

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



26TH SUNDAY OF ORDINARY TIME

✉ youthministry@waterfordlismore.ie

Year B

Sunday Mass Readings

First Reading:

Numbers 11:25-29

Responsorial Psalm:

Psalm 18(19): 8,10,12-14

Second Reading:

James 5:1-6

Gospel:

Mark 9:38-43, 45, 47-48

"No one who works a miracle in my name is likely to speak evil of me. Anyone who is not against us is for us"



The Exhortation of the Apostles, James Tissot, Public domain, via Wikimedia Commons

Game Changers

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

This week we're focussing on St Thérèse of Lisieux, but check out the other feast days below too!

If you missed our features on Fr Emil Kapaun, St Maximilian Kolbe or Sr Clare Crockett you can find them on our [webpage](#)!

27 September	St Vincent de Paul
28 September	Ss Laurence Ruiz & his companions (martyrs)
29 September	Ss Michael, Raphael and Gabriel (Archangels)
30 September	St Jerome
1 October	St Thérèse of Lisieux *
2 October	The Holy Guardian Angels



Hear

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



1. Why were the Apostles so upset about the man they saw casting out devils in Jesus' name?
2. How did Jesus respond to this?
3. Does God see the small good acts we do? How does Jesus explain this in the Gospel passage?
4. Do you think he is only referring to children when he says "little ones"? Who else could be a "little one"?
5. Do you think Jesus is actually suggesting we should maim ourselves and cut off hands / feet / gouge out eyes? If not, why is He using such strong language?
6. What kind of things do you think He would say to young people today to cut out of their lives?



"What does it matter if you can win a thousand battles if you cannot win against your own corrupt passions? It doesn't matter. The real battle is with ourselves." Bl. Carlo

CUT OFF MY HAND? SAY WHAT NOW?

That's some pretty dramatic language in today's Gospel: If your right hand or foot causes you to stumble, cut it off! If your eye causes you to stumble, pluck it out!



Jesus isn't asking us to maim ourselves, but He is asking us to rid our hearts and our lives from anything that actually is causing us to stumble in our relationship with Him, with others and with ourselves.

Are we suffering from pride, thinking we're better than others? Are we eaten up with jealousy, even wishing others to fail? Are we selfish and self-centred? Are we sarcastic and bitter? Do we gossip about others and ruin their reputations?

These are all things that we seriously need to cut out of our lives. Jesus doesn't say maybe we should perhaps think about making changes - He's really clear. If something is causing us to sin, to hurt others and ourselves, then we have to cut it out of our lives.

WEEKLY CHALLENGE:

This week, try to come up with one area of your life where you know you need to change, to do better; to be more loving, less critical, less divisive, less selfish. Then take His advice: cut it out. It's all about becoming the best version of yourself!

 **3 Qs to ask to prevent gossiping.** (Fr Mike Schmitz)
 Use our attached handout to guide you!

TUNE OF THE WEEK

Mean Girls
Leanna Crawford

TESTIMONY TIME



MICHELLE MADDEN
Holy Family Mission

"For the first time in my life I felt loved just as I am"

TEACHER'S CORNER

Eucharistic Adoration Retreat

Sunday 3rd October 2 - 5pm, St Mary's Parish Church, Clonmel. Donation / Offering €10 All are welcome!

Lectio Divina: the praying with the Scriptures, led by the Apostles of the Sacred Heart of Jesus, beginning Thurs, September 30th. 2 options: Thurs @ 2pm in St. John's Pastoral Centre / Thurs @ 7:30pm at Sacred Heart Parish Centre. Please register at waterford@ascjusus.org or call 087-4042745

Introduction to Theology of the Body

Beginning on Mon Oct 4th: Foyer of Charity, Dunmore East, Co. Waterford. Registration is essential. Please contact Helen at 086 1678027 or email hellywilliams@gmail.com

Young Person's Prayer



Lord Jesus, help me to see others as You do, to respect their dignity and treat them with love. Help me to forgive those who may have hurt me by their words, and grant that my words will only enlighten and warm, and never tear down or destroy. Set a guard over my mouth, Lord; keep watch over the door of my lips. Amen

Gospel Reflection: EVERY GOOD ACTION GRACES THE WORLD

In today's Gospel, the apostles are anything but pleased when they witness an outsider casting out demons in the name of Jesus. They were jealous and felt threatened, because this stranger was doing their work and yet was not part of their group so John made a complaint in the hope of having this stranger silenced.

John must have been surprised that Jesus refused to stop the man from doing good works in His name. Jesus made it clear that all good comes from God the Father and that doing charitable work was not the exclusive right of his followers. God moves where he wills and chooses whom he wills. God's spirit is at work beyond the confines of established religion. With the best will in the world, we cannot fall prey to the type of thinking and misguided notion that only the Church can contain truth and only its members can perform spiritual works. It is a temptation we all have. When we think along these lines, we are inclined to turn the Church in on herself and deny that great works can be achieved outside her influence.

We forget that an action can be good and Godly without being performed by a Christian. Goodness in the world comes from God and not from men. Even within the Church there is a temptation to form our own select groupings, to promote the club mentality which is basically about being in ourselves and keeping other people out. We've all witnessed unhealthy rivalry between different church organisations, and yet the aim of all is about furthering the Kingdom of God. The Gospel tells us that any person of goodwill doing their best to follow Christ's footsteps graces the world.

Every good deed contributes towards the battle against evil, so downgrading the motives behind someone's chargeable gestures amounts to spiritual begrudgery. God's action is not limited to any class of people. He may be sending his message to us in the most unexpected and tragic events to befall us. Goodness is where we find it. So let us all work in peace and harmony in the Church, ensuring the Gospel message is delivered more effectively. Amen.

Rev. Deacon Brendan Gallagher

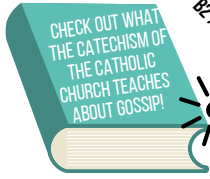
CHECK IT OUT: LOYOLA PRESS



In the spirit of Saint Ignatius of Loyola who points us always to personal relationship with Jesus Christ, and in response to those they serve, they create books and multi-media products that facilitate transformative experiences of God so that people of all ages can lead holy and purposeful lives with and for others. Check out their free online Sunday Connection resources with ideas for all age groups, Saint Stories, Liturgical Year resources, and more.

SET A GUARD OVER MY MOUTH, LORD; KEEP WATCH OVER THE DOOR OF MY LIPS.
PSALM 142:3

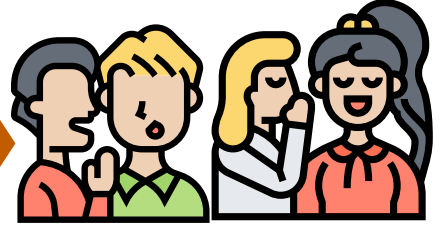
The Test of Three



SENIOR RE-NOW EXAM: A1/A3/B1/B2/B3/B4/B5/B6/B7/B8/B9/B10/B11/B12/B13/B14/B15/B16/B17/B18/B19/B20/B21/B22/B23/B24/B25/B26/B27/B28/B29/B30/B31/B32/B33/B34/B35

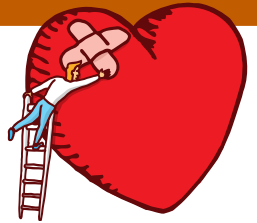


CAN YOU THINK OF A TIME WHEN YOU HEARD SOME GOSSIP THAT YOU LATER DISCOVERED WAS UNTRUE? DID YOU SHARE IT WITH OTHERS OR KEEP IT TO YOURSELF? HOW DID YOU FEEL WHEN YOU REALISED IT WAS FALSE?



CHOOSE ONE OF THE FOLLOWING TOPICS TO DISCUSS IN PAIRS/GROUPS:

- "There is no real harm in gossiping about celebrities."
- "Fake News harms society as a whole."
- "Words can leave deeper scars than physical wounds."



READ THE FOLLOWING POEM AND RESPOND IN YOUR OWN WORDS:

Ruby Redfort

*Sticks and stones may break my bones, but words can also hurt me.
Stones and sticks break only skin, while words are ghosts that haunt me.
Slant and curved the word-sword falls, it pierces and sticks inside me.
Bats and bricks may ache through bones, but words can mortify me.
Pain from words has left its scar, on mind and heart that's tender.
Cuts and bruises have not healed, it's words that I remember.*

WATCH FR MIKE SCHMITZ' VIDEO: "3 QUESTIONS TO ASK TO PREVENT GOSSIPING" AND REFLECT ON THE QUESTIONS THAT FOLLOW:



Check these Bible references and write out the one / phrase that strikes you the most: 1 Peter 3:10 Psalm 141:3 James 3

THE TEST OF THREE

Which philosopher does Fr Mike reference? _____

What three questions should you ask yourself before sharing a story about others?



THE TEST OF THREE

MARK 9:38-48

Can you think of any bad news stories you heard reported lately?

Can you think of any positive news item you heard reported lately?

Why do you think we are so fascinated by bad news and not good news stories?



How does Fr Mike explain the scriptural analogy of the tongue as fire?

“It can give _____ and _____
but it can also _____”
How would you explain this idea in your own words?



“What does it matter if you can win a thousand battles if you cannot win against your own corrupt passions? It doesn't matter. The real battle is with ourselves.”
Bl. Carlo Acutis



Now Read Mark 9:38-48



In this Gospel Passage, Jesus highlights the consequences of our actions - be they good or bad. Even the most trivial good deed can have profound consequences - think of the difference a smile makes! In the same passage, however, Jesus highlights the importance of taking responsibility for our poor choices and habits too.

That's some pretty dramatic language there: If your right hand or foot causes you to stumble, cut it off! If your eye causes you to stumble, pluck it out! Jesus isn't asking us to maim ourselves, but He is speaking metaphorically and asking us to rid our hearts and our lives from anything that actually is causing us to stumble in our relationship with Him, with others and with ourselves. Is gossiping about others something that's an issue for us? If so, we really need to cut it out of our lives. Jesus doesn't say maybe we should perhaps think about making changes - He's really clear. If something is causing us to sin, to hurt others and ourselves, then we have to cut it out of our lives.



MISSION!

DESIGN A GRAPHIC OR EVEN JUST SCRIBBLE *THE TEST OF THREE* ON A POST-IT-NOTE AND KEEP IT SOMEWHERE YOU'LL SEE REGULARLY. TRY TO BE MORE CONSCIOUS ABOUT WHAT YOU SAY IN THE WEEK (AND MONTHS!) AHEAD, APPLYING THE TEST OF THREE TO YOUR WORDS. BUILD PEOPLE UP, DON'T TEAR THEM DOWN, AND SEE THE DIFFERENCE IT MAKES TO YOU AND THEM!



PRAYER TIME!

Lord Jesus, help me to see others as You do, to respect their dignity and treat them with love. Help me to forgive those who may have hurt me by their words, and grant that my words will only enlighten and warm, and never tear down or destroy. Set a guard over my mouth, Lord; keep watch over the door of my lips. Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE POWER OF WORDS THIS WEEK



- [Mean Girls \(Leanna Crawford\)](#)
- [Slow Fade \(Casting Crowns\)](#)
- [The Voice of Truth \(Casting Crowns\)](#)
- [Speak Life \(TobyMac\)](#)
- [Delicacies \(Jason Silver\)](#)
- [Word \(Hawk Nelson\)](#)
- [Today I Choose \(Brian Doerkson\)](#)
- [Lifesong \(Casting Crowns\)](#)

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



Fr Mike Schmitz: Venting or Gossiping?
ASCENSION PRESENTS



Michelle shares her story of how she finally left loved and lovable after an experience of bullying in school.
HM TELEVISION: TURN-AROUND



"The world's
thy ship and
not thy home."



WHAT WOULD YOU MOST LIKE TO BE REMEMBERED FOR IN THIS LIFE?



"For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy."

"Jesus, help me to simplify my life by learning what you want me to be and becoming that person."

JCR: 10.13/1.8/2.2/2.8/2.9/
3.1/CBA1
SENIOR RE-NON-EXAM SECTIONS: A/C/E/G/H

WOULD YOU LIKE TO TRAVEL THE WORLD? BE KNOWN AS AN INFLUENCER? BE FAMOUS FOR SOMETHING? EXPLAIN YOUR ANSWER

WHO WAS ST THÉRÈSE OF LISIEUX?

Sometimes the unlikely of characters can have the greatest influence. Thérèse Martin was born in France in 1873, the youngest of a family of five daughters, and throughout her childhood was pampered, spoiled and prone to emotional outbursts at the slightest criticism or perceived lack of appreciation.

At the age of just four and a half, Thérèse tragically lost her mother, Zélie, to breast cancer. Her sixteen year old sister Pauline became like her second mother, and loss struck Thérèse again when Pauline entered a Carmelite convent five years later. The Carmelites are an enclosed order of religious sisters, so once Pauline entered, she did not leave Carmel again. She was later followed by Marie and Leonie who left to join the Carmelites and Poor Clare orders, and Thérèse was now alone with her sister, Celine, and father, Louis. Thérèse was treated like a little queen by her father, and reacted over-sensitively to even the slightest criticism she received.. She would frequently dissolve in tears, and was so sensitive that sometimes she would even cry because she had cried!



More than anything as a teenager, Thérèse wanted to join Pauline in Carmel, but the path would not be easy as she was too young, and so unable to control her emotions. Receiving a special grace during Christmas Mass 1886, Thérèse developed a strong will. That strength of character led her to even request permission

from the Pope in Rome to enter Carmel, and finally at the age of just sixteen Thérèse entered the enclosed order with her sisters Pauline and Marie, taking the name, "Thérèse of the Child Jesus and of the Holy Face".

Life in Carmel wasn't always easy for Therese and she suffered much there. Her father became ill and was taken to a mental hospital, and she couldn't even visit him.



She experienced a terrible dryness in prayer and eventually became very ill with tuberculosis, which claimed her life at just twenty-four years of age.

However, Thérèse's interior life and understanding of God deepened incredibly while in Carmel. She knew that as a Carmelite nun she could never perform great deeds or travel the world on mission. She understood however that her vocation was to love, and that she could show great love through small deeds: by simply doing ordinary things with extraordinary love.



However, Thérèse's interior life incredibly while in Carmel. She knew that as a Carmelite nun she could never perform great deeds or travel the world. She understood that her vocation was to love, and that she could show great love through small deeds: doing ordinary things with extraordinary love. She offered up countless little unseen sacrifices, smiling at those sisters she didn't like, eating whatever she was given without complaining, doing good deeds wherever she could.

Thérèse wanted to be a saint but she knew there was too much of a gap between her and the great saints.

However, with her childlike faith, she also discovered what she called "**her little way**", a short and simple elevator to get to heaven: by allowing Jesus to lift her, like a father picking up a little child.

Most of the sisters saw nothing particularly special in Thérèse, except for her sister, Pauline, who knew that her little sister had developed an intense prayer life and an incredible inner sanctity that many could learn from. She requested Thérèse to write a journal of her memories and detail her "Little Way" so they would have something to circulate after her death. Her writings, emphasising her way of trusting in Jesus to make her holy, and relying on small daily sacrifices instead of great deeds, struck a chord with thousands of Catholics everywhere. Since then, millions of copies of "Story of a Soul" have been sold.

NOW WATCH FR ROBERT BARRON: ST THÉRÈSE OF LISIEUX (MUNDELEIN SEMINARY)



What is your initial response to the life and death of St Thérèse?

What question would you ask Thérèse if you had the chance?



1. Where was St Thérèse born?
2. What is St Thérèse the patron saint of? Why is that unusual, given her life story?
3. What is St Thérèse known as (her full religious title)?
4. What is the book of her writings called?
5. Why is there a sewing basket depicted in her stained glass window at Mundelein seminary?
6. What was her motto (of sorts) in her spiritual life?
7. Why are the shoes shown in the stained glass significant in her life?
8. Why was this particular Christmas a significant moment in her spiritual life?
9. What does the little girl with her arms up in the air in the window represent?
10. What is the famous symbol of Therese?
11. Why are these flowers associated with her?
12. What did Thérèse ask of Pope Leo XIII?

QUIZ

BASED ON BISHOP BARRON'S VIDEO

"I understood that all we accomplish, however brilliant, is worth nothing without love."

"Holiness consists simply in doing God's will, and being just what God wants us to be."

"If every flower wanted to be a rose, nature would lose her springtime beauty."

DID YOU KNOW?



- When Thérèse was a young teenager, she became so ill with fever that it was thought she would die. She suffered not just physical pains but was also tormented by hallucinations. Thérèse had a beautiful statue of Mary in her room, and once when her sisters were gathered praying for her recovery, Thérèse looked up, and later said that Our Lady smiled at her, and in that instant she was cured.

- Thérèse was often so tired from grief or suffering, that she fell asleep in prayer. She consoled herself by saying that mothers love their children as much when they are asleep in their arms as they do when they are awake, so God must love her during those times she fell asleep too!



- Thérèse became the patron saint of the missions, not because she ever went anywhere but because her love of, prayers for and letters to, missionaries. It's a good reminder to us when we feel like we can't do much, God can use the little we do to achieve great things.

- The Catholic Church venerates her also as the patron saint of florists, those who are sick and those who have lost parents. **Why do you think Thérèse was chosen as patron for each of these? Why did her "Little Way" inspire the Church to name her "Doctor of the Church" also?**



- Thérèse's parents, Louis and Zélie Martin, were both declared saints in 2015, the first married couple to be canonised together! Click their image to learn more about them!

LOOK UP MATTHEW 18:3 - HOW DOES THIS QUOTE RELATE TO THE LIFE OF THÉRÈSE?





Novena prayer to St Thérèse (for 9 days)

Sometimes we can small and insignificant, or that our actions will make no real difference in the world. Thérèse's life teaches us that the smallest deeds done out of love can change the world.

O Little Thérèse of the Child Jesus, please pick for me a rose from the heavenly garden and send it to me as a message of love. O Little Flower of Jesus, ask God to grant the favours I now place with confidence in you hands (mention your special prayer request here) St. Thérèse, help me to always believe as you did, in God's great love for me, so that I may imitate your "Little Way" each day.

YOU CAN BE A GAME-CHANGER LIKE ST THÉRÈSE!

- Ask God for the grace and desire to put others before yourself!
- Offer up daily little sacrifices, little inconveniences and discomforts
- How can you treat others in your school / workplace / family like St Thérèse treated the other sisters (even the ones she found hard to love)?
- Turn to Our Lady when you feel sick, or frustrated or alone.
- Pray a novena to St Thérèse for a special intention.
- Research the Carmelite Order: are there any Carmels near you?



Game-Changer Playlist!

Listen to and think about how they reflect the life and witness of Thérèse. Click the titles.

- **"Draw me to your presence"** (Michael Doyle)
- **"I give you my heart"** (Hillsong)
- **"Small things with great love"** (Danielle Rose)
- **"My Song of Today"** (Mike Stanley)

- Create some artwork using one of Thérèse's quotes
- Read "The Story of a Soul" (her autobiography)