



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.

22 February Wednesday	23 February Thursday	24 February Friday	25 February Saturday
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]	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: Venezuelan migrants.	“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 Title 42 and new Biden policies . Pray for migrants, refugees, and asylum seekers.	“...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!
26 February Sunday	27 February Monday	28 February Tuesday	1 March Wednesday
First Sunday of Lent. 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.	“You shall love your neighbor as yourself.” [See Lv 19:18] Our neighbors search for safety. Learn how our country responds and lead a response of love and dignity, for Afghans and Ukrainians fleeing their war torn countries.	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 oppose fee increases for immigrant citizenship process. Deadline is March 6!	“When God saw by their actions how they turned from their evil way,” [See Jnh 3:1 - 10] Take time to read about decriminalizing immigration . Share the info with others and act today so that God knows we are changing evil ways!
5 March Sunday	6 March Monday	7 March Tuesday	8 March Wednesday
Second Sunday of Lent. God saves us"...not according to our works but according to his own design [See2 Tim 1:9] Do the laws of our land reflect God's design? Speak out Learn more about US policies.	"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 Kino Border Institute in Nogales, AZ	""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.	"...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 immigrants matter and why they are worth 'ransom'.
12 March Sunday	13 March Monday	14 March Tuesday	15 March Wednesday
Third Sunday of Lent. 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 Inhumane Detention.	"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.	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.	"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. Catholic Social Teachings help us live as God's great nation!
19 March Sunday	20 March Monday	21 March Tuesday	22 March Wednesday
Fourth Sunday of Lent. "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 Eva, a migrant , who would not let human laws stop God's work!	Solemnity of St. Joseph. 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. Pray for strength to advocate for immigration reform.	"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 NIJC recommends to repair to the system.	"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.
26 March Sunday	27 March Monday	28 March Tuesday	29 March Wednesday
Fifth Sunday of Lent. <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.	<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: Immigration Justice.	<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. Read their stories and consider what you would do for your family.	<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 migrant mothers whose faith in a better life leads them to detention and unsafe health care.
2 April Sunday	3 April Monday	4 April Tuesday	5 April Wednesday
Palm Sunday. "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.	<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 Interfaith Committee for DI.	<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.	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.
9 April Sunday	10 April Monday	For more information about National Pastoral Migratoria, including resources, speakers, donations, and opportunities to get involved visit catholicsandimmigrants.org.	
Easter Sunday! Jesus is alive! Alleluia! As Christ conquered the grave, may his resurrection bring about the victory of a just and compassionate immigration legal system.	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.		
2 March Thursday	3 March Friday	4 March Saturday	5 March Sunday
9 March Thursday	10 March Friday	11 March Saturday	12 March Sunday
16 March Thursday	17 March Friday	18 March Saturday	19 March Sunday
23 March Thursday	24 March Friday	25 March Saturday	26 March Sunday
30 March Thursday	31 March Friday	1 April Saturday	2 April Sunday
6 April Thursday	7 April Friday	8 April Saturday	9 April Sunday
13 April Thursday	14 April Friday	15 April Saturday	16 April Sunday
20 April Thursday	21 April Friday	22 April Saturday	23 April Sunday
27 April Thursday	28 April Friday	29 April Saturday	30 April Sunday
4 May Thursday	5 May Friday	6 May Saturday	7 May Sunday
11 May Thursday	12 May Friday	13 May Saturday	14 May Sunday
18 May Thursday	19 May Friday	20 May Saturday	21 May Sunday
25 May Thursday	26 May Friday	27 May Saturday	28 May Sunday
31 May Wednesday	1 June Thursday	2 June Friday	3 June Saturday
7 June Wednesday	8 June Thursday	9 June Friday	10 June Saturday
14 June Wednesday	15 June Thursday	16 June Friday	17 June Saturday
21 June Wednesday	22 June Thursday	23 June Friday	24 June Saturday
28 June Wednesday	29 June Thursday	30 June Friday	1 July Saturday
5 July Wednesday	6 July Thursday	7 July Friday	8 July Saturday
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