Many people ask "What can I do to help? I'm just one person!" *So often, we fail to recognize our individual ability to do a tremendous amount of good.* Remember that "evil triumphs when good men (and women) do nothing". **None of us can do everything, but each of us can do something!** The following suggestions are only a very few activities in which you may wish to become involved. SO MUCH needs to be done; yet, so few are willing to get involved. . .

You will help, won't you?. . .

1. **EDUCATE YOURSELF!!** Learn the facts about abortion: historical, legal, medical, and statistical. Contact *The Pro-Life Office Educational Fund, Inc.,* for more information, 205-945-8322.
2. **Wear** your "Precious Feet" lapel pin or Pro-Life button / T-shirt everywhere as an opportunity to speak about the beauty of life.
3. **Place** a Pro-Life bumper sticker on your car. Several thousand people may see this message each year!
4. **Keep Pro-Life brochures** with pictures in your car, purse, or briefcase. Gently remind people that preborn babies can feel pain and that they are *fully formed and functioning by 12 weeks after conception.*
5. **Place Pro-Life brochures** / magazines in reception rooms, doctor's offices, barber shops, bus stations, restrooms, church vestibules, public telephone booths, malls, restaurants, conventions, anywhere people will find them.
6. **Mail Pro-Life brochures** with your utility bill payments, greeting cards, etc.
7. **Use Pro-Life checks.** About 15 people see your checks before they are returned to you and these checks offer powerful messages. Contact *Identity Check Printers,* Box 818, Park Ridge, IL 60068; 847-776-5433; or *The Pro-Life Office,* 205-945-8322 for more information.
8. **Discuss** abortion with your friends. It helps to begin by discussing the issue with Pro-Life friends and relatives. As you become more comfortable with the facts and concepts, it will be easier to discuss them with co-workers, friends, and relatives who are "on the fence" Avoid debates and arguments; anger has no place in this matter.
9. **Write letters** to the editors of newspapers and magazines regarding abortion, euthanasia, premarital sex and "safe sex" fallacies, fetal experimentation, and so on. Be sure you are well acquainted with the facts.
10. **Donate money** to your local, state, and national Pro-Life / Pro-Family organizations for educational publicity, such as billboard leasing, newspaper ads, or radio and TV spots, & for support of other Pro-Life group projects. Saving babies takes money!
11. **Organize fund-raising events** for Pro-Life efforts, such as bake sales, car washes, concerts, banquets, coffees, raffles, walkathons, rock-a-thons (rocking chair marathons), sports events, auctions, recycling drives, seasonal sales (poinsettias, flags, fruit, etc.). Most Pro-Life organizations are funded *entirely* by donations.
12. **Contact** supermarkets, drug stores, or other businesses to determine if they will donate a percentage of their profit during a certain time period (week, month) to Pro-Life groups.
13. **Change your long distance telephone service** to Amerivision *Lifeline,* which is dedicated to raising money for Christian principles and values. *You can have 10% of your long distance billing sent each month to a Pro-Life, Pro-Family organization* such as Alabama Physicians For Life, Inc. Call *Lifeline* 1-800-800-7550. If you decide to donate your 10% to Alabama Physicians For Life Inc., please give the NPO# 23239. Pro-abortion groups have been pooling their money in this way for years; it's time for Pro-Family people to do the same!
14. If you *must* make donations to **United Way, please earmark your donation** (on your check and with a note) ***for the Pro-Life Office Educational Fund, Inc., for Alabama Physicians For Life, Inc., or for other Pro-Family groups.*** Simply indicate that the organization is an IRS 501 (c) (3) organization, give the address of the organization (call The Pro-Life Office, 205-945-8322 for info and hand the note with check to the UW collector so they understand it is being earmarked. About 14% of the donation is for "administrative expenses" and the rest goes directly to the Pro-Family group. **This is a great way to make sure your money goes to the Pro-Life cause!!** [P.S. Please let the Pro-Life group know the donation is coming so they can verify when it arrives.]
15. **Volunteer your professional skills** (doctors, nurses, lawyers, accountants, typists, therapists, artists, graphic designers, even drivers) to crisis pregnancy centers and other Pro-Life organizations.
16. **Join** Pro-Life &/or Pro-Family organizations in your area and help with their many projects. Depending on the area and the groups, Life Chains, prayer vigils, & literature distributions may occur, as well as less obvious activities, i.e. answering phones, filing, and stuffing envelopes. Contact The Pro-Life Office, 205-945-8322, for organizations which may need your volunteer services.
17. **Collect maternity clothes and baby clothes & items** for mothers who decide to keep their babies after initially planning abortion (check out garage sales for these items). Contact Sav-A-Life, or The Pro-Life Office, 205-945-8322.
18. **Host baby showers** for abortion-minded moms who choose life for their babies. These are very exciting and memorable experiences for everyone!! Contact *Showers of Blessings* through 205-945-8322.
19. **Invite a group** of friends to your home to see a Pro-Life video.
20. **Schedule a Pro-Life presentation in your church, school, civic group.** Educate and involve your minister. Contact Alabama Physicians For Life, Inc. Speakers' Bureau (205-945-8322) to schedule a physician as the presenter.
21. **Volunteer to make telephone calls** to schedule educational presentations at churches, schools, civic groups in your area. Call 205-945-8322 if you can help.
22. **If you know any college students, please encourage them to start Pro-Life groups on their campuses.** High schools and colleges are the prime targets of the abortion industry. We must do all we can to lead these young people to the Truth! If Pro-Life students are overwhelmed with the thought of starting a Pro-Life group, please have them contact **AMERICAN COLLEGIANS FOR LIFE,** P.O. Box 1112, Washington, DC, 20013. ACL offers a newsletter, organizational materials / help, and an annual conference. Also **Stop The Killing, Inc.,** P.O. Box 7725, Metairie, LA 70010, provides a free series of educational Pro-Life cartoons to students to run in their school newspapers.
23. **Volunteer** to help groups which promote sexual abstinence and chastity among our youth.
24. **Volunteer to design Pro-Life posters,** banners, or bulletin board displays for churches, schools, libraries, or other public places. Talk to your pastor, principal, etc.
25. **Volunteer to supply a local library** with Pro-Life reference books / magazines and material for their vertical file (when students and others need abortion related materials, libraries often only have pro-abortion or at best ambivalent materials to offer; we need to provide them with accurate and factual information). Contact *Life Cycle Books* (416-690-5860), *American Life League* (703-659-4171), *Easton Publishing Co.* (573-635-0609) or *The Pro-Life Office,* 205-945-8322, for books or magazines you can donate to the libraries.
26. **Find out** if Planned Parenthood speakers are getting in area schools. If they are, talk to the principals / health teachers and request equal time; persistence pays off. Our children are often being taught that sex outside marriage is fine and abortion is birth control; they deserve to know the other side! Contact Alabama Physicians For Life, Inc., through The Pro-Life Office 205-945-8322, to provide abstinence talks.
27. **Find out** what type of sex education program local schools provide and make sure that parents are aware!
28. **Write letters** (send telegrams, or calls) **to your state and U.S. Legislators** (U.S. Senate, Washington, D.C. 20510; House of Representatives, Washington, D.C. 20515) **and to the President** (White House, Washington, D.C. 20500) urging them to take a Pro-Life stand. **Visit your legislators** when they are at home and talk firmly but respectfully to them about the fallacies of "safe sex", the dangers of fetal tissue research, the complications of abortion, the relationship of abortion to euthanasia, and so on.
29. **Vote** in primaries and regular elections for candidates who stand for traditional family values and will work to re-establish the Culture of Life.
30. **Inform your doctors** about abortion, about advances in the science of embryology and fetology,