



# Lenten Prayer for the West Island

**This book was created by the West Island Network for the church and the community of the West Island. The prayers in this book were written by current or former West Island residents and are centered on the themes of unity, peace, and healing in the wake of the COVID-19 pandemic. May you be blessed as you read them.**

**We recognize that the West Island is located on unceded Indigenous lands of the traditional territory of both the Kanien'kehá:ka, Mohawk, and the Anishinabeg Algonquin peoples.**

**It is right that we should express gratitude for the opportunity to gather here, and we thank the many generations of people who have taken care of this land and these waters. Tiohtiá:ke, now known as Montreal, is historically known as a gathering place for diverse First Nations; thus, we recognize and deeply appreciate the historic and ongoing Indigenous connections to, and presence on, these lands and waters.**

**In this spirit of peace and thanksgiving, let us remember the verses of Philipians 4, 6-7, from the new First Nations version of the New Testament written and edited by a council of elders with Intervarsity Press:**

**“Do not let your hearts be weighed down with anything. Instead, with every step you take, send your voice to the Great Spirit (God), asking him for the things you need. And in all your prayers, remember to give him thanks. Then the peace and the harmony of the Great Spirit, which goes far beyond our small and weak ways of thinking, will watch over your hearts and minds through the Chosen one, Creator sets free (Jesus).”**





NO PARKING  
EXCEPT FOR  
EMERGENCY VEHICLES  
OR VEHICLES OF  
THE UNIVERSITY



①

# A prayer for healthcare workers

Compiled by Mario Catalano

**Father in Heaven,**

**We come to you, humbled by the devastating effects the coronavirus has had on a global scale. And yet we know, as the Maker of this Universe, that you are always in control. Nothing surprises you, and you hold the world in your hands.**

**You sent us your beloved Son Jesus Christ, who went about doing good, and healing all manner of illness and disease: continue, we implore you, His gracious work among us here in the West Island.**

**We pray for the Lakeshore General Hospital, Ciusss Du Centre-Ouest-De-L'île-De-Montréal CLSC de Pierrefonds, and du Lac-Saint-Louis, The network clinics in our neighbourhood: Brunswick Medical Centre, Medistat Medical Clinic, Statcare Clinic.**

**Grant to physicians, nurses, all health care professionals, and social workers wisdom and skill, sympathy and patience. We pray you keep them safe and will protect them from COVID-19.**

**We pray for their stress and energy levels, that you would fill them with your mighty strength and power. Lord, Be with the families and friends and provide for their needs**

**Thank you for hearing our prayers and for your comforting words in John 16:33, which remind us of your sovereignty: “In this world you will have trouble. But take heart! I have overcome the world.” We place all our burdens and cares on you, knowing you are great, and you can carry them all.**

**In Jesus' Name,**





②

# A lament for Canada

By Laura Hum

**Oh Lord, please come to the aid of our country.**

**We are a broken nation, Father.**

**Our bodies have been ravaged by sickness and death; our minds have suffered anxiety and confusion; our relationships have been tested and broken; our spirits have been discouraged. Everything has been shaken.**

**We need you, Father. You are the only one that can fix this mess. You are our Creator, our Good Shepherd, the restorer of our souls. You alone are the Way, the Truth, and the Life.**

**Father, forgive us for our pride, our judgmental spirits, our lack of love and trust in you. Have mercy on us and bless us once again, Father.**

**We ask you to pour out your healing balm upon our wounded souls. We ask you to pour out a spirit of love and reconciliation so our relationships can be restored and strengthened. We ask you to pour out a spirit of humility so that wise decisions can be made as various voices in the community are heard and direction is discerned together. We ask that you bring an end to this pandemic.**



We ask you to rebuild people's faith in one another and most of all, in you. Give us your eyes to see the good in others...the image of God being expressed in them. Bless your church with wisdom, compassion, and unity so we can be a true representation of your character in these challenging times.

Lord, in your word you have always brought new life through brokenness: Jesus' body, broken for us; a kernel of wheat that falls into the earth and dies, to become many more; the few loaves and fishes that were broken to feed the multitude. Father, we trust that you will take the broken pieces of our hearts and our country and from them bring new life and an abundance of fruit.

May your kingdom come; your will be done in Canada. Father, we invite you to have dominion, first in our hearts, then from sea to sea in this great country. Thank you for hearing our prayer, Lord. All glory and praise to your wonderful name!



# Prayer for Ukraine

By Sue Nardoza

**Lord, we bring a peace-loving country, Ukraine, before you in prayer. We pray for their protection against an evil force. We pray for an intervention, the same as when David faced Goliath. They need to be in your safety as many people look up for your care.**

**We pray for an end to this war. Soften the enemy's heart as well as strengthening the President's wisdom and courage. We pray for the churches and its leaders as they attend to the needs of their communities. We pray for the men left behind as well as clear roads for the women and children as they escape this disaster.**

**We pray for the soldiers on both sides of this conflict. Many are young men who were lied to, thinking it was only a military exercise. May they lay down their arms and embrace as neighbors should.**

**May we, as foreign brothers and sisters, be there to assist in any way. We all need to stand together, as God's people, to fight the forces of evil. We know that you Lord will prevail. We pray for a short battle and that you'll bring peace to this hurting nation and world.**

**Our trust is in you, Lord. May we always look up to you for all our needs and may our prayers reach your ears of mercy and compassion.**

**In Jesus' name we pray.**

**Amen**



④

# Prayer for Children

By Gabriel N., age 7,  
resident of the West Island

**God, thank you for the many families in the West Island. Today we lift up all the children to you and ask that you would help them to stay healthy. I pray that they would be kind to each other, courageous, strong and smart in everything they do.**





⑤

Lonica,  
Prayer for  
Protection

By S.G. Mallett

For the nurturing in Your indelible Word,  
That Your creation of us and love fo  
Be revealed to those of us needing healing,  
Needing reminder, needing all protection,  
Needing guidance here and affirmation there;

For the peace to continue endurance in serving  
You and that we who live in the West Island  
Of Montreal as Tiohtià:ke might remain focused  
Throughout the chaos for trusting in Your shalom,  
All praise to You, Jesus, Father God,  
And the Holy Spirit as the Triune God.

For the holy protection needed  
And for the appreciation of Your complete  
Generosity, that all goodness and all truth  
Comes from You, that in our obedience  
To the Triune God in appealing to Jesus,  
Fully God and fully human,  
Being fully empathetic and generous,  
That in us as in Your image,  
In the creation of Your moral world  
By belief and relationship with You  
And in submission to Your perfect  
Will as Creator of all things,  
The microcosm of our instantiation  
In our homes, in our neighborhood,  
In our words, in our tangibility,  
In Your name and in Your power  
All around us and the privilege  
Of Your power in us, we ask  
For continual protection.



That the real pain in our histories  
And historicities and in our nows,  
todays, thoughts, and relationships  
In healing now by Your protection  
Are fully known to You may bring  
Hope to us, and for the true joy of  
Our being reconciled to you and with  
You in the infinite to worship You,  
We ask for Your peace.

That you knew and know our sin  
And loved us; that reconciliation  
Is extant and forthcoming;

That we may be given endurance;  
We pray for the courage necessary  
To acknowledge racial atrocities,  
For the bravery to denote atrocities,  
For a spirit of mutual submission,  
To know Your heart,  
For the willingness to wash each other's  
Feet, for selfless love,  
For trust in Your truth, and in all ways,  
We thank You for Your love and protection.

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# Prayer for Families

by the Dowd-Lekx family:  
Rebecca, Peter, Jonathan,  
Thomas and Pippa

**Lord God,**

**Thank you for families. Thank you for the ones we are born into, and the ones we grow into. Thank you for families we see ourselves in, and for families that look nothing like us. Thank you for church families, school families, activity families, neighbour families, and for all the safe places and people you surround us with.**

**We pray for families of all shapes, sizes, colours; of all backgrounds, neurotypes, and (dis)abilities; those with deep faith and those with none.**

**May they be surrounded by love and support in their communities. May they find comfort and hope in unlikely places. May they turn to each other, in the faith that they will be met with respect and grace in all circumstances.**

**God, who is like a loving parent to all, help us to open our eyes to the families that surround us. Help us to remember that we are never too young or old to be cared for; help us to honour big feelings in little bodies; help us to act in abundant generosity. Let us be family to each other.**

**We pray all this in the name of Jesus, who fed, welcomed, and loved all; creating families everywhere He went.**

**Amen.**



⑦

Prayer for  
Peace, unity + healing  
in the West Island

by Meghan Elizabeth Heron Soucy

**Father would you**

**...open our eyes.**

**You see the hurt we all face. You see the pain and struggles we battle daily in the quiet of our homes. You care deeply for each of us and meet us where we are. Remind us that we are not alone. May we be reminded that our neighbours fight their own quiet battles and encourage us to walk alongside them, just as you do with us.**

**...bring us together.**

**You have made us all uniquely and individually, and yet our differences that you love we so often fear. May your healing hand bind us together in our differences and remind us who we are in your eyes. May we see the value of our neighbours and come to love our differences, and may these differences fuel our desire to understand each other further.**

**...give us wisdom.**

**We are so often quick to speak and slow to listen. Teach us how to approach others with kindness and compassion, so that we may emulate your character in all that we do. May you show us when to speak and when to remain silent, and may we share your light in whatever we do.**



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Prière pour les  
Immigrants et  
réfugiés

par Marc Debanné, pasteur de  
L'Oasis, Église de l'ACM

Seigneur, nous te prions pour les immigrants et les réfugiés qui vivent dans l'Ouest de L'Île de Montréal. Alors que notre monde et nos médias se préoccupent des effets de la pandémie ici, de l'inflation, et de la guerre en Ukraine, il y a tellement d'autres pays qui souffrent dans le monde. Il y a 26 autres guerres qui font rage sur le globe. Père des consolations, soit avec tous ces nouveaux-venus qui ont fui des grandes souffrances et qui cherchent au jour le jour leur pain et leur espoir. Que le Canada soit une terre de bénédiction pour eux, et qu'ils puissent y rencontrer l'amour de Jésus.





# A prayer for our youth

by Eleanor Cullen

**Lord, We bring to you in prayer the needs of the homeless young people on the West Island. Thank you that 40 youths were able to find shelter and warmth this winter at Halte Transitions in Pierrefonds. Give wisdom to their leaders & administrators as they seek to find a permanent location on the West Island. Help us as a Christian community, to reach out & respond actively. Give us Your eyes to see them as valued & worthy.**

**Our prayer is in Jesus' name.**

**Amen**





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