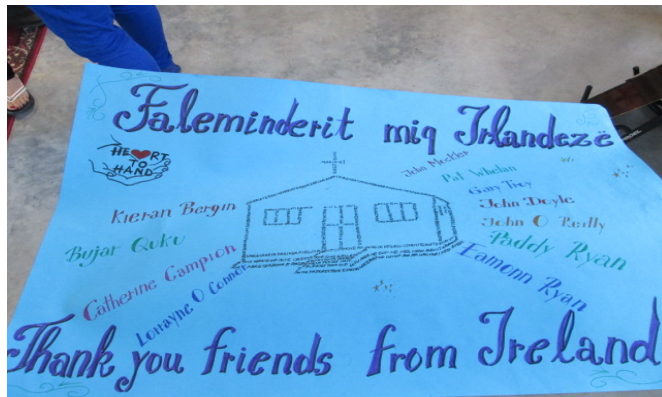


Heart To Hand Building Projects October 2013.

Details and photographs of all projects carried out by Heart To Hand volunteers
in Albania + updates on food distribution around Ireland.



This year, 27 Volunteers travelled at their own expense to Albania to build 2 churches and one school along with several small jobs carried out on existing buildings and repairs to family homes to make them more habitable for the winter. This year we had 3 main projects, one in the south and 2 in the north. Once we split in the airport that was the last we saw of our volunteers until we met for our return journey as we were approximately 4/5 hours drive away.

Flying time this year was longer than normal as there is no airline flying direct to Tirana, we had to fly into Istanbul and then back to Tirana which coupled with a 3 hour bus journey when we landed made for a long day. We arrived at our various sites late on Saturday night and began work on Sunday morning after mass. Progress was good until the heavy rain and lightening arrived on Monday morning and lasted until Tuesday lunchtime. Once the sites dried up and all the volunteers dried out, it was full steam ahead for the completion at the weekend.

All 3 Buildings were officially opened to large crowds who looked on in amazement at what the Irish volunteers had completed in one week for them. They were ever so grateful and its this show of appreciation that seems to draw our volunteers back every year. These people have nothing but yet they turn out in huge numbers to welcome and praise the Irish volunteers and to offer whatever little they can. Some bring home made wine! Raki (Albanian version of poitin), grapes, apples or whatever they have on the day. Their generosity is truly remarkable.

For every volunteer that travels out, there is someone at home who is taking care of business and to those people we really want to say thank you for taking on the extra workload. Without your help we would not have so many volunteers.

Thanks to everyone who was involved in fundraising for these building projects and to all who fundraise continually for Heart to Hand. Outside of the building projects we have several other activities which I will share with you in this document. Feeding the poor in Ireland has become almost a daily job for some of our volunteers in Limerick & Dublin.

Thanks to all who helped with the loading of the lorries and to the drivers for their patience with customs in Albania.

Thanks to the Missionaries of Charity, Missionary Sisters in Gostima & Fr Giovanni in Milot for providing transport, accommodation and anything that was required during our visit to Albania.

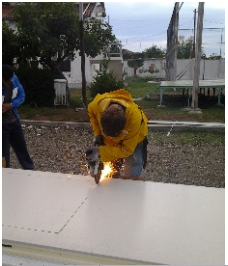
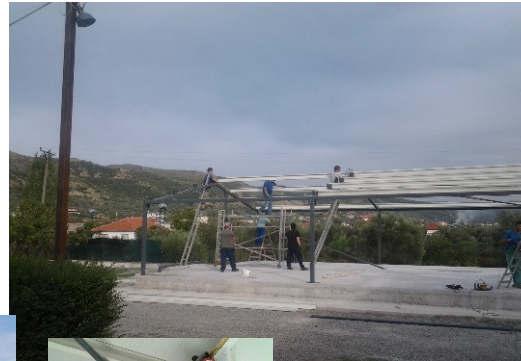
Finally, thanks to the people of Elbasan, Milot & Puke, Albania for their kind hospitality during our stay.

Pat Whelan Heart To Hand.



HEART TO HAND VOLUNTEERS 2013





Photos of the New Church built in one week by the volunteers. The building includes toilets, shower room, changing room, electrics, plumbing, and furniture. This building will be used for mass and several other activities throughout the year.

Milot New Church 2013



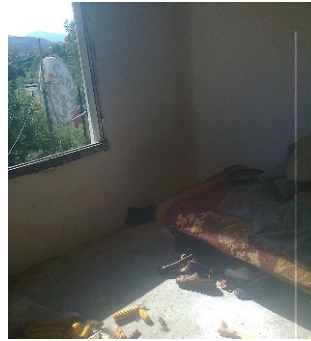
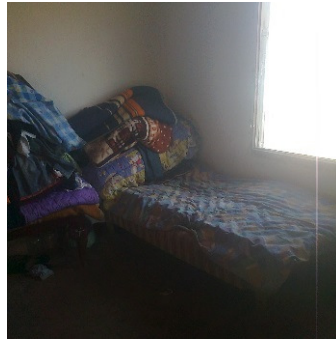
Photos of the New Church built in one week by the volunteers. The building includes toilets, changing room, electrics, plumbing, and furniture. This building will be used for mass and several other activities throughout the year.

New School Puke 2013



This school was constructed north of Puke for a small village. It consists of 2 large classrooms, windows, doors, electrics and furniture.

New windows installed in this house and a visit to the Orphanage where we have previously worked over the years.



The above house had no windows when we called to this family of 7 who's father died recently. New windows were installed in all rooms to replace the sheets of plastic which will help during the winter.



Visit to the Missionaries of Charity Orphanage in Elbasan which is always kept immaculate and the children receive such love and care from the sisters. There are 30 children there at present who will each receive a personalised Christmas box from our friends in Limerick.



Various pictures from Albania 2013



How you get transported when you miss your flight!!



Not your normal gifts for the offertory!



Our very large kitchen with loads of headroom!! Well done girls



Our accommodation.



Locals arriving for the opening



Local farmer!!



The night shift begins!



Marion's treatment room



Ruth from Malta and Colm Lavin from Sligo .



Local houses



Puke mountains



3 boys who will benefit from the new building



Remy and family



Kieran Bergin handing over the keys to Sr Maria Teresa in Gostima.



Jimmy & Sr Maria Teresa



The sparks Yari & Kieran



Brian Bourke handing over the keys To Fr Giovanni in Milot



To Mr. Pat Whelan
And Volunteers of 'Heart to Hand'
Dearest Mr. Whelan,

May the Lord bless you and all your Volunteers!

I would like to express our deep joy and gratitude for the work you are carrying out for the Catholic Community in Gostime, where our Missionary Sisters are working with the needy.

It is really a great gift we receive, and a most needed one. Our Sisters (Zaveria, Terezinha, Maria Teresa) and the Catholics in Gostime had cherished a dream for the past few years: the dream of a new church, more spacious than the room they are using as a chapel at present; they felt it was a real need, but did not dare hope the dream could come true so soon.

To our surprise, God's Providence worked through the willingness of people who, from Ireland, got in touch with us through Mother Teresa's Sisters. We got the news of a plan for a prefabricated church as a gift: we were so moved and filled with gratitude!

Now the dream has come true: I look at the pictures of the buildings site and thank God in amazement; I look at all of you at work, with even two ladies who help prepare your meals.. This is a great gift you offer to the Church and the people of Albania, and to our Community.

I hope you can feel at home with our Sisters and with the Albanians, who are people of warm hospitality; I hope you will accept our sincere thanks and appreciation.

You may know that in our Central Community we have perpetual adoration to the Blessed Sacrament, day and night; it is a grace we received more than fifty years ago, and we have been keeping faithful to it ever since. In these days' prayer we offer the Lord our thanks for your work and ask His blessing on your Volunteers and your families. We now feel closer to the Church in Ireland!

God bless you all!

Sincerely yours

Fr. Pino Isoardi

Responsabile del Movimento Contemplativo

Missionario

P.De Foucauld

Thank You Letters

204 Tirane 4/10/2013
Dear Irish friends
"Heart to Hand organization"
As usual you are great! Yes we all admire the work of your hands and the love of your hearts. Mother Teresa would say "Love in action is service." That's what you have done. Faith in action brings life to the living church. Thank you for giving us more two churches for us in Albania and a school where all will come to know and love the Lord.
Thank you for being always a good Samaritan to us. Thank you for the food supplies and clothes and when you sent to us. May God bless you all, your families and friends and your country.
Missionaries of Charity
Albania

Dear Mr Pat,

you have given us great Joy. We were praying to have some food for family in bad need that we visit regularly, and we continue to discover.

Zaveria(Graziella) will explain you.

THANK YOU, we are really working together for the Kingdom of God.

If you send lorries is because you love , really love Albania. This gives us courage .To be together gives strength.

We start few months ago to help poor people to take a bath, to cut nails, beard and hair. The work increases. Now we have handicapped and old people in number. Yesterday, with Rimy and Orjetta we went to Cerik(with a 20 litres of hot water from your shower) to bath a paralyzed man. When he was clean He was so Thankful, and we too.

I myself feel that our Christians need a life of service to our brothers in need. Even myself am so grateful to have the opportunity to offer my heart and hands to the poor.

I have discover that you have given us beautiful things for the church. Even cloths that we really needed.

We got a nice suitcase with beautiful books inside. We thank you so much.

Dear mister Pat, here i am to give you some of our news :We hope that all goes well for you as it is for us!

Last Sunday our bishop came to us and we had the solemn blessing of the new church and a wonderful mass. We remembered all of you and, with the bishop and all the congregation, we prayed for you all that worked so hard to provide us with a proper church.

We will soon send you photographs of the celebration.

Thank you very very much again!

204 Tirane 4/10/2013
Dear friends "Heart to Hand."
"It is more joy in giving than in receiving, for God loves a cheerful giver."
We want to thank you for all the help that you give us in work or in any kind of donation, it is all appreciated.
What you can do we can't do what we can do you can't do but together we can do something beautiful for God.
May God bless you all for all your goodness and kindness.
From Missionaries of Charity

Dear mister Pat, thank you very, very much for your concern about our people that are in need. We are so grateful for the gift of the new church that we had not thought of anything else, therefore we were touched by your proposal. Anyway we gratefully agree to send our suggestion to you.

We use to buy monthly a supply of food for the poor. I write down the list of di items that we usually buy. You can choose even one item, only would be of great help.

these are the items that we share with those who are most in need(about 30 family):Sugar, Oil, Flower, Rice, Pasta and Soap.

In Albania we have one house, only, that is in Gostima.

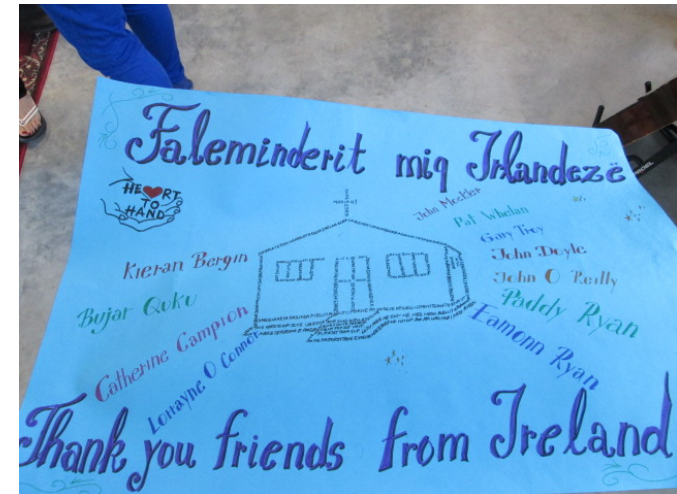


OUR BUILDING PROJECT SPONSORS 2013

A sincere thank you to all our building project sponsors who supplied materials, tools & equipment . Your continued support means so much to all those who benefit from the building projects.

- OMC Group . Tom & Margaret Comerford
- Gleeson Steel & Engineering . PJ & Martin Gleeson
- Campion Mechanical & Electrical . Martin & Catherine Campion
- Grafton Group ROI
- Maurice Doody Sales Limerick. Maurice Doody& Willie Fitzgerald.
- O'Dwyer Refrigeration. Denis & Marie O Dwyer
- Ryan Chilling Group. Don Ryan
- Duggan Steel Group Kilkenny. Willie O Gorman
- Thurles Wholesale Cash & Carry. Frank Nolan
- Dwan Carpentry Services. Stephen & Majella Dwan
- Delta Valves Cork. Peter Harrington.
- Tipperary Spring Water. Michael Ferncombe
- CM Signs. Brian Maher & Graham Cullen
- Stakelums Hardware. Pat Stakelum
- Everard Fire . Martin Everard
- Jim Fanning Carpentry.
- Toolfast Blessington. Peter Byrne
- Hibernian Steel Slane Rd Drogheda. Raymond Moore
- Mick Toohig, Cork.
- Buckley School wear, Cork. Rosarie Murphy
- Healys Two Mile Borris.

All personnel and companies, to many to mention who supported our projects through donations.



Heart To Hand food distribution in Ireland

This past year has been extremely busy for food distributions in Ireland. In Limerick we have over 37 organisations who receive aid from Heart To Hand and over 12 locations across Dublin and several others across the country. The poor are really struggling in Ireland at present.

During the year we have distributed potatoes, rice, pasta, bread, yogurt, carrots, nutrition drinks and much more.

Limerick food distributions

Over the past 12 months there have been 36 food distributions in Limerick, and there is no sign of us slowing down. The recipients vary from homeless centres, soup kitchens to day care centres for the elderly. We have been lucky enough to receive from companies & farmers around Ireland, bread, potatoes, carrots, cheese, rice, butter, eggs, soup, naan bread, tortilla wraps,, ice cream, milk drinks, yogurt and much much more. The groups that collect food from us (numbering 37) come from all over Limerick city and county, but also from as far away as Tralee and Charleville, and our operation is constantly growing. At every collection there are familiar faces for these groups to see, namely our hardworking and dedicated volunteers, Leonora, Rose, Collette, Joan, Ron, Frances and Geraldine. And of course none of this would be even close to possible if it were not for Munster Logistics, who have opened their warehouse to us, giving us not only a pick up point for the agencies who need us, but also a place to store the food, and a safe place for it to be delivered to. So from the bottom of ours hearts we have to thank Shane, Darren, Bronagh and Danielle. Our thanks also to Geraldine O Sullivan Heart To Hand food distribution, who is working tirelessly every week to ensure all food received is sent out to those most in need.

We are appealing to people who may have contacts in the food business or may be able to contact their local supermarket to make Heart To Hand their preferred charity for any food items they may be disposing of. If you can help please contact us. Kieran 087 2745570 Geraldine 087 4146467 Pat 086 8240978

Dublin & Wexford food distributions

- Focus Ireland, Dublin
- Little flower, Meath St, Dublin
- Capuchin Order Merchants Quay Dublin
- Crosscare, Dublin
- The Haven, Dublin
- Legion Of Mary, Dublin
- Nicholas Myra centre, Francis St Dublin
- Brother Kevin, Church St, Dublin
- Tiglinn Centre, Ashford
- Loaves centre, Bray Co Wicklow
- Killcannon Centre, Enniscorthy Co Wexford
- St Vincent De Paul, Wexford.



HEART TO HAND ALBANIA 2013

On behalf of Heart To Hand we would like to thank the following:

- **Our Volunteers:** For raising funds and using their holidays to travel to Albania at their own expense to participate in the building projects. Your hard work and commitment means so much to the people whose lives have being changed by your generosity.
- **Our Fundraisers:** To all who organised events around the country we would like to say a massive thank you. Your hard work in raising money make all these projects possible. As there were so many events and there are so many to thank, it would not be possible to list them all here. We really appreciate your efforts and we hope you continue to support these very worthy projects. Fundraising has already started for next year.
- **Our Friends & Supporters:** To all our friends around the country who donate, collect clothes, religious goods, school furniture, toys, and food we would like to say thank you so much. There are two lorries being loaded at present with food and clothes for families in Albania. If you would like to send items on these lorries please contact us. Christmas Shoe boxes will also be sent on these lorries.

To all who contribute to Heart To Hand in any way, big or small, your gifts are all received with the same thanks, as without everyone's help we could not continue to do this wonderful work.

There are many projects in line for next year and we look forward to your continued support.

Kind Regards,

Pat Whelan

Heart To Hand

