

Where is the abortion clinic?

The site of the campaign is an abortion clinic called Family Planning Associates located on the 2nd floor of the building next to the “Pyramid” on Miramar Rd. The address is:

**7340 Miramar Road
San Diego, California 92126.**

Campaign participants stand on the sidewalk along Miramar Rd. For driving directions, please go to our home page.

Where may I park?

Please do not park in the shopping center parking lot. Instead, park on Carroll Rd. or Kenamar Dr. (see Home page for map).

I've never done this before. What do I do?

The answer is simple; the only thing you really need to do is pray, for you are a public witness of God's love to bring the peace and compassion of Jesus Christ to a place where women often feel hopeless and that there is no choice. Concern about going to pray at the abortion facility is common - and normal. No sidewalk counseling will be required.

People usually pray for 1-2 hrs. at a time. You may register and sign-up for an hour or more on the Vigil Schedule on the home page.

You may want to bring your prayer book, Bible, rosary, etc. as none will be provided. On the right side of the Home page you will find attachments for prayers, pregnancy resources, etc. that can be printed and taken to the site.

Will I be safe?

Groups have been praying at that location regularly for years on Saturday mornings when abortions are performed. The area is well lit at night, however, it is recommended to have at least 2 people praying at a time during the vigil hours of 6 AM – 8 PM.

Is there a restroom nearby?

Yes, in the Pyramid

Are there any campaign promotional materials available for use?

There are 40 Days for Life banners and yard signs. Please contact the campaign director.

May we bring signs?

You are welcome to bring your own sign to the vigil. We suggest choosing wording such as "We pray for an end to abortion" or others with a positive or scripture-based message (see examples). Please, no graphic pictures!

- Smile! Your mom chose life
- Abortion stops a beating heart
- Pregnant? Need Help? Call (800) 395-HELP
- Without life there is no choice
- Pray for an end to abortion
- Abortion hurts women
- Women deserve better than abortion
- Before I formed you in the womb, I knew you. ~God
- 40 Days for Life logo signs

What do I do if someone asks questions or the media approach me?

If someone approaches the prayer group in a respectful manner to inquire about the reasons for our presence, please feel free to give appropriate information. If a woman asks for pregnancy resources, there is an attachment on the right side of the Home page that may be printed. You may want to print a copy before you go to pray.

As a general rule, ignore individuals who are disrupting the prayer group and assist those who are genuinely seeking information.

Media should either call 909-496-9812, or email 40days4lifeMiramarRd@gmail.com or visit www.40daysforlife.com/sandiego

May I bring a chair?

Yes! As long as we leave enough space for passersby to walk past us, we may have chairs and even an umbrella for rain or shade.

Do I have to bring water?

If you wish to have water, please bring your own.

Are abortions performed every day?

Abortions are performed on Saturdays from ~8 AM to 12 Noon, and women are prepped for 2nd trimester abortions on Fridays.

Fervent prayer is our most powerful weapon against abortion. When an abortion-intent woman, or a woman who just had an abortion, passes or drives by a group in prayer, she is touched at some level. Please make an effort to avoid being distracted by the clinic traffic, but if it happens, offer a smile to anybody driving in or out. We are bringing Christ to a place of suffering and we need to convey just that.

May we pray aloud?

If a group agrees to pray a certain prayer, read together, or share intentions, with due respect for other individuals praying at the same time, we can pray aloud and even sing hymns.

Do we have to fast from food for all 40 days?

Fasting is a form of spiritual discipline to grow closer to God by eliminating or controlling anything in our lives that is distracting us from Him.

With the approval of a physician, some individuals can limit their food intake or avoid certain food or drinks for some days during the campaign or for the duration of the campaign. The goal is not to punish our bodies or to enter a form of “Christian diet”, but to grow closer to God.

Other ways to fast will be limiting TV or Computer time. Each of us can best judge what in our lives can be eliminated or adjusted to make more time for prayer and to bring us to a closer relationship with God.