

PERJALANAN SALIB
UNITY OF THE MALAYSIAN CHURCH
“May they all be one” John 17:21

SERVICE OF THE VENERATION OF THE CROSS

Introduction (commentator)

The Perjalanan Salib is the initiative of the Catholic Bishops Conference of Malaysia to unite the whole Malaysian Church through the power of the Cross of Jesus Christ.

Nine crosses were distributed to the nine dioceses of Malaysia at the launching in April 2025 in Kota Kinabalu. Each Cross will stay in the diocese for one and a half year, journeying to all parishes and communities before being brought back to Majodi, Center, Johor Bahru, in September 2026 to unite the faithful in the very first Malaysian Pastoral Convention.

The journey of the cross is called “**Perjalanan Salib**”. The purpose of the Perjalanan Salib is to unite the faithful through the worship and veneration of the cross, with its power to save. Christ died on the cross to save and unite all, who believe in him.

Welcome (Commentator)

Today we welcome the “Perjalanan Salib” to (name of parish or church)

This is a celebration of our unity and oneness in the Church, the body of Christ.

The cross is the instrument of our salvation. Through it, Christ conquers evil, sin and death to give us eternal life. Let us joyfully welcome the cross and honor it with our devotion and love.

Entrance hymn (stand)

Solemn procession of the Cross into the Church

As the entrance hymn is sung, we all stand to welcome the Cross of Jesus Christ. As the cross is placed on the stand, we all kneel and venerate the cross.

Priest: In the name of the Father and of the Son and of the Holy Spirit;

All: Amen

Priest: The Lord be with You;

All: and with your spirit,

Priest/ Chatechist:

Dear brothers and sisters, today we are gathered here to participate in the prayer service of the perjalanan salib. let us thank god for giving us salvation through the cross of Christ. through our participation let us bring all our intentions and our families in our prayers.

Praying the Psalms (seated)

Antiphon: 1 (Leader)

He who suffered on the cross, crushed the power of hell. On the third day he rose again to clothe himself with power.

All pray together

O God, you are my God, for you I long;
for you my soul is thirsting.
My body pines for you
like a dry, weary land without water.
So I gaze on you in the sanctuary
to see your strength and your glory.

For your love is better than life,
my lips will speak your praise.
So I will bless you all my life,
in your name I will lift up my hands.
My soul shall be filled as with a banquet,
my mouth shall praise you with joy.

On my bed I remember you.
On you I muse through the night
for you have been my help;
in the shadow of your wings I rejoice.
My soul clings to you;
your right hand holds me fast. (Psalm 62)

**Glory be to the Father, and to the Son, and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be, world without end. Amen.**

Antiphon: 2 (Leader)

The Holy Cross shines upon us. In the cross is victory, in the cross is power. By the cross every sin is overcome.

All pray together

Sing a new song to the Lord,
his praise in the assembly of the faithful.
Let Israel rejoice in its maker,
let Zion's sons exult in their king.
Let them praise his name with dancing
and make music with timbrel and harp.

For the Lord takes delight in his people.
He crowns the poor with salvation.
Let the faithful rejoice in their glory,
shout for joy and take their rest.
Let the praise of God be on their lips
and a two-edged sword in their hand,

to deal out vengeance to the nations
and punishment on all the peoples;
to bind their kings in chains
and their nobles in fetters of iron;
to carry out the sentence pre-ordained:
this honor is for all his faithful. (Psalm 149)

**Glory be to the Father, and to the Son, and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be, world without end. Amen.**

Antiphon 3: (Leader)

It is right for us to glory in the cross of our Lord Jesus Christ.

All pray together

Though he was in the form of God,
Jesus did not count equality with God a thing to be grasped.

He emptied himself,
Taking the form of a servant,
Being born in the likeness of men.
And being found in human form,
He humbled himself and became obedient unto death,
Even death on a cross.
Therefore God has highly exalted him,
And bestowed on him the name which is above every name.

That at the name of Jesus every knee should bow,
In heaven and on earth and under the earth,
And every tongue confess that Jesus Christ is Lord,
To the glory of God the Father. (Philippians 2:6-11)

**Glory be to the Father, and to the Son, and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be, world without end. Amen.**

Liturgy of the Word (seated)

First reading

Philippians 2:6-11

Christ Jesus who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Reader: The word of the Lord.

All: Thanks be to God.

Responsorial psalm:

Psalm 78: 1-2, 34-35, 36-37,38

℟ . Never forget the deeds of the Lord!

1. Give ear, my people, to my teaching;
Incline your ear to the words of my mouth.
I will open my mouth in a parable
and utter hidden lessons of the past.
2. When he slew them, then they sought him,
repented and earnestly sought God.
They would remember that God was their
rock, God the Most High their redeemer.
3. Yet they deceived him with their mouths;
they lied to him with their tongues. For
their hearts were not steadfast toward him;
they were not faithful to his covenant.
4. Yet he who is full of compassion,
forgave them their sin and spared them.
So often he held back his anger,
and did not stir up all his rage.

Gospel acclamation (stand)

Alleluia, alleluia!

We adore you, O Christ, and we bless you;
because by your cross, you have redeemed the world.

Alleluia!

Gospel

Priest: The Lord be with you;

All: And also with you

Priest/Catechist: A reading from the holy Gospel according to St. John

All: Glory to You o Lord

John 3:13-17

No one has gone up to heaven except the one who came down from heaven, the Son of man; as Moses lifted up the snake in the desert, so must the Son of man be lifted up so that everyone who believes may have eternal life in him.

For this is how God loved the world: he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. For God sent his Son into the world not to judge the world, but so that through him the world might be saved.

Priest, Catechist or Prayer Leader: The gospel of the Lord.

All: Praise to you Lord Jesus Christ.

Reflection: By priest, catechist or prayer leader(all seated)

Veneration of the Cross (stand)

As the hymns are sung, the faithful line up to venerate the cross as in the Good Friday Service.

Prayer of the faithful (stand)

Priest/Catechist/Prayer Leader

Dear brothers and sisters, our God willed that His only Begotten Son should undergo his passion and death on the Cross in order to save the human race. We pray, that we who have known his mystery on earth, may merit the grace of redemption in heaven.

The response to each petition is: *“Lord of mercy and compassion, hear us.”*

1.

1. **For our Holy Father Pope Francis;** may God grant him good health and that he may continue to lead the Church towards the truth, with love and compassion. Let us pray to the Lord.
2. **For all the leaders of the church;** for our Bishops, Priests and all the leaders in various ministries. May the Lord fill them with His blessings of wisdom, knowledge and understanding to lead the church and be guided by the Holy Spirit to spread God’s kingdom on earth. Let us pray to the Lord.

3. **For all those who are suffering spiritually and physically;** may they find comfort in Jesus Christ, knowing that He shares in their pain and offers them hope. Let us pray to the Lord.
4. **For peace in the world, in the families and in oneself;** may the Cross of Jesus Christ be the sign of unity and forgiveness leading us to find peace and glorify God in our daily lives. Let us pray to the Lord.
5. **For all who are persecuted for their faith in Jesus Christ;** may they find strength, courage and hope in the Cross of Jesus Christ, knowing that He is always with them in times of trials. Let us pray to the Lord.
6. **For the unity of our Church community;** may we always embrace the Cross of Jesus Christ, as the source of our unity, salvation and model of love, and seek to follow Him faithfully in our lives. Let us pray to the Lord.
7. In the silence of our hearts, let us pray for our personal intentions..... Let us pray to the Lord.

Prayer before the Cross (stand)

All pray together

Heavenly Father, You inspired St. Helena, to restore the Cross of your only begotten Son Jesus Christ, the source of our salvation.

His passion and death on the Cross changed our condemnation and shame into glory and victory over evil.

Give us the strength to love your Son without reservation. Let our love for the Cross of Jesus make us more humble and give us the confidence we need to carry our daily cross.

Give us the grace to transform our struggles into victory over evil and take up the challenge to build the church with love and service, where you live forever and ever. Amen

Conclusion (Priest/Catechist/Prayer Leader)

Heavenly Father, as we offer you these prayers, we thank you for the gift of your Son Jesus Christ. May we always turn to the Cross as a source of unity, hope and redemption. We ask this through Jesus Christ our Lord.

R. Amen

The Lord's Prayer (sing)

At the Savior's command and formed by divine teaching we dare to say.

Our Father, Who art in heaven,
Hallowed be Thy Name.
Thy Kingdom come, Thy Will be done,
On earth as it is in Heaven.

Give us this day our daily bread,
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil. Amen

Concluding Prayer (Priest/Catechist/Prayer Leader)

God our Father, in obedience to your will, your only-begotten son endured the cross for our salvation. Grant that as we have come to know the mystery of the cross here on earth we may receive its rewards in heaven. We make this prayer through Christ our Lord.
Amen.

Final Blessing (Only by priest)

Priest: The Lord be with you.

All: And with your spirit.

Priest: May Almighty God Bless you, + The Father and the Son and the Holy Spirit

All: Amen.

Priest: The Service of the Veneration of the Cross is ended, let us go in the unity and peace of Christ.

All: Thanks be to God.

Conclusion of Service (By catechist/prayer leader)

Leader: Glory be to the Father, and to the Son, and to the Holy Spirit:

All: As it was in the beginning, is now, and ever shall be, world without end. Amen.

Leader: The Service of the Veneration of the Cross is ended, let us go in the unity and peace of Christ.

All: Thanks be to God.

Final hymn

(Bankit Ia) Refer the hymn section

Rosary with Meditation on St. Helena and the Cross

Opening Prayer to St. Helena of the Cross

Holy and blessed Saint Helena, with the anguish and devotion with which you sought the Cross of Christ, I plead that you give me God's grace to suffer in patience the labors of this life, so that through them and through your intercession and protection, I will be able to seek and carry the Cross, which God has placed upon me, so that I can serve Him in this life and enjoy His Glory ever after. Amen.

Intentions (Prayer to the Exaltation of the Holy Cross)

Jesus, Who because of Thy burning Love for us willed to be crucified and to shed Thy Most Precious Blood for the Redemption and Salvation of our souls, look down upon us and grant the petition we humbly ask for:

List of intentions

1. For the Church in Malaysia, that through the *Perjalanan Salib*, she may go through a period of new discoveries, guided by the Holy Spirit.
2. For the Faithful in Malaysia, that through the *Perjalanan Salib*, those who encounter the Salib, may also encounter Christ on the Cross, and be drawn closer to the outpouring of Love on the Cross.
3. For the People of Malaysia, that through the *Perjalanan Salib*, they may recognize God's love for His creation, and in turn bring greater unity and harmony in all levels of social relationships.

(Add other intentions as you please, and end with):

Lord we trust completely in Thy Mercy.
Cleanse us from sin by Thy Grace. Sanctify our work,
give us and all those who are dear to us our daily bread.
Lighten the burden of our sufferings. Bless our families, and grant to the nations, so sorely afflicted, Thy Peace, which is the only True Peace, so that by obeying Thy Commandments we may come at last to the Glory of Heaven. **Amen**

Apostle's Creed

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy Catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.

Amen.

Our Father(1x)

Hail Mary (3x)

Glory Be (1x)

1. The Feast of the Exaltation of the Cross

The Feast of the Exaltation of the Cross celebrates three things: the discovery of the True Cross of Jesus by Queen Helena; the recovery of the Cross of Jesus after it had been stolen; and the way we may triumph through our own crosses.

Many people think Jesus was not a real historical person, and that Christianity is a myth. By visiting the Holy Land, the historical places become real and can connect us to reality of Jesus.

St Helena, the mother of the Roman Emperor Constantine, went on pilgrimage to Jerusalem in 325 AD to find and restore all of the places connected with the life of Jesus. In God's Providence, the most important places, the birthplace of Jesus in Bethlehem, Calvary where Jesus was crucified and died and the empty Tomb of the Resurrection were known by the local inhabitants for two reasons:

First, Christians had continuously venerated these places from the time of Jesus. Second the Roman Emperor Hadrian, following the Bar Kokhba rebellion in 132 AD, to stop Christians from venerating these sites, placed a pagan temple over each one.

Without realizing it, the Emperor Hadrian had perfectly preserved our most important holy sites and that is why they were known to everyone.

When Queen Helena arrived, she ordered the pagan temples removed where underneath she found Calvary, the Empty tomb of Jesus and his birthplace in Bethlehem. Over Calvary and the tomb of Jesus she built the Church of the Holy Sepulcher; at his birthplace in Bethlehem she built the Church of the Nativity; and the Church of Eleona on the Mount of Olives.

Jesus is not a myth. He is real.

Our Father (1x)

Hail Mary (3x)

Glory Be (1x)

St. Helena, finder of the Cross, pray for us. Amen

2. The finding of the True Cross

Once Queen Helena found Calvary and the place of the Resurrection, she sought the Cross of Jesus.

Calvary, where Jesus was crucified, was just outside the original city of Jerusalem in a rock quarry. Right next to this quarry was the town dump. The local people told her that everything discarded from that part of the city was thrown into that dump. So Queen Helena ordered her troops to excavate it. There they found three crosses.

Now the question, could one of these be the cross of Jesus?

Queen Helena and the bishop of Jerusalem, St. Macarius, asked a woman with an incurable illness to touch all three. But when she handled one, she was instantly healed. Wanting to confirm this miraculous event, they ordered that a man who had recently died be brought, had all three crosses touched to the corpse of the dead man, and the cross that healed the woman brought the dead man to life. They knew they had discovered the life-giving Cross of Jesus Christ.

Our Father (1x)

Hail Mary (3x)

Glory Be (1x)

St. Helena, finder of the Cross, pray for us. Amen

3. The Recovery of the True Cross

In the year 614 AD, the Holy Land was attacked by the Persian who destroyed many churches, put to death many Christians and stole the true Cross of Jesus, taking it back to Persia, modern day Iran.

But in 628 AD, the Byzantine Emperor Heraclius defeated the Persians and recovered the Cross of Jesus.

Heraclius wanted to carry the Cross of Jesus on his shoulders into Jerusalem to the Church of the Holy Sepulcher, but he was unable to lift it while wearing his royal garments. Modestos the Patriarch of Jerusalem said to him: "How can you carry the Cross of Jesus dressed in expensive robes when Jesus carried the Cross in poverty? Hearing this, the Emperor removed his clothes, put on the simple clothes of a pilgrim and carried the Cross barefoot to Calvary.

This event is commemorated by the Church on this day, September 14, and proclaimed as the feast of "The Triumph of the Cross" or "The Exaltation of the Holy Cross."

Our Father (1x)

Hail Mary (3x)

Glory Be (1x)

St. Helena, finder of the Cross, pray for us. Amen

4. We continue to triumph by the Cross of Jesus

If you experience some suffering, some cross or some loss, and you have done all you can to change it, then God is allowing it for two reasons. First, to empty you of all that blocks His entry to your soul that He may fill you with His divine life, love and joy. Second, that you may help Jesus save souls.

On this first point St John of the Cross writes:

“God’s immense blessings can only fit in a heart that is empty; but if it is given room, it will inflame the heart with love.”

Jesus was born in a cave because the inn was full and the cave was empty. If we want to receive Jesus in His fullness then we too must be emptied of all disordered desires so that we may be filled by God.

We become as big or as small as the objects of our love, says John of the Cross (Ascent of Mt Carmel. 1.4.8). We cling to many things which block us from receiving God. We may even become attached in a disordered way to good things that prevent God from entering more fully into our soul. God wants to remove all our blockages. That’s why He allows us to experience the cross. – to empty us of our disordered attachments. The Cross and suffering makes space and God fills that space if we place our trust in him.

If you are experiencing some Cross, do not despair. Accept it with trust because God is emptying you to fill you with himself. By the Cross we too will triumph.

Our Father (1x)

Hail Mary (3x)

Glory Be (1x)

St. Helena, finder of the Cross, pray for us. Amen

5. God's Saving Work

The second reason God allows some cross or suffering in our lives is to make us a partner in His saving work.

Jesus said, "If you want to be my disciple then you must take up your cross and follow me." Jesus is inviting us to participate with Him in his saving work, but remember, His victory came through the cross. Therefore, He invites us to take up our cross and follow him. Jesus invites us to help him save souls by our own cross offered up and united to His. And the most powerful instrument at our disposal to help our family and friends get to heaven is our suffering. What you:

- Did not choose
- Do not like
- Cannot change
- Cannot understand
- Accept with Trust
- Offer with love to Jesus for the conversion and holiness of others

Archimedes said: "Give me a lever long enough and a fulcrum on which to place it, and I shall move the world."

The Cross is a lever to move souls and the fulcrum on which to place it is Jesus. By uniting our suffering to Christ He can move souls.

- So Don't waste your suffering
- Leverage it by uniting it to Christ's to move souls to Him.

Our Father (1x)

Hail Mary (3x)

Glory Be (1x)

St. Helena, finder of the Cross, pray for us. Amen

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this our exile show unto us the blessed fruit of thy womb, Jesus.

O clement, O loving, O sweet Virgin Mary.

Litany of Saints and Patrons of the Churches in the Diocese of Miri.

Lord have mercy
Christ have mercy
Lord have mercy
Christ hear us
God the Father of heaven
God the Son Redeemer of the world
God the Holy Spirit
Holy Trinity one God
St. Stephen
St. Joseph Patron of the diocese of Miri
Holy Mary Mother of God
St. Francis Xavier,
St. Jacques Chastan,
St. Laurent Imbert,
St. Philip Minh,
St. Peter Quy,
St. Paul Loc,
St. John Hoan,
St. Joseph Luu,
St. Teresa of Avila
St. Teresa of Kolkata
St. John Paul II
St. Anthony
St. George
St. Peter
St. Paul the Apostle
St. Michael
St. Dominic
St. Edmund
St. Martin

Lord have mercy
Christ have mercy
Lord have mercy
Christ graciously hear us
have mercy on us
have mercy on us
have mercy on us
have mercy on us
Pray for us
pray for us
Pray for us
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Pray for us
Pray for us
Pray for us

Leader: Lamb of God who takes away the sins of the world

All: Spare us O Lord

Leader: Lamb of God who takes away the sins of the world

All: Graciously hear us O Lord

Leader: Lamb of God who takes away the sins of the world

All: Have mercy on us

Pray for us, O Most Holy Mother of God,

That we may be made worthy of the promises of Christ.

Let us pray through the intercession of St. Helena

O Holy and Blessed St. Helena, with love and devotion you sought to find the Cross of Our Savior. I plead for your intercession that I may have the same love and devotion to Jesus my Lord. Like you, may I accept the trials of life with patience and hope.

Under your protection, may I carry the Cross which the Lord has given me in this life and one day may I share with you the Crown of life eternal.

St. Helena, finder of the Cross, pray for us. Amen

Closing Prayer

Lord Jesus Christ, You were pleased to reveal to Blessed Helena the place where Your Cross was hidden, in order through her to enrich Your Church with this inestimable treasure: give ear to her prayers, and accept this tree of life as the price of our attaining to eternal happiness, You who are God, living and reigning forever and ever.

Amen.

Glory be to the Father, and to the Son and to the Holy Spirit

As it was in the beginning is now and ever shall be

World without end, Amen.