

A Prayer for my Sisters' Keepers

*Compassionate God,
we pray for a loving heart that will
heed the cries of those who suffer in
silence, the pain of sexual exploitation.*

*May your spirit inspire us
to speak out for those who cannot
speak, that their freedom and human
dignity may be respected and
protected.*

*Give us the courage to walk in
solidarity, prayer and action with our
sisters and brothers.*

*We pray especially for a change of
mind and heart in those who
perpetrate the evil of human
trafficking, may your light transform
our world and beckon us out of
darkness into a new dawn.*

TRAC



Photo: Irum Shahid via SXC

A Prayer for my Sister

*Today my sister suffers.
At the cold hands
of an unjust world that
makes her vulnerable.
At the greedy hands
of those who sell her.
At the oppressive hands
of those who control her.
At the rough hands
of those who buy her.
At the hushed hands
of those who say nothing.
Today, my sister suffers.*

*Compassionate God,
today claim my sister
for yourself.
Ease her suffering -
hold her hand.
Shine your light
to dispel her nightmares.
Give her the strength
to live through today.
Give her the hope
for a better tomorrow.*

Theresa Helm



Photo: Constantin Jurcut via SXC

My Sister's Prayer

*In the dark of the midnight,
when the storm hides my face,
when the clouds roll above me
and there's no hiding place,
beneath the crush of the thunder,
precious God hear my cry,
keep me safe
till the storm passes by.*

*Till the storm passes over
and the thunder sounds no more,
till the clouds roll forever from the sky,
hold me fast, let me stand
in the hollow of your arm,
keep me safe
till the storm passes by.*

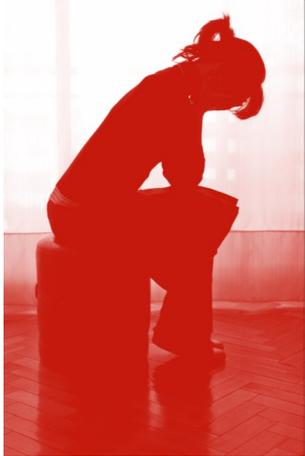
A Trafficked Woman



Photo: Jamie's Sky by Ambah via SXC

“The trade in human persons constitutes a shocking offence against human dignity and a grave violation of fundamental human rights.”

John Paul II



Lori was orphaned at nine years old and sold by a neighbour to traffickers. She has been exploited and abused for over half of her short lifetime. There is no peace for Lori.

Please pray with us for all victims of human trafficking.

For more prayer cards or information, please contact:

TRAC ~ Trafficking - Raising Awareness and Campaigning
c/o Chigwell Justice and Peace Centre
803 Chigwell Road, Woodford Bridge, Essex IG8 8AU
Email: info@traconline.org.uk
Website: traconline.org.uk

“The trade in human persons constitutes a shocking offence against human dignity and a grave violation of fundamental human rights.”

John Paul II



Rea has been rescued. She is now in a safe house where she sits all day in a corner, cuddled up to a teddy. Her passport says she is 23 but the staff believe her to be much younger. There is no peace for Rea.

Please pray with us for all victims of human trafficking.

For more prayer cards or information, please contact:

TRAC ~ Trafficking - Raising Awareness and Campaigning
c/o Chigwell Justice and Peace Centre
803 Chigwell Road, Woodford Bridge, Essex IG8 8AU
Email: info@traconline.org.uk
Website: traconline.org.uk

“The trade in human persons constitutes a shocking offence against human dignity and a grave violation of fundamental human rights.”

John Paul II



Laila awaits the birth of her baby in a safe house. She doesn't know what race or colour the baby will be or if she will be able to love the new life she carries. This should be a time of rejoicing. There is no peace for Laila.

Please pray with us for all victims of human trafficking.

For more prayer cards or information, please contact:

TRAC ~ Trafficking - Raising Awareness and Campaigning
c/o Chigwell Justice and Peace Centre
803 Chigwell Road, Woodford Bridge, Essex IG8 8AU
Email: info@traconline.org.uk
Website: traconline.org.uk