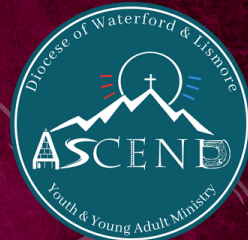




# To the Heights



THE SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST

Subscribe to receive by email!



Image: canva.com

## Bonus

Check out our Eucharistic Miracles, Mystics and Martyrs Resource on our webpage!

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



ascendwaterfordlismore.ym



AscendWaterfordLismoreYM



Ascend Youth Ministry



## Year C

Hear



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

## Sunday Mass Readings

### First Reading:

Genesis 14:18-20

### Responsorial Psalm:

Psalm 109 (110): 1-4

### Second Reading:

1 Corinthians 11:23-26

### Gospel:

Luke 9:11-17

*"They all ate as much as they wanted, and when the scraps remaining were collected, they filled twelve baskets."*

## 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!

20 June	Feast of the Irish Martyrs
21 June	St Aloysius Gonzaga
22 June	Ss John Fisher & Thomas More
23 June	The Nativity of St John the Baptist
24 June	The Most Sacred Heart of Jesus
25 June	The Immaculate Heart of Mary



## Reflect



1. What did Jesus do when He was with the crowds? How did He make them feel?
2. Why did the Apostles want Jesus to send the people away?
3. What was Jesus' response to them?
4. What food did they have?
5. How many were there in the crowd?
6. What did Jesus do with the food first of all before He worked the miracle?
7. How much was left over?
8. What is significant about the number 12?

**CHECK IT OUT: ANOINTING FIRE CATHOLIC MINISTRY**

Anointing Fire Catholic Ministry (AFCM) is a Catholic Charismatic Missionary movement founded by rev. Fr. Xavier Khan Vattayil for the world evangelization. They conduct retreats and conferences for priests, religious and lay people, based on Catholic Teaching and the Holy Bible. It also conducts parish retreats and conferences, formation programmes, seminars, youth ministries, media ministries for Catholic children, youth and adults in English and Malayalam languages.



"The more Eucharist we receive, the more we will become like Jesus, so that on earth we will have a foretaste of heaven."

Bl. Carlo Acutis

**THE BODY OF CHRIST**

"The Body of Christ" - "Amen". Sometimes we can receive Holy Communion at Mass without thinking too much about what we are doing or saying. In today's Gospel we clearly hear Jesus say, "This is My Body, this is My Blood". In John 6, Jesus repeats numerous times how unless we eat His flesh and drink His blood we will not have life within us. This is no mere symbol. How can we say that with certainty? Because Jesus said it, and His words are true. Is the mystery of the Eucharist easy to understand? No. But, like the Trinity, just because something can be difficult for us to fully grasp, that doesn't make it false. Watch Fr Mike in today's video explain why Jesus hides Himself in the Eucharist.

- "When you approach the tabernacle remember that he has been waiting for you for twenty centuries." - St. Josemaria Escriva
- "If angels could be jealous of men, they would be so for one reason: Holy Communion." - St. Maximilian Kolbe
- "There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us." - St John Vianney

**TUNE OF THE WEEK**

God Provides

TAMELA MANN

**WEEKLY CHALLENGE:**

This week, sit in front of the tabernacle in your local Church, ask Jesus to reveal His True Presence to you in your heart.

*"Jesus, if you are really there, please show me in a way I will understand."*

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

WATCH



[The Truth about the Eucharist \(Fr Mike\)](#)

**Young Person's Prayer**

O Sacrament most Holy!

O Sacrament Divine!

All praise and all thanksgiving  
be every moment thine!

**Puzzled?**

FIND THE FOLLOWING WORDS RELATED TO THE READING IN THE WORD SEARCH. CHECK IF YOU KNOW HOW THEY LINK TO THE STORY!

baskets  
blessing  
crowds  
cured  
disciples  
fish  
five thousand  
food  
healing  
heaven  
hungry  
Kingdom of God  
loaves  
lonely  
miracle  
twelve  
welcome

G P I D E R U C K Y G A M K Y S B R E N  
X A D N T D S Q I E L C A R I M V A Y E  
X G E M U W T R N G F L G S K P D Z E C  
L I U V F X E Z G W N N L G E N N U M  
A J Q Y E O K M D Y U I L O S L E P M H  
B G C H I M S Z O H P M S W K V K Z G U  
Y V W X P Y A Y M T Z F J S A Z W U X E  
T F S O B V B L O S Y Q J E E R R E R W  
W J I R M Y V E F B O B H B M L U H D O  
V E R V N H T N G X L N N L B H B N F P  
G R L Q E W C O O V O N Q A R B Y I A R  
K N O C E T V L D I A J Z P D W S W U A  
K W I L O K H H N L V H K R V H Q J F T  
R D V L E M F O O D E D I S C I P L E S  
V E B R A P E U U V S C G K I D I C U Y  
N Z Y J N E O U M S D W Y I K L A E R R  
L K G B R N H F E F A Y M S C R O W D S  
U Q V Q U E H T B W N N J M L X H V O P  
V X Z V E Z D M I T F X D L B T T G K D  
D P O Z X S A T B C V P C A Z Z O A O C

Pick one line from the reading to reflect on this week!



HOW TODAY'S GOSPEL CHANGED  
DALLAS LENKIN'S LIFE

**FROM FAILURE TO  
The CHOSEN****WHAT'S ON**

**Family Day:** Sunday 19th June, 10am - 3pm.  
Bring a packed lunch! Booking is essential: 052 6133181 or email [info@holymission.ie](mailto:info@holymission.ie)

**Day of reflection for all those in parish ministry:** Sat 25th June 10.30am in Mount Melleray Abbey. Facilitated by Sr. Marie Fahy, Abbess at Glencairn Abbey. Please call 051-874199 or email [marydee@waterfordlismore.ie](mailto:marydee@waterfordlismore.ie) to book your place. Please bring a packed lunch.

**Queen of Peace Retreats:** 4-day Medjugorje-style retreat at Glencomeragh Retreat Centre. Thurs 21 - Sun 24 July / Thurs 18 - Sun 21 Aug / Thurs 1 - Sun 4 Sept. Cost: €260. For more info or to book contact [info@holymission.ie](mailto:info@holymission.ie) or (052) 6133181

**Diocesan Youth Pilgrimage to Medjugorje:** August 3rd - 10th, Cost: €725pps, Open to those aged 16 - 35. [www.waterfordlismore.ie/pastoral/pilgrimages/](http://www.waterfordlismore.ie/pastoral/pilgrimages/)

**Youth 2000 Summer Festival:** Ireland's largest Catholic gathering for young people aged 16-35. August 11-14. Donation only. More info on [www.youth2000.ie](http://www.youth2000.ie)

"IT'S NOT YOUR JOB TO FEED  
THE 5,000, IT'S ONLY TO  
PROVIDE THE LOAVES & FISH."  
DALLAS JENKINS  
CREATOR OF THE CHOSEN

*Provide the loaves & fish*



WHAT WOULD YOU CONSIDER YOUR BEST ATTRIBUTES FOR HELPING OTHERS TO BE?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

CAN YOU THINK OF A TIME WHEN YOU WERE ABLE TO HELP SOMEONE ELSE, BY USING THE SKILLS OR RESOURCES YOU HAD? HOW DID THAT SITUATION PLAY OUT?

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SOMETIMES WE SPEND SO MUCH TIME THINKING ABOUT THE PROBLEMS IN FRONT OF US THAT WE FORGET WE HAVE A GOD WHO IS THE SOLUTION TO EVERY PROBLEMS!



*Now Read Luke 9:11-17*



- Imagine yourself as one of the disciples in this story.
- How would you feel when Jesus asked you to give the crowd something to eat?

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How would you feel when you see the miracle of the multiplication of the loaves and fish happening in front of your eyes? What would you think about your role in it?

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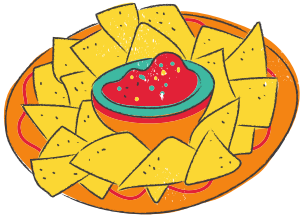
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## PROVIDE THE LOAVES AND FISH

LUKE 9:11-17

WATCH FR MARK MARY'S VIDEO: "GOD'S PROVIDENCE AND NACHOS"



What do you think about Fr Mark Mary's faith in God's providence?

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Are you surprised that God would respond to such a small request?

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What can such a response teach us about the heart of God? Why do you think God would want us to ask for the small things as well as the big?

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THINK ABOUT IT: HOW DOES THIS MIRACLE RELATE TO THE EUCHARIST?

- What does Jesus show He has power to control in this Gospel miracle?
- The loaves and fish satisfied physical hunger; what kind of hunger does the Eucharist satisfy?
- What miracle happens during the celebration of Mass?



TIME TO REFLECT:



- Thousands of hungry people, a small basket of 5 loaves and two fish - it seemed impossible; but not to Jesus. Are there are problems or situations in your life where you can't see the solution yourself, where you feel overwhelmed, or unable to cope? Invite God into that situation now.
- Next, thank God for the gifts and resources that you have been given, and ask God to work through you and those gifts to serve and enrich the lives of others. Your offering and willingness to hand things over to God might seem small to you, but remember how much Jesus could do with the little boy's offering.
- Take some time as you listen to "Good to Me" and ask God to provide for all your needs today. He may not provide in the way you expect, but He will provide what you need.

WATCH DALLAS JENKIN'S TESTIMONY "FROM FAILURE TO THE CHOSEN".



- How could you apply this message to your own life?

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CREATE A PLAYLIST TO LISTEN TO AS YOU LEAN INTO GOD'S PROVIDENCE THIS WEEK!



- |   |  |
|---|--|
| • <a href="#">Good to Me (Audrey Assad)</a>   | • <a href="#">Waymaker (Leeland)</a>             |
| • <a href="#">Good Good Father (C Tomlin)</a> | • <a href="#">Reckless Love (Cory Asbury)</a>    |
| • <a href="#">God Provides (Tamela Mann)</a>  | • <a href="#">God is able (Hillsong)</a>         |
| • <a href="#">Our God (Chris Tomlin)</a>      | • <a href="#">Miracles Happen (LIFE Worship)</a> |

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

