

CAFOD Family Fast Day

The Family Fast Day has been put back by a week this year and is on Friday 9th October. This year it is to help people facing the worst of the coronavirus crisis. We have all felt the impact of this terrible disease, but the poorest and most vulnerable people in the world need help to *survive, rebuild and heal*. Remember lockdown in many countries aims to prevent death from coronavirus but has resulted in death by starvation instead. Please pray for all those affected.

You can donate in a number of ways:

- If you attend Sunday Mass at St Anthony's you can collect an envelope and either bring it back to church and put it in the collection, or return the envelope to CAFOD by Freepost including a cheque, postal order or card details. Please do **NOT** send cash by post.
- You can donate online at cafod.org.uk/give

Or you can text CAFOD to 70085 to donate £10. Texts cost £10 plus one standard rate message and you'll be opting in to hear more about CAFOD's work and fundraising via telephone and SMS.

If you would like to give £10 but do not wish to receive marketing communications then after donating text CAFODNOINFO to 70085.