



Archdiocese of
Washington

YOUTH RALLY AND MASS FOR LIFE



Pre- and Post-Rally Discussion Guides



Youth Rally and Mass for Life

Act

As you prepare to participate in the Virtual Rally and Mass for Life, reflect on the ways that you can show God's love to the members of your community.

In these uncertain times, we pray in a special way for parents in need who might be experiencing fear, anxiety, or loneliness.

Consider donating to a local community service agency, or volunteer in person with an organization that helps women in need.

You can look up your local pregnancy center at care-net.org to see what services are offered. Many local pregnancy centers collect baby clothes and other donations to support mothers.

You might also visit a local women's shelter or donate to an organization that supports women who are escaping domestic violence.

Pre-Rally Discussion Guide

For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.

Psalm 139: 13-14

Scripture Reflection

This psalm tells the story of our creation as beloved children of God. Our faith teaches us that we are all equally and infinitely loved by God, from the moment of conception and throughout our lives. As we prepare for the 2021 Virtual Youth Rally and Mass for Life, take some time to reflect on this reading and the important teaching that it contains.

This year, perhaps more than ever before, we have all been dealing with many challenges in our lives. We do not know what the next few months might hold, and some of our life plans might even be on hold. This reading reminds us that, although we might not know it, God has a special plan for each individual.

Prayer can help us to settle into this moment and reflect on God's vision for our lives. This time in our lives might be challenging, but there are many beautiful moments ahead, waiting to be seen and experienced. Each of us is "fearfully and wonderfully made," and God has a plan for each of us.

Videos

[Formation videos on philosophical approach \(Notre Dame\)](#)
[Rechelle's video](#)

Questions for Reflection

1. In Rechelle's video, she reflects on her life being made up of both good and bad moments. When have you felt alone, or struggled to see the presence of God? Can you reflect on the ways that God's love might have been present, even if you could not see it at the time?
2. Dr. Kristin Collier, M.D. shared a video where she talks about the links between science, faith, and reason in the pro-life cause. As young Catholics, it is important for us to learn about science and to be able to connect medical facts with the philosophical elements of our faith. Oftentimes, science even helps to reveal truths in our faith. How does Dr. Collier's video connect with the Scripture passage above? How can science help to inform our faith and vice versa?

Prayer: An Examination of Conscience

- Step 1: I remind myself that I am in the presence of God.
Step 2: I recall my day with gratitude.
Step 3: I ask the Holy Spirit to help me reflect honestly.
Step 4: I review my day.
Step 5: How can I do better and be better in the days ahead?

Spiritual Sponsorship

If your diocese is attending any virtual pro-life events this year, please consider having community members offer support through a [spiritual sponsorship](#). This program will help adult members of the community show support for youth as they seek to live out their pro-life values.



Youth Rally and Mass for Life

Act

Having prayed with the Parable of the Good Samaritan and reflected on the meaning of love of neighbor, particularly those who are most vulnerable, you are now going to have an opportunity to consider who God may be calling you to serve. There are many types of vulnerability that are identified in the parable of the Good Samaritan, and many more that we identify in the world around us. Today, we will take some time to discuss these many definitions of vulnerability.

The [attached guide](#) from the McGrath Institute (see Helpful Resources) is designed to help young people to discern their vocation to the pro-life and social concerns movement. As you begin this discernment, remember that vocation calls you to answer a few questions:

- 1. What are you good at?** What are your talents, skills, and areas of special knowledge?
- 2. What do you love?** What issues are you particularly passionate about?
- 3. What does the world need most right now?** How can you best use your skills in service to your community and the larger world?

Post-Rally Discussion Guide

Scripture [Lk 10: 24-37. The Parable of the Good Samaritan.](#)

Scripture Reflection

The parable of the Good Samaritan is a response to the question, “Who is my neighbor?” The Rally for Life has focused on the ways that we can serve mothers and children by advocating against abortion. As we think about the ways we can serve the pro-life movement, we must also address the many other forms of injustice in our world today.

When the Bible talks about serving the poor, it reminds us that “poverty” can mean many things. People can be vulnerable because of physical, material, spiritual, mental, and emotional needs that are unfulfilled. For Catholics, living a truly pro-life ethic means living a life of service to all those who are vulnerable. We should work to protect the lives of the unborn, the elderly, the poor, the lonely, and all other people in need.

Each of us has a particular vocation, and we may feel particularly drawn toward one or more of these groups. However, like the Good Samaritan, we can never ignore any of these groups; we are always called to serve others in order to serve God. We can best serve the pro-life movement by striving for consistency across many social issues.

Video

[Virtual Youth Rally and Mass for Life](#)

Questions for Reflection

1. As you contemplate this Gospel passage, try to imagine your role in this story. It seems that most of us would be able to relate to each character in a different way! Today, reflect on a time when you have been the stranger on the road. When have you found yourself in a vulnerable situation? How did you feel in that moment, and who helped you along the way?
2. The Gospel teaches us to serve others unconditionally, and to serve the most vulnerable as we would serve God. This is a very difficult standard to live up to! How would you respond to the presence of God in your midst? In what ways is it challenging to serve others as we would serve God?

Prayer

Lectio Divina is a traditional monastic prayer that asks us to reflect on the scriptural readings that we encounter. There are four steps to this prayer:

Lectio (Read): Read the passage slowly and carefully. Listen to the Gospel and try to connect with each of the characters

Meditatio (Receive): As you slowly read the Parable of the Good Samaritan for a second time, listen for the words or phrases that jump out at you. Write down these words to remember later.

Oratio (Respond): Read the Gospel passage a third time, paying attention to these phrases, and try to respond to what God is speaking to you. Ask God for help living out the values explained in this passage.

Contemplatio (Rest): Sit quietly with the words of the Gospel, allowing your conversation with God to continue. Try to be present to the moment, allowing the reading to speak to your own life. As you conclude your prayer, take some time to reflect on how this Gospel parable might be calling you to action.



Youth Rally and Mass for Life

Helpful Resources

Youth ministers or teachers may find the following resources helpful in preparing to lead this activity:

The **University of Notre Dame McGrath Institute** has published a series of educational resources for parishes, schools, and youth groups.

- The entire March for Life [video series](#).
- [Lesson plans, infographics, and general information](#) for pro-life ministries.
- To learn more about meditation and reflection in prayer, please see the following three-part blog series, “Engaging Pastoral Creativity” by Megan Shepherd
 - Part 1: [“Engaging Pastoral Creativity: Pray, Reflect, Identify”](#)
 - Part 2: [“Engaging Pastoral Creativity: Listen and Ponder”](#)
 - Part 3: [“Engaging Pastoral Creativity: Respond and Reflect”](#)
- If your diocese is attending any live or in-person events this year, please consider having community members offer support through a [spiritual sponsorship](#). This program will help adult members of the community show support for youth as they seek to live out their pro-life values.

The **United States Conference of Catholic Bishops** offers resources to support a broad range of pro-life ministries.

- [The USCCB Pro-Life Secretariat](#) publishes educational resources, bulletin inserts, and advocacy materials.
- **The USCCB Secretariat of Justice, Peace, and Human Development** offers resources on Catholic Social Teaching and pro-life values. These resources highlight the importance on walking with [Two Feet of Love in Action](#).

Catholic Relief Services publishes a [series of lesson plans and videos](#) connecting all topics of Catholic Social Teaching.

