



*Name of Allah, the Beneficent, the Merciful*

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

**Hhealth, Ongoing Projects, Education**



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AAIIL Worldwide Edition

Editor: Akbar Abdullah

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

## **INTRODUCTION**

### **Editor's Notes**

#### **Seasons Greetings**

On behalf of *The HOPE Bulletin* Team, I wish Ameer-i-Qaum, Professor Dr Abdul Karim Saeed Pasha Sahib, and Brothers and Sisters of our global *Jama'ats* a joyous, full-of-happiness, prosperous and spiritually fulfilling New Year 2011. May Allah bless you and keep you all under His love and protection at all times. *Aameen*.

#### **Comments on A Spiritual Note, issue dated December 17, 2010**

We refer to an article by Riaz Ahmadali, Editor of *A Spiritual Note*, published under the heading "Salaat, A Personal Experience," which we have reproduced below.

The author has recounted an experience of spiritual phenomenon, supported by Quranic evidence, which many of us can relate to in our lives. When I was a teacher at Muhammad University in Chicago, one of the Afro-American Muslim female instructors asked me to explain the phenomenon of "brain waves." I told her not to worry and consider herself fortunate to be blessed by Allah.

As many of you will agree, there are many other ways Allah (*swt*) manifests His blessings on us. For the pre-requisite to receiving such blessings, Br Riaz Ahmadali discusses in his article.

Some of you may have experienced the receipt of Allah's blessings in the form of brain impulse, such as suddenly being awakened for prayer with a sharp impulse in the brain, or if you were thinking for some time to name the book you want to write or to name a special propaganda campaign, when all of a sudden, with a sharp electrical impulse in the brain, a fitting name is suggested.

Others may have received the blessings in the form of a dream which requires interpretation. For example, a dream in which pure, clear rain is seen with hundreds of snakes swimming in it would mean that the dreamer would encounter many enemies (snakes) and Allah will protect him/her all the way (pure rain).

Sometimes a person blessed with Allah's favour finds a lot of ease in his/her life. An example is that you may need to talk to an insurance agent or any other professional, when, all of a sudden, that person appears at your work or business place, making your task easier. Or, you may lose some very important document or item of value in the street, where the chance of recovering it is one in a million, and you will be that one person in a million to locate the lost articles.

There are many other favours of Allah received by "believe and do good" *momins* in our *Jama'at*. If anyone would like to share their experiences with us, as Br Riaz Ahmadali has done, we will be happy to publish their blessings in this magazine.

### **Salaat, A Personal Experience**

It has been several years now since I started performing the daily prayers. As with many of us, my prayers started mainly as a physical exercise. At that time, I could not even imagine what benefits and satisfaction my prayers would give me!

As the years went by, I discovered that when performing *salaat* in a peaceful and relaxed manner, I could sometimes hear (or better said, *feel*) God's voice within me. In many cases, if I had a problem, or needed some direction in life, it was this voice in the form of inspiration or intuition, which I would experience during *salaat* or meditation, and which many times, showed me the path to follow. I assume this is what Allah means in 42:51 of the Holy Quran: "It is not vouchsafed to a mortal that Allah should speak to him, except by revelation or from behind a veil..." And in 50:16, we read: "We are (God is) nearer to man than his life-vein."

Regarding this kind of guidance, many of us hold the opinion that we have a free will and we can choose whatever we like in life. Indeed, we have a free will, as Allah tells us in 2:256, 18:29, and many other verses of the Holy Quran. However, having a free will does not mean that Allah has not destined a certain path for each of us! After all, we read in the Quran, 5:48: "For every one of you We appointed a law and a way." So, every one of us has been sent to Earth with a certain mission, and it is up to us if we choose to discover and follow that mission. If we choose to perform our prayers regularly, in a tranquil way, and spend some time in meditation every day, we will definitely experience that voice inside us which will show us which path to follow. Remember, that our Prophet Muhammad did not receive his first revelation while busy trading or travelling, but when he was in a cave, in prayer and meditation! These are the examples we should follow if we want to find the Almighty: prayer and meditation.

Furthermore, experience has showed me that almost anything which happens to us is of some relevance to our lives. Even many events which we may experience as setbacks have the object of guiding us on a certain path. Sometimes 'setbacks' may prevent us from doing certain things, or they may lead, or even force us, along a particular way, and only afterwards would we realise the reason for those events, which we first experienced and viewed as trials. However, if we choose to live in Allah's way, we can be sure that everything which happens to us is only for our good and wellbeing, and is meant to guide us towards the goal for which God has put us on

earth. Therefore, when performing *du'a* (supplication) to Allah and asking for His favours, we should not try to enforce our will to Him. In addition to expressing our wishes to Allah, we should also ask Him to teach us the right lessons from, and to deal in the right way with everything which He puts on our path, either if we experience those events as positive or negative.

Allah's communication to us through our inner voice, in the form of inspiration, visions, dreams, etc. is meant for "*those who believe and keep their duty*" (Quran 10:63). Therefore, by performing prayers regularly and making time for meditation every day, all of us have the opportunity to experience that guiding voice within us, enabling us to discover our real goals in life. And along the way, many Quranic verses, which now may be only words for us, will become a reality in our lives!



## **JAMA'AT NEWS**

### **Hazrat Ameer tours regional *Jama'ats***

Prior to the *Salana Duaiyya* 2010 at the Central Mosque, Lahore, Hazrat Ameer, Dr. Abdul Karim Saeed Pasha Sahib, toured our regional *Jama'ats* in Pakistan. Despite the frequent bombings in the North West Frontier Province, he took courage to visit our *Jama'ats* in the region. *Jazak Allah!* We all prayed for his safety and success in his mission.

### ***Salana Duaiyya* 2010**

The *Salana Duaiyya* that began on December 24th and concluded on December 27th, was, by the grace of Allah, most successful. The *Jalsa* was represented by delegates of the four regional *Jama'ats*, and by several overseas *Jama'ats*, as well. *Inshaa Allah*, we shall publish a summary report together with photographs as soon as we receive them from Central Anjuman.

### **2011 Election of Executive Officers of Toronto, Canada *Jama'at*, reported by President Ahamed Hosein**

*Assalaam O Alaikum* Br Akbar.

Thanks for sending this copy of the *HOPE*. We all deeply appreciate your effort.

On Sunday 21st November 2010 the Toronto *Jamaat* held our Annual Election of Officers for 2011.

On 28th November 2010 Maulana Kemal Hydal installed the members elected.

The Executive for 2011 is as follows:

**ELECTION on Sunday 21<sup>st</sup> November 2010 for 2011**

**Installed on Sunday 28<sup>th</sup> November 2010**

### New Executive Members

Imam & Religious Head	Mohammed Abass Khan	(Appointed)
President	Ahamed Hosein	
Vice President	Yazid Ali	
Corresponding Secretary	Zahida Hydal	
Secretary	Deeba Ali	
Assistant Secretary	Omar Sattaur	
Treasurer	Bebe Sattaur	

Good luck and best wishes to the members of the executive for 2011.

Ahamed Hosein

President OAAIIL (Toronto, Canada)

### **Brother Jalal Ud Dean, General Manager, Customs & Excise, Republic of Fiji, retires from service**

When Br Jalal Ud Dean wrote to us, he said that he was proceeding on pre-retirement leave; the current e-mail link we have been using in our mailings to him will no longer be valid. He has provided us with a new e-mail address, which he has given his permission to pass on to anyone who asks for it.

Br Jalal Ud Dean is our valued reader and contributor and we wish him well in his post-retirement life.

### **Marriages in our worldwide *Jama'ats***

#### **Shahid Raza and Anjuman Usman, New Zealand**

Congratulations to the parents, Mr. Hafiz Raza & Mrs. Hamida Raza of Fiji, whose son Shahid Raza will be married in New Zealand on 8th January, 2011 to Anjuman Usman, daughter of the late Mr. Amir Usman & Mrs Jainul Nisha of New Zealand.

Shahid's *mehndi* function will precede the marriage function on 7<sup>th</sup> January, 2011.

We also congratulate Brs Mehboob Raza and Abid Raza, uncles of the groom, and all the Raza families for this happy and sacred matrimony. May Allah bless them all.

#### **Javed Ashraf and Attiya Khan**

Congratulations to the parents, Capt. and Mrs. Abdus Salam Khan of Cucamonga, California, U.S.A., whose daughter Attiya Khan was married to Javed Ashraf in October of 2010.

*Inshaa Allah*, we will be publishing separately photographs of the marriage function which took place on December 18<sup>th</sup> of 2010.



“And of His signs is this, that He created mates for you from yourselves that you might find quiet of mind in them, and He put between you love and compassion. Surely there are signs in this for a people who reflect” (Qur'an, 30:21).

## PRAYER & HEALTH NEWS

### **Condolence message from Br. Mohammad Arjumand Sadiq, United Kingdom**

It is very sad news for all of all of us. I met Sheikh Sahib in 1962 for the first time, when I was a boy. We used to live together in Ahmadiya Buildings. Since then I knew him. He was not only a dedicated Ahmadi, but a very dedicated worker of Central Anjuman. A very loving and helpful person. I don't think anyone can replace him. May Allah reward him for the services, he rendered to the *Anjuman*. *Amin*.

May his son recover soon and join back to the family, who need him most. *Amin*.

Please convey my sentiments to his family and Hazrat Amir.

Best regards,  
Mohammad Arjumand Sadiq

### **Condolence message from Br. Riaz Ahmed Choudhary, Jammu, India**

*Aslaamualikum ww.*

All the members of AAIIJL Jammu share grief and sorrow on the demise of Brother Sheikh Fazal ur Rehman, treasurer of AAIIJL, and pray Almighty Allah to place the departed soul in His *Jaware-Rehmat* and give enough courage to his nears & dears for this irreparable loss. *Amin*.

We also congratulate you for this online special Bulletin though still to go through.

Humble seeker of your prayers.

*Allah Hafiz.*  
Riaz Ahmed Choudhary

### ***Du'a-e-shifa* for ailing and recovering members of the global *Jama'ats***

Members of our global "Prayer Circle" are please requested to continue their prayers of complete *shifa* for Brs Mehboob Raza of Fiji, Arshad Alvi of Pakistan, Ebrahim Mohamed of South Africa, and the son of the late Sheikh Fazal ur Rehman of Pakistan, who are recovering from their heart surgeries and other ailments.

We also urge you to include in your prayers all other ailing brothers and sisters of our global *Jama'ats*.



“... and the patient in distress and affliction and in the time of conflict. These are they who are truthful; and these are they who keep their duty” (2:177).

## POEM

[Composed by Captain Abdus Salam Khan, Cucamonga, California, U.S.A.]

### **New Year thoughts (2011)**

Ah! The New Year stirring new desires,  
The thoughtful soul to Inward Solitude retires.  
Lo! The White Hand of Moses on the bough  
Puts out, and Jesus from ground suspires!”

Lo! The Dance of Death in two thousand and ten,  
The harrowing scenes that shook all men.  
The war, the floods, and harrowing quakes,  
The howling winds and the violent shake.  
Gone, the newlywed bride with her rose;  
Millions gone! Where, who knows?

Welcome, two thousand and eleven.  
May you be a harbinger  
Of Peace from Heaven.  
May ruby-red grape  
Continue to kindle on the vine,  
And many a flower bloom on the shoreline.

May all men learn to live in peace,  
May all violence and mayhem cease.

Wishing you a very happy New Year!  
Captain Abdus Salam Khan



## HEALTH INFORMATION

[Courtesy Yahoo! Health]

### **Ten Heart Attack Symptoms You're Most Likely to Ignore**

Heart attacks don't always strike out of the blue – there are many symptoms we can watch for in the days and weeks leading up to an attack. But the symptoms may not be the ones we expect. And they can be different in men and women, and different still in older adults. Last year, for example, a landmark study by the National Institutes of Health (NIH) published in *Circulation: Journal of the American Heart Institute* found that 95 percent of women who'd had heart attacks reported experiencing symptoms in the weeks and months before the attack – but the symptoms weren't the expected chest pain, so they went unrecognized.

## **How to tell if someone is having a heart attack**

### **1. Indigestion or nausea**

One of the most oft-overlooked signs of a heart attack is nausea and stomach pain. Symptoms can range from mild indigestion to severe nausea, cramping, and vomiting. Others experience a cramping-style ache in the upper belly. Women and adults over age 60 are more likely to experience this symptom and not recognize it as tied to cardiac health.

Most cases of stomach ache and nausea aren't caused by a heart attack, of course. But watch out for this sign by becoming familiar with your own digestive habits; pay attention when anything seems out of the ordinary, particularly if it comes on suddenly and you haven't been exposed to stomach flu and haven't eaten anything out of the ordinary.

### **2. Jaw, ear, neck, or shoulder pain**

A sharp pain and numbness in the chest, shoulder, and arm is an indicator of heart attack, but many people don't experience heart attack pain this way at all. Instead, they may feel pain in the neck or shoulder area, or it may feel like it's running along the jaw and up by the ear. Some women specifically report feeling the pain between their shoulder blades.

A telltale sign: The pain comes and goes, rather than persisting unrelieved, as a pulled muscle would. This can make the pain both easy to overlook and difficult to pinpoint. You may notice pain in your neck one day, none the next day, then after that it might have moved to your ear and jaw. If you notice pain that seems to move or radiate upwards and out, this is important to bring to your doctor's attention.

### **3. Sexual dysfunction**

Having trouble achieving or keeping erections is common in men with coronary artery disease, but they may not make the connection. Just as arteries around the heart can narrow and harden, so can those that supply the penis -- and because those arteries are smaller, they may show damage sooner. One survey of European men being treated for cardiovascular disease found that two out of three had suffered from erectile dysfunction before they were ever diagnosed with heart trouble.

### **4. Exhaustion or fatigue**

A sense of crushing fatigue that lasts for several days is another sign of heart trouble that's all too often overlooked or explained away. Women, in particular, often look back after a heart attack and mention this symptom. More than 70 percent of women in last year's NIH study, for example, reported extreme fatigue in the weeks or months prior to their heart attack.

The key here is that the fatigue is unusually strong -- not the kind of tiredness you can power through but the kind that lays you flat out in bed. If you're normally a fairly energetic person and suddenly feel sidelined by fatigue, a call to your doctor is in order.

### **5. Breathlessness and dizziness**

When your heart isn't getting enough blood, it also isn't getting enough oxygen. And when there's not enough oxygen circulating in your blood, the result is feeling unable to draw a deep, satisfying breath -- the same feeling you get when you're at high elevation. Additional symptoms can be light-headedness and dizziness. But sadly, people don't attribute this symptom to heart disease, because they associate breathing with the lungs, not the heart.

In last year's NIH study, more than 40 percent of women heart attack victims remembered experiencing this symptom. A common description of the feeling: "I couldn't catch my breath while walking up the driveway."

### **6. Leg swelling or pain**

When the heart muscle isn't functioning properly, waste products aren't carried away from tissues by the blood, and the result can be edema, or swelling caused by fluid retention. Edema usually starts in the feet, ankles, and legs because they're furthest from the heart, where circulation is poorer. In addition, when tissues don't get enough blood, it can lead to a painful condition called ischemia. Bring swelling and pain to the attention of your doctor.

### **7. Sleeplessness, insomnia, and anxiety**

This is an odd one doctors can't yet explain. Those who've had heart attacks often remember experiencing a sudden, unexplained inability to fall asleep or stay asleep during the month or weeks before their heart attack. (Note: If you already experience insomnia regularly, this symptom can be hard to distinguish.)

Patients often report the feeling as one of being "keyed up" and wound tight; they remember lying in bed with racing thoughts and sometimes a racing heart. In the NIH report, many of the women surveyed reported feeling a sense of "impending doom," as if a disaster were about to occur. If you don't normally have trouble sleeping and begin to experience acute insomnia and anxiety for unexplained reasons, speak with your doctor.

### **8. Flu-like symptoms**

Clammy, sweaty skin, along with feeling light-headed, fatigued, and weak, leads some people to believe they're coming down with the flu when, in fact, they're having a heart attack. Even the feeling of heaviness or pressure in the chest – typical of some people's experience in a heart attack – may be confused with having a chest cold or the flu.

If you experience severe flu-like symptoms that don't quite add up to the flu (no high temperature, for example), call your doctor or advice nurse to talk it over. Watch out also for persistent wheezing or chronic coughing that doesn't resolve itself; that can be a sign of heart disease, experts say. Patients sometimes attribute these symptoms to a cold or flu, asthma, or lung disease when what's happening is that poor circulation is causing fluid to accumulate in the lungs.

### **9. Rapid-fire pulse or heart rate**

One little-known symptom that sometimes predates a heart attack is known as ventricular tachycardia, more commonly described as rapid and irregular pulse and heart rate. During these episodes, which come on suddenly, you feel as if your heart is beating very fast and hard, like you just ran up a hill – except you didn't. "I'd look down and I could actually see my heart pounding," one person recalled. It can last just a few seconds or longer; if longer, you may also notice dizziness and weakness.

Some patients confuse these episodes with panic attacks. Rapid pulse and heartbeat that aren't brought on by exertion always signal an issue to bring to your doctor's attention.

### **10. You just don't feel like yourself**

Heart attacks in older adults (especially those in their 80s and beyond, or in those who have dementia or multiple health conditions), can mimic many other conditions. But an overall theme heard from those

whose loved ones suffered heart attacks is that in the days leading up to and after a cardiac event, they “just didn’t seem like themselves.”

A good rule of thumb, experts say, is to watch for clusters of symptoms that come on all at once and aren’t typical of your normal experience. For example, a normally alert, energetic person suddenly begins to have muddled thinking, memory loss, deep fatigue, and a sense of being “out of it.” The underlying cause could be something as simple as a urinary tract infection, but it could also be a heart attack. If your body is doing unusual things and you just don’t feel “right,” don’t wait. See a doctor and ask for a thorough work-up.

And if you have any risk factors for cardiac disease, such as high blood pressure, high cholesterol, smoking, or family history of heart disease, make sure the doctor knows about those issues, too.



## **FEATURE REPORT**

[Courtesy *The Guardian*, Wednesday 3<sup>rd</sup> November 2010]

### **I’m now a Muslim. Why all the shock and horror?**



Lauren Booth

*News that Lauren Booth has converted to Islam provoked a storm of negative comments. Here she explains how it came about – and why it’s time to stop patronising Muslim women.*

It is five years since my first visit to Palestine. And when I arrived in the region, to work alongside charities in Gaza and the West Bank, I took with me the swagger of condescension that all white middle-class women (secretly or outwardly) hold towards poor Muslim women, women I presumed would be little more than black-robed blobs, silent in my peripheral vision. As a western woman with all my freedoms, I expected to deal professionally with men alone. After all, that’s what the Muslim world is all about, right?

This week’s screams of faux horror from fellow columnists on hearing of my conversion to Islam prove that this remains the stereotypical view regarding half a billion women currently practising Islam.

On my first trip to Ramallah, and many subsequent visits to Palestine, Egypt, Jordan and Lebanon, I did indeed deal with men in power. And, dear reader, one or two of them even had those scary beards we see on news bulletins from far-flung places we’ve bombed to smithereens. Surprisingly (for me) I also began to deal with a lot of women of all ages, in all manner of head coverings, who also held positions of power. Believe it or not, Muslim women *can* be educated, work the same deadly hours we do, and even boss their

husbands about in front of his friends until he leaves the room in a huff to go and finish making the dinner. Is this patronising enough for you? I do hope so, because my conversion to Islam has been an excuse for sarcastic commentators to heap such patronising points of view on to Muslim women everywhere. So much so, that on my way to a meeting on the subject of Islamophobia in the media this week, I seriously considered buying myself a hook and posing as Abu Hamza. After all, judging by the reaction of many women columnists, I am now to women's rights what the hooked one is to knife and fork sales.

So let's all just take a deep breath and I'll give you a glimpse into the other world of Islam in the 21st century. Of course, we cannot discount the appalling way women are mistreated by men in many cities and cultures, both with and without an Islamic population. Women who are being abused by male relatives are being abused by men, not God. Much of the practices and laws in "Islamic" countries have deviated from (or are totally unrelated) to the origins of Islam. Instead practices are based on cultural or traditional (and yes, male-orientated) customs that have been injected into these societies. For example, in Saudi Arabia, women are not allowed to drive by law. This rule is an invention of the Saudi monarchy, our government's close ally in the arms and oil trade. The fight for women's rights must sadly adjust to our own government's needs.

My own path to Islam began with an awakening to the gap between what had been drip-fed to me about all Muslim life – and the reality.

I began to wonder about the calmness exuded by so many of the "sisters" and "brothers". Not all; these are human beings we're talking about. But many. And on my visit to Iran this September, the washing, kneeling, chanting recitations of the prayers at the mosques I visited reminded me of the west's view of an entirely different religion; one that is known for eschewing violence and embracing peace and love through quiet meditation. A religion trendy with movie stars such as Richard Gere, and one that would have been much easier to admit to following in public – Buddhism. Indeed, the bending, kneeling and submission of Muslim prayers resound with words of peace and contentment. Each one begins, "*Bismillahir rahmaneer Raheem*" – "In the name of God, the Merciful, the Compassionate" – and ends with the phrase "*Assalamu Alaykhum wa rahmatullahi wa barakatuh*" – Peace be upon you all and God's mercy and blessing.

Almost unnoticed to me, when praying for the last year or so, I had been saying "Dear Allah" instead of "Dear God". They both mean the same thing, of course, but for the convert to Islam the very alien nature of the language of the holy prayers and the holy book can be a stumbling block. I had skipped that hurdle without noticing. Then came the pull: a sort of emotional ebb and flow that responds to the company of other Muslims with a heightened feeling of openness and warmth. Well, that's how it was for me, anyway.

How hard and callous non-Muslim friends and colleagues began to seem. Why can't we cry in public, hug one another more, say "I love you" to a new friend, without facing suspicion or ridicule? I would watch emotions being shared in households along with trays of honeyed sweets and wondered, if Allah's law is simply based on fear why did the friends I loved and respected not turn their backs on their practices and start to drink, to have real "fun" as we in the west do? And we do, don't we? *Don't we?*

Finally, I felt what Muslims feel when they are in true prayer: a bolt of sweet harmony, a shudder of joy in which I was grateful for everything I have (my children) and secure in the certainty that I need nothing more (along with prayer) to be utterly content. I prayed in the Mesumeh shrine in Iran after ritually cleansing my forearms, face, head and feet with water. And nothing could be the same again. It was as simple as that.

The sheikh who finally converted me at a mosque in London a few weeks ago told me: “Don’t hurry, Lauren. Just take it easy. Allah is waiting for you. Ignore those who tell you: you must do this, wear that, have your hair like this. Follow your instincts, follow the Holy Qur’an and let Allah guide you.”

And so I now live in a reality that is not unlike that of Jim Carey’s character in the Truman Show. I have glimpsed the great lie that is the facade of our modern lives; that materialism, consumerism, sex and drugs will give us lasting happiness. But I have also peeked behind the screens and seen an enchanting, enriched existence of love, peace and hope. In the meantime, I carry on with daily life, cooking dinners, making TV programmes about Palestine and yes, praying for around half an hour a day.

Now, my morning starts with dawn prayers at around 6 am, I pray again at 1.30 pm, then finally at 10.30 pm. My steady progress with the Qur’an has been mocked in some quarters (for the record, I’m now around 200 pages in). I’ve been seeking advice from Ayatollahs, imams and sheikhs, and every one has said that each individual’s journey to Islam is their own. Some do commit the entire text to memory before conversion; for me reading the holy book will be done slowly and at my own pace.

In the past my attempts to give up alcohol have come to nothing; since my conversion I can’t even imagine drinking again. I have no doubt that this is for life: there is so much in Islam to learn and enjoy and admire; I’m overcome with the wonder of it. In the last few days I’ve heard from other women converts, and they have told me that this is just the start, that they are still loving it 10 or 20 years on.

On a final note I’d like to offer a quick translation between Muslim culture and media culture that may help take the sting of shock out of my change of life for some of you.

When Muslims on the BBC News are shown shouting “*Allahu Akhbar!*” at some clear, Middle Eastern sky, we westerners have been trained to hear: “We hate you all in your British sitting rooms, and are on our way to blow ourselves up in Lidl when you are buying your weekly groceries.”

In fact, what we Muslims are saying is “God is Great!”, and we’re taking comfort in our grief after non-Muslim nations have attacked our villages. Normally, this phrase proclaims our wish to live in peace with our neighbours, our God, our fellow humans, both Muslim and non-Muslim. Or, failing that, in the current climate, just to be left to live in peace would be nice.

[I have written a booklet, *A Journey to Truth and Tranquillity*, in which two women, of three who accepted Islam, gave their reasons for having done so. It is very useful for *dawah* purposes. If anyone wishes to circulate this booklet in their region, please contact me. The cost of the booklet and shipment is free. – *Editor.*]



## **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*.

## ***The Light* – UK Edition**

To access current and previous issues, kindly click on the following weblink: <http://www.ahmadiyya.org/>

We strongly recommend that you access the Weblog located on this website [<http://ahmadiyya.org/WordPress/>].

## **New website of our Fiji *Jama'at*, reported by Fazal Haq, *Imam*, Masjid Noor, Suva**

Dear Brothers and Sisters in our worldwide *Jama'ats*:

*Assalam-o-Alaikum wrwb.*

We have created a new website of the Fiji *Jammat*. You can also read and download the Monthly Magazine Paighme Haq on this site. Below are the details of the website. Please feel free to contact me should you have any questions.

- Site Address: <http://ahmadiyyafiji.wordpress.com/>
- site name: **ahmadiyyafiji**

Regards:  
Fazal Haq



## **WHAT OUR READERS SAY**

### **New Year 2011 greetings**

**Amir Aziz, General Secretary, AAII Lahore, Pakistan**

Dear brothers and sisters

*Assalamu Alaikum.*

On behalf of Central Anjuman I wish you all

**Happy New Year.**

May this New Year bring happiness, prosperity and progress for you and your family.

May Allah descend His all blessings and bounties on us for all times to come.

Yours truly,  
Amir Aziz  
General Secretary  
AAII

**Mohammad Arjumand & family, United Kingdom**

We wish you a very Happy, Prosperous, Healthy and Peaceful New Year. May you achieve the targets and goals you have planned for this year.

Happy New Year.

Arjumand Sadiq and family

**Zahoor ur Rahman & Family, Rawalpindi, Pakistan**

*Asslam o Alaikum WarahmatUllahe Wabarakatohu*

I pray to Allah Almighty to make 2011 a year full of love health prosperity for you and your family.

May He continue to protect us from all dangers. May He continue to be kind. May He continue to forget and forgive all our faults and sins.

I am all yours with all my Heart and Soul.

Zahoor ur Rahman

**Ashraf & Nafiesa, Trinidad & Tobago**

May Allah grant us all Peace and Progress in the New Year.

Ashraf & Nafiesa

**Azhar Uddin Ahmad & family, United Kingdom**

**HAPPY NEW YEAR**

Azhar Uddin Ahmad

**The Harouns, Florida, U.S.A.**

Wishing You and Your Family a Happy & Most Prosperous New Year.

Click on the link <http://www.openmyeyeslord.net/theseasonsoflife.htm>

Akela, Haroun and Nayeb

**Mary and Dr. Khaliel Ghafoerkhan, Paramaribo, Suriname**

May the spirit of the season shine all around you. Merry Christmas and a happy and successful 2011.

Mary en Khaliel Ghafoerkhan

**Roy Radjbali, Paramaribo, Suriname**

Dear Brother JAK Akbar,  
*Assalam-0-Alaikum wrwb.*

Happy Seasons Greetings.

Happy New Year.

My Allah bless you all.

*Salaam.*

Roy Radjbali



## **HOPE MEMBER SERVICE**

### **Recipe of the Month**

#### **Chilli**

##### **Ingredients**

- 1 pound ground beef (1/2 kg )
- 2 large onion
- Garlic
- Salt
- Pepper
- Cinnamon
- Ground cumin
- Allspice
- Paprika
- Oregano
- 3 cans (or fresh) chopped tomatoes
- 2 cans of navy beans
- Tomato sauce (or paste, to which water will have to be added)

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

- Chop 1 onion, sauté in oil until golden, add garlic, and fry briefly
- Add ground beef and mix with onions
- Break up the meat
- Add about a cup of water
- Add salt, pepper, cumin (about 1 teaspoon), cinnamon (1 teaspoon), allspice (1 teaspoon), red pepper/chilli
- Let the meat cook
- Add more spices as you like

In a separate pot:

- Chop and fry onion, with garlic
- Add oregano, salt, pepper; let it fry 30 seconds
- Add the tomatoes, let that cook a bit
- Add paprika (1-2 teaspoon) and tomato sauce (1 can); let that simmer
- Add more spices to taste
- Drain the navy beans and wash them (avoid the ones with added sugar)
- Add the beans to the tomatoes
- Add the meat
- Let the whole thing simmer as long as you can, add water if starts to cook down too much. The longer it cooks the better it tastes.



## **PHOTOGRAPHIC PRESENTATION**

### ***Eid ul Adzha at Masjid Al Fatah Nausori***

#### **Introduction by Shaukat A. Ali, Coordinator, Asia-Pacific Region**

Below is a brief report from Abdul Nasim, *Pesh Imam* at Masjid Al-Fatah, Nausori. As this is your former hometown, we thought we should submit this first.

You will be pleased to note that the seed planted by Uncle, Imam Muhammad Abdullah Mahroom, has continued to grow and flourish. There are thousands of people who are spread all over the world who have benefited from his sacrifices and foresight in developing the school and the *Masjid*. You may be aware that I used to meet him and Aunty every trip I made to the USA from 1977 onwards – about a dozen trips. He had also asked me to address the gatherings at the *Masjid* after his *Jumuah Khutba*. May their souls rest in peace in the highest pedestal of *Jannat-ul Firdouse – aameen*.

#### **Report by Abdul Nasim, *Pesh Imam* at Masjid Al-Fatah, Nausori**

*As Salaam O Alaikum WRB.*

Photos taken on *Eid Ul Adzha* at Masjid Al Fatah Nausori.

*Khutba* delivered by Abdul Nasim – *Pesh Imam*, Masjid Al Fatah, and Secretary Anjuman, Hidayat Ul Islam Nausori. ...

*Allah Hafiz*  
Abdul Nasim



**Welcome return function of Mehboob Raza Sahib to Fiji, submitted by Rizwan ud Dean** Attached are pictures of Mehboob Uncle after his surgery at the Fiji *Masjid*. Mehboob Uncle had organized a *daras* on Saturday 27 November 2010 where he discussed the operation and gave thanks to the Almighty and the members AAIIIL worldwide for all their prayers and support given during his surgery.



## Maulana Muhammad Ali Day Celebration at Masjid Noor, Suva, submitted by Rizwan ud Dean

Attached are pictures of the 2010 Fiji Muhammad Ali Day. Today is Sunday here and the function started at 4.30 PM. As you will note from the pictures, there has been an increased shift towards getting the younger members of the *masjid* to participate in the function. The MC was Bro. Hafiz Raza.







## **CONTACT INFORMATION**

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**“ISLAM” stands for “I SHALL LOVE ALL MANKIND”**