

# AHMADIYYA

Jan Feb 2022

# BULLETIN

Sulh Tabligh 1400

Meeting of Members of PAAMA UK  
with Hazrat Amirul Momineen  
Full Report inside



Hazrat Amirul Momineen has instructed that, along with Durood Sharif and Istighfar, the following prayers should be recited:

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ  
لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ  
(آل عمران:9)

“Our Lord, let not our hearts become perverse after Thou hast guided us; and bestow on us mercy from Thyself; surely, Thou alone art the Bestower.”

رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا  
وَتَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ  
الْكَافِرِينَ

(آل عمران:148)

“Our Lord, forgive us our errors and our excesses in our conduct, and make firm our steps and help us against the disbelieving people.”

# In the Name of Allah, Most Gracious Ever Merciful



## 20. Inauguration of Ansarullah Guest House



## 22. Musleh Maud Day 2022

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## 14. Virtual Meetings held with Hazrat Khalifatul Masih V

14: UK National Amila, Regional Amirs and Local Presidents

15: Virtual Meeting of New Converts

17: Virtual Meeting of PAAMA UK

## 24. Hazrat Musleh Maud A Treasure of Knowledge

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# بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## The Holy Qur'an

*If you give alms openly, it is well and good; but if you conceal them and give them to the poor, it is better for you; and He will remove from you many of your sins. And Allah is aware of what you do. It is not thy responsibility to make them follow the right path; but Allah guides whomsoever He pleases. And whatever of wealth you spend, it is for yourselves, while you spent not but to seek the favour of Allah. And whatever of wealth you spend, it shall be paid back to you in full and you shall not be wronged. These alms are for the poor who are detained in the cause of Allah, and are unable to move about in the land. (Al-Baqarah, 2:272-273)*

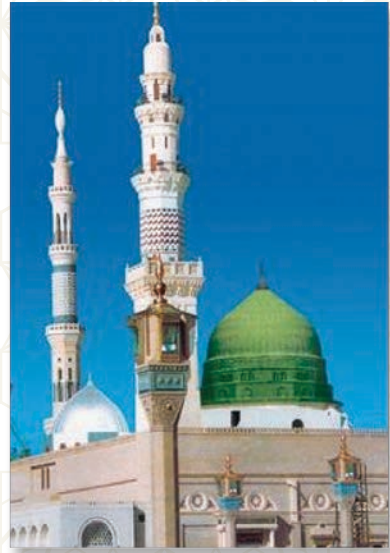
إِنْ تَبَدُّوا الصَّدَقَاتِ فَنِعِمَّا هِيَ وَإِنْ تُخْفُوهَا  
وَتُؤْتُوهَا الْفُقَرَاءَ فَهُوَ خَيْرٌ لَكُمْ وَيُكَفِّرُ  
عَنْكُمْ مِنْ سَيِّئَاتِكُمْ وَاللَّهُ بِمَا تَعْمَلُونَ  
خَبِيرٌ

لَيْسَ عَلَيْكَ هُدَاهُمْ وَلَكِنَّ اللَّهَ يَهْدِي  
مَنْ يَشَاءُ وَمَا تُنْفِقُوا مِنْ خَيْرٍ  
فَلِأَنْفُسِكُمْ وَمَا تُنْفِقُونَ إِلَّا ابْتِغَاءَ  
وَجْهِ اللَّهِ وَمَا تُنْفِقُوا مِنْ خَيْرٍ يُوقَ إِلَيْكُمْ  
وَأَنْتُمْ لَا تَظْلَمُونَ

## Hadith

*Abu Hurairah relates that the Holy Prophet, peace and blessings of Allah be on him, said, "Wealth is not diminished by charity; Allah augments the honour of one who forgives, and one serves another for the sake of Allah but Allah exalts him in rank"*  
(Muslim, quoted in Gardens of the Righteous, p. 117, no 559)

*Asma' bint Abu Bakr relates that the Holy Prophet, peace and blessings of Allah be on him, said to her, "Do not hold back, else Allah will hold back from you". Another version is: "Spend and do not accumulate, and do not keep back what is spare, else Allah will hold back from you"*  
(Bukhari and Muslim, quoted in Gardens of the Righteous, p. 118. No. 562)



## Malfoozat

*How unfortunate is the one who does not believe in that which has come from the mouth of God and which I have set forth.  
If you desire that God should be pleased with you in heaven, unite with one another as though you were brothers from the same womb.  
The one who most forgives the transgressions of his brothers is the most honourable among you. Unfortunate is the one who is obstinate and does not forgive. Such a person has no part in me. Be very fearful of God's curse, for He is Holy and Jealous. An evildoer cannot attain nearness to God ... Have mercy on your subordinates and your wives and your less fortunate brethren so that you may be shown mercy in heaven. (Noah's Ark, 2016 ed. pp. 22, 23)*





# FRIDAY SERMON SUMMARIES

We present summaries of some of Huzoor's Friday sermons taken with thanks from [alislam.org](http://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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## SERMON: 24 DEC 2021

### Men of Excellence

#### Hazrat Abu Bakr (Allah be pleased with him)

After reciting *Tashahhud*, *Ta'awwuz* and *Surah al-Fatihah*, Huzoor said the Makkans had been severely persecuting the Muslims, and it was in light of this that the Muslims had to migrate. Based on a dream, the Holy Prophet (peace and blessings of Allah be upon him) initially thought that the migration was to be towards Yamama. However, later it became clear that the migration was to Yathrib, later known as Madinah. The Makkan Muslims were advised to migrate to Madinah. Eventually, majority of the Makkan Muslims migrated there.

The Holy Prophet (peace and blessings of Allah be upon him) was waiting for the Divine command before migrating himself. The chieftains convened to hatch a plot against the Prophet (peace and blessings of Allah be upon him), because they did not wish for him to leave. They discussed various plans. Finally, it was decided that a man from each Quresh tribe should be given a sword, and all should assassinate the Prophet (peace and blessings of Allah be upon him) together. God informed the Prophet (peace and blessings of Allah be upon him) about this plot.

The Holy Prophet (peace and blessings of Allah be upon him) began preparations to migrate. He first went to the home of Hazrat Abu Bakr (Allah be pleased with him), and informed him that he had received permission to migrate, and that Hazrat Abu Bakr (Allah be pleased with him) would accompany him. It was decided that the first stop would be the Cave Thaur where they would stay for three days.

The Holy Prophet (peace and blessings of Allah be upon him) entrusted Hazrat Ali (Allah be pleased with him) with the duty of spending that night in his bed, using his blanket assuring him that the enemy would not cause him any harm.

By nightfall, although the assailants were right outside and were glancing inside the home of the Prophet (peace and blessings of Allah be upon him), he was able to leave undetected. The disbelievers thought that the man in the bed was the Prophet (peace and blessings of Allah be upon him). It was actually Hazrat Ali (Allah be pleased with him). As the morning dawned, the assailants realised that their target had slipped away, and that it was actually Hazrat Ali (Allah be pleased with him) lying in the bed.

After leaving his home, the Prophet (peace and blessings of Allah be upon him) went straight to Hazrat Abu Bakr's (Allah be pleased with him) home where his daughters quickly prepared some food for their journey. Then they both set out from there.

Throughout this journey, the Holy Prophet (peace and blessings of Allah be upon him) continued reciting the following:

وَقُلْ رَبِّ ادْخُلْنِيْ مُدْخَلَ صِدْقٍ وَّاَخْرِجْنِيْ مُخْرَجَ صِدْقٍ وَّاَجْعَلْ لِّيْ  
مِنْ لَّدُنْكَ سُلْطٰنًا نَّصِيْرًا

"O my Lord, make my entry a good entry and then make me come forth with a good forthcoming. And grant me from Thyself a helping power." (17:81)

As the Prophet (peace and blessings of Allah be upon him) passed by the Ka'bah, he looked towards Makkah and addressed it, saying,

"By God, of God's land, Makkah, you are the dearest to me, and of God's land, you are the dearest to God. Had your inhabitants not forced me to leave, I would never have left."

When they reached cave Thaur, Hazrat Abu Bakr (Allah be pleased with him) went inside first and cleaned the area. Then the Holy Prophet (peace and blessings of Allah be upon him) went in and laid down, placing his head on Hazrat Abu



Bakr's (Allah be pleased with him) leg. There was a hole in the cave, which Hazrat Abu Bakr (Allah be pleased with him) covered with his foot. Throughout the night, something kept biting him, but for fear of bothering the Prophet (peace and blessings of Allah be upon him), he did not move. When the Prophet (peace and blessings of Allah be upon him) awoke, he saw that the colour of Hazrat Abu Bakr's (Allah be pleased with him) face had changed and inquired as to what was wrong. When Hazrat Abu Bakr (Allah be pleased with him) told him, the Prophet (peace and blessings of Allah be upon him) applied his saliva to the wound, which then healed.

When the Makkans realised that the Prophet (peace and blessings of Allah be upon him) had left, they began searching for him. They hired a tracker, who was able to track the Prophet's (peace and blessings of Allah be upon him) footsteps to Cave Thaur. They stood outside and Hazrat Abu Bakr (Allah be pleased with him) states that he could see their feet. Had they looked inside the cave, they would have found them.

However they were not alone, as God was with them, Who made a tree grow, sent a spider to spin a web at the mouth of the cave, and a pigeon which made a nest and laid eggs.

## SERMON: 31 DEC 2021

### Men of Excellence Hazrat Abu Bakr (Allah be pleased with him)

After reciting *Tashahhud*, *Ta'awwuz* and *Surah al-Fatihah*, Huzoor recited,

إِلَّا نَصْرُوهُ فَقَدْ نَصَرَهُ اللَّهُ إِذْ أَخْرَجَهُ الَّذِينَ كَفَرُوا  
ثَائِبَاتٍ ثُنَيْنِ إِذْ هُمَا فِي الْغَارِ إِذْ يَقُولُ لِصَاحِبِهِ لَا  
تَحْزَنْ إِنَّ اللَّهَ مَعَنَا فَأَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَيْهِ  
وَأَيْدِيَهُمْ يُجْنَدُونَ لَمْ تَرَوْهَا وَجَعَلَ كَلِمَةَ الَّذِينَ  
كَفَرُوا السُّفْلَانَ وَكَلِمَةَ اللَّهِ هِيَ الْعَلِيَّةُ وَاللَّهُ عَزِيزٌ  
حَكِيمٌ

"If you help him not, then know that Allah helped him even when the disbelievers drove him forth while he was one of the two when they were both in the cave, when he said to his companion, 'Grieve not, for Allah is with us.' Then Allah sent down His peace on him

and strengthened him with hosts which you did not see, and humbled the word of those who disbelieved, and it is the word of Allah alone which is supreme. And Allah is Mighty, Wise.” (9:40)

As the disbelievers stood by the cave, Hazrat Abu Bakr (Allah be pleased with him) grew worried. When the Holy Prophet (peace and blessings of Allah be upon him) saw his worry, he said “Grieve not, for Allah is with us”. The tracker said that no one could not have gone past that point, and that they should look inside the cave. Umayyah bin Khalaf said that with the web and tree at the mouth of the cave, how could anyone be inside? Thus, they left without looking inside.

The Promised Messiah (peace be upon him) said that it was during this trying time that Hazrat Abu Bakr (Allah be pleased with him) truly exhibited his loyalty and trust.

As planned, Hazrat Abu Bakr’s (Allah be pleased with him) son would visit the Cave and deliver news. Then he would secretly return to Makkah, and his tracks would be covered by Amir bin Fuhairah and his flock of sheep. The Makkans announced a bounty of a hundred camels for the two dead or alive.

After three days, as planned, Abdullah bin Uraiqit brought three camels to the cave, and they set out towards Madinah at night.

The Holy Prophet (peace and blessings of Allah be upon him) rode on a camel named al-Qaswa. As they left, the Prophet (peace and blessings of Allah be upon him) looked in the direction of Makkah and said,

‘O Makkah, you are most dear to me, but your people do not allow me to stay here’.

When they reached Juhfa, God revealed the following verse:

إِنَّ الَّذِي فَرَضَ عَلَيْكَ الْقُرْآنَ لَرَادُّكَ إِلَىٰ مَعَادٍ قُل رَّبِّي أَعْلَمُ مَنْ جَاءَ بِالْهُدَىٰ وَمَنْ هُوَ فِي ضَلَالٍ مُّبِينٍ

“Most surely, He Who has made the teaching of the Quran binding on thee will bring thee back to thy place of return. Say, ‘My Lord knows best who has brought the guidance, and who is in manifest error.’” (28:86)

In light of the bounty, many Makkans were searching. One was Suraqah bin Malik. He swiftly rode towards the Holy Prophet (peace and blessings of Allah be upon him), his horse fell. He drew a lot which came out against this journey. But he persisted regardless. He was able to get so close to the Prophet (peace and blessings of Allah be upon him), that he was able to hear something that was being recited. However, as he drew near, his horse’s legs sank into the sand and it could not get out. He drew a lot again; the result was against his mission. Thus, he called out to the Prophet (peace and blessings of Allah be upon him) saying he meant no harm. He had given up and took his earlier failures as a sign. The Holy Prophet (peace and blessings of Allah be upon him) said that he should not tell anyone about their whereabouts.

Since this was the last day of the year Huzoor prayed that may Allah make this new year blessed for the Community and its members; may the Jama’at be kept safe from all evils and all the plots against it be foiled; may we be among those who witness the fulfilment of the promise made by Allah to the Promised Messiah (peace be upon him). We should enter into the new year with prayers. Tahajjud should be offered, and many

mosques are arranging for this.

Along with Durood Sharif and Istighfar, the following prayers should be recited:

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

“Our Lord, let not our hearts become perverse after Thou hast guided us; and bestow on us mercy from Thyself; surely, Thou alone art the Bestower.” (3:9)

وَمَا كَانَ قَوْلُهُمْ إِلَّا أَنْ قَالُوا رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَثَبِّتْ أقدامَنَا وَأَنْصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

“Our Lord, forgive us our errors and our excesses in our conduct, and make firm our steps and help us against the disbelieving people.” (3:148)

## SERMON: 07 JAN 2022

### Seeking God’s Pleasure Through Financial Sacrifices

After reciting Tashahhud, Ta’awwuz and Surah al-Fatihah, Huzoor recited,

وَمَثَلُ الَّذِينَ يُنْفِقُونَ أَمْوَالَهُمْ ابْتِغَاءَ مَرْضَاتِ اللَّهِ وَتَثْبِيْتًا مِّنْ أَنفُسِهِمْ كَمَثَلِ جَنَّةٍ بِرَبْوَةٍ أَصَابَهَا وَابِلٌ فَآتَتْ أُكُلَهَا ضِعْفَيْنِ فَإِن لَّمْ يُصِبْهَا وَابِلٌ فَطَلٌّ وَاللَّهُ بِمَا تَعْمَلُونَ بَصِيرٌ

‘And the case of those who spend their wealth to seek the pleasure of Allah and to strengthen their souls is like the case of a garden on elevated ground. Heavy rain falls on it so that it brings forth its fruit twofold. And if heavy rain does not fall on it, then light rain suffices. And Allah sees what you do.’ [Holy Qur’an 2:266]

In this verse, God Almighty mentions those believers who spend in the way of Allah, in order to attain His pleasure.

True believers spend their wealth for the sake of God and spreading His message. They do so not to impress others, but to attain Divine pleasure, to strengthen their own faith, and to help strengthen their community.

God has likened those who present financial sacrifices to either heavy rain, or light rain, meaning those who are wealthy are able to give large amounts, whereas those who do not possess as much will give less. However, both benefit the growth of fruit, for ultimately, it is Allah who causes fruits to grow, and



He sees a person's intentions, which He alone can cause to be fruitful.

In a remote area in Sierra Leone, the local missionary made a plea for financial sacrifice. The Imam of the Mosque said they would not be able to reach their target. The local missionary led them all in silent prayer, and then left. The local Imam called him later and said that after the silent prayer, one of his relatives gave him 100,000 Leones.

There was a woman in Chad, who had pledged CFA Fr 70,000 for Waqf-e-Jadid. However she was not able to make arrangements to fulfil the pledge. Thus, she sold a camel she had for CFA Fr 170,000. She used this to fulfil her pledge and presented the rest as well.

Belize in Central America where there are all new converts, a 14 year old boy who had donated for Tehrik-e-Jadid was mentioned in the Friday Sermon by Huzoor. Many congratulated him, and someone even gave him a reward of \$200. This young boy said that he needed \$30 to have his social security card made, and that he would give the remaining \$170 as financial contribution.

The missionary in Guinea-Conakry delivered a sermon regarding the importance of financial sacrifices. At the end of the sermon, a poor but sincere person offered CFA Fr 18,500 for Waqf-e-Jadid. When the missionary asked him why he was giving such a large amount, he said that he was deeply impressed by Huzoor's words, that the heart cannot love two things at once; one must either love God or love wealth.

A missionary in Germany encouraged members to increase their financial sacrifices. A German woman who had converted quite some time ago presented 19,000 Euros. She said that although she was saving this to buy a car, she said that she would much rather attain the pleasure of Allah the Almighty instead.

Over the past year, God enabled the worldwide Jama'at to establish 187 mosques, aside from which 105 mosques are currently under construction in Africa. Similarly, 144 mission houses were established, many of which are in Africa, while 45 are currently under construction. Where mission houses cannot be built, buildings are acquired on rent; as such there are 731 mission houses and missionary houses which were acquired on rent in Africa. There are 632 mission houses on rent in other Asian countries.

By the grace of Allah the Almighty, the 64th year of Waqf-e-Jadid came to an end and the new year of Waqf-e-Jadid has started. Over the last year, the total collection was about £11.2 million. This is an increase of £742,000 from the year prior which is a great accomplishment in the circumstances.

## SERMON: 14 JAN 2022

### Men of Excellence

**Hazrat Abu Bakr** (Allah be pleased with him)

After reciting *Tashahhud*, *Ta'awwuz* and *Surah al-Fatihah*, Huzoor related that Suraqah requested the Holy Prophet (peace and blessings of Allah be upon him) for security when he came into power. The Prophet (peace and blessings of Allah be upon him) foretold that Suraqah would one day be wearing the bangles

of Chosroes. Later, during the era of Hazrat Umar (Allah be pleased with him), when Chosroes was overthrown, Hazrat Umar (Allah be pleased with him) summoned Suraqah and gave him Chosroes' bangles.

During the migration, the Holy Prophet (peace and blessings of Allah be upon him) and Hazrat Abu Bakr (Allah be pleased with him) passed by the tent of a woman named Umm Ma'bad, and inquired whether she had any food, which they could purchase. She had nothing. The Holy Prophet (peace and blessings of Allah be upon him) saw a goat in a corner of the tent and asked about it. She said the goat was extremely weak and could not even produce milk. The Prophet (peace and blessings of Allah be upon him) asked if he could try milking it. He prayed, and then milked the goat, so much so that the entire group of people could drink its milk. The Holy Prophet (peace and blessings of Allah be upon him) gave Umm Ma'bad the milk and she drank to her fill, after which the Prophet (peace and blessings of Allah be upon him) himself drank some. He then left a pail of milk with Umm Ma'bad, purchased the goat and continued on his journey.

Later, in their search the disbelievers went to Umm Ma'bad and asked if she knew about their whereabouts. She refused to tell them anything.

After eight days of travelling, they reached Quba' on a Monday, which is two to three miles from Madinah. A Jewish man standing atop a hill spotted the two and announced that their leader had arrived. The Muslims rushed out to meet them. The Holy Prophet (peace and blessings of Allah be upon him) stayed in Quba' for about ten nights. During this stay, the Prophet (peace and blessings of Allah be upon him) laid the foundation of a mosque, known as the Mosque of Quba'.

After his stay here, the Holy Prophet (peace and blessings of Allah be upon him) set out for Madinah. On the way, the Prophet (peace and blessings of Allah be upon him) was in the valley of Banu Salim bin Auf when it was time for the Friday prayer. The Holy Prophet (peace and blessings of Allah be upon him) offered the Friday prayer in the Mosque of the valley of Ranunah along with 100 Muslims. This mosque became known as the Mosque of the Friday Prayer, as this was the first Friday prayer offered by the Holy Prophet (peace and blessings of Allah be upon him) in Madinah.

Buraidah was another person enticed by the reward for the capture of the Holy Prophet (peace and blessings of Allah be upon him). He set out with 70 men from Banu Sahn. When they reached the Prophet (peace and blessings of Allah be upon him), they were so impressed that they all accepted Islam. The next day, Buraidah said that the Prophet (peace and blessings of Allah be upon him) should enter Madinah with a flag. Thus, he took his turban off, tied it to his spear, and walked in front of the Holy Prophet (peace and blessings of Allah be upon him) as he entered Madinah.

The Holy Prophet (peace and blessings of Allah be upon him) continued along with his caravan of Muslims towards the city of Madinah. As the Prophet (peace and blessings of Allah be upon him) passed people would offer their homes for him to stay and the Holy Prophet (peace and blessings of Allah be upon him) would pray for them. Women and children stood on the rooftops of their homes, singing words of welcome for the Prophet (peace and blessings of Allah be upon him). The Prophet (peace and blessings of Allah be upon him) reached the people of Banu Najjar, who were standing in formation wearing their armour to welcome the Prophet (peace and blessings of Allah be upon him), and the women of Banu Najjar sang poems of thanks and praise.

After a few days, the Holy Prophet (peace and blessings of Allah be upon him) sent Hazrat Zaid to Makkah to bring the rest of his things to Madinah. The Prophet (peace and blessings of Allah be upon him) had purchased some land in Madinah, upon which he first laid the foundation for a mosque, and then began building homes for himself and his companions. Hazrat Abu Bakr (peace and blessings of Allah be upon him) stayed in the environs of Madinah called Sun'a, which was two miles from Madinah.

## SERMON: 21 JAN 2022

### Men of Excellence

#### Hazrat Abu Bakr (Allah be pleased with him)

After reciting *Tashahhud*, *Ta'awwuz* and *Surah al-Fatihah*, Huzoor said that after arriving in Makkah, the Holy Prophet (peace and blessings of Allah be upon him) first turned his attention towards the building of a mosque. He purchased a plot of land for 10 dinars, and after preparing it, he prayed and laid the foundation stone of the Mosque. He instructed Hazrat Abu Bakr (Allah be pleased with him) to place a stone beside his, then he told Hazrat Umar (Allah be pleased with him) to place a stone beside Hazrat Abu Bakr's, and then he instructed Hazrat Uthman to place a stone beside Hazrat Umar's (Allah be pleased with them all).

When the Holy Prophet (peace and blessings of Allah be upon him) set out for Badr, it was to intercept a Makkan trade caravan returning from Syria. The Prophet (peace and blessings of Allah be upon him) learnt that an army had deployed from Makkah to protect the caravan. The Prophet (peace and blessings of Allah be upon him) consulted with his companions who presented varying opinions. It is recorded that it was for this moment that the following verse was revealed:

كَمَا أَخْرَجَكَ رَبُّكَ مِنْ بَيْتِكَ بِالْحَقِّ وَإِنَّ فَرِيقًا مِّنَ  
 الْمُؤْمِنِينَ لَكَرِهُونَ

*"As it was thy Lord Who rightfully brought thee forth from thy house, while a party of the believers were averse, therefore He helped thee against thy enemy." (8:6)*

After this, Hazrat Abu Bakr stood and spoke in support, and then so too did Hazrat Umar (Allah be pleased with them both). Hazrat Miqdad said that they would support the Holy Prophet (peace and blessings of Allah be upon him) in whatever he was commanded to do by God.

Once they reached Badr, the companions erected a tent for the Holy Prophet (peace and blessings of Allah be upon him) and said that he should remain in the tent while they went to battle. Some companions stood guard outside the tent. The Holy Prophet (peace and blessings of Allah be upon him) and Hazrat Abu Bakr (Allah be pleased with him) both spent the night in this tent; Hazrat Abu Bakr (Allah be pleased with him) stood guard with his sword unsheathed, while the Prophet (peace and blessings of Allah be upon him) spent the night supplicating before God.

When the Holy Prophet (peace and blessings of Allah be upon him) saw the enemy heavily outnumbering the Muslims, he turned in the direction of Ka'bah praying that if God were to cause the Muslims to be defeated, then no one would be left on earth to worship Him. The following verse was revealed,

إِذْ تَسْتَغِيثُونَ رَبَّكُمْ فَاسْتَجَابَ لَكُمْ أَنِّي مُمِدُّكُمْ  
 بِأَلْفٍ مِّنَ الْمَلَائِكَةِ مُرَدِّفِينَ

*"When you implored the assistance of your Lord, and He answered you, saying, 'I will assist you with a thousand of the angels, following one another.'" (8:10)*

Then, God caused it to rain which made the ground under the Makkans slippery, while the Muslims' remained firm.

The Holy Prophet (peace and blessings of Allah be upon him) also valiantly fought in the battle, while Hazrat Abu Bakr (Allah be pleased with him) fought bravely alongside him. Once, at a later time, Hazrat Abu Bakr's (Allah be pleased with him) son who had not accepted Islam yet, told his father that he had been hiding behind a rock and could have attacked his father but didn't. Hazrat Abu Bakr (Allah be pleased with him) said that for the sake of the Prophet (peace and blessings of Allah be upon him), he would not have held back.

Upon returning to Madinah, the Holy Prophet (peace and blessings of Allah be upon him) consulted on what should be done with the prisoners of war. Generally, it was customary for Arabs to kill them. However this did not sit well with the Holy Prophet (peace and blessings of Allah be upon him) and no such commandment had been revealed. Hazrat Abu Bakr (Allah be pleased with him) suggested that they should be freed upon paying ransom, for it could be that some would accept Islam later. Hazrat Umar (Allah be pleased with him) differed and suggested that those people had committed crimes deserving death. However, due to his kind nature, the Holy Prophet (peace and blessings of Allah be upon him) preferred Hazrat Abu Bakr's (Allah be pleased with him) advice and later Divine revelation also supported this decision.

With regards to the Battle of Uhud, when the Holy Prophet (peace and blessings of Allah be upon him) learnt of the Makkans' plot to attack Madinah, he consulted his companions. Some suggested they should defend from Madinah, others that they should go outside Madinah and fight. The Holy Prophet (peace and blessings of Allah be upon him) decided on the advice of the latter. After the Prophet (peace and blessings of Allah be upon him) put on his armour, they expressed their regret. The Holy Prophet (peace and blessings of Allah be upon him) said that it did not behove a Prophet to remove his armour after having put it on.

## SERMON: 28 JAN 2022

### Men of Excellence

#### Hazrat Abu Bakr (Allah be pleased with him)

After reciting *Tashahhud*, *Ta'awwuz* and *Surah al-Fatihah*, Huzoor said that the Holy Prophet (peace and blessings of Allah be upon him) went to the Banu Nadhir in Madinah with some companions. When he arrived, the Banu Nadhir offered him to take a seat and eat before they spoke. The Prophet (peace and blessings of Allah be upon him) took a seat against a wall. The Banu Nadhir saw this as an opportunity. One person climbed up the wall with the intent to drop a rock on the Prophet (peace and blessings of Allah be upon him). God informed the Prophet (peace and blessings of Allah be upon him), upon which he immediately got up and left. He then sent a message to the Banu Nadhir saying that they had acted treacherously, and could no longer remain in Madinah. He gave them

a period of ten days to leave. The Muslims laid siege to the fortress of Banu Nadhir. Eventually, the Banu Nadhir surrendered and were allowed to depart.

When the Prophet (peace and blessings of Allah be upon him) learned that the Banu Mustaliq were planning an attack, the Prophet (peace and blessings of Allah be upon him) set out towards them accompanied by 700 companions.

While returning from Banu Mustaliq, a great calumny was levelled against Hazrat A'ishah. One night Hazrat A'ishah (Allah be pleased with her) realised that she had lost her necklace and went looking for it. When she returned, the Muslims had already left. They had placed her carriage upon the camel, without realising that she was not in it. While waiting she fell asleep, and the next morning, Hazrat Safwan who had been travelling behind the army to pick up the items which had been left behind, found her. She rode on his camel while he led it, until they re-joined the Muslim army. From this incident, the Chief of the Hypocrites, Abdullah bin Ubayy led the great calumny.

When Hazrat A'ishah (Allah be pleased with her) learned about this, she sought permission from the Holy Prophet (peace and blessings of Allah be upon him) to visit her parents. During this time, Hazrat A'ishah (Allah be pleased with her) was in a state of sleepless distress for two nights and a day. Her parents sat with her and attempted to console her. The Holy Prophet (peace and blessings of Allah be upon him) visited her and said that if she was innocent, God would surely speak in her favour. Hazrat A'ishah (Allah be pleased with her) expressed that at that time, she had no choice but to remain patient, as she knew she was innocent. At that moment, as the Holy Prophet (peace and blessings of Allah be upon him) was sitting there, God revealed the following verses, proving her innocence:

إِنَّ الَّذِينَ جَاءُوا بِالْإِفْكِ عُصْبَةٌ مِّنكُمْ لَا تَحْسَبُوهُ شَرًّا لَّكُم بَلْ هُوَ خَيْرٌ لَّكُمْ لِكُلِّ امْرِئٍ مِّنْهُمْ مَا أَكْسَبَ مِنَ الْإِثْمِ وَالَّذِي تَوَلَّى كِبْرَهُ مِنْهُمْ لَهُ عَذَابٌ عَظِيمٌ

*'Verily, those who brought forth the lie are a party from among you.'* (The Holy Qur'an, 24:12)

Upon this, Hazrat Abu Bakr (peace and blessings of Allah be upon him), father of Hazrat A'ishah (Allah be pleased with her) vowed that he would never again provide financial support to Mistah, who had been one of the people to spread this false rumor. Then, God revealed:

وَلَا يَأْتَلِ أُولُو الْفَضْلِ مِنكُمْ وَالسَّعَةِ أَنْ يُؤْتُوا أُولِي الْقُرْبَىٰ وَالْمَسْكِينِ وَالْمُهَاجِرِينَ فِي سَبِيلِ اللَّهِ وَلْيَعْفُوا وَلْيَصْفَحُوا أَلَا تُحِبُّونَ أَنْ يَغْفِرَ اللَّهُ لَكُمْ وَاللَّهُ غَفُورٌ رَّحِيمٌ

*And let not those who possess wealth and plenty among you swear not to give aught to the kindred and to the needy and to those who have left their homes in the cause of Allah. Let them forgive and pass over the offence. Do you not desire that Allah should forgive you? And Allah is Most Forgiving, Merciful.'* (Holy Qur'an, 24:23)

Upon this, Hazrat Abu Bakr (Allah be pleased with him) said surely he wished to be forgiven by God, and thus began supporting Mistah again.

The third great battle between the Muslims and the disbelievers was the Battle of the Ditch. After the expulsion of Banu Nadhir, some of their leaders went to the Quraish and incited them to fight against the Muslims. They also gathered other tribes, to the extent that their total number became 10,000. Upon learning of this army, the Holy Prophet (peace and blessings of Allah be upon him) consulted with his companions. Hazrat Salman the Persian suggested that a trench be dug. The Holy Prophet (peace and blessings of Allah be upon him) agreed, and thus, along with 3,000 Muslims, he too helped in digging this trench. When the enemy surrounded Madinah, Hazrat Abu Bakr (Allah be pleased with him) was commanding a part of the Muslim army. During this time, a mosque was established in that area, known as the Sadiq Mosque.

## SERMON: 04 FEB 2022

### Men of Excellence

#### Hazrat Abu Bakr (Allah be pleased with him)

After reciting *Tashahhud*, *Ta'awwuz* and *Surah al-Fatihah*, Huzoor said that Hazrat Abu Bakr (Allah be pleased with him) also took part in the Battle of Banu Quraizah. Whilst setting out towards Banu Quraizah, Hazrat Abu Bakr and Hazrat Umar (Allah be pleased with them both) suggested to the Holy Prophet (peace and blessings of Allah be upon him) that if he donned a cloak given to him which was considered beautiful by worldly standards, then people would be more inclined towards accepting Islam. The Holy Prophet (peace and blessings of Allah be upon him) accepted their suggestion, saying that he would not refuse on what they both agreed upon. The Holy Prophet (peace and blessings of Allah be upon him) said that God had likened the two of them to the angels Gabriel and Michael, and from the prophets like Noah and Abraham (peace be upon them both).

Based on a dream in which he saw himself walking around the Ka'bah, the Holy Prophet (peace and blessings of Allah be upon him) set out along with 1,400 companions towards the Ka'bah. The Prophet (peace and blessings of Allah be upon him) learned that the Makkans planned to stop the Muslims from entering. Hazrat Abu Bakr (Allah be pleased with him) advised, when asked, to continue as their intention was not to fight, and if anyone tried to stop them, then they would defend themselves.

At the time of the Treaty of Hudaibiyah, Urwah went to the Holy Prophet (peace and blessings of Allah be upon him) to negotiate terms. He said that if the Quraish were victorious, then the companions would abandon the Prophet (peace and blessings of Allah be upon him). Hazrat Abu Bakr (Allah be pleased with him) could not bear this and said that he should return to his idols, meaning that while the idolaters were devoted to their false idols, how could Muslims rooted in truth and believing in God and His Messenger abandon him?

Hazrat Abu Bakr (Allah be pleased with him) took part in the Expedition of Banu Fuzarah, who were plotting attacks against the Muslims. According to some narrations, the Holy Prophet (peace and blessings of Allah be upon him) appointed Hazrat Abu Bakr (Allah be pleased with him) as leader of this expedition. A battle with the disbelievers ensued in which the Muslims proved victorious.

Hazrat Abu Bakr (Allah be pleased with him) also took part in the Battle of Khaibar. The Muslims lay siege to their fortresses for more than ten nights and eventually took them. During this time, the Holy Prophet (peace and

blessings of Allah be upon him) was suffering migraines and would not come out for days. The Prophet (peace and blessings of Allah be upon him) sent Hazrat Abu Bakr (Allah be pleased with him) to one of the fortresses where a severe battle ensued, but the army was victorious under his command.

Hazrat Abu Bakr (Allah be pleased with him) also took part in the Expedition of Najd, where they confronted the Banu Kilaab. The Prophet (peace and blessings of Allah be upon him) appointed Hazrat Abu Bakr (Allah be pleased with him) to lead this expedition.

Hazrat Abu Bakr (Allah be pleased with him) took part in the conquest of Makkah. One of the affiliate tribes of the Quraish broke the Treaty of Hudaibiyah. After this, Hazrat Abu Bakr (Allah be pleased with him) went to see his daughter Hazrat A'ishah (Allah be pleased with her) and saw her preparing the Prophet's (peace and blessings of Allah be upon him) belongings. At the time, she did not know where the Prophet (peace and blessings of Allah be upon him) intended to go. In the meantime, the Holy Prophet (peace and blessings of Allah be upon him) arrived, and informed Hazrat Abu Bakr (Allah be pleased with him) about his intention of going to Makkah, but instructed not to disclose this to anyone. Later, the Prophet (peace and blessings of Allah be upon him) announced to the Muslims that they should prepare for a journey, but did not yet tell them where they would be going. The Holy Prophet (peace and blessings of Allah be upon him) also ensured that no one from the Quraish learned of the Muslims' preparations.

When the Muslims reached Marruz-Zuhrah 25km from Makkah, the Holy Prophet (peace and blessings of Allah be upon him) instructed the Muslims to light ten thousand fires. The Quraish became worried, as they were certain that a battle would ensue. Abu Sufyan approached the Muslims to find out what was happening, and seek security. Upon arriving, Abu Sufyan and two others with him were taken to the Holy Prophet (peace and blessings of Allah be upon him) and they accepted Islam.

## SERMON: 11 FEB 2022

### Men of Excellence

#### Hazrat Abu Bakr (Allah be pleased with him)

After reciting *Tashahhud*, *Ta'awwuz* and *Surah al-Fatihah*, Huzoor said that Hazrat Abu Bakr (Allah be pleased with him) reported he saw a dream in which the Holy Prophet (peace and blessings of Allah be upon him) had neared Makkah, and a dog came towards them. It lay on its back, and milk began flowing from it. Upon this, the Holy Prophet (peace and blessings of Allah be upon him) said that their evil had been removed and prosperity was near and that the Makkans would come under his protection.

On the conquest of Makkah, the Holy Prophet (peace and blessings of Allah be upon him) and the Muslims entered through Arafat. When the Prophet (peace and blessings of Allah be upon him) announced his intentions of peace and security, Hazrat Abu Bakr (Allah be pleased with him) said that Abu Sufyan sought honour. The Holy Prophet (peace and blessings of Allah be upon him) said that anyone who entered the home of Abu Sufyan would be protected. Then, the Prophet (peace and blessings of Allah be upon him) instructed for the idol Hubal to be destroyed. When Abu Sufyan was reminded that this was the same idol he had glorified at Uhud, he replied if there had been any God besides the God of Muhammad (peace and blessings of Allah be upon him), then the events taking place on the conquest of Makkah would not have happened.

After the conquest, other Arab tribes feared the Holy Prophet (peace and blessings of Allah be upon him). They gathered together at a place near Hunain. When the Prophet (peace and blessings of Allah be upon him) learned of this, he proceeded to the Valley of Hunain with 12,000 Muslims. There, the disbelievers shot a barrage of arrows at the Muslims. As a result, some Muslims retreated. However Hazrat Abu Bakr (Allah be pleased with him) was among those who resolutely remained alongside the Prophet (peace and blessings of Allah be upon him). Even when the number of Muslims was severely depleted, to the point where there were only 12 Muslims left, Hazrat Abu Bakr (Allah be pleased with him) took hold of the reins of the Holy Prophet's (peace and blessings of Allah be upon him) horse and advised that perhaps they should not advance. However the Prophet (peace and blessings of Allah be upon him) instructed him to let go of the reins and courageously moved forward. Eventually, the Muslims miraculously defeated the enemy.

After Hunain, some disbelievers fled to Taif to take refuge. On returning from Hunain, the Muslim army laid siege to Taif. There are various narrations on how long the siege lasted, ranging from 10 to 40 days. The Holy Prophet (peace and blessings of Allah be upon him) saw a dream which he related to Hazrat Abu Bakr (Allah be pleased with him). Based on this, Hazrat Abu Bakr (Allah be pleased with him) suggested that perhaps what they had come to achieve would not be attained. The Prophet (peace and blessings of Allah be upon him) agreed, and the Muslims were later instructed to return.

Hazrat Abu Bakr (Allah be pleased with him) accompanied the Holy Prophet (peace and blessings of Allah be upon him) during the Battle of Tabuk, at which time the Prophet (peace and blessings of Allah be upon him) gave him the flag of Islam. For the purposes of this battle, the Holy Prophet (peace and blessings of Allah be upon him) instructed the Muslims to make financial sacrifices. Hazrat Abu Bakr (Allah be pleased with him) brought everything that he owned. When the Holy Prophet (peace and blessings of Allah be upon him) asked whether he had left anything at home, Hazrat Abu Bakr (Allah be pleased with him) replied that he had not. Later, Hazrat Umar (Allah be pleased with him) used to say that he had intended to present a greater sacrifice than Hazrat Abu Bakr (Allah be pleased with him), and so he presented half of his wealth. However, later he learned that Hazrat Abu Bakr (Allah be pleased with him) had sacrificed everything he owned and conceded that he would never be able to surpass the levels achieved by Abu Bakr (Allah be pleased with him).

Once, a companion came across the Holy Prophet (peace and blessings of Allah be upon him), Hazrat Abu Bakr and Hazrat Umar (Allah be pleased with both), who were digging a grave upon the demise of Hazrat Abdullah Dhul-Dijadin. The Prophet (peace and blessings of Allah be upon him) was inside the grave, while Hazrat Abu Bakr and Hazrat Umar (Allah be pleased with both) were lowering the body towards him. Upon burying him, the Holy Prophet (peace and blessings of Allah be upon him) prayed for the deceased.

In 9 Hijri, the Holy Prophet (peace and blessings of Allah be upon him) appointed Hazrat Abu Bakr (Allah be pleased with him) leader of a convoy of 300 companions going for Hajj.

## SERMON: 25 FEB 2022

### Men of Excellence

#### Hazrat Abu Bakr (Allah be pleased with him)

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

Huzoor said that when the Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup> set out for the farewell pilgrimage, his and Hazrat Abu Bakr<sup>(Allah be pleased with him)</sup>'s belongings were carried on the latter's camel but his worker lost the camel. Hazrat Abu Bakr<sup>(Allah be pleased with him)</sup> wanted to reprimand the worker but the Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup> smiled and told him not to. The camel was found later.

It was also during this journey that Hazrat Abu Bakr<sup>(Allah be pleased with him)</sup>'s wife gave birth to his son Muhammad bin Abu Bakr. The Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup> said that she could perform all the same rites as the other pilgrims, except for circulating the Ka'bah. During the Pilgrimage, Hazrat Abu Bakr<sup>(Allah be pleased with him)</sup> saw how Suhail bin Amr took one of the shaved locks of the Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup> and touching it lovingly against his eyes. Hazrat Abu Bakr<sup>(Allah be pleased with him)</sup> recalled this was the same Sohail who had objected to his name being referred to as the Messenger of Allah at the treaty of Hudaibiyah. Hazrat Abu Bakr<sup>(Allah be pleased with him)</sup> thanked God for having changed Suhail's heart.

During his final illness, the Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup> instructed that Hazrat Abu Bakr<sup>(Allah be pleased with him)</sup> should lead prayers in the Mosque.

When the Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup> passed away, Hazrat Abu Bakr<sup>(Allah be pleased with him)</sup> arrived, kissed the blessed countenance of the Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup> and said that God would never allow him to die twice. Then, Hazrat Abu Bakr<sup>(Allah be pleased with him)</sup> told Hazrat Umar<sup>(Allah be pleased with him)</sup> who was refusing to believe, that the Prophet<sup>(peace and blessings of Allah be upon him)</sup> had indeed passed away but God is Living, and will never pass away. He then quoted the following verses of the Holy Qur'an:

إِنَّكَ مَيِّتٌ وَإِنَّهُمْ مَيِّتُونَ ﴿٣٩﴾

"Surely, thou wilt die, and surely they too will die." (39:31)

وَمَا مُحَمَّدٌ إِلَّا رَسُولٌ قَدْ خَلَتْ مِنْ قَبْلِهِ الرُّسُلُ أَفَإِنْ مَاتَ أَوْ قُتِلَ  
 انْقَلَبْتُمْ عَلَىٰ أَعْقَابِكُمْ وَمَنْ يَنْقَلِبْ عَلَىٰ عَقْبَيْهِ فَلَنْ يَصُرَ اللَّهُ شَيْئًا  
 وَسَيَجْزِي اللَّهُ الشَّاكِرِينَ ﴿٣٩﴾

"And Muhammad is only a Messenger. Verily, all Messengers have passed away before him. If then he die or be slain, will you turn back on your heels? And he who turns back on his heels shall not harm Allah at all. And Allah will certainly reward the grateful." (3:145)

People present were overcome with emotion and wept profusely. This was also a testament to the bravery and fortitude of Hazrat Abu Bakr<sup>(Allah be pleased with him)</sup>, as even in the face of such difficult circumstances, he remained resolute and steadfast while reassuring everyone else.

Huzoor said that when Hazrat Abu Bakr<sup>(Allah be pleased with him)</sup> recited these verses, everyone understood that just as all previous prophets had passed away, so too was the Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup> to pass away at some point. Thus, the first consensus reached among the Muslims was upon the fact that all prophets have passed away. Huzoor quoted Hazrat

Musleh Maud<sup>(Allah be pleased with him)</sup> acknowledging the amazing service rendered to the Muslim Ummah by Hazrat Abu Bakr<sup>(Allah be pleased with him)</sup> in doing so.

When discussions of the succession took place, Hazrat Abu Bakr<sup>(Allah be pleased with him)</sup> said when all the idolaters were against the Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup>, God commissioned the foremost Muslims to stand by him and support him, despite the severe hardships that they faced. As such, those are the people who are most deserving to have the Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup>'s successor to be chosen from among them. The Ansar would be consulted in every important matter, for they too hold a special rank, he added.

Huzoor called for prayers in light of the current conditions in the world, which are already very dire and continue to worsen. Huzoor stated that this does not only affect one nation, but can deteriorate to impact on many other nations as well and for generations. Huzoor prayed that these people recognise God, and cease putting lives in danger in order to fulfil their worldly desires. Huzoor said that all we can do is pray, as we already have been doing for quite some time. Huzoor prayed that may Allah save humanity from war and its catastrophic results which cannot even be fathomed.

### Progress of Islam Ahmadiyyat

"Desist (your opposition), and fear Allah's wrath. Remember that your opposition has a stamp upon it, because if Allah was with you, you would have much support, and only one person's prayer would have finished me.

Not a single one of your prayers has been accepted in the heavens. In fact, the effect of your prayers against me has caused you to decline day by day. Can you not see that you continue to decline while I continue to succeed?

If you were in a superior level, would it be the case that you could continue to decline, and we continue to succeed?"

**The Promised Messiah.**

# THE RUSSIA-UKRAINE CRISIS



In relation to the Russia-Ukraine crisis, Hazrat Amirul Momineen Khalifatul Masih V has stated,

*“For many years, I have warned the major powers of the world that they must heed the lessons from history, particularly in relation to the two catastrophic and devastating world wars that took place in the 20th Century. In this regard, in the past, I have written letters to the leaders of various nations urging them to set aside their national and vested interests in order to prioritise the peace and security of the world by adopting true justice at all levels of society. Most regrettably, now a war in Ukraine has started and so the situation has become extremely grave and precarious. Furthermore, it has the potential to escalate even further depending on the next steps of the Russian government and the response of NATO and the major powers. Unquestionably, the consequences of any escalation will be horrific and destructive in the extreme. And so, it is the critical need of the hour that every possible effort is made to avoid further warfare and violence. There is still time for the world to step back from the brink of disaster and so, for the sake of humanity, I urge Russia, NATO and all major powers to concentrate all their efforts on seeking to de-escalate the conflict and working towards a peaceful solution through diplomacy.*

*“As the Head of the Ahmadiyya Muslim Community, I can only draw the attention of the world’s political leaders towards prioritising the peace of the world and setting aside their national interests and enmities for the sake of the well-being of all mankind. Thus, it is my sincere prayer that the world’s leaders act with*

*sense and wisdom and strive for the betterment of humanity.*

*“I pray that the world leaders strive earnestly to safeguard and protect mankind, both today and in the future, from the torment of warfare, bloodshed and destruction. And so, from the depths of my heart, I pray that the leaders of the major powers and their governments do not take steps that will serve to destroy the future of our children and next generations. Rather, their every effort and motivation should be to ensure that we bequeath to those that follow us a world of peace and prosperity.*

*“I pray that the world’s leaders pay heed to the need of the hour and value, above all else, their obligation to ensure the peace and stability of the world. May Allah the Almighty protect all innocent and defenceless people and may true and lasting peace in the world prevail. Ameen.”*



# IMPORTANT ANNOUNCEMENT

## WAR IN UKRAINE - Guidance To All Jama'at Members on Taking Sensible Precautions

Dear All,

I hope and pray you are all well.

The war in Ukraine is a deeply distressing issue and there is a wider concern that it may escalate and affect the wider world.

With reference to this beloved Huzur Aqdas(aba) guided us during his Friday Sermon of 25 February that:

*"May Allah the Almighty save humanity from the state of war that has erupted because if the situation worsens then the horrific consequences will be such that mankind cannot even imagine."*

Huzur Aqdas(aba) delivered a strong warning to world leaders and governments regarding the Russia-Ukraine crisis and urged world leaders to make every effort to deescalate the situation before it erupts beyond all control, and said:

*"The current world situation has become extremely precarious and there is a real danger that crisis (between Russia and Ukraine) can escalate and spread much further afield. Certainly, the situation is not just limited to one country, rather, many countries will be engulfed if the conflict continues to deteriorate. Its impact will be catastrophic and its horrendous consequences will continue to reverberate and impact upon generations to come. Thus, I pray that may Allah enable mankind to recognise God Almighty and may they stop toying with the lives of innocent people simply to fulfil their own worldly interests."*

Huzur Aqdas(aba) also urged all Jama'at members to pray, saying that:

*"We, as Ahmadi Muslims, can only pray and seek to guide mankind and we have always done this and will forever continue to do so. Certainly, at this time, Ahmadi Muslims should pray with great fervency for the peace of the world. May Allah the Almighty save humanity from the state of war that has erupted because if the situation worsens then the horrific consequences will be such that mankind cannot even imagine. We can only pray that may Allah the Almighty save humanity."*

Our primary focus must be on prayers for peace and for an end to suffering of the innocent people caught up in this conflict.

Additionally, given the international nature of our economic systems we are also advising Jama'ats to take some sensible precautions so that should there be any impact on the UK, e.g. through further price rises or supply chain disruptions, members are prepared and can manage such disruptions better.

In light of this members should be advised to have 3-6 months of stocks of food and other disposable household items.

Also given the issues on energy costs and supply chains, members should also not be solely reliant on gas, so should also have electric appliances to cook and heat homes as needed.

These are cautionary measures to manage any potential disruptions.

May Allah protect us all and enable mankind to take a path to peace for the wellbeing of all mankind. Ameen.

Wassalam,

Rafiq Hayat  
Amir UK





## 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 UK National Amila, Regional Amirs and Local Presidents With Hazrat Amirul Momineen



On 13 February 2022, the UK National Amila, along with Regional Amirs and local Presidents were granted a virtual audience with Hazrat Amirul Momineen. Huzoor Aqdas presided over the meeting from the MTA studio in Islamabad Tilford while the UK office bearers were seated in Baitul Futuh.

Proceedings began with the recitation of the Holy Quran after which the local Presidents were given the opportunity to ask questions and seek Huzoor's guidance on a range of issues.

One participant enquired about advice to be given for young members seeking marital matches. Huzoor stated,

*"On many occasions, I have said to the auxiliary organisations (of the Jama'at) that the Holy Prophet Muhammad (peace and blessings of Allah be upon him) has said that you should prioritise a person's faith and righteousness when seeking a matrimonial match and so we should pay heed to this. There is a need for moral training towards achieving this. Activate your Tarbiyyat department within the Jama'at. Lajna Ima'illah and Khuddamul Ahmadiyya should also do so. This will create an atmosphere of piety. Only then can we say that as a result of the Tarbiyyat, an atmosphere has developed in which both the men and women are seeking marital partners based on righteousness."*

Another question related to the conduct of those who hold some office within the Jama'at's national, regional or local structure. Huzoor exhorted,

*"The office bearers should always serve with the realisation that the Holy Prophet (peace and blessings of Allah be upon him) has said that, 'the leader of a people is their servant.' The office bearers should consider themselves to be servants, not officers. Sometimes members inform me that they have been given a certain office and so I tell them that they should say that they have been given an opportunity to 'serve' instead. You have all been given the opportunity to serve and so you should benefit from it in the right way and try to fulfil your responsibility in order to attain the pleasure of Allah the Almighty."*

Advising of the importance of developing compassion for the members of the Jama'at, Huzoor Anwar said,

*"You must cast your eyes upon what Allah desires from you. We have all been made brothers to each other. The Holy Qur'an states [about believers] that they are 'Tender among themselves'. So you should treat each other with kindness and compassion. An office bearer should always bear in mind that they must treat people with tenderness and kindness and they must win the trust of the people."*

Another question related to how a President can better engage with those who are inactive in the activities of the Jama'at. Huzoor Aqdas again emphasised the importance of kindness stating,

*"You must deal with people sincerely as their friends. If someone does not come to the community activities or events, then do not go to them and tell them to come to the prayers or a gathering or to take part in*





financial sacrifice. Do not say anything of that nature to them. You should just call them and simply ask how they are doing. Gradually they will begin to come closer to you. Do not make any demands of them nor say anything of such sort to them. Only ask them how they are and find out about them. Or, if you are passing by their house and it is an appropriate time and they will not be disturbed, then pay them a visit and just say that you were passing by and thought to check in with them...If you keep a contact in this way, gradually people will become closer to you.”

Highlighting the same theme in response to another question, Hazrat Amirul Momineen advised,

“Our work is just to keep on reminding people of their (religious) duties and what are their responsibilities and what are their obligations being an Ahmadi Muslim. That is the only thing we can do and that is the only thing which has been asked to the Holy Prophet (peace and blessings be upon him) by Allah the Almighty, that keep on advising them and reminding them about what they are and being a true Muslim, what should be their duties. So, this is a continuous process. You should not just give up because in two or three meetings, or in some of your activities they did not take part or they are not very active in taking part in financial sacrifices or offering their congregational prayer or even coming to the Friday prayer. It is a continuous process and you have to be persistent and persuasive.”

One participant asked about arguments that can be used when speaking with atheists during Tabligh. Hazrat Amirul Momineen stated,

“You can tell them that you believe in God and you have personal experiences of Allah the Almighty and you have signs of the acceptance of your prayers. You can tell them that Allah the Almighty fulfils the prophecies that were given by the prophets. The prophecies mentioned in the Holy Qur’an were fulfilled in the time of the Holy Prophet Muhammad (peace and blessings of Allah be upon him) and they continue to be fulfilled. In this era the Promised Messiah (peace be upon him) was sent as a servant of the Holy Prophet

(peace and blessings of Allah be upon him) and he made prophecies which were fulfilled too. You can explain to them that after witnessing the fulfilment of these prophecies, you have no option but to accept that there is a Being Who informs of the unseen...”

Huzoor added,

“Other than that, when our own prayers are accepted, it makes us realise that there is a Being that accepted those prayers. Sometimes those prayers are accepted in exceptional ways and under seemingly impossible circumstances. So, there are personal experiences as well as the prophecies. If you speak of them, then the people will either listen to you or they will mock you and leave you. Upon facing such mocking demeanour, you should remain silent because you have fulfilled your obligation. It is up to Allah the Almighty to guide people and our task is only to convey the message. You should always bare this in mind. Allah the Almighty stated to the Holy Prophet (peace and blessings of Allah be upon him) that one cannot force anyone to become Muslim.”

## Virtual Meeting of New Converts With Hazrat Amirul Momineen



On 12 February 2022, Hazrat Amirul Momineen Khalifatul Mashī V held a virtual meeting with new UK converts.

Huzoor presided the meeting from the MTA Studios in Islamabad, Tilford, while the 65 male and female converts joined from Baitul Futuh.

During the sitting, some members narrated their personal stories of why they joined the Jama’at; others took the opportunity to ask questions which Huzoor graciously answered.

One from group wanted to know how to develop patience and overcome personal challenges. Huzoor Anwar explained,

“Whenever you feel depression or you feel upset, you should bow before Allah. Pray to Allah the Almighty



*in your prayers. Even if it is not prayer time, in your voluntary prayers (Nawafil) you should cry to Allah the Almighty that He enables you to overcome this situation and gives comfort to your heart and patience. This is why Allah the Almighty says in the Holy Quran, "Aye! it is in the remembrance of Allah that hearts can find comfort," which means that for the comfort and patience of your heart, you have to remember Allah. So, this is the only solution now, and at the same time you should also try to make good friends who are helpful to you."*

One lady asked that when women are taught in Islam to observe the Hijab, what corresponding commandment is there for men? Huzoor explained,

*"Before addressing women, the Holy Qu'ran's verse addresses the men and instructs them to keep their gaze low and not to stare at women. This is what should happen within a true Islamic society. When people's morals become corrupted, when they lose religious values and become distant from their faith and become materialistic, then all it leaves behind are base worldly desires. Therefore, it is for the protection of women that Islam calls on women [to observe Hijab]... Similarly, the Holy Qur'an has even stated that, when speaking with men, Muslim women should have a level of firmness in their manner of speech and voice lest anyone derives the wrong message from a soft tone of speech."*

Huzoor Aqdas added,

*"The commandments of the Holy Qur'an are in accordance with human nature and are for the protection and safeguarding of women. They are not there to oppress them."*

Another participant enquired about the major differences between Ahmadi Muslims and other Muslims.

Huzoor Aqdas advised that he should read the literature of the Jama'at, and in particular the book 'Invitation to Ahmadiyyat' by Hazrat Khalifatul Masih II (Allah be pleased with him).

Hazrat Amirul Momineen explained that whereas the rest of the Muslims were awaiting the Messiah and Mahdi to come, Ahmadi Muslims believe that his advent has already taken place in the person of Hazrat Mirza Ghulam Ahmad (peace be upon him) who claimed to be the Promised Messiah and Mahdi.

Explaining some of the signs of his coming and their fulfilment, Huzoor referred to the eclipses that were foretold by the Holy Prophet Muhammad (peace and blessings of Allah be upon him) as a sign of the Mahdi's coming. Hazrat Khalifatul Masih V said the eclipses occurred exactly as they were foretold in the years of 1894 and 1895 during the lifetime of Hazrat Mirza Ghulam Ahmad (peace be upon him).

Speaking of other signs too, Huzoor added,

*"There are some other signs also, that the old means of transportation and conveyance used during the time of the Holy Prophet (peace and blessings be upon him) will be abandoned. Today people are not using camels and horses for that purpose. Instead there are cars, and trains and aeroplanes and ships that are being used. The fundamental thing is that we believe that the person who was to come in the latter days to reform the world, and to strengthen the faith of the Muslims, and to reform them has come in the person of Hazrat Mirza Ghulam Ahmad. But non-Ahmadi Muslims do not accept him. We say that now the time has lapsed; the prophecy was that the person will come in the early 14th century, and there was the claim [of only Hazrat Mirza Ghulam Ahmad] at that time and signs have also been fulfilled."*

One member asked on how new converts could build a close relationship with Allah the Almighty. Huzoor Aqdas advised that they should first learn the words



of Surah Al-Fatiha, the opening chapter of the Holy Qur'an and explained,

*"Try to learn Surah Al-Fatiha in Arabic and then the meaning of it. You should also try to offer your five daily prayers and if possible, in congregation. Apart from that you should offer extra [Nafl] prayers. And pray to Allah the Almighty that He may give you the strength to be firm in your faith. Seek Allah's help in this regard. Never ever leave any prayer. Make it a point that five daily prayers are obligatory and you have to offer them. Try to offer these prayers very fervently and while you are bowing down and you are in Sajdah position, you should cry and seek Allah's help. Then within months you will see change in yourself."*

## Virtual Meeting of PAAMA UK With Hazrat Amirul Momineen



On 27 February 2022, Hazrat Amirul Momineen Khalifatul Masih V held a virtual online meeting with members of the Pan-African Ahmadiyya Muslim Association UK (PAAMA).

Huzoor presided the meeting from the MTA Studios in Islamabad, Tilford, while more than 150 male and female members of PAAMA gathered at the Baitul Futuh Mosque in London.

Following a formal session starting with recitation of the Holy Qur'an, participants had the opportunity to ask Huzoor a series of questions regarding their faith and contemporary issues.

One lady referred to chapter 64 verse 15 of the Holy Qur'an which states,

*"O ye who believe! surely, among your wives and your children are some who are your enemies, so beware of them. And if you overlook and forgive and pardon, then, surely, Allah is Most Forgiving, ever Merciful."*

She asked Huzoor why husbands had not been

included in this verse.

Huzoor Aqdas explained that the Arabic word translated as 'wives' is 'azwaj'. This word actually means 'spouses' and is translated as both, 'wives' and 'husbands' and so the verse in actuality refers to both. Huzoor stated,

*"The Holy Qur'an here has used the words "azwajikum wa auladikum". And the word 'Azwaaj' only does not mean 'wives'. In my view 'azwaaj' means 'husband' and 'wife' both. If the husband is not good, you have to be very much careful and vigilant and beware of their activities if they are doing something against Islam and the Ahmadiyya Muslim Community. So, this is my view...The Arabic word used is 'azwaaj' and that means 'spouse'. 'Spouse' includes both...Hazrat Khalifatul Masih IV (Allah have mercy on him) was also of this view that 'azwaaj' means 'spouse'. And he has translated it in his Urdu translation [of the Holy Qur'an] not 'wives' but 'spouse'. So [the translation should be] your 'spouses and your children'."*

Another questioner spoke about how many people have lost loved ones or are going through financial difficulties in these unprecedented times of natural calamities. She asked how a person can remain resolute in Allah the Almighty during these times.

Huzoor replied,

*"When you have more work and you are absorbed in your worldly activities and busy in your business and other jobs then normally it is seen that you don't pay full attention to your prayers. So I take it the other way round. Nowadays, since people have lost their jobs there are some problems. Whenever a person is in trouble they try to bow before Allah the Almighty more than before. So you say that 'how can one remain resolute to Allah the Almighty?' This is the time that you pay full attention towards Allah the Almighty. Observe your prayers on time and pray to Allah the Almighty that He removes all these problems and you come out from this difficult time. So in my view you should be more resolute than before."*

Huzoor Anwar further stated,

*“Generally what we experience in this world is that those people who are worldly and are involved in worldly things, normally they do not pay attention to worship Allah the Almighty. This is why atheism is increasing in this Western world. Because they think that what they are doing is because of their abilities, their education, their knowledge, and their better financial positions...Rather, it is the poor people who pay more attention towards Allah. Now if you think that this is the time when you are in trouble, then pray to Allah the Almighty that He removes all your problems and then also promise that whenever your conditions comes to normal you will never leave offering fervent prayers. So this is the time that you bow before Allah more than before.”*

Another participant mentioned that the African continent is marred by wars and coup d'états. He asked of Huzoor's advice to the African leaders regarding the current situation. Hazrat Amirul Momineen replied,

*“Which part of the world is now free of these things? Not only Africa, everywhere in the world we can see now Europe is also marred in it. Now the situation in Europe is more dangerous than in Africa because this situation (in Europe) can encircle whole of the world. I have been saying this for a long time, that for peace of the country and the society, you need justice and absolute justice. Until and unless our leadership is honest and [unless they] do justice to their work, to their people, we cannot maintain peace in the society and these things will continue. Wherever you see that the leadership is good and they are honest with their people, those countries are flourishing or developing to some extent. But unfortunately, not only in Africa, in Asia even, there are quite a number of countries – even in Europe now – we can see that the leadership is not honest.”*

Huzoor further stated,

*“We pray and we ask the leadership to be honest and recognise their Creator. They must recognise their Creator and believe in this that all their deeds are being seen by God the Almighty and whatever they are doing, they will be answerable for it – if not in this world, in the Hereafter. So we have to make them realise that there is One God and don't think that this is the only world. In the Hereafter you will be answerable for all your deeds and whatever the responsibility you have been entrusted, you will be answerable for it and if you are not discharging your duties properly then Allah the Almighty will punish you. So this is the only thing which can reform them...We can only pray, or make the effort to convert whole of the country or the continent into True Islam. Then as you have heard during the recitation of the Holy Qur'an (Chapter 3 verse 104), you will be one nation, one people, and be honest with each other and discharge your duties towards each other and discharge your duties towards Allah the Almighty. This is the only solution, otherwise there is no hope of any reformation.”*

Another question related to the persecution of the Jama'at in certain countries such as Pakistan. It was asked why Ahmadi Muslims do not fight defensively against those who persecute them. Huzoor replied,

*“The Promised Messiah (peace be upon him) has said, 'I have come to this world in this age to establish peace and I have come on the footsteps of the Messiah of Moses.'”*



*Did Jesus Christ (peace be upon him) ever fight against his enemies? No. He was persecuted, he was beaten, even he was put on the cross. Although Allah saved him from there, but he tolerated all these things. So the Promised Messiah (peace be upon him) has said, 'I have come on the footsteps of Jesus Christ (peace be upon him). This is why he says, now the Jihad of sword is not permissible. And he quoted the Hadith of the Holy Prophet peace and blessings be upon him – it is in Bukhari – that now jihad is not permissible during the time of the Promised Messiah (peace be upon him).’”*

*“Our work is to spread the message of true Islam – of love, peace and harmony. What we are gaining through this message is more than what we can achieve by fighting with each other. What shall we gain by fighting? You see, those Pakistani Ahmadi Muslims who have come to join the Ahmadiyya Muslim Community, they are from among those people; they have the same mentality, same psyche. But, despite that, when they accept the Jama'at, they say now the teaching of Islam Ahmadiyyat is that you should show patience and bare all these atrocities being committed against Ahmadi Muslims by opponents. So, this is why. The Promised Messiah (peace be upon him) has said that since the Holy Prophet (peace and blessings be upon him) also prophesied that during the time of the Promised Messiah (peace be upon him), he and his Community will face all the atrocities but you should tolerate them. So this is why we are not retaliating. Otherwise we can retaliate. But, what will happen? We shall shatter the peace of the country which is already in danger.”*

Hazrat Khalifatul Masih narrated a question that was asked of Hazrat Khalifatul Masih III (Allah have mercy on him) stating,

*“Once a person said to the third Khalifa that, 'permit me that I can organise some group and use some petrol bombs and other bombs and create disturbance in the country [against the persecution of Ahmadi Muslims].' He said that, 'yes, you can do it, but Allah the Almighty will then say 'ok, now you and your opponents do whatever you like and I am leaving you.' If Allah the Almighty leaves us then we don't have any safe place. So, it is better to follow the commandment of Allah the Almighty that during the time of the Promised Messiah (peace be upon him) we should spread our message through love, peace and harmony and show patience. This is why we do not fight. otherwise we have the power to fight.”*

# Launch of 'Research Connect'



The Review of Religions (ROR) has launched a brand-new section called 'Research Connect', to showcase the research being undertaken by Ahmadi researchers worldwide. It invites members to contribute short pieces about their research work. Contributions can include summaries of interesting projects, cutting-edge research presented at conferences or published in peer-reviewed journals or biographical research profiles. The department is also interested in novel insights or interesting research ideas that readers may have been thinking about and wish to share with the world.

The platform is inclusive endeavouring to hear from people of all backgrounds, countries, and ages. It welcomes budding research students to write a summary of their current research projects. Further it is keen to accept contributions from established and experienced researchers which showcase their novel discoveries or ongoing research after years of in-depth study in their research areas. The objective of this initiative is to put a spotlight on the diverse research being conducted by members through regularly featuring selected submissions. Research can be secular or religious.

## How Can Researchers Connect with 'Research Connect'?

Email your research ideas, research summaries, research discoveries and profiles at:

research@reviewofreligions.org

## Background

Hazrat Amirul Momineen has been constantly guiding the Review of Religions (ROR) to expand its scope of research. Huzoor wishes for ROR to become a powerful research body in its own right and has provided close guidance on a number of research endeavours.

In this respect Chief Editor Syed Aamir Safir recalls,

*'Once, in a team mulaqat, a senior medical doctor*

*sought guidance from His Holiness for their in-depth research on the negative impacts of alcohol and mentioned some surveys they had cited as part of their research. His Holiness mentioned the latest scientific research about alcohol and cancer by World Cancer Research Fund which had recently been released and directed a medical doctor on our team to review such research. His Holiness graciously guided us to look into cutting-edge medical research and study how these findings concord with Islamic teaching. His Holiness immediately replied that they should not suffice with only citing surveys conducted on a smaller scale; rather, they should look for vast-ranging and very large-scale surveys that have been conducted on people that demonstrate the negative impacts of alcohol upon hundreds of thousands of people, rather than just a few hundred, as this would prove more impactful. Subsequently, this team member adjusted their research and cited surveys on an international scale, and later this article was published and proved to be more impactful. I found this insight from His Holiness inspiring as this was a senior scientist and established professor; however, His Holiness's vision was at a far higher level.'*

Over the years ROR team members, inspired with Huzoor's guidance have conducted novel and in-depth investigations into a range of important research areas. These have included

- Is Meat Consumption Needed for a Healthy Diet?
- The Lost Tribes of Israel in India – a Genetic Perspective
- an archaeological study tracing the origins of the Ka'bah
- Wahhabism and the Rise of the Saudis and the Saudi conquest of the Hijaz
- a medical perspective on male circumcision

The ROR Research Desk was also established recently to streamline these research endeavours and collaborate more closely with other research bodies, who are engaging in excellent work themselves.

# Hazrat Amirul Momineen Inaugurates New Ansarullah Guest House



On 5 February 2022, Hazrat Amirul Momineen inaugurated the new guesthouse of Majlis Ansarullah UK.

On arrival at the site in Farnham, Surrey, Huzoor Anwar unveiled the plaque and led a silent prayer to inaugurate Sarai Nasir, the new guest house. Huzoor also inspected the building.

The property was purchased in 2019 and has gone through renovation to serve guests of the Jama'at. Refurbishment was completed in March 2020 but

could not be inaugurated earlier due to the Covid-19 pandemic.

Dr Ijaz Ur Rahman, President of Majlis Ansarullah UK said:

*"It is a much bigger plot so it suits us. It is detached so the possibility of neighbours getting disturbed is less. His Holiness was overall pleased looking at the guesthouse. It's so gracious of him that he accepted our request to inaugurate it."*



The guesthouse has two parts; the front consists of six bedrooms that can accommodate up to 18 guests, a lounge, four bathrooms, a dining room and a kitchen. Towards the back of the property are two offices, a prayer space, another bedroom and a kitchenette. The building has a double loft which can be made into a large hall or a few extra bedrooms in the future.

The total area of the acquired property spans 2,000 square feet (0.38 acres). The building was once a bed & breakfast and more recently served as a care home. The site may also be used for general meetings and other activities of the local Jama'at.

The guesthouse is about five miles from the Mubarak Mosque in Islamabad, Tilford, UK.



# MUSLEH MAUD DAY 2022



The UK Jama'at hosted a virtual Jalsa Musleh e Maud Day on Sunday 20th February 2022 at 3pm, beginning with Tilawat-e-Qur'an by Maulana Mahmood Wardi. A poem followed by Mr Khalid Chughtai. The Prophecy of Musleh Maud was read in Urdu by Murabbi Imran Khalid and then in English by Dr Hammad Khan:

*"I confer upon thee a Sign of My mercy according to your supplication. I have heard thy entreaties and have honoured thy prayers with my acceptance through My mercy and have blessed this thy journey. A Sign of power, mercy, nearness to Me is bestowed upon thee, a Sign of grace and beneficence is awarded to thee and thou art granted the key of success and victory.....He will be accompanied by grace, which shall arrive with him. He will be characterized with grandeur, greatness and wealth. He will come into the world and will heal many of their disorders through his messianic qualities and through the blessings of the Holy Spirit. He is the Word of Allah for Allah's mercy and honour has equipped him with the Word of Majesty. He will be extremely intelligent and understanding and will be meek of heart and will be filled with secular and spiritual knowledge.*

*"Behold a light cometh, a light anointed by God with the perfume of His pleasure. We shall pour Our spirit into Him and he will be sheltered under the shadow of God. He will grow rapidly in stature and will be the means of procuring the release of those held in bondage. His fame will spread to the ends of the earth and people will be blessed through him. He will then be raised to his spiritual station in heaven. This is a matter decreed."*

(Extract of the Announcement 20th February 1886).

Mr Tariq Hayat, Naib Sadr Majlis Khuddamul Ahmadiyya, then spoke on Hazrat Musleh Maud – an inspiration for the youth. These are the words of a visionary, he said when Hazrat Musleh Maud declared, "A nation cannot be reformed without the reformation of its youth." His knowledge was derived from the Holy Qur'an and he wrote over 200 books including the 5-volume commentary of the Holy Qur'an. A companion of the Promised Messiah (peace

be upon him) commented on Hazrat Musleh Maud's childhood and stated three characters stood out. Firstly, his goodness, secondly his total honesty in all matters and thirdly his interest in religion. He was a great leader with unique qualities, rarely found in any one individual. An English translation of one of Huzoor's poems is this:

*O Youth of the community, I have something to say  
Provided, however, that my message may not be lost.*

*I want to give you a few words of advice so that no blame falls  
on me later*

*When we have passed away, the entire burden would fall upon  
you*

*Give up your slothfulness and do not become seekers of comfort  
Consider the service of faith as a blessing from God*

*Never be the seeker of recompense in exchange for it*

*There should be passion in the heart, the eyes should be  
shedding tears*

*You possess the spirit of Islam, not just the name*

*Be dutiful unto prayers and fasts, with the inclination of the  
heart*

*No part of the injunctions should be overlooked*

*If you have wealth, then pay the zakat and alms from it*

*You should have concerns for the poor, not worry for worldly  
affairs*

*Dear ones, my prayer for you is that, may the protection of  
Allah always be upon you and may you never be unsuccessful.*

A short video on the blessed link between Hazrat Musleh Maud and the UK Jama'at was played. Following this were several speakers including:

Murabbi Mujeeb Mirza (Urdu speech) on the distinctive aspects of Hazrat Musleh Maud

Mr Taufique Ahmad (English speech) on a guiding



light for the world

English Poem by Mr Javaid Haider Hameed

Murabbi Zawar Ahmad Butt (Urdu speech) on A Treasure of Knowledge

Urdu Poem by Mr Isam Ahmad Bhatti

The concluding address was then given by Amir Sahib UK. He said that these Jalsas are organised so that we can remind ourselves about the fulfilment of the prophecies which Allah Almighty gave us and what are the impacts are. After prophethood, Khilafat is the most important institution in Islam. Khulafas are ultimately appointed by God, through His Divine Guidance. So although Khilafat had disappeared it was re-established as prophesied by the Holy Prophet (peace and blessings of Allah be upon him). In the Holy Qur'an it states:

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; They will worship Me, and they will not associate anything

with Me. Then whoso is ungrateful after that, they will be the rebellious. (26:30)

Khilafat establishes the authority of Allah on earth and then Khilafat tries to uphold the authority in the community. Sometimes people forget this and this happened when Hazrat Musleh Maud became the 2nd Khalifa in Ahmadiyyat at the age of 25. Some very learned people in the Jama'at thought Khilafat was not necessary and they no longer followed a 25-year-old young man, convinced that he would fail. What they forgot, was that Khilafat is a Divine institution and hence could not fail.

Allah has blessed Khilafat so much, that Ahmadiyyat from humble beginnings in a small village in Qadian, is now established in over 200 countries. World leaders now come to Huzoor to seek his advice and guidance.

We should pray for Khilafat and for Huzoor, that Allah gives him a long life. Our future and our children's futures are linked to Khilafat. We sometimes forget this fact when we get involved in our worldly lives. Salvation can only be achieved through holding on to the rope of Khilafat and this blessed institution. The meeting ended with a silent prayer.

## Light of Allah

By Javaid Haider Hameed

*The light of Allah never fades*

*Darkness pressed the moon to prove its light had not faded,*

*To prove its glow from the rising dawn had not shaded.*

*Clouded by this enveloping haze,*

*For forty secluded days the moon fervently prayed,*

*Seeking help and guidance from its Maker,*

*To dispel this darkness with His special grace and favour.*

*Then came a merciful breeze of a heavenly sign*

*Of one who would bring good news*

*An illustrious light for this time*

*Invested to walk in these shoes*

*A promised birth of a bright son,*

*Who would incline hearts towards the One*

*Bringing pure signs for each year of his appointed time,*

*Divinely fulfilling these under a grand design*

*And then shon this majestic Light,*

*Uncovering an illuminating treasure, which had been revealed from a victorious height.*

*A light, vowing to keep this presence known,*

*Be he opposed, deserted or left alone.*

*Promising to bring rays of showers,*

*To transform a nation of budding flowers....*

*Flowing into a reforming river,*

*Which then shimmer with an honourable glimmer*

*Gracefully would this flow far and wide across vast oceans,*

*Through inspired sacred acts of self-devotion....*

*Into horizons where the sun had set,*

*Where beacons can be built to form magnificent silhouettes.*

*Remote pastures could now be nurtured with a spiritual seed,*

*Enveloping those especially in need.*

*And organised into hues of a fertile community,*

*So hearts could be harvested together in unity.*

*Now, we witness this blessed day*

*Where the sun shines at its zenith*

*And the moon glows in its full glory*

*And many now grasp this rope*

*Which draw us nearer to the rays of hope ...*

*along this light of Allah*

*And He is with us ...*

*As the light of Allah ... never fades*

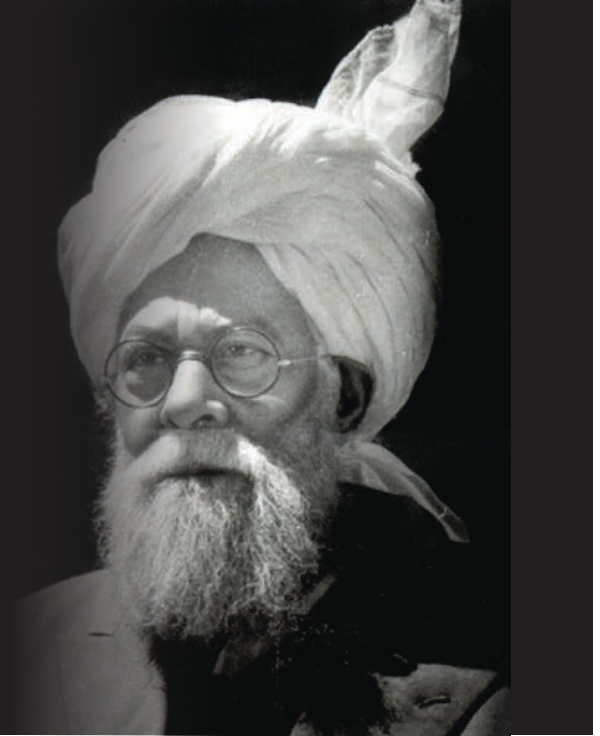
# HAZRAT MUSLEH MAUD

## A TREASURE OF KNOWLEDGE

By Murabbi Zawar Ahmed Butt

*Hazrat Mirza Bashir-ud-Din  
Mahmud Ahmad* ﷺ

*Khalifatul Masih II*



20th February, 1886 assumes a great significance in the annals of the Jama'at. It is a day of the acceptance of those prayers of the Promised Messiah (peace be upon him) which he submitted before the Almighty Allah in order to manifest a living sign of the existence of God. On this very day, the Promised Messiah (peace be upon him), after being vouchsafed the glad tidings by Allah, announced to the world that Almighty Allah would bless him with a son invested with many attributes. In accordance with the divine glad tidings, and the prophecies of the earlier prophets and saints, Hazrat Musleh Maud (Allah be pleased with him) (the Promised Reformer) was born on 12th January 1889. On this very day of the birth of this Promised Son, the Promised Messiah (peace be upon him) also announced the Ten Conditions of Bai'at. In a way, we can say that the foundation of the Ahmadiyya Jama'at coincided with the birth of the Hazrat Mirza Bashiruddin Mahmood Ahmad (Allah be pleased with him).

Every sentence of the Prophecy regarding Musleh Maud is in itself a prophecy. On account of this part of the main prophecy 'He will be filled with secular and spiritual knowledge', Hazrat Musleh Maud (Allah be pleased with him) was a repository or treasure trove of knowledge. Hazrat Musleh Maud (Allah be pleased with him) says,

*'In terms of formal education, I couldn't even pass primary class. As the school where I studied was our own, I was promoted to the next class every year.'*

(Tafseer e Kabeer, Vol 10, p.357)

Huzoor's formal education was very ordinary, but Hazrat Musleh Maud (Allah be pleased with him) says,

*'He will be filled with secular and spiritual knowledge, and Allah will teach him all the sciences from heaven, and angels will impart him such knowledge as are essential for faith.'*

*'My educational status was that I could not write even a couple of lines in English correctly. But Almighty Allah Himself taught and trained me in every branch of knowledge.'*

(Speech at Ludhiana, 23rd March, 1944; Anwarul Uloom, Vol 17, p. 267)

It is known to all of us that Huzoor was physically very weak in childhood and he was also not very good at his studies. But by Allah's grace, this young man who grew rapidly in stature, also acquired such vast knowledge of every subject that everyone stood amazed. It is an established fact that Hazrat Musleh Maud (Allah be pleased with him) was a repository of knowledge. He was not only conversant with the every branch of knowledge, but he also knew the defects or flaws in them and he would give a critical evaluation of those branches of knowledge. In short, we can say that Huzoor was blessed with a treasure of secular and spiritual knowledge. Experts of every field of science used to visit Huzoor, and he would satisfy them completely by answering their queries.

The majority of the Jama'at was and is literate and educated by the grace of Allah. Huzoor would guide students by offering solutions to their academic problems. Sometimes, he would solve the conflict between science and religion, at other times he would explain the evolution of man and landing of man on the moon, while yet another time he would explain the historical issues and difficult topics of sociology. He would also throw a comprehensive light upon the issues of mysticism, and sometimes

he would expound the concept of morals, while at another occasion he would touch upon the subject of comparative study of other religions with respect to Islam. He would also sometimes wage a stand against the evil practices that had entered into and besmirched the image of Islam.

Huzoor had studied a large number of books covering every field of knowledge and it is almost impossible to guess the number of books had gone through.

No branch or field of knowledge and science was left untouched by Huzoor whether it was Commentary of the Holy Qur'an, books of Hadith, Jurisprudence, Mysticism, Greek Medicine, Homeopathy, Geography, Social Sciences, Economics, Politics, Allopathic Medicine, Arabic Literature, History, Biographies, English Literature, and also reference books - Encyclopedia and lexicons. Huzoor studied countless books covering all these topics and he wrote notes with his own hand on each and every book he studied.

On the occasion of the Jalsa Salana of 1906, Huzoor delivered a speech on refutation of idolatry or associating partners with Allah. This speech was later published under the title 'Chashma-e-Tauheed' (The Fountain of Tauheed). In his discourse, Huzoor refuted the concept of idolatry with such cogent and irrefutable arguments that all the audience whether they belonged to the Jama'at or not marveled at the profound knowledge of Huzoor. The same year, Huzoor formed an organisation of the youth 'Tash-hizul Azhan'. This name was suggested by the Promised Messiah (peace be upon him). This organization was aimed at promoting the academic and religious knowledge of the youth. Moreover, the same year Huzoor started a journal under same name that is Tash-hizul Azhan.

Moulavi Mohammad Ali Sahib once wrote regarding Huzoor,

'A youth getting filled with such passion and zeal at the tender age of eighteen is no ordinary matter because this is an age of indulging in sports and other recreations. Now those malicious people who call Mirza Sahib a liar, should tender an explanation in this regard that if it is falsehood (that is Mirza Sahib is a false prophet) then how this child acquired such zeal and passion.'

(Review of Religions Urdu, March 1906, pp.117-118)

When the residents of Lahore started a magazine called 'Paigham e Sulh' to promote their campaign to malign the Jama'at, Huzoor started the newspaper 'Alfazi' with the permission of Hazrat Khalifatul Masih I (Allah be pleased with him). Huzoor exposed all the conspiracies and sinister designs of the Paighami Jama'at and in this way Huzoor discharged his responsibility of guiding the Jama'at in an excellent manner. Huzoor wrote such powerful articles that even the stalwarts of journalism acknowledged the ability, sagacity and prudence of Huzoor. Of course, they had to do so, because there was divine prophecy regarding Huzoor that he would be filled with secular and spiritual knowledge.

In 1944, in accordance with Divine command, Huzoor claimed to be the Musleh Maud (the Promised Reformer). On this occasion, Huzoor said,

*'In my dream, there was a sign regarding this. I am claiming loudly that I am the one who had been vouchsafed the Understanding of the Holy Quran, the knowledge and philosophy of Arabic language during breastfeeding in my mother's lap.'*

(Alfazi, 16th February, 1944)

It is almost impossible to encompass the range and depth of the knowledge of a person who has been taught by Allah Himself. Hazrat Musleh Maud (Allah be pleased with him) discussed and dealt with the most intricate and difficult topics of all the branches of knowledge in his various books, lectures and discourses. A reader is amazed at the profound and depth of knowledge exercised by Huzoor with which he treated every subject under the sun. Experts of various sciences also marvel at the intuitive knowledge and sagacity of Huzoor. Be it Politics, Law, Morals, Metaphysics, Psychology, Medicine-allopathy or Homeopathy, Physics, Chemistry, Economics, Sociology, Civics, Theory of Evolution, Astronomy, Mathematics, History, Geography, Quranic Exegesis, Hadith, Islamic Jurisprudence, Mysticism, Comparative study of Religions, or any other branch of secular knowledge, there is no subject which has been left untouched by Huzoor. There is no branch of knowledge which has not been treated in detail by Huzoor. The literary work of Huzoor is so voluminous that no writer of the world comes anywhere near to Huzoor in terms of its variety or vastness.

The Promised Messiah (peace be upon him) was sent by Allah for the propagation of the sciences of the Holy Qur'an. And Hazrat Musleh Maud (Allah be pleased with him) was born as a living sign of God. When the Promised Son came into this world, he was filled with the quest for acquiring an understanding and knowledge of the Holy Qur'an from his very childhood.

Describing one of his dreams in which an angel appointed by Allah taught him, Huzoor says,

*'I have been blessed with the understanding of the Holy Qur'an so much so that I can claim in any public gathering that I can deduce and explain all the Islamic sciences from the Surah Fatiha itself.'*

(Mai Hi Musleh Maud Hun: Anwarul Uloom, vol 17, p. 325)

At another occasion Huzoor said,

*'I challenge the entire world that if there exists any person on the surface the earth who claims that he had been taught the Holy Qur'an by Allah Himself, I am ready to compete with him any time. But I know that currently there is none except me on the surface of the earth who has been gifted the knowledge and understanding of the Holy Qur'an by Allah Himself. Allah has*

*vouchsafed me the knowledge of the Holy Qur'an and He has appointed me to teach the Holy Qur'an to the world in this age.'*

(Main Hi Musleh Maud Hun: Anwarul Uloom, vol. 17, p. 647)

Soon after being elected to the august office of Khilafat, Huzoor started giving Dars of the Holy Qur'an from 17th March, 1914. The lessons he gave were later published under the title 'Haqaiqul Qur'an'.

Hazrat Musleh Maud (Allah be pleased with him) explained the fundamental beliefs of Islam in a very rational, cogent and eloquent manner. His style was so clear and eloquent that he explained even the most difficult topics in a very simple manner that even a common man can understand them easily. He authored about 43 books and papers on Islam.

The books written by Huzoor on the history of Islam and the Life of the Holy Prophet (peace and blessings of Allah be upon him) are of utmost value in terms of their beneficence and significance.

The book 'Introduction to the Study of the Holy Qur'an' deals with the comparative study of religions and the Life of Muhammad. Even some of the fanatic Orientalists could not but express their praise and appreciation for Huzoor on authoring such a great book. A.J. Arberry, a famous Orientalist said: It would not be an exaggeration to call this book a masterpiece of knowledge and understanding.'

'The Onset of Dissensions in Islam' was an article written by Huzoor in 1919 at the request of Historical Society, Islamia College, Lahore. In this article, Huzoor had presented a scholarly analysis on one of the most tragic and painful events which later culminated in the martyrdom of Hazrat Usman (Allah be pleased with him). The gathering where this article was read out was being presided by Professor Abdul Qadir M.A. In his presidential address, he remarked,

*'Dear Audience, I have also studied history. When I entered the hall in the evening today, I thought that I already knew a lot about Islamic history and hence I can give my opinion on this subject very efficiently. But after listening to the speech of Mirza Sahib, I think myself to be still an ordinary student of this subject.'*

During the 20th century, the main cause of tussle between the rich and the poor was economic disparity. The manner in which Huzoor guided the Jama'at in particular and the world in general on this topic is highly commendable and laudable. Huzoor's writings - Economic problems of the Landlords, Islam and Ownership of Land, The New World Order, and Economic System of Islam, are a great treasure and asset on this subject.

Huzoor was also an expert in calculations. It was a Divine gift to Huzoor. During his speeches or his informal talks, he would do the calculations up to millions and billions with ease. And Huzoor's calculations were so accurate that even the expert mathematicians and statisticians would marvel at his accuracy.



The Promised Messiah (peace be upon him) has divided knowledge into two kinds: Religious knowledge and scientific knowledge. Hazrat Musleh Maud (Allah be pleased with him) was vouchsafed mastery over spiritual knowledge by Allah. Huzoor was also an expert physician. He would arrange teams to conduct research on certain topics of medicine. He established clinics in Qadian and Rabwah to give medical care to the poor and needy at nominal charges. Huzoor supervised the making of some very important recipes of medicine. Apart from that Huzoor was also an expert in the making of perfumes. He founded the Eastern Perfumery Company in Rabwah.

Hazrat Musleh Maud (Allah be pleased with him), whenever confronted by any kind of adventure, be it theoretical or practical, would say: Failure is not in my nature.

He also said,

*Though I may seem insane to the world, yet I know I am far wiser than many.*

To promote medicine, Huzoor established a Vedic and Unani Clinic at Zeenat Mahal, Lal kunwan, Delhi. Prior to the opening of the clinic, Huzoor chose some persons for this purpose and got them properly trained in medicine. He himself gave some valuable advice in respect of Unani Medicine.

God also amply blessed Huzoor with the knowledge of mysticism. Huzoor explained the points of mysticism in a unique manner. He established that the status of Sufis was altogether different from the so called scholars of Islam. Huzoor penned six books on the topic of mysticism in which he explained the subject in a very lucid manner.

During his 52 years of Khilafat, Huzoor wrote as many as 20 books relating to the issues of Talim

and Tarbiyyat of members of the Jama'at, how to remain safe from the negative onslaughts of Western civilisation, the rights of women, how to deal with the issues concerning women and how to safeguard them.

One of the greatest sign of a living community is that it is always active and vibrant. Through his lectures and writings, Huzoor established the truth of Islam and Ahmadiyyat before the world.

The Ahmadiyya Jama'at is basically a religious community. It has no political aspiration or connection. But whenever there was an issue concerning human rights of the Muslims, the Jama'at contributed its role under the able guidance of Hazrat Musleh Maud (Allah be pleased with him). Huzoor lent his full moral and practical support for the creation of Pakistan. He guided the Muslims what they should do during different situations like dealing with the Khilafat Movement, civil disobedience, and Non Cooperation Movement etc. He analysed the Nehru Report and pinpointed its flaws in a very effective manner. He also guided the Muslim representatives participating in the Round Table Conference, and helped the Muslims in the creation of Pakistan from the beginning to the end. Huzoor's forty books and lectures on political issues are a living testimony of his sagacity, understanding and knowledge.

Seth Abdullah Haroon, M.A., LL.B. writes,

*'In my opinion, of all the books written on politics in India, the book entitled 'The Solution to the Political Problem of India' is one of the best writing.'*

Huzoor was also blessed with the knowledge of warfare and military matters. Huzoor says,

'Remember, only he is considered the best commander who has the ability to deploy his soldiers intelligently. Allah has invested me with every kind of knowledge. Should I wish, I can write a book on the military systems by the grace of Allah.'

After the creation of Pakistan, Huzoor delivered six very enlightening lectures in Lahore for the strengthening of Pakistan. Two of those lectures dealt with military matters. On 1st December, 1940, Huzoor gave a lecture on the topic 'Defense--the Future of Pakistan', and on 10th January 1948, he gave a lecture on the topic of Defense of Pakistan in terms of Naval Force and Politics.

These lectures were highly appreciated by the intellectuals as well the authorities.

In short, there was no branch of science whose knowledge has not flown from this fountain. Challenging all the scholars of the world, Hazrat Musleh Maud (Allah be pleased with him) says,

*'Today I pronounce with conviction, rather I have been declaring this for the past twenty or twenty five years that any philosopher, professor, postgraduate of a foreign country, any expert in philosophy, logic, psychology, or science, or an expert in any science of the world, comes to me and levels any objection against the Qur'an and Islam, I can not only refute his objections, but also silence him with cogent arguments. There is no branch of science in the world whose knowledge has not been gifted to me by Allah. Similarly I have been blessed with*

*such amount of true knowledge as is essential for keeping my life in the right direction and guiding my people.'*

(Main Hi Musleh Maud Hun, Anwarul Uloom, Vol 17, p. 155)

These are just a few examples of the vast knowledge of Huzoor. In fact, there is no branch of science which has been left untreated by Huzoor.

During the Second World War, Britain and France were fighting against Germany. In those days, there was a news that America was to deliver 2800 aero planes to Britain. In this regard, Hazrat Musleh Maud (Allah be pleased with him) describing one of his dreams says,

*'In September, 1940, I saw in a dream that I was in England. I was told that I could save their country from the invasion of the enemy. I asked them to let me inspect their artillery and arsenal. Only then I could give my opinion. Thereafter I inspected their arsenal and told them that everything was alright except that they were short of aero planes. If they got the required number of aero planes, then England could gain victory. When I uttered these words, suddenly I saw in my dream that there arrived a telegram from America which read:*

*'The British Representative from America wishes that the American Government has delivered 2800 aero planes to the British Government.'*

Huzoor said that this meant that the American Government has dispatched 2800 aero planes. When this telegram arrived, I said that now I could easily make a strategy for the defense of England.

Two or three days later, Chaudhry Zafarullah Khan Sahib visited Qadian and Huzoor narrated the dream to him which he passed on to some British Official. The British official told Chaudhry sahib that a telegram containing that message was on his table and the words were exactly the same.

This was a living testimony that Huzoor was blessed with divine knowledge and succor.

Today in every part of the world, the beneficence of knowledge is being spread through the blessings of Khilafat-e-Ahmadiyya and it will continue till the Day of Judgment.

Huzoor's knowledge, understanding, prudence, statesmanship, planning, intuition, sagacity, intelligence and astuteness, and his leadership qualities were acknowledged and appreciated by one and all, be they friends or foes, acquaintances or strangers.

A day will arrive when all the people would proclaim May God shower grace on this passionate lover of the Muslim nation.

# Jalsa Seeratun Nabi - East Region

This event was held virtually on Sunday 23rd January 2022 and was chaired by Regional Amir East Region, Mubashir Siddiqi Sahib. The main address was given by Maulana Ataul Mujeeb Rashid, Imam of the London Mosque, on the topic of the noble example of the Holy Prophet (peace and blessings of Allah be upon him) from his domestic life.

Imam Sahib started by saying this topic is very important as the Holy Prophet's (peace and blessings of Allah be upon him) example should be followed to make people's lives rewarding and complete. There are some fundamental principles which Allah has given us, the first being Taqwa (righteousness and fear of God). Every person must spend their life not displeasing God in any way. When someone gets married, in the marriage prayer several verses of the Holy Qur'an are recited, which mention the word Taqwa 5 times. This highlights the importance of righteousness in any marriage. The Holy Prophet used to recite these Qur'anic verses to remind people about this important principle.

Imam Sahib quoted from the Holy Qur'an:

*"...consort with them in kindness..." (4:20)*

This is how people should live their married life, being upright and best in every way. This is the second principle of married life.

A third principle is that marriage should start with prayer, continue with prayer and finally end with prayer, that is prayer is required at every stage. Imam Sahib quoted a Qur'anic prayer:

*"Our Lord, grant us of our wives and children the delight of our eyes, and make us a model for the righteous" (25:75)*

The Holy Prophet of Islam stated that whenever I pray, I never forget to pray for my wife and my children. Part of your duty in marriage is to pray for your partner throughout their life.

The Promised Messiah (peace and blessings of Allah be upon him) has written a poem in his book Durre Sameen (Precious Pearls), two lines of which are:

*The root of every virtue is the quality of piety,  
If this root remains, then everything remains.*

*If we can adopt all these principles we will enjoy our life and then in the next life, we will have the maximum reward from God.*

The event concluded with a vote of the thanks by Regional Amir Sahib and a silent prayer led by Imam Sahib. 450 members joined two zoom links to attend this event which was the maximum capacity allowed.

# Leeds Peace Conference



The Leeds Jama'at held a Peace Conference on 5th February 2022 at the Parochial Hall in Leeds. The theme of the event was 'Peaceful Teachings of Different Religions'. In view of the COVID pandemic, all necessary precautions were taken, including lateral flow testing of Jama'at members, temperature checks on arrival and the wearing face masks. Proceeding were also broadcast live on Zoom.

The programme was conducted by Dr Imran Ahmad, with Tilawat-e-Qur'an by Mr Tahir Touray and a Jama'at introduction by Mr Asher Waseem. Three guest speakers then spoke on their perspective of this topic. They were:

**Councillor Abigail Marshall Katung,**

**Mr Ian Stewart, Air Commodore**

**Mr Abdul Rashid Thomas, Chairman of the Leeds African Communities Charity Trust.**

The keynote address was delivered by Mr Bilal Atkinson, the President of Hartlepool Jama'at. He spoke on how peace cannot be achieved in society without justice, and how the Holy Qur'an guides mankind in these matters. He also spoke of the advent of the Promised Messiah (peace be upon him) and its need at such a time.

A Question & Answer session then took place, addressed by the panel of Maulana Mubarak Basra, Mr Bilal Atkinson and local President Mr Shoaib Nayyer.

A vote of thanks was given by the Headteacher of The Ruth Gorse Academy, Mr Ben Mallinson. 35 guests were present, including armed forces officials, teachers, local councillors, and many other professionals. Each guest was given a gift pack with various Jamaat leaflets and the book 'Life of Muhammad'.

There was an Exhibition featuring the Holy Qur'an and various Jama'at teachings and achievements displayed throughout the hall for guests to peruse.

The feedback received was encouraging and included :

*"By getting to know each other we dispel suspicion and fear and will find peace. Your conference enabled friendships to grow".*

*"I applaud the Ahmadiyya Muslim Association's endeavours to bring harmony amongst different faiths to bridge the gaps in the society. Such examples of positive forums and open dialogue can only positively impact upon the Leeds City region."*

*"I look forward to continuing our relationship with the Ahmadiyya Muslim Association and supporting their tireless work to ensure that our wider community are working together in partnership ensuring 'Love for all and hatred for none'."*

*"The women of your community are all highly educated"*

## Middlesex New Converts Get Together



On 4th December 2021, the Middlesex Region hosted a New Ahmadi Muslim Social & Spiritual event in Southall with coordination from the Nau Mobaen Department UK.

The event started at 10:45 am with tea, refreshments and an informal 'Meet & Greet' session. Formal proceedings began with Tilawat-e-Qur'an after which National Secretary Tarbiyyat & Waqf-e-Jadid for New Ahmadis, Mr Jonathan Butterworth, welcomed the participants. The Regional Missionary then made his introductory remarks.

Three new Ahmadis next presented their accounts of 'My Journey to Islam Ahmadiyyat (The True Islam)' These were very moving and impressive. An update

about plans for more events/classes and breakout groups where members held a discussion with a missionary and local Sadr were convened. After Zuhr and Asr prayer, lunch was served to the 45 attendees who also had time to chat to one another and form bonds of friendship.



# Huddersfield Street Cleanup



Members of Majlis Khuddamul Ahmadiyya Yorkshire were widely praised in the local press for their regular clear ups on New Year's Day. In Huddersfield a group of 55 people gathered to collect over 150 bags of litter. The effort greatly improved the appearance of the town centre.

Regional Qaid Nida ul Haq, spoke to the media saying,

"It is important to tidy-up the Huddersfield town centre on New Year's Day for the benefit of all. This is in keeping with our tradition and the teaching of Islam that cleansing is half of the faith."

"This effort is part of our desire to encourage young people to take pride in our town."

"By doing this we are wanting to build respect for the area and bring together all sections of the community to increase harmony and a sense of belonging."

"There is only one world for us to inhabit and we all have a responsibility to make it as clean and non-polluted as we can."

"We always do our best to live up to our motto of 'Love for all , Hatred for none'. We see cleansing the environment as an act of love for the world"

The Majlis has always remained active in serving the wider community. It has been regular in providing food for the homeless , taking toys and chocolate to children and nursing staff in hospitals and visiting hospices and care homes.

# Helping the Homeless in Huddersfield

In their effort to help the homeless Majlis Khuddamul Ahmadiyya Yorkshire organised a special food and clothing distribution on Christmas Day by holding a special stall in the local Market Place between mid day and 3 pm. The effort was greatly appreciated by the public and received good publicity in the media. In an interview with the press, Regional Qaid Nida ul Haq, stated,

"We understand that being homeless is a very difficult and trying situation, especially in these times.

"In recognition of this, we will be holding an event in Huddersfield Market Place on Christmas Day between 12 till 3 to distribute food and clothing to homeless people.

"Although we do not celebrate Christmas, we fully understand that this is a very emotional time for many people."

"Islam is a belief that places much importance on promoting peace, harmony, and goodwill to everyone which resonates with the Ahmadiyya Muslim Association motto of love for all and hatred for none."

Khadim Subhan Saeed said, "It's a feeling of gratitude for what you have almost, and generosity. It makes you feel better as well, not just the people you are helping."

Khuddam and the Jama'at have been ramping up their efforts to support those in need. This has been especially so during the pandemic when a great deal of assistance was rendered to the vulnerable.

It was in recognition of these efforts that Lord Kirkhope penned a letter of appreciation to one of our members.





# School Visit At The Darus Salaam Mosque

On 14th December 2021, year 5 of the local Dormers Wells High School visited the Darus Salaam Mosque in Southall. The visitors comprised of 3 groups of children each consisting of 26 children and assisted with 3 teachers. Local Murrabi Mujeeb Mirza gave an informative and an interactive 20-minute presentation explaining the basic beliefs of Islam. The children were given a tour of the Mosque and President Southall explained to the children the purpose of the Mosque and a short history of the Jama'at. The children were provided with snacks and teachers were presented with gift bags containing a model of the Mosque and some Jama'at books.



# Visits At Baitul Ikram Mosque, Leicester



By the grace of Allah the Almighty, Ahmadiyya Muslim Association Leicester had the honour of receiving two distinguished guests at Baitul Ikram mosque on separate dates within the last few months. They were in the persons of the Rt Rev Martyn Snow the Bishop of Leicester and the Honourable MP For Leicester South – Jon Ashworth.

Bishop of Leicester Rt Rev Martyn Snow visited on 30 November 2021 accompanied by Rev Tom Wilson, Director of St. Philips Centre (Institution which promotes multi-faith harmony).

They were received at the mosque by Imam Zartashat and Ibrahim Bonsu (President of Ahmadiyya Muslim Association Leicester) and some members of the local community.

Rt Rev Martyn Snow is the 7th Bishop of Leicester and he moved to Leicester in 2016 from Gloucester where he had been Bishop of Tewkesbury since 2013. It was his first visit to Baitul Ikram Mosque.

With all Covid regulations observed, tour of the Mosque was conducted followed by serving of refreshments alongside various discussions – from the history of the

Ahmadiyya community in Leicester to the structure and system of Khilafat and various charity works done by the local Jama'at. A gift bag containing Jama'at literature was presented to the bishop and he expressed his gratitude for the warm reception with the desire to working together in areas of need in the future.

Moreover, on 14 January 2022, the Honourable MP for Leicester South – Jon Ashworth (who is also the Shadow Secretary of State for Work and Pensions UK) paid his first visit to Baitul Ikram Mosque which is situated in his constituency. As with any visit during the pandemic, all Covid protocols were observed alongside tour of the mosque. The history of the local Ahmadiyya community was also relayed to him. The Honourable MP showed keen interest in the explanations provided by Imam Zartashat on the tenets of Islam as propagated by the Ahmadiyya community. He was also keen on a video presentation on the system of Khilafat and the great works of his Holiness Hazrat Mirza Masroor Ahmad (atba). He was also appreciative of the various charitable works of the local Ahmadiyya community especially during the Covid lockdown such as the 'help your neighbour' and the 'cheap and easy cooking' campaigns. Finally, areas of cooperation in the local community were discussed and was also reassured that the local Ahmadi community would always be ready to

render their support and services in the development of community cohesion and peace of the local area. In the end, he was presented with a gift bag of Jama'at literature and he also expressed his gratitude of the warm reception.

Inshallah, Ahmadiyya Muslim Community Leicester looks forward to a continuous working relationship and to extend invitations to the distinguished guests in future events such as the annual Peace Conference.



## MBE Award To Sheikh Mansoor Ahmad

Congratulations to Sheikh Mansoor Ahmad of Gillingham for being awarded the MBE for his services to International Development. Mansoor serves as a senior private sector development adviser in the Foreign Commonwealth and Development Office. Due to Covid restrictions his presentation was delayed and did not take place till the 9th of February when Princess Anne was designated to make the presentation at Windsor Castle.



# Visit of Mayors of Ealing and Haringey To The Darus Salaam Mosque



The local Umur Kharijiyah department invited Mr Munir Ahmed the Mayor of Ealing for a visit to the Darus Salaam Mosque on 14th January 2022. He was accompanied by the Mayor of Haringey, Mr Adam Jogee, as well as Ealing cabinet member for tackling inequality, Cllr Aysha Raza and Cllr Tariq Mahmood. The guests were greeted by the local President Mr Anees Khan and Murrabi Mujeeb Mirza along with other Amila members of the local Jama'at.

The guests were given a tour of the Mosque. The local President explained the role the Jama'at has played globally, nationally and locally. He also offered the support of the local Jama'at to the Mayor for any local initiatives planned for the future. He gave a short introduction to the Southall Jama'at and how the Mosque was funded by the voluntary donations from members.

The guests were shown a documentary on the history of the Jama'at, its charitable and welfare work around the world. A short presentation was also delivered to highlight the welfare activities of IAEEE in African countries and this was followed by dinner. The Mayor and other guests greatly appreciated the work and contributions of the Jama'at. It was the first time, they said, they had become aware of the Community.



# What is a mosque?

A simple answer to this question is that a mosque is like a "Muslim church", where Muslims go to pray. While this is true, a mosque plays a very important role in the life of a Muslim. If we consider the mosque as a place of prayer alone, Muslim worship consists of 5 daily prayers, that is, five times every day, a Muslim would hear the words of the Azan being called out, proclaiming the greatness of Allah, calling the faithful to come for prayer and for success. The prayer itself is an act of discipline and obedience as they line up behind the Imam who leads them in prayer, and they follow him faithfully by listening to his words of prayer, and his actions. Apart from the five daily prayers, other prayers at the mosque include the weekly Friday prayer, or Jumu'ah. As part of the afternoon prayer, Zuhr, the Imam would also read a sermon. And very importantly, the two Eids are also celebrated at the mosque, if it is big enough to accommodate all the worshippers, otherwise the Eid prayers can be offered in an open area.

Mosques are also used for education, where children mainly can learn about Islam and to read the Holy Qur'an. It is also used for other events, such as marriages, and courts of law, and as a general meeting place for the community.

A non-Muslim would be impressed on entering a mosque to see the worshippers during the congregational prayer, to observe everyone perfectly lined up behind the Imam and following all his actions. What they may not realise is that every mosque in the world is built so that they all face in the same direction, towards Makkah, where the first mosque was built. However, it is important to remember that according to Islam, God is everywhere, and it is not necessary that we face in one direction only to be able to worship Him.

Allah says in the Holy Qur'an:

لَيْسَ الْبِرَّ أَنْ تُوَلُّوا وُجُوهَكُمْ قِبَلَ الْمَشْرِقِ وَالْمَغْرِبِ وَلَكِنَّ الْبِرَّ مَنْ ءَامَنَ بِاللَّهِ وَالْيَوْمِ الْآخِرِ وَالْمَلَائِكَةِ وَالْكِتَابِ وَالنَّبِيِّينَ وَءَاتَى الْمَالَ عَلَى حُبِّهِ ذَوِي الْقُرْبَىٰ وَالْيَتَامَىٰ وَالْمَسْكِينِ وَأَبْنَ السَّبِيلِ وَالسَّائِلِينَ وَفِي الرِّقَابِ وَأَقَامَ الصَّلَاةَ وَءَاتَى الزَّكَاةَ وَالْمُؤْتُونَ بِعَهْدِهِمْ إِذَا عَاهَدُوا وَالصَّادِقِينَ فِي الْبَأْسَاءِ وَالضَّرَّاءِ وَحِينَ الْبَأْسِ ۗ أُولَٰئِكَ الَّذِينَ صَدَقُوا وَأُولَٰئِكَ هُمُ الْمُتَّقُونَ

"It is not righteousness that you turn your faces to the East or the West, but truly righteous is he who believes in Allah and the Last Day and the angels and the Book and the Prophets, and spends his money the love of Allah." (Al-Baqarah, 2:178).

Muslims believe that the Ka'aba, in Makkah, is the first place built for the worship of Allah, and it was rebuilt by Hazrat Ibrahim and his son Hazrat Ishmael (peace be on them both). The first mosque built by the Holy Prophet (peace and blessings of Allah be upon him), is in Madinah, and is known as Masjid-e-Nabwi, while Masjid Al-Aqsa in Jerusalem is where the Holy Prophet (peace and blessings of Allah be upon him), started his journey to heaven during what is known as the Mi'raj. Ahmadis believe that this journey was not a physical one, but was a vision from Allah.

In Ahmadiyyat, the mosques of the Promised Messiah (peace be upon him) in Qadian are important, such as Masjid Mubarak and Masjid Al-Aqsa. These are where the Promised Messiah (peace be upon him) spent much of his time in prayers, met his Companions and guided them with his advice, and delivered many sermons which are all full of guidance for all Ahmadis.

In UK, we have been very fortunate to see the important role that Masjid Fazl in London played in the election of the Fifth Khalifa, how people from all over the world gathered and focused their attention to this small building.

## Resumption of Classes For Children at the Darus Salaam Mosque

Children's classes conducted face to face had been suspended due to restrictions imposed during the Covid pandemic. However in recent months, as the danger from the virus receded and restrictions were relaxed, Jama'ats were granted permission to resume these classes. Consequently the first of these in Southall were held on 18<sup>th</sup> December last year and have continued ever since. The classes are conducted in an organised and structural manner. Class folders are held by each child and every class is always accompanied with sports afterwards and refreshments.

Such classes are held by Jama'ats all over the country.

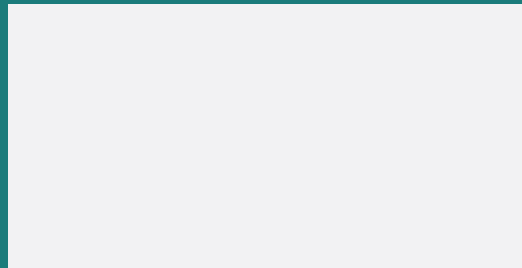
It is important that children are encouraged to attend these regularly. Among the topics discussed at the class was the election of the Fifth Khalifa, how people from all over the world gathered and focused their attention to this small building.



Sudoku

	8	9			5	1	4	
3			8	1	7			6
7	1		6		4	3	8	
	4	3	9					
9	7						1	4
					8	7	3	
	9	6	4		2		7	1
4			1	5	9			2
	2	1	7			4	9	

Here is an easy Sudoku puzzle for you to solve! Find the missing numbers so that each box of 3 x 3 squares must be filled with the numbers 1- 9, as well as each horizontal and vertical line. Therefore, no numbers should be repeated in any line or box. As a clue, fill in the missing number 1s in each box, then any missing 2s, etc.



Coded Message

If MOSQUE = NPTRVF and MESSAGE= NFTTBHF, as shown here:

N	P	T	R	V	F
M	O	S	Q	U	E

N	F	T	T	B	H	F
M	E	S	S	A	G	E

What is the secret message in the below?

B	D	U	J	P	O	T		T	Q	F	B	L		M	P	V	E	F	S	
U	I	B	O		X	P	S	E	T											

Word Scramble

Rearrange the letters below to give words which are related to this month's story:

A	E	I	M	N	R	T			O	M	E	D							
A	B	E	H	R	M				A	B	I	M	N	R					
A	I	M	M						Z	E	M	Z	U	N	I				
E	O	U	Q	M	S				Z	N	A	A							





**HISTORICAL  
SESSION**

26 NOVEMBER 1994, PART 2

YOUTUBE LINK: <https://tinyurl.com/2p8cdcbx>

## Congregational Prayers while on a Journey

**Questioner:** *When an Imam who is a traveller leads either Zuhr or Asr prayers, he will offer only two raka'ats, while the congregation complete the full four raka'ats. But if someone in the congregation is a traveller and the Imam is a local person, the Imam offers the full four raka'ats and the traveller also offers the full four raka'ats. What is the wisdom behind this?*

**Hazrat Khalifatul Masih IV** (Allah have mercy on him):

If a person on a journey ends his prayer after two raka'ats while the local Imam is continuing with the other two raka'ats, this would be an absurd and disorderly situation. It must be remembered that an Imam is to be followed. If an Imam makes a mistake, the follower has to make the same mistake, knowing that the Imam has made a mistake. If the Imam offers four Raka'ats, the follower must also offer four Raka'ats.

The question should be rephrased about the wisdom of the Imam offering two Raka'ats while the congregation continue to offer the four Raka'ats. Should the followers also follow the Imam in this case too and offer only two Raka'ats?

It is important to remember what is obligatory for those who are not on a journey. They must four Raka'ats. What is obligatory cannot be sacrificed for what is optional. The choice of Imam is optional. A local Imam could be made, but if you choose an Imam who is on a journey, then this is an optional issue with you. This does not permit others to forgo the obligatory part of the injunction, ignore it and finish their prayers in two Raka'ats. If, suppose this had happened, do you know what will happen? For every prayer, everyone will search to see if there is a person on journey to come forward and lead the prayer. This will lead to laughable situation.





**Questioner (young child): *How does one become a Prophet or a Khalifa?***

**Hazrat Khalifatul Masih IV<sup>(Allah have mercy on him)</sup>:**

No one can become a Prophet or a Khalifa. You are made a Prophet or a Khalifa by Allah. You did not have any choice in becoming a "Lone" (the child's family name). You were made a "Lone" without any action on your part, and there can be no question of who you can be. Similarly, a person does not become a Khalifa by himself; nor can he become a Prophet by himself. It is God's choice which He exercises.

In the case of Prophets, He expresses His choice directly by addressing the person whom He has decided to make a Prophet of God. In the case of Khalifas, He expresses His choice through the will of the believers who are trained to elect officers honestly and to only elect somebody whom they believe should be Khalifa in accordance with his relation to God and his fear of God, that is Taqwa. So when people are trained to think in these terms their choice becomes the choice of God. Because they choose according to the standard employed by God or devised by God. And then Allah also has special blessings. He extends the cover of His Mercy over the electoral college as if they are guided by the spirit of holiness. This is why we say that Allah makes Prophets and Allah makes the Khalifas. They do not do so by themselves.

The Quran manifestly acknowledges the role of rationality for the attainment of truth without drawing any separating line between religious or secular truths. Truth is the religion of Islam, Islam is the religion of Truth. The truth requires no compulsion for the transmission of its message, the only instrument it needs is rationality.

**HAZRAT KHALIFATUL  
MASIH IV<sup>(RH)</sup>**

# WOMEN'S RIGHTS IN ISLAM

BASED ON AN ARTICLE FOR THE ISLAM CORRESPONDENCE COURSE BY MAULANA TAHIR SELBY

One of objections raised against Islam sometimes is how badly it treats women. It is felt that they are treated like second class citizens, who have no rights or freedom etc. But the truth is that Islam established full rights for women and emphasised on having a good attitude towards them.

The Holy Prophet Muhammad<sup>(peace and blessings of Allah be upon him)</sup>, was very keen on improving the condition of women in society and on securing a position of dignity and fair and equitable treatment for them. No religion before Islam had so clearly and firmly established a women's right of inheritance and her right to possess property.

In fact, those rights have only been established in England in the last 100 years, when the Married Women's Property Act came into force. But 1400 years ago the Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup> permitted women, whether mothers, wives, daughters or sisters to a share of the deceased's inheritance. In Islam, a woman is the absolute owner of her own property, and her husband cannot exercise any rights over it. If the brother is entitled to a share of the property, then so too is the sister.

The attitude of men towards women in Arabia before Islam was very bad, they treated women as second-class citizens or even worse. Therefore, the Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup> wanted to ensure that the men fully understood the teachings of Islam concerning women. He pointed out that both men and women will be equally rewarded in the hereafter as related in chapter 9:71-2 of the Holy Qur'an:

*And the believers, men and women, are friends one to another. They enjoin good and forbid evil and observe Prayer and pay the Zakat and obey Allah and His Messenger. It is these on whom Allah will have mercy.*

*Surely, Allah is Mighty and Wise, Allah has promised to believers, men and women, gardens underneath which rivers flow, wherein they will abide and delightful dwelling places in Gardens of Eternity.*

The Holy Prophet Muhammad<sup>(peace and blessings of Allah be upon him)</sup>, was so careful concerning the sentiments of women that on one occasion when he was leading the prayers he heard the cry of a child and concluded the service quickly. He explained afterwards that when he heard the cry of the child he imagined that the child's mother would be distressed at its cry and he concluded the service quickly so that the mother could go and attend to the child.

The Holy Prophet Muhammad<sup>(peace and blessings of Allah be upon him)</sup>, once during a battle fell from his horse and some of the women also fell from their mounts. One of his companions, who was riding a camel immediately behind the prophet jumped down and ran towards the Holy Prophet Muhammad<sup>(peace and blessings of Allah be upon him)</sup>, to release his foot which was still in the stirrup. The Holy Prophet Muhammad<sup>(peace and blessings of Allah be upon him)</sup>, released it hastily and said to his companion:

*Don't bother about me, go and help the women.*

The Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup> laid so much stress on obedience to and care of your mother. Taking his lead from the Holy Qur'an which relates 17:24-5:

*Thy Lord has commanded, that ye worship none but Him, and show kindness to parents. If one or both of them attain old age with thee, never say to them as much as 'ugh', nor reproach them, but always address them with kindly speech.*

The Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup> informed his followers:

*Paradise lies at the feet of your mother*

Once a man came to the Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup> and asked to be told who was most deserving of kind treatment at his hands?

The Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup> replied, *"your mother"*. The man asked, *"and next to her?"* The Prophet<sup>(peace and blessings of Allah be upon him)</sup> repeated, *"again your mother"*.

The man asked a third time and the Prophet<sup>(peace and blessings of Allah be upon him)</sup> again replied,

*"still your mother,"* and when the man asked a fourth time, he said, *"after her thy father and after him thy nearest relatives and after them thy more remote relatives."*

The Holy Prophet<sup>(peace and blessings of Allah be upon him)</sup> was asked, *"What claim has my wife upon me?"* to which he replied:

*feed her with that which God bestows upon you in the way of food and clothe her with that which God bestows upon you in the way of clothes and do not chastise her nor abuse her nor put her out of your house,*

He also related:

*The best amongst you is he who is best in his treatment of his wife,*

Again he said:

*You have rights over your wives as they have rights over you. The more civil and kinder a Muslim is to his wife, the more perfect is his faith.*

Concerning the daughter, he said:

*One who brings up two daughters and give them good education shall be with me in Heaven.*

To ensure that a good Islamic society was established the Holy Prophet Muhammad<sup>(peace and blessings of Allah be upon him)</sup>, had to ensure the believers followed the Islamic teachings on marriage, polygamy and divorce. Concerning marriage, in Islam, the main purpose is 'to



*win the pleasure of God and have a good partner who you can find peace and contentment with and for the procreation of the human race". It is not merely for the fulfilment of your sexual desires.*

In Islam marriages are normally arranged, where the parents look for an ideal partner for their child, it does not encourage free mixing of the sexes as this leads to many dangers which ruin the society i.e. through fornication, adultery, etc.

When the parents choose a suitable partner for their child, they look for four things which are compatible with both partners, these being:

*family background; wealth; beauty and piety, the most important being piety.*

One misconception about marriage is that sometimes the bride or groom is forced to marry their parents' choice. The Holy Prophet Muhammad<sup>(peace and blessings of Allah be upon him)</sup>, has made it very clear that *a woman, whether a maiden or widow, should not be given away in marriage without obtaining her free consent.* On this the companions of the Holy Prophet Muhammad<sup>(peace and blessings of Allah be upon him)</sup>, asked,

*"O prophet, how can we obtain the consent of a maiden if she remains silent through shyness?"*

The Holy Prophet Muhammad<sup>(peace and blessings of Allah be upon him)</sup>, replied,

*If the maiden observes silence, her silence should be taken as consent*

If the guardians or parents give her in marriage without her consent, then such a marriage will be considered void and the girl will have the option to have it cancelled.

Another misconception is about polygamy. Western society cannot accept this beautiful teaching. In the West many people have relationships outside their marriage, but this is nearly always for their sexual desires and because it carries no responsibility.

This is not a reason for a second marriage!

The most important point to bear in mind is the reason for marriage which has already been related as a solemn commitment and not just for fulfilling one's sexual desires.

The reason remains the same whether you marrying one or four. It should be looking to winning the pleasure of God and having a good partner who one can find peace and contentment with.

In polygamy the most important point is that the Holy Qur'an informs us that we must treat each wife fairly, being just.

Most Muslims have only one wife as there is no reason to have a second wife, but one reason for polygamy is in the case where a wife cannot have children and the husband wants children. Is he meant to divorce his wife to remarry? Is that fair?

But with polygamy, he can have a second wife, keeping the first and having the children he desires. There are many other reasons.

Another misconception is divorce. It is believed that in Islam all the man has to do is say,

*"I divorce you" "I divorce you" "I divorce you" and he is divorced.*

This is wrong. The Holy Prophet Muhammad<sup>(peace and blessings of Allah be upon him)</sup>, has said,

*Divorce is the most hated of all lawful things in the sight of God.*

There are many checks to prevent divorce - one being that the man after asking for divorce has to live and provide for his wife for three months in the hope of reconciliation and to discover if the wife is pregnant or not. There also should be someone from both sides to try and resolve the problems - much like the marriage counsellor in modern society.

Once divorced, the couple have the option of remarrying if they desire. Even if that ends in divorce, they can remarry a third time if they desire. But the husband cannot pronounce all three divorces at one and the same time.

The Holy Prophet Muhammad<sup>(peace and blessings of Allah be upon him)</sup>, was annoyed when he once heard someone do this and said,

*Is the book of God going to be made a plaything while I am yet among you?*

If the woman wants divorce, then she may have a divorce even if she has no other reason than that she cannot get on with the husband.

Finally, the Holy Prophet Muhammad<sup>(peace and blessings of Allah be upon him)</sup>, said,

*The most perfect in faith amongst you is he who is best in the treatment of his wife, the more a man is good to his wife the greater shall be his value before God.*

May we all adopt the excellent attitude of our beloved Holy Prophet Muhammad<sup>(peace and blessings of Allah be upon him)</sup>, towards women, Amen.



# The Importance Of Eating Breakfast

MISS SALMA S. KHAN, NUTRITION CONSULTANT



The saying, “Breakfast is the most important meal of the day” should not be taken lightly. Much research backs up this saying, and stresses the significance of not skipping breakfast.

By the time we wake up and get ready to have breakfast, we technically have fasted overnight while sleeping. So skipping breakfast will just add to this fasting period and increase Cortisol levels (a stress hormone). Further, missing breakfast has been found to disrupt blood glucose balance, consequently affecting energy levels and concentration. Studies report that due to this disruption in blood glucose, breakfast skippers develop a higher tendency to overeat during the day, especially once lunch time arrives. In addition, not eating a wholesome breakfast has been associated with craving unhealthy treats to provide a quick-fix e.g. chocolates, biscuits, cake or a caffeinated beverage.

Walking out the door without breakfast may also mean that your body is playing “catch up” all day long to try to make up for not eating in the morning - This means that you won’t be feeling your best all day long! Ideally breakfast should be consumed within an hour of waking.

Interestingly, several studies suggest that eating a good breakfast on a regular basis leads to improved mood, increased energy levels, better memory and good hormonal balance. The consumption of a

healthy daily breakfast has also been found to boost the metabolic rate and consequently lead to efficient weight loss, as well as help with maintaining a healthy weight.

## What To Eat For Breakfast?

Not only is eating breakfast important, but so is what you eat for breakfast. Consuming sugary pastries and a coffee is not the best breakfast option, as unhealthy food choices have been found to upset blood glucose balance. A rapid rise in blood sugar is usually followed by a sudden slump, which may result in a range of symptoms including fatigue, poor concentration, irritability and cravings for a sugar fix.

After this overnight fast, breakfast may kick-start your energy levels if you opt for slow energy releasing foods. For example, replace sugary cereals with a bowl of porridge that should prevent you craving unhealthy snacks. Ideally, it’s best to consume breakfast within 1 hour of waking. Here are some healthy and tasty breakfast choices with easy to follow recipes;

## Traditional Breakfast Porridge

A bowl of porridge with milk of your choice (e.g. cow’s, almond, hemp or coconut milk), with a handful of blueberries or strawberries, along with 2 tablespoons of ground almonds or flaxseeds to provide a protein boost that keeps you feeling fuller for longer.



**Nutty Muesli** - A bowl of nut and seed muesli with milk (you can choose dairy-free varieties) with some fruit of your choice such as a chopped banana or grated apple.

#### **Overnight Cold Oats**

Soak 2 tbsp of oats in milk of your choice with 2 tbsp of ground nuts/seeds, then add in 1 mashed banana for natural sweetness, with a handful of blueberries. Refrigerate overnight - You may need to add a dash of extra milk in the morning to get the consistency right. **Chia Seed Pudding** - To prepare this breakfast option, soak 4 tbsp of chia seeds overnight in fresh juice or pure-pressed juice of your choice. Then add in some extra fruit e.g. pineapple or mango chunks. Refrigerate overnight - again you may wish to add a little more juice or water prior to consuming this breakfast option in the morning to get the correct consistency.

#### **Scrambled Eggs With Sides**

2 Scrambled eggs with some smoked salmon on a bed of watercress or spinach leaves, add in some avocado slices and 1 slice of wholemeal granary toast. Or instead consume with 1-2 crisp breads (e.g. rye or buckwheat based).

#### **Vegan Breakfast**

Two wholemeal slices of toast (you can opt for gluten-

free varieties) with nut or seed butter on each slice (e.g. hazelnut butter, almond butter or pumpkin seed butter). Consume with fruit of your choice (e.g. 1 peach, kiwi, apple or orange).

#### **Vegetable Omelette**

A 2 egg vegetable omelette prepared with vegetables such as spinach, tomatoes, mushrooms or peppers, with 1 wholemeal tortilla. For those avoiding bread, simply add in some slices of pre-cooked potatoes into the omelette.

If you're not a breakfast person, try to gradually get into the habit of having breakfast. Start your day with an easy to digest smoothie made with a serving of protein powder (dairy-free varieties available), 1 pear, a handful of mixed berries or a handful of spinach, and some water or milk to get the consistency right. This convenient breakfast option can be prepared ahead of time in the evenings, and easily taken into work when on the go.

Developing even just one healthy habit can have a significant effect on overall health, and prevent a lifetime of health problems such as obesity, heart disease and diabetes and other health issues.