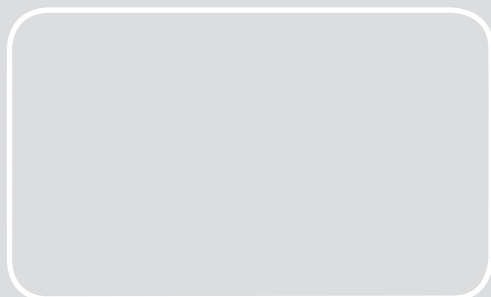


8 LOCAL CONTACT DETAILS



For free publications and general enquiries please fill in and return the reply slip below.

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 the Catholic Faith.

Name.....

Address.....

Post Code.....

Email.....

Please return to:

**Life4seekers
Catholic Enquiry Office
39 Eccleston Square
London
SW1V 1BX**

Tel: 020 7901 4863
Email: enquiries@life4seekers.co.uk

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Registered Charity No: 1097482



9 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.

10 FIRST STEP

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

www.sacredspace.ie

www.pray-as-you-go.org.uk

For general information about Catholic life and beliefs please see:

www.life4seekers.co.uk

Alternatively email: enquiries@life4seekers.co.uk or telephone: 020 7901 4863.



Life4seekers

FOR INFORMATION ABOUT THE CATHOLIC FAITH

www.life4seekers.co.uk

1 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 that you can pray in your own way. This leaflet is designed to help you do that.

How to use this leaflet

Churches like this one have several features which are specially designed with prayer in mind. This leaflet directs you to some of them, and to help you get started, suggests how these features might help you to pray.

"Prayer is first of all listening to God. It is openness. God is always speaking." Henri Nouwen

2 YOU ARE WELCOME... especially if this is the first time that you have visited a Catholic church.

3 THE TABERNACLE

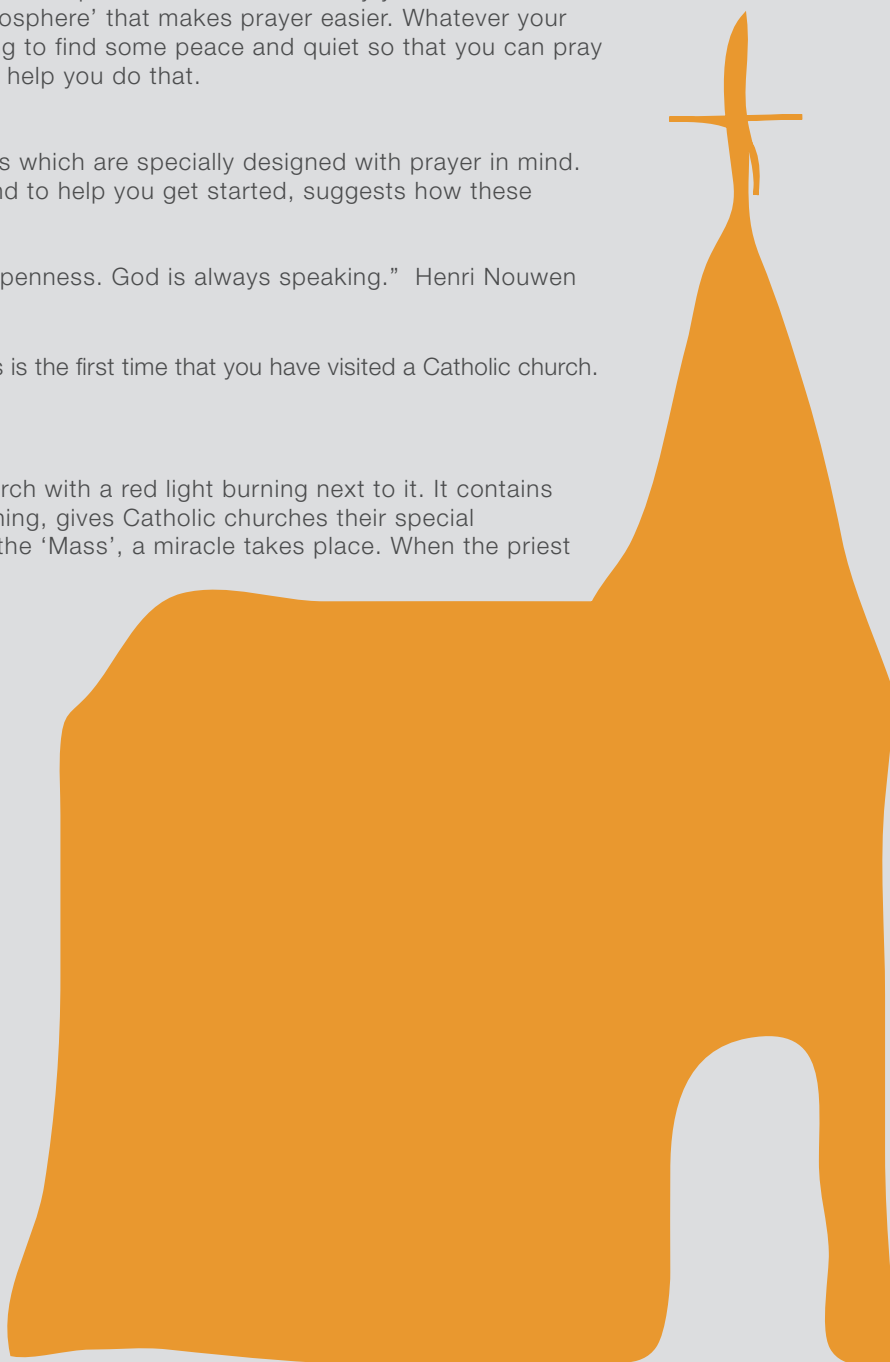
You will find this box at the front of the church with a red light burning next to it. It contains something amazing which, more than anything, gives Catholic churches their special atmosphere. In the Catholic service called the 'Mass', a miracle takes place. When the priest says a special prayer over bread, it is changed by God's power, so that Jesus is present in it in a unique way. Though it still looks like bread, God's presence is there, and this is what is contained in the Tabernacle. Sitting or kneeling here is a good way to enjoy the silence. As you feel comfortable, you could open your hands or arms towards the Tabernacle, towards Jesus, as a way of saying to God "Here I am...". Many people visit Catholic churches to pray because they know that God is present in them in this very real way.

"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's Gospel, chapter 6, verse 35

4 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.

5 THE STATUE OF MARY

In all religions 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. Mary, the Mother of Jesus, was especially close to Him. People often ask her to pray for their practical needs or family problems. If you have anything like that on your mind now, why not ask Mary for help? Catholics sometimes call Mary 'Our Lady' or 'Spiritual Mother'.

6 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; it also symbolises our hopes for someone we love or some situation needing 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.

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.

7 LEAVING THE CHURCH

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 overleaf.