

SUNDAY *Plus*

The Exaltation of the Holy Cross **Divine Office Week IV** Year C

Education Day

The deepest longing



[The Sage] greeted me as a friend and stood looking at me for a long time... After a long silence, he said in a quiet voice: "You are very lucky."

"Why do you say that?"

"Because you are human and you can search. A rose is beautiful, but it spends its whole life as a rose without knowing why and for whom it is beautiful.

"What value is the search if you do not find?" I asked at once...


It was then that my longing was irresistibly expressed as a fervent plea: "Help me to live! I am hungry and thirsty for life and I cannot find anything that will satisfy me..."

Very quietly and very slowly he replied: "It is a question not so much of living as of loving... Your obsession with your

hunger and thirst is leading you astray. You will never satisfy them. Even if you had access to all the food and drink in the world and consumed them every moment of the day, you would still experience hunger and thirst. They are not your real hunger and thirst. They conceal another hunger and another thirst and those hidden longings are more persistent and more demanding, because they are infinite.

"The deepest longing in the heart of every man and woman is not the longing to live, but the longing to love and to be loved. That is what we are all hungering and thirsting for... that is not surprising. We are, after all made by love and for love."

Michel Quoist, The Breath of Love

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

Father, forgive them

By Paul Higginson

Today's feast of the Holy Cross gets to the heart of what it is to be a Christian. On the cross, Jesus is subjected to hatred and violence but he chooses not to pass this back to those who crucify him. In fact he says, "Father, forgive them: they know not what they do." We too are called to understand that we don't need to hate others when they hate us. If others speak ill

of us we don't need to give the same back. We are called to join Jesus on the cross, dying to our own ego and self-absorption, losing our life in order to find it. In today's Gospel Jesus says he comes not to condemn, but to save. And if we can be transformed by the cross into people who don't need to hurt the people who hurt us, then we can truly say with confidence that we are saved.

Paul Higginson is a retired teacher and author of Doing Christianity: how religion is about what you do, not what you believe

In our own day, the Church offers to everyone the treasury of her social teaching.

Pope Leo XIV

Jubilee 2025: Pilgrims of Hope

20 September Jubilee of Justice

We need to recognise the immense goodness present in our world, lest we be tempted to think ourselves overwhelmed by evil and violence. The signs of the times, which include the yearning of human hearts in need of God's saving presence, ought to become signs of hope.

The first sign of hope should be the desire for peace in our world, which once more finds itself immersed in the tragedy of war... Many peoples are prey to brutality and violence. What does the future hold for those peoples, who have already endured so much? How is it possible that their desperate plea for help is not motivating world leaders to resolve the numerous regional conflicts in view of their possible consequences at the global level? Is it too much to dream that arms can fall silent and cease to rain down destruction and death? May the Jubilee remind us that those who are peacemakers will be called "children of God".

Pope Francis, Bull of Indiction of the Ordinary Jubilee of the year 2025:7, 8



READINGS

Today:
Numbers 21:4b-9
Philippians 2:6-11
John 3:13-17

Monday:
1 Timothy 2:1-8
Luke 7:1-10

Tuesday:
1 Timothy 3:1-13
Luke 7:11-17

Wednesday:
1 Timothy 3:14-16
Luke 7:31-35

Thursday:
1 Timothy 4:12-16
Luke 7:36-50

Friday:
1 Timothy 6:2c-12
Luke 8:1-3

Saturday:
1 Timothy 6:13-16
Luke 8:4-15

Next Sunday:
Amos 8:4-7
1 Timothy 2:1-8
Luke 16:1-13

