

The exultation of the Holy Cross

There are certain symbols, pictures which are both ancient and familiar.

The figure of Christ crucified is one of these.

It is an image that all people of whatever different levels of Roman Catholic faith,
have within the subconscious

The God we believe in is infinite

Yet here the most identifiable image of our faith is of intense humility

It is a physical expression of our belief that we look toward

The secular world would have us turn our gaze away

To look instead into a television screen

The news which is dark and leading only to further misery

The game shows which are facile and leading only to distraction

The celebrity leading only to a fantasy of happiness

To gaze upon the crucified Christ is to recognise that with this suffering is also resurrection

To gaze upon the cross is to recognise that suffering is a shared reality that can be worked with

To gaze upon this death is to look upon my own death and the value of each precious second that I
live

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The mind finds so many places in which to hide away from the vocation

The aspiration of our lives can lead to channels of deception

The depression seeks only escape perhaps in alcohol, perhaps in blaming others

To gaze upon the crucified Christ is to recognise that all routes around the problem always leads
back to the same place

To gaze upon the cross is to recognise that all that will remain of me is love

To gaze upon this death allows me to see the death of my youth, the death of ambition, and even
the death of my own health too. Then still to move on.

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Money promises freedom and exhilaration
Success promises power and admiration
Control promises safety
To gaze upon the naked figure of the crucified Christ is to recognise your true poverty
To gaze upon the cross is to begin to see the humility which overcomes all earthly power
To gaze upon this death is to begin to let go of the fear

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Look to the cross

Look to Christ crucified

Focus again upon that which actually matters

In all its redemptive humility

Focus again

Begin again

Directing all things

Using this basic image.

Directing all things

On and on again

Into eternal life