



National Pastoral Migratoria

LENTEN CALENDAR 2025

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, asylum seekers, and refugees and to work toward immigration reform that will preserve human dignity and families.



March 5 | Wednesday | Ash Wednesday

The journey we begin today stresses fasting and prayer. Can we also look inside for our lack of concern for immigrants? Do we perform “self-righteous” deeds or do we commit to God’s justice? (Mt 6: 1-6, 16-18)

March 6 | Thursday

The synodal path includes everybody and honors each one’s presence. Is acting for the sake of the other on my radar? Am I building community and synodality? Promoting life and not death? Do I want life for all? (Deuteronomy 30: 15-20) Listen for God’s voice through the Synod documents **here**.

March 7 | Friday

Fasting is often not an option for immigrants around the world. Is it possible to share our resources and table for those in need? Learn about and support groups that live out these words: **Kino Border Initiative — Iniciative Kino para la Frontera**.

March 8 | Saturday

We pray for renewing our prayer and restoring our hope. Remember that the hunger for life comes from God. We pray, “Oh God of Life, be with us who walk from place to place looking for life. Gives eyes to see and grant peace to our world.” (Psalm 85)

March 9 | Sunday | First Sunday of Lent

We all have a family member who has suffered oppression, discrimination, and abuse. They might have also experienced the strong arm of God, with the help of someone else. Ask God to be the “someone” who rescues the oppressed from the oppressor. (Deuteronomy 26, 4-10)

March 10 | Monday

Many immigrants are women and children. They provide labor for jobs no one wants. Are you aware of these realities in your neighborhood? Are your eyes open to this reality? Can you do anything about it? (Leviticus 19, 1-2. 11-18)

March 11 | Tuesday

God’s love is like a mother’s tenderness and compassion for her little one. Are we tenderness and compassion for our neighbors, for the widows, orphans and migrants? (Psalm 34)

March 12 | Wednesday

A sign of our time is the global immigration phenomenon. Why do we love what is evil and shun what is good? May God give tears to repent for what we have done to immigrants. Ask God for healing in this critical time, especially migrants. **Ask God for healing in this critical time. (Link)**

March 13 | Thursday

How much do we know about immigration law? Perhaps today is an opportunity to learn and act. Are you ready! Use these resources to guide you: **Immigration Reform and the Catholic Church**.

March 14 | Friday

Today we offer to God everything we have in our heart by making the effort to see the suffering of those forced to leave home and country because of war, hunger, or poverty. (Ezekiel 18, 21-28)

March 15 | Saturday

What does it mean to “walk in the law of our God?” Today, praise God who has put that desire in your soul. Walk with the migrant and the poor. (Psalm 119)

March 16 | Sunday | Second Sunday of Lent

Immigrant people always have new ways of seeing life. They place their future in God's hands. The way they see life is always fresh. What can I learn from them? Learn what actions can transfigure our nation: **US Immigration Reform Initiative — The Center for Migration Studies of New York (CMS) (cmsny.org)**.

March 17 | Monday

“How long, oh God?” How long, injustice? How long, suffering pain and oppression? What is the way to stop it? Oh God, teach us your ways! (Psalm 79)

March 18 | Tuesday

Sometimes we see immigrants from a distance. Do we see them as they really are? Try to look at them as the persons they are. Your vision will change everything. Learn about the injustices experienced by those seeking asylum: **Asylum — Justice for Immigrants**.

March 19 | Wednesday

The day will come when we realize that everyone in this country, except for the First Nations People, are immigrants. What an opportunity to pray with and for immigrants! A prayer for our immigrant ancestors is a prayer for present-day migrants. We only need to open memory and heart. (2 Samuel 7: 4-5a, 12 -14a, 16)

March 20 | Thursday

May the Lord, who “probes the mind and tests the heart to reward everyone according to his ways” (Jer 17:10), find us today helping a migrant family in need.

March 21 | Friday

The view that there are not enough resources in this country for the wellbeing of all and an economy of accumulation, is similar to that of the tenants of the gospel (Mt 21:33-43). Let us pray for the conversion of those who deny immigrants the possibility to start a new life in this country.

March 22 | Saturday

We are the children of a God whose kindness is “as the heavens are high above the earth” (Ps 103:11). Let us support today an organization providing resources to people who are in the process of regularizing their immigration status. Visit the website of **National Pastoral Migratoria** for relevant resources.

March 23 | Sunday | Third Sunday of Lent

The God who heard the cry of his people in Egypt (Exod 3:1-8a,13-15), calls us today to repent for seeing migration as the cause of a problem and not as a consequence. People migrate because of the destruction of their habitat, violence, or lack of opportunities in their country of origin.

March 24 | Monday

Like Jesus, Elijah and Elisha, may our friendship and help heal the wounds of people who have been mistreated or humiliated for being migrants. Educate yourself and others on immigration journeys and issues: **USCCB/MRS and Princeton University Forced Migration Oral History Archive**.

March 25 | Tuesday

[See Lk 1:26-38] Like Mary, let us respond to God’s call, with “I am the handmaid of the Lord...” while we continue advocating for a more fair and humane immigration reform.

March 26 | Wednesday

[See Dt 4:1,5-9] We pray for wisdom and intelligence among lawmakers of this country. That the statutes and decrees they propose and pass on migration reflect God’s justice and the greatness of a nation.

March 27 | Thursday

Let us listen to God’s call through the prophet today (Jer 7:23-28) and remember that we belong to a migrant, exiled and pilgrim people of God. Ask God for guidance on how to act for justice. Learn about and support groups doing God’s work: **Hope Border Institute**.

March 28 | Friday

[See Mark 12:28-34] Welcoming, accompanying, promoting and integrating migrants is one way of fulfilling the commandment to love our neighbor as ourselves.

March 29 | Saturday

“For it is love I desire and not sacrifice,” says the Lord (Hos 6:1-6). Learn today about an organization that is helping migrants who have suffered human trafficking and let them know of your support.

March 30 | Sunday | Fourth Sunday of Lent

To embrace God’s reconciliation and love implies reconciling and loving all our brothers and sisters. Let us create spaces for encounter and reconciliation between immigrants and non-immigrants in our parish.

March 31 | Monday

[See Is 65:17-21] Volunteers who donate their time and talents in homes for refugees and migrants are building the new earth that Isaiah speaks of. They transform the tears of children and adults into joy. Join these efforts.

April 1 | Tuesday

[See Jn 5,1-16] Like Jesus, the living water who raised the man who had been ill, may we lift up migrants who feel crippled by the exploitation of abusive employers. Let us inform these workers of their rights. **Read this Labor Day statement by Archbishop Borys Gudziak and Bishop Mark J. Seitz – Labor and Employment | USCCB.**

April 2 | Wednesday

Isaiah comforted the exiled people in their hardship [Isa 49:8-15]. Let us inform ourselves of volunteers who comfort vulnerable migrants on the roads, borders and bus stations.

April 3 | Thursday | St. Patrick’s Day

[See Exod 32:7-14] Like Moses, let us intercede today before God for the people who have forgotten the wonders that God has done in these lands for their migrant ancestors – while we remind them of the greatness of God’s deeds.

April 4 | Friday

“Many are the troubles of the just, but out of them all the Lord delivers them” (Ps 34:20). Let us pray for the resilience of many migrants who work diligently and contribute to the country’s economy but face discrimination. Pray for faith and justice: **Rosary for Unity in Diversity – Justice for Immigrants.**

April 5 | Saturday

[See Jn 7:40-53] Jesus himself faced discrimination from Jewish religious officials due to his Galilean origin. Let us promote an event to welcome all newly arrived migrants in our parish. Visit the calendar of activities of **National Pastoral Migratoria**.

April 6 | Sunday | Fifth Sunday of Lent

Let the words of the psalmist, “The Lord has done great things for us, we are glad indeed” (Ps 126:3), impel us to do a charitable work for a migrant family in need today.

April 7 | Monday

[See Dan 13:41c-62] Let us ask God for the wisdom of lawyers and social workers, who, like Daniel, defend innocent and vulnerable migrants in courts.

April 8 | Tuesday

“The Lord looked down from his holy height...to hear the groaning of the prisoners, to release those doomed to die” (Ps 102:20-21). Let us pray for all unjustly imprisoned migrants; may they not lose faith in God.

April 9 | Wednesday

“If you remain in my word ...you will know the truth, and the truth will set you free” (Jn 8:31). Catholic Social Teaching is based on the word of God. Knowing it will allow us to remain in Jesus' words. **Learn more about the Seven Themes of Catholic Social Teaching.**

April 10 | Thursday

[See Gen 17:3-9] Christians, Jews and Muslims, recognize ourselves as children of Abraham who keep a covenant with God. Let us support an interfaith community that helps migrants, refugees and asylum seekers in this country.

April 11 | Friday

“...but he escaped from their power” (Jn 10:39). Let us pray today for all those who fled their country of origin due to persecution after exposing corrupt governments or companies.

April 12 | Saturday

Let our advocacy for the rights and dignity of young vulnerable migrants, make all the nation realize that “the Lord guards them as a shepherd his flock” (Jer 31:10). **Learn the push and pull factors of immigration and why many immigrants decide to come to this country. (Link)**

April 13 | Sunday | Palm Sunday

Just as the crowd recognized Jesus' dignity and welcomed him as he entered Jerusalem, join the volunteers who help welcome and integrate newly arrived migrants in your city.

April 14 | Monday

[See Jn 12:1-11] Mary of Bethany showered Jesus with love and generosity during his most vulnerable times. Perform a gesture of generosity and tenderness towards a family suffering the deportation of one of his members.

April 15 | Tuesday

Let us pray for the resilience of migrants who, like the servant in Isa 49:1-6, were victims of violence and humiliation, while working honestly to provide a dignified life for their families.

April 16 | Wednesday

With Isaiah we ask God to give us "a well-trained tongue to know how to speak to the weary a word that will rouse them" (Isa 50:4). Let us remember how essential is the ministry of listening and accompaniment to migrant persons who suffered trauma or exploitation.

April 17 | Thursday | Holy Thursday

As we share in the body and blood of Christ tonight, let us remember all migrants who work in vineyards and fields. May Jesus' command to wash one another's feet impel us to advocate for the improvement in their working conditions. Pray for all immigrant families: **Prayer for Migrant Families**.

April 18 | Friday | Good Friday

We pray for comfort for the mothers and all immediate families of those who died in detention centers, borderlands, and in raids.

April 19 | Saturday | Holy Saturday – Easter Vigil

[See Lk 24:1-12] The efforts of people advocating for fair and humane immigration reform may "seem like nonsense" and they may not be believed possible; but, like the testimony of the women in the Gospel, these efforts witness their experience of the risen Christ. Support them.

April 20 | Sunday | Easter Sunday

Alleluia! "Christ indeed from death is risen, our new life obtaining" (sequence). As we celebrate with joy the triumph of life over death, we remember the small signs of resurrection that God operated through *Pastoral Migratoria* up to this point.

Since 2006, we have been providing a Lenten calendar asking all Catholics to accompany immigrants on their journey for justice. This year the National Pastoral Migratoria is asking you to pray, fast and act in support of integrating the immigrants, asylum seekers 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, Today, no refugees are being resettled through USRAP. This ban impacts thousands of refugees who had already been fully processed, undergone extensive security checks, and approved for refugee status by the federal government while outside of the United States. Ask your members of Congress to lift up their voice in support of upholding our nation's bipartisan legacy of refugee resettlement by visiting the **Justice for Immigrants Action Center**.

To learn more, visit us at nationalpastoralmigratoria.org.

For more information about National Pastoral Migratoria, including resources, donations and opportunities to get involved visit nationalpastoralmigratoria.org.