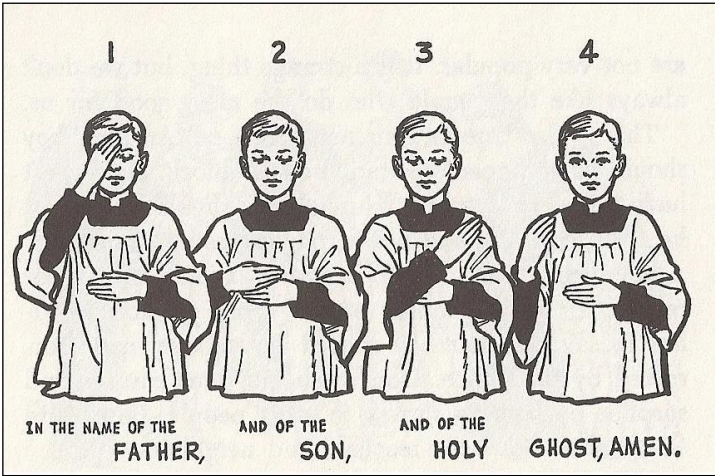


Tridentine Community News

January 21, 2024 – Third Sunday After Epiphany

Making the Sign of the Cross During the Day



Perhaps no prayer so succinctly expresses our Catholic Faith than the Sign of the Cross. This simple devotion and gesture is enriched with a Partial Indulgence each time it is prayed. Two writers have provided some interesting reflections on it: First, Lacy of the Catholic Icing blog listed several times when it is customary to make the Sign of the Cross:

List Of Some Times Catholics Pray The Sign Of The Cross

- At the beginning of prayers
- At the end of prayers
- After dipping their fingers in holy water when entering a church (this is a reminder of our Baptismal promises)
- While genuflecting (especially before entering the pew at church)
- After receiving Holy Communion
- When entering an Adoration chapel
- At the beginning of Mass
- Anytime that anyone blesses you
- Before and after praying the rosary
- Before meals
- Before going to sleep
- When an ambulance goes by
- At a time of need, fear, or danger

Her full article is here:

<https://www.catholicicing.com/sign-of-the-cross/>

Second, Stephen Beale at Catholic Exchange lists 21 things we do when we make the Sign of the Cross:

1. Pray.
2. Open ourselves to grace.
3. Sanctify the day.
4. Commit the whole self to Christ.
5. Recall the Incarnation.
6. Remember the Passion of Our Lord.

7. Affirm the Trinity.
8. Focus our prayer on God.
9. Affirm the procession of Son and Spirit.
10. Confess our faith.
11. Invoke the power of God's name.
12. Crucify ourselves with Christ.
13. Ask for support in our suffering.
14. Reaffirm our baptism.
15. Reverse the curse.
16. Remake ourselves in Christ's image.
17. Mark ourselves for Christ.
18. Soldier on for Christ.
19. Ward off the devil.
20. Seal ourselves in the Spirit.
21. Witness to others.

Read the full article with its expositions on the above points here: <https://catholicexchange.com/21-things-make-sign-cross/>

Prayer for the Conversion of a Relative or Friend

This beautiful prayer for the Conversion of a Relative or Friend was scanned in by the Friends of Father Isaac Mary Relyea Facebook page:

FOR CONVERSION OF RELATIVE OR FRIEND

(If the prayer is for a woman, use the feminine pronoun where necessary.)

O Mary, Queen of Angels and of men, behold me an unworthy servant and listen to my prayer in behalf of (N. N.) who remains separated from the Church established by thy Divine Son. My Mother, dispensatrix of grace, strip from (N. N.) the bands of prejudice and ignorance that hold him captive, and let the true light of Faith enlighten his mind and quicken his will. Gently draw him my Mother, into the fold of Christ, that his salvation may be better secured and that the Kingdom of God upon earth may grow stronger over the infernal enemy. Amen.