

EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA

Fall into Remembrance

"Coming together is a Beginning, Staying together is Progress, and Working together is Success." This issue is a tribute to the hardworking khidmatguzars of Mississauga.

read inside...

"a powerful concept using the acronym TRUSTED—Trustworthy, Response, Utility, Sacrifice, Team, Empathy, and Design.."

a summary on Dr. Kalim Khan's sessions with volunteers and parents.



Page 10

and a lot more.....

including a special recipe - Pumpkin Spice and Everything Nice



Divulge into the competitive spirit of the Milad Quest 2.0

- Page 08



UMOOR SPOTLIGHT

- Page 06

C O N T E N T S -

3 From Aamil Saheb's Desk

4 Interview with
Shk. Yusuf Bhai Kapasi

6 Umoor Spotlight:
HR

8 Current Events:
Milad Quest 2.0

10 Inspiring Engagement:
Dr. Kalim Khan's Visit to Mississauga

11 Jamali Madrasah Presents
SUMMER CAMP!

13 SEZ Mississauga Annual Cycling
Event 2024

15 5 Exercises for Practising
mindfulness

17 FALL-ING For
Personal Growth

18 Pumpkin Spice And Everything Nice
(Just not the latte)

20 Discovering Myself in Khidmat

22 Some Soldiers are never off duty



EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA

قال رسول الله صلح

المؤمن للمؤمن كالبنيان يشد بعضه بعضاً

“A Mumin for another Mumin is like a structure whose various parts support one another.”

Rasulullah TUS illustrates the relation of one mumin with another through the analogy of a structure. Like the parts of a structure, a mumin supports and strengthens another. Rasulullah SAW and all Awliyah Kiram AS, especially our Aqa Maula Syedna Aali Qadr Mufaddal Saifuddin TUS, advises us to unite in our endeavours and be there for each other in all aspects of life. It is for this reason we are always encouraged to pray namaz in unison, eat together around the thaal, and most importantly congregate for the zikr of Imam Husain AS particularly during Ashara Mubaraka.

In one waaz during Ashara Mubaraka Syedna Mohammed Burhanuddin RA explains the philosophy of doing things together:

“رسول الله صلح امرشاد فرماوے چھے: ایک تھال موکائی، کثرت الایدی برکتہ، تھال پر جیم زیادہ بیٹھی نے جمے، ہاتھ گھنا ہوئی تر برکتہ چھے، یر بھی برکتہ نوسب چھے،”

The phrase, the more the merrier, holds the essence of the larger good with the greatest number of people. The greater the participation of people, the more positive the energy. The presence of those we care for and share our ideologies and interests with gives us a sense of optimism, strength and support. The Mississauga jamaat has seen a surge of like-minded khidmatguzars who share one goal—to attain the happiness of our Maula TUS. It is heartwarming and overwhelming to see how the young and old get together to organize different initiatives and accomplish various tasks. These efforts strengthen the fabric of our culture and community and add to its splendour and magnificence. As we await the tashreef avri of our Maula TUS, let us make our bonds with each other stronger through greater participation in our initiatives, all of which will contribute towards our preparation. Like every part of the structure that holds it together, the participation of each one of us will only strengthen our unity.

May Allah Ta’ala give us the tawfeeq to keep ourselves bound with each other, by overcoming our differences with patience and understanding.



Abde Syedna TUS
Behlah Ayman

EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA

INTERVIEW WITH **SH. YUSUF BHAI KAPASI**



1 How has being a jamaat secretary been a rewarding experience?

It has been a great privilege to do various khidmats to attain the khushi mubarak of Aqa Maula TUS. One of the most worthwhile experiences was to facilitate the process for mumineen receiving the blessings of Aqa Maula TUS. Engaging in various khidmats to assist our fellow Mumineen has proven to be an incredibly rewarding experience.

2 As a devout khidmatguzaar, what is the most important piece of advice you would give to any mumin khidmat guzaar? And why?

As a khidmatguzaar, one should be selfless and work towards achieving satisfaction in helping others. Khidmat encourages personal development, teaching valuable skills such as empathy, teamwork, and leadership. It reinforces the values of generosity and altruism, inspiring future generations to continue the tradition of service.

3

Knowing that you consistently attend Ashara and other miqaats with Aqa Maula TUS, in your opinion, why is it necessary to continually be present in Maula TUS's hazrat? How has it affected you or your perspective on deen and duniya?

Aqa Maula TUS na deedar ni barakat si duniya na stress si sukoon hasil thai che. Apna bawa mushfiq ni hazrat aaliya ma pochi ne har mushkil nu solution mali jai che. Aqa Maula TUS na kalemaat nooraniyah ni barakat si deen ane duniya nu ilm hasil thai che & it also helps us in facing various challenges in life.

4

What does it mean to be a mumin in today's world? How do you maintain your identity as a mumin despite living in the western world?

We look up to Aqa Maula TUS and have seen Him interact with other religious and political leaders around the world, which gives me confidence in keeping my identity as a mumin. It has also taught me how to maintain relations with mumeneen and other community members. While embracing different aspects of being a mumin, I have learnt through my experiences in the western world that halal nu rizq and amal is the most beneficial choice.

EVERGREEN

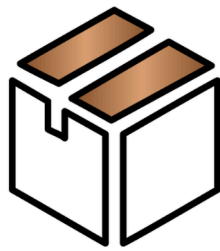
THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA

5

Keeping in mind the vastness of your experience in khidmat, do you have any piece of advice for the budding khidmat guzars?

While doing khidmat if you ever face difficulty, always go back and refer to Rasulullah SAW ni hadees, Moulana Ali A.S. na kalaam and Awliya-ullah ni sikhamano provided to us by our Bawa Mushfiq through the 3 volumes of Raudat-ul Hidayah.

By: Mustafa bhai Kubbawala



Alpacko

BOXES BUILT BETTER



CUSTOM PACKAGING AND WHOLESALE

Contact Us

+1 (877) 807 - 73730

www.alpacko.com

sales@alpacko.com



UMOOR HR

The Human Resource department, part of the 12 Umoor, is responsible for managing, coordinating and training the different sansthas within the jamaat.

Moiz Imam A.S. says:

“A Mumin is not a Mumin if he doesn’t prepare another Mumin like him.”

In everything the HR department does, our guiding principle and vision is to develop mumineen for khidmat with ikhlaas and mohabbat of Waliyullah.

Our achievements have been to manage and streamline the various sansthas to run according to their mandate. The successful visit of Shezada Aliwaqar Hussain B.S. was one of the crowning achievements of the HR department and it displayed the overall strength of the individual sansthas and the human capital developed within them.

Amongst our other achievements was to get a world class trainer – Dr. Kalim Khan to conduct workshops to further train the different departments and sansthas. HR has also created a reward system to recognize the exceptional efforts and work delivered by khidmat guzars from different sansthas.

The future goal of HR is to foster the younger generation to join khidmat. HR is also looking to train and create a program for succession planning. We are planning to actively recruit khidmat guzars to strengthen HR and the sansthas. All of this is being done to ultimately facilitate a successful Safar for Maula TUS.

By: Murtaza bhai Ali

EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA



Appreciation

Abizer bhai Kanchwala
Asma ben Mohammedbhai
Farida ben Juzer bhai Beawerwala
Gulamabbas bhai Akbar
Hasnain bhai Bombaywala
Hussain bhai Numberdar
Juzer bhai Asgarali bhai Ebrahimjee
Mazahir bhai Hussain
Mulla Mufaddal bhai Shakir
Mulla Qureshbhai Motiwala
Mulla Qusai bhai Harianawala
Mulla Shabbir bhai Beawerwala
Mulla Yusuf bhai Rajkotwala
Murtaza bhai Jamali
Muslim bhai Ibrahim bhai Vajih
Mustafa bhai Gangardiwala
Mustafa bhai Hariana
Nafisa ben Kamdar
Ramla ben Kuvawala
Rashida ben Gandhi
Safiyah ben Daudjee
Sarraah ben Hamdani
Shaikh Ebrahim bhai Colombowala
Shk. Naeem bhai Bhujwala
Shk. Yusuf bhai Kapasi
Taha bhai Quraish bhai Fatepurwala
Tasneem ben Anaswala
Zainab ben Vajihee
Zainab ben Yamani
Zulfaqar bhai Abidhusain bhai Kassamali

HR - UMOOR MAWARID BASHARIYAH
UMOOR DEENIYAH
HR - UMOOR MAWARID BASHARIYAH
HR - UMOOR MAWARID BASHARIYAH
UMOOR DEENIYAH
HR - UMOOR MAWARID BASHARIYAH
UMOOR AL-SEHHAT
UMOOR DEENIYAH
UMOOR DEENIYAH
UMOOR DEENIYAH
UMOOR FAIZ UL MAWAID IL BURHANIYAH / NIYAAZ
UMOOR AL-QAZA
UMOOR TALIMIYAH
IT - UMOOR DAKHELIYAH
UMOOR AL-AMLAAK
UMOOR TALIMIYAH
PR - UMOOR KHAREJIYAH
UMOOR DEENIYAH
UMOOR FAIZ UL MAWAID IL BURHANIYAH / NIYAAZ
HR - UMOOR MAWARID BASHARIYAH
UMOOR DEENIYAH
UMOOR TALIMIYAH
UMOOR FAIZ UL MAWAID IL BURHANIYAH / NIYAAZ
UMOOR IQTESADIYAH
UMOOR MARAFIQ BURHANIYAH
UMOOR IQTESADIYAH
UMOOR DEENIYAH
UMOOR DEENIYAH
HR - UMOOR MAWARID BASHARIYAH
UMOOR FAIZ UL MAWAID IL BURHANIYAH / NIYAAZ



EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA

MILAD QUEST 2.0 - OLYMPIC EDITION A DAY OF FUN, FRIENDSHIPS AND COMPETITION!

In an exciting and spirited celebration, 120 mumenaat came together on Sunday, September 29th, for the highly anticipated Milad Quest 2.0 - Olympic Edition. Centred around the joyous occasion of Aqa Maula TUS's Milad, this event brought together women from various mumenaat sansthas. They formed six multi-generational teams to enjoy a day filled with sports and camaraderie.



This unique Olympic-inspired event was organized in light of the timeless wisdom of Syedna Mohammed Burhanuddin RA, who emphasized that bodily health and fitness are integral components of ibadat for mumineen. Syedna Mufaddal Saifuddin TUS has reinforced this teaching during Houston Ashara Mubarak, highlighting the importance of maintaining physical fitness for nurturing a healthy mind - a message that resonates deeply with all mumineen.

EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA

Milad Quest 2.0 featured an action-packed lineup of sports. From the power and teamwork of Tug of War to the quick thinking and agility required in Throwball and Spikeball, each game tested different skills. Javelin Throw and Shot Put required not just strength but also a keen sense of precision and timing, while the energetic Relay 4x100 and classic Kho Kho fueled a healthy rivalry. Lighter activities like the Speed Walking Race, Pacman and Over the Head Bean Bag Relay ensured fun for all ages, giving all mumenaat the chance to join in on the fun.



Teams competed fiercely, claiming Gold, Silver, and Bronze medals in various sports and accumulating points for the crowning of overall champions. Alongside the players, spectators enjoyed casual games and had the opportunity to relax and soak in the festive atmosphere. The day transcended mere competition; it was a true celebration of community spirit, blending fun, teamwork, and creating lasting memories!

By: Zainab ben Yamani

EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA



The Dawoodi Bohra community of Mississauga had the honour of hosting Dr. Kalim Khan, a renowned academic, author, and consultant, for a series of highly engaging sessions focused on empowering both volunteers and parents. As Co-founder and Joint Managing Director of Brains Trust India Pvt. Ltd., Dr. Khan brings a wealth of expertise in leadership, business strategy, and community building, and his visit to Canada left a lasting impression on all who attended. Dr. Khan has been a close friend and advisor to the Dawoodi Bohra community for over 20 years. Throughout this time, he has helped guide Dawat Khidmat Guzars (volunteers) with insightful workshops and consulting sessions that have greatly enriched the community's service work. His recent visit was no exception, as he shared wisdom on how volunteers can better fulfill their roles and parents can navigate the challenges of raising children in an ever-evolving, technology-driven world.

After Mississauga, Dr. Khan visited Ottawa, Calgary, and Toronto, where similar sessions were held. His insights, delivered with humour, empathy, and depth, struck a chord with attendees. The Dawoodi Bohra community of Mississauga expresses its heartfelt appreciation for his support, wisdom, and unwavering commitment to empowering individuals and strengthening families.

During his sessions with volunteers, Dr. Khan stressed the immense responsibility that comes with serving the community. He introduced a powerful concept using the acronym TRUSTED—Trustworthy, Response, Utility, Sacrifice, Team, Empathy, and Design—reminding volunteers that they are role models and must uphold a higher standard. His emphasis on teamwork and sacrifice resonated deeply, encouraging volunteers to see their roles as not just tasks, but as meaningful contributions to the community's well-being. Dr. Khan's session with parents was equally impactful. He addressed the modern challenges parents face when raising children in a foreign land with different cultural values. Using the analogy of "broken windows," he highlighted how seemingly small behavioural issues if left unaddressed, can lead to much bigger problems. He urged parents to cultivate open dialogues with their children and to model the values they want to impart, ensuring that their children grow up grounded in their own culture while adapting to the world around them.

Dr. Kalim Khan's visit was not just a set of workshops but a reinvigoration of the spirit of service and community. His guidance serves as a beacon, reminding us all of the importance of trust, empathy, and dedication in our personal lives and collective endeavours.

M. Ibrahim bhai Al-Hamdani

EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA

JAMALI MADRASAH PRESENTS SUMMER CAMP!

The much-awaited weekend for Jamali Madrasah farzando finally arrived on the weekend of August 16-18th. The first Madrasa Summer Camp was an unforgettable experience. From taking the initiative, organizing and planning to executing – Headmoallim Janab, Shk. Mustafa bhai Talib and Madrasah committee pulled it off marvellously.

Upon arriving on Friday, Parents and madrasah committee khidmatguzaro helped to make sure every farzand had a place inside the tent. We had 5 sites in which camps were set up, one site where food was set up, and the last site, which was left empty so that Tilawat ud dua (it was still madrasah!), namaz and games could be held.



Friday evening, it rained heavily, but farzando were in good spirits. For dinner, Muslim bhai Vajihi came with his big van full of food! Benches were set up under the canopies and farzando had some delicious lasagna and garlic bread.

After dinner farzando retired to their tents, laughing and making jokes along the way. We could hear them all having fun together until finally, at 4 am, there was complete silence – At last, everyone had gone to sleep!

On a bright Saturday morning, Farzando got up early to pray namaz. A delicious breakfast of freshly-made pancakes with maple syrup, fruits, croissants and eggs with bread was served. Once breakfast was done, Janab Shk. Abizer bhai, led the Tilawat ud dua. Farzando participated proudly without caring what passers-by might think – it was a proud moment to see such confidence in our farzando.

EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA

Farzando then changed and we went exploring the campsite. Not too far, we discovered a play area, with slides, swings, monkey bars etc. It was a treat for the farzando and a bigger treat was seeing their teachers having fun on the monkey bars! We then explored and everyone enjoyed the beautiful weather and company of their friends.

Snacks were accompanied with riddles by Hassan Bhai. They were happy to see their Janab having fun with them.



Around 5pm, farzando set up the tables neatly with salad, sauces and plates and everyone gathered for a delicious barbecue. After Maghrib Namaz, there was a surprise waiting for them – campfire and smores!

Sunday was our final day, and AmilSaab and BhenSaab joined us for breakfast with farzando. All us adults were unanimous on one thing - we couldn't be more proud of all the farzando. They kept the sites clean, tents organized, setting and cleaning up during meals, creating a drying line for our clothes and blankets after Friday's downpour, looking out for one another, and helping in cleaning and wrapping up. We made memories, friendships and bonds that will last us a lifetime and hope to make many more such memories in the years to come!

by:

Tasneem ben Hassanali Peshawarwala

EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA

SEZ MISSISSAUGA ANNUAL CYCLING EVENT 2024

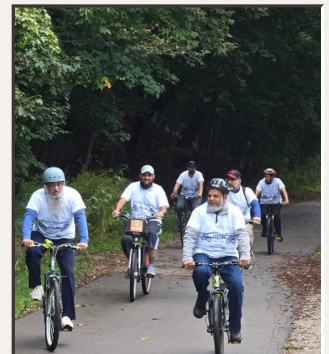
- M. JUZER bhai TAYABALLY

Bringing people together is the heart of every community event; it's where connections are made, and friendships are built.

On the **29th of September 2024**, the members of Shabab ul Eidiz Zahabi Mississauga, organized the **Annual Cycling Event 2024** for the mumineen of Mississauga and Toronto in **celebration of our beloved Aqa Moula's 82nd Milad Mubarak** .

The cycling area was a picturesque journey along a stunning trail, organized with enthusiasm and care by our members. Riders of all ages gathered on that crisp morning, ready to experience the vibrant hues and beautiful running water surrounding the trail. They were greeted by our cheerful volunteers and enjoyed a warm cup of fresh tea.

Along the way, riders enjoyed friendly conversations, encouraging each other and soaking in the beauty around them. The event wasn't just about cycling; it was a celebration of nature, camaraderie, and the community spirit.



EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA

It was an enriching experience that imparted **invaluable lessons in collaboration, planning, and community engagement.**

The first major learning was the significance of **team work**. From the initial brainstorming sessions to the day of the event, effective communication among team members ensured that everyone was aligned on tasks and responsibilities. Regular updates kept the momentum going and fostered a sense of accountability.



Planning logistics was another crucial aspect. We had to consider route safety, refreshments, and participant safety, learning to anticipate challenges such as traffic regulations, park permits and weather conditions. This taught us the importance of being proactive and having contingency plans in place to ensure a smooth experience for all participants.

Moreover, engaging with the community revealed the **power of inclusivity**. We reached out to families, encouraging participation from all age groups, which not only boosted attendance but also strengthened community ties. Witnessing mumineen from all age groups come together for a shared purpose was heart-warming and underscored the importance of fostering connections.

Lastly, the event highlighted the impact of leadership and collaboration. Each member brought in unique skills, from organizing logistics to promoting the event, and this collaboration was key to our success. We are thankful to our Event Sponsors and the **Shabab event leads – Bhai Murtaza Vajhi and Bhai Hasnain Bombaywala** who led, organized and managed the event with their wonderful team of volunteers and we look forward to doing this every year.

Overall, the event was not just about cycling; it was a journey of growth, connection, and shared joy within the community.

5

EXERCISES FOR PRACTISING MINDFULNESS

Life is full of stressors that constantly bombard our peaceful mental state. While you may not be able to change your stressful situation, you can change how you respond to it. Mindfulness is a skill that enhances your ability to manage distress effectively rather than reactively, helping you return to the present moment.

Mindfulness encourages you to focus on the here and now by teaching you actions that you can take to control your thoughts.

Here are five simple daily exercises to practice mindfulness:



1. 10 Minute Thought Observation:

When you wake up in the morning, refrain from using your phone and do this exercise.

Step 1: Sit comfortably, release the tension in your body and focus on your breathing.

Step 2: Then, move your awareness to what it feels like to be in your body.

Step 3: Next, move to your thoughts. Let them flow by without passing any judgement.

Step 4: If you find yourself following a particular thought, gently acknowledge why that thought concerns you and guide your attention back to all your thoughts.

2. The Raisin Exercise:

Step 1: Find something in your environment. Let's say it's a raisin or the phone or laptop that you are viewing this article on.

Step 2: Then, pretend you have never seen it before.

Step 3: Now, pay careful attention to the way it feels, smells, the way it looks and how your skin responds to it. Describe it to yourself.

This exercise will help you bring your focus back to the present and prevent you from ruminating about things that are stressful.



3. Mindful Eating: Savour every bite.

- Begin by taking a deep breath before eating.
- Listen to your body's hunger signals.
- Eat mindfully based on your hunger.
- Slow down during your next meal, breathing deeply to aid digestion and enjoyment.
- If a food doesn't excite you, skip it. Focus on the first three bites, fully experiencing the flavours, textures, and enjoyment of your food. Make conscious choices based on what you truly enjoy.



4. Mindful Movement:

This practice helps you feel the movement in your body and practice meditation as you move. If you're wondering what kind of movement, then you should know that you can practise meditation with any movement. In fact, the prayers we offer are a form of meditation, so you can practise being mindful as you are praying. The next time you offer prayers, try to feel

- Your feet and forehead touching the ground
 - The prayers falling from your lips
 - Your muscles flexing and relaxing
- This will ensure your attention doesn't deviate from your prayers.

5. Mindful listening:

This exercise improves communication and strengthens relationships. When you're having a conversation with someone, it is very common for your mind to deviate from the speaker's words. Here's an exercise that will help you be a better listener

- **HALT** - Halt whatever you're doing and offer your full attention
- **ENJOY** - Enjoy your breath as you return to focusing on the speaker
- **ASK** - Ask yourself if you understood what the speaker means. If not, ask for clarification. Don't be presumptuous. Always ask.
- **REFLECT** - Reflect back to what you heard so the speaker knows that you were listening

By: Rashida ben Gandhi

EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA

FALL-ING FOR PERSONAL GROWTH

Ah, Thanksgiving – the season of pumpkin-spiced gratitude, over-the-top baking, and nodding politely while your cousin insists that his “special” butter chicken recipe is *actually* authentic. But there’s more to Thanksgiving than just stuffing yourself with naan and roasting a turkey the size of an auto-rickshaw. It’s also about personal growth and self-improvement. Because nothing says “I’m working on myself” quite like accepting that your aunt’s vegetarian Sindhi Biryani will always be a biryani only in her mind (let’s be honest, there’s no such thing as a vegetarian biryani).

As the leaves change to vibrant fall colors – red, orange, gold, and that oddly specific shade of brown that matches your mom’s old clothes – we’re reminded that healing and growth can be just as chaotic, messy, and beautiful as Costco before a long weekend. Sure, you can read all the self-help books you want, but there’s nothing quite like the therapeutic feeling of walking through a park filled with crunchy leaves, reflecting on your questionable life choices, and pretending you’re a brooding hero from a Pakistani drama.

By: Hunaid bhai Vahanvaty

And speaking of gratitude, Thanksgiving is the perfect time to appreciate the little things. Like the fact that stretchy pants exist (bless whoever invented them), the divine aroma of roasted masala wafting through the air, or the fact that the “bachaon nu table” is still a thing even though you’re pushing 35. Let’s be real – practicing gratitude won’t magically turn your burnt gulab jamuns into Michelin-star-worthy treats, or make your overly curious cousin less nosy about how much you paid for your new car, but it will help you focus on the positives.

So, this autumn, embrace those fall colors as your dose of healing and growth. Let go of the things that no longer serve you (like that fifth serving of pie) and savor the beautiful chaos of life. After all, self-improvement is about progress, not perfection – or dessert consumption limits!



EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA



PUMPKIN SPICE AND EVERYTHING NICE (JUST NOT THE LATTE)

BY TASNEEM BEN RAKLA-ANASWALA

I've said it before and I'll say it again – I do not like pumpkin spice lattes! All that flavour needs to be bitten into, savoured with a little nutty crunch – not sipped!

Let me explain – Just imagine a perfect jalebi; the crispiness, the delectable syrup, and the subtle taste of saffron. And then envision that beautiful moment when you bite into that one little juicy section that just delivers a burst of sweet saffron syrupy goodness sending your taste buds into a blissful sugar high . Now would you really drink a jalebi latte and miss all of that? Exactly my point!

While pumpkin itself is not for everyone, pumpkin flavoured baked goods are the VIP's of the whole season if you ask me. The perfect warm spices, roasted nuts, and the hearty pumpkin flavour just feels like a gorgeous stroll through the crisp autumn air.



So today let's take the complex flavour profiles of the humble pumpkin, and make it something easy, delicious and perfect for the season. Besides, you should never drink your calories! (Unless its masjid ni chai of course, because those calories don't count).

Pumpkin Blondies

INGREDIENTS:

1 ½ cups brown sugar
½ cup softened butter
½ cup UNSWEETENED pumpkin puree
1 tsp cinnamon*
¼ tsp ground clove*
¼ tsp allspice*
¼ tsp ground ginger*
1 egg
1 cup all purpose flour
½ tsp baking powder
¼ tsp salt
½ cup chopped pecans + 16 whole pecans for topping
*you can also use 2 tsps of pumpkin pie seasoning instead

METHOD:

1. Preheat oven to 350°F. Place foil into a square 8x8 or 9x9 pan (this will affect the thickness of your blondies).
2. Mix all wet ingredients into a large bowl. Sift in dry ingredients. Fold in pecans and pour into pan. Place whole pecans on top in 4 rows of 4.
3. Bake for 30 mins.
4. Let blondies cool in the pan for 10 mins.
5. Lift foil out and place on cutting board and cut into 16 squares.

By: Tasneem ben Rakla-Anaswala

EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA

DISCOVERING MYSELF IN KHIDMAT

- ABBAS bhai AKBAR

There are a million things we do for other people, but being a part of FMB, is something I do for myself.

It all started during Moharram of 1446 when a friend asked me to help with the FMB preparations, as a lot of the team members were travelling for Ashara. I knew this was something I could take up temporarily, and without much thought I said a yes. And that's when, **the circle started**.

What started as 2 weeks of help, is something that I look forward to everyday even today, and has become an integral part of my day.

The reason for this is the people that come in each day so selflessly to prepare and pack meals for Mumineen, removing 2 to 3 hours from their daily schedule and doing all of it with a smile. And that's when I understood, that there are somethings you do for yourself, and this was one of them.

Over the last few months, there is so much I have learnt being a part of this team, not just in terms of planning, organization or problem management, but more importantly, **how random people can become friends and also family**.

3 things that I have and am still learning working with the members of the community who man and serve in the FMB team every day, are:



EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA

The Value of Patience and Teamwork:

1

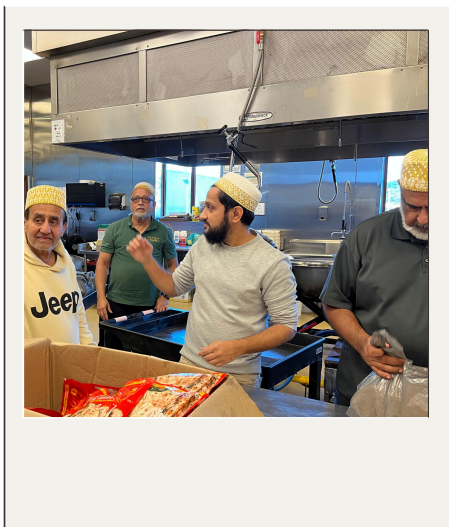
Working with people from different age groups and backgrounds teaches patience and the importance of teamwork. Seniors bring a wealth of experience and wisdom, while mid-aged members often contribute energy and organizational skills. Together, everyone learns how to balance each other's strengths and pace, creating a harmonious and efficient team.



The Power of Routine and Discipline

2

Being part of a daily meal-packing routine fosters discipline and a strong sense of responsibility. The kitchen becomes a place where everyone learns to show up regularly, contributing to a shared rhythm. Witnessing the dedication of older members who continue to give their time reminds us of the power of consistency. This sense of routine brings structure, and seeing its impact, deepens the commitment to serve even on days when it might feel challenging.



Building Community Bonds across Generations

3

The kitchen provides a space for genuine intergenerational connection. Younger members learn from seniors' life stories, traditions, and values, while seniors gain energy and fresh perspectives from younger members. This dynamic fosters a sense of community that transcends age, reinforcing the idea that everyone plays a vital role in building a connected, supportive environment.



Being a part of FMB has been a journey of growth, connection, and self-discovery. It reminds me daily of the beauty of selfless service and the strength of community. **The circle has just started, and the beauty of circles is that it never ends, the loop goes on, and on... and on.**

"The best way to find yourself is to lose yourself in the service of others."

EVERGREEN

THE BI-MONTHLY NEWSLETTER OF DAWOODI BOHRAS-MISSISSAUGA

some soldiers ARE NEVER OFF DUTY



Calendar for Year 2025 (Canada)

January

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

6:☉ 13:☉ 21:☾ 29:☀

February

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

5:☉ 12:☉ 20:☾ 27:☀

March

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

6:☉ 14:☉ 22:☾ 29:☀

April

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

4:☉ 12:☉ 20:☾ 27:☀

May

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

4:☉ 12:☉ 20:☾ 26:☀

June

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

2:☉ 11:☉ 18:☾ 25:☀

July

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

2:☉ 10:☉ 17:☾ 24:☀

August

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

1:☉ 9:☉ 16:☾ 23:☀ 31:☉

September

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

7:☉ 14:☾ 21:☀ 29:☉

October

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

6:☉ 13:☾ 21:☀ 29:☉

November

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

5:☉ 12:☾ 20:☀ 28:☉

December

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

4:☉ 11:☾ 19:☀ 27:☉





EVERGREEN
CONNECTING
HEARTS

September/October 2024
Issue 9



Your feedback is valuable for us. Please scan to give us your feedback.

<https://forms.gle/X1MMEANUP8d1ibTXA>

 evergreen.mississauga



OPTION ONE - \$53
Logo / Brand Image / Brand
Slogan

OPTION TWO - \$153
Half page advertisement
7.5" by 5"

OPTION THREE - \$253
Full page advertisement
7.5" by 9"

Published By: AEF-Mississauga

Ismail Bhai Raja
Graphics Designer

Zahra Ben Taha Ali
Creative Director

Tasneem Ben Rakla-Anaswala
Linguist

Mustafa bhai Kubbawala
Editor



ISSUE 9