

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the most Gracious, the most Merciful



Why endure our essential activities, when we can enjoy them instead?

Assalammualaikum my Champions,

This may come as a surprise to some of you, but I love going to the gym. I think the "A-HA!" moment came for me when I realised that exercise is truly **a celebration of what our bodies can do, not a**

punishment for what we ate. When that shift in mindset happen for me, I started appreciating this amazing vehicle that Allah SWT has loaned me for my time in this world and started to work out through the lens of gratitude and enjoyment, not through chore and obligation.

You see, there will ***always*** be things that we need to do in this world, and whatever it may be, why don't we add some form of joy to them? I don't quite believe in the mantra "work hard to play hard" because why can't we work **AND** play hard at the same time? For example, doing the dishes. It might not be the most exciting thing in the world, but I enjoy it because I either get to listen to some of my fav podcasts (here's the chance to listen to some AA Plus audios, guys!) or [I take photos of my dirty dishes](#) (I love taking photos of the every day) as a reminder that I am so blessed to be able to have good food at home.

Another example is reading Surah al-Kahf during Jumaa'! I know for a fact that I will struggle to read a 12-page surah on my own in one sitting, which is why I roped in you guys (we recite it before Asia Study Date) and I also started inviting my neighbours for a weekly dinner+al-Kahf date so we can read it together. Now, I LOOK FORWARD to reading it and am always so surprised at how fast the time passes when I recite it with you Champs or with my neighbours!

I can list more examples but my point here Champs is to not forget to have fun! **Create building blocks of joy to your essentials so that instead of seeing it as a bore, you see it as a blessing instead.** Let's not forget to take inspiration and follow the footsteps of the one who was always smiling, Rasulullah ﷺ himself. His life was never short of hardships, but he ﷺ always had a smile on his face and was a source of light and joy to everyone around him ﷺ! 😊

Life is already challenging as it is Champs, so let's help ourselves by being and adding a little more fun for our own sake ok? You got this!

a beautiful dua

Ya Allah, allow me to find beauty and miracles in my everyday worship of You as being alive is a cause of celebration in and of itself.

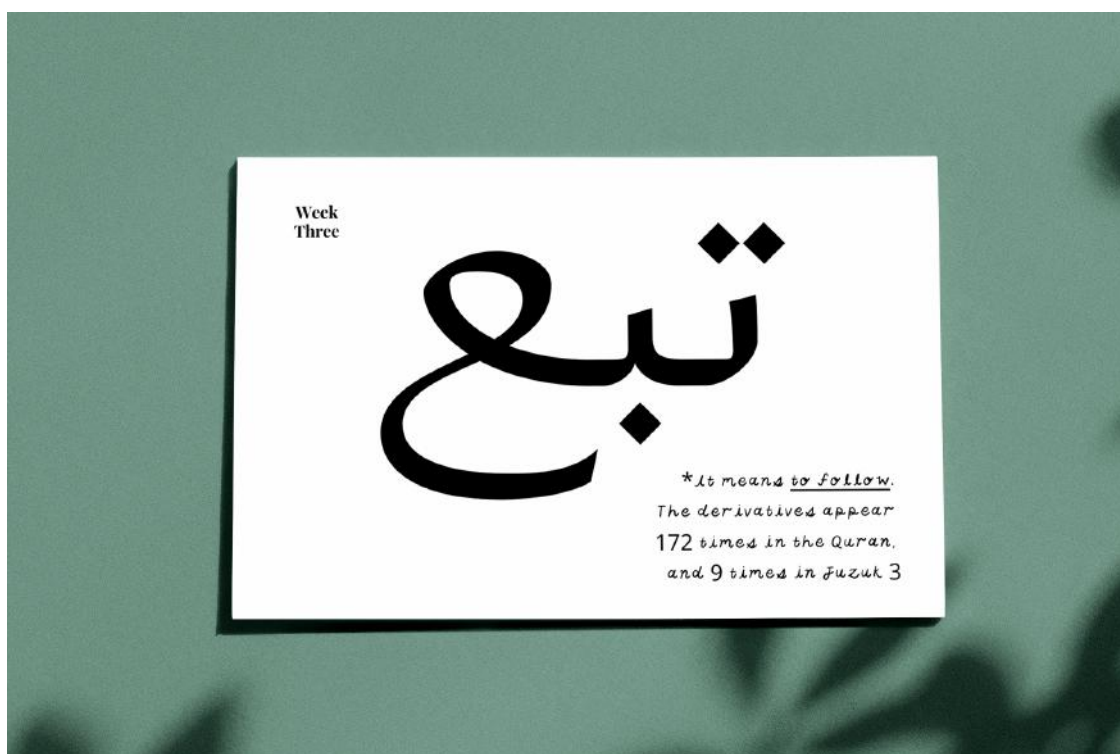
aaplus.co

#abeautifuldua

I am trying to remind myself every day that life is not just about the big, celebratory fireworks 🌟 moments, but it's also about being able to get out of bed after a good sleep, putting on a nice, clean outfit, having good health, with no shortage of food on our table, and being

safe in the lands we call home. This has been much easier for me to do,
Alhamdulillah, with this Dua on repeat and also after deleting
my Social Media for the past month! I truly hope you find your magic
moments with Him in your every day, Champs!

word of the week



I'm so excited to be "hunting" our word of the week, تبع or *Ta-Bi-3a*, during Tadarus later because it appears 9 times (!!!) in Juzuk 3! In Sha Allah, not only will it be easy to spot our word of the week, but I hope we'll be able to reflect and ponder on the Ayahs that has this word in in. [For those of you who are curious as to how this word is used in an Ayah, here's an example.](#) PS: It's from one of my favourite Ayahs of all time! ❤️❤️❤️

Join Us For Tadarus Circle Here!

[Set a GCal Reminder for Asia Tadarus here](#): Monday, 20 Jun, 9pm SG
[Set a GCal Reminder for ROTW Tadarus here](#): Tuesday, 21Jun, 9pm UK

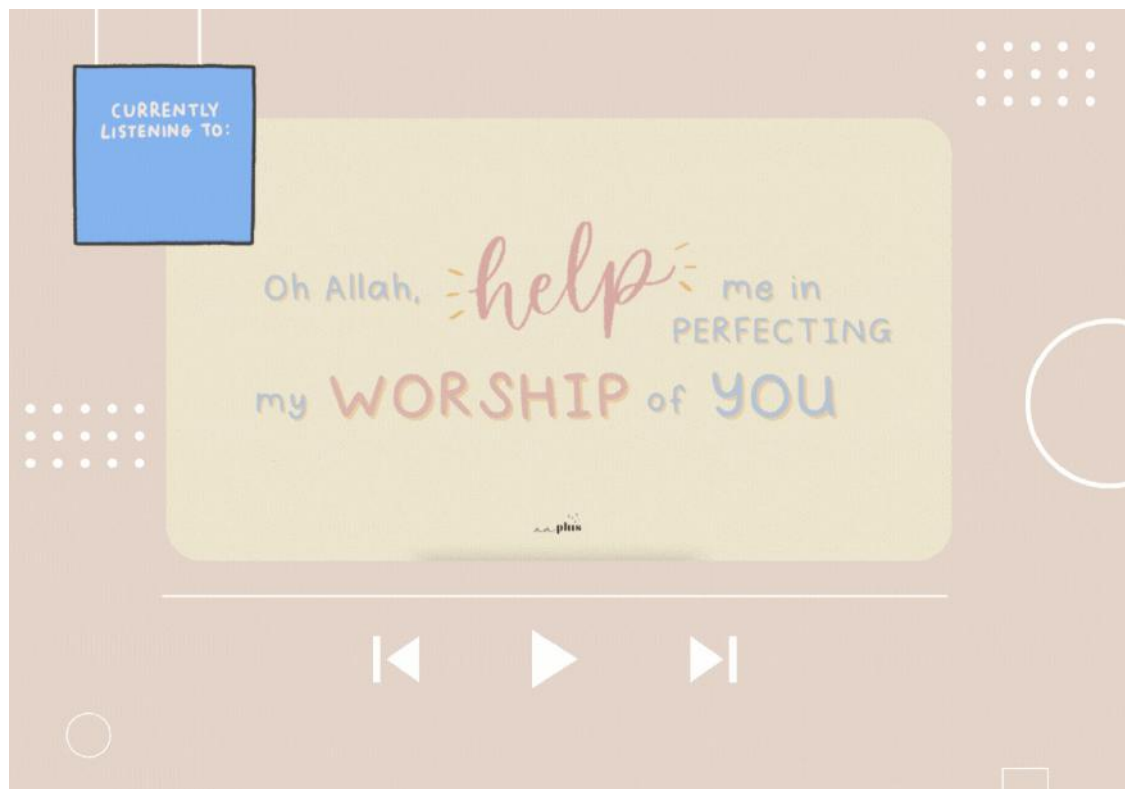
WmPTm



We know that Rasulallah ﷺ has been sent as a mercy to the Universe and this we can see through how he ﷺ treat animals. Whenever Rasulallah ﷺ saw any animal over-burdened or treated harshly by its owner, he ﷺ would say, "Fear God in your treatment of animals." (Abu Dawood) But Rasulallah ﷺ's mercy extends beyond just the physical treatment of the animals, he ﷺ would also take great care to ensure that they do not feel emotional distress as well! One of my favourite stories of Rasulallah ﷺ was narrated by a companion: "We

were on a journey and during the Prophet's absence, we saw a bird with its two chicks; we took them. The mother bird was circling above us in the air, beating its wings in grief. When Rasulullah ﷺ returned he ﷺ said, **“Who has hurt the feelings of this bird by taking its chicks? Return them to her.”** (Saheeh Muslim) Sighhhhhh, what a great blessing it is to be from the Ummah of Rasulullah ﷺ!

in case you missed it



We had a beautiful class [on Love](#) last week and I personally had trouble choosing only one snippet to highlight from the lesson! But here's a short video on the 'Hadith of Love' and the story of one of my favourite companions of Rasulullah ﷺ, Sayyidina Muadz ibn Jabal. If you need some oxytocin, dopamine and serotonin (read: positive energy!) then take a minute to watch this video snippet!

Watch The 1-Min Video Snippet Here

muslim meme



MuslimMemeQueenz

@muslimmemeABCSD



2,407



982



1,237

This meme is spot on in reflecting how important it is to pray on time, especially for Isya' prayers. PS: Some of the ROTW Champs and I were exchanging stories about how late our Isya' prayers are during the

Summer, and the latest timing is now held by a Champ in France at 11.45pm! If your Isya' is at 8.30pm, say Alhamdulillah! 😂😂

to ponder



I was speaking to a good friend a few days ago about loneliness and we both came to the conclusion that no matter how "full" one's life is, with kids, a spouse, family and good friends, one can never run away from being "lonely". And the reason is that when we are at our loneliest, we actually hear Allah SWT the loudest. We feel His presence most

acutely, we see His reminders more sharply, and we rely on Him more intensely. **Loneliness, for me, is one of the surest ways that I find myself coming back to Allah SWT after periods of being distracted and far from Him, and for that, no matter how uncomfortable loneliness is, I am grateful for its presence, for loneliness is necessary in reminding me that no One else can fill my heart other than the One who created it in the first place.**

P.S.:

Our 3rd Year Anniversary is coming Champs so don't forget to save the date and join us as we celebrate YOU! 🥳🥳🥳🥳



[Click here to add the 3rd Year Anni Party to your GoogleCal!](#)

With that, I hope you guys have enjoyed Closer!

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X
a.

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