



In the Armenian Church Liturgical Calendar we are in the cycle of the Sundays of the Holy Cross. The Feast of the Exaltation of the Holy Cross, celebrated on the Sunday closest to September 14, inaugurates the liturgical season of the cross prior to the season of Advent. In the following few weeks we will celebrate the Feast of the Holy Cross of Varak and the Feast of the Discovery of the Holy Cross. During this holy season of the liturgical year, we are invited to focus our spiritual life and prayer journey on the meaning and role of the Cross of our Lord in our lives. As we all turn our hearts to the question of what the cross means to us personally, here is a reflection by one of the fathers of the Church.

The Cross is – the resurrection of the dead.
 The Cross is – the hope of Christians.
 The Cross is – the staff of the lame.
 The Cross is – the consolation of the poor.
 The Cross is – the dethronement of the proud.
 The Cross is – the hope of the hopeless.
 The Cross is – the helm of those who sail.
 The Cross is – the harbor of the storm-tossed.
 The Cross is – the father of orphans.
 The Cross is – the comfort of the afflicted.
 The Cross is – the protector of the youth.
 The Cross is – the glory of humanity.
 The Cross is – the crown of the aged.
 The Cross is – the purity of the virgins.
 The Cross is – the bread of the hungry and the fountain of those who thirst.
 Therefore, let us make the sign of this life-giving Cross on our foreheads, lips and hearts.
 Let us not leave the Cross even for one hour, even for one moment, and let us not do anything without it, but whether we are going to sleep, or getting up; whether we are eating or drinking, whether we are traveling on land, sailing the sea, or crossing rivers, we should adorn all the members of our body with the sign of the life-giving Cross.

*St. Ephrem The Syrian
(306-373)*



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