

## **Family Fast Day** Lent 2019 parish talk

Good morning/evening everyone. My name is \_\_\_\_\_ and I'm here on behalf of CAFOD.

CAFOD is the Catholic charity that helps the poorest, most hard-to-reach people around the world. People who are facing drought, conflict, disease, injustice...

We believe in a world where every woman, man and child can flourish. But the reality is we are forced to turn away one in three requests for help. Simply because we don't have enough money to go around.

[Pause]

I'd like to tell you about a woman in Bangladesh who is in need of help.

Mahinur [ma-hin-oor] lives very near the coast, in an area that's badly hit by climate change. Cyclones are common, salty sea water floods the rice fields, and - most devastatingly for Mahinur - a drought last year killed all the fish.

Dragging her empty net out of the river, Mahinur told us: "There should be fish in the river now. But there's nothing. I have no reason to smile."

Mahinur has a disabled husband and son to support, so she's working every hour of the day doing odd jobs for her neighbours in return for rice. It's not enough. Some days the family just drink water for dinner.

Currently, there is no happy ending to Mahinur's story. This is the situation she faces today, because we haven't been able to support her. She is the one in three.

[Pause]

But working through the local Church, our experts make up one of the largest aid networks in the world. Through them, your support can reach to the ends of the earth.

We already know where Mahinur is. We know she needs help. And we know how to help.

That's why I'd like to ask you to consider having a simple meal next Friday for Family Fast Day and making a donation to CAFOD.

[Hold up envelope]

Your donation is a lifeline. An outstretched hand to a friend in danger.

Together, we can reach out to children, women and men in God's family with love.

Together, we can change the ending of more stories like Mahinur's.

Please fill in your details on the envelope to make your donation. Or you can donate online.

Thank you very much for listening, for your prayers and your generosity. And thank you, Father, for giving me the opportunity to speak today.