



Dear friends,

It was a pleasure and a blessing to have his Excellency Cardinal Luis Antonio Tagle Njoya, the president of Caritas Internationalis visit us in our humble office in Jerusalem and it was an honour to have with us our colleagues from Caritas Europe. We truly cherish the short time that we have spent together and are looking forward to more such visits.

This month we wanted to share with you a successful story from the micro credit department; Caritas' contribution to summer camps in the Palestinian parishes; and our ongoing work in Gaza.

George Handal  
Acting General Director  
Caritas Jerusalem

period His Excellency, Cardinal Luis Antonio Tagle Njoya, the president of Caritas Internationalis was also in Jerusalem for a conference on Forgiveness for the Renewal of Individuals, Families, and Communities in which his Excellency was a keynote speaker and there were speakers from Judaism and Islam discussing what it means to forgive.



### A Friendly Visit



In July a delegation from Caritas Europe visited the Holy Land and Caritas Jerusalem. During the same

We were truly honoured when his Excellency found some time from his busy schedule to visit our offices and on the 13<sup>th</sup> of July the Caritas Europe delegation, the president of CI and Caritas Jerusalem employees met together and had very interesting discussions about our work and life in Jerusalem.

His Excellency inspired and encouraged us by telling small anecdotes about the good work that Caritas does around the world and how small gestures of kindness can have great effects on the lives of people that we touch.



The meeting was followed by a field visit to Aboud (a Palestinian village in the central West Bank) where CJ operates a medical health center and has various projects in land reclamation, water sanitation and agriculture.



We were truly happy to host the delegation from Caritas Europe and blessed with the presence of His Excellency among us. We would very much like to invite you to Jerusalem in order to meet the “living stones” and be witnesses of the work that we do on the ground.

### **No More Headaches**



For many segments of the population, behaviour change and adopting a healthy lifestyle is particularly challenging. Individuals living in low income and food insecure communities are affected by high stress, lower education levels, lack of resources, and limited access to health care centers. Much research shows that people living in these communities are more likely to suffer from chronic diseases that they are not aware of.

One such patient is Ala'a a 42 year old married man with 7 children who lives in Gaza with a very limited income. He suffered from severe headaches but couldn't afford to see a doctor until some friends told him about Caritas Jerusalem's outreach project which is funded by the Belgian Development Cooperation in cooperation with Caritas Belgium.

When he came to the clinic the Caritas Jerusalem's internist discovered that his blood pressure is very high. Immediately the doctor ordered lab tests to investigate the case further. When the results came in, she concluded that Ala'a was suffering from hypertension and needed to take medicines urgently.

A week after Ala'a's visit to Caritas outreach clinic he suffered from a minor stroke and had to do an emergency catheterization. After this incident he started to follow up with the doctor at Caritas mobile clinic regularly.

The doctor referred him to Caritas' nutritionist who started him on awareness sessions. Ala'a learned how to change his dietary habits and what types of food he needs to avoid in order to control his hypertension.



When we spoke with Ala'a, he told us: *“When the headaches started, I thought it was normal due to heavy work, but my family insisted that I visit Caritas outreach clinic and there I found out I had hypertension. I hit rock bottom when I suffered from the stroke, but the Caritas medical outreach team were there to support me and provide medical advice and free medication. Today I feel I am in control of my life thanks to Caritas efforts”*

### From Father to Son

Over the years, supporting small income-generating activities has proven to be one of the most effective tools to provide low-income households with financial security. As many people hope to achieve a better life with better income and opportunities, Caritas Jerusalem through the Micro Credit Department attempts to support these people by giving them small loans to become self sufficient.



Daoud is a 24 year old young man from Bethlehem; he studied culinary arts and food services in order to realize his dream of opening a restaurant. In 2003, his parents started a small bakery based at their house; they requested a small loan from Caritas Jerusalem to purchase equipment and utensils in order to start doing pastries and sweets. This business has grown since then and in 2012 they asked for another loan and expanded their business.

Daoud wanted to link his parent’s bakery with a small restaurant that will serve homemade pastries and sweets besides Palestinian food. He decided to start with a small restaurant with a trade name “King David Restaurant”. Daoud has applied for a small loan from Caritas Jerusalem in order to purchase the needed items.

*“I wanted to create a small Palestinian restaurant that provides not only a meal but an experience to enjoy some homemade pastries and sweets, conversations and good company in a pleasant atmosphere with classic music”* Said Daoud



Currently, the restaurant is doing pretty well; it is located in the city center

where people usually gather and Daoud is already thinking on how to further expand and improve his restaurant.

### Summer Camp T-Shirts to Everyone



Every year the parishes around Palestine organize summer camps for the children with various educational and fun activities. It is recommended that the children wear the same colour of T-shirts so that they will be easily recognized and not get lost during field trips or other outdoor activities.



Having the same T-shirts also helps in reducing the effect of the economic status of the families for some children wear a new T-shirt everyday but others cannot afford it. It also eases morning routines for mothers who do not waste time by getting their children ready when they know exactly what to wear. This year Caritas Jerusalem was able to distribute 3,313 t-shirts in different

colours to the children who attended the parish summer camps in Beit Jala, Beit Sahour, Jericho, Jifna, Birzeit, Ein Arik, Taybeh, Rafidia, Zababdeh and other villages and towns.

The youth coordinator of Caritas Jerusalem called each parish, took the sizes needed and the colours preferred and sent the order to the women who are trained in Caritas Training Center and eight women were able to prepare the T-shirts.

The children were very happy to have new T-shirts on; the parents were glad that they do not have to worry about clothes for their children also the summer camp leaders were satisfied with the results.

We truly thank our friends the Initiative Christlicher Orient and other partners who provided us with the funds and the volunteers who helped us and are involved in the summer camps.

### How can you help?

Support our activities

Your support is essential to provide long-term assistance to our beneficiaries.

Please see below our bank details to make a donation:

Bank Name: Arab Bank

Swift Code: ARABPS 22110

Account number: 457793/0/510 USD

Credit Account: Caritas Jerusalem

Branch No: 9110

At Arab Bank in Al-Ram

P.O.Box: 2445-Al-Ram