

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

Newsletter

Majlis Batu16 2023

فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ

"So, (O assembly of jinn and men,) which of your Lord's blessings will you deny?"

A SAYING OF HAZRAT MUHAMMAD SAW

۱۸ — عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ مَنْ لَا يَشْكُرُ النَّاسَ لَا يَشْكُرُ اللَّهَ.

(ترمذی باب ما جاء فی الشکر لمن احسن الیک)

حضرت ابو ہریرہؓ بیان کرتے ہیں کہ آنحضرت صلی اللہ علیہ وسلم نے فرمایا: جو شخص لوگوں کا شکر ادا نہیں کرتا۔ وہ خدا کا بھی شکر ادا نہیں کرتا۔ یعنی کسی شخص کے احسان کے نتیجہ میں انسان کو اگر کوئی نعمت یا بھلائی حاصل ہو تو جہاں اللہ تعالیٰ کا شکر لازم ہے وہاں اس محسن شخص کا شکر یہ ادا کرنا بھی ضروری ہے۔

ربیں گے خلافت
سے وابستہ ہم
جماعت کا قائم ہے
اس سے بہرہ





1908 - 1914



1914 - 1965



1965 - 1982



1982 - 2003



2003 - present

Khilafat Proves Ahmadiyya Islam True

F r i d a y S e r m o n 1 5 S e p 2 0 2 3

FRIDAY SERMON DELIVERED AT MASJID MUBARAK, ISLAMABAD, TILFORD, UK

AFTER RECITING TASHAHHUD, TA'AWWUZ AND SURAH AL-FATIHAH, HIS HOLINESS, HAZRAT MIRZA MASROOR AHMAD (ABA) SAID THAT IT IS THE LAW OF GOD ALMIGHTY THAT ONE WHO COMES INTO THIS WORLD, AFTER SPENDING SOME TIME, MUST ALSO DEPART. BUT FORTUNATE ARE THOSE WHO LEAVE ONLY POSITIVE MEMORIES, WHO PROVED BENEFICIAL TO OTHERS, WHO PRACTICALLY GAVE PRECEDENCE TO FAITH OVER THE WORLD, WHO STROVE TO ACT UPON THE COMMANDMENTS OF GOD AND HIS MESSENGER (SA), WHO STRIVE TO FULFIL THE PURPOSE OF PLEDGING ALLEGIANCE TO THE PROMISED MESSIAH (AS), WHO ARE TRULY LOYAL TO THE AHMADIYYA CALIPHATE, WHO STRIVE TO HELP HUMANITY, FOR WHOM EVERYONE UTTERS ONLY COMPLIMENTARY WORDS. AS SUCH, ACCORDING TO THE HOLY PROPHET (SA), THEY BECOME DESTINED FOR PARADISE.

HIS HOLINESS (ABA) SAID THAT HE WOULD MENTION SOMEONE WHO STROVE TO LIVE THEIR LIFE ACCORDING TO THE PLEASURE OF GOD ALMIGHTY. THIS IS RESPECTED AMATUL QUDOOS, WHO WAS THE DAUGHTER DR MIR MUHAMMAD ISMAIL (RA) AND WIFE OF THE LATE SAHIBZADA MIRZA WASEEM AHMAD, THUS THE DAUGHTER-IN-LAW OF THE SECOND CALIPH (RA). SHE RESIDED IN QADIAN BUT HAD BEEN VISITING HER DAUGHTERS IN RABWAH, WHERE SHE PASSED AWAY - 'SURELY TO ALLAH WE BELONG AND TO HIM SHALL WE RETURN.'

HIS HOLINESS (ABA) SAID THAT HER NIKAH (ISLAMIC MARRIAGE ANNOUNCEMENT) WAS ANNOUNCED BY THE SECOND CALIPH (RA), UPON THE REQUEST OF HAZRAT DR MIR MUHAMMAD ISLAMIL'S (RA) WIFE, THE SECOND CALIPH (RA) ATTENDED THE RUKHSATI AS A REPRESENTATIVE FROM THE BRIDE'S SIDE OF THE FAMILY, RATHER THAN ON BEHALF OF HIS SON. ALLAH THE ALMIGHTY BESTOWED HER WITH THREE DAUGHTERS AND A SON. HER DAUGHTER AMATUL ALEM IS SERVING AS NATIONAL PRESIDENT OF THE AHMADIYYA WOMEN'S AUXILIARY ORGANISATION IN PAKISTAN.

HIS HOLINESS (ABA) SAID THAT A FEW DAYS AFTER HIS MARRIAGE, AS MIRZA WASEEM AHMAD WAS PREPARING THE PAPERS TO TAKE HIS WIFE BACK TO QADIAN, THE SECOND CALIPH (RA) ADVISED THAT THE PROCESS WOULD REMAIN ONGOING, HOWEVER IN THE MEANTIME, MIRZA WASEEM AHMAD SHOULD IMMEDIATELY RETURN TO QADIAN AS A MEMBER OF THE PROMISED MESSIAH'S (AS) FAMILY SHOULD BE THERE, AND HE SHOULD SET AN EXAMPLE OF SACRIFICE. AMATUL QUDOOS ALSO SET AN EXAMPLE OF SACRIFICE UPON THE COMMANDMENT OF THE SECOND CALIPH (RA), AS SHE HAD NO IDEA WHEN THE PROCESS FOR HER TO GO TO QADIAN WOULD BE COMPLETE OR WHEN THE CONDITIONS BETWEEN INDIA AND PAKISTAN WOULD ALLOW FOR HER TO GO.

Checklist

- 100 Years of Lajnah Imaillah
- Majlis Programs
- Majlis Activities
- Healthy Life & Tips
- Achievements
- Recipes
- Poems
- Memories



MAJLIS PROGRAMS

Alhamdolillah, BY The Grace of Allah SWT Our Majlis organized many programs, Each program started with the recitation of Holy Quraan followed by Hadith.

In every program our attendance was Good Alhamdolillah.

Our Sadar Majlis Mubashara Zia and team always work hard.

At the end we always pray yo Allah that he give us strength to do our best to serve Jammah Ahmadiya.

In Sha Allah

PROGRAMS

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

JALSA MUSLEH MAUD RA

JALSA MASIH MUAD RA

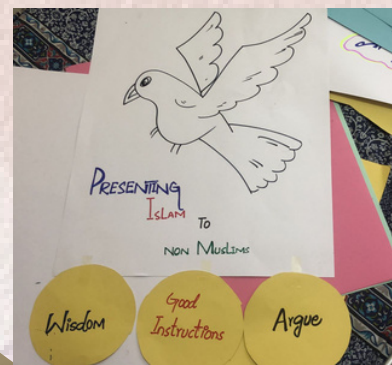
JALSA KHILAFAT

JALSA SEERAT U NABI SAW



Maailis SEMINARS

Taleem O Tarbeet
Umoore Talibat
Tabligh
Sehat o Jismani
Wasiyat
Maal
Khidmate khalq
Rishta Nata



MAJLIS ACTIVITIES

IJTIMA WAQF E NOU

IJTIMA LAJNAH O NASIRAT

ART CLASSES

MEENA BAZAR

BOOK STALL

AFTAR RAMDHAN

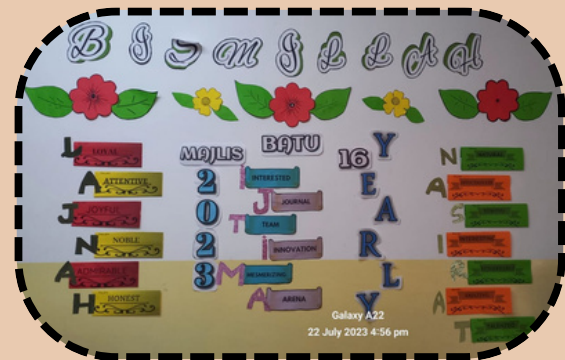
GREEN DAY

WAQAR E AMAL

DONATION COLLECTION

AWARENESS PROGRAM NASIRAT

COOKING COMPETITION



ACHIEVEMENTS NASIRAT

2ND POSITION QUIZ NATIONAL

3RD POSITION ART IN ZILLA

3RD POSITION ENG SPEECH ZILLA



Proper nutrition tips while fasting in Ramadan

Sharing its recommendations for proper nutrition during Ramadan, Türkiye's Health Ministry says sahur - the pre-fast meal eaten before dawn - should not be skipped.

- Do not skip sahur
- Start iftar with soup and salad
- Eat small portions at intervals after iftar instead of large portions at once
- Prefer healthy cooking methods such as grilled, boiled, baked, and steamed meals
- Try to avoid roasted, fried and smoked foods
- Drink plenty of water during the non-fasting hours to prevent dehydration
- Mineral water can also be drunk in terms of mineral support
- Fruit, dried fruit, nuts, milk/yogurt can be consumed after iftar
- Give importance to foods containing vitamins A, C, D, E which strengthen the immune system

Breaking Unhealthy Habits

Herbalife Nutrition Asia Pacific Personal Habits Survey 2022

Impact of Unhealthy Habits

Top 3 impacts of unhealthy lifestyle habits

- 29% had poorer stamina/fitness level
- 28% gained excess weight -51% gained 3-5 kilograms, -21% gained 6-10 kilograms
- 22% felt their immune system became weaker

Causes of weight gain

- 61% stopped exercising/became less active
- 53% ate too much unhealthy food
- 52% succumbed to binge-eating due to stress
- 29% did not get enough sleep
- 32% consumed more alcohol on a frequent basis

Making Positive Lifestyle Changes

8 out of 10 consumers plan to make a positive change to their lifestyle habits in the next 12 months

- Be more consciously active - 58%
- Eat more nutritious foods - 54%
- Develop an exercise regime - 52%
- Start a regular sleep schedule - 48%
- Find ways to destress - 46%
- Take more nutritional supplements - 29%

Benefits of a Support Group

60% Gen Z and millennial consumers feel a support group would be extremely or very important for making positive lifestyle changes

Top reasons for joining a support group

- Sharing knowledge and experiences - 54%
- Working on shared goals & concerns together - 50%
- Keeping each other accountable and motivated - 54%



INSTRUCTIONS

FRIED CHICKEN:

1. In a bowl add chicken, buttermilk and spices, stir together let sit for 30 minutes-1 hour in refrigerator. Heat oil to 375 degrees; over medium heat in a large skillet. Dredge chicken in flour and fry for 5 minutes; if frying in batches hold finished chicken in 200-degree oven.

MAC AND CHEESE:

1. Preheat the oven to 400°F. Cook pasta in boiling water for 6 minutes.
2. In a pot over medium heat melt butter, then add flour and whisk together for 30 seconds. Add salt, pepper, garlic and dry mustard.
3. Whisk in half and half in thirds, then add cream. Bring to a boil once boiling add 2 cups cheddar and 1 cup mozzarella. Reduce heat to medium low and stir until cheese has melted. Add macaroni, ½ fried chicken and mix thoroughly.
4. Pour in mac and cheese into a greased 9 x 13 casserole dish sprinkle remaining fried chicken and the remaining cheese over top. Pop in oven and bake for 15-20 minutes or until cheese has browned evenly. Remove from oven, cool for 5 minutes before serving immediately with chopped fresh parsley and a few dashes of hot sauce.

INGREDIENTS

FRIED CHICKEN:

- 3 chicken breast 1 inch dice
- 2 cups buttermilk
- 2 tablespoons kosher salt
- 2 tablespoons black pepper
- 2 tablespoons cayenne
- 2 tablespoons granulated garlic powder
- 1 tablespoons granulated onion powder
- 1 tablespoon dry thyme
- 1 tablespoon dry oregano
- 1 ½ cups all-purpose flour
- peanut oil for frying

MAC AND CHEESE:

- 1 lbs. elbow macaroni cooked
- 4 tablespoons unsalted butter
- 4 tablespoons all-purpose flour
- 2 teaspoons salt
- 2 teaspoons black pepper
- 1 teaspoon granulated garlic
- 2 teaspoons dry mustard
- 1 quart half and half
- ½ cup heavy cream
- 4 cups grated sharp cheddar
- 2 cups grated mozzarella
- ¼ cup chopped fresh parsley
- hot sauce optional

Recipe
**CHICKEN
MAC AND
CHEESE**

مٹی اوڑھ کر مٹی سو گئی
 دھرتی تھوڑی خالی ہو گئی
 پک کر کھڑی تھی جو فصل زمیں پر
 بیج نئے پھر اس میں ہو گئی
 کونپلیں پھوٹیں ، بہاریں آئیں
 دوپہریں کاٹیں، شامیں دیکھیں
 راتیں جاگیں سپنے دیکھے
 اپنوں جیسے غیر بھی دیکھے
 کاٹا چھانٹا اسکو سب نے
 اور پھر یہ بھی کڑیل ہو گئی
 فصل اک اور زمیں پر پک کر
 جھک کر ، نئے بیج بکھیرے
 دھرتی پر ہی پھر سے سو گئی
 مٹی اوڑھ کر مٹی سو گئی...

طیبہ وکیل

دنیا میں حاکموں کو اپنی حکومت پر ناز ہے
 جو شریف ہیں ان کو شرافت پر ناز ہے
 عابد کو اپنی ذہد و عبادت پر ناز ہے
 اور عالم کو علم کی دولت پر ناز ہے

فانی تمام ناز ہیں باقی ہے اس کا ناز
 جس کو بقا پہ ناز و وحدت پہ ناز ہے
 کیونکر کہوں ناز سے خالی ہے میرا دل
 میرے پیارے مجھے تیری محبت پر ناز ہے

قندیل محمود



Our
 moment

