

# give it up

Family Fast Day is  
Friday 23 February

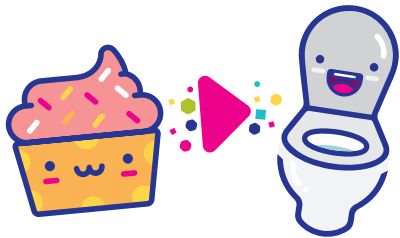
Dear friend,

Happy New Year! As you finish off that last mince pie and begin planning for Lent next month, our resources will make it easy to engage in prayer, fasting and almsgiving in a whole new way.

Poverty is not part of God's plan. As a Catholic community, we should not give up on the poorest people. **Give it up** instead and take on the challenge to build a better world this Lent.

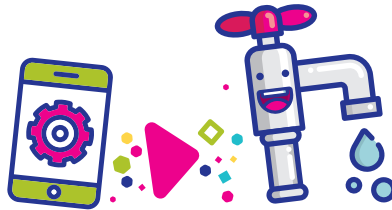
It's simple; choose something, **give it up** and donate the money you save. Alternatively, think of something more challenging and get sponsored to **give it up**.

Then watch your fasting transform into something amazing that helps poor communities. For example:



### Turn treats into toilets

Give up cupcakes or cinema trips to help communities build toilets.



### Turn apps into taps

Give up your phone for a day so others can have clean water.



### Turn fast food into fresh food

Give up burgers so communities can grow nutritious vegetable gardens.

A few years ago, Marian did not have enough to feed her family. Her older son, Tawanda, was malnourished. CAFOD partners trained Marian and her community to set up and maintain a vegetable garden. Now, she and her neighbours can feed their families and make an income. Her youngest son, Svondo, is growing up strong and healthy.

Whether it's by giving up apps, treats or something else, taking the **give it up** challenge means you can help more communities like Marian's to build a better world for their families.

**And this Lent you can make double the difference. For every pound you donate to CAFOD, the UK Government will contribute a pound, up to a total of £5 million.**

Thank you! We can't wait to see how your school or youth group takes on the challenge to **give it up!**

Yours faithfully,

CAFOD Education Team



**"There's been a big change in my children's health since we started the vegetable garden. My children are healthier now... You have been a bridge from a place of suffering to a better world."**

Marian, Zimbabwe

Matching your donations with

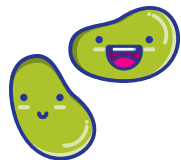


Your donation will be doubled by the UK Government, up to a total of £5 million, making double the difference

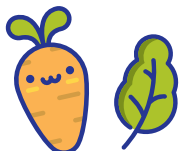


# give it up

With match funding,  
your donations can  
go twice as far:



**£1 = £2**  
buys seeds for **two** families  
to grow beans



**£10 = £20**  
means a family has enough  
seeds to grow nutritious  
vegetables for **two** years



**£33 = £66**  
supplies **two** families with  
safe water



**£85 = £170**  
helps **two** communities  
build toilets with  
handwashing facilities

[cafod.org.uk/schools](http://cafod.org.uk/schools)

## Checklist

**Straightaway**

Contact my local CAFOD volunteer centre to book an assembly or workshop: [cafod.org.uk/local](http://cafod.org.uk/local)

**Before 12 February**

Order collection boxes, envelopes and stickers from: [shop.cafod.org.uk](http://shop.cafod.org.uk)

**Before 23 February**

Decide what date to celebrate *Family Fast Day* and plan it using CAFOD's resources: [cafod.org.uk/schools](http://cafod.org.uk/schools)

**Throughout Lent**

Use CAFOD's resources for lessons, fundraising, prayer and worship: [cafod.org.uk/schools](http://cafod.org.uk/schools)

**On or around 23 February**   

Share photos and stories of the day. Email [schools@cafod.org.uk](mailto:schools@cafod.org.uk) and tag @CAFOD, #GiveltUpChallenge on Twitter, Instagram and Snapchat.

**As soon as possible**

Return the money we raise, using the form below.

**Money raised between Shrove Tuesday 13 February and Saturday 12 May will be matched. Donations must be returned to CAFOD by Sunday 1 July.**

PLEASE CUT HERE

## FAMILY FAST DAY RETURN FORM - 2018

Once you've collected all the donations, please complete this form and send it to us in the return envelope provided with a cheque (made payable to CAFOD) for the full amount you raised.

School details:

Your details (in case we need to contact you):

Name of sender: \_\_\_\_\_

Daytime tel no: \_\_\_\_\_

We enclose our donation amount of

£ \_\_\_\_\_

(made payable to CAFOD)

Please return this form in the enclosed envelope. You can also post it to Freepost RSHJ-KJBY-YXLT, CAFOD, Romero House, 55 Westminster Bridge Road, London SE1 7JB. [cafod.org.uk](http://cafod.org.uk) Tel: 020 7095 5682

The Catholic Agency for Overseas Development (CAFOD) is the official aid agency of the Catholic Church in England and Wales and part of Caritas International. Charity no 1160384 and a company limited by guarantee no 09387398.