

SIGNS SYMBOLS And POSTURES

Bread

Wine

Water

Laying of hands

Oil

Space

Altar

Mountain

Fire

Cross

Dove

Wheat

Light dark

Kiss

Washing feet

Washing

Genuflecting

Prostrating

Bowing

Sign of the cross

Colours

Sign of peace

Ashes

Incense

Candles

Flowers

Stained glass

Paintings

Blessing

Rosary beads

Holy water

Music

Anointing

Alpha and omega

Statues

Stations of the Cross

Vestments

Silence