

YOUR FAMILY FAST DAY PARISH GUIDE

Family Fast Day is **Friday 26 February** this Lent. Whether your parish is meeting physically in church or virtually via livestream, we are still strong communities of faith, hope and love. Please do what you can to encourage parishioners to support our *Family Fast Day* appeal at Masses on **27/28 February** or at another suitable time. We're also excited to share our *Big Walk for Water* and 40-day Lent challenge with you, which you can read more about on page 3.

Help your parish act to end water poverty this Lent:

- Insert the announcements into your parish bulletin and please make sure you include cafod.org.uk/lent
- Make sure the short talk or end of Mass announcement is read out at Mass.
- If you are livestreaming Mass, you can play our two minute short talk film at the end of Mass. We have a slide that can then be displayed showing ways to give online and via text. Download the video and slide from cafod.org.uk/fastday
- Recruit someone in your parish (it doesn't have to be you!) to do the 40 day *Walk for Water* challenge, (see page 3 for details). Set up a sponsorship page at walk.cafod.org.uk and ask parishioners and their families and friends to promote this throughout Lent. It could be a teacher in your local school, the Confirmation group, a whole family, or your parish priest!
- Share our video showing Abdella's journey on your parish's social media pages. Find our Lent video at cafod.org.uk/fastday
- Display the poster on your notice board or on a space just outside your church as soon as possible.
- Order a contactless donation device through the CAFOD shop, if suitable for your parish. Find out more at cafod.org.uk/contactless
- Make *Family Fast Day* envelopes and leaflets available in the church if you are able to.
- Ask for the prayer of intercession to be prayed at Mass.

no one
beyond reach

If you are able to use the collection envelopes:

- Check that your collection envelopes have arrived (usually with your parish priest) and that there are enough. We will be sending fewer than usual as social distancing will limit congregation size. If you need more, please tell us straight away on 0300 011 5680.
- Parishioners who would rather make a cashless donation can collect a leaflet to donate online, via text or using the QR code.

If counting the collection is not possible for your parish, ask parishioners to return envelopes directly to us. The collection envelopes are freepost and pre-addressed.

If counting the collection is possible for your parish given social distancing guidance, please:

- Ensure the collection envelopes are emptied, and the collection is counted and checked against the Gift Aid details (see back page). Make a cheque out to CAFOD for the total. Send the donation form (a separate item in your pack), the cheque(s) and any Gift Aid information back to CAFOD, all together in the same envelope – we've provided one. Please ensure no donations are left in the envelopes. Please do not send cash.
- Please display the thank you poster on the notice board (reverse of A3 poster)



If you would like to order prayer cards or more resources, these are available online at:

shop.cafod.org.uk/collections/lent

Our poster and short talk tell the story of Abdella's ten-hour daily walk to find water through the mountains in Ethiopia, where it is getting hotter and drier each year.



Walk alongside Abdella by taking part in the **Big Walk for Water** virtual event on **Saturday 20 February at 2 pm**

We'd love the whole of the Catholic community in England and Wales to go the distance this Lent and walk in solidarity with Abdella, as well as each other.

To take part, go to cafod.org.uk/walk. All you need to do is:

- set up a JustGiving page
- choose a 5-mile journey (10,000 steps) – or something shorter!
- invite your parish to walk with you – either virtually or in person – using the newsletter announcement below on a Sunday before Lent
- send us some pictures and videos on the day on your favourite social media, using @CAFOD and #walkforwater

If you can't make our date or time, please do organise your own walk with your parish and share it with us.

Join us with your whole parish, walk with your family or support bubble, or take part on your own – or with the dog! Together, we can make sure that people like Abdella have access to clean, safe water near their homes.

Continue walking for water

If you are up for an even bigger challenge, you can join us to walk for 10,000 steps a day throughout Lent and get sponsored to make an even bigger difference. Sign up at cafod.org.uk/walk and we'll send you a diary to help track your achievements!

For any questions, contact CAFOD on 0300 011 5680 or resources@cafod.org.uk

For any questions, contact CAFOD on 0300 011 5680 or resources@cafod.org.uk



Newsletter announcement for Masses on 20-21 February and 27-28 February

Abdella lives in an extremely remote and mountainous part of Ethiopia. It takes him ten hours a day to collect water. He says his life is being wasted as he has no time for anything else. Give today to reach vulnerable communities around the world with water and to provide other vital support.

Donate online at cafod.org.uk/give or by using one of our envelopes. You can also easily give via text. Text **LENT** to **70460** to donate £10.*

*Texts cost £10 plus one standard rate message and you'll be opting in to hear more about our work and fundraising via telephone and SMS. If you'd like to give £10 but do not wish to receive marketing communications, text LENTNOINFO to 70460. For more information please see our Privacy Policy: cafod.org.uk/Legal-information/Privacy-notice

If members of your parish are taking part in the *Walk for Water* 40-day challenge:

[Name of the person in the parish] is also walking alongside Abdella this Lent by challenging themselves to walk 10,000 steps, every day, for 40 days. You can sponsor them at justgiving.com/xxxxxxxxx

Newsletter announcement for the weekend before Ash Wednesday: 13-14 February

This Lent, CAFOD invites you and the whole Catholic community of England and Wales to join the *Big Walk for Water* virtual event. Help give the boot to water poverty across the world by walking a 5-mile route on **Saturday 20 February at 2 pm.**

Ask [your name] for details on how our parish is taking part in the *Big Walk for Water* and raising funds to reach more families with clean water and other vital support.

Could you *Walk for Water* as a personal Lenten challenge by walking 10,000 steps a day, every day, for 40 days? Find out more at cafod.org.uk/walk

For any questions, contact CAFOD on 0300 011 5680 or resources@cafod.org.uk

Newsletter announcement for the week after your collection: 6-7 March

Thank you so much. Your generous gifts will help people like Hagos in Ethiopia, struggling to cope in an increasingly hotter and drier climate.

Hagos and his family nearly starved due to drought, but thanks to our Church family and support like yours, we provided him with solar-powered water pumps. Hagos and his neighbours now have flowing water to cultivate their land.

Remember, it's not too late to give to our *Lent appeal*.

cafod.org.uk/lent

For any questions, contact CAFOD on 0300 011 5680 or resources@cafod.org.uk

Please share Abdella's story with your parish. You can download the short talk from cafod.org.uk/fastday or ask your priest to give this end of Mass announcement:

This week our parish is marking CAFOD's *Family Fast Day*, a day on which we are invited to pray, fast and give to help people like Abdella. Abdella lives in an extremely remote and mountainous part of Ethiopia. It takes him ten hours a day to collect water. He says:

"I am wasting my life. I am a young man; I should be doing something else."

Your gifts today will help vulnerable communities around the world have access to clean water and provide other vital support.

You can donate online through the CAFOD website, or by using one of the envelopes. You can also donate by text; the details are in the bulletin.

If anyone in your parish is taking part in the Walk for Water challenge, your priest may also want to add this:

[Name of parishioner] is also walking alongside Abdella this Lent by challenging herself/himself to walk 10,000 steps, every day, for 40 days. You can sponsor [name] on her/his JustGiving page.

Ask for this prayer of intercession to be prayed at Masses on 27/28 February:

We pray for all those who must spend hours each day walking to fetch water, and who dream of a better future. Through God's grace, may our actions this Lent help to make those dreams a reality. Lord, in your mercy...


Check out our online Lent prayers and activities!

Look out for our online Lent calendar, Stations of the Cross, soup and hot cross bun recipes at cafod.org.uk/fastday

CAFOD, Romero House, 55 Westminster Bridge Road, London SE1 7JB

Tel: 020 7733 7900 Email: cafod@cafod.org.uk

Charity no 1160384 and a company limited by guarantee no 09387398

Photos: CAFOD Printed on paper from well-managed forests  recycle

CAF6553

Boost donations with Gift Aid

giftaid it

Why is it so important to Gift Aid?

When you donate to CAFOD and fill in a Gift Aid form, you can increase the value of your gift by 25p for every £1 you give – at no extra cost to you! This extra 25 per cent makes a big difference and means that we are able to support our local experts with additional funding.

In the last year alone we've raised just under 3 million through Gift Aid donations from supporters like you. Just think of all the lives that money has changed.

How does it work?

1. For CAFOD to claim Gift Aid, HM Revenue and Customs requires that CAFOD must be able to match every donation to the donor, which is why it is important these forms are completed.
2. The donor must be a UK taxpayer (and have paid sufficient Income Tax and/or Capital Gains Tax), for CAFOD to be able to reclaim the basic rate of tax paid on their donation, however large or small.
3. Please use the CAFOD Fast Day envelopes, which have the Gift Aid slips on them, and encourage everyone who is eligible to fill in the Gift Aid slip when they donate.

Information for parish counters

The most important thing for your parish counters to do is to check the donation in the envelope against the amount declared on the Gift Aid declaration.

- If the amount enclosed is the same as the amount declared, please do not change the Gift Aid declaration.
- If the amount enclosed is more than the amount declared, again, please do not change the Gift Aid declaration.
- If the amount enclosed is less than the amount declared, please change the amount written on the declaration to match the amount donated.

Please ensure all donations have been removed from the collection envelope before being returned to CAFOD.

Once the declarations have been checked, please send the completed Gift Aid declarations together with your cheque(s) and completed donation form to CAFOD.

You can use the Freepost envelope provided or post to: Freepost CAFOD

For any questions, contact CAFOD on 0300 011 5680 or resources@cafod.org.uk

Donation form

Please return this form with your donations to help us to process them more efficiently. Please also make a copy of this form to enclose with any subsequent donations your parish may make to Lent this year.

1. Parish details

2. Donation details

Parish Cheque/s	£
Cheques	£
Postal Orders	£
CAF Vouchers	£
Other	£
Total	£

Please do not send cash in the post

3. Gift Aid

Have you included your Gift Aid slips?

YesNo

Sending your Gift Aid slips together with your donations will save CAFOD time and money.

4. Your details (in case we need to contact you)

Name of sender:

Daytime tel. number: