



Voting like a Catholic

For Catholics, the voting process is simply a variation of the process we should use in making all of our life decisions: if we turn to God in prayer, He will open our ears and our eyes, and through us he will cause His justice to flourish. Isaiah 35:4-7a

This process will work particularly when the choices are tough.

1 Register!

The very first step is to confirm that you are registered as a voter. Instructions can be found at: <https://elections.ca/>

2 Pray.

We must pray devoutly throughout the entire voting process, asking for guidance as we try to decide which party or candidate to support. We should share our hopes and fears for society, our neighbours, our selves, and the world.

If we do that devoutly, God will open our hearts and guide us to a vote in accordance with our duty as Catholics to contribute to building the common good. When we vote through prayerful discernment, we need not fear that we are making “the wrong vote.” Neither should we worry if others discern the call differently than us. Through prayer we can participate freely and at the same time surrender to the will of God.

3 Look, learn, listen & chat.

We are called to inform ourselves responsibly concerning (a) the teachings of the Church and (b) issues relevant to the election. This involves identifying and consulting responsible news sources and familiarizing ourselves with the principles and values of Catholic Social Teaching. A listing for quick reference is provided on the other side of this sheet, with a link to our comprehensive guide to the election.

As we learn, we should seek out those around us, at home, church, and work, and discuss the issues with them, listening respectfully and evaluating all appropriate options.

4 Choose confidently.

If we pray devoutly, God will open our ears, eyes, and hearts, and lead us to a choice that is pleasing to Him. We can vote with confidence.

5 Vote.

Instructions for finding your polling place or voting by mail can be found at the Elections Canada website: <https://elections.ca/>

6 Stay engaged.

Once the election is over, stay actively and respectfully engaged with those who have been elected—whether they are your own preferred candidates or not. This is important if we hope to improve our choices in the future. While gently sharing with them our concerns about problems, we should remember to thank them for the sacrifices they have made to serve. And we should pray for them.



Catholics should consider a broad range of issues in voting.

Issues that should be considered by Catholics include:

The Sanctity of Human Life: from Conception to Natural Death

Abortion, Euthanasia & Alternatives | Human Engineering | Population Control

Stewardship of Creation

Climate Change | Species, Diversity, Wildlife | Energy & Resources | Sustainability

Family, Community & the Common Good

Role of the Family | Healthcare | Education & Young Workers | Culture Arts & Tourism

An Economy at the Service of All People

Dignity of Work | Poverty Reduction | Labour & Employment | Industries & Corporations

The Individual & Society: Rights, Responsibility, & Subsidiarity

Civil Liberties | Human Rights | Responsibilities: Participation & Subsidiarity

Solidarity

With the Marginalized | Indigenous Peoples | Rural Communities | Refugees & Newcomers

Good Government: Democracy, Justice, & Peace

Role & Purpose of Government | Stewardship & Reform | Intergovernmental Relations | Public Safety

Each issue and each proposal of the parties should be considered in light of:

The four permanent principles of Catholic social teaching:

- Life & human dignity
- The common good
- Subsidiarity, stewardship & responsibility
- Solidarity

And the fundamental values of:

- Truth
- Freedom
- Justice
- Charitable Love

The principles and values of Catholic social teaching are explained at:

CatholicConscience.org/CatholicCivics/

Our guide to the 2025 Canadian federal election can be viewed at:

<https://CatholicConscience.org/Canada/federal/2025federal/>

