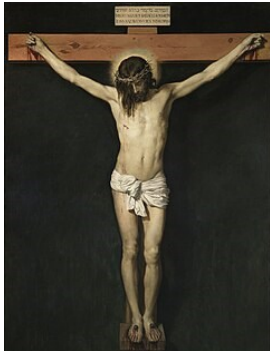


LITURGICAL LIVING

Series 3: September 10-16

“Behold the wood of the cross”



Feast of the Exaltation of the Cross (September 14)

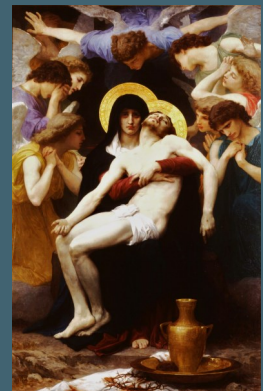
- Commemorates the finding of the True Cross by St. Helena in 326.
- We are called to reflect on how an instrument of torture and humiliation was transformed to a symbol of triumph and salvation.
- Veneration of the cross is a tradition that dates back to the 4th century. It can be powerful for kids and adults. This can be done at home. Simply lineup and typically the head of the household says the first line to everyone. Then each person responds the Response and kisses the cross.
- Tradition shares that where the True Cross was found was found in a field of basil. A dish that includes basil. My favorite is Caprese salad or presto! :)

R: "I adore you, O Christ, and I praise you, because by your Holy Cross, you have redeemed the world."

Our Lady of Sorrows September 15

The Seven Sorrows of Mary is a devotion from St. Bridget. They are:

- ◆ The Prophecy of Simeon (Lk 2:25-35)
 - ◆ The Flight into Egypt (Mt 2:13-15)
 - ◆ The Loss of the Child Jesus in the Temple (Lk 2:41-51)
 - ◆ The Meeting of Jesus and Mary on the Way of the Cross (Lk 23:26-31)
 - ◆ The Crucifixion (Jn 19:17-18, 25-30)
 - ◆ The Removal of Jesus' Body from the Cross (Mk 15:43-47)
 - ◆ The Burial of Jesus (Jn 19:39-42)
- We all have sorrows in our lives, we can go to our Mother in them. Mary may have been spared from original sin, but she was not spared from sorrow. Despite our hardships we can find true joy in God.
 - Read each passage in your bible and pray with Mary in her sorrow. A kid centered method for this is to have 7 sour candies or something else sour ready to eat. Read each (or less depending on time/age) of the sorrows while eating your sour thing. Focus on how Mary would have felt. And then encourage them to not make faces. Mary "pondered all things in her heart." She didn't make those "faces" with her sorrows.



LITURGICAL LIVING

Series 3: September 10-16



What's the deal with Mary?

Why do Catholics call Mary our mother? Why are we Catholics encouraged to go to Mary, when we could just go to Jesus ourselves? Does this relationship with Mary take away from our relationship with Jesus? All great questions and we hope we can begin to answer them here.

First off, Mary is completely human. She is called the perfect disciple. But, she is so much more. Having a relationship with Mary, does not take away from our relationship with Jesus. Jesus loves Mary so much. Loving her should amplify our love for God. Mary also guides and directs us to Jesus.

We are called to have a relationship with Mary, our mom. Mary became our mother at the foot of the cross. As Jesus was dying on the cross, his mother and his beloved disciple were there. He said, "Woman, behold your son" and "behold your mother" to his beloved disciple. John referred to himself as a beloved disciple out of humility and to show us that any disciple of Jesus, Mary is your mother. This is huge! Where is Mary in your life? Mary points us to Jesus Just like the wedding feast at Cana. She is reminding us to go to Him and to do what He says.

There is so much more that can be said about Mary and we will cover more through this series but for now, let's focus on increasing our devotion to Mary, our mother:

- Praying the Rosary (or a decade) of the Rosary Daily
- Reading about her
 - [Hail, Holy Queen](#) by Scott Hahn
 - [Mary, Mother of All](#)
 - My current favorite children's book!
- "Oh Mother " by the Vigil Project
 - My most played song in 2022!



Resources

[Catholic All Year](#)
[Ascension Presents](#)