



DIOCESE OF ROCKVILLE CENTRE

# Office of Human Life, Family and Bioethics



Monsignor Ellsworth Walden, pastor of St. Patrick R.C. Church in Smithtown, witnessing in front of Planned Parenthood.

## Choose Life

May our words and actions give life, no matter what the cost or how great the sacrifice.

“Free at last, Free at last, Thank God almighty we are free at last.” These words were spoken by Martin Luther King, Jr. and quoted many times as the civil rights movement he was a key part of sought an end to prejudice and persecution of black people in our nation. In the Gospel, (John 8:31-42), Jesus speaks these words: **“If the Son frees you then you will truly be free.”** He is speaking these words to those who oppose Him and are trying to get rid of Him. **It is literally impossible to be truly free without faith in Jesus and love for Him.** Jesus came to free us from our sins. Sin is a reality that deprives us of inner peace and unity with Him, ourselves, and one another. Jesus did not come to give us warnings or a course that will lead us sin-free through life, He came to invite us to freely accept His invitation to be part of His life. His is the freedom that comes from the Holy Spirit, the ultimate source of wisdom, truth, love, and courage. **Following the guidance of the Holy Spirit opens our minds and hearts to the goodness and love of God in our midst and inspires and enables us to live with hope, direction, and purpose.**

Yesterday I stood in front of Planned Parenthood on Maple Avenue here in Smithtown. At that point, I was the only one there. The sky was clear and vividly blue and the moon was rising in the east. A number of people who drove by honked their horns in support. But **I was not there to be noticed for who I am but to speak up for the unborn threatened by abortion** as I held my poster that says “Free Pregnancy Help” with the phone number. **I was not there to condemn but to offer hope and help people freely make the right choice for life.** Legalization of abortion has led to more than 60 million children being aborted since January 22, 1973, the day abortion was legalized by our Supreme Court. **Our national spirit will never be peaceful as long as we use our freedom to take life. Sacrifice is part of**

**life.** We are Christ-like when we sacrifice for the good of one another. We are disciples of the devil when we sacrifice others for our convenience, worries or votes.

May we all use our freedom to choose life in all we say and do each day. May our words and actions give life, no matter what the cost or how great the sacrifice.

### **PRAYER FOR RELIGIOUS LIBERTY**

(USCCB)



**St. Thomas More**  
**Patron of Religious Freedom**  
***Pray for Us***

I offer this prayer for our nation and freedom, from the bishops of our country.

O God our Creator, from your provident hand we have received our right to life, liberty, and the pursuit of happiness. You have called us as your people and given us the right and the duty to worship you, the only true God, and your Son, Jesus Christ. Through the power and working of your Holy Spirit, you call us to live out our faith in the midst of the world, bringing the light and the saving truth of the Gospel to every corner of society.

We ask you to bless us in our vigilance for the gift of religious liberty. Give us the strength of mind and heart to readily defend our freedoms when they are threatened; give us courage in making our voices heard on behalf of the rights of your Church and the freedom of conscience of all people of faith.

Grant, we pray, O heavenly Father, a clear and united voice to all your sons and daughters gathered in your Church in this decisive hour in the history of our nation, so that, with every trial withstood and every danger overcome—for the sake of our children, our grandchildren, and all who come after us—this great land will always be “one nation, under God, indivisible, with liberty and justice for all.” We ask this through Christ our Lord. Amen.