

ST. ELIZABETH ANN SETON CHURCH



Father Mark Seiker
3301 Echo Drive
North Platte, Nebraska 69101

Rectory / Office 308-534-5461
Parish Hall: 534-0511

Parish email: rectory-office@seas-np.org
Webpage: <http://www.seas-np.org>

2nd Sunday in Ordinary Time ***January 17, 2021***

Welcome to St. Elizabeth's: It is our hope that you feel at home and among friends here at St. Elizabeth. If you are a visitor for a day, we pray God's speed on your journey. If you are looking for a parish community, we would be delighted to welcome you into our parish family. Please introduce yourselves. Registration forms are available in the entry racks or contact us anytime at 308-534-5461.

Religious Services

Mass Schedule For Sunday Obligation:

Saturday 5:00 p.m.

Sunday 10:00 a.m.

Weekdays & Holy Days

As published in the Bulletin.

Rosary

Prayed **8:30 a.m.** Monday mornings, and
30 minutes before weekend Mass.

Sacrament of Confession

Offered 30 minutes before most all daily Masses

Saturday 4:00 p.m. – 4:55 p.m.

Sunday, 9:00 a.m. – 9:55 a.m., or by appointment.

Sacrament of Baptism

Parents are asked to attend a baptism preparation class. This is recommended, and easiest to do before the birth of the child, but must be done before the baptism.

Sacrament of Matrimony

To assist those who plan to marry, all couples will be required to fulfill the diocesan marriage preparation policy, which includes the FOCCUS & Engaged Encounter Programs. This requires a minimum of 4-6 months. The assessment process must be completed before a wedding date is set. Contact pastor early to begin the preparation.

Parish Information

Bulletin Deadline

All material is to be submitted to the parish office before noon Wednesday prior to the Sunday it is to appear. Email to: rectory-office@seas-np.org

New or Moving Parishioners

Please call the office to arrange an appointment with the Pastor to register in the Parish. Please call the office to notify us of any address change.

Your Will

Ask your attorney to include remembrance of your Church in your will.

Religious Vocations

Any young woman interested in religious life, or young man interested in a vocation to the priesthood should contact your pastor. Please pray for vocations!

Education

Family Formation Program

Sunday mornings (Sept-May) 11:30 a.m. – 12:30 p.m.

Rite of Christian Initiation of Adults (R.C.I.A.)

For those interested in possibly joining the Catholic Church. Usually on Wednesdays (Sept-May), 7:00 p.m. - 9:00 p.m. in Parish Hall. Please contact the parish office for more information.

SCHEDULE OF MASSES

Monday Jan. 18 8:00 a.m.
Tuesday Jan. 19 **7:00 a.m.**
Wednesday Jan. 20 **5:30 p.m.**
6:00pm-10:00pm Eucharistic Holy Hours => Spend time with Jesus
Thursday Jan. 21 8:00 a.m.
Friday Jan. 22 **12:10 p.m.**
Saturday Jan. 23 **5:00 p.m.**
Sunday Jan. 24 **10:00 a.m.**

INTENTIONS

Triumph of the Immaculate Heart
Special Intention (jls)
Otto, Virginia, Lynn Weskamp +
Elizabeth (Liz) Haag
Martha Burbach +
People of our Parish
Bernie Pieper +

**When praying,
do not give God
instructions –
report for duty.**

Stewardship: January 10, 2021

Adult Envelopes:\$1,126.00
Loose Plate:\$213.38
Children:\$0.00
Holy Day: (Mary, Mother of God).... \$10.00
Total:\$2,724.00

Joy of the Gospel Campaign

Total Pledged:\$958,770.00
Gifts last week:\$600.00
Total Gifts Received:\$930,253.05
Original DIAL Loan:1,485,000.00
Total Received (CTTF Camp): \$1,025,440.07
Misc Donations Received:\$739,940.31
Total Payments on Loan:\$1,759,678.04
Balance on DIAL LOAN: **\$8,568.02**

Contemplative Sisters:\$0.00
Retired Priests:\$0.00

Parish Calendar

Wednesday Jan. 20 **6:00pm – 10:00pm:** Eucharistic Adoration; **7:00pm – 9:00pm:** RCIA Classes in Person and via Zoom
Thursday Jan. 21 **1:00pm:** Adult Bible Study (contact Teri Volesky)
Friday Jan. 22 **Day of Prayer and Penance,** Anniversary of Roe v. Wade (1973)

Catholic School News:

Upcoming Events: Jan 18: SPVA Boys Basketball Tourney, 4:00pm- JH Boys Bball vs NPMS, Jan. 19: SPVA Girls Basketball Tourney, Jan. 20: 4:15pm- Res Boys Bball @ NPMS, Jan. 21: SPVA Boys Basketball Tourney, 4:00pm- JH Boys Bball @ NPMS, Jan. 22: 11:00am- WR @ South Loup, SPVA Girls Basketball Tourney, Jan. 23: SPVA Girls & Boys Basketball Tourney.

Enroll Today: Our Preschool & Kindergarten enrollment is currently taking place and space is filling up fast! Information night for Preschool & Kindergarten is set for Wednesday, February 3 @ 6:00pm in the McDaid Gym. Contact Gwen Covey @ 532-1874 for more information. COVID restrictions will be followed.

Kitchen Help Needed: Want to work with some fun co-workers and great students? We are looking to fill a temporary, part-time position in our high school kitchen. Hours are 10:00am-2:00pm. Individual must be able to lift at least 40 pounds of material and have the ability to stand for the hours listed. Contact Mr. Dodson @ 532-1874.

Student of the Month: Nathan Moats has been selected as the student of the month for January. Teachers and Student Council members vote on a student to receive this honor. Nathan, a senior, is the son of Natalie and Shane Moats of North Platte. His school activities include band, football, baseball, One Act, Quiz Bowl, S.A.I.N.T.S. and Honor Roll. Outside of school he finds time to volunteer at parish events. He and his family are members of Holy Spirit Catholic Church. Nathan has a younger brother, William, a 10th grader at St. Patrick High School.

Catholic Schools Week: Catholic Schools Week will be Jan. 31-Feb. 6! This week gives us the opportunity to recognize and thank everyone for helping us keep our school successful. This week is also another opportunity for us to share all that a Catholic education has to offer. If you have ever considered NPCS, please contact us today! A faith-based education is a decision you won't regret making!

North Platte Catholic School: Faith & Knowledge for a Brighter Future

Spousal Hearts: Renewed in Love ... Marriage Encounter presenting Virtual weekends 2021, Feb. 19-21, April 23-25. Contact Pat & Janelle Benson, Pat 308-940-0670, Janelle 308-940-1105, pbjbbn@yahoo.com.

Give The Knights Your Cans ... Profit from recycling the cans used for Knights of Columbus charitable works. Place cans in the barrels in front of the storage shed (southwest corner of parking lot).

Everyone (Adults & Youth) are invited ... to join the Daughters of Charity on **Saturday, February 13 at 6:15pm** or **Sunday, February 14 at 11:15am** to write Valentine Cards for persons who are Homebound, in the Nursing Homes, and the elderly. Come join us for a FUN 30 minutes community service writing short notes saying Happy Valentine's Day & that we are thinking of them! Questions ... ask Kathy Burr (308-991-1880) or Cindy Keck (308-530-9115).

9 Days for Life ... Join thousands of Catholics nationwide praying the annual **9 Days for Life novena, Jan. 21-29.** Sign up today at www.9daysforlife.com! 9 Days for Life is a novena for the protection of human life. Each day's intention is accompanied by a short reflection and suggested actions to help build a culture of life. (see Bulletin insert)

Day of Prayer ... Did You Know? This **Friday, Jan 22**, the Church in the United States observes the annual **"Day of Prayer for the Legal Protection of Unborn Children."** We are called to observe this day through prayer and penance. www.respectlife.org/january-22.

Week of Prayer for Christian Unity (Jan. 18-25) ... The Week of Prayer for Christian Unity has a history of over 100 years, in which Christians around the world have taken part in an octave of prayer for visible Christian unity. By annually observing the WPCU, Christians move toward the fulfillment of Jesus' prayer at the Last Supper "that they all may be one." (cf. John 17:21) This year's theme is **"Abide in my love ... You shall bear much fruit."** (John 15:1-17)

Pro-Life Words from Hollywood ... "Indeed the tragedy of abortion haunts women from all walks of life. Abortion advocates are spending millions to package their tired rhetoric and half-truths in cutting-edge advertising campaigns targeted to young women ... The early feminists were pro-life. And really, abortion is a huge disservice to women, & it hasn't been presented that way." -Emmy winning actress, Patricia Heaton, from *Everybody Loves Raymond*

Good Counsel Retreat House Retreats Register for Online & in person Retreats sponsored by Good Counsel Retreat House www.goodcounselretreat.com, 402-786-2705, or goodcounsel@cdolinc.net.

January - March Schedule:

Jan. 21-24 Matt Simmons Men / Women

"4-day Private Directed Ignatian Retreat" (Thur-Sun)

Jan. 23 Kendra Von Esh **Online Retreat** Men / Women

"Finding Joy in Prayer" (Sat, 9:30am-2:30pm)

Don't be deceived by this being one of the shortest online retreats we have offered. I believe it will be one of the more powerful. But don't just believe me. Watch the 2-minute testimonial video & register today. Retreatants will hear her reconversion story & learn practical helps to grow in prayer from beginner to advanced. God bless, Fr. Gary Coulter Director, Our Lady Good Counsel Retreat House
(See two different 2 minute videos on our parish webpage ... www.seas-np.org)

Feb. 5-7 Fr. William Holoubek Men / Women

"Unbound: Freedom in Christ"

Feb. 11-14 Fr. Gary Coulter Men / Women

"4-day Private Directed Ignatian Retreat" (Thu-Sun)

Feb. 17 Ash Wednesday Day of Reflection ... Men / Women

(\$10, in-person or online)

Feb. 20 (Sat) Fr. Benjamin Holdren Moms of Young People

"Holiness is for Everyone (Seriously)"

Feb. 26-28 Johnnette Benkovic Williams Men / Women

"Living His Life Abundantly in Today's World"

Mar. 4-7 Fr. Gary Coulter Men / Women

"4-day Directed Spiritual Exercises" (Thu-Sun)

Mar. 11-18 Fr. Chris Barak & Fr. Gary Coulter Men / Women

"8-day Private Directed Ignatian Retreat" (Thur-Thur)

Mar. 11-14 Fr. Gary Coulter Men / Women

"4-day Private Directed Ignatian Retreat" (Thur-Sun)

Mar. 15-18 Fr. Chris Barak Men / Women

"4-day Private Directed Ignatian Retreat" (Thur-Thur)

Mar. 19-21 Bishop Robert Finn Men

"Watch and Pray: Lenten Men's Retreat"

Mar. 26-28 Fr. John Anthony Boughton, CFR ... Men / Women

"Spiritual Workout: Getting in Shape for the Spiritual Combat"

Mar. 29 - Apr. 1 Fr. Chris Barak Men / Women

"4-day Private Directed Ignatian Retreat" (Mon-Thu; Holy Week)

Marriage Saving – the Weekend Phase ...

Retrouvaille (pronounced retro-vi) means 'rediscovery'. During the weekend phase of Retrouvaille a series of presentations are given by a team of three couples and a priest. The team presents a technique of communication that enables you to take a good look at most areas of your relationship. After each presentation you have time in the privacy of your room to discuss the previous presentation. For confidential information about or to register for the February program beginning with a weekend on Feb. 19-21, 2021, call 1-888-317-5654 or 308-986-2351 or www.HelpOurMarriage.org.

Healing Hearts Support Sessions ... Healing Hearts Support Sessions for those who have suffered the loss of a loved one are being offered to assist Catholics in the grief process. The sessions will be held on six weekly Tuesday evenings beginning February 16, 7:00pm-9:00pm, at John XXIII Diocesan Center, 37th & Sheridan Blvd. Suggested Donation: \$25. To register, please call 402-473-0620.

Save the Date - Virtual Event With Jeff Cavins ...

Spirit Catholic Radio has enjoyed hosting a Celebration event for our listeners for 15 years! This year, we are excited to announce that we will get to join you virtually for this year's event – the Spirit Celebration Adventure! **Our guest speaker will be Jeff Cavins**, speaker, author, TV host, podcaster, and pilgrimage leader. Jeff's theme of **"Overcoming the World – What is the Proclamation of the Gospel?"** will break open seven truths everyone should know about boldly proclaiming the good news of the Gospel. This video event will begin at **7:00pm on March 15th** via a unique Zoom link that attendees will receive upon registration.

The Word 2021 Catholic Bible Summit ...

Feb. 11-13 ... This will be the largest virtual gathering of its kind ... and it's FREE to attend. Featuring Fr. Mike Schmitz, Dr. Scott & Kimberly Hahn, Chris Stefanick, Curtis Martin, Patrick Madrid, Danielle Bean, Mark Hart, Lisa Brenninkmeyer, Fr. Josh Johnson and many more presenters, this is sure to be an unprecedented gathering. The presenters will be opening the Bible for Catholics to help them find clarity, hope, and joy, even in the midst of uncertain times.

You will learn: * How to find unshakeable hope and peace no matter what you're going through. * How to hear what God is saying to you right now. * The keys to unlocking a deeper personal and family prayer life. * Where to turn in times of suffering. * The keys to overcoming doubt and share your faith with others. * How to find balance and re-calibrate your family with the Word of God.

You won't want to miss this unprecedented FREE event for Catholics! The Word 2021 International Catholic Bible Summit is FREE, online, & includes more than 70 of the most trusted and loved Bible experts as they go deep in to how to use the Bible to find clarity, hope, and joy, even in the midst of uncertain times. Register for FREE: www.CatholicBibleSummit.com

Statewide Day of Prayer ... This week, Governor Ricketts issued a proclamation declaring **January 22, 2021** as a Statewide Day of Prayer. January 22nd is the anniversary of Roe v. Wade, a U.S. Supreme Court decision which struck down Nebraska's laws protecting unborn babies. Governor Ricketts' proclamation encourages Nebraskans to pray for an end to abortion and a deepening in respect for the humanity of unborn children.

"Nebraska state law states that it is 'the will of the people of the State of Nebraska and the members of the Legislature to provide protection for the life of the unborn child whenever possible,'" reads Governor Ricketts' proclamation. "Nebraskans display our pro-life values in a multitude of ways from the crisis pregnancy centers that provide free care for expecting parents to the prayer vigils held across the state every year." Please encourage your family, friends, and fellow parishioners to set aside time to pray for those lives lost and for the protection of unborn human life in our state and country.

Surviving Divorce ... Divorced? Come find comfort, counsel, hope and healing consistent with Catholic Church teachings. The twelve-week video series & facilitator led Surviving Divorce program begins on February 1st, 7:00pm-9:00pm, at John XXIII Diocesan Center, 3700 Sheridan Blvd. A suggested donation of \$50 covers the cost of the program and includes the Surviving Divorce personal guide and all materials. Classes are kept small and may be registered for by contacting the Family Life Office at 402-473-0620 or familylifeoffice@cdolinc.net

2021 Lenten Series ... *An Introduction to Spiritual Life* will be led by Matt Simmons, diocesan director of the Office of Evangelization and Spiritual Formation. The series will be in-person at Our Lady of Good Counsel Retreat House, or at-home, livestream, on-demand recordings. It will be held Tuesdays starting Feb. 16 – Mar. 30 from 7:00pm-9:00pm. Series is free; registration requested <https://lincolndiocese.regfox.com/lent2021>. Any questions, call 402-473-0615 or email Annette-Wemhoff@cdolinc.net. Participants are welcome to attend even if they cannot come to each event in the series. Everyone is warmly invited to attend!

FROM FR. MARK SEIKER:

RCIA Classes ... (Inquiry class in Faith) on Wednesdays in Parish Hall 7:00pm – 9:00pm, will continue until mid-May 2021. **It is not too late to join!** Classes for Catholics & non-Catholics. Come, learn more about your faith; offered in **person (with social distance) & virtually.**

Liturgical Ministers

Lector		
Acolyte		
Server		
Music		
Gifts		
Ushers		
Rosary		

Liturgical Calendar & Saints

Saturday:	Jan. 16	Weekday in Ordinary Time (<i>Wk.1</i>) Blessed Virgin Mary (<i>Opt. Memorial</i>)
Sunday:	Jan. 17	2nd Sunday in Ordinary Time
Monday:	Jan. 18	Weekday in Ordinary Time (<i>Wk.2</i>)
Tuesday:	Jan. 19	Weekday in Ordinary Time (<i>Wk.2</i>)
Wednesday:	Jan. 20	Weekday in Ordinary Time (<i>Wk.2</i>) St. Fabian, St. Sebastian (<i>Opt. Memorial</i>)
Thursday:	Jan. 21	St. Agnes (<i>Memorial</i>)
Friday:	Jan. 22	Day of Prayer for Legal Protection of Unborn Children
Saturday:	Jan. 23	Weekday in Ordinary Time (<i>Wk.2</i>) St. Vincent, St. Marianne Cope, BVM (<i>Opt. Mem</i>)
Sunday:	Jan. 24	3rd Sunday in Ordinary Time

Prayers for the sick: Rick Ryan, Becky Harold, Pat Wessell, Vinette Tenopir (Mickie Morlang's mother), Sheila Exner, Cathy Leathers, Tucker Smith, Robert Wessell, J.D. Troyer, Cindy Ryan, Dean & Janice Large, Jennifer Schmid, Sharon Beckius, Those affected with/by COVID-19, Theresa McCarthy-Garth, Troy Tickle, Peggy Lawler, Matt Reisen (Matt & Ashley Perlinger's friend), Special Intention, Carolyn Cohen, Tim Garth (Theresa McCarthy-Garth's son), Those struggling with Alcoholism, Renate Nordquist, Kim Paul.

Prayers for the deceased: Carolyn Cohen, Steve Haman (Matt Perlinger's uncle), Betty Conley (Bishop Conley's mother), Mike Paul, Sammy Medinger, Mary Lou Robles (Toni Barron's sister), Leo Walz, Ardis "Jo" Ginapp, Verna Kellogg, Bonnie Greco (Ashley Perlinger's grandmother), Shirley Lindekugel, Beatrice Estrada, Eloise Kramer (Monica Kramer's mother), Nellie Rodriguez (Toni Barron's sister), Reyes Robles (Toni Barron's brother-in-law), Margaret Ruskamp (Donna Bode's mother), Dolores Kosmicki, Patricia Zamora (Toni Barron's sister), Teresa Cloutre, Gordon Swanson (Cindy Swanson's father), Florena Schneeweis (Emily Krondak's mother), Carlos Fleury (Steve/Janet Fear's son-in-law), Ruby Ramirez (Toni Barron's sister), JoAnn Bode Waters (John Bode's sister), Eileen Boltz, Leona Cloutre, Bernadine Torres, Martha Burbach, Luke Ranck.

Birthdays/Anniversaries: 1/19 - Paul Orr, 1/19 - Karl Hendricks, 1/20 - Carmen Buhrman, 1/21 - Dennis Brosius, 1/22 - Don Exner, 1/23 - Reiny Burbach.

Catechism of the Catholic Church (Second Edition) PART FOUR – CHRISTIAN PRAYER

SECTION ONE – PRAYER IN THE CHRISTIAN LIFE

CHAPTER ONE – THE REVELATION OF PRAYER

God's Promise and the Prayer of Faith

2572 As a final stage in the purification of his faith, Abraham, "[who had received the promises](#),"¹³ is asked to sacrifice the son God had given him. Abraham's faith does not weaken ("[God himself will provide the lamb for a burnt offering](#)."), for he "[considered that God was able to raise men even from the dead](#)."¹⁴ And so the father of believers is conformed to the likeness of the Father who [will not spare his own Son but will deliver him up for us all](#).¹⁵ Prayer restores man to God's likeness and enables him to share in the power of God's love that saves the multitude.¹⁶

13 *Heb. 11:17* By faith Abraham, when put to the test, offered up Isaac, and he [who had received the promises](#) was ready to offer his only son,

14 *Gen. 22:8* "Son," Abraham answered, "[God himself will provide the sheep for the holocaust](#)." Then the two continued going forward.

Heb. 11:19 He [reasoned that God was able to raise even from the dead](#), and he received Isaac back as a symbol.

15 *Rom. 8:32* He who [did not spare his own Son but handed him over for us all](#), how will he not also give us everything else along with him?

16 *Cf. Rom. 8:16-21* ¹⁶The Spirit itself bears witness with our spirit that we are children of God, ¹⁷and if children, then heirs, heirs of God and joint heirs with Christ, if only we suffer with him so that we may also be glorified with him. ¹⁸I consider that the sufferings of this present time are as nothing compared with the glory to be revealed for us. ¹⁹For creation awaits with eager expectation the revelation of the children of God; ²⁰for creation was made subject to futility, not of its own accord but because of the one who subjected it, in hope ²¹that creation itself would be set free from slavery to corruption and share in the glorious freedom of the children of God.

Pray for our Seminarians:

Patrick Seth Winter, from St. Joseph Parish in Lincoln. He entered the Seminary in 2018. He is in College 4 at St. Gregory the Great Seminary.

Mitchell Salcedo Schleiss, from Sacred Heart Parish in Shelby. He entered the Seminary in 2018. He is in Theology 1 at Mount Saint Mary Seminary.

Pray for our Religious Sisters: School Sisters of Christ the King, Marian Sisters of the Diocese of Lincoln, Sisters at the Carmel of Jesus, Mary & Joseph, Pink Sisters, Sisters of Mary, Queen of Mercy.

HOLY FATHER'S INTENTIONS ... (January) Prayer intention for evangelization - Human fraternity: May the Lord give us the grace to live in full fellowship with our brothers and sisters of other religions, praying for one another, open to all. humankind.

Day One: Thursday, January 21, 2021

Intercession: May the tragic practice of abortion end.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: At every stage and in every circumstance, we are held in existence by God's love. The presence of an illness, disability, or other challenging situation never diminishes the value of a human life. God does not call us to perfection of appearance or abilities, but to perfection in love. Christ invites us to embrace our own lives and the lives of others as true gifts.

Abortion tragically rejects the truth that every life is a good and perfect gift, deserving protection. This violent practice ends the life of a human being at its very beginning and horribly wounds all those involved. But Christ came that we "might have life and have it more abundantly" (*John 10:10*), taking on human flesh for the sake of our redemption. May our culture experience the power of God's transforming love, that all eyes may be opened to the incredible beauty of every human life.

Acts of Reparation (choose one):

- Take a break from television and movies today. Consider spending some of that time praying with today's reflection.
- Pray the short prayer "Every Life is Worth Living," reflecting on the gift of human life. (*The prayer is also available to order or download at www.usccb.org/worth-living.*) Heavenly Father, thank you for the precious gift of life. Help us to cherish and protect this gift, even in the midst of fear, pain, and suffering. Give us love for all people, especially the most vulnerable, and help us bear witness to the truth that every life is worth living. Grant us the humility to accept help when we are in need, and teach us to be merciful to all. Through our words and actions, may others encounter the outstretched hands of Your mercy. We ask this through Christ, our Lord. Amen.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

One Step Further: Abortion is frequently a topic in the news, political debates, and everyday conversations with family or friends. Because abortion can be a controversial and emotional issue in any arena, many of us may feel intimidated when the topic arises, not knowing what to say. "Another Look at Abortion" (www.respectlife.org/another-look-at-abortion) provides a basic overview and summarizes key points. This article will help you be better prepared to witness to the sanctity of human life. NABRE © 2010 CCD. Used with permission. Copyright © 2020, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.

Day Two: Friday, January 22, 2021

Day of Prayer for the Legal Protection of Unborn Children

Did You Know? In the Catholic Church in the United States, January 22nd is designated as a particular day of prayer and penance, called the "Day of Prayer for the Legal Protection of Unborn Children." As Catholics, we are called to observe this day through the penitential practices of prayer, fasting, and/or giving alms. More Information: www.usccb.org/january-22

Intercession: May all unborn children be protected in law and welcomed in love.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: Today, on this 48th anniversary of *Roe v. Wade*, we mourn the many children's lives ended by abortion and remember in prayer those who suffer the aftermath. The Church comes together today to pray for the protection of all unborn children and to make reparation for abortion, trusting that the Lord hears our prayers.

The importance of prayer is reflected in *Evangelium vitae*, written by Pope Saint John Paul II, "A great prayer for life is urgently needed, a prayer which will rise up throughout the world. Through special initiatives and in daily prayer, may an impassioned plea rise to God, the Creator and lover of life, from every Christian community, from every group and association, from every family and from the heart of every believer" (*Evangelium vitae* 100). May that prayer arise in our hearts today and each day forward until every human being is protected in law and welcomed in love.

Acts of Reparation (choose one):

- Fast from one meal today.
- Offer this brief "Prayer for Life" for all unborn children whose lives are at risk. (*The prayer is also available at www.usccb.org/prayer-for-life.*) Father and maker of all, you adorn all creation with splendor and beauty, and fashion human lives in your image and likeness. Awaken in every heart reverence for the work of your hands, and renew among your people a readiness to nurture and sustain your precious gift of life. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God forever and ever. Amen.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

One Step Further: More women and girls consider abortion than we may realize. They are our relatives and friends, people who work with us or for us. Even if someone identifies as being pro-life, the shock of an unexpected pregnancy, the devastation of a difficult prenatal diagnosis, shame, pressures, or fears may influence her to consider abortion.

If someone shared with you that she was pregnant and hadn't ruled out having an abortion, would you know how to respond in a loving way that is life-affirming for both her and her baby? Learn about the four steps of the L.O.V.E. Approach™*: *Listen and Learn, Open Options, Vision and Value, and Extend and Empower* (www.respectlife.org/l-o-v-e).

* The L.O.V.E. Approach™ is trademarked by Heartbeat International, Inc. and may not be adapted or modified. The L.O.V.E. Approach™ is used in "What to Do When a Friend Is Considering Abortion" with permission from Heartbeat International, Inc. Copyright © 2017, United States Conference of Catholic Bishops, Washington, DC. All rights reserved. *Evangelium vitae* (*The Gospel of Life*), no. 100 © 1995, Libreria Editrice Vaticana. Used with permission. All rights reserved. Copyright © 2020, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.

Day Three: Saturday, January 23, 2021

Intercession: May every expectant mother receive compassionate care and support as she nurtures the life in her womb.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: When the angel Gabriel appeared to Mary, she opened her heart to receive his message that she would conceive the Son of God in her womb. As a young, betrothed, but unmarried, woman, Mary knew that her pregnancy presented many challenges. Despite this knowledge, she faithfully responded, “Behold, I am the handmaid of the Lord. May it be done to me according to your word” (*Luke 1:38*).

Like the Blessed Mother, women who unexpectedly become pregnant often face significant challenges. They, too, are called to place their trust in God and faithfully respond to His gift of new life. And we are called to walk with them in their time of need. As Jesus taught us, when we love and serve others, we are loving and serving Him.

May all expectant mothers be encouraged by Mary’s example and receive support and grace in lovingly welcoming their children into the world.

Acts of Reparation (choose one):

- Sign up to pray for and serve expectant mothers in need in your community through a parish-based program called Walking with Moms in Need (www.walkingwithmoms.com/pledge). OR Abstain from snacking today. Eat three meals only.
- Pray the Angelus today (www.usccb.org/angelus). You might also consider saying it every day for the next week – on awakening, at noon, or at 6 p.m. (or all three times).
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today’s intention.

One Step Further: When a woman is facing an unexpected pregnancy, the reaction of the first person she tells tends to set the tone for her decision-making. Pregnancy can be difficult and frightening, but no matter the circumstances, it’s important for an expectant mother to feel supported and loved. Read “10 Ways to Support Her When She’s Unexpectedly Expecting” (www.respectlife.org/support-her) for simple tips on how to provide loving, life-affirming support for a friend who is unexpectedly pregnant. Your support may be the only support she receives.

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Day Four: Sunday, January 24, 2021

March for Life, Washington, DC

Intercession: May expectant fathers lovingly support the mothers of their children in welcoming new life.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: Fatherhood has its origins in God, who chose to reveal Himself to us as Our Father, sending his only Son for the sake of our salvation. Fathers therefore have a special role “in revealing and in reliving on earth the very fatherhood of God” (*Familiaris consortio 25*). Pope Saint John Paul II said fathers are called to exhibit “generous responsibility for the life conceived under the heart of the mother” (*FC 25*). They are uniquely entrusted with the protection and defense of both mother and child and, in this way, in safeguarding the sanctity of human life.

As evidenced in our world today, the role of the father “is of unique and irreplaceable importance” (*FC 25*). Often women choose abortion because they do not have the support of the child’s father, or – even worse – the father of the child pressures her to make the decision to abort. At the same time, it is important to acknowledge with compassion that men can also be overwhelmed by an unexpected pregnancy and that society increasingly tells them that they should have no say in their children’s lives. In the face of these false messages, we pray that expectant fathers will find courage in the example of St. Joseph – who embraced the role of father amid difficult circumstances – and offer loving, life-affirming support to the mothers of their children.

Acts of Reparation (choose one):

- Give up sleeping on your pillow – or even your bed – tonight. Offer this small sacrifice for the intention that expectant fathers would courageously answer their call to support both mother and child.
 - Pray a decade of the rosary (www.usccb.org/how-to-pray-the-rosary.) for all expectant fathers, that through her intercession, Our Lady may inspire in them the virtues of St. Joseph.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today’s intention.

One Step Further: Research continues to show that one of the top reasons a woman chooses abortion is due to a lack of financial resources. Read “Poverty and Abortion: A Vicious Cycle” (www.respectlife.org/poverty-and-abortion), which explores the connections between abortion and poverty, and how the absence of fathers contributes to this ongoing cycle.

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Day Five: Monday, January 25, 2021

If you or someone you know is suffering after abortion, confidential non-judgmental help is available. Visit www.hopeafterabortion.org.

Intercession: May each person suffering from the loss of a child through abortion find hope & healing in Christ.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: After more than four decades of legalized abortion, many children’s lives have been ended, and many parents and family members suffer that loss – often in silence. Yet God’s greatest desire is to forgive. No matter how far we have each strayed from His side, He says to us, “Don’t be afraid. Draw close to my heart.” Be assured that it is never too late to seek God’s forgiveness in the Sacrament of Reconciliation.

Consider the parable of the Prodigal Son. After repenting of sinning against his father, he returns from far away to seek forgiveness and work as a servant. But the father sees him approaching, runs to warmly embrace him, and hosts a banquet to celebrate his return. So, too, does God welcome all of His repentant children, no matter how serious the sin. Let us turn confidently to Our Lord, Who is love and mercy.

Acts of Reparation (choose one):

- Abstain from meat today.
- Pray the Chaplet of Divine Mercy (www.usccb.org/divine-mercy-chaplet) for those who are suffering the loss of a child through abortion, asking that they find healing and peace.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

One Step Further:

If a friend confided in you tomorrow that she had an abortion, would you be able to respond in a way that brings her closer to healing? Learn what to do and say in "How to Talk to a Friend Who's Had an Abortion" (www.usccb.org/friend-had-abortion). Copyright © 2020, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.

Day Six: Tuesday, January 26, 2021

Intercession: May expectant mothers choosing adoption receive grace and support in embracing this loving option.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: Mothers placing their children for adoption often face many challenges along the way. One of the greatest obstacles can be inaccurately perceiving adoption as abandonment. But mothers who place their children for adoption are not abandoning their children. Rather, they are exemplifying the sacrificial love of Christ on the Cross in choosing to do what is best for their children, even at great cost to themselves. Like Christ, they pour out their bodies and souls for the sake of another. The Letter to the Hebrews reminds us that, in the face of fears and trials, we can "hold fast to the hope that lies before us. This we have as an anchor of the soul, sure and firm" (*Heb 6:18-19*). We pray that all mothers considering adoption would be filled with "the peace of God that surpasses all understanding" (*Phil 4:7*) and see the beauty of their sacrifice. Let us all cling fast to the anchor of hope, for we have received "a spirit of adoption, through which we cry, 'Abba, Father!'" (*Rom 8:15*).

Acts of Reparation (choose one):

- Do you have a sweet tooth? Or do you prefer salty snacks? Pick your favorite kind of treat, and give it up for the day.
- Look up one of the Scripture passages from today's reflection, and spend some time with it in prayer. What is the Lord saying to you? OR Make an act of faith, hope, or love (www.usccb.org/faith-hope-love).
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

One Step Further: "Accompanying Expectant Mothers Considering Adoption" suggests nine ways to offer ongoing support to a woman who is considering placing her unborn child for adoption (www.respectlife.org/mothers-considering-adoption). Many of the tips given are also helpful for supporting a friend who is experiencing a challenging unexpected pregnancy, even if adoption has not been brought up.

Supplemental resources regarding adoption can be found at www.usccb.org/adoption-resources.

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Day Seven: Wednesday, January 27, 2021

Intercession: May all who support or participate in abortion experience a conversion of heart to seek and receive the Lord's boundless mercy.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: When God fashioned the human person in His own image and likeness, He destined us for eternal life with Him. Yet because of the sin of our first parents, death entered the world. The book of Genesis recounts the first occasion in which a person takes the life of another, as Cain violently kills his brother Abel. This instance of brother rising up against brother "at the very dawn of history is thus a sad witness of how evil spreads with amazing speed" (*Evangelium vitae* 8). From the time of creation, disregard for human life has continued to spread. When we, like Cain, allow sin to find a place in our hearts, we become blinded to the truth. Sometimes this blindness might be so deep that we fail to recognize the undeniable humanity of unborn children. We may even tragically believe the lie that abortion is an act of compassion. But we know that "life, especially human life, belongs only to God: for this reason whoever attacks human life, in some way attacks God himself" (*EV* 9). Let us pray that all who support abortion encounter the transforming love of the Father and, with repentant hearts, seek His mercy.

Acts of Reparation (choose one):

- Smile. Ask God today for the grace to be extra joyful and to share the light of Christ with those most in need of His love and mercy.
- Make an act of faith, hope, or love (www.usccb.org/faith-hope-love). OR Seek the intercession of Our Lady by praying a scriptural Rosary, meditating on the Sorrowful Mysteries (www.usccb.org/sorrowful-mysteries).
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

One Step Further: *Evangelium vitae* (*The Gospel of Life*) was written to reaffirm the value and inviolability of every human life and to appeal to all people to respect, protect, love, and serve every human life. A brief summary highlights

key themes and foundational teachings from the papal encyclical, exploring how the Church's teachings regarding human life are at the heart of Jesus' entire Gospel message (www.respectlife.org/gospel-of-life-summary).
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Day Eight: Thursday, January 28, 2021

DID YOU KNOW? Although the annual National Prayer Vigil for Life is closed to in-person attendance due to health concerns, you can participate live from anywhere in the country on Thursday, January 28! Visit www.usccb.org/national-prayer-events-for-life for more information.

Intercession: May civic leaders work for the protection of all human life, in every stage and circumstance.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: The Declaration of Independence boldly affirms that first among our inalienable rights is the right to life, given to us by the Creator. Yet despite being so solemnly proclaimed, the right to life is today threatened and often denied, particularly at the moments when life is most fragile. Our laws should – first and foremost – protect life. But “our highest Court does not recognize children in their mothers’ wombs as persons and claims that abortion is a constitutional right. Further, many political leaders work actively to increase access to abortion. Some falsely describe it as health care and even as a basic human right” (*Priorities at the Polls*). Laws and policies that legalize or promote an intrinsic evil like abortion violate the virtue of justice.

Those who work as public officials and civic leaders have a duty to serve the common good, and therefore have a profound obligation to safeguard this most fundamental right. Through our own prayer, witness, and civic participation, we can encourage our leaders to truly answer their call to protect the rights of all people. For “there can be no true democracy without a recognition of every person's dignity and without respect for his or her rights” (*Evangelium vitae* 101).

Acts of Reparation (choose one):

- Sacrifice some of your free time to do a small act of service, such as making breakfast for a family member, writing a note of encouragement for a coworker, or praying for the intentions of a friend.
- Sometimes restrictions on religious freedom constrain our efforts to live out the Gospel of Life. We must be free to live out our Catholic faith in the public square. Offer this Prayer for Religious Liberty, that Christians may always be free to respect, protect, and defend human life (www.usccb.org/prayer-for-religious-liberty).
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

One Step Further: When discussing faithful citizenship in 2019, the U.S. bishops reaffirmed, “the threat of abortion remains our preeminent priority because it directly attacks life itself, because it takes place within the sanctuary of the family, and because of the number of lives destroyed.” Archbishop Naumann of Kansas City, Kansas and Chair of the Committee on Pro-Life Activities, explains more in *Priorities at the Polls*: www.respectlife.org/priorities-at-the-polls.

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Day Nine: Friday, January 29, 2021

Intercession: May all who defend life find strength and renewal in the Holy Spirit.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: God has carefully, tenderly created every person in His own image and likeness, to be in a loving relationship with Himself. From each tiny child knit within a mother's womb, to every person approaching death, all are loved perfectly and completely by God. “It is therefore a service of love,” Pope Saint John Paul II explains, “which we are all committed to ensure to our neighbor, that his or her life may be always defended and promoted, *especially when it is weak or threatened* [emphasis added]” (*Evangelium vitae* 77).

In a world in which the most vulnerable are so often overlooked and disregarded, Christ calls us to embrace and uphold the unconditional dignity of every human life. In answering this call, we help to build “a new culture of life, the fruit of the culture of truth and of love” (*EV* 77). May the Holy Spirit continually renew us as we strive to faithfully defend God's gift of life.

Acts of Reparation (choose one):

- Do you love your cup of tea or coffee? Abstain from caffeine today, or try your coffee black.
- “Unplug” for some time, and reflect on how God may be asking you to help build a culture of life in your home, workplace, or Church community.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

One Step Further:

Watching the news and reading headlines, we may often feel helpless in the face of heartbreaking lack of respect for human life. When our efforts to make a difference feel small, it's important to remember that changing the culture is a process of conversion that begins in our own hearts. It includes a willingness to be instructed by the Holy Spirit and a desire to be close to Jesus – the source of joy and love. “*How to Build a Culture of Life*” (www.respectlife.org/culture-of-life) briefly explains where to start.

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