

Lent Family Fast Day 2018 parish talk

Good morning everyone and thank you Father _____
for giving me the opportunity to speak today.

My name is _____ and I'm here to talk to you
because **next Friday 23 February is / last Friday was** CAFOD's
Family Fast Day – a day to give up a meal and give generously to
help some of the poorest people in the world. And this Lent, that
giving can make double the impact, as every £1 you give will be
matched with another £1. I'll explain more about that later.



Fast, pray and give

By fasting, we can focus on what really matters – our relationship with God and love for our
brothers and sisters.

But not all our brothers and sisters can choose whether or not they go without food.

I'd like to tell you about a mother, Marian, and her two sons who live in Zimbabwe. The older son,
Tawanda, lived his childhood without enough to eat. Marian used to leave him in the morning
to find work. She would return hours later to find him sitting in the same place. "I didn't have
enough food to give him," she said. "He hadn't played, or even walked. It was very painful to see
him like that."

When Tawanda was a teenager, Marian had another son, Svondo. He was brought up on fresh
vegetables, beans and peanut butter. Now seven years old, Svondo is growing healthy and
strong. He plays with his friends. He's happy.

These two brothers both had dreams. But one was prevented from reaching his God-given
potential.

The difference between these two boys is you.

Your donations helped to give Marian some seeds. And she did the rest. She worked hard
month after month to grow a vegetable garden and she didn't stop until it flourished. So unlike
Tawanda, Svondo didn't go hungry.

But no child should have to go hungry. Since I began talking to you, eight children around
the world have died from malnutrition. The lack of good food made them vulnerable to
everyday infections.

On Family Fast Day, as we pray and fast, we bring to mind all God's children.
We remind ourselves that as God's family, we are all connected – when one
child goes hungry, we all go hungry.

Matching your
donations with



[If you are speaking during the homily the weekend of 17/18 February:]

In today's Gospel reading we heard how Jesus fasts for 40 days and 40 nights and is tempted in the wilderness. Despite temptation, he steadfastly puts all his hope and trust in God. During Lent, our fast reminds us of our spiritual hunger for God, and all the gifts we have been given.

[If you are speaking during the homily the weekend of 24/25 February:]

In today's Gospel reading we heard how Jesus is transformed before his disciples and the disciples catch a glimpse of who Jesus really is. Lent is a time for us to have our eyes opened to who we are called to be as children of God, and, through fasting and prayer, to be open to our own transformation.

Through CAFOD's Family Fast Day, you can show children like Tawanda and Svondo that they are not forgotten. They are part of our family. And we care.

You can donate using one of CAFOD's Family Fast Day Appeal envelopes [HOLD UP ENVELOPE]. And please do fill in the form to Gift Aid your donation. Your gift can help end hunger and poverty across the world.

And this Lent, your donation will make double the difference. For every pound you donate to CAFOD, the UK Government will also donate a pound. If you give £5, [HOLD UP £5 NOTE] it will be turned into £10 [HOLD UP ANOTHER £5 NOTE].

At no extra cost to you, twice the number of lives can be transformed. Twice the number of children can have the opportunity to grow up healthy and strong. The government will double your donations throughout Lent, up to a total value of £5 million, so now is a crucial time to give.

[If you are speaking the weekend of 17/18 February:]

This Friday, or another convenient day during Lent, I hope you can take part in Family Fast Day by giving up a meal or having a simple meal and giving generously to CAFOD.

[If you are speaking the weekend of 24/25 February:]

If you were not able to fast on Friday, please do have a simple lunch this week and hold Svondo in your prayers. If you would like to give a donation, please collect an envelope from the back of church today.

[In parishes where there is a soup lunch event:]

If you would like to join together with others in our parish, on Friday at _____, we will be sharing a simple soup lunch to raise money. *Insert time and location*

Thank you for giving me the time to speak today. And thank you for all you do to ensure our brothers and sisters around the world are not forgotten.



Fast, pray and give

CAFOD, Romero House, 55 Westminster Bridge Road, London SE1 7JB.
Charity no 1160384 and a company limited by guarantee no 09387398.
Printed on paper from well-managed forests. CAF3695

**Your donation will be doubled by the UK Government,
making double the difference.**

