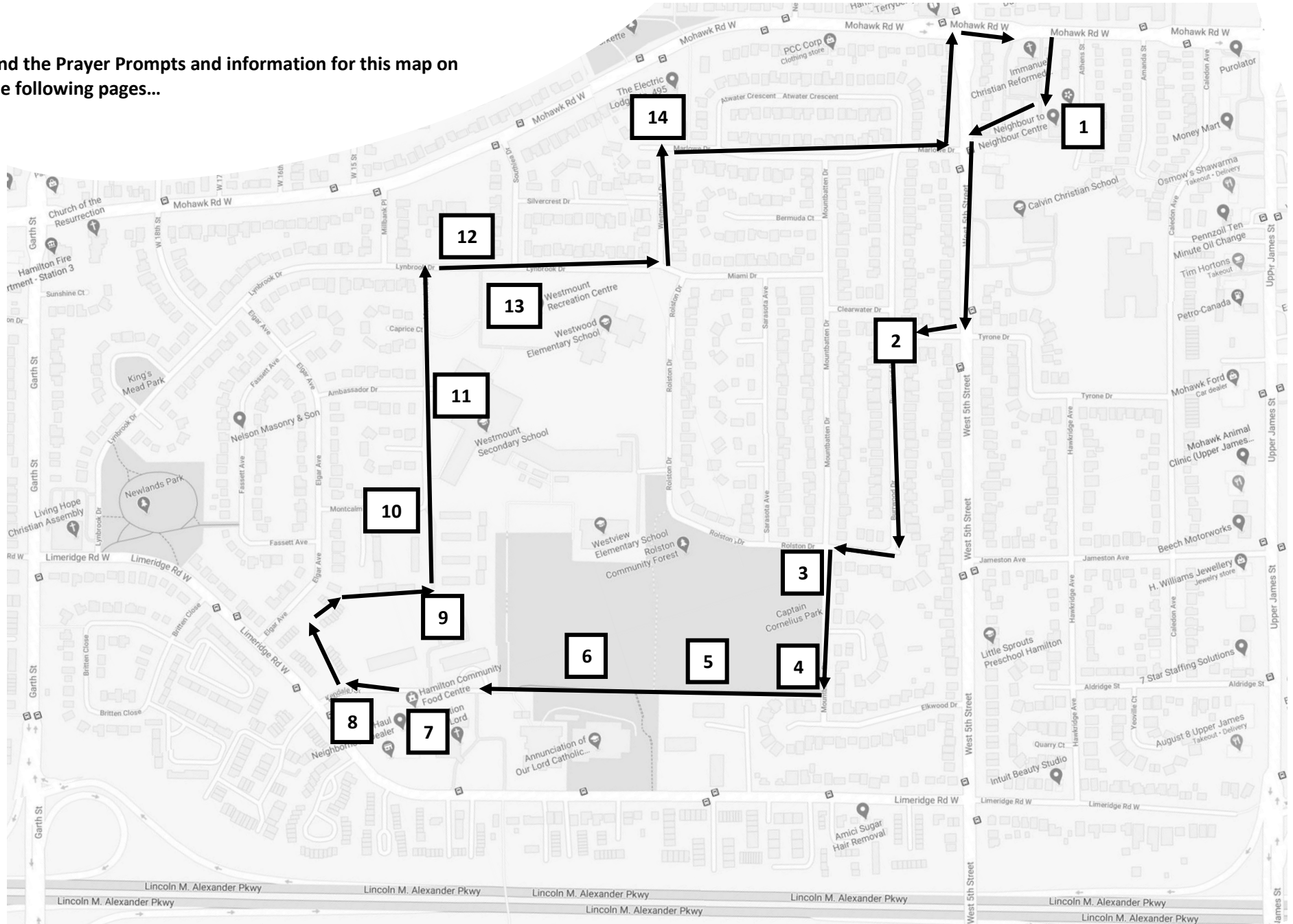


Rolston Neighbourhood Prayer Walk

Stop anywhere to pray for things not on here, like people you meet, homes, businesses, schools, churches, etc. or simply follow the numbered prompts!

(bounded by Upper James, the Linc, Garth, and Mohawk)

Find the Prayer Prompts and information for this map on the following pages...



1. Neighbour 2 Neighbour

Neighbour 2 Neighbour is empowering people with the tools and ideas that will help improve their quality of life and food security. They offer access to tutoring programs for children, community kitchen programs, utility subsidy programs (like Hydro bills), family counselling, emergency food access (food bank) and a host of other interventions.

Across Canada, every month 841,200 Canadians are using food banks. In Ontario, the number is a staggering 374,700; 35% of whom are children. In Hamilton, 17,070 people use a food bank every month and almost one third of them live on Hamilton Mountain including Upper Stoney Creek, areas served by Neighbour 2 Neighbour Centre. These numbers have only gone up since the pandemic, even as donations to places like N2N have gone down!

Pray for those who use Neighbour 2 Neighbour's services, especially that they might find secure access to food, work, and housing. Pray for the staff and volunteers who make the center run, and pray for support for these critical services.

2. Doing it Alone

5,832 people live in this neighbourhood (Rolston & Yoeville put together). Just over 900 of them live *alone* (that's about 15%). In addition, there are just under 500 single-parent households, which is a lot of parents parenting *alone* (about 8%). Together, that's nearly a quarter of this neighbourhood's people!

Pray for the 23% of people in this community who are living in really lonely situations. Pray for means of finding community and being community.

3. Captain Cornelius Park

From the urban forest, to the playground, to the walking paths—this park provides a large green space for families to get outdoors and play, for the local schools to learn about the environment, and for the endless city landscape to get broken up by some life-giving views of grass, animals and trees. In the winter, it provides walking paths, sledding hills, and new this winter: a small skating rink too!

Thank God for the goodness of His creation, and for parks like this that allow city residents to “get away” from the sometimes overwhelming noise and busyness of city life to play, relax, and talk to their neighbours. Pray for neighbours who feel crushed by the constant noise and busyness of life, pray too that they might meet something of God by witnessing His creation in a park like this.

4. Neighbourhood Planning Association

The Rolston Neighbourhood was a special area of focus for the city in past years, and so had a planning association for a while made up of residents who wanted to see the neighbourhood flourish. The association has since passed out of active existence, but this brand new playground, the “Rolston Community Forest” paths, and skating rink amenities (all initiatives of the association) are a testament to how quickly a little bit of civic investment in a neighbourhood can change things for the better.

Pray for folks who will step forward in leadership to invest in this and other neighbourhoods. People who can see these demographic realities and seek to cultivate relationships, spaces, and structures that bless community.

5. Captain Cornelius Community Food Centre Garden (next to the urban forest)

This garden is run as a hands-on-learning project of Neighbour 2 Neighbour's Community Food Centre. People learn how to plant, grow, tend, and harvest healthy food. Then they take it back to the Food Centre and learn how to prepare and cook with it! This all serves to cultivate greater capacity for food security in the neighbourhood, part of which is simply building a network of community as people—like those who live in nearby apartments—get outside and meet their neighbours in the garden.

Pray for those who tend these plots, for community to be built, and for greater health and stability to be formed through the education that happens here.

6. Sports Fields

In non-COVID times, these fields host summer leagues and informal games. Reach Forth plays here, as do various church leagues, as well as more organized sports teams from the local schools. During COVID, these fields still provide a much needed place where children, youth, and adults can exercise, drink in the open horizon, have fun sledding, and get to know one another.

Thank God for healthy bodies, and for space dedicated to recreation where people can run, play, compete and be formed in their honesty, integrity, and teamwork. Pray for those who play here, for their health, for building community, and that they might come to see and know Christ through Christians who walk, play, and minister here.

7. Community Food Centre

The Community Food Centre is a welcoming space where people come together to grow, cook, share and advocate for good food. CFCs provide people with emergency access to high-quality food in a dignified setting that doesn't compromise their self-worth. People learn cooking and gardening skills here, and kids get their hands dirty in the garden and kitchen in ways that expand their taste buds and help them make healthier food choices. Community members find their voices on the issues that matter to them, advocating for more just systems and access to food, and people find friends and support.

Those who live in stable families with enough income to afford three healthy meals a day see children who are able to grow healthy and strong, think clearly in school, and have enough energy to engage in enriching extra-curriculars. Those children who don't have access to enough good, healthy food have a harder time concentrating in school, can be stunted in growth, are more susceptible to illness or have elevated risks for disease, and may not have as much energy to engage in extras.

Think too about the value of community. Those above the low-income-cut-off (poverty line) are 2.31 times more likely to report a sense of community belonging than those below it. Poverty is correlated with social isolation (think of not just young families, but also the elderly living on small pensions). Social isolation is correlated with poor mental health. Canadians with the lowest incomes are 3 to 4 times more likely to report fair to poor mental health according to Stats Canada.

Read the list of programs on the door, and think for a few moments who might show up for each (like for language programs? Pregnancy programs? Advocacy? Community meal? Etc.). Think too about the impact of many of these programs *not running* during the current pandemic.

Pray for growth in access to good, healthy food for the neighbours who live here. Pray too for good community, especially when neighbourhood social spaces like the CFC are largely closed. Pray for any other concerns or people that come to mind as you ponder what this Centre does and who uses it.

8. 310 Limeridge Parking Lot

This parking lot tends to see a few shootings each year. At least two already since the pandemic.

Pray for peace and healing in this neighbourhood, as well as good community and opportunities to stave off the lure of gang involvement.

9. Kendale Court (to get here, walk down through the city housing complex's sidewalks, around and behind the Kendale Buildings, following the arrows)

These twin apartment buildings represent the highest density of population in the neighbourhood. Each building holds 101 apartments, meaning there are about 202 "homes" looming above you right now! There is a patch of Christian Young Adults who have intentionally moved into one of these buildings to pray for it as part of the "MoveIn" movement of Christians moving in to low-income areas for just that purpose. Around this area—along Limeridge Road and in the Montcalm housing is a lot of low-income rental properties. A fairly drastic shift from the rest of the neighbourhood where homes sell for \$600,000+. 23% of the population of the Rolston neighbourhood is considered to be in poverty. 45% of those people are children under 5. Many of them live in the area you're standing in.

Pray for the people living in poverty and living with its effects in this neighbourhood. Pray for young families, single parent families, seniors, children, and others who may be most vulnerable.

10. City Kidz

City Kidz is a Christian organization that works with children all over the city, including right here in Rolston—sending one of their big red school busses to pick up children here. They seek to build relationships with families and children as they transport children to their weekend programs, connect kids with summer camps (like the ones at Immanuel), and make weekly home visits to every child who attends their Saturday program. Home visits provide them with the opportunity to build relationships with the kids and their families and to truly show them care. This consistent week-in and week-out commitment contributes to building the strong relationships that enable our CityKidz children to thrive in spite of some very challenging circumstances. CityKidz has sought to maintain these connections through the pandemic, but it has certainly become harder.

Pray for the work of City Kidz and for the kids and families that participate in the programs and who have received visits. Pray that they might grow strong and healthy, even in the midst of challenging contexts.

11. Schools (there are 5 in the neighbourhood. Public: Westwood, Westview, and Westmount Secondary. Catholic: Annunciation. Private: Calvin Christian)

Just over a third of the of the people living in this neighbourhood have a high school education or less, including 11% who did not graduate from high school.

Pray for those who struggle with education, especially those that struggle through no fault of their own—suffering from the effects of poverty, broken families, hunger, and other factors that lower their chances of completing school. Pray too for the public school(s) before you, along with its students, teachers, and staff.

12. Little Infant Jesus Daycare

Daycare can be the difference between having the ability to take a job (because you don't have to care for your child(ren) during the day) or not. And that can make a huge impact on food, housing, and financial security. Daycare is expensive though, and many can't afford it. Daycares also fill up fast: there aren't enough spaces in daycares to accommodate the need. Daycares also went through closures early on in the pandemic, impacting families who relied on daycares to be able to work.

Pray for those who aren't able to access daycares or who have been impacted by daycare closures.

13. Westmount Recreation Centre

Another space for community and recreation where character, health, and relationships can be built. Many programs have been changed or cancelled under pandemic restrictions through the pandemic. *Take time to pray for those who use these facilities, and those who have been impacted by the loss of community and exercise that has come through pandemic closures.*

14. Christian Horizons

Christian Horizons, "As an expression of Christian faith, work together with people who experience disabilities to accomplish their goals and nurture communities where everybody belongs." This is a home for those with disabilities, staffed by volunteers who live in with the residents.

Pray for those with disabilities, whether mental or physical, and those who care for them so that they might indeed flourish where they are, finding a place of belonging and accomplishing their goals.

Thanks for praying for the neighbourhood! Feel free to keep this guide or deposit it back at Immanuel CRC's Little Free Library!