



## **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

















**Bangladesh**

Bayezid





















Zimbabwe

Shorai and Hamunyare



























# What donations can do

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- **£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**

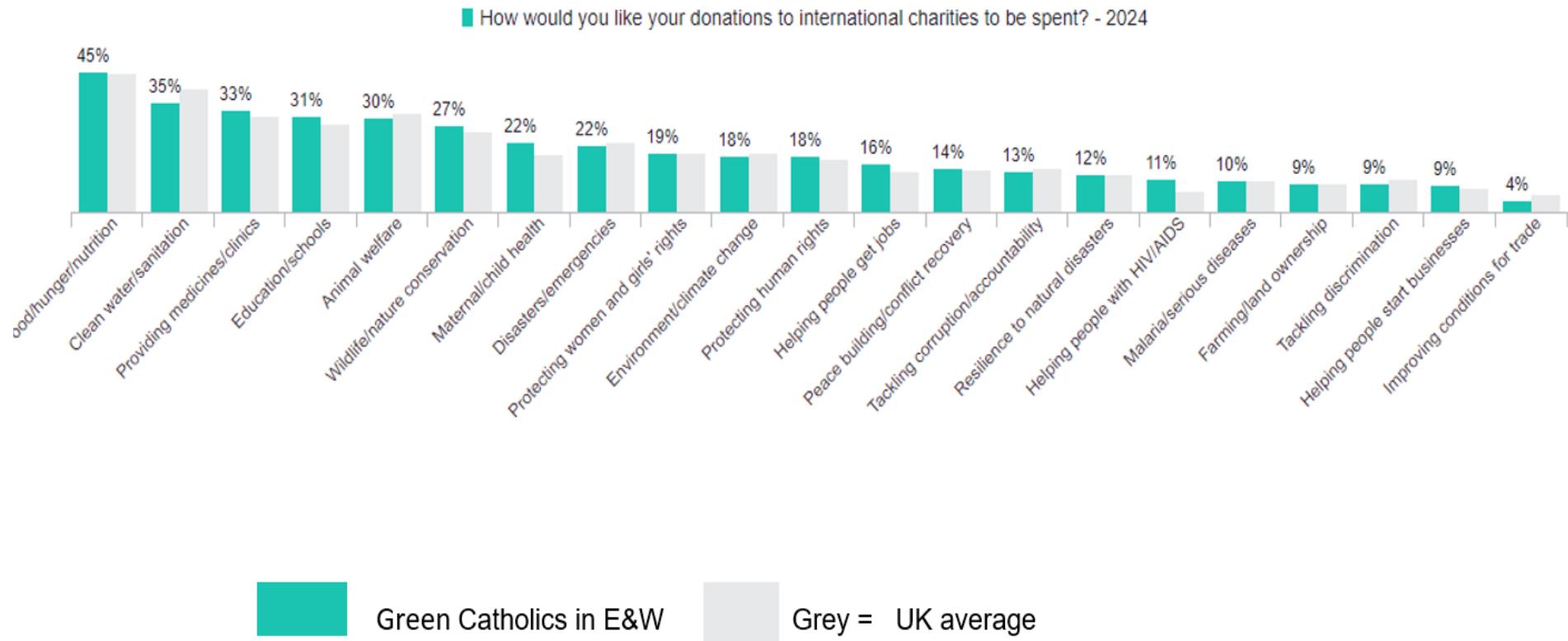
## **Food, hunger & nutrition**

**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



## **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](http://cafod.org.uk/livelent)



Charity no 1160384 and a company limited by guarantee no 0938739B. Photo: CAFOD. Printed on paper from well-managed forests.

CAF7845

## Why?

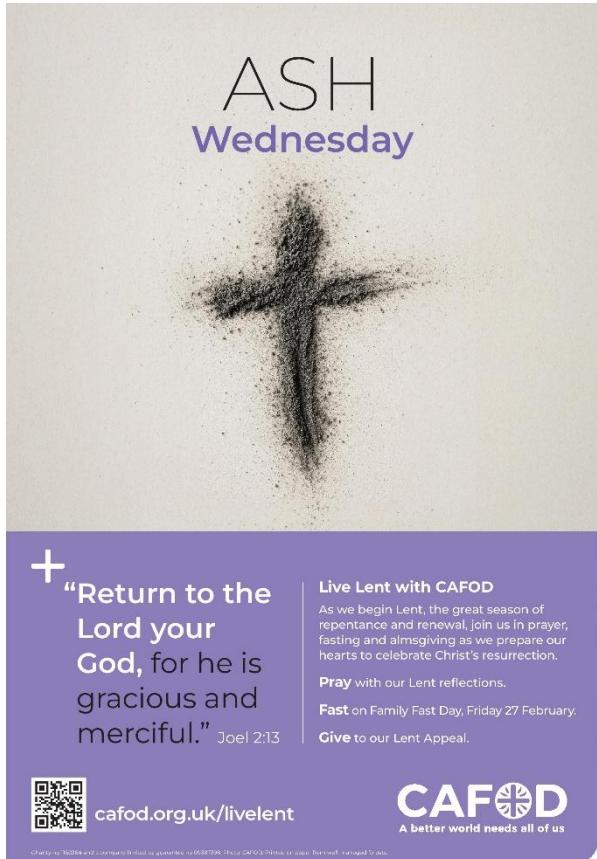
Record numbers of people attending Ash Wednesday Mass over the last 4 years.

A new audience - young people, the curious.

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

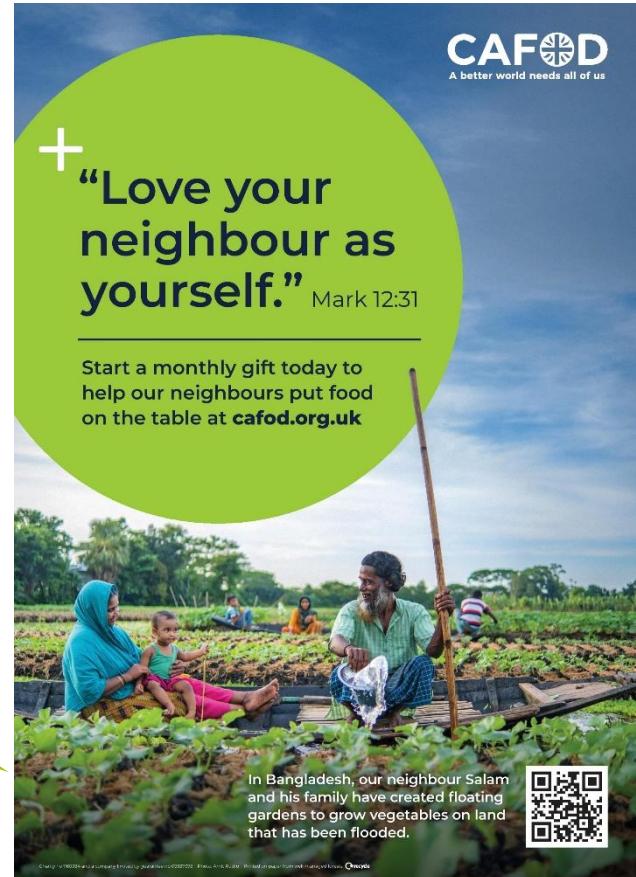
A gift for people new to your parish on Ash Wednesday - small quantities in the parish pack.

# New : Poster for Ash Wednesday



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

# Parish Poster (Lent Appeal and Monthly giving)



Wear your lanyard.

**CAFOD**  
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



**CAFOD**  
A better world needs all of us

Help with taking the collection.



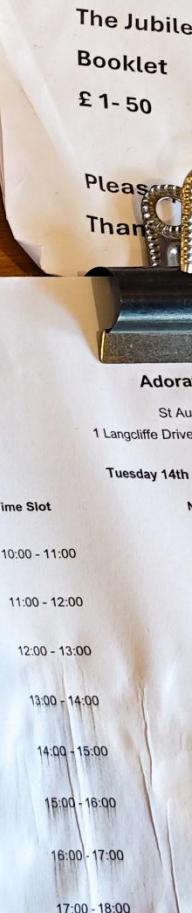
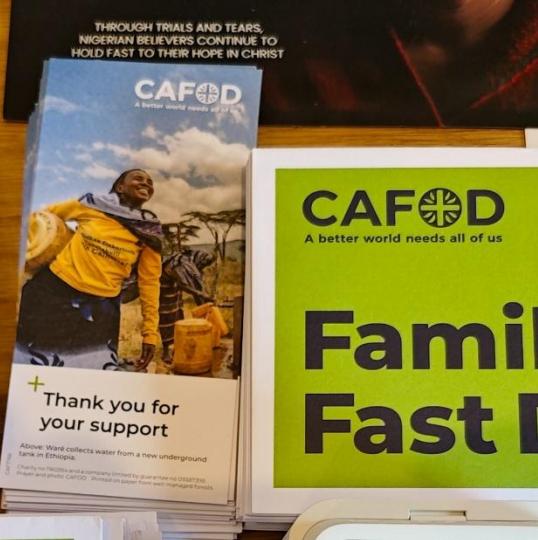


Talk to parishioners  
about giving online  
and Gift Aid.

October, 2025

19th Nov) @7pm UK Time

LIVE STREAMED

le from Start to Finish,  
Bible Study MethodologyCOME & SEE  
CATHOLIC FORMATION MINISTRIESregister  
ing the  
code:  
  
DT-c4



**CAFOD**  
A better world needs all of us

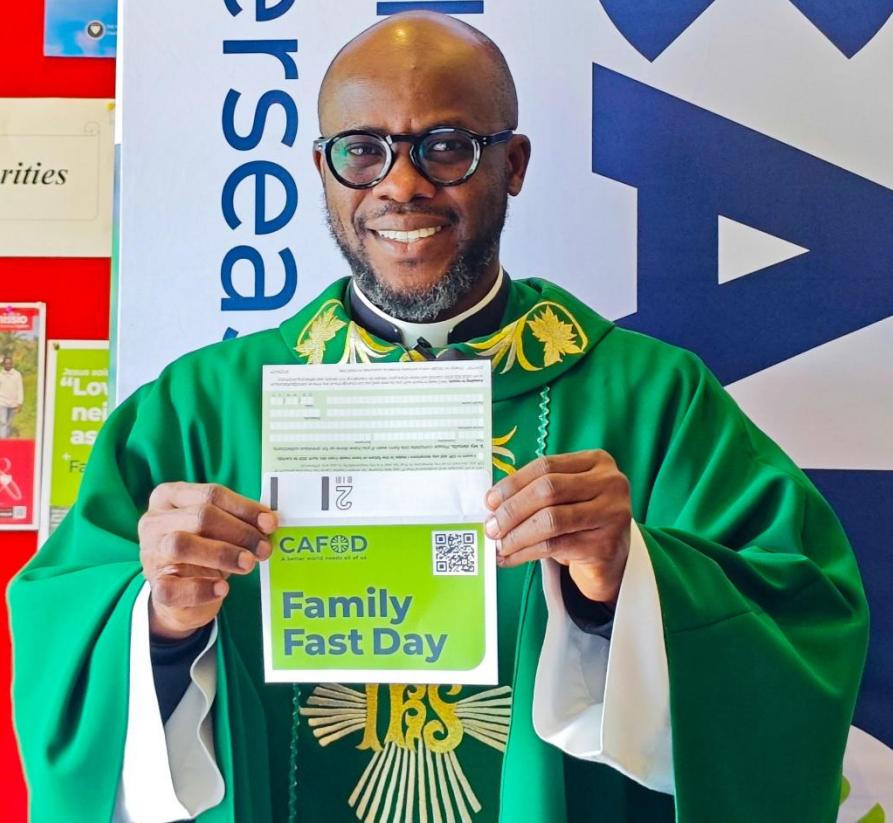
Thank  
parishioners for  
their donations.



Include families - a great witness



Involve your priest  
where possible





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.