

**What is 40 Days for Life?**

It is a prayerful and peaceful grassroots, community-based campaign that draws attention to the injustice of abortion through prayer, fasting, and community outreach. The most visible aspect of this campaign is a 40 Day peaceful prayer vigil outside a local abortion facility.

**Is this a protest?**

No. The 40 Days for Life vigil is a peaceful and prayerful vigil.

**Please visit our Events Calendar for the dates of our next 40 Days for Life vigil.**

**Where will the vigil be held?**

Planned Parenthood  
671 Vandalia St.  
St. Paul, MN 55114

**What are the hours of the vigil?**

The official hours are 6:00 am to 6:00 pm. However, all participants are always welcome to come and pray any time!

**Who can participate?**

Anyone of any age can participate. This is an interdenominational effort, a call to bring the Body of Christ together to end abortion. Typically churches or groups will participate as a whole. Bible studies, men and women's small groups, and especially youth have had great experiences during 40 Days for Life.

**Is it effective?**

Yes! Since the first campaign in 2007, Forty Days for Life internationally and in the U.S. has saved over 11,165 lives, 127 abortion workers have quit, and 64 clinics have been closed, including HealthPartners Regions Hospital's stand-alone abortion facility in St. Paul, at the end of 40 Days for Life Twin Cities in December 2011! You can learn more at the national 40 Days for Life website ([www.40daysforlife.com](http://www.40daysforlife.com)).

**Is it safe?**

Since Pro-Life Action Ministries has coordinated 40 Days for Life Twin Cities, there has not been one assault on any participant and no arrests. Our training and Statement of Peace and of course favor from our Lord has kept our vigils peaceful and prayerful. We have good working relationships with the St. Paul police department.

**Where should we park?**

Very limited on street parking about ¼ mile north of the intersection of Charles Ave. and Vandalia Ave. Do not park in McDonalds or any lot in the area or you WILL BE TOWED. There is additional parking going west from Planned Parenthood and some of the back streets. Read signs carefully. Metro Transit route #16 and the Greenway Light Rail stop near Planned Parenthood. Call Metro Transit for details: 612-373-3333.

**Where do we stand?**

The prayer vigil takes place on the public sidewalk in front Planned Parenthood. As long you do not go onto Planned Parenthood's property (blacktop past the driveway or their landscaping, or the rail road property between the curb and the north side wall of the building on Charles Street) you have every legal right to be on the public sidewalk. We must allow room for a person to pass by. We cannot block the sidewalk or driveway.

**What do we do while we are there?**

Pray! The foundation of 40 Days for Life is peaceful prayer. Most people simply stand quietly and pray; others walk up and down the easement area. Some hold signs that are provided, but you don't have to. Some bring lawn chairs; others kneel. However you choose to pray, remember being physically at the abortion facility is a great witness and makes a huge impact.

**What is the atmosphere while there? Is it a totally silent environment?**

The atmosphere is quiet, prayerful, and peaceful. We ask is that you remain in prayer for the entire time you are present – arrive in prayer and leave in prayer. You can greet other participants, but try to avoid frivolity, idle chatter, and interaction with motorists. We have interdenominational and Catholic prayer guides at our office. Please call 651-771-1500 if you are interested.

**I have never prayed outside an abortion facility and I'm nervous. What should I do?**

Trust that you are not alone if you go by yourself because God is with you! You may contact us and we will provide you with a day and time that a group is scheduled to be out so that you may join them. Once you have been out the first time your hesitations will go away! 40 Days for Life is the FIRST TIME that MANY people come to pray at an abortion facility.

**Can I bring my children?**

Children are always welcome and provide a powerful witness to the people passing by or scheduled for an abortion. Bringing children is left to the sole discretion of the parents and they are responsible for their supervision. Please note that Vandalia Street traffic includes semis and large trucks.

**How often can I come out to the prayer vigil?**

As often as you want! You are always welcome to pray at any time throughout 40 Days for Life even when there is not structured prayer happening, you can pray at any time.

**Can my Pastor join me?**

Pastors are always welcome and are encouraged to come out and give witness in prayer. Pastors can call 651-797-6363 for more information.

**Can I bring signs?** You may bring signs if you wish to, but please bring those that bear positive and encouraging messages and images.

**What about the weather?**

Be sure to dress appropriately for the day. We are committed to be there rain or shine.

**Is the prayer vigil legal?**

Yes.

**Is there a chance I could be arrested?**

No. The prayer vigil takes place on the public sidewalk in front Planned Parenthood. As long you do not go onto Planned Parenthood's property (blacktop past the driveway or their landscaping, or the rail road property between the curb and the north side wall of the building on Charles Street) you have every legal right to be on the public sidewalk. We must allow room for a person to pass by. We cannot block the sidewalk or driveway. Ignore directions from private security guards on the public sidewalk. We only take directions from St. Paul Police Department. At all times obey the police and call our office later with the details.

**Do I have to interact with women and men coming or leaving from the clinic?**

No. Vigil participants are called to focus on prayer. At times, there will be sidewalk counselors at the abortion facility. They are specifically trained to interact with and counsel the women going to the abortion facility. Please keep your distance from them and do not call out to abortion clients. If you are interested in sidewalk counseling we hold periodic trainings. Call our office for more information at 651.771.1500

**Will there be any opposition while I am out there?**

Participants have found that there is much more support than opposition. If you face the road you will occasionally notice certain finger gestures and maybe hear the occasional "go home!" You will mostly hear honks from supporters and receive thumbs up!

**What do I do if someone asks me a question or confronts me?**

If a passerby wants to have a dialogue, just remember to keep it peaceful. If you do not want talk, politely tell them that you are praying. Any misconduct from passersby should be met with silence, which will convey your inner peace. If you think you may be harmed physically remain calm, slowly move away, and call the police. When the situation settles down call our office 651-771-1500 and speak to a staff person or leave a message explaining what happened. Over eight years of coordinating 40 Days for Life we have not had one incident of a participant being hurt.

**If I am unable to come to the prayer vigil, are there other things I can do to help?**

Yes, please offer your prayers and fasting to the cause of life as often as you are able during this 40 Day prayer vigil and be sure to spread the word through social media or just pick up the phone! You can also contact us at 651-797-6363 or email [prolife@plam.org](mailto:prolife@plam.org) for other volunteer opportunities.

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If you have additional questions, please contact Rev. Brian Walker, Program Coordinator via phone at 651-797-6363, via email [brian.walker@plam.org](mailto:brian.walker@plam.org). Thank you for your interest.