

# 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



6TH SUNDAY OF EASTER

youthministry@waterfordlismore.ie



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Year B

## Sunday Mass Readings

### First Reading:

Acts 10:25-26, 34-35, 44-48

### Responsorial Psalm:

Psalm 97(98): 1-4

### Second Reading:

1 John 4:11-16

### Gospel:

John 15:9-17

"You did not choose me, no, I chose you"

## 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 from 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

## LOVE ONE ANOTHER

"No one has greater love than this, to lay down one's life for one's friends." John 15:13

Our world loves heroes, our world needs heroes; those who are able to rise above and beyond the pettiness and worries of every day life; those who are willing to sacrifice themselves in the service of others; to show just what goodness, even greatness, humans are capable of; those who direct our attention to higher ideals and purpose in life.

Emil Joseph Kapaun, born in 1916 in Kansas, was ordained a Catholic priest, and became a United States Army chaplain in 1944 in World War II and later chose to re-enlist for the Korean war. He died as a prisoner of war in Korea in 1951 after seven brutal months in a Korean prison camp. Father Kapaun heroically served his fellow prisoners, acting like a father and a mother to them in their needs, keeping their spirits up with his humour and his dedication to God. In 1993, he was declared a Servant of God by Pope John Paul II and was presented, posthumously, with the Medal of honor by President Barack Obama in 2013. In fact, he is the most decorated military chaplain in US history. Check out the story of Fr Emil Kapaun in the video below!

WEEKLY CHALLENGE:

Pope Francis has called for all Catholics throughout the world to pray the Rosary this month for an end to the Covid 19 pandemic. Why not commit to praying even just one decade per day?

- Fr Kapaun (Real Life Catholic)
- Learn more about Fr Kapaun in the attached resource.
- Use the attached handout to help you pray the Rosary this month.

TUNE OF THE WEEK

### Surrender

(Marc James)

HOLY FAMILY MISSION

RESPOND TO SR CLARE

"All or Nothing!" Sr Clare Crockett

## TEACHER'S CORNER

**Quo Vadis: Catholic Zoom Series for Young Adults** aged 18-35. Sundays 7-8pm, May 16th - June 6th. *"The Eucharist: Just a Symbol or Something More?"* A four-part series on the mystery of the Eucharist, Eucharistic miracles, mystics, martyrs and Waterford's own Little Nellie of Holy God **Contact [events@waterfordlismore.ie](mailto: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](mailto:events@waterfordlismore.ie)**

**All or Nothing: Sr Clare Crockett film resource pack** now available to download from [www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)

## Young Person's Prayer

Lord, it's hard for me to understand just how much You love me. You call me to love others in the same way. It's not easy Lord, but by Your grace, I want to try. Show me how. Amen

# Gospel Reflection: DISCOVERING OUR FAMILY TREE

Compiling the family tree has become very popular if not an obsession nowadays for many families. An early TV series away back in the 50's/60's called "Roots" created a great interest in the subject. This series traced the life and times of an American citizen back to his African roots. Something similar to Barrack Obama perhaps. Of course, the advent of TV made all this tracing much easier.

At Eastertide, I always feel that as Christians we are given an extra special opportunity of remembering our family tree and our faith roots as we attend Mass and other liturgies. Firstly, we are constantly reminded that the first Christians were people who loved one another. They were identified in this way by the pagans who said "See how these Christians love one another". This love was responding to the message of Christ in today's Gospel. St. John in the second reading further explains the essence of that love.

Secondly, they were people who learned their faith from the Scriptures and from the apostles. Jesus told the disciples when identifying Himself to those who doubted the reality of his Resurrection to "Search the Scriptures". We learn the same lesson from the inspiring story of the two disciples on the road to Emmaus. Jesus helped them to recognise His risen presence and when He explained the Scriptures "their hearts burned within them as he spoke to them along the way". They were overjoyed. Thirdly, the early disciples of Jesus were faithful to the "breaking of bread" i.e. to the Eucharist. They were conscious of the Lord's command at the last supper "Do this in memory of me". They realised the Lord was present with them in the Holy Eucharist and through the Holy Spirit. "It seems good to us and to the Holy Spirit", the apostles could exclaim when announcing important decisions.

Yes, Eastertide is indeed a time for reminding ourselves of our Christian family tree and our roots. So with the help of our prayer to the Holy Spirit may we be truly able to sing that we are an Easter people, Alleluia is our song.

Fr William Carey

## CHECK IT OUT: ROSARY MARATHON FOR MAY

Pope Francis invites Catholic faithful, families and communities and Marian Shrines around the world to dedicate the month of May to a marathon of prayer for an end to the Covid-19 pandemic. Pope Francis will open the Marian month of prayer on 1 May with a Rosary broadcast across Vatican Media's platforms. Each day will see Vatican News broadcast the recitation of the Rosary at 6 PM Rome time from the various Shines taking part in the initiative. **Live from Knock Shrine on May 10th @5pm on [www.knockshrine.ie](http://www.knockshrine.ie)** The Pope will also close the initiative on 31 May with another specially-broadcast Rosary.





LIFE TEEN GUIDE TO  
PRAYING THE ROSARY!



## HOW TO PRAY THE ROSARY



# Praying the Rosary

Sr Clare Crockett loved to pray the rosary and teach others to do the same. Do you know how to pray the Rosary? Maybe you could start praying one decade every day? A decade only takes about two minutes!



THERE'S AN APP FOR THAT!  
CHECK OUT THE FREE LAUDATE APP



### Make the Sign of the Cross

**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.

### Pray for the Pope's Intentions

Recite one Our Father, three Hail Mary's and a Glory Be.

### For each decade:

Pray one Our Father, ten Hail Mary's and one Glory Be.

After each decade: Pray the Fatima Prayer.

### Decide which mysteries you will be meditating on.

Announce the mystery before each decade

e.g. "The first Joyful Mystery, The Annunciation"

## The Rosary Prayers

### 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.

### Glory be

to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end, Amen.

### [Fatima Prayer]

**O my Jesus,** forgive us our sins, save us from the fires of hell; lead all souls to heaven, especially those in most need of your mercy

### After five decades:

**Hail Holy Queen,** Mother of Mercy, hail our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, your eyes of mercy towards us, and after this our exile, show unto us the Blessed Fruit of your womb Jesus. O, clement, O loving, O sweet Virgin Mary. Pray for us Oh Most Holy Mother of God - that we may be made worthy of the promises of Christ.

**Let us pray,** O God whose only begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life, grant we beseech You, that meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may imitate what they contain and obtain what they promise through the same Christ our Lord.

**May the Divine Assistance remain always with us** - and may the souls of the faithful departed through the mercy of God, rest in peace.

"THERE IS NO PROBLEM, I TELL YOU, NO MATTER HOW DIFFICULT IT IS, THAT WE CANNOT SOLVE BY THE PRAYER OF THE HOLY ROSARY." - SR LUCIA OF FATIMA -

### THE JOYFUL MYSTERIES

The Annunciation  
The Visitation  
The Birth of Jesus  
The Presentation of Jesus in the temple  
The Finding of the Child Jesus in the temple

### THE LUMINOUS MYSTERIES

The Baptism in the River Jordan  
The Wedding Feast at Cana  
The Proclamation of the kingdom of God and the call to conversion  
The Transfiguration  
The Institution of the Holy Eucharist

### THE SORROWFUL MYSTERIES

The Agony in the Garden  
The Scourging at the Pillar  
The Crowning with Thorns  
The Carrying of the Cross  
The Crucifixion & Death of our Lord

### THE GLORIOUS MYSTERIES

The Resurrection  
The Ascension  
The Descent of the Holy Spirit  
The Assumption of Our Lady into Heaven  
The Coronation of Our Lady

MEDITATING ON THE MYSTERIES OF THE ROSARY HAS BEEN DESCRIBED LIKE FLICKING BACK THROUGH A PHOTO ALBUM OF JESUS AND MARY'S LIFE WITH OUR LADY, AND BEING ABLE TO PUT YOURSELF INTO THOSE SCENES TOO!



CLICK THE LINKS  
ABOVE TO PRAY WITH  
THE YOUNG PEOPLE AT  
HOLY FAMILY MISSION!





"NO ONE HAS GREATER LOVE THAN THIS, TO LAY DOWN ONE'S LIFE FOR ONE'S FRIENDS." JOHN 15:13

## FROM FARM FIELD TO BATTLE FIELD

Emil Joseph Kapaun, was born on April 20, 1916 in Pilsen, Kansas, USA and grew up on his parents' farm. Emil enjoyed the physical farmwork, and his skills with repairing farm implements stood to him in later life. Throughout his childhood and highschool years a desire to serve others as a priest grew in his heart, and Emil eventually was ordained a Roman Catholic priest. Following a number of years of parish life, Fr Emil enlisted in the US Army and became an army chaplain in India and Burma during World War II. Having served in World War II, Fr Emil could have retired to quiet parish life again, but he chose to serve as Chaplain again during the Korean war.



## KOREAN WAR



Capt. Emil Kapaun (right), former chaplain with Headquarters Company, 8th Cavalry Regiment, 1st Cavalry Division, helps another soldier carry an exhausted Soldier off the battlefield early in the Korean War.

Sent to Korea in 1950, Fr Emil decided his place was with his men at the front where the fighting was. He would run from foxhole to foxhole, encouraging the men, praying with them, rescuing men from the thick of battle or administering Last Rites on the battlefield. When fighting died down, he would celebrate Mass in abandoned buildings, or the hood of his jeep. His "boys" loved this Kansas-farmer turned Catholic Chaplain because they knew he cared and was man of authenticity and service.

*Fr Emil Kapaun celebrating Mass on the hood of his jeep.*



The war took a decisive turn when the Chinese military came to the aid of the Koreans sending 20,000 men as reinforcements. Fr Kapaun's unit was surrounded and the men fought hard to resist capture. He risked his life many times during this intense period of battle. When it became apparent there was no hope for them, Fr Kapaun had the option to escape, but he chose again to stay with his men as they were captured. The Chinese troops forced the American prisoners on a 60 mile death march to the prison camp. One wounded soldier, Herb Miller, was too injured to walk. Fr Kapaun carried him on his shoulders because he knew Miller would be shot if the captors saw the extent of his injuries.

## PRISONER OF WAR CAMP

Conditions in the prisoner of war Camp No. 5 were horrendous. Men had scabies, scurvy, beriberi and pneumonia. Thousands died that winter in the sub-zero temperatures. Bodies piled up outside huts, frozen stiff in death. Starvation set in as they were given small handfuls of birdseed and millet each day, no more than 300 calories. In desperate times, men were driven to desperate thoughts and acts to survive, but Kapaun did all he could to keep them calm and keep hope alive. He showed a new level of ingenuity, stealing food to give to the men, praying to Dismas, the Good Thief for his intercession before each secret raid into the country-side at night, sneaking past guards, scrounging for bits of wood, ears of corn, red peppers torn from frozen bushes, anything they could find. They stole from warehouses where guards stored food. Fr Kapaun boiled snow in pots he cleverly made from scraps of tin, announcing "Hot Coffee" to the fellow prisoners, joking to keep their spirits up. When they were no longer able to clean themselves or their clothing, he cared for them like a mother. He even picked the lice off them. When the Chinese officers rolled out their propaganda sessions to brain wash the Americans to accept communism, Kapaun calmly told them they were wrong or made fun of their efforts to keep up the American morale. He was depised by the guards for this, as well as for his Catholic beliefs.

*Dismas, the Good Thief*





## THE DEATH OF FR KAPAUN



"FATHER, FORGIVE THEM, FOR THEY DO NOT KNOW WHAT THEY'RE DOING."

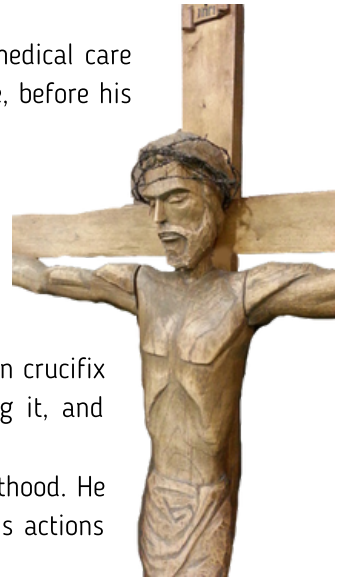
In Easter of 1951, Fr. Kapaun held a prayer service, even though it was forbidden. He encouraged the men to keep going, and to believe that Jesus could and would bring joy out of their suffering, just like he rose from the dead after he suffered on the cross. The prisoners said this was one of the most poignant and inspiring events of their lives. Malnourished, freezing and caring for those who were seriously ill, Kapaun himself eventually developed pneumonia. The men tried to keep this a secret from the guards, as they knew what would happen once they realised the truth. Kapaun would be taken to what the Chinese captors called "the Hospital," a mud shack where he would be left to die. When the guards came to take him, his men wanted to fight to keep him with them but Fr. Kapaun said that everything was okay, because he was going to heaven soon. One of them told the others, later, that he had heard the chaplain whispering: "Father, forgive them, for they do not know what they're doing."

Fr. Kapaun died on May 23rd, 1951 in the prison "hospital" because he was not given any medical care and could not feed himself. He was only 35 years old. He was buried in a shallow grave there, before his remains along with other American POWs were returned to American soil after the war.

It was another two years before the war ended and the remaining POW survivors were able to return home, but Fr Kapaun's example inspired them to keep going through the difficulties. When they finally got home, many of them told stories of Fr. Kapaun's bravery, and how he saved their lives. They said that things would have been a lot different without Fr. Kapaun there to care for them.

At the end of the war, surviving prisoners of war emerged from the camp with a 4-foot wooden crucifix they made in Kapaun's honour. The group spent months secretly collecting firewood, carving it, and using radio wire for a crown of thorns.

The Roman Catholic Church has declared him a Servant of God and he is a candidate for sainthood. He was posthumously awarded the U.S. military's highest decoration, the Medal of Honour, for his actions in the Korean War. In fact, he is the most decorated military chaplain in US history.

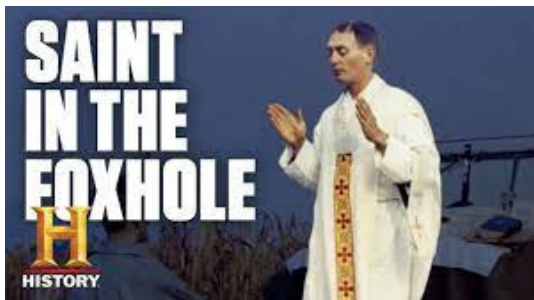


*Crucifix carved in honour of Fr Emil Kapaun.*

## TIME TO REFLECT:

- IF YOU COULD MEET FR KAPAUN, WHAT WOULD YOU SAY TO HIM?
- WHERE DO YOU THINK FR KAPAUN'S STRENGTH CAME FROM?
- WHY DID FR KAPAUN NOT TAKE THE OPTION TO ESCAPE HOME? DO YOU THINK HE WAS RIGHT TO STAY WITH THE POWS?
- WHAT INSPIRES YOU THE MOST ABOUT FR KAPAUN'S LIFE AND DEATH?

## FOLLOW UP ACTIVITIES



- Research more heroic (and sometimes humorous!) details about Fr Kapaun's life and learn about his cause for canonisation on <https://catholicdioceseofwichita.org/father-kapaun/>
- Choose an episode from Fr Kapaun's life and dramatise it / mime in a small group.
- Research Fr Vincent Capadanno or the Irish Jesuit Fr Willie Doyle and compare and contrast their lives.