

March for Life Activities

- Write [letters to your elected officials](#) advocating for the protection of human life and [lobby through social media](#). Use the [letter-writing tips](#) provided by the Virginia Catholic Conference.
- Pray the rosary at a local abortion clinic using [pro-life rosaries and prayer intentions from the USCCB](#).
- Make baby blankets out of tied fleece using this simple [video](#) and donate blankets to pregnant mothers, foster/adoptive parents, or a local pregnancy center.
- Host a “baby shower” and make care packages for a local pregnancy center with diapers, wipes, and other baby essentials. Include hand-written cards with words of encouragement, prayers, and Bible verses.
- Adopt a baby through prayer, keeping track of his/her development throughout the nine months. At the end of the nine months, have a birthday party for the baby and bring gifts to donate to a local pregnancy center.
- Create yard signs and chalk a sidewalk with [pro-life statistics](#) (scroll down to “Information”).
- In celebration of the year of Saint Joseph, write notes of thanks and create care packages for foster parents or parents who chose adoption. Contact [Commonwealth Catholic Charities](#) or [Catholic Charities of Eastern Virginia](#) for more information on how you can show gratitude to these families.
- Promote the value of those who have disabilities through prayer, sign-making, or a social media campaign.