

# 21 Ways to Say “I’m Pro-Life!”

## PRAYER & WORSHIP

Pray. Pray for the unborn, the elderly, those who hold public office, for prisoners and their families, for conversion of sinners, for refugees, for those suffering loss from natural disasters, for the culture of life to grow.

Organize a virtual pro-life prayer group

Join [Nine Days for Life](#)

Take part in [40 Days for Life](#) or [Life Chain](#)

Start a [Cenacle of Life](#) at your parish

Fast from something you like as a sacrifice for a pro-life intention each day in October, and encourage others to do so;

## PUBLIC EDUCATION

Become informed about *all* life issues: abortion, assisted suicide, euthanasia, hunger and the poor, capital punishment, embryonic stem cell research, etc.

Purchase (or [download and print](#)) pro-life pamphlets, booklets, etc. for the parish bookrack in church.

Get permission to distribute [USCCB-materials](#) and pro-life articles in pews at your parish;

Decorate a bulletin board in the parish hall or religious education area with pro-life messages

Bring pro-life speakers to your parish group or religious education class. Check out our [Respect Life Speakers Bureau](#) for ideas.

Donate pro-life education materials to school health offices and libraries

Sponsor a [pro-life movie](#) night for your parish teens

## PASTORAL CARE

Collect maternity and baby clothes to give to pregnant women in need. Have a “baby shower” to raise funds and donations to assist [Birthright](#) or other pregnancy care centers

Encourage anyone who has had an abortion to seek help from [Project Rachel](#).

Donate food to your local food shelf

Donate clothing or baked goods to homeless shelters in your community

Become a trained Hospice volunteer

Visit your local nursing home—ask how you can help offer companionship to residents

## PUBLIC POLICY

Become informed about pro-life issues and legislation at the State and National Level; stay updated by joining the Respect Life Roman Catholic Diocese [Facebook Group](#)

Attend the Annual March for Life events in [Montpelier](#) and [Washington DC](#)

*Find links to underlined groups and organizations online at [www.vermontcatholic.org](http://www.vermontcatholic.org) under Respect Life Topics*



# RESPECT LIFE

*For help and information on building a parish  
pro-life ministry,  
call the Respect Life Office 658-6110 ext. 1176  
or email [respectlife@vermontcatholic.org](mailto:respectlife@vermontcatholic.org)*



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**The culture of life will grow as long as we each are willing to play our part. While not everyone is called to full time pro-life ministry or advocacy, we *are* all called to help build the culture of life within our families and communities—to walk with those who are vulnerable or hurting; to speak up on behalf of the innocent; to bear witness to the Truth about abortion, euthanasia, assisted suicide, and other key pro-life issues. Below are ideas for individuals or parishes to do, organized according to the USCCB's Four Arms of Pro-Life Ministry.**

**What is God calling you to do?  
During this Respect Life Month choose one of the activities listed on this flyer and**

***be not afraid* to show that you are pro-life!**