

Liturgical Living: Praying for the Unborn



In the Catholic Church, we recognize January 22 as a Day of Prayer for the Unborn. When God created each of us, He did so with precision and purpose, and He looks on each of us with love.

The Lord invites each of us to behold ourselves and each other with the same wonder and awe. No matter how the world might view us or others, let us treat each person as the masterpiece that he or she is.

In standing up the protection of life for the unborn, thousands of our Christian brothers and sisters will gather in Washington DC on January 23, 2026 for the annual March for Life.

What are some things we can do if we cannot attend the March for Life?

- **Mass:** Attend Mass and pray for the unborn children, their mothers and for our nation to respect the rights of the unborn child.
- **Pray:** Pray a rosary or novena for an end to abortion.
- **Donate:** Collect a little money from everyone in the family and write a check to a pro-life organization, either local or national.
- **Dinner Talk:** Depending on the ages of your children, share the reasons you are pro-life.

If you have young children, consider watching the movie *Horton Hears a Who*, which has a pro-life message reminding us that "a person's a person, no matter how small".

Blessed Mother Mary, look with tender love upon every unborn child, wrap them in the mantle of your protection, and guard them from all harm. Amen.