

The Feast of the Exultation of the Cross – Monday 14th September 2026:

This Feast is rightly about the glorification of Christ but firstly it is an example to us of his humility, a reminder that we should humbly offer to God our adoration, praise, and thanksgiving. We should allow ourselves to die mystically with Christ on the Cross, so that we may join the Apostle Paul in saying, *'I have been crucified with Christ'*. Paul's Christological hymn reminds us that Christians see how Christ, the Second Person of the Blessed Trinity, humbled himself, emptying himself of the divinity that was his by right and took flesh as Jesus of Nazareth. Then, in a further act of humility and obedience offered himself on the cross for the salvation of the world. Jesus Christ becomes the suffering servant to take away the sins of the world; thus, the centre and most profound part of the gospel is his passion, as the supreme example of humility.

The Memorial of Our Lady of Sorrows – Tuesday 15th September 2026:

Mary's Seven Sorrows: 1) The Prophecy of Simeon (Luke 2:34-35), 2) The Flight into Egypt (Matthew 2:13-21), 3) The Loss of Jesus for Three Days (Luke 2:41-50), 4) The Carrying of the Cross (John 19:17), 5) The Crucifixion of Jesus (John 19:18-30), 6) Jesus Taken Down from the Cross (John 19:39-40), 7) Jesus Laid in the Tomb (John 19:39-42). Our Lady's promises to those who pray them: 1) "I will grant peace to their families." 2) "They will be enlightened about the divine Mysteries." 3) "I will console them in their pains and I will accompany them in their work." 4) "I will give them as much as they ask for as long as it does not oppose the adorable will of my divine Son or the sanctification of their souls." 5) "I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives." 6) "I will visibly help them at the moment of their death—they will see the face of their mother." 7) "I have obtained this grace from my divine Son, that those who propagate this devotion to my tears and dolours will be taken directly from this earthly life to eternal happiness, since all their sins will be forgiven and my Son will be their eternal consolation & joy."

Mem. of Saints Cornelius, Pope & Cyprian, Bishop – Wed. 16th September 2026:

Cyprian was bishop of Carthage. Under the persecutions of Emperor Decius some Christians gave in to his demands. Cyprian counselled leniency for Christians wanting to return to the Church. He was supported by Pope Cornelius, who in turn had been supported by Cyprian when Novatian challenged Cornelius for the papacy. Novatian argued for harsh punishments for apostasy, but Cornelius taught a merciful approach.

The Opt. Mem of St Robert Bellarmine, Bishop – Thurs. 17th September 2026:

Robert entered the newly formed Jesuits and went on to teach at Louvain, where he became famous for his Latin sermons. As an outstanding scholar he was appointed to defend the Church against the anti-clericals in Venice and against the political tenets of James I of England. In the case against Galileo, his prudence opposed severe action against the scientist for his disobedience and his intervention ensured that he got a fair trial. Bellarmine is an icon of the need to have faith and reason in unity.

Friday in 24th Week in Ordinary Time (II) – 18th September 2026:

The Gospel of Luke said that some women, including St Mary Magdalene, followed Jesus and that they had been healed of evil spirit and infirmities. The role of these women consisted in helping Jesus and his disciples out of their own resources, thereby showing their gratitude for what Christ had done for them and for the joy in co-operating in His ministry, and yet, he did not grant them the gift of the priesthood. Even so, men and women enjoy an equal dignity in the Church, but equality does not negate a diversity of roles, especially around motherhood and fatherhood. Jesus responds positively to those who generously offer him charity and today, men and women continue to serve Jesus in the mission of the Church: in the administrative, liturgical, sacramental and pastoral life of the Church. And when we apply the corporal and spiritual works of mercy, we are directly offering this assistance to Jesus Christ himself.

Opt. mem: Theodore of Tarsus, Archbishop of Canterbury – Sat. 19th Sept. 2026:

Canterbury is the See of Augustine; the missionary saint sent to England by Pope St Gregory the Great to unite '*English*' Christians to the Church in Rome. Following Augustine, great saints such as Dunstan, Thomas a Becket and Anselm have held this see. Today, we venerate Theodore of Tarsus. The Venerable Bede's '*Ecclesiastical History*' says he had a commanding personality, but he tended to be autocratic, which today is at odds with the Synodal approach given to us by the late Pope Francis which, within the bounds of Canon Law, seeks the collaboration of the laity in the administration and pastoral care of our parishes. When Theodore arrived in England, he found a wounded Church, by the arguments about the date of Easter. Theodore was an archbishop who the Church could unite around. He desired a national unity for the English Church and as remarkable administrator, he restructured the dioceses.