

Feast of the Exaltation of the Holy Cross

By Scott P. Richert



History of the Feast of the Exaltation of the Holy Cross

After the death and resurrection of Christ, both the Jewish and Roman authorities in Jerusalem made efforts to obscure the Holy Sepulchre, Christ's tomb in the garden near the site of His crucifixion. The earth had been mounded up over the site, and pagan temples had been built on top of it. The Cross on which Christ had died had been hidden (tradition said) by the Jewish authorities somewhere in the vicinity.

Saint Helena and the Finding of the True Cross

According to tradition, first mentioned by Saint Cyril of Jerusalem in 348, Saint Helena, nearing the end of her life, decided under divine inspiration to travel to Jerusalem in 326 to excavate the Holy Sepulchre and attempt to locate the True Cross. A Jew by the name of Judas, aware of the tradition concerning the hiding of the Cross, led those excavating the Holy Sepulchre to the spot in which it was hidden.

Three crosses were found on the spot. According to one tradition, the inscription *Jesus Nazarenus Rex Iudaeorum* ("Jesus of Nazareth, King of the Jews") remained attached to the True Cross. According to a more common tradition, however, the inscription was missing, and Saint Helena and Saint Macarius, the bishop of Jerusalem, assuming that one was the True Cross and the other two belonged to the thieves crucified alongside Christ, devised an experiment to determine which was the True Cross.

In one version of the latter tradition, the three crosses were taken to a woman who was near death; when she touched the True Cross, she was healed. In another, the body of a dead man was brought to the place where the three crosses were found, and laid upon each cross. The True Cross restored the dead man to life.

The Dedication of the Churches on Mount Calvary and the Holy Sepulchre

In celebration of the discovery of the Holy Cross, Constantine ordered the construction of churches at the site of the Holy Sepulchre and on Mount Calvary. Those churches were dedicated on September 13 and 14, 335, and shortly thereafter the Feast of the Exaltation of the Holy Cross began to be celebrated on the latter date. The feast slowly spread from Jerusalem to other churches, until, by the year 720, the celebration was universal.

Why Do We Celebrate the Feast of the Holy Cross?

It's easy to understand that the Cross is special because Christ used it as the instrument of our salvation. But after His Resurrection, why would Christians continue to look to the Cross? Christ Himself offered us the answer: "If any man will come after me, let him deny himself, and take up his cross daily, and follow me" (Luke 9:23). The point of taking up our own cross is not simply self-sacrifice; in doing so, we unite ourselves to the sacrifice of Christ on His Cross.

When we participate in the Mass, the Cross is there, too. The "unbloody sacrifice" offered on the altar is the re-presentation of Christ's Sacrifice on the Cross. When we receive the Sacrament of Holy Communion, we do not simply unite ourselves to Christ; we nail ourselves to the Cross, dying with Christ so that we might rise with Him.

For Christians, the Cross is the crossroads of history and the Tree of Life. Christianity without the Cross is meaningless: Only by uniting ourselves to Christ's Sacrifice on the Cross can we enter into eternal life.

LITURGICAL PRAYER — O God, who willed that your Only Begotten Son should undergo the Cross to save the human race, grant, we pray, that we, who have known his mystery on earth, may merit the grace of his redemption in heaven. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

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MASSES & SERVICES

Saturday: 5pm
(Anticipated Mass)
Sunday: 9am, 11am & 5pm
Monday – Wednesday 8am
Thursday Mass/Novena:
8am & 7pm
Friday, Saturday, Holidays: 9am
(Fridays in July & August: 8am)
Children's Mass: 9am 1st
Sunday of the month Oct-June
Children's Liturgy: 11am
All Sundays except the 1st
Sunday from Sept- June
Reconciliation
Saturday: 4-4:45pm
Adoration
Saturday 9:30-10am
Library Hours
Sunday: 10-10:45am, 4:30-5pm

OFFICE HOURS

Monday-Friday: 9am-4pm

STAFF

Pastor

Babu Mathew, C.Ss.R.

Associate Pastor

Joseph Horo, C.Ss.R.

In Residence

William Comerford, C.Ss.R.

Office Manager

Virginia Fong

Pastoral Coordinator

Bertilla Watanabe

Bookkeeper

Corinna Siy

Youth Ministry Coordinator

Theresa Barao

OLPH School Principal

Lora Clarke

Jr. Kindergarten Director

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OUR LADY OF PERPETUAL HELP PARISH

September 9, 2018

23rd Sunday in Ordinary Time

Belonging to A Community with an International Heritage

Dear Parishioners,

It is good to see all of you back after the summer! I hope the past couple of months has been a time of happy gatherings with friends and family. I would like to extend a special welcome to all who have just moved into the neighbourhood or recently registered at the school. It is indeed a pleasure to get to know our new families, so please feel free to drop by the parish office for a visit.

For the benefit of those new to our parish community, allow me to share a few things about the Redemptorist priestly order. The Redemptorists or Congregation of the Most Holy Redeemer, is a worldwide community of priests and brothers founded in 1732 by St. Alphonsus Liguori in Italy. Our mission is to proclaim the Gospel of Jesus to all, reaching out especially to the marginalized and poor in spirit.

Our Superior General, Fr. Mike Brehl, has his headquarters in Rome. The Redemptorists have been present in Canada since 1834 and was first established in Quebec City in 1874. Two years ago, we celebrated a major anniversary. To mark this, a very interesting Redemptorist pilgrimage is being planned for next year. You can find out more about this on the inside page.

OLPH Parish, Vancouver is part of the global expansion of the Redemptorists. This church was established in 1923, with the school following in 1927. The growth and development of both parish and school have been made possible only through the generous donations of parishioners and school families. Thus, your spiritual and financial support would be very much needed and appreciated throughout the year. Please contact the parish office to get your box of weekly donation envelopes. You can also give by direct debit or pre-authorized contributions.

Our devotion to Our Lady of Perpetual Help is very much a part of our parish's identity. May our Blessed Mother be a constant source of support to you and your family.

Yours in Christ,
Fr. Babu Mathew, CSsR

Redemptorist Pilgrimage: May 2-14, 2019. More details now available.



St Alphonsus Church, Rome, where the icon of Our Lady of Perpetual Help is enshrined.

Praise the Lord O my soul. – Psalm 146

NEWS & NOTICES

Weekly Collection: Sunday Mass Offering Sept 1 & 2: \$5,928.46. Offering for the Needy: \$95. CSsR Pension: \$5. Jubilee Grotto Donation: \$10. Evangelization of the Nations: \$5. Needs of the Canadian Church: \$5. Thank you for your faith-filled generosity.

Project Advance Report: On August 31 pledges were at \$60,269 with participation from 105 donors. We have now exceeded our archdiocesan goal of \$52,000. All funds raised now will be rebated to the parish. Our total goal is \$104,000 which will go toward the Parish infrastructure renewal. Please make a prayerful contribution to Project Advance this year. Thank you for your support!

Commissioning Mass: OLPH Teachers, PREP teachers and members of the Parish Education Committee will be commissioned at next Sunday's 11am mass. A BBQ will be held in the school courtyard after Mass. All are welcome!

Children's Liturgy: In this program, children up to 7 years are taught the Gospel message of the day in simple and engaging ways. Children's Liturgy is available at the Sunday 11am Mass starting Sept 23.

Children's Mass: Children's Mass will resume again on Sunday October 7 at 9am and will be held on the 1st Sunday of the month. There are occasional changes to the first Sunday schedule so please check the bulletin for updates.

Sunday Morning Coffee: The work of hospitality is a beautiful service to the parish community. We need helpers on Sunday mornings for the 9am after-Mass coffee. It's a wonderful service for the whole family to work on together - kids can select the kind of donuts or cookies to serve, dad can make the coffee and mom can help with serving. Everyone helps with clean-up! Please sign up on the sheet in the church foyer.

RCIA Begins September 23: If you are interested in the Catholic faith or have been away from the Church for some time and would like to come back, join us on Sunday mornings for The Rite of Christian Initiation for Adults (RCIA). It is a beautiful journey of spiritual discovery culminating in Easter celebrations on April 21 next year. If you are already in the faith and know of people who have not discovered Jesus, have missed receiving First Communion and Confirmation, or simply fallen out of the practice of the Faith, extend a personal invitation to them to join us on this spiritual journey. Starting Sunday Sept 23, 9am-10:30am. Application forms available in the church foyer and parish office.

Fall Institute: Archdiocesan Seasonal Institutes provide participants with an opportunity to study and learn about the rich traditions of the Catholic faith and are especially suited for lay people and those serving in Catholic parishes. The courses are open to everyone. Saturday, Sept. 29, from 10-4 p.m., at Holy Cross Regional Secondary, Surrey. Cost. \$40 (\$45 after Sept. 25). For more info or to register, visit <https://rcav.org/oc-fall/>

Donate to the Wildfires Relief Fund for Whitehorse Diocese

Please continue to pray for those affected by the wildfires as well as for the firefighters, first responders, and volunteers. The Roman Catholic Diocese of Whitehorse is asking for online donations and for material donations to be dropped off at Sacred Heart Cathedral in Whitehorse. To help financially, please visit <https://rcav.org/whitehorse/>

Photos of St Theresa's Mission Church in Telegraph Creek before and after the fires.



Stewardship Reflection

"Did not God choose those who are poor in the world to be rich in faith and heirs of the kingdom that he promised to those who love him?" JAMES 2:5

What is more important – being rich in faith or rich in possessions? Society teaches us that possessions are most important. God teaches a different lesson. When we are rich in faith, we keep God first in all things and realize that material things really don't matter and that it's more important to share with those who have less.

Stewardship Office, Archdiocese of St. Louis

CALENDAR

SEPTEMBER

12-week Marian Meditations

In the 12 Thursdays between the Birthday of Mary (Sept 8) and the start of Advent (Dec 2) we will be holding a series of Marian Meditations with prayers and music. Thursdays at our parish have been dedicated to novenas to Our Lady of Perpetual Help. This will be another beautiful way to invoke the help of Our Blessed Mother for the spiritual and temporal needs of your family and friends for the coming year. Starting: Thursday Sept 13, 2:30pm-3pm

Social Justice Talks



OLPH Parish Social Justice Talks 2018

Fr. Gonzalo Ituarte is a Dominican friar and priest, a former Provincial of his order who led the Dominican Mission to Ocosingo (Chiapas, Mexico). He served for many years as Vicar for Peace and Justice of the Diocese of San Cristobal de las Casas in Chiapas, working with the renowned late Bishop Samuel Ruiz Garcia. Fr. Ituarte is a member of the International Interreligious Peace Council.

Saturday September 22, 2018 (Talk in Spanish)

"Él me ha enviado a proclamar la buena nueva a los pobres: Una reflexión por Fr. Gonzalo Ituarte, O.P sobre su trabajo con los pueblos indígenas de Chiapas." Come and meet other members of the Spanish community.

Mass: 9am with Fr. Ituarte. Coffee immediately after. Talk (Spanish): 10am. Madonna Room. By donation.

Thursday September 27, 2018

"He has sent me to proclaim the good news to the poor: A reflection by Fr. Gonzalo Ituarte, OP on his work with the indigenous people of Chiapas."

Mass: 8am with Fr. Ituarte. Coffee immediately after. Talk: 9am. Madonna Room. By donation.

Highlights & Early Bird Info of Italian Redemptorist Pilgrimage in May 2019

Plans for the Redemptorist Pilgrimage to Italy have now been finalized. The 13-Day Italian Pilgrimage which covers major sites of interest in the Redemptorist history as well as a few other additional Catholic pilgrimage sites will cost \$4,800. This includes airfare, first-class accommodation (twin-sharing), Continental buffet breakfast, all lunches and dinners as well as all entry fees and taxes. The early bird rate is \$4600 with a deposit of \$500 due on Nov 30.

One of the highlights in Rome will be a Papal Audience. We will also be celebrating Mass with our Redemptorist Provincial Fr. Mike Brehl at the church of St Alphonsus where the original icon of Our Lady of Perpetual Help is enshrined. On one of the evenings, we will attend the live show *Michelangelo and the Secrets of the Sistine Chapel* with music written by Sting.

Accompanying us on the trip in Italy is Fr. Piotr (Peter) Chyła CSsR, who is an authority on Redemptorist spirituality. Fr Piotr is from the Province of Warsaw and was appointed as the director of the Center for Redemptorist Spirituality by the General Government of the Redemptorists. Fr. Piotr was born in Świecie, Poland. He joined the Redemptorists in 1989 and studied in Kraków, Poland and Italy. After ordination (1997) he was a *socius* to the Prefect of the Major Seminary of the Redemptorists in Poland and studied dogmatic theology in the United Kingdom. He was a lecturer in Tuchów, worked in the United States as a parish priest and was then the Vicar Provincial of the Province of Warsaw.



Pilgrimage Info Session: 6:15pm Saturday Sept 22 in the Parish Hall

Brian and Deon will be present to answer any questions you may have on this day. A deposit of \$500 must be made before Nov 30 for the early bird rate of \$4600. Full payment is due by Jan 30, 2019. Arrangements can be made for pre-authorized payments as well. For more information about the pilgrimage, please contact Brian or Deon at royaleorchid@shaw.ca or call Brian 778-999-4599 / 778-866-8118.

12-DAY ITINERARY

Day 01: May 02 2019 - Canada to Rome / Naples

Day 02 May 03 - Arrive in Rome – Marianella – Naples

Day 03: May 04 - Pompeii – Amalfi Coast

Day 04: May 05 - Excursion to Scala

Day 05: May 06 - Sites of St. Alphonsus and St. Gerard Majella

Day 06: May 07 - Amalfi – Montecassino – Rome

Day 7: May 08 - Papal Audience – Holy Doors of Rome – Relics of Jerusalem

Day 8: May 09 - Rome (Vatican)

Day 9: May 10 - Assisi – Sites of St. Francis and St. Clare

DAY 10: May 11 - Pisa – Padua

DAY 11: May 12 – Venice – St. Mark's Square - Murano Glass Factory

DAY 12: May 13 – Goodbye Italy

REDEMPTORIST PILGRIMAGE



Redemptorist Pilgrimage: Exploring the History and Heritage of the Redemptorists

As part of our 150th Jubilee Icon of Love celebrations, the Redemptorists all over the world have organized several pilgrimages to visit the actual icon of Our Lady of Perpetual Help, places where St Alphonsus and St Gerard Majella lived and prayed as well as a few additional places of interest in Italy. We have been running some highlights of the itinerary the last 11 weeks. Day 11 is the final day of touring. Day 12 is the departure day. Day 13 is the return date.



DETAILED DAY 11 ITINERARY

After breakfast, we embark on a full day trip to magnificent Venice. We proceed to take a *Vaperatto* (water taxi) or our own private boat to this charming city built atop 118 tiny islands without streets, crisscrossed by 160 canals and linked by 400 footbridges. Explore all the sights and sounds of St. Mark's Square, The Basilica built to house the saints remains, the Bell Tower and the Palace of the Doge. Stop for a photograph at the Bridge of Sighs, feed the pigeons or visit the world-famous Murano Glass Factory and learn the art of glass blowing. Overnight in Padua. Dinner is at the hotel.

If you would like a detailed itinerary and more information about the pilgrimage, please contact Brian or Deon at royaleorchid@shaw.ca or call Brian 778-999-4599 / 778-866-8118. A Pilgrimage Info Session is also being held on Saturday Sept 22 at 6:15pm in the Parish Hall