

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ۖ إِنَّ مَعَ الْعُسْرِ يُسْرًا ۗ

SO VERILY, WITH THE HARDSHIP, THERE IS RELIEF.  
VERILY, WITH THE HARDSHIP, THERE IS RELIEF.

*Khilafat*



"Allah has promised to those among you who believe and do good works that He will, surely, make them successors in the earth..."(24:56)

وَعَدَ اللَّهُ الَّذِينَ آمَنُوا مِنْكُمْ وَعَمِلُوا الصَّالِحَاتِ  
لَيَسْتَخْلِفَنَّهُمْ فِي الْأَرْضِ



**HQ**  
**NAKHODA**



A MUSLIM IS A BROTHER TO ANOTHER MUSLIM

عَنْ عَبْدِ اللَّهِ بْنِ عُمَرَ رَضِيَ اللَّهُ عَنْهُمَا أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ:  
الْمُسْلِمُ أَخُو الْمُسْلِمِ لَا يَظْلِمُهُ وَلَا يُسْلِمُهُ، وَمَنْ كَانَ فِي حَاجَةِ أَخِيهِ كَانَ اللَّهُ فِي  
حَاجَتِهِ، وَمَنْ فَرَّجَ عَنْ مُسْلِمٍ كُرْبَةً فَرَّجَ اللَّهُ عَنْهُ كُرْبَةً مِنْ كُرْبَاتٍ يَوْمَ الْقِيَامَةِ،  
وَمَنْ سَتَرَ مُسْلِمًا سَتَرَهُ اللَّهُ يَوْمَ الْقِيَامَةِ. (الْبُخَارِيُّ، كِتَابُ الْمَطَالِمِ، بَابُ لَا يَظْلِمُ  
الْمُسْلِمَ الْمُسْلِمَ وَلَا يُسْلِمُهُ)

TRANSLATION:

Hazrat Abdullah ibn Amr<sup>ra</sup> relates that the Holy Prophet<sup>swt</sup> said: A Muslim is the brother of a Muslim; he does not wrong him nor does he hand him over to his enemy. He who occupies himself in relieving the need of a brother will find that Allah occupies Himself in relieving his need. He who removes the trouble of a Muslim will have one of his troubles removed by Allah on the Day of Judgment. He who covers up the fault of a Muslim will have his faults covered up by Allah on the Day of Judgment.

(Sahih Bukhari Vol. 4, Kitab ul Mazalim, Hadith No. 2442, pp. 451-452. English translation taken from The Gardens of the Righteous, Hadiths No. 235, p.59)



## Friday Sermon of Khalifatul Maseeh the 5th (Summary)

**Verily, Allah commands you to make over the trusts to those entitled to them.' (The Holy Qur'an, 4:59)**

**His Holiness (aba) said that it is narrated in a Hadith that any position in which one is entrusted to see matters pertaining to others is a trust. Thus in this way, within the system of the Jama'at (Community), any position or service to which a person is appointed is a trust. Office bearers are appointed at every level, whether locally, regionally, nationally, the local centre or the auxiliaries. Generally, these office holders are selected based on an election. Hence, it is commanded to select those who, in the people's view, are worthy of holding that office or position**

**The intention is always to try and not select those who bring themselves to the forefront in order to hold office. If the Caliph of the Time or office bearers learn of this character in a person, then they are not appointed.**

**If a secretary Tarbiyyat (moral training), does not offer the five daily prayers, then how can they enjoin others to do so? If a live-devotee or missionary does not turn their attention towards offering voluntary prayers, then how can they enjoin others to worship? This is exactly what the Promised Messiah (as) said; that non-Ahmadi clerics advise many things, but they are not backed by their own actions; how then could their words bear any impact? Hence this is cause for great concern for us. We must tread very carefully, for it is only when we heed these things that we will be successful.**

**Every Ahmadi pledges to tread with righteousness and to give precedence to their faith over worldly matters, however this applies even more to office bearers; they must fulfil their pledges and trusts, the duties entrusted to them with righteousness and all of their abilities. His Holiness (aba) prayed that may Allah enable us to do so.**

(18 August 2023)





# Checklist

New born

Academic Award

Quiz on lajna jublee

Food decoration competitions

Majlis Activities

Achievements

Health care tips

Wellness tips

Poem on lajna jublee celebrations

Chicken Rendang recipe

## New Born

By the grace oh Allah Almighty a lajna, Mrs Aneela Asif from our majlis conceived after 16 years of her marriage. She came across with good news in the month of shura and the most blessed thing is that she got pregnant right after the completion of the Holy Quran with translation.

## Academic Award

Alhamdulillah Ifrah Amtul Mussawar got Honour's award in Bs honours 2nd year from University of people USA.

Hala Waheed got Two A\* and two B's in IGCSE



## Position holders of quiz about History of Islam,

Ahmaddiyat and Malaysia on lajna jublee



**Rinawanti Fauziah**  
**Amtul Basit Yaqoob**



**Dur-e-Nayab**



**Jublee program**

**National Level**

**Food decoration Competition**

**Hania Shabir 1st Position**





## Activities in Majlis

Ijtima waqfat-e-nau

Ijtima Nasirat tul Ahmadiyya and Lajna imaillah

Meena Bazaar

Lajna imaillah Jubilee program

Nasiratul Ahmadiyya Art & Craft Competitions.

Jalsa Yaum-e-khilafat

Jalsa seerat tul Nabi

Jalsa Yaum-e-Musleh muad

Seminaar Talim, Tarbiyat, Tabligh & Rishta Nata

Trip Titiwangsa park KL

Alhumdolillah Suma Alhumdolillah

By the grace of Allah Almighty Majlis Nakhoda (head quarter) organised many Programs at majlis Level. and every Program started with the recitation of the Holy Quran followed by Hadith.

Moreover Guests were invited in these Programs including National Sadar Malaysia, Sadar Zilla Gombak and Naib Sadar Gombak.

The attendance of each Program was more than 150 members of Lajna and Nasirat.

In the end I would like to say that may Allah Almighty guide us on the right path and provide us more opportunities to serve jammat Ahmaddiya.

Ameen Summa Ameen



**MEENA BAZAR**  
Saturday 20 May 2023  
10AM TO 4PM  
MAJLIS NAKHODA  
Invite you, your Sister, Daughter and friends To Our Majlis Nakhoda MEENA BAZAAR  
We have foods, Dresses, Jewellery and much more  
Venue: Masjid Baitur-Rahman  
RM2 EAGI  
Entertainment  
Competitions- Party wear makeup Competition, Joking Competition, Henna and much more  
organised by Secretary swad majlis Nakhoda Mansoorah Sheehan

**PICNIC LAJNA NAKHODA**  
FunTime  
2nd-September 2023  
Titiwangsa Park  
Time: 2pm-3pm  
Lemon-sponge game  
Balloon Question  
Catch me if you can  
Painting-Nasirat  
Water cup Balance





# Achievements

## Position Holders of Majlis Nakhoda in Ijtima lajna imailah , Zilla

### Gombak

#### Nasirat level 3(age 7-9) 1st position

Hafazan :: Iffah Adeel

English speech :: Anowral tahir

Quiz :: Iffah, Anowral and Shafia

#### Nasirat level 2(age 10-12) 1st position

Hafazan :: Muneefa Muzaffar

English speech :: Muneefa Muzaffar

Qaseeda :: Fareeha Nadeem

Art and craft :: Rania Shabir

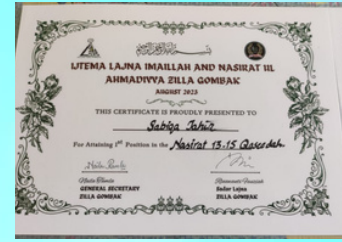
#### Nasirat level 1( age 13-15) 1st position

Tilawat :: Rameeza Shabir

Hafazan :: Sabiqa Farwa

Nazam :: Sabiqa Tahir

English speech :: Sabiqa Akbar



## Wellness Tips

### Create Positivity

1. Love and accept yourself.
2. Think optimistically- be rid of the negative comments.
3. Do not dwell on the past or worry about the future, live for the moment.
4. Surround yourself with those who make you smile.
5. Follow your passion.







## Chicken Rendang Recipe

### Ingredients:-

- 5 Garlic Cloves, 1 inch Ginger
- 1/2 Inch Galangal, 3 Candlenuts, 1/2 Yellow Onion
- 1 Red Onion, 6 Lemongrass sticks, 1 cup of water (250ml) Two 2 lb Chicken Thigh (1 kg) skinless & bone in.
- 1 star anise, 3 Cardamon, 4 cloves, 1 cinnamon stick, 2 lemongrass (Bruised & cut into 2 inches length)
- 2 Teaspoons chilli powder, 4 tablespoons curry powder, 1 1/2 teaspoons turmeric powder, 2 tablespoons brown sugar, 2 tablespoons salt.
- 3 tablespoon Kerisik (Roasted coconut paste)
- 4 tablespoons squeezed tamarind juice, 1 1/4 coconut milk (300ml), 15 kefir lime leaves (thinly sliced)

## جشن تشکر لجنہ لامادہ

اس جشن تشکر پر بہنو پاک عہد ہمیں دہرا نا ہے  
 اس پاک جماعت میں آجیں تو ہم لجنہ ہمیں، ناصرات ہمیں  
 یہ یاد رہے پہلے اپنی قدر تھی نہ ہی وقعت تھی  
 صد شکر ہے کہ محمود نے ہم کو کھوئی عزت لو ناوی  
 ملت کے جھلمل تاروں کی قسمت اب اپنے ہاتھ میں ہے  
 تار سنا گو اہے لجنہ نے ہر خیر میں حصہ ڈالا ہے  
 پُر عزم حیا کی بیکر پر لجنہ کی خلعت جتنی ہے  
 آقا کی دعا کے سائے میں نسلوں کی قیادت کرنی ہے  
 تعلیم و ہنر کے ذریعہ ہی اب دین کی اشاعت ممکن ہے  
 ہم لجنہ ہیں، ہمیں یاد رہے آقا کی اطاعت لازم ہے  
 اس یوم تشکر پر بہنو صد شکر خدا کا کرتے ہیں

(مسعودہ فرح)

## 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.

