

Respect Life



(human child 8 weeks after conception)

What can YOU do to stand up
for the preborn
and to help women in crisis
to choose life?

1. **Be a resource:** Be a good listener to anyone troubled by an unplanned pregnancy. Communicate your concern for them, not just the child. If possible, bring her to the Pregnancy Resource Medical Center of Fort Bend, www.fortbendpregnancy.com, 281-232-2375, or at least refer her to the national 24/7 (talk or chat online) hotline (English and Spanish) at 800-712-HELP (4357), www.optionline.org. Christian Voices for Life can provide you with business cards with the Option Line information to have on hand to give to anyone facing a problem pregnancy, or to place periodically among the pregnancy tests at your local pharmacy or grocery store.
2. **Be a light:** Let people know why you are pro-life, and why you make life a priority in your voting decisions. Be a public witness by participating in Life Chain on the first Sunday of October. Shine your light every day by:
 - **Affirming every child as a welcome child.** Congratulate parents. Never imply that more children would be a burden – to the parents or the earth – or that having two children is “just right.”
 - **Affirming motherhood and fatherhood as noble callings.** Share your own joys in parenting or your love for your parents. Affirm men in their roles as protectors and women as nurturers of their families. Constant complaints and poor role modeling may lead many young people to think they never want children.
 - **Affirming birth mothers who choose adoption as good mothers** and adoption as a life-giving choice for all involved. Adoption is not “second best.” Never say “How could she ever give her baby away?” Someone may hear you and choose abortion instead.
 - **Affirming hope and healing after abortion.** Never say “How could anyone ever have an abortion?” Rather express compassion for women who face serious problems related to pregnancy, sadness that any woman would feel that abortion was her only choice, and joy that our Lord is ready to offer love, forgiveness, and healing to all of us sinners. Pregnant women who need help and post-abortive women who are hurting would both be encouraged at your understanding and feel able to approach you for help.
 - **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. Share the satisfaction of married love and intimacy as a beacon of hope for those who are surrounded by coarse, dangerous, and degrading sexual messages.

- **Take appropriate opportunities to teach children** that preborn children are beautifully formed by God in the womb; that life begins at conception, long before birth.
 - **Use pro-life envelope and bumper stickers, t-shirts, jewelry etc.** [Heritage House'76](#) is one retail source.
3. **Know the facts:** Every new life begins at conception; the majority of abortions are unwanted or coerced; many women – as well as others involved - suffer from their abortions, physically, emotionally, and spiritually. **The abortion pill can be reversed** if action is taken quickly; see www.abortionpillreversal.com. See www.afterabortion.org and www.ChristianVoicesforLife.org for a wealth of information. The St. Laurence (www.stlaurence.org) Respect Life web page (under the Helping Others tab) has brief summaries of Catholic Church teaching on several life issues (including in vitro fertilization and end of life care).
 4. **Be able to calmly and clearly defend the pro-life position** against common pro-choice arguments. See the book *What to Say When* by Shawn Carney and Steve Karlen, *Creating Dialog on Abortion* a one-hour DIY guide from Justice for All (jfaweb.org/one-hour), and *Equipped for Life* online course from Equal Rights Institute (equalrightsinstitute.com/courses/)
 5. **Be aware and be politically active.** LifeNews.com is a source for news on life issues, and several organizations work for legal and political change to protect the preborn and others who are threatened by the culture of death. Pro-life elected officials are key to achieving change, so voting pro-life should be a high priority. (What other issue is literally a matter of life and death for large numbers of people?) Write letters to representatives and others in government to let your voice be heard when a particular bill is to be considered, or to voice your protest against an action. Letters to the editor can also help to voice the truth and perhaps lead others to reconsider their position. After abortion becomes illegal in Texas, there will be efforts to pass national legislation to make abortion legal again throughout the U.S.
 6. **Support pro-life efforts** with your donations and/or volunteer time. The Pregnancy Resource Medical Center of Fort Bend County web site is www.prmcfortbend.org **Training for client advocates** are held at varying times or independently at your convenience. Other types of volunteers are also needed. Call Meggi at 281-232-2375 if you are interested. Elsewhere, find your local centers by searching the directory of pregnancy help centers at www.OptionLine.org.

State and national pro-life organizations work to prevent abortions and promote respect for life in many different ways. Some examples are: [Live Action](#), [Students for Life](#), [Americans United for Life](#), [Heartbeat International](#), [Human Life Alliance](#), [Texas Alliance for Life](#) and [The Elliot Institute](#), (for post-abortion information).

7. **PRAY** – for women and girls tempted by abortion, for those wounded by a past abortion, for conversion for those involved in the abortion industry and in promotion of abortion, and for the success of pro-life efforts. Pray that our nation will elect government officials and representatives that respect life and will lead our country to protect children in the womb as well as the handicapped, or anyone who is not properly respected as a child of God. Pray for the Holy Spirit to guide you in how God would like to use you to work against abortion or to help women choose life. Prayer suggestions can be found at [Christian Voices for Life prayer page](#), and the [St. Laurence Respect Life page](#).

Prayer outside an abortion facility has been particularly effective for many years, but 30 days after the Supreme Court overturns *Roe v. Wade*, abortion will be illegal in Texas. We will no longer be able to identify specific places where women considering abortion will be coming to get those services. Abortion will still be a temptation, and will still be available by traveling to other states (such as New Mexico, Colorado, California or New York) or by purchasing pills illegally online.