

## DIOCESE OF ST ANDREWS, DUNKELD & DUNBLANE with BRECHIN

**UNITE** to end gender-based violence. The 16 Days of Activism when this is especially highlighted are  $25^{th}$  November  $-10^{th}$  December each year. 1 in 3 women are abused each day and 1 in 7 men throughout the world.

The Mothers' Union is asking you to help raise awareness during this period. We would like to encourage you and your congregation(s) to participate this year.

Here are a few suggestions. Please feel free to use all or just some of them.

- 1. A minute's silence ending with the prayer "Today Lord we make a commitment to take a stand: to say "no more 1 in 3", to use our eyes to see where change needs to be made, to use our voices to challenge injustice in our world. May we support people experiencing abuse, enabling them to reach their full potential and may we call for change. Amen"
- 2. As above but include a visual aid of three people in the congregation standing with one wearing a gag and one with their eyes covered to symbolise the 1 in 3 who cannot speak out.
- 3, Use any or all of the vigil service included this mailing. If you wish to have this electronically then please e mail our MU chaplain Kim Lafferty kim7books@msn.com

If you want any further information or resources please go to the Mothers Union website.

We are excited to also let you know that Mothers' Union is now partnering with The Federation of Women's Aid (sadly only in England at this time) to campaign with them.

Thank you for joining us in raising awareness of this important issue.

Sarah Gammell Diocesan President

1 12/10/15

2 12/10/15