

Ten things you can Say and Do to Prevent Abortions.

1. Pray daily for an end to abortion, for hope and healing of those involved in abortion, and conversion for those in the abortion industry. Pray to be used to save and change lives through your words and actions. Pray for Heartbeat's network of life-affirming leaders and workers.
2. **Know the facts:** Every new life begins at conception; most abortions are unwanted or coerced; many women – as well as others involved - suffer from their abortions, physically, emotionally, and spiritually. See www.afterabortion.org and www.ChristianVoicesforLife.org for a wealth of information. The St. Laurence (Sugar Land, TX) Respect Life web pages includes brief summaries of Catholic teaching on several life issues <http://www.stlaurence.org/church-teaching>, as well as links to church documents giving more details.
3. If you communicate with a woman or man who faces an unplanned pregnancy, listen to her, and communicate your concern for her, not just her baby. If at all possible, bring her to a pro-life pregnancy help center. At the very least refer her to Option Line (1-800-712-HELP, www.optionline.org, available 24/7) to find help. Counselors (including Spanish speakers) can connect her to the nearest pregnancy help center.
4. Affirm every child as a welcome child. Affirm motherhood and fatherhood as noble callings. Don't neglect to share your own joys in parenting or your love for your parents.
5. Affirm birthmothers who choose adoption as good mothers and adoption as a life-giving choice for all involved. Never say, "How could she ever give her baby away?" Someone may hear you and choose abortion instead. She is not "giving her baby away" but making a parenting plan for her child.
6. Make a point of telling all the young people in your life there is nothing they could ever do to make you stop loving them, just as God loves us despite our faults and sins. They never need fear to tell you anything.
7. Affirm hope and healing after abortion. Never say, "How could anyone ever have an abortion?" A woman considering abortion will not approach you if she feels that you would never understand her desperate feelings. Rather, express sympathy for women who feel so desperate, who are not able to connect to the help that is available, that they would choose to abort. Share frequently about the love and forgiveness of the Lord for all of us sinners, and mention the availability of post-abortion healing ministries.
8. Encourage sexual integrity among single people and within marriage. Inspire young people, don't frighten them, into reserving sexual intimacy for marriage. Be a source of open and accurate information on sexual questions.
9. Give of your time, talent, and treasure within the pro-life movement. See information below for local and national organizations.
10. Participate in the political process to encourage laws to protect the lives of the preborn.



National pro-life organizations:

Christian Voices for Life www.ChristianVoicesForLife.org. Information on many life issues, **free weekly email**, speaker available at no charge. NO requests for donations EVER.

National directory of pregnancy help centers: <https://www.heartbeatinternational.org/worldwide-directory>

National directory of pro-life organizations: <https://www.causeiq.com/directory/pro-life-organizations-list/>

LifeNews.com - free email news report for news relating to pro-life that the mainstream media do not carry.

Texas Alliance for Life, Susan B. Anthony List, Americans United for Life, Alliance for Freedom – advocacy for the right to life and religious freedom.

Students for Life of America (StudentsForLife.org) trains students on high school and college campuses.

Heritage House: Retail source for pro-life and abstinence literature and promotional items. www.hh76.com