

St. Ephrem the Syrian (+ 373):

'The Cross is — the resurrection of the dead.

The Cross is — the hope of Christians.

The Cross is — the staff of the lame.

The Cross is — the consolation of the poor

The Cross is — the dethronement of the proud.

The Cross is — the hope of the hopeless.

The Cross is — the helm of those who sail.

The Cross is — the harbor of the storm-tossed.

The Cross is — the father of orphans.

The Cross is — the comfort of the afflicted.

The Cross is — the protector of youth.

The Cross is — the glory of men.

The Cross is — the crown of the aged.

The Cross is — the purity of virgins.

The Cross is — the bread of the hungry and the fountain of the thirsty.

• Therefore, let us make the sign of this Life-Giving Cross on our forehead, lips and breast. . . . Let us not leave the Cross even for one hour, even for one moment, and let us not do anything without it, but whether we are going to sleep, or getting up; whether we are eating or drinking, whether we are traveling on land, sailing the sea, or crossing rivers, we should adorn all the members of our body with the sign of the Life-Giving Cross."

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by Fr. Anthony Coniaris