



PRAYER VIGIL

Guidelines for Participants

The Coalition for Life of Iowa (CFLI) joins our community together to support the end of abortion through prayer vigils outside the Cedar Rapids Planned Parenthood (PP) site at 3425 First Avenue SE. We focus our efforts during their operating hours and high-traffic times.

PP's Hours of Operation* (40 hrs/wk)

- Mon 9 am - 5 pm (8 hrs)
- Tue 12 noon - 8 pm (8 hrs)
- Wed 9 am - 5 pm (8 hrs)
- Thur 9 am - 5 pm (8 hrs)
- Fri 9 am - 5 pm (8 hrs)
- Sat Closed
- Sun Closed

* When open, hours are subject to change without notice

40 Days for Life Prayer Vigil

2025: Mar 5 – Apr 13 & Sept 24 – Nov 2

2026: Feb 18 – Mar 29 & Sept 23 – Nov 1

2027: Feb 10 – Mar 21 & Sept 22 – Oct 31

Sign-up at: 40daysforlife.com/cedarrapids

Can't Pray Onsite?

Prayer and fasting supports the effort to end abortion. Anyone can participate. Most people come pray weekly. If you cannot pray at the vigil site, you can pray and/or fast wherever you are – at home, at church, while driving, alone, with family, or with others.

Weather

Dress appropriately and bring gear for any weather: rain, snow, hot, or cold, based on the forecast for the time you plan to be there. The vigil continues regardless of weather, since evil never takes a break. If weather makes it unsafe or impractical to pray outside, you may pray, warm up, or dry off in your car. Carpet squares can insulate and keep your feet warmer.

Safety

We keep the police aware of our activities.

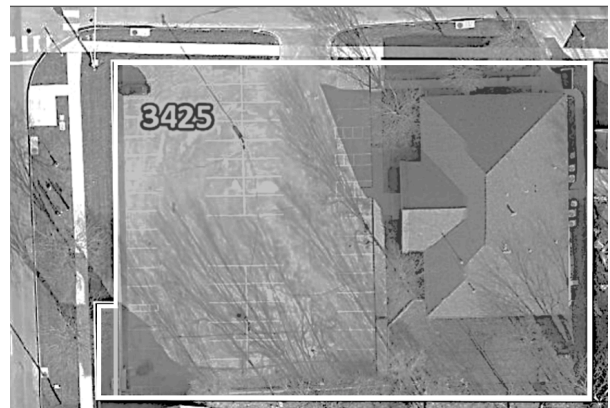
- **Bring a cell phone:**
 - At least one onsite at all times
 - In case of an emergency, call 911
 - Camera is useful for some concerns
 - Notify us of big developments
- Legal guardians must accompany minors
- **NEVER BE THERE ALONE!**
- Always have at least 1 adult with you
- Can't make your time slot?
 - Try to find a replacement person
 - Notify a Prayer Vigil Leader
- No one else shows up?
 - Pray within your vehicle
 - You may pray elsewhere (home)
 - Notify a Prayer Vigil Leader

Where to Park & Stand

- **Park** along 35th, 34th St. Dr. or Elm Ave SE
- **Avoid** PP's lot, other lots, & any driveway

City zoning confirmed where we can stand.

- **Only** stand on public property
 - Along 1st Ave and 35th St Dr SE
 - Public **sidewalks** to the curb
 - Not the private one nearest PP
 - Map shows property line in white
- Let Drivers See (safety/visibility)
 - Don't linger < 30 ft. of the intersection
- Avoid private/business properties
- Don't block traffic/pedestrian flow
 - Traffic, driveways, or sidewalks



What about posters/signs?

We go onsite to offer hope. Our peaceful vigil shows women that we are NOT critical, nor judgmental. We want what is best for them.

- Adds Visibility (Good)
- Positive and **Not** Graphic
- **Hold** the signs while on public property
- **Don't** place into or on ground
- **Don't** attach to anything you don't own

Prayer

The Prayer Vigil's objectives include asking God's forgiveness for the sins of abortion, infanticide, and euthanasia, and seeking God's grace to turn hearts and souls from the culture of death to the culture of life. We pray for:

- Mother, father, & family of unborn children
- All staff at PP and the abortion industry
- People who pass by
- The end of abortion, especially locally

We pray for a conversion of hearts and minds, and that people learn the truth. The truth will set them free.

Upon arriving at the vigil, show up a little early and take time to pray with anyone about to leave. We encourage reciting the following prayers at the prayer vigil: personal prayers of your choice, the Our Father, the Rosary, the Divine Mercy Chaplet, the Prayer to St. Michael, the Memorare, or the Litany to the Blessed Virgin. You may also encourage each other and share your faith with one another.

Thank you

May God bless you for taking time out of your busy lives to pray in support of the unborn and in opposition to abortion.

Attitude

Your attitude leaves a more lasting impression than even your most brilliant pro-life arguments.

- Be prayerful
- Be in control; stay calm
- Be nonviolent in thought, action, & word
- Be truthful, yet compassionate, Eph. 4:15: *"Let us profess the truth in love."*
- Be open to talking to PP staff; don't taunt
- Be gentle
- Be willing to sacrifice (bad weather, etc.)
- Be yourself and let God lead

Keep in mind the words of Jesus, Mt. 5:11-12:

"Blest are you when they insult you and persecute you and utter every kind of slander against you because of Me. Be glad and rejoice, for your reward is great in heaven."

What to Say and NOT Say

If you can't say something nice, don't say anything at all. You can say you are just there to pray. Avoid loud/abusive language, force, and violence. You may talk to anyone or hand pro-life materials to willing recipients.

People may judge us by our actions and attitude. Clarify that what you say are your views, and not ours. **Always refer the media to us** by saying, "I am not an official spokesperson, but you may contact the Coalition for Life of Iowa." Email: coalitionforlife@gmail.com

Avoid traps that make pro-lifers look bad. Feel free not to comment on hypothetical scenarios or any premises until they becomes a reality.

Someone in Illinois asked pro-lifers on camera if they wanted abortion made illegal. When they said "illegal", they were asked what the punishment should be for women. It looked bad when they had no answer and looked confused.

Few people realize that before Roe vs. Wade, the law punished abortionists, not mothers. But our effort isn't about laws; it's about prayer.