

Everyday Respect Life: What I Can Do in My Daily Life
(adapted from *Diocese of New Orleans* website)

- BECOME INFORMED about the issue and share your knowledge with classmates, teammates, relatives, friends, and neighbors.
- When you are assigned a paper or project, CHOOSE A RESPECT-LIFE TOPIC whenever possible, especially if the project involves a class presentation.
- Arrange a RESPECT-LIFE PRESENTATION for your Catholic group (Pro-life Group, Youth Group, etc.). Ask your respect life parish coordinator to assist you in finding a speaker or call your diocesan Respect-Life Office.
- Don't walk away from discussions about abortion and euthanasia at school or where family and acquaintances gather. BE INFORMED AND DISCUSS THE ISSUES.
- GIVE RESPECT LIFE BOOKS and brochures to your high school or college library.
- WRITE LETTERS TO THE EDITOR of your local newspapers in response to articles and opinion pieces that endorse an anti-life position. Take every opportunity to propose the Respect Life position. For example,
- Join your parish RESPECT-LIFE COMMITTEE.
- Start or join a RESPECT-LIFE GROUP at your school.
- DONATE baby clothes, formula, and disposable diapers to your local Crisis Pregnancy Center.
- VISIT the elderly in a local nursing home.
- VOLUNTEER ONE EVENING a week with your local Crisis Pregnancy Center or nursing home. Consider spending some time during your summer with a camp for children with disabilities.
- Put a respect life BUMPER STICKER on your car.
- Wear a "PRECIOUS FEET PIN" - a great introduction to defend the unborn – on your backpack.
- Say the SPIRITUAL ADOPTION Prayer with greater fervor. Introduce at least one friend to the prayer.
- Hold a “Wash for Life” carwash and donate proceeds to a life offering cause such as Camp GLOW, a residential summer camp for adults with developmental disabilities.
- Next time you hear of someone's pregnancy, BE REAFFIRMING and give support to God's gift of new life.
- PRAY at an abortion clinic.
- FAST one day a month in reparation for sins against human life.
- Pray a ROSARY or NOVENA for 9 consecutive days to pray for an end to threats against human life.
- PRAY for our political leaders, that they may have the courage to protect life.
- Grab every possible opportunity to SPEAK UP for the unborn, handicapped and elderly that can't defend themselves.