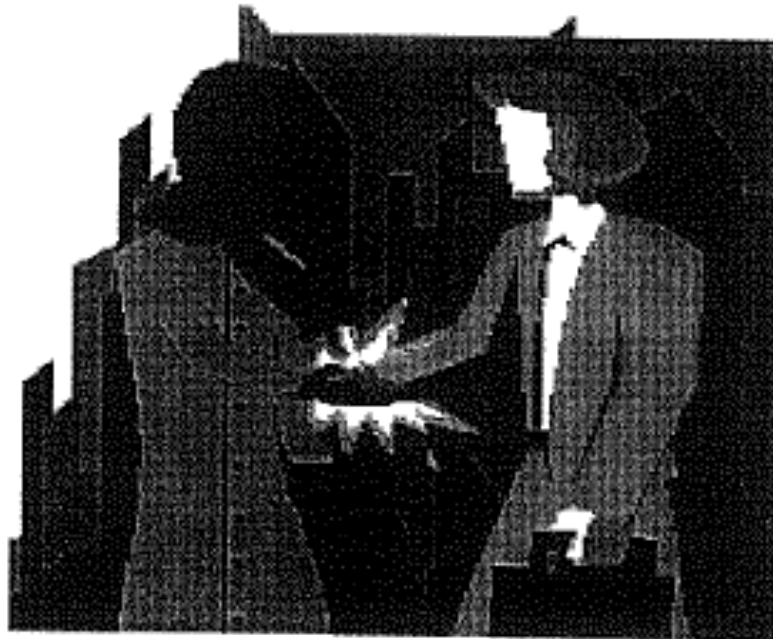


A guide on:

How To Conduct One-to-One Sitzings



This leaflet contains some suggestions and modifications should be made according to individual circumstances. The leaflet contains information on:

- *Planning for the sitting*
- *Building Relationships*
- *the One-to-One sitting*

**A one-to-one sitting involves inviting one or more Non -Ahmadl/
Non-Muslim friend(s) to your home with a genuine intention of
Tabligh.**

National Lajna Tabligh Department UK

STAGE ONE: Planning

If you truly want to preach the beautiful teachings of Islam from the bottom of your heart, it can and will inshallah happen. Above all, emphasis is placed on praying to Allah for guidance. You should on a continual basis be doing the following:

- Offering of sadqa,
- Special Tahajjud prayers
- Writing letters to Huzoor requesting prayers for success in Tabligh

Who Should I invite to a one-to-one sitting?

Some examples of people that are suitable to invite are listed below:

- Non-Ahmadi relatives
- Friends/Parents of children's friends
- Neighbours
- Work Colleagues
- Teachers
- Contacts from going to school assemblies
- Attending local events such as fetes, bookstalls, church etc

Once you have some contacts, it is extremely important to then build a relationship with them before holding a one-to-one sitting.

STAGE TWO: Building Relationships

It is important to get to know your chosen contacts hobbies or identify some shared interest, which will provide a good basis on which to develop your friendship. You may both for example have children, enjoy cooking etc.

Now comes the time when you can invite your contact(s) to your home. If at this stage you feel that you are still not able to do so, maybe invite your contact to a local Eid Milan Party, and tell her she can bring a friend along which may make her feel more confident in coming. After this you may have a chance of inviting the contact to your home on another day.

It is vitally important to take sincere interest in your contact(s). Talk to her/them about things that relate to them, for example if your contact has a child you could talk about schools. You need to be able to get to know your contacts problems, what makes them happy, what they like and dislike, listen to their problems which you should try to understand and help them with if at all possible.

You must always talk about “positive” things with your contacts in respect to religions. Never attack any religion, instead talk about the similarities between the religions.

You should only invite a contact to your home, once you feel safe and comfortable with them. You should also be prepared to visit them in their home, to build a trusting relationship with them.

STAGE THREE: One-to-One Sitting

Importance is stressed on being sociable and extremely hospitable. The way you behave should reflect the beauty of our teachings and attract people to you. It also shows people how we differ from others, especially other Muslim sects. The best method of Tabligh is through example. Your house also bears a reflection of your values, so make sure it is clean and tidy. Your language and tone of voice should be gentle, as your conduct will directly reflect what others perceptions of a Muslim women are.

It is important to find out about the likes and dislikes of your contacts and keep them in mind. If your contact is interested in cooking or sewing for example, maybe these can be incorporated as part of a sitting. This could also be an activity done with a group of people, if the contact has a friend who has similar interests, they could perhaps bring them along too. Many ladies and especially children also love henna hand painting. Henna is extremely cheap and even if you are not an expert in henna painting, just a few simple designs will do, or invite another Ahmadi sister along to help.

You must remember that the first few sittings may not revolve around religion too much depending on how interested the contact is, but it is important to bring religion into conversation in “light” proportions to begin with. However, some contacts may be intrigued and want to know more, in which case take full opportunity of this and maybe even give them some literature or a Q&A tape related to the contacts questions as a present.

If your contact has developed to such an extent that religion is dominating conversations, then don't worry if you don't know all the answers; you could tell them that you will find out about their enquiry and get back to them, this will give you time to research the subject area from books, Q&A tapes, other knowledgeable Ahmadis, alislam.org etc. Alternatively, you may want to invite a fellow Ahmadi or Missionary to your sitting. However, it is best to keep the numbers of Ahmadis to a minimum, as it can otherwise make your contact feel intimidated and uncomfortable, which is the last thing you want! If you decide to invite another Ahmadi, your guest(s) should be asked prior to the sitting.

During the sitting, look for signs of interest in religion, but if you feel your contact is getting bored, then either end the sitting, or find something else to talk about, in which she is interested.

Another excellent source available is MTA International. If your contact is interested in a particular area, then Q&A sessions are readily available on a vast number of topics. Even if the contact is not interested in a particular area of religion, you could show them MTA International, and at the same time explain how it was set up and the fact that it is run solely by volunteers. This is a great opportunity for you to give a brief introduction to our community. Then you could mention the different variety of programmes that come on, for example question and answer sessions with Huzoor. This may make the contact watch MTA International whilst in their own home.

Follow-up Sitzings

Depending on the success of the sitting, the contact should herself be looking forward to coming again. However, it is possible that a little more effort is needed to persuade the guest to come again. A gap of 2-4 weeks should be sufficient between sittings with the same guest. You must also bear in mind that you should also try to visit their home if they invite you.

You should also invite your contact to social and informal events, such as Eid Milan Party's, Lajna Sports activities etc.

Record Keeping

It is important that you keep note of:

- Who your contact is
- When and how often you have been in touch with them
- What topic areas have been discussed
- Any literature, videos or tapes etc given

The Lajna National Tabligh Department wish you all the best and hope that this leaflet will be of benefit to you and encourage you to hold many successful one-to-one sittings which we look forward to hearing about, inshallah.

Lajna National Tabligh Secretary (Talut Saqi) can be contacted on:

020 8874 4815