



You shall love the LORD your GOD with all your heart, with all your soul, with all your mind, and with all your strength.

Mk 12:30

# BLESS MY FAMILY BLESS MY CHURCH

St. Michael Center for the Blessed Virgin Mary

P.O. Box 8461, Honolulu, HI 96830-8461  
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St. Michael the Archangel defend us in the day of battle!



JESUS I TRUST IN YOU!

SCAN ME



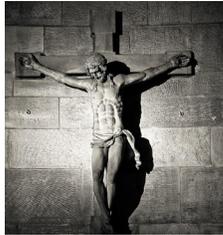
**NOVENA TO HOLY CROSS SEPTEMBER 5<sup>TH</sup> – 13<sup>TH</sup>**  
**FEAST DAY OF THE HOLY CROSS SEPTEMBER 14<sup>TH</sup>**



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<https://saintmichaelusa.org/0914-Holy-Cross/>

## NOVENA OF THE HOLY CROSS



1. Opening Song
2. Opening Prayer
3. Prayer of the Day
4. Litanies
5. Consecration
6. Closing Song

### OPENING SONG

Lift high the Cross The love of Christ proclaim  
Till all the world adore His Sacred Name

1. come, Christians, follow Where His feet have trod Our King victorious Christ the Son of God
2. O Lord once lifted on the glorious tree As Thou hast promised Draw the world to Thee
3. So shall our song of triumph ever be Praise to the Crucified for victory!

### OPENING PRAYER

**V** We adore You, O Christ, and we bless You

**R** Because by Your Holy Cross You have redeemed the world God our Father, in obedience to You, Your only Son accepted death on the Cross for the salvation of the human race. We acknowledge the mystery of the Cross on earth. May we receive the gift of redemption in heaven We ask this through our Lord Jesus Christ, Who lives and reigns with You and the Holy Spirit, One God, forever and ever. Amen.

**(Here recite the Prayer for the Day, on the back)**

### LITANY OF THE HOLY CROSS

Lord, Have mercy on us!

**Lord, have mercy on us,**

Christ, hear us,

**Christ, graciously hear us**

God the Father of heaven,

**Have mercy on us!**

God the Son, Redeemer of the world,

**Have mercy on us!**

God the Holy Spirit,

Have mercy on us!

Holy Trinity, One God,

Have mercy on us!

Holy Cross, where the Lamb of God

was offered,

**Save us, O Holy Cross!**

Hope of Christians,

**Save us, O Holy Cross!**

Pledge of the resurrection of the

dead, **(R)**

Shelter of persecuted innocence, **(R)**

Guide of the blind, **(R)**

Way of those who have gone

astray, **(R)**

Staff of the lame, **(R)**

Consolation of the poor, **(R)**

Restraint of the powerful, **(R)**

Destruction of the proud, **(R)**

Refuge of sinners, **(R)**

Trophy of victory over Hell, **(R)**

Terror of demons, **(R)**

Challenge of youth, **(R)**

Succour of the distressed, **(R)**

Hope of the hopeless, **(R)**

Star of the mariner, **(R)**

Harbor of the wrecked, **(R)**

Rampart of the besieged, **(R)**

Father of orphans, **(R)**

Defense of widows, **(R)**

Counsel of the just, **(R)**

Judge of the wicked, **(R)**

Rest of the afflicted, **(R)**

Safeguard of childhood, **(R)**

Strength of manhood, **(R)**

Last hope of the aged, **(R)**

Light of those who sit in darkness, **(R)**

Splendor of kings, **(R)**

Civilizer of the world, **(R)**

Shield impenetrable, **(R)**

Wisdom of the foolish, **(R)**

Liberty of slaves, **(R)**

Knowledge of the ignorant, **(R)**

Sure rule of life, **(R)**

Heralded by prophets, **(R)**

Preached by apostles, **(R)**

Glory of martyrs, **(R)**

Lamb of God, Who take away the sin of the world

i. spare us, O Lord

ii. graciously hear us, O Lord

iii. have mercy on us

**V** We adore You, O Christ, and we bless You

**R** Because by Your Holy Cross You have redeemed the world

### CONSECRATION

Behold the Cross of the Lord!

Begone, all you evil powers!

The Lion of the tribe of Judah,

the Root of David, has conquered! Alleluia!

### Let us pray:

O Crucified Lord, Who for the redemption of the world, were pleased to be born in a stable and to die upon a Cross; O Lord Jesus Christ, by Your holy sufferings, which we, Your unworthy servants, call to mind: by Your Holy Cross, and by Your death, deliver us from the pains of Hell, and vouchsafe to conduct us to the place where You conducted the good thief who was crucified with You, Who live and reign eternally in Heaven. **R** Amen. Sweet the wood, sweet the nails, sweet the Burden which You bear, for you alone, O Holy Cross, were worthy to bear the King and Lord of Heaven. **R** Amen.

### Closing Song

And when I think that God His Son not sparing Sent Him to die I scarce can take it in That on the Cross my burden gladly bearing He bled and died to take away my sin Then sings my soul, My Savior God, to Thee: "How great Thou art! (2)"

### FIRST DAY - September 5th

#### THE WEIGHT OF THE CROSS

Lord Jesus, at the palace of Pontius Pilate, You took up the Cross and embraced it. You carried Your cross through the streets of Jerusalem, up to the Hill of Calvary. This "Via Dolorosa" through Jerusalem is etched on our souls. You said, "If you want to be my disciples, take up your cross every day, and follow Me" [Luke 9.23]. We too embrace the Cross in our lives. Give us Your Spirit, so that we too may have the courage to carry our cross. Give us Your Spirit, so that we do not become bitter, but rather, like You, carry our Cross with trust and love. Lord Jesus, the Cross weighed heavy on Your shoulders. Your Holy Bible tells us, in the Prophet Isaiah, "Yet ours were the sufferings He was bearing, ours the sorrows He was carrying...crushed for our guilt; the punishment reconciling us fell on Him" [Is. 53.4.5]. We praise You, Lord, for the weight of the Cross is our sorrows and sins, and You bore them for us. Give us Your Spirit, to repent of our sins. Amen.

### SECOND DAY - September 6th

#### THE HILL OF CALVARY

Lord Jesus, we read in Your Word that You "went out to the Place of the Skull or, as it is called in Hebrew, Golgotha" [John 19.17]. This is the Hill of Calvary. It arises in our imagination - the hill You climbed, the hill where You were crucified, the hill where You remained on the Cross for three hours, the hill where You died. There are so many hills in the Bible - Mount Sinai, Mount Zion, Mount Tabor - where the glory of Your Father shone forth. But this hill is where You are truly glorified. Lord, give us Your Spirit, so that we may have strength to stand on the hill with those who love You. Amen.

### THIRD DAY - September 7th

#### MARY AT THE CROSS

Lord Jesus, Your Mother Mary walked with You to Calvary and stood at the foot of the Cross. She never faltered, never doubted. She loved You to the end, and remained entirely faithful to You. She heard you speak: "Woman, behold your son. Behold your Mother" [John 19.26,27]. We thank You, Lord, for the gift of Mary, the gift You gave us from the Cross. We know that we are the children to whom You spoke, and like John, we "take her into our home" [John 19.27]. May Mary be for us a Mother and a Model. May we know her presence in our crosses, as You did. Give us Your Spirit, the Spirit which filled her, that we may love You and remain faithful. Amen.

### FOURTH DAY - September 8th

#### THE NAILS AND THE SPEAR

Lord Jesus, we read in Your Word that they "pierced Your hands and Your feet" [Ps. 22.17]. We read that





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“one of the soldiers pierced Your side, and immediately there came out Blood and Water” [John 19.34]. The nails and spear have left eternal wounds on Your Risen Body. When Thomas probed the nailmarks with His finger after Your Resurrection, and placed his hand in Your open side, He cried out: “My Lord and my God!” [John 20.28]. The Bible says: “By His wounds You are healed” [1 Pet. 2.24]. The nails attached You to the Cross, making it impossible for You to move; they made You one with the Cross. Lord, we come to You for healing. Heal us by Your wounds! Give us Your Spirit, so that we too may be one with Your Cross. Amen.

## FIFTH DAY - September 9th

### THE HORIZONTAL AND VERTICAL

Lord Jesus, the Cross is made of two beams, one horizontal and one vertical. The horizontal beam holds Your outstretched arms, like the arms of Yahweh stretching out in power to liberate the Israelites. We know that, though it seemed You were powerless, Your arms outstretched are the power of love. The Word tells us that Your outreached arms are the great gesture of reconciliation, gathering us all together: “For He is the peace between us, and has made the two into one and broken down the barrier which kept them apart,...and through the Cross to reconcile them both to God in one Body” [Eph. 2.14,16]. Give us Your Spirit to make us one! The vertical beam is like a bridge between heaven and earth. It is You, the New Adam, on the new Tree of Life, bringing us earthly people to the glory of heaven: “God wanted all fullness to be found in Him, and through Him to reconcile all things to Himself, by making peace through His Blood on the Cross” [Col. 1.20]. You spoke about being lifted up on the Cross, and giving us entrance to God: “As Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes may have eternal life in Him” [John 3.14,15]. You imagined Your vertical lifting up as the place to bring the world to Your Father: “And when I am lifted up, I shall draw all people to Myself” [John 12.32]. Jesus, let us take the Cross to reach our Father. Amen.

## SIXTH DAY - September 10th

### THE GOOD THIEF AND THE DISCIPLE JOHN

Lord, on the Cross, You spoke seven times. Four times You spoke to Your Father. Once You spoke to us all: “I thirst”. Once You spoke to the man we call the Good Thief, whom we have named St. Dismas. You said: “Amen, Amen, I say to you: today you will be with Me in Paradise” [Luke 23.43]. We stand in awe and Your generous gift of salvation. With one act of faith, one act of repentance, one cry to you, You grant immediate entrance into heaven. We too cry out: “Lord, remember me when You come into Your Kingdom” [Luke 23.42]! The Apostle John also heard Your words. You entrusted him with Your Mother. We contemplate this faithful Apostle, this Beloved Disciple, standing at the foot of the Cross. He is a remarkable believer. We too want to hear you say, “Come and see” [John 1.39] when You invite us to Your home. We too want to be next to You at Your Supper, and lay our head on Your Heart [John 13.25]. We too want to see the signs of Your Resurrection, “see and believe” [John 20.8]. We too want to recognize You alive in our midst and cry out: “It is the Lord!” [John 21.7]. Give us Your Spirit Lord, so we like John may be Your faithful disciples at the foot of Your Cross. Amen.

## SEVENTH DAY - September 11th

### THE SIGN

The Bible tells us: “Pilate wrote out a notice and had it fixed to the Cross; it ran: ‘Jesus of Nazareth, King of the Jews’...the writing was in Hebrew, Latin and Greek” [John 19.19.20]. Pilate did not know it, but he proclaimed the truth. You are truly the Messiah, the long-awaited Christ! Jesus, we believe in You! You are truly the King, not only of the Jews, but of the entire world. Jesus, we submit ourselves to Your Lordship! It is significant that this proclamation was written in three languages. In Hebrew - the language of Your own people. Give us Your Spirit, so as to give witness to You in our own families, to our own people! In Greek - the language of education. In this time where so many have achieved higher learning, may faith in You be the true Word that is believed! In Latin - the language of the Government. We pray that our American Society may submit to Your Gospel of life, of peace and of justice! Give us Your Spirit, so that we may be Your witnesses! Amen.

## EIGHTH DAY - September 12th

### THE BLOOD OF THE CROSS

Lord Jesus, we contemplate Your Blood, which was poured out on the Cross.

Your Word tells us: “the price of your ransom from Your futile way of life... was paid in the Precious Blood of a blameless and spotless lamb, Christ” [1 Peter 1.19]. We praise You, Jesus, for Your saving Blood. When You became incarnate in the womb of the Immaculate Virgin Mary, You, the Word of God, took to Yourself our flesh and our blood. And on the Cross, You poured it out to save us. Praise You, Jesus! Save us, by the Blood of Your Cross! We hear in Your Word that we have come to “the purifying Blood which pleads more insistently than the blood of Abel” [Heb. 12.24]. May Your Father look upon Your Blood and hear Your plea for us! We hear that those who belong to You have “washed their white robes in the Blood of the Lamb” [Apoc. 7.14]. Wash us clean, O Lord! Like the blood of the Passover Lamb, we who drink Your Precious Blood in Holy Communion take that Blood on the door of our mouths and the door of our souls, confident that You deliver us and protect us. O Liberator, set us free by Your Precious Blood, which You poured out on the Holy Cross! Amen.

## NINTH DAY - September 13th

### THE DEATH ON THE CROSS

Lord Jesus, the Holy Cross is the place of Your saving Death. We read that “darkness came over the land until the ninth hour (3 o'clock). The veil of the Sanctuary was torn right down the middle. Jesus cried out in a loud voice, saying: ‘Father, into Your hands I commend My Spirit’. With these words, He breathed His last” [Luke 23.44-46]. We believe, Jesus, that Your death has brought us life. We believe that Your Death is the eternal sacrifice which the Father receives for the salvation of the world. As we read in the Bible, “He has offered one single sacrifice for sins, and then taken His seat at the right hand of God...by virtue of that one single offering, He has achieved the eternal perfection of those who are sanctified” [Heb. 10.12,14]. We praise You, Lord, for Your saving death. We who celebrate Your Holy Mass give thanks for Your saving death. You allow us to participate in Your offering, and so to proclaim Your salvation. As Paul writes, “Whenever you eat this Bread and drink this Cup, you are proclaiming the Lord’s Death, until He comes” [1 Cor. 11.26]. Give us Your Holy Spirit, O Jesus, so as to make our lives “a living sacrifice, dedicated and acceptable to God, our true spiritual worship” [Rom. 12.1]. “We adore Your Cross, O Lord! We praise and glorify Your Holy Resurrection! Because, by reason of that Cross, joy has come into all the world!”

[Good Friday Liturgy].

SCAN ME



The Holy Cross Prayer | Feast Day  
Exaltation of the Holy Cross (Sept. 14)

YouTube <https://youtu.be/3kGaMjpN5G4>

## THE EXALTATION OF THE HOLY CROSS OF OUR LORD JESUS CHRIST

YouTube <https://youtu.be/A4L3JkRmzbA>

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The Exaltation of the Cross - Exploring the Feasts  
of the Orthodox Christian Church

YouTube <https://youtu.be/ZzXSeJ4NmJl>

## Exaltation of the Holy Cross

YouTube [https://youtu.be/suFb\\_s30MBY](https://youtu.be/suFb_s30MBY)

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"The Exaltation of  
the Holy Cross"

YouTube <https://youtu.be/nvolOFsrYlo>



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