

## **January 22: Day of Prayer for the Legal Protection of Unborn Children**

Did you know? January 22 is a day of prayer and penance called the **Day of Prayer for the Legal Protection of Unborn children:**

“In all the dioceses of the United States of America, January 22 (or January 23, when January 22 falls on a Sunday) shall be observed as a particular day of prayer for the full restoration of the legal guarantee of the right to life and of penance for violations to the dignity of the human person committed through acts of abortion” (General Instruction of the Roman Missal, no. 373).

### **How to Participate**

Not sure how to observe this day of prayer and penance? Pick from the ideas below or offer some other prayer or sacrifice that you feel called to do.

- \* Go to Mass
- \* Participate in the National Prayer Vigil for Life either in person or virtually (details below!).
- \* Abstain from meat
- \* Pray the Divine Mercy Chaplet
- \* Pray a decade of the Rosary
- \* Give up TV and movies for the day
- \* Offer A Prayer for Hope
- \* Sacrifice some of your free time to do a small act of service for someone else.

### **National Prayer Vigil for Life**

**5:00pm EST, January 22—9:00am EST, January 23**

The National Prayer Vigil for Life is a pro-life prayer vigil held on the eve of the March for Life each January since 1979. Thousands of pilgrims from across the nation pray for an end to abortion and a greater respect for all human life. It is held at the Basilica of the National Shrine of the Immaculate Conception in Washington, D.C. on January 22, 2026.

In the D.C. Metro Area? Join us in-person! View the schedule at [prolife@usccb.org](mailto:prolife@usccb.org)

Or watch live at 5pm Eastern on EWTN or livestreamed via the Basilica of the National Shrine of the Immaculate Conception.

Special Note: Seminarian-led holy hours will be livestreamed during the overnight hours between 9:00pm—8:00am. To see the full listing for the overnight hours, please [click here](#).