

CAFOD Lunch at Welwyn Garden City

I am Tony Sheen. I am the CAFOD Westminster diocesan manager. I am here today at St. Bonaventure's in Welwyn Garden City for the CAFOD lunch. Come and see.

What happens is that five or six of us do the CAFOD lunches. We cook and donate all the food which is then sold today. The people who come are very generous. We have a fixed price of £3 which includes a Soup, French bread and a choice of pudding and coffee. If they so wish they give more than £3. It is just everyone's way of giving that little bit to CAFOD.

The money that is raised today helps people in the developing world. CAFOD works in over 60 countries in Latin America, Asia and in Africa. It works with the poorest of the poor and it helps the poor work their own way out of poverty.

I belong to the Holy Family parish in Welwyn Garden City and years ago when they did away with the fasting and abstinence, they certainly had to do something else. So in 1972 we started our group; just in little ways at first. We get involved mostly in fundraising although we do get involved in the campaigns.

We get together with a group of women that feel the same as you do and they feel they want to make it worthwhile, make the work worthwhile and do as much as you can.

We help people to help themselves and to provide for their families, and also to have a little extra so that they can send their children through school and then put it back into their own community. You are making them stand on their own two feet rather than just handing out something and this gives them self support and self respect. I think this is the most important thing.

The teachings of the Gospel and Catholic Social Teaching challenges us and asks us to live more simply and in solidarity with the poor and that challenges me as well as the whole Catholic community. I have to work hard to help my brothers and sisters and not be so wrapped up in material things.

I would say that of the work that CAFOD does in the developing world, reducing poverty is the single most important thing.

Here you are, Tony, £219.50, not bad!

Thank you, that is fantastic.