

What could you do in 40 days?

40 Days for Life Portland

Sept 24 – Nov 2, 2014

40 Day challenge...

40 things you can do! Pick one or more.

1. Commit 1 hour to pray at the vigil on MLK.
2. Commit 1 hour per week at the vigil on MLK.
3. Pray a Hail Mary with "40 Days for Life" daily prayer intentions.
4. Pray a Hail Mary daily for those who work in the abortion industry.
5. Pray one decade of the Rosary daily to end abortion.
6. Pray the Rosary daily to protect mothers in need from abortion.
7. Pray Rosary for Life (Priests for Life).
13. Give 10 minutes per day to research the abortion issue.
14. Give 10 min. per day to read the book 40 Days for Life.
15. Give 10 min. a day to read testimonials from women&men who found healing after abortion.
16. Give 10 min. per day to study Church teaching on life issues...
17. Read Papal encyclicals on life issues (Humanae Vitae).

Prayer · Fasting · Community Outreach

8. Pray devotionals for Life (Priests for Life).
9. Pray daily for an unborn child threatened by abortion.
10. Request a Mass to be prayed for conversion of abortionists.
11. Pray for one hour in Holy Adoration.
12. Commit to one Holy Hour per week.
18. Read USCCB statements on life issues.
19. Read major Church documents as pertain to life issues.
20. Give 10 min. per day to read the Gospels.
21. Read writings of St. JPII (Theology of the Body).



22. Read Roger Resler's book, Compelling Interest: The real story behind Roe v. Wade.
23. Read Janet Morana's book, Recall Abortion.
24. Read Abby Johnson's book, Unplanned.
25. Look for Lighthouse CD's on topic of abortion.
26. Watch the movie *Gimme Shelter* (available at Mult. Co. Library).
27. Watch the movie *October Baby* (available at Mult. Co. Library).
28. Watch the movie *The Way* (available at Mult. Co. Library).
29. Watch the movie *Bella* (available at Mult. Co. Library).
30. Watch or read, Dr. Seuss' *Horton Hears a Who!* (both available at Mult. Co. Library).
31. Locate and acquaint yourself with crisis Pregnancy Resources in your area.
32. Set aside \$1 per day to donate to a PRC.
33. Donate 40 diapers to a PRC.
34. Inquire about needs at a PRC and collect needed items for donation.
35. "Adopt a mom" and donate through a PRC for her specific needs.
36. Commit one day to visit a Pregnancy Resource Center (PRC) and learn what they offer.
37. Commit one hour of volunteer time at a PRC.
38. Commit one hour per week to volunteer at a PRC.
39. When you greet a pregnant woman, congratulate her on being a mother.
40. When you greet a pregnant woman, bless or greet her child too.

Take a Stand for Life

From September 24 – November 2, our community will take part in 40 Days for Life ... a groundbreaking, coordinated international mobilization. We pray that, with God's help, this will mark the beginning of the end of abortion in our city — and beyond.

For more information or to participate in the vigil:

Visit: 40daysforlife.com/portland

Or contact Therese Ruesink 503.997.1884 · ruesinktherese@comcast.net