

Bait-uz-Zafar Envoy and Nawae Zafar is a monthly bilingual newsletter of the Ahmadiyya Muslim Community of New York. For further information contact:

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Bait-uz-Zafar Envoy

DHUL QI'DAH / DHUL HIJJAH 1435 AH

SEPTEMBER 2014

Up Coming Events

September 5th – 7th: Majlis Khuddamul and Atfalul Ahmadiyya National Ijtema

September 7th – 11:00 AM: Lajna and Ansar meetings

September 13th – 9:30 AM: Tahir Academy Classes Begin

September 14th – 2 PM: Blood drive at BZ from 2PM onwards

September 19th – 21st: East Coast Lajna National Ijtema

Tahir classes for children including High school students every Saturdays at 9:30am

Jumma in Manhattan gathering is @ 1:10pm

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NY Jama'at attends USA Jalsa Salana in Harrisburg



Alhamdulillah, many members from New York participated in this year's 66th Jalsa Salana in Pennsylvania Farm Show Complex, Harrisburg, PA. Our members participated in Khidmat-e-Khalq duties, Atfal were during Jalsa (Mukit Ahmed, a tiff is seen serving water to members). Khuddam helped with the blood drive that occurred during Jalsa. A Review of Religion booth was present to get subscriptions from members. The Ziafat team from New York served in preparing food, and New York members helped the Audio Video and MTA team. Most of our members came back on a positive note. Among the VIPs, one of the speakers Ms. Bengura, from the United Nations in New York, was one of the speakers at the Jalsa. Ghulam Rabbi, who is in charge of Bangla Desk also held annual gathering with Naseem Mehdi sahib to review progress.

A new ba'it: Ms. Magdalena Franco accepted the true Islam. We welcome her to the fold of Ahmadiyyat . May Allah bless her and reward her.

During Ramadan, our Jama'at was blessed with many opportunities to participate in different Iftar Programs hosted by Non-Ahmadi organizations. On July 20th, 2014, Imam Shamsi Ali, an Indonesian Scholar, invited our Jama'at to attend an Iftar program in Manhattan. There were more than 200 guests present at the event and felt as if we were the organizers of the event as our Jama'at members were the ones welcoming all the other guests. We gave every guest a copy of "The Review of Religion: Free Speech & Islam Dialogue or Dissension?" Jama'at President Sahib met a lot of guests during the program, gave them a copy of "The Philosophy of the Teachings of Islam". Sadr Sahib gave an introduction of our Jama'at to the guests as well as shared with them what our organization is doing around the world. The main guest of Honor at this event was the Ambassador of Indonesia.

On August 9th, Jama'at was invited to a Nigerian church in Brooklyn to participate in an interfaith meeting. At the interfaith meeting, we shared different projects that our community is currently doing in Nigeria. Also present at this interfaith event was the Deputy Ambassador of Nigeria who acknowledged the work that our Jamaat is currently doing in their nation.

Aside from all the events that we are attending, we are also mailing different books to our Non-Ahmadi friends. Our Harlem bookstall is still taking place. Distribution of the book world crisis and the pathway to peace:

Shortly the book will be available for free distribution by members of the Jamaat to appropriate persons known to them. The book carries Hazoor's addresses at the Capitol, European Parliament, British Parliament and other such locations. It also carries hazoor's letters to world head of states. Please contact Gafoor sahib for your copy and at the same time provide the contact information of the person whom the book is being presented.

A reminder to all members: We are hosting a blood drive on September 14, 2014 at Bait-uz-Zafar at 2 PM sharp

By: Abdul Ghafoor sahib

Jalsa Salana UK:

This year many members from our Jama'at travelled to UK for our annual Jalsa Salana UK. The number of people attending from our Jama'at is far more than many years in the past.

Members gathered at Bait-uz-Zafar to be part of the international Ba'it and renew their allegiance to the fold of Khilafat.

Finance

Nasir Baccus, Secretary Tehrik-e-Jadid says we have approximately six weeks left for the year to end and we need to maintain and exceed our target from last year. There were about 100 men, women and children who did not participate in this scheme last year and if they come forward this year, we can reach our target. On a similar note, if all the participants increase their donations from last year, our target can also be achieved. We look forward to you and your family members participating in this blessed scheme.

Tahir Academy Report:

As of September 13th, 2014 our new semester will start with a new name: Tahir Academy, New York, instead of Tahir School. The timings will remain same, starting from 9:30 AM – 1:30 PM every Saturday. All children must come with their heads covered; all boys should have a head cap and all girls should have head scarves. We will administer according to guidelines from the national Tarbiyyat department.

Children who remain absent more than 3 times in a semester will have to appear before the principal, along with the parents, to determine reason for absence. Similarly, students who have a habit of coming late will also need to see the principal along with their parents.

The academy now has a Board of Advisors that will advice the staff regarding Tahir Academy. We will be introducing some new concepts this year so all students should be prepared to attend and learn.

Tarbiyyat Camp

Tahir camp, the tradition of the New York Jama'at, was held from August 22nd-24th, 2014. It was indeed a remarkable success that despite summer vacations, when families are usually out, and conflicts with other Jama'at programs and camps, 77 students attended this year's spiritual fitness camp. Students came from all boroughs and Jama'at's of New York (i.e. Brooklyn, Queens, Long Island, Bronx and Manhattan) and they attended the 3 days of camp with great enthusiasm; parents also participated in this event by dropping their children on time and picking them up and also helping other children by carpooling. The activities included educational sessions as well as sports which were supervised by teachers. There were 3 different age groups for boys and girls, which ranged from age 10-20+. The teachers were very dedicated to their students and they include Imam Hammad Sahib and his wife Nazia Hammad Sahiba, who came especially from Baltimore to teach at this camp. Students and parents are urged to attend next year's camp, as more new classes and activities will be held. The Ziafat team served delicious breakfast, snacks and lunch to everyone.

-Ahmad Mubarak

Aitikaf in Qadian

If a member from USA jama't has a desire to perform Aitikaf in Masjid Mubarak or Masjid Aqsa Qadian, he is required to send his request attested by local President to NHQ two and half months before Ramadhan.

After attested by Respected Amir Sahib USA it would be referred to Waqalat Tamil o Tanfiz London for the approval of Hazur e Anwar (aba) and then, Waqalat Tamil o Tanfiz would sent to Qadian.

Tehrik-e-Jadid

This is the final reminder to all, you have until October 25th 2014 to complete your payments so your name can be added to the list which will be sent to Huzoor (aba). Our target is \$40,000, and we are not 50% as yet. I am asking all auxiliaries to cooperate in helping to achieve this target, and let (USA) be in the # 1 spot as per national secretary Sahib.

Visitors to New York:

As usual, before and after Jalsa Salana UK, we get many international guests who come to visit New York. This year we had the pleasure of having Missionary Tahir Selby Sahib, from UK along with his family, Tahir Sahib from Al-Fazl, Rabwah, Shabir Sahib from Jamia, Rabwah and Dr. Akram Javed Sahib from Sierra Leone who came along with his family and some other families whose relatives reside in New York. We were very pleased to be able to welcome and host these guests and pray that they come back to visit again.

Aziz Hafiz sahib, Naib Sadr MKA UK visited Bait-uz-Zafar on his way before attending the National Khuddam Ijtema.

Ansar Report:

This month, the Ansar monthly meeting was held on Sunday August 3rd at Bait-uz-Zafar. The theme of this month meeting was "Let's get real about speaking Urdu in the mosque (is this a real problem or is it a complaint of a few?)" The recitation of Holy Quran was done by Rashid Ahmad sahib from Chapter 16 Verse 126 & Chapter 3 Verse 104, and Ansar Pledge by Zaeem sahib. The Hadith related to the topic was presented by Abdul Ghafoor sahib. Naeem Ahmad Mansoor sahib presented from the writings of the Promised Messiah (AS) relating to the topic in discussion. Zaeem sahib along with Ahmed Mahmood sahib and Ahmad Mubarak sahib, discussed the 3 questions relating to Tarbiyyat by holding an interactive session with all the members present and discussed their opinion on the theme of the meeting. Zaeem sahib also reminded the members about the four goals that Sadr sahib has outlined which are strengthen family, provide services to humanity, communications and requested members to start preparing themselves to attend the Ansarullah national Ijtema to be held in October.

Meeting concluded with the silent prayers and after Zuhr and Asr prayers, a BBQ was prepared by the Ziafat team for the members as Eid Milan lunch.

All majlis members are requested to register for the national Ansarullah Ijtema by using the link provided, please make sure to register and plan to attend the Ijtema.

<http://www.ansarusa.org/ijtemaportal>

Members of the Majlis volunteered at the Jalsa Salana USA in MTA, Food preparation and food distribution.

Next Ansarullah meeting will be on Sunday September 7 and the topic of the meeting is "Let's get real about honesty (the single most important moral character which defines who we are). Please plan to attend.

OBESITY AND HOMEOPATHY

It is estimated that an active person will burn about 12-13 calories a day per pound of body weight. Therefore, a person having weight 140 pounds will need roughly 1700-1800 calories a day to maintain that weight, and less to reduce it. This can be used as a guideline for planning weight loss programme, by reducing calorie intake.

It is already stated that obesity is caused by intake of excess calorie and furthermore the lack of physical work or exercise is also one of the contributory factors. Thus, reducing weight means one has to reduce calorie intake by reducing his high-calorie diet. It may therefore be suggested to an obese adult to stick to his daily diet providing 1300 Kilo-calorie (Kcal) which may help in reducing about 0.5 – 1 Kg a week.

A BALANCED DIET

A balanced diet contains adequate amounts of Proteins, Vitamins and Minerals. Once the body weight comes to the standard level according to the height, the weight maintenance diets (adequate in Proteins, Vitamins and Minerals) should be taken to keep weight constant i. e. between 1700-1800 kcal. Therefore, daily diet should contain balanced amount of cereals, pulses, green leafy vegetables, other vegetables, roots, fruits, milk, fats and oils, sugar and jaggery, and groundnut.

DIET TIPS:

- You may not eat or drink the following :
- Alcoholic Drinks.
- Butter, Margarine.
- Cakes, Pan Cakes, Cookies, Doughnuts, Pastries, Pies.
- Candy, Chocolates, Nuts.
- Creams, Cheese.
- French Fried Potatoes, Potato Chips.
- Pizza, Snack Foods.
- Gelatin Desserts, Puddings (Sugar-Sweetened).
- Gravies and Sauces.
- Jams, Jellies, Sugar and Syrup.
- Ice Cream, Ices, Ice Milk, Sherbets.
- Muffins, Waffles.
- Soda (Sugar-Sweetened).
- Cut down on salt and sugar.
- Eat from a small plate.
- Do not skip meals – else being hungry you will overeat at the next meal.
- Do not eat while you are out of home
- Do not be tempted by prohibited foods. Keep tempting foods out of sight.
- Do not eat while reading, watching TV, Video or games
- Control your urge to eat excessive.
- Eat little at dinner.
- Eat in the same place invariably.
- Chew your food completely, never gulp it.
- Do not eat between meals except raw carrots.
- Drink 7-10 glasses of water a day.
- Walk after night meal.
- Be vegetarian to lose weight.
- Use skimmed milk instead of full fat milk.
- Avoid foods high in saturated fat and cholesterol
- Set a long term weight loss goal.
- Buy a reliable scale to weight yourself and a kitchen scale to weight your food.
- Weigh yourself quite often.
- When you are angry, drink water.
- Walk and exercise daily in the morning.
- Shop only after eating.

HOMEOPATHIC MEDICINES

3. **ANTIMONIUM CRUDUM:** Children and young person with tendency to grow fat with coated moist white tongue. The subject needing this remedy may belch a great deal, and the eructations may taste of the ingesta. Bloating after eating. < By heat is a marked characteristic. The symptoms are < in the heat of the Sun. Nails discoloured and deformed. Corns and callous excrescences on the feet. Alternate diarrhoea and constipation especially in aged persons.

5. **CALCAREA CARBONICA.** This is the main remedy for reducing obesity. The characteristic symptom is sweating on the forehead which wets the pillow when sleeping. It should be given in 200 potency with weekly repetition. This can be prescribed to obese children also. The patient's hand is soft, warm, and moist ; a boneless hand with clammy feet. Great sensitiveness to cold, damp air. Dread of bathing and water. Great weakness on ascending, on walking and talking.

6. **CALOTROPIS GIGANTEA:** This medicine is helpful in reducing the obesity without decreasing the weight i. e. flesh will be decreased, the muscles will become harder and firmer. Heat in stomach is a good guiding symptom.

11. **FUCUS VESICULOSUS:** It is given when Calcarea Carbonica fails. It should be given in drop doses of mother tincture. It is very effective in cases of indigestion, obstinate constipation and flatulence. It is suitable to people with enlarged thyroid glands. Goitre has been cured with it.

12. **GRAPHITES:** Obesity in females with delayed menstruation. Indicated for fair, fat, chilly, constipated people who have skin trouble. Helpful to those who have lost desire for sex.

15. **PHYTOLACCA BERRY:** One of the effective weight and corpulence reducing remedies.

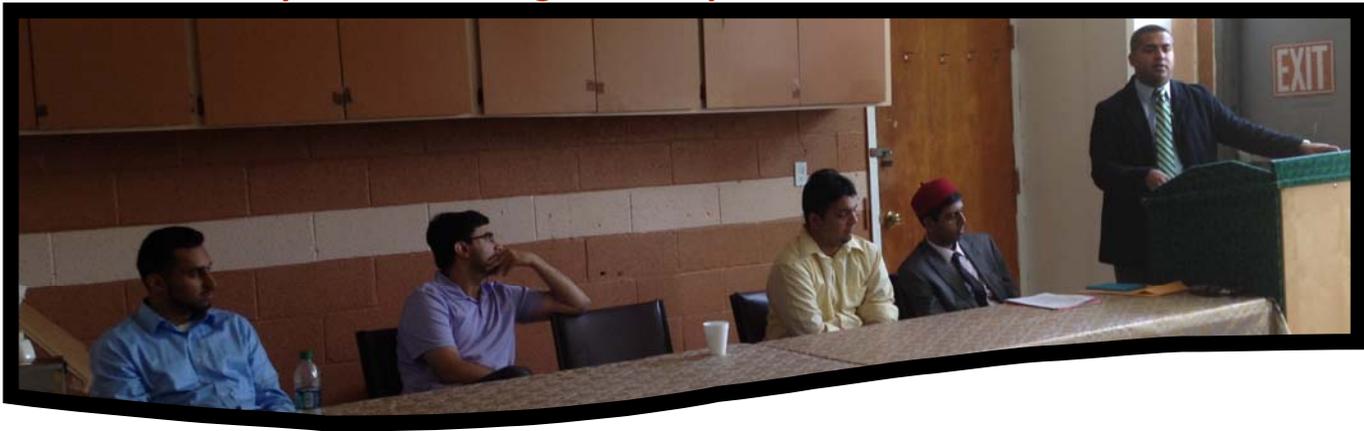
DR. BASHARAT AHMAD



HOMEOPATHIC SPECIALITY KITS

On homeopathy websites you can buy special first aid kits for the car, for hiking and camping, for horses, for pets, for pregnancy, for childbirth, and for travel. One website sells a Homeopathic speciality kit that "contains 95 major homeopathic combinations in liquid form which work so amazingly well particularly when given immediately after an accident or injury." It contains 95 combinations in a 30C, 200c and 1M potencies. You can purchase all kits at [http://](http://www.hompathcure.com/homeopathic-remedies/kits/homeopathic-speciality-kit.html)

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August 10, 2014 marked the day in which two significant Ta'lim programs were held at Bait-uz-Zafar. The first being a networking session aimed to connect Ahmadi youth with working professionals. The second was the annual Education Day, in which we recognized and awarded recent graduates (from kindergarden to graduate school) and students for scholastic achievements.

The networking session began at 12 noon with a brief introduction from Secretary Ta'lim, Zulfikar Sikder about the Ta'lim Department and the services it provides to students and parents.

The objective for the program was to encourage students to explore nontraditional career paths by having trained professionals speak about working diverse careers. Panelists were asked to describe their occupations, educational backgrounds, reasons for entering their chosen fields, and some of the advantages and disadvantages associated with their careers. The audience was given opportunity following each presentation to ask the panelists questions and were offered to receive the panelists' contact information following the session. Organic snacks and refreshments were served for attendees.

The first speaker was Mr. Udnan Ahmad, who received his bachelor's and currently pursuing his masters in forensic psychology from John Jay College of Criminal Justice. He is serving as a police detective in NYPD's intelligence bureau's federal task force focusing on terrorism, dignitary protection, and interstate activities. He offered invaluable advice on working in law enforcement and described some of its advantages, such as early retirement and excellent benefits. Next, Mr. Khurram Bajwa, a business analyst who received his bachelor's and MBA in finance and marketing from Forham University gave his account on working in the private sector in various companies such as Standard & Poor's, Thomson Reuters, and Noetic Partners. He spoke on how his education opened the door to his career and advised interested students how to achieve success in finance. He was followed by Ms. Rahbel Rahman, who is an adjunct professor, graduate assistant and a PhD candidate at Columbia University School of Social Work. She spoke about how her zeal to help others inspired to seek a distinguished career in social science and led her to work with those who are in need. The next speaker, Mr. Nadim Malik graduated from Colgate University and is a CGA charter holder. He is the founder of Sutton Place Strategies, an information services firm helping private equity investors and other companies improve business development. He eloquently informed the youthful audience about the assets of running a business as well as the risks involved with such ventures. Then Ms. Sadaf Latif gave a brief overview of the assorted educational and work background, from work in web development, health care, to teaching English to foreign nationals abroad. She had a degree in social science and pursuing a masters in accounting and becoming a CPA. The final panelist was Mr. Atiq Yassar, who received his B.E. mechanical engineering from City College of New York and his electrical engineering M.S. Degree from NYU Polytechnic School of Engineering. He spoke about his work as a design engineer at Con Edison and his current work as a senior engineer at PSEG of Long Island.

The networking session concluded with final words from President Nazir Ayaz Sahib, who presented stirring accounts from the Holy Quran, Hadith and the words of Huzoor Aqdas ABA to inspire the youth to strive to excel in school.

Following prayers, the students and parents were guided back to the dining hall where they were treated to specialty pizza and drinks.

The Education Day program promptly began following prayers and lunch. Respected Regional Ta'lim Secretary, Karim Sharif Sahib presided over the session, which began with recitation of the Holy Quran by Ali Ahmad Sahib. The opening address was delivered by Zulfikar Sikder. Two student speakers, Shafaq Ahmad and Samiyya Noureen, who were recognized for their exceptional academic performance this year were given the opportunity to inspire their peers. They each described their key to success in learning and the challenges they had to overcome in school.

After the speeches, the award ceremony commenced. Only those students who provided documentation prior were recognized for their achievements. This year's recipients for academic achievement are as follows: Faisal Ahmad, Mabroor Ahmad, Qudsia Ahmad, Shafaq Ahmad, Kaviul Alam, Maahida Bajwa, Noor Baraqaat, Danish Chaudhry, Qasid Chaudhry, Aayan Khan, Bareeah Mahmood, Saba Noreen, Samiyya Noreen, Mahidah Shahzad, and Ruksabha Zaman. Students who graduated from school are as follows: Umer Ahmad, Kaviul Alam, Noor Baraqaat, Ali Bhatti, Samiyya Noureen, Varda Razaq, and Mahida Shahzad. All participants who did not receive awards under either category were given honorary gifts for their attendance. The program closed with final words and silent prayer from Karim Sharif Sahib. Special thanks to Mrs. Laila Sikder, Ms. Shadaf Latif and Samiyyah Nureen for helping to organize the program.



New York Member Honored by Humanity First USA:

Mrs. Atiyya Malik was among those honored for their dedication to the cause of Humanity by putting hundreds of hours serving Humanity First as a volunteer. Many Congratulations to her and May Allah bless her for all of her efforts.

Marriages:

* Ms. Farida Ahmad, Daughter of Mr. and Mrs. Iqbal Ahmad was married to Mr. Jamil Bashir of Philadelphia.

- * National Atfal-ul-Ahmadiyya has recognized Queens majlis with 2nd best majlis award for year 2012-2013 this year in USA Jalsa Salana.
- * the Nazm Atfal of that time was Shahnoor Piracha
- * the Murabbi Atfal at that time was Mohammed Zaman.

* Mr. Muzzamil Jamil, son of Mr. and Mrs. Mubarak Jamil was married to Ms. Afshan Malik of Canada.

* Ms. Maiza Ahmad, daughter of Mr. & Mrs. Ghulam Ahmad was married to Shahzad Ahmad who recently arrived from Rabwah.

On behalf of the entire Queens Jama'at, we would like to congratulate these newly married couples and pray that May Allah bless them and keep them very happy together.

Birth:

Mr. & Mrs. Tawhidur Rahman were blessed with their first child, a baby girl who they have put in the blessed scheme of Waqf-e-Nau.

Congratulations to the parents and may this child be a righteous servant of Allah. Ameen.

Requesting for Prayer:

- * Khandakar Faruk Ahmed, brother of Shakil Ahmed is 43 years of age who is a central Toronto Jama'at had a Hernia surgery last week. He had some side effect after surgery and he has been hospitalized. Father's name is Khandaker Syed Ahmed of Brahmanbaria, Bangladesh.

Obituary:

- * Father of Nadeem Ahmad Sahib, of Howard Beach, passed away in Canada.
- * Brother of Dr. Shahid Ahmad, President Brooklyn Jama'at passed away in India. The deceased was also the brother of Rafi Ahmad Sahib, General Secretary of Brooklyn Jama'at and father of Amina Ahmed Sahiba, Sadr Lajna of Brooklyn.
- * Saleem Nasir Sahib passed away in New Jersey. He was a former member of New York Jama'at and held various Jama'at offices while he resided in New York.

أنا لله و أنا اليه راجعون

Inna lillahi wa inna ilahi raji'un

May Allah The Almighty elevate her status in paradise and grant Patience to the family members to bear this great loss. May Allah grant all the deceased a high status in Paradise. Ameen.

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