



Listening with Love to The Word

**In conversation
through
hurting, healing and hope**



"A Church
that
does not listen...
cannot be credible,
especially for the
young who will
inevitably turn away
rather than approach."

Pope Francis 3rd October 2018

Listening with Love to the Word

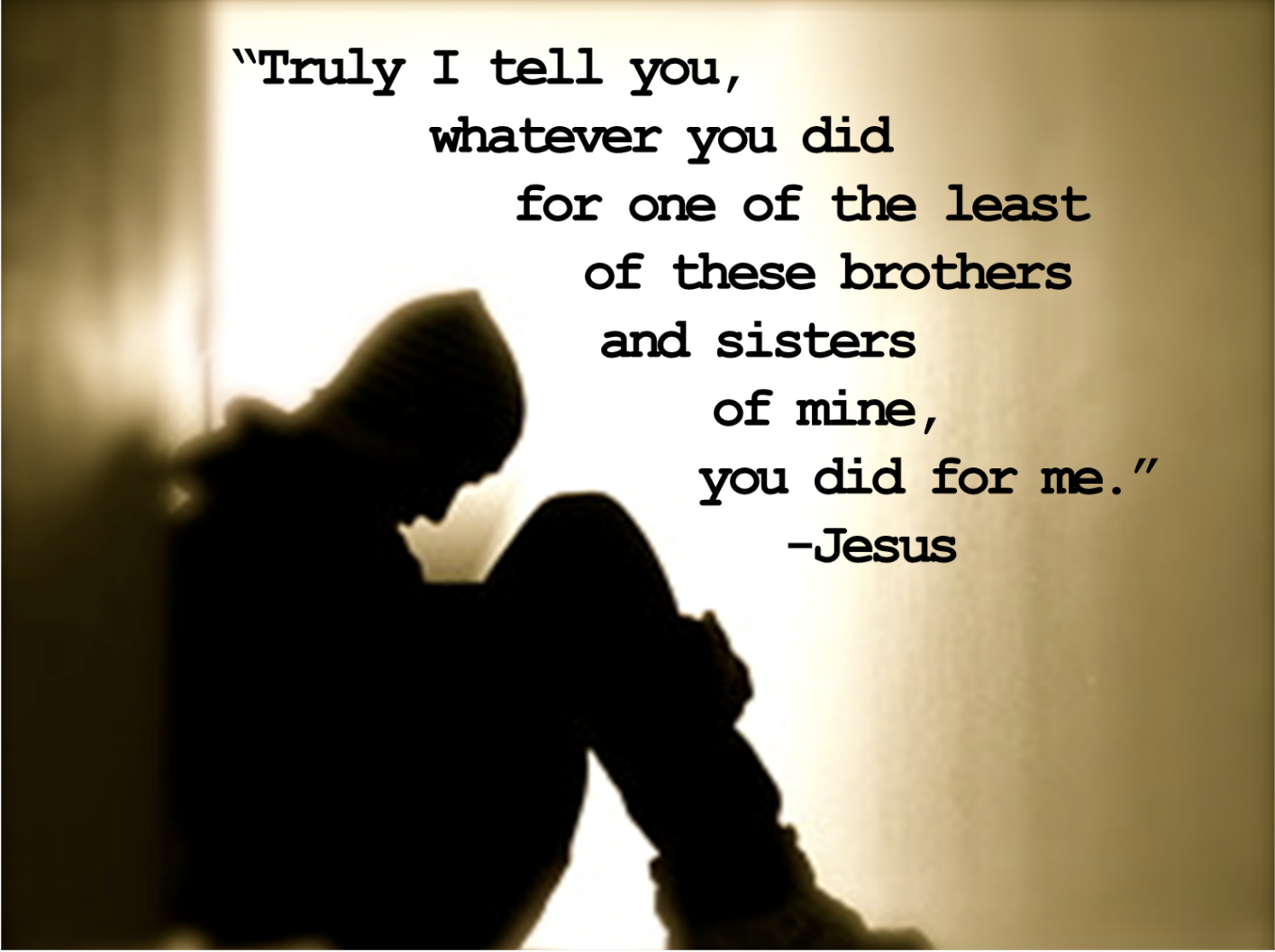
The Gospel invites us to

- respond to the God of love who saves us
- see God in others
- go forth from ourselves to seek the good of others

(Pope Francis, *Evangelii Gaudium* 39)

**Speak Lord, your servant is listening
(1 Samuel 3:9)**

Week One



"Truly I tell you,
whatever you did
for one of the least
of these brothers
and sisters
of mine,
you did for me."
-Jesus

Will Anyone Listen?

Opening Prayer

Lord ,we thank you for bringing us together.
Grant us the gifts of patience and understanding
as we truly listen with love to each other and to you.
Bless our time together,
as with your help, we try to walk in your ways.
We ask your blessing of love on all who are burdened with pain and suffering.

Introduction

What does the word 'Listening' mean to me?

Short discussion

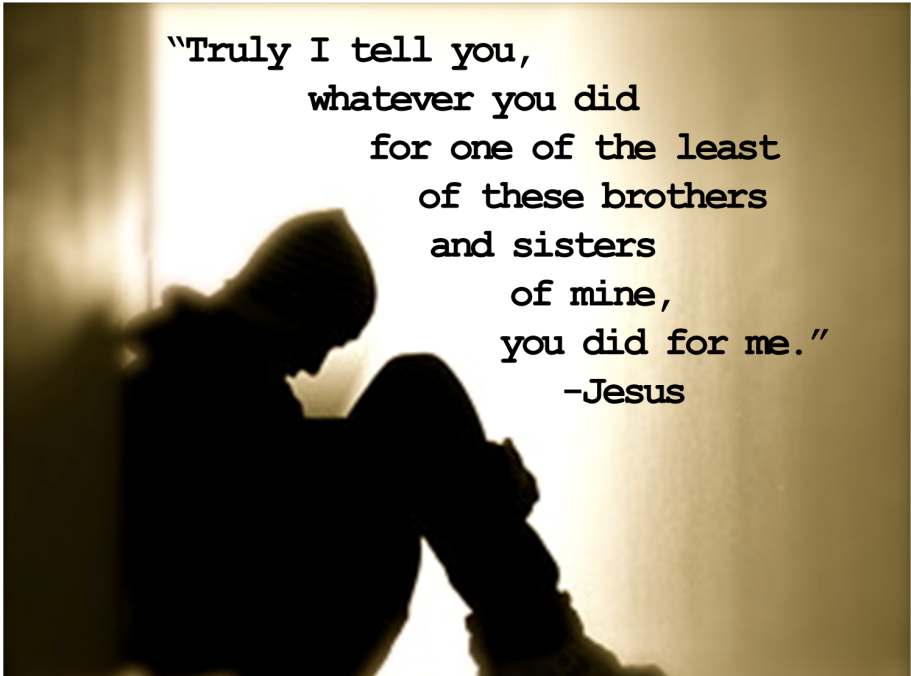
Listening with Love to the Word

Holy Spirit, as we listen to the reading,
open our hearts that we may see what you want us to see,
and hear what you want us to hear.

Scripture Reading

Matthew 25:37-40

Then the righteous will answer him, saying,
'Lord, when did we see you hungry and feed you,
or thirsty and give you drink?
And when did we see you a stranger and welcome you,
or naked and clothe you?
And when did we see you sick or in prison and visit you?'
And the King will answer them,
'Truly, I say to you,
as you did it to one of the least of these my brothers and sisters,
you did it to me.'



"Truly I tell you,
whatever you did
for one of the least
of these brothers
and sisters
of mine,
you did for me."
-Jesus

The Conversation: Two survivors in conversation

(Play the recorded conversation)

Reflection

Quiet, personal reflection time to think about what has been said.

Response

What in particular spoke to you?

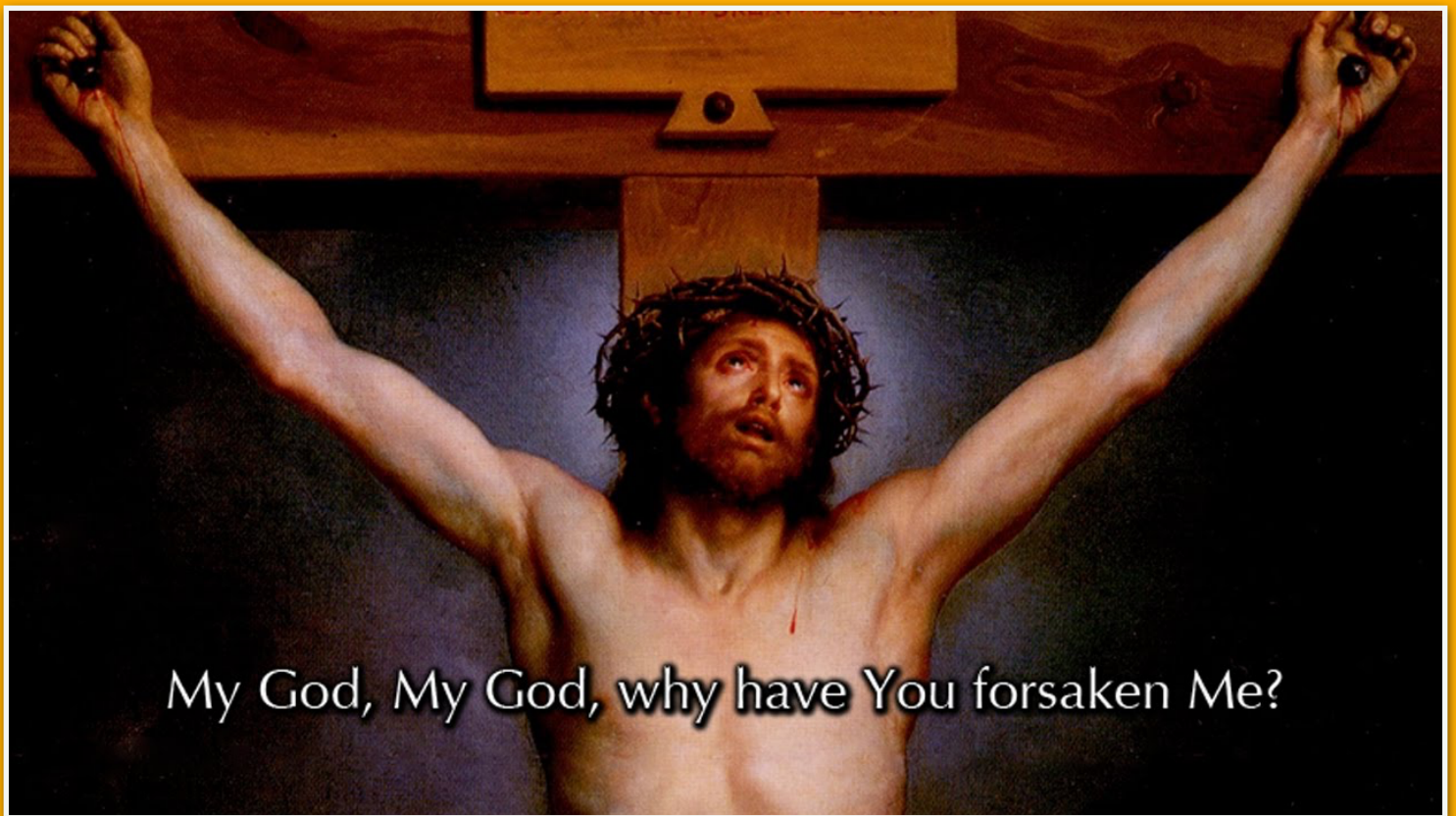
How would you listen with love?

Closing prayer

Father of hope and consolation,
be the guardian of all who suffer abuse,
send healing for their wounds.
Deepen our respect
for the dignity of every human life.
Heal the brokenness of all victims of abuse,
and renew the spirit of all who lament this sin.
Through Christ our Lord.
Amen.

If you have been affected by anything that has been shared today,
then you might like to speak to: Parish Safeguarding Representative, Parish Priest or
Diocesan Safeguarding Coordinator.
All contact will be treated in the strictest confidence.
Alternatively there is a list of further contacts & resources at the end of this booklet.

Week Two



Abandoned

Opening Prayer

Heavenly Father, I cannot speak,
unless You loose my tongue;
I only stammer,
and speak uncertainly;
but if You touch my mouth,
my Lord,
then I will sing the story of Your wonders!

Celtic Daily Prayer

Introduction

What does the word 'abandoned' mean to you?

Short discussion

Listening with Love to the Word

Holy Spirit, as we listen to the reading,
open our hearts that we may see what you want us to see,
and hear what you want us to hear.

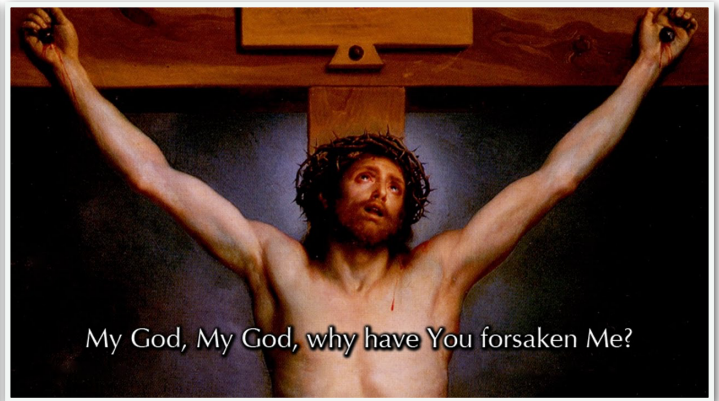
Scripture Reading

Mark 14:66-72

While Peter was down below in the courtyard,
one of the high priest's servant-girls came up.
She saw Peter warming himself there,
looked closely at him and said,
'You too were with Jesus, the man from Nazareth.'
But he denied it. 'I do not know,
I do not understand what you are talking about,' he said.
And he went out into the forecourt, and a cock crowed.
The servant-girl saw him and again started telling the bystanders,
'This man is one of them.'
But again he denied it.
A little later the bystanders themselves said to Peter,
'You are certainly one of them! Why, you are a Galilean.'
But he started cursing and swearing,
'I do not know the man you speak of.'
And at once the cock crowed for the second time,
and Peter recalled what Jesus had said to him,
'Before the cock crows twice, you will have disowned me three times.'
And he burst into tears.

Mark 15:34

And at the ninth hour Jesus cried out in a loud voice,
'Eloi, eloi, lama sabachthani?'
which means, 'My God, my God, why have you forsaken me?'



The Conversation: Two survivors in conversation *(Play the recorded conversation)*

Reflection

Quiet, personal reflection time to think about what has been said.

Response

What in particular spoke to you?

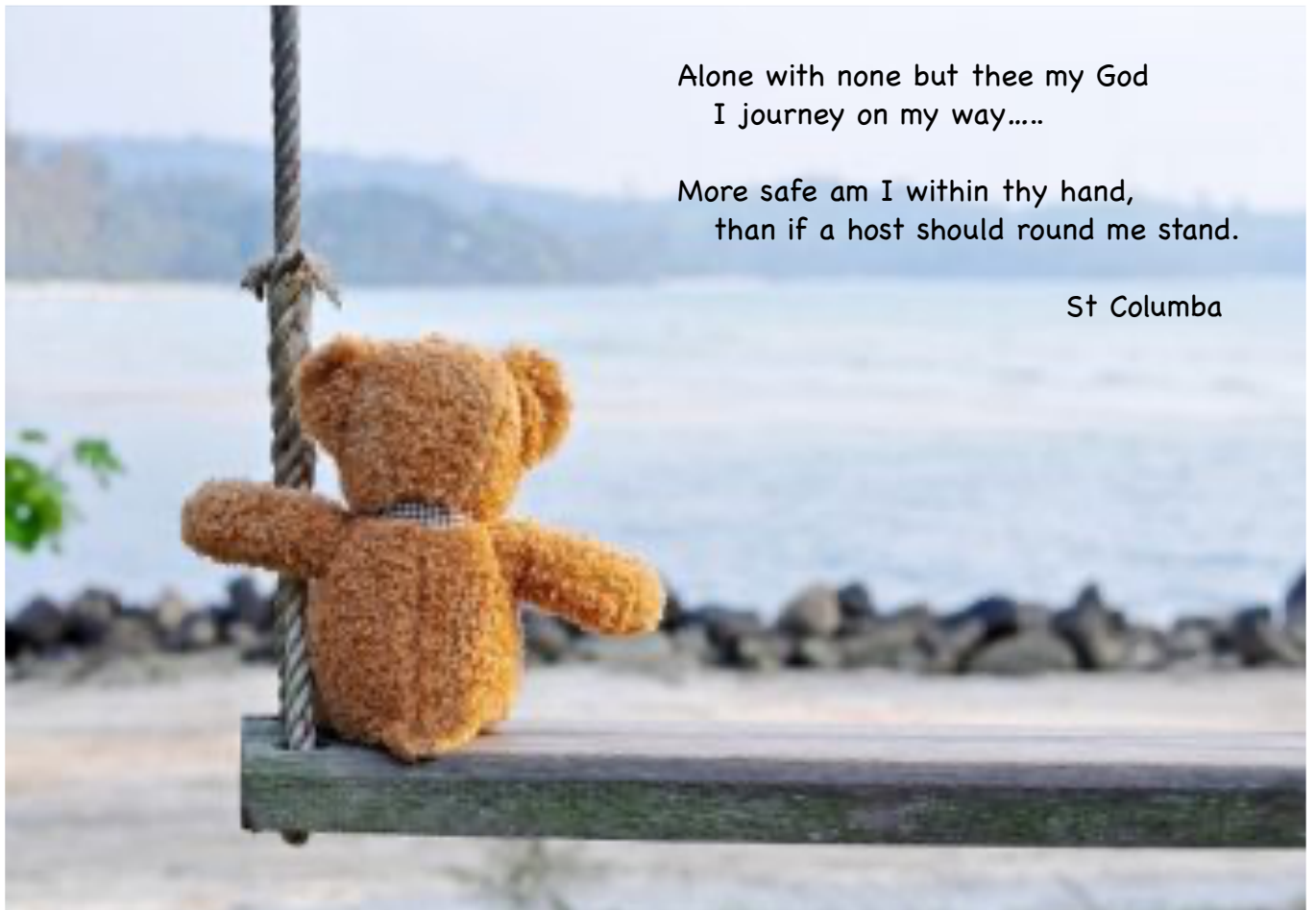
How would you listen with love?

Closing Prayer

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send healing for their wounds.
Deepen our respect
for the dignity of every human life.
Heal the brokenness of all victims of abuse,
and renew the spirit of all who lament this sin.
Through Christ our Lord.
Amen.

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Week Three



Alone with none but thee my God
I journey on my way.....

More safe am I within thy hand,
than if a host should round me stand.

St Columba

Alone

Opening Prayer

Heavenly Father, who loves and cares for all of your children,
especially the smallest and most vulnerable,
we entrust to you the lives of the many children and vulnerable adults,
who have been sexually abused,
and whose trust and innocence have been destroyed.
Help us to hear their cries of pain
and to take responsibility for so many broken lives.
Grant this through Christ our Lord.
Amen.

(PCPM)

Introduction

What does the word 'Alone' mean to you?

Short discussion

Listening with Love to the Word

Holy Spirit, as we listen to the reading,
open our hearts that we may see what you want us to see,
and hear what you want us to hear.

Scripture Reading

Matthew 19:13-15

Then children were brought to Jesus
that he might lay his hands on them and pray.
The disciples rebuked the people,
but Jesus said,
'Let the little children come to me and do not hinder them,
for to such belongs the kingdom of heaven.'
And he laid his hands on them and went away.

Luke 18:15-17

Now they were bringing even infants to Jesus
that he might touch them.
And when the disciples saw it, they rebuked them.
But Jesus called them to him, saying,
'Let the children come to me, and do not hinder them,
for to such belongs the kingdom of God.
Truly, I say to you,
whoever does not receive the kingdom of God like a child
shall not enter it.'



Alone with none but thee my God
I journey on my way...

More safe am I within thy hand,
than if a host should round me stand.

St Columba

The Conversation: Two survivors in conversation *(Play the recorded conversation)*

Reflection

Quiet, personal reflection time to think about what has been said.

Response

What in particular speaks to you, when you are alone?

How would you listen with love, to those who feel alone?

Closing Prayer

Father of hope and consolation,
be the guardian of all who suffer abuse,
send healing for their wounds.
Deepen our respect
for the dignity of every human life.
Heal the brokenness of all victims of abuse,
and renew the spirit of all who lament this sin.
Through Christ our Lord.
Amen.

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Week Four



Broken

Opening Prayer

Heavenly Father, here I am today,
feeling lost
and feeling the same pain and hurt again.
I am honestly feeling tired, weak and broken.
But I will still hold on to You, my sweet Jesus.
Because I know that this is just a part of my journey here as Your servant.

Christians TT

Introduction

What does the word 'Broken' mean to you?

Short discussion

Listening with Love to the Word

Holy Spirit, as we listen to the reading,
open our hearts that we may see what you want us to see,
and hear what you want us to hear.

Scripture Reading

Isaiah 61:1

The Spirit of the Lord GOD is upon me,
because the LORD has anointed me
to bring good news to the poor;
he has sent me to bind up the broken-hearted,
to proclaim liberty to the captives,
and the opening of the prison to those who are bound.

Luke 22:19

Jesus took bread, and when he had given thanks,
he broke it and gave it to them, saying,
'This is my body, which is given for you. Do this in remembrance of me.'



The Conversation: Two survivors in conversation

(Play the recorded conversation)

Reflection

Quiet, personal reflection time to think about what has been said.

Response

What in particular has spoken to your brokenness?

How would you listen with love to 'the broken'?

Closing Prayer

Father of hope and consolation
be the guardian of all who suffer abuse,
send healing for their wounds.
Deepen our respect for
the dignity of every human life.
Heal the brokenness of all victims of abuse,
and renew the spirit of all who lament this sin.
Through Christ our Lord.
Amen.



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Week Five



Forgiveness

Opening Prayer

O God,

I cannot undo the past, or make it never have happened!

- Neither can you.
- There are some things that are not possible even for you
- but not many!

I ask you, humbly and from the bottom of my heart:

please, God,

would you write straight with my crooked lines?

Out of the serious mistakes of my life

will you make something beautiful for you?

Teach me to live at peace with you,

to make peace with others

and even myself.

Let me experience your love so deeply

that I am free to face the future with a steady eye,

forgiven, and strong in hope.

Celtic Daily Prayer

Introduction

What does the word 'forgiveness' mean to you?

Short discussion

Listening with Love to the Word

Holy Spirit, as we listen to the reading,

open our hearts that we may see what you want us to see,

and hear what you want us to hear.

Scripture Reading

John 8:3-11

The scribes and Pharisees brought a woman along

who had been caught committing adultery;

and making her stand there in the middle

they said to Jesus,

'Master, this woman was caught in the very act of committing adultery,

and in the Law Moses has ordered us to stone women of this kind.

What have you got to say?'

They asked him this as a test, looking for an accusation to use against him.

But Jesus bent down and started writing on the ground with his finger.

As they persisted with their question, he straightened up and said,

'Let the one among you who is guiltless be the first to throw a stone at her.'

Then he bent down and continued writing on the ground.

When they heard this they went away one by one,

beginning with the eldest, until the last one had gone

and Jesus was left alone with the woman, who remained in the middle.

Jesus again straightened up and said,

'Woman, where are they? Has no one condemned you?'

'No one, sir,' she replied. 'Neither do I condemn you,' said Jesus.

'Go away, and from this moment sin no more.'



The Conversation: Two survivors in conversation

(Play the recorded conversation)

Reflection

Quiet, personal reflection time to think about what has been said.

Response

What in particular speaks to you about being forgiven?

How would you listen with love?

Closing Prayer

Father of hope and consolation
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send healing for their wounds.
Deepen our respect for
the dignity of every human life.
Heal the brokenness of all victims of abuse,
and renew the spirit of all who lament this sin.
Through Christ our Lord.
Amen.

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Week Six



Promise of Hope

Opening Prayer

Almighty God,
as we gather here together mindful of your presence,
please help us to grow in love and understanding.
Open our hearts to your inspiration and to your compassion.
We ask you this in love through Christ our Lord.
Amen.

Introduction

What does the word 'Hope' mean to you?

Short discussion

Listening with Love to the Word

Holy Spirit, as we listen to the reading,
open our hearts that we may see what you want us to see,
and hear what you want us to hear.

Scripture Reading

Ezekiel 34:11–16, 28

For thus says the Lord God:

Behold I, I myself will search for my sheep, and will seek them out.
As a shepherd seeks out his flock
when some of his sheep have been scattered abroad,
so will I seek out my sheep:
and I will rescue them from all the places where they have been scattered
on a day of clouds and thick darkness.

I will bring them out from the peoples,
and gather them from the countries,
and will bring them into their own land and I will feed them...

I will feed them with good pasture...

There they shall lie down in good grazing land...

I myself will be the shepherd of my sheep

I will seek the lost, and I will bring back the strayed;
I will bind up the crippled, and I will strengthen the weak;
and the fat and strong I will watch over.
I will feed them in justice...

They shall dwell securely and none shall make them afraid.



The Conversation: Two survivors in conversation

(Play the recorded conversation)

Reflection

Quiet, personal reflection time to think about what has been said.

Response

What in particular spoke to you?

How would you listen with love?

Closing Prayer

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send healing for their wounds.
Deepen our respect for
the dignity of every human life.
Heal the brokenness of all victims of abuse,
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Week Seven



Walking Together

Opening Prayer

Let me not undertake this journey begrudgingly,
but instead with love and thankfulness,
saying, as Columba said:
I thank you for this, my God:
I am a traveller and a stranger in the world,
like so many of your people before me.

Introduction

What does the phrase 'Walking Together' mean to you?

Short discussion

Listening with Love to the Word

Holy Spirit, as we listen to the reading,
open our hearts that we may see what you want us to see,
and hear what you want us to hear.

Scripture Reading

Luke 24:13-17, 28-32

Now that very same day,
two of them were on their way to a village called Emmaus,
seven miles from Jerusalem,
and they were talking together about all that had happened.
And it happened that as they were talking together and discussing it,
Jesus himself came up and walked by their side;
but their eyes were prevented from recognising him.
He said to them,
'What are all these things that you are discussing as you walk along?'
They stopped, their faces downcast.

When they drew near to the village to which they were going,
he made as if to go on;
but they pressed him to stay with them saying,
'It is nearly evening, and the day is almost over.'
So he went in to stay with them.
Now while he was with them at table,
he took the bread and said the blessing;
then he broke it and handed it to them.
And their eyes were opened and they recognised him;
but he had vanished from their sight.
Then they said to each other,
'Did not our hearts burn within us
as he talked to us on the road and explained the scriptures to us?'



The Conversation: Survivors in conversation

(Play the recorded conversation)

Reflection

Quiet, personal reflection time to think about what has been said.

Response

What in particular spoke to you about ‘walking with others’?

How would you listen with love to those you know?

Closing Prayer

Teach me to hear that story,
through each person,
to cradle a sense of wonder
in their life,
to honour the hard-earned wisdom
of their sufferings,
to waken their joy
that the King of all kings
stoops down
to wash their feet,
and looking up
into their face
says, “I know — I understand.”

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Journeying Together



Journeying Together - a follow-up

Reflection

in small groups on the words of Jesus:

'Whatever you do to the least of my brothers and sisters you do it to me'.

Discussion

'We have a brilliant Safeguarding Officer in the Parish, so isn't that enough? Do I really need to be involved?' Discuss!

What could I do as an individual for those who have suffered abuse?

What can we do as a parish?

What can we do as a Pastoral Area?

What might you feel called to do as a result of 'Listen with Love'?



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Listening with Love to the Word of God

In conversation through hurting, healing and hope

The *Let's be Honest* Group was approached by the Bishops' Conference to provide some material for Lent 2021. From the beginning, it was recognised that the opportunity to invite people to reflect on the impact of abuse on individuals, and the Church, should not be limited to a particular time and that the resource could be for use at any time.

After an initial discussion about looking at scripture and how it might be reflected upon as well as how to link the sessions the members of LBH asked survivors to prepare the resource. The survivors identified the themes and decided that, in conversations the voice of the survivor could be heard. Therefore, using scripture and recorded conversations each session reflects upon the impact of abuse. Participants are invited to listen and reflect.

At the end of the six sessions there is an opportunity to reflect on what has been heard and what it means for the local Church.

Acknowledgements

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Prayers — as indicated

Images are taken from the following sources: unsplash.com. *My God My God* is from Youtube uploaded by Karl Kohlhasse October 24th 2014. /cbenson.weebly.com/blog.html. “*Stop feeling so lonely and isolated*” positivecatalog.com, “*God has an amazing way*” heartprintofgod.com “*Have you ever been so sad*” lovethetic.com *Walk Emmaus Wallpaper* hipwallpaper.com *liz lemon swindles Jesus* foundationsarts.com Every effort has been to identify and

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<https://www.cbcew.org.uk/home/events/listening-with-love>

Resources

Safe Spaces

Safe Spaces is a free and independent support service, providing a confidential, personal and safe space for anyone who has been abused through their relationship with either the Church of England or the Catholic Church in England and Wales.

Telephone: 0300 303 1056 (answerphone available outside of opening times)

Email: safespaces@victimsupport.org.uk

LiveChat/Website: safespacesenglandandwales.org.uk

Diocesan Safeguarding Offices

Diocesan Safeguarding Offices can be located using the interactive map on the links page of the Catholic Safeguarding Advisory Service (CSAS) website - contact details will be shown when you click on the relevant area of the map.

<https://www.csas.uk/net/links/>

RASAC (Rape and Sexual Abuse Support Centre)

National Helpline: 0808 802 9999 (12-2.30 & 7-9.30)

Survivors UK

Male Rape and Sexual Abuse Support

survivorsuk.org

Samaritans

Telephone: 08457 909090

Email: jo@samaritans.org

National Rape Crisis Support

rapecrisis.org.uk

The Survivors Trust

Support, advice and info

Telephone: 0808 801 0818

ACA (Adult Children of Alcoholics and Dysfunctional Families)

For general enquiries about ACA UK,

send email to: info@acoa.uk

or call us on: 01590 610936