

FAMILY FAST DAY

SHORT TALK

Good morning/evening everyone. Thank you [priest's name], for giving me the opportunity to speak for CAFOD today. My name is [your name], and I am here to invite you to join in CAFOD's Family Fast Day on Friday 4 October by praying, giving and eating more simply in solidarity with our global family.

CAFOD is the Catholic Agency for Overseas Development, and our mission is to fight poverty and injustice and help all people to fulfil their God-given potential. Right now, we urgently need your support to enable us to continue to respond in communities that face extreme poverty, injustice and climate change.

Insert gospel reflection overleaf or use the paragraph below.

[The vastness of global struggles can feel overwhelming. However, we are not asked to singlehandedly solve everything, but to simply respond to the needs we see before us. In the parable of the sheep and the goats, Jesus says, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." Pope Francis reminds us that, "In God, no act of love, no matter how small, will ever be lost."]

This Family Fast Day, your donations will help us support people like Daniel, a young man in the Democratic Republic of Congo. Daniel said, "We grew up in a life that is not easy. It was a life of struggling all the time."

He found hope through CAFOD-funded carpentry training. After eight months of hard work, Daniel mastered carpentry. Now, with his own workshop, he not only creates beautiful furniture, but is carving a better future for himself and his family.

By giving today you'll fund training, tools and safe spaces to help people like Daniel learn new skills and continue to fulfil their God-given potential.

If you want to play your part, please do take an envelope and either give today or bring it back next week with your gift inside.

You can also scan the QR code to give via our virtual envelope today, or give online when you get home at cafod.org.uk [say "CAFOD dot org dot U.K."]

For those that can take out a monthly gift, this way of giving makes sure that we can quickly respond to emergencies as they happen – and it is also a commitment to being part of long-term change.

Finally, if you are a UK taxpayer, please do tick the box to allow us to claim Gift Aid on your donations as this adds an extra 25% on everything you donate. We really do need it!

Thank you for all you have done and continue to do to support CAFOD's work – both with your donations and also through your prayers.