

FAITH @Home

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"To the Heights" Post-Primary Schools / Youth Edition also available

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Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love
in the heart of the family!



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22ND SUNDAY IN ORDINARY TIME

Year C

Sunday Mass Readings

First Reading:

Ecclesiasticus 3:17-18,20,28-29

Responsorial Psalm:

Psalm 67(68): 4-7, 10-11

Second Reading:

Hebrews 12:18-19, 22-24

Gospel:

Luke 14: 1, 7-14

"...for everyone who exalts himself will be humbled, and the man who humbles himself will be exalted."



James Tissot, Public domain, via Wikimedia Commons

Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings online [here](#).

Check out [this video](#) on the Gospel for children.

Pray

In the Gospel today we hear Jesus teach an important lesson about humility and being willing to put others before yourself.

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- How often do you look for praise or recognition for your good deeds? Do you find it hard to let your achievements or good actions go unnoticed or uncelebrated by others? Pray the Litany of Humility prayer this week asking for the grace to act always with humility.
- Ask the Lord in prayer to open your eyes to the many opportunities to serve others this week without looking for reward or recognition. Offer all your acts for the glory of God.

Talk

In today's readings we hear Jesus explaining more about the Kingdom of Heaven, and how serving others and not looking for praise is an important element in it.

- Can you think of any fairy stories or movies that have kings and queens in them? When were people in the Kingdom happy? Was it when they had a good king or queen who served them rather than only wanting power and wealth?
- Jesus wants us to build God's kingdom on earth. He shows us one way in this Gospel. How can we be more humble and serve others at home this week without looking for reward?

Family Challenge!

Let each person make an effort to take on an extra chore this week without looking for praise or recognition. Just offer up the chore for God's glory and out of love for your family! Talk about how it felt next weekend.

Sometimes we do good things because we want someone to see us and praise us. It's better if we do good actions out of love for God and for others. Can you do some random acts of kindness for others this week, without being noticed?

Song of the Week!
JUST BE HUMBLE



Humble yourselves that he might exalt you. Hold back nothing of yourselves for yourselves, that he may receive your all who gave his all to you.
St Francis of Assisi

AM I VAIN?

No-one likes that question. No-one wants to be considered vain. Vain people are arrogant, loud, they want to be the centre of attention and seek praise - that's not me, is it?

In the Gospel today, Jesus teaches us of the danger of exalting ourselves. Being humbled is, well, humiliating, and no one wants that! Serving others, putting others first and not looking for reward is what we are called to to build up the Kingdom of God. Imagine a world where everyone thinks of others first; a world without selfishness, pride, greed, vanity: it's possible through Jesus and His teachings.

This week might be a good opportunity to reflect on any struggles with pride and vanity that we might have: Fr Mike's video offers a deeper take on vanity and the wounds that can cause it and effect our lives and the lives of those around us.

Pray the Litany of Humility prayer - it's a pretty good examination of conscience to let us know where we're at with vanity and humility in our lives. And lastly, trust that we have a loving God who will heal all our wounds, never takes His eyes off us, and invites us to work and achieve for His glory, not the approval of others!

- This is the Christian solution to vanity (Fr Mike Schmitz)
- When it's all been said and done (Robin Mark)



To the Heights Youth Newsletter will return at the end of August



Family Prayer

Lord Jesus, give us opportunities this week to serve You in the way we serve others, humbly and without need for recognition or approval. Amen

PLEASE BE SEATED....

If we go to the cinema or theatre, we are often asked if we want VIP or premier seats and if we do want to sit in the most comfortable seats, it will cost us extra. Wealthy people, those who consider themselves to be celebrities and famous never sit at the back. They always sit where they will be seen, heard and noticed.

In our gospel this Sunday, Jesus very clearly warns us about this attitude of self-importance. Being a follower of Jesus is not about power, prestige or demanding the best seats in the house (or the church). In God eyes, we are all invited to the table of the Lord as equals. None of us can really demand the best seat, as if such a thing exists or to expect special treatment; we all come before God just as we are.

When we gather around the table of the Lord, it is not only as invited guests, but as the family of God, as brothers and sisters of Jesus and as each other's brother and sister. Being a follower of Jesus is about humility. This is not to be confused with weakness or meekness. Humility speaks of an inner quality of recognizing and appreciating who we are, the place of God in our lives and our relationship to other people.

Jesus uses the symbol of the meal to teach something about the true 'place of honour' at his 'wedding banquet.' This place of honour is not reserved for the select few. We are all invited to sit at the table with Jesus as his honoured guests. We are also called to live and as act as Jesus. He is our host who gently calls us to deepen our friendship with him and each other. Every time we accept his most generous invitation, he seats us at his 'place of honour.' How blessed and honoured we are! To be a follower of Jesus is to try our best to live like him. He came to serve not to be served. To be a disciple of Jesus is to put others first and serve them.

Each time we celebrate the Eucharist, we are not only fed and nourished ourselves, we are also called to share the richness of God's life by reaching out to others, especially those in need. We sit at the table with Jesus so we can be generous and gracious to others. This week, whose needs can I put before my own? Who can I serve this week?

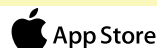
Michael Moore OMI

from www.oblates.ie

CHECK IT OUT: THE CHOSEN SERIES

"Created outside of the Hollywood system, The Chosen allows us to see Jesus through the eyes of those who knew him. No matter where you are at in your journey with Jesus Christ, this show is for you."

A free Bible series, offering insight into and deeply personal encounters with the disciples of Jesus, bringing the characters and events to life in a new way, and opening our eyes to a new encounter with Jesus ourselves. Watch online, download the App or join us in our October Diocesan zoom series or weekend retreat!



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WEEKLY
WEEKLY
FORTNIGHTLY



"...for everyone who exalts himself will
be humbled, and the man who humbles
himself will be exalted."





Litany of Humility

THE LITANY OF HUMILITY IS ATTRIBUTED TO CARDINAL MERRY DEL VAL WHO WAS THE SECRETARY OF STATE TO POPE SAINT PIUS X (1903-1914)

O Jesus, meek and humble of heart,
From the desire of being esteemed,
From the desire of being loved,
From the desire of being extolled,
From the desire of being honoured,
From the desire of being praised,
From the desire of being preferred to others,
From the desire of being consulted,
From the desire of being approved,
From the fear of being humiliated,
From the fear of being despised,
From the fear of suffering rebukes,
From the fear of being calumniated,
From the fear of being forgotten,
From the fear of being ridiculed,
From the fear of being wronged,
From the fear of being suspected,

hear me.

deliver me O Jesus.

deliver me O Jesus.

deliver me O Jesus.

deliver me O Jesus.

deliver me O Jesus.

deliver me O Jesus.

deliver me O Jesus.

deliver me O Jesus.

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deliver me O Jesus.

That others may be loved more than I,
Jesus, grant me the grace to desire it.
That others may be esteemed more than I,
Jesus, grant me the grace to desire it.
That, in the opinion of the world,
others may increase and I may decrease,
Jesus, grant me the grace to desire it.
That others may be chosen and I set aside,
Jesus, grant me the grace to desire it.
That others may be praised and I go unnoticed,
Jesus, grant me the grace to desire it.
That others may be preferred to me in everything,
Jesus, grant me the grace to desire it.
That others may become holier than I,
provided that I may become as holy as I should,
Jesus, grant me the grace to desire it.

