

*Liturgy Guide*  
2013-2014



*Open your hearts to life!*

Respect Life

# *Open your hearts to life!*

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*Respect Life Sunday* October 6, 2013



TWENTY-SEVENTH SUNDAY IN ORDINARY TIME (C)

Habakkuk 1:2-3; 2:2-4 *Surrounded by the evil, injustices and violence in Judean society, Habakkuk impatiently complains to God, who urges patience and faith.*

2 Tim 1:6-8, 13-14 *“For God did not give us a spirit of cowardice but rather of power and love and self-control. ... bear your share of hardship for the gospel.”*

Luke 17:5-10 *“If we had faith the size of a mustard seed. ...” At the end of the day, we “are unprofitable servants; we have done what we were obliged to do.”*

- Today we, too, are tempted to rail at the evil and violence—the culture of death—that seems prevalent in our country:
  - acts of terrorism (the Boston Marathon bombing)
  - mass shootings (a movie theater in Aurora, CO; an elementary school in Newtown, CT)
  - 532 murders in Chicago in 2012; other urban areas also
  - over a million children killed each year by abortion (its brutality was seen in the trial of Kermit Gosnell, the Philadelphia abortion provider)
- We can get frustrated: God has not intervened to stop the killing and we’ve been unable to stop it ourselves through our legal system
- Frustration accomplishes nothing and distracts us from the two things he asks of us, the two things needed to overcome violence and evil: faith in God and the loving witness of our lives
- There are more martyrs today than in the early centuries of the Church. (Pope Francis, Address to Movements, 6/18/13); they go bravely to their deaths, witnessing to the faith; yet do we hesitate to witness to the right to life and inherent dignity of every person, out of fear of being ridiculed?
- It’s unpleasant to think about
  - abortion procedures done on innocent children
  - the physical and sexual abuse of children
  - neglect of the spiritual, social and physical needs of persons with disabilities
  - elderly and dying persons who are alone, afraid, in pain, and unloved by others
  - how it grieves God that financial considerations—not sacrificial love—dictate our societal and personal decisions
- Not only society, but we too, will be judged by the care given to the most vulnerable in our midst
- Are we living our faith fully, are we truly serving God if we allow such suffering to exist and do nothing about it?
- There’s much we can do as citizens, as volunteers, as neighbors and family members to help those in need and protect vulnerable persons from abuse and death. It’s not optional for Christians: we will only be doing what we are obliged to do.
- Today, pray about and commit to doing something to help even just one vulnerable person—perhaps a family member, neighbor or colleague or someone one of them is caring for. If you can’t think of anyone, contact your pastor or diocesan pro-life office for suggestions.



## Intercessions for Life

For Pope Francis, (Arch)Bishop \_\_\_\_\_,  
our pastor, \_\_\_\_\_, and all the priests of our diocese:  
that Christ will defend them from all evil  
as they continue to boldly witness to the Gospel of Life;

That our President, Members of Congress, and all political leaders  
recognize the sacredness of human life  
and defend the lives of all who are vulnerable  
from conception to natural death;

That all who have been involved in abortion  
may come to true repentance  
and seek God's merciful and healing love;

That the elderly may cherish each moment of their lives  
and in their sunset years, experience the love and attention they need;

For every young child:  
that we will guard their innocence and cherish them  
as a sign of God's infinite love for us;

For those who are homeless, addicted, imprisoned or in the grip of sin:  
that, following Christ's example, we might seek them out  
and show them the love God has for them;

For those struggling with an incurable disease:  
that each day might bring a new revelation of God's love for them;

For medical researchers and scientists:  
that the work they do may ever be guided by God and made holy;

For those who long for children of their own:  
that through the intercession of Abraham and Sarah  
God might hear their cry;

For expectant mothers:  
For the gifts of patient endurance and joyful hope;

## *A Day of Prayer and Penance for Life* January 22, 2014

### *Forty-first Anniversary of the Supreme Court Abortion Decisions*

*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 prayer for the full restoration of the legal guarantee of the right to life and of penance for violations to the dignity of the human person committed through acts of abortion. The liturgical celebrations for this day may be the Mass “For Giving Thanks to God for the Gift of Human Life” (no. 48/1 of the Masses and Prayers for Various Needs and Occasions), celebrated with white vestments, or the Mass “For the Preservation of Peace and Justice” (no. 30 of the Masses and Prayers for Various Needs and Occasions), celebrated with violet vestments. (General Instruction of the Roman Missal, no. 373; American adaptation)*



### **PREACHING FOR LIFE** (using optional readings)

*Is 49:1-6 The Lord formed Isaiah as his servant from before his birth*

*Ps 8:4-5, 6-7, 8-9 God has crowned humanity with glory and honor and also entrusts us with responsibility for others and for creation*

*Mt 18:1-5, 10, 12-14 Unless you become like children, you will not enter the kingdom of heaven; whoever receives one child in my name receives me; a man will rejoice more over one sheep who strayed but has been found than over 99 who did not stray; it is not the will of your heavenly Father that one of these little ones be lost.*

- Every human being was created by our loving God and entrusted at conception with a unique mission/vocation in life
- That we are God’s children, made in his image and invited to have a role in bringing others to salvation, is our glory and honor
- Yet we can become puffed up with pride and a false sense of self-reliance; we choose our own path; we seek to maximize pleasure and avoid giving of ourselves, in other words, really loving God and others
- Love always involves sacrifice
  - couples who’ve been married for decades know both the high personal cost and the great rewards of a lifetime of putting the needs of spouse and children ahead of their own
  - the teen mother who makes an adoption plan finds it painful to separate from the child she’s grown to love, but knows that placing her baby with married parents will provide the security and stability she can’t give her baby
  - heroic love is shown by parents and spouses of returning soldiers who have lost their sight or limbs and, sometimes, even their will to overcome the immense challenges
  - the son who faithfully visits his dad in a nursing home every day since his dad moved there for round-the-clock care, even though his father no longer recognizes him
- Not only is it our Christian duty to love and care for our families and neighbors, our salvation depends on our doing so.
- If we open ourselves to God, he can use suffering to get our attention, to stretch our hearts, to conform us to his sacrificial love and to show us he is always near us in difficult times. “God whispers to us in our pleasures, speaks to us in our conscience, but shouts in our pains: Pain is God’s megaphone to rouse a deaf world” (C.S. Lewis).
- How are we responding to God’s invitation to love sacrificially?



## Intercessions for Life

For Pope Francis, all bishops, clergy and laity:  
that everything we say and do will witness to God's merciful love  
for every human being;

For leaders in government, and especially for Governor \_\_\_\_\_,  
that he (she) might work to protect the lives of all human beings,  
both before and after birth;

For all whose hearts ache from the loss of a child by abortion:  
that God will heal them with the balm of his mercy;

For those who pray at abortion facilities, who march for life  
or who witness to the rights of all human beings:  
that God might guide and strengthen them;

For an end to all laws that permit the taking of innocent human life  
and all laws permitting the use of the death penalty;

For women and men scarred by involvement in the abortion industry:  
That they will resist the temptation to despair,  
seek reconciliation with God,  
and find life-affirming work;

For children who are physically or mentally challenged:  
that they be cared for in loving and nurturing environments;

For those who have grown old and weak:  
that we might see God's beauty in their fragility;

For teachers in medical and nursing schools:  
that their love for life and healing might inspire their students;

For the families of those condemned to die:  
that their hope in the Resurrection  
might strengthen them in their time of sorrow;



## *Pro-Life Rosary Prayer Intentions*

### The Joyful Mysteries

#### *The Annunciation:*

For parents facing an unexpected pregnancy, that they lovingly accept the precious life God has entrusted to their care.

#### *The Visitation:*

That the family and friends of expectant parents might reach out and support them as they prepare to meet their child face to face.

#### *The Nativity:*

That the love of the Blessed Mother and the Christ Child may be a source of strength for every expectant mother, especially mothers living in poverty, and that they both will be surrounded by joy and love.

#### *The Presentation:*

That fathers of young children will model St. Joseph in devoutly practicing their faith, so that they lead their children to God by their words and example.

#### *The Finding of Jesus in the Temple:*

For all children who have been lost and forgotten, that they may be led to a place where they are treasured, protected and loved.

### The Luminous Mysteries

#### *The Baptism of Jesus in the River Jordan:*

That all baptized Christians will be open to the Holy Spirit and bear witness to the sanctity of life.

#### *The Wedding Feast at Cana:*

For all husbands and wives, that they treasure the priceless gift of married love by generously accepting children through procreation and adoption.

#### *The Proclamation of the Kingdom of God:*

That those who pray and work for greater respect for human life will be guided by the Beatitudes and reveal the face of Christ to others.

#### *The Transfiguration:*

That our world will be transfigured by the witness of faithful Christians so that all may understand the priceless value of every human being.

#### *The Institution of the Eucharist:*

That through our worthy reception of the Eucharist and frequent Eucharistic Adoration, Jesus will teach us to love sacrificially the least and neediest among us.

*Open your hearts to life!*

## The Sorrowful Mysteries

### *The Agony in the Garden:*

For all who are suffering from abandonment or neglect, that compassionate individuals will come forward to offer them comfort and aid.

### *The Scourging at the Pillar:*

That the victims of violence, torture and slavery will be delivered from their suffering, find healing and know that God is close to them.

### *The Crowning with Thorns:*

That the persecution of Christians will end in a new era of tolerance and respect for the religious freedom and conscience rights of all.

### *The Carrying of the Cross:*

For all who labor under burdens that seem too great to bear—due to illness, age, poverty, cruelty or injustice—that our prayers and aid will lighten their crosses.

### *The Crucifixion:*

For an end to the death penalty and for the release of all prisoners of conscience and all who have been wrongfully convicted.

## The Glorious Mysteries

### *The Resurrection:*

For all who have lost loved ones, and especially for parents of a child who was miscarried, aborted or stillborn, that they will find peace in the promise of the Resurrection.

### *The Ascension:*

For all who struggle with addictions, that through Christ's triumph and ascent into glory, they may triumph over their temptations, and gain strength and peace.

### *The Coming of the Holy Spirit:*

That the Holy Spirit will open the minds and hearts of those who now reject the Gospel of Life and allow them to be convinced of the truth and goodness of all that the Church professes concerning human life.

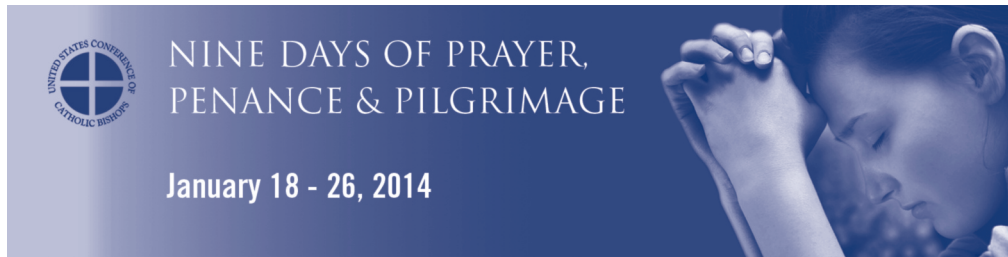
### *The Assumption of Mary:*

For mothers who have died at the hands of abortion providers, that they may experience reconciliation and together with their children know God's peace.

### *The Coronation of Mary:*

For all mothers, that they might come to know the wonder of their vocation.





*Novena Marking the 41st Anniversary of Roe v. Wade*

**Day One:**

*Saturday, January 18, 2014*

**Intercession:** For the mother who awakens each morning with the memory of abortion fresh in her mind: that the Lord may still the terror in her heart and lead her gently to the well-spring of his love and mercy in the Sacrament of Reconciliation. May she, and all who've been involved in an abortion decision, find healing and hope through Project Rachel Ministry.

*Our Father, 3 Hail Marys, Glory Be*

**Reflection:** Today's Gospel reading from Mark recounts Jesus dining with tax collectors and sinners. When the Pharisees question Jesus about this, he responds, "Those who are well do not need a physician, but the sick do. I did not come to call the righteous but sinners." In a society where millions of people have fallen prey to the false promises of the culture of death, let us witness to the mercy of Jesus and invite all who've been harmed to experience his abundant love and healing.

**Acts of Reparation** (choose one):

- Take time to write a handwritten note to someone who is lonely or needing encouragement.
- Pray for your deceased relatives and those who have no one to pray for them.
- "Spiritually adopt" a baby by saying this prayer every day: "Jesus, Mary and Joseph, I love you very much. I beg you to spare the life of [baby's name], the unborn baby that I have spiritually adopted who is in danger of abortion." (Prayer of Archbishop Fulton Sheen)

**Day Two:**

*Sunday, January 19, 2014*

**Intercession:** For the father whose child died with his cooperation and consent: that the Lord grant him the grace to repent and be reconciled with God.

*Our Father, 3 Hail Marys, Glory Be*

**Reflection:** In today's Gospel reading (Jn 1:29-34), John the Baptist testifies that Jesus is both the Son of God and "the Lamb of God, who takes away the sin of the world." At every Mass we repeat these words, but how often do we meditate on this great mystery? There is nothing we could ever accomplish on our own that could atone for our daily failures to love others with the merciful and sacrificial love of Christ. But in the Sacrament of Reconciliation, he forgives our faults, wipes the stain of sin from our souls and gives us the strength to begin anew with the help of his grace. Let us live each day in gratitude for the mercy God has shown us!

*Open your hearts to life!*

**Acts of Reparation** (choose one):

- When others are speaking uncharitably about someone else, change the conversation, leave, or offer a counter opinion that is kind and charitable.
- Pray the Divine Mercy Chaplet for mothers and fathers who've lost a child through abortion, asking that they find the courage to seek Reconciliation and counseling through Project Rachel Ministry.
- Read about the life of a modern (19th or 20th century) saint. You might be surprised by how much you have in common with them.

### Day Three:

*Monday, January 20, 2014*

**Intercession:** For the parents who influenced their child's choice to abort their grandchild: that they may have the humility and wisdom to see the wrong they've done and to seek forgiveness from God and from their child.

*Our Father, 3 Hail Marys, Glory Be*

**Reflection:** Today is the memorial of St. Sebastian, the famous martyr and patron of athletes, who lived his faith courageously in the midst of intense Roman persecution. St. Sebastian's life reminds us that in the midst of threats to the faith, living and dying for Christ is the ultimate witness – one that changes others. In today's Mass readings, the prophet Samuel chastises King Saul for failing to obey the Lord's command, reminding him that God values our obedience more than sacrificial offerings. The Psalm, too, reminds us that an upright life is more pleasing to God than empty professions of faith. Are our actions always consistent with what we profess as Catholics? Do we sometimes hope that God will overlook our disobedient hearts by distracting him with rote prayers?

**Acts of Reparation** (choose one):

- It's easy to put our headphones on and ignore our siblings or parents in the car. Instead, enjoy the opportunity you have to talk to them, ask them how they are doing.
- Smile. Ask God today for the grace to be extra joyful and share your love for Christ with those who need that encouragement the most today. "Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."  
–Blessed Mother Teresa of Calcutta
- We can sometimes forget how blessed we are to have many of our daily comforts. Give up sleeping with your pillow tonight.

## Day Four:

*Tuesday, January 21, 2014*

**Intercession:** For the doctors, nurses and counselors who now know they were wrong in cooperating with abortion: may God grant them the courage to renounce their involvement in the abortion industry and open their hearts to doing his will from now on.

*Our Father, 3 Hail Marys, Glory Be*

**Reflection:** Today we honor the life of St. Agnes, a 12-year-old girl martyred in Rome in 304 AD, during the Diocletian persecution. Agnes never wavered in her commitment to remain a virgin and to give her whole life to the Lord, refusing proposals to marry. Her innocence and heroism facing death helped bring an end to the persecution of Christians in Rome. Following the example of St. Agnes, let us remain steadfast in recognizing Christ, who is Love Incarnate, as the source and summit of our lives. May his love give us the determination and courage to live for him and for others, especially the most vulnerable among us.

**Acts of Reparation** (choose one):

- Go to an abortion clinic and pray, or set aside an hour today to pray for those who are struggling with a decision of life or death for their unborn child.
- Pray the Rosary today for someone who has hurt or disappointed you, and ask for the grace to forgive that person.
- Instead of donating “old clothes,” offer to buy a new piece of clothing or item a charity is seeking.

## Day Five:

*Wednesday, January 22, 2014*

**Intercession:** For an end to legal abortion in our nation and for the conversion of all hearts, so that the inherent rights of every human being—especially those most at risk of abuse and rejection—will be upheld.

*Our Father, 3 Hail Marys, Glory Be*

**Reflection:** Today, on this 41st anniversary of *Roe v. Wade*, we consider the past four decades in which our society has legally permitted abortion and wandered far from God. Instead of accepting children in joy and hope, many hearts seem hardened against making commitments to others, fearing the demands others may make on our time or our freedom. We are becoming a culture marked by rejection, by loneliness and sorrow. In today’s Gospel, we hear how Jesus grieved over the Pharisees’ hardness of heart, as he heals the man with the withered hand. They remained silent when Jesus pointedly asked them: “Is it lawful to do good on the sabbath rather than to do evil, to save life rather than to destroy it?” Our laws now make it legal to destroy life by abortion, by abortifacient drugs, in destructive embryo research, in the course of in vitro fertilization procedures, and in some states by assisted suicide and the death penalty. How Jesus must grieve over this culture of death! Let us open our hearts in faith, entrusting our culture to the healing power of Christ, the One who has overcome sin and the power of evil.

*Open your hearts to life!*

**Acts of Reparation** (choose one):

- Gratitude helps us love God and neighbor. Today try to not complain or be negative. Say a prayer of thanksgiving instead.
- Today is a day of prayer and penance for restoration of the right to life. Step out of your comfort zone and witness publicly to life in a march or rally, or call your elected representatives to ask them to promote policies and laws that respect life.
- Don't push the snooze button. Get right out of bed and offer your day in prayer to God. "Awake, O sleeper, and arise from the dead, and Christ will give you light" (Ephesians 5:14).

## Day Six:

*Thursday, January 23, 2014*

**Intercession:** For those whose work involves promoting abortion and contraceptive use: may God help them understand that the casual sex they foster undermines the capacity for the self-giving, faithful and enduring love that is the longing of every heart.

*Our Father, 3 Hail Marys, Glory Be*

**Reflection:** Today marks the feast day of the newly canonized American saint, Mother Marianne Cope, OSF (1838-1918). St. Marianne Cope emigrated with her family from Germany as an infant and grew up in Utica, NY. She joined the Sisters of St. Francis at the age of twenty-four and later helped to found and operate two regional hospitals in upstate New York. In 1883, she answered the plea of Hawaii's king to operate hospitals and care for the victims of leprosy, travelling to Hawaii with six Franciscan sisters. During the last thirty years of her life, she chose to be exiled on the island of Molokai where she cared for women and children with leprosy. She was a life-long witness to the equal dignity and value of every human being. She brought beauty and order to the lives of these outcasts, and provided them with educational and religious instruction as well as teaching them music and the decorative arts. St. Marianne, help us to see the beauty and value in every human life!

**Acts of Reparation** (choose one):

- Learn how to pray the Angelus prayer and get into the habit of saying it every day – at noon or 6 pm or on awakening (or all three times).
- Today ignore your sweet tooth. Make healthy eating choices.
- Clean a room in your house without being asked or without telling anyone. Pray for your family members while you clean "and your Father who sees in secret will repay you" (Matthew 6:6).

## Day Seven:

*Friday, January 24, 2014*

**Intercession:** For elected leaders who oppose any restriction on the abortion license: may God allow them to grasp the brutal violence of abortion and the reality of post-abortion suffering experienced by countless women and men.

*Our Father, 3 Hail Marys, Glory Be*

**Reflection:** On this feast of St. Francis de Sales, let us consider these words of the great saint: “All that we do must be motivated by love and not force. We must love to obey rather than fear to disobey.” St. Francis reminds us that all of our actions must be borne of a spirit of love, and that we find our freedom in living the truth. As we defend the dignity of human life, let us ask St. Francis de Sales to pray for us so that everything we say and do for unborn children and their grieving parents is imbued with both compassion and truth.

**Acts of Reparation** (choose one):

- Go to Confession—today, if possible—or during this week.
- Fast from snacking today. Eat three meals only.
- Today, go visit an adoration chapel and spend an hour with Jesus.

## Day Eight:

*Saturday, January 25, 2014*

**Intercession:** For scientists and pharmaceutical employees who help create and manufacture contraceptive and abortifacient drugs: that the Lord will open their eyes to the moral danger and health risks these drugs pose for women and prompt them to work only on medications that benefit human life.

*Our Father, 3 Hail Marys, Glory Be*

**Reflection:** Today’s reading from Acts tells the story of St. Paul’s conversion. Before, he was “breathing murderous threats against the disciples of the Lord.” After encountering Christ, Paul became a “chosen instrument,” filled with the Holy Spirit, and ready to suffer for Jesus’ name. There is absolutely nothing and no one outside of the power of God’s loving embrace. Today we remember the children, the mothers, fathers, siblings, grandparents, aunts, uncles and all those who have been involved in or affected by abortion. We entrust them to the unfathomable healing mercy of God, recalling the words of Jesus to St. Faustina: “The greater the misery of a soul, the greater its right to My mercy” (*Diary*, 1182).

**Acts of Reparation** (choose one):

- Read about a Church teaching you don’t understand in the Catechism.
- Make an honest assessment of your “giving finances” – are you giving too little? Make a resolution to give a set weekly or monthly donation to your parish or favorite local charity.
- Do you love your cup of tea or coffee in the morning? Fast from caffeine today or try your coffee black.

*Open your hearts to life!*

**Day Nine:**  
*Sunday, January 26, 2014*

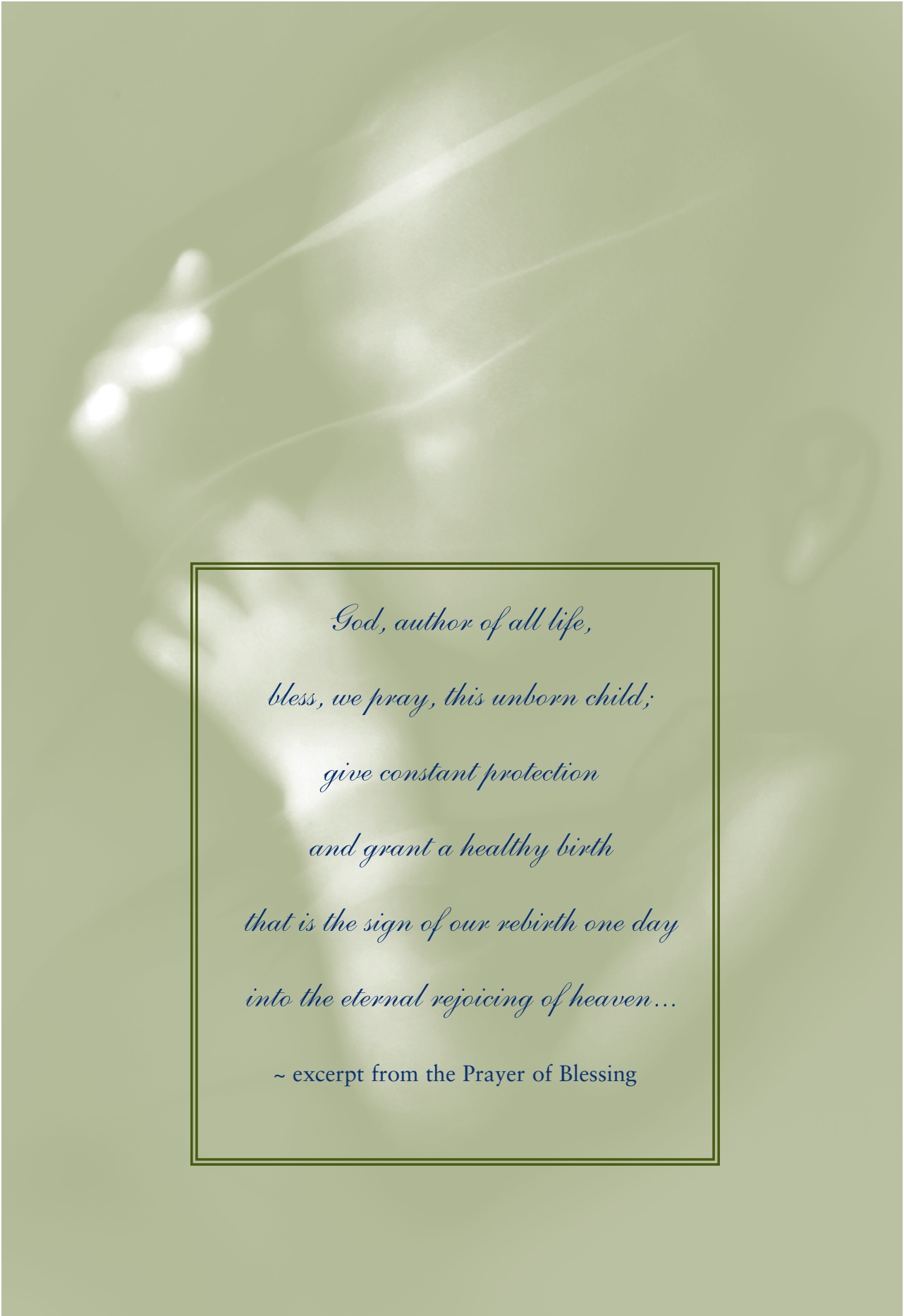
**Intercession:** For repentance, healing and peace in every heart and every nation.

*Our Father, 3 Hail Marys, Glory Be*

**Reflection:** In today's Gospel Jesus preaches, "Repent, for the kingdom of heaven is at hand." And after calling the first apostles, he went around all of Galilee, "proclaiming the gospel of the kingdom, and curing every disease and illness among the people" (Mt 4:23). Repentance is necessary for healing, but the Lord doesn't want us to remain stuck in misery over our sins. With healing comes peace and the joy of knowing we are loved and forgiven by God. The message of the Gospel of Life is one of great joy! Our call to live this Gospel is not marked with sadness and despair, but with hope, expectation and exuberant joy. "It is up to you, young followers of Christ, to show the world that faith brings happiness and a joy which is true, full and enduring. ... The Gospel is the "good news" that God loves us and that each of us is important to him. Show the world that this is true!" (Pope Benedict XVI, Message for the 27th World Youth Day, March 15, 2012).

**Acts of Reparation** (choose one):

- Spend quality time with a family member or friend; ask them if they would like to help out at a local charity with you.
- Say three Hail Marys for your parish priest. Without our priests, we could not have the sacraments.
- Make a "quiet hour" today, turning off all electronic devices (cell phone, iPod, computer, television, radio, video game system) and retreat to your room.



*God, author of all life,  
bless, we pray, this unborn child;  
give constant protection  
and grant a healthy birth  
that is the sign of our rebirth one day  
into the eternal rejoicing of heaven...*

~ excerpt from the Prayer of Blessing



*Open your hearts to life!*

## Respect Life



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