



The central tenant of the Mothers' Union RISE UP Campaign is the Bronze, Silver Gold Award Scheme for Branches and /or Parishes across Britain and Ireland.



To achieve the **Bronze** award a branch or church should:

1. **Put a RISE UP poster** raising awareness about domestic abuse in an appropriate public place such as in churches, toilets, community centres, medical centres etc.
2. **Commit to pray** for those affected by domestic abuse, including the victims, survivors, perpetrators and those who work in the field of domestic abuse.
3. **Make a connection with the local domestic abuse support organisation** to see how one can support them.



THE MU RISE UP CHALLENGE



❖ Put up a domestic abuse poster

❖ Commit to praying regularly

❖ Support local domestic abuse service



Respond
 Inform Unite
 Support Pray
 Empower

Respond... Inform... Support... Empower... Unite... Prayer... Mothers' UNION Christian care for families

The RISE UP resources reflect a 365 day approach and are found at [RISE UP Against Domestic Abuse | Mothers' Union \(mothersunion.org\)](http://RISE UP Against Domestic Abuse | Mothers' Union (mothersunion.org))

EQUIPPING THE CHURCH TO TAKE ACTION AND END DOMESTIC ABUSE

Domestic abuse is pervasive, and touches the heart of every community in Ireland. ***'Equipping the Church To Take Action And End Domestic Abuse'*** is a 5 part programme, and a welcome opportunity to discuss positive steps towards prevention, highlighting and supporting victims/survivors and our local domestic abuse services.

The 2024 programme schedule is as follows:

Wednesday Mornings from 10.30am to 12pm
10th January to 7th February 2024

Wednesday evenings form 7.30pm to 9pm
10th April to 8th May 2024
25th September to 23rd October 2024



The Irish edition of the ***Restored Guide for Churches to Address Domestic Abuse*** is the basic manual for the course and copies are posted / delivered to participants prior to the first session.

A useful Participant Guide outlines the content of each session and on registering is emailed in pdf format to all participants.

For further details contact: muchangingthestory@gmail.com





Stopping Violence
Stopping Poverty
Stopping Injustice

'Changing The Story' Well-being Group, is an online programme, run over 12 weekly sessions, and based on the vision of Kintsugi Hope – to discover treasures in life's scars. **The next group starts on Monday 12th February 2024 and runs until the end of April, with an optional in person weekend retreat in Newcastle, Co. Down factored in from the 19th – 21st April 2024.**

The weekly sessions will cover the following topics:

- Honesty – life is a journey.
- Anxiety – who cares?
- Depression – strong for too long.
- Shame – discovering the treasure.
- Anger – boiling point.
- Disappointment and loss – God's silence doesn't mean God's absence.
- Perfection – beyond reach or reason.
- Forgiveness – living with our scars.
- Self acceptance – I am flawsome.
- Healthy relationships – stay connected.
- Resilience – strength to carry on.
- Review – continuing the story.

All our facilitators have undertaken *Kintsugi Hope Wellbeing* training.

For further information on how to join the group, or for any other query, please contact: [**muchangingthestory@gmail.com**](mailto:muchangingthestory@gmail.com)

Useful Resources:



MU 'Souls of Our Shoes Exhibition' consists of 50 pairs of shoes from women, men and children who have walked away from abuse, each with a comment speaking on their behalf. A display board and a box of useful resources accompany this exhibition.

Contact: muchangingthestory@gmail.com

The **Thursdays in Black** campaign is simple yet profound. Wear black on Thursdays. Wear a pin to declare you are part of the global movement working towards a world without rape and violence.
www.oikoumene.org



SAFE CHURCH

The **Safe Church** Initiative was developed by Onus to empower churches to recognise and respond to Domestic Violence and Abuse both within the church and wider community context. www.onwustraining.co.uk

Training Sessions will take place on:

Tuesday 27th February 2024 11.00am -12.30pm

Tuesday October 1st2024 7.30pm – 9pm

Restored are creating a network of churches that never tolerate abuse, but instead provide a safe refuge for survivors, journey with them on their road to recovery, and demonstrate God's deep love for them. These churches are called **Restored Beacons**. www.restored-uk.org



The **Red Chair Project** involves reserving an empty chair in a public place, alongside information about domestic abuse and violence against women. The empty chair acts as a powerful symbol of the many who've been killed through gender-based violence - women who should still be with us today.

[The Red Chair Project - Restored \(restored-uk.org\)](http://www.restored-uk.org)

The **16 Days of Activism** Against Gender-Based Violence takes place from November 25th to December 10th each year. www.mothersunion.org/resources/16-days-of-activism

