

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ



MAJLIS CHERAS NEWSLETTER



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

میں اقرار کرتی ہوں کہ اپنے مذہب اور قوم کی خاطر اپنی جان، مال، وقت اور اولاد کو قربان کرنے کے لئے تیار رہوں گی نیز سچائی پر ہمیشہ قائم رہوں گی اور خلافت احمدیہ کے قائم رکھنے کے لئے ہر قربانی کے لئے تیار رہوں گی۔ انشاء اللہ

ENG TRANSLATION:

I bear witness that there is none worthy of worship except Allah. He is One and has no partner, and I bear witness that Muhammad(sa) is His servant and Messenger. I affirm that I shall always be ready to devote my life, property, time and children for the cause of the faith and the community. I shall always adhere to the truth and shall always be prepared to make every sacrifice for the perpetuation of the Ahmadiyya Khilafat, (InshaAllah.)

MALAY TRANSLATION

Saya bersaksi bahawa tiada Tuhan yang patut disembah melainkan ALLAH. Dia adalah SATU dan tiada sekut-Nya. Dan saya bersaksi bahawa Nabi Muhammad saw adalah hamba-Nya dan Utusan-Nya. Saya berjanji bahawa saya akan selalu siap sedia mengorbankan hidup saya, kekayaan, waktu dan anak-anak demi kepentingan agama dan negara. Saya akan selalu berpegang kepada kebenaran dan selalu menyediakan diri untuk memberikan setiap pengorbanan demi kepentingan Khilafat Ahmadiyah, (Insha'Allah)

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- HADITH
- MAIN POINTS OF KHUTBA JUMMA
- MAJLIS ACTIVITIES
- RECIPES
- HEALTH AND WELNESS TIPS
- CHECKLIST

IN THIS NEWSLETTER
WE WILL BE
COVERING UP
EVERYTHING THAT
HAS HAPPENED IN
MAJLIS CHERAS IN
2023

HADITH

HADITH FROM

"PYARAY RASUL KI PIAYARI BATEIN"
BY HAZRAT MIR MUHAMMAD ISHAQ(RA).
AHADITH 1 TO 160

الْمُسْلِمُ مَنِ سَلِمَ الْمُسْلِمُونَ مِنْ
لِسَانِهِ وَيَدَيْهِ

مسلمان وہ ہے جس کی زبان اور ہاتھ سے دوسرے مسلمان محفوظ رہیں

A Muslim is one from whose tongue and hands another Muslim is safe.

SAYING OF PROMISED MESSIAH

(Malfoozat Vol. 2:
p 344)

قرآن جواہرات کی تھیلی سے اور لوگ اس سے بے خبر ہیں!

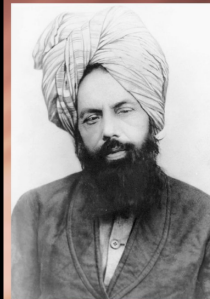
The Holy Quran is a treasure chest, but few are those who are aware of it.



"There are only two complete parts of faith. One is to love God and the other is to love mankind to such a degree that you consider the suffering and the trials and tribulations of others as your own and that you pray for them."

HAZRAT MIRZA GHULAM AHMAD
Founder of the Ahmadiyya Muslim Community

Ahmadiyya Muslim Research Association



HAZRAT MIRZA GHULAM AHMAD
Promised Messiah (as)

Be Allah's friend with all your heart, in all sincerity, gaining His nearness with ever growing zeal. Be kind to your subordinates, to your wives and to your less fortunate brothers so that you may be shown kindness in heaven. Become truly His so that He may belong to you.

SUMMARY OF FRIDAY SERMON (25 AUGUST 2023)



‘The True Meaning of Taubah and Istighfar’

HIS HOLINESS(ABA) SAID THAT IN THE HOLY QUR’AN, IT IS STATED THAT ALLAH GRANTS THOSE WHO TRULY REPENT WITH WEALTH AND PROGENY, AND IT BECOMES A MEANS OF BEING SAVED FROM THE DISPLEASURE OF ALLAH THE ALMIGHTY. AT ONE INSTANCE IN THE HOLY QUR’AN, ALLAH THE ALMIGHTY STATES:

**‘THEY WOULD HAVE SURELY FOUND ALLAH OFT-RETURNING WITH COMPASSION AND MERCIFUL.’
(THE HOLY QUR’AN, 4:65)**

HIS HOLINESS(ABA) SAID THAT, HOWEVER, THE CONDITION OF THIS IS THAT ONE TRULY SEEKS FORGIVENESS AND REPENTS. IT IS RECORDED THAT THE HOLY PROPHET(SA) ONCE SAID THAT FOR ONE WHO TRULY REPENTS, IT IS AS IF THEY NEVER ERRED IN THE FIRST PLACE. ONE BECOMES SAFE FROM THE ILL EFFECTS OF WRONGDOING. THEN THE HOLY PROPHET(SA) CITED THE FOLLOWING VERSE:

**‘ALLAH LOVES THOSE WHO TURN TO HIM AND LOVES THOSE WHO KEEP THEMSELVES CLEAN’
(THE HOLY QUR’AN, 2:223)**

THE HOLY QUR’AN EMPHASIZES THE IMPORTANCE OF REPENTANCE AND FORGIVENESS IN OBTAINING WEALTH AND PROGENY FROM ALLAH. THE PROPHET (SA) EMPHASIZES THE NEED FOR GENUINE REPENTANCE, EXPRESSING REGRET AND SORROW, AND RESOLVING TO NEVER ENGAGE IN EVIL AGAIN. THE PROMISED MESSIAH (AS) OUTLINES THREE CONDITIONS FOR TRUE REPENTANCE: ABANDONING ILL THOUGHTS, EXHIBITING TRUE REGRET AND SORROW, AND FIRMLY RESOLVING TO NEVER ENGAGE IN EVIL AGAIN. THE PROPHET (SA) AND HIS HOLINESS (ABA) EMPHASIZE THE SIGNIFICANCE OF SEEKING FORGIVENESS AND SEEKING HELP IN THE MUSLIM UMMAH. THE PROMISED MESSIAH EMPHASIZED THE IMPORTANCE OF SEEKING FORGIVENESS THROUGH GENUINE EFFORTS AND ACTIONS TO ELIMINATE EVIL FROM ONE’S LIFE. HE DEFENDED JESUS FROM BEING ACCUSED OF NOT DOING ISTIGHFAR, STATING THAT JESUS ASKED FOR MERCY AS A PROTECTION FROM ALLAH. THE PROMISED MESSIAH DESCRIBED GOD AS THE LIVING AND SELF-SUBSISTING AND ALL-SUSTAINING, EMPHASIZING THE IMPORTANCE OF MAINTAINING ONE’S LIFE AND REPENTANCE FOR PROGRESS AND SUCCESS. HE URGED PEOPLE TO SEEK GOD’S GRACE AND FORGIVENESS, NOT BE AFRAID TO TURN TOWARDS HIM AND PRAY, AND FOLLOW THE BASIC COMMANDMENTS OF WORSHIP.

REFERENCE:

<https://www.youtube.com/watchv=22WlM7Px9vc>



HEALTH AND WELLNESS TIPS

Health is wealth



WELLNESS TIPS FOR THE HEART

- Manage Your Stress
- Reduce Junk Food
- Find Reasons to Smile
- Check for Diabetes
- Stop Smoking
- Eat Well
- Maintain a Healthy Weight
- Strive for Daily Movement
- Get Plenty of Rest
- Build Muscle

MEDITERRANEAN DIET PYRAMID

A CONTEMPORARY APPROACH TO DELICIOUS, HEALTHY EATING

BE PHYSICALLY ACTIVE
ENJOY MEALS WITH OTHERS

LDWAYS
LIFE DESIGN WAYS

Best Foods For Your Body

- Brain:** salmon, tuna, sardines, walrus
- Brain:** green vegetables, beans, salmon
- Eyes:** eggs, corn, carrot
- Muscle:** bananas, red meat, fish, eggs
- Heart:** tomatoes, potatoes
- Lungs:** broccoli, brussels sprouts
- Bowels:** prunes, yogurt
- Skin:** blueberries, salmon, green tea
- Bones:** oranges, citrus milk

PREVENTING HEATSTROKE

What is heatstroke?

- It occurs when the body is unable to control its temperature
- As body temperature shoots up there is an inability to sweat
- It can be fatal & cause permanent organ damage

A HELPFUL GUIDE TO HOW MUCH YOU SHOULD DRINK WHEN THE TEMPERATURE RISES

Kilogrammes	Litres
50	2.1
60	2.5
70	2.9
80	3.5
90	3.9
100	4.3

PREVENTATIVE MEASURES

- Drink enough water
- Don't over-exercise
- Stay indoors/ in the shade
- Wear loose-fitting the right type of clothes
- Reduce caffeine/ alcohol intake & sugar consumption

IF YOU HAVE SYMPTOMS

- Move to a cool/ an air-conditioned place
- Bathe in cold water
- Use a wet washcloth to help lower body temperature

COMMON SYMPTOMS

- Throbbing headache
- Absence of sweat
- High body temperature (>39°C)
- Dry, red skin
- Nausea/vomiting
- Rapid pulse
- Loss of consciousness
- Poor concentration/confusion
- Swollen tongue
- Drop in blood pressure

Get immediate help/call 911 if symptoms persist/worsen

And take immediate action to lower body temperature

Source: Health Director General, Tan Sri Dr Noor Hisham Abdullah
Published: May 17, 2022
Berita Harian Infographics

Dengue

Information for travellers

Source of infection: Vector-borne diseases transmitted by infected mosquitoes.

Type of exposure & prevention: Bite of an infected Aedes mosquito. Dengue can be transmitted by pregnant women to fetus during pregnancy or around the time of birth. To prevent dengue during travel:

- Reduce mosquito breeding:**
 - Make sure the place where you are staying doesn't have mosquito breeding sites around it
 - Keep water containers in your rooms covered and empty any unused water
- Reduce mosquito bites:**
 - Control outdoor movement especially between 8 and 9 am, 4 and 6 pm
 - Use window screens, repellents, and mosquitoicide treated bed nets, coils and vapourisers
 - Wear light coloured clothing that covers your arms and legs

Symptoms

Symptoms of severe dengue include:

- Bleeding in gums
- Blood in stool
- Severe abdominal pain
- Rapid breathing

Symptoms of mild dengue include:

- Fever with a drop in body temperature (below 38°C/100°F)
- Headache
- Sore muscles
- Fatigue
- Persistent vomiting

Actions to take in case of symptoms: Seek medical advice immediately. Avoid travel.

World Health Organization
Malaysia - Eastern Mediterranean

Professional Supplement Center

TIP OF THE DAY

Foods found in nature are not only nutritious, they also contain the enzymes and fiber required to digest and metabolize the food.

Positive Self-Care

Caring for ourselves helps us to be better able to care for others.

- Think about what you've done recently that is positive self-care.
- Write down your positive self-care activities.
- Plan what you will do today for self-care.

WHY FIRST AID IS IMPORTANT IN OUR LIFE

- PREVENTS THE ESCALATION OF INJURY
- PROMOTES RECOVERY
- PROVIDES PAIN RELIEF
- PROTECTS THE UNCONSCIOUS
- IT SAVES LIVES

World Health Organization

RECIPES



Ingredients:

- Doodh (Milk) 1 litre
- Cheeni (Sugar) 3/4 Cup or to taste
- Doodh (Milk) ½ Cup
- Rafhan Custard powder 5 tbs
- Ice cubes
- Cream chilled 200 ml
- Pani (Water) 1 Cup
- Rafhan strawberry jelly 1 pack
- Aam (Mangoes) peeled & cubes ½ kg
- Cheeni (Sugar) 1 tbs
- Pista (Pistachios) & Badam (Almonds) chopped
- Plain cake cubes

DIRECTIONS:

IN FRYING PAN, ADD MILK AND BRING IT TO BOIL.



ADD SUGAR, MIX WELL AND COOK UNTIL SUGAR IS DISSOLVED.

IN MILK, ADD CUSTARD POWDER AND MIX WELL.



NOW ADD DISSOLVE CUSTARD, WHISK CONTINUALLY AND COOK UNTIL CUSTARD IS THICK & LET IT COOL.

IN BOWL, ADD ICE CUBES, PLACE ANOTHER BOWL, ADD CREAM AND BEAT UNTIL SOFT PEAKS FORM & SET ASIDE.



IN KETTLE, ADD WATER AND BRING IT TO BOIL.



ADD STRAWBERRY JELLY AND MIX UNTIL DISSOLVED.

POUR JELLY MIXTURE INTO A MOULD, LET IT COOL & REFRIGERATE.

IN BLENDER JAR, ADD MANGOES, SUGAR AND BLEND TO MAKE A PUREE & SET ASIDE.

CUT JELLY INTO CUBES & SET ASIDE.

IN SERVING CUP, ADD MANGO PUREE, RED JELLY CUBES, PISTACHIOS & ALMONDS, WHIPPED CREAM, PLAIN CAKE CUBES, MANGO PUREE, PREPARED CUSTARD, RED JELLY CUBES AND GARNISH WITH WHIPPED CREAM.

CHILLED UNTIL SERVE!

MANGO CREAM CUSTARD

WHITE SAUCE PASTA



- 500 GM BOILED PASTA PENNE
- 2 CHOPPED RED BELL PEPPER
- 2 MEDIUM GRATED CHEESE CUBES
- 1 TEASPOON THYME
- 1 CUP FROZEN SWEET CORN
- 1 TABLESPOON BUTTER
- 2 CUP MILK
- SALT AS REQUIRED
- 1 LARGE CHOPPED CAPSICUM (GREEN PEPPER)
- 2 TEASPOON CORN FLOUR
- 2 TEASPOON OREGANO
- 1 TEASPOON PAPRIKA
- 250 GM BOILED BROCCOLI
- 4 CLOVES GRATED GARLIC
- 2 PINCHES POWDERED BLACK PEPPER
- 4 CUP WATER

- **Step 1** Boil the pasta and saute the veggies
- To prepare this delicious pasta recipe, take a pan and heat olive oil over medium flame and all the vegetables like sweet corn, broccoli, capsicum and red bell peppers. Then add some water and boil with 1/2 tsp salt and 1/4 tsp of black pepper powder.
- **Step 2** Make sure the veggies are crunchy
- While par-boiling the veggies, you need to be careful as over boiling the vegetables will drain out all the nutrition and make them soggy. Whereas, the pasta tastes best when the veggies are delicious and crunchy. Once the veggies and pasta are boiled, it's time to make the creamy white sauce.
- **Step 3** Prepare the white sauce
- Take another pan and heat over medium flame. Then add penne pasta and boil it as per the given instructions. For preparing the white sauce, put a pan on low-medium flame and heat butter. While the butter is melting, add the grated garlic in it and saute for a minute. Now, add cornflour in the pan and saute till the flour is mixed well with the garlic. Then add milk to the pan and stir it continuously to avoid any lumps. Check the seasoning and add more salt and pepper if required.
- **Step 4** Add the pasta and serve hot!
- Once the sauce is ready, add the veggies and the pasta along with a choice of spices and herbs



ENDING

CHECKLIST

- HADITH
- MAIN POINTS OF KHUTBA
- MAJLIS ACTIVITES
- RECIPES
- HEALTH AND WELNESS TIPS

**MAY ALLAH HELP
ALL OF US TO
SERVE OUR
JAMMAT IN EVERY
POSSIBLE WAY.
(AMEEN)**

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ
كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ
إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ
كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى
آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

Allahumma Salli 'ala Muhammadin wa 'ala aali Muhammadin, kama sallaita 'ala Ibrahim wa 'ala aali Ibrahim innaka Hamidum-Majeed. Allahumma barik 'ala Muhammadin wa 'ala aali Muhammadin kama barakta 'ala Ibrahim wa 'ala aali Ibrahim innaka Hameedum-Majeed.

TRANSLATION:

O Allah, bless Muhammad(sa) and his people, as Thou didst bless Abraham and his people - Thou art indeed the Praiseworthy, the Exalted. O Allah, prosper Muhammad(sa) and his people, as Thou didst prosper Abraham and his people - Thou art indeed the Praiseworthy, the Exalted.