## SIGNS AND SYMBOLS

## A starter list!!!

**Prostrating** 

Bread Bowing

Wine Laying of hands

Water Sign of the cross

Oil Sign of peace

Candle Colours

Space Ashes

Altar Incense

Mountain Flowers

Fire Stained glass

Cross Paintings

Chi ro Blessing

Fish Rosary beads

Dove Holy water

Wheat Music

Light Anointing

Dark Alpha and omega

Kiss Statues

Washing feet Stations of the Cross

Washing Vestments

Genuflecting Silence