Assalamu aleikum wa-rahmatullahi wa-barakatuhu

I've been given a few minutes of your time to introduce myself, as I think many of you may not recognize me.
So, first, a bit of background – and background is important, because one needs to know the context; that is why it is also important that we understand the background of Lajna and the Ahmadiyya Community here in Sweden

My name is Dr Qanita – it's spelled with a 'q'. I'm a specialist doctor with three specialties, and I have a PhD in forensic science. As you can see, I'm using crutches. This is because I was hit from behind by a car; the driver fled the scene, but I injured my back so badly that I'll never be able to walk properly again.

What I learnt was that there are so many things in life that we take for granted, and we don't realize how precious they are – not until we've lost them. Like being able to walk. It's something we just do – and it's not until you can no longer walk that you realize how precious it was – and what you've lost.
But I've tried to learn something from that accident, and to use what I've learnt to help others.

The Ahmadiyya Community in Sweden was founded on 14 June 1956, so our community is celebrating its 70th anniversary tomorrow, I am Sweden's first female Ahmadi; I personally signed the Bai'at on 22 July 1967 in the presence of the third Caliph, Hadrat Mirza Nazir Ahmad, may Allah's peace and blessings be upon him, and I am also Sweden's first national Sadr Lajna since Lajna was established on 31 August 1969 in Sweden.

So, a quick question: I was the first national Sadr Lajnah in Sweden – but who succeeded me as national Sadr Lajnah in Sweden? Do you know? And who was the first Sadr Lajnah here in Gothenburg? It is important that all Lajnah members are familiar with the history of the Lajnah in Sweden.

Among other things, I have sought to serve the Ahmadiyya community by translating the Community's books into Swedish, and I have translated over 50 books, including the Holy Qur'an, "Philosophy of the Teachings of Islam" and "Conditions of Bai'at". I am also an author and have so far written and published 46 books of my own, mostly crime novels and non-fiction. Finally, I run a publishing house which publishes books written by other authors.

I'd like to share a few words with you before we begin; what I'd like to talk about today is humility and why it is such an important quality, both in our relationships with other people and in our relationship with Allah.

Being humble means thinking less about oneself and more about others. A humble person recognizes their own worth, but also respects the worth of other people.

Humility manifests itself in many ways in everyday life. It might mean listening when someone else is speaking, even when we already know the answer. It might mean being punctual and not keeping others waiting. It might mean admitting when we have made a mistake and apologizing. It might also mean rejoicing in others' successes rather than feeling envious.

When people are humble, relationships become stronger. It becomes easier to work together, resolve conflicts and show consideration. Many problems arise when we simply want to have our own way or when we believe we are always right. Humility helps us to see things from other people's perspectives and to treat people with respect. It is important to show compassion and put others' needs before our own.

But humility is not just about how we view other people. It is also about how we view ourselves in the sight of Allah.
In the sight of Allah, we are reminded that, ultimately, everything we have is a gift from Him. Our abilities, our opportunities and even life itself are not something we have created ourselves. When we realize this, both our gratitude and our humility grow, for we can actually achieve nothing at all by our own efforts.
This means that we should have a heart that is willing to learn, listen and trust in Him.
The Promised Messiah, may the peace and blessings of God be upon him, is our foremost role model when it comes to humility.

When, for example, one is entrusted with a position by Allah, it is such a great blessing that, from the depths of one's heart, one must bow before Him in humility and gratitude for His gift.
This means that one cannot be arrogant or conceited, or think one is something special simply because one has attained a certain position; for this implies that Allah has placed a responsibility upon that person, and therefore one should feel humility in one's heart. One should be willing to serve and help others. This is a concept that runs counter to much of what society often teaches us, where success is measured in terms of status, power or popularity.

Being humble takes strength. It is often easier to defend oneself, to boast or to try to appear better than one really is. But it takes courage to admit one's mistakes, to listen to advice and to give credit to others when they deserve it.

So how can we become more humble? We can start by listening more than we speak, showing appreciation for others, being willing to learn new things and regularly thanking Allah for what we have been given. Small acts of humility can make a big difference, both for ourselves and for the people around us.

Humility is not weakness – it is strength. It helps us to build good relationships with other people and to have the right attitude towards Allah. When we are humble, we become more open, more grateful and more loving.
I usually say a special prayer that I may never become arrogant, but remain humble and try to carry out my duties to the best of my ability.

Furthermore, the higher one's position, the greater one's responsibility; so when Allah grants a person a high position, He entrusts that person with a much greater responsibility than others.

Within the Congregation, we are all equal servants before Allah, but some bear a greater responsibility. They therefore deserve our respect, and we should do everything we can to assist them in their duties.

Others may not always see the efforts you make, but Allah sees everything; He knows everything, and that is, after all, what matters most – what He knows.

Please feel free to ask me if there is anything you wonder about. I have some business cards with me if anyone would like to get one. But please do not phone; instead, please email me.

Assalamu Aleikum