



TO THE Heights

FIRST SUNDAY OF ADVENT

 youthministry@waterfordlismore.ie



Year C

Sunday Mass Readings

First Reading:

Jeremiah 33: 14-16

Responsorial Psalm:

Psalm 24 (25): 4-5, 8-9, 10,14

Second Reading:

1 Thessalonians 3:12-4:2

Gospel:

Luke 21:25-28, 34-36

"Stay awake, praying at all times..."

Game Changers

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

You can check out our other Game Changer resources on our website: www.waterfordlismore.ie/youth-ministry

30 November [St Andrew, Apostle](#)

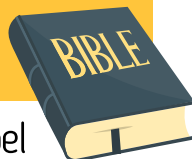
3 December [St Francis Xavier](#)

4 December [St John Damascene](#)



Hear

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



- 1.Name three "signs" Jesus mentions at the start of this passage.
- 2.Even though "men will be dying of fear", why does Jesus tell His apostles to hold their "heads high"? Why should they not be afraid?
- 3.What kind of things can coarsen your heart, according to this passage? What do you think it means to have your heart "coarsened"?
- 4."That day will be sprung upon you suddenly" - what day do you think Jesus is speaking about?
- 5.What is His advice for how to prepare for this day?
- 6.Do you think he means to literally never sleep - or what could another, more practical, meaning be?
- 7.Why do you think this reading is chosen for the first Sunday in Advent?



Gospel Reflection: STRENGTH AND CONSOLATION



Today is the first Sunday of Advent, which is also the first Sunday of the new liturgical year. The Advent season includes the four Sundays that precede Christmas. Advent is a time of preparation for the coming of the Lord. In this season, we recall two central elements of our faith: the final coming of the Lord in glory and the incarnation of the Lord in the birth of Jesus. The key themes of the Advent season are watchful waiting, preparation, and justice.

In this new liturgical year, the Gospel of Luke will be the primary Gospel proclaimed (Lectionary Cycle C). Today's Gospel is taken from the last chapter before the passion narrative in which Jesus is teaching in the Temple. We hear Jesus speak to his disciples about the need for vigilance and prayer as they wait for the coming of the Son of Man in glory. This passage marks the conclusion of a lengthy dialogue in which Jesus predicts the destruction of the Temple in Jerusalem, warns about the persecution and tribulations to follow, and identifies the signs that will signal the coming of the Son of Man in glory.

The community for whom Luke wrote his Gospel may have believed that they were already experiencing some of the events Jesus described. Most scholars believe that Luke's Gospel was written after the destruction of Jerusalem by the Romans in 70 A.D. At the time, many Christians interpreted this event as an indication that Jesus' second coming was near.

Though Jesus predicts a time of destruction and fear, Jesus indicates that others will be frightened; Jesus' disciples are not to fear, but are to stand tall. Yet Jesus does not promise deliverance from anxiety or tribulations. He encourages his disciples to pray for strength. The early Christian communities did not find consolation in the promise of a utopia, nor should we. Instead, we find in our Christian faith the means by which we witness to God's unfailing love for us in all circumstances.

Jesus' predictions about the end times may sound dire, but in the next paragraph Luke tells us that people woke early to listen to Jesus' teaching in the Temple area. In his person and in his message, those who heard Jesus found strength and consolation. Like the first Christians, we may encounter events and circumstances that could lead us to despair. Through prayer, however, we find strength and consolation in Jesus' words and in his continuing presence with us to endure all things and to witness to the action of God in our world.

from Loyola Press: Sunday Connections



"Advent is the spiritual season of hope par excellence, and in this season, the whole Church is called to be hope, for itself and for the world." - Pope Benedict XVI -

ARE YOU READY?

In this Gospel passage, we hear some stark and even frightening imagery: Jesus speaks to His apostles about the end-times, the time of God's final judgement. We do not know when this will be and so He cautions us to stay awake, alert and ready. The "coming of the Son of Man on a cloud" should not be a cause for fear for us, if He is someone we know, love and already spend time with. Certainly, the event would be astonishing and awe-inspiring, but for those who follow Jesus and try to live like Him, what a joyful event! In Jewish tradition, the cloud was a symbol for the presence of God. At Christmas we celebrate "Emmanuel", God-with-us. We have to remember that our God is not a distant God, watching us slip up with a frown on His face. No, He is a loving Father who does everything possible to win our hearts and bring us to Heaven. The whole story of Salvation history (which we retell through the Jesse Tree in Advent) reminds us that God never gives up. This is why the Church gives us the season of Advent: to be prepared to celebrate Jesus' first coming in Bethlehem, and His Second Coming, at the end of the world, or just the end of our lives. Let's not waste the time we have, but use it to serve God and others, and be the best version of ourselves!



CHECK IT OUT: LOOK TO HIM AND BE RADIANT



Ideas for Catholic teachers, homeschoolers, and catechists. Free Religious Education ideas, crafts, lessons, and printables. Free curriculum about teaching with and about Venerable Fulton J. Sheen with emphasis on the Sacraments, prayer, Mary, and the path to Sainthood. Thoughts on crafts, femininity, and beauty.



TEACHER'S CORNER

Pilgrimage through Revelation:

Wed 7.30 - 9pm: Oct 20 - Dec 15. Prayer, Teaching / Study, Tea / Coffee at the Foyer of Charity, Dunmore East, Co. Waterford, X91 FC65 www.foyerofcharity.ie Please book as limited places. Helen : 086 167802, hellywilliams@gmail.com

Lectio Divina:

The praying with the Scriptures, led by the Apostles of the Sacred Heart of Jesus. 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 087-4042785

TESTIMONY TIME



Learn about the great Patron of Missionaries, St Francis Xavier

Young Person's Prayer



Son of God, You are the Light of the world. Shine your light on all our choices this day. Create in us the ability to let your light shine forth for others. We ask this in the name of the Father, Son, and Holy Spirit. Amen.

TUNE OF THE WEEK

O Come, O Come Emmanuel

Pentatonix



WEEKLY CHALLENGE:



Reflect in prayer, and ask God to guide you on how to live this Advent differently. He knows your heart and your deepest desires. He knows too, the wounds our pasts can cause us and areas where we need to choose healing. Choose one thing this week, a small or a big step - that's up to you!

USE THIS WEEK'S RESOURCE TO HELP YOU!

WATCH: [The True Meaning of Advent#](#) (Fr Mike Schmitz).





CHECK OUT THE
CATECHISM OF THE
CATHOLIC CHURCH
SAYS ABOUT THE
SEASON OF ADVENT
CCC 440



LUKE 21:25-28, 34-36

Advent is...
Hopeful Anticipation
Expectant Waiting
Joyful Preparation

Are you ready?

WALKING DEBATE

- CHRISTMAS DECORATIONS SHOULD GO UP STRAIGHT AFTER HALLOWEEN.
- CHRISTMAS MUSIC SHOULD NOT BE PLAYED UNTIL MID DECEMBER.
- CHRISTMAS DECORATIONS SHOULD STAY UP UNTIL THE FEAST OF THE EPIPHANY (OR LATER!)



DO YOU HAVE ANY FAMILY TRADITIONS AROUND DECORATING FOR CHRISTMAS
/ PUTTING UP THE TREE / THE CRIB?

THINK - PAIR - SHARE!

WHAT IS YOUR UNDERSTANDING OF THE SEASON OF ADVENT?

**WATCH THIS VIDEO FROM FR MIKE SCHMITZ, "THE TRUE MEANING OF ADVENT"
(ASCENSION PRESENTS) AND REFLECT ON THE QUESTIONS THAT FOLLOW**



What is Fr Mike's response to people wanting to put up Christmas decorations early:
what question should people ask themselves?

Advent is a season of preparation: what is the first thing we prepare to celebrate?

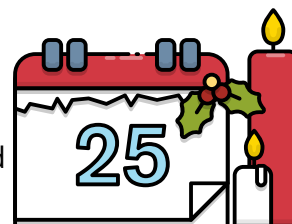
There's a deeper purpose to Advent: what is the second thing we prepare for?

Do we know when this event will happen?

How does Fr Mike explain how it will happen in our lifetimes one way or another?

What stark question does Fr Mike suggest we ask: what could we prepare for as
if it could happen on December 25th this year?

Fr Mike does not suggest this as a morbid thought. Instead he proposes it would
give focus to the season of Advent. In what way(s) could it have this effect?



ARE YOU READY?

LUKE 21:25-28, 34-36

How did one of Fr Mike's students put this challenge into action? How easy would you find it to do something like that? What would hinder you? What would be the benefits?

Now Read, Luke 21:25-28, 34-36



In this Gospel passage, we hear some stark and even frightening imagery: Jesus speaks to His apostles about the end-times, the time of God's final judgement. We do not know when this will be and so He cautions us to stay awake, alert and ready. The "coming of the Son of Man on a cloud" should not be a cause for fear for us, if He is someone we know, love and already spend time with. Certainly, the event would be astonishing and awe-inspiring, but for those who follow Jesus and try to live like Him, what a joyful event! In Jewish tradition, the cloud was a symbol for the presence of God. At Christmas we celebrate "Emmanuel", God-with-us. We have to remember that our God is not a distant God, watching us slip up with a frown on His face. No, He is a loving Father who does everything possible to win our hearts and bring us to Heaven. The whole story of Salvation history (which we retell through the Jesse Tree in Advent) reminds us that God never gives up. This is why the Church gives us the season of Advent: to be prepared to celebrate Jesus' first coming in Bethlehem, and His Second Coming, at the end of the world, or just the end of our lives. Let's not waste the time we have, but use it to serve God and others, and be the best version of ourselves!

MISSION!

IF YOU WERE TO TAKE FR MIKE'S ADVICE, AND DECIDE TO LIVE THIS ADVENT SEASON DIFFERENTLY, WHAT CHANGES COULD YOU MAKE? DID ANY OF FR MIKE'S SUGGESTIONS RESONATE WITH YOUR HEART? REFLECT IN PRAYER, AND ASK GOD TO GUIDE YOU. HE KNOWS YOUR HEART AND YOUR DEEPEST DESIRES. HE KNOWS TOO, THE WOUNDS OUR PASTS CAN CAUSE US AND AREAS WHERE WE NEED TO CHOOSE HEALING. CHOOSE ONE THING THIS WEEK, A SMALL OR A BIG STEP - THAT'S UP TO YOU!

PRAYER TIME!

If you have an Advent Wreath, light the first purple candle. If you don't, try to find a tealight or candle you can light, to remind you of the Light of Christ that dispels the darkness of our world and brings Hope that darkness can never quench.

Son of God, You are the light of the world. Shine your light on all our choices this day. Create in us the ability to let your light shine forth for others. We ask this in the name of the Father, Son, and Holy Spirit. Amen. Ave Maria Press



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE FIRST WEEK OF ADVENT

- [O Come, O Come Emmanuel \(Pentatonix\)](#)
- [Help from Heaven \(Matt Redman\)](#)
- [Prepare the Way \(Charlie Hall\)](#)
- [To those who wait \(Bethany Dillon\)](#)
- [Come, Thou Long Expected Jesus \(Meredith Andrews\)](#)
- [While I'm waiting \(John Waller\)](#)
- [Come to save us \(All Sons&Daughters\)](#)
- [I will wait \(Mumford & Sons\)](#)

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



The Big Story: Gospel Project
(Salvation History)



Come Thou Long Expected Jesus
The Skit Guys

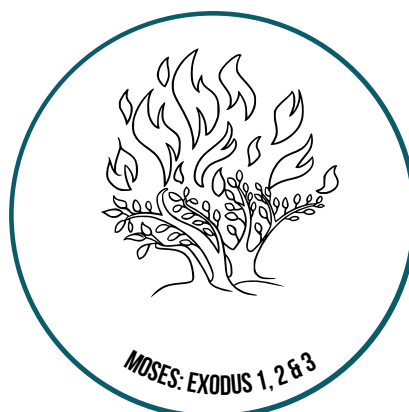


Advent in Two Minutes
Busted Halo

Advent symbol: THE JESSE TREE



The Jesse Tree is a way of preparing for Advent by discovering more about Salvation History through the stories of Jesus's family tree. Each day of Advent, read a Bible story or extract about one of Jesus' ancestors, and hang the appropriate symbol / ornament on your Jesse Tree, which can be something as simple as a branch. As the number of decorations increase, you'll see the story of salvation unfold: how God prepared for Jesus to be born through many generations.



Advent symbol: THE JESSE TREE



Isaiah 11:1:

"A shoot shall come out from the stump of Jesse,
and a branch shall grow out of his roots."

Jesse was the father of David, who became Israel's greatest king. Jesus is descended from the line of David, the promised "branch" in the line of Jesse and David.



[The Big Story: Gospel Project
\(Salvation History\)](#)



[Come Thou Long Expected Jesus
The Skit Guys](#)

