

Information about the Fast for Families

The Fast for Families: A Call for Immigration Reform & Citizenship began with a tent stationed on the National Mall, in the shadow of the Capitol building. For one month, people of faith from across the country joined core fasters in prayer, fasting, and solidarity with our migrant sisters and brothers to call on Congress to pass immigration reform with a path to citizenship. Starting February 24, the Fast for Families took to the road to travel across the country to amplify the call. We encourage you to visit www.fast4families.org to see if they will be coming to a town near you.

We tried wherever possible to line up the Catholic members of Congress with the Fast for Families tour schedule. Also, join us each Wednesday during Lent in a solidarity fast with all the supporters of Fast for Families. [Read more about the faith call to fasting.](#)

The Fast for Families Fasters' Declaration:

Fast for Citizenship: The Moral Obligation to Pass Immigration Reform

What is our faith, our words and our history worth if not translated into action, sacrifice and redemption? The world has witnessed the beliefs and teachings of Mahatma Gandhi, Martin Luther King Jr. and Cesar Chavez translate in courageous acts of civil disobedience and nonviolent resistance to gain justice for a community of people who were underserved and discriminated against. We now humbly attempt to follow the examples of these great teachers and the teachings of Scripture to align our own hearts with the heart of God, who desires justice for immigrants and immediate justice for the 11 million undocumented immigrant brothers and sisters within our borders. Our faith requires nothing less. **Today begins our vow to abstain from sustenance.**



Where Cesar Chavez ended his 36 day fast for the rights of farm workers in 1988, we continue decades later to sacrifice our own comfort to underscore the moral crisis afflicting workers, children, mothers and fathers, living under an immigration system unwilling to recognize their existence and the legitimacy of their familial ties with integrity and empathy.

We have heard the word “wait” in the past. Dr. King heard it. Chavez heard it. Gandhi heard it. Our communities of immigrants continue to hear it while they bear witness to families divided by deportations, students trapped in limbo bearing the weight of anxiety beyond their years, and workers brutally exploited and relegated to invisibility.

Yet like them, we refuse to dwell on the frustrations of “wait.” We rise with them and declare our moral obligation, grounded in the words of God spoken through the prophets, to move the compassion of elected leadership in the House, and to inspire a resilient movement to cease the deportations, suffering, sorrow and fear and usher a new structure of laws for the good of our country men and women and the sake of our values.

Our voluntary sacrifice represents the urgency, the passion and commitment of a community of all religions, races, and political affiliations, to enact commonsense immigration reform this year.

On this day, we begin our journey. We will fast and pray until the bonds of families are no longer broken. We will fast and pray until immigration reform is no longer a notion, but a reality. We will fast and pray until citizenship is no longer a dream for 11 million aspiring Americans.