



Name of Allah, the Beneficent, the Merciful

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

Health, Ongoing Projects, Education



(Vol. 4:7)

January 2010

AAIIL Worldwide Edition

Editor: Akbar Abdullah

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

INTRODUCTION

Editor's Note

Departure from Pakistan

Late on the evening of 10 January, Parveen and I prepared to leave the Darus Salam Guesthouse for Lahore Airport to board the Etihad Airways plane bound for Chicago via Abu Dhabi, which was scheduled to depart at 3:45 a.m. on 11 January.

While Brigadier Mohammad Saeed, Begum Sabiha Saeed, Amir Aziz, Begum Ambreen Aziz, Dr. Khursid Tareen, Begum Shagufta Tareen and some other residents of Darus Salam waited to bid us farewell at the Guesthouse, Br Adil was busy on the phone to find out if our flight was not cancelled due to the heavy fog that had been prevailing around Lahore for the past several days.

Due to a severe strain of bronchitis which I had contracted a week earlier, I was feeling weak and running a fever of around 100 degrees Fahrenheit, and I inwardly prayed for the cancellation of the flight so that I could rest that evening. Allah heard my prayer, for around midnight Br Adil received information that our flight to Abu Dhabi was rescheduled for 1:40 PM in the afternoon of 11 July. With great relief I rested well during the night and was refreshed to depart for the airport at 10:00 a.m., after breakfast.

Hazrat Ameer renders a prayer for safe journey

As the above-mentioned members gathered once again around the vehicle that would take us to the airport, Hazrat Ameer Dr. Pasha Sahib rendered a prayer for our safe journey. Parveen and I were then seated in Brigadier Mohammad Saeed's car, driven by his driver, Imran. Hazrat Ameer and Assistant Secretary Br. Adil also accompanied us to the airport, where they took their time to see that we were safely within the security area. It was kind to them to wait outside until we received our boarding passes and were seated in the boarding lounge area. I used my cell phone to apprise Hazrat Ameer of our progress inside the

boarding gate area until we were finally seated inside the plane awaiting take-off. Each time I phoned, Hazrat Ameer prayed for our safe journey.

The power of prayer

The flight to Abu Dhabi, which took about four hours, was comfortable. I was running a fever of about 101 degrees F and was not in the best of condition to continue our nearly 16 hours of flight to Chicago the same day. Hazrat Ameer's prayer of our safe journey came into play. Allah heard his prayers, for the staff of Etihad Airlines provided us with free overnight accommodation with meals at the airport hotel. I considered this Allah's blessings. The rest and medication I took made me well and comfortable to travel safely to Chicago the next day. *Alhamdulillah!* I felt the power of prayer that worked positively.

Acknowledgement of thanks

For their cordial hospitality and for our most comfortable stay at the Darus Salam complex in Lahore, Parveen and I would like to thank Hazrat Ameer and Begum Sabiha Saeed, Hazrat Ameer's sisters Zubaida and Saffiya Apa, other relatives, Brigadier Mohammad Saeed, Begum Sabiha Saeed and family, Br Amir Aziz, Ambreen Aziz, their sisters and their mothers, Choudhary Riaz Ahmad and family, Arshad Alvi and Bushra Alvi, Br Adil and family, Br Anwar Ahmad and family, Dr. Mubarik Ahmad and family, Professor Ejaz Sayal, Mudassar Aziz, Sohail Ahmad, Riad Ahmad, Abdul Qayyum and family, Moulvi Abdul Salam and family, Br Nasir Ahmad and his brother-in-law and his family, and many more not listed here.

We also render our special thanks and gratitude for the very lively company of Dr. Khursid Alam Tareen and Begum Shagufta Tareen, who occupied an adjacent room to ours at Darus Salam Guesthouse.

May Allah (*swt*) with His bountiful mercy and graceful blessings keep you all under His protection and care at all times. *Aameen.*



JAMA 'AT NEWS

AAIIL, Trinidad & Tobago holds Convention in 2010

The Central Anjuman endorses the forthcoming convention organized by the AAIIL, Trinidad and Tobago *Jama'at*. To avoid any last minute hitches, we urge international members who plan to participate to make their travel reservations early, and obtain visas, if required. It is also advisable to contact the organizers of the convention to obtain full information that can facilitate your travel plans.

Amir Aziz, General Secretary, AAIIL, has listed some details of the AAIIL, Trinidad & Tobago convention in his letter to worldwide *Jama'ats*, which reads as follows:

Dear brothers and sisters
Assalamu alaikum.

May Allah bless you all with His choicest blessings. We would like to announce that AAIIL Trinidad and Tobago is organising an International Convention from 9th-11th July to commemorate its 35th Anniversary.

Please note this Convention is supported by the Central Anjuman and other *Jamaats* are advised to avail the opportunity to attend and schedule their planned activities accordingly.

A delegation of Central Anjuman under the leadership of Hazrat Ameer will attend the Convention, *Insha Allah*. We look forward to meeting you in Trinidad in July.

For further information please contact brother Kamal Hydal and brother Nadeem Hydal on their following e mail addresses:

Kemal.hydal@gmail.com
nhydal@gmail.com

Yours truly,
Amir Aziz,
General Secretary, AAAIL



Photo presentation of a memorable wedding in Islamabad

Walima party held at the Selena Hotel in Islamabad



Left to right: Akbar Abdullah, Ahmed Sadiq (groom), Habiba Anwar (bride), and Parveen Akbar Abdullah



Left to right: Akbar Abdullah, Parveen Akbar Abdullah, Arjumand Bano Anwar (mother of the bride & aunt of the groom), and Arjumand Sadiq (uncle of both the groom & the bride)



Photo presentation of departure from Darus Salam, Lahore bound for Lahore Airport



Hazrat Ameer in the front seat of Brigadier Mohammad Saeed's car



Imran, Brigadier Mohammad Saeed's driver, at the wheel



Parveen & Akbar Abdullah seated in the back of the car



Parveen & Akbar Abdullah with Hazrat Ameer inside the International Departure Terminal at Lahore Airport



PRAYER & HEALTH NEWS

Dua-e-Shifa

Hazrat Ameer, the *Jama'at*, and the members of our "Prayer Circle" are please requested to add the following names to those for whom we pray:

Br Shahid Raza, an active member of New Zealand who occasionally leads prayers; Br Hanif Buksh, stalwart of the New Zealand *Jama'at*, who is resting at home after successful eye surgery; and Br Faisal Joemanbaks of the Stichting *Jama'at*, The Hague, Netherlands, who is hospitalised with a cardiac complaint. May Allah (*swt*) have mercy on them and render them with complete *shifa* and speedy recovery. *Aameen*.

Letters of prayers for Shahid Raza

Shaukat A Ali, Coordinator, Asia-Pacific Region

Assalamu Alaikum wa Rahmatullahe wa Barakatuhu.

We are sorry to learn that Br. Shahid Raza is not well. We pray that Allah *swt* grant him speedy and complete recovery which leaves no ailment behind – *aameen*. May Allah *Ta'ala* grant all the family members *sabr* and comfort during this period of anxiety.

Allah Hafiz.

Shahid Aziz, Secretary, AAII, United Kingdom

Assalamu alaikum.

Thank you for keeping everyone informed. We will say communal prayers on Friday. May Allah give him full health.

Ahamed Hosein, President, AAII, Toronto, Canada

Dear Brother Akbar & the Raza family

Assalaam O Alaikum.

On behalf of the Toronto *Jamaat* we extend our heartfelt feeling for Br Shahid Raza on his illness. We in Toronto prayed to Allah for full recovery from his sickness. *InshaAllah* our prayers would be answered by Allah, the Beneficent, the Merciful, and ease and comfort be restored to the Raza family.

Allah Hafiz.

Anjuman Sadiq, AAII member, United Kingdom

Dear brother Akbar

...We are praying for the speedy recovery of Shahid Raza. He seems an asset for our *Jamaat* in New Zealand and Fiji. May Allah recover him from his illness quickly and he resumes his normal life. *Amin*.

Please convey our good wishes for his speedy recovery to the family and brother Mehboob.

Best regards.

Obituary in Pakistan

We are grieved to learn that Babu Muhammad Sadiq Sahib, our *Jama'at's* stalwart of the Hazara District of North West Frontier Province, Pakistan, recently passed away at the age of 101. *Inna Lillahe Wa Inna Ilehi Rajeeoon.*

We pray that Allah (*swt*) with His bountiful mercy and graceful blessings will rest the dearly departed soul of Babu Muhammad Sadiq in the highest pedestal of *Jannate-Firdouse* and grant his surviving family and the *Jama'at* *sabr*, strength and fortitude to bear the burden of such irreparable loss. *Aameen.*

Several photographs of the deceased in the company of Hazrat Ameer and other *Jama'at* members, provided by Dr. Mujahid Ahmad Saeed, may be viewed in our "Photographic Presentation" section. Babu Muhammad Sadiq Marhoom will be seen sitting to the left of Hazrat Ameer, Dr. Abdul Karim Saeed Pasha Sahib.



HEALTH INFORMATION

Recipe for Life

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince, and dinner like a beggar.
3. Eat more foods that grow on trees and plants, and eat less food that is manufactured in plants (factory).
4. Live with the 3 E's – Energy, Enthusiasm, and Empathy.
5. Make time for prayers.
6. Play more games.
7. Read more books.
8. Sit in silence for at least 10 minutes each day.
9. Sleep for seven hours.
10. Walk for 10-30 minutes every day, and while you walk, *smile!*

Personality

11. Don't compare your life to others'. You have no idea what their journey is all about.
12. Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
13. Don't overdo; keep your limits.
14. Don't take yourself so seriously; no one else does.
15. Don't waste your precious energy on gossip.
16. Dream more while you are awake.

17. Envy is a waste of time. You already have all you need.
18. Forget issues of the past. Don't keep reminding your partner of his/her mistakes of the past. That will ruin your present happiness.
19. Life is too short to waste time hating anyone. Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of your happiness except you.
22. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
23. Smile and laugh more often.
24. You don't have to win every argument. Agree to disagree.

Community

25. Call your family often.
26. Each day give something good to others.
27. Forgive everyone for everything.
28. Spend time with people over the age of seventy and under the age of six.
29. Try to make at least three people smile each day.
30. What other people think of you is none of your business.
31. Your job won't take care of you when you are sick. Your family and friends will. Stay in touch.

Life

32. Do the right thing.
33. Get rid of anything that isn't useful, beautiful, or joyful
34. Remember, God heals everything.
35. However good or bad a situation is, it will change.
36. No matter how you feel, get up, dress up, and show up.
37. Remember, the best is yet to come.
38. When you awake in the morning, thank God for it.
39. Your innermost is always happy; so *be* happy!



LESSON OF THE DAY

[Courtesy *A Spiritual Note*]

The Four Friends

Once upon a time there was a princess who had four friends. She loved the fourth friend the most and adorned him with rich robes and treated him to the finest of delicacies. She gave him nothing but the best.

She also loved the third friend very much and was always showing him off to neighbouring kingdoms. However, she feared that one day he would leave her for another.

She also loved her second friend. He was her confidant, and was always kind, considerate and patient with her. Whenever this girl faced a problem, she could confide in him, and he would help her get through the difficult times.

The princess's first friend was a very loyal partner and had made great contributions in maintaining her wealth and kingdom. However, she did not love the first friend. Although he loved her deeply, she hardly took notice of him.

One day, the princess fell ill and she knew her time was short. She thought of her luxurious life and wondered, "I now have four friends with me, but when I die, will I be alone?" Thus, she asked the fourth friend, "I loved you the most and endowed you with the finest clothing. Now that I'm dying, will you follow me and keep me company?"

"No way!" replied the fourth friend, and he walked away without another word.

The sad girl then asked the third friend, "I loved you all my life. Now that I'm dying, will you follow me and keep me company?"

"No!" replied the third friend. "Life is too good!" The princess's heart sank.

She then asked the second friend, "You've always been there for me. When I die, will you follow me and keep me company?"

"I'm sorry. I can't help you out this time," replied the second friend. "At the very most, I can only walk with you to your grave."

Then a voice called out: "I'll follow you no matter where you go." The girl looked up, and there was her first friend. He was very skinny as he suffered from malnutrition and neglect.

Greatly grieved, the girl said, "I should have taken much better care of you when I had the chance!"

In truth, you have four friends in your lives. Your fourth friend is your body, your third friend your possessions, and your second friend your family and friends. No matter how much time and effort you lavish on them, they will leave you when you die.

Your first friend, however, is your spirit, often neglected in pursuit of wealth, power and the pleasures of this world. Nevertheless, your spirit is the only thing that will follow you wherever you go. Cultivate, strengthen and cherish it now, for it is the only part of you that will follow you to the Throne of God.

"O you who believe, keep your duty to Allah, and let every soul consider that which it sends forth for the morrow, and keep your duty to Allah. Surely Allah is Aware of what you do" (59:18).

The beginning of a new year is a good time for us to reflect and ponder about our actions. Have we done enough in the last year in order to have a better future, both in this world and in the hereafter? And what example are we leaving behind for others when our time here on earth has ended? If in the past year we failed in paying enough attention to important issues, let us determine to change this behaviour in a positive sense, and in particular to pay adequate attention to our spiritual growth.



RELIGIOUS EDUCATION

What if ...

- What if Allah couldn't take the time to bless us today because we couldn't take the time to thank Him yesterday?
- What if Allah decided to stop leading us tomorrow because we didn't follow Him today?
- What if we never saw another flower bloom because we grumbled when Allah sent the rain?
- What if Allah didn't walk with us today because we failed to recognize it as His day?
- What if Allah took away the Qur'an tomorrow because we would not read it today?
- What if Allah took away His message because we failed to listen to the messenger?
- What if the door of the mosque was closed because we did not open the door of our heart?
- What if Allah stopped loving and caring for us because we failed to love and care for others?
- What if Allah would not hear us today because we would not listen to Him?
- What if Allah answered our prayers the way we answer His calls?
- What if Allah met our needs the way we give Him our lives?

Let us take a little time to think about this.



PUBLICATION

Web link to *The HOPE Bulletin* on Central Anjuman's official website

The aaiil.org Webmaster will place online, at <http://aaiil.org/text/articles/hope/hopebulletin.shtml>, some selected issues of *The HOPE Bulletin* and some articles and special photographic supplements which do not carry any sensitive or confidential matters of our worldwide *Jama'at*.

December 2009 edition of *The HOPE Bulletin*

The December issue of *The HOPE Bulletin* can be accessed by clicking on the following link:

<http://aaiil.org/text/articles/hope/2009/hopebulletin2009.shtml>

Special International Edition – December 30, 2009 – Interim *Salana Duaiyya* report

This special issue of *The HOPE Bulletin* can be accessed by clicking at the following link:

<http://aaiil.org/text/articles/hope/2009/hopebulletin2009.shtml>

***Islam Heute*, meaning *Islam Today*, a new Berlin Mosque magazine**

We congratulate Br Manfred Yahya of Germany for launching a new German magazine from the Berlin Mosque. *JazakAllah!* May Allah (*swt*) grant him complete success in this noble venture to advance the cause of Islam and Ahmadiyyat in the West. *Aameen*. The first issue of this magazine can be accessed by clicking on the following link: <http://aaiil.org/german/islamheute/islamheute.shtml>

Br Manfred Yahya wrote:

My very dear Ameer, dear General Secretary, dear brothers and sisters, *Salam Alejkum*.

To your information you will find attached (click at the link given above) the new magazine of the Berlin Mosque "Islam heute", which means ISLAM TODAY, in a pdf file.

The manuscript is in print and will be ready in maybe a week. Then I'd just send the pdf file for the German website to our webmaster. There will be short additional information about the new magazine in German and English.

By the way I wish you all a good new year 2010, especially health and a good year for our community.

All the very best & *Wasalam*.
your brother Manfred Yahya

Video presentation of Hazrat Ameer delivering *khutbah* in the UK

Br Mudassar Aziz, manager of virtualmosque of the UK, sent us this short video which can be accessed by clicking on the following link: http://www.virtualmosque.co.uk/video_latest.php

Brother Mudassar wrote:

I have added a short video from Hazrat Amir.

This was taken from a longer speech he gave in July 2009, and it's a message to the UK *Jammat*. I did not add this to YouTube due to the content being private to the UK *Jammat*.



WHAT OUR READERS SAY

Dr Khursid Alam Tareen, Punjab, India

Respected Akbar Sahib,
AA.

Hope you must have reached home by now. Kindly convey my *salams* to your respected wife.

I have reached home yesterday. It was really a pleasure to be in your company. May Allah grant you a long healthful life, *Ameen*!

Dr Harry Boedhoe, Rotterdam, Netherlands

Dear friends

Hereby I send you a just made email address of brother Hadji Firoos Kishun (firooskishun@gmail.com), a prominent board member of the Rotterdam *jamaat* and our *naib Imam* and a great stalwart of the Ahmadiyyat of Holland. Please attach him to your contacts, so to reach him personally or for information regarding Islam.

Maybe hadji Firoos will not immediately answer your mails because he has yet to learn a lot how to handle this program.

You can forward the mail address also to other acquaintances of hadji Kishun. I beg your pardon if you wouldn't appreciate to receive this mail.

I wish you a prosperous and a healthy new year.

Shaukat Ali, Coordinator, Asia-Pacific Region

Dear Brother Akbar Abdullah sahib

Assalamu Alaikum wa Rahmatullahe wa Barakatuh.

Thanks, as usual, for your excellent efforts in providing a very valuable service in keeping the members informed on multifarious activities and news from around the globe. May the blessings of Allah *Ta'ala* be with you and your loved ones.

Please convey our following hearty congratulations and *Dua* to Yaseen Bhai on his marriage:

Dear Brother Yaseen

Assalamu Alaikum wa Rahmatullahe wa Barakatuh.

We are delighted to receive the news of your marriage and offer our hearty congratulations – “Shaadi Mubarak” to both of you. It has been a long wait and we wish you all the best.

We pray that Allah *Ta'ala* shower His choicest blessings on this union and grant you both a long, happy, healthy and spiritually prosperous life together – *aameen*.

Allah Hafiz.

Shaukat and Zohra



The Holy Prophet said: “A woman is married on account of four things: her wealth, (the nobility of) her family, her beauty, and her character; so attain success with the one possessing nobility of character.” (B. 67: 16)



HOPE MEMBER SERVICE

Recipe of the Month

Mango treat

Ingredients

- 1/2 cup freshly squeezed orange juice
- 1/8 cup pitted dates
- 2 cups frozen mango pulp

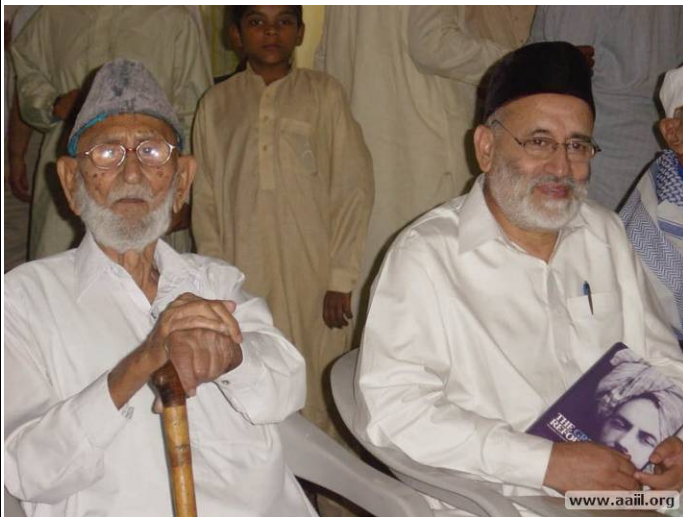
Method of Preparation

- Squeeze oranges to make orange juice.
- In blender, blend orange juice with dates until creamy.
- Add frozen mango and blend until smooth.

Serve immediately.



PHOTOGRAPHIC PRESENTATION





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