

HOLY MASSES

at Our Lady of the Skies Chapel

Saturday, May 29, at 5:00 PM *for Mamie DiBenedetto (20th Anniversary)*

Holy Trinity Sunday, May 30, at 1:00 PM

Tuesday, June 1, at 12:15 PM *for the end of abortion and the culture of death*

Wednesday, June 2, at 12:15 PM

Thursday, June 3, at 12:15 PM

Friday, June 4, at 12:15 PM *for Sally O'Brien*

Saturday, June 5, at 5:00 PM *for Sally O'Brien (3rd Anniversary)*

Corpus Christi Sunday, June 6, at 1:00 PM

PLEASE REMEMBER IN YOUR PRAYERS

the following sick:

Sue McCormick

Louise Cirillo

Lindsey Jefferies

Linda Cavello

Mike O'Sullivan

Doreen Hrubes

Lindsay & Kimberly Keenan

Charles Erny

Maureen Ramazzotti

Anthony DiBenedetto

Yolan DePhillips

Maureen Devine

Walter McNally

Phylis Lucas

Mae Lavery

PLEASE REMEMBER IN YOUR PRAYERS

the following deceased:

Joseph Rizzo

Rev. James T. Rooney

Mary Dilena

Raymond Francis

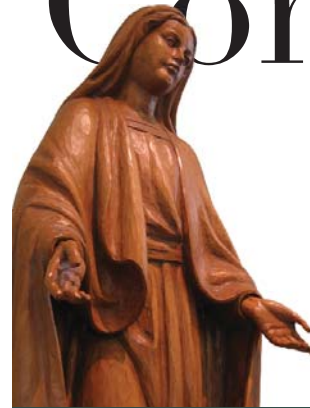
Theodore Roman

Geraldine Carpentiere

Almighty God, you have created the earth and the skies, you have given your people the ability to fly across the world and travel through the air. Keep me safe in the flight I am about to take. Give to the pilots, flight attendants and air traffic controllers your peace and tranquility. Strengthen them in body, mind and spirit, and make them free from any distractions. Send us your holy angels to guide us through the air free of turbulences. May all traveling today reach their destinations, and be united with their loved ones. Keep me always on your path, and at the end of my life welcome me at the Father's home, where you live forever and ever. Amen.

OUR LADY OF THE SKIES CHAPEL Connections

WWW.JFKCHAPEL.ORG



MAY 30, 2010 | MOST HOLY TRINITY

In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.

1 + 1 + 1 = 1

Chapel Hours
6 AM-10 PM

Phone: (718) 656-5348
Fax: (718) 656-8162
www.jfkchapel.org

John F. Kennedy Airport
Terminal 4 | Suite 461-037
Jamaica, NY 11430

Spiritual Orientation: Sign of the Cross

The Sign of the Cross is a ritual hand motion made by members of many branches of Christianity. It may be accompanied by the Trinitarian (relating to the Holy Trinity) formula. For Christians, the motion symbolizes the Cross on Calvary by tracing the shape of the cross in the air or on one's own body. There are two principal forms, one form used in the Latin-Rite Catholic Church and used in Anglicanism, Lutheranism, Methodism, and Oriental Orthodoxy; the other form is used in the Eastern Rites of the Catholic Church and in the Eastern Orthodox churches. The sign is rarely used by evangelical or more modern groups of Protestants.

Hand

The open right hand is used in Western Christianity. The five open fingers represent the Five Wounds of Christ. Though this is the most common method of crossing by Western Christians, other forms are sometimes used. The West also employs the "Small Sign of the Cross" in which a small cross is traced with the thumb over the forehead, lips, and breast of the individual while whispering the words "May Christ's words be in my mind, on my lips, and in my heart". This is used at the Proclamation of the Gospel at Holy Mass and also is commonly used when blessing oneself with holy water when leaving or entering a church. In the Eastern Catholic and Orthodox Churches, the thumb, index, and middle finger are brought to a point, symbolizing the Trinity (the Father, Son and the Holy Spirit, three persons sharing a single essence), the remaining two fingers (kept pressed together

and touching the palm) representing the human and divine natures of Jesus Christ. However, the Russian Orthodox in the past used two fingers brought to a point with the three remaining fingers pressed down. Russian Old Believers still use this form. The Oriental Orthodox (Armenians, Copts, Ethiopians etc.) generally use the "Western" direction as well, though often with the Byzantine finger formation.

Motion

The sign of the Cross is made by touching the hand sequentially to the forehead, lower chest or navel area, and both shoulders, accompanied by the Trinitarian formula: at the forehead (In the name of the Father); at the stomach or heart (and of the Son); across the shoulders (and of the Holy Spirit); and finally: Amen.

There are several interpretations, according to Church Fathers: the forehead symbolizes Heaven; the stomach, the earth; the shoulders, the place and sign of power. Also, the hand to the forehead may be seen as a prayer to the Father for wisdom; the hand to the stomach as a prayer to the Son who became incarnate; and the hand to the shoulders as a prayer to the Holy Spirit. There are some variations: for example a person may first place the right hand in holy water. After moving the hand from one shoulder to the other, it may be returned to the stomach. It may also be accompanied by the recitation of a prayer e.g. the Jesus Prayer, or simply "Lord have mercy". In some cultures it is customary to kiss one's hand or fingers at the conclusion of the gesture.

Sequence

Theodoret (393–457) gave the following instruction:

This is how to bless someone with your hand and make the sign of the cross over them. Hold three fingers, as equals, together, to represent the Trinity: God the Father, God the Son, and God the Holy Ghost. These are not three gods, but one God in Trinity. The names are separate, but the divinity one. You should hold the other two fingers slightly bent, not completely straight. This is because these represent the dual nature of Christ, divine and human. God in His divinity, and human in His incarnation, yet perfect in both. The upper finger represents divinity, and the lower humanity; this way salvation goes from the higher finger to the lower. So is the bending of the fingers interpreted, for the worship of Heaven comes down for our salvation. This is how you must cross yourselves and give a blessing, as the holy fathers have commanded.

Use

In the Eastern traditions, both celebrant and congregation make the Sign of the Cross much more frequently than in Western Christianity. It is customary in some Eastern traditions to cross oneself at each petition in a litany, and to closely associate oneself with a particular intention being prayed for or with a saint being named. The Sign of the Cross is also made upon entering or leaving a church building, at the start and end of personal prayer, when passing the main altar (which represents Christ), whenever all three persons of the Trinity are addressed, and when approaching an icon.

In Latin countries people often sign

themselves in public. Athletes can be seen crossing themselves before entering the field or while concentrating for competition. Soccer players also make the sign of the cross before a game as part of a pre-match ritual. Also baseball players will make the sign of the cross before proceeding to step onto into the batters box.

In societies with constant Christian observance the Sign of the Cross is employed during everyday activities. For example the spoon crosses the newly poured mixture before stirring, housewives bless food when placing it in the oven, potters bless the clay before creating a vessel, and one slicing bread crosses the bread with the knife before cutting, as bread is considered to represent the body of Christ.

Origins

The Christian sign of the cross was originally made with the right-hand thumb across the forehead only. Around the year 200 in Carthage (modern Tunisia, Africa), Tertullian says: "We Christians wear out our foreheads with the sign of the cross". Vestiges of this practice remain: some Christians sign a cross on their forehead before hearing the Gospels during Mass; foreheads are marked with an ash cross on Ash Wednesday; holy oil (called chrism) is applied on the forehead for the sacrament of Confirmation. By the fourth century, the sign of the cross involved other parts of the body beyond the forehead.

Source: wikipedia