

EXALTATION OF THE CROSS

Early in the fourth century, St. Helen went on a pilgrimage to the Holy Land, seeking important places in Christ's life. She built a Basilica to commemorate where Jesus was crucified. During the construction process, the relic of the True Cross was found.

Catholics celebrate the Feast of the Exaltation of the Holy Cross on September 14 in honor of St. Helen's discovery of the relic and the anniversary of the dedication of the Basilica of the Holy Sepulcher.

For more details about this feast day, visit [Exaltation of the Cross on EWTN.com](#).



Ways To Celebrate the Exaltation of the Cross

- **Create a Cross Wall**
- **Pray the sign of the cross.** If your kids don't know this is an entire prayer, educate them! This is a great day to check on the kids and double-check that everyone is doing it correctly.
- **Display a cross prominently in your home!** If you have a [home altar](#), place a cross there for the day. This could also be a great day to go through your home and ensure each room has a cross or crucifix, an old Catholic tradition.
- **Pray the stations of the cross-** another perfect prayer activity for today! If you are doing this at home, you should check out my [printable stations of the cross for kids here](#).
- **Decorate an existing cross on the wall—**On this day, Decorate the wall around a cross to draw extra attention to it.
- **Make a recipe with basil-** the legend says that the true cross was discovered under a large basil growth! Bring a snack with basil to share with the class.
- **Make fun crafts or recipes in the shapes of crosses.**
- **Pray the St. Francis cross prayer.** You have probably heard this before during the Stations of the Cross but perhaps didn't know it was [from St. Francis](#)! "We adore you, O Christ, and we praise you. Because by your holy cross, you have redeemed the world."
- **Cross Scavenger Hunt.** Count all the crosses you can find in the school. They may be hanging on the wall, jewelry crosses, in icons or pictures, on religious books, etc.. This can become a real treasure hunt. You may be surprised at how many we have.
- **Start a Class Cross Wall.** Ask students to bring in or draw crosses for their own very special cross wall.
- [Watch for some more ideas](#)