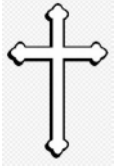


# LITURGY BYTES

## Happy Feast Day!



Each year the Church celebrates the feast of the Exaltation of the Cross on September 14<sup>th</sup> which also is our parish's feast day. This year we are celebrating the feast this weekend. How much do you know about this feast? It goes way back in time to the end of the 7<sup>th</sup> century when it was celebrated in Rome.

The feast commemorates the recovery of the Holy Cross which had been placed on Calvary by St. Helena and preserved in Jerusalem until it fell into the hands of the Persians. This precious relic was recovered and returned to Jerusalem by Emperor Heraclius.

This day is also known as the Triumph of the Cross, the Elevation of the Cross, Holy Cross Day and Holy Rood Day. The Church celebrates the triumph of the Cross, the instrument of our redemption each year. To follow Christ, we must take up His cross and follow Him all of our earthly lives.

We make the Sign of the Cross before prayer which helps us to fix our minds and hearts to God. During trials and temptations our strength and protection is the Sign of the Cross. At baptism, we are sealed with the Sign of the Cross, signifying the fullness of redemption and that we belong to Christ.

May we look to the Cross frequently and realize that when we make the Sign of the Cross, we give our entire selves to God—mind, soul, heart, body, will and thoughts! Let us remember the symbolism and meaning every time we make the Sign of the Cross.

Have a blessed, prayerful and peaceful week ahead! ~ *Michele Hall*

*We adore you, Lord Jesus Christ, here and in all your churches throughout the whole world, and we bless you, for by your holy cross you have redeemed the world. (St. Francis of Assisi)*