

EXALTATION OF THE HOLY CROSS

ENTRANCE ANTIPHON

We should glory in the Cross of our Lord Jesus Christ, in whom is our salvation, life and resurrection, through whom we are saved and delivered.

COLLECT

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.

Amen

FIRST READING

Numbers 21:4b-9

In those days: 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 everyone 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 anyone, he would look at the bronze serpent and live.

The word of the Lord.
Thanks be to God.

PSALM

*Ps 78(77):1-2. 34-35. 36-37. 38.
R cf. 7b*

R Never forget the deeds of the Lord!

Give ear, my people, to my teaching; incline your ear to the words of my mouth. I will open my mouth in a parable and utter hidden lessons of the past. R

When he slew them, then they sought him, repented and earnestly sought God. They would remember that God was their rock, God the Most High their redeemer. R

Yet they deceived him with their mouths; they lied to him with their tongues. For their hearts were not steadfast towards him; they were not faithful to his covenant. R

Yet he who is full of compassion forgave them their sin and spared them. So often he held back his anger, and did not stir up all his rage. R

R Never forget the deeds of the Lord!

SECOND READING

Philippians 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, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name that is above every name, so 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.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia...

We adore you, O Christ,
and we bless you,
because by your Cross you
have redeemed the world.

Alleluia...

GOSPEL

John 3:13-17

At that time: Jesus said to Nicodemus, 'No one has ascended into heaven except 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 begotten Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.'

The Gospel of the Lord.

**Praise to you, Lord
Jesus Christ.**

PRAYER OVER THE OFFERINGS

May this oblation, O Lord,
which on the altar of the
Cross cancelled the offence
of the whole world, cleanse
us, we pray, of all our sins.
Through Christ our Lord.
Amen

COMMUNION ANTIPHON

When I am lifted up from
the earth, I will draw
everyone to myself, says the
Lord.

PRAYER AFTER COMMUNION

Having been nourished by
your holy banquet, we
beseech you, Lord Jesus
Christ, to bring those you
have redeemed by the wood
of your life-giving Cross
to the glory of the
resurrection. Who live and
reign for ever and ever.

Amen.

REFLECTION

...and to as many as
continue in their love
towards God, does He grant
communion with Him. But
communion with God is life
and light, and the
enjoyment of all the benefits
which He has in store. But
on as many as, according to
their own choice, depart
from God, He inflicts that
separation from Himself
which they have chosen of
their own accord. But
separation from God is
death, and separation from
light is darkness; and
separation from God
consists in the loss of all the
benefits which He has in
store. Those, therefore, who
cast away by apostasy these
forementioned things, being
in fact destitute of all good,

do experience every kind of
punishment. God, however,
does not punish them
immediately of Himself, but
that punishment falls upon
them because they are
destitute of all that is good.
Now, good things are eternal
and without end with God,
and therefore the loss of
these is also eternal and
never-ending. It is in this
matter just as occurs in the
case of a flood of light:
those who have blinded
themselves, or have been
blinded by others, are for
ever deprived of the
enjoyment of light. It is not,
[however], that the light has
inflicted upon them the
penalty of blindness, but it is
that the blindness itself has
brought calamity upon
them: and therefore the
Lord declared, "He that
believeth in Me is not
condemned,"

IRENÆUS

*Against Heresies: Book V
Chapter XXVII.—The future
judgment by Christ. Communion
with and separation from the
divine being. The eternal
punishment of unbelievers.*

