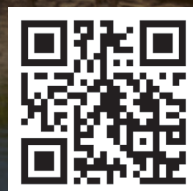


+
“Love your
neighbour as
yourself.” Mark 12:31

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.



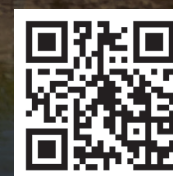
Give today at
cafod.org.uk

Family Fast Day

+
“Câr dy
gymydog fel ti
dy hun.” Marc 12:31

Y Grawys hwn,
rhowch i helpu ein
cymdogion i dyfu
digon i'w fwyta.

Rejoice yw eich
cymydog yn Ne
Sudan sydd nawr
yn gallu tyfu bwyd
mewn gerddi sy'n
arnofio ar lifddwr.



Rhowch heddiw yn
cafod.org.uk

Diwrnod Ymryd y Teulu

+ “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.



+ “Câr dy
gymydog fel
ti dy hun” Marc 12:31

Dechreuwch rodd fisol
heddiw i helpu ein
cymdogion i roi bwyd ar y
bwrdd yn cafod.org.uk

Yn Bangladesh, mae ein
cymydog Salem a'i deulu wedi
creu gerddi arnofio i dyfu
llysiau ar dir sydd wedi'i orlifo.

