



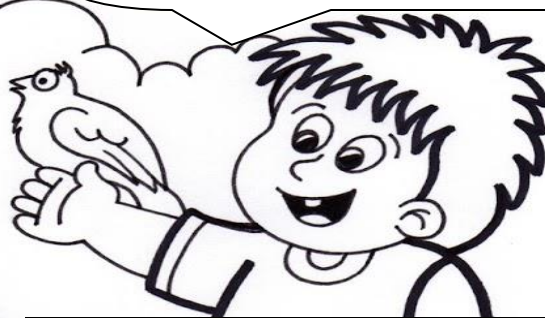
Make crosses with popsicle sticks and decorate.



**Feast of the Exaltation of the Cross
September 14**

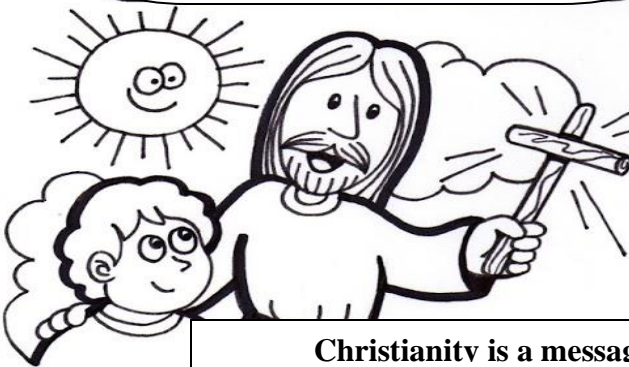
Around the year 320, the Empress Elena of Constantinople found the cross of Our Lord Jesus Christ.

The Empress and her son Constantine had constructed on the site, the Basilica of the Holy Sepulcher, to house the relic.



Years later, the king Chosroes II of Persia invaded and conquered Jerusalem, taking the Cross and placing it at the foot of his throne as a sign of disdain for Christians.

But in the year 628, the Emperor Heraclius defeated him, taking the Cross and returning it to Jerusalem on September 14 of that same year.

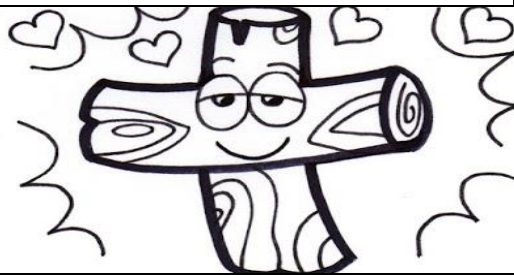


To celebrate, the emperor ceremoniously carried the Cross throughout the city. Since then, September 14 has been celebrated in the liturgical calendar as the "Exaltation of the Cross".

Christianity is a message of love. Why then exalt the cross?

Jesus wanted it to demonstrate His love for us and His solidarity with our suffering. It wasn't necessary, but He wanted to share in our suffering and make it redemptive.

Jesus did not come to end suffering: suffering will continue amongst us. Neither did He come to explain it: it will continue a mystery. He came to accompany us with His presence.



If we kiss the Cross of Jesus, we kiss our own, which is like a splinter in His cross.

Adaptación-fuente: www.catholic.net