

45 Ways to Be Pro-Life!



1. Attend Pro-Life Events

- **Sign up to be on *NorthWest Families for Life's* email list.** You will receive monthly information on pro-life events and vigils all over the Chicago-land area. Email request to NWFL526@gmail.com or call 847-651-4877.
- **Sign up to be on the *Pro-Life Action League's* email list** to be part of pro-life events year-round. info@prolifeaction.org

2. Stay Educated

- ***Life Site News:*** Subscribe to receive daily emails with a wealth of current pro-life news. www.lifesitenews.com
- ***Priests for Life:*** Links to prayers, statistics, fetal development, sermons, brochures, etc. www.priestsforlife.org
- ***Abort73.com:*** Another great site for facts and figures on abortion.
- ***Secular Pro-Life:*** Excellent source of non-religious arguments and information www.secularprolife.org
- ***Relevant Radio:*** 950 AM/ 930 AM/ 1270 AM. Life issues every first Wednesday of the month at 9:00 am.

3. Host a movie night:

- ***Voiceless:*** A man risks everything in his life to speak out against an abortion clinic across the street from his church, to speak for the voiceless. www.voicelessthemovie.com
- ***Andy's Rainbow:*** A troubled teen is sentenced to community service at a home for special needs youth. One of the youths displays how God's strength is manifested in weakness and no human life is less valuable than another.
- ***Alison's Choice:*** Alison, a teen, is pregnant and at an abortion clinic when she encounters a man she believes to be the janitor but who is actually Jesus Himself. www.alisonschoice.com
- ***No Greater Joy:*** An excellent resource for anyone considering sidewalk counseling. Pro-Life Action League shows sidewalk counselors in action. View the 40 minute video at www.plal.org/sidewalk

4. Start a book club:

- ***Unplanned*** by Abby Johnson. Her dramatic journey to become pro-life, starting in Planned Parenthood with a desire to help women, then becoming a victim of abortion herself before embracing the culture of life. Soon to be a movie!
- ***Racketeer for Life: Fighting the Culture of Death from the Sidewalk to the Supreme Court*** by Joe Scheidler. Explains how a former Benedictine monk and journalism professor was drawn into pro-life activism and describes his part in the history of the pro-life movement in the US. Shared with energy, wit, and faith in this engaging memoir.
- ***Love Unleashes Life: Abortion and the Art of Communicating Truth with Grace*** by Stephanie Gray. Stephanie Gray became an internet sensation when her talk at Google headquarters went viral.

5. Support a Crisis Pregnancy Center – financially, by donating goods, or volunteering

- There are many across the state of Illinois. Find one near you at www.illinoisrighttolife.org/pregnancy-center/

6. Support a home for women in crisis pregnancies – financially, donating goods, or volunteering

- ***The Well of Mercy***, Father McGivney Center of Hope and Healing: Chicago, 773-655-469 www.thewellofmercy.com
- ***Heather's House and Monica's House:*** Des Plaines and Chicago, 847-795-3700 www.helpaidforwomen.org
- ***Martha and Mary Maternity House:*** Northwest suburbs, 847-986-8477 www.marthamarychicago.org

7. Join prayer vigils at abortion clinics going on almost any day of the week

- ***NorthWest Families for Life:*** Organizes prayer vigils at an abortion facility in Wood Dale. Keeps an up-to-date list of prayer vigils at other Chicagoland clinics. 847-651-4877 www.NorthWestFamiliesforLife.weebly.com
- ***40 Days for Life:*** A world-wide campaign to end abortion through prayer, fasting, and peaceful vigils at clinics. There are two campaigns a year: one in the spring during Lent and one in the fall. www.40daysforlife.com

And Many Other Ways:

8. Support Chastity Education.

- ***Archdiocese of Chicago*** sponsors chastity education events for teens. www.respectlifechicago.org
- ***Abstinence & Marriage Partnership*** offers curriculum for schools. www.ampartnership.org

9. Support groups for women with adverse prenatal diagnosis. www.prenatalpartnersforlife.org

10. Donate to Adoption services. Bethany Christian Services www.bethany.org

11. Patronize Pro-Life Doctors. Find one at *American Association of Pro-Life Ob/Gyns.* www.aaplog.org

12. Share Pro-life links on your Facebook page, like the home page of www.AbortionFacts.com .

13. Attend funerals for abandoned babies or sew "angel gowns". www.RestInHisArms.org

14. **Donate pro-life books and magazine subscriptions** to public schools and libraries.
15. **Write letters** to the editor and letters of encouragement to pro-life politicians.
16. **Talk to your pastor about preaching pro-life.** www.cherishlifeministries.com will send you a free DVD titled "Pastor's Letter" to give to your pastor. Or contact Churches for Life www.getintolife.org
17. **Learn about Natural Family Planning** through technology at www.naprotechnology.com or www.CCLI.org
18. **Spiritually Adopt a Baby:** Commit to praying a special prayer every day for nine months for a specific baby who is in danger of being aborted. Great for youth groups! www.spiritualadoption.org
19. **Support pro-life candidates and inform others.** *Illinois Family Institute* publishes a non-partisan voter's guide which shows candidates' answers to various key questions. www.illinoisfamily.org
20. **Knit baby booties** for sidewalk counselors to bring to abortion clinics to show women the reality of the **baby** growing inside of them. Contact Maria at NWFL526@gmail.com for a pattern.
21. **Organize seniors at nursing homes to pray for people who are at vigils.** Call one of the contact people for a vigil and get names of sidewalk counselors and hours they are there. Update the seniors on saves and needs.
22. **Wear a "Precious Feet" pin every day.** Order from www.heritagehouse76.com
23. **Support Thomas More Society.** Not-for-profit law firm defending life, family and religious liberty. If you ever feel like your religious rights are in danger, contact these amazing lawyers. www.thomasmoresociety.org
24. **Join your church Respect Life team** and/or start a pro-life club in your church or school.
25. **Participate in "Face the Truth" Tour** every summer with the Pro-Life Action League 773-777-2900.
26. **Talk about the pro-life message with others.** Get the information you need to do this confidently in the booklet, *Sharing the Pro-Life Message*. Order from Pro-Life Action League: www.prolifeaction.org
27. **Use pro-life checks.** Order from: www.prolifechecks.com or www.TheProLifeCheckGuy.com
28. **Wear Pro-Life Shirts.** Find unique designs with thought-provoking slogans www.prolifetshirts.com
29. **Donate to Gigi's Playhouse:** For families and individuals with down syndrome from prenatal through all ages. Each playhouse provides educational and therapeutic programs at no cost to families. www.gigisplayhouse.org
30. **Only support life-affirming charities:** American Life League's Charity Watchlist. www.all.org/get-involved
31. **Get trained as a sidewalk counselor.** Women seeking abortion are in great need of someone **at the clinic** to give them hope. Contact Pro-Life Action League for sidewalk counseling seminars. 773-777-2900
32. **Stock-up on pro-life products to share.** *Heritage House* sells great pro-life literature, DVDs, displays, fetal models, bumper stickers, T-shirts, hats, you name it! www.hh76.com
33. **Post-Abortive Healing:** *Project Rachel*- Provides support groups for women and men experiencing the sorrow and guilt of abortion, leading them to discover the forgiveness of God. www.hopeafterabortion.org 1-888-456-HOPE
34. **Project Gabriel:** A program where a church community adopts a woman in a crisis pregnancy. Church members offer friendship, emotional support, and pastoral care. www.gabrielproject.com/help.htm
35. **Offer help to employees of abortion clinics.** "*And Then There Were None*" provides emotional support and up to 3 months of financial support to abortion workers leaving their job. www.attwn.org
36. **Talk to your children/grandchildren about abortion.** Start when they are very young with knowledge about babies in the womb, such as "The baby's heart beats at 18 days." As they get older, use prayer like Spiritual Adoption to invite questions. Get more tips here: www.priestsforlife.org/preaching/prchild.html
37. **Pro-life Mobile Phone Service.** Use "Charity Mobile" and 5% of your monthly bill will be sent to the pro-life charity of your choice and you still have all the benefits of the major providers. www.prolifecatholic.com
38. **Shop Pro-Life.** Avoid patronizing companies that donate to Planned Parenthood or are anti-life in their practices. See a list at www.2ndvote.com
39. **Host a baby goods drive or diaper drive** at your church one weekend and donate goods to a Pregnancy Center.
40. **Stay informed about legislation** by getting on the email list of *Illinois Family Institute*. www.illinoisfamily.org
41. **Get Pro-life health insurance:** www.prolifehealthplan.com, www.chministries.org, or Samaritan Ministries.
42. **Buying or selling a home? Find a pro-life realtor** who will make a donation to a pro-life organization www.realestateforlife.org
43. **Encourage your college student to join or start a *Students for Life* group** www.studentsforlife.org
44. **Help loved ones create "Advance Medical Directives"** for end of life issues. www.CatholicEndOfLife.org
45. **PRAY!** Pray every day for a conversion of hearts and a renewed respect for the dignity of every human life.