



Sunday Reflection with Fr. Rafal



Dear St. Joseph Parishioners and Visitors,

The Feast of the Exaltation of the Holy Cross, recalls the retrieval of the Holy Cross, which had been found and preserved by Saint Helena. It commemorates three historical events: the finding of the True Cross, its return in the 7th century, and its ineffable power as the instrument of Christ's redemptive sacrifice and our salvation. Our Savior's crucifixion imbues human suffering with divine purpose.

Today's Feast is called the Exaltation, that is, the "Lifting High" of the Holy Cross. Moses "lifted up" the bronze serpent, and those who looked at it lived. Jesus was "lifted up" on the cross, humbling himself, becoming obedient to death, uniting his will to that of the Father and loving the world just as much as the Father did, "so that everyone who believes in him may have eternal life."

And there's more.

In the Third Eucharistic Prayer, at the Consecration of the bread, the priest says:

"For on the night he was betrayed
he himself took bread,
and, giving you thanks, he said the blessing,
broke the bread and gave it to his disciples, saying:
Take this, all of you, and eat of it,
for this is my Body,
which will be given up for you."

When you see the Host "lifted up" at the Consecration, always remember: God so loved the world then, God so loves the world today.

Have a Blessed Sunday!

Fr. Rafal Ligenza.

Pastor — St. Joseph Catholic Church