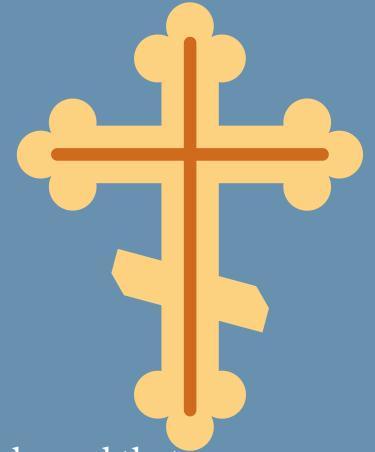


On the third Sunday of Lent, we honor the Holy Cross, the symbol of Christ's victory over sin and death. The Cross is placed at the center of the church as a reminder that we are halfway through Lent and that Jesus gives us the strength to continue. Just as Jesus carried His Cross with love, we are called to bear our own small crosses—difficulties, sacrifices, and challenges—by trusting in Him.

Sunday of the Holy Cross



WHY IS IT IMPORTANT?

The Cross represents love, sacrifice, and victory. Jesus showed that true strength comes from humility and faith. In times of struggle, we can turn to the Cross and remember that Christ is with us, guiding us through every challenge.

DO YOU KNOW HOW WE CAN APPLY THIS TODAY?

During Lent, we participate in fasting, prayer, and serving others. Although these practices can sometimes be difficult, the Cross reminds us that we come closer to God through sacrifice.



For Children

- Make the sign of the Cross thoughtfully each time you pray, reflecting on Jesus' love.
- Find a small sacrifice to offer Jesus this week—help at home, be kind, or share something with a friend.



FOR PARENTS

- Teach your child the meaning of the Cross and encourage them to honor it in church this Sunday.
- Pray together as a family and honor the cross at home, seeking strength to continue your Lenten journey.
- Engage in an arts and crafts activity using the cross image.