

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



1ST SUNDAY OF LENT

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Year B

Sunday Mass Readings

First Reading:

Genesis 9:8-15

Responsorial Psalm:

Psalm 24(25):4-6, 7b-9

Second Reading:

1 Peter 3:18-22

Gospel:

Mark 1:12-15

"Repent, and believe the Good News"

Getting to know Pier Giorgio

His Priorities

Giorgio had his priorities in check. His first aim was his spiritual life and evangelization, followed by the his family, then by his studies, and fun time with his friends.



As spontaneous and wild as he was, there was also a very certain order to his days. He made sure that all his bases were covered because he knew that it pleased God. His whole focus was on loving the Lord better, and he was able to foster this love by keeping himself in check.

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

Watch this video of young people around the world explaining why Pier Giorgio is such an inspiration for them in their own lives today.



Check out Busted Halo's

"Lent in 3 Minutes" explainer video!



- Based on this Gospel, why do you think we celebrate Lent for 40 days?
- Do you know of another time in Jesus' life when we are told that angels attended Him? Think of Holy Week...
- What did Jesus do when He came back from the wilderness? Why do you think He chose to spend so much time in prayer and fasting before He did this?
- If you play sport, what kind of sacrifices do you make? Are they difficult? Why do you do that?
- Do you think people see faith as something requiring effort to be worthwhile, or as a soft option? Where do you fit in with that?

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 from Luke's Gospel which details the temptations by clicking here.





Carlo's Corner

THE REAL BATTLE IS WITH OURSELVES



Blessed Carlo Acutis
- Pray for us!

"What does it matter if you can win a thousand battles if you cannot win against your own corrupt passions? It doesn't matter. The real battle is with ourselves." Bl. Carlo

Have you given up giving up things for Lent? Did you get tired of making promises and breaking them a few days later? Did you question what the point was anyway? Consider yourself officially invited, no, actually, challenged to make this Lent count!

Giving up something for the sake of it isn't what Lent is about. It's a time of fasting, almsgiving and prayer to prepare our hearts for what we celebrate at Holy Week and Easter: Christ who gave all for each one of us.

What do you need to cut out of your life to actually become the best version of you? Or what do you need to take on and start doing?

WEEKLY CHALLENGE:

Set a goal, reset it every day for 40 days if you have to, but learn to live a life of self-discipline, and to be the very best version of you - don't settle for mediocrity! :)

Fr Mike: How to Live This Lent for Others

LifeTeen: 102 Things you really should give up for Lent!

TUNE OF THE WEEK



Listen to "Battle Belongs"
(Phil Wickham)



HOLY FAMILY
MISSION TESTIMONY



TEACHER'S CORNER



Quo Vadis

Lenten Series for young adults aged 18 - 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

Lord, it's Lent again and I need Your help. Help me this year to become the best version of me. Grant me humility to see where I need to grow, a willingness to change and courage to fight the good fight daily, with You by my side. Amen

Gospel Reflection: Lean Into Jesus This Lent

This past Wednesday began a new season in the Church's year of grace, that of Lent. Our Gospel for the first Sunday in this season tells us that Jesus was driven for 40 days into the desert/wilderness and there with the wild beasts, was tempted by Satan.

It is a lot easier to identify with this short selection from Mark's gospel because for nearly a year now we have found ourselves in our own wilderness, and have many times encountered wild beasts and the evil one. These days have asked us to endure significant sacrifices of altered routines, limited social interaction, and to experience mental, emotional and spiritual fatigue caused by months of uncertainty and anxiety.

These days seem endless and there seems to be nothing positive about them. But as with our scripture reading this week, this testing was as much a part of Jesus' journey as it is ours. For stripped of all that normally nourishes and supports us, exposed to demons and temptations, these are also privileged moments of grace. It is here in the wilderness that God can send His angels to minister to us and it is here in the wilderness that God can ask us to grow in trust and to walk more closely in faith with Him. It is here too that God may be asking us to be His angels for others.

May we journey through these next 40 days, aware that God is with us and in the silence of our desert living, listen for His voice drawing us ever deeper into a loving and trusting relationship with Him and with those with whom we live and minister.

By Sr Shawn Lyons ASHJ, Waterford city



CHECK IT OUT: DYNAMIC CATHOLIC



Meeting people where they are . . . Leading them to where God calls them to be! The US-based team at Dynamic Catholic want to inspire Catholics and their parishes to become the-best-version-of-themselves.

Why not sign up the "The Best Lent Ever" experience by [clicking here](#) to receive a daily email with a short video to help you reconnect with yourself and your God. *"It's not what you give up this Lent, it's who you become."*