

TO THE Heights

Celebrating and Supporting the Catholic faith in our post-primary schools and amongst our young people.

-  [ascendwaterfordlismore.ym](https://www.instagram.com/ascendwaterfordlismore.ym)
-  [AscendWaterfordLismoreYM](https://www.facebook.com/AscendWaterfordLismoreYM)
-  [Ascend Youth Ministry](https://www.youtube.com/AscendYouthMinistry)



THIRD SUNDAY IN ORDINARY TIME

 youthministry@waterfordlismore.ie



James Tissot, Public domain, via Wikimedia Commons

Year C

Sunday Mass Readings

First Reading:

Nehemiah 8:2-6, 8-10

Responsorial Psalm:

Psalm 18(19):8-10, 15

Second Reading:

1 Corinthians 12:12-30

Gospel:

Luke 1:1-4, 4:14-21

"This text is being fulfilled today even as you listen."

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.

24 January [St Francis de Sales](#)

25 January [The Conversion of St Paul](#)

26 January [Sts Timothy and Titus](#)

27 January [St Angela Merici](#) (Happy feast day to All Ursulines!)

28 January [St Thomas Aquinas](#)



Hear



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



1. Why does Luke say he decided to write a Gospel account?
2. Research: what event happened just before this scene, in Luke 4?
3. What did the prophet Isaiah foretell the Messiah would do?
4. What is significant about the statement Jesus made when He sat down to teach?
5. Why do you think all eyes were fixed on Him?
6. What do you think the atmosphere in the synagogue was like that day? What would you have thought if you had been there?



Gospel Reflection: ANOINTED BY THE SPIRIT



In last week's Gospel from John, we heard about the first public sign worked by Jesus at the wedding feast at Cana; "He let His glory be seen and His disciples believed in Him." This Sunday we move to a public announcement by Jesus of His Mission in Luke's Gospel. Jesus has just spent forty days fasting and praying in the desert, having been led there by the Spirit, where He was tempted by Satan before returning to Galilee to begin His public ministry.

Imagine the scene: this enigmatic preacher stepping forward in the synagogue, taking the scroll of the Prophet Isaiah from their hand (Isaiah 61:1-2). As He selected the passage He wished to read, they must have wondered what He would choose that day. Can you hear the steady authority in His voice as He read the words written about Him centuries beforehand? Can you imagine the racing thoughts, the swirling questions, the bated breath? Can you sense the growing excitement and tension of the moment? Then He announces, "This text is being fulfilled today even as you listen." All eyes were fixed on Him. An epic moment in Salvation History, but let's not leave it there as a historical event. The question for us today is not how they reacted 2000 years ago, but how I react now? Do I believe this message is for me also? Do I believe Jesus wants to set me free today, to fill my life with His good news?

Today we begin Catholic Schools Week 2022 - the theme for the week is 'Catholic Schools: Living Life to the Full'. What is it for a Catholic to live life to the full? To accept the message of Jesus Christ and to bring it to others, surely. Look again at what the Prophet Isaiah foretold the Messiah would do: "The spirit of the Lord has been given to me, for he has anointed me. He has sent me to bring the good news to the poor, to proclaim liberty to captives, to set the downtrodden free, to proclaim the Lord's year of favour."

By virtue of our baptism, we too have been called to this mission, we too have been anointed by the Spirit and are urged forwards, out of our comfort zones, to bring this life-giving, life-changing message to all we meet. Are we willing to step up to our responsibilities as Christians, and share the treasures of our faith with others, in concrete and practical ways? We are blessed with opportunities to proclaim the Lord through our words and actions each and every day, if we can just recognise them and choose to act. Let's tune our hearts to the Spirit's promptings, to see as Jesus sees, to love as He loves, and to free as He frees.

TEACHER'S CORNER

The Chosen: Tuesdays (1 Feb - 29 March), 2 - 2.30pm, **St John's Pastoral Centre**. Come watch an episode with the Apostles of the Sacred Heart of Jesus and stay for a chat and a cuppa! RSVP Sr Shawn 087 4042785 / waterford@asqj.us.org

The Chosen: Zoom Series, Wednesday nights, 8 - 9.15pm, 2 Feb - 30 March
www.waterfordlismore.ie for more information

Introduction to Theology of the Body: Mon 7.30 - 9pm, Feb 14 - April 4. Foyer of Charity, Dunmore East. Registration essential. Contact Helen 086 1678027 / hellywilliams@gmail.com

Lectio Divina: resuming on 3rd Feb: a time of Gospel reading, sharing and a cuppa. Thursdays 7.30 - 9pm Sacred Heart Parish Centre, the Folly, Waterford. Contact Sr Shawn 087 4042785 / waterford@asqj.us.org

TESTIMONY TIME

Holy Family Mission Testimony

"God can turn my mess into a beautiful part of His plan..."

WITH EZEKIEL



Young Person's Prayer The Angelus



Do you know how to pray the Angelus?
It's a prayer prayed at 6am, 12pm, 6pm and midnight (if you're still awake then).
It's a special meditation on the Incarnation of Jesus. The full prayer is printed on page 5!



"Mary notes our needs before we ourselves feel them." Archbishop Fulton Sheen

WHY GOD BECAME MAN

This Gospel passage is just rife with bubbling anticipation and excitement. Jesus' reputation as a revolutionary preacher has been growing, His teaching has been stirring up hearts, both for and against him.

Then he returns to Galilee, and reads from Isaiah 61, a well-known passage. You can imagine Him pausing dramatically as the crowds' eyes are fixed on Him, and then He announces, "This text is being fulfilled today even as you listen." Mic drop (if He had a mic!) Jesus was effectively telling His listeners that He was the Chosen One, the Messiah, the One whom the Prophet Isaiah foretold. What a claim to make, absolute blasphemy if He was wrong. We know, however, that He was speaking the truth, because Jesus IS the Way, the Truth and the Life. He was fulfilling the Old Testament prophecies.

God became man, to show us how to live, how to love, how to die, and how to live forever in heaven, with Him. He modelled a way of life we are still called to practice today. By the power of the Holy Spirit, we can do this. Let's decide to follow His lead.

TUNE OF THE WEEK

In Christ Alone

K&K Getty, Alison Krauss



WEEKLY CHALLENGE:



Look again at what Jesus has been anointed to do, according to the Prophet Isaiah. Because we have been anointed by the Spirit at our baptism, we have the same call. How can you put even one aspect of this call into practice in your life this week? Ask the Holy Spirit to open your eyes to what He wants you to do, and then act when you feel His prompting!

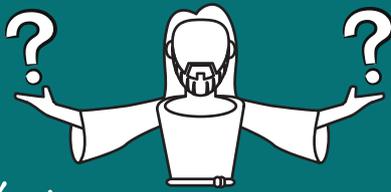
WATCH: VIDEO: "Mark Hart on the 4 Reasons God became man."

CHECK IT OUT: CALLED TO MORE



"Called to More is a Catholic apostolate based in Dublin, Ireland. "Our mission is to help you know your faith as a way of life and a relationship with God. At Called to More, we believe God has individually and uniquely called you to know Him, to love Him, to share Him with others, and to live with Him in complete joy forever. We are reminding you of this call — your call — to something more."





Why did God become man?

"For us men and for our salvation he came down from heaven; by the power of the Holy Spirit, he became incarnate of the Virgin Mary, and was made man."
Nicene Creed



CHOOSE A FAVOURITE TOPIC (SPORT / TEAM / BAND / GAME ETC) AND TALK FOR A MINUTE EXPLAINING THE BASIC INFO EVERYONE SHOULD KNOW.

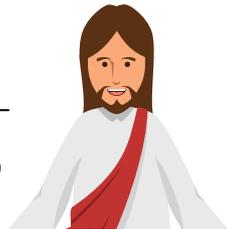
IF SOMEONE ASKED YOU, "WHAT ARE THE BASICS OF CHRISTIAN BELIEF?", HOW WOULD YOU ANSWER? WHAT POINTS WOULD YOU MENTION?



Have you seen John 3:16 on posters at matches? What does the quote say?

HOW WOULD YOU EXPLAIN WHY GOD BECAME MAN, WHY JESUS CAME TO US IN HUMAN FORM?

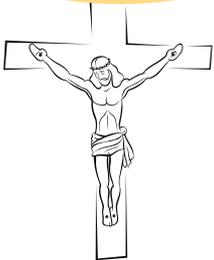
WATCH THIS EXTRACT FROM THE ALTARATION SERIES: "MARK HART ON THE 4 REASONS GOD BECAME MAN." AND REFLECT ON THE QUESTIONS THAT FOLLOW



Mark lists 4 reasons God became man. We find these in the Catechism of the Catholic Church.

Reason 1: To save us from our _____, in other words, to r_____ us.
[Jesus accomplished this through His D_____ and R_____!]

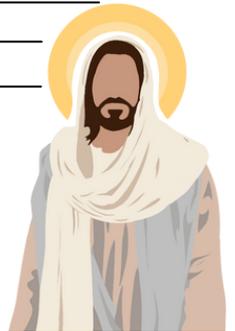
Reason 2: To show us what _____ is. It's more than a feeling, or an idea, or a song lyric. It requires s_____ and it works for the other's s_____.
[Jesus showed the depth of His love for us by dying on the C_____!]



Reason 3: To model _____ for us.
Can you think of ways Jesus modelled this way of life for us?
How did He serve / help others? _____



Reason 4: So that we can partake in the D_____ N_____.
God became man so man could become like _____.
God gives us His Divine life which we call g_____



WHY DID GOD BECOME MAN?

[LUKE 1:1-4, 4:14-21](#)

Rewatch Mark Hart's short video. Now test yourself - can you explain briefly the four reasons God became man? Maybe you can come up with some memory / mnemonic devices to help you?





Now Read Luke 1:1-4, 4:14-21



This Gospel passage is just rife with bubbling anticipation and excitement. Jesus' reputation as a revolutionary preacher has been growing, His teaching has been stirring up hearts, both for and against him. Then he returns to Galilee, and reads from Isaiah 61, a well-known passage.

You can imagine Him pausing dramatically as the crowds' eyes are fixed on Him, and then He announces, "This text is being fulfilled today even as you listen." Mic drop (if He had a mic!) Jesus was effectively telling His listeners that He was the Chosen One, the Messiah, the One whom the Prophet Isaiah foretold. What a claim to make, absolute blasphemy if He was wrong. We know, however, that He was speaking the truth, because Jesus IS the Way, the Truth and the Life. He was fulfilling the Old Testament prophecies. God became man, to show us how to live, how to love, how to die, and how to live forever in heaven, with Him. He modelled a way of life we are still called to practice today. By the power of the Holy Spirit, we can do this. Let's decide to follow His lead.



MISSION!

LOOK AGAIN AT WHAT JESUS HAS BEEN ANOINTED TO DO, ACCORDING TO THE PROPHET ISAIAH. BECAUSE WE HAVE BEEN ANOINTED BY THE SPIRIT AT OUR BAPTISM, WE HAVE THE SAME CALL. HOW CAN YOU PUT EVEN ONE ASPECT OF THIS CALL INTO PRACTICE IN YOUR LIFE THIS WEEK? ASK THE HOLY SPIRIT TO OPEN YOUR EYES TO WHAT HE WANTS YOU TO DO, AND THEN ACT WHEN YOU FEEL HIS PROMPTING!



PRAYER TIME!

THE ANGELUS:

Read about the origins of the Angelus Prayer, which celebrates the mystery of the Incarnation of Jesus, God becoming man. Decide this week to try to pray the Angelus at 6pm each day, and set an alarm if you need to! You can use our attached resource, or screen-shot our Angelus Prayer in our Insta Stories (Prayer)! Make 2 minutes for God each day a priority for you this week!



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON GOD BECOMING MAN



- [In Christ Alone - Keith & Kristyn Getty, Alison Krauss](#)
- [Emmanuel - Hillsong](#)
- [Here I am to Worship - Hillsong](#)
- [What a Beautiful Name - Hillsong](#)
- [Lord I Lift Your Name on High: Shane & Shane](#)
- [You gave your life away - Paul Baloche](#)
- [Son of Man, Son of God - Travis Ryan](#)
- [Human for me - Kathy Kinard](#)

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




HFM Testimony: Watch Ezekiel's story of how His relationship with God has grown



Why did God take on our humanity? (Fr Mike Schmitz)

THE ANGELUS PRAYER ONLY TAKES ABOUT TWO MINUTES, SO IT'S A REALLY EASY WAY TO ADD REGULAR PRAYER INTO YOUR DAY!



YOU COULD USE THE PRAYER AS YOUR LOCK SCREEN FOR EASY ACCESS! FIND OUR IMAGE ON OUR INSTA STORIES (PRAYER)

STOP WHAT YOU'RE DOING!

Are you someone who needs technology to set reminders for you? Many people today use their smart-watches, phones or Fitbits to remind them to stay hydrated, or to get up from their desks and move. It's good for our health and well-being. Some even set alarms when to go to bed, as well as when to get up! We often need something outside of ourselves to interrupt what we are doing and remind us of what's important - we can struggle with discipline and balance in our own lives. Life is busy and shows no sign of slowing down! Simple reminders or alarms are often necessary for our physical health, but also for our spiritual health too.

DONG - DONG - DONG!?

You might be familiar with the Angelus bell at 6pm on RTÉ 1. You may not be familiar with the origins of it however. Catholics have been praying the Angelus for centuries. The Angelus bells ring out three times daily around the world, to interrupt the daily routines of Catholics, reminding them to turn their thoughts towards God and heavenly things. Even non-Catholics can find the interruption useful, a call to lift oneself out of busy routines, and reflect on the important things in life, for just a moment.

The famous painting by Jean-François Millet depicting labourers in a field, stopping to pray the Angelus when they hear the bells ringing in the distance.



TOO BUSY TO STOP?

We can always convince ourselves when we hear the Angelus bells that we're too busy at that moment to stop and pray, but adding a little discipline to our lives, creating a God-space for just 2 out of the 1440 minutes in each day, reminds us that we can choose how we order our day, and give a dedicated time back to God, in thanksgiving.

PRAYING THE ANGELUS

The prayer begins with the story of the Angel Gabriel visiting Mary. We walk with Mary from that moment of the Annunciation to the birth of Jesus, and then we remember how Jesus died and rose from the grave to save us because He loves us - that's definitely worth two minutes of reflection each day!



V. The Angel of the Lord declared unto Mary.
 R. And she conceived of the Holy Spirit. **Hail Mary...**
 V. Behold the handmaid of the Lord.
 R. Be it done unto me according to Your word. **Hail Mary...**
 V. And the Word was made Flesh.
 R. And dwelt among us. **Hail Mary...**
 V. Pray for us, O holy Mother of God.
 R. That we may be made worthy of the promises of Christ.

LET US PRAY:

Pour forth, we beseech You O Lord, Your grace into our hearts, that we to whom the Incarnation of Christ Your Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.