

Yr 2 Parents' Cheat Sheet

Exaltation of the Holy Cross, John 19:6-11, 13-20, 25-28, 30-35

1. What special Feast Day do we celebrate today?

Exaltation of the Holy Cross. Sometimes it is also called Elevation of the Precious and Life Giving Cross. More information for parents: *On this day we commemorate the finding of the true cross of Christ by St. Helena, St. Constantine's mother in 326. In 335 the consecration of the newly built Church of the Resurrection on Golgotha in Jerusalem occurred on Sept 13 and the cross of Christ was elevated and exalted in the Church the next day: Sept.14. It was stolen by the Persians in 614 and recovered in 628 and elevated again on Sept 14, 628 and this holy day has been observed ever since.*

2. Why do we decorate and bow to the cross?

Although it seems like a weird thing to bow towards the instrument of Jesus' death, as Christians, we know that it is through the cross that we are saved. When we look at the cross we see how much God loves us! Jesus willingly gave himself out of love for us. He followed His Father's will and died so that we might have eternal life. Therefore, the cross which once was ugly has become beautiful. This is why we decorate the cross especially on this holy feast day. The children learned how to make prostrations today. Perhaps they can show you how they did it when you get home!

3. What does the way we hold our fingers mean when we make the sign of the cross?

The thumb and two fingers together symbolize the Trinity and the two fingers in the palm of the hand symbolize the two natures of Christ - human and divine (God). To learn a little more about the two natures of Christ read - [Christ Our Pascha Para. 183](#). Watch a video of Marilyn the Catechetical puppet about the sign of the cross (Lesson #2) <https://theosis.ca/marilyn-videos/> When we make the sign of the cross, we are in essence saying "I belong to God the Father, the Son and the Holy Spirit"