



**“The ultimate goal of fasting is to help each one of us to make a complete gift of self to God.”**

– Pope Benedict XVI

# TAKE PART IN SCIAF'S 24 HOUR FAST THIS LENT

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

**Get your 24 hour fast pack now:**  
[www.sciaf.org.uk/24hourfast](http://www.sciaf.org.uk/24hourfast)

Vaida, aged 16

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.

**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. Photo: Achuoth Deng.



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AND FIND OUT  
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*Big change*  
**£1 = £2**

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