

## CAFOD's Lent Appeal

To help people like Abdella  
**Text LENT to 70460**

to donate £10 to CAFOD's Lent Appeal

Or visit **cafod.org.uk/give**



**CAFOD** Catholic Agency for  
Overseas Development

Abdella lives in an extremely remote and mountainous part of Ethiopia. It takes him ten hours a day to collect water. He says his life is being wasted as he has no time for anything else. Give today to reach vulnerable communities around the world with water and to provide other vital support.

<https://www.youtube.com/watch?v=cjtDxhOvKXs>

We in Ss Joseph and Teresa can help to support communities like Abdella's by donating to @CAFOD's Lent Appeal here: <https://cafod.org.uk/Give/Donate-to-CAFOD/Lent-Appeal>

Donate online at [cafod.org.uk/lent](https://cafod.org.uk/lent) or by using a CAFOD envelope. You can also give via text. Text LENT to 70460 to donate £10\*.

\*Texts cost £10 plus one standard rate message you'll be opting in to hear more about CAFOD's work and fundraising via telephone and SMS. If you'd like to give £10 but do not wish to receive marketing communications, text LENTNOINFO to 70460. For more information, please see CAFOD's Privacy Policy: [cafod.org.uk/Legal-information/Privacy-notice](https://cafod.org.uk/Legal-information/Privacy-notice)

Prayer video: Let us pray together with this beautiful Lenten prayer video from @CAFOD. 🙏  
<https://www.youtube.com/watch?v=xP-w0kGjAMl>