Since 2006, the Immigration Ministry has provided a Lenten calendar asking all Catholics to accompany immigrants on their journey for justice. This year, please pray, fast and act in support of integrating the immigrants and refugees searching for safety and 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 remotely with data entry at American Immigrant Lawyers Association (aila.org).

To learn more, visit us at catholicsandimmigrants.org or on Facebook at office.for.immigrant.affairs/.
The Immigration Ministry of the Archdiocese of Chicago 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 comprehensive immigration reform that will preserve human dignity and preserve families.

**March**

1  First Sunday of Lent. The desert journey happens today for immigrants seeking a better life. How can we remove the “Samaritan” challenges they face and welcome them? [See Mt. 25, 29-46]

1  Second Sunday of Lent. “Go forth from the land of your kindred and from your father’s house to a land that I will show you.” [See Gn. 12, 1-4] God calls us to move and search. May our welcoming actions lead our country to be transformed.

8  Third Sunday of Lent. “Is the Lord in our midst or not?” [See Ex. 33, 13] This is the cry of the immigrants seeking asylum. It is also the cry of those working for immigrant justice. Pray for the hearts of ICE, CBP and those who speak against immigrants as they continue to abuse immigrants while they are in detention.

15  Fourth Sunday of Lent. “A light to the nations.” [See Eph. 5, 8-14] Stand firm in your faith that justice will prevail. Your actions are a light to the world.

22  Fifth Sunday of Lent. Station 1: Jesus is condemned and大海 and pull factors of immigration and why many immigrants decide to come to this country.

**April**

5  Palm Sunday. Reflect on the presence of Christ among the immigrants seeking safety and asylum. Pray that they be welcomed with dignity.

12  Easter Sunday! Jesus is alive! Alleluia! Christ is risen. Join us in prayer for those who have arrived in this country, only to be confronted with discrimination and hardship.

19  Easter Monday, Celebrate the mystery of life and in a hospitable way by holding an Easter party with immigrant newcomers to your community.

**May**

For more information about the Immigration Ministry, including resources, speakers, donations and opportunities to get involved visit catholicsandimmigrants.org.