

One Thread at Time: What Solidarity with Refugees Really Looks Like

Sabbath June 21st 2025

This year, the focus for World Refugee Day is – *Solidarity with Refugees*.
But what does that really mean?

Solidarity means more than standing with refugees in principle — it means acting in ways that restore their dignity, agency, and hope. It means recognising that behind the word "refugee" is a person who deserves more than survival. It means saying clearly, and courageously: **you are not alone**.

At ADRA, we see this every day — in the faces of women like **Moud**.

Moud ran from Palestine to Syria, then from Syria to Lebanon; only to find war again.

At 45, Moud's life has been shaped by conflict, flight, and survival. Born in Palestine, she fled to Syria as a child, only to be displaced once more by the war there. She arrived in Lebanon hoping for peace, but instead faced yet another crisis; displaced once again by the country's escalating instability.

In Lebanon, she married. But with no relatives by her side, no safety net to fall back on, and a body weakened by repeated spinal surgeries, even daily life was a struggle. Moud's health kept her from finding stable work, and the isolation of her displacement weighed heavily on her spirit. Still, she carried on.



Would you ever know you have an extraordinary gift; if all you ever had time for was survival?

Such was Moud's story. Years passed in the shadows of war and worry, leaving little space to explore her identity, her creativity, her worth. But everything changed the day she joined ADRA's program in Baalbek.

Surrounded by other women with similar stories of hardship and resilience,

Moud took part in vocational training; learning **knitting, crochet, makeup artistry, and entrepreneurship**. It was during one of those sessions that her hands found thread and a hook... and her heart found purpose.

To everyone's surprise, Moud turned out to be **exceptionally gifted**. She picked up crochet with ease, weaving delicate patterns with precision and care. From that moment on, Moud was no longer only a refugee, or a woman living in pain. She became **an artisan, a businesswoman, a creator**. She began receiving online orders and selling her handmade pieces. With her new skills came not only income, but a transformation far more powerful.

"I am valuable. I'm talented. I can do this. I am empowered."

Through ADRA, Moud found more than training. She received **dignity and hygiene kits**, took part in **awareness sessions** on health and gender equality, and joined **psychosocial support groups** that reminded her: she was not alone. ADRA believes that women like Moud; so often displaced, overlooked, and unheard; deserve more than aid. They deserve the tools to rebuild, the chance to lead, and the recognition that they are vital to their families and communities.

On this **World Refugee Day**, we honor the thousands of women like Moud who carry untold strength. Women who stitch their lives back together in the quietest and most beautiful ways; one thread, one step, one dream at a time.

(Show Moud's video or photos)

A Project Rooted in Dignity

The **EMBRACE project**, funded by ADH through ADRA Germany, supports vulnerable Lebanese and Syrian refugee women and girls who face deep economic exclusion. Many of

them, like Moud, have been displaced multiple times. They live on the edge of poverty, without access to hygiene supplies, stable jobs, or emotional support.

Through **vocational training, entrepreneurship coaching, dignity kit distribution, and psychosocial support**, the project helps women take back control — step by step, skill by skill, thread by thread.

In the middle of Lebanon's historic economic crisis — where inflation, unemployment, and new conflict have made survival harder than ever — this project is helping 180 women build new beginnings.

Solidarity in Action

On World Refugee Day, it's easy to feel overwhelmed by statistics. Over 122.6 million people are forcibly displaced worldwide. Conflicts drag on. Resources fall short. But Moud's story reminds us that **solidarity isn't just a statement** — it's what happens when people like you and me say: *"Let's do more than care. Let's act."*

We are still in the middle of the ADRA Annual Appeal – ***Love in Action***. Please respond positively by donating to the cause. See your ADRA Ambassador for an envelope to donate using cash or cheque or you can donate online using the QR code on the annual appeal flyers.

At ADRA, we believe that displaced people deserve more than a place to stay — they deserve a place to grow. That's what your support makes possible.

♥ On this day, we honour the strength of women like Moud.

♥ We stand with refugees — not just in words, but in action.

♥ And we thank you for standing with us as we try to serve women, men and children in need by being the hands and feet of Jesus - demonstrating His Love and Compassion to everyone.