

Time to Talk / Time to Act

A “16 Days Challenge” for Branches

IN MU IT IS WHAT WE DO TOGETHER THAT WILL REALLY MAKE THE CHANGES WE NEED

As part of the “16 Days of Activism Against Gender Based Violence Campaign, we are asking Branches to use a short Bible Study as part of a Branch Meeting to provoke a discussion about Domestic Abuse.

As a follow up exercise, Branches can think about what practical steps we can all take to end Domestic Abuse.

Time to Talk

The Story of Tamar

Read Samuel 13:1-22, reflect on this biblical story and how it mirrors the experiences of many in the 21st Century. Then think about;

- How did Amnon’s abuse of his victim trigger his hate for her after his actions? What does this show us about the ongoing risk that victims are at from their perpetrators?
- Look at Absalom’s initial reaction to Tamar’s ordeal. How can we counter similar attitudes in our day?
- In what ways does our society make it hard for those who have experienced gender based violence to speak out about their experiences?

Time to Act

Five Things everyone can do.

1. Make a change where you are – Has anyone had Domestic Abuse training? Is there a poster displayed in the bathrooms or communal space on how to get help?
2. Dispel myths about Domestic Abuse and challenge sexism – Domestic Abuse doesn't happen because you provoked them, and it isn't your fault if you are being abused by your partner. Sexist attitudes to women's and men's roles must be challenged to end Domestic Abuse.
3. Take action, your voice counts – join campaigns for better protection for survivors to help bring about change. Donate to your local Women's Aid (find out what they need first)
4. Learn what to say to someone experiencing abuse – understand the reasons why it may not be easy to just leave.
5. Speak Up – Share information about the Campaign to end Domestic Abuse. Regularly Include prayers for those suffering domestic abuse in church services. Wear "No more 1in 3 Badge" all year, not just during the 16 days.
(Badges available from www.mueshop.org/collections/no-more-1-in-3)

Think about other ways your Branch may be able to Act in your local Community

Saturday 26th of November is Mothers' Union Global Day of Action

We ask each Branch to meet for a short time between 12.55pm and 1.10 on that day to hold a 3 minute silence at 1.03pm (linking in to the theme of "No More 1 in 3") Maybe you could join with another Branch or invite other churches in your area to come along?

Below you will find the **Introduction and closing to a three minute silence for Global Day of Action, if you wish you could add in more prayers, or a hymn, or some other activity, for example lighting candles.**

12:55 Introduction

The United Nations' 16 Days of Activism Against Gender-Based Violence and abuse is an annual international campaign. It is a rallying call to members of the Anglican Communion to take action against gender-based violence (GBV).

We are meeting today as part of Mothers' Union's response to this call. In venues up and down the country, members are coming together in fellowship to raise awareness of the need to end gender-based violence in all forms and in all societies. We are calling for a stop to this scourge.

We focus particularly on the shocking statistic that 1 in 3 women will experience gender-based violence in their life time. This is the reason we are holding a three-minute silence.

1:03 Three Minute Silence

1:06 Closing Prayer

Lord of justice and mercy,
who has called us to be the body of Christ,
use us as his hands and feet in the world;
to raise awareness of what must be challenged,
and to address the plight of the vulnerable.



We unite together across the world
to champion the cause of justice
and to offer up our prayers for all who
are affected by gender-based violence.
Amen

**Please let me know how your Branch used this material and send any
pictures taken to mothersunion.connor@gmail.com**