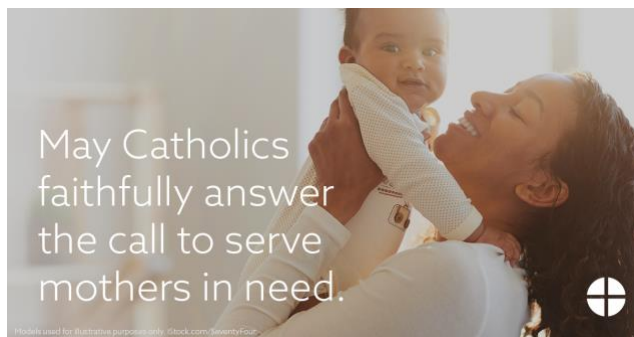


## INTERCEDE



## PRAY

*Our Father, 3 Hail Marys, Glory Be*

## REFLECT

Our Blessed Mother models a profound witness to love and life in the Gospel account of the Visitation. Luke's Gospel tells us that, when Mary learns that her cousin Elizabeth is pregnant, she travels to the hill country "in haste" (Lk 1:39).

The example of our Blessed Mother invites us to become more aware of the needs of pregnant and parenting moms in our own parishes and communities. A woman with an unexpected pregnancy in difficult circumstances may have any number of fears and challenges, such as facing judgment from her friends and family, losing her job or housing, or being abandoned by the father of her child.

Following Mary's example, we can ask ourselves how to better know these mothers, listen to them, seek understanding, and help them obtain the necessities of life for themselves and their children. How can we, like the Blessed Mother, lovingly support mothers in welcoming and caring for God's gift of life?

Throughout the whole of Scripture, Mary's words are few. Yet, in her sacred encounter with Elizabeth, a powerful declaration pours from her lips. Mary proclaims to all generations that the Lord *lifts up the lowly, fills the hungry with good things, and remembers his promise of mercy from age to age* (Lk 1:46-56). In both word and deed, Mary speaks a message of *hope*—not only to Elizabeth, but also to every mother in need and to each of us. Mary's witness is an invitation to step out in love and compassion. It is a summons to *make haste* to help vulnerable women who may be isolated and alone. Inspired by the Blessed Mother's example and guided by the Holy Spirit, may we offer Christ's presence and love to mothers in their time of need through our faithful service and support.

## ACT *(choose one)*

- Offer the Prayer for Pregnant Mothers ([walkingwithmoms.com/prayer-for-pregnant-mothers](http://walkingwithmoms.com/prayer-for-pregnant-mothers)) each day for a full week.
- Fast from social media for a day. Fill your day with prayerful silence.
- Offer some other sacrifice or prayer that you feel called to do for this month's intention.

## ONE STEP FURTHER

October is Respect Life Month. Learn about simple ways you can celebrate and share the Gospel of Life with friends and family: [respectlife.org/celebrate](http://respectlife.org/celebrate).

