



**CELEBRATING THE  
50TH ANNIVERSARY OF FAST DAY**

In 1960, members of the National Board of Catholic Women, Catholic Women's League and Union of Catholic Mothers held the first Fast Day to raise money for the poor on the other side of the world.

Fifty years on, we are honoured to continue their work of connecting Catholic communities in England and Wales with poor communities worldwide.

Thanks to you, we help families facing poverty and disaster.

You are transforming lives.

Thank you for your continued support.  
Together we are making a real difference.

**[cafod.org.uk](http://cafod.org.uk)**

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CAFOD is the official overseas development and relief agency of the Catholic Church in England and Wales and a member of Caritas International.

## Answering God's call

Mary, mother of God,  
Mary, mother of compassion,  
we ask for your prayers.  
Mother of all who are poor,  
you said 'yes' to God's call.

We give thanks  
for the inspiration of all the women  
who have answered God's call  
throughout time –  
for those who are known as saints  
and for those whose names remain hidden,  
but whose work lives on.

We celebrate the example  
of women who transform their own lives  
and the lives of others,  
by answering Christ's call  
to feed those who are hungry  
and give drink to those who thirst.

Mary, mother of us all,  
the urgent cries of the hungry  
can still be heard today –  
call us to answer,  
help us to hear.  
Inspire us and move us,  
as we battle to bring about a better world.

We ask all this in the name of Jesus,  
your Son,

Amen.