



Majlis Ansarullah Nederland

NEWSLETTER



Zahanat wa Seht e Jismani – Health tips

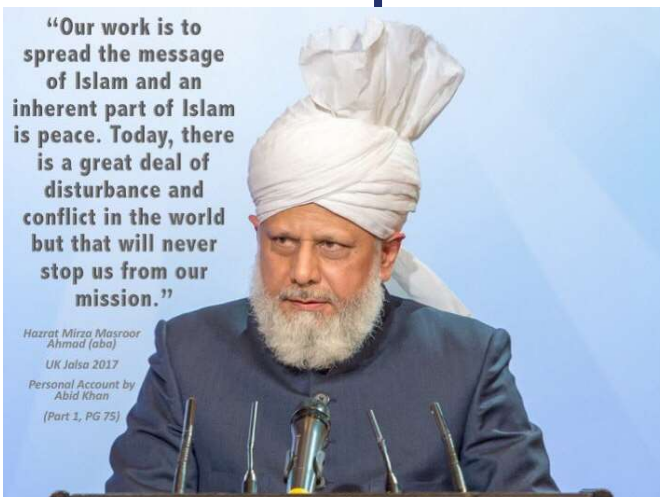
RAMADAN HEALTHY REPLACEMENTS

Limit caffeine		→		Drink infusions such as chamomile, anise,....
Limit salt		→		Use condiments: herbs, garlic and onions
Limit sweets		→		Enjoy fruits & dried fruits
Limit fried foods		→		Grill, steam or boil foods instead
Limit sugary drinks such as sodas or jellab		→		Stick to water or infused water

HQ
POLYCLINIC

Important dates in February

- **11/12** Family weekend
- **16th** Thu Knowledge Session (Online) [Ta'lim, Tarbiyyat, Tablieg]
- **17th** Fri Update list of Tajneed
- **19th** Sun Majlis Amila Mulk / Jamaat meeting day
- **20th** Sun Jalsa Yaoum e Musleh Maoud r.a.
- **25/26** Ijlas e Aam, Amila meeting, Ijlas aux. org. Umrah program



Interactive Regional Dai'ān-e-Ilallāh and Dai'ān-e-Khasoosi Class Held in 4 regions on Sunday 12th March 2023 and Saturday 18th March 2023

With the grace of Allah the Almighty Majlis Ansarullah was able to held Four Interactive Regional Dai'ān-e-Ilallāh and Dai'ān-e-Khasoosi Class were held in four Regions of Majlis Ansarullah Netherlands on Sunday, 12th March 2023 & Saturday, 18th March 2023. In total 85 Ansar participated in these classes.

During this class the following questions were discussed with the respected panel members.

- [1] If we organize a Tabliegh program for non-Ahmadis and non-Ahmadi Muslims, what order of actions should we take?
- [2] Why are you a member of the Ahmadiyya Muslim Community?
- [3] Why don't you perform prayers in the Mosques of Muslims?
- [4] How can you explain this verse to a Muslim? What is written in this verse?

مَا كَانَ مُحَمَّدٌ أَبَا أَحَدٍ مِّن رِّجَالِكُمْ وَلَكِن رَّسُولَ اللَّهِ وَخَاتَمَ النَّبِيِّينَ ۚ وَكَانَ اللَّهُ بِكُلِّ شَيْءٍ عَلِيمًا

Muhammad is not the father of any of your men, but *he is* the Messenger of Allah and the Seal of the Prophets; and Allah has full knowledge of all things. (*Surah Al-Ahzāb* 33:41)

And the following verse:

إِنَّ شَانِئَكَ بُوْءَ الْآبِتَرِ

Surely, it is thy enemy who is without issue (*Surah Al-Kauthar* 108:4)

- [5] Do you know that Ahmadis are not Muslims according the Consensus of scholars?
- [6] God does not exist and it is an invention and imagination of man!
- [7] How can God exist when there is so much evil and suffering in the world?
- [8] Why are men and women separated in Islām?
- [9] Why do Muslim women wear a headscarf and do they wear it for their men?



