



# St. Michael Youth Program

## September 2015

# The Life-giving Cross: The Tree of Life

### Home Discussion

During the month of September, we commemorate the **Elevation of the Holy Cross (September 14)**. We prepare for the Feast on Sunday, September 13 and its commemoration is concluded on Sunday, September 20.

**The Holy Cross:** is also called "The Tree of Life" because while it shows our Lord Jesus Christ crucified, His Sacrifice for us has saved us from eternal punishment and has granted us the forgiveness of sins.

**A Powerful Sign:** The Holy Cross has with it a power: to bring peace, to heal and to save. Think of times when making the sign of the Cross can be helpful to you.

**A Symbol of Victory:** Christ has triumphed over death by rising from the dead after being crucified on the Cross. We see Him on the Cross not as a "dead Man," but as a victorious and triumphant God who defeated death for us.

### Memory Verse

"For God so loved the world that He gave His only begotten Son, that whosoever believes in Him shall not perish but have everlasting life. (John 3:16)

### Theme Song (Troparion) of the Holy Cross

**O Lord, save Thy people and bless Thine inheritance,  
and to Thy faithful people grant victory over the enemy;  
and by the power of Thy Cross,  
protect all those who follow Thee.**

(Learn to sing the Troparion and plan to be in church on time to participate in the procession of the Holy Cross on Sunday, September 20.)

### Calendar

**September 1 is the start of the New Year in the Church.** It was "New Year's Day" in the early days of the Empire. It is the start date on our Church Calendar.

**September 8 - The Feast of the Birth of the Virgin Mary (the Holy Theotokos).** The Virgin Mary was born to her parents: Saints Joachim & Anna who is remembered on September 9.

**September 13 - First day of Church School, the organizing of our Youth Choir and the Presentation of Creative Festival Awards**

**September 14 - The Feast of the Elevation of the Holy Cross.** A Divine Liturgy will take place at 6:30 p.m. on Monday evening

**September 20 - (The "Sunday after the Elevation of The Holy Cross")** We will participate in the Procession and veneration of the Holy Cross before the lesson of the Holy Gospel

**September 27 - Church School class day - young people meet with teachers in classrooms after Holy Communion**

### Activity

- Do you know how to make the sign of the Cross? See instruction sheet. We reverence the Father, Son, and Holy Spirit by making the sign of the Cross.
- Among the Crosses in your home, have one to venerate when you pray.
- A "metania" is making the sign of the Cross from head to toe; bending our body when we bless ourselves to the floor. We make a "metania" (long-Cross) with great reverence at certain times in prayer. Practice making a "metania."
- The Feast of the Elevation of the Holy Cross (September 14) includes Gospel lessons beginning on the Sunday before (John 3:13-17) and after the Feast. (Mark 8:34 - 9:1) Read the Gospel lessons and discuss their meaning to you.

### Special Events

The Presentation of Festival Awards and Salad Buffet - **Sunday, September 13**

Youth Choir participate in the Procession of the Holy Cross and sing a Communion Hymn - **Sunday, September 20**