thanks to Allah, if it is He Whom you worship" (Surah Al Baqarah, verse 173). And;

"He has made unlawful to you only that which dies of itself, and blood and the flesh of swine, and that on which the name of any other than Allah has been invoked" (Surah Al Baqarah, verse 174).

Here, the first three categories are prohibited because they are harmful to the body, and that which is harmful to the body is harmful to the spirit. The blood and flesh of a dead animal as food are damaging to health and have been recognized by most authorities on medicine. Moreover according to Islam, food should be Halal and should also be Tayyib, hence wholesome and agreeable.

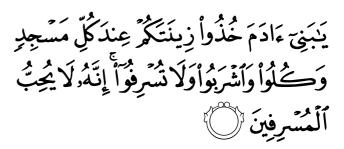
Further, food not only affects the spiritual and physical state of man; it also affects his mental state. Thus, food plays an important part in the formation of man's character, and even lawful things can become forbidden. Allah says in the Qur'an;



"O ye men! eat of what is lawful and good in the earth; and follow not the footsteps of Satan; surely, he is to you an open enemy" (Surah Al Baqarah, verse 169).

In this verse, immediately after the commandment with respect to food, the prohibition against following Satan is mentioned. This refers to the influence which physical actions such as over-eating exert on the moral and spiritual conditions of man. Unlawful and unwholesome food tends to impair man's moral faculties and impede his spiritual development.

Further, eating excessively can result in harm to the body systems. Many aliments are related to uncontrolled eating habits such as diabetes, stroke, heart disease and certain cancers. Allah says in the Qur'an,



"O children of Adam! look to your adornment at every time and place of worship, and eat and drink but exceed not the bounds; surely, He does not love those who exceed the bounds" (Surah Al A'raf, verse 32).

Thus, it is clear that Islam teaches us to eat in moderation and the above verse stresses that one should not over-eat. Not only do the words 'exceed not the bounds' explain that one should not over-eat, but also signify that one should not always use the same kind of food, and should vary it from time to time. Moreover meat, vegetables, fruits etc should all be consumed in their correct proportions. Interestingly, experts in nutrition have recognized that eating a varied diet in the right proportions is important for good health. Relying on the same food day in day out can contribute to the development of allergies. Further, under the guidance of qualified nutritionists and other medical experts, many governments worldwide have launched healthy eating campaigns. These campaigns promote and encourage eating well-balanced meals consisting of all the main food groups viz carbohydrates, fat, protein and fibre. With obesity becoming an epidemic in the affluent parts of the world, new studies are being released every day that stress the importance of eating a healthy, varied, balanced diet in the correct proportions in an attempt to reduce ailments associated with excessive eating and unwholesome foods.

According to Islamic teachings, good health includes mental and spiritual wellbeing. Another reason therefore to look after one's physical health is to ensure that the progress of one's spiritual health is not affected. The Holy Prophet Muhammad (peace and blessings of Allah be on him) stated,

"There are two blessings of Allah if man does not care for them it is his loss, one is health, the other is time of leisure" (Bukhari).

Further, the Promised Messiah (peace be upon him) stated,

"Our experience shows that various diets definitely affect the faculties of the mind and the soul".

Researchers now recognise that individuals who engage in over prolonged periods in eating an excess of meat are inclined towards aggressive behaviour, and those who do not eat any meat are inclined towards cowardly behaviour.

Now with regards to the etiquette of eating and drinking which are also related to physical and spiritual health, the Promised Messiah (peace be upon him) stated,

"It should be understood that according to the Holy Qur'an, the natural state of man is intimately related to his moral and spiritual states".

Therefore a person's style of eating reflects their spiritual state.

The Holy Prophet Muhammad ^(peace and blessings of Allah be on him) strongly disapproved impatience and unseemly haste, particularly when eating and drinking. Besides being bad manners, haste and impatience adversely affect the digestive system. Experts now recognise that eating slowly and chewing food properly can help support a healthy digestive system, as well as allowing nutrients to be absorbed sufficiently. Eating in haste can result in indigestion, constipation and other digestive problems. Moreover, to drink water suddenly and quickly also shows impatience and haste, thus can be harmful to health.

The Holy Prophet (peace and blessings of Allah be on him) forbade this bad habit in a very sweet way. Hadhrat Ibne

Abbas (Allah be pleased with him) narrates that the Holy Prophet (peace and blessings of Allah be on him) said,

"Don't drink your water all at once. Drink slowly in two or three intervals and say Bismillah. When you start drinking say Bismillah and when you put the utensil to your mouth second time, then say Alhamdulilah (All praise belongs to Allah)".

With regards to oral hygiene, in another Hadith, Hadhrat Aishah (Allah be pleased with her) relates that the Holy Prophet (peace and blessings of Allah be on him) said,

"Brushing the teeth keeps the mouth clean and pleases Allah" (Nisaai).



Interestingly, a number of studies report that good oral health can prevent the development of ailments such as Stroke, Heart Disease and Type 2 Diabetes. Further, Islam also teaches that physical activity for overall good health is important. The word Salat that we often translate as Prayer is an Arabic word that also contains the meanings of exercise in it. The Holy Prophet (peace and blessings of Allah be on him) is reported to have stated," Verily there is cure in Salat". Interestingly, according to a Muslim scholar, as reported in an Urdu magazine, Tahazibul Akhlaq, a Muslim who offers Salat in its proper way regularly in conjunction with a healthy lifestyle has very little chance of developing arthritis. This is because while offering Salat, the bones and joints are exercised, thus providing an orthopaedic benefit.

Health is bestowed upon us as a blessing from Allah.

Allah says,

وَإِذَا مَرِضَتُ فَهُوَ يَشَ

"And when I fall ill, it is He who restores me to health" (Surah Al Shu'ara, verse 81).

In this verse Hazrat Abraham (peace be upon him) attributes all difficulties and ailments to himself and all remedy to cure to Allah.

Health is indeed a favour often taken for granted for which one should express gratitude to Allah - we should thus make an effort to look after it. Allah has entrusted us with our bodies for an appointed period of time. He will hold us to account on how we looked after and utilised our bodies and maintained good health. Now that Ramadhan is behind us and we have resumed eating normally, we should ensure that our consumption is in accordance with the teachings of Islam and devoid of intemperance. May Allah bless us all with good health InshaAllah.