

CAFOD Volunteers: Lent 2026

+ Family Fast Day is on Friday 27 February



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: Lent 2026

Your handy checklist

A talk can double collections!



Arrange to give the short talk at Masses on **21/22 February** or **28 February/1 March**.



Hand out our bookmarks at Ash Wednesday Mass on 18 February – a simple tool to invite your community to live out the Gospel call to prayer, fasting and giving throughout Lent.



Put the *Fast Day* poster up on the noticeboard at the beginning of Lent. If you have space on the noticeboard, please put up the Big Lent Walk poster in January.



Place a notice about our 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.



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.