



## INTERCEDE



## PRAY

*Our Father, 3 Hail Marys, Glory Be*

## REFLECT

In *Evangelium vitae*, Pope St. John Paul II wrote that, “A mother welcomes and carries in herself another human being, enabling it to grow inside her, giving it room, respecting it in its otherness” (EV 99). Often the first and most basic way that a mother welcomes and cares for her child is by attending to her own health. In doing so, she ultimately contributes to the wellbeing of her child, as the health of mother and child are inextricably connected. After her child is born, a mother’s devoted care continues as she nurtures this new life and attends to her child’s every need.

As healthcare costs continue to rise, obtaining access to adequate medical care can be challenging, particularly for single women in poverty. According to 2014 statistics, 75 percent of women who chose abortion were low income. The financial strain of medical care can often place significant burdens on both pregnant and parenting mothers. Data from 2016 from the Centers for Disease Control and Prevention revealed that 15 percent of women in the United States

received inadequate prenatal care. As we walk with mothers in need, we pray that our efforts will help mothers and their children gain access to quality, life-affirming medical care and address this fundamental need.

## ACT *(choose one)*

- Seek the Blessed Mother’s intercession for mothers and children by offering a Rosary ([bit.ly/how-to-pray-rosary](https://bit.ly/how-to-pray-rosary)) for the featured intention.
- Give up sleeping on your pillow one night. Offer this small sacrifice for mothers and children who have difficulty accessing adequate medical care.
- Offer some other sacrifice or prayer that you feel called to do for the featured intention.

## ONE STEP FURTHER

St. Monica ([bit.ly/about-st-monica](https://bit.ly/about-st-monica)), mother of St. Augustine, spent much of her life as a single, widowed mother, dedicated to caring for her children. May we seek her intercession for all mothers facing difficulties.

For additional prayers, resources, and ideas on supporting mothers in your local area:

[www.WalkingWithMoms.com](http://www.WalkingWithMoms.com)