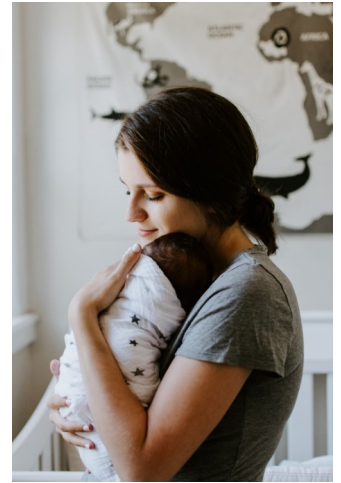


# Step 1: Praying to Save Preborn Children & Protect Missouri Women

*"Only with prayer...will the culture of death that surrounds us today be replaced with a Culture of Life."*

~ USCCB Pastoral Plan for Pro-Life Activities

This flyer outlines ways to implement **Step 1: Pray** of the "5 Things You Can Do *Right Now* to Save the Preborn and Protect Missouri Women." Be bold and confident in asking our Good Lord's help in stopping any pro-abortion initiative petitions that may appear on the fall 2024 ballot. Pray and invite others to pray to save babies and protect moms.



## 1. Join or Start Regular Prayers for Life

Participate in existing pro-life prayer opportunities or ask your pastor to start new ones at your parish.

- Resources for pro-life Holy Hours, Litanies, Rosaries, petitions, and more: [usccb.org/pro-life-prayer](https://usccb.org/pro-life-prayer)
- Pray intentionally for this effort through the Archdiocesan 90 Prayer Days for Life: [bit.ly/90DaysForLife-2024](https://bit.ly/90DaysForLife-2024)

## 2. Join in National Prayers Efforts

Pray with Catholics nationwide during the

- 9 Days for Life Novena (January) [respectlife.org/9-days-signup](https://respectlife.org/9-days-signup)
- Respect Life Month Novena (October) [respectlife.org/respect-life-month](https://respectlife.org/respect-life-month)
- National Night of Prayer for Life (December) [STLRespectLife.org](https://STLRespectLife.org)
- Walking with Moms Prayers (Monthly) [walkingwithmoms.com/pray-for-moms](https://walkingwithmoms.com/pray-for-moms)

## 3. Fast and Pray

Fasting, or offering something up to God out of love for Him and others, is another powerful spiritual practice in addition to your pro-life prayers.

## 4. Spiritual Adoption

Spiritual adoption involves praying for preborn children and their mothers, learning about fetal development, and taking part in a local Walking with Moms effort. Contact the RLA for free program materials and to learn more.

## 5. Prayer and Peaceful Witness

Save lives and change hearts through prayer and peaceful public witness during:

- Life Chain (Local Parishes)
- Midwest March for Life (Jefferson City)
- March on the Arch (St. Louis)
- 40 Days for Life (Missouri and Illinois)
- March for Life (Washington, DC)



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](https://STLRespectLife.org)

