

TREASURES of OUR FAITH
by: Deacon Ryan Adams

Greetings brothers and sisters. As we go through this 'Year of Faith', each week we will take a journey together to deepen and rediscover our faith as Catholic Christians. We will take time to look at the rich traditions of our Church, we'll look at what certain things signify and their symbolism, take time to answer some frequently asked questions and look at why we do certain things as Catholics. This week we'll look at the Sign of the Cross.

One of the principal gestures of Christian worship is the sign of the cross. When we make the sign of the cross, we are professing our belief in God; the Father, the Son and the Holy Spirit.

Tracing the cross on our body by touching our forehead, abdomen, left and right shoulders signifies and reminds us of our very salvation through Christ's sacrifice on the cross for us, a reminder of our baptism, and of our commitment to Christ.

Making the sign of the cross before and after we receive Communion signifies that in the sacrament of the Eucharist, we recognize Christ present with us. We make the sign of the cross when the priest gives us the final blessing at the end of the liturgy because the blessing is made in the name of God; Father, Son, and Holy Spirit.

We make the sign of the cross before we pray to collect and compose ourselves and to fix our minds, our hearts and our will upon God. We make it then again when we finish praying in order that we may hold tight to the gift of Grace we have received from God. The sign of the cross is both blessing and demonstration; we invoke the blessing of God as we demonstrate with a visible sign that we belong to Christ.