

# THE SECRET OF HAPPINESS

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## *about the author*

My name is Anas Attar, and I am the founder of Alkhayiroun. This book shares my journey of creating this non-profit initiative. Read on to discover what the secret of happiness truly is.

## *about alkhayiroun*

Alkhayiroun is a non-profit initiative dedicated to bringing joy to the lives of orphaned and needy children, while also supporting families in need, both within Lebanese society and through global outreach

# *how it began*

It all began during Ramadan 2015 when I saw an elderly man sitting on the sidewalk with his daughter, holding a small, worn board. Curious, I walked over to them, and the man told me that, since he couldn't afford to send his daughter to school, he was teaching her himself with the little knowledge he had. His words deeply moved me. I bought them a meal for Iftar, not realizing that this small gesture would ignite something much bigger.

Inspired by his resilience, I felt a strong need to help others. The following week, with the support of my family and my sister—my very first supporter—we gathered donations and went out into the streets of Beirut. That evening, we distributed sandwiches to 30 people for Iftar. Looking back, it was the start of something far greater than I ever imagined.

# *the evolution*

In 2016 and 2017, I expanded the food distribution initiative, focusing on providing warm meals and pizzas to less fortunate individuals and families. With contributions from close friends, we successfully distributed over 200 meals, significantly increasing our impact and reaching even more people in need.

Ten days before Eid al-Adha, I shared my vision with a family friend who, moved by the idea, generously donated \$50 to help fund a cow slaughter for the occasion. The cost of a cow was overwhelming for 10 years old me, but I was determined to make it a reality. I shared my story on a local radio station, and soon after, the community's support began to pour in. Within few days, I raised the necessary funds, just in time for Eid. This milestone marked the official launch of our Eid al-Adha initiative, elevating our efforts and enabling us to support families in a more impactful and meaningful way.



# *the rise*

In 2018, as Ramadan began, it was time for a new approach. With the support of my close friends, we organized an on-ground iftar at Masjid Muhammad Al Amin in Downtown Beirut. We partnered with a local orphanage and invited 50 orphans to join us. Seeing each child leave with a smile, clutching a bag filled with toys, was a powerful reminder of why we started this journey.

By Eid al-Adha, we had established the slaughter initiative as an annual event, aiming to reach as many people as possible. That year, we set a new milestone, benefiting tens of families through this initiative.

The success of this initiative showed how much could be achieved when the community came together with shared purpose and generosity. It also gave me the confidence to dream bigger, knowing that even small steps could lead to meaningful change in the lives of so many

# *the success*

In 2019, we expanded our efforts by participating in community events to raise funds for our initiatives. At the Talaa Al Badr Alayna (TBA) event during the Prophet's (PBUH) mawlid, we sold Islamic products for Ramadan. We also took part in the Fanoussy event at Beirut Souks, launching our 'Sallat Al Khayir' initiative. All proceeds went toward our Ramadan fund to host our Iftar events.

When Ramadan arrived, our efforts reached new heights. With support from sponsors, we organized two iftars—one at Masjid Muhammad Al Amin and another at Majidiya Mosque—serving more than 320 orphans, setting a new record for our fourth year.

The success of our Ramadan initiatives was made possible by over 30 dedicated volunteers. Their involvement led to the creation of the “Alkhayiroun Volunteer Team,” which will play a key role in future efforts and help strengthen our impact.

# *the success*

As Eid al-Adha approached, we set out to surpass our previous efforts. That year, we reached a significant milestone, distributing meat packages for hundreds of people through our initiative. This achievement highlighted our unwavering commitment to supporting those in need during the Eid season, and reaffirmed the power of community in making a meaningful impact.

Reflecting on the past year, I realized just how far we had come. The growth of our efforts wasn't just in numbers, but in the strength of our community—volunteers, sponsors, and supporters—coming together to make a difference. It became clear to me that the true power of our initiatives lies in the collective spirit that fuels them, and I knew we were only just getting started. This momentum inspired us to continue dreaming bigger and achieving more, knowing that the impact we create together is limitless.



# *the pandemic years*

In both 2020 and 2021, despite the severe challenges posed by the COVID-19 pandemic and the economic crises in Lebanon, we remained resilient and significantly expanded our initiatives. The difficult circumstances didn't stop us; rather, we saw them as an opportunity to strengthen our commitment to those who needed help the most. Alkhayiroun's dedication to supporting the community only grew stronger as we adapted to these new challenges.

As a result, we successfully distributed 400 meals during Ramadan, personally delivering them to the doorsteps of families facing hardship. To make the experience even more special, we included bags of sweets for children, allowing them to feel the joy and warmth of the holy month despite the struggles around them. This initiative not only provided essential nourishment but also brought hope, comfort, and a sense of unity to the community, showing that even in the toughest times, we can come together to make a difference.



# *the pandemic years*

Our commitment to the community remained unwavering during Eid al-Fitr, when we organized toy distributions in refugee camps, bringing joy to countless children in need. These toys created precious moments of happiness for families facing significant hardships. In addition, we provided food boxes to ensure that families had the necessary resources to enjoy having a warm meal, further emphasizing our dedication to supporting their well-being during this special time.

Recognizing the unique challenges posed by the pandemic, we also identified other critical needs within the community. With COVID-19 restrictions requiring individuals to bring their own prayer carpets to mosques, many people were unable to attend the Jumaa prayer due to this requirement. In response, Alkhayiroun distributed prayer carpets to mosques across Beirut. This thoughtful initiative ensured that everyone could join in prayers, fostering inclusivity and unity during a time of uncertainty and difficulty.

# *the pandemic years*

Alongside distributing meat portions to families people on Eid Al Adha, we also introduced the 'Mounet Al Khayir' program, which provided vouchers to needy families, enabling them to access essential goods and their necessities. By giving families the ability to choose what they needed most, we ensured they could maintain dignity and independence during tough times.

These efforts, along with many others, exemplified Alkhayiroun's ability to adapt and grow in the face of adversity. Despite the ongoing pandemic, we continued to expand our outreach, finding new ways to connect with and support our community. The years 2020 and 2021 marked a period of significant growth, helping us build a strong foundation for the future. As we move forward, we remain committed to expanding our impact, ensuring that no one is left behind, no matter the challenges ahead.

# *the reviving year*

We proudly call 2022 the 'Reviving Year' for Alkhayiroun—a year in which we revisited and renewed our efforts after a period of pause, reigniting the work we once started. This transformative period allowed us to adapt and infuse new energy into our initiatives following the challenges of the pandemic. A standout effort during this time was the 'Dafini' Project, where we distributed blankets to families in need during the harsh winter months, providing essential warmth and comfort to those facing difficult circumstances.

After two years of pandemic restrictions, we were thrilled to host our first in-person iftar for 100 orphans, a celebration filled with festive meals and toy distributions. This heartwarming event not only brought joy to the children but also reinforced our unwavering commitment to uplifting and supporting the community during challenging times. Alongside these initiatives, we also delivered tens of meals, continuing the tradition we began in 2015.



# *the thriving comeback*

The year 2023 marked a remarkable comeback for Alkhayiroun, with incredible milestones to celebrate. During Ramadan, we hosted two heartwarming Iftar events for 350 orphaned and needy children. These gatherings provided nourishment and created lasting memories of joy and togetherness.

For Eid al-Adha, we embraced the spirit of sacrifice by slaughtering four sheep, ensuring that over 200 individuals enjoyed a hearty meal. This compassionate act reflects our commitment to making a meaningful difference in the lives of those less fortunate and reinforces our mission of community support.

We also reintroduced the Alkhayiroun Ramadan Booth at the Fanoussy event and launched the Alkhayiroun Arcade at TBA's event. These additions brought fresh engagement opportunities, allowing us to connect with supporters and raise awareness about our initiatives.



# *the thriving comeback*

Launching 'Alkhayiroun Global Initiatives' as a significant step in our global efforts was the Water Well Initiative, which successfully completed five wells in underserved communities. This initiative addresses the need for clean and accessible water, demonstrating our commitment to sustainable solutions that have a lasting impact.

These achievements exemplify our dedication to inspiring positive change on a global scale. Each milestone in 2023 strengthened our local initiatives and aligned with our vision for a healthier, more supportive world.

As we look ahead, we remain focused on uplifting those in need and expanding our reach. The successes of this year motivate us to continue our journey of service and community engagement, ensuring that Alkhayiroun remains a beacon of hope and compassion.

# *the remarkable year*

2024 isn't just another year—it's part of a journey that's shaped who we are. Nine years of trying, failing, learning, and never giving up. Looking back, it's almost unbelievable how it all started: just a small group with a dream of helping people, even when it felt impossible.

Life in Lebanon has taught us resilience. The war, the struggles, the endless bad news—it's easy to feel like nothing will ever change. But this journey has shown me that even in the darkest times, kindness can spark a light that transforms everything.

This year, we embarked on a journey we'd never taken before: hosting our first-ever charity dinner. And not just anywhere—it was held at the Intercontinental Phoenicia Hotel, one of the most prestigious venues in Beirut. Organized entirely by us—the youth—it was a milestone we'll never forget.

# *the remarkable year*

For weeks, we poured our hearts and souls into organizing this event. From the smallest details to the grandest decisions, we planned it all. I can't describe the overwhelming sense of fulfillment I felt as I walked into that room that night. The tables were impeccably set, the lights cast a warm, inviting glow, and the air buzzed with the energy of everyone who had come to support us.

But the beauty of the night wasn't just in the details—it was in the atmosphere. Over 100 people attended—business leaders, creative visionaries, and supporters—and they didn't just show up; they believed in us. That belief, that deep faith in what we're doing, was powerful enough to leave us speechless.

The evening was brought to life by nine incredible exhibitors, from businesses to creators, each adding something unique to the event. With the generous support of our sponsors, the night became a true celebration of collaboration, resilience, and a shared vision that united us all.



# *the remarkable year*

Throughout the evening, people approached us to express their admiration and amazement. I saw it in their eyes—the realization that a group of young people had orchestrated something of this magnitude. For the first time, I think they truly saw what we're capable of. And in that moment, so did we.

That night, we weren't just a group of young dreamers trying to make a difference. We were leaders, standing tall and proving that even in a country weighed down by challenges, the next generation carries an unshakable hope and strength.

Looking back, I know this night will always hold a special place in my heart. Not because of the prestigious venue or the flawless execution, but because of the way it made people feel. It was a night where the magic of our journey truly came alive.



# *the remarkable year*

Ramadan 2024 was one of the happiest times of the year. We brought back "Alkhayiroun Arcade" to Fanoussy's Event at Beirut Souks, transforming simple evenings into unforgettable memories for kids. Their joy and excitement were indescribable.

Then comes our Iftar Events. This year, we hosted seven heartwarming Iftar events, welcoming over 850 children. Kids laughing, volunteers rushing to make everything perfect—it was chaotic and beautiful all at once. Watching their faces light up over a warm meal, games, and laughter reminded me why this work matters so much.

This year, we partnered with incredible individuals and organizations who helped us achieve things we never thought possible. From joyful chocolate workshops during Ramadan to thoughtful Eid gifts, these moments weren't just about giving—they were about showing families that someone out there cares.

# *the remarkable year*

We also launched something truly special: 'Rihlat Al-Ihsan'. This initiative isn't just a program—it's a way for volunteers to connect deeply with each other and our mission. Being part of this reminded me that generosity isn't just about giving; it's about offering pieces of yourself to others.

Within Alkhayiroun, we made significant changes. We launched a leadership program for dedicated individuals, empowering them to contribute their ideas, creativity, and mentorship toward our goals and strategies. We also restructured our teams, bringing in talented leaders who are helping us move to the next level.

Our strength isn't just in numbers, though those have grown too—over 80 passionate volunteers showed up again and again, giving their time, energy, and hearts to something bigger than themselves.

# *purpose of book*

I wrote this short book with a clear purpose: to inspire youth and children through my story, using simple, accessible language and a quick reading format. I titled it *The Secret of Happiness* because I firmly believe that true happiness lies in helping others and bringing joy to those in need, especially orphans and the less fortunate. My hope is to motivate young entrepreneurs and socially conscious individuals to take action, join initiatives like Alkhayiroun, and make a meaningful impact in their communities. Through my experience, I want to show that age is never a limitation—it's a strength. Anyone, regardless of their circumstances, can achieve their dreams and become a force for good. This book is my way of proving that even small actions can create lasting change.



# A message to the younger generation

If you have an interest in becoming a member of Alkhayiroun's Family, we extend a warm invitation for you to join. Kindly spare a moment to check out our website and delve into our narrative. Utilize the volunteer application form below to express your interest in joining our team. We strongly encourage your active participation!

Scan the following codes for more information



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