

## Leaving the Church: where to go from here



As you leave the Church you will notice a bowl with water in it which has been blessed. You can wet your finger in the bowl and place a drop of water on your forehead as a sign that God's presence is going with

you as you leave. There are a couple of booklets about prayer in the Church porch if you would like to explore further, or you can speak to the Catholic Priest responsible for this Church. He will be happy to talk to you. His contact details can be found below.

## Fully Alive

Our Church is made up of a living community of families, couples and individuals of all ages and from all backgrounds. We hold all our visitors in prayer. Thank you for calling in and please do come again. This is a beautiful sacred space which we are delighted to share.



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### Local Contact Details:



## Why not take a first step and find out more about what is on offer?

For further information about prayer please see:  
[www.life4seekers.co.uk](http://www.life4seekers.co.uk)  
[www.sacredspace.ie](http://www.sacredspace.ie)  
[www.pray-as-you-go.org.uk](http://www.pray-as-you-go.org.uk)

For general information about Catholic life and beliefs please see: [www.life4seekers.co.uk](http://www.life4seekers.co.uk)

For free publications and general enquiries please fill in and return the reply slip below. Alternatively, email: [enquiries@life4seekers.co.uk](mailto:enquiries@life4seekers.co.uk) or telephone 020 8458 3316.

All enquiries are confidential. Free materials are sent in a plain envelope and there are no callers or obligations.

I am not a member of your Church. I would like to receive a free information pack about Catholic life and beliefs.

Name .....

Address .....

Post Code .....

Email .....

Please return to:  
Catholic Enquiry Office  
114 West Heath Road  
London NW3 7TX  
Tel: 020 8458 3316



Email: [enquiries@life4seekers.co.uk](mailto:enquiries@life4seekers.co.uk)



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## To Help You Pray In



### Welcome to...



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### this Sacred Space...

Spending 10 or more minutes in this sacred space can be an immense source of rest and spiritual refreshment.

Seeking, exploring, finding...



## Welcome

Many people visit a Church in order to pray. Perhaps that is one reason why you have come here today? Churches often have a special 'atmosphere' that makes prayer easier. Whatever your beliefs, you are welcome to use this building to find some peace and quiet so you can pray in your own way. This leaflet is designed to help you do that.



*Seeking...*

## How to use this leaflet



Of course, you are welcome just to come in and pray as you wish. However, Churches like this one have several features which are specially designed with prayer in mind. This leaflet directs you to some of them, and suggests how they might help you pray. These suggestions are no more than a place from which to start praying in your own way.

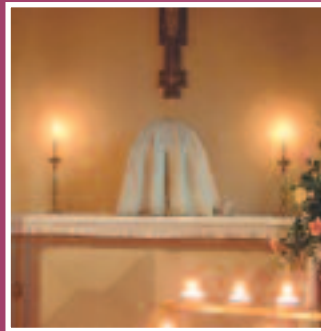
***'Prayer is first of all listening to God. It is openness. God is always speaking.'***

Henri Nouwen

**You are welcome...  
...especially if this is the  
first time you have visited a  
Catholic Church.**



## The Tabernacle



You will find this at the very front of the Church, with a red light burning next to it. It is this, more than anything, which gives Catholic Churches their special atmosphere. As the place where the consecrated bread is kept, we believe Jesus is present in a unique way. Sitting or kneeling here is a good place to enjoy the silence. You could open your hands or arms towards the Tabernacle as a way of just saying to God, *'Here I am...'*

***'I am the Bread of Life. No one who comes to Me will ever hunger; no one who believes in Me will ever thirst.'***  
**Jesus Christ, John 6:35**

*Exploring...*

## What is prayer?

A great Christian, St Thérèse, said, *'For me, prayer is a surge of the heart, a simple look turned toward heaven.'* Prayer can include: asking for help, stilling the mind, praying for loved ones, meditating, but whether we use our own words or a set prayer, the important thing is to be honest. If you can't pray, tell God so and ask Him to help you pray.



*'The Littlest Prayer'* by Elizabeth Wang © Radiant Light

## The statue of St Joseph

In all faiths, holy people are attractive. We sense God's presence in them and ask them to pray for us, especially when we find it hard to pray. St Joseph was especially close to Jesus as a foster father. People often ask him to pray for their practical needs or family problems. If you have anything like that in your mind now, why not ask St Joseph for help?



## Candles



A candle is a sign of hope, some light in a dark world. Lighting one is a very tangible way of expressing our hope and prayer that the world will be a better place, or just to symbolise our hopes for someone we love or some situation that needs prayer. You are welcome to light one as you think of the person or situation you are concerned about and place them in God's hands.

*Finding...*

## How to begin praying

Here are some simple phrases that people have found helpful in beginning a journey of prayer:

*Lord, teach me to pray.*

*Speak, Lord, Your servant is listening.*

*God, be merciful to me, a sinner.*

