

CAFOD Volunteers: Harvest 2025

+ **Family Fast Day** is on **Friday 3 October**



*Check that your
parish has
received our
Fast Day envelopes*

DID YOU KNOW?
When you speak
at Mass, parish
collections can
double!

DID YOU KNOW?
Handing
envelopes to every
parishioner **boosts**
donations



Scan here to find digital
resources for your parish

See overleaf for your
handy *Fast Day* checklist!

Family Fast Day in your parish

CAFOD Volunteers: Harvest 2025

Your handy checklist

A talk can double collections!



Arrange to give the short talk at Masses on **27/28 September** or **4/5 October**



Put the *Fast Day* poster up on the noticeboard.



Place a notice about the appeal in your parish newsletter.



Make pens available for parishioners to fill out their envelopes for Gift Aid, starting a monthly gift, or to find out more from CAFOD.



Hand out Fast Day envelopes to parishioners as they come into church and stand at the exit **to collect donations** and thank people. You could also hand out *World Gifts* flyers after Mass.



Wear your volunteer lanyard when you hold the parish collection – tell parishioners they can scan the QR Code to give online.



We can take donations by card – email **contactless@cafod.org.uk** for more information.



Turn the poster over after the collection and leave up on the noticeboard as long as possible.

cafod.org.uk/parish

Check out our parish fundraising page for all our digital resources and fundraising tips.