

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

 Ascend Youth Ministry



DIVINE MERCY SUNDAY

youthministry@waterfordlismore.ie



The Incredulity of Saint Thomas, Caravaggio, Public domain, via Wikimedia Commons

Year B

Sunday Mass Readings

First Reading:

Acts 4:32-35

Responsorial Psalm:

Psalm 117(118):2-4, 15-18, 22-24

Second Reading:

1 John 5:1-6

Gospel: (Choice)

John 20:19-31

*"You believe because you can see me.
Happy are those who have not seen
and yet believe"*

Pier Giorgio Frassati

Aleteia present a short eight chapter fictionalised series on Pier Giorgio Frassati!

Man of the Beatitudes

CHAPTER 4



Frassati Task:

Pier Giorgio always felt so close to God in the mountains. Where do you find it easiest to feel close to God? If possible, spend some time there this week.



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 dramatisation of today's Gospel.



- How were the disciples feeling at the beginning of this Gospel? Why were they feeling that way?
- Which disciple was missing at the time?
- What did Jesus say to that disciple when He appeared for a second time?
- Do you think it's difficult to have faith in Jesus?
- Would it be easier if Jesus physically appeared to people? Would it strengthen their faith?
- Close your eyes, and imagine yourself in that scene: imagine the feeling of peace that comes over your troubled heart as Jesus appears and breathes on you, saying: "Peace be with you!" Stay with that feeling, and ask Jesus to bring peace into any situations of your life that you struggle with.

Carlo's Corner

MERCY IS EVEN GREATER THAN FORGIVENESS
 Mercy is loving the unlovable and forgiving the unforgivable. – Fr Chris Alar

Do you ever struggle with trying to comprehend God? If the answer is yes, that's not surprising! God is all-powerful, all-knowing – He is unfathomable, too big for our little human brains to comprehend! But we can know what He has revealed to us. God wants us to know Him, and to love Him, and know that He loves us, totally and completely.

God is Good, God is Truth, God is Love and God is Mercy. Mercy can be difficult for us to fathom – Fr Chris does a great job explaining it in this week's video. Maybe sometimes you wonder what is the answer to pain, and suffering and confusion in the world? Jesus is the answer, Jesus the Divine Mercy. Divine Mercy is the answer, the solution to all our questions, our worries, our struggles. Like in the Gospel, Jesus comes to us too to bring us peace. That peace is ours to accept or reject, His mercy is ours to accept or reject.

Jesus revealed His Divine Mercy to St Faustina in the 1930s so the world would know it can always come back to His heart and ask for forgiveness, and even more, for mercy! *Jesus, I trust in You!*

WEEKLY CHALLENGE: Spend some time this week contemplating what mercy means, and what it can mean for you in your life specifically. Use the little prayer, "Jesus I trust in You!" throughout the day.

- What is Mercy? Fr Chris Alar
- Divine Mercy: LifeTeen

Use the handout attached to help guide you in some prayer time this week



TEACHER'S CORNER

Diocese of Waterford & Lismore presents

QUO VADIS?

CATHOLIC ZOOM SERIES FOR YOUNG ADULTS AGED 18-35

Sr Clare: *Alone with Christ Alone!*

Four week series on the inspirational life of Sr Clare Crockett, presented by the Servant Sisters of the Home of the Mother

Sundays: 7 – 8pm
 11th April – 2nd May

Contact events@waterfordlismore.ie / 085 8623704 for more information

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TUNE OF THE WEEK

Help My Unbelief
 (Audrey Assad)

PRAY ALONG WITH HOLY FAMILY MISSION

The Chaplet of Divine Mercy

DRAMATISED BY HOLY FAMILY MISSION
 SINGED BY THE SERVANT SISTERS OF THE HOME OF THE MOTHER
 HOUSE OF WATERFORD & LISMORE, YOUNG ADULTS

Young Person's Prayer

*Jesus,
 I trust in You!*

Gospel Reflection: THE LOVE STORY CONTINUES

The Resurrection of Jesus was the most important event in the history of the world. When the Lord appeared in the "Upper Room" to the apostles pointing out His wounds in today's Gospel, it was to demonstrate He was the Crucified Christ and to show He had risen from the dead. He greets them with the words: "Peace be with you". These are words of reconciliation and forgiveness. The apostles had fled and denied him, they were ashamed and hiding in the upper room for fear of the Jews. With these words, Jesus restores them to his friendship. He then bestowed on the apostles the power to forgive sins, and to reconcile people with God.

This weekend, the Second Sunday of Easter, is also known as **Divine Mercy Sunday**. Devotion to the Divine Mercy is associated with St Faustina Kowalska. In 1931, Jesus appeared in another room, this time the room of the young nun in Poland, again showing His wounds, emphasising the power of those wounds as rays of love and mercy. Jesus told her: "I am sending you with My mercy to the people of the whole world. I do not want to punish mankind, but I desire to heal it, pressing it to my merciful heart". She saw blood and water flowing from the heart of Jesus as a fountain of mercy for the whole world. Jesus asked that the first Sunday after Easter be a dedicated Feast of His Mercy. He asked her to teach the world again of why he died on the Cross. He died to give sinners another chance of obtaining God's Divine Mercy, and to pardon their sins if they confessed them and returned to living by God's commandments. He was also reminding mankind that by His death on the Cross, Divine Mercy was possible for all.

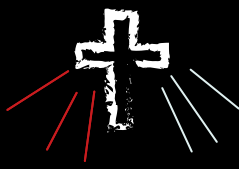
The person that appeared to the apostles in the Upper Room was the resurrected Christ. The Resurrection was the start of the Christian Church. The image thorough which Jesus appeared to Saint Faustina was the same image that started the Christian Church. His appearance to Saint Faustina to renew the Church, to renew belief in the Cross, in the Resurrection, and in God's offer of salvation to all.

Adapted from www.divinemercy.org

CHECK IT OUT: RISKING ENCHANTMENT

Risking Enchantment is a new Irish media outreach, featuring discussion on beauty in art and culture and its place in the Catholic faith. The show is hosted by Rachel Sherlock, and she is joined every week by a friend to dive into a particular theme or topic. We discuss literature, music, poetry, art, architecture and more, and talk about how experiencing these can hint at the transcendental and better inform our Catholic faith and how we live it out.

www.riskingenchantment.com | Instagram | YouTube | Podcast



St Faustina and Divine Mercy



JESUS REVEALED HIS DIVINE MERCY IN THE 1930S -
WHY DID THE WORLD NEED SUCH A STRONG
REMINDER OF GOD'S LOVE AND MERCY AT THAT TIME?

WHO WAS ST FAUSTINA?

Saint Maria Faustina was born in a village in Poland in 1905. Her birth name was Helena Kowalska. Her family was poor but prayerful and she only had a basic education. As a child Helena was very devoted to Jesus and felt a call to be a nun, but in her teenage years she became distracted with friends and social life. One night things changed forever for her when Jesus appeared to her, covered in wounds, while she was at a dance with her friends and asked, "How long will you put me off?" She left immediately and after some difficulty finally was accepted by the Congregation of Sisters of Our Lady of Mercy in Warsaw, Poland. Her health was never strong and she performed the humblest tasks in the convent, usually in the kitchen or garden. However, she received extraordinary messages from Jesus. Jesus asked Sr. Faustina to record these experiences, which she compiled into notebooks. These notebooks are known today as the Diary of Saint Maria Faustina Kowalska (Divine Mercy in my Soul).

WHAT IS THE MESSAGE OF DIVINE MERCY?

The message of The Divine Mercy is simple: God loves us and He wants us to truly know that His mercy is greater than our sins, so that we will call upon Him with trust, receive His mercy, and let it flow through us to others. "The greater the sinner, the greater the right he has to My mercy." (723) Use ABC to help you remember the message!

Ask for His Mercy. God wants us to be sorry for our sins and ask Him to pour His mercy out on us and upon the whole world.

Be merciful. God wants us to receive His mercy and in turn be merciful to other.

Completely trust in Jesus. "The more a soul trusts, the more it will receive." (1578)

WHAT DOES THE IMAGE MEAN?

In 1931, our Lord appeared to St. Faustina in a vision. She saw Jesus clothed in a white garment with His right hand raised in blessing. His left hand was touching His garment in the area of the Heart, from where two large rays came forth, one red and the other pale. He asked that an image would be painted of this, with the signature: "Jesus I trust in You" at the bottom, calling it a vessel He was offering people with which they are to keep coming for graces to the fountain of mercy. He said: "The two rays denote Blood and Water. The pale ray stands for the Water which makes souls righteous. The red ray stands for the Blood which is the life of souls." We can think of the blue ray as representing baptism and reconciliation, washing our souls clean and the red ray as the Eucharist which is our spiritual nourishment.

WHEN IS DIVINE MERCY SUNDAY?

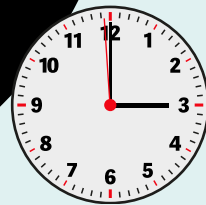
Divine Mercy Sunday is celebrated on the Second Sunday of Easter. This day was instituted and promoted by Saint Pope John Paul II beginning on April 30, 2000. St. Faustina was also canonized on April 30, 2000.



JESUS, I TRUST IN YOU!

The Chaplet of Divine Mercy

YOU CAN PRAY IT EVERY DAY, OR EVEN JUST ONE DECADE OF IT!



THE DIVINE MERCY CHAPLET IS OFTEN
PRAYED AT 3PM: WHY IS THAT?
FIND OUT IF YOU DON'T KNOW!

HOW DO I PRAY THE DIVINE MERCY CHAPLET?

Make the Sign of the Cross: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You! (x3)



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.

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.

The 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.



- On each of the Our Father beads:

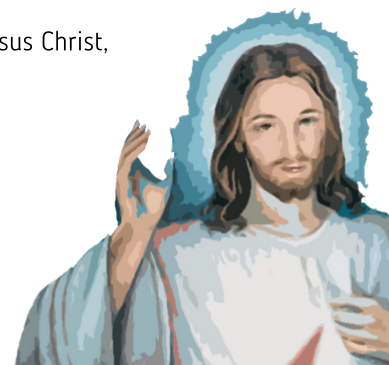
Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

- On the Ten Small Beads:

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. (x3)

Eternal God, in whom mercy is endless and the treasury of compassion – inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.



CHECK OUT THE FOLLOWING RESOURCES ON THE DIVINE MERCY:



[Pray the Divine Mercy Chaplet with the young people at Holy Family Mission](#)



[What is Mercy?](#)
[Fr Chris Alar](#)



[Divine Mercy Sunday 2020 Reflection by Bishop Phonsie Cullinan](#)



[Divine Mercy Sunday: Prove It](#)
[\(Mark Hart\)](#)



[Witness of Mercy:](#)
[The Story of Jennifer Trapuzzano](#)

SOME SONGS TO HELP US UNDERSTAND GOD'S MERCY:

[Chris Tomlin: At the Cross Love Ran Red](#)

[Jesus Army: Thank You](#)

[Hillsong United: None But Jesus](#)

RESEARCH



WHY WAS THE DIVINE MERCY DEVOTION SO PARTICULARLY SPECIAL TO ST JOHN PAUL II?

HINTS: HOMELAND, ERA, MESSAGE OF MERCY, 1980 ENCYCLICAL, FIRST SAINT OF NEW MILLENNIUM, DATE OF HIS DEATH



IF YOU COULD ASK ST FAUSTINA ONE QUESTION -
WHAT WOULD YOU ASK HER?

COPY THE SHORT PRAYER: "JESUS I TRUST IN YOU!" AND PUT
IT SOMEWHERE IN YOUR ROOM YOU WILL SEE IT EVERY DAY.



LOOK UP SOME OF THE MESSAGES JESUS
SHARED WITH ST FAUSTINA