

Lenten Commitment for Reform

For Just and Humane Immigration Reform

This Lent, the JFI campaign of the U.S. Conference of Catholic Bishops invites you to **pray, fast, learn, give and advocate** for just and human immigration reform, in solidarity with immigrants and refugees by committing to one or more of the following activities on your Lenten journey. (This form is available on the JFI website, see below.)

1. **I will pray** daily for the protection of immigrants and their families, for the boldness of Catholics to advocate for just and humane immigration reform, and for the compassion from our elected leaders to enact legislation that provides a pathway to legal status for undocumented immigrants and that reunifies families.
2. **I will fast** in solidarity with those who hunger for peace, and migrate from their homeland to seek opportunities to provide for themselves and their families.
3. **I will learn** from my friends, neighbors and fellow parishioners each week to better understand individual views, broader societal concerns and to help my community move forward in support of the Justice for Immigrants Campaign.
4. **I will give** my time to help organize at least one bridge-building event between immigrants and non immigrants to share stories, build new relationships, celebrate differences and improve unity among participants.
5. **I will advocate** for just and humane immigration reform by going to www.justiceforimmigrants.org once a week and send an electronic postcard in support of immigration reform to my Members of Congress. I will also encourage friends, family and neighbors to go to the website and send postcards each week as well.