



Office of Human Dignity and Solidarity
National Pastoral Migratoria
Cardinal Meyer Center
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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 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.



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LENTEN CALENDAR 2023



