

EDITION
1/10/26

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closer



A LITTLE HEART-KEEPING

Surrender one thing to Allah, open a window for Zikr, and let go what no longer belongs in the heart.

1 Oct 2026



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

Everyday is a chance
for a little **heart-keeping**:
to surrender one thing to Allah,
to open a window for Zikr,
and to let go what no longer
belongs in the heart.

Assalamualaikum, my gentle Champions,

How are your hearts holding up today?

We are just about four months away from Ramadan, *In Sha Allah*, and while four months can sound long, we know how quickly our days slip by between work, family, responsibilities, and the hours that disappear before we notice. The Companions (may Allah ﷺ be pleased with them all) used to spend six months yearning for Ramadan and six months praying for their deeds to be accepted. They did not treat the blessed month as a sudden guest who appears at the door and finds the house already shining; they treated it as a beloved whose coming they prepared for all year. 🥺

I thought about this all week, and I realised how important it is that we keep returning to this heart preparation. **We know the layers that make us who we are.** We have a nafs that bargains; we have weaknesses we can name if we are brave enough to own up to them. Our hearts are not switches we can flip immediately and be SPIRITUAL MODE: ON.

As the generations before us have shown, **spiritual growth is not an overnight surge; it is the harvest of the quiet, small intentions we cultivate right now.**

So Champs, this is an invitation to look gently at the rooms of your ordinary life, spaces that we already live in:

Your sleeping patterns.

Your phone usage.

Your eating and drinking.

Your gaze and what you consume.

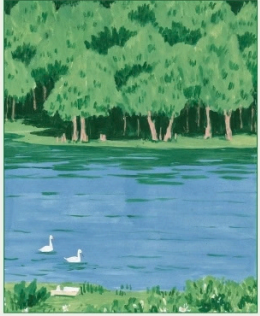
Your dressing and your speech.

Every day is an opportunity to do a bit of heart-keeping - to put one thing back where it belongs, to open a window, to put down what has been occupying too long in the heart.

And as always, we at AA Plus will do this heart-keeping alongside you. This home is another safe space you can return to - come for a class, a gathering, a quiet hour of Qur'an, or simply to sit among sisters who are trying too. We will keep the lights on, and save your seats, and we will keep asking Allah ﷻ to make us all neighbours in Jannah, Amin. :)

coming up on aa plus:

OCTOBER *events*

		
THE RESTING HEART <i>Finding the Peace We Chase through the Remembrance of Allah ﷻ</i> 11 OCT, SUN 8PM SG / 1PM UK	THE SEA THAT SERVES US <i>Getting to Know Allah ﷻ's Balance in Creation</i> 18 OCT, SUN 8PM SG / 1PM UK	LAMPS OF THE NIGHT SKY <i>Contemplating the Beauty and Purpose of the Stars</i> 28 OCT, WED 8PM SG / 2PM UK

This October, we have curated a series of gatherings thoughtfully designed for mindful contemplation and to awaken our hearts to the awe of Allah ﷻ. Whether we are learning to be at rest in the remembrance of Him, diving deeper into the sea that quietly serves us, or lifting our eyes to the lamps of the night sky, each gathering is designed with one intention: that the heart come back to Allah ﷻ. I hope you'll pencil these dates and timings in, and I really hope to see you live, In Sha Allah!

[Join the Sessions here!](#)

[Add to your GCal Here](#)

the 114 club



If your relationship with the Qur'an has felt distant lately, or if the idea of reading aloud feels intimidating, The 114 Club was made with you in mind.

Every week, starting from October 5 In Sha Allah, we will gather for an unhurried hour to recite one *juz* together. If you have never joined us before, please know there is no pressure to be perfect here. Whether you read fluently, are slower-paced, or simply want to listen quietly and follow along, you are deeply welcome. Cameras stay off so you can be completely at ease in your own space, and help and correction are always offered with softness and love. **We meet on Mondays at 7 PM UK and Wednesdays at 9 PM SG so Champs from both sides of the world can take part.** Think of this as your weekly sanctuary to slow down, keep company with His words, and gently prepare your heart in the quiet months leading up to Ramadan.

[Join the Sessions here!](#)



Alhamdulillah, the event notes and video replay for Adab in Today's Digital World with Ustazah 'Alimatunnisa are ready. Ustazah reminded us what we often forget: the internet is a real place, and our chats, screenshots, Zoom postures, and idle scrolling all count toward our scales of deeds. One gem that really stayed with me was when Ustazah said, "If we cannot say why we unlocked our phone, then we have taken from our akhirah and given it to a feed." If you missed the Class, may these resources be of benefit, Amin!

[Watch the Replay Here](#)

[Read the Event Notes Here \(5 Mins Read\)](#)

new google calendar



A small bit of housekeeping: our Google Calendar link has changed. If you had the old one saved, it will no longer update, so please tap the new link here and add it afresh. That way, you will be able to stay updated on our events, the 114 Club, and whatever else Allah ﷻ allows us to host without you having to hunt for them.

[Sync AA Plus GCal to Your GCal](#)

And with that, I pray may Allah ﷻ keep our hearts soft, our days full of His remembrance, and this sisterhood a place we can always return to. Amin.

FIN.

x

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