

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ



Love For All Hatred For None

**NEWSLETTER
MAJLIS
BATU CAVES**

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ



NEWSLETTER MAJLIS BATU CAVES

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HADITH

حَدَّثَنَا مُحَمَّدٌ، أَخْبَرَنَا أَبُو مُعَاوِيَةَ، عَنِ الْأَعْمَشِ، عَنْ زَيْدِ بْنِ وَهَبٍ، وَأَبِي، ظَبْيَانَ عَنْ جَرِيرِ بْنِ عَبْدِ اللَّهِ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " لَا يَرْحَمُ اللَّهُ مَنْ لَا يَرْحَمُ النَّاسَ ."

Narrated Jarir bin `Abdullah:

Allah's Messenger (ﷺ) said, "Allah will not be merciful to those who are not merciful to mankind."

جریر بن عبداللہ رضی اللہ عنہ روایت کرتے ہیں:

رسول اللہ صلی اللہ علیہ وسلم نے فرمایا اللہ اس پر رحم

نہیں کرتا جو انسانوں پر رحم نہیں کرتا۔



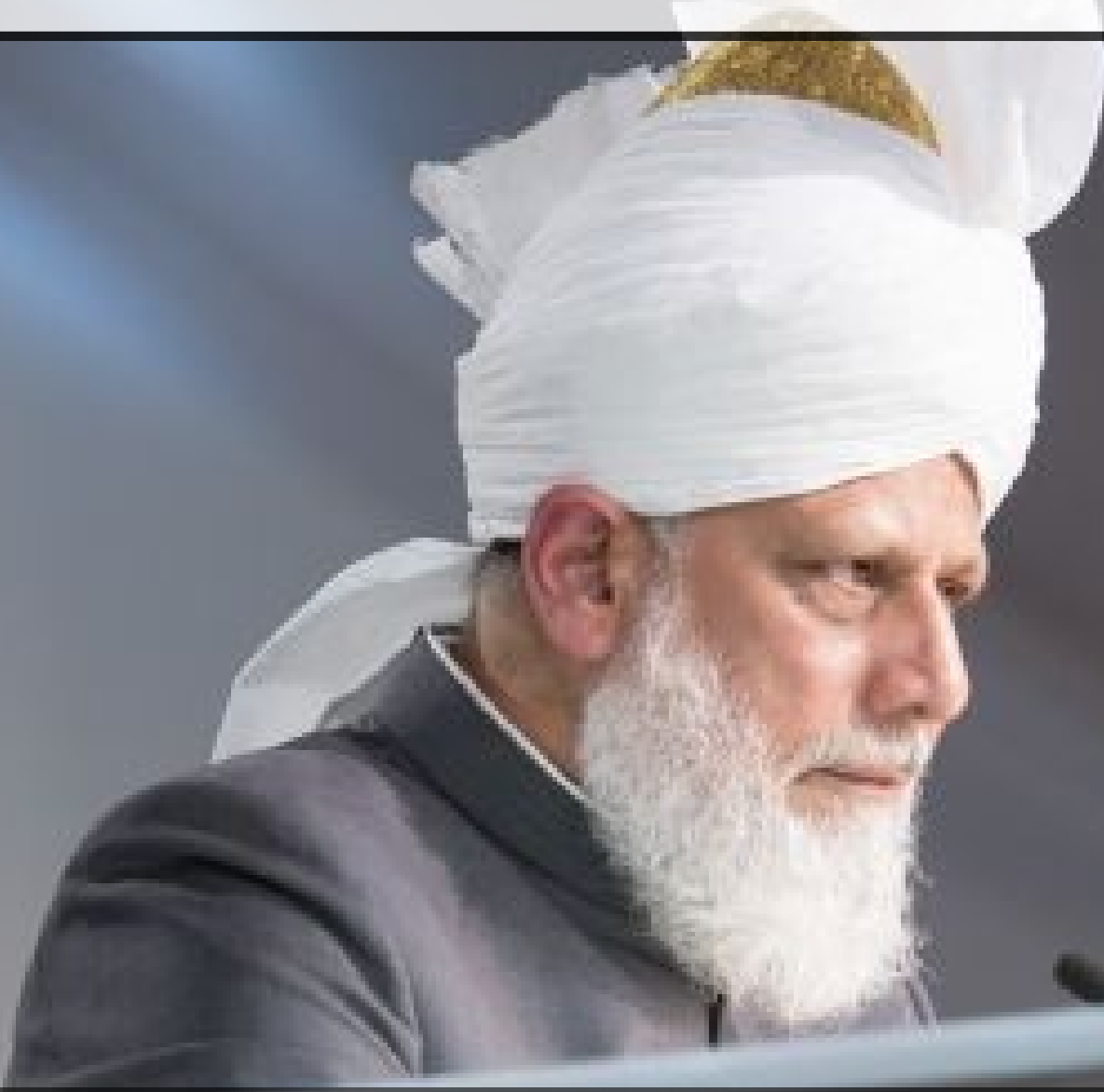
KHUTBA JUMMA IMPORTANT POINTS



If we do not create a pure change within ourselves and do not pay attention to true repentance and forgiveness, then our commitment to self-improvement can do us no good.

گر ہم اپنے اندر پاک تبدیلی پیدا نہ کریں اور حقیقی توبہ اور استغفار کی طرف توجہ نہ دیں تو ہمارا اپنی اصلاح کا عہد کرنا ہمیں کچھ فائدہ نہیں دے سکتا

KHUTBA JUMMA IMPORTANT POINTS



Every Amila Member should remember that we have to cultivate spiritual beauty in ourselves.

بر عہدیدار کو یہ بات یاد رکھنی چاہیے کہ ہم نے اپنے اندر روحانی خوبصورتی پیدا کرنی ہے

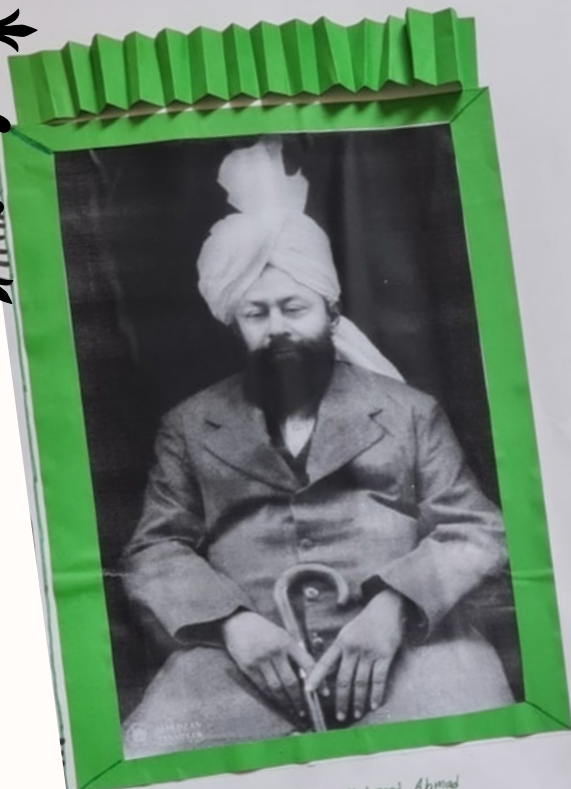
ACTIVITIES IN MAJLIS

IJTEMA NASIRAT



ACTIVITIES IN MAJLIS.

JALSA HAZART MUSLEH MAUD



Hazrat Mirza Bashiruddin Mahmood Ahmad
Khatifatul Masih II Musleh Maul RA

MUSLEH
MAUD
DAY

ACTIVITIES IN MAJLIS

JALSA SAD SALA LAJNA IMAILLAH



JALSA SAD SALA LAJNA IMAILLAH





RECIPE

RED SAUCE PASTA

INGREDIENTS

FOR THE TOMATO SAUCE:

- 5-6 TOMATOES (DICED)
- 1 GARLIC CLOVE
- 1 ONION
- 1/2 CUP WATER
- 1 BAY LEAF
- 1/2 TSP SUGAR
- 4-5 BASIL LEAVES
- 1 TBSP ONION (CHOPPED)
- 1/2 TBSP GARLIC
- SALT TO TASTE
- OIL (TO SAUTE)

FOR THE PASTA:

- 110 GMS PASTA
- 3 CUPS WATER
- A PINCH OF SALT

DIRECTION

TO PREPARE SAUCE:

- Cook the tomatoes in a pan.
- Add garlic cloves, onion and bay leaf to it.
- Add water and then season with salt and sugar
- Cover and let the tomatoes boil. Cool and then grind to a puree.
- Now, in a separate pan, heat oil and add chopped onions and chopped garlic.
- Add the tomato puree. Cook till it reduced to half.
- Add basil leaves and keep aside.

To prepare pasta

- Boil water with salt.
- Add the pasta to it and let it boil. Drain when done
- Transfer it to a serving dish and serve with the tomato sauce.

HEALTH AND WELLNESS

Meditation



Meditation

Meditation is a simple practice available to all, which can reduce stress, increase calmness and clarity and promote happiness.

Learning how to meditate is straightforward, and the benefits can come quickly.

How to do Meditation ?

1. Find a quiet space.
2. Set a time limit (start with 5-10 minutes).
3. Sit or lie comfortably with a straight back.
4. Close your eyes
5. Focus on your breath.
6. Breathe naturally, paying attention to each breath.
7. When your mind wanders, gently bring it back to your focus.
8. End your meditation gracefully.
9. Practice regularly.



LOVE
FOR ALL
HATRED
FOR NONE

