



It's hard not to be upset by rolling media coverage of an unfolding tragedy. People exposed to more than six hours of daily coverage of a disaster are more likely to feel vulnerable, despairing, alienated and irritable. They are also more likely to suffer from feelings of a loss of identity or a sense of failure, as well as sleeplessness.

They can also experience intrusive thoughts and images of the event. And small, daily events can have a bigger impact than usual.

Apart from limiting exposure to media, there are things people can do to look after themselves: make sure they get enough sleep; exercise regularly; eat well; avoid using drugs and alcohol to cope; spend time with loved ones; do things they enjoy; get back into their usual routine.

Children are especially sensitive to media coverage of disasters. They might worry the same sort of thing will happen to them and their family, and fail to understand it's a one-off, discrete event. Parents shouldn't necessarily try to shield their children. Keeping secrets is not possible in this day and age, and trying to hide events can make things more terrifying.

Instead parents should try to limit the amount of media the child is exposed to, while explaining what has happened and answering their questions. It is also important to speak to the child about their feelings and do something with them, like playing a game or heading outside. Providing comfort and affection will help the child to feel safe. Parents can also remind their child there are plenty of good things that happen that don't make the news.

(Source: Lucy Fahey, [abc.net.au](http://abc.net.au))

## 24-hour telephone counselling

If you or someone you know needs support, call:

**Lifeline** on 13 11 14

**Kids Helpline** on 1800 551 800

**MensLine Australia** on 1300 789 978

**Suicide Call Back Service** on 1300 659 467

“We want to reaffirm our determination that those who murder and maim will never defeat all that is good in our society. Nor can they defeat the message of peace, hope and love which is a part the message of faith. Each one of us can respond to this horror by working to build communities which oppose those who wish to divide us. We should seek to defeat terrorism not by violence but by the power of love. A love which Christians celebrate in the teachings of Jesus.”

*(A statement by UK religious leaders)*



## Pilgrim Uniting Church

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## Ministers:

Rev Bob Hutchinson, Rev Sandy Boyce

# Prayers for Manchester May 2017





## We Pray in the Wake of the Horror of Violence

God, Present with us in Christ,  
Supporting and guiding us in the Spirit,  
Embrace us in your compassion,  
Hold us in your truth, Infuse us with your love,  
For the world can be a dark and violent place,  
Where what transpires is unfair and wrong,  
And where innocents suffer for the agenda of evil.  
Calm our fears and worries. Give us strength of peace.  
And the power of hope.

We think of victims and their loved-ones.  
Be with all who need solace and comfort in their time of distress. Work for healing with all who need it.  
When we turn our thinking to the perpetrators,  
Smack down any self-righteousness within us.  
Teach us how to unclench our souls as prejudice and judgement arise within our mindset.  
When we start to label people or name people as enemies, corrupt our thinking with your grace, love and compassion, reminding us of the teaching of Jesus about such people.  
May we not let go of our sense of horror at wrongdoing,  
Not seek to excuse acts of cruelty or hate,  
But transform these in your grace,  
So that understanding, forgiveness, and reconciliation become the orders of the day.  
May we work with you in this world, so that the day might come sooner than ever, where peace is the priority, injustice is resolved in good and right ways, where no-one dies because of the cause of others, and that we might live together,  
If not in unity, at least with respect and tolerance.  
Christ, may we better learn your way, and better live it together, so that the horrors of humanity might end.  
This we pray, now and always. Amen

*(Source: Jon Humphries)*



## We have no words left

God, whose presence we yearn toward in the stillness after our shaken, broken voices and the fires of violence fall silent: we have no words left.

The words others have said: “horrific” “worst” “unspeakable” “impossible” have been spoken so many times that we can no longer hear them.

Our hearts have broken so often, we cannot feel.

Our hope has been tried, and, we confess in sorrow, has been found wanting.

There has been too much terror,  
and not enough answers

too many lost lives with too little time to grieve them all  
too much violation of the ordinary

and not enough glimpse of the holy to hold us fast.

But you, oh God: beyond our words, beneath our hope:  
be the creative breath that orders our chaos

the mercy and justice that compels us to action  
the Love that is stronger than death.

We ask you again, for we have nowhere else to turn

Hold us fast, when we cannot hold on any longer.

Walk with us through the valley of the shadow

Turn us away from despair,

that we may not grow weary in well-doing

Beyond our divisions, bind us together as one family in

your kin-dom of mercy and peace. Amen.

*(Source: The Rev. Dr. Laurie A Kraus)*