

## Trócaire Lenten 2021 Mass Talk

This Lent, our Trócaire Appeal highlights the impact that conflict has had on people's lives in South Sudan, but how love, friendship and solidarity has helped them to survive and thrive. Awut and Ajak are two widowed mothers and brave women from South Sudan who are the face of Trócaire's Lenten campaign this year.

Ten years ago, South Sudan became an independent country. The people dreamt of a bright future, but sadly a civil war has cut their dream short. Awut and Ajak were among the millions of people in South Sudan to lose their homes to the war. They fled their villages with nothing but the clothes on their back, trekking through miles of dangerous bush land with no food or water for themselves or their families. These two women brought together by the horror of war are now living together sharing love and kindness.

The solidarity and friendship between Awut and Ajak is also an example of exactly what Pope Francis tells us in his recent encyclical, *Fratelli Tutti*. At a time of uncertainty and fear, it reminds us to always work together and protect the most vulnerable. These values are exactly why the bishops of Ireland founded Trócaire and almost 50 years later these values of solidarity and justice have never been more relevant.

This Lent, our support will provide vital help to Awut, Ajak and many more like them as they try to create better futures for their families. So, this Lent:

We encourage you to make your donation through the traditional Trócaire box or online at [trocaire.org](http://trocaire.org).

But also this year, we invite you to take part in our get moving with Trócaire Fundraising Event – called From Limerick with Love.

- This fundraising event will run over the six weeks of Lent, and all are encouraged to get moving, either through walking/running/cycling, so that together we collectively cover the distance from Limerick to South Sudan of 6241km, to show our solidarity with the people of South Sudan.
- All are welcome to take part regardless of age or fitness levels, as every kilometre covered helps to get us there.
- It is important that we remind ourselves to continue to adhere to Covid restriction at all times, in order to keep ourselves and each other safe.
- All kilometres count, so it is up to you to take part in whatever way suits you best.

- **You can show you support and participate in one of three ways:**
  1. Register your participation on Survey Monkey, all details can be found on the Limerick Diocesan website & Face book Page, and details can also be found on the poster placed on notice board at the back of Cathedral. Registration will allow you to log your kilometres, as well as ensuring you are kept up to date with weekly progress being made, as well as weekly themes.
  2. Alternatively, if you want to take part without registration that is ok too, just email your completed kilometres to [fromlimerickwithlove@outlook.com](mailto:fromlimerickwithlove@outlook.com) If you plan on taking part over the entire six weeks, in order to allow us to keep track of all distances covered each week, I ask you to send weekly totals to the same email address.
  3. Or you can simply collect and complete a log sheet & donation envelop, available at the back of the Cathedral which can be collected during the hours of private payer when Cathedral is open.
- A GoFundMe Page has been set up <http://gofund.me/d9deb4d6>, as we ask for donation big and small to get us to our target of €3000, or alternatively, you can include your donation in Trócaire envelopes.
- All of the specific details mentioned can be found on the St. John's Parish websites.
- Maybe you might ask Family/Friends to sponsor you or even better to get moving with you?
- Those of you familiar with using the social media platforms of Facebook, Instagram or Twitter, are encouraged to upload pictures of your efforts using the hashtag: **#fromlimerickwithlove**

So I finish with a heartfelt thank you for your time and attention and most of all, to thank you for your continued support and generosity.

I conclude my words with this prayer from Fr. James who is a priest in South Sudan and who is appealing to us to pray for peace in South Sudan and an end to the war:

**As we move through the Lenten time,**

**The time when we contemplate Jesus in the desert, pray for us the people of South Sudan and pray for peace here.**

**Accompany us, hold our hands, and hold the hands of the church in South Sudan.**

**Hold the hands of our brothers and sisters in South Sudan walk with us during this Lenten time.**

**Through Christ our Lord, Amen.**

# From Limerick with Love



Thank you for taking part in our Lenten fundraiser.

Feel free to choose how many kilometres you would like to cover.

You might choose to walk/run/cycle daily or weekly!

	Weds	Thurs	Fri	Sat	Sun	Mon	Tues	Total
Week One								kms
Week Two								kms
Week Three								kms
Week Four								kms
Week Five								kms
Week Six								kms
Overall Distance Total=kms								

Or you might choose to walk/run/cycle one time for Trócaire!

Single Distance =	kms
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Either way, it is up to you, and we are so grateful to you for your participation and donation.

Donation Made:	€
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**Name:** \_\_\_\_\_

**Parish:** \_\_\_\_\_



Please turn over if you would like to get sponsorship

## From Limerick with Love Sponsorship Card

Name:

Amount:

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24.	
25.	
Total:	€

**trōcaire**

Until Love Conquers Fear