

Paws For Thought An Introduction

During this time of lockdown, Diane and I thought it would be a lovely idea to use our daily exercise as a form of worship. Because I'm out every day walking the dogs, I volunteered to map some prayer walks, and the idea has just snowballed.

So, we'd love you to follow the instructions, pausing at each stage to spend as much time as you need. I'll aim to get a new route as often as I can. If you are unable to physically do the walk, then please still use the resource – I will always attach photographs so that you can envisage the places I am talking about.

These sessions will be known as 'Paws For Thought' (do you see what we did there?!), and will be hosted by my two dogs, Ralph and Mabel du Boulay.



Ralph, you have already met. He's 4 years old and came from the RSPCA. He is the softest dog I have ever met. He just loves people. And food. And sunlight. And being warm. But mostly people. He is also worryingly clever and I constantly have to be on my toes when he thinks of a plan!

Mabel is a 3.5 year old, blue-blooded working Labrador. She was bred by a friend in Essex, and is one of the nicest people you could meet. Because she is a Labrador, she is still very bouncy, so doesn't yet do as much visiting as Ralph! She adores her tennis balls and is a very active dog – she's also incredibly quick and runs like the wind.

They are my constant companions and we all enjoy adventuring together, enjoying nature and the creation that God has gifted us.

I hope you enjoy using our prayer walks as much as we do.