



A Journey through the Mass...

Greetings brothers and sisters, as we continue on our journey together through the Mass, this week we'll look at the 'The Sign of the Cross'.

The Sign of the Cross is an integral part of who we are as disciples of Christ. It is one of the principal gestures of our Christian worship. 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 a reminder 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.

*Love & Blessings,
Deacon Ryan*

