



# EUCHALETTE

14 September 2025

Feast of the Exaltation of the Cross

Year C

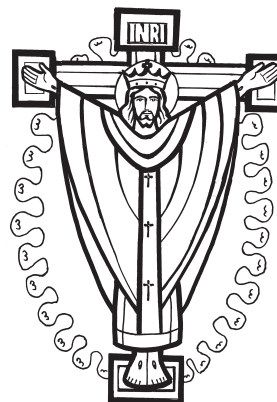
NATIONAL CATECHETICAL DAY / CATECHISTS' SUNDAY

## LOOK UP TO THE CROSS!

The Cross literally and figuratively takes “center stage” today, the Feast of the Exaltation of the Cross. Earlier history, however, has a different take on the cross. For centuries, in the Roman Empire, the cross had been a sign of retribution and shame reserved for fugitive slaves and people who had committed heinous crimes. Jesus had done absolutely nothing to deserve it, but he accepted it, out of love for sinful mankind. His love – which reflects the love of the Father for all human beings – transformed the Cross into an instrument of hope and salvation for everyone.

This is what makes the Cross a sacred symbol, a powerful reminder of God’s immense love for us, and a source of salvation for all. Any disrespectful use of it is a terrible profanation. The Cross of Christ deserves only faith and love because it is through it that we receive everlasting life. The Cross, therefore, cannot but be exalted!

Let us begin this Eucharistic celebration by making the Sign of the Cross with faith and love.



### INTRODUCTORY RITES



#### Entrance Antiphon

*(To be recited only when no Entrance Hymn is sung.)*

**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.** *(Ps Cf. Gal 6:14)*

#### Greeting

**P**—Grace to you and peace from God our Father, and the Lord Jesus Christ.

**All**—And with your spirit.

#### Penitential Act

**P**—Brethren, let us acknowledge

our sins and so prepare ourselves to celebrate the sacred mysteries.  
*(Pause)*

**P**—Lord Jesus, you humbled yourself and became obedient to the point of death and death on a cross. Lord, have mercy.

**All**—Lord, have mercy.

**P**—Lord Jesus, by your cross and resurrection you have redeemed the world. Christ, have mercy.

**All**—Christ, have mercy.

**P**—Lord Jesus, your cross is the life of all the living and the dead. Lord, have mercy.

**All**—Lord, have mercy.

**P**—May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

**All**—Amen.

### Gloria

**All**—Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

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### Collect (Opening Prayer)

**P**—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, God, for ever and ever.

**All**—Amen.

### LITURGY OF THE WORD



**1st Reading** *Nm 21:4-9*

*As the Israelites journeyed through the desert, they met many difficulties and often complained against Moses and the Lord. Usually patient and long-suffering, the Lord sometimes found no other way to bring them back to their senses but to send a “medicinal punishment,” such as the one we hear about in today’s First Reading.*

**R**—A reading from the Book of Numbers

With their patience worn out by the journey, the people complained against God and Moses, “Why have you brought us up from Egypt to die in this desert, where there is no food or water? We are disgusted with this wretched food!”

In punishment the Lord sent among the people saraph serpents, which bit the people so that many of them died.

Then the people came to Moses and said, “We have sinned in complaining against the Lord and you. Pray the Lord to take the serpents from us.” So Moses prayed for the people, and the Lord said to Moses, “Make a saraph and mount it on a pole, and if any who have been bitten look at it, they will live.”

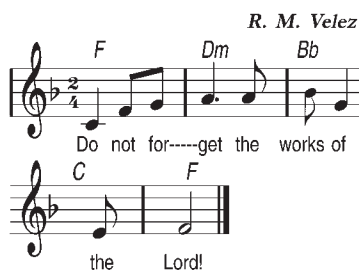
Moses accordingly made a bronze serpent and mounted it on a pole, and whenever anyone who had been bitten by a serpent looked at the bronze serpent, he lived.

The Word of the Lord.

**All**—Thanks be to God.

**Responsorial Psalm** *Ps 78*

**R**—*Do not forget the works of the Lord!*



\* Hearken, my people, to my teaching; incline your ears to the words of my mouth. I will open my mouth in a parable, I will utter mysteries from of old. **R.**

\* While he slew them, they sought him and inquired after God again, remembering that God was their rock and the Most High God, their redeemer. **R.**

\* But they flattered him with their mouths and lied to him with their tongues, though their hearts were not steadfast toward him, nor were they faithful to his covenant. **R.**

\* But he, being merciful, forgave their sin and destroyed them not; often he turned back his anger and let none of his wrath be roused. **R.**

**2nd Reading** *Phil 2:6-11*

*Concerned about divisions caused by pride and selfishness among the members of the community of Philippi, St. Paul presents to them the example of Christ’s humility for their reflection and imitation.*

**R**—A reading from the Letter of Paul to the Philippians

Brothers and sisters: Christ Jesus, though he was in the form of God, did not regard equality with God something to be grasped.

Rather, he emptied himself, taking the form of a slave, coming in human likeness.

And found human in appearance, he humbled himself, becoming obedient to the point of death, even death on a cross.

Because of this, God greatly exalted him and bestowed on him the name which is above every name, that at the name of Jesus every knee should bend, of those 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.

**All**—Thanks be to God.

**Gospel Acclamation**

**All**—Alleluia, alleluia.

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

**Gospel** *Jn 3:13-17*

*In his conversation with Nicodemus, Jesus reveals that the prophetic figure of the bronze serpent as a source of salvation for the Jews in the desert will be fulfilled in the “lifting up” (the sacrificial death) of Jesus, the “Son of Man.”*

**P**—The Lord be with you.

**All**—And with your spirit.

**P**—A reading from the holy Gospel according to John

**All**—Glory to you, O Lord.

Jesus said to Nicodemus: “No one has gone up to heaven except the one who has come down from heaven, the Son of Man.

And just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life.

For God so loved the world that he gave his only Son, so that he who believes in him might not perish but might have eternal life.

For God did not send his Son into the world to condemn the world, but that the world might be saved through him.”

The Gospel of the Lord.

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

**Homily**

## Profession of Faith

(Nicene Creed)

**All**—I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

## Prayer of the Faithful

**P** —With our eyes of faith focused on the Cross, let us confidently present our petitions to the Lord, in the firm assurance that He will hear us.

**All**—Through Your Cross and Resurrection, Lord, hear us.

**C** —For the universal Church: May She bravely preach the power of the Cross and witness to it against the allurements of earthly glory. We pray. **R.**

**C** —For the Holy Father Leo XIV, the bishops, and all our spiritual leaders: May they continue to edify us with their faith-

fulness to the message of the Cross and proclaim it in season and out of season. We pray. **R.**

**C** —For all parents and grandparents: May their wisdom and faith in Jesus who died on the Cross, inspire their children and grandchildren to become loving followers of Christ. We pray! **R.**

**C** —For our civil leaders and all those in authority: May they respect the values of the Christian civilization, symbolized by the Cross, and protect them against all that endangers their preservation. We pray. **R.**

**P** —Lord Jesus, You earned our salvation through the sufferings You endured on the Cross. Grant that we may become worthy of Your promise of eternal life as we carry our daily crosses with faith, hope, and love. You who live and reign for ever and ever.

**All**—Amen.

## LITURGY OF THE EUCHARIST



### Preparation of the Gifts

**P** —Pray, brethren . . .

**All**—May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good and the good of all his holy Church.

### Prayer over the Offerings

**P** —May this oblation, O Lord, which on the altar of the Cross canceled the offense of the whole world, cleanse us, we pray, of all our sins.

Through Christ our Lord.

**All**—Amen.

### Preface

(The Victory of the Glorious Cross)

**P** —The Lord be with you.

**All**—And with your spirit.

**P** —Lift up your hearts.

**All**—We lift them up to the Lord.

**P** —Let us give thanks to the Lord our God.

**All**—It is right and just.

**P** —It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God.

For you placed the salvation of the human race on the wood of the Cross, so that, where death arose, life might again spring forth and the evil one, who conquered on a tree, might likewise on a tree be conquered, through Christ our Lord.

Through him the Angels praise your majesty, Dominions adore and Powers tremble before you. Heaven and the Virtues of heaven and the blessed Seraphim worship together with exultation.

May our voices, we pray, join with theirs in humble praise, as we acclaim:

**All**—Holy, holy, holy Lord, God of hosts. Heaven and earth are full of your glory. Hosanna in the highest.

Blessed is he who comes in the name of the Lord. Hosanna in the highest.

### Memorial Acclamation

**P** —The mystery of faith.

**All**—Save us, Savior of the world, for by your Cross and Resurrection you have set us free.

## COMMUNION RITE



**All**—Our Father . . .

**P** —Deliver us, Lord . . .

**All**—For the kingdom, the power, and the glory are yours, now and for ever.

### Sign of Peace

### Breaking of the Bread

**All**—Lamb of God, you take away the sins of the world: have mercy on us. (2x)

Lamb of God, you take away the sins of the world: grant us peace.

### Communion

**P** —Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the Supper of the Lamb.

**All**—Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.



**Communion Antiphon**  
*(To be recited only when no Communion Hymn is sung.)*

**When I am lifted up from the earth, I will draw everyone to myself, says the Lord.**  
*(Jn 12:32)*

**Prayer after Communion**

**P** –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.  
**All–Amen.**

**CONCLUDING RITES**



**P** –The Lord be with you.  
**All** –And with your spirit.

**P** –Bow down for the blessing.  
*(Pause)*  
 –May God, who cared for the Israelites even when they went astray, grant you a complete change of heart so that you may follow Him with greater fidelity.

**All–Amen.**

**P** –May He look upon you with love, the love which our Lord Jesus Christ showed us, when He delivered himself to evil men and suffered the agony of the cross.

**All–Amen.**

**P** –May He grant you the grace to carry your cross with faith, hope, and love.

**All–Amen.**

**P** –May almighty God bless you: the Father, and the Son, and the Holy Spirit.

**All–Amen.**

**P** –Go in peace to love and serve the Lord with faith and gratitude.

**All–Thanks be to God.**



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**PRAYER OF THE CATECHISTS**

Almighty Father, We, your catechists, pray to You:  
 Bless us and make us holy.  
 In our confused and restless world,  
 You have chosen us to be echoes of Your Word.

Lord Jesus, Unite us more and more to you, for we are Yours.  
 May we constantly draw from the Paschal Mystery  
 a great concern for the salvation of the world.

Come Holy Spirit, our Light and our Guide,  
 Be with us always. May we bring love,  
 for the people of our times, by being echoes of Your love.

Mary, Mother and Model of catechists,  
 Keep us faithful to our calling.  
 Like you, may we ponder the Word of God in our hearts,  
 and live according to our Faith as you did.  
 San Lorenzo Ruiz, pray for us, catechists of today.  
 Amen.



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## WHAT SHAPE IS YOUR LIFE IN?

*Kalakbay at Katoto*

**W**e often speak of not being in shape. And when we say we are out of shape, we almost always solely refer to being overweight, or sick or lacking in energy. In such a case, we graphically describe ourselves as being a couch potato, a fatso, or in a sarcastic manner, a “*well rounded figure*.”

Nothing wrong with worrying a bit about our health status that seems to be always revolving around girth and weight and bumps in the wrong places. **Today, feast of the Exaltation of the Cross, the readings do speak about the need for us all to think about what shape our spiritual life is in.**

And the gospel specifically suggests that the Cross, and not the weighing scale, should guide our search for the perfect figure to guide our personal and communal lives with. Let us start from the foundational truth about being in shape spiritually. **The Cross is the shape of Christian life. The Christian life is a call to the heights, to the heavens, to**

**things that transcend the here and the now and everything around us that has a shape, has weight, and can be touched. The Cross cannot but be exalted.** Moses lifted up the serpent in the desert, and what it typified and pointed to allegorically, symbolically and historically was the Son of Man being lifted up on the Cross and being glorified.

**You look up when you speak of the Cross. You look down on the scale when you are in search of merely being in good physical shape.** You get inspired when you look up. You get depressed when you look down.

When one deep down knows that the Sign of the Cross is really the shape of the Trinitarian God ... God in my head, God in my heart and God in my life, then one feels exalted too, in Christ, with Christ, and on account of Christ, Lord, Savior, Son of God, and Redeemer.

What shape is your life in?

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