

PRAYER WALK

ST THOMAS AQUINAS

DARLINGTON

A gentle, circular walk around the area close to St. Thomas Aquinas Church on North Road, Darlington, DL1 2PU. Allow 30 minutes or longer to allow pause and reflection time. Our location can be [viewed here](#). OS Landranger 93 (Middlesbrough)

Turn right to retrace your steps and where the paths cross turn left and then first right.

6. *Thank God for Music* Continue until you reach the seat facing the restored bandstand. Pause here to reflect on how our lives are enhanced by music. Thank God for the gifted composers who have brought joy to so many.

*Praise God in his holy place,
praise him in his mighty heavens.
Praise him for his powerful deeds,
praise his surpassing greatness.*

*O praise him with sound of trumpet,
praise him with lute and harp.
Praise him with timbrel and dance.
Praise him with strings and pipes.*

*O praise him with resounding cymbals,
praise him with clashing of cymbals.
Let everything that lives and that breathes
give praise to the Lord. Psalm 150*

Leaving the seat turn right and return to the main path. Turn right and follow the path round to the gateway into the cemetery. Keep straight ahead until you are back on North Road. Turn right to go back to the start at St Thomas Aquinas.

Starting from St Thomas Aquinas, turn left up North Road. Turn left into North Cemetery. As you leave the noise of the traffic behind, try to forget your everyday worries and become aware of the relative peace and tranquillity of the cemetery.

1. *Pray for the dead.* Take the first left turn off the main path. The graves to your right are those of parishioners of St Thomas Aquinas. You will see the church on your left. There is a bench you can sit on for a while to say a prayer for your deceased family and friends.

“Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen”

2. *Thank God for His creation* As you continue down the path, bearing right to follow the cemetery wall, think of the beauty of God’s creation. Take the first right turn and follow the path till you come to a seat on the left. Sit for a moment to listen to the many different birdsongs, look at the variety of trees and watch out for darting squirrels.

*“A mighty God is the lord,
A great king above all Gods.
In his hand are the depths of the earth;
The heights of the mountains are his.
To him belongs the sea, for he made it,
And the dry land, shaped by his hands.” Psalm 95*

“Mysterious and loving God open my mind and heart this day that I may lose myself in wonder and awe at the glory and grandeur of your creation” Albert Nolan O.P.

Follow the path until you are back on the main path, facing the memorial to the Pease family who gave the land for the cemetery, then turn left.

3. Pray for our family and friends. Keep straight on until you reach the gate into North Park. Turn left and follow the path up the slope with the children’s play area on your right. Continue straight ahead ignoring the path to the right. You will soon see a mini garden on your right with seating. Leave the path and sit for a quiet moment to think about people you would like to pray for.

*“This is my commandment:
Love one another as I have loved you.
A man can have no greater love
than to lay down his life for his friends.
You are my friends
If you do what I have commanded.”
John 15 v.12,13.*

Return to the path turning left and retrace your steps then take the first left where there is a seat backing onto the children’s play area.

4. Pray for children Think of all the children who play here and pray for them and their families. Pray for the many children in the world who have nowhere to play or who are forced to work.

He then took a little child, set him in front of them, put his arms round him and said to them, ‘ Anyone who welcomes one of these little children in my name, welcomes me; and anyone who welcomes me welcomes not me but the one who sent me’.

On leaving the bench turn right and continue along the path.

5. Pray for the elderly.

Keep straight ahead where the paths cross and you will come to a seat on your left which faces North Park Home and overlooks the rest of the Park. Pause for a while to pray for the elderly in the home and all old people , especially those with nobody to care for them.

*“O Lord, support us all the day long until the shades
lengthen and the evening comes,
and the busy world is hushed,
the fever of life is over, and our work is done.
Then, Lord, in your mercy, grant us a safe lodging,
a holy rest, and peace at the last,
through Jesus Christ our Lord, Amen.”
John Henry Newman*

