

## **Sheldon-Williams Student Delivers Closing Prayer at Lieutenant Governor's Saskatchewan Prayer Breakfast**

Submitted by Kyla Wendell McIntyre,  
EAL, mindfulness, and creative writing teacher, Sheldon-Williams Collegiate

Three years ago, Nour Albaradan came to Canada due to the war in Syria. She is now a grade 11 student at Sheldon-Williams Collegiate. In November 2018, Nour received the Multicultural Youth Leadership award from the Multicultural Council of Saskatchewan (on-line story at [https://issuu.com/saskcultureengage/docs/winter-spring2019web\\_on\\_page\\_22-23](https://issuu.com/saskcultureengage/docs/winter-spring2019web_on_page_22-23)). At this event, Nour was able to meet the Lieutenant Governor, His Honour the Honourable W. Thomas Molloy. A few weeks later, the Lieutenant Governor's Office invited Nour to deliver the closing prayer at the Saskatchewan Prayer Breakfast. Nour graciously accepted the invitation and delivered her prayer at the Prayer Breakfast on April 9, 2019. It was particularly powerful to witness Nour sit at the head table with the Premier, the Leader of the Opposition, and former Governor General of Canada, The Right Honourable David Johnston. Many of Nour's classmates were able to attend this event and her prayer was beautifully received by all in attendance. Having known war, Nour's prayer spoke of the need for peace and encouraged people to allow their lives to be guided by love, kindness, and their own inner light. When asked what she enjoyed most about the morning, Nour said, "I was happy to be able to share my message of peace with so many people. After the event, many people told me they appreciated my prayer, so now I know that people are connecting with my message and this will make our world more peaceful." Nour's prayer follows.

### **Saskatchewan Prayer Breakfast**

**Tuesday April 9, 2019**

**Closing Prayer**

**by Nour Albaradan**

Distinguished Platform Guests, ladies and gentlemen.

My name is Nour. In my language, Arabic, Nour means light. I was born in Syria before the war. There was a time when Syria was a beautiful, safe, peaceful country – before the darkness. Children played in the park, people walked in the markets, there was freedom, there was light. The darkness came to Syria so fast. It was like somebody turned all the lights out and we were left alone in the dark – anxious, worried, lonely, and afraid.

Then I moved to Canada. My family and I have been living peacefully here for 3 years. I am honoured to be a part of this gathering and pray with you today.

I know we all come from different backgrounds. But, even though we dress differently, speak differently, have different skin colours, and practice different faiths, we all have the capacity for light, to make the world more loving, kind, compassionate, joyful, and peaceful.

No matter our differences, we are all human and we are all connected.

We all want to live in the light.

Before there is ever darkness in our outside world, there is darkness in our inside world. Today, I would like to help each of us connect with our inside world because light comes from inside each of us.

I am going to offer you a heartfulness practice. I learned this at my school when I started practicing mindfulness. This was when I started to see the light again.

I ask you all to join with me in prayer.

Put your hand over your heart and send this kindness to yourself to cultivate your own light inside. You can say these words to yourself silently in your head:

**May I be loving**

**May I be happy**

**May I be peaceful**

**May I have a life filled with joy**

And now that we've cultivated this light inside ourselves, we can now extend this to everyone present here today. So, I invite you to say the following in your mind silently.

**May we be loving**

**May we be happy**

**May we be peaceful**

**May we have lives filled with joy**

And now that we have offered this light to everyone in this room, now it is possible to give this light to the world. Please, say these words in your mind silently as we offer our collective light to the world.

**May our world be loving**

**May our world be happy**

**May our world be peaceful**

**May our world be filled with joy**

Thank you for offering your light.

**Amen.**