



Majlis Ansarullah Nederland

NEWSLETTER

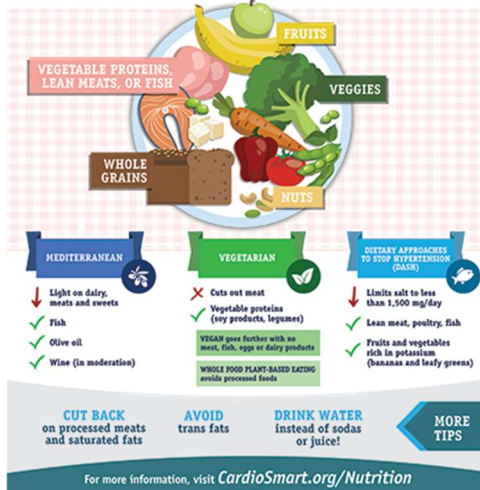


Zahanat wa Seht e Jismani – Health tips

HEART-HEALTHY NUTRITION



To PROTECT YOUR HEART, eat more...

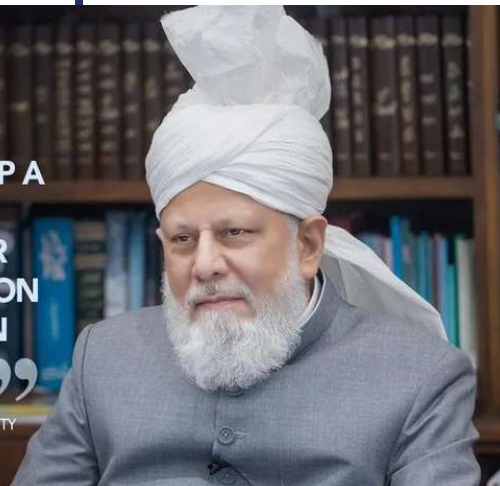


Important dates in January

- **12th Thu** Knowledge Session (Online) [Ta'lim, Tarbiyyat, Ishaat]
- **15th Sun** National Refresher Course (with Qaideen individual)
- **21st Sat** National Refresher Course (Zuama with Local Amlea) Diner with New comers in Ansarullah
- **22nd Sun** Majlis Amila Mulk / Jamaat meeting day
- **28/29** Ijlas e Aam, Amila meeting, Ijlas aux. org.

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**AHMADI MUSLIMS SEEK
 ALLAH'S HELP TO DEVELOP A
 TRULY SELFLESS SPIRIT
 WHEREBY THEY CONSIDER
 THE PAIN AND DESPERATION
 OF OTHERS AS THEIR OWN
 PAIN AND DESPERATION**”

- HAZRAT KHALIFATUL MASIH V (RA) ADDRESS TO HUMANITY
 FIRST INTERNATIONAL CONFERENCE 2015



Guidelines for Da‘īn Ilallāh and Instructions on Tabligh

Extracts of the tabligh guide, written by Naseem Ahmad Bajwa Sahib

The Holy Qur‘ān says,

Call unto the way of thy Lord with wisdom and goodly exhortation, and argue with them in a way that is best. Surely, thy Lord knows best who has strayed from His way; and He knows those who are rightly guided. (16[Al-Nahl]:126)

The Holy Prophet Muḥammad (may peace and blessings of Allāh be upon him) said,

Ḥaḍrat Sahl bin Sa‘d narrates that the Holy Prophet(may peace and blessings of Allāh be upon him) said to Ḥaḍrat ‘Alīra: “By Allāh, if Allāh guides a single person through you, it is better for you than (the most precious) red camels.” (Bukhārī, KitābulJihād)

Imām Mahdī and the Promised Messiah, Ḥaḍrat Mirzā Ghulām Aḥmad, may peace be upon him, said,

“A strange phenomenal event took place in the desert of Arabia when hundreds of thousands of the dead became alive within a few days and those who had been corrupted through generations took on Divine color. The blind began to see and the tongues of the dumb began to flow with Divine wisdom. Such a revolution took place in the world as no eye had seen and no ear had heard of before. Do you realize what that was? All that was brought about by prayers during the darkness of the nights of one who had been wholly lost in God that created an uproar in the world and manifested such wonders as seemed impossible at the hands of the unlettered helpless person. O Allāh! send down blessings and peace on him and on his followers in proportion to his concern and suffering for the Muslim Ummah (the people of Islām), and shower upon him the light of Thy mercy forever.’ (Barakātud-Du‘ā, pp. 10-11)

Following is a narration about the zeal of Ḥaḍrat Maulawī Nūr-ud-Dīn, Khalīfatul-Masīḥ I, may Allāh be pleased with him, concerning outreach:

“Injury and its pain, sleeplessness and its anguish, weakness and infirmity set aside, the passion [of the Khalīfatul-Masīḥ I] for Tabligh is such that when brother Muftī Muḥammad Ṣādiq returned (from preaching), Ḥaḍrat Khalīfatul-Masīḥ I listened to the narration of his journey with extraordinary attention. He became extremely happy on learning his details of the Tabligh work that had been carried out in those areas [where he had travelled to]. When Khawāja Kamāl-ud-Dīn visited Ḥaḍrat Khalīfatul-Masīḥ for the first time during his illness, he mentioned that he had received a telegram from Ṣāhibzāda Āftāb Aḥmad Khān informing that he (Khawāja Kamāl-ud-Dīn) was to deliver the first lecture at a conference in ‘Aligarh. Khwāja Ṣāhib told Ṣāhibzāda Ṣāhib that he would not be able to attend due to the ill health of the Khalīfatul-Masīḥ I. On this, Ṣāhibzāda Ṣāhib sent a telegram inquiring about the health the Khalīfatul-Masīḥ I and called Khawāja Ṣāhib to say not to come until the KhalīfatulMasīḥI had recovered. On hearing this, Ḥaḍrat Khalīfatul-Masīḥ I said, ‘No, my illness should not stop Tabligh work. You should definitely go there. Write to him that I do not like to make myself a hindrance in the work of the religion of truth. My desire is that I should give my whole life in service of the religion of truth. You must go there.’ (Al-Ḥakam, January 7, 1911, p. 5)

Ḥaḍrat Mirzā Bashīr-ud-Dīn Maḥmūd Aḥmad, Khalīfatul-Masīḥ II, may Allāh be pleased with him, issued an announcement in May 1948 asking for dedicated members to come forward to help the cause of faith.

1. Do you know what it means to work hard—to work so hard that you work up to thirteen to fourteen hours a day?
2. Do you know how to speak the truth that no matter what the circumstances are you could never tell a lie; that even a close friend or a relative may not tell a lie in your presence; and if somebody narrates in front of you a story of his audaciously telling a lie, you could not help but show your disgust.
3. Are you free of all false standards of self-respect? Can you sweep the streets? Can you walk the streets with loads on your shoulders? Can you make various announcements loudly in public areas? Can you walk for the whole day and keep awake for the whole night?
4. Can you go in I‘tikāf, meaning: (a) To sit at one place for days, (b) To sit for hours praying and (c) To refrain from talking to anyone for hours and days.

5. Are you able to travel alone, carrying your own baggage and without any money in your pocket among enemies and opponents, among strangers and non-acquainted people, for days, weeks and months?

6. Do you accept that there are some people who are above all types of defeat? They do not even like to hear the word defeat. They are willing to cut through mountains; they are ready to pull up rivers. Do you think that you can be ready for such a sacrifice?

7. Do you have the courage that when the entire world says “NO” you say “YES?” All the people around you laugh at you yet you remain composed. People run after you and say, “Wait, we are going to give you a beating,” and instead of running away you stop and say with great humbleness, “Here I am, beat me.” You listen to no one as you know the people utter falsehood, but you convince them all because you are truthful.

8. You should not say, “I worked hard but Almighty God failed me.” Instead, in each failure you blame your own self. You firmly believe that whoever works hard will succeed and whoever does not succeed has not worked hard at all. If you are like this then you have the potential to be a good missionary and a good businessman. But where are you? A man of God has been in search of you for a very long time. O Ahmadi youth! Search for this person in your province, in your city, in your neighborhood and in your heart since the tree of Islām is withering away and only with his blood will it once again flourish.” (Leaflet: I Am Searching For You)

Ḥaḍrat Mirzā Nāṣir Aḥmad, Khalīfatul-Masīḥ III, put forth the basic requirements to be a trainer.

“I wish to draw the attention of our missionary brothers that in order to become a true missionary in the sight of Allāh, two fundamentals are required. One is the light of understanding and the other is a tender heart. The Holy Qur’ān has also stated, ‘I am the One who removes the weakness in your intellect and take it to greater heights, and all its defects will be effaced through me and all its darkness will turn into brightness through me; Furthermore

the Holy Qur’ān has said, ‘One of the reasons for my descent is to produce tender hearts,’ as Allāh Almighty says in Sūrah Yusuf:

“We have revealed it, the Qur’ān in Arabic that you may understand” (12[Yūsuf]:3). (Al-Faḍl, March 3, 1969)

Ḥaḍrat Mirzā Ṭāhir Aḥmad, Khalīfatul-Masīḥ IV, said:

“Every Aḥmadī who receives this message should become a guardian for himself, and, he should take a solemn vow before Almighty God, and promise that he will convert at least one person to Aḥmadiyyat within one year. If he prays then this will not be difficult. When God is willing to bestow a favor upon you, it is the height of ungratefulness not to stretch your hand and receive it.” (Friday Sermon, September 27, 1985)

“The job of the Da’ī Ilallāh is to cultivate the crops and gardens of Da’wat Ilallāh. It does not happen with just a mere piece of advice or a reminder; it needs the development of a close attachment with trainees. Creating a love for this work is an art and the Holy Qur’ān has thrown some fundamental light upon this we should benefit from. Allāh gave Ḥaḍrat Ibrāhīm the task of giving life to nations and he was told that through him nations will get new life. Ḥaḍrat Ibrāhīm had a very humble character. He submitted, ‘Rabbi Arinī Kaifa Tuḥyil-Mautā, that is, O God! I understand that you will give life to nations, but how? In reply, he was commanded, ‘Take four birds and attach them to yourself, then send them in different directions and then call them, and you will see how they come flying back to you.’ This was the example of Ḥaḍrat Ibrāhīm. So every missionary, Amīr, president and office bearer should get hold of some members of their Jamā’at, and under ‘Surhunna Ilaiḳ’ (2[Al-Baqarah]:261) should attach the trainees to themselves, train them with love and affection, give them a task and spread them in the world. Likewise, according to one’s capability, one should get hold of four, eight or ten members, train them and employ them. This way, this number should increase.” (Friday Sermon, August 28, 1987)