



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](#).

Participate in the **Lenten Campaign: 40 Days of Prayer, Fasting and Action for Immigration Reform**

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/hIVm7f or at catholicsandimmigrants.org.

To learn more, visit our website at catholicsandimmigrants.org or find us on Facebook at [office.for.immigrant.affairs](#).

NATIONAL PASTORAL MIGRATORIA

LENTEN CALENDAR 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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.	Ash Wednesday. Begin this Lent with ashes and fasting for the social and personal sins that deny dignity to immigrants. If we are to be "ambassadors of Christ" we must "...be reconciled to God." [See 2 Cor 5:20-6:2]	In accepting the cross, we must "heed God's voice" and "walk in God's ways". [See Dt 30: 15-20] Use this time to listen to God's voice through the Pope's document Fratelli tutti – Justice for Immigrants	"This rather is the fasting that I wish... sharing your bread with the hungry, sheltering the oppressed." [See Is 58:1 - 9a] Learn about and support groups that live out these words: Kino Border Initiative – Iniciativa Kino para la Frontera	"I have not come to call the righteous to repentance, but sinners." [See Lk 5:27 - 32] Consider that to eliminate the injustices oppressing immigrants, we must first eliminate the injustice in our own hearts.		
First Sunday of Lent. The desert journey happens today for immigrants searching for a better life. How can we remove the "Satan" challenges they face and welcome them? [See Mk 1:12-15]	"Tend the flock of God in your midst... willingly as God would have it." [See 1 Pt 5:1-4] Find ways to support and aid immigrants and refugees in your community, especially during the pandemic.	"If you forgive men their transgressions, your heavenly Father will forgive you." [See Mt 6:7 - 15] Reflect how you can forgive those with whom you disagree or have offended on immigration issues.	Like Jonah, the immigrant community is sent to preach repentance to a people who do not see their own sins. [See Jnh 3:1 - 10] In what ways have immigrants opened your eyes? What meaning do these words have: Liberty and justice for all.	Matthew reminds us to ask and seek. [See Mt 7:7-12] Call upon the new administration to support immigration reform. Use these resources to guide you: JFI Transition Documents – Justice for Immigrants	"Go first and be reconciled with your brother." [See Mt 5:20 – 26] Pray for reconciliation between immigrants and non-immigrants in this country. Search out someone who needs to reconcile with you.	"Love your enemies and pray for those who persecute you." [See Mt 5:43 - 48] Who are the enemies of our family - God's family? Pray for them. Ask God how to love them.
Second Sunday of Lent. "...and he was transfigured before them." [See Mk 9:2-10] Learn what actions can transfigure our nation: US Immigration Reform Initiative – The Center for Migration Studies of New York (CMS) (cmsny.org)	"Be merciful, just as your Father is merciful." [See Lk 6:36-38] Mercy is more than forgiveness. Mercy is recognizing the needs of others and meeting those needs. Be merciful today to an immigrant in need.	"Make justice... redress... hear... defend." [See Is 1:17] God's call is clear — change the injustices heaped upon immigrants! Learn about the injustices on those seeking asylum: Asylum – Justice for Immigrants	[See Mt 20: 17 - 28] Be careful of what you wish for! Be humble and servant to those in need. Take time to pray and ask God what you can do to serve the immigrant and refugee.	[See Lk 16: 19 - 21] Through our actions of love and dialogue in peace we can persuade those who treat the immigrant with disdain so they will recognize the evil of their actions before it's too late.	"This is the heir...acquire his inheritance." [See Mt. 21:33-43] Our inheritance is bound up in the inheritance of refugees and immigrants. How will we treat them? Lilla Watson Quotes (goodreads.com)	"We must welcome the immigrant as the Father welcomes the Prodigal Son." [See Lk 15:11 - 32] Must we also embrace those who speak against immigrants as the 'forgotten brother'? Can our love open their eyes?
Third Sunday of Lent. "(Jesus) drove them all out of the temple area..." [See Jn 2:13-25] It was a system of oppression and greed that angered Jesus. Pray for our system of oppression – ICE and CBP – that their eyes and hearts will be opened.	How clear God's call is, and yet many look do not believe. They grow in anger and fear. Educate yourself and others on immigration journeys and issues: Faces of Migration – Justice for Immigrants	We are here because of our immigrant ancestors. Now, their descendants deny welcome to today's immigrants, just like the ungrateful servant. [See Mt 18:21 -35] Pray that God opens their eyes.	[See Mt 5:17 - 19] Jesus came to fulfill the law. Work for legislation that embodies Catholic social teaching and basic human rights. Visit cliniclegal.org	"Listen to my voice;" [See Jer 7:23-28] Take time to quietly listen to God's voice. Ask God for guidance on how to act for justice. Learn about and support groups doing God's work: Hope Border Institute	"There is no other commandment greater than these." [See Mk 12:28-34] Your heart knows how to treat your neighbor. Recall a time you were in need. How did others help you? Be that help to immigrants.	"The one who humbles himself will be exalted." [See Lk 18:9-14] We are humbled as a humanity by Covid-19. Learn how it has impacted immigrants cmsny.org/cms-initiatives/migration-covid/
Fourth Sunday of Lent. "But whoever lives the truth comes to the light," [See Jn 3:14-21] Stand firm in your faith that justice will prevail. Your actions are a light to the world!	"A royal official, hearing that Jesus had come to Galilee, begged him to heal his son who lay ill in Capernaum." [See Jn 4, 43 - 54]. Pray for the health and mental well-being of immigrants in these stressful times.	"The man who cured me told me to pick up my sleeping mat and go in peace." [See Jn 5, 1 - 16] Ask God for healing in this pandemic, especially immigrants. HOPE Immigration (hopeborder.org)	St. Patrick's Day. "Some shall come from afar, others from the north and the west," [See Is 49: 8-15] Our nation is filled with migrant journeys. Pray for immigrants and refugees making their journeys today.	"With Jesus before them, it was still hard to believe." [See Jn 5:31 - 47] Receive the sacrament of reconciliation and do penance for those who abuse immigrants and refugees seeking asylum.	St. Joseph's Day. "The Father has sent me..." [See Jn 5:31-47] We succumb to disbelief too easily. Pray for faith and justice: Rosary for Vulnerable Migrant Populations – Justice for Immigrants	"Let the malice of the wicked come to an end." [See Ps 7:10]. Turn malice against immigrants into a call for justice. Take action: Join Us – Justice for Immigrants
Fifth Sunday of Lent. Station 1: Jesus is condemned. Learn the push and pull factors of immigration and why many immigrants decide to come to this country.	Station 2: Jesus accepts his cross. Pray for those immigrants who are denied a fair trial and migrant children who sit in court alone.	Station 3: Jesus falls the first time. Pray for the families of immigrants who continue to suffer violence and instability in their countries of origin.	Station 4: Jesus meets his grieving mother. Learn the stories of immigrants in our nation and at the border Passages Newsletter Archives – Kino Border Initiative	Station 5: Simon helps Jesus carry the cross. Consider becoming a voice for justice in your parish. Learn about the CARE program – Catholic Accompaniment and Reflection Experience .	Station 6: Veronica wipes the face of Jesus. Visit a detention center to pray for and accompany detained immigrants. Visitation – Immigration Justice Campaign	Station 7: Jesus falls the second time. Pray for the immigrants who have arrived in this country, only to be confronted with discrimination and hardship.
Palm Sunday. Reflect on the presence of Christ among immigrants searching for safety and asylum. Pray that our nation realizes their value and welcomes them with dignity.	Station 8: Jesus comforts the women. Pray for all separated families. Serving-Separated-and-Reunited-Families-Final-Report-10.16.18-updated-2.pdf (justiceforimmigrants.org)	Station 9: Jesus falls a third time. Reflect on the endurance of immigrants despite how many times immigration reform has failed in this country.	Station 10: Jesus is stripped of his garments. Many immigrants are released from detention without proper clothing for the weather. Donate coats for detainees: Immigration Services & Refugee Programs – Catholic Charities USA	Holy Thursday. Station 11: Jesus is nailed to the cross. Attend your parish's liturgy in solidarity with the suffering of immigrants who are arrested and abused while in detention.	Good Friday. Station 12: Jesus dies on the cross. Attend and offer your parish liturgy for the eternal peace of the many immigrants who have died while in detention centers, and all who have died of Covid-19.	Station 13: Jesus is taken down from the cross. Station 14: Jesus in the tomb. Pray for Mary's intercession for an end to the unjust detention and abuse of migrants around the world.
Easter Sunday! Jesus is alive! Alleluia! As Christ conquered the grave, may his resurrection bring about the victory of a just and fair immigration legal system.	Easter Monday. Celebrate the mystery of life and hope renewed in a welcoming way by holding an Easter party with immigrant newcomers to your community.	For more information about National Pastoral Migratoria, including resources, speakers, donations and opportunities to get involved visit catholicsandimmigrants.org .				
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