

# بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



## Lajna Imaillah Kepong



وَهُوَ الَّذِي جَعَلَكُمْ خَلَائِفَ الْأَرْضِ وَرَفَعَ بَعْضَكُمْ فَوْقَ بَعْضٍ دَرَجَاتٍ لِيَبْلُوَكُمْ فِي مَا آتَاكُمْ إِنَّ رَبَّكَ سَرِيعُ الْعِقَابِ وَإِنَّهُ لَغَفُورٌ رَحِيمٌ ﴿١٦٥﴾

And it is He Who has made you generations coming after generations, replacing each other on the earth. And He has raised you in ranks, some above others that He may try you in that which He has bestowed on you. Surely your Lord is Swift in retribution, and certainly He is Oft-Forgiving, Most Merciful.



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## خلافة على منهاج النبوة

THE MOST SUPERIOR WAY OF ASKING FOR FORGIVENESS

### SAYYIDUL ISTIGHFAR

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ وَأَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَعُوذُ بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

(O Allaah, you are my Lord. None has the right to be worshipped but You. You created me and I am Your slave, and I am faithful to my covenant and my promise (to You) as much as I can. I seek refuge with You from all the evil I have done. I acknowledge before You all the blessings You have bestowed upon me, and I confess to You all my sins. So I entreat You to forgive my sins, for nobody can forgive sins except You.)" He [the Prophet (peace and blessings of Allaah be upon him)] said: Whoever says this during the day, believing in it with certainty, then dies on that day before evening comes, will be one of the people of Paradise, and whoever says it at night, believing in it with certainty, then dies on that night before morning comes, will be one of the people of Paradise."

(Narrated by al-Bukhaari, al-Da'waat, 6306)

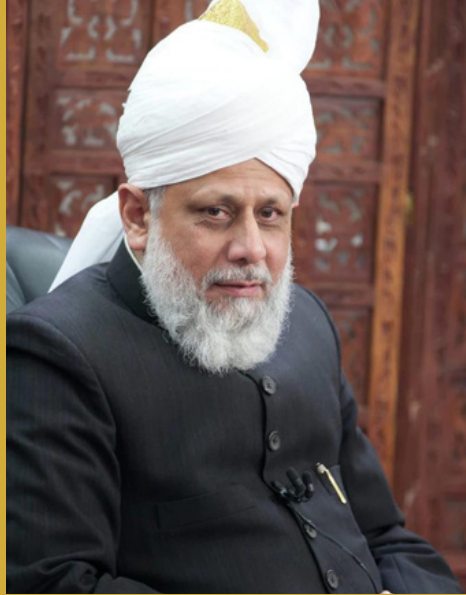


HAZRAT MIRZA GHULAM AHMAD  
Promised Messiah (as)

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.

# Hadhrat Khilaftul Masiah V's address to Lajnah Germany (Summary)



**Hazrat Khalifatul Masiah encourages Ahmadi women embrace the legacy of legacy of female companions in his address to lajnah Germany.**

**HuzoorABA said, they sacrificed their lives and wealth for Islam and showed great levels of bravery. These women created examples for not just Muslim women but for men too. These incidents should be a means of increasing our faith, and thus, Huzooraa said, we should listen to them closely and make them a part of our lives.**

**With regard to obedience to Allah, it is narrated about Hazrat Hafsara that she was someone who would keep many fasts and would offer a lot of prayers at night for Allah's sake. To attain high levels of worship, she would try her utmost to excel more than the men as well.**

**Hazrat Umm Habibahra narrated, that she heard Allah's MessengerSA say, "Whoever prays twelve (voluntary) rak'at in a day and a night, a house will be built for them in Paradise due to them (the rak'at)." Since the Holy Prophetsa said this, she has never missed these voluntary prayers.**

**With regard to financial sacrifices, it is narrated by Hazrat Ibn Abbasra that "The Prophetsa offered a two-rak'at prayer on Eid day, and he did not offer any (nawafil) before or after it. He then went towards the women, with Bilal[ra] accompanying him, and ordered them to give alms. And so the women started giving their earrings, etc."**

**HuzoorAA said that Ahmadi women carry out these kinds of sacrifices today as well and, as a result, are blessed in countless ways. With regard to purdah, Huzooraa said Allah has instructed women to hide their beauty from non-Mahram men and to keep their gazes low. However, these instructions do not mean that women should be kept like prisoners. Hazrat Musleh-e-MaudRA said that Islam never instructs that women should be confined within their homes, nor did Muslim women in the early days of Islam practise such seclusion. On the contrary, they would attend the sermons of the Holy Prophet Muhammadsa, participate in battles, tend to the wounded, engage in horse-riding, and both learn from and educate men.**

**Huzooraa said Ahmadi women must never get trapped in any kind of complex in terms of their faith. They should be the ones leading the world by example.**

**(2nd September, 2023)**



### Table of Content

#### Blessings Of Allah

- 
- 
- 
- 
- 
- 
- 

Majlis Activities

Achievements

Duas

Home Remedies

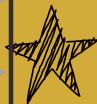
Chicken Patties

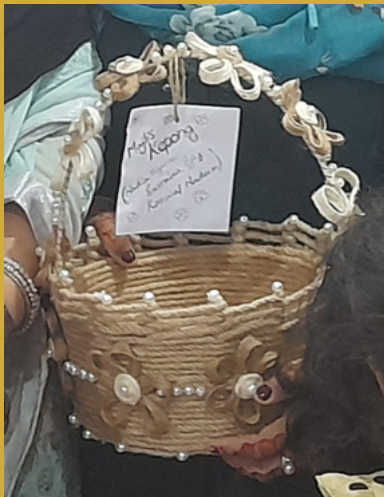
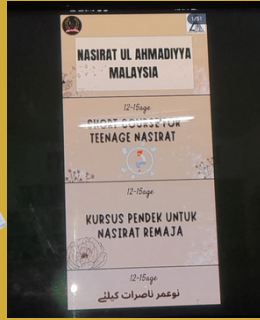
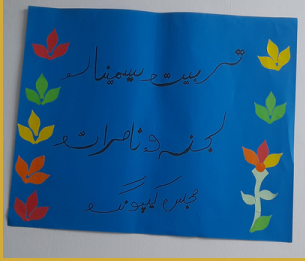
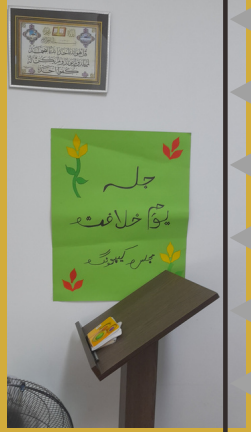
## Blessings of Allah

Alhamdulillah by the grace of Almmighty Allah a few of our Lajnah members have been blessed with babies, 6 of new lajnah members arrived in our majlis after marriage, 3 lajnah members got married and many families recieved resettlement call and three families left for USA in this blessed century year.



## Majlis Activities





# Achievements

## Academic Achievement

Alhamdulillah by the grace of Allah  
one of our young Lajnah member  
**SAMRAH ERUM** wins Gold award in  
Common Wealth Essay Competition  
among 23600 participants



## Nasirat Century Quiz Winners



Asifa Kanwal



Zara Lateef



Zoha Lateef



Duresameen



## Ijema Zila Gombak



Nomana Qamar  
1st prize in urdu Speech 10-12 yrs



Art and Craft



Quiz



Impromptu Speech



## Duas

Short duas recite in daily life to seek Allah's help



Prophet's emigration

رَبِّ أَدْخِلْنِي مُدْخَلَ صِدْقِي وَأُخْرِجْنِي مُخْرَجَ صِدْقِي  
وَاجْعَلْ لِي مِنْ لَدُنْكَ سُلْطَانًا نَصِيرًا

Rabbi adkhlinee mukhlati sidqini wa akhrijinee mukhroja sidqini  
waj'al lee milladunika sultaanam naseerac

"My Lord, cause me to enter a sound entrance and to exit a sound exit and grant me from Yourself a supporting authority."

17:80

Du'a When In Fear Of An Enemy

اللَّهُمَّ إِنَّا نَجْعَلُكَ فِي نُحُورِهِمْ  
وَنَعُوذُ بِكَ مِنْ شُرُورِهِمْ

O Allah! We put You in front of them, and we seek refuge in You from their evils

Du'a For Forgiveness For The Parents

رَبِّ ارْحَمْهُمَا  
كَمَا رَبَّيْتَنِي صَغِيرًا

My Lord! Bestow on them Your Mercy as They did bring me up when I was small  
(Surah Al-Israa:24)

Du'a For Elimination From Sadness, Depression, Anxiety & Worries

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ  
تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

Allah is sufficient for me. There is none worthy of worship but He alone. In Him is my trust. He is the Lord of The Supreme Throne  
(Surah Al-Imran:173)

SEVENTY THOUSAND ANGELS SEEK FORGIVENESS

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ  
مِنَ الشَّيْطَانِ الرَّجِيمِ

I seek refuge in Allah The All-Hearing, The All-Knowing from Shaytan the accursed

Recite the above 3 times, thereafter the last 3 verses of Surah Al-Haashir (78: Chapters 1-3)



# Home Remedies



## Home Remedies For Throat Pain



**Saltwater gargle:** Mix 1 teaspoon of salt in warm water and gargle to soothe throat pain.



**Honey and lemon:** Mix honey and lemon juice in warm water and sip to ease throat irritation.



**Herbal tea:** Drink herbal tea with soothing ingredients like ginger, licorice root, or marshmallow root to alleviate throat discomfort.



**Slippery elm:** Mix slippery elm powder in water and drink it to coat the throat and reduce irritation.

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## DRY COUGH NATURAL REMEDIES



### SALT

Add salt in water and use it to gargle several times a day

### VINEGAR

Add organic ACV to warm water. Consume in the morning & evening.



### GINGER

Infuse fresh ginger slices in warm water & consume this ginger water

### TURMERIC

Add turmeric & honey to warm milk & consume this turmeric milk



### HONEY

Add honey to warm water and consume this



# Crispy Chicken Patties

## Ingredients

puff pastry (I have used 4x4 inches square you can use as per your choice)

- 1 cup boiled chicken shredded
- 1/2 Chicken stock
- 2 tbsp Oil
- 3 tbsp flour
- 1/2 tsp Salt
- 1/2 tsp White pepper
- 1/4 tsp Mustard powder
- One egg yolk
- Black seeds and white sesame seeds





## Cooking Method

Heat oil in a frying pan over medium heat.

Add flour and stir fry for 1-2 minutes then add chicken stock and mix well.

Now add the shredded chicken, white pepper, salt, mustard powder and cook for 4-5 minutes or until sauce is thickened.

Remove from the heat and let it cool completely.

Take puff pastry in square shape and with the help of knife make cuts on both sides to make a fish like shape.

(You can make round shape with the help of cutter or shape of your choice)

Place the chicken filling and spread in the center and join the cutted edges to make a shape. Then wash the egg yolk on it with the help of brush and spread black seed and sesame seeds on it.

Bake chicken patties in ungreased tray for 35 to 40 minutes in 250 c in oven.

You can also cook these patties in air fryer for 10 minutes for both sides, but donnot forget to flip them.

Delicious Chicken Patties are ready to serve.

**ENJOY!**



وَآخِرُ دَعْوَانَا أَنِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ