

St. Stephen's  
**LISTENING WALKS**

Based off the book *The Listening Walk* by Paul Showers and "Neighborhood (Altered) Labyrinths" by Rebecca Sumner ([www.rebeccasumner.com](http://www.rebeccasumner.com)) and adapted by The Rev. Danée Ashley.

**MEETING OUR NEIGHBORS IN...  
LAURELHURST AND CHILDREN'S HOSPITAL**

**Date:**

**Time:**

**Gathering Place:** *St. Stephen's Episcopal Church, Chapel lawn* (4805 NE 45<sup>th</sup> Street, Seattle). Street parking can be found on 45<sup>th</sup> Street and 48<sup>th</sup> Avenue (by Laurelhurst Park). Below is an overview of the area we will be listening in:



**The Listening Walk:**

- Begin with the following meditation:
  - Close your eyes and focus on your breathing.
  - As you breathe in, say to yourself, "God of the Laurelhurst neighborhood..."
  - Hold the breath for a count of three.
  - As you breathe out, say to yourself, "I am listening."
  - Repeat this mantra as you walk through the neighborhood.
- From the Chapel lawn, head West on 45<sup>th</sup> (Laurelhurst Park will be on your left) and take the path into the Park leading to the bridge over 45<sup>th</sup> St.
- Cross the 45<sup>th</sup> on the pedestrian bridge and turn Left, heading North on 47<sup>th</sup> Ave NE. (Laurelhurst Elementary School is on your left).
- Turn Left (West) onto NE 47<sup>th</sup> Street.
- Follow NE 47<sup>th</sup> Street as it turns Right into 44<sup>th</sup> Ave. NE.

- Turn Left (West) onto NE 50<sup>th</sup> St. (Children's Hospital is on the Left).
- As you approach Sand Point Way NE, turn Left and go through the crosswalk at Penny Drive.
- Take the path on the Left that is Differently Abled Accessible (see map below) and head into the Children's Hospital Campus.



- Turn Right where the elevators are and either go down the stairs (toward construction area) or use the elevator to continue on the path (see map below).



- Follow the Differently Abled path or the pedestrian path toward the Emergency Entrance. Emergency Parking will be on your Right. (see map below)



- Take the path through Emergency Parking, going by the bike rack and the shuttles down to 40<sup>th</sup> Ave. NE (see map above).
- Turn Left (South) on 40<sup>th</sup> Ave. NE.
- Turn Left (East) onto NE 45<sup>th</sup> St.
- Return to St. Stephen's Chapel lawn for reflection.
- When we gather back together, we will discuss what drew your attention on your walk and wonder together about what God is asking us to consider in being present to our neighbors.
- Take your insights back to your congregation.