

## Observing the January 22<sup>nd</sup> Day of Prayer and Penance

### *Ideas for personal and communal practices*

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- ❖ Participate in the USCCB's "**9 Days for Life**" novena from Jan. 16 to 24. Visit [www.9daysforlife.com](http://www.9daysforlife.com) to sign up for daily email messages during the novena, or text "9days" to 55000.
- ❖ Hold a "**Holy Hour for Life**" in your parish or with your parish cluster. Resources can be found here: <http://www.usccb.org/about/pro-life-activities/prayers/holy-hour-for-reparation-and-healing-for-the-anniversary-of-roe-v-wade.cfm> (Priests and deacons may obtain a presider's edition of the Holy Hour by contacting the Respect Life Office at 508-929-4311.)
- ❖ Find many more liturgical helps in the USCCB Pro-Life Secretariat's prayer section which can be found at this link: [www.usccb.org/prolifeprayers](http://www.usccb.org/prolifeprayers) and at [www.9daysforlife.com](http://www.9daysforlife.com).
- ❖ Spend some special time in prayer before the Blessed Sacrament, or in your home. Pro-life prayers and intercessions can be found at the links above. Pray the Rosary and the Chaplet of Divine Mercy.
- ❖ Attend daily **Mass** and offer it for an end to abortion and an increased respect for human life.
- ❖ **Pray for those who have been wounded by abortion**, that they may experience God's mercy and healing. Raise awareness of **Project Rachel**, the Catholic Church's ministry of healing and reconciliation to those who've been wounded by abortion, through your parish bulletin with this announcement: **Are you or someone you know hurting from a past abortion? Project Rachel can help. Call in strictest confidence: 508-791-HOPE(4673) or visit [www.hopeafterabortion.com](http://www.hopeafterabortion.com) to learn more.**
- ❖ **Learn more** about abortion and many other life issues through the articles in the U.S. Bishops' annual **Respect Life Program** at [www.usccb.org/respectlife](http://www.usccb.org/respectlife). Duplicate one of the articles and use as an insert in your parish bulletin.
- ❖ Prayerfully consider making a commitment to continuing your prayer for the dignity of human life on an on-going basis throughout the year – for example, **saying one Hail Mary every day for an end to abortion**. Additional resources can be found at [www.usccb.org/prolifeprayers](http://www.usccb.org/prolifeprayers).
- ❖ Take some time during the month of January to **read and reflect** on Pope John Paul II's encyclical **Evangelium vitae** (*The Gospel of Life*). [http://www.vatican.va/holy\\_father/john\\_paul\\_ii/encyclicals/documents/hf\\_jp-ii\\_enc\\_25031995\\_evangelium-vitae\\_en.html](http://www.vatican.va/holy_father/john_paul_ii/encyclicals/documents/hf_jp-ii_enc_25031995_evangelium-vitae_en.html) )
- ❖ **Plan to attend the Pro-Life Mass at St. Paul's Cathedral on Thursday, Jan. 18 at 7:30 p.m.** to pray for and with those who will be travelling to Washington, DC to attend the March for Life with hundreds of thousands of pilgrims from around the country on Fri. Jan. 19. (Coverage of the March for Life in Washington, DC will be televised on EWTN and at [www.ewtn.com](http://www.ewtn.com))
- ❖ **Learn more about pro-life news and events** at [www.worcesterdiocese.org/respect-life](http://www.worcesterdiocese.org/respect-life) and sign up for our **email** list by emailing [aledoux@worcesterdiocese.org](mailto:aledoux@worcesterdiocese.org).