

# Pray, Grow, & Serve

Learning about the dignity of the human person

The PELICAN  
PROJECT

4th Sunday in Ordinary Time  
January 28th | Green

## Always on My Mind, Lips, and Heart

"Actively promoting a renewed respect for human life is the responsibility of every Catholic." USCCB

### Go forth, the Mass is ended.

Do you remember that before we read the Gospel at Mass, we make a cross over our forehead, lips, and heart? When we do this, we are making an outward sign of this inward prayer: *Lord, I pray that your Word be always in my mind, words, and heart.*

When Mass ends, the priest offers the Concluding Rite, saying, "Go forth, the Mass is ended." Or, he may say, "Go in peace and glorify the Lord with your life." Christ is charging you and I with a specific mission when he says this! With these words, Christ tells us, take the graces you have received at the banquet of the Mass and enter the world, sharing My love with every person you meet. With the Word of God on our minds, lips, and hearts we are to boldly proclaim the value of every human life by respecting, protecting, loving, and serving every human life!

Together we can joyfully reawaken a culture of life! When you **pray**, ask for courage and wisdom to **grow** in understanding on how to **serve** your neighbor well. Keep in mind these 5 important points from the USCCB's Pastoral Plan for Pro-Life Activities!

### 5 Points of Action!

- We treat every person we encounter with respect. (This means we encounter them in a way that honors God's love for them!)
- We pray for God's will for each person. (This means that we know God's way is the best way, so we pray that they open their heart to God's plan for their life.)
- We celebrate God's design for love and life and invite others into this joy. (This means we uphold God's Word in our hearts.)
- When we encounter someone who does not honor the sanctity of their own life or the life of another, we commit ourselves to reverent prayer that they open their heart to God's love.
- We always speak up when we notice that someone's life is being harmed! (Sometimes, this can feel scary. Always invite a trusted adult to guide you!)



**Our Bishops promise us that their commitment to protecting the sanctity of human life will not waiver! Their efforts will not cease! They will speak out on our behalf for the sanctity of life wherever and whenever it is threatened! Amen!**

