

United in Solace and Grace, Serenity

So do not fear,
for I am with you;
do not be dismayed,
for I am your God.
I will strengthen you and
help you;
I will uphold you
with my right hand.

Isaiah 41 verse 10



It's not OK Week highlights abuse of all kinds. The focus for the week this year has been compassion, empowerment, support, correct and transparent language, challenging misinformation.

This service has been prayerfully and thoughtfully put together by a small team who have worked bearing in mind the Trauma Informed Practice principles of

- *Safety*
- *Trust and transparency*
- *Peer support*
- *Collaboration and mutuality*
- *Empowerment voice and choice*
- *Cultural historical and gender issues*

WELCOME

to this reflective service specially put together to mark the end of It's Not OK Week.

Our aim has been to create a safe and reflective space where we can remember those we know who are affected by their past, and those who support them and enable them to move forward.

You will hear a number of voices, from a variety of traditions, some prayers, reflections and bible readings – and we have created a number of interactive stations to help you reflect and offer prayer if you feel that is appropriate.

Our intention is that the butterfly creative art will continue to evolve and will spend time in our churches and at Survivors in Transition.

We would like to thank Survivors in Transition, for their support whilst putting this service together.

PRAYER

(based on the Lord's Prayer - taken from 'No Empty Phrases' - Donald Hilton)

**All: Creator Lord, we greet you
your name is precious. We praise your glory.
Renew us and refresh us
and give us all that we need.
Deliver us from all captivity
and give us wings of freedom
to begin a new journey.
Restore justice and freedom
so that your kingdom may be established
in our hearts, and our minds.
We thank you for the gift of your love
to support and guide us through this day.
Amen**

BLESSING

May the God of love
support and strengthen you;
May Their light shine upon you
and bring you Their peace.

And the blessing of God,
creator, healer and enabling spirit
be with you and remain with you always. Amen

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*Please take a butterfly as you leave the service as a symbol of new life and freedom.*

## SPACE TO REFLECT AND PRAY

*You may sit and reflect, or wander through the reflection stations and explore.*

### BIBLE READING

*A reading from Isaiah.*

*Voice 1:*

So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my right hand. *(Isaiah 41)*

*Voice 2:*

Do not fear, for I have redeemed you;  
I have called you by name; you are mine.  
When you pass through the waters,  
I will be with you;  
and when you pass through the rivers,  
they will not sweep over you.  
When you walk through the fire,  
you will not be burned;  
the flames will not set you ablaze.  
For I am the Lord your God,  
the Holy One of Israel, your Saviour;

You are precious and honoured in my sight. *(Isaiah 43)*

*a few moments silence*

### REFLECTION

**THE LORD'S MY SHEPHERD—Stuart Townsend.**

## United in Solace and Grace

### Opening Prayer

Loving and Healing God  
we come to you, in the knowledge  
that you made us and formed us

We lift up to you those who are vulnerable  
and in need of protection.  
Give them your safety, comfort and peace.

We cry to you for those who are hurting and whose  
trust has been broken.  
Give them your healing, restoration and justice.

We bring to you those who seek to forgive others who  
have hurt them.  
Give them your strength, courage and hope.

Thank you for all who give their time, knowledge,  
and skills to make our communities safer, and help  
those who need to heal.  
Give them your wisdom, guidance and grace.

For ourselves, we ask you to give us your grace,  
and a heart for the vulnerable,  
the oppressed, the voiceless and the forgotten.

Help us to see them as you see them;  
to value them as you value them,  
to hear them as you would hear them;  
To walk with them on their healing journey  
and to protect them as you desire.

Help each one of us play our part in creating safer  
communities for all your people, now and always.  
Amen

Silence .....

### **The Serenity Prayer**

Lord Grant us the Serenity  
to accept the things we cannot change  
The Courage  
to change the things we can  
And the Wisdom  
to know the difference. Amen

### **Reflection on the Serenity Prayer**

When serenity was a stranger  
When courage was contained  
When wisdom had been warped  
Survival still remained

Survival still accepted  
that which could not be changed  
It changed that which it could  
despite the limited range  
It knew the difference unconsciously  
and on instinct did protect  
whatever aspect could withstand  
the overwhelming effect

Now coming out of the darkness  
the choices don't make sense  
Me and the world in general  
are living through a different lens

Therefore, grant me the awareness of  
the strengths I have inside  
The rejection of the blame and shame  
which the different lens applies  
The compassion to understand  
the limitations that dictated  
The choices which I had to make  
to reach my current status

Even when I could not think  
or act of my own accord  
survival took the steps required  
to keep my life assured  
My spirit has been challenged  
by the harm that filtered in  
But survival ensured that there is still  
a chance to hold something within

That survival which belongs to me  
and allows me to go on  
Can be trusted with my life  
and has helped me to move on  
Now all that's left is to adapt  
and to be more self-assured  
For I am my own serenity  
I have courage and am wise  
God does not need to grant this  
but instead support me as I thrive