



Announcing the 60th year of Waqf Jadīd, Syednā Hazrat Khalīfatul-Masīḥ V (may Allāh be his Helper!) said in his Friday Sermon:

“Members of the Promised Messiah’s^{as} Community have been aroused to make such sacrifices as continue, generation to generation . . . even members from distant lands, who join later . . . render unbelievable sacrifices! ” (*Al-Fazl Weekly International*, January 27, 2017, p. 5)

Increase Member Participation in Waqf Jadīd Chanda

In announcing the 60th year of Waqf Jadīd in his Friday Sermon, Syednā Hazrat Khalīfatul-Masīḥ V (may Allāh be his Helper!) said:

“May Allāh Almighty bless the wealth and persons of all those who have made sacrifices, and also in future, activate the related office bearers that they may carry out their work properly, and that they may remove all their shortcomings. In particular, there should be an increase in the participation of members. It is fine that the total collection increases, however, it is also crucial to include every member, even if a small amount is donated.”

(Al-Fazl Weekly International, January 27, 2017, p. 5)

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَّسُولُ اللَّهِ

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Aḥmadiyya Muslim Jamā'at Canada Inc., 10610 Jane Street, Maple, ON L6A 3A2, Canada

Tel: 905-303-4000 Fax: 905-832-3220 - editor@ahmadiyyagazette.ca

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Mubashir Khalid

Layout and Graphics:

Kashif Mahmood

Coverpages:

Kashif Mahmood

Web Magazine:

Muzaffar Aḥmad

Change of Address:

email: tajnid@ahmadiyya.ca

online form: ahmadiyya.ca/memberservices

Telephone: 905-832-2669 ext. 2235

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Pearls of Wisdom



THE HOLY QUR'AN

And the case of those who spend their wealth to seek the pleasure of Allāh and to strengthen their souls is like the case of a garden on elevated ground. Heavy rain falls on it so that it brings forth its fruit twofold. And if heavy rain does not fall on it, then light rain suffices. And Allāh sees what you do. [2:266]

وَمَثَلُ الَّذِينَ يُنْفِقُونَ أَمْوَالَهُمْ ابْتِغَاءَ
مَرْضَاتِ اللَّهِ وَتَشْبِيهًا مِّنْ أَنْفُسِهِمْ كَمَثَلِ
جَنَّةٍ بَرْبَوَّةٍ أَصَابَهَا وَابِلٌ فَاتَتْ أُكْلَهَا
ضِعْفَيْنِ فَإِن لَّمْ يُصِبْهَا وَابِلٌ فَطَلٌّ وَاللَّهُ
بِمَا تَعْمَلُونَ بَصِيرٌ

HADĪTH

Hazrat 'Āisha^{ra} narrates that the Holy Prophet^{sa} said, a generous person is near Allāh, near the people and near Paradise and far from Hell. On the contrary, a miser is far from Allāh, far from the people and far from Paradise, but near Hell. An ignorant but generous person is dearer to Allāh than a miser worshipper. (Qushiriya qtd. in *Hadīqatus-Ṣāliḥīn*, p. 700)

عَنْ عَائِشَةَ رَضِيَ اللَّهُ عَنْهَا قَالَتْ قَالَ رَسُولُ اللَّهِ
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: السَّخِيُّ قَرِيبٌ مِنَ اللَّهِ تَعَالَى،
قَرِيبٌ مِنَ النَّاسِ قَرِيبٌ مِنَ الْجَنَّةِ بَعِيدٌ مِنَ النَّارِ
وَالْبَخِيلُ بَعِيدٌ مِنَ اللَّهِ تَعَالَى بَعِيدٌ مِنَ النَّاسِ
بَعِيدٌ مِنَ الْجَنَّةِ قَرِيبٌ مِنَ النَّارِ وَالْجَاهِلُ السَّخِيُّ
أَحَبُّ إِلَى اللَّهِ تَعَالَى مِنَ الْعَابِدِ الْبَخِيلِ -


(قشيريہ - الجود والسخاء ، صفحہ ۱۲۲ بحوالہ

حديقة الصالحين، صفحہ ۷۰۰)

So Said the Promised Messiah^{as}



To present oneself for the service of Allāh with a pure heart is the cure for every problem and difficulty. So whoever truly believes in the existence of Allāh and knows that he is dependent upon His favours in the material and spiritual world, should not let this blessed time go out of his hand, nor should he let the disease of miserliness deprive him of this reward. Only he deserves to join this Movement who has a high resolve and who promises Allāh that from now on he shall try his best to offer each month whatever financial assistance he can offer in order to remove the difficulties faced by His religion. It is hypocrisy to remember Allāh when faced by a calamity and to become heedless when one is in ease and comfort. Allāh is Independent and Indifferent; it is you who have to prove your sincerity in order to attain His grace. May Allāh be with you! (*Majmū'ah Ishtihārāt* Vol. 3, pp 165-166)



Guidance from Hazrat Khalīfatul- Masīḥ V^{aa}

The following summaries of Friday
Sermons have been provided by
Wakālat ‘Ulyā’, Tahrik Jadīd Anjuman
Aḥmadiyya

Forgiveness and Reconciliation

Friday Sermon Delivered on August 18, 2017

He who is not willing to reconcile with his brother will be cut off. The more pious is the one who forgives his brother's sin.

The Promised Messiah's expectations from his Jamā'at with regard to reconciliation in the light of his teachings.

We can be safe from the mischief and turmoil of the world only if we give priority to reconciliation even in matters where we are on the right.

On August 18, 2017, Hazrat Khalīfatul-Masīḥ V^{aa} delivered the Friday Sermon at Baitul Futūh Mosque, London.

Huzoor^{aa} said: The Promised Messiah^{as} says in his book *Kashtī Nūh* (Noah's Ark): "God desires a complete transformation in your being and He demands from you a death after which He should revive you. Hasten to make peace with one another, and forgive your brethren their sins. For

he who is not inclined to make peace with his brother is wicked and will be cut off, because he is the cause of dissension.... Part with your ego in every way and do away with mutual grievances. Be humble like the guilty, though truth be on your side, so that you may be forgiven. Do not feed your vanity, for those who are distended with ego cannot enter the gate to which you have been called.... The one who forgives most the transgressions of his brother is the more honourable among you."

Huzoor^{aa} said: This extract is often read out in speeches and discourses. Many people also cite the Promised Messiah's^{as} words that you should be humble like the guilty, though truth be on your side. And some say that despite showing such humility they continue to be wronged. In the last sermon, I spoke about some of the disputes that are settled by Qadā'.

Huzoor^{aa} said: These are the words of the Promised Messiah^{as} in which he has presented his teachings and expressed his expectations and his anguish with regard to his followers. When one reads *Kashtī Nūh* (Noah's Ark), one is completely moved. And yet there are people who do not accept the extended hand of reconciliation and do not forgive. Some people adopt humility, but the other party continues to wrong them. If one party has truly adopted humility, as they say they have done, then they should rest their case with God. The Promised Messiah^{as} says that the aggressor shall be cut off. The Promised Messiah^{as} says that extremely unfortunate is the one who shows obstinacy and does not forgive.

Huzoor^{aa} said: Those who show such obstinacy should wake up and realize that they have pledged in the Ba'at to the Promised Messiah^{as} not to create

Otherwise our words will be mere claims

We should always remember that today when the world is engulfed by mischief and discord, we are protected under the canopy of our Ba'at to the Promised Messiah^{as}. Allāh has saved us from the kind of mischief generally prevailing in the world. But we can only be truly safe if even in our rightful matters we extend the hand of reconciliation. Otherwise our words will be mere claims. **They will only benefit us if the high morals shine in our beings.**

mischief, and yet they even refuse the hand of reconciliation. The Promised Messiah^{as} says, “Our Jamā‘at should be such that they do not remain content with mere words, rather they should fulfil the true purpose of the Baī‘at.” Again he says, “Without fulfilling the purpose of the Baī‘at, God cannot be pleased. And in order to please God, it is important to fulfil our obligations to God’s creatures and to practice forgiveness and reconciliation. The Promised Messiah^{as} says, “I swear that if a person who has done everything in his power to oppose me comes to me seeking reconciliation, I will not once think of what he has done to me.” The Promised Messiah^{as} says, “Remember two things: Fear God and show sympathy to your brother as you do unto your own selves.”

Huzoor^{aa} said: We should always remember that today when the world is engulfed by mischief and discord, we are protected under the canopy of our Baī‘at to the Promised Messiah. Allāh has saved us from the kind of mischief generally prevailing in the world. But we can only be truly safe if even in our rightful matters we extend the hand of reconciliation. Otherwise our words will be mere claims. They will only benefit us if the high morals shine in our beings.

Huzoor^{aa} said: Sympathy for mankind and reconciliation are two characteristics that the Promised Messiah^{as} repeatedly exhorts us about. He has spoken of it again and again in his Malfūzāt. It is said in a Hadīth that the powerful and brave is not he who vanquishes another, rather

than powerful and truly brave is he who is able to control himself in a state of fury.” Once Hazrat Ali^{ra} overpowered his opponent during a battle and was about to kill him when the enemy spat on his face. Hazrat Ali^{ra} at once left hold of him. When he asked why he had not killed him, Hazrat Ali^{ra} said that I do not want to kill you on account of personal grievance. These are the high moral standards set for us by our elders. Being willing to reconcile is the grace of a believer. The disbeliever cannot even think of such a thing. This is the trait of the believer that the Promised Messiah^{as} wishes to inculcate in us.

The Promised Messiah^{as} says, “Our Jamā‘at does not require strong and powerful warriors, rather we want people who have the strength to undergo moral transformation. The truly brave is he who is able to affect a change in his moral character.” As the Promised Messiah^{as} was saying this, two non-Muslims came and started abusing and cursing. The Promised Messiah^{as} did not respond to them and did not allow anyone else to do so either. Thus he showed a practical example of what he was teaching.

The Promised Messiah^{as} has described selfishness as vermin which cannot be got rid of without the grace of God. They are extremely small and most dangerous. Even educated people and so called *Sufīs* also suffer from such weaknesses.

The Promised Messiah^{as} says, “To forgive and reconcile is natural. A child readily forgives and reconciles. Man can only

understand this when he has wisdom. Without this wisdom one cannot even understand the philosophy of when to go to war and when to make peace.”

The Promised Messiah^{as} says that this can become a high moral trait when man analyses all the facts and then makes a decision and an effort to lay the foundation for reconciliation and employs it at its proper occasion. Huzoor^{aa} said: Allāh teaches us, “reconcile among yourselves” (8:2); and “reconciliation is the best way” (4:129); and “and if the other party is inclined towards reconciliation, then do reconcile” (8:62); and “And the servants of the Gracious God are those who walk on the earth in a dignified manner” (25:64) and “And when they pass by anything vain, they pass on with dignity” (25:73) and “Repel evil with that which is best. And, lo, he between whom and thyself was enmity will become as though he were a warm friend” (41:35).

The Promised Messiah^{as} says, “The purpose of creating this Jamā‘at was that the tongue, the ear, the eye and every other organ should be steeped in Taqwa, and the light of Taqwa should shine within and without.”

Huzoor^{aa} prayed that Allāh may enable us to act upon the teaching of the Promised Messiah^{as} and to lay the foundation for reconciliation among mankind! May we have a true understanding of Tauhīd! May we spread love and harmony in society! And may we seek God’s pleasure and may this be our ultimate priority!

Faith and Good Deeds - Jalsa Sālāna Germany 2017

Friday Sermon Delivered on August 25, 2017

A reminder to parents about their responsibilities with regard to the proper upbringing of their children in accordance with the teachings of Islām.

Both parents are guardians; both have to walk in the path of Taqwa and do good deeds.

Be virtuous and set a righteous example for your children; pray and strive to make them righteous.

On August 25, 2017, Hazrat Khalifatul-Masīh V^{aa} delivered the Friday Sermon at Karlsruhe, Germany.

Huzoor^{aa} said: Today we are gathered here for the Jalsa. Every Aḥmadī knows

that gathering for the Jalsa is not for the purpose of worldly hullabaloo, rather it is meant to foster spirituality and our intellectual prowess. It is meant to improve our conviction and to fulfil our obligations to God’s creatures. Others might ask what are the rights of God’s creatures, but an Aḥmadī will not, because these obligations are repeated to him time and again. It is the Promised Messiah’s favour upon us that he has left an unending wealth of teachings. Sometimes even when something is repeated, one can find a new meaning in it. These obligations are also specified in the Ten Conditions of Baī‘at. We should

always bear in mind the objectives of the Jalsa.

Huzoor^{aa} said: Beliefs impact actions. The Promised Messiah says that Islām has two parts. One is that one should not associate any partners with God, and that in lieu of His favours we should obey Him completely. The second is to recognize the rights of His creatures and to fulfil them. Nations and people who committed the evident sins such as adultery, theft, backbiting and arrogance were destroyed. Huzoor^{aa} said: People have adopted their own gods. There are those who worship worldly people.

Huzoor^{aa} said: If one’s beliefs are good

If we truly believe Muhammad^{sa} to be the true Prophet and believe that the Promised Messiah^{as} to have been ordained as his servant and the Imām of the age, then we have to raise the standards of our worship and our actions. We will also have to undertake some self-scrutiny regarding what is allowed and what is forbidden. In this age when people are being led away from God, it is the duty of Aḥmadīs to strive to establish a relationship with God and to seek knowledge about Him.

then one's actions will be good. When the Muslims forsook their good teachings, they started worshipping the Dajjāl nations as gods. Even great governments started revering worldly powers as gods.

As one's beliefs are corrected, so are one's actions. The Promised Messiah^{as} says: God has told me again and again that all good lies in the Holy Qur'ān. The Holy Qur'ān says that God is One and without partner. To consider God to be One and without partner and to fulfil our obligations to Him demands that we also worship Him as He ought to be worshipped. The purpose of establishing this community was so that people should recognize God. Those who do not resort to both, prayer and the physical means, are at fault. Those who resort to both are the ones who practice true Islām. This is why we have been taught to employ the means to avoid sin and heedlessness. When a believer says "Thee alone do we worship", we are reminded of the fact that we cannot worship Him without His grace, and so we seek His help. This is a subtle point that only Islām has understood.

Huzoor^{aa} said, it is necessary that a believer should hold fast to this rule, so that while he plans and acts he should also pray and ask other to pray for him.

Huzoor^{aa} said: Aḥmadīs have to make

people aware of God's existence and tell them about the reality of prayer, and realize that we cannot realize the truth of prayer without establishing a strong bond with the Holy Prophet^{sa}. The Promised Messiah^{as} says: What is the purpose of our Jamā'at? Do not think that superficial pledge of Bai'at is a source of salvation. It is not enough to accept me as the Imām in order to acquire salvation, because God has His sight on the hearts. For salvation it is necessary that one should, with the sincerity of one's heart, believe that God is One and without partner, the Holy Prophet^{sa} to be a true Prophet, and the Holy Qur'ān to be the book of God aside from which no other law or book shall appear till the day of judgment. In other words, there is no need for another book or law after the Holy Qur'ān.

The Promised Messiah^{as} says: Remember that the Holy Prophet^{sa} is the Seal of Prophets, there can be no new Sharī'ah or book after him. The Book and the laws revealed to him shall stand forever. Whenever in my books I am referred to as Prophet and Messenger, it does not mean that I have come to teach a new law or a new book, rather it is necessary that when God ordains someone, He grants him His discourse, and such a person

is called a Prophet. What he receives is through his true and perfect obedience to the Holy Prophet^{sa}, and by no other means.

The Promised Messiah^{as} says: Until our deeds are accompanied by true spirituality, they will not avail us anything. Our righteous deeds should be without any adulteration. Prayers that are adulterated are not purely for the sake of God. We wish to establish true peace. All our acts of worship should be done with heartfelt emotions and a spirit that is not to be found in others. We have to scrutinize ourselves to see whether our Bai'at is a true pledge or merely a verbal one, and whether our acts or worships are for the sake of God or not. The prayer "Thee alone do we worship" should be offered with heartfelt sincerity. The Holy Prophet^{sa} taught us to avoid discord and he taught us to do so through his practical example. There is no moral teaching that we do not witness manifested in his person.

Huzoor^{aa} said: If we truly believe Muhammad^{sa} to be the true Prophet and believe that the Promised Messiah^{as} to have been ordained as his servant and the Imām of the age, then we have to raise the standards of our worship and our actions. We will also have to undertake

You have to suppress your anger even when others abuse you. Throw away your evil habits. Repent and seek forgiveness. Always resort to prayer. The weapons through which we will become victorious are repentance, seeking forgiveness, prayer and Salāt. Do supplicate in the Salāt and do not be lax in this. Avoid every evil.

some self-scrutiny regarding what is allowed and what is forbidden. In this age when people are being led away from God, it is the duty of Aḥmadīs to strive to establish a relationship with God and to seek knowledge about Him. Our love for the Holy Prophet^{sa} should not be confined to words, rather it should be expressed in practice. We should present the true picture of Islām.

Huzoor^{aa} said: We should try to apply the Holy Qur'an's governance upon ourselves. Our every action should be a righteous one, and we should strive to stay away from Satan and come closer to God. True Salāt is achieved when man becomes consumed in the way of God, so much so that he is willing to give up his life for Him. The true believer is the one who is counted a believer in heaven, and it doesn't matter if he is an infidel in the eyes of the world. People of the world call you kafir, but we do not care about this. In fact it is very difficult to believe truly and to show perfect sincerity. When one believes truly, he witnesses many signs. When a person tramples the world under his feet and distances himself from it, then he pleases God.

In the same way, when he comes out of the womb of the ego, he becomes a believer. True faith involves service of mankind and to show perfect sincerity and fidelity. Do remember that it is

not a great feat to avoid evil until it is accompanied by good deeds.

Huzoor^{aa} said: An empty plate will not satisfy your hunger. In the same way you need to understand *Taqwa*. You have to clean the plate of the ego and then fill it with good deeds. Huzoor^{aa} said: One of the great sins is falsehood which is mentioned in the Holy Qur'an many times and yet people do not pay heed to it. God says that falsehood is akin to idolatry. Some people speak lies in jest, but the Promised Messiah^{as} says that one cannot be truthful until one abstains from all the forms of falsehood. I see that sometimes when there are quarrels, people start to attack each other's honor. The one who abides by *Taqwa* is included among the angels. A *Mutaqqi* is saved from the tribulations of this world. People cannot benefit from my Bai'at unless they have *Taqwa* in them. If they are still full of pride and arrogance, then what is there to distinguish them? A righteous person possesses a divine awe. It is not right to hurt someone through falsehood.

Huzoor^{aa} said: All the high morals culminated in the Holy Prophet^{sa}. And if we still behave like beasts, then it is unfortunate indeed. Do not malign others. If you see someone in error, pray for him rather than publicizing it. He who does not have good morals, his faith is in peril. He is also deprived of God's help.

Huzoor^{aa} said: One who is harsh and is quick to anger cannot utter words of wisdom. His tongue is deprived of the subtleties. Anger and wisdom cannot coexist. Our Jamā'at should avoid evil deeds. The branch that does not have a strong bond with the tree is left barren. If there is no true relationship, then one cannot partake of God's promises. People come to the Jalsa to partake of the prayers of the Promised Messiah^{as}, but if their practical condition is not correct then how can they benefit from these prayers. Huzoor^{aa} said: At times anger creates problems and brings a bad name to the Jamā'at. Some young people engage in quarrels which tarnishes the image of the Jamā'at.

Huzoor^{aa} said: All the Prophets were abused and ridiculed. This is the inheritance of Prophets. Become such as though you do not possess the faculty of anger. You have to suppress your anger even when others abuse you. Throw away your evil habits. Repent and seek forgiveness. Always resort to prayer. The weapons through which we will become victorious are repentance, seeking forgiveness, prayer and Salāt. Do supplicate in the Salāt and do not be lax in this. Avoid every evil.

May Allāh enable us to meet these standards, to understand the purpose of the Bai'at, and to teach it to others! Amīn!

Blessings of MTA International - Jalsa Sālāna Germany 2017

Friday Sermon Delivered on September 1, 2017

Jalsa Sālāna Germany: impressions of guests; gratitude for the voluntary workers; pointing out of some shortcomings.

Islām is the religion of love. Aḥmadīs are the ambassadors of peace. What we saw here is not to be seen in any other sect. (Guests' impressions)

This tour was marked by the opening of a mosque and a press conference. Overall, the message of Islām reached about 60 million people.

On September 1, 2017, Hazrat Khalīfatul-Masīḥ V^{aa} delivered the Friday Sermon at Baitul Futūh Mosque, London.

Huzoor^{aa} said: By the grace of Allāh, Aḥmadīs are being brought together and educated through MTA. Aḥmadīs do not have to wait to learn about the Khalīfa's tours and other news about the Jamā'at; everything is communicated

instantaneously. Feedback and comments are also received at once. Jalsa Sālāna Germany was held recently and many people have written their impressions about it. While we should be grateful that Allāh has united the Jamā'at of the Promised Messiah^{as} through MTA, we should also be thankful to the volunteers who worked during the Jalsa. May Allāh reward them all! There are thousands of volunteers, including men and women, young and old, who work with such zeal as is only to be seen in Jamā'at Aḥmadiyya. These workers, along with fulfilling their duties, also serve as silent missionaries. Likewise, the participants also leave a good impression on the guests. It is important to highlight the impression of the guests in order to show the world how our actions are serving to bring people closer to Islām.

An Arab guest said: I used to see people

criticizing Islām but I could not defend it. But today, having seen your love for the Khalīfa, I can raise my head up proudly. Having seen such a peace-loving community, I can now defend Islām. A German lady who was very much impressed by the International Bai'at said: All my questions have been answered. I believe it will not be long before I cease to come here as a guest and join the Jamā'at. A student said: I was amazed at the unity and harmony I saw here. Everyone is so contented. I wish to strengthen my relationships with the Jamā'at. Some ladies from Macedonia said that they had never seen anything like the Jalsa and would go back and introduce the Jamā'at to others. A student guest said: I am interested in the study of religions. I read about the Aḥmadiyya community and now I am seeing you in practice. I felt a spiritual fervour among the participants.

Huzoor^{aa} said: It is now the duty of the participants that their spiritual fervour should not be temporary. Aḥmadīs should not just feel proud of these impressions but should try to improve their practical condition even further.

A professor from the Qartaba University said: This is the first time I have seen such a gathering. I am sure that you are different from other Muslims. A lady from Bosnia said: I was amazed to see these people. I found no fault or shortcoming anywhere.

Huzoor^{aa} said: It is the attitude of the volunteers that inevitably impresses the visitors. Thus those who visit the Jalsa have also their apprehensions about Khilāfat removed. A nurse from Bosnia who came with her husband and parents said: Everything in the Jalsa was managed so perfectly. A visitor said: When I go back I will tell people that the Jalsa cannot be described, it can only be felt, and that to experience true paradise people should spend time in this blissful environment. Those who are fighting one another should be ashamed of themselves and should live in peace and harmony. A lady from Bulgaria said: This is my first time attending the Jalsa. Everyone greeted me with respect. The two things that are taught here are love for Allāh and love for one another.

Huzoor^{aa} said: There is tremendous opposition to the Jamā'at in Bulgaria and even the government is under its influence. Let us pray that Allāh may enable us to spread our message freely and openly in this country.

A Muslim guest said: I was much impressed by the Khalifa's speech in which he spoke about love for mankind. I loved seeing small children serving water. I didn't see anyone fighting or quarrelling. A student from Portugal said: The security arrangements were

excellent. It is difficult to manage such a large gathering, but everyone treated one another with respect and cordiality and I was much impressed by this.

Huzoor^{aa} said: A 65-member delegation came from Macedonia including some journalists. They did some recordings during the Jalsa and had an interview with me. They said they would make a documentary of the Jalsa. One of them did Bai'at on the last day.

A lady lawyer said: All the arrangements were excellent. The true meaning of Islām is peace, not war. The teaching regarding women was excellent wherein the woman was described as the carer of the nest while a man is its guardian. The Bai'at had a very positive effect with all the lanes leading in one direction. I will never forget that image. A lady guest said: I have found new avenues of thought and have been introduced to Islām anew. She said she was satisfied with the answers to her questions and had seen the true picture of Islām. A journalist says: This is my first time attending the Jalsa. So many people were gathered at one place and I was honoured to be among them. A lady journalist said: This was a new experience for me. I am lucky that I saw everything first-hand. When I go back, I will make a documentary and spread this message to others. A guest said: I felt like I was in my own home. A guest said: I learned a lot by living so close to the Jamā'at. These teachings help one to become a better person. A lady guest said: I was very much impressed by the fact that there was a solution to every problem and the overall atmosphere was great. I was happy to have met so many people and to have listened to speeches about current affairs. I was particularly impressed by the Khalifa's final address.

Delegations from Albania and Hungary were also in attendance. A guest said: I

moved around in the Jalsa without fear. In contrast to what the media portrays, these people are so disciplined. Children serve water even without being asked. They are truly the ambassadors of peace. A Syrian guest says: Aḥmadīs are very respectful to women. Despite such large attendance, the discipline and service was excellent. This is something that is not to be seen in other sects. The Imām in his address spoke about the solution to the world's problems and how to bring about peace, and I felt proud to be a Muslim. The Imām said that Islām is not a religion that fosters terrorism, rather it teaches love and harmony.

Huzoor^{aa} said: Bai'at ceremony is being held in Germany for the last 3 years. This year people from 11 countries joined Aḥmadiyyat during Bai'at in Germany. Allāh has opened the hearts of many sincere people. May Allāh continue to spread these blessings! A press conference was also held during this tour. Our message reached about 60 million people. The Jalsa was also broadcast through social media.

Citing some shortcomings, Huzoor^{aa} said that the sound system was at times faulty. About 400 people were not provided bedding in their accommodations. There were some complaints about shortage of food on the first day which should have been taken care of, but some problems continued and emergency measures had to be taken. These issues should be looked into and planned adequately.

Huzoor^{aa} said: One mosque was inaugurated and the message reached about 1.6 million people. May Allāh enable Jamā'at Aḥmadiyya Germany to spread our message even further as a result of this introduction! Amin!

By the grace of Allāh, Aḥmadīs are being brought together and educated through MTA. Aḥmadīs do not have to wait to learn about the Khalifa's tours and other news about the Jamā'at; everything is communicated instantaneously. Feedback and comments are also received at once. Jalsa Sālāna Germany was held recently and many people have written their impressions about it. While we should be grateful that Allāh has united the Jamā'at of the Promised Messiah^{as} through MTA, we should also be thankful to the volunteers who worked during the Jalsa. May Allāh reward them all! There are thousands of volunteers, including men and women, young and old, who work with such zeal as is only to be seen in Jamā'at Aḥmadiyya.



Speech: Jalsa Sālāna Canada 2017

Drugs and alcohol - Physical, spiritual and societal deterioration

Dr. Fahim Younus Qureshi, Nā'ib Amīr, National Secretary Tarbiyat & Şadr Majlis Ansārullah USA

The following is a speech delivered at Jalsa Sālāna Canada 2017 by Dr. Faheem Younus Qureshi

There is a dangerous bridge. It's even more dangerous because you don't know about it; it's almost secretive. If you drive on that bridge, cars crash. People become sick on this bridge. Violent fights erupt. It's so dangerous that 3 million people died from this bridge last year and, yet most of you probably don't know about it.

This bridge connects two cities. On one end- is the city of hope- that's where many of you live. In the city of hope, people are happy. Families are together: they are prosperous, they are healthy, they make good choices and, they care for each other. On the other end of the bridge, is the city of despair. That's where families are broken. People look happy on the outside but, deep inside, they are empty, they are struggling, they are crying. They face financial hardship, they are diseased, and they don't talk to anyone. But most importantly, in the city of despair, no one cares.

Now you may wonder, who would go on this bridge. Why do we even need this bridge? Well, there is a point- there is a catch. People go on this bridge because they get enticed. They are told: "You will see the best sunset. The views from this bridge are so beautiful - the waterfalls, the snow-capped mountains, boy, it's an experience of your lifetime." And when you look at the bridge, you see all your friends there. You almost want to go there. You want to fit in because everyone is having fun on the bridge. By now, you all know, this is the bridge of alcohol and drugs that is wrecking our society!

I would like to thank Respected Amīr

Şāhib Canada for raising this very important issue and inviting this humble, undeserving servant of Hazrat Khalīfatul-Masīh^{aa} because Respected Imām Azhar Hanif Şāhib was right. This is a shared issue between America and Canada. For the time that I have, I'll just focus on Alcohol and Marijuana. See with hard drugs like Cocaine, Heroine there is a taboo in this society. And if you look at all the drug use, 80% is between Alcohol and Marijuana. But instead of a taboo, Alcohol and Marijuana are glorified. There is no business dinner that is considered complete without Alcohol. There is no high school experience that is considered complete without trying a joint of Marijuana. They tell us - this is the new normal. This is not the normal! I am not going to read you just statistics. I can tell you, I have seen nearly 25, 000 patients in my career. Many of those patients used drugs. It's not the normal.

Let me tell you about on such patient who was an executive, making 6-figure salary, high 6 figures. He would go home, drink, unwind, drink again, unwind, drink again. Before he knew, he had a habit- he became a drunk. He started getting into violent fights at work, violent fights at home. People were asking him to go get treatment. He got treatment, lost his job, got another job and then became sober. But the story doesn't end there. These drugs are toxic, they don't leave you. Two years later, his son, who was still a minor, developed a physical condition, went to see a doctor. In the interview, the doctor asked him questions and realized that the son was abused. He asked the son, "what is your biggest fear?" He said, "My biggest fear is my dad coming home drunk and beating me with his belt." Next thing, the police showed up on this executive's door. They took him away

from his family. He lost his professional license. And why do I know? Because during this process, he developed a sore on his leg that he could not tend to and ultimately, he came to the hospital and lost his leg. This is not the new norm. This bridge is killing us. It is destroying societies.

Now you may think this is just one sob story. This is not one story. Last year, just in my homeland America, 80,000 Americans died because of alcohol. Put that in perspective, that is more American deaths in one year as compared to the American deaths over 20 years in the Vietnam War. We lost 58,000 American soldiers in 20 years of a war. Here in Canada, 5000 people died just because of alcohol related issues in a year. Five thousand! We have not lost that many Canadians and Americans to terrorism since 9/11, including the death toll of 9/11. That's the magnitude, every year and this is just what we see on the surface. The danger of this bridge is that it is secretive. The amount of families which are being wrecked, the children that are being beaten with belts, the wives that are being abused, the STDs (sexually transmitted diseases) that people are getting, the bankruptcies that are being filed, the DUI's (Driving Under the Influence) that people are dealing with, is simply beyond any calculation.

Similarly, there are issues with Marijuana. "Marijuana is safe" they tell us. "It's legal". Just because something is legal, doesn't mean it's safe. Alcohol is also legal. Listen to this - in March 2014, a 19-year-old boy, clean, never used drugs, went to Colorado with his friends. Colorado is a state in America where Marijuana is now legal. In the evening, he had a cookie. A Marijuana laced cookie.

Yes, drugs, are now present in food items as well, biscuit, brownies, gummy bears, cookies. They call them edibles. This boy took 1/6th of the cookie and 30 minutes later, he didn't feel a thing. What would you do? He ate the whole cookie, right. He went to sleep. Six hours later when he woke up, he was sweating. He was shivering. He was not making sense. He was talking to a lamp. His friends would hold him down and he wouldn't stop. He started screaming, hallucinating. He ran out of the hotel door, in a Holiday Inn, jumped from the fourth floor and died because of multiple trauma. They tell us Marijuana is safe. When they did an autopsy, they did not find any other drugs in his system but Marijuana.

Once again, you may think, one story, why should we care? It's not one story. Statistics show that 10% of people who use Marijuana will become addicted. They'll get withdrawal, that's not safe. Come on, you guys are all becoming very serious. Aloo Keema is safe! You know, you don't get a withdrawal from Aloo Keema. Marijuana is not safe. You can't say that. Who says it's safe? It causes short term, long term memory loss. People get Psychosis. That's insanity. It can precipitate Schizophrenia. Your heart rate doubles - you can get a heart attack. People have died of heart attacks after using Marijuana. At least 20% of people who drink alcohol, at least 10% of the people who smoke Marijuana, could become addicts. Think of a bridge that shows you the most beautiful sunsets and if somebody told you, you have 20% chance of falling off of this bridge, how likely are you to go see that sunset? Those are the odds.

This is temporary fun with permanent consequences, my friends. But 70-80% of our society is on the bridge. Our teens,

our students, our professionals, our girls- they feel the pressure, they feel I need to fit in. How will I be a Canadian? As far as I know, the Charter of Rights and Freedoms does not require you to be a drunk, to be a Canadian. Work hard, be loyal, do scientific advancements, build better bridges - that's how you become a Canadian. But there is amazing amount of confusion on the bridge.

See, what would you do? We live in a society that is obsessed with safety. Really, think about it. You go into a construction area, you wear a safety hat. You get into a car; you wear a seatbelt, safety belt. You go into a house, there is a safety alarm. You go to work, there is a safety manual. It's to the extent, we have safety pins, and yet in the same society, thousands of people are dying of drugs. We call it legal. It's crazy, when you really think about it. The same parents, who would never let their child out of that seat belt during their childhood years, will let that 14-year-old go and have a drink. That's when it starts- at the age of 14. You know the same society that disapproves cousin marriages, alleging that it's "risky" due to health reasons, will allow alcohol, a substance that kills 3 million people in the world, every year. That's more deaths than lung cancer and AIDS cause in a year, combined. The same politicians, who will condemn domestic violence, will tell you their favorite brand of alcohol in the next breath. Alcohol, that is at the heart of domestic violence.

And then our youth. Of course, they get enticed. The bridge is attractive - "you'll have an experience". So, our youth say, "Let me try it." You know the biggest problem with the bridge that a lot of people don't know, is, that it leads to the city of despair, until they end up there. A lot of people think, I'll just go there,

watch the sunset, come back home. They'll do that a few times but that's not what happens. You remember what happened to that executive. You keep on going to that bridge until you end up in the city of despair and it's very, very hard to come back from there. I'll tell you as a physician, very few people make it back from the city of despair. Something goes wrong there.

Our children are confused. We need to have a straight talk with them. They say about Marijuana, "Come on bro, it's not even *haram*." Trust me, I've heard those lines. About alcohol, they'll say, "Can I drink a little bit, if it doesn't intoxicate me? How about light beer?" Hazrat Muḥammad^{sa} said that if a larger dose of a substance causes intoxication, then its small dose is also unlawful. They say, "Can I have a glass of wine every night? I've heard that it helps you unwind? I've heard it gives you health benefits." You get better health benefits just by running for a mile. However, if you must hear about wine, Hazrat Muḥammad^{sa} said, "Do not drink wine; it is the key to all evils." I'm not giving you my opinion. This is your faith. And then they'll say, "Isn't there some benefit to drinking?" Yes, you know the views from the bridge may be beautiful but you are willing to pay the price? That's what the Holy Qur'ān says:

"They ask thee concerning wine and the game of hazard. Say: 'In both there is great sin and also some advantages for men; but their sin is greater than their advantage' (2:220). You cannot afford the toll of this bridge. You do not want to go there.

And coming to Marijuana, they'll say "Bro, come on, this is not even *haram*." This hadith is not mentioned once, not twice, almost a dozen times in different

You know the same society that disapproves cousin marriages, alleging that it's "risky" for health will allow alcohol, a substance that kills 3 million people in the world, every year - that's more deaths than lung cancer and AIDS combined.

books. "All intoxicants are unlawful" – that's what Hazrat Muḥammad^{sa} said, period. "But why is it *haram*, when it's not even harmful?" They'll come back at you. Go look at the statistics in Colorado – the amount of hospitalizations due to marijuana quadrupled after we legalized it! Four times! The amount of psychiatric evaluations went 5 times. Is that a safe substance? "How about pot? Weed? Grass? Ice? Ecstasy?" they'll ask. You can name whatever you like. No! The answer is no and it is not from me.

Hazrat Masīḥ Mau'ūd^{as} states, "... abstain from every type of intoxicant. It is not alcohol alone that ruins a person. Opium, ganja, charas, bhang, tarhi, and all other addictions are similarly destructive. They ruin the mind and destroy lives" (*Noah's Ark*, p. 115)

"You mean not even hookah or shisha?" Someone may be thinking, yes, not even hookah or shisha. That is the beauty of having a Khalifatul-Masīḥ. On January 17, 2014, Huzoor^{aa} mentioned it in his sermon, "I have come to know that some of our young boys and girls use shisha and they say that it is not intoxicating and its occasional use is not harmful. Remember that this occasional use would lead them to be embroiled in bigger intoxicants."

Be very proud of who you are. We don't need to fit in, at the cost of our lives, our health and our families. Our faith has given us a very consistent position. See, you have all looked at the sign, "Last exit before the bridge", right? All faiths put a stop on intoxicants, every faith. There is no faith that says, go right ahead and become a drunk. Some will say, go have a drink of wine but don't get drunk. Some will say, okay use alcohol so long as you don't become alcoholic – that's like putting the sign, "Do not cross the bridge" or "Last exit before the bridge" in the middle of the bridge. Right? It's a one – mile long bridge. You get 1/10th of a mile and you see a sign, "Last exit before the bridge". It's too late. You can't make a U-turn. Islām puts that sign a mile before the bridge. Islām says don't even go on this bridge. Last exit. Take it now.

Shouldn't you be proud that your faith, 1400 years ago, told you not to put a harmful substance in your body? Trust me. I am fully aware of the legal battles. I am fully aware of what goes on in

the media, what the politicians talk about, the discussions about legalizing Marijuana. They say, how can you not legalize Marijuana when Alcohol is legal. Fair point, but that's not your burden. That's not my burden. That's not Islām's burden. Islām says both are unlawful; both are harmful! Your faith has an extremely consistent position. You don't need to change your position. And if you don't have that consistent position, where will you draw the line? Today it's Alcohol. Tomorrow it'll be Marijuana. Third day, it will be, hey, he's doing crack cocaine at home. He's not hurting anybody. It's a free world. But let's see how that game is played out. We are not politicians. We are people of faith. We follow a Khalīfa. We are a family. We live in the city of hope. We don't want our children going on that bridge. We don't want our children having to live in the city of despair. I've seen people who live there. Trust me. You don't want to go there!

The biggest problem with the city of despair is that no one cares. All those friends who give you the joint today, who say, "Okay, you don't have the money, I'll give it to you for free, this one is on me." When you go down, you are alone. There is no Facebook; there is no one for you. I have never, (and I want to emphasize the word never since I am standing at the blessed stage of Hazrat Khalifatul-Masīḥ^{aa} and Hazrat Masīḥ Mau'ūd^{as}) seen a drug addict surrounded by his friends in a hospital room. You can talk to other doctors. They will all tell you. We've seen patients who are drug addicts, who come when they are dying, but they are not surrounded by their friends in the hospital. Even the society doesn't care. Even the doctors and nurses, they say, he's a 'train wreck'. These are the words people use. These guys are dying of pain because they are getting withdrawals and the nurse says "he is a drug seeker, we are not going to give him any more pain medication." You don't want to go there. So, what should we do?

We want to live in this beautiful city, the city of hope. We don't want to put a substance in our body that makes us lose our mind. Isn't that the difference between a human and an animal? Allāh has given the faculties of thinking, reasoning, making good choices to humans. Animals don't these faculties.

Remember in the city of despair, people can't make good choices. So why would you want to put such a substance in your body? Just to fit in, just to look cool, just because others are on the bridge? Think about it.

Our faith is so beautiful that it doesn't scare people away. It doesn't talk about punishments only, it empowers you. The solution to this problem also comes from faith. A man came to Hazrat Muḥammad^{sa}, our Master Prophet. He said, "O Prophet of Allāh, I have three vices but I don't have the capacity to give up all three. I am a liar, I am a fornicator and I drink. What do I do? If you were to tell me to give up one, which one should I give up?" The Prophet of Allāh^{sa} said, "Give up lying." The man came after some time, and said "O Prophet of Allāh^{sa}, I have been able to give up all three, because when I was about to fornicate, when I was about to drink, I thought, what if the Prophet of Allāh^{sa} asks me about it and I will not be able to lie. So, I did not go near that." So just by that one advice, he was able to get rid of all his vices.

My dear brothers, my dear sisters, we need to be true to ourselves. We need to stop lying to ourselves. And trust me; if after this talk, people say that oh, this was a great talk for the youth, then you missed the whole point. This is not just for the youth. This is for all of us. We all live in the city of hope. We are all together. It's not us vs. them. Our Imām has given us messages. We just don't pick up on those messages. It's time to go over those messages again.

What should we do? As a society, we need to stop lying to ourselves. You know when you take the bridge from Prince Edward Island to mainland Canada, you give \$46 toll and the politicians, and Canadians, and the public is up in arms – they think it is too much toll. I ask the same society: "Your children are falling off bridges. What is the cost of a Canadian child?" Let's be true to ourselves. Forget about pandering, forget about politics, forget about re-election for a second. I say this with respect. I am not saying this to impose our values on you. I'm saying it because we care. Isn't that the golden rule? We like for you what we like for ourselves. Islām doesn't enforce; it empowers.

Parents, let's be honest to ourselves.

Let's stop lying to ourselves. We claim "Our child can never drink alcohol. My daughter would never go near pot. My son can never do this." Who gave us that guarantee? You know we need to be very truthful. We live in a place where these mistakes happen. Our children use drugs not because they are bad, but because they are human. The bridge is enticing. They go to schools, colleges. We need to accept the truth and when they come back to us, seeking help, when they come back to us saying, "I'm sorry, I made a mistake," that's not the day to say, "You have embarrassed us." That's not the time to tell them - "Oh you messed up the family's name." Isn't that what Islām says, to "exhort one another to mercy" (90:18). These are your children. They need your mercy. When they come back seeking forgiveness, they need your love, they need your help.

And relatives, please. It's very easy to gossip when it's someone else's son. It is very easy to make pointed comments when it is somebody else's daughter. But what's the guarantee that tomorrow it's not going to be your son? What's the guarantee that tomorrow it's not going to be your daughter? Isn't that what the Holy Qur'ān says, "Woe to every backbiter, slanderer" (104:2)? Be kind to others, cover people's faults. We are not in the business of exposing people.

And people like myself who are blessed to serve this Jamā'at as office holders, I say this with utmost respect: we also need to be true to ourselves. We sometimes become very harsh. We become judgmental; we want to fix the problem; we want to ban people from coming to mosques; we are not in the business of banning people; we are not in the business of cutting our children away from us. These are your children. These are a part and extension of our body.

Parents, let's be honest to ourselves. Let's stop lying to ourselves. Our child can never drink alcohol. My daughter would never go near pot. My son can never do this. Who gave us that guarantee? You know we need to be very truthful. We live in a place where these mistakes happen. Our children use drugs not because they are bad, because they are human.

These are the members of this blessed Jamā'at.

Hazrat Masīh Mau'ūd^{as} says, "If a pupil of mine had fallen on a street alley as a result of Alcohol intoxication, even then, out of compassion, I would wipe his mouth, lift him over my shoulder and bring him home." (qtd. in Friday Sermon, July 10, 1925)

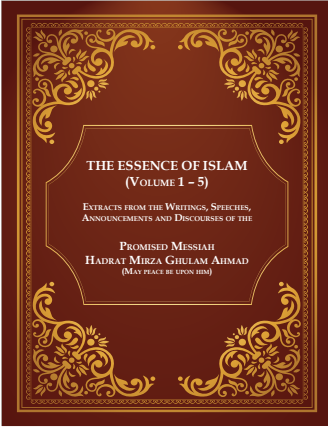
Our success my dear brothers and sisters, lies in following Islām. Please don't do that *narah* (raising slogans), I am telling you don't do that *narah*. Don't release that energy. You need to internalize this energy. You need to think about what you can do in this war against drugs. Sometimes when we do these *narahs* (raising slogans), we diffuse the responsibility. Don't do it. Our Khulafā have told us to take the responsibilities we have been given. Islām has won wars. There are non-Muslim historians who write that some of the earlier Muslim wars, when we were up against an army, three, five, seven times larger, some historians allege that Muslims used to win because those armies were drunk in the morning and Muslim armies were sober. Without going into whether that is true or not, we can and we must win this war against drugs today because this is a distinction of Jamā'at Aḥmadiyya. We are not talking about these issues because there is some epidemic out there. We are talking because this (shunning intoxicants) is our distinction.

And how do win this war? If there is a single person here, who has gone over that bridge, you know what I mean. Now, I am going to have a heart to heart talk with you. Please, be honest to yourself. These are not safe substances. These are not halal substances. Just because something is legal, does not mean it is safe. And just because something is

legal, does not mean it is Islāmīc. Even if the country's law says it is legal. Pork is legal; would you go and eat pork? Don't kid yourself. You know better. You are just hearing it from me, you already knew these things. And remember there is another bridge.

"Unto Us surely is their return" (88:26). There is a day of reckoning. We have to cross that bridge as well to meet our Creator. Please don't lie to yourself. Don't lie to your parents. I know of fathers who have left their homes at 4 am in 20 degrees Fahrenheit, driving a cab, hiding their profession from people so you could go to school. You know what I am talking about. There are mothers listening right now who are up every morning before you are up to prepare your breakfast, so you could go to school. These parents have crossed a lot of difficult bridges in their lives, so you could get somewhere. Don't crush their dreams! Go to them. Seek forgiveness. Trust me, they will forgive you! They love you more than I love you. Come clean. You are on a very dangerous bridge. On one side is your family, your Jamā'at, Khalīfatul-Masīh. On one side is happiness - city of hope. On the other side is loneliness. On the other side is an industry for which you are just a statistic. You die, they move on to the next one. The choice is yours. We are not *Musaihtir* (compeller)! We are not going to beat you with a stick. We will respect your choice, but you will also have to tell your friends. Next time they come, say "Hey man, I've changed my mind, I don't put these harmful substances in my body", and if they insist, then guess what, instead of changing your mind, you need to change your friends. That's what you need to do.

You were born to proudly live in the city of hope. You don't belong on that bridge. You belong right here.



The Essence of Islām – Introduction

Sheikh Abdul Wadood, National Secretary
Ishā'at Canada



The Promised Messiah, Hazrat Mirzā Ghulām Ahmad of Qādiān^{as} wrote:

وہ خزائن جو ہزاروں سال سے مدفون تھے
اب میں دیتا ہوں اگر کوئی ملے امیدوار
(روحانی خزائن، جلد 12، صفحہ 741)

“Those treasures which laid buried for thousands of years; Now I offer them, if only there is one willing to accept them.” (*Rūhāni Khazā'in*, Vol. 21, p.147)

The above declaration is in fulfilment of a prophecy of the Holy Prophet^{sa} that “When ‘Isa, the son of Mary, will come, there will be an abundance of wealth, and this wealth will flow so abundantly that nobody will accept it. (*Bukhāri*, Kitābul Anbiyā, ‘bābu nuzūle ‘isa bne Maryam). There is no doubt that this very prophecy and many other prophecies with regard to the second coming of Jesus have been magnificently fulfilled by the advent of Hazrat Mirza Ghulam Ahmad^{as} of Qadian, the Promised Messiah and Mahdi.

The treasures that flowed from the pen and lips of the Promised Messiah^{as} have all been preserved and documented. These valuable pearls are grouped in following five categories:

Rūhāni Khazā'in – The collection of the books of the Promised Messiah^{as}.

Majmūa' Ishthārāt – The posters, handbills and tracts published from time to time to meet a challenge or to counter a lie or rebut an allegation.

Maktūbāt Ahmad – The letters written by the Promised Messiah^{as} from 1883 to 1908 to various personalities.

Malfūzāt – A collection of spoken words of the Promised Messiah^{as} when he spent time with his companions after prayers or similar other gatherings.

Tadhkirah – A collection of the revelations of the Promised Messiah^{as}.

He wrote more than eighty books in

Urdu, Arabic and Persian in which he presented a true exposition of the teachings of Islām. Some people suggest that they don't have time to read all these books. Therefore, an extract from the writings, speeches, announcements and discourses of the Promised Messiah^{as} was compiled by Syed Da'ūd Ahmad Sāhib in the form of a book, *Hazrat Mirzā Ghulām Ahmad Qādiāni^{as}- Apnī Tehrūrūn Kī Rū Sey*. The purpose of this compilation was so that people can know in Huzoor's^{as} own words about his personal life; what is his claim? what are his arguments and assertions? What are his teachings? What advice he gave to his followers? How his enemies treated him and what was his reaction? What were his prophecies about Ahmadiyyat? etc. *The Essence of Islām* is the English rendering of the subject book and consists of five volumes. The English translation of the first four volumes has been done by Hazrat Sir Chaudhary Muhammad Zafrullā Khān Sāhib^{ra}. The fifth volume was translated by Dr. Saleem-ur-Rahmān Sāhib.

It is hoped that the reading of these excerpts will awaken and kindle a thirst to read the originals of the Sultānūl Qalam (the champion of the pen). Some of the important topics covered in the five volumes of *The Essence of Islām* are as under:

Volume 1:

- Islām
- Allah the Exalted
- The Holy Prophet^{sa}
- The Holy Qur'ān

Volume 2:

- Revelation and Dream
- Prayer
- Jihād with the Sword
- Heaven and Hell
- The Purpose of Creation

Volume 3:

- Natural, Moral and Spiritual States of Man
- The Need for Prophets
- Women
- The Veil
- Proper Upbringing of Children

Volume 4:

- Family and Personal Background
- Status of the Promised Messiah^{as}
- The Purpose of the Advent of the Promised Messiah^{as}
- Establishment of Jamā'at and instructions

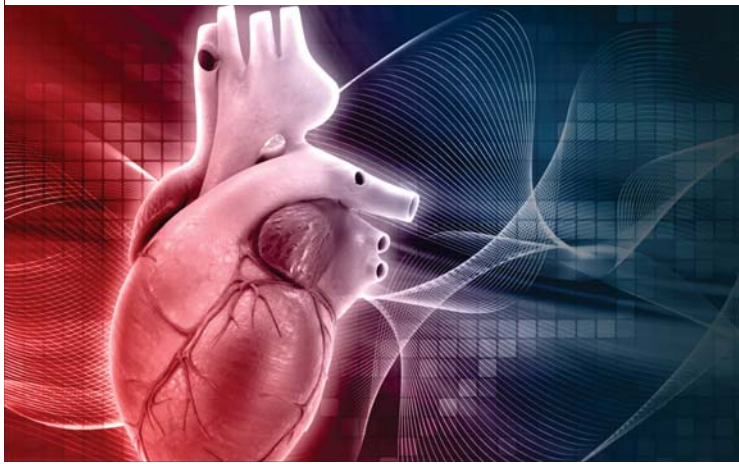
Volume 5:

- Miracles, Signs and Prophecies
- Marriage and Righteous Progeny
- Abdullah Ātham, Lekh Rām, The Plague
- Earthquakes and Wars
- King of the Pen

It is important to note that the subject compilation is from the wordings of the Promised Messiah^{as} only. No addition or interpretation whatsoever has been added.

The writings of the Promised Messiah^{as} contain extensive themes for establishing a living relationship with Allah, the role of revelation in achieving this purpose, and the critical importance of following the Holy Prophet^{sa} and acting upon the teachings of the Holy Qur'ān.

Not only we should study this fascinating set of compilations ourselves but publicise it prolifically and present it as a gift to our non-Urdu speaking younger generation so that they can also benefit from these magnificent treasures which were prophesized by our master Hazrat Muhammad Mustafa^{sa}.



Public Health Series

The Silent Killer: Hypertension

Dr. Amna Nabi Ahmed, MD, FRCPC, General Internal Medicine

Did you know that hypertension affects up to 7.3 million Canadians and is one of the leading causes of death worldwide?

What is hypertension?

The heart pumps blood to the rest of the body and the force required to push the blood through the blood vessels is measured as blood pressure. Hypertension is when the blood pressure in the blood vessels is too high. This can lead to damage of blood vessels and untreated hypertension can lead to heart attacks, strokes and kidney disease amongst other complications. Hypertension may not present with any symptoms but can have serious consequences and hence is often labeled as a 'silent killer.'

How is hypertension diagnosed?

Blood pressure is usually measured in the upper arm using an inflatable cuff. There are two parts to the blood pressure reading (ex: 120/80 mmHg). The upper number is the systolic pressure, which is the highest pressure reached when your heart contracts. The lower number is diastolic pressure and this is the pressure reached when your heart is relaxing and filling between heart beats.

What should my blood pressure be?

You should have your blood pressure checked at your physician's office. For most patients, the target blood pressure is less than 140/90 and less than 130/80 in diabetic patients. You can also discuss with your doctor how to monitor your blood pressure at home and keep a log of your readings. You should also make sure to get proper instructions on how to use home blood pressure monitors to check your own pressure.

What can I do once I have been diagnosed with hypertension?

There are several steps you can take to help control your blood pressure and prevent complications:

- Make sure to follow-up with your family physician and take all medications as prescribed. If you have side effects from medications or need to stop a medication, inform your doctor right away. There are several medications available and a different class of drugs can be given to you. Do not stop your medications once your blood pressure is under control, as the high blood pressure will likely return when you are off medications. Some patients may need more than one medication to allow blood pressure control via different mechanisms while minimizing side-effects.
- Discuss lifestyle modification and healthy living with your doctor including exercise, weight loss, healthy diet, smoking cessation and salt reduction.
- If you are over-weight, you should start by aiming to lose about 10 lbs (4 kg) to help lower your blood pressure. Make sure your weight loss strategy is a healthy program with healthy dietary changes and increased physical activity. You should always discuss your weight loss strategy or program with your doctor.

What changes can I make in my diet?

- The Dietary Approach to Stop Hypertension (DASH) diet can help you control your blood pressure. The DASH diet emphasizes eating more vegetables and fruits, whole grains, lean meats and low-fat or fat free milk products. You can also get more information about following the DASH diet online at Hypertension Canada (hypertension.ca).
- Decrease sodium intake to less than 2000 mg per day. You should avoid processed or canned foods and whenever possible, buy fresh

vegetables and fruits. It is important for you to start reading food labels for sodium content. As a general tip, if the sodium content is 0-120mg or 0-5% of daily intake per serving, you will likely not go over the 2000 mg per day recommendations. You should avoid foods that have greater than 360 mg or greater than 15% daily intake of sodium per serving.

- Here is an example of an action plan checklist you can use that has been adapted from Hypertension Canada:
- Take my medication(s) regularly and as prescribed.
- Remember to go to my health care professional appointments.
- My blood pressure is staying within the healthy range.
- Reduce my daily salt/sodium consumption to less than 2000 mg of sodium per day.
- Eat healthy to maintain healthy blood pressure.
- Maintain a healthy weight.
- Be physically active for at least 30 minutes, five to six days per week.
- Refrain from smoking.
- Aim for stress-free living.

References:

Hypertension Canada. (2017). <https://www.hypertension.ca/en/>

Hypertension Canada. (2017). What's New, 2017 Hypertension Canada Guidelines for the Management of Hypertension. https://www.hypertension.ca/images/CHEP_2017/HTN_Whats_New_2017_EN.pdf

Are You Ready for an Emergency?

National Department Umūr 'Āmma

Do you know the risks?

Do you have a plan?

Do you have an emergency kit at home?

Do you know how to keep yourself and your family safe in an emergency situation?

Just last year, Canadians experienced the worst damages caused by natural disasters in 30 years of Canadian history. These damages, for instance, include ice storms, floods and tornadoes in various parts of Canada.

Flash flooding and storm hit the Greater Toronto Area in July 2013 when 126 millimetres of rain hit the ground, and set a record for the province's most expensive natural disaster. The Insurance Bureau of Canada estimated 850 million dollars in damages in their preliminary estimates. 100's of homes were destroyed, and over 50,000 homes were left without power for days.

Ice storm in December 2013 left over a million residents out of power for multiple days, over 600,000 homes in Southern Ontario alone. Over 200 million dollars were incurred in damages, 1000's of trees were destroyed with up to 3 cm of ice in some areas of Southern Ontario. Thousands of people were forced to relocate to warming centers and shelters. 27 unfortunate people lost their lives in Northeastern United States. They could have survived, had they been informed and prepared to deal with such a situation.

A great number of us are unprepared to face such emergencies. Our beloved Huzoor^{aa} has advised Jamā'at members to stay prepared for such unexpected emergencies in result of a natural disaster, economic crisis or unstable political situations. Jamā'at Aḥmadiyya

Canada also urged members at times to get their families prepared to deal with any emergency situation by creating an emergency plan and keeping stock of essential household items and food. In continuation of the same initiative, the following information will assist Jamā'at members to better prepare for such situations.

Winter is here and some are already predicting it to be another harsh winter this year.

We enjoy an uninterrupted supply of utilities and services living in this society, which makes us so dependent on them that life becomes virtually impossible without them. When authorities have to deal with extraordinary situations (i.e. storm, floods), supply for these services can be interrupted for prolonged periods. Furthermore, there may also be situations where extreme precautions are required to keep the home safe; or perhaps there may be circumstances when the home is no longer a safe place.

It is very important for families to create an emergency plan according to their own needs and to equip themselves with a household Emergency Kit to deal with such situations. An Emergency plan and Emergency Kit, together, enable families to keep safe in such difficult times and emergencies.

An Emergency Plan

Emergencies occur in sudden and unexpected times; they may arise when families are not together; they may occur when family members are not all home. They may be at school, work, etc. If phone lines are not working and the neighbours are not available, what would you do? To help ensure your family's

safety in such situations, it is crucial to have an emergency plan; this emergency plan should be discussed thoroughly with all family members.

Keep Informed: Whether all family members are at home or away from home, in an emergency it is very important to stay informed of the situation and any new developments. Keep listening to local news on television and/or radio.

Safe Place: Part of the plan should be to have a simple way of contacting and meeting the family (in emergency), especially when family members are not together at a time of such occurrence. When going home is not possible, decide, in advance, about a safe place to meet (i.e. community centre, library or school) and make sure every family member knows directions to it.

Secondary Contacts: Sometimes you might not be able to contact immediate family members but may be able to contact your neighbours or relatives in another city. Always keep a few close contacts handy (memorized or written). When you cannot contact immediate family, call such contacts and tell them about your situation and plan, and how they can help.

Emergency contact: Always have school and daycare updated with emergency contact information, someone who is accessible and can help on short notice; pickup kids if needed. Teach emergency contact's information to your kids (i.e. memorize phone numbers and addresses).

Identify locations: Sometimes authorities may advise to turn off some utility or you may feel the need to do so. Mark location of your home's water valve, electrical panel, gas valve & floor drains.

Make a map and mark these locations on it. Make sure all the valves and shutoff locations are easily accessible and have enough clearance around them. Share the location and procedure of turning on or off with everyone at home.

Evacuation Plan: In some situations, authorities might ask to evacuate your home on a very short notice. Everyone should know your home's safe exits and best places to go and meet. In addition, it should be ensured that all family members are aware of "Grab & Go Emergency Kits" (more information follows). Keep a physical map and mark the safest and quickest routes to exit your city.

Kids and Elders: Always identify the special needs of toddlers, kids and elderly family members, especially disabled ones if there are any. They might need assistance in evacuation and collecting their absolute necessities.

Documents: Make copies of important documents (i.e. birth certificates, passports, wills, insurance documents). It is also advisable to keep extra copies of these documents and photos of family members at safe places (i.e. at work, with a relative in another city, in family car).

Emergency Kit

In this unpredictable world, without any warning, we may have to make quick decisions that affect the health and safety of our loved ones. We may assume that we will be able to gather what we need when something happens; but it is even easier to miss important items in panic. An emergency kit is something that provides you most of your necessities that you may need in such situations.

It is always advisable to identify the most important things you or your family may need in emergencies. An Emergency kit that is well stocked, portable and easy to find for everyone in the household can help ensure you have basic supplies to keep you and your family safe for at least 72 hours within your home or even if you have to evacuate. The most important thing in this Emergency kit is a copy of the Emergency Plan designed according to your family's needs and a *Checklist* with items that cannot always be kept within the *Emergency Kit* itself. (i.e. medications that are refrigerated, etc) Below are examples for some of the things that most families would need to

have in an *Emergency Kit*.

- Bottled water: 2 L per person per day for drinking
- Food (energy bars, canned & dried food enough for all household members for at-least three days)
- First Aid kit (bandages, antiseptics and pain relievers)
- Manual can opener, knife, scissors, multifunction knife
- Flashlight and radio with batteries (crank radio + flashlight would be better)
- Cash in small denominations (Automated teller machines and credit cards might not work during crisis)
- Baby formula, bottles and diapers if you have infants in your household
- Regular prescription medication (preferably for a couple of weeks at least)
- Special needs (vision glasses, asthma puffers, diabetes insulin, etc)
- Basic manual phone with cord (cordless won't work without electricity)
- Copies of documents (identification, insurance, passports, ownerships, wills and pictures)
- Checklist of pickup items not in the kit
- Copy of your family's emergency plan
- Contact information of friends and family that can help
- Local and Provincial map

These items cover a very basic Emergency Kit. However, a few more items are quite important to ensure your family's well-being. Consider including these items in your kit, only after you have included all the items listed above:

- 2 L of water per person per day (additional for cooking and cleaning)
- Candles and matches & lighter
- Change of clothing and footwear
- Sleeping bag or warm blankets
- Toiletries (i.e. toilet paper, soap, shampoo, toothpaste, toothbrush & moist wipes)
- Battery pack and chargers for

important devices (i.e. mobile phone)

- Basic utensils
- Garbage bags
- Household chlorine bleach or water purifying tablets & collapsible water container
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, pocket knife)
- Small stove with fuel (gas stove can be dangerous without proper ventilation)
- Whistle & glow sticks (to get attention)
- Duct tape and utility knife
- Homeopathy medicine kit

Umūr 'Āmma department has arranged 72 Hour Disaster Preparedness Kit by Canadian Red-Cross on a discounted price. Kit is available in a limited quantity on a first-come first-served basis.

This kit features essential items that will help support you during the first 72 hours of an emergency. All items are carried in a backpack with a reflective clip and additional room for other essentials. A mini-first aid kit is also included.

Food & Supplies Storage

In extraordinary situation, you might have to deal with shortage of supplies for longer periods, when they are either unavailable or very expensive due to an economic crisis. It is highly recommended that you keep 3 to 6 month supply of necessary household and food items. In addition to emergency kit items, below are few more examples of items to be stored:

- Wheat flour & rice
- Grains (i.e. pulses & lentils (dāl))
- Dried fruits and nuts like dates, raisins, peanuts and almonds
- Sugar, salt, spices & cooking oil
- Canned food like vegetables, beans & fish
- Kerosene stove and 180 L of fuel
- Dry batteries (longer life)
- Supply of medicines & vitamins
- Charcoal, lighter fluid
- Candles, matches and flashlight
- Seasoned firewood

- Kitchen supplies (pots, pans)
- Paper plates/cups/utensils
- Bicycles in working conditions
- Walkie talkies (ham radio)
- Plastic tapes, ropes and ties

Useful tips

1. Keep rotating items from your food and other storage (i.e. use previously stored items and keep adding newer items to storage).
2. Revise your Emergency Plan every year and go through it with all family members. Also check items in your emergency kit and ensure they are in working condition.
3. Change batteries in all smoke and carbon monoxide detectors twice a year (i.e. when changing clocks in fall and spring). Every time you change batteries check working of unit using test button.
4. Ensure that fireplace is operational in your house before winter starts.
5. If you reside in a shallower neighbourhood, try to have sewer back up included in your home insurance.
6. Ensure that your rainwater gutters do not shoot directly near house's foundation and have flex spout connected so water drain at least 3 ft away from exterior walls.
7. Inspect your vehicle's tires before winter. Install winter tires, if possible. Also, inspect vehicle battery to avoid start-up problems.

Let us hope and pray that Allāh Almighty may keep us all safe from any difficult situations! Amīn! However, if they do occur, we are prepared ahead of time for our own safety and that of our loved ones.

For further information, please contact your local Secretary Umūr 'Āmma or National Department of Umūr 'Āmma:

email: prepare@ahmadiyya.ca

Useful links

<http://www.getprepared.ca>

<http://weather.gc.ca>

Maulānā Mirzā Lutf-ur-Rahman Passes Away

Respected Maulānā Mirzā Lutf-ur-Rahman Ṣāhib passed away in Round Rock, Texas on September 28, 2017. His funeral prayer was led by Respected Amir Ṣāhib Jamā'at Canada on October 5, 2017 in Baitul Islam Mosque, followed by the burial. A large gathering attended the funeral prayer and burial. Deceased was younger brother of (Late) Mirzā Fazl-ur-Rahman Ṣāhib of Brampton and Respected Amatul Rashid Zohra Khan Ṣāhibā of Mississauga.

He is survived by Habeeb-ur-Rahman Mirzā (son), Lubna Amatul Noor Qureshi (daughter), Imtiaz Ahmad Rajayki Ṣāhib (son) and seven grandchildren.

May Allāh grant forgiveness to the deceased and elevate his station in Heaven! Amīn!

Respected Mirzā Lutf-ur-Rahman Ṣāhib was born in Qadian on February 15, 1929. His father, Hazrat Bhai Jee Mirzā Barkat Ali^{ra} Ṣāhib was a companion of the Promised Messiah^{as}. By the Grace of Allāh, Mirzā Lutf-ur-Rahman Ṣāhib devoted his life at the age of 14, in 1959, upon the Taḥrīk of Hazrat Khalīfatul-Masīḥ II^{ra}. After completing B.A from Talīmul Islām College, Lahore, he obtained the Shahid Degree from Jāmiā Aḥmadiyya Rabwah in 1957.

Soon after, he was appointed in Wakālat Dīwān, Taḥrīk Jadīd. In 1958, he served as the Missionary in Hamburg, Germany and meticulously worked towards the completion and opening of Nur Mosque in Frankfurt, Germany.

He started the Aḥmadiyya Muslim Mission in Lome (Lomay), Togoland in September 1960, and then moved to Ghana when Togoland government gave him an eviction notice due to his Tabligh activities.

In 1963, upon his return to Rabwah, he served as Mu'tamid Khuddāmul Aḥmadiyya with Hazrat Mirzā Tahir Aḥmad Ṣāhib, then Ṣadr Majlis Khuddāmul Aḥmadiyya Markaziya. In January 1966, he was appointed as the Missionary Incharge of Greater Accra Region, Ghana. He also served as a senior Missionary in Kenya, East Africa from 1973 to 1975.

He was appointed as the Managing Director of Nusrat Art Press Rabwah in 1978. In 1982, Hazrat Khalīfatul-Masīḥ IVth graciously appointed him as the Managing Director of Qur'ān Publications.

He retired at the age of 60, but was re-employed in Wakālat Tasnīf-o-Ishā'at for another 15 years. In 1963, on his return from Ghana, he had the opportunity to perform *Hajj Akbar*.

Some of his accomplishments include the proofreading of second edition of the *Short Commentary of the Holy Qur'ān* by Malik Ghulam Farid Ṣāhib. He also researched and corrected the references of *Hadīqatus-Ṣālihīn*. In addition, he proofread the reprint of English Translation of *The Philosophy of the Teachings of Islam* in Pakistan.

He had extreme devotion for Khilāfat and advised his children and grandchildren to have a close relationship with Khalīfatul-Masīḥ. He had deep respect for the Companions of the Promised Messiah^{as} and other elders of the Jamā'at, and he regularly wrote prayer requests to them.

He was married to Respected Amatul Karim Nuzrat Mirzā Ṣāhibā, daughter of Mirzā Barkat Ali Ṣāhib of Abadaan, Iran, granddaughter of Hazrat Bhai Abdul Rahman Qadiani Ṣāhib^{ra}. Three years after her demise in 2003, he married Bushra Khalida Ṣāhibā, daughter of Mian Ismail Ṣāhib. She passed away in 2013.

He migrated to USA in November, 2015 and resided with his son Mirzā Habeeb-ur-Rahman and daughter-in-law Ayesha Ahmad in Maryland. In May 2016, he moved to live with his daughter Lubna Amatul Noor Qureshi and son-in-law Arshad Mohammad Qureshi of Austin Jamā'at.



HEAD OF AḤMADIYYA MUSLIM COMMUNITY CONCLUDES MAJLIS KHUDDĀMUL AḤMADIYYA IJTIMĀ' WITH FAITH-INSPIRING ADDRESS



Hazrat Mirzā Masroor Aḥmad^{aa} addresses over 5,500 Muslim youths from across the UK.

On September 17, 2017, the World Head of the Aḥmadiyya Muslim Community, the Fifth Khalīfa, His Holiness, Hazrat Mirzā Masroor Aḥmad^{aa} delivered a faithinspiring address to conclude the three-day National Ijtimā' (Annual Gathering) of the Aḥmadiyya Muslim Youth Association in the UK (Majlis Khuddāmul Aḥmadiyya).

The objectives of the Ijtimā', held for the first time at Country Market, Kingsley, were to educate the Muslim youths of the true peaceful teachings of Islām and to inspire them towards serving both their faith and nation to the best of their abilities.

Commencing on the same day as the Parsons Green station attack, the Aḥmadi Muslim youth were united in their condemnation of all forms of extremism and terrorism and during his keynote address, Hazrat Mirzā Masroor Aḥmad^{aa} repeatedly stated that Islām promoted love and compassion for all mankind.

Throughout his address, His Holiness spoke about the most fundamental pledge that all Muslims make, which is the Muslim creed: "There is none worthy of worship except Allāh and Muhammad is His Messenger."

His Holiness delivered a comprehensive commentary on the Islāmic creed and said it was not enough to merely proclaim these words, rather they had to be accompanied by a manifestation of one's faith through the worship of Allāh and by following the noble example of the Holy Prophet^{sa}.

Speaking about the first aspect of the creed, which is to declare that "There is none worthy of worship except Allāh", His Holiness said that this must be manifested through the worship of Allāh the Almighty.

Hazrat Mirzā Masroor Aḥmad^{aa} said:

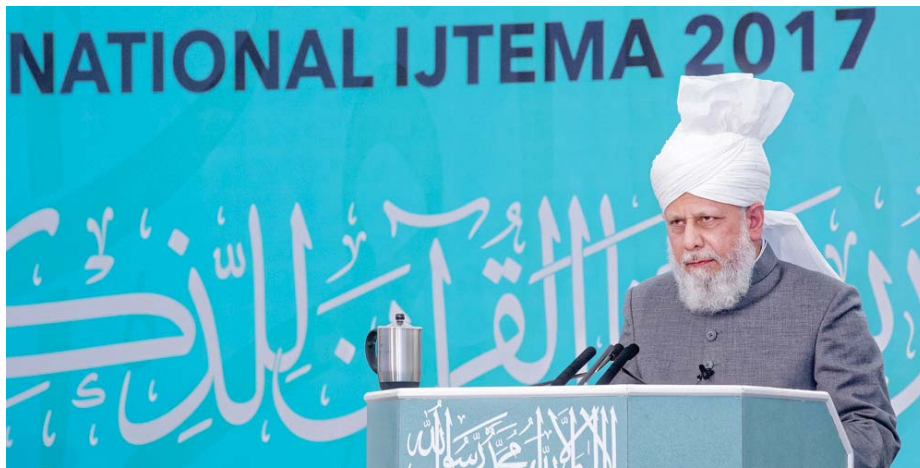
"The most important and significant form of worship is to offer the five daily prayers. At various places in the Holy Qur'ān, Allāh the Almighty has commanded us to offer the five obligatory prayers and so if we are negligent in our prayers it means our declaration of faith in Allāh is meaningless, without value and false."

His Holiness further explained the meaning of the creed in light of the teachings and explanations of the Founder of the Aḥmadiyya Muslim Community, Hazrat Mirzā Ghulam Aḥmad, the Promised Messiah^{as}.

Hazrat Mirzā Masroor Aḥmad^{aa} said: "The Promised Messiah^{as} taught that a true Muslim is he whose heart and soul are intoxicated with the love of Allāh and consumed by the belief that He alone is worthy of worship. This is the



Aḥmadiyya Muslim Jamā'at Press Releases



standard required, otherwise, a person's proclamation of faith in Allāh is reduced to superficial and hollow words."

Explaining the second aspect of the Islāmic creed which states, "Muhammad is the Messenger of Allāh", His Holiness said that the Holy Qur'ān has referred to the Holy Prophet^{sa} as the perfect role model for all mankind.

Hazrat Mirzā Masroor Aḥmad^{aa} said:

"Without a shadow of doubt, it was the Holy Prophet^{sa} who scaled the highest possible peaks of worshipping Allāh. No matter the circumstances, he would never allow anything to get in the way of fulfilling the rights of Allāh the Almighty."

Describing the intensity with which the Holy Prophet^{sa} bowed before God and prayed, His Holiness said:

"It is reported that when he prayed alone, people could hear the Holy Prophet^{sa} weep with such intensity that it sounded like he was screaming and wailing in despair."

Hazrat Mirzā Masroor Aḥmad^{aa} continued:

"This was the unparalleled standard of worship and of the fear and love of Allāh displayed by the Holy Prophet^{sa} which was an example for all of mankind to come."

His Holiness also explained the love that the Holy Prophet^{sa} had for reading the Holy Qur'ān and following its instructions. Hazrat Mirzā Masroor Aḥmad^{aa} said:

"Every pore and every fibre of the Holy Prophet^{sa} was engulfed by pure love and reverence for the Word of Allāh. Whenever any portion was

recited he would become emotional and tears would flow from his blessed eyes."

His Holiness also outlined the aspects of the life of the Holy Prophet^{sa} which illustrated how he fulfilled his responsibilities towards the society and the creation of God.

His Holiness said that even after a difficult and strenuous defensive battle against a Jewish tribe, the Holy Prophet^{sa} fulfilled the rights of his opponents.

His Holiness said the Muslims were on the verge of starvation after a long battle when a shepherd from amongst the opposition accepted Islām and joined the Muslims. He brought the sheep under his care with him and enquired what should be done with them.

Explaining the response of the Holy Prophet^{sa}, Hazrat Mirzā Masroor Aḥmad^{aa} said:

"Whilst he could easily have ordered the shepherd to hand over the lambs, instead, the Holy Prophet^{sa}

ordered him to honour his duties to the Jews and to turn the lambs in the direction of their owners so that they could make their own way back. Rather than give in to any form of temptation at a time when he and his followers were famished and desperate for sustenance, the Holy Prophet^{sa} ensured that the rights of the opponents were fulfilled and set an incomparable example of fulfilling one's trusts and obligations."

Elaborating upon the need to give precedence to one's faith, His Holiness said that the Holy Qur'ān has instructed Muslims to leave their businesses during the Friday prayers and come to the Mosque, however, there were many Muslims who gave priority to material pursuits over their faith.

Further, His Holiness said that it was common to see people deceiving others or resorting to falsehood in business transactions. However, the Holy Prophet^{sa} was so particular with regards to avoiding all types of falsehoods, that he advised his companions to give charity before conducting any form of business, which would shield them from wrongdoing. His Holiness quoted a saying of the Holy Prophet^{sa} which states, that 'a true Muslim is he from whose tongue and hand all others are safe'.

Commenting on this, His Holiness said:

"If people lived by this teaching all hatreds and conflicts would end - both at a personal level and amongst the wider society. This saying does not only instruct Muslims to abstain from harming others, it also directs





“We must strive to further this mission so that the world, the majority of whom considers Islām to be an extremist religion that promotes terrorism, comes to realise that Islām is actually a peaceful religion that desires for mankind to recognise its Creator and to fulfil the rights of one another.”

them towards humanitarian efforts because the deeper meaning of these words require Muslims to actively seek to help and serve mankind.”

Elaborating the loving and kind character of the Holy Prophet Muhammad^{sa}, His Holiness shed light on the rights given to women in Islām and the kindness that Muslim men should show towards their family members.

Hazrat Mirzā Masroor Aḥmad^{aa} said:

“Time and again the Holy Prophet^{sa} emphasised that a man must treat his wife with love, compassion and be fully respectful to her.”

Concluding his address, His Holiness said that Aḥmadi Muslims must seek to fulfil the mission of the Promised Messiah which was to make the world recognise its Creator and to serve mankind.

Hazrat Mirzā Masroor Aḥmad^{aa} said:

“We must strive to further this mission

so that the world, the majority of whom considers Islam to be an extremist religion that promotes terrorism, comes to realise that Islam is actually a peaceful religion that desires for mankind to recognise its Creator and to fulfil the rights of one another.”

Earlier, a report was presented by Mirzā Waqas Aḥmad, the National President of the Aḥmadiyya Muslim Youth Association during which he informed of the various activities of the 3-day event.

During the Ijtimā’, Aḥmadi Muslim youths from over 100 local communities from across the United Kingdom (Qiadats) competed in various academic and sports competitions, including a special Kabaddi exhibition match.

The Muslim youths were also able to visit the ‘The Hub’ where they had the opportunity to ask questions in a confidential environment about religion or social issues. A number of renowned experts in different academic fields also

travelled to the Ijtimā’ to deliver talks to the young Muslims.

39TH LAJNA IMĀILLĀH IJTIMĀ’ UK CONCLUDES WITH ADDRESS BY HEAD OF AḤMADIYYA MUSLIM COMMUNITY

Hazrat Mirzā Masroor Aḥmad^{aa} says Islām provides women with ‘true freedom, true liberty, and true enlightenment’

On September 24, 2017, the World Head of the Aḥmadiyya Muslim Community, the Fifth Khalīfa (Caliph), His Holiness Hazrat Mirzā Masroor Aḥmad^{aa} delivered a faith inspiring address to conclude the 39th National Ijtimā’ (Annual Gathering) of Lajna Imāillāh UK, the ladies auxiliary organisation of the Aḥmadiyya Muslim Community.

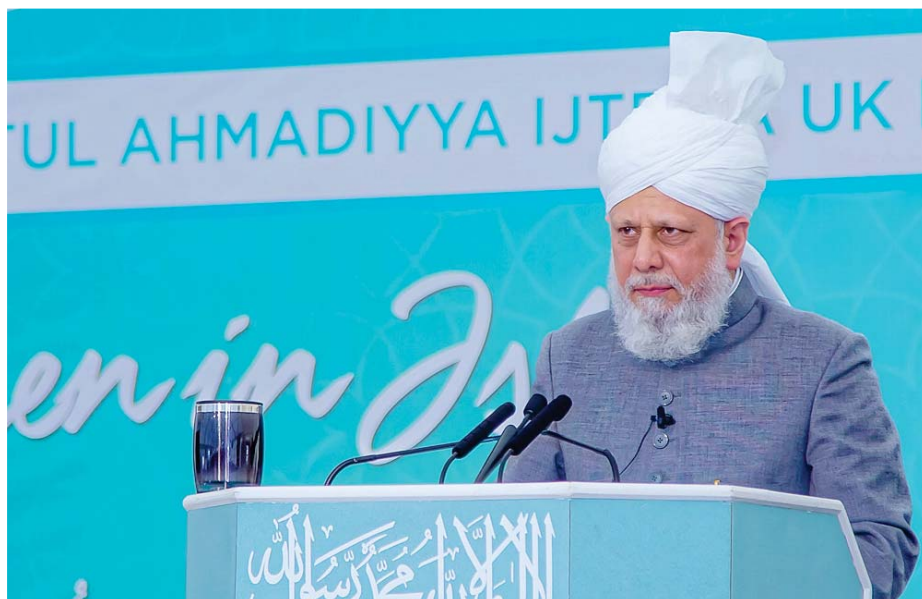
The two-day event which was held at Country Market in Kingsley, Hampshire was attended by over 4000 women and children from across the United Kingdom. During his address, His Holiness spoke about the extremely high status of women according to the teachings of Islām and cited the examples of the female companions of the Prophet Muhammad^{sa} and of the Prophet Jesus^{as} as women who had shown remarkable courage and resolve for the sake of their faith.

His Holiness began his address by stating that Ijtimā’ itself was a proof of the freedom and independence Islām grants to women.

Hazrat Mirzā Masroor Aḥmad^{aa} said:

“From an administrative perspective, this Ijtimā’ has been organised and run by women from start to end, and they will have made a programme that is attuned to the needs and preferences of our ladies and girls. Hence, this Ijtimā’ is a collective and practical demonstration of the great status bestowed upon women by Islām.”

Addressing the allegation that Islām discriminates against women, His Holiness quoted chapter 4 verse 2 of the Holy Qur’ān which states that God Almighty created humankind from a “single soul and created therefrom its



mate.” Explaining the verse, Hazrat Mirzā Masroor Aḥmad^{aa} said:

“The Qur’ān testifies to the fact that men and women were created from a single soul and are of the same kind and species. Thus, where the Qur’ān says ‘created therefrom its mate’ it signifies that Allāh has made men and women in the same way and it cannot be said that one is dominant over the other.”

Continuing, Hazrat Mirzā Masroor Aḥmad^{aa} said:

“The Holy Qur’ān has clarified that men and women have the same feelings and emotions and just as each man will be accountable before Allāh for his deeds, similarly each woman will also be held accountable for her acts before God.”

His Holiness said that although Islām has prescribed a division of labour between men and women – whereby women are tasked with the responsibility to ensure the moral and religious training of children and men are tasked with the financial responsibilities of the family

and to look after them but this should not be understood to mean that women were ‘incapable’ of doing the work of men. His Holiness said that both Muslim men and women should be ready to serve their faith and that they would be held equally accountable by God Almighty in this regard.

Hazrat Mirzā Masroor Aḥmad^{aa} said:

“Any man who thinks that women should not take an active part in religious affairs, or make sacrifices for their faith, and should stay away from religion, and just remain a ‘decoration’ for their husbands to enjoy, is guilty of extreme ignorance. Similarly, if any woman thinks that due to her domestic responsibilities she does not need to partake in religious matters, or make sacrifices for her faith, she too is mistaken and is guilty of undermining the status of women.”

His Holiness then gave examples of the sacrifices made by various women for the sake of their faith and mentioned that when Prophet Jesus^{as} was taken off

the cross and emerged from the coffin in which he was subsequently placed, it was women, Mary Magdalene amongst others, who displayed immense bravery and reached Jesus in the very early hours of the morning.

Referring to examples of women from early Islāmic history, Hazrat Mirzā Masroor Aḥmad^{aa} said:

“Unquestionably during the blessed era of the Holy Prophet Muhammad^{sa} the sacrifices made by the Muslim women reached a pinnacle and were of a standard that has never been witnessed at any other juncture of history. Indeed, when you read about the sacrifices made for the sake of their faith you can only be overcome with emotion.”

His Holiness narrated the incident of a Muslim couple who were slaves and who were beaten relentlessly by their non-Muslim slave-owner in order to force them to leave Islām. The husband died from the torture, in sight of his wife. The slaveowner then attacked the lady, piercing her stomach with a spear and so she too succumbed to her injuries but remained true to her faith till her last breath. Another astonishing example narrated by His Holiness was pertaining to the Battle of Uhud, which was fought by the Muslims in self defence against the Meccans who had come to destroy the Muslims. During the battle, the Holy Prophet^{sa} was injured and word spread that he had been martyred. Hearing this, an elderly woman frantically asked a companion of the Holy Prophet^{sa} if he was alive. In response, the companion said that her husband, brother and son had been killed. However, he also informed her that the Holy Prophet^{sa} was alive. Upon this the lady proclaimed: “I do not feel any loss or pain or grief over whoever in my family has died because my beloved master, the Holy Prophet^{sa}

“Every one of you should constantly analyse and think about whether you have the same spirit and devotion for serving your religion that the female companions of the Holy Prophet^{sa} had? Ask yourselves if you have same true and sincere love for Allāh the Almighty and His noble Messenger^{sa} as the companions did.”

remains alive.”

Remarking on this incident, Hazrat Mirzā Masroor Aḥmad^{aa} said:

“This was the pure love and devotion professed by the Muslim women of that time towards the Holy Prophet^{sa}. These were the women who were ready for every sacrifice for the sake of Islām and their names have been recorded in history as examples for the rest of time.”

Reminding the Aḥmadi Muslim ladies of the need to reflect over such incidents and sacrifices made by the early Muslim women, Hazrat Mirzā Masroor Aḥmad^{aa} said:

“Every one of you should constantly analyse and think about whether you have the same spirit and devotion for serving your religion that the female companions of the Holy Prophet^{sa} had? Ask yourselves if you have same true and sincere love for Allāh the Almighty and His noble Messenger^{sa} as the companions did.”

Hazrat Mirzā Masroor Aḥmad^{aa} continued:

“Reflect upon whether you have acquired the religious knowledge and insight needed to fulfil your duties. Consider if you are a true role model for your children and if you are bringing them up in the same righteous way that the companions raised their children? If the answer to these questions is ‘No’ you should

be very worried and concerned and it is also a cause of deep concern for the entire Community.”

Explaining the responsibility of Muslim women in this day and age, His Holiness said they must tell the world about the true teachings of Islām without any inferiority complex. Hazrat Mirzā Masroor Aḥmad^{aa} said:

“If anyone claims that Islām does not give women freedom or that they are oppressed by men, it is your duty to show the world that Islām has given you true freedom, true liberty, and true enlightenment! It is your duty to show the world that whatever restrictions exist are not forced upon you by men, but are willingly and freely adopted, having observed the magnificent teachings of Islām.”

His Holiness continued:

“If you do not wish to mingle freely with men or to sit alongside them it is your own choice, made of your own volition, in order to preserve your honour and dignity. If you do not choose to shake the hands of men, it is because your heart demands that you follow Islām’s teachings, which provide true dignity for women. Such conduct is not based on the demands of men but is the result of your freedom to make your own decisions and is a symbol of true independence.”

Continuing, Hazrat Mirzā Masroor Aḥmad^{aa} further said:

“Remember, following the crowd and bowing to the influences of society is not freedom. Rather, true freedom is having the strength to follow your beliefs and to act upon your convictions.”

Concluding his address, Hazrat Mirzā Masroor Aḥmad^{aa} said:

“If you understand your responsibilities, I am sure that you will prove to be successful mothers, and successful Aḥmadi Muslim women who are ready for every sacrifice for the sake of giving precedence to their faith over all worldly matters. If you understand your duties, I am sure you will be successful in spreading the message of Islām Aḥmadiyyat far and wide.”

The Ijtimā’ concluded with a silent prayer led by His Holiness.

Prior to his address, His Holiness was presented with a cheque for £20,000 by Lajna Imāillāh on the 60th anniversary of the establishment of Lajna Imāillāh. His Holiness allocated the funds towards the reconstruction of the Baitul Futuh Mosque in London.

During the Ijtimā’, the members of Lajna Imāillāh participated in various academic competitions and activities, which included presentations, exhibitions, as well as quiz and speech competitions. A number of workshops were held in the workshop marquee, which hosted trade and industry and health talks and various demonstrations.

Birth Announcement

Allāh the Almighty has blessed **Musleh Aldin Ahmad Shanboor Sāhib**, Missionary, and **Uzma Qamar Khokhar Sāhiba** of Peace Village with a baby girl on September 13, 2017. The new born has been named **Yusra Ameena Shanboor** and is also part of Waqf Nau Scheme. She is paternal granddaughter of **Yahya Shanboor Sāhib** & **Ameena Shanboor Sāhiba** of Kababir Haifa, Palastine and maternal granddaughter of **Ibrahim Khokhar Sāhib** and **Samina Qamar Sāhiba** of Canada. May Allāh Almighty grant her a healthy and pious life, and make her a delight of eyes for the family! Amīn!



رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

'Our Lord, grant us of our wives and children the delight of our eyes, and make us a model for the righteous.

اے ہمارے رب! ہمیں اپنے حبیبوں ساتھیوں اور اپنی اولاد سے آنکھوں کی ٹھنڈک عطا کر اور ہمیں متقیوں کا امام بنا دے۔

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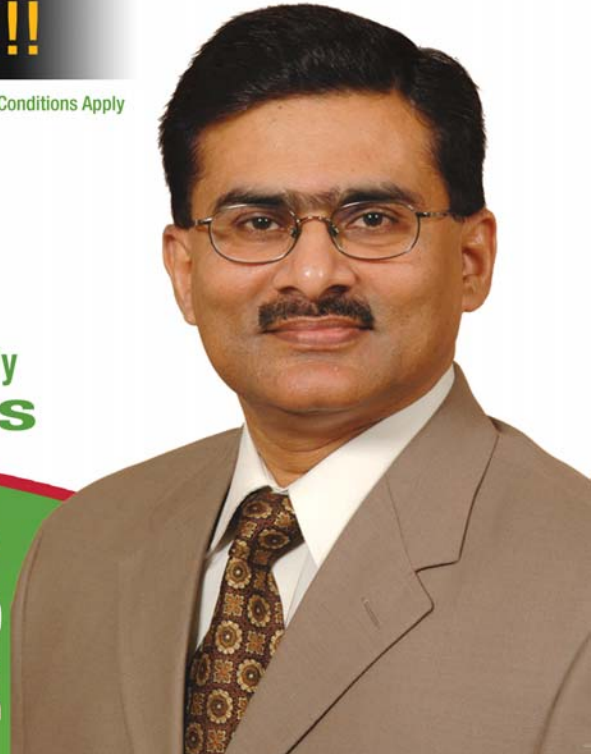
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