

MAJLIS KHUDDAMUL AHMADIYYA NEWSLETTER

Region

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The Holy Qur'an

وَأَتَيْنَا سَمْعَنَا الْهُدَىٰ أَمَّا بِهِ فَمَنْ
يُؤْمِنُ بِرَبِّهِ فَلَا يَخَافُ بَخْسًا وَلَا
رَهَقًا ﴿١٤﴾

(CH.72: V. 14)

And when we heard the *call* to guidance, we believed in it. And he who believes in his Lord has no fear of loss or injustice.

Hadith

Abu Hurairah (ra) has related that the Holy Prophet (saw) said: Allah does not regard your bodies and looks, but looks at your hearts. (*Muslim*).

Summary of Huzur's (atba) Friday Sermon - December 2nd 2011



- For the month of Muharram, Hudhur (aba) elucidated the true status of the Khulafa-e-Rashidine as explained in the august writings of the Promised Messiah (on whom be peace)
- Hadhrat Abu Bakr, Umer and Usman (may Allah be pleased them all) were exceptionally faithful and filled with righteous guidance
- It is tremendous dishonesty to scorn Hadhrat Hussein (may Allah be pleased with him)
- Hudhur (aba) said this is the beautiful and fair teaching which aims to unite Muslims on one hand and eliminate sectarianism
- Hudhur (aba) prayed May God make the Muslim Ummah understand this message so that Islam illumines the ends of the earth with renewed glory.

Full sermon can be found on the Al Islam website:
<http://www.alislam.org/friday-sermon/index2.php?d=2011-12-02>

Writings of the Promised Messiah (as)

Our paradise is in our God. Our highest delight is in our God for we have seen Him and have found every beauty in Him. This wealth is worth procuring though one may have to lay down one's life to procure it. This ruby is worth purchasing though one may have to lose one's self to acquire it. O ye, who are bereft, run to this fountain and it will satiate your thirst. It is the fountain of life that will save you. What shall I do, and by what drum shall I make the announcement that this is your God, so that people might hear? What remedy shall I apply to their ears so that they should listen. If you belong to Allah, rest assured that Allah will indeed belong to you.

(Kishti Nuh; Roohani Khazain, Vol 19, pp21-22)

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Nazim Ishaat: Fawaz Jamal



Masroor Region Paintball event **November 17th 2011**

With the Khuddam year having started the region wanted to organise more social events outside of the usual sporting events and ijtema'at. Having got a good deal with a small provider in West Horsley, Khuddam were able to attend for free. with lunch and 100 paintballs included, having to only pay for extra paintballs.

Having an attendance of 44 across all Qiadats of Masroor Region as well as nearly 10 other players from outside our group it was certainly a hard fought and thoroughly enjoyable day for all those who participated.

We want to have more events of different types so if you have any suggestions whether hiking, go-karting or visiting a theme park then please email the address of the first page of this newsletter to submit or voice approval for an idea.

Insha'Allah we will be able to host more of such events. Finally a big thank you to all the those who made the arrangements as well as the Qaideen and participants for taking the time to come.

Sehat-e-Jismani **(Health and Fitness)**

Over the coming months we are aiming to educate Khuddam on the benefits of healthy living through small changes in eating habits as well as regular exercise. This month I would like to focus on the benefits of regular exercise.

Why exercise?

The pressures of home and family life can also mean it feels as if there's little time left to fit in exercise. It's certainly tough to get started. So, it's worth thinking about what you gain from regular exercise and making even a partial improvement to your fitness.

- Physical inactivity is an independent risk factor for coronary heart disease - in other words, if you don't exercise you dramatically increase your risk of dying from a heart attack
- Conversely, exercise means a healthier heart because it reduces several cardiovascular risks, including high blood pressure
- Being physically active can bolster good mental health and help you to manage stress, anxiety and even depression
- Regular exercise as you age keeps you strong, mobile and less dependent on others
- Regular exercise can help you achieve and maintain an ideal weight, which can be important in managing many health conditions, or may just make you feel happier about your appearance

- All exercise helps strengthen bones and muscles to some degree, but weight-bearing exercise, such as running, is especially good in promoting bone density and protecting against osteoporosis, which affects men as well as women
- Different exercises help with all sorts of health niggles, such as digestion, poor posture and sleeplessness, and physical activity can be beneficial for a range of medical conditions, from diabetes to lower back pain

Statistics

Below are the statistics on what regular exercise can actually help prevent:

- *up to a 35% lower risk of coronary heart disease and stroke*
- *up to a 50% lower risk of type 2 diabetes*
- *up to a 50% lower risk of colon cancer*
- *up to a 20% lower risk of breast cancer*
- *a 30% lower risk of early death*
- *up to an 83% lower risk of osteoarthritis*
- *up to a 68% lower risk of hip fracture*
- *a 30% lower risk of falls (among older adults)*
- *up to a 30% lower risk of depression*
- *up to a 30% lower risk of dementia*

So how do I start?

Exercising doesn't have to mean getting yourself in the gym for a 2hour work out it could be as simple as taking the stairs instead of the lift....Why not try a few of the simple changes below and see how you go!

- Why not walk to the local shop. If you have a lot to carry, take a small rucksack.
- If you have children, walk them to and from school as briskly as you all can manage.
- Get off the bus or train a stop or two early. This will give you some extra daily exercise - and might even reduce your fare.
- Take a walk during your lunch hour. Half an hour's walk after a meal will cut the amount of fat you store by using it to fuel your exercise.
- Turn off the TV. Once a week, turn off the TV and do something a little more physical with your family. Play games, take a walk...almost anything will be more active than sitting on the sofa.
- Do some chores. Shoveling snow, working in the garden, raking leaves, sweeping the floor...these kinds of activities may not be 'vigorous' exercise, but they can keep you moving while getting your house in order.
- Pace while you talk. When you're on the phone, pace around or even do some cleaning while talking. This is a great way to stay moving while doing something you enjoy.

Upcoming Events

- **Regional Office Bearers Forum - Sunday 18th December at Baitul Futuh**

Prayer Times

Last Updated 01-Dec-2011 (GMT): Taken from <http://www.khuddam.org.uk/>

| Salaat | Masjid Fazl & Baitul Futuh |
|----------------|---------------------------------------|
| Fajr | 06:45 |
| Zuhr | 13:00 |
| Asr | 13:00 |
| Maghrib | 16:00 |
| Ishaa | 19:45 |

Timetable for optional fasts can be found here:
<http://www.tarbiyyat.org/OptionalFasts/optFasts.asp>