

amos  trust  
justice and hope for the forgotten

# WORDS OF HOPE

THE NEWSPAPER FROM AMOS TRUST

WINTER 2019



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**AHLAN GAZA:** One of the young men studying engineering at NECC in Gaza City — June 2016. Photograph: © Amos Trust/Nick Welsh

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## PALESTINE MARATHON — MARCH 2020 RUN IN THE SHADOW OF THE WALL

MONDAY 23 — SATURDAY 28 MARCH

Join Team Amos and run the eighth annual Palestine full or half marathon in Bethlehem. The marathon was set up to raise awareness of the fact that you can't run 26 miles in the 'Little Town' without going through a checkpoint or literally hitting the Wall. Full details can be found at [amostrust.org/palestine-marathon-2020](https://amostrust.org/palestine-marathon-2020)



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# ALL THIS RECKLESS BEAUTY WORDS OF HOPE — EDITORIAL

WORDS Chris Rose

GREENBELT FESTIVAL — a weekend hosting Palestinian cooking demonstrations, then a dash down to Bordeaux to cycle to Santiago. The line-up for ONCE IN A LIFETIME, our Climate Justice summit had fallen into place just before I left, so I headed off with its themes running through my head. I found myself on empty roads in the midst of the most staggering scenery, in awe of the wonder of creation that was opening up in front of me. I could find no words to express my deep gratitude for all this reckless beauty and was so aware of our mad charge to cast it all away.

Young people's participation in the Climate summit was the high point. The Friday before, we had accepted their invitation to join the climate strikes and their challenge to the summit was just as strong. The summit had many special moments, Dámaris and Gilberto from Nicaragua, the women's panel, the call to act locally, the reminder that there are so many different ways we can respond and that we all have to be involved. It finished with a time to be quiet in Cambridge's Botanic Gardens and I was once again soaking up and being fed by our planet's beauty.

AMOS DAY and the film 'GAZA' — throughout history Gaza has been described as a beautiful garden, full of orchards with the sea on one side and the plains of Palestine (Israel today), on the other. Now, it is one of the most over-populated places on earth, teetering on the edge of becoming uninhabitable.

EXTINCTION REBELLION protests that shut down large areas of Westminster — I had never been to such a protest before where so many people were prepared to get arrested. It was an inspirational demonstration of the power of non-violence. Yet even as I walked through the crowds, I couldn't help but think of the non-violent protests happening every week in Gaza in which over 10,000 young people have been shot.

CHRISTMAS, PEACE ON EARTH — I am reminded that the Christmas call for peace is not a festive wish, rather it's the most ludicrous gamble — as ludicrous as hoping that a tiny, powerless baby, born in an occupied town, will be able to turn the world upside-down. And I know that's the sort of peace I long for this Christmas.



ABOVE  
Some of the young men from NECC's woodwork department pose for the Amos cameras — June 2016. The vast majority of graduates from the NECC programmes are able to gain employment upon graduation even though work is often precarious.

# AN UNBEARABLE SADNESS

Amos Director CHRIS ROSE writes about the 'privilege' of being able to visit our friends in Gaza and why supporting our partner NECC is as important now as it ever was.

WORDS Chris Rose PHOTOGRAPHY Nick Welsh



LEFT  
NECC runs a wide-range of programmes with families, children and young people. Here a group of young women are learning secretarial skills even though most of them have good degrees and are hugely over-qualified.

As the situation is so difficult (over 60% of young people and 70% of women, are unemployed), NECC now provides micro-loans, mentoring and a variety of pathways into employment.

**"In Gaza we live a tragedy, desperately trying to survive. We try to live, grow up, work and travel, but we are in a prison. But we do not give up."**

FADI

As the title rolled at the start of the film 'GAZA' at Amos Day in London a few weeks ago, I could feel an unbearable sadness welling up in me. It's a sadness so acute that I could barely watch the film. It's a sadness that I feel every time I plan to visit Gaza. I felt it when I started writing this article — checking the numbers killed and the latest restrictions imposed on 2 million people trying to survive in this 25-mile long strip of land.

But my sadness is only the faintest shadow of the pain and anxiety that every day constricts my friend Ahmed's chest and seems to get tighter and tighter as the situation worsens. It is a feeling that I imagine each refugee feels, the massive loss and longing for home and family and the daily need for, and yet dread, of news from home.

We see the spaces of hope disappearing before our eyes and I feel powerless. I mutter the words of Shelley: 'Ye are many, they are few', but I am no longer sure the equation works. The numbers of casualties from the Great March of Return protests on the Gaza border, are unbelievable. Over 200 killed, (50 of these are children), over 40,000 injured and by the time you read this, 10,000 people will have been shot with live ammunition — the vast majority shot in their legs.

The numbers of amputees and permanent disabilities do not bear thinking of in a country where the health sector is on its knees and there are empty shelves where life-saving drugs should be. 10,000, predominantly young people, so many of whom now live with a life-changing injury, carry on protesting because they see no other option open to them.

Jane, one of our Trustees, Luma her daughter, and Nick from our team recently visited Gaza. They each

described the visit as a privilege. Not just the privilege of travel (which travel undoubtedly is), or the privilege of being able to get in (we are very fortunate to get infrequent visas), but the privilege of meeting our partners and friends in Gaza. The privilege of gaining an insight into their lives and how they get up each morning in order to give hope to the young people that they work with.

Over the next months you will meet a number of these people through our Ahlan Gaza campaign. You will meet young people that Luma sat and laughed with, women Jane chatted with on the beach and a whole load of other people striving to live a normal life in Gaza. You will also meet members of the NECC team.

NECC runs a wide-range of programmes with families, children and young people. We seek to raise support for their work with young people, as we believe it is so important and is such a source of hope. They have been running training courses in key work skills for many years, all of which are over-subscribed. They adapt and change them to fit with labour market needs, working with local businesses to gain a real understanding of where the gaps are and what will be the future needs. As the situation is so difficult (over 60% of young people and 70% of women, are unemployed), they now provide micro-loans, mentoring and a variety of pathways into employment. This means that the vast majority of graduates from the NECC programmes are able to gain employment upon graduation even though work is often precarious.

At the end of last year, they opened a new course in fitting and maintaining solar panning to supplement their courses in electric engineering, refrigeration, metal work and carpentry. The wood work and metal work courses are specifically for 14 - 17 year olds who were unable to complete school. This year they have launched a new course for young women in Graphic Design to compliment their existing secretarial and dress making courses.

On my first visit in 2011 I was highly impressed

by how they had responded to the impact of the 2008/2009 attack from Israel — Operation Cast Lead, that had decimated Gaza and led to so much loss of life. All the students on the course received psychosocial support to assist with the trauma they had been through. At the time the assumption was that this support would soon end.

Eight years later it has become an essential component of all their training courses. Young people have experienced so much trauma: three major conflicts, the Israeli response to the Great March of Return, on-going bombing raids, the shelling of fishing boats and the ever-present fear that another war is just around the corner. Children have grown up only knowing the blockade. Its impact on their families (stress, debt and increasing poverty levels), together with the difficulties of gaining work, the impossibility of being able to leave, all compound the reality that without work or a home they will not be able to get married or raise a family. It is not surprising that so many young people see no hope in their future.

Yet meeting the young people in the NECC courses is consistently one of the highpoints of each visit. Their lust for life, their grounded realistic and determined courage to face the future is such a testimony to the quality of work carried out with these 400 young people and the NECC team as a whole.

Jane concluded her Trustee report: 'NECC is struggling to operate due to a shortfall in funding and the increasing demand on its services. The removal of USAID from Gaza and the way that international interest has turned elsewhere is a huge problem. However, despite these seemingly insurmountable issues, NECC continues to not only deliver its valuable work in Gaza but also develop new ways to bring hope to young people.'

To find out more about our Ahlan Gaza project, please visit [amostrust.org/ahlan-gaza](http://amostrust.org/ahlan-gaza)

# CHANGE HAPPENS AT THE SPEED OF TRUST

KARIN JOSEPH shares a story from Umthombo's girls' outreach team in Durban.

WORDS Karin Joseph PHOTOGRAPHY Sloane Goldstone & Debby Besford

BELOW

**BUILDING RELATIONSHIPS:** Activities like stitching in new hair weaves for each other at drop in sessions give young women the opportunity to enjoy time together, to open up and build relationships with the Umthombo team.



LEFT  
**ON HER TERMS** — Hloniphile, Umthombo's lead girls' outreach worker took part in Amos' ON HER TERMS conference in Devon in October 2018.

“Sibongile has big dreams about her life... although she realises some of the opportunities which have passed her by, she has confidence and is self-driven to try all over again.” HLOIPHILE, LEAD GIRLS' OUTREACH WORKER — UMTHOMBO, SOUTH AFRICA

SIBONGILE IS 21. Umthombo's outreach team first met her in 2017 on the streets of Durban, where she had been living for five years.

Sibongile grew up with her grandmother north of Durban. When she was 14 years old this living situation fell apart after her grandmother was arrested and sentenced for murder whilst trying to protect Sibongile from a sexual assault after an intruder broke into their home. After her grandmother's imprisonment, Sibongile was moved to a 'place of safety' — an institutional centre for girls but ran away after a few months finding it too difficult to adjust to life there. She then found her way onto the streets and like so many others, still a child herself, she became a mother.

When Umthombo's outreach team met Sibongile it took time for her to begin to trust them. She saw the team coming to the streets week by week to stay in touch and offer friendship. It took more than a year before she began to engage with the team and became a regular part of the activities. She accepted one-to-one support where she was able to open up and share some of the trauma she had experienced. Little by little, the Umthombo team began to witness a change in Sibongile. Her outlook on life became more positive and she started to express a real desire to continue with her education and pick up her high school qualifications again.

In December 2018, Sibongile's grandmother was released from prison on parole after serving seven years of her sentence. Four months on from this, in March 2019, Sibongile, supported by Umthombo, was able to move away from the streets. Over that time she'd managed to secure a casual job for herself, which meant she could build a shack in her home area providing shelter for her and her two children. She also managed to save up enough money to extend her shack to accommodate her grandmother.

What's especially profound about the work of

Umthombo is not only the patience and time invested in the young people and that ability to journey with them through all the changing circumstances of their lives but also the sense of family that comes along with that. When Sibongile left the streets in March 2019, two boys in Umthombo's post -16's boys' programme helped her to pack and move her belongings from the abandoned building where she was living and helped her to build her shack. Umthombo staff were touched by the solidarity they witnessed in these moments.

Yet, as with any of our lives, the unexpected can be just around the corner. In April this year, Durban was hit by unprecedented flooding from storms linked to Cyclone Idai which devastated Mozambique and Zimbabwe further north. Sibongile's newly-built shack was among the homes ruined by these floods, and she had to move back to the abandoned building she had been living in on the streets.

Umthombo was there to help her to secure some emergency assistance through the Durban City Municipality, but it was a slow process. Sibongile, already having come so far was determined to surpass all of these challenges. She secured herself another shelter in a nearby informal settlement, moving in July. This was only possible because she had been putting away savings from her casual job. Umthombo managed to provide some basic house furniture, but their real joy was to see Sibongile able to move forward with her own savings when the adversity hit.

Sibongile is currently waiting for her birth certificate, which will allow her to secure identity documents and then apply for social grants for her children.

Her longer term plan, which she has developed with Umthombo, is to apply for government-subsidised housing for herself and her young family once the documents she needs are secured.

Umthombo has managed to help create a foundation with Sibongile, upon which she can build a future. Whilst no-one knows what lies ahead, the team will stay in contact with her and continue to support her on this journey.

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From the first time of meeting Sibongile on the streets, Umthombo's workers were a patient presence in her life. As the relationship of trust slowly built between them, the team learnt things about Sibongile which enabled them to help her move forward with what she wanted to achieve.

Hloniphile, Umthombo's lead girls' outreach worker reflected that “Sibongile has big dreams about her life... although she realises some of the opportunities which have passed her by, she has confidence and is self-driven to try all over again. Her engagement in the girls' programme has encouraged her to take responsibility for herself and her two kids. Since being able to secure a home again, she's been very excited and expressed that she was tired of life in the streets... we are so proud of Sibongile continuing to make means upon her life.”

To read more about the amazing work of Umthombo, please visit [amostrust.org/umthombo](http://amostrust.org/umthombo)



**ABOVE**  
LESLEY PERKINS from The SEED Project joined us at ONCE IN A LIFETIME — an organisation which aims to help facilitate local resilience to ecological and economic changes. She spoke about how climate change has a massive impact on health inequalities globally.

# ONCE IN A LIFETIME

JOANNA BEGA, CEO of Child Rescue Nepal reports on Amos Trust and A Rocha UK's first ever Climate Justice Summit in Cambridge in September.

WORDS Joanna Bega PHOTOGRAPHY Mark Kensett



**FAITH AND SPIRITUALITY**  
Dr. Jonathan Chaplin, independent researcher, writer on political theology and member of the Divinity Faculty of the University of Cambridge explained how faith and spirituality can be the wellsprings of hope that we need to keep going.

“It is easy to get overwhelmed by the forces of the vested interests in the fossil fuel economy and cowardice in our political institutions. The inner forces of weariness and doubt can plunge our spirits into hopelessness.”

**DR JONATHAN CHAPLIN, FACULTY OF DIVINITY,  
CAMBRIDGE UNIVERSITY**

Yesterday I phoned CROYDON COUNCIL and asked if they'd declared a climate emergency. “I'm sorry,” said the frontline receptionist, “I'm not sure who you would need to speak to about that.”

Whether Croydon Council declares a climate emergency or not \*, the facts are indisputable. In October 2018, the UN Secretary warned us that humanity and life on Earth now face a 'direct existential threat.' We were told that the world must act swiftly and robustly to keep global warming under 1.5C and try to avoid utterly catastrophic impacts to life on Earth. Furthermore, the UN Intergovernmental Panel on Climate Change (IPCC) reported that we only had 12 years left to prevent irreversible damage from the impact of climate change.

In response to this growing urgency, on 23-24 September, Amos Trust, in partnership with A Rocha UK, held its first ever Climate Justice summit in Cambridge — bringing together over 100 scientists, activists, artists and faith groups, it was a chance to see what others were doing and share strategies for hope and resilience in what can sometimes seem like a never-ending struggle.

Vital to the summit were voices from the global south — reports from those for whom the effects of climate change are already all too obvious. Dámaris E. Albuquerque from Amos partner CEPAD in Nicaragua shared how water shortages where she lives now mean that water is only available every 48 hours — “so people are learning to be resourceful,” she says. But Dámaris says she is lucky: “I know others who can only get water once a week.” Nicaragua is the second poorest country in the Western Hemisphere, marred by political instability, and, according to the 2017 Global Climate Risk Index, it is the fourth most at risk nation in the world due to changing climates.

Whilst the global north has huge responsibilities as the main contributor of emissions, it must get its own house in order rather than prescribing solutions for those facing the immediate consequences of climate change. Dámaris continues: “We have a saying, which is that only the person who walks in the shoe, knows how the shoe fits. We at CEPAD believe in supporting local communities in Nicaragua to identify and prioritise their own needs.”

Environmental and gender justice writer Susan Buckingham told the conference how women in the global south are bearing the brunt of climate change through 'natural' disasters which exacerbate existing inequalities such as domestic and sexual violence and forced migration. However, women are frequently the ones in local communities who can bring in voices from the edge, unite people and lead quiet but effective movements for change. When asked to name prominent female environmental champions, writer, broadcaster and Christian feminist Elaine Storkey replied: “It's hard to single out particular names because as women, that is not how we operate. We work together as sisters, finding solidarity across faith groups.”

One of the most memorable sessions was when the stage was occupied by a group of young people. Passionate about the future of our planet, they shared their motivations. Sienna Sexton from Just Love Cambridge told us that she got involved, “out of an absolute love for the world and the people in it. It might seem that we are in the darkest place but the mobilisation of young people and the recent climate strikes have given me reason to hope.” Small group discussions revealed that whilst young people want to capitalise on the learning of seasoned campaigners, they didn't trust older people to lead the movement. They themselves wanted to take up the baton and lead on the call for urgent action, as well as taking direct action. As Elaine Storkey said, “The children are not wearied— as we are — by the past.”

On day two, Dr Jonathan Chaplin from the Faculty of Divinity at Cambridge University articulated what many campaigners in the room were feeling when he said, “It is easy to get overwhelmed by the forces of the vested interests in the fossil fuel economy and cowardice in our political institutions. The inner forces of weariness and doubt can plunge our spirits into hopelessness.” He explained how faith and spirituality can be the wellsprings of hope that we need to keep going.

Chris Rose, Amos Trust Director added, “Spirituality sits within a long tradition of social movements. It was vital to not only fuel and maintain advocacy work but also to spark people into action in the anti-apartheid, civil rights & suffrage movements.

Without a personal spirituality, activists become burnt out and may not sustain their involvement.”

If there was one theme that emerged strongly from the conference, it was that we must all work together. No faith group, pressure group or NGO can possibly tackle climate justice on their own. At the same time, it is vital that those most affected have a voice in the debate and development of future strategy — namely the global south, young people and women.

As Jenny Rosenberg, Head of Campaign Activism at Friends of the Earth said, “We need 'movement generosity'. Our best hope of fixing climate change in the time left is to build a huge and diverse group of people-powered action strong enough to force the hands of governments.” The planet is facing its biggest crisis ever and with so much that needs to be done we can feel overwhelmed especially when we feel so responsible.

However, we mustn't confuse being culpable with being responsible. Most of us have not set the investment strategies of pension funds, or decided to maximise the extraction of fossil fuels or been responsible for promoting the misinformation of the climate change deniers. So where does that leave us? Please visit [amostrust.org/climate-actions](http://amostrust.org/climate-actions) to see some of the wide-range of actions you can take.

We have to act and we need to start small and build from there. As we act we must also remind ourselves why we are doing it. We act out of a deep love for creation, in recognition of our interconnectedness and for the sake of our children.

#### FOOTNOTE:

\* As it happens — they did. On 8 July 2019, a 'Climate Emergency' was declared and ambitious targets were set to make Croydon the most sustainable London borough.

To find out more about Amos Trust's Climate Justice work, please visit [amostrust.org/climate-justice](http://amostrust.org/climate-justice) and to watch our short film from the summit, please visit [vimeo.com/amostrust/hope](http://vimeo.com/amostrust/hope)

# CLIMATE JUSTICE REFLECTION



## Climate Emergency: Women and children first

A POEM BY ROBIN MESSAGE

Robin Message is an Amos trustee. He wrote a poem in response to our 'Once In A Lifetime' Climate Justice summit which took place in Cambridge in September. He was responding particularly to the powerful panel discussions on how the climate crisis falls strongly on women and children, but also on how often women and children are the first to respond effectively to the crisis.

To read the poem in full, please visit [amostrust.org/climate-emergency-poem](https://amostrust.org/climate-emergency-poem)

CLIMATE JUSTICE



Join us on our NICARAGUA ADVENTURE in February/March 2020.  
Full details can be found at [amostrust.org/nicaragua-2020](https://amostrust.org/nicaragua-2020)



## 24 FEBRUARY – 8 MARCH NICARAGUA ADVENTURE 2020

WORDS Chris Rose  
PHOTOGRAPHY Clive Horsman

“We are organising this special trip to see the progress that has been made, to understand the difficulties and challenges that CEPAD has overcome and to see what the future holds.”

Nicaragua is one of the most beautiful, yet poorest, countries in the Western Hemisphere experiencing the onslaught of climate change and uncertainty about its future.

For the last five years Amos has been supporting our partner, CEPAD, as they work with seven, small rural villages around the town of Teustepe in the Boaco region of Nicaragua, equipping them to respond to the impact of climate change. This programme comes to a close at the end of 2019.

We are organising this special trip to see the progress that has been made, to understand the difficulties and challenges that CEPAD has overcome and to see what the future holds.

Part of this trip will be assisting us in our evaluation of this work and looking at how we can build support for a new five-year programme in the region.

You will spend time in each of the seven communities and also visit the neighbouring area of San Jose de los Remates to see the ongoing impact of CEPAD's previous work.

You will visit some of the communities that have applied to join the next five year programme to learn about the issues CEPAD faces and their ideas for combating the

destructive cycle of long periods of drought followed by catastrophic floods.

In addition, you will learn more about what the call for climate justice means from a Nicaraguan perspective and how it cannot be separated from the political events in this troubled country.

You will be staying in Teustepe — in a unique hotel that boasts a number of thermal pools and also in Managua, and will spend a mid-trip break on the volcanic Island of Ometepe on Lake Nicaragua.

While on Ometepe you will have the chance to climb the volcanoes, swim in the lake and visit the neighbouring islands.

Finally, you will visit the Avocado School in La Concepción, which Amos has been involved with since its inception, to hear about how the community is working together to make the school prosper.

For more information about this trip, please visit [amostrust.org/nicaragua-2020](https://amostrust.org/nicaragua-2020)



# ONCE IN A LIFETIME

PHOTOGRAPHY Mark Kensett

WHAT GIVES YOU HOPE?  
Participants at the first Once In A Lifetime Climate Justice summit share their hopes for the future — at St Paul's Centre, Cambridge — 23rd & 24th September 2019



**AMOS TRUST SHOPPER BAGS** — perfect for popping to the shops or simply to roll up for when you really need it, these 50z natural cotton Shopper bags are a great alternative to a plastic carrier bag. Buy yours now. And maybe another one for a friend! ONLY £4.99! [amostrust.org/shopper-bags](http://amostrust.org/shopper-bags)

## AMOS MERCHANDISE PERFECT GIFTS FOR CHRISTMAS



PHOTOGRAPHY:  
© Amos Trust/Mark Kensett

**TOP  
'HOPE TASTES LIKE' COTTON APRONS**  
Our new 'Hope Tastes Like' aprons are now available. Made from a thick natural cotton, the aprons are strong, practical, washable and have a handy pocket on the front. Buy yours now but please be quick as we only have a limited number available. [amostrust.org/aprons](http://amostrust.org/aprons)

**BOTTOM LEFT  
'PEACE ON EARTH' CHRISTMAS CARDS**  
Please show your support for Palestine by buying our new Peace On Earth Christmas cards. Proceeds from each pack sold will go towards our Christmas appeal supporting our work in the West Bank and Gaza. [amostrust.org/christmas-cards-2019](http://amostrust.org/christmas-cards-2019)

**BOTTOM RIGHT  
ADVENT CANDLES FROM BETHLEHEM**  
Produced and imported directly from the 'Little Town', these beeswax candles smell lovely and all profits go towards our work in Palestine. Approximately 11 inches tall and 5mm in diameter, the candles burn down in around 25 minutes. [amostrust.org/advent-candles](http://amostrust.org/advent-candles)

For full details of all Amos Trust merchandise and gifts, please visit [amostrust.org/shop](http://amostrust.org/shop)



Writing a charity into your will can be a daunting process. Amos' **KATIE HAGLEY** says it doesn't have to be that way.

CONFESSION TIME — I'm not afraid to ask for money, I'm a fundraiser, it's in my DNA and passionately believing in the work Amos does makes it a whole lot easier. Yet sometimes it feels hard to ask supporters to think about leaving a legacy. It shouldn't. I know leaving a legacy is one of the best ways to support Amos — indeed it is the one thing I was certain of when I sorted out my own will 17 years ago, when I was pregnant. For many, the idea of making a will is not easy to talk or think about and this was the case for Debbie.

She told us, "The idea of leaving a legacy seems to belong to another century or to people far richer than myself. Legacies mean facing mortality — for me, saying 'one day I will die', was hard. For years, I put my head in the sand relying on an out-of-date will that left my children with a guardian in the event of my demise. But last year I bit the bullet, found a solicitor and faced the existential dread.

It wasn't complicated and what was interesting was thinking about leaving money to a charity. I'd been involved with Amos long enough to know that its work matters, and I wanted to acknowledge this. But how much? General funds or a particular project? Would my little amount make any difference? Would the Amos I support now, be an Amos I want to support at my death and does it matter?

I decided to talk with staff at Amos — asking how they see legacy giving and what will work for

## GIVE HOPE, GIVE LIFE LEAVE A LEGACY TO AMOS TRUST

WORDS Katie Hagley  
PHOTOGRAPHY Rebekah McKay-Smith

BELOW:  
NEW GENERATION: "Life is beautiful now. We can lead a normal life and not worry about where we sleep at night. We are safe and go to school everyday." FEZ, aged 16 — Burundi

them, and me. When I looked at what Amos does the decision was clear. I felt a renewed impetus to give what I can NOW, reassess regular giving and to allocate money that whilst I won't know its impact, whom it helps and how, I can know that Amos will carry on being in the places where it's needed and it will be there because of people who give during and after life."

"I decided to talk with staff at Amos — asking how they see legacy giving and what will work for them, and me. When I looked at what Amos does the decision was clear."

Sue, another Amos supporter and committed giver told us: "We saw the work of Amos Trust whilst in Nicaragua and wanted to make sure our commitment would continue whether we were around or not. It was a simple and natural thing to make sure we left enough money in our wills to ensure this happened."

After you've provided for your loved ones, leaving a legacy to Amos Trust in your will allows us to continue to find creative new ways to challenge injustice, build hope and create change.

Please consider leaving Amos Trust a legacy in your will, so that the forgotten may live with hope and experience justice. Contact our community team on 020 7588 2638, email us at [give@amostrust.org](mailto:give@amostrust.org) or visit us online at [amostrust.org/legacy](https://amostrust.org/legacy)



For full details of our May Pilgrimage to Palestine, please visit [amostrust.org/alternative-pilgrimage-2020](https://amostrust.org/alternative-pilgrimage-2020)



Please join us in creating a better future by remembering Amos Trust in your will. Simply visit [amostrust.org/legacy](https://amostrust.org/legacy) for more details.



## 6 - 15 MAY AMOS ALTERNATIVE PILGRIMAGE 2020

WORDS Chris Rose  
PHOTOGRAPHY Mark Kensett

"Amos has the most incredible partners. I met so many people and went to places I could never have gone to on my own on a 'regular' pilgrimage."  
JUDITH, ALTERNATIVE PILGRIMAGE

Our Alternative Pilgrimage to Palestine will be based in Bethlehem and Nazareth with time in Jerusalem, on the shores of Lake Galilee and in the Judean Wilderness.

You will meet local people and enjoy incredible Palestinian hospitality; explore, shop and wander around the streets of Bethlehem and Nazareth and spend time in the Judean desert and on the shores of Lake Galilee. You'll have time to reflect on how the biblical stories feed into the current situation and catch a glimpse of the Lent and Easter stories as you visit the historic sights.

You will also meet Amos' inspirational partners and hear from the young people at the Alrowwad Cultural Centre in Aida Refugee camp and how they are engaging with 'Beautiful, non-violent Resistance.' You will join the women's group at Wi'am Reconciliation Centre and listen to the issues that affect them and enjoy a BBQ on their roof,

in the shadow of the Separation Wall. At Holy Land Trust you will hear from Palestinian and Israeli peacemakers and there will also be the opportunity to visit Banksy's Walled Off Hotel in Bethlehem and one of the homes that Amos Trust has rebuilt.

This trip is full board and includes return flights from London to Tel Aviv. You will spend 1 night in Jerusalem, 4 nights in Bethlehem, followed by 1 night in Nablus and finish with 3 nights in Nazareth.

Prices are based on two people sharing. Single rooms are available upon payment of a supplementary fee. The trip will be led by local guides and a member of Amos Trust's highly experienced team.

For full details, please visit our website at [amostrust.org/alternative-pilgrimage-2020](https://amostrust.org/alternative-pilgrimage-2020)

# HOPE TASTES LIKE... DIJAJ MAHSHI

## Rice, meat and nut-stuffed chicken

WORDS & RECIPES Phoebe Rison and 'Mama'  
PHOTOGRAPHY Mark Kensett

Phoebe Rison and her 'Mama' Nadia are Palestinians from Jerusalem. For more traditional recipes from Phoebe and her family, please visit her website at [theolivetreekitchen.com](http://theolivetreekitchen.com)

I remember all the family coming over on Christmas Eve and gathering around a small fire in the middle of the room, my uncles roasting apples, nuts and eggs on the open flames and my mother, grandmother and aunts telling us kids the story of the nativity and giving us chocolates, mama beams as she recalls the Christmases of her childhood in the old city of Jerusalem in Palestine.

We didn't have presents, just new clothes to wear for church and lots of delicious food; everything you could imagine and at the centre a glorious stuffed chicken filled with meat, spices, rice and nuts.

I listen to these stories of my family and squeeze my eyes shut trying to imagine Christmas in Jerusalem, a dream stolen from me and my family during the Nakba in 1946 and the occupation of 1967. For so long, we hoped that things would get better and we might go back, but that hope is now stale and corrosive in our hearts — more painful than comforting.

The truth is that we are tired of hope. And yet we rely on it to keep us going. As my mother and I stand in my kitchen stuffing our chicken, looking forward to our tasty supper, I ask her how she copes with the disappointment.

"Well, they can't occupy our memories... or our kitchen," giggles Mama. And I suppose that is where we take our hope from.

BELOW:  
DIJAJ MAHSHI — rice, meat and nut-stuffed chicken, lovingly prepared especially for Amos Trust by Phoebe Rison and her 'Mama' — Nadia.

### DIJAJ MAHSHI — RECIPE

#### INGREDIENTS

1 large chicken, 8 shallots, peeled and halved,  
1 white onion, peeled and quartered, 2 red onions,  
peeled and quartered.

#### CHICKEN MARINADE

1 tbsp extra virgin olive oil, 1 tbsp mixed spice,  
1 tbsp paprika, salt and pepper to taste.

#### HASHWE (THE STUFFING)

½ cup of almonds and pine nuts — toasted,  
2 cups cooked basmati rice, 200g minced beef,  
1 tbsp mixed spice, 1 tbsp paprika, ½ tsp cinnamon,  
½ tsp nutmeg, salt and pepper to taste.

#### METHOD

Pat the chicken dry and then in a large bowl add the chicken, olive oil and spices and rub into the chicken leave to sit for 1-3 hours.

Fry the minced beef in olive oil until brown then add the Hashwe spices and stir until well coated. Add the cooked rice and toasted nuts to the beef mixture and combine. Preheat the oven to 190C.

Using your hands or a spoon scoop the rice, meat and nut Hashwe into the chicken and pack it tightly. Use a needle and thread or a tooth pick to stitch the chicken shut.

Place the onions in an oven-proof dish and sit the chicken on top of them. Put the chicken in the middle of the oven for 1 hr 10 minutes until golden brown.

Serve with jewelled rice, fasoolya bandour and minty garlic yoghurt.



Join Amos Trust for our first ever supporter trip to Tanzania.  
Full details can be found at [amostrust.org/tanzania-2020](http://amostrust.org/tanzania-2020)



## 25 JULY - 3 AUGUST TANZANIA ADVENTURE 2020

WORDS Karin Joseph  
PHOTOGRAPHY Tom Merilion

This unique trip will consist of 7 nights in Mwanza where you will join Cheka Sana's team on the streets, visit their day centre and accommodation, and experience their long-term family reintegration work.

Join Amos Trust for our first ever supporter trip to Mwanza, Tanzania, where you'll spend a week with our partners Cheka Sana as they support children and young people living and working on the streets.

This unique trip will consist of 7 nights in Mwanza where you will join Cheka Sana's team on the streets, visit their day centre and accommodation, and experience their long-term family reintegration work.

Cheka Sana will explain their model of work with young people, you'll get to know their staff team, and gain an understanding of the realities and challenges children face on the streets. We will also take a day-trip to experience some of the incredible national parks which sit right on Mwanza's doorstep.

During your stay you will join Cheka Sana's outreach teams on home visits in local communities as part of their family reintegration work and join Cheka Sana's association groups with young women. You will be able to get involved in their self defence training sessions (for females only) and join in with their sports and arts activities.

Our aim for this trip is to support groups of young women, and girls in particular,

whose lives on the streets are extremely challenging. Cheka Sana's vital work helps them unlock their potential, and overcome the barriers they face which can seem overwhelming and immovable. Our visit will include 7 nights full board accommodation in a comfortable tourist hotel in Mwanza, a 1-day National Park visit with a local guide and all local transportation once you arrive in Mwanza. This trip is full board and includes all meals. Prices are based on two people sharing.

July and August are some of the best months of the year for a safari in the Serengeti. It is also the perfect time of year to visit the island of Zanzibar which is only a few hours away, so it's a great opportunity to add time on to your trip and make the most of beautiful Tanzania.

To find out more, please visit [amostrust.org/tanzania-2020](http://amostrust.org/tanzania-2020)



Join Sami Awad from Holy Land Trust this December on our BETHLEHEM CAROL SERVICE TOUR. For full details, please visit [amostrust.org/christmas-2019](https://amostrust.org/christmas-2019)



# AMOS TRUST BETHLEHEM CAROL SERVICE TOUR DECEMBER 2019

JOIN US ACROSS THE COUNTRY DURING ADVENT

This December, AMOS TRUST's Bethlehem Christmas carol service tour starts in **CHELTENHAM** and moves onto **LONDON, CANTERBURY, BRISTOL, WEST YORKSHIRE, MANCHESTER** and **BIRMINGHAM**, before finishing in **LEICESTER**.

We'll be joined by our friend Sami Awad from HOLY LAND TRUST in BETHLEHEM (*above*) plus special guest performers. PLEASE JOIN US.

Proceeds from all the services will go towards Amos Trust's Christmas appeal supporting our work in the West Bank and Gaza. For full details, please visit [amostrust.org/christmas-appeal](https://amostrust.org/christmas-appeal)

For full details of the tour, please visit [amostrust.org/christmas-2019](https://amostrust.org/christmas-2019)

#justiceandhope

## AMOS LISTINGS 2019/20

AMOS TRUST events and trips are open to everyone. Join us as we challenge injustice, build hope and create positive change. Full details can be found on our website at [amostrust.org](https://amostrust.org)



November/December 2019

### WOMEN4WOMEN GAZA FUNDRAISER

[amostrust.org/women-4-women-2019](https://amostrust.org/women-4-women-2019)

We're asking women around the UK to do something they love doing to raise awareness and vital funds for the women of Gaza.



24 February – 8 March 2020

### AMOS NICARAGUA ADVENTURE

[amostrust.org/nicaragua-2020](https://amostrust.org/nicaragua-2020)

One of the most beautiful, yet poorest countries in the world. Join us next year on our Nicaragua Adventure.



20 – 28 March 2020

### AMOS ROAD CLUB TOUR OF PALESTINE

[amostrust.org/tour-of-palestine-2020](https://amostrust.org/tour-of-palestine-2020)

Solidarity begins on a bike. Freedom of movement is a right that Palestinians are denied. Join us on our Tour of Palestine.



23 – 28 March 2020

### PALESTINE FULL AND HALF MARATHON

[amostrust.org/palestine-marathon-2020](https://amostrust.org/palestine-marathon-2020)

Join Team Amos and run the eighth annual Palestine Marathon in Bethlehem in the shadow of the Wall.



25 March – 3 April 2020

### EASTER PALESTINE EXPERIENCE

[amostrust.org/easter-experience-2020](https://amostrust.org/easter-experience-2020)

Our Easter Palestine Experience will be based in Bethlehem and Nazareth with time in Jerusalem, Hebron, Nablus and Galilee.



6 – 15 May 2020

### PALESTINE ALTERNATIVE PILGRIMAGE

[amostrust.org/alternative-pilgrimage-2020](https://amostrust.org/alternative-pilgrimage-2020)

Visit some of the historic Holy sights including the amazing Greek Orthodox Church of the Twelve Apostles in Capernaum by the Sea of Galilee.



25 July – 3 August 2020

### AMOS TANZANIA ADVENTURE

[amostrust.org/tanzania-2020](https://amostrust.org/tanzania-2020)

Join Amos Trust for our first ever supporter trip to Tanzania on the shores of Lake Victoria where you'll spend a week with our partner Cheka Sana.



7 – 16 October 2020

### A TASTE OF PALESTINE CULINARY TOUR

[amostrust.org/taste-of-palestine-2020](https://amostrust.org/taste-of-palestine-2020)

An amazing 10-day trip with our friends at Zaytoun based in the kitchens, restaurants, and markets of Jerusalem, Bethlehem, Sebastia, and Nazareth.



Please support the Peace Builders of Palestine this Christmas. To make your donation, please visit [amostrust.org/christmas-appeal](https://amostrust.org/christmas-appeal)



## IN THE BLEAK MIDWINTER

Amos Trust Home Rebuild Lead NIVE HALL writes about why we continue to support the peace builders of Palestine each Christmas.

WORDS Nive Hall  
PHOTOGRAPHY Peter Woodall

Once you've had the privilege of visiting PALESTINE, Christmas is never the same. Once the places in the carols are real and the people of the Holy Land are made of flesh and blood and are counted among your dearest friends, everything is different. This is why we ask you to support our work in Palestine each Christmas.

It is indeed a Bleak Midwinter in the struggle for equality, justice and peace for Palestine. Chris's heartfelt article on page 4 — reflecting on the situation in Gaza and the incredible work of our partner NECC in the face of the relentless siege and the staggering indifference of the rest of the world is a clarion call for us to offer our support. NECC's programmes offer a glimmer of light to the young people of Gaza and we are proud to offer our partnership and solidarity to them.

Likewise, it is an honour to have partnered with HOLY LAND TRUST rebuilding five demolished homes in the West Bank. The policy of home demolitions along with the pernicious systems surrounding it affect many of the most vulnerable Palestinians and place almost insurmountable barriers to 'normal' family life and the hopes and dreams to which we all aspire. We can only rebuild a few homes, but each one is a beacon of hope and tangible solidarity.

In the big picture, these are small things. It often feels like the struggle is hopeless. We sometimes need to look back to keep our hope in sight. Thomas Paine, the great 18th century activist and human rights advocate wrote, "Though at times the flame of liberty will cease to shine, the ember will never expire."

**ABOVE:**  
HOME, SWEET HOME:  
Amos Trust volunteers from the UK rebuilding a demolished Palestinian home with our partner Holy Land Trust — West Bank, April 2019

"Our house was demolished on the 4th September 2018. It was not just a demolition of a house built with stones, but the demolition of the hopes and dreams inside every stone. Light was far away from us but now it has come close and we hope to return to our previous life or an even more beautiful life — Inshallah."

LULU — OWNER OF A DEMOLISHED PALESTINIAN HOME THAT HAS NOW BEEN REBUILT BY AMOS TRUST AND HOLY LAND TRUST

Please support the Peace Builders of Palestine this Christmas. To make your donation, please visit [amostrust.org/christmas-appeal](https://amostrust.org/christmas-appeal)

## PLEASE SUPPORT THE PEACE BUILDERS OF PALESTINE THIS CHRISTMAS

"If you want to be a peace builder, a peace constructor, get up and do something, don't be a peace contemplator, a peace talker."

ELIAS CHACOUR

This Christmas we want to give practical support to those working for peace in Gaza and the West Bank. We want to invest in the young people of Gaza by funding courses in graphic design and metalwork and by supporting their mental wellbeing. We want to back those who put themselves on the line to rebuild family homes demolished on the West Bank.

- **£36** will pay for 120 concrete blocks — each rebuilt home needs 4,600
- **£85** will pay for the materials for a metalwork course for a teenager in Gaza who was unable to complete school
- **£120** will pay for a water tank for a rebuilt home as water supplies are often cut off
- **£140** will pay for vital mental wellbeing support for a young person in Gaza
- **£460** will pay for one local builder to lead on a home rebuild
- **£1,140** will fully fund a graphic design course to create fresh opportunities for young women in Gaza.

Please donate now — simply visit [AMOSTRUST.ORG/CHRISTMAS-APPEAL](https://amostrust.org/christmas-appeal) today or use the form to the right.

THANK YOU

## PLEASE HELP WE NEED YOUR SUPPORT

I WOULD LIKE TO SUPPORT THE WORK OF AMOS TRUST

- I/We enclose a one-off contribution of £  
 I/We would like to give regularly to Amos Trust and have completed the Standing Order form

PLEASE USE THESE FUNDS FOR

- Christmas Appeal 2019  Amos Trust General Funds  Street Justice  
 Palestine Justice  Climate Justice  I/We would like a receipt  
 I/We would like to receive WORDS OF HOPE E-NEWS

ABOUT YOU

TITLE \_\_\_\_\_ NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
\_\_\_\_\_  
POSTCODE \_\_\_\_\_  
TELEPHONE \_\_\_\_\_  
EMAIL \_\_\_\_\_

STANDING ORDER FORM

TO THE BANK MANAGER \_\_\_\_\_ YOUR BANK \_\_\_\_\_  
POSTCODE \_\_\_\_\_  
Please debit my/our account  
ACCOUNT NO. \_\_\_\_\_ SORT CODE \_\_\_\_\_  
WITH THE SUM OF £ \_\_\_\_\_ EACH MONTH / QUARTER / YEAR (delete as applicable)  
STARTING ON DD / MM / YYYY \_\_\_\_\_

And pay this sum to Amos Trust

ACCOUNT NO. 10939419 SORT CODE 16-20-30 BANK RBS, 10 NORTH ST, GUILDFORD, GU1 4AF

SIGNATURE \_\_\_\_\_ DATE DD / MM / YYYY \_\_\_\_\_

PAYMENT METHODS

**CHEQUES** (payable to Amos Trust). We also accept charity vouchers.  
**CREDIT / DEBIT CARD** To donate by card, please visit [amostrust.org/give](https://amostrust.org/give)  
**STANDING ORDER** To give a regular gift, please complete the standing order form above or visit [amostrust.org/water-for-life](https://amostrust.org/water-for-life) — or if you would prefer to talk to us about making a donation, please call the office on 020 7588 2638 during normal office hours.

GIFT AID DECLARATION — DONATIONS TO AMOS TRUST

Please GIFT AID this donation and any I make in the future or have made in the past 4 years  
I confirm I am a UK taxpayer and understand that if I pay less Income tax and/or Capital Gains Tax then the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

SIGNATURE \_\_\_\_\_ DATE DD / MM / YYYY \_\_\_\_\_

**PLEASE NOTIFY AMOS TRUST IF YOU:**  
Want to cancel this declaration, change your name or home address; no longer pay sufficient tax on your income and/or capital gains. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

PLEASE RETURN COMPLETED FORM AND DONATION TO:

Amos Trust, St Clement's, 1 St Clement's Court LONDON EC4N 7HB, United Kingdom  
Registered charity no. 1164234  
TELEPHONE: +44 (0) 20 7588 2638  
EMAIL: [office@amostrust.org](mailto:office@amostrust.org)  
WEBSITE: [amostrust.org](https://amostrust.org)



# PLEASE SUPPORT THE PEACE BUILDERS OF PALESTINE THIS CHRISTMAS



Please donate now — simply visit  
[AMOSTRUST.ORG/CHRISTMAS-APPEAL](https://AMOSTRUST.ORG/CHRISTMAS-APPEAL)

THANK YOU

