

How Parishes Can Get Involved

PRAY

- Distribute [prayer and commitment sheets](#) (in English and Spanish) and say the prayer together as a community.
- Use the “Share the Journey” [parish toolkit](#) for prayers, bulletin announcements and homilies (in English and Spanish).
- Host a community-wide prayer service for migrants and refugees or organize a walk to symbolize migrants and refugees on the move.

LEARN /EDUCATE/SHARE

- Encourage education by challenging your community to learn about the issues migrants and refugees face. Invite classes and groups to spend some time learning about why people leave their home countries, common myths about the issues, and [what the Church teaches](#).
- Spread awareness about the campaign online by using the hashtag #sharejourney.
- Help people put themselves in our brothers’ and sisters’ shoes by offering a simulation experience that helps people explore why migrants and refugees feel forced to leave their homes [using this exercise from CRS, a guide from the Catholic Charities of Louisville](#), or the [Refugees Seeking Safety tool from Cabrini University](#).
- Learn about racism and work for racial justice.
- Host an event or table and encourage people to sign up to join the campaign.

ENCOUNTER / REACH OUT

- Provide opportunities for people to get to know migrants and refugees. Host a potluck with your community.
- Organize a speaking event or school assembly in your community. [Contact your local Catholic Charities](#) or another local agency.
- Offer a public sign that your community is in solidarity with migrants and refugees.
- Consider a symbolic gesture to help create awareness, such as pitching a tent on the parish lawn with a sign about standing in solidarity during the Week of Prayer and Action.

ACCOMPANY/ SERVE

- Organize local community service [Contact your local Catholic Charities](#) or another local agency to collect needed items or organize a day of service. Assistance is often needed with tutoring,

language skills development, shelter, basic resource allocation, legal services, job training, transportation, and companionship.

- Contact [Sacramento Food Bank & Family Services Refugee Resettlement Program](#) (a Catholic Charities of Sacramento member agency) to volunteer and support newcomers in resettling in our community.
- Visit justiceforimmigrants.org for more ideas and resources (in English and Spanish).

GIVE

- Support the work of Catholic Relief Services to assist migrants and refugees around the world [at crs.org](http://at.crs.org).
- Support the work of Catholic Charities by giving to [CCUSA](#) or contact your local Diocesan Catholic Charities Office.

ADVOCATE

- Rally your community to contact your elected officials. [Sign advocacy letters](#) asking Congress to support refugees.
- Join [an organization in your community](#) that is advocating for and with immigrants.
- Check out action alerts about national and global legislation concerning refugees and immigrants from [Catholic Charities USA, Justice for Immigrants](#) (USCCB) and [Catholics Confront Global Poverty](#) (from the USCCB and CRS).
- Schedule a meeting with the offices of your Congressional members in advance of the Week of Prayer and Action and hand deliver these letters or postcards at the meeting. [Here are some tips for how to get started.](#)