October 4: Friday Fast (Memorial of St. Francis of Assisi)

Intention: May each of us have the courage to open our hearts to life.

Did you know?

This Sunday, October 6 is Respect Life Sunday. It marks the beginning of Respect Life Month, which is celebrated each October (the month which is also traditionally recognized as the Month of the Holy Rosary).

Check out these pro-life rosary prayer intentions, and learn more about the Call to Prayer by clicking on the hyperlinked image of the video below!



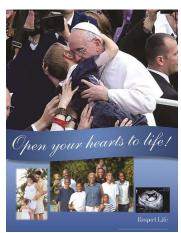
Quick Links

- | ⇒ Call to Prayer webpage
- ⇒ Call to Prayer Facebook group
- ⇒ Past weekly intentions and reflections

Reflection:

"Only a tender, compassionate love that seeks to serve those most in need, whatever the personal cost, is strong

enough to overcome a culture of death and to build a civilization of love. Let us open our hearts and reflect on how God



might be calling each of us to witness the sacredness of human life and assist in pro-life efforts. We may be called to help parents welcome their unborn child as a miracle of God's creation, to visit the elderly or aid those who are sick and suffering, to pray and fast for life, to advocate to our elected officials, or to assist educational efforts in our parishes."

2013 Respect Life Sunday Statement
Cardinal Seán O'Malley, Chairman
USCCB Committee on Pro-Life Activities

VISIT <u>WWW.USCCB.ORG/FAST</u> TO SIGN THE FASTING PLEDGE & TO SIGN UP FOR WEEKLY E-MAIL REMINDERS & INTENTIONS, OR TEXT "FAST" TO 99000 TO RECEIVE WEEKLY TEXT MESSAGES.