

SEPTEMBER 13: THE EXALTATION OF THE HOLY CROSS



If you want to be My disciple ... you must take up your cross - Matthew 16, 24

Today we celebrate the exaltation of the Holy Cross, raised up in the Church of the Holy Sepulchre in Jerusalem, September 14 335, after its discovery by the Empress St Helena. Plundered by the Sassanians, it was returned to Jerusalem by the Emperor Heraclius in 629 (as depicted above). The focus of the proper is not, however, on these events, but on the triumph of the Lord on Calvary.

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I was going to celebrate Holy Cross tomorrow (Monday), but, after an email from the Vicar-General, am changing it to today. NO MASS TOMORROW, therefore.

A real thank you to everyone for their prayers and support (and cooking!) during Andrea's illness. The doctors have now declared that she is no longer 'shedding' (that is, contagious) and she is doing a whole lot better, thanks be to God. I myself have spent the last fortnight isolating; the doctor has declared me able to resume my duties among you.

Congratulations to *Chris Duiker* and *Jim Lindsay*, who were enrolled this morning as catechumens. God willing, they will be chrismated at Christmas. Please keep them in your prayers.

This week we celebrate the September Ember Days: Wednesday, Friday, Saturday are days of fast and abstinence. As a reminder of our fasting norms, please see:

<https://www.orthodoxwest.com/fasting-norms>.

The ROCOR parish of St John of Shanghai in Belfast is tentatively planning a *pilgrimage* to some of *Ireland's* holy places, led by *Bishop IRENEI Steenberg* (one of Orthodoxy's top theologians at the present time). Nothing is at all certain about this at the moment, but if you have an interest please let Fr David know and he will keep you in the loop as things progress.

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PROPERS OF THE MASS

INTROIT: But as for us, it behoveth us to glory in the Cross of our Lord Jesus Christ : in whom is our salvation, our life and resurrection : by whom we are saved and set free. God be merciful unto us, and bless us : and shew us the light of his countenance, and be merciful unto us. Glory be. But as for us, it behoveth us to glory in the Cross of our Lord Jesus Christ : in whom is our salvation, our life and resurrection : by whom we are saved and set free.

COLLECT: O God, who as on this day dost gladden us with the yearly festival of the Exaltation of thy Holy Cross : grant, we beseech thee, that we which on earth have known the mystery of the redemption which thou hast wrought for us, may be found worthy to receive the rewards thereof in heaven. Who livest.

EPISTLE : Let this mind be in you which was also in Christ Jesus : who, being in the form of God, thought it not robbery to be equal with God : but made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men. And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the Cross. Wherefore God also hath highly exalted him, and given him a Name which is above every name : (*Here genuflect*) that at the Name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth : and that every tongue should confess that Jesus Christ is God, to the glory of God the Father.

GRADUAL: Ibid. Christ became obedient unto death, even the death of the Cross. Wherefore God also hath highly exalted him : and given him a Name which is above every name.

ALLELUIA, alleluia, Sweetest wood, sweetest iron, sweetest weight on thee wast hung : thou alone wast counted worthy to sustain the King of heaven, and its Lord. Alleluia.

GOSPEL: At that time : Jesus said unto the multitudes of the Jews : Now is the judgment of this world : now shall the prince of this world be cast out. And I, if I be lifted up from the earth, will draw all men unto me. (This he said, signifying what death he should die.) The people answered him : We have heard out of the law that Christ abideth for ever : and how sayest thou : The Son of man must be lifted up ? Who is this Son of man ? Then Jesus said unto them : Yet a little while is the light with you. Walk while ye have the light, lest darkness come upon you : for he that walketh in darkness knoweth not whither he goeth. While ye have light, believe in the light, that ye may be the children of light.

OFFERTORY: By the sign of the holy Cross, defend, O Lord, thy people from all the snares of their enemies: that the service which we render may be pleasing unto thee, and our sacrifice acceptable in thy sight, alleluia.

SECRET: O Lord our God, who dost suffer us to be fulfilled with the Body and Blood of thy Son Jesus Christ our Lord, through whom thou hast sanctified unto us the standard of the Cross : we humbly beseech thee, that like as we have been counted worthy to venerate that Cross, so we may in everlasting glory be made partakers of the saving benefits of the same. Through the same.

COMMUNION: By the sign of the Cross, deliver us from our enemies, O Lord our God.

POSTCOMMUNION: Assist us mercifully, O Lord our God: that we whom thou dost suffer to rejoice in honouring he Holy Cross, may be defended by the perpetual succor of the same. Through

PRAYERS

Pray for One Another – James 5, 16

Metropolitan Paul and Archbishop Yohanna; Metropolitan Saba; Metropolitan Elias and the diocese of Beirut; Kh Andrea; Kh Beth; our armed forces and first-responders; Carole; Dru; Katie; Olivia; Grace; Joanie; Chris; Liam; Jim; Chris; Megan; Stella, Bill and family; Rebbekah; Betty; all those afflicted by the Corona virus and all those fighting it, doctors, nurses, scientists; for peace and justice in society; Ellen; Connie; Michael; Linda; Brielle; Adele; Mary; St Innocent Orphanage; the people of California, Texas, and Louisiana; PJ and Carmel; Leanne; Bethany; Fr Theodore

+ Patriarch THEODOSIUS; Archimandrite John; Archpriest Paul; Archpriest James; Archpriest James; Archpriest Joseph; Archpriest Basil; Priest James; Priest George; Priest Stephan; Priest Gabriel; Priest Justin; Subdeacon Lawrence; Kh Mary; Kh Julia; Kh Beatrice; Kh Grace; Sophia; William; Zella; Joanne; Valerie; Chuck; Adrien; Neal; Tim; Victims of 9/11

MON 14: EXALTATION OF THE HOLY CROSS: Joannie Linnert, birthday

Tues 15: Seven Sorrows, comm. St Nicomedes, Martyr

Wed 16: Ember Wednesday, comm. Ss. Cornelius and Cyprian, Bishops and Martyrs; Ss

Euphemia, Lucy, and Germinian, Martyrs: Gary Prive, birthday; Fast and Abstinence: Mass, 6.30pm

Thurs 17: Feria

Fri 18: Ember Friday: Fast and Abstinence: Rosary, 6.30pm (zoom)

Sat 19: Ember Saturday, comm. St. Theodore of Canterbury, Bishop and Confessor (patronal of Abbot Theodore); St Januarius & his companions, Martyrs; Patriarch THEODOSIUS VI, RIP; Kh Beatrice Barrow; Fast and Abstinence: Vespers, 5.30pm

PARTING THOUGHT: The Cross is the declaration of God's Love for us - St John Chrysostom