

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
In the name of Allah, the most Gracious, the most Merciful

11 August 2022



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

Sometimes we have
to **get out** of our
own heads, and **get**
into His Words

Assalammualaikum my Champions,

Gosh, remember how in our [August's Intro Email](#), I wrote that the

intention for this month was to attain clarity? Let me be honest with you girls: the first 10 days of August were anything but "clear" for me. 😭😭 I was going round and round in circles about a particular matter very dear to my heart, super undecided and so confused. But the thing I've now come to realise is that I was only overwhelmed and burdened because I was way into my head, allowing voices of ingratitude, worry and anxiety to overpower me, instead of going back to the Source of All Answers and Solutions: The Quran.

When we gathered for our Tadarus Circles earlier this week, there was one Ayah in the Quran that **both** the Champs in Asia and ROTW highlighted, and it was this particular Ayah that held me together from breaking apart.

Allah SWT says, **"And it is Allah's Will to lighten your burdens, for humankind was created weak."** [\(An-Nisa: 28\)](#)

😭😭😭😭 When we read this Ayah, I felt like Allah SWT was speaking straight into my heart. In the very same verse that we are told we were created weak (yes I am, I don't roar, I only *meow*), Allah SWT tells us **FIRST** that He wants to lighten our burdens. **He could have flipped the order and said "Humankind was created weak" *then* "it is Allah's Will to lighten your burdens", but no no no no - He wants us to focus on His Help, His Guidance, and His Mercy on us *first*, and that our weakness is secondary, for there is nothing He cannot fix!**

You see ladies, the Quran will always make you feel seen, comforted and understood - because it is written by our Rabb who created us and knows us best! He knows there will be many moments in this life that we will be pushed to the wall, but truly, **when we get out of our own heads and get into His words, we will find nothing but**

clarity, strength, and assurance.

And my dear, if you haven't picked up the Quran as of late, know that **it's always waiting for you**. If you don't know where to start, you can either 1) request for our Tadarus playbacks and listen to the reflections part (my fav!), 2) listen to this [super beautiful TKV on stories of inspiring women in the Quran](#) (also my fav!!) or 3) schedule a zoom call with me and I will be more than happy to fangirl over the Quran with you! I pray with all my heart for the Quran to be our BFF, always, in all ways. ❤️

get excited for



**Sunday, 14 August,
9pm SG / 2pm UK**

I really, really, really hope you guys can come for this event this Sunday! If you have never come to any AA Plus event, let this be your first! 😂😂 Our time of the month is **ours**, and it is time that we treat it as a gift, see it as a special purification process that only we get, and learn to honour it while still maintaining our spirituality! I've seen the materials that my team has prepared, and I promise you that In Sha Allah (!!!), we will all be leaving the call feeling a lot more grateful for our period than before!

[Join The Period Party Here!](#)

a beautiful dua

Ya Allah, please
ease this process
of purification
and gently rid me
of this addiction.

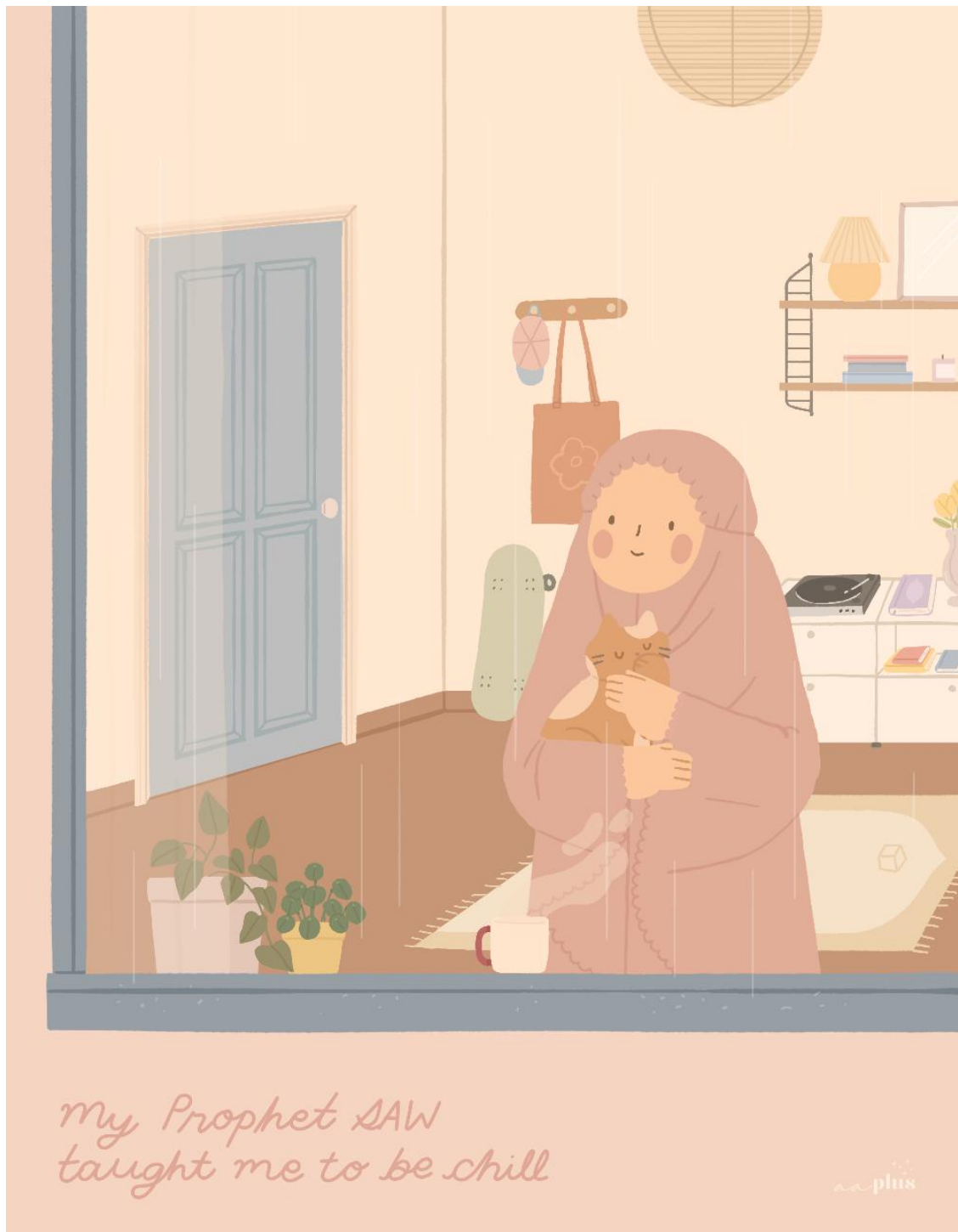
aaplus.co

#abeautifuldua

I personally feel most of us are struggling with an addiction, in one way or another. I for one, am very much aware of mine. I've tried to brush it off, ignore it, deny it, but through His Mercy, He has now allowed me to acknowledge it and confront it. But as one would expect, it has not been easy. 😭 Alhamdulillah, I can feel this slow but extremely fulfilling purification process happening every time I deny myself the

very thing I am addicted to. And I know if it's not for His Help, I would have thrown in the towel early. So this Dua is something that I've been repeating, over and over again. May Allah SWT grant the courage, strength, and perseverance to our Ummah so that we can triumph over all of the addictions we are battling with.

WmPTm



I came across [this beautiful Hadith](#) where Rasulullah ﷺ said, **"Indeed, this religion is easy, and no one will ever overburden himself in religion, except that it will overcome him. So seek what is appropriate, and come as close as you can, and receive glad tidings (that you will be rewarded) and take it easy,** and gain strength by worshipping in the mornings, afternoons, and during the last hours of the nights." I wanted to cry reading it because sighhhhhhhhhhhh, it feels like

Rasulullah ﷺ is telling me to chillllllll. I know many of us put so many expectations on our own selves and beat ourselves up when we fall short, but Subhanallah, look at this amazing reminder by Rasulallah ﷺ! Strive, do your best, and receive glad tidings (!!!), but never ever lose hope because that is exactly what the devil wants us to do - he wants us to feel hopeless and just give up. Whatever you are going through Champs, breathe. Chill. Islam is easy, but we are the ones who make it difficult for ourselves. 😭

a visual reminder



One of the best things about writing Closer for me is anticipating what our beloved illustrator Nisa will create for our #WhatMyProphetTaughtMe section! I realised we've done quite a few so far, and wanted to put it all together as a wallpaper! Isn't this collage the cutest? Ma Sha Allah! I pray that may every time we glance at it, we will remember to send a Selawat to Rasulullah ﷺ!

[Download Wallpaper Here!](#)

muslim meme



@muslimemeaplus
MuslimMemeQueenz



Need I say more? 😂😂😂😂😂

to ponder

Champs

Have we not
experienced
enough blessings
from Allah to stop
worrying about
the future?

One of my friends used to remind me of something very, very wise - she said, "Aida, you have survived all of your worst days. So you definitely got this too." I am certain that every single one of us has gone through something difficult, something painful, something so overwhelming, that you might even have questioned, "Ya Allah, when will it get better?". But it did get better, and you more than survived it; you also learned from it, you grew from it, you healed from it, and now, you are who you are **because** of it. Crazy isn't it? Ma Sha Allah. **But that is how Allah SWT plans our lives. He is so subtle in His plans that you don't even know you are entering a "door" of a prayer you are making.** He has protected us all the way, guided us through, and given us again and again - and He will not stop. Nor will He tire. So, relax. Breathe. Like one of our Vietnamese Champ, Oanh, said, "We are not just in good hands. We are in the Best of Hands." ❤️

PS:



August

M	T	W	T	F	S	S
						
						
						
						
						

Asia Tadarus Circle
Mondays, 8th, 15th, 29th August
9pm SG | 8pm WIB

ROTW Tadarus Circle
Tuesdays, 9th, 16th, 30th August
9pm UK, 3pm CT

Honouring Your Time of the Month
Sunday, 14th August
9pm SG | 8pm WIB | 2pm UK | 8am CT

Study Date Asia
Thursdays, 4th & 18th August
9pm SG | 8pm WIB

Study Date ROTW
Sundays, 7th & 21st August
9pm UK, 3pm CT

Champs Tea Party
Sunday, 28th August
9pm SG | 8pm WIB | 2pm UK | 8am CT

Ending this week's Closer with a reminder of our August Calendar! I hope to see you on any one of our calls, In Sha Allah. ❤️❤️

[Download August Calendar Here](#)

With that, I hope you guys have enjoyed Closer!

fin
X
a.

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Because you signed up to become an AA Plus member.*

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