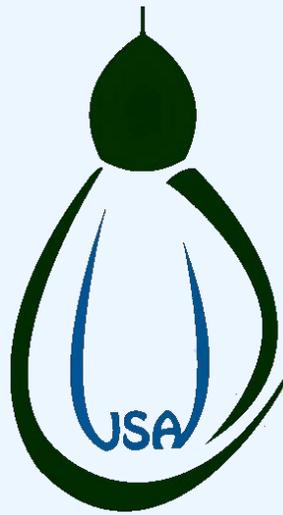




Lajna Matters

*A Publication of Lajna Ima'illah USA
e' Nasirat-ul-Ahmadiyya USA*

January 2024-June 2024



LAJNA IMA'ILLAH·USA

Sadr Sahiba's New Year's message

We are welcoming in a new calendar year. Alhumdulillah. Our collective goal should be to reach the fundamental objectives from the Lajna Centenary; 100% participation in Jama'at activities, daily recitation of Holy Quran, performing salaah, watching MTA and observing purdah. May Allah forgive our shortcomings in the previous year and enable us to strive hard to meet these goals in the new year, InshaAllah! Reflect on [this] prayer to help us: →

Material from this issue is from January 2024 to June 2024

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The Holy Quran

يَا أَيُّهَا الَّذِينَ آمَنُوا تَوْبُوا إِلَى اللَّهِ تَوْبَةً نَّصُوحًا ۗ عَسَىٰ رَبُّكُمْ
أَن يَكْفُرَ عَنْكُمْ سَيِّئَاتِكُمْ وَيُدْخِلَكُم جَنَّاتٍ تَجْرِي مِن تَحْتِهَا
الْأَنْهَارُ ۚ يَوْمَ لَا يُخْزِي اللَّهُ النَّبِيَّ وَالَّذِينَ آمَنُوا مَعَهُ نُورُهُمْ
يَسْعَىٰ بَيْنَ أَيْدِيهِمْ وَيَمَانِهِمْ يَقُولُونَ رَبَّنَا آتِنَا لَنَا نُورَنَا
وَاعْفِرْ لَنَا ۗ إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ ﴿٩﴾

O ye who believe! turn to Allah in sincere repentance. It may be that your Lord will remove the evil consequences of your deeds and make you enter Gardens through which rivers flow, on the day when Allah will not abase the Prophet nor those who have believed with him. Their light will run before them and on their right hands. They will say, 'Our Lord, perfect our light for us and forgive us; surely, Thou hast power over all things.' (Chapter 66, verse 9)

Hadith

Abd Allah bin Buraidah said :

Imran bin Hussain asked the Prophet^{sa} about the prayer a man offers in sitting condition. He^{sa} replied: His prayer in standing condition is better than his prayer in sitting condition, and his prayer in sitting condition is half the prayer he offers in standing condition, and his prayer in lying condition is half the prayer he offers in sitting condition.

[Sunan Abi Dawud]

From the Writings of the Promised Messiah^{as}

The Way to Lead a Life of Comfort

Malfuzat, Vol. 10, pp. 251-252

The Promised Messiah^{as} said:

It is stated in a hadith that, 'People should not lament a tyrant, they should bemoan their own selves.'¹ You should not bemoan a king or a ruler. If you reform your own selves, the rulers would also become kind and compassionate. If someone's ruler is cruel and callous, he should realize that his own conduct makes him merit this. What a pure rule it is that the Holy Quran has set forth:

إِنَّ اللَّهَ لَا يُغَيِّرُ مَا بِقَوْمٍ حَتَّىٰ يُغَيِّرُوا مَا بِأَنْفُسِهِمْ ﴿١٢﴾¹

When one has been indicted by God Almighty Himself, who can dare show him any favour and rescue him? Rulers mirror God's wrath or mercy. If God is pleased, rulers become com- passionate on their own. If God is displeased, then man has become deserving of punishment. No one can help!

Therefore, if you wish to live in comfort in this world, lean towards God and reform your own selves and become completely committed to Him;

مَنْ كَانَ لِلَّهِ كَانَ لِلَّهِ²

['He who becomes Allah's, Allah becomes his'].

There is a well-known proverb in Punjabi [language] which says,

جے توں میرا ہو رہیں سب جگ تیرا ہو³

['If you will be devoted to Me, the whole world will be yours'].

The truth, indeed, is that if God is pleased, everyone will be pleased with you. Pleasing God takes precedence. What a wonderful thing some of the wise people of Delhi said at the time of Nadir Shah's invasion:

شومی اعمال ما صورت نادر گرفت

['It is our own foul deeds that have seized us in the form of Nadir'].⁴

¹ Surely, Allah changes not the condition of a people until they change that which is in their hearts (Surah ar-Ra'd, 13:12). [Publisher]

² *Ruhul Bayan fi Tafsiril-Quran*, by Ismail Haqqi bin Mustafa, Juzw 7, p. 65, Tafsir Surah Luqman, verses 3-5 [Publisher]

³ These words were also revealed to the Promised Messiah^{as}; see *Tadhkirah*, edition 3, under 1903, p. 638 published by Islam International Publications Ltd., 2018. [Publisher]

⁴ Al-Hakam, vol. 12, no. 22, p. 7-8, dated 26 March 1908 ·USA

Create Homes where Every Child Feels Equally Valued

Words of advice by Hadrat Khalifatul Masih V^{aba} to new Ahmadis from Belgium who gathered in Islamabad for a mulaqat on February 11, 2024

Hudur^{aba} enquired as to how many Lajna members were in attendance, to which he was told there were 30 women, of whom 22 were Lajna members, seven nasirat and one small girl. There were also a total of 48 men in attendance.

Mr Shan Qamar said, that in Western countries, children as young as three or four years old are asked whether they are boys or girls. If a girl responds as a boy and the parents do not affirm this, the authorities can take custody of the child. He asked how parents or future parents could protect their children from this.

In response, Hudur^{aba} said, that training and tarbiyat should begin at home, and children should be taught within their households that they are created by Allah as either a boy or a girl. Sometimes, due to the influence of their environment, either at school or at home, children may come to think like this. For instance, in our Asian societies, girls are sometimes given less preference than boys, leading some girls to believe that becoming a boy would grant them more importance. This is the wrong approach.

Hudur^{aba} said that parents should, from the beginning, instil the right teachings, emphasising that Islam grants equal rights to both boys and girls. The Holy Prophet Muhammad^{sa} even stated that if someone has three daughters and he raises them well and provides them with a good education, he will enter Paradise. Such teachings should be imparted to children from a young age at home.

Hudur^{aba} said that this is a considerable challenge for parents today, requiring them to be more vigilant and careful in creating a home environment where every individual, boy or girl, is valued equally, ensuring no child feels compelled to feel that changing their gender would bring them more importance. This involves explaining the Islamic perspective from an early age. With a proper upbringing at home in this way, external influences will have no effect.

Hudur^{aba} explained, that the recent legal changes here in the UK, initially allowing primary school-going children to self-identify their gender, faced opposition, leading to the age being raised, possibly to the secondary school level, requiring parental consent. This awareness is growing here and hopefully will in Europe as well, God-willing.

Hudur^{aba} said the crux of the matter is that the reproductive system Allah Almighty has created is perfect for the propagation of the species. If a girl claims to be a boy or vice versa, they cannot acquire the organs specific to the other gender. A boy claiming to be a girl will not gain a uterus and cannot bear children, and vice versa. Any physical changes would only be superficial, possibly through hormone treatments to alter appearance, but the fundamental reproductive capabilities would remain unchanged. Despite advancements in medical science, no man has been able to give birth to a child, and those who wish to have children in such situations often have to adopt from others. This is yet another deception, an attempt to defy the natural order established by Allah the Exalted.

These deceptions, Hudur^{aba} said, are part of the Dajjal's schemes, attempting to oppose Allah's natural order. Allah has already warned against such attempts to alter humanity.

Messages from Sadr Lajna Ima'illah USA

January: **Happy New Year!** We are welcoming in a new calendar year. Alhumdulillah. Time to step up! Show progress! Strive hard! Our goal is to reach the fundamental objectives from the Lajna Centenary; 100% participation in daily recitation of Holy Quran, performing salaah, watching MTA and observing purdah. Please complete the monthly personal anonymous Taleem & Tarbiyyat survey so we can measure our collective performance and share with beloved Hudur^{aba}.

February: "To complete a good design is more meritorious than to begin it (Wisdom of the Holy Prophet, 1981, Pg 41). Therefore, this year I would like to report to beloved Hudur^{aba} that Lajna USA reached 100% participation in daily recitation of Holy Quran, performing congregational salaah, watching MTA and observing purdah. InshaAllah! Please complete the Online Members Monthly Survey (Your personal anonymous Taleem & Tarbiyyat survey). Collectively, let's Step up! Strive hard! Show progress!

March: In the observance of our Holy month of Ramadhan; pray hard, seek forgiveness and give alms. Chapter 17:83 states; "And We gradually reveal of the Quran that which is a healing and a mercy to the believers; but it only adds to the loss of the wrongdoers' ". Please keep in mind the blessings in reading the Holy Quran and to continue our good works. Wassalam.

April: • Lajna Ima'illah USA has been approved to raise funds to build our **National Conference Center** at AMI headquarters. Alhumdulillah • The estimated cost for this National Conference Center (LNCC) is **Seven Million dollars**. • Approved fundraising plan:

1. Each Lajna member and Nasirat contributes \$10.00 per month for at least six years (8,000 Lajna members plus 1100 Nasirats). This will generate \$91,000.00/month which is \$1,092,000/year or \$6,552,000.00 over 6 years. This is the ideal goal.
 2. Active members sponsor a \$10.00/month contribution for one or more non-active members on their tajneed.
 3. Lajna members who wish to donate \$1,000.00 per month or per year for six years; a room in the National Conference Center will have a plaque with their name as an honorary donor. Send your name and your contribution to local Secretary Maal designated for LNCC.
- **Lajna and Nasirat members can create fundraising projects at the local and regional levels and solicit donations from family members.**

May: In the Name of Allah, the Gracious, the Merciful. Alhumdulillah! On behalf of Lajna Ima'illah and Nasiratul Ahmadiyyat USA collective financial sacrifices, I was able to send to beloved Khalifatul Masih V^{aba} a check in the amount of \$45,313.57 for Eid funds to children in a needy country, send a check for \$30,000.00 to Humanity First to construct an additional hospital room for Nasir Hospital-Guatemala and send several checks totalling \$14,700.00 to help our lajna sisters in the USA. May Allah continue to enable us to provide for others. Ameen

June: Beloved Hudur^{aba} sends; "Convey my loving Salaam to all Lajna and Nasirat members in the USA ". At my recent mulaqaat, Hudur^{aba} stated that he would like to see Lajna USA be the best, InshaAllah. Beloved Hudur^{aba} was able to distribute our Eid contributions to several African Countries, Alhumdulillah. Please donate to our fundraising campaign for Lajna National Conference Center (LNCC): Our goal is 1 million per year for the next six years. Requesting your presence and/or prayers for Jalsah Salanah USA.

Taleem Matters

Columbus OH

Jalsah Seerat-un-Nabi

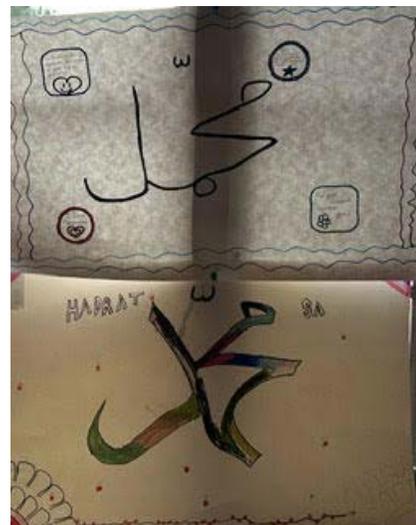
Columbus Lajna and Nasirat held Seeratun Nabi^{sa} Day on Sunday January 7, 2024. The Program included Poems by Lajna and Nasirat, and Presentation by Nasirat. 4 Speeches by Lajna on the topic of The leadership qualities of the Holy Prophet^{sa}, The Holy Prophet^{sa}'s compassion and mercy, Prophet Muhammad^{sa} as a Family man, and Prophet Muhammad^{sa}'s advocacy for Education were presented. There was also a Poster Presentation by Nasirat. In the end there was a Jeopardy Game for Lajna and Nasirat based on the knowledge of Ahadith.

Alhamdulillah, 40 Lajna, 10 Nasirat, 8 Children under 7, and 2 guests attended the program. 3 Non-Ahmadi Muslim guests also attended the event. The Book "Life Of Muhammad^{sa}", was gifted to them, which they greatly appreciated.

The Lajna and Nasirat participants put in a great deal of effort to prepare their presentations. The team of volunteers helped to set up, decorate, and provide refreshments and lunch.

Lajna Ijtema 2024

Alhamdulillah, Columbus Lajna and Nasirat held a Local Ijtema on Saturday April 20, 2024. Respected East Mid West Regional Sadr Sahiba also attended the event.



The Program started with Tilawat followed by Lajna and Nasirat Taleem Competitions. Next was the Jeopardy Game which was a fun-filled learning experience. Then, there were the Ziafat competitions (edibles and table setting). Then there was a break for fundraising stalls, lunch and salat. The afternoon session began with Tilawat and then Respected Regional Sadr Sahiba conducted the Tarbiyyat Workshop based on scenarios from LMC. The attendees were divided into four groups and given a scenario to discuss. Lajna really enjoyed this activity. Awards and certificates were handed out to the participants. The event concluded with closing remarks and du'a. Alhamdulillah, 36 Lajna, 8 Nasirat, and 4 guests participated and thoroughly enjoyed the event.

Georgia/South Carolina

Lajna Ijtema 2024

By the grace and mercy of Allah the Almighty, Georgia majlis held the Annual Ijtema of Lajna Ima'illah GA 2024 on April 27th.

To engage Lajna's interest, educational and enjoyable competitions, including Tilawat, Holy Quran memorization, Nazm, impromptu speeches, Handicraft, Ziafat, Scavenger Hunt, and Bai'at baazi were organized.

Two highly informative workshops were conducted by the Tarbiyyat and Handicraft departments, focusing on combating materialism and initiating home-based businesses.

Lajna were given framed photos of Hudur-e-Anwar^{aba} as prizes which everyone loved and appreciated.

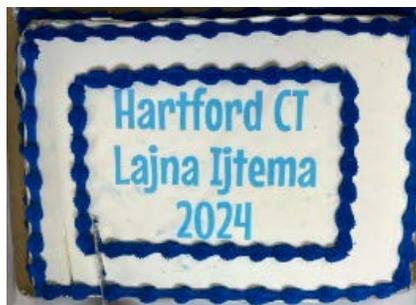
Many departments collaborated to ensure the success of this Ijtema. GA Majlis received valuable time and guidance provided by the regional Sadr Sahiba. 145 Lajna and Nasirat attended the event MaSha'Allah

Hartford CT

Lajna Ijtema 2024

On April 27th 2024, Lajna Imaillah Hartford CT organized a local Ijtema centered around the theme "Servants of Allah." The event brought together a total of 50 Lajna and 11 Nasirat, fostering an atmosphere of learning, collaboration, and spiritual growth. The Ijtema was designed to explore the noble qualities of Ibadur Rehman (the servants of the Most Merciful). Participants engaged in thought-provoking sessions aimed at deepening their understanding of these virtues. The morning session commenced with educational competitions, where participants engaged in friendly yet intellectually stimulating activities. During the salat and lunch break, nasirat played a vital role in fundraising efforts for Humanity First. The second session featured a practical workshop, focusing on essential skills of team building, time management, research (navigating alislam/quran app, library), effective communication and learning. The remarkable parallels between the disciplined life of bees and the qualities of devout believers were explored. Attendees reflected upon their roles





as servants of Allah and how they could avoid these pitfalls emphasizing the cultivation of humility, love, respect and justice as their virtuous counterparts. Alhamdulillah, the Ijtema concluded on a high note, leaving participants inspired and motivated.

Milwaukee WI

The Quran completion in Ramadan

Alhamdulillah, 30 Lajna members completed the Holy Quran during the month of Ramadan. Nasirat also participated in it. On the Eid day small gift bags were distributed to encourage them.



Minnesota

New Year's congregational Tahajjud

On January 1, 2024, Minnesota Lajna along with other members of the Jama'at gathered at the Nusrat Mosque for the New Year's congregational Tahajjud program. The program began with congregational Tahajjud, followed by Fajr prayer, a brief Dars, and Dua led by Murabbi Sahib. A total of 11 attendees, that included 10 Lajna and 1 Nasira, attended this program. Following the session, breakfast was served which was prepared by the collective collaboration of the Lajna members.



OshKosh WI

Khilafat Day 2024

Lajna and Nasirat members of Oshkosh attended the local Khilafat Day program after which they held their own short program. 30 Lajna and 18 Nasirat attended this program where they were divided into groups and participated in a Jeopardy style quiz. The 100 and 200 point questions were strictly for nasirat to encourage their participation but the rest of the questions were answered collaboratively by both. The questions included historical facts about the system of khilafat and the concepts and quotes about khilafat in general.

Musleh Mau'ud Day

In the month of February, Oshkosh Lajna and Nasirat celebrated Musleh Mau'ud day. Twenty one Lajna and fourteen Nasirat were in attendance and participated in the program. The program started with tilawat and translation of verses 3:194-195, followed by a Nazm from Kalam-e-Mahmud "Teri muhabbat main meray piyaray", with translation. After, the Prophecy Musleh Mau'ud, with English translation, was read out and a powerpoint about "Hadrath Musleh Mau'ud; His Khilafat and Magnificent Achievements" was presented. After that, Lajna and Nasirat both divided into mixed groups and participated in a jeopardy game consisting of questions about the prophecy, life, and achievements of Hadrath Musleh Mau'ud, and then we ended the program with silent prayer.

Silicon Valley CA

Lajna Bai'at Baazi Event

A fun and engaging Bai'at Baazi event was held by Silicon Valley Lajna on Sunday February, 25th 2024 at Baitul Baseer Mosque in Milpitas CA. Many members prepared for the event weeks in advance, and for some it was the first time that they were participating in Bai'at Baazi and memorizing the poetry of the Promised Messiah^{as} and Khulafa-e-Ahmadiyyat. Two teams were created to compete with each other, namely, Team Ayesha and Team Khadeeja. Twenty-eight Lajna, seven Nasirat, and two children under seven years of age attended the lively program. The program began with congregational Zuhr and Asr prayer and a delicious high tea, followed by a friendly competition in which the two teams showcased their memory of couplets of poetry. Alhamdulillah

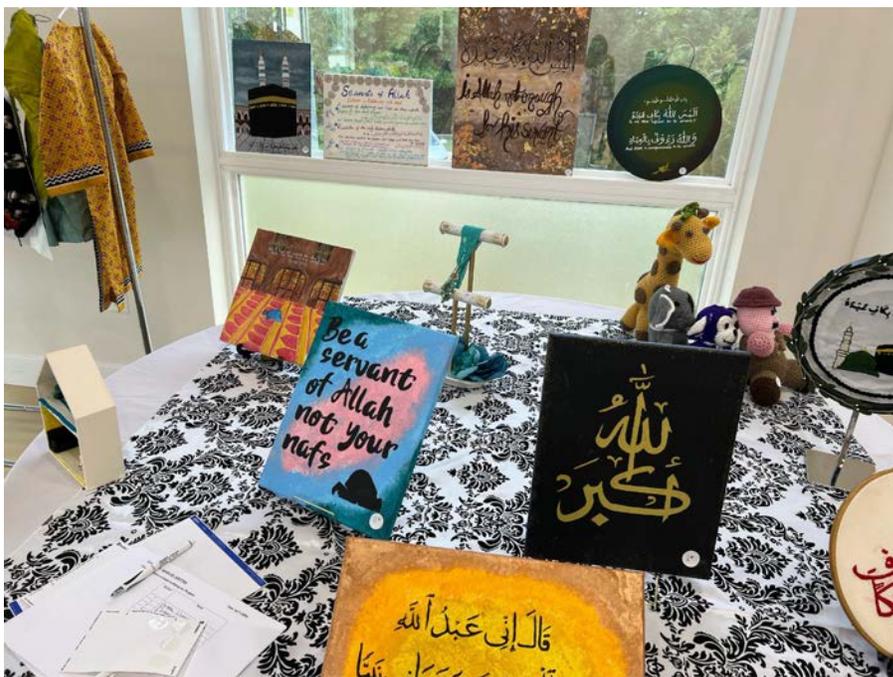


the event was enjoyed by all and the members who participated had a wonderful experience memorizing couplets from the rich treasure chest of Jama'at poetry.

Virginia North

Lajna Ijtema 2024

Virginia North Lajna held its 23rd Annual Ijtema on May 11, 2024. The theme of this year's Ijtema was "Servants of Allah." By the grace of Allah, 220 Lajna attended the Ijtema. Central South Regional Sadr Sahiba attended the Ijtema. The Ijtema started with Tilawat of the Holy Quran, Hadith with commentary, and a melodious Nazm all related to the Ijtema theme. Sadr Sahiba initiated the day's activities with the welcome address.



Three Taleem competitions were held, with a substantial number of participants in each competition. The attendees showed great interest and enthusiastically participated in the Hifz-e-Quran (memorization), Holy Quran recitation, and Urdu Nazm competitions. Two interactive workshops were conducted on the topics of "Purdah" and "Tarbiyat in Relation to Rishta Naata". Lajna were divided into small groups and discussed scenarios related to purdah. They shared inspiring personal experiences with purdah and discussed the importance of purdah in light of Islamic teachings. The Rishta Naata workshop was a panel discussion in which three Lajna members of different ages, who are at different stages in the Rishta process, shared their experiences and advice.

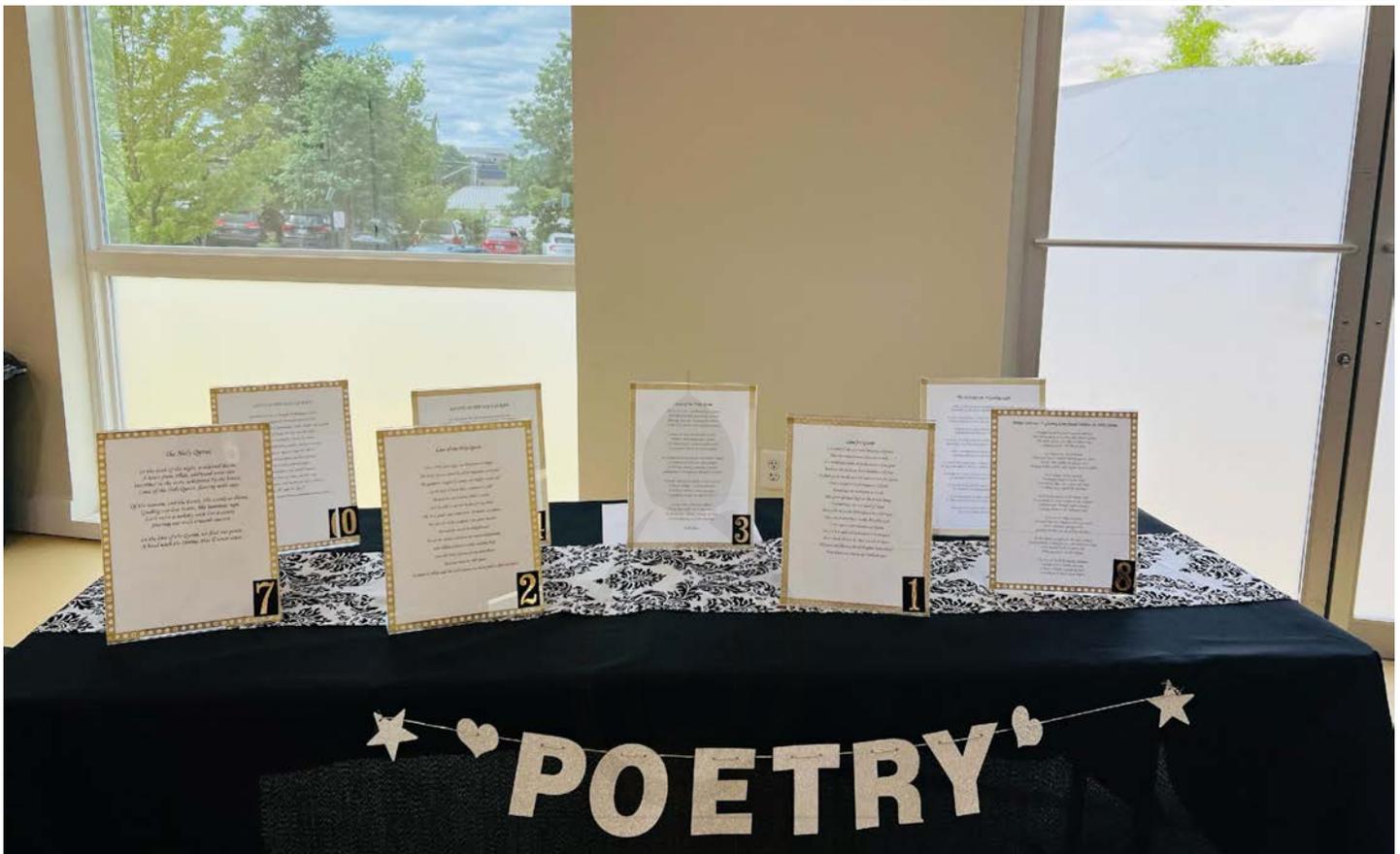


Lajna also participated in an English poetry competition on the topic of "Love for the Holy Quran". Lajna wrote inspirational original poems, which were displayed for exhibition at the Ijtema. Creative handicraft items were also prepared by Lajna for a competition, in which they submitted their sewing, embroidery, knitting, painting, and other items related to the theme. A variety of Ras Malai and cakes were also prepared for the dessert competition, which were later served.

All attendees participated in an interactive Urdu trivia and Ba'ait Baazi presentation. This presentation allowed participating members to share knowledge of the blessed poetry of the Promised Messiah^{as}, Khulafa, and other Ahmadi poets. Several booths including a Wassiyat table, Finance table, and a Health Awareness table were present.

The Nasirat Ijtema was simultaneously being conducted. The day concluded with prize distribution and a closing address by the regional Sadr Sahiba.

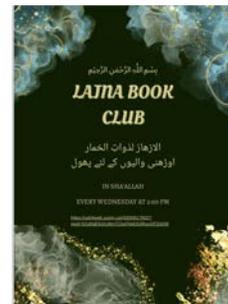
The Ijtema allowed the members of North Virginia Lajna to spend the day in a spiritually uplifting, but also fun and exciting event.



Virginia South

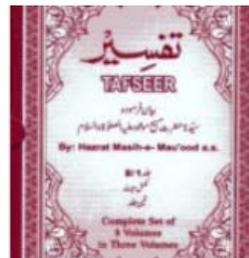
Book Clubs

Arranged book clubs in which different books of the Promised Messiah^{as} and Khulafa were covered. We are reading "Flowers for the Women Wearing Veils Vol. 1, Tozih-e-Maram, Salat, Essence of Islam, Conditions of Bai'at and responsibilities of an Ahmadi.



Tafseer ul Quran

Started Special Tafseer Classes during Ramadan for Lajna members. Every first Monday of the month we arranged a special class for Tafseer of those verses given in the workbook to understand them properly before meeting.



Introduced Resources

Introduced Lajna website, Salat hub and Quran App to Lajna members and informed them how they can benefit from the resources available on alislam website; how they can register themselves on Alfurqan to join classes. Held a special session with Waqf-e-Nau girls aged 20-25 and guided them on how they can help with different "Alislam projects."



Shared Recordings

Shared grammar and tarteel recordings with members.

Taleem Syllabus

Covered all questions, Ahadith, Malfuzat, special activities given in the workbook, presentation on the topics of importance of congregational salat, daily recitation of the holy Quran, and Purdah. Arranged special session during Salat Ashrah on the topic of "Importance of congregational salat". Arranged session for word to word translation of Namaz. Encouraged lajna members to register themselves for Quran classes on Alfurqan. On every first Thursday of the month we read a book on the topic of Salaat.

Taleem Test

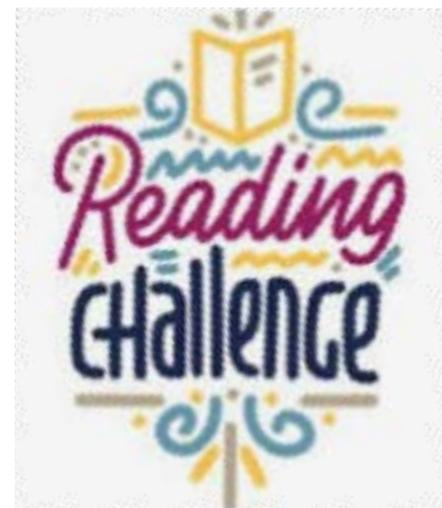
Encouraged Lajna members to do their Taleem test. Arranged special one-on-one sessions to help them understand the questions.

Local Ijtema

Local Lajna and Nasirat Ijtema was held on May 11 and 12, 2024. The theme was Servants of Allah.

Book Reading Challenge

Before Ijtema, book reading challenge was given to Lajna and more than thirty members participated.



Submitted by Dr. Amtul Rehman Ahmad
National Taleem Secretary, Lajna Ima'illah USA

Tarbiyat Matters

2024 Salat Special Directive

We began the new year with a Lajna and Nasirat collaborative workshop on salat. The purpose of this directive was to start the new year with a resolution to deepen our connection with prayer as the best means of connecting with Allah Almighty and recommit to making salat a central part of our daily lives. Lajna and Nasirat held a joint activity on the importance and etiquette of salat.

Majalis that participated

40/60 Majalis reported having implemented this special directive

VA-North	Indiana	CA-Silicon Valley
Kansas	WI-Milwaukee	NC-Research Triangle
Maryland	NY-Queens	AZ-Phoenix
NJ-Central	CA-San Diego	CA-BayPoint
NJ-North	MA-Fitchburg	NY-Buffalo
Minnesota	LA-New Orleans	OH-Columbus
TX-Houston	NJ-Willingboro	NY-Syracuse
NY-Rochester	TX-Dallas	VA-Richmond
NV-Las Vegas	NY-Brooklyn/SI	TX-Ft. Worth
NY-Albany	PA-Pittsburgh	MI-Detroit
IL-Chicago	PA-Harrisburg	WA-Seattle
OR-Portland	WI-Oshkosh	VA-South
MA-Boston	Alabama/TN	IL-Zion
	Iowa	

Maryland

- 1) Jan: The year 2024 started with a sleepover spiritual fitness camp about self reformation, tahajjud and fajar prayers.
- 2) Feb: 'Try a Hijab' activity was organized at a local school cultural night event. More than 150 people visited the Islamic culture booth. 12 girls and children tried out hijabs and loved it.
- 3) March: Posters about Etiquettes of Mosque were printed and displayed in Bait-ur-Rehman mosque in Maryland.
- 4) On monthly basis, different Islamic Etiquettes were revised in general and halqa meetings by the local Tarbiyyat office. These include etiquette of eating, salat, masjid, gathering, marriage, and greeting other sisters. It's an ongoing project and other topics will be added each month *In Sha'Allah*.
- 5) Reminder about importance of Wassiyat, on quarterly basis, is given.

VA South



Etiquettes of Mosque posters at Bait-ur-Rehman Mosque, Maryland



Nasirat and Lajna going for new year night sleepover and tahajjud

“Try a Hijab On” activity and Islamic culture booth at a multicultural night at Gorman Crossing Elementary School, Laurel MD



Submitted by Zuna Ahmad
National Tarbiyat Secretary, Lajna Ima'illah USA

PRAYER: A Prayer for a Resolute Heart

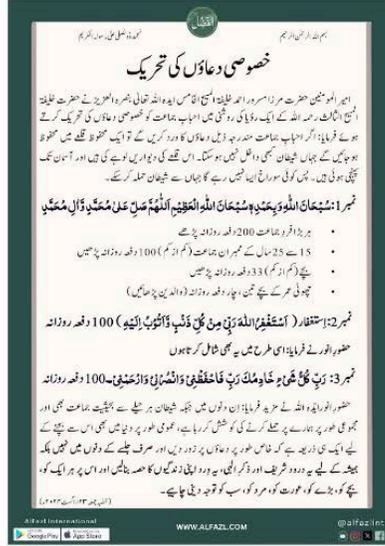
يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

O Changer of the Hearts! Strengthen my heart upon Your Religion.
[Tirmidhi, no. 2140]

اے دلوں کو پھیرنے والے! میرے دل کو اپنے دین پر قائم کر دے۔

[ترمذی، کتاب الدعوت- 2140]

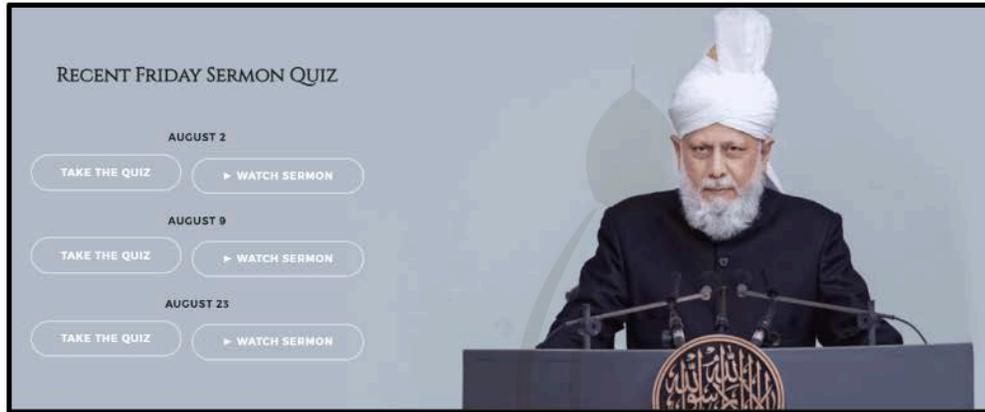
- In the beginning of each month, monthly prayer was shared in bulletin for Lajna to memorize.

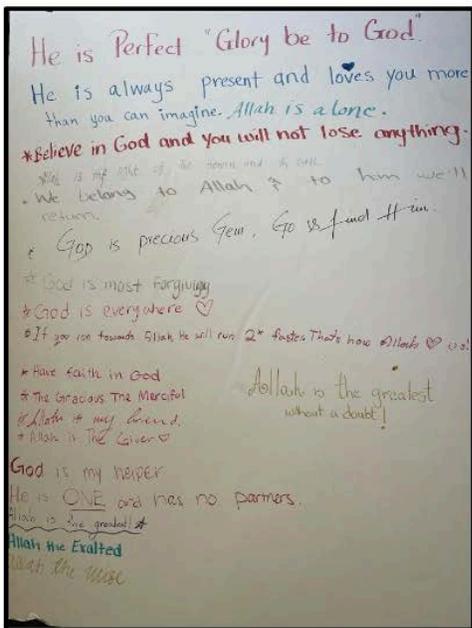
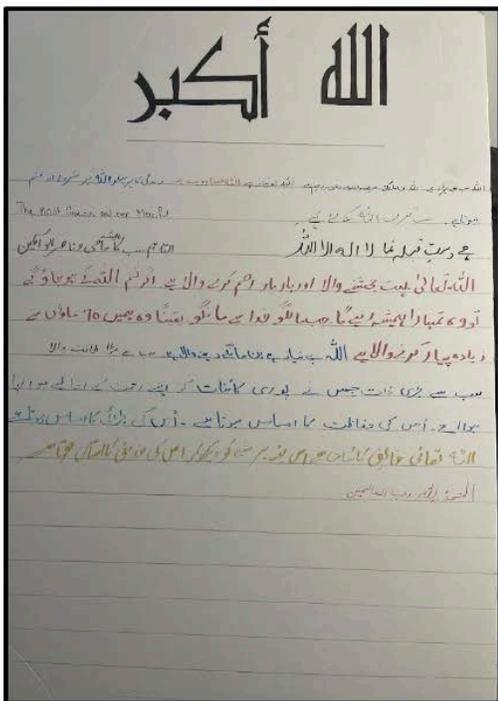


- We provided members with a letter to Hazoor Format in English & urdu.
- We also reminded and encouraged members to constantly recite Hazoor's recommended prayers.

Friday Sermon Book Clubs/Quiz:

Throughout every month, we discuss each Friday sermon in our book clubs, held every Monday. The National Friday Sermon Quizzes is posted in bulletin, along with other important messages and prayers.

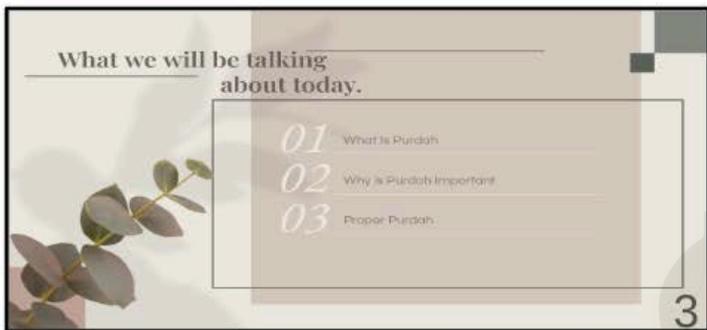
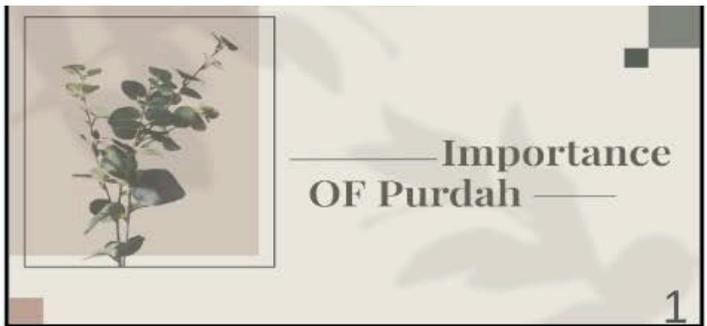




Posters:

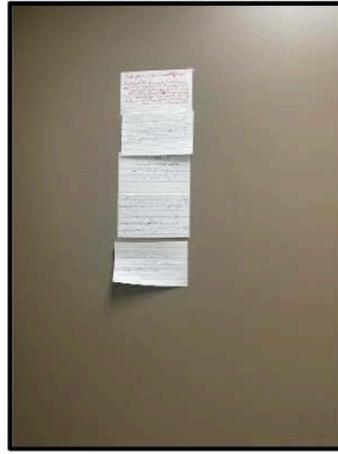
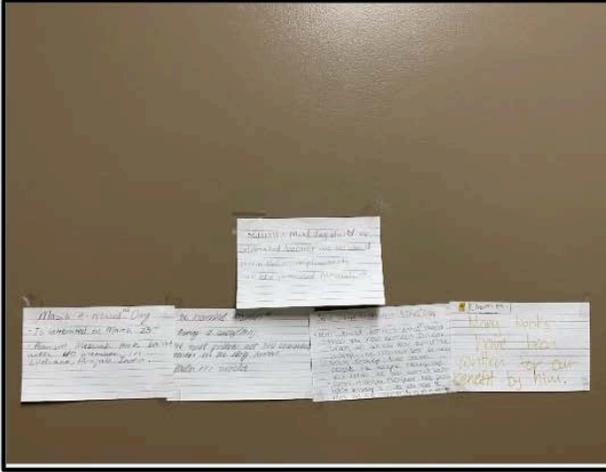
South Virginia hosted a Meena Bazar. April's topic is on "understanding on Allah O Akbar," so Lajna wrote one sentence on the Glory of Allah. By the Grace of Allah, 37 Lajna took part in this activity. The activity was done on poster boards. One poster was provided for English writers and the other for Urdu writer.

A Presentation on Purdah:



Masih Maud:

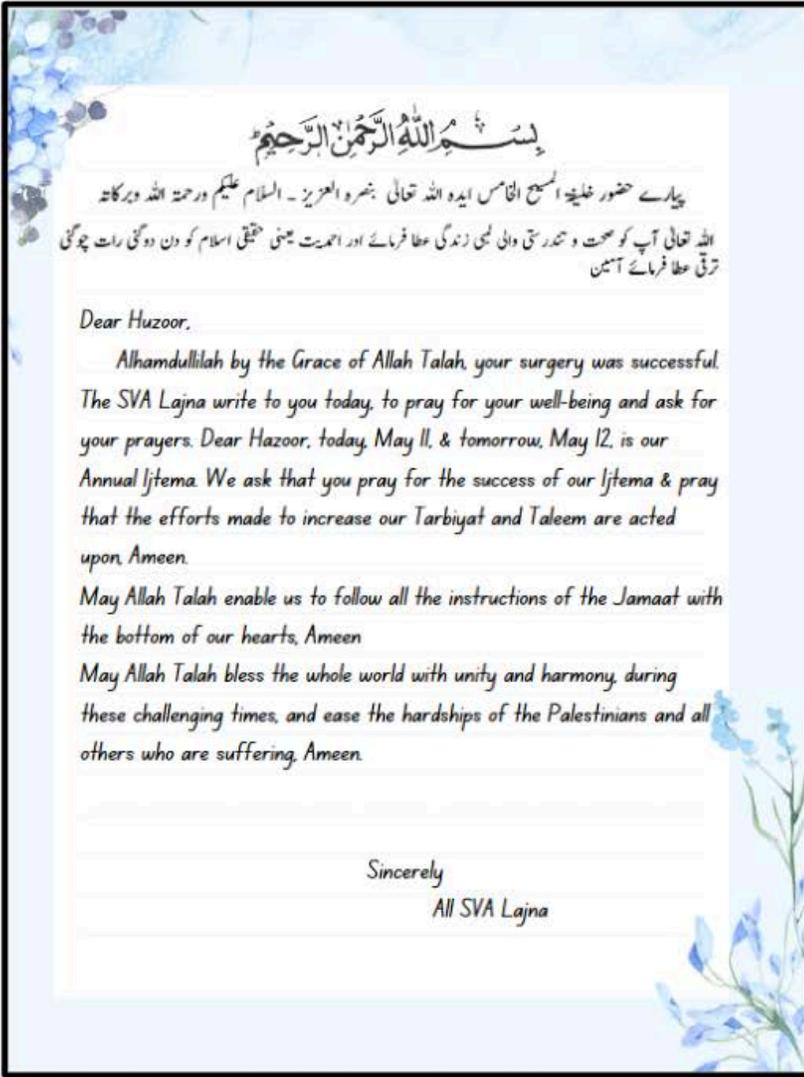
On Masih Al-Maud Day, we wanted the Lajna to carefully listen to the Jalsa with full attention. So, we provided Lajna with index cards and pens to write something about the Promised Messiah (a.s) that they heard during the Jalsa. Alhamdulillah, over 100 Lajna participated in this activity. However, due to the large gathering, only a few index cards were handed back. In this activity, both English and Urdu writers participated.



Eid Milan Activity:

During our Eid celebration, we organized a meaningful activity where Lajna members wrote down one of Allah's names on colorful paper. This allowed us to reflect on His attributes and strengthen our spiritual connection. We were blessed with the participation of 50 Lajna members.





Letter to Hazoor:

At our recent Ijtema, 141 dedicated Lajna members collectively signed a heartfelt letter addressed to Hazoor. It was an expression of love and support for our beloved leader.



Where ?
 M = Mosque
 C = Salat Center
 H = Home

ASHRA SALAT

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TRACKER

NAME _____

Salat Ashra:

From June 1st to June 10th, we implemented Salat Ashra. We created and sent daily flyers through our bulletin chat to encourage congregational prayers. Additionally, we distributed a Salat tracker at the beginning of Salat Ashra to facilitate consistent prayer tracking among our members.

Khidmat-e-Khalq Matters

Maryland

We have provided cooked meals to the Frederick Soup Kitchen for seven months in 2024. In addition, we provided fried chicken to the Grassroots shelter in Columbia, Maryland, for the whole year and every week during Ramadan this year. One Lajna and her husband have consistently helped refugee families in need. Several other Lajna helped to call or meet with elderly Lajna in their area. Two Lajna volunteered at Sleep in Heavenly Peace to help build beds for needy children. Also, Maryland Lajna held a bedding drive and donated sheets, pillows, and comforters to Sleep in Heavenly Peace. Alhamdulillah for the things we were able to provide this year and may Allah help us to continue to help the needy! Inshallah Ameen!



Lajna Long Island

Thanksgiving & Holiday Drive 2024.

On November 23rd, 2024, Lajna Imaillah Long Island hosted their annual Thanksgiving/Holiday Drive at Masjid Baitul Huda to share blessings with local families in need. Alhamdulillah, the event was a tremendous success, demonstrating the power of community, compassion, and collective effort.

Through the generosity and dedication of our members, we collected an impressive array of non-perishable food items: Cereal boxes, Pasta boxes, Pasta sauce, Stuffing, Cake mix, Mashed potatoes, Canned vegetables, Evaporated milk, Rice bags.

With these contributions, we prepared 265 food bags containing all the above items. Each bag proudly displayed our motto: "Love for All, Hatred for None", reinforcing the spirit of selfless service. The bags also included Jama'at flyers, spreading awareness of our values and mission.

On distribution day, 146 families received the food bags. Their expressions of gratitude and joy were truly heartwarming, serving as a reminder of the immense impact such initiatives have on those in need. We also prepared and distributed 100 freshly made turkey sandwiches, 200 loaves of Assorted fresh bread, and bananas. These items were distributed directly from Masjid Baitul Huda to families in need. This effort ensured that many individuals had access to fresh and nourishing meals.

Our Nasirat members (ages 13–15) played a pivotal role in this drive by collecting essential items such as: Sanitary pads, Formula milk powder, Regular milk powder, baby snacks. These items were thoughtfully donated from the mosque and distributed to families with specific needs, catering to their unique challenges. This initiative was aimed to ignite the passion for serving humanity in our youth, and their commitment was truly inspiring.

This drive was a shining example of teamwork and dedication. Many Lajna members and Nasirat volunteered tirelessly, from collecting and packing items to organizing and distributing the bags. Together, we transformed the simple act of giving into a profound gesture of love and solidarity. As we reflect on this successful event, we are reminded of our duty to continue serving



humanity with humility and compassion. Alhamdulillah for the opportunity to spread love, hope, and blessings in our community.

York/Harrisburg

Bethany Towers Thanksgiving Dinner

The Mechanicsburg Halqa of the York/Harrisburg Lajna once again successfully held a Thanksgiving Dinner for the senior community at Bethany Towers on November 28, 2024. Alhumdolillah. Similar to last year, we had a very large turnout for this Khidmate Khalq activity. Ninety-one elderly people signed up. In addition, we had thirty-six volunteers and helpers who attended the dinner, bringing the total number of attendees to 127.

Our sincere gratitude to Sister Khadijah James, who is a resident of Bethany Towers Senior Residence in Mechanicsburg, PA and has set up this opportunity for us each year since 2015. To give a brief history, Sister Khadijah (aka Auntie Khadijah) started out with preparing Thanksgiving Dinners for some of her neighbors and friends. Slowly, over the years, she began cooking and giving to many of the senior building residents who didn't have any visitors or family for Thanksgiving. In 2014, she and her daughter, Elecia, invited several of us to join them for a Thanksgiving dinner. We enjoyed it so much, and when we learned about what she had been doing for years, we wanted to help. Thereafter, the halqa lajna decided to assist Auntie Khadijah and make this our yearly Mechanicsburg halqa Khidmate Khalq Activity.

This year again, by the grace of Allah, many halqa lajna and nasirat helped with donations, with their cooking talents, with setup, the extensive cleanup, and most importantly, happily assisting the elderly. In addition we had many halqa lajna serving the meal which consisted of turkey, mashed potatoes, gravy, stuffing, corn, yams, green bean casserole, salad, cranberry sauce, mac & cheese, cornbread, and rolls with butter. There was also a table full of desserts- pumpkin pies, apple pies, brownies, cakes, cookies, and much more for everyone to enjoy.

We would also like to acknowledge and are grateful to MKA Harrisburg for their support in handling heavy weight items and helping us deliver the food to the rooms of the elderly who were unable to come down to the dining room.

We have been blessed with this rewarding experience to interact and serve the elderly since 2015 (except covid years 2020 and 2021). We pray that this project will continue to grow and bring joy to many elderly residents at Bethany Towers. Inshallah. The positive feedback we received from the elderly is hard to express in words, but they remind us at the dinner that



they eagerly await our Thanksgiving dinner each year. Alhumdolillah. We have received many, many thankyou cards of gratitude and well wishes from the residents that we cherish. May Allah continue to enable the Mechanicsburg Halqa to serve others so we may be recipients of Allah’s grace and mercy. Ameen.

VA South

In January, we conducted a presentation in honor of MLK Day, highlighting the importance of unity and service within our community. During the last ten days of Ramadan, several Lajna members coordinated and served Sehri meals for the 10 Lajna members sitting for Itikaf. As a gesture of support, we presented each of them with a small gift on the last day to honor their spiritual



MARTIN LUTHER KING JR. DAY

SVA Lajna Khidmat e Khalq Department

dedication. On Eid, we expressed gratitude to 20 pioneer Lajna members of SVA by presenting them with gifts, recognizing their longstanding contributions to our local Jama'at. Additionally, as part of the "Are You Okay?" initiative, we organized a gift-giving initiative to foster community cohesion by connecting 7 families from diverse backgrounds, encouraging lasting bonds and inclusion among Lajna members.

HOW DOES THIS RELATE TO US?

Drawing connections to the teachings of Islam, *principles of equality and justice are also integral aspects of our faith.*

The Ahmadiyya Muslim Community, under the guidance of our Khalifa, emphasizes the importance of treating all individuals with fairness and compassion, as we repeat in our slogan "Love for ALL, Hatred for None."

Submitted by:
Cassandra Shafeek,
Khidmat e Khalq Secretary,
Lajna Ima'illah USA

Nasirat Matters

Bay Point - CA

Ramadan: In April, Bay Point Nasirat raised \$350 towards the blessed Waqf-e-Jadid scheme. They baked and/or sold goods throughout Ramadan, including holding stalls in April. Some Nasirat discussed Ramadan with their classmates, and they also gave goodie bags to their classmates to celebrate. Nasirat also participated in the Jama'at External Iftar event, where many helped by serving, setting up, and or/cleaning up afterwards.

Local Ijtema: On April 27th, the local Ijtema was held. Many girls competed excitedly in the Taleem competitions, and two older Nasirat were part of a panel with Lajna to discuss inclusion and sisterhood. Nasirat competed in a calligraphy competition, as well as take part in a calligraphy craft session on the Attributes of Allah. A bounce house was also hired for the children to enjoy, and all of them had a great time. After the winners for the Taleem competitions were announced, all participants received a color-changing cup filled with goods like hairbrushes, clips, scrunchies, pens, jewelry, and more.

Inspiration from Hadrat Amma Jaan^{ra}: In May, Nasirat had a craft based on the monthly topic "Hadrat Amma Jaan^{ra}'s lifestyle". Eight Nasirat drew and colored what Hadrat Amma Jaan^{ra}'s room looked like based on the book's excerpt. In doing so, they were able to see how simple her life was, and they compared how they could simplify their own lives and spaces. For June, Nasirat took inspiration from Hadrat Amma Jaan^{ra}'s resourcefulness, learning that she never simply tossed things away and tried to reuse as best as possible. Six Nasirat created new things by only repurposing items from around the house. They made items like a cardboard Kaaba money bank, earrings from bottle caps, and more



Columbus OH

Nasirat Day: On February 25th, Nasirat Day was held with the purpose to create sisterhood between Nasirat, involve the Nasirat and generate love for coming to the mosque. Nasirat participated in a variety of activities, including rock painting, creating paper lanterns for Ramadan décor, Uno, and more. During rock painting, Nasirat were able to paint their rocks anything relating to the theme of Ramadan. Throughout the activities, the girls were able to socialize and bond with each other. Ten Nasirat participated in this event.

Salat Workshop: On June 2nd, Nasirat and Lajna had a successful collaborative workshop on Salat. The program began with two Nasirat-led presentations. The first presentation covered the importance of Salat, and the second presentation detailed the various positions of Salat, as well as the wisdom behind them. In between presentations, trivia questions including those related to Salat went around to Nasirat and Lajna. Afterwards, Lajna and Nasirat were split into two teams to play Jeopardy that had questions based on the presentations and prior knowledge of Salat and Salat positions. The program ended with another activity where Lajna and Nasirat worked together to organize given parts of Salat in the correct order. Six Nasirat and twenty-six Lajna attended this event.



Georgia/South Carolina

Nasirat Class: Before Ramadan, Nasirat class was held. The monthly presentation topic was on "Holy Quran (The Letter from Allah) and the Etiquette of reading Holy Quran". During the art and craft session where one of the older Nasirat volunteered to show how to paint on tile. Nasirat had great time building sisterhood by sharing paint, discussing their ideas with each other, and putting their imagination on tile. One young Nasirat also volunteered to show how to make a microwave cake.

Ramadan Potluck: Ramadan began with a potluck at the masjid; Nasirat volunteered by sharing a dish.

Nasirat Tarbiyyat Camp: Nasirat Tarbiyyat class and camp were held on January 20th. The day started with discussion on the acceptance of prayer. All Nasirat shared an experience on how Allah listened to their prayers and how they got accepted. In Ziafat, they learned about the names of lentils, and some older Nasirat shared recipes on how to make daal. After lunch, Nasirat Tarbiyyat Camp began with the recitation of the Holy Quran by Nasirat. This was followed by game and a talent table show. After a break, Nasirat and Lajna had combined activities. Many Nasirat volunteered in preparation for the camp by making posters, volunteering for the table talent show, and/or helping in games.



Hartford CT

Eid-ul-Fitr Bake Sale: On Eid-ul-Fitr, the Nasirat of Connecticut held a bake sale to celebrate Eid and raise funds for Humanity First. The bake sale featured an array of treats including rassmalai, cookies, cupcakes, candies, brownies, and cake pops. By the Grace of Allah, the bake sale raised a total of \$500 for Humanity First.



Queens NY

February Activities: The second Tarbiyyat class was held in February, which included writing a letter to Hudur^{aba}, a presentation on 'Holy Quran: A Letter from Allah', a short talk on financial sacrifice, lunch made by older Nasirat and parents, handicrafts, a cup-stacking teamwork activity, and Salat. During the monthly Lajna meeting, Nasirat ages 7-10 had also made paintings on what Salat means to them, and other girls presented their research on the different aspects of Salat.

Ramadan: During Ramadan, the Queens Nasirat helped with serving water and dates for Iftar, as well as set up for the Iftar guest dinner. During Nasirat Class, the girls also made paintings that were gifted to Jama'at elders on Eid Day. Finally, one of the Nasirat wrote on the topic of Ramadan, which was published in her local school paper.



Seattle WA

Local and Regional Ijtema: The local Seattle Ijtema was held on April 20th, and eighteen Nasirat participated in Tilawat, Qaseedah, and workshops on how to present and write speeches. They also made glove rabbits and sock monsters in a women's handicraft workshop. More than thirty Nasirat participated in the regional Portland and Seattle Ijtema on May 4th. During the regional Ijtema, Nasirat demonstrated their amazing art skills in a calligraphy workshop.



Interfaith Community Service:

On March 13th, Lajna and Nasirat partnered with a local church to make blankets for the less fortunate as part of the Lion's Mane Project. Seven Lajna and five Nasirat attended the event, strengthening social bonds with Christian friends and promoting harmonious community relations.



VA North

Seerat-un-Nabi Jalsah: Nasirat participated in the Jama'at Seerat-un-Nabi Jalsah in various ways. Some wrote essays or poems on the life of the Holy Prophet^{sa}. Essay topics included 'The Characteristics of the Holy Prophet^{sa}, and 'The Holy Prophet^{sa} and the Acceptance of Prayers'. Some Nasirat wrote speeches on topics like 'The Trustworthiness of the Holy Prophet^{sa}', which were presented to all the Nasirat. There was also a lot of participation in making posters.

Masih-e-Mau'ud Day: Two Nasirat gave speeches on the life and character of the Promised Messiah. Two Nasirat also took part in a group poem, "Masih-e-Waqt Ab Dunya Mai Aya".

Article Writing: Mehreen Raja, a 12-year-old Nasirah, wrote a letter calling for the violence to end in Gaza. Jaziba Munir, an eight-year-old Nasirat, also wrote a letter to the editor about Gaza. Both works were published in LoudounNow.

Ramadan Challenge: During Ramadan, Nasirat took part in the Ramadan Challenge, which consisted of reading the 5 daily prayers, reading the Holy Quran, watching/listening to the Friday Sermons, waking up for Sheri/Tahajjud, doing good deeds, and giving financial sacrifice. Mashallah, thirty Nasirat completed the challenge; they received a certificate of recognition and a chocolate bar.

Sports Day: Sports Day was held on June 9th in the mosque gym. Nasirat were able to choose from many sports like badminton, volleyball, hula hoops, and more. Nasirat were able to strengthen sisterhood and have a fun time. It was also an opportunity for Nasirat to feel relaxed as their Tahir Academy exam was on the same day; in fact, Nasirat gave positive feedback on the event, and some said they felt less stressed about the exam. A Kona Ice truck was rented for Nasirat to enjoy shaved ice and their favorite flavorings.

VA South

From January to June 2024, several events and programs were organized for the Nasirat. These activities aimed at fostering engagement, and enjoyment among Nasirat. Below is a summary of the key activities conducted during this period.

Monthly Classes Held: Monthly educational classes were consistently held for the Nasirat, covering a range of topics that included moral training and general knowledge.

Local and Regional Ijtema Held: Both local and regional Ijtema events were organized during this time, providing an opportunity for Nasirat to participate in spiritual, educational, and recreational activities. The Ijtema included Quran recitation competitions, speeches, and other competitions, allowing Nasirat to showcase their knowledge and talents.

Nasirat Prepared Taranas for Different Events:

In preparation for various events, Nasirat learned different taranas that they presented during these occasions.

Nasirat Musleh Mau'ud Day Held on Zoom: Nasirat celebrated Musleh Mau'ud Day via Zoom, where they learned about the prophecy and legacy of Hadrat Musleh Mau'ud^{ra}.

Nasirat Submitted Monthly Report Forms: We ensured that monthly report forms and salat tracking sheets were submitted regularly by Nasirat, providing a detailed account of activities, attendance, and progress. These reports were important for monitoring the growth and involvement of the Nasirat in the various programs.

Special Ramadan Program for Nasirat: During the month of Ramadan, a special program was organized for Nasirat. This program included daily prayers, Quran recitations, and discussions, helping Nasirat to make the most out of this blessed month.

Nasirat Eid Fun Day: A Nasirat Eid Fun Day was held, where the Nasirat enjoyed various games, activities, and treats. This event was a source of celebration, helping the Nasirat bond with each other in a fun environment.

These events and activities ensured that the Nasirat remained engaged and connected to the Jama'at and each other.

Zion II

Calligraphy Competition: Zion Nasirat had a calligraphy competition, and they also gave a presentation on Salat to Lajna.



Ramadan and Eid Pictures

LA East, CA



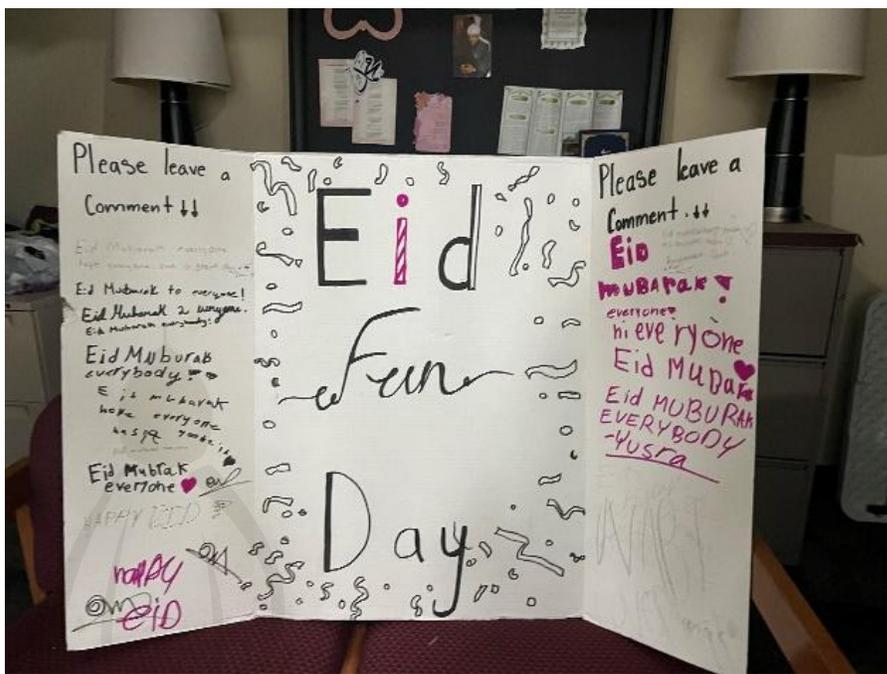
Philadelphia PA



St. Louis MO



VA South



Submitted by Nurjamila Bahri
National Nasirat Secretary, Lajna Ima'illah USA



Industry and Handicraft

Results Of Handicraft Competition at Jalsah Salanah USA 2024

7/22/24 9:40 AM

Knitting/ Crochet

- First:** Maryland & Austin TX
- Second:** Research Triangle NC
- Third:** Cleveland OH
- Fourth:** Virginia South



Handicraft

- First:** Richmond VA
- Second:** Austin TX
- Third:** Maryland
- Fourth:** Virginia South



Painting

- First:** Virginia South
- Second:** Cleveland OH
- Third:** Virginia South
- Fourth:** Maryland & Richmond VA



Sewing

- First:** Queens NY
- Second:** Cleveland OH
- Third:** Virginia North
- Fourth:** Zion & Dallas TX



Embroidery

- First:** Cleveland OH
- Second:** RTP
- Third:** Virginia North
- Fourth:** Maryland & Dallas TX



Tabligh Matters

January 2024

Virginia North - January 2024 - Two book clubs meeting were held and an average of 18 people attended. They are reading Jesus^{as} in India and the purpose of this book club is to brush up and expand their knowledge of the real circumstances of Prophet Jesus^{as}'s death, so they are better equipped to counter arguments in the field of tabligh.

February 2024

Seattle - February 10, 2024 - Held a Lajna workshop on "Tabligh Guidelines in the Holy Quran".

Maryland - February 2024 - 4 Lajna members participated in Culture Day at their school where there were 150 attendees. 23 scarves were distributed.

Georgia - February 13, 2024 - Hosted a Halqa Tea where a group of seven ladies from a local synagogue visited Bait'ul Ata. These ladies were introduced to Ahmadiyyat and Islam.



Oshkosh - February 14, 2024 - 14 guests attended a Voices for Peace on the Palestine Conflict at Qamar Mosque, Oshkosh. They discussed Absolute Justice and Peace for Gaza.



Silicon Valley - February 2024 - Tabligh book club continued with the ladies as they read the book, Hijab.

March 2024

Seattle - March 13, 2024 - Lajna and Nasirat partnered with the local church to make blankets for the less fortunate. It was a project called "Lions Mane project". 12 people who went to the Church came to help with this project. 7 Lajna and 5 Nasirat were in attendance.



Silicon Valley - March 12, 2024 - 14 Lajna and 12 guests attended a Women in the Holy Quran Tabligh event at Baitul Baseer Mosque.

Silicon Valley - March 23, 2024 - Lajna was very active in helping with the external Iftar at Baitul Baseer Mosque. They made 300 date bags for Jama'at and guests, fliers, and invited approximately 250 women to attend. There were 60+ Lajna, and 63+ female guests who attended.

Seattle - March 23, 2024 - Approximately 30 Lajna members helped host the interfaith iftar dinner where around 31 guests attended.

Seattle - March 2024 - Presentations were given to Lajna sisters on "Following the Tabligh Guidance in Holy Quran" and a Quran exhibition was held showcasing the scientific facts in the Quran.



Fort Worth - March 2024 - Lajna and Nasirat prepared 16 Ramadan festive bags for school teachers.



Georgia - March 30, 2024 - 79 guests attended Interfaith Iftar at Baitul Ata Mosque in Georgia. It was a very successful event.

Tucson - Had a booth at the Festival of Books and sold 5 books and distributed 500 pamphlets.

Virginia North - March 2024 - Several (8) mothers of young nasirat and atfal went to their kids' schools and did presentations on Ramadan, Eid and other general trivia about Islam in their kids' classrooms. They also answered questions from teachers and kids.



Dallas - March 30, 2024 - 30 female guests attended the Interfaith Iftar and Lajna prepared a Quran Exhibition.



April 2024

Columbus - April 6, 2024 - Ramadan Open House was hosted by Columbus Lajna where 4 guests attended.



Fort Worth - April 2024 - Tabligh department encouraged Lajna during the month of April to distribute gifts to their neighbors and friends for EID. Eid cards were given out with greetings of gratitude and inviting others to share in the joyous occasion. Eid greetings and a QR code explaining "What is Eid ul Fitr " was printed on a tag that was attached to the gift bags. 30 bags were distributed. others to share in the joyous occasion. Eid greetings and a QR code explaining "What is Eid ul Fitr " was printed on a tag that was attached to the gift bags. 30 bags were distributed.

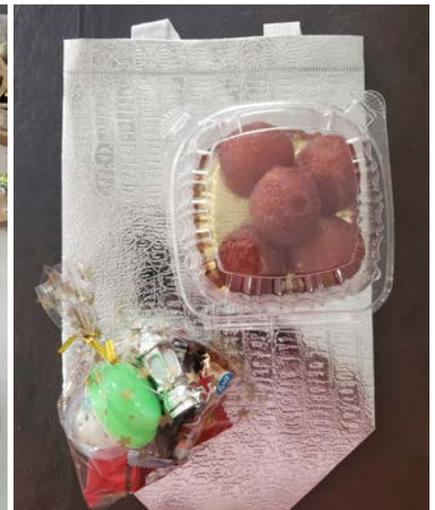


Silicon Valley - April 2024 - Lajna Imaillah Silicon Valley partnered with a group known as The Parents Circle, to hold an event titled, Shared Grief, Shared Hope on April 20th, 2024. The Parents Circle is a joint Israeli-Palestinian organization of over 600 families, all of whom have lost an immediate family member to ongoing conflict. The organization utilizes all resources available to educate the public on the process of reconciliation. 20 guests attended.

Silicon Valley - April 8, 2024 - One of our lajna members (founder of the Muslim Student Association at St. Mary's College) held an annual iftar dinner at St. Mary's College on Monday April 8th. There were 4 lajna present, and 20 female guests. An address was given on "Ramadan and the existence of God." Iftar was served as well.

Virginia North - April 2024 - Several NVA Lajna also spread Eid cheer at the occasion of Eid-ul-Fitr by distributing Eid gifts and food items to their neighbors and friends.

Virginia North - April 2024 - Lajna continued to spread Ramadan/Eid awareness in the first half of April. One mother read a Ramadan themed story book to her son's class and also donated the book to the school, and distributed goodies to the children. One Nasira did a Ramadan presentation in her class. One lajna, who is a teacher, did a Ramadan presentation for her students. One

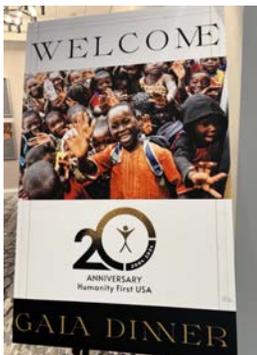


mother teamed up with other Muslim mothers in her daughter's elementary school and hosted a brunch for the school staff to celebrate and show the importance of Ramadan. Another mother teamed up with other Muslim mothers at her daughter's middle school and hosted Eid Celebration breakfast.

May 2024

Cleveland - May 2024 - Last year, connections were made with some workers at a local Goodwill Store by giving small gifts and pamphlets. Alhamdulillah, this year we were able to continue this connection and invite them to dinner in May. Light discussion on Islam and purpose of life were held.

Dallas - May 2024 - This month Jama'at held a Quran exhibition and booth at the Asia Fest (Asian American Heritage Festival) held in Plano, Texas. 4 Lajna representatives including Tabligh secretary aided in setting up the booth and tending to any women that would visit. Qurans displayed were in various Asian languages. Approximately 50 people came to the exhibit out of which 25 went into the booth area and had good conversations. There were 6 women who gave their contact information and expressed interest in visiting the masjid.



Virginia North - May 10, 2024 - Tabligh Secretary had an opportunity to attend a dinner organized by the women of the United Methodist Church in Leesburg (Women in Friendship).

Virginia North - May 16, 2024 - Virginia North invited Tabligh guests to the Humanity First Gala Dinner held on May 16 in Washington, D.C. 4 tabligh guests attended as well as 21 lajna.

June 2024

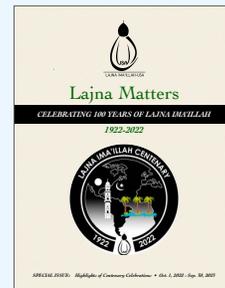
Georgia - June 24, 2024 - Tabligh secretary attended the maiden joint Juneteenth Day Celebration for Greater Atlanta area cities, Sandy Springs and Dunwoody. It was addressed by a few Christian pastors and they had prayer.

Cleveland - June 2024 - Cleveland Lajna took part in preparing of over 170 sandwich/lunch bags for local homeless shelters. Three lajna members came together and prepared bags with sandwiches, juice boxes, fruit, and granola bars, along with a small pamphlet on "Love For All Hatred For None."

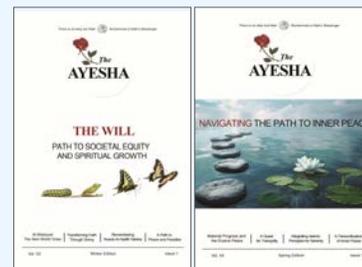
Submitted by Amatul Quddus Ayaz-Shams
National Tabligh Secretary, Lajna Ima'illah USA

Isha'at Matters

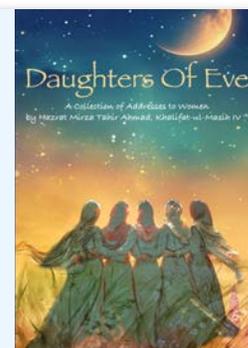
Lajna Matters Centenary issue: This issue contains the highlights of centenary celebrations from October 1, 2022 to September 30, 2023. Special features include quotes from Hadrat Khalifatul Masih II^{ra}, messages from Hadrat Khalifatul Masiha^{aba} and National Sadr Lajna Ima'illah USA, Lajna centenary exhibition, National Lajna Ijtema, centenary celebrations activities in various majalis, centenary messages, Lajna activities during the pandemic, an account of the virtual mulaqat of Lajna Ima'illah USA with Beloved Hudur^{aba}, the African model village, and much more.



The Ayesha: As per direction from Beloved Hudur^{aba}, we were able to publish four issues in the year 2024. The Spring issue was themed The Will, and the Summer issue's theme was Navigating the Path to Inner Peace. They feature articles, poems, personal reflections and mention of notable women of excellence, contributed by the members of Lajna Ima'illah-USA. If you would like to be published, find out how to contribute by visiting lajnausa.net. We welcome your feedback, comments and contributions.



Daughters of Eve and Society Reminiscent of Paradise is the English translation of Hawwa ki Baitiyan, a collection of addresses to women, delivered by Hadrat Mirza Tahir Ahmad, Khalifatul Masih IV, may Allah shower His Mercy on him. It is a priceless resource of guidance and inspiration in the form of five addresses delivered by our beloved Hadrat Khalifatul Masih IVth, to Lajna Ima'illah in UK, Qadian, Germany and Canada (1990-1991). In them, Hudurth has elaborated on all aspects of moral training in detail.



Children's Books: Lajna Ima'illah Isha'at department published three Allah Loves Me Series books for children, designed to instill in them a love for Allah and the Holy Quran. We invite members to peruse them and let us know at ishaat@lajnausa.net if they are interested in writing and/or illustrating children's books.



VA South

Ishaat presented a presentation about the meaning of Ishaat to Nasirat and youth. A bulletin board for Lajna and Nasirat is created every quarter to give inspiration, hadiths, and highlight upcoming Jama'at events. Few examples of past boards are shown below.



Writing Workshop Powerpoint:

The Goal of Writing Workshops

- We plan to hold monthly workshops helping you with:
 - Writing for Isha'at & Media Watch
 - Edit essays, cover letters, resumes, etc.
 - Improve your writing and research skills

Ayesha Magazine

- The purpose of this publication is to educate, enlighten and inform its readers on religious, social and political issues with particular emphasis on Islam, and the role of women in Islam.
- Articles (1500-2000 words), Poems, Personal Reflections (500-1000 words) around the theme. We also cover synopsis of Current Issues from an Islamic Viewpoint (1000-1500 words).



Writing for Isha'at

Secretary of Ishaat,
Zeenat Ahmed Sahiba



Submitted by Shazia Sohail
National Publications Secretary, Lajna Ima'illah USA



Ziyafat

VA South

Regular reminders we're given regarding food wastage, healthy food habits, and garbage disposal at every event and meeting. Promoted discipline and proper management in Ziyafat.

Aziza Rana, National Ziyafat Secretary, Lajna Ima'illah USA

Waqf-e-Jadid

VA South

2023 Year Report, that was due in Jan. 2024, was submitted showing 100% participation by Lajna. Jan. to Mar. 2024 calls and text messages were done to membership to collect pledges. In the period March to June, alhamdulillah 60% collection done.

Samantha Issam, National Waqfe Jadid Secretary, Lajna Ima'illah USA

Sihat Jismani

VA South

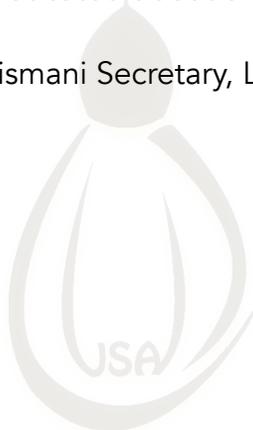
Promoted attendance and sent reminders for the Health webinar -2x a month.

Followed the national monthly calendar and provided information / flyers regarding all the topics. Advocated health, hygiene and regular doctor checkups. Sent emails regarding breast examinations. Held regular volleyball practices in preparation for the Volleyball tournament. A cookbook was made containing recipes from local Lajna.

Maryland

Maryland Lajna held basic Cardiopulmonary resuscitation (CPR) class during one of their local meetings. The purpose was to make awareness how to perform CPR until professional help arrives. The session holds basic training for adults, children and infant CPR. This class also provides information on how to take care of choking adults, children and infants. MashAllah, a good number of Lajna attended this session and were educated about the basics of CPR.

Dr. Khadijat Ogunbiyi, National Sihate-Jismani Secretary, Lajna Ima'illah USA



Umoore Talibaat Matters

Virginia South

During the Jan.– Mar. 2024 quarter, SVA Umoor-e-Talibaat (UT) took part in multiple activities which were leadership based, knowledge based, and volunteer based for Khidmat-e-Khalq and attending national and local Jama'at events. The following is a breakdown of how the SVA UT actively participated:

- * Attended the Q4-2024 meeting on March 31, 2024, which covered the quarterly topics of, "The True Purpose of Wasiyyat – The Will" and "Tips on Choosing a Career." Twenty-six UT members were in attendance. Others were encouraged to actively participate.
- * Actively participated during Ramadan with duties and served during Iftar time.
- * Actively participated in the Iftar Dinner hosted by the SVA Jama'at.
- * Actively took part in the GMU – AMWSA chapter.
- * Volunteered with registration, serving food, security and audio/visual during local SVA events.
- * Actively taught Tahir Academy classes.
- * A few members wrote articles for the Media Watch.
- * Some members are very active in helping humanity by volunteering at schools and local Jama'at events.
- * Per approval and support from SVA Sadr Sahiba, on Eid, 43 active UT members were given an Eid gift to show appreciation for their efforts and strengthen the bond of sisterhood. The funds from a local Meena Bazaar UT food stall were used to sponsor this effort.



The following is information and attachments for the SVA UT activities in Q5-Q6 2024 (April – September 2024). Due to Eid and Jalsah Salanah USA, we combined the two quarters. During these quarters, SVA UT took part in multiple activities. Below is a breakdown of how the SVA UT actively participated:

- * Attended the Q5-Q6 2024 meeting on Sunday, July 21, 2024, which covered the quarterly topics of, "Lajna Ima'illah – its Purpose and its Beginning" and "How to Overcome Stress and Achieve Academic Success." Fifteen UT members were in attendance. Others were encouraged to actively participate. All the

AGENDA –UT Meeting Sunday, 03/31/2024 (Online via Zoom @ 3:00 p.m. – 4:00 p.m.)		
Tilawat/Translation <i>Surah Al-Baqarah (184:186)</i>	Azka Mubarak	5 minutes
Hadith/Translation/Notes <i>Try to Remove Evil</i>	Asifa Kainat	5 minutes
Lajna Pledge	UT Secretary Mahwish Bajwa	5 minutes
Nazm/Translation (any)	Hajrah Gondal	5 minutes
The True Purpose of Wasiyyat	Jazbia Fasih	5 minutes
Friday Sermon Summary	Elsa Bajwa	5 minutes
Tips on Choosing a Career	UT Secretary Mahwish Bajwa	20 minutes
Q&A Session/Announcements/Dua	UT Secretary Mahwish Bajwa	10 minutes

presentations and activities were shared in the SVA UT Signal group to review for members who were unable to join in-person.

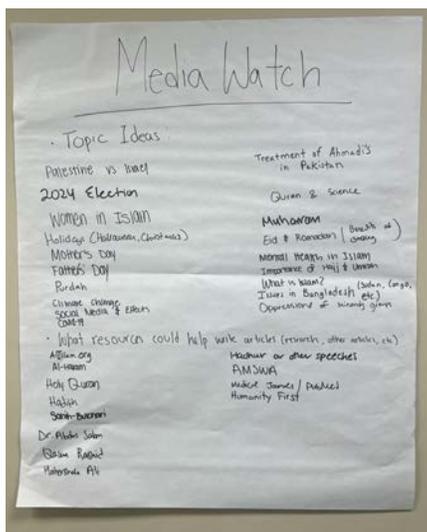
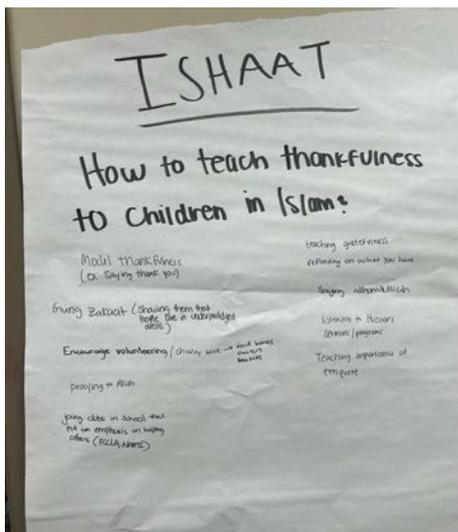
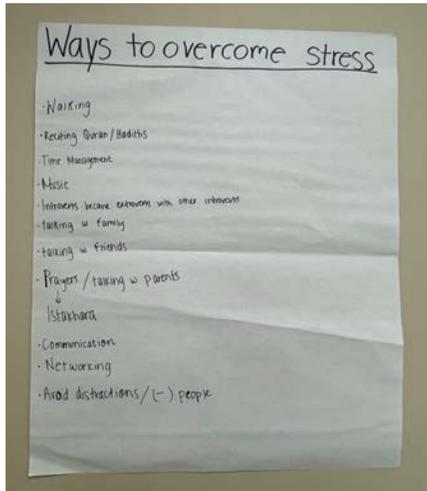
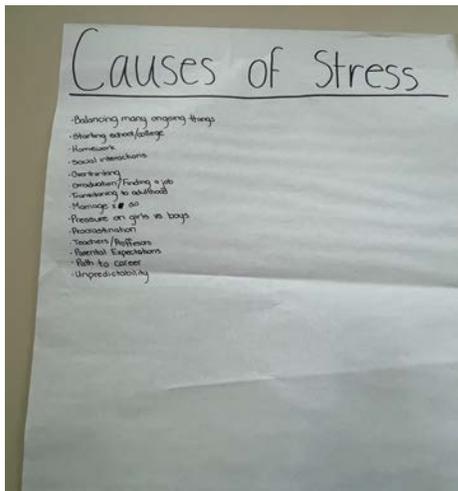
❖ The UT members discussed the topics in detail and provided their input for each presentation covered. When discussing stress, a great emphasis on Tarbiyyat about raising children and Rista Nataa came up. SVA Lajna plans to cover this topic in much more detail to help clarify misconceptions and bring to light Islamic viewpoints.

❖ Media Watch and Isha'at (Publications) did a special workshop to encourage young members to write for the Jama'at and have their voices heard (see attached PPT).

❖ The members did a potluck and brought in food to share with each other to increase sisterhood bonds.

- * Actively participated in Jalsah Salanah USA (June 28-30).
- * Actively took part in the GMU – AMWSA chapter.
- * Volunteered with registration, serving food, security and audio/visual during local SVA events.
- * Actively taught Tahir Academy classes.
- * A couple of members wrote articles for the Media Watch and Publications.
- * Some members are very active in helping humanity by volunteering at schools, hospitals, and local Jama'at events.

Submitted by Zeenat Ahmed Sahiba, Isha'at Secretary, VA South, Lajna Ima'illah USA



Q5-Q6 Agenda – Student Meeting Sunday, 07/21/2024 (Masroor Mosque @ 1:30 PM – 4:00 PM (Includes Namaz))		
Namaz & Lunch	All attendees	60 minutes
Tilawat/Translation Surah (Al-Fath 1:5)	Elham Mahmood	5 minutes
Hadith/Translation (Allah Sees Hearts)	Sara Hayee	5 minutes
Lajna Pledge	UT Secretary Mahwish Bajwa	5 minutes
Nazm/Translation (Help of Allah)	Zara Ahmad	5 minutes
Lajna Ima'illah - Purpose & its Beginning	UT Secretary Mahwish Bajwa	20 minutes
Writing Workshop by Media Watch & Publications Tips	Maha Kaleem and Zeenat Ahmed	25 minutes
Tips on Overcoming Stress	Mahira Tahir	20 minutes
Q&A Session/Announcements/Dua	UT Secretary Mahwish Bajwa	5 minutes

Media Watch Matters

The news media on a daily basis are replete with coverage of wars, whether in the Middle East or in Europe. Beloved Khalifatul Masih V^{aba} has been repeatedly asking the Community members to pray for peace so that World War III is averted. He has also advised the members to be prepared for any unforeseen disaster by stocking food and other necessary supplies for at least three months. In the midst of such unrest and uncertainty, Lajna members are continuing to write articles to propagate the message of Islam. Between January 2024 and June 2024 thirty articles were published. The topics included Ramadan, Black History Month, status of women in Islam, Israel-Palestine war, death of Jesus^{as}, solar eclipse, status of mothers in Islam, Hajj, status of parents in Islam, and respecting each other. Below are some of the articles which were published:

- 1) Shanze Hayee wrote a letter about Ramadan and fasting which was published in Duluth News Tribune. <https://www.duluthnewstribune.com/opinion/letters/readers-view-heres-what-you-need-to-know-about-ramadan>
- 2) Afia Zafar's letter on the topic of respecting each other was published in the Oshkosh Northwestern. <https://www.thenorthwestern.com/story/opinion/readers/2024/06/16/oshkosh-letter-to-the-editor-on-forgetting-rights-owed-to-mankind/74055695007/>
- 3) Eight year old Jaziba Munir's letter on the Israel-Palestine war was published in Loudoun Now. https://www.loudounnow.com/opinion/letters_to_editor/letter-jaziba-munir-ashburn/article_c6fc926a-0409-11ef-b066-3f7e663cdeb9.html
- 4) Maha Kaleem's article on the mistreatment of women in the Middle East was published on the Medium blog. https://medium.com/@makaleem124_23478/islams-teachings-against-the-oppression-of-women-in-the-middle-east-65aa7c50c8bf

Follow us on: X (Twitter) @lajnamediausa | Instagram @lajnausa

Submitted by Shahina Bashir

National Muavina Sadr In-Charge Media Watch, Lajna Ima'illah USA

VA South

Informed Lajna and Nasirat on monthly topics. Below are some of the articles written:

- https://medium.com/@makaleem124_23478/racial-equality-in-islam-ahmadiyyat-addc7c6ff148
- <https://medium.com/@maviesi/islam-and-equity-love-for-all-6fdd2938bcfa>
- <https://medium.com/@mzkaleem1/concluding-black-history-month-2d5d696257ae>
- https://medium.com/@makaleem124_23478/islams-teachings-against-the-oppression-of-women-in-the-middle-east-65aa7c50c8bf
- <https://medium.com/@ghazalanadeem88/ramadan-803ba663aa99>
- https://www.princewilliamtimes.com/opinion/letter-an-explanation-of-fasting-for-ramadan-and-an-invitation/article_78af9cd2-e646-11ee-84b0-e309d04745a5.html
- <https://medium.com/@azkaghuman99/islams-focus-on-treating-mothers-fathers-and-parents-with-kindness-ac63319b202c7>
- <https://patch.com/virginia/manassas/parents-islam-nodx>

Presented a writing workshop, partnered with Ishaat department, to Nasirat and youth:

Submitted by
Zeenat Ahmed Sahiba
Isha'at Secretary
VA South,
Lajna Ima'illah USA



Writing for Media Watch

Muavina Sadr of Media Watch,
Maha Kaleem Sahiba



Monthly Topics

- Black History Month & Women's History Month
- Ramadan & Eid-ul-Fitr
- Hajj & Eid-ul-Adha
- Loyalty to nation is part of faith (coinciding with July 4th)
- Islam's Emphasis on Parents
- Why Ahmadi's don't celebrate Halloween or Christmas
- Palestine, Sudan, Congo, etc



Common Questions

What if my article doesn't get published or receive many views?

- Newspapers and magazines receive a huge volume of submissions, all competing for space on the page.
- Often, it is just a matter of your op-ed being at the right place at the right time.

Don't be discouraged! With more practice, your articles will improve and gain more viewership.

LAJNA IMA'ILLAH USA

Waqifat-e-Nau Matters

Waqifat-e-Nau Career Expo

In January, the National Waqf-e-Nau Career Expo was held. This two-day program was organized by the National Waqf-e-Nau Department and hosted by South Virginia Jama'at at Masroor Mosque. The program was available in-person and virtually, with the first day having in-person arrangements for boys and the second day having in-person arrangements for girls. The aim was to encourage Ahmadi youth, especially Waqifeen-e-Nau 12-26 years of age, to explore careers that Hudur^{aba} has advised Waqifeen-e-Nau to pursue, as well as to showcase how one may serve the Jama'at and humanity through those professions. On the second day of the program, 553 members attended, of which 95 Nasirat & Lajna attended in-person. During the closing session of the second day, Respected National Sadr Lajna Dhiya Bakr Sahiba presided and shared thought-provoking and inspiring remarks.



Spring 2024 Waqf-e-Nau Exams

From April-May, the Spring Waqf-e-Nau Exams were held. Waqifeen-e-Nau 2-16 years-old were tested on content from the Waqf-e-Nau Syllabi, whereas those 17-21 years-old were tested on the first 100 pages of The Introduction to the Study of the Holy Quran. Of Waqifat 2-16 years-old who correctly registered for the exams, 88% sat for the exams. Of Waqifat 17-21 years-old, 63% sat for the exams.

Jalsah Salanah USA

In June, a Waqifat-e-Nau program was held at Jalsah Salanah USA (Richmond, VA). This program was combined with the Umoor-e-Talibaat and Ahmadi Women Scientist Association meetings to meet simultaneously with the same target audience. Girls 10-30 years of age were invited. Approximately 300 girls attended, 90% of which were Waqifat-e-Nau. Rededication was emphasized. Respected National Sadr Lajna Dhiya Bakr Sahiba presided.

During Jalsah Salanah, members visiting the Waqifat-e-Nau Booth were encouraged to write letters to Hudur^{aba}, Rededicate, sign-up for Waqf-e-Arzi, and to subscribe to the National Waqf-e-Nau Department's electronic newsletter (Voice of Waqf-e-Nau).



Submitted by Atiya Malik
National Muavina Sadr Waqifat-e-Nau
Lajna Ima'illah USA

Wasiyat

VA South

The Ashra Wasiyat was observed, and a video showcasing quotes from the book Al-Wasiyat was shared with members. Additionally, a presentation was given at the general meeting. We also set up a booth with Wasiyat forms and the book "The Will".

Submitted by Zeenat Ahmed Sahiba
Isha'at Secretary, VA South, Lajna Ima'illah USA



Al-Wasiyyat The Will

In 1905, The Promised Messiah (as) established the Al Wasiyyat system to ensure that the Divine Blessings of Khilafat would persist forever.

"Never shall you attain quality righteousness unless you spend out of that which you love.." (3:93)

The word used in this verse is **Al-Birra** which means goodness and righteousness of a high order.

Meaning our efforts and sacrifices should be of a high order. We should sacrifice the things we love the most.



"Allah has blessed us with a great opportunity. Paradise has been made approachable. The system of Al Wasiyyat is a path to this..."

Hazrat Khalifatul Masih II(ra)
August 26, 1932



"I was shown a place which was named **Bahishti Maqbarah**, and it was conveyed to me that it contained the graves of such righteous members of the Jama'at as are destined to dwell in heaven."

Promised Messiah in *The Will*, pg. 22



"The Promised Messiah as has shown us the most comprehensive way of acquiring goodness and moving in the direction of progress and a good ending.

That way is the system of Al Wasiyyat.

We must commit to it and participate in it as best as we can so a time will come when Allah will say *Fad Khuli Ibaadi Wad Khuli Jannati--*

So enter thou amongst my chosen servants and enter thou My Garden" (89: 31-32)

(Al-Fazl, Nov 3, 2006)



A Firsthand Report of The Ladies' Jalsah Salanah USA USA

Held on June 28-30, 2024

Compiled by Husna Maqbool Ahmad

Translated by Sarah Ahmad

Alhamdulillah, this year the 74th Jalsah Salanah USA USA took place at the Greater Richmond Convention Center, 403 North 3rd Street, Richmond, Virginia. The Ahmadiyya community is humbled by achieving such a noteworthy accomplishment of holding a successful annual convention where participants had the honor of presenting themselves before Allah the Almighty. Throughout the event, one could witness numerous examples of true devotion and a spirit of selflessness. The enthusiasm, passion, and dedication displayed by the volunteers in fulfilling their duties at this gathering were truly admirable. May Allah reward them abundantly for their efforts. Ameen.



From the moment the attendees arrived, they were warmly welcomed, even from the streets leading to the Jalsah. Khuddam on duty efficiently assisted with parking and guiding people into the Jalsah Gah. The Jalsah Gah was housed within the vast two-story convention center, which was divided into two main sections: the Men's and Women's Jalsah Gah. Each section had multiple entrances and exits, both inside and outside the building. Additionally, escalators and elevators were available for moving between the two levels and sections of the Jalsah Gah. The layout of the spacious halls and corridors was beautifully planned, providing space for the Jalsah program, stalls for various departments, exhibitions, and activities during the breaks. Inside the building, facilities were available for listening to the Jalsah, dining (Ziafat), and other comforts. Conveniently located just across the street were large hotels and parking, all within walking distance.

The first day of Jalsah commenced with the **Friday sermon**. During the sermon, Naib Amir and Missionary In-Charge USA, Respected Maulana Azhar Haneef Sahib, explained the etiquettes and purpose of Jalsah. He emphasized that everyone—whether familiar or a stranger, young or old, without any discrimination—should take the initiative in greeting one another. This practice is rooted in the teachings of Islam. After the migration from Mecca to Medina, the first instruction given by the Holy Prophet Muhammad^{sa} was to establish and

promote peace and security: "**Spread peace among yourselves.**" Therefore, we should keep this noble teaching in mind and continuously offer the greeting of *Assalamo Alaikum* throughout the Jalsah.

It is important to remember that the true purpose of Jalsah is not about having the best travel or hospitality arrangements. Rather, the Promised Messiah^{as} has explained that the true purpose for those who have taken Bai'at is to gain spiritual knowledge and to fully emulate the example of the Holy Prophet^{sa}. He stated:

“All sincere souls who have entered the fold of this humble one should know that the purpose of pledging allegiance is to dampen the worldly ardour, so that the heart is engulfed in the love of the Bountiful God and of the Holy Prophet^{sa},” (*The Heavenly Decree, by Hadrat Mirza Ghulam Ahmad^{as}, Announcement, p. 73*).

Reflect on the first Jalsah Salanah USA of the Ahmadiyya community, which consisted of perhaps just one or two rows of attendees. The gathering was small, with a space comparable to what is now merely the size of the Jalsah stage—or even smaller. The arrangements were simple, with the women bringing food for the Jalsah from their homes. The true purpose of attending Jalsah is to do so with a spirit of simplicity and sincerity. To achieve this, one must seek help from Allah Almighty in purifying their heart, for such purification is impossible without His grace.

After Friday prayers, there was a break for lunch, providing an excellent opportunity to meet others and explore the new venue. Respected Amtul Bari Nasir, Chief Editor of *Al-Noor*, and I, Husna Maqbool Ahmad, Editor of *Al-Noor*, had been assigned to report on the Jalsah. Shortly before the session began, we met the *Nazima-e-A'ala* [Chief Team Lead] of the Ladies' Jalsah Salanah USA, **National Sadr Lajna Ima'illah USA, Respected Dhiya Tahira Bakr Sahiba**, near the beautifully adorned stage. She was overseeing the Jalsah arrangements. Though the task was immense, her appearance reflected the comfort and confidence that came from faith in Allah. With her prayers, we began our work.

Preparations for the Ladies' Jalsah Salanah USA:

Nazima-e-A'ala, National Lajna Sadr Sister Dhiya Tahira Bakr Sahiba presided over the Lajna Jalsah Gah for both Lajna sessions on Saturday, June 29th, 2024. She supervised the preparation of the whole Lajna Jalsah Salanah USA event. Several weeks ahead of time, she had a Jalsah Bulletin created and sent to the general membership.

How were the preparations for the Ladies' Jalsah Salanah USA carried out? We are sharing some fascinating responses and insights from the Jalsah team leads for our audience.

Naib Nazima-e-A'ala, Naiba Jalsah Salanah USA, Respected Amtul Hai (National Naib Sadr Lajna Ima'illah USA) was busy in the temporary office with her secretary, respected Mehwish Pall Sahiba. We asked them a few questions about the preparations for the Jalsah.

Before responding, she clarified that the Nazima-e-A'ala and Supervisor is Sadr Sahiba, and that she is merely her Naiba. She also mentioned that the team includes assistants, department heads, and their teams. Preparations for this Jalsah began promptly in January. Given the new location, there were numerous known and unknown concerns. The most significant challenge was the parking area. Arrangements for the two levels at this new venue presented additional challenges. Undertaking such a monumental task would have been impossible without Allah's Grace. We also received remarkable support and assistance from the men's side, which is truly commendable.

Preparing the Stage:

For the *Nazima* [Team Lead] **Zuna Ahmad Sahiba (National Lajna Tarbiyat Secretary)** and her team, preparations for Jalsah began several weeks prior to the event. They gathered announcements and essential information from all teams, including details related to transportation, parking, prayer times, reminders about the etiquettes of meeting and prayer, award lists, and participant lists for the program. During Jalsah, in addition to relaying program-related information, they ensured that updates regarding other events were communicated to attendees as needed. If there were any changes to the schedule, these were promptly conveyed.

As announcements could not be made during the Jalsah proceedings, the team worked closely with MTA to display important information on the screen, ensuring that the program remained uninterrupted while necessary announcements were still delivered on time. Additionally, tasks such as reporting lost children or items, promoting the purchase of newly published books, and maintaining discipline and prayer etiquette fell under the responsibility of the stage team. Consequently, this team remained busy not only before and during Jalsah but also during the breaks. Zuna Sahiba shared that while they put in a great deal of effort, success ultimately comes from prayers. All the achievements of Jalsah are attained only through the grace of Allah.

The Preparation and Creation of the Lajna Jalsah program was by National Sadr Dhiya Tahira Bakr Sahiba. **Dr Amtul Rehman Ahmad Sahiba (National Lajna Taleem Secretary)** arranged for the presenters for Tilawat and Nazm with consultation from National Sadr. The topics for speeches and speakers were selected by National Lajna Sadr, Dhiya Tahira Bakr Sahiba. The speech on the Sahabiyat of the Holy Prophets^{sa} was recommended by beloved Hudur^{aba} during National Sadr mulaqaat. Dr Amtul Rehman Ahmad Sahiba, who was responsible for preparing the Talent award lists, contacted individual awardees to confirm their presence at Jalsah. This year 15 Lajna received Talent Awards in secular education.

Acknowledgements: National Taleem Secretary Dr Amtul Rehman Ahmad Sahiba gives out an optional Holy Quran translation test every year and those achieving 100% scores are recognized at Jalsah Salanah USA. This year 504 Lajna participated and 86 of them scored 100%. Their names are given under the heading Jalsah Program below.

Ladies Jalsah Program

On Saturday, June 29th, 2024, the second day of Jalsah, the program for Lajna Ima'illah USA commenced under the leadership of National Sadr Sahiba, respected Dhiya Tahira Bakr. The session began at 10:30 a.m. with the recitation of Surah al-Momin, verses 26-66, accompanied by an English translation. Faiza Noman Sahiba beautifully recited select verses from the poem of Hadrat Musleh Mau'ud^{ra}, "Haqiqi ishq gar hota to sachi justuju hoti," and provided the English translation.

Morning session Jalsah Program

- The first speech was delivered by Munazza Alam Sahiba, who spoke on the topic of "**Khilafat: How Khilafat Empowers Women**," illuminating the significance of the verse of succession and the blessings of Khilafat.
- Amtul Muid Ahmad Anderson Sahiba spoke on "**Wasiyyat: A Transformation of Faith**," sharing her personal journey of becoming a Musi.
- Mariam Olayinka Abiola Sahiba addressed the topic of "**Unity: From Cosmos to Sisters.**"
- The session concluded with an awards presentation.

Lajna Awards (non-Secular) were prepared and announced by the National Taleem Secretary Dr Amtul Rehman Ahmad Sahiba, as follows:

1. **Holy Quran with Translation and Arabic Grammar:** This class was conducted by Rehana Muhammad Sahiba. Over the course of 8 years, 6 Lajna members completed this class:

- Bushra Choudhry Sahiba, South Virginia
 - Mubaraka Sayed Sahiba, Research Triangle, NC
 - Fehmeeda Hannan Sahiba, South Virginia
 - Amtul Hameed Faizan Sahiba, South Virginia
 - Mubashira Qadeer Sahiba, South Virginia
 - Sadiqa Hayee Sahiba, South Virginia
2. **Holy Quran Certified Teacher:** Fouzia Tabassum Sahiba, San Diego
3. **Optional Holy Quran Translation Test:** this test was prepared in both English and Urdu. This year, 504 members participated. Mentioned below are the 86 members who achieved 100%:

Jamila Butt	Salamat Majeed	Ayesha Jadran	Amtul Qudsia	Maria Saif Ahmad
Asifa Kainat	Shagufta Nasir	Ansa Iqbal	Amtul Jamil	Amtul Basit Saifi
Qudsia Ahmad	Bareah Alam	Naila Latif	Sadia Nasir	Shahana Monnan
Tayyaba Hain	Fozia Green	Shazia Ahmad	Bushra Saeed	Shazia Bano
Zahida Rehman	Amara Malik,	Rizwana Habib	Rabia Solangi	Sheeba Rashid
Sadaf Noor	Mubarka Shams,	Sadia Zafar	Adeela Ghazanfar	Fouzia Aladnan
Qanta Khalil	Fariha Arooj	Nabeela Amjad	Mubashra Huma	Mahreen Saba
Talat Mansoor	Sadiqa Hayee	Sadia Ahmad	Mubarka Sayed	Farhat Roohi
Zoha Naveed	Dardana Sayed	Samina Mahmood	Samina Mansoor	Najma Rohela
Maha Naveed	Nahid Rafi	Khaula Ahmad	Husna Ahmad	Rashida Momin Hamid
Rahat Naveed	Bushra Basir	Amatul Naseer	Tehmina Rehman	Nairyana Constantino
Tehseen Choudhry	Ansa Iqbal	Amtul Noor Tahir	Nasirah Fozia	Shama Nusrat
Atiyya Ahmad	Parveen Ashraf	Aroosha Sadaf	Samia Rizwan	Durresameen Prapulla
Amtul Rashid	Fouzia Shahid	Farhana Fouzia	Salma Khazain,	Syeda Khadija Ahmad
Atifa Ahmad	Zubaida Kaleem	Shazia Basit	Bushra Parveen	Mussarat Shahid Sayed
Wajeeha Rehman	Nusrat Ahmad	Afia Zafar	Lubna Nasir	Dr. Asma Tahir Aiwan
Qanta Tariq	Sadia Fatehuddin	Nabeela Kiran	Saeeda Sheraz	Amtul Wadood Ahmad
Shamsa Begum				

Lajna Talent Awards (secular): The National Taleem Secretary Dr Amtul Rehman Ahmad Sahiba received the names of talent awardees and announced them.

Taleem Talent Awards (High School)

- Rushda Nasir Bukhari Sahiba (Ahmadiyya Finalist Award)
- Tahira Mannan Sahiba (Ahmadiyya Talent Recognition Award)
- Numana Luqman Sahiba (Ahmadiyya Talent Award Gold Medal)
- Feeman Annas Sahiba (Ahmadiyya Talent Recognition Award)

Taleem Talent Awards (College)

- Leeza Ahmad Sahiba (Talent Recognition Award)
- Maheera Mahmud choudhry Sahiba (Ahmadiyya Talent Award Gold Medal)
- Warda Suliyat Sahiba (Ahmadiyya Talent Award Gold Medal)
- Jaziba Bahri Sahiba (Ahmadiyya Talent Award Gold Medal)
- Shazia Anam Mansoor Sahiba (Ahmadiyya Talent Award Gold Medal)

Taleem Talent Awards (Graduate)

- Warda Suliyat Sahiba (Ahmadiyya Finalist Award)
- Nadia Khalil Sahiba (Ahmadiyya Talent Award Gold Medal)
- Mashaal Munir Sahiba (Ahmadiyya Talent Award Gold Medal)
- Asma Basit Sahiba (Ahmadiyya Talent Award Gold Medal)

Taleem Talent Awards (Post-Graduate)

- Sadia Mansoor Tahir Sahiba (Ahmadiyya Talent Award Gold Medal)
- Faiza Zafar Sahiba (Ahmadiyya Talent Recognition Award)
- Samar Farooq Padar Sahiba (UCLA Summa cum laude)

A group Qaseeda about Sahaba, Companions of the Holy Prophet^{sa}, was recited beautifully by Dr Amtul Rehman Ahmad Sahiba and Faiza Nauman Sahiba.

Afternoon session Lajna Program:

After lunch and the Zuhr and Asr prayers, the second session began at 4:30 p.m. with the recitation of the Holy Quran, followed by its English translation and a Nazm.

- Speech in Urdu was delivered by the National Lajna Taleem Secretary Sahiba on the topic “**The Sahabiyat: Female Companions of the Holy Prophet^{sa}.**” The English translation of her speech was presented after each paragraph by Sister Bushra Mirza Sahiba. This was a first time unique experience introduced by National Sadr Lajna Imai’llah Sahiba.
- Anaya Epsy spoke on “**Why I Embraced Ahmadiyyat.**”
- The concluding address was delivered by the National Sadr Lajna Ima’llah USA on “**Materialism and Faith,**” which was approved by beloved Hudur^{aba} as one of our shura proposals.

New members who joined Ahmadiyyat this year were warmly welcomed, a group Qaseedah was recited by Nasirat and, just before the concluding remarks, Humaira Armaghan recited a special poem titled "Noor Barsaat" [Blessed with Divine Light], written by Amtul Bari Sahiba for Jalsah Salanah USA USA 2024. The women’s Jalsah was successfully concluded with a prayer.



On Saturday, following the conclusion of the Jalsah session, joint mini presentations were held for youth: Umoore Talibaat, Waqf-e-Nau, Humanity First, Youth Camp and the Ahmadiyya Women Scientists Association (AWSA) that included an interactive session. Over 200 youths filled the auditorium.

The discipline and order observed throughout the Jalsah were commendable, and National Sadr Sahiba acknowledged this. The discipline leads and their teams received high praise for their effective management, consistently ensuring that attendees filled the front rows first and left chairs available for latecomers. Reminders were given before prayers to straighten the rows and engage in the remembrance of Allah in silence.

National Sadr Sahiba was very aware of the hard work that the volunteers performed in the new venue to make the Jalsah Salanah USA ladies session a good experience. She wanted to make it special for them as well. Therefore, she presented the volunteers with special treats, packaged with the words "Blessed are those who serve. JazakAllah!" and mailed each speaker a gift to their home. USA

During Jalsah sessions, young girls were assigned duties for cleaning and serving water. They quietly walked around the hall with bags to collect garbage and, in an orderly fashion, distributed water to the attendees.

Children's Jalsah Gah: The *Nazima*, Samina Ijaz Sahiba, and her assistant Khalida Farooq Sahiba managed the area designated for children under the age of seven. While complete silence was not possible due to the presence of young children, mothers attentively watched the Jalsah on the large screen while caring for their little ones. The children were seated in disciplined rows; some were listening to the Jalsah, while others played with toys they had brought from home. This environment serves as a foundation for children's training, and as they grow, they increasingly contribute to the management of the Jalsah, *Ma Sha'Allah*.

Hazri Nigrani (Registration Desk): The *Nazima*, Bushra Choudhry Sahiba, and her assistant Nadia Khan Sahiba explain that their department's responsibilities include creating volunteer badges, contacting Lajna Presidents to gather names for Jalsah volunteers, maintaining a database record, and assigning volunteers to various departments. If someone arrives and volunteers after the Jalsah has started, they also provide training and assign them to areas as needed. Due to the volume of work, the three offices at the registration desk were kept busy.

Lajna Ima'illah USA Centenary History Exhibition: This exhibition provided a visual overview of the history of Lajna Ima'illah USA with Jama'at and secular historic events. It was created by National General Secretary Sahar Choudhary Sahiba and her enthusiastic team. The walls featured pictures of Hadrat Masih-e-Mau'ud^{ra} and the Khulafa, along with writings and images depicting significant events of this century. The exhibition included accounts of the life of the Holy Prophet^{sa}, distinguished religious figures, advice from Hadrat Amma Jaan^{ra}, the origins of Ahmadiyyat in America, commandments and methods of purdah, as well as Hudur^{aba}'s guidance and advice to Lajna Ima'illah. This valuable information was displayed on tables, walls, screens, and in picture and written formats throughout the exhibition.



Special Needs Children Area: In this area, the *Nazima* Shanzeh Ahmad Sahiba excelled in fulfilling her responsibilities, demonstrating exceptional organization and discipline. Mothers quietly watched the Jalsah proceedings on a single screen in a small temporary arched room that could accommodate only 10-15 people. Their children were content, eating snacks and playing with toys that mothers had brought from home, knowing what would best keep their children happy. The environment was remarkably calm.

The dedication of mothers traveling from afar with their special needs children is truly commendable, as their primary purpose is to listen to the Jalsah. We had the opportunity to hear feedback from one mother, who praised the arrangements and noted that the area was excellent in terms of health and safety. She also mentioned that they received the food they desired while there. While the arrangements were well-received, some suggestions for further improvement were also offered.

Fundraising: To raise funds, stalls were set up in a designated room. The *Nazima* Bushra Malik Sahiba informed us that a variety of snacks and foods were available, including Naan Kabob, Qulfi, Chaat, Falooda, Samosa, and Pizza. In addition to these, there were also candies, drinks, and toys for children.

Handicraft Exhibition: The Handicraft and Fundraising *Nazima*, the National Sanat-o-Dastakari (Handicraft) Secretary Samina Noor Sahiba, explained that there were five categories of handicrafts: painting, sewing, embroidery, knitting, and crochet. For fundraising, there were two types of items: those sent by the majalis for competition and those intended solely for fundraising.



Burqas and scarves were the most popular items. Additionally, there were also women's, girls', and kids' clothing, as well as household items. A separate table was designated for competition items from different majalis. These items were also available for fundraising; however, after announcing the winners of the competition (first, second, and third place), the items could be taken back by the respective majalis without purchase if they wished to display them there. Alternatively, they could choose to donate the items for sale.

First Aid: The First Aid *Nazima*, Dr. Khadijat Ogunbiyi Sahiba (National Sehat-e-Jismani Secretary), and her assistant Dr. Amatul Shafi Sahiba reported that their booth was staffed at all times with one doctor, one nurse, and at least two volunteers, including practicing nurses, pre-med, and medical students. They worked in three shifts. A good quantity of medicines was available, with pain and allergy medications being the most requested. In addition to these, bandaging supplies were also on hand, and many people sought medicine for sprained ankles.

A record was kept of each medicine given, including the recipient's name, Jama'at, description of the ailment, and details of the medication. They also had a blood pressure monitor and thermometer available. This year, COVID tests were not administered. No significant differences were observed due to the new Jalsah Gah.

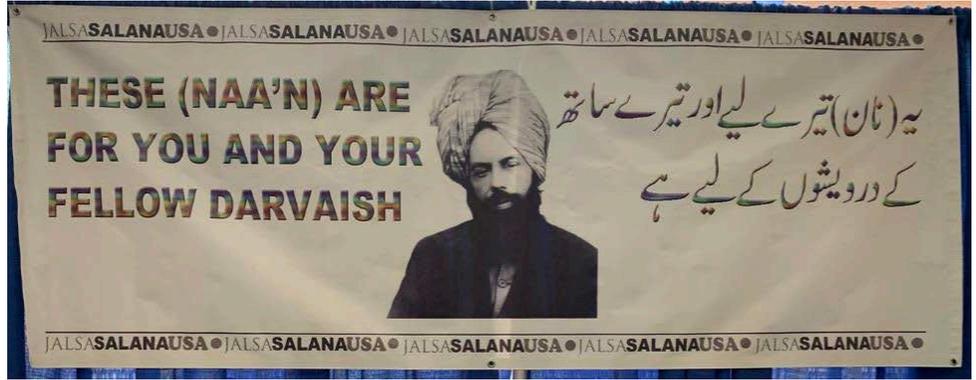
Homeopathy: As expected, the *Nazima*, Nasirah Saadat Sahiba, was visibly busy with her volunteer team. Attendees who cannot find homeopathic medicines in their cities particularly seek out this service, often waiting in line for as long as needed. Respected Nasirah shared that she has been serving in this capacity for the past 20 to 25 years. "I bring the homeopathic medicines myself," she said. Lajna provides the bottles, pellets, stickers, and alcohol.

Despite being busy, Nasirah noted that she didn't observe much difference in the new Jalsah Gah, though some attendees had mentioned that they had to walk quite a bit there. This year, there had been a significant turnout for medicine. By the second day of Jalsah, around 500 bottles of pellets and more than 150 liquid medicines had been distributed. People of all ages, including younger girls, were seeking homeopathy. The most frequently requested remedies were for muscular and venous pains, with complaints of swelling veins and muscle weakness being common. Additionally, many have reported runny noses and sore throats, often attributed to travel fatigue, extensive walking, and general discomfort.

Nasirah emphasized that people sought healing through these remedies, believing in the Grace of Allah. May they continue to benefit and find healing in this way, Ameen. AH-USA

Ziafat: The hard work of the Ziafat *Nazima*, Mubarka Shah Sahiba, and her assistant Aziza Bushra Sahiba was clearly evident. Mubarika Shah Sahiba told us that *Al-Humdo Lillah* the blessed *Langar* [free kitchen] of the Promised Messiah^{as} is under way in America on a wide scale. In preparation for Jalsah, the Ziafat department is divided into eleven sections that comprise the ziafat office, supplies, serving, Green Area [hospitality of the elderly and foreign guests], breakfast, water, tea, cleanliness of the ziafat area, discipline, setup, and arrangement of tea and food for the volunteers. The *Nazimas* of all these sections and their teams start working two to three month ahead of time.

In the various dining areas, tables and chairs were set up throughout. Large tables were arranged to serve food, which was pre-packaged into boxes. Each table was neatly organized with roti packets, napkins, spoons, and forks placed in trays. Etiquettes of eating, Quranic verses about *Langar*, hadith, and quotes from Hadrat Masih-e-Mau'ud^{ra} were displayed throughout the area. The display of God's words was truly beautiful:



“...eat and drink but exceed not the bounds; surely, He does not love those who exceed the bounds” (*Holy Quran 7:32*).

“Narrated Abu Huraira: The Prophet^{sa} never criticized any food (he was invited to), but he used to eat if he liked the food and leave it if he disliked it” (*Bukhari*).

“Cleanliness is half of faith” (*Muslim*).

“If Ahmadis remain steadfast in their faith, then this *langar* [complementary dining] will remain forever and will never diminish. In 300 years, this *langar* will not be in Rabwah, but rather, there will be a *langar* in America” (*Sair-e-Ruhani, second edition, Page 752*).

Aziza Rana Sahiba, who was in charge of serving, shared that under the leadership of Mubarka Shah Sahiba, the team has been doing exceptional work by the Grace of Allah. The team operates in three volunteer shifts. The food is provided by the men's side, while our responsibilities include training the team, checking the menu, and preparing boxes based on attendance during meal times. We also monitor the supplies on the tables to ensure everything is adequately stocked and address any needs that arise. Water bottles were placed around the dining areas, and attendees opted for pre-packaged boxes rather than using plates. This approach facilitated quicker and cleaner service, minimizing food waste. Overall, there was no noticeable wait for food. The *Nasirat* and *Lajna* volunteers at the food stations were handling the cleanup in an excellent manner.

Considering that guests had arrived from various areas, the menu included roti, rice, pasta, vegetables, meat, and daal (lentils). One food station was open 24 hours for guests. She mentioned that she had been serving in this capacity for 25 years. Volunteers, despite their hard work, report feeling no mental or physical strain and



return cheerfully for their duties each day. This enthusiasm is seen as a blessing of Jalsah and a testament to Allah's Grace, which supports every volunteer.

Among the food options, daal chawal (rice and lentils) and aloo gosht (meat and potatoes) were the most popular. Children particularly enjoyed the pasta. For breakfast during Jalsah, dishes such as halwa, paye, aloo ki bhujia, and roti were served. Many guests even took the roti with them as a blessing.

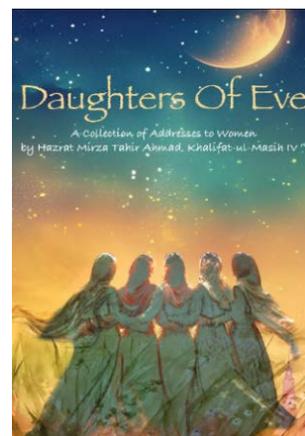


In the new location, the Ziafat area and halls were somewhat limited in size. It was important to guide people who were lost, and it took some time to transport food between areas. Nevertheless, with Allah's Grace, the work was carried out happily and effectively.

Food was served on both levels of the Jalsah Gah; similarly, the ziafat supplies were organized at two places. The necessary Ziafat supplies provided by Jama'at were meticulously organized, and a detailed record was maintained for all items used, and additional necessities were communicated as needed. At the end of each shift, a record was also made of any remaining supplies. More than 400 volunteers served in the ziafat department.

Children's Ziafat Arrangements: The *Nazima* was Farukh Choudhry Sahiba. The *Khuddam* provided the food in trays an hour in advance, leading to a timely preparation of food and pasta boxes. Food arrangements were made in four rooms and in the corridors. The furthest rooms were filled first, with space for about 100 people in the most distant room, and then each subsequent room was filled one by one. This method ensured discipline and order. Food was also delivered to the *Nazima* for the Special Needs area. Owing to the constraints in space, food was being sent to the auditorium as well. The food served was the same for both elders and children. Children's preferences were considered, and they really enjoyed their meals. Cleanliness was meticulously maintained throughout.

English and Urdu Jama'at Literature Exhibition: The *Nazima*, National Isha'at Secretary Shazia Sohail Sahiba, and her assistants Aeman Bashir Sahiba and Amtul Qayyum Sadaf Sahiba, along with a dedicated team of volunteers, managed a well-organized book stall. The display, resembling a garden of religious blessings, featured a variety of texts, including the Holy Quran with translations in multiple languages, books and articles by Hadrat Masih-e-Mau'ud^{ra} and his Khulafa.



The English translation of *Ta'bir al-Roya* (Ibn Sirin) garnered significant interest, and the Holy Quran, particularly the magnet edition, was in high demand. Additionally, attendees were keen on the newly published English translation of *Daughters of Eve*—a collection of addresses by Hadrat Khalifatul Masih IVth. The stall also showcased special editions of *The Ayesha* magazine and *Lajna Matters Centenary Issue* celebrating 100 years, featuring details of the celebrations and historical activities from October 1, 2022 to September 30, 2023.

For children, there were three types of books available: curriculum for Tahir Academy, books on Prophets provided by Atfal-ul-Ahmadiyya, and books for children under 7. Of special interest was a set of three lovely books titled Honey Bee, Cow, and Goat, as part of the **Allah Loves Me Series**, written and illustrated by the

Lajna Ima'illah Isha'at department. These books were designed beautifully to capture the interest of children and encourage them to engage with the Holy Quran. The **Honey Bee** theme adorned the stage in the Children's Jalsah Gah as well as the Information Desk, with banners depicting Quranic verses on Honey Bee. A similar stall was set up in the Children's Jalsah Gah to cater to younger attendees.



Review of Religions: The stall featured various English-only magazines highlighting the blessed life of the Promised Messiah^{as}. These magazines were strategically placed to attract the attention of attendees and were available for purchase through the online bookstore.

A notable moment occurred when an employee of the convention center expressed interest in a flyer. The volunteer on duty graciously gifted her a copy of *Philosophy of the Teachings of Islam*, which she received with great joy and gratitude.

While it is common for older women to purchase books, this time there was notable enthusiasm among young girls and children as well. Many children even saved their own money to buy books, which was a heartening display of dedication.

Humanity First: We are all familiar with Humanity First's dedication to humanitarian service, providing essential supplies during disasters and addressing critical needs. Their efforts span a range of initiatives, including water sources for remote areas, Gift of Sight, Global Health, Security, Food, Disaster Relief, Knowledge for Life, Water for Life, and Orphan Care. The Humanity First stall, always uniquely and sophisticatedly designed, was busy sharing information about the organization's impactful work.



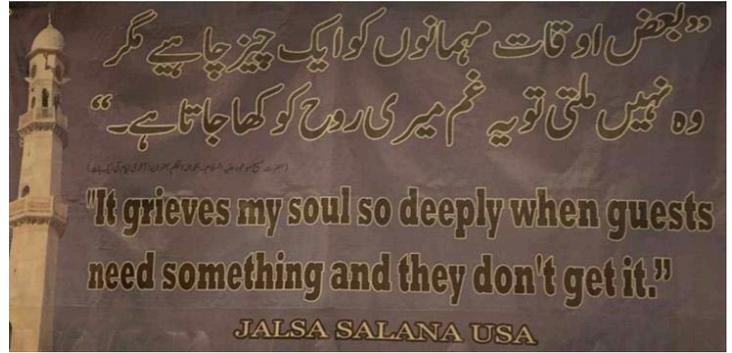
The *Nazima*, Nudrat Salik Sahiba, shared that the stall was selling shirts, mugs, bottles, and items commemorating their 20th anniversary. On display was a sewing machine, alongside clothing stitched using this machine from various cultures and countries. This sewing machine represents the Vocational School in Liberia and Burkina Faso, where Ahmadi women learn skills that enable them to start their own businesses upon graduation. The dresses on display were crafted by these women.

Additionally, a hand pump highlighted Humanity First's water projects, which have provided water in five countries: Indonesia, Guatemala, Mali, Tanzania, and Tharparker Pakistan. This year, the focus is particularly on expanding these efforts in Indonesia.



Information Desk and Hospitality: Every department at the Jalsah falls under the umbrella of hospitality, with a

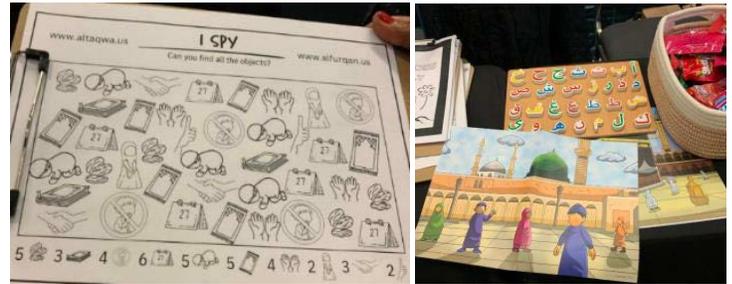
focus on assisting and providing comfort to the guests. Given that this year's event was held at a new location, many attendees were unfamiliar with the layout and sought directions from the hospitality team as they navigated the venue. This area also handled parking fees. For registered non-Ahmadi guests, gift bags were provided containing a variety of items, including *Muslim Sunrise*, pamphlets about the life of the Holy Prophets^{sa}, the book *Islam and Women, Pathway to Paradise*, hand sanitizer, napkins, and more.



Pan-African Ahmadiyya Muslim Association – PAAMA: The *Nazima*, Dr. Zainab Boone-Kukoyi Sahiba, introduced the mission of the association: to organize and unite African Ahmadi Muslims in Islam and to inspire them to serve their nations. The Ahmadiyya Future Leaders (AFL) also provide support, with their mission being to empower young Ahmadi Muslims to become future leaders who lead with wisdom, compassion, and integrity, *In Sha'Allah*.

These vibrant colors of Jalsah are plentiful, and while the report could extend further, we must leave out some details. As we conclude, let's take a moment to view a few more snapshots.

Taleem ul-Quran and Waqf-e-Ardhi: The *Nazima*, Naema Ahmad Sahiba, oversees a department that has benefited many people worldwide. In addition to providing information about online classes for Hifz-ul-Quran, Tarteel-ul-Quran, Tajweed, and Tafseer-ul-Quran, they encourage visitors to register on their website alfurqan.us. The stall also featured engaging puzzles, coloring books, and various educational items for children.



Cleaning: It is crucial to acknowledge the admirable efforts of the cleaning department. Although the cleaning volunteers were not always visible, the impeccable state of cleanliness demonstrated their systematic and dedicated work. Attendees, recognizing the value of this effort as a commendable service, made a conscious effort to keep their surrounding areas clean. The cleanliness maintained throughout the Jalsah was a testament to the hard work and efficiency of the cleaning team.

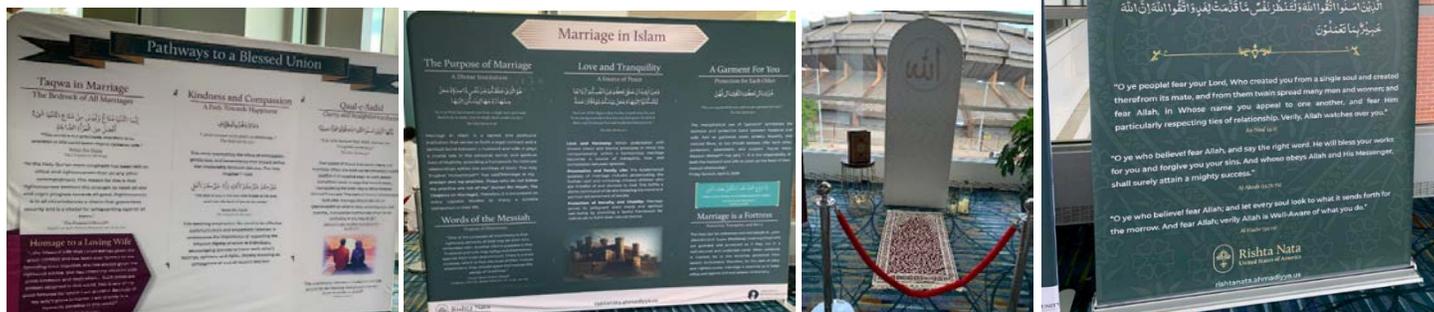
Rishta Nata Department: The dedicated volunteers at the Rishta Nata booth, comprising about 91 men and women, were actively engaged throughout the Jalsah. For convenience, the booth, exhibition, and meeting room were located together, albeit somewhat distant from the main Jalsah Gah. Despite this, a thoughtfully arranged exhibition provided valuable resources, including:

- An exhibit on arranging marriage in accordance with the teachings of the Holy Quran and Hadith.
- Books on the kind treatment of women by the Holy Prophets^{sa}.
- The Promised Messiah^{as}'s guidance on the initiation and objectives of the Rishta Nata Department.
- An exhibit related to 'Marriage in Islam' which related to the Islamic teachings on arranging marriages



- Important advice from the Khulafa
- The importance of Istikhara and taqwa (righteousness) for marriage, and the rights and duties of husband and wife

The Rishta Nata exhibition was open to women at all times during the Jalsah. For men, the exhibition was specifically accessible on Saturday from 5 to 8 p.m., coinciding with the scheduled meetings in the meeting rooms. Approximately 45 meetings were held during this time. Despite the continuous flow of visitors, it was noted that greater awareness of the booth's benefits and a more central location relative to the Jalsah Gah could potentially enhance its reach and impact.



Feedback from Guests and Various Sisters on Duty: Guests and volunteers alike praised the Jalsah arrangements, particularly noting the discipline, order, and cleanliness in the Jalsah Gah. One guest appreciated the natural light streaming in through the numerous windows. It was common to witness heartwarming reunions, with old friends and family members greeting each other with open arms. One volunteer highlighted that despite the demanding nature of their duties, there was no sense of fatigue. Volunteers were consistently seen in their burqas, engaging with smiles. The sentiment expressed by many was that they truly enjoyed the Jalsah, reflecting the profound joy of being guests of the Promised Messiah^{as}.

May Allah enable us to sacrifice in the cause of faith with integrity and passion. May Allah bless all the workers and participants of the Jalsah Salanah USA and make them the inheritors of the prayers of the Promised Messiah^{as}, Ameen.

The Promised Messiah^{as} prayed for the attendees of the Jalsah and said:

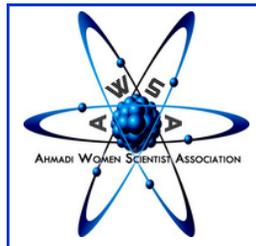
“As many dear ones have come to this gathering after taking pains and journeys, may Allah reward them for every step they take, Ameen.” (*The Heavenly Decree, page 75*).

“May Allah Almighty be with them and give them a great reward and have mercy on each and every person who takes a journey for this divine path. And make their difficulties and worries easy for them and remove their sorrows. And support them sincerely from every pain. And open the path of their desires to them. And raise them in the Hereafter along with those of His servants on whom His Grace is merciful. He will remain his Successor until the end of the journey. May God grant him glory and be Merciful and remove all hardships. Accept all those supplications and grant us dominion over our adversaries with bright signs that every strength and power belong to You. Ameen. Sum Ameen (*Announcement 7, December 1892. Majmuah Ishtiharat Volumne 1 Page 342*).



THE AWSA TIMES

Ahmadi Women Scientist Association USA



MESSAGE FROM THE PRESIDENT

Dear Members and Patrons of AWSA,
Assalamo Alaikum Wa Rahmatullahe Wa Barakatahu,
 It is my pleasure to welcome you to the inaugural edition of the Ahmadi Women Scientist Association USA newsletter! This marks an important milestone for us, creating a platform to exchange knowledge, celebrate achievements, and inspire one another. As we launch this initiative, we reflect on the Quranic verse, **"And everyone has a goal to which he turns his whole attention. Vie then with one another in good works" (2:149)**. Each of us is driven by a unique purpose, and through AWSA, we unite in advancing knowledge, supporting each other's growth, and inspiring future generations in STEM.

Through this newsletter, we aim to build a network that strengthens our sense of purpose and deepens our commitment to advancing humanity through scientific endeavors. Your support is invaluable in advancing our shared mission.

NUSRAT SHARIF, Ph.D., President, AWSA



MEMBER SPOTLIGHT



Sabahat Rahman

I had the pleasure of speaking with Sabahat Rahman, a senior in Biomedical Engineering at Johns Hopkins University, graduating in summer 2025. She plans to apply for an MD/PhD in spring 2025 to combine her passion for medicine and research, InshaAllah.

Dr. S: What inspired you to pursue an MD/PhD?

SR: "My parents supported my education early on, taking me to museums and helping with math. The idea of becoming a doctor or researcher was always there, and Huzoor's (aba) encouragement inspired me further."

Dr. S: What excites you about medical/scientific research?

SR: "Research advances medical treatments and deepens understanding of the human body. The medical inspiration behind my research keeps me motivated."

Dr. S: What are some of your accomplishments?

SR: "Alhamdulillah, I'm an author on one publication and presented two posters: one at the 2023 NIH Summer Poster Day and another at the 2024 Biomedical Engineering Society Annual Meeting."

SUMMER AHMAD, Ph.D., Publication Secretary, AWSA

THE SCIENCE OF FASTING

With Ramadhan arriving soon, Muslims are reminded that fasting not only improves overall health, but also increases discipline, compassion, humility, gratitude, sacrifice, and patience. Many experience peace and tranquility as they submit themselves in prayer, reflection, and repentance as mentioned in the **Holy Qur'an vs. 2:184-185**. Science has uncovered numerous health benefits of fasting on the body and brain, prescribing it as a medication-free formula for better health outcomes. Depending on lifestyle and diet, fasting may lower risks for cancer and cardiovascular disease, improve body weight and glycemic index, and protect against oxidative stress while reducing aging biomarkers.

Beyond physical benefits, fasting fosters mental clarity and mindfulness. This practice helps quiet the mind, allowing for deeper reflection, a stronger connection to faith, and peace amidst life's demands. Non-religious fasting is now a popular aspect of fitness programs. Intermittent fasting can reduce inflammation, control blood sugar, and support weight loss goals. It is amazing that fasting in Ramadhan (a type of intermittent fasting) was prescribed 1500 years ago as a comprehensive guide for mind, body, and spiritual health! May we all reap the immense benefits of this blessed month. Ramadhan Mubarak!

SHANAZ BUTT, Ph.D., MBA, Vice-President, AWSA

MEMBERSHIP TO AWSA:
Interested in becoming a member?

Please send a request to:

TASNIM EHMED, BS, General Secretary, AWSA at:
awsa@lajnausa.net

- Earning Members: \$100
- Students/Non-earning Members \$25

For Dues payment, please click: [AWSA Membership Dues](#)

For questions, please contact:

TAYYABA BHATTI, MPH, Finance Secretary, AWSA



**LAJNA
MATTERS**

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