



January 14 is the World Day of Migrants and Refugees – a day when the Catholic Church, called by Pope Francis’s leadership, comes together in recognition and support of refugees and migrants. On this day, Pope Francis’s message is that our shared responsibility is to *welcome*, to *protect*, to *promote*, and to *integrate* our brothers and sisters who have been forced to flee their homes. With more than 65 million displaced people worldwide, it can feel daunting to respond to this call.

At the Jesuit Refugee Service, we think that, no matter where you live there are ways that you can respond to today’s refugee crisis. Doing just one thing in your community or to advocate on behalf of refugees can help refugees and migrants.

...SO, WHAT IS THAT ONE THING YOU CAN DO?

EXPERIENCE Use JRS/USA’s [Walk a Mile in My Shoes Refugee Simulation](#) and provide your community with an opportunity to pause and learn about the experience, the frustrations, disappointments and hopes that refugees around the world face.

WRITE Send a message of hope and solidarity by writing a postcard to a refugees. Visit anyrefugee.org to learn more about how.

ADVOCATE [Send a letter to your elected officials](#) and urge change from foreign policy decision-makers about the importance of U.S. leadership on refugee issues.

PRAY Pray for protection for refugees as well as for personal transformation as we face the needs of refugees everywhere. [Click here for a prayer for refugees.](#)

SHOP Purchase refugee-made items. [Click here to access to find vendors to buy from.](#) By purchasing a product, you are helping families to sustain a tangible income and livelihood.

VOLUNTEER Find the local refugee resettlement agency offices near you ([click here](#)) and help a refugee in need of assistance learning a new language, meeting friends, or even finding employment and housing.

FUNDRAISE Gather your local community or parish and raise funds for refugees around the world. [Click here to contact the JRS/USA development team to get started.](#)

SHARE Do you have stories of one thing you’ve done to welcome, promote, protect, and integrate refugees and migrants in your community? Let us know! Email jrscommunications@jesuits.org or share on social media using #Do1thing