a quiet place to begin

Held

Healing Every Life Deeply

The ministry document: what Held is, why it exists,
how its two lanes work, and how to stand with it.

> *"He heals the brokenhearted and binds up their wounds."*
>
> Psalm 147:3, NIV

A doorway inside Faith & Recovery for adults who were sexually abused
as children, and for the children who need protecting today.

THE MINISTRY

What Held is, and why it exists

Held is a ministry doorway inside Faith & Recovery, the recovery ministry of Love Your Legacy. It was created for a group of people most ministries walk past quietly: the ones who were sexually abused as children, and who have carried the weight of it ever since. Held gives them a named place to come, a gentle path to walk, and real help to hold in their hands.

Held exists because of what its founder carries. Tay was molested as a child. The wound followed her into adulthood and into sexual addiction, secrecy, and shame. She knows the road from the wound to the craving, because she walked it. She also knows the road back, because Jesus walked her out of it. She is completely delivered, and helping people through this road is her mission. Held is the space she needed and did not have.

So Held speaks from deliverance, not from the wound. Hope comes first. Shame is never the teaching tool. The blame for abuse is stated plainly, every time: it sits with the person who harmed the child.

Lane One: For Survivors

For adults who were sexually abused as children, including people whose wound later became a sexual addiction, and the spouses and family members who love them. Healing, prayer, teaching, and recovery doors.

Lane Two: For Protectors

For children at risk or being harmed now, and for the adults protecting them: parents, grandparents, pastors, and teachers. Protection first: clear reporting doors, body safety teaching, and safeguarding help for churches.

Two lanes, kept strictly separate, under one roof of mercy. The pages that follow describe each lane in full, the safeguarding frame that holds them both, and the ways a church or centre can stand with this work.

LANE ONE

For the grown child: adult survivors

Lane One serves women and men who were sexually abused in childhood, including people whose wound later became a sexual addiction, and the spouses and family members who love them. Six things live in this lane.

1 **The entrance.** One quiet page that says, in order: you are believed; it was not your fault; you never have to tell details to belong here; help exists; Jesus is not ashamed of you. A gentle content note sits at the top, in Tay's voice, never clinical.

2 **First help.** The crisis and counselling contacts are placed before any teaching. Nobody has to read a lesson to reach a phone number. The full directory sits at the end of this document.

3 **The healing path.** Short readings and prayers on shame, fear, anger, grief, triggers, the body, trust, and learning to feel safe. The path opens with the piece called You Did Not Know, and It Was Still Wrong: a child cannot consent, a child who did not know, did not tell, froze, or thought it was normal carries no blame at all, and the wrong was always the adult's.

4 **The addiction bridge.** When the Wound Becomes a Craving names the road from childhood violation to pornography, compulsive sexual behaviour, secrecy, and shame. It treats addiction as a wound that learned to cope, never as a survivor's sin for being wounded, and it ends in recovery doors, not in shame.

5 **Stories.** Survivor testimonies are shared only with written permission, credited by name only where the person wants it. Tay's own words enter only at her direction.

6 **A closed group, later.** Small, closed, led by trained facilitators, with screened participants, clear confidentiality limits, and referrals onward. This comes only after the safeguarding frame is fully in place.

LANE TWO

For the child now, and the adults protecting them

Lane Two serves parents, grandparents, pastors, teachers, and every protective adult around a child, with clear doors a young person can walk through with a safe adult beside them. Lane Two is about protection and referral. Love Your Legacy does not counsel children, does not receive children's disclosures, and does not run spaces where children talk with ministry volunteers.

The reporting door, first and largest

A child in immediate danger: **911**.

Report child abuse in British Columbia: **1-800-663-9122**, answered 24 hours a day. In BC, anyone who has reason to believe a child under 19 is being abused or neglected has a legal duty to report. You do not have to be certain. You do not have to give your name.

1 **If a child tells you.** Believe the child. Stay calm. Listen, and do not interview or press for details. Write down the child's own words. Tell the child it is not their fault, and that you will get help from people whose job is keeping children safe. Then report, the same day.

2 **Body safety teaching.** Simple, age-right teaching for protective adults to use with children: correct names for body parts, private parts are private, no unsafe secrets, a child keeps telling until someone listens, and no adult ever asks a child to keep a secret from a parent. The teaching is built from the Canadian Centre for Child Protection's family resources.

3 **For churches.** A plain safeguarding starter for congregations: screening, the two-adult rule, open doors, no private messaging with children, and what to do in the first hour after a disclosure.

The full Lane Two resource list, including the Helpline for Children, Kids Help Phone, the Sexual Abuse Intervention Program, Foundry BC, and Cybertip.ca, sits in the directory at the end of this document.

NON-NEGOTIABLE

The safeguarding frame

Both lanes are held inside one safeguarding frame. It is not fine print, and it does not bend for convenience, friendship, or ministry opportunity.

- No one-on-one contact between any ministry volunteer and a minor. Ever.
- No private messaging with children or youth on any platform.
- No comments and no public disclosure spaces on the Held pages.
- Any message that reaches the ministry describing a child at risk is answered with the reporting numbers and, where the law requires, reported. The ministry never promises secrecy about a child.
- Forgiveness is never pressured, and forgiveness never means silence, reconciliation, renewed access, or avoiding police and child protection.
- The blame sits with the person who harmed the child, stated plainly on every page of Lane One.
- Volunteers in any future group work are screened with a Criminal Record Check and a Vulnerable Sector Check, trained, and supervised. Tay is the founder and the voice, never the only counsellor.
- An advisory circle stands around Held before any group or event work: a pastor, a trauma counsellor, a sexual assault advocate, and a child protection voice.
- Held states clearly, everywhere it appears: this is a ministry, not a counselling service and not a crisis service. The crisis doors are the phone numbers in the resource directory.

Safety is not the opposite of ministry here. Safety is how the ministry loves people.

STAND WITH HELD

How a church or centre can partner

Host a visit

Invite Tay to teach Held at your church, centre, or group: her story of deliverance, You Did Not Know, and It Was Still Wrong, the addiction bridge, and prayer. Visits are always free. Some centres choose to give an honorarium, or to help with travel and materials, and it is received with thanks. (1 Timothy 5:18; Galatians 6:6.) Invitations come through the Contact page at loveyourlegacy.ca.

Print and stock the booklet

The Held guest speaker booklet was made to be printed and left where the quiet ones will find it: a counselling waiting room, a recovery centre shelf, the back of a sanctuary. Print it freely, stock it generously, and let people take it home without having to ask. The booklet is the short invitation to host a visit; this document is the full guide to the ministry.

Point people to the doorway

Held lives online at **loveyourlegacy.ca/faith-and-recovery/held/**. Link to it from your website, name it in your bulletin, or place it in your resource rack. A survivor can walk through that door at two in the morning without telling anyone.

Pray, and help keep it free

Love Your Legacy is donation based, and everything Held offers is free. Partners who give toward printing, travel, and the future counselling fund keep the doors open for the next person who needs them.

Where Held is growing: the four phases

Phase One. The doorway page, both resource lanes, and the safeguarding statement. This alone is a working ministry.

Phase Two. The healing readings and prayers for Lane One, the addiction bridge piece, and a printable Held booklet in the It's Love design.

Phase Three. A closed survivor group, only with trained facilitators and a partner organisation standing with us.

Phase Four. A Held counselling fund, so donations can pay for qualified counselling for survivors who cannot afford it, administered with a partner clinic so the ministry never handles clinical cases.

RESOURCE DIRECTORY

For survivors

Every number in this directory was checked on November 2, 2026.

Resource	How it helps
VictimLinkBC **1-800-563-0808**	Call or text, any hour, confidential, in more than 150 languages. Connects any victim of crime in BC to a local victim service program and to counselling. Email VictimLinkBC@bc211.ca.
Salal Sexual Violence Support Centre **604-255-6344** **1-877-392-7583**	24-hour crisis and information line. Free, confidential support, counselling, and an Indigenous support program, for women, trans, Two-Spirit, nonbinary, and gender diverse survivors.
BC Society for Male Survivors of Sexual Abuse **604-682-6482**	Individual and group therapy for male survivors, victim services, and support for partners and family.
Stopping the Violence counselling	Free counselling programs across BC for women who have experienced childhood abuse, sexual assault, or relationship violence. VictimLinkBC connects a caller to her local program.
Crime Victim Assistance Program (BC)	Can help cover counselling costs for victims of violent crime. VictimLinkBC or a local victim service worker helps with the application.
KUU-US Crisis Line **1-800-588-8717**	24 hours, BC-wide, Indigenous-led crisis support for adults, Elders, children, and youth.
Hope for Wellness Helpline **1-855-242-3310**	24 hours, for Indigenous people across Canada, with online chat at hopeforwellness.ca.
Suicide and crisis help **988**	Call or text 988 anywhere in Canada. If someone is struggling with self-harm or thoughts of suicide, this is the first door, day or night.
Finding a counsellor	The BC Association of Clinical Counsellors directory lists registered clinical counsellors. Look for trauma-informed practice and childhood sexual abuse experience. For sexual addiction, look for a CSAT (Certified Sex Addiction Therapist), or ask a counsellor directly about that training.
Recovery groups	Celebrate Recovery groups meet in local churches. Sex Addicts Anonymous offers phone and online meetings for people who want a group they can enter quietly.

RESOURCE DIRECTORY

Protecting a child

Resource	How it helps
A child in immediate danger **911**	Call 911 first, before anything else.
Report child abuse in BC **1-800-663-9122**	The Ministry of Children and Family Development's Provincial Centralized Screening, answered 24 hours a day. Reporting is a legal duty in BC. You do not have to be certain, and you do not have to give your name.
Helpline for Children **1-877-631-8282**	For a child or youth who is unsafe or being abused to call for themselves. Free, 24 hours, no name needed.
Kids Help Phone **1-800-668-6868**	Professional counsellors for young people, 24 hours. Text CONNECT to 686868.
Sexual Abuse Intervention Program (SAIP)	BC counselling for children and youth who have been sexually abused, and for their non-offending family members. Reached through the MCFD report line or a local child and family agency.
Foundry BC **1-833-308-6379**	Free, confidential health and wellness services for young people ages 12 to 24 and their caregivers, in person and virtually, no referral needed. foundrybc.ca or the Foundry BC app.
Cybertip.ca **1-866-658-9022**	Canada's tipline for online child sexual exploitation: luring, sextortion, and shared intimate images of anyone under 18. Report at cybertip.ca.
NeedHelpNow.ca	Practical help for a young person whose intimate image has been shared, including steps to get it taken down.
VictimLinkBC **1-800-563-0808**	Also serves families of child victims and connects them to their local victim service program.

Thank you for reading to the end of this document, and for caring about the ones who rarely get asked. If Held can serve your church, your centre, or someone you love, the door is open.

Talk soon, Tay