



National Pastoral Migratoria

LENTEN CALENDAR 2024

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.



February 14 | Wednesday | Ash Wednesday

Begin this Lent with ashes and fasting for the social and personal sins that deny dignity to immigrants. If we are to be “ambassadors of Christ...” we must “...be reconciled to God,” (See 2 Cor 5:20–6:2).

February 15 | Thursday

In accepting the cross, we must “heed God’s voice” and “walk in God’s ways,” (See Dt 30: 15–20). Use this time to listen to God’s voice through the Pope’s document *Fratelli Tutti* at [Vatican.Va](https://vatican.va).

February 16 | Friday

“This rather is the fasting that I wish... sharing your bread with the hungry, sheltering the oppressed,” (See Is 58:1–9a). Learn about and support groups that live out these words: **Kino Border Initiative — Iniciative Kino para la Frontera**.

February 17 | Saturday

“I have not come to call the righteous to repentance, but sinners,” (See Lk 5:27–32). Consider that to eliminate the injustices oppressing immigrants, we must first eliminate the injustice in our own hearts.

February 18 | Sunday | First Sunday of Lent

The desert journey happens today for immigrants searching for a better life. How can we remove the “Satan” challenges they face and welcome them? (See Mk 1:12–15)

February 19 | Monday

“Tend the flock of God in your midst... willingly as God would have it,” (See 1 Pt 5:1–4). Find ways to support and aid immigrants, asylum seekers and refugees in your community, especially during the pandemic.

February 20 | Tuesday

“If you forgive men their transgressions, your heavenly Father will forgive you,” (See Mt 6:7–15). Reflect how you can forgive those with whom you disagree or have offended on immigration issues.

February 21 | Wednesday

Like Jonah, the immigrant community is sent to preach repentance to a people who do not see their own sins (See Jn 3:1–10). In what ways have immigrants opened your eyes? What meaning do the words “Liberty and justice for all,” have?

February 22 | Thursday

Matthew reminds us to ask and seek (See Mt 7:7–12). Call upon the current administration to support comprehensive immigration reform. Use these resources to guide you: **Immigration Reform and the Catholic Church**.

February 23 | Friday

“Go first and be reconciled with your brother,” (See Mt 5:20–26). Pray for reconciliation between immigrants and non-immigrants in this country. Seek out someone who needs to reconcile with you.

February 24 | Saturday

“Love your enemies and pray for those who persecute you,” (See Mt 5:43–48). Who are the enemies of our family, God’s family? Pray for them. Ask God how to love them.

February 25 | Sunday | Second Sunday of Lent

“...and he was transfigured before them,” (See Mk 9:2–10). Learn what actions can transfigure our nation: **US Immigration Reform Initiative — The Center for Migration Studies of New York (CMS) (cmsny.org)**.

February 26 | Monday

“Be merciful, just as your Father is merciful,” (See Lk 6:36–38). Mercy is more than forgiveness. Mercy is recognizing the needs of others and meeting those needs. Be merciful today to an immigrant in need.

February 27 | Tuesday

“Make justice... redress... hear... defend,” (See Is 1:17). God’s call is clear: change the injustices heaped upon immigrants! Learn about the injustices on those seeking asylum: **Asylum — Justice for Immigrants**.

February 28 | Wednesday

(See Mt 20: 17–28) Be careful what you wish for! Be humble and a servant to those in need. Take time to pray and ask God what you can do to serve the immigrant and refugee.

February 29 | Thursday

(See Lk 16: 19–21) Through our actions of love and dialogue in peace, we can persuade those who treat the immigrant with disdain so they will recognize the evil of their actions before it’s too late.

March 1 | Friday

"This is the heir... acquire his inheritance," (See Mt 21:33–43). Our inheritance is bound up in the inheritance of immigrants, asylum seekers and refugees. How will we treat them?

Lilla Watson Quotes ([goodreads.com](#))

March 2 | Saturday

"We must welcome the immigrant as the Father welcomes the Prodigal Son," (See Lk 15:11–32). Must we also embrace those who speak against immigrants as the forgotten brother? Can our love open their eyes?

March 3 | Sunday | Third Sunday of Lent

"[Jesus] drove them all out of the temple area," (See Jn 2:13–25). It was a system of oppression and greed that angered Jesus. Pray for our systems of oppression — ICE and CBP — that their eyes and hearts will be opened.

March 4 | Monday

How clear God's call is... and yet many look away or do not believe. They grow in anger and fear. Educate yourself and others on immigration journeys and issues: **USCCB/MRS and Princeton University Forced Migration Oral History Archive**.

March 5 | Tuesday

We are here because of our immigrant ancestors. Now many deny welcome to today's immigrants, just like the ungrateful servant (See Mt 18:21–35). Pray that God opens their eyes.

March 6 | Wednesday

(See Mt 5:17–19) Jesus came to fulfill the law. Work for legislation that embodies Catholic social teaching and supports basic human rights. Visit [cliniclegal.org](#).

March 7 | Thursday

"Listen to my voice," (See Jer 7:23–28). Take time to quietly listen to God's voice. Ask God for guidance on how to act for justice. Learn about and support groups doing God's work: **Hope Border Institute**.

March 8 | Friday

"There is no other commandment greater than these," (See Mk 12:28–34). Your heart knows how to treat your neighbor. Recall a time you were in need. How did others help you? Be that help to immigrants.

March 9 | Saturday

"The one who humbles himself will be exalted," (Lk 18:9–14). Jesus places utmost value on humility, overturning social norms. Make an act of humble service or charity to a migrant or refugee you see in your community.

March 10 | Sunday | Fourth Sunday of Lent

"But whoever lives the truth comes to the light," (See Jn 3:14–21). Stand firm in your faith that justice will prevail. Your actions are a light to the world!

March 11 | Monday

"A royal official, hearing that Jesus had come to Galilee, begged him to heal his son who lay ill in Capernaum," (See Jn 4, 43–54). Pray for the health and mental well-being of migrants in these stressful times.

March 12 | Tuesday

"The man who cured me told me to pick up my sleeping mat and go in peace," (See Jn 5, 1–16). Ask God for healing in this critical time, especially migrants. [crs.org/get-involved-topics/migration](#)

March 13 | 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. Pray for immigrants and refugees making their journeys today.

March 14 | Thursday | St. Patrick's Day

"With Jesus before them, it was still hard to believe," (See Jn 5:31–47). Receive the sacrament of reconciliation and do penance for those who abuse migrants and refugees seeking asylum.

March 15 | Friday | St. Joseph's Day

"The Father has sent me..." (See Jn 5:31–47). We succumb to unbelief too easily. Pray for faith and justice: **Rosary for Vulnerable Migrant Populations — Justice for Immigrants**.

March 16 | Saturday

"Let the malice of the wicked come to an end," (See Ps 7:10). Turn malice against immigrants into a call for justice. Take action: **Join Us — Justice for Immigrants**.

March 17 | Sunday | Fifth Sunday of Lent

Station 1: Jesus is condemned.

Learn the push and pull factors of immigration and why many immigrants decide to come to this country.

crs.org/resource-center/what-advocacy

March 18 | Monday

Station 2: Jesus accepts his cross.

Pray for those immigrants who are denied a fair trial and migrant children who sit in court alone.

March 19 | Tuesday

Station 3: Jesus falls the first time. Pray for the families of immigrants who continue to suffer violence and instability in their countries of origin.

March 20 | Wednesday

Station 4: Jesus meets his grieving mother.

Learn the stories of immigrants in our nation and at the border:

[Passages Newsletter Archives — Kino Border Initiative.](#)

March 21 | Thursday

Station 5: Simon helps Jesus carry the cross.

Consider becoming a voice for justice in your parish. Learn about the [CARE](#) program: Catholic Accompaniment and Reflection Experience.

March 22 | Friday

Station 6: Veronica wipes the face of Jesus.

Visit a detention center to pray for and accompany detained immigrants. [Migration — Justice for Immigrants](#)

March 23 | Saturday

Station 7: Jesus falls the second time.

Pray for the immigrants who have arrived in this country, only to be confronted with discrimination and hardship.

March 24 | Sunday | Palm Sunday

Reflect on the presence of Christ among immigrants searching for safety and asylum. Pray that our nation realizes their value and welcomes them with dignity.

March 25 | Monday

Station 8: Jesus comforts the women.

Pray for all immigrant families: [Prayer for Migrant Families](#).

March 26 | Tuesday

Station 9: Jesus falls a third time.

Reflect on the endurance of immigrants, despite the many times immigration reform has failed in this country.

March 27 | Wednesday

Station 10: Jesus is stripped of his garments.

Many immigrants are released from detention without proper clothing for the weather. Donate coats for detainees: [Immigration Services & Refugee Programs — Catholic Charities USA](#).

March 28 | Thursday | Holy Thursday

Station 11: Jesus is nailed to the cross.

Attend your parish's liturgy in solidarity with the suffering of immigrants who are arrested and abused while in detention.

March 29 | Friday | Good Friday

Station 12: Jesus dies on the cross.

Attend and offer your parish liturgy for the eternal peace of the many immigrants who have died while in detention centers, and all who have died of COVID-19.

March 30 | Saturday

Station 13: Jesus is taken down from the cross.

Station 14: Jesus in the tomb.

Pray for Mary's intercession for an end to the unjust detention and abuse of migrants around the world.

March 31 | Sunday | Easter Sunday

Jesus is alive! Alleluia! As Christ conquered the grave, may his resurrection bring about the victory of a just and fair immigration legal system.

April 1 | Monday | Easter Monday

Celebrate the mystery of life and hope renewed in a welcoming way by holding an Easter party with immigrant newcomers to your community.

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



Office of Human Dignity and Solidarity
Immigration Ministry
Cardinal Meyer Center
3525 South Lake Park Avenue
Chicago, IL 60653

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, serve migrants and refugee families who recently arrived to cities and towns by giving or volunteering at your **local Catholic Charities** or volunteer with legal and non-legal assistance at Immigration Justice Campaign **Current Volunteer Opportunities — Immigration Justice Campaign**.

To learn more, visit us at catholicsandimmigrants.org.