

TOGETHER IN ACTION

News on how caring Trócaire supporters like you are building a better, more just world

Stories of Courage and Change

From Somalia on page 2
to Rwanda on page 5,
read how your compassion
is helping people build
new tomorrows, see inside...

With your generosity
beside them, Dhaqan
and her family have
come back from
catastrophic drought in
Somalia. Story, page 2.
Photo: Sunshine Media.

Words of Love from
Gaza, Page 3

Your Gifts of Change
Go Global, page 6



PLUS: What Girls Can Do,
page 4. And more >

COURAGE AND CHANGE IN SOMALIA

They pressed on through poverty, Covid, conflict, a locust invasion, and historic drought and near-famine that claimed livestock, lives, and livelihoods. See how your support is there for the families of Gedo, Somalia, as they work to build new lives...



GROWING A BRIGHTER FUTURE

After losing everything to Somalia's catastrophic drought, Dhaqan and her family fled to a camp for displaced people where life was still heartbreakingly hard. Then an agricultural training project you helped fund gave Dhaqan the skills and tools she needed to grow a better future – and together with 100 other women, Dhaqan jumped at the

chance. Of the positive change you've helped her make, Dhaqan's words speak volumes. "As I tried farming, I crawled, stood up, and fell several times. Today the income I have earned from the harvest has assisted me [in] putting food on the table, paying school fees for my children, and even supporting some of my relatives from our extended family." ♥



Budding agriculturist and mother of six Dhaqan, with the life-changing harvests she now sows and gathers thanks to you. Photo: Sunshine Media

HOPE FROM TRAGEDY FOR WOMEN AND GIRLS

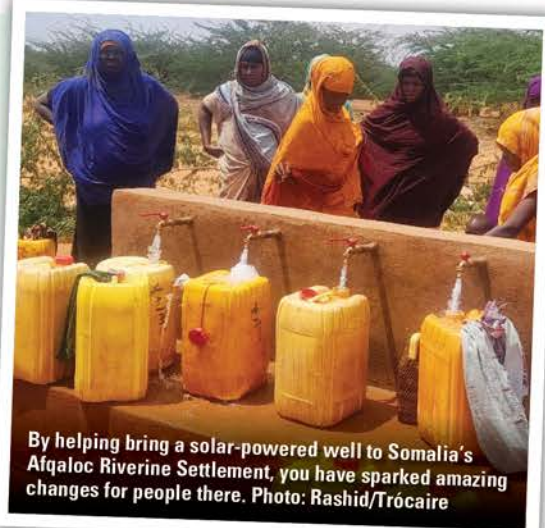
Amina is not her real name. But like Dhaqan above, Amina and her family fled to a camp for displaced people in Somalia's Gedo region. Not long after, Amina suffered sexual and physical harassment that left her traumatised and depressed. She isn't alone. Worldwide, one in three women will experience physical or sexual violence in their lives. But in

countries impacted by cycles of crisis as Somalia has been, the problem is much more prevalent. Your generosity is working to change that, providing gender-based violence programmes plus help for survivors that includes medical and mental health supports. "After all the support," said Amina, "my life changed for the better. My hope is that Trócaire continues to support the women and girls in Gedo," she adds, advocating for others in her community. ♥

AN INFRASTRUCTURE INNOVATION

Somalia's Afqaloc Riverine Settlement has been plagued by poor infrastructure that left people without the help they needed to farm safely and feed their families. Maalin Adan Ali, chief of the settlement, watched women and children walk hours for water, and he worried. The journeys were dangerous, the water wasn't safe, and young people had to miss

school. So he was filled with gratitude when your kindness helped the community build a solar-powered shallow well, complete with extended water taps. They hadn't received any humanitarian assistance "in a long time," said Maalin, and it has made a big difference. "I appreciate Trócaire for its intervention," he continued. "We hope we can get a school in the community soon." ♥



By helping bring a solar-powered well to Somalia's Afqaloc Riverine Settlement, you have sparked amazing changes for people there. Photo: Rashid/Trócaire

**For every story of courage and change you spark in the new year, thank you.
Your love is helping build a better, more just world.**

WORDS OF LOVE FOR YOU, FROM GAZA



Since the start of the war in Gaza, we have mourned the deaths of Trócaire partners on the ground and innocent civilians of every age. We have witnessed unfathomable destruction in the Gaza Strip, West Bank, and Israel, and railed against appalling human rights abuses. In an unknowable future, one constant remains: your love in action – through your heartfelt prayers and messages, through your caring donations, in whatever way you are able. And in Gaza and Jerusalem, your solidarity and humanity have meant the world...



Together with tireless Trócaire partner MAP, shipments of lifesaving drugs and medical supplies – made possible by your caring support – are staged for transport and distribution to besieged Gazans. Photo: Medical Aid for Palestinians (MAP)



General Appreciation to All Our Friends and Partners

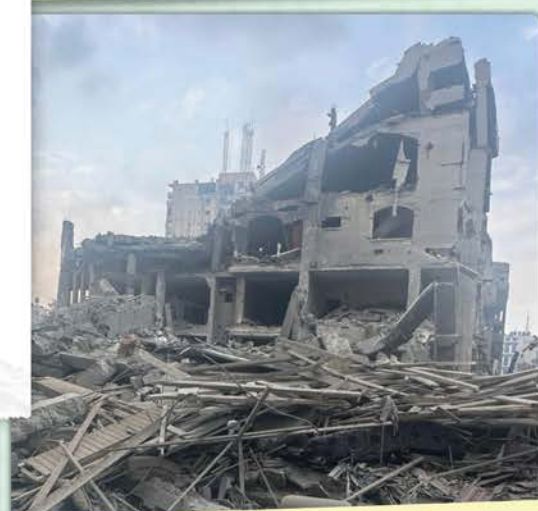
We are deeply moved by the outpouring of support and solidarity that we have received from Caritas offices and caring people worldwide. These messages have been both comforting and inspiring. Every sincere message, every kind word, and every heartfelt expression of sympathy has touched our hearts. Our spirits weigh heavy as we witness the pain and suffering that the people of Gaza are enduring. We convey the sadness of honest, heartfelt messages and hear your voices.



You also stood fast with partner teams from Catholic Relief Services, helping rush emergency relief including sleeping mats and blankets, plus assistance for food, water, fuel, and supplies whenever and however possible. Tens of thousands of Gazans have been reached as a result. Photo: Sayad Hassan/Catholic Relief Services

"Our spirits weigh heavy as we witness the unimaginable pain and suffering that the people of Gaza are enduring, and the countless lives that have been lost. Your messages convey the sadness of honest, genuine people who share the same sense of helplessness that we do. Even though we can't hear your voices, we can feel your presence through the way you demonstrate your love and warmth....Your kind words and contributions will significantly contribute to alleviating the suffering of those affected by ongoing conflict in our region."

— Letter of heartfelt thanks for you from Caritas Jerusalem, Trócaire partner on the ground in Israel and Gaza



The Al Rimal neighbourhood in Gaza City following the bombing. Numbers are not yet comprehensive, but it is estimated that more than one out of every 200 Gazans have been killed since last October. Photo: Muhammad al-Qurd/B'Tselem

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LEARN MORE: For more from Gaza and Israel, including the complete letter of thanks for you from Caritas Jerusalem, visit <https://www.trocaire.org/countries/israel-palestine/#latest-news>. Thank you again for the light that you are.

WHAT GIRLS CAN DO, WITH HELP FROM YOU

CENTRAL
AMERICA

Honduras

Girls today are set to become the largest generation of female leaders, and your kind support is part of what's making that possible. For Digna, and so many others...

The world is home to more than one billion girls under age 18, who today have the chance to become the largest generation of female leaders,

change-makers, and innovators that history has ever seen. Without Trócaire supporters like you, though, that potential could be lost. In some

countries a daughter's right to inherit land isn't recognised, and nearly four out of every ten girls don't complete upper secondary school. Your generosity helps girls blaze a better trail – and no one knows that better than a young woman named Digna in La Confianza, Honduras. Digna featured on your 2011 Trócaire Lent Box when she was just five years old. Her family were fighting to stay on their land and struggling to provide food, clothes, and school supplies for their children. From far and wide across our island, you answered the call: helping fund school materials, family essentials, and personal supports to help families like Digna's in the Aguan Valley to keep their children in school and strengthen farmers' groups as well.

More than a decade later, Digna is 17 and in her final year of education. In all those years, your love never faltered – and through local partner FSAR, you are still helping in Honduras, and helping girls like Digna to achieve their dreams. **For steadfastly believing in what girls can do, we thank you.** ♥



Digna with her proud parents Carlos and Carmen in 2019. With the help of your support, Digna is about to complete her final year of school. Thank you! Photo: Giulia Vuillermoz

HELP MALITA PROTECT HER FAMILY: YOUR TRÓCAIRE BOX IS COMING SOON

There are nights Malita cries herself to sleep because her children have to go hungry...

Climate change is taking a terrible toll on Malita's family. One moment floods sweep through their Malawi community from seemingly out of nowhere, washing away precious soil and seedlings in the blink of an eye. The next, endless seasons without rain wither crops where they

stand, making it feel like an impossible quest to grow food. Water is life, and it should be the last thing any family has to worry about in their hope for a future out of poverty and struggle. But with the right supports, a resilient tomorrow is possible – and with your love beside families like



More than anything, Malita wants to provide for her family. But to build a future in a changing climate, she needs our help. ♥

Malita's this Lent, together we can help them change their lives. Please watch for your **2024 Trócaire Box**, arriving soon. ♥



If you're unable to receive your Trócaire Box at your parish or school, call us in Maynooth on 1800 408 408 or Belfast on 0800 912 1200, or email to donorservices@trocaire.org. We'll post one to you as soon as they're available. Thank you so much for caring, and God bless.

BEEKEEPING IN RWANDA, BECAUSE OF YOU



Silvan Rwerinyange had no idea his poaching and honey hunting were destroying biodiversity and the ecosystem. His focus was supporting his family so they could survive. Then your generosity for a far-reaching project in Southern Rwanda opened Silvan's eyes...

Against a backdrop of lush Rwandan forest, the man in the beekeeping suit wears a warm smile. He is Silvan Rwerinyange. And it wasn't all that long ago he poached and honey hunted in Nyungwe National Park, not far from this place where he now tends two tidy rows of hanging beehives. With Rwanda ranked near the bottom of the world's countries on the Human Development Index, poverty is never far away – and Silvan's sole focus in those days was supporting his family so they could survive. But it was never enough.

Where bee business is good business

Then through your support of Trócaire, a beekeeping training programme came to Silvan's community. Delivered in partnership with BIOCOOR, Biodiversity Conservation Organisation, you're helping fund



Beekeeper and conservationist Silvan Rwerinyange in southern Rwanda is transforming his future and the planet thanks to your generosity. Photo: The Eye Rwanda

beehives, tools, and vital education for Silvan and hundreds of others in Southern Province, Rwanda. It's making a massive difference, says Silvan.

"We never had enough honey to make a profit from honey hunting. I now know the importance of taking care of the bees as they help in pollination, which helps to grow crops," Silvan explains. The

BEEES UNDER THREAT:

35% More than a third of pollinator species including bees, beetles, and butterflies could face extinction globally. Your support for training like the kind Silvan received is helping to combat this – and on Trócaire Gifts of Change, trocaire.org/gifts/honey-bees, you can help bring that same gift to others. **Thank you!**



agroecology project also teaches natural alternatives to pesticides thanks to you, another way vulnerable pollinators are being helped. Silvan adds with pride, "I see beekeeping as a good business." ♥



More on Rwanda: Your compassion and generosity have been an abiding presence in Rwanda since just days after the terrible genocide against the Tutsis in 1994. Through Trócaire, you have stayed ever since, helping people forge a path out of poverty, funding humanitarian relief including after the devastating floods this past May, and helping communities generate income and food – touching the lives of 32,000 people last year alone. **Visit trocaire.org/countries/rwanda** to learn more about the work you support, and thank you for the great good you do.

BEES FOR A BETTER FUTURE:

Your steadfast support for Trócaire and our local partners in Rwanda has meant that since 2020 —



342 New beekeepers like Silvan (265 men and 78 women) have received training, most who used to be poachers but who now contribute to biodiversity conservation



57 Beehives and tools, including honey harvesting suits, have been distributed to keep bees and beekeepers safe

For believing that helping people can also help the planet, we thank you.

FOR YOUR GIFTS OF CHANGE AROUND THE WORLD, THANK YOU...

Whether you chose a Christmas gift such as chicks, a solar panel water pump, or another amazing Gift of Change, or you give of your time and your heart for a more just world, every gift of change you give changes lives around the world. And every Trócaire gift you give makes a world of difference...

Photo: Lamani Makina/Trócaire



FOR CHICKS THAT CHANGE LIVES

A chick for Christmas may seem a small gift. But the changes to families like Charles Mbewe's are massive. "I feel very proud that I now have sixty chickens from the ten I received," Charles said, smiling widely. "I am able to use the proceeds from poultry farming to pay tuition fees for my children, improve family nutrition, and support other farming activities – and I would like to thank the people who contributed to the chicks which has greatly impacted our lives." Thank you! ♥

Photo: Lamani Makina/Trócaire



FOR WATER PUMPS RUN BY THE SUN

Before generosity like yours helped bring a solar panel water pump to Esnarth's community in Malawi, she hauled bucket after bucket of water from a nearby river for crops to feed her family. It was a huge hardship. The solar water pump, though, means her family and community can now harvest twice a year. "If I met the people who gifted us the solar pump, I would give them maize and my other harvests as a way of thanking them...the kit has greatly improved our welfare," she says, her voice warm with gratitude. ♥



FOR EVERY GIFT OF YOUR TIME AND LOVE

Only together can we create a just world. And from amazing volunteers across our island like Don in Cobh... to parishioners and individual supporters who sent prayers, took up collections, and campaigned for change... your gifts of time, compassion, and generosity are a lifeline. Anyone can become a volunteer or advocate for change, and if you're interested, Trócaire welcomes you: visit trocaire.org anytime or ring the centre nearest you (see below) for details. ♥

For every gift of your time... your heart... your generosity, prayers, and love, thank you for standing with us. Together for humanity. Together, for a just world.

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Trócaire
 TOGETHER FOR A JUST WORLD

Hadidja, 38, in Rwanda.
 Photo: Trócaire

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Thank you!

Trócaire is involved in many projects that support and improve the lives of people affected by extreme poverty and humanitarian crises around the world. Donations to Trócaire sustain all our worthy programmes and give us the flexibility to respond to urgent needs. Thank you for standing beside us – together for a just world. ROI Charity Regulatory Authority No. 20204842, CHY22508, Company Number 661147, NI Charity Commission No: NIC 103321, Revenue Number (HMRC) XR10431, Company Number NI021482