

# TO THE Heights

Diocese of Waterford & Lismore

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



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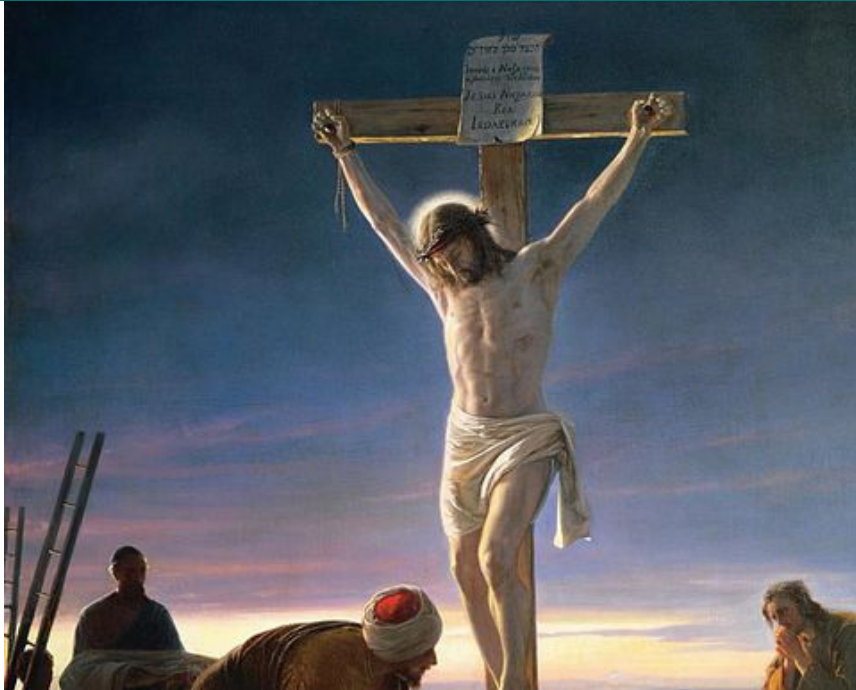


www.waterfordlismore.ie

4TH SUNDAY OF LENT: LAETARE SUNDAY

THE MONTH OF SAINT JOSEPH

youthministry@waterfordlismore.ie



Carl Bloch, Public domain, via Wikimedia Commons

Year B

## Sunday Mass Readings

### First Reading:

2 Chronicles 36:14-16, 19-23

### Responsorial Psalm:

Psalm 136 (137):1-6

### Second Reading:

Ephesians 2:4-10

### Gospel:

John 3:14-21

"God sent his Son into the world, not to condemn the world, but so that through Him the world might be saved"

## Getting to know Pier Giorgio

### His Compassion

Frassati was so dedicated to serving and loving the poor. He didn't just give them money, food and medicine. He didn't just provide for their physical needs and then leave to hang out with the "in" crowd. He became friends with the poor. He spent quality time getting to know them and having fun with them. The word "compassion" means "to suffer with". Frassati put no barriers between himself and the poorest of the poor. Instead, he desired to share in their most intimate and intense sufferings, which he literally did at the end of his life.



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

Read this great account of how Pier Giorgio continually gave of himself to serve the poor and those in need of his help!

What can you do this week to help those less fortunate than yourself, to "give alms" this Lent?



## 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 animation explaining today's Gospel by clicking here.



- Look up Numbers 21:8-9 - what happened to the Israelite people when they looked at the snake Moses lifted up in the desert?
- What does "lifted up" mean when applied to Jesus? How did Jesus save humanity?
- "But whoever lives by the truth comes into the light" - what do you think this means?
- Why do you think Jesus calls Himself the "Light of the World" in John 8:12?
- Why do you think God created us with free will to choose "light" or "darkness"? In what ways can people choose either?
- Find a crucifix / image of Jesus on the cross, and spend some time looking at it and reflecting: "You did this for me" or listen to the YouTube video below.

"I THIRST" - MOTHER TERESA MEDITATION



*Blessed Carlo Acutis*  
Pray for us!

# Carlo's Corner

## WHY DOES GOD LOVE ME?

"God doesn't need you to be perfect.  
He just wants you to be His." Fr Mike Schmitz

John 3:16 - it's a quote we see randomly at football and hurling matches, usually on big yellow signs, but often we don't know what it means:  
"For God so loved the world, He gave His only Son, so that everyone who believes in Him will not perish but will have eternal life."  
Let that sink in for a minute... read it again but put your name in instead of "the world". That means God not only loves you (because He IS Love after all), but he likes you! He delights in you! Even with all your quirky ways and imperfections. You don't have to pretend with Him, just be His child. He's a loving Dad who just wants you to want to spend time with Him, to talk to Him, to hear what He has to say, and He wants with in heaven with Him for all eternity so much that He gave the ultimate sacrifice, His Son Jesus. He's worth listening to.



## TEACHER'S CORNER

### Quo Vadis

Lenten Series for young adults aged 16 - 35 who are seeking purpose and meaning in their lives. Every Sunday from 7 - 8pm, 14th Feb - 28th March. [Click here to register](#) or email [youthministry@waterfordlismore.ie](mailto:youthministry@waterfordlismore.ie)

### "The Message of the Good News - God's Unconditional Love"

Sr Antoinette Dilworth leads a short Lenten Reflection: Thursdays on the Diocesan Facebook Live at 7pm



### Family Resources for St Patrick's Day

Livestreamed Mass @10am and online resources to help families celebrate our national saint. Check out [www.holyfamilymission.ie](http://www.holyfamilymission.ie)



**WEEKLY CHALLENGE:** This week, remind yourself constantly of John 3:16 - write it out somewhere you'll see it every day... and trust that it's true, and it's for YOU!

[Fr Mike: Why God Loves You](#)  
[Lifeteen Blog: The Day I Realised God Likes me](#)

**Young Person's Prayer**  
Heavenly Father,  
help me to understand how much You love me, and like me! Open my eyes to seeing signs of Your love this week. Show me how to act as a Child of God, and to treat others as my brothers and sisters in Christ. Amen

**TUNE OF THE WEEK**

Good Good Father (Chris Tomlin)

**HOLY FAMILY MISSION TESTIMONY** "God never abandons us"

## Gospel Reflection: God So Loved the World

This weekend we celebrate 'Laetare' ('rejoicing') Sunday, where our Lenten penances are allowed a short break, and lighter, rose-coloured vestments are worn by the priest at Mass. The central theme of today is light, and we are reminded that Christ the Light of the World has conquered the darkness of sin and death.

Today's readings are about light and darkness, i.e. good and evil, and the consequences of both. Our first reading from Second Chronicles recounts the destruction of Jerusalem by the Babylonian king Nebuchadnezzar in 587 BC, and most of the city's inhabitants were taken off to exile to Babylon for over fifty years. Seen through the eyes of faith, the Jewish people realised they were facing the consequences of sin, of their many acts of betrayal of God's love that had led to this corrective punishment. They had chosen darkness (idolatry and materialism) over the light of God's love. God allowed them to suffer the loss of their homeland and temple so as to come back to him with renewed and humbled hearts. That's what Lent is about; we bring to God our sins and past mistakes and regrets, and we allow God to heal and forgive us, as he desires to, as our loving Father.

Jesus makes this point in today's gospel, that those who live by the truth enter into the light of God's love, who sent his only Son to redeem us. At our Baptism, we were filled with the light of God's presence and grace. This Lent, is there anything in us that is blocking that light from shining within us, perhaps any selfish habits that have crept in, negativity, selfishness etc? May our Lenten repentance fill us more and more with God's light, so that at Easter we may truly shine out with the glory of the Risen Lord.

By Fr Shane O'Neill

## CHECK IT OUT: KNOCK SHRINE



On the evening of the 21st August 1879, a heavenly apparition occurred at the gable wall of the Parish Church in Knock, Co, Mayo when Our Lady appeared, accompanied by St Joseph and St John the Evangelist. Unique to the Knock apparition was the appearance of the Lamb of God, standing on an altar, before a cross and surrounded by angels. With current restrictions it is difficult for people to visit the shrine, but you can still visit virtually through their livestream, purchase Mass cards, light a candle, place a petition and access the online shop!



# "I THIRST...FOR YOU"

(SHORTENED MEDITATION BASED ON THE SPIRITUAL TEACHINGS OF ST TERESA OF CALCUTTA)

I stand at the door of your heart, day and night.

Even when you are not listening, even when you doubt it could be Me, I am there. I await even the smallest sign of your response, even the least whispered invitation that will allow Me to enter.

And I want you to know that whenever you invite Me, I do come – always, without fail.

I come – longing to console you and give you strength, to lift you up and bind all your wounds.

I bring you my light, to dispel your darkness and all your doubts.

I come with My power, that I might carry you and all your burdens;

with My grace, to touch your heart and transform your life; and My peace I give to still your soul.

I know you through and through. I know everything about you. The very hairs of your head I have numbered.

Nothing in your life is unimportant to Me. I have followed you through the years, and I have always loved you – even in your wanderings. I know every one of your problems. I know your needs and your worries.

And yes, I know all your sins. But I tell you again that I love you – not for what you have or haven't done – I love you for you, for the beauty and dignity you have often forgotten, a beauty you have tarnished by sin.

But I love you as you are, and I have shed My Blood to win you back.

I know what is in your heart – I know your loneliness and all your hurts – the rejections, the judgments, the humiliations. I carried it all before you. And I carried it all for you, so you might share My strength and victory.

I know especially your need for love – how you are thirsting to be loved and cherished.

Do you thirst to be cherished? I cherish you more than you can imagine – to the point of dying on the cross for you.

I thirst for you. Yes, that is the only way to even begin to describe My love for you.

I THIRST FOR YOU. I thirst to love you and to be loved by you – that is how precious you are to Me.

I THIRST FOR YOU.

If you feel unimportant in the eyes of the world, that matters not at all.

For Me, there is no one more important in the entire world than you.

Don't you realize that My Father already has a perfect plan to transform your life, beginning from this moment?

Trust in Me. Ask Me every day to enter and take charge of your life – and I will.

I promise you before My Father in heaven that I will work miracles in your life.

Why would I do this? Because I THIRST FOR YOU. All I ask of you is that you entrust yourself to Me completely.

I will do all the rest.

There is nothing I cannot forgive or heal so come now, and unburden your soul.

No matter how far you may wander, no matter how often you forget Me, no matter how many crosses you may bear in this life; there is one thing I want you to always remember, one thing that will never change.

I THIRST FOR YOU – just as you are.

Do you find this hard to believe? Then look at the Cross, look at My heart that was pierced for you.

All your life I have been looking for your love

– I have never stopped seeking to love you and be loved by you.

You have tried many other things in your search for happiness;

why not try opening your heart to Me, right now, more than you have ever done before.

I stand at the door of your heart and knock.

Open to me, for I THIRST FOR YOU...

