



# LENTEN CALENDAR 2026



The National Migrant Ministry (NPM) invites everyone—individuals, classrooms, and parishes—to use this calendar during the Lenten season to foster deeper compassion and the spirituality that comes from following Christ in these challenging times. Let us accept the challenge to see the face of Christ in all those we call foreigners, to see the suffering of Christ in the immigrants who are unjustly treated as criminals, asylum seekers, and refugees today, and to work for immigration reform that preserves human dignity and families.

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## **February 18 | Wednesday | Ash Wednesday**

Losing one's life for the cause of Jesus (Lk 9:22-25) means collaborating so that all may have life in abundance. Here is an organization where many volunteers dedicate their lives daily to helping people in the process of seeking asylum and refuge. Join them or support their initiative.

**Catholic Legal Immigration Network, Inc – CLINIC**

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## **February 20 | Friday**

Among other things, the fasting the Lord desires of us is that we break unjust chains and lift the yokes of oppression (Is 58:1-9). Let us support this initiative to end unjust raids in our country.

**National Lent Rosary for Immigration Reform and the Impact of Detention and Deportation**

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## **February 21 | Saturday**

We acknowledge that we are marked by violence. Let us pray to “banish the threatening gesture and the offensive word” (Isaiah 58:9) in our marches, public actions, and in all forms of advocacy on behalf of migrants.

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## **February 22 | Sunday | First Sunday of Lent**

Living Lent is walking like Jesus in the desert, overcoming every temptation to manipulate God and taking seriously our task in this world. Here is a concrete way in which we can commit ourselves to satisfying the hunger and dignity of our migrant brothers and sisters.

**Catholic Charities – Immigration Services**

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## February 23 | Monday

Hosting the stranger means offering them opportunities and tools that allow them to thrive outside their homeland. Moreover, it means seeing and treating them as Christ, which is why this action is connected to our salvation (Mt 25:31-46).

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## February 24 | Tuesday

Let us pray that His kingdom may come (Mt 6:7-15) and collaborate to make it a reality in our cities. Here is an example of a parish community that, by adopting migrant families, is building the kingdom.  
**Old St. Patrick Parish**

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## February 25 | Wednesday

The God in whom we believe is merciful and awaits the conversion of His creatures. Let us pray that we may not lose faith in the conversion of those who, having the power to approve a comprehensive and just immigration reform, oppose it. Let us continue sending letters to our representatives in Congress.

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## February 26 | Thursday

Many migrant mothers, like Esther, ask God today “to turn their weeping into joy” because of the violence they experience in a foreign land (Esther 4:17). We can commit ourselves to alleviating their pain; here is one possibility. **Coalition of Catholic Organizations Against human trafficking**

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## February 27 | Friday

May our righteousness be greater than that of the scribes and Pharisees (Matthew 5:20). Let us show closeness, friendship, and a sincere desire to better understand the culture of a migrant family in our neighborhood.

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## February 28 | Saturday

Let us pray with the Psalmist, “I want to keep your law exactly” (Psalm 118:8). Let us pray and multiply initiatives that help restore the social fabric in our schools, so affected by bullying and aggression against migrant students.

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## March 1 | Sunday | Second Sunday of Lent

Abraham was called to trust in a God who would provide life and blessing to the people born of him (Gen 12:1-4). The Pope tells us, “Numerous migrants, refugees, and displaced persons are privileged witnesses of the hope lived in everyday life, through their trust in God and their resilience in the face of adversity...” **Pope Leo XIV – Message for the 111th World Day of Migrants and Refugees**

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## March 2 | Monday

“Be merciful, just as your Father is merciful” (Luke 6:36) is a call to share what we receive from God’s abundance. Let us support this institution that assists women in the asylum process.

**Bethany House of Hospitality**

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## March 3 | Tuesday

The path to salvation is “to seek justice, to help the oppressed, to defend the rights of the fatherless and the cause of the widow” (Isaiah 1:17). Learn about the difficulties of the current legalization process for migrants and asylum seekers in this country. **NIJC Legal Services for Asylum Seekers**

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## March 4 | Wednesday

“You know that the rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you...” (Matthew 20:25-26). Let’s support initiatives that denounce labor injustices committed against migrant workers. [The National Domestic Workers Alliance](#)

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## March 5 | Thursday

Today the prophet reminds us that “the Lord searches the heart and examines the mind, to reward each person according to their deeds” (Jeremiah 17:10). Let us ask forgiveness for the times we were indifferent to the suffering of a migrant.

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## March 6 | Friday

We are grateful for the migrants who have come to this country as refugees. Many of the stones that are discarded become cornerstones in society. [Read the story](#)

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## March 7 | Saturday

We can replicate God’s merciful love by supporting an organization that contributes to the restoration and reintegration of migrants with mental illnesses.

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## March 8 | Sunday | Third Sunday of Lent

Jesus, source of living water, help us to quench the physical and spiritual thirst of so many migrant women affected by trafficking, domestic violence, and violence at the hands of federal agents. Let us support this initiative that restores their dignity. [The Alliance to End Human Trafficking](#)

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## March 9 | Monday

Following the example of Elisha, who healed a stranger (2 Kings 5:1-15), we are sent to heal the wounds of a family suffering from the unjust detention or deportation of one of its members.

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## March 10 | Tuesday

Peace circles are a way to cope with fear, anxiety, and/or anger over unjust detentions and deportations. They allow people to return to daily life with greater peace in their hearts. Learn about this process and promote its practice in your parish. [Peace Circles of Pastoral Migratoria](#)

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## March 11 | Wednesday

Today we are challenged to live by and teach God’s commandments. Learn about the teachings of the Church’s Social Doctrine, which offers concrete ways to live these commandments in our society today.

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## March 12 | Thursday

Let us ask forgiveness for the times we hardened our hearts to the voice of Christ crying out through his prophets. Perhaps today is an opportunity to listen to our pastors calling for peace. [Link](#)

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## March 13 | Friday

Love for God with all your heart and for your neighbor as yourself (Mark 12:29-30) becomes concrete by welcoming, accompanying, promoting, and integrating migrants (Pope Francis).

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## March 14 | Saturday

Migrant Ministry allows many migrants to accompany their brothers and sisters with simplicity and vulnerability. Learn about their initiatives and humble service at this link.

**National Pastoral Migratoria**

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## March 15 | Sunday | Fourth Sunday of Lent

Let us ask Jesus, light of the world, to intercede for those who have the power to legislate on immigration matters in our country, that they may “seek what is pleasing to the Lord and have no part in the fruitless deeds of the darkness...” (Ephesians 5:10-11)

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## March 16 | Monday

Like Isaiah, many organizations envision the day when all children will have abundant life. Here is one of these organizations that supports migrant children to make that a reality today.

**Saint Viator House of Hospitality**

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## March 17 | Tuesday

Let us make our parishes and homes like “the river that makes glad the city of God” (Psalm 45:5). Let us offer refuge, strength, and a space for healing to our migrant brothers and sisters who live in terror and instability because of their immigration status.

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## March 18 | Wednesday

We pray in gratitude for those who smoothed the rocky path of their migrant neighbors with many acts of solidarity, even to the point of losing their lives. Let us support those who, like Jesus, continue to risk their lives to give life to others.

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## March 19 | Thursday

To fulfill his promise of salvation, God acted through Joseph, the just, who protected Mary during her pregnancy. Let us pray today for the organizations that, like him, protect pregnant migrant women in their new country.

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## March 20 | Friday

Let us pray today for the conversion of those who only follow orders and quotas and “do not expect the reward of virtue, nor believe in the recompense of a blameless life” (Wis 2:22). We pray for the resilience of those whose rights have been unjustly violated because of them.

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## March 21 | Saturday

Let us pray in thanksgiving for the lawyers who voluntarily take on the cases of asylum seekers and migrants unjustly detained in detention centers. Their work reflects a solidarity similar to that shown by Nicodemus in the face of an unjust trial (Jn 7:40-53).

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## March 22 | Sunday | Fifth Sunday of Lent

Today the Lord revives us with his Spirit and says to us, as he did to Lazarus, “Come out!” (Jn 11:43). Let us awaken from our lethargy and join our voices and efforts with those of the many others who advocate for the rights of migrants who are unjustly persecuted, detained, and deported.

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## March 23 | Monday

Daniel and Jesus challenge us to unmask and free ourselves from unjust processes and systems in our own time and to protect the most vulnerable migrants. What legal obstacles and deceitful rhetoric have you recently encountered?

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## March 24 | Tuesday

Just as Moses helped his people to look at the bronze serpent to be healed (Numbers 21:4-9), may we lead our migrant brothers and sisters to look at the one who was lifted up on the cross and is able to restore their hope.

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## March 25 | Wednesday

Like Mary and the Psalmist, let us say, "Here I am, Lord, to do your will," and let us continue to support the initiatives of the Migrant Ministry. [Calendar of Events](#)

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## March 26 | Thursday

We are part of the pilgrim people that originated from a migrant who trusted in God's promises, Abraham. May this help us to see migration not as a problem but as an opportunity to grow in spirituality as pilgrims and to trust in the only one who is constant throughout the ages, the "I Am."

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## March 27 | Friday

Let us support those who live in terror and confinement because their employers have disclosed information about their immigration status. Let us strengthen their hope by remembering, like Jeremiah, that the Lord "has saved the life of his poor from the hand of the wicked" (Jeremiah 20:13).

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## March 28 | Saturday

Many migrants in our country came fleeing violence in their own countries. They live with the hope that "he who scattered them will watch over them like a shepherd watches over his flock" (Jeremiah 31:10). Let us listen to their stories and offer them our friendship and support.

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## March 29 | Sunday | Palm Sunday

On this Sunday, we delve into the Paschal Mystery of Jesus and the Paschal experience of many migrants. Let us support this institution that warmly welcomes migrants at the borders.

[Hope Border Institute](#)

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## March 30 | Monday

Accompanying an asylum seeker to their court hearing and offering them an abundance of our time, attention, and gifts is to act as Mary of Bethany did with Jesus. Let us pray for those who generously give of their time and companionship.

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## March 31 | Tuesday

Today the prophet invites us to thank those faithful servants who advocate for the rights of migrants in the political arena. Let us send a letter of support while we pray that they will not falter in their service and accompaniment.

[National Lent Rosario for Immigration Reform and the Impact of Detention and Deportation](#)

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## **April 1 | Wednesday**

We can ask ourselves when was the last time we comforted a distressed migrant with words of encouragement (Isaiah 50:4). Perhaps we can send a donation to a shelter for people in the process of obtaining their legal status.

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## **April 2 | Holy Thursday**

Generation after generation, we commemorate today the love of Christ made manifest in service at the washing of the feet and as food for his followers. May that love, which we receive freely, inspire us to continue making the journey of migrants in our country less painful. Support this institution that provides this service. [\*\*Catholic Charities USA\*\*](#)

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## **April 3 | Good Friday**

Beside the cross of Jesus, we pray for those who unjustly lost their lives in raids against migrants, in detention centers, and in marches in support of migrants. Their presence in this world will continue to strengthen our commitment.

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## **April 4 | Holy Saturday**

Remembering the wonders God has worked for the people of Israel throughout the centuries allows us to trust in His presence and action even when death and injustice seem to win. We stand firm like the women of the dawn, advocating for a more just and humane immigration reform.

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## **April 5 | Easter Sunday**

On this day of the triumph of life over death, let us rejoice in the small victories: the release of our migrant brothers and sisters who were unjustly detained, the number of people who have joined in the fight for the dignity of migrants, and the hope and resilience of our migrant brothers and sisters. Alleluia!

Since 2006, we have been providing a Lenten calendar to ask all Catholics to accompany immigrants on their journey toward justice. This year, the National Migrant Ministry is asking you to pray, fast, and act in solidarity with immigrants, asylum seekers, and refugees who seek safety and instead encounter denial, detention, and deportation.

## **PRAY**

We pray to you, God, Father of all peoples, you who called your chosen ones out of Egypt and led them through the desert with bread from heaven. Protect the migrant families who have come to this nation with your mercy. You gave us your only Son, Jesus the refugee, who chose the way of the cross above all else and rose from the tomb, transcending death. Restore the confidence of the many migrant brothers and sisters overcome by fear. Send us your Holy Spirit to continue giving us the boldness to proclaim justice and invite sinners to conversion. Help us each day to welcome those you send as missionaries of hope among migrants. Amen.

## **FAST**

On Fridays during Lent, abstain from meat and eat a simple meal of rice and beans to commemorate Christ's fast in the desert and to empathize with migrants who live in confinement, unable to shop, and who "hunger" for a dignified and fulfilling life.

## **ACT**

### **Encourage Congress to Support Religious Workers and the Communities They Serve**

An increasing number of priests, religious sisters and brothers, and others serving the Church throughout the United States will be forced to abandon their ministries if policymakers do not act soon. Unfortunately, many churches, schools, and other Catholic institutions have already had to part with men and women who served in our country for years because of challenges with the Religious Worker Visa Program.

Ask your members of Congress to join with legislators on both sides of the aisle in supporting this much needed source of relief for people of faith and communities nationwide. Please consider adding a personalized message regarding the positive ways these religious workers have impacted your life and why their contributions are important to you, by visiting the Justice for Immigrants page.