



Info Alert 250

September 22, 2026

"We must remember how to honor and respect life with each breath, step, word, and thought. What you bless blesses you in return. This is the power of reciprocity."

Sandra Ingerman

Respect Life Month

Every October, the Catholic Church in the United States celebrates Respect Life Month, and the first Sunday of October is observed as Respect Life Sunday. As Catholics, we are called to cherish, defend, and protect those who are most vulnerable, from the beginning to the end of their lives, and at every point in between. During October, the Church asks us to reflect more deeply on the dignity of every human life. This link to an action guide is replete with ideas that can be utilized in various ways.

<https://www.usccb.org/resources/respect-life-month-action-guide.pdf>

Voting

Network, the Catholic Sisters' National Lobby Organization, has provided a voting checklist in their **See. Love. Vote. Campaign**. It can be used as a resource to help prepare for the midterm elections. Use this link to access the **See. Love. Vote. Checklist**.

<https://www.networkadvocates.org/wp-content/uploads/2026/06/See.-Love.-Vote.-Checklist-2026.pdf>

Remember to check your voting status and encourage your friends and family to do the same. To check your voter registration: <https://www.vote.org/am-i-registered-to-vote/>

Snap Changes

Starting October 1, 2026, the Supplemental Nutrition Assistance Program (SNAP) will feature an increase to maximum monthly household benefits based on cost-of-living adjustments, alongside a major fiscal shift requiring states to cover 75% of the program's administrative costs instead of the previous 50%.

Under these changes, single people will receive \$8 more per month. A family of four will get \$29 more monthly. That's about a 2.9% increase in benefits.

According to the [Bureau of Labor Statistics](#), the cost of food at home has gone up about 2.7% year-over-year. Overall inflation is at 3.4%. About 600,000 low-income households may see utility allowance reductions depending on how utility costs are calculated.

SNAP eligibility is largely limited to U.S. citizens and lawful permanent residents (green card holders), cutting off many non-citizens (including asylees, refugees, and trafficking survivors who haven't gained permanent status).

All of these changes are a result of the cuts made to SNAP by the One Big Beautiful Bill Act. Since this Bill was passed, about 5 million fewer Americans, including families with children, have stopped receiving monthly food stamp benefits.

Haiti Update

Hundreds of additional Chadian soldiers are arriving in Haiti to bolster the United Nations-backed gang-fighting force, which remains badly short of troops and equipment as the volatile Caribbean country attempts to hold its first general elections in more than a decade. The soldiers are being deployed in groups: one contingent arrives on Friday, September 18, and the final one is scheduled to arrive this weekend.

Read more at: <https://www.miamiherald.com/news/nation-world/world/americas/haiti/article317307251.html#storylink=cpy>

General elections are scheduled to be held in Haiti on December 13, 2026. The presidency, all seats in the Senate and the Chamber of Deputies, and local and municipal offices will be contested. The elections have been repeatedly delayed since 2019, through the presidency of Jovenel Moïse, the acting premiership of Ariel Henry, the leadership of the Transitional Presidential Council, and the acting premiership of Alix Didier Fils-Aimé.

Read more at: https://en.wikipedia.org/wiki/2026_Haitian_general_election

Prayer for those who face Food Insecurity

Gracious God, we pray for those who hunger in this land: whose only kitchen is a soup kitchen, whose only food is what others don't want, whose diet depends on luck, not planning.

We pray for those who never knew food insecurity but now find themselves in an unknown place of not being able to provide food for their families.

We pray for those worldwide where their governments cannot respond to human need, where fields are devastated by drought, locusts, or floods.

Gracious God, guide us in ways we can feed your people, whether it be "hands-on" and/or calling on governments to respond to the needs of their people.

Help us to act with focus and speed.

Open our eyes, hearts, and hands to the movement of your Spirit, that we might be the hands and feet of our Lord Jesus Christ. In whose name we pray. Amen.

Action

- Invite everyone you know to check the status of their voter registration and to make a plan to vote in the midterm elections
- Make a plan to vote and check your voter registration.
- Open the Action Guide for Respect Life Month and see what you can support.