



In the name of Allah, the Beneficent, the Merciful

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

Hhealth, Ongoing Projects, Education



(Vol. 3:5)

November 2008

AAIIL Worldwide Edition

Editor: Akbar Abdullah

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

INTRODUCTION

The letter "H" in "HOPE" stands for the status of the health of members of our worldwide *Jama'ats*. Several of our readers regularly send us useful and beneficial information on health issues. In the past we have occasionally covered such information in *The HOPE Bulletin*, an example of which was the pictorial presentation of the heart and its diseases, which was much appreciated by many readers. In view of our reader's interest, we have decided to make this a regular feature under the segment HEALTH INFORMATION. We sincerely hope that you will benefit from the information under this new column.

Your feedback, as usual, will be greatly appreciated. May Allah (*swt*) bless you all and keep you in His safe-keeping at all times. *Aameen*.

JAMA'AT NEWS

Congratulations to the newest member of Hazrat Ameer's family

We are delighted with the news of the blessed birth of Zain Ahmad Saeed. Congratulations to the happy parents, and the proud grandparents in Pakistan.

May Allah (*swt*) bless Zain and keep him in safe-keeping at all times. *Aameen*.

Announcement from proud father, Dr. Mujahid Ahmad Saeed

It gives me great pleasure to announce that Allah blessed us with a son, Zain Ahmad Saeed. He was born on the 31st of October, 2008 at 0805 hrs. Attached are a couple of photos.

Please pray for all of us.



Announcement about 2008 *Salaanah Duaiyya* 2008

Assalaam-o-Alaikum Wa Rakhmatullahi Wa Barakaato Hoo.

The *Salaanah Duaiyya* (Annual Gathering for Prayers) for 2008 will, *Insha Allah*, be held at Darus Salaam, Lahore, Pakistan from Wednesday 24th to Sunday 28th December, with 24th December reserved exclusively for ladies. Meetings with Overseas delegates will be held on 29th and 30th December 2008. Official announcement/ invitation is attached. [See below. – *Ed.*]

We are looking forward to meeting you in December, *Insha Allah*.

Seeker of your prayers,
Lahore Ahmadees Moderator
Mohammad Saeed

***SALAANAH DUAIYYA* (Annual Gathering for Prayers) 24th to 28th December 2008**

“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” (The Holy Quran 1: 1-7).

Dear Members of the *Jama‘at*,
Assalaam-o-Alaikum Wa Rakhmatullahi Wa Barakaato Hoo.

This year the *Salaanah Duaiyya* (Annual Gathering for Prayers) of the *Jama'at* will, *Insha Allah*, be held at Darus Salaam, Lahore, Pakistan from Wednesday 24th to Sunday 28th December, with 24th December reserved exclusively for ladies. Meetings with Overseas delegates will be held on 29th and 30th December.

Hazrat Masih-i-Mauood, Mirza Ghulam Ahmad Sahib started the tradition of the Annual Gathering (originally known as the *Jalsa Salaanah*) in 1891. He explained the purpose of this gathering and stressed the importance of its continuance in an announcement on 30th December 1891. He said:

“...All friends should try their utmost to come on this date to listen to Divine discourses and to participate in supplications. This convention will focus on disseminating truths and knowledge that are essential for the advancement of faith, conviction and wisdom. In addition, special supplications will be made for these friends and particular attention paid to them in prayers. And the utmost effort will be made in the revered presence of the Beneficent and Merciful that God, the Most High may draw them in His direction, accept them for Himself and bring about a pious change in their life.

A short-term benefit of these gatherings will be that by coming on the appointed dates, all the new brothers who have joined the *Jama'at* in the preceding year will meet and recognise their older brothers and in this way the feelings of kinship and familiarity will continue to develop.

Prayer will be offered in this gathering for the salvation of any brother who has departed this temporary abode during the year. Efforts will be made before the Most Honourable; all Glory is His, to unify all the brothers spiritually and to remove their aloofness, alienation and differences. There will also be many other spiritual benefits and profits of these gatherings that shall, God willing, become manifest from time to time.

It will be prudent for friends with limited means to plan ahead for participating in this gathering. With foresight and careful control of expenditures, they should put aside small sums every day or every month to bear the expenses of the journey and when the time comes, the capital for the sojourn will be available to them and it will be as if the journey was free”

The *Salaanah Duaiyya* is, therefore, no ordinary social gathering. It is a special coming together of Ahmadis for their spiritual advancement, prayers and supplications to Allah and a rejuvenation of their dedication and efforts to carry the message of Islam to the whole world.

I sincerely and cordially invite you to join us in this spiritual gathering of the *Jama'at*. We shall be looking forward to having you amongst us this year and in the years to come, *Insha Allah*. Please start preparations for your journey right away so that you have sufficient time for obtaining visas and making travel arrangements.

Inform us of your programme as soon as possible. The Central Anjuman will make all arrangements at this end to make your stay as comfortable as possible.

Continue praying for the solidarity and progress of the *Jama'at*.

Seeker of your prayers,
Amir Aziz
General Secretary

Report by Muhammad Ali on Monuments Open Day at the Berlin Mosque

Every year in Germany, Monuments Open Day is celebrated in the second weekend of September. This year it was held from September 13-14th.

Through Allah's blessing, this year's event passed successfully. We organized everything together with the prestigious private German organization, Deutsche Stiftung Denkmalschutz or DSD (German Foundation for the Conservation of Ancient Monuments), which works privately, to restore the monuments. The President/Incharge for the Berlin section of this organization is the young and very enthusiastic Mr Gunther Paetz. The President of the organization in Germany is a member of the royal family of Germany. The members of the DSD serve voluntarily.

Our brother Manfred Yahya Backhausen and I worked together for more than a year with Mr Paetz to prepare the program for these two days. It included chalking out plans, discussing ideas, having meetings with other organizations, etc, and last but not least, to post the invitation letters and send email. We sent invitations to some 250 people. Mr Paetz told us how he himself prepared 150 invitations and was forced to remain awake late into the night. I have special admiration for Mr Paetz, as he worked very hard to make this event the success it was.

The program for the two days included three lectures by Manfred Yahya and me on Saturday, and on Sunday I gave one lecture entirely on Islam and two lectures together with Manfred Yahya. During the time we were delivering the lectures, Mr Paetz took the small children and occupied them in very interesting and interactive activities, leaving the parents with us. I must remark that the involvement and love that Mr Paetz showed while working with the children was exemplary.

I spoke on the history of our Movement and our view of Islam, while Manfred Yahya spoke about the history of the Berlin Mosque. The last event on both days was a recitation from the Holy Quran, which was done in Arabic by Mr Nasir Ahmad from England and translated into German by Manfred Yahya. On both days, there was a quiet and a feeling of peace and serenity in the mosque after Mr Nasir Ahmad had completed his recitation. The program also included the launch of a comprehensive book on the history of the Ahmadiyya Anjuman Isha'at Islam Lahore (AAIIL) in Europe, with emphasis on Germany, by Manfred Yahya. In this book, he has documented the history of the AAIL in Europe right up to the present time.

After my introduction before each lecture, Mr Paetz always spoke after me. Each time he appealed to the audience, saying that the Berlin Mosque is a part of society, and the people of this mosque are an integrated community in the society, so we have a responsibility to repair and renovate the mosque. He further told the audience that in the beginning he was not sure about us, but the more he came into contact with us, he found us to be very friendly, pleasant, tolerant and open to the general community. He specially praised the book by Manfred Yahya, which he said revealed to him many aspects of our community.

This book was sold for 12 Euros. Of this, 10 Euros will go towards printing costs and 2 Euros will go in the DSD bank account created for us for the renovation of the Mosque. Twenty-seven copies of this book were sold during these two days. All of our other books were also sold.

For each lecture, Manfred Yahya and I usually spoke for 10–15 minutes each. Most of the time, we were engaged by the audience in discussion till the time for next lecture.

One thing that specially impressed everyone was how well Mr Paetz handled the children. The children's program included introducing them to the location of Makkah and Madinah through the use of maps. Then, using the pictures of the Mosque edited by me, the children were asked to look at the building and paint the war damage on the pictures at respective places.

Comparisons between Christianity and Islam was also pointed out to the children: differences between an *imam* and a priest, church bells and *azan*, etc. At the end, the children were always brought to the mosque, where they were required to find the word *Allah* in Arabic in the writings in the mosque.

Another aspect was to read the first *Kalima* (There is no God but Allah and Muhammad is His Prophet). We wrote the Arabic in German letters, so all the children were able to read it correctly. Then we asked them questions. It was simply an unforgettable experience to work with the children, and again, the most important contribution was the dedication with which Mr Paetz worked.

We counted 900 visitors, with the latecomers taking the number to approximately 1000. This was the largest event that I had witnessed in my eight years at the Berlin Mosque. We collected 440 Euros in donations in the DSD money boxes, which were specially brought for this day.

One noteworthy thing was that some people explicitly stated that they wanted to give money directly to the Mosque. Although I told them that any money given to the DSD will come to us, yet they put money directly into the Mosque donation boxes.

Our joy increased because of the very encouraging comments received from the visitors. In individual conversations, many of them said that they now had a totally different picture of Islam and they were full of appreciation for our tolerant, rational and peaceful view of Islam.

Lastly, as a result of the positive results which we saw during the Monuments Open Day, we at the Berlin Mosque have decided to continue our teamwork with the DSD, which has set up a special bank account for the Berlin Mosque to which people from all across Germany can make donations.

The DSD has also prepared a very beautiful poster of the Mosque. This poster is going to be displayed at all important events of the DSD and will also be sent to different organizations. This way, we will be getting both publicity and donations. The estimated cost of this poster is 30 Euros. We plan to sell it for about 50 Euros, and the money raised will go to the renovation project. There was so much demand for this poster that the small number of copies, which were distributed free of charge, went out of stock on the very first day.

The good news for our *Jama'at* is that we have found a reliable partner in the DSD, which will be of immense help in renovating and restoring the Mosque. I am hopeful that, *Insha-Allah*, I will have a lot of good news to share with our brothers and sisters in our *Jama'at* in the future as a result of this partnership.

In the end, I would like all brothers and sisters in the *Jama'at* to join me in prayer that Allah may bless Mr Paetz and his team, who worked so hard to organize this event. Without them, we could not have managed this on our own. May Allah also bless the people from the Mosque who helped to make this event a success.

All thanks and praise to Allah, Who has given us such a grand opportunity in Germany, which I am sure is going to be a foundation for further restoration and renovation work at the Berlin Mosque.

[Photographs taken at this event can be viewed in the PHOTOGRAPHIC PRESENTATION section below. – Ed.]

PRAYER & HEALTH NEWS

Du‘a-e-shifa request from Brigadier Mohammad Saeed

Assalaam-o-Alaikum Wa Rakhmatullahi Wa Barakaato Hoo.

My brother Brigadier Nasir Ahmad Saeed is seriously ill and undergoing treatment in a Calgary, Canada hospital. I request all members of *the Jama‘at* to fervently pray for his recovery and good health. We are grateful to all the brothers and sisters who are already praying for Mrs. Nuzhat Nasir Saeed who has also been ill for some time.

Seeker of your prayers,
Lahore Ahmadees Moderator
Mohammad Saeed

Du‘a from Akbar Abdullah, Editor, HOPE Bulletin

On behalf of the members of *The HOPE Bulletin* team and on behalf of my wife Parveen and myself, I extend to Hazrat Ameer Sahib and Brigadier Mohammad Saeed Sahib and their siblings and families our well-wishes and *du‘a* on the serious illness of their beloved brother, Brigadier Nasir Ahmad Saeed, who is undergoing treatment in Calgary, Canada. Our prayers are also for Bhabi Nuzhat Nasir Saeed who has been ill for some time. May Allah(*swt*), with His infinite mercy and compassion, grant them complete *shifa* with an early recovery soon. *Aameen.*

Du‘a from Shaukat A. Ali, Bangkok, Thailand

We are deeply saddened to note that Brig. Nasir Bhai is seriously ill. May Allah *swt* grant him speedy and complete recovery - *aameen.*

"O Compassionate and Merciful Allah, take away the sickness of Nasir Bhai and Nuzhat Bhabi and restore complete health. O Allah, You are the Healer; there is no healing but the healing which You give. O Lord, grant speedy and complete recovery to Nasir Bhai and Nuzhat Bhabi and shower Your choicest blessings on them. O Allah, grant them long, happy and healthy future which leaves no ailment behind" - *aameen.*

We will continue to pray for both Nasir Bhai an Nuzhat Bhabi.

Brig. Saeed Bhai, we are with you in this period of anguish. Please keep us informed on the progress of recovery.

Allah Hafiz.
Shaukat

Update on recovery of Abid Raza

Alhamdollillah! Abid Raza Sahib has made steady progress in recovery since he was discharged from hospital after delicate open heart surgery. Prior to surgery he had retired from gainful employment and now he can take the time to heal in leisure. He informed me that he is looking forward to attending the *Salana Duaiyya* in Lahore at the end of next year. *Jazak Allah!*

Br Abid Raza extends his humble gratitude to Hazrat Ameer for his interest and concern during his hospitalization and surgery. He is also indebted to the *Jama'at* and the global members of our "Prayer Circle" who prayed for his health and recovery. Members may please continue to pray for his full recovery. May Allah (*swt*) with His infinite mercy and compassion grant our pioneer member in New Zealand full *shifa* and an early recovery. *Aameen.*

Hazrat Ameer's guidance to the *Jama'at* on *du'a-e-shifa*

On request for *du'a-e-shifa* for our brother, Abid Raza, Hazrat Ameer advised members of the *Jama'at* who are praying for our ailing brothers and sisters to continue their prayers "till its positive outcome is seen and felt." He wrote:

"In the *Fajjar*-time *Darrus e Quran* I delivered, I spoke on a relevant subject and then stressed to all present that prayers for the sick members should not be a one-time only practice; but the 'prayer should be walked to its destination,' i.e. till its positive outcome is seen and felt.

In this connection, I have asked them to make it their duty to 'walk the prayers for the health of Nuzhi Bhabi, wife of my brother Brig. Nasir Saeed (who suffers from cancer and is under treatment in Canada where she resides), Abid Raza sahib, who holds the key to success of our *Jamaat* in New Zealand and who has been operated on for blockage of his heart vessels, and Nazar Rabb saheb who resides in Darus Salaam Lahore and is being managed in Shaikh Zayed Hospital where he has been operated on by a urologist."

[Please also add the name of Brigadier Nasir Ahmad Saeed, who is seriously ill in Calgary, Canada. – *Ed.*]

HEALTH INFORMATION

(Courtesy Nizam ud Dean, Suva, Fiji)

Your Health: Spicing Food Can Improve Your Health

Rallie McAllister, M.D., M.P.H.

[Rallie McAllister is a board-certified family physician, speaker and the author of several books, including *Healthy Lunchbox: The Working Mom's Guide to Keeping You and Your Kids Trim*. Her website is www.rallieonhealth.com.]

Spices add more than just flavor to your food. Most of the tasty and aromatic herbs offer a number of health benefits.

Oregano is the spice that gives pizza its familiar flavor, but it also has powerful anti-inflammatory properties, according to a recent article in the Proceedings of the National Academy of Sciences. Oregano's active ingredient, beta-caryophyllin, is also found in other spices, including basil, rosemary, cinnamon and black pepper.

When scientists administered the oregano compound to mice with inflamed paws, swelling subsided substantially in 70 percent of the rodents. Based on their results, the researchers concluded that the active ingredient in oregano could be beneficial in the treatment of inflammatory disorders, particularly those that affect the gastrointestinal system.

Oregano is also known for its potent antibiotic properties. Studies at Georgetown University Medical Center revealed that oregano oil is as effective as some antibiotic medications in killing disease-causing organisms.

The Georgetown University researchers tested the effects of oregano on staphylococcus bacteria, microbes that are becoming increasingly drug-resistant. Even at relatively low doses, oregano oil hindered the growth of the bacteria as well as some commonly prescribed antibiotics.

Like oregano, rosemary is a popular seasoning that offers more than great taste. Researchers at Kansas State University recently reported that compounds in the spice can block the formation of carcinogens in meat cooked at high temperatures.

When scientists applied rosemary extracts to the surface of ground beef before cooking, they noted a 30 percent to 100 percent reduction in the formation of cancer-causing heterocyclic amines.

If you like the taste of cinnamon, sprinkle away. While it's most often used to add a spark of flavor to recipes, the bark of cinnamon tree is known to have significant anti-bacterial and anti-fungal properties.

Scientists at the Human Nutrition Research Center found that when subjects with type-2 diabetes consumed less than a half-teaspoon of cinnamon daily, they experienced significant reductions in blood sugar levels. Cinnamon consumption also brought about a substantial drop in cholesterol and triglyceride levels.

Earlier this month, researchers in Spain reported that treating packaging materials with cinnamon oil significantly prolongs the freshness of bread and other baked goods. Cinnamon-treated packaging inhibited 96 percent of mold growth in bread for up to 10 days.

Spicing your favorite dishes with garlic is an excellent way to lower your blood pressure and boost heart health. Last year, researchers at the University of Alabama at Birmingham demonstrated that garlic causes the body's red blood cells to release hydrogen sulfide, a chemical that promotes dilation of blood vessels.

The researchers found that the equivalent of two cloves of fresh garlic caused as much as a 72 percent relaxation in rodent arteries. Relaxation of blood vessels is an important first step in reducing blood pressure and promoting heart health.

Regular consumption of garlic can lower total cholesterol and triglyceride levels while boosting levels of heart-healthy high-density lipoprotein (HDL) cholesterol. The odiferous herb also protects the heart by interfering with the clotting ability of the blood, an action that can reduce the risk of heart attack and stroke.

If you're a fan of curried foods, you might want to eat them more often. Curried foods contain curcumin, an ingredient that offers an impressive array of important health benefits.

Curcumin has been shown to reduce the risk of developing Alzheimer's disease. The compound appears to work by triggering cells of the immune system to gobble up brain-clogging plaques associated with the condition.

In February 2008, researchers at Toronto General Hospital announced their findings that curcumin consumption may dramatically reduce the risk of having congestive heart failure. The scientists found that curcumin can help improve the function of diseased hearts by reducing scarring and inflammation.

While there's mounting evidence to suggest that a curry-rich diet is beneficial for individuals with Alzheimer's and heart disease, scientists are investigating other medicinal uses of curcumin. One of its most promising properties is its ability to stop the runaway growth of cancer cells.

When researchers at the University of Texas added curcumin to samples of melanoma skin cancer cells, they found that the more spice they added, the more cells died. The compound has also been shown to cause death of colorectal cancer cells in laboratory studies and to dramatically reduce the growth of prostate tumors in mice.

Adding spices to your favorite dishes is a quick and easy way to add flavor to your food -- and, even better, improve your health.

Warning on baby carrots

The small cocktail (baby) carrots you buy in small plastic bags are made using the larger crooked or deformed carrots which are put through a machine which cuts and shapes them into cocktail carrots.

Once the carrots are cut and shaped into cocktail carrots they are dipped in a solution of water and chlorine in order to preserve them (this is the same chlorine used your pool) since they do not have their skin or natural protective covering, they give them a higher dose of chlorine.

You will notice that once you keep these carrots in your refrigerator for a few days, a white covering will form on the carrots; this is the chlorine which resurfaces. At what cost do we place our health at risk to have aesthetically pleasing vegetables which are practically plastic? Chlorine is a very well known carcinogen.

PUBLICATION

Contributed by Shahid Aziz, United Kingdom

Please click on the following link, a blog which mentions the book “The unknown life of Jesus Christ” by Nicolas Notovitch, which gives evidence to the burial site of Jesus Christ in Kashmir, an Ahmadiyya belief:

<http://caravanofdreams.wordpress.com/2008/09/01/my-views-on-christianity-as-a-modern-day-christian-2-where-it-all-began-for-me/>

EDUCATION

Zakah is an obligatory charity

The Prophet (peace be upon him) said:

“Allah has enjoined upon rich Muslims a due to be taken from their properties corresponding to the needs of the poor among them. The poor will never suffer from starvation or lack of clothes unless the rich neglect their due. If they do, Allah will surely hold them accountable and punish them severely.”

“*Zakah* is an obligation for Muslims and is owed to the poor and needy.”

This is a reminder to contribute to the scholarship and student loan program managed by the Central Anjuman for the needy children of our *Jama'at*, which could put to noble cause a portion of our *zakah*. May Allah (*swt*) reward you all for this noble deed. *Aameen*.

PRAYER

(Courtesy A Spiritual News, Paramaribo, Suriname)

Poem: I knelt to pray...

I knelt to pray but not for long,
I had too much to do.
I had to hurry and get to work
For bills would soon be due.

So I knelt and said a hurried prayer,
And jumped up off my knees.
My religious duty was now done
My soul could rest at ease.

All day long I had no time
To spread a word of cheer.
No time to speak of Allah to friends,
They'd laugh at me I'd fear.

No time, no time, too much to do,
That was my constant cry,
No time to give to souls in need
But at last the time, the time to die.

I went before the Lord,
I came, I stood with downcast eyes.
For in His hands God held a book;
It was the book of life.

God looked into His book and said
"Your name I cannot find.
I once was going to write it down...
But never found the time!

WHAT OUR READERS SAY

Caution from Muhammad Ali, *Imam*, Berlin Mosque

Assalamo Aliekum.

This email I am sending you with a request to send it to all brothers and sisters of the community.

Last year I got three emails from someone claiming to be from Pakistan and wanting our membership in our *Jamaat*. On asking what had impressed them so much, once I didn't got any answer, and otherwise no satisfactory answer from the other person. It might be that our brothers and sisters in the *Jamaat* also got this kind of email.

I have a fear that some brother or sister in good faith passes on the contact information of any of our local *Jamaat* for contact there in Pakistan. At the moment, in the present security situation of Pakistan, I feel it to be a bit risky. It can be that any radical or extremist group is trying to break in our *Jamaat* and get the information for their purposes.

So in case other people have also got these sorts of emails, then please ignore such emails and communicate it to some person like Uncle Akbar Abdullah or please send such emails to Central Anjuman for further action, so we know if there is some organized effort in this regard.

This email I am writing only as a precautionary measure.

Wasalam.

Muhammad Ali

LESSON OF THE DAY

[Courtesy Shabir Buksh, New Zealand]

CAN I BORROW \$25?

A man came home from work late, tired and irritated to find his five-year-old son waiting for him at the door.

Son: 'Daddy, may I ask you a question?'

Dad: 'Yeah sure, what it is?' replied the man.

Son: 'Daddy, how much do you make an hour?'

Dad: 'That's none of your business. Why do you ask such a thing?' the man said angrily.

Son: 'I just want to know. Please tell me, how much do you make an hour?'

Dad: 'If you must know, I make \$50 an hour.'

Son: 'Oh,' the little boy replied, with his head down.

Son: 'Daddy, may I please borrow \$25?'

The father was furious, 'If the only reason you asked that is so you can borrow some money to buy a silly toy or some other nonsense, then you march yourself straight to your room and go to bed. Think about why you are being so selfish. I don't work hard every day for such childish frivolities.'

The little boy quietly went to his room and shut the door.

The man sat down and started to get even angrier about the little boy's questions. How dare he ask such questions only to get some money?

After about an hour or so, the man had calmed down and started to think: Maybe there was something he really needed to buy with that \$25.00 and he really didn't ask for money very often The man went to the door of the little boy's room and opened the door.

'Are you asleep, son?' He asked.

'No daddy, I'm awake,' replied the boy.

'I've been thinking, maybe I was too hard on you earlier,' said the man. 'It's been a long day and I took out my aggravation on you. Here's the \$25 you asked for.'

The little boy sat straight up, smiling. 'Oh, thank you daddy!' he yelled. Then, reaching under his pillow he pulled out some crumpled up bills.

The man, seeing that the boy already had money, started to get angry again.

The little boy slowly counted out his money, and then looked up at his father.

'Why do you want more money if you already have some?' the father grumbled.

'Because I didn't have enough, but now I do,' the little boy replied. 'Daddy, I have \$50 now. Can I buy an hour of your time? Please come home early tomorrow. I would like to have dinner with you.'

The father was crushed. He put his arms around his little son, and he begged for his forgiveness.

It's just a short reminder to all of you working so hard in life. We should not let time slip through our fingers without having spent some time with those who really matter to us, those close to our hearts. Do remember to share that \$50 worth of your time with someone you love. If we die tomorrow, the company that we are working for could easily replace us in a matter of hours. But the family and friends we leave behind will feel the loss for the rest of their lives.

HOPE MEMBER SERVICE

Recipe of the Month

Tuna salad sandwiches

Ingredients

- 2 cans (6 ounces each) unsalted white tuna packed in water, drained
- 1/2 cup diced celery
- 1 teaspoon lemon juice
- 1/3 cup fat-free mayonnaise
- 4 lettuce leaves
- 8 slices whole-wheat bread

Method of Preparation

- In a small bowl, add the tuna and flake with a fork.

- Add the celery, lemon juice and mayonnaise and stir well.
- To serve, place 1 lettuce leaf on a slice of bread.
- Top with 1/4 of the tuna mixture and another slice of bread.
- Repeat to make the other sandwiches.

Serve immediately.

PHOTOGRAPHIC PRESENTATION



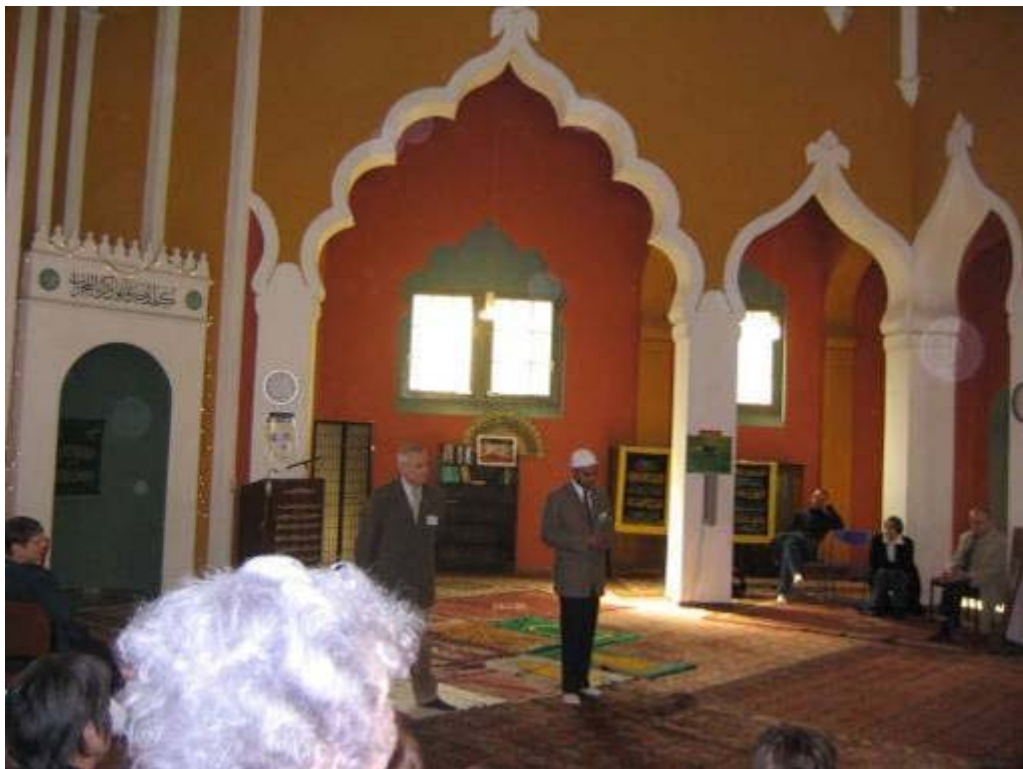
Visitors waiting outside the Mosque before the opening ceremony



The stall which contained our books and DSD brochures



Mr Gunther Paetz presenting Manfred Yahya's book and appealing for donations



Muhammad Ali & Manfred Yahya answering questions from the audience



Mr. Paetz conducting the children's program



A view of audience



The poster prepared by the DSD for the Berlin Mosque



Mr. Paetz & the children lying on floor and searching for the name *Allah* in the Mosque



The audience listening to Manfred Yahya outside the Mosque



Mr. Paetz & Mrs. Probst from the DSD with the children



Another view of audience



Yahya Manfred & Muhammad Ali (AAIIL), and Mr. Gunther Paetz & Mrs. Anika Probst (DSD)
at the end of the event

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