


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



24TH SUNDAY OF ORDINARY TIME

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Get Thee Behind Me Satan, James Tissot, Public domain, via Wikimedia Commons

Year B

Sunday Mass Readings

First Reading:

Isaiah 50:5-9

Responsorial Psalm:

Psalm 114(115): 1-6, 8-9

Second Reading:

James 2:14-18

Gospel:

Mark 8:27-35

"If anyone wants to be a follower of mine, let him take up his cross and follow me."

Game Changers

The Catholic Church's Liturgical Calendar is crammed full of inspirational saints, or as we like to call them, Game Changers!

Some weeks we'll focus in more detail on a particular saint who is an incredible role model for youth, but for now, check out the following feast-days!

If you missed our features on Fr Emil Kapaun and St Maximilian Kolbe you can find them on our [webpage](#)!

13 September

St John Chrysostom

14 September

The Exaltation of the Holy Cross

15 September

Our Lady of Sorrows

16 September

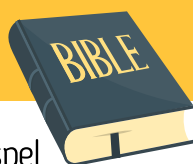
Ss Cornelius and Cyprian

17 September

St Robert Bellarmine



Hear



Grab your Bible and look up the Gospel reading. Don't have a Bible? No worries, click the bible image above!



1. When Jesus asked His disciples who people said He was, what kind of answers did He get?
2. What declaration of faith did Peter make?
3. Why do you think Jesus gave them orders not to tell anyone else who He was?
4. What did Jesus tell them was going to happen to Him? Do you think they understood?
5. Why did Peter remonstrate with Him (and try to persuade Him not to follow that path)?
6. Why did Jesus react this way to Peter's attempt at persuading Him not to be put to death?
7. What kind of life did Jesus say His followers could expect?
8. Put yourself in today's Gospel - how would you react to Jesus' message?



"The Cross will always be the Answer." - Fr Mike Schmitz -



WHY EXALT THE CROSS?

This week we celebrate the Exaltation of the Cross. Does that ever strike you as odd, that as Christians we would exalt the instrument used to torture and kill Jesus, our Saviour?

For Christians, the Cross is not a sign of shame or of defeat. The Cross is a sign of victory, since Jesus defeated sin and death and rose again on the third day, opening the way to heaven for us. The Cross is the bridge between humanity and God - a gap we could never have crossed ourselves because of our broken and fallen nature, a gap that Jesus bridged in becoming man and offering His life in our place. Think about that when you make the sign of the Cross this week, or wear a Cross or see someone else wearing one, or look at a Cross hanging on the wall of your classroom, or workplace or home. Let the Cross and its meaning become part of your life this week: not just something to pay lip-service to, but a way to unite all your little inconveniences and sufferings this week to Jesus' suffering in an incredibly powerful prayer. Let's exalt the Cross this week, in our prayers, our attitudes and our daily offerings.

WEEKLY CHALLENGE:

Use this week's handout to guide your understanding of the Cross in your own life too, and be extra mindful whenever you make the sign of the Cross. Keep an eye out for where you can see a cross hanging this week!

 Why we have a feastday for the Cross (Fr Mark Mary).
 Use our attached handout to guide you!

TUNE OF THE WEEK Once Again Matt Redman

TESTIMONY TIME 

"I burst into tears realising that it was really Him in the Eucharist..."

...and that He loves us so much that He wants to be with us."

TEACHER'S CORNER

SYMBOLON:

The Catholic Faith Explained



Too often we try to live a faith we don't know or understand. Every Catholic deserves to know their story. Join us for Symbolon, a 10-week series that presents the BIG picture of our Catholic faith. Ages 18+.

- Wednesdays 8 - 9.15pm on Zoom.
- Begins September 15th
- To register [click here](#) or email events@waterfordlismore.ie or call 085 8623705

Young Person's Prayer



Morning Offering: O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.

Gospel Reflection: RADICAL SACRIFICE

Today's reading is the turning point in Mark's Gospel. In the presentation of the life and ministry of Jesus found in the Gospel of Mark, the deeds of Jesus have shown Jesus to be the Son of God. Yet many, including Jesus' disciples, have not yet realised his identity. In today's Gospel, Jesus asks the disciples what others say about him. He then turns the question directly to the disciples and asks what they believe. Peter speaks for all of them when he announces that they believe Jesus to be the Christ.

The word Christ is the Greek translation of the Hebrew word for Messiah, which means "the anointed one." At the time of Jesus, the Jewish people were waiting for the Messiah to come. There were many false expectations of what the Messiah would be like when he did come. Many people envisaged that the Messiah would be a strong political leader who would free the Jewish people from Roman occupation. Jesus does not appear to have used this term to describe himself. As we see in today's reading, Jesus refers to himself instead as the Son of Man, a term derived from the Jewish Scriptures.

Now that the disciples have acknowledged Jesus as the Christ, Jesus confides in them the outcome of his ministry: he will be rejected, must suffer and die, and will rise after three days. Peter rejects this prediction, and Jesus rebukes him severely. The image of Christ that Jesus is giving is not the image of the Messiah that Peter was expecting. Jesus then teaches the crowd and the disciples about the path of discipleship: To be Christ's disciple is to follow in the way of the cross.

We can easily miss the fear that Jesus' words would have evoked in his disciples. Death by crucifixion was all too familiar as a method of execution in Roman-occupied territories. It was also an constant possibility for the Christian community to whom Mark was writing. The path that Jesus was inviting his disciples to share meant tremendous suffering and death. This is the kind of radical commitment and sacrifice that Jesus calls us to adopt for the sake of the Gospel.

Source: loyolapress.com



CHECK IT OUT: PRAY-AS-YOU-GO



Pray As You Go is a daily prayer session, designed to go with you wherever you go, to help you pray whenever you find time, but particularly whilst travelling to and from work, study, etc. Lasting between ten and thirteen minutes, it combines music, scripture and some questions for reflection. The style of prayer is based on Ignatian Spirituality.



MARK 8:27-35

Why do we exalt the Cross?

If anyone wants to be a follower of mine, let him take up his cross and follow me.

THINK ABOUT ALL THE PLACES YOU HAVE SEEN AN IMAGE OF THE CROSS OR THE CRUCIFIX. DO YOU WEAR ONE? DO YOU KNOW SOMEONE WHO WEARS ONE? IS THERE ONE IN THE ROOM WHERE YOU ARE NOW?

HAVE YOU EVER THOUGHT ABOUT WHY CHRISTIANS DISPLAY OR WEAR THE CROSS?

After all, it was the instrument of torture and death for Jesus. Why do you think the cross is used as the defining symbol for Christians?



DID YOU KNOW THAT THE CATHOLIC CHURCH EVEN HAS A FEAST DAY CALLED "THE EXALTATION OF THE CROSS", ON SEPTEMBER 14TH?

WATCH FR MARK MARY CFR EXPLAIN "WHY WE HAVE A FEAST DAY FOR THE CROSS" AND HOW WE SHOULD REALLY LOOK AT THE CROSS IN OUR EVERYDAY LIVES.



Fr Mark Mary discusses some Catholic practices and customs that can seem strange to non-Catholics (and sometimes even to Catholics who don't understand their origin or meaning!) Can you think of any examples? Do you know their origins / meanings?



Why does Fr Mark Mary think the feast of the Exaltation of the Cross could be seen as the most scandalous and surprising of all the church celebrations?

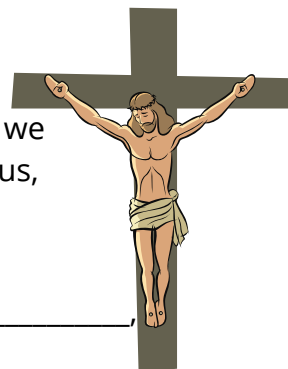
MAKING SENSE OF IT!

Reason 1:

The Cross reveals to us the _____ that God has for us. While we were still sinners, the _____ sent His Only Begotten Son to _____ for us, to _____ us, to _____ us.

Reason 2:

The Cross is the instrument of the _____, of the triumph of God over _____, of Jesus over _____. Jesus conquered death with His _____.



THAT'S EXCELLENT NEWS! THAT'S REASON FOR REJOICING! BUT.....

If our rejoicing over the Good News of Jesus, ' victory over sin and death is just giving thanks, or just a matter of the _____ or just having a cross around our _____ or on the _____, then our gratitude or exaltation of the Cross is a little bit broken!

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

WHY DO WE EXALT THE CROSS?

MARK 8:27-35

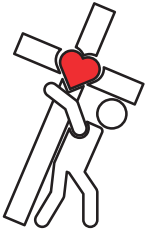


RELICS OF THE TRUE CROSS:

[Click here](#) to read an account of how St Helen discovered the cross on which Jesus was crucified. Do you know of any church that has a fragment of the true cross? Try to find out!



THE RELIC OF THE TRUE CROSS VS THE CROSS THAT WE CARRY



Sometimes the Lord will give us the opportunity to mystically, mysteriously and truthfully share in the cross, but we run from it and do everything we can to avoid it.

Venerating the Cross is important, and there's a great grace attached to it but in comparison to our sharing in the cross, e_____ and e_____, our carrying the cross well, the fruitfulness of that is unmatched!

How does Fr Mark Mary use the analogy of cleaning up after the party to explain how we respond to the Cross?



Now Read Mark 8:27 - 35



Peter wasn't at all happy with the message that Jesus, His Friend and the Messiah, would have to suffer and be put to death. To die by Crucifixion was a horrific punishment inflicted by the Romans on the worst of criminals - it was a shameful death as well as a torturous one.

Peter tried to discourage Jesus from taking up His Cross and Jesus rebuked Him. While we can understand Peter's attitude, it's also important to always remind ourselves that Jesus sees the big picture. He told His disciples He would rise from the dead, but at the time they didn't grasp what that meant. His suffering was never going to be pointless or fruitless, and it was not something He would avoid. It was necessary to bridge the unbridgeable gap between God and humanity, to pay the price of our salvation. Our sufferings, when united with Jesus, can have great value too. Let's never forget that.



MISSION!

BE CONSCIOUS THIS WEEK OF THE LITTLE WAYS YOU CAN EXALT THE CROSS: LITTLE INCONVENIENCES THAT COME YOUR WAY WHERE YOU ARE TEMPTED TO COMPLAIN OR MOAN (FLAT TIRES, BAD HAIR DAYS, MESSED-UP LUNCH ORDERS...) INSTEAD CHOOSE TO UNITE THEM SILENTLY WITH THE CROSS OF JESUS, OFFERING THAT PRAYER FOR SOMEONE WHO NEEDS HELP.



PRAYER TIME!

Morning Offering: O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE CROSS THIS WEEK



- [Once Again \(Matt Redman\)](#)
- [When I survey the Wondrous Cross \(Watts/Scott\)](#)
- [O Come to the Altar \(Elevation Worship\)](#)
- [At the Foot of the Cross \(Kathryn Scott\)](#)
- [You are my all in all \(Nordeman\)](#)
- [At the Cross \(Hillsong\)](#)
- [Worthy is the Lamb \(Hillsong\)](#)
- [For the Cross \(Bethel Music\)](#)

Click the links for the YouTube videos to listen to some suggestions!





Feast day: September 15th



Our Lady of Sorrows

"This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too."
Luke 2:34-35

The title "Our Lady of Sorrows" focuses on the intense pain and suffering Our Lady felt during the Passion and Death of Jesus. Mary's suffering was not just limited to these events, but to seven sorrows which Simeon foretold when Mary and Joseph presented Jesus in the temple as a child. (Luke 2:34-35)

"Mary is our Spiritual Mother, and the mother always understands her children and consoles them in their troubles. Then, she has that specific mission to love us, received from Jesus on the Cross, to love us only and always, so as to save us! Mary consoles us above all by pointing out the Crucified One and Paradise to us!" - St John Paul II -

MEDITATING ON THE SEVEN SORROWS OF MARY

AUTHOR UNKNOWN

V: O God, come to my assistance;
R: O Lord, make haste to help me
V: Glory be to the Father.....
R: As it was in the beginning....



1. THE PROPHECY OF SIMEON

I grieve for you, O Mary, most sorrowful, in the affliction of your tender heart at the prophecy of the holy and aged Simeon. Dear Mother, by your heart so afflicted, obtain for me the virtue of humility and the gift of the holy fear of God.

Hail Mary...



2. THE FLIGHT INTO EGYPT

I grieve for you, O Mary most sorrowful, in the anguish of your most affectionate heart during the flight into Egypt and your sojourn there. Dear Mother, by your heart so troubled, obtain for me the virtue of generosity, especially toward the poor, and the gift of piety.

Hail Mary...



3. THE LOSS OF JESUS FOR THREE DAYS IN JERUSALEM

I grieve for you, O Mary most sorrowful, in those anxieties which tried your troubled heart at the lost of your dear Jesus. Dear Mother, by your heart so full of anguish, obtain for me the virtue of chastity and the gift of knowledge.

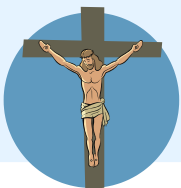
Hail Mary...



4. MEETING JESUS ON THE WAY TO CALVARY

I grieve for you, O Mary most sorrowful, in the consternation of your heart at meeting Jesus as He carried His cross. Dear Mother, by your heart so troubled, obtain for me the virtue of patience and the gift of fortitude.

Hail Mary...



5. THE CRUCIFIXION AND DEATH OF JESUS

I grieve for you, O Mary most sorrowful, in the martyrdom which your generous heart endured in standing near Jesus in His agony. Dear Mother, by your afflicted heart, obtain for me the virtue of temperance and the gift of counsel.

Hail Mary...



6. JESUS BEING TAKEN DOWN FROM THE CROSS

I grieve for you, O Mary most sorrowful, in the wounding of your compassionate heart, when the side of Jesus was struck by the lance before His Body was removed from the cross. Dear Mother, by your heart thus transfixed, obtain for me the virtue of fraternal charity and the gift of understanding.

Hail Mary...



7. JESUS BEING LAID IN THE TOMB

I grieve for you, O Mary most sorrowful, for the pangs that wrenched your most loving heart at the burial of Jesus. Dear Mother, by your heart sunk in the bitterness of desolation, obtain for me the virtue of diligence and the gift of wisdom.

Hail Mary...

Let Us Pray: Let intercession be made for us, we beseech You, O Lord Jesus Christ, now and at the Hour of our death, before the throne of Your mercy, by the Blessed Virgin Mary, Your Mother, whose most holy soul was pierced by a sword of sorrow in the hour of Your bitter Passion. Through You, O Jesus Christ, Saviour of the world, Who with the Father and the Holy Spirit lives and reigns world without end. Amen.