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JUSTICE AND PEACE UPDATES



United States
Conference of
Catholic Bishops

Secretariat of
Justice and Peace



“The Church, faithful to her mission, is committed to peace, justice and the good of all.”

Pope Francis

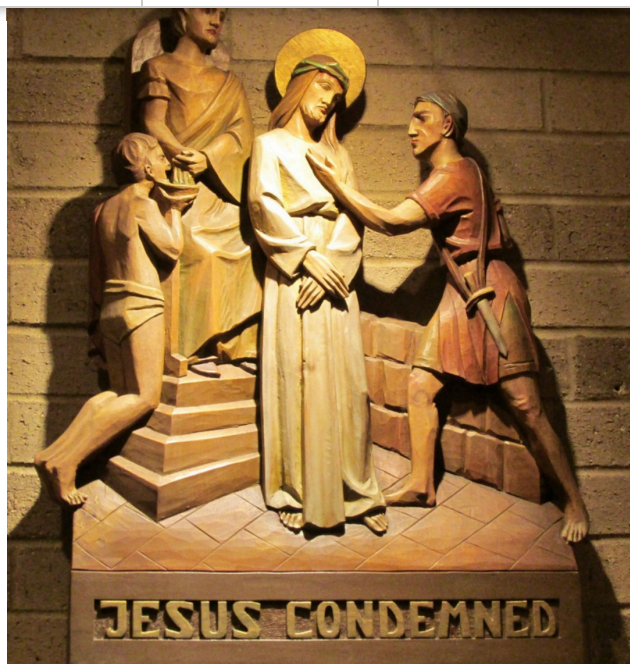
Lent: A Journey Together in Hope and Solidarity

In his Lenten message this year, Pope Francis offers a [special focus](#): God calls us to conversion, not just as individuals, but as a pilgrim people journeying together and sustained in the *hope that does not disappoint* – Jesus Christ. We are challenged to examine our Lenten practices in relation to this call. Amid our divisions, how are we cultivating a unity grounded in our common human dignity? How are we “walking together with others, listening to them, resisting the temptation to become self-absorbed and to think only of our own needs”? (Pope Francis, *Message for Lent 2025*)

As a global Church, one way in which we can walk together this Lent is by supporting the poor and vulnerable around the world. Bishop A. Elias Zaidan encouraged Catholics in his [Lenten statement](#) to remember the vulnerable who are struggling for survival and to support the vital work of Catholic Relief Services.



Take action this Lent on behalf of the most vulnerable



Stations of the Cross for Overcoming Racism

How can we open our hearts during the season of Lent to the persistent sin of racism and the call to help overcome it? The Secretariat of Justice and Peace offers a Stations of the Cross resource on overcoming racism that can help you, your family or your faith community reflect on the pastoral letter against racism, [*Open Wide Our Hearts: The Enduring Call to Love*](#).

[View the Stations of the Cross resource](#)



Protecting the Health of the Most Vulnerable

As we walk together during Lent, we join in prayer and [action](#) with our most vulnerable brothers and sisters in our country. Medicaid provides care for nearly 80 million low-income people, and its lifesaving benefits risk being cut in the upcoming budget reconciliation package. The USCCB, Catholic Charities USA, and the Catholic Health Association of the United States recently wrote a letter to Congress imploring the protection and strengthening of the Medicaid program.

[Read the letter to Congress here](#)



From Our Friends

This Lent, the Catholic Health Association presents *Slow and Simple: Contemplations for the Lent and Easter Seasons*. This 15-card series of reflective images and meditations offers meaningful ways to journey through Lent and Easter individually or together with others.

[View the reflections>>](#)

Video of the Month

In the latest roundtable video of the National Catholic Mental Health Campaign, Bishop James Conley of the Diocese of Lincoln discusses mental and spiritual wellness within the family with a clinical psychologist and a licensed professional counselor.

[Watch the video>>](#)

Pray with Us

God of all compassion,

You call us to love one another as you have loved us.

In this time of Lent, help us to see our sisters and brothers as truly beloved children of God.

Help us to fast from incivility and feast on your love for each one of us.

[View the full prayer>>](#)

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