

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

## *Ideas for personal and communal practices*

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- ❖ Hold a “Holy Hour for Life” in your parish or with your parish cluster
- ❖ Make a private holy hour before the Blessed Sacrament, or in your home
- ❖ Go to daily Mass and offer it for an increased respect for human life
- ❖ Pray for those who have been wounded by abortion
- ❖ Say a Rosary or the Divine Mercy Chaplet
- ❖ Engage in some form of fasting
- ❖ Pray for those who work in the varied ministries in service of the dignity of the human person – crisis pregnancy counselors, hospice workers, clergy, pastoral care workers, medical professionals, etc.
- ❖ 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
- ❖ 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*)



“Filled with this certainty, and moved by profound concern for the destiny of every man and woman, I repeat what I said to those families who carry out their challenging mission amid so many difficulties: a great prayer for life is urgently needed, a prayer which will rise up throughout the world. Through special initiatives and in daily prayer, may an impassioned plea rise to God, the Creator and lover of life, from every Christian community, from every group and association, from every family and from the heart of every believer. Jesus himself has shown us by his own example that prayer and fasting are the first and most effective weapons against the forces of evil (cf. Mt 4:1-11). As he taught his disciples, some demons cannot be driven out except in this way (cf. Mk 9:29). Let us therefore discover anew the humility and the courage to pray and fast so that power from on high will break down the walls of lies and deceit: the walls which conceal from the sight of so many of our brothers and sisters the evil of practices and laws which are hostile to life. May this same power turn their hearts to resolutions and goals inspired by the civilization of life and love.”

- Pope John Paul II, *Evangelium vitae*, no. 100

# Where to find...

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## **Annual Respect Life Program:**

<http://www.usccb.org/prolife/programs/rlp/2009/index.shtml>  
(includes educational resources and a Liturgy Guide)

## **Liturgy Guides, Holy Hours for Life, Intercessions, etc.:**

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

## **Intercessions for Life:**

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

## **How to Say the Rosary:**

[www.osv.com/OSV4MeNav/MyCatholicFaithOnlineResources/PraytheRosary/tabid/196/Default.aspx](http://www.osv.com/OSV4MeNav/MyCatholicFaithOnlineResources/PraytheRosary/tabid/196/Default.aspx)

## **How to Say the Divine Mercy Chaplet:**

<http://www.thedivinemercy.org/message/devotions/praythechaplet.php>

## **Text of *Evangelium vitae* (*The Gospel of Life*):**

<http://www.usccb.org/prolife/tdocs/evangel/evangeli.htm>

## **OTHER HELPFUL LINKS:**

### **Diocese of Worcester**

[www.worcesterdiocese.org](http://www.worcesterdiocese.org)

### **Diocese of Worcester – Respect Life pages**

[www.worcesterdiocese.org/respectlife](http://www.worcesterdiocese.org/respectlife)

### **Project Rachel**

<http://www.worcesterdiocese.org/respectlife/ProjectRachel/tabid/459/Default.aspx>  
and <http://www.hopeafterabortion.com/>

### **U.S. Conference of Catholic Bishops – Secretariat for Pro-Life Activities**

[www.usccb.org/prolife](http://www.usccb.org/prolife)

### **The National Catholic Bioethics Center**

[www.ncbcenter.org](http://www.ncbcenter.org)

### **National Committee for a Human Life Amendment**

[www.nchla.org](http://www.nchla.org)

### **Massachusetts Catholic Conference**

[www.macathconf.org](http://www.macathconf.org)