

**Respect Life Sunday** in 2025 is October 5, 2025. It marks the beginning of Respect Life Month, an annual observance within the Catholic Church in the U.S., emphasizes the value of every person from conception to natural death. Resources and materials for observing Respect Life Month, including the theme "Life: Our Sign of Hope," are available at [respectlife.org/celebrate](https://respectlife.org/celebrate). Join thousands of Catholics praying a Respect Life Month novena Wednesday, October 22 – Thursday, October 30. Get daily prayers, reflections, and more.

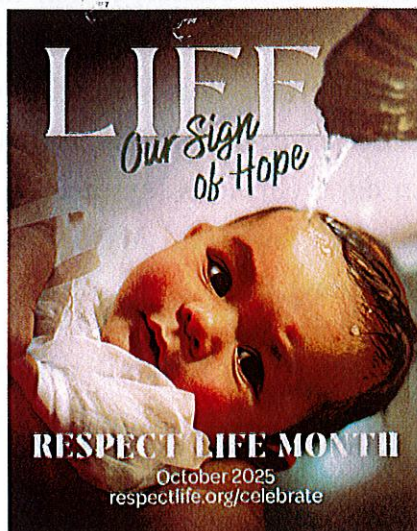
The observance encourages a focus on issues related to abortion, euthanasia, and the need to support pregnant and parenting mothers through initiatives like Walking with Moms in Need.

“We are called to be signs of hope to all people, especially those whose goodness, value, and dignity are undermined. As members of the Body of Christ, we carry this hope with us as we continue Jesus’ mission on earth... We have been entrusted with a message of hope for the woman who finds herself unexpectedly pregnant or for the man diagnosed with a terminal illness. At these challenging moments, we must bring God’s presence, witnessing to His love, and inspiring a renewal of hope in those whose hearts are burdened.”

USCCB Secretariat of Pro-Life Activities Respect Life Reflection: “Life: Our Sign of Hope”

The witness of our Blessed Mother [in the Gospel account of her visit to her pregnant cousin, Elizabeth,] invites us to become more aware of the needs of pregnant and parenting moms in our own parishes and communities. Read more at [respectlife.org/called-to-serve-reflection](https://respectlife.org/called-to-serve-reflection).

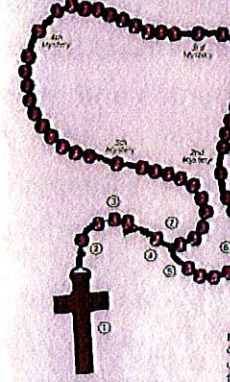
Join thousands of Catholics across the country praying for the protection of human life from conception to natural death. Each day of the novena features a different prayer intention, as well as a short reflection, suggested actions, ideas for building a culture of life, and additional information to help participants go deeper.



Sign up to receive the daily prayers via email or text message!

### How to Pray the Rosary

Begin with the Sign of the Cross: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



**1. Holding the Crucifix/Cross say the Apostles' Creed**  
**Apostles' Creed**  
 I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell, on the third day he rose again from the dead, he ascended into heaven, and is seated at the right hand of God the Father almighty, from there he will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the everlasting Amen.

**2. On the first bead, say an Our Father.**  
**Our Father:**  
 Our Father who art in heaven, hallowed be thy name, the Kingdom come, the will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

**3. Say the Hail Mary on each of the next three beads.**

**Hail Mary**  
Hail, Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**4. Say the Glory Be**  
**Glory Be**  
 Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now, and ever shall be world without end. Amen.

(For each of the five decades – the set of 10 beads in a row) – announce the Mystery (can also cite a reading from Scripture).

Then say the Our Father.

**5. Holding each of the 10 beads (the decade) say 10 Hail Marys while meditating on the Mystery.**

**6. Then say a Glory Be.** (After finishing each decade you can add the Fatima Prayer.)

**Fatima Prayer**  
O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of your mercy.

**7. After saying the five decades, say the Hail, Holy Queen (Salve Regina)**

**Hail, Holy Queen (Salve Regina)**  
Hail, Holy Queen, mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in the valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

**Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.**

**Conclude the Rosary with the Sign of the Cross.**

### Mysteries

#### Sunday & Wednesday

- Glorious Mysteries**
- The Resurrection
  - The Ascension
  - The Descent of the Holy Spirit
  - The Assumption of Mary
  - The Coronation of the Blessed Mother

#### Monday & Saturday

- Joyful Mysteries**
- The Annunciation
  - The Visitation
  - The Birth of Jesus
  - The Presentation
  - The Finding of the Child Jesus

#### Tuesday & Friday

- Sorrowful Mysteries**
- The Prayer in the Garden
  - The Scouring at the Pillar
  - The Crowning with Thorns
  - The Carrying of the Cross
  - The Crucifixion

#### Thursday

- Luminous Mysteries**
- The Baptism of Jesus
  - The Miracle at the Wedding Feast of Cana
  - Jesus Proclaims the Kingdom of Heaven and Repentance
  - The Transfiguration
  - The Institution of the Holy Eucharist



The Rosary – Mary knows the heart of the Lord. Pray for her to intercede and present God with your intentions through this meditative prayer sequence.

The Rosary is a Scripture-based prayer. It begins with the *Apostles' Creed*, which summarizes the great mysteries of the Catholic faith. The Our Father, which introduces each mystery, is from the Gospels. The first part of the *Hail Mary* is the angel's words announcing Christ's birth and Elizabeth's greeting to Mary. St. Pius V officially added the second part of the *Hail Mary*. The Mysteries of the Rosary center on the events of Christ's life. The mysteries are also typically said on certain days: Glorious Mysteries (Sunday/Wednesday); Joyful Mysteries (Monday/Saturday); Sorrowful Mysteries (Tuesday/Friday); and Luminous Mysteries (Thursday).

You can also go to: <https://www.usccb.org/how-to-pray-the-rosary> to familiarize yourself and pray the rosary. Also, there are many apps available to help you and your family pray the Rosary. One's we like are the Pope's ClickToPray and the Laudate apps.

For more traditional Catholic prayers go to the Prayer and Worship resources on the United States Conference of Catholic Bishops website: <https://www.usccb.org>