



# Tabligh Newsletter

FOR NASIRAT AND STUDENT LAJNA

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“In today’s world, many people hold a negative view of Islam and so it is a great challenge for all of you to counter the false impression that has developed. It is your duty, even more than others, to show the world that Islam is a religion of peace, love and compassion.”

His Holiness Mirza Masroor Ahmad (may Allah be his Helper), address to  
National Waqfeen-e-Nau Ijtema UK - 25 February 2018



## Guidance from Huzur (aba)

**HOW CAN I INCORPORATE MY RELIGIOUS VALUES WHILST TEACHING?**



“You can explain to your students that my attire is modest and I believe that I should wear such attire to maintain my dignity regardless of what religion teaches. Additionally, my religion also teaches me to remain modest and this is not some new religious value, in fact this has always been a teaching of every religion.”

**(Click on the link to the Programme below. Answer starts at 3:14)**

## Nasirat- My Tabligh Experience

### My Hijab

JOURNEY

by *Pareeza*

My name is Pareeza Ahmad. I am 10 years old and I am a Nasirat as well as a waqf-e-Nau, Alhumdullilah. I started my Hijab journey in September at the start of year 5 and when I first wore my Hijab to school, I felt really nervous, I thought my friends would laugh at me or I might get bullied but when I went inside my classroom wearing my hijab for the first time, my teacher said to me: "Wow I really like your Hijab Pareeza!" I suddenly felt better when he gave me that compliment. Then slowly everyone started to notice me wearing my Hijab, all my friends looked at me shockingly. My friends told me that I looked very nice in my Hijab. Now I FELT AMAZING!!!

Recently it was our school photo day and I wanted to wear a really nice hairstyle but my mum reminded me that if I start wearing the hijab, I shouldn't take it off because this is Allah's command and I shouldn't do it for fashion or whenever I felt like it. I was upset that I couldn't wear the hairstyle but then my mum said; "Allah will be happy if you sacrifice the things you love for His sake."



Wearing the hijab has helped me realise we can do a lot even by covering up, I wear the hijab even during PE and during Tennis lessons. It has also made me realise that people who love me would still love me regardless of a head covering. Since then, every day I wear my Hijab and I feel much safer. I wear it so much that sometimes I forget I'm even wearing it!

I would like to tell those girls who are scared or nervous when trying the hijab that they shouldn't feel scared at all because it will help them become closer to Allah and those who truly love them won't care about the hijab.



## Nasirat- My Tabligh Experience

A member of our jamaat provided me with the opportunity to volunteer at Friends in St. Helier, which is a service offered to the elderly to provide care and support. This experience gave me a good opportunity for Tabligh. It was intimidating at first since I was alone and feared I wouldn't be able to convey the message of Islam and Ahmadiyyat efficiently. However, the staff were extremely proactive and had many concerns that they wanted addressed but were worried about how to approach other Muslims due to causing discomfort. It is critical to have an open demeanour while doing tabligh, and to be non-judgemental so that those who would like to know more about Islam can satisfy their curiosity without fearing the reaction of others.

I had the opportunity to discuss hijab and purdah. As a result, I provided an example of the most valuable items in this world being concealed or difficult to reach, and constantly covered to keep them from being exploited by today's society. Pearls, for example, are concealed in shells and diamonds deep below the earth. This gave them a sense that indeed Islam does not discriminate against women or deny them their rights. They felt more at ease because they knew it did not oppress women but instead offers them an identity and liberates them from society's unrealistic and demanding body standards.

In conclusion, I had a great experience sharing stories and conveying the



message of Islam to others, as well as listening to their beliefs and answering their questions.

They stated they really admired our motto of 'Love for All, Hatred for None' and expressed the need for more tolerance in society. It is important to understand that when doing tabligh, one must be prepared to also tolerate the beliefs of others, and not show a superiority complex or be ignorant.

Tabligh is essential in today's society, when the views about true Islam are distorted and not accurate, therefore it is necessary to help educate those around us.

**Warda Tul Firdous**  
**Majlis: Raynes Park Jamaat**

## Nasirat- My Tabligh Experience

In December 2023 just before Christmas I visited Tolworth Community Library with my Nasirat friend and my local Sadr Sahiba. We took some Jamaat Season's Greeting cards and some boxes of biscuits for the librarians. By the grace of Allah, Tolworth Lajna hold a monthly coffee morning at the Library and have built a good connection with the staff. So the ladies at the library are aware of our humanitarian efforts.

On this particular occasion, I went there with my Sadr Sahiba to speak to them about initiating a "Book Club" in the library exclusively for our Nasirat and student Lajna where we could invite our neighbours and friends from school. I personally thought that it could be a great platform for all of us as youth of the community to try and advance in practical Tabligh.

I expressed to the Librarians; who are very kind and nice ladies; that we would like to start organising a "Book Club" for youth to have a place where we could meet and ponder over various topics and books and discuss positive ideas. This would also strengthen the bond of sisterhood among us and the rest of the community and enable us to spread our message of "Love For all, Hatred For None".

To my surprise, the librarians were very interested and responded very positively. They were overwhelmed and thrilled to hear about my idea. The leading Librarian



was very happy and admired that young girls are so enthusiastic to put this much effort in community cohesion.

She immediately agreed to start a "Book Club" for the young girls and young students of any age. We are very much looking forward to it as it will give us more opportunity for Tabligh.

May Allah the Almighty accept our humble efforts and grant us more opportunities for Tabligh. Ameen.

**Farhana Aziz**  
**Majlis: Tolworth**



## Nasirat Tabligh Activities



**FAZL MOSQUE**

Fazl Mosque Nasirat made season's greetings cards that were distributed with food to homeless people and shelters



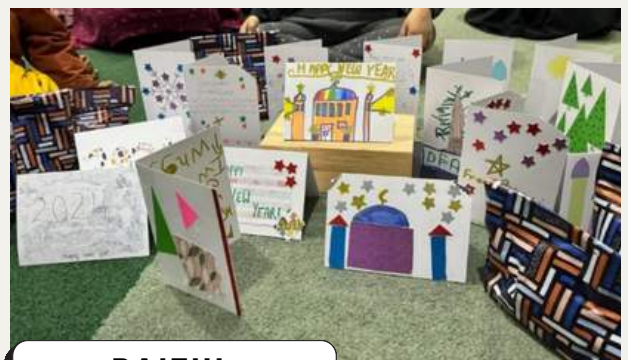
**SPEN VALLEY**

Spen Valley Nasirat and Lajna arranged a fundraising day to raise money for Humanity First food bank and Palestine and Gaza Disaster Relief. The Nasirat alone raised £53 MashaAllah. The total contributions raised by Lajna and Nasirat added up to £2400, alhamdulillah



**BIRMINGHAM WEST**

Seasonal greetings cards made by Nasirat from Birmingham West for the local children's hospital



**BAITUL FUTUH**

Baitul Futuh Nasirat had fun creating seasonal greeting cards. They also helped make goody bags for the elderly in Morden and Merton Guild.





## Nasirat Tabligh Activities



**WALSALL**

Walsall Nasirat held a local competition of article writing “what peace means to me” (prizes for winners). Walsall Nasirat also made 50 shoe boxes full of daily necessities and food items for the homeless this Christmas.



**EARLSFIELD**

In December Earlsfield Nasirat held a tabligh workshop and made seasonal greeting cards.

In January, Earlsfield Majlis held a seeratun Nabi Jalsa. Nasirat made chocolate bark which they sold to fundraise for Palestine and also made posters and calligraphy pieces.



**NORTHAMPTON**

Seasonal greeting cards and goody bags from Nasirat from Northampton Jamaat for their friends.



## Nasirat take part in Letter Writing Campaign for the Israel-Gaza Conflict

Nasirat across the UK have been writing to their local MPs and to the Prime Minister to call for a ceasefire to the Israel-Gaza Conflict. By the Grace of Allah 1800 letters have been sent so far and many Nasirat have also received responses. May Allah bless our noble efforts and bring peace to this Conflict Ameen.



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If you have not yet written to your MP, please use the link below to do so:

[ahmadiyyauk.org/ceasefire-now](https://ahmadiyyauk.org/ceasefire-now)

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# My account of the Umoore Talibaat Retreat in December 2023

**SANA DAR**

**MAJLIS: NEW MALDEN**

Alhamdulillah, I was able to go on the Student Lajna Retreat which was organised by our Umoore Talibaat department. Not only was the trip a great opportunity to kindle new and lasting friendships but the activities were the perfect balance of enjoyable and educational. All the team who came to organise and manage us were lovely: helpful, friendly and most importantly, lots and lots of fun! If we had any questions or qualms there were plenty of familiar faces we could go to for help, and this sense of homeliness created an open, welcome and convivial atmosphere.

With regards to the activities, we were kept very busy. There was always lots to do and we were offered a variety to choose from, including ice-breakers, treasure hunts, yoga, board and card games, swimming (in a heated indoor pool!), Islamic calligraphy, quizzes, sports, hide and seek, trails and even a campfire with marshmallows and hot chocolate; we were given the full retreat experience! Our ta'limi workshops were not only good fun but were also very informative. In groups, we competed to score the highest in challenging games ranging from matching Quranic verses to their translations to filling in the blanks of Nazms. The group activities allowed us to talk to people we hadn't met before and make lots of new jamaati friends, thus strengthening our bond of sisterhood. A presentation was also delivered on the significance, history, rules and benefits of Wasiyyat, which was incredibly informative and will inshaAllah inspire several young Student Lajna to fulfil this voluntary sacrifice by subscribing to this divine scheme.

The weekend retreat was a hugely enriching experience; I feel very fortunate to be part of such a blessed Jamaat in which Lajna members sacrifice their free-time and effort to arrange such wholesome and invaluable trips for us to enjoy. May Allah bless the organisers for their efforts and I hope inshaAllah there will be many more to attend in the future!



Making new friends  
over dinner :)



location with a view <3



Campfire with  
marshmallows!



a sense of home  
away from home

# Spotlight on the Tabligh Buddy system

**In accordance with the Recommendations of the Tabligh Shura Proposal 2023, each Nasirat and Student Lajna should have a 'Tabligh Buddy'.**

Here is a brief guide to the Buddy System, its purpose and how you can make the most of this valuable source of guidance!

## **What is the purpose of the Buddy System?**

The Shura Recommendation states that a buddy System is set up for each Nasirat and Student Lajna member linking them with a Dai'illalah in their Majlis who can guide and facilitate them in their Tabligh Journey in a patient and non-judgmental manner.

## **Who can be a Tabligh Buddy?**

Any Lajna member who is knowledgeable and active in Tabligh!

## **How can my Tabligh Buddy help me?**

Answer Tabligh related questions;

Address any Tabligh related worries/concerns;

Highlight/share useful Tabligh Resources;

Encourage and motivate you to get involved in Tabligh work; and

Help you in your Tabligh efforts, eg, give you ideas on how to engage in Tabligh, help you to prepare a school presentation and support you in contributing to local Tabligh events.

## **How often should I meet with my Tabligh Buddy?**

At least once a month, or more frequently depending on your circumstances.

## **Can we 'share' a Tabligh Buddy between a group of Students/Nasirat if our Majlis is small?**

Ideally, one Tabligh Buddy should be appointed for each Nasirat and Student. Where this is not possible, one Buddy can look after more than one Nasirat/Student Lajna.

We hope Insha'Allah that you have been appointed a Tabligh Buddy and that this resource will empower you and enable you to progress in your Tabligh journey – Ameen!



# Useful Tabligh Resources - Understanding-islam.co.uk

Check out the Understanding Islam website developed by the National Tabligh department. It is an online resource prepared by teachers for teachers, designed to support and facilitate the true teaching of Islam at both primary and secondary levels.

Resources include lesson plans, presentations, explanatory notes for teachers and worksheets covering different difficulty levels and spanning Key Stages 1-4 of the National Curriculum. Topics covered include Introduction to Islam, Islamic Values, The Holy Quran, Ramadan, Five Pillars and Charity in Islam.

Do share the website link with your schools!

The collage features several educational materials:

- Today we will...** A worksheet with a blue header and a central orange circle containing the text "The Holy Month of Ramadan". It includes a "Learning..." section with bullet points: "What Ramadan is.", "What Muslims do during Ramadan.", and "Know about the special Muslim Festival that takes place at the end of Ramadan." It also has an "Activities" section with "Watch Ramadan", "Worksheets", and "Class".
- Do you know the names of the months in the Islamic Calendar?** A worksheet with a grid of 12 numbered boxes. The boxes are labeled with the names of the months: 1. Muharram, 2. Safar, 3. Rabi-ul Awwal, 4. Rabi-ul Thani, 5. Jumada-ul Ula, 6. Jumada-ul Thani, 7. Rajab, 8. Shaban, 9. Ramadan, 10. Shawwal, 11. Dhul-Qadha, 12. Dhul-Hijjah.
- Task: Plan your first Ramadan!** A worksheet with a large empty circle in the center. The task asks students to plan their first Ramadan by listing the dates and times of fasting, the names of the months, and the names of the days. It also includes a section for "What you should eat and drink" and a "How did you feel today?" section.
- Task: What do you think Muslims learn from fasting?** A worksheet with a central cloud containing the text "What do you think Muslims learn from fasting?". It includes a "Task" section asking students to list things Muslims learn from fasting and a "How did you feel today?" section.
- The Holy Month of Ramadan** A worksheet with a large empty circle in the center. It includes a "Task" section asking students to plan their first Ramadan and a "How did you feel today?" section.
- The Holy Month of Ramadan - KS1 Teacher Notes** A document with a table of contents and a list of activities. The table of contents includes: "What is Ramadan?", "What do Muslims learn from fasting?", "What do Muslims do during Ramadan?", "What do Muslims eat and drink during Ramadan?", "What do Muslims wear during Ramadan?", "What do Muslims do at the end of Ramadan?", "What do Muslims do at the beginning of Ramadan?", "What do Muslims do during the night of Ramadan?", "What do Muslims do during the day of Ramadan?", "What do Muslims do during the month of Ramadan?", "What do Muslims do during the year of Ramadan?", "What do Muslims do during the life of Ramadan?".



## Useful Tabligh Resources



CLICK HERE  
TO OPEN

The New Tabligh Handbook was published as part of the Centenary Bai'at Campaign. It includes a wealth of information on how to engage in Tabligh, with links to addresses delivered by Huzoor (aba), information about world religions, guidance on event planning, answers to FAQs and plenty of space to write your own notes and Tabligh targets.

CLICK HERE  
TO OPEN



The National Tabligh Department published a new booklet which is a compilation of inspiring Tabligh experiences and incidents shared by Lajna from across the UK, Mashallah. The Booklet is available on the Lajna Website.



CLICK HERE  
TO OPEN

This leaflet captures guidance from Huzur (aba) on the responsibilities of Ahmadi Muslim women. It is available on the Tabligh page of the Lajna UK website. Please do have a read of it.

# Useful Tabligh Resources- Apps



**THE TEN CONDITIONS OF BAI'AT**



**ASK AHMADIYYAT**



**MOBILE FRIDAY SERMONS**



**KHALIFA OF ISLAM**



**MUHAMMAD (SAW) FACT CHECK**



**HOLY QURAN**



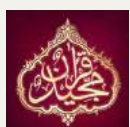
**ASK ISLAM**



**AL-ISLAM**



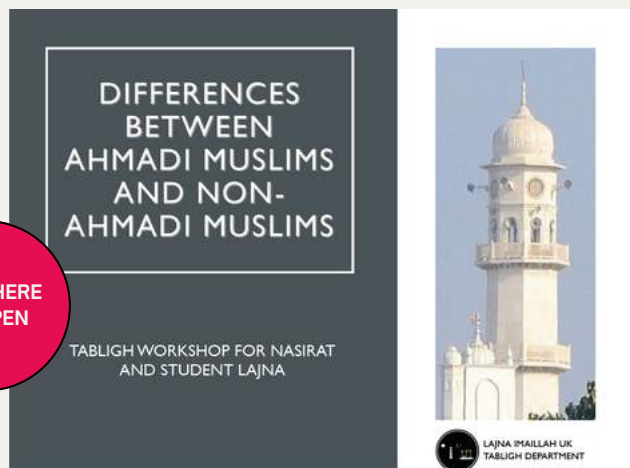
**REVIEW OF RELIGIONS**



**HOLYQURAN.IO.**

# Tabligh Training Workshops

In accordance with the Recommendations of the Tabligh Shura Proposal 2023, each Majlis is required to hold at least two Tabligh Training Days per year for Nasirat and Student Lajna. The materials for the first Training Day cover the following topics:



Have you had your first Tabligh Training Workshop? If so, we hope inshallah that you found it helpful! We will shortly send out the materials for Workshop 2!



# Tabligh opportunities – useful dates

## **January 2023**

24 January UN International Day of Education

## **February 2023**

1 February World Hijab Day

6 February UN International Day of Zero Tolerance to FGM

20 February UN World Day of Social Justice

## **March 2023**

1 March Zero Discrimination Day

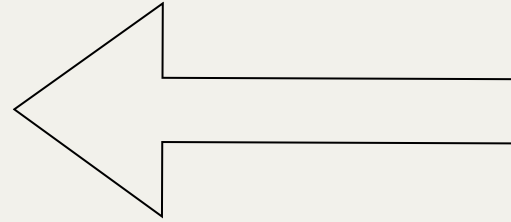
8 March International Women's Day

20 March International Day of Happiness

21 March International Day for the Elimination of Racial Discrimination



## Your Tabligh challenge!



### **Target for higher education and university students:**

Reach out to friends or classmates and share with them the spirit of Ramadan. Organise a get-together and discuss the month of Ramadan and why and how it is observed. You may even invite your guests to join you for Iftar.

### **Target for Nasirat:**

Share a presentation about Ramadan and Eid-ul-Fitr with your class at school. You can use the resources on the understanding-Islam.co.uk website or you can create your own.



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Please direct any questions or comments to the Tabligh Department

[Lajnatablighuk@gmail.com](mailto:Lajnatablighuk@gmail.com)

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