## Parish Newsletter Insert

Every year Trócaire asks for your help during Lent to fund lifesaving programmes around the world. Families like Awut and Ajak’s in South Sudan need your support now more than ever. Trócaire are appealing to you to continue your support this Lent. Resources, prayers and videos are available on [www.trocaire.org](http://www.trocaire.org) and donations can be made to the Lent campaign in the following ways:

1. By collecting a Trócaire box ***(insert relevant information for your parish here)***
2. Online at [www.trocaire.org](http://www.trocaire.org/)
3. By phone: 1850 408 408 (ROI) or 0800 912 1200 (NI)

The contents of each and every Trócaire box, no matter how small, come together to make a significant difference. This virus knows no borders, but neither does our compassion.