Today, we leave behind our families in search of a better life. Once here in the U.S., many workers are having some very difficult and humiliating experiences on the job. People are getting seriously injured, and many are afraid to speak up. It is important that we come together to support and defend one another. I personally have suffered humiliation and discrimination, but it does not stop me.

We cannot stop working for justice. I want to help my people. The dream of César Chávez was that people stand up and defend themselves, and today, farm workers need us to stand with them.

**THIS IS MY DREAM:**

- That we may be respected like human beings and treated with dignity, and may our people not be discriminated against because of our language, color of skin, religion, or nationality.
- That our children will not know suffering and may have opportunities. May education not be denied, and by becoming educated may they become professionals that will strengthen this country with their knowledge and ideas.
- That we may soon have immigration reform that benefits all our people who work so hard in this country.
- That we may lend a hand to each other as brothers and sisters, and may we struggle together for the rights of our people.
When we ask farm workers around the country what they pray for and how they pray over and over again, we are told “I pray the ‘Our Father’.”

**Padre Nuestro**

Padre nuestro que estás en el cielo
Santificado sea tu Nombre
Venga tu reino
Hágase tu voluntad
En la tierra como en el cielo.
Danos hoy el pan de este día
y perdona nuestras deudas
como nosotros perdonamos
nuestros deudores
y no nos dejes caer en la tentación
sino que libranos del malo. Amen.

**Prayer for justice in the fields**

Abba Father, I thank you for the many blessings you have bestowed upon me. Father, you see all that is happening in this world. You see the injustice that we, the field-workers, go through when people are being penalized for not producing at a certain rate per hour, even when we are working as hard as we can.

Your word, O God, tells me you hear our cries. God, help us to reflect on our lives, that we would not become like the people that cheat us of our pay. Breathe into our hearts a love and passion for you Father, Son, and Holy Spirit, in the name of Jesus. Amen.

**Prayer in time of illness**

Lord, I ask you sincerely today that you be with me because I am ill. How sad to be ill in this strange place because the doctor does not understand me and I do not understand the cause of my pains and suffering. How good it would be at home surrounded by my friends and family.

I know that you will heal me, Father. Strengthen also those who care for me with so much love and tenderness in my illness. Bless all those who are sick and give them hope. May I never forget what you give me, Lord, being with me in difficult times in my journey through this world. Amen.

**Prayer before starting the work day**

As I wake up every morning and in my daily work, I ask you to give me strength to move ahead and end the day and that my family may be well in México. This is the best that I can ask you and you have answered me, thank you God, because every time I ask you I ask in faith. Amen.

**Prayer in preparation for the journey**

Lord God, the time nears when we will leave our home to work in the fields far away. The time flies! We have hardly arrived home, and now we leave again. But we give thanks to you for the time and the gifts you have given us to share with relatives and dear friends of our barrio.

How wonderful it is to feel the security of home, protected from the dangers of the road! But now it is necessary to leave this tranquility, leaving for the fields of work, far from here.

Thank you, Father, for the splendor of a great faith in you. We take joy always in your love, until we arrive at the end of our journey in this world, to the eternal dwelling. Amen.