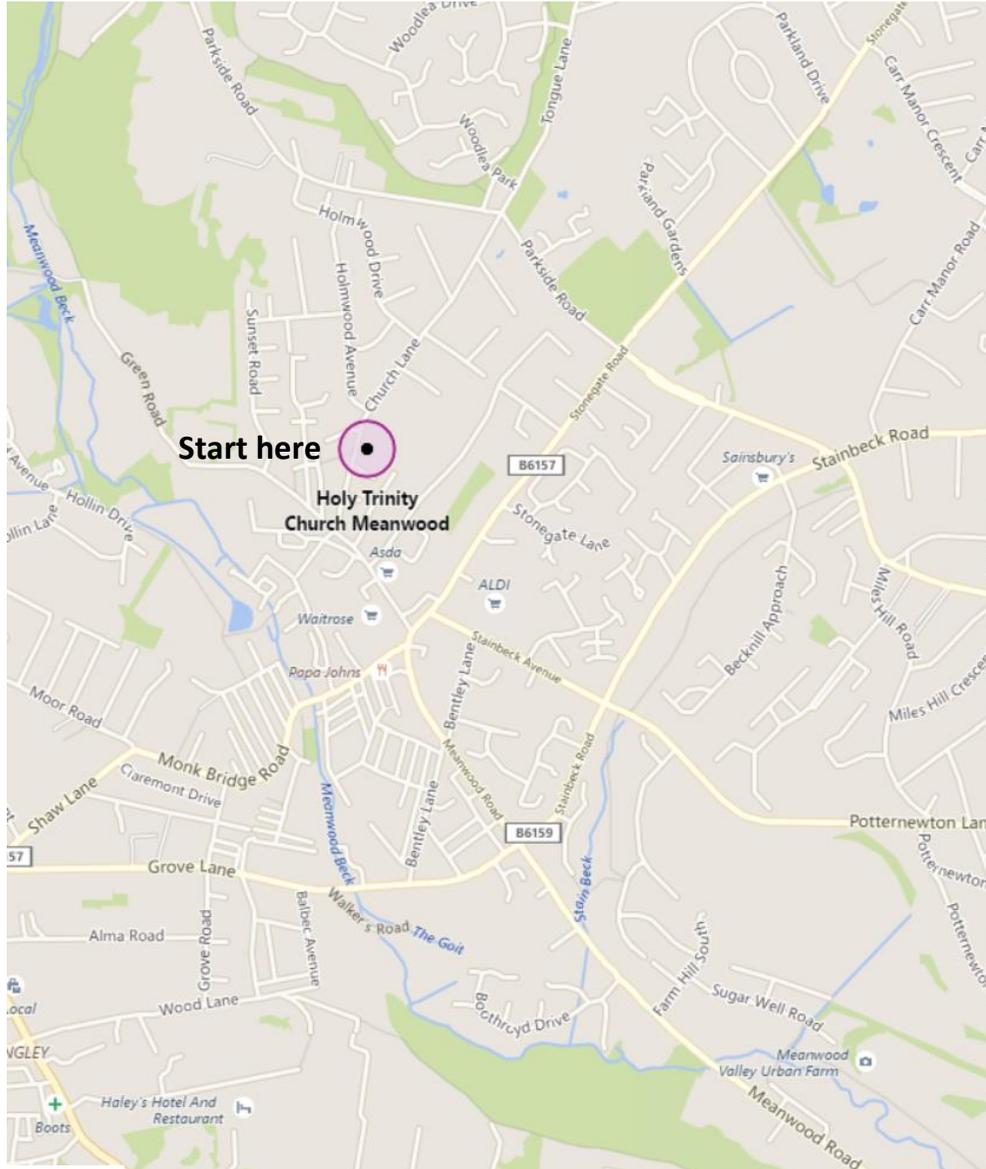


A map of Meanwood

Below is a map of Meanwood, which shows the starting point from Holy Trinity church. Feel free to take this leaflet along with you when you go prayer walking!



Meanwood Prayer Walks



The act of prayer, speaking and listening to God, is often seen as an activity that needs to be done sitting still and alone in a quiet room. Although this is helpful in many ways, it isn't the only way to pray. We can pray in **all** circumstances and in the bible book 1 Thessalonians 5:17 we're told to "pray continually"! One way to do this is whilst walking around an area.

This leaflet explains what prayer walking is, why we do it, and how it works.

What is Prayer Walking?

Prayer walking is about spending time praying for our local area *whilst* being out on the streets. Although we can pray for our local community from a distance, it can be helpful to be out on the streets: amongst the people and places we're praying for.

The idea is to be praying for the people on our doorstep and the area where we live: the residents, visitors, businesses, schools, play-parks, community activities, the work of InterACT, the local churches, the unemployed, the elderly, rubbish collectors... the list goes on!

Prayer walks can be done in groups of various sizes, or by individuals. Some people like to pray on the move (especially if the weather's colder), others prefer to stop for prayer at certain places on the route. Some walkers will follow a pre-planned route; others choose to wander and make up the route as they go... It really is up to you!

Why?

Martin Luther is quoted as saying "*Prayer is not overcoming God's reluctance, but laying hold of His willingness.*" If we believe prayer really changes things, why would we **not** want to be asking God to bless the residents, businesses, schools and activities in Meanwood?!

At the same time as blessing our community, we believe God wants to change our attitudes towards it, and to open our eyes to the needs of those around us. Prayer walking can be an opportunity to ask God how we can be part of building his kingdom here on earth. Who knows: maybe it'll change the way you walk to work or what you do when waiting for the bus!

For the less energetic

If you'd like to be involved but find walking either difficult or impossible, you can still participate in this ministry. Holy Trinity church is always open on a Saturday morning from 10-12noon (on the second Saturday refreshments are available), so why not come along and from the comfort of a pew pray for Meanwood. Or, take this leaflet with you and pray at home.

Do I have to pray out loud?

Absolutely not! Please pray in *whatever* way you feel most comfortable.

What to pray for

Have a look at the suggested routes list and the "what is prayer walking" section, for ideas of things to pray for. Below is a prayer for Meanwood that you might like to include in your prayers.

Eternal God and Father
we thank you for creating us by your power
and redeeming us by your love:
Guide and strengthen your Church here
and pour out your Spirit on the people and
parish of Meanwood
that we may give ourselves in love and service
to you and to one another
through Jesus Christ our Lord
Amen

Suggested routes

Rather than suggesting specific routes, we've made a list of the different directions in which you might set off from Holy Trinity church, and what you might like to pray for. But please feel free to set off without a plan and just follow your feet!

- **North** - up Church Ln and Tongue Ln.
Pray for the Woodlea estate and Cardinal Heenan High School
- **North-east** - up Stonegate Rd.
Pray for the Parklands estate and Carr Manor Primary School
- **North-west** - west along Parkside Rd.
Pray for the residences, the local pubs and Meanwood Park
- **West** - across Church Ln into the Holmwoods and Sunsets.
Pray for the housing estates, the School and Meanwood Park
- **East** - along Parkside Cres and Parkside Ave, across Stonegate Rd.
Pray for the Stonegate estate and Carr Manor School
- **South-west** - along and across Green Rd past the Meanwood Institute.
Pray for the Institute, the school and residences around Mill Pond Lane
- **Central** - down Memorial Drive into the central shopping areas
Pray for the elderly, the shoppers & the Community centre
- **South** - down Meanwood Rd towards the Urban Farm
Pray for the shops, the health centre, the cricket club and Urban Farm
- **South-east** - east along Stainbeck Ave and Potternewton Ln.
Pray for the local businesses and the Miles Hill and Beckhill estates

More information

Contact Rev Canon Kingsley Dowling for more details, and with any queries. Ring 0113 345 8112 or email kingsley.dowling@hotmail.co.uk.

