

Vaida, age 16

24 HOUR FAST FUNDRAISING PACK

TOGETHER WE'LL HELP CHILDREN WITH DISABILITIES
IN SOUTH SUDAN TO ACCESS THE EDUCATION AND SUPPORT
THEY NEED TO BUILD A BRIGHT FUTURE

Matching your
donations with



UKaid

YOUR £1 = £2.

YOUR DONATION WILL MAKE TWICE THE DIFFERENCE.

From the 12 February till 11 May, all public donations to our WEE BOX, BIG CHANGE appeal will be doubled by the UK government. Your donations will help SCIAF's life-changing work worldwide, while match funding from the UK government will provide a lifeline to children with disabilities, their families and communities in South Sudan, helping them to build bright futures.

**WEE
BOX**

Big change

£1 = £2



THANK YOU FOR PARTICIPATING IN A FAST DAY FOR SCIAF!

WHY FAST?

It's part of our Lenten observance to fast, to pray and to give alms. Fasting is a spiritual practice which involves our whole body in prayer. It is a way to join in solidarity with those who do not have enough to eat around the world. In our culture of abundance, it is good to fast and remember to be grateful for all our blessings.

It's also a great way to challenge yourself and to fundraise for SCIAF, so that together we can help poor communities around the world to survive and thrive.

You can take part in our 24 Hour Fast this Lent by sacrificing food for a full 24-hours and raising money to save lives. Wherever you are, we will support you every step of the way to help make your FAST a success.

Included in this pack you will find:

- Fundraising ideas
- Sponsorship form
- How to set up your JustGiving page

“THE ULTIMATE GOAL OF FASTING IS TO HELP EACH ONE OF US TO MAKE A COMPLETE GIFT OF SELF TO GOD.”

– Pope Benedict XVI



HOLD YOUR OWN 24 HOUR FAST FOR SCIAF DURING LENT

Around the world, we produce more than enough food to feed everyone. However, one in nine people worldwide still go hungry every day.

By participating in a 24 Hour Fast or Fast Day you can join in solidarity with all those around the world who do not have enough to eat.

Taking part in this is a great way to fundraise for SCIAF. It's a challenge that most people can undertake and is easy to organise.

Alternatively have a basic soup lunch and donate what you would have spent on food to SCIAF.

"We fast not only to donate money saved to those in need but also to set aside time to pray for them. It is also a time for reflection of our own lives and lifestyles". Gloria Turner, volunteer

There's more information and sponsorship forms later in this pack to help plan a fast at home or in your parish this Lent. Donations received before 11 May will be doubled!

Vaida, age 16

You can also set up an online sponsorship page at www.justgiving.com

WEE BOX, BIG CHANGE APPEAL 2021

This year, your £1 = £2. Give before 11 May and all public donations to our WEE BOX BIG CHANGE appeal, including through your sponsored fast, will be doubled by the UK government.

Your donations will help SCIAF's life-changing work worldwide, while match funding from the UK government will provide a lifeline to children with disabilities, their families and communities in South Sudan, helping them to build bright futures.

Your support will help to adapt six schools so that pupils with disabilities can access mainstream education. Teachers will be trained so they understand the needs of children

with disabilities and how to include them in their classes. The children will be supported by the provision of aids, such as wheelchairs, ramps, hearing aids and canes, as well as healthcare, so they can live more independently and actively participate in lessons, sports and other activities with their classmates.



FUNDRAISING TIPS

Whether you fast for 24 hours, have a simple meal with your family or organise a soup lunch with your parish, your donations and prayers will make a real difference to people living in poverty.

What can I fast from?

You could also fast from something else such as social media, electronic devices, or think about the impact of the food we eat on the environment and eliminate food waste.

What's my target?

There's no fundraising target but our fundraising team are on hand to support you with setting up your JustGiving page, forms and resources. Contact us on getinvolved@sciaf.org.uk


What will my sponsorship money do?



£19
COULD BUY A CHILD'S SCHOOL UNIFORM SO THEY CAN ATTEND SCHOOL



£29
COULD BUY A CANE FOR CHILDREN WITH VISUAL IMPAIRMENT



£99
COULD BUY A BRAILLE KIT FOR A CHILD WITH A VISUAL IMPAIRMENT



£494
COULD BUY A WHEELCHAIR FOR A CHILD WITH A DISABILITY

GIFT AID IT

Gift Aid adds an amazing 25% to the value of donations made. This means we can do even more vital work with some of the world's poorest communities, at no extra cost to donors.

We also have useful resources such as collection envelopes and sponsorship forms.

Online: if you're holding an event requiring sponsorship, set up an online JustGiving page at www.justgiving.com/sciaf.



Last year St Margaret's Academy's socially distanced S6 team did the 24 hour sponsored fast for SCIAF and raised £1143.17. A fantastic amount that was doubled under UK Aid Match and made twice the difference. Well done!



GUIDELINES

Anyone over 12 years old, and in good health, can safely go without food for 24 hours. They must drink fluids though. Anyone with a cold, flu, liver or kidney problems, or with a serious illness should not take part in the full fast. Remember that you can adapt the length of the fast depending on the age of participants – 6 hours, 12 hours or 24 hours. If in doubt, check with your doctor beforehand.

WHAT TO EXPECT WHEN YOU FAST

As you fast, your body will go through different stages and it's important to pay attention to what your body is telling you, and to respond accordingly. It's important to pay attention to your energy levels and always drink fluids during the fast.

FEELING TIRED?

Sit down and rest for a bit. Have some personal reflection time or pray. Drink some water or diluting juice, which will bring your energy levels back. Steer clear of items that are high in refined sugar (ice lollies, sugary drinks etc.) - they'll only make you feel more tired.

FEELING ENERGETIC?

Great, do an activity to harness that energy – but don't forget to drink plenty of water during and after.

FEELING HUNGRY?

This is bound to happen, but drink some water and the feeling will pass. This is a great time to reflect on how fortunate we are and the one in nine people worldwide who do not have enough to eat every day.

FEELING DISTRACTED?

Towards the end of your fast it's common to have difficulty focusing on tasks.



SPONSORSHIP FORM

Big change



Name: _____

Parish name: _____

Event name: _____

I want to raise: £ _____


My reason for taking part is:

To sponsor me, please write your name, address and sponsorship amount below. **Thank you.**

PUT YOUR TAX TO WORK TO HELP PEOPLE FIND A WAY OUT OF POVERTY!

When you Gift Aid your donation you can make your gift worth 25% more at no cost to you.

By signing up to gift aid you agree that: I want all the donations I've made to SCIAF since 6 April 2016 and all donations in the future to qualify for Gift Aid until I notify you otherwise. I am a UK Income or Capital Gains taxpayer and understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. *SCIAF will reclaim 25p of tax for every £1 you donate.*



Title	Initial	Surname	Home address BLOCK CAPITALS	Postcode	Amount given £	giftaid it	Date
Mr	A	Example	123	EX4 MPLE	£10	✓	03/03/2021

Your details will be used to process the donation and any gift aid as well as allowing us to evaluate our fundraising appeals overall. SCIAF will keep your details secure and never sell them. So that more money can reach some of the world's poorest communities, SCIAF does not send acknowledgement letters to thank individual sponsors.

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TOTAL amount

This year, your £1 = £2. From 12 February until 11 May, all public donations to our WEE BOX appeal will be doubled by the UK government.

Scottish Catholic International Aid Fund
 SCIAF is the official overseas aid and development charity of the Catholic Church in Scotland and a proud member of the Caritas family. 7 West Nile Street, Glasgow G1 2PR.
 Tel: 0141 354 5555. Scottish Charity No: SC012302 Company No: SC197327.

Matching your donations with

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Big change

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SOLIDARITY MEAL

A communal meal is a great way to mark the end of your fast. After fasting it's best to ease back into eating to give your system time to adjust – savour each bite and take time to be thankful for the food on the table.



GRACE BEFORE THE MEAL

Bless us,
O Lord,
and these your gifts,
which we are about to receive
from your bounty.
Through Christ our Lord,
Amen

**“We must fast with our whole heart,
that is to say, willingly, wholeheartedly,
universally and entirely.”**

– St Francis de Sales

FOOD FOR ALL PRAYER

O God, You entrusted to us the fruits of all creation so that we might care for the Earth and be nourished with its bounty.

You sent us your Son to share our very flesh and blood and to teach us your Law of Love. Through His death and resurrection we have been formed into one human family.

Jesus showed great concern for those who had no food – even transforming five loaves and two fish into a banquet that served five thousand.

We come before You, O God, conscious of our faults and failures, but full of hope, to share food with all members in this global family.

Through your wisdom, inspire leaders of government and business, as well as all the world's citizens, to find just and charitable solutions to end hunger by ensuring that all people enjoy the right to food.

Thus we pray, O God, that when we present ourselves for Divine Judgement, we can proclaim ourselves as one human family with food for all.

AMEN

**Remember for ideas, tips and support please email
getinvolved@sciaf.org.uk or call us on 0141 354 5555**

THANK YOU FOR SUPPORTING CHILDREN IN SOME OF THE POOREST COMMUNITIES IN THE WORLD THROUGH YOUR FAST

Scottish Catholic International Aid Fund

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