



A message from our Director, Christine Allen

I'm sure that like me, you must be worried about the situation with COVID-19 at the moment. CAFOD is very much part of the Catholic family and as with any family, when one of us is unsettled or anxious it affects us all. We pray for all those affected by the virus both here in the UK and overseas, and for all the medical staff who are working so hard to keep us safe.

Although gathering as a church community is paused, it was good to hear that the doors of churches will remain open, to offer us a place to be still in God's presence.

We are learning new ways to keep spiritually connected and look after ourselves and others, particularly during Lent. Here are some ideas to

help to keep us together as a community even though we need to be apart:

- In a time of isolation, take some time to pause and focus on your wellbeing. We have [prayers, liturgies and reflections](#) to support you in your prayer life.
- While the kids are off school and you're in need of some fun activities, our [education resources pages](#) are packed with great ideas.
- Join our [new Facebook group](#) so that we can gather as an online family and offer you our prayers, online talks and isolation activities in one place, please do share your own ideas too.
- We are hosting an [online children's liturgy](#) this coming Sunday, you can sign up now.
- To hear about our work, each week we will have a [series of live online events](#) you can take part in. These will include opportunities to come together for prayer and chat as well as interviews with staff.
- We are working on the different ways our parish volunteers and campaigners can still involve their communities and continue to be a powerful force for good, so please keep in touch with us on [Twitter](#) and [Instagram](#) as well.

Our work in some of the world's poorest communities continues. There is great concern as this is a fast-moving situation and we are [closely monitoring developments](#) in the countries where we work around the world so that we are ready to support our local experts with whatever they need.

Our work with so many in need is only possible because of the generosity and love you show to those around the world. If you wish to [donate to our Lent appeal](#) and support the crucial, ongoing work of our

local experts like Sister Consilia, we will ensure your gift reaches the poorest and most vulnerable at this uncertain time.

As I'm sure is the case for many of us, I am praying for guidance from the Holy Spirit to help steer us through these difficult times. Thank you for continuing to keep CAFOD in your prayers. Please stay safe as we continue to support one another.

With love and prayers,

A handwritten signature in black ink that reads "Christine Allen". The signature is written in a cursive style. Below the name "Allen", there is a horizontal line.

Christine Allen
Director, CAFOD

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