The Exaltation of the Holy Cross
Sunday, September 11, 2022

First Reading: Numbers 21:4-9

Psalm #78 ℟ Do not forget the works of the Lord

Second Reading: Philippians: 2:6-11

Acclamation ℣: We adore you, O Christ, and we praise you, because by your cross you have redeemed the world.

Gospel: John 3:13-17

Theme: Parish Feast Day - The Cross reveals Gods' love for us, his beloved - Jesus is our life jacket

Our readings this weekend will reflect our parish feast of The Exaltation of the Holy Cross (usually September 14th). Remember to wear your traditional garb or the colour red.

Commentary:

Many people enjoy boating, fishing, sailing, and canoeing. Whether on lakes, rivers, or an ocean, it's important to have a flotation device. A flotation device can be a life jacket or what some people call a lifesaver. It is necessary even for good swimmers to wear one because if there is an accident, that flotation device could save their life.

I heard a story once of a group that went fishing on a big lake. Everyone put on their life jackets and were eager to begin…well except for one man, who insisted he didn't need one. Wouldn't you know, while on the lake, they were surprised by a big storm. It got really windy. The waves become really high, so high that they tipped the boat over! Those who were wearing their life jackets made it safely to shore, but the man who didn't wear his life jacket drowned. That man could have been saved had he made the choice to wear his life jacket.

This story reminds me of our Gospel reading today. It says "God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life." Jesus is our life jacket. God sent Him to earth to save us. Through His death and resurrection, we can be forgiven and have eternal life with God. All we have to do is believe and accept Jesus as our saviour. We'll still face storms, but when we do, we'll have our life jacket--Jesus is our lifesaver.

It's foolish to go out onto the water without a life jacket, but it's even more foolish to try to sail the sea of life without Jesus! We accept Jesus as our saviour when we take time every day to listen to what God is saying to us in the daily scripture readings, when we to talk to him about what is on our heart, and when we serve others in his name.

May we live in a way that shows we are thankful, believing we are so loved by God that he died such a painful death for us, so we could be forgiven and have a special friendship with Him.

Discussion starters: (Choose one or more of these after reading today's scripture readings)

1. Have you ever been boating, sailing or canoeing? Did you wear a flotation device? Where were you boating to? How long did it take you? Did your flotation device save you from any danger?
2. Use one of the family activities on the following page as you discuss ways to keep Jesus always with you. How can you keep Jesus at the centre of your life? (daily scripture reading, family/personal prayer time, attending Mass, fellowship, serving your community and parish…)

Prayer for Families:

Dear God, I know you sent Jesus to die on the cross to save us, to save me. I pray that every one will take hold of the one thing that can save—Jesus Christ, our Lord and Saviour. I ask this through Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. AMEN.

Family Activities, Colouring Page, Cross Word Puzzle and Word Search: Pages 2-5

Resources used for inspiration in this post: Sermons4Kids, Images

Family Activities
Based on John 3:13-17

CROSS Lacing: Cut out two crosses from poster board. Print “I BELIEVE” on one of the crosses. With the crosses, back to bak, hole punch around the edges for children to lace up and hang, perhaps in their room.

CHENILLE CROSS: Make a cross out of chenille wire. Hang a mini-sign saying "I BELIEVE" at the top.

CROSS PUZZLE version 1: Make a puzzle with the colouring page on the next page. This can be coloured ahead of time, glued to a piece of poster board, maybe laminated, then cut into pieces for the family to piece back together.

CROSS PUZZLE version 2: Make a puzzle with the colouring page on the next page: print the colouring page, glue to poster paper and as a family, colour it. Cut into pieces for the family to piece back together while discussing your gratitude for Jesus having saved us. Store the puzzle in an envelope for another time.

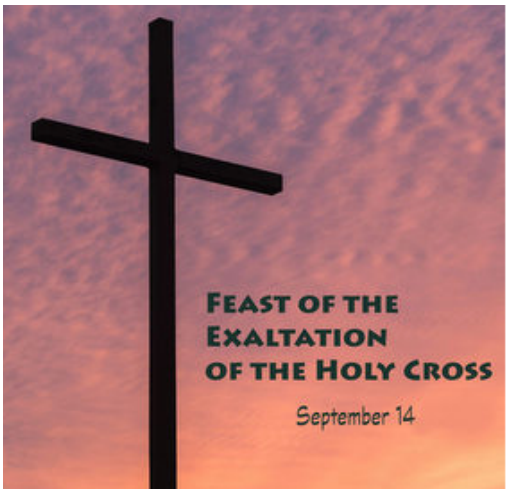
TISSUE PAPER SCRUNCH CROSS: Cut crosses out of poster board. The children will then take small pieces of coloured tissue paper and crumple them up and glue them to the cross in a pretty design. You can then add a hanger or put a magnet on the back for the refrigerator.

BELIEVING MATCH GAME: Make up 2 identical cards of different types of crosses or Easter symbols, Bible verse references, etc and children can play a match game. Discussion about what the CROSS means to us and our BELIEVING!!!

CELEBRATION: Plan a family celebration to remind everyone that “God so loved the world that he gave his only Son, that anyone who believes in him will not perish but will have eternal life” (John 3:16). Suggestions: a picnic in the park, a special dinner dish or dessert, a time of family prayer/reading of scripture, a boat ride with life jackets…

LISTEN: To Father Tony Diaz’s homilies from Thursday and Friday this past week. The links were part of the Saturday Morning Blast and can also be found on the parish website www.holycrossparish.com. Scroll down to: “Fr. Tony Diaz” to access them. They remind us of the role of Our Blessed Mother (Thursday was her birthday), and how we can live as intentional Christians.

Happy Feast Day
of
The Exaltation of the Holy Cross

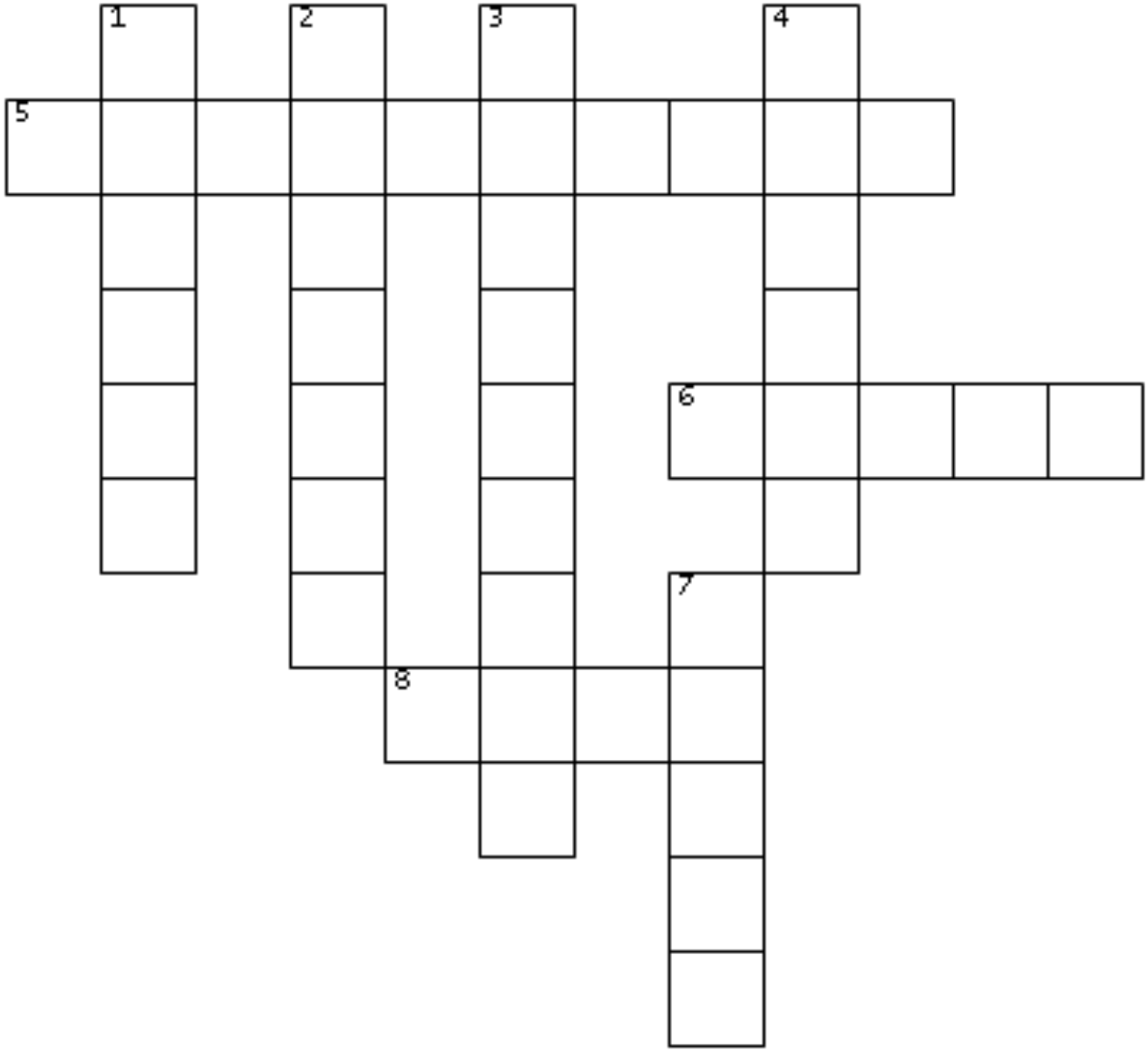


COLOURING PAGE

Based on: John 3:13-17

CROSSWORD

Based on John 3:13-17



Use the clues to fill in the words above.
Words can go across or down.
Letters are shared when the words intersect.

ACROSS
5. The state or fact of being friends
6. The name of the Son of God
8. A deep affection for another person

DOWN
1. To glorify and honour God, often in song
2. To bring back to a former condition
3. To offer worship and praise to God
4. To take hold of and raise to a higher place or position
7. To show kindness, forgiveness or be helpful to someone who has hurt you

Answers: ADORATION FRIENDSHIP JESUS LIFTED LOVE MERCY PRAISE RETORE

WORD SEARCH

Based on John 3:13-17

G V B I E L O D K W H B Z U F
N R A E I F E C E X A L T E D
D Y A F L M I S S N Z Z N K B
Z G T T E I I L I O C Y M G Q
D E U E I A E J W I R E J E B
D R D Z R T I V J S O D N O S
D E A P W S U E E S S T M F V
R V D H F V S D H A S V L S O
K C O K Z U R C E P V X R Q J
X N R X S Y C R E M T I V V Z
Y R A S G S A V I O U R G R H
W D T N G N N Y Z C Z B R I L
X N I Y G F A F X G X R T C I
I Y O J N U F P N K W A U R K
L S N J C K G M K Q O R Q E M

Find the word in the puzzle.
Words can go in any direction.
Words can share letters as they cross over each other.

ADORATION	BELIEVE	COMPASSION	CROSS	EXALTED
GRATITUDE	JESUS	LIFE	LIFTED	MERCY
PRAISE	REDEEMED	SAVIOUR	SON	