



We are already the children of God

A Holy Hour on the Dignity of Human Life

Please pray for the dignity of human life and to uphold a culture of life in our countries.

On Wednesday 13 November, 5.30pm

join in prayer with the Catholic Bishops of England and Wales as they pause in the middle of their autumn plenary meeting to kneel in front of the Blessed Sacrament.

Do not cast me off in the time of old age;
forsake me not when my strength is spent. –*Psalm 71:9*

Reflection: Embrace and uphold a culture of life

We offer our prayers this holy hour for the dignity of human life. In particular our focus is on the end of life and praying together in front of the Blessed Sacrament that assisted suicide will not become law in our lands. [...] We pray passionately that we will not take a step in legislation that promotes a so-called ‘right to die’, that will quite likely become a duty to die and place pressure on doctors and medical staff to help take life rather than to care, protect, and heal.

When you are praying, please remember those who care and accompany people facing their last days. Especially pray for those who work in palliative care – nurses, doctors, people who are home visitors. They do a wonderful job with compassion, but they need more resources. That is what we should be investing in, not a piece of legislation that leaves us vulnerable and under pressure to seek an end to our life.

This is an important moment in our history. Please write to your MP to make your voice heard. Many have not yet made up their minds how to vote.

May God bless us all, bless our countries, and bless those who make our laws with the courage to embrace and uphold a culture of life.

– *Cardinal Vincent Nichols, President,
Catholic Bishops’ Conference of England and Wales*

Note: holy hour text excerpted from CBCEW. Please see their website (overleaf) for full text handout.

Intercessions

Let us pray that we will keep our minds and hearts open to the beautiful truth about the innate value and importance of each human life.

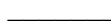
Let us pray that the dignity of human life will be respected by all people from its natural beginning until its natural end.

We pray for those who are nearing the end of their lives, that as they prepare to make the journey to the eternal life prepared for us, they may know the tender love and mercy of God our heavenly Father.

For those receiving palliative care, that they may trust in God's love even in the hardest moments, knowing that the Lord bears their suffering with them.

For politicians and those in authority, that they may have the courage to embrace and uphold a culture of life and always to work for the common good of all.

For doctors, nurses, carers and those who are home visitors, that they may be blessed in their work, and that they may have the necessary resources to carry out their vocation with love and compassion.



Links for outreach and letter writing: On 29 November, Parliament will vote on the Leadbeater Bill, which seeks to change our laws to allow so-called 'assisted dying'— this term means 'assisted suicide' or allowing a doctor to help you kill yourself. The websites below, both Christian and secular, offer positive shareable resources to help with writing to MPs and speaking up for life.

[*Our Duty of Care*](#). Health professionals opposing the intentional killing of patients.

[*Not Dead Yet*](#). Secular, pro-life advocacy in support of disabled people. Video of testimony to Parliamentary committee (some strong language).

[*Care Not Killing*](#). Alliance promoting palliative care and opposing assisted suicide; legal, secular emphasis.

[*Right to Life*](#). Major pro-life advocacy network. You can email your MP directly through their site—by editing their form letter to express your concerns.

[*SPUC*](#). Briefings, stories of hope, interviews with doctors and patients.

[*Catholic Diocese of East Anglia*](#). Bishop Peter's Pastoral Letter asking Catholics to oppose assisted suicide.

[*Catholic Church in England and Wales*](#), advocacy and prayer resources.

If you'd like to chat about writing a letter or reaching out to others, parishioners will be available after Masses on Wednesday and Sunday to offer help.