

## Role profile—Parish Volunteer

### About CAFOD

The Catholic Agency for Overseas Development (CAFOD) is the official aid agency of the Catholic Church in England and Wales, and part of Caritas International.

Across the world we bring hope and compassion to poor communities, standing side by side with them to end poverty and injustice. Because we work through the local Church, we can reach people and places that others can't.

### How does this role help?

As a volunteer in your church community you can mobilise parishioners to take action for global justice. You thank parishioners for their support and help your parish priest promote and organise the Lent and Harvest Fast Days and any emergency appeals in the parish.

*"Faith cannot be just words or beliefs but must reach out to others, especially those in need."* Pope Francis

### What will I be doing?

- Promoting the two CAFOD Fast Days (Lent and Harvest), any emergency appeals and World Gifts (in the run up to Christmas). If possible, holding other fundraising activities (e.g. soup lunches, coffee mornings) throughout the year.
- Ensuring that CAFOD's work is held in prayer (e.g. in the bidding prayers, through Lent and Advent liturgies). CAFOD provide lots of resources for this.
- Raising awareness of the causes of poverty and injustice (e.g. getting campaign cards signed, giving a short talk about the campaign or adding a note to the newsletter).



*"When you volunteer amongst like-minded people, doing something that you all believe in, it is immensely rewarding."*

CAFOD volunteer

### What skills do I need?

- The important thing is that you are interested in CAFOD and that you want to help make a difference against poverty and injustice.
- Be happy to communicate, motivate and encourage people.
- It is desirable that you have an email address.

### What is required of me?

- Keep in touch with your local CAFOD team to let us know how you are getting on and if there is anything we can help you with in your parish.
- Look out for others who also wish to be involved as volunteers and put them in touch with your local team.

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### What support will I receive?

- CAFOD staff will be on hand to support you in your role over phone, email and face-to-face. They will call you for regular check-ins.
- An Understanding CAFOD induction course
- Briefings ahead of Fast Days where you will get updates on our work and meet other volunteers.
- Campaign workshops and retreats to support you in involving others in acting for a fairer world
- Online meetings with our international teams and colleagues to hear about the work that you are supporting around the world
- Monthly ebulletins to keep you updated about what is going on locally,
- A Fast Day pack before each Fast Day
- CAFOD's Side By Side magazine, three times a year, containing information about CAFOD's overseas programmes and our latest campaigns.
- A World Gifts catalogue in November, just before copies are delivered to your parish

### What are the benefits to me?

- Through CAFOD you will be part of a global movement building a fairer world for all.
- The work is satisfying and enjoyable.
- You will know that you are playing a part in fighting poverty and injustice.
- You will get to meet other people and be more involved in your parish and in your diocese.
- You will be part of a team and a friendly network of people with shared values and commitment.
- You will have the opportunity of gaining experience and skills when you do activities that are new to you.

*"When people are in need, giving money is not the only way to help. With volunteering, you give your time and skills to make a difference."*

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**For more information about Parish Volunteering please contact your local CAFOD Volunteer Centre:**



*Be part of a global movement building a fairer world for all.*