

Foreword

You, the Parish Pro-Life Coordinators, are essential in building a culture of life!

Parish Pro-Life Coordinators and their Committees provide resources to their parish on life issues, actively evangelize their fellow parishioners on the life issues, and support their pastor and priests in making pro-life prayer and activity visible and viable at the parish level.

In consultation with the pastor, the Parish Pro-Life Coordinator organizes and implements the efforts of the Bishops' Pastoral Plan for Pro-Life Activities through four areas: prayer and worship, education, pastoral care, and public policy.

Duties

Read and become familiar with the United States Conference of Catholic Bishops' Pastoral Plan for Pro-Life Activities.

Actively promoting a renewed respect for human life is the responsibility of every Catholic. The parish pro-life committee assists in a special way by helping to make the parish a center of life, a place where parishioners understand the issues and the importance of meeting the needs of those who are most vulnerable—especially mothers and their unborn children, and those who are seriously ill or dying and their families. It may be a distinct committee, or it might be a subcommittee of another parish organization. Whatever its structure, its membership should include representatives of both adult and youth parish groups, members of organizations that represent persons with disabilities, persons of minority cultures, and those responsible for education and pastoral care.

The chairperson of the parish committee is appointed by the pastor, and it is important that the two be able to work well together. The chair recruits volunteers to help meet the needs the committee serves.

Parish committees should be mindful of the need for renewal from time to time in regard to membership, talents, and interests. The parish committee relies on the diocesan pro-life director for information and guidance.



Copies of the USCCB Pastoral Plan for Pro-Life Activities can be viewed online at <http://www.usccb.org/about/pro-life-activities/pastoral-plan-prolife-activities.cfm>

Or ordered at: <http://www.usccbpublishing.org/searchproducts.cfm> and search by

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Some Important Websites

Diocese of Covington Pro-Life Office

www.proflife.covingtondiocese.org

Diocese of Covington Catholic Charities

www.covingtoncharities.org

United States Conference of Catholic Bishops

www.usccb.org/issues-and-action/human-life-and-dignity/

The Catholic Conference of Kentucky

www.ccky.org

The National Catholic Bioethics Center

www.ncbcenter.org

Ruah Woods

Theology of the Body Education Center

www.ruahwoods.org

Kentucky Right to Life

www.krla.org

Hope After Abortion

www.hopeafterabortion.com

National Committee for Human Life Alliance

<http://www.nchla.org/>

How to Start a Pro-Life Committee in Your Parish or Church

Actually, it's easier than you think!

Step 1: Read the "PASTORAL PLAN FOR PRO-LIFE ACTIVITIES OF THE BISHOPS OF THE UNITED STATES". This can be read on-line on the USCCB website or copies are available through the Pro-Life Office.

Step 2: It is imperative that you have the support of your Pastor. You may want to work with him on developing a mission statement for your ministry so that your role and scope are clearly defined. Let him know that your committee will handle the details always with his consent.

Step 3: Clear a date on the parish calendar...pick a night when both the school and parish calendars are clear so that nothing interferes with your PARISH/CHURCH INFORMATION NIGHT.

Step 4: Set the date, publish three weeks in advance in your parish bulletin, and through the school notes sent home with the children, that there will be a speaker and film presentation on the pro-life issue.

Step 5: Hold the meeting; have a sign-in sheet with name, address, phone number, email and area of interest.

Step 6: Invite the following to be representatives on your committee: PTO President or (Spiritual Director of PTO), K of C Representative, Parish Council Representative, Worship Committee Rep., Rosary Guild, Altar Society.

Step 7: Meet as a parish committee as necessary - often this will only be as often as an event needs to be publicized. Your committee should meet at least quarterly so that your long and short range goals are being accomplished.

Primary Goals of the Parish Pro-Life Committee

To Become Informed on the life issues (abortion, infanticide, stem cell research, cloning, assisted suicide and euthanasia). Often conferences are held by your diocesan Pro-Life Office which will offer a conference or workshop which is geared to education volunteers on important life issues.

To Keep Informed on the current status of the life issues by subscribing to key pro-life publications and by visiting the following websites:

<http://www.usccb.org/prolife/issues/abortion/index.shtml>

<http://www.nchla.org/>

To Inform Others within the parish community, with the assistance of the pastor and parish priest(s) of the sanctity of human life, of the radical nature of the Supreme Court abortion

decisions and of the consequent need to restore legal protection for all human life through protective legislation both at the state and national level.

To Recruit Volunteers through the use of Volunteer Interest Surveys, personal contact and other means, those members of the parish who are interested in becoming involved in efforts to restore respect for human life and secure legal protection for the unborn.

To Organize those who have been informed and recruited into various projects designed to:

Pray individually and with others for the restoration of respect for all human life.

Educate within the parish on the life issues.

Respond to action alerts distributed by the Catholic Conference of Kentucky (CCK) and National Committee for Human Life Amendment (NCHLA) regarding state and national level.

Express support for pro-life legislation to legislators at the local, state and national level.

Raise funds for local and state pro-life activities and for local pregnancy help centers.

Stimulate support for membership in local and state pro-life organizations.

Focus attention on the life issues at key times during the year, namely on January 22nd, anniversary of the infamous Supreme Court abortion decisions, and on Pro-Life Sunday, which is the first Sunday of October.

Support Service Projects to aid the elderly, the handicapped, the poor, distressed pregnant women, women and men suffering the aftereffects of abortion, etc.

**We must protect human life at all stages and in all conditions.
There are many “life issues”**

Abortion (procedures, risks,
consequences)
Abortifacient Contraceptives
Abortion/Breast Cancer Link
Advance Directives for Health Care
("living wills")
Assisted Suicide
Bioethics
Chastity Education
Contraception
Death Penalty
Disabilities

End-of-Life Issues
Euthanasia
Fetal Development
HIV/AIDS
Human Cloning/Stem Cell
Research
Infertility/NaPro Technology
Perinatal Hospice
Post abortion Healing
Pregnancy Assistance
Sexually Transmitted Diseases

To learn more about these topics and church teaching, visit:
<http://www.usccb.org/issues-and-action/human-life-and-dignity/>

Sample Schedule for Pro-Life Activities in our Diocese

The Pro-Life Office continues to be very active in implementing the Pastoral Plan for Pro-Life Activities of the USCCB, which calls upon the Church, its people and its institutions in a four-prong program in defense of human life that include prayer, pastoral care, education and public policy. The Pro-Life Office will employ these four components of the Pastoral Plan throughout the diocese through the following programs and activities listed in a chronological order:

JANUARY

March for Life – The Diocese of Covington arranges an adult / family bus pilgrimage to Washington DC each January to commemorate the Supreme Court's devastating decision that made abortion legal. Each year approximately 500,000 people from across the nation attend this event. Additionally, the Pro-Life Office and the Knights of Columbus assist high school students with scholarships to enable attendance.

The Many Faces of Pro-Life – Northern Kentucky Enquirer Newspaper Ad. Diocese of Covington Parishioners enlist their names and witness among those who stand up in defense of all human life. Parish pro-life coordinators assist in gathering signatures.

Day of Prayer and Penance – Throughout the Diocese of Covington on the anniversary of the Roe vs. Wade decision and the same day as the March for Life, parishes are open with adoration and benediction and prayer services are held in the evening. All diocesan elementary schools and high schools hold prayer services on this day.

March

Eighth Grade Pro-Life Essay Awards Banquet – Banquet is held to honor the top 20 contestants of our Eighth Grade Essay Contest. First, Second and Third place winners are announced. Parents, teachers principals and pastors are invited to this special celebration, which is also sponsored by the Office of Catholic Education. Scholarships are provided by the Knights of Columbus

Chastity Speaker – Annually the Pro-Life Office and St. Elizabeth Healthcare sponsor a speaker to visit the diocese to talk with young people of the values of chastity. The speaker will visit diocesan high schools and speak at a public event.

June

Cross the Bridge for Life – Participants from the Greater Cincinnati/Northern Kentucky area join together to converge on the Purple People Bridge to witness on behalf of the sanctity of human life. Event is on the first Sunday of June each year.

AUGUST

Day of Reflection: A day set aside to provide the Pro-Life Advisory Board members with a time to pray, revitalize their spirits, and renew their dedication for the cause of life in our diocese and community in solidarity with our Bishop.

Parish Pro-Life Coordinator Gathering for Prayer and Education– A day for parish pro-life coordinators and pro-life team members to come together in prayer and reflection. This day also allows parishes a chance to come together and share resources.

SEPTEMBER

Wash for Life – A national program to raise funds for pregnancy care ministries. Local high schools and youth ministry programs support this effort.

Respect Life Program Materials – These materials are published by the USCCB Secretariat for Pro-Life Activities and will be distributed by the Pro-Life Office throughout the diocese to Pastors, Seminarians, Deacons, Parish Pro-Life Coordinators, Parish DRE's, Youth Ministers, High School and Grade School Principals and Convents to be used as a resource in preparation for October Respect Life Month and throughout the year.

OCTOBER

Diocesan Pro-Life Mass – Everyone throughout the diocese will be invited to join together to show our solidarity for the cause of life by celebrating the Eucharist with Bishop Roger Foys and the priests of our Diocese at the Cathedral Basilica of the Assumption – Tuesday, October 7, 7:00 p.m. Regional Pro-Life Masses will be celebrated by Bishop Foys several times throughout 2014-2015.

8th Grade Pro-Life Essay Contest—This contest is offered during the Month of October, Respect Life Month, to Eighth Grade students to provide students with an opportunity to reflect on the Church's teaching concerning the sacredness of life from conception to natural death. Classroom presenters and educational materials will be offered to the schools through the Pro-Life Office to help assist the teachers and students.

ONGOING ACTIVITIES

The following are programs and activities that are ongoing throughout the year:

Pro-Life Office Newsletter – E-mail newsletter to keep the community abreast of pro-life news and events in our diocesan community. This newsletter will also provide a network to advocate for pro-life bills that are supported by the Catholic Conference of Kentucky in the General Assembly. We will encourage Parish Pro-Life Coordinators to network within their own parishes via bulletin, e-mail, phone trees, etc. when action alerts and other pertinent, timely information on crucial life topics are issued.

40 Days for Life – Each spring and fall the National 40 Days for Life Campaign is held. Parishes and individuals are asked to "adopt" a day and time, to participate in a 24-hour peaceful, prayerful vigil outside of the local Planned Parenthood abortion clinic on Auburn Avenue in Cincinnati.

High School Pro-Life Ambassador Program - All diocesan high schools, youth groups and home school programs are asked to identify student to represent pro-life activities in the Diocese of Covington. This program gives young people to an opportunity to be involved in promoting the culture of life. Some of the activities students are involved in are the Wash for Life, nursing home visits, pregnancy care center volunteer projects.

Regional Pro-Life Mass – Pro-Life Masses are held in outlying parishes during the spring and summer to raise pro-life awareness within the parish community.

Project Rachel – A confidential reconciliation and healing ministry for post abortive women.

Monarch Society – A gathering of those who have completed Project Rachel, the purpose is to promote and provide a safe, confidential, environment for ongoing prayer and support. These meetings provide opportunities for renewal, reflection and sharing.

Spiritual Adoption – Spiritual Adoption Programs have been designed to educate children, high school students and parishes about the humanity and the development of the pre-born

child. The Pro-Life Office will continue to encourage and offer resource materials for this program throughout our diocese.

We Choose Life is a monthly page in the Messenger, featuring timely articles and information concerning life issues, coordinated by the Communications Committee of the Pro-Life Advisory Board.

Spiritual Adoption Program

Resources and materials for parish and school programs such as posters and prayer cards are located on the Diocese of Covington Pro-Life web page and through our office:

Purpose of the Program: To have the parish/school community praying for unborn babies who may be in danger of abortion and to educate the community about the development of the baby over the nine-month period before birth or can be condensed to run over a nine-week period, each week representing one month of pregnancy.

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Instructions:

- | | |
|--------------------------------------|--|
| Step 1. | Meet with pastor/principal/teachers to discuss the program. |
| Step 2. | Place a bulletin insert in the parish bulletin/school newsletter or send out a notice announcing the program (See Sample Announcement 1. and 2.) |
| (2 Weeks before.
Program begins.) | |
| Step 3. | Print up pledge cards on heavy card stock and cut the individual cards. Distribute to parishioners after Mass. For students, you may wish to distribute the pledge cards at prayer time or after a first Friday Mass. Pledge cards need not be collected. |
| Step 4. | Distribute prayer cards with Archbishop Fulton Sheen's prayer. Prayer posters can be used in the classrooms to help students include this prayer in their daily prayers. |
| Step 5. | In the weeks and months following the start of the program, thank those who are participating in the program and remind everyone to continue with their daily prayer. |
| Step 6. | Place the information (see attached) regarding the development of the unborn child in the womb for each month, in the parish bulletin. Teachers should be asked to read this information to the students each month so that students can learn about the baby's development. Fetal models can be used as a visual aid. |
| Step 7. | Plan a baby shower and ask parishioners/students to bring a new baby item to Mass to celebrate the "birth" of their spiritually adopted baby. |

Sample Announcement #1

Everyone loves the beauty and innocence of a baby. As an expression of that love, our parish/school announces an adoption program for young and old alike. The members of our parish/school community will soon have the opportunity to spiritually adopt a child who is newly conceived. You see not all babies are allowed to be born. In fact, almost 4,000 babies lose their lives to abortion each day. It is these babies, who are in danger of having their lives ended before birth, that you are being asked to spiritually adopt.

You may —adoptll a baby individually or as a family by signing a pledge card. You will be asked to name the child for whom you will be praying, thereby giving the baby the humanity he or she deserves. You will be asked to pray a simple daily prayer for this baby.

You will receive monthly/weekly reports describing your baby's development and your child will be born in nine months/nine weeks.

There are millions of babies in our country who are in desperate need of your prayers. Please spiritually adopt one and share the love for life that God has given you!

Sample Announcement #2

In 1973, a court decision was rendered legalizing abortion throughout the entire nine months of pregnancy. This decision, known as Roe v. Wade, is the reason why 1.6 million abortions are permitted in the United States each year. This enormous number of deaths can be numbing for us. Each of us wonders, —What can one person do to end this horrible period in our nation's history?ll We can pray!

That is what you are asked to do today. Please make a personal commitment to pray for one unborn baby who is in danger of being aborted. You are being asked to —spiritually adoptll this one unknown baby for the next nine months. You will pray daily for this baby and for the baby's mother, that this baby will be carried to term and experience the fullness of life — a life that our Heavenly Father gave to him or to her.

Please complete the pledge cards Keep it in a location that will remind you to pray for your adopted baby. Please pray daily for the baby and her mother. Your prayers can help the woman contemplating abortion choose Life over death. Please share the love of life given to you by the Lord of all Life and join the Spiritual Adoption Program.

Sample Monthly Reports on Developing Baby/Bulletin Inserts or Read Aloud to Class

Month One Developing Baby

Your spiritually adopted baby has been quite active over the past month. Already you baby is 10,000 times bigger than at conception. Your baby has developed the foundations of the brain, spinal cord and nervous system by the 20th day. His heart began to beat on the 21st day and is pumping blood through its own circulatory system.

Your baby is most vulnerable during this next month of being aborted. Pray that the Lord of Life might move the heart of the mother to give him the most precious gift of all — the gift of life.

Month Two Developing Baby

Your baby is making progress developing all of his external features and internal organs. Her brain is functioning at 40 days. Her mother can hear her heartbeat now with an ultrasound stethoscope. Her milk-teeth buds are present at 6 ½ weeks. It is reported that at two months she can suck her thumb!

From this moment onward, your spiritually adopted baby grows and refines her body. But everything she needs to survive once she is born is already present by the end of the eighth week.

Month Three Developing Baby

Your baby is quite active in the womb now – although his mother won't feel him for another couple of months. If his mother's womb had a window, you could watch your spiritually adopted baby squint, swallow and move his tongue. He can make a tight fist if you touch his palm. He obtains oxygen his body needs through the umbilical cord. The baby you are praying for weighs about one ounce. What a miracle he is!

Month Four Developing Baby

Well, your little baby now weighs 6 ounces. She has fingernails and eyelashes. She has her own unique fingerprints which all remain unchanged until she dies. Her taste buds are working.

Her sense of hearing is present at 14 weeks. There are no major bodily developments anymore. Your spiritually adopted baby is already well formed internally and externally. All she needs now is time to gain weight and to grow strong.

Month Five Developing Baby

Your spiritually adopted baby weighs over one pound now. His mother can now feel him moving. Before, he was too small for her to feel. Although he swam with ease in his watery world, he needed to be big and strong enough to kick hard against the uterine wall and dent it – the inside uterine wall has no feeling.

You are midway through the pregnancy now. Your prayers have helped your baby's mother continue her pregnancy and seek the help she needs.

Month Six Developing Baby

Your spiritually adopted baby is growing beautifully now. Her weight is approaching two pounds. Babies that are born prematurely at this time have a very good chance of surviving. The medical advances in caring for extremely small newborn infants are extraordinary indeed!

Month Seven and Eight Developing Baby

You are in the home stretch with your spiritually adopted baby. He is completely formed and has been since about 8 weeks. All he is doing now is gaining weight and making his mom uncomfortable with his size. In a short time the baby will be born. His mother has plans to take him home or to place him for adoption into a loving family. She knows she can receive assistance from the church and the pregnancy help centers.

Your baby's mother appreciates the prayers that you have said for her and her baby throughout her pregnancy. It has not been easy, but your prayers have given her the grace to seek the help she needs.

Week Before Program Ends

Next week we will conclude our Spiritual Adoption Program. We are planning a baby shower to celebrate the birth of all those babies who will be born because of your prayers. We will be collecting baby items such as _____.

Please bring your item to church/school next week. (Place a bassinette in back of church or in school office for collection of items).

Happy Birthday Adopted Baby

Your spiritually adopted baby was born this month – nine months after her mother conceived her. The only change at birth is a change in her external life support system. She is no different now than she was before birth except that she breathes and eats differently. He is truly a miracle! He began as a cell and has developed over the past nine months into a unique human baby. Never before in history, nor ever again, will anyone exist who is just like your spiritually adopted baby. You may never meet the mother and baby but your prayers saved his life! Thank you!

For help in starting this program in your parish/school or to borrow a fetal model, call the Pro-Life Office.

Sample Pledge Cards and Prayer Cards are on the next page. A pdf file can be emailed to you from the pro-Life Office.

SPIRITUALLY ADOPT-A-BABY

I, _____, will pray daily:



Jesus, Mary and Joseph
I love you very much.
I beg you to spare the life
of the unborn child that I
have spiritually adopted who is
in danger of abortion.
— Archbishop Fulton J. Sheen

Baby's Name: _____
(choose a name for your baby)

Due Date: _____
(9 months from today)
(keep this portion)

SPIRITUALLY ADOPT-A-BABY

I, _____, will pray daily:



Jesus, Mary and Joseph
I love you very much.
I beg you to spare the life
of the unborn child that I
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Baby's Name: _____
(choose a name for your baby)

Due Date: _____
(9 months from today)
(keep this portion)

SPIRITUALLY ADOPT-A-BABY

I, _____
(your name)

promise to spiritually adopt an unborn baby,

(choose a name for your baby)

who is in danger of abortion by praying daily for the
life of this child until birth.

(return this portion)

SPIRITUALLY ADOPT-A-BABY

I, _____
(your name)

promise to spiritually adopt an unborn baby,

(choose a name for your baby)

who is in danger of abortion by praying daily for
the life of this child until birth.

(return this portion)

SPIRITUALLY ADOPT-A-BABY

I, _____
(your name)

promise to spiritually adopt an unborn baby,

(choose a name for your baby)

who is in danger of abortion by praying daily for
the life of this child until birth.

(return this portion)

A HOLY HOUR FOR LIFE

The following Holy Hour is a model and is based on the ritual book "Holy Communion and Worship of the Eucharist Outside of Mass," which should be followed in all respects. A recently published resource of the USCCB Committee on the Liturgy entitled, [Thirty-One Questions on Adoration of the Blessed Sacrament](#), may also be helpful.

Procession

After all have assembled, a priest or deacon, wearing cope and humereil veil, brings the Blessed Sacrament to the Altar in a monstrance, and a song may be sung. He may be accompanied by altar servers with candles.

The Blessed Sacrament is placed on the altar. The presiding minister then kneels before the altar and incenses the Blessed Sacrament. The opening song is concluded and a period of silent prayer follows.

Opening Prayer

The presiding minister then goes to the chair, where he prays one of the following opening prayers:

A:

Lord Jesus Christ, **(Alternative Opening Prayer for Mass, *Corpus Christi*)**

we worship you living among us
in the sacrament of your body and blood.
May we offer to our Father in heaven
a solemn pledge of undivided love.
May we offer to our brothers and sisters
a life poured out in loving service of that kingdom
where you live with the Father and the Holy Spirit,
one God, for ever and ever.

B:

Lord our God, **(HCWEOM, 224)**

in this great sacrament
we come into the presence of Jesus Christ, your Son,
born of the Virgin Mary
and crucified for our salvation.
May we who declare our faith in this fountain of love and mercy
drink from it the water of everlasting life.
We ask this through Christ our Lord.

All: Amen.

After a period of silent prayer, the Liturgy of the Word begins.

Liturgy of the Word

First Reading

A reading from the Book of Genesis

9:1-7 LFM 338

From one man in regard to his fellow man I will demand an accounting of human life.

God blessed Noah and his sons and said to them:

"Be fertile and multiply to fill the earth.

Dread fear of you shall come upon all the animals of the earth

and all the birds of the air,

upon all the creatures that move about on the ground

and all the fishes of the sea;

into your power they are delivered.

Every creature that is alive shall be yours to eat;

I give them all to you as I did the green plants.

Only flesh with its lifeblood still in it you shall not eat.

For your own lifeblood, too, I will demand an accounting:

from every animal I will demand it,

and from one man in regard to his fellow man

I will demand an accounting for his human life.

If anyone sheds the blood of man,

by man shall his blood be shed;

For in the image of God

has man been made.

Be fertile, then, and multiply;

abound on earth and subdue it."

The word of the Lord.

All: Thanks be to God

Responsorial Psalm

Psalm 139

1b-3, 13-14b, 23-24 LFM 440

R. Guide me Lord, along the everlasting way.

O Lord, you have probed me and you know me;

you know when I sit and when I stand;

you understand my thoughts from afar.

My journeys and my rest you scrutinize,

with all my way you are familiar.

R. Guide me Lord, along the everlasting way.

Truly you have formed my inmost being;
you knit me in my mother's womb.
I give you thanks that I am fearfully,
wonderfully made;
wonderful are your works.

R. Guide me Lord, along the everlasting way.

Probe me, O God, and know my heart;
try me, and know my thoughts;
See if my way is crooked,
and lead me in the way of old.

R. Guide me Lord, along the everlasting way.

After a period of silent prayer:

Gospel Acclamation

R. Alleluia, alleluia.

I am the living bread that came down from heaven, says the Lord; whoever eats this bread will live forever. **Jn 6:51**

R. Alleluia, alleluia.

GOSPEL

+ A reading from the holy Gospel according to John **6:51-58**

LFM 167

My flesh is true food, and my blood is true drink.

Jesus said to the Jewish Crowds:
"I am the living bread that came down from heaven;
whoever eats this bread will live forever;
and the bread that I will give
is my flesh for the life of the world."

The Jews quarreled among themselves, saying,
"How can this man give us his flesh to eat?"
Jesus said to them:,
"Amen, amen, I say to you,
unless you eat the flesh of the Son of Man and drink his blood,
you do not have life within you.
Whoever eats my flesh and drinks my blood
has eternal life,
and I will raise him on the last day.
For my flesh is true food,
and my blood is true drink.

Whoever eats my flesh and drinks my blood
remains in me and I in him.
Just as the living Father sent me
and I have life because of the Father,
so also the one who feeds on me
will have life because of me.
This is the bread that came down from heaven.
Unlike your ancestors who ate and still died,
whoever eats this bread will live forever."

The Gospel of the Lord.

All: Thanks be to God

Homily

At the conclusion of the last reading a priest or a deacon preaches the homily, followed by a period of silent prayer.

Intercessions

Standing at the chair, the presiding minister invites the people to pray:

Presiding Minister: God is the author of life. In him we place our trust and hope as we pray:

All: Lord, hear our prayer.

Deacon or other Minister: That justice, truth, and a love for the gift of life might inspire all legislators, governors, and our President, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or other Minister: For all who do not embrace the rights of the unborn that, in love, they may come to know the dignity of every person in the eyes of God, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or other Minister: For those preparing to receive the Sacrament of Marriage: that they might embrace their role as sharers in God's creative love, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or other Minister: For all who touch the lives of the condemned, the old, and the forgotten, that they might have compassion, respect, and appreciation for the dignity of all human life, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or other Minister: For the dying that through the love, care, and devotion of others they may know the beauty of life in their dying moments, we pray to the Lord:

All: Lord, hear our prayer.

Deacon or other Minister: For the all the victims of the culture of death that like Lazarus, forgotten and poor, they may be welcomed into God's eternal peace, we pray to the Lord:

All: Lord, hear our prayer.

After a period of silent prayer:

Reading

The following reading may be read by a minister:

Evangelium Vitae ¹

The blood of Christ, while it reveals the grandeur of the Father's love, shows how precious man is in God's eyes and how priceless the value of his life. The Apostle Peter reminds us of this: "You know that you were ransomed from the futile ways inherited from your fathers, not with perishable things such as silver or gold, but with the precious blood of Christ, like that of a lamb without blemish or spot" (1 Pt 1:18-19). Precisely by contemplating the precious blood of Christ, the sign of his self-giving love (cf. Jn 13:1), the believer learns to recognize and appreciate the almost divine dignity of every human being and can exclaim with ever renewed and grateful wonder: "How precious must man be in the eyes of the Creator, if he 'gained so great a Redeemer' (Exsultet of the Easter Vigil), and if God 'gave his only Son' in order that man should not perish but have eternal life' (cf. Jn 3:16)!"

Furthermore, Christ's blood reveals to man that his greatness, and therefore his vocation, consists in the sincere gift of self. Precisely because it is poured out as the gift of life, the blood of Christ is no longer a sign of death, of definitive separation from the brethren, but the instrument of a communion which is richness of life for all. Whoever in the Sacrament of the Eucharist drinks this blood and abides in Jesus (cf. Jn 6:56) is drawn into the dynamism of his love and gift of life, in order to bring to its fullness the original vocation to love which belongs to everyone (cf. Gen 1:27; 2:18-24).

It is from the blood of Christ that all draw the strength to commit themselves to promoting life. It is precisely this blood that is the most powerful source of hope, indeed it is the foundation of the absolute certitude that in God's plan life will be victorious. "And death shall be no more", exclaims the powerful voice which comes from the throne of God in the Heavenly Jerusalem (Rev 21:4). And Saint Paul assures us that the present victory over sin is a sign and anticipation of the definitive victory over death, when there "shall come to pass the saying that is written: 'Death is swallowed up in victory', 'O death, where is your victory' 'O death, where is your sting?' " (1 Cor 15:54-55).

After a period of silent prayer:

Litany for Life

Lord, have mercy.

R. Lord, have mercy.

Christ, have mercy.

R. Christ, have mercy.

Lord, have mercy.

R. Lord, have mercy.

You breathed life into Adam

R. Lord, you give us life!

You formed Eve from flesh Gn 2:7

R.

You heard the cry of innocent blood Gn 9:5-6

R.

You spared the life of Cain Gn 4:16

R.

You saved Noah from the flood Gn 8:16

R.

You filled Sarah's barren womb Gn 21:2

R.

You gave Abraham a son Gn 21:3

R.

You preserved the life of Jacob Gn 32:31

R.

You punished those who took life Nm 35:31

R.

You place before us life and death Dt 30:19

R.

You restore lost life Rt 4:14

R.

You nourish the aged and weak Rt 4:14

R.

You delivered Saul from David 1 Sm 26:22-24

R.

You redeemed the life of David 2 Sm 4:9

R.

You gave Solomon length of days 1 Kg 3:14

R.

You raised the child by Elijah's cry 1 Kg 17:21:22

R.

You are the Life that is the light of men Jn 1:14

R.

You are the bread of Life Jn 6:35

R.

You have the words of eternal life Jn 6:68

R.

You are the resurrection and the life Jn 11:25

R.

You are the Way, the Truth, and the Life Jn 14:6

R.

The Lord's Prayer

The presiding minister then sings or says:

Now let us offer together the prayer our Lord Jesus Christ taught us:

All: Our Father...

Benediction

At the conclusion of the Lord's Prayer, the presiding minister goes to the altar, genuflects, and then kneels. As he kneels, *Tantum ergo* or another suitable Eucharistic song is sung and he incenses the Blessed Sacrament. After the hymn is finished, he rises and sings or says:

Let us pray.

After a brief period of silence, the presiding minister continues:

Lord Jesus Christ, **(HCWEOM, 98)**

you gave us the Eucharist

as the memorial of your suffering and death.

May our worship of this sacrament of your body and blood

help us to experience the salvation you won for us

and the peace of the kingdom

where you live with the Father and the Holy Spirit,

one God, for ever and ever.

All: Amen.

After the prayer, the presiding minister puts on the humeral veil, genuflects, and takes the monstrance. He makes the sign of the cross with the monstrance over those gathered, in silence.

Reposition

After the blessing the Blessed Sacrament is removed from the monstrance and brought to the place of reservation. Meanwhile, the presiding minister may lead those assembled in the Divine Praises. Each acclamation is repeated by all together.

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.

After the Divine Praises are finished, the hymn is sung, and the presiding minister and the servers bow to the altar and leave.

[†] Pope John Paul II, Encyclical, *Evangelium Vitae*, no. 25.

*Holy Hours for Life can be planned for special occasions or on a monthly basis.
Work with your pastor on the schedule.*

Sample Intercessions for Life

For expectant mothers:
for the gifts of patient endurance and joyful hope;
We pray to the Lord:

For all little children,
and especially for toddlers:
that we might lead them to what is holy and true;
We pray to the Lord:

For children who have been abandoned or abused:
that God might teach us how to heal and protect
them;
We pray to the Lord:

For all expectant families at Mass today:
that we might rejoice with them
in the gift God brings us through their love;
We pray to the Lord:

For every boy or girl who has fallen in love:
that they might recognize
the presence and power of God in their lives;
We pray to the Lord:

For those who have grown old and weak:
that we might see God's power in their fragility;
We pray to the Lord:

For parents tempted to give up:
that God might give us the wisdom and determination
to support and sustain them;
We pray to the Lord:

For those struggling with terrible diseases:
that each day might be a new revelation
of God's love for them;
We pray to the Lord:

For those tempted to despair by constant pain: that
they might join their suffering
to the Cross of Christ;
We pray to the Lord:

For those for whom death is near:
that all their days of walking with the Lord
might show them the way home;
We pray to the Lord:

For all who care for the dying:
that through the intercession of Saint John
and the Blessed Virgin Mary,
they might join themselves to the Cross of Christ;
We pray to the Lord:

For teachers in schools of medicine and nursing:
that their love for life and healing
might inspire their students;
We pray to the Lord:

For all candidates for president:
that they might be moved by a love
for the lives of those
whom others would forget;
We pray to the Lord:

That the rule of law in this land
might protect and preserve the lives of every person;
We pray to the Lord:

That as we prepare to vote,
we might be ever-conscious
of our responsibility to protect and nurture
the lives of every unborn child;
We pray to the Lord:

For all who work for life:
that they might be assured
of our gratitude and prayers
for the holy work they do;
We pray to the Lord:

For medical researchers
and all scientists:
that the holy work they do
may ever be guided by God;
We pray to the Lord:

For all new doctors:
for the grace of faith, courage, and love of life;
We pray to the Lord:

For the homeless, the addict, the criminal
and the sinner:
that, like the Lord whose name we bear,
we might seek them out;
We pray to the Lord:

For every little child who is ill or in pain:
that the beauty of their lives
might bring patience and hope;
We pray to the Lord:

For all children born today:
that we might receive them as a sign of hope
and of God's never-ending care;
We pray to the Lord:

For all who care for newborn children:
that they may recognize the
miracles they witness;
We pray to the Lord:

For newly married couples:
that the joy of newfound love
may daily draw them closer to Christ;
We pray to the Lord:

For mothers and fathers,
who for the first time hold a child
in their arms:
that they might be transformed
by the wonder they embrace;
We pray to the Lord:

For each mother who has miscarried:
that her love for the child of her womb
might deliver her from grief and join her to the hope of
the Cross of Christ;
We pray to the Lord:

For pregnant teenagers:
that we might provide examples for them
of holy and faithful married love;
We pray to the Lord:

Additional resources, such as the Word of Life Series
are available at:

<http://www.usccb.org/prolife/liturgy/wolarchive.shtml>

Suggestions for Scripture Readings

Psalms 127

Matthew 18:10-14

Psalms 139

Jeremiah 1:4-9

Psalms 128

John 10:7-21

Ezekiel 33: 1-9

Ephesians 3: 14-21

Ephesians 4: 1-16

Deuteronomy 30: 19, 20

Genesis 1:26-31

Luke 18:15-16 19

Mass for Families and their Unborn Children

A special Mass for families and their unborn children draws attention to the joy and anticipation of families and unborn life.

Instructions

- Talk to your pastor about the special Mass. Secure his permission and a day and time from him to schedule the Mass.
- Reserve the parish hall for a reception after the Mass and ask a parish organization to help with the reception.
- Plan and implement the promotion of the Mass. Bulletin announcements, bulletin inserts, posters, and pulpit announcements are some ways to promote this within the parish. Start the promotion at least 3 weeks before the scheduled event.

A sample:

Mass for Families and Their Unborn Children

Are you expecting the birth of a new baby in your family?
Our parish wants to celebrate with you the wonderful gift of life given to you by God. This special celebration will be on (date) at (time) in the church. A reception will follow for all parishioners in the parish hall. Please call (Name) at (phone number) for more details. All are invited to attend and share in this joyous time of anticipation with the families and their unborn child.

- Decide on a special gift for the mothers of the families, e.g. a medal, a holy card, a flower. Send a written invitation to families who signed up to come.
- Put together a booklet for the Mass with the help of your pastor or liturgical minister after the music and readings have been selected. Ask for the help of the choir and organist.
- Share the suggested prayers and blessings following these instructions with your pastor for possible use during the Mass.

On the Day of the Mass

- Have some volunteers prepare, set up and decorate the church and the parish hall before the Mass.
- Designate someone to seat the expectant families in specially marked and reserved pews. Designate someone else to hand out the booklets near the entrance.
- Ask one of the families to be the gift bearers.
- Have your pastor bless the special gifts during the Mass and distribute them to the families at a time he suggests during the Mass. At this time your pastor may also give the expectant families a special blessing.
- Have your pastor remind families about the reception to follow and thank everyone present for attending the event.

******TALK TO THE OFFICE OF WORSHIP AND LITURGY ABOUT THIS******

Political Activity: Do's and Don'ts for Parishes

Do's

- Address the moral and human dimensions of public issues
- Share church teaching on human life, human rights and justice and peace.
- Apply Catholic Values to legislation and public issues.
- Conduct a non-partisan voter registration drive on Church property.
- Distribute unbiased candidate questionnaires, that have been approved by the diocesan attorney, covering issues of human life, justice and peace.
- If you have any questions, check with the diocesan attorney.

Don'ts

- Endorse or oppose candidates for political office.
- Distribute partisan campaign literature under church auspices.
- Arrange for groups to work for a candidate for public office.
- Invite only selected candidates to address your church-sponsored group.
- Conduct voter registration slanted toward one party.

For more ideas with regards to promoting Faithful Citizenship visit:

<http://www.faithfulcitizenship.org/parish/planning>

March for Life

Every year the Diocese of Covington's Pro-Life Office organizes a trip to March for Life in Washington, D.C. The March is typically held on January 22, the anniversary of the Supreme Court's decision in Roe v. Wade which legalized abortion in the United States in 1973. The trip is a wonderful way to bring together various groups within your parish and make a public witness to the entire country of the vibrancy and vitality of the Pro-Life movement.

Participation in the event is a wonderful opportunity but requires planning in order to make the trip safe and stress-free for everyone involved.

We have provided a **sample** flier from 2014 to provide you with a general guideline to work with in terms of schedule, itinerary while on the trip, and pricing. Keep in mind that circumstances every year dictate that all of this information is subject to change.

Diocese of Covington Pro-Life Office

41st Annual March for Life January 21-23, 2014

Adult/Family Bus Trip to Washington, D.C.

**\$205.00 per person dbl occp.
\$175.00 per person triple occp.
\$160.00 per person quad occp.
Call for Family Price 859-392-1500**

**Includes bus transportation, 1 night Washington Marriott Metro Center
Bus and Hotel arrangements made by
Classic Cruises and Tours**

Trip includes:*

- Bus transportation to and from Washington
- Accommodations for one night at the Washington Marriott Metro Center
<http://www.marriott.com/hotels/travel/wasmc-washington-marriott-at-metro-center/>

Itinerary (subject to change):

Day before March for Life

- Departure @ 6:00 a.m. Erlanger
- Bus transportation to Washington
- Arrival late afternoon
- Optional - Mass at the National Shrine Tuesday evening
- Evening on your own for sight seeing, dinner, rest, etc....

Day of March for Life

- 9:30 am Private Mass/Rosary at St. Dominic's
- 11:30 – lunch, sight see or Rally on Congressional Mall
- 1:00 pm – Meet to March for Life as a Diocesan group
- 3:00 – 7:30pm – On own for dinner & sightseeing
- 7:30pm Depart from Washington Marriott for Northern Kentucky
- 5:30am Thursday morning return to Erlanger

**** Trip does not include meals. You may bring refreshments and food on the bus to and from Washington. We will do a lot of walking, so please dress accordingly and wear comfortable shoes.***

For more information or questions, please contact Peggy Piccola, at (859) 392-1500 or
ppiccola@covdio.org

First payment due by December 13th, 2013

Cross the Bridge for Life



**CROSS THE BRIDGE
for Life**

SUNDAY, JUNE 1, 2014
Festivities begin at 1:30 at the World Peace Bell
Walk starts at 3 p.m.

FREE
Picnic following walk provided by
J.T.M. Food Group
as well as face-painting, balloon
artists, jugglers, & music!

CrosstheBridgeforLife.org

Thank You Sponsors!



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HEALTHCARE



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Attorney General's Office



Ruehl Electric
2024-2025-2026



**AMERICAN
HERITAGE
GIRLS**
NORTH KENTUCKY



DCCH CENTER
For Children & Families
Foster Parents Needed



Kirkwood's
SWEEPER SHOP



Middendorf
FUNERAL HOME



THERESA'S TOUCH
FACE PAINTING

Deacon Jim and Jo Ann Fedor

Participating Cross the Bridge Coalition Members

A Caring Place Pregnancy Help Center

Adoption Professionals

Birthright of Greater Cincinnati

Catholic Charities, Diocese of Covington

Cincinnati Right to Life Educational Foundation, Inc.

Elizabeth's New Life Center

Franciscan Daughters of Mary

Healthy Beginnings

Healthy Moms & Babies

Life Issues Institute

Living Hope Transitional Homes

Madame House of Northern Kentucky

New Hope Center

Old St. Mary's Pregnancy Center

Pregnancy Care of Cincinnati

Pregnancy Center East

Pregnancy Center West

Pregnancy Center of Northern Kentucky

Reachout Pregnancy Center

Ruth Woods

CrosstheBridgeforLife.org

This is an example of the flyer from 2014 event. It is very important for our Parish Coordinators to help with promoting this family friendly event.

Bulletin Inserts

Bulletin Inserts in the weekly bulletin can be an extremely effective way to educate the —people in the pews. Bulletin inserts can be obtained from your diocesan Pro-Life Office or from the USCCB Word of Life series, <http://www.usccb.org/prayer-and-worship/resources-for-the-eucharist/word-of-life/>.

All bulletin inserts must be submitted to the parish office in a timely manner and need to be approved by the pastor. Here are some samples:

It is horrific even to think that there are children, victims of abortion, who will never see the light of day.

Pope Francis

“We cannot diminish the value of one category of human life—the unborn—without diminishing the value of all human life...there is no cause more important.” Promote the culture of life; our future depends on it.

Ronald Reagan

“God’s love does not distinguish between the infant in the mother’s womb or the child or the youth or the adult or the older person. In each one God sees His image and likeness. Human life is a manifestation of God and His glory.”

Pope Benedict XVI

“As believers in God, how can we fail to see that abortion, euthanasia and assisted suicide are a terrible rejection of His gift of life and love? And as believers, how can we fail to feel the duty to surround the sick and those in distress with the warmth of our affection and support that will help them always to embrace life?”

Pope John Paul II

Let's Go to the Festival

Many parishes have a festival every summer. Tables are made available for a fee. The Pro-Life Committee can provide the community with pro-life educational materials by renting an exhibit table at the festival.

4-6 weeks prior to the Festival

- Contact the person in charge of renting the exhibit tables and reserve table for the Pro-Life Committee.
- Make an eye-catching banner or backdrop for your table. You may wish to get your parish school students or youth group to help.
- Pro-Life brochures and —giveaways are available from a variety of pro-life companies (www.lifecyclebooks.com, www.hh76.com). Order your brochures and other items. Try to provide an assortment of brochures on topics such as: abortion, stem cell research, cloning, adoption, end-of-life issues, bumper stickers or magnets, precious feet pens, pencils, balloons.
- Find out from the Festival Coordinator if there is electricity available. If so, you may want to borrow a DVD Player to show a video of fetal development such as *Preview of a Birth*.
- Arrange to borrow a set of fetal models. Often times you can borrow these from your local pregnancy help center or your diocesan Pro-Life Office.
- Consider using this time to raise funds for other pro-life projects during the year. Consider raffling something off or selling homemade baked goods.
- Remember to get a list of volunteers to man the table for various time-slots throughout the Festival.



St. Anthony Festival



St. Piux X Festival

Host a Pro-Life Speaker

As you know, there is a wide spectrum of pro-life issues such as: abortion, stem cell research, cloning, reproductive technologies, infertility, chastity, end-of-life issues, euthanasia, physician-assisted suicide and the death penalty.

It is important to help educate our fellow Catholics, as well as the general public, about these issues.

You may wish to host a pro-life speaker to address one of these areas.

- Speak to your pastor about bringing in a speaker and schedule a date for an event.
- You may wish to bring a speaker to a parish group which already meets regularly to ensure a good turnout (ie: Rosary Altar Society, Men's Club, Seniors' Group, Youth Group). If so, contact the person in charge and discuss your idea.
- Contact your diocesan Pro-Life Office to discuss what speakers are available and approved. Often the Pro-Life Office will have a Speakers Bureau and can provide a list approved speakers and topics. It is important to make sure you check that the speaker you invite will adhere to the Church's teaching on the topic being addressed.
- Publicize your event in the parish bulletin and with pulpit announcements.
- Purchase handouts which you can distribute at the event.
- Make sure to sign up volunteers from your committee to help with refreshments and set-up for the event.
- Prepare a sign-in sheet and an evaluation form so that you can discuss how effective the event was when it is over.

The Diocese of Covington Pro-Life Office also has a speaker's bureau. Topics include:

- Post Abortive Healing (for Men and Women)
- Death Penalty
- Theology of the Body
- Adoption

USCCB Respect Life Program Packets

The Respect Life Program begins anew each year on Respect Life Sunday, the first Sunday in October. The program is highlighted in liturgies and marked by special events. The USCCB Secretariat for Pro-Life Activities publishes a program packet each year to call attention to numerous human life issues. Each contains information on current issues, program suggestions, liturgy resources and clip art. It may also contain prayers for daily recitation and parish bulletin briefs. Published in booklet format from 1972 through 1992 and in "user-friendly" packet form since 1993, these materials are especially helpful for priests, parish groups, and other organizations.

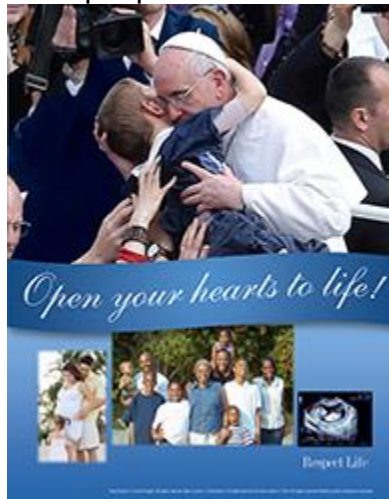
Each year the diocesan Pro-Life Office orders the program packets for each of the parishes. The packets are either mailed directly to the parish, to the parish representative or distributed at a diocesan meeting. Please contact your diocesan Pro-Life Office for more information. Materials are also available in Spanish.

To order program packets from previous years, visit:
<http://www.usccb.org/prolife/programs/rfp/index.shtml>

Plan to order the Pro-Life Program Flyers so that they can be used on Pro-Life Sunday, which is the first Sunday of October as designated by the United States Conference of Catholic Bishops.

Plan to post the Pro-Life Program Poster in your Parish or School.

Sample poster 2013-2014



Post Abortion Healing

As Parish Pro-Life Representatives it is important to promote these post abortion healing ministries using bulletin inserts and promotional flyers. Please make sure you are familiar with what the ministry is all about so you can easily refer people in need.

PROJECT RACHEL

"Rachel mourns her children; she refuses to be consoled because her children are no more. Thus says the Lord: Cease your cries of mourning. Wipe the tears from your eyes. The sorrow you have shown shall have its reward. There is hope for your future."

Jer.31:15-17

Without a doubt, abortion is one of the most traumatic experiences a person can have.

Both before and after abortion, feelings of fear, anxiety, guilt, panic and pressure are common - not only for the woman who undergoes the abortion, but also for the father of the unborn child, the grandparents, close friends, even medical personnel.

For Catholics, the pain of abortion is intensified by a sense of alienation from God and Church. If you are in this position, we want you to know that your Church understands and cares. We are a loving and forgiving Church reaching out to you in compassion and concern.

Above all, we want to help you through the healing process. You are invited to participate in Project Rachel, a post-abortion reconciliation program. Through the Project, priests have received special training to minister the Sacrament of Reconciliation to people who have been involved in an abortion.

Project Rachel is named for the Old Testament figure who wept inconsolably over the loss of her child.

What You Can Expect

Project Rachel, like the Sacrament it includes, is a sensitive, private and confidential experience. If you wish, you can be put in touch with a priest outside your home community. Your meeting with the priest will focus on preparation for the Sacrament of Reconciliation. Generally, the process will include counseling prayer and scripture.

Also available to you as part of Project Rachel is counseling with Project Rachel professional counselors. Such counseling, before and/or after the Sacrament of Reconciliation, can help you sort through your feelings and deal with unresolved conflicts.

In brief, Project Rachel represents a means for you to receive the healing grace of God as well as official Church forgiveness for abortion. It allows you, in a caring and hopeful

context, to move toward reconciliation - with yourself, your unborn child, your family, your church and your God.

How to Begin

To initiate your participation in Project Rachel, we ask you to contact the Pro-Life Office by letter or telephone for referral to a priest or counselor. Again, we want to assure you that your communication with Project Rachel will be treated with respect and sensitivity.

The Pro-Life Office maintains a complete list of priests and counselors.

*If you (or a friend) are hurting from an abortion please call the Pro-Life Office at (859) 392-1547.
Information about healing sessions across the nation can be found by calling 1-877-HOPE 4 ME.*

Baby Bottle Fundraising Campaign

This project is a great way to raise funds to support your local crisis pregnancy center. Make sure to get permission from your pastor to conduct this project. Pregnancy Help Centers are always looking for volunteers. Contact your local center to see how you can help!

Overview

It's really simple...it's called Baby Bottle Campaign because you distribute empty baby bottles to church congregations and just like a well-tossed Campaign, they come back to you full of coins, currency and checks. And, the bottles can be used over and over again, creating an ongoing fundraising and promotional program within the church community.

The Baby Bottle Campaign will help your organization to:

- Increase the numbers that hear your pro-life message.
- Elevate the awareness level of your ministry in the community.
- Raise significant funds with relatively low up front costs.

The Baby Bottle Campaign is simple to conduct, effective in communicating your message, and very productive in raising much-needed funds, regardless of the size of the ministry. It is a simple, convenient way to reach the families and individuals in the churches. No extra meetings or time commitments are required of the participants.

Planning:

1) Order the baby bottles and tags. (there are numerous places that sell the bottles for this fundraiser such as : <http://www.hh76.org/bottles/>)

2) Obtain permission from your pastor at least two weeks before the fundraiser.

3) Place a bulletin announcement in the parish bulletin the week before.

4) Pro-life volunteers should stand at each exit with a supply of bottles to offer one bottle to each family after church.

5) The following week volunteers should be at each entrance with the cartons to receive the bottles before people enter Church. As some people will forget their bottles, ask to leave a container in the church so people can return their bottles throughout the following week.

6) Count all monies from the bottles, record name and address of all checks so that Crisis Pregnancy Center will be able to mail a thank-you and also develop a mailing list. Refurbish bottles (with new inserts and replacement labels where required) . Biggest months are October (Respect Life month) and January (Anniversary of Roe v Wade). Plan for fundraisers with elementary schools throughout the year, and with churches wherever possible.



40 Days for Life

<http://www.40daysforlife.com/>
(excerpt from the 40 Days for Life website)

Take the leap of faith and get involved with 40 Days for Life

Have you been to pray at a 40 Days for Life vigil yet? You may ask, "What do I do?" or "What sign should I bring?" The answer is simple; the only sign you really need to bring is yourself, for you represent God's love.

Before getting involved with the 40 Days for Life campaign, please remember that prayer and fasting are the foundation.

If there is no abortion facility in your town, praise God!

But wherever you are or whatever you're doing, you can pray to end abortion.

Prayer and Fasting:

You can also pray for God's guidance for those involved in prayer vigils and pro-life action around the country. And please consider fasting. Some people are unable to fast from food for health reasons; that's understandable. Fasting simply involves renouncing an activity that can put a barrier between you and God. It could be television, the internet, chocolate, coffee, etc. You really can do without it. Take the time you usually spend in those activities and give it back to God.

Constant Vigil:

The visible, public centerpiece of 40 Days for Life is a 40-day, round-the-clock prayer vigil outside a Planned Parenthood center or other abortion facility in your community.

Sometimes it is not possible to have 24/7 coverage at the 40 Days for Life site. Usually the coordinator will work out a schedule. Those who are called to stand witness maintain a peaceful and educational presence.

For more information and for locations and daily devotionals visit the 40 Days for Life website.