

Family Fast Day Harvest 2018 parish talk



Fast, pray and give

Thank you, Father, for giving me the opportunity to speak today and thank you all for giving me the next few minutes of your time.

My name is _____ and I'm here on behalf of CAFOD, the Catholic charity that helps the poorest, most hard-to-reach people around the world. I'd like to say a huge thank you for all the support you have given CAFOD in the past.

I'm here today to talk about Family Fast Day, which is on Friday 5 October, and to ask if you could eat simply – perhaps by giving up a meal, or just having a bowl of soup – and make a donation to CAFOD? It could save someone's life.

Every life around the world is precious, but I'd like to speak today about a mother in East Africa.

[Pause]

Longora lives in Uganda – 14 hours from the capital – in a remote village that has:

- no electricity
- no gas
- and no hospital nearby.

The area is so hot and dry, people struggle to get enough clean water to survive.

A few years ago, when Longora was in the late stages of pregnancy, she became seriously ill after drinking dirty water from a local river.

Please turn over

She gave birth while she was still sick. Because of the water, her baby was also born seriously ill.

She said: “Ten people died from drinking river water then. My baby died too.”

[Pause]

No one can bring Longora’s baby back. Hearing from her, it is clear the loss stays with her.

It was obvious her community needed clean water and – thanks to donations from people like you – CAFOD repaired the well in her village and trained local people in how to maintain it, so they can fix it if it breaks again. Now Longora and her neighbours have a reliable supply of clean, safe water.

At Family Fast Day we seek to make changes like this possible. So this Fast Day, please will you eat more simply to help others like Longora’s baby boy? * And when you choose to eat more simply, please also say a prayer for Longora and millions like her.

Eating less isn’t easy, but it’s a wonderful way of acting out our faith. By having a bowl of soup instead of a meal, and giving the money you save, you could give a family a bag of seeds to grow and feed themselves. If we all ate less for just one meal, the money we save could help to mend a water point for an entire village.

Please use one of the envelopes provided (hold one up) to make your donation. And don’t worry if you don’t have any money with you today, you can also donate online at cafod.org.uk/harvest

[Pause]

On behalf of everyone at CAFOD, thank you for everything you do.

***In parishes where there is a soup lunch event.**

If you would like to join together with others in our parish,

on _____ at _____, *Insert time and place*

we will be sharing a simple soup lunch to raise money.



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