



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah the Gracious, the Merciful

LAJNA IMAILLAH UK

Ahmadiyya Muslim Women's Association

16th January 2025

Dear Respected Sadrs.

Assalaamo Alaikum, I pray that you and your families are in the very best of health. The purpose of this letter is to set out for you the programme of implementation of the tarbiyyat shura recommendations aimed at achieving the highest levels of ikhlaq. The proposal and approved recommendations are as follows:

Tarbiyyat 1 Shura Proposal

The Promised Messiah (as) has said that: 'It is necessary for the righteous to live a life of humility and modesty. This is an aspect of piety by which we must combat undue anger. To refrain from anger was the final and most trying stage experienced by many a great saint and the truthful. Vanity and pride stem from anger, and in certain cases, anger itself is the result of arrogance and conceit. Anger comes about when an individual gives superiority to themselves over another'.

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Women play a fundamental role in creating peaceful and healthy environments. Majlis e Shura is requested to deliberate on means and methods on how Lajna can inculcate the highest levels of ikhlaq (excellent manners) in all aspects of their lives. Improving in these areas will strengthen their own spirituality as well as positively impacting those around them.

(Proposed by Majlis-e-Amila)

Recommendation 1: Acquiring knowledge.

In light of guidance from the Holy Quran and the examples of the lives and teachings of the Holy Prophet (saw), the Promised Messiah (as) and the Khulfa, we will be focusing on how to overcome anger and developing resilience.



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Recommendation 2: Self-awareness

Develop resources to support members to identify their weaknesses through self-reflection (implementing action plans and personal targets to achieve during the year).

Recommendation 3: Nasirat, students and lajna members

Naisrat, students and lajna members to have monthly focus on vices to virtues for example arrogance to humility, falsehood to truthfulness. This should include thinking good of others based on achieving highest manners of ikhlaq. This can be delivered through workshops at local and regional levels.

Recommendations 4: Workshops for office bearers

Amla members should be role modelling the highest level of humility and ikhlaq. This should address issues such as superiority complex and approachability and be delivered as part of the workshops at the Refresher Course. National amla will also cascade this as the induction programme for the new secretaries throughout the year.

Recommendations 5: Anger management and conflict resolution

Identify and understand triggers that cause anger and develop strategies to support lajna members to channel this in a positive way.

Recommendation 6: Communication Skills

Develop communication skills workshops to include inter-generational interactions which include face-to-face, online and written methods of communication.

Implementation

Resources have been developed to support sadrs and their teams to implement recommendations over the year. This means information will be shared with you for action on set dates and these are as follows:



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- 1. Recommendation 1** - A poster and a short slide deck has been sent to you with this letter. The poster focuses on overcoming anger and building resilience and is made up of quotes from the Holy Quran, Ahadith, sayings of the Promised Messiah (as) and a quote from Huzoor (aba).

The poster has a link to more detailed commentary for lajna members who want more in-depth commentary to read. (Attached).

- 2. Recommendation 2** - Will be delivered as a series of Ashra slides which will be sent daily for a period of 10 days, these should be shared with lajna members daily. This will happen inshaAllah 4 times a year and will begin 20th January. The first set of slides will be focused on controlling anger. The second Ashra is planned to be in April and will focus on obedience, third will be in July and will focus on vices to virtues. The final Ashra will take place in September and will focus on relationships, inshaAllah. The Ashra slides will be shared with a template to help lajna to self-reflect and document areas for improvement to focus on. This is for them only and does not need to be shared.
- 3. Recommendation 4** – All new secretaries will be contacted by the relevant national secretary or her assistant to go through slides focussing on obedience and achieving the highest levels of Ikhlaq. This is identical to the presentation given at the refresher course and is instrumental in ensuring local secretaries role model humility and the highest levels of ikhlaq.

The national tarbiyyat secretary will deliver a virtual presentation the date will be shared with you through the Sadr's WhatsApp group. This is for all new secretaries that were unable to attend the refresher course. Following this date all new secretaries will be contacted prospectively for a one-to-one session to ensure the true essence of this recommendation is implemented in practice. National secretaries will be asked to confirm with National Sadr Sahiba that all new secretaries have



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been trained. If you are not on the WhatsApp group with secretary tarbiyyat please text your name and majalis to 07956871440 .

4. **Recommendation 5** – This will start with a national virtual workshop 9th March and will focus on controlling anger and identifying triggers. The workshop will be run by a Psychologist and General Practitioner and will be open to all lajna members. It is recommended that lajna members attend. Please see the attached poster promoting the virtual workshop. Lajna members should be asked to save the date.

We will then share slides to enable a similar session to be run at a local level. This is planned as a helpful follow up from the national workshop. It is recommended that the local workshop is run by a member of your amila who has attended the national workshop. Slides will be shared with you on the 01st March.

5. **Recommendation 3** – This focuses on vices to virtues and is in two parts, firstly the workshop that we are covering at the Taleem & Tarbiyyat classes which covers humility and Ikhlaq. This will be followed by slides on different vices to virtues, the topics will be provided monthly commencing from July. Tarbiyyat secretaries will be asked to discuss a vice and virtue in tarbiyyat classes. Commencing this work in July coincides with the Ashra focusing on vices to virtues.

The National Naisrat Secretary is rolling out a programme of vices to virtues for naisrat.

6. **Recommendation 6 – Resources in the form of slides will be shared with you** focusing on communication in September, this topic should be delivered locally as a workshop and include intergenerational activities bringing together students and older members with the aim of learning from each other and engendering mutual respect.



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InshaAllah, the approach we are taking to implement this shura proposal and approved recommendation will enable local sadrs to plan delivery and will be seen as manageable.

It is recommended that a team is identified to support implementation as soon as possible and these lajna members can contact the National Tarbiyyat Secretaries for advice and guidance if needed.

Two questions will be added to report forms to track implementation of this work. Question 1 – Have you begun implementation of the tarbiyyat shura recommendations on achieving the highest levels of Ikhlaq. (Yes/No).

Question 2 have you completed implementation of the tarbiyyat shura recommendations (Yes / No). **This question will be added for September** reporting to coincide with implementation of recommendation 6.

JazakumAllah for all your support in implementing this work.

Wasalaam

M Rahman

Michelle Rahman

Serving as Secretary Tarbiyyat, Lajna Imaillah UK