

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.

**United in Solace and Grace**

**Opening Prayer**

*Leader*

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.   
  
*Voice 1*

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.

*leader*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**

*Voice 2*

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 –** *Voice to represent survivors*

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

*Emma Corbett, Survivors in Transition*

**SPACE TO REFLECT AND PRAY**

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

*We have a number of reflection stations which will need some setting up – one of my jobs is to print out instructions for some of them ……… there will be some quiet music playing while this is going on.*

* *Fire – light a candle for those we know who have been affected by abuse, for ourselves, or those who have suppoted us, and others*
* *Earth – a tray of sand, each grain is individual and represents us and those we know. In this sand we can write down our hopes, our fears, our anger and our grief and offer ti to God – smoothing the sand out afterwards.*
* *Air – Sound travels in air – we provided a number of instruments used in meditation – singing bowls, tongue drum, djembe ….. the idea was just to play*
* *Water – small bottles to fill with oil and water – the oil represents healing. Once the bottles are shaken, the oil and water mixes in chaos, and gradually separates out to represent the healing process.*
* *Renewal – Wire butterfly frame, and ribbons to represent our thoughts, hopes, fears and prayers – this butterfly will go from chuch to Survivors in Transition, the hope is that it will continue to change and develop.*

**BIBLE READING**

*Voice 3*

*A reading from Isaiah*.

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

I will uphold you with my right hand. *(Isaiah 41)*

*Voice 4*

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;  
flames will not set you ablaze.  
For I am your God,  
the Holy One of Israel, your Saviour;

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

*a few moments silence*

**REFLECTION – Jenny**

As a Christian I have been taught to trust God, A god who I am told will be there to strengthen and heal … A God who will walk with me, and not let me be overwhelmed .

But why should I trust ……. When trust has been broken.

When I have been overwhelmed …… when I feel weak and damaged.

Why should I rely on something that I cannot see or touch?

I now know that the ‘I’ that Isaiah talks about is not just one supernatural entity – that ‘I’ is in the support I have received ….. with those who have walked with me on my journey. It is about time, being heard, being taken seriously, in my friends ………. In hope …….. and in survival.

Even when I am not ready, the ‘I’ is there in those small moments of contentment and joy, in laughter and love ….

However difficult things have been, I have never quite been alone – and yes, the rivers did not sweep over me, and the fire did not set me ablaze … ……

And so trust gently and quietly rebuilds, and transforms.

Our symbol of transformation is the butterfly – if you have not already, please add ribbons to our wire frame ……

You will also have seen butterfies round the church – these are for you to take home with you – I will bless them during the music for reflection – we would love you to come and pick them up from the table here for yourself and for others ……

If you have used one to ground yourself during the service then please do take it home

And so I have a vision – this service is not a stopping place but a start of something which will become bigger than all of us – a movement away from silence and shame, to trust and growth – a safe place to reflect and share, to build and to grow ……

United in Solace and Grace

**THE LORD’S MY SHEPHERD—Stuart Townsend. ()**

**PRAYER –** *leader or co leader*  
(based on an English translation of the Japanese version of the Lord’s Prayer)

*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 -** Leader

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.*