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AN NIDA

DRUGS, A FALSE ESCAPE



O YE WHO BELIEVE! WINE AND THE GAME OF HAZARD AND IDOLS AND DIVINING ARROWS ARE ONLY AN ABOMINATION OF SATAN'S HANDIWORK. SO SHUN EACH ONE OF THEM THAT YOU MAY PROSPER.

THE HOLY QURAN (5:91)



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QURAN

يَسْأَلُونَكَ عَنِ الْخَمْرِ وَالْمَيْسِرِ ^ط قُلْ فِيهِمَا إِثْمٌ كَبِيرٌ وَمَنَافِعُ
لِلنَّاسِ ^{قف} وَإِثْمُهُمَا أَكْبَرُ مِنْ نَّفْعِهِمَا ^ط

‘They ask thee concerning wine and the game of hazard.
Say: ‘In both there is great sin and also some advantages
for men; but their sin is greater than their advantage.’

(THE HOLY QURAN, (2:220)

HADITH

كُلُّ مُسْكِرٍ حَرَامٌ وَمَا أَسْكَرَ كَثِيرُهُ فَقَلِيلُهُ حَرَامٌ

“Every intoxicant is unlawful and whatever causes intoxication in large amounts, a small amount of it is (also) unlawful.”

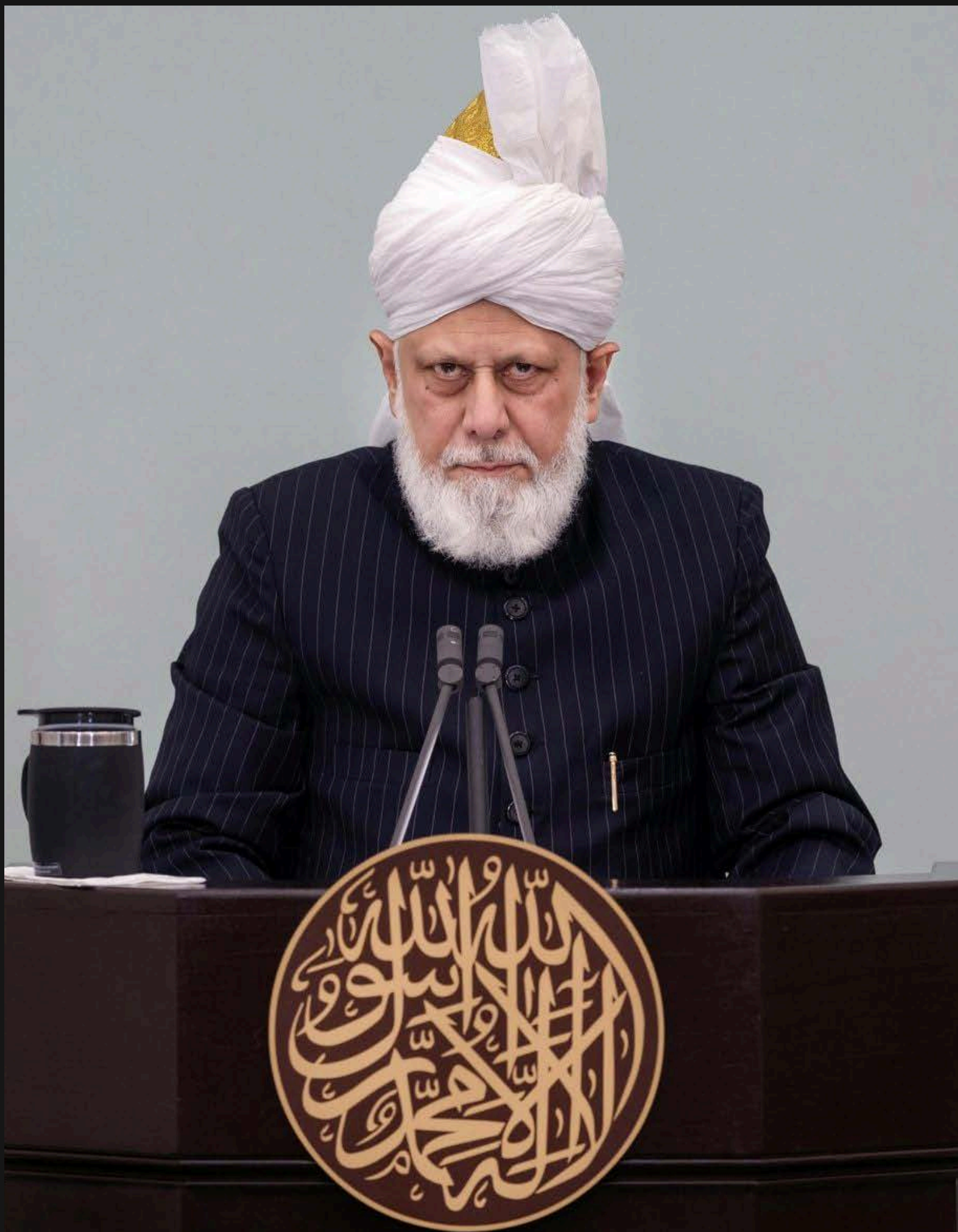
(Sunan Ibn Majah)



GUIDANCE OF HAZRAT MASIH MAUD (AS)

It is not alcohol alone that ruins a person. Opium, ganja, charas, bhang, tarhi and all other addictions are similarly destructive. They ruin the mind and destroy lives. So, shun all such substances. I cannot understand why one would choose to indulge in these intoxicants when, year on year, they claim the lives of thousands of addicts—not to mention the torment of the hereafter.

(Noah's Ark, pg. 114-115)



GUIDANCE OF OUR BELOVED IMAM (AA)

Umar Sahib (a khadim) sought advice on how to navigate the challenges and temptations common in college environments, such as exposure to drugs, alcohol, social pressures, etc. Huzoor (aa) responded:

“Allah Ta’ala says: ‘They shun all that which is vain.’ (Surah al-Mu’minun, Ch.23: V.4) “When you see all this nonsense, turn your face from them and turn the other way; this is how you can save yourself. “Recite the following repeatedly: “I seek refuge with Allah, from Satan, the accursed.’

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

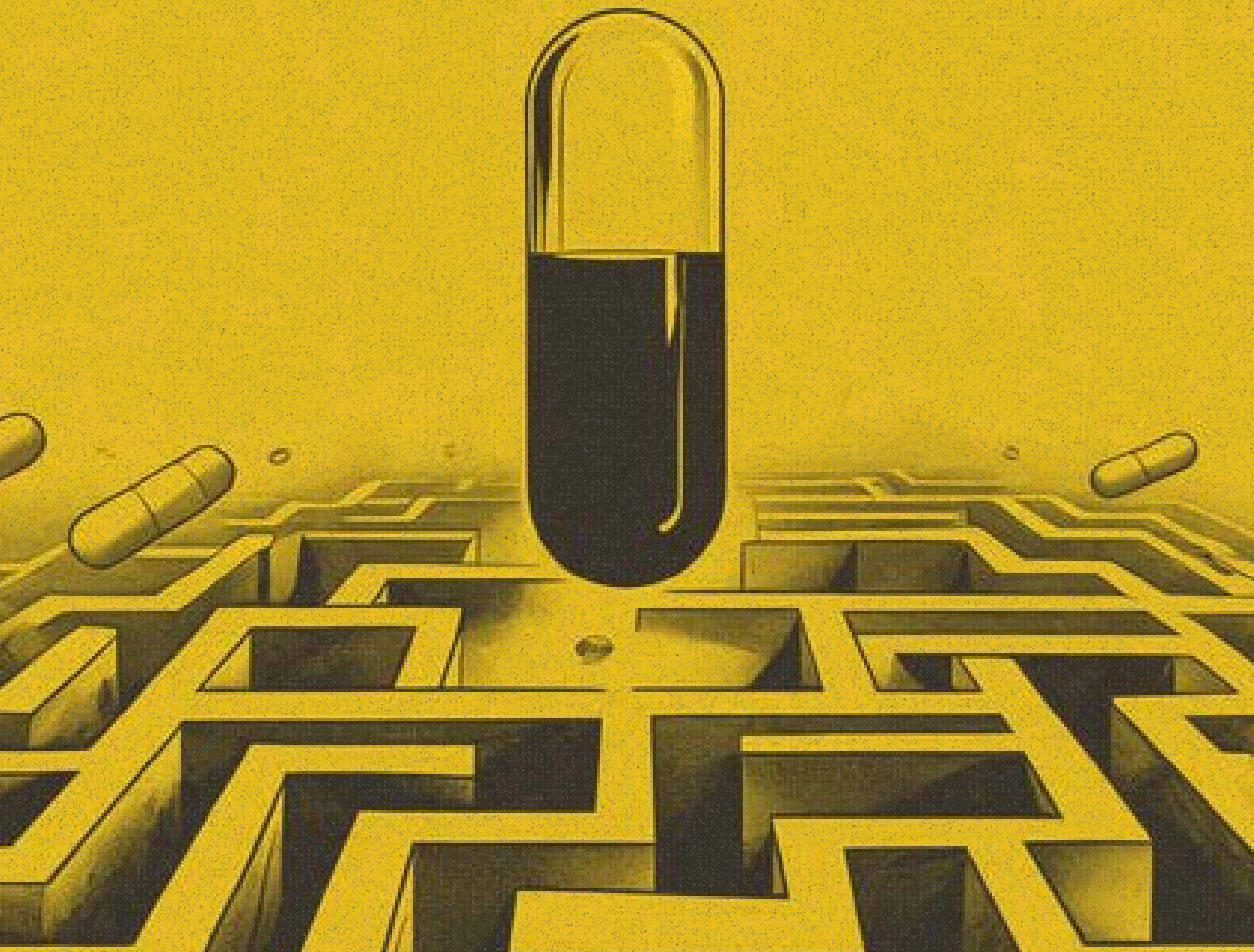
‘I beg pardon from Allah, my Lord, for all my sins, and turn to Him.’ “Moreover, offer your five daily prayers and pray to Allah that he saves you from all those bad things; the evils of society.”

**(KHUDDAM FROM MKA USA EAST REGION MEET HUZoor ANWAR AT
ISLAMABAD, 20TH JUNE 2024)**

DRUGS

A FALSE ESCAPE

Written by Sherjeel Muzaffar,
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In today's society, drug use has become a cultural norm, an accepted escape from depression, stress, and the harshness of reality. Substances like alcohol, nicotine, cannabis, and hallucinogens are often seen as ways to cope or tools to unwind. But this temporary relief comes at a dangerous cost: emotional, psychological, developmental, and physical damage, not only to the user, but to those around them.

As Muslim youth, we have the ultimate guidance. Allah has given us clear instruction in the Holy Qur'an:

يَسْأَلُونَكَ عَنِ الْخَمْرِ وَالْمَيْسِرِ قُلْ فِيهِمَا إِثْمٌ كَبِيرٌ
وَمَنْفَعٌ لِلنَّاسِ وَإِثْمُهُمَا أَكْبَرُ مِنْ نَفْعِهِمَا

"They ask thee concerning wine and gambling. Say: 'In both there is great sin and also some advantages for men; but their sin is greater than their advantage.'"

(Surah Al-Baqarah, 2:220)

This verse provides great wisdom. While there may be some small utility in drugs, the overall harm outweighs the benefits. Islam teaches us to avoid what damages the body and soul, substances that impair the mind and deteriorate health. If society truly adhered to this principle, stories of overdoses, drunk driving, or vaping-related illnesses among teens would become rare.

THE REALITY OF TEENAGE DRUG USE

Statistics show that drug use is a growing concern among teens:

Alcohol: Used by **41.7%** of 12th graders.

Vaping: Used by **21.0%** of 12th graders.

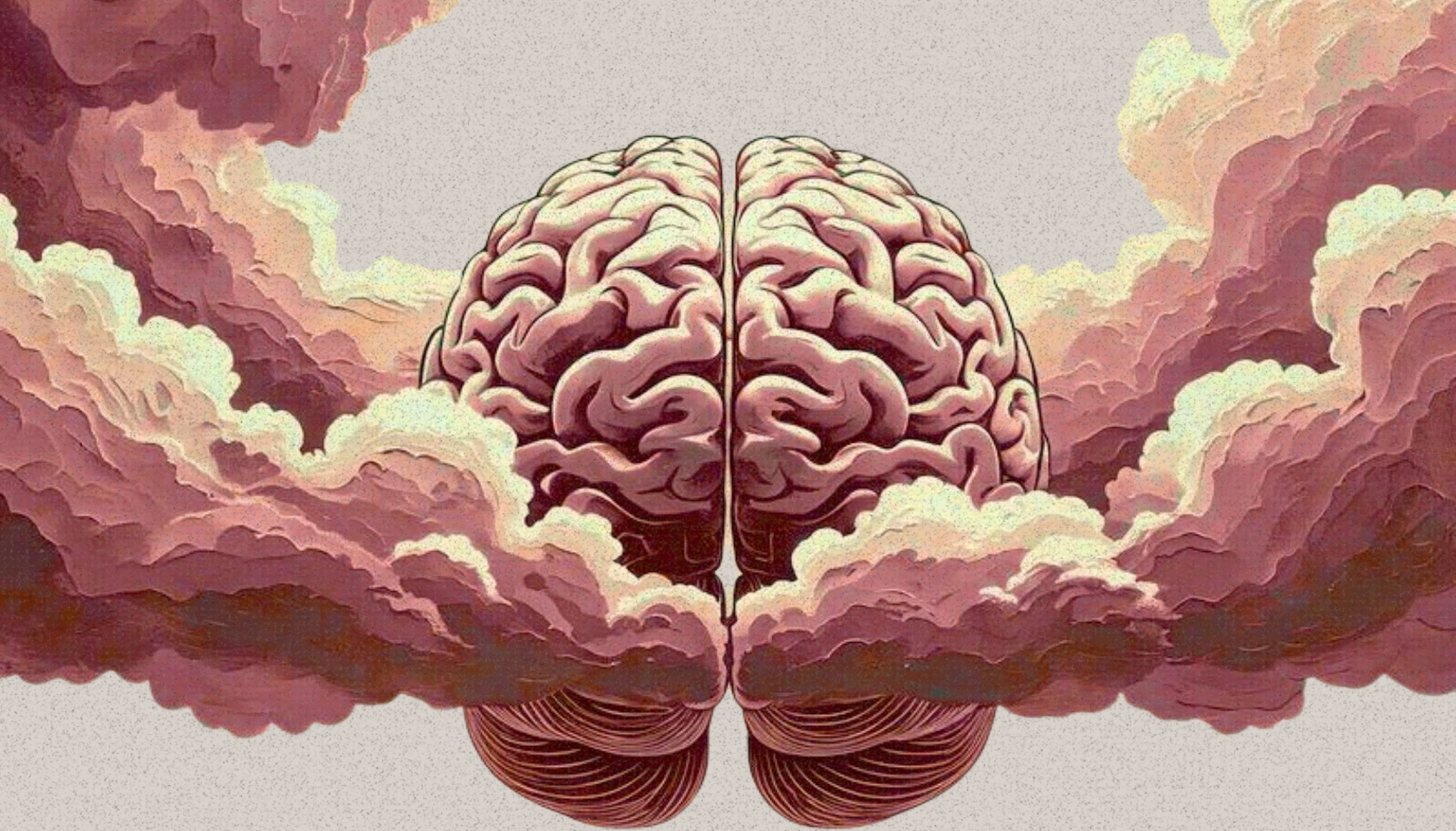
Cannabis: Used by **25.8%** of 12th graders.

Prescription Drugs: 52 million Americans over the age of 12 have misused them.

(NIH, December 17, 2024, Reported use of most drugs among adolescents remained low in 2024) -
(NCDAS, Prescription Abuse Statistics)

Even hallucinogens are on the rise among college students, creating a growing problem to later be solved. Let's examine these substances one by one, understanding how they ruin lives, damage relationships, and sever our connection with our Creator.





ALCOHOL

Alcohol is perhaps the most normalized drug, consumed customarily at parties, dinners, and social events. But the truth is alarming. Alcohol isn't just a beverage; it's a poison that slows down brain function, damages the liver, weakens the immune system, and increases the risk of nine types of cancers. According to the Canadian Cancer Society, alcohol is a Group 1 Carcinogen, meaning it's proven to cause cancer in humans.

Drinking while young, when the brain is still developing, can permanently impair memory, learning, and decision-making. Even in adulthood, its consequences don't end. Alcohol clouds judgment, making people act in ways they regret: arguments, abuse, car accidents, broken homes. Alcohol can make you say what you wish you hadn't, being an extremely dangerous enemy to your future. Famous actress Lindsay Lohan serves as a cautionary tale. Once a star, her career collapsed due to various substance abuse, alcohol being one of them. Her story is not unique; alcohol has taken many from fame to failure. As Muslims, we must ask ourselves: What good is a drink that clouds our minds, ruins our health, and leads us away from righteousness?

VAPING AND NICOTINE

Vaping, once marketed as a "safe" alternative to smoking, is now one of the biggest dangers facing youth. It's easy to start and tough to quit. The pleasant smells and sweet flavors mask the truth: Nicotine is a highly addictive, brain-altering drug, and the chemicals used in vapes are toxic.

Just a few uses can cause addiction, and withdrawal from nicotine causes anxiety, depression, and even physical sickness, making quitting a difficult battle. Worse, nicotine rewires the brain's reward system, making users impulsive, forgetful, and emotionally unstable. Vaping is a direct attack on the lungs. It introduces harmful chemicals like formaldehyde (preservative and disinfectant), acetaldehyde (byproduct of alcohol metabolism), and acrolein (a herbicide that causes irreversible lung damage and chronic diseases like Chronic Obstructive Pulmonary Disease COPD , asthma, and cancer)

Actor Leonard Nimoy, known for playing Spock in Star Trek, passed away from COPD in 2015, after years of smoking. Before his death, he tweeted: "Don't smoke. I did. Wish I never had." - Leonard Nimoy. Let us not make the same mistake. Our bodies are a trust (amanat) from Allah. It is our responsibility to protect them.





CANNABIS

Though legal in many places, cannabis is not harmless. It's linked to depression, schizophrenia, cognitive decline, and amotivational syndrome (a state where one loses the drive to succeed) It impairs judgment and learning, particularly in young people. Smoking cannabis inflames the lungs and increases the risk of bronchitis, asthma, and lung cancer. It elevates heart rate and blood pressure, leading to a greater chance of heart disease and stroke. It also affects fertility in both men and women.

(Ilitsky S, Van Uum S. Marijuana and fertility. CMAJ. 2019 Jun 10)

Media may glorify cannabis, but we must look at the hidden cost. Even Elton John, a famous artist, admitted: "It's addictive. It leads to other drugs. And when you're stoned, you don't think normally. Legalizing marijuana is one of the greatest mistakes of all time." Islam teaches us that even if the majority praises something, we must judge by its reality. Cannabis clouds the mind, affects our spiritual focus, and weakens our commitment to higher goals.

HALLUCINOGENS

Hallucinogens such as LSD, Psilocybin (Magic Mushrooms), and Mescaline distort perception and cause powerful hallucinations. They aren't physically addictive, but their mental impact is dangerous. They can induce psychosis, paranoia, panic attacks, and long-term disorders like Hallucinogen Persisting Perception Disorder (HPPD), a condition where users continue to experience hallucinations for months or years after use. A disturbing example is YouTuber Vitaly Zdorovetskiy, who, after consuming 60 grams of magic mushrooms, violently assaulted a woman in a drug-induced haze. He later admitted losing all control and sense of reality.

Drugs that rob us of control are a serious threat, not just to our health, but to society. Islam warns against losing one's senses, for this is when shaitan can truly take over. The glamorization of drug use in music, film, and social media hides the truth. Lives are ruined, families destroyed, and futures lost because of what is portrayed as "fun." But Allah has shown us a better way, a path that values the mind, body, and soul.



"Allah does not burden a soul beyond that it can bear..." (Surah Al-Baqarah, 2:287) - This verse reminds us that hardships are part of life. Drugs are not a solution; they are a trap. Escaping into intoxication is not strength; it is weakness disguised as pleasure. We must rise above this culture. Stay strong, stay clean, and be a voice of guidance for your peers. Encourage others through your example. Choose purpose over pleasure, faith over feelings, and discipline over desire.

The harms of drugs, mental, physical, and spiritual, are not hidden. From real-life stories to medical research, the truth is clear: there is no long-term benefit to drug use. Islam, in its wisdom, guides us away from self-harm and toward righteousness. Let this be a wake-up call, not just for you, but for everyone around you. Your body is sacred. Your life is valuable. And your soul is too pure to be numbed by poison.



CHOOSE FAITH.
CHOOSE CLARITY.
CHOOSE LIFE.



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WHEN A PERSON BECOMES ADDICTED TO DRUGS
THEN IT BECOMES DIFFICULT FOR HIM TO STOP.

WHAT ARE DRUGS? ON THE ONE
HAND THEY **DESTROY LIFE** AND ON
THE OTHER HAND THEY ARE ALSO
SUSTENANCE FOR LIFE. IF A DRUG
ADDICT DOES NOT GET A **DOSE OF**
THE DRUG THEN HIS CONDITION
CAN **REACH DEATH.**

MALFUZAT, VOL. 2, P. 243



SPIRITUAL TREASURES

An introduction to the works of
The Promised Messiah (as)

Lecture Lahore

In Lecture Lahore, delivered in 1904 in Lahore, ʿHadrat Mirza Ghulam Ahmad (as), the Promised Messiah (as) offers a thoughtful comparison between Islam and the major religions of India—particularly Christianity and ʿHinduism. Speaking to a large audience, he explains that the real purpose of religion is to connect people with God and to inspire a moral transformation.

ʿHe points out that many problems in society, especially increasing sin and moral decay, are caused by a loss of awareness of God. Christianity relies on the idea of salvation through the crucifixion of Jesus, which is unjust and spiritually ineffective. Similarly, ʿHuzoor (as) criticizes the Arya Samaj's belief in reincarnation, calling it both irrational and unhelpful for spiritual progress.

In contrast, Islam is a living religion—one that continues to offer guidance, spiritual experiences, and a real relationship with God. ʿHuzoor (as) emphasizes the ways in which the Divine Book, of the ʿHoly Qur'an beseeches its readers to act towards achieving their inner and outer selves' best forms, to attain a state of being where love for all of humanity reigns, where pure inner thoughts lead to pure outer actions, and where complete accountability to and in front of the Divine makes one feel and act as if one is truly near to God. Such is the state of true Islam, which makes a human being a perfect divine creature. Toward the end of the lecture, ʿHadrat Masih Maud (as) declares that he is the very Messiah and Mahdi foretold to appear in the latter days to revive true faith. ʿHis mission is to restore the lost connection between humanity and God, to end religious conflict through reason and spirituality, and to bring people back to the unity and love of the Creator.



“

SAFEGUARD THE CHILD
AGAINST ALL **INTOXICANTS**.
INTOXICANTS DAMAGE THE
NERVES OF THE CHILD.
CONSEQUENTLY IT BECOMES
A **LIAR**. AN ADDICT BECOMES
A **BLIND IMITATOR** ALSO AND
CEASES TO HAVE A **WILL OF**
HIS OWN... ADDICTION TO
DRUGS KILLS INITIATIVE. OF
ALL MORAL **EVILS**, LYING IS
THE **WORST**. A CHILD SHOULD
BE ESPECIALLY GUARDED
AGAINST IT. LYING HAS A
VARIETY OF CAUSES, SOME
OF THEM VERY **ABSTRUSE**.

”

—— (Hazrat Musleh Maud (ra), Way of Seekers, pg 56)