

Grace Notes in Miniature

Tuesday, September 12, 2020

Dear Friends:

Yesterday was the Feast of the Exaltation of the Holy Cross, and I felt both uplifted and saddened as I thought about the cross pilgrimage we started last year: the cross made it as far as St. Elizabeth Seton before we were locked down and is now “at home in Corpus Christi Catholic Secondary School” where it was created by master craftsman Rick Karniej. His innovative approach to keep it light enough for students to carry, the easily used base and the compartment for the journal which travels with it are all indicative of the thought and care that went into it. I remember so many beautiful events as schools received and passed on the cross, and shall never hear the hymn, “Lift High the Cross” again without thinking of the day I saw it transferred from Christ the King to St Francis of Assisi on its first school-to-school transfer. (<https://www.youtube.com/watch?v=DtOdH8T44J8>) Thank you to the students and staff from both schools who made that such a moving day.

I've read some articles which comment that our reverence for the Cross is akin to meditating on a gallows or the electric chair; however, people who make that observation don't seem to get the point that it was Jesus' sacrifice of Himself for us, and the glory of His subsequent resurrection which give us meaning, not that it was an instrument of execution.

The Gospel (John 3:13-17) for the day tells us:

Jesus said to Nicodemus:

¹³ “No one has gone up to heaven except the one who has come down from heaven, the Son of Man.¹⁴ And just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up,¹⁵ so that everyone who believes in him may have eternal life.”¹⁶ For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.¹⁷ For God did not send his Son into the world to condemn the world, but that the world might be saved through him.



For a meditative moment: <https://www.youtube.com/watch?v=dLvthjDEUnQ>

Sorrowful Mysteries (Tuesday & Friday)

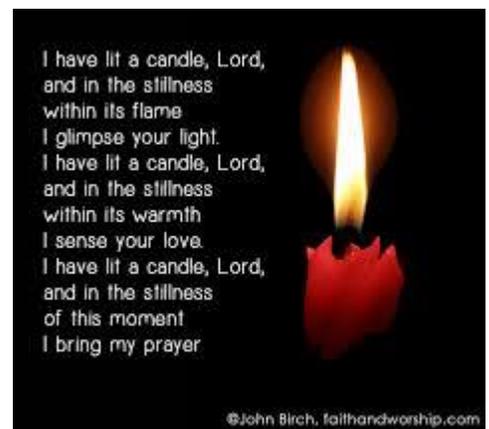
- The **Agony in the Garden**. Fruit of the Mystery: Sorrow for Sin, Uniformity with the will of God
- The **Scourging at the Pillar**. Fruit of the Mystery: Mortification
- The **Crowning with Thorns**. Fruit of the Mystery: Contempt of the world
- The **Carrying of the Cross**. Fruit of the Mystery: Patience
- The **Crucifixion**. Fruit of the Mystery: Salvation

Today is the Memorial of Our Lady of Sorrows, just one of the many opportunities for us to draw strength from Mary, Our Mother. It is hard to imagine what this new mother with her 40-day-old infant must have thought at Simeon's words, that a sword would

pierce her heart because of her child's destiny. (See Luke 2:33-35). Tuesday is also the appropriate day for us to meditate on the Sorrowful Mysteries of the Rosary – not to make us miserable but to be reassured about how much God loves us.

You'll note that the fruits of meditating on the last two mysteries are patience and salvation; I know I certainly need much work on the first and to continue to remind myself of the gift we receive in the latter.

Try to give yourself the gift of a few moments for quiet reflection and prayer to offer your day and its challenges up to God. Should you wish to meditate, you can find the link at <https://learnathome.hcdsb.org/christian-meditation/>



Tomorrow is the Memorial of Saints Cyprian and Cornelius, and on Thursday we celebrate St. Robert Bellarmine, patron of catechists and, therefore, a fitting role model for all of us engaged in Catholic Education.

Peace be with you,

Gillian