

Newsletter announcement for Lent Family Fast Day 2025

CAFOD Lent Appeal – Family Fast Day collection

Please donate to our Family Fast Day parish collection and be a pilgrim of hope with CAFOD this Jubilee Year. You'll be supporting communities suffering the impacts of war, poverty and climate change to find solutions and hope. Use the CAFOD envelope in church, donate online at cafod.org.uk/envelope or call us on 0303 303 3030. You can also **text CAFODLENT to 70085** to donate £10.



*Include this QR code to take supporters straight to CAFOD's **virtual envelope** where they can make their donation.*

And if you're sharing these notices on your parish Facebook page or if your newsletter is available online, why not also include the **link to our Lent prayer video**: <https://youtu.be/BRhixfRAQEs>