

## **FAMILY FAST DAY SHORT TALK**

My name is [insert name] and this *Family Fast Day* I'm here on behalf of CAFOD to tell you a story about a baby girl called Lombeh.

Five years ago, Lombeh was born in Sierra Leone in Africa, one of the poorest countries in the world.

She was tiny and she wasn't growing. A little bracelet she was given could fit all the way up to her shoulder. That bracelet was no bigger than the size of a two pence coin.

Some people thought Lombeh wouldn't live. It was a difficult time in Sierra Leone as the country was still dealing with the Ebola virus. The family had lost their business and good food was expensive.

Her mum, Amie, was very worried. But she didn't give up hope.

She found out from some other new mums about a local clinic CAFOD supports. There, she met Sister Anthonia, who's an expert in mother and child health.

Sister Anthonia could see that Lombeh was very sick, but she had faith.

Lombeh was not getting the right food to grow. So, in a small act of love, Sister Anthonia showed Amie how to make a rich, healthy sesame seed paste to feed her.

Within a few weeks, baby Lombeh got better and began to grow.

Now Lombeh is five years old. She's big and strong. Her little bracelet now only fits around her thumb.

Amie teaches other new mums to make the sesame paste, helping their babies get the food they need.

Amie and Lombeh's story is one of faith, hope and love. One with a happy ending. But millions of other families are struggling like they once did.

The climate crisis is making it harder to find healthy food around the world. Farmers in many places can no longer grow enough food to feed their families. And coronavirus has made things much worse for many people.

For these families, a small act of love from you today can reach around the world to make a big difference.

> *Insert option gospel reflection here – see overleaf*

Eat a simple meal this *Family Fast Day* on Friday 11 March and the money you save can help fight poverty and hunger.

It can train parents on new ways of farming as our climate changes.

It can give new mums like Amie advice on the best foods for their children.

And your donation can support local experts like Sister Anthonia share life-saving information.

*[If you are holding a Walk Against Hunger, please add: This Lent, we as a parish are Walking Against Hunger and we're walking together on Saturday 26th March at 2pm (or another date/time if you prefer). We'll be joining with many others across the country in walking and raising money for families like Amie's]*

Thank you for all your small acts of love towards our sisters and brothers around the world and thank you for listening.

**OPTIONAL GOSPEL REFLECTIONS** (for use in *Short talk* - see overleaf)

**Based on the gospel for 1st Sunday Lent Year C – Luke 4:1-13 (6 March)**

Although he is the Son of God, at the end of his time in the wilderness, Jesus knows what it is to be hungry. He shares and understands the pain of all those among us who struggle to get enough food. He calls us to live lives nourished by his word, and to do what we can so that no one goes hungry, as we reach out and support others with love.

**Based on the gospel for 2nd Sunday Lent Year C – Luke 9:28-36 (13 March)**

In the Transfiguration, Jesus is completely transformed while he is praying. Amie and Sister Anthonia both prayed that Lombek would have the chance to grow into a happy and healthy child. Perhaps through our own prayers, we will see wonderful changes too, as God leads us to live our own lives differently. May we find strength in the difficult times and be inspired to share hope and love with others.

*See overleaf for Short talk >*