

step by step to support and to guide us.  
Bring us peace, safety and rest in you.  
Now and always. Amen

#### Finishing prayer

Based on The Lord's Prayer

Creator, we greet you,  
your name is holy.  
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

#### Final Blessing

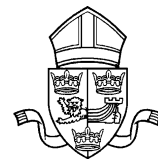
May the God of love support and strengthen you  
may their light shine upon you  
and bring you their peace

The blessing of Almighty, God, creator, healer and enabling  
spirit be with you and remain with you always Amen

The butterflies are hand crocheted by a member of the United in Solace and Grace  
team, please feel free to take one as a symbol of renewal and your continuing  
journey.

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

# United in Solace and Grace, Broken Vessels



*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 .....

United in Solace and grace aims to create a safe and reflective space where we can remember ourselves, 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.

Voice 2

<sup>43</sup> A woman in the crowd had suffered for twelve years with constant bleeding,<sup>[a]</sup> and she could find no cure. <sup>44</sup> Coming up behind Jesus, she touched the fringe of his robe. Immediately, the bleeding stopped.

<sup>45</sup> “Who touched me?” Jesus asked.

Everyone denied it, and Peter said, “Master, this whole crowd is pressing up against you.”

<sup>46</sup> But Jesus said, “Someone deliberately touched me, for I felt healing power go out from me.” <sup>47</sup> When the woman realized that she could not stay hidden, she began to tremble and fell to her knees in front of him. The whole crowd heard her explain why she had touched him and that she had been immediately healed. <sup>48</sup> “Daughter,” he said to her, “your faith has made you well. Go in peace.”

*a few moments silence*

## **REFLECTION**

song for reflection - Broken vessels (Amazing Grace) Hillsong

## **PRAYER**

Jesus our companion and our friend,

You know the depths of our hurt,  
the pain we experience.

You know what we have endured,  
our burdens, all that we carry with us  
and all that holds us back.

You see us as we are,  
in sorrow and in joy,  
in darkness and in light.

Be with us as we move towards wholeness,

*to bless it.*

Loving God, we come before you as we are. We thank you for your life-giving gift of water to heal and sustain us. As we place our hands in this water, may we find release from our burdens. Give us your gifts of hope and peace, restore our hearts and fill us with your light and love. Amen.

*Those who wish to may approach the table and dip their hands in the water as a sign of healing and release.*

*Prayer and support will be available if needed.*

## **SPACE TO REFLECT AND PRAY**

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

## **BIBLE READING**

### **Voice 1**

A reading from Psalm 91

<sup>2</sup> I will say of the Lord, "He is my refuge and my fortress,  
my God, in whom I trust."

<sup>3</sup> Surely he will save you ... ..

<sup>4</sup> He will cover you with his feathers,  
and under his wings you will find refuge;  
his faithfulness will be your shield and rampart.

<sup>5</sup> You will not fear the terror of night,  
nor the arrow that flies by day .... ..

<sup>11</sup> For he will command his angels concerning you  
to guard you in all your ways;

<sup>12</sup> they will lift you up in their hands,  
so that you will not strike your foot against a stone.

## **United in Solace and Grace**

### **Opening Prayer**

Loving God,

You created us in your image  
to reflect your truth and light.

We come to you as we are  
seeking your healing and grace.

We hold before you those who walk alongside us  
the broken and the imperfect  
the angry and those weighed down by their memories.

Bring them your comfort and your peace.

We pray for restoration and justice for all those without a voice  
give them courage and hope

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. Amen.

Silence .....

### **FOOTPRINTS**

One night I dreamed a dream.  
As I was walking along the beach with my Lord.  
Across the dark sky flashed scenes from my life.  
For each scene, I noticed two sets of footprints in the sand,  
One belonging to me and one to my Lord.

After the last scene of my life flashed before me  
I looked back at the footprints in the sand.  
I noticed that at many times along the path of my life,  
especially at the very lowest and saddest times,  
there was only one set of footprints.  
"I don't understand why, when I need You most, You would  
leave me."

He whispered, "My precious child,  
I love you and will never leave you,  
Never, ever, during your trials and testings.  
When you saw only one set of footprints,  
It was then that I carried you."

## RESPONSE

When the dreams I dream and the flashbacks I see, reveal the  
scenes I wish most not to see, it is not the footprints I notice  
when my past intrudes on me. I expect to be alone in hardship  
and therefore may not stop to ask the Lord or question why I  
feel this way.

Much of what I've experienced is not behind me; I cannot view it  
that way. It is all around me, only needing the smallest sound,  
sight, or sensation to be right back to the present. It does not  
feel like looking back but instead brining forward.

To see these footprints next to mine makes me question "Who  
was the invisible presence next to me? Was it safety or risk?  
Was it supportive or coercive?" So instead, I ask the Lord to  
hold my hand and guide me where I can feel Him.

Bring me safety through transparency; teach me how to recog-  
nise your presence as I would that of a friend beside me. Do not  
leave me to question Your presence when I need it most, or to  
rely solely on my reflective sight for I have not always been able  
to trust that which my eyes can see.

Throughout my healing, I have looked back, and when I did, I

was not surprised to see one set of footprints. Thinking that they  
are mine empowers me; if I cannot carry myself, who and where  
would I be?

If I carry myself then god will always carry me, he will be my  
strength and my resilience as he is my creator so my strength  
was given from him all along with my free will to direct it.

What comforts me is knowing who is with me and recognizing  
that while God is with me in hardship. Instead of carrying me he  
walks beside me, the waves of trauma may hide his steps wash-  
ing away those footprints, but I still carry myself, alongside my  
lord gives his love, grace and support.

*Emma Corbett, Survivors in Transition*

## KINTSUGI

In the Japanese tradition, brokenness is valued. When some-  
thing is shattered, it is mended with precious and beautiful  
materials, making it whole again, and giving it new purpose and  
life.

Look carefully at the bowl, you will see it has been mended. It is  
still out of shape and the mends are a little rough, but there is  
beauty and value in its broken-ness.

Water has many meanings in the bible, at the beginning of time,  
the spirit of God moved across the water. It is essential for life,  
and is used in many of our symbolic acts to cleanse us, to bring  
us closer to God and to heal us.

Finally in the bible, Water represents being released from cap-  
tivity, as Moses led the people of God away from Egypt across  
the Red Sea.

*A prayer is said, and the president draws a cross over the water*