



[If you haven't already, begin your meal with meal prayer, then take turns reading these boxes aloud, following the directions where applicable]

## Welcome

Welcome to our first week - We are excited to begin this journey together! COR is Latin for "heart." Begin by inviting the Holy Spirit into this process, into your home, and into your heart - say out loud together "Come, Holy Spirit" and take a moment of silence to settle your heart.

Remember, this is new - expect that things will not go perfectly, but God can use all things for His plan. Be gentle on yourself, patient with each other, and dive in! We will begin by celebrating the Feast of the Holy Cross and exalting the cross in our homes.

## Exaltation of the Holy Cross

On September 14th, the Church celebrates the feast of the Holy Cross. Through Jesus' death and resurrection, He turned a symbol of suffering and death into one of hope and eternal life for those who abide in Him. On the feast of the Holy Cross, we honor Jesus' sacrifice and rejoice in the hope of eternal life. The cross reminds us that although we will each have our own crosses to carry, our suffering in this life will be overcome by peace and joy in eternal life.

## Discussion

This section provides questions to discuss while you eat. If you are home alone, try journaling your responses or turning them into a conversation with God. The questions are a spark and a guide for conversation, not a strict outline. The goal is to bring lively conversation about the faith into the home. Allow the Spirit to lead.

If the conversation gets away from you or the little ones are squirmy, try to at least discuss the starred questions each week.

- What do I think of when I think of the cross?
- \*Why would Christians celebrate the cross, a symbol of suffering and death?
- Describe a time when something painful or difficult led to something good.
- What does this scripture verse tell us about the cross?:

*Philippians 2:8-11 says:*

*He humbled himself, becoming obedient to death, even death on a cross. Because of this, God greatly exalted him and bestowed on him the name that 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.*

- Where can our family place the cross in our home?
- \*How can the cross be a part of our daily prayer and these weekly discussions?

## Prayer

Did you know the Sign Of The Cross is a full and complete prayer all by itself? While making the sign of the cross over your body, the words in the Sign Of The Cross prayer are "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

Pause here to end your meal and transition to the activity - when you begin the activity, begin with the Sign of the Cross, saying the prayer slowly and thinking about the words and sign of your prayer.

## Activity

[For this activity section, you will need a cross or crucifix - If you don't have one, make one together that you can use this week and check out the table in the St As gathering space to purchase a permanent one for your home]

Exaltation means to lift high or speak highly of something, to the degree of truly honoring it. Below are a few ways that your family can exalt the cross - choose one or all of them:

- Honor the cross by showing reverence, for example: passing around a cross or crucifix so each family member can give it a kiss or other sign of reverence, or bowing to a cross that you have displayed in your home.
- Pray the St Francis' prayer before a cross:

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

- Lift high the cross by having a small procession: choose someone to hold the cross up high as you walk slowly to the place where you will display it - do this in quiet reverence or sing or play a cross-themed song such as *Lift High the Cross* (like this one: <https://www.youtube.com/watch?v=TetkXEiCrOk>)
- Hang or display the cross in a prominent place in your home

[To click the links on this page, visit the COR page on our website]

## Extras

Looking for more?

- Watch *Exaltation of the Holy Cross* on FORMED.org (get free access when you visit FORMED.org, click "sign up," click "sign up as a parishioner," and list St Augustine 405 4th St NW):

<https://watch.formed.org/formed-now-1/season:1/videos/formed-now-exultation-of-the-holy-cross>

- Check out these cross crafts for kids of all ages:

<https://www.catholicicing.com/cross-crafts-for-kids/>

- Listen to Dr. Sri's podcast episode *Lift High the Cross*

<https://media.ascensionpress.com/podcast/lift-high-the-cross/>

## Sacramental Life

If your child is preparing to receive the sacraments of First Reconciliation & First Communion or Confirmation this year, mark your calendars with the following dates to attend in person with your whole family:

*Oct 12 - ONLY Confirmation Families*

*Nov 16 - ONLY*

*Reconciliation/Communion Families*

*Jan 11, Feb 8, Mar 8, Apr 12 - BOTH Reconciliation/Communion AND Confirmation Families*

Additional simple ways to support children who are preparing will be shared here over time - for now, just dive into the weekly COR process!

## Looking Ahead

For Next Week:

- Guide sheets will be provided in the bulletin and online
- There will be an additional activity sheet for Sept 21, available to pick up at the parishes or download online
- Optional activity page packets to keep little ones busy are also available to pick up at the parishes or download online
- Next Weds we will celebrate the Feast of St Matthew - perhaps you want to prepare to celebrate with chocolate coins, silver dollar pancakes, or even a PayDay candybar!

Upcoming Events:

- Mark your calendars for our first parish-wide COR gathering on Wednesday, November 2, 2022 - more details to come!

Contact our parish office at:  
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St. Augustine &  
St. Edward

[stauginestward.org](http://stauginestward.org)