

CAFOD VOLUNTEERS

FAMILY FAST DAY is on Friday 4 October



*Look out for
our new simple
collection envelopes!*

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



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

Your handy checklist

A talk can double collections!



Arrange to give the short talk (or ask a parishioner who reads regularly at Mass if they can give the talk) at Masses on **28/29 September** or **5/6 October**.



Place a notice about the appeal in your parish newsletter



Order Harvest prayer cards from **shop.cafod.org.uk** for your parish



Hand out Fast Day envelopes to parishioners as they come into church



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 a post about our 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 ways you can “Gather Together” and raise funds for CAFOD this Harvest!