

14 Sep Monday *The Exaltation of the Holy Cross: Psalter Proper*



The feast of *The Exaltation of the Holy Cross* celebrates the discovery of the True Cross by Saint Helena, in 320 under the temple of Venus in Jerusalem, and the dedication in 335 of the basilica and shrine built on Calvary by Constantine, on the site of the Crucifixion.

First Reading: (*Num 21:4-9*) The people became impatient on the way. And the people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we loathe this worthless food." Then the Lord sent fiery serpents among the people, and they bit the people, so that many people of Israel died. And the people came to Moses, and said, "We have sinned, for we have spoken against the Lord and against you; pray to the Lord, that he take away the serpents from us." So Moses prayed for the people. And the Lord said to Moses, "Make a fiery serpent, and set it on a pole; and every one who is bitten, when he sees it, shall live." So Moses made a bronze serpent, and set it on a pole; and if a serpent bit any man, he would look at the bronze serpent and live.

Ps 77:1-2, 34-38

R. / Never forget the deeds of the Lord.

Second Reading: (*Phil 2:6-11*) Christ Jesus, though he was in the form of God, did not count equality with God a

thing to be grasped, but emptied himself, taking the form of a servant, being born in the likeness of men. And being found in human form he humbled himself and became obedient unto death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name which is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Gospel: (*Jn 3:13-17*) Jesus said to Nicodemus, "No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life." For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him.

Reflection: Cross which was a symbol of shame and contempt, is now adored and has become a sign of victory. Through the Cross Jesus conquered the world and turned the symbol of shame into a symbol of victory. Cross is the life giving symbol. If the 'bronze serpent' raised on a pole healed the Israelites, the veneration of the Cross gives comfort, solace and healing. **When we are 'bitten' by the cares of the world, struck with sickness which has no healing and have lost peace of mind, we can find healing and peace in the Cross of Jesus.** May the Cross of Jesus give us the strength to carry our daily crosses.