**SEPTEMBER 14, 2025** 

# MYOCN PEW PALS



## **Exaltation of Holy Cross**



A long time ago, Saint Helen (the mother of Emperor Constantine) traveled to Jerusalem to find the Cross where Jesus was crucified. After much searching, she discovered it. To honor it, the Cross was lifted up high for all the faithful people to see and venerate.

Every year, we celebrate this feast by remembering that the Cross is not a symbol of sadness—it's the sign of victory, hope, and God's amazing love for us. On this day, the priest lifts the Cross up in the church, reminding us that through the Cross, Christ gave us eternal life.

Sometimes love means sacrifice. Jesus gave up His life on the Cross to save us because He loves us so much. Every time we see the Cross, we remember His love and strength. Every time we love, forgive, or do the right thing even when it's hard, we are lifting up the Cross in our own lives.

## Family Homework

**Small Sacrifice Challenge:** "give something up" as a small sacrifice to show love for someone else - just as Jesus sarificed out of love for us.

**Cross Hunt:** Look around your home and see how many crosses you can find. Each one is a reminder of God's love.

## **Memory Verse**

"For the message of the Cross is the power of God." - 1 Corinthians 1:18



### **CRAFT - Stained Glass Cross**

#### **Supplies**

- Black construction paper
- Colored tissue paper
- Scissors
- Glue stick
- Pencil
- Optional: clear contact paper

#### **Instructions**

#### Create the Cross Frame

- Fold the black construction paper in half.
- Draw half of a cross shape along the folded edge.
- Cut it out to create a symmetrical cross outline.
- Carefully cut out the inside of the cross, leaving about a 1-inch border to make a "window" frame.

#### Add the Stained Glass

- Cut the tissue paper into small squares or shapes.
- Glue the pieces to the back of the cross frame so they overlap like stained glass.
- If using contact paper, lay one sticky side up, arrange the tissue squares, then seal with another layer before trimming.

### Display Your Cross

- Hang the finished cross on a window.
- As you see the sunlight shine through your stained-glass cross, remember how Jesus' light shines through the Cross to fill our hearts with love and hope.







## **DISCUSSION PROMPT**

"Why do we honor the Cross?

How does Jesus' sacrifice
show us what true love looks
like?

## **SAINT STORIES**

#### **SAINT SOPHIA**

Saint Sophia lived a long time ago in the early days of the Church. Her name means "wisdom", and she was a loving Christian mother.

Sophia had three daughters named Faith, Hope, and Love (in Greek: Pistis, Elpis, and Agape). She taught them to love Jesus with all their hearts and to always trust God, even when life was difficult.

During a time when Christians were being persecuted for believing in Christ, the emperor wanted everyone to worship idols. Sophia and her daughters refused to give up their faith. Because of their courage, the emperor ordered terrible punishments for the three girls. Even though they were young, they bravely held onto their love for Jesus. After their suffering, they went to live with God in heaven.

Saint Sophia's heart was broken because she loved her children so much, but she did not lose hope. She thanked God for their strong faith, and a few days later, she peacefully fell asleep in the Lord and joined her daughters in heaven.

**Commemorated September 17**