

## Welcome to our Parish Community

If you haven't been in our Church before you are most welcome.

If you are from other Christian traditions, many of the prayers and songs will be familiar to you. Please feel free to join in!

### Things you will see....

#### The **Tabernacle**.

Because of the special place of the Eucharist in our lives, we reserve it after Mass in the "**Tabernacle**" marked by an oil lamp, for the sick and for private prayer. As a mark of respect, Catholics "genuflect" or bow to the blessed (or Reserved) Sacrament.

The **baptismal font** will probably be familiar to you: it is used for baptisms or "christenings" when we enter the Christian life.

Nearby is our **paschal candle**, a symbol of the light and life of Christ, renewed every Easter.

In the centre of the Church is the **altar**, where our Mass is celebrated and to the left, the **ambo or lectern** from which the Word of God is proclaimed.

There are a number of statues including a **statue** of Mary the Mother of God. Catholics do not worship statues or saints, but we do believe that the saints help us in prayer.

The **candles** which are lit around the church symbolise our prayer before God.

#### *A note about Holy Communion:*

When Holy Communion is distributed, those who are not Catholics are warmly invited to come forward, if they wish, to receive a blessing. To indicate this, come up in the normal way, but fold your arms across your chest.

Please feel free to join us in prayer.

### **The Lord's Prayer**

When you pray, Jesus said, Pray like this . . .

Our Father  
who art in heaven  
hallowed by your name.  
Thy kingdom come  
Thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread  
and forgive us our trespasses -  
as we forgive those who trespass  
against us.  
And lead us not into temptation,  
but deliver us from evil.  
Amen

### **Hail Mary**

Hail Mary, full of grace, the Lord is with thee.  
Blessed art thou amongst women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, mother of God, pray for us sinners, now and at the hour of our death.  
Amen.

### **Glory Be...**

Glory be to the Father and to the Son and to the Holy Spirit as it was in the beginning, is now and ever shall be, world without end. Amen.

Around the walls are the stations of the cross.

**And finally . . .** At various times we stand, sit or kneel during services. We don't always stand for hymns, though! You are welcome to join in, or remain seated if you wish.

If you would like any more information, please do not hesitate to ask.

For those who want to learn more about what it means to be a Catholic, we have a year-round informal weekly "**Journey in Faith**" programme—or just ask for a chat. There is no obligation!

Thank you for being here!

## **Not a Catholic? a few notes to help you**



**Welcome!**

**Our Lady of the Assumption  
Catholic Church  
Stainforth**