




Prayers for those
who are victims
of sexual violence,
harassment or abuse.



For fourteen
Centuries ...
the Shrine and Well at
Holywell in North Wales has
been a place of pilgrimage,
prayer and healing at the
intercession of St. Winefride.



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A listed scheduled monument in the care of the Roman Catholic Diocese of Wrexham
Registered Charity no. 700426

Jesus said, "Come to me all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden light."

Matthew 11:28-29. RSV-CE ©2017 Crossway



Prayer for Victims

Loving God, I know you hold each of us in the palm of your hand. I know it is so, but why, O Lord, why? I rage at this sin against the defilement of your creation, this assault on the peace of mind, on what you see to be good.

I mourn lost serenity, security, confidence;
I mourn lost ease and an open nature.
I hate what again this assault has done.
I feel that this body and soul may never be the same.

Send your healing like cool rain.
Soothe troubled spirits with the balm of your tender love.
Help all to feel secure, safe within your shelter, my Lord.

Let anger not turn inward to self-loathing,
but outward for action and purpose: to help others,
to bring hope to those whose faith is not so strong.
Help, with your grace, victims to move beyond,
to be survivors instead.

May those who offend be forgiven;
and grant the peace and serenity
of a mind and body made whole again.

Amen.

*Adapted from a prayer by Julia Park Rodrigues
from Women's Uncommon Prayers*

Drawing on the story of St. Winefride, who was a victim of sexual harassment and violence and who found her healing in the actions of her uncle, the priest Beuno and the quiet of reflection and prayer, this leaflet is offered to you or someone you know that in their life there may be need of that healing, hope, peace and reconciliation – either as a victim or friend of one who suffers because of the outrage of sexual attack.

Prayer for Healing and Reconciliation

Praise to you Father of our Lord Jesus Christ
the source of all consolation and hope.
Be the refuge and guardian of all
who suffer from abuse and violence.
Comfort them and send healing
for their wounds of the body, soul and spirit.
Help us all and 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.
We ask this through Christ our Lord. *Amen.*

Catholic Diocese of Northampton

S.Winefride, pray for us
S.Beuno, pray for us

O Lord, you search me and you know me.
You yourself know my resting and my rising;
you discern my thoughts from afar.
You mark when I walk or lie down;
you know all my ways through and through.

Before ever a word is on my tongue,
you know it, O Lord, through and through.
Too wonderful for me, this knowledge;
too high, beyond my reach.

If I take the wings of the dawn
or dwell at the sea's furthest end,
even there your hand would lead me;
your right hand would hold me fast.

If I say, "let the darkness hide me
and the light around me be night,"
even darkness is not dark to you,
the night shall be as bright as day,
and darkness the same as the light.

I thank you who wonderfully made me;
how wonderful are your works,
which my soul knows well!

To me how precious your thoughts, O God;
how great is the sum of them!
If I count them, they are more than the sand;
at the end I am still at your side.

O search me, O God, and know my heart.
O test me, and know my thoughts,
See that my path is not wicked,
And lead me in the way everlasting.

Verses from Psalm 139 (138) © 2010 Conception Abbey/ Grail