

Let your faith guide you.

**DOMESTIC VIOLENCE
& SEXUAL ASSAULT
CANNOT BE TOLERATED**

Break the silence!

Domestic violence and sexual assault affect thousands of Virginians every year.

Faith communities can be wonderful sources of support for survivors, or they can perpetuate silence and shame. Would a survivor in your congregation feel safe coming forward? Would you know how to help?

If you or someone you know needs help, call the hotline below for support, information and referrals.

You can also call to receive more information about how you and your congregation can create safety for survivors and help end domestic violence and sexual assault.



*People of Faith
in Virginia say
Violence is Wrong*

The Bible says:

"Do you not know that you are God's temple and that God's Spirit dwells in you? If any one destroys God's temple, God will destroy him [or her]. For God's temple is holy, and that temple you are." 1 Cor. 3:16-17

The Talmud says:

"To save even one life is to save the whole world. To destroy even one life is to destroy the whole world."

Sanhedrin, Chapter 4; Misnah 5

The Qur'an says:

"The believers men and women are protectors, one of another: they enjoin what is just and forbid what is evil."

at-Taubah 9:71

The Buddha said:

"In joy and safety
Let every being's heart rejoice...
Let none betray another's trust
Or offer any slight at all,
Or ever let them wish in wrath
Or in revenge each other's ill.

Bhikkhu Nanamoli

The Tao Te Ching says:

"Act calmly, not coldly.
Peace is greater than anger.
Tranquility and harmony
are the true order of things."

Book 2, Chapter 45

The Bhagavat Puran says:

"Non-violence is the first flower of worship, control of the senses the next. Forgiveness and compassion for all living beings are special varieties of flowers."

**Free copies of this double-sided bookmark
are available by calling:**



1.800.838.8238 V/TTY
Free. Confidential. 24 hours a day