During this month, Pope Francis invites people of good will to come together and pray:

For women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

Let us pray:
Dear Lord, help us to be more aware, outreaching, and supportive to people in abusive situations, so that they realise that someone cares and won’t feel alone.

Hands on:
I search on the Internet and learn about reports and services that are available for victims of domestic violence. In this way I would be able to advise and offer support to a person who is going through this trauma.