

Sign of the Cross

Upon entering the church, we dip our fingertips into the holy water and make the shape of the cross on ourselves. By doing this, we bless ourselves with water to remind us that we were baptized with water and are disciples of God's love.



The Sign of the Cross is made with the hand, touching first the forehead, then the breast, left shoulder, and finally the right shoulder. While doing it, it is common to add an expression of faith in the Trinity: "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."