



*We thank You, Mary, for granting us  
what we ask of You, with faith and trust,  
for You can do what You want, and You love us.  
Teach us to continue to trust You,  
to take on our share of work and responsibility,  
to let You do Your part,  
the part of the Mistress of the House*

*Yvonne CHAMI, Founder*



## Dear friends,

Since 2019, Lebanon has been experiencing an unprecedented economic and social crisis. Added to this crisis is the Israeli-Palestinian conflict, which is jeopardizing Lebanon's security. This war, which is spreading to the southern border, raises fears of an extension of the conflict in a country already affected by a deep political and financial crisis.



*"Do not be afraid, for I am with you. Do not worry, for I am your God. I will strengthen you, I will help you, I will uphold you with my right hand, the hand of justice." Isaiah 41:10.*

Trusting God means refusing to give in to fear. It means turning to Him in the darkest hour and trusting Him.

We are currently living in a context of uncertainty and tension that is being felt day by day. Many embassies have already called on their citizens to leave the country; companies have suspended their relations with Lebanon... a hard blow for the Lebanese!

The questions now are: "What next? Until when? How do we continue?"

Humanly speaking, we certainly can't go on... But! The glimmer of hope remains and continues to shine within us, for it emanates from the strength of the Holy Spirit who dwells within us.

At Anta Akhi, we learned to always put our trust in God. We learned that, with Him, we can no longer be frightened or destabilized by the serious circumstances that surround us.

Dear friends, let us unite our forces in prayer for the whole world, for the children and families massacred. Let us pray together for peace, for justice, and above all to rediscover the love that comes from the source of love, from the heart of our Savior, Jesus Christ.

**Roula Najm**  
**President General Director**

# Rituals

In our Home of Tenderness, we witness extraordinary journeys, unshakeable determination and inexhaustible faith that illuminate even the darkest days.

In this edition of our newsletter, we would like to share with you acts of perseverance and inspiration that remind us that faith transcends circumstances, and that the Lord's Love is a source of immeasurable strength and joy, whatever the obstacles that stand in our way.

Our young adults with disabilities continue to live joyfully, following the daily ritual of educational workshops, training courses, therapies and outings.

At Anta Akhi, our mission cannot be accomplished without the spiritual and existential accompaniment, not only of our young people with disabilities, but also of the able-bodied (Anta Akhi's team, volunteers and seminarians).

Raising public awareness of the world of disability is also part of Anta Akhi's mission. Meetings with schoolchildren, university students and other parish groups and movements take place either on Anta Akhi's premises, or in schools or universities.

The fruits of accompaniment and awareness-raising are manifold: the evident growth of God's children throughout their life journey, the touching testimonials that demonstrate the joy felt by those sensitized, as well as the living-together between people, different but complementary, in the joy and Love of God.



This ritual is, of course, tinged with occasional events that take place once a year.

As every year, and during Marian month, Anta Akhi organizes the monthly **spiritual day** for the whole team in a location outside the Anta Akhi premises. On May 29, 2023, the team gathered at the foot of the statue of Our Lady in Harissa, on the premises of **Beit Anya**. It was a day of grace and meditation under the theme of "Freedom, lived by the Virgin Mary".



On **Father's Day**, June 21, all Anta Akhi's dads gathered for a Father's Day mass, and celebrated joyfully over a delicious cake baked by our dear Maha! Happy Father's Day!

As for **summer activities**, our young adults lived them to the full, between the premises of Anta Akhi and the "Foyer Champagnat", a monastery in Faraya, in the fresh mountain air, from July to the end of August 2023. Their days were dotted with a variety of workshops: world cuisine, handicrafts, musical evenings, campfires, outings for personal development, etc...





Our year of "work" at Anta Akhi begins with the celebration, on **September 8**, of our **association's feast day**, which this year blows out its 31 candles. To Anta Akhi, best wishes for longevity in its mission to young people and to secular and ecclesial society!

A 4th ritual that has not taken place since the economic crisis of 2019 is the visit of Roula and Maya to the various organizations and foundations that support Anta Akhi in its mission. This year in fact, in September 2023, they both visited the friends, sponsors, volunteers, foundations... in France and Switzerland, who have greatly contributed to Anta Akhi's perseverance in its mission, in the face of all the obstacles that threatened it. The trip was a moving moment of reunion, but also an opportunity to get to know new people, or people with whom our contact was strictly virtual.



As every year, **Anta Akhi honors team members** who have been part of the Anta Akhi family for 5, 10, 15, 20 or 25 years. Thank you all for your unflinching loyalty to our association over all these years!



## Self-financing activities

With the current situation and the difficulties that plague people's lives, self-financing activities at Anta Akhi are - alas! - in fits and starts. However, we have had the grace over the last few months to carry out a few of them, thanks to the loyalty of those who support our mission.

Thanks to its unrivalled dedication, the Ladies' Committee organized a successful **cinema event** for the second time this year. For the occasion, the film "About My Father" was screened at ABC Achrafieh on May 24, 2023. Many thanks, ladies!



The Comité des 25, for its part, was fully committed to organizing a day out in the great outdoors: **a hike in the Ehmej Cedar Reserve** brought together families, young people and colleagues from the same company, in an enchanting setting, on June 25, 2023. Many thanks!

The self-financing unit also organized **a brunch** over 2 consecutive days in July 2023, offering those present a warm atmosphere and dishes lovingly prepared by our team. Thank you to everyone who supported Anta Akhi on this occasion!



The “Noyau” of Lebanese volunteers, created on April 30 2023 by Layal, head of the Human Environment unit, offered their valuable contribution to Anta Akhi. The members of this “noyau” organized a **"Sunset Drink"** at "The Broad", Jbeil, on Thursday July 20, 2023: the atmosphere was extremely pleasant, facing a magnificent sunset and a superb panoramic view of the Jbeil sea. A big THANK YOU to all the volunteers!



# Our volunteers and their testimonials

As part of its mission, Anta Akhi regularly welcomes French volunteers. Some come for a short stay, others for longer. And still others return to visit us, demonstrating the attachment and joy they experienced at our "Foyer de Tendresse", and which they still maintain towards our young adults.

Our volunteers bring added value to all the work units in which they are involved: in accompanying our young people, in nursing, in physiotherapy, in communication and projects...

In May 2023, we were delighted to welcome **Pierre-Emmanuel de Barmon** for a one-month stay. **Juliette Gros** returned for her second stay of several months at Anta Akhi, before returning to France. Both contributed to the life support unit (« *unité d'accompagnement* »).



*Juliette and Pierre-Emmanuel with Aida*



In June 2023, **Aurore Boisse** returned to Anta Akhi for two weeks, to relive the joy of the Home she had missed so much.

*Aurore, with Carole*

In July, we also welcomed, for the first time, **Domitille Johanet**, who gave a valuable helping hand in the Communications and Projects unit. She left AA in August, to resume her professional career in France.



*Domitille with Marianne*



Among the volunteers who stayed longer was **Cécile Albier**, who ended her stay after 1 year, leaving a huge gap: we miss her smile, her jokes and her sense of humor.

*Cécile, with Samo*

**Guillaume Reverdy**, who had arrived at Anta Akhi in May 2023, also returned to France at the end of the summer, after such a memorable stay, both for him and for Anta Akhi.



*Guillaume with Samo*



*Lucie and Ambre, with Rita Khachan,  
the youngest of our young adults*

At present, we are delighted to still have **Ambre Coulet** (who joined AA on 07/09/2022) and **Lucie Rosmorduc** (who joined AA on 10/02/2023) in the medical unit.

We leave you with excerpts from the precious **testimonies** given by two of these volunteers, whose presence at Anta Akhi is an asset on all levels.

**Cécile** : « [...] As soon as I arrived at Anta Akhi, my whole perception changed. From my very first day I felt a wave of love overflowing from this house and its young people. [...] I've made some incredible encounters that have changed my life and will shape my future. Anta Akhi transformed me. I was afraid I wouldn't be able to handle the amount of love I was given there. It was through these healthy, simple and caring relationships that I came to understand so much about myself. You can't leave Anta Akhi the same person you were when you arrived. [...]

*Ana 7ebkoun ktir! Thank you all for your love, your joy, your courage. I discovered a real family for me in Lebanon. You are my family and I love you very, very, very much! You are a source of inspiration in my daily life. I'll be back soon.»*



*Cécile Albier with Carole*

**Guillaume** : « [...] There's no age and no training for love. As soon as I arrived, I was struck by the warmth and friendliness of this place. [...] This relationship of trust is at the root of the friendships I've made with the young people. Yes, it's not an easy task, and I've had a few moments of doubt about my abilities. But it's not an easy task, because it's a beautiful and delicate one. I've learned to trust myself more, to listen and to understand. I was struck by the richness of the activities on offer at Anta Akhi, by the willingness to create out-of-the-ordinary moments, by the outings and games during the camp. A single watchword: if you want it, you can; or rather: anything is possible for those who believe. [...] I learned to appreciate very simple and unique moments. Holding hands with Kiko and seeing time stop for a few moments; listening to Samo and finally understanding her stories. Exchanging smiles with Marcelle or laughing with Elie Sfeir, achieving success with Elie Houry. I don't want to forget Aïda's benevolence, the light that comes from Marianne's laughter or Mansour's contagious good humor. I want to remember my exchanges with Tony or the privileged moments with Pierre. I thought I was giving, but I received a lot: kindness, love and good humor. You've changed many people, you've shaken me up in my life and you'll leave your mark on many lives to come. [...]



*Guillaume Reverdy, during  
summer activities - Summer  
2023*



# Portrait of our youngest adult Rita KHACHAN

A welcoming smile, an observant gaze, contagious strength and a love for life, these are the traits that distinguish Rita, our youngest adult with a disability at Anta Akhi.

Arriving at our Foyer de Tendresse in February 2023, Rita discovered an environment new to her, where she would begin a new chapter in her life...

**Question** : What was your first impression when you arrived at Anta Akhi?

**Answer** : I still vividly remember my first Monday at Anta Akhi. Coming from a house where I lived with my father, I arrived in this "community" home that was different to me. At first, I couldn't understand a word the others were saying. But this situation didn't last at all, because it wasn't long before I became attached to them, as if each of them were part of my own family. They all became "My Family"!

**Q** : What is your academic background?

**A** : After finishing high school, I applied to the Faculty of Psychology at the Lebanese University, but I didn't always attend classes because my illness was beginning to show its symptoms. After that, I enrolled at the Al-Kafaàt Institute (Technical Institute) to specialize in Graphic Design, and I was already in a wheelchair.

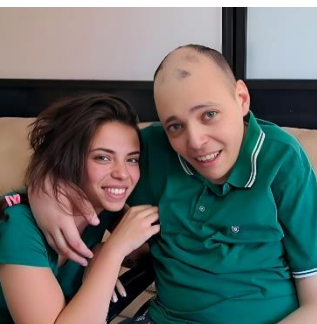


**Q** : How do you feel about your new life with other people?

**A** : I'm a flexible person and can adapt to any situation. As a result, I manage to get on well with everyone.

**Q** : How do you live your spiritual life?

**A** : I consider myself a person who loves to read. Among the various themes I read, existential questions attracted me a lot. At Anta Akhi, through the existential training I receive with the other young people, I'm developing and putting into practice everything I've read before; I feel that I'm giving a well-defined form to the base I had accumulated before.



*Rita and Mansour*

Nor can I forget the catechesis we receive at Anta Akhi, which clarifies my ideas and helps me to put them into words.

**Q** : Who do you get on best with among the youngsters?

**A** : I get on with Mansour: his eyes radiate innocence and purity!

**Q** : What's the best activity or workshop during the days at Anta Akhi?

**A** : I enjoy catechism classes with Elio, because they help me to spot the signs of God in my life, and to live my faith to the full.

## **Q : What are your dreams? Your fears?**

**A :** Before coming to Anta Akhi, I was always afraid of what would happen to me with my illness. But now, after living here for months, I realize that I've acquired a lot of courage; now I'm able to dare, I no longer hesitate and I take advantage of every moment to remain joyful...



### *Call*

*Dear friends,*

*Today we are once again appealing to your usual generosity. We sometimes have to hospitalize our young adults for surgery or urgent care. No insurance accepts people with the illnesses and disabilities we have at Anta Akhi, and the Lebanese government doesn't pay. In the absence of sufficient funds to cover this care, we know we can count on your support. Our appeal is to set up a medical fund of \$10,000, to be used for the hospitalization of our youngsters.*

*Hand in hand, we can overcome any challenge. THANK YOU!*

#### **For your donations in Lebanon or elsewhere**

Online Payment : [www.antaakhi.org](http://www.antaakhi.org)

Emirates Lebanon Bank SAL – Ashrafieh, Beirut

Code Swift : N°ELBKLBBXXX

IBAN \$ in Lebanon : LB46 0092 0000 0000 2331 1772 4200

IBAN \$ : LB84 0092 0000 0000 2301 1772 4200

IBAN € : LB67 0092 0000 0000 4331 1772 4200

IBAN LBP : LB84 0092 0000 0000 1331 1772 4200

#### **For your donations in France**

**Bank details (without tax receipt) :**

BANK AUDI SARADAR FRANCE – Bank code: 18089

BIC: AUDIFRPPXXX – Euro account number : 115 17897 451 1

IBAN: FR76 1808 9000 0111 5178 9745 121

**For a tax receipt through Anta Akhi France on the platform :** [Hello Asso](#)

**NB:** For all friends and donors in France who used to make donations through the Crédit du Nord bank, please note that this address no longer exists. The new bank details are as follows:

**Titulaire :**  
**ASS. ANTA AKHI FRANCE**

**Domiciliation :**  
**SG PARIS TERNES BIS (02844)**  
**45 AV DES TERNES**  
**75017 PARIS**

**Références bancaires :**  
**Code Banque : 30003**  
**Code Guichet : 02844**  
**Numéro de compte : 00050008272**  
**Clé RIB : 09**

**IBAN : FR76 3000 3028 4400 0500 0827 209**

**BIC - Adresse SWIFT : SOGEFRPP**