



DAY FIVE

January 22, 2018

*If you or someone you know is suffering after abortion, confidential non-judgmental help is available.
Visit www.hopeafterabortion.org.*

Intercession

May each person suffering from the loss of a child through abortion find hope & healing in Christ.

Prayers

Our Father, 3 Hail Marys, Glory Be

Reflection

Today, on this 45th anniversary of *Roe v. Wade*, we consider the past four decades in which our society has legally permitted abortion. Since that tragic decision, many children's lives have been lost, and many suffer that loss—often in silence. Yet God's greatest desire is to forgive. No matter how far we have each strayed from his side, he says to us, "Don't be afraid. Draw close to my heart."

*"In the Sacrament of Penance and Reconciliation, also called confession, we meet the Lord, who wants to grant forgiveness and the grace to live a renewed life in him. ... We bishops and priests are eager to help you if you experience difficulty, hesitation, or uncertainty about approaching the Lord in this sacrament. ... we are ready to welcome you."**

Let us run into the arms of Jesus, who is love and mercy.

Acts of Reparation (choose one)

- Go to confession today or this week. Before you go, look up St. Faustina and learn a little about the message of Divine Mercy that she shared during her life (www.usccb.org/divine-mercy).

- Do you know how to help women and men suffering after abortion? Consider the suggestions in "Bridges of Mercy for Post-Abortion Healing" (www.usccb.org/bridges-of-mercy).
- Pray the Chaplet of Divine Mercy (www.usccb.org/divine-mercy-chaplet) for those who are suffering the loss of a child through abortion, asking that they find healing and peace.

One Step Further

If a friend confided in you tomorrow that she had an abortion, would you be able to respond in a way that brings her closer to healing? Learn what to do and say in "How to Talk to a Friend Who's Had an Abortion" (www.usccb.org/friend-had-abortion).

Did You Know?

In the Catholic Church in the United States, January 22nd is designated as a particular day of prayer and penance, called the "Day of Prayer for the Legal Protection of Unborn Children." As Catholics, we are called to observe this day through the penitential practices of prayer, fasting, and/or giving alms.

More Information: www.usccb.org/january-22.

*"God's Gift of Forgiveness: Pastoral Exhortation on the Sacrament of Penance and Reconciliation," www.usccb.org/forgiveness.

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Secretariat of
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4 WAYS TO JOIN

