

CAFOD VOLUNTEERS LENT 2025

FAMILY FAST DAY is on Friday 14 March



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 2025

*A talk can
double collections!*

Your handy checklist



Arrange to give the short talk (or ask a parishioner who reads regularly at Mass if they can give the talk) at Masses on **8/9 March** or **15/16 March** (or another date during Lent that suits your parish).



Put the Fast Day poster up on the noticeboard before **Ash Wednesday**.



Place a notice about the appeal in your parish newsletter.



Order pens for parishioners to fill out their envelopes from **shop.cafod.org.uk** You can order Lent prayer cards from the shop as well!



Hand out Fast Day envelopes to parishioners as they come into church and stand at the exit **to collect donations** and thank people at the end of Mass.



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



Order a CAFOD contactless device!



Share a post about our Lent appeal on your parish Facebook, parish WhatsApp groups (if appropriate) or other parish social media pages to remind parishioners they can give online.

cafod.org.uk/parish

Check out our **parish fundraising page** for all our digital resources and fundraising tips, including how you can organise a **Big Lent Walk** in your parish.