



In the name of Allah, the Beneficent, the Merciful

..... **The HOPE Bulletin**

Hhealth, Ongoing Projects, Education



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AAIIL Worldwide Edition

Editor: Akbar Abdullah

CALIFORNIA JAMA'AT PROJECT: APPROVED BY THE CENTRAL ANJUMAN, LAHORE

INTRODUCTION

On behalf of *The HOPE Bulletin* team, my wife Parveen, and myself, I wish Hazrat Ameer-i-Qaum, Dr. Abdul Karim Saeed Pasha Sahib, the *Jama'at*, and all our esteemed readers a very prosperous, blessed and spiritually fulfilling New Year 2009. It also gives us great pleasure to share with you the sentiments expressed in the poem "New Year Thoughts 2009" composed by Captain Abdus Salam Khan of Cucamonga, California, USA:

Ah! The New Year stirring new desires,
The thoughtful soul to solitude inward retires.
Lo! The white hand of Moses on the bough,
Puts out, and Jesus from ground suspire.

Lo...The Dance of Death in two thousand and eight,
The harrowing scenes that changed our fate.
The war, the storms, and harrowing quakes,
The howling winds and the violent shake.
Gone, the newlywed bride with her rose,
Millions gone! Where, who knows.

But the serene face of Barak
Gives me pause.
His stunning victory
Wins my applause.
Ah! I say, ruby-red grape,
Still kindles on the vine,
And many a flower

By the Great Lakes blow.

The whole world now looks up
To the White House.
Soon to be home to Barak
And his spouse.
May this venerable House become
A beacon of light.
Emitting rays of happiness,
Radiant and bright.
May the swoop of the hawks
Slacken and cease.
Giving a chance of flying
To the doves of peace!
Amen!

Wishing you a very happy New Year!
[Omar Khayyam – *Rubaiyaat*]

JAMA 'AT NEWS

Report from Amir Aziz, General Secretary, AAII Lahore, Pakistan

Central Anjuman has initiated a programme to educate all members in Pakistan. The programme is named ARC (Ahamdiyya Anjuman Refresher Course).

This two-day course was organized by LASER and held on 29th and 30th November 2008 at the Center. It was a very successful course attended by some 40 participants from across the country. Most of the participants were members of *Mohtammadin*.

The following topics were taught:

1. *Was Jesus God?* by Hazrat Ameer.
2. *Claims of Hazrat Mirza Sahib* by Amir Aziz.
3. *Concept of Gog, Magog and Dijjal* by Ms. Sabeha Saeed.
4. *Death of Jesus Christ* by Brig. Muhammad Saeed.
5. *Objections against Hazrat Mirza Sahib* by Prof. Ejaz Ahmad.
6. *Views of towering personalities about Hazrat Mirza Sahib at his death* by Ch. Riaz Ahmad.
7. *Predictions of the Holy Prophet about the Promised Messiah* by Ms. Fiaza Ali.
8. *Differences between the two groups of Ahamdiyya* by Amir Aziz.

9. *Six Hat Theory* by Mr. Zahoor ur Rehman.

10. *Finality of Prophethood* by Qari Arshad.

All lectures were full of information and were enjoyed by all participant.

LASER students conducted the programme.

In the end, participants were awarded certificates by Hazrat Ameer.

This course will be organized every six weeks.

Announcement from AAIIIL, United Kingdom (Courtesy *The Light*, UK Edition)

CONVENTION U.K. 2009

A Convention is being organised by the Ahmadiyya Anjuman Isha'at Islam Lahore U.K. to commemorate the centenary of the death of Hazrat Mirza Ghulam Ahmad. It will be held from 10th to 12th July 2009.

Please contact us as soon as possible and in any case by 31st December, if you wish to attend.

[Please contact aaail.uk@gmail.com.]

PRAYER & HEALTH NEWS

Hazrat Ameer, during the closing moments of his *Eid-ul-Adha khutba* at the Central Mosque, Lahore, emotionally requested *du'a-e-shifa* from the *Jama'at* for his brother Nasir Ahmad Saeed, his sister-in-law Nuzhat Nasir Saeed, and for his brother-in-law Ali Sahib, son of the late Razia Madad Ali Sahiba.

Alhamdollillah! Begum Saira Karim underwent a successful angiogram procedure and a stent was placed in one clogged artery and she is now recuperating in New Zealand.

Br Abid Raza is now regaining his normal health after bypass surgery.

Br Hanif Buksh is also out of the hospital and recuperating at home.

Members are asked to continue to pray for their complete recovery.

Prayer from Amir Aziz, General Secretary, AAII Lahore, Pakistan

Hazrat Ameer and all members of the AAIIIL pray for early recovery of Mrs Saira Karim that may Allah bestow complete and perfect health upon her.

We would announce it tomorrow on Friday to all members to pray for her health. Our best wishes and sincere prayers are with her.

Prayer from Ameen Sahu Khan, Sydney, Australia

Assalaamu Aleikum Wa Rahmatullahe Wa Barakatahu.

I am very sorry to learn of Mrs Saira Karim's illness. May Allah in His infinite mercy grant her a speedy recovery and a quick return to excellent health.

Prayer from Shaukat A. Ali, Coordinator Asia-Pacific Region

We are saddened to learn that Uncle Hanif Buksh sahib and Uncle Saheeb Hussain sahib are ill. May Allah *swt* grant them speedy and complete recovery which leaves no ailment behind - *ameen*. Our fervent prayers are with all of them.

Please keep us posted on the results of their treatment. Convey our *Salaams* and *Dua* to them as well as to President, Abid Raza sahib, and all the members and their families.

Prayer from Ahmadiyya Anjuman Ishaat-i-Islam, Oakland, California

May Br Hanif Buksh and Br Mohammed Saheeb Hussain have speedy recovery. May Allah rain with blessing on them. *Aameen*.

Update from Dr. Khaliel Ghafoerkhan, Paramaribo, Suriname

Mary is still recovering from the big shock of the sudden death of her mom. We really thought that she would live a few more years. Allah knows best, *Alhamdulillah*.

We have done all the prayers ourselves (Quran reading) and were very happy that August Santoe was also here to help us during those sad days. He and Hilda will stay in Suriname till I think coming Feb. Their children will arrive here too next month. They have bought a house here and are enjoying the climate. Hilda's low backpain is a lot less here.

August is being invited to give speeches at several occasions and also to lead the *Jumah* in our Jamamasjid. Mary was again asked (for the third time) to give a religious speech in a Catholic church on Dec. 8th to remember the 15 victims of the military regime who were killed in Dec.1982. Now she is glad that August agreed to do it in her place this year. The bereaved families of the victims come together to pray in the church and last year being the 25th commemoration, even the President and First Lady were there with a few ambassadors and members of Parliament.

Congrats to Mujahid on the birth of a son. Also to Hazrat Ameer becoming a DADA!
ALHAMDULILLAH!

HEALTH INFORMATION

[Courtesy Dr. Khaliel Ghafoerkhan, Paramaribo, Suriname]

JOHN HOPKINS – LATEST FINDINGS ON CANCER

After years of telling people chemotherapy is the only way to try and eliminate cancer, Johns Hopkins is finally starting to tell you there is an alternative way.

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because

they have not reached the detectable size.

2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

Cancer cells feed on:

- a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Mauna honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.
- b. Milk causes the body to produce mucus, especially in the gastrointestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.
- c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.
- d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruit help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15

minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables two or three times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines become putrefied and leads to more toxic build-up.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Florescence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, resentment, and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

Also:

1. No plastic containers in microwave ovens.
2. No water bottles in freezer.
3. No plastic wrap in microwave ovens.

Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well.

Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze plastic bottles with water in them as this releases dioxins from the plastic.

Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us.. He said that we should not be heating our food in the microwave using plastic containers.

This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from

the container and heated in something else.

Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

POEM

[Courtesy, *A Spiritual Note*, Paramaribo, Suriname]

Footprints

One night a man had a dream.
He dreamed he was walking
along the beach with the Lord.
Across the sky flashed scenes from his life.

For each scene, he noticed
two sets of footprints in the sand;
one belonged to him, and the other to the Lord.

When the last scene of his life flashed back at him,
he looked back at the footprints in the sand.
He noticed that many times along the path of his life
there was only one set of footprints.
He also noticed that it happened at the
very lowest and saddest times in his life.

This really bothered him and he questioned
the Lord about it.

"Lord, you said that once I decided to follow you,
you'd walk with me all the way. But I have noticed that
only one set of footprints. I don't understand why when I
needed you most you would leave me."

The Lord replied, "My precious, precious child,
I love you and I would never leave you.
During your times of trial and suffering,
when you see only one set of footprints,
it was then that I carried you."

ALL ABOUT US

Dr Abdul Habib Sahu-Khan, M.B.E., M.B., Ch.B (N.Z)

8 June 1918 – 29 August 2007

[Contributed by daughter, Nur Jahan Alam, and reproduced from *Bashshaar*, Sydney, Australia.]



The passing away of Dr Abdul Habib Sahu-Khan on 29th August, 2007 in Sydney marked the end of an era for not only the Sahu-Khan family but also the *Jamaat*. He was a true statesman who helped lay the foundations of a more equitable society in Fiji, was a founding member of the *Jamaat* in Sydney, as well as provided service to the communities in Fiji and Australia.

Dr Sahu Khan was born on 8th June, 1918 in Suva, Fiji. After completing his primary and high school education in various schools in Fiji, he went to New Zealand to finish his education in 1934. On arrival, he found that he was required to complete a further two years of high schooling before he would be allowed to join the University. He completed the course in nine months and was accepted at the Otago University Medical School, Dunedin. When the Second World War was declared, he joined the New Zealand Armed Services Medical Corps, firmly believing that if New Zealand was good enough for his education then it was worth fighting for it. He joined the forces without any financial reward and when the war ended, the NZ Government awarded him with two Service Medals.

After working in many large Public Hospitals, such as Wellington, Waikato, Rotorua, Greenlane and Auckland Public, he returned to Fiji by the end of September 1946. On 6th October 1946, he was given a multiracial public welcome in the Suva City Town Hall, which was packed to full capacity and overflowing. In his speech he invited the audience to help make Fiji a true “Pearl of the Pacific” and started his “Service to Mankind” program in Suva. He was the first Fiji-born Indian to have qualified as a doctor and returned to Fiji to practice.

From early childhood Dr Sahu-Khan worshipped God and dedicated himself to serve mankind – an objective he always said that he achieved only reasonably in comparison to his aim. He never accepted any financial reward for his services to the people and only charged the equivalent of 75 cents for his

consultations, which he gave freely and without cost to the poor and the elderly. The drugs that were not available for treatment of patients he either ordered them from Sydney or made them from basic ingredients imported from overseas and then distributed them at cost, or gave away to those who could not afford them.

Without payment of any kind he was appointed a part time lecturer and an external examiner to the senior medical students of the Fiji Medical School. With the late Sir Albert Parker, the original owner of the *Fiji Times and Herald*, as President of the Samabula Anti-Tuberculosis Committee, Dr Sahu-Khan started a campaign which focussed on road and gutter cleanliness and tar sealing of dusty roads, particularly around villages and densely populated regions. The campaign also involved alerting people about indiscriminate coughing and spitting anywhere to prevent the spread of tuberculosis.

Later on, Dr Sahu-Khan was appointed Chairman of the Board of Elderly and Destitute, which focussed on issues relating to their wellbeing and interests. Similar to the rest of the services, this was unpaid. When Dr Sahu-Khan moved to Lautoka in 1952, this provided greater opportunities for his services to the community. He was elected the President of the Former Students of Natabua High School. He was appointed as Chairman of the Board of Governors by the Government for the eleven years until he left Fiji for Australia. He was appointed by the Government as a member of the Western Education Council as well as to the Central Education Advisory Council for Fiji.

Through the medical practice Dr Sahu-Khan saw a tremendous need for a society that would cater for the crippled children and disabled people. He formed the Crippled Children's Society, encouraged the Governor General to become the Patron, and the Society's Charity Fund soon began to swell. Dr Sahu-Khan's wife, Mrs Chand Bibi Sahu-Khan, was always at his side, helping around the countryside, assessing needs of those who were suffering but could not help themselves without a guide, sowing the benefits of the society, and helping charitable workers. Every Wednesday, free consultation and treatment was available for these needy people. The greatest and first need was to get a hostel to board the children arriving from distant places for medical attention. This was soon rectified through the help of the Government, the CSR Company, and the generosity of the people. The Society's branches began springing like mushrooms everywhere. Even those who were adamant and half-hearted about the success were now seen as foremost amongst the helpers. The success of the Society became known everywhere and letters and literature began flooding in to guide and help. Some members of the Auckland Rotary Club 292, acting as sponsors, arrived at Nadi Airport, and the Lautoka Rotary Club was born. Dr Sahu-Khan declined the post of President of the Club, but accepted the post of Chairman of Community Services.

He helped physically and financially the people of Rifle Range at Lautoka to lay water reticulations for drinking and washing. The people responded by providing all the labour, and with their hard-earned money the pipes and hydrants were bought. Dr Sahu-Khan arranged for the Government Engineer to supervise the work, and the project was completed in record time. Eventually, the Government bought the project from the Committee which Dr Sahu-Khan had formed under the Chairmanship of the Western Commissioner. The money was returned to the people who refused to accept it, but asked the Commissioner to hold it in trust until Dr Sahu-Khan had ensured that a kindergarten was built for their children. The building of the kindergarten was achieved through the assistance of the Manager of CSR Co Ltd. Dr Sahu-Khan managed to get two acres of land which the Company levelled and prepared without any cost to the people.

The Government appointed Dr Sahu-Khan as the only nongovernment medical advisor for the construction of Lautoka Hospital, which cost over six million (6,000,000) pounds. He was also appointed as a member of the Fiji Legislative Council Finance Committee. When the Government spent three

hundred thousand (300,000) pounds each for Ratu Kandavu Levu School and Veiuto School and laid aside only fifteen thousand (15,000) pounds for the Natabua High School, it made him very upset that questions of race should be displayed in this day and age. He vented his feelings about the matter and raised so much of a hue and cry that the reverberations reached London, the Centre of Colonial Government. Within two weeks Dr Sahu-Khan was advised that the Colonial Development and Welfare Fund in London had voted to give 214,000 pounds and that the Fiji Government would meet the balance to make up the 300,000 pounds. The Fiji Government came in and provided 11 or 12 acres of land near Lautoka Hospital and Dr Sahu-Khan ensured that the foundations were laid without delay. A school at Natabua, miles away from the centre of Lautoka, catering for only 10-12 Indian students, ended up as a multiracial High School for over 600 students with first class graduate teachers and the highest pass-marks than any other school. Dr Sahu-Khan was once a student at that school prior to going to NZ to further his education.

Her Majesty Queen Elizabeth II appointed Dr Sahu-Khan to the Legislative Council for a consecutive total period of nine (9) years until he relocated to Sydney, Australia. Amongst his other projects for the service to the community, Dr Sahu-Khan initiated the construction of the public Western Region Library, which is located in Lautoka.

During his medical rounds near the CSR Lines, he found 143 children not attending schools due to the lack of classrooms and teachers. A meeting of parents was urgently called and Dr Sahu-Khan helped place some students in various other schools. With tremendous voluntary assistance from two retired Indian teachers, the rest of the children were placed in a newly founded Lautoka Primary School. The lessons commenced under a mango tree. Through Christian Neilsen & Gammon, builders of the Lautoka Wharf, Dr Sahu-Khan managed to contact their London Head Office and sub-lease two of the vacant adjoining houses. He then rushed to Suva, met the Director Lands and Sir Robert Munro, who was the Chairman of Fiji Broadcasting Commission, and with their sympathetic support managed to get four and one half acres of land for the construction of a permanent Lautoka Primary School. He formed a school committee, placed the school children in temporary "school" houses and made a public appeal for help. The plans were drawn, committee members became earnestly involved, and through their and the public's assistance, bulldozers, donations of building materials, money and workmen came pouring in. The school that began with a handful of students under a mango tree ended up admitting 900 students when it opened its doors for admission.

Representatives of the Lautoka business community wanted to hold a *Ramleela* fair. They sought the assistance of Dr Sahu-Khan and after his consultations with the Government and Lautoka Town Council, the first *Ramleela* fair was held where the Lautoka Markets and Bus Terminal now stands.

There was no crematorium for the people in Lautoka and with Dr Sahu-Khan's help the Government constructed a small bridge over a river and hence the crematorium in the Lovu area was built.

In 1959 Dr Sahu-Khan was sent with two other representatives from Fiji to attend the South Pacific Conference at Rabaul in Papua New Guinea. Disappointed by the agenda to bring financial assistance to these twenty-one attending nations, his inspiration brought out the idea to have South Pacific games every three or four years. HRH Tui Pelehake, the Minister for Health and second son of HRH Queen Salote of Tonga, immediately seconded his motion. At the Plenary session everyone voted heartily in favour because they realized that it was most important to gather peoples of various nations together, and through the Games peace and understanding will follow the economic growth. After much more essential hard work, the first Games were held in Suva, Fiji in Aug-September 1963. A delighted Dr Sahu-Khan was present for the opening of the Games. The idea of the Games not only brought happiness, peace and trade but also economic assistance to the member nations. The South Pacific Economic Conference may be also

a result of this idea. After forty years, in 2003 Dr and Mrs Sahu-Khan's attended the 10th South Pacific Games held in Fiji as honoured guests. The games are held every four years and coincidentally at the time of Dr Sahu-Khan's death, the South Pacific Games were being held in the Solomon Islands. All athletes, officials, spectators and others involved with the games observed a minute's silence for the passing of the founder of the South Pacific Games.

In 1962 Dr Sahu-Khan was awarded the Medal of the British Empire by Her Majesty personally and both he and his wife were invited to dine with Her Majesty twice during her visit to Fiji. Later that year Sir H. Downer, the Liberal Minister for Immigration for Australia and father of the previous Foreign Minister, Alexander Downer, invited Dr Sahu-Khan and his family to become citizens of Australia. He accepted the invitation and left Fiji on 6th October 1963 to settle permanently in Sydney.

After settling the family on arrival in Australia, Dr and Mrs Sahu-Khan became involved in the community activities. Dr Sahu-Khan set up a private medical practice in 1963, again giving generously of his time and energy to elderly people. He became involved in a fledgling Muslim community in Sydney, helping fund-raise for the first mosque in Sydney. He served on the board for the Surry Hills Mosque for several years and assisted in the activities surrounding the building of the Lakemba Mosque.

Although Dr Sahu-Khan performed heart surgery, his first love was general medicine. To ease hardship for his patients he set up the proto-type of what became known as a medical centre. His practice included x-ray as well as physiotherapy and radio therapy and was targeted towards preventative medicine. He was a great believer in fixing the problem rather than just treating the symptoms.

When the need for a *Jamaat* to be formed in Australia became apparent in the late 1980s, Dr and Mrs Sahu-Khan opened their home up for meetings and functions and have continued to support activities despite ill health to the current day.

Dr Sahu-Khan was heavily involved in interfaith activity, even before it became "fashionable". He appeared on television, was interviewed on radio, and was even invited to present to a special meeting of Roman Catholic bishops in Sydney. Since a very early age Dr Sahu-Khan was interested not just in Islam but all other religions. In all his spare time, he devoted himself to the study of Islam and comparative religions and as such was a valuable resource to the community.

His demise has meant a significant loss to all, not just his family. Sadly, in the past few years, due to ill health Dr Sahu-Khan could not contribute to the community at the level to which he wanted. However, he continued to practice medicine at a limited level and to promote service to mankind and unity of humanity. In his own way he was still helping people to the last days of his life. As a tribute to him people from many walks of life, religions and nationalities attended his funeral service, held on 1st September, 2007.

He is survived by his wife, friend and partner of sixty years, Mrs Chand Bibi Sahu-Khan, four sons, one daughter and eight grandchildren. I write this as a small tribute to my father. Words cannot do justice to this great human being. He was a private, humble and deeply religious man who greatly loved his family and friends. His love of God meant that he went out of his way to help others of all ages, from all walks of life, from all beliefs and from all parts of the world. He lived and died by his creed, "Services to Mankind Above Self."

May Allah grant him a permanent place amongst the favoured in Paradise, *ameen*.

PUBLICATION

***Religion & Society* by the late Professor Maulana Muhammad Abdullah online**

Alhamdulillah! Dr. Mujahid Ahmad Saeed informed us that *Religion & Society*, compiled/written by the late venerable Imam Muhammad Abdullah, is now available on the Central Anjuman's official website aaiil.org, which can be conveniently accessed by clicking on the following link:

<http://aaiil.org/text/books/others/muhammadabdullah/religionsociety/religionsociety.shtml>

Jazak Allah! We commend this noble accomplishment of Dr. Mujahid Ahmad Saeed and his team to honour the venerable Imam who worked tirelessly to bring millions of Afro-American Muslims into the fold of mainstream Islam.

Hazrat Ameer also acknowledged this work and commented, "I am overjoyed to see the end result on the web. May Allah bless the sacred soul of Maulana Saheb and your efforts with great rewards."

EDUCATION

[Courtesy Ashraf and Nafiesa Ali]

Question & Answer Session

An atheist professor of Philosophy was speaking to his class on the problem Science has with God, the Almighty. He asked one of his new Christian students to stand and ...

Professor: You are a Christian, aren't you, son?

Student: Yes, sir.

Professor: So, you believe in God?

Student: Absolutely, sir.

Professor: Is God good?

Student: Sure.

Professor: Is God all-powerful?

Student: Yes.

Professor: My brother died of cancer even though he prayed to God to heal him. Most of us would attempt to help others who are ill. But God didn't. How is this God good then? Hmm?

(Student was silent.)

Professor: You can't answer, can you? Let's start again, young fella. Is God good?

Student: Yes.

Professor: Is Satan good?

Student: No.

Professor: Where does Satan come from?

Student: From ... God ...

Professor: That's right. Tell me son, is there evil in this world?

Student: Yes.

Professor: Evil is everywhere, isn't it? And God did make everything. Correct?

Student: Yes.

Professor: So who created evil?

(Student did not answer.)

Professor: Is there sickness? Immorality? Hatred? Ugliness? All these terrible things exist in the world, don't they?

Student: Yes, sir.

Professor: So, who created them?

(Student had no answer.)

Professor: Science says you have five senses you use to identify and observe the world around you. Tell me, son, have you ever seen God?

Student: No, sir.

Professor: Tell us if you have ever heard your God.

Student: No, sir.

Professor: Have you ever felt your God, tasted your God, smelt your God? Have you ever had any sensory perception of God for that matter?

Student: No, sir. I'm afraid I haven't.

Professor: Yet you still believe in Him?

Student: Yes.

Professor: According to empirical, testable, demonstrable protocol, Science says your God doesn't exist. What do you say to that, son?

Student: Nothing. I only have my faith.

Professor: Yes, faith. And that is the problem Science has.

Student: Professor, is there such a thing as heat?

Professor: Yes.

Student: And is there such a thing as cold?

Professor: Yes.

Student: No, sir. There isn't.

(The lecture theatre became very quiet with this turn of events.)

Student: Sir, you can have lots of heat, even more heat, superheat, mega heat, white heat, a little heat or no heat. But we don't have anything called cold. We can hit 458 degrees below zero, which is no heat, but we can't go any further after that. There is no such thing as cold. Cold is only a word we use to describe the absence of heat. We cannot measure cold. Heat is energy. Cold is not the opposite of heat, sir, just the absence of it.

(There was pin-drop silence in the lecture theatre.)

Student: What about darkness, Professor? Is there such a thing as darkness?

Professor: Yes. What is night if there isn't darkness?

Student: You're wrong again, sir. Darkness is the absence of something. You can have low light, normal light, bright light, flashing light ... but if you have no light constantly, you have nothing and it's called darkness, isn't it? In reality, darkness isn't. If it is, you would be able to make darkness darker, wouldn't you?

Professor: So what is the point you are making, young man?

Student: Sir, my point is your philosophical premise is flawed.

Professor: Flawed? Can you explain how?

Student: Sir, you are working on the premise of duality. You argue there is life and then there is death, a good God and a bad God. You are viewing the concept of God as something finite, something we can measure. Sir, Science can't even explain a thought. It uses electricity and magnetism, but has never seen, much less fully understood either one. To view death as the opposite of life is to be ignorant of the fact that death cannot exist as a substantive thing. Death is not the opposite of life: just the absence of it. Now tell me, Professor, do you teach your students that they evolved from a monkey?

Professor: If you are referring to the natural evolutionary process, yes, of course, I do.

Student: Have you ever observed evolution with your own eyes, sir?

(The Professor shook his head with a smile, beginning to realize where the argument was going.)

Student: Since no one has ever observed the process of evolution at work and cannot even prove that this process is an on-going endeavour, are you not teaching your opinion, sir? Are you not a scientist but a preacher?

(The class was in uproar.)

Student: Is there anyone in the class who has ever seen the Professor's brain?

(The class broke out into laughter.)

Student: Is there anyone here who has ever heard the Professor's brain, felt it, touched or smelt it? ... No one appears to have done so. So, according to the established rules of empirical, stable, demonstrable protocol, Science says that you have no brain, sir. With all due respect, sir, how do we then trust your lectures, sir?

(The room was silent. The Professor stared at the student, his face unfathomable.)

Professor: I guess you'll have to take them on faith, son.

Student: That is it sir ... exactly! The link between man and God is faith. That is all that keeps things alive and moving.

[NB: The student was Albert Einstein.]

PRAYER

[Courtesy, Shabir Buksh, General Secretary AAAIL, New Zealand]

(1) Four things that make your body sick:

- (a) Excessive talking
- (b) Excessive sleeping
- (c) Excessive eating and
- (d) Excessive meeting other people

(2) Four things that destroy the body:

- (a) Worrying
- (b) Sorrow (sadness/grief)
- (c) Hunger
- (d) Sleeping late in the night

(3) Four things that dry the face & take away its happiness:

- (a) Lying
- (b) Being disrespectful/impudent (knowingly insisting on something wrong)
- (c) Arguing without adequate knowledge & information.
- (d) Excessive immorality (doing something wrong without fear)

(4) Four things that increase the wetness of face & its happiness:

- (a) Piety
- (b) Loyalty
- (c) Generosity (being kind)
- (d) To be helpful to others without he/she asking for that.

- (5) Four things that stop the *rizq* (sustenance):**
(a) Sleeping in the morning (from *Fajr* to sunrise)
(b) Not performing *salah* or being irregular in prayers
(c) Laziness/idleness
(d) Treachery/dishonesty

- (6) Four things that bring/increase *rizq*:**
(a) Staying up in the night for prayers
(b) Excessive repentance
(c) Regular charity
(d) *Zikr* (remembrance of Allah)

The Holy Prophet (*saw*) also said to communicate to others even if you listen one verse (*ayaah*) and this one verse will stand on the Day of Judgment for intercession.

The Holy Prophet (*saw*) said to stop doing everything during the *azaan*, even reading the Quran.

WHAT OUR READERS SAY

Encouragement from Hazrat Ameer-i-Qaum, Darus Salaam, Lahore

Well done for an excellent version of the HOPE... Keep it up and I pray that your team effort in bringing news to the world is granted Allah's blessings. *Aameen*.

Encouragement from Nasir Ahmad, United Kingdom

Assalamo alaikum.

Thanks for reproducing Jawad's *Eid* sermon, which was delivered at the Wembley Ahmadiyya Mission House on 8th Dec. 2008... It was followed by a very interesting session – "Children's Programme" ... With many thanks and prayers.

Nasir Ahmad's comment on our second *Eid* supplement

My dear Bro. Akbar, *Assalamo alaikum.*

This time the designing, presentation and selection of photographs is beautiful. May Allah bless you.

Appreciation from Amir Aziz, General Secretary, AAI Lahore, Pakistan

Assalamu Alikum.

Jazakallah for *Eid* supplement. We appreciate your effort in bringing the whole world closer to each other through HOPE.

Acknowledgement of thanks from Dr. Khaliel Ghaforkhan, Paramaribo, Suriname

We like to thank Hazrat Ameer, you and all our sisters and brothers of the Global Jamaat for the many condolence messages we received. They really helped and gave us strength to bear this great loss. May Allah bless you all.

Mary will answer everyone soon. *Shoekran.*

Greetings from Abdus Salam Khan, Cucamonga, California, USA

Best wishes and prayers for a prosperous and a blessed New Year.

LESSON OF THE DAY

[Courtesy, Ameen Sahu Khan, Sydney, Australia]

SEASONS

There was an Indian Chief who had four sons. He wanted his sons to learn not to judge things too quickly, so he sent them each on a quest... in turn... to go and look at a pear tree that was a great distance away.

The first son went in the winter, the second in the spring, the third in summer, and the youngest son in the fall. When they had all gone and come back, he called them together to describe what they had seen.

The first son said that the tree was ugly, bent, and twisted.

The second son said no, it was covered with green buds and full of promise.

The third son disagreed; he said it was laden with blossoms that smelled so sweet and looked so beautiful. It was the most graceful thing he had ever seen.

The last son disagreed with all of them; he said it was ripe and drooping with fruit, full of life and fulfilment.

The man then explained to his sons that they were all right, because they had each seen but only one season in the tree's life.

He told them that you cannot judge a tree or a person by only one season, and that the essence of who they are and the pleasure, joy, and love that come from that life can only be measured at the end, when all the seasons are up.

If you give up when it's winter, you will miss the promise of your spring, the beauty of your summer, the fulfilment of your fall.

Moral

Don't let the pain of one season destroy the joy of all the rest.

Don't judge life by one difficult season.

Persevere through the difficult patches and better times are sure to come.

HOPE MEMBER SERVICE

Recipe of the Month

Carrot soup

Ingredients

- 10 carrots, scraped and sliced
- 1 1/2 tablespoons sugar
- 2 cups water
- 3 tablespoons all-purpose (plain) flour
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground nutmeg
- 4 cups fat-free milk
- 2 tablespoons fresh parsley, chopped

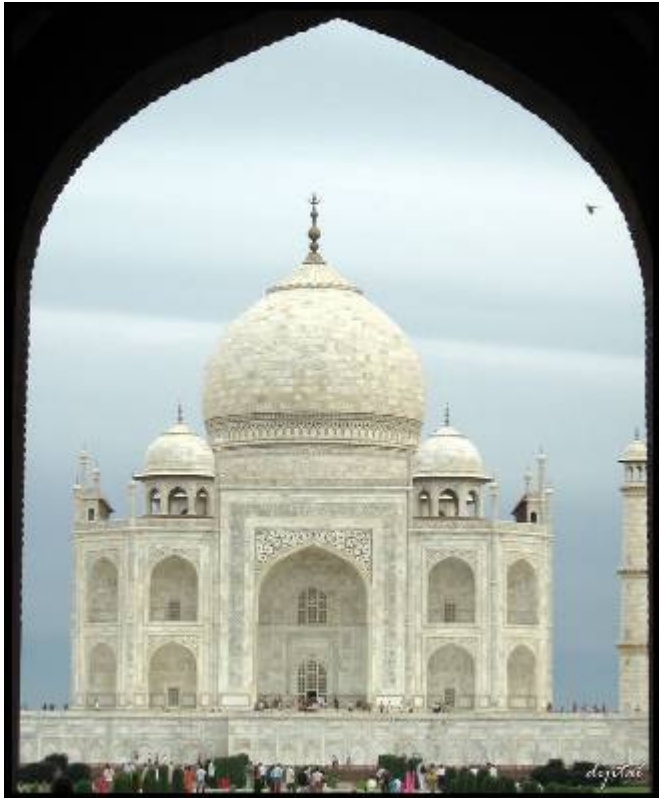
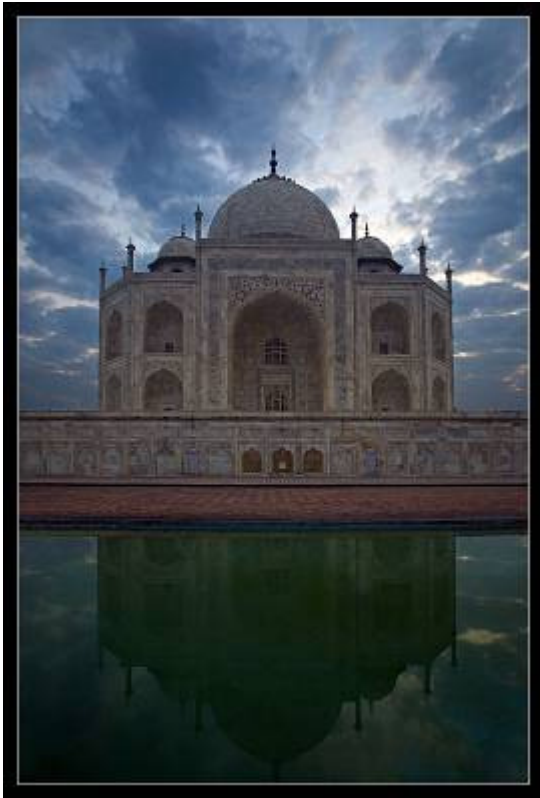
Method of Preparation

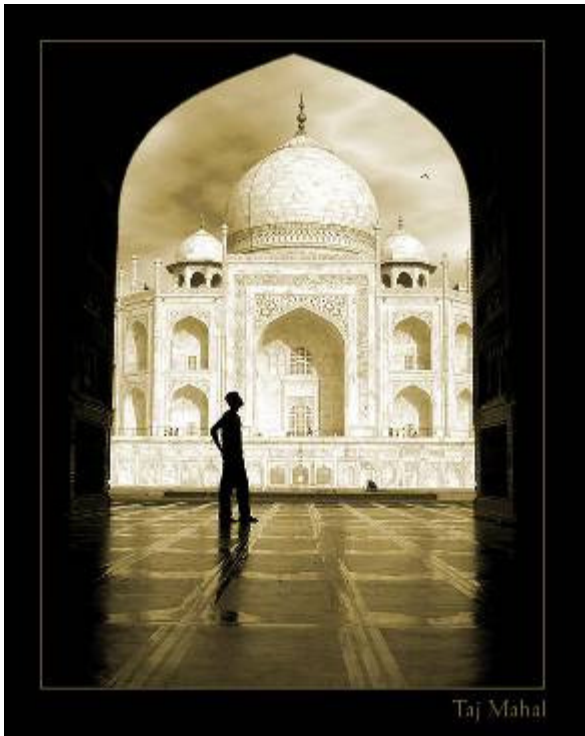
- In a large saucepan, heat the carrots, sugar and water.
- Cover and simmer until the carrots are tender, about 20 minutes.
- Drain the carrots, reserving some of the liquid. Set aside.
- In a separate saucepan, whisk together the flour, salt, pepper, nutmeg and milk.
- Cook over medium-high heat, stirring constantly until the white sauce thickens.
- In a blender or food processor, add the cooked carrots and white sauce.
- Puree until smooth.
- Add reserved liquid to desired consistency.
- Ladle into separate bowls and garnish each with one teaspoon parsley.

Serve immediately.

PHOTOGRAPHIC PRESENTATION

[Several views of the Taj Mahal, Agra, India, one of the Seven Wonders of the World. Our own Berlin Mosque replicates the frontal view of the Taj Mahal. – *Editor.*]





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