

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

PENTECOST SUNDAY

youthministry@waterfordlismore.ie



Pentecost, El Greco, Public domain, via Wikimedia Commons [CLICK FOR FULL IMAGE](#)

Year B

Sunday Mass Readings

First Reading:

Acts 2: 1-11

Responsorial Psalm:

Psalm 103(104): 1,24,29031,34

Second Reading:

Galatians 5:16-25 **or** 2 Cor 12:3-13

Gospel:

John 15:26-27; 16:12-15

or John 20:19-23

"When the Spirit of truth comes, He will lead you to the complete truth"

Pier Giorgio Frassati Follow His Lead!

PIER GIORGIO LOVED THE OUTDOORS, AND HAD NO DIFFICULTY INTEGRATING HIS HOBBIES, LIKE CLIMBING, WITH HIS FAITH AND HIS LOVE FOR GOD.



Frassati Task:

Now that the weather is getting finer, and the summer holidays are approaching, make time for outdoor pursuits: get out for a walk or a hike. Don't distract yourself with headphones or selfies - just immerse yourself in God's creation and give yourself time to speak with the Creator!



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 two-minute summary of what Pentecost means



- Why were the apostles huddled in fear in the Upper Room after the Ascension of Jesus?
- How did the Holy Spirit appear to them?
- What change happened immediately in the apostles in that moment?
- What did the Apostles do as soon as they had received the Holy Spirit?
- In what different ways did people react to their preaching?
- What do you remember about your Confirmation?
- Can you name the gifts and the fruits of the Holy Spirit?
- Where in your life would you like to see more of the gifts and fruits of the Holy Spirit? e.g. where do you need more peace, wisdom, love, courage, self-control...?
- Commit to one simple prayer each day: "Come Holy Spirit!"



Carlo's Corner

COME HOLY SPIRIT!

"Pentecost is a celebration of God... a celebration of God's power... a celebration of God's desire to empower us and to dwell within us." Mark Hart



Put yourself in the scene of today's first reading. Gathered together in the Upper Room with Our Lady, the Apostles were still living in fear despite witnessing the Resurrection of Jesus and receiving His Mandate to go out to the whole world and proclaim the Gospel. Doors locked. Hearts trembling at the thought of the persecution that lay ahead. Then the Holy Spirit descends in tongues of fire, setting their hearts on fire with the love of God and the desire to bring others to know, love and serve God too! No more fear, no more hiding, no more confusion. The Holy Spirit changes their lives utterly, and the early Church set about transforming hearts and lives - and 2000 years later we see the fruits of the efforts of a small but committed and faithful group, open to the stirrings of the Holy Spirit in their hearts. Sounds incredible doesn't it? Yet, that very same Spirit is the one we receive at our Baptism and whose gifts are sealed in our hearts at our Confirmation. The gifts have been given to us, we just have to choose to open them and use them. When we use the Gifts of the Holy Spirit we should see the fruits of the Spirit in our lives; and who doesn't want more love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control?

WEEKLY CHALLENGE:

This week, start each day with "Come Holy Spirit" and genuinely invite the Spirit to act in your life! Need the Holy Spirit's help to make decisions? Check out these resources!

- "4 Helpful Rules for Discernment" (Fr Mike Schmitz)
- Use the attached handout to help discern decisions in your life.

TUNE OF THE WEEK



Consuming Fire

(Hillsong)

HOLY FAMILY MISSION

TESTIMONY: MEET AOIFE



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 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 21st May, 7.30 - 8.30pm livestreamed on www.holyfamilymission.ie Special prayers for exam students www.waterfordlismore.ie/youth-ministry

Young Person's Prayer



Come Holy Spirit!

Gospel Reflection: COME HOLY SPIRIT


The event of Pentecost is described very simply in the Scriptures in just four lines which can be summed up by saying: the apostles were together in the upper room. There was the sound of a mighty wind and there were flames of fire. They were all filled with the Holy Spirit. How simply God acts! This is how He began His Church.

What does it mean to be filled with the Holy Spirit? What is the Holy Spirit? Perhaps the best and deepest way is to say that the Holy Spirit is the love of God, the love between the Father and the Son. In being filled with the Holy Spirit the apostles are changed and they are filled with something new - a deep joy, a courage, a love of others, a new way of looking at life.

The apostles change from being frightened people, hiding away in a room, to being able to go out and speak openly about the love of God and about what God wants to work in our lives. They now see God the Father differently - from being a kind of a faraway master to being someone who loves His Son and us with never-ending love, and who is personal and near. It is the Holy Spirit who teaches us this. The Holy Spirit will renew the face of the earth because people will be changed and renewed. Can the Holy Spirit change you and me? Do you want to be changed? Where do you and I need the Holy Spirit? Ask for the release of the power of the Holy Spirit. You can do this in your room or, better, in a church. Sit or stand in silence.


Ask the Holy Spirit to come into your heart, into your life. Say, 'Come Holy Spirit'. If you are fortunate enough to be part of a prayer group pray this with others. Come healing Spirit of the Living God- fall afresh on us. Ask and you shall receive. 'Come Holy Spirit'.

Bishop Phonsie Cullinan



CHECK IT OUT: HOLY FAMILY MISSION

Holy Family Mission, Glencomeragh, Co. Waterford is a residential community for young Catholics aged 18 - 30. It is a house of formation where young people can learn about their faith so that they can live it more fully and share it with others. Their motto is "Know, Love and Serve God." Holy Family Mission offers Family Days and retreats to primary and post-primary schools, as well as a daily programme in the Chapel which is live-streamed. Glencomeragh Retreat House facilities are available to groups and individuals who wish to use them. The guest house and architecturally renowned hermitages are also available to book for times of personal retreat.





What should I do?



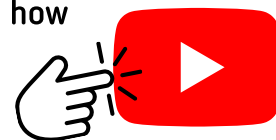
JEREMIAH 29:11-14

WHAT IS DISCERNMENT?

Do you find it difficult to make decisions? Do you struggle to know what the right thing to choose is? Are you unsure which door is the one to go through? College? Jobs? Friendships? Relationships? So many big decisions to make! Put simply, discernment is the Holy Spirit enlightening your intellect and will to help you know and choose the truth. There's usually some kind of process involved, although that varies in length. Discernment is not sitting back and thinking, "Sure, God will do everything so I'll just wait for Him to move", nor is it a feeling or the consequence of an arbitrary sign. The Holy Spirit will absolutely help you, but we have to cooperate with His promptings - we can't just wait around and not take any action ourselves. Pray, discern, and then act. Take responsibility for your decisions. Even if you make the wrong decision, the Lord will still be with you and will provide a way for you to get back on the right track.

FR MIKE SCHMITZ: 4 DOORS OF DISCERNMENT

Watch Fr Mike Schmitz' video: "4 Helpful Rules for Discernment" and try to see how you could apply these "doors" to your discernment process. [6:30 minutes]



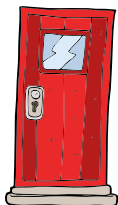
IS THIS A GOOD DOOR?

Often the answer is yes. Sometimes you have several good options before you. But if you know it will be unhealthy for you or against God's law, then you should not choose it.



IS THIS AN OPEN DOOR?

Is this even possible? Is this a reality? For example, you should not try to get in the NBA if you have no basketball skills.



IS THIS A WISE DOOR?

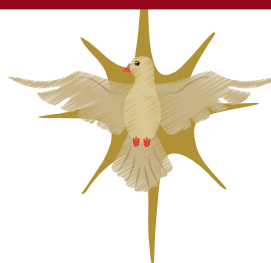
Knowing who I am and where I've been, my struggles, my strengths and weaknesses, the person I want to be: is this the choice I need to make? Will it lead me closer to Jesus or not?



IS THIS A DOOR THAT I WANT?

Unless you are sure that God is calling you there, if you don't desire it then you don't have to choose it. God has given us so much freedom. He wants us to use our intellect and our will to choose.

PRAYER TO THE HOLY SPIRIT (BY ST AUGUSTINE)



Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.

- ASCEND YOUTH MINISTRY (DIOCESE OF WATERFORD & LISMORE) -



MORE GREAT VIDEO RESOURCES!

- HOW TO DISCERN WHAT GOD HAS PLANNED FOR YOU
- DISCERNMENT 101
- THE KEY TO DISCERNMENT
- HOW TO DISCERN PRETTY MUCH ANYTHING
- "GOD I LOOK TO YOU" - FRANCESCA BATTISTELLI

