


Disconnected By Miles Connected through Hearts

WITH LOVE



Letters
in
Solidarity

To Medics &
Paramedics in Gaza
Palestine !
Ambassadors for
HUMANITY



Dear Medics/Paramedics in Gaza
Palestine ,

This is a small tribute to you
for the way you have redefined
HUMANITY through your
commitment!

These letters stand as a
testament to the love around
the world that people have for
you.

An Initiative By -

Dr Sabine Rizk & Nusrat Khan

Mail : askrahat101@gmail.com





A letter to mental health professionals in *Gaza, Palestine*

DR SAMAH JABR
CONSULTANT PSYCHIATRIST

Director of Mental Health Unit
Palestinian Ministry of Health

November 2023

Dear Mental Health Professionals in Gaza,

As we witness the impact of the war machine on the besieged territory of Gaza, we try to imagine the terrible psychological toll taken by its immense destruction and its traumatic losses of loved ones. It is only natural, and one suspects deliberate, that this devastation evokes in us a **feeling of helplessness and hopelessness** in applying our skills as mental health professionals.

What we confront is the futility of our tools and our work as professionals in the field of mental health.

- How can one escape bombings through relaxation exercises?
- How can we provide psychological first aid when there is no safe place, water, or food?
- How can we utilise digital means of psychosocial support when there is no internet connection?

But we know that the **savagery of this aggression** has been designed to generate feelings of helplessness and guilt in our hearts, and to **break the will of the Palestinian people**.

We also know that the role of **mental health professionals can be a cornerstone** in **building hope and healing** at every level of society.

This hope is also the ink in which the **determination (Sumoud)** of everyone in **solidarity around the world** is being written.

Your steadfastness, in particular, is the **pillar of our resilience** – as mental health professionals – whether in Palestine or anywhere on earth where the people aspire to freedom.

You are the compass for those who are lost and a beacon in the darkness of despotism.

I am listening to the responses of the injured and the bereaved in Gaza, and I am amazed by the feelings of **national unity and faith** that they invoke to maintain their cohesion and resilience in adversity.

Dear colleagues - build your psychological support on these concepts whenever they are evoked and reiterated. **Use collective therapy and strategies of liberation psychology to enhance resilience and rebuild identity**, thus contributing to the psychological recovery and wellbeing of the community.

Despite the extent of destruction, **we still have the capacity to maintain our mutual respect, interest, and empathy for one another.**



My dear Gazans - colleagues contact me daily from **Al-Quds** [Jerusalem], the West Bank, the interior of the occupied country [Palestine '48], and from outside of Palestine, whether or not they are Arabs. They ask me how to help the people of Gaza - motivated as they are in **solidarity with you** during your terrible ordeal and hoping for your victory.

The only thing preventing us from being directly by your side is the war machine that stands between us. We eagerly await the cessation of aggression to **resume work with Gaza's institutions**, its various organizations, and its humanitarian agencies, providing the necessary support and resources to strengthen the mental health of our people.

Finally, I would like to remind you, my dear colleagues, that **you are not alone.** **All eyes see your faces, all ears listen to your words, and all hearts now beat to the rhythm of Gaza.** You are martyrs and witnesses in this **crucial stage of Palestinian and human history.**

Preserve the stories of people's lives, their dreams, and protect them as much as you can. Preserve the personal history of each of these **individuals**, their **humanity**, and their **great courage** in the face of desecration, as well as the history and rights of Palestinians in the face of tyranny.


We will meet again soon, and we will work together to build better mental health services and help the people to recover and to rise. We are certain that our work as mental health professionals is a fundamental element in the project of national liberation in both of its aspects - **liberating the human being** and **liberating the land.**

With all **my respect**, and in the **hope of a soonest liberation.**

Dr. Samah Jabr



Dear Palestine, Dear Mothers, Fathers, Doctors,
Nurses, journalists, and children, Dear Artists,
Bakers, lawyers, Teachers... Dear Dear Palestinians.
There isn't a moment that goes by when our
hearts don't beat for you. when our eyes don't
see for you, and when our souls don't feel
for you. when you feel anger, we scream. when
you feel loss, we cry. when you feel scared,
we fight. when you feel lost, we hope for
your freedom. for your love, for your families
and for your joys. You are angels on
earth, and in heaven, because this is the
place where you will feel peace, and feel safe.
In the loving life of God, we miss you, love
you, and we thank you for the courage,
and the connection, to all that is godly. Like
our olive trees, our music, our prayers, our seas,
our soil, and our spirit. We will never forget you.
And we will always carry you in our hands, and hearts.



There isn't a moment that goes by where we don't think of you. May the beauty of your Palestinian souls eternally live with the light and love of God. And guide us all through our darkest days. We are forever grateful for your saving grace and forever proud to be Palestinian. My name is Olivia. My mother gave me this name because it is peace we seek, and love for life that remains rooted in our land. Like our ancestors in the past and for the generations to come. Thank you.

Love Olivia....

daughter of Seema Sehwal
from Ramallah and Haifa.





دِيمَا لَانَا سَحْوِيل



How are you?

I don't know you and I will never meet you most probably but please know that you are in my heart.

Words will never express the gratitude we have for you for all the work you are doing. I know there is no time for you to sit down and process all the horror you are experiencing on a daily basis. It pains me to know this. I am giving you a big hug from Dubai..

All my love,

Dalca



فلسطين



To ALL Our Heroes in Gaza Hospitals,
we send Blessings of Love,
Respect, and Prayers for
Your Safety, Freedom,
and Victory.

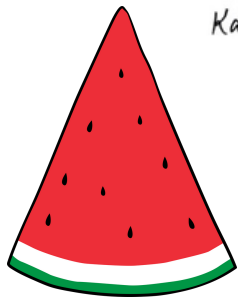
Your Devotion, Humanity
and Courage will be taught
for generations in the
Palestinian History Books.

with heartfelt Dua' slls,

Shadia Kanaan

November 13, 2023

Kalamazoo, Michigan, U.S.A



How are you?

All heroes inside Al Shifa Hospital and all medical staff in 'standing still' Gaza,
It may be a silly question, but we really want to know how you are.

You know why? because we take strength from you. Selfish maybe, but Allah chose you to be where you are and us where we are for a reason. Maybe you did not choose to be heroes, but Allah knows that you are the right material for such a role, and we are not.

We ask for Allah's forgiveness and for yours for not stopping this catastrophe yet, but we envy you for living under these conditions knowing that you are serving the cause of all causes. A goal that most of us live forever searching for and maybe failing to achieve.

No words can describe how we are clinging to you and any news coming from your side and that our whole world is revolving around you.

The only words that are powerful now are the words of prayers and duaa, and I can assure you that those are endless until this ends, and it will end, but you never will.

In our hearts, thoughts, prayers, duaa, souls, and dreams . . . now and forever

كيفكروا يا حبايبي

أبطال معركتنا . . ملقمنا الطبي أو خليبي أقول ملقمنا الفولاذي

كيفكروا سؤال سخيف صح؟ بس يشهد الله إنه جد حابين نعرف الجواب ومش سؤال تقضية حال

عارفين ليش؟ عشان قوتكروا بتقوتنا

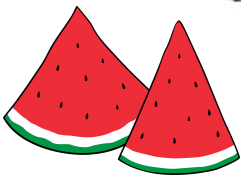
إن الله ينتقي عباده الأبطال ويستخدمهم كيفما جيلوا . . وأنتم جيلتم أبطالاً صامدين . . ونحن جيلنا حيثما نحن . . على
الطرف الآخر

نحبطكم لما أنتم عليه وفيما وصلتم إليه . . وكيف اختصكم الله مرابطون ثابتون وكيف استثنانا الله من جزيل النعم والحب
المعقد عليكم

ندعو الله أن يغفر لنا وأن تسامحونا . . ولا عزاء لنا

لكن يشهد الله أنكم في أفكارنا وأحلامنا وصلواتنا ودعائنا وحتى أنفسنا

لا كلام يرتقي لما أنتم فيه وعليه إلا كلمات دعائنا . . ووعد منا أن هذه الكلمات لن تنتهي حتى ينتهي حصاركم والظلم
الواقع عليكم . . وسينتهي، ولكن أنتم الباقون وأنتم الأعلون . . وسينصرمكم الله . . أما النصر صبر ساعة



Letter By Khadeejah Ajneh



Dear Dr Ghassan and
all the brave medics,

from across the ocean, feeling
so enraged about the
assault on Gaza and all
this senseless dying and
destruction, we send our
love and prayers. You must
be so exhausted and
anxiety-ridden, but you are
propelled forward by the
goodness and immense
bravery of your work
saving lives. May you and
yours be safe and rewarded
for your efforts. May the war
and this horror end now!
You are in our hearts, Kareem



Thank you for getting our messages across. Attached is a picture 7 yo Zahra drew after watching the paramedics carrying Palestinians out of the rubble. On the side it says "Palestine is innocent. Stop it Israel!! FREE FREE Palestine"

Together my 7yo, 3yo and I said a prayer for all the doctors and Journalist Motaz Azaiza. It's not the best of her artwork but it's a simple message: we see you, we hear you, we are praying for you. Explanation of the picture is in my caption.

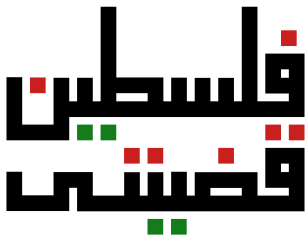
Regards,
 Farah Siddiqui



To the doctors, nurses and paramedics:
You are saints.

You are working in a hell beyond any attempt to describe. And yet you continue to struggle against all odds to bring comfort and hope to those brought to you; to recognize their humanity. The exhaustion you must feel, the despair, I cannot begin to imagine in my safe world far from the carnage that you have experienced and continue to experience. What you give day after dreadful day will never, must never, be forgotten.

Jane Trager. Elyria. Ohio. U.S.A





How are you?

Dear brave medical professionals,

We see you!

You are strong, you are loved,
you are right in your fight.

Allah doesn't forget anyone.





**To the Brave Medical Professionals
in Gaza,**


In the comfort of my safe, American living room I cannot begin to imagine the strength it takes to work in the face of such heartache, terror and loss.

Please know my heart is with you. I pray that more of us who grieve with you can unite to change hearts and minds here in the United States.

*Sincerely,
Amy Richards
Elyria, Ohio*

فلسطين





Dear Dr. Ghassan,
Dear Al-Shifa Hospital Medical Team,
Dear Gaza People,

I have been thinking long and hard about what to write, what words would soothe your pain and give you hope and faith, during this human tragedy. I am at a loss for words.

You have been giving us a lesson in hope and faith and courage, when it should be the other way round.


My wish and hope and dream every minute of every day is for your safe return and your liberation. I wish we can all just fly to Gaza and be with you and help in any way we can.

I have never witnessed such stamina, resilience, compassion and courage in any human being.

We will not be silenced. The whole world is watching and standing by you.

The narrative is shifting. Your struggles have put Gaza on the world map once again. We will never give upon you.

We will not stop until Gaza and Palestine are free and safe from harm.



They will not break our spirits despite their constant attempts to throw us in the deep black hole of despair.

With your help and your ^{love}, Gaza will rise again.

You are constantly on our minds and in our hearts and prayers.

One day we will meet, and that day will be the best day of my life and in the lives of many others who feel the same way.

May God and the angels forever protect you and keep you safe.

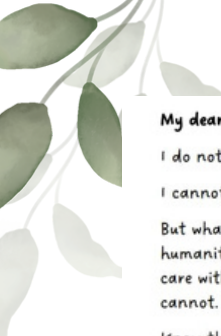
Sabine

14/11/2023

FREE PALESTINE



فلسطين



My dear colleague!

I do not know your name - I wish I would.

I cannot look you in the eye - I wish I could.

But what I do know, is that **BECAUSE OF YOU THERE IS HOPE IN THE WORLD**. Hope for humanity, hope for every single person you are looking after, every person that you give care with the little you have. I try to imagine how it is for you in Gaza right now, and I cannot. But still, my heart just breaks thinking of it.

Know that you are not alone. We are many who are working with all we have, to tell your story to everybody, tell it loud so people cannot pretend that did not know, to make it impossible for them to turn away. Fighting to make politicians react, so you can get peace.

I am writing to you to let you know how much I appreciate everything you are doing, your courage, your vigour, your strength. Please accept my deepest gratitude, my thanks for everything you are doing, the love and hope you are giving, the sacrifices you are making to do this.

DON'T YOU KNOW IT YET? IT'S YOUR LIGHT THAT LIGHTS THE WORLDS!

Rumi

With love from me and my whole family

Anca Heyd

Gynaecologist in Norway





26th Nov, 2023

Subject: You are our beacon of hope


Dear First Responders,

I am writing to you not just as an individual, but as a voice among many who are deeply moved and profoundly grateful for the heroic work you are doing in such challenging circumstances.

In a world where conflict and despair often dominate headlines, your actions stand as a beacon of hope for humanity. The courage and dedication you display in the face of danger are nothing short of awe-inspiring. It is because of brave souls like you that we are reminded of the incredible capacity for kindness and resilience that lies within each of us.

You are not just first responders; you are guardians of hope, you are our capeless heroes and your impact extends far beyond the immediate moments of crisis. You inspire us all to believe in the power of human compassion.

Thank you for every moment you dedicate, every life you touch, and every heart you inspire -
with deepest gratitude and respect

Adnan Fatayerji 



WE ARE DISCONNECTED BY MILES + CONNECTED
THROUGH OUR HEARTS.

HELLO,

"HOW ARE YOU?"

NOVEMBER 26, 2023
DUBAI, U.A.E.

MY NAME IS OLIVIA AND I AM THE DAUGHTER OF A FIRST RESPONDER. MY FATHER IS A FIREFIGHTER + PARAMEDIC FOR THE CITY OF LOS ANGELES. I HAVE NEVER EXPERIENCED WAR OR HARDSHIP LIKE THE PEOPLE OF PALESTINE HAVE. ALL I KNOW IS THE WORRY THAT IS EXPERIENCED BY THE FAMILY OF A FIRST RESPONDER EVERY DAY THAT THEY GO TO WORK, TO PROTECT AND SAVE OTHERS LIVES. MY FATHER WORKED THROUGH THE L.A. RIOTS IN THE 1990'S, OUR WHOLE CITY WAS GOING CRAZY AT THE TIME, PROTESTING AND LOOTING DUE TO THE HORRIBLE BEATING OF A MAN BY POLICE OFFICERS. AT THAT TIME EVEN FIRST RESPONDERS WERE NOT SAFE BECAUSE SO MANY PEOPLE WERE ENRAGED, THEY WOULD ATTACK POLICE CARS AND FIRE ENGINES AND SOMETIMES AMBULANCES TOO. I REMEMBER THE WORRY AND FEAR EACH TIME MY FATHER WOULD GO TO WORK, HE WOULD BE AWAY FOR SEVERAL DAYS FIGHTING BUILDING FIRES IN THE CITY, IN THE MIDDLE OF RIOTS AND GUN VIOLENCE. I KNOW MY EXPERIENCE CAN NEVER EVER COMPARE TO WHAT YOU AND YOUR FAMILY ARE EXPERIENCING, ALL I AM TRYING TO SAY IS THAT I DEEPLY APPRECIATE YOU, YOUR COURAGE AND YOUR DEDICATION TO YOUR PEOPLE + COMMUNITY. EVENTHOUGH I DON'T KNOW YOU AND WE WILL LIKELY NEVER MEET, I WANT TO SAY THAT I AM SO VERY PROUD OF YOU AND THE PATH YOU HAVE CHOSEN IN LIFE, IT TAKES A VERY SPECIAL TYPE OF HUMAN BEING TO SHOW UP EVERY DAY (NO MATTER THE CIRCUMSTANCES) AND DO WHAT YOU DO SELFLESSLY. IT GIVES ME SO MUCH HOPE TO KNOW THAT THERE ARE STILL HUMANS IN THIS WORLD LIKE YOU - WE SEE YOU, WE ARE PRAYING FOR YOU AND WE LOVE YOU FOR ALL THAT YOU DO! I HOPE YOU WILL BE ABLE TO REST AND FIND SOME PEACE IN YOUR HEART VERY VERY SOON.

WITH DEEPEST RESPECT,

Chantel Jurado





قلمك


hi!


my name is Pamela. What's yours? I bet it's a beautiful name. How are you? You can write it here. I'll listen :)

the strength you exude is
tenfold what a million soldiers
can imagine to have.

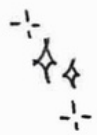
Not all heroes wear capes.
Not all angels have wings.


Keep doing the good work. I know
both of our wishes are for this to be
over. We will continue to pray with you.

 Keep staying positive and
the kinder tomorrow will
come. I hope you can
write back to us @swappergoat.dvb
to tell us when its over



2/17



Hello, 

It's been on my mind to check-in and see how you're doing. What's the highlight of your week? ☺
I hope you're finding moments of joy amidst everything.



I wanted to take a moment to tell you that your actions speak volumes about your character and that you have inspired me so much. The world is truly better with people like you. I hope you keep that light that helps others see ♡ In your glow, we find our way. For darkness tries, but never succeeds. Against the light that fulfills all needs.





Thank you for being you
Sending love & hope, KAT



Know that the
POWER of
LOVE
always protects you ♡

2024





Dear Doctors, nurses and paramedics.

God bless you for your work
full of love to show compassion
to the people in Gaza.

We can't imagine the pain they are
living but you are with them
being so brave and God will
always bless you!

Love from
Dubai.





قاسم

Hello ☺

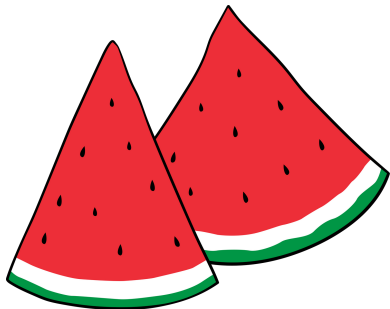
Thank you for what you are doing, the world appreciates it every single day!


We are very grateful to have doctors, paramedics, nurses and every single one of you.

We are all hoping, praying and urging people we know for an end to this war and for Palestine to get back their land. ☺.

Thank you ☺)

Love
Dina





Dear Medic's and Dr's of Gaza,
I wanted to write to you to express
our appreciation and gratitude for your
bravery and dedication to your
patients and the people of Gaza.
I want you to know that you are
always in our thoughts and prayers.
My 2 year old son drew this picture
for you. I told him its for the doctors
of Gaza. I promise to teach him about
you all. We will continue to fight for
the people of Palestine and will follow
your courage and bravery towards a
free Palestine Sending you our love
Laura & Felix



Hey,



26/11/23

Prof. Marwan

It's most likely that none of you know me, but I want you to know that each passing minute of my life, I have been thinking of you all, Praying for your safety, trying to fight the good fight that we can. But all that doesn't even come close to what you all have been doing for the last 50 days (75 years) odd.

The terror that you all going through, the sleepless nights, the endless bloodshed, not a single letter that we write can make it any easy for you.

I really really wish I can be with you all there. To help you all in any way I could. My heart goes out for you! To all of you!

You guys are heroes without a cape, we respect you with all our heart, we love you with all our heart.

Maybe oneday, oneday where there is no war in Palestine, where Palestine is free from this cruel world, we may meet! Till then, I'll keep praying!

Stay safe!

Free Palestine!

قسط

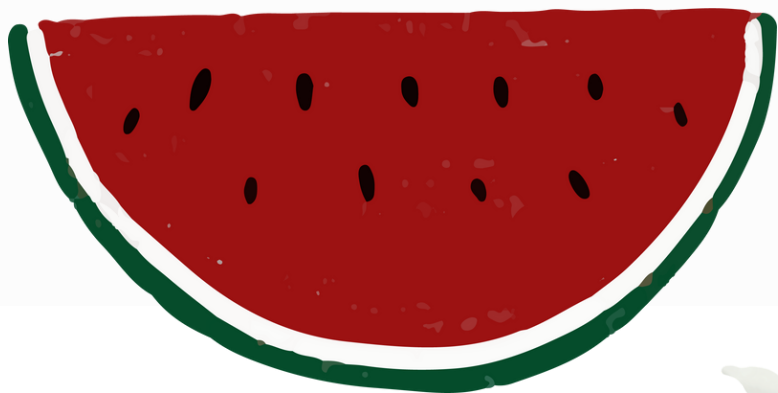
Salaam,

I don't know where to start — to say thank you seems like an understatement and not enough but immense gratitude is present — jaza kallah for your bravery, for your patience, your relentless drive to heal humanity and fighting the good cause.

Duas are giving me solace every night before bed and just a reminder that Allah is the most merciful and all seeing — every ounce of injustice you're ~~encountering~~ encountering will be rewarded and your deeds and faith is not going unnoticed. Wishing you, your loved ones, every Palestinian, and our Ummah the strength, sabr, and grace to live through this. Lots of love

♡♡♡♡♡

To the Medics &
Doctors of Falasteen





for the doctors of Gaza
from Felix aged 2

12/17



for the doctors of Gaza
from Felix aged 2





Dear First Responders,

The world is thinking of you.
Sending lots of love, courage,
and hope ☺ You are not alone
in your struggles. Thank you
for staying strong and fighting
the good fight.

May these words of encouragement
provide comfort in a difficult time.
Sending blessings ♡

With love from
Dubai





فلسطين

Dear Doctors and nurses:

Big thank you for all your job.

You are amazing.

You are the hope of many-people.

We are praying for you, wishing a
better future for you.

LOVE




Claudia B






Dear Doctors, nurses and Paramedics
Thank you for the work you are
doing for Palestine you all are
very brave.

Your unwavering commitment to save
lives and providing comfort does
not go unnoticed. In the face of
challenges, your resilience & compassion
shine through.

Thank You! 

-From Nabeeha, Sumaiya & Hidayat





Dear ... human,

26/11/23

Farah
Radwan

I do not know whether I should thank you for the inspiration or not... I do not know if you wanted to inspire the world, I do not know if this is what you signed up for.. to be superheroes. To be the most courageous, brave & human people on this planet. To remind the world what it means to be a human. Not just any but one; with DIGNITY & INTEGRITY. I truly wish I could stand by you.. you are my inspiration. even though you didn't ask to be



Hello!

I see you guys and that's what made me have faith and taawakul in Allah when you guys see your family dead in front of you all you say is 'Hasbee nillahi wa namil Wabeel' and that made me think my problems are so small compared what you are facing and you guys are so patient, I hope this madness ends soon and you guys come back to normalcy inshallah.



Loads of love and
peace


Sana Tawad

xoxoxo



FROM THE RIVER
TO THE SEA,
PALESTINE WILL BE
FREE!





How are you Dr. Ghassan?

I've been following you from the very beginning, when you decided to go back to Gaza 4 help.
I can't even begin to understand the courage it takes to do this. But I now realize that it's all out of love, the love you have and the love you give despite the literal impossible odds. I hope, soon, you'll be taken care of by your loved ones the same way you took care of thousands of others. I hope you find warmth and a moment of calm soon. I hope. I pray. That the light that all your supporters are sending your way, including mine, reaches your soul.

Love,
عليه السلام

You are in
our Duas GAZA ♡

How are you
dear doctors of
Gaza?



حَسْبُنَا اللَّهُ
وَنَعْمَ الْوَكِيلُ

Sufficient for us is
Allah and the best
Disposer of affairs.

3/11/23

From, Nafisa Khan (Dubai)

18th Nov. 23.

Assalamualaikum,

To,

Dear Human Angels in Gaza
(Every single person there.)

Leaving your family, leaving your comfort
Leaving your sleep, leaving everything.
Leaving your most beloved people.

You are living only for humanity.
working 24/7, pouring your heart to
serve serve the people in need while
every single authority denied to help.
Hats off to you. What a blessing for the
wounded ones in unimaginable critical
time of them.

You have proved that any
profession can be a staircase to the highest
level of humanity. You redefine the
the meaning of humanity and proved it.

We are learning many important
lessons of life & faith from each one of you
martyred or alive, new born or 90 yr. old
ones.

We all world care for your precious life
You are and will be the need of an hour
each time ahead. May Allah loves you.

I personally call all of you

Super Capetess Beyond Borders Humans
Praying for all of you 24/7. Always thanking
and standing with you Gaza.
With love/Bliss.

How Are You?

It is a silent and very still Sunday morning in the United Kingdom (where I live) and as I am drinking coffee before my children wake, I think about you and I think "how are they?"

- Do you know that we have been doing everything in our power to raise our voices and speak for you?

- Did you know that we have never witnessed heroism like we have seen in Gaza? From ambulance workers, doctors, surgeons, nurses, volunteers, journalists - members of the public who try and dig with their bare hands through rubble to rescue any one they can find and retrieve bodies.

- Did you know that the Imaam and the bravery that you have makes us feel ashamed of ourselves even in our safe worlds?

- Did you know that we are crying for you and praying alongside you?

Sometimes I wonder if you think we have forgotten about you. Just because our leaders did. WE DID NOT!

You cannot see what is happening in the ~~outside~~ outside world but there are millions and millions of people protesting, speaking, uploading to social media, yelling at politicians, boycotting

turning against their governments -
and for the first time, I have seen
members of the public in the West
(and even Jewish people) join us in
all of our efforts.

Mothers around the world cry for your
lost babies and children. This has
made the world stop turning for us.
Because they are your children but they
are also our children. Nothing feels
right until we see that you are OK.

Until we know there's a ~~ceasefire~~
ceasefire and we can get help to
you. We are standing with you
and we are waiting to be able to
reach you again. We will help help
you rebuild.

We are praying for you, you are our
pride. You are the chosen people to
us.

Right now, you are the centre
of our world.

Look after yourselves and look after
our elders and our babies.

We need you in this world.

FREE PALESTINE!
your sister,
Neelofar Khan

فلسطين



HOW ARE YOU ?
YOU ARE AWESOME.
~~DON'T~~ DON'T GIVE UP. WE ARE WITH YOU.

KASIA FROM NORWAY

How are you?

Dear Paramedic,


I hope this letter finds you in good health and spirits. I am writing to you from Dubai, United Arab Emirates, with a heart filled with gratitude and solidarity for your remarkable dedication and bravery as a first responder for the people of Palestine.

The work you quietly do on the front lines, often in life-threatening situations, does not go unnoticed. Your unwavering commitment to ensuring the safety and well-being of others is truly commendable.

It would be truly hard for me to imagine the heart-breaking and challenging circumstances in your ~~every~~^{every} day work. The impact of ongoing conflict and emergencies on the lives of civilians is deeply saddening and horrific and your role as a first responder places you in the midst of these distressing circumstances. I can only begin to imagine the emotional toll that such experiences can have on ~~you~~ you, both personally and professionally, and yet your humanity, your heart and your courage drives you to show up for the innocent children and people every day.

This speaks volumes of your character and strength of your spirit. I want you to know that your sacrifices, selflessness and helping hands are ~~so~~ seen and appreciated by not just those you directly help





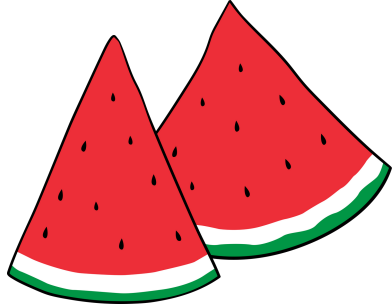
and assist, but also by people all around the world who hold you in their prayers and cheer you on silently and offer gratitude to you, in being able to support and help the injured and fallen.

As you navigate through the challenges of your everyday work, and when you feel overwhelmed and hopeless—please remember that you are not alone—I see you and pray for you and the victims of these horrific times.

I send you my deepest gratitude and utmost respect for you. May you find strength in the knowing that your efforts make a life altering and significant difference in the lives of those you touch.

With sincere appreciation and solidarity
Priyanka Bhatia Mahendra





FREE
PALESTINE

WE LOVE YOU
ALL AND WE ARE
PRAYING FOR YOU

ALL. ❤️ 💜 ❤️ Love
Türkiye and Philippines. 🇵🇭 🇵🇭
❤️ 🖤 ❤️ 🇸🇵
Sabrine 8 years old. ❤️ 🇸🇵 ❤️



قاسم

CONNECTED HEARTS THOUGH MILES APART



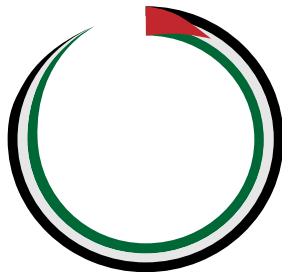
Assalaamu alaikum wa rahmatullaahi wa barakatuh, our beloved brothers and sisters!

May Allah subhanahu wa ta'ala strengthen and bless you all for the selfless acts you're continuously making. We see you and we hear you. We are praying for you and we will continue to be your voice wherever we are until the day we die. La ilaha ilallaah. SubhanAllaahi wa bihamdih that this world is not our final home. May we all be neighbors of Rasulullaah in jannah. Ameen.

We may not be there, and there indeed are those who make us all feel the evils that exist in this world. But, we wish to say barakallaah for freeing much of the world from the illusions and chains that have prevented them from seeing the truth all these decades. We are Palestine and, bi'idhnillaah, together we will all be free.



*Much love and prayers,
Mustafa, Jane and Sabriye
Türkiye/Philippines*



إلى كل من حمل جريحاً ومسح وجهاً وأسعف متألماً واحتضن صارخاً وأبدى غيره على نفسه بشربة ماء.
إلى كل من أرضه غزّة وكل من ترك أرضه وعائلته ليكون على أرض غزّة.
إلى كل من لم ينم ليلال متتالية ليحظى غيره على إغماض جفن.
إلى كل من بعون القادر عالِج أو حاول معالجة ما لا يعالج وبكى.
إلى من يحوي ما لا يُطاق ليعيد امرأةً إلى عقله دون الجنون.

إلى الدكتور غسان أبو ستة

إلى الدكتور ثائر ماضي

إلى الممرض حسن زقوت

إلى كل من لا أعرف اسمه وإلى كل من لا أعرف اسمها عربياً كان أو أجنبي.

أنتم الأحياء بقلوبكم.



أكتب لكم بكل قهر وحسرة وفي قلبي لوعة على هذا الوقت المروع...

خلال هذه المحنة، لقد أظهرتم للعالم كله المعنى الحقيقي للشجاعة والقوة والرحمة والصمود... أعلم انكم جداً مرهقين جسدياً ونفسياً وعقلياً... وأدعو لكم من صميم قلبي وكل كياني أن تنعموا بقسط من الراحة قريباً... وأيضاً أدعو أن تنعم غزة وفلسطين كلها بالسلام والأمان وحياة العزة التي نستحقها جميعاً بإذن الله...

عبوننا إليكم ترحل كل يوم، ونصلي لكم ليلاً نهاراً... نحن نعدكم بمواصلة المقاومة والاحتجاج والصراخ ليصل صوتنا وقضيتنا إلى كل الحكام والعالم أجمع...

أهديكم كل التقدير والاحترام، ودفء القلب أعطيتكم... اللقاء قريباً في فلسطين الحرة إن شاء الله...

مع كل المودة... دمتم...

أختكم في الشتات،

كرين كفعبي



الفنان: عماد شتية





Sometimes things are not what they seem.

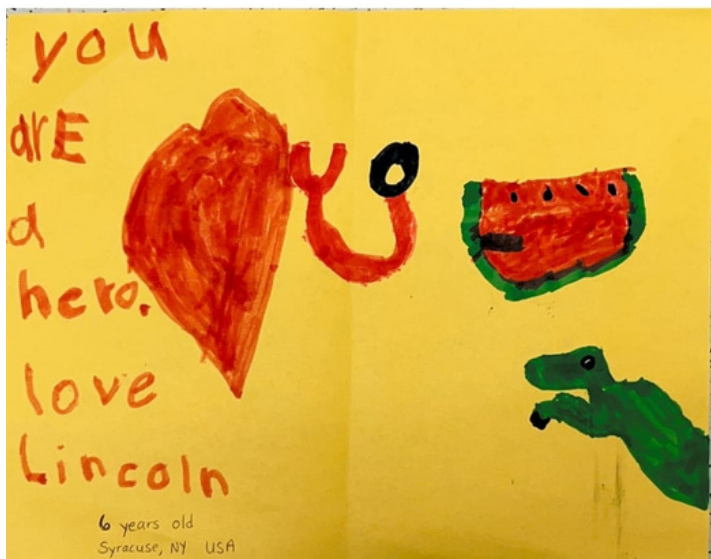
We know you feel alone, like the world has abandoned you, but know this....

Millions of people around the world are with you... praying for you, thanking God for you, fighting for your people to be free!

We see you doctors and nurses. We support you!

Palestine will be FREE!

Love, teachers in Syracuse, NY USA



Lincoln 6 year Old





انا الشخصية يوم اراك الصيحة
بلادنا ان نستطيع القدر

شكرا
Thanks

يا رب كل الطامع الجبي
و التريين و السعفين
و كل من يبخر الرضى
في كل مستشفيات غزة !

merci
a million

يعجز اللسان عن الكلام و اليد
عن الكتابة . انتم فوق رؤوسنا
يا ائبل من خلق على هذه
الارض و التركب .

شكرا

merci
beaucoup

الله يحكم و يقين ان شيئاً
شرقاً آت بعد كل هذه العجاة
أخجلتم العالم . ارفضوا رأ حكم عالياً
دمواتنا لا تنقطع . انتم في القلب

عائشة سليم
مصر
٢٠١١/١١/٢٠


تشكر

ولا تذا لثريا ان ينطق
ولا تذا لثريا ان ينطق



الف شكر

فلسطين ابرأودانيا
ع م

الى كل العاملين بمستشفيات وإسعاف اخواننا 

غزة                

من اختكم فى الإنسانية بمصر

هل بإمكانى أن أسأل عنكم وهل توجد وسيلة للتخفيف

عنكم لا أملك سوى كلماتي وللأسف لا توجد كلمات تعبر

عن مشاعري وتقديرى واحترامى لكم فانتم الاثبات

الوحيد على أنه مازال هناك من يحمل رسالته النبيلة

ويؤديها رغم كل المصاعب والتضحيات دعواتنا لكم

بالسلامة والصحة وان يجزيكم الله خير الجزاء و كنت

اتمنى ان أستطيع أن أقدم شيئاً غير الكلمات خالص

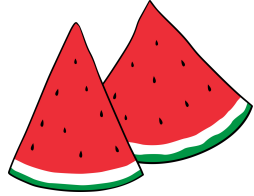
المحبة والاحترام منى ومن كل من لديه ضمير فى

العالم

سلمتم ودمتم رمزا ومثالا لكل ذى ضمير حى





👉👉👉 To all doctors, nurses and all
workers in Gaza hospitals 👉👉👉👉👉

Am I allowed to ask you how are you
It is only just words that I can give to you
I wish that I could give more. But actually
there are no words that can express my
appreciation and respect to all of you ...
You represent the only example that
humanity still exist and there people still
believing and carrying their noble mission
to help sick and injured persons no matter
what they are facing and what sacrifices
they are going through.

All love and respect from me and from all
the people who believe in humanity
God bless you



The Day

Down by the sea where the watermelons grew,
Lived a caring nation of people who were nothing but true!

As a child, life was great! I would laugh, chill and play!
Until the invaders came in and took our home away.

What did we do? Why did they hate us so much?
Why did their bombs destroy everything with its touch?

My innocence was taken, my childhood was unseen.
They had taken our everything and wiped our home clean.

The outside world doesn't see our tears, mourn, and sorrow.
Yet we hope and pray to Allah for a better tomorrow!

I know the true supporters are out there, worldwide!
And they know that our nation is dealing with genocide.

Shielding the bombs I wait by the docks.
While others are under the rubble and rocks.

I wait for the signs as I call out to plea.
I wait for the day that Palestine Will Be Free!

Hiba Siddique





How are you?

Dearest doctors,

How are you?

I wanted to let you know that I am extremely proud of you!

You are the best of people, heartfelt and kind.

And you are one of those people who are not easy to find.

You are the toughest of heroes, who take care of those innocent ones.
From the blasts of their bombs. From the bullets of their guns.

You are providing the best sources of aid.

Even if you are just as afraid.

You are tough and save people from their fears,

And not once have I seen you shed any tears.

You are the strongest of warriors brave and true,

And know that I am here for you!

Attached below I have written a Poetry piece called 'The Day' . I really hope you enjoy it!

Kindest Regards,

Hiba Siddique





Where do I even begin to express what I want? Words will never be enough. They say not all heroes wear capes and you prove that **every single day**. For years, you have fought to help your fellow brothers, sisters, mothers, fathers, sons, and daughters, through massacre after massacre. You are selfless, and brave, doing the unimaginable every day.

How I wish you did not have to do something so difficult, losing people to a mass slaughter that you do not deserve. Allah has made you among the strongest people on this Earth, your reality being a nightmare none of us could ever be able to imagine.

You are not alone though. It may not seem like it, with the way all the leaders of the world fail to answer your cries for help – but that does not mean that the people they lead do not stand with you. We cry for you, with you, our hearts bleed for you.

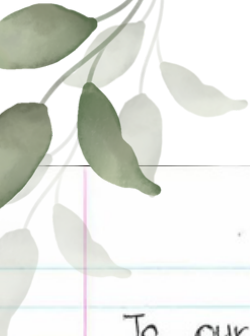
You, the nurses, the doctors, the paramedics, the surgeons, every single one of you on the field, trying to save lives even though you could lose your own is so courageous, I genuinely could never express how much I **admire** you. Jannah will be your reward for your immense bravery In Sha Allah, for always helping when you may feel so tired from the pain and loss you have already endured.

You are always in my duas and in every thought I have with every breath I take.

May Allah keep you safe and give you limitless strength so you can continue to be there for the people of our beautiful Palestine.

Much love and duas,
Faheema





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

To our Beloved Doctors in Gaza

HOW ARE YOU ?

Our thoughts, hearts and Duas are constantly with you.

Your dedication and selfless service is inspiring and motivating.

We make dua for Allah to grant you all ease and success in all that you do.

May Allah return all of Palestine to the Palestinians and may He allow all Palestinians to return home. Ameen.

Don't forget to take a little care of yourselves in shaa Allah.

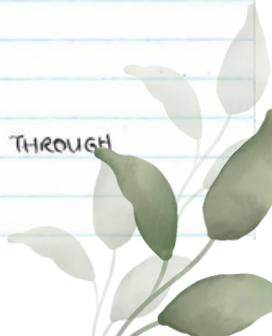
Your sister-in-Islam

Khaeria Abdullah

South Africa.

email : khaeriaa@gmail.com

DISCONNECTED BY MILES & CONNECTED THROUGH
HEARTS.



تاسکیت



Doctors are Heroes



They heal what might be lost



They mend what's broken



They help the unwell



How Are You?

Date.

No.

To Dr. Ghassan and all medical professionals working in Gaza, words cannot express my admiration towards the work you are doing. In my eyes, you are all heroes; however, I have heard many of you claim otherwise, saying that you are just doing what would be expected of anyone with your skill.

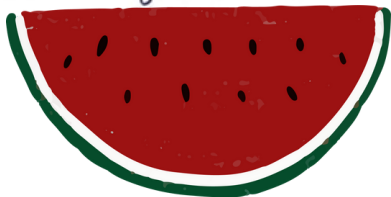
So, fine. I will not call you heroes.

Instead, I will say that in watching you through the screens of my TV, hearing you through the speakers of my phone, and witnessing in real-time the bravery and selflessness of your actions, you have given me something I didn't think I'd have it in me to feel: pride in my fellow human beings.

I feel pride, witnessing your humanity amidst the horrors and atrocities you live among each day.

You may not know me, and there is no way my words will reach all of you, but for what it's worth, thank you for being so unabashedly human as the scum of this world try to paint you as anything but.

And since, like me, you are human, I would ask how you're doing. I wish that I could convey to you a fraction of the peace, comfort, and care you provide in your work. But if all I can do is ask, hoping you take just one moment for your own wellbeing, then I'm grateful I can do that much.



I read, once, that rather than apologizing to people, it is better to offer them your thanks.

So I will not spend lines writing how sorry I am that you and your patients must endure these horrific circumstances.

Instead, allow me to offer you my thanks.

Thank you for your great work. Thank you for helping so many others despite the cost to yourself. Thank you for your selflessness. Thank you for your humanity. Thank you for your persistence. Thank you for your morals.

Thank you for the standard you set for all who watch you. Thank you for broadcasting yourselves to the world, it only to move a handful of viewers. Thank you for the hope you inspire. Thank you for all the lives you save.

Thank you for doing what must be done.

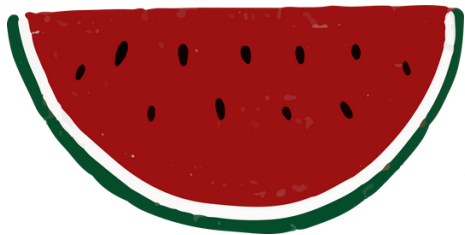
I don't know how much of an impact you think you make with the work you do, but I hope you know that the world watches on with pride.

Even through tears, I watch on with gratitude.

Even through my unearned tears, I will continue to watch.

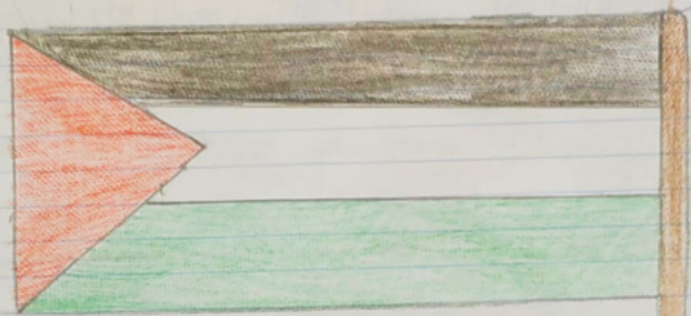
Once again, thank you, and please take care of yourselves.

May Allah swt watch over you all, and may He protect you.



Assalamualaikum, I know you are struggling but remember Allah is on your side and Allah will look after you. You are a powerful and strong people. So I know you will win! How? Allah will send angels to help.

from Nab~~eha~~ Mohamed in South Africa



PALESTINE

From the river to the sea Palestine will be free!

From caring comes courage "Lao Tzu"

One ~~who~~ saves one life he shall be as he saved the life of mankind.



بسم الله الرحمن الرحيم

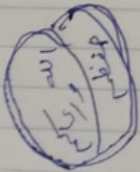
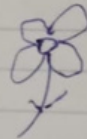
أصحابنا القائمين بالرمزية الطيبة لمصابين ومرضى غزوة
من الأطقم الطيبة من جميع أنحاء العالم
كيف حالكم ؟

نعلم مقدار ما تبدلونه من جهود عظيمة
ونشعر بكم ما تمرون به من ظروف شديدة
جراكم وأجركم من الله العظيم.

فحسبكم من الله وقدعوكم بالصبر والصحة
والسلامة من كل شر.

حفظكم الله ورحمكم .
أهبتكم في الله

سوزن أمير اللاحر
من مصر
١١/٤٤





Artist credit: fetchart.ca





I'm sorry

I'm sorry for our leaders who did nothing and wouldn't listen to our cries

I'm sorry for what your people have had to endure for the past 75 years

I'm sorry for what you have seen in your lifetime

I'm sorry for your loved ones who no longer have a lifetime

Thank you

Thank you for all you have done for the people of Gaza

Thank you for showing the world what humanity is

Thank you for continuing, whether in or outside of Gaza

Thank you for not giving up when it would have been justified to do so

I cry every day for Gaza

I think about you everyday

I think about you when I'm cooking for my family

I think about you when I run a warm bath

I think about you when I put my 2 young children to bed

I think about you when I scream Free Gaza

I think about you when I yell - From The River to The Sea, Palestine Will Be Free

I will never be the same

The world will never be the same

The great awakening has happened

75 years too late

But it has happened

We are angry and strong

We will not stop until Palestine is free

With Love,

Michelle Zubrinich

Toronto, Canada



Artist Credit: @islam_explorer_



Disconnected by Miles but Connected through Hearts

You are seen! You are
loved! You are admired!
You are our
HEROES!



We may not be there with you but please rest assured that we feel with you and you all are on our minds and in our hearts. We cannot begin to imagine the pain you are all going through. We want you to know that we stand with you, we stand with the Palestinians, and we stand with Palestine!!

Free Palestine Forever



فلسطين

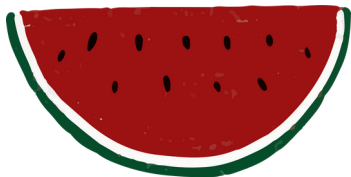


To our dearest heroes,

I can hear your voices. You spend your lives developing means to care and protect health and lives. In Gaza, people, children, others and humans are suffering from hunger, thirst, pollution, shortage of medicines. I stand with you and salute your courage, bravery and devotion. Stay strong, keep fighting and never give up. We love and see you.

♥ from a Lebanese therapist.

Christina ♥.





To My fellow brothers & sisters in palestine,

I have no words to express the grief we have felt towards what you have gone through. Our prayers are with you day & night. I wanted to share an excerpt I found by Maya Angelou.

"Condolences"

For a too ^{brief} moment in the universe the veil was lifted. The mysterious became known. Questions met answers somewhere behind the stars. Furrowed brows were smoothed and eyelids closed over long unblinking stars. Your beloved occupied the cosmos. You awoke to sunrises and nestled down to sleep in moonlight. All life was a gift open to you and burgeoning for you. Choirs sang to harps and feet moved to ancestral drumbeats. For you were sustaining and being sustained by the arms of your beloved. Now the days stretch before you, with the dryness and sameness of desert dunes. And in this season of grief we who love you have become invisible to you. Our words worry the empty air around you and you can sense no meaning in our speech. Yet, we are here. We ^{are} still here. Our hearts ache to support you. We are always loving you. You are not alone.

Love,

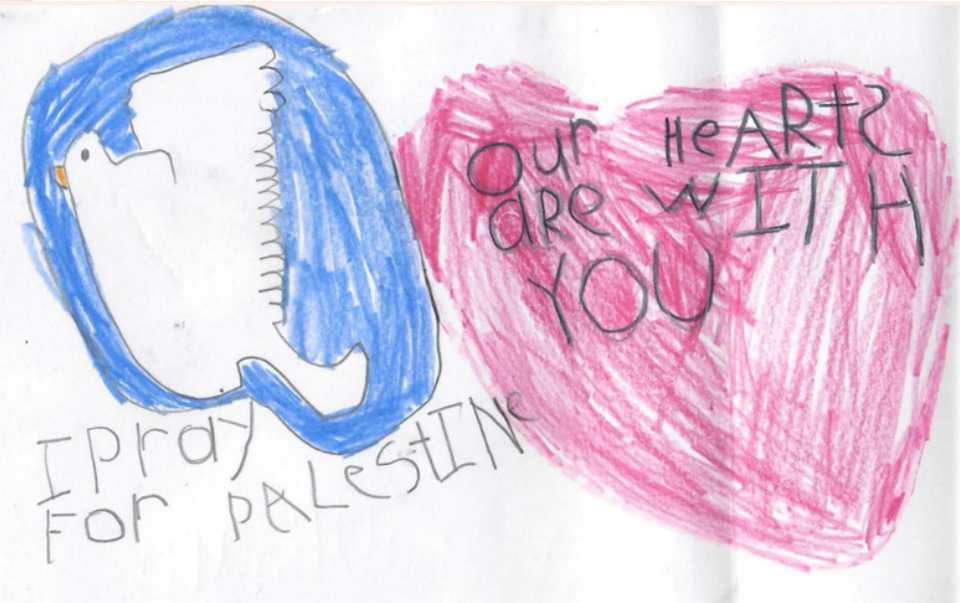
Nayla

From Jeddah, KSA

P.S.

اللهم اجبر كلوا بكم وفرغ قلبكم لله وبرئكم
من شرنا عزيزاً يارب قلوبنا اللهم وانا لله

فلسطين





Yazaan 4 year old





Dear every physician, nurse, assistant, tech, or helper in Ghazze:

I wish I could pack all of the private jets in the world with medical supplies and blankets and water and food and hope and love and warm chicken soup and mansaf and fly it over.

I wish I could back up a dump truck full of medicine every hour on the hour to every hospital in Ghazze.

I hope this ends soon. We are emailing, calling and meeting our MPs every day in Canada begging for ceasefire. The tide of public opinion is turning.

I love you. I want the world to be gentle with you.

--

Yafa Sakkejha

Toronto, Ontario, Canada





To the brave Doctors and Medical Staff of Gaza

Firstly, I salute your courage and commitment and your upholding to the ethics of your profession under these dire circumstances.

We watch with awe, your sacrifices and the adamant effort on your part to carry out your humane mission. We pray for your wellbeing and that of the people of Gaza. Our hearts cringe when we watch your suffering and the magnitude of challenges you face on a daily basis.

Across the miles, we salute you. Our prayer is for the international community to wake up and take action before it is too late.

May God protect you all and give you the patience, endurance and courage to carry on.



Hala Al-Mughrabi





To Dr. Ghassan.

**Un homme est bien fort quand il avoue
sa faiblesse (Balzac).**

**Les anges portent souvent une blouse
blanche.**

Vous êtes mon Héros.

Je vous aime.

Cherifa



Dear People of Gaza,

I thought, as a writer, that writing this letter will be a piece of cake knowing that I wrote thousands of letters before. Yet, when I actually started writing, I simply paused.

There are no words that would describe the horror and the ugliness of your humanitarian situation, the vicious war, the none justified crimes, and the ignorance the entire world governments are showing by not doing anything to stop this massacre.

Yet being speechless about what is happening, and having to face it on a daily basis are two entirely different things.

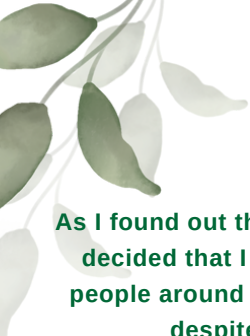
It must be tremendous courage and determination that would keep a human (no matter what the profession of that human is) standing there, trying to make it alive to the next day. It must be tremendous amount of power that would fuel any human in Gaza to wake up and start a new day every day.

Such courage, determination, and power is what should fuel the entire community to keep going, especially the med workers.

It is you, with the very humble tools and equipment you got, that keep your community going. It is you that maintain the front line united, and it is you that is sitting a history record of how fighting back for a life can be. You raised the bar very high for everyone.

You are a true inspiration, and not just to your own community, but to every human on earth. Your influence has gone beyond your imagination.

A man, like me for instance, has been recently diagnosed with a chronic illness. Finding that out and processing it was extremely difficult, putting me in a very difficult situation. But watching you, what you are capable of, what you have been doing to survive, all motivated me to fight back. If Gazans can survive a 100 times more difficult situation than the one I got, then I can survive mine. Such energy fueled me to run my second 10 KM marathon in a week, to plan running my first 42.5 KM in a month. It was a huge shift in my mind and soul inspired by your resilience, and by the love and support I got from my friends. (Continued.....)



As I found out that my letter to you will be certainly delivered to you, I decided that I can only give you one example of how you inspired people around the world, to keep you motivated, to keep you going, despite all you are going through. You can make it.

It is in the times of darkness, when everything looks so dark, when we feel that we are left alone, when we feel like there is nobody there for us, those are the times we need those reminders that we are not alone, that we are loved, that we matter. And as someone who experienced that feeling recently, I know how horrifying it could be. If anything, I am attempting by my letter to tell you that you are not alone. The entire world is standing behind you, we are trying to support you by every mean we could possibly have, even as little as writing a letter.

Keep going, keep faith, keep hope. There is no permanent darkness, nor permanent light. The dawn will eventually come, and you will see it. Because you deserve to see it.



Ahmad Alashri





How Are You???

When The World Sleeps With Guilt
And Leaders Have Become Heartless

Our Hearts Are With You In Moments
We Watch Your Brave Efforts in Pause

In Our Homes You Are With Us
We Send Our Salaams To You
Every Life Is Precious
And You Are BEYOND Heroes...

Dont Forget How SPECIAL & Awesome You Are.
Dont Forget You Are PRECIOUS

We Could Never Match Your Status
Or Even Come Close To Your LOVE

Because Your sacrifices are Endless
In These Times & Always

Your In Our Daily Prayers
And We Absolutely ADMIRE You.

& Love Your Spirit Brave As The Sea
& Blessed In Your Highest Dignity

You Are AWESOME
You Are KIND

ALLAH LOVES YOU
& Will Hold You In His Hand

Much Love & Duas

Amina Khan





Source: DALL-E-3 generated image inspired by your "Extend your HEART..." request and the letter below. Depicts Humanitarian Medics as the "Divine Tailors" mending the Fabric of Humanity

I wondered today how God views war between His/Her children in the grand expanse of the Universe of space and time that He/She has created. I envisioned #humanitarian Medics as the tailors of God blessed with the skills to mend frays (spots in fabric that have become frayed) in the fabric of humanity. The letter below is to those working in #Gaza right now.

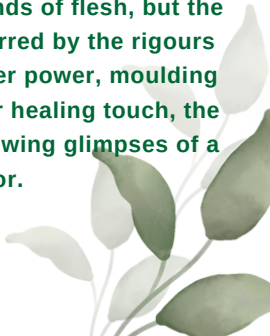



To:
The Courageous Medics
Serving in Gaza
Disconnected by Miles and
Connected through Hearts
MENDING THE FABRIC OF HUMANITY

In the hallowed corridors of time, where whispers of war mingle with prayers for peace, we, mere messengers of the Divine, pen this ode to you, valiant healers in Gaza's troubled lands. In the harrowing theatre of conflict, where the relentless tides of discord between Palestinians and Israelis have claimed over 12,000 souls, chiefly women, and children, you stand as celestial sentinels. The hospitals, once havens of healing, now echo with the lament of the innocent, the cries of the wounded—a crucible where the irony of humanity's plight is most starkly revealed. Amidst this desolation, you, the medics, emerge as the divine weavers of a frayed tapestry, stitching the torn sinews of humanity with threads of compassion and resilience.

Each act of healing, a testament to the unwavering spirit that dwells within; each gesture of care, a silent rebellion against the chaos that seeks to engulf. As we pen these words, the world seems to have lost its way, embroiled in a 21st-century tragedy that bemoans the forgotten language of brotherhood. Generations steeped in enmity, blinded to the unity that binds us all. Yet, in this tumult, your unwavering dedication to life's sanctity is a clarion call to all souls adrift, a reminder of the ethereal bond that weaves us into a single, glorious tapestry.

Through your selfless acts, you mend not just the wounds of flesh, but the deeper lacerations of the soul. Your hands, though marred by the rigours of war, are nothing less than the instruments of a higher power, moulding the chaos into a symphony of hope. In the hush of your healing touch, the dissonance of conflict finds a momentary reprieve, allowing glimpses of a transcendent harmony long yearned for.





You navigate the labyrinth of despair, yet your hearts, unyielding fortresses of light, refuse to succumb to the shadows. In each life you save, in every tear you wipe away, you rekindle the flame of hope, illuminating the path back to our innate humanity.

We stand with you, in spirit and in prayer, marvelling at the magnificence of your endeavour. For in your unwavering courage, the world witnesses a profound truth: that even in the darkest of epochs, there exist guardians of light, custodians of a divine legacy, who hold aloft the banner of compassion and unity.

May your journey be blessed, your burdens lightened, and your spirits buoyed by the knowledge that in the grand tapestry of existence, your threads shine the brightest. May peace grace the lands you tread, and may humanity, one day, awaken to the wisdom you embody through your noble deeds. With reverence and boundless gratitude,

**Faithfully,
Dr.Ashok Damarupurshad**





Dear Medics, Paramedics, and Doctors,

How are you?

I trust this letter finds you in good health and high spirits despite the challenging circumstances you face on a daily basis. In these tumultuous times in Gaza and the West Bank, your unwavering dedication, resilience, and courage do not go unnoticed.

Your commitment to providing medical care amid difficult conditions is truly commendable. Your bravery in the face of adversity serves as an inspiration to us all. The selfless service you provide, often under extreme pressure, is a testament to your professionalism and dedication to the well-being of others.

As you work tirelessly to save lives and offer comfort to those in need, please know that your efforts are deeply appreciated. Your compassion and commitment to humanity shine brightly even in the darkest moments.

In these challenging times, your role as healers and caregivers becomes even more crucial, and we are grateful for the sacrifices you make to ensure the health and safety of those in your care. Your resilience in the face of adversity serves as a beacon of hope and a reminder of the indomitable spirit of the human heart.


On behalf of all those who recognize and appreciate your invaluable contributions, I extend heartfelt thanks for your service. May you find strength in each other and in the knowledge that your efforts make a profound difference in the lives of those you touch.

Wishing you health, courage, and continued strength as you navigate these challenging times.

With sincere gratitude,

Nadia H AdamAli and family.





**Assalaamu'alaikum my dear brother and sisters
who are medics, doctors, nurses, paramedics,**

I am writing this email to tell you we are all praying for you from London. I pray Allah makes this situation easier for you. Even if you feel those with 'power' don't see you and value you please know that I do and most importantly Allah sees and He knows. And Allah is the most JUST and He will is all we need.

Your courage and selflessness will not go unrewarded. I am studying in my final year of being a nurse and I pray that Allah makes my heart like all of you, pure and selfless to help those in need. You have inspired me beyond belief to keep going with my studies and help those in need to please Allah. Thank you for everything it does not go unnoticed the whole world is seeing what you are doing and we are sharing and praying for you all. May Allah grant you goodness, blessings and may your actions intercede for you all in the akhirah.
Ameen

**With prayers, love and duas,
Rukia Begum**



To my brothers and sisters



To all doctors, medics, paramedics, assistants

Your brother and his family appreciated the courage and devotion and hard works under unbelievable war conditions. I like to express my sincere gratitude for all the things and sacrifices all of you do. We always think of you all and pray for you all.

جزاكم الله كل الخير والرضا ورزقكم الفردوس الاعلي



اخوكم في الله
وليد مسوده



Dear Dr. Ghassan,

How are you ?

We are a group of mothers of nine-year-old children (fourth grade) in a school in the city of Amman/Jordan.

Last summer, we founded a book club with our children in which we and our children read books and we all discuss them (adults and children) on a regular basis.

We recently started (specifically since the start of the aggression on Gaza in mid-October) reading the book (Ghassan Kanafani's Children and the Little Lantern), which is a collection of short stories by Ghassan Kanafani. Each story discusses the suffering of a Palestinian child as a result of: the occupation / the Nakba / the June setback / displacement / life. Inside diaspora camps...etc

During our last session, we decided to share your inspiring story with the kids in our book club.

We told them about a small part of your life, your studies, your specialty, your founding of the Conflict and War Medicine Program at the American University of Beirut, the wars during which you were keen to be present inside Gaza to provide your medical expertise in surgical operations to the people who needed it most. Then we asked them to tell us what they would like to tell you and we recorded their thoughts. Here they are for you to read, and we know that your time may not allow you to do so:

Continued...





Omar: I love your courage, and I want to be brave like you and very smart like you too. You have become the person I want to be like when I grow up.

Lynn: May God give you many good deeds, and God willing, you will continue to live.

Yasmine: You are brave and do not give up quickly. I like how you thought of new ways to use for treatment because you don't have all the materials in Gaza.

Zeina: You made a full specialty that helps save your countrymen. I am very proud of you.

Yara: We love you and appreciate your work for the people of Gaza. You are a hero to me.

Farah: I love your patience when you are tired, and that sometimes you cannot eat, drink, or sleep because of your difficult work.

Zakaria: I love you very much, because you left your family in London and came to help others, and your condition was not afraid.

Nye: I love the way you defend your country!

Continued...



This morning, I was reading your interview with Elias Khoury / Fall 2014, in the Journal of Palestine Studies.

I think that during our next sessions we will discuss the children's stories that you shared in your interview:

- I am Fares Odeh
- Why did you turn off the light?
- Peace be upon you in the tunnel

It seems as if it is a continuation of the stories of Ghassan Kanafani that we are currently reading, but from another Ghassan!

May God protect you, heroes!

Mona Nimr



Dear doctors/nurses/medics/paramedics,

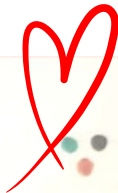
How are you? How are you all? How are you mentally? How are you emotionally?
How are you physically? How are you?

You are all heroes. Every single of you are real life heroes. Words. There are no words. There are no words in any language in any dictionary in any vocabulary to justify the torture, the horror, the sufferings, the struggles and the pain every brother, sister, child and baby have had to endure. Allah tests those he loves. You have all passed with flying colours. The beautiful jannah is waiting for you. Jannah the one thing we are all striving for in this world so we can live the beauty of it in the hereafter. Allah will give it to you without a doubt. As a gazan brother said you have all passed the test and the real test is for the rest of the world. Our ummah sees you, hears you, feels you and love you.

The powerful muslim and non muslim leaders have turned a blind eye but we haven't. Palestine will be in our hearts till the die we die. Our ummah has the most powerful weapon, our duas. You are all constantly in our duas every second of every day and we wont forget the genocide happening and we wont forgive. we will fight to stop the genocide, we will attend every protest, we will sign every petition, we will donate as much as we can, we will have free palestine on our tongues everywhere we go, we will fight for you my brothers and sisters. You have taught us all to strengthen our imaan. Doctors, nurses, medics, paramedics and journalists, your job itself is an honourable job. Salaams to you hats off to you. The horrors you have had to see and are still witnessing is not fair and will never be fair or just. I pray to allah swt that he gives you the strength to carry on, i pray he blesses you all with a miracle like he did for musa as, i pray that he eases your pain and ends your suffering, i pray he destroys the oppressors and frees the people of palestine, i pray to see the day you all rejoice in a free palestine, i pray that allah blesses you all with the highest rank in jannatul ferdous with our prophets, i pray for an end to this genocide, i pray for allah swt to save you and protect you all. Allah is the best of planners and his timing is always right. I pray the hour is near where palestine is free and allah sends down a miracle. From the river to the sea palestine will be free. Ameen. ❤️❤️❤️



Dear Paramedics in Gaza,



How are you? How are you feeling? You are the real capeless superheroes. You are wonderful people. I can't imagine what you must be going through. People like you deserve better. You are an ideal role model to represent humanity. You all have no idea about the kind of place you all have in my heart. We think about all of you all the time. We pray to Allah s.w.t to stop the destruction happening in Palestine. We want you to know that you are not alone. We look up to you. We are inspired from you. I hope we can meet someday. I hope one day I can tell you what an immense impact you have had on me. We love you all and you all are in our hearts. Thank you.
With love.

Seher (13 yrs).

Dubai



#FreePalestine!




Dear Dr Ghassan,

Assalamualaikum! May Peace always be your companion. Your voice has been such a big inspiration to all of us. You have truly redefined HUMANITY and reminded us to hold on to it. Your perseverance and commitment to help the victims in such challenging times is a huge debt that none of us can pay you back.

I don't know how you managed to do what you did in spite of being surrounded by death & destruction every minute of your stay there. How are you? This question comes from a place of deep concern for you & the storm you've been through. You don't need to share the answer. We all feel deeply connected to you through our shared values. You, Dr Ghassan along with other doctors and paramedics are a source of safety and comfort to the Palestinians in the most horrid times of their lives.

You saw so many deaths but you didn't allow your humanity, your ethics and your conviction to die. Your memories won't be all pleasant Dr Ghassan. But every soul who you were able to help as a doctor will bear testimonial to your authentic spirit and undying efforts you put forward to save them. All of us around the world pray for you and your safety. You are loved so much and deeply admired for your strength. You are a SUPER HERO! You are a true HUMANITARIAN! Your heroism is going to inspire our practice as health care professionals and as humans.



I am sure you witnessed moments of pure love and strength through this trial. Just hold on to those beautiful moments and please know that the world outside. Your stories will be remembered by my kids and my grand kids. We truly love you so much Dr Ghassan.

You being there in Gaza was such an assuring fact for so many of us and I am so glad that you could return safely to you loved ones. Your voice is very important for the cause of demonstrating the atrocities faced by Palestinians.

My 6 year old saw how you stayed back and refused to leave patients. He was quick to share, "Mom when I grow up I will never have nudy and sick people behind even it means that I will have to suffer". Imagine your impact on a 6 year old outside Gaza. There are many of us who will remain forever indebted to igniting the humanity in us. Thank you!

Sending you duas and love from all of us here for your resilience, commitment, dedication, steadfastness, compassion, conviction, passion, accountability, strength shown by you in face of death & destruction. Wishing you more power. I shall continue sharing your stories to my kids at bedtime and I shall continue making duas for you. There are no words enough to describe my truest and sincerest feelings. On the day of judgement millions will bear witness to your goodness and generosity Dr Ghassan. I shall be one of them. Many duas!

Duas for you & your family
Nuarat (India/Dubai)



Prayers for Palestine !!

Thank You !!!

Each one who contributed
their letters and art work!
From young 2 year olds to 75
year olds across the globe,
different nationalities sent
these letters in solidarity with
**Medics and Para Medics in
Palestine !**

فلسطين



*“Nobody is FREE until
everybody is FREE !!”
- Fannie Lou Hammer*

Dont lose Hope !
Dont look away !
Use your Voice!
In **SOLIDARITY** with
Palestine !

**With Love & Prayers,
Sabine & Nusrat**

Email : askrahat 101 @ gmail.com

