



Majlis Atfalul  
Ahmadiyya USA

**CORONAVIRUS**

# *Al Bashir*

A MAGAZINE FOR ATFAL

**PANDEMIC**

SPRING 2020 EDITION  
LIFE DURING  
**CORONAVIRUS**



# MESSAGE FROM SADR MAJLIS

My Dearest Atfal,  
Assalamo Alaikum

I hope each of you are safe and doing well during this pandemic. Our lives have changed drastically over the last few months. Our schools have shut down, we aren't able to congregate in our Mosques, and we are limited in the amount we can go outside. It may seem that our lives are greatly restricted.

I believe there is a silver lining in all of this. Each of you are able to spend more time at home with your parents and siblings. Take advantage of this. Pray five times a day with your families, listen to Hazoor's Khutba together, eat meals together and play together. Make the most out of this time. We will probably never have this time again.

At the same time, this pandemic may cause some stress to you and your families. Try to stay happy and enjoy this time. Pray to Allah to help you through any fears that you may have. Write to our beloved Hazoor and tell him how you feel. Inshallah, we will get through this together.

You can always reach out to me also if you have any questions at [sadr@mkausa.org](mailto:sadr@mkausa.org).

Wasalam  
Madeel Abdullah  
Serving as Sadr Majlis Khuddamul Ahmadiyya USA

# MESSAGE FROM MOHTAMIM ATFAL



**Raza Ahmad**

*Serving as Mohtamim Atfal*

Dear Atfal!  
Assalamu Alaikum

I hope and pray that all of you are safe and healthy. These past few months have been very different from the normal life we are used to. We are practicing social-distancing and increased self-hygiene to save ourselves and the society from the spread of COVID-19. Our schools, offices and Mosques have been closed. Many of you have been studying from home, most of your parents have been working remotely, and you have been doing all the religious activities at home as well. Atfal classes and competitions have been taking place online as well.

This is a great opportunity for all of us while we stay at home. We should try to increase our relationship with Allah, the Almighty and improve our bond with our parents and siblings. Now that we have more time, we all should increase our knowledge by reading books. We should minimize the time playing video games and watching videos on the internet. Instead, we should increase the time we watch MTA with our family. Pray for yourself, your parents, your fellow Atfal, and the safety of everyone in our country. Write a letter to Huzoor (aba) every month to request his prayers as well. Let us pray that we are able to hold our Atfal classes and Ijtema together like before very soon. Ameen!

Wasalam  
Khaksar,

Raza Ahmad  
Mohtamim Atfal  
Majlis Khuddamul Ahmadiyya USA

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## QUR'AN | THE MUSLIM HOLY BOOK

O ye who believe! when you stand up for Prayer, wash your faces, and your hands up to the elbows, and pass your wet hands over your heads, and wash your feet to the ankles. And if you be unclean, purify yourselves by bathing.

- Chapter 5, Verse 7

يَا أَيُّهَا الَّذِينَ ءَامَنُوا إِذَا قُمْتُمْ  
إِلَى الصَّلَاةِ فَغَسِّلُوا وُجُوهَكُمْ  
وَأَيْدِيَكُمْ إِلَى الْمَرَافِقِ وَامْسَحُوا  
بُرُءُوسِكُمْ وَأَرْجُلَكُمْ إِلَى الْكَعْبَيْنِ

## HADITH | SAYINGS OF THE HOLY PROPHET MUHAMMAD<sup>SAW</sup>

Narrated by Usama ibn Zayd, Allah be pleased with her: Said the Prophet Muhammad of Allah (peace of Allah be on him and His blessings):

"If you hear of an outbreak of plague in a land, do not enter it; but if the plague breaks out in a place while you are in it, do not leave that place."

- Bukhari

# igion

## PROMISED MESSIAH<sup>AS</sup> | FROM HIS WRITINGS

*During the outbreak of plague, the Promised Messiah (as) had advised:*

"Take refuge with God Almighty and observe your Prayers with strict regularity. Sometimes people will only offer one Prayer, but remember that there is no concession in the matter of Prayer. Even the Prophets were not excused.

It is recorded in a Hadith that a newly converted party of Muslims came to the Messenger of Allah, peace and blessings of Allah be upon him, and they asked to be granted relief from offering the daily Prayers. However, the Holy Prophet (sa) said: 'A religion bereft of action is no religion at all.' Never forget this point."

*- Malfoozat, Vol. 1, p. 264*

## HUZOOR<sup>ABA</sup> | SERMONS AND SPEECHES

"This virus has compelled the world to reflect about returning to God. However, the True God and the Living God is only the God of Islam, Who has announced to show the path towards Himself for those who desire to do so. He has announced to those who take only a step towards Him that He shall hold their hands and take them many steps forward and to take them in His protection."

"The ultimate solution is prayer. And we should pray that Allah protects us all from this illness and from its ill effects. We should also pray for all those Ahmadis who have contracted this illness in whatever manner, and for those whom doctors suspect have the virus.

In fact, pray for all those who are suffering with any form of illness. In the same manner, like I have said, the virus affects those with underlying health conditions, so pray for such people as well that Allah the Almighty keeps them protected."

*- Friday Sermon, March 20th, 2020*

# Living Through A Pandemic

As the world deals with the COVID-19 pandemic, Atfal from around the country are finding ways to stay productive as they stay-at-home. In this issue, learn from Atfal what the best practices are to stay safe during the pandemic and read how they are taking advantage of the time at home to focus on Salat and other spiritual activities.

## STAYING AT HOME

Just because they're staying at home doesn't mean Atfal aren't staying busy!

- Over 225 students attend the daily Atfal online classes on average
- Atfal are participating in Ramadan, Taleem, Waqar-e-Amal, and other challenges
- Atfal are leading Juma prayers and performing all five daily prayers in congregation

And so much more! Read all about it in this issue!

## PANDEMICS

Throughout human history, many pandemics have come and gone. One particularly devastating one was the 1918 Flu Pandemic.

Under the guidance of Hazrat Khalifatul Masih II (ra), the Jama'at provided great aid, service and relief for the wider public to encounter the consequences of the epidemic. From doctors and nurses providing medical care to volunteers raising funds and providing food for the poor, regardless of race, religion or creed, the community provided help and relief to people from every background.

## BEST PRACTICES

Find out below what the best practices are for staying safe during this pandemic!

### **Murtaz Ahmed** *Central Virginia*

The coronavirus disease (COVID-19) is an infectious disease caused by the newly discovered coronavirus. The best way to prevent and slow down transmission is to be well informed about the virus, the disease it causes, and how it spreads. Take care of your health and protect others by doing the following:

#### **Wash Your Hands Frequently**

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

**Why?** Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

#### **Maintain Social Distancing**

Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.

**Why?** When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

#### **Avoid Touching Eyes, Nose and Mouth**

**Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose, or mouth. From there, the virus can enter your body and can make you sick.

#### **Practice Respiratory Hygiene**

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when

you cough or sneeze. Then dispose of the used tissue immediately.

**Why?** Droplets spread the virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu, and COVID-19.

#### **If You Have Fever, Cough, and Difficulty Breathing, Seek Medical Care Early**

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention, and call in advance. Follow the directions of your local health authority.

**Why?** National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent the spread of viruses and other infections.

#### **Stay Informed and Follow the Advice Given by Your Healthcare Provider**

Stay informed on the latest developments on COVID-19. Follow the advice given by your healthcare provider, your national and local public health authority, or your employer on how to protect yourself and others from COVID-19.

**Why?** National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are in the best place to advise on what people in your area should be doing to protect themselves.

I hope you and your family are doing great.

## Abeer Alam

### *New Jersey*

Coronavirus, also known as COVID-19, has caused a lot of change in people's lives, especially due to the quarantine that the government placed on us. This pandemic has altered the way we live our lives entirely, whether it be people not meeting up or others losing loved ones. Quarantine is one action that we can control, which has a bounty of good rewards. Even though we might not like it, this is an extremely small price to pay, since it has extraordinary benefits.

Staying at home not only prevents us from getting the disease, it also prevents others from getting it too. Since symptoms may take up to 2 weeks to appear, we could be walking around unknowingly spreading it to others, and the cycle continues. Also, some people may be immune to it, meaning that they feel fine but don't realize that they are spreading it to everyone they love. Staying home eliminates these things from happening, saving a lot of people from getting the disease.

As of May 14, 2020, things aren't looking good. There is an increase of around 100,000 cases per day globally. If we listen to the officials and do as we are told, meaning that we stay at home and stay 6 feet away from other people, we can help in stopping the spread of the disease. We are all in this together. If we partake in social distancing and other things that the government has asked us, we can stop this pandemic from being written into the history books. Currently, according to worldometers, only 2% of the infected people need to be treated, which isn't much, but when you look at the cases that had an outcome, 85% recovered or discharged, and 15% passed away. This disease is worse than the scientists thought it was going to be.

Many people compare this disease to the flu, since they attack the same part of your body, but Coronavirus is much more dangerous. Not only does it kill more lung cells, it also turns your immune system against itself. The immune system is a part of the body that is very powerful and requires tight regulation, otherwise it could kill you. Normally, this

regulation is carried out by different proteins, but the Coronavirus infects the immune system and makes it go crazy. The infected immune cells start to attack the lung cells that are infected as well as the lung cells that are not infected, which damages your lungs. If enough lung cells die death is very likely, which is why people need to be put on ventilators to survive.

Now, the question remains, what can we do about this? Especially if you're not a doctor or a medical professional that's looking into a cure. We can do things to prevent others from getting and infecting ourselves. Staying at home is a great option. Wearing masks when going outside, can prevent infections. Cleaning foods and other items that enter our houses thoroughly help more than you might think. If food that's contaminated isn't thoroughly cleaned, you could end up literally eating the virus, and getting infected. Little things like washing our hands with soap before eating and when entering the house after being outside makes a big difference. Taking daily showers can prevent the virus from even getting into you in the first place. Prevention is the best cure.

We also need to ensure that we are educating ourselves. Online schooling is a gift from our school districts, but we need to learn more. There's only so much information that schools can provide. Websites like Khan Academy and Readworks help us gain the knowledge that we would have learnt if we were still going to school. These are only two of the hundreds of websites that help us learn more. We can excel past our peers and become top of our class, which is expected of us as Ahmadi children.

Exercise is crucial in a time like this. Even before COVID-19, people used most of the time looking at computer screens, whether it be playing video games or doing schoolwork. Now with this pandemic, we're sitting in front of TV screens even more. To ensure that we don't become overweight or unhealthy, we need to exercise. A good way to exercise is to run on a treadmill for about 30 minutes a day. Doing so actually burns a lot of calories and exercises the entire body. Not only are your legs being exercised, but your

arms and shoulders also get exercise since your arms move back and forth. If there is no treadmill available, another exercise that is very easy is to go to an open area and do 20 squats, 10 pushups, and 20 crunches. Do this for 30 minutes a day and your entire body will be exercised and by the end of this pandemic, you will be a lot healthier. Just make it a habit to get some exercise daily.

The best option to protect us from this pandemic is dua. We can pray that Allah Ta'ala protect us and our loved ones from getting this disease. Also, if someone already has the disease, we can pray that Allah the Almighty gives them a speedy recovery. This entire pandemic could be a test from Allah, to see whether or not we turn to Him in these unpleasant times. That is why we need to turn to Allah, asking Him for forgiveness, so that we can pass this test and live the rest of our lives the best way we can. May Allah enable us to pass this time with ease and accept our prayers, Ameen.



## Danyal Naveed

### *Bay Point*

I will tell you a little about the novel Coronavirus as well as my experience and how I coped amidst a worldwide pandemic that has affected us all in one way or another. This coronavirus is a group of viruses that can cause disease both humans and animals. Around 80 percent of those infected around the world recover from coronavirus with any special treatment. However, 1 in 6 people might experience severe symptoms which include a dry cough, shortness of breath, fever, chills, muscle pain, headache, etc. and the list of symptoms is said to be increasing day by day.

Coronavirus is common in certain species. Although the transmission of coronavirus from animal to human is rare, this latest strain of coronavirus was believed to be transmitted from bats. Therefore, I encourage all of you to follow the guidelines of healthcare professionals as well as our beloved Huzoor (may Allah strengthen his hand).

A few things that have helped me get through these uncertain times are the unity and kinship that I have experienced through our Jamaat especially during these times. We are not physically able to go to the mosque to see our friends and family and to feel the physical sense of community, and yet we are connecting in every way like we normally did. For example, guidelines on how to navigate yourself in such a time are given by our beloved Imam. Atfal classes are being held daily as well as local dars and even virtual iftars to help us not miss out on the celebrations that we would normally be holding if a pandemic did not spread as it did.



## Sani Ahmad

### *Richmond*

We are going through difficult times because of a pandemic caused by a virus known as COVID-19, or simply the coronavirus. Hectic efforts are being made in research labs to make a vaccine that could hinder the malicious virus causing death and misery all over the world, including the United States, where there are more than 1 million known cases with more than 60,000 deaths. The International Health Regulations Emergency Committee of the World Health Organization declared the outbreak a "public health emergency of international concern".

There is a dire need for the government to provide immediate funding to research labs to find a vaccine and a treatment as soon as possible. In the worst-case scenario, if the disease continues spreading, all public facilities such as schools and offices should be closed. This will stop spread from person to person and help control the disease. Until we find a cure, our only options are to submit to Allah so that he can safeguard us, and adopt the best practices to keep away from the virus. These practices include wearing a mask when you are around other people and washing your hands with soap every time you get in contact with an external surface.

In our home, for example, we pray five times a day. That is the best pretext of washing your hands and face. We use hand sanitizer often and every time we bring anything from outside or touch a surface outside, including doorknobs, we wash our hands with soap to make sure that we do not come in contact with the virus.

This type of epidemic has been occurring throughout history. Sometimes, it happened to warn the world of the coming of God's Messengers. During the Promised Messiah(as)'s life, when the world did not pay attention, God sent a plague as a warning and helped his followers through his teachings, which included the physical and spiritual cleansing.

Our scientific efforts can be summarized in a verse of the Promised Messiah (as), in which he says that man, despite his scientific advances, can not even create the

leg of an insect. Then how can he overcome god? The Spanish Flu had 3 deadly waves. After the first wave was done, and some social distancing guidelines were lifted, the people became overjoyed. That is when the second wave started. We need to learn from that because once some of the social distancing orders are lifted, we can't go back to normal life because there are still a lot of people to be infected.

Corona has affected my Islamic life because I have strengthened my belief in Allah, and to break my fasting, I used to go outside to eat (but not anymore). I miss the spiritual experience of going to the mosque, and I pray to Allah that he takes us safely through this pandemic so that we can congregate in mosques and benefit from it. I like virtual school more because I can schedule out the times that I need to do each task that I have been given, and I have more time to recite Quran, do namaz, and study religious education. The biggest lesson that we have learned is that mankind is powerless when God decides to test them. Today I learned that we had a pandemic in 1720, 1820, 1920, and 2020, so we should avoid a pandemic for 2120, if God wills!

Scientifically speaking, a virus is a parasite which means it lives on our cells and cannot survive by itself except looking to infect a cell. When it enters the bloodstream, our defense system attacks it with antibodies until it is eliminated. In the case of viruses like the novel coronavirus, our body does not have antibodies. So, scientists look for resident animals who have antibodies and the virus does not make them sick. Then, in a laboratory, they extract the antibodies, dilute them, and make vaccines to inject into humans so that they can fight the virus. Such is the case, for example, against the flu virus that killed millions of people a century ago.

In conclusion, the coronavirus is a big threat and we should take it very seriously to prevent it from becoming a pandemic and causing lives to be lost. We have to take all the possible measures mentioned. I still want to become a doctor so I can help people out like this if we have another pandemic.



## Arman Mirza

### *Bay Point*

The coronaviruses are a large group of viruses that are common among animals. The virus can make people sick with symptoms including runny nose, cough, sore throat, possibly a headache and maybe a fever, which can last for a couple of days. To be safe you should not touch your mouth or nose and regularly wash your hands for at least 20 seconds. Those who have weak immune systems, like the elderly or the very young can easily die from this virus. If you do get affected by this virus you should drink lots of water and get lots of rest to make it go away.

## Hassan Sheikh

### *Dallas*

It has been reported that the coronavirus originated from Wuhan, China. It is believed that the coronavirus first became parasitic to humans in the wet meat markets of Wuhan. This was one of the first steps as to how humans became hosts to the coronavirus. When this happened, it became an outbreak. An outbreak is when 1 person is infected by another and that keeps on going. People are dying because the coronavirus can get in people's lungs which makes it hard to breathe. This is happening all around the world, but if we work together, we can stop this.

The coronavirus spreads quickly because of people going outside and traveling. Travelling is the main problem. People going outside to another place and then coming back to our country can spread the virus a lot! Traveling and going outside are activities you do not want to take part in because it will just spread the coronavirus even more.

The coronavirus is a pandemic because it is prevalent all over the world. It has nearly taken over half of our world. Not every disease is a pandemic. Pandemics are illnesses that spread all around the world. This pandemic won't stop until we have the vaccine. Right now there are 102 potential vaccines that are being tested, and hopefully there will be one or more that will be effective.



## Arhum Ahmed

*Los Angeles*

**“You will surely be tested in your possessions and in yourselves... but if you are patient and fear Allah; indeed, that is of the matters (worthy) of determination.”**

*Holy Qur'an, Chapter 3, Verse 187*

We are all experiencing the devastating effects of the pandemic, we are hearing about the deaths, the suffering, the pain, and the heroes at work trying their best to keep us safe. But today, I want to share with you facts, perspectives, advice, and how you can stay safe.

First, what is Coronavirus? For those of you who don't know, the Coronavirus (COVID-19), belongs to a large family of coronaviruses, named for the crown-like bumps on their surface. The name also comes from the Spanish word for the crown, the corona. The first reported case of Coronavirus was in Wuhan, China. It is believed to have originated from bats which were sold at a wet market, this makes the virus zoonotic, meaning originating from animals. According to data from the WHO (World Health Organization), the Coronavirus is 3.25x's deadlier than the flu! It is a respiratory disease, which means it affects the lungs and that it spreads primarily through coughs and sneezes. It is also the reason for which social distancing matters. When people are socially distanced, they keep their coughs and sneezes to themselves, slowing the virus spread.

There was also a plague 102 years ago in 1918 known as the Spanish Flu, which killed over 50 million people. It had a death rate of 10%. Coronavirus has a death rate of 3.4%. But we have to remember that that was 1918, technology and medicine were not at the level they are today, and the world at the time had just come out of World War 1, which took the lives of 16-17 million people. During the 1918 flu pandemic, people wore masks and businesses, schools, and theaters were shut down until an effective treatment was created, social distancing rules were not put in place, but people were advised to refrain from traveling and



going out.

So what can you do to protect yourself from the Coronavirus?

- Wash your hands thoroughly.
- Use masks and other protective materials to safeguard yourself.
- Have your temperature checked and get tested for Coronavirus if you can.
- Avoid large spaces and gatherings.
- Never touch your face or other people with dirty hands.

May Allah keep us and everyone else safe. Ameen

## Jahanzeb Qureshi

*Richmond*

One good impact of COVID-19 on my life is that I can now perform all 5 daily prayers at home with my family also and perform wudu to help us clean ourselves five times a day. I miss going to the mosque to do prayers. I miss going to school and talking with my friends. I stay at home and help my mom clean at home. The Holy Prophet<sup>SAW</sup> recognized and preached the importance of travel bans and quarantine in places contaminated with the disease in order to mitigate the spread of illness. He said, "If you hear of an outbreak of plague in a land, do not enter it; and if the plague breaks out in a place while you are in it, do not leave that place." There is a hadith "cleanness is a requirement of faith". We should clean ourselves and our surroundings.

## Arslan Ahmad

### *Muqami*

Since January 2020, a new Coronavirus (COVID-19) has been rapidly spreading and has been classified by the WHO as a Pandemic. It was first detected in Wuhan (China) in late December 2019 and is associated with symptoms including fever, coughing, and respiratory issues leading to mortality, especially in older people and those with a weakened immune system.

Humanity First has many initiatives in place including mobilizing volunteers to help the vulnerable isolated at home and the homeless, hand washing points at bus stops, guidance posters, and videos on symptoms and staying safe.

As of May 9, 2020, Humanity First USA has distributed 143,736 PPE, masks, sanitizers, and cleaning materials. Furthermore, Humanity First has supported 96 hospitals, provided 4,200,000+ meals, and has 2,500+ volunteers working constantly to provide and protect humanity.

To keep everyone safe, many health organizations around the world have provided safety measures that should be taken. Some of these would be to avoid contact if possible, including travel on public transport. Work from home if at all possible, avoid international travel until further notice as restrictions are being placed daily, ensure effective hand-washing several times a day, or whenever contact with surfaces has increased the risk. Follow effective hand-washing guidance, self-isolate as far as possible, especially those over 70 years of age and those with a compromised immune system and/or chronic health condition, where it is necessary to contact other people, do not shake hands and try to keep at least 2-meter distance from others.

Since the country has been in lockdown since mid-March, many Muslims including Ahmadis are not able to go to the mosque to observe congregational prayers or attend Jumuaa. This is why many of us are doing salat at home, with our parents in a congregation.

Also, many children around the world are now doing online learning since schools have closed.

An advantage of this lockdown is that we are at home with our families and have time to do our prayers in congregation during the blessed month of Ramadan and fasting.

Huzoor(aba) has also given guidance about the coronavirus pandemic. Huzoor(aba) states, "avoid eating from outside and also foods which contain preservatives, such as crisps, are particularly damaging for health. Doctors are also advising to drink plenty of water and to wash one's hands regularly. His Holiness stated that he previously reminded the members to ensure cleanliness and hygiene.

At the end of one of his Friday Sermons, His Holiness stated that the ultimate solution is prayer and that one ought to pray for Ahmadis and the world in general. May Allah grant cure to those who are suffering. May Allah enable every Ahmadi to increase their faith and conviction. Ameen.

## Malaika Khan

### *North New Jersey*

Most people infected with the COVID-19 virus will experience mild respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems are more likely to develop serious illness. You can protect yourself and others from the infection by washing your hands or using an alcohol based rub frequently.

At this time, there are no specific vaccines or treatments for COVID-19. The best way to avoid getting the virus is by staying away from people and staying in our houses. This will not only help us but others as well. We should try to clean our hands before meals. If we take all the precautions then this pandemic will end soon. Insha'Allah

## LIFE AT HOME

Find out how Atfal around the country are spending their time at home!



**Fehsal Khan**  
*Seattle*

What I like most about virtual school is having more flexibility, having more time for other activities and getting more individual help when I need. My teacher assigns me daily work and it is up to me in which order I choose to do the work, when to take breaks, and how much time to spend on each assignment. As a fourth grader, I am assigned 90 minutes of work daily. This means I get a lot more time to do other things such as play outdoors, play board games and Legos, and worship more.

Since I don't need to get up early for school, it is easier for me to get up for Tahujjud and Fajr prayers. I also got to keep some mini-fasts this year during Ramadan. Also, since my parents are with me at home, they can help me with my work and if I get stuck, I can immediately ask my mom — unlike in school, when I have to wait in a line to ask my teacher.

## Ma'ood Warraich

*Tulsa*

Life during Coronavirus has changed a lot. I start off my day going to school online and throughout the day, I am having tutoring classes as well. When we are bored at home, we have to find a variety of things to do. One of the things I do while I'm home is play sports in order to be active and exercise. I play with my siblings and my dad. Another thing that my family and I do when I am bored is we go outside on a drive since we cannot go outside of the car. We also tend to go on some walks.

During quarantine, I've also been able to get very good at my favorite sport, basketball! Now I am good enough to compete with my older siblings as well!

Now, we are passing through this blessed month of Ramadhan. Since we are at home we have a lot of time to pray to Allah Almighty and play during these hard times. My family and I read namaz and read Taraweeh. We also listen to the daily Dars that Murabbi Sahib gives. We read Holy Quran multiple times every day. Life is great!

## Aiden Muhammad

*Dallas*

Prior to the coronavirus, my mosque was like my second home. On school days when I was not busy, I would go to the mosque, do Maghreb and Isha, talk and play with other kids from the mosque, and eat ice cream afterward on weekends. I got plenty of active time at the mosque while playing and I got to talk to my friends at the mosque. But now, with this pandemic, I have lost that social time and that active time. All I can do now is drive to the mosque and look at the construction of our new mosque. Hopefully, once this pandemic is over, the new mosque will be built. Inshallah. I have also lost the feeling of prayer at the mosque, the neatly vacuumed and soft carpets, and the quiet whirring of the ceiling fan above me. I still do my prayers at home in congregation, but the feeling of doing prayers at the mosque was a feeling like no other.

## Kareem Zaffar

### *Bay Point*

Right now, in early 2020, almost all of us have been asked to stay home. We have been pulled out of school, out of our jobs, and out of public gatherings. Many restaurants have been shut down as well. What is the cause of all these shutdowns? It goes by many names- Coronavirus, COVID-19, Wuhan Coronavirus, SARS-CoV2 and much more. To understand our situation, we need to understand this virus. There are many types of viruses in the family that are coronaviruses. Most of these only affect animals and leave humans alone.

The World Health Organization (WHO) started setting wheels into motion. Many countries were advised to close down transportation in and out of the containment boundaries. Yet, the virus still made it to every corner of the globe. It skyrocketed in cases, especially in China, Italy, and America. Still the curve of cases rises. Yet, as the cases climb, the doctors, medical workers, store workers, farmers, and the people are all doing the jobs that we need. Around the clock, professionals from all over the world are working hard to stop this and create a vaccine. Eventually, by the grace of God, we will get one, Insha'Allah.

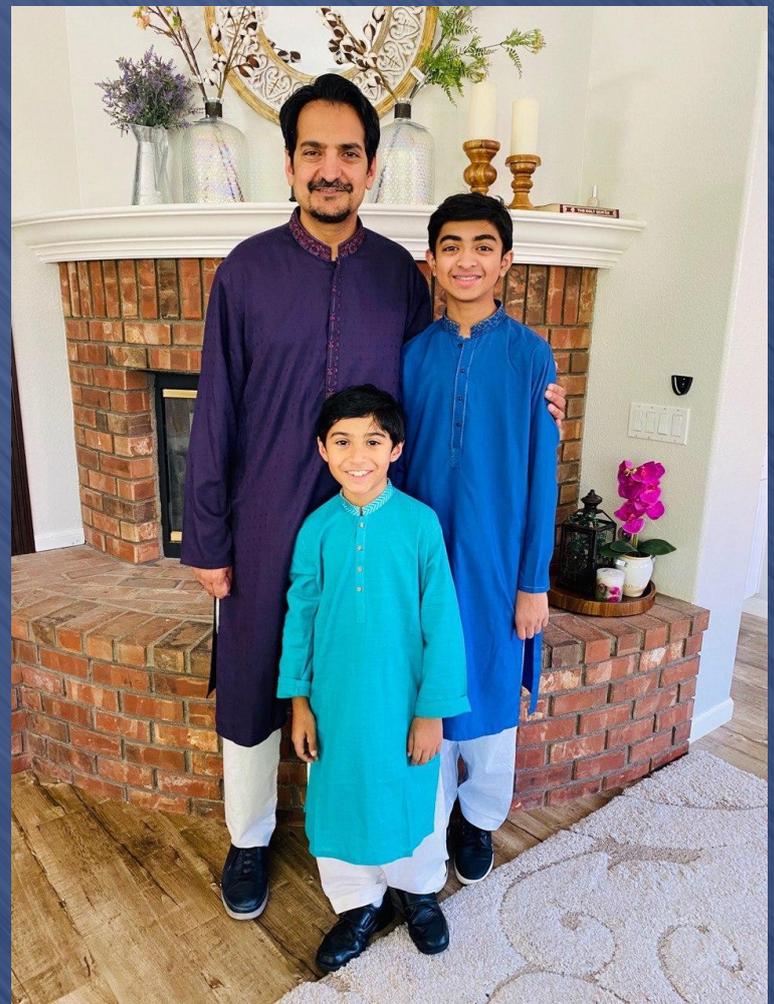


## Talha Qureshi

### *Richmond*

#### **How am I dealing with CoViD-19 at home?**

Well, staying at home and social distancing, I have virtual school and we all pray for the pandemic to be over. Some strategies to prevent you from getting the virus is to stay home and not just you, but everyone in your house. Because if someone in the house gets it from the supermarket, then everyone in the house will get it and everyone else that you come in contact with. Coronavirus has affected my Islamic life a lot. Since I don't go to school, I have more time to focus on my five daily prayers. I really miss going to the mosque to do prayers. I miss going to school and seeing all my friends. I am glad I have more time to spend with my family. I also perform some Waqar-e-Amal duties like cleaning my room and the living room and then I vacuum in those places too.



## Sheraz Aun Ahmad

*Muqami*

Nowadays, the whole world is affected by the coronavirus (COVID-19), and everyone is staying home and working from home to protect themselves. Many children are studying virtually from their homes too because schools are closed. So, as everyone is affected by this virus, therefore, our Islamic life is also affected by these circumstances.

As we cannot go to the mosque and cannot offer Juma prayers, we are also missing our Tahir Academy classes. Though Jalsa is cancelled and we are missing many other Jamaat events, we are continuing our Islamic and spiritual activities at home. For example, my father made a mosque with cardboard, we pray together at home, we offer Jumma prayer where my brother gives the Friday sermon and leads the prayers. In Ramadan, I woke up for Sehri sometimes with my whole family and participated in Iftar with my family every day.

May Allah grant a cure to those who are suffering and keep everyone safe. May Allah enable every Ahmadi to increase their faith and conviction. Ameen.

P.S. Here's a picture of my house!



## Masroor Ahmad

*Richmond*

The coronavirus is a virus that can multiply. It is most common to adults, babies and old people. You just have to stay at home.

How are we dealing with coronavirus at home? Well, I have more time to play with my sister. I can't go outside and go to the playground or see my friends. I can't go to school but we have school meetings and atfal meetings. They are fun. I go out for a small walk.

I am going to tell you how to be safe outside and inside. First I am not going outside. But if I do go outside, then wear a mask and wear gloves. Don't go near people. Don't use too much sunscreen. Inside the home: Do fun stuff with family.

I am telling you how corona affected my Islamic life. I can't go to the mosque to pray. I can't attend Namaz-e-Juma. I miss going to the mosque because we do fun stuff and fun activities. Nazim Atfal gives us fun homework. I miss going to the school campus because I get to play with my friends. I get to learn and do homework.



## Shazal Ali Oshkosh

Like any other teen I enjoy sports and interacting on social media. I participate in many activities that happen at the Mosque, like Meet-a-Muslim, or Waqar-e-Amal, and try my best to help my Jama'at any way I can. This year, we were stuck at home due to the COVID-19 Virus during Ramadan so we couldn't go to the Mosque and do our prayers, listen to the Friday Sermons, go to Sehri and Iftar, and do any other Jamaat activities.

So, what can we do during this time? There's a lot we can do to keep ourselves occupied like exercising, watching TV, playing video games, and talking to our friends online. But what can you do as an Ahmadi Muslim? You can start by offering your five daily prayers and reciting the Quran daily. Since it is in the month of Ramadan, you can try to complete a recitation of the Quran in this holy month and set a goal to observe a number of fasts. But what else can you do besides your Ramadan duties? Since you are at home, you can focus on taleem activities, by attending your Tahir Academy, learning more Surahs, and trying to learn things that you haven't before.

You should also focus on keeping your physical and mental health throughout this stressful time. As a young Ahmadi you should really focus on Sehat-e-Jismani, so you can become a fit Tifl and eventually a Khadim. As a Khadim who is fit you could volunteer for things like security, waqar-e-Amal, help at the Jalsa's, and more. To keep your mental health you could read the Quran, pray, study, listen to Nazms or engage in hobbies and things that you enjoy. One of the most important things among the ones you should do is listening to Hadhrat Khalifatul Masih's (atba) Friday sermons. Hazoor (atba) is always advising us and telling us what we should and shouldn't do during this pandemic. I really recommend listening to the Khutba every week. May Allah keep us safe during this pandemic and make us good Ahmadi Muslims. Ameen.



## Rohaan Basit Tulsa

Coronavirus has affected my family and I because we cannot go outside anymore and we cannot see our friends. Jalsa Salana has also been canceled this year and everything else is online. It has also made Ramadan very different because we cannot go visit anyone to have iftar with and we are inside all day. It will make Eid different because we will not be able to go anywhere to celebrate Eid, as we normally could.

Since I have a lot of extra time now, I do many things throughout the day to keep myself occupied. I start my day with exercise to stay active since the gyms are closed. I spend more time with my family and we play a lot of board games. I learned how to crack an egg and bake cookies. I spend most of my day playing video games. I do my online school too. I also read the Holy Qur'an in the evening and I read namaz. I watch Youtube and Netflix too because there are no more sports. That is how I spend the day since I have a lot of extra time.

## SALAT

Many Atfal are focusing their efforts on Salat at home.

### Ansar Alam

*North Jersey*

Why is it mandatory to do Salat? Well my friends, Salat, or in other words Namaaz, is the way we communicate with God. If we didn't have Salat, we couldn't bond with our Allah. Sometimes, if we follow all of Allah's instructions, He may even talk to us while we are offering Salat. Especially during this pandemic, we are staying at home, so we have time to offer Salat more often. This will help us communicate with Allah even more.

"What happens if you don't offer Salat on time?" If you didn't offer it on time because you wanted to play video games or watch TV, it is taken as a sin and you lose blessings from our dear Allah. If you miss Salat because you were sleeping and you missed it, it may be ok but if you don't offer Salat after you woke up because you didn't want to, it will result in a sin.

"Why is it so important to offer Salat together?" If you offer Salat together or congregationally, you get 70 times more blessings than when you offer it alone. This is very important because Allah will be happy with you when you offer congregational Salat.

"Why is it important to do 5 daily prayers?" Why can't you just do 1? We all know that if you take a shower 5 times a day, your body will be very clean. When you offer all your 5 prayers every day, you will be clean inside your mind. When you offer all five prayers, you won't think any bad thoughts because you will be proud of making Allah happy by offering your prayers.

"What happens if you are traveling?" If you are traveling in a car, train or even plane, you can do tayamam on the seat in front of you and offer your prayer and you will still get blessings. May Allah be pleased with our efforts to perform Salat.

### Hassan Ahmad Khan

*North Jersey*

Salat is the second pillar of Islam. Congregational Salat will save believers from sins. Congressional Salat causes us to be inclined towards good deeds. According to the Holy Prophet Muhammad (saw), congregational Salat rewards a believer 27 times more than a prayer offered alone.

The Promised Messiah (ra) said that the rationale behind putting more reward in congregational Salat is that it creates unity. The instructions to practically implement unity are so diligent that even the feet are required to be aligned. He further said that the rows must be straight and worshipers should be standing connected to each other. It means that they must act like one being, so that one's illumination can permeate into others. The disparity that gives birth to ego and selfishness does not last.

### Rehan Mahmood Khan

*Los Angeles*

Ever since the stay at home orders have been made official, everyone's lifestyle has changed drastically. One of the biggest changes that we as Ahmadi Muslims have gone through offering Jummah prayers at home.

In the March 27, 2020 sermon, Huzoor (atba) said that this pandemic is a time for Ahmadi families to offer Jummah in homes. He further said, "When members prepare this way for the jummah and study, their religious knowledge will also increase and thereby adhering to the call of the authorities to stay home these days would lead them to increase their spirituality and religious knowledge at the same time."

Since the start of the quarantine, I have been given the responsibility to lead the Jummah prayer at home for my family every Friday. I have memorized Surah A'laa and Surah Ghashiya, and I have been reading Huzoor's (atba) Friday Sermon Summary. I feel truly blessed that I have the opportunity to do the Jummah prayer for my family.

## Ziyad Mahmud

### *Los Angeles*

The last couple of months have been difficult for everyone across the world because of a virus called COVID-19. My family and I live in California and we have been lucky that our Governor placed a stay-at-home order early on and we haven't had many cases like New York. The stay-at-home order means not to go anywhere and to social distance ourselves from everyone, so that we don't get the virus and pass it on to others. This means that I cannot go to school, I cannot go to the store, I cannot play with my neighbors or meet extended family members. I really miss going to school because I cannot play with my friends and learn from my teachers.

I also miss going to the masjid, especially on Sunday when I have my Atfal and Tahir Academy classes. But most of all, I miss my little cousin Noah who is 2 years old and lives 5 minutes away from me. I can't hug and play with him. I know he misses me too and it makes me very sad.

In our house we have been listening to our beloved Hazoor's (atba) sermons and he has said that we need to listen to our government and their rules for this virus. Some rules for everyone's safety are to wash your hands all the time, sanitize, wear masks when going out for essentials and not to visit anyone, especially older people and people who have pre-existing issues like my mom, and I, who have asthma.

Our beloved Hazoor (atba) has also emphasized that we all need to pray a lot for everyone. In my home, my family and I have been praying together and on Fridays, we have our own little Jumma, where my brother Azam Bhai gives a sermon about what our beloved Hazoor (atba) says in his sermons, I say the takbir, and my eldest brother, Rayyaan Bhai, says the Azan and leads the Namaz.

My mom also has been telling all of us to offer extra prayers called nawafal prayers for the less fortunate and to ask for forgiveness because we all make

mistakes. Since it is the month of Ramadan, I have been memorizing surahs and reading stories about all of the prophets. I am almost finished with my Quran because I read it everyday. Since I don't go to school because it is closed,, I have been fasting for half-days. My mom says I am too young to fast for a whole day. They have also been a bit difficult for me because I love food.

In these difficult times of staying at home with my family 24/7, I have learned that you should listen to your parents and brothers at all times because they can get upset very quickly. Everyone can get mad with each other because we see each other all day and night. So to help with this, going outside for a walk and fresh air helps or exercising and playing a sport can help with your mood. My mom also gives me lavender oil to smell, so that it helps me calm down and it really makes me happy again and I forget my sadness and frustration.

My mom also reminds us to always pray to Allah to help us when we feel sad or angry. I have been helping my mom a lot with cooking and cleaning because my mom says we are all at home now and we are eating too much and making a mess. I help my dad with fixing things around the house too. It makes me happy to help everyone. These days my parents do a lot of things for me and my brothers, like reminding us to pray and do our chores, and they also help me a lot with my online homework all day. They make me special foods that I love, and they make sure we are all healthy and safe during these tough times.

Most of all I have learned that I am truly thankful to Allah that the virus has not spread to anyone I know and I pray to Allah to keep us all safe and under his protection at all times. I also pray that Allah gets rid of this horrible virus soon and that we can get back to normal life where I can go out and I can see my family and friends again. Inshallah. Ameen.

## HUMANITY FIRST

Read this father-son interview about Humanity First!

### Umar Asif

#### *Houston*

In this interview I will be asking questions to my dad, Shahzad Asif, who is the Coordinator of Humanity First in Houston. If you don't know, Humanity First is a volunteer based charity organization that helps with disaster relief and long term development. Even during Covid-19, they have helped people with food drives for people in need.

#### **1. What did you do last week?**

"As you are aware I am a Humanity First volunteer. Myself and other Jamaat members got together at the mosque and packaged approximately 10,000 lbs of food in bags and distributed to people in need."

#### **2 Why do we help other people?**

"Islam teaches us so many awesome things through Quran and Sunnat, and helping people and giving charity is one of them. Charity is one's way to show compassion towards the needy. It acts as a reminder to try fulfilling the needs of others for the sake of humanity."

#### **3. What precautions did you take?**

"All Volunteers wore masks and gloves and kept six feet apart and followed social distancing during the packing and distribution of food. We also asked people to open their trucks so we could put food in their cars without any contact."

#### **4. Why does Humanity First distribute food?**

"One of Humanity First's missions is to reduce hunger and make America hunger free, and we have been successfully doing food distribution drives and various other projects in local communities across the United States."

#### **5. Why do people need food during COVID-19?**

"Many people have lost their jobs and have been unemployed for many months, and they are not able to afford to buy food. It is our duty to help those needy people as much as we can in this difficult time of COVID-19."

#### **6. How many times have you participated in food distribution?**

"I have participated 12 times in two months and we helped distribute 112,000 food, serving to people who are deprived of food."

#### **7. Why do you do what you do?**

"Helping others should be done as much as possible. Looking for ways to help others doesn't just have a positive impact on the people you're helping, but it's good for everyone. It is one of the principles of our faith to help our fellow human beings."

#### **8. Do you have any memorable stories?**

"There are a lot of memories in each and every food distribution, many people had to wait hours in line to pick up the food, and the feeling after they received food for their families can not be explained well in words."

#### **9 . How long will we do this for?**

"We are trying our best to do as much as possible to help people in need."

#### **10. We have COVID-19 across the country, why does our small effort matter?**

"There is a saying that little drops make the mighty ocean, if we all could do a little it could have a big impact on society."

#### **11. Will I be able to go next time?**

"Definitely you can go, it would be good for you to be involved with the community and help the people who have been suffering due to the current situation, but make sure you take all necessary precautions."

I am proud of my father for helping people in this coronavirus crisis. Humanity First is doing a great job with their assistance for people. You can also help by volunteering or just staying at home.

# CLEANLINESS

Find out why cleanliness is such an integral part of Islam!

## Ali Ahmad Khan

*North New Jersey*

Cleanliness is the most important part of our faith and it leads us to a healthy life. Our Holy Prophet Muhammad (saw) said that cleanliness is a requirement of faith. Our Holy Prophet Muhammad (saw) also said that cleanliness is the key to prayer and prayer is key to paradise.

Both Hadiths tell us to perform wudu and to clean ourselves. So, if I keep myself clean, it stops me from having diseases like Corona. This is how I can help stop Corona.

In the Qur'an, Allah says, "O ye who believe! When you rise up for prayer, wash your faces and your hands as far as the elbows and wipe your heads and wash your feet up to the ankles." (5:7) The Holy Prophet Muhammad (saw) taught us to follow a healthy lifestyle and said that food is blessed when one washes his hands before and after it. A healthy body has a healthy mind. So let's try to follow the footsteps of our Holy Prophet (saw) and this way we can beat Corona.



## Imran Mahmood Khan

*Los Angeles*

During this COVID-19 pandemic, the world is learning the importance of cleanliness. Cleanliness is an important part of being a Muslim. The Holy Quran commands the believers to clean their bodies and environment (5:7). In a famous hadith, we read that the Holy Prophet (peace be upon him) said "Cleanliness is a requirement of faith." (Sahih Muslim).

Since COVID-19 is spreading very easily, it is important to wash your hands with soap and water regularly. In Salat we perform ablution (wudhu) beforehand to keep ourselves clean in front of Allah.

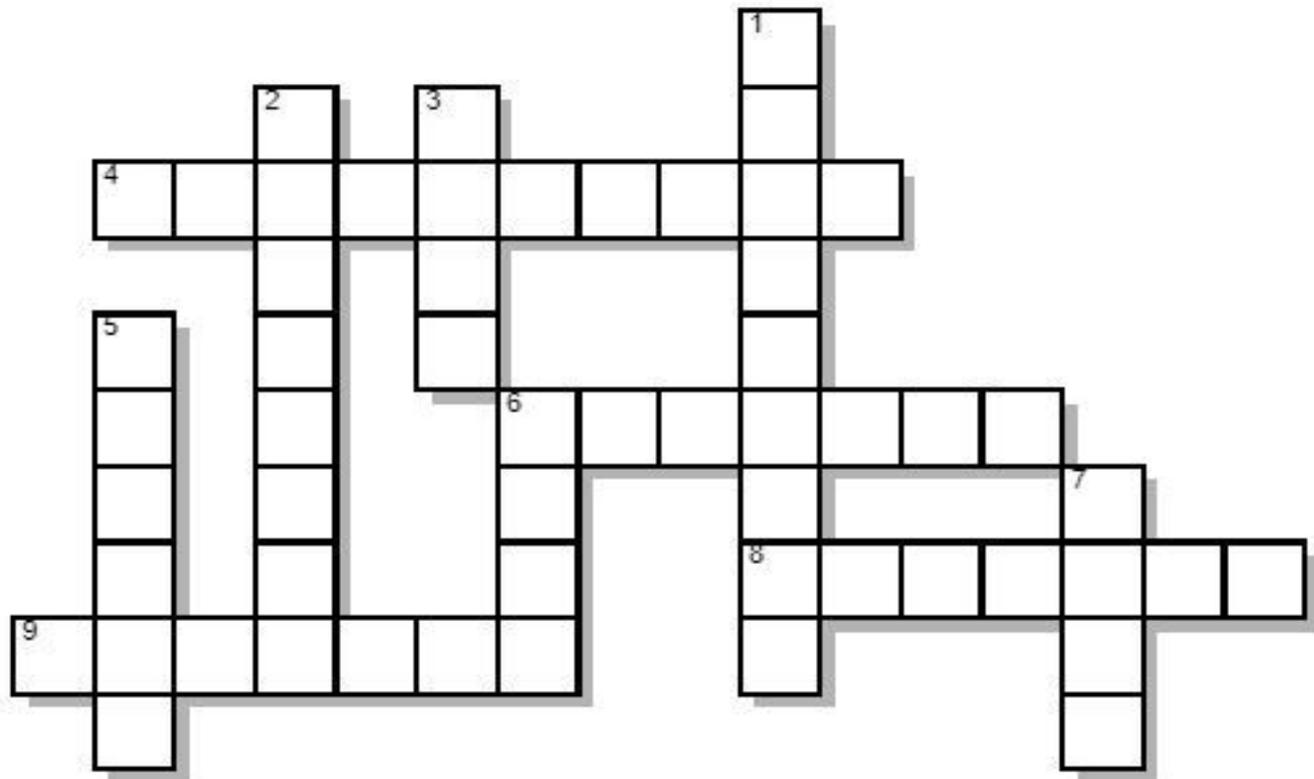
In the time of the Promised Messiah (peace be upon him) there was a great plague. During that time, he said "houses should be kept very clean and clothes should also be kept clean." Right now, at home we are wiping down surfaces and any packages that come to our home.

The Holy Qur'an says "And keep thy clothes clean. And uncleanness do thou shun" (74:5-6). So we are cleaning our clothes regularly and when my father comes home from the hospital he has to put all his clothes in the laundry right away and take a shower before meeting us.

In his April 3, 2020 Friday sermon, Huzoor (may Allah strengthen his hand) also advised us to follow the Islamic instructions on cleanliness to protect us from COVID-19. So, we are using hand sanitizers regularly.

I am grateful to be a Muslim who already follows these important teachings about cleanliness, which are very much needed during this pandemic.

## CROSSWORD PUZZLE



### Instructions

Figure out which words fit in the puzzle above using the clues given.

### Across

4. Period of isolation for people who may have been exposed to infectious or contagious diseases
6. Good respiratory \_\_\_ will help in staying healthy
8. We should \_\_\_ ourselves about the coronavirus to stay informed
9. What scientists around the world are developing to combat the coronavirus

### Down

1. Responsible use of hand \_\_\_ will keep your hands clean if you don't have immediate access to soap and water
2. An outbreak of a disease
3. One way to combat any virus is to frequently \_\_\_ your hands
5. Practicing \_\_\_ distancing is important to slow the spread of the coronavirus
6. We should stay \_\_\_ as often as we can to avoid spreading or getting the coronavirus
7. Wearing this reduces the spread of the coronavirus

# WORD SEARCH

N	O	D	Y	A	E	M	E	N	T	D	O	E	R
I	R	L	T	X	X	M	S	H	Y	L	S	E	R
Z	S	O	E	Y	P	Z	Y	Y	M	O	A	R	F
S	Y	C	M	R	O	I	S	P	R	A	Y	S	O
S	M	K	Z	O	S	Y	M	S	W	S	T	Z	E
A	P	D	Z	T	U	H	D	I	S	E	A	S	E
F	T	O	O	A	R	T	Y	R	A	E	S	S	I
E	O	W	C	R	E	L	P	L	Z	A	I	Y	S
T	M	N	L	I	O	A	Y	O	N	T	A	O	E
Y	D	R	Z	P	K	E	N	I	L	S	E	E	S
E	I	E	P	S	E	H	T	O	L	E	T	E	Y
L	W	P	H	E	Y	I	L	T	S	S	A	N	R
I	A	N	O	R	Z	A	P	P	S	N	S	I	A
M	S	S	S	E	N	L	L	I	K	K	P	E	R

### Instructions

In the puzzle to the right, find all the words listed below!

### Words List

- Disease
- Exposure
- Healthy
- Illness
- Lockdown
- Pray
- Respiratory
- Safety
- Sanitize
- Symptom

## MAA WATER FOR LIFE INTIATIVE



You have clean water at home, but many people **walk miles** to get clean water...

Join MAA in bringing clean water to people in Africa by funding wells.

Tell 7 of your friends, siblings, parents, teachers, and neighbors to raise donations from them.

Keep an eye out for details to come!

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

ATFALUSA.ORG/LIVE

# ONLINE ATFAL CLASS



Majlis Atfalul  
Ahmadiyya USA

**Weekly Schedule**  
7PM - 8PM (EST)

**Monday: TARBIYYAT DARS**  
*Murabbi Azam Akram*

**Tuesday: HISTORY OF ISLAM**  
*Murabbi Feroz Hundal*

**Wednesday: WAYS OF WORSHIP**  
*Murabbi Khalid Khan*

**Thursday: HISTORY OF AHMADIYYAT**  
*Murabbi Yahya Luqman*

**Have a Question?**

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**Al Bashir is a publication of Majlis Atfalul Ahmadiyya**

Al Bashir translates to "the bearer of good news." With that in mind, we hope this magazine brings good news and happiness to all who read it. InshaAllah.



Majlis Atfalul  
Ahmadiyya USA

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