



NEW MALDEN LAJNA NEWSLETTER

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Ahadith Fasting

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ قَالَ: قَالَ النَّبِيُّ ﷺ: مَنْ لَمْ يَدَعْ قَوْلَ الزُّوْرِ وَالْعَمَلَ بِهِ فَلَيْسَ لِي حَاجَةٌ فِي أَنْ يَدَعَ طَعَامَهُ وَشَرَابَهُ -

Hazrat Abu Hurairah, God be pleased with him, relates that the Holy Prophet, peace and blessings of Allah be upon him, said: "Of what use to Allah is the fast of one who does not abstain from lying and from deceit." (Bukhari)

Friday Sermon 16th April 2021

Friday Sermon by the Head of the Ahmadiyya Muslim Community, Hazrat Mirza Masroor Ahmed V (May Allah be his Helper)

From Mubarak Mosque, Islamabad, 16th April 2021..

<https://www.alislam.org/friday-sermon/2021-04-16.html>

Announcements

Eid ul Fitr will be celebrated on Friday 14th May 2021.

There will be no group classes in the month of Ramadhan. Members are requested to get benefits from the DARS on MTA and YOUTUBE.

We will update you about namaz timings via our lajna WhatsApp groups.

RAMAZAN TIMETABLE

No	Day	Date	Sahoor	Iftar
1	Wed	14-Apr	04:38	19:56
2	Thu	15-Apr	04:35	19:58
3	Fri	16-Apr	04:33	19:59
4	Sat	17-Apr	04:31	20:01
5	Sun	18-Apr	04:29	20:03
6	Mon	19-Apr	04:27	20:04
7	Tue	20-Apr	04:25	20:06
8	Wed	21-Apr	04:23	20:08
9	Thu	22-Apr	04:21	20:09
10	Fri	23-Apr	04:19	20:11
11	Sat	24-Apr	04:17	20:13
12	Sun	25-Apr	04:15	20:14
13	Mon	26-Apr	04:13	20:16
14	Tue	27-Apr	04:11	20:18
15	Wed	28-Apr	04:09	20:19
16	Thu	29-Apr	04:07	20:21
17	Fri	30-Apr	04:05	20:22
18	Sat	01-May	04:03	20:24
19	Sun	02-May	04:01	20:26
20	Mon	03-May	04:00	20:27
21	Tue	04-May	03:58	20:29
22	Wed	05-May	03:56	20:31
23	Thu	06-May	03:54	20:32
24	Fri	07-May	03:52	20:34
25	Sat	08-May	03:51	20:35
26	Sun	09-May	03:49	20:37
27	Mon	10-May	03:47	20:38
28	Tue	11-May	03:46	20:40
29	Wed	12-May	03:44	20:42
30	Thu	13-May	03:43	20:43
	Fri	14-May		Eid ul Fitr



Ramzan : Best Compliance Practices Ramadan - Understanding the Philosophy of the Acceptance of Prayers'

After reciting Tashahhud, Ta'awwuz, and Surah al-Fatihah, His Holiness, Hazrat Mirza Masroor Ahmad (aba) recited the following verses of the Holy Qur'an: 'O ye who believe! fasting is prescribed for you, as it was prescribed for those before you, so that you may become righteous. The prescribed fasting is for a fixed number of days, but whoso among you is sick or is on a journey shall fast the same number of other days; and for those who are able to fast only with great difficulty is an expiation—the feeding of a poor man. And whoso performs a good work with willing obedience, it is better for him. And fasting is good for you, if you only knew.

The month of Ramadan is that in which the Quran was sent down as a guidance for mankind with clear proofs of guidance and discrimination. Therefore, whosoever of you is present at home in this month, let him fast therein. But whoso is sick or is on a journey, shall fast the same number of other days. Allah desires to give you facility and He desires not hardship for you, and that you may complete the number, and that you may exalt Allah for His having guided you and that you may be grateful. And when My servants ask thee about Me, say: I am near. I answer the prayer of the supplicant when he prays to Me. So they should hearken to Me and believe in Me, that they may follow the right way.' (2:184-187)

Attaining Righteousness

His Holiness (aba) then said that by the grace of Allah, we are once again blessed to be going through the month of Ramadan. It is not however to simply go through the month of Ramadan, nor does simply eating at the time of closing the fast and at the time of opening the fast fulfil the purpose of fasting. Rather, God Almighty has said that we must attain righteousness.

His Holiness (aba) said that in the verses which he recited, God has explained that fasting is an obligation. At the same time, God has stated that those who are ill or travelling are not required to fast but can complete them at a later time. And those who cannot fast should pay the fidyah. Even if one is able to complete the fasts at a later time, it is still a good practice to pay the fidyah. For full summary please visit the link given <https://www.alislam.org/friday-sermon/2021-04-16.html>



Ramadhan

The holiest month of Islam

In the Holy Qur'an fasting has been prescribed from dawn to sunset in the lunar month of Ramadhan. It is a discipline which promotes righteousness and makes it easier for a seeker to scale spiritual heights. One who is fasting becomes aware of all Divine bounties, and fasting thus helps one to employ them beneficently.

"O ye who believe! fasting is prescribed for you, as it was prescribed for those before you, so that you may become righteous."

[Holy Quran – 2:184]

In the above verse, Muslims are told in the first place that fasting is not a new institution. It is not a new burden laid upon them; it is a very old institution and all those nations that have passed before them and among whom prophets appeared were commanded to observe fasts. Secondly, they are told that they should not look upon fasting as a useless burden; it is meant for their good and the chief advantage they will derive from it will be that they will learn to be pious.

Again, it is not only from the indulgence of his appetites that a Muslim is required to abstain during his fast; he is also required to abstain from all kinds of false words and false actions. "If you don't abstain from evil words and evil deeds," said the Holy Prophet(sa), "God has no need of your abstaining from food and drink." For the acceptance of fasts, it is essential that the person who fasts should also abstain from all sorts of evil words and evil deeds. Similarly, said the Holy Prophet(sa), "When you are fasting, abuse not anybody nor quarrel with any; and if any person quarrels with you, turn away from him, saying, "I cannot quarrel with you, for I am observing a fast." Mark how fasting is meant to teach a Muslim not only to lead an innocent and spotless life, but also to live as a peace-loving citizen.

Again, not only is a keeper of fasts required to eschew all forms of evil, but he is also exhorted to practise charity. The Holy Prophet(sa), says a tradition, "was the most liberal of men, but in the month of Ramadan he was more liberal than a gale." Thus, fasting is a sort of drill a Muslim is made to undergo that it may become easy for him not only to abstain from all kinds of evil and to live peacefully as a law-abiding citizen, but also to do good to his fellow-beings. The prescribed fasting is for a fixed number of days, but whoso among you is sick or is on a journey shall fast the same number of other days; and for those who are able to fast only with great difficulty is an expiation — the feeding of a poor man. And whoso performs a good work with willing obedience, it is better for him. And fasting is good for you, if you only knew.

The month of Ramadhan is that in which the Qur'an was sent down as a guidance for mankind with clear proofs of guidance and discrimination. Therefore, whosoever of you is present at home in this month, let him fast therein. But whoso is sick or is on a journey, shall fast the same number of other days. Allah desires to give you facility and He desires not hardship for you, and that you may complete the number, and that you may exalt Allah for His having guided you and that you may be grateful. (Ch.2:Vs.184-186)

[Muslim Fasting | Islam Ahmadiyya \(alislam.org\)](http://Islam Ahmadiyya (alislam.org))

Special Prayers in Ramadhan
ایام رمضان کے لیے خاص دعائیں

1st Aahra dua' (Days 1-10 of Mercy) پہلا اہتر و رحمت
رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ
Rabbghfir warham wa anta khairur raahimeen
"O My Lord, forgive me, have mercy on me, you are the Most Merciful from those who give mercy."
اسے میرے رب مجھے بخشنے اور رحم کرنے پر مجبور کرنا تو سب سے بہتر رحم کرنے والا ہے۔

2nd Aahra dua' (Days 11-20 of Forgiveness) دوسرا اہتر و مغفرت
أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ،
Astaghfirullah rabbi min kulli zambin-wa atoobu ilehi
"I ask forgiveness of my sins from Allah who is my Lord and I turn towards Him."
میں اللہ سے تمام گناہوں کی بخشش مانگتا ہوں اور میرے رب سے توبہ کرتا ہوں۔

3rd Aahra dua' (Days 21-30 of Freedom from Hell-fire) تیسرا اہتر و نجات
اللَّهُمَّ أَنْتَ عَفُوٌّ، تُحِبُّ الْعَفْوَاعُفَ عَنَّا،
Allahumma innaka afuw-wun tuhibul afwa faafu anna
"O Allah you are indeed forgiving and love forgiving, so forgive me."
اللہ اللہ ہے پاک و معاف کرنے والا ہے، معاف کرنے کو ہی تمہارا ہے، تمہاری معافی میں معاف فرمادے۔

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Some Amazing Health Benefits of Fasting!

".....to fast is best for you, if you only knew." (Quran 2:184)

- Fat burning begins- As glucose depletes, the body starts burning fat for fuel. Being active during fasting further reduces fat.
- Fasting is the best way to lower cholesterol.
- Fasting helps overcome addictions to tobacco, caffeine, etc.
- It helps the body detox and eliminates toxins from the body.
- Gives rest to the digestive system.
- Fasting helps normalize hypertension and blood pressure.
- It gives a boost to the immune system.
- Skin diseases heal faster with fasting.
- Fasting has also proven beneficial for arthritis pain. It has been proven to relieve rheumatoid arthritis.
- Fasting tends to help inflammatory diseases.
- It improves kidney and liver function.
- The body recovers quickly from sickness and diseases during fasting.

Strawberry Smoothie

Huma Yaser, New Malden



Ingredients

- 5-6 strawberries
- 1/2 banana
- 1/2 cup vanilla yogurt
- 1/2 cup milk
- 2 tbsp. honey
- ice as required

Method

Put everything in a blending jug and blend it well until well incorporated. Pour it into the glasses. It Serves 2 people. Decorate it with Fresh strawberries and ENJOY!!

Challenge yourself and stay healthy in Ramadan

The 30 Day challenge | Eat healthy in Ramadan | World Health Organization



NEW MALDEN LAJNA ACTIVITIES

New Malden Lajna had their first ever virtual exhibition on 8th April 2021. In this exhibition a variety of creativities of our talented members along with it details, was displayed in the slides show. Also there was a competition among these masterpieces.

Congratulations to the winners!!!



2 HALEEMA AHMED



1 HUMA YASIR



3 BUSHRA DAAR Sahiba



Lajna New Malden Majalis Celebrated **'THE INTERNATIONAL WOMEN'S DAY'** Saturday, 27th March 2021 at 4:00 pm.

- ✦ Fifty-five Tabligh invitations were sent out.
- ✦ Alhamdulillah, in total twenty-two guests has attended this virtual event.
- ✦ It was very successful and well organized event and we got some really good feedbacks afterwards.

APRIL 2021 GENERAL MEETING REPORT

New Malden Lajna/Nasirat general meeting was held on Thursday, 8th April 2021, via Zoom. 67 people attended it. It was a very successful meeting packed with very informative and interactive workshops and presentations presented by Tarbiyyat, Health & Fitness, Tabligh & Finance departments and we got some really good feedbacks. There was also a English & Urdu speech on the blessed month of Ramazan. We had our first virtual exhibition and competition arranged by our T & I secretary which was liked by all lajna members. There was a short address of Sadr sahiba, covering all activities done during the month and announcing all the upcoming events. Sadr sahiba also encouraged lajna members to pay special attention to the instructions given by Huzoor Aqdas (aba) to all lajna, She also emphasized to do your best in the Holy month of Ramazan. The meeting was concluded with a silent prayer.

New Malden Lajna showed solidarity and shared their griefs on the demise of 'His Highness The Prince of Edinburgh', through different modes of media like twitter, Kingston council book of condolences etc



A polite request to our Lajna New Malden, if you have written any articles, poetry or want to share your special food recipes etc. Please forward them to Sadar Sahiba or myself. Jazak'Allah. If you would like to give any feedback or suggestions about our newsletter then you are welcome!!
SADAR LAJNA NEW MALDEN: NASIRA REHMAN SAHIBA
SECRETARY ISHAAT NEW MALDEN: HUMA YASIR