Everyday Catholicism

Why Do Catholics Celebrate the Exaltation of the Holy Cross?

September 14 is the feast of the Triumph of the Cross. The title of this feast may sound odd. The cross was meant for torture and death. Why would Christians want to exalt it? This celebration honors Jesus Christ and His saving love on the Cross. It does not glorify cruelty or pain for its own sake.

Crucifixion was a humiliating and painful method of public execution in the Roman world. Jesus freely submitted to it, offering His life in obedience and love for the salvation of everyone. The Catechism teaches that Christ's love "to the end" gives His sacrifice its saving power. His Cross and Resurrection reconcile us to the Father and destroy the power of sin and death. What seemed like defeat became Christ's victory, a victory He shares with us.

The Gospel for this feast recalls the bronze serpent that Moses lifted up in the wilderness. Those who had been bitten and looked at it lived. Jesus tells Nicodemus that just as Moses lifted up the serpent, so the Son of Man must be lifted up. Those who believe in Him will have eternal life. The Cross shows how much God loves the world. He sent His Son into the world to save us, not to condemn us.

This feast has its roots in fourth-century Jerusalem. The Church of the Holy Sepulchre was dedicated on September 13, 335. The Cross was raised for public veneration the following day. Christian tradition connects these events with Saint Helena and the discovery of the relic of the True Cross. Exaltation means lifting up. On this feast, the Church directs our eyes to Christ and what He did for us on the Cross.

Jesus also commands His disciples to take up their cross and follow Him. This doesn't mean that we should seek out suffering or demand that people suffer. It means remaining faithful to Jesus when love, truth, forgiveness, or simple duty requires something of us. We can offer the sufferings we cannot avoid to God in union with Jesus and ask Him to teach us how to carry them with faith.

Take a few minutes this week to stop in front of a crucifix. Thank Jesus for loving us to the end and hand Him one burden that you are carrying. Ask Him to give you the grace to carry that burden with Him and with hope in the joy of His Resurrection.

Catechism Connection: Numbers 21:4b-9; Philippians 2:6-11; John 3:13-17; CCC nos. 616-618.



ST. JOSEPH CATHOLIC CHURCH

360 Park Ave. · Cayucos, CA 93430 · 805-995-3243
OfficeAdmin@SaintJosephCayucos.org · www.SaintJosephCayucos.org

Twenty-fourth Sunday in Ordinary Time

Peter approached Jesus and asked him, "Lord, if my brother sins against me, how often must I forgive? As many as seven times?" Jesus answered, "I say to you, not seven times but seventy-seven times."
— Matthew 18:21-35

Mass Intentions

Sat.	12	+Barbara Sharp
Sun.	13	Eric Solum
Mon.	14	Bonnie Bowman
Tues.	15	Ginny Golden
Wed.	16	+Stewart Simonson
Thurs.	17	Jessica Garcia
Thurs.	17	(Spanish) Todos los fieles difuntos
Fri.	18	St. Joseph's Parishioners
Sat.	19	Keith Hart
Sun.	20	Tim Aguilar

September 13, 2026

Most Rev. Ramón Bejarano
Bishop of Monterey

Rev. Martel Ramos
Pastor
Pastor@SaintJosephCayucos.org

Office Hours
Monday–Thursday
10:00 AM–4:30 PM
Friday — Closed

Parish Staff
Judy Ann Cross
Business Administrator
BusinessAdmin@SaintJosephCayucos.org

Mass Schedule
Monday–Friday — 9:00 AM
Thursday — 6:30 PM (Spanish)
Saturday Vigil — 5:00 PM
Sunday — 10:00 AM

Rosary
Weekdays — 8:30 AM

Confessions
Friday after the 9:00 AM Mass
First Saturday — 4:00 PM

Adoration & Benediction
Friday after the 9:00 AM Mass

Confessions

The Sacrament of Reconciliation will be offered on Saturday, September 19, at 4:00 p.m., before the 5:00 p.m. Mass.

Mission Appeal: Building the Church in Mission Land, USA

Father Charles Aketch of the Glenmary Home Missioners will visit our parish the weekend of September 19–20. Glenmary serves rural communities in Appalachia and the South where there is no Catholic church or resident priest.

Originally from Kenya, Father Charles was ordained in 2019 and now serves as Glenmary's Vocation Director. He will share how Glenmary brings the Sacraments, faith formation, pastoral care and assistance to people in mission areas throughout the United States.

Please welcome Father Charles and consider supporting Glenmary's ministry through your prayers and generosity. To learn more, visit Glenmary.org

The Cross of Christ and Our Lady of Sorrows

On Monday, September 14, we celebrate the Exaltation of the Holy Cross, and on Tuesday, September 15, Our Lady of Sorrows. Please join us for Mass at 9:00 AM on both days.

Los Osos International Festival

The Los Osos community invites our parishioners to the 20th Annual Los Osos International Festival on Sunday, September 20, from 11:00 a.m. to 3:00 p.m. at St. Elizabeth Ann Seton Catholic Church, 2050 Palisades Avenue, Los Osos. This free community event will feature international food, children's activities, live entertainment, a Parade of Nations, and a silent auction.

Supporting Our Parish

If you would like to make a special gift to Saint Joseph Parish, you may designate your donation to our Capital Campaign, which supports major parish projects such as the rectory, or to our Building and Maintenance Fund, which helps care for and maintain our church and parish facilities.

Thank you for your generosity and support of Saint Joseph. Online giving is available through the parish website at saintjosephcayucos.org, where you may choose from these and other giving categories.

Bingo Night

Bingo Night will take place on Wednesday, September 16, 2026, at 6:00 p.m. An entry bingo packet is $15. Hot dogs and popcorn will be available. Attendees must be 18 or older.

Invitation to Participate: Diocese of Monterey Community Survey

The Diocese of Monterey is entering Phase II of its strategic discernment process regarding future educational opportunities connected with the former Notre Dame High School campus. The Community Survey is an important part of this mission-centered process of research, surveys, and listening sessions. As Bishop Ramón Bejarano shared in his July communication, no particular educational model or future use of the campus has been predetermined.

Parents and guardians, parishioners, educators, alumni, and community members are invited to complete the Community Survey and share their perspectives about the educational needs and priorities of children, youth, and families in the Salinas community and the wider region. Broad participation will help the Diocese listen carefully and responsibly consider a range of possibilities.

The survey takes approximately 10 minutes to complete. Please participate and share the survey with others in the community through September 30, 2026.

English: surveymonkey.com/r/dioceseofmontereycommunitysurvey

Spanish: surveymonkey.com/r/encuestaalacomunidaddeladiocesisdemonterey

Questions may be directed to Superintendent Dan Anderson · 831-373-1608 · danderson@dioceseofmonterey.org

English Spanish



PLEASE PRAY FOR THE SICK AND INJURED

Steve Santi
Stan Piwaworski
Jim & Joanne Tobias
Innette Starkenburg
Steve Buller
Michael Shields
Camelia Cross
Carlos Cortes
Mary Moloney
Mickey Bruno
Gary & Bonnie Nelson
Butch Rambaud
Marina Taverner
Keith Hart
Teddy Planansky
Eric Solum
Glen Bennett
Bonnie Bowman
Bill Mazzacane
Editha Andres
William Baldwin
Sandy Johnson