

# To the Heights

28TH SUNDAY IN ORDINARY TIME

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## 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:**

2 Kings 5:14-17

**Responsorial Psalm:**

Psalm 97 (98): 1-4

**Second Reading:**

2 Timothy 2:8-13

**Gospel:**

Luke 17: 11-19

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



ascendwaterfordlismore.ym



AscendWaterfordLismoreYM



Ascend Youth Ministry



Jesus asked, "Were not all ten cleansed? Where are the other nine?"

## 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!**

11 October St Cannice / St John XXIII

12 October Bl. Carlo Acutis

14 October St Callistus, Pope, Martyr

15 October St Teresa of Avila, Doctor



## Reflect



1. Where was Jesus travelling to?
2. What regions was this route bordering?
3. Why did the ten men stand at a distance from him?
4. What did they shout out to Jesus?
5. Why did Jesus tell them to show themselves to the priests (look it up if you don't know!)
6. How many came back to thank Him?
7. Where was this man from? What was significant about this?
8. How did Jesus respond to this man?

## CHECK IT OUT:

ONE MINUTE PAUSE APP



App Store



Google Play

Take a pause. A simple way to connect with God in the middle of your busy day. From John Eldredge, the New York Times Best Selling Author of *Wild at Heart* and *Captivating*. Based on the One Minute Pause chapter of his new book *"Get Your Life Back"*, this app invites you into the simple practice of releasing everything to God, restoring your union with God and inviting him to fill you.



"There's nothing better than thanksgiving, and nothing worse than a lack of thanksgiving."  
Fr Mike Schmitz

## IN ALL THINGS GIVE THANKS

We can read the story of the ten lepers and be shocked at the behaviour of the nine. Imagine being cut off from society, alone, in desperate straits, facing a life of misery, isolation and eventual death - only to find restoration and healing in the person of Jesus Christ! Incredible!

You would imagine they'd be grateful and come rushing back to Him. Yet only one did. How strange and shocking! We'd never do that, would we? And yet, if we think about all the blessings and gifts we have every day in our lives, and how often we thank God for them, we might find ourselves aligning a little more closely with the 9 lepers and not the Samaritan leper who came back and threw himself at the feet of Jesus.

"What if you woke up this morning and had only the things you thanked God for yesterday?" (Max Lucado) That's a quote that's well worth spending some time on - might be a little uncomfortable too. But the good news is we can start an attitude of gratitude today, right at this very moment, and especially at the moments when we feel down, or a little meh about life! In all things give thanks!

## TUNE OF THE WEEK



Gratitude

Brandon Lake



## WEEKLY CHALLENGE:

This week, each morning and each evening, ask the holy spirit to guide you, then list 4 things you are grateful for and then remember to thank God for them. See if it changes your outlook!

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

WATCH



Fr Mike Schmitz: The Absolute Necessity of Saying "Thank You"



## Young Person's Prayer



Jesus you are so good to me, in so many ways that I don't even see each day. But for the things I do see I thank you, especially for \_\_\_\_\_,

and \_\_\_\_\_. Let me never grow indifferent to the gifts you have blessed me with! Amen



BLESSED CARLO ACUTIS



## WHAT'S ON

**Lectio Divina** with the Apostles of the Sacred Heart of Jesus, Waterford.  
Tuesdays, 2:30-4pm- St. John's Pastoral Centre or Thursdays, 7:30-9pm- Sacred Heart Convent, Cedar Lodge (Newtown Rd.) Starting from 13th September. Queries: Sr. Kathryn 087 404 2784.

**The Chosen: Zoom Series, Season 2:**  
TUESDAY nights, 8 - 9.15pm, 4 - 29 October - [www.waterfordlismore.ie](http://www.waterfordlismore.ie) for more information or [click here to sign up](#)

**Encounter:** Gathering for young adults aged 18-35. Talk - Music - Prayer - Refreshments. Fri 14th October - St John's Church, Waterford @ 8pm. More info: [www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)

**Family Day at Holy Family Mission:** Sun 6th Nov, 10am - 3pm. All Saints Costume Party. Bring a packed lunch. Book essential. Email [info@holymission.ie](mailto:info@holymission.ie)

## Puzzled?



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

cured  
faith  
feet  
galilee  
Jerusalem  
Jesus  
master  
praise  
Samaria  
Samaritan  
saved  
take pity on us  
ten lepers  
thanked  
threw himself  
village  
voice

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

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





"THERE'S NOTHING BETTER THAN THANKSGIVING, AND NOTHING WORSE THAN A LACK OF THANKSGIVING."

Give Thanks

LUKE 17: 11-19

# ATTITUDE OF GRATITUDE

## ICEBREAKER



- Can you remember a time where you gave someone a gift or your time to help someone and they never thanked you? What was it like?
- "There's nothing better than thanksgiving, and nothing worse than a lack of thanksgiving." Agree or disagree? Explain your answer.

WATCH THIS VIDEO FROM FR MIKE SCHMITZ (THE ABSOLUTE NECESSITY OF SAYING "THANK YOU") AND REFLECT ON THE QUESTIONS THAT FOLLOW:



What does Fr Mike say there's probably nothing worse than?

Meh

What was Fr Mike's prescription to the young man on campus who had a great life but felt a bit meh about it all? What was he to do every morning and evening?



Which part of this do we often forget to do?

How do people who are ungrateful often feel about themselves?



## Becoming the kind of person who is grateful:



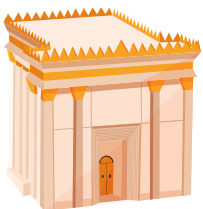
What did St Paul say in his letter to the Thessalonians?

What has the person who has chosen to be grateful chosen to see?

- **God's Perfect Will means:** \_\_\_\_\_
- **God's Permissive Will means:** \_\_\_\_\_

What does practicing this routine of gratitude change? \_\_\_\_\_

For the Israelites, what was the todah offering/sacrifice?



The rabbis said that in the age of the messiah to come, every sacrifice would cease except for the todah sacrifice. Explain how this came to pass for Judeo-Christians in 70AD?

## ATTITUDE OF GRATITUDE

LUKE 17: 11-19

What is the todah sacrifice for Christians/Catholics today? \_\_\_\_\_

What is Eucharist the greek word for? \_\_\_\_\_

What have we as a people been redeemed from? \_\_\_\_\_



How did the prescription work out for the young man on campus? What changed?

\_\_\_\_\_  
\_\_\_\_\_

**How can our lives become lives of praise and thanksgiving? What do we need to bring together?**

\_\_\_\_\_



Now Read *Luke 17: 11-19*



We can read the story of the ten lepers and be shocked at the behaviour of the nine. Imagine being cut off from society, alone, in desperate straits, facing a life of misery, isolation and eventual death - only to find restoration and healing in the person of Jesus Christ! Incredible!

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**MISSION!**

THIS WEEK, EACH MORNING AND EACH EVENING, ASK THE HOLY SPIRIT TO GUIDE YOU, THEN LIST 4 THINGS YOU ARE GRATEFUL FOR AND THEN REMEMBER TO THANK GOD FOR THEM. SEE IF IT CHANGES YOUR OUTLOOK!



**PRAYER TIME!**

*Jesus you are so good to me, in so many ways that I don't even see each day. But for the things I do see I thank you, especially for \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_. Let me never grow indifferent to the gifts you have blessed me with! Amen*



**CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON GOD'S BLESSINGS IN YOUR LIFE**



- Brandon Lake: Gratitude
- Nicole Nordeman: Gratitude
- Phil Wickham: Reason I Sing
- Steffany Gretzinger: Give Thanks

- Audrey Assad: Good to Me
- Shane & Shane: Praise to the Lord
- Chris Tomlin: Forever
- Mikeschair: All I can do (Thank You)



**Why does God let bad things happen?**  
(Fr Mike Schmitz)

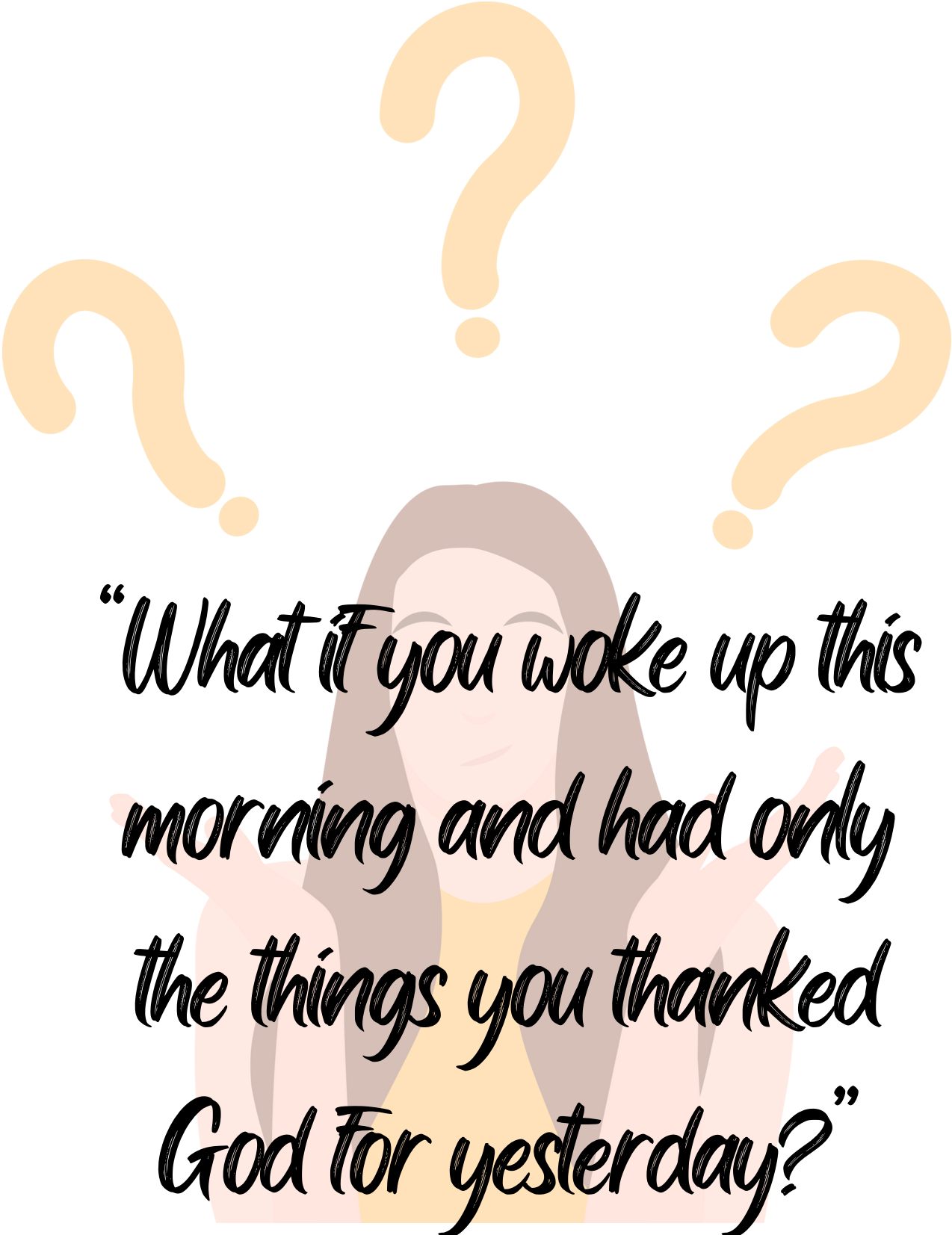


# GRATITUDE PRESCRIPTION!

1. BEGIN BY PRAYING TO THE HOLY SPIRIT TO GUIDE YOU.
2. THINK OF FOUR THINGS YOU ARE GRATEFUL FOR.
3. THANK GOD FOR EACH OF THESE.

**IN ALL  
THINGS  
give  
THANKS**

Day	Morning	Evening
<b>Monday</b>	1. 2. 3. 4.	1. 2. 3. 4.
<b>Tuesday</b>	1. 2. 3. 4.	1. 2. 3. 4.
<b>Wednesday</b>	1. 2. 3. 4.	1. 2. 3. 4.
<b>Thursday</b>	1. 2. 3. 4.	1. 2. 3. 4.
<b>Friday</b>	1. 2. 3. 4.	1. 2. 3. 4.
<b>Saturday</b>	1. 2. 3. 4.	1. 2. 3. 4.
<b>Sunday</b>	1. 2. 3. 4.	1. 2. 3. 4.



*“What if you woke up this morning and had only the things you thanked God for yesterday?”*

- Max Lucado -

gratitude  
CHANGES  
every  
thing

Begin  
EACH WITH  
DAY ((A))  
grateful  
HEART



**FIND  
GRATITUDE  
IN ALL THE  
moments**

THERE'S  
always  
SOMETHING TO BE  
THANKFUL  
for

IN ALL  
THINGS  
give  
THANKS