

A newsletter by the HELIOS Integration Learning Centers (ILCs) in Thessaly



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Do It Yourself! Pallet furniture in 4 steps

What you will need

- 2 large wooden pallets.
- Sandpaper number 100- 150.
- Saw.
- Battery screwdriver.
- Chalk screws / Wood screws.
- Varnish for wood in a color of your choice.
- Roller & Paint Brush.



See how you can make a pallet sofa step by step here:
[How to Build a Pallet Sofa Step by Step - YouTube](#)

DIY for children: Create and have fun

Do you have lots of empty shoeboxes lying around? Check out a fun shoebox craft idea using Glue, marker, tape, carton or shoebox and imagination!!



Celebrate World Book Day

Throughout history, communication means have been changing and developing non-stop. Writing and reading are one of the most sophisticated forms of transferring and recording information, education, and culture.

World Book Day is celebrated on 23rd of April each year and marks the celebration of books, of writing and storytelling.

Come to the ILCs in Thessaly to celebrate with us and explore our libraries! Take a look and borrow the books that speak to you most. You will find books dedicated to Art, Education, DIY, Fiction, Non-Fiction, Fantasy, Children books, cooking books and many more.

You may also visit one of the public libraries in your city, or one of the book cafes spread around Thessaly Area.

PUBLIC LIBRARIES

LARISA

Public Central Library Larissa «Konstantinos Koumas' 28 Oktovriou, 412 23, Larisa, GR Greece
Contacts phone: +30 241 053 1973

KARDITSA

Public Central Library Karditsa
Artesianou 1,43131, Karditsa, GR Greece
Contacts phone: +302441350898

TRIKALA

Public Central Library Trikala, 41100
Garivaldi 8, GR Greece
Contacts phone: +302431353565



APRIL A HOLY MONTH

This month people around the world go fasting and enjoy significant religious celebrations. Let's take a look at the Easter celebration for Christians, and the time of Ramadan for Muslims

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QUOTE OF THE MONTH:
**'ONE SWALLOW DOESN'T
MAKE A SPRING'**

CHRISTIAN EASTER

The Christian Easter, commonly known as Easter, Glory or the Resurrection (of Christ), is the most important celebration of Christianity. It is celebrated on the first Sunday after the first full moon that follows the spring equinox. The Orthodox Church calculates Easter on the first Sunday after the first Julian full moon (occurs 4 or 5 days after the actual astronomical full moon) following the imaginary spring equinox of March 21 of the old calendar. The feast of the Resurrection of Jesus Christ holds great importance to the Orthodox Church, both 40 days before it (Great Lent, Trinity) and 50 days after (Pentecost period). The services that are performed then have antiquity (dating back to the first centuries of Christianity such as the touch of the Holy Light), immersion and splendor, and are described in detail in the teachings of the Church.



Local Foods: Easter breads

*Sweet bread or Tsoureki
How to make it*



RAMADAN

The Islamic calendar follows the phases of the moon, commonly known as the lunar cycle. As a result, the Holy month of Ramadan falls approximately 10 days earlier each year in the Gregorian calendar. Ramadan for the year 2022 starts on the evening of Saturday, April 2nd lasting 30 days and ending at sundown on Sunday, May 1. Islamic holidays always begin at sundown and end at sundown the following day/days ending the holiday or festival.

Islamic tradition states that it was during Ramadan, on the “Night of Power” (Laylat al-Qadr)—commemorated on one of the last 10 nights of Ramadan, usually the 27th night—that God revealed to the Prophet Muhammad the Qurʾān, Islam’s holy book, “as a guidance for the people.” For Muslims, Ramadan is a period of introspection, communal prayer (ṣalāt) in the mosque, and reading of the Qurʾān. God forgives the past sins of those who observe the holy month with fasting, prayer, and faithful intention.

Ramadan is celebrated as the month during which Muhammad received the initial revelations of the Quran, the holy book for Muslims.

