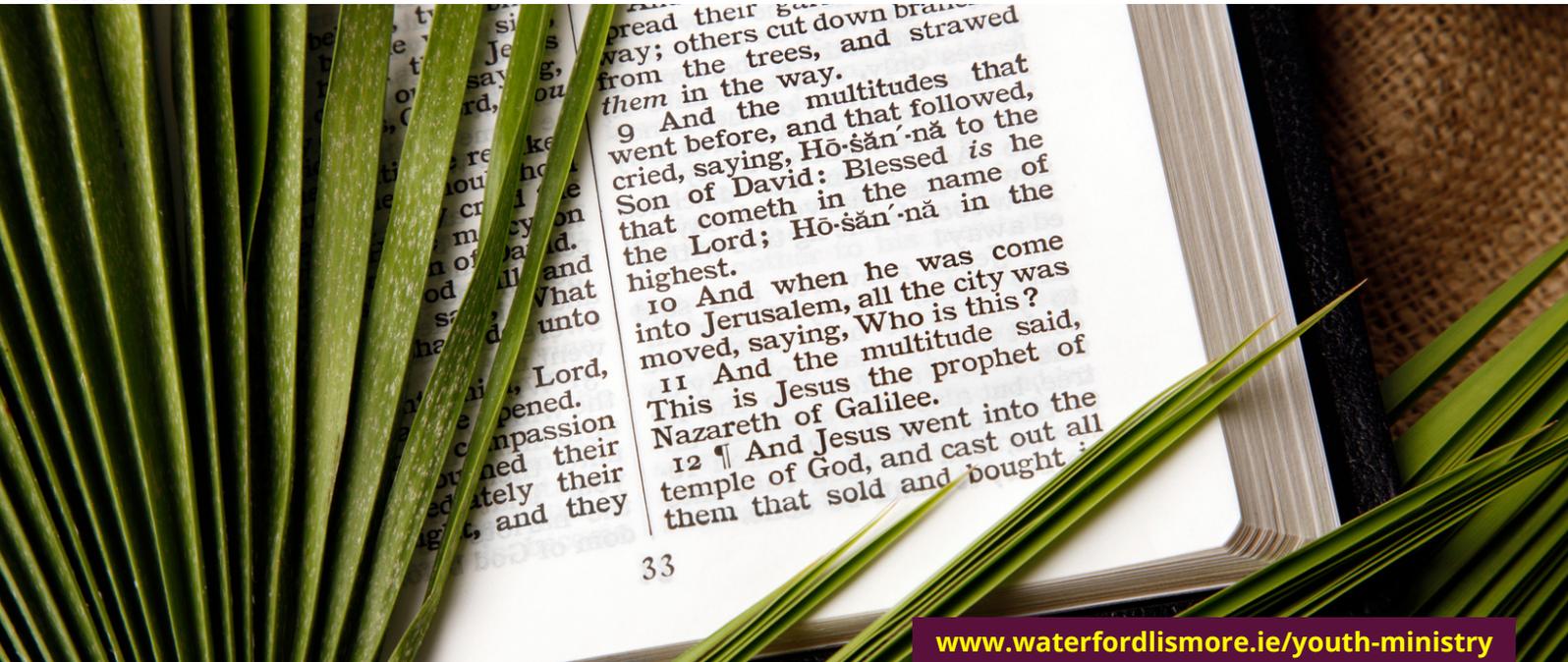


To the Heights

PALM SUNDAY

Subscribe to receive by email!



Year C

Sunday Mass Readings

Luke 19:28-40

First Reading:

Isaiah 50:4-7

Responsorial Psalm:

Psalm 21(22):8-9,17-20,23-24

Second Reading:

Philippians 2:6-11

Gospel:

Luke 22:14-23:56



www.waterfordlismore.ie/youth-ministry

- ascendwaterfordlismore.ym
- AscendWaterfordLismoreYM
- Ascend Youth Ministry



"Father, forgive them, they do not know what they are doing..."

Game Changers

The Catholic Church's Liturgical Calendar is crammed full of inspirational saints and heroes, or as we like to call them, **Game Changers!** Check them out on our web page!



- | | |
|------------|---------------|
| April 13th | Spy Wednesday |
| April 14th | Holy Thursday |
| April 15th | Good Friday |
| April 16th | Holy Saturday |



Reflect

1. What did Jesus foretell Peter would do after Jesus' arrest? Did it happen?
2. How did Herod mock Jesus?
3. Why was Pilate originally reluctant to have Jesus put to death?
4. What role did Simon of Cyrene play in Jesus' passion?
5. What words did Jesus speak while on the cross (according to Luke's Gospel)?
6. What events happened at the sixth hour?
7. What did the centurion say after Jesus' death?
8. What role did Joseph of Arimathea play?

CHECK IT OUT: POOR AND HUMBLE HEART



Poor and Humble Heart is an Irish worship movement which seeks to surround the Eucharistic Throne of the Lamb of God with praise. Adoration is the source of our worship--adoration is the summit where we will lead others in song. They have recently launched their first album and you can support them on Soundcloud, Bandcamp, or Amazon Music. Click the links above!



Jesus shows us His wounds so we won't be afraid to show him ours. Fr Mike Schmitz

HE DIED FOR ME

It's Holy Week. What does that mean to you? Is it simply a relief just to have some time off school or college? Or is there something more going on? Each year we are given a precious few days to really refocus our hearts on what matters most in this life: the overwhelming, never-ending, reckless love of God! We owe it to ourselves as well as to God to take a few minutes each day to sit in silence in our rooms, or a Church, or outdoors and just think about how great His love is for us, that He would send His Son to die in our place so that we may have eternal life with Him in heaven. Think of the humanity of Jesus, knowing what He was to face during His passion and death, but choosing it out of love for each one of us too, without hesitation. That's how much you're worth! Think about how we have a God who understands pain, rejection, cruelty, loneliness, fear, torment, abandonment. Think about what the mother of Jesus went through that week, seeing her only Son, completely innocent, tortured, mocked and abused, but silently supporting Him because she knew what the end goal was: our salvation. Then rejoice on Easter Sunday with her: Jesus conquered death, sin and darkness!

TUNE OF THE WEEK

Reckless Love



Cory Asbury



WEEKLY CHALLENGE:



Make a special effort this week to pray the Stations of the Cross. You can watch them online, or use the post on our Instagram page to meditate on a few stations each day. Ask Jesus to show you this week how much He really loves you, and pray for the grace to let that love affect your whole life!

Check out our weekly resource pack on pg 3-4!

WATCH



[Holy Family Mission Stations of the Cross](#)



We adore You oh Christ, and we praise You, because by Your Holy Cross You have redeemed the world!



This Sunday, called Palm or Passion Sunday, is the first day of Holy Week. Holy Thursday, Good Friday, and the Easter Vigil on Holy Saturday are called the Triduum, three days that are the highlight of the Church year. Throughout Luke's Gospel we see that Jesus' words and actions proclaim the Kingdom of God. This motif continues throughout Luke's passion narrative. Jesus appears to be in total command of events at the Passover meal as he hands over the kingdom to his disciples. He welcomes them to the Passover meal announcing that this will be his last until the Kingdom of God is fulfilled. As throughout Luke's Gospel, however, the disciples show little understanding of this kingdom that Jesus often announces. Following the meal, the disciples argue about who is the greatest. Jesus takes the opportunity to distinguish the meaning of leadership in the Kingdom of God from the forms of leadership seen in the world. Jesus initiates a conversation with Simon and predicts his denial. Jesus then instructs his disciples to prepare themselves for the events that will follow. His words reveal an awareness of the challenges that all of them will face in the days ahead. As the disciples and Jesus enter the Mount of Olives, Jesus indicates the importance of the disciples' time in prayer, telling them that through prayer they will be able to face the challenges ahead. As he prays, Jesus is tested. In the garden, an angel is sent to strengthen him and to prepare him for the events ahead. After this moment, Jesus is again in charge of the events and circumstances. In Luke's Gospel, Jesus is portrayed as active and vocal throughout his passion. When one of the disciples strikes the high priest's servant, Jesus heals the man, an event reported only in the Gospel of Luke. Jesus stops the disciples' protest against his arrest by noting that this is the "time for the power of darkness." Jesus engages and responds when brought before the Sanhedrin; his words speak about the "power of God" that will bring about the reign of the Son of Man. When questioned by Pilate, Jesus responds with just one phrase; yet before Herod, Jesus refuses to speak. When Luke describes the Way of the Cross and Jesus' crucifixion, he calls to our attention many events that are not reported in the other Gospels. Throughout his Gospel, Luke has paid heed to the women who accompanied Jesus. Now, on the road to Calvary, Jesus speaks to the women who walk with him. Only Luke reports Jesus' words of forgiveness spoken from the cross. And only Luke reports the dialogue between Jesus and the good thief. Finally, in contrast with the Gospels of Mark and Matthew, Luke reports no words of abandonment spoken by Jesus on the cross. Instead, Jesus, in full command until his death, commends his spirit to his Father and takes his final breath. Throughout Holy Week, we will continue to reflect on the events of Jesus' passion and death. As we meditate on the cross, we ask again and anew what it means to make the statement of faith that Jesus, in his obedient suffering and dying, revealed himself to us as God's Son and brought to fulfillment the Kingdom of God. Read full extract on [Loyola Press - Sunday Connection](#)



WHAT'S ON

Cherished Evening: for women aged 18-50. Glencomeragh House: Monday 11th April, Rosary at 7.30pm, Mass at 8pm, followed by tea and chat!

Live Stations of the Cross Led by Holy Family Mission, Good Friday, 12 Noon, Ss Peter & Paul's Church Clonmel

Prayer around the Cross: Holy Family Mission, Good Friday, 7.30pm. Music, reflection, silence. All welcome.

Live-streamed on www.holyfamilymission.ie

Arise Family Conference: A Catholic family conference will be held in Tramore from 17th to 22nd April. Booking essential. More details at www.arisefamilyconference.ie

Silent Retreat preached by: Fr. Kilian Byrne, Foyer of Charity at Glencomeragh House, April 18-24, Cost €380 full board. Contact Helen 086 1678027/ hellywilliams@gmail.com

Ablaze: Life in the Spirit Seminars for young adults aged 18-35. Starting Tuesday 26th on Zoom. www.waterfordlismore.ie/youth-ministry



What are the Stations?

We adore You oh Christ, and we praise You, because by Your Holy Cross You have redeemed the world!



WHAT DO YOU THINK OF WHEN YOU HEAR THE WORD "STATION"?

The Stations of the Cross present key moments to pause and reflect along Jesus' journey to Calvary: the people He interacted with, the sufferings He went through in His passion, and the love He showed. They are sometimes known as the *Way of the Cross*, the *Via Crucis* or the *Via Dolorosa*.

At each Station, we recall and mediate on a specific event from Christ's last day, prayers are offered and then we move on to the next Station. Individuals often pray these alone in a Church, physically moving from Station to Station, gaining consolation in their own trials and worries. The Way of the Cross is prayed together by Catholics on Good Friday as part of the liturgy.

Stations of the Cross are commonly found in churches as a series of 14 icons or images, and they can also appear in Church yards arranged along paths.

HAVE YOU EVER PRAYED THE STATIONS OF THE CROSS BEFORE?

DO YOU KNOW IF YOUR LOCAL CHURCH HAS A SET OF STATIONS? WHAT DO THEY LOOK LIKE?



Even if you don't know the prayers that go with the Stations, you can always walk from one to the next, thinking about what you see in each scene and speaking to Jesus about what He is going through there. Or you can watch the video dramatised by the young people at Holy Family Mission available on the Diocese of Waterford & Lismore YouTube channel.



NUMERACY TRICK TO HELP YOU REMEMBER THE STATIONS

14

Stations

3-7-9

Falls of Jesus

4-6-8

Jesus meets women on the Via Crucis

Brief Guide to the Stations



I. JESUS IS CONDEMNED TO DEATH

Jesus was innocent, blamed for things He did not do, and having been scourged cruelly, He was sentenced to death by Pontius Pilate.



II. JESUS TAKES UP HIS CROSS

Crucifixion was a routine but horrifically cruel way of executing criminals at the time. The soldiers dragged Jesus out and placed a heavy cross on His shoulders.



III. JESUS FALLS FOR THE 1ST TIME

Jesus was already exhausted from being beaten, scourged, crowned with thorns, mocked and spat on. Now He fell flat on his face under the weight of the cross.



IV. JESUS MEETS HIS MOTHER

Mary pushed through the crowd to be near her son, Jesus, to offer Him consolation. Of all people, she understood best why He had to suffer in this way.



V. SIMON OF CYRENE HELPS JESUS

Simon was an onlooker, pulled from the crowd to help Jesus carry His cross because it was too heavy for Jesus in His weakened state.



VI. VERONICA WIPES JESUS' FACE

Bravely, Veronica stepped forward, offering the only comfort she could, to wipe the blood, sweat and dirt from Jesus' face with her veil.



VII. JESUS FALLS FOR THE 2ND TIME

Jesus fell again under the heavy weight of the cross, as His strength failed on the way to Calvary. Yet again, He got up and continued on.



VIII. JESUS CONSOLES THE WOMEN

A number of women were crying at the roadside as Jesus passed. He told them not to weep for Him, but for themselves.



IX. JESUS FALLS FOR THE 3RD TIME

Almost at the top of Calvary, Jesus could barely get up and continue on, as the soldiers whipped Him and hurled abuse at Him.



X. JESUS IS STRIPPED OF HIS CLOTHES

We can only imagine the pain Jesus felt as the soldiers tore His blood-clotted clothes from Him, reopening His wounds and humiliating Him.



XI. JESUS IS NAILED TO THE CROSS

Huge nails were driven into Jesus' wrists and feet as He was nailed to the cross and remained there in agony for hours.



XII. JESUS DIES ON THE CROSS

At three o'clock on Good Friday, having asked God the Father to forgive everyone, Jesus bowed His head and died.



XIII. JESUS IS TAKEN DOWN FROM THE CROSS

Jesus was placed in the arms of Mary. She must have remembered what it was like to hold Him as a baby, and now her son lay dead.



XIV. JESUS IS PLACED IN THE TOMB

Joseph of Arimathea gave the followers of Jesus a tomb where He could be buried: the Light of the World by darkness was slain.

THE TRADITIONAL STATIONS OF THE CROSS END WITH STATION XIV. THEY ARE PRAYED THIS WAY ON GOOD FRIDAY. AT OTHER TIMES OF THE YEAR, A 15TH STATION, THE RESURRECTION, CAN BE ADDED.



XV. THE RESURRECTION

Jesus rose from the dead, defeating sin and death. We celebrate this on Easter Sunday, and every Sunday. Christians are a people of hope.



Prayer time:

Set aside a few minutes of silence. Make the sign of the cross and pray:

WE ADORE YOU, OH CHRIST,
AND WE PRAISE YOU BECAUSE
BY YOUR HOLY CROSS, YOU
HAVE REDEEMED THE WORLD.

PICK ONE STATION TO REFLECT ON.

You might find it helpful to first re-watch your chosen station.  Think about what happened in that scene, what action can be seen, what can be heard, who the characters are and how they are responding to Jesus, how Jesus acted, and lastly how this can speak to your life. You could pick one of the songs below to listen to. Maybe you would like to write your own prayer. Finish by making the sign of the cross.



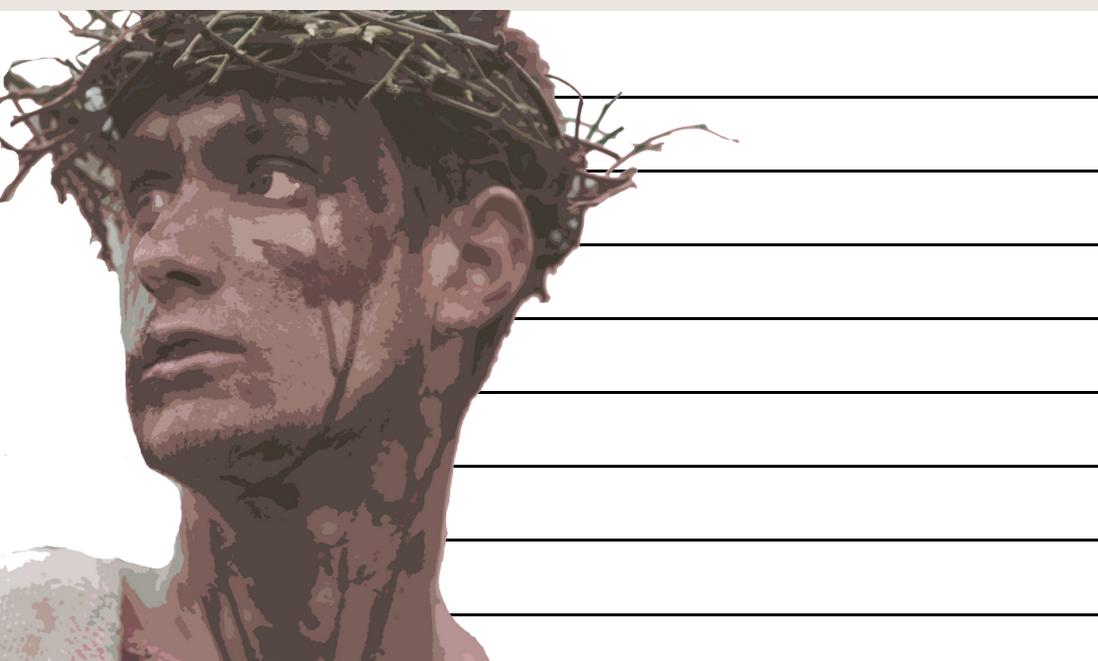
Music to help you reflect on the Passion of Jesus

EACH SONG TITLE IS A YOUTUBE LINK ALSO

- "Watch the Lamb" - Ray Boltz
- "Why?" - Nicole Nordeman
- "Worthy is the Lamb" - Hillsong
- "At the Cross" - Hillsong
- "How Deep the Father's Love for Us" - Fernando Ortega
- "Forever" - Kari Jobe
- "Above All" - Michael W Smith
- "In Christ Alone" - Stuart Townend
- "Anastasis" (O Praise the Name) - Hillsong
- "What a beautiful name" - Hillsong
- "You gave your life away." - Paul Baloche
- "Amazing Love" - Graham Kendrick
- "Once Again" - Matt Redman
- "My Redeemer Lives" - Nicole C Mullen
- "Who am I" - Casting Crowns
- "O Come to the Altar" - Elevation Worship
- "The Passion" - Hillsong
- "Reckless Love" - Cory Asbury
- "Stay with me" - Taize Chant
- "Jesus remember me" - Taize Chant
- "Misericordias Domini" - Taize Chant
- "Crucem Tuam" - Taize Chant
- "Nearer my God to Thee" - Sarah Flower Adams
- "This is Jesus" - Jim Cowan



What music would you include on a playlist for Easter? 
What songs do you know that address issues of suffering, loss, hope?



CHECK OUT THE FOLLOWING RESOURCES TO HELP YOU CELEBRATE HOLY WEEK!



ASCENSION PRESENTS

FR MIKE SCHMITZ: PRAYING THROUGH HOLY WEEK



READ
OR
WATCH:



"THE LION, THE WITCH AND THE WARDROBE" (CS LEWIS)

Pay particular attention to how Aslan portrays the Christian themes of sacrifice and redemption.