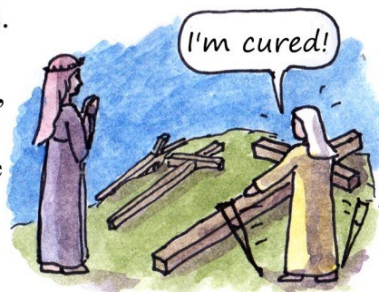


The Holy Cross

Today we celebrate the feast of the Exaltation, or Triumph, of the Holy Cross on which Our Lord died. The cross was an instrument of torture used to punish criminals and to show other people what would happen to them too, if they broke the Roman laws. Our Lord used the cross for a different reason though. He offered His sufferings on the cross to repay for the sins of everyone else in the world. He died in a place where many people could see Him so that they could see and know how much He loves us.

In the 300's AD, St. Helena, who was a Christian queen, went to Jerusalem to find the cross of Jesus. She found three crosses there so she decided to test to see which was Christ's. A very sick woman touched each cross. When she touched the third one she was healed instantly! They had found the cross of Christ!



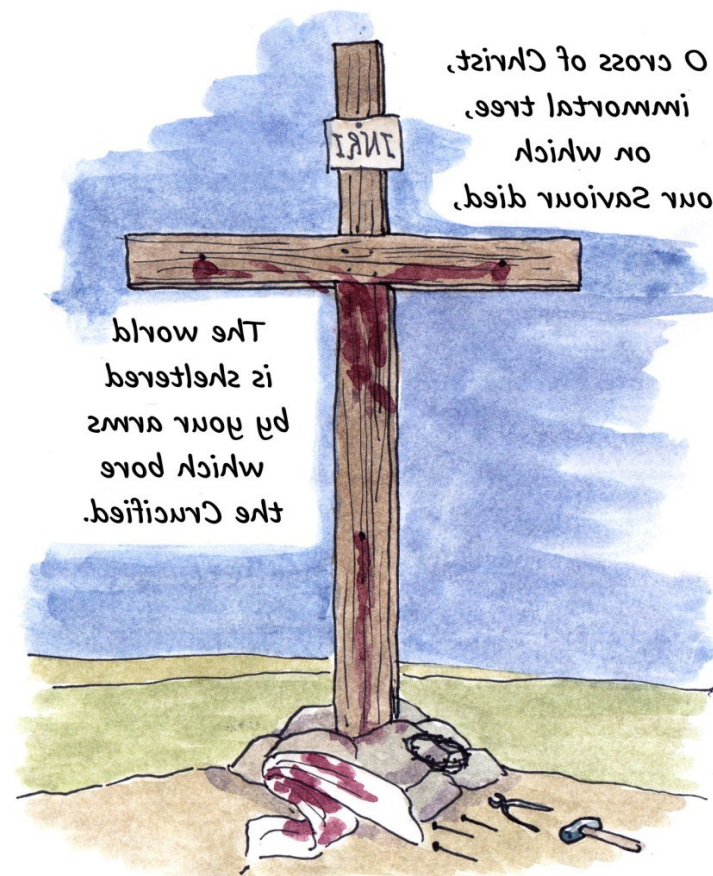
In hoc signo, vinces! Saint Helena's son Constantine was not a Christian yet, but when he was about to go to war he had a vision of the cross and heard the words "In this sign you shall conquer!" So he had crosses drawn on all the flags and shields, and he won the battle. Then he believed in Jesus and became a Christian.

Answer to Word-Find: Saint Helena

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EXALTATION OF THE HOLY CROSS
SEPTEMBER 14TH 2025



Today is a special feast day when we celebrate the cross on which Jesus died.

Look in the mirror to find the words of a hymn that tells us about what the cross means to us.

Word-find: The Holy Cross

CALVARYMARYH
PCROSSSTHREE
LADJESUSLITA
ADAMSAVIOOROV
CHRNTCHEVERY
EEKCARRYEETN
GATESINSDFUA
OVIFKFATHERI
DEMRYIHELLEL
LNEEECHILLNE
OFFEREDIEDAD



*Find all the words in
CAPITALS in the puzzle.
Use the leftover letters to
fill in the blanks at the end.*

After ADAM and Eve sinned, the world needed a SAVIOUR who would FREE us from the punishment we deserved in HELL. JESUS, Who was the Son of GOD, LOVED us so much that He OFFERED His life to God the FATHER as a SACRIFICE for our SINS.

When the TIME came for Jesus to die, the HEAVY wooden cross was placed on His shoulders. He was forced to CARRY it to the top of the HILL. EVERY step was TORTURE. He FELL several times, and met His holy mother MARY along the way.

Finally He came to CALVARY, also called the PLACE of the Skull. The soldiers NAILED Him to the CROSS and lifted it up. The SKY became DARK as Jesus hung there for THREE hours. Finally He DIED. His soul went to God and He opened the GATES of HEAVEN.

*Who found Jesus' cross after it
had been buried for 300 years?* _____

For the friends of Jesus - Christians, the cross is really important. It reminds us of how much Jesus loves us, and of all HE did for us. Can you colour in the cross and make it look really nice?

