

ISHIARA PARISH PARTNERSHIP

CHRISTMAS SEA SWIM



HELP US RAISE MUCH NEEDED
FUNDS FOR OUR PARTNER
PARISH IN ISHIARA, KENYA.



**The Strand, Dunmore East
(at the slipway)
St. Stephen's Day
Thursday 26th December
AT 12.30pm**



ST JOSEPH ST BENILDUS & ST MARY'S PARISH



You can participate in one of several ways:

1. You can take part in the swim. Running in, ducking down and getting your shoulders wet, counts as a swim. Unless you're used to it, we don't recommend staying in any longer than 5 minutes.
2. For those who prefer not to swim, please come along and support those who do. It is a great social occasion.
3. Please sponsor someone. You may have a spouse, brother, sister, son, daughter that would like to participate and you can sponsor them. So take a sponsorship card and give it to them.
4. Anyone who collects more than €100 on their sponsorship card will be given a free Snood on the day. If there are snoods left over, they will be for sale at the Strand for €10 each.

We'd love to see you on St Stephen's day at 12.30pm and we'd appreciate your support for the vulnerable people in Ishiara.

