



بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ



## MAJLIS BUKIT SENTOSA NEWSLETTER

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رَأْسُ الْعَقْلِ بَعْدَ الدِّينِ التَّوَدُّدُ  
إِلَى النَّاسِ وَأَصْطِنَاعُ الْخَيْرِ إِلَى  
كُلِّ بَرٍّ وَفَاجِرٍ.

The peak of good reason after religious devotion is treating people with love, and doing good to both good and bad people.

### Friday sermon

**'Centenary of Ahmadiyyat in Germany & Responsibilities of Ahmadi Muslims'**

After reciting Tashahhud, Ta'awwuz and Surah al-Fatihah, His Holiness, Hazrat Mirza Masroor Ahmad(aba) said that all praise belongs to Allah, for today the Jalsa Salana (Annual Convention) is being held in Germany at a grand scale after a gap of four years.

His Holiness(aba) prayed that may Allah enable all the attendees to achieve the true purpose of Jalsa. They should not be happy merely upon the fact that they have been able to convene again and will be able to meet one another. Rather, the foremost purposes for which the Promised Messiah(as) established this convention is to progress in spirituality, in religious knowledge, to increase in connection and love for God, to completely follow the Holy Prophet(sa) and love him, for the love of the world to diminish and to give precedence to faith.

The Community in Germany should enter the new century with a renewed determination to give precedence to faith over the world in order to achieve our true purpose, and to raise the next generation to have a connection with God. His Holiness(aba) prayed that may Allah the Almighty enable us to do so.



His Holiness(aba) said that the Amir of the Community in Germany asked him what their goal should be for the next century. Firstly, have the few things presented in light of the Promised Messiah's(as) writings been achieved? Many have expressed that they are hearing about the true teachings of Islam for the first time. This means that exhibiting good morals or spreading pamphlets has not achieved the task yet of spreading the message of Islam Ahmadiyyat.

Summary prepared by The Review of Religion

[HTTPS://YOUTU.BE/729BSSG78KG?  
SI=LGUJKINQ9GY8BVCF](https://youtu.be/729BSSG78KG?SI=LGUJKINQ9GY8BVCF)



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## Announcements

Eid ul fitr will be celebrated Friday April 21st 2023.

There will be physically arranged Darsul Quran for our lajnah to get benefits of Ramadan .

We will update you namaz time via our lajnah whatsapp groups.



Ramadan is the ninth month of the Islamic calendar. It is the Islamic month of fasting, in which participating Muslims refrain from eating, drinking from dawn until sunset. Ramadan had been the name of the ninth month in Arabian culture long before the arrival of Islam. In the Qur'an it is said that "fasting has been written down (as obligatory) upon you, as it was upon those before you" which is a reference to the Jewish practice of fasting on Yom Kippur. Fasting is meant to teach the Muslim patience, modesty and spirituality.

Ramadan is a time for Muslims to fast for the sake of God and to offer more prayer than usual. During Ramadan, Muslims ask forgiveness for past sins, pray for guidance and help in refraining from everyday evils, and try to purify themselves through self-restraint and good deeds.

As compared to the solar calendar, the dates of Ramadan vary, moving backwards about ten days each year as it is a moving holiday depending on the moon. Ramadan was the month in which the first verses of the Qur'an were said to be revealed to the Islamic Prophet Muhammad. That was during a night that Muslims call Laylat al-Qadr (the night of decree or measures.) The night is believed to be one of the 10 last days of the month.

Sahr-o-Iftar Time 2023					
Ramadan	Date	Day	Sahr	Iftar	
01 Ramadan	23 March	Thursday	4:44 am	6:23 pm	
02 Ramadan	24 March	Friday	4:43 am	6:24 pm	
03 Ramadan	25 March	Saturday	4:42 am	6:24 pm	
04 Ramadan	26 March	Sunday	4:40 am	6:25 pm	
05 Ramadan	27 March	Monday	4:39 am	6:26 pm	
06 Ramadan	28 March	Tuesday	4:37 am	6:27 pm	
07 Ramadan	29 March	Wednesday	4:36 am	6:27 pm	
08 Ramadan	30 March	Thursday	4:34 am	6:28 pm	
09 Ramadan	31 March	Friday	4:33 am	6:29 pm	
10 Ramadan	01 April	Saturday	4:31 am	6:30 pm	
11 Ramadan	02 April	Sunday	4:30 am	6:30 pm	
12 Ramadan	03 April	Monday	4:28 am	6:31 pm	
13 Ramadan	04 April	Tuesday	4:27 am	6:32 pm	
14 Ramadan	05 April	Wednesday	4:25 am	6:32 pm	
15 Ramadan	06 April	Thursday	4:24 am	6:33 pm	
16 Ramadan	07 April	Friday	4:22 am	6:34 pm	
17 Ramadan	08 April	Saturday	4:21 am	6:35 pm	
18 Ramadan	09 April	Sunday	4:19 am	6:35 pm	
19 Ramadan	10 April	Monday	4:18 am	6:36 pm	
20 Ramadan	11 April	Tuesday	4:16 am	6:37 pm	
21 Ramadan	12 April	Wednesday	4:15 am	6:38 pm	
22 Ramadan	13 April	Thursday	4:13 am	6:38 pm	
23 Ramadan	14 April	Friday	4:12 am	6:39 pm	
24 Ramadan	15 April	Saturday	4:10 am	6:40 pm	
25 Ramadan	16 April	Sunday	4:09 am	6:41 pm	
26 Ramadan	17 April	Monday	4:07 am	6:41 pm	
27 Ramadan	18 April	Tuesday	4:06 am	6:42 pm	
28 Ramadan	19 April	Wednesday	4:04 am	6:43 pm	
29 Ramadan	20 April	Thursday	4:03 am	6:44 pm	
30 Ramadan	21 April	Friday	4:01 am	6:46 pm	

## Three Ashras of Ramadan and their duas

### 1. First Ashra – Days of Mercy

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ  
*O! My Lord forgive and have Mercy and You are the Best of Merciful.*

### 2. Second Ashra – Days of forgiveness

أَسْتَغْفِرُكَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْكَ  
*"I seek forgiveness from Allah, my Lord, from every sin I committed"*

### 3. Third Ashra – Days of Seeking Refuge

اللَّهُمَّ اجْزِنِي مِنَ النَّارِ  
*"O Allah! Save me from the Hell – Fire."*



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TIPS FOR  
**Healthy Ramadan**

**01 Don't miss Suhoor**  
Prepare your body for the day's fast with suhoor.

**02 Break fast with dates and water**  
Dates not only provide a burst of energy, they are easily digested, rich in fibre, vitamins and minerals.

**03 Have a balanced Meal**  
Half your plate with fruits and veggies, 1/4 proteins and 1/4 carbs.

**04 Avoid caffeine and sugary drinks**  
Caffeine based beverages such as tea, coffee or soda stimulates faster water loss.

**05 Don't miss out on sleep**  
Get adequate sleep to sustain you throughout the day.

www.alim.org

**BENEFITS OF RAMADAN**

- Supports hormones and genes that influence metabolism.
- May support weight loss.
- Supports blood sugar management
- Supports gut health.
- Supports heart health.
- May help disease prevention.
- May delay ageing and support growth and metabolism.
- May reset your circadian rhythm.
- Influences your metabolism.
- Helps with weight management
- Supports blood sugar levels.
- Improves gut health.
- Supports heart health.
- Helps prevent diseases.
- Helps delay ageing.
- supports your circadian rhythm

**STRAWBERRY SHORTCAKE**  
- 3 scoops strawberry ice cream  
Splash of milk

- 1 handful chopped pound cake
- 1 handful fresh strawberries

**CHICKEN WRAPS**



<https://pin.it/5u5J8AO>

**Healthy Chicken Avocado Wraps, Meat**  
2 Chicken breasts, cooked and sliced  
Produce 1 Avocado 3 cups Lettuce 1 Tomato, large Bread & Baked Goods 6 Burrito size tortillas, large Dairy 3 cups Cheddar cheese, yellow sharp grated 1 cup Sour cream

**FAT BURNING STRAWBERRY SMOOTHIE**

- 1 small banana
- 1/2 cup almond milk
- 1 cup frozen strawberries
- 1/2 cup ice cubes
- 1/2 cup Greek yogurt

<https://pin.it/6JGDTcA>

Strawberry Milkshake- with 3 ingredients

Produce  
10 Strawberries

Condiments  
1 tbsp Strawberry jam

Dairy 2 tbsp Milk Frozen  
3 scoops Vanilla ice cream



# بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ



**TABLIGH EVENT**  
**AssalamuAlaikum**  
**warahmatullahi**  
**wabarakatuh!**  
**Alhamdulillah on 26**  
**August**  
**2023, Zilla Rawang**  
**successfully organised**  
**\*TABLIGH FORUM**  
**ZILLA RAWANG\* for**  
**lajnah Imaillah. \*\*\***  
**Our Program was really**  
**informative.**  
**Total attendance was**  
**110.**  
**May Allah SWT give us**  
**more power to serve**  
**jamaat in every possible**  
**way. Ameen Jazakmullah**  
**Ahsanaljaza**



## بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

### TABLIGH FORUM

Zilla Rawang Lajna Ima'illah

**DATE:** 26.8.23  
**Attendance:** 91  
**PLACE:** Mission house Bukit Sentosa

#### TOPICS

- What is Tabligh?
- Importance of Tabligh by Quran, Hadith in words of Hadhrat Massihe Maud (A.S) and Hadhrat Mirza Tahir (R.A)
- Best way to start Tabligh
- Tabligh Tips
- Step by step Tabligh
- How to do Tabligh 'in words of Huzoor (ABA)
- My silent Tabligh and My active Tabligh
- Tabligh to friends
- Tabligh on social media
- World religions and beliefs
- FAQ

**Audience response:**  
Lajna listened to the entire program attentively and answered the asked questions very well. And prizes were also given for correct answers. And refreshments were also given at the end of the program.

**Moderator:** Tuba Ijaz  
**Forum pannel members:**  
Naila Ijaz, Samia Tariq and Mussarat Sadiqa.  
**(ALLHAMDULILAH)**





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Aslamoalikum wr\*  
\* Alhamdulillah \* Majlis  
Bukit Sentosa\* Today \*22  
February has held a \*Art  
crarft\* Competition  
stitching Quraan cover  
panting, Nail Art,  
Hina ,very Successfully  
by the grace of Allah  
held our The attendance  
of the Lajna 45May Allah  
SBWT Enable all of us To  
serve jammata in Better  
Manners.. Jazakallah

**Assalamualikum w.wrb.**  
**Alhumdolillah By The**  
**Grace of**  
**Allah Taala, On 1st**  
**February All The Five**  
**Halgas of Majlis Sentosa**  
**Have done**  
**Celebrating 100**  
**Years of Lajna**  
**Jublee. Mashallah.**  
**Allah Akbar.**  
**LAJNAH IMAILLAH**  
**Malaysia**  
**Zindabaad.**  
**Jazakallah**  
**Ahsanal jaza.**

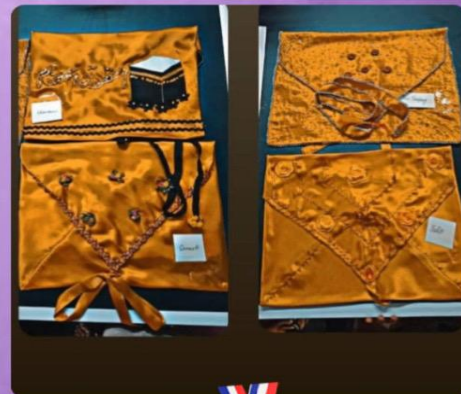




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**\*Assalamualaikum\*.**  
Our majlis sentosa organized an exhibition on April 23rd in which our one lajnah got 1st 🏆 prize in **\*Calligraphy\*.** And 2nd 🏆 prize **\*Sketch\*.** And 3rd 🏆 prize in **\*Holly Quran Covers\*.**  
**\*Alhumdolillah\* 🌸🌸🌸**





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**\*Assalamualaikum\*.**  
**Our Lajnah went on a picnic 🍷 at Golf club .And enjoyed a lot . 😊**