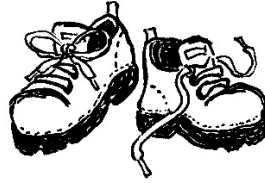


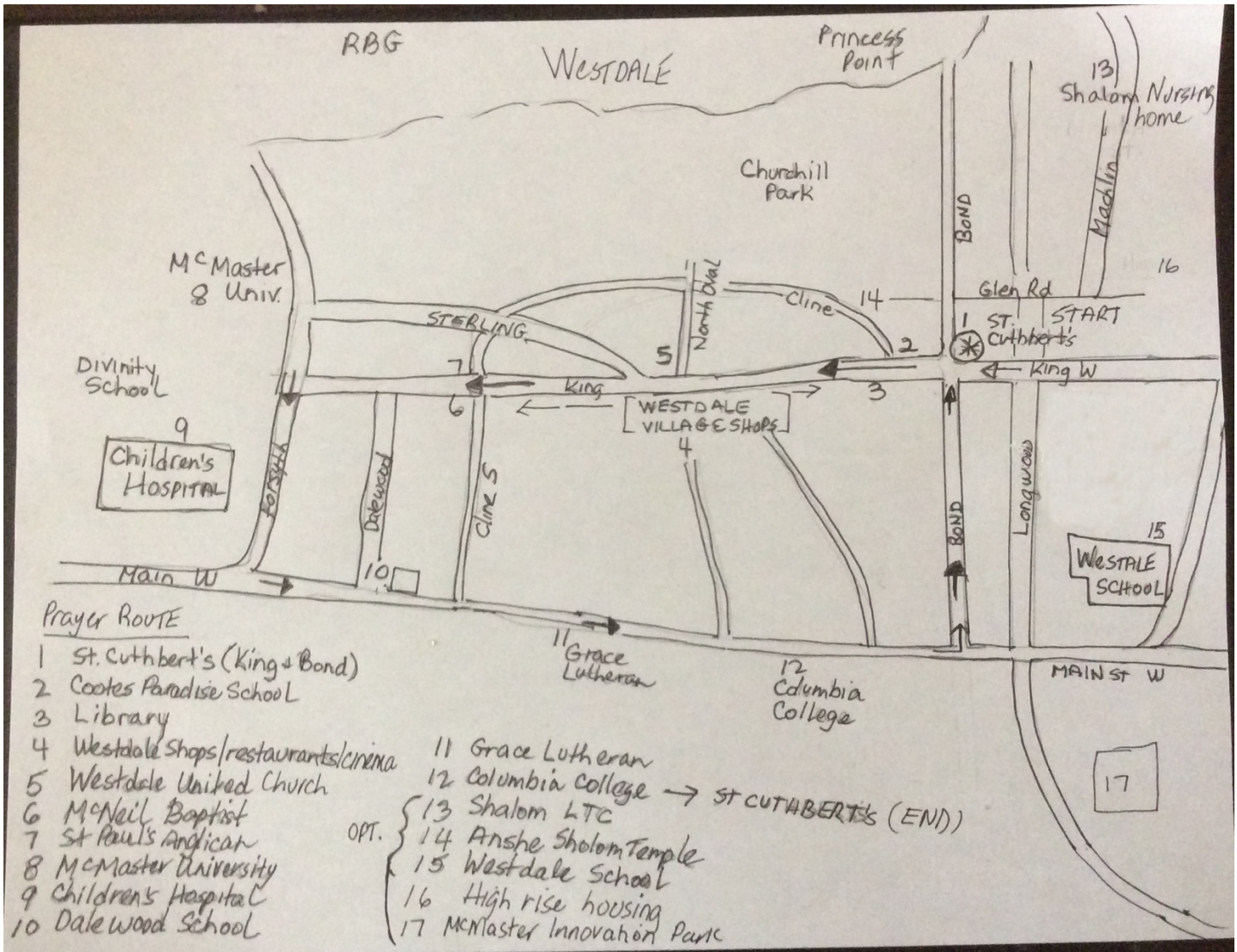
Westdale Neighbourhood Prayer Walk



What is a Prayer Walk? A prayer walk is exactly what it sounds like. You get outside and pray as you walk around. There is a strange power when you connect your spiritual life to your body (in this case your feet). God is already up to some amazing things outside your door. Feel free to explore, pray and ask God lots of questions. Don't forget to listen. If anyone asks what you are doing, be prepared to respond: "We're praying God's blessing on this neighborhood. Is there any special way we can pray for you?"

A basket of prayer stones which contain messages of encouragement will be beside the ramp at St Cuthbert's. **Please take one** and place it somewhere along the route. As you place the stone, say a prayer of blessing for the business, church, school where you place it.

The Route begins and ends at St. Cuthbert's—see prayer request by location on pages 2&3



Pray for discernment -- Seek the gift of seeing the community through Christ's "lens," and to discern what God is already doing there; ask God to show you how you can pray with greater insight for the people, events, and places in the community.

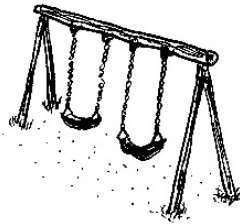
Pray for blessing -- Pray for every person, home, school, church, and business you encounter; for God's intervention in each life, so that each one can be fruitful in God's kingdom; for God's will to be done in this community "as it is in heaven" (Matt. 6:10).

Pray with empathy -- See and feel what residents live with every day; offer intercession for those things that are difficult and give thanks to God for the blessings and gifts that exist in the community. Pray for the challenges that COVID has brought.



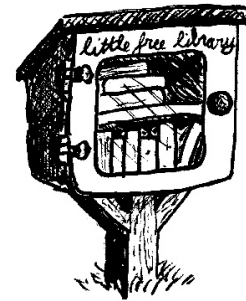
Location 1

Pray for St. Cuthbert's Church While unable to worship in person, online worship continues to support and remind us of the gifts of the spirit—love, peace, hope, kindness, gentleness which strengthen our faith and resolve. We pray for all our neighbours in homes and apartments and we seek for ways to connect more meaningfully.



Location 2

Pray for Cootes Paradise School Pray for all the students, parents, and staff as they cope with the extra demands placed upon them by COVID. Coping with fears of catching or passing along the virus, for the stress of juggling work and home.
Pray for the kids! Pray for the safety of the kids in the neighbourhood. Pray that they would each grow up knowing they are loved.



Location 3

Pray for Westdale Library staff who work with the public and try to accommodate the needs of the community in new ways. Libraries are places of connection & sharing. Pray for the people who keep the shelves stocked and the doors open. Pray for all the people who visit seeking knowledge, stories, and belonging.



Location 4

Westdale Shops/restaurants

Pray for owners & managers who are feeling the strain of closures and restrictions on their businesses and how that affects their personal lives. Pray that they would seek the shalom (peace & wellness) of the neighbourhood. Pray for sustainable employment. Pray for good businesses to prosper.



Locations 5-7, 11 and 14

Westdale Churches and Temples –

Westdale United, Mission Baptist, McNeil Baptist, St. Paul's Anglican, Grace Lutheran, Anshe Sholom Temple, and others who adapt to restrictions and try to be faithful in new ways to the communities that they serve. Each of these churches holds a unique gift. Ask God to show you something special about each of them.

Location 8

McMaster University staff and students who are feeling more isolated and challenged by learning remotely and missing social contacts. For chaplaincy that reaches out. For students, whose mental health has been strained.



Location 9

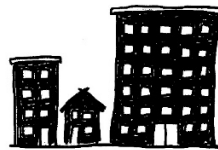
Children’s Hospital Pray for the staff, children, and their families; for compassion and skill in the care given, and grace in the care received. Remember the preemies, the new mothers, the kids receiving surgery or treatment and pray for peace for those needing end-of-life care.

Location 10 and 15

Dalewood Middle School and Westdale High School Pray for all students, parents and staff navigating an unprecedented year of in-class and at-home learning during Covid. Pray for teens missing socializing with their friends and participating in so many extra-curricular activities. Pray for teachers and parents juggling new responsibilities.

Location 12

Columbia International College Pray for the 1800 international high school students boarding far from home during the pandemic and for the teachers responsible for their safety, care and learning as they prepare for university.



Location 13

Shalom Long Term Care Homes Pray for the vulnerable seniors and their hardworking caregivers who endured a devastating Covid outbreak from December 15 to February 5 at the two LTC facilities at Shalom Village. Pray for the families whose loved ones died during this time.

Location—Main Street W.

Camelot Towers Pray for the residents and staff of the two rental towers on Main St W. Pray for the diligence of the staff in maintaining the cleanliness and safety of the facilities. Pray for the residents in maintaining their kindness and civility to their neighbours living in close quarters during the pandemic.



Pray to be shown a Person of Peace.

Every neighbourhood has one. They often have a natural gift of hospitality. They seem to know everyone. A person of peace isn’t a Jesus follower but they are open to honest & safe conversations about God.



Watch for Abandoned Spaces.

Ask God, “*What are you dreaming for this location?*” Pray for a kingdom-minded venture or a person of peace to catch God’s vision for this neglected space.



What do you see that gives you hope? It might be a building, a garden, a person, or an animal. Pray for where you see hope, so that it might grow and spread.



Watch for lights! Let each light spark a quick little prayer. Feel free to meditate on John 1:5, “*The light keeps shining in the dark, and darkness has never put it out*” (CEV Translation)