

National Day of Penance

Monday, January 22, 2018

On this day, commemorating the anniversary of the 1973 Supreme Court ruling *Roe vs. Wade*, legalizing abortion in our country, we pause to remember the millions of innocent lives which have been lost to abortion and pray for the healing of the women and men affected by that decision.

In all the dioceses of the United States of America, January 22 (or January 23 when January 22 falls on a Sunday) shall be observed as a particular day of penance for violations to the dignity of the human person committed through acts of abortion and of prayer for the full restoration of the legal guarantee of the right to life. (*General Instruction of the Roman Missal, #373*)

In observance of this day of penance, all are invited to choose one or more of the following:
Sunday, January 21

- **7:00 PM** - Holy hour for life

Exposition of the Blessed Sacrament will continue throughout the night in the chapel.

Monday, January 22

- **3:00 AM** - The Divine Mercy Chaplet will be prayed
- **8:00 AM** - The Rosary for Life (Joyful Mysteries) will be prayed in the chapel
- **8:30 AM** - Mass "For Giving Thanks to God for the Gift of Human Life" will be celebrated.

At the end of Mass, day-long Exposition of the Blessed Sacrament will begin in the chapel.

Please join us anytime during the day between 9:00 AM - 7:00 PM

- **11:00 AM** - The Rosary for Life (Luminous Mysteries) will be prayed
- **2:00 PM** - The Rosary for Life (Sorrowful Mysteries) will be prayed
- **3:00 PM** - The Divine Mercy Chaplet will be prayed
- **5:00 PM** - The Rosary for Life (Glorious Mysteries) will be prayed in Spanish
- **7:00 PM** - Benediction

In other churches and at home:

- Make a visit to any Catholic church to spend time in prayer before the Blessed Sacrament
- Spend some extra time in prayer at home, e.g. pray a family rosary
- Use the prayer below remembering the millions of babies who have been aborted as well as those coping with and grieving the loss of their aborted children

Some other suggestions:

- Abstain from meat
- Fast from a meal and/or from snacks between meals
- Give up television, music, video games, or some other entertainment
- Donate monies saved from above to any pro-life group or agency

Prayer to End Abortion

Lord God, we praise and thank You for the gift of our lives, and for the lives of all human beings. There is nothing more destructive to human life than abortion, yet we rejoice that You have conquered death by the resurrection of Your Son. Help us to do our part to end abortion – never to be silent, never to be passive, and never to be forgetful of the unborn. Give us strength to defend human life, especially in the womb, until all humans are protected. Guide our nation to truly be a nation with liberty and justice not just for some, but for all. We ask this through Christ our Lord.
Amen.