



MASA

Memon Welfare Society Newsletter August 2015

Issue No.74

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Prepared and produced by

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Eid Greeting to Entire Memon Community

*Dear Brothers and Sisters,
Assalamo Alaikum WRWB*

Alhamdulillah, we have completed the Holy month of Ramadan. Hope all would have taken full advantage of the blessed month by multiplying good deeds seeking for Allah Almighty's mercy, forgiveness and salvation from the Hellfire.

Let us promise ourselves to be more careful and caring while dealing with our brothers in Islam as well as non-Muslim, cleanse our hearts and tongues and perfect our current and onward dealings. Let us make a pledge to continue performing it for the rest of the year. May Allah almighty bless us and our families with peace, tranquility, strong Eiman, and healthy and active lives. May Allah almighty give us the best of this world and the Hereafter. A'ameen.

Brothers & Sisters, 74th issue of MASA Newsletter for the month of August 2015 is in front of you. We usually do our best to keep you updated with what's happening around you and in the community through this monthly Bulletin. We will welcome your suggestion & ideas identifying the welfare programs that can be executed by MWS MASA to benefit our community. We kindly request our community to send us valuable suggestion and feedback without hesitation which may help us to improve our activities.

Thanking you for your kind attention and cooperation.

**Thanks and best regards
Newsletter Committee**

Various Committees to facilitate our activities:

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Core Committee and
Advisory Committee

Costitution Committee:

Dr. Iqbal Musani
Nasir Ibrahim
Rashid Kasmani
Shoaib Sikander
Siraj Lala
Tayyab Moosani

President & GS shall attend all committees meetings as an ex-officio.

The Welfare Services of Memon Welfare Society



میمن ویلفیئر سوسائٹی کی فلاحی خدمات

- ✓ Helping needy students for education fee - تعلیم اور مدرسے کی فیس کے لئے غریب طالب علموں کی مدد
- ✓ Helping Community members for health care for those who cannot afford - ان لوگوں کو جو طبی علاج کے اخراجات کا متحمل نہیں ہو سکتے کی مدد
- ✓ Helping in Coffin & Burial Services - کمیونٹی کے رکن کے انتقال کے بعد تدفین میں مدد
- ✓ Helping & guiding unemployed in seeking employment - روزگار کی تلاش میں بے روزگار کی رہنمائی و مدد
- ✓ Voluntarily Matrimonial services - بچوں کے لئے رشتے کی تلاش میں مدد
- ✓ Beside above we are assisting some Madrassa by paying fees of needy students and school where the students receive free education who cannot afford even the nominal fee. - اس کے علاوہ اپنی کمیونٹی کے لئے اکثر دیگر سماجی اور فلاحی سرگرمیوں کا اہتمام
- ✓ 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. - مختلف موضوعات پر سیمینار کا انتظام
- ✓ During last two year we have sent 8 shipments of used clothes for needy people in Pakistan & India. - خاندانی اجتماع
- ✓ We also collect unused medicines for free medical camps organized by Pakistan welfare Society in Consulate General of Pakistan Jeddah. - مستقبل کے کیریئر کے لئے طالب علموں کو مشورہ

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. It is worth mentioning that we have formed various committees to undertake their respective responsibilities and assignments.

In brief MWS is purely social and welfare forum to serve the community and humanity.

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۔

Graduation from Ramadan

Courtesy: Islamic City Bulletin

We leave the blessed month of Ramadan, its beautiful days and its fragrant nights. We leave the month of the Quran, taqwa, patience, struggle, mercy, forgiveness and protection from punishment on the day of judgment. Many questions and numerous thoughts come to the mind of the sincere Muslim, who self reflects with truthfulness.

Have we fulfilled the requirements of taqwa and graduated from Ramadan school with the diploma of God-consciousness? Have we fought our souls and desires and defeated them, or have we been overtaken by our customs and blind imitations? Have we performed our actions in a way that fulfills the conditions for receiving mercy, forgiveness and release from chastisement? What Have We Gained From Ramadan?

Ramadan is a school for strengthening Eiman (faith), an opportunity to recharge one's spiritual batteries and to acquire one's provision for the rest of the year. The noble month is a true school of transformation in which we train our inner self to change our actions, habits and manners that are in variance with the Laws of Allah. "Verily, God does not change the condition of a people until they change what is in themselves." (Quran 13:11)

If you have fulfilled the requirements of taqwa (God-consciousness), fasted the month, prayed in it with sincerity, and strove against your soul, praised and thanked Allah for all His blessings, and asked Him for steadfastness then you have benefited from Ramadan. After the end of this blessed month, to revert back to habits of before Ramadan would be like one who stitches a beautiful garment and then deliberately destroys it. Or a person who earns a fortune trading throughout the day, then when the night comes, he throws away all that he earned. What would people say about such a person?

This is the condition of one who returns to ill habits after Ramadan and leaves righteous actions. After he was favored with the blessing of obedience and enjoyment of communicating with Allah he returned to ignorant actions. How deprived are the people who know God only in Ramadan! Falling short in one's commitment to Islam after Ramadan is manifested in many ways, including: Leaving the compulsory prayers, after they filled mosques for Taraweeh prayers, thus going to the masjid for recommended prayers and leaving obligatory ones, and a return to a life of material and social indulgence without God-consciousness.

This is not thankfulness for blessings and favors, nor is it the sign of acceptance of one's actions, rather this is opposition to favors and absence of thankfulness. From signs that one's deeds are accepted is that he or she has improved in his or her obedience to Allah. "And remember when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]' [Quran 14:7]. So if a person is truly thankful to his Lord, you will see him guided to more obedience and distanced from actions that are disliked by God.

A Muslim must continuously be in the state of obedience and God-consciousness. A believer knows that the Lord of Ramadan is also the Lord of all times and places. "So remain on a right course as you have been commanded, [you] and those who have turned back with you [to Allah]." [Quran 11:112]

Continue Fasting: If the fasting in Ramadan has ended, then there remains voluntary fasting, such as fasting six days in Shawwal, on Mondays and Thursdays, the three days in the middle of the month, the days of Aashoora and Arafat, and others.

Continue Prayers: If standing in prayer at night during Ramadan has ended, then there remains voluntary night prayer throughout the year.

Continue Charity: If Zakat, charity and zakat ul-fitr of Ramadan have ended, then there is the option of sadaqa, and many other doors to charity and voluntary actions still remain open.

Continue Quran: Reading of the Quran and understanding it is not only for Ramadan, rather it is for all times.

Continue Good Deeds: The requirement of showing forgiveness and compassion to people does not end with Ramadan. Know that Allah is the most forgiving and companionate and loves all who are forgiving and companionate. Righteous actions are for all times and all places, so strive and beware of laziness. "O Allah, Who turns the hearts, keep our hearts steadfast upon Your prescribed path."

I ask Allah to accept from us and you our fasting, our prayers and other righteous actions, that our condition after Ramadan be a better one, that the state of our humanity improves, that we are granted honor and that we truly submit to our Lord. Ameen.



Press Clipping



6th July 2015

رفاهی کاموں میں میمن برادری کسی سے کم نہیں اقبال میمن

جماعتوں سے رابطے میں ہیں۔ عشا سے قبل اقبال میمن کو جدہ میمن ویلفیئر کمیٹی کی تعریفی شیلڈ پیش کی گئی۔ آخر میں طیب موسانی نے تمام حاضرین کا شکریہ ادا کیا اور برادری کی خوشحالی کیلئے دعا کی۔

میں میمن برادری کی اہمیت کو اجاگر کرنے کی کوششوں کا بھی ذکر کیا اور کہا کہ فیڈریشن کا نظم و نسق چلانے میں غریب سے امیر تمام طبقوں کے لوگ شامل ہیں اور سب کے سب برادری کی خدمت میں سرگرواں ہیں دنیا بھر کی میمن

میمن ویلفیئر سوسائٹی سعودی عرب نے صدر آل انڈیا میمن جماعت فیڈریشن اقبال میمن آفیسر کے اعزاز میں افطار عشا کا اہتمام جدہ کے مقامی ریستوران میں کیا گیا۔ افطار سے پہلے عرفان کوسا والا نے دعا کرائی۔ افطار و نماز مغرب کے بعد محترم تقریب منعقد کی گئی جس میں میمن ویلفیئر کے صدر عارف میمن نے اقبال میمن کا خیر مقدم کیا جبکہ سیکرٹری جنرل طیب موسانی نے مہمان خصوصی کا تمام ممبران سے تعارف کرایا اور ویلفیئر سوسائٹی کی کارکردگی پر روشنی ڈالی۔ طیب موسانی نے اقبال میمن کی بھی میمن برادری میں خدمات اور اعلیٰ کارکردگی کو سراہا۔ یہی وجہ ہے کہ آج اقبال میمن کو بہند میں 478 میمن جماعتوں کے اتحاد کا سربراہ مقرر کیا گیا ہے۔ انکی خدمات میمن برادری کی تاریخ میں ہمیشہ یاد رکھی جائیں گی۔ اقبال میمن نے میمن ویلفیئر سوسائٹی جدہ کا عزت افزائی کیلئے شکریہ ادا کیا اور کہا کہ سماجی و فلاحی خدمات میں میمن برادری کسی سے کم نہیں۔ انہوں نے آل انڈیا میمن فیڈریشن کی کارکردگی اور مستقبل کے پروگراموں پر بھی روشنی ڈالی جس میں غریبوں کے گھروں کی مرمت کیلئے مدد سے نکلنے والے گھروں کی تقسیم شامل ہے۔ انہوں نے ہندوستانی حکومت



اقبال میمن کا میمن ویلفیئر جدہ کے سرپرستوں، عہدیداروں اور ممبران مجلس کے ساتھ گروپ فوٹو۔

SALE **Shakhs Sahab** in QSD Readymades
 Estd.-1960 **روزنامہ اُردو ٹائمز** رتبہ و عہدہ: ایڈیٹر/مدیر ایڈیٹر/مدیر ایڈیٹر/مدیر
 روزنامہ **اُردو ٹائمز** روزنامہ **Heera Jewellers**
 Regd. No. MCW84/2015-2017 Tuesday 14th July 2015 Price: 5/- Pages 12 The URDU TIMES Daily Mumbai

جدہ میں میمن فیڈریشن کے صدر کا استقبال اجلاس

یہ نہ صرف میرا اعزاز ہے بلکہ پوری میمن برادری کا اعزاز ہے: اقبال میمن (آفیسر)

افزائی کے لیے شکریہ ادا کیا اور کہا کہ سماجی و فلاحی خدمات میں میمن برادری کسی سے کم نہیں۔ انہوں نے آل انڈیا میمن فیڈریشن کی کارکردگی اور مستقبل کے پروگراموں پر بھی روشنی ڈالی جس میں غریبوں کے گھروں کی مرمت کے لیے مدد سے نکلنے والے گھروں کی تقسیم شامل ہے۔ انہوں نے ہندوستانی حکومت میں میمن برادری کی اہمیت کو اجاگر کرنے کی کوششوں کا بھی



اقبال میمن آفیسر (صدر آل انڈیا میمن جماعت فیڈریشن) کو میمن ویلفیئر جدہ کے سرپرستوں نے تعریفی سند کے ذریعے اعزاز بخشا تصویر میں عہدیداران و اراکین

مہتممی، ۱۳ جولائی: (پریس ریلیز) میمن ویلفیئر سوسائٹی سعودی عرب نے صدر آل انڈیا میمن جماعت فیڈریشن اقبال میمن آفیسر کے اعزاز میں افطار عشا کا اہتمام جدہ کے مقامی ریستوران میں کیا گیا۔ افطار سے پہلے عرفان کوسا والا نے دعا کرائی، افطار و نماز مغرب کے بعد تقریب منعقد کی گئی جس میں میمن ویلفیئر کے صدر عارف میمن نے اقبال

میمن کا خیر مقدم کیا جبکہ سیکرٹری جنرل طیب موسانی نے مہمان خصوصی کا تمام ممبران سے تعارف کرایا اور ویلفیئر سوسائٹی کی کارکردگی پر روشنی ڈالی۔ طیب موسانی نے اقبال میمن کی بھی میمن برادری میں خدمات اور اعلیٰ کارکردگی کو سراہا۔ یہی وجہ ہے کہ آج اقبال میمن کو بہند میں 478 میمن جماعتوں کے اتحاد کا سربراہ مقرر کیا گیا ہے۔ ان کی خدمات میمن برادری کی تاریخ میں ہمیشہ یاد رکھی جائیں گی۔ اقبال میمن نے میمن ویلفیئر سوسائٹی جدہ کا عزت

Our on going activities

MWS Current Activitie

1. Assistance being provided to needy students of Private School and Madrassa Hifzul 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 Tel:0501821759/0541299786)
3. Collecting used clothes for needy people in India and Pakistan. Several Shipments have so far been dispatched to Pakistan and India. Please deliver used clothes at STAR (Ex. Al Shifa) Center for Fresh Chicken & Meat at its new location Sahafa Street, Near Duha Int'l School, Opposite women world for dresses, Shar-e-Sahafa Azizia,(Ahmed Kamal Makki Tel: 054129978/ 05018217596) .
4. Helping very needy & deserving people from Zakat fund.
5. Matrimonial service WITHOUT ANY FEE is being enhanced day by day.

MWS Events/Programs in very recent past and/or in Near Future other than day to day welfare activities:

1. A shipment of used clothes sent to a welfare organization in Bangladesh last month.
2. An evening with celebrity “Knight of Journalism” Mr. Khaled Al Maena held recently.
3. An Iftar Party of Male Members of the Community held on 7th Ramadan 1436.
4. A Reception in the honor of the Newly elected President All India Memon Jamaat’s Federation Mr. Iqbal Memon (Officer) held recently.
5. Rest & Recreation trip of members and their families to be organized soon.
6. Award Ceremony for outstanding students of the community who secured meritorious positions in their exams during 2015 expected to take place after Summer vacations 2015.
7. More programs and events will take place upon suggestion of Board Members

-X-X-X-X-X-X-X-X-X-



Another Shipment of used clothes is being prepared by a hardworking Board Member Ahmed Kamal Makki, which will be shipped soon either to Myanmar, Bangladesh, India or Pakistan. Our communitybrothers may please deliver used clothes at given address asap-

Self Exam - Risk Factors for Colon Cancer

Risk Factors	DESCRIPTION
Age over 50	Colorectal cancer is more likely to occur as people get older. More than 90% of people with this disease are diagnosed after age 50. The average age at diagnosis is 72.
Colorectal polyps	Polyps are growths on the inner wall of the colon or rectum. They are more common in people over age 50. Most polyps are benign (not cancerous), but some polyps (adenomas) can become cancer. Finding and removing polyps may reduce the risk of colorectal cancer.
Family history of colorectal cancer	<p>Individuals whose close relatives (parents, brothers, sisters, or children) have a history of colorectal cancer are somewhat more likely to develop this disease themselves, especially if the relative developed the cancer at a young age.</p> <p>Changes in certain genes increase the risk of colorectal cancer:</p>
Genetic alterations	<ul style="list-style-type: none"> • YYHereditary nonpolyposis colon cancer (HNPCC) is the most common type of inherited (genetic) colorectal cancer. It accounts for about 2 percent of all colorectal cancer cases. It is caused by changes in an HNPCC gene. Most people with an altered HNPCC gene do develop colon cancer, so genetic testing may be appropriate. • YYFamilial adenomatous polyposis (FAP) is a rare, inherited condition in which hundreds of polyps form in the colon and rectum. It is caused by a change in a specific gene called APC. Unless FAP is treated, it usually leads to colorectal cancer by age 40. FAP accounts for less than 1 percent of all colorectal cancer cases.
Personal history of cancer	A person who has already had colorectal cancer may develop colorectal cancer a second time. Also, women with a history of cancer of the ovary, uterus (endometrium), or breast are at a somewhat higher risk of developing colorectal cancer.
Ulcerative colitis or Crohn's disease	A person who has had a condition that causes inflammation of the colon (such as ulcerative colitis or Crohn's disease) for many years is at increased risk of developing colorectal cancer.
Unhealthy Diet	Studies suggest that diets high in fat (especially animal fat) and low in calcium, folate, and fiber may increase the risk of colorectal cancer.
Cigarette smoking	A person who smokes cigarettes may be at increased risk of developing polyps and colorectal cancer.

