

Feast of Our Lord's Epiphany January 6, 2019

ACTIVITY & RESOURCE GUIDE

USCCB National Migration Week January 6-12, 2019







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BACKGROUND

When we consider the matter of migration, we must recognize that it is a worldwide phenomenon. Across the globe, families and individuals are increasingly feeling compelled to leave their home countries. Some are refugees from human trafficking or violence and civil war. Others are escaping political oppression or economic hardship. All seek a better future for themselves and their families. Yet, migration often leads to other problems, especially harm to the family.

This migration crisis calls us to remember our common humanity. This is the simple recognition that we are all one human family. Before we are citizens of this nation, we are foremost brothers and sisters—children of a loving God who invites us to a new relationship with one another. Thus, we *each* have a responsibility to work for the objective good of others, including those brothers and sisters who come from other lands. We have an obligation to protect the inherent and fundamental dignity of each person (*see* CCC 1897-1948).

Considering the migration crisis with an open heart and mind can be a challenge. Yet, the call to encounter strangers in our midst plays an important role in the lives of faithful Christians. In the Gospel of Matthew (25:35), Jesus tells his disciples, "I was hungry, and you gave me food, I was thirsty, and you gave me drink, I was a stranger and you welcomed me." The migrant, who moves from one country to another, is truly a stranger in the midst. Often unfamiliar with the local tongue of the new country, not to mention its customs, the migrant needs the support of local communities so that he or she can better adjust to the new surroundings.

We encourage parishes not only to explore and reflect on the foundations of Catholic teaching concerning migration and immigrants, but to share meaningful ways to help promote and protect the human dignity of every person by building authentic communities of encounter.



ACTION





The Minnesota Catholic Conference, in conjunction with Pope Francis, Caritas Internationalis, United States Conference of Catholic Bishops, Catholic Charities USA, and Catholic Relief Services, invites you to share in

the journey of our immigrant and refugee neighbors. You will see below many actions that you can take within your home, parish, and community. As part of our collaboration with the previously-listed groups, we ask that you share on social media the images, videos, and other posts of these actions. By including **#ShareJourney** and **#MNCatholic**, you can assist in spreading the word and show others that Minnesota Catholics want to share the journey of our immigrant and refugee neighbors.

1. Prayer & Fasting

Never under estimate the power of prayer! Prayer needs to be at the forefront of all our advocacy actions. Our immigrant and refugee neighbors need prayer warriors. Pray for an end to the violence and poverty that force families and individuals to leave their homes in search of safety, food, work, and new beginnings.

Regarding the vital necessity of prayer, St. John Chrysostom is quoted in the Catechism of the Catholic Church saying,



"Nothing is equal to prayer; for what is impossible it makes possible, what is difficult, easy." The *Catechism* also reminds us of Christ's own words in John 15: 16-17, "Whatever you ask the Father in my name, he may give it to you. This I command you, to love one another." Christ is reminding us not only to go in prayer to his Father with our needs and desires, but he also demands that we love our neighbors.

Christ also shows us, through his 40-day fast in the desert, that fasting can strengthen us in our resolve against the temptations that Satan throws at us. And while traditionally we, as Catholics, fast during Lent, it is not the only time when we can offer up the sacrifice of fasting for the good of another. Whether fasting from food, diversion, or any myriad of desires, fasting coupled with prayer can produce powerful results.



In your home

This can be as simple as adding to your list of intentions our immigrant and refugee neighbors, offering a rosary for the safety of those fleeing violence, or saying a novena for those who find themselves in a new land with no one to guide them.

Go without a meal or prepare a small simple meal such as plain beans and rice in place of a larger meal to be in solidarity with those who may not have had even this common staple in their diets for many months. Offer up watching your favorite t.v. program and instead spend that time in prayer.

In your parish

- Hold a parish-wide holy hour for immigrants and refugees, or begin small-group meetings with the *Share* the Journey campaign prayer or the Prayer for Our Country. Links for both are listed in the resource section starting on page 14.
- Hold your after-Mass fellowship without coffee and doughnuts. Instead, donate the money that would normally fund those purchases. You can find



links to a number of organizations and charities in our resource section starting on page 14. If a food or drink is provided, opt for small glasses of water and crackers. In fasting from diversion, you could also have parishioners turn off their phones during fellowship.

In your community

- Hold a rosary procession or other prayer opportunity in a public space for the safe journeys
 of immigrants and refugees.
- Host a small simple meal (i.e. beans and rice, or broth soup) during which no electronics are permitted. Any funds raised could also be donated to a charity in assistance of immigrants and refugees.

On social media (Always include #ShareJourney and #MNCatholic)

- Share with others your prayer intentions for immigrants and refugees.
- Post the *Share the Journey* campaign prayer, and the *Prayer for our Country.* Images of both can be downloaded following the links in our resource section.
- Fast from social media for a day and instead spend the time getting to know and praying with our immigrant and refugee neighbors.



2. Share Stories

Everyone has a story, and particularly in the United States, each of our stories has roots in migration, whether by choice or force. Whether your ancestors were among the first Native Americans, brought here as slaves from Africa, fled the famine in Ireland or war in Syria, or any number of reasons, your family's story is important. Take time to discover your own immigrant roots and those of your friends and neighbors.

In reaching out to our immigrant and refugee neighbors, some will not want to share their story. For some, it may bring up raw emotions or insecurities. It is not your job to pry but to listen. We are called to accompany others on their journeys as they try to write a new beginning to that story.

In your home

- Find your oldest family photo and learn the stories of each person in the family.
- Create a family tree going back as many generations as can be traced.

In your parish

- Join or create a parish welcoming committee for newcomers. Visit with each person, learn of their needs, goals, and dreams.
- Host a potluck and invite newcomers to bring a favorite dish from their home country or teach others how to cook a food. Invite people to share a table with someone they don't yet know.
- Many countries have a dedication to Our Lady. Organize gatherings in honor of Mary on her feast day for each country represented by your parishioners.

In your community

- Work with a local coffee shop or other public space to host a storytelling open-mic night where immigrants and refugees can share their stories.
- Create a public display of a large world map where people can pin their picture or their ancestors' picture to the country from which they came.

On social media (Always include #ShareJourney and #MNCatholic)

- Share photos of your ancestors with a caption to illustrate your immigration story.
- Share photos or videos telling your own immigration story.
- Share photos or videos of any of the above ideas in action.



Lend a Hand & Welcome Newcomers



"I was hungry, and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me." (Matthew: 25:35-36)

Christ tells us in Matthew that what we do for "one of the least of these brothers of mine, you did for me." As Catholics, we cannot ignore the

needs of those around us without at the same time ignoring Christ. We all have something, whether material or a skill/talent, that can be used to aid someone in need.

In your home

- Donate food, clothing, furniture, or other household goods to a charity helping immigrants and refugees. Many immigrant and refugee families arrive in this country with very few belongings. The furniture in your spare bedroom that is used once a year could make a house feel like a home for a family in need. The cans of soup and boxes of cereal that your kids are too picky to eat could be the lifeline for a family in need.
- Take in a family or individual in transition. While this may not be feasible for everyone, it is something to consider.
- Invite a newcomer into your home to share a meal.

In your parish

- Acknowledging/welcoming of newcomers by the priest after Mass or through the Mass intercessions. Everyone is involved in the welcoming of newcomers—sometimes the most gratifying welcome a visitor can receive is from someone she wouldn't expect to welcome her, in a place she didn't expect it to happen.
- House Blessings. Develop a team who will visit newcomers to the parish; have a priest come with to offer them a house blessing.





- Sponsor a food, furniture, and clothing drive for newly-arrived immigrants and refugees.
- Join or create a social justice committee.
- Coordinate transportation to and from Mass for immigrant and refugee families who may not have the means to otherwise attend.
- Offer your skills and expertise to those in need. Whether you're great at mending clothes, taking care of children, fixing cars, or speak a second language, everyone has something to offer.

In your community

- Volunteer with your local Catholic Charities or other organization that helps immigrants and refugees.
- Visit your neighbors. Find out what their greatest needs are and how you might be able to connect them with resources, assist them yourself, or simply be a friend to help them feel less alone.
- Take a meal to a new neighbor, or a welcome basket.

On social media (Always include #ShareJourney and #MNCatholic)

- If you're hosting an event in your parish or community, share it on social media and invite others to do so as well.
- Share photos of any of the actions you, your family, friends, and neighbors are taking to lend a hand.

4. Donate

"On the first day of the week each of you should set aside and save whatever one can afford, so that collections will not be going on when I come." (1 Corinthians 16:2)

"Consider this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each must do as already determined, without sadness or compulsion, for God loves a cheerful giver. Moreover, God is able to make every grace abundant for you, so that in all things, always having all you need, you may have an abundance for every good work." (2 Corinthians 9:6-8)





"As each one has received a gift, use it to serve one another as good stewards of God's varied grace." (1 Pt 4:10)

The U.S. Bishops, in their *Pastoral Letter on Stewardship*, speak of stewards as those who safeguard material and human resources and use them responsibly. However, a steward is also generous, giving of time, talent, and treasure. As Christian stewards, we receive God's gifts gratefully, cultivate them responsibly, share them lovingly in justice with others, and return them with increase to the Lord.

In your home

- Tithe financially to your local Catholic Charities or other organization assisting immigrants and refugees. See the resources on page 14 for a listing of organizations.
- Hold a garage sale and donate the profits.
- Help your kids to get involved by raising money through something like a lemonade stand, or encourage them to donate part of their allowance or fill a jar with spare change.

In your parish

- Take up a special collection on Immigration Sunday (Sunday, January 7th) to support your local Catholic Charities or another local organization that is assisting migrants and refugees.
- Designate poor box donations to go toward a fund for immigrants and refugees.

In your community

- Host an event that exhibits the various cultures of your neighborhood. Have individuals or families prepare a food from their culture. The event could also include cultural dance or song performances. Take up a freewill donation (or make it a ticketed event) with the money going to your local Catholic Charities or another local organization that is assisting migrants and refugees.
- Hold a carwash and donate the money to a newly-arrived family in need.





On social media (Always include #ShareJourney and #MNCatholic)

- Promote any of the above events, and remind your fellow parishioners of a special collection for Immigration Sunday.
- Create an online donations page (i.e. Go Fund Me) where individuals can support their neighbors in need.
- Share links and donation information for specific organizations that assist immigrants and refugees.

Advocate

As Catholic citizens, it is our duty to help our lawmakers understand and form policies that are not politically left, right, or even middle of the aisle. As Catholics, we need to advocate for policies that uphold both the rights of our nation and, most importantly, the basic human rights of all.

The following excerpt from the U.S. bishops' pastoral statement *Welcoming the Stranger Among Us: Unity in Diversity* gives further background.



Three Basic Principles of Catholic Social Teaching on Immigration

1) People have the right to migrate to sustain their lives and the lives of their families.

Every person has an equal right to receive from the earth what is necessary for life—food, clothing, shelter. Moreover, every person has the right to education, medical care, religion, and the expression of one's culture. The native does not have superior rights over the immigrant. Before God, all are equal; the earth was given by God to all. When a person cannot achieve a meaningful life in his or her own land, that person has the right to move.

2) A country has the right to regulate its borders and to control immigration.

Because there seems to be no end to poverty, war, and misery in the world, developed nations will continue to experience pressure from many peoples who desire to resettle in their lands. Catholic social teaching is realistic: although people have the right to move, no country has the duty to receive so many immigrants that its social and economic life are jeopardized.

Nations may also make distinctions between refugees for whom the need to migrate is urgent and economic migrants for whom solutions must be sought in their country of origin.



3) A country must regulate its borders with justice and mercy.

A country's regulation of borders and control of immigration must be governed by concern for all people and by mercy and justice. Immigration policy ought to take into account other important values such as the right of families to live together. The Catholic Church also teaches that every person has basic human rights and is entitled to have basic human needs met—food, shelter, clothing, education, and health care.

Undocumented immigrants present a special concern. Often their presence is considered criminal, since they arrive without legal permission. Undocumented persons are particularly vulnerable to exploitation by employers, as they are not able to complain out of the fear of discovery and deportation.

Finally, a broken immigration policy that allows people to live here and contribute to society for years but refuses to offer them the opportunity to achieve legal status does not serve the common good. The presence of millions of people living without easy access to basic human rights and necessities is a great injustice.

It is the position of the Catholic Church that pastoral, educational, medical, and social services provided by the Church are never conditioned on legal status. All persons are invited to participate in our parishes, attend our schools, and receive other services offered by our institutions and programs.

In your home

Join MCC's Catholic Advocacy
Network. The Catholic Advocacy
Network includes thousands of
Catholic and non-Catholic
Minnesotans working to promote
life and human dignity. Through
periodic emails and a monthly
E-Update, Network members are
given simple, concrete ways to
take action and impact social
issues of concern for the
Catholic Church, including



federal immigration reform and local provisions to assist immigrants in our own communities. Membership is completely free, and parishioners can join online at: www.mncatholic.org/actioncenter

- Educate yourself and your family on issues of immigration. See our resources page for information.
- Visit, write, call, email, or otherwise contact your local and federal legislators to ask them to fix the currently broken immigration system to both safeguard security and provide for



immigrants and refugees seeking a better life. You can find your legislator here: https://www.mncatholic.org/actioncenter/?vvsrc=%2fAddress

In your parish

- Organize a Sign-up Sunday to register fellow parishioners for the Catholic Advocacy Network. Contact Rachel Herbeck, MCC Policy and Outreach Coordinator, at rherbeck@mncatholic.org for details and assistance.
- Volunteer as a district leader for MCC's Catholic Advocacy Network. Contact Rachel Herbeck, MCC Policy and Outreach Coordinator, at rherbeck@mncatholic.org for details and assistance.
- Organize parishioners to contact their legislators in person, on the phone, in writing, or email.

In your community

- Speak with your family, friends, and neighbors. Useful talking points are on page 18.
- Write a petition that your neighbors can sign, asking your legislators to fix the currently broken immigration system to both safeguard security and provide for immigrants and refugees seeking a better life.
- Write an op-ed or letter to the editor for your local paper. Tips located on page 17.

On social media (Always include #ShareJourney and #MNCatholic)

- Tag your lawmakers' social media accounts in posts that show the ways in which you, your parish, and community are welcoming immigrants and refugees.
- Share well-informed posts with friends, family, and neighbors encouraging them to advocate for immigrants and refugees.





6. Educate



"It is incumbent on those who exercise authority to strengthen the values that inspire the confidence of the members of the group and encourage them to put themselves at the service of others. Participation begins with education and culture. One is entitled to think that the future of humanity is in the hands of those who are capable of providing the generations to come with reasons for life and optimism." (CCC – 1917)

The Catechism of the Catholic Church teaches us that education is key to social, cultural, and economic participation. Through education of ourselves, our children, friends, and neighbors, we can strengthen their own confidence to participate in ways that serve those in needs.

In your home

- Watch a movie or read a book on an immigration-related topic. Examine the book or movie and the issue(s) it confronts, through the lens of the 2012 immigration statement from the bishops of Minnesota. Both the book/movie suggestions and the bishops' statement are located on our resource page at the end of this document.
- Take the US Citizenship and Immigration Services (USCIS) naturalization test linked in our resources page.



In your parish

- Host a movie night or book club on an immigration-related topic. Examine the book or movie and the issue(s) it confronts, through the lens of the 2012 immigration statement from the bishops of Minnesota.
- Invite parishioners or small group members to take the US Citizenship and Immigration Services (USCIS)



- naturalization test. Discuss the test, personal perceptions of immigrants, and the struggles we all sometimes have with welcoming the stranger.
- Offer a parish education program on Catholic Social Teaching on immigration. Use copies of the 2012 immigration statement from the bishops of Minnesota to facilitate discussion. Invite your local diocesan or Catholic Charities immigration contact.

In your community

 Host a forum on migration or U.S. immigration policy. Host a speaker or panel discussion on migration or immigration policy. Invite speakers from your community (business, education, faith, and legislative). Consider inviting immigrants from your parish or community to share their personal stories. Examine current immigration policies in both the United States and Minnesota. Discuss the issues in light of past, current, and proposed legislation. Contact MCC to help connect you to speakers or Catholic immigrants who may be willing to share their story: 651.227.8777.



Resources

Share the Journey campaign (https://www.sharejourney.org/)

Find out who your state & federal officials are:

https://www.mncatholic.org/actioncenter/?vvsrc=%2fAddress

Minnesota Catholic Conference Advocacy Area pages:

Migration (https://www.mncatholic.org/advocacy-areas/migration/)
Immigration Sunday MN (https://www.mncatholic.org/advocacyarea/immigration-sunday-mn/)
A resource page with background on the latest parish, state, and federal-based migration advocacy activities and priorities of the Catholic bishops of Minnesota.

Papal Messages on migration archive (https://cliniclegal.org/sites/default/files/catholic/Papal-Messages-for-the-World-Day-of-Migrants-and-Refugees.pdf)

Minnesota Bishops Statement (2012) on the Need for Federal Immigration Reform (https://www.mncatholic.org/2012-immigration-statement-from-the-minnesota-catholic-bishops/)

Pontifical Council for the Pastoral Care of Migrants and Itinerant People (http://www.vatican.va/roman_curia/pontifical_councils/migrants/index.htm)

Minnesota State Demographic Center (https://mn.gov/admin/demography/)

The Minnesota State Demographic Center analyzes and distributes Minnesota and U.S. data.

US Citizenship and Immigration Services (USCIS) naturalization test (https://my.uscis.gov/prep/test/civics)

$\textbf{Catholic Legal Immigration Network, Inc.} \ (\underline{\texttt{https://cliniclegal.org/}})$

CLINIC is a 501 (c) (3) organization created by the United States Conference of Catholic Bishops (USCCB) to support a rapidly growing network of community-based immigration programs and services.

Justice for Immigrants Campaign (https://justiceforimmigrants.org/)

A USCCB advocacy organization calling for comprehensive immigration reform in Congress.

USCCB Office of Migration and Refugee Services (www.usccb.org/about/children-and-migration/family-reunification/index.cfm)

Migration and Refugee Services (MRS) provides community-based family reunification services to unaccompanied children who are in immigration proceedings. There are ways for individuals to get involved with or financially help this effort.



Familias Juntas (http://www.familiasjuntas.com/)

A non-profit organization based in Worthington, Minnesota dedicated to reuniting immigrant families and shedding light on the challenges faced by newcomers to our state.

Catholic Charities (www.usccb.org/about/resettlement-services/diocesan-resettlement-offices.cfm)

Contact your local Catholic Charities agency to find out if it has a resettlement program, and if so, how you can assist them in their efforts to resettle immigrants and refugees and help them build new lives of hope here in the United States.

Downloadable Resources:

Prayer Cards

Pope Francis has called on us to pray and provide support for our brothers and sisters who are migrants and refugees through the historic campaign, Share the Journey.

Share the Journey campaign prayer: PNG Format for Facebook, PDF Format for Printing

A prayer for our Country: PNG Format for Twitter, PDF Format for Printing

Movie Suggestions:

ABRAZOS follows the journey of a group of U.S. citizen children who travel 3,000 miles, from Minnesota to Guatemala (their parents' homeland), to meet their grandparents for the first time. It offers a first-hand account of the effects that the current U.S. immigration system has on Minnesota children and their families. (http://abrazosthefilm.com/)

The Least of These provides an inside look at the federal government's practices associated with family detentions. (http://theleastofthese-film.com)

Dying to Live—a migrant's journey is a look at the human face of the immigrant. It explores who these people are, why they leave their homes, and what they face in their journey. (https://vimeo.com/73656180)

Book Suggestions:

On 'Strangers No Longer': perspectives on the historic U.S.-Mexican Catholic Bishops' Pastoral Letter on Migration https://justiceforimmigrants.org/about-us/catholic-social-teaching/strangers-no-longer/

Immigration and the Next America: Renewing the Soul of Our Nation by Archbishop José Gomez (https://www.osv.com/Shop/Product?ProductCode=T1422)

Enrique's Journey - by Sonia Nazario (http://enriquesjourney.com/)



Donations:

The United States Conference of Catholic Bishops has multiple organizations in support of migrants and refugees. For a list of organizations to which you can send donations, please follow this link: http://www.usccb.org/catholic-giving/opportunities-for-giving/index.cfm



Writing an Op-ed or Letter to the Editor:

Background

Writing a letter to the editor (LTE) is the perfect way to offer a rebuttal, add another perspective, or express your appreciation for an already-published article or commentary piece.

Tips

- **Keep it short** (150-250 words) If you don't edit your LTE, the news outlet might edit it for you. Since they could cut out your main point, it's best to write something both punchy and brief.
- Speak in your own voice. Tell why the article matters to you. Talk about your faith, professional experience, or knowledge of the topic. Be personal and authentic.
- **Get local.** Editors are generally more interested in letters that highlight local impacts. Can you relate the issues raised in a national piece on migration and immigration to issues impacting your own community?
- **Get personal.** Migration is about people on the move. Personalize your perspective with a story about people you know affected by migration a family member or someone you know from your church.
- Follow these best practices:
 - o Reference a recent article (if possible). Your letter is most likely to be published if it responds directly to the newspaper's recent coverage of a specific migration issue. Mention the article you're responding to by its headline and date.
 - o Send your LTE in the body of your email, not as an attachment.
 - o **Include contact information:** Include your full name, contact information, location, and profession or expertise (if relevant) in the email as well. (The paper will not print your contact information.)
- Be timely Try to get your LTE in within 1-3 days after the relevant article is published.



Sample Letters

Dear Editor:

Your recent article, [name of article], discussing the issue of immigration/refugees was alarming [or reaffirming (depends on tone of article)]. [name of State or community] has a proud history of welcoming newcomers, including immigrants, refugees, and newly naturalized citizens.



It is imperative that our local communities continue to provide a warm and welcoming presence to newcomers, so that they can feel a part of the community and contribute to its ongoing prosperity. In fact, more than 40% of America's largest companies were founded either by immigrants or the children of immigrants. Newcomers, such as immigrants and refugees, are indeed a part of our future community well-being.

OR (in an article that has a religious theme or mentions a bishop or Church leader)

Dear Editor,

Your recent article, [name of article], discussing the issue of immigration/refugees was alarming [or reaffirming (depends on tone of article)]. As a Catholic, I have long held immigration and support for migrant communities as a central feature of my faith. We affirm that all people – immigrants and native born alike – are made in the image and likeness of God and are worthy of respect and support. As the Church celebrates National Migration Week this week, which provides an opportunity to raise awareness on its teachings related to migration, it is encouraging to see religious leaders stand in solidarity with migrants and encourage positive reforms that will help to fix our broken immigration system.



Talking Points for contacting legislators, sharing with friends, and educating others:

- Catholics are called to stand with new American immigrants as our brothers and sisters. This is who we are. This is what we do.
- We belong to the same Church no matter where we're from. Our Catholic identity isn't based on where we live but on our faith in Jesus Christ. We're one family, and the Catholic Church is always our home.
- In Pope Francis we have a leader from Argentina, a country of immigrants. He is the son of immigrants and a native





- Immigration is about real people who are trying to find a better life and a new beginning. As Pope Francis stated, "Each migrant has a name, a face, and a story."
- Welcoming immigrants is part of the Catholic Social Teaching and reflects the Biblical tradition to welcome the stranger.
- The Catholic Church has been welcoming immigrants to the United States since the nation's founding and has been integral in helping them integrate into American culture.
- In addition to welcoming and caring for those in need, the Church continues to uphold the centrality of family reunification as a critical component of our immigration system.
- America is a better country due to the contributions of immigrants.
- Forced displacement of people is at the highest level since World War II, with more than 65 million people displaced around the world.
- Refugees are the most rigorously screened population coming into America. This screening happens before they ever set foot in our country. The United States has the most thorough background checks of migrants of any nation in the world.