How can you turn a “contemplative gaze” toward our migrant and refugee brothers and sisters?

Building on his September launch of the “Share the Journey” campaign in support of migrants and refugees, Pope Francis’ Message for the 51st World Day of Peace (Jan. 1) invites Catholics to embrace those who endure perilous journeys and hardships in order to find peace. He urges people of faith to turn with a “contemplative gaze” towards migrants and refugees, opening our hearts to the “gaze of faith which sees God dwelling in their houses, in their streets and squares.”

In his Message, Pope Francis echoes St. John Paul II and Pope Benedict XVI, pointing to war, conflict, genocide, ethnic cleansing, poverty, lack of opportunity, and environmental degradation as reasons that families and individuals become refugees and migrants.

Four “mileposts for action” are necessary in order to allow migrants, refugees, asylum seekers, and trafficking victims the opportunity to find peace. These include:

1) **Welcoming**, which calls for “expanding legal pathways for entry” and better balancing national security and fundamental human rights concerns;

2) **Protecting**, or recognizing and defending “the inviolable dignity of those who flee”;

3) **Promoting**, which entails “supporting the integral human development of migrants and refugees”; and

4) **Integrating** by allowing migrants and refugees to “participate fully in the life of society that welcomes them.” Doing so enriches both those arriving and those welcoming.

Pope Francis’ message is the most recent in a long history of messages for the World Day of Peace beginning with Pope Paul VI in 1968. Find out more at bit.ly/jan-1-peace-day.

#sharejourney
WHAT YOU CAN DO

1. **Pray with a “contemplative gaze.”** Pray for the grace to approach issues around migrants and refugees from a starting point of faith and prayer.

   Encounter the stories of migrants and refugees on this handout and at ShareJourney.org and then pray for those families and individuals.

   You may also try one of the prayer practices at bit.ly/9WaysPray to enrich your experience of prayer for our migrant and refugee brothers and sisters.

2. **Learn.** Visit ShareJourney.org to read the stories of families and individuals who are migrants and refugees and to learn how you can respond. Visit WeAreSaltandLight.org/success-stories-reach-out to learn how faith communities are answering the call to welcome migrants and refugees.

3. **Act.** Join tens of thousands of Catholics to advocate for policies that support migrants and refugees in the U.S. and those experiencing poverty or conflict around the world. For current action alerts, visit ConfrontGlobalPoverty.org and JusticeForImmigrants.org.

PRAYER OF POPE FRANCIS FOR MIGRANTS AND REFUGEES

Merciful God and Father of all, 
wake us from the slumber of indifference, 
open our eyes to their suffering, 
and free us from the insensitivity 
born of worldly comfort and self-centeredness.

Inspire us, as nations, communities and individuals, 
to see that those who come to our shores are our brothers and sisters.

May we share with them the blessings we have received from your hand, 
and recognize that together, as one human family, 
we are all migrants, journeying in hope to you, our true home, 
where every tear will be wiped away, 
where we will be at peace and safe in your embrace.

Excerpted from Pope Francis’ Prayer for Migrants at the Port of Lesbos, 4/16/16