

# 10 Steps To End Abortion <http://www.priestsforlife.org/10stepstoendabortion/>

## 1. Pray!

Prayer is the foundation of all we do in the pro-life movement, and puts us in touch with the source of our life and freedom, God himself. Pray each day the *Prayer to End Abortion*, which you can download at [www.PrayerCampaign.org](http://www.PrayerCampaign.org).

## 2. Promote Alternatives!

The easiest single reference to help free someone from feeling she has to abort her child is the Option Line, 1-800-712-HELP (4357), and its associated website, [www.PregnancyCenters.org](http://www.PregnancyCenters.org). Individuals should keep this information close at hand at all times, and also share them with schools, hospitals, and other community groups. Pastors should place this information on the parish bulletin and website.

## 3. Promote Healing!

Confidential, caring, expert help is available for those who have had abortions and need a friendly ear as they walk through the pain and try to regain hope and meaning in their lives. The resources available for this help and healing can be found at [www.SilentNoMoreAwareness.org/resources](http://www.SilentNoMoreAwareness.org/resources).

On that page, you will find a search box. By entering a zip code, you will find the pregnancy centers, post-abortion ministries, and [Rachel's Vineyard](#) retreat sites within a reasonable distance of that zip code.

## 4. Use Testimonies!

More and more women and men are speaking publicly about the devastation abortion has brought to their lives, and also about the fact that the pro-life movement and the Church bring healing. You can read and share these testimonies in print, audio, and video format at [www.SilentNoMoreAwareness.org/testimonies](http://www.SilentNoMoreAwareness.org/testimonies).

## 5. Speak Up!

There are many ways in which you can speak up for the unborn, whether in private conversation, letters to the editor, comments on [blogs](#) and other [social networking sites](#), [You Tube videos](#), and various forms of lobbying elected and appointed officials.

We offer training in all these areas. Various resources are available, such as

- [Our suggested letters to the editor](#)
- [The booklet "Pro-life Answers,"](#) which we can send you right away
- [Training on Preaching on Abortion](#)
- Seminars on How to Talk about Abortion [\[Part 1\]](#) [\[Part 2\]](#)

## 6. Be Politically Active!

We foster political responsibility, and participation in elections and lobbying, so as to advance the culture of life. Our election headquarters at [www.PoliticalResponsibility.com](http://www.PoliticalResponsibility.com) provide ongoing guidance for this kind of activity.

## 7. Expose Abortion!

St. Paul writes, "*Have nothing to do with the fruitless works of darkness; rather, expose them!*" (Eph. 5:11). A key reason abortion continues is that its violence is hidden. Often enough, the problem is not that people support abortion, but rather that they have never seen it. When its violence is exposed to the light of human conscience, most will reject it.

Our "Is this what you mean?" campaign challenges abortion supporters to admit what it is, and in the process, either shows others either what it is, or shows them that it's too horrible for its supporters to describe. [www.priestsforlife.org/isthiswhatyoumean](http://www.priestsforlife.org/isthiswhatyoumean).

## 8. Expose the Abortion Industry!

Many believe that because abortion is legal, it is therefore safe, carried out in licensed facilities, and under the guidance of trained professionals who follow all the standards of modern medicine, with the best interests of their patients at heart.

The abortion industry is corrupt, unregulated, unscrupulous, and just plain dangerous. The more we expose the malpractice and abuse to the public, the more they will see that the abortion battle is not between mother and child, but between the abortion industry on one side and mother and child on the other. One way to do this is to [order your own copy of Lime 5](#), which details the corruption in the abortion industry and explains why and how this strategy works.

## 9. Take to the Streets!

Many people go out of their way to avoid talking or thinking about abortion. Yet we have to get a substantial number of people focusing on the problem in order to end it. Therefore we have to put ourselves in their path, which is exactly what we do by having peaceful, First Amendment gatherings and communications in the public forum. Literature distribution, Life Chains, demonstrations, parades, rallies, and similar events can spread the pro-life message. Presence at abortion mills is a key way to weaken the abortion industry.

## 10. Be a Missionary of the Gospel of Life!

Pro-life activity is not simply a hobby or a cause or a political ideology. It is, at its core, a spirituality, an aspect of our discipleship. Pro-life *spirituality*, rooted in the Gospel, gives us both the *why* and *how* of pro-life activity, trains us in the virtues we need to carry it out, and insures that our activity is rooted in God and leads us back to God.

You can see an outline of the training, as well as the characteristics and virtues that shape this spirituality, at [www.MissionariesoftheGospelofLife.org](http://www.MissionariesoftheGospelofLife.org). You can sign up there as well!