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A MAGAZINE BY LAJNA IMAILLAH IRELAND

| Backbiting | Relationship of love | Jihad with Swords | Unforgettable Moments |
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| Page 5 | Page 7 | Page 17 | Page 20 |

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## National President Lajna Ireland

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## Ahmadiyya Muslim Community

The Ahmadiyya Muslim Community is a religious organization, international in its scope, with branches in 189 countries in Africa, North America, South America, Asia, Australasia, and Europe. The Ahmadiyya Muslim Community was established in 1889 by Hadhrat Mirza Ghulam Ahmad as (1835-1908) in Qadian, a small and remote village in the Punjabi province of India. He claimed to be the expected reformer of the latter days, the Awaited One of the world community of religions (The Mahdi and Messiah). The Movement he started is an embodiment of the benevolent message of Islam peace, universal brotherhood, and submission to the Will of God - in its pristine purity. Hadhrat Ahmad (as) proclaimed Islam as the religion of man: "The religion of the people of the right path" (98:6).The Ahmadiyya Muslim Community was created under divine guidance with the objective to rejuvenate Islamic moral and spiritual values. It encourages interfaith dialogue, diligently defends Islam and tries to correct misunderstandings about Islam in the West. It advocates peace, tolerance, love and understanding among followers of different faiths. It firmly believes in and acts upon the Qur'anic teaching: "There is no compulsion in religion" (2:257). It strongly rejects violence and terrorism in any form and for any reason.
After the passing of its founder, the Ahmadiyya Muslim Community has been headed by his elected successors. The present Head of the Community, Hadhrat Mirza Masroor Ahmad, was elected in 2003. His official title is Khalifatul Masih V or Fifth Successor of the Promised Messiah.

## Submitting an Article

All articles must be the author's own original work and by submitting an article to Maryam Magazine the author is granting full rights to the Maryam Magazine for publication in Maryam Magazine.
Additionally, unless otherwise specified on submission, the author is giving Maryam Magazine full editorial control
over the article. The Editorial Board may seek to amend the article as it sees fit whilst seeking to retain the meaning implied by the author.

Please note by submitting the article it does not guarantee to be published in the Maryam Magazine. The decision not to publish an article is up to the Editorial board of Maryam Magazine without any notice.

Articles published in the Maryam Magazine reflect the views of their respective authors and may not reflect the views, beliefs and tenets of the Ahmadiyya Muslim Jamā`at Ireland.



O ye who believe! avoid most of suspicions; for suspicion in some cases is a sin. And spy not, nor back-bite one another. Would any of you like to eat the flesh of his brother who is dead? Certainly you would loathe it. And fear Allah, surely, Allah is Oft-Returning with compassion and is Merciful [49:13]


Woe to every backbiter, slanderer, [104:2]

## Ahadith:

Prophecies of the Holy Prophet (pbuh)

## The definition of Backbiting \& Slander

Prophet Muhammad said :"Do you know what backbiting is?" They said, "God and His Messenger know best." He then said, "It is to say something about your brother that he would dislike." Someone asked him, "But what if what I say is true?" The Messenger of God said, "If what you say about him is true, you are backbiting him, but if it is not true then you have slandered him." (Muslim)

On the authority of Abu Hurairah, may Allah be pleased with him, who narrated that the Messenger of Allah, peace be upon him, said: "Amongst the worst of people is the one with two faces; he who comes with one face to these and another face to those." [Muslim]

## Writings of the Promised Messiah (as)

## Thinking ill of others

To think ill and attribute wrong motives to others' actions is a diseased and distorted attitude in man which destroys the quality of his faith and righteousness and consumes it as rapidly as blazing fire consumes tinder. When such diseased people make prophets of God the target of their insinuations and think ill of them, God becomes their enemy and stands up in defense of His prophets, He guards the honor of His dear ones with such jealousy as is unparalleled. (Al-wasiyat: footnote: Roohani Khazain Vol 20 p 317)
I tell you truly that the habit of thinking ill of others is a great affliction which destroys a person's faith, flings
him away from truth and turns his friends into foes. In order to attain the excellent virtues of a Siddeeq (Siddeeq is a term used by the Holy Quran indicating a spiritual rank next to that of prophets) it is necessary that a person should altogether shun the habit of thinking ill of others, he should forthwith repent and seek forgiveness repeatedly and pray to God that he may be protected from committing this folly again and be saved from its consequences. This spiritual malady should not be taken lightly. It is highly dangerous disease which speedily destroys its victim.. (Malfoozat Vol. 1:p356)

## MESSAGE

by Dr. Aleem uddin - National President of Ahmadiyya Muslim Association in Ireland

Respected Sadar Sahiba Lajna Imaillah Ireland

## Assalam o Alaikum Wa Rahmatullahe Wa Barakatuhu

I received your request to write something to be printed in the Maryam magazine for the Lajna Imaillah. In this regards I would like to draw Lajna Imaillah Ireland's attention to the following issues:

1. All the lajna and Nasirat should observe the five daily prayers regularly. They should question their children at bedtime if they had offered all their prayers during the day.
2. Pay attention to children's upbringing. Always try to fill their hearts with Allah's love and greatness. Assess for yourself that do we pay as much attention to our children's spiritual upbringing, as the efforts that we make for their worldly education. Update children's religious knowledge a little everyday. You take pain to prepare them for school daily. Their school housework is checked everyday. Is the same effort put into their weekly religion class? If not then seek Allah's forgiveness and pay attention towards it. No place in this world is as efficient for children's good upbringing as the mothers lap! If we can make our children true Ahmadi at this stage, this will not only save them from the bad influence of the society rather than they will be the main contributor in laying down the solid foundation of Jamaat-e-Ahmadiyya Ireland in coming years. Insha Allah Talaa.
3. I have a special request for Lajna with children in this regard that they should pay special attention for the Tarbiyyat of their children.
4. One of the purposes for sending Hadhrat Massih Maud (as) was to establish such a poise jamaat whose exemplary behavior will remind this world about the existence of God. Therefore try to be God fearing. Try to put faith matters and religious purpose ahead of your worldly interests. It is extremely important to promote love and brotherhood amongst each other for the jamaat's development. Try to respect every brother and sister. Clean your hearts from all sorts of pride and arrogance. Be humble and modest and avoid backbiting.
5. Write to Hazoor for dua and inculcate this habit in your children too, to write to Hazoor at least once a month.
May Allah enable us to practice the above mentioned, Ameen.

Wassalam<br>Humbly

Dr. Aleemuddin
National President Ireland

## EDITORIAL

By the grace of Allah, and with the help and blessings of Allah, lajna Imaillah Ireland are publishing their second edition of Maryam magazine, Alhumdullillah. We are very grateful that we have our beloved Huzoor's prayers with us, as without our beloved Huzoor's prayers; we would not have been able to complete the second edition of Maryam Magazine. The topics of this edition are: Backbiting , Jealousy and Misconception.

Backbiting means speaking ill of someone who is absent and therefore is unable to defend himself. Before judging someone else, we should evaluate ourselves. By evaluating ourselves, we can examine our weaknesses and therefore, we might not be able to comment on someone else's weaknesses. According to Hadhrat Abu Huraira (ra), Hadhrat Mohammad Mustafa (s.a.w) said "If a person keeps the secret of another Muslim, Allah will keep the secrets of this person in this world and in hereafter".

Once Hadhrat Mohammed (s.a.w) mentioned that before commenting on someone else's weaknesses, just judge yourself first. You might find those very weaknesses within you and therefore it might stop you from commenting on others.

Al-muslimu mir'aa-tul muslimi- "A Muslim is a mirror of another Muslim (Bukhari). Hadhrat Khalifa tul Massih-IV in his address, Jalsa Salana Canada on july 7, 1991, said: "A mirror always provides the true image of a person who chooses to consult it, highlighting all the details of his beauty or ugliness. He would receive this message without negative reaction against the mirror, because this message is based on truth, honesty and secrecy. He would rather be grateful to the discretion mirror if it was a living thing".
"This is exactly how the believers should reform a society, by inviting people to goodness and preventing them from following evil things. If the callers to the path of Allah make use of this golden rule, he will begin to attract people to the path of Allah. (Al-Quran 3:105, 3:111)

Dear Lajna and Nasirat, I have a humble request that whenever you send articles for magazine. Kindly, always reference them correctly as it helps us to know where exactly the information is coming from. It is very important to reference if you copy something from the internet or if you get articles from books. It would be great if you write something in your own words or if you write your own experiences as it has a great influence on people than the stuff you get from books or internet.
I request everyone to please pray for this magazine's success and May this magazine help you and guide you in your everyday life, Amen.

I am very grateful to our National President, Mrs Tayyaba Mashood who supported me to make this magazine a reality. I would also like to thank everyone who helped me to bring another edition of Maryam Magazine. Thank you everyone for your help and support. May Allah reward everyone who sent articles and helped me, Jazakallah.

## Wasalam,

Rasheda Kiran Khan
Editor Maryam

# BACKBITING and the Perils of indulging in it 

## Sermon Delivered by Hadhrat Mirza Masroor Ahmad (atba) Head of the Ahmadiyya Muslim Community.

In today's Friday sermon, Huzoor focused on the issue of backbiting and the perils of indulging in it. Huzoor reminded us that some of the vices may apparently look insignificantly small, but they have long-lasting and widespread effects on the entire society. Backbiting is one such vice, among others. A Hadith describes backbiting to be equivalent to eating the flesh of a fellow Muslim brother. Even the most cruel tyrant would be reluctant in engaging himself in such a filthy act. Huzoor related an account where a companion of the Holy Prophet, along with his friends, walked by the body of a dead mule, whose stomach had swollen after its demise. The companion said that it is better to eat the flesh of this mule than backbite against a Muslim brother.

Huzoor explained that cultured and sensible people know better not to eat the flesh of another human being, but they freely indulge themselves into the habit of backbiting without any qualms. If one does realize his mistake and vows to refrain from such activities, he should ask for forgiveness from Allah, seek His divine help and strive to become righteous. Allah is most Forgiving and most Merciful.

Some people don't know the definition of backbiting and they pass nasty remarks about others without realizing that they are backbiting. The Promised Messiah explains that anything which may be said in the presence of a person and would be unpleasant to him becomes part of backbiting when said in the absence of that person. Generally, backbiting about the following in a
person's absence would be unpleasant to him if he found out: his spirituality, his worldly matters, his physical appearance, financial status, his spouse, his servants, his personality and his relationships with others.

People often talk about others fearlessly but they do not like it if they become the subject of such talk. Therefore, as a rule, one should never participate in any activity that would be hurtful if someone else does the same to you. Hadhrat Khalifa tul Massih I advised that one should abstain from being too curious about the lives of other people because that leads to backbiting which in turn leads you away from becoming righteous. The Promised Messiah advises us to abandon the habit of backbiting because Allah abhors those who backbite. Ask for forgiveness and Allah, the Almighty, has the power to set you towards the right path.

Some people take pleasure only in listening to others while they gossip and think that they are not backbiting, but gradually, they become part of the talking circle and commit this grave sin. Children from the very early stage should be trained not to participate in any gathering where such conversations are taking place. The promised Messiah notes that backbiting is more common among women. They should make an extra effort to refrain from it. There is a Hadith that states that in Paradise, there will be an abundance of poor people, whereas in Hell, an abundance of women. Some vices are more common among women, such as vanity, superiority complex, backbiting, rivalry, etc. Whether it is a male or a
female who possess these weaknesses, they should strive against them. Even though we don't find many people in our jamaat who possess these ill habits, but because the society that we live in affects us all, we should always protect ourselves against them, and assess ourselves periodically.

A Hadith reminds us that the beloved of Allah are those who possess His attributes and one is reminded of Allah when one sees such a man. We should strive to become such a person who is the beloved of Allah.

The Holy Prophet was so cautious that he would warn against the slightest indications of a sinful activity. At one occasion, all Hadhrat Ayesha ra said to the Holy Prophet about someone was that she is short. The Holy Prophet said that even this is backbiting. At another occasion, the Holy Prophet said that on the day of Qiyamah, a man's deeds will be read out to him. He will remind Allah of the good deeds he had done, but Allah will say that those good deeds have been taken away from your account because you participated in backbiting. Such is the gravity of this sin that it takes your good deeds away from you.

Hadhrat Musleh Maud r.a explains that the wisdom behind this tenet of Islam i.e. prohibition of backbiting is that a person forms an opinion about another based on false rumors he has heard through gossip. Since such an opinion is based on misunderstanding, it creates differences among the community members and prevents harmonious relationships to form between them.

The Holy Prophet says listening to gossip and indulging in gossip are both forbidden.

Huzoor reminds us that no one is perfect, therefore we must look at our own condition critically before we raise our finger towards another person. It takes a courageous man to look at his own faults. Once he starts to observe himself, he will refrain from talking about others. The Promised Messiah has reminded women that they should avoid dishonesty, criticism of others, exaggeration and false accusations.

Huzoor said that we should not be the judge of another person's good or bad disposition, but let Allah be the Judge because only He knows the true state of a man's heart. If we see a weakness in another person, we should pray for that person with a sincere heart instead of criticizing him.

In the end, Huzoor said that we should busy ourselves in doing astaghfar at all times. He prayed for the Jamaat that Allah enables us to follow the advice of the Promised Messiah and to become righteous, Ameen.
(Friday Sermon 26th June 2003)

## What is Sin?

The Promised Messiah (peace be on him)
explained sin as:
"God is the source of eternal happiness and pleasure for man's life. When a person separates from Him or leaves Him in one way or another, about such a state of a per- son it is said that he has sinned."
Malfoozat, Vol. 10, pp. 357

## First Mosque in Ireland

## Summary of Friday Sermon delivered by Hadhrat Khalifa tul Massih V, on September 17, 2010

On September 17, 2010, Hadrat Khalīfatul Masih Vaa delivered the Friday Sermon at Galway, Ireland. Huzur recited verses 128 and 129 of Sürah Al-Baqarah, which are translated as follows:
'And remember the time when Abraham and Ishmael raised the foundations of the House, praying, 'Our Lord, accept this from us; for Thou art All-Hearing, All-Knowing. 'Our Lord, make us submissive to Thee and make of our offspring a people submissive to Thee. And show us our ways of worship, and turn to us with mercy; for Thou art Oft-Returning with compassion and Merciful.' (2:128-129)

Huzur ${ }^{\text {aa }}$ said that this is my first visit to Ireland and I have come to lay the foundation of the first Ahmadiyya mosque in this country. Galway, where Allāh has enabled us to build this mosque, is also considered a corner of the world. Our sole purpose in building mosques is to be able to purify our hearts and to bow down before our Lord five times every day.

Huzur further said that when Allāh gave the Promised Messiah ${ }^{\text {as }}$ the glad tiding that He would spread his message to the corners of the earth, He spoke of the same message which has been conveyed to us by the Holy Qur' $\overline{\text { an }}$ in the form of the perfect Law. Today we can see that the message of the
Promised Messiah as is reaching every corner of the earth through the medium of MTA. This clearly proves that Allāh has and will always continue to fulfill His promises to the Promised Messiah ${ }^{\text {as }}$.

Huzur said that it is true that the friends of God are certain of the fulfillment of His promises, but they are also aware that Allāh is Independent and Besought of all. Hence, they are anxious lest any weakness on their part should delay the fulfillment of these promises. They do not leave any stone unturned in their endeavours, in their prayers and in their sacrifices. They seek Allāh's blessings and their hearts are awed by Him.

Huzur ${ }^{\text {aa }}$ added that the verses I have recited are usually read out on the occasion of building a new mosque and remind us of the true purpose of the building of mosques. We have to look deep into ourselves and offer sacrifices while beseeching Allāh to accept them and enable us to come closer to Him.

Huzur said that one achieves nearness to Allāh only if he fulfils his pledges and demonstrates the loftiest standards of loyalty and devotion. Every Ahmadī has made a pledge to be ever ready to sacrifice his life, his possessions, his time and his honour. When it comes to sacrificing one's wealth, what would be more appropriate than to spend it for the building of a mosque so that those who wish to worship Allāh may be able to do so. On these occasions, Allāh has taught us to pray that our children may also form a Jamā`at of pious people, who worship Him, stick to nizām-eJamā`at, show the highest morals and fulfil their obligations to mankind. This is the purpose which requires all our efforts and prayers.

Huzur ${ }^{\text {aa }}$ continued on to say that our mosques should be such as are built upon taqwa. The building of this mosque will become an occasion of true joy if it makes us more obedient to God and if we are able to fill it with eager and devoted worshippers. In the above verses we have also been taught to pray that Allāh may enable us to make sacrifices that are acceptable to Him. We have also been taught to pray that Allāh may have mercy on us, may overlook our faults and forgive us, for He is oft-returning with compassion.

Huzur said that the new mosque will also open for us new avenues of Dawat Il-Allāh and we will have to put in more effort to convey our message. We will also have to present a good example before others and also to pray that Allāh may have mercy on us, and give us the power to do good deeds. May Allāh enable us to do so. Āmīn.

# Relationship of LOVE and harmony <br> Backbiting wipes away your good deeds 

Speech by Tayyaba Mashood - National President Lajna Imaillah Ireland<br>The president of Lajna Imaillah Ireland spoke about adherence to the system of Jamaat and holding grudges to the ladies session of the $9^{\text {th }}$ Jalsa Salana, Ireland. It is presented here for the benefit of all.

Praise is to Allah for enabling us to organize us the $9^{\text {th }}$ Jalsa Salana. May Allah make it a success and fill our houses with the spiritual blessings of this Jalsa and may we, by the Grace of Allah, gather the blessings of Hadhrat Massih Maud.
I see some new faces here today. I'd like to welcome you all and may your move to Ireland prove very lucky, Ameen.
I'd like to congratulate you all at the Hazoor's successful tour of Ireland. Thank god Hazoor was very pleased with our jamaat. Hazoor has praised our Jamaat and especially our lajna organization. May we always gain the pleasures of our Khalifa and may we never displease him. Ameen The Ireland jamaat is small in size. It has been nine years since the organization of Lajna Imaillah was founded here. We are all like a family and we know each other well, I am very proud of my jamaat. We all share as loving relationship, but now I can see some evils sprouting and if these are not dealt with now, they can give way to bigger evils. The first among these is the adherence to the system of jamaat. I can see this at some places and in some sisters. Either they do not understand the concept of adherence to Jamaat organization or they do so due to their false ego.
Nothing can succeed in this world without discipline and having a system in place. The system of Jamaat-e-Ahmadiyya is very prestigious because Allah and his beloved prophet (pbuh) directed towards it. As long as we follow this
system we will be blessed by Allah and by Hadhrat Khalifa tul Massih. The moment we break away from the system, we'll never be able to reach our destination, like those who've lost their path. ( alfazl 27 sept 2010)
In the Quran it is stated Surah al baqarah verse 209
' Oh those who believe enter into (the perimeters) of abeyance' It is stated in Surah al nisa verse 60 ' O those who believe obey Allah and obey the prophet and also obey your rulers/authorities'.
Verse no 17 of Surah al Fateh states
' You will be rewarded well if you obey but if you turn your backs like those before you he will torment you'
The system of Jamaat Ahmadiyya brings together every Ahmadi, into a relationship of love and harmony. They are trained to work as a team.
The holy prophet has put the rulers and authorities in the same category as Allah and the prophet (pbuh) and has demanded the same level of abeyance for rulers and authorities as for Allah and the Prophet. The Holy Prophet (pbuh) has said ' those who obey me, is though as they obeyed Allah. And those who obey my Ameer have obeyed me. Similarly those who disobey me have disobeyed Allah and those who disobey my Ameer have disobeyed me'.
This Hadith proves that obedience of the Ameer is compulsory under all conditions. When someone is appointed as Ameer, caretaker or
office bearer you are obliged to obey him.
Hadhrat Khalifa-tul-Massih Fifth (atba) says 'who amongst us would like to be cast out of the perimeters of obedience of the Holy Prophet (pbuh). Any Ahmadi cannot even imagine this. Hence when we can't even imagine it, we should enforce the obedience of Ameer and office bearers upon us, purely for the pleasure of Allah. Remember that you are not allowed to disobey any office bearers and by disobeying them you are disobeying the Khalifa of your times. Hence adherence to the system of our jamaat is vital for all our survival.
(Khutbat-e-Masroor vol. pg. 266)
Similarly Hadhrat Khalifa tul Massih-ul- Fifth (atba) also stated in his sermon dated $1^{\text {st }}$ July 2005:

Remember that wherever love exists, devil tries to implant seeds of hatred. You should be aware of such people. Keep an eye on your surroundings. If you hear anything that is against the dignity of the jamaat and respect of the Khilafat, please inform the office bearers, Ameer Sahib or myself because sometimes even very small things can lead to big troubles.
Here I'd like to clarify that every office bearer represents his or her Khalifa in some way or the other. When they ask or forbid you from something you should not have any ill feelings because they are only trying to convey whatever has been conveyed to them from the office of the Khalifa.

If you obey them it would mean obedience of the Khalifa and similarly their disobedience means disobedience of Khalifa.
At times we hear things like 'so and so is showing off being an office bearer or President'. This is a foolish thing to say because they would not be justifying their office if they do not draw your attention towards your shortcomings. Every office bearer is answerable to Allah and the Khalifa, if he/she did justice to his/ her office. And they can only do justice to their office if they convey Allah and the Khalifa's message to you effectively. Now its up to you to decide whether they should please you or Allah.
Hadhrat Massih-e-Maud (as) had warned his Jamaat saying 'he who does not obey wholly, brings a bad name to the Jamaat. Friends! it is very important to gather the blessings of the system of jamaat, that we follow our Imam as a shadow follows the body. (Fateh Islam, Rohani Khazaen Vol 3 page 34)

Our beloved Hazoor states 'the standards and speed of the progress of a nation or jamaat depends on the levels of obedience. Whenever the levels of obedience drop, the speed of progress drops and it even makes it hard to achieve high levels of spirituality. Patience and sacrifices are needed to achieve a high level of obedience' (Khutbaat-e-Masroor Vol 2 page 604-614)

Obedience is such an act that no system can work without this nor you can complete any task. Where there is no obedience ,there is chaos. The only system that is successful in the world is the one, which works under the spirit of obedience.
( Alfazal 27 September 2010)
Backbiting, curiosity and holding grudges also give way to different vices in our community, and those who lack the spirit of obedience easily fall prey to such evils. When we forbid a sister from back biting they reply that 'it's not backbiting,
it's a fact'. They forget that actually, forwarding a fact in someone's
absence in such a manner that would lead to grievance and misunderstandings is backbiting. It is stated in the Quran (al Humaza 2)

Hadhrat Anas states that the Holy Prophet (saw) said 'on the night of Mairaaj, I passed a group of people who had copper nails and they scratched their faces and chests. I asked 'O Gabriel who are these? Gabriel replied 'these are people who indulged in backbiting' ' (Abu Daud)

Hence look for positivity and excuse/forgive weaknesses. Do not propagate other's weaknesses in their absence. Try to guide them to the right way and draw their attention to their weaknesses in a polite manner. Every individual is respectable so we should not look down upon anyone. Propagation of weaknesses leads to bad vibes and misunderstandings. Our beloved prophet (saw) has said 'One who does not exposes the weaknesses of Muslim brother in this world, God will protect him/her in this and next world. (Termazi)
Assess yourself, are we free of weaknesses? You will realize that being human, it's not possible to be perfect. Hence we should overlook each other's small weaknesses. Hadhrat Massih Maud (as) stated
"Members of our jamaat should pray for those brothers/sisters who may have some weaknesses. If they do not pray for them and instead they forward it to others, this will start a vicious circle of sins and would not help in any way in overcoming weaknesses. Every evil can be corrected by prayers. We should therefore help our brethren by duas" (Malfoozaat Vol 4 pg 61)
The Quran equals backbiting to eating the flesh of your brother ( Al Hijraat; 13)
Curiosity leads to grudges and this leads to backbiting. It is an evil that none of us would like to indulge in.

Hadhrat Khalifa tul Massih Awal said that a Sufi had a vision that a man indulges in backbiting. He vomited and there were bad smelling pieces of flesh in his vomit.
( Haqaeq ul furqan Vol4 pg 6 \& 7)
This is indeed a matter of concern. But nowadays due to free unlimited phone calls, come sisters indulge in backbiting endlessly without realizing. They state that they are not in the habit of backbiting. These things circulate in the whole house and even the children hear these and get influenced. Children brought up in such a negative atmosphere will fall into the habit of backbiting when they grow up! In fact some children develop curiosity and inform their parents about the affairs of other friends houses because they are aware of their mothers interests and curiosity about others.
Hadhrat Musleh Maud has said ''women are like precious stones but if they are not brought up well then their worth is not more than a piece of raw glass. A raw piece of glass maybe of some use but women who are not well groomed are worthless and are of no use to the religion" (Anwaar-ul-Aloom volume 17 page 422)
In a meeting if there are fifty positive things but even one negative issue arises, it is propagated and even exaggerated.
This is very bad. What is the use of having meetings if we do not influence in a positive way? All the moral and religious issues are left there and then, and they take back with them only the negative vibes. Please think positively. Some people make you feel as if they were the biggest well wishers but the moment you turn your back they'd be a changed person. God save us from such people.
Hadhrat Abu huraira (as) stated that our Holy Prophet (saw) said 'we notice others smallest weaknesses but overlook even our big weaknesses'. Hadhrat Khalifa tul Massih V said:
".....do not waste your hereafter for momentary pleasures".
A Hadith informs that backbiters will not be admitted into paradise. Who amongst us would like to waste our hereafter for such a thing.

A Hadith states: Backbiting wipes away your good deeds.
All our good deeds, our prayers, fasting, charity, helping the poor, all will be wiped off due to backbiting. The only way to prevent it is to ask for Allah's forgiveness and Duaa. (Friday sermon, 26-12-2003)

Sometimes sisters often form an opinion after hearing a one sided story. They should discourage backbiting. Unless you hear both sides of the story, please don't believe tell tales.
I would like to address the lajna Amla members in particular, to abstain from vices such as backbiting and forming opinions without knowing all the facts. The Amla members, be they National or local, should set a good example for other sisters to follow. If they are involved in mud slinging and fault finding then I am sorry to say that I'll have to take necessary action against them.
The Amla members should respect each other. Every position, be it high or low, demands respect. Don't forget that we all work voluntarily for the pleasure of Allah. No task should be considered high or low. It is not for us to judge how well Allah may reward for a task, which seems lowly to us!
I wish to promote mutual love and respect. And to achieve this you'll have to clear your hearts of all ill feelings. We should respect each other's emotions and while abiding by the jamaat's system, we should make every effort to avoid backbiting and holding grievances. We should try to live up to the standards set by Huzoor-e-Anwar and gain his pleasure.
May Allah enable us to reform ourselves. Ameen

## G0SSIPS

$\mathcal{G}_{\text {ossip }}$ is a broad term that is
defined in several different ways. In general, gossip involves the creation and repetition of rumors regarding an individual who is not present to offer his or her perspective on the purported events under discussion.
Generally, gossip has little or no basis in fact and is sometimes intended to convey a negative image of an individual. This process of spreading rumors is utilized in just about every setting from reporting on the movements of public figures to discussing situations involving family, friends, and acquaintance.

The Holy Quran states about gossip: "Nor speak ill of each other behind their backs. Would any of you like to eat the flesh of his dead brother? Nay, ye would abhor it..." [Holy Quran: Hujurat: 49:12]
The Prophet (saw) said: Gossip will ruin a Muslim's religion faster than food gets digested in his stomach [Vasa'il, v.72, p.152] He also said: I admonish you against gossiping as it is worse than fornication [Bihar alAnwar, V.75, p.222]
The Holy Prophet Muhammed (saw) said:On the Night of Ascension, I saw some people who were peeling off their skin of their face with their nails, I asked Gabriel who they were. He said they are the ones who gossiped. [Mizan al-Hikmat, v.7, pp.332-333].

A gossip has been variously defined as: (1) a newscaster without a sponsor. (2) A person who will never tell a lie if the truth will do as much damage. (3) One who turns an earful into a mouthful. (4) What no one claims to like but what everyone seems to enjoy.

## When Is It Gossip?

When we tell and/or listen to something uncomplimentary about someone with the attitude of
entertainment. We are not telling or listening because we are sympathetic and want to help. We want to be entertained at someone else's expense. We want a good laugh over someone's weaknesses.

When we tell and/or listen in order to build up our own ego. Some people are perverted enough to make themselves feel big by trying to make others look small. "Look how bad or how stupid Joe is for doing so and so" really means "Look how good or how smart I am because I did not do such a stupid thing." The more gossips talk about another's mistakes and sins, the more they inflate their own egos.

Some people love to gossip while others love to hear it.But gossip isn't so appealing when it is about you. No one wants to be talked about, whether the information is true or not. And for some, being the subject of gossip can have devastating consequences--depending on how they handle it--experts tell JET. Influencing Gossip
Since gossip is so powerful it has a great influence on others and so it must be battled through positive influence in response. There are a number of actions you can take against gossip.

Ignore it:
Avoid people who talk gossip and don't give any opportunities for them to spread it
Simply leave the room or conversation when gossip starts
Don't respond to questions about opinions on others or other gossip traps. Ignore gossip and don't engage in any gossip based conversations.

## Prevent it

Never start any of your own gossip Change the topic whenever a conversation leads to gossip. Refuse to listen or respond to any gossip you are faced with Hide any hurt feelings or dramatic reaction to gossip. This fuels the gossips to continue as its often what
gossips want to generate.

## Confront it

Politely say that you would prefer to talk about that person when they are present.
If you know the source of gossip, go and confront them immediately and calmly tell them you do not appreciate them talking about you and that it causes hurt feelings whether intentional or not.
If you hear someone start some gossip, offer to go to that victimized person with the gossiper right away to discuss it.
Simply respond to gossip, "Would you like to have someone share that about you without you knowing?" and walk away.
State "I don't like talking about other people because I don't like them talking about me"!!
State that you don't talk about others unless its to help them or support them.
State that you don't want to talk about others negatively unless they are involved in the discussion.

## Conclusion

Gossiping is an ugly, ungodly, deceitful and soul-destroying habit that, if you have it, must be broken, repented of and replaced with words that edify!
source : www.cyh.com/healthtopics
by Qurat ul lain Ahmad

## Hope

## A time to reflect

by Dr. Qanita Noonan


a time comes when one has to reflect upon how we have lived our lives and indeed what is the most important things in life, too often we can get caught up in worldly things and before we know it time has in a sense caught up with us, and when
we look back we ask our selves what have we achieved. A person can go through life not always realizing the hurt or pain another human being can do to another human, it is only when one stops to consider one's actions does a person perhaps realize the harm one may have caused. Indeed most human beings don't go about with the intention of hurting the feelings of their loved ones or friends or without doubt to hurt the feeling of one community, but it can happen, that's what is meant by being human! And Almighty Allah knows we are undeniably very human therefore we make mistakes. Often in the middle of such a crisis one looses hope, the world suddenly becomes darker, your very world seems to fall apart, during such times we are left with a wonderful word " hope" or to other's 'faith', as a Muslim we are expected to have faith in Almighty Allah in that He will forgive, for He is the Most merciful and the Most Gracious, So as a believer one must have faith and always live in hope that things, and situations must change but everything has a beginning, a first step and the first step to forgiveness is repentance, without repentance one cannot begin to take the steps of moral and spiritual growth, for it has been said that repentance washes away sins and this has been taught to us by Almighty Allah and explained by our beloved Holy Prophet Muhammad (saw) when he said:
"the one who repented of sin was like one who had never sinned" (Ibn Maja)
What a wonderful hadith which gives all sinners hope, the hope of being forgiven but the one who wishes to be forgiven must truly from the depths of their heart repent, and promise not to sin again, it is only Islam that offers such hope to all humanity may almighty Allah forgive all our sins and cleanse all our sins Ameen

# The Road to Oblivion? 

by Nudrat Malik

 ye who believe! avoid most
of suspicions; for suspicion in some cases is a sin. And spy not, nor backbite one another. Would any of you like to eat the flesh of his brother who is dead? Certainly you would loathe it. And fear Allah, surely, Allah is Oft-Returning with compassion and is Merciful." $(49,14)$
It is interesting to note that in this verse of the Quran brings forth the harms of suspicious thinking before mentioning backbiting. Simply put, suspicious thoughts about an individual can engross a believer in the hideous act of backbiting. Backbiting is one of the most loathsome acts because the Quran compares it to eating the flesh of one's own dead brother. Thinking ill of others and creating doubts about their lives or achievements harms individuals and more importantly, entire communities. Therefore, such acts are labeled as grievous sins.

On an individual level, such behavior can lead to spiritual destruction. After targeting his/her fellow humans, one starts to doubt God. This normally happens when we face trials and tribulations in our lives. Questions such as WHY ME? arise in the mind of a person who spent his/her life being suspicious about others. (Now this person has the audacity to doubt the might of the Supreme). Such humans are always dissatisfied with their lives both materially and spiritually.

May Allah protect us from performing such horrid acts which incur his displeasure, ameen.

## HADHRAT ‘AMMA JAAN’ra


born in 1865 and who passed away in 1952, was an excellent example of all the qualities mentioned in the above verses of the Holy Qur'an. She was a modern-day example of the spiritual, moral and personal excellence which can be achieved by following the commandments of the Holy Qur'an and by the blessings of Allah, the One God. Hadhrat Nusrat Jehan Begum ${ }^{(\mathrm{ra)}}$ was the wife of Hadhrat Mirza Ghulam Ahmad ${ }^{(a s)}$, the Promised Messiah and her name, Nusrat Jehan, meaning 'Helper of the World', further demonstrates her qualities and was a prophecy in itself.

Hadhrat Nusrat Jehan Begum ${ }^{(r a)}$ is known within the Ahmadiyya Muslim community by two other names, 'Ummul-Mu'mineen' meaning 'Mother of the Believers', signifying her value and the respect in which she is held by the community as the wife of the Promised Messiah ${ }^{\text {(as) }}$, but she is also known very commonly by the affectionate term by which family members called her, 'Amma Jaan', which is roughly translated as a term of endearment as 'Respected and Dear Mother'.

Hadhrat Amma Jann ${ }^{(r a)}$ 's marriage to the Promised Messiah ${ }^{(\mathrm{as})}$ was foretold many hundreds of years ago by the Holy Prophet Muhammad ${ }^{\text {(saw) }}$ himself.
'Ibn 'Umar ${ }^{(r \text { ra })}$ narrated that the Messenger of Allah (saw) said:
"Isa son of Mary will descend, then he will get married and offspring will be born to him. '"'

This Hadith illustrates the importance of the blessed marriage of the Promised Messiah ${ }^{\text {(as) }}$ and signifies that the offspring born to this match would also be especially blessed.

The marriage was also foretold to the Promised Messiah ${ }^{\text {(as) }}$ in a number of revelations and took place in extraordinary circumstances.

The Promised Messiah ${ }^{(\text {as })}$ was already married, although his first wife had by this time given up her marital rights and chosen separation with continued financial support from him. There was also an age difference of thirty years between Hadhrat Amma Jana ${ }^{\text {(ra) }}$ and the Promised Messiah ${ }^{(\mathrm{as})}$ and she came from a noble and distinguished family of Syeds (descendants of the Holy Prophet Muhammad ${ }^{\text {(saw) }}$ ) and lived in Delhi.

Thus, it was arranged according to the revelation received by the Promised Messiah ${ }^{(\mathrm{as})}$ :

> "I have decided that you should be married again, I shall arrange it all Myself and you will not be put to any trouble."2

Therefore, although the circumstances of the match were unique and extraordinary, the ceremony simple, and the change in lifestyle for the young bride major, it could literally be described as 'a match made in Heaven'.

But even though the marriage had been ordained by Allah the Almighty, it took the special efforts of Hadhrat Amma Jaan ${ }^{\left({ }^{\text {ra }}\right)}$ to win the pleasure of Allah to make the marriage the success it was.

## Worship and Service to Humanity

Hadhrat Amma Jaan ${ }^{\left({ }^{\text {ra) }}\right)}$ had the highest standards of worship and in this day and age is an excellent example for modern women living in this materialistic world of ours. It is known, for example, that her worship was outstanding at all times and she offered her daily prayers with such humility, love and devotion that those watching could not help but be affected.

In the monthly days when she was not required to offer Salat [prayers], she would instead spend the time after the Adhan (call to prayer) praying and remembering Allah. ${ }^{3}$ In Ramadan, whilst in good health, she always fasted. She made a special effort with regard to worship in this month and in addition to her five daily prayers she also woke up in the night to offer Tahajjud (late night/ pre-dawn) prayer, offered an extra early morning prayer (called chasht in Urdu) and then a mid-morning prayer (ishraq) along with other extra voluntary prayers.

She was extremely regular in giving charity in this month and also regularly cooked food, often herself, for three or four people as fidyah (expiation for those who cannot fast). She recited the Holy Qur'an often and asked the girls in the house to recite to her regularly too. It was her practice in these days to recite Darud (invoking Allah's Blessings on the Holy Prophet Muhammad ${ }^{(\text {saw })}$ ) and to ask Allah's forgiveness in the form of Istighfar. She encouraged those around her to do the same.

If she knew that any of her daughters or granddaughters were fasting, she would make special
food for them in the evening. She would also keep note of children who were offering prayers in congregation so that she could express her pleasure on these actions. It was her tradition to invite her children regularly to open the fast in the evening at her house. ${ }^{4}$

As the wife of the Promised Messiah (as), Hadhrat Amma Jaan ${ }^{\text {(ra) }}$ had an extremely large household, full of elders, relatives, children, orphans, widows, household helpers and a regular stream of guests from the community. She worked hard, and it is related by her son, Hadhrat Mirza Bashir Ahmad ${ }^{(r a)}$, that she was regularly busy cooking, spinning, boiling milk, feeding buffaloes, growing flowers and herbs in addition to training and helping the household attendants.

She would daily go walking in Qadian and visit ladies and relatives. She would enquire after people's health on these visits and would advise ladies with regard to the running of their households, compliment them on any tasty food she was offered, and suggest home improvements which could be done within a low budget e.g. making simple clothes or cushions.

Thus even her daily routine was spent in the service of humanity and in the kind guidance of ladies.

Hadhrat Amma Jaan ${ }^{(\text {ra) }}$ also kept food prepared 24 hours a day for guests so that if the Promised Messiah ${ }^{\text {(as) }}$ requested parathas (fried flat bread commonly used in South Asia), tea, pickles, chutney, lassi (yoghurt drink) or milk for a guest, it was always available. She was even known to also make enquiries about prisoners who were in jail due to financial debts and sent money for such Muslim and non-Muslim prisoners so that they could enjoy a good meal.

## Financial Sacrifice

In the field of financial contributions also, Hadhrat Amma Jaan ${ }^{\text {ra) }}$ can be said to have surpassed all expectations. For most women, even today, any property or jewelry they inherit or own is an important security for any time when financial circumstances become straitened.

It is thus, difficult to sacrifice ornaments. However, there are three incidents which give an indication of her spirit of financial sacrifice. In May 1900, when the Promised Messiah ${ }^{(a s)}$ announced that he needed a hundred people to donate one hundred rupees each to build Minaratul Massih in Qadian, a total of 10,000 Rupees, Hadhrat Amma Jaan ${ }^{(r a)}$ responded by selling some property in Delhi and giving 1000 rupees (a significant amount in those days) herself for this appeal.

On the occasion of one Jalsa (Annual Convention), when Jalsa expenses were undertaken by the Promised Messiah ${ }^{\text {(as) }}$ himself, it became apparent that there was no food for guests that evening. The Promised Messiah ${ }^{\text {(as) }}$ immediately sent a message to his trusted and beloved wife, Hadhrat Amma Jaan ${ }^{(r a)}$, who soon provided some jewelry which could be sold to cover the expense of the food that evening.

On the demise of the Promised Messiah ${ }^{(a s)}$, she herself settled any monies owed to others by her beloved husband by selling her own jewelry and did not ask community members to help her with this although countless members would have been pleased to do so. Hadhrat Musleh Ma'ud ${ }^{(r a)}$, the Second Khalifa of the Ahmadiyya Muslim community, has written about this:
‘My heart was deeply affected [by the fact] that Allah Almighty had
given the Promised Messiah ${ }^{(a s)}$ such a loving and co-operative partner.' ${ }^{5}$
(writer AmtuShakoor Tayyaba Ahmed UK Review of Religion - October 2010)

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1. Al Muntazem - Ibnul Jawzi taken from Al Nusrat magazine, May 2010
2. Tadhkira, p. 38
3. Seerat o Sawaneh Hadhrat Amma Jaan, Prof. Syeda Naseem Saeed, Lajna Imaillah Lahore (Prof SNS), p. 133
4. Prof SNS, pp.357-358
5. Prof SNS p. 666

## Be Sympathetic

"You who are members of my Jamaat, should always keep it in mind that you have to be sympathetic towards every body without any distinction, to whatever religion they may belong; you should do good to every body. This is what the Holy Quran teaches:
Wa yut-i-moonat-Ta'ama alaa hubbihee miskeenan wa Yateeman wa aseera.

The captives were always the heretics (in the days of the Holy Prophet).

Just imagine, how sympathetic Islam is. In my opinion the perfect moral teaching that Islam has given, has not been inherited by any other religion. When I have recovered my health a little I would like to write a booklet on this subject. The contents of that booklet will form a comprehensive teaching for the members of my Jamaat; it will also show the way to win the pleasure of God."
(Writings of Promised Messiah, reference: Malfoozat vol. 7, pg. 285)

# A SyMbol of Peace 

## by His Holiness, Hadhrat Mirza Masroor Ahmad(aba), Khalifatul Masih V, Head of the worldwide Ahmadiyya Muslim community

$\mathscr{R}$eynote address delivered by His

Holiness, Hadhrat Mirza Masroor Ahmad(atba), Khalifa tul Massih V, Head of the worldwide Ahmadiyya Muslim community at the civic reception held at the Clayton Hotel in Galway on 17 September 2010, on the laying of the foundation stone of the Maryam (Mary) Mosque in Galway.

With a population of over 70,000 , Galway is the fifth largest and fastest growing city on the island of Ireland, and third largest in the Republic of Ireland. Located on its western coast, Galway is known as 'Ireland's cultural heart'. Over 100 Irish people attended the civic reception from every walk of life, including members of parliament, mayors, local councillors, police officers, professors, doctors, teachers, solicitors, and ordinary citizens including neighbors.
Also addressing the reception were
Cllr. Michael J. Crowe (His
Worshipful Mayor of Galway City),
Most Rev Dr Martin Drennan
(Bishop of Galway (Roman Catholic
Church)), Mr Eamon O' Cuiv (TD and Minister for Social Protection, Fianna Fail Party), Mr Michael D Higgins (TD Labour Party President and Spokesperson on Foreign Affairs), Mr Frank Feighan (TD and Fine Gael Party Spokesperson on Community, Rural and Gaeltacht Affairs) and Mr Jon O' Mahony (Asst. Commissioner An Garda Siochana (Police)).

The Maryam (Mary) Mosque will be the Ahmadiyya Muslim community's first ever mosque in Ireland.

After reciting Tashahhud,
Ta‘awwudh and Bismillah, Hadhrat Khalifatul Masih V(aba) said:
"All the distinguished guests, Assalamo 'Alaikum Wa Rahmatullahe Wa Barakatohu peace and blessings of Allah be upon you all.
To begin with, I would like to thank all the guests here today who, even though are not Ahmadis or Muslims, have come as a result of their connection with certain Ahmadis, or perhaps have come due to their good impression of our community, or because they have been invited for the first time.
In any case, your presence shows that, irrespective of differences of religion, you have come here to maintain good relations and share human values. Not only am I thankful for your coming here, but also from the depth of my heart, I respect and appreciate this gesture of goodwill. May God Almighty reward you for this.
After this expression of thanks, I would like to briefly say a few words to you.
As you are well-aware, this age of fast communication and electronic media has exposed the cultures and religions of people of different countries of the world, so much so, that at the touch of a button all kinds of information about people of a country, its culture and religion etc. can be easily obtained. There is no incident that takes place the news of which does not reach the corners of the world within just a few minutes. Also, due to the ease of travel, nations are coming closer together. At this time, most of the members of the Ahmadiyya community here that you see are Pakistani or Asian, although there are also a few Irish

Ahmadis. By the grace of God, our Missionary here, Mr Ibrahim Noonan, is also Irish. Nevertheless, the majority is of Pakistani origin, whose way of living, words and deeds, and behaviour and conduct are visible to all. If anyone wishes to know what Ahmadis of Pakistani origin are like or how they are, they can find out very easily by observing them for a few days. What I mean to say is that in the modern world you do not have to go to too much trouble to assess the true nature, manners and conduct of any peoples. In other words, a secret is no longer a secret. At the very least, there is nothing hidden about the character of a people or a nation, and in fact, through very little research all becomes easily apparent.
Whereas there are some benefits to the global village, there are also some drawbacks, caused by the media and by a desire to keep up with the modern trends. There is good and bad in every person. Whereas good leaves its effect, so does evil, but from a religious point of view, those who spread evil have a stronger effect than those who incline others to goodness, especially in matters of establishing the rights due to the Creator. Here, the majority of people disregard this, and unfortunately, the number of such people who do not honor religion or their Creator is on the in crease. And that is why God sends His Prophets and chosen people to the world, to highlight the evil ways of mankind and to draw people towards good deeds.

In this age, we, Ahmadis, consider the Founder of the Ahmadiyya Muslim community,

Hadhrat Mirza Ghulam Ahmad(as) of Qadian, to be the Promised Messiah. We believe that he was sent to the world to establish goodness and bring people closer to God Almighty.
By reference to evil, I would like to draw attention to the fact that any evil committed, however small it might be, appears more prominent when it harms others. In the eyes of the world even if there is any good in that person or group committing it, that becomes subdued and the evil becomes prominent. In effect, the world cannot see any good in such people, and even in their goodness tries to find aspects of evil. Unfortunately today, certain deeds of some Muslim groups, which are contrary to the teachings of Islam and which are committed in its name, portray Islam in a bad light. The opponents of Islam then try to find faults and means to defame it.
The Muslims who carry out such misdeeds have given so much ammunition to the anti- Islamic groups that they are taking advantage of this and using the media to project Islam in the wrong light. The average man on the street does not question or query what he is told, and so he thinks that the propaganda against Islam must be true. The more educated or the researcher, however, tries to investigate the matter to a deeper level. And I am fortunate enough to have educated people amongst us tonight.
One such well-versed person is Professor Richard Bonney, the former Head of the Department of History at Leicester University. He has deep knowledge of religious matters, and in particular of Islam. He has also acquired the title of Reverend from the Church of England and he is a leading member and executive of many different societies. He has written a book about Jihad and in it he has tried to clarify various aspects. On scrutiny,
it becomes obvious that the interpretation given by extremists is not true Jihad. In this book he has also referred to the Ahmadiyya community, of course in a positive way.
In any case, what I wish to say is that those who want to find the true reality are able to find the truth through research and effort, but there are very few who work in a just manner as such to try to find out the real facts. Instead, the general public rarely makes any effort, and so the majority bases its views on the acts of a few groups who paint a wrong picture of Islam.
In view of this, I request those of you who have come here today that before you form any opinion of Islam, reflect on it from every angle and research for the truth - I hope you will do so.
It is our claim that the Ahmadiyya community alone presents the real picture of Islam to the world today. And what we say is based on provable arguments and on our Holy Book, the Holy Qur'an.
Today, as we know, marks the occasion of the laying of the foundation stone of this mosque, which is being laid with the consent of the council and the agreement of the local people. However, the laying of this foundation stone has reminded me of the proposed building of another mosque, one which has drawn the attention of the world and in particular the American public.
The mosque that I am referring to is the proposed mosque in New York City at Ground Zero, where a few years ago terrorists smashed planes into the Twin Towers.
President Obama and the New York Mayor have expressed support for this project, but the majority of Americans are opposed to it, and this difference of opinion is becoming ever more intense and is increasing.
Those who support the building of the mosque argue that because

Muslims are blamed for bringing down the Twin Towers, this mosque will show that Muslims truly love peace.
On the other side, those against the construction argue, amongst many other points, that a particular Muslim group undertook this terrorist act and the nation had to pay a terrible price. Building this mosque will be a permanent sign that having destroyed our beautiful buildings, Muslims have now built their own mosque at the same place. They argue that its construction will be a means of continually hurting their feelings and thus it will be a victory for the terrorists who want to take over our places through force. In any case, this is a controversy in which the entire American and the international press, along with the American public, are involved.

The press also contacted the Ahmadiyya community to ask our views on this project. We have always said that if the buildings that were destroyed by the plane crashes were the acts of a Muslim group, then first of all, it is absolutely contrary to the teachings of Islam to kill innocent people indiscriminately. Such an act is nothing but grave cruelty. Secondly, if this building is to be built as a memorial for national unity, for peace, for religious tolerance, and to show the peaceful teachings of Islam, then why construct only a mosque? This should be widened so that next to the mosque let there be a church, let there be a synagogue and let the places of worship of all other faiths also be built there, so that religious unity and
tolerance can be truly displayed and so that it can be known that Islam has no link with terrorism. This would clearly show that Islam wants to live side by side with the followers of all other faiths. It would make it clear that terrorism has no religion, nor does any religion
sanction murder in its name. It would make it known that in contrast to those who murder in the name of religion, Islam takes the side of every peace-loving group. When the places of worship of all religions are in one place it will be a declaration that no religion teaches unlawful killing, and Islam is also a religion of peaceful teachings whose purpose is to remind man about the rights of God and the rights owed to human beings - and this is the sign of a true religion from God.
The only meaning of Islam is love, affection and brotherhood. If this is the only meaning of Islam then how can it be that we do not live with other religions in love, affection and brotherhood?

A classic example of religious intolerance is the recent Qur'anburning issue that has gained everyone's attention. And I believe you would have heard of it as well. I am surprised at how a person, and a pastor at that, can
even think of doing such an insensible act to show opposition to the building of the Ground Zero Mosque.
However, I thank God that this plan has been dropped and the world has been saved from the disorder that would have arisen in response to it. The animosity already existing that some extremist Muslims hold for the West might have erupted into something big. They would have reacted in a wrong way; that would lead to further religious intolerance and dissension. Islam, however, is a peace-loving religion, which does not teach us to do wrong to stop wrong. And we, the Ahmadiyya Muslim community, follow this principle and believe in the peaceful solution to all matters in places where the Jama' at (community) is well-established; this fact is wellknown.
To give you an example of this, some months ago, for the sake of their vested interests, certain politicians and a particular party
started a campaign in Switzerland against minarets of the mosques, and they won a referendum on this issue. Actually, a majority of the public did not even vote in the referendum because people assumed that no one would vote on this seemingly silly matter. However, after this, members of the media, politicians, local people and even some churches expressed their horror at this decision.
In Zurich, the Ahmadiyya community has a mosque with the highest minaret, and right across the road is a church. The Swiss newspapers printed pictures of our mosque along with quotes from the nearby church who openly said that they have always heard only voices of love, affection and peace from the mosque.
In fact, our relations with the church are such that if our mosque cannot hold the entire congregation, they let us use their halls, and I myself have once led prayers in this church hall. It is because of our way of dealing and the teachings of love and brotherhood that the church has so much trust in us. It is clear, therefore, that Muslims are not the terrorists that are portrayed by the wrong deeds of certain Muslims, who act for their own interests and against the teachings of Islam. In fact, true Muslims are ambassadors of peace. And with the construction of this mosque you will see the proof of this with your own eyes, God Willing.
Those who are opposed to religion consider it to be a cause of hatred and war. However, if you assess the reasons for such wars, you will find either political motives, or disputes over geographical boundaries to capture or benefit from the resources of another, or some- times they are due to national or tribal conflicts. It is true that sometimes wars have been fought on the pretext of religion. This is because it is very
easy to inflame people in the name of religion to mount a war. A major allegation laid against Islam is that it was spread by the sword. As I said earlier, this is an allegation against Islam, which I will clarify. Why and under what circumstances did Muhammad(saw), the Holy Prophet of Islam have to fight some battles? And indeed these same conditions had to be met by his spiritual successors, the Caliphs.

As far as religion is concerned no religion of the world advocates cruelty or barbarism, because religion comes directly from God, and God loves His creation very much. This is what we also learn from the Holy Qur'an. I have used the term 'spiritual successors' because after the four Caliphs who succeeded the Holy Prophet(saw), the system of Caliphate changed into a form of monarchy. The wars the monarchs fought were generally for the political and geographical reasons mentioned earlier. There were very few wars for religious purposes and those that were fought were done so out of a state of necessity. In any case, I cannot go into details in this short time. But the fact of the matter is that the basis of Islamic teaching is the Law that was revealed to the Holy Prophet(saw) in the shape of the Holy Qur'an. And whilst the Holy Qur'an permits the use of arms to defend against the enemy, it gives reasons for this.

If we look at the first thirteen years in the history of Islam, the
Holy Prophet(saw) and his Companions had to endure extreme persecution and brutality. He was not spared any form of cruelty. The Muslims even had to hide from the Makkans, out of fear, in order to pray, so much so,that they were made to lay on burning coals even if they uttered the name of God. They were whipped, and sometimes had to face even greater cruelty than this

- the mere mention of these atrocities makes one tremble. In any case, after these thirteen years of cruelty the Muslims migrated to Madinah and there they were able to live with a little more freedom. The Holy Prophet(saw) made a pact with the disbelievers and the Jewish people and established a State in Madinah, and according to the terms of the treaty, the Holy Prophet(saw) himself was made the leader. Even at that point, the Makkans pursued the Muslims viciously and tried to finish them off.
At that time, the disbelievers attacked yet again. God Almighty permitted His Messenger to defend, because all limits had been crossed. God commanded: O Muslims, you are permitted to respond to the fighting. God also gave the rationale behind this permission.
The Holy Qur'an says in Chapter 22, Verses 40-41:
Permission to fight is given to those against whom war is made, because they have been wronged - and Allah indeed has power to help them those who have been driven out from their homes unjustly only because they said, 'Our Lord is Allah' - and if Allah did not repel some men by means of others, there would surely have been pulled down cloisters and churches and synagogues and mosques, wherein the name of Allah is oft commemorated.
And Allah will surely help one who helps Him. Allah is, indeed, Powerful, Mighty.
This permission to defend themselves was given to those upon whom severe cruelty had been inflicted, whose only fault was that they proclaimed 'God is our Lord'.
Just for saying this, they had to endure cruelty and leave their homes. As is clear from the verse just quoted, the Muslims were not only permitted to defend themselves, but, in fact, were commanded that as the cruel people would increase in their cruelty, even churches and
synagogues were not safe at their hands, nor were other places of worship; hence, in addition to protecting their own religion and mosques, the Muslims were made responsible for the protection of the places of worship of all other religions.
In this single commandment all religious wars and hatred have been cast away. These verses also prove that Islam does not permit bloodshed in the name of religion or any form of extremism
In addition, wherever the Holy Qur'an has permitted fighting, if you look at its true context then you will see that there are very valid reasons. In this current age, however, none of the valid reasons that give permission for religious wars are present. That is why the Founder of the Ahmadiyya Muslim community (as) has said that because people of no faith are not attacking in the name of religion, there can be no justification for Muslims to fight religious wars.
Islam says there should be no compulsion in religion and that right has become distinct from wrong. In other words, we have been commanded: O Muslims! If you have understood and chosen Islam as your religion, then tread on the paths of guidance. And the paths of guidance are that you discharge the rights due to God and His creation so that the world recognises that you are rightly guided, and are not amongst those who have gone astray.
The words and deeds of those who are rightly guided speak for themselves. They need no force to spread their faith.
And this is the beautiful teaching that the Ahmadiyya Muslim community tries to act upon, that religion is a personal matter between God and man, and that force plays no role in it. Power and extremism can erect walls of hatred, but cannot win hearts.

And the people whose hearts are not won over take their revenge when the opportunity arises and, whilst remaining within the faith, they fail to offer any sacrifices.
This beautiful teaching of Islam portrayed by the Ahmadiyya Muslim community is openly displayed by its members who happily sacrifice their lives and wealth for the sake of this message of peace, and who never take the law into their own hands or create disorder.
This attitude can briefly be explained as:
'Love for All, Hatred for None'. Therefore, as I mentioned before, the mosque that the Ahmadiyya Muslim community wants to construct here is being built to manifest the teachings of love and peace and to spread this message. Certainly, this Maryam (Mary) Mosque will promote an atmosphere of harmony in the area. The local people in particular and the Irish people in general will see this message and will bear witness that Islam is a religion that establishes human values. They will find that the Ahmadiyya community is the ambassador and flag-bearer for these values.
All the religions of the world are in need of religious harmony and all the people of the world need a spirit of love, affection and brotherhood to be created. Furthermore, there is an urgent need for mankind to recognise its Creator as this is the only guarantor for the survival of humanity; otherwise, the world is rapidly moving towards selfdestruction.
It is my prayer that we all understand our responsibilities and play our role in establishing peace and love, and recognition of our Creator, in the world. And I pray that we are saved from the destruction that awaits us.
Finally, I would like to once again thank the honourable guests who have spared their time and whose presence has made this such an enjoyable evening.
Thank you very much."

One of the reasons for which
Hazrat Mirza Ghulam Ahmad, the Founder of the Ahmadiyya Sect in Islam has been branded as Kafir is that he has denounced Jihad.
We give below an excerpt from his writings in which he has given an exposition of the kind of Jihad which he has forbidden. It is easy to see from it that the Jihad which he has denounced consists in propagating Islam at the point of sword. Such a Jihad has no authority in the Holy Quran or the Traditions of the Holy Prophet (peace and blessings of Allah be upon him). The Holy Quran rejects it by pronouncing there should be no compulsion in religion (2:257).
The Promised Messiah explains in this article that early wars of Islam were fought in self defence only and that Islam strongly condemns those ignorant Muslims who seek to become Ghazis by killing innocent non-Muslims.
In fact this view of Jihad presents Islam in the most detestable form and by generating enmity and hatred amongst non-Muslims alienates them from it irrevocably. Everyone would tremble in the company of such a bigoted Muslim, for at any moment he might choose to be Ghazi and make a short work of him. This would, indeed defeat the very object of Islam, which is to win over the whole mankind by preaching its message of love and amity. Anybody who reads the following article can judge for himself whether by denouncing such a bloody interpretation of Jihad, the Promised Messiah deserves to be branded as a Kafir or to be hailed as a Champion of Islam. (Ed.)
There is not the least truth in the assertion that it is time for resorting to the sword and gun for spreading the true religion and righteousness. The sword, far from revealing the beauties and excellence of truth, makes them dubious and throws
them into background. Those who hold such views are not the friends of Islam but its deadly foes. They have low motives, mean natures, poor spirits, narrow minds, dull brains and short sight. It is they who open the way to an objection against Islam, the validity of which cannot questioned. They hold that Islam needs the sword for their advancement, thus brand its purity and cast a slur upon its holy name. The religion that can easily establish its truth and superiority by sound intellectual arguments, heavenly signs or other reliable testimony, does not need the sword to threaten men and force a confession of its truth from them. Religion is worth the name only so long as it is in consonance with reason. If it fails to satisfy that requisite, if it has to make up for its discomfiture in argument by handling the sword, it needs no other argument for its falsification. The sword it wields cuts its own throat before reaching others.
If it be objected that sword was resorted to by early Islam and hence the legality of Jihad, we say the objection is based upon ignorance of early Islamic circumstances. Islam never allowed the use of the sword for spreading the faith. On the other hand, it strictly prohibits compulsion in matters of faith. It has the plain injunction "There should be no compulsion in religion." Why was the sword taken in hand then? The circumstances under which this measure had been resorted to have nothing to do with the spread of religion; they are connected with the preservation of life. Briefly, they are as follows:
The savage inhabitants of the deserts of Arabia, who could hardly distinguish right from wrong, conceived a hatred towards Islam in its early days and became its bitterest enemies. The reason of this hatred may be easily conceived. When the unity of God and the

Islamic truths were preached openly to idolatrous Arabs and convincing arguments against idol worship were impressed upon their minds and they were told how degrading it was for the noblest of God's creatures to bow submission to stones, they found themselves unable to meet the adherents of the new faith upon argumentative ground. This exposure led to a motion in favour of Islam among the more reasonable of them. The ties of relationship were cut asunder, the son parted from his parents and brother from his brother. This exasperated them the more and they saw plainly that if their fathers' false religion was to be saved, excessive measures must be taken to stop the ingress into the new religion.
The new converts to Islam were therefore violently persecuted and no efforts were spared to block the way to the new faith. Those acquainted with early Muslim history know full well what barbarous and cruel treatment was meted out to the early converts, and how many were murdered in cold blood. But those harsh measures did not prevent people from the acceptance of truth, for even a superficial glance is enough to convince a man of the reasonableness and purity of Islam as against idolatry.
At length when the implacable foes of Islam saw that severe persecution availed but little and that their ancient religion was threatened to be swept away in the current of Muslim reason, they planned the death of the Prophet himself. But their designs were frustrated. Almighty God saved His messenger and took him to Medina.The unbelievers, however, could not rest in their homes so long as they heard that the religion they had persecuted was gaining ground in another place.
They pursued the Muslims to their new abode, and nothing but their extirpation could satisfy them.

What could Islam do under the circumstances but defend itself? For what fault were Muslims to be mercilessly butchered and not allowed to protect their lives? Why should not the inveterate persecutors have been brought to retribution and just punishment? The Muslim battles were therefore not undertaken for gaining converts but to protect innocent Muslims lives. Can an unbiased judgement accept the conclusion that Islam was unable to prove its reasonableness as against savage Arabs? Can an unprejudiced mind believe that men who had sunk down so low as to worship images and lifeless things and who indulged in every manner of vice, could yet vanquish the noble religion of Islam on intellectual grounds, and that failure in proof led it to resort to the sword for increasing the number of its followers? Those who have advanced such objections against Islam have been guilty of grave injustice, inasmuch as they have concealed the true state of facts.

It is, however, true that the Muslim Maulvis and the Christian missionaries are equally to blame for this unjust charge against Islam. The ignorant Maulvis while pretending to support Islam have by their repeated inculcation, ingrafted the false doctrine of Jihad upon the minds of the
unenlightened public who were misled by the fatwas of the Maulvis on the one side and the objections of the Christian Missionaries, whom they took for learned men, on the other. The doctrine of Jihad being thus supported by the evidence of two opposing witnesses, its validity could not be questioned by the masses. Had the Missionaries taken a different course and with true honesty declared that the fatwas of the Maulvis were based on ignorance of the early Islamic history, and that the circumstances which then rendered an appeal to arms necessary for Muslims, did not exist any more, the idea of Jihad would long have been eradicated from the face of the earth. But they never looked to the consequences and a misdirected zeal for their own religion cast a veil over their judgements in grasping the truth.
t must also be stated here that permission for self-defence and murdering the enemies of Islam was not given to the Muslims until the Arabs had, on account of their excessive oppressions and outrages and innocent bloodshed, rendered themselves
culpable and liable to be punished with death. But a clemency was even then shown to such of them as embraced Islam. The unity of religion established a relation of brotherhood and all past wrongs were forgotten. It is here that some opponents of Islam have stumbled and from this they draw the conclusion that the new religion was forced upon the unbelievers. In fact, the case is just the reverse of what the objectors have thought. There is no compulsion here; it was a favour to those who had rendered themselves liable to death. It is apparently absurd to take this conditional mitigation of just punishment for compulsion. They deserved to be murdered, not because they did not believe in the mission of the Prophet, but because they had murdered many an innocent soul. The extreme penalty of the law was upon them, mercy of the Gracious God gave them another chance of averting this merited capital punishment. He knew that during the long years of opposition the Islamic truths had been brought home to them and they well understood the futility of idol-worship, therefore His mercy offered them an opportunity even after the sentence was justly pronounced against them, for imploring His pardon and the forgiveness of their sins. This clearly shows that it was not the object of Islam to put any unbeliever merely as such to death, but that it was willing to forgive even when the criminal was found deserving of death.

Islam had to grapple with other difficulties. Religious prejudice was so strong at the time that if a member of any tribe adopted the faith of Islam, he was either put to death or threatened with it, and persecution was so severe that life seemed a burden to him. Islam had therefore to face the difficulty of establishing freedom of religious exercise and for this noble object it had to undertake wars.
he early wars of Islam fall under either of the above headings and it never took the sword for its own propagation or for any other purpose. Attempts were made to blot out its very existence and therefore its life. It did not take up arms of its own accord but was compelled to do so. It had to defend itself and repel the dangerous foe. Later on, when its true principle were forgotten, the doctrine was read in a different light and ignorance looked with pride upon a hateful course of life. But the fault can in no way be attributed to Islam.

The source from which it flows is pure and undefiled. That this doctrine has been identified with Islamic teachings by shallow-brained zealots who do not care for the life of man even so much as man should care for the life of a sparrow, cannot be questioned. But the innocent blood that has been split in the past does not satisfy them. They have yet a bloody Mahdi in store for the world and would like to exhibit the ugliest picture of Islam before all nations, that all people may know that Islam has always had to resort for its propagation to compulsion and the sword, and that it has not particle of truth in it to gain its conquest over hearts. It seems as if the holders of these views are not satisfied with the humiliation and decadence with Islam has already suffered, but must bring it still lower and subject it to yet more disgrace.

These men are a reproach to Islam. But God now wills that Islam should not be branded with reproaches and remain under a cloud any more. It is already so distressing to find that its opponents who have not taken the trouble to investigate matters for themselves, have it impressed upon their minds that Islam has from its very beginning been employing the sword to add to its numbers.

It is high time that all these base charges should be cleared from the face of Islam. If the Maulvis unite to root out the evil from the midst of the Mohammedans, they shall have done a lasting good to, and conferred a blessing upon their co-religionists. Such an exposition of the doctrines of Islam will further reveal the excellence and beauties of that religion to the general public, and the aversion which its opponents have conceived on account of misconception shall be turned into admiration. The clouds of dust being cleared, they shall then be able to get their light from that source of light. It is evident that no one can approach a bloody murderer.
Every one fears him, women and children tremble at his sight, and he looks like a mad man. An opponent of an alien religion cannot even pass a night with him let he should choose to be a Ghazi at the cost of his life. Such events daily occur among the ignorant frontier people, and a single bloody deed is deemed sufficient to entitle the murderer to paradise and its manifold blessings. It is shame for Mohammedans that alien races cannot
safely live as their neighbours. They cannot trust them for a single moment and hardly expect any good in times of need. They do not deem themselves save among them and shrink at the hidden belief of Ghazism.

An instance of this occurred lately here in Qadian. On the 20th of November last a European came here. Just at that time a number of my followers has assembled together and the conversation was upon a religious subject. The traveller stood apart from the assembly and was addressed in polite words. It appeared that he was apprehensive. He stated that he had seen many Mohammedans who had committed atrocious deeds of murder against Christians. He mentioned several specific instance in which such cruelty had been shown. It was then explained to him that this, the
Ahmadiyya sect of Islam, abhorred such doctrines and hated their adherents such doctrines and hated their adherents. It had set before itself the noble object of uprooting this evil. Upon this he felt satisfied and stayed here for one night.

There is a lesson in this story for the pro-Jihad Maulvis. The growth of such horrible doctrines among the Muslims, has done lasting injury to the cause of Islam and created an abhorrence for it in the hearts of other nations. They have no confidence in their sympathy so long as the dangerous doctrine os Jihad finds favour with them. They cannot form a favourable opinion except of such of them as do not lead strictly religious lives and are not very scrupulous about their religious beliefs.

For all these misunderstanding none but the Muslims themselves are responsible. The blame of depriving a whole world of the recognition of Islamic truths lie at the door of the Maulvis who taught doctrine repulsive to the nature of man. How could the religion be from God, whose teachings needed the flash of the sword to get an entrance into the human heart? Such considerations were enough to keep back people from the acceptance of truth.
The true religion is that which on account of its inherent property and power and its convincing arguments is more powerful than the keenest sword, not that which depends upon steel for its existence. (Courtesy, Review of Religions, 1902)

## Instructions

# to National Amla Members of Lajna Imaillah Ireland by Hadhrat Khalifa tul Massih V, Hadhrat Mirza Masroor Ahmad (atba) 

## On 18th September 2010 at Clayton Hotel.

1. Dublin is the centre of lajna Imaillah Ireland. Therefore your local president is a member of the National Amla.
2. Competitions should be held between the different Majalis. The National Amla should judge these competitions, but the Dublin Majlis president should not be included in the judgment panel.
3. The Dublin Majlis president should be relieved of the responsibility of the National Secretary Taleem, so that she can fully concentrate on her responsibilities as the regional president.
4. Explore new avenues of Tabligh. Venture into small towns and villages and make new contacts. Arrange interfaith meetings. Hold seminars in the local schools and universities.
5. Khidmat-e-Khalq Department should arrange blood donations in liaison with the Khudam. Visit the local nursing homes regularly. Meet the senior citizens housed there. This will please them as well as improve the English of those lajna members having problems with the language, proficiency in Tabligh and other departments too.
6. State that there is no term such as 'Young Lajna'
7. The publications (Isha'at) department should design a lajna website. They can include the good features of other lajna websites in their new site.
8. The proof reading of the lajna magazine should be managed amongst yourselves or you can even send them to me.
9. The magazine should not contain anything contradicting our traditions. 10.The Tarbiyyat departments should repeatedly hold Tarbiyyat seminars. Nasirat should be taught to dress in a dignified manner from the age of seven. They should form a habit of wearing long tops. The standards of purdah for the lajna aged between 14 and 25 should be improved. Mothers should be regularly questioned if their children offer Salat and recite
the Holy Quran. Ahmadi girls should be encouraged to realize their position. Have discussions with them and appropriately answer their queries. Emphasize to them that if we are Ahmadis, we have to abide by the minute instructions of the shari'ah and that it is imperative to have a strong bonding with the Nizam-e-Jamaat.
11.There is no harm in sending girls to co-educated institutes provided they do not befriend boys and talk to them only when necessary. They should avoid texting, Facebook chatting and phone calls. Parents should be instructed to keep an eye on their children. Mothers should be computer literate in order to be able to monitor their children.
12.Girls/women can swim in women's only pools in full body swim suits
13.Purdah should be observed by headscarf covering up to the hairline, and chin onwards. Coats should be loose fitting and at least knee length. Arms should be covered up to the wrists as required for Salat. Purdah is futile if the head is covered but figure hugging, revealing outfits are worn. Western outfits are permitted, provided they are modest.
14.Meat of all permitted animals is halaal. The condition being that they should be bled well after the slaughter and they are not slaughtered in the name of someone other than Allah. There's no harm in eating at KFC etc.. But do§ check if the same oil is being used to cook halaal meat and pork.
15.Unnecessarily talking to men gives way to undue frankness and can lead to shaking hands. Sometimes you have to shake hands inevitably but generally it should be avoided.
10. Parents should cement a friendly relationship with their children, particularly fathers with their sons so that they would not hesitate in talking about any issue. The mutual relationship should be such that children would not conceal matters from their parents
17.Your Jalsa's should not clash with the Jama'at Jalsa's.
(Translation by Nazia Zaffar)

Unforgettable Noments<br>by Hania Ahmad

## 14th September 2010-

This was the day that all Jamaat members of Ireland had marked on their calendar. The day that everybody was eagerly waiting for. The day that was so highly anticipated. For this was the day that was going to be remembered in our beloved little Ireland Jamaat forever. For this was the day that would be marked as a historical event. For this was the day that our beloved Hazoor Hadhrat Mirza Masroor Ahmed(atba visited Ireland for the first time.

The preparations had started months in advance. There was a lot to do and time was running out. Endless questions ran through everyones minds Will Hazoor like the welcoming tarana we sing for him. Does Hazoor prefer catered food or home made food ?Will he visit anyones homes or not?

And although we had all celebrated Eid-Ul-Fitr on 11th September, we all knew that the true celebrations would start on Hazoor's arrival. I still remember that day quite clearly, as if it was only yesterday. All of us Lajna and Nasirat had to gather at Shamifa bajis house to practise our welcoming tarana that we would sing when Hazoor arrived, that was specially written for this occasion. We Practised and practised and practised until we knew the words inside out.
Before we knew it, the time had come and it was only a matter of minutes before we would be blessed by Hazoor's graceful presence. The nerves had started to kick in. Everybody was nervous, and everybody only had one wish- that

Hazoor would leave Ireland happily without any complaints.

Around 5:pm, as all Jamaat members were waiting outside the Clarion Hotel, Dublin, Hazoor suddenly entered. We Lajna and Nasirat started singing our tarana and seeing him stand in front of us was a feeling that I still have not forgotten. This man, who is a true man of Allah, who we see on TV every single day, who inspires us Ahmadis and acts as a role model, was standing right in front of us, only a couple of inches away from us! To say that I was speechless would be an understatement. Feelings of awe and wonder took over, leaving myself and everyone else in absolute amazement and some even shed tears of joy. It was truly a magical moment.
That same evening Hazoor led Maghrib/Isha prayers in Dublin's Baitul Ahad. After namaz, much to our surprise, Hazoor came inside the Lajna house and asked a few questions. A few Lajna members said that this was the first time in their lives they saw Khalifa-tulMasih V, making it a very special moment.

One of the highlights of Hazoor's trip to Ireland for me, was definitely our family mulaqat that we had with Hazoor in Galway. Having a normal, everyday conversation with him made me realize how humble and modest Hazoor is; another sign of a true man of Allah.

But the event that completed this trip for me and made it an unforgettable one was my experience during Hazoor's tour of Ireland. Originally I was not meant to be going, only my parents would go with Hazoors qafla, but much to my surprise, the night before the tour, Apa jaan very kindly asked me if I would accompany her. Without
any hesitation I firmly agreed. And as Apa jaan was leaving the namaz hall, she said to my mom don't forget to bring your daughter to the tour tomorrow. It was then that I knew that this was going to be a once in a life time opportunity and words could not describe the excitement that I felt.
So the next morning, we went with the qafla. I still couldn't believe that I was going on a tour with Hazoor, driving only two cars behind him. The drive was certainly a long one (2 hours to be exact!) but no one was complaining as we all knew that this journey was full of blessings. We finally reached our destinationThe Cliffs Of Moher, Co.Clare. That was the first time I saw Hazoor in ordinary everyday clothes, without his turban and sherwani. It was quite a change but it was nice to see him like that.
As the day progressed it got quite windy and cold and one memory I have of that day is helping our beloved Apa jaan down the stairs of O'Brien's tower.

Another beautiful memory I have of that day, is in the shop in O'Brien's tower at the top of the cliffs. It's an extremely tiny shop with barely enough room to fit five people. As my mom, Apa jaan and I were crammed in there helping Apa jaan decide on what to buy for her grandchildren, my mother suddenly nudged me to turn around. I turned around and surely there was Hazoor standing right in front of me, not an inch away from me. He gave me a smile, and that smile shall always remain in my memory.
Soon afterwards, all the qafla including myself went to lunch. Seafood is one of Hazoor's favorite types of food, so we dined in the nearby seafood restaurant. Hazoor and Apa jaan went to sit in a private area of the restaurant, while the rest of us were in the main restaurant.

Hazoor and Apa jain went to sit in a private area of the restaurant, while the rest of us were in the main restaurant. The food was magnificent I must say, but what was even better was the fact that when Hazoor was done eating, he came up to us three Lajna and asked 'Did you like the food? Did you eat properly?' And it's these little things that makes me love and respect Hazoor even more.

The day of Hazoors departure was definitely a sad one and nobody wanted this divine experience to end, but happiness still filled everyones hearts. Happiness that Hazoor had praised our Jamaal, especially the work of the Lajna.
Happiness that Hazoor blessed our Jamaal and happiness that Hazoor was leaving Ireland with an image of Ireland Jamaal as one big family in which love and friendship is eternal.

In the end all our hard work, our endless efforts and our main goals were achieved as in the following Friday Sermon on 24th September 2010 Hazoor mentioned Ireland saying we are a young but active Jamaal with good connections.

This small comment of Hazoors was all that our Jamaal asked to hear. It lit up our Jamaal, brought tears of happiness and showed that although Ireland is a small country with a small Jamaal, that does not stop us from growing and elevating towards the high expectations that Hazoor wishes us to fulfill.

May Allah bless our Jamaal with more such opportunities in the foreseeable future and may Allah grant us strength to progress as a strong Jamaal and fulfill the motto of Ahmadiyyat
"Love for All Hatred for None" Amen.

# In Unforgettable experience of my lifo by Vida Mannan 

The experience I am about to talk about is one of the happiest times of my life.
As we all know, our beloved huzoor came to Ireland for the first time for the foundation of Maryam Mosque in September 2010. I went to Dublin when our huzoor came to the hotel. We had prepared a traana and I was also participating in traana.
We spent 3 days in Galway. We were coming home on Saturday night as my mother is in National amla and we had to wait for her. I consider myself so lucky that I got so many opportunities to see our beloved huzoor. At the end of the meeting, I was asked to take a picture of our national amla with huzoor and Ipa jain. I took that picture with my camera. That was the last time I thought I would be able to see huzoor as I was leaving that night. On Sunday morning our sadar sahiba called my mum and asked her to bring some snacks and sandwiches for huzoor and for the security team at the airport. We had to serve the snacks with tea before huzoor's departure. My dad went to groceries while my mum and I prepared the food.
On Monday morning, my mum and I took a bus and we arrived at the airport and went to VIP'S lounge. We served everything on tables. Sadar sahiba also brought fruit salad.
There were only 4 lajna including me. We all sat with appa joan and she tasted everything. She really liked the food we made, especially fudge.
Then we heard that huzoor will come to sit with appa jean for tea. Again, I was speechless the moment, I saw huzoor coming in. All the ladies were leaving the room and I was about to go outside when I said "Asalaam-o-Alaikum, huzoor" he said "walaikum-salaam" and then
he turned and said "Aren't you the one, who took the picture of National Amla the other day". I was amazed that huzoor remembered me. I said "yes". Then huzoor asked my father's name. And then he asked mine. Appa jain told huzoor that I made all these things and that she really liked the fudge.
He sat on the other sofa and I stood there beside Appa joan. Appa jain asked me to serve all the things and a glass of water to huzoor. Huzoor asked me how I made rolls and he really liked the fudge. While eating, huzoor asked me a few question. I just could not believe that huzoor would eat the food I made right in front of me. It was more than I expected.
It's just hard to explain how I felt at that time. I did wish if I could get a chance to serve the food I made however, I never ever thought I could actually stay with Appa jain and huzoor while they taste the things I made. Alhumdullillah, not only did they like my food but also, they appreciated us. I must say that I am blessed that I got a chance to spend so much time with huzoor and Appa jain just before they were leaving for London.
That day was the happiest day of my life. I will never ever forget that. I would also like to thank our sadar sahiba for giving us a chance to make snacks for huzoor. I am truly grateful to you, Jazakallah.

## Ultimate Victory

"People of the World may be inclined to think that it is Christianity which may ultimately spread throughout the world, or it may be Buddhism which will prevail in the end. But they are certainly wrong in these conjectures. Remember that nothing happens on this Earth unless it has been so willed in Heaven. And, it is the God of Heaven who revealed to me that ultimately it will be the religion of Islam which will conquer the hearts of people. (Braheen e Ahmadiyya, pt.5: Roohani Khazain Vol 21, p 427)

## Hazoor in Treland

## by Nudrat Malik

By the grace of Allah, our beloved Khalifa-tul-Massih graciously bestowed us with his presence. This was his first visit to Ireland and it was an honor to partake in the blessing of hosting him. I am pretty sure that everyone either had a miraculous experience or a moment of spiritual uplifting while our beloved Imam was amongst us. I had some personal experiences during Huzur's trip. The blessings of his prayers continue to shower on me as we speak. God bless Khilafat. Without getting into details, I will mention the highlights of my experiences with Huzur.

I remember standing and waiting for him for hours just to get a glimpse of his beautiful face during his visit to North America. This was an entirely different experience. I felt as if he was here only for me. I am pretty sure this is how every Ahmadi feels when they meet with Huzur. I cannot possibly put my feelings in words because the words can never do justice to the love for Khilafat. I wished that God ceased time so that we could just sit down and spend time with our beloved Huzur.

I feel so fortunate that I got a chance to meet with Huzur twice: once with my family and once with the Amila members. I remember being really nervous before Huzur's mulaqat with the national Amila. I felt true comfort during our mulaqat because Huzur was friendly and kind. All the troubles and fears vanished as soon as this prince of love and peace started to talk to us. Such was his polite gesture. I discussed my department with him and felt as spiritually charged after our mulaqat.


Bazaar in June 2010, which was very successful, Alhumdullillah. Lajna from all the regions (East, West, and Cork south west) participated in this Meena bazaar. There was a great variety in the stalls from clothes to food stalls and kids corner was also well appreciated among kids. We also displayed Jama'at's books and many Irish people bought books.
33 lajna and 10 nasirat attended and participated in Meena Bazaar. There was a bouncy castle for all the kids. There were women and children from different communities who made this Meena Bazaar a great success, including Arabic women, Pakistani, Indian, Chinese and Irish.
We also sent invitations to 6 parliamentarians; however, Catherine John (councillor) and Jonah Duffy (TD) attended Meena Bazaar. They appreciated our efforts to introduce our culture to other communities. Also, one Gardie attended the Meena Bazaar; she really liked our dresses and food and nearly talked to everyone at the Meena Bazaar. I'd like to thank them that they took the time out of their busy schedule. We are very grateful to them.
Through this Meena bazaar, we not only introduced our culture but also, our religion "Islam Ahmaddiyyat". It created awareness about our religion Islam, as well as a good image of our Jama'at.
We would like to thank sadar khudamul-Ahmadiyya for their support and help. We hope to continue to organise this event every year and May Allah enable us all to contribute in this event, Amen.
by Alia Javed

## World Religions

## (Writings of the Promised Messiah, Hadhrat Mirza Ghulam Ahmad Qadiani a.s)

" Of all the principles to which I have been made to adhere firmly, there is one that has specifically been revealed to me by God Himself. That principle is to desist from declaring false in essence, such religions as have been revealed by God through His prophets and which have the following characteristics. They have met wide acceptance in certain regions of the world; having survived all challenges, they have become well established and deeply rooted. Having stood the test of time for long, they have acquired a measure of age and an air of permanence. According to this principle, such religions are essentially true and their founders were most certainly true prophets of God.
(Tohfa Qaisariya Roohani Khazaain Vol 12, p 256)
This os most attractive and peace giving principle which provides the basis for reconciliation amongst nations and promotes better moral conduct. This principle teaches us to believe in the truth of all prophets wherever thy might have appeared; India, Persia or China or any other country and for whom God has filled the hearts of millions of people with awe and deep respect and has caused their religions to be firmly rooted.
(Tohfa Qaisariy, Roohani Khazain Vol 12, p 259)

## HEALTH CORNER

## Eating Fruits

We all think eating fruit means just buying fruit, cutting it up and popping it into our mouths. It's not that easy. It's important to know how and when to eat fruit.

What's the correct way to eat fruit?

IT MEANS NOT EATING FRUIT AFTER A MEAL! FRUIT SHOULD BE
EATEN ON AN
EMPTY STOMACH.
Eating fruit like that plays a major role in detoxifying your system, supplying you with a great deal of energy for weight loss and other life activities..

## FRUIT IS THE MOST IMPORTANT FOOD.

Let's say you eat two slices of bread, then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it's prevented from doing so.

In the meantime, the whole meal rots and ferments, and turns to acid. The minute the fruit comes into contact with the food in the stomach, and digestive juices, the entire mass of food begins to spoil.
Eat your fruit on an empty stomach, or before your meal! You've heard people complain:
Every time I eat watermelon I burp, when I eat durian my stomach bloats, when I eat a banana I feel like running to the toilet, etc. This will
not happen if you eat the fruit on an empty stomach. Fruit mixes with the putrefying other food and produces gas.
Hence, you bloat!
Graying
hair, balding, nervous outburst, and dark circles under the eyes - all of these will NOT happen if you eat fruit on an empty stomach.

There's no such thing as some fruits, like orange and lemon are acidic, because all fruit becomes alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruit, you have the Secret of Beauty, Longevity, Health, Energy, Happiness and normal weight. When you need to drink fruit juice drink only fresh fruit juice, NOT from the cans. Don't drink juice that has been heated. Don't eat cooked fruit; you don't get the nutrients at all. You get only the taste... Cooking destroys all of the vitamins.

Eating a whole fruit is etter than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruitfast to cleanse your body. Eat fruit and drink fruit juice for just 3 days, and you will be surprised when your friends say how radiant you look!

KIWI: Tiny but mighty,
and a good source of potassium, magnesium, vitamin E \& fiber. Its vitamin C content is twice that of an orange!

AN APPLE a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants \& flavonoids which enhances the activity of vitamin C, thereby helping to lower the risk of colon cancer, heart attack \& stroke.

STRAWBERRY: Protecti ve Fruit. Strawberries have the highest total antioxidant power among major fruits \& protect the body from cancercausing, blood vesselclogging free radicals.

EATING 2-4
ORANGES oranges a day may help keep colds away, lower cholesterol, prevent \& dissolve kidney stones, and reduce the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of $92 \%$ water, it is also packed with a giant dose of glutathione, which helps boost our immune system. Also a key source of
lycopene, the cancerfighting oxidant. Also found in watermelon: Vitamin C \& Potassium..

GUAVA \& PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene, good for your
eyes..
Drinking Cold water after a meal = Cancer!

Can u believe this? For those who like to drink cold water, this applies to you. It's nice to have a cold drink after a meal, however, the cold water will solidify the oily stuff that you've just consumed, which
slows digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer.. It is best to drink hot soup or warm water after a meal. A serious note about heart attacks.

## HEART ATTACK PROCEDURE

Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. Sixty percent of people who have a heart attack while they're asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Be careful, and be aware. The more we know, the better our chance to survive.

Sent by Tayyaba Mahsood

# Breast Feeding 

by Dr. Rubina Karim

History of breast feeding is as old as human life. Today I'll discuss a little about the benefits of barest feeding, because how you choose to feed your baby is an important decision, it will affect your child's health for years to come. I hope this information will help you to make the right choice for you and your baby. In my opinion, if your baby could choose he/she would probably want to be breastfed. Believe me in this way you have nothing to lose and have lots to gain, so give it a try and seek support whenever you need it.

Benefits of breastfeeding Breastfeeding is much more than a way of feeding your newborn. Nursing has scientifically proven long-lasting health benefits for you and your baby. If you breastfeed exclusively for six months, you can lower your risk of developing breast and ovarian cancers, and give your baby the best start in life. Even nursing your baby for their first six months has benefits for much later in life. A healthy baby means fewer trips to the doctor and reduced parental anxiety.Infant formula isn't the same as breast milk. It's not a living product so it doesn't have the antibodies, living cells,
enzymes or hormones that protect your baby from infections and diseases later in life.

## Benefits for Baby

This is easy to digest and provides the perfect balance of carbohydrates, fats and protein It supports their immune system as it contains antibodies that protect babies from infections and diseases. For example breast milk can heal eye infections in your baby because it has antiseptic properties
It can lowers the risk of obesity
It reduces the incidence of allergies such as eczema and asthma.
Breast feeding protects against Ear infections, Chest infection, Gastro intestinal infections, Urine infection
This is a key to better health even when your child has grown up, including lower blood pressure, lower cholesterol levels and decreases their likelihood of developing diabetes It lowers the risk of heart disease in later life, especially for premature babies
It reduces the risk of
Sudden Infant Death
Syndrome (cot death) and
childhood cancers
It increases his/her intelligence quotient (IQ) - breastfeeding for six months can make big differences in IQ
Breastfed babies have straighter teeth and there
are fewer incidences of dental caries.
Benefits for Mothers:It lowers the risk of premenopausal breast cancer and ovarian cancer, plus heart disease and stroke; provides defences against osteoporosis, anaemia, diabetes and high blood pressure when you are older
It protects you against postnatal depression Breast milk can heal cracked nipples
It's convenient - no equipment to sterilize unless you express and you can have a rest while you nurse
It is always available, meaning you can go anywhere at anytime without having to worry This can help natural weight loss by burning 500-600 calories a day and speeds up the process of bringing your womb back to its normal size, so you will lose that baby weight sooner It can delay the return of your periods
It's free so it's a cost efficient way of feeding your baby
This can give you a peace
of mind that you are giving your baby the best start in life.
Breast milk nutrition facts:-
In the first days your baby
is fed colostrum, special thick milk that is low in fat and high in carbohydrates, protein, vitamins and antibodies. It is easy to digest and low in volume (teaspoons rather than ounces), so
your baby needs to breastfeed often. In these early days it is important to breastfeed your newborn at least 8-12 times each 24 hours. A few days after the birth, colostrum becomes mature milk, which contains proteins, carbohydrates, fats, vitamins and minerals. It also contains lactoferrin (a source of iron with antibacterial and antiviral properties) and essential fatty acids, which are important for brain development. This milk appears thinner and the supply is more abundant. Young babies need frequent feeds - these will tend to be quicker and more spaced as your baby grows. In the first weeks, you can expect frequent bowel movements and up to six wet nappies a day this indicates your baby is feeding well.
If your baby is feeding all the time, this could be because they might not be latched on properly or they are going through a growth spurt (by feeding often, your baby is increasing your supply). If, at any time, you feel your baby is not thriving Seek support and medical advice.
If your baby is well but not gaining weight, try feeding her/him more often (typically every three hours, but do discuss this with a healthcare professional).

## NASIRAT PAGES

## Kindness to parents and children

In the moral code of Islam, kindness to parents occupies a very high position. Complete obedience to parents is enjoined upon Muslims as long as this does not conflict with one's duty to God. Similarly, parents and elders are urged to show mercy to the young. The Holy Prophet Muhammad, may peace and blessings of Allah be upon him, is reported to have said: "He is not one of us who does not show mercy to our young ones and respect to our elders" (Abu Dau'd) The Holy Prophet Muhammad, may peace and blessings of Allah be upon him, was fond of children and always wanted the Muslims to excel among other communities in showing kindness to children. It is also a charity in the eyes of God to attend to the children's educational needs, spiritual welfare and their general well being.

## Truthfulness

History tells us that even the bitterest enemies of the Holy Prophet Muhammad, may peace and blessings of Allah be upon him, acknowledged his truthfulness and called him al-Sadiq (the truthful) and al-Amin (the trustworthy). Being so truthful and honest himself, he laid great emphasis on truth as the basis of a high moral character. The Holy Qur'an also mentions truthfulness as the most prominent quality of a Muslim.A Muslim always speaks the truth even if it goes against his own interests or the interests of his relatives or friends. Giving of false testimony, therefore, is strongly prohibited in Islam.

## Write about your Mentor

A mentor is a wise and trusted counselor, guide, advisor, or teacher. Someone you look up to as a role model and as the best person you wish to be like when you get older. Someone who has already been through and dealt with what you are now having difficulty dealing with. Someone who has already achieved what you hope to achieve someday. We Ahmadi Muslims are lucky that Islam's history as well as Ahmadiyyat history has many such role models and mentors form all walks of life whose personal examples can show us the way when our life gets too difficult or confusing. These role models include the Holy Prophet ${ }^{\text {saw }}$ and his wives ${ }^{\text {ra }}$, the Promised Messiah ${ }^{\text {as }}$ and his wife ${ }^{\text {ra }}$, and all our Khulfa-e Massih and their wives. It is not necessary to pick just one favorite mentor, we can use examples from all their lives whenever they fit into a similar situation that we are facing. In addition to these mentors are daily life role models such as your mother, your grandmother, your older sister, or any older Nasirat or Lajnat that you admire. We would like to hear from you about who your mentor or mentors are?
Your article could be published on our Nasirat ul Ahmadiyya pages. Write about your and submit for publication at Nasiratul Ahmadiyya pages.


We would request all Nasirat to make it a habit to listen Friday sermons regularly. If you could not hear it live, you should listen repeated or you
should read it's summary in English at www.alislam.org!

## The Holy Prophet (asw)

 and everything in it, the flowers, the fruit, the air that we breathe, the water that we drink,
 is all created by Allah Almighty for us. Allah loves his people and wants always to teach us how to live better lives.

To guide us Allah has, throughout history, sent prophets to all nations of the world. Adam, Abraham, Moses, Jesus and Muhammad (Peace Be upon Them) were all prophets of God. 1400 years ago, in Arabia, Allah Almighty sent His best and dearest Prophet, Hadhrat Muhammad (pbuh), the chief of all the Prophets. At the time when Hadhrat Mohammed (pbuh) came, the world was in great darkness. People had forgotten the word of God.
In Arabia, especially people had very bad habits. They worshipped stone idols, the sun, the moon, and even trees as gods. They kept slaves, they drank alcohol and some even buried their young baby girls alive.For the people of Arabia, even the thought of being kind to children was strange.
But the Holy Prophet (pbuh) taught us through his own example, that we should love our children and the best gift we can give them is to train them.

Once it is related in Hadith that The Holy Prophet (pbuh) was kissing one of his children when a Bedouin leader said to him, "You kiss your children? I have ten children and have never kissed any of them." To this the Holy Prophet replied, "If Allah has removed all mercy from your heart then what can I do?"

On another occasion a companion came to the Holy Prophet (pbuh) and told him he was giving his son an expensive gift but his wife wanted The Holy Prophet (pbuh) to witness it.

The Holy Prophet (pbuh) inquired as to whether the companion was giving all his children such gifts? The companion replied that he was not. The Holy Prophet (pbuh) said that he could not be a witness to such an injustice. This Hadith shows us The Holy Prophet's (pbuh) great sense of fairness. (Continue to next page; 26)

## The Holy Prophet (saw) <br> (Continue from page 25)

The Holy Prophet (pbuh) loved children very much. This is shown when once he arrived at the mosque with his granddaughter, Amama (ra) sitting on his shoulders. He then offered the whole of his prayers like this, only putting his granddaughter down when moving into the ruku and sajada positions. He did this in every rakaat of the prayers.
Hadhrat Ayesha (ra) relates that the Holy Prophet (pbuh) treated his children with great respect. When his daughter, Hadhrat Fatima (ra) came to visit, The Holy Prophet (pbuh) would stand up out of respect and kiss her hand.
And likewise whenever the Holy Prophet (pbuh) visited Hadhrat Fatima (ra), she would stand up and would kiss his hand.
These are just a few examples of the Holy Prophet's (pbuh) kind treatment towards children. This is just one aspect of his character and his whole life is an example for us. May Allah bless us that we may be able to follow in his footsteps. (source nasirat.uk)

## DID YOU KNOW?

(1) The chinese do not use an alphabet. They draw out in shapes whole words. These idea shapes are called ideograms.
(2) English comes from the 'Anglo-

Saxons' language.
(3) The numbers
we use for
counting
(1,2,3,4,5,6,7,8,9)
are Arabic numerals.
(4) The first printed book was made in china in 868AD
(5) The 1921 treaty set up two governments in Ireland. Twenty -six counties formed the irish free state.Six counties formed Northern ireland and stayed in the Uk. by Zanib Maida khan (Athlone)

## Mulkiple Choice Quiz Series Part 2 (Based on Pillars of Islam)

Fasting

| Q. 1 | When do we fast? |
| :--- | :--- |
| a | Moharram |
| b | Ramadhan |
| c | Shaban |
| d | Safar |
| Q. 2 | How many obligatory fasts do muslims offer? |
| a | $5 / 10$ |
| b | $29 / 30$ |
| c | $20 / 25$ |
| d | $30 / 31$ |
| Q. 3 | Which surah in the Holy Quran mentions Lailatul Qadr? |
| a | Surah Ikhlas |
| b | Surah Asr |
| c | Surah Al Nas |
| d | Surah Al Qadr |
| Q. 4 | Laila tul Qadr is better than nights? |
| a | 100 nights |
| b | 40 nights |
| c | 1300 nights |
| d | 30 nights |
| Q. 5 | What is Iftar? |
| a | Breaking fast |
| b | Closing fast |
| c | Prayer |
| d | Tilawat |
| Q. 6 | What is Sehri? |
| a | Breaking fast |
| b | Prayer |
| c | Closing fast |
| d | Tilawat |
| Q. 7 | What extra nafl salaat do we offer in this holy month? |
| a | Ishraaq |
| b | Chaasht |
| c | Istikhara |
| d | Tarawee |
| Q. 8 | What did the Holy Prophet (saw) break his fast with? |
| a | Milk |
| b | Dates |
| c | Bread |
| d | Honey |
| Q. 9 | Which days do we do Aitiqaf? |
| a | Last 5 days |
| b | First 10 days |
| c | Last 10 days |
| d | First 20 days |
| Q. 10 | Which Aitiqaf nights could you find Laila tul Qadr? |
| a | Odd nights |
| b | Last 5 |
| c | Even nights |
| d | First 8 |
|  |  |

## Quotable Quotes

1. The only place where success comes before work, is the dictionary.
12.A thing of beauty is a joy forever.
2. If wishes were horses beggars would ride.
'4.A pessimist finds difficulty in every opportunity, while ian optimist finds an opportunity in every difficulty.
'5 .Education is a better safeguard of liberty than a
istanding army.
'6 .If you make a mistake and do not correct it, this is called' a mistake.
3. Go on with what your heart tells you, or you will lose 'all.
by Marshal Maroon (Dublin)
,
Five Ways To Fight online fraud
'1. Make sure you have up-to-date anti-virus software and " 'are protected against "spyware" or "malware" (software 'designed to infiltrate your computer without you 'knowing).
'2. Watch out for phishing-a form of online fraud that uses 'fake website and emails to trick you into handing over 'your details. For example, you may recieve an email asking you to click on a link and enter your bank details 'on a genuine-looking website-usually to "protect against 'fraud " or claim a "prize".
4. Be careful not to share any personal information, such las your address, on popular social networking sites like 'Facebook.
'4. Use strong passwords. Avoid information easy to find 'out - e.g., your mother's maiden name and dons use the same password for everything. Your password should be 'at least eight charcters, and have a mixture of
'capitals ,numbers and punctuation. The longer the better.
'5. Look for the padlock at the bottom of your screen
before you enter your card details. The web address should also change from "http" to "https". The "s" stands for secure.
'by Soho Maroon (Dublin)

Our greatest glory is not in never falling, but in rising every time we fall.
Don't let what you can't do stop you from doing what you can do.
The only man who never makes a mistake is the man who never does anything. Theodore Roosevelt

Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world. Albert Einstein

It is our choices that show what we truly are, far more than our abilities. J.K. Rowling

Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny. Frank Outlaw

True knowledge exists in knowing that you know nothing. Socrates Better to light a candle than to curse the darkness. Chinese Proverb

When angry, count ten before you speak; if very angry, a hundred. Thomas Jefferson

I never think of the future. It comes soon enough. Albert Einstein
It is easier to forgive an enemy than to forgive a friend. William Blake

If you can imagine it, you can create it. If you dream it, you can become it. William Arthur Ward

Better a diamond with a flaw than a pebble without one. Chinese Proverb

By Qurat ul ain Ahmed (Athlone)

## What is Friendship?

- Friendship is a bond of trust mutual love and respect.
- It is all about talking, listening and building loyalty among one other
- A true friendship stays strong during good and bad times


## Signs of a Good Friend

- Gives sincere advice
- Respects your opinion
- Helps you in tough times
- Does not encourage for bad deeds
- Trusts and believes you
- Does not break promises
- Does not criticise you
- Respects your parents

Multiple Choice Quiz Series - Answers!!
Q. 1 b. Ramadhan
Q. 2 b. 29/30 nights
Q. 3 d. Surah Al Qadr
Q. 4 c. 1000 nights
Q. 5 a. Breaking fast
Q. 6 c. Closing fast
Q. 7 d. Tarawee
Q. $8 \quad$ b. Dates
Q. 9 c. Last 10
Q. 10 a. Odd nights

By Fareeha Aleem Dublin


Civic Reception Galway Ireland


Dublin じひlギ


## I SHALL CAUSE Thy MESSAGE TO REACH THE CORNERS OF THE EARTH

Revealed to the Promised Messiah as


