



FEAST OF THE EXALTATION OF THE HOLY CROSS - SEPT 14, 2026

The Feast of the Exaltation of the Holy Cross celebrates two historical events: the discovery of the True Cross by Saint Helena, the mother of the Emperor Constantine, in 320 in Jerusalem, and the dedication of the church built by Constantine on the site of Mount Calvary in 335.

On this day we honour the Holy Cross on which Christ died out of love for us and by his death on the cross and resurrection, he brought salvation to the world. The Cross is the sign of Christ's victory over sin and death, the instrument where we find healing, hope and life eternal.

Please join us at St. Theresa's Church, 7508 29 Avenue NW, on Monday, Sep. 14 for Mass at 9:00 am, Holy Hour from 9:45 to 1:00 pm with Consecration Prayer, Veneration of the Holy Cross, lighting of candles in reparation for the sins of our family and the whole world, recitation of the four mysteries of the Holy Rosary and silent meditation.