

**Parma Basilian Associates Renewed their Commitment
on the Feast of the Exaltation of the Holy Cross**

By Sister Olga Marie Faryna

September 14, 2019

On the Feast of the Exaltation of the Holy Cross, September 14, 2019, The Associates of the Sisters of the Order of St. Basil in Parma, Ohio held an all-day retreat with Sr. Ann Laszok, OSBM as the retreat director. Friends were also invited to make the retreat.

The retreat started with the Divine Liturgy in the Cathedral of St. Josaphat in Parma, Ohio. Sr. Ann explained the importance of making the sign of the cross thoughtfully. The basic facts of our faith are shown by make the Sign of the Cross. The holding of the three fingers together symbolizes the Holy Trinity -- Father, Son and Holy Spirit. The holding down of the ring finger and the little finger symbolize the two natures of Christ—Jesus is both fully divine and fully human. And by making the sign of the Cross we realize that we are now children of God. We recall that true love requires sacrifice. We were redeemed by Christ's dying on the cross. And we were reminded that the Holy Trinity participated in our salvation.

The main theme of the retreat was the Anaphora of the Liturgy of St. Basil the Great which covers the History of our Salvation. The Anaphora was explained and questions of the Associates were answered. Our Ukrainian Catholic Catechism, Christ Our Pascha was also used to explain the Anaphora of the Liturgy of St. Basil the Great. The Retreat ended by the recitation of the Vespers for the Feast of the Holy Cross. The Associates renewed the commitment during Vespers.