

48 Ways to Be Pro-Life!



1. Attend Pro-Life Events

- Get on the email list of organizations like: Pro-Life Action League, Illinois Right to Life, and Pro-Life Future

2. Stay Educated

- **Life Site News:** Subscribe to receive daily emails with a wealth of current pro-life news. www.lifesitenews.com
- **Priests for Life:** Links to prayers, statistics, fetal development, sermons, brochures, etc. www.priestsforlife.org
- **Abort73.com:** Another great site for facts and figures on abortion.
- **Secular Pro-Life:** Excellent source of non-religious arguments and information www.secularprolife.org
- **Relevant Radio:** 950 AM/ 930 AM/ 1270 AM.

3. Host a movie night:

- **Unplanned:** See the movie that has been effective in not only calling to action more pro-lifers than we've ever seen, but also changing hearts and minds. www.unplannedfilm.com
- **Andy's Rainbow:** A troubled teen is sentenced to community service at a home for special needs youth. One of the youths displays how God's strength is manifested in weakness and no human life is less valuable than another.
- **The 40 Film:** A documentary that uncovers the effects abortion has had on America over the last 40+ years.
- **Incompatible with Life:** Families share their stories of loving their children no matter their life expectancy.
- **Gosnell: The Trial of America's Biggest Serial Killer** - The shocking true story of the investigation and trial of Dr. Kermit Gosnell - His 30 year killing spree and the political and media establishment that tried to cover it up.

4. Start a book club:

- **Unplanned** by Abby Johnson. Her dramatic journey to become pro-life, starting in Planned Parenthood with a desire to help women, then becoming a victim of abortion herself before embracing the culture of life.
- **Racketeer for Life: Fighting the Culture of Death from the Sidewalk to the Supreme Court** by Joe Scheidler. Explains how a former Benedictine monk and journalism professor was drawn into pro-life activism and describes his part in the history of the pro-life movement in the US. Shared with energy, wit, and faith in this engaging memoir.
- **Love Unleashes Life: Abortion and the Art of Communicating Truth with Grace** by Stephanie Gray. Stephanie Gray became an internet sensation when her talk at Google headquarters went viral.

5. Support a Pregnancy Resource Center – financially, by donating goods, or volunteering

- There are many across the state of Illinois. Find one near you at www.illinoisrighttolife.org/pregnancy-center/

6. Support a home for women in crisis pregnancies – financially, donating goods, or volunteering

- **The Well of Mercy**, Father McGivney Center of Hope and Healing: Chicago, 773-655-469 www.thewellofmercy.com
- **Heather's House and Monica's House:** Des Plaines and Chicago, 847-795-3700 www.helpaidforwomen.org

7. Join prayer vigils at abortion clinics going on almost any day of the week

- **NorthWest Families for Life:** Organizes prayer vigils at an abortion facility in Wood Dale. Keeps an up-to-date list of prayer vigils at other Chicagoland clinics. 847-651-4877 www.NorthWestFamiliesforLife.weebly.com
- **40 Days for Life:** A world-wide campaign to end abortion through prayer, fasting, and peaceful vigils at clinics. There are two campaigns a year: one in the spring during Lent and one in the fall. www.40daysforlife.com

And Many Other Ways:

8. Support Chastity Education.

- **Archdiocese of Chicago** sponsors chastity education events for teens. www.respectlifechicago.org
- **Abstinence & Marriage Partnership** offers curriculum for schools. www.ampartnership.org

9. Support groups for families with adverse prenatal diagnosis. www.prenatalpartnersforlife.org

10. Donate to Adoption services. Bethany Christian Services www.bethany.org

11. Patronize Pro-Life Doctors. Find one at *American Association of Pro-Life Ob/Gyns.* www.aaplog.org

12. Share Pro-life links on your Facebook page, like the home page of www.AbortionFacts.com .

13. Attend funerals for abandoned babies or sew "angel gowns". www.RestInHisArms.org

14. Donate pro-life books and magazine subscriptions to public schools and libraries.

15. Write letters to the editor and letters of encouragement to pro-life politicians.

16. Talk to your pastor about preaching pro-life. www.cherishlifeministries.com will send you a free DVD titled "Pastor's Letter" to give to your pastor. Or contact Churches for Life www.getintolife.org

17. **Learn about Natural Family Planning** through technology at www.naprotechnology.com or www.CCLI.org
18. **Spiritually Adopt a Baby:** Commit to praying a special prayer every day for nine months for a specific baby who is in danger of being aborted. Great for youth groups! www.spiritualadoption.org
19. **Support pro-life candidates and inform others.** *Illinois Family Institute* publishes a non-partisan voter's guide which shows candidates' answers to various key questions. www.illinoisfamily.org
20. **Knit baby booties** for sidewalk counselors to bring to abortion clinics to show women the reality of the **baby** growing inside of them. Contact Maria at NWFL526@gmail.com for a pattern.
21. **Organize seniors at nursing homes to pray for people who are at vigils.** Call one of the contact people for a vigil and get names of sidewalk counselors and the hours they are there. Update the seniors on saves and needs.
22. **Wear a "Precious Feet" pin every day.** Order from www.heritagehouse76.com
23. **Support Thomas More Society.** Not-for-profit law firm defending life, family and religious liberty. If you ever feel like your religious rights are in danger, contact these amazing lawyers. www.thomasmoresociety.org
24. **Join your church Respect Life team** and/or start a pro-life club in your church or school.
25. **Participate in "Face the Truth" Tour** every summer with the Pro-Life Action League 773-777-2900.
26. **Talk about the pro-life message with others.** Get the information you need to do this confidently in the booklet, *Sharing the Pro-Life Message*. Order from Pro-Life Action League: www.prolifeaction.org
27. **Use pro-life checks.** Order from www.prolifechecks.com
28. **Wear Pro-Life Shirts.** Find unique designs with thought-provoking slogans www.prolifetshirts.com
29. **Donate to Gigi's Playhouse:** For families and individuals with down syndrome from prenatal through all ages. Each playhouse provides educational and therapeutic programs at no cost to families. www.gigisplayhouse.org
30. **Only support life-affirming charities:** American Life League's Charity Watchlist. www.all.org/get-involved
31. **Get trained as a sidewalk counselor.** Women seeking abortion are in great need of someone **at the clinic** to give them hope. www.sidewalkadvocatesforlife.org.
32. **Stock-up on pro-life products to share.** *Heritage House* sells great pro-life literature, DVDs, displays, fetal models, bumper stickers, T-shirts, hats, you name it! www.hh76.com
33. **Post-Abortive Healing:** *Project Rachel*- Provides support groups for women and men experiencing the sorrow and guilt of abortion, leading them to discover the forgiveness of God. www.hopeafterabortion.org 1-888-456-HOPE
34. **And Then There Were None:** Former PP Director Abby Johnson started this group to help others like her leave the abortion industry. Print letters to hand out to employees or send to clinics. www.abortionworker.com
35. **Invite NorthWest Families for Life to speak at your next group meeting** to share stories from the frontlines of abortion clinics as sidewalk counselors. Call Laura: 847-651-4877 or email NWFL526@gmail.com
36. **Talk to your children/grandchildren about abortion.** Start when they are very young with knowledge about babies in the womb, such as "The baby's heart beats at 18 days." As they get older, use prayer like Spiritual Adoption to invite questions. Get more tips here: www.priestsforlife.org/preaching/prchild.html
37. **Pro-life Mobile Phone Service.** Use "Charity Mobile" and 5% of your monthly bill will be sent to the pro-life charity of your choice and you still have all the benefits of the major providers. www.prolifecatholic.com
38. **Only shop Pro-Life.** Avoid patronizing companies that donate to Planned Parenthood or are anti-life in their practices. See a list at www.2ndvote.com
39. **Host a baby goods drive or diaper drive** at your church one weekend and donate goods to a Pregnancy Center.
40. **Stay informed about legislation** by getting on the email list of *Illinois Family Institute*. www.illinoisfamily.org
41. **Get Pro-life health insurance:** www.prolifehealthplan.com, www.chministries.org, or Samaritan Ministries.
42. **Buying or selling a home? Find a pro-life realtor** who will make a donation to a pro-life organization www.realestateforlife.org
43. **Encourage your college student to join or start a Students for Life group** www.studentsforlife.org
44. **Tell all the nurses you know to join National Assn. of Pro-Life Nurses:** www.nursesforlife.org
45. **Spread the word about the Baby Safe Haven Law.** Pass out cards to high school Child Development class teachers. www.nationalsafehavenalliance.org
46. **Create a legally binding Will to Live** for you and your loved ones www.nrlc.org/uploads/willtolive/Illinois.pdf
47. **Stand strong against Assisted Suicide** with resources from former nurse Nancy Valko: www.NancyValko.com
48. **PRAY! Pray every day for a conversion of hearts and a renewed respect for the dignity of every human life.**