



ORDER OF MALTA
HOLY FAMILY HOSPITAL
BETHLEHEM

Where there is always a place in the inn for all

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- Inside this issue:**
- Editorial*
- A new Chapter in life*
- The Birth of Hope*
- St. Barbara*
- Congratulations*
- World premature day*
- Statistics*

As Christmas approaches, we are reminded of the profound significance of this season especially here in Palestine. In the midst of challenges, Christmas shines as a time of renewal, of joy, and of hope, and it holds even deeper meaning in a maternity hospital, where new life and new beginnings are celebrated every day.



Holy Family Hospital Grotto

For families in Palestine, Christmas is more than just a holiday; it is a symbol of resilience, peace, and the enduring spirit of love. In a region marked by hardship, the birth of a child represents not only the continuation of life but the

promise of a brighter future. Here at our maternity hospital, we witness this miracle firsthand, as families bring their newborns into the world amidst the backdrop of a season that celebrates hope, peace, and joy.

This year, as we celebrate Christmas, we are especially mindful of the families we serve expectant mothers, new parents, and newborns—all of whom are part of a greater story of strength and perseverance. The birth of a child in any context is an occasion of immense joy, but in Palestine, it also

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symbolizes hope for a better tomorrow. It is a reminder that despite the difficulties, life continues, and with each new birth, there is a renewed sense of possibility.

For many of our patients, Christmas brings not just the arrival of a baby but the comfort of knowing that they are cared for, supported, and surrounded by compassion. The holiday season, with its spirit of giving, reminds us all of the importance of kindness, empathy, and community—values that are at the heart of our mission here in the maternity ward. Whether it's a word of encouragement, a gentle touch, or a shared moment of joy, these small acts make a world of difference in the lives of our patients and their families.

As we celebrate this Christmas, let us remember the families who are welcoming new lives into the world. Let us honor the strength of mothers, the joy of new beginnings, and the enduring power of hope. May this Christmas be a time for reflection, for gratitude, and for the continued work of healing and caring for one another.

Wishing all our patients, staff, and their families a Merry Christmas filled with peace, love, and new beginnings.



A New Chapter in Life

On the morning of December 5, 2024, Bayan arrived at Holy Family Hospital, where the staff greeted her with kindness and care. **"The entire hospital team felt like family,"** Bayan recalls. **"They made me feel safe and supported, helping me stay calm even with the natural fear that comes with labor."**



As the hours passed, the birth became imminent. The team's expertise and compassionate care ensured everything was on track. Finally, baby Rima was born, weighing 3000 grams. Her first cry filled the room, bringing instant joy to her parents. In that moment, Bayan and Tarek knew their new chapter had begun, filled with love and hope, thanks to the medical team's dedication.

"In moments of fear, hope shows up in its purest form when you find people who support you with both kindness and professionalism," the couple reflects. **"The birth experience wasn't just a medical**

event; it was a new story beginning with the care of doctors and nurses who gave us hope."

Bayan and Tarek's lives were now full of new challenges, but also overflowing with joy. Every moment with Rima reminded them that life, though challenging, is beautiful, and love makes every step worthwhile.

And so, the small family began their new adventure, surrounded by rays of joy and hope, ready to write new chapters of happiness and success.



Such a Wonderful message to Receive from Bayan to Our Midwife Narjes Alan" **Thank you for being there for me, for listening to my concerns, and for guiding me every step of the way. I felt safe and cared for in your hands, and I will always be thankful for the comfort and reassurance you gave me.**

You are truly a special person, and I'm so grateful to have had you as my midwife".

The Birth of Hope

“And She will Bear a Son; and you shall call his name Jesus, for it is he who will save his people from their sins” Mathew 1:21

Having a baby on Christmas Season can be both a joyous time and special Blessing for us. This Christmas, with the bad situation sweeping the world, there may also be some unique considerations on parents' minds

On Christmas night, December 25, 2024, 12:27 AM, the small family welcomed their first born, Layla. She entered the world weighing 3.200 kilograms, in an excellent health,



thanks to God's care and the perfect preparations made by the hospital team. The birth was a C-section, and Hadeel was fully prepared; thanks to the exceptional medical support she received.

As she gazed at her newborn, the father expressed his feelings, saying, "**We are now a happy family**," expressing his deep gratitude to everyone who contributed to this joyful moment.

Hadeel says, "**At the Holy Family Hospital, it's not just bodies that are born, but stories of hope and life. Here, care extends beyond medicine to embrace the heart and soul, making every birth the beginning of a new hope.**"

With the birth of Layla, a new journey began for this family, filled with dreams and hopes. Every moment with their baby was a reflection of the beauty of life and the motherhood journey, where love was the language spoken by them all. This small family is not just a family; it is the embodiment of hope and love, with every moment offering a new promise of a brighter future.



St. Barbara's Day

Saint Barbara was persecuted in the 3rd century because she believed in Jesus. The general belief among Middle Eastern Christians is that Saint Barbara disguised herself in many different characters to escape the Romans who were persecuting her. While fleeing from the Romans, Barbara supposedly also ran through a freshly planted wheat field, which grew instantly behind her to magically cover her path. This miracle is recreated symbolically today by planting wheat seeds (or chick peas, barley grains, beans, lentils) in little pots. The seeds germinate and grow quickly to around 6 inches in time for Christmas. Then the shoots are used to decorate the nativity scene usually placed below the Christmas tree. I remember my great Aunt Bahia used to do this every year, and I would marvel at the plants as a child, helping her water the grasses and watching them grow so quickly.

Saint Barbara's Day is celebrated in the Holy Land on December 4 of each year. The traditional food for the occasion is Barbara, a bowl of boiled barely, pomegranate seeds, raisins, anise and sugar. Walnuts and the almonds can be added. Families meet together on this day to celebrate and Holy Family Hospital's team also celebrates this day together where joy and love are spread among the team and the mothers inside the Hospital.



- Ingredients (about 20 servings)
 - 2 cups wheat berries
 - 3 sticks of cinnamon
 - 1 tbs of ground anise seeds (optional)
 - ½ cup golden raisins
 - 10 cups of water
 - ¼ cup of honey, sugar or brown sugar (adjust to your taste)
- Toppings:
 - chopped walnuts
 - ground chickpeas
 - chopped Almonds
 - Pomegranate seeds
 - Coconut
 - Mini chocolate chips (these melt nicely in the warm porridge) 😊
- Place wheat berries and cinnamon sticks, and anise in a large pot. Add the water. Set over high heat to boil. Once boiling, reduce heat and simmer until the water starts to evaporate. About 20 minutes into simmering time, add the sugar and the raisins. Continue simmering for another 20 minutes or so depending on how soupy or dry you like it. Traditionally, the consistency should resemble that of hot porridge. Serve hot with almonds, walnuts, coconut, pomegranate seeds and any other topping you wish.



Spreading the joy of Christmas

The team of the Holy Family Hospital's Administration replaced our annual Christmas dinner party by distributing Christmas cookies, which drew a nice smile among the staff and was highly appreciated.

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Christmas Spirit

To maintain our yearly tradition, and in the perspective of spreading the joy and love within the patients surrounding us and the team of Holy Family Hospital on the 25th December marking the birth of our Saviour, gifts were distributed to the mothers and babies.

We succeeded in making 25 December unforgettable day



A Safe Journey to New life

"Everything we needed was here," they described their experience, emphasizing that the sense of safety and comfort during this sensitive time was the greatest support they could have had.

On the morning of December 24, 2024, after a long wait, their little girl, Vitalia, was born weighing 3.340 kilograms. The delivery was normal and went smoothly, thanks to the skilled care of the doctors. The moment Victoria held her baby in her arms, she felt that her life was complete mix of happiness and gratitude that words could not fully express.

"We are safe with you," was the phrase William used to describe their experience with the hospital, a reflection of the trust and gratitude they felt toward everyone who was part of their journey.



Baby Zain

Mario and Loris dream of having a family grow with each pregnancy. After the birth of their daughter Maria via cesarean section in 2022, they were overjoyed to learn of their second pregnancy. Loris, who had followed part of her pregnancy at the Holy Family Hospital, hoped for a natural birth. On December 22, 2024, Loris was admitted to the hospital, and with the medical team's help, she successfully delivered their son Zain naturally on March 24, 2024, weighing 3.180 kilograms and in



good health. The experience was joyful for the family, and both Loris and Mario expressed their gratitude for the support they received during the birth.



Baby Christian

The family was overjoyed after the birth of their third child. Miriam gave birth to her son



Christian on December 18, 2024, weighing 3730 grams. Miriam shared her experience, saying: "***I began my follow-up at the hospital when I learned I was pregnant. The doctor was amazing and helped me get through the pregnancy easily. It was a comfortable period filled with rest and joy. Despite the stress of labor, the medical team was very calming, which eased my anxiety and made my delivery smoother, allowing me to hold my healthy baby in the end.***"

Samir added with gratitude: "I felt reassured. Despite everything, I was confident that both my wife and baby would be fine. I was present during the birth and saw the efforts of the medical team with my wife. They were supportive, calm, and compassionate,



helping Miriam with kindness and love. They were the best doctors and midwives with us. We truly appreciate all our moments at the hospital, as it's always our second home, and the entire team is our second family. In the end, we thank you all."



Medical Seminar

The Holy Family Hospital, in collaboration with Dar Al-Shuykh, and Wings of Hope Foundation, held an educational medical seminar on menopause. Dr. Zahra Sharabaty & Dr. Bashar Rishmawi; an obstetricians and gynecologists, provided a comprehensive overview of the symptoms and challenges associated with menopause, as well as how to manage them. They also highlighted critical symptoms that require medical intervention and emphasized the importance of regular



check-ups and follow-ups to help women navigate this phase with comfort, confidence, and happiness.

At the conclusion, an overview of the services offered at the menopause clinic was provided, and the floor was opened for medical consultations.

The changes associated with menopause can affect a woman's health and lifestyle.

Therefore, care in the period leading up to this phase plays an important role in enhancing health and quality of life.



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MONTHLY DELIVERIES

	1990	1995	2000	2005	2006	2007	2009	2010	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
JAN	0	148	250	224	240	230	221	258	274	249	271	313	278	306	357	369	387	334	400	363	296
FEB	4	130	239	221	218	228	239	221	227	224	257	264	271	296	309	309	313	322	321	313	287
MAR	46	168	231	231	217	313	236	265	278	260	287	286	277	318	333	389	278	350	389	358	347
APR	68	180	274	240	216	322	280	298	265	301	267	277	268	295	344	389	275	396	343	358	292
MAY	85	188	288	238	237	366	284	304	229	250	240	297	304	365	373	400	323	364	387	374	320
JUN	85	202	294	258	219	277	275	333	261	278	302	311	313	362	380	399	390	349	379	337	317
JUL	84	188	329	235	243	276	328	307	306	279	314	379	379	427	450	439	402	412	379	377	360
AUG	71	199	309	235	256	264	280	286	296	289	319	351	340	403	476	448	446	445	441	405	346
SEP	109	167	275	234	280	233	261	295	291	267	281	327	329	386	409	398	387	419	372	363	288
OCT	116	193	223	257	295	255	297	270	281	274	258	286	309	365	369	378	366	381	352	315	330
NOV	97	203	165	213	257	224	247	237	249	271	251	224	278	371	369	347	331	355	368	291	317
DEC	104	198	175	207	268	238	265	236	209	242	265	253	307	326	340	361	372	390	376	284	302
TOTAL	869	2164	3052	2793	2946	3226	3213	3310	3166	3184	3312	3568	3653	4220	4509	4626	4270	4517	4508	4138	3802

TOTAL DELIVERIES SINCE 1990
Total Babies Delivered Since 1990

105.219
108.057

STATISTICS

2024

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOTAL
Consultations													
HPH													
Ob gyn	911	832	898	955	1117	1134	1236	1284	1206	1237	1188	1177	13175
Pediatric	255	315	298	273	343	323	360	341	316	297	307	293	3721
Diabetic	174	66	91	103	101	91	127	122	112	132	161	140	1420
Nutrition	68	27	31	22	56	37	239	31	33	44	56	46	690
Over 45	19	92	76	61	91	49	101	55	76	99	92	61	872
Outreach													
Ob gyn		119	184	158	92	73	141	176	156	166	170	167	1602
Pediatric		81	98	105	105	45	136	142	135	171	132	151	1301
Private													
Ob gyn	705	780	666	789	805	720	925	782	760	799	719	687	9137
Pediatric	119	126	102	139	152	89	94	104	123	132	117	149	1446
TOTAL Consultations	2,251	2,438	2,444	2,605	2,862	2,561	3,359	3,037	2,917	3,077	2,942	2,871	33,364
Obstetric													
Nb deliveries													
3 class	263	258	311	257	276	289	308	293	240	283	271	258	3307
1 & 2 class	32	29	36	35	44	34	52	48	48	47	46	45	496
TOTAL Deliveries	295	287	347	292	320	323	360	341	288	330	317	303	3,803
C sections													
Total	69	70	76	72	79	78	72	96	57	89	89	73	920
Babies													
Total	297	299	355	298	330	324	368	357	294	341	325	314	3902
Gynecologie													
Operations													
Minor op	31	29	20	30	20	23	20	27	28	18	26	19	291
Major op	8	9	11	10	5	10	10	13	5	8	7	6	102
TOTAL Operations	39	38	31	40	25	33	30	40	33	26	33	25	393
Ob / Gyn													
Admissions > 5 days	8	3	3	2	7	7	3	7	4	3	4	6	57
Admissions < 5 days	362	359	419	357	391	395	444	433	375	407	398	379	4719
Total admissions	371	363	422	374	401	404	447	449	388	417	403	385	4824
Total days	647	628	736	629	757	701	788	776	625	693	699	654	8333
Ob / Gyn OCCUP %	49.69%	53.40%	56.53%	49.92%	58.14%	53.84%	60.52%	59.60%	49.60%	53.23%	55.48%	50.23%	54.36%
Lab activity													
TOTAL Activity	9,958	8,592	7,416	9,497	10,219	12,220	12,422	13,326	9,489	9,700	8,002	8,878	119,719
Anesthey													
A Generale	2	3	8	5	4	1	11	5	2	3	4	2	50
epidurale	39	61	63	66	82	74	84	80	68	66	59	71	813
Spinal	59	62	67	62	65	70	63	78	50	79	78	66	799
TOTAL Activity	100	126	138	133	151	145	158	163	120	148	141	139	1662
Neonatal Intensive Unit													
Lenght													
Total days L1	216	191	168	172	159	210	214	188	167	192	187	176	2240
Total days L2	87	61	69	50	33	48	75	91	68	87	60	74	803
Total days L3	195	116	73	71	145	192	180	214	186	115	69	55	1611
Total days	498	368	310	293	337	450	469	493	421	394	316	305	4654
Stay < 5 days	33	26	20	27	21	24	18	23	16	20	25	19	272
Stay > 5 days	23	24	19	18	29	20	32	27	10	22	15	28	267
Stay > 50 days	2	2	1	2	1	2	1	2	2	4			17
Admission													
adm L1	32	26	28	24	32	26	18	28	15	25	31	28	313
adm L2	9	6	4	3	4	2	12	2	5	4	3	4	58
adm L3	12	15	6	7	14	10	19	17	8	13	6	15	142
Total Adm	53	47	38	34	50	38	49	47	28	42	40	47	513
Nb Premature <3	2	4	1	2	5	5	3	10	2	4	1		39
PED. OCCUP %	89.25%	65.95%	55.56%	52.51%	60.39%	80.65%	84.05%	88.35%	75.45%	70.61%	56.63%	54.66%	70.84%
TOTAL T. OCCUP %	61.56%	59.29%	56.24%	51.22%	58.82%	63.94%	67.58%	68.23%	58.11%	58.44%	56.39%	51.56%	59.30%
Poor Case Fund													
Mothers	102	94	120	46	122	50	51	42	46	64	74	70	881
Babies	30	21	9	15	36	32	25	8	20	19	25	7	247
Total cases Assisted	132	115	129	61	158	82	76	50	66	83	99	77	1128

