Letter from the President

JOY TO THE WORLD THE LORD HAS COME

Christmas is not a Time nor a Season, but a state of mind, to cherish peace and goodwill, to be plenteous in mercy, to have the real spirit of Christmas.

وجدها أيضاً في القرآن الكريم "ولد الهمد يوم مولد عيسى"

This is the real meaning of Christmas, and above all it means the Birth of Our Lord Jesus Christ. Let us think about it this way and not in the commercial way it has become like Christmas Tree, Father Christmas, Turkey Dinner, Presents, etc. and using the words Happy Holidays, Season’s Greetings, Merry Xmas which is crossing Christ out of the word Christmas.

In this manner, The Women’s League organizes a Christmas Lunch each year, not only to socialize, interact & be merry, but also to help needy people, as the proceeds of such events are donated to a needy disabled student at AUB.

He who has not Christmas in his heart will never find it under a tree, as "Roy L. Smith" once said.

So let us be happy and rejoice, and say “Joy to the World the Lord Has Come” and I wish you all a Merry Christmas and a Happy New Year.

Lamia Kawar
Trip of the Month
To Al- Mouassat Society in Sidon, Maghdoushe and Naqoura
Wednesday November 20, 2013

As with all our trips, a breakfast stopover is a must. Given the choice of eating while standing at Chamseen Bakery or having a leisurely seated breakfast at Pain D’Or, the ladies opted for the latter. Most ladies didn’t mind where they ate as long restrooms were available! Pain D’Or had a lot more to offer than just the plain old mounkousheh. They had a variety of brown breads, croissants, pastries and the ever sinful donuts.

Satisfied with hot drinks and good food, we proceeded to our second stopover in Saida where we visited Al- Moassat (Social Relief & Welfare Association). This NGO serves Saida and the neighboring villages and towns in the fields of education, vocational training, health services and social assistance particularly to orphans and those with special needs.

To help finance their charitable activities, Al-Moassat developed a catering and a sewing department. The catering department provides and delivers Lebanese international food of the highest quality, as well as all the table furnishings. The sewing department provides high quality clothing, all kind of household items at affordable prices. Many ladies from the Women’s helped support their cause by buying their goodies and embroideries.

Our next stop was in Maghdousheh where we visited shrine inside a natural cave known as Salat Al Mantara, where the Virgin Mary was said to have waited while Jesus Christ preached in the neighboring pagan villages. Nearby, a statue of the Virgin Mary stands (very similar to the one in Harissa) as well as a grand basilique that is being built there. The basilique boasts of owning the largest icon in the middle east at the entrance.

Lunch was at a quaint seafood restaurant by the sea in the small town of Klaileh right before Naqoura our final destination. Fish and various appetizers were very well enjoyed by all. Some ladies enjoyed taking strolls by the beach and taking photos there, while others enjoyed having coffee and basking in the afternoon sun. Our visit to Naqoura was just long enough to enjoy the sunset and capture some memorable pictures there.

Written by Randa Theodory
Lecture by Dr. Riad Tabbarah  
On Monday November 11, 2013

Dr. Riad Tabbarah, who was the Lebanese Ambassador to the United States of America (1994-2007) was the speaker for the month of November. The Topic of his lecture was: Lebanon: "The Full Half of the Glass". He mentioned that the Lebanese love to complain and like to compare themselves with the Americans in their “quality of life”. In the U.S. the homicide rate, violent crime rate, the illegal drug use. Aids is the highest in the World., 53% of the marriages in the U.S. end in divorce, while in Lebanon only 17%. He made a comparison between the loneliness of the Americans and the warmth of the social relations in Lebanon. Loneliness is a major cause of suicide, and it is 120 times more in the U.S. than Lebanon. Dr. Tabbarah was trying to say that there are good things about Lebanon and the Lebanese society that we tend to underestimate. He mentioned that illiteracy in Lebanon is almost entirely among the very old population. Among youth 15-24 years, it is almost non-existent, and this is an achievement in Lebanon.

Dr. Tabbarah mentioned that He looks at the full half of the glass, in order to balance the prevailing attitude around us, for only by looking at both parts of the glass can we approach our society nationally and effectively and correcting our weakness.

Lella Zakka Alameddine  
Editor of the Bulletin

Quote of the Day:  Buddha was asked “What have you gained from the meditation? He replied, “Nothing”, However, Buddha said: “Let me tell you what I lost: Anger, Anxiety, Depression, Insecurity, Fear of old Age and Death”

Recipe of the month

Recipe from Mrs. Nabiha Younis

1 ½ cups sugar - 3 eggs - 1 tsp. nutmeg - 1 tsp. clove - 1 cup almonds crushed - 1 cup raisins
1 tsp. cinnamon - 1 cup walnuts crushed - 1 cup dates cut and soaked with baking soda and a little water
Recipe of the month

Recipe from Mrs. Nabihah Younis

1 1/4 cups sugar - 3 eggs - 1 tsp. nutmeg - 1 tsp. clove - 1 cup almonds crushed - 1 cup raisins
1 tsp. cinnamon - 1 cup walnuts crushed - 1 cup dates cut and soaked with baking soda and a little water
1 packet butter - 2 apples cut in small pieces - 1 or 2 big tbsp. molasses - 1 peel of Clementine cut in small pieces and its juice.

Mix the butter and sugar, then add the eggs, then add the rest slowly.

Bake in medium to low oven temp.

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Note: This year, due to the convenience and availability The General Meetings of the Women's League at the Bathish Auditorium at West Hall, will be at 4.00 p.m. and not 3.30 p.m. as before and the program will start at 4.15 p.m., then followed by Tea Table.

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The Christmas Lunch will be held on Monday, December 16, 2013 at LE MAILLON Restaurant, Centre Sofil, Achrafieh. Tickets are available with all Board Members. The Fee is $ 70 or LL 105,000.- You can come with your friends & spouses.

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Please pay your Membership Fees, before the end of 2013, because as of January 2014, the new Directory of the Women's League, names, e-mails and telephone Nos. will be published.

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The First General Meeting of the year 2014 will be held on TUESDAY JANUARY 7, 2014 instead of Monday January 6, 2014 for its being the Armenian Christmas Day and it is an official holiday (AUB is closed).

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H.E. Ambassador of the Czech Republic, H.E. Ambassador of the Slovak Republic and the President of the American University of Beirut invited Women's League to attend a modern jazz (presented by Milan Svoboda Quartet) and a fashion show by the artistic designer Gabriele Giotto, on Monday November 18, 2013 at 8.p.m. at the Assembly Hall, AUB. It was a splendid two-hour show.

Leila Zaccar Alameddine
Editor of the Bulletin