The Girl on Your Lent Box Grows Up

In 2004, love like yours helped change Josiane’s future. You’re still helping today...

Story, page 2
THE GIRL ON YOUR LENT BOX GROWS UP

She still looks at her 12-year-old self on the 2004 Trócaire Box to remind herself of how far she’s come — and how caring people like you across Ireland banded together that Lent, and never left her family’s side. Thank you for being part of Josiane’s journey...

When her father, sister, and two brothers were killed in the Rwandan genocide against the Tutsi in 1994, Josiane was just three years old. She remembers having to flee the only home she’d ever known. She remembers crying for the doll she left behind. And in the decade that followed, she remembers how her mother struggled alone to provide for Josiane and her two surviving siblings. The threat of hunger was constant. Many, many others stood in their shoes: the lives of more than one million children, women, and men were brutally ended in the horrific 100-day genocide. At the time it was the loss of one out of every ten people in Rwanda.

Sixty percent of the country already struggled with deep poverty. Now the entire social fabric was ripped apart by an unthinkable grief.

The girl on your Lent Box

In Lent of 2004, Trócaire Boxes were welcomed into compassionate homes like yours carrying Josiane’s image and her family and country’s heart-rending story. The injustice and suffering of people across Rwanda sparked a collective generosity and action the length and breadth of

LENT 2023: A CIRCLE OF CARING FOR NASTEHA

Each time you give to Trócaire, you create a circle of caring for people in some of the world’s most fragile and conflicted places. And the generosity you’ve shown this Lent is already changing lives in Somalia, including Nasteha and her family’s...

My deepest thanks to the people of Ireland for your solidarity, your compassion, and your support for the people of Somalia who are at their darkest hour. Your donations have enabled us to scale up our response for the most vulnerable, especially small children and babies. We will use every bit to the best of our ability, so lives are saved and dignity is ensured.” — Paul Healy, Somalia Country Director, Trócaire

I greet the people of Ireland. And I thank them for supporting the people of Somalia. I want people to know that we want to live a better life and have food for our children, and to say thank you for supporting my family and the people in internally displaced camps in Gedo. Without the support my family received from Ireland we might not be alive.” — Ambiya, loving mother to Nasteha and her siblings, shown with baby Feisal

www.trocaire.org
Ireland, and lives began to change. Said Josiane, “Thanks to Trócaire’s support my mother was able to improve our farming so we had enough to eat and could sell extra to earn an income. My brothers and I were able to attend school. Trócaire supporters also helped many more families like mine to improve their food production and sell at markets. I was so blessed to have your support, it is something I will never take for granted.”

**Josiane today**

Through Trócaire, the love and support you show to families like Josiane’s forms a lifetime bond – and the people you help often go on to multiply the good in their own communities. For Josiane, that bond is even stronger. Today she works with Trócaire in Rwanda creating lasting change there with your help. Proof positive, as she says, of the massive difference you make. “Trócaire is like another family to me. Your support is a lifeline to millions of the world’s poorest and most vulnerable people. Your support saves and changes lives, I am the proof.”

**AFTERWORD:**

Trócaire began working in Rwanda during the genocide, and with your support and solidarity beside us, we have stayed ever since. Learn more on page 5 about one of the many programmes you’re helping support there – and on page 2, see how your love this Lent is now a part of Nasteha’s journey in Somalia. Thank you for the immense hope you bring.

---

**“Since Trócaire has helped life has improved and we thank God for that. We have got food baskets and we are very grateful. We are able to put food on the table. I hope God will open doors to help my children, and that they will be able to go to school and learn and get jobs.” — Mahat, devoted father to Nasteha and all her siblings, shown with twins Zeinab and Ismindo**

**“Trócaire Somalia works in Gedo, the most affected area – so it makes me happy to be able to help my people who need me. I hope in the next 25 years Somalia will not be where it is now, but we are trying to help everyone, if it's shelter, food, water, clothes, treatment, and we are very thankful that Ireland's people continue to support us.” — Dr. Shukri, Trócaire health centre, Gedo, Somalia**

**DO YOU HAVE A LENT BOX AT HOME?**

You can still help families like Nasteha’s to rebuild their lives and build new hope for the future. Simply return your Trócaire Box, give on trocaire.org/lent-appeal, or call in your caring donation to 1800 408 408 (Trócaire Maynooth) or 0800 912 1200 (Trócaire Belfast). And to all who so kindly donated this Lent, thank you... with your love and compassion by our side, together, we are one step closer to a just world. ♥
TWO CRISSES REVEAL THE POWER OF YOUR LOVE

With every crisis playing out against the tragic backdrop of the war in Ukraine, when the news broke on 6th February that two massive earthquakes had struck Turkey and Syria, it seemed inconceivable. How much more could humanity withstand? Yet as part of the Caritas network, your love and solidarity never faltered, standing steadfast with the people of Ukraine while mobilising lifesaving relief for Turkey and Syria in hours...

TURKEY-SYRIA EARTHQUAKES

Because of your support for local Trocaire partners, through the Caritas network and the Irish Emergency Alliance, your incredible donations were able to mobilise and sustain relief to families left devastated by the earthquakes in Syria. From emergency food and fresh water to mattresses, blankets, and hygiene kits, people could stay safe, warm, and protected despite the tragic events. All while Caritas Syria staff on the ground ran campaigns to cover the staggering needs of blood banks and support people who were injured. With many homes and schools reduced to rubble, rebuilding will take time. But your generosity will continue to work hard where it’s needed most – thank you.

Your support helped people like this mother and child in Homs, Syria to receive lifesaving food after the earthquakes.

Thank you for lifesaving relief...

In those first frantic days in northern and western Syria alone, you helped distribute:

- 3,293 Food baskets
- 1,227 Mattresses and mattresses
- 2,949 Drinking water packs
- 2,254 Hygiene kits
- 2,700 Bread bundles

Safe. Warm. Protected. Thank you for lifesaving relief!

UKRAINE WAR

Through Trocaire and the Caritas network, your love has never left the people of Ukraine since those first bombs rained down. Even in neighbouring countries where terrified families fled, your generosity remains a lifeline, helping over five million people in all since the start of the war. Tetiana Starzynchy, president of Caritas Ukraine, will never forget the compassion and solidarity you continue to show, saying, “We are your hearts, your hands offering aid, offering that first opportunity to embrace somebody who’s come out of a tragic situation. And we are your hearts and hands on the ground.” Support of course remains desperately needed, and we are so grateful you’re there. Thank you.

Thank you for protecting human life and human dignity...

Nearly 15 months into the war, your compassion continues to help people in Ukraine –

- 637,000 Shelters offered
- 3.7 million Food and non-food items delivered
- 192,000 Services of health and psychosocial support provided
- 377,000 Protection services granted
- 1.5 million Water, sanitation, and hygiene items distributed

Loved. Uplifted. Remembered. Thank you for protecting human life and dignity!

LEARN MORE: For more on how your amazing support helps rush rapid assistance when crisis strikes – and stays long after the TV cameras move on – visit us on trocaire.org/our-work/humanitarian-action. And learn how you can become a Trocaire campaigner on trocaire.org/petitions/become-a-campaigner. Together, real change is possible.

www.trocaire.org
WOMEN AND GIRLS: INVESTING IN A JUST WORLD

Women and girls experience terrible discrimination in many places around the world. And globally, one in three women will experience violence in their lifetime. These injustices are wrong, trapping women and girls in poverty. But by investing in women and girls, your brave support for Trócaire’s women’s empowerment programmes is investing in a just world, as three recent stories show...

A NEW PATH IN ETHIOPIA

In Ethiopia, mother-of-four Darmi once had little to no control over family resources - and she was excluded from decision-making. Then training through local Trócaire partner Oromia Pastoral Association (OPA) opened Darmi and her husband Guyo’s eyes. “The training helped me to realise that my family was in a difficult situation because of the gender inequality that puts the burden of work solely on women,” Guyo said. Today the couple share in all roles, and the family have saved enough money to buy four goats. Darmi said Guyo has become a role model for other husbands in the area... and Darmi is surely an inspiration to women as well... helping more lives change, thanks to you. ♥

SHIFTING HARMFUL NORMS IN DRC

Communities suffer when social norms exclude people – including women and girls. But a project in the DRC (Democratic Republic of Congo) is showing how unjust norms can change, by bringing women into decisions on gender-based violence and conflict resolution at all levels. Said one female participant in Mambasa, “When it comes to the issue of gender-based violence, the chief first calls on me to pool thinking and how to find a better solution with the chief’s advisers. Moreover, the council asks that my guidelines be followed because I am a trained psychosocial assistant.” In all, 27 communities there are now safer, more equitable, and more peaceful, with your help. where there was none before. ♥

START-UP SUCCESS IN RWANDA

After a sudden family crisis, Gaudence Mukasanga became head of her household in southern Rwanda. She had to drop out of school to care for her younger brother, and years of hardship followed. Now Gaudence’s dedication – and Trócaire-provided training – are marking a turning point in her life. Sixty students, many of them young mothers, completed vocational training that for Gaudence taught her shoe-making skills. A generous benefactor equipped each student with a start-up tool kit, and participants have also started a savings and loan group. The training has been such a success that local leaders are hoping for its extension – and Gaudence’s workshop is filling with shoes awaiting her repair. Thank you for believing in everyone’s right to a better tomorrow. ♥

LEARN MORE: Last year your incredible support for women’s empowerment programmes helped 185,000 people in 14 countries to transform their families, lives, and communities – learn more on trocaire.org/our-work/womens-empowerment. Thank you for investing in women and girls. Together, we are stronger.

www.trocaire.org
SOUTH SUDAN: “LIFE WILL STILL BE DANGEROUS NEXT YEAR”

Humanitarian needs in South Sudan are desperate and among the worst in the world. In his work with Caritas Rumbek, John Majier Makuel – part of your global Trócaire family – sees that need first-hand. With your love and support beside him, John is dedicated to easing human suffering in the communities of Yirol East. But he worries for the future...

“Most of the people I work to serve in Yirol East County come from a different state in South Sudan, Unity State. They have been internally displaced from their homes and lives by floods and armed conflicts, since five years ago. When they first come to the area, they’re accommodated by a host community. They give the little that they have, providing food and some land. But with the drought now, the life of these families who’ve been displaced is in danger because even the host communities do not have enough food. They are trying to cultivate what food they can, but if they do not yield well, it will be a problem.

Armed conflict is also prevalent. They fled conflict back home, we get conflict here. Yet the number of people who are displaced is increasing. They already suffer from hunger, their shelter is not enough. What if they are not able to cultivate? Life will still be dangerous next year.”

COMING IN JUNE: Out of the media spotlight, already vulnerable people in South Sudan are struggling to survive record levels of hunger and a horrifying uptick in violence against civilians. Please watch your post this June for how you can stand in solidarity with dedicated local Trócaire partners like John, to help. Thank you so much.

TOGETHER, WE ARE TRÓCAIRE: THANK YOU FOR 50 YEARS

“Since Trócaire was set up half a century ago, the people of Ireland have been unstinting in their support. Our work in countries that are most at risk of conflict, climate change, and poverty is as vital now as it has ever been. Most importantly, the people whose lives are changed as a result can have hope for a better future in their joined humanity with the people of Ireland. Thank you so much for 50 world-changing years. Together, we are Trócaire.”

— Caoimhe de Barra, CEO Trócaire