

AL-MEEZAN

A Biannual Magazine for
Nasirat & Atfal-ul-Ahmadiyya Australia

Volume 24 May 2023





Write to Us

Send us your submissions which include but are not limited to articles, stories, poems, quizzes, religious articles, jokes, riddles, puzzles, artwork/drawings, accomplishments, achievements, etc, along with your name, age, Majlis and a brief introduction (optional).

Please send them to your Majlis publications secretary or email to publicationssect@gmail.com.

Adults are also encouraged to write for the magazine, bearing in mind that the magazine is for young minds, therefore language should be appropriate.

Please reference your articles, especially Quranic verses and Ahadith.

Also note that articles, etc. should be typed in Microsoft Word with the font in Times New Roman and size 12. You can also attach pictures that you would like to add to your submissions with referencing if required, and any artwork should be submitted in jpg format.

Please note that it is up to the discretion of the editorial board to include these submissions in the magazine or not.



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May Allah the Almighty bless them immensely
for their efforts

Editorial

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Dear Children,

Assalaam-o-Alaikum Wa Rahmatullahi Wa Barakatuh,

This issue of Almeezan intends to educate you on the importance of establishing good habits and doing good deeds. Quranic verses and Hadith guarantee you that Allah Almighty will reward you for your good deeds both in this world and the hereafter. As you read through the magazine you will come across excerpts that will explain to you that an honest good deed is one where your intentions are rightfully motivated and your heart's content. Your fellow Atfal and Nasirat have written exemplary articles that will shed light on how to rid yourself of bad habits and how to start doing good deeds. Don't forget to ask your parents and siblings the riddles and make others laugh with some jokes. Also remember to keep the academic and spiritual achievers, and all others in your prayers.

May Allah Almighty enable all the readers to practice upon the commandments of Allah Almighty, follow the footsteps of the Holy Prophet (may peace and blessing of Allah be upon him) and listen to the advice of our Huzoor-e-Anwar (may Allah be his Helper).

JazakAllah
Uroosa Ahmad



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The Holy Quran

“On that day will men come forth in scattered groups that they may be shown the results of their works. Then whoso does an atom’s weight of good will see it, And whoso does an atom’s weight of evil will also see it.

[Holy Quran, Chapter 99: Verses 7-9]

Ahadith: Saying of the Holy Prophet(saw)

Avoid That Which Rankles in Your Mind

Hadrat Wabisass bin Ma’bad Asadi (May Allah be pleased with him) narrated that (when) I came to The Prophet of Allah (May peace and blessings of Allah be upon him); he said:

“Seek the guidance of thy soul! The virtuous deed is one whereby thy heart is contented, and thy soul feels restful, and the sinful act is one which rankles in thy soul and which contracts thy heart even though the other people endorse it as lawful.”

[Musnad Ahmad, Hadith of Wabisah bin Ma’bad, Vol 7, Page 423]

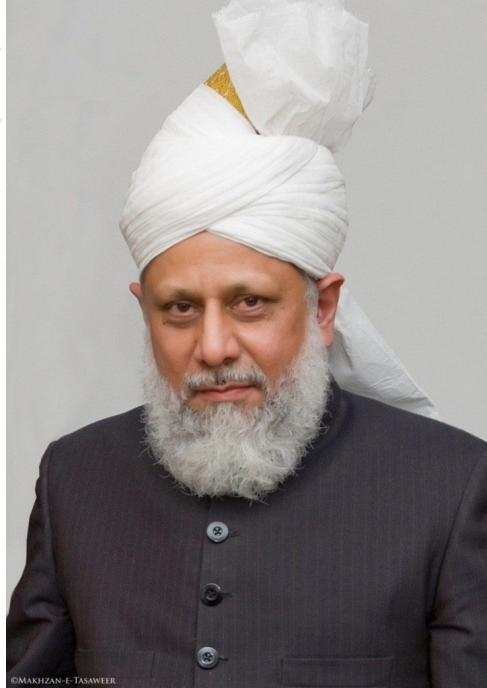
Saying of the Promised Messiah(as)

Hazrat Mirza Masroor Ahmad (may Allah be his Helper) quoted in a Friday Sermon, that the Promised Messiah (peace be upon him) said:

“You embody every form of moral excellence, such as generosity, courage, justice, mercy, benevolence, truthfulness and forbearance etc.,” meaning, to tolerate something with forbearance. “In short, every attribute that can be found within the heart of a person such as respect, modesty, honesty, kindness, honor, steadfastness, chastity, moderation, sympathy, as well as courage, generosity, forgiveness, patience, benevolence, truthfulness, loyalty and so on; when all of these natural conditions are manifested in accordance with one’s mind and intellect at their appropriate and proper occasion, they will all be labeled moral qualities. Furthermore, all of these moral qualities are in fact natural conditions and feelings of a person and are merely labeled as moral qualities when they are manifested on their appropriate and proper occasion and in accordance with a person’s intention.”

[Friday Sermon, 2nd March 2018]

Words of Wisdom from the Friday Sermon



(Extract taken from Friday Sermon summary delivered on 19 September 2014, from alislam.org)

Huzoor-e-Anwar (may Allah be his Helper), Hazrat Mirza Masroor Ahmad, said:

“Without deeds or actions, man is like a tree whose beautiful green branches have been cut off to make it look disfigured. Hence, empty

declaration and expressions of faith and of the strength of its roots, serve no purpose until and unless the green and lush branches of good and virtuous conduct and the fruits of such branches are not visible to the world with all their beauty and splendour and are not proving of benefit to the people. And when this beauty and beneficence is evident the world also is drawn to it and pays attention and gathers around it.

This condition is born within the believers at such a time when they develop a connection with the Prophet of the time. Today, it is the duty of every Ahmadi to show what good and virtuous deeds are, because Ahmadis have accepted the Imam and Prophet of the time. The Jamaat of the Promised Messiah (peace be upon him) is indeed a tree planted by God Almighty and its roots are strong and branches are lush green and fruit bearing and draw the attention of the world towards themselves. We, as Ahmadis, will be able to render our due to the world when we show high moral standards by committing righteous deeds in every aspect of our lives.

Allah, the Exalted, says concerning those who believe and do good and virtuous deeds that such people shall be those who shall attain the forgiveness of Allah. They shall be the ones who would be bestowed elevated stations in Paradise... Arrogance, miserliness, pride and other immoralities have in them a sort of shirk [associating partners with God] so this is why a person involved in such immoralities cannot receive any share from the grace of God and remains deprived... These are the admonitions that we need to keep in our view at all times. May Allah enable us to be like the true believers. Ameen”

[<https://www.alislam.org/tj/sermons/FSJ20140919-EN.pdf>]

Faith should be nurtured with Virtuous Good Deeds

Inaya Salman, Majlis Berwick



A person's faith is like a root of a tree, and his good deeds are like the water and nutrition to nurture this tree. Therefore, without good deeds no faith can survive, no matter how deeply rooted. A truly faithful person can be likened to a lush green tree that gives shade in the heat, flowers to please the eye and fruit for nutrition i.e. he can be seen to be beneficial to humanity. Thus, if the real and true teachings of Islam were acted upon, we would never see the pain and suffering that is being inflicted upon each other in the Muslims world.

The Promised Messiah (peace be upon him) says, *“In the Holy Quran, Allah the Exalted, has placed good, virtuous conduct along with faith. And good, virtuous conduct is that in which there is not the least bit of discord. Remember that the actions of man are always set upon by thieves - what are these? These are ostentation, ... and conceit...”*

Good, virtuous conduct is that in which there is not even the thought of any kind of excess or wrongdoing, or conceit, or ostentation, or arrogance or dispossession of the rights of human beings.

The Promised Messiah (peace be upon him) says, *“If there is even one person of good, virtuous conduct in the house, that house remains safe. So, you should know that so long as you do not do good deeds only your belief will not help.”*

The Promised Messiah (peace be upon him) also says that *“Just as man is saved by his good deeds on the day of Judgment, he is saved in this world in the same way, meaning that good conduct has value here in this world also.”*

Just as a tree, no matter how strong its roots may be, if it is deprived of nutrients, it dies. Without good deeds or actions, a man's faith dies. We can discharge the obligation that is upon us by virtue of being Ahmadis when we manifest our good and virtuous deeds to everyone. We can become the people who show the beauty of Islam by our good and virtuous actions. We should not be like those who are involved in any kind of discord and disputes, gossip, slander, backbiting, belittling others, and be devoid of mercy and those who follow good with taunt and injury. We should instead be those who demonstrate the highest good morals.

Those who believe and do good deeds, the Gracious God will create love in their hearts; a deep love and profound connection. They will establish an unbreakable and eternal bond of mutual love with God. There is no one more successful than a person who has attained a bond of indestructible love with God. The love of God drives such a person to do all he can to be of benefit to others out of love for humanity. We should attend to our actions with a determined resolve, and a solid and binding pledge.

May Allah transform us into true believers who are recognised for their deeds of virtue and good deeds, becoming those who draw near to Allah, the Exalted. Ameen.









RAMADAN



Eqan Maryam, Majlis Logan-West Queensland

The Holy month of Ramadan,
Where the fast begins at the crack of dawn.
Till sunset we don't dine,
And our souls do we refine.
Through worship and remembrance,
We spend our day in repentance.
We read the Holy Quran and pray together,
And better ourselves to gain Allah's pleasure.
Till the birth of a new moon,
The end of the month is very soon.
And we rejoice at the end,
Of our achievement with family and friends,
And intend,
To be let into the Gardens of Bliss when we ascend.



G ive charity to poor people

O ffer help to needy people

O ffer food to hungry people

D istribute gifts to friends

E ncourage others to do good

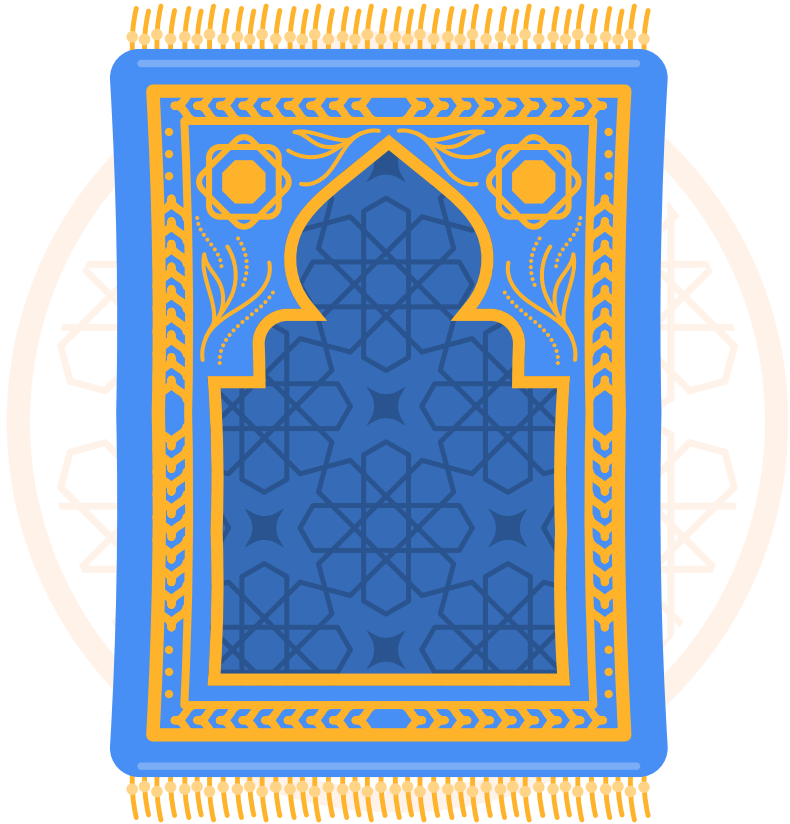
E scape from bad company

D o serve your religion

Acrostic Poem by Kazeem Piracha, Majlis Blacktown

Good Habits & Deeds in Islam

Rayyan Shahid, Majlis Campbelltown



The Holy Prophet (may peace and blessings of Allah be upon him) said
“Do good deeds properly, sincerely and moderately and know that your deeds will not make you enter Paradise, and that the most beloved deed to Allah is the most regular and constant even if it were little.”

A good deed is defined as an act of kindness that would benefit another individual other than oneself. The Holy Prophet (may peace and blessings of Allah be upon him) left a reminder of the importance of good deeds just before his demise, telling the Muslims to constantly engage in good deeds and avoid bad habits.

A habit is something you do on a frequent basis. Habits are actions that are on autopilot, which are the things that we do without much thought. They are already in tune with our bodies, we just carry them out automatically. The important thing is that you should be able to recognize bad habits and that you can pray to Allah if you are struggling to avoid bad habits.

An example of a good deed is being nice to your parents. It is important to say mindful things to your parents and to respect their point of view. Allah has said in the Holy Quran in Chapter 2, Verse 263 *“Kind words and forgiveness are better than charity followed by injury. And Allah is Self-Sufficient, Most Forbearing.”* Allah states that kind manners and forgiveness is much better than giving lots in charity.

The Holy Prophet (may peace and blessings of Allah be upon him) commanded one of the companions to be good to his mother and if you do so, he (may peace and blessings of Allah be upon him) said: *“You are a Hajji (pilgrim), a person performing ‘Umrah and someone striving for the sake of Allah (mujahid).”*

Parents, especially mothers have a high rank in Islam, serving them and being good to them can earn the reward of Hajj.

The most important habit a Muslim should develop is to pray the 5 daily prayers regularly. Understanding the importance of prayer helps to develop your mindset to pray the 5 daily prayers on time every day. As stated in a hadith. Abdullah asked the the Holy Prophet (may peace and blessings of Allah be upon him) *“Which deed is the dearest to Allah?”* He (may peace and blessings of Allah be upon him) replied, *“To offer the prayers at their early stated fixed times.”* (Sahih al-Bukhari 527).

10 Interesting Facts about Ramadhan

Mirza Shayan Shaukat, Majlis Adelaide South

- 1** *Fasting during the holy month of Ramadhan began in the year 624 CE.*
- 2** *Ramadhan is the 9th month of the Islamic Calendar.*
- 3** *Every year Ramadhan comes 10 days earlier than the previous Ramadhan.*
- 4** *The origin for the word Ramadhan is Arabic, which means the hot month.*

5 *The first verse of the Holy Quran was revealed during the blessed month of Ramadhan.*

6 *In paradise there are 8 gates. One of them is Ar-Rayyan in which no one can enter except those who fast for the sake of Allah the Almighty.*

7 *The worship on the Night of Power, Laylatul Qadar, is better than 1,000 months of worship.*

8 *Ramadhan is also characterized as a month of generosity and giving.*

9 *Fasting is one of the five pillars of Islam.*

10 *The end of Ramadhan is celebrated with a big celebration called Eid-ul-Fitr.*

Why does Islam emphasize on giving Charity?

Tamkinat Ahmed, Majlis Plumpton



In Islam giving charity is one of the five pillars of Islam, called Zakat. In Chapter 51, Verse 20 of the Holy Quran, Allah says: *“And in their wealth was a share for one who asked for help and for one who could not.”* This means that people who have wealth should give a share of it to people who need help.

One of the main reasons for giving charity is to help people to live a better life. Most poor people have to do very hard jobs such as farming, to earn a little bit of money in other poor countries. By helping these people, we help everyone to keep doing the jobs they do. Another reason Islam emphasizes giving charity is to help poor people feel equal to others and help create peace. The Holy Prophet (may peace and blessings of Allah be upon him) said that a Muslim should give gifts as it promotes love between people.

Through the Holy Quran and the example of the Holy Prophet (may peace and blessings of Allah be upon him) said we learn that charity is an important part of our religion. In Chapter 51, Verse 20 of the Holy Quran, Allah says: *“And do not forget to do good to one another.”* Giving charity also helps us gain blessings from Allah and then Allah also helps us.



CRAFT ACTIVITY



Sara Salman, Majlis Berwick

RIDDLES

Inaya Salman, Majlis Berwick

If you drop a yellow hat in the Red Sea, what does it become? **Wet**

What two things can you never eat for breakfast? **Lunch and dinner.**

What goes in a birdbath but never gets wet? **The bird's shadow.**

I'm always on the dinner table, but you don't get to eat me. What am I?
Plates and silverware.

JUST JOKES

Jannat Qaisrani, Majlis Melbourne West

What did the ocean say to the pirate? **Nothing, it just waved**

What do you call a boomerang that won't come back? **Stick**

How do you talk to a giant? **Use big words**

What kind of a tree fits in your hand? **Palm tree**

What falls in winter but never gets hurt? **Snow**

What's the smartest type of insect? **A spelling bee**

What kind of water can't freeze? **Hot Water**

What do cats wear when they go to bed? **Paw-jamas**

Why did the girl bring a ladder to school? **Because she wanted to go to high school**

Why can't Monday lift Sunday? **It's a weak day**



CRAFT ACTIVITY



Afia Mahmood, Majlis Gold Coast

Good Deeds and Habits

Alishba



So, what is a good deed? Well, there are many ways of showing good deeds and good habits but the most important is showing kindness towards others. Kindness can be shown in many ways such as helping the elderly, showing respect and taking others' opinions into consideration. These are just some of the different ways you can develop good deeds and habits. Good habits come with responsibilities such as making sure your room is clean or helping your mother in the kitchen or making sure that your workspace is clean and tidy and that you take good care of your hygiene. These are some of the good habits that you can start doing!

WHY IS IT IMPORTANT TO LISTEN TO THE FRIDAY SERMON?

Zeeshan Shaukat, 13-year-old, Jamaat Adelaide South



What is the Friday Sermon?

The day Friday has significant importance in Islam. On Friday, congregational prayer is offered at Zuhr prayer and the Imam gives a sermon. The Holy Quran and Hadith talk about the blessing of Jumu'ah prayer. "If a Muslim spends the day Friday in the remembrance of Allah, he is generously rewarded by Allah."

Why should we listen to Huzoor (may Allah be his Helper) Sermon?

In Jamaat-e-Ahmadiyya, our beloved Huzoor-e-Anwar (may Allah be his Helper), Hazrat Mirza Masroor Ahmad, delivers a sermon every Friday for everyone around the world. This is live streamed through our TV channel MTA (Muslim Television Ahmadiyya). This is a way for Huzoor (may Allah be his Helper) to pass advice to all members of the Jamaat and is a way for all Ahmadi Muslims to meet beloved Huzoor (may Allah be his Helper) every week, live.

What is the importance of the sermon?

Listening to the Friday Sermon has great benefits for us. Our beloved Huzoor (may Allah be his Helper) talks about a lot of different topics and draws our attention towards them, and advises how we can practice our religion better. For example, the Friday Sermons have covered the following topics;

- What are the rewards of offering prayer in a mosque?
- What are the benefits of paying Chanda?
- How can one maintain a stronger connection with God?

Huzoor (may Allah be his Helper) has also given us the history of Islam by describing the lives of all companions and battles in Islamic history.

What does Huzoor-e-Anwar (may Allah be his Helper) expect from us?

Huzoor (may Allah be his Helper) advises us to listen to the sermon regularly. It is a great guidance for our lives. Huzoor (may Allah be his Helper) takes hours to write the sermon by himself and also stands there and reads it to us for an hour straight.

What do I do when I listen to the Friday Sermon?

I always try to stay up to listen to the sermon as in Adelaide it comes quite late at night. When Huzoor (may Allah be his Helper) starts a sermon, he addresses everyone by saying "Assalaam-o-Alaikum" I reply to him straight after, by saying "Wa alaikum salaam". I have learned so many things like our history and by comparing it to today's lifestyle I have asked myself what I should be doing that would get me closer to Allah? For example, giving extra chanda and helping the poor. Since the Sermon is delivered in Urdu, I ask my parents a lot of questions because it enables me to learn more and helps me to understand the message that Huzoor (may Allah be his Helper) is trying to get across. Furthermore, for our Aftal classes we write Friday Sermon points and discuss them so that we can further understand what Huzoor (may Allah be his Helper) has said.

May Allah help us all to understand the Friday Sermons deeply and meet our Huzoor (may Allah be his Helper) regularly through MTA. Ameen

Reference: <https://www.alislam.org/book/salat/friday-prayer/>

A BRAVE SOUL IN HIJAB

*Mehmooda Tallat
Majlis Marsden Park*

It was a day like every other day of the winter. Duaa, as usual, got up and went along her morning routine to get ready for school. She chose to dress in a black hijab and coat along with her favourite runners. Then Duaa went straight to the kitchen for breakfast and quickly finished it, before saying salaam to leave for school. 'Oh, look at the time' she murmured to herself and almost ran out of the door into the front yard, shutting the door behind her.

On the way to school, as a 17-year-old senior high school student, all she could think of were her final exams. So, she decided to make this time useful and started to revise prayers and surah of the Holy Quran from memory, until she reached Masjid Qamar (mosque), the 'Holy Place' of her own local Ahmadiyya Muslim community, which was situated just across the road to her school, Oshkosh West High School, in Oshkosh, Wisconsin, United States of America.

Duaa stopped there for a brief moment to admire the beautiful mosque and catch her breath. It was a holy place indeed as she felt a sense of calmness taking over her. Duaa then started to walk again across the street and entered the gates of her school along with other fellow students.

It was a good and friendly neighbourhood in the Oshkosh countryside. Over the years, Duaa had witnessed occasional stares, even more so since she started wearing the hijab regularly, but other than that, generally, people were either inclusive of other cultures and beliefs or rather kept to themselves. It was the same in her school. But little did she know that by the end of the day, she would not only be recognized and praised for her bravery and kind heart by the whole country of the United States, but she would also be admired and respected as 'A Brave Soul in Hijab'.

The clock struck 9 am and the school bell rang to announce the start of the second period. It was just about 5 minutes into the AP English Literature when

suddenly, yelling and loud noises were heard coming from nearby. At first, Duaa thought some kids were messing around when the doors slammed in the hallway, but soon after, it was clear to everyone, that the loud noises they heard were not what they initially thought!

When Mr Lee, their teacher who stepped outside of the class to find out what happened came back, it was his serious face that made Duaa and others realise that something must have happened. He said in a conclusive tone “Go...leave right now!”.

Duaa and her classmates bolted out of the class. Consequently, the school already went into lockdown following the incident. They were confused and not sure what to do next when Duaa heard someone mention ‘Masjid Qamar’ across the Street. She quickly made up her mind and decided to go with her gut instincts to take all the students to seek shelter in the mosque. The mosque was usually locked for security reasons, but Duaa was sure that she was the only one who knew the security code to enter the mosque. That’s why she decided to lead the way and exited through a door close to the mosque. Everyone followed her and ran across N. Eagle St. to Masjid Qamar of the Ahmadiyya Muslim Community.

Duaa could see about 100 schoolmates standing outside the door of the facility, close to each other, concerned for their safety and anxious to get into the mosque. At that very moment, with the Grace of Allah the Almighty, again a sense of calmness took over Duaa and she was able to stay composed and focused like a true and responsible Ahmadi leader throughout this ordeal.

Duaa quickly punched in the security code, risked her life and bravely stood outside the building, holding the door open for everyone until all students safely entered the mosque, and then she finally made her way into the building and locked the door. Inside the mosque, some of the students looked more distressed than the others, some were even crying not sure what to do and some were still standing close to the door. Even though Duaa did not know most of them, she helped them in a calm and friendly way. She advised all the students to spread around in the mosque and sit down however they felt comfortable. Duaa also guided everyone around the facility of the mosque to let them familiarise themselves with the place to help them calm down and relax.

Afterwards, Duaa made a phone call to her dad and told him about the whole incident. Within five minutes, Duaa's father got to the mosque to help, and the pair organized everyone and sat them down into groups according to their grades and classes, made sure they knew where the restrooms were, provided them with clean drinking water and made them feel comfortable until all of the students were able to reunite with their parents.

Soon, the security personnel, police, fire brigades, paramedics and ambulances were at the scene and discovered it turned out to be a shooting incident at the school premises, which was resolved without any loss of lives, Alhamdulillah.

The local community, government and Oshkosh Fire Department acknowledged the contribution of the Ahmadiyya Muslim Community for fulfilling their promise of 'Always Keeping the Doors Open of Masjid Qamar for the Community' as a shelter for the students and first responders. They also thanked the Ahmadiyya Muslim Community for attending to their basic needs and providing them with, water, hot coffee and treats.

The news of this true incident that took place on the 3rd of December 2019 made the news nationwide across America. Many major national news agencies covered this story extensively and praised the heroic acts of everyone involved. It was said that many lives were saved that day thanks to the quick thinking and cooperation of the school security, staff and most of all, by a student at Oshkosh West High School, one brave soul with a hijab, Duaa Ahmad, who put her own life at risk to protect other fellow students.

National news agencies and channels like ABC News, CNN and Fox11 News USA also interviewed Duaa exclusively to acknowledge her bravery, courage and selfless act of good deed. The news said that 'Not all heroes wear capes... sometimes, they wear hijabs.' So yes, it's true! – In fact, on reflection, in real life, a hero has never been seen wearing a cape. Though, plenty of heroes have turned out to be hijab-wearing Muslim women.

<https://www.reviewofreligions.org/19282/not-all-heroes-wear-capes-sometimes-they-wear-hijabs/>
<https://abcnews.go.com/amp/US/video-shows-17-year-girl-hold-open-mosque/story?id=67504076>

<https://amp.cnn.com/cnn/2019/12/05/us/shelter-mosque-school-shooting-trnd/index.html>
https://fox11online.com/news/local/oshkosh-west-student-leads-others-to-shelter-in-mosque-after-stabbing-shooting?spot_im_scroll_to_comments=true&spot_im_highlight_immediate=true



CRAFT ACTIVITY



Drawing by Eiza Rajput.

Eiza is 7 years old and grade 1 student. Her mother's name is Sehrish Rajput. Her father's name is Faizan Rajput. Whenever she watches Huzoor Anwar's (may Allah be his Helper) khutba (sermon) she always find this mosque very pretty and beautiful. One day her Mom asked Eiza to make a Drawing of something, so she showed her interest of making a drawing of mosque Mubarik! Her Mom also helped her making this beautiful drawing. Eiza loves drawing and colouring.

Funny Questions

Munazzah Noor, Majlis Berwick

What do you call a guy who's really loud?

Mike!



Why are snails slow?

Because they're carrying their house on their back!

What is a room with no walls?

A mushroom



Sandy's mum has four kids; North, West, East, and?

Sandy of course!

How much did the shopkeeper sell his dead batteries for?

Nothing, they were free of charge!



Why did the scarecrow win a Nobel prize?

Because he was out-standing in his field!

SUMMER

Fareeha Anjim, Majlis Gold Coast

Sunshine flaring, heaps of heat,
For happy smiles to doors,
Vacations, a sweet treat.
To mountains, valleys and shores.
Kids in their constant summer glee,
Free from their parents' rule,
Jumping about happily
At beaches, rivers and pools.
Inflatable boats on which you float,
Exciting summer gear,
Sailing, rowing or jetsam boats.
Tell us about warmth here.

The memories we can't make the rest of the year,
Are this season's special treasures.
We wish that you may stay for long,
Providing us with all of your pleasures.

GOOD DEEDS & HABITS

Simra, Majlis Campbelltown

"To be doing good deeds is man's most glorious task." Sophocles

This shows how important it is to do good deeds not only in Islam but also in other cultures. In general it is good to do those types of things and have good habits because if you don't then there could be a lot of consequences that could either get you in trouble or make you have a rough time, which is never a good thing.

Although the advice given is based on the type of bad deed or habits someone has done. Some good ways can be starting slowly because no one gets to their goals quickly. It takes time to really understand what the bad habit is and how you can learn from it and make it better. One way is going to a trusted adult. This may not always be the best option, but it is an important one because there can be a possibility of help. Something that can really help is doing something that you love for example, going to the gym, drawing or reading. These are just a few, there are a whole bunch more. Let go of the bad mindset before it takes over. Trying to get rid of the habit can be hard when it starts getting too late, so it is better to remove it towards the start. Get better friends and be in a better environment. You might hear this from a lot of people that if you have bad friends leave them and it's true, making right friends would lead to good stuff and good habits but bad friends lead to bad habits and bad stuff. Also, for the environment, staying in the same place can have a lot of bad impacts on both mental health and can enforce negative habits so it is not good.

After talking about the ways to help with bad habits and deeds, let's talk about all the different types of habits people enforce onto themselves that could lead them into big trouble. One of them is smoking and binge drinking. This habit can lead to having very bad physical health; smoking can affect the lungs, you are not able to breathe properly and can eventually lead to lung cancer. As for drinking, if you do it a lot then liver failure is one of the most common things to happen. Another very popular bad habit is drugs; some can kill instantly, and others take their time with the pain and struggle to keep one alive so it's better to not do drugs in the first place. These are the main 3 dangerous ones. Some minor ones can be wearing headphones for too long, not exercising, not sleeping, being on your phone too much, slouching and constantly starting drama.

These are some tips and some types of habits and deeds and how to make them good. They may not be easy, but everyone has to try at least once because if we don't try then we wouldn't know what we are capable of. Everyone is capable of something good whether it's a hobby or something that you are passionate about, it may even help you in the future who knows.



CHOCOLATE CAKE

A Poem by Qudsia Noor Sharma
Majlis Marsden Park



Round it is,
like a perfect circle,
full of Chocolate drizzle,
help I can't,
but dream upon,
just to have a nibble.
Layer upon Layer,
Cream and Chocolate,
Chocolate and Cream oozing,
Oh temptation, my little head spins,
while, it may certainly be,
very amusing.
I have been told,
To wait by my Mum,
and let it nicely settle,
Daddy and little brother,
Joined my quest,
To win this patient battle.
I baked this nice Cake,
with Mum,
It took us an hour or more,
My arms hurt from all the whisking, so much,
Though it's worth it,
even in an ache or sore.
Alhamdulillah, Not too long to go now,
till the evening,
When My Ameen Ceremony is set to begin soon,
All family And friends have cheerfully come, to Pray for me,
And to enjoy this Chocolate Cake,
under the stars and the moon.
I say my humble thanks to Allah,
For guiding me to learn Holy Quran,
Even though I was small and Weak,
He heard the Prayers,
of my beloved Huzoor (may Allah be his Helper)
And granted me strength, knowledge and wisdom to seek.

grateful for the good deeds

During the School term holidays of September 2022, my parents and I visited Rubwah, Pakistan. I met my grandparents (Dada Abba and Dadi Amma) and I also had the honour of meeting Aapa Rofi (Sahibzadi Amatul Raoof Sahiba) at her house and Aapa Kausi (Sahibzadi Amatul Qudoos Sahiba) at the Lajna Hall Rubwah. Both beautiful ladies are sisters to our beloved Khalifatul Masih V, Hadhrat Mirza Masroor Ahmad^{aba}.

At the Lajna hall, my mum and I had the blessed honour of being a part of the silent prayer lead by Aapa Kausi at the occasion of the Centenary celebrations, completion of 100 years of Lajna Imaillah, where we also had some sweets. This was a very special day to remember as even though I met Aapa Kausi for the first time, she affectionately embraced me and gave me lots of kisses on my cheek like a Mum, along with a personal handwritten message of prayers, for my mum and I to keep.



ROTI PLANT

On my trip, I also visited lots of different exciting places. Like a tour to "Darul Ziafat" with the permission of Respected Na'ib Nazar Ziafat, Syed Sohaib Ahmed Sahib. This tour was so exciting and it ended upon a lunch from the Langar of Promised Messiahas. I was

eagerly looking forward to fulfilling an honorable good deed that my Nano (Nani Amma - maternal grandmother) had charged me with before my journey to Pakistan. She gave me an amount to make monetary donations to various departments of Welfare and fundraisers in Rubwah, established within our Jamat-e-Ahmadiyya in over 200 hundred countries, for the benefit of all mankind. This good deed also provided me with an opportunity to increase my knowledge, understanding and appreciation for the Blessed Institution of Khilafat and the departments of Welfare, of Jamat-e-Ahmadiyya such as, Darul Ziafat

(Guesthouse), Yatama Fund (Funds for Orphans), Tahir Heart

Hospital, Bilal Fund (Funds for the families of Martyrs) and Maryam Shaddi Fund (Funds

raised to help out brides in need with wedding expenses) etc. while I made the donations on behalf of myself, my cousin Brother Tabiq and cousin Sister Qudsia, Alhamdulillah.



We visited the Bahishti Magbara (The Heavenly Graveyard) and prayed for the deceased family members and Companions of the Promised Messiahas, previous Khulafae-Ahmadiyya, martyrs of Ahmadiyyat and in general, for all pious members of the Jamat, along with my great grandparents (Companions of the Promised Messiahas) and martyrs in my family.



HEAVENLY GRAVEYARD

I also went to a very beautiful park called "Butulhamd". It had a train in it and it's reserved for Jamaat members to visit at certain timings.



PARK

I went to a few Pakistani shops with my parents and purchased lots of colorful bangles and rings for myself. As a good habit, I also got the same things as souvenirs for my classmates and Nasirat friends in Australia.



SHOPS

When we returned back home to Australia, my mum and I made small gift bags of colorful bangles and a ring in each, with the Motto of our Jamaat "Love for All, Hatred for None".

Before handing them out to my classmates at school, I said a few words to let my class Teacher and Friends know that I belong to the "Ahmadiyya Muslim Community" and I'm an Ahmadi Muslim who likes to share the joy and give gifts because it's the Sunnah (practice) of our Holy Master Muhammad (Peace and Blessings of Allah be upon him).

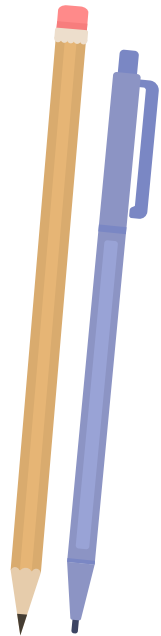
after our
message with
of our
now

Alhumdolillah, I'm grateful to God Almighty for giving me the opportunity and the strength to make this trip and to do my part in spreading the message of the Promised Messiah through my words and actions of performing good deeds. May Allah almighty help me and you to continue to grow stronger in our faith and continue performing such humble efforts. May Allah accept them all, Ameen.

Abeera Khan- Majlis Penrith



GIFTS



The Four Rightly Guided Caliphs

Syed Esah Jaffery, Majlis Melbourne East

I have been reading about the Four Rightly Guided Caliphs and have summarized some main points below.

Hazrat Abu Bakr Siddiq may Allah be pleased with him)

He was the closest companion of the Holy Prophet (may peace and blessings of Allah be upon him). Hazrat Abu Bakr (may Allah be pleased with him) was born in the ancient city of Makkah. He was two and a half years younger than the Holy Prophet (may peace and blessings of Allah be upon him). At birth he was called Abdul Kabah.

The Holy Prophet (may peace and blessings of Allah be upon him) said that everyone had hesitated before accepting Islam except Hazrat Abu Bakr (may Allah be pleased with him). His love for the Holy Prophet (may peace and blessings of Allah be upon him) was unmatched. His daughter Hazrat Aisha (may Allah be pleased with her) was married to the Holy Prophet (may peace and blessings of Allah be upon him), and his other daughter Hazrat Asma (may Allah be pleased with her) was married to Hazrat Zubair (may Allah be pleased with him).

After the Holy Prophet (may peace and blessings of Allah be upon him) passed away, it was Hazrat Abu Bakr (may Allah be pleased with him) that succeeded him and was Khalifa for two to three years. During those two to three years many of the enemies of Islam were defeated. He was laid to rest next to his beloved Master and dear friend; The Holy Prophet (may peace and blessings of Allah be upon him).

Hazrat Umar bin al Khattab (may Allah be pleased with him)

He was a big opponent of Islam. Hazrat Umar (may Allah be pleased with him) one day decided to kill the Holy Prophet (may peace and blessings of Allah be upon him) and he was informed that his sister had converted to Islam. He went to his sister's door and asked her if she and her husband had converted to Islam. His brother-in-law tried to explain but Hazrat Umar (may Allah be pleased with him) was in no mood for explanations and tried to hit his brother-in-law, but his sister got in the way as she was trying to protect him. Then she said that Hazrat Umar (may Allah be pleased with him) could beat them up all he wanted but they wouldn't give up their faith and then she recited the Kalima Shahadah, Declaration of Faith.

Hazrat Umar (may Allah be pleased with him) asked them what they were reading and after doing wudu, ablution, he read the Quran and was moved by the verses so much so that he accepted Islam. Once the Holy Prophet (may peace and blessings of Allah be upon him) said: "Oh Umar if I hadn't been a Prophet surely you would have been." After Hazrat Abu Bakr (may Allah be pleased with him) passed away, Hazrat Umar (may Allah be pleased with him) became the second Khalifa and remained so for 10 years. During those 10 years, Islam spread to Persia and Syria. He was martyred in 644 CE and was laid to rest beside his beloved Master; The Holy Prophet (may peace and blessings of Allah be upon him).

Hazrat Uthman bin Affan (may Allah be pleased with him)

Hazrat Uthman (may Allah be pleased with him) was unique because he was so kind-hearted. He was blessed because he was married to two of the Holy Prophet's (may peace and blessings of

Allah be upon him) daughters. This honor led him to be called Dhun Nurain (one with two lights).

Later after the demise of Hazrat Umar (may Allah be pleased with him) he was made the third Successor of the Holy Prophet (may peace and blessings of Allah be upon him). This blessed era lasted for 12 years in which the Islamic empire spread to China. He defended Islam until his last day when he was tragically martyred by rebels.

Hazrat Ali bin Abu Talib (may Allah be pleased with him)

Brave and esteemed, Hazrat Ali (may Allah be pleased with him) was the nephew and son in law of the Holy Prophet (may peace and blessings of Allah be upon him). He was married to Hazrat Fatima (may Allah be pleased with her). His wisdom was rivaled only by his strategy on the battlefield. He participated in nearly every battle with the Holy Prophet (may peace and blessings of Allah be upon him).

After the martyrdom of Hazrat Uthman (may Allah be pleased with him), Hazrat Ali (may Allah be pleased with him) succeeded him. This era lasted for 5 years. He was martyred in Kufa, Iraq, and was laid to rest in Najaf, Iraq.

With Hadrat Ali's (may Allah be pleased with him) demise the Rightly Guided Caliphate era came to an end.

A llah has blessed us all

T alking to Him, the Almighty in Namaz

F irm faith

A nd may we all

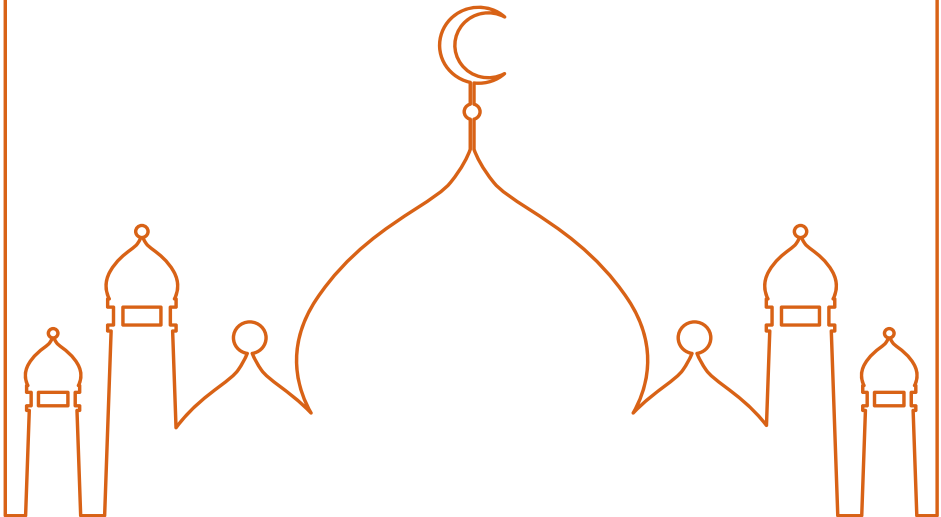
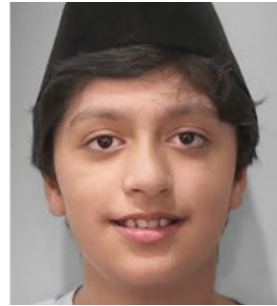
L earn the Blessings of the Holy Quran

Acrostic Poem by Kazeem Piracha, Majlis Blacktown

RELIGIOUS ACHIEVEMENTS

Please remember the following children in your prayers. They are the children who have achieved milestones or special achievements in the way of religion. May Allah the Almighty enlighten them with His Blessings and grant them all the best there is to offer in this world and hereafter. Ameen!

By the grace of Allah the Almighty Sarim Shahid Ahmed, from Majlis Campbelltown, son of Fozia Shahid Ahmed, has completed his first round of Holy Quran at the age of 10 Alhamdulillah. May Allah the Almighty enable him to understand the true meaning of the Holy Quran. Ameen.



On the occasion of National Ijtema, Romina Tanveer Ahmed d/o Saima Tanveer Ahmed, from Majlis Campbelltown, participated in a Nazm competition and received first prize. Alhamdulillah.

By the grace of Allah the Almighty Fahad Ahmed from Majlis Campbelltown, son of Shazia Musawer and Musawer Ahmed Awan has completed Yassarnal Quran and will now be starting Holy Quran.



By the grace of Allah the Almighty, Aiza Bhatti from Majlis Campbelltown, d/o of Maham Chughtai and Roshaan Pervaiz has completed Yassarnal Quran and will now be starting Holy Quran.

