



AHMADIYYA  
MUSLIM COMMUNITY  
Love for All, Hatred for None

# Garden of Peace

A Monthly Newsletter for New Converts



'Most of all it is my purpose to plant once more in the hearts of people the pure and shining unity of God.' -Promised Messiah (as)

July 2008

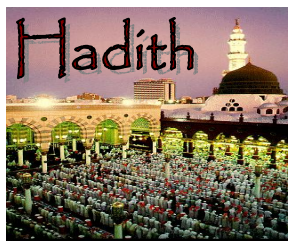
Vol 2 - Issue 1



## The Holy Quran

Allah had promised to those among you who believe and do good works that He will surely make them Successors in the earth, as He made Successors from among those who were before them; and that He will surely establish for them their religion which He has chosen for them; and that He will surely give them in exchange security and peace after their fear: They will worship Me, and they will not associate anything with Me. Then who so is ungrateful after that, they will be the rebellious.

(Chapter 24:Verse 56)



## Hadith

"Prophethood shall remain among you as long as Allah shall will. He will bring about its end and follow it with Khilafat on the precepts of prophethood for as long as He shall will and then bring about its end."

(Masnad)

## Importance of Khilafat

The following is a question was asked by an Arab brother to Hazrat Khulafat Masih IV (ra) during a question/answer session. In this age, the world, especially the Muslim world direly needs the Institution of Khilafat. What is its importance?

The Muslims who should have been united and be in harmony, are divided in countless sects and divisions. It is not only in religious field but in politics too. When there is schism, they can achieve nothing in the world, which a united and harmonious people can do. By discord and disharmony the power of the Muslim world has not only disintegrated, but also they are using this broken strength against one another. When such are the conditions, the aggregate will be below zero.

The groups may be very powerful, but if they will oppose and counteract each other in minor and major issues and remain busy in fighting, their power will be scattered and strength broken.

This is happening in every Muslim country. Unfortunately it is being named as *Jihad*. What will they gain from all this? What resources will remain for their own nation building, defense of Islam or fighting the enemy? Therefore, it is incumbent that Muslims should unite on the hand of One Imam. There should be one Imam of the Muslims of the whole world. But without Khilafat, it is just impossible. Khilafat is the successor after the prophet in the form of a person who is representing the deceased prophet and Khalifah is the vicegerent and his subordinate. He is the central authority. This is the basic principle of Khilafat.

Muslims do understand its need as well as importance. This need was felt after the sad demise of the Holy Prophet (peace and blessings of Allah be on him) also. In Islam this is quite clear like broad daylight and is a part of Islamic teaching that without unity and harmony you cannot rightly work on the teachings of Islam. When you go to the mosque for *Namaz* five times a day, there must be an Imam. Standing behind an Imam is a demonstration of unity among people. That is why the Holy Quran especially emphasizes the need of congregational prayer. Imam is given so much importance that if the Imam falters, the entire congregation must follow his mistake even if they know that a mistake has been committed. What better instance can be presented for the need of an Imam and unity in his following? If Imam is mandatory in a small mosque, then how can the whole of Muslims Ummah survive without an Imam.

As far as the Ummah is concerned, there is commandment in the Holy Quran to turn their faces towards *Qiblah*. For the Muslims throughout the world, there is one and only one *Qiblah*. You may go anywhere in the world, the *Qiblah* remains the same. This is a pointer that it is incumbent for the Muslim Ummah that they should be united under one Imam. Had this not been the sole purpose, there would have been no Khilafat at all because the spiritual condition of Muslims in the days of the Holy Prophet was a thousand times better than the Muslims of today. If they need to follow an Imam, how can we live without an Imam today when the condition of Muslims is crying for it. This is the answer why Khilafat is needed.

The issue is that once Khilafat is terminated, then it is not within the power of the people to introduce it again themselves. This is a dilemma, which the Muslim world is facing today. Khilafat starts after the passing away of the prophet and if unfortunately once it is destroyed, it is impossible that it restarts without a prophet. As far as Muslims are concerned, they are victims of dual issues. According to a large number of Muslims, the chain of Khilafat ended with the Khilafat of Hazrat Ali. After him, there was no Khilafat-e-Rashida. It was monarchy in the name of Khilafat and majority of Muslims agree that Khilafat-e-Rashida ended after Hazrat Ali. So how can you start this Khilafat once again?

As far as Shia Imams are concerned, there is no problem for them because majority of them believes that *Imamate* continued till the twelfth Imam. Some believe it up to the sixth Imam. Some think that it is continuing till today. But majority of Muslims deprived of the blessings of Khilafat. Even if we accept the continuity of *Imamate* till today, they are unable to unite the whole Ummah on one hand. We are discussing the issue of uniting the whole Ummah on one hand and it cannot be achieved by partial or regional Khilafat. It can be achieved only by universal or global Khilafat, which will unite the whole Ummah. Muslims believe that no prophet, of whatever category, can come now. This means that the single avenue to open the way of Khilafat has been barred. This is the big issue, which the Muslim Ummah is facing today.

The non-Ahmadi Ulema present the only solution of this problem and say that they also believe in the coming of a prophet. No doubt, he will be an old prophet, but they say that when he will come, he will be a prophet. Thus the lost Islamic Khilafat will once again be revived by Jesus Christ of Nazareth when he will descend with his old form and body. But the problem is that fourteen hundred years have passed, and there is no trace of second coming of that Jesus. There is no sign visible of his descent. World conditions have totally changed. Muslims have passed and are still passing through their worst phase of decline. But no Jesus has descended from the sky so far.

Now, the majority of Muslims are so much frustrated that they say that he has died or is living they are least interested. The scholars of al-Azhar University have repeatedly expressed their well thought and considered opinion that according to the Holy Quran, Jesus Christ has died and his second advent is absolutely impossible. It may be in their fancies, but practically, they have completely closed this door. No one will ever descend from skies, and this is the big and difficult problem, which the Muslim world is facing today. With this they have not only destroyed the most important institution like Khilafat but they have also blocked the entrance of the beginning of Khilafat.

# My Journey Into Haneef Kareem



I was born as “Charles Harris” in 1969 to Catholic parents in Chicago. Although I went to a Catholic school growing up, I was indirectly exposed to Islam as my mother used to tell me a great deal about Malcolm X. She considered Malcolm X to be a strong man and wanted black men to be like him so they could defend themselves in the society.

My other connection to Islam was that when I got into high school people used to tell me that I resembled Mr. Farakhan of the Nation of Islam. Some even thought that I was his son! As a result I started thinking about Nation of Islam, had friends in the movement, and attended their mosque as well. My exposure to the Nation of Islam made me learn about the Holy Quran and the Holy Prophet Muhammad (peace be on him).

Unfortunately I dropped out of high school and started running the streets. I got involved with the “Black P Stone Nation” under the teachings of Jeff Fort. It was an organization with some Islamic teachings and symbolism, and was organized to defend the neighborhood. I developed some Islamic customs as well, for example, I stopped eating pork when I was around 20. I also accepted Allah as One and True God, and stopped praying to any man or Jesus. I realized that all honor belongs to Allah, and never deviated from that belief.

However, while I believed in Allah, my personal life did not reflect that. I ran the streets a lot during this time. I sold drugs, I gang-banged, I mistreated people, and even physically hurt them. I made a lot of money, I had credit cards, and probably made almost a million dollars all together. But it was all through wickedness and foolishness, and one day it all came back to me.

I started using drugs myself, and now others hurt me, both physically and emotionally. I was shot five times, and became physically and mentally damaged. Finally I lost all my “empire”, and at the age of 30 found myself back on the street. I had no money, no place to live, and did not even have money to eat.

In this state of helplessness I had to make a decision. I was either going to go back to the street into the life of *Shaitan*, or I was going to make a deal with Allah for a clean spiritual life. While it was a very hard decision, I was sick and tired of being on drugs and alcohol. So I told Allah that I was ready for change, and that I meant it. I asked Him to remove this affliction from me, as I did not have the power to do it myself. I pledged that if He helped me, I would remain sober for the rest of my life. I made the decision to go for righteousness, and Alhamdulillah I have been clean since then (1999).

Today I am here in 2008, trying to walk the righteous path that Allah has set for all of mankind. I was fortunate to accept the Promised Messiah of the time a little over a year ago.

How did I get to know Ahmadiyyat? I had a child hood friend by the name of Brother Muhaimin Kareem. He was someone who not only myself but the entire neighborhood admired. We knew he was special as he wasn't like the rest of us. I think I first met him when I was 13, and he was around 11 years old. He lived across the street from me, and was someone that everyone looked up to.

While I knew Brother Muhaimin in childhood, we lost touch for a while until 2005. Brother Muhaimin ran a barber shop and I went there to get a haircut. I was very happy to see him. There was something about him that made him special. He was my teacher ... in fact he was the teacher for all of us.

Once brother Muhaimin realized that I was back in Chicago, he invited me to come visit Al-Sadiq mosque. I went there and felt very warm and comfortable. It was like no other mosque I had been to before. Everyone was very kind to me and I knew then that this was the place for me. I got to know many brothers like Abdul Karim, Sultan Latif, Rafique, Noor Makin, Wadud, Atif and Micah, who all had an effect on me. I was like “Wow”?! Where did all these people come from? I wanted to stay quiet in the mosque so I could listen more and learn.

I started learning about the Promised Messiah (as), such a kind and compassionate and gentle human being. He dedicated his life to save the world and help humanity. Learning about him was very interesting and it captured my attention. I felt that if I wanted to follow anything it was the nature of the Promised Messiah (as) which was also the nature of Ahmadis that I met.

Brother Muhaimin now continued to teach me so many things about Islam that I did not know before. I spent my very first Ramadan in 2006 through brother Muhaimin. He taught me the mechanics of fasting and how it can be easy through prayer and concentration. I fell in love with the month of Ramadan and walked through Aitkaaf without problems.

Although I had not formally signed the bait yet, I was regularly attending the mosque and brother Muhaimin became my constant teacher and support. He taught me the meaning of the name “Haneef”, which I really liked and decided to adopt it. Brother Muhaimin was just a true reflection of a man standing for righteousness. It was a tremendous shock to us all when he was martyred in his barber shop on Christmas eve 2006. Brother Muhaimin was shot dead by armed robbers as he came to the aide of his co-worker.

It was after the passing away of Brother Muhaimin Kareem that I signed my bait form and chose to add “Kareem” as my last name. Now I, Haneef Kareem, have been a convert for a year and a couple of months. I speak about Ahmadiyyat to everyone because it changed my life. The teachings of the Promised messiah (as) are wonderful. I have love and honor for all our khalifas. If all men and women took the time to read about Ahmadiyyat, I am convinced that they will become a part of this wonderful movement as well.

All praise be to Allah for converting me to Ahmadiyyat and reforming me. I thank Allah for surrounding me with such wonderful brothers in the Jamaat. I cannot think of going anywhere else.

Assalamo Alaikum





Are you taking time out to remember Allah

# The Physical Benefits of Salat

Zakariyya Virk, Kingston  
Ahmadiyya Gazette, August 1993

Salat is one of the five fundamental requirements that a Muslim is obligated to perform. Salat is given the highest priority in the Holy Quran. There are many benefits of Salat described in the Book of Allah. It says, innassalata tanha anil fahsha'i, Surely Prayer restrains one from indecency. (29:46) In chapter Luqman, We read that when Hadhrat Luqman was giving advice to his son, the first and foremost on his mind was to remind his son, ya bunayya aqimissalat "O my dear son,! observe

Prayer." (31:8)

According to a Hadith the Prophet of Islam (peace be upon him) is reported to have said, inna fissanalat shifa'a " verily there is cure in salat ". According to a Muslim scholar, as reported in monthly Urdu magazine, *Tahazibul Akhlaq*, Aligarh, India, a Muslim who offers salat regularly has very little chance of getting arthritis as we exercise our bones and joints while we offer salat.

In the light of this Hadith we shall endeavor to describe some orthopedic benefits of salat in this short note.

- ◆ Regular exercise reduces cholesterol in the body. Cholesterol causes heart failures, strokes, diabetes and many other ailments. It is a known fact that people in professions where exercise is required have less amount of cholesterol in their bodies.
- ◆ Salat is an excellent form of exercise to prevent indigestion. In the morning when stomach is empty, a Muslim is required to offer fewer number of Rak'at whereas in the evening after the dinner we offer an extra number of Rak'at.
- ◆ By offering Takbir at the beginning of salat, we move hand and shoulder muscles thereby increasing the flow of blood towards torso. Akamat performs a similar function.
- ◆ The most important function in salat is sajdah where we touch the ground with our forehead. This posture increases fresh supply of blood to our brain. Needless to say in certain forms of yoga some adherents stand on their heads for the same purpose.
- ◆ In tashah'hud position, our hip, elbow, knee joints, backbone, wrist joints move in a way that it provides a form of relaxation to our entire body. Pressure is applied on the body parts as if it was a kind of massage which releases tension.
- ◆ Heart in the most important organ in the body. It supplies fresh blood to all body tissues. These body movements performed during salat are an excellent source of exercise for our heart as well. According to a Hadith of the Holy Prophet, "There is an organ in the body, when it is healthy, the whole body is healthy, and when this is sick, the entire body becomes sick". It is the heart.

A remarkable tissue in our body is cartilage. It is unique in being a living tissue with no direct blood supply. The only way it receives nutrients and oxygen is by movements of the joints. The pumping effect forces blood into the joint area which would otherwise be bypassed. Those who sit at the terminals are in greater danger of ending up with dead cartilage tissues that will subsequently wear away. This will leave us with arthritis, painful joints and paralysis. Bacteria and viruses find safe haven in joints for this reason as no blood cell can get at them and in most cases neither can antibodies. Salat therefore, has many orthopedic benefits for all Muslims. Next time you offer salat, thank Almighty Allah that He made you a Muslim. Indeed, **there is cure in salat.**



## Respect for Parents

A Muslim child should respect and appreciate his or her parents every day throughout the year. Allah asked human beings to recognize their parents after recognition Allah Himself. Throughout the Qur'an, we notice that parents are mentioned with appreciation and with respect, even if they are senile. In Surah Al-Isra' (Children of Israel) there is a very beautiful description of how parents are to be treated. Allah (swt) says:

"Thy Lord has commanded that ye worship none but Him, and that ye show kindness to parents. If one or both of them attain old age with thee, never say to them as much as ugh nor reproach them, but always address them with kindly speech. And lower them the wing of humility out of tenderness. And say, 'My Lord, have mercy on them even as they nourished me when I was a little child.'" Chapter 17 – Verses 24-5

We hope and we pray that all of us will respect our parents while they are alive and even after they are dead. You may honor your parents after they died through the following methods:

1. Make daily Du'a' for them
2. Give a charity on their behalf
3. Institute a perpetual charity on their behalf - such as a Masjid, an Islamic Center, an Islamic Library, an Islamic hospital, an orphanage, a senior citizen's home, etc.
4. Perform Hajj on their behalf or ask someone to do so.
5. Read Qur'an on their behalf
6. Distribute Islamic Literature on their behalf

Let us pray to Allah that we will do our best to respect our parents, to honor them, to be kind to them, to help them, and to please them for the love of Allah.

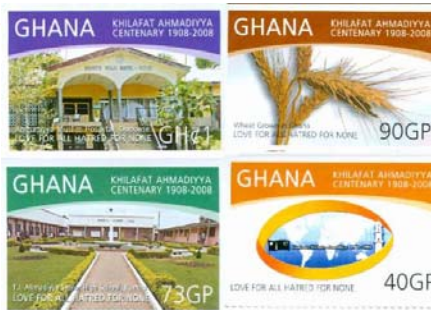
O Allah! Accept our humble prayers and make us obedient servants to you. O Allah! Help us to be respectful children to our parents. Ameen.



## Announcement from the Editor

Assalamo Alaikom Wa Rahmatullah Wa Barakatuhu,  
Dear Brother,

On the 27th of May 2008, Ahmadi Muslims all around the world celebrated the most important milestone in the Muslim world for decades: the 100th anniversary of the return of the Khilafat or Caliphate. The institution of Khilafat surely is the second manifestation of God and the pinnacle of Islam's revival in our modern history. As a recognition of this historical event of Islam, Garden of Peace is pleased to be part of the precious occasion. Khilafat Centenary Mubarak to you and May Allah pour steadfastness among Muslims and make their steps firm, Ameen.



After a long pause, Garden of Peace is back in your mailbox, Al-hamdolillah. Please pray for us so we can bear the challenges and keep our mission going.

As a note of change, all of the letters addressed to the newsletter should be sent to our new respondent Brother Hamza Ilyas at the following address:

Ahmadiyya Movement in Islam  
c/o Hamza Ilyas  
3421 White Plains Road  
Bronx, N.Y. 10467

Jazakallah for being part of the Garden of Peace family and May Allah bless you and guide you further in your journey, Ameen. Humbly,

Ahmad Antar

CENTENARY KHILAFAT JUBILEE  
1908 - 2008



## Mosques Around the World



Qol Sherif Mosque, Russia

