

Mothers' Union's 16 Days of Activism

Hold Share the song "I am not Nothing" in your church service

The artist, **Beth Crowley**, has kindly allowed Mothers' Union and Dale Diva to record a choral version of her song, I am not nothing, which is now the agreed anthem for the RISE UP campaign. It is a very moving song to listen to. We are asking anymembers to try and share this song during their usual church service after giving a short introduction regarding the **RISE UP** Campaign.

Due to the nature of the song, it has been agreed that at any service where 'I am not nothing' is played, **you must have appropriate domestic abuse helpline numbers** available in case the song brings up any feelings for any of the congregation.



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I am not Nothing



To find out more, please visit:

www.mothersunion.org/MUGlobalDay

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I am not Nothing

No one never made me feel as small as you did
No one made me feel as cursed
I'd lie awake in bed just staring at the ceiling
Wondering if things would get worst

I was trapped under your thumb
Believing when you called it love

But I will forgive myself and start to let it go
Accept that who you chose to be was out of my control
and though it might be hard to begin again
I'll write myself a brand-new story with a happy end

I survived, so tonight I am taking back my life
and I'll show you that I am not nothing

I kept my head above the water 'til the moment
When all the elements aligned
and I could fly away to heal my broken spirit
and leave my demons far behind

You always said that I was weak
But the bravest thing I did was leave

So, I will forgive myself and start to let it go
Accept that who you chose to be was out of my control
and though it might be hard to begin again
I'll write myself a brand-new story with a happy end
I survived, so tonight I am taking back my life
and I'll show you that I am not nothing

Looking up at the sky
I think I see the start of a sunrise



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