*My soul magnifies the Lord
And my spirit rejoices in God my Savior;
Because He has regarded the lowliness of His handmaid;
For behold, henceforth all generations shall call me blessed;
Because He who is mighty has done great things for me,
and holy is His name;
And His mercy is from generation to generation
on those who fear Him.
He has shown might with His arm,
He has scattered the proud in the conceit of their heart.
He has put down the mighty from their thrones,
and has exalted the lowly.
He has filled the hungry with good things,
and the rich He has sent away empty.
He has given help to Israel, his servant, mindful of His mercy
Even as he spoke to our fathers, to Abraham and to his posterity forever.*

The scriptures tell us Mary was a woman of movement.
She traveled to be with her cousin, Elizabeth, in her first trimester.
In her second, she returned home to Nazareth.
Mary was full term for the journey with Joseph to Bethlehem.

Many immigrant and refugee women are in Mary’s situation. They walk, unsure of where they will give birth and unclear about what the future holds, but full of hope. The pregnant migrant is a sign of hope twice over, both in her courage to seek a better life and her commitment to bringing life into the world.

**God of Infinite Goodness, watch over expectant mothers, particularly immigrants and refugees, as** they prepare to bring new life into the world. Bless them with the courage and faith of Mary who journeyed as they do to an unknown future with a hopeful heart. Grace them with health, medical attention and safe clean places to labor. Be the inn, manger and swaddling cloth when none can be found. We ask this through the intercession of Mary, in the name of your Son, Jesus, and the Holy Spirit, now and forever. AMEN.