

## **CAFOD Family Fast Day – Lent Appeal**

*This Lent, your donations to CAFOD's Family Fast Day Appeal will help families fighting the climate crisis and ensure that our Church network can quickly respond to emergencies, like the recent earthquake in Syria and Turkey. Give today using the envelope or at [cafod.org.uk/give](https://cafod.org.uk/give) and please join us in praying for CAFOD's development and emergency response work all over the world.*

### **Videos**

- Our Lent Appeal video (<https://www.youtube.com/watch?v=ULTqHsawCZU&t=34s>) 3m 01s can be shared on your parish Facebook page, website, or WhatsApp groups.
- If you are able to show a video in church or perhaps in the parish hall this Fast Day, this Vimeo version of our Lent Appeal video (<https://vimeo.com/795613626>) 3m 25s can be shown offline and has a slower pace more suitable for viewing in church.
- **Lent Prayer** [Prayer Lent-FINAL .mp4 \(vimeo.com\)](#) 1m 35s (could be used in church, after the short talk or on the website/newsletter)

**Parish short talk** (for your volunteer or a reader): Updated to include a mention of the Turkey-Syria earthquakes, available on the CAFOD [website](#).

Please do get in touch with your CAFOD volunteer.