



CHOOSE  
LIFE

# St. Anne's Catholic Church

## THE FIRST SHRINE IN THE UNITED STATES

230 NORTH SIXTH AVENUE ~ ST. ANNE, IL 60964

☎ (815) 427-8265 - [WWW.STANNESTANNE.ORG](http://WWW.STANNESTANNE.ORG)



### Border Town Appreciation Dinner

Saturday – February 10, 2024

St. Patrick's Catholic Church

119 N. Market Street - Momence

RSVP (815) 472-2864

4:00 p.m. Polka Mass with Fr. Pete

5:00 p.m. Complementary

Appreciation Dinner



### ST. ANNE'S STAFF

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ADMINISTRATOR

RCIA COORDINATOR

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**JIM SPARENBURG**

PARISH COUNCIL PRESIDENT



#### OFFICE HOURS

Monday & Tuesday  
9:00 a.m. - 3:00 p.m.

#### THE SACRAMENT OF THE MOST HOLY EUCARIST

Wednesday &  
First Friday 5:00 p.m.

Misa en Español  
Viernes 7:00 p.m.

#### HOLY DAY MASSES

Dates and times vary

#### THE SACRAMENT OF RECONCILIATION

Sunday at 8:30 a.m.  
or by appointment

#### RELIGIOUS EDUCATION (KINDERGARTEN - 8<sup>TH</sup> GRADE)

Sunday Classes 10:00 - 11:00 a.m.

#### RITE OF CHRISTIAN INITIATION FOR ADULTS (RCIA)

Sunday Classes 9:15 - 10:15 a.m. (at St. Patrick's Church)

#### THE SACRAMENT OF RECONCILIATION / SACRAMENTO DEL BAUTISMO

Please call the Parish Office for more information. English baptisms normally are held on the 1<sup>st</sup> or 4<sup>th</sup> Saturdays of the month at noon or at the 9:00 a.m. Sunday Mass. / Por favor llame a la Parroquia para mas información. Normalmente, los bautismos están celebrando los tercer Sábado cada mes al mediodía.

#### SACRAMENT OF HOLY MATRIMONY (MARRIAGE) / EL SACRAMENTO DEL MATRIMONIO

Please call the office before setting a date for your wedding. The diocese requires a six month preparation prior to the wedding. / Las parejas pueden llamar a la oficina antes de poner una fecha para su boda o de hacer otros compromisos. La Diócesis de requiera un tiempo de preparación de un mínimo de seis meses entre la boda.

#### THE SACRAMENT OF THE SICK / (UNCIÓN) DE LOS ENFERMOS

Call the Office if you know of someone in need of the Sacrament. / Contacte la Parroquia si alguien en su familia necesita el Sacramento.

#### FUNERALS / FUNERALES

Contact the Parish Office before placing any obituary notices.

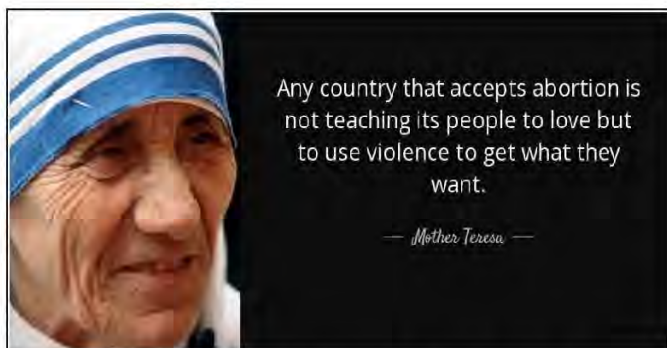
#### PARISH MEMBERSHIP / ASOCIACIÓN DE PARROQUIA

Registration Forms are located in the Parish Office or in Church. / Las formas de inscripción pueden ser encontrado en la oficina.

## January 21, 2024: The 3<sup>rd</sup> Sunday in Ordinary Time



## THE 3<sup>RD</sup> SUNDAY IN ORDINARY TIME JANUARY 20-21, 2024



*Readings from this week's Mass can be found in #935 of the Journeysongs Book*



### Sunday (3<sup>rd</sup> Sunday in Ordinary Time) JANUARY 21

9:00 A.M. Jeff Ratuszny (Bernadette Ratuszny)  
† Ernest Lee Shannon  
(Jerry & Margaret McDowell)  
† Harry & Margaret Kender  
(Jerry & Darlene Kender)

### Monday January 22

**US DAY OF PRAYER – LEGAL  
PROTECTION OF UNBORN CHILDREN**

### Wednesday (St. Francis de Sales) JANUARY 24

**NINTH DAY OF NOVENA – 9 DAYS FOR LIFE**

5:00 P.M. † William Cyrier (Bill & Sharon Kane)

### Friday (St. Timothy & St Titus) January 26

7:00 P.M. Misa en Español Michael LaFranzo

### Sunday (4<sup>th</sup> Sunday in Ordinary Time) JANUARY 28

9:00 A.M. David Kicmal (Bernadette Ratuszny)  
† Leo & Ione Hebert (Tom Hebert)  
† Jim Richie (Joe & Christy Richie)

*Fr. Pete offers the Anointing of the Sick on the  
First Friday Mass of every month at 5:00 p.m.*

### SUNDAY COLLECTION:

JANUARY 7, 2024	\$1,751.00
CAPITAL IMPROVEMENT	\$70.00



**Please Keep St. Anne's in  
Mind for Your Will or Estate  
Planning - The Future of Our  
Parish Depends on YOU!!!**

Fr. PETE CONTINUES TO CELEBRATE THE  
SUNDAY MASS ONLINE AT OUR WEBSITE,  
[WWW.STANNESTANNE.ORG](http://WWW.STANNESTANNE.ORG).

## LITURGICAL MINISTRIES



### Sunday (9:00 a.m.)


**January 21**

Eucharistic Minister:	S. Bonvallet
Lector:	C. Schroeder
Ushers:	G. Polletta, C. DeYoung
Altar Servers:	E. Martinez, R. Garrett
Counters:	Judy & Carol

### Sunday (9:00 a.m.)


**January 28**

Eucharistic Minister:	B. Yeoman
Lector:	D. O'Connell
Ushers:	S. & C. Stirling
Altar Servers:	L. Bell, B. Foltz, C. Foltz
Counters:	Bonnie & Jim



### ST. ANNE'S PEW & CHURCH DEDICATION PROGRAM

The concept for our dedication program is simple - we are offering the opportunity to remember a loved one in a memorial dedicated for one of our church or chapel pews (\$2,500).



**HEALTH/INTENTIONS OF...** Eva Bell, Paula Bertrand, Lola Billings, Duane Blanchette, Cheryl Boswell, Patrick Burns, Cindy Capriotti, Jesse & Ashley Childress, Abraham Daily, Tom Dandurand, Aria Dionne, Carol Fatcher, Raelynn Garrett, Kathy Griffiths, Jack Houk, Val Lagacy, Bentley Lottinville, Linda Miramontes, Cynthia Vickery and John Wojnowski.



### WATERLEAF BABY BOTTLES FOR LIFE

As we continue to take collections for Harbor House in January, we will be filling baby bottles with change to support pregnant women seeking help with giving birth. Whatever you can do to help would be appreciated.





## NEWS & NOTES

FROM FR. PETE JANKOWSKI

Join Fr. Pete's mailing list at

[pjankowski@yahoo.com](mailto:pjankowski@yahoo.com)

First of all, I wanted to thank Jana Stedman for telling me about the "Ross Dress for Less" store in Bradley, next to the Target for selling hat/glove sets for \$3. We are taking donations for Harbor House this month, an organization that really can use our help. Whatever any of you can do to help us get hats, scarves, gloves, socks and slippers for needy families would really be appreciated. We are taking this collection at both parishes through the end of January; bins are located in St. Anne's vestibule and in the basket to the left of the sanctuary at St. Patrick's.

Also in January/February... one of the areas at our parishes we do not cover a great deal is the "Right to Life" Movement. Only because no one has stepped forward to promote the cause (except DRE John Rehmer, who does so many things at our parishes!). The US Conference of Catholic Bishops last fall declared (once again) that the life in the womb is the pre-eminent "Right to Life" issue in this country and to defend the life of the helpless child in the one is of great importance to our faith.

As we know, children in the womb (and outside of it) have very little control in this world. They cannot vote; they cannot consume alcohol. Children depend on adults to lead them and guide them and provide them with a type of "moral compass" in life. The role of godparents at baptism is supposed to serve as a second set of Christian examples for the children to follow. Children need that guidance; the fact is, we all do.

Towards this cause of promoting life, we are following the bishops' lead on this subject by investing in the "9 Days for Life Novena" from January 16-24 (see the website [www.9daysforlife.com](http://www.9daysforlife.com) for more information). During these nine days after our Mass homilies, we will be praying that particular Novena Day at Mass and reflecting on the theme for that day. On January 24, we will celebrate special Masses for life at our parishes (5:00 p.m. at St. Anne's; 9:15 a.m. (English) and 7:00 p.m. (Spanish) at St. Patrick's. At St. Patrick's, our Hispanic community will pray the "Rosary for Life" at 6:30 every night of the Novena, just like the English-speaking community

does prior to every single Mass we celebrate at both parishes.

Speaking of prayer, The Poor Clare Sisters of the Annunciation Monastery in Minooka asked me to bless the gravestone of their former prioress, Mother Mary Dorthy of the Holy Spirit Urschaltz on January 10, 2024 in Latin. January 10 marked the two-year anniversary of Mother Dorothy's funeral Mass, which I also celebrated. I admitted to the sisters that there were two mothers on earth with whom you did not mess – Mother Nature and Mother Dorothy (she served as the "Mother Angelica" of the Midwest for over thirty years).

After the blessing, the sisters gave me another trove of liturgical furnishings, as well as a bunch of non-perishable food items, including another hundred or so cases of chips for the needy in our area. The sisters have been the cause of a great deal of heartburn in the city with those chips – too bad they did not donated cases of Tums to go with the food 😊.



**DAY NINE (JANUARY 24 – 5:00 P.M. MASS)**

**Intercession:** May all who defend life find strength and renewal in the Holy Spirit.

**Prayers:** *Our Father, 3 Hail*

*Marys, Glory Be*

**Reflection:** God has carefully, tenderly created every person in His own image and likeness, to be in a loving relationship with Himself. From each tiny child knit within a mother's womb, to every person approaching death, all are loved perfectly and completely by God: "It is therefore a service of love which we are all committed to ensure to our neighbor, that his or her life may be always defended and promoted, *especially when it is weak or threatened* [emphasis added]" (*Evangelium vitae* 77).

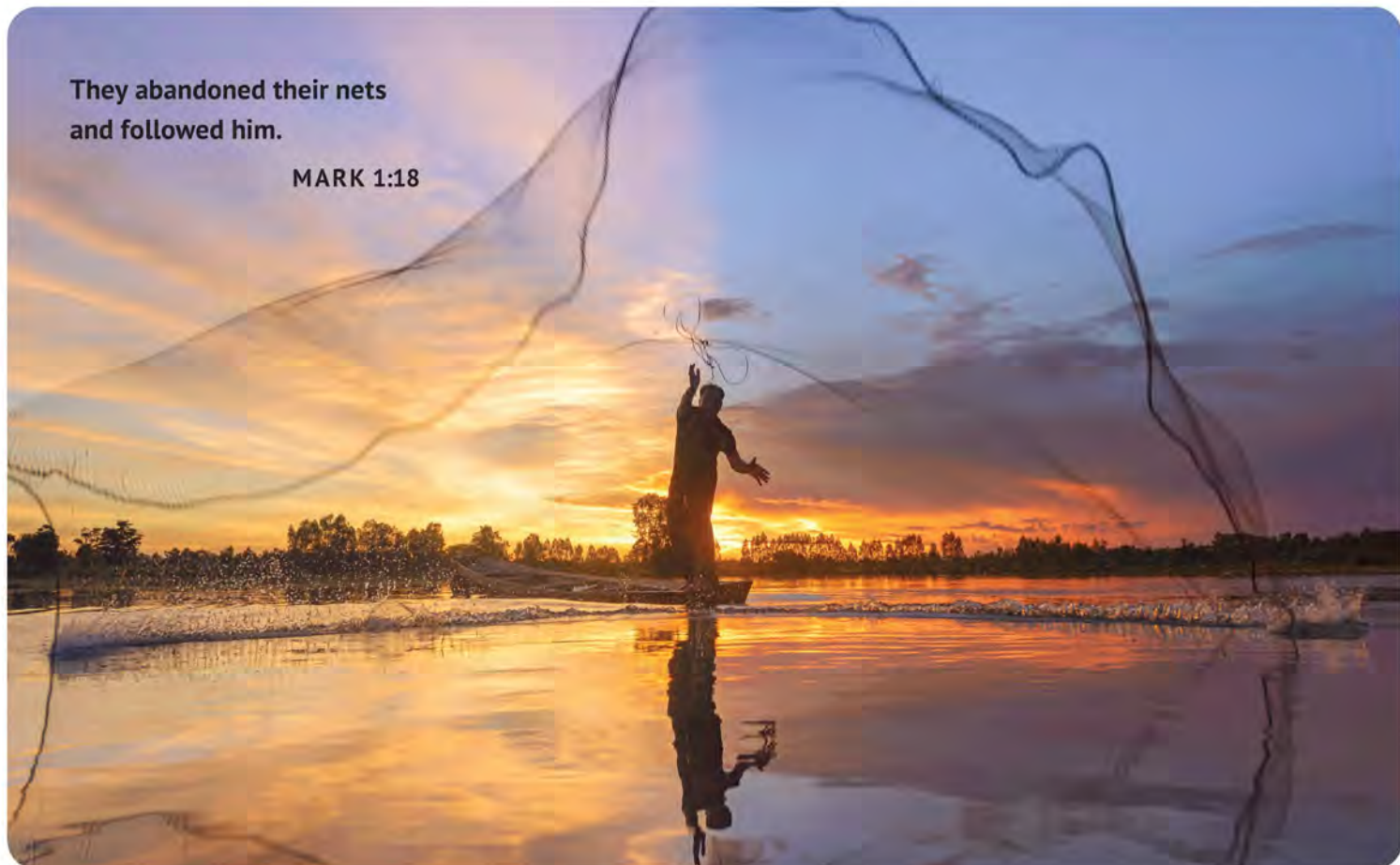
In a world in which those who are most vulnerable are so often overlooked and disregarded, Christ calls us to embrace and uphold the unconditional dignity of every human life. In answering this call, we help to build "a new culture of life, the fruit of the culture of truth and of love" (*EV* 77). May the Holy Spirit continually renew us as we strive to faithfully defend God's gift of life.





They abandoned their nets  
and followed him.

MARK 1:18



## A New World Is Coming

FR. JOSEPH JUKNIALIS

**O**ur lives are filled with calls of one kind or another. Phone calls, text messages, teachers who call on us in class, those who call us for supper, people behind a counter who call out, “Next!” And, sooner or later, death will call each of us.

Jonah was once called to go to Nineveh, and the people of Nineveh were called to repent and change their lives. Simon and Andrew, John and James were called to follow Jesus. And today God calls each of us, but it is never easy to sort out what it is we are called to do.

Saint Paul took pains to tell us that “the world in its present form is passing away” (1 Corinthians 7:31). That being true, then God’s call is always into a new way of life, which seems to imply leaving something behind, not unlike the four followers in Sunday’s Gospel leaving their fishing nets and their father Zebedee in his boat.

The world that is passing away may be childhood, or productivity as we age. The new world may require confronting addiction and leaving a life of what we thought we couldn’t live without. Or, like the people of Nineveh who were called to repent, it might be a call for our nation to confront our failure to engage in dialogue about and find solutions to injustice in its many forms at home and abroad. Who knows what God’s new world will be? ●

### Reflect

***To what is God calling you, your community, our nation?***



# Dear Padre,

***While on vacation, I attended Mass at a church where many people left right after Communion. Why would they do this?***

Canon law says the faithful are bound to participate in the Mass on Sundays and other holy days. We are expected to attend the entire Mass.

A misunderstanding of this law may be traced to a pre-Vatican II teaching. Some theologians taught that the Mass had three main parts: offertory, consecration, and Communion. Some people reasoned that their obligation would be fulfilled by attending only those parts of the Mass. They felt justified in coming late and leaving early.

This changed with the Second Vatican Council (1962–1965). The Mass is divided into four sections (introductory rites, Liturgy of the Word, Liturgy of the Eucharist, concluding rite), and Christ is present throughout the Mass. Attending Mass means being there from the processional hymn through the recessional hymn.

Some people have valid reasons for leaving Mass early, such as feeling ill or taking a crying child from church. Perhaps they are traveling and need to get to the airport on time. Still, I also wonder why there is a great exodus before the Mass has ended in some churches. In my opinion, people who are in the habit of leaving early should reconsider that practice. ●



Fr. Victor Karls, CSsR / DearPadre.org

## Do you have a question for the Padre?

Go to [DearPadre.org](http://DearPadre.org) to send your question and to learn more about *Dear Padre*.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
January 22	January 23	January 24	January 25	January 26	January 27	January 28
Day of Prayer for the Legal Protection of Unborn Children	Weekday 2 Sm 6:12b–15, 17–19 Mk 3:31–35	St. Francis de Sales, Bishop and Doctor of the Church 2 Sm 7:4–17 Mk 4:1–20	Conversion of St. Paul the Apostle Acts 22:3–16 or Acts 9:1–22 Mk 16:15–18	Sts. Timothy and Titus, Bishops 2 Tm 1:1–8 or Ti 1:1–5 Mk 4:26–34	Weekday 2 Sm 12:1–7a, 10–17 Mk 4:35–41	Fourth Sunday in Ordinary Time Dt 18:15–20 1 Cor 7:32–35 Mk 1:21–28



## A WORD FROM POPE FRANCIS

***Brothers and sisters, before the Lord's call, which can reach us in a thousand ways—through others, happy or sad events—our attitude at times might be rejection. But God's call is always love: we have to try to discover the love behind each call, and it should be responded to only with love.***

ANGELUS, ROME, JANUARY 17, 2021

Pope Francis meets with "Phone Friend" volunteers of the Samaritans Italy in 2017. © L'OSSERVATORE ROMANO





**HARBOR  
HOUSE**

## **What is Harbor House? What is Its Purpose in Kankakee County?**

**During the month of January, we are taking collections for socks, slippers, mittens and hats for those families in the area very much in need of your help. Thank you for your generosity towards this important cause!**

Harbor House exists to empower individuals, families, and communities through domestic violence programs, advocacy, and prevention.

Our staff and community diligently work together to provide a safe environment in which to educate survivors and enable them to break their personal cycle of violence safely. We empower survivors of domestic violence and advocate for a world free from abuse.

We firmly believe that domestic violence is not just a "Harbor House problem." It is everyone's problem as it impacts every facet of society like schools, hospitals, businesses, law enforcement, churches, and more. Together, we can end domestic violence.

Harbor House was established in the 1970s to address the ever-growing need for services to victims and survivors of domestic violence. A small group of people met around a kitchen table in Kankakee to discuss how to begin services. The first step was a network of volunteers' homes and safe homes.

Soon, a local church leased a home to the group — now known as Harbor House — but at that time the Kankakee City Council rejected an ordinance that would have allowed the opening of an emergency shelter. After being denied permission by the Kankakee City Council to open a shelter in a residential area, Harbor House received approval to open a shelter on the outskirts of Kankakee.

After nearly three years of political struggles, Harbor House's emergency shelter opened in 1986. A satellite shelter opened in Watseka in 1987, but closed years later due to lack of funds.

Today, Harbor House continues to operate a full-service shelter while also offering a 24-hour hotline, emergency and counseling services, and advocacy for domestic violence survivors and their children. The Resale Shoppe in Watseka operates to help provide funding for these services.





**Winners of the St. Patrick's December Drawing Raffle (Thanks for helping St. Patrick's raise \$10,000 towards our Window Placement Program in the St. Patrick's Academy Gym & Community Center!!!)**

Day	Number	Amount	Name	City
12/1/2023	374	\$1,500	Zoe Hess	Momence
12/2/2023	246	\$250	Chris Senesac	Momence
12/3/2023	880	\$250	Jeremy Gelino	Lombard
12/4/2023	611	\$500	Sandro Gomez	Romeoville
12/5/2023	399	\$250	Maria Jankowski	Plainfield
12/6/2023	430	\$250	Jose Bravo	Grant Park
12/7/2023	006	\$250	Dawn Clifton	Lawrenceville, GA
12/8/2023	710	\$250	Ken Winterroth	Manteno
12/9/2023	398	\$250	Rachel Klasey	Bourbonnais
12/10/2023	650	\$250	Lolita Studer	Momence
12/11/2023	601	\$500	Sandy Dhom	Momence
12/12/2023	538	\$250	Joaquin Perez	Midlothian
12/13/2023	663	\$250	David Marcotte	Momence
12/14/2023	507	\$250	Bette Dionne	Momence
12/15/2023	043	\$250	Marcia Carter	Momence
12/16/2023	328	\$250	Jackson Wardynski	Ontonagon, MI
12/17/2023	576	\$250	Debbie Lampley	Momence
12/18/2023	774	\$500	Rush Family	Crete
12/19/2023	585	\$250	Irma Santoyo	Momence
12/20/2023	169	\$250	Kyle Maxwell	Bourbonnais
12/21/2023	902	\$250	Zoe Hess	Momence
12/22/2023	124	\$250	Jani Latham	Momence
12/23/2023	338	\$250	Cynthia Vickery	Bourbonnais
12/24/2023	300	\$250	B. Branka & C. Woosnam	Momence
12/25/2023	298	\$500	Mike Krause	Momence
12/26/2023	484	\$250	Emilee Nitz	New Lenox
12/27/2023	535	\$250	Yasmin Lopez	Kankakee
12/28/2023	850	\$250	Usevio Esparza	Momence
12/29/2023	397	\$250	Mary Cantwell	Momence
12/30/2023	053	\$250	Jaymie Gelino	Schaumburg
12/31/2023	335	\$250	Susan Surprenant	Manteno



## UPCOMING ACTIVITIES AT ST. PATRICK'S...

This month, we continue with our **Harbor House Collection** for mittens, hats, gloves, socks and slippers. You can drop off your donations in the church.

Starting on January 15, we will be participating in the Nine Day "Rosary for Life" (in English & Spanish from January 15-23), ending with Rosary/Mass on January 24 (St. Patrick's at 7:00). Silvia Tajada will coordinate this program in Spanish for us.

We will participate again in the **Baby Bottles for Life** program from Waterleaf Services in February. More information will be forthcoming.

**On February 10, we will celebrate our annual Border Town Polka Mass & Appreciation Dinner.** The Mass will be at 4:00 p.m. at St. Patrick's with the Appreciation Dinner to follow. All are welcome to attend - please RSVP at either office.

Our Season of Lent begins with our **Ash Wednesday Services** on February 14. At St. Patrick's, we celebrate Ash Wednesday Masses in English at 9:15 a.m. and 5:30 p.m. with a Spanish Ash Wednesday Mass at 7:00 p.m.

**All Friday Spanish Masses in Lent will be switched to from St. Anne's to St. Patrick's Church at 7:00 p.m.** (following Stations of the Cross at 6:00 p.m.).

**The Confirmation Retreat for our Religious Education Students** will take place on March 2, 2024 at St. Anne's Church, culminating with a 4:00 p.m. Mass. We have no video highlights from our Confirmation Retreat in 2022, which gives us something to do in 2024!!!

**from Christendom College** will be participating in a Mission at the Bordertown from March 2-9. You can hear what they will be doing at the Baptism of the Lord Online Mass below.

**Our annual Irish Mass & Dinner will take place at St. Patrick's on March 9, 2024.** The Knights of Columbus will cook and serve the dinner from 4:00 - 7:00 p.m., Bagpiper Brian McKee will lead us into and out of the 4:00 p.m. Mass at St. Patrick's and the Galway Girls will provide the music from 4:00 - 7:00 p.m.



### **St. Patrick's Catholic Church**

**AN OLD BORDER TOWN PARISH IN ILLINOIS**

119 NORTH MARKET STREET - MOMENCE, IL 60954-1415

☎ (815) 472-2864 - FAX (815) 472-3043 - [WWW.STPATRICKMOMENCE.ORG](http://WWW.STPATRICKMOMENCE.ORG)

## **Upcoming Church Projects**

**St. Pat's Parish Debt - \$125,000.00**

**St. Patrick's Parish Hall  
Generator - \$15,000  
St. Anne Campus  
Generators - \$30,000**

**Installing Internet at St.  
Anne's Campus - \$15,000  
Installing Internet at St.  
Patrick's Campus - \$15,000**



## 20-21 Enero 2024: Tercer Domingo del Tiempo Ordinario

### TRADICIONES DE NUESTRA FE

La cruda realidad de nuestro continente es que América es tierra de mártires. Esta semana recordamos el martirio del indígena quechua Segundo Francisco Guamán de Ecuador. Como la mayor parte de los indígenas americanos, los quechuas consideran la tierra como pertenencia de la comunidad humana. De ella come y vive todo ser viviente. Desde la llegada de los europeos la tierra americana ha sido explotada y con ella los indígenas también. El siglo pasado unos campesinos ecuatorianos dirigidos por Segundo Francisco comenzaron a reunirse con el Ministerio de Agricultura y el Instituto Ecuatoriano de Reforma Agraria y Colonización. Que agencias civiles tomen interés por los derechos del indígena es siempre "buena nueva." Lamentablemente lo que es "buena nueva" para la muchedumbre pobre es "mala noticia" para los poderosos. Uno de estos decidió vengarse en contra de los campesinos. En su rabia, asesinó al joven Segundo Francisco de solo 25 años de edad. Pero su muerte, como la de todo mártir, no fue en vano. Su sangre derramada sobre la madre tierra ha ido sembrando más movimientos por los derechos de los indígenas. - Fray Gilberto Cavazos-Glz, OFM, Copyright © J. S. Paluch Co., Inc.

### LAS EXIGENCIAS DE SER

Discípulo Hoy ya encontramos lecturas con el tono penitencia de Cuaresma. Nínive ayuna durante cuarenta días, el salmista nos recuerda que solo Dios puede indicarles el camino a los pecadores, san Pablo nos muestra que todas las cosas y



La Iglesia del Monte Carmelo invita a la comunidad a participar en la celebración del **SANTO NIÑO DE GUAMIO Y DEL PRESENTACION DEL SEÑOR**. La misa solemne es el 4 de Febrero a las 12:00 p.m. en la Iglesia de San Patricio. Te invitamos a traer velas y estatuas del niño Jesús que bendeciremos en esa Misa. Para mas información, llama la oficina a las (815) 472-2864.

los acontecimientos de este mundo son transitorios y Jesús nos dice: "Arrepiéntanse" antes de llamar a sus nuevos seguidores. "Siganme", dice Jesús, pero si realmente vivimos los mandamientos y las exigencias de ser discípulos por el Bautismo, nos daremos cuenta de nuestra necesidad de conversión, de nuestro arrepentimiento, nuestra necesidad de creer plenamente en el Evangelio. El Evangelio de hoy comienza recordándonos lo que le sucedió a Juan Bautista por vivir plenamente su vocación como heraldo de Cristo y del Evangelio: fue arrestado, encarcelado y martirizado. Si bien pocos de nosotros sufriremos consecuencias tan extremas, todos debemos estar preparados para enfrentar algún tipo de rechazo por hacerle caso al llamado de Jesús, vivir el Reino de Dios que esta próximo, arrepentirnos de nuestros pecados y creer en la buena nueva de salvación.

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### LECTURAS DE HOY

**Primera Lectura** - Con los avisos de Jonás los nivitas se arrepienten de su maldad (Jonás 3: 1-5, 10).

**Salmo** - Señor, instrúyeme en tus sendas (Salmo 25 [24]).

**Segunda Lectura** - El mundo que conocemos está pasando (1 Corintios 7: 29-31).

**Evangelio** - Jesús empezó a proclamar: "El reino de Dios ha llegado. Tomen otro camino y crean en la Buena Nueva" (Marcos 1: 14-20).

### LECTURAS DE LA SEMANA

**Lunes:** 2 Sm 5: 1-7, 10; Sal 89; Mc 3: 22-30

**Martes:** 2 Sm 6: 12-19; Sal 24; Mc 3: 31-35

**Miércoles:** 2 Sm 7: 4-17; Sal 89; Mc 4: 1-20

**Jueves:** Heh 22: 3-16 o Heh 9: 1-22; Sal 117 (116); 1bc, 2; Mc 16: 15-18

**Viernes:** 2 Tm 1: 1-8 o Tit 1: 1-5; Sal 51 (50): 3-7, 10-11; Mc 4: 26-34

**Sábado:** 2 Sm 12: 1-7a, 10-17; Sal 51 (50): 12-17; Mc 4: 35-41

**Domingo:** Dt 18: 15-20; Sal 95 (94): 1-2, 6-9; 1 Cor 7: 32-35; Mc 1: 21-28



## INTERCESSION

May the tragic practice of abortion end.

## PRAYERS

*Our Father, 3 Hail Marys, Glory Be*

## REFLECTION

At every stage and in every circumstance, we are held in existence by God's love. The presence of an illness, disability, or other challenging situation never diminishes the value of a human life. God does not call us to perfection of appearance or abilities, but to perfection in love. Christ invites us to embrace our own lives and the lives of others as true gifts.

Abortion tragically rejects the truth that every life is a good and perfect gift, deserving protection. This violent practice ends the life of a human being at its very beginning and horribly wounds all those involved. But Christ came that we "might have life and have it more abundantly" (John 10:10), taking on human flesh for the sake of our redemption. May our culture experience the power of God's transforming love, that all eyes may be opened to the incredible beauty of every human life.



## ACTS OF REPARATION

(Choose one.)

- Take a break from television and movies today. Consider spending some of that time praying with today's reflection.
- Pray the short prayer "Every Life is Worth Living," reflecting on the gift of human life. (The prayer is also available to order or download at [usccb.org/worth-living](https://usccb.org/worth-living).)

*Heavenly Father, thank you for the precious gift of life. Help us to cherish and protect this gift, even in the midst of fear, pain, and suffering. Give us love for all people, especially the most vulnerable, and help us bear witness to the truth that every life is worth living.*

*Grant us the humility to accept help when we are in need, and teach us to be merciful to all. Through our words and actions, may others encounter the outstretched hands of Your mercy. We ask this through Christ, our Lord. Amen.*

- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

## ONE STEP FURTHER

Abortion is frequently a topic in the news, political debates, and everyday conversations with family or friends. Because abortion can be a controversial and emotional issue in any arena, many of us may feel intimidated when the topic arises, not knowing what to say. "Another Look at Abortion" provides a basic overview and summarizes key points. This article will help you be better prepared to witness to the sanctity of human life: [respectlife.org/another-look-at-abortion](https://respectlife.org/another-look-at-abortion).





If you or someone you know is suffering from participation in abortion, confidential, compassionate help is available. Visit [hopeafterabortion.org](https://hopeafterabortion.org).

## INTERCESSION

May each person suffering from participation in abortion find forgiveness, hope, and healing in Christ.

## PRAYERS

*Our Father, 3 Hail Marys, Glory Be*

## REFLECTION

Countless children's lives have been ended by abortion, and countless parents and family members suffer guilt, grief, and regret—often in silence. Yet God's greatest desire is to forgive. No matter how far we have each strayed from His side, He says to us, "Don't be afraid. Draw close to my heart." Be assured that it is never too late to seek God's forgiveness in the Sacrament of Reconciliation.

Consider the parable of the Prodigal Son. After repenting of sinning against his father, he returns from far away to seek forgiveness and work as a servant. But his father sees him approaching, runs to warmly embrace him, and hosts a banquet to celebrate his return. So, too, does God welcome all His children who come to Him in the Sacrament of Reconciliation with contrite hearts, no matter how serious the sin. Let us turn confidently to Our Lord, Who is love and mercy.

## ACTS OF REPARATION

(Choose one.)

- Abstain from meat today.
- Pray the Chaplet of Divine Mercy for today's intention ([usccb.org/divine-mercy-chaplet](https://usccb.org/divine-mercy-chaplet)).
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

## ONE STEP FURTHER

If a friend confided in you that she had an abortion, would you be able to listen and respond in a way that brings her closer to forgiveness and healing? Learn how in "How to Talk to a Friend Who's Had an Abortion" ([usccb.org/friend-had-abortion](https://usccb.org/friend-had-abortion)).





## INTERCESSION

May every pregnant mother receive compassionate care and support as she nurtures the life in her womb.

## PRAYERS

*Our Father, 3 Hail Marys, Glory Be*

## REFLECTION

When the angel Gabriel appeared to Mary, she opened her heart to receive his message that she would conceive the Son of God in her womb. As a young bride who had not yet lived with her husband, Mary knew that her pregnancy presented many challenges. Despite this knowledge, she faithfully responded, "Behold, I am the handmaid of the Lord. May it be done to me according to your word" (Luke 1:38).

Like the Blessed Mother, women who unexpectedly become pregnant often face significant challenges. They, too, are called to place their trust in God and faithfully respond to His *gift* of new life. And we are called to walk with them in their time of need. As Jesus taught us, when we love and serve others, we are loving and serving Him.

May all expectant mothers be encouraged by Mary's example and receive support and grace in lovingly welcoming their children into the world.

## ACTS OF REPARATION

(Choose one.)

- Pray for pregnant and parenting moms in need in your local community, and ask the Lord how you can help them by using your unique gifts. (You can sign up for monthly stories of how Catholics across the country are *Walking with Moms in Need* at [walkingwithmoms.com/subscribe](https://walkingwithmoms.com/subscribe).)
- Pray the Angelus today ([uscgb.org/angelus](https://uscgb.org/angelus)). You might also consider saying it every day for the next week—on awakening, at noon, or at 6 p.m. (or all three times).
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

## ONE STEP FURTHER

When a woman is facing an unexpected pregnancy, the reaction of the first person she tells tends to set the tone for her decision-making. Pregnancy can be difficult and frightening, but no matter the circumstances, it's important for an expectant mother to feel supported and loved. Read "10 Ways to Support Her When She's Unexpectedly Expecting" ([respectlife.org/support-her](https://respectlife.org/support-her)) for simple tips on how to provide loving, life-affirming support for a friend who is unexpectedly pregnant. Your support may be the only support she receives.





## INTERCESSION

May every father of a preborn child lovingly support the mother of his child in welcoming new life.

## PRAYERS

*Our Father, 3 Hail Marys, Glory Be*

## REFLECTION

Fatherhood has its origins in God, who chose to reveal Himself to us as Our Father, sending his only Son for the sake of our salvation. Fathers therefore have a special role “in revealing and in reliving on earth the very fatherhood of God” (*Familiaris consortio* 25). Fathers are called to exhibit “generous responsibility for the life conceived under the heart of the mother” (FC 25). They are uniquely entrusted with the protection and defense of both mother and child and, in this way, in safeguarding the sanctity of human life.

As evidenced in our world today, the role of the father “is of unique and irreplaceable importance” (FC 25). Often women choose abortion because they do not have the support of the child’s father, or—even worse—the father of the child pressures her to make the decision to abort. At the same time, it is important to acknowledge with compassion that men can also be overwhelmed by an unexpected pregnancy and that society increasingly tells them that they should have no say in their children’s lives. In the face of these false messages, we pray that fathers of preborn children will find courage in the example of Saint Joseph—who embraced the role of father amid difficult circumstances—and offer loving, life-affirming support to the mothers of their children.

## ACTS OF REPARATION

(Choose one.)

- Give up sleeping on your pillow—or even your bed—tonight. Offer this small sacrifice for the intention that fathers of preborn children will courageously answer their call to support both mother and child.
- Pray a decade of the Rosary for all fathers of preborn children, that through her intercession, Our Lady may inspire in them the virtues of Saint Joseph: [usccb.org/how-to-pray-the-rosary](https://www.usccb.org/how-to-pray-the-rosary).
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today’s intention.

## ONE STEP FURTHER

Research continues to show that one of the top reasons a woman chooses abortion is due to a lack of financial resources. Read “Poverty and Abortion: A Vicious Cycle,” which explores the connections between abortion and poverty, and how the absence of fathers contributes to this ongoing cycle ([respectlife.org/poverty-and-abortion](https://respectlife.org/poverty-and-abortion)).





## INTERCESSION

May every pregnant mother choosing adoption receive grace and support in embracing this loving option.

## PRAYERS

*Our Father, 3 Hail Marys, Glory Be*

## REFLECTION

Mothers placing their children for adoption often face many challenges along the way. One of the greatest obstacles can be perceiving adoption as abandonment. But a mother who determines that making an adoption plan is best for her child isn't deserting her child. Rather, she is following the example of Christ's sacrificial love on the Cross in choosing a life-giving option that she has determined is ultimately in the best interest of her child, even at great cost to herself. The Letter to the Hebrews reminds us that, in the face of fears and trials, we can "hold fast to the hope that lies before us. This we have as an anchor of the soul, sure and firm" (Heb 6:18-19). We pray that each expectant mother will be filled with "the peace of God that surpasses all understanding" (Phil 4:7) as she decides which life-giving option is best for her child. Let us all cling fast to the anchor of hope, for we have received "a spirit of adoption, through which we cry, 'Abba, Father!'" (Rom 8:15).

## ACTS OF REPARATION

(Choose one.)

- Do you have a sweet tooth? Or do you prefer salty snacks? Pick your favorite kind of treat, and give it up for the day.
- Look up one of the Scripture passages from today's reflection, and spend some time with it in prayer. What is the Lord saying to you?
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

## ONE STEP FURTHER

"Accompanying Expectant Mothers Considering Adoption" suggests nine ways to offer ongoing support to a woman who is considering making an adoption plan for her preborn child ([respectlife.org/mothers-considering-adoption](https://respectlife.org/mothers-considering-adoption)). Many of the tips given are also helpful for supporting a friend who is experiencing a challenging or unexpected pregnancy, even if adoption has not been brought up. Supplemental resources regarding adoption can be found at [uscgb.org/adoption-resources](https://uscgb.org/adoption-resources).





## INTERCESSION

May all who support or participate in abortion experience a conversion of heart to seek and receive the Lord's boundless mercy.

## PRAYERS

Our Father, 3 Hail Marys, Glory Be

## REFLECTION

When God fashioned the human person in His own image and likeness, He destined us for eternal life with Himself. Yet because of the sin of our first parents, death entered the world. The book of Genesis recounts the first occasion in which a person takes the life of another, as Cain violently kills his brother Abel. This instance of brother rising up against brother "at the very dawn of history is thus a sad witness of how evil spreads with amazing speed" (*Evangelium vitae* 8).

Since this time, disregard for human life has continued to spread. When we, like Cain, allow sin to find a place in our hearts, we become blinded to the truth. Sometimes this blindness might be so deep that we fail to recognize the undeniable humanity of preborn children. We may even tragically believe the lie that abortion is an act of compassion. But we know that "life, especially human life, belongs only to God: for this reason whoever attacks human life, in some way attacks God himself" (EV 9). Let us pray that all who support abortion will encounter the transforming love of the Father and, with repentant hearts, seek His mercy.

## ACTS OF REPARATION

(Choose one.)

- Smile. Ask God today for the grace to be extra joyful and to share the light of Christ with those most in need of His love and mercy.
- Make an act of faith, hope, or love ([uscgb.org/faith-hope-love](https://uscgb.org/faith-hope-love)).
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

## ONE STEP FURTHER

*Evangelium vitae* (*The Gospel of Life*) was written to reaffirm the value and inviolability of every human life and to appeal to all people to respect, protect, love, and serve every human life. A brief summary highlights key themes and foundational teachings from the papal encyclical, exploring how the Church's teachings regarding human life are at the heart of Jesus' entire Gospel message ([respectlife.org/gospel-of-life-summary](https://respectlife.org/gospel-of-life-summary)).





## Day of Prayer for the Legal Protection of Unborn Children

### DID YOU KNOW?

*"In all the Dioceses of the United States of America, January 22 (or January 23, when January 22 falls on a Sunday) shall be observed as a particular day of prayer for the full restoration of the legal guarantee of the right to life and of penance for violations to the dignity of the human person committed through acts of abortion" (General Instruction of the Roman Missal, no. 373).*

More Information: [usccb.org/january-22](https://usccb.org/january-22)

### INTERCESSION

May all preborn children be protected in law and welcomed in love.

### PRAYERS

*Our Father, 3 Hail Marys, Glory Be*

### REFLECTION

Today, we mourn the many children's lives ended by abortion and remember in prayer those who suffer the aftermath. We pray that children in their mothers' wombs would again be protected in law and do penance in reparation for abortions that have been committed in our world.

In his encyclical *Evangelium vitae* (*The Gospel of Life*), Pope John Paul II said, "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" (EV 100). May that prayer arise in our hearts today and each day forward until every human being is protected in law and welcomed in love.

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### ACTS OF REPARATION

(Choose one.)

- Fast from one meal today.
- Offer this brief "Prayer for Life" for all preborn children whose lives are at risk. (The prayer is also available at [usccb.org/prayer-for-life](https://usccb.org/prayer-for-life).)

*Father and maker of all,  
you adorn all creation  
with splendor and beauty,  
and fashion human  
lives in your image and  
likeness.*

*readiness to nurture and  
sustain your precious gift  
of life.*

*Awaken in every heart  
reverence for the work of  
your hands, and renew  
among your people a*

*Grant this through our  
Lord Jesus Christ, your  
Son, who lives and reigns  
with you in the unity  
of the Holy Spirit, God  
forever and ever. Amen.*

- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

### ONE STEP FURTHER

More women and girls consider abortion than we may realize. They are our relatives and friends, people who work with us or for us. Even if someone identifies as being pro-life, the shock of an unexpected pregnancy, the devastation of a difficult prenatal diagnosis, shame, pressures, or fears may influence her to consider abortion.

If someone shared with you that she was pregnant and hadn't ruled out having an abortion, would you know how to respond in a loving way that is life-affirming for both her and her baby? Learn about the four steps of the L.O.V.E. Approach™\*: *Listen and Learn, Open Options, Vision and Value, and Extend and Empower* ([respectlife.org/l-o-v-e](https://respectlife.org/l-o-v-e)).

\*The L.O.V.E. Approach™ is trademarked by Heartbeat International, Inc. and may not be adapted or modified. The L.O.V.E. Approach™ is used in "What to Do When a Friend Is Considering Abortion" with permission from Heartbeat International, Inc.





## INTERCESSION

May civic leaders work for the protection of all human life, in every stage and circumstance.

## PRAYERS

*Our Father, 3 Hail Marys, Glory Be*

## REFLECTION

The Declaration of Independence boldly affirms that first among our inalienable rights is the right to life, given to us by the Creator. Yet despite being so solemnly proclaimed, the right to life is today threatened and often denied, particularly at the moments when life is most fragile. Our laws should—first and foremost—protect life. Even with the overturning of *Roe v. Wade*, many states still do not recognize children in their mothers' wombs as persons and still claim that abortion is a right. Further, many political leaders work actively to increase access to abortion. Some falsely describe it as health care and even as a basic human right. Laws and policies that legalize or promote an intrinsic evil like abortion violate the virtue of justice.

Those who work as public officials and civic leaders have a duty to serve the common good, and therefore have a profound obligation to safeguard this most fundamental right to life. Through our own prayer, witness, and civic participation, we can encourage our leaders to truly answer their call to protect the rights of all people. For “there can be no true democracy without a recognition of every person’s dignity and without respect for his or her rights” (*Evangelium vitae* 101).

## ACTS OF REPARATION

(Choose one.)

- Sacrifice some of your free time to do a small act of service, such as making breakfast for a family member, writing a note of encouragement to a coworker, or praying for the intentions of a friend.
- Sometimes restrictions on religious freedom constrain our efforts to live out the Gospel of life. We must be free to live out our Catholic faith in the public square. Offer this Prayer for Religious Liberty, that Christians may always be free to respect, protect, and defend human life: [usccb.org/prayer-for-religious-liberty](https://usccb.org/prayer-for-religious-liberty).
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today’s intention.

## ONE STEP FURTHER

When discussing the political responsibility of Catholics, the U.S. bishops have repeatedly affirmed, “the threat of abortion remains our pre-eminent priority.”<sup>1</sup> Abortion directly attacks life itself, takes place within the sanctuary of the family, and destroys over a million lives annually in the United States. Learn more in “Priorities at the Polls”:

[respectlife.org/priorities-at-the-polls](https://respectlife.org/priorities-at-the-polls).



<sup>1</sup> *Forming Consciences for Faithful Citizenship: A Call to Political Responsibility from the Catholic Bishops of the United States*, Introductory Note. Washington, DC: USCCB, 2023.





## INTERCESSION

May all who defend life find strength and renewal in the Holy Spirit.

## PRAYERS

*Our Father, 3 Hail Marys, Glory Be*

## REFLECTION

God has carefully, tenderly created every person in His own image and likeness, to be in a loving relationship with Himself. From each tiny child knit within a mother's womb, to every person approaching death, all are loved perfectly and completely by God: "It is therefore a service of love which we are all committed to ensure to our neighbor, that his or her life may be always defended and promoted, *especially when it is weak or threatened* [emphasis added]" (*Evangelium vitae* 77).

In a world in which those who are most vulnerable are so often overlooked and disregarded, Christ calls us to embrace and uphold the unconditional dignity of every human life. In answering this call, we help to build "a new culture of life, the fruit of the culture of truth and of love" (EV 77). May the Holy Spirit continually renew us as we strive to faithfully defend God's gift of life.

## ACTS OF REPARATION

(Choose one.)

- Do you love your cup of coffee? Abstain from caffeine today, or try your coffee black.
- "Unplug" for some time today, and reflect on how God may be asking you to help build a culture of life in your home, workplace, or Church community.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

## ONE STEP FURTHER

Watching the news and reading headlines, we may often feel helpless in the face of heartbreaking lack of respect for human life. When our efforts to make a difference feel small, it's important to remember that changing the culture is a process of conversion that begins in our own hearts. It includes a willingness to be instructed by the Holy Spirit and a desire to be close to Jesus—the source of joy and love. "How to Build a Culture of Life" briefly explains where to start: [respectlife.org/culture-of-life](https://respectlife.org/culture-of-life).





## INTERCESIÓN

Que la trágica práctica del aborto llegue a su fin.

## ORACIONES

Padre nuestro, 3 Ave Marías, Gloria

## REFLEXIÓN

En cada etapa y en cada circunstancia, somos sostenidos en la existencia por el amor de Dios. La presencia de una enfermedad, discapacidad u otra circunstancia desafiante nunca disminuye el valor de una vida humana. Dios no nos llama a la perfección de las apariencias o habilidades, sino a la perfección en el amor. Cristo nos invita a abrazar nuestra propia vida y la de los demás como verdaderos *dones*.

El aborto rechaza trágicamente la verdad de que cada vida es un don bueno y perfecto, que merece protección. Esta práctica violenta pone fin a la vida de un ser humano en su mismo principio y hiere horriblemente a todos los que implica. Pero Cristo vino para que “tengan Vida, y la tengan en abundancia” (Juan 10,10), asumiendo la carne humana por nuestra redención. Que nuestra cultura conozca el poder del amor transformador de Dios, para que todos los ojos se abran a la increíble belleza de cada vida humana.



## ACTOS DE REPARACIÓN

(Elige uno.)

- Descansa hoy de la televisión y las películas. Considera pasar algo de ese tiempo orando con la reflexión de hoy.
- Reza la breve oración “Cada vida merece vivir”, reflexionando sobre el don de la vida humana. (La oración también está disponible para pedirla o bajarla de [usccb.org/es/cada-vida-merece-vivir](https://usccb.org/es/cada-vida-merece-vivir).)

Padre celestial, gracias por el preciado don de la vida. Ayúdanos a valorar y proteger este don, incluso si hay temor, dolor y sufrimiento. Danos amor por todas las personas, en especial los más vulnerables, y ayúdanos a dar testimonio de la verdad que toda vida merece vivir.

Concédenos la humildad de aceptar ayuda si la necesitamos, y enséñanos a ser misericordiosos con todos. Que otros encuentren por nuestras palabras y acciones, el abrazo de Tu misericordia. Te lo pedimos por Cristo, nuestro Señor. Amén.

- Ofrece algún otro sacrificio, oración o acto de penitencia que te sientas llamado a hacer por la intención de hoy.

## PASO ADICIONAL

El aborto es un tema frecuente en las noticias, debates políticos y conversaciones cotidianas con familiares o amigos. Debido a que el aborto puede ser una cuestión controvertida y emocional en cualquier ámbito, muchos podemos sentirnos intimidados cuando surge el tema, sin saber qué decir. “Otra mirada al aborto” presenta un panorama básico y resume puntos clave. Este artículo te ayudará a prepararte mejor para dar testimonio de la santidad de la vida humana: [es.respectlife.org/another-look-at-abortion](https://es.respectlife.org/another-look-at-abortion).





Si tú o alguien que conoces está sufriendo por participar en un aborto, hay ayuda confidencial y compasiva disponible. Visita [www.esperanzaposaborto.org](http://www.esperanzaposaborto.org).

## INTERCESIÓN

Que cada persona que sufre por haber participado en un aborto encuentre perdón, esperanza y sanación en Cristo.

## ORACIONES

Padre nuestro, 3 Ave Marías, Gloria

## REFLEXIÓN

Se ha puesto fin a la vida de innumerables niños a causa del aborto, e incontables padres y familiares sufren culpa, dolor y arrepentimiento, a menudo en silencio. Sin embargo, el mayor deseo de Dios es perdonar. No importa lo lejos que nos hayamos apartado de su lado, él nos dice: “No tengas miedo. Acércate a mi corazón”. Puedes estar seguro de que nunca es demasiado tarde para buscar el perdón de Dios en el sacramento de la Reconciliación.

Consideremos la parábola del hijo pródigo. Después de arrepentirse de pecar contra su padre, regresa de lejos para buscar perdón y trabajar como sirviente. Pero su padre lo ve aproximarse, corre a abrazarlo cálidamente y organiza un banquete para celebrar su regreso. Así también Dios acoge a todos sus hijos que se acercan a Él en el Sacramento de la Reconciliación con un corazón contrito, sin importar lo grave que sea el pecado. Volvámonos con confianza a Nuestro Señor, que es amor y misericordia.

## ACTOS DE REPARACIÓN

(Elige uno.)

- Abstente de comer carne hoy.
- Reza la Coronilla de la Divina Misericordia por la intención de hoy (<https://bit.ly/la-coronilla>).
- Ofrece algún otro sacrificio, oración o acto de penitencia que te sientas llamado a hacer por la intención de hoy.

## PASO ADICIONAL

Si una amiga te confiara que ha tenido un aborto, ¿podrías escuchar y responder de una manera que la acerque más al perdón y a la sanación? Entérate en “Cómo hablarle a una amiga que ha tenido un aborto” ([www.usccb.org/amiga-tuvo-aborto](http://www.usccb.org/amiga-tuvo-aborto)).





## INTERCESIÓN

Que toda madre embarazada reciba atención y apoyo compasivos mientras nutre la vida en su vientre.

## ORACIONES

Padre nuestro, 3 Ave Marías, Gloria

## REFLEXIÓN

Cuando el ángel Gabriel se apareció a María, ella abrió su corazón para recibir su mensaje de que concebiría al Hijo de Dios en su seno. Al ser una novia que no había vivido todavía con su prometido, María sabía que su embarazo presentaría muchos desafíos. A pesar de esto, respondió fielmente: “Yo soy la servidora del Señor; que se cumpla en mí lo que has dicho” (Lucas 1,38).

Al igual que la Santísima Madre, las mujeres que se quedan embarazadas inesperadamente suelen enfrentar desafíos considerables. También ellas están llamadas a depositar su confianza en Dios y responder fielmente a su *don* de una nueva vida. Y nosotros estamos llamados a caminar con ellas en su tiempo de necesidad. Siguiendo lo que Jesús nos enseñó que cuando amamos y servimos a los demás, lo amamos y lo servimos a él.

Que todas las madres embarazadas sean alentadas por el ejemplo de María y reciban apoyo y gracia para acoger a sus hijos en el mundo con amor.



## ACTOS DE REPARACIÓN

(Elige uno.)

- Reza por las madres embarazadas y las que crían hijos necesitadas en tu comunidad y pide al Señor que te ayude a ver cómo puedes ayudarlas con tus dones únicos. (Puedes inscribirte para recibir relatos mensuales de cómo los católicos de todo el país se han unido a *Camina con madres necesitadas*: [walkingwithmoms.com/inscribirse](http://walkingwithmoms.com/inscribirse). Este sitio digital está en inglés, pero los materiales están disponibles en inglés y en español.)
- Reza hoy el Ángelus ([adw.org/catholic-prayer/es-angelus](http://adw.org/catholic-prayer/es-angelus)). También podrías considerar decirlo todos los días durante la próxima semana: al despertar, al mediodía o a las 6 p.m. (O las tres veces).
- Ofrece algún otro sacrificio, oración o acto de penitencia que te sientas llamado a hacer por la intención de hoy.

## PASO ADICIONAL

Cuando una mujer se enfrenta a un embarazo inesperado, la reacción de la primera persona a la que se lo cuenta tiende a marcar la pauta para las decisiones que tome. El embarazo puede ser difícil y aterrador, pero, sin importar las circunstancias, es importante que una mujer embarazada se sienta apoyada y amada. Lee “10 maneras de apoyarla cuando está esperando sin haberlo esperado” ([es, respectlife.org/support-her](http://es.respectlife.org/support-her)), donde encontrarás consejos sencillos sobre cómo brindar un apoyo amoroso y afirmador de la vida a una amiga que ha salido embarazada inesperadamente. Tu apoyo puede ser el único que ella reciba.





## INTERCESIÓN

Que cada padre de un niño en el vientre materno apoye amorosamente a la madre de su hijo al acoger una nueva vida.

## ORACIONES

*Padre nuestro, 3 Ave Marías, Gloria*

## REFLEXIÓN

La paternidad tiene su origen en Dios, quien eligió revelarse como Padre nuestro, enviando a su único Hijo por nuestra salvación. Por lo tanto, los padres tienen una función exclusiva y especial “revelando y reviviendo en la tierra la misma paternidad de Dios” (*Familiaris consortio* 25). Los padres están llamados a exhibir una “generosa responsabilidad por la vida concebida junto al corazón de la madre” (FC 25). A ellos se les encomienda la protección y la defensa de la madre y del niño para, de esta manera, proteger la santidad de la vida humana.

Como es evidente en nuestro mundo de hoy, el papel del padre tiene “una importancia única e insustituible” (FC 25). A menudo, una mujer elige el aborto porque no tiene el apoyo del padre del niño o, lo que es peor, el padre del niño la presiona para que decida abortar. Al mismo tiempo, es importante reconocer con compasión que los hombres pueden también sentirse abrumados por un embarazo inesperado y que la sociedad cada vez más les dice que no deben tener voz en la vida de sus hijos. Ante estos falsos mensajes, oramos para que los padres de niños en el vientre materno encuentren valor en el ejemplo de san José, quien adoptó el papel de padre en medio de circunstancias difíciles, y ofrezcan un apoyo amoroso y afirmador de la vida a las madres de sus hijos.

## ACTOS DE REPARACIÓN

(Elige uno.)

- Abstente de dormir con almohada, o incluso en tu cama, esta noche. Ofrece este pequeño sacrificio con la intención de que los padres de niños en el vientre materno respondan con valor a su llamado a apoyar a la madre y al niño.
- ☐ Reza una decena del rosario por todos los padres de niños en el vientre materno, para que, por su intercesión, Nuestra Señora inspire en ellos las virtudes de san José (<https://bit.ly/como-rezar-el-rosario>).
- Ofrece algún otro sacrificio, oración o acto de penitencia que te sientas llamado a hacer por la intención de hoy.

## PASO ADICIONAL

Las investigaciones siguen demostrando que una de las principales razones por las que una mujer elige el aborto es la falta de recursos financieros. Lee “La pobreza y el aborto: Un círculo vicioso” que explora las conexiones entre aborto y pobreza, y cómo la ausencia del padre contribuye a este ciclo permanente ([es.respectlife.org/poverty-and-abortion](https://es.respectlife.org/poverty-and-abortion)).





## INTERCESIÓN

Que cada madre embarazada que elige la adopción reciba gracia y apoyo al asumir esta opción de amor.

## ORACIONES

*Padre nuestro, 3 Ave Marías, Gloria*

## REFLEXIÓN

Las madres que dan a sus hijos en adopción enfrentan a menudo muchos desafíos en el camino. Uno de los mayores obstáculos puede ser percibir la adopción como abandono. Pero una madre que determina que un plan de adopción es lo mejor para su hijo no lo está abandonando. Por el contrario, está siguiendo el ejemplo del amor sacrificado de Cristo en la Cruz al elegir una opción vivificadora que ella considera es la mejor para su hijo, incluso a un gran costo para ella misma. La Carta a los hebreos nos recuerda que, ante los temores y pruebas, “nosotros, los que acudimos a él, nos sentimos poderosamente estimulados a aferrarnos a la esperanza que se nos ofrece” (Hebreos 6,18-19). Oremos para que todas las madres embarazadas estén llenas de “la paz de Dios, que supera todo lo que podemos pensar” (Filipenses 4,7) al decidir cuál opción vivificadora es la mejor para su hijo. Aferrémonos todos a esta esperanza, pues hemos recibido “el espíritu de hijos adoptivos, que nos hace llamar a Dios ¡Abba!, es decir, ¡Padre!” (Romanos 8,15).

## ACTOS DE REPARACIÓN

(Elige uno.)

- ¿Te encantan los dulces? ¿O prefieres los bocadillos salados? Escoge tu antojo favorito y prívate de él por este día.
- Busca uno de los pasajes bíblicos de la reflexión de hoy y dedica tiempo para rezar con él. ¿Qué te dice el Señor?
- Ofrece algún otro sacrificio, oración o acto de penitencia que te sientas llamado a hacer por la intención de hoy.

## PASO ADICIONAL

“Acompañamiento de madres gestantes que estén considerando dar en adopción” sugiere nueve maneras de ofrecer apoyo permanente a una mujer que esté considerando dar en adopción a su hijo en el vientre ([es.respectlife.org/mothers-considering-adoption](https://es.respectlife.org/mothers-considering-adoption)). Muchas de las sugerencias que se ofrecen también son útiles para apoyar a una amiga que esté atravesando un embarazo inesperado y difícil, incluso si no se ha planteado la adopción. Hay recursos adicionales sobre la adopción en [usccb.org/adoption-resources](https://usccb.org/adoption-resources). (Este sitio web está en inglés, pero muchos materiales también están disponibles en español.)





## INTERCESIÓN

Que todos los que apoyan o participan en un aborto tengan una conversión de corazón para buscar y recibir la infinita misericordia del Señor.

## ORACIONES

Padre nuestro, 3 Ave Marías, Gloria

## REFLEXIÓN

Cuando Dios formó a la persona humana a su imagen y semejanza, nos destinó para la vida eterna con Él. Sin embargo, debido al pecado de nuestros primeros padres, la muerte entró en el mundo. El libro del Génesis relata la primera ocasión en que una persona le quita la vida a otra, cuando Caín mata violentamente a su hermano Abel. Este caso de hermano alzándose contra hermano “al comienzo de la historia es el triste testimonio de cómo el mal avanza con rapidez impresionante” (*Evangelium vitae* 8).

Desde este momento, la indiferencia por la vida humana ha seguido extendiéndose. Cuando nosotros, como Caín, dejamos que el pecado encuentre un lugar en nuestro corazón, nos volvemos ciegos a la verdad. A veces esta ceguera puede ser tan profunda que no reconocemos la humanidad innegable de los niños en el vientre materno. Podemos incluso creer trágicamente la mentira de que el aborto es un acto de compasión. Pero sabemos que “la vida, especialmente la humana, pertenece sólo a Dios: por eso quien atenta contra la vida del hombre, de alguna manera atenta contra Dios mismo” (EV 9). Oremos para que todos los que apoyan el aborto se encuentren con el amor transformador del Padre y, con el corazón arrepentido, busquen su misericordia.

## ACTOS DE REPARACIÓN

(Elige uno.)

- Sonríe. Pídele a Dios hoy la gracia de estar más alegre y compartir la luz de Cristo con los que más necesitan de su amor y misericordia.
- Haz un acto de fe, esperanza o caridad ([usccb.org/faith-hope-love](https://usccb.org/faith-hope-love), solo en inglés).
- Ofrece algún otro sacrificio, oración o acto de penitencia que te sientas llamado a hacer por la intención de hoy.

## PASO ADICIONAL

*Evangelium vitae* (El Evangelio de la vida) fue escrita para reafirmar el valor y e inviolabilidad de cada vida humana y llamarnos a todos a respetar, proteger y servir cada vida humana. Un resumen breve destaca temas claves y enseñanzas fundamentales de la encíclica papal, explorando cómo las enseñanzas de la Iglesia con respecto a la vida humana son el centro de todo el mensaje del Evangelio de Jesús ([es.respectlife.org/gospel-of-life-summary](https://es.respectlife.org/gospel-of-life-summary)).





### Día de Oración por la protección legal de los niños en el vientre materno

#### ¿SABÍAS?

“En todas las diócesis de los Estados Unidos de América, el 22 de enero (o el 23 de enero, cuando el 22 de enero cae en domingo) será observado como un día especial para orar por el pleno restablecimiento de la garantía legal del derecho a la vida, y de la penitencia por la violación a la dignidad de la persona humana mediante actos de aborto” (Instrucción General del Misal Romano, nro. 373).

Más información en: [usccb.org/january-22](https://usccb.org/january-22)

#### ACTOS DE REPARACIÓN

(Elige uno.)

- Hoy abstente de una comida.
- Ofrece esta breve “Oración por la vida” por todos los niños en el vientre materno cuyas vidas están en riesgo. (La oración también está disponible en [usccb.org/es/plegaria-por-la-vida](https://usccb.org/es/plegaria-por-la-vida).)
- Ofrece algún otro sacrificio, oración o acto de penitencia que te sientas llamado a hacer por la intención de hoy.

#### INTERCESIÓN

Que todos los niños en el vientre materno sean protegidos por la ley y acogidos con amor.

#### ORACIONES

Padre nuestro, 3 Ave Marías, Gloria

#### REFLEXIÓN

Hoy lloramos las muchas vidas de niños terminadas por el aborto y recordamos en oración a los que sufren las consecuencias. Oramos para que los niños en el vientre materno nuevamente tengan la protección de la ley y realizamos actos en reparación por los abortos cometidos en el mundo.

En su encíclica *Evangelium vitae* (El Evangelio de la vida), el papa Juan Pablo II dijo: “Que desde cada comunidad cristiana, desde cada grupo o asociación, desde cada familia y desde el corazón de cada creyente [...] se eleve una súplica apasionada a Dios, Creador y amante de la vida” (EV 100). Que se eleve esa oración en nuestros corazones hoy y cada día en adelante hasta que cada ser humano sea protegido por la ley y acogido con amor.

#### PASO ADICIONAL

Más mujeres y jóvenes de lo que podemos darnos cuenta consideran abortar. Son nuestras familiares y amigas, personas que trabajan con nosotros o para nosotros. Incluso si una persona se identifica como provida, el impacto de un embarazo inesperado, la devastación de un diagnóstico prenatal difícil, la vergüenza, las presiones o los temores pueden influir en ella para que piense en abortar.

Si una persona compartiera contigo que está embarazada y no ha descartado abortar, ¿sabrías cómo responder de una manera amorosa que sea una afirmación de la vida para ella y para su bebé? Consideren los cuatro pasos del enfoque L.O.V.E. Approach™\*: Listen and Learn (Escuchar y conocer), Open Options (Opciones abiertas), Vision and Value (Visión y valor) y Extend and Empower (Extender y empoderar) ([es.respectlife.org/l-o-v-e](https://es.respectlife.org/l-o-v-e)).

\*El enfoque L.O.V.E. Approach™ es marca registrada de Heartbeat International, Inc. y no se puede adaptar ni modificar. L.O.V.E. Approach™ se utiliza en “Qué hacer si una amiga piensa en abortar” con permiso de Heartbeat International, Inc.





## INTERCESIÓN

Que los líderes cívicos trabajen por la protección de toda vida humana, en cada etapa y circunstancia.

## ORACIONES

*Padre nuestro, 3 Ave Marías, Gloria*

## REFLEXIÓN

La Declaración de la Independencia afirma audazmente que el primero de nuestros derechos inalienables es el derecho a la vida, que nos lo dio el Creador. Sin embargo, a pesar de haber sido proclamado tan solemnemente, el derecho a la vida está hoy amenazado y a menudo es negado, especialmente en los momentos en que la vida es más frágil. Lo primero que nuestras leyes deben hacer es proteger la vida. Incluso con la anulación de *Roe vs. Wade*, muchos estados todavía no reconocen a los niños en el vientre materno como personas y aún declaran que el aborto es un derecho. Además, muchos dirigentes políticos trabajan de manera activa para aumentar el acceso al aborto. Algunos falsamente lo describen como atención de la salud e incluso como un derecho humano fundamental. Las leyes y políticas que legalizan o promueven un mal intrínseco como el aborto violan la virtud de la justicia.

Los que trabajan como funcionarios públicos y dirigentes cívicos tienen el deber de servir el bien común y, por lo tanto, tienen la profunda obligación de salvaguardar este derecho fundamental. Mediante nuestra propia oración, testimonio y participación cívica, podemos alentar a nuestros dirigentes a responder de verdad a su llamado a proteger los derechos de todas las personas. Pues “no puede haber verdadera democracia, si no se reconoce la dignidad de cada persona y no se respetan sus derechos” (*Evangelium vitae* 101).

## ACTOS DE REPARACIÓN

(Elige uno.)

- Sacrifica parte de tu tiempo libre para hacer un pequeño acto de servicio, como preparar el desayuno para un familiar, escribir una nota de aliento para un compañero de trabajo o rezar por las intenciones de un amigo.
- A veces, las restricciones a la libertad religiosa limitan nuestros esfuerzos para vivir el Evangelio de la vida. Debemos ser libres de vivir nuestra fe católica en la esfera pública. Ofrece esta Oración por la libertad religiosa, para que los cristianos siempre sean libres para respetar, proteger y defender la vida humana: [usccb.org/es/oracion-por-la-libertad-religiosa](https://usccb.org/es/oracion-por-la-libertad-religiosa).
- Ofrece algún otro sacrificio, oración o acto de penitencia que te sientas llamado a hacer por la intención de hoy.

## PASO ADICIONAL

Al examinar la responsabilidad política de los católicos, los obispos estadounidenses han afirmado repetidamente que “la amenaza del aborto sigue siendo nuestra prioridad preeminente”.<sup>1</sup> El aborto ataca directamente la vida misma, se lleva a cabo dentro del santuario de la familia y destruye más de un millón de vidas anualmente en los Estados Unidos. Obtenga más información en “Prioridades en las urnas”: [es.respectlife.org/priorities-at-the-polls](https://es.respectlife.org/priorities-at-the-polls).

<sup>1</sup> *Formando la conciencia para ser ciudadanos fieles: Llamado de los obispos católicos de los Estados Unidos a la responsabilidad política*, Nota introductoria. Washington, DC: USCCB, 2023.





## INTERCESIÓN

Que todos los que defienden la vida encuentren fortaleza y renovación en el Espíritu Santo.

## ORACIONES

Padre nuestro, 3 Ave Marías, Gloria

## REFLEXIÓN

Dios ha creado cuidadosa y tiernamente a cada persona, a su propia imagen y semejanza, para que tenga una relación de amor con él. Desde cada minúsculo niño tejido en el vientre de una madre, hasta cada persona que se aproxima a la muerte, todos son amados por Dios de manera perfecta y completa: “Por tanto, lo que todos debemos asegurar a nuestro prójimo es un servicio de amor, para que siempre se defienda y promueva su vida, *especialmente cuando es más débil o está amenazada*” [cursivas añadidas] (*Evangelium vitae* 77).

En un mundo en el que los más vulnerables a menudo son pasados por alto e ignorados, Cristo nos llama a abrazar y defender la dignidad incondicional de cada vida humana. Al responder a este llamado, ayudamos a construir “una cultura nueva de la vida, fruto de la cultura de la verdad y del amor” (EV 77). Que el Espíritu Santo nos renueve continuamente en nuestros afanes por defender fielmente el don de la vida que Dios nos da.

## ACTOS DE REPARACIÓN

(Elige uno.)

- ¿Te encanta tu taza de té o de café? Abstente de cafeína hoy, o toma el café sin azúcar.
- “Desconéctate” por algún tiempo, y reflexiona sobre cómo Dios puede estar pidiéndote que ayudes a construir una cultura de vida en tu hogar, lugar de trabajo o comunidad eclesial.
- Ofrece algún otro sacrificio, oración o acto de penitencia que te sientas llamado a hacer por la intención de hoy.

## PASO ADICIONAL

Al mirar las noticias y leer los titulares, a menudo podemos sentirnos impotentes ante una desgarradora falta de respeto por la vida humana. Cuando nuestras luchas para mejorar las cosas se sientan insignificantes, es importante recordar que cambiar la cultura es un proceso de conversión que comienza en nuestro corazón. Implica la disposición a ser instruido por el Espíritu Santo y el deseo de estar cerca de Jesús, la fuente de la alegría y el amor. “Edificar una cultura de vida” explica brevemente cómo empezar ([es.respectlife.org/culture-of-life](https://es.respectlife.org/culture-of-life)).





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