

# LET ME SOW *Love.*

RESPECT LIFE MONTH 2020

## October 1 - November 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1 <i>St. Thérèse of Lisieux</i> Ask St. Thérèse to intercede for someone in need	2 <i>Holy Guardian Angels</i> Call a relative just to chat	3 Affirm someone
4 Respect Life Sunday Pray for an end to abortion	5 Bring an unexpected treat to a neighbor	6 Warmly greet everyone you meet	7 + <i>Our Lady of the Rosary</i> Pray a Rosary for someone and let them know you did!	8 Be extra kind to someone challenging	9 Post something positive on social media	10 Hold the door open for others
11 Create a prayer list and spend some time in prayer	12 Ask, "How are you?" Then, listen!	13 Encourage someone who seems depressed	14 + Do a kind act for a cashier, janitor, bank teller, etc.	15 <i>St. Teresa of Jesus</i> Buy a drink for the person behind you in line	16 Read a book to or play a game with a child	17 <i>St. Ignatius of Antioch</i> Tell someone you love them
18 World Mission Sunday Write an encouraging note to a seminarian	19 <i>St. John de Brébeuf</i> Visit an elderly person	20 Give a compliment to five different people	21 + Reward someone for a good deed they did	22 <i>St. John Paul II</i> Pray for a priest	23 Send a card to a police officer or member of military	24 Do something fun or special for your family
25 Make a donation to the Merciful HELP Center	26 + Start Novena for Our Country	27 Thank someone who helped you be better	28 <i>Sts. Simon &amp; Jude</i> Give an anonymous gift	29 Say only positive things	30 Say a prayer for teachers	31 Smile at everyone you meet
1 Invite someone to Mass	2 + Be extra generous: forgive someone, give a big tip, etc.	3 + Election Day Finish novena and VOTE!	<p><i>"Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy." -St. Francis of Assisi</i></p>			



OUR LADY of MOUNT CARMEL  
CATHOLIC CHURCH AND SCHOOL  
*Grateful no matter what*

**+October 7: Contemplative Rosary, 7 p.m.**  
Join us in the church to pray on the Feast of Our Lady of the Rosary!

**+October 14: Vespers, 7 p.m.**  
Join us in the church for music and prayer.

**+October 21: Taize Prayer Service, 7 p.m.**  
Join us in the church for beautiful and prayerful Taize music.

**+October 26: Praise in the Parking Lot, 7 p.m.**  
Our music ministry will help kick off the novena for our country!

**+November 2 - 3: Election Day Adoration**  
Adoration available in the church starting at 8 p.m. on November 2 and ending at 6 p.m. on Election Day. Finish the novena for our country, and don't forget to vote!