



Spiritual Adoption Novena for the Unborn Child

What is the Spiritual Adoption of the Unborn Child Novena?

Spiritual Adoption of an unborn child is a powerful novena prayer for the child in the womb threatened by abortion. Through the pledge to undertake Spiritual Adoption, a person, family, or parish community, undertakes to pray daily for an unborn child for nine months.

The act of Spiritual Adoption is a personal and charitable gift of prayer, love and sacrifice. Through our prayers, God is able to bestow faith in God's mercy to the mothers and fathers of the unborn, and granting them the gift of peace in their hearts. Through our heartfelt commitment to pray, the deep wounds caused by the sin of abortion can begin to be healed.

Who can take part in the Spiritual Adoption program?

Anyone can spiritually adopt an unborn child as we are all called to respond to the needs of each other and especially the needs of those children who are at risk of losing their lives.

How to Participate in the Spiritual Adoption Nine-Month Novena

On the first day, begin the Spiritual Adoption novena with this prayer (pledge):

I glorify you, Father Almighty, Lord of heaven and earth. You have hidden things from the mighty and the wise and have revealed them to the poor. Yes, Father, this is Your Will. Through the intercession of Mary, Virgin and Mother, and through the intercession of all the Angels and Saints, and led by the desire of bringing help to the threatened child in the womb, I _____ undertake today _____ to spiritually adopt one child whose name is known to You, Father. I undertake to pray every day for nine months for this child to save his or her life and to obtain for this child, the graces necessary to live a just and true life in You. I pledge to:

1. Pray one decade of the Holy Rosary
2. Recite the Daily Prayer (found below)
3. And to carry out my personal undertaking (optional)

I praise You, and I glorify You, Most Holy Trinity, and I thank You for having heard my prayer. Amen.

Daily Prayers of the Spiritual Adoption Novena

The Spiritual Adoption novena lasts for nine months. Anyone can start praying the novena on any day. Begin with the prayer above. On each day during the nine months pray:

1. One decade of the Rosary said each day for nine months (you can choose a different mystery each day, or say the same one every day for the nine months) and;
2. Daily Prayer

My Lord Jesus, through the intercession of Your Blessed Mother Mary who gave birth to You out of love, and through the intercession of St Joseph, the man of faith who cared for You after Your Birth, I turn to You on behalf of this conceived child who has been Spiritually Adopted by me and who is threatened by abortion. Please, give to his parents love and courage to allow their child to remain in the womb and have life, the life that You have given him. Amen.

3. What could be our own undertaking? (optional)

In addition to praying the rosary decade and the daily prayer, you may wish to undertake one of the following, or something of your own choosing.

- Frequent Mass, confession/reconciliation.
- Adoration of the Blessed Sacrament.



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- Carry our works of mercy.
- Organise an expectant mother gift drive on behalf of a pregnancy support organisation.

Q. Is the Spiritual Adoption novena broken if prayers are missed for a prolonged period?

A prolonged absence of prayer (a month or two) breaks the Spiritual Adoption. It is recommended that the undertaking is renewed and a firm commitment kept. If there has been a short break in prayer, the Spiritual Adoption should be continued and extended to cover the days missed out.

Q. How did the Spiritual Adoption movement start?

The Spiritual Adoption movement started in the wake of the Fatima apparitions. The prayers have become one answer to Our Heavenly Mother's pleas to pray the rosary and to make reparation and atonement for our sins and those sins that most wound her Immaculate Heart.

This movement reached Poland in 1987 with the first Centre propagating the Spiritual Adoption being started by the Pauline Fathers in Warsaw. The Spiritual Adoption movement has since spread far beyond the Polish borders with Dr Wanda Skowronska having promoted this novena throughout Australia for the past twenty years.

Q. How can I help spread this Spiritual Adoption of the Unborn Child?

You can help spread the Spiritual Adoption for the Unborn by:

- Talking to friends and family about it and encouraging them to undertake it;
- Asking the permission of your Parish Priest to introduce it to parishioners (see sample parish program below);
- And by praying for the grace necessary for others to also start the Spiritual Adoption.

Parish Spiritual Adoption Program

Purpose: This program is designed to have the entire parish or school community pray for babies in danger of abortion.

How to begin in the parish:

1. Decide in what months the program will begin and end. Some possible suggestions:

- Begin on March 25 – Feast of the Annunciation - and end on Christmas Day.
- Begin nine months before the celebration of Mothers' Day.
- Begin on September 26 – Anniversary of the passing of NSW Abortion Bill - and end on the Feast of Mary Help of Christians Patroness of Australia.

2. **Three weeks before the program is to begin** place an initial announcement in the parish bulletin inviting parishioners to participate. A sample announcement is at the bottom of this document.

3. **One week before the program is to begin**, include information regarding this program in the parish announcements made by the priest or lector. Announce that the program will begin next week and further details are available in the bulletin. Be sure to have the written announcement from the previous week's bulletin printed in this week's bulletin.

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4. **Pledge cards** (which can be printed on pink and blue paper) should be made available to parishioners at designated places in the church or narthex. Parishioners should be directed to the cards. Contact the Life, Family and Marriage team for a pledge card template for printing purposes.

5. **On the week that the program begins**, parishioners should place their pledge cards in a special basket or container and placed in front of the Blessed Mother shrine or some other appropriate place. They can then be brought up during the Offertory and placed near the altar. Additional pledge cards and writing instruments should be available at the end of each pew for parishioners who may forget to bring their pledge cards.

6. **Two weeks after the program begins**, place a thank you note in the bulletin for those who are participating and to let the parish know how many individuals and families are participating. In addition, pledge cards and a basket should be available for those who pledge later.

7. **Every month** place an announcement in the **parish bulletin** as a reminder for parishioners to continue praying for their spiritually adopted child along with information on the development of the unborn child that is relevant to the month at hand. For example, at the 12-week mark from the time the parish pledge was made, include the following:

Vigorous activity shows the baby's distinct personality. Their sleep patterns differ; some babies hiccup constantly, others may cry. The baby can kick, turn over, curl and fan her toes, make a fist, open her mouth and press her lips tightly together, and practice breathing. After another week, the preborn child's facial expressions resemble those of her parents. Her movements are vigorous and graceful. Her vocal chords and external sex organs are present, and the sex of the baby can be determined. The baby can now hear very clearly.

Source: <https://www.hli.org/resources/miracle-fetal-development/>

8. **At the conclusion of the program** there should be some type of **parish celebration**. A simple social hour, or even a baby shower, after Mass could be planned for those who have been participating during the past nine months. Parishioners might also be invited to donate new baby items or make a monetary gift that can then be delivered to a maternity home or pregnancy centre that provide alternatives to abortion.

Sample Bulletin Announcement – Two weeks before the program is to begin.

Everyone loves the beauty and innocence of a baby. As an expression of that love, (insert the name of the parish) announces a spiritual adoption program for young and old alike.

The members of (insert name of parish) parish family will have the opportunity next weekend to 'spiritually adopt' a child who is newly conceived this month. Not all newly conceived babies are given the opportunity to be born. In fact, it is estimated that 72 unborn children in NSW lose their lives to abortion each day. It is these babies that you are being invited to 'spiritually adopt'.

You may 'adopt' a child individually or as a family by signing up during the weekend of (given date). Those who decide to spiritually adopt a child, will pledge to pray for that child each day for the duration of nine months. This pledge includes the recitation of one decade of the rosary and a daily spiritual adoption prayer.

Watch the bulletin for monthly reports describing your adopted baby's development.

There are millions of unborn babies desperately in need of your prayers. Won't you please "spiritually adopt" one and share the love for life that God have given to each one of us? Thank you.