

FAMILY PRAYER

At Home

All Saints
Catholic Academy Trust

Thursday 14th September 2023

The Feast of the Exaltation of the Cross

Time to prepare



Gather together in a quiet space within your home. Begin by making the sign of the cross together.

Let us pray,

Oh, Holy Cross of Jesus, be my true light.

Oh, Holy Cross, fill my soul with good thoughts.

Oh, Holy Cross, ward off from me all things that are evil.

Oh, Holy Cross, ward off from me all dangers and deaths and give me life everlasting!

Oh, Crucified Jesus of Nazareth, have mercy on me now and forever.

Oh, Holy Cross, you are the glorious sign of victory. Through your power may we share in the glory and triumph of our Lord, Jesus Christ.
Amen.

'To exalt' means to lift something high or speak highly of it, but to the degree of really dignifying and honouring it.

Scripture

Galatians 6:14

"We should glory in the cross of our Lord Jesus Christ, for he is our salvation, our life and our resurrection: through him we are saved and made free."

Reflect

The feast of the exaltation of the Cross is an incredibly special one for the Holy Rood school community as 'Holy Rood' means 'Holy Cross' and the link to the discovery of the true cross by St. Helen, which is the name of one of the two parishes we serve. A double day of liturgical celebration for us here at Holy Rood!



As we mark the Feast of the Exaltation of the Holy Cross with our children, this is an ideal time to renew their understanding of the Sign of the Cross as a prayer unto itself, rather than just a flourish to start and finish other prayers with.

If it is not already, make the Sign of the Cross a part of your daily devotionals and prayers as a family, and remember a simple Sign of the Cross traced by thumb on the forehead of a child before they come into school, is a meaningful way to start each day and helps to fix our minds and hearts to God.

Amen

Prepared by Mrs. Braund,
Headteacher of Holy Rood.