

# Hands at Prayer

This is how we hold our hands to pray.



Colour these praying hands as you listen to God.

Learning about what God is like is called prayer.

We usually think that praying is talking to God, and so often it is. But even more often it is listening to God, even though we are not going to hear words. What will happen is that we shall find ourselves just knowing what God is like and what we ought to do. God will have taught us silently because we were listening.

We try to pray at Mass every Sunday in our Church, but also every day at home. You may like to write a special prayer of your own to say quietly each day.

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Do be sure to share your 'St. Mun's Monthly' with your family at home and then keep it safe in your special envelope which you can decorate with crayons or felt tips.

# St. Mun's Monthly

For our young parishioners

## Welcome!

✠ In the Name of the Father and of the Son and of the Holy Spirit. Amen

This is called the Sign of the Cross

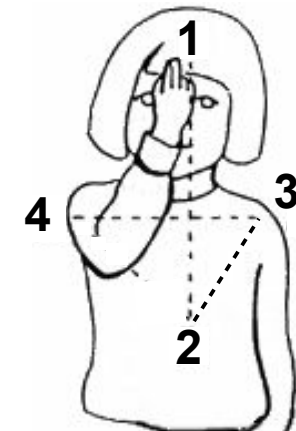
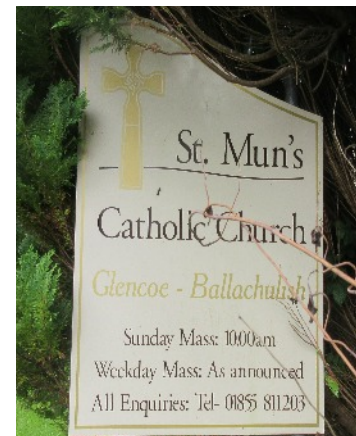
We make the Sign of the Cross before we pray or go into Church to make ourselves ready to fix our hearts and minds upon God.

You can make the Sign of the Cross now before you continue reading.

Good.



Stained Glass Window of St Mun in Kilmun Church Dunoon



# St Mun's Church

Our Church is God's House. We belong to a Church dedicated to St Mun. He was a bishop who lived many years ago in Ireland and he was a nephew of the great St Patrick. St Mun was a holy man who loved God very much and he founded many monasteries. These were communities or groups of people who wanted St Mun to tell them about God who loved them.

His special day, his Feast Day, is on February 6th each year.

There is a statue of St Mun in our Church and also outside in the garden. Do take a moment to look at them. Why do you think he is holding a long staff or rod in his hand with a cross on the top? He is also holding a crosier or crook. It looks like

a shepherd's crook, showing us that a bishop, like our own Bishop McGee, is a shepherd to his people, watching over them and looking after them.

Say often to yourself:  
**St. Mun, Pray for us.**

Saints like us to talk to them at any time of day.

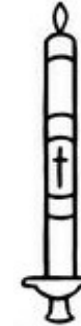
Can you make a drawing of St Mun here. (don't forget the cross and crosier!)

# Inside Our Church

Can you find all these? Colour them at home



Tabernacle



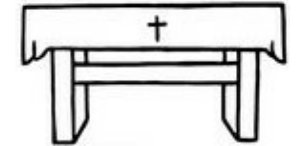
Paschal Candle



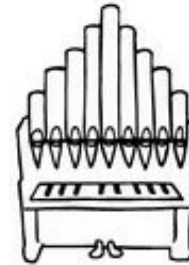
Crucifix



Votive Candle



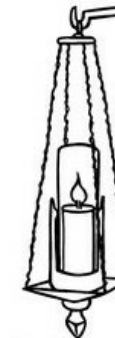
Altar



Organ



Statue



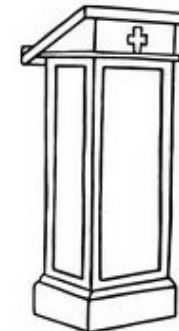
Sanctuary Lamp



Priest's Chair



Hymn Book



Lectern



Stations of the Cross



Baptismal Font



Monstrance