



Dear Brothers and Sisters,

**Al Hamdo Lillah**, today the newsletter has completed four years of it's issuance commendably and successfully, as you can see that this is 48<sup>th</sup> issue for the month of June 2013 which is in front of you. Indeed, Newsletter has been playing a vital role in updating our brothers and sisters with various social & welfare activities take place in the community from time to time. The Newsletter Committee deserves acknowledgment and appreciation from the community for extending services voluntarily and sincerely.

**Bringing out** a newsletter every month regularly since last four years, is one of the major achievements of Memon Welfare Society (MWS). No one of the community member can deny necessity and advantages of a platform for the community which is made available in form of MWS. In fact MWS has so far facilitated interaction among more than 200 families of our community through it's social and welfare activities. This is also another extra ordinary achievement of the MWS.

**As you know**, MWS has started from last year a tradition of encouragement through prize distribution among meritorious students of the community and is willing to continue this tradition every year. Accordingly, it has been decided by the board to hold prize distribution and back to school event with the mega event of celebration of 5th Anniversary of MWS sometime in September 2013, insha Allah.

**No doubt**, community members also deserve gratitude for their trust & confidence in MWS and for their support & kind cooperation all the times. Community brothers and sisters may send us their valuable ideas and suggestions without hesitation that could help us to improve our future activities.

Sincerely / Newsletter Committee

Memon Families Dinner with Rauf Lala sponsored by invitees themselves but due to sudden sickness Lala arrived at venue very late and just Meet & Greet Session took place.



Lala Meeting with members of our Memon community



Not only elders, our Children are also fans of Rauf Lala

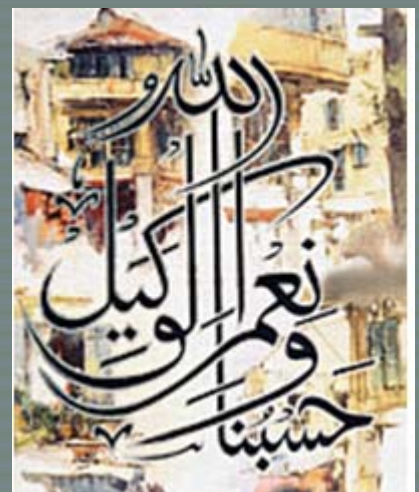
Rauf Lala expressing his views to the invitees at a Lunch sponsored by Mansoor Shivani



## The Welfare Services of Memon Welfare Society

- ✓ Helping poor students for education fee
- ✓ Helping Community members for health care for those who cannot afford
- ✓ Helping in Coffin & Burial Services
- ✓ Helping & guiding unemployed in seeking employment
- ✓ Voluntarily Matrimonial services
- ✓ Beside above we are assisting some Madrassa by paying fees of needy students and school where the students will receive free education who cannot afford even the nominal fee.
- ✓ We also hold other social & welfare activities for our community such as Seminar, Families get to gather together, Career guidance sessions, evening with scholar, and also help financially and materially the victims of natural disaster such as flood in Pakistan and Earth quake etc.
- ✓ During last one year we have sent five shipments of used clothes for poor people in Pakistan & India.
- ✓ We also collect unused medicines for free medical camps organized by Pakistan welfare Society in Consulate General of Pakistan Jeddah.

No doubt, Memon Welfare Society is playing a significant role by providing an opportunity to the community families to meet, greet and eat together from time to time, which is a piece of good fortune.



میمن ویلفیئر سوسائٹی کی فلاحی خدمات

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- تعلیم اور مدرسے کی فیس کے لئے غریب طالب علموں کی مدد
- ان لوگوں کو جو طبی علاج کے اخراجات کا متحمل نہیں ہو سکتے کی مدد
- کمیونٹی کے رکن کے انتقال کے بعد تدفین میں مدد
- روزگار کی تلاش میں بے روزگار کی رہنمائی و مدد
- بچوں کے لئے رشتے کی تلاش میں مدد
- اس کے علاوہ اپنی کمیونٹی کے لئے اکثر دیگر سماجی اور فلاحی سرگرمیوں کا اہتمام
- مختلف موضوعات پر سیمینار کا انتظام
- خاندانی اجتماع
- مستقبل کے کیریئر کے لئے طالب علموں کو مشورہ
- مشہور عالم شخصیات کے ساتھ شام
- ہم پرانے لباس جمع کر رہے ہیں
- ہم بھی مفت طبی کیمپ کے لئے غیر استعمال شدہ ادویات جمع کر رہے ہیں
- کوئی شک نہیں، میمن ویلفیئر سوسائٹی - مختلف خاندانوں کو ملاقات کرنے - سلام و دعا کرنے
- ایک ساتھ کھانا کھانے کے مواقع فراہم کر کے کمیونٹی میں اہم کردار ادا کر رہی۔
- اس کے علاوہ ہم نے اپنی اپنی ذمہ داریوں اور فرائض کو انجام دینے کے لئے مختلف کمیٹیاں تشکیل دی ہیں۔
- مختصراً میمن ویلفیئر سوسائٹی خالصتاً سماجی اور برادری کی فلاح و بہبود اور انسانیت کی خدمت کرنے کے لئے ایک فورم ہے۔ جسکی پوری کمیونٹی کو حمایت کرنی چاہئے



**A good leader is one who sees the positive traits of his team members and invests in them. This is exactly what the Prophet did with his companions**

## **The Prophet's Wisdom in Leading His Companions**

Human resources experts say that successfully leading a small group of people is not an easy task.

Imagine for a moment the challenge Prophet Muhammad ﷺ faced when he established the foundations of the first Muslim community first in Makkah, then in Madinah.

When Islam started to gain publicity, the few people who had embraced it in Makkah formed the nucleus of the first Muslim community. This small community was put to persecution at the hands of the people of Quraish.

The Prophet ﷺ had to do something about this challenging situation. When the persecution intensified, he asked some of them to leave Makkah and migrate to Abyssinia where its king, Negus, gave them protection and welcomed them in his country. As a responsible leader, the Prophet ﷺ had a serious concern for his followers' safety and he took wise measures to ensure that at least some of them were safe, far away from danger.

After the death of the Prophet's wife, Khadijah, and his uncle, Abu Talib, the persecution of the Prophet ﷺ and his companions in Makkah increased, and his personal safety was at risk as the tribes joined hands to kill him. At that point, God commanded the Prophet ﷺ to leave Makkah and migrate to Madinah where he started a new phase in establishing the new Muslim state.

In Madinah, the Prophet ﷺ declared that both the migrants (Al-Muhajirun) and the helpers (Al-Ansar) were brothers, and that they formed one community. The Prophet's main goal in building this community was to strengthen their bonds of brotherhood in Islam.

He also wanted to ease the pain of the migrants and wanted the helpers to extend their hands to the new members of the community who had left their houses and properties behind in Makkah for the sake of Islam. This healthy and positive atmosphere was an important factor that led to the long-term success of the new Muslim community in Madinah.

Prophet Muhammad ﷺ loved his companions and cared for them a lot. His care and concern covered even those who had died, as he was very keen for example to pay off their debts. When God made the Prophet wealthy through conquests, he said:

"I am more rightful than other believers to be the guardian of the believers, so if a Muslim dies while in debt, I am responsible for the repayment of his debt, and whoever leaves wealth (after his death) it will belong to his heirs." (Al-Bukhari)

In what follows, I will shed more light on some other aspects of the Prophet's wise leadership.

### **Recognizing His Companions' Skills**

The Prophet remained faithful and thankful to those who helped him at the beginning of his mission.

A good leader is one who sees the positive traits of his team members and invests in them. This is exactly what the Prophet ﷺ did with his companions. There are many examples that show how the Prophet ﷺ discovered where his companions excelled and how he utilized their potentials and wisely

invested in them.

### Seeking His Companions' Opinions

In line with the divine command: {... and consult with them in the matter...} (Al `Imran, 3: 159), Prophet Muhammad used to consult with his companions before taking any decision. The Prophet's counseling with his companions were so common that Abu Hurairah is reported to have said:

"I never saw anyone consult his companions more often than the Messenger of Allah." (Ahmad)

The consultations had to do with matters on which there was no divine guidance in the Quran or the Sunnah. The Prophet ﷺ did not go to the battle of Badr and the battle of Uhud for example without consulting his companions.

### Dealing Gently with His Companions

Gentleness is a key quality of Prophet Muhammad ﷺ. When he wanted to teach his companions, he used a very wise method which entailed both respect for the recipient of such knowledge without embarrassing him. One day a Bedouin urinated in the mosque, and the people ran to beat him. The Prophet ﷺ said:

"Do not interrupt his urination (i.e. let him finish). Then the Prophet ﷺ asked for a tumbler of water and poured the water over the place of urine." (Al-Bukhari)

In another version, the Prophet ﷺ called the man and explained to him that the mosques are not places for urine, but they are for offering prayer and worshipping God. This example takes us to the following point.

### Correcting His Companions' Mistakes

Correcting people's mistakes is a Quranic guidance. The Quran has many references to situations in which a certain conduct is blamed and corrected. These situations apply to Muslims in general and to the Prophet ﷺ himself. (see 80: 1-10; 33: 37; 8: 67; 3: 128; 60: 1; 3: 152; 4: 97)

Let us first clarify that because we are human it is normal that we make mistakes. What is more important is learning from our mistakes and not repeating them. Prophet Muhammad ﷺ confirmed this meaning in his famous hadith which reads:

"Every son of Adam makes mistakes, and the best of those who make mistakes are those who repent." (At Tirmidhi)

### Respecting the Feelings of His Companions

The Prophet ﷺ was aware of the details of every single companion's social status and managed to deal with every one according to his circumstances. Once a poor man invited the Prophet and served him vinegar. The Prophet ﷺ comforted him and said:

"The best condiment is vinegar." (Muslim)

This reaction reflects the Prophet's wisdom. He did not want to hurt the man's feeling because of his poor condition.

## Muslims' Duty Today

It is because of this wisdom and these refined skills that the Prophet ﷺ managed to gain this large number of followers, and to successfully convey God's message to the world. And because of his refined manners and wise leadership, the companions deeply loved the Prophet and were ready to sacrifice their lives to save him.

Once a man asked the Prophet ﷺ about the timing of the Day of Judgment. In response, the Prophet asked the man about the good deeds that he had prepared for that day. The man said: "I have not prepared much prayer or fasting or zakah, but I love God and His Messenger." The Prophet ﷺ said:

"You will be with those you love." (Al-Bukhari)

Now, it's our turn. Muslims are told in the Quran that they have in the Prophet Muhammad ﷺ the most beautiful pattern of conduct:

لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ لِّمَن كَانَ يَرْجُوا اللَّهَ وَالْيَوْمَ  
الْآخِرَ وَذَكَرَ اللَّهَ كَثِيرًا ﴿٢١﴾

{Verily there is for you a good example in the Messenger of God for whoever hopes for [the encounter with] God and the Last Day, and remembers God often.} (Al-Azhab 33:21)

It is now the Muslims' turn to re-live the conduct of the Prophet ﷺ and embrace it in their daily lives. If Muslims claim that they love their Prophet, they have to demonstrate this love by following the Prophet's footsteps and his guidance in all walks of life; at home, at work, with their families, with relatives, with friends, with neighbors regardless of their race, faith, color or status.

If we sincerely love the Prophet ﷺ and follow his guidance, Almighty God will love us, and we will be with him in the Hereafter, and the closer to him in Paradise will be those who follow his example and are best in manners.



*Just to update community,,,,,,,,,,,,,*

### **MWS Current Activities:**

1. Assistance being provided to needy students of Private School and Madrassa Hizul Quran.
2. Collecting and delivering unused medicines to Pakistan Welfare Society for their free medical camp take place every alternate Friday. If anyone has unused medicines, please contact Ahmed Kamal Makki at STAR (Ex. Al Shifa) Center for Fresh Chicken & Meat Opp Marhaba Super Market, Near Souk Minarah, Azizia,(Ahmed Kamal Makki Tel:6754078/0541299786)
3. Collecting used clothes for poor and needy people in India and Pakistan. Five shipmenst have so far been dispatched to Pakistan and India. Please deliver used clothes at STAR (Ex. Al Shifa) Center for Fresh Chicken & Meat Opp Marhaba Super Market, Near Souk Minarah, Azizia,(Ahmed Kamal Makki Tel:6754078/0541299786) .

**PLEASE DELIVER USED CLOTHES AS SOON AS POSSIBLE AT THE GIVEN ADDRESS AS THE SHIPMET FOR POOR & NEEDLY PEOPLE IN INDIA AND PAKISTAN WILL BE DISPATCHED NEXT MONTH.**

4. Helping very needy & deserving people from Zakat fund.
5. Matrimonial service WITHOUT ANY FEE is being enhanced day by day.
6. Look into day to day cases brought to the MWS such as family matters, includes disputes among couples, divorce, khulaa etc. and are resolved by MWS very sincerely. Here we would like to convey thanks to our community members for their trust and confidence in MWS.

### **MWS Events/Programs in Near Future:**

1. As usual, an Iftar Party for male members of our community to be held sometime during July' 2013.
2. Due to current situation and exams of schools in May and vacation and travel of several families in June and Ramadan in July , the MEGA EVENT ON THE OCCASION OF FIFTH YEAR OF MEMON WELFARE SOCIETY has been postponed till beginning of September 2013. That MEGA EVENT shall include Back to school event, 2<sup>nd</sup> Prize distribution to meritorious students of the year 2012 & 2013 as well as celebration of 5<sup>th</sup> Anniversary of MWS with informative and memon cultural program. Please keep the results of exams of your children ready. We will collect it soon. A detailed circular about MEGA EVENT will be issued in due course of time.

***A Memon Celebrity of International Fame Mr. Rauf Lala was here in Saudi Arabia for performing Umrah. During his stay he was given welcome at Lunch sponsored by Mansoor Shivani. Selected members of community attended the lunch.***

***Pictorial View of the Reception & Lunch on 2<sup>nd</sup> May 2013.***





***Rauf Lala was also invited to a Dinner with Memon Families. Due to sudden sickness he could not attend the Dinner on time.  
Pictorial View of Dinner on 9<sup>th</sup> May 2013***



***First dinner than humor. Guest busy in having dinner***



***Looks like a resort, short and sweet gathering at family dinner***

***Rauf Lala entering into the venue where just Meet and Greet session with community members took place.***



***Community members welcoming Rauf Lala fondly.***

***Rauf Lala is sharing his views with community members on his experience of participation and victory in Great Comedy Challenge in India.***



***Attendees of the occasion digesting their dinner by listening to the humorous talk of Rauf Lala.***

Businessmen of Khaskhia Market presented a gift of Laptop and Souk Alawy gave away a gift of digital camera to the guest of honor Mr. Rauf Lala. (photo session)



Group of Khaskhia Businessmen



Group of Souk Alawy Businessmen



Group of Memon Welfare Society Members



## Little smile

### **The Perfect Son.**

A: I have the perfect son.

B: Does he smoke?

A: No, he doesn't.

B: Does he drink whiskey?

A: No, he doesn't.

B: Does he ever come home late?

A: No, he doesn't.

B: I guess you really do have the perfect son. How old is he?

A: He will be six months old next Wednesday.

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Teacher: "Nick, what is the past participle of the verb to ring?"

Nick: "What do you think it is, Sir?"

Teacher: "I don't think, I KNOW!"

Nick: "I don't think I know either, Sir!"

Three mice are being chased by a cat. The mice were cornered when one of the mice turned around and barked, "Ruff! Ruff! Ruff!" The surprised cat ran away scared. Later when the mice told their mother what happened, she smiled and said, "You see, it pays to be bilingual!"

The teacher says, "Why are you arguing?"

One boy answers, "We found a ten dollar bill and decided to give it to whoever tells the biggest lie."

"You should be ashamed of yourselves," said the teacher, "When I was your age I didn't even know what a lie was."

The boys gave the ten dollars to the teacher.

A: Why are all those people running?

B: They are running a race to get a cup.

A: Who will get the cup?

B: The person who wins.

A: Then why are all the others running?

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Customer in a restaurant: I would like to have a plate of rice and a piece of fried chicken and a cup of coffee

Waitress : Is it enough Sir?

Customer : What? Do you think I can't buy more?

A man goes to the doctor and says, "Doctor, wherever I touch, it hurts."

The doctor asks, "What do you mean?"

The man says, "When I touch my shoulder, it really hurts. If I touch my knee - OUCH! When I touch my forehead, it really, really hurts."

The doctor says, "I know what's wrong with you - you've broken your finger!"

A: Why are you crying?

B: The elephant is dead.

A: Was he your pet?

B: No, but I'm the one who must dig his grave.



## Health Corner:

### Health Tips For Men and Women

Here are some health tips you might find useful. I myself have survived a serious health problem and not just survived it but emerged from it at the age of 58 in the best health I have ever enjoyed.

#### **DAILY EXERCISE:**

Lots of walking/running/cycling. Bodies like to be worked so work yours. Just bear in mind a gradient approach and don't over-tax it.

#### **STRESS:**

Human beings are tough creatures so I'm not over-keen to play the "stress" card. A busy, active, responsible life with a few thrills and spills is recommended. But get sufficient rest and sleep and give yourself some down time. Take a walk and get yourself some space. As well as ensuring you get sufficient rest, get sufficient WHOLESOME food food and liquids. These common-sense measures can go a long way to preventing high cholesterol and blood pressure weight gain, insomnia, headaches, acne, and even hair loss. The body will work fine until its is impeded from so doing: so much of what ails us comes about because, quite simply, we poison or damage ourselves

#### **QUIT CAFFEINE AND TOBACCO:**

This maybe easier said than done but the health benefits if you can pull it off are tremendous. Believe me, I've been there! And if I can kick these habits so, my friend, can you!

#### **GET REGULAR CHECKUPS:**

I recommend two things: a standard blood test by which you can monitor cholesterol levels and so forth and periodic visits to a kinesiologist.

Kinesiology is a highly advanced piece of technology and in the hands of an expert practitioner it is a wonderful and very accurate diagnostic tool.

With it one can establish whether any organs are not working properly and not only establish the specific herbal/nutritional remedy that will resolve the matter but the amounts of that remedy one needs to take. My kinesiologist has been able to detect and resolve issues early before they became life-threatening that mainstream medicine never would have been able to detect.

I have been greatly impressed and helped by Kinesiology and highly recommend it.

#### **SUPER FOOD**

They are calling it a super food and a "nutrient power house." In my view this natural, organic whole food deserves such accolades. It nourishes at a deep cellular level. Since I have been using it I have enjoyed a remarkable resurgence of my vitality and overall wellness. Throughout my body everything simply started working properly. I have been so impressed by this fantastic product that I am about to publish a free book that will tell you all about it:: what it is, what it does and why its results are so miraculous. I am giving it away to anyone who wants a copy. Including YOU, dear reader.



## Seven Steps for a Healthy Heart

**The American Heart Association (AHA) had developed the below seven steps in 2010 with the goal of reducing heart attack and stroke deaths by about 20 percent by 2020.**

Researchers examined two decades of data from the Atherosclerosis Risk in Communities study, going through the health records of 13,253 patients from 1987 to 2006 and discovered that the more steps the patients followed, the more they cut down on heart disease.

### **Here are those seven simple steps:**

- 1-Get active - AHA recommends at least 150 minutes of exercise a week
- 2-Control cholesterol - Cholesterol should be lower than 200 milligrams per deciliter
- 3-Eat better - This means foods high in whole grain, fruits, vegetables and lean protein such as fish. Limiting sodium, added sugars, trans and saturated fats is also important
- 4-Manage blood pressure - It should be less than 120/80
- 5-Lose weight - body mass index should be below 25
- 6-Reduce blood sugar - Fasting blood sugar level should below 100, which can be achieved by avoiding soda, candy and other desserts, as well as getting exercise
- 7-Stop smoking - AHA says do "whatever it takes."

The researchers also found that the steps are cumulative, but quitting smoking was especially helpful.



## CONGRATULATION

*Memon Welfare Society Felicitate Brother Shoaib Sikander, our treasurer on his wedding and Valima Reception took place at Fine Grill Restaurant, Jeddah last week which was attend by several businessmen and community brothers.*

*Applause to the responsible of Matrimonial Services of Memon Welfare Society for one more good deed. Engagement took place in Jeddah while Nikah Ceremony held in Pakistan which was attended by the President and Gen. Secretary of MWS.*

*The Bride of Brother Shoaib is a lecturer in Pakistan English School, Jeddah. She belongs to our memon community and she has been very active worker in ladies wing of Memon Welfare Society. MWS wishing the couple all the best and success in every corner of their wedded life. A'ameen.*

*Thank you for your time and attention,,,,,,Newsletter Ends Here*