

I can think of no better Lenten activity than praying, fasting and advocating for life!!! Here are some suggestions for ways you can incorporate critical Maryland issues into your Lent.

### **ADVOCATE FOR LIFE!**

- Participate in the 40 Days for Life Spring Campaign and advocate for the unborn and their mothers. Over 60% of women who have an abortion do so NOT because they want to, but because they feel they have no choice and no one cares. Your prayerful presence outside of the Hillcrest abortion facility will be a friendly and prayerful reminder to women and men that we are there to help them choose life AND avoid years of unnecessary remorse and guilt. Check out the Catonsville 40 Days for Life website (<https://www.40daysforlife.com/en/catonsville/>) and join us in advocating for life. If you have questions about signing up or would like to find a prayer partner, please contact Paula Noeller at [pnoeller@comcast.net](mailto:pnoeller@comcast.net).
- Learn more about and take action against Maryland Physician Assisted Suicide legislation at <https://www.votervoicenet.com/iframes/MDRTL/Campaigns/90708/Respond>. Use the pre-written form letter to automatically contact your Maryland legislators. You can add your own thoughts to the email. Calling your legislators is also powerful.
- Learn more about the proposed Maryland Constitutional Amendment that will, if passed, make abortion and other reproductive decisions a constitutional right for Marylanders, potentially disregarding other rights and freedoms, including parental rights and freedom of conscience, speech and religion. Here is a link to the current text of the referendum - <https://mgaleg.maryland.gov/2023RS/bills/hb/hb0705T.pdf>

### **PRAY FOR LIFE!**

- Pray the beautiful 9 Days for Life Novena - <https://www.usccb.org/resources/9-days-novena-printable.pdf>. Although the “official date” for the novena has passed, the prayers, reflections and action items are timeless and beautiful.
- Pray 3 Memorares every day for the conversion of Maryland and its leaders. Pray that all Marylanders come to recognize that taking a human life is no solution to any problem. We elect our leadership to protect the rights and welfare of ALL Marylanders. Here is a link to the Memorae - <https://www.vaticannews.va/en/prayers/the-memorare.html>.
- Join us in praying the Respect Life Holy Hour followed by Evening Prayer and Benediction from 4:45 pm to 5:45 pm this Tuesday, 2/6. The time of the Holy Hour may possibly change during Lent.

### **FAST FOR LIFE!**

Fast for women and men and unborn children caught up in unplanned pregnancies. May God fill them with His grace, mercy and hope. Fast also for those women and men suffering from post-abortion trauma and pain.

EVANGELIUM VITAE, IOANNES PAULUS PP. II

O Mary,  
bright dawn of the new world,  
Mother of the living,  
to you do we entrust the cause  
of life  
Look down, O Mother,  
upon the vast numbers  
of babies not allowed to be born,  
of the poor whose lives are made  
difficult,  
of men and women  
who are victims of brutal  
violence,  
of the elderly and the sick killed  
by indifference or out of  
misguided mercy.

Grant that all who believe in your  
Son  
may proclaim the Gospel of life  
with honesty and love  
to the people of our time.

Obtain for them the grace  
to accept that Gospel  
as a gift ever new,  
the joy of celebrating it with  
gratitude  
throughout their lives  
and the courage to bear witness  
to it  
resolutely, in order to build,  
together with all people of good  
will,  
the civilization of truth and love,  
to the praise and glory of God,  
the Creator and lover of life.