

# Step 2: Walk with Moms to Save Preborn Children & Protect Missouri Women

*“The Catholic Church stands ready to continue providing spiritual and material support to expectant mothers and their families through our parishes and ministries, and to advocate on their behalf and on behalf of their unborn children at the state and federal levels.”*

~ Missouri Catholic Bishops, December 11, 2023

This flyer details ways to implement **Step 2: Walk with Moms** of the “5 Things You Can Do Right Now to Save the Preborn and Protect Missouri Women” in response to any pro-abortion initiative petition that may appear on the fall 2024 ballot. Build a Culture of Life in your parish and community by supporting moms and families, especially those facing unexpected or difficult pregnancies.



## Ways to Walk with Pregnant & Parenting Moms in Your Parish & Community

- Share the good “Good News” on the many ways the Catholic Church and its ministry partners support moms, children, and families:
  - ◊ Locally: [walkingwithmomsstl.com](http://walkingwithmomsstl.com)  
[walkingwithfamiliesstl.com](http://walkingwithfamiliesstl.com)
  - ◊ Nationally: [walkingwithmoms.com](http://walkingwithmoms.com)
- Partner with your local Walking with Moms and Walking with Families St. Louis agencies in their mission to help pregnant and parenting moms, couples, and families.
- Kindly and courageously share these resources with those facing unplanned or difficult pregnancies encouraging them to choose life.
- Participate or start regular prayer times for moms with your family and at your parish.
  - ◊ [walkingwithmoms.com/pray-for-moms](http://walkingwithmoms.com/pray-for-moms) (prayer guides)
  - ◊ [walkingwithmoms.com/prayer-for-pregnant-mothers](http://walkingwithmoms.com/prayer-for-pregnant-mothers) (prayer cards)
  - ◊ [respectlife.org](http://respectlife.org) (petitions, novenas)
- Invite your pastor to have regular blessings at Mass for pregnant, adoptive, and foster moms.
- During Lent, help with or donate to the Archdiocesan Deacon Diaper Drive at your parish.
- Invite your pastor, priest, or deacons to help provide the sacraments for moms and children at a local maternity home or pregnancy resource center; explore options to help them receive the Sacraments at your parish.
- Get involved with your parish respect life ministry; or pray about and talk to your pastor about starting or renewing one.
- Educate yourself and others about the needs of mothers. Resources include:
  - ◊ USCCB Pro-Life’s “10 Ways to Support Her When She’s Unexpectedly Expecting.” [respectlife.org/support-her](http://respectlife.org/support-her)
  - ◊ Walking with Moms testimony videos and webinars for parishes: [walking-withmoms.com/videos](http://walking-withmoms.com/videos)
  - ◊ Our Sunday Visitor’s article on the power of praying for moms: [oursundayvisitor.com/these-powerful-testimonies-reveal-the-hidden-impact-of-a-pro-life-novena/](http://oursundayvisitor.com/these-powerful-testimonies-reveal-the-hidden-impact-of-a-pro-life-novena/)
- Ask your pastor to have a second collection to benefit a Walking with Moms or Families agency.

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For additional resources about the Missouri Ballot Initiative, contact:

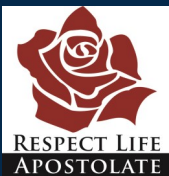
Respect Life Apostolate - Archdiocese of St. Louis

[prolife@archstl.org](mailto:prolife@archstl.org) — [STLRespectLife.org](http://STLRespectLife.org)



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### Ways to Walk with Pregnant & Parenting Moms in Your Parish & Community

- Donate to or hold a supply drive for pregnant or new moms, including prenatal vitamins, clothing, health/beauty items, food, gift cards, and gas cards.
- Donate to or hold a supply drive/baby shower for babies, infants, and toddlers, including diapers, formula, baby food, clothing, toys, blankets, and pacifiers.
- As a family, school, parish ministry, or entire parish adopt a pregnant or parenting mom (or multiple ones) being helped by a Walking with Moms or Families agency, and those in your parish.
- Establish a diaper station for parents of young children at your parish with needed supplies.
- Set up an online baby or moms registry to benefit new moms, including adoptive and fostering, in your parish or via a Walking with Moms agency.
- Organize a meal train for pregnant or new moms.
- Talk to your pastor and principal about setting up a standing basket or place in your church and school where people can bring donated items for moms, babies, and children.
- Volunteer at or organize a “moms night out” event at your parish or in your community.
- Sign up as a parish or parish ministry to provide dinner for moms and their children at a local maternity home.
- Invite moms, couples, and families with children to Mass and parish events; make them feel welcome.
- Explore options for providing free childcare at parish events so moms and families can more easily attend.
- Establish a mentoring moms program, where experienced moms accompany new moms, especially those who are single or without support.
- Walk with moms and couples with preborn loss; share existing Walking with Families resources.
- Invite your parish young people, school and PSR students and youth group, into a volunteer, education, supply drive, or fundraising event benefitting pregnant and parenting moms and their children.
- Attend or talk to your pastor about holding a pro-life education event. Invite a Walking with Moms or Families agency to share how they build a Culture of Life.
- Offer to babysit or help with transportation for pregnant, adoptive, or foster moms in need.
- Buy or organize the sale of special event cards that benefit local pregnancy help centers.
- Establish a regular playgroup at the parish allowing moms to come together for fellowship and support while their children play.
- Honor all moms in a special way at your parish on or around Mother’s Day.
- Set up a respect life ministry/Walking with Moms table at a parish event to educate on how to best support pregnant and parenting moms and their children, born and unborn.
- Renovate or build houses for moms in need in your community.
- Volunteer as an overnight worker at your local maternity home.
- Walk with single moms in your parish; ideas available at [momentummothers.org/](http://momentummothers.org/)
- Include regular Walking with Moms and Families announcements in your parish bulletin.
- Walk with moms, couples, and families wounded by abortion. Connect them to resources via the Archdiocesan Abortion Healing Ministry at: [archstl.org/hope-healing](http://archstl.org/hope-healing)



*Thank you to the Archdiocese of St. Louis respect life coordinators for these Walking with Moms ideas.*



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*For additional resources about the Missouri Ballot Initiative, contact:*  
**Respect Life Apostolate - Archdiocese of St. Louis**  
[prolife@archstl.org](mailto:prolife@archstl.org) — [STLRespectLife.org](http://STLRespectLife.org)



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