

TO THE Heights

Diocese of Waterford & Lismore

Celebrating and Supporting the Catholic faith in our post-primary schools and amongst our young people.



ascendwaterfordlismore.ym



AscendWaterfordLismoreYM



5TH SUNDAY IN ORDINARY TIME

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John Bridges, Public domain, via Wikimedia Commons

Year B

Sunday Mass Readings

First Reading:

Job 7:1-4, 6-7

Responsorial Psalm:

Psalm 146 (147): 1-6

Second Reading:

1 Corinthians 9:16-19, 22-23

Gospel:

Mark 1:29 - 39

"He cured many who suffered from diseases"

Getting to know Pier Giorgio His Passion

Pier Giorgio had a fiery passion for truth and justice. There's a story that Frassati once punched an aggressor during a peaceful political protest.



He also used physical force to scare away a robber that broke into his home, threatening to harm his mother. He didn't take any rubbish from anyone, and he wasn't afraid to defend himself and his family. He tirelessly sought to grow in his knowledge of the Faith and had a love for the Dominicans (he was a lay Dominican).

- What am I passionate about in my life?
- What / who am I willing to stand up for?

<https://catholicexchange.com/11-reasons-love-bl-pier-giorgio-frassati>

Hear



Grab your Bible and look up the Gospel reading. Don't have one?

No worries, you can find the text here.

Or watch a short video version by clicking here.



Reflect

- How do you feel when your life gets really busy? How do you cope with lots of people asking you to do different things?
- Where do you go to get away from noise and people? What do you do?
- Why do you think Jesus chose to go away and be on His own to pray?
- If Jesus is God the Son, why does He still need to pray to God the Father? What lesson does he teach us in doing this?
- Why not try following Jesus's example this week when things get hectic: take a few moments of quiet, even just closing your eyes where you sit, and pray to your Heavenly Father who hears you.



Carlo's Corner

SILENCE REVEALS



"God reveals us to ourselves in silence."
Fr Mike Schmitz

Do you find it difficult to sit in silence? Do you reach for your phone to distract yourself? Or put on some music in the background? God reveals himself to us in silence. If our lives are constantly filled with noise, it's very hard to hear his quiet voice tell us He loves us, or what His plan for us each day is. God reveals us to ourselves in silence - maybe that's a scary thought for you. Maybe it's easier to not focus on our thoughts, our emotions but keep things at a superficial level instead.

WEEKLY CHALLENGE:



This week: start small, with one minute, and build up day by day. To help you, check out: [Fr Mike's video on the Value of Silence](#), and [LifeTeen's One Minute Challenge Blog](#)

TUNE OF THE WEEK



Listen to "You Speak"
(Audrey Assad)



HOLY FAMILY
MISSION TESTIMONY



TEACHER'S CORNER



Quo Vadis

Lenten Series for young adults aged 13 - 35 who are seeking purpose and meaning in their lives. Every Sunday from 7 - 8pm, 14th Feb - 28th March. Testimonies from guest speakers, time for prayer, chat, discussion and getting to know other young Catholic adults. If you can't make every night, no problem. Just join when you can! For more info: youthministry@waterfordlismore.ie or click here to register: <https://forms.gle/kpPs8niwFXChT6jM8>



Young Person's Prayer

Dear God,

Sometimes my life is so loud, so noisy, so chaotic. I need silence, but sometimes I fear it too. Show me that I have nothing to fear from Your voice. Let me hear Your words of love and encouragement for me so I may grow and become the person You made me to be. Amen

Gospel Reflection: Dealing with Busyness

You don't have to read very far into any of the four Gospels to discover that Jesus was a busy man. He went from village to village teaching, proclaiming the Gospel and healing people's diseases. How did Jesus handle all of this busyness?

It doesn't appear he was the type of person to hit the snooze button! He had a set time for getting up so that he could pray to the Father before beginning his day. He created space for regular rest. He made time for people who needed him. Jesus lived a busy life on earth, but he was always looking toward Heaven.

Today's Gospel gives us a glimpse into just how chaotic things could be for Jesus in his daily life. On leaving the Synagogue they go straight to Simon and Andrew's house where Jesus' cures Simon's mother-in-law. There is a sense of urgency about their visit. Later the same day, crowds of people came to Jesus in need of prayer and healing. We are told the whole town came crowding around the door. It would have taken a long time for Jesus to listen to and pray with that many people. It must have been late by the time Jesus got to sleep that night. After hours of praying with people and healing them he must have been very tired. Yet, early the next morning, before Dawn, he gets up and goes to a quiet place to pray. When his disciples eventually find him, he tells them they must get going to visit more towns and people where the Gospel had not been preached because this is why I came.

Jesus understood what his mission and purpose on earth was. He had a goal to make the Gospel known to as many people as possible. It is normal to get side-tracked from our "to-do" lists and goals that we set for ourselves. Jesus models for us a life that is full and busy but he also shows us how to be busy in a way that glorifies God. Creating space in our day for God helps us to keep our focus, or refocus, on the tasks that God has asked us to do.



CHECK IT OUT: HIS CROWN OF THORNS



His Crown of Thorns is a small but passionate company specializing in Catholic merchandise, aiming to create ways for Heroic Catholics to share their faith in a subtle manner on a daily basis. 10% of all proceeds from the store go to Mary's Meals and Youth 2000 Ireland. His Crown of Thorns also promotes a "Devotion to His Holy Wounds", available on their website as a pdf