

Jerusalem Trinity Sponsored Walk

26 January - 2 February 2012

raising awareness **and funds** for three McCabe Educational Trust supported projects in Jerusalem and Bethlehem

MEET THE PEOPLE OF THE HOLY LAND



A WEEK IN THE HOLYLAND

visiting projects supported by
The McCabe Educational Trust

26 January - 2 February 2012

THE INITIAL IDEA On 2 January 2011, Elizabeth Price a McCabe pilgrim from Chingford walked three times around the old city walls of Jerusalem to raise awareness of and raise funds for three special people: Alice Sahhar and her daughters Najwa and Samar, the "trinity" behind the boys and girls homes in Bethany. Elizabeth walked alone and presented the McCabe Educational Trust with a cheque for almost £1,000 to help the work in Bethany.

NOW YOU CAN GET INVOLVED We have taken Elizabeth's idea and with her co-operation have developed and increased the scale.

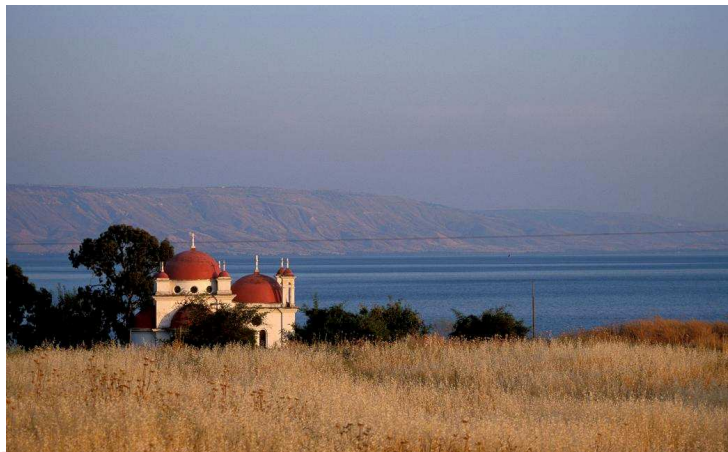
Next January, Elizabeth will be joined by McCabe Pilgrimages staff, McCabe Educational Trust trustees, friends and family on what promises to be an inspiring week in the Holy Land.



We plan to celebrate the life of Alice Sahhar, founder of the Jeel al Amal boys home in Bethany with a sponsored walk around the city walls of Jerusalem. Alice died in 2008 aged 74 years and is sadly missed. Her daughter, Najwa continues the work.

We invite YOU to come and join us!

In one memorable week, you will meet the people behind three of our Trust's principal projects and participate in a sponsored walk raising awareness and much needed funds for these same projects. Anyone with an interest in our work will be made very welcome.



MORE INFORMATION

The cost of this tour is a heavily subsidised £650 (plus minimum sponsorship - see overleaf) sharing a twin-bedded room with private facilities.

We stay in two family owned and managed hotels. In Jerusalem, the three star Golden Walls Hotel overlooks the Old City walls and is within walking distance of the Holy Sepulchre. In Tiberias, we stay at the four star Ron Beach Hotel in a wonderful situation right on the lakeside. All meals during the week are included as well. Only drinks will be charged extra.

Nazareth transport are providing an air-conditioned coach and we have included all entrance fees. We will be accompanied by a local guide, McCabe Pilgrimages staff and trustees of the McCabe Educational Trust. A week of great fellowship is in store.

Direct flights are available from Manchester, Luton and Heathrow airports. Please indicate your choice on the Booking Form. If you are joining from Scotland or Ireland, connecting flights can be arranged on request - or check the internet for the best deal. Airport and security charges are included. For British passport holders, a complimentary visa is issued on arrival in Israel.

We have included most expenses in the tour cost but some items are listed separately. The travel insurance premium is £59. This policy has no age limit so is expensive for younger travellers. Do shop around for less expensive cover. We do recommend that all participants have medical insurance cover. You should budget for an amount of £25 for gratuities to be collected locally and disbursed to those who help us during the week. Limited single rooms are available at a supplementary cost of £150. Please, however, see our note "Travelling Alone" overleaf. The optional excursion planned to Masada and the Dead Sea will cost £45.

Any special requests including dietary requirements should be noted on the booking form. A deposit of £100 is payable now with the balance payable 8 weeks prior to departure.

OUR PROGRAMME

Thursday 26 January JOURNEY TO THE HOLY LAND

Flights from Luton, Heathrow or Manchester to Tel Aviv. Five night stay at the Golden Walls Hotel overlooking the Old City walls.

Friday 27 A DAY IN BETHLEHEM

A day in Bethlehem visiting the Bethlehem Arab Society for Rehabilitation and the Al Shurooq Blind School, as well as the Basilica of the Nativity in Manger Square. Lunch is included today with the staff of one of the projects we will visit.

Saturday 28 OUR SPONSORED WALK

Our walk is planned for the morning with a free afternoon. Dinner this evening will be a celebratory occasion with entertainment.

Sunday 29 BETHANY ORPHANAGES

Morning free and an opportunity to worship with a local congregation. We lunch together and in the afternoon visit the Jeel al Amal orphanage in Bethany as well as the tomb of Lazarus and Basilica of Mary, Martha and Lazarus.

Monday 30 MASADA & THE DEAD SEA

A free day in Jerusalem or join a full-day **OPTIONAL** excursion to Masada and the Dead Sea. We drive into the Judean wilderness to Herod's desert fortress of Masada, which we ascend by cable car. We have an opportunity to float in the therapeutic waters of the Dead Sea before lunch in the Lot Hotel. On our return journey to Jerusalem we call at Qumran (where the Dead Sea scrolls were discovered). The final part of our journey is to Wadi Qelt, for a spectacular view of St George's desert monastery. **Cost £45 including lunch. We will book you on the excursion unless you indicate otherwise on the booking form.**



Our walk is the inspiration of Elizabeth Price, pictured here in Jerusalem last year, when she walked alone and raised £1,000 for the Trust.

Tuesday 31 NAZARETH

We drive to Nazareth where we visit Nazareth village, an innovative project of the Edinburgh Medical Missionary Society. Lunch here followed by a visit to the Basilica of the Annunciation. Continue to Tiberias for a two night stay at the Ron Beach hotel on the shore of the Sea of Galilee.

Wednesday 1 THE SEA OF GALILEE

A leisurely day visiting the scene of Jesus ministry. We will include a sail on the lake, a group Eucharist and lunch on the Mt. of Beatitudes.

Thursday 2 February HOMEWARD BOUND

Return flight options to Manchester, Luton and Heathrow.

Expected flight times:

	Depart UK	arrive Israel
Manchester:	1000	1715
Luton	1105	1755
Heathrow	1420	2100
	Depart Israel	arrive UK
Manchester:	1815	2200
Luton	1840	2220
Heathrow	1715	2055
(or)	0905	1225



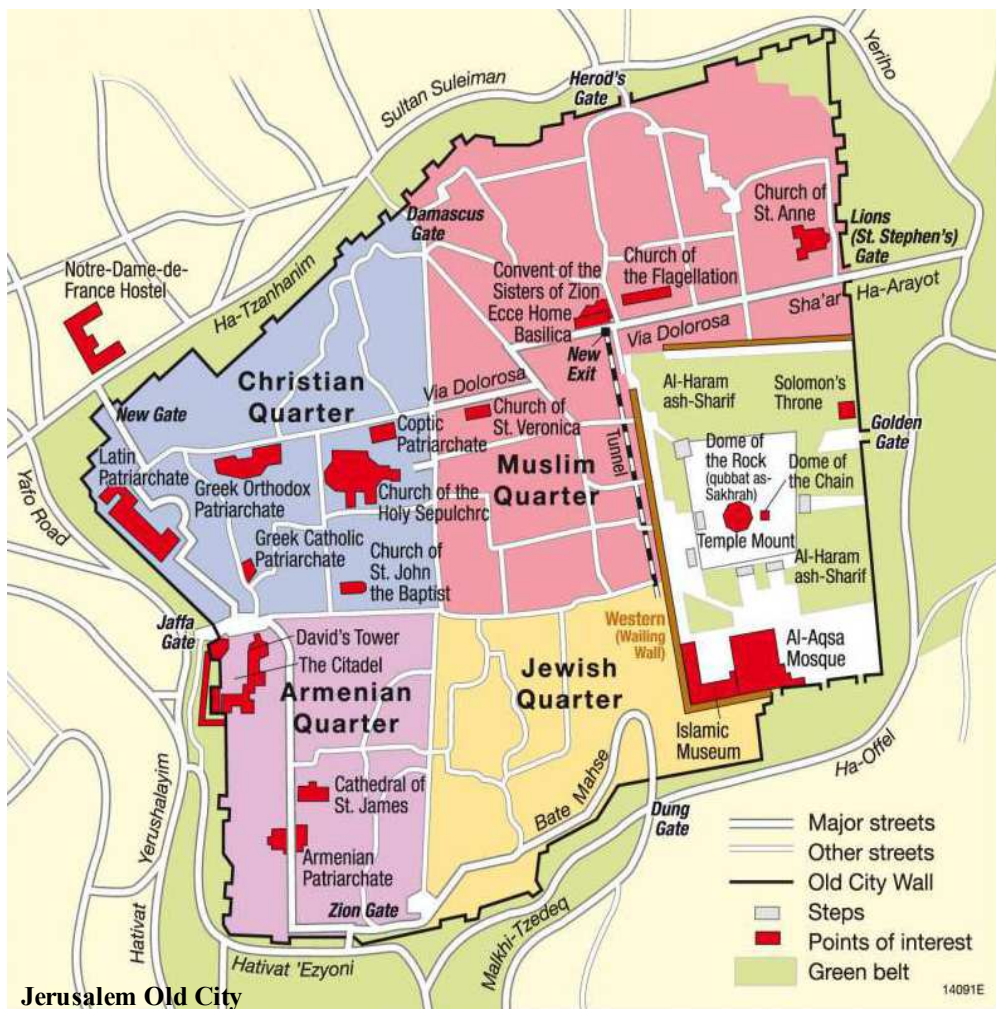
HOW TO PARTICIPATE

To book your place complete the standard McCabe booking form and write “**sponsored walk**” in the top right corner boxes. Return the form to the McCabe office with a deposit payment of £100 and add the £59 insurance premium (if required).

We will send you an invoice for the balance which is payable two months before you travel. At this time we will also check that you have raised the minimum level of sponsorship. ALL of your sponsorship money will be given directly to the McCabe Educational Trust and will be used without deduction to benefit the projects we will visit during the week.

The McCabe Office
11 Hillgate Place, Balham Hill
London SW12 9ER

Freephone: 0800 107 3 107
Email: nada@mccabe-travel.co.uk



SPONSORED WALK

THE CHALLENGE

The price of this experience is £650 – to include flights, accommodation, coaching and meals. McCabe Pilgrimages are subsidising the cost and have also persuaded and cajoled their partners in the Holy Land to give financial support.

The challenge is that we are asking all participants to raise a minimum of £300 sponsorship but hopefully from some, much more. All sponsorship money will go to the trinity of projects we will visit on the pilgrimage.

Together, we will celebrate McCabe's involvement in the life of the Christian community of the Holy Land.

THE SPONSORED WALK

Our theme is Trinity and our walk is three circuits of the walled old city of Jerusalem, raising funds for three projects of our Trust. Total distance is about seven miles.

We have tried to make this experience very accessible. The walk is suitable for all ages and requires only a moderate level of fitness. Choose sturdy shoes and be prepared for possible rain, wind or sunshine!

We envisage the walk lasting between three and five hours with groups of participants choosing their own pace and rest stops. Participation is our aim, not a race or feat of endurance.

The walls of Jerusalem have been built and rebuilt over the centuries. The current walls were built around 1538 by Sultan the Magnificent when Jerusalem was part of the Ottoman empire. The walls are in fantastic condition and reach to a height of forty nine feet and are ten feet wide. The more adventurous can pay a small fee locally and actually walk along the ramparts for a part of the circuit. While walking, you can try and identify a total of forty three surveillance towers and eleven gates, only seven of which are in use today.

SPONSORSHIP

An official sponsorship form is attached for you to collect support. All of the money raised will go to the projects we will visit during our week in the Holy Land. None of it will be used for administration or travel costs. Emphasize to your supporters that all money raised will directly help needy children in Jerusalem and Bethlehem.

You can set up your own donations page on the MET pages of the McCabe website! Follow the simple steps and your supporters can donate on-line.

www.mccabe-travel.co.uk



Jerusalem Trinity Walk

Saturday 28 January 2012

We are inviting anyone with an interest in the projects supported by the **McCabe Educational Trust** to join us for a “meet the people” week in which the highlight and focus will be a sponsored walk around the walled old city of Jerusalem. Our object is to raise awareness and much needed funds for a *trinity* of projects supported by the McCabe Educational Trust.

The three projects we will visit during our week and for which we are raising funds are The Jeel al Amal Boys Home in Bethany, the Al Shurooq Blind School in Bethlehem and the Bethlehem Arab Society for Rehabilitation.

For more than twenty years, the McCabe Educational Trust has been creating partnerships with inspiring people we have met on pilgrimage. With your help, we will continue helping those in need we encounter on our travels.

Official Sponsorship and Gift Aid Form



TRAVEL INFORMATION

FITNESS TO PARTICIPATE

We have tried to make this experience very accessible. The sponsored walk is suitable for all ages and requires only a moderate level of fitness. Choose sturdy shoes and be prepared for possible rain, wind or sunshine! We envisage the walk lasting between three and five hours with groups of participants choosing their own pace and rest stops. Participation is our aim, not a race or feat of endurance.

TRAVELLING ALONE

We actively encourage single travellers to join us and if you prefer not to pay for a single room, we will try to find a suitable room sharer. Mark your booking form 'guaranteed share' and we will charge the basic price and accommodate you with a person of the same sex also requesting shared accommodation. In this case, if we do not find someone to share with you, you will be accommodated in a single room at only 50% of the usual single room supplement. If you would prefer a single room, mark the Booking Form "Single Room" and we will try and confirm this for you. In this case the full single supplement will be payable.

PASSPORTS, VISAS AND HEALTH

Please ensure that your passport is valid for at least six months after the time of this pilgrimage. If you need a new passport apply early as there can be considerable backlogs at the passport offices. A visa is issued free of charge on entering Israel and there are currently no further requirements for entering the Palestinian territories.

If you are holding a non-British passport, or require further advice, please consult the McCabe office. No inoculations are required. We, however, do advise you to consult your doctor regarding your own personal requirements.

TRAVEL INSURANCE

McCabe will arrange comprehensive travel insurance cover for each passenger unless otherwise indicated on the booking form. We have negotiated the premium (see 'Tour Information' section inside for rate) which as well as offering full medical and baggage cover also gives cover against loss of deposits. Cover is arranged by Preferential Insurance Services Ltd and is underwritten by Optimum Underwriting Limited as underwriting agents for Groupama Insurance Company Limited – each aforementioned organisation is authorised and regulated by The Financial Services Authority. Full details of cover and will be sent to you with your confirmation invoice. This document also acts as your insurance certificate so that your booking reference number is also your insurance policy number.

A special feature of the McCabe insurance is that there is no age limit. Please, however, note it is a requirement that all insured persons must adhere to the Medical Health Requirements section on page 5 of the Policy wording document (which we will send you with your confirmation invoice). If you answer yes to any of the questions asked within this section you must contact the **MEDICAL HELPLINE Tel: 0843 208 1461**. This is a confidential service that will decide whether or not this insurance is appropriate for you. If they decline to offer cover, or if you are unhappy with any aspect of the cover, you can return the policy within 14 days of issue and receive a full refund. In cases of difficulty, we have specialist insurers we can introduce you to.

McCabe Travel Ltd is an appointed representative of Preferential Insurance Services Ltd which is authorized and regulated by the Financial Services Authority (FSA) as are both Optimum Underwriting Ltd and Groupama Insurance Company Ltd.

McCABE PILGRIMAGES

All travel arrangements are being arranged by McCabe Pilgrimages and their standard booking conditions will apply. McCabe Pilgrimages is a member of the Association of Independent Tour Operators, an association which represents Britain's leading independent tour operators and encourages high standards of quality and service. McCabe abides by the Association's Code of Conduct and adheres to the AITO Quality Charter which can be viewed on www.aito.co.uk. McCabe Pilgrimages is also a member of ABTA.

This journey is ATOL protected by the Civil Aviation Authority. The McCabe ATOL number is 2920.



McCabe Pilgrimages

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The McCabe Educational Trust

The McCabe Educational Trust is the charitable wing of McCabe Pilgrimages. Our aim is to give something back to the people who have inspired us on our journeys. During the last five years, one million pounds has been raised by travellers and given to projects we support!

During our week in the Holy Land, we will visit and raise funds for a **trinity of projects** close to our heart. You will have the privilege of meeting some of the inspirational people the McCabe Educational Trust is working with. These people and their projects rely totally on outside support such as ours.

A Boys Home in Bethany



Jeel al Amal is a school and boys home in Bethany, a day's walk from Jerusalem and once the home of Mary, Martha and Lazarus. Here 350 boys attend school each day with 100

accommodated in the Boy's Home. Finances are precarious and the work relies on regular support from organisations such as our trust. Have a look at the Jeel website. If you click on "school" at the top of the site you will find an excellent *powerpoint* presentation entitled "In which language do children cry." Check their website on: www.jeelalamal.org

A School for the blind in Bethlehem



Al Shurooq is a unique organisation providing a rare opportunity for blind and visually impaired children from all over the Palestinian

territories to learn how to integrate into their society. Al Shurooq is more or less on its own in this sphere and relies entirely on donations from organisations such as ourselves. You can download recent newsletters from their website: www.nsfvh.org

Bethlehem Arab Society for Rehabilitation



BASR was once a Leonard Cheshire home. It began evolving in 1960 and has now grown into a large complex health care provider for the Bethlehem

area. Last year 200 staff cared for almost 40,000 patients and 3,000 surgical procedures were performed. Amazingly, for such a large organisation, they are totally dependent on voluntary support from organisations such as ours. You can download various brochures and leaflets from their website:

www.basr.org

THE McCABE EDUCATIONAL TRUST

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