

Fr. Rudy's Reflections
The Most Holy Trinity
May 26, 2024

The Sign of the Cross Makes Us Disciples of Nations

Human beings by nature are mired in the routine and often go about their day in mindless, humdrum activities, not taking time to reflect and treasure life's expressive moments. Sometimes people are too busy, too tired, or too uninterested to care. One such everyday practice, one that expresses the commitment to our faith, might involve the superficial and dismissive way we make the Sign of the Cross. We have all seen and possibly noted in others and in ourselves, the half-hearted way we utter the words or move our hands in the direction of the forehead, chest, and shoulders. We have performed this gesture so many times, on so many different occasions, that we, at times, have abandoned the essence and beauty of its meaning.

Today is the second Sunday following Pentecost, and we celebrate on this day Trinity Sunday, the commemoration of the mystery of our faith in the Triune God: the Father, Son, and Holy Spirit. For many of us, this concept is difficult to comprehend and rationalize, but it is the fundamental part of our faith, the source and light of its belief. Trinity Sunday is one of the few celebrations of the liturgical year that commemorates a principle of faith rather than an event or person. It is that important to us. The word "trinity" comes from the prefix "tri," referring to the three persons of God, and "unity," that means joined as a whole—our belief in the revelation of one God, yet in three divine persons.

My question today: Are we living in Christ's love? Are we making the Sign of the Cross with purpose and with the complete understanding of our calling to "make disciples of nations" and to teach them the ways of our faith, in how we live our lives, how we honor our God, and most importantly, in how we love?

Yours in Christ,
Fr. Rudy