

## Could You Help Share the True Spirit of Christmas?

Each year, volunteers in parishes across the north of Ireland set up a small stall after Masses to sell **Trócaire's Gifts of Change** — meaningful gifts that make a real difference to families living in poverty around the world.

**We provide everything you need**  
including training and

support. All we ask is a little time and a big heart. Last Christmas,

**50 parishes**

took part — and we'd love to grow that number even more this year! If you would like to find out more about how you can help, please email Mark at

[mark.mcmahon@trocaire.org](mailto:mark.mcmahon@trocaire.org)

or call

**028 9080 8030**