

EDITION
24/9/26

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closer



50 THINGS TO DO INSTEAD
OF BEING ON YOUR PHONE

Bloomsrolling > Doomscrolling

24 Sept 2026



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox



Assalamualaikum my Champions,

Our little book, *50 Things To Do Instead of Being on Your Phone*, is officially ready! Alhamdulillah Ma Sha Allah! Born during our 7th Anniversary gathering, this guide was shaped by your hearts, hands, and beautiful ideas - and I couldn't be prouder of what we created together.



I've already tried a few of the prompts myself, and they brought such an immediate smile to my face. My day was genuinely softer and better because of those tiny moments, and I cannot wait for you to try them for yourself. :)

Putting this book together reminded me that our phones were never the enemy - **we just needed a gentle nudge to befriend ourselves, our people, and our real lives a little more.**

You can now download the PDF directly inside the [Champs Library](#) on our website. Please feel free to save it, enjoy it, and share the publication with your loved ones, family, and friends.

May every pause you take from it bring boundless barakah to your days! 💕

[Read Our Book Here!](#)

coming up on aa plus:



Champs, I am really, really excited for this one. Join us next Tuesday for an intimate session with our very own Aliah Mazli as she shares the journey behind documenting the life and quiet wisdom of her grandfather, Tokki. Drawing from seven years of visits and ten hours of cassette tapes, Aliah recently self-published her book, *"Tokki, Apa Khabar?"*, where she gathered anecdotes and advice from him. Aliah said, "I write because I want to have something from him that lives on." Ma Sha Allah. We hope you will be there - not only to celebrate Aliah's work, but to leave knowing that the stories in our family are still being carried, and that there is still time to receive them, learn from them, and share them with the adab they deserve.

[Join the Sessions here!](#)

a beautiful du'a

Ya Allah,
please guide
my cat to sit
on my lap.

aaplus.co

#abeautifuldua

My cats have always been lap cats, but as they've grown older, they mostly come around only on cold winter days. I was really missing those cuddles when I remembered Allah ﷻ's words in the Quran: "There is no living creature that is not completely under His control." ([Surah Hud, 11:56](#)) Allah ﷻ is the Master of every creature and every heart. I made a simple dua with full conviction - and moments later, Khair walked over and settled right on my lap! Ma Sha Allah! 🐱✨ A gentle reminder that we really can ask Allah ﷻ for anything and everything! Cat moms - what du'as do you make? Share them with me.

gratitude garden



GRATEFUL FOR WORDS OF APPRECIATION

We often think that if we can't offer financial support or tangible aid, our response doesn't matter much, but simple appreciation helps more than you realise! There have been many times when I'm going through a tough day at work and a thoughtful message, a heartfelt review, or a genuine word of gratitude from someone completely turned my day around, reminding me why I do what I do and giving me the exact boost I needed to keep going. In our tradition, acknowledging good from others is an essential part of gratefulness to Allah ﷻ. [Rasulullah](#) [said](#), : مَنْ لَا يَشْكُرِ النَّاسَ لَا يَشْكُرِ اللَّهَ ("He who does not thank people does not thank Allah"). So Champs, don't let your appreciation stay silent - reach out and tell someone you appreciate what they do!

tajweed trivia

Which letter is the
most indecisive one
in the Arabic
language as it can't
decide whether to
be heavy or light?

Tajweed scholars had to write entire chapters just for this one letter! It is heavy with a fatḥah or ḍammah, and light with a kasrah, and in words like Miṣr مِصرَ ([Quran 12:99](#)) or Al-Qiṭr الْقِطْرُ ([Quran 34:12](#)), it lets you pick either one when stopping. No other letter keeps reciters on their toes quite like... the huruf ر ! **PS:** The 114 Club - where we gather together to recite 1 Juzuk of the Quran per session - is making a comeback, In Sha Allah! So stay tuned for details!!

FIN.

x

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