



CONTENTS

We hope this will be of help to you in planning beginning of year activities for your youth group or RE classes. The Bible references, song titles and websites have all been hyperlinked in this pdf to make life a little easier for you!

- Letter to my Future Self
- Inspirational Music
- Reflection: Our Deepest Fear
- Reflection: Just Think
- Reflection: The Starfish
- Beginning of New Year Liturgy
- Reflection: Bl. Pier Giorgio Frassati Litany
- Lesson Activity: No Couch Potatoes Allowed
- Lesson Activity: Know Your Heart
- Lesson Activity: Growth Mindset
- Icebreaker: People Bingo
- Craft activity: Blessing Jar Idea
- Prayer: Consecrating our school to Our Lady
- Prayer: Consecrating our youth group to Our Lady
- Useful Websites



For more resources for post-primary schools / youth groups, check out www.waterfordlismore.ie/youth-ministry or subscribe to our weekly *To the Heights* newsletter by clicking [here](#) or emailing youthministry@waterfordlismore.ie



AT THE BEGINNING OF A NEW ACADEMIC YEAR, WRITE A LETTER TO YOURSELF. YOU DON'T HAVE TO SHOW THIS TO ANYONE ELSE.
SEAL IT IN AN ENVELOPE, PUT IT SOMEWHERE SAFE AND DON'T OPEN IT UNTIL THE END OF THE YEAR!



LETTER TO MY FUTURE SELF

Date: _____

Dear Future Me,

It's hard to believe that when I read this again I'll be just a few days away from finishing this academic year! Well done me! I've made it this far!

My best memory of this summer is _____

My favourite song at the moment is _____

The last movie I saw was _____

My favourite saying / phrase right now is _____

If I had to evacuate my home because of a natural disaster, the three things I would take with me are _____

My best friends right now are _____

The subject / challenge I think I will like the most this year is _____
because _____

The person who knows me best right now is _____

The person (or people) in my year I'd really like to get to know better this year is (are) _____

The three most important people in my life right now are _____

What I think I will enjoy most about this year is _____

What advice have people given me about this coming year? _____

For Christmas I hope I get _____

Letter to my Future Self

As I'm writing this letter, I'm feeling a bit _____
because _____

What scares / worries me most about this year is _____

I wish when people looked at me, they could see (or know) _____

If I could change / improve one thing about myself this year it would be _____

One thing I would do if I wasn't so afraid would be _____

One person I need to forgive is _____

One person I should really tell that I love them is _____

The people that make me feel good about myself are _____

One thing that I'm too hard on myself about is _____

One thing I do that holds me back from being the best version of myself is _____

I want to be remembered for _____

More than anything, by the time I read this letter again I hope that _____

Enjoy the holidays!

Kind regards,

Me!

THE SONG TITLES ARE HYPERLINKED TO YOUTUBE VIDEOS

INSPIRATIONAL MUSIC

ENTRANCE / RECESSIONAL

- **And all the people said Amen** (Matt Maher)
- **A rightful place** (Steve Angrisano)
- **Blessed be Your Name** (Matt Redman)
- **Come now is the time** (Brian Doerksen)
- **Give us your heart** (Melanie Tierce)
- **God I look to you** (Bethel)
- **Great Things** (Matt Maher)
- **Hallelujah** (Your love is amazing) (Brian Doerksen)
- **Here I am to worship** (Tim Hughes)
- **How great is our God** (Chris Tomlin)
- **Set the world on fire** (Britt Nicole)
- **In Christ alone** (Stuart Townend)
- **I will be** (Natalie Grant)
- **Joy** (Rend Collective)
- **King of my heart** (Kutless)
- **Love the Lord your God** (Lincoln Brewster)
- **Mighty to save** (Hillsong)
- **My Lighthouse** (Rend Collective)
- **Not I yet but through Christ in me** (City Alight)
- **Oceans / where feet may fail** (Hillsong)
- **Open the eyes of my heart** (Brian Doerksen)
- **Our God** (Chris Tomlin)
- **Our God is here** (Chris Muglia)
- **Raise a Hallelujah** (Bethel)
- **Lord Reign in Me** (Brenton Brown)
- **Shine Jesus Shine** (Graham Kendrick)
- **Shout to the Lord** (Darlene Zschech)
- **Shout to the north** (Robin Mark)
- **Ten Thousand Reasons** (Matt Redman)
- **Today I choose** (Brian Doerksen)
- **Walk on the water** (Britt Nicole)
- **Waymaker** (Leeland)
- **What a beautiful name** (Hillsong)
- **What faith can do** (Kutless)
- **Who you say I am** (Hillsong)
- **You are my shepherd** (Tricia Brock)
- **You are my vision** (Rend Collective)
- **Your grace is enough** (Matt Maher)
- **Your Promises** (Elevation worship)

PSALMS

- **As the deer** (Stefanie Gretzinger)
- **May your love be upon us** (Boyce & Stanley)
- **Only in God** (John Michael Talbot)
- **The Lord's my Shepherd** (Stuart Townend)

OFFERTORY

- **All for Jesus** (Robin Mark)
- **Here's my heart, Lord** (David Crowder)
- **Holy and Anointed One** (Vineyard Worship)
- **Jesus be the centre** (Vineyard Songs)
- **Jesus, be with us now** (David Haas)
- **Jesus Christ, You are my Life** (Marco Frisina)
- **Nothing I hold onto** (Will Reagan & Utd Pursuit)
- **Refiner's Fire** (Brian Doerksen)
- **The Potter's Hand** (Hillsong)

COMMUNION

- **At the Cross** (Hillsong)
- **Behold the Lamb** (Boyce & Stanley)
- **Bread of Life** (Boyce & Stanley)
- **Everything** (Tim Hughes)
- **God I look to you** (Francescan Battistelli)
- **Great are you Lord** (All Sons & Daughters)
- **Here I am to worship** (Tim Hughes)
- **I shall not want** (Audrey Assad)
- **It is well with me** (Kristene di Marco)
- **Lord I need You** (Matt Maher)
- **Not I yet but through Christ in me** (City Alight)
- **O Come to the Altar** (Elevation Worship)
- **One Bread One Body** (John Michael Talbot)
- **Take and eat this is my body** (Ian Callanan)
- **The Potter's Hand** (Darlene Zschech)
- **This is Jesus** (Jim Cowan)
- **Worthy is the Lamb** (Hillsong)
- **You are my all in all** (Brentwood Baptist Worship)
- **You gave your life away** (Paul Baloche)

REFLECTION

- **A living prayer** (Alison Krauss)
- **Be still my soul** (Kari Jobe)
- **Build my Life** (Housefires)
- **Good good Father** (Chris Tomlin)
- **Good to me** (Audrey Assad)
- **In your arms (through the storms)** (Oslo Gospel Choir)
- **New wine** (Hillsong)
- **Oceans / where feet may fail** (Hillsong)
- **Only by grace** (Fr Rob Galea)
- **Reckless Love** (Cory Asbury)
- **Restless** (Audrey Assad)
- **So Will I (100 Billion X)** (Hillsong)
- **The Blessing** (Bethel)
- **Who am I** (Casting Crowns)
- **You Say** (Lauren Daigle)
- **You Speak** (Audrey Assad)



OUR DEEPEST FEAR

Our deepest fear is not that we are inadequate.
Or deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.
We ask ourselves,
who am I to be brilliant, gorgeous, talented and fabulous?
Actually, who are you not to be?
You are a child of God.

Your playing small doesn't serve the world.
There is nothing enlightened about shrinking
so that other people won't feel insecure around you.
We were born to make manifest the glory of God that is
within us.

It is not just in some of us: It's in everyone.
And when we let our own light shine,
we unconsciously give other people
permission to do the same.
As we are liberated from our own fear,
our presence automatically liberates others.

- Marianne Williamson -



JUST THINK

Just think

You're not here by chance,

But by God's choosing.

His Hand formed you

And made you the person you are.

He compared you to no-one else,

You are one of a kind.

You lack nothing

that His grace cannot give you.

He has allowed you to be here

At this time in history

To fulfil his special purpose

For this generation.





THE STARFISH

As the old man walked down the beach at dawn, he noticed a young man ahead of him picking up starfish and flinging them into the sea.

Catching up with the youth, he asked him why he was doing this.

The answer was that the stranded starfish would die if it was left out in the morning sun.

“But the beach goes on for miles and there are millions of starfish”, said the man.

“How can your efforts make a difference?”

The young man looked at the starfish in his hands and threw it into the safety of the sea.

“It makes a difference to this one,” he said.



Beginning of Year Liturgy

Opening Reflection:

Let us listen to the words of Oscar Romero.....

This is what we are about; we plant seeds that one day will grow. We water seeds already planted, knowing that they hold future promise. We lay foundation that will need further development. We provide yeast that produces effects beyond our capabilities. We cannot do everything and there is a sense of liberation in realising that. This enables us to do something and do it very well. It may be incomplete, but it is a beginning, a step along the way, an opportunity for God's grace to enter and do the rest. We may never see the end results, but that is the difference between artisans and the worker. We are workers, not artisans; ministers not messiahs. We are prophets of a future not our own.

A Reading from the Letter to the Colossians

As the chosen of God, then, the holy people whom he loves, you are to be clothed in heartfelt compassion, in generosity and humility, gentleness and patience. Bear with one another, forgive each otherOver all these clothes, put on love, the perfect bond. And may the peace of Christ reign in your hearts, because it is for this that you were called together in one body. Always be thankful. Let the Word of Christ, in all its richness, find a home with you. Teach each other, and advise each other, in all wisdom.

The Word of the Lord

All: Thanks be to God

Prayer Intentions:

We pray for our staff, management and all those involved in the running of our school: that we will be filled with joy, love, peace and patience in the months ahead.

Lord hear us **All: Lord graciously hear us**

We pray for our students, those who are returning to us and those who are joining us this year. Lord, bless their hearts and minds with an openness to learn and to be formed, so that they can become the best versions of themselves this year. For those who are nervous or afraid, grant them a spirit of calm.

Lord hear us. **All: Lord graciously hear us**

We pray for the parents, guardians and families of our students and staff, that they be blessed with all the graces and gifts that they need this coming year.

Lord hear us. **All: Lord graciously hear us**

We pray in thanksgiving for a new year full of opportunities, and surrender to you Lord any concerns, fears or obstacles we may have or encounter in the months ahead.

Lord hear us. **All: Lord graciously hear us**

We take a moment in silence to recollect our own thoughts and intentions at this time....

Lord hear us. **All: Lord graciously hear us**

Let us pray together, united as Children of God, in the words that Jesus taught us:

Our Father....

Blessing

The Lord bless you and keep you, make His face shine upon you and be gracious to you. The Lord turn His Face toward you and give you peace. Amen

THE PRAYER OF BLESSED PIER GIORGIO FRASSATI

ADAPTED FROM A PRAYER BY FR THOMAS ROSICA CSB



If we do not know the road -

Show us the Way, verso l'alto, upward to heaven.

If we often abandon the path -

Show us the Way, verso l'alto, upward to heaven.

If we never lift up our gaze, slaves to fear -

Show us the Way, verso l'alto, upward to heaven.

If we lack the strength to overcome -

Show us the Way, verso l'alto, upward to heaven.

Trials, testing, abandonment, rejection,

Breakup, breakdown, grief, prison -

Show us the Way, verso l'alto, upward to heaven.

The most difficult passes -

Show us the Way, verso l'alto, upward to heaven.

If we have the strength but use it to turn back -

Show us the Way, verso l'alto, upward to heaven

If we never pause to be nourished by the bread of eternal life,

If we do not quench our thirst from the fountain of prayer -

Show us the Way, verso l'alto, upward to heaven.

When we do not fully contemplate the beauty of gifts given -

Show us the Way, verso l'alto, upward to heaven.

When we do not know how to offer ourselves for others -

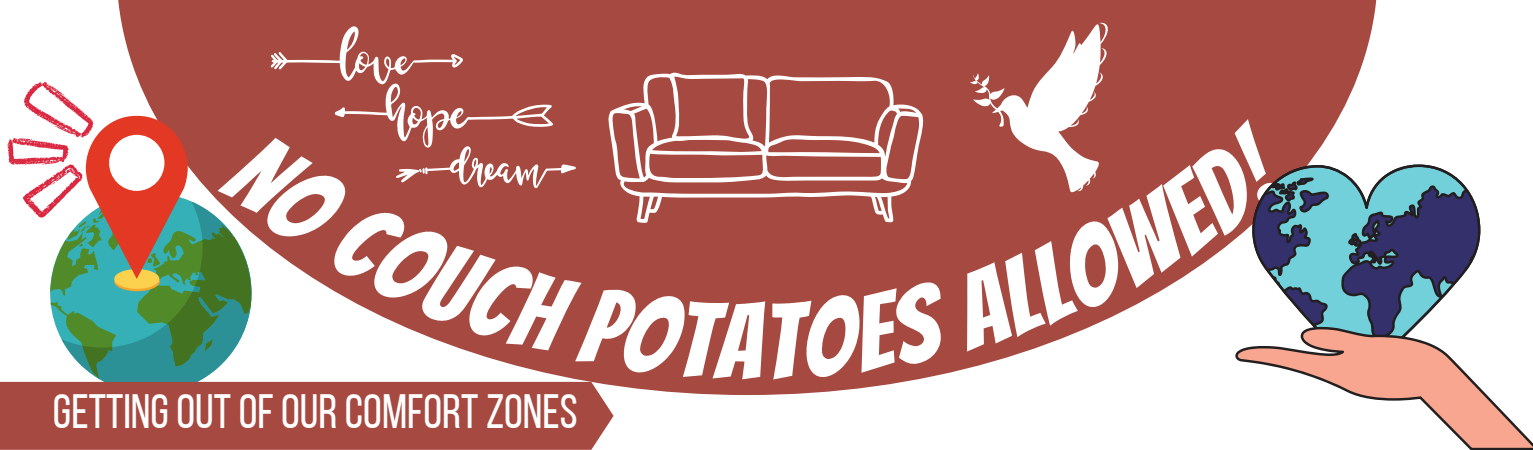
Show us the Way, verso l'alto, upward to heaven.

When we have committed many sins and even if we've lost hope -

Show us the Way, verso l'alto, upward to heaven.

Teach us to hear the voice of Christ calling us towards purity of heart.

BLESSED PIER GIORGIO FRASSATI, PRAY FOR US, LEAD US DEEP INTO THE HEART OF GOD



GETTING OUT OF OUR COMFORT ZONES

Who are the people who impress you the most? Who are you most likely to listen to and take advice from? Why?

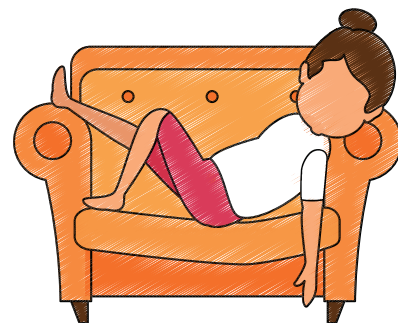
What kind of message do you think young people most need to hear today? What are their hearts looking for?

POPE FRANCIS: WORLD YOUTH DAY 2016 MESSAGE TO YOUNG PEOPLE



Pope Francis spoke first about the fear we can feel of being paralysed: "thinking that ... there is no longer any room to grow, to dream, to create, to gaze at new horizons - in a word to live..."

"But in life there is another, even more dangerous, kind of paralysis... I like to describe it as the paralysis that comes from confusing happiness with a sofa. In other words, to think that in order to be happy all we need is a good sofa. A sofa that makes us feel comfortable, calm, safe. A sofa like one of those we have nowadays with a built-in massage unit to put us to sleep. A sofa that promises us hours of comfort so we can escape to the world of videogames and spend all kinds of time in front of a computer screen. A sofa that keeps us safe from any kind of pain and fear. A sofa that allows us to stay home without needing to work at, or worry about, anything... That is probably the most harmful and insidious form of paralysis, since little by little, without even realizing it, we start to nod off, to grow drowsy and dull while others - perhaps more alert than we are, but not necessarily better - decide our future for us..."



Dear young people, we didn't come into this world to "vegetate", to take it easy, to make our lives a comfortable sofa to fall asleep on. No, we came for another reason: to leave a mark. It is very sad to pass through life without leaving a mark. But when we opt for ease and convenience, for confusing happiness with consumption, then we end up paying a high price indeed: we lose our freedom.

This is itself a great form of paralysis, whenever we start thinking that happiness is the same as comfort and convenience, that being happy means going through life asleep or on tranquillizers, that the only way to be happy is to live in a haze. Certainly, drugs are bad, but there are plenty of other socially acceptable drugs, that can end up enslaving us just the same. One way or the other, they rob us of our greatest treasure: our freedom...

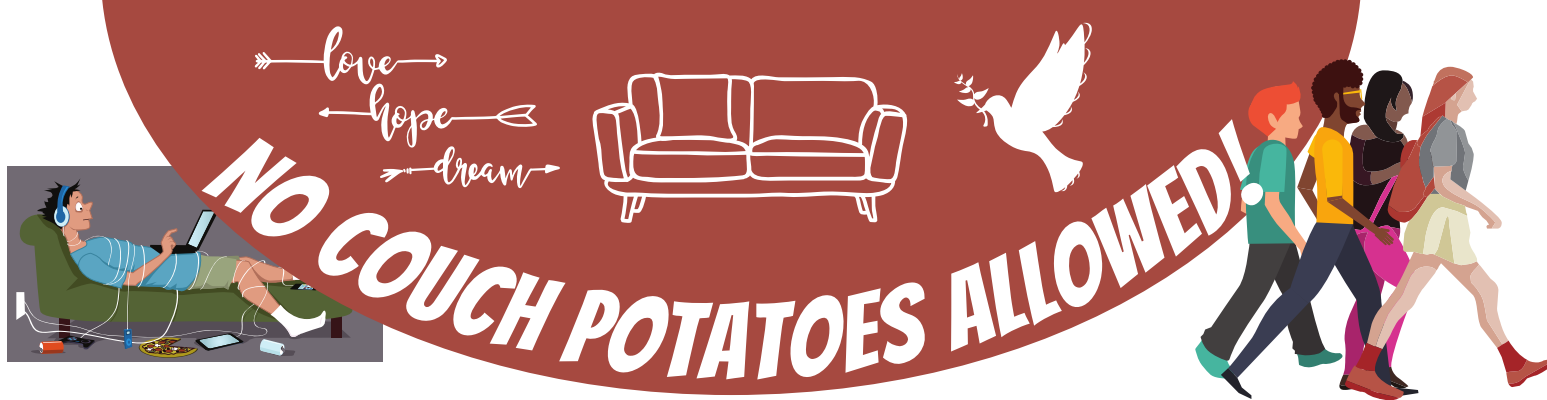


Jesus is not the Lord of comfort, security and ease. Following Jesus demands a good dose of courage, a readiness to trade in the sofa for a pair of walking shoes and to set out on new and uncharted paths. To blaze trails that open up new horizons capable of spreading joy, the joy that is born of God's love and wells up in your hearts with every act of mercy. To take the path of the "craziness" of our God, who teaches us to encounter him in the hungry, the thirsty, the naked, the sick, the friend in trouble, the prisoner, the refugee and the migrant, and our neighbours who feel abandoned. To take the path of our God, who encourages us to be politicians, thinkers, social activists. The God who asks us to devise an economy inspired by solidarity. In all the settings in which you find yourselves, God's love invites you bring the Good News, making of your own lives a gift to him and to others...

God expects something from you. God wants something from you. God hopes in you. God comes to break down all our fences. He comes to open the doors of our lives, our dreams, our ways of seeing things. God comes to break open everything that keeps you closed in. He is encouraging you to dream. He wants to make you see that, with you, the world can be different. For the fact is, unless you offer the best of yourselves, the world will never be different.

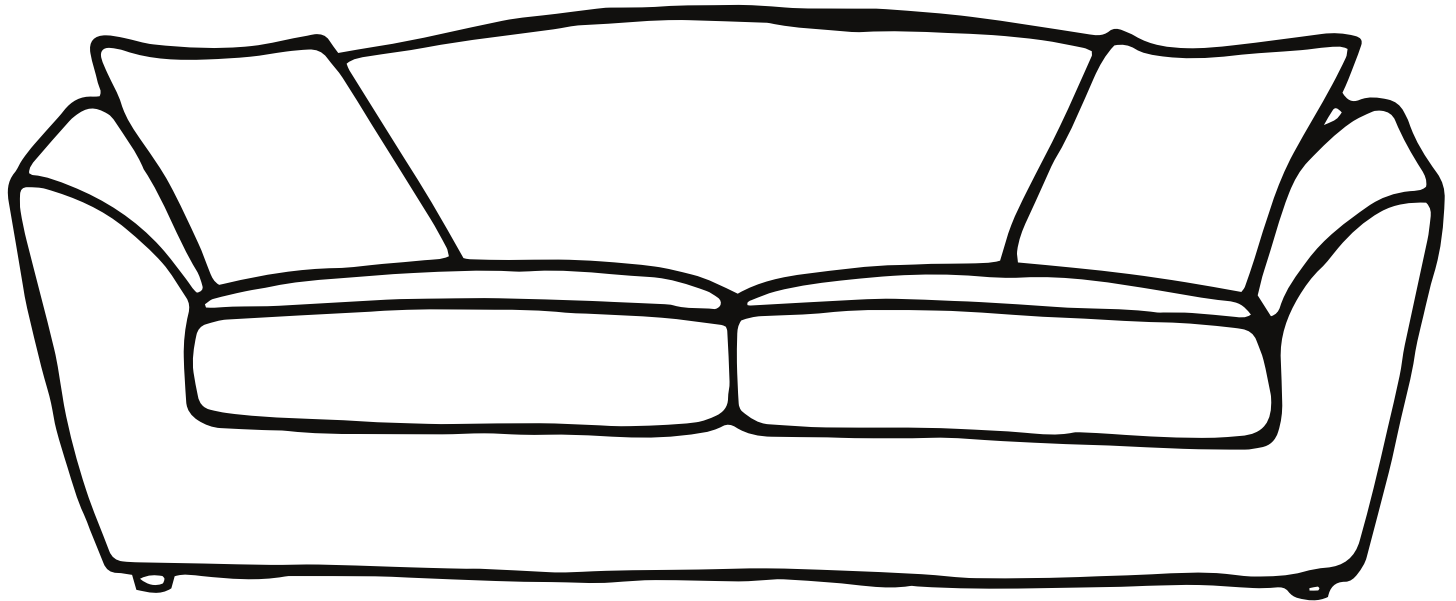
The times we live in do not call for young "couch potatoes" but for young people with shoes, or better, boots laced. It only takes players on the first string, and it has no room for bench-warmers. Today's world demands that you be a protagonist of history because life is always beautiful when we choose to live it fully, when we choose to leave a mark... He wants to turn your hands, my hands, our hands, into signs of reconciliation, of communion, of creation. He wants your hands to continue building the world of today. And he wants to build that world with you....





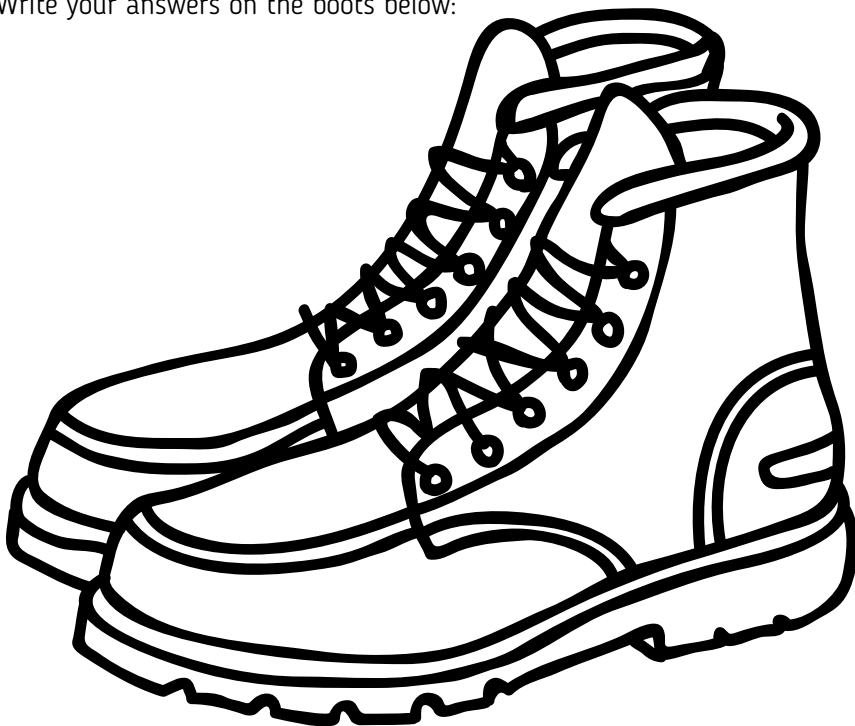
WHAT IS MY "SOFA-HAPPINESS"? WHAT DISTRACTS ME FROM SPENDING MY TIME WELL AND FOR OTHERS?

Write your answers on the sofa below:



WHAT COULD MY WALKING SHOES BE? HOW CAN I LACE UP MY BOOTS TO LEAVE A MARK IN THE WORLD?

Write your answers on the boots below:



"I am only one, but I am one. I cannot do everything, but I can do something. And that which I can do, by the grace of God, I will do."
— Dwight L. Moody —

TUNES TO INSPIRE YOU...



SET THE WORLD ON FIRE: BRITT NICOLE

LIFESONG: CASTING CROWNS

THE MOTIONS: MATTHEW WEST

AWAKENING: CHRIS TOMLIN

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

MAKE IT HAPPEN



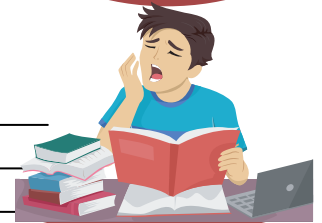
KNOW YOUR HEART!

PRAYER DOESN'T HELP YOUR RELATIONSHIP WITH GOD. PRAYER IS YOUR RELATIONSHIP WITH GOD. MARK HART

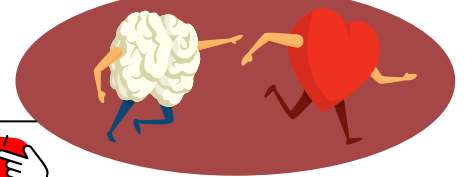
Try replacing "I have to" with "I get to"..."
"I get to go to school",
"I get to help my parents", "I get to go to Mass"...

LIST THE TOP THREE THINGS YOU STRUGGLE TO MOTIVATE YOURSELF TO DO!





THINK OF ONE SITUATION WHERE IT'S BETTER NOT TO BE GUIDED BY YOUR EMOTIONS



WATCH THIS VIDEO FROM FR MIKE SCHMITZ "WHEN YOU DON'T FEEL LIKE IT" AND REFLECT ON THE QUESTIONS THAT FOLLOW



What temptation do we all often face, according to Fr Mike?

When we don't feel like doing something, or struggle to find the motivation or be enthusiastic, what should we do?

WHY?

Our reason / why should be: it's _____ to do the right thing.

Mark Hart says: "Prayer doesn't _____ our relationship with God. Prayer _____ our relationship with God." That means if we don't have a daily prayer life, then we don't have a _____ relationship with God.



Our motive to pray should be: "I want _____"

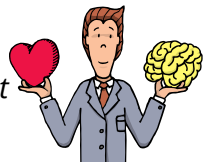
What did Jesus make possible for us to have? _____

What can the Holy Spirit do for us? _____

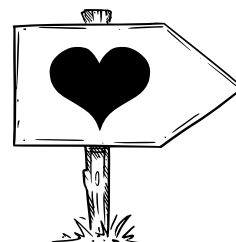


SO, SHOULD WE JUST IGNORE OUR EMOTIONS?

Fr Mike's friend Dean says, "Emotions do not reveal the truth about reality, but they do reveal the condition of your heart." How would you explain this in your own words? _____



Think of a situation that could explain this idea: where your feelings could show where your heart is at, but it would be wiser not to follow your heart in that situation!



REMEMBER: YOU HAVE A REASON, A WHY, A MOTIVE: THE LORD WANTS A RELATIONSHIP WITH YOU, HE WANTS TO BE PART OF YOUR LIFE, HE WANTS YOU TO HAVE ACCESS TO HIS HEART, TO ENTER IN AND ENGAGE WITH THE FATHER, THE SON AND THE HOLY SPIRIT.

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

KNOW YOUR HEART

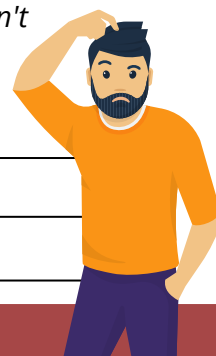
LUKE 5:1-11

Are there areas in your life where you find yourself saying, "My heart's not in it, I can't do it, I don't feel like it." Reflect on one of those areas, and what the condition of your heart might really be saying. Then find your motive, your why and name it!

SITUATION: _____

WHAT MY HEART MIGHT BE SAYING: _____

MY MOTIVATION TO ACTUALLY ACT: _____



REGARDLESS OF WHAT YOU'RE FEELING, DO THE RIGHT THING!



Now Read Luke 5:1-11



This Gospel passage tells the familiar story of the miraculous catch of fish. Simon (Peter) has been fishing all night, and is no doubt exhausted. He's skilled at his trade, but for whatever reason, the night has not gone his way, and he has nothing to show for his efforts. He's weary, disappointed, possibly cranky at the loss of earnings, the weather, his own inability, maybe the faults of others. He could have lots of excuses to just pack up and go home. Then Jesus of Nazareth, a Carpenter, not a fisherman, tells him to cast his nets again. Simon has listened to Jesus preaching and although every emotion in him was already strained and telling him to give up, he chose to obey (although not without a little grumbling!) We know what happens next: his nets filled to breaking point, his boats almost sank! Simon dropped to his knees, overcome and significantly very aware of the condition of his own heart. We don't know a lot about Simon before this point, but the heart of Jesus spoke directly to his heart that day, and caused him to leave his comfort zone and follow Jesus. Could he have known what Jesus meant by a fisher of men? Highly unlikely! But Simon had a motive, to stay close to Jesus, and that was enough for him.



MISSION!

BE VERY CONSCIOUS THIS WEEK OF AREAS YOU STRUGGLE TO MOTIVATE YOURSELF IN. MAYBE IT'S HOUSEHOLD CHORES, ASSIGNMENTS, SPENDING TIME WITH PARTICULAR PEOPLE, CUTTING DOWN ON SCREEN TIME, SERVING OTHERS: WHATEVER IT IS, STOP AND ASK YOURSELF WHERE YOUR HEART IS AT, AND MORE IMPORTANTLY, WHAT'S YOUR MOTIVE FOR DOING THE RIGHT THING IN EACH SITUATION. LET THAT DRIVE YOU FORWARDS.



PRAYER TIME!

Dear Jesus, you know I struggle a lot sometimes to do the right thing. Getting out of bed on time, pulling my weight around the house, completing assignments to the best of my ability and on time, not making excuses for myself... the list goes on. Help me to see my heart as you see it, to acknowledge what's truly going on in there. Give me the strength to rise above myself and my emotions, to find the why and the motive, daily, because the battle is daily. Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE CONDITION OF YOUR HEART



- Lord I need you - Matt Maher
- Today I Choose - Brian Doerksen
- Ten Thousand Reasons - Matt Redman
- Nothing I hold onto - W Reagan & Utd Pursuit
- Here's my heart - David Crowder Band
- Blessed be your name - Matt Redman
- I raise a Hallelujah - Bethel
- I shall not want - Audrey Assad
- I will follow you - Kristene di Marco
- Build my Life - Pat Barrett

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



HFM Testimony: Watch Áine's story of how she knew she had a choice to make in her faith



Fr Patrick Cahill: The Spirit of God

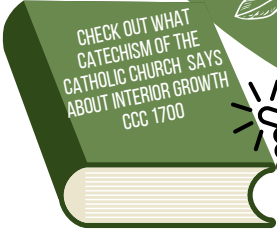
LUKE 4:21-30



GROWTH MINDSET

The world offers you comfort. But you were not made for comfort. You were made for greatness.
(Benedict XVI)

"EVERY SAINT HAS A PAST, AND EVERY SINNER HAS A FUTURE." OSCAR WILDE



LIST FIVE THINGS YOU ARE GOOD AT:



LIST FIVE THINGS YOU ARE BAD AT:



WHY DO YOU BELIEVE YOU ARE GOOD OR BAD AT ANY OF THESE THINGS?

HAVE YOU EVER STRUGGLED WITH SOMETHING AND PERSEVERED UNTIL YOU COULD DO IT WELL?



WATCH THIS VIDEO FROM THE FR MIKE SCHMITZ "WHO YOU ARE VS. WHO YOU'RE CALLED TO BE" AND REFLECT ON THE QUESTIONS THAT FOLLOW



Why did Fr Mike think he is not good at Maths? Do you think it is true?



What did this 2nd Grade belief develop into an attitude of in later life?

Carol S. Dweck's book, "Mindset" speaks of two types of mindset: _____ and _____.



Identify each statement as an example of either type of mindset:

- "I'm good at X and I'm bad at Y" _____
- "I currently struggle at Maths, but I can get better" _____
- "This is just me." _____
- "This is where I'm at. This is where I could go forward." _____

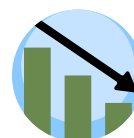


Why did the second group of test students who were praised with, "Wow, you really worked hard on that test!" continue to do better than the first group who were praised with, "Wow, you're really smart!" ? Which group had a fixed mindset and a growth mindset?

OUR MINDSET CAN SHOW A LOT ABOUT:



- our willingness to _____
- our willingness to _____
- our willingness to see ourselves as someone who _____



What organisation praises the growth mindset more than any other?



GOD SEES US AS WE ARE, HE SEES US WHERE WE STRUGGLE, HE SEES WHERE WE HAVE STRENGTHS, HE SEES WHERE WE'RE WEAK, HE SEES WHERE WE'RE WOUNDED, HE SEES WHERE WE WIN. HE SEES US AS WE ARE BUT HE APPROACHES US AS WE COULD BE.

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

GROWTH MINDSET

LUKE 4:21-30



As Christians we called to acknowledge the truth: to see ourselves as _____, and to acknowledge where _____, who we _____.

What sacrament does Fr Mike call the "growth mindset sacrament"? _____

If we feel we're not as holy as we should be, or as conformed to Christ as we should be, how should we let the Lord respond in our lives?



Fill the gaps: "Every saint has a _____, and every sinner has a _____."



WE'RE CALLED TO THE STRUGGLE AND TO ENTER INTO THE FRAY.

EVERY TIME YOU FALL AND GET BACK UP, THAT'S A VICTORY. EVERY TIME YOU STRUGGLE THAT'S GROWTH.



Now Read Luke 4: 21-30



This Gospel passage begins with Jesus' listeners marvelling at His words and ends with them trying to throw Him off a cliff?! That escalated quickly! What on earth could turn them against Him so quickly? Jesus called them out of their fixed mindset, and it hurt!

Prophets before Him had called people to conversion, and God's Chosen People had rejected them, as they would now God's own Son. Rather than being able to look at their own failures and weaknesses and show a willingness to grow and move forwards, it was easier for them to chase Jesus out of the town (*his own hometown*) and actually remove His presence from their lives. "I can't change", "I don't want to change", "It's too hard" - these fixed mindset phrases can be toxic to our lives, and especially to our Christian faith. Jesus acknowledges the reality of who we are and where we are, and He loves us right there, but He also calls us on to more, to become the best version of ourselves. So how will I react? Will I stay stuck in my own mindset and push away who / what I could be, or will I admit my reality and continue to struggle, with Jesus at my side?



MISSION!

IF YOU FIND YOURSELF CAUGHT IN A TOXIC FIXED MINDSET, GRAB A POST-IT NOTE AND WRITE: "I AM NOT AFRAID TO STRUGGLE. I CAN GROW, BY GOD'S GRACE" ON IT. REMIND YOURSELF OF THIS TRUTH EVERY DAY. ASK FOR GOD'S GRACE TO CONTINUE THE STRUGGLE FOR GREATNESS. IF YOU SEE SOMEONE STRUGGLING, REMIND THEM OF THEIR WORTH AND THE VALUE OF THEIR STRUGGLE TOO!



PRAYER TIME!



The Knots Prayer: Dear God, please untie the knots that are in my mind, my heart and my life. Remove the "have nots", the "can nots" and the "do nots" that I have in my mind. Erase the "will nots", "may nots", "might nots" that may find a home in my heart. Release me from the "could nots", "would nots" and "should nots" that obstruct my life. And most of all, dear God, I ask that you remove from my mind, my heart and my life all of the "am nots" that I have allowed to hold me back, especially the thought that I am not good enough. AMEN



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON GROWING IN FAITH



- Beautifully Broken - Plumb
- Who you say I am - Hillsong
- When all is said and done - Matt Redman
- Not yet I but Christ in me - City Alight
- Lead Kindly Light - Audrey Assad
- Into Faith I Go - Pat Barrett
- Work in Progress - Leanna Crawford
- Ok - Josh Wilson
- Garden - Matt Maher
- Great Things Worth it all - Elevation Worship

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



HFM Testimony: Watch Louise's story of how she decided to allow her faith to grow




What Defines You? (Fr Mike Schmitz)

Find someone in the group who fits each category and get them to sign in the box! They can only sign one box on your sheet...

<h1>PEOPLE BINGO</h1>	Someone who went to Kerry this summer	Someone who has longer hair than you
Someone who has green eyes	Someone who ate an egg for breakfast this morning	Someone who was at a festival this summer
Someone who was at a birthday party this summer	Someone who has two brothers	Someone who has a sister
Someone who was in Connaught this summer	Someone who was at a GAA match this summer	Someone who likes spicy food
Someone who has been to America	Someone who has seen a Marvel movie in the last three months	Someone who can't swim
Someone who supports Manchester City	Someone who likes Maths	Someone who is on a school team
Someone who cycles a lot	Someone who has brown hair	



Find someone in the group who fits each category and get them to sign in the box! They can only sign one box on your sheet...

<h1>PEOPLE BINGO</h1>	Someone who went abroad this summer	Someone who has shorter hair than you
Someone who has blue eyes	Someone who ate cornflakes for breakfast	Someone who got sunburned this summer
Someone who can play a musical instrument	Someone who was at a BBQ this summer	Someone who has more than one brother
Someone who has no sisters	Someone who got caught in a shower of rain this summer	Someone who likes Chinese Food
Someone who has been to France	Someone who has seen Top Gun: Maverick	Someone who can bake
Someone who supports Liverpool FC	Someone who likes Irish	Someone who can touch their toes
Someone who travels on a bus to school, but not the same bus as you	Someone who can tell you a joke right now	



Find someone in the group who fits each category and get them to sign in the box! They can only sign one box on your sheet...

PEOPLE BINGO	Someone who was born in a different year to you	Someone who has broken a bone before
Someone who owns more than 15 pairs of shoes	Someone who can touch their nose with their tongue	Someone who has never been on a tractor
Someone who can whistles "Happy Birthday"	Someone who can name 5 places outside of Ireland beginning with the letter "B"	Someone who plays hurling or camogie
Someone who can hum a nursery rhyme	Someone who is left-handed	Someone who has allergies
Someone who is afraid of spiders	Someone who doesn't like peanut butter	Someone who loves salad
Someone who has been on a pilgrimage (or has a family member who has been on one)	Someone who does not have their ears pierced	Someone whose toenails and fingernails are painted at the moment
Someone who runs a lot	Someone who never hits the snooze button in the morning	



BLESSING JAR

Blessings jars are a practical and fun way to keep a record of the things that you're thankful for on a daily basis. Whenever you recognize something that is a "blessing" in your life throughout the year, just write it on a piece of paper, fold it up, and stick it in the Blessing Jar. It might be as simple as a good chat with a friend, a hug, a gift, having the ability to play sports, having food on your table....

A black and white line drawing of a glass jar filled with small, irregular pieces of paper. A large, dark, cloud-like shape is superimposed over the center of the jar, containing the text '#blessed' in a white, cursive font.

- Choose a large jar (or use a notebook or box if you can't source a jar)
- Stick the Blessings Label on the jar.
- Choose a scripture passage if you'd like (see next page for ideas), punch one end and tie to your jar with string.
- Decorate the jar with stickers, washi tape, ribbon, string - whatever way you like! (*Google Blessing Jars and you'll get lots of ideas!*)
- Write your first blessings idea on a small note card, fold it and put it in the jar.
- Make sure you have paper and pen near the jar to make the process easier each time you see a blessing you want to record!
- Enjoy the process and choose to be thankful every single day
- Repeat as often as you like



"MAY HIS FAVOUR BE UPON YOU AND A THOUSAND GENERATIONS,
AND YOUR FAMILY AND YOUR CHILDREN, AND THEIR CHILDREN, AND THEIR CHILDREN" THE BLESSING - KARI JOBE
- ASCEND YOUTH MINISTRY (DIOCESE OF WATERFORD & LISMORE) -

BLESSING JAR SUGGESTIONS FOR LABELS



or create your own!

And my God will supply
every need of yours
according to his riches in
glory in Christ Jesus.
Philippians 4:19

Every good gift and every perfect
gift is from above, coming down
from the Father of lights with
whom there is no variation or
shadow due to change.
James 1:17

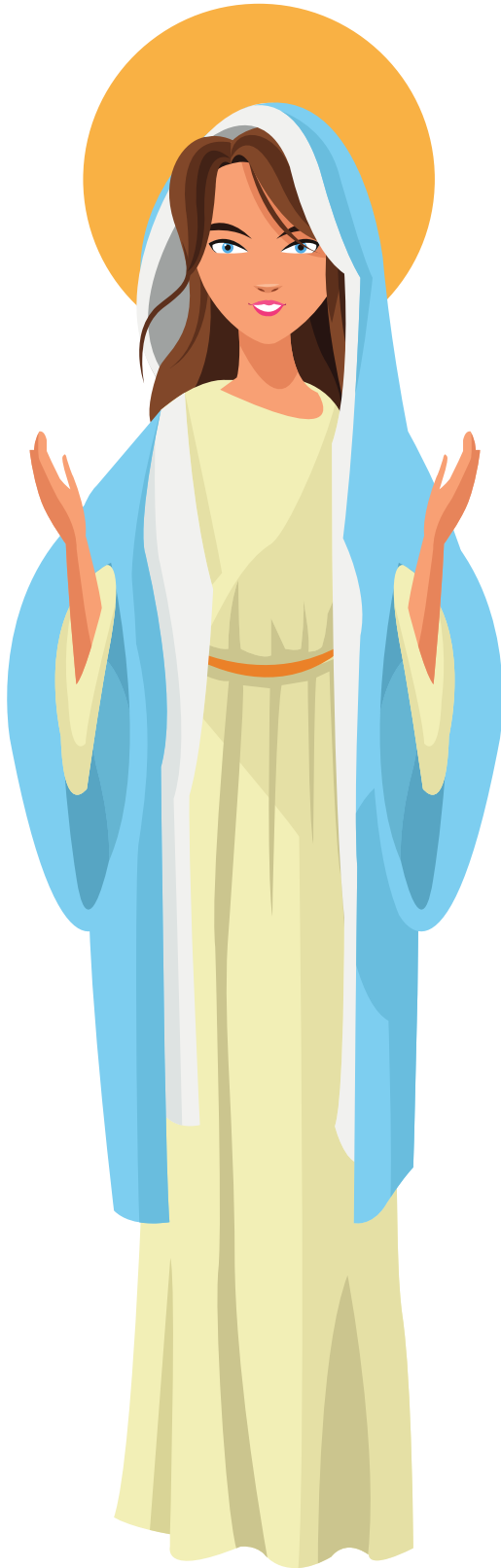
The Lord bless you and
keep you; the Lord make his
face to shine upon you and
be gracious to you; the Lord
lift up his countenance upon
you and give you peace.
Numbers 6:24-26

Fear not, for I am with you; be
not dismayed, for I am your
God; I will strengthen you, I will
help you, I will uphold you with
my righteous right hand.
Isaiah 41:10

And from his fullness we
have all received, grace
upon grace.
John 1:16

Blessed be the God and Father
of our Lord Jesus Christ, who
has blessed us in Christ with
every spiritual blessing in the
heavenly places,
Ephesians 1:3

Consecrating our School to Our Lady



MOTHER MARY,
QUEEN OF OUR HEARTS AND QUEEN OF OUR SCHOOL,
WE ENTRUST OUR SCHOOL TO YOU TODAY;
ALL THE STUDENTS, TEACHERS AND STAFF,
MANAGEMENT, TRUSTEES AND CLERGY, FAMILIES,
AND THE COMMUNITY TO WHICH WE BELONG;
ALL WHO VISIT THE SCHOOL THIS YEAR,
ALL THE PLACES WE TRAVEL TO;
EVERY CLASS, EVERY EXAM,
EVERY PROJECT AND TASK,
EACH MATCH AND EACH COMPETITION;
EVERY DECISION WE MAKE,
EVERY PATH WE FOLLOW,
EVERY JOY WE SHARE,
EVERY WORRY WE FACE,
EVERY OBSTACLE WE OVERCOME,
EVERY SUCCESS WE EARN.

WE PLACE OUR WHOLE SCHOOL
IN THE SAFE REFUGE OF YOUR IMMACULATE HEART,
KNOWING THAT YOU CARRY OUR DEEPEST INTENTIONS
TO YOUR SON, JESUS.

OUR LADY, MOTHER AND QUEEN, PRAY FOR US

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

Consecrating our Youth Group to Our Lady



MOTHER MARY,
QUEEN OF OUR HEARTS AND QUEEN OF OUR GROUP,
WE ENTRUST OUR GROUP TO YOU TODAY;
ALL THE MEMBERS AND LEADERS,
OUR FAMILIES, ALL OUR LOCAL PRIESTS AND RELIGIOUS,
AND THE COMMUNITY TO WHICH WE BELONG;
ALL WHO VISIT OUR GROUP THIS YEAR,
ALL THE PLACES WE TRAVEL TO;
EVERY SESSION AND ACTIVITY,
EVERY DECISION WE MAKE,
EVERY PATH WE FOLLOW,
EVERY JOY WE SHARE,
EVERY WORRY WE FACE,
EVERY OBSTACLE WE OVERCOME,
EVERY SUCCESS WE EARN.
WE PLACE OUR GROUP
IN THE SAFE REFUGE OF YOUR IMMACULATE HEART,
KNOWING THAT YOU CARRY OUR DEEPEST INTENTIONS
TO YOUR SON, JESUS.
OUR LADY, MOTHER AND QUEEN, PRAY FOR US

MOTHER I AM YOURS, NOW AND FOREVER.
THROUGH YOU AND WITH YOU, I WANT TO BELONG ALWAYS AND COMPLETELY TO JESUS.

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



GRADUATION RESOURCES

- www.prayever.com
- www.slife.org
- www.catholicteacherresources.com

MUSIC

- <https://www.ultimate-guitar.com/> (for guitar chords - keys can be transposed)

SCRIPTURE

- <https://www.biblegateway.com/> (*for Bible references*)
- <https://www.catholicireland.net/readings/> (*readings of the day*)

ARTWORK / BANNER / BOOKLET IDEAS

- www.pinterest.com
- www.canva.com (*create booklets / posters / invites etc*)

TECHNOLOGY

- www.viewpure.com (to show YouTube videos without ads)