FAMILY FAST DAY:
FRIDAY 4 OCTOBER 2019

Your fasting, prayer and generosity are an act of love for our global family. Thank you!

Making Family Fast Day happen in your parish
Family Fast Day: Planning made easy

Ask for help!

☐ Ask volunteers to read the Fast Day short talk at all Masses in your parish on the weekend of 28/29 September or 5/6 October. Or contact your local CAFOD volunteer centre to see if they can provide a speaker.

☐ Pin up Fast Day poster somewhere really noticeable.

☐ Pin up the feedback poster.

☐ Put an announcement in your newsletter about Fast Day.

☐ Ask some volunteers to help give out collection envelopes and prayer cards.

☐ Print the children’s liturgy sheet and grace cube from cafod.org.uk/childrensliturgy for your parish children’s liturgy team.

☐ Check that your collection envelopes have arrived (usually with your parish priest) and that there are enough. If not, please tell us straight away on 0300 011 5680.

☐ If you would like more resources, these are available online at shop.cafod.org.uk/collections/harvest

Preparation for vigil Saturday 28 September / Sunday 29 September 2019

☐ Ensure someone in your parish hands out envelopes before or after Mass.

☐ Make pens available to help people complete the Gift Aid panel on the envelope.

☐ Arrange to include the Fast Day prayer and prayer of intercession at Mass.

☐ Check arrangements for a parish volunteer or visiting speaker to give the Family Fast Day talk at Mass.

Family Fast Day Friday 4 October

☐ Hold a simple soup lunch and say the Fast Day prayer together.

☐ Let us know what your parish are doing at Fast Day by emailing supportercare@cafod.org.uk

Preparation for vigil Saturday 5 October/Sunday 6 October 2019

☐ Have some spare collection envelopes available.

☐ Check arrangements for a parish volunteer or visiting speaker to give the Family Fast Day talk at Mass (unless done last weekend).

☐ Arrange to include the Fast Day prayer and prayer of intercession at Mass.

☐ Collect Fast Day envelopes and donations after Mass, and leave a clearly marked donation box at all church entrances.

After Family Fast Day

☐ Ensure the collection envelopes are emptied, and the collection is counted and checked against the Gift Aid details. Make a cheque out to CAFOD for the total. Send the donation form (on the back of this booklet), the cheque(s) and any Gift Aid information back to CAFOD, all together in the same envelope – we’ve provided one. Please ensure no donations are left in the envelopes. Please send your donations ASAP and please do not send cash.

☐ Place the thank you newsletter announcement in your parish newsletter and put up the ‘thank you’ A4 poster.

For any questions, contact CAFOD on 0300 011 5680 or resources@cafod.org.uk

Family Fast Day prayer

Harvest 2019

St Francis of Assisi, your whole life sang in harmony with God, nature and others.

With you, we praise God for Brother Sun, full of beauty and splendour, warming the earth, summoning shoots from darkness into daylight.

We praise God for Sister Water, So useful and humble, precious and pure, greening arid ground, growing life in desert places.

Pray for us, Francis, that, like you, we may care for all that exists, until Brother Sun and Sister Water produce a harvest shared by all in love and solidarity, justice and peace.

Amen.

4 October is the feast day of St Francis of Assisi, patron saint of ecology.

Text cf. Canticle of Creatures, St Francis of Assisi, patron saint of ecology.

Prayer of intercession

We pray for all our brothers and sisters around the world: that God our Father might increase our courage and strength to work for an end to poverty and injustice, and that he might deepen our commitment so that the fruits of the harvest may be more fairly shared.
A handy guide to using the short talk

Why it is important

- Using the short talk at Mass is a great way to say thank you to people who have supported CAFOD’s work over the year via prayer, donations and campaigning.
- We know that giving a short talk at Mass is the best way of engaging parishioners and usually increases donations.

How to make it happen

- Explain to Father you would like to thank the parish, let them know how donations are helping and ask them to support the Family Fast Day collection.
- Check which weekend Father would like the talk.
- Ensure all masses have someone who can deliver the talk.
- Use the pre-prepared short talk. If you don't want to read it out yourself, perhaps you can ask someone else in the parish to do it – maybe a reader, a member of the youth group or the RCIA group.
- We can help you prepare if you want to do it yourself.

Tips

- Speak more slowly than you think you should.
- Smile at the start and the end and look up from time to time.
- Remember, you won't have met the person mentioned but their story is real and they are happy we can share it on their behalf.
- Make the talk your own. Feel free to change a few words if it makes it more natural for you – and maybe add a sentence about what inspires you to support CAFOD. Check our ‘Adapting the short talk guide’ at cafod.org.uk/fastday to see the key messages and tips.
- If the children have made the CAFOD grace cube at children’s liturgy, you could hold up a grace cube to show the congregation.
- Thank you, you’ll be great!

Join a Harvest planning meeting near you

Join a Harvest planning meeting and get to know other fantastic CAFOD volunteers. Together we would like to plan ways to reach out to everyone in our parishes.

Come and hear about Fabiano’s story and our water and sanitation work in Uganda. We'd also like to share feedback with you from projects and communities around the world.

Find your local meeting at cafod.org.uk/local

For any questions, contact CAFOD on 0300 011 5680 or resources@cafod.org.uk

Family Fast Day: Your chance to change lives

Your parish’s support this Family Fast Day will help give training, tools and resources to some of the world’s poorest people so they are empowered to build themselves a brighter future.

This guide contains everything you need to know to help us raise money for that important work.

Whether you organise a soup lunch with your parish, or eat simply at home, your donations and prayers will make a real difference to people living in poverty.

Why Family Fast Day?

In 1960, a group of Catholic women organised the first Family Fast Day, to support mothers and babies in Dominica who were suffering from malnutrition. They received overwhelming support. From this, CAFOD was born.

Elspeth Orchard, one of CAFOD’s founders, explained: “We weren't doing anything special, we were just doing what we thought we ought to do, remembering that we are all God’s children.”

By eating simply – perhaps having a bowl of soup instead of a meal – and giving the money you save, you are answering God’s call to help our global family.

Useful resources

Go online for lots of helpful resources so your Fast Day runs smoothly: cafod.org.uk/fastday

- Fast Day envelopes
- Posters
- Simple soup recipes
- Prayer cards
- Stories, photos and videos from families overseas
- Children’s liturgy guide and grace cube

You can also order more resources online at shop.cafod.org.uk/collections/harvest

For any questions, contact CAFOD on 0300 011 5680 or resources@cafod.org.uk
Hold a soup lunch this Family Fast Day!

Invite your family, friends and fellow parishioners to join you in having a simple soup lunch or supper this Family Fast Day.

It’s as easy as...

One...
choose a venue – make sure it has enough space for everyone, plenty of bowls and spoons, and somewhere to heat your soup

Two...
recruit helpers – ask people to make soups, ideally with Fairtrade ingredients. Make sure your cooks are aware of food hygiene basics (see food.gov.uk) and label soups for people with allergies

Three...
invite friends and neighbours – download a poster at cafod.org.uk/fastday to display in your church or community centre, and put an announcement in your parish newsletter

Soup recipe
Leek and potato

Ingredients:
- 500g leeks, chopped
- 2 onions, chopped
- 600g potatoes, diced
- 2 garlic cloves, crushed
- 1 litre vegetable stock
- 1 tsp dijon mustard
- Finely chopped fresh chives
- Crusty bread to serve

Method:
1. Melt butter, add leeks, onions and potatoes with plenty of salt and pepper. Cook gently for 15-20 minutes. Add the garlic and stir for 1 minute.
2. Add the stock and dijon mustard, bring to the boil, and simmer on a low heat for 15 minutes until the veg is soft. Season to taste.
3. Serve the soup and sprinkle with chives.

Boost donations with Gift Aid

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Why is it so important to Gift Aid?
When you donate to CAFOD and fill in a Gift Aid form, you can increase the value of your gift by 25p for every £1 you give – at no extra cost to you! This extra 25 percent makes a big difference and means that we are able to support our partners with additional funding.

In the last year alone we’ve raised just under 3 million through Gift Aid donations from supporters like you. Just think of all the lives that money has changed.

How does it work?
1. For CAFOD to claim Gift Aid, HM Revenue and Customs requires that CAFOD must be able to match every donation to the donor, which is why it is important these forms are completed.
2. The donor must be a UK taxpayer (and have paid sufficient Income Tax and/or Capital Gains Tax), for CAFOD to be able to reclaim the basic rate of tax paid on their donation, however large or small.
3. Please use the CAFOD Fast Day envelopes, which have the Gift Aid slips on them, and encourage everyone who is eligible to fill in the Gift Aid slip when they donate.

Information for parish counters
The most important thing for your parish counters to do is to check the donation in the envelope against the amount declared on the Gift Aid declaration.

- If the amount enclosed is the same as the amount declared, please do not change the Gift Aid declaration.
- If the amount enclosed is more than the amount declared, again, please do not change the Gift Aid declaration.
- If the amount enclosed is less than the amount declared, please change the amount written on the declaration to match the amount donated.

Please ensure all donations have been removed from the collection envelope before being returned to CAFOD.

Once the declarations have been checked, please send the completed Gift Aid declarations together with your cheque(s) and completed donation form to CAFOD.

You can use the Freepost envelope provided or post to: Freepost RSHJ-KJBY-YXLT, CAFOD, Romero House, 55 Westminster Bridge Road, London SE1 7JB

For any questions, contact CAFOD on 0300 011 5680 or resources@cafod.org.uk
Donation form

Please return this form with your donations to help us to process them more efficiently. Please also make a copy of this form to enclose with any subsequent donations your parish may make to Harvest this year.

1. Parish details

2. Donation details

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3. Gift Aid

Have you included your Gift Aid slips?

- [ ] Yes
- [ ] No

Sending your Gift Aid slips together with your donations will save CAFOD time and money.

4. Your details (in case we need to contact you)

Name of sender:

Daytime tel. number:

Please return this form in your return envelope. You can also post it to: Freepost RSHJ-KJBY-YXLT, CAFOD, Romero House, 55 Westminster Bridge Road, London SE1 7JB. Or call 0300 011 5680 to talk to us about anything we can help with.