



Friday is CAFOD FAST Day - a day to eat simply and help some of the poorest people in the world. And this Lent, that giving can make double the impact, as every pound you give to CAFOD, the UK Government will contribute a pound, up to a total of £5 million.

Marian lives with her two sons in Zimbabwe. The older son, Tawanda, lived his childhood without enough to eat. Marian used to leave him in the morning to find work. She would return hours later to find him sitting in the same place. "I didn't have enough food to give him," she said. "He hadn't played, or even walked. It was very painful to see him like that."

When Tawana was a teenager, Marian had another son, Svondo. He was brought up on fresh vegetables, beans and peanut butter. Now seven years old, Svondo is growing healthy and strong. He plays with his friends. He's happy. These two brothers both had dreams. But one was prevented from reaching his God-given potential.

The difference between these two boys is you.

Your donations helped to give Marian some seeds. And she did the rest. She worked hard month after month to grow a vegetable garden and she didn't stop until it flourished. So unlike Tawanda, Svondo didn't go hungry. But no child should have to go hungry. Since you have been listening to this, eight children around the world have died from malnutrition. The lack of good food made them vulnerable to everyday infections. On Family Fast Day, as we pray and fast, we bring to mind all God's children. We remind ourselves that as God's family, we are all connected - when one child goes hungry, we all go hungry.



Everlasting God,

we give you thanks
for you nourish and strengthen us
with your merciful love.

Give us this day our daily bread.

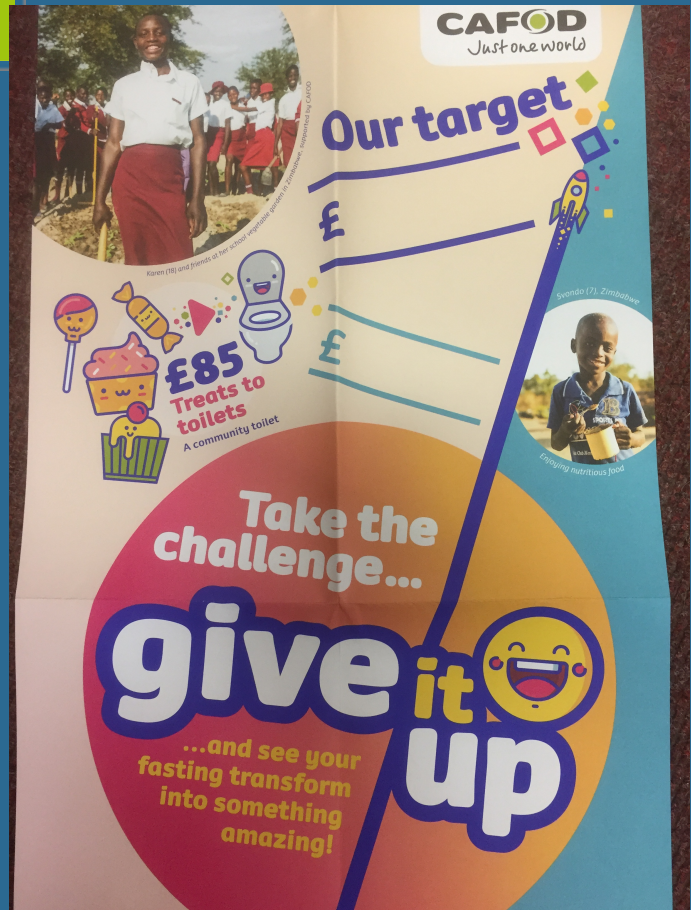
We pray for those
who hunger in scorched lands,
with no food for their children.
Together, we cry out for justice.

Give us this day our daily bread.

Help us to share generously
as one global family,
and to hold onto hope
for a world transformed.

Bread of life,
we pray your people
may find life and joy
in all its fullness.

Through Christ our Lord,
Amen.



give it up

With match funding,
your donations can
go twice as far:

£1 = £2
buys seeds for **two** families
to grow beans

£10 = £20
means a family has enough
seeds to grow nutritious
vegetables for **two** years

£33 = £66
supplies **two** families with
safe water

£85 = £170
helps **two** communities
build toilets with
handwashing facilities

cafod.org.uk/schools



Watch your give it up items transform:
cafod.org.uk/schools

Your donation will be doubled by the UK
Government, up to a total of £5 million,
making double the difference.

Family
**FAST
DAY**
appeal

@CAFOD
#GiveItUpChallenge
schools@cafod.org.uk



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