



PRO-LIFE:

Suggested Activities

What does it mean to “respect life”? What does it mean to be “pro-life”? Of course it means being against abortion, assisted suicide, embryonic stem-cell research, human cloning, and any other practice that is an affront to the dignity of the human person.

But being pro-life isn’t mainly about being against things. Being pro-life means being for something. It means loving God’s gift of life, and acting on that love. Here are 34 pro-life activities you and your family can do!

1. **Give life.** Consider adoption or foster care – or check out the Archdiocesan Foster Care Ministry to see how you can help. archkcks.com/foster
2. **Spiritually adopt a baby** in danger of abortion. For nine months, say this prayer written by Ven. Fulton Sheen: “Jesus, Mary, and Joseph, I love you very much. I beg you to spare the life of the unborn baby that I have spiritually adopted, who is in danger of abortion.” archkck.org/prolife/activities/spiritual-adoption
3. **Give routinely.** When you shop for your family, get in the habit of picking up one extra item – a box of spaghetti, a bag of diapers, a few onesies or socks – and donate it to a local food pantry, crisis pregnancy center, or shelter.
4. **Participate in 40 Days for Life.** Check out our local chapter at kccoalitionforlife.com to join in this hugely successful pro-life effort. Missed day one? No problem! Better late than never.
5. **Join your parish’s pro-life committee** and ask where they need the most help. If there is no such group, ask your pastor if you can start one.
6. **Spread the word.** With your pastor’s permission, leave pro-life pamphlets or CDs in the church vestibule, or add posters or displays of fetal development where anyone can see them. Find resources at: archkck.org/prolife/resources
7. **Love all human life.** Make a special effort to be warm and genial to people who make you feel uncomfortable: the physically or mentally disabled, the old, the somewhat weird, the slightly smelly, the obviously lonely. Five minutes of friendly conversation might be a rare luxury for them.
8. **Be an encourager.** Give an encouraging smile to the young parents struggling with a howling kid at the back of the church. Whisper, “Hang in there, it gets easier!”
9. **Stand up and speak out.** Make plans to attend this year’s March for Life in Washington (MarchForLife.org) or in our local Kansas March (archkck.org/prolife/activities/ksmass-marchforlife) Kids love to make signs, and all Catholics should have the experience of being Catholic in public at some point in their lives.
10. **Pray more.** One Friday a month, quietly say a rosary outside your local Planned Parenthood or abortion clinic. Pray the Pro-Life Rosary which can be found at: usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/pro-life-rosaries; Local Planned Parenthood vigil schedule can be found at: archkck.org/prolife/activities/pro-life-events
11. **Keep it kind.** If you picket or protest, remember that you are showing the face of Christ to the world. Never be confrontational, rude, loud, or condemning. Remember, the woman heading into a clinic often feels like she has no choice. She is a victim, too.



12. **Lend a hand to moms.** Make a meal or two for a new mom. Have the kids make a “Welcome Baby” card too.
13. **Be good to your own family.** When Blessed Mother Teresa received her Nobel Peace Prize, someone asked her what we could do to promote world peace. She answered, “Go home and love your family.” The same is true for the pro-life cause: Pro-life work begins at home.
14. **Visit a nursing home and/or the dying.** Some residents never get any visitors, and they would be delighted to hear your kids recite a poem, read a book aloud, sing “Old MacDonald Had a Farm,” or just sit and chat for a little while. Volunteer at a hospice or become an extraordinary minister of Holy Communion to bring the blessed sacrament to shut-ins and the dying.
15. **Don’t forget about men.** Remember that men suffer from abortion, too, and have no legal say in the decision to abort. Pray to St. Joseph for the men in your life; understand that men also grieve and suffer through life-and-death matters, and need support.
16. **Make a statement.** A positive pro-life bumper sticker, water bottle or T-shirt might be just the message someone needs to see one day.
17. **Reach out to your leaders.** Write letters to your state legislators and members of Congress. Keep them brief and very clear; ask specific questions and request answers.
18. **Educate yourself and your family.** Make sure teens and adults are fully informed about why the Church opposes euthanasia, abortion, embryonic stem-cell research, etc. You never know when you might be called upon to defend your point of view, so make sure you really understand it.
19. **Pray to the saints.** The patrons of the pro-life movement are a good place to start: St. Pope John Paul II, St. Gianna Molla, St. Maximilian Kolbe, Our Lady of Guadalupe, St. Faustina, St. Joseph, and St. Elizabeth.
20. **Pray for the conversion of abortion workers.** And find ways to support people who want to leave the industry. Check out Abby Johnson’s ministry, And Then There Were None (ATTWN.org).
21. **Be better.** Proponents of abortion, euthanasia, and embryonic stem-cell research do their best to dehumanize their helpless victims in order to make it more palatable to harm them. Do better. Never dehumanize the people you oppose, with words or in your heart. Pray for them instead.
22. **Stay informed.** Keep up-to-date on pro-life news with Lila Rose (LiveAction.org) and LifeSiteNews (LifeSiteNews.com).
23. **Vote responsibly.** If there are off-cycle or local elections where you live, take your kids with you to vote, and let them know that being pro-life affects your choice.
24. **Support pro-life doctors.** They probably have made a financial sacrifice by choosing not to prescribe contraception or perform or refer for abortion, sterilization, or euthanasia, so give them your business! Try this resource to find a provider in your area: OneMoreSoul.com/nfp-directory.
25. **Follow Church teaching.** Reject the use of artificial contraception utterly and fearlessly, as the Church calls us to. Being open to life is at the heart of respecting life.
26. **Be gentle and loving.** When you speak about women who’ve had abortions, remember that many people have pasts they regret – and they may be listening. Cruel and harsh words can do terrible harm. See Rachel’s Vineyard (RachelsVineyard.org) if someone you know needs support after an abortion.
27. **Hope.** It’s very easy to become discouraged when you think of the battle to come. But no matter what laws are passed, or what the latest polls show, place your trust in God. We are not fighting this war alone.

Overwhelmed by all of this activity? Don’t be. Nobody does all of these things. Gather your family together and choose just a few things that you can do together. And remember one final activity ...

Now, get out there and make the most of the March for Life and the opportunity to spread respect for life!

~ Adapted from “Be a Pro-Life Family” by Simcha Fisher; CatholicDigest.com 2013.