

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



www.waterfordlismore.ie

5TH SUNDAY OF EASTER

youthministry@waterfordlismore.ie



Christ the True Vine icon (Athens, 16th century)

Year B

Sunday Mass Readings

First Reading:

Acts 9:26-31

Responsorial Psalm:

Psalm 21(22):26-28,30-32

Second Reading:

1 John 3:18-24

Gospel:

John 15:1-8

"Cut off from me you can do nothing"

Pier Giorgio Frassati

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

Man of the Beatitudes

CHAPTER 7



Frassati Task:

The next time you feel incapable of a task you struggle with, consciously ask God for His help to get you through it. Rely on His strength, not yours.



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 of today's Gospel (watch up to 1:09)



- Have you ever tried gardening? Do you know someone who loves gardening? Ask them why it is important to prune plants and trees each year.
- What does a vine provide for the branches attached to it?
- Jesus told His disciples He wanted them to "bear much fruit". What kind of fruit are the disciples of Jesus expected to bear?
- Thinking about your own life, where have you seen hard work or effort bear fruit?
- Why does Jesus say we have to remain in Him, with Him, do you think?
- How can the Father be glorified when we bear fruit for Jesus?
- Is there anything in your own life that needs a little pruning, anything that is stopping you from being the best version of yourself?

Carlo's Corner

JESUS, WANNA COME WITH?

If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. Jn 15:5



Can you imagine getting a new plant, and then deciding never to water it, or keep it in a dark room without sunlight? Cut off from nourishment and light, there's no hope it could thrive, or even survive.

Sometimes, we shut ourselves off from Jesus, His light and His nourishment for our hearts, minds and souls. Sometimes we think we don't need Him, that we're doing just fine on our own. Yet, inside there can be a restlessness, or a sadness, or a feeling of lacking purpose or direction, or an emptiness that we don't always like to admit, even to ourselves.

Jesus knows this can happen; that's why He warns us in today's Gospel of the dangers of separating ourselves from Him.

What can we do about it? A simple start is to take a few minutes every day to talk and to listen to Him. Maybe we've gotten out of the habit of regular prayer. So start again!

WEEKLY CHALLENGE:

Consciously unite yourself to "the true Vine". Ask Jesus into your daily activities, even with a simple prayer like, "Jesus, I'm starting my study now, wanna come with?"! Stay united to Him, and He will fill you with every grace you need! Remind yourself with a post-it note saying, "Jesus, wanna come with?" on your desk.

[How to practice the presence of God \(Fr Mike Schmitz\)](#)

Use the attached handout to help you pray this week.

TUNE OF THE WEEK

Great are You Lord

(All Sons & Daughters)

REVIVE: LIVE-STREAM EVENT FOR YOUTH

REVIVE

Live-streamed event for young people

TEACHER'S CORNER

Quo Vadis: Catholic Zoom Series for Young Adults aged 18-35. Sundays 7-8pm, April 11th - May 2nd. 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 from 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, come with me, each and every day, in every activity, every decision. Show me how to remain in You, and let go of anything that keeps me from knowing, loving and serving You. Amen

Gospel Reflection: STAY IN TOUCH WITH JESUS

Today's Gospel offers us an image of what it means to be a disciple of Jesus. The first disciples of Jesus were very close to Him. They knew him personally as a friend and teacher. They spent time in His presence listening to Him and observing Him. They allowed themselves to be taught and transformed by Jesus because they believed He was who He said He was – the Son of God – and they knew He deeply loved them. In this week's Gospel passage, Jesus teaches his disciples that His relationship with them will not end after His death. He promises to remain with them always. Jesus continues to be present with his people through His Church and in a special way through the Sacraments.

Each one of the Sacraments draws us deeper and deeper into a relationship with Jesus. They initiate us in the faith (Baptism, Confirmation, Holy Communion). They bring healing to our souls (Confession and Anointing of the sick) and they give us the grace to go out and share God's love in the service of others (Marriage and Holy Orders). The seven sacraments touch all the stages and all the important moments of our life. Jesus calls us to a life of constant communion with Him. Our communion with Jesus is strengthened by our prayer life and especially by the Eucharist. Through the Eucharist, Jesus dwells in us, remains with us, and transforms us so that we might bear fruit in his name. In the Eucharist, He is able to come and make His home in us. We are able to receive and welcome Him into our hearts and love Him in a way that no one else can.

Jesus want us to know that in Him we have everything. In Jesus we are complete. It is impossible for us to have a need that He cannot meet. We have a BIG and infinitely powerful God. He is bigger than any problem or worry that we have. His ways are always higher than ours but so often we limit God and liken his ways to finite human thinking. Jesus wants us to talk with him about our lives and especially about our feelings. Our ultimate goal should not be to fix and control everything but to remain in Him, with He in us. A successful day is one in which we have stayed in touch with Jesus.

DIAL A PRAYER
085 7611822

CHECK IT OUT: DIAL-A-PRAYER

The Sisters of Mary Morning Star in Waterford City offer Dial-a-Prayer for anyone who would like the Sisters to pray for their intentions. Phone 085 7611822 between 2 - 3pm each day with your intentions. The Sisters promise to bring the intentions, thoughts and prayers of people in the Waterford and Lismore Diocese to the Lord in their adoration and daily Mass. Check out the website for the [Sisters of Maria Stella Matutina](#).

Call us

085 7611822 BETWEEN 2 - 3PM EACH DAY



CLICK HERE FOR SOME
RELAXING
INSTRUMENTAL MUSIC



Doodle Prayer



Allow yourself some space to sit and reflect. You might prefer to play some music in the background, or just sit in silence. Reflect on Jesus' words, ***"If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."*** (John 15:5) and pray with them. Allow ideas, thoughts and images that come to you as you pray to form part of your doodle prayer. What are the areas of your life you need to invite Jesus into? What situations, relationships do you need His help with? What decisions do you have to make? Ask the Holy Spirit to guide your heart and your thoughts.

This is a particular space you are creating for God in your life today. Speak, and listen.

Remain in Me

