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Seasoning the Seasons™

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Feast of the Exaltation of the Holy Cross

The Exaltation of the Holy Cross: September 14

Choose one or more of the activities below to celebrate the Feast of the Exaltation of the Holy Cross.

1. Decorate a cross. You could get a plain wooden cross and decorate it with ribbon, flowers, beads, and herbs such as basil. Prominently display your cross at your home, school, or parish church.
2. An icon is a holy image filled with symbolism. An icon of a feast tells us part of the story of the feast. Because it tells a story, we say an icon is written rather than painted. Read the story of the Exaltation of the Holy Cross and write an icon portraying that story.
3. Eat foods such as tomatoes, and drink beverages such as red punch reminding us of the blood Jesus shed for us on the cross. Eat foods such as fresh mozzarella cheese, which is white and reminds us of our white baptismal garments, since we were first signed with the cross at our baptism. And eat foods made with the sweet-smelling herb basil, which is said to have grown over the place where the True Cross had been buried. You could even take wooden skewers and make an appetizer of grape tomatoes, basil, and fresh mozzarella cheese, with olive oil dressing. The wood of the skewer can remind you of the wood of the cross.
4. Have a procession with a cross. If you decorated a cross as described in item #1 above, carry your cross in the procession. Sing songs such as *"Lift High the Cross,"* which can be found in most hymnals.
5. Host a gathering and ask those attending to bring a cross from their home. See how many different styles of crosses are brought. Perhaps some are even heirlooms with interesting stories about their origin.