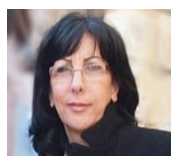




AHDAF PROJECT

FEBRUARY, 2018



A MESSAGE FROM THE PRESIDENT

My Dear Brothers and Sisters,

St. Martha's House is always endeavoring to improve the facilities and services offered to our residents. In the last 6 months we have asked ourselves whether what we do is needed and/or relevant. We asked these questions not only to ourselves but to our staff and our elderly ladies. Our questions consisted of, but were not limited to: What do those important to us think of the role we play in society? What needs do we provide? What problems do we solve? And in what way can St. Martha's contribute in the best possible way?

The responses were very positive and we felt the deep appreciation from these people. This gave us happiness and great satisfaction. As a facility this means so much because it goes to show that our mission is and will continue to be rewarding. At this House we seek an atmosphere where our elderly women are joyful and at peace. We provide an environment that is friendly, safe, caring and supportive to their needs. We envisage a world in which our charity has the capacity to increase its impact. We are big believers in what we do, in particular the importance of maintaining the respect and dignity of our elder women in the last chapter of their lives.

The result of our discussions proves to us and our community that we know what it takes to provide better lives for our ladies; whether it be providing and delivering healthy food, self-education or entertainment.

Not only do we want our mission to benefit our ladies but we also want to present to people a deeper insight about the real situation of the Holy Land. It is essential for our mission to be well-known. St. Martha's has achieved a great deal over the past 8 years. However, there is always room for improvement. We are motivated by what the future holds for us and the help we receive from generous supporters. Our supporters: Friends of

the Holy Land, to you, we give many thanks and much appreciation for your belief in us. Not only do you believe in us but you share the same vision for the future. With your help, we will continue to make a difference for the Palestinian elderly women in our community.

My sincerest thanks to the St Martha's House Board, staff and volunteers.

We are all committed to giving and contributing in the charitable serving.

The need for St Martha's House is greater than ever before.

Sincerely,

Laila Asfoura

ONE HOUSE - ONE CHRIST



At St. Martha's we provide an environment friendly to all denominations. We are joined by the name of Christ and enjoy each other's presence under His teachings and beliefs.



PRAYER TO SAINT MARTHA

Saint Martha,
I resort to thy aid and protection. As proof of my affection and faith, I offer thee this light, which I shall burn every Tuesday. Comfort me in all my difficulties and through the great favors thou didst enjoy when the savior was lodged in thy house, intercede for my family, that we be provided for in our necessities. I ask of thee, Saint Martha, to overcome all difficulties as thou didst overcome the dragon which thou hands at thy feet, Amen.

OUR DEAR VISITORS



We welcome our dear friends from the United Kingdom and other countries and locals to sharing their love, care and solidarity to our project.



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MEMORIES OF THE LADIES

Theresa



I was born in 17th February 1943, I grew up in my modest father's house. I could not complete my studies. I married at the age of 18 with six daughters and two sons. Two of my daughters were killed in second intifada. I live now with my sick husband and I do not have a breadwinner since my children have been married and busy with their hard life. I started to come to the house of St. Martha about two years ago. I feel happy to be there. We find the family atmosphere and forget our problems and sorrows. They take care of us as if we were mothers.

Adele



I was born in 1936, My father used to work as a concierge at Hussein Hospital and we had eight brothers and sisters in the house. That is why I could not finish my studies. I got married and after two years of marriage my husband died of a heart attack and I did not have children and I was alone. I come to the house of St. Martha since its establishment. I feel happy and proud of my family in my presence. They provide us with main meals, take us on trips and take care of our health, so I do not feel alone.

OUR TIME TOGETHER

We Decorate the Christmas Tree



The holiday season, despite every lady's personal circumstances, should bring happiness and joy. Being at St. Martha's we provide that positive atmosphere so our ladies enjoy the true meaning of the holidays. Together we decorate the Christmas tree to start off the holiday season with joy.

We Pamper Our Ladies with Beauty Care



We arrange and dye hair for ladies from time to time to give them joy and happiness and to give up their despair.

We Share Christmas Lunch Together



We thank the Lord for this time in Christmas to share a meal with our beloved friends. As we joyfully celebrate Christmas together, we share joyous hearts, warm smiles and the love that brings us together to this Christmas table.

We Care about the Health of our Women



As we are taking care of our elderly women, we stay aware of their current health situation. Being aware helps us take care of their needs and assure that they are always stable.

We Provide Physical Activities



Our elderly ladies participate in daily exercises at St. Martha's. This is essential for them in many ways. Daily exercises help mobility and flexibility, encourages use of all motor skills and helps improve endurance and strength.

We Entertain Through Gardening



At St. Martha's, it is important that our ladies are provided with gardening and crops. It reduces stress levels and promotes relaxation, provides intellectual stimulation, stimulates an interest in and improves well-being as a result of social interaction. These are all important seeing that our goal is to keep our ladies happy.

We Visit the Church of Gethsemane



As a part of St. Martha's it is important for us to visit churches. One of the churches we visit is Church of Gethsemane. We take part in a prayer and give thanks.

We Celebrate Another Year Wiser



Celebrating birthdays is our way of recognizing our ladies at St. Martha's. With another year wiser, we enjoy cake and time together.

We Warm Up with Our Donor's Generosity



Feeling warm with shawls from our donors was apart our cold season. We thank those who are so thoughtful and kindly caring.

OUR CELEBRATIONS OF THE GLORIOUS CHRISTMAS

We distributed the gifts to the ladies and honored visitors celebrated with the ladies where they distributed gifts to them.



Giving back to his community, Arab Idol's winner, Yacoub Shaheen visited St. Martha's to spread the Christmas spirit. The ladies very much enjoyed their time with him and the joyous spirit he brought.



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