***Reflection on the Trocaire Ethiopian Trip by Mary Dee***

As we begin our final journey through Lent, you might take time to think about the stories that you have read during the last four weeks about the plight of the Ethiopian people, particularly in the village of Sebeya.

Think about their lack of water and how a simple water well can change the lives of so many people. The gift of clean water saves them from sickness, dehydration and other illnesses. Take the time to think of all the healthy animals we have surrounding us everyday in our fields, and then think about the animals that are struggling to be fed and kept hydrated in the fields around Sebeya. These animals are the livelihood for so many people.

As I was going to Waterford last week, the rain was beating down and there were floods on the roads. My mind drifted to Sebeya and the thought that if they only had one hour of this rain, the difference it would make to their harvest. I cannot explain to you how dry the land is.

Mahlet is pictured above with me during the trip. Her face has been on your Trocaire Box in your home this Lent. There are times when Mahlet is faced with difficult days in Sebeya. She has to work the land with the family. She has to walk a long way to fetch water and carry a large gallon back to her home on her back. But still, on her mind is that the fact that she would like to become a Doctor. Her dreams are real, just like our dreams would be real. But it may be far more difficult for Mahlet to realise her dream, given the circumstances of her surroundings.

Many of you have said that you have enjoyed hearing the stories, so please be as generous as you possibly can this year. Remember that .89c of every Euro that goes to Trocaire is spent on overseas projects. This is a very big percentage. There is a saying that *‘every little helps’* and this is very much the case when you give to Trocaire. The coins are no good in the box on your window. You must remember to take the box back to your local Church. The coins will make such a big difference to Mahlet and her family in Sebeya.

**To find out more about Trócaire’s Lenten campaign or to make a donation log on to trocaire.org/lent.**