

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

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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.