



*In the name of Allah, the Beneficent, the Merciful*

..... **The HOPE Bulletin** .....

**Health, Ongoing Projects, Education**



(Vol. 2:2)

**August 2007**

**AAIIL Worldwide Edition**

**Editor: Akbar Abdullah**

**CALIFORNIA JAMA'AT PROJECT: APPROVED BY THE CENTRAL ANJUMAN, LAHORE**

## **INTRODUCTION**

The one hundred years death anniversary of Hazrat Mirza Ghulam Ahmad, *Mujjadid* and *Imam Mahdi* of the 14<sup>th</sup> century *Hijra* is fast approaching. The Central Anjuman plans a grand assembly of *Jama'at* members, both local and foreign, at Darus Salaam, Lahore to commemorate this event during May 2008.

Starting this month, and continuing until May 2008, *The HOPE Bulletin* will publish articles with relevance to Hazrat Mirza Ghulam Ahmad life, mission, writings and teachings. In this issue we are publishing as our Feature Article an excerpt from *Malfuzat*. Global members are kindly requested to submit their contributions for future issues.

## **JAMA'AT NEWS**

### **Mian Umar Farooq Sheikh appointed as Chairman, Foreign Missions Committee**

On the sad demise of Mian Fazl-i-Ahmad, Chairman, Foreign Missions Committee, Hazrat Ameer has nominated Mian Umar Farooq Sheikh, Senior Vice-President of the Ahmadiyya Anjuman Lahore, as the new Chairman of the Foreign Mission Committee. Mian Umar Farooq Sheikh is a renowned businessman and industrialist who has earned a name for himself in the textile industry of Pakistan. He has been serving the Anjuman as Senior Vice-President since 1992.

His business address and contact numbers are as follow:

Information removed (Webmaster of [aaiil.org](http://aaiil.org))

Ph: Office: **Information removed (Webmaster of aaiil.org)**  
Mobile:  
Residence:  
Fax:  
E-mail:

[Taken from bulletin circulated by Professor Aziz Ahmad, General Secretary, Ahmadiyya Anjuman, Lahore, Pakistan.]

We heartily congratulate Mian Umar Farooq Sheikh on his appointment to this honourable post and pray that Allah (*swt*) will grant him complete success in the deliberation of his duties. *Aameen.* – Editor.

**Felicitation from Shaukat A. Ali, Coordinator, Pacific Region**

Dear Brother Mian Umar Farooq Sheikh Sahib,  
*Assalamu Alaikum wa Rahmatullahe wa Barakatuh.*

*Alhamdulillah*, I am delighted to learn that you have been appointed Chairman of the Foreign Missions Committee of the AAII Lahore and convey our hearty congratulations on this prestigious appointment.

The world of AAIIIL is very familiar with your piety, dedication and sacrifices for the Anjuman over a long period of several decades. You have traveled extensively and are known in all parts of the world. As a result, this appointment, in addition to being the Senior Vice President of the AAIIIL, is very fitting and well deserved. This appointment is particularly important in view of the events over the coming months leading to the commemoration of the 100th death Anniversary of the *Masih Mauood*.

May the Almighty Allah continue to guide and grant you wisdom, foresight and excellent health to continue to serve the cause of the Movement for a long time to come – *Aameen.*

I take this opportunity to pledge full support, cooperation and assistance and it will be my pleasure to work with you as I have done in the past with your predecessors.

*Allah Hafiz*, Shaukat

**Congratulations from the Editor of *The HOPE Bulletin***

Dear Brother Umar Farooq Sheikh Sahib:  
*Assalam-o-Alaikum W.R.W.B.*

I am delighted to learn that Hazrat Ameer, Dr. Professor Abdul Karim Saeed Pasha Sahib, has appointed you Chairman of the Foreign Mission Committee, a post previously held by the late Mian Fazl-i-Ahmad Sahib.

I personally think this assignment is most suited to you as you have opportunities to frequently travel abroad on your business trips. During these business trips you can maintain firsthand contacts with our overseas *Jama'ats*.

Along with my heartiest congratulations I pray that Allah (*swt*) grant you a long and healthy life full of wisdom so that you can render valuable service to our worldwide AAIIIL *Jama'ats*. *Aameen.*

Brotherly yours, Akbar Abdullah

### **Activities of AAIIIL, New Zealand**

*Assaalam wa aleikum.*

Our July *dars* was held at the residence of Mohammed Hanif Buksh. There were 30 people at the *dars*. Shabeena (11 years) & Safiyyah Buksh (10 years) (grand-daughter of Mohammed Hanif Buksh) gave a short speech and spoke on “The 5 Pillars of Islam.” The main speaker for the night was Shabir Buksh, who spoke on “Family Life In Islam.”

Thank you.

Regards, Shabir Buksh

### ***Paighaam-i-Sulh*, June 2007**

Brigadier Mohammad Saeed recently mailed to members of the worldwide *Jama‘at* the June 2007 issue of *Paighaam-i-Sulh*, a special memorial issue honouring the life and mission of the late Mian Fazl-i-Ahmad. This issue contains thoughtful articles about Mian Sahib in Urdu.

### **Snail mail to Suriname**

Nearly a year ago we sent by airmail the memorial supplement of the late Begum Razia Madadali to Dr. Khaliel and Mary Ghafoerkhan of Suriname. They have only just received it. They wrote:

“Two days ago we received the memorial booklet of Professor Razia Madadali.

We thank and compliment you for the wonderful work you have done and are sure that the family of our dear Apa Razia will appreciate it.

Apa Razia surely deserved this; her love for all of us all over the world and the love and great admiration all of us had for her will not be forgotten.

*Allah-Hafiz*, Khaliel and Mary.”

### **President of AAIIIL, Fiji seeks whereabouts of Mrs. Ulfat Aziz-us-Samad**

Brother S.U. Dean, National President of AAIIIL, Fiji has requested the contact address of Mrs. Ulfat Aziz-us-Samad, author of *Islam and Christianity*, etc, to seek her permission for printing some of her articles for free distribution.

Mrs Samad’s last known address was in Peshawar, Pakistan, when both she and her husband were professors at Peshawar University. After retirement, they settled somewhere in Karachi. We have sought the help of Central Anjuman to ascertain Mrs Samad’s address. If in the meantime any of our readers have this information, please inform us.

## **PRAYER & HEALTH NEWS**

### **Request for *dua-e-shifa***

Members of our global “Prayer Circle” are kindly requested to continue praying for Begum Nuzhat Saeed, wife of Brigadier Nasir Ahmad Saeed of Calgary, Canada, and Begum Sabiha Saeed, wife of Brigadier Mohammad Saeed of Lahore, Pakistan. These sisters-in-law of Hazrat Ameer are suffering from serious

ailments. May Allah with His bountiful mercy and graceful blessings grant our sisters an early *shifa* and complete recovery without any pain, discomfort or suffering. *Aameen*.

**Prayer from Mian Umar Farooq, Senior V.P. and Chairman, Foreign Missions Committee**

I feel sad to know about this. I pray for Begum Nuzhat Saeed and Begum Sabiha Saeed, that God grant them early *shifa* (health). *Aameen*.

Regards, Mian Umar Farooq, Hussain Group

**Message from President, AAII, New Zealand**

Apologies for not responding earlier as I have been away due to illness. Indeed very sad to learn that Begum Nuzhat Saeed in Canada and Begum Sabiha Saeed are ill. We will continue with our prayer vigil both individually and collectively as a *Jamaat* asking Allah *Subhanatalla* for divine assistance for their early and complete *shifa*. *Aameen*.

A special mention will be made at the *Jumaah* prayers seeking the mercy and blessings of the Almighty to free them from further discomfort. Post keep developments.

*Wasalaam. Khuda Hafiz.*

Abid Raza

## **PUBLICATIONS**

**Translation of *Anwarul Qur'an* into English**

*Al hamdulillah!* By the grace of Allah, the English translation of Dr Basharat Ahmad's *Anwarul Qur'an* has been completed.

This project was undertaken by the Ahmadiyya Muslim Literary Trust on behalf of Central Anjuman. It began in 1999 and the final chapter, 57, was translated in 2007.

Special commendation must go to Kalamazad Mohammed and Nasir Ahmad, Editors of *The Message*, whose many hours of hard work and dedication to this project saw it through. Special thanks must also go to the other members of the Trust and their well-wishers for their moral and financial support.

The translated chapters were printed as follow:

- Chapters 102 – 114 as one volume
- Chapters 86 – 101 as one volume
- Chapters 78 – 85 as one volume

The other chapters were printed individually.

Most of translations are available online at <http://aaii.org/text/hq/comm/bashmain.shtml> and <http://www.ahmadiyya.org/islam/anwarqur/contents.htm> .

We are happy to say that from the English translation, translations into Dutch and Indonesian were also done for some chapters by the respective *Jama'ats*.

## FEATURE ARTICLE

The following excerpt from *Malfuzat* by Hazrat Mirza Ghulam Ahmad was translated by Kalamazad Mohammed, Editor, *The Message*, publication of the Ahmadiyya Muslim Literary Trust, Trinidad and Tobago.

### THE UNIQUE DISTINCTION OF ISLAM

Hazrat Mirza Ghulam Ahmad, *Imam* of the Age, reminds us that as man is created weak (“Allah desires to make light your burdens and man is created weak” – Holy Qur’an, 4:28), he is in constant need of Divine assistance and the way to gain this is by making continuous *du‘a* (supplication) to the Almighty for without doing so man will deprive himself of a powerful means of attaining moral, intellectual and spiritual elevation. The Holy Qur’an itself warns us: “Say: My Lord would not care for you were it not for your prayer (*du‘a*)” (25:77).

He continues by saying that supplications and hard, purposeful striving will bring rewards that no other religion can give to us and thus he strongly affirms that the chief characteristic of Islam is *du‘a*. He writes (in *Malfuzat*, Vol. 7, pp. 193-198):

One should know for a fact that this weapon and this grace have been granted to Islam alone and that all other religions are bereft of this special bounty. Why should the Arya Samaj people make *du‘a* when it is their belief that man cannot escape the endless cycle of reincarnation and so forgiveness for any sin is a futile affair? Therefore, what need or necessity is there for them to make *du‘a* and what benefits would they derive from it? From this, it is abundantly evident that according to the Arya Samaj religion *du‘a* is a fruitless exercise.

Similarly, why should the Christians make *du‘a* when they are sure that their sins would not be forgiven twice for their Messiah cannot be put on the Cross again (allegedly to die for their sins)?

Thus, these singular blessings are reserved for Islam alone and that is why this *Ummah* (community of the Holy Prophet [*sas*]) is so mercifully blessed. However, if we ourselves should deprive ourselves of this grace and close this door with our own hands, then who can we blame? When there is an ever-present life-giving spring from which we can satisfy our thirst whenever we desire then to spurn this opportunity to

quench our thirst is tantamount to courting death and destruction from lack of water. The wise thing to do is to put one’s lips to this fountain and drink to satiation. This is my advice which I consider to be the pith and kernel of all Qur’anic counsels. The Holy Qur’an is divided into thirty parts which all abound with excellent admonitions and advice. However, not everyone knows from all of these exhortations which is the single most important counsel that can guide him on all the spiritual pathways disclosed by the Holy Qur’an and which unlawful things he can avoid, provided he adheres strictly to that special advice and acts steadfastly according to it. However, I say to you that the key and power to everything good and pure is *du‘a*. Take hold of *du‘a*, therefore, with all your strength. I aver with total confidence and it is also through my own experience that I affirm that Allah, Most High, would smooth all our difficulties but there is one drawback – people are unaware of the essence and reality of *du‘a*.

*Du‘a* is not just the mumbling of a few words, for this amounts to nothing whatsoever. The true meaning of *du‘a* is to beseech Allah, Most High, sincerely for His assistance. This petition becomes perfect and

efficacious only when man surrenders his all to Allah, Most High, with total anguish of heart, perturbation and heart-burning and makes supplication so fervently that his soul melts like water and flows at the threshold of Divine Unity. For example, look at how a person who is embroiled in a misfortune importunes people for help in moving terms and see what a wonderful change and transformation his appeal undergoes – the tone of his voice becomes full of anguish which attracts the mercy of people.

Similarly, when a person makes *du'a* to Allah, Most High, the tone of his voice changes also and is filled with tenderness and pain that causes the fountain of Divinity to gush forth with mercy. When *du'a* is being made the modulation of one's voice should be such that every limb of the body is affected and meekness and humility issue from the tongue. The heart must also be filled with softness and agony and the limbs must surrender with total submission to the Creator.

Over and above all this, one must have consummate faith in Allah's mercy and generosity and entertain complete hope of acceptance of one's entreaty. If one should fall at the Divine threshold in such a state he will never be disappointed and in this condition he should beseech the Almighty over and over in the following manner:

“Dear Master, I am nothing but a weak, helpless sinner. Without Thy support and mercy I can never amount to anything. Please have pity on me and cleanse me of my sins for without Thy kindness and grace there is no one else who can purify me.”

When a person makes this kind of petition repeatedly and continuously and seeks Allah's assistance with patience and perseverance then at some unforeseen time a light will descend from Allah, Most High, and peace will suffuse the heart of the supplicant and thus the darkness which formerly covered his heart will be dispelled. Allah, Most High, will then endow him with a power that creates a revulsion in his heart for sins from which he will be saved. At this point he will realize that his heart which had become seized and imprisoned in low passions and carnal desires as if hundreds of thousands of chains had fettered him and were drawing him helplessly towards a life of sinfulness – at this stage he will find that these chains have been miraculously cut in a flash and he has been liberated. His former love for sin will be replaced by hatred for it and instead of fear and hatred for Allah, Most High, love for Him and a magnetic attraction in his heart for his Lord will be born as the Holy Qur'an delineates in 49:7-8: “...but Allah has endeared the faith to you and has made it seemly in your hearts, and He has made hateful to you disbelief and transgression and disobedience. Such are those who are rightly guided — a grace from Allah and a favour.”

This is a powerful truth which Islam possesses and its veracity cannot be contradicted for it is a living reality in every age. I truly affirm and proffer my personal experience as proof that if man should truly understand this matter and become cognizant of the secret power of *du'a* he would win for himself extreme good luck and prosperity. In this regard, he should realize that all his desires would be fulfilled otherwise the immeasurable pain, grief and anxiety of this world are such that they would surely bring about his destruction.

The person whose sole concern is this world's life progresses a little and then comes up short for disappointment and futility dog him and finally lead him to perdition. On the other hand, the one whose gaze is centred on the Almighty and who employs all his faculties and powers in trying to achieve this goal and whose movements and periods of rest are all for the sake of his Lord will find that Allah, Most High, makes the world also subservient to him although there is a great difference in his case as compared with the case of the one who seeks only the pleasures of this world's life. This one becomes obsessed with this world's life whilst on the other hand the God-seeking person for whom the world has been made a slave finds no pleasure in the luxuries and comforts of this life. Instead, he develops a kind of distaste for

it and he will feel as if for the first time and witness for himself that this is indeed love for his Creator and total surrender to Him. His former love, joy and ecstasy are not derived from this world but instead they descend from another source.

When man becomes a true lover of Allah, Most High, and all his comforts and pleasures are acquired from pleasing his Lord, then without a shadow of doubt this worldly life becomes his also. However, the origin of his peace and tranquillity spring from another source. He obtains neither pleasure nor comfort from the pleasures of this world. It is the same way that the prophets and saints had to walk along the paths of this life but they derived no ecstasy from this earthly existence. This was because their soul was differently oriented. This is a universal law of nature: when man covets the joys of this world, he never gets them; however, when he surrenders himself totally to Allah, Most High, and forsakes the world, and there is no yearning or desire for such in his heart, then, paradoxically, the world becomes his own but now no desire for it remains in his soul. This is a fixed principle of life which we would do well never to forget – success with Allah brings in its wake success in this worldly life too! Over and over in the Holy Qur'an Allah, Most High, has maintained that if a person chooses the paths of righteousness He will remove all his difficulties for him (“And whoever keeps his duty to Allah, He makes his affair easy for him. That is the command of Allah, which He has revealed to you. And whoever keeps his duty to Allah, He will remove from him his evils and give him a big reward” – 65:4-5) and that He will bestow on him sustenance from whence he perceives not (“And whoever keeps his duty to Allah, He ordains a way out for him, and gives him sustenance from whence he imagines not. And whoever trusts in Allah, He is sufficient for him” – 65:2-3). How magnificent are these boons and favours which can obliterate all straitness and difficulties from man and Allah, Himself, becomes the Surety for his sustenance. However, as the Almighty Himself says, this blessing can be achieved only through *taqwa* (piety) and no where does He say that this favour can be obtained through deceit and trickery in this life.

One of the signs of Allah's true devotees is that they have a great disgust for being creatures of the earth. Consequently, whoever desires to win the pleasure of his Lord and to acquire the peace and repose of this world and the Hereafter should deliberately and consciously choose this path of *taqwa* (righteousness). On the contrary, if he should abandon this path for other ways then try as he might he will gain nothing whatsoever. There are many people who will spurn this advice and laugh at it. However, they should bear in mind that ultimately a time will come when they will realize the truth of these matters and they will manifest great regret on having wasted their lives in trifles. But by then it will be too late for regret for the opportunity will have slipped from their hands and the spectre of death will have come to them.

I still affirm and advise you to be solicitous in seeking the pleasure of Allah for if He is kind to you then the whole world will respond to you in the same manner. However, if He is angry at you then no one can be of any service to you. When His anger descends on a person no mercy will be there for him on earth no matter how many tricks or stratagems he may employ to win the approbation of people. He may count as many beads as he wants, chant the name of God as much as he likes and put on green robes (as a sign of spirituality) yet the world will look upon him with contempt. If he manages to deceive people for a few days, finally his veneer of religiosity will be exposed and his insincerity and cunning will become manifest to all. However, whoever comes from Allah, Most High, will never be overcome no matter how ferociously the world opposes him and no matter what insidious subterfuges they use. They may curse and abuse him but a time will certainly come when those same detractors will submit to him and be compelled to acknowledge his truthfulness. I say with all sincerity that if someone belongs to Allah, Most High, the world will flock to him. Of course, it is true that those chosen ones who come from Allah, Most High, are initially received with enmity by the people who visit them with all kinds of persecution and place every conceivable manner of obstacle in their way. No prophet or messenger ever came to earth and failed to suffer pain and adversity nor failed to be branded as a trickster, a charlatan and a self-seeking opportunist. However, notwithstanding the multitudes who wished to shoot all kinds of arrows at them, to

stone them and to abuse them, they paid not the slightest heed to them and no impediment could stand in their way. They persisted in their mission to preach the word of the Almighty to the people and they strained every nerve and sinew in propagating the message they brought from their Creator. The slings and arrows of persecution and torment from their enemies slowed them down not a bit but instead opposition made them more keen and enthusiastic to the point that there came a time when Allah, Most High, made those difficulties easy for them and the opponents came to their senses and those very people fell at their feet and gave public testimony to their veracity and rectitude: the heart of man lies in the hand of the Almighty Who can cause it to change whenever He wills.

Know for a fact that all prophets met with difficulties in the dissemination of their message. The Holy Prophet (*sas*) himself was the most pre-eminent and the greatest of all the prophets of God to such an extent that the chain of prophethood came to an end with him, that is, the excellences of prophethood reached a natural culmination in him. Nevertheless, despite the grandeur and magnificence of his status everyone is aware of the difficulties and impediments he faced in propagating his message and to what limit the unbelievers tormented and persecuted him. Even his own people and his paternal uncle and other leaders of the society also took a most prominent role in their opposition to him. The period of his torment and persecution lasted so long that for thirteen years he suffered all kinds of torture from his people. In this condition, no one could have predicted his eventual success for opposition waxed warm in every quarter and even his relatives were thirsting for his blood. As a matter of fact, when his own family and ancestral relations refused to accept him it became more difficult for others to believe in him.

In short, the period of the Holy Prophet's trials and tribulations seemed interminable.

#### **Note from Translator on why the righteous are bound to face trials and hardships and opposition**

Maulana Muhammad Ali in his book *Muhammad, The Prophet*, chapter 4, answers this question thus:

"Do men think that they will be left alone on saying, We believe, and will not be tried' (29:2).

Whenever the Divine will inspires a band of righteous people to work as torch-bearers of Truth to a corrupt humanity, there never fails to appear at the same time a band of those who pitch themselves in deadly opposition to them, and inflict upon them all kinds of trouble and torture. And in truth the storm of opposition is absolutely indispensable. The persecutions to which they [righteous people of God] are subjected serve as a crucial test of the sincerity of their motives. They unhesitatingly put up with humiliations, endure hardships and cruelties, but never for a moment give up the truth for which they stand. In fact, they live if they can, for the Truth; and die, if they must, for the Truth. Besides, afflictions constitute the only training ground for fostering virtues of steadfastness and perseverance, without which man cannot attain to moral perfection. Unless one is hemmed in on all sides by overwhelming obstacles and visited with hardships and privations, one cannot cultivate these qualities. Adversities that befall such people are in fact blessings in disguise, which conduce to their moral advancement. Over and above these, there is a third object. The Almighty God wants to bring home to mankind that a plant tended by the Divine hand, however slender it may look survives the most furious blasts of hostile winds. Consequently, in accordance with this Divine law, the Holy Prophet and his companions had to suffer untold troubles at the hands of the opponents."

## EDUCATION

We are reproducing below the July 20th issue of *A Spiritual Note*, which is published weekly by IVISEP, Paramaribo, Suriname. This issue sets out the most important prayers of the major religions of the world.

**Islam: The *Fatiha*** (Origin: The Opening Chapter of the *Quran*)

In the name of Allah, the Beneficent, the Merciful.

Praise be to Allah, the Lord of the worlds,

The Beneficent, the Merciful,

Master of the day of Requital.

Thee do we serve and Thee do we beseech for help.

Guide us on the right path,

The path of those upon whom Thou hast bestowed favours,

Not those upon whom wrath is brought down, nor those who go astray.

**Christianity: The Lord's Prayer** (Origin: *Gospel of Matthew, chapter 6*)

Our Father, who art in heaven,

Hallowed be thy name.

Thy kingdom come,

Thy will be done, on earth as it is in heaven.

Give us this day our daily bread

And forgive us our debts, as we forgive our debtors.

And lead us not into temptation,

but deliver us from evil.

For thine is the kingdom, [and] the power,

and the glory, for ever and ever. Amen.

**Judaism: The *Shema*** (Origin: *Deuteronomy, chapter 6*)

Hear, Israel, the Lord is our God, the Lord is One.

Blessed be the Name of His glorious kingdom for ever and ever

And you shall love the Lord your God with all your heart and with all your soul and with all your might.

And these words that I command you today shall be in your heart.

And you shall teach them diligently to your children, and you shall speak of them when you sit at home, and when you walk along the way, and when you lie down and when you rise up.

And you shall bind them as a sign on your hand, and they shall be for frontlets between your eyes.

And you shall write them on the doorposts of your house and on your gates.

**Hinduism: The *Gayatri Mantra*** (Origin: *The Vedas*)

Creator of the Universe, may we receive thy supreme sin-destroying light,

May Thou guide our intellect in the right direction.

**Buddhism: The Refuge Prayer**

*Buddham saranam gacchami*

I go to the Buddha for refuge.

*Dhammam saranam gacchami*

I go to the Dhamma for refuge.

*Sangham saranam gacchami*

I go to the Sangha for refuge

## POEMS

### **Life in these United States**

Composed by Captain Abdus Salam Khan

*Fajr ...dawn ... sweet sleep.*  
*Zuhr ... afternoon ... in worldly pursuits,*  
*Knee-deep.*

*Asr ... when the sun loses its shine*  
*We are hard-pressed ... to meet a deadline.*  
*Maghrib... sunset ... we're on the roll,*  
*home, sweet home, is our goal.*

*Between Maghrib and Isha*  
*On the sofa, with our biwi*  
*Downing Big Mac and Coke,*  
*Watching news on TV.*

One of these days,  
When I've made enough dough,  
To my beloved homeland,  
To Pakistan,  
I'll go.

And mend my fences  
With my Maker.  
And make amends  
For the time lost here.  
Will grow a beard  
Will attend to prayer.

Meanwhile, Hurrah!  
I have been hired.  
To hell with losers,  
Who have been fired.

### **An Urdu rendition of the above poem**

*Kaisa Musalman hai?*  
*Fajar neend mein.*  
*Zuhar college ya job mein.*

*Asar araam mein.*  
*Maghrib kaam mein.*  
*Ishaa TV mein.*

*Jumah ke sirf doh rakaat.  
Wo bhi duniya ke khayal mein.*

*Agar koi tahajjud padhta hai to  
ye bahut ta'jjub ki baat samajhte hain!*

*Yaad rahe...  
Qabar main sabse  
Pehele jo sawal hoga wo  
Namaz hi ke bare main hoga.*

*Aap sabse guzarish hai ke apne momin  
bhaiyon aur baheno ko namaz ki dawat dein.*

(Courtesy Muhammad Ameen Sahu Khan.)

## **WHAT OUR READERS SAY**

**Poetic appreciation by Captain Abdus Salam Khan, California, USA**

### **Akbar's HOPE**

Allah says "Hold fast to My Rope."  
To me, *The HOPE* is a strand of His Rope.  
It keeps us informed, it binds us together,  
It eggs us on to do even better.

More power to your elbow,  
Skipper Akbar and your crew.  
It is rare to see so much  
Being done ... by so few.

May Allah bless you all  
at the HOPE  
Who diligently bring us  
Monthly, a new Strand of His Rope.

### **Appreciation from Dr. Zahid Aziz, Editor, *The Light*, UK Edition**

It is quite obvious that you and your helpers must have worked very hard to produce this issue [July] of *The HOPE Bulletin*. I hope and pray that all this hard work proves fruitful and productive in increasing the commitment of our world-wide members to the Lahore Ahmadiyya cause. Reading your *Bulletin* makes us feel a part of a living *Jamaat* which is concerned both for the welfare of its members and the mission of external propagation of our message.

Another important aspect of your *Bulletin* is its regularity and continuity which you have maintained extremely well. I wish you the best of success in Allah's way.

With regards, Zahid Aziz

## LESSON OF THE DAY

### **The numerical significance of "ATTITUDE"**

You know, if you take "ATTITUDE" and add up all the numbers where each letter falls in the alphabet the total will be 100.

$$A + T + T + I + T + U + D + E = 100$$
$$1 + 20 + 20 + 9 + 20 + 21 + 4 + 5 = 100$$

So, you can see if attitude strives to perfection there is little room left for a negative reaction.

## HOPE MEMBER SERVICE

### **Recipe of the Month**

#### **Curried Lamb with Rice**

##### **Ingredients**

**Serves 4**

- 1 1/2 to 2 pounds lean lamb, cut in 1/2-inch cubes
- 2 tablespoons vegetable oil
- 2 1/2 cups boiling water, or to cover meat
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 bay leaf
- 1 cup chopped celery
- 1 medium onion, quartered and sliced
- 1 teaspoon chopped dried parsley flakes
- 1/3 cup flour
- 1 teaspoon curry powder
- 2 tablespoons cold water
- hot cooked rice for 4

##### **Method of Preparation**

- Heat oil in a heavy skillet over medium heat.
- Add lamb and brown, turning frequently.
- Cover lamb with boiling water; add seasonings, celery, onion, parsley.
- Cover and cook over low heat for 1 1/2 to 2 hours, or until meat is tender.
- Remove meat with a slotted spoon.
- Strain broth and reserve 2 cups.
- Pour the 2 cups of broth back into skillet over low heat.

- Mix flour with curry powder; stir in cold water, stirring until a smooth paste has formed. Blend flour mixture into the reserved stock.
- Cook, stirring, until thickened.
- Add meat mixture.

Serve with hot cooked rice, garnished with fresh parsley, if desired.

## PHOTOGRAPHIC PRESENTATION

### **Essence of water mentioned in the Holy Qur'an**

The following verses taken from the Holy Qur'an speak about the benefit of water to mankind:

2:22, 2:164, 6:100, 8:11, 13:17, 15:22, 16:65, 16:10, 22:63, 29:63, 30:24, and 43:17

For example, in chapter 15, verse 22 we read, "And We send the winds fertilising, and cause water to descend from the sky, and give it to you to drink. It is not ye who are the holders of the store thereof."

### **"A letter written in the year 2070"**

This letter was written about the extinction of water and can be viewed by clicking on the following link:

[Outdated link removed \(Webmaster of aaiil.org\)](#)

After viewing the slide we hope we will become more mindful about being not wasteful of our natural resources.

## CONTACT INFORMATION

**Akbar Abdullah**

**Editor, *The HOPE Bulletin***

**Mailing Address:** P.O. Box A2127

211 South Clark Street

Chicago, IL 60690, U.S.A.

**E-mail Address:** akbar\_786us@yahoo.com

**Telephone Number:** (773) 539-6892

**Facsimile Number:** (773) 539-9975

