



## Suggested Things To Do At The Parish

### Join Us in Prayerful Witness for the Unborn

- Display the 40 Days for Life flyer, event schedule, and/or poster in the church vestibule or bulletin board area.
- Make a brief pulpit announcement inviting parishioners to participate.
- Include a special intention for the protection of unborn children during Masses throughout the campaign (and ideally year-round if possible).
  - Pray the Prayer to End Abortion at a suitable time during the liturgy (e.g., after the Prayers of the Faithful).
- Participate in 40 Days for Life events and activities. See the full schedule near the bottom of our local campaign page: <https://www.40daysforlife.com/en/sanjose>
- Ask your parish priest about holding a weekly Holy Hour for Life--a dedicated Holy Hour for the protection of unborn life once per week, ideally following a daily Mass. This could include Eucharistic adoration, Stations of the Cross for Life, prayers for an end to abortion, and intercession for mothers and families in need. A regular holy hour would provide a beautiful, sustained opportunity for parishioners to unite in prayer—deepening our campaign’s spiritual foundation. Please speak with your priest about the possibility and share any confirmed times with us.
- Organize a parish vigil (group prayer time) at Planned Parenthood San Jose Central Health Center.
  - The prayer session can be led by a priest, religious sister/brother, or lay leader from the parish.
  - Suggested times: Saturdays at 9:30 a.m. or 12:00 p.m. (flexible—adjust to fit your parish schedule).
  - Please email us the date and time your parish will hold a vigil so we can coordinate and promote it: [40dfلسanjose@gmail.com](mailto:40dfلسanjose@gmail.com)

Your participation in peaceful prayer and witness makes a profound difference. Thank you for standing for life!

God is good all the time!



### **Prayer to End Abortion**

Lord God, I thank you today for the gift of my life,  
And for the lives of all my brothers and sisters.

I know there is nothing that destroys more life than abortion,  
Yet I rejoice that you have conquered death  
by the Resurrection of Your Son.

I am ready to do my part in ending abortion.  
Today I commit myself  
Never to be silent, Never to be passive,  
Never to be forgetful of the unborn.

I commit myself to be active in the pro-life movement,  
And never to stop defending life  
Until all my brothers and sisters are protected,  
And our nation once again becomes  
A nation with liberty and justice Not just for some, but for all.

Through Christ our Lord. Amen!