

# Short Talk

Good morning/afternoon, my name is \_\_\_\_\_ and I'm here on behalf of CAFOD.  
(INSERT NAME)

Today, I'm asking for your generosity so that CAFOD - our Catholic charity that helps the poorest, most hard-to-reach people around the world - can assist even more communities.

**[Pause]** **[For longer talks, insert the Gospel reflection here.]**

Firstly, I want to tell you about an inspirational boy in Uganda.

**[Pause]**

14-year-old Fabiano is clever and kind and dreams of becoming a doctor.

Every morning, he wakes before sunrise and walks three miles in the dark to collect water for his mum.

He gets home, eats a meagre breakfast, and goes straight to school. Although he's often tired and hungry, Fabiano studies hard. He's determined to get a good education and make his mum proud.

**[Pause]**

Like many children, Fabiano is frightened of the dark. Sadly, his fears of something bad happening in the shadows are all too real.

Early one morning, as Fabiano was carrying water home, a stranger emerged from the darkness and asked for a drink. Eager to help, Fabiano handed over his full water container.

The man took a sip, then poured Fabiano's water away and attacked him. Fabiano was terrified. He abandoned the water can and ran in fear of his life.

He made it home to his mum who held him tight and thanked God he was alive.

**[Pause]**

I'm happy to tell you those long dark walks are now over for Fabiano. Thanks to Family Fast Day donations like yours, a solar powered water pump has been installed in his village.

Today, it takes Fabiano just four minutes to collect water. Which means he has more time and energy for school – and having fun with friends. "We knew life would change when we had water near our homes," says Fabiano with a smile.

**[Pause]**

We were there for Fabiano, but unfortunately CAFOD cannot fund one in three requests we get for help. So how can we reach those children still risking their safety - and education - to get water?

It starts with small changes.

This Family Fast Day, would you have a simple meal, like a bowl of soup, and give the money you save to CAFOD? Imagine the difference this parish could make if we all got involved.

It could mean another water pump in another desperately dry and inaccessible community. It could mean more children, like Fabiano, can follow their dreams.

**[Hold up envelope]**

Please fill in your details on the envelope to Gift Aid your donation or you can donate on the CAFOD website.

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

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**For Masses with CAFOD's Children's Liturgy:**

In Children's Liturgy, the children have made grace prayer dice. Please encourage your family to roll the dice at mealtimes and say one of the prayers for Fabiano.

**Gospel reflection for Sunday 29 September: Luke 16:19-31**

In today's Gospel, we heard the story of the rich man and Lazarus. While he was alive, the rich man ignored Lazarus, even though Lazarus was right outside his gate.

Do we ignore uncomfortable truths? Like the fact that so many people are still hungry and thirsty, as Lazarus was? This reading reminds us that we should not ignore our sisters and brothers, who are living with this injustice.

God asks us to reach out and help one another. Together, we can solve problems. We can share what we have so that God's children everywhere have what they need to live life to the full.

**Gospel reflection for Sunday 6 October: Luke 17:5-10**

In today's Gospel, Jesus says that we could do incredible things if only we had faith.

What incredible things would you like to do? Perhaps you would choose to end the injustice of extreme poverty and hunger?

Family Fast Day is an opportunity to help each other hold onto the faith that God really can use us to do incredible things, like ensuring that everyone has access to clean water, nourishing food, education and safety.