بِسْمِ اللهِ الرَّحِيْمِ In the name of Allah, the most Gracious, the most Merciful

7 December 2023



your curated weekly spiritual booster delivered straight to your Inbox

We don't preserve the Quran to memory.
Rather, "it is the Quran that has preserved us from every evil."

Al-Hassan Al-Basri

Recently, I've been joining a small Quran circle that consists of a small group of Moroccan elderly cuties - yes, absolute cuties, with all of the ladies being in their 50s and up. We'll begin with Tasmee' (we check each other's memorisation - they are all currently at Surah al-Imran, Ma Sha Allah), then we will all take turns reciting 2 pages of the Quran as a teacher corrects us and a short dars will follow. Needless to say, these sessions have filled my soul to the brim, and they remind me SO MUCH of all of you and our AA Plus Quran sessions.

What is wonderful is their fervour, their passion and their consistency to memorise the words of Allah SWT, week in and week out, without fail, Ma Sha Allah! When asked how did they do it, they said, "First of all to recognise it is all from Allah SWT. He can make anything easy for you if you ask. You also have to prioritise the Quran. Pick it up whenever you have time, even if it's for a minute. Let your eyes get accustomed to the beautiful swirls of the Arabic letters, so much so that when you sleep, you'll dream of the Quran. And let your eyes gaze only on the Quran, not the Dunia. To memorise the Quran, your heart and your vessel have to be pure. You cannot taint it with the distractions of the world. There is no space for idle talk, for entertainment, for frivolity if you want your heart to carry and preserve His Words. And try, again and again and again, no matter how long it takes because Allah SWT sees your every effort."

Subhanallah.

Now I understand this quote that I read a while back. "It was said to Al-Hassan Al-Basri: "A man has preserved the Quran (to memory)". He responded by saying: "Rather, it is the Quran that has preserved him (from every evil)."

The Quran is our shield against our addictions, a protection against our lowly desires and an armour against sins. So even if we are struggling with memorisation, or we are struggling to learn how to recite the Quran, the time that we are investing on the Quran is time away from all of the evils of the world.

When we are with the Quran, we are safest.
When we are with the Quran, we are strongest.
When we are with the Quran, we are steadfast.

And that is exactly what our Palestinian brothers and sisters in Gaza have taught us. How they continue to strive because they have the Quran in their souls. That even if physical copies of the *Mushaf*s were gone, they have it all inscribed in their hearts already, Ma Sha Allah!

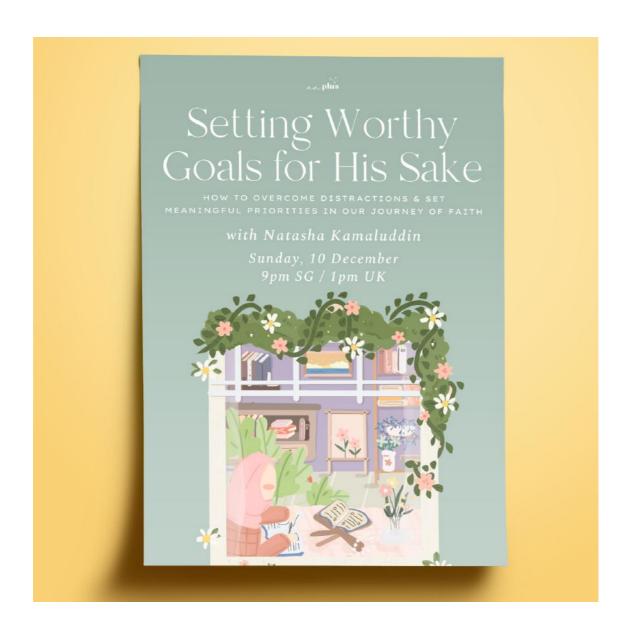
With this in mind, my dearest Champs, I invite you again to our Quran Retreat happening every Friday this month. Come and rest with the Quran, and I am certain that you can find an answer / story / solution to your own circumstance within the blessed pages of His Book, In Sha Allah. Because the Quran will always reveal to you what you need the most whenever you come to it with utmost sincerity. \heartsuit



Join Our Quran Retreat Here!

Every Friday | Asia: 9pm SG | ROTW: 7pm UK

the sunday session



This week's Sunday Session is specially for all of my super practical, "give-me-list-and-actionables" ladies who simply want to know how to stay grounded on this journey back to Him! With our special guest Kak Natasha, who herself has an impressive Dunia and Akhirah "CV" Ma Sha Allah, I cannot wait for all of us to learn from her on how to set meaningful priorities in a world of distraction and to just sit in her light and bask in her wisdom, In Sha Allah! I hope you'll pencil this date in as it'll be well worth your time, I guarantee!

Join Our Special Sunday Date Here!

Add Sunday's Session Here to your GCal

champs library



With a full and grateful heart, I am so pleased to present to you another new publication to our <u>Champs Library</u>: **Du'as - On Getting Our Prayers Accepted.** This PDF is based on one of our TKV

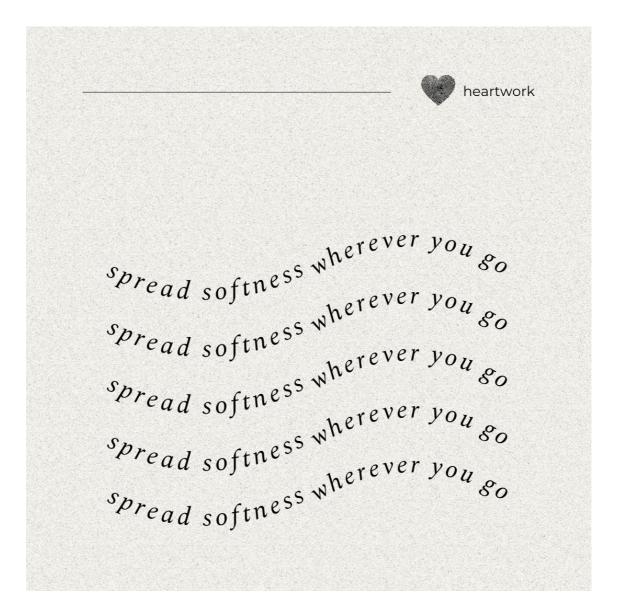
Classes with Ustazah Samah and summarises succinctly these key points: how Du'a is one of the best forms of worship, which du'as that are never rejected, why our du'as "may not be answered", and how to make Du'as like our beloved Prophets (may Allah be pleased with them all)! I pray may this be a valuable resource for all of us, and may we

always be from the People of Du'a! This PDF can also be a beneficial gift to others, so Champs, **please feel free to share the link to PDF far and wide!**

Read Du'as: On Getting Our Prayers Accepted

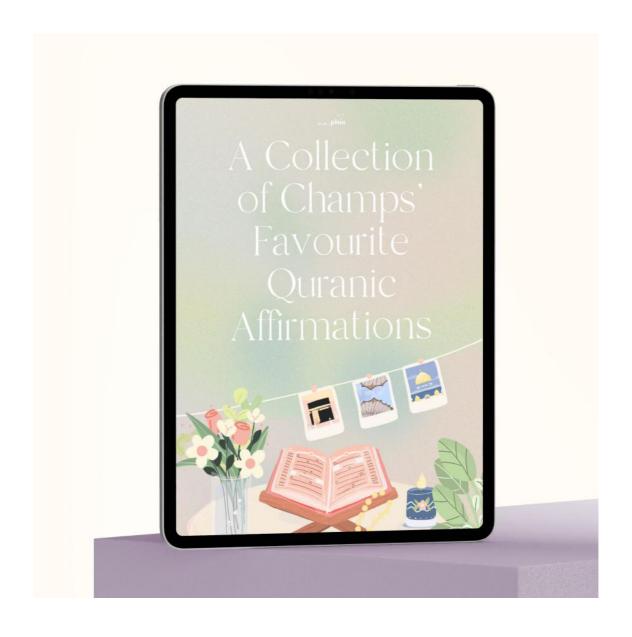
Access The Champs Library Here

heartwork



Soft and gentle - this is my mantra as of late as I try to settle into the rhythm of Winter here in Morocco. For example, softness in my routine, with being OK if I did only one thing that day, as long as I did it well, mindfully, and for Him. There is immense good in being gentle and spreading gentleness, just like how Rasulullah said in this beautiful Hadith, "Allah is Gentle and loves gentleness in all things." (Ibn Majah) So here's a question: which part of your life will you practise softness today, my dear?

champs collaboration



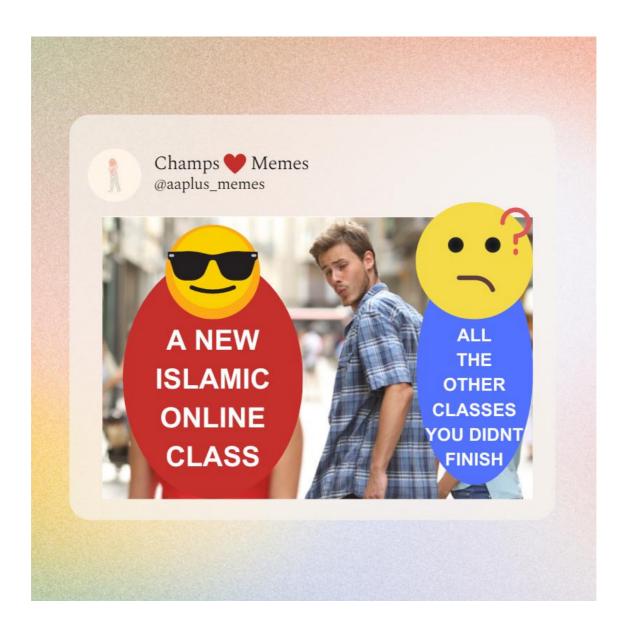
I am so, so excited to be sharing this one-of-a-kind *Champs**Project* with all of you! In Sha Allah, we will be spending the last day of the year together with a very special 'Quran Party' here at AA Plus, and as part of the event, we are inviting all of you to submit your favourite Ayah that has strengthen / revive / comfort or heal your heart so that we can compile all of them into a beautiful PDF and present it to you on that day. This is a gift from Champs, to Champs, and one that will benefit so many Sisters, In Sha Allah, as it is something that we can read repeatedly whenever we need a pick-me-up. You may share more than one verse, and you may also share anonymously or have your name attached to your reflection - whatever feels best for you! But most importantly, please do take the time to

share, as you may never know how your Quran Affirmation can cause a goodness ripple effect on your fellow Champs who read it!

Contribute Your Fav Quranic Affirmation Here

Read One of My Fav Quran Affirmation Here

muslim meme



WELL WELL, if this isn't me, myself, and I . Who else is joining me to take the rest of 2023 (and maybe even a good portion of early 2024) to do a stock take of all of the classes we have yet to finish and take at least 30 minutes of our day to access our classes? Ya Allah, protect us, help us, and let us not be of those who "hoard" ilm!

Catch up on our TKV Episodes Here!

to ponder



I was re-reading one of my past journal entries when I came across this beautiful advice from one of my teachers. She said, "if you are either one of this, a student, a teacher or a companion, then you are currently benefitting the Ummah." Champs, which one of these roles are you currently honouring, and which one would you want to do more of?

And with that, my dearest Champs, I pray that we will always be from His sincere servants who, in our joy, or in our pain, through our success or through our grieve, alone or in company, will always have the Quran closest to our hearts.

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