

# Welcome to Frinton Free Church Services (Gatherings)



Here are some cards to help you with attending a church service:

**Covid 19 safety**

**Arriving at Church**

**The Service**

**Choosing wear to sit**

**Taking Communion**

**The Baptismal Service**

**Toilets**

## COVID SAFETY - HANDS

It is good to sanitise our hands at Church.

Sanitiser helps to prevent the spread of germs to other people while we are in the building

Our church leaders like us to do this so we can keep everyone safe.

The sanitiser is runny and sticky we need to rub our hands together and it disappears quickly, this is good and a safe thing to do.

The sanitiser is near the doors as we come into the building, we can ask someone to show us where it is and how to use it.

It's good to ask for help especially from people wearing a Frinton Free Church badge and people are happy to show us.

It's good to use sanitiser to stop germs and to stop others being sick. It is a kind thing to do.



## COVID SAFETY – MASKS

Sometimes we need to wear masks in church but not always.

Wearing a mask helps to keep everyone safe and is a good thing to do.

Sometimes we wear a mask when we are walking around in the Church and when we are singing.

Sometimes we wear a mask when we are sitting.

Sometimes we do not need to wear them, this changes because our risk of infection changes.

Our church leaders will tell us when we need to wear a mask, it is good to do as they ask.

It's okay that this changes as sometimes people are more likely to get sick than at other times.

It is okay to ask if we need to wear a mask. Masks are a good thing to wear when infection risk is high.



## GREETING PEOPLE

When we arrive for Church, there will be people standing near the door talking

The people who are there to help will be wearing a badge.

Sometimes we know who they are sometimes we don't.

It's okay to say "hello" to people near the door even if we do not know them, it's also okay not to talk if we don't want to.

It's good to say hello

It's okay to choose not to talk if we don't want to



## CHOOSING WHERE TO SIT

There are many chairs in the church and each time we come we can choose an empty chair to sit on. We can see if a chair is empty if no one is sitting on it, or if there is no bag, coat or book on it.

If we are not sure we can ask, it's good to ask anyone near (or someone wearing a badge) if we can sit on the chair and we can take our time to choose our chair.

It is good to choose a chair and it is okay to change our chair if we want to. It is good to ask for help to choose a chair if we need it.

Each time we come to Church we need to choose a chair, we may not be able to sit in the same chair each time as someone may be sitting in that chair, this is okay we can always choose another chair to sit on. Choosing our chair is a good thing to do, sitting in a different chair each time we come is okay.



## THE SERVICE (GATHERING)

The Church service is also called a gathering, it is when we meet with other people. It will not be exactly the same each time.

Church services change because different people lead them, we have different people coming to them and different things to do and say and learn each time we come.

It is good that the service has changes. Changes are okay. Change is good it helps us to learn and enjoy the service.

Usually there will be music playing from the band when we come into the Church and later there will be singing.

Sometimes this is loud and it is okay to wear our ear defenders. Ear defenders are good we can wear them anytime in Church. We can choose.

Words to the songs are on a screen. If we need to have a paper copy of the words in larger print, we can ask for them. Anyone near us wearing a badge will be happy to help.



Someone will stand at the front and talk to us, other people may also come to the front and talk, sing or read or pray.

It is good that the service has different people talking, reading, singing and praying. It helps us to listen and enjoy the service. It is good that we can sing and listen.

Sometimes we have a drink and a snack in the service and sometimes we have it at the end.

Sometimes we do not have a snack or drink. This is okay.

We can choose to bring our own snack and drink to have when we want, this is okay.

It is good to come to the service, services have changes in them, but usually there is singing, talking, reading and praying. During the service we may stand up, sit down or sometimes move around.

Services may have drinks and snack at different times.

We can wear ear defenders; we can have large print song words and we can bring our own snack.

It is okay to choose, choosing is good. People nearby, especially those with badges on, will help.

Services have changes. Changes are good they help us to learn and enjoy the service.

## COMMUNION

Communion is a special time in the service when we remember Jesus.

We can ask any of the Church leaders to explain communion. It is okay to ask.

During communion, we may need to go to the front to get the bread and cup of juice or to stay in our seats and someone will bring the piece of bread and cup to us.

We will be told what to do.

It's okay to ask for help from anyone wearing a badge or sitting near us if we are not sure what is happening.





If we are going to be served (the bread and wine is brought to us):

We need to stay in our seat and someone will come with a plate of bread pieces. The bread is Gluten Free.

We will be offered the plate and we can take one piece of bread and eat it when we feel ready to.

Later, someone will come with a tray of little cups or a holder with the cups in, we can take one cup and keep it in our hands until the person at the front drinks theirs. Then we can drink ours at the same time as everyone else. The drink tastes a bit like blackcurrant or summer fruits juice.

It is okay if we drink it too soon, no one will mind. We can watch what everyone else is doing and do the same.

It is okay not to take the bread or cup when it is offered if we do not want to; we can say “no thanks” or shake our head.

If we are to go to the front:

We will need to leave our seat and wait in the queue for our turn to get the one piece of bread and one small cup

Usually, we take them back to our seat to eat and drink them. We can watch what everyone else is doing and do the same as them.

We do not need to worry if we don't remember to wait but if we can wait it's a friendly thing to do.

On special occasions such as Good Friday, we may be asked to eat and drink immediately before going back to our seat.

This is okay, it is good to have changes to the communion service. We can ask the person serving us if we are not sure whether to eat and drink immediately or take them back to our seats. The person with the bread and wine will be happy to tell us what to do. We do not need to worry.

During communion there may be different people moving around the Church, talking or praying. This is okay.

We can watch others to understand what we need to do; we can choose not to have the bread and drink.

We can ask for help.



## THE BAPTISMAL SERVICE

Sometimes there will be Baptisms during the service.

Baptisms are when an adult or young person wants to say publicly that they love Jesus and believe He died for our sins.

(This is a big thing to understand and the church leaders, your friends in the church and people who bring you to church can help you with this if you want to).

During the service a pool of water inside the front of the platform is uncovered or paddling pool is set up near the platform.

The person being baptised will usually step into the pool with two church leaders who will ask some questions and say a prayer.

Asking the questions is good and important as it makes sure the person is okay with being in the water and telling everyone they love Jesus

The church leaders will lower the person under the water and then help them up quickly, this is okay and is what the person is expecting to happen. They are quite safe and it is a happy thing.



When the person comes out of the water there may be clapping and cheering or singing, it might be very noisy for a short time and it's okay to wear ear defenders.

The noise is because everyone is happy.

Sometimes instead of going under the water the person may have water poured over them, this is okay and the church leaders and the person being baptised will decide which way they are going to have the water over them.

Getting baptised is important to some people who come to the church and our church leaders can talk to you about this if you ask them to.

Not everyone who comes to the church gets baptised. It is okay to come to church and never have the water over you.

When people choose to go in the water to be Baptised, they only do it one time.

We do not go in the water every time it is there.

We do not have to get into the water to come to the church, we can choose.

The church leaders and people we come with can talk with us about this if we want them to.

A baptismal service is a happy time it is like having a party, everyone is happy and it can be noisy. Not everyone wants to be baptised. This is okay we can watch and we can choose.

## TOILETS

When we are at Church we can go to the toilet when we need to.

There are toilets near to where we came into Church and the helpers' wearing badges or people you are with will help you to find them.

There are more toilets in the rest of the Church building and the helpers will tell us where they are if we ask them to.

In Church we can go to the toilet when we need to.

It is okay to ask where the toilets are and to have help finding them.

