



Office of Human Dignity and Solidarity
National Pastoral Migratoria
Cardinal Meyer Center
3525 South Lake Park Avenue
Chicago, IL 60653

Since 2006, we have been providing a Lenten calendar asking all Catholics to accompany immigrants and refugees on their journey for justice. This year, National Pastoral Migratoria is asking to pray, fast and act in support of protecting and documenting 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 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 to us 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 and refugees coming to our country "hungry" for a safe and dignified life.

ACT

During Lent, serve migrant 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 or **Kino Border Initiative** in Nogales, Arizona. Support Afghan refugees through **Welcome.us** or **Heartland Alliance**. You might also volunteer with legal and non-legal assistance at Immigration Justice Campaign: **Current Volunteer Opportunities – Immigration Justice Campaign**.

For more information, please contact avisoso@archchicago.org.



National Pastoral Migratoria

LENTEN CALENDAR 2022



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.

2 March Wednesday Ash Wednesday. Begin this Lent with ashes and fasting for the social and personal sins that deny dignity to migrants and refugees. If we are to be “ambassadors of Christ” we must “...be reconciled to God.” [See 2 Cor 5:20–6:2]	3 March Thursday “What profit is there for one to gain the whole world yet lose himself.” [See Lk 9:25] What profit is gained by denying dignity and safety to migrants, refugees and asylum seekers? Do we also lose our own dignity?	4 March Friday “This rather is the fasting that I wish... releasing those bound unjustly.” [See Is 58:1–9a] Learn about inhumane, unjust detention that continues. Take action: Speak out in support of Alternatives to Detention.	5 March Saturday “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.
6 March Sunday First Sunday of Lent. “The same Lord is Lord of all.” [See Rom 10:12] Lord for the migrants crossing deserts and for those oppressing them who experience a desert in their hearts. Pray for a conversion of oppression and hearts.	7 March Monday “Whatever you did for one of these least brothers of mine, you did for me.” [See Mt 25:40] Find ways to support and aid immigrants and refugees in your community with Ways to Accompany Undocumented Immigrants.	8 March Tuesday “If you forgive men their transgressions, your heavenly Father will forgive you.” [See Mt 6:7–15] Read or listen to Refugee Stories , their treatment, even unintentional. Ask forgiveness for any unintentional misunderstanding you may have made.	9 March Wednesday 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] Watch the videos of immigrants sharing their stories at kinoborderinitiative.org/resources.
10 March Thursday “Which one of you would hand his son a stone when he asked for a loaf of bread?” [See Mt 7:7–12] Migrants and refugees are asking for safety, food, dignity. Make sure they are not given a stone: CRS Action Center.	11 March Friday “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.	12 March Saturday “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.	
13 March Sunday Second Sunday of Lent. The disciples find hope at the Transfiguration. [See Lk 9:28b–36] Learn what actions can transfigure our nation: US Immigration Reform Initiative, The Center for Migration Studies of New York (CMS) (cmsny.org)	14 March Monday “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 a migrant or refugee in need.	15 March Tuesday “Whoever humbles himself will be exalted.” [See Mt 23:12] Use the humility of migrants and refugees leaving their home as a tool to reflect on the times you need to be humble.	16 March Wednesday [See Mt 20:17–28] Be careful of what you wish for! Be humble and servant to those in need. Learn what you can do: USCCB Community Engagement Resources or KBI Get Involved.
17 March Thursday St. Patrick's Day. [See Lk 16:19–31] 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.	18 March Friday “This is the heir...acquire his inheritance.” [See Mt. 21:33–43] How we treat migrants and refugees determines our inheritance, for we are connected. Watch Voices Of Immigration , reflect on how we are doing.	19 March Saturday St. Joseph's Day. “I have made you father of many nations.” [See Rom 4:13–22] As the immigrant father worries for his family, our God worries for the many nations facing violence or acting fearful and greedy. Pray that we work together.	
20 March Sunday Third Sunday of Lent. Throughout the Bible we hear about God rescuing the oppressed and vulnerable when they cry out. [See Ex 3:1–5] Support groups like Hope Border Institute who hear their cry and respond like God.	21 March Monday How clear God's call is, and yet many do not believe. They grow in anger and fear. Educate yourself and others on immigration journeys and issues: Faces of Migration – Justice for Immigrants.	22 March Tuesday 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.	23 March Wednesday [See Mt 5:17–19] Jesus came to fulfill the law. Work for legislation that embodies Catholic social teaching and basic human rights: Decriminalize Immigration.
24 March Thursday “Listen to my voice.” [See Jer 7:23–28] Take time to quietly listen to God's voice through the words of Pope Francis: Pope's Message on World Day of Migrants and Refugees.	25 March Friday Annunciation of the Lord. [See Lk 1:26–38] Mary responds to the unknown journey that lay before her with Faith. Pray the Rosary for Migrants and Refugees as they make a journey of faith.	26 March Saturday [See Lk 18:9–14] Humility is again exalted. We are humbled as a humanity by COVID-19. Learn about the Impacts and Actions it has had on the immigrant community.	
27 March Sunday Fourth Sunday of Lent. [See Lk 15: 1–32] The prodigal son knew who he belonged to and hoped acceptance would be waiting. Pray for migrants and refugees who believe they deserve dignity and acceptance upon their arrival. Be Father to them.	28 March Monday “A royal official...begged (Jesus) to heal his son who lay ill in Capernaum.” [See Jn 4:43–54]. Our immigrant children are at risk of deportation and family separation. Explore ways to protect DACA and TPS for our children.	29 March Tuesday “The man who cured me told me to pick up my sleeping mat and go in peace.” [See Jn 5, 1–16] Pray for migrants and refugees. Use this prayer resource to enhance your prayer time for the remaining days of Lent.	30 March Wednesday “Some shall come from afar, others from the north and the west.” [See Is 49: 8–15] Our nation is filled with migrant journeys over hundreds of years. Pray for immigrants and refugees making their journeys today.
31 March Thursday “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.	1 April Friday “Yet I did not come on my own...” [See Jn 7:28] There is always a back story to any journey. Just as Jesus knew where he came from and why he was here, migrants know the same. Reflect on what difficulties led to their only “choice” of being detained in the U.S. now?	2 April Saturday “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.	
3 April Sunday Fifth Sunday of Lent. Station 1: Jesus is condemned. Today's Gospel also tells of Jesus protecting the condemned woman. Pray for an end to the condemnation of immigrants searching for a safe home. Protect them.	4 April Monday Station 2: Jesus accepts his cross. Pray for those immigrants who are denied a fair trial, and migrant children who sit in court alone.	5 April Tuesday 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. Watch the Children Displaced video.	6 April Wednesday Station 4: Jesus meets his grieving mother. Pray for the mothers who grieve and worry about their children's safety and care, especially the mothers who sent their children unaccompanied.
7 April Thursday 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.	8 April Friday Station 6: Veronica wipes the face of Jesus. Visit a detention center to pray for and accompany detained immigrants. Visitation – Immigration Justice Campaign.	9 April Saturday Station 7: Jesus falls the second time. Pray for the immigrants who have arrived in this country, only to be confronted with discrimination, detention and asylum denial. Learn about #FreeThemAll.	
10 April Sunday Palm Sunday. Reflect on the presence of Christ among immigrants searching for safety and asylum. Share their stories, do not let them be silenced. “I tell you, if they keep silent, the stones will cry out!” [See Lk 19:40]	11 April Monday Station 8: Jesus comforts the women. Pray for all separated families. Learn about one mother's story.	12 April Tuesday Station 9: Jesus falls a third time. Reflect on the endurance of immigrants despite how many times immigration reform has failed in this country.	13 April Wednesday Station 10: Jesus is stripped of his garments. Migrants are stripped of their dignity and human rights both at home and here in the U.S. Read more about the Transparency and Human Rights Project.
14 April Thursday Holy Thursday. Station 11: Jesus is nailed to the cross. Consider the “last meal” eaten by migrants and refugees before leaving their homes.	15 April Friday 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.	16 April Saturday Station 13: Jesus is taken down from the cross. Station 14: Jesus in the tomb. Pray for an end to the unjust detention and abuse of migrants around the world. Advocate for ending cruel asylum policies here.	

17 April Sunday 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. Participate using this CRS resource.	18 April Monday Easter Monday. Celebrate the mystery of life and hope renewed in a welcoming way by holding an Easter party with immigrant and/ or refugee newcomers in your community.
---	--

For more information about National Pastoral Migratoria including resources, speakers, donations and opportunities to get involved, please visit [catholicsandimmigrants.org.](#)