

Holding a Blue Knot Day service

Blue Knot Day is a national awareness day coordinated by Blue Knot Foundation, a national organisation advocating for the needs of the 5 million Australian adults who have experienced childhood trauma, including abuse. Blue Knot Day is celebrated in October every year. It is a day on which, Blue Knot Foundation ask all Australians to unite in support of the 1 in 4 Australian adult survivors of childhood trauma and abuse. This year's Blue Knot Day is on Monday 24th of October 2016, with events held throughout the country during the week of October 23 to 30.



BLUEKNOTDAY
24 OCTOBER 2016

Our symbol is the tangled blue knot representing the tangled knot of childhood trauma, a tangle which epitomises the chaos and confusion survivors often experience, which, for many, can take a life time to unravel. Blue is the colour of the sky and a clear blue sky represents possibility – the possibility for recovery, which is very real if people receive the right support. That support can come from family, friends, communities and professionals.



Pitt St Uniting Church inter-faith service 2015

The importance of community cannot be overstated. This Blue Knot Day, we are building on our overarching theme that 'Recovery is possible' with the theme for 2016, being: *'Together we lead the way to survivor recovery'*. Faith-based communities play a crucial role in the lives of many Australians, bringing people together, uniting them in support and breaking down the sense of isolation so many survivors often feel. People cannot heal in isolation but coming together in community we can acknowledge the strengths and challenges survivors experience while spreading the messages of hope and optimism which facilitate recovery.

As a faith-based community, we ask your community to hold a **special service in support of Blue Knot Day this year**. If not a service, maybe a moment's silence, or perhaps both. **You can register your service** with Blue Knot Foundation by completing the [Application to Hold an Event](#) form so we can list your service on our website to enable other community members to join. You can also [purchase Blue Knot pins or bracelets](#) from our [online shop](#) which you might wish to distribute at your service.

You will find more information about holding a service in support of survivors at www.blueknot.org.au/Blue-Knot-Day/Host-a-Faith-Based-Activity including a sample liturgy with prayers of lament, hope and community.



blue knot
foundation

empowering recovery from childhood trauma