



Season For Nonviolence 2025

Week 4

Addressing Immigration Through Nonviolent Action

“Our attitude towards immigration reflects our faith in the American ideal. We have always believed it possible for men and women who start at the bottom to rise as far as their talent and energy allow. Neither race nor place of birth should affect their chances.

Senator Robert F. Kennedy

To our friends on the journey of the nonviolent Jesus,

The act of forced migration can expose individuals to various forms of violence, particularly when facing harsh border policies, dangerous travel conditions, or exploitation by traffickers. When your immigration status is a form of vulnerability, it can become a form of violence. In the Season For Nonviolence, let us learn how to stand in solidarity with our neighbors who have immigrated to our country in hopes of a better life.

In the Know:

Who is a refugee?

A refugee is a person who has fled their own country because they are at risk of serious human rights violations and persecution there. The risks to their safety and lives were so significant that they felt they had no choice but to leave and seek safety outside their country because their government could not protect them from those dangers. Refugees have a right to international protection.

Who is an asylum seeker?

An asylum seeker is someone who has left their country and is seeking protection from persecution and serious human rights violations in another country, but has not yet been legally recognized as a refugee and is waiting to receive a decision on their asylum claim. Seeking asylum is a human right. This means everyone should be allowed to enter another country to seek asylum.

Who is a migrant?

There is no internationally accepted legal definition of a migrant. Like most agencies and organizations, we at Amnesty International understand migrants to be people staying outside their country of origin who are not asylum seekers or refugees. Some migrants leave their country because they want to work, study, or join a family, for example. Others feel they must leave because of poverty, political unrest, gang violence, natural disasters, or other severe circumstances that exist there. ([Amnesty International](#))

Key facts

43 MILLION PEOPLE are refugees globally.

1.2 MILLION PEOPLE fled to neighboring countries because of the conflict in Sudan.

12.8 MILLION PEOPLE are refugees from Afghanistan or Syria. These people are the largest proportion of refugees globally.

75% of refugees are living in low- or middle-income countries.

(Sources: [UNHCR](#))

What does Scripture say about immigration?

Deuteronomy 10:19

“You shall also love the stranger, for you were strangers in the land.”

A Quiz!

[Do you know the facts about U.S. Immigration?](#)

A Nonviolent Hero Addressing Immigration:



[Kish O'Mara Vignarajah](#) is the President and CEO of Global Refuge and has committed her career to public service.



[About 200 protesters gathered Tuesday, July 2, 2019, outside of the Milwaukee Federal Building in downtown Milwaukee to demand closure of immigration detention centers.](#)

Photo by Corrinne Hess/WPR



[Yessenia Ruano just prior to her meeting at ICE February 14, 2025, in Milwaukee.](#)

Who to Contact to Stand Against Immigration Violence in Milwaukee:

[Catholic Charities Refugee and Immigration Service](#)

[St. Elizabeth Ann Seton Migrant Ministry](#)

[Voces de la Frontera](#)

Active Nonviolence: Immigration

Easy: Read the [story of one immigrant](#). Take a moment to reflect, pray, and send good energy to that person or another immigrant you know.

A Bit More: Subscribe to the [National Immigrant Justice Center](#) to get the latest updates about constantly changing immigration policy, be better informed about immigration issues, and receive urgent alerts to take action when your voice is needed to stand up for immigrants.

All In: Become a regular volunteer at the [International Institute of Wisconsin](#). Through volunteer efforts, refugees and immigrants can better integrate into the community, achieve educational and work goals, and foster understanding among diverse ethnic groups.

**Lord, make me an instrument of your peace: where there is hatred, let me sow love;
where there is injury, pardon; where there is doubt, faith; where there is despair, hope;
where there is darkness, light; where there is sadness, joy. Amen**