

**The Girls' Friendly Society**  
A ministry of the Anglican Church

**PRAYERS  
OF  
HOPE**

**For Our Sisters Against Gender-Based Violence**

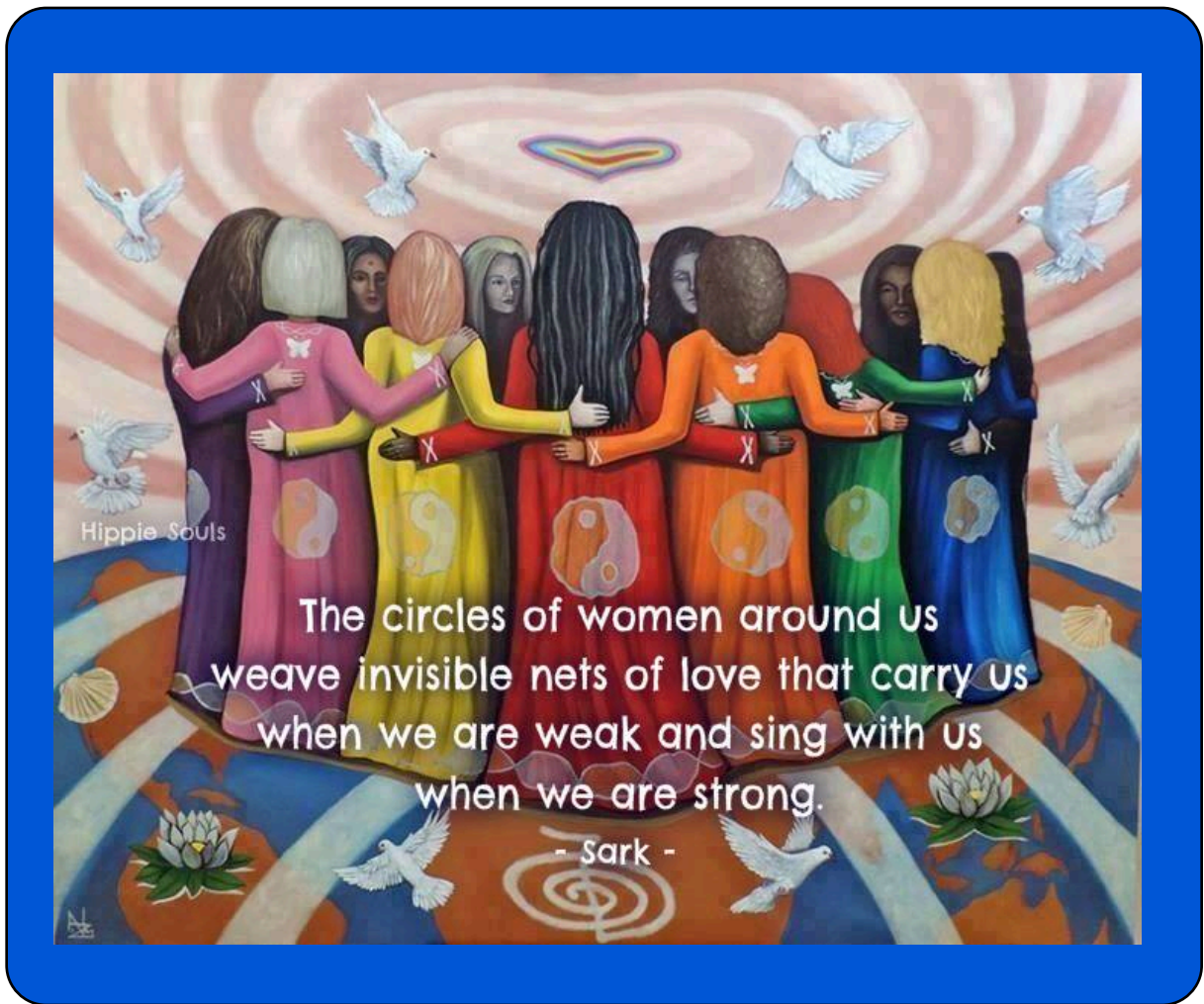
**GFS WORLDWIDE**

***TOGETHER WE CAN BECOME THE VOICE OF THE VOICELESS***

## END GENDER-BASED VIOLENCE (GBV) THROUGH OUR PRAYERS

1. Gender Based Violence is an age old practice that is even recorded in the Bible (Genesis 34 and 38). Dinah and Tamar were both raped which caused them to be kind of outcast. They had no voice and none were given the opportunity to have a say in the matter. Only God, knew what laid behind their silence. In our times, similar behavior and wickedness continue to be business as usual towards women and girls. So, in order to remove this calamity from our land, **we pray that mortal man, particularly the male figure will have the fear of God in them to stop violence against women and girls and see them as God's creation too and with every right to live in a free society.**
2. Women and girls need a safe place in which they can live. We therefore pray that Governments and requisite authorities around the world make effective decisions and take appropriate actions that will reduce cases of violence against women and girls, such as bringing redress to their recovery process, prosecuting perpetrators, providing welfare, opening a counseling centers to take traumatized victims in for psychosocial counseling, and empowerment to reduce poverty.
3. We pray that in addition to the electronic and print media, GFS members and other women will engage in advocacy through role playing , vernacular, (language-spoken as one's mother tongue)language) and visual aids because many homes in rural areas in developing and under developed countries do not have access to radio, and Television while many other women are uneducated. We are positive that through these devises, the awareness would also be created.
4. We pray for more women representation and participation in Government around the world and for opportunities, so that they can rebuild their lives, self-esteem, skills like their male counterparts.
5. We pray that the Lord enlightens the minds of the human race to put an end to arranged early girls marriages; child trafficking and sex slavery; yes, let those who have the tendency of violating women and girls stop themselves from being used as tools of Satan.
6. We pray that victims and their relatives will not compromise cases of GBV or protect perpetrators.
7. Often, women and girls are taken for granted because they are strong to handle distress and carry weighty burdens. They smile and sing when they are hurt and afraid. But on the inside, they are broken and lonely. **It is our pray that the Lord will strengthen abused victims and restore their dignity.**

Faithfully submitted by  
Georgiana Tucker Williams/ Former President, Diocesan GFS-Liberia  
[couragewilliams@gmail.com](mailto:couragewilliams@gmail.com)



*This booklet is being dedicated to the girls and women who have suffer at the hands of others by any form of gender-based violence. The 25<sup>th</sup> of November (International Day of the Elimination of Violence Against Women) marks the start of our 16 Days of Activism against Gender-based Violence and ends on December 10<sup>th</sup> International Human Rights Day. The 16 Days of Activism Against Gender-based Violence is a global campaign to raise awareness about violence against women and girls and its impact on a woman's or girl's physical, psychological, social and spiritual well-being. Human rights cannot be universal without human rights for women and girls.*

*The Girls' Friendly Society sisters worldwide are proud to be involved with this international campaign, joining with others globally to raise awareness of, and call for an end to, Gender-based Violence and injustice against girls and women.*

*The Girls' Friendly Society Worldwide will continue using their "Prayers of Hope" until they assemble in Johannesburg, South Africa at World Council in July, 2020.*



Lord strengthen us to take action to support the 16 days of activism by wearing an

**ORANGE RIBBON**

as a

Symbol of peace and the commitment of wearing my ribbon to never commit or condone violence against women, girls and children.



**We link hands with each other as a sign of our solidarity with all who are affected by gender-based violence.**

**We reach out our hands as a sign of our unity with all who campaign for justice across the world.**

**We stretch up our hands as a sign of our prayers for an end to all forms of violence and abuse.**

*Amen*



## DAY ONE (1) November, 25

*We encourage our GFS members to mark the 16 day period by using these prayers every day during the 16 days of Activism in personal or group worship.*



Hope is a quality we are so accustomed to living with that only in its absence do we truly understand its importance. Hope is what enables us to get out of bed in the morning. Hope is the strength in your backbone that allows us to withstand the storms of trouble and pain. Hope keeps us going.

Our Heavenly Father is a source of consolation and hope and by His son's dying and rising, He remains our light in every darkness and our strength in every weakness. Call on God to be the refuge and guardian of all who suffer from abuse and violence. Ask that He comforts these victims and sends healing for their wounds of body, soul and spirit.

God has the power to rescue them from bitterness and shame and refresh them with Your love. He can heal their brokenness and revive the spirits of all who lament this sin. In order to call for justice, we must first deepen our respect for the dignity of every human life.

Call on the giver of peace who has the power to restore.

When we lift up prayers of healing for gender-based violence victims, we are praying for survivors and anybody that has ever been affected by domestic violence and abuse. We are asking the Lord to cover them with Jesus' blood and His wings so that they might find refuge in Him. Pray that God will give them the strength to fight back spiritually and that you deliver them and heal them. Also, pray for peace, strength, hope, wisdom, and love. While we don't always know why situations happen or what we should do regarding them, God reminds us of His love everyday and helps us see that we are wonderfully made.

### We pray

*Loving Savior, touch the hearts of those who abuse others. Heal their thinking, so that they may turn to You and seek Your ways. Help them to know that every human being is a treasure to You. Help them to know that You are a forgiving God and can lead them on a path to new life. In Jesus' name. Amen.*



## DAY TWO (2) November, 26



### GFS WORLD PRESIDENT PRAYER SUPPORT AGAINST GENDER BASED VIOLENCE

Lord, we present to you mother's of the world  
Daughters of the world give their challenges your ear.

#### *Hear our prayer*

Lord, we present to you mothers of the world  
Daughters of the world be merciful to their rape  
cry.

#### *Hear our prayer*

Lord, we present to you mothers and daughters of  
the world deeply caught up in human evil and left  
downtrodden in spirit. Lift your hand of grace upon  
them.

#### *Hear our prayers*

Lord, present to you mothers and daughters of the  
world made to live in relationships. Relationships,  
make human life human yet relationships, bring  
pain to them

#### *Hear Our Prayer*

Lord we present to you Mothers and daughters of  
the world show them light where night is black,  
empty and terrible. Turn their every sadness to joy

#### *Hear Our Prayer*

Lord we present to you Mothers and daughters of  
the world Stop every rape, abuse and human  
trafficking. Plan against them on their path

#### **Hear our prayer**

Lord we present to you Mothers and daughters of  
the world not safe in their homes and churches not  
safe in our courts, countries and, communities.



#### *Hear our prayer*

Lord we present to you mothers and daughters  
of the world .We pray for healing of pain, and  
suffering caused by sexual abuse, for children  
who have been affected and witnessed violence  
that they will receive support services they  
need. Peace be with you my dear sisters.

#### **Blessing**

May the Lord Jesus, bless you with compassion  
for the vulnerable, grace to stand with them and  
share His strength. May the Holy Spirit bless you  
with a prayerful heart, power to bring peace in  
transforming the world. May the blessing of God  
Almighty, the Father, the Son, and the Holy Spirit,  
be among you and remain with you, and those for  
whom you have prayed always! **Amen.**

## DAY THREE (3) November, 27



*Prayers from Great God we give you  
thanks that you call us out of silence to  
name hidden and domestic violence.*

Today we pray for all those women who despite suffering from violence, continue to care for family and children, to grow and prepare food, carry water, earn a living and offer support to others.

We pray for women who are trafficked as domestic or sex workers; for women who are raped and do not know how to find words to name their pain or a way into the future.

We pray for transformation of our societies which often find it easier to judge the victims of violence than to solve the problems of injustice.

We pray that women's voices may be heard and taken into account in all peace and reconciliation work.

We pray for a transformation in the violent way many men act towards and think about women.

We pray for right and just relations between women and men that together we may transform and overcome violence in all its forms and learn to celebrate our diversity and interdependence.

We look forward to the age of peace, when violence is banished, both women and men are able to love and to be loved, and the work and wealth of our world is justly shared.

### **BLESSING IN A TIME OF VIOLENCE**

**By Jan Richardson**

Which is to say this blessing is always.  
Which is to say there is no place this blessing  
does not long to cry out in lament, to weep its words  
in sorrow, to scream its lines in sacred rage.

Which is to say there is no day this blessing ceases to  
whisper into the ear of the dying, the despairing, the  
terrified.

Which is to say there is no moment this blessing  
refuses to sing itself into the heart of the hated and  
the hateful, the victim and the victimizer, with every  
last ounce of hope it has.

Which is to say there is none that can stop it, none  
that can halt its course, none that will still its  
cadence, none that will delay its rising, none that can  
keep it from springing forth from the mouths of us  
who hope, from the hands of us who act, from the  
hearts of us who love, from the feet of us who will  
not cease our stubborn, aching marching, marching  
until this blessing has spoken its final word, until this  
blessing has breathed its benediction in every place,  
in every tongue:

*Peace.  
Peace.  
Peace.*

May the God of Eve teach you to dance.

May the God of Hagar bring you comfort in the desert.

May the God of Miriam bring companions to you when  
you struggle.

May the God of Deborah teach you courage for your  
battles.

May the Christ who knew Mary and Martha show you  
the way of balance.

May the Christ who healed the bent-over woman heal  
your pain.

May the Christ of Mary Magdalene send you out to  
proclaim your story.

In the name of Christ who is the memory, hope and  
authority of the future.

*Adapted from a worship created by Jane Stranz for  
the World Council of Churches*

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**Submitted By: Rev'd Rowena J. Kemp+  
GFS/USA Chaplain**



## DAY FOUR (4) November, 28

**Reading:** 2 Samuel 13: 1-22 (NIV)

**Meditation:** Psalm 116:8-9 (NIV)

*<sup>8</sup> For you, LORD, have delivered me from death,  
my eyes from tears, my feet from stumbling, <sup>9</sup>  
that I may walk before the LORD in the land of  
the living.*

### Reflection

In South Africa, every day we wake up to the news that a girl child has been raped or suffered some form of abuse by a person either within the family, neighborhood or churches. A family home has been petrol bombed and a family of five has been killed because the woman has taken a stand to walk away from a violent relationship. The peace officers do not take the victim seriously until the perpetrator has caused grievous body harm or a life is lost. A protection order is a meaningless piece of paper which seem to give the perpetrator more power to be more physical in his abuse.

The story of Tamar and Amnon reflects what is currently happening in our homes. Rape is a serious issue that doesn't just affect the victim but also hurts all those close to the victim and perpetrator. Women and children find themselves vulnerable in their own homes. Some stay because of financial dependence on the spouse. Depression has become the order of the day amongst children as they witness the violence within their homes and become bullies as a way of protecting themselves from the outside world and society. Suicide and self-defense have become fashionable as children and woman can no longer tolerate the form of abuse being inflicted upon them. We need healing and reconciliation dealing with family

brokenness and how we rebuild the family fabric.

### Prayer

God, our Father, redeemer and protector we bring to you our brokenness and heartache. We have sinned and moved away from your grace.

Breakdown the barriers that we have created; end the suspicion and hatred that we practice against each other.

You have shown the world your love by giving us your son; to die for us so that our sins may be forgiven.

Our world needs your loving grace and forgiveness, as you have shown it to us many times.

Heal our families and protect us from the evil spirits.

We ask all of this in the name of our Lord and Saviour, Jesus Christ.

*Amen*

**Pumeza Magona**

**GFS World Secretary (2017 – 2020)**

**[gfsworldsec2020@gmail.com](mailto:gfsworldsec2020@gmail.com)**

**GFS South Africa**



## DAY FIVE (5) November, 29

*There are so many people who live in darkness as a result of abusive relationships. Abuse can take many forms, not just physical, but mental, verbal and emotional as well. It's important that we ask God to enlighten victims and provide them with wisdom to see when things are not right within their relationships. Even when they feel powerless or fearful, God is in their corner. When you pray for these victims, ask God for the strength to share these convictions, the compassion for the abused, and the wisdom to plant seeds that encourage people to think and ponder these serious issues.*

God of endless love, ever caring, ever strong, always present, always just: You gave your only Son to save us by the blood of his cross.

Gentle Jesus, shepherd of peace, join to your own suffering the pain of all who have been hurt in body, mind, and spirit by those who betrayed the trust placed in them.

Hear our cries as we agonize over the harm done to our sisters.  
Breathe wisdom into our prayers, soothe restless hearts with hope, steady shaken spirits with faith:  
Show us the way to justice and wholeness,  
enlightened by truth and enfolded in your mercy.

Holy Spirit, comforter of hearts, heal your people's wounds and transform our brokenness.  
Grant us courage and wisdom, humility and grace, so that we may act with justice and find peace in you.  
We ask this through Christ, our Lord.

**Amen.**

Heavenly father, I am your humble servant,  
I come before you today in need of hope for the victims .  
There are times when I feel helpless,  
There are times when I feel weak.  
I pray for hope for my sisters in pain.

I need hope for a better future for them.

I need hope for a better life.

I need hope for love and kindness.

Some say that the sky is at it's darkest just before the light.

I pray that this is true, for all who see darkness.

I need your light, Lord, in every way.

I pray to be filled with your light from head to toe.  
To bask in your glory.

To know that all is right in the world, as you have planned, and as you want it to be.

Help me to walk in your light, and live my life in faith and glory as we ask to hear our prayers.

In your name I pray, **Amen.**

Praise to you, Father of our Lord Jesus Christ,  
source of all consolation and hope.

By your Son's dying and rising He remains our light in every darkness, our strength in every weakness.

Be the refuge and guardian of all who suffer from abuse and violence.

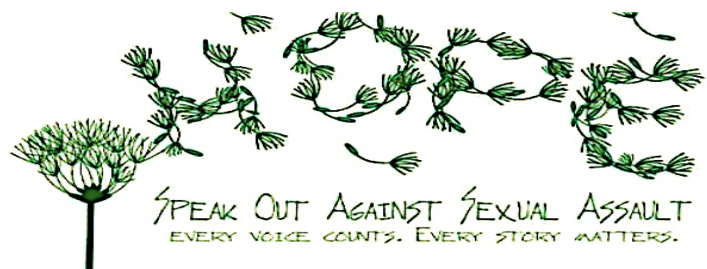
Comfort them and send healing for their wounds of body, soul and spirit.

Rescue them from bitterness and shame and refresh them with your love. Heal the brokenness in all victims of abuse and revive the spirits of all who lament this sin.

Help us to follow Jesus in drawing good from evil, life from death.

Make us one with you in your love for justice as we deepen our respect for the dignity of every human life.

Giver of peace, make us one in celebrating your praise, both now and forever.



## DAY SIX (6) November, 30

*It's important as followers of Christ to stand against all types of domestic violence and abuse not only outside of our homes but also in our homes. Call on God to bind every evil spirit associated with them. We shouldn't advocate for anyone who destroys a person's self-respect, self-worth and confidence and leaves them with feelings of low self-esteem and depression. Pray that God will heal, forgive and show these victims that, as a person, they deserve to be respected, feel safe and valued. Also pray that those being abused to recognize that when they feel dominated, disgraced and even dejected, that they need to stand up and declare that no weapon formed against them shall prosper because they are delivered by the blood of Jesus and are children of the Most High God.*

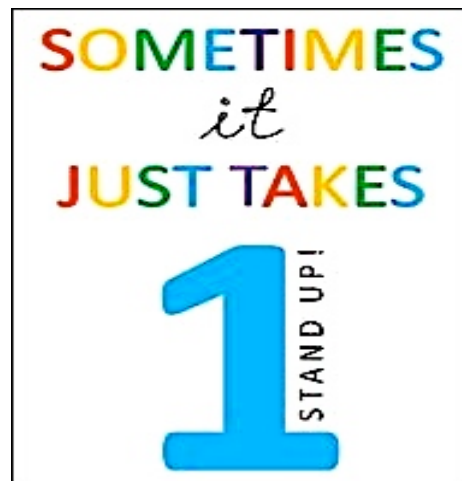
Almighty God, we pray for all victims of abuse. We ask you to surround them with Your care and protect them by Your loving might and permit them to enjoy health and healing, wholeness and strength, calmness and peace and love. Most of all, we pray that they feel Your presence and be confident in You. In Jesus' name. *Amen.*

God of all creation, no sparrow falls but you take notice, look with compassion upon all who suffer from violence in their homes, in our communities and the world. Open our hearts and awaken our minds to act on behalf of our sisters, that our world might become a haven of peace and safety for all. We ask this in the name of the one who transforms our lives, Jesus Christ.

**The Rev'd. Ann Fontaine**

O God, you love all your children. Look with special care upon those daughters who suffer physically and emotionally simply because they are women. Surround them with your protecting angels this day, that they might know safety. Give them that measure of your Spirit that they might not lose heart, but entrust their lives wholly to you. Give us the courage to stand steadfast at their side, never wavering to speak the truth of their plight and to put our own lives to the test on behalf of our beloved sisters. Grant these petitions, we pray, in the love of the One, Triune God. Amen.

**Christ Episcopal Church  
Cedar Rapids, IA**





## DAY SEVEN (7) December, 1

*For survivors of violence, abuse and neglect, many are in a state of constant loneliness and pain. Pray that God will be with them in their confusion and pain. God has the ability to give power to the powerless and His fullness to the empty of spirit. He also has the power to heal their wounds, free them from fear and restore them to true health. Jesus was victim of abuse and yet in His resurrection, He triumphed over oppression. Likewise, we should pray for those who abuse and mistreat others. We should also pray to turn the hearts of the exploiters from the way of evil so that He may open their eyes to the truth of their conduct and the damage they are causing. Hopefully, this prayer will bring them to repentance and amendment of their lives.*

**Dear Lord,** as we women of the world, you made us not to be undermined but to have peace in this world. We surrender to you all the women and girls who are being violated to grant them their right, in Jesus name. **Amen.**

**Gertrude Nakintu**  
GFS coordinator - Uganda.

Almighty God our heavenly Father, God of all justice and love and mercy. We thank you for the gift of life, and for the love and care you provide for every human being. We thank you that in the midst of all our trials you are ever aware of our situation. Help us to be mindful of those who suffer and victimized around us. May we humble ourselves to feel and experience with them, sharing hope and love to bring about healing and peace.

Please instill in us the urgency to be mindful of others and be agents of love always.  
In the Name of Jesus our Lord and Saviour we pray **Amen.**



## DAY EIGHT (8) December, 2

*As we offer up our prayers around the globe we remember all those affected by gender-based violence and pray for a world where violence against women and girls no longer exists. As we offer up our prayers around the globe we remember all those affected by gender-based violence and pray for a world where violence against women and girls no longer exists.*

Gender based violence knows no religion, age, nationality, culture, or socioeconomic class. Lord open our eyes and hearts to this reality. Create within our structures that will stimulate discussion, provoke thought, and workshops to educate us and raise awareness around this human rights violation on earth.

We offer up these prayers as a sign of our mutual support with all who are affected by gender-based violence and as a sign of our unity with all who campaign for justice across the world.

Lord, hear our prayers for an end to all forms of violence and abuse. **Amen**

Give strength, O Lord, to those who work with survivors of gender violence. Keep watch over them as they comfort, advise and weep with those who have been helpless victims. Protect their psyche, grant them restful sleep, nourish their daily hope, and provide them with clarity of purpose. We ask this of You, who walks with us through every valley, so that we all will see the joy of your kingdom here on Earth and in Heaven. **Amen**

**Submitted by Margaret Nolde  
GFS/USA**

Loving Lord, who came to proclaim justice, make us bold to speak out truth and break the

power of silence.

Loving Lord, who came to expose the darkness, make us bold to reach into the shadows and release the oppressed from fear.

Merciful and loving God, forgive us when we have closed our eyes to the sufferings of others; when we have stayed silent in the face of abuse and oppression; when we have declined to challenge unacceptable actions and attitudes.

Take away our selfishness and fill us with new resolve to proclaim the cause of righteousness in the name of Christ. **Amen**

Loving Lord, This candle is lit to remember all who have been affected by gender-based violence, and as a symbol of hope as we pray for a world which is free from all forms of violence and abuse. **Amen**



*The light shines in the darkness, and the darkness has not overcome it. John 1:5*

## DAY NINE (9) December, 3



Mothers' UNION

As we offer up our prayers around the globe we remember all those affected by gender-based violence and pray for a world where violence against women and girls no longer exists.

We offer up these prayers as a sign of our solidarity with all who are affected by gender-based violence and as a sign of our unity with all who campaign for justice across the world. Lord, hear our prayers for an end to all forms of violence and abuse. **Amen**

Loving Lord, who came to proclaim justice, make us bold to speak out truth and break the power of silence.

Loving Lord, who came to expose the darkness, make us bold to reach into the

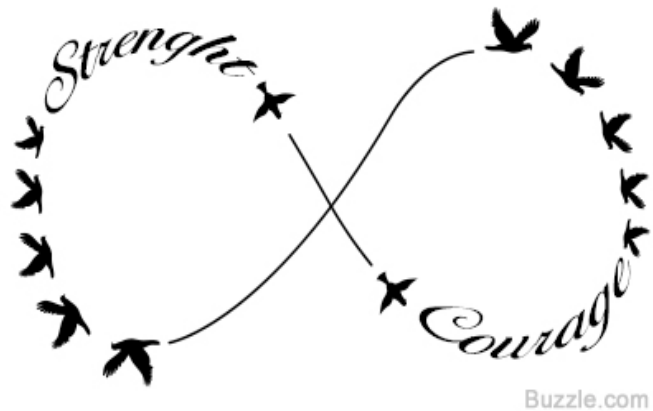
shadows and release the oppressed from fear.

Merciful and loving God, forgive us when we have closed our eyes to the sufferings of others; when we have stayed silent in the face of abuse and oppression; when we have declined to challenge unacceptable actions and attitudes.

Take away our selfishness and fill us with new resolve to proclaim the cause of righteousness in the name of Christ. **Amen**

## “Prayer for Protection”

The Light of God surrounds me.  
The Love of God enfolds me.  
The Power of God protects me.  
The Presence of God watches over me.  
The Mind of God guides me.  
The Life of God flows through me.  
The Laws of God direct me.  
The Power of God abides within me.  
The Joy of God uplifts me.  
The Strength of God renews me.  
The Beauty of God inspires me.  
Wherever I am, God is!





## DAY TEN (10) December, 4

Creator God, when you made us, you made us in your image. Help me to honor that image and remember that no one has the right to hurt the image of you that is in me. Redeemer God, out of love you gave your life to save us from sin. Help me to learn to accept your redemption and remember that I am worthy of loving relationships. Sustainer God, you move through the world giving us the strength to do your work. Help me to have the strength to deny the destruction of my self that abuse and violence creates and remember that you love me as I am. Trinity God, in you we find all things. Help me to find the hope of your creation, the love of your redemption, the strength of your sustenance, and the abundance of the Triune God in all my life and work. In your name I pray. *Amen*

### GIRLS &



MAKE  
VIOLENCE AGAINST  
WOMEN  
HISTORY

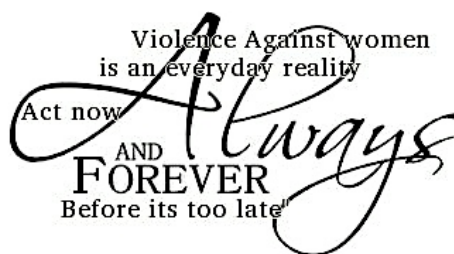
Dios creador, cuando nos hiciste, nos hiciste a tu imagen. Ayúdame a honrar esa imagen y recuerda que nadie tiene derecho a dañar la imagen tuya que está en mí. Dios redentor, por amor diste tu vida para salvarnos del pecado. Ayúdame a aprender a aceptar tu redención y recuerda que soy digno de relaciones amorosas. Dios sustentador, te mueves por el mundo dándonos la fuerza para hacer tu trabajo. Ayúdame a tener la fuerza para negar la destrucción de mi yo que crea el abuso y la

violencia y recuerda que me amas como soy. Dios de la Trinidad, en ti encontramos todas las cosas. Ayúdame a encontrar la esperanza de tu creación, el amor de tu redención, la fuerza de tu sustento y la abundancia del Dios Triuno en toda mi vida y obra. En tu nombre rezo. *Amén*

Written by Jennifer Allen,  
Episcopal Diocese of Kansas,  
Overland Park, Kansas USA

Seminarian at General  
Theological Seminary, New York, New York. USA

United Nations Commission on the Status of  
Women (UNCSW) Representative for the  
Episcopal Church USA



God our Creator, you make all people in your image. We give thanks for the growing contribution of women in church and society; for the insights and changes they bring; for their love and creativity, courage and strength: Use them to transform your world. Christ our Companion, you walk with us wherever the road leads. Hear our prayers for women who are ignored, ridiculed, silenced, mutilated and killed. Give them the knowledge of your unfailing love. Spirit of truth, inflame us with your passion for justice to challenge and confront sexism, that we may support our sisters who are victims of domestic violence wherever they struggle; and that we might dare to be ourselves, reflecting your glory, now and forever.

*Amen.*

# DAY ELEVEN (11)

December, 5

*Perhaps no evil or indignity is worse than sexual assault. It's often a crime kept secret — unspoken of by the victims, by the perpetrators and even family members.*

It's important as followers of Christ to stand against all types of domestic violence and abuse not only outside of our homes but also in our homes. Call on God to bind every evil spirit associated with them. We shouldn't advocate for anyone who destroys a person's self-respect, self-worth and confidence and leaves them with feelings of low self-esteem and depression. Pray that God will heal, forgive and show these victims that, as a person, they deserve to be respected, feel safe and valued. Also pray that those being abused to recognize that when they feel dominated, disgraced and even dejected, that they need to stand up and declare that no weapon formed against them shall prosper because they are delivered by the blood of Jesus and are children of the Most High God.

## A Prayer for the End of Human Trafficking

God of freedom, beauty and truth we believe that your deepest desire, your most powerful energy, is that all creation might know abundant life.

We raise our voices in anguished prayer for our sisters and brothers, women and girls, men and boys, who are modern day slaves;

They are your beloved daughters and sons, exploited sexually or forced to work because of human violence and greed.

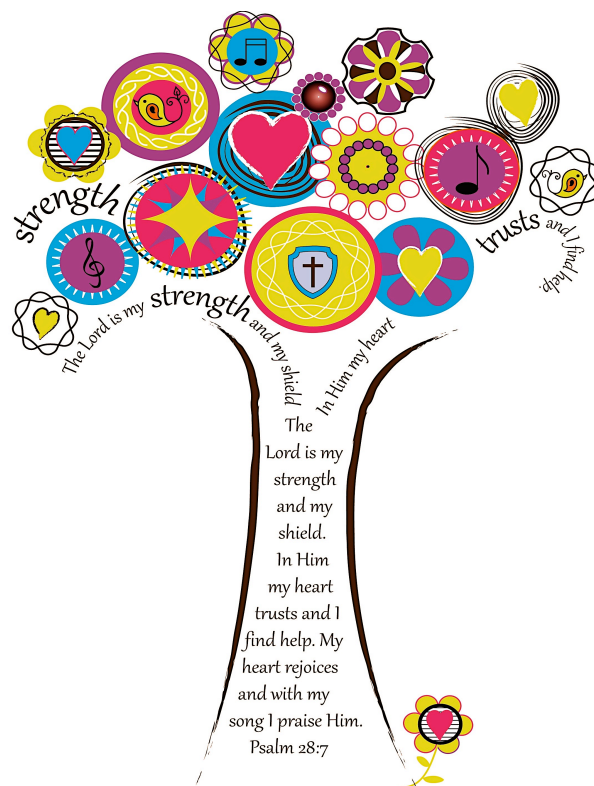
Fill us with your holy anger and your sacred passion that those who are trafficked might know healing and justice; that traffickers will come to

repentance and conversion; that all of us might live in such a way that others are not made to pay the price for our comfort and convenience.

Hasten the coming of the day when all people

and our precious Earth itself will be treated, not as a commodity, but as radiant images of your freedom, beauty and truth. Amen.

*Shared by the Sisters of Charity of Saint Elizabeth, Convent N.J.*



## DAY TWELVE (12)

December, 6



Violence against women and girls manifests itself in many ways. On one side of the spectrum, there is rape, domestic violence, and human trafficking. On the other, less physical but more insidious are pornography, girls forced into prostitution, and harmful assaults on girls' body image. Whether done by physical force, or words and pictures, violence against women and girls robs women of their souls and self esteem.

### PRAYER IN TIMES OF CHANGE

Almighty, everlasting Father, everything is changing around us, our life, our circumstances and even the world.

Thank you for the changes that are happening in our lives and the challenges.

Help us not to fear this change that is happening in our lives, we pray for grace to cope with the change taking place among our youth and in family relationship with our children. Allow us to embrace it as we embrace You daily. Give us strength to rise above every situation and overcome darkness. *Amen*

### A PRAYER FOR MY NEIGHBORS.

Lord God, thank you for our neighbors and bless them and thank you for their love to our family.. Forgive us when we complain and whimper over small things that we are not happy about. Help us to understand and to be sensitive to people's needs. Give us the love to

work together to ensure all of us understand our purpose and give us the strength to cope, so that your peace is shared with us knowing that you are our God. *Amen.*

*Our lives begin to end when we become silent about things that matter*

-Martin Luther King jnr...

E L Suri

GFS Honiara, Solomon Islands



domestic violence

and all forms of

Gender Base

Violence and

injustice



# DAY THIRTEEN (13)

December, 7

Almighty god, creator of heaven and earth, we thank you for your kindness and mercy. Lord remember all the girls and women who have been raped, we beg you to comfort their hearts. Lord, remember our country, the DRC, give peace especially during this period of elections because you are the Master and circumstances, we ask you in the name of the father of the son and the Holy Spirit **Amen**.

**URSULE TSHAMA  
GFS KATANGA DRC**

**Democratic Republic of the Congo bordering on  
Zambia.**

The Anglican Church in Aotearoa, New Zealand and Polynesia published its Prayer Book in 1989.  
Its liturgies are written in English, Maori, Tongan, and Fijian.  
New Zealand's indigenous language is Maori.

God of Hagar  
God of Tamar  
God of the women who's names we do not know  
God of the women who's names we do know  
God that I worship

*"Grace and peace to you from God", the people pray.*

*"Kia tau ki a koutou, te atawhai me te rangimarie o te Atua."*

Peace in the midst of violence?  
"Where is God?", the people cry.

We pray:  
"Rangimarie fill this land"  
And still fists are thrown.

We pray:  
"Spirit of God fill this land."  
And still women are beaten

We pray:  
For those whose experience is hidden violence  
For those whose wounds are obvious

We pray:  
Heal the bruises and broken bones  
Heal the spirits crushed  
Heal the minds invaded by words spoken with venom

We pray:  
For the survivor and the perpetrator  
For the woman who did not survive

Bring atawhai, aroha and rangimarie  
To our hearts, our homes, our world.  
Hear our prayer, we pray.

**Amen**

Translations:

*Kia tau ki a koutou, te atawhai me te rangimarie o te Atua.*

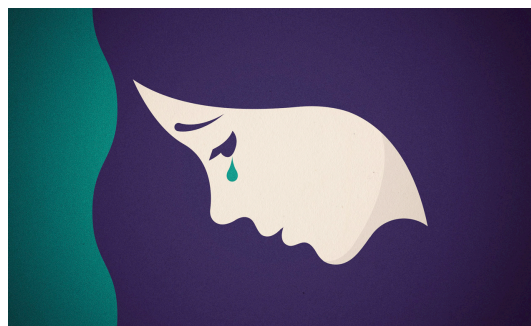
*Grace and peace to you from God.*

*Atawhai - grace/care*

*Aroha - love*

*Rangimarie - peace*

**Submitted by Helen Allen, GFS New Zealand  
Written by Rev Kay Webster,  
Wellington New Zealand**



# DAY FOURTEEN

(14) December 8

## Prayer Against Violence to Girls and Women.

Good and Merciful Father we come before you today to put in your presence the girls and women of our Latin American communities who suffer the violence that gallops right and left in our countries. We humbly ask you to keep them Oh Lord under the shadows of your wings, protect them from pain, protect each one of them from the violence that takes their lives away, the violence that takes away their dreams, their hopes. Blessed God, Our Father, may your angels encamp around these creatures, who are your creatures! Empower them, open doors of blessing so that our girls and children have access to middle school, and because they do not have higher education, send angels that give them a helping hand and give them an opportunity to have a better future. Bless our places of worship to be safe places of love where our girls and women always find a warm welcome, where we can teach them about you dear Lord, where they can be embraced by your love and your faithful company, where by our example we are able to show them that in this world there are people who love them want a better world for all. Help us Lord to raise our voices, to open the eyes and ears of our authorities to the clamor of our people who only ask what theirs is rightfully: respect for a dignified life, physical integrity, emotional and intellectual, outside the violence of our lives!. In the name of Jesus Christ our Lord and redeemer we ask and thank you

**Rev Canon Connie Sanchez+**  
**Diocese of Honduras**  
**GFS Advisor**  
**Province IX**

Oración contra la violencia a niñas y mujeres.

Padre bueno y misericordioso, hoy estamos ante ustedes para poner en su presencia a las niñas y mujeres de nuestras comunidades latinoamericanas que sufren la violencia que galopan a la derecha y la izquierda en nuestros países, mantenerlas en la sombra de sus alas, protegerlas del dolor. , de la violencia que quita sus vidas, que quita sus sueños, sus esperanzas, Oh Dios bendito, Padre Nuestro, que tu ángel acampe alrededor de estas criaturas, ¡quiénes son tus criaturas!, dales poder, abre puertas de bendición para que nuestros las niñas y los niños tienen acceso a la escuela intermedia y, como no tienen educación superior, envíen ángeles que les ayuden y les den la oportunidad de tener un mejor destino. Bendice a nuestros templos para que sean lugares seguros de amor donde nuestras niñas y mujeres siempre reciben una cálida bienvenida y podemos enseñarles sobre usted, su amor y su compañía fiel, donde podemos demostrar con nuestro ejemplo que en este mundo tenemos personas. que los amemos y que queramos un mundo mejor para todos, ayudarnos a alzar nuestra voz, abrir los ojos y oídos de nuestras autoridades al clamor de nuestra gente que solo pregunta lo que es legítimamente suyo: respeto por una vida digna, su condición física. Integridad, emocional, intelectual, fuera de la violencia de nuestras vidas. En el nombre de Jesucristo nuestro Señor y redentor te pedimos y te damos gracias.

**Rev Canon Connie Sanchez+**  
**Diocese of Honduras**  
**GFS Advisor**  
**Province IX**



## DAY FIFTEEN (15)

December, 9

O God, we pray for those today who are not being treated in a loving and caring way. We pray that in their pain and distress that they will find the comfort, courage and strength to face this day and that they will be encouraged to find help. We pray in particular for their safety as you bring them to a place where they can start to be healed and restored. We pray that their self esteem will be developed and grown and that they will know that they are precious in your sight. Give us the hearts to help and befriend them as they come to a point of healing and restoration. *Amen*

O God, we pray for those today who for a variety of reasons do not respect the rights of those around them. We pray that you will bind their hands, feet and mouths so that they cannot bring distress and pain to those that they come into contact with. We pray God, that you will touch their hardened hearts so that they will learn again and rediscover the way of peace, love and respect that we see in your word, the Bible. We pray for a break in the violence and the cycle of violence. We pray that they will cease all of their bullying and victimising ways and that they seek the forgiveness of those that they have hurt in any way. We pray that you will stop all those who would try and promote such violent behaviour within the media. O God, this is not what you had intended for your world. O God, show us the ways that we can help those facing and enduring violence in any way this day. *Amen*

O God, we pray this day for those in positions of authority and with the power to create legislation that you will give them the courage and desire to stand up and represent those in our society who are often ignored and whose voice is never heard. In particular, we pray for those living in danger and threat of abuse in any form this day. O God, we know that there is much in the world which must grieve you, help us to be those who help bring about change by demanding that our national and international representatives enact the laws that will help protect the most vulnerable in society. Amen.

Alison Jackson

GFS All Ireland President

[Alisonjackson@girlsfriendlysociety.ie](mailto:Alisonjackson@girlsfriendlysociety.ie)

### 16 Days of Activism



**Don't look away, act against abuse.**

16 Days of Activism aims to increase awareness of the violence inflicted on women and children. Help to combat violence in our society by supporting this campaign.

## DAY SIXTEEN (16)

December, 10

*During the Christmas season may I be blessed with the spirit of the season which is PEACE. The gladness of the season which is HOPE and the heart of the season which is LOVE*

*May your wrap LOVE and JOY and PEACE around your heart and those you love the Christmas season.*

*Teaching God, we pray that You open our ears, our eyes, and our hearts to be more aware, outreaching, and supportive to people in abusive situations, so that they won't feel alone and know that someone cares. Let us love them as You have loved us. In Jesus' name. Amen.*

*I wrote this prayer after deep reflection and prayer around times when I have been asked to support those who have been, are currently or are concerned that they will become, involved with domestic violence. I hope it is prayer that all may be able to pray, to bring hope and comfort.*

### PRAYER FOR ALL RELATED TO DOMESTIC VIOLENCE

Your gracious promise Oh Lord, is that you will never leave us:

Help us to remember this in times of doubt and celebration.

Your gracious promise Oh Lord, is that you neither slumber nor sleep:

Keep us in your watch even when we forget or can not pray.

Your gracious promise Oh Lord, is that you sent your Son to know our suffering:

Grant us relief and release from our worldly sufferings.

Your gracious promise Oh Lord, is to send your Spirit to be our advocate:

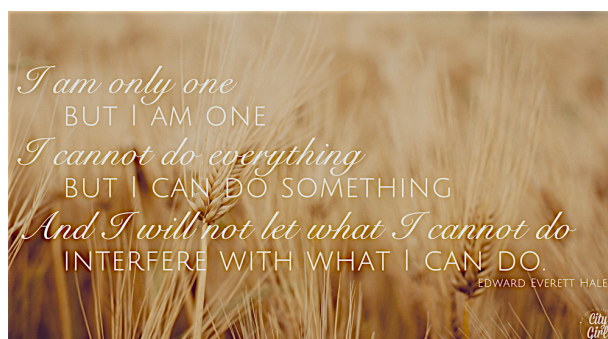
Fill us today, we pray with your healing calm.

Your gracious promise Oh Lord, is the inheritance of eternal life:

Support us all the days of our earthly lives, As we give thanks for you. **Amen.**

**The Rev'd Canon Cheryl Selvage**

**President GFS Australia**



Today I'm putting on **the full armor of God** so that when the day of evil comes – when I'm under attack, when I face trials or temptations – I will be able to stand my ground.

I stand firm with the **belt of truth** buckled around my waist, with the **breastplate of righteousness** guarding my heart, with my **feet ready** to take the gospel of peace wherever God sends me. I also take up the **shield of faith** with which I can extinguish all the flaming arrows of the evil one. On my head I place the **helmet of salvation**. I grab hold of the **sword of the Spirit** – the Word of God, sharp and true.

Lord, be with me in the heat of the battle and grant me victory I pray, in Jesus' mighty Name.

Christin Ditchfield, Praying Ephesians ~ Ephesians 6:14-17 ~ [www.ChristinDitchfield.com](http://www.ChristinDitchfield.com)



*As we end our SIXTEEN DAYS of prayers for girls and women who suffer from gender-based violence may we continue to pray for them each month. Also, Let's challenge ourselves to purposefully set aside time to show our gratitude for all our Lord has done and will do in our lives but, never forgetting those that continue to suffer by the hands and actions of others. Let us connect with each other through our Prayers of Hope and continue praying these prayers for 31 months until we convene in Johannesburg, South Africa in July, 2020.*

***Domestic violence and abuse is about control and enslavement, but the Lord is all about deliverance, freedom and peace. Never doubt the power of prayer and God's ability to protect and heal those who are suffering as a result of violence, both silently and out loud.***

I DECLARE I am grateful for who God is in my life and for what He's done. I will not take for granted the people, the opportunities, and the favor He has blessed me with. I will look at what is right and not what is wrong. I will thank Him for what I have and not complain about what I don't have. I will see each day as a gift from God. My heart will overflow with praise and gratitude for all of His goodness. This is my declaration.

Dear Lord,

I lift up a special prayer to You today. I pray that women, myself included, would stop comparing ourselves to each other. Help us to embrace our differences. Help us to appreciate our differences. Help us to be confident in the body, mind, heart, and talent that You gifted to each of us. I pray that we wouldn't judge our own success or attractiveness by standards skewed by jealousy. I pray we would value ourselves individually, knowing that You created us unique. Help us to stop comparing and let contentment fill our hearts in Jesus' name AMEN!

*Unveiled Wife*

# JANUARY 2019

**Thank you Lord** for all the joys of the last year! Thanks for the love I've shared and received, the opportunities I've embrace and even the challenges I've faced. As I head into a another year, thanks for all the exciting adventure, experiences and friendships which lie ahead.

## *Grounded in Love*

### *Beginning the Day Grounded in Love*

Loving, Triune God—

CREATOR of the HUMMM of life – pulsating stars, breaking waves, laughing children –  
Lover . . .

REDEEMER of our world– overcoming death, transforming our pain, modeling resurrection –  
Beloved . . .

EMPOWERER of all that was, and is, and is to come – advocating for us, and with us, and within us – Love . . . – the splendor of your glory grounds me. Alleluia.

With each breath I take, with each inhalation and exhalation, you enliven me:

- **YH** (Yah) *in-breath*
- **WH** (Weh) *out-breath*
- **Je** (Je-) *in-breath*
- **sus** (-sus) *out-breath*
- **Spir** (Spir-) *in-breath*
- **it** (-it) *out-breath*

I am your child; grounded in your Love.  
Alleluia.

With my first breath, I said your Holy Name.  
With my last breath, I'll say your Holy Name.  
With each breath in-between, help me recall who and whose I am.

In all the challenges, joys, and opportunities this day will bring,  
help me to remember that you are God – and I am not.

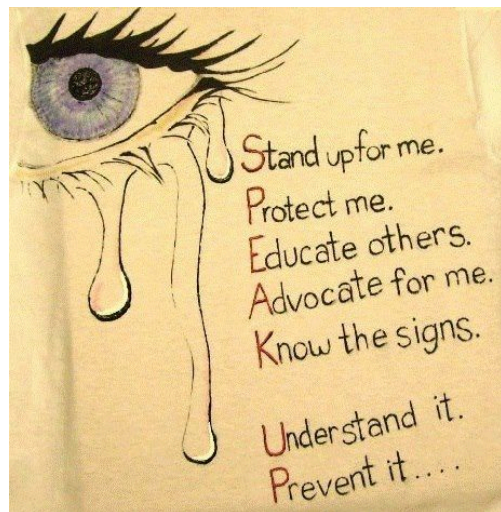
Awaken my Soul, the eternal part of me:

Give me discernment to assess unfolding events through the lens of Jesus' teaching and example.

Give me eyes to see and ears to hear, that I might be fully present to each moment.

Loving God, my Parent in Heaven, I pray all these things in the name of your Son, Jesus the Christ, and by the power of the Holy Spirit.  
Amen.

*The Reverend Valerie Minton Webster*  
*United Nations Commission on the Status of Women*  
*The Episcopal Church Representative to UNCSW*



## FEBRUARY (17)

*Loving Savior, touch the hearts of those who abuse others. Heal their thinking, so that they may turn to You and seek Your ways. Help them to know that every human being is a treasure to You. Help them to know that You are a forgiving God and can lead them on a path to new life. In Jesus' name. Amen.*

Our Heavenly Father is a source of consolation and hope and by His son's dying and rising, He remains our light in every darkness and our strength in every weakness. Call on God to be the refuge and guardian of all who suffer from abuse and violence. Ask that He comforts these victims and sends healing for their wounds of body, soul and spirit. God has the power to rescue them from bitterness and shame and refresh them with Your love. He can heal their brokenness and revive the spirits of all who lament this sin. In order to call for justice, we must first deepen our respect for the dignity of every human life. Call on the giver of peace who has the power to restore.

It's important that we pray specifically for the children who have been hurt, abused, neglected, criticized, dominated, betrayed and abandoned. Psalm 27:10 says, "For my father and my mother have forsaken me, but the Lord will take me in." Call on Jesus to help these children feel loved and cared for, in a tangible way. Also pray that these children will not look for love in all the wrong places, in a fruitless attempt to fill a God-sized void. The Holy Spirit has the power to comfort them and deliver them.

*Compassionate God, protect the innocent children who suffer or witness violence and abuse at the hands of the ones they love. Bring*

*them to a safe place where they can begin to heal. Restore their minds to trust and their hearts to love and their spirits to be free. Surround them with your angels. In Jesus' name. Amen.*





# MARCH (18)

## WOMEN'S HISTORY MONTH

*During Women's History Month, we remember the trailblazers of the past, including the women who are not recorded in our history books, and we honor their legacies by carrying forward the valuable lessons learned from the powerful examples they set.*

***Violence against women and girls is one of the most prevalent human rights violations in the world. It knows no social, economic or national boundaries. Worldwide, an estimated one in three women will experience physical or sexual abuse in her lifetime.***

¡Dios de amor, dador de vida, de justicia y de esperanza! Que en tus brazos amorosos nos sintamos protegidas de todo mal que atente contra nuestra dignidad y la integridad de nuestro ser. Que con tu bálsamo de amor sanador nuestras heridas se curen y recuperemos la fortaleza de luchar contra el oprobio y la opresión y surjamos la creación divina que somos. Que tu luz sea la antorcha sagrada de fe, esperanza y amor, antorcha divina que encienda la llama de la justicia que nos restaura, nos libera y muestra el camino a la reconciliación. Te lo pedimos en nombre de tu único hijo amado Jesucristo. ***Amén***

**Ema Rosero-Nordalm  
Latino/Hispanic Ministries of the Episcopal Church  
National Episcopal Church Women USA Board of  
Directors for Social Justice**

Loving God, giver of life, justice and peace. In fervent prayer we ask you that in your loving arms we feel protected from all evil attempting against our dignity and the wholeness of our being. That with your balm of love our wounds

heal, and recover our strength to fight against reproach and oppression as who we are - your divine creation. That your light be the holy


torch of faith, hope and love that ignites the flame of justice, the justice that leads the way to restoration and reconciliation. All this we ask you in the name of you only son Jesus Christ, ***Amen.***

**Ema Rosero-Nordalm  
Latino/Hispanic Ministries of the Episcopal Church  
National Episcopal Church Women USA Board of  
Directors for Social Justice**

**A Prayer on  
International Women's Day,  
8<sup>th</sup> March 2015**

Dear Heavenly Father,  
On this day we commit all women everywhere. Lord, help each of us to be a capable, intelligent, and virtuous woman – faithful, diligent, generous and spiritually strong. May love and kindness always be in our hearts and on our lips. Help us to be a loving and excellent wife to our husband and help us to reflect Your love to our children and our parents. Give us the wisdom as to manage our home. We pray for single women, young women, mothers, grandmothers and especially for women who are feeling hopeless. The burden they carry is too heavy. They need you. They need your peace, strength and joy to fill them up. We pray for protection over their marriages and over their families. Heal them and restore them. Help us to be faithful to your call to love. In Jesus Loving Name we Pray,  
**Amen.**

[www.GodlyWoman.Co](http://www.GodlyWoman.Co)





## APRIL (19)

*As I thank you for the gift of the wonderful people I have met along the journey of life. Some of them have inspire me, stretched me, challenged me, love me, and encourage me. All of them helped me to realize how meaningful and beautiful my life is. I love my GFS family and bless them with good health, security, wealth, success, peace and joy. Lord, in your mercy grant their prayers too. Amen.*

Lord God, of all creation we give you thanks not only with our lips, but with our hearts, mind and soul. Everyday is a gift. Each day is a blessing. Open our eyes to your living presence in each other. Help us grow stronger each day in faith, hope and love. We ask you this through Jesus Christ our Lord who lives and reigns with you and the Holy spirit forever and ever. **Amen**

Dear Heavenly Father we commit all women everywhere. Lord help us to be capable, intelligent, and women of faith, diligent, generous and spiritually strong. May love and kindness always be in our hearts and on our lips.

We pray for single women, young women, mothers, grandmothers and especially our girls and women in our GFS family who are feeling hopeless and afraid or not loved. We pray for all women and girls that have been abused or mistreated. And those that have been led into sex trafficking. The burden they carry is so very heavy. Lord they need your peace, strength and joy to fill them up. Heal them and restore them. Help us to be faithful to your call to love. In Jesus loving Name we pray. **Amen**

**Delores M. Alleyne**  
**Former GFS/USA National President**  
**UNCSW United Nations Commission on the**  
**Status of Women Representative to UNCSW**  
**59<sup>th</sup> & 60<sup>th</sup> for the Episcopal Church USA**

Praise to you, Father of our Lord Jesus Christ, source of all consolation and hope.

By your Son's dying and rising He remains our light in every darkness, our strength in every weakness.

Be the refuge and guardian of all who suffer from abuse and violence.

Comfort them and send healing for their wounds of body, soul and spirit.

Rescue them from bitterness and shame and refresh them with your love.

Heal the brokenness in all victims of abuse and revive the spirits of all who lament this sin.

Help us to follow Jesus in drawing good from evil, life from death.

Make us one with you in your love for justice as we deepen our respect for the dignity of every human life.

Giver of peace, make us one in celebrating your praise, both now and forever. **Amen.**

Sana el quebrantamiento en todas las víctimas de abuso y revive los espíritus de todos los que lamentan este pecado.

Ayúdanos a seguir a Jesús en sacar el bien del mal, la vida de la muerte.

Haznos uno contigo en tu amor por la justicia a medida que profundizamos nuestro respeto por la dignidad de cada vida humana.

Dador de paz, haznos uno en la celebración de tu alabanza, tanto ahora como para siempre.

## MAY (20)

**Great God** we give you thanks that you call us out of silence to name hidden and domestic violence.

Today we pray for all those women who despite suffering from violence, continue to care for family and children, to grow and prepare food, carry water, earn a living and offer support to others.

We pray for women who are trafficked as domestic or sex workers; for women who are raped and do not know how to find words to name their pain or a way into the future.

We pray for transformation of our societies which often find it easier to judge the victims of violence than to solve the problems of injustice

We pray that women's voices may be heard and taken into account in all peace and reconciliation work.

We pray for a transformation in the violent way many men act towards and think about women.

We pray for right and just relations between women and men that together we may transform and overcome violence in all its forms and learn to celebrate our diversity and interdependence

We look forward to the age of peace, when violence is banished, both women and men are able to love and to be loved, and the work and wealth of our world is justly shared.

**Gran Dios**, te damos gracias porque nos llamaste desde el silencio para nombrar violencia oculta y doméstica.

Hoy rezamos por todas aquellas mujeres que, a pesar de sufrir violencia, continúan cuidando a sus familias y niños, cultivan y preparan alimentos, llevan agua, se ganan la vida y ofrecen apoyo a los demás.

Oramos por las mujeres que son víctimas de la trata como trabajadoras domésticas o sexuales; para las mujeres que son violadas y no saben cómo encontrar palabras para nombrar su dolor o un camino hacia el futuro.

Oramos por la transformación de nuestras sociedades que a menudo les resulta más fácil juzgar a las víctimas de la violencia que a resolver los problemas de la injusticia.

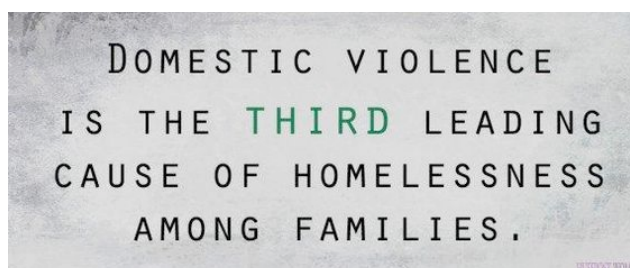
Oramos para que las voces de las mujeres sean escuchadas y tenidas en cuenta en todo trabajo de paz y reconciliación.

Oramos por una transformación en la forma violenta en que muchos hombres actúan y piensan sobre las mujeres.

Oramos por las relaciones justas y justas entre mujeres y hombres para que juntos podamos transformar y superar la violencia en todas sus formas y aprender a celebrar nuestra diversidad e interdependencia.

Esperamos la era de la paz, cuando la violencia sea desterrada, tanto las mujeres como

Los hombres son capaces de amar y ser amados, y el trabajo y la riqueza de nuestro mundo se comparten con justicia.



## JUNE (21)

Dear God of Miracles and Wonders,

I celebrate the honor of wearing Your Supernatural Armor. I put on the Helmet of Salvation. As a dedicated woman of God, I praise You for my eternal salvation and for the many ways You save me from troubles each day.

I put on the Belt of Truth. As a dedicated woman of God, I will remember that living by the truths in the Bible protects me and opens the door to the awesome blessings that You want me to enjoy.

I put on the Breastplate of Righteousness. As a dedicated woman of God, I will live in a righteous, pure, wholesome way so that the beautiful light of Jesus shines through me each day.

I put on the Shoes of Peace. As a dedicated woman of God, I will seek to bring more godly peace into my mind, into my emotions, and into my home.

I pick up the Shield of Faith. As a dedicated woman of God, I will raise my Shield of Faith each time the demonic forces try to draw me into worry or fear or doubting You.

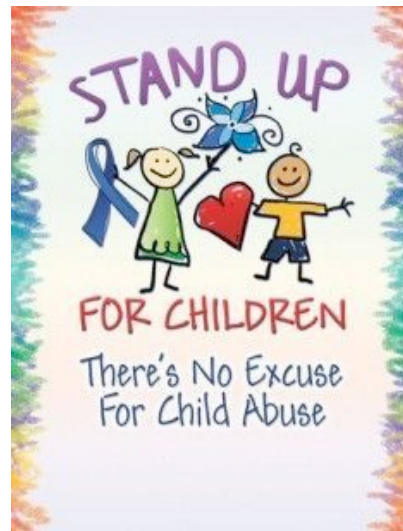
I pick up the Sword of the Spirit which is the Word of God. As a dedicated woman of God, I will read Your Holy Book, speak out Your Powerful Words, and live out Your Amazing Destiny for my life. I will become a wise woman who Prays Powerful Prayers for my family, my friends, and myself. I will generously share Your love and compassion with others. Daily I will show that I am growing in the Fruit of the Spirit - Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control.

This little light of mine - I'm going to let it shine.  
In Jesus' miraculous name I pray.

*Amen*

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**Beth McLendon of Inspirational-Prayers.com**



"Dear God, Thank you for your amazing power and work in our lives, thank you for your goodness and for your blessings over us. Thank you for your great love and care. Thank you for your sacrifice so that we might have freedom and life. Forgive us for when we don't thank you enough, for who you are, for all that you do, for all that you've given. Help us to set our eyes and our hearts on you afresh. Renew our spirits, fill us with your peace and joy. We love you and we need you, this day and every day. We give you praise and thanks, for You alone are worthy! In Jesus' Name, *Amen*."

*Debbie McDaniel,*

# JULY (21)

## Gratitude Prayer

Loving Lord,

As I express my gratitude to you in prayer, may it be a pleasing, *joyful* sound to you.

Thank you, Lord, for your love. It brings me acceptance and significance.

Thank you, Lord, for your truth. It brings me guidance and direction.

Thank you, Lord, for your mercy. It brings me help and comfort.

Thank you, Lord, for your faithfulness. It brings me stability and strength.

Thank you, Lord, for your kindness. It brings me daily provision and sustenance.

Thank you, Lord, for your beauty displayed in the earth. It brings me joy and delight.

Thank you, Lord, for your way of redemption - the cross. It brings me salvation and regeneration.

*Amen*

Loving Savior, touch the hearts of those who abuse others. Heal their thinking, so that they may turn to You and seek Your ways. Help them to know that every human being is a treasure to You. Help them to know that You are a forgiving God and can lead them on a path to new life. In Jesus' name. ***Amen.***

Our Heavenly Father is a source of consolation and hope and by His son's dying and rising, He remains our light in every darkness and our strength in every weakness. Call on God to be the refuge and guardian of all who suffer from abuse and violence. Ask that He comforts these victims and sends healing for their wounds of body, soul and spirit. God has the power to rescue them from bitterness and shame and refresh them with Your love. He can heal their brokenness and revive the spirits of all who lament this sin. In order to call for justice, we must first deepen our respect for the dignity of every human life. Call on the giver of peace who has the power to restore. ***Amen.***

By Lesli White  
Shutterstock.com



**DON'T  
LOOK  
AWAY**

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ACT TO END GENDER-BASED VIOLENCE



**AUGUST (22)**



**THE EPISCOPAL  
CHURCH WOMEN**

In times of darkness, when we feel helpless, we seek strength and stability in the Lord. Let us also seek to share our gladness of heart in good time with the Lord.

Every generation seems to have its own unique set of trials and tribulations. Among the trials we face today are division and separation. Let us pray to the Lord for spiritual guidance so that we become one with the Body of Christ.

Let us also give thanks for all the blessings the Lord has bestowed upon us. Let us be especially thankful of the abundance of talent and commitment of our members as we continue with our work in God's Kingdom

**Submitted by: Karen Patterson National  
President  
The Episcopal Church Women USA**

En tiempos de tinieblas, cuando nos sentimos indefensos, buscamos Fortaleza y estabilidad en el Señor. Tratemos también de compartir nuestra alegría de Corazón en los Buenos tiempos con el Señor.

Cada generación parece tener su propio conjunto único de pruebas y tribulaciones. Entre los ensayos que enfrentamos hoy están la división y la separación. Oremos al Señor para que nos guíe espiritualmente para que nos convirtamos en uno con el cuerpo de Cristo.

Señor, ayúdanos a apartar los Dolores del pasado y a avanzar juntos.

También damos gracias por todas las bendiciones que el Señor nos ha otorgado. Seamos especialmente agradecidos por la abundancia de

talent y compromise de nuestros miembros a medida que continuamos con nuestro trabajo en el Reino de Dios.

**Submitted by: Karen Patterson National  
President  
The Episcopal Church Women USA**

**WOMEN'S  
RIGHTS  
ARE HUMAN  
RIGHTS**



## SEPTEMBER (23)

We now bring our prayers to God for the witness and work of the Girls' Friendly Society worldwide, Mothers' Union and the Episcopal Church Women; with thanks for his presence with us in all he has called us to do.

Loving Lord, we thank you for the path laid before us and that you accompany us on our journey.

We pray for the flourishing of GFS, Mothers' Union and Episcopal Church Women as we adapt for the needs of this present age and entrust ourselves to God to lead us forward.

We pray for open ears, eyes and hearts that we may act with insight and integrity to make a difference in our world.

As we walk into the future with faith may our pace be set by our perfect guide; neither running ahead nor lagging behind, but always in step with God. *Amen*

We thank you for the gift of life: for the breath that sustains life, for the food of this earth that nurtures life, for the love of family and friends without which there would be no life.

We thank you for the mystery of creation: for the beauty that the eye can see, for the joy that the ear may hear, for the unknown that we cannot behold filling the universe with wonder, for the expanse of space that draws us beyond the definitions of our selves.

We thank you for setting us in communities: for families who nurture our becoming, for friends who love us by choice, for companions at work, who share our burdens and daily tasks, for strangers who welcome us into their midst, for

people from other lands who call us to grow in understanding, for children who lighten our moments with delight, for the unborn, who offer us hope for the future.

We thank you for this day: for life and one more day to love, for opportunity and one more day to work for justice and peace, for neighbors and one more person to love and by whom be loved, for your grace and one more experience of your presence, for your promise: to be with us, to be our God, and to give salvation.

For these, and all blessings, we give you thanks, eternal, loving God, through Jesus Christ we pray.

*Amen.*

**Submitted by: Delores M. Alleyne  
Former National GFS/USA President**



*We Can - We Shall - We Will*  
**STOP**  
*The Violence*

## OCTOBER (24)

God of Restoration, we ask you to guard and guide our Youths as they struggle to find their way and your way in life amid all the pressures and messages sent out by the media peers. These messages look down on women, music messages that inspire the love of money and no sexual boundaries.

Help parents to be more involved in, inspire them to do good, to respect and to honor others.

Restore family structure to be a strong unit, a safety net, and a light to the path that leads to you and your ways God, in whose enduring love we trust, bind up the wounds of those betrayed by abuse at the hands of others.

Heal them and make them whole that they may once more receive and give love with confidence in their dignity as your sons and daughters. In Jesus' Name.

*Amen.*

We offer up these prayers as a sign of our solidarity with all who are affected by gender-based violence and as a sign of our unity with all who campaign for justice across the world.

Lord, hear our prayers for an end to all forms of violence and abuse. *Amen*

Merciful and loving God:

When we are ungrateful, remind us of your grace.

When we are oblivious, open our eyes.

When we are harsh, gentle our spirit.

When we are apathetic, show us your suffering children. When we demean ourselves, whisper that we are created in your image. When we lose all hope, show us the empty tomb.

So shape us, and turn us around, that we will live with blessing and grace and light. *Amen*

B.M. Neel

## WOMAN'S CREED

I believe in God, who created woman and man, in God's own image, who created the world and gave both sexes care of the earth.

I believe in Jesus, child of God, chosen of God, born of the woman Mary who listened to women and liked them, who stayed in their homes, who discussed the kingdom with them, who was followed and financed by women disciples.

I believe in Jesus, who discussed theology with a woman at a well, and first confided in her his messiahship, who motivated her to go and tell her great news to the city.

I believe in Jesus who received anointing from a woman at Simon's house, who rebuked the men guests who scorned her. I believe in Jesus who said this woman must be remembered for what she did, minister for Jesus.

I believe in Jesus who healed a woman on the Sabbath and made her straight because she was a human being. I believe in Jesus who thought of pregnancy and birth with reverence, not a punishment but as a wrenching event, a metaphor for transformation born again anguish into joy.

I believe in Jesus who spoke of himself as a mother hen who would gather her chicks under her wing.

I believe in Jesus who appeared first to Mary Magdalene who sent her with the burning message GO AND TELL. I believe in the

wholeness of the Saviour in whom there is neither Jew nor Greek, slave nor free, male and female, for we are all one in salvation.

I believe in the Holy Spirit as she moves over the waters of creation and over the earth.

I believe in the Holy Spirit the woman Spirit of God, who like a hen created us and gave us birth and covers us with her wings.

**(Rachel C. Warlberg, from No Longer Strangers) from In Unexpected Places by Tony Jasper & Myra Blyth 1988**

## NOVEMBER (25)

Lord, grant me to greet the coming day in peace.  
Help me to rely upon your holy will.  
In every hour of the day reveal your will to me.  
Bless my dealings with all who surround me.  
Teach me to treat all that comes to me throughout  
the day with peace of soul  
and with firm belief your will governs all.  
Guide my words and deeds, my thoughts and  
feelings.  
Teach me to act firmly and wisely, without  
embittering or embarrassing others.  
Give me strength to bear the fatigue of the  
coming day with all that it shall bring.  
Direct my will, teach me to pray, pray yourself in  
me.

*Amen.*

We pray for the Christian Communities around the world, for the strength, fortitude and vision of all their leaders and members in addressing the issues of human trafficking.

We pray for world leaders that they will confront human trafficking in all its forms, by dedicating their time, energy and resources to eradicating it.

We pray for those in bonded labour, in agricultural fields, mines and factories who have been reduced to tools for production and commodities rather than human beings.

We pray for women who are estimated to make up 80% of human trafficking victims and for changes in societal attitudes that deny the equality and dignity of women.

We pray for the development of impoverished nations so that their peoples may know a decent standard of living, have meaningful opportunities for education and employment and thus escape the

desperate circumstances that make people vulnerable to human trafficking.

We pray that the demand for trafficked people will reduce. May men and women grow in appreciation of the dignity of every human person so that we can live in a world where no-one is enslaved.

We pray for all who have died as a result of their exploitation and slavery.



## THANKFUL HEARTS

*We thank You Lord, for all you give; the food we eat, the lives we live; and to our loved ones far away, please send your blessings, Lord we pray. And help us all to live our days with thankful hearts and loving ways. Amen.*



## DECEMBER (26) 2020

Lord, teach me to offer you a heart of thanksgiving and praise in all my daily experiences of life. Teach me to be joyful always, to pray continually and to give thanks in all my circumstances. I accept them as Your will for my life. I long to bring pleasure to Your heart daily. Break the power of the enemy in my life. Defeat Him through my sacrifice of praise. Change my outlook and attitude into one of joyful contentment with my present circumstances. I thank You

Oh God, You are so good. You are faithful and gracious and You have blessed me beyond measure. Thank you for everyday blessings to which I have become accustomed, but never want to take for granted.

Thank you for legs that carry me where I need to go and hands that enable me to accomplish many things. Thank you for my hearing and my vision and for a sound, healthy mind.

Thank you my family, my friends, my job, my neighbors. Thank you for freedom to attend my church, for my pastors, and for my small group(s) and my many relationships.

Thank you for the things You are doing in my heart and in my life. I'm grateful that by the power of Your Holy Spirit, I am much different today than I was 10 years ago, or a year ago. I am even different that I was at the beginning of this year, and it's because of Your power at work in me, continually transforming me into Your image.

I love and adore You, Lord, and my heart overflows with gratitude for all these blessings. In the precious name of Jesus, **Amen.**"



ORANGE THE WORLD



**JANUARY** (27) 2020

**Thank you Lord** for all the joys of the last year! Thanks for the love I've shared and received, the opportunities I've embrace and even the challenges I've faced. As I head into a another year, thanks for all the exciting adventure, experiences and friendships which lie ahead.

**Our God is a mighty protector.**

Let us pray that God's justice, compassion and right will break forth in our time. Awaken our hearts and deepen our commitment to work for a world where all people are free and able to live with dignity and freedom. We ask for conversion of heart for traffickers and for strong laws to protect victims. Give us wisdom and courage so that together we will find ways to ensure Your freedom is the gift for all people. We ask this in the name of Jesus. Amen.

**Prayers written by Claire Griffin**

**Source the Australian Catholic Religious  
Against Trafficking in Humans**

Almighty God, we pray for all victims of abuse. We ask you to surround them with Your care and protect them by Your loving might and permit them to enjoy health and healing, wholeness and strength, calmness and peace and love. Most of all, we pray that they feel Your presence and be confident in You. In Jesus' name. Amen.

**Submitted by: Delores M. Alleyne  
Former National President GFS/USA**

no it's  
not okay.  
it never  
was.

**TOGETHER WE CAN**



**END DOMESTIC VIOLENCE!**

## FEBRUARY (28)

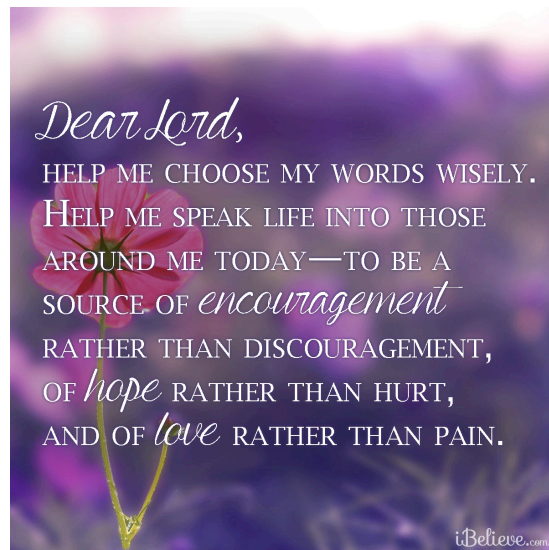
*There are so many people who live in darkness as a result of abusive relationships. Abuse can take many forms, not just physical, but mental, verbal and emotional as well. It's important that we ask God to enlighten victims and provide them with wisdom to see when things are not right within their relationships. Even when they feel powerless or fearful, God is in their corner. When you pray for these victims, ask God for the strength to share these convictions, the compassion for the abused, and the wisdom to plant seeds that encourage people to think and ponder these serious issues.*

Lord Jesus, we call upon Your blessed name and pray for the children who are abused and suffering from wounds inflicted deep within them, and those led into sin at a young age, not knowing what they are doing. In Your blessed power, release them from these captives and may their hearts be healed, in Your perfect love and healing.

May those who abuse and inflict pain upon them and those who use little children for illicit earning, be brought to justice and be granted the punishment according to law and may these truly be taught of the repercussions of them inflicting pain upon these innocent ones. Lord Jesus, we ask You to open their eyes and hearts to love and to protect innocent ones from harm and evil. May they come to know You deeply, feel Your love wholeheartedly and give to these children from their hearts, the love they have received from You to little children who know not love, life and Your existence.

Almighty Father,

We lift up the children of this world, the ones who live comfortably and the ones who have no roof above their heads. We lift up the children who have never heard of You. And today as we pray, we remember and lift up in Your tender loving hands, the abused and abandoned, living without love, without hope, and without the basic needs of living.



# MARCH (29)

## WOMEN'S HISTORY MONTH

*During Women's History Month, we remember the trailblazers of the past, including the women who are not recorded in our history books, and we honor their legacies by carrying forward the valuable lessons learned from the powerful examples they set.*

*As we offer up our prayers around the globe we remember all those affected by gender-based violence and pray for a world where violence against women and girls no longer exists.*

Gender based violence knows no religion, age, nationality, culture, or socioeconomic class. Lord open our eyes and hearts to this reality. Create within our structures that will stimulate discussion, provoke thought, workshops to educate us and raise awareness around this human rights violation on earth.

O God of truth and justice,  
We humbly come before you the Prince of Peace.

Kindle our hearts O God to true love of peace,  
that in our homes we find peace, true peace from  
You and that this peace may flow through us and  
out to our communities

In your mercy, hear our prayer through Jesus  
Christ our Lord

Heavenly Father, we pray for all those who have experienced humiliation through sexual violence and powerlessness in the face of threat. We give you thanks for revealing yourself in our communities, and for bringing healing through the work of justice and mercy. Thank you for inspiring us with courage to change.

Lord help us to become good listeners so that we may be able to know when to speak out and when to be silent. We pray that you will also help us to become part of the solution rather than be part of the problem. All these we give you Thanks.

*Amen*

Where there is darkness,  
light; where there is untruth,  
truth:



Comfort all women who  
struggle in the darkness of  
abuse, poverty, and loneliness.

*Amen.*

*To everything  
there is a season,  
and a time to every  
purpose under  
Heaven.*



## APRIL (30)

Lord Jesus, we pray for all to follow your example of treating men, women and children with equality and respect.

We pray for all who live in fear of violence and despair that life will ever change.

Bring to an end their suffering; restore their sense of worth.

We pray for those who perpetrate abuse with no sense of guilt or shame.

Bring to justice their actions; change their inner hearts.

We pray against regimes that endorse violence.

Shatter their evil influence; initiate a rule of decency.

Loving Lord, we pray for a better world where we may walk in the shoes of love, justice and peace.

**Amen**

Forgive us Lord when we hear neither your plea, nor the cries of your people.

Free us Lord from the fears that bind us, or from any sense of powerlessness.

Fill us Lord with your dream of a just world and the tenacity to keep going in playing our part, in your name, **Amen**

**Maggie Lunan**



**MAY** (31)

### **The Gratitude Prayer**

God help us to always look to the many things for which we can be grateful even in the midst of times of loss.

Let us enjoy the peace that comes with having a grateful heart.

The Bible tells us that it will rain on the just and the unjust, but there is always something to thank you for, God.

Teach us to make the choice to think on those things, so that we may always have a thankful heart.  
*Amen*

Lord God Almighty, thank you for the privilege of prayer. Help us to be joyful in our service. Anoint us with the oil of gladness. Teach us to be responsible Christians in our walk with you. Help us to be kind to ourselves and to love each other with the unconditional love of Jesus our Lord and God.

Help us to attend to the needs of those victimized by violence and those that suffer silently. Strengthen us with your Holy Spirit in our fight to overcome violence in our midst. Empower those individuals and organizations that are proactive in this course to bring about justice and peace in our homes, communities and nation.

We thank you for Jesus and his saving grace and Lord make us a blessing to someone today!  
In Jesus Name we pray.

*Amen.*

willUstand



**VIOLENCE OF  
ANY KIND?**

**DO NOT BE  
SILENT ANY  
LONGER.**

Thinking of mother on Mother's Day

### **A Prayer For My Children**

Lord, some days this mama gets so tired so tired in fact, that I just won't know what to do except set my face before you when I come to you in prayer I must first whisper thank you, thank you Jesus, for my children. Thank you for their energy and their sleep. Well, when they sleep thank you for their open hearts and sometimes willing hands. Thank you for teaching me so much about them through you to be chosen as "mama" is a gift from you. May I recognize that gift as much on high strung days as the low key days. May this thought flooding my mind with joy and my simple thank you transforms my thought from weak mommy to empowered mama in Jesus Name,

**Unknown**

## JUNE<sup>(30)</sup>

Lord Jesus, we pray that we may become as pure, as innocent and as humble as children, with no evil, impurity and vengeance in our hearts. May we be excellent examples of godly men and women to children who are in our care. May we nurture and bring them close to You, as they become the future generation of the world and a blessed people of Your Kingdom. ***Amen***

Merciful and everlasting God, we thank you for who we are. We thank you that we can call you our Father. We thank you for your love for all people that has enabled you to die on the Cross for the salvation of the world. Help us heavenly Father to love one another, for love comes straight from God.

We pray for all those who are victims of violence in their homes.

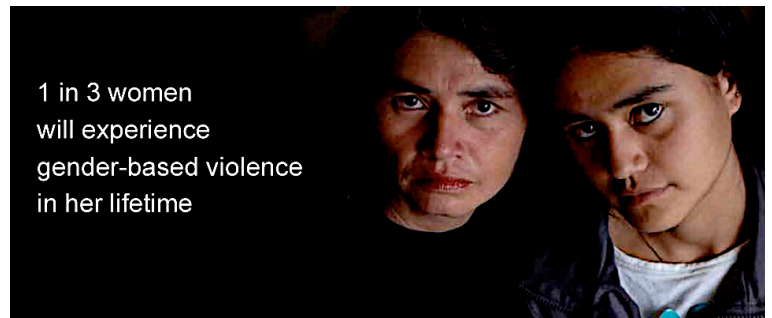
May they be granted the strength and the power to overcome fear and try to seek solutions. We pray for those women shut off from a full life by tradition and practice. For those seeking answers and meanings to their lives within their own cultures and religions.

We pray for all those who suffer through no fault of theirs. We pray that you will continue to give joyful expression to your creative love which breaks down barriers, and unites person to person, woman to man, and community to community.

This is our prayer and we ask this through our Lord and Savior Jesus Christ.

***Amen***

## THINK ABOUT IT !!



# JULY (31)

Dear God, Help us to focus on you today, remembering that the gift of Christ, Immanuel, is our most treasured gift for the whole year through. Fill us with your joy and the peace of your Spirit. Direct our hearts and minds towards you. Thank you for your reminder that both in seasons of celebration and in seasons of brokenness, you're still with us. You never leave us. Thank you for your daily Presence in our lives, that we can be assured your heart is towards us, your eyes are over us, and your ears are open to our prayers. Thank you that your surround us with favor as with a shield, we are safe in your care. We choose to press in close to you today... In Jesus' name, amen.

~ Debbie McDaniel

Dear Lord, our Almighty Father always loving and kind. You came into this world for those who are weak, lonely, suffering from sickness, and those crying out for justice in this life. Through your Son our Savior Jesus Christ you gave your life that we might change our ways and receive Salvation.

At this moment, we pray for those women and children who are going through Domestic Violence or any kind of abuse and are not able to share it with anyone, that they may be able to reach out and break the silence and seek justice.

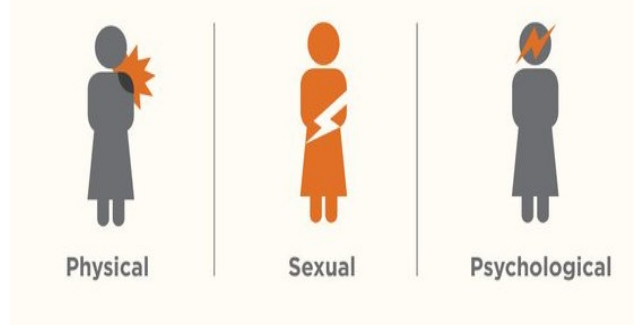
We pray for those men and women who are working with the youth and women who have been victimized, our clergy and churches and organizations who bring awareness to the violence among our world. We pray that more

and more awareness programs are set up so that such issues can be brought to justice and the perpetrators get punished. We ask all these in Jesus' name.

*Amen*



## FORMS OF VIOLENCE







*I am indebted to all the individuals near and far who made this booklet possible by their contribution of prayers. A “special thank you” to Thembeke Pama, GFS World President for giving me the opportunity to create this booklet. This booklet has been a labor of love for my passion of gender equality around the world and the Girls’ Friendly Society (GFS)*

*My love of my God and the Girls’ Friendly Society (GFS) and its motto “Bear Ye One Another’s Burdens and so fulfill the Law of Christ” is what I pattern my life. I thank God for the many blessings, and friendships I have formed with my GFS sisters globally over many years which I cherish dearly. May God bless all my sisters in Christ and the GFS family as we pray for those that are struggling to survive and one another.*

*Delores M. Alleyne 2018  
GFS/USA*

## MESSAGE FROM GFS WORLD PRESIDENT



I’d like to thank the past National GFS President of USA, for the work well done in creating this booklet. My sincere appreciation to everyone who responded positively and sent prayers to the writer. GFS Worldwide encourages all man and man Organisations who always participate in Campaigns against Abuse of Women and Children.

## C o n t r i b u t o r s

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