

## INTERCEDE



## PRAY

*Our Father, 3 Hail Marys, Glory Be*

## REFLECT

When a woman finds herself unexpectedly pregnant, the news can come as a shock and bring overwhelming feelings of fear, shame, anxiety, and doubt. Without a strong support system, what should be joyful news, can instead be experienced as a crisis. Often, a woman facing an unexpected pregnancy may not know where she can turn for help and assistance.

Pregnancy Help Centers respond to this urgent need every day, embracing expectant mothers with empathy and love. Approximately 2,750 pregnancy help centers across the U.S. offer life-affirming support to pregnant and parenting women in need. These centers “provide a spectrum of care, resources, and material goods to support new mothers—from diapers and layettes, to babysitting and career services, to referrals for housing and food assistance, and personal mentorship and support. Many also provide certain medical services, including ultrasounds, prenatal and postnatal care.”<sup>1</sup> The most recent reports show that in 2022 alone, pregnancy centers served over 3 million clients, providing an estimated \$367 million in free goods and services.<sup>2</sup>

This work is made possible by the selfless service of those who dedicate themselves to working in pregnancy centers. Their efforts are even more notable when we consider that seven out of ten pregnancy center workers are volunteers who offer their time and talent to surround mothers with the compassionate support they need to welcome and care for their children.

## ACT *(choose one)*

- Offer this “Prayer for Radical Solidarity” in thanksgiving for all pregnancy center staff and volunteers: [respectlife.org/prayer-for-radical-solidarity](https://respectlife.org/prayer-for-radical-solidarity).
- Skip your morning coffee from your favorite café or a lunch outing this week. Donate what you would usually spend on these small treats to your local pregnancy center instead.
- Offer some other sacrifice or prayer that you feel called to do for this month’s intention.

## ONE STEP FURTHER

Learn how you can support a friend experiencing an unexpected pregnancy: [respectlife.org/support-her](https://respectlife.org/support-her).

<sup>1</sup> Bishop Michael F. Burbidge, “[Statement on Pregnancy Help Appreciation Week](#),” Nov. 9, 2023.

<sup>2</sup> “[Pregnancy Centers Offer Hope for a New Generation](#),” updated Dec. 2024.

