Since 2006, we have been providing a Lenten calendar asking all Catholics to accompany immigrants on their journey for justice. This year National Pastoral Migratoria is asking to pray, fast and act in support of integrating the immigrants and refugees who are searching for safety but instead find denial and detention.

**Pray**

We pray to you, God the Father of all peoples,  
You who called your chosen ones out of Egypt,  
And guided them through the desert with bread from heaven.  
Protect the migrant families who are coming to this nation with your mercy.  
You gave to us your only Son, Jesus the refugee,  
Who preferred the way of the cross above all else,  
And rose from the tomb, transcending death.  
Bring new spiritual life to the migrants on their journey.  
With Him, you sent the Holy Spirit to accompany  
Us, your children, throughout the whole world,  
To proclaim justice and mercy for sinners.  
Help us every day to welcome those whom you send as missionaries.  
Amen.

**FAST**

On Fridays during Lent, abstain from meat and eat one simple meal of rice and beans to commemorate Christ’s fasting in the wilderness and to empathize with the immigrants coming to our country “hungry” for a better and dignified life.

**ACT**

During Lent, serve migrant and refugee families at the border and in detention by giving or volunteering to one of the Catholic respite centers on the border such as Annunciation house in El Paso, Texas (annunciationhouse.org), Kino Border Initiative in Nogales, Arizona (kinoborderinitiative.org) or volunteer with legal and non-legal assistance at Immigration Justice Campaign [Current Volunteer Opportunities – Immigration Justice Campaign](https://www.immigrationjusticecampaign.org/).

Participate in the Lenten Campaign: 40 Days of Prayer, Fasting and Action for Immigration Reform that is sponsored by the Archdiocese of Chicago’s Office of Human Dignity and Solidarity – Immigration Ministry. This campaign includes a weekly rosary during Wednesdays in Lent. Available in Spanish, English and Polish. Sign up online at [eepurl.com/hlVm7f](http://eepurl.com/hlVm7f) or at [catholicsandimmigrants.org](http://catholicsandimmigrants.org).

To learn more, visit our website at [catholicsandimmigrants.org](http://catholicsandimmigrants.org) or find us on Facebook at [office.for.immigrant.affairs](http://office.for.immigrant.affairs).
National Pastoral Migratoria (NPM) invites everyone — individuals, classrooms and parishes — to use this calendar during the Lenten season to nourish a deeper compassion and a lived spirituality of following Christ in these difficult times. Let us be challenged to see the face of Christ in all those we call a stranger, to see the suffering of Christ in immigrants and refugees and to work toward immigration reform that will preserve human dignity and preserve families.

**SUNDAY**

**First Sunday of Lent.** The day for repentance today opens for immigrants searching for a better life. How can we remove the "Satan" challenges they face and welcome them? [See Mk 1-12-15]

**Second Sunday of Lent.** "The eyes of a child are like two windows before them." [See 2 Corinthians 5:16-21] Learn what actions can transfigure our nation: US Immigration Reform – The Center for Migration Studies of New York (CMS) (cmsny.org)

**Third Sunday of Lent.** "Jesus drove them all out" [See Mt 21:12-17] Pray to see the suffering of Christ in immigrants and refugees and to work toward immigration reform.

**Fourth Sunday of Lent.** "But whoever lives the truth" [See John 5:1-16] Pray for the health and mental well-being of immigrants in these stressful times.

**Fifth Sunday of Lent.** "Some shall come from afar, others from the north and west," [See John 6:22-27] Pray for immigration and refugees making their journeys today.

**Palm Sunday.** "If many" [See John 12:13] Pray for all immigrants and refugee populations — Justice for Immigrants

**Easter Sunday!** "Jesus is alive! Alleluia! As he rose from the grave, may his resurrection bring about the victory of a just and fair immigration legal system." [See John 20:19-23] Easter Monday.

For more information about National Pastoral Migratoria, including resources, speakers, donations and opportunities to be involved, visit catholicimmigrants.org.