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# Masjid Nasir Newsletter

## Tabligh at Penn's Landing



*By Abdul Salam Bhatti*

My experience attending the Islamic festival has been like every other Jamaat event, I observed, learned, and analyzed. Earlier years of this Festival have been enjoyable and satisfying, but by every passing year there seemed to be less people who attended. It seemed that the cultural flavor of this festival had drowned out any form of spiritual enlightenment; nevertheless the Jamaat had stood as a beacon of Islamic enlightenment in a sea of merchants. Most of the Muslims of Philadelphia that attended this festival in



the previous years saw this as an event in which they could learn new ideas and move closer to God, to fulfill their title as "Muslim". Our Jamaat attended this event to reach out to any of those Muslims who were thirsty for knowledge and reveal to them the method to spread our message. A reporter for the Philadelphia Inquirer published an interview that he had with our president Mujeebullah Chaudhary sahib and Abu Haroon sahib; in this interview he described our convictions and history through the words of a real Ahmadi. Through this media of communication we were able to reach out to those who were in and beyond the earshot of that very stage.



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## Lajna News

*Submitted by Zahdia Bhatti*

Hot pepper cream brings cool relief for people with diabetes.

If you are one of those people who puts red chili peppers on everything, listen up! Doctors have come up with a remarkable new way to use them on your burning ankles and feet.

Don't worry, they are not suggesting that you actually rub yourself with pepper's! Instead they are recommending a cream derived from red chilies. One that effectively reduces the pain of diabetic neuropathy. Garlic gets on the heart of good health when it comes to good health, garlic is the herb that gets to the heart of the matter. More and more studies are shedding light on just how garlic protects human heart.

1. Reduces blood cholesterol
2. Lower's blood pressure
3. Increases clot dissolving activity of the blood.
4. Prevents "bad" LDL Cholesterol from being oxidized.
5. Makes blood less likely to clot.



One to two cloves of garlic use daily is basic. Fresh garlic is probably the safest way to go. If you are bothered by garlic's strong odor, use garlic supplement tablets with an enteric

coating. Too much garlic can cause side effects, including heart burn, gas, wheezing coughing, vomiting, diarrhea and skin rashes. If you notice any of these, reduce your garlic intake. Regular exercise and a low fat diet are the best way to keep your heart healthy. But the benefits of garlic can spice up healthy lifestyle even more.

### Upcoming Events

July 6, 7, 8th – National East Coast Ijtema at Bait-ur-Rehman, Silver Springs, MD

July 15th – Picnic

July 22nd - Lajna Meeting

If you would like to submit any announcements and/or literary works to this section of the Newsletter, please email [sumera\\_c@hotmail.com](mailto:sumera_c@hotmail.com) before the 18th of each month.

Views from:

## **Ansar Regional Ijteema**

Attend by members of Philadelphia Majlis



## Khuddam & Atfal National Ijteema



Friday July 13th to Sunday July 15th , 2007  
at Hudson Valley Sportsdome  
240 Milton Turnpike, Milton, NY 12547

The Premiere Event of MKA USA, this year's National Ijteema will be held from Friday, July 13th - Sunday, July 15, 2007 at the Hudson Valley Sportsdome in Upstate New York.

Hudson Valley Sportsdome offers an array of modern conveniences in an outdoor setting, including an air-conditioned dome, state-of-the-art infield sports turf, 4 separate playing fields, 5 acres of level outdoor lawn space suitable for outdoor sporting events, and adequate restroom facilities.

All Khuddam and Atfal are requested to register online at: [mkausa.org/ijteema](http://mkausa.org/ijteema)



Contact Qaid for transportation arrangement.

"There are twelve characteristics of a true Khadim:

- 1) High morals,
- 2) Patience,
- 3) Kindness,
- 4) Modesty,
- 5) Service,
- 6) Humbleness,
- 7) Humility,
- 8) Sympathy towards Allah's creation,
- 9) Self-reflection,
- 10) Making an honest living,
- 11) Truthfulness, and
- 12) Piety."

Hazrat Khalifatul Masih III (rta), Mashi-e-Rah, Vol II, pp. 246-258



## Calendar of Events: July 2007

Post this calendar at your work & home.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fajr 4:13 Zuhr 1:05 Asr 6:17 Maghrib 8:34 Isha 10:11	<b>1</b> Tarbiyyat Class at Bait-ur- Rehman, MD Jamaat General Meeting at 11am	<b>2</b>	<b>3</b> Talim ul Qur'an & Arabic class 6:30pm to 8:30pm	<b>4</b> Da'een Tabligh Meeting 7pm to 8:30pm.	<b>5</b>	<b>6</b> Lajna/Nasirat National Ijtema at Bait-ur- Rehman, MD	<b>7</b> Lajna/Nasirat National Ijtema at Bait-ur- Rehman, MD
Fajr 4:17 Zuhr 1:06 Asr 6:17 Maghrib 8:32 Isha 10:07	<b>8</b> Lajna/Nasirat National Ijtema at Bait-ur- Rehman, MD	<b>9</b>	<b>10</b> Talim ul Qur'an & Arabic class 6:30pm to 8:30pm	<b>11</b> Da'een Tabligh Meeting 7pm to 8:30pm.	<b>12</b>	<b>13</b> Khuddam and Atfal National Ijtema in NY	<b>14</b> Khuddam and Atfal National Ijtema in NY Class with Imam Kausar: 4 to 6:30
Fajr 4:22 Zuhr 1:07 Asr 6:16 Maghrib 8:29 Isha 10:02	<b>15</b> Khuddam and Atfal National Ijtema in NY Lajna/Nasirat Picnic	<b>16</b>	<b>17</b> Talim ul Qur'an & Arabic class 6:30pm to 8:30pm	<b>18</b> Da'een Tabligh Meeting 7pm to 8:30pm.	<b>19</b>	<b>20</b>	<b>21</b>
Fajr 4:28 Zuhr 1:08 Asr 6:14 Maghrib 8:24 Isha 9:55	<b>22</b> Lajna/Nasirat Meeting 11am.	<b>23</b>	<b>24</b> Talim ul Qur'an & Arabic class 6:30pm to 8:30pm	<b>25</b> Da'een Tabligh Meeting 7pm to 8:30pm.	<b>26</b> Monthly Jamaat Fasting	<b>27</b> Jalsa Salana UK	<b>28</b> Jalsa Salana UK Class with Imam Kausar: 4pm to 6:30pm
Fajr 4:34 Zuhr 1:08 Asr 6:10 Maghrib 8:18 Isha 9:46	<b>29</b> Jalsa Salana UK	<b>30</b>	<b>31</b> Talim ul Qur'an & Arabic class 6:30pm to 8:30pm	Tarbiyyat Class at Bait ur Rehman June 30th to July 8th			Every Sunday: Quran Class 10am