

# Twenty-Fourth Week in Ordinary Time

## YEAR C

**Sunday 14<sup>th</sup> September**

*The Exaltation of the Holy Cross*

**Monday 15<sup>th</sup> September**

*Our Lady of Sorrows*

**Tuesday 16<sup>th</sup> September**

*Saints Cornelius, Pope, and Cyprian,  
Bishop, Martyrs*

**Wednesday 17<sup>th</sup> September**

*Wednesday of week 24 in Ordinary  
Time*

**Thursday 18<sup>th</sup> September**

*Thursday of week 24 in Ordinary Time*

**Friday 19<sup>th</sup> September**

*Friday of week 24 in Ordinary Time*

**Saturday 20<sup>th</sup> September**

*Saints Andrew Kim Taegon, Priest,  
and Paul Chong Hasang, and their  
Companions, Martyrs*



*The Exaltation of the Holy Cross celebrates the cross of Jesus, which symbolises hope and victory over death and sin. It represents the love and sacrifice of Jesus. It represents the promise of eternal life and Jesus' triumph over death on the cross.*

*Behold the wood of the Cross,*

*Come, let  
us adore.*

O God,  
who willed that Your only Son should undergo  
the Cross to save the world,  
may we who take part in the mystery of faith  
share this faith and grace with those we  
meet.  
Amen.



# WORD OF THE WEEK

## P A T I E N C E

**Patience** is about waiting and trusting in God at work in our lives. **Patience** is often difficult to practice, especially when we are used to having everything on demand. Learning to be **patient** can help us to be more content and to be at peace when situations are outside of our control.

### Sunday's Gospel

John 3:16-17

*For God loved the world so much that He gave His only Son, so that everyone who believes in Him may not die but have eternal life. For God did not send His Son into the world to be its judge, but to be its Saviour.*



**CST Link**

Patience is a key virtue and is essential for living out one's faith in the world. It is rooted in the belief that every person is made in the image and likeness of God, and it calls us to treat every person with loving respect. It links to the Catholic Social Teaching of solidarity, where we remember that we belong to each other and reflect on this in a special way at Mass. The Eucharist commits us to the poor, recognising Christ in the poorest.

### See

Look at the image. Ask God to open your eyes to see what God wants you to see. What is God telling you in this image?

### Hear

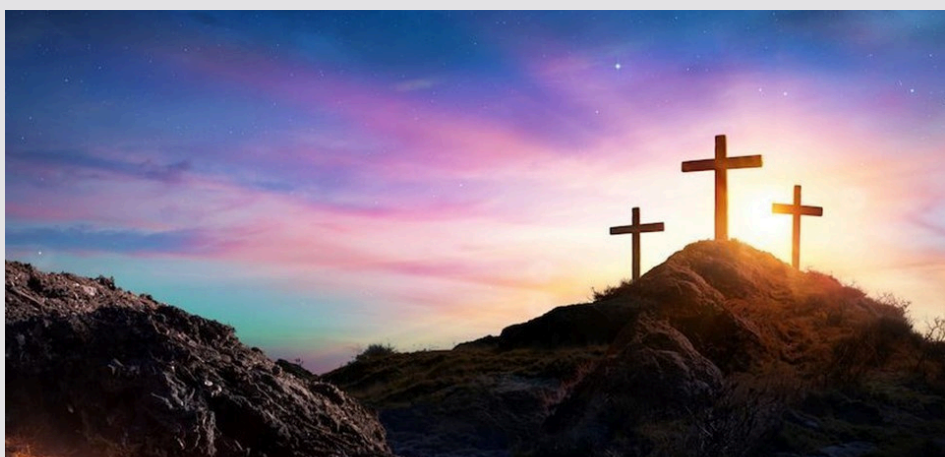
Read the Gospel slowly and prayerfully. Meditate on God's Word. What word or phrase is God speaking to you? Highlight or underline it.

### Think

Do you know how much that God loves you?  
How can you share God's love to those who need it most?  
Which of God's promises helps you?

### Do

Sing  
*Story of the Cross*  
by Rend Collective



In this Gospel Jesus tells Nicodemus that only He, the Son of Man, descended from Heaven and will ascend back to Heaven. Like Moses' serpent, He must be lifted up for people to gain eternal life. God sent Him not to condemn, but to save. Though He was God, Christ humbled Himself by becoming a servant. This is the glory of the Cross of Jesus! This reminds us of God's love and promise of eternal life through belief in His Son. He encourages us to take time to reflect on Heaven, eternity, and God's promises in order to make them a guiding light in our lives. We are called to rest in the hope of eternal life with God.

# CELEBRATION OF THE WORD

## P A T I E N C E

### Gather

#### Atmosphere

Turn off the lights  
Sit on the carpet  
Play reflective music  
Close your eyes

#### Prayer Area

Green cloth  
Light a candle  
Cross  
Love hearts

#### Action

Sign of the Cross  
Sing **Story of the Cross**  
Explain **Patience**  
Sit in a cross shape

### Word

A reading from the Holy Gospel according to John.

*Glory to You, O Lord.*

*For God loved the world so much that He gave His only Son, so that everyone who believes in Him may not die but have eternal life. For God did not send His Son into the world to be its judge, but to be its Saviour.*

**The Gospel of the Lord.**

*Praise to You, Lord Jesus Christ.*

*Read the Gospel explanation on the Instagram post*

Write a prayer about **Patience** using the following words:

...> patient

...> love

...> life

...> world

### Let us pray

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Amen**

### Response

#### Physical

Sit in the shape of a cross and sing the song *Story of the Cross* by Rend Collective with actions. Either use the video version or make up your own.

#### Spoken

Pass the cross around the room. When you are holding the cross, say a prayer by finishing this sentence

*"I love God because ..."*

#### Written

Colour in the phrase "God is Love!" and put this on your prayer area/RE display to remind you all that God loves you so much.

### Mission

**When you have to wait for something this week, use the time to pray for the virtue of patience.**

*End with a morning/end of day prayer and the Sign of the Cross*

# HELP SHEET

## Gather

During the GATHER, we should now see that we are in a time of prayer. We need to make the space feel different. Have some music playing. Think about the lighting and how you want them to sit. Have a prayer focus. A prayerful space for people to focus on and that contributes to the time of prayer. Explain why each item is on the prayer focus. Welcome those to the prayer through song and words. Have a moment of prayer. Explain what your theme is.

## Word

During the WORD, we hear a piece of Scripture that is linked to our theme. The Scripture is at the centre of our Celebration of the Word. Tell us why you chose it and explain how it is still relevant today. Be creative and show this by using your God given gifts.

## Response

During the RESPONSE, we think and reflect on the message that we have heard through the Scripture. Link a thought or an action to the theme. Make sure that everybody in the room is taking part in some way. Whether that be through physical, spoken, or written responses. Have a moment of prayer. Be silent, say a prayer or sing a song. Explain why we as a group are responding to God in this way.

## Mission

During the MISSION, we are challenged to go out and do something which makes us put our prayer into action. Challenge the group to live out the message in the world. Give them a challenge or activity. Give them something to take away with them. Make them think of their role in God's plan. Spend a moment praying to God. End with some music or a song.

## Sentence Starters

**"Welcome to our Celebration of the Word. We will begin with the Sign of the Cross ..."**

**"Please join us in singing this song together ..."**

**"Our theme today is ..."**

**"Our theme means ..."**

**"We can live out our theme today by ..."**

**"On our prayer focus, we have chosen ..."**

**"This item on our prayer focus represents ..."**

**"Let us spend a moment in prayer by ..."**

**"The Scripture we have chosen today is the story of ..."**

**"We chose this Scripture because ..."**

**"It links to our theme because ..."**

**"We can live out this Scripture today by ..."**

**"We will now reflect on this Scripture story by ..."**

**"We would now like you to move in this way because ..."**

**"We would now like you to speak to the person next to you and ..."**

**"We would now like you to write down something that ..."**

**"We would now like you to spend some time in silence thinking about ..."**

**"Put your hands together and join us as we say this prayer together ..."**

**"Your mission this week is ..."**

**"You can live this mission out in the world by ..."**

**"You are all going to get something to help you with your mission ..."**

**"Let us spend a moment in prayer asking God to help us live out our mission ..."**

**"Please join us in singing this song together ..."**

**"Thank you for joining us for our Celebration of the Word. We will end with the Sign of the Cross ..."**