



Office of Human Dignity and Solidarity  
National Pastoral Migratoria  
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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 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 and 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, **Kino Border Initiative** in Nogales, Arizona. Support refugees from Afghanistan and Ukraine through **Welcome.us**, or **Heartland Alliance**. Speak out in defense of **DACA**, the program for children who were brought here by their migrant parents.



## National Pastoral Migratoria

# LENTEN CALENDAR 2023



**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.

<b>22</b> February   Wednesday <b>Ash Wednesday.</b> 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]	<b>23</b> February   Thursday Today's reading has God's people entering a new land. [See Dt 30:15-20] Today's refugees and asylum seekers come from Venezuela, Haiti, Ukraine, and many other countries. This Lent learn their stories: <b>Venezuelan migrants.</b>	<b>24</b> February   Friday “This rather is the fasting that I wish... releasing those bound unjustly.” [See Is 58:1 - 9a] Learn about inhumane and unjust deportation that continues in <b>Title 42</b> and new <b>Biden policies.</b> Pray for migrants, refugees, and asylum seekers.	<b>25</b> February   Saturday “...Remove from your midst oppression, false accusation and malicious speech;” [See Is 58:9b] To accomplish this tall order we must begin with ourselves. When have you leaned on power, lies and gossip? Repent!
<b>26</b> February   Sunday <b>First Sunday of Lent.</b> Jesus is tempted in the desert. [See Mt 4:1-11] Our leaders give in to temptations of power, fear, and greed as they strive to eliminate migrants, refugees, and asylum seekers in the U.S. Pray for open hearts and minds.	<b>27</b> February   Monday “You shall love your neighbor as yourself.” [See Lv 19:18] Our neighbors search for safety. Learn how our country <b>responds</b> and lead a response of love and dignity, for <b>Afghans</b> and <b>Ukrainians</b> fleeing their war torn countries.	<b>28</b> February   Tuesday Jesus teaches us the Lord's Prayer. “...on earth as it is in heaven.” [See Mt 6:7-15] Are we following God's will on earth as it is in heaven? Speak out to <b>oppose fee increases</b> for immigrant citizenship process. Deadline is March 6!	<b>1</b> March   Wednesday “When God saw by their actions how they turned from their evil way,” [See Jnh 3:1 - 10] Take time to read about <b>decriminalizing immigration.</b> Share the info with others and act today so that God knows we are changing evil ways!
<b>5</b> March   Sunday <b>Second Sunday of Lent.</b> God saves us"...not according to our works but according to his own design [See 2 Tim 1:9] Do the laws of our land reflect God's design? Speak out <b>Learn more about US policies.</b>	<b>6</b> March   Monday “Be merciful, just as your Father is merciful.” [See Lk 6:36-38] Mercy is recognizing the needs of others and meeting those needs. Be merciful today to a migrant or refugee in need. Support merciful programs like <b>Kino Border Institute</b> in Nogales, AZ	<b>7</b> March   Tuesday “Come now, let us set things right,” says the LORD.” [See Is 1:18] There are many ways to set things right: welcome and support migrants and refugees; write to leaders for compassionate immigration reform.	<b>8</b> March   Wednesday “...to give his life as a ransom for many [See Mt 20:28] What will you give to ransom God's children – detained immigrants and asylum seekers? Maybe your time? Read why <b>immigrants matter</b> and why they are worth ‘ransom’.
<b>12</b> March   Sunday <b>Third Sunday of Lent.</b> God rescues the children who cry out. [See Ex 3:1-15] Do you hear the cries of the children ~ immigrants ~ who are detained inhumanely. Learn about the flaws of <b>Inhumane Detention.</b>	<b>13</b> March   Monday “Amen, I say to you, no prophet is accepted in his own native place.” [See Lk4:24] Asylum seekers and refugees flee for their lives too, just like Jesus and the prophets. Reflect on what would make you flee, pray for those who have.	<b>14</b> 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 hearts and eyes.	<b>15</b> March   Wednesday “This great nation is truly a wise and intelligent people.” [See Dt 4:6] We do not look like a great nation when we refuse to welcome migrants and refugees. <b>Catholic Social Teachings</b> help us live as God's great nation!
<b>19</b> March   Sunday <b>Fourth Sunday of Lent.</b> “This man is not from God, because he does not keep the sabbath.” [See Jn 9:16] What laws block our hearts from doing God's work. Learn about <b>Eva, a migrant</b> , who would not let human laws stop God's work!	<b>20</b> March   Monday <b>Solemnity of St. Joseph.</b> God's promise is guaranteed “not to those who only adhere to the law, but to those who follow the faith.” [See Rm4:16] Again, it not the laws that matter to God, but our faith in God's will. <b>Pray</b> for strength to advocate for immigration reform.	<b>21</b> March   Tuesday “It is the sabbath, and it is not lawful for you to carry your mat.” [See Jn 5, 1 - 16] Day three of reflecting on laws vs. faith. Find out what laws are turning away asylum seekers at our borders and what <b>NIJC recommends</b> to repair to the system.	<b>22</b> 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; it is in our DNA. Find out what journey brought you to this country. What laws were in place then.
<b>26</b> March   Sunday <b>Fifth Sunday of Lent.</b> <i>Station 1: Jesus is condemned.</i> Today's Gospel tells of Jesus raising Lazarus, a foreshadowing of God's power over death. Such faith and hope carry Jesus through these next weeks. Reflect on the faith and hope that carry migrants on their journeys.	<b>27</b> March   Monday <i>Station 2: Jesus accepts his cross.</i> Pray for immigrants who are denied a fair trial, and migrant children who sit in court alone. Support those who defend them as Jesus defended the adulterous woman: <b>Immigration Justice.</b>	<b>28</b> March   Tuesday <i>Station 3: Jesus falls the first time.</i> Pray for the families of migrants and refugees who suffer violence and instability in their countries of origin. <b>Read their stories</b> and consider what you would do for your family.	<b>29</b> March   Wednesday <i>Station 4: Jesus meets his grieving mother.</i> Imagine the pain in Mary's heart, yet her faith too. “You will know the truth, and the truth will set you free.” [See Jn 8:31] Act for pregnant <b>migrant mothers</b> whose faith in a better life leads them to detention and unsafe health care.
<b>2</b> April   Sunday <b>Palm Sunday.</b> “Truly, this was the Son of God!” [See Mt 27:54] Do not miss your chance to recognize Christ in the faces of our migrants and refugees seeking safety. Welcome and support them now while they are with us.	<b>3</b> April   Monday <i>Station 8: Jesus comforts the women.</i> Today's Gospel shows a woman who anoints Jesus, causing despair among those who say it is wasting money. Support groups who comfort migrants now, while they are with us, like <b>Interfaith Committee for DI.</b>	<b>4</b> April   Tuesday <i>Station 9: Jesus falls a third time.</i> In the Gospel Jesus reminds Peter of his upcoming betrayal. Reflect on the endurance of immigrants despite how many times they are betrayed, and immigration reform has failed in this country. Pray for reform.	<b>5</b> 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 <b>Transparency and Human Rights Project.</b>
<b>9</b> April   Sunday <b>Easter Sunday!</b> Jesus is alive! Alleluia! As Christ conquered the grave, may his resurrection bring about the victory of a just and compassionate immigration legal system.	<b>10</b> April   Monday <b>Easter Monday.</b> 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.	<b>6</b> April   Thursday <b>Holy Thursday.</b> <i>Station 11: Jesus is nailed to the cross.</i> Read today's Gospel [Lk 4:16-21]. For his mission statement shared in the temple and living it out he was crucified. Pray for those who crucify our immigrants and refugees?	
		<b>7</b> April   Friday <b>Good Friday.</b> Station 12: Jesus dies on the cross. Station 13: Jesus is taken down from the cross. How many migrants must die before we welcome them? How many refugees must wait in camps until we open our doors? We are better than this!	<b>8</b> April   Saturday <i>Station 14: Jesus in the tomb.</i> The earth becomes a womb for Jesus while the world waits. Refugees and Asylum Seekers wait for us. Pray and advocate for ending <b>all Asylum bans here.</b>
For more information about National Pastoral Migratoria, including resources, speakers, donations, and opportunities to get involved visit <a href="http://catholicsandimmigrants.org">catholicsandimmigrants.org</a> .			