

## “Reconciling our pain in the healing circle: Giving a voice to our internal silence”

Restorative justice circles are structured, dialogue base processes that bring together those harmed and those responsible to repair relationships, foster accountability, and promote community healing.

Circles are typically arranged in a **circular, barrier-free format**, symbolizing equality and interconnectedness.

Key elements include:

1. Opening Ceremony
2. Talking Piece
3. Dialogue Rounds
4. Closing Circle







Silence leaves victims feeling shame, guilt, and questioning what they did to deserve it, wondering what is wrong with them.



# Giving a voice to our internal silence

Talking about the loss of a loved one due to a violent crime or the abused they experience as a child is uncomfortable, but necessary to break that silence.

The healing Circles helps provide a safe place for support even if it makes them uncomfortable by honoring and safeguarding the dignity of each member in the Circle when they speak, in the contexts and terms they choose.

Talking about what happened won't restore what was taken, but it can help them heal by sharing their story.

They feel less alone, and frees them to speak openly about their experience.

Many victims carry shame and guilt which doesn't help in the healing process. Not speaking up can take away the opportunity to live fully. That's why the silence ends in the Circle.



Adobe Stock | #840413344

















## BIBLE VERSES ABOUT SUFFERING IN SILENCE

*“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble...” – **2 Corinthians 1:3-4***

*“The LORD is close to the brokenhearted and saves those who are crushed in spirit.” – **Psalms 34:18***

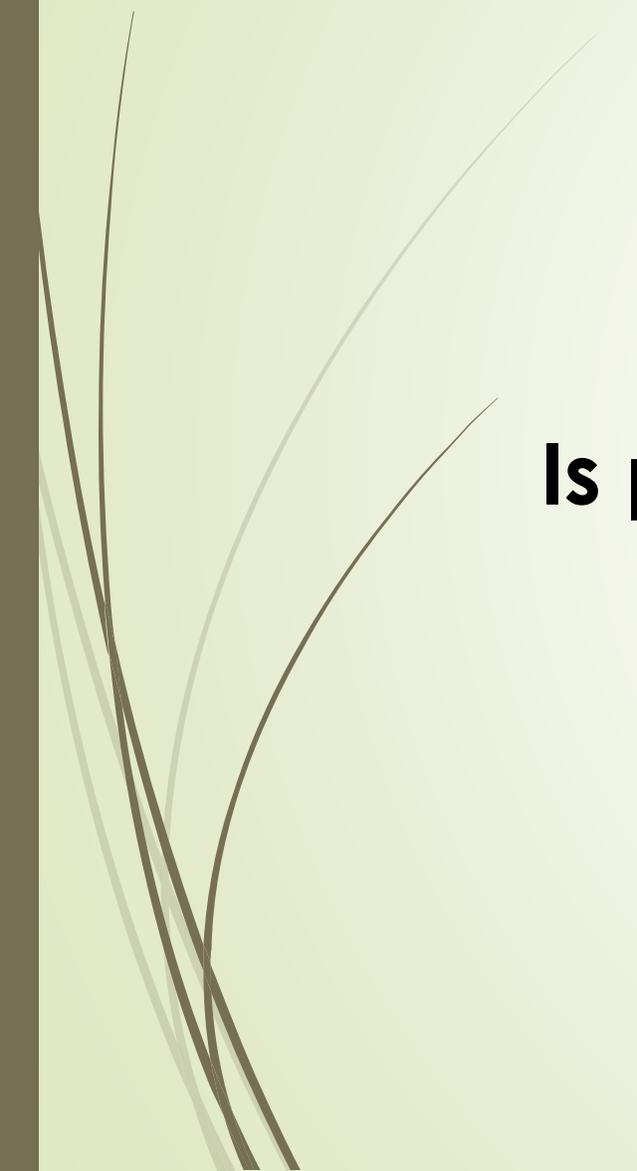
*“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.” – **Psalms 42:11***

In these Bible verses about suffering in silence, we find comfort and encouragement in God’s promises. That even in our darkest moments, we can turn to God for strength, hope, and community support. He understands our pain and offers comfort through His Word and the love of the Healing Circle. The journey may be difficult, but our struggles mold us into who we are meant to be. Therefore, let us embrace our trials with a spirit of prayer, praise, and trust in His timing. In God’s embrace, we will find light that leads us out of silence and into joy.



# ***Prayer Changes Things***

**Is prayer your steering wheel or your spare tire?**





*Heavenly Father,*

We come before You with hearts full of gratitude for the precious time we have shared in this gathering. Thank You for the wisdom, encouragement, and inspiration that have flowed through every speaker, every conversation, and every moment of fellowship.

Lord, we pray that the seeds planted in our hearts during this conference will take root and bear fruit in our lives, our families, and our communities. May the lessons learned here empower us to walk boldly in our calling, to love deeply, and to serve faithfully.

Bless each woman here with renewed strength, unwavering faith, and a spirit of unity. As we leave this place, may Your presence go before us, guide our steps, and keep us anchored in Your truth. We give You all the glory, honor, and praise.

In Jesus' name, we pray. Amen.