

2009

Lajna Imaillah, USA

Khidmat-e-Khalq Resource

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FOREWARD

Khidmat-e-Khalq, or Social Services, is an integral part of our worship. The Holy Qur'an tells us that 50% of our faith is made up of service to others. The Holy Prophet^{saws} has said that Muslims are like one body. When a little finger hurts, the whole body hurts. Similarly, if a sister is in pain, every other sister should feel her pain, and try to help her. The Promised Messiah^{as} reminds us in the fourth condition of Bai'at that under the impulse of any passions, he/she shall cause no harm whatsoever to the creatures of Allah in general, and Muslims in Particular. Therefore, let us increase our compassion for mankind and develop a greater passion to serve others so that we can truly make a difference in the lives of those around us, Insha Allah. As members of Lajna Imaillah-USA, we should strive to serve mankind with our prayers, our professional service, our donations, our volunteer work (Waqf-e-Arzi) and our support.

The intention of this booklet is to guide local Sadrs and local Khidmat-e-Khalq secretaries in helping their members obtain access to local community resources. Since Lajna Majalis exist in almost all communities in the United States, it is impossible to provide information relevant to every Majlis. However, we are hopeful that with the sample of resources presented in this booklet, local Sadrs will be able to look for various types of assistance for their membership. In addition to helping those who ask for it, you can educate your Lajna about these resources in general Lajna meetings. This booklet has outlined both the Jamaat resources and community resources. Local KK secretaries are encouraged to add local resources on blank pages provided in the booklet. For those sister who need help, but do not wish to disclose their identity, we have set up a confidential email address, AskLajna@lajnausa.net.

Prayers are requested for the effort and dedication of the Lajna members who helped with recruiting volunteers listed, researching the community resources, typing, editing, formatting and compilation of this booklet. Drs. Kishwar Tahir and Tahira Khalid contacted professional members in our Lajna, Farzana Safiullah, Dr. Amtul Ahmad, Sabuhi Siddiqui, Shakeelah Ahmad, Sarah Karamat, Tahera Ahmad & Mahmooda Rehman contributed to the community resources. Sameea Safi compiled all the information into this resource booklet.

Since this is the first such Khidmat-e-Khalq Resource Guide, we welcome your comments and suggestions for improving it in the future.

May Almighty Allah accept and bless our humble efforts and may this booklet help us provide better service to our membership, Insha Allah.

Shanaz Butt
Sadr, Lajna Imallah-USA
March 16, 2009

Confidentiality

It must be kept in mind that keeping the confidentiality of your members is of utmost importance for local Sadrs and local Khidmat-e-Khalq secretaries.

Resources

*Knowing where to go for help can often make a difficult problem easier.
There are many organizations that can be tapped to help your Sisters.*

Many of the resources listed may or may not be specific to your region while others are national organizations which can be used no matter where you are located. Your local Khidmat-e-Khalq secretary may be able to compile a list of resources which are local to your area after having seen the ones listed here. Once that list has been compiled you may wish to post it in a general location or email it to your membership so that all sisters have access to it readily. Blank pages are provided in the back of this booklet for noting your local resources in this very book.

Vocational & Rehabilitation Services, Emergency Accommodations

Rehabilitation Department in each county office: In Home Support Services (IHSS) 1-888-944-4477 (get paid while you take care of a loved one/elderly or disabled person)
Employment Development Department (EDD)

Claim Filing and Information: 1-800-300-5616

In cases of fire damage or destruction, homeowners insurance will cover temporary accommodation in a hotel and will also temporarily cover basic daily necessities.

Jamaat Resources: Each Lajna Majlis should have a safe home available at the local or regional level. In case of acute problems or serious life-and-death issues, sisters are urged to contact the local Jamaat president. For further help needed contact the National Lajna Khidmat-e-Khalq Secretary.

Medical Help

If someone is uninsured and needs medical help:

- In case of emergency go to the local emergency room, do not worry about the expenses
- If you talk to the social services at the hospital they can guide you to get different kinds of resources available

KK RESOURCE BOOKLET – LAJNA IMAILLAH, USA

- If you contact your local state welfare department they can guide you to different free clinics
- If you qualify, you can apply for Medicaid or low-income health insurance for your children and family
- If you are more than 65 and a US citizen you are eligible for Medicare. You will be able to get medications and medical care under Medicare's Part A, Part B and Part D programs. See website resource index for addresses and phone numbers.

JAMAAT RESOURCES

Every mosque should have a First Aid Kit! It should include basics such as:

- Blood pressure apparatus
- Thermometer
- Glucometer (if possible)
- Ice pack
- Bandaid
- Dressings
- Epi pen junior and senior (if possible)
- Tylenol tablets and elixir
- Benadryl tablets and elixirs
- Glucose tablets
- Children's Tylenol/Motrin

With the help of this booklet, a Lajna Sadr can locate a Lajna doctor in your area who has volunteered her services to help Lajna members. If there is no physician in your area call the nearest one and help sisters get advice over the phone as a first step.

If being seen by a Lajna physician, a sister can expect to be seen in the office as a regular patient and will be given samples of medication if available, but will have to pay for the lab tests and other investigations if needed.

Educational Resources

If you need to get help for education, contact the local community college, or the college you are applying to, they can guide you to apply for various scholarships or financial assistance available for specific fields. Please see website resource index for a list of helpful sites.

Our Jamaat also provides Qarza Hasana for which a sister has to apply through the local Jamaat president. There are also Jamaat scholarships for deserving & talented students.

Transportation & Seniors Resources

ACCESS RIDES

Elderly sisters may qualify to use some of the community resources available such as access rides to go for groceries, shopping and medical appointments. Your Majlis may also want to check if rides are available for going to the Mosque for Lajna meetings or Jumma prayers. Visit www.agis.com and click on Support Services and then Transportation to find a program that is local to your area.

SENIOR'S CENTERS

Seniors should be encouraged to go to local community **senior centers**, get involved in community, learn the local language, volunteer time in local hospitals, and use all resources available for them at local senior centers. Again, your Majlis may wish you locate a few local Senior Centers and see what services they provide.

Food & Groceries

FOOD CONNECTION (CALIFORNIA): (800) 984-3663

INFANTS/CHILDREN: W.I.C. (WOMEN, INFANTS AND CHILDREN)

To find the toll-free numbers for this program in your state please go to:

www.fns.usda.gov/wic/Contacts/tollfreenumbers.htm

SENIORS: MEALS ON WHEELS (COUNCIL ON AGING)

Delivers weekly frozen meals to homebound seniors (age 60 and over): www.mowaa.org

FOOD STAMPS: A government program offered through the Social Services Agency that offers food vouchers supplements for low-income households. As of October 1, 2008 this program has been renamed the Supplemental Nutritional Assistance Program or SNAP. To apply for Food Stamps you must contact your local community office. To locate this office, visit, www.fns.usda.gov/FSP. Once an application is made, an Eligibility Worker will interview the interested person and review their application. S/he will then determine if they are eligible for Food Stamp benefits, and if so, will determine the amount they may be entitled to each month. The entire process must be completed in 30 days, but in an emergency situation, Food Stamps can be given in three days. Be sure to tell the Eligibility Worker if you are dealing with an emergency and need your Food Stamps right away.

Funeral Services

1. Each Majlis should have a funeral kit in the Mosque.
2. Each Majlis should have a handout on funeral prayer and method of bathing the deceased.
3. Each Majlis should identify a few ladies who know how to give a bath to a deceased (Proper method is explained below).
 - The eyes of the deceased should be closed by hand and a cloth band should be used around her chin and head so that the mouth remains closed. The body should be bathed in the following manner:
 - Fresh or lukewarm water should be used to wash the body three times. The practice of the Holy Prophet, peace and blessings of Allah be upon him, was to put some leaves of a berry tree in the water for washing the dead body. First of all, the limbs, which are washed during normal Wudhu (ablution), should be washed though it is not required to pour water in the mouth or nostrils to clean them or to wash the feet. Next the body should be washed, first the right side and then the left. Private parts of the body should remain covered by a cloth. Men alone can bathe male persons and women alone can bathe female persons. The body should then be wrapped in a shroud, which normally is made of an inexpensive white cloth.
 - The shroud for men consists of three pieces of cloth; a top sheet to cover the top part of the body, a bottom sheet to cover the lower part and a large sheet to cover the whole body from head to feet.
 - For a female, however, two additional pieces of cloth are used. One for her chest and the other for her head. Islam instructs that one should arrange the burial with utmost simplicity.

Volunteers

Below is a list of volunteers, who at the time of the publishing of this booklet, had volunteered to help in their capacities as physicians, counselors, lawyers etc. Please contact them when their services are needed.

East Midwest Region

Kishwar Tahir, M.D. | Child, Adolescent & Adult Psychiatrist | ☎ 248-763-2335 | 🕒 Mondays 6pm – 9pm & Fridays 6pm – 9pm

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Naila Ahmad, M.D. | Family Practice | ☎ 248-737-2916 | 🕒 Available Mondays 6pm – 9pm

Bushra Malik | Immigration Lawyer | ☎ 248-225-6775 | 🕒 Available Saturdays 6pm – 9pm

Fariha Qadir, M.D. | Adult Psychiatrist | ☎ 248-952-5541 | ✉ rgadir1@hotmail.com | 🕒 Wednesdays 4pm – 6pm

Dr. Salma Aftab | Pediatrician | ☎ 248-880-2576 | 🕒 Sat & Sun evenings

Mahmooda Pasha | Prevention on Domestic Violence | ☎ 248-592-9488

West Midwest Region

Dr. Amtul Ahmad | Pediatrician | ☎ 262-705-5755 | 🕒 Thursdays 6pm – 9pm

Dr. Shahida Ahmad | Neurologist | ☎ 773-768-6400 | 🕒 Wednesdays 10am – 12pm | Leave message if not available

Farrah Qazi | Lawyer (Real Estate, Contracts, Discrimination, and health care practice) | ☎ 312-254-9950 (work) | 🕒 Fridays 3pm – 5 pm & Mondays 11am – 1 pm

F. Noor Jawad | BSNH, CHT, RM-Life Transformation Coach & Natural Health Educator | ☎ 414-732-6041 | ✉ getnoorslight@gmail.com

South Midwest Region

Dr. Shazli Naseer | Internal Medicine | ☎ 918-488-0466

Dr. Faiza Ahmad | Internal Medicine | ☎ 615-834-2053

Northwest Region

Dr. Nadia Malik | Internal Medicine | ☎ 925-485-9711 | ☎ 925-895-9591 (Cell)

Dr. Ayesha Haq | Internal Medicine | ☎ 425-885-0011 | ☎ 425-248-0828 (Cell)

Sabuhi Siddique | Social Work, Qualifying for Local Resources | ☎ 408-264-4156 | ✉ sabuhi7@hotmail.com

Tehmina Ali | Marital Counseling | ☎ 425-881-5869 | ✉ lajnaseattle@lajnausa.net

Tahira Ahmad | Khidmat-e-Khalq Information Volunteer | ☎ 253-850-1268 | ✉ tahira_munir@hotmail.com

Yasmin Shaikh | Family & Marriage Counselor | ☎ 916-494-2459 | ✉ yasminshaikh@gmail.com

South West Region

Sadia Khan | Lawyer | ☎ 909-591-7171

Sarah Karamat | Social Worker | ☎ 661-255-9034 | ☎ 661-607-6754 (Cell) | 🕒 Available daily 5:30pm – 6:30pm

Dr. Badar Khalida | Breast cancer research, cancer related advice; also assistance in low rate insurances & medicines | ☎ 714-608-4088 (Cell) | 🕒 Available daily 8pm – 9pm

Upstate North East Region

Dr. Khaula Shah | Internal Medicine and Sleep Specialist | ☎ 607-797-6230 | 🕒 Available after Lajna meetings

North East Region

Dr. Salamat Majeed | Pediatrician, ER | ☎ 718-343-5054 | ☎ 516-343-6582 (Cell) | ⌚ Available Sunday's after Lajna meeting

Rehana Nayyar | Social Services |

☎ 718-423-5963 | ⌚ After Jumma, Saturday, and Sunday |

☎ 718-963-3543 (Work) | ⌚ 7 am - 7 pm, leave a message

Humra Ahmad | Immigration & Family Law | ☎ 914-562-1351 | ☎ 914-559-3009 (Work) | ⌚ Mon-Fri 9 - 5 PM

Bina Ahmad | Lawyer | ☎ 608-658-4229 | ✉ bina.ahmad@yahoo.com

Mid North East Region

Dr Rizwana Khokhar | Pediatrics | ☎ 973-320-8863 | ⌚ Available after meetings, call to make an appointment

Dr Tayaba Malik | Pediatrics | ☎ 908-561-6777 | ☎ 201-217-1000 (Work) | ⌚ Available after Lajna meetings, call for other availability

Dr. Ismat Mirza | Internal Medicine | ☎ 732-422-7118 | ⌚ Available after meetings & Friday afternoon for phone consultations

Nusrat Rashid | Litigation Attorney | ☎ 610-876-4596 | ☎ 484-904-6695 (Cell) | ✉ nrashid@lkhlaw.com

Central Region

Dr. Tahira Khalid | Internal Medicine, Geriatrics | ☎ 717- 496-0406 | ☎ 717-496- 0359 (Work) | ⌚ Phone consultations 7-9 pm daily, available on Fridays, call to make appointments

Dr Ayesha Ahmad | Internal Medicine, Geriatrics | ☎ 717-220-1177 | ⌚ Available after meetings

Farzana Safiullah | Domestic Violence | ☎ 717-671-9091

Sarah Bashir | Social Work | ☎ 301-529-5540 | ⌚ Available Tuesdays 5-9pm

Maidah Khalid | Behavioral Specialist Consultant, Youth Advocate | ☎ 717-552-3968

South East Region

Dr. Amatus Shafiq | Doctor of Pharmacy | ☎ 954-450-1964

Rahila Bashir | Licensed Mental Health Counselor | ☎ 321-733-1860 | ☎ 321-720-1708 | ⌚ Available by phone on evenings

Neelofer Syed | Attorney at Law | ☎ 813-254-3712

South Region

Dr. Saleha Ahmad | Family Practice | ☎ 713-782-1258 | ⌚ Phone consultations 5-8 pm daily, available after Lajna meetings

Website Resources

www.socialsecurity.gov
Social Security

www.ndvh.org
Domestic Violence

www.hhs.gov
Health & Human Services

www.ncadv.org
Domestic Violence

www.mowaa.org
Meals on Wheels

www.childhelp.org
Child Abuse

mentalhealth.samhsa.gov
Mental Health

www.fns.usda.gov
Food & Nutrition
Services, SNAP (food
stamps), WIC

www.fafsa.ed.gov
Tuition Assistance

www.medicare.gov

Health Insurance Program for people age 65 or older, some disabled people under age 65, and people of all ages with End-Stage Renal Disease (permanent kidney failure treated with dialysis or a transplant).

www.medicaid.gov

Health Insurance for low income individuals, families, and children (US citizens) under 5. See site for complete eligibility requirements.

www.immigrantwomennetwork.org
Immigration Issues

www.grants.gov
Loans for Students, Business & Government Benefits

www.agis.com
Assist Guide Information Services - Locate local facilities and services for seniors

www.hud.gov
Department of Housing & Urban Development. Rental Assistance & Information on Foreclosures, Buying & Selling Real Estate.

Hotlines & Local Resources

Some of the local resources are presented here for your review and you can search for resources in your area and educate your Lajna about them. Some services may be available Nationwide.

SOCIAL SERVICES (SILICON VALLEY)

Senter Road Office – San Jose (408) 271-5500

South County Office – Gilroy (408) 846-3900

North County Office – M. View (650) 988-6100

SANTA CLARA COMMUNITY SERVICES: (408) 792-5050

They offer variety of Skilled Courses like: Child Development Classes, Auto Mechanic, Computer, Baking, Carpentry, Plumbing, and Health Related Courses.

GENERAL FOOD SERVICES (CALIFORNIA)

FOOD CONNECTION: (800) 984-3663

FOOD STAMPS

A government program offered through the Social Services Agency that offers food vouchers supplements for low-income households. See website for local numbers.

INFANTS/CHILDREN: W.I.C. (WOMEN, INFANTS AND CHILDREN)

Gardner Mental Health Center (408) 254-5197 (408) 938-2161
Indian Health Center (408) 445-3420
County (408) 792-5101
South County (408) 847-0454

Local numbers can be found on the website www.fns.usda.gov

SECOND HARVEST FOOD BANK: (408) 266-8866

Provides food assistance to the low-income families, homeless and people on the Welfare program

INFO & REFERRALS TO COMMUNITY RESOURCES IN SOUTHERN CALIFORNIA: (LA County) Dial 211

VOCATIONAL AND REHABILITATION SERVICES

Department of Rehabilitation, Vocational Rehabilitation (career counseling, skills assessment, training)

1. Glendale Branch (818) 551-2141
2. Santa Clarita Branch (661) 799-1020, (661) 799-1024
3. West Valley Branch (818)596-4302, (818) 596-0196
4. City of Commerce Branch (323) 720-4073, (323) 721-5142
5. East Los Angeles Branch (323) 223-2315, (323) 224-6068
6. Greater L.A. District (213) 736-3904, (213) 736-3960
7. Antelope Valley Branch (661) 945-3502, (661) 942-6694
8. Pasadena Branch (626) 304-8300, (626) 304-8324

IN HOME SUPPORT SERVICES (IHSS) CALIFORNIA: (888) 944-4477

Get paid while you take care of a loved one/elderly or disabled person

EMPLOYMENT DEVELOPMENT DEPARTMENT (EDD) CALIFORNIA

1. Claim Filing and Information (800) 300-5616
2. Disability Insurance Claims (800) 480-3287

Unemployment and Disability claims processes are run by the State. To find your local State Office, Google "Unemployment Claim" followed by your state, e.g. "Unemployment Claim, Pennsylvania".

WORKERS COMPENSATION INFO: www.workerscompensation.com

DOMESTIC VIOLENCE

Domestic Violence Hotline (800) 282-4808
National Domestic Violence Hotline (800) 799-SAFE
Runaways Hotline (800) RUN-AWAY
A.V. Domestic Violence Council (800) 282-4808
Sexual Assault (SARS) (800) 723-RAPE
Victims of Crime Resource Center (800) VICTIMS
Elder Abuse Hotline (877) 477-3646

DOMESTIC VIOLENCE BALTIMORE – WASHINGTON METROPOLITAN AREA

1. Montgomery County Crisis Center, 1301 Piccard Drive, Rockville, MD, crisis line: 240-777-4000 open 24 hours a day, talk to a professional counselor: 240-777-4673
2. Howard County Hotline: 410-997-2272 or 1-800-752-0191, Domestic Violence Center: 410-997-0304

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3. Baltimore County Hotline: 410-828-6390, Family and Children's Services of Central Maryland: 410-281-1334
4. Tahiri Justice Center provide free legal advice to victims of domestic violence and helps immigration status issues. Contact Information: 6402 Arlington Blvd.
Suite 300, Falls Church, VA 22042
Phone: 571-282-6161, <http://www.tahirih.org/>

HOUSING AUTHORITY IN CALIFORNIA (HUD): (213) 894-8000

Dept. of Housing and Urban Development
AT&T Building
611 W. Sixth Street, Suite 800
Los Angeles, CA 90017

UTILITY ASSISTANCE

1. HEAP (866) 675-6623
2. Maravilla foundation (800) 906-4651
3. Salvation Army (661) 948-3418
4. SAVES (661) 267-5191

www.utilitybillassistance.com can also help to locate local resources. Click on "Assistance Programs" in the side menu to see a listing of all the states.

HOMEOWNER'S AND RENTER'S ASSISTANCE FOR SENIOR CITIZENS AND THE BLIND: (800) 868-4171

MENTAL HEALTH AMERICA/HOMELESS ASSISTANCE PROGRAM SALVATION ARMY

4310 Pacific Coast Hwy, Torrance (310) 378-0538
4223 Emerald St, Torrance (310) 370-4515
125 Beryl St, Redondo Beach (310) 318-2827

MEDICAL HELP

Health Services Hotline (800) 227-8922
County Health Clinic/Center (661) 723-0885
Glendale Health Center (818) 500-5785
San Fernando Health Center (818) 837-6969
Lens Crafters - Free eyeglasses for those with no insurance

HIV/AIDS SERVICES

Catalyst Foundation (661) 948-8559
Los Angeles County AIDS program (213) 351-8000
National AIDS Hotline (800) CDC-INFO

NURSING HOME INFORMATION AND REFERRAL: (800) 427-8700

PRE-NATAL CARE-CALIFORNIA: (800) 422-2968

To find prenatal assistance near you, please visit www.fdlfrc.org

NATIONAL SUICIDE HOTLINE: (800) SUICIDE

24 hours, 7 days a week

Guidance from Nizam-e-Jamaat

The following synopses of sermons given by Huzoor^{aba} should be read by all Lajna helpers before attempting to help other sisters. As helpers within our larger community, let us take direction from the guidance and advice available to our Lajna through Nizam-e-Jamaat.

Lajna Imaillah highly recommends that in the unfortunate case of an abusive situation, Lajna members should first seek help from someone within the Jamaat, before going to any outside sources. When a Lajna member contacts a Jamaat/Lajna counselor/office holder, it can be decided at that time whether outside help is needed or whether the dispute can be resolved at Jamaat level.

Caution should be taken before one seeks outside help. Outside agencies will document the incident (domestic & mental abuse etc.), which may then be placed on your personal record. If a situation concerns a child, the school counselor may record it under your child's name. Also, in some cases, outside social services may take the child away and put the child in foster care or a Christian home.

Synopsis of Huzoor's Khutba from July 2, 2004 - Mississauga, Canada

Men should remember that as the head of household, they should be observant of the surroundings in their homes, and should fulfill the rights of their wives and children.

Physical abuse has become very common. In Islam, such punishment for women requires many pre-conditions. It is highly unlikely that any Ahmadi woman falls in this category where she should be subjected to such a punishment.

Men have been given some prerogatives because they spend their money on the welfare of their wives. Hence faithful women always safeguard the interests of their husbands. If a woman is not faithful, then the husband has a right to that they should first advise them, then separate their rooms, and if they still continue their practice, then they should be subjected to physical punishment as prescribed by Allah. Unnecessary severe physical punishment might create feelings of revolt among pious women which will give an excuse to men to subject her to more physical punishment.

Promised Messiah^{as} said that a person is not pious if he mistreats his wife and children, no matter how good is his behavior towards other people.

Holy Prophet^{saws} said that husbands and wives like some qualities and dislike others in their spouses. The latter type should be ignored in favor of good ones; this keeps the atmosphere of a household peaceful. Every person, especially men, should adopt merciful qualities. These include same respectful treatment of the wife's relatives as is expected from the wife towards their own relatives. This will eliminate one aspect of conflict between them. Husband should never insult wife's parents, even jokingly, because if wife says similar things in retaliation, it will become a basis of a much serious conflict. We should follow the Sunnah of the Holy Prophet^{saws}, who gave extreme respect to his wives and their relatives and was always sharing household chores with his wives.

It is very upsetting that a few of our men have forgotten the teachings of Islam, and have forgotten the sacrifices of their wives and have adopted very lowly behavior. They sometimes take away their wives money from them and even put pressure on them to ask their parents for money for the purpose of investing in businesses. They also sometimes force their wives to make them shareholders in properties, which the wives have purchased solely from their own money. These men should have some fear of Allah in their hearts. Nizam-e-Jamaat will never support or favor these men if reported. In some cases, even parents of these men behave in similar fashion. They should remember that their own daughters can be subjected to such treatment. Some parents have only sons, so they do not feel the pain of such treatment, but they should not forget that one day they will be presented before Allah, where they will be held accountable.

It has been observed in some homes that husbands usually come home late, and if some day the wife has eaten dinner before their arrival, they create a scene and destroy the peace and tranquility of the home. Sometimes the in-laws also join hands to condemn the daughter-in-law. In some homes, the mothers-in-law are the main role players in destroying the relationships. They tell their sons to kick their wives out of the house and promise them a new wife. Sometimes the fathers-in-law also join hands and mistreat their sons' wives.

Promised Messiah^{as} said that it is a sin to subject children to harsh physical abuse. Sometimes the father cannot control his anger and does such bodily harm that it becomes a criminal case. It is true that sometimes some punishment becomes necessary to discipline a child, but such punishment should be verbal warning. This right of punishment is given to those who are generally very gentle with their children. A father should not always be filled with rage and anger towards the children.

It is extremely important that children be treated respectfully, which will teach them to respect others in a respectful manner. The children should not be brought up in such a manner that they should develop a superiority complex and consider everyone else beneath them.

As the head of a household, it is the responsibility of a husband to be fearful of Allah. To be so, it is necessary to observe Salat, and make the wife and children say their Salat. Homes with Salat-observing people will always be full of blessings of Allah. One thing should be remembered that these efforts will only bear fruit if Salat is combined with prayers for the family. Promised Messiah^{as} said that Allah has taught us a prayer in the Holy Qur'an, "Asleh li fi zurriyat" (O Allah, reform my wife and children). This prayer should be recited frequently as mischief can be created by wives and children and a person can be put to trial because of such mischief. Therefore it is necessary to pray for them.

"You are the best people ever raised for the good of mankind because you have been raised to serve others; you enjoin what is good and forbid evil and believe in Allah." (3:111)

"And do not forget to do good to one another." (2:238)

Correspondence from Ameer Sahib, USA

March 8, 2006

JAMAT PRESIDENTS MISSIONARIES NATIONAL AMLA MEMBERS
SADR ANSAR-ULLAH SADR KHUDDAMUL-AHMADIYYA SADR LAJNA IMA'ILLAH

Assalamo Alaikum wa RahmatUllah wa Barakatohu

Hazur has directed that henceforth all disputes between members should be referred to Nizam-e Jamat for resolution.

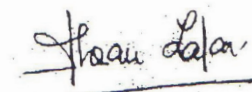
The evaluation by Nizam-e Jamat would then determine whether the matter (if not resolved by Amour-e Ama / Islahi Committee intervention) should be sent to Qaza or allowed to go to the Court System of the country.

Any members who now go to the court system directly and without proper permission from Nizam-e Jamat would be subject to disciplinary action.

Please advise members accordingly.

This is an occasion for prayers to Allah that He send Harmony, Understanding, and mutual Respect among us, and give us the wherewithal to follow the righteous expectations of Hazrat Khalifatul Masieh Al-Khamis in the best of ways. Ameen.

Wassalam, Khaksar



Ahsanullah Zafar

The Holy Prophet^{saws} emphasized love, sympathy, and kindness towards all. He also emphasized that we must show each other great appreciation. He said, "One who is not grateful to mankind is not grateful to Allah." (Tirmidhi)

Synopsis of Huzoor's Address to Lajna UK - July 26, 2008

Woman was not given her rightful status in the past. A few decades ago, Western women did not have a respectful status. Even now, some civilized Western societies and families do not appointed on high positions.

Example of the US, which is very open-minded in respect to civil liberties and civil rights, people are still not ready to elect a woman as their president.

Many Arab societies still consider woman worthless. Before Islam, a woman was subjected to very cruel treatment. Both as a wife and as a daughter, she was deprived of many rights.

Holy Prophet^{saws} established the rights of a woman. A daughter became eligible of her father's inheritance, a widow got her late husband's inheritance, mothers were given their sons' inheritances and under certain circumstances, sisters became heirs to their brothers' inheritances. None of the other religions before Islam had given such rights to a woman.

Before Islam, a widow became the property of the family. A step-son had a right to keep his step-mother for himself as a wife, or to marry her to a person of his choice without her consent. Allah gave a special status to her. She has a right to decide for her future herself after a period of four months and ten days of her husband's death.

She is given a right to re-marry and her family cannot stop her. A widow can also appoint her warden or she can request the Khalifa of the time to be her warden or appoint one for her.

Islam has put certain restrictions on woman on performing certain duties, not because she cannot perform them, but because duties have been divided among men and women. However, in matter of rights, both genders are equal.

A husband is prohibited to seek share from his wife's income, unless she gives some to him of her own accord.

Men are made guardians over women. They have this superiority as they are the providers of the household. Allah has assigned specific duties to both husbands and wives. Men have been made guardians as they spend their money for the upkeep of the household. If the husband is not performing his duties properly then he is not eligible to hold this status. If he is not taking part in the upbringing of children then he is committing a sin and there is a danger that the new generation may go astray. In such a case, the wife can contact the Jamaat. However, this decision should be based on truth and not on excuses.

Islam has not only set rights for a free woman, but has also established rights for a slave woman as well. If a person wants to marry a slave woman, then he has to set the dowry (*Haq Meher*) just like the free women, so that a righteous and progressive society is established.

The perfect and complete Islamic Shariah has elevated a woman from deep degradation to new heights, once she was distributed as inheritance, and now she is eligible to inherit. This is how Islam has given her equality of rights.

Sometimes a husband dislikes his wife, does not fulfill his obligations towards her, puts her on deathbed and waits for her to die. He abuses her so much that a wife is forced to file for "*Khula*" so he is not obligated to pay the *Haq Meher*. But Qaza can decide that even if she applies for *Khula*, she can still get the *Haq Meher*. Allah says, "O you who believe, it is possible that you dislike something but there might be much goodness for you in it".

Women should stay truthful and then demand for their rights. They should be grateful to Allah and Holy

Prophet^{saws}, for granting them rights which no other religion before Islam had granted, and to the Promised Messiah^{as}, who reiterated these rights.

The ways to show their gratefulness are praying to Him and making financial sacrifices, recitation of the Holy Qur'an, understanding its teachings and acting upon them and by their practice, should teach their children of these teachings.

Women should fulfill their responsibilities as described by the Holy Qur'an to show their gratefulness to Allah for granting this high status. Women should fight for their right to practice religion. Women should seek religious education and become independent of men. If women are steadfast and will hold on to Islamic values and will be grateful to Allah for his blessings on them, then while living in the Western society, no one will be able to snatch their rights from them.

Question from Sadr Lajna USA to Huzoor – February 15, 2009

Does Jamaat have guidelines/policies regarding the steps involved in resolving marital disputes/domestic violence cases? If the Jamaat could create some guidelines approved by Huzoor, then all auxiliaries could work together to assist with the cases in a consistent and fair manner.

Huzoor's^{aba} Answer to question above in a letter - March 4, 2009

Regarding the different disputes arising within marriages and socially, the Jamaat has administrative bodies called Tarbiyyat, Islah O Irshad and Islahi Committee, which are assigned to assess different cases. If a woman is found to be at fault, the Nizam-e-Jamaat should contact and counsel her either through her family elders or the Lajna. Likewise if a man is to be blamed, he should be counseled through the Nizam-e-Jamaat or relevant auxiliary body. Failing such measures if a dispute drags needlessly, a woman is free to pray and finalize whether to live with her husband or to terminate the relationship. Once she has made the decision, she should approach the Qaza Board if she desires *Khula* or she can write to me for guidance.

It is unfortunate that matrimonial dispute cases are alarmingly on the increase in America. The Lajna can thus play a constructive role in guiding those girls who migrate to America from Indo-Pakistan as brides and also the residing females who marry and later find themselves embroiled in domestic quarrels. They need to be educated about family values and the virtues of living life with patience. Marriage is not a game; it is a sense of responsibility and bonding together of two lives which requires mutual understanding and compromising.

If attempts to reconcile the two fail, they can always approach the Nizam-e-Jamaat or let the Qaza Board handle their grievances.

The Promised Messiah^{as} said, "The teachings of the Holy Qur'an can be divided into two major categories. The first being unity of God, love and obedience to Him. The second is to treat kindly your brothers and fellow beings... Be kind and merciful to humanity... always work for the good of mankind."

Counseling

Counseling can be done by various methods for different problems. It is important to remember to “listen”. Offering a sympathetic ear is often the first step of helping someone in need.

Some examples of the various kinds of counseling are Individual (one on one) Counseling, Marital Counseling, Family Counseling, Anger Management Classes and Substance Abuse Groups and Recovery Programs.

Before you can prescribe a method of counseling, it is critical to assess the root cause of the issue affecting your Lajna member. Remember to pray for the victim, and remind her to offer all daily prayers and offer Tahajud prayers to fix her situation, remind her of the prayer: "Our Lord! Grant us from our spouses and children delight of our eyes and make us a leader of the righteous."

In the Event of Child Abuse

If you suspect Child Abuse issues or are asked for help with regards to this problem, be aware of the types of child abuse. They are:

1. Verbal and Emotional Abuse as evidenced by withdrawn behavior in the classroom, daydreaming, and child not being prepared for school.
2. Physical Abuse as evidenced by marks on cheeks, black eyes, etc. as reported by schoolteachers, neighbors, or by anonymous persons.

Some resources that may help in such a situation are:

1. Counseling by Jamaat Social Worker
2. Counseling by School Counselor
3. Referral through Primary Care Physician for Private Psychiatric Clinic in your neighboring area or CMH (Community Medical Health)
4. Counseling through FIA (Family Independence Agency) worker
5. Counseling through Jamaat Social Worker.
6. In the event of an FIA (Family Independence Agency) worker wanting to place the child outside the home, parents have the right to request counseling through their Jamaat counselor, and have the child placed in a safe home within the Jamaat.

7. Assessment of child through children's center

In the Event of Spousal Abuse

Spousal abuse is defined as ongoing verbal abuse, including shouting, using abusive language, and degrading remarks in front of the children that, in turn, will lead to anxiety, irritability, low self-esteem, and marital discord; or physical abuse.

Some resources that may help in this regard are:

1. If couple desires counseling through the Jamaat, then they should request the Jamaat president/Lajna Sadr or KK Secretary, who will explore the possibility of a psychiatrist or counselor living in the neighboring area. The counselor may then request:
 - a. A psychiatric profile of each spouse and/or
 - b. Anger Management classes
2. The couple can call their insurance, or get a referral through their primary care physician for local psychiatric clinics.
3. Couples who don't have insurance can directly call local CMH (Community Medical Health) agencies. Please see index for website resources.

In the Event of Domestic Violence

Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure or wound someone.

Domestic violence can happen to anyone of any race, age, religion or gender. Domestic violence affects people of all socioeconomic backgrounds and education levels.

A sister may be in an **emotionally abusive** relationship if her partner:

- Calls her names, insults her or continually criticizes her
- Does not trust her and acts jealous or possessive
- Tries to isolate her from family or friends
- Monitors where she goes, who she calls and who she spends time with
- Controls finances or refuses to share money
- Punishes her by withholding affection
- Threatens to hurt her, the children, her family or pets
- Humiliates her in any way

A sister may be in a **physically abusive** relationship if her partner has ever:

- Damaged property when angry (thrown objects, punched walls, kicked doors, etc.).
- Pushed, slapped, bitten, kicked or choked her
- Abandoned her in a dangerous or unfamiliar place
- Scared her by driving recklessly
- Used a weapon to threaten or hurt her
- Forced her to leave her home
- Trapped her in her home or kept her from leaving
- Prevented her from calling police or seeking medical attention
- Hurt the children
- Used physical force in sexual situations

Domestic abuse is a very serious matter. Please tread carefully and sympathetically if you are dealing with a DV case.

Keep in mind that correct judgment and critical evaluation of the situation is imperative. Lajna is often only aware of one side of the situation. In the absence of enough evidence, it is possible to ask the Jamaat president to evaluate the other side of the story.

While on one hand it is our responsibility to save our sisters who may be in danger, we must balance that responsibility with that of trying to keep families together as much as possible. Keep in mind that spousal abuse could be on both sides.

If, after talking to the Sadr or Khidmat-e-Khalq Secretary, **domestic violence is substantiated**, the following steps should be implemented:

1. Listen to and reassure the victim that you will maintain confidentiality and continue to provide support.
2. The Jamaat president in liaison with KK secretary/Regional President will make every effort to facilitate the temporary separation of the couple till the situation can be further assessed. In order to maintain the peace in the family, the abusive spouse will be encouraged to leave the home temporarily.
3. Both parties will be encouraged to seek help through a Jamaat social worker or Islahi committee as the situation warrants.
4. In the event the victim refuses to see the Jamaat counselor, assist them to seek the counselor in the community.
5. Information regarding vocational and rehabilitation services should be provided to the victim.
6. Offer Jamaat advocacy services to the victim and address the safety of the children.

If the victim discloses a history of domestic violence but **does not** want to see a social worker:

1. Listen; be open and willing to let the victim talk about his/her experiences. Ask what kind of help they need and what their concerns are.
2. Develop a trusting bond with the victim and explore why she remains in an abusive relationship.
3. Encourage her to pray, seek guidance from Allah, and seek professional counseling.
4. Provide her with vocational/rehabilitation resources so that she can survive independently.
5. Offer Jamaat advocacy services to the victim and address the safety of the children.

If the victim **does not** disclose domestic violence yet it is highly probable that abuse is occurring:

1. Offer Jamaat advocacy services to the victim;
2. Respect the victim's right to not disclose the domestic violence. Do not display anger towards the victim for "lying". The victim is making a decision for survival, and may not trust the system.
3. Interviews should be confidential, and conducted with the victim alone, without the presence of the victim's partner or other family members, including children over the age of two years.
4. Listen; be open and willing to let the victim talk about his/her experience.
5. Convey to the victim that no one deserves to be abused, and that the abuse is not her/his fault.
6. Remind the victim that the violence is against the law, and the victim has the right to law enforcement interventions, if victim chooses.

Some resources that may help are listed below:

1. If someone's life is in danger, call 911 or the National Domestic Violence Hotline 1-800-799-SAFE (7233), 1-800-787-3224 (TTY)
2. If the situation is **not** life-threatening, please get in touch with your local Jamaat president or Lajna Sadr. If the situation warrants, discuss with Jamaat president the possibility of placing the sister in a "safe home".
3. Email AskLajna@lajnausa.net for general questions.
4. To receive shelter services, please call your state coalition against domestic violence office for a list of shelters in your area. This list of state coalitions is available at www.ncadv.org under the resources tab.
5. If you are in an abusive relationship to maintain your immigrant status, you can find assistance at www.immigrantwomennetwork.org.

Children with Special Needs

Special needs children may exhibit some, all or none of the following characteristics:

1. Severe “acting out” behavior in the classroom and at home.
2. ADHD and developmental disorders, including Turrets Disorder.
3. Autistic and Aspergers Disorder

Members experiencing trouble with special needs children can be directed to one or more of the following resources:

1. Behavioral Therapy including token system through school, and parents to implement at home.
2. Parents can request IEP through school to assess eligibility for section 504 and special education.
3. Assessment by a psychiatrist or neurologist to confirm the diagnosis.

Procedures for Psychiatric Admission

1. Child and Adolescent – if child is suicidal or out of control, parents should take him/her to the nearest hospital emergency room for an assessment and transfer to a psychiatric hospital.
2. If child doesn't cooperate, parents should call 911 for police assistance.
3. If child is already enrolled in counseling, then get assistance from the counselor.
4. If a person is above 21, and has a serious psychiatric illness, and is refusing inpatient treatment, parents should call 911, and they will take the individual to the nearest Access center for admission procedures. The hospital then has a right to hold this person involuntarily for 72 hours, and decide whether to discharge the person or to involuntarily commit him/her for on going treatment through the court.

In the event of a chronic patient who is refusing treatment, parents are encouraged to take his/her guardianship through court while the person is still in an inpatient setting. This will allow parents to provide better care and give consent for medications.

To get emergent help for a new member and/or if Internet access is unavailable, call 911 OR the local Police Department in your county for:

Suicidal Patient/Physical Danger:

Ask them about the telephone numbers of Hospitals in your county

Mental health Services:

Ask for the Crisis Center number, which provides 24-hour support and information in any situation

General information about CMH (Community Medical Health) services and various programs:

Ask for the Office of Community Relations number

The Access Center number can be obtained from either the crisis center or CMH (Community Medical Health) in order to request services related to adult or children's mental health or disabilities. All counties have the above services available.

Emergency Contacts:

For urgent questions related to marital disputes, abuse or domestic violence please call:

Dr. Kishwar Tahir | National Khidmate Khalq Secretary | ☎ 248-763-2335 | ✉ khidmatekhalq@lajnausa.net

Dr. Tahira Khalid | National Sihat-e-Jismani Secretary | ☎ 717-496-0406 | ✉ sihatejismani@lajnausa.net

Amtul Musawir Ahmad | Muavina Sadr | ☎ 620-227-9637 | ✉ southmidwest@lajnausa.net, muavinasadr3@lajnausa.net

Appendix

1

Local Resources & Notes

Please use the following pages to jot down local resources in your area which would serve the needs of sisters in your Majlis.

Confidentiality

It must be kept in mind that keeping the confidentiality of your members is of utmost importance for local Sadrs and local Khidmat-e-Khalq secretaries.