

Language has its limits -
as the heart has its reasons, which the mind knows not.
We must find alternative ways to share the call of deep to deep -
but not as a problem to be solved.

Many Christians bless themselves at various times. For example, when we enter our cathedral.
And for the most part, we are not too troubled with the theological complexities of the Trinity.
We bless ourselves out of habit whether footballer or athlete, often as a wordless prayer,

For most of us, it is enough to know that God the Father existed before time began and created all that is.
It is enough for us to know that in time God sent his Son, Jesus Christ, into our world to light up our lives and to show us the way.
After completing this his task, he promised to send the Holy Spirit. And when Jesus returned to God, The Holy Spirit came to be with us always.
So when ever we bless ourselves in making the sign of the cross, we do so in the name of three persons, equal and undivided, yet one God.

Our Eucharist always begins by invoking the Holy Trinity, Father, Son and Holy Spirit.
“The grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all.”
Our use of the sign of the cross says a lot about us. It marks us as believers in the Trinity.
So let us use it well and use it often.

The Lord be with you