

Dear Philomena,

“A ‘culture’ is the living expression of a particular society’s set of values. A ‘culture of life’ would be the lived expression of a society that values human life, respect human intrinsic dignity, and protects the inalienable rights of all human persons from conception to natural death” (Aleteia.org, 2023).

That is what I grew up believing. All life is sacred. I know your situation is complicated and being pregnant in college must be extremely difficult. You make a wonderful roommate and I want you to choose life for your child.

As you know, I was adopted. My birth mother had a crisis pregnancy. She had the choice between choosing life or abortion. If you can’t take care of the child, abortion is not the only option. Some lovely people are waiting for a person in your situation to have a baby, so they can have a family. There are many organizations for women who need help during their pregnancy.

Did you know there is a St. Philomena? She is a patron saint of infants, babies, and youth. My name saint, St. Gianna is the patron of physicians, mothers, and unborn children. St. Gianna also faced a crisis pregnancy. Doctors told her either she or her baby would live but not both. She chose her baby. Here is a prayer that may help you:

“Dear Lord,

I am calling upon you today for your Divine guidance and help. I am in crisis and need a supporting hand to keep me on the right and just path. My heart is troubled but I will strive to keep it set on you, as your infinite wisdom will show me the right way to a just and right resolution. Thank you for hearing my prayer and for staying by my side.

Amen” (Praywithme.com, 2023).

Another shorter prayer option is:

Lord, I call upon you for help. I am struggling and need your holy help to influence my decisions. Lord Jesus Crucified, have mercy on me a sinner.

If you ever need to talk, I’m always here for you.

Your friend and roommate,

Gianna Heddell