

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



3RD SUNDAY OF EASTER

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<https://www.flickr.com/photos/mufan96/5661535413>

Year B

Sunday Mass Readings

First Reading:

Acts 3:13-15, 17-19

Responsorial Psalm:

Psalm 4:2,4,7,9

Second Reading:

1 John 2:1-5

Gospel:

Luke 24:35-48

"Look at my hands and feet; yes, it is I indeed"

Pier Giorgio Frassati

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

Man of the Beatitudes

CHAPTER 5



Frassati Task:

Pier Giorgio was always filled with hope. Make a list of where you can see hope in the world, and in your own life. Share hope with others.



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.



- What event preceded today's Gospel: where were the disciples when they had recognised Jesus at the breaking of the bread?
- What does it mean by "the breaking of the bread"?
- Why did they think Jesus was a ghost?
- Why did He tell them to look at His hands and His feet?
- Jesus explained the prophecies relating to Him in the Hebrew Scriptures: St Augustine said: "In the **Old Testament** the **New** is concealed, in the **New** the **Old** is **revealed**". Look up these references and see how they relate to Jesus.
 - Isaiah 53: 5-11
 - Micah 5:2
 - Isaiah 7:14
 - Hosea 11:1

Blessed Carlo Acutis pray for us!

Carlo's Corner

"HE OPENED THEIR MINDS
TO UNDERSTAND THE SCRIPTURES..."

"Your word is a lamp unto my feet, and a
light unto my path." Psalm 119:105



Have you ever been "at your wit's end"? Felt like "the blind leading the blind"? Started classwork "at the eleventh hour"? Got through something "by the skin of your teeth"? Commented that "a leopard can't change its spots"? Felt like "a lamb led to the slaughter"? Saw "the writing on the wall"? Well, you've been quoting Scripture if you have! The Bible isn't just about readings at Mass, or catchy phrases that become clichés.

The Bible is the Living Word of God, and it's for you, personally. Imagine, God wants to communicate His love for you every day, and one of the ways He has chosen to do this powerfully is through the words of Scripture. It can be hard to know where to start, or how to read, so maybe it's good to start small.

WEEKLY CHALLENGE:

Watch Elizabeth speak for a few minutes in the YouTube video below explaining how she dives into Scripture, and check out some of the Bible verses in the attached handouts. Open yourself up to a little time with God everyday, make a set time and place for Him, and just watch what He does in your life!

[Dive into Scripture](#) (LifeTeen)

TUNE OF THE WEEK

Your Words
(Third Day)

**CHECK OUT THIS
EASTER HALLELUJAH!**

AN EASTER HALLELUJAH

TEACHER'S CORNER



Quo Vadis: Catholic Zoom Series for Young Adults aged 18-35. Sundays 7-8pm, April 11th - May 2nd. "Sr Clare: Alone with Christ Alone!" A four-part series on the inspirational of Sr Clare Crockett, presented by the Servant Sisters of the Home of the Mother.

Contact events@waterfordlismore.ie or [click here](#)

"Rooted": Lectio Divina Zoom Series for adults who would like to learn to read and pray with Scripture. Wednesdays 8 - 9.15pm May 5th - June 16th.

Contact events@waterfordlismore.ie

REVIVE Live-streamed event for Youth
Friday 30th April: 7.30 - 8.30 livestreamed on www.holyfamilymission.ie
More info: www.waterfordlismore.ie/youth-ministry

Young Person's Prayer



Lord, light my way with your Words.
Let me come to You to find
consolation, peace and wisdom. Open
my heart to understanding Your truth.
Amen

Gospel Reflection: THE LOVE STORY CONTINUES

On the third Sunday of Easter, we continue to hear Gospel accounts of Jesus' appearances to his disciples following his Resurrection. Today's reading, taken from the Gospel of Luke, follows immediately after the report of Jesus' appearance to his disciples on the road to Emmaus. This is the event being recounted by the disciples in the opening verse of today's Gospel.

In the reports of his appearances after the Resurrection, Jesus constantly greets his disciples with the words, "Peace be with you." This is a most appropriate greeting. The disciples had witnessed the death of someone they loved, and they now fear for their own lives as well. Peace is what they need more than anything else.

Even as they hear Jesus' greeting of peace, the disciples are terrified. They are uncertain about what to make of the figure before them and, quite understandably, they mistake Jesus for a ghost! But the figure before them is not a ghost. Jesus invites them to experience his resurrected body with their senses, to look and to touch his wounds for themselves. The figure before them is flesh and bone, still bearing the marks of crucifixion. Although the disciples cannot forget his suffering and death, peace begins to take root in their hearts, as their fears turn to joy and amazement.

As further proof of his identity and of his resurrected body, Jesus eats with his disciples. The disciples have known Jesus best through the meals that he shared with them. By eating with his disciples after his Resurrection, Jesus recalls all these meals they shared together, the most important of which was the Last Supper where Jesus instituted the Eucharist. Having shared a meal with his disciples, Jesus then reveals to them the significance of what was written about him in the Scriptures.

So, too, our celebration of the Mass is an encounter with Jesus, through the Word and the Eucharist. As Jesus commissions his disciples to be witnesses to what Scriptures foretold, the celebration of the Eucharist commissions us to be witnesses in the world today.

Reflection Source: Loyola Press



CHECK IT OUT: BIBLE APPS

Check out the following Catholic Bible Apps available for download!



Bible Passages in times of need

CLICK ON THE SCRIPTURE LINK

- Angry? — [Ephesians 4:26](#)
- Anxious? — [Philippians 4:6-7](#)
- Bitter? — [1 Corinthians 13](#)
- Can't sleep? - [Psalm 3:5](#)
- Confused? — [Proverbs 3:5-6](#)
- Courage gone? — [Joshua 1:9](#)
- Depressed? — [Psalm 42](#)
- Disappointed? — [Proverbs 23:17-18](#)
- Discontented? — [Philippians 4:10-13, 19](#)
- Discouraged? — [Galatians 6:7-10](#)
- Dismayed? — [Psalm 34](#)
- Doubting? — [1 Corinthians 15](#)
- Faithless? — [Hebrews 11](#)
- Fearful? — [Isaiah 41:10](#)
- Frustrated? — [Psalm 37:3-8](#)
- Feeling forsaken? — [Psalm 139](#)
- Grieving? — [Psalm 73:21-26](#)
- Hurt? — [Colossians 3:12-17](#)
- Inadequate? — [Philippians 4:13](#)
- Insecure? — [Psalm 23](#)
- Lonely? - [Deuteronomy 31:6](#)
- Lost? — [Psalm 32:8](#)
- Needing Direction in Life? — [Romans 12](#)
- Need to change? — [Ephesians 4:31-32](#)
- Overwhelmed? - [Isaiah 40:31](#)
- Persecuted? - [Romans 8:38-39](#)
- Repentant? — [Psalm 51](#)
- Sad? — [John 14](#)
- Self important? — [Psalm 19](#)
- Stressed? — [John 14:27](#)
- Suffering? — [Romans 5:3-4](#)
- Tempted? — [1 Corinthians 10:13](#)
- Weak? — [Psalm 18:1-29](#)
- Weary? — [Matthew 11:28-29](#)





This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the upper right-hand corner, there is a small, cartoonish illustration of a yellow bird-like creature with two orange feet, facing towards the left.