



Lent Appeal and the year ahead in parishes, 2026

CAFOD PARISH VOLUNTEERS



Lent prayer



God of growth,
in the beginning
you planted a garden
and walked with us,
your beloved creation.
Teach us to tread lightly
as we care for all you made.

God the Sower,
you plant seeds of your
Kingdom
in the soil of our hearts.
Water them with your Word
and weed out fear and
selfishness.

Cultivate in us your
compassion
so we may truly love our
neighbours.

God of Gethsemane
you chose the tree of
suffering
which would bring us new
life.
May its roots grow deep
within us,
inspiring us to seek justice
so all people may flourish
in the garden of your grace.
Amen.

Jubilee Year 2025 – Thank you!



Jubilee icon on tour

The Jubilee icon travelled to every diocese in England and Wales.

53 parishes hosted icon with
74 events in total



Signing the Jubilee pledge

58% of schools have made the Jubilee Pledge



Global Church petition

- 44,000 people signed our Cancel the Debt petition

2026: Jubilee Year of St Francis of Assisi!



‘..... (do) not let the intentions of the Holy Year just passed, be in vain: may the hope that saw us as pilgrims, now be transformed into zeal and fervour of active charity.’

Pope Leo January 26



**Visit to Rushinga,
Zimbabwe**

October 2025











LENT APPEAL Family Fast Day

Friday 27 February 2025

**Bangladesh, South Sudan,
Zimbabwe**





South Sudan

Rejoice













CAFOD
ESTABLISHED





Bangladesh

Bayezid















 **কৃষি প্রদর্শনী প্রট**
ধরিত্রী প্রকল্প

Support for Demonstration of Organic Vegetable Cultivation

সহায়তার ধরন: কৃষি প্রদর্শনীর জন্য কৃষকগণকে পথচারে জৈব পদ্ধতিতে ফসল ও সবজি চাষ

নাম: এনামুল শিকদার স্বামী/ পিতা: রশিদ শিকদার
ভার্মি দলের নাম: গোলাপ ভার্মি দল ভার্মি দলের নং: ০৮ H.H.No: RAJ-281
গ্রাম: ছোট বাশাইল, ইউনিয়ন: রাজিহার, উপজেলা: আটগেলঝাড়া, জেলা: বরিশাল।
সহায়তার তারিখ: ১০-০৯-২০২৪ ইং

Implemented by: Caritas Barishal Region Funded by: CAFOD







Zimbabwe

Shorai and Hamunyare











Kuva nenharaunda inowana kudya kwakakwana, uye mari yekuzviriritira



Iri kubatsira vanhu 100
(67 madzimai uye 33 vanhurume)

MUSANYARARA PAWAMHIRIZHONGWA MHAN'ARA "NGAZVIFUMURWE"
Call: National GBV Tollfree: 595
Rushinga Police: 0778 931 005

NYAMUWE NUTRITIONAL GARDEN
back and Complaints Call: 08080609

Supported By:  **CAFOD** OAK FOUNDATION  miscan cara















What donations can do

- **£12 can pay to train one farmer to care for young seedlings**
- **£36 can pay to train a floating garden farmer**
- **£77 can pay to set up and care for one floating garden**
- **£94 can pay for a community seed bank**
- **£231 can pay for enough floating gardens for a farmer to feed their family for a year**

Which TWO causes do you think Catholics most want their donations to international charities to support?

- **Education (schools)**
- **Health care (clinics & medicines)**
- **Clean water & sanitation**
- **Animal welfare**
- **Disaster and emergency response**
- **Food, hunger & nutrition**
- **Protecting the environment / climate**

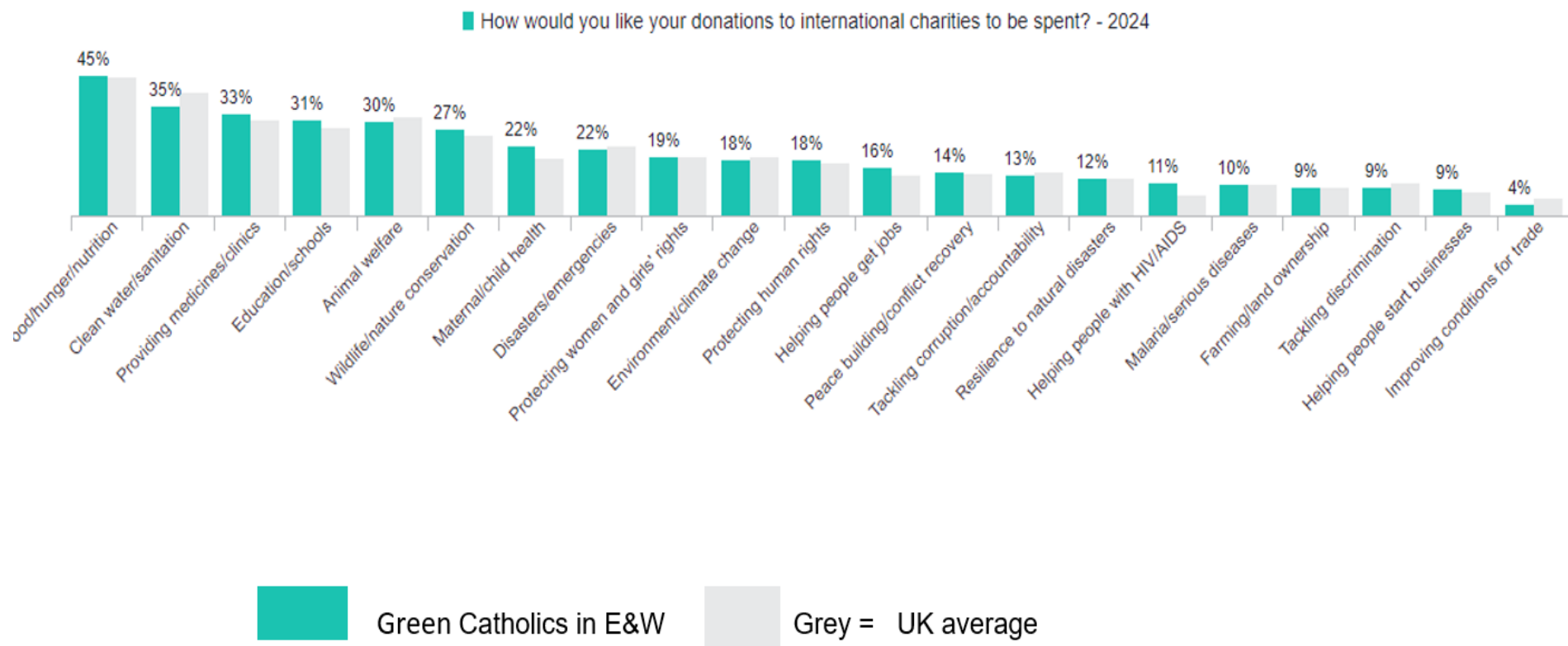
Food, hunger & nutrition

45% of Catholics want their donations to international charities spent on this work.

Clean water and sanitation

35% of Catholics want their donations to international charities spent on this work.

For INGOs, 'food, hunger & nutrition' is the preferred theme followed by clean water & sanitation



Eden Stanley survey, Jan to May 24, Among supporters of INGO, Green = Catholics in E&W, n=494, Grey = full sample, n= 5,052

According to the United Nations

1 in 12 people in the world face hunger on a daily basis.

According to WHO statistics:

1 in 4 people in the world lack access to safe drinking water.



Harvest Family Fast Day

Friday 2 October, 2026

Back to Zimbabwe



Our advocacy themes for 2026



Debt



Food systems



Climate

World Gifts



Happy Queen Bee



Teach someone to read



The goat that gives



Preparing for Family Fast Day

Family Fast Day top tips

- Hand out envelopes to people as they come into Church.
- Introduce yourself as the CAFOD volunteer.
- Tell people it's CAFOD's Family Fast Day, we are collecting for our Lent Appeal to help our neighbours.
- Speak at Mass.
- Ask other parishioners if they could help organise the collection.
- Ask your parish office to include a notice about the Lent Appeal and a QR code in the parish newsletter.



Big Lent Walk

Put the poster up in Church **as soon as** you can.

Sign up as a parish group or as individual.

Put a **notice in your parish newsletter** to encourage sign-ups.

Get in touch if you need support.



NEW: Ash Wednesday Bookmark



LIVE LENT with CAFOD

As we begin Lent, the great season of repentance and renewal, join us in prayer, fasting and almsgiving as we prepare our hearts to celebrate Christ's resurrection.

Pray with our Lent reflections.

Fast on Family Fast Day, Friday 27 February.

Give to our Lent Appeal.



[cafod.org.uk/
livelent](https://cafod.org.uk/livelent)



Charity no 1160384 and a company limited by guarantee no 09387398. Photo: CAFOD. Printed on paper from well-managed forests. CAF7845

Why?

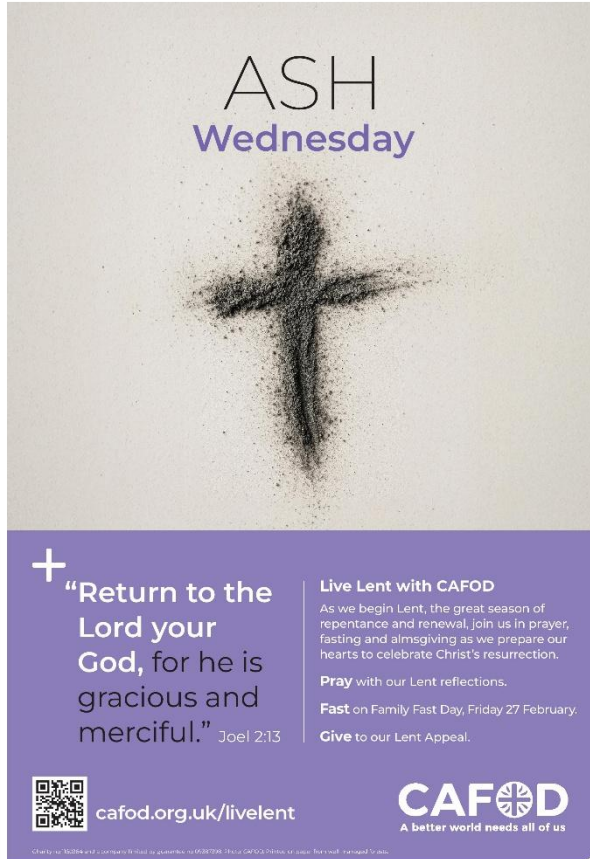
Record numbers of people attending Ash Wednesday Mass over the last 4 years.

A new audience - young people, the curious.

An invitation to pray, fast and give with CAFOD during Lent.

A gift for people new to your parish on Ash Wednesday - small quantities in the parish pack.

New : Poster for Ash Wednesday



Place this poster on the noticeboard **in time** for Ash Wednesday Masses

Parish Poster (Lent Appeal and Monthly giving)



CAFOD
A better world needs all of us

+ “Love your neighbour as yourself.” Mark 12:31

Give this Lent to help our neighbours grow enough food to eat.

Rejoice is your neighbour in South Sudan who can now grow food in gardens that float on flood water.

Give today at cafod.org.uk

Family Fast Day



For Lenten Period

After Easter (monthly giving)



CAFOD
A better world needs all of us

+ “Love your neighbour as yourself.” Mark 12:31

Start a monthly gift today to help our neighbours put food on the table at cafod.org.uk

In Bangladesh, our neighbour Salam and his family have created floating gardens to grow vegetables on land that has been flooded.



Wear your lanyard.

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A better world needs all of us





Hand out envelopes to parishioners as you welcome them to Mass.

Get the Children's Liturgy group involved.



Speak at Mass



Got the tech? Show the video



Demo how to
use envelope



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Help with taking the collection.



Talk to parishioners about giving online and Gift Aid.



October, 2025

19th Nov) @7pm UK Time

LIVE
STREAMED

able from Start to Finish,
Bible Study Methodology

COME & SEE
CATHOLIC FORMATION MINISTRIES

register
ing the
code:



01-04

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Family
Fast Day

THROUGH TRIALS AND TEARS,
NIGERIAN BELIEVERS CONTINUE TO
HOLD FAST TO THEIR HOPE IN CHRIST

CAFOD
A better world needs all of us



+ Thank you for
your support

Above: Wade collects water from a new underground
tank in Ethiopia

CAFOD is not a charity, and a company limited by guarantee in England and Wales.
CAFOD is a registered company in England and Wales. CAFOD is a registered company in England and Wales.

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Family
Fast Day

CAFOD
A better world needs all of us



Family
Fast Day



TO MEET JESUS



BETHEL CONVENTION CENTRE
WEST BROMWICH B70 7JW

BOOKING SERVICE

ADORATION

PRAYER MINISTRIES

CMUK.ORG JOIN AFEM UK

The Jubilee

Booklet

£ 1- 50

Please

Thank

Adoration

St Augustine

1 Langcliffe Drive

Tuesday 14th

Time Slot

10:00 - 11:00

11:00 - 12:00

12:00 - 13:00

13:00 - 14:00

14:00 - 15:00

15:00 - 16:00

16:00 - 17:00

17:00 - 18:00

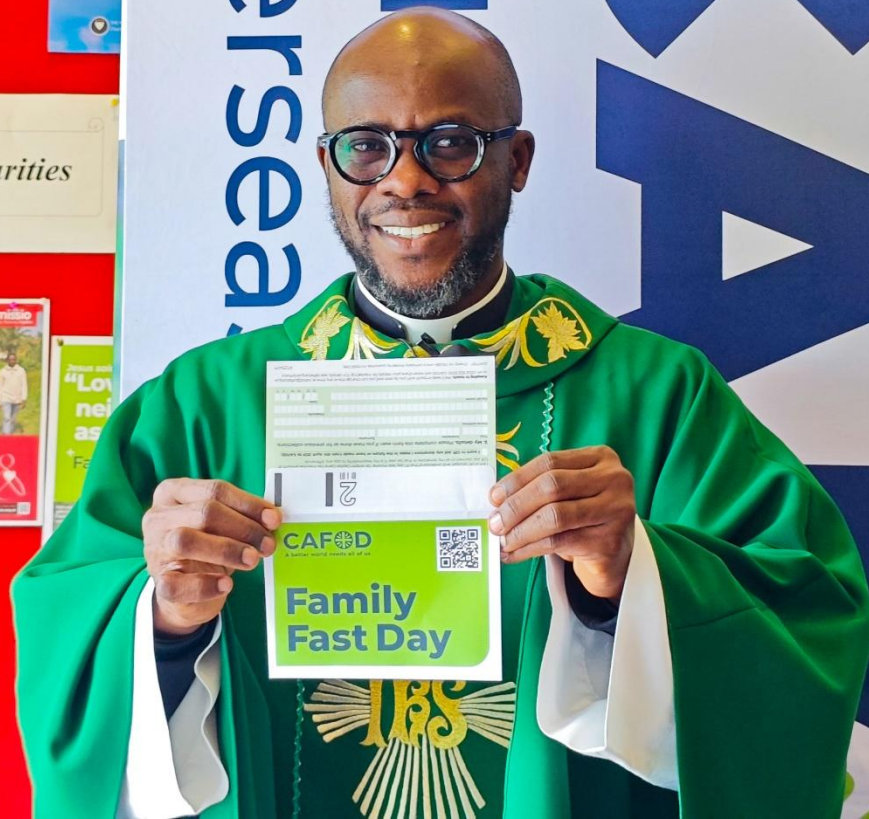
Thank
parishioners for
their donations.



Include families - a
great witness



Involve your priest
where possible





Using props -
a great way to
get the
message
across

And of course – our youth!



Talk to parishioners about supporting CAFOD.





Take a pic and share it with us.



Pope Leo XIV to Caritas Internationalis

21 November 2025

Thank you...for the steadfast service that your organisation continues to offer to the whole Church, to people throughout the whole world.



In *Dilexi te* I reflected on this very mystery that the love we receive from Christ is never a private treasure but always a mission entrusted to our hands. Love sends us forth; love makes us servants; love opens our eyes to the wounds of others.