



Exaltation

of  the

Holy Cross

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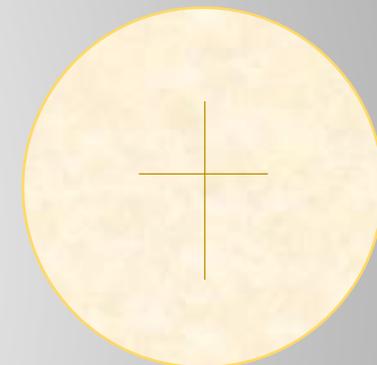
Exaltation of the Holy Cross

INTRODUCTION



Background - how does the Cross relate to us?

- God grants as a gift to us to point us to heaven
- Given the opportunity to respond – sanctity through sacrifice
- We celebrate the return of the Cross to Christianity
- Begin with some early history of Church (St Helen / Emperor Constantine)



The exaltation of the Cross stems from the truth that “apart from the Cross, there is no other ladder by which we may get to heaven”

St Rose of Lima



Exaltation of the Holy Cross

INTRODUCTION-HISTORY-EARLY CHURCH

Time of Persecution



The Suffering of Church/Saints - Church after His Passion

- Fear / Persecution / All Apostles -1 Martyred
- All Christians fled Jerusalem as Jesus commanded
- Desolating sacrilege – went to Cappadocia/Greece/Rome
- St Peter/Paul executed one crucified--one beheaded
- Led to Colosseum fed to the lions/burned/butchered



Cappadocia (Turkey)

When you see the desolating abomination spoken of through Daniel the prophet standing in the holy place (let the reader understand), then those in Judea must flee to the mountains. Mathew 24:15-16



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INTRODUCTION ST HELEN

St Helen Mother of Constantine



- **Mother of 1st Christian Roman Emperor Constantine**
 - Faith, prayer, and perseverance made this possible
 - Studied bible early in life—made vow to go to Jerusalem
 - Made a penitential pilgrimage to Jerusalem for her son
- **Arrived in 326 – recovered & founded many holy sites**
 - Holy Sepulcher
 - Mt of Olives (Beatitudes)
 - Nazareth/Bethlehem
 - Tomb of Lazarus



St Helen

In this sign you will conquer (Recorded by Eusebius)



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INTRODUCTION RISE OF CONSTANTINE

Persecution and Rise of Constantine



- **Persecution in the first 3 centuries was intense**
 - Many converts - they saw through Rome's leaders
 - 4th century ~10% population Christian
 - What caused persecution to end?
- **Constantine - First Christian Roman Emperor**
 - Battled Maxentius at Milvian bridge
 - Saw vision of the cross in the sun image (Chi Rho)
 - Defeated plunged army into the Tiber (Maxentius killed)



CHI RHO

In this sign you will conquer (Eusebius)



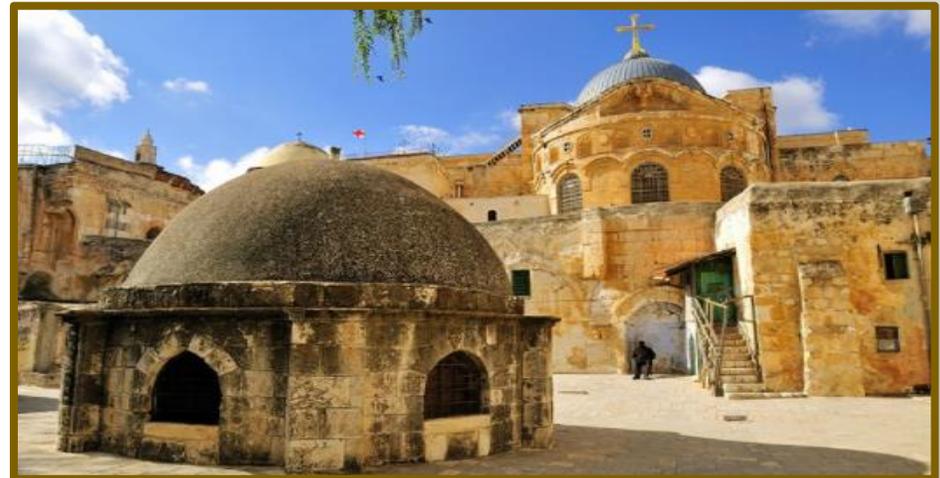
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INTRODUCTION SITES TIMELINE

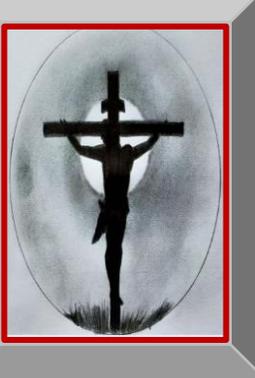
THE CROSS & HOLY SEPULCHRE



- **326 A.D** Discovers the True Cross in Jerusalem May 3rd.
- **335 A.D** Constantine dedicates the Church of the Holy Sepulcher on September 14th.



- **614 A.D** Jerusalem is invaded by the Persians who steal the True Cross.
- **629 A.D** The True Cross is recovered and brought back to Jerusalem on September 14th.⁶

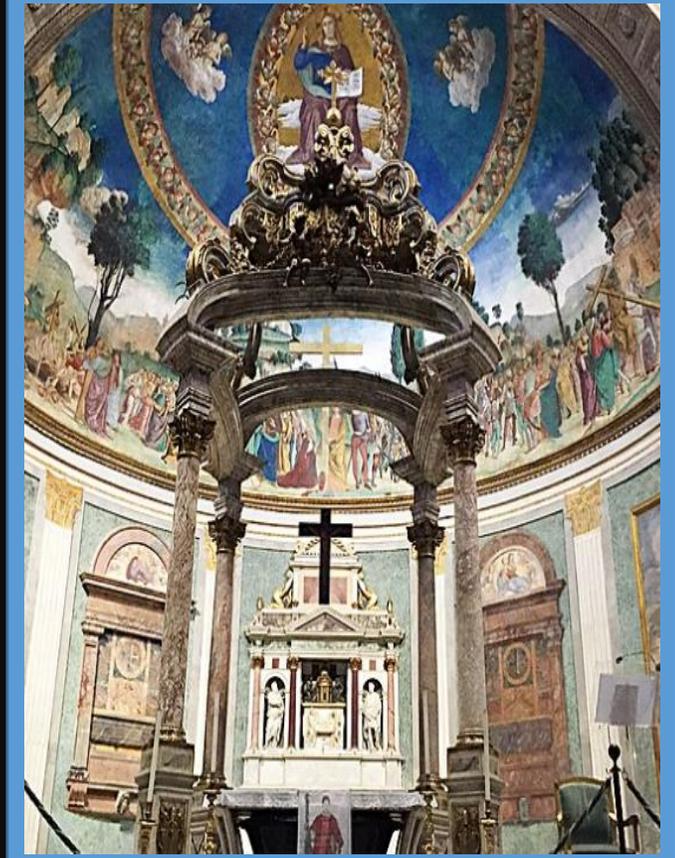


Exaltation of the Holy Cross

INTRODUCTION

Today we will look at the Holy Cross

- Symbol and role in history
- Christian history relative to the Passover
- How Passover was transcended by Christ
- Stations of Cross a pattern of sanctity
- A look at Christ's final words



Basilica Santa Croce - Rome

The exaltation of the Cross stems from the truth that “apart from the Cross, there is no other ladder by which we may get to heaven”

St Rose of Lima



Exaltation of the Holy Cross

SYMBOL AND ROLE IN HISTORY

DEATH & ROMAN OPPRESSION



Romans Means of Torturous & Public Humiliation

Crush Rebellion of Anyone Who Dared to Cross the State!

Given No Quarter – No Mercy – No Sympathy

- Reserved for criminal and enemies of the state -
- Ultimate punishment for those who commit crime often escaped slaves
- Spectacle warn other slaves or criminals – Jesus charge was political!!

Crucifixion is a method of capital punishment in which the victim is tied or nailed to a large wooden beam and left to hang until eventual death from exhaustion and asphyxiation. Josephus Jewish War



Exaltation of the Holy Cross

SYMBOL AND ROLE IN HISTORY

SUPERNATURAL GRACE



Points to something & someone

Conquers oppression of death, fear, time itself!

- **First symbol we receive in our faith** – Baptism we are marked—as with all sacraments
 - First things we do when we enter the sanctuary, we recall our baptism
 - We use this sign so much, out of habit we may at times take it for granted
 - A supernatural key to our faith and to our new way of life as Christians
 - Points to a sacramental way of life

The one who was seated on the throne said, “See, I am making all things new.” Also he said, “Write this, for these words are trustworthy and true.” Then he said to me, “It is done! I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give water as a gift from the spring of the water of life. Rev 21:5-6



Exaltation of the Holy Cross

SYMBOL AND ROLE IN HISTORY

LOVE – MARRIAGE – LIFE – ETERNAL LIFE



Among the greatest mysteries – like the Cross Eph 5:21-30

Why? He Loves us this much! - He is Love itself

Marriage is central to the Revelation of God

Knowing How Love Leads to Life

(Genesis – Song of Songs – Revelation)

- Consummation between bridegroom and the Church his bride
 - The Last Supper = Wedding Banquet / The Cross = His Wedding Day
 - Just as marriage points to new life – The Church/Jesus to Eternal Life!

Christ mounted his “marriage bed” to consummate his union with the Church, his Bride. Where is this “hidden” in what Christ said above? In the fact that the Cross grants us “eternal life.” Eternal life is a gift of grace.

St Augustine



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LITURGY – CHRISTIANITY RELATIVE TO PASSOVER



- **He had already spoken of his Passion, which he was about to suffer in Jerusalem,**
 - As a “Baptism” with which he had to be baptized. (MK10:38)
- **The blood and water that flowed from the pierced side of the crucified Jesus are types of**
 - Baptism and the Eucharist, the sacraments of new life (Jn 19:34)
- **From then on, it is possible “to be born of water and the Spirit”**
 - In order to enter leave the desert and enter promised land -- The Kingdom of God. (CCC1225)

See where you are baptized, see where Baptism comes from, if not from the cross of Christ, from his death. There is the whole mystery: he died for you.

In him you are redeemed, in him you are saved. St Ambrose



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LITURGY – CHRISTIANITY RELATIVE TO PASSOVER

Passover - Ancient Jewish Celebration of Passover Lamb

After sacrifice at the Temple Lamb was placed on a + spit

- **Passover re-presentation of Exodus from Slavery in Egypt for centuries**
 - Commemorates the final plague – killed all the first born in Egypt
 - Lamb was killed – roasted and consumed as God commanded
 - Persuaded Pharaoh to free the Jewish people
- **In Jesus' Time - Passover was huge - 250K went to temple to sacrifice**
 - All return from the sacrifice with lamb on a cross-shaped spit
- **What was that like to prepare the Passover – put yourselves w/Peter John (LK22:1-6)**
- **Eucharist – re-presenting the sacrifice of the Last Supper – freed from slavery of sin**

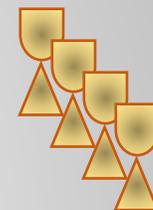
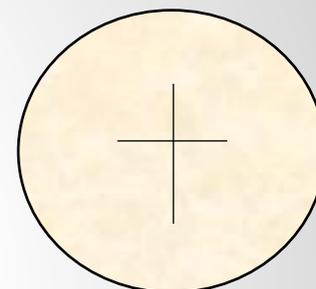
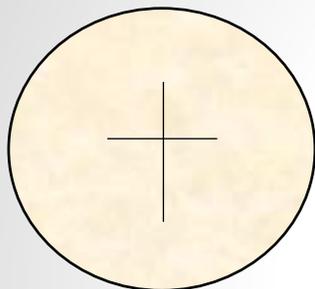
Unleavened bread shall be eaten for seven days; no leavened bread shall be seen in your possession, and no leaven shall be seen among you in all your territory. You shall tell your child on that day, 'It is because of what the Lord did for me when I came out of Egypt.' It shall serve for you as a sign on your hand and as a reminder on your forehead, so that the teaching of the Lord may be on your lips; for with a strong hand the Lord brought you out of Egypt. You shall keep this ordinance at its proper time from year to year. (Ex 13:7:10)



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LITURGY - ROLE OF PASSOVER SEDER 4th CUP

Last Supper – Apostles Priests New Cov. - Lamb – Bread – Herbs-Wine



1st Cup of Wine - Sanctification - Like Mass Introductory Liturgy rites - wine w/water blessed are you

2nd Cup - Deliverance - Interpretation cup Like Liturgy of the Word - son asks? what is different about this night

--Father – shares the meaning of the elements (lamb (PO) bread(Ransomed from Egypt) herbs (embittered fathers in slavery)

-- When God saved our fathers then - he loved and saved me and us all- who keep the feast– irrespective of time

3rd Cup - Redemption - Liturgy of the Eucharist - Blessing over the bread - Called the “Cup of blessing” ---Read Missal 381

4th Cup - Restoration - Praise God by singing Psalms and drink the final cup (Hallel Psalms 113-118)

“This is my body, which is given for you. Do this in remembrance of me.”

And he did the same with the cup after supper, saying, “This cup that is poured out for you is the new covenant in my blood” (Lk 22:19-20)



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CHRIST FORESHADOWED IN OLD TESTAMENT

IN THE DESERT - Jews grumbled in their wandering

They grew weary of eating only the manna from heaven

God sent serpents among them....Foreshadowing the Cross Itself

The Jewish people as they journeyed in the desert became impatient on the way. The people spoke against God and against Moses, “Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food.” Then the LORD sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, “We have sinned by speaking against the LORD and against you; pray to the LORD to take away the serpents from us.” So Moses prayed for the people. And the LORD said to Moses, “Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live.” So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live. Num 21:4-9



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CHRIST PREDICTED THE CROSS

Jesus anticipated his death and the Cross



- **Three years leading up to his passion he shared how he would die**
 - Jesus taught using images of the Cross “Take up Your Cross and Follow Me”
 - No doubt that was a sacrificial image they were really familiar with
 - Prepared the Apostles to continue His work after his death

As they were gathering in Galilee, Jesus said to them, “The Son of Man is going to be betrayed into human hands, and they will kill him, and on the third day he will be raised.” And they were greatly distressed *(Mt 17:22, Mk 9:30–32; Lk 9:43b–45)*



Exaltation of the Holy Cross

CHRIST PREDICTED THE CROSS

Jesus also alluded to this as he spoke to Nicodemus

(A Pharisee and a ruler of the Jews who came to Jesus at night)

Nicodemus said “Rabbi we know that you are a teacher from God

No one can do the signs you are doing....”

- **Discussed being born of the spirit...**used image of the wind...hear but not know direction
 - You are a teacher, and you don't know this?

Jesus to Nicodemus: No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. “Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. John 3:13-17





Exaltation of the Holy Cross

THE PASSION – STATIONS OF THE CROSS – PATH TO SANCTITY



The Sorrowful Mysteries of the Rosary Stations of the Cross

- **Agony in the Garden**
- **Scourging at the Pillar**
- **Crowning with Thorns**
 - First: Pilate Condemns Jesus to Die
- **Jesus Carries his the Cross**
 - Second: Jesus Accepts His Cross
 - Third: Jesus Falls First Time
 - Fourth: Jesus Meets His Afflicted Mother
 - Fifth: Simon Helps Jesus Carry Cross
 - Sixth: Veronica Offers Her Veil to Jesus
 - Seventh: Jesus Falls Second Time
 - Eighth: Jesus Speaks to Women
 - Ninth: Jesus Falls Third Time
 - Tenth: Jesus Is Stripped of His Garments
- **Jesus is Crucified**
 - Eleventh: Jesus Is Nailed to Cross
 - Twelfth: Jesus Dies Upon Cross
 - Thirteenth: Jesus Is Taken Down
 - Fourteenth: Jesus Is Placed in Sepulcher



Exaltation of the Holy Cross

THE PASSION – STATIONS OF THE CROSS – PATH TO SANCTITY

What Does the Mystery Say to Us In Its Fruits?



1. Agony in the Garden

2. Scourging at the Pillar

3. Crowning with Thorns

a. First: Pilate Condemns Jesus to Die

4. Jesus carries his the Cross

a. Second: Jesus Accepts His Cross

b. Third: Jesus Falls First Time

c. Fourth: Jesus Meets His Mother

d. Fifth: Simon Helps Jesus Carry Cross

1. **Persistence in Prayer – relation to the Father**

- Fruit - Sorrow for sin – Your will not mine

2. **Strength in face of adversity – Purity**

- I find this man not guilty - sinless

3. **Moral Courage – even when mocked for faith**

- Hail King of the Jews – beat and spat on him

4. **Persistence in virtue - even after falling**

- We help carry each other burdens-Simeon
- Saints remembered through all history



Exaltation of the Holy Cross

THE PASSION – STATIONS OF THE CROSS – PATH TO SANCTITY

The Sorrowful Mysteries of the Rosary Stations of the Cross



- Sixth: Veronica Offers Her Veil to Jesus
- Seventh: Jesus Falls Second Time
- Eighth: Jesus Speaks to Women
- Ninth: Jesus Falls Third Time
- Tenth: Jesus Is Stripped of His Garments

• Jesus is Crucified

- Eleventh: Jesus Is Nailed to Cross
- Twelfth: Jesus Dies Upon Cross
- Thirteenth: Jesus Is Taken Down
- Fourteenth: Jesus Is Placed in Sepulcher

4. Persistence in virtue (cont.)- even after falling

- We help carry each other burdens – Simeon
- He speaks to women – special place in his heart
- Women-tested in the most arduous journey (JP II)
- Saints remembered through all history
- Especially those who followed his path

5. Final Perseverance - Jesus is stripped & crucified

- The role of relics as a means to God's healing
- Video



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ROLE OF HIS SUFFERING & HIS SAINTS

Three Saints who suffered faithfully following Christ

St Paul the Apostle

Special Roman citizen Apostle to the gentiles

- Student of Gamaliel - greatest teacher of the Pharisees
- Beaten – stoned and scourged left for dead
- Shipwrecked (Traveled – Modern Turkey - Greece – Rome)



Looking to Jesus, the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. St. Paul



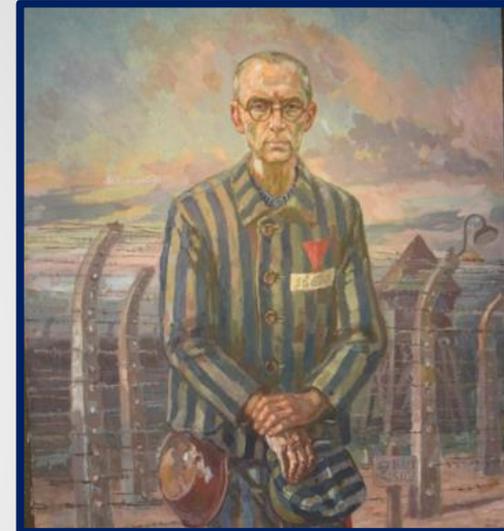
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ROLE OF HIS SUFFERING & HIS SAINTS

Saint Maximilian Kolbe – Capuchin Monk



- **Greatest publishing enterprise 20th Century Europe**
 - Threat to Nazi's
 - Founded communities in Nagasaki Japan and Poland
 - Sent to Auschwitz (broke prison ranks died for another)



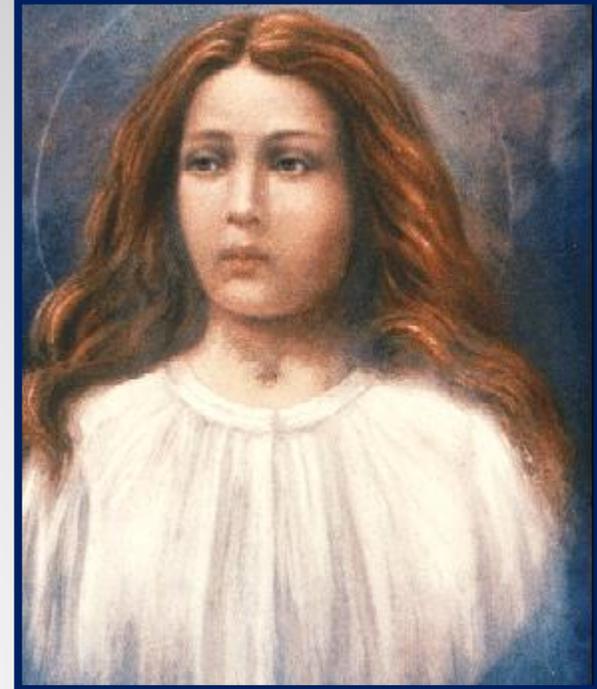
The cross is the school of love - Mount Calvary is the mount of lovers. All love that does not take its origin from the Savior's passion is foolish and perilous. Unhappy is love without the Savior's death. Love and death are so mingled in the Savior's passion that we cannot have one in our hearts without the other. Upon Calvary, we cannot have life without love, or love without the Redeemer's death. – St. Maximilian Kolbe



Exaltation of the Holy Cross

ROLE OF HIS SUFFERING & HIS SAINTS

Saint Maria Goretti



- **Eldest daughter of poor Italian family**
 - Known devout in faith & forgiveness
 - Viciously killed by a neighbor for not yielding to his unholy advances
 - One of the greatest stories of forgiveness in all of Christianity

O Saint Maria Goretti, who, strengthened by God's grace, did not hesitate, even at the age of twelve, to shed her blood and to sacrifice life itself to defend your virginal purity look graciously on the unhappy human race which has strayed far from the path of eternal salvation." Excerpt of the Official Prayer to Maria Goretti



Exaltation of the Holy Cross

HIS LAST WORDS Christ's Final Words



1. **Forgave enemies -- Father, forgive them , for they know not what they do.** [Luke 23: 34](#)
2. **Answered the Petition of the Good Thief -- Amen I say to thee, this day thou shalt be with me in paradise.** [Luke 23: 43](#)
3. **Cared for Mary and John -- Woman, behold thy son.** After that, he said to the disciple: **Behold thy mother.** [John 19: 26-27](#)
4. **Fulfilled Prophecy - Psalm 22 – “Eli, Eli, lamma sabacthani? -- My God, my God, why hast thou forsaken me?”** [Matt 27:46](#)
5. **Thirst for souls and an intense desire to complete the Father's will - I thirst** [John 19:28](#)
6. **The Bridegroom gave all for his bride --** Jesus therefore, when he had taken the vinegar, said: **“It is consummated”**[John 19:30](#)
7. **I entrust myself to your will and your providence --** Father, into thy hands I commend my spirit. [Luke 23:46](#)

“

All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.” [Mt 28:18-20](#)



Exaltation of the Holy Cross

TAKE AWAYS FOR US

WE HAVE THE GREATEST FAITH!



- **St Helen changed the world saved the faith by influencing her son**
 - Her son went on to change the fate of many early Christians
 - The Cross has a miraculous way of changing lives
 - Don't underestimate the power of prayer and persistence of a mother
- **Christ Supernaturally Made the New Covenant from the Passover feast**
 - The Last Supper – Passion/Death/Resurrection – transcended all time
 - Made His sacrifice present to all the faithful – He loves us that much
 - Remember what he did for us every time you look at the Crucifix-Lift High The Cross!

“The Cross - the greatest legacy of Christ's love for all mankind. Christ crucified is an awesome symbol that identifies who we are as the universal people of God. Each of us is called to overcome suffering and unite our crosses with his. Throughout our entire lives, we are called to follow his example. In each Mass, we remember his sacrifice and share the gifts he instituted at the Last Supper. With the help of the Holy Spirit, we his Church, continue to share his sacramental graces throughout all time, until he comes again.

The Cross is the greatest sign hope that points to his resurrection and the final triumph over evil. The cross from the very beginning, has united us as the One, Holy, Catholic, and Apostolic Church commissioned to share all he taught to the ends of the earth. Lift High The Cross!”

A black silhouette of Jesus Christ on a cross, set against a circular background with a light glow, all within a red-bordered square frame.

Exaltation of the Holy Cross

A circular emblem with a red background and a white cross. The cross has a small 'A' on the left arm and a small 'Ω' on the right arm. The emblem is surrounded by a red border and a grey frame.

Exaltation of the Holy Cross

Questions and Comments?

Thank You For Your Time!



Exaltation of the Holy Cross



Backup Info

You Tube - EWTN 4 minute video on Shroud and Vail of Veronica

https://www.youtube.com/watch?v=1kMC1DnZ7_g

The Cross of Christ 3 minute video You Tube

<https://www.youtube.com/watch?v=37zsqZHy3a4>

St Helen The Cross Hele 50 Minute Video

<https://www.youtube.com/watch?v=XZ8yNxuqw8E>