

**CAF  D**

Catholic Agency for  
Overseas Development

# FAMILY FAST DAY

**FRIDAY 14TH MARCH**

CAF7599

*Give mums like Lokho  
a safety net this Lent*

*This shade netting protects plants*



**Make your Lenten  
donation today  
using our online  
envelope**

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Above: Lokho, with baby Gurati on her back, tends her garden in northern Kenya.

Photos: CAFOD. Charity no 1160384 and a company limited by guarantee no 09387398.



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# “HOPE DOES NOT DISAPPOINT”

ROMANS 5:5



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**Make Jubilee 2025 a year of hope and renewal with our global family. Pledge a monthly gift to CAFOD.**

# [cafod.org.uk/hope](https://cafod.org.uk/hope)

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