

# LAJNA IMA'ILLAH EDMONTON EAST

2nd Issue

December 2015

## THE HOLY QUR'AN

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَمَا لَكُمْ أَلَّا تُنْفِقُوا فِي سَبِيلِ اللَّهِ  
وَلِلَّهِ مِيرَاثُ السَّمٰوٰتِ وَالْأَرْضِ ۚ لَا  
يَسْتَوِي مِنْكُمْ مَنْ أَنْفَقَ مِنْ قَبْلِ الْفَتْحِ  
وَقَتْلِ ۚ أُولَٰئِكَ أَعْظَمُ دَرَجَةً مِّنَ  
الَّذِينَ أَنْفَقُوا مِنْ بَعْدِ وَقَتْلُوا ۚ وَكَلَّا  
وَعَدَ اللَّهُ الْخَسِرَ ۚ وَاللَّهُ بِمَا تَعْمَلُونَ  
خَبِيرٌ ۝۱۱

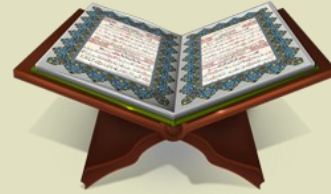
“And why is it that you spend not in the way of Allah, while to Allah belongs the heritage of the heavens and the earth? Those of you who spent and fought before the Victory are not equal to those who did so later. They are greater in rank than those who spent and fought afterwards. And to all has Allah promised good. And Allah is Well Aware of what you do.”

[Chapter 57: Verse 11]

## HADITH

“Only two persons deserve to be envied: firstly, a person to whom Allah gave wealth and he spent it in the cause of Truth; and secondly the person upon whom Allah has bestowed knowledge, wisdom and insight by which he judges between people and teaches them.”

[Sahi Bukhari Kitabu Zakat]



“It is now time for all those who count themselves among my followers, that they should help this Movement with their money. If someone can only afford one paisa, he should pay one paisa each month for the requirements of the movement; he who can afford a rupee should offer a rupee each month...”

Everyone who has accepted the Ba'iat should help according to his means, so that Allah too should help them. If the assistance is received regularly every month, even if it is minor, it is better than that which is made upon impulse after a long time of negligence. Every person's sincerity can only be judged by the service he offers. O my dear ones! This is the time for helping the faith and fulfilling its requirements. Make use of it, for this time will never return.”

[Kashti-e-Nuh, Ruhani Khaza'in, v 19, p 83]

**“And He has subjected to you whatever is in the heavens and  
whatsoever is in the earth; all this is from Him...”**

[Holy Qur'an, 45:14]

**RESPONSE TO PARIS ATTACKS****By Maryam Seager Sahiba**

While travelling around Western Canada this past weekend, I had seen the news in passing of the situation as it unfolded in Paris. It was only yesterday, however, while looking out the window of my plane waiting to take-off from Calgary International Airport, that I was able to reflect on the tragedy that had occurred on Friday, November 13, 2015 when eight suspected terrorists attacked the streets of Paris in seven coordinated attacks, killing at least 129 people and wounding over 300.

"Did you hear about what happened in Paris this weekend?" I asked the lady sitting next to me on the 50 seat plane as the engines started. She gave my headscarf a subtle but startled look and then responded "yes, what a tragedy."

"It's so sad, and angering at the same time," I continued. "They make all of us Muslims look bad."

"Don't feel bad," she said consoling me, "terrorism has no religion."

As a peace-loving and practicing Canadian Ahmadi Muslim, every report of a terrorist attack brings out a silent but desperate voice inside me begging the future: "please don't let it be someone who thinks they're a Muslim." Upon hearing that the suicide bombers yelled "Allahu Akbar" (God is Great) before taking their lives, a deep sort of grief begins to form in the pit of my stomach and I feel two types of pain.

The first type of pain I feel is of loss for the tragic souls who lost their lives and their loved ones. The second type of pain I feel is of helplessness for the Muslim Community at large, as we watch radical and fundamental groups like ISIS, Taliban, and Al-Qaeda hijack a peaceful religion for their political agendas.

I also feel that the members of the Ahmadiyya Muslim Community, with our slogan "Love for All, Hatred for None", can truly empathize with the sadness being felt by Parisians at this time. It was only five years ago in 2010 that we lost 82 souls of our own when a group of Taliban terrorists stormed one of our mosques in Pakistan and fired shots indiscriminately upon worshipers they declared 'heretics.'

And now the Islamic State (ISIS) has pulled the city of love into war.

Upon learning that one of the attackers was a Syrian refugee who had entered Paris only 30 days before, I now find myself wondering about the plight of the millions of genuine refugees still looking for a safe home. The worldwide leader of our Ahmadiyya Muslim Community, Hazrat Mirza Masroor Ahmad (atba), had stated only one month ago in Holland that European and Western countries should "help genuine refugees but remain vigilant to the threat of extremism" ["Help Genuine Refugees but Remain Vigilant to Threat of Extremism," Press Release, October 13, 2015].

There is no doubt that opening our borders to refugees also exposes all of us to some level of security risk, however, if we let these terrorists use fear to overcome the basic moral compass that guides us to help those in need, then the terrorists have won.

In the words of Martin Luther King, Jr., "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

**By Maria Sharif Sahiba****[Published in the Edmonton Journal on November 23<sup>rd</sup> 2015]**

Our world is in chaos, the global economy is fluctuating, terrorism is at a new high, and innocent lives are lost supposedly in the name of God. Often these acts of terror are carried out by so-called "Muslims," a fact that pains real Muslim communities because Islam stands for love and peace.

Terrorism is not a religion; no religion demands the sacrifice of innocents. People use religion as an excuse to commit acts that satisfy their sinister minds and political agenda. ISIS, which formally stands for "Islamic State in Iraq and Syria," has nothing to do with the true Islam. They are not Muslims, they are murderers.

We must come together and fight this crisis. My most sincere prayers go out to people affected by the Paris attacks. Peace and blessings be upon you.

کچھ شعر و شاعری سے اپنا نہیں تعلق  
اس ڈھب سے کوئی سمجھے بس معاہدہ ہی ہے  
دُرّ شین



*We are delighted to invite  
you for a colorful, fun filled*

*The Prophet (صلی اللہ علیہ وسلم) said,  
"Give food to the hungry,  
pay a visit to the sick..." (Bukhari)*

# MUSHAIRA

*Enhance Poetry In Urdu  
& English Languages*

*Ladies Only Event*

*on December 12th 2015*

# FOOD DRIVE

*Help Us End Hunger*

*\*\* Don't Forget to Bring  
Non-Perishable Food Item \*\**



*on December 12th 2015*

*followed by Dinner  
at Bait-ul-Hadi Mosque  
(Auditorium)*



## URDU CORNER

مال خود بخود نہیں بلکہ اللہ تعالیٰ کے ارادہ سے ملتا ہے

"یہ ظاہر ہے، کہ تم دو چم سے محبت نہیں کر سکتے اور تمہارے لئے ممکن نہیں۔ کہ مال سے بھی محبت کرو، اور خدا سے بھی۔ صرف ایک سے محبت کر سکتے ہو۔ پس خوش قسمت وہ شخص ہے کہ خدا سے محبت کرے۔ اور اگر کوئی تم میں سے خدا سے محبت کر کے اس کی راہ میں مال خرچ کرے گا۔ تو میں یقین رکھتا ہوں، کہ اس کے مال میں بھی دوسروں کی نسبت زیادہ برکت دی جائے گی۔ کیونکہ مال خود بخود نہیں آتا۔ بلکہ خدا کے ارادہ سے آتا ہے۔ پس جو شخص خدا کیلئے بعض حصہ مال کا چھوڑتا ہے۔ وہ ضرور اسے پائے گا۔ لیکن جو شخص مال سے محبت کر کے خدا کی راہ میں وہ خدمت بجا نہیں لاتا جو بجالانی چاہیے۔ تو وہ ضرور اس مال کو کھوئے گا۔ یہ مت خیال کرو کہ مال تمہاری کوشش سے آتا ہے بلکہ خدا تعالیٰ کی طرف سے آتا ہے۔ اور یہ مت خیال کرو کہ تم کوئی حصہ مال کا دے کر یا کسی اور رنگ سے کوئی خدمت بجالا کر خدا تعالیٰ اور اس کے فرستادہ پر کچھ احسان کرتے ہو، بلکہ یہ اس کا احسان ہے کہ تمہیں اس خدمت کیلئے بلاتا ہے۔"

(مجموعہ اشتہارات جلد سوم صفحہ ۴۹۷-۴۹۸)

یہ وقت پھر ہاتھ نہیں آئے گا

"..... ہر ایک شخص جو اپنے تئیں بیعت شدوں میں داخل سمجھتا ہے اس کیلئے اب وقت ہے کہ اپنے مال سے بھی اس سلسلہ کی خدمت کرے۔ جو شخص ایک پیسہ کی حیثیت رکھتا ہے، وہ سلسلہ کے مصارف کیلئے ماہ بہ ماہ ایک پیسہ دیوے۔ اور جو شخص ایک روپیہ ماہوار دے سکتا ہے وہ ایک روپیہ ماہوار ادا کرے..... ہر ایک بیعت کنندہ کو بقدر وسعت مدد دینی چاہیے۔ تا خدا تعالیٰ بھی انہیں مدد دے۔ اگر بے ناغہ ماہ بہ ماہ ان کی مدد پہنچتی رہے گو تھوڑی مدد ہو۔ تو وہ اس مدد سے بہتر ہے جو مدت تک فراموشی اختیار کر کے پھر کسی وقت اپنے ہی خیال سے کی جاتی ہے۔ ہر ایک شخص کا صدق اس کی خدمت سے پہچانا جاتا ہے۔ عزیزو! یہ دین کیلئے اور دین کی اغراض کیلئے خدمت کا وقت ہے اس وقت کو غنیمت سمجھو کہ پھر کبھی ہاتھ نہیں آئے گا۔"

(کشتی نوح، روحانی خزائن جلد ۱۹ صفحہ ۸۳)



## HEALTH CORNER

### Islam & Eating Right

By Basima Sadaf Sahiba

When a person submits himself/herself to Allah, he will experience security and peacefulness. There is a holistic approach to health in Islam. If you have strong faith according to Prophet Muhammad (pbuh), this is what is considered health. According to Islam, Spiritual health needs to be our first priority. Yes, physical and emotional health is important as well.

**“And with Him are the keys of the unseen; none knows them but He. And He know whatsoever is in the land and in the sea. And there falls not a leaf but He knows it; nor is there a grain in the deep darkness of the earth, nor anything green or dry, but is recorded in a clear Book.” [Holy Qur'an 6:60]**

It was narrated in the traditions of Holy Prophet Muhammad (pbuh) that versus from Qur'an can help heal from diseases. It is equally important to seek help from medical practitioner. Reading Qur'an heals your body as well as your soul.

Our bodies require food to stay healthy. You should implement a regular suitable diet for yourself. Choosing to have wholesome food such as fruits and vegetables that include a lot of nutrients such as carbohydrates, minerals, vitamins, proteins, fats, and amino acid is essential for our bodies. Unwholesome food is compared with going off track from the path of Allah. For example, once you start eating junk food excessively, it should remind you that you are starting to pray less and read Qur'an only once a week versus reading it everyday.

**“Then eat of every kind of fruit, and follow the ways of thy Lord that have been made easy for thee...” [Holy Qur'an 16:70]**

An individual in Islam must take care of their spiritual, emotional, and physical health by all means. The daily performance of five prayers itself is a form of exercise. The movement in the prayer involves all the muscles and joints and concentration in prayer relieves mental stress. If you choose to exercise daily for about 30 minutes, it will improve flexibility, enhance endurance, strengthen the heart, and fight depression.

A truly health conscious individual blends diet, nutrition, and exercise with the remembrance of Allah.



## KITCHEN CORNER

### Gobhi Manchurian

By Khadija Roy Sahiba

#### Ingredients

Cauliflower half flower  
 Flour 4 tbsp  
 Corn flour 4 tbsp  
 Salt ½ tsp  
 Ginger garlic paste 1 tbsp  
 Chopped onion 1 cup  
 Green Chile chopped 2  
 Coriander leaves chopped 2 tbsp  
 Soya sauce 2 tbsp  
 Ketchup ½ cup  
 Vinegar 2 tbsp  
 Sugar 1 tbsp  
 Oil for frying

#### Method

Make a paste of flour, corn flour, salt, ginger garlic paste and about half cup chilled water. Dip the cauliflower florets in this paste and deep fry till light golden brown and crisp.

Remove keep aside, heat 1 tbsp oil in a wok and add chopped garlic 1 tbsp fry till light golden. Add chopped onion and green chilies to it. Add soya sauce, ketchup, vinegar and sugar.

Add fried cauliflower to the mixture and mix well. Garnish with coriander leaves, serve hot.



### KIDS CORNER

#### We Scare Hunger

By Emaan Ahmad Bushra

Towards the end of October, a friend and I went around the neighbourhood to collect food bank items. The program is called "We scare Hunger," which is a program designed to end hunger in Canada. Alhamdulillah, we were able to collect 156 food bank items which included pasta, cans of beans, soups, etc. I found this to be an excellent learning experience for me because I had a chance to see the change individuals can make towards a cause. It was very good to see how giving the people are, and how much everyone wants to contribute to ending hunger in Canada. As Ahmadi girls, it is very important for us to help and contribute to our society and to show people the true face of Islam. Every little bit counts!



#### Holy Prophet's Kindness to Children

We, as children, have much to learn from Islam if we want to make our lives successful. We have to act upon the teachings brought by the Holy Prophet of Islam (pbuh) if we want to create a healthy and happy society.

God has sent the Holy Prophet (pbuh) as a "mercy for mankind."

He was a blessing not only for his followers but also for his opponents. He was a mercy for animals and even for plants. It is our duty therefore, to pay tribute to such a person and offer a salutation of peace to him.

Muslims all over the world pray for him and invoke the blessings of God on him. They say:

"Shower Thy blessings, O Allah, on Muhammad and his people as Thou have showered Thy blessings on Abraham and the people of Abraham. Prosper O Allah, Muhammad and his people as Thy have prospered Abraham and the people of Abraham. You are indeed Praiseworthy, the Gracious."

[Extract from the book: Holy Prophet's Kindness to Children by Rashid Ahmad Chaudhry, pg. 47-48]



**Don't forget to write a letter to Hudur<sup>atba</sup> this month!**

## Mark Your Calendars In DECEMBER

Date	Day	Event	Time	Place
4-6	Fri-Sun	Halqa Ijlaas	-	In Home
6	Sun	Waqifat Class	12:00pm	Auditorium
6	Sun	Nasirat Class	12:30pm	Auditorium
11	Fri	Lajna Edmonton East Amila Meeting	-	In Home
12	Sat	Lajna Edmonton East & West Mushaira/Food Drive	TBA	Lajna Prayer Hall/Auditorium
16	Wed	Cooking Class/Sewing Class/Health	12:00pm	In Home
20	Sun	Jalsa Seerat Un Nabi (pbuh) (East & West)	2:00pm	Lajna Prayer Hall
25	Fri	15+ Waqifat/Under 30 Lajna Class	6:00pm	Lajna Prayer Hall
28-29	Mon-Tues	Nasirat Ta'lim & Tarbiyat Camp (East & West) TENTATIVE	TBA	Lajna Prayer Hall
3,10,17,24,31	Thurs	URDU Tarjamatul Qur'an Class	5:00pm	Teleconference
3,10,17,24,31	Thurs	ENGLISH Tarjamatul Qur'an Class	6:00pm	Teleconference

***Tarjamatul Qur'an Classes*****Urdu Tarjamatul Qur'an Class**

(By Mrs. Amatul Rafiq Zafar Sahiba)

**EVERY Thursday at 5pm-6pm (MT)**

DIAL: 647-258-8000, press 1889, enter 786 786 and the pound key (#), press "mute" on your phone.

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**English Tarjamatul Qur'an classes**

(By: Respected National Sadr Sahiba Lajna Ima'illah Canada)

**EVERY: Thursday at 6pm-7pm (MT).**

DIAL: 647 258 8000, press 1889, enter 786 786 and the pound key (#), press "mute" on your phone.

Please take advantage of the opportunity to enhance your knowledge of The Holy Qur'an. For More information please contact you Local Ta'lim Secretary Qanitah Saeed Sahiba at

**780-456-1020 or 780-299-7207**, or you may email her at

**qanitahsaeed@yahoo.ca**