

# Blessed Feast Exaltation of the Cross



*Pictured From the Left - Helena (as St Helena!), Hannah, Gabriel, Samantha, Isabella, Aidah*


## EVERYONE LOVES A PARTY, RIGHT?


Church Feast days should be no exception! With just a little bit of planning ahead, we can create lasting memories as a family that are centered around the Church. If we do this much for secular holidays and birthdays, how much more effort should we put into our Liturgical Feasts? September is the beginning of our Liturgical year, so now is a great time to create new habits to build our faith as a family.


This month's Feast is The Exaltation of the Holy Cross! Remember that feasts are not "just" one day! These activities can be done all at once or spread throughout the week. Here are a few ways you can create a celebratory atmosphere in your home:

1. On the simplest level, share the story of St. Helena finding the true cross with your family.
2. Show your children the icon for the feast and display it in your home. If you don't own the icon, simply print one from online and place in it an inexpensive frame. Try to dress up and take a picture looking as much like the icon as possible. Find items from around the house, old robes and scarves as well as cardboard cut outs are a great place to start and then get creative!
3. Plant basil, or alternatively, buy a small basil plant. Tradition tells us that basil was found growing all around the True Cross.
4. Host an in-home scavenger hunt to remind everyone of St. Helena's search for the True Cross! Have a little treat or cake waiting as a "prize" at the end of their journey!
5. Have a "fancy" meal fit for kings and queens! Saints Constantine and Helena were royalty! Make crowns for everyone to wear and get out the fancy dishes! Be sure to invite a family from church to celebrate with you. It is a great way to make or deepen friendships within the parish. Here are some items that you could serve:

- Pesto pasta (featuring basil!) 

- Treasure map pizza to remember St. Helena's journey 

- "cutie" mandarin oranges to remember St. Helena's large bag of gold 

- cupcakes for dessert with a cross on top. Either make the cross from frosting or purchase a simple decorative topper 

**-Written by Jocelyn Abyad**