

CAFOD - LENT 2021

Children need to wash their hands to keep them safe from the Coronavirus.

Abdella has to walk 10 hours every day to find water for his family. He lives in an extremely remote and mountainous part of Ethiopia. It is very hard to walk through the mountains where it is hot and hard to find water.

We can help Abdella by walking 10,000 steps this Lent. Every step you do will help CAFOD to give Abdella and his community some water containers to store water nearer to home and bring safe-water to a hard-to-reach school.

Children: would you like to give **-steps-** 50,100,150, or as many as you want to do. If so, put your name down on the Sponsor Form, on the Parish Website and write in how many steps you want to do. 'Steps' can be walking-steps, or they can be jumping, skipping, dancing, or other steps. You must do them at home.

Grown-ups: would you like to sponsor the children? Please use the Sponsor-Form.

Let's help CAFOD and walk 10,000 steps for Abdella



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