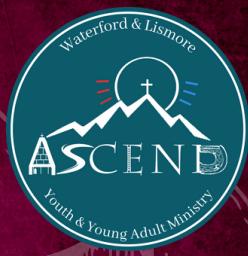




# To the Heights

EASTER SUNDAY



Subscribe to receive by email!



Year C

## Sunday Mass Readings

### First Reading:

Acts 10:34, 37-43

### Responsorial Psalm:

Psalm 117(118):1-2, 16-17, 22-23

### Second Reading:

Colossians 3:1-4

### Gospel:

John 20:1-9



Click the Bible image for this week's readings if you don't have a Bible handy!

[www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)

[ascendwaterfordlismore.ym](#)

[AscendWaterfordLismoreYM](#)

[Ascend Youth Ministry](#)


"Till this moment they had failed to understand the teaching of Scripture, that he must rise from the dead."

## Reflect



1. What day was the first day of the week?
2. Who came to the tomb first?
3. Why is it unusual that a woman was the first witness (research the role of women at the time of Jesus!)
4. Who did Mary Magdalene run to?
5. Who is generally believed to be the Beloved Disciple?
6. Who got to the tomb first?
7. Who went in first?
8. What did he notice about the burial cloths?
9. Do you think the disciples fully understood at this moment that Jesus had risen?

## 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!



Celebrate Easter Week!

Check out our playlists in the resource pack for ideas!



**CHECK IT OUT:** **ENCOUNTER**

Encounter is a new young adult initiative in the Diocese of Waterford & Lismore. What can you expect? A great talk, music and a time of prayer with other young adults, followed by refreshments and chat afterwards! Free admission! Holy Cross Church, Summerhill, Tramore Friday 22nd April at 7.30pm. (St John's Waterford May 13th, June 17th at 8pm) For more info contact youthministry@waterfordlismore.ie or ring / text (085) 8623704



We are an Easter People and Alleluia is our song!  
St John Paul II

**RAISE A HALLELUJAH!**

If Jesus had just been an innocent man who was put to death on Good Friday, His death would have been tragic and an act of senseless cruelty, and the story would have ended there. For Christians, however, Good Friday is not the end of the story.

Jesus told his followers on numerous occasions that He would have to suffer and die, but on the third day He would rise again. They were incapable of understanding that at the time. Imagine the pain, grief and hopelessness they must have felt on Good Friday, watching their good friend suffer and die, and with Him all their hopes for the future?

Then imagine their overwhelming joy and sense of hope they felt at the resurrection! His mother, Mary, never lost hope in Jesus' promises.

Can you imagine how joyful their reunion was after the Resurrection?

**Gospel Reflection:  
HE IS RISEN!****TUNE OF THE WEEK****Raise a Hallelujah!**

Bethel Music

**WEEKLY CHALLENGE:**

St John Paul II famously said, "We are an Easter People, and Alleluia is our song!" Make a special effort this week to live as an "alleluia person" - don't give in to complaining, or negativity, or laziness or selfishness. Live as someone who knows how much Jesus loves you and what He was willing to do for you! Raise a Hallelujah!

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

WATCH:



Fr Mike Schmitz: The Role of Hope in Holy Week

**Young Person's Prayer**

I raise a Hallelujah, my  
weapon is a melody!



EASTER - HE IS RISEN



Impossible

**WHAT'S ON**

**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

**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](http://www.arisefamilyconference.ie)

**Encounter:** gathering for **young adults aged 18-35** in Holy Cross Church, Fri 22nd April, March, 7.30pm, Talk - Music - Prayer - Refreshments. Free Admission. More info: [www.waterfordlismore.ie](http://www.waterfordlismore.ie)

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

**Youth 2000 Munster Retreat** for those aged 16-30, Corbally Col Limerick, 29 April - 1 May. More info on [www.youth2000.ie](http://www.youth2000.ie)

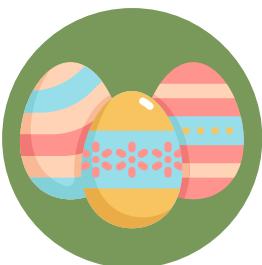
Loyola Press - Sunday Connection



# Easter Symbols

## CHECK OUT THE MEANING OF THE FOLLOWING EASTER SYMBOLS:

Eggs



Easter eggs are said to represent Jesus' emergence from the tomb and resurrection.

So when you're tucking into your first, or fifth chocolate egg on Easter Sunday, think of what that empty tomb means:

That you have a God who loves you so much, He was willing to suffer, die and rise again from the dead just for you! He conquered sin and death, for our sakes! Now, that's sweeter than any chocolate!

Lilies



White Easter Lilies symbolise Christ's purity and are often used to decorate churches and homes at Easter time.

Lilies grow from dormant bulbs in the ground to flowers which symbolise the rebirth and hope of Christ's resurrection.

Bunnies!



Not much to be honest! At least, not with any real Christian understanding of Easter! Rabbits are associated with fertility (because they have so many baby bunnies in Springtime!). For Christians, at most, the rabbit can symbolise new life and rebirth.

Butterflies



The whole life cycle of a butterfly can be seen as a symbol for the life of Jesus Christ.

The first stage, the caterpillar, can stand for His earthly life.

The cocoon stage can be seen to symbolise Jesus' crucifixion and burial.

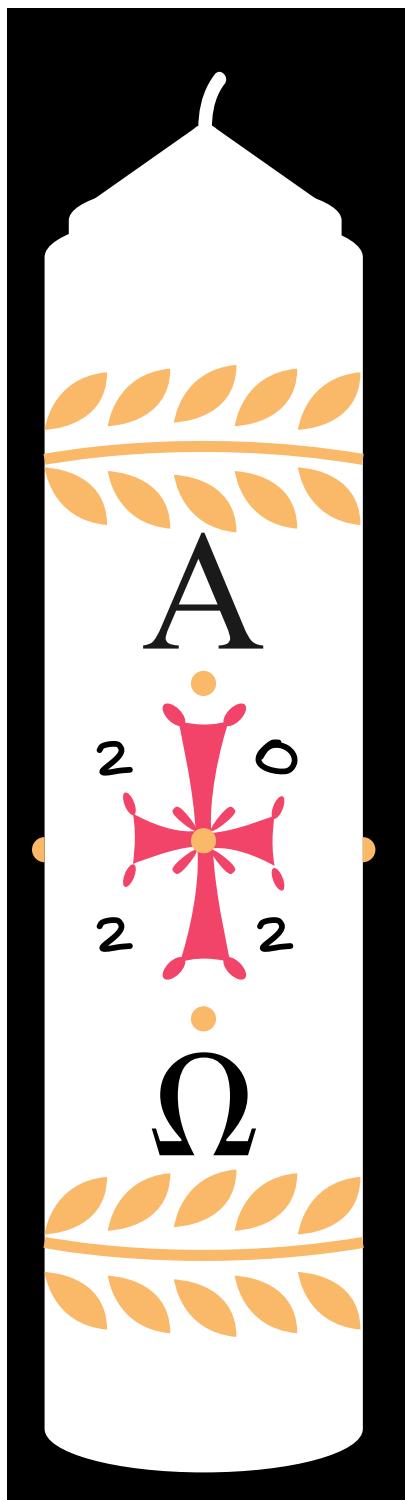
The final stage is the butterfly, representing His resurrection from the dead in a glorified body.

Lambs



Of all the Easter symbols, the lamb is probably the most strongly Christian. The lamb comes from the Jewish Passover, where each family killed a lamb as a sacrifice for the Passover meal. When Jesus Christ became the Passover Lamb for everyone, the sacrificial offering for the sake of the whole world, the lamb became a symbol for His sacrifice. Many Christians today also serve lamb as part of the Easter feast. In Germany, there is a tradition to serve an Osterlammkuchen (a cake in the shape of a lamb) on Easter Sunday.

## EASTER SYMBOLS



# Light

"I AM THE LIGHT OF THE WORLD. WHOEVER FOLLOWS ME WILL NEVER WALK IN DARKNESS, BUT WILL HAVE THE LIGHT OF LIFE." JOHN 3:12

### The Paschal Candle

The candle symbolises the Light of Christ and the resurrection - all the other candles in the Church are lit from this one: Jesus is the source of all light!

### Beeswax

"...extracted by bees from flowers symbolises the pure flesh of Christ received from His Virgin Mother, the wick signifies the soul of Christ and the flame represents His divinity". (Catholic Encyclopedia)

### Flame

Reminds us of the "pillar of fire" that led the Hebrews as they escaped slavery at the hands of the Egyptians.

### Cross

The greatest symbol of Jesus since it was through the Cross He chose to save us.

AΩ

Greek letters Alpha and Omega:

"I am the Alpha and the Omega, the beginning and the end."  
(Revelations 21:6-7)

### Year

To remind us that God is here with us today and always.

### Five Grains of Incense

Inserted into the candle symbolising the five wounds of Jesus Christ.

*Get creative!*

*Why not try creating your own Paschal Candle with some sharpie pens?*



Watch the video here from TeachBhríde at the Notre Dame Newman Centre for inspiration!  
Make sure to use the correct symbols and year!

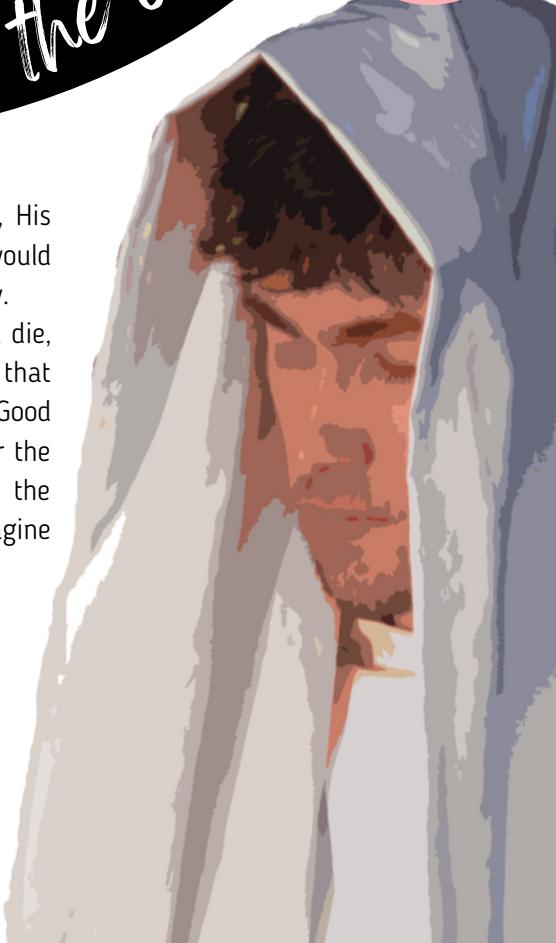


# Good Friday was not the end



## WHAT IS HOPE?

If Jesus had just been an innocent man who was put to death on Good Friday, His death would have been tragic and an act of senseless cruelty, and the story would have ended there. For Christians, however, Good Friday is not the end of the story. Jesus told his followers on numerous occasions that He would have to suffer and die, but on the third day He would rise again. They were incapable of understanding that at the time. Imagine the pain, grief and hopelessness they must have felt on Good Friday, watching their good friend suffer and die, and with Him all their hopes for the future? Then imagine their overwhelming joy and sense of hope they felt at the resurrection! His mother, Mary, never lost hope in Jesus' promises. Can you imagine how joyful their reunion was after the Resurrection?



### CHECK OUT THE FOLLOWING RESOURCES ON THE THEME OF HOPE:



[Bishop Phonsie's Messages of Hope: True Hope](#)



[An Easter Hallelujah - 10 year old Cassandra Star & her sister Callahan](#)



[Fr Mike Schmitz: What is Hope and Why Do You Need It?](#)



[Fr Mike Schmitz: The Role of Hope in Holy Week](#)



[Leeland: Way Maker](#)



[Lauren Daigle: Trust In You \(Live\)](#)

**HOPE  
IS THE  
ANCHOR OF  
THE SOUL**

**H.O.P.E.  
Hold On,  
Pain Ends**

### WHAT IS YOUR DEFINITION OF HOPE?



*Hope is "trust in another, extended into the future."*  
Fr Mike Schmitz



Send a message of encouragement or gratitude to someone who you think could be struggling at the moment.



Each morning you wake up, think of ten things you are grateful for. Start your day choosing joy and gratitude to God for his blessings!



Why not create an Instagram post or story with your definition to share with your friends on social media? Or commit to only sharing positive and hope-filled messages for the next week? Print it out and stick it on your bedroom mirror.

Create a playlist for yourself, with music filled with messages of hope - listen to this whenever you feel like you are struggling, or share it with a friend who might need a reminder that hope is real.



CLICK HERE FOR SOME  
RELAXING  
INSTRUMENTAL MUSIC



# Doodle Prayers

For God  
so loved the world  
that he gave  
his only SON,  
**SO THAT EVERYONE**  
who believes in him  
may not perish  
**BUT MAY HAVE**  
eternal LIFE.

**JOHN 3:16**

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



# Easter Playlists

Click the hyperlinks or scan the QR Codes!



## CHRISTMAS CAROLS

- Raise a Hallelujah - Bethel Music
- Father of Jesus -
- Trust in You - Lauren Daigle
- An Easter Hallelujah - Cassandra & Callahan Star
- How Deep the Father's Love - Austin Stone Worship
- Glorious Day (Living He Loved Me) - Casting Crowns
- At the Cross - Hillsong
- Come Behold the Wondrous Mystery - Boswell & Papa
- O Praise the Name (Anastasis) - Hillsong
- My Redeemer Lives - Nicole C Mullen
- Before the Throne of God Above - Shane & Shane
- It was finished upon that Cross - CityAlight

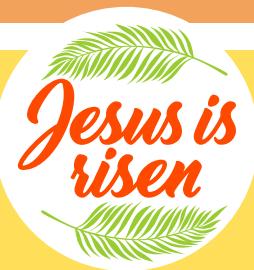


- Graves into Gardens - Elevation Worship
- What a Beautiful Name - Hillsong
- Christ is Risen - Phil Wickham
- Because He Lives - Celtic Worship
- Resurrecting - Elevation Worship
- Because He Lives - Matt Maher
- Worthy is the Lamb - Hillsong
- Forever - Kari Jobe
- In Christ Alone - Kristian Stanfill
- King of Kings - Hillsong
- What He's Done - Passion
- Man of Sorrows - Hillsong
- At the Cross / Love ran red - Chris Tomlin



## REFLECTIONS

- Ascension Presents: Run to the Risen Jesus this Easter!
- Fr Mike Schmitz: What is Hope and Why do you need it?
- Bobby Angel: Finding Hope in Times of Darkness
- Fr Mike Schmitz: The Role of Hope in Holy Week
- Stations of the Cross - Holy Family Mission
- Holy Week in 3 Minutes (Busted Halo)
- Easter Sunday: What every Catholic Should Know



- Easter Reflection: With God Nothing is Lost
- RISEN - A Short Film
- He is Alive - Easter Video (Billy Graham)
- Easter - He is Risen
- The Cross - Worship Intro



## FOR THE KIDS!

- God's Story: Easter
- The Story of Easter (Saddleback Kids)
- The Stations of the Cross for Kids
- History of Easter Eggs for Kids
- The Easter Story (The Beginner's Bible)



- How to Draw an Easter Cross
- Easter Traditions (Catholic Central)
- Easter Brunch Ideas for the Family
- Our Holy Week & Easter Trium Tradition
- Easter Bake Along
- Resurrection Garden craft