



Catholic Agency for Overseas Development
Asiantaeth Gatholig ar gyfer Datblygu Tramor

DIWRNOD YMPRYD Y TEULU DYDD GWENER 14 MAWRTH

Rhowch rwyd diogelwch i famau fel Lokho y Grawys hwn

*Mae'r rhwyd hon yn rhoi cysgod
i amddiffyn planhigion*



**Defnyddiwch ein
hamlen ar-lein heddiw
i roi eich rhodd ar
gyfer y Grawys**

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*Uchod: Lokho, gyda Gurati ei baban ar ei chefn,
yn trin ei gardd yng ngogledd Kenya.*

CAF7597



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FAMILY FAST DAY FRIDAY 14 MARCH

Give mums like Lokho a safety net this Lent

This shade netting protects plants



**Make your Lenten
donation today
using our online
envelope**

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*Above: Lokho, with baby Gurati on her back,
tends her garden in northern Kenya.*

“ A DYMA

OBAITH

NA CHAWN EIN SIOMI GANDDO”

RHUFEINIAID 5:5



Photos: CAFOD. Charity no 1160384 and a company limited by guarantee no 09387398.

Gwnewch Jiwibili 2025 yn flwyddyn gobaith ac adfywio gyda'n teulu byd-eang. Ymrwymwch i roi rhodd fisol i CAFOD.

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“ HOPE

DOES NOT DISAPPOINT”

ROMANS 5:5



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Make Jubilee 2025 a year of hope and renewal with our global family. Pledge a monthly gift to CAFOD.

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