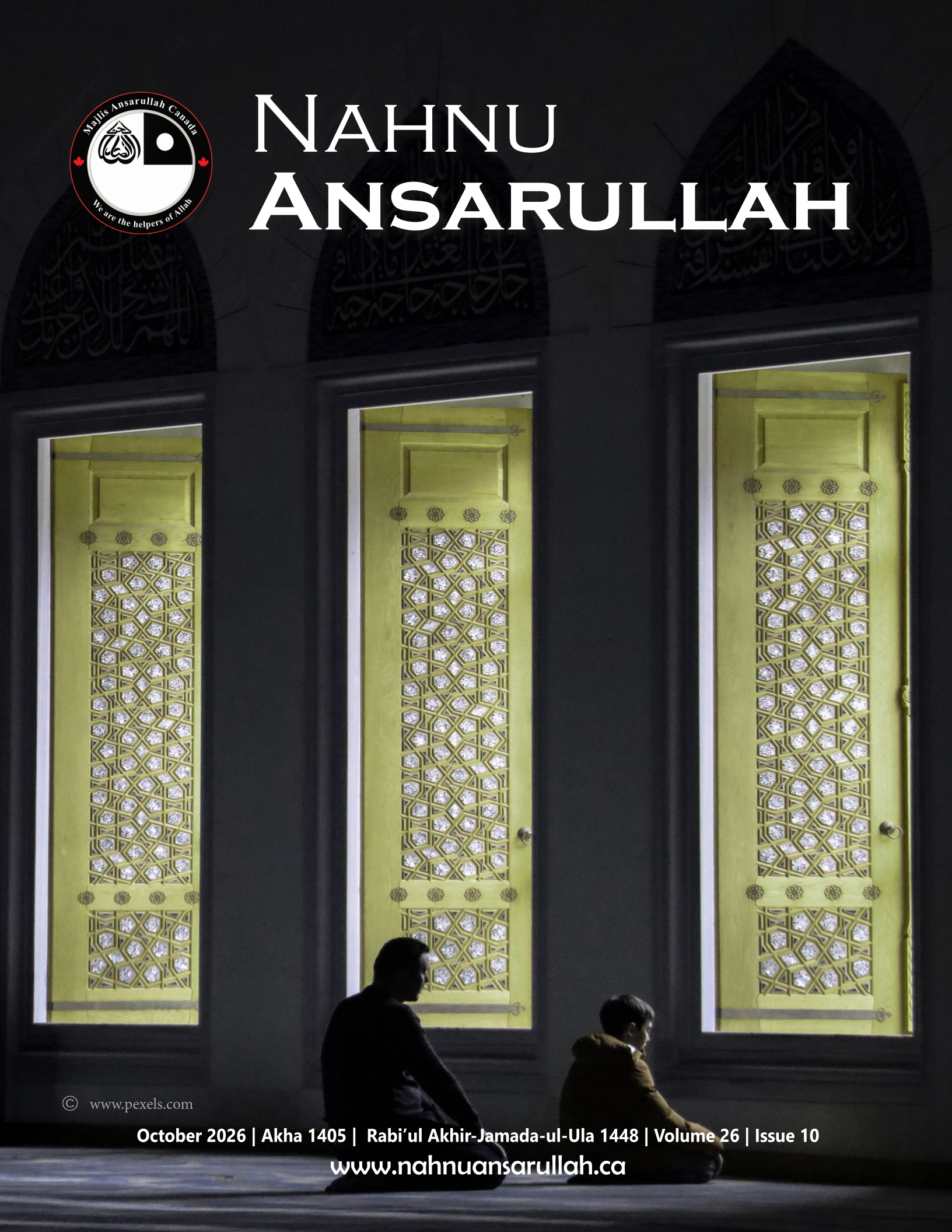
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Special Appeal For Prayers

In his Friday Sermon of August 23, 2024, Hazrat Khalifatul-Masih V (may Allah be his Helper) instructed us to recite the following prayers to remain within the fortress of Divine protection, safe from Satanic onslaughts:

سُبْحَانَ اللّٰهِ وَبِحَمْدِهٖ سُبْحَانَ اللّٰهِ الْعَظِيْمِ اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّآلِ مُحَمَّدٍ

Translation: *Holy is Allah with His praise, Holy is Allah the Great, O Allah, bless Muhammad and the people of Muhammad.*

(200 Times Daily for ages 25+, 100 Times Daily for ages 15-25, 33 Times Daily for children and 3-4 Times Daily for small children)

اَسْتَغْفِرُ اللّٰهَ رَبِّيْ مِنْ كُلِّ ذَنْبٍ وَّاَتُوْبُ اِلَيْهِ

Translation: *I seek forgiveness from Allah, my Lord, for all my sins, and turn to Him.* (100 Times Daily)

رَبِّ كُلُّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِيْ وَانْصُرْنِيْ وَارْحَمْنِيْ

Translation: *O my Lord, everything is Your servant. O my Lord, so protect me, help me and have mercy upon me!*
(100 Times Daily)

His Holiness said that these days when Satan is trying to attack our Community and the world at large, the only way for us to remain safeguarded is through prayers. Hence, we should recite these prayers, not just during the days of Jalsa but throughout the year.

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بسم الله الرحمن الرحيم

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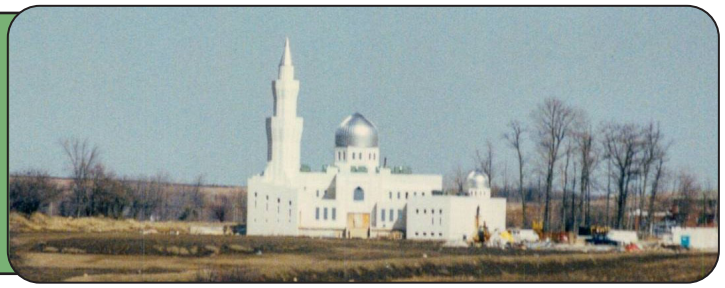
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The Holy Qur'an



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زُيِّنَ لِلنَّاسِ حُبُّ الشَّهَوٰتِ مِنَ النِّسَآءِ وَالْبَنِيْنَ وَالْقَنَاطِيْرِ الْمُقَنْطَرَةِ مِنَ الذَّهَبِ وَالْفِضَّةِ وَالْخَيْلِ
الْمُسَوَّمَةِ وَالْاَنْعَامِ وَالْحَرْثِ ۗ ذٰلِكَ مَتَاعُ الْحَيٰوةِ الدُّنْيَا ۚ وَاللّٰهُ عِنْدَهٗ حُسْنُ الْمَاٰبِ ⑮

Translation:

Beautified for men is the love of desired things — women and children, and stored-up heaps of gold and silver, and pastured horses and cattle and crops. That is the provision of the present life; but it is Allah with Whom is an excellent home. (3:15)

Short Commentary:

The verse enumerates some of the things of this world which engross man's attention and often turn him away from God. These are particularly the things to the acquisition of which men, more specially in Christian countries, have applied their time and energy. As already pointed out, it is the Christians that are chiefly addressed in this Surah. Islam does not prohibit the use, or even the seeking, of the good things of this world; but it certainly condemns the action of those who become engrossed in them and make them the very object of their life. Elsewhere the Qur'an refers to the Christian people as "those whose efforts are all lost in the life of this world" (18:105).

As to the question, who is the "beautifier" referred to in the clause, beautified for men, it may be noted that though the natural beauty in all things comes from God, yet here the "beautifier" is Satan, for in the present verse the question is not of "simple beauty" but of "engrossing beauty", not simply of the desired things of the world but of the abnormal love for them; and it is certainly Satan who endows the things of this world with engrossing beauty and creates in the hearts of men special love for them. God is only the Beautifier of good deeds and good things, and the Creator, in the heart of man, of dislike for evil ones (49:8, also 16:64).

(The Holy Quran with Five Volume Commentary - Vol 2 - Page 463)

Hadith



حَدَّثَنَا إِسْمَاعِيلُ، حَدَّثَنِي مَالِكٌ، عَنْ عَبْدِ اللَّهِ بْنِ دِينَارٍ، عَنْ عَبْدِ اللَّهِ بْنِ عُمَرَ ـ رضى الله عنهما ـ أَنَّ رَسُولَ اللَّهِ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ قَالَ "أَلاَ كُلُّكُمْ رَاعٍ، وَكُلُّكُمْ مَسْئُولٌ عَنْ رَعِيَّتِهِ، فَالإِمَامُ الَّذِي عَلَى النَّاسِ رَاعٍ وَهْوَ مَسْئُولٌ عَنْ رَعِيَّتِهِ، وَالرَّجُلُ رَاعٍ عَلَى أَهْلِ بَيْتِهِ وَهْوَ مَسْئُولٌ عَنْ رَعِيَّتِهِ، وَالْمَرْأَةُ رَاعِيَةٌ عَلَى أَهْلِ بَيْتِ زَوْجِهَا وَوَلَدِهِ وَهِيَ مَسْئُولَةٌ عَنْهُمْ، وَعَبْدُ الرَّجُلِ رَاعٍ عَلَى مَالِ سَيِّدِهِ وَهْوَ مَسْئُولٌ عَنْهُ، أَلاَ فَكُلُّكُمْ رَاعٍ وَكُلُّكُمْ مَسْئُولٌ عَنْ رَعِيَّتِهِ"

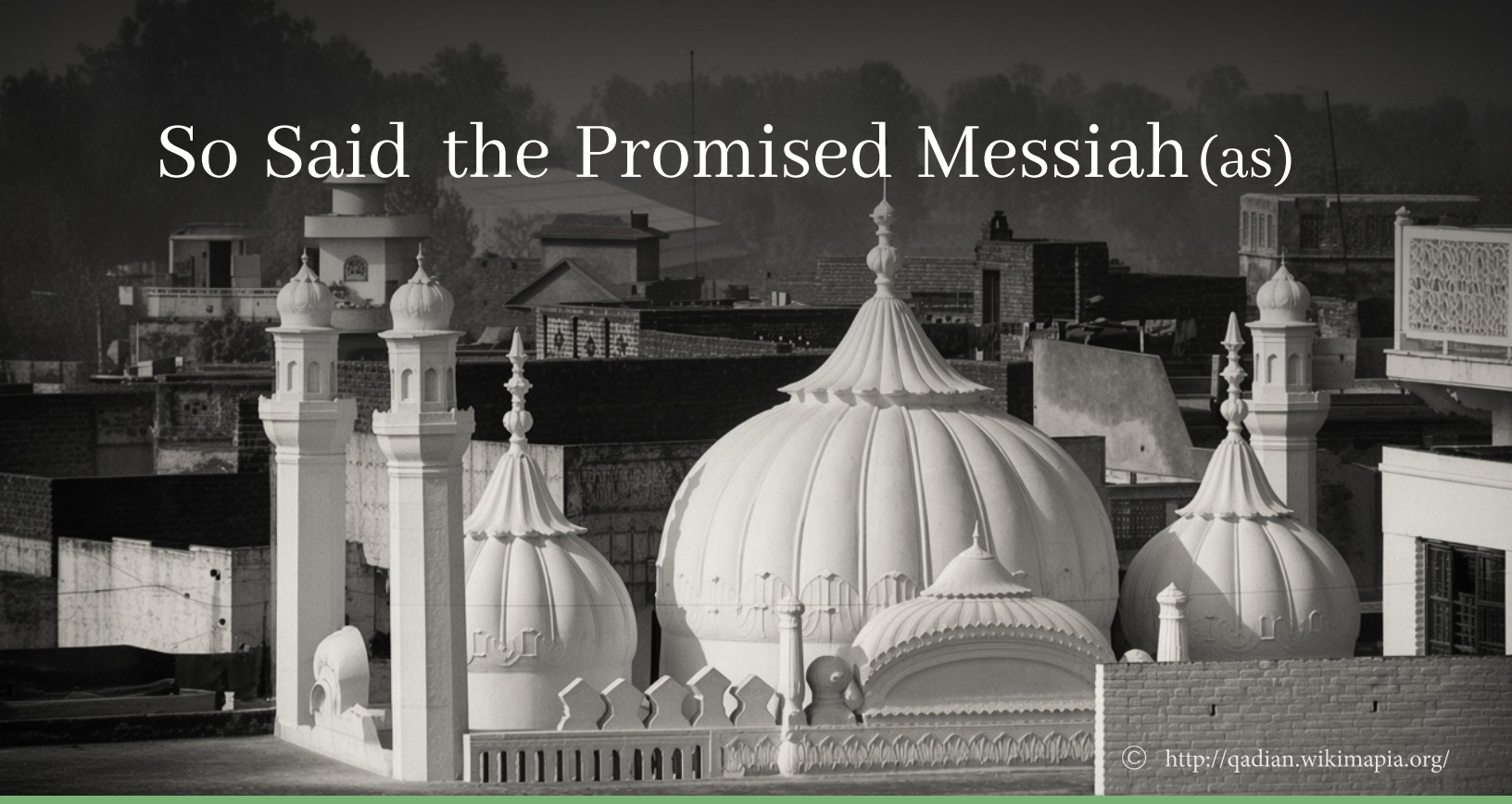
Translation:

Narrated Abdullah bin Umar:

Allah's Messenger (sa) said, "Surely! Everyone of you is a guardian and is responsible for his charges: The Imam (ruler) of the people is a guardian and is responsible for his subjects; a man is the guardian of his family (household) and is responsible for his subjects; a woman is the guardian of her husband's home and of his children and is responsible for them; and the slave of a man is a guardian of his master's property and is responsible for it. Surely, everyone of you is a guardian and responsible for his charges."

Sahih al-Bukhari 7138

So Said the Promised Messiah (as)



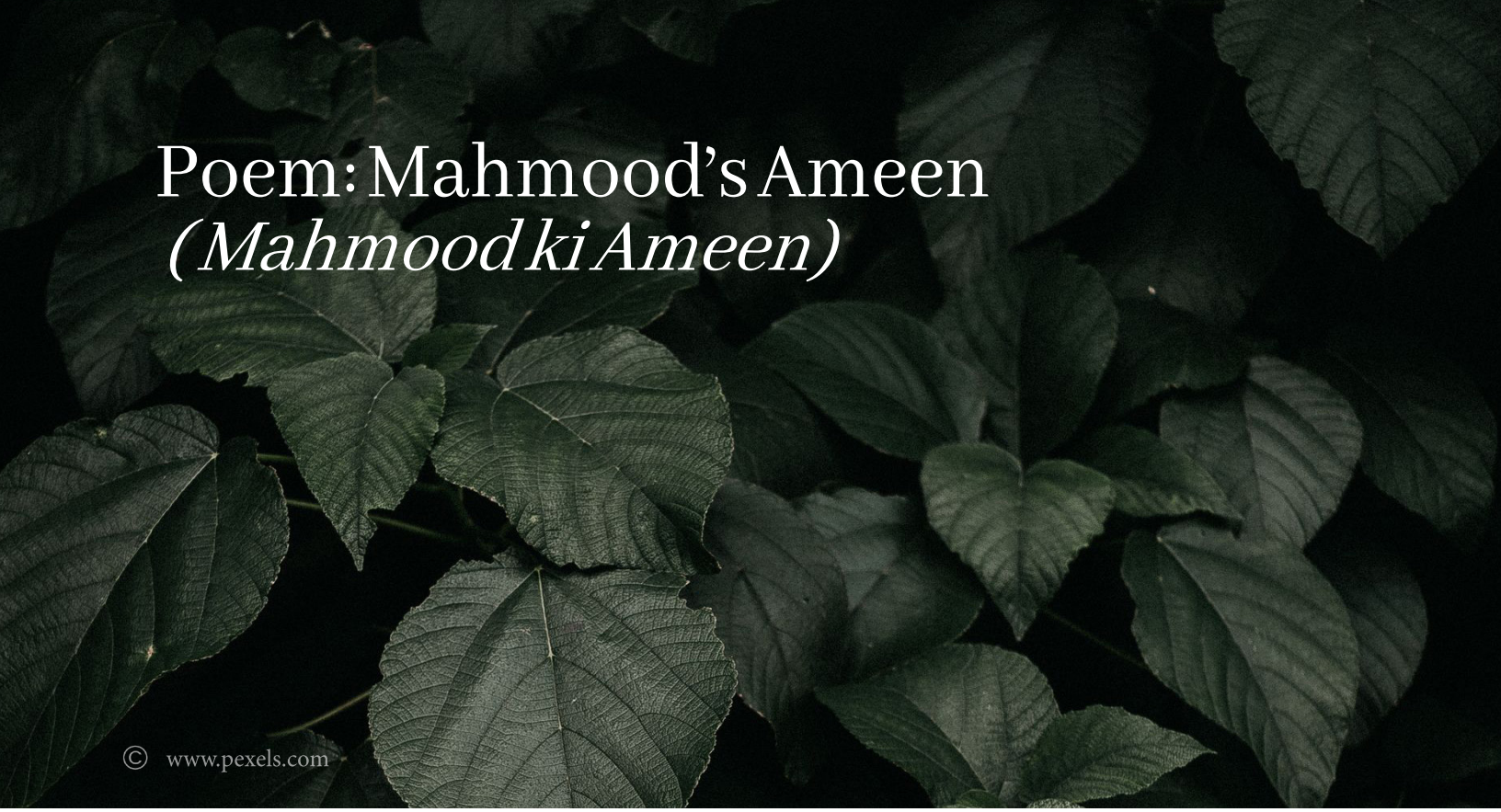
Qazi Ghulam Husain, a veterinary assistant in Hisar, presented himself respectfully before the Promised Messiah (as). The son of Qazi Sahib had recently died after living for only a few days. The Promised Messiah(as) commented on this:

A child who dies is فرط - farat [a predecessor of good works entitling reward for those who come later]. It is important for man to have some provisions for the Hereafter. I am always surprised by people's desire for children, as one cannot predict what they will be like. If the child is righteous, it can bring benefits in this life, and if they are such that their prayers are answered by God, they may also be of benefit in the Hereafter. However, most people do not consider why they wish to have children, and those who do, often only want them for the purpose of inheriting their wealth or achieving great worldly success.

The desire for children is only justified if the intention is to have righteous children who will be among the servants of God, but how can people who are submerged in the world develop such an intention? A person should continue seeking grace from Allah the Exalted, for He is Merciful and Beneficent. Develop good intentions, as having children for any other reason is futile. There is a meaningless ritual prevalent in the world in which people ask for children and then suffer because of them.

Look! The Prophet Noah (as) had a son. What good was he? The essential point is that if a person's condition aligns with the will of Allah the Exalted, all those desires that they have in mind will be fulfilled by God Himself. With regard to things that are not in line with Divine will, a person should try to align oneself with God Almighty."

(Malfuzat -English translation of Vol 7 p. 236,237)



Poem: Mahmood's Ameen
(Mahmood ki Ameen)

یارب ہے تیرا احساں میں تیرے در پہ قرباں
تو نے دیا ہے ایماں تو ہر زماں نگہباں
تیرا کرم ہے ہر آں تو ہے رحیم و رحماں
یہ روز کر مبارک سُبْحَانَ مَنْ يَّرَانِي

O Lord, it is Thy grace I offer myself at Thy door; Thou granted me the Faith; Thou'rt the Protector at all times; Thy grace is every moment; Thou art Merciful and Gracious; Pray bless this day: Holy is He Who watches over me.

کیونکر ہو شکر تیرا۔ تیرا ہے جو ہے میرا
تو نے ہر اک کرم سے گھر بھر دیا ہے میرا
جب تیرا نور آیا جاتا رہا اندھیرا
یہ روز کر مبارک سُبْحَانَ مَنْ يَّرَانِي

How can one thank Thee all that is mine is Thine; Thou hast filled my house with every possible bounty. When Thy light came, all darkness was dispelled; Pray bless this day; Holy is He Who watches over me.

تو نے یہ دن دکھایا محمود پڑھ کے آیا
دل دیکھ کر یہ احساں تیری ثنائیں گایا
صد شکر ہے خدایا صد شکر ہے خدایا
یہ روز کر مبارک سُبْحَانَ مَنْ يَّرَانِي

Thou showed us this day: Mahmood finished reading, Seeing this grace, the heart sang Thy praise: A hundred thanks, O Lord a hundred thanks; Pray bless this day; Holy is He Who watches over me.

ہو شکر تیرا کیونکر اے میرے بندہ پرور
تو نے مجھے دیئے ہیں یہ تین تیرے چاکر
تیرا ہوں میں سراسر تو میرا رَبِّ اکبر
یہ روز کر مبارک سُبْحَانَ مَنْ يَّرَانِي

How can one thank Thee. O my Kind Master; Thou hast granted me these three servants of Thine; I am entirely Thine-Thou art my Great Lord: Pray bless this day; Holy is He Who watches over me.

(Mahmmod ki Ameen - Selected Poems of the Promised Messiah (as) Durr-e-Sameen Urdu page 21-22)
(Mahmmod's Ameen - Durr-e-Sameen English page 43)



A Message from Hazoor e Anwar (aa) for Majlis Ansarullah Canada

Respected Sadr Sahib Majlis Ansarullah Canada,

السلام علیکم ورحمة اللہ وبرکاتہ

Alhamdolillah, Allah the Exalted is enabling you to hold your Annual Ijtima‘. May Allah the Exalted make this Ijtima‘ a means of spiritual progress and strengthening of faith for all of you!

The status and responsibility of Ansar demand that every Nasir should make righteousness (Taqwa), the observance of worship, and loyalty and obedience to Khilafat-e-Ahmadiyya prominent in his practical life. Through his righteous conduct, a Nasir should not only strengthen his own faith but also set an excellent example for his children and the younger generation. Remember that we must utilise all our capabilities and faculties to become a part of the revolution for which the Promised Messiah (as) was sent into the world by God Almighty. We must also infuse this spirit into our future generations. We must pray for them too. We must nurture and train them in such a way that, despite all the filth and impurities in society, we will not let Satan succeed, and that we must strive to establish the kingdom of Allah the Exalted in the world, Insha’Allah.

The Promised Messiah (as) states:

‘Therefore, do what sets the best example and lesson for your children, and for that it is necessary to reform yourself first. If you become a righteous and pious person of the highest order, and you succeed in pleasing God Almighty, one can rest assured that Almighty Allah will deal benevolently with your children as well. There is an incident about Khidr and Moses, peace be on them, mentioned in the Holy Qur’an that they both worked together to make a wall which belonged to some orphan children. There, Almighty Allah says:

وَكَانَ أَبُوهُمَا صَالِحًا *(Al-Kahf, 18:83)*

meaning that, their father was a righteous man. It is not mentioned what those children were like themselves. Therefore, strive to achieve this objective. You should always wish for the piety of your children.’ *(Malfuzat - English Translation, Vol. 7, p. 477-478)*

Hence, this is the fundamental principle to which the Promised Messiah (as) has repeatedly drawn our attention. The personal example of parents plays a pivotal role in the moral training of children. May Allah grant every one of us the ability to become an outstanding example for our children.

May Allah the Exalted grant you all the ability to fulfil the objectives of the establishment of Ansarullah, to discharge your responsibilities in the best possible manner, and to render service to the faith. May He bless your efforts, overlook your shortcomings, and bestow upon you His divine help and support. Ameen.

Wassalam,

Khaksar

Mirza Masroor Ahmad

Khalifatul-Masih V

Protect Women's Rights



Tahrik-e-Jadid was initiated in 1934 by Hazrat Khalifatul-Masih II (ra). While Tahrik-e-Jadid is widely known for financial sacrifices and global missionary work, Hazrat Khalifatul-Masih II (ra) outlined a comprehensive list of demands and moral directives aimed at reforming personal character and social responsibilities. Among these fundamental demands is the explicit requirement to protect women's rights.

The scheme highlights that Islamic teachings establish safeguards, dignity, and equality for women, and it explicitly urges community members to uphold and safeguard these rights against societal injustice and systemic neglect.

And who can blame women for demanding respect – for is this not a desire shared by anyone who has ever lived? When rights are denied, people rebel. In Flowers for the Women wearing Veiled, Hazrat Mirza Bashiruddin Mahmud Ahmad (ra) wrote, 'It is highly regrettable that for so long women have been deprived of their natural rights. This is true not only in India, but also in Europe and America. Therefore, every so often women rise up against men over this state. For it is human nature, which most certainly forces them to rise and compels them to rebel after suffering such prolonged suppression and torture.'

Indeed, upon founding Lajna Ima'illah and the other auxiliary organisations, Hazrat Khalifatul-Masih II (ra) clearly identified their respective objectives and responsibilities. In various addresses to Lajna, Hazrat Musleh-e-Maud (ra) expressed his high hopes and expectations. He made it clear that no Ahmadi woman should ever consider that herself inferior to any man or remain hidden in his shadow. In all respects, men and women are equal.

For example, in terms of building a relationship with Allah the Almighty, where Allah had instructed men to submit to Him, to worship Him and to establish a living relationship with their Creator, He required the same of women. It is certainly true that according to the commands of Allah the Almighty and the Holy Prophet (sa), women must play a fundamental role in safeguarding their home and family environment, especially in terms of raising their children. At the same time, Hazrat Musleh-e-Maud (ra) made it clear Ahmadi ladies are duty-bound to serve their society and to strive

for its prosperity, especially by conveying the teachings of Islam.

When launching the Tahrik-e-Jadid initiative in 1934, Hazrat Khalifatul-Masih II (ra) outlined 19 fundamental directives designed to reform personal character, moral duties, and community service. He framed the defence of women's rights not merely as a legal obligation, but as an essential moral and spiritual duty for every member of the community. To ensure women had an independent platform to develop their leadership skills, manage their own affairs, and advance spiritually and academically, he founded Lajna Ima'illah (the auxiliary organisation for Ahmadi women).

During a famous address at Jalsa Salana in 1937, Hazrat Khalifatul-Masih II (ra) strictly condemned the widespread cultural practice in South Asia of denying women their legal inheritance. He stated that failing to give daughters, wives, sisters, and mothers their prescribed share under Islamic law was a grave sin. He warned that those who deliberately refused to grant female family members their rightful inheritance should face community discipline or expulsion, arguing that cultural traditions must never supersede divine law protecting women.

On September 24, 2023, during concluding address by Hazrat Khalifatul-Masih V (aa) at the Lajna Ima'illah UK National Ijtima Huzoor stated, "In today's world, much is said about women's rights, and false allegations are routinely raised against Islam. If a Muslim woman directly responds to such allegations by proudly exhibiting her faith and using her intellect and positive experiences to educate those ignorant of Islam's teachings of how it has protected women's rights, it will hold much greater weight than if any man responds on her behalf. So, it was to fulfil these monumental moral and spiritual objectives that Hazrat Musleh-e-Maud (ra) established Lajna Ima'illah a century ago.

Whilst addressing Lajna Ima'illah, Hazrat Musleh-e-Maud (ra) stated that there was no difference between a man and a woman when it came to their religious obligations. Indeed, Allah the Almighty has said in chapter 4, verse 2 of the Holy Qur'an,

خَلَقَ مِنْهَا زَوْجَهَا

"*And created therefrom its mate" (4:2)*

Meaning they have the same responsibilities and will be held equally accountable by Allah the Almighty for their deeds.

It is true that Islam has prescribed a division of labour wherein men are given the principal responsibility for providing financially for their family, whilst women are given the primary duty of running the home affairs and morally training their children. Irrespective of this distinction, Islam has greatly emphasised the importance of educating girls and ladies so that their potential is unlocked and they become assets to their community.

Furthermore, being educated will enable mothers to nurture and guide their children in a way that they develop into well-rounded and responsible citizens who contribute positively to their communities. So, even if there is a degree of divergence in the responsibilities of a man and a woman, Islam has established equal rights in terms of their value as human beings and their feelings and emotions.

Hazrat Khalifatul-Masih II (ra) worked extensively to protect women within the institution of marriage, eradicating harmful cultural norms. He repeatedly emphasised that a marriage performed without the genuine consent of the woman is invalid under Islamic law. He instructed parents that forced marriages violate a woman's fundamental rights. He declared domestic violence as completely un-Islamic. In his sermons, he noted that men who display aggression or violence toward their wives reveal a lack of moral strength and true faith. He ensured that women had access to fair legal recourse through the community's administrative bodies (Qaza) if they sought release from an abusive or incompatible marriage, protecting them from being trapped in harmful domestic situations.

Understanding parenthood:
A guide to positive and effective parenting

Samar Hafeez, Consultant psychologist, India



Parenting is one of the most rewarding yet extremely challenging experiences of life. It is a complex process of fostering a child's physical, cognitive, emotional, social and spiritual growth and development. Parents play an essential role in building a child's personality in order to make him/her a functional and efficient unit of the society and nation at large.

Most of the time, parenting can be tricky and confusing. We might often find ourselves stuck in the loop of challenges and pressures. But not to worry, many of us have been through this phase. This article is an attempt to help parents facilitate and navigate this demanding process with clarity, confidence and efficiency.

Impact of different parenting styles

Parenting styles are distinctive patterns of parental attitudes, perceptions and behaviours around child rearing. When it comes to parenting the keys are balance and moderation. Parenting styles significantly shape a child's personality development and family dynamics. Parenting varies across families. As we all know that culture, socio-economic status, educational and personal beliefs influence parenting approaches and outcomes.

The styles mentioned help the reader know and understand their parenting style and its impact a child's mental health, self-esteem, academic performance, social interactions and moral behaviuors.

Authoritarian parenting style

In this style the parents are the ones to call the shots. Parents engage in a one-way communication mode wherein they impose strict deadlines and rules and expect their children to follow without any negotiation and/or flexibility.

There is no room for mutual understanding and conversations. Children are expected to meet the high standards without making mistakes or excuses. And the consequences of not achieving expectations are often punitive in nature, along with absence of positive feedback or responsiveness when a child performs well.

The children who are brought up using this style are well-behaved due to the fear of repercussions but this obedience is out of fear

rather than respect, hence, may drive a child to rebel as he/she grows older.

Additionally, such children often struggle with feelings of sadness, shame, anger, anxiety, resentment, dissatisfaction, low levels of creativity, self-esteem and poor independent decision-making skills.

Some research shows that children whose parents use authoritarian mode of parenting have a higher risk of developing depression, aggressive behaviuors and anxiety disorders.

Democratic or gentle parenting (Authoritative style)

This style is characterised by encouraging and nurturing relationships between parents and children. Mutual respect, understanding and open communication are at the foundations of this style. Parents set realistic yet clear goals/expectations and these guidelines are reasoned and explained to the child to avoid impositions, unnecessary dominance, mistrust and resentment.

Moreover, while children get an opportunity to give their inputs while setting a goal, they are also alerted to the natural consequences and mutually agreed upon boundaries, thereby fostering a healthy sense of accountability/ responsibility and discipline.

This style aids in validating the child's feelings while also letting them know that parents are ultimately in charge. They believe investing time and energy is preventing behavioural problems before they start appearing.

With patience, timely efforts and positive reinforcement – this type of parenting style reaps best outcomes.

Children with authoritative parents usually display closeness with parents. They also show a good amount of responsibility, self-confidence and high degrees of self-esteem, along with a tendency to be respectful and conscious, and an ability to regulate and clearly express emotions.

They usually make the right independent decisions, perform well academically and interpersonally and are less likely to engage in impulsive behaviours such as misusing/ abusing alcohol, drugs and nicotine.

Permissive parenting style

Permissive parents typically offer warmth and open communication. They are undemanding of their children leading to very few consistent rules, boundaries and disciplinary actions. The expectations from the child are minimal and they encourage the child to explore and learn independently. They feel that children learn best with very little guidance and interference from parents.

Children who have experienced this type of parenting are generally happy and sociable but usually have difficulty with following rules and authority. These children make decisions about their bedtime, hygiene, homework, and screen time on computers and televisions.

Such extensive freedom can foster negative habits, as parents often have difficulty around limiting their child's behaviours.

Furthermore, limited rules can add to the confusion around eating habits as well, leading to binging unhealthy foods and uncontrolled snacking which may cause health-related issues like obesity in future.

They may also struggle with self-regulation, lack of patience, difficulty in delaying immediate gratification and impulse control and can get selfish, stubborn and demanding.

Uninvolved/neglectful parenting style

Uninvolved parenting offers little or no support and guidance to children. They are left to figure out the difficulties and challenges of life on their own.

Parents don't set expectations and boundaries for the child's gradual development which may lead to confusion. While they might fulfil the child's basic needs, they however remain detached and disengaged emotionally.

Sometimes the parents may even lack

knowledge about child rearing or may believe that their child will do better without their guidance/instructions. It is important to understand that uninvolved parenting could also be due to parental mental health issues due to which a parent may not be able to fulfil the child's emotional and physical needs.

As a result of lack of structure, guidance and involvement by parents; these children usually have the worst outcomes and are more likely to experience substance use, depression, diminished self-esteem, deviant peer affiliation/ problem behaviours such as vandalism, theft, rape, assault, rule defiance, underage drinking and lower levels of emotional, interpersonal and cognitive ability.

Helicopter parenting

If you are overly fearful and overly protective of your child, then you might be a helicopter parent. Parents who follow this style constantly intervene in their child's life and obsess over their failures and successes.

This style can interfere with the healthy development of integral personal skills such as self-esteem, confidence, resilience and assertiveness and may increase the child's anxiety, fear and dependency.

Snowplow parenting

This parenting style describes parents who remove all obstacles from their child's path so that they never face any difficulty in life. We all agree that we love our kids and we do not want them to face any struggle and discomfort, but that is exactly what helps them grow and expand their problem solving, decision making and creative capabilities.

Some challenges and discomfort are essential components that help kids have a growth mindset and build social, cognitive, emotional and interpersonal skills in the long run.

Lighthouse parenting style

An extended version of the authoritative parenting style. This style focuses on guiding children through challenges while providing necessary help.

Parents act as a constant, steady guiding light that helps a child experience the consequences of their own choices while providing consistent feedback and guidance in their journey towards self-discovery.

Parents are clear and consistent when disciplining the child. They explain and show by example the behaviour that they expect from them, which helps them build consistency, structure, and clarity.

The Lighthouse parenting style is a combination of authoritative and permissive parenting styles making it a well-balanced approach.

Advice of Hazrat Musleh-e-Maud (ra)

Hazrat Musleh-e-Mau d(ra) gave extensive advice to parents on how to raise their children, on various occasions. One such piece of advice is the following:

"The parents, in good faith, think when their children see them obeying the rules of religion and hear them talking about religion, they will automatically learn, so there is no need to tell them anything. However, this idea is completely wrong, the result of which is that the children are deprived of acquiring religious knowledge. On the contrary, some parents doubt that their words have any effect on their children, so there is no need to tell them anything; they think their children will learn on their own.

"Both of these things should not happen and instead of such mistrust, there should be good faith. Moreover, rather than blind trust, there should be some cautious wariness. Thus, it should be realised that the children will not be able to learn by merely watching their parents or listening to their words, rather they also need to be instructed and advised.

"Moreover, we should also realise that whatever we tell the children, it will have an effect on them and they will accept it. We should pay special attention to these things.

"Apart from the above, there are two more things which cause a defect in the tarbiyat

of children and that is that either too much kindness is shown or too much strictness.

"No matter what the children do, they are not exhorted. Even if they defame the sacred religious things, it is said that their hearts should not be dispirited for now – they will understand when they grow up.

"On the contrary, sometimes the children are treated so harshly that they begin to hate their parents. These two defects are such that owing to them, children are ruined. Neither should one be overly strict nor overly kind."

Positive parenting strategies

Below are some suggestions of positive parenting strategies that can be adopted.

1-Spend more time with your child

Give your undivided attention and response to the child. Quality time with one another strengthens bond and communication. Simple activities like taking a walk after dinner, family prayer, mini vacations, playing games and reading together enhances a sense of belonging and strong connections which further improves the child's overall well-being.

2-Be consistent in your discipline

Setting limits and boundaries is a crucial step that helps children practice appropriate behaviours and self-control.

The limits that you set for them helps them realise your expectations. For instance, the limit set around television and types of programs that can be viewed, no teasing, no talking back, no hitting or name-calling allowed.

Whenever an inappropriate behaviour/gesture is noticed, the parent must be quick in giving a warning followed by a consequence such as loss of privileges like reduced play or television time.

3-Praise when they behave well

When a behaviour is rewarded, it is more likely to be repeated. Praise builds a child's self-concept. Each behaviour when praised, reminds the child of your standards of expectations and facilitates the continuation of such behaviour.

4-Boost your child's self-esteem

Children build their self-esteem through interactive engagement with parents. Your actions and words affect their developing self-esteem more than anything else. Belittling statements and by comparing the child unfairly with other children will give a severe blow to their self-worth. On the other hand, praising their small accomplishments and allowing them to do small tasks on their own will make them feel capable, confident and optimistic.

5-Communicate without imposing harsh judgement

Acknowledging a child's thoughts, feelings and words is extremely important if we want to open an effective and sustainable communication channel. Kids want explanations and reasons behind undertaking a task or a pathway in order to develop their analytical thinking.

Explaining why they are doing what they are doing helps them evaluate different viewpoints and aid in making connections to understand the bigger picture for selecting the most productive and beneficial decision.

Reasoning with your kids in a nonjudgemental way can improve acceptability.

6-Be a good role model

Children learn more from what you are than what you teach. Learning in children happens through a process called Modelling (observational learning).

Parents' way of life is a huge contributing factor to the child's emotional and social learning process, demonstrating values such as truthfulness, kindness, empathy, chivalry, honesty, selflessness, friendliness, respect, gratitude, cheerfulness, self-reliance, optimism will motivate the child to adopt and practice these attitudes and values without much effort.

7-If necessary be willing to adjust your parenting style to fit the child

Always consider the age and environment of

the child and customize the style. Consider combining applicable elements from various approaches to acquire the best results. For instance, use warmth from the authoritative and lighthouse style along with consistent rules and positive encouragement/reinforcement to facilitate holistic growth and development.

8-Foster a sense of independence

Let the child decide once in a while as to what he/she wants to eat or wear. Motivate children to keep their clothes and room tidy on a regular basis.

Furthermore, allow them to make decisions for their siblings on small matters. Toddlers should be encouraged to sleep alone, this habit instills autonomy, emotional independence and courage in them. This in accordance with the advice given by the Holy Prophet (sa):

"[…] and arrange their beds (to sleep) separately."

(Sunan Abi Dawud, Kitab as-salat, Hadith 495)

However, specifically regarding what age is best for this, it is highly dependent on the child's readiness and cultural context.

9-Avoid harsh punishments

Parents should avoid hitting a child. Spanking, public humiliation and hitting cause a child to learn aggressive behaviours and such kids are more likely to be verbally and physically abusive towards other children in school. They fail to apply healthy conflict resolving skills.

10-Treat your child with respect

If you want a child to be respectful towards you, then you should reciprocate this feeling towards them too.

Children treat others as they are being treated at home/school, your relationship with the child reflects in her relationships with others. Acknowledge and respect his/her opinions, and speak to them kindly and politely. Listen to the child attentively when he/she is talking to you.

11-Last but not least, accept your weaknesses as a parent and vow to convert them into strengths

We all are imperfect parents who are learning as we go. Identify your abilities such as your love and dedication and convert your weaknesses such as low mood, anxiety, anger or inconsistency of disciplinary practices into more productive strategies.

Make parenting a manageable job. Focus on the areas that need more attention rather than trying to address everything at the same time. And when burnt out, take some time for yourself.

Remember, self-care is not selfish. It means you care about your own well-being, which is another important value to model for your children.

Conclusion

When it comes to parenting, it is a no "one size fits all" situation. Have realistic expectations of yourself and the child.

When it comes to parenting, sometimes it is about trial and error. However, Democratic/ Authoritative and its subtype Lighthouse parenting styles are likely to raise responsible, optimistic, confident, responsive, self-reliant, socially competent and happy children.

The most successful parents know when to adapt or change a style depending on the need or situation. At the end of the day, the best parenting style that suits your family should be used.

www.alhakam.org/understanding-parenthood-guide-effective-parenting

Explore Ottawa:
A Four-Season Guide to Canada's Capital

Syed Mansoor Ahmed, Ottawa West



Simple directions • Seasonal attractions • Museums • Free activities • Short itineraries

Ottawa is a city that offers something special in every season. From colourful tulips and scenic pathways in spring, to lively festivals and outdoor activities in summer, spectacular fall colours, and skating and winter celebrations in the colder months, Canada's capital is a year-round destination. Whether you are visiting for a day, a weekend, or a longer stay, this guide will help you discover Ottawa's most popular attractions, museums, free activities, family-friendly places, and seasonal experiences in an easy and practical way.

PART 1 | Getting Around, Spring & Early Summer

Start Downtown

For a first visit, use Parliament Hill as your main reference point. Several major attractions are within an easy walk, including the Rideau Canal Locks, Major's Hill Park, the National Gallery of Canada and ByWard Market.

Easy downtown walking route Parliament Hill → Rideau Canal Locks → Major's Hill Park → National Gallery of Canada → ByWard Market → Rideau Canal

OC Transpo operates Ottawa buses and the O-Train. A car is usually unnecessary for central sightseeing, but it is useful for Gatineau Park, Mer Bleue and some attractions outside downtown.

Spring in Ottawa | April to Late May

Canadian Tulip Festival & Commissioners Park

Ottawa's signature spring experience. Large tulip displays surround Commissioners Park beside Dow's Lake, with excellent photo opportunities and easy walking paths.

Directions: From downtown, travel south along the Rideau Canal toward Dow's Lake. OC Transpo or a short taxi/rideshare trip is also convenient.

Cost: Walking through the tulip displays is free.

Rideau Canal & Dow's Lake

A scenic area for walking and cycling. Visitors can follow the canal from downtown toward the Glebe, Lansdowne and Dow's Lake.

Directions: Begin near the Fairmont Château Laurier and the Ottawa Locks, then follow the canal pathway south.

Dominion Arboretum

A peaceful free stop near Dow's Lake and the Central Experimental Farm, especially attractive when flowering trees are in bloom.

Directions: Combine it with Commissioners Park and Dow's Lake for an easy half-day outing.

Cost: Free.

Rideau Hall

The official residence and workplace of Canada's Governor General. Visitors can explore the grounds and, depending on the seasonal schedule, take a guided tour of the residence.

Directions: 1 Sussex Drive, north of ByWard Market. About a 30-minute walk from the market or a short transit/taxi ride.

Cost: Guided tours are free.

Best spring half-day Commissioners Park → Dow's Lake → Dominion Arboretum. Allow about 3–4 hours at a relaxed pace.

PART 2 | Summer in Ottawa

Summer is ideal for outdoor sightseeing, festivals, patios, cycling and exploring Ottawa's waterways. June through August usually offers the longest days and the easiest weather for walking.

Parliament Hill

One of the city's essential stops. Visitors can see the Parliamentary Precinct and book free visitor experiences in the buildings currently open to the public.

Directions: Wellington Street in downtown Ottawa. Start here before walking east toward the canal and ByWard Market.

Cost: Parliament visitor tours are free; advance booking is recommended when available.

Ottawa Locks - Rideau Canal

Eight historic locks descend from the canal toward the Ottawa River. During navigation season, visitors may see boats passing through the lock system.

Directions: Immediately beside Parliament Hill and the Château Laurier area.

Cost: Free to visit on foot.

ByWard Market

One of Ottawa's best-known neighborhoods for restaurants, cafés, shops, patios and people-watching.

Directions: About a 10-minute walk east of Parliament Hill. Combine it with Major's Hill Park and the National Gallery.

Major's Hill Park & National Gallery

Major's Hill Park offers excellent views toward Parliament and the Ottawa River. The National Gallery sits beside the park and is a strong indoor option if the weather changes.

Directions: Walk east from Parliament toward the Château Laurier, then through Major's Hill Park.

Cycling the Capital

Ottawa-Gatineau has an extensive network of recreational pathways. Popular routes follow the Rideau Canal, Ottawa River and Rideau River, with connections into the Greenbelt and Gatineau Park.

Directions: For an easy first ride, follow the Rideau Canal pathway from downtown toward Dow's Lake.

Beaches & Water Activities

Mooney's Bay, Britannia Beach and other waterfront areas provide a relaxed break from downtown sightseeing. Paddling and boating are popular during warm weather.

One-day summer route Morning: Parliament Hill and Ottawa Locks. Lunch: ByWard **Market. Afternoon:** National Gallery or a canal walk. Evening: return toward Parliament and the canal for sunset.

PART 3 | Fall & Winter

Fall in Ottawa | Late September to Mid-October

Gatineau Park

The region's premier destination for autumn colours. Popular areas include Pink Lake, Champlain Lookout, King Mountain and the Mackenzie King Estate.

Directions: Across the Ottawa River in Quebec. A car is convenient, but the NCC may operate seasonal transportation during peak fall periods.

Cost: Many outdoor areas are free; parking or transportation arrangements vary.

Rideau Canal

An easy option for fall colour without leaving central Ottawa. The canal pathways combine water views, mature trees and historic neighborhoods.

Directions: A pleasant route is Château Laurier → canal pathway → Pretoria Bridge → Lansdowne.

Major's Hill Park

A convenient downtown stop for colourful trees and classic views toward Parliament. It is easy to combine with the National Gallery and ByWard Market.

Directions: Between Parliament Hill, the National Gallery and ByWard Market.

Cost: Free.

Greenbelt & Mer Bleue

A quieter alternative to Gatineau Park. Mer Bleue's boardwalk gives visitors an accessible way to experience an important wetland landscape.

Directions: East of central Ottawa; easiest by car.

Cost: Free.

Fall travel tip Gatineau Park can become very busy during peak-colour weekends. Weekdays and less crowded Greenbelt trails are often easier.

Winter in Ottawa | January & February for Classic Winter Activities

Rideau Canal Skateway

When weather and ice conditions permit, a section of the canal becomes a long outdoor skating route through central Ottawa.

Directions: Access points are available at several locations along the canal near downtown.

Cost: Access to the Skateway is free. Opening is weather-dependent - always check the NCC before going.

Winterlude

A major winter celebration in Ottawa-Gatineau featuring seasonal activities, ice and snow attractions, performances and family programming.

Directions: Events take place at several locations in Ottawa and Gatineau. Check the official Canadian Heritage programme for dates and sites.

Cost: Many outdoor activities are free.

Gatineau Park in Winter

A popular destination for cross-country skiing, snowshoeing and a true Canadian winter landscape.

Directions: Across the river in Quebec. Check NCC trail conditions before travelling.

Holiday Lights & Seasonal Markets

From late November through December, downtown landmarks and public spaces take on a festive atmosphere with lights, markets and seasonal events.

PART 4 | Museums, Free Attractions & Easy Itineraries

Best Museums & Indoor Attractions

Canadian Museum of Nature - 240 McLeod Street

Excellent for families, with dinosaurs, mammals, minerals, birds, Arctic exhibits and other natural-history galleries.

Directions: About a 15–20 minute walk south of Parliament Hill along Metcalfe Street.

Canadian War Museum - 1 Vimy Place

Explores Canada's military history from early conflicts through the World Wars and modern operations.

Directions: West of Parliament Hill near LeBreton Flats.

National Gallery of Canada - 380 Sussex Drive

Canada's national art museum, with Canadian, Indigenous and international collections.

Directions: A short walk from ByWard Market and Major's Hill Park.

Canadian Museum of History - Gatineau, Quebec

A major museum of Canadian history and culture with one of the best views of Parliament across the Ottawa River.

Directions: Across the river from downtown Ottawa; accessible by transit, taxi/rideshare or a longer walk.

Canada Aviation and Space Museum - 11 Aviation Parkway

A strong family choice featuring aircraft and Canadian aviation and space history.

Directions: Several kilometres east of downtown; transit, taxi/rideshare or car is easiest.

Free Indoor & Low-Cost Highlights

Attraction	Free Access / Note
Ottawa Art Gallery	General admission is free.
Parliament visitor experiences	Free; reserve in advance when required.
Rideau Hall	Guided tours are free; schedule and reservation rules vary by season.
Canadian Museum of Nature	Free general admission Thursdays, 5–8 p.m.; tickets are required.
Canadian War Museum	Free general admission Thursdays, 5–7 p.m.; timed tickets are required.
Canadian Museum of History	Free general admission Thursdays, 5–7 p.m.; timed tickets are required.

Note: Special exhibitions may have separate fees. Museum schedules and admission policies can change, so confirm directly with the institution before visiting.

Simple Itineraries

1 Day - Downtown Essentials: Parliament Hill → Ottawa Locks → Major's Hill Park → National Gallery → ByWard Market → Rideau Canal.

2 Days - Add the Season: Day 1 downtown. Day 2: tulips and Dow's Lake in spring; cycling and waterfront in summer; Gatineau Park in fall; skating/Winterlude in winter.

3 Days - Add Museums: Use the third day for the Canadian Museum of History, Canadian War Museum, Museum of Nature or another museum matching your interests.

Before You Go

Downtown Ottawa is very walkable; comfortable shoes are useful in every season.

Use OC Transpo for buses and the O-Train. Check current fares and route information before travel.

Check the NCC on the day of your visit for Rideau Canal Skateway and Gatineau Park conditions.

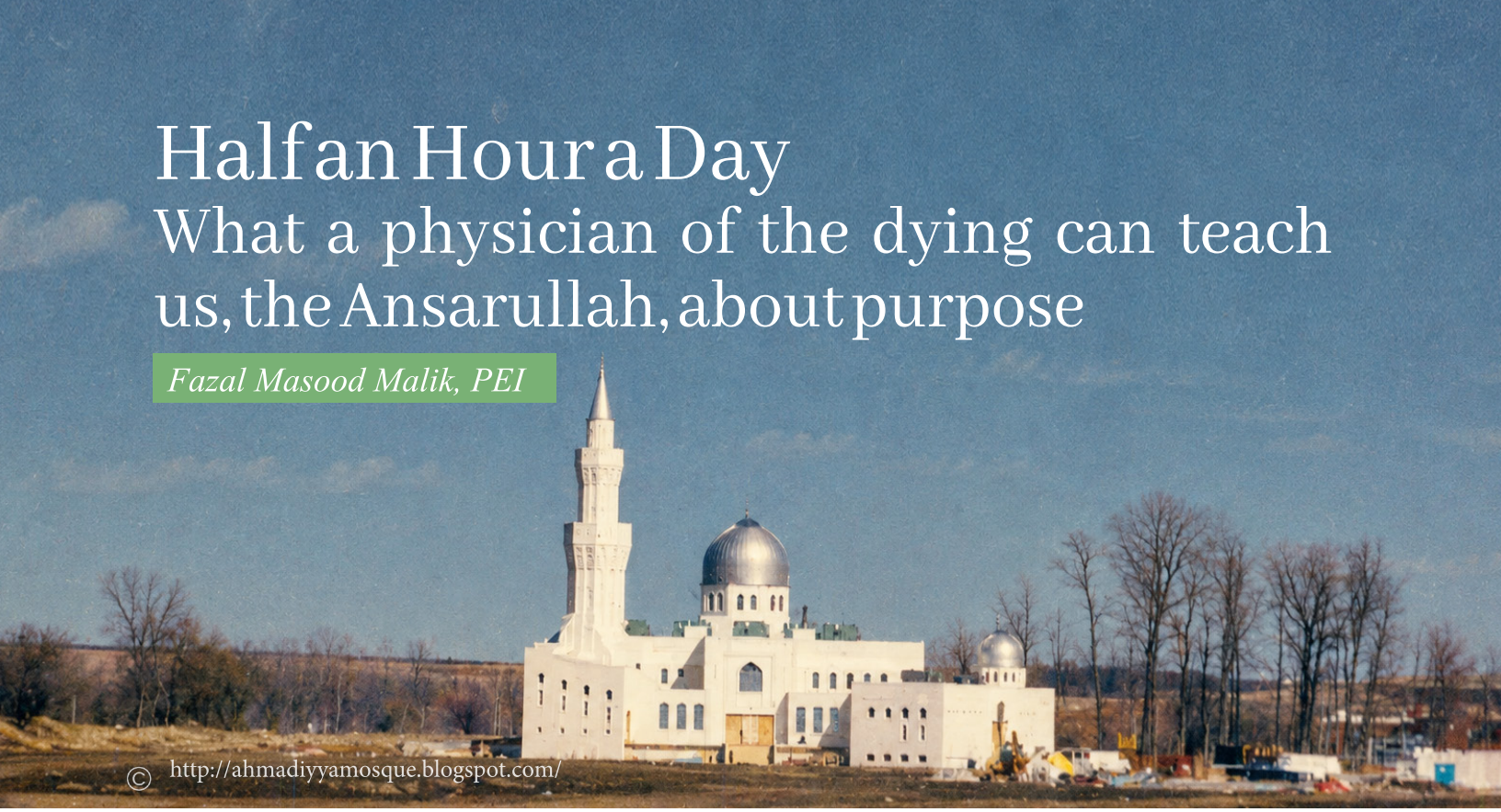
Reserve Parliament and museum tickets ahead when possible, especially during weekends and holidays.

Seasonal festivals, tulip bloom timing, outdoor conditions and attraction hours can change.

Half an Hour a Day

What a physician of the dying can teach us, the Ansarullah, about purpose

Fazal Masood Malik, PEI



There is an age at which the Holy Qur'an expects a man to take stock. When he reaches full maturity and attains forty years, the Qur'an says, he turns to his Lord with a prayer of three parts. He asks to be grateful for the favours bestowed upon him and upon his parents. He asks to do such good works as will please his Lord. He asks that his offspring be made righteous (Al-Ahqaf 46:16). Gratitude for the past. Right action in the present. Hope for the generations to come. That is the whole map of a mature life, drawn in one verse, and its threshold is the very age at which we enter Majlis Ansarullah.

Jordan Grumet, an American hospice physician who has spent his career at the bedsides of the dying, has never, to my knowledge, read this verse. Yet his book arrives, by a different road, at the same three-part map. Meaning, he writes, is drawn from our past. Purpose is the intention behind what we do now and next. Legacy is what we leave in the people around us. His distinctive contribution is a warning. Purpose comes in two sizes, and most of us have been sold the wrong one. The big P purpose fixes its gaze on the summit, the grand achievement, the life that will be remembered. The little P purpose attends to the path, to the small, repeatable acts that a person loves and can sustain. The first, he argues from years of deathbed testimony, breeds anxiety and regret. The second breeds joy.[1]

Hazrat Musleh-e-Maud (ra) knew this eighty-six years ago. On 26 July 1940, when he founded Majlis Ansarullah at Qadian, the instruction he gave the men over forty was strikingly modest. Dedicate half an hour a day to the service of your faith. See that no man among you is absent from congregational prayer in the mosque.[2] Not a monumental ask, not a movement; just half an hour a day, every day. He then explained the layout. Khuddam represent ambition and passion. Ansar represent experience and wisdom. Without both, no nation prospers. The four auxiliaries are four walls of one building, and a roof cannot rest on walls that stand apart. Grumet would call the half hour a climb, his word for the daily deed that turns an idea of purpose into a habit of living. Hazrat Musleh-e-Maud (ra) simply called it the work.

What, then, are the lessons for us, the Ansarullah of Canada?

The first is that our climb has already been

assigned. We do not need to invent a purpose. We need to be consistent in maintaining one. Hazrat Mirza Masroor Ahmad (aa), addressing the Ansarullah of Canada from the United Kingdom ijtima of September 2025, laid it out very clearly. Tahajjud, whose very difficulty is the ingredient that makes worship acceptable. Durood, without which our prayers do not reach the threshold of God. Istighfar, which cleanses even the sins we have grown too habituated to see.[3] Each of these is small. Each is daily. None of them will make the headlines, and that is precisely the point.

The second lesson concerns comparison. Grumet reports that purpose anxiety afflicts more than nine in ten adults, and that its commonest modern form is copying the purposes of strangers on a screen.[1] Hazrat Musleh-e-Maud (ra) built the auxiliaries on imitation too, but of a different kind. Children imitate children, he said, youth imitate youth, and the elderly imitate the elderly, so that when a man sees his peers inclined toward faith, a desire ignites in his heart to excel ahead of them.[2] The cure for measuring ourselves against a billionaire on a screen is to measure ourselves against the brother in the next row who has not missed Fajr in thirty years.

The third lesson is the hardest Huzoor (aa) told us that the coming generations look to the Ansar as role models, and the fundamental basis of that role is taqwa (righteousness). We purify ourselves, and in so doing we set the stage to purify those who follow.[3] This order is critical. Our own righteousness is our purpose; and our children inherit it. That, and not a house or a financial portfolio, is the righteous seed for which the man of forty prays. Grumet arrives at the same truth from the far side. Never, he insists, make another person your purpose. His example is a restaurateur who poured his life into his family and, when the children grew up and left, found nothing underneath.[1] Our children are not our purpose. They are its heirs.

The fourth lesson is about regret. Huzoor (aa) put it to the Belgian amila with characteristic economy. You have reached a mature age, he said; you are not children whom we must hold by the finger and lead.[4] Nobody will make our climb for us. Nobody can. The bedside utterance confirms the message from the pulpit. The dying do not mourn the money they failed to earn. They mourn the hours they did not spend on what they loved and the courage they did not summon to live as themselves.[1]

Many of us came to Canada carrying the habits of the places we left, habits of caution, of thrift, of watching the door. Grumet observes that children absorb such habits from their parents long before anyone names them.[1] The same is true of taqwa. Our children will inherit whatever we practise, whether we intend it or not.

Half an hour a day, spent in service of Islam and Ahmadiyyat. That was the founding instruction. We are its helpers; we are Ansarullah.

What remains is how we see ourselves answering that call!

End Notes

1. Jordan Grumet, The Purpose Code, Harriman House, 2025.

2. "History of Majlis Ansarullah," Al Hakam, 28 September 2018, drawing on Tarikh-e-Ahmadiyyat, Vol. 9, and Al Fazl, Qadian, 1 August 1940, p. 2. Available at alhakam.org/history-of-majlis-Ansarullah.

3. "Becoming righteous role models for future generations through piety, truthfulness and prayer," report of the concluding address of Hazrat Khalifatul-Masih V (aa) at Majlis Ansarullah UK Ijtima, Puttenham, 28 September 2025, Al Hakam, 28 September 2025. Huzoor's address included the Canadian and Burkina Faso national ijtimas held the same weekend.

4. "Handle differences with compassion," report of the meeting of the National Amila of Majlis Ansarullah Belgium with Hazrat Khalifatul-Masih V (aa), Al Hakam, 20 October 2024.