



Dear friends,

Caritas Jerusalem makes every effort to improve the lives of the people of the Holy Land. Tensions, violence and fear have swept throughout Palestine and the entire region is very unstable, but through all these hardships, obstacles and difficulties we endeavor to bring some hope to our lesser fortunate brothers and sisters.

This month the youth department with its volunteers shared a day with disabled children; the health department improved lives by taking care of dental needs and conducting sight tests for people who live in villages in the West Bank; the Elderly Day Care Center entertained the lonely senior citizens.

We thank our partners and friends for their solidarity and their ongoing support to our projects and programs throughout East Jerusalem, the West Bank and the Gaza strip.

Sincerely,

Fr. Raed Abusahlia  
General Director  
Caritas Jerusalem

**Capacity-Building Workshop on  
Project Cycle Management (PCM)**



Caritas Jerusalem held a workshop in Bethlehem, Caritas Betharram Center in October/November 2015, which sought to promote efficiency and effectiveness of its employees who work on projects and programs throughout Palestine both at the international and local level.



The workshop included areas such as time and cost management, work breakdown structure, monitoring and evaluation, leadership and team work.

Fr. Raed Abusahlia, the general director of Caritas Jerusalem seized the opportunity to enlighten the staff on the new religious initiatives such as the Holy Year of Mercy, Caritas' work which complies with the social teaching of the Church and sharing with us this year's theme "one human family, caring for creation."



The six day workshop was filled with interactive participation in various team works. Ms. Mathilde Girardot, project's officer from Secours Catholique joined us on the last session and actively participated in the workshop; she also updated us about the work of Caritas France in the region.

Employees are a key determinant of an organization's success and we sincerely thank Caritas France for funding this essential capacity building training sessions for Caritas Jerusalem.

## **Caritas Jerusalem's Youth Department spends a day with disabled children**

*Where there is love, there is life*

On the 6<sup>th</sup> of November 2015 Caritas Jerusalem's youth department visited The Jemima Organization for Handicapped Children who suffer from mental and physical difficulties which is located in Beit Jala.



Fifteen Caritas volunteers sang songs, danced and drew with 50 disabled children and distributed blankets to protect them from the cold weather. These Children are in need of love, care and compassion because they are isolated from their families and abandoned by the general public.



“We in Caritas see young people as the future leaders and develop their capabilities. We train them to become more active in the society.” Stated Tony Abdo, Caritas Jerusalem’s youth coordinator



“My whole perspective of life has changed after spending some time with these children. They have taught me much more than I can ever teach them” said one of the volunteers.



Caritas Jerusalem believes that disabled children should lead a productive and dignified life and promotes the rights of children with disabilities.



## Having breakfast with Grandma



When kids are around, elderly people forget their suffering, loneliness, and worries. Kids usually have a powerful effect on others; they simply give you that tiny innocent smile and make your day.



Caritas Jerusalem’s Elderly Day Care Center (EDCC) in Ramallah was invited to spend a day with a group of 120 kindergarten students from the Al Ahlyeh College on the occasion of the Olive harvest season.

The children and 35 of the senior citizens mingled together, chatted, sang, played games and took pictures. They all had a special Palestinian breakfast together-thyme dipped in fresh olive oil.

The staff of the EDCC usually arranges such activities between children, youth and elderly for it is essential that different generations meet one another and share activities together.



The EDCC serves 95 elderly. The center provides a place for the elderly to socialize and spend the long hours of the day in the company of a caring staff. Staff members and young volunteers carry out the diverse activities to serve, care for, provide nutritious meals and entertain the senior citizens.



We hope to keep on reaching out to the elders through your continuous help and support.

## Leading You to Better Health



Health education and awareness sessions are the core of Caritas Jerusalem's mission. Lectures, workshops and health awareness campaigns were implemented by Caritas Jerusalem's health department team in several areas of Palestine. The topics concentrated on Oral health for children and ophthalmological care for adults.



During October 2015, our health department provided healthcare services and awareness in schools and health centers in Aboud. The activities were targeted to children and adults. It reached out to 370 elementary students for dental screening and 300 beneficiaries for optical screening.



In addition, a specialized ophthalmologist medical team from the Home for Health Development provided optical screening for adults and diagnosed visual problems using special medical equipments. Free eyeglasses were granted for the needy.

Moreover, 13 home visits took place for low income families in Aboud to provide health advices, moral and psychosocial support.



We would like to thank Caritas New Zealand for the funding this project and their solidarity with the people we serve.

### **Reminder:**

#### ***From Family to Family – Christmas gifts to Gaza***

This year Caritas Jerusalem wishes to provide gifts to the **only and last** 350 Christian families in Gaza. We need your help. We want the poor Christian families to have a Merry Christmas therefore we are launching this initiative so that the dwindling Christian community will not feel abandoned. Our target is to have USD 50,000. This amount will allow 350 Christian families to have a warm Christmas.

The gifts will be distributed on the 20<sup>th</sup> of December, 2015 after the Christmas Mass officiated by the Latin Patriarch and president of Caritas Jerusalem in Gaza

The financial support that you can provide will give us a chance to make the needy families under our care in Gaza happy with their lives and find the true spirit of Christmas.

#### **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