October is “Respect Life Month”

The United States Conference of Catholic Bishop calls October “Respect Life Month” in the Catholic Church. What does it mean to “respect life”?

Respecting life means many different things:
- Protecting babies before they are born.
- Providing poor families with food and a safe place to live.
- Taking care of animals and the environment.
- Making sure elderly people have the prescription medication they need to live without pain or worry.

Catholic Charities offers services that respect life—all life—from the very young to the very old. We offer help with food, housing, utilities, clothing, medications, and other important things that people need. We are especially interested in making sure the children have what they need to grow and learn.

Each year in October, Catholic Charities sponsors a project called First Step for Change, which provides baby bottles to parishes for families to take home and fill with spare change. The change collected in these bottles helps Catholic Charities buy food, formula, diapers, clothing, and all the things babies and toddlers need for a good start in life.

Your school will be participating in the First Step for Change campaign. Look for the baby bottles around your school. Please bring spare change to help fill the bottles and to help families in need.

Some things to think about...
How does the work of Catholic Charities’ show respect for life?

What can happen when life is not respected?

How is using a car seat (an item that our First Step for Change program provides) an example of respecting life?
Catholic Charities Shows Respect for Life

Catholic Charities shows respect for life by helping those who need us. Here is a true story about a family who came to Catholic Charities when they had nowhere to turn:

Michael is a father of four who had been permanently laid off from his job of ten years. He was out every day looking for work, competing against younger men and women for the scarce jobs available. Michael was embarrassed to admit his family was out of food and he had no gas left in his car to keep looking for employment. Catholic Charities was able to help Michael in a way that did not make him feel embarrassed, offering him food, gas money to continue his job search, and referrals to organizations that help people find jobs.

On a separate sheet of paper, write how this story best shows respect for life.

Word Search

Find the answers to these questions by going Online.

What is the address of the Catholic Charities office nearest your school?

Who is the patron saint of animals whose Feast Day is celebrated on October 4?

Who are the patron saints of the pro-life movement?

Webcheck

Try these ideas to show your respect for life:

- Participate in First Step for Change at your parish
- Pray for all families who struggle to make ends meet, particularly those families with young children
- Spend quality time with your pet. Take your dog for a walk or brush your cat’s fur
- Donate diapers and baby wipes to the Catholic Charities agency nearest you.
- Bring your spare change to school to help fill the baby bottles around the school. The school that collects the most change for the First Step programs will win a prize.