



Daily Resolutions for Respect Life Month October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Offer your Communion for a mother contemplating abortion. Join the annual Life Chain 1:30-2:30.	2 Spiritually adopt a life threatened by abortion or euthanasia and pray for this person daily.	3 Pick up a package of diapers or wipes to donate to a pregnancy clinic.	4 Find out if there are any foster families in your parish and pray for them by name.	5 Send a thank you card to the workers in a local Pregnancy Clinic and pray for them today.	6 Join 40 Days for Life and pray outside an abortion clinic.	7 Love and delight in your OWN family today, smile, bite your tongue and listen to them.
8 Offer your Communion for the conversion of an abortion worker.	9 Make a meal, or even bring snacks to a new mom or an overwhelmed, experienced mom.	10 Give encouragement to a struggling parent, whether they are dealing with toddler or teenage tantrums.	11 Offer childcare or material help to a parish family in need (hint- we all have needs!).	12 If you go to a Pro-life doctor, leave a positive Google review for them. If you don't, consider switching. Pray for all docs.	13 Prayerfully read the Church's teaching on contraception and its link to abortion.	14 Sacrifice a coffee or treat and donate that money to a pro-life organization instead.
15 Offer your Communion for those entrapped by human trafficking.	16 Stay informed on current life issues, including human trafficking, through lifesitenews.com.	17 Raise awareness of human trafficking by sharing on social media visit ourrescue.org. #OURrescue	18 Pray for those entrapped in human trafficking. Offer some sacrifice for them today.	19 Prayerfully consider getting involved in our youth programs: trusted mentors help youth make better choices.	20 Go see the movie "Sound of Freedom" or encourage someone else to go.	21 Turn off unnecessary screens today.
22 Offer your Communion for a change in laws to protect the vulnerable from exploitation.	23 Send a card or flowers to someone in a nursing home who has no one to visit them.	24 Pray a rosary for those doctors who promote or assist with euthanasia.	25 Love all life you encounter today, from the whiny toddler to the irritating nosy neighbor. Be Christ to them.	26 Send a thank you card to the nurses and staff at a local nursing home/ assisted living center.	27 Offer some fast, giving up a meal, meat, or other physical comfort for those who are forgotten and neglected.	28 Visit a nursing home.
29 Offer your Communion for those close to death.	30 Pray the Divine Mercy chaplet for those who will die today.	31 Have a Mass said for the Souls in Purgatory.	Other options: Do not forget those who have lost a baby to miscarriage or infant death- have a Mass said for them. For them or do something kind- even if its just asking those you know about their child. Men are hurt by abortion too. Send a thank you to the men in your life that chose life. And pray for all men.			