



respect life month BINGO



Read the Radical Solidarity reflection from the USCCB	Fast from your favorite snack for a day and offer up that prayer for someone who is suffering	Pray the "Prayer for Radical Solidarity" for Respect Life Month	Say a prayer for pregnant mothers, especially those experiencing a difficult or high-risk pregnancy	Meditate on the "Beatitudes for People with Special Needs"
Join the Respect Life Month novena (Oct 13-21)	Spend time with a loved one who may be lonely	Sign up to volunteer at a local nursing home	Do something kind for a stranger	Donate personal care items to Catholic Charities (i.e. toothbrushes, toothpaste, deodorant, etc.)
Offer up your Sunday Mass intention for people with disabilities and their caregivers	Learn more about Americans with Disabilities and the ADA by visiting ada.gov	 Tell someone you love them	Share about Respect Life month on social media	Take part in a small group study on "Open Wide Our Hearts",
Read Psalm 139 and reflect on being made in God's likeness	Go adoration and pray for an increase in respect for human life & dignity	Take 5 minutes to meditate on what respecting human life & dignity means to you	Go to nami.org to learn more about mental health	Do a scripture study on the story of the Annunciation (Luke 1:26-38)
Take part in a poverty simulation at playspent.org	Help a family in need by purchasing an item off Mary's Helping Hands Amazon wish list	"Trick or Treat" around your neighborhood for canned goods to donate to a food pantry	Learn how to sign a few basic words at signasl.org	Say a prayer to heal racial division

All links & resources are available at dmdiocese.org/respectlife

radical solidarity



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