

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

## Ideas for personal and communal practices



Participate in the USCCB's "Nine Days for Life" Novena from Jan. 21 to 29. Visit [www.9daysforlife.com](http://www.9daysforlife.com) to sign up for daily email messages during the novena, or text "9days" to 55000.

**Offer a Holy Hour, Rosary, or Divine Mercy Chaplet.** Organize a special devotion in your parish on Jan. 22 or dedicate personal prayer time to pro-life intentions. (Additional resources at <https://www.usccb.org/pro-life-prayer#tab--rosaries>)

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.

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*). A new study guide is available at [www.respectlife.org](http://www.respectlife.org).  
[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)

**Attend the Pro-Life Morning of Reflection with Monsignor Moroney on Saturday, Jan. 23 from 10:00 – 12:00, Cathedral of St. Paul, Worcester.** (more info at [www.worcesterdiocese.org/respect-life](http://www.worcesterdiocese.org/respect-life))

**Plan to attend the Mass and Holy Hour for Life with Fr. Reidy on Thursday, Jan. 28 at 6:30 p.m., Cathedral of St. Paul, Worcester.**

**Learn more about pro-life news and events** at [www.worcesterdiocese.org/respect-life](http://www.worcesterdiocese.org/respect-life).

Sign up for our **email** list by emailing [aledoux@worcesterdiocese.org](mailto:aledoux@worcesterdiocese.org).

Follow us on **Twitter** @RespectLifeOfcDoW



"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*, n. 100