

To the Heights

SECOND SUNDAY IN ORDINARY TIME

Subscribe to receive by email!



Month of the
Holy Name of
Jesus

Image: www.canva.com

Year A



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

Sunday Mass Readings

FIRST READING:

Isaiah 49:3, 5-6

RESPONSORIAL PSALM:

Psalm 39(40): 2,4,7-10

SECOND READING:

1 Corinthians 1:1-3

GOSPEL:

John 1:29-34

www.waterfordlismore.ie/youth-ministry



ascendwaterfordlismore.ym



AscendWaterfordLismoreYM



Ascend Youth Ministry



"Look, there is the Lamb of God
that takes away the sin of the
world."

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!

16 January	St Fursa, Abbot and Missionary
17 January	St Antony of Egypt, Abbot
18 January	St Margaret of Hungary
20 January	St Fabian (Pope), & St Sebastian (Martyr)
21 January	St Agnes (Virgin, Martyr)



Reflect



1. Which John is referred to in this Gospel?
2. What does He call Jesus?
3. What was John's mission?
4. What happened when John baptised Jesus?
5. What words did he hear spoken at that moment?
6. What does John declare about Jesus at the end of this Gospel?
7. Why is Jesus called the Lamb of God? What did the Jews understand by sacrificial lambs?

CHECK IT OUT: ABIDING TOGETHER PODCAST

Abiding Together is a weekly podcast hosted by Michelle Benzinger, Sr. Miriam James Heidland, and Heather Khym, providing a place of connection, rest and encouragement for people who are on the journey of living out their passion and purpose in Jesus Christ. With book studies, podcasts for liturgical seasons, Apostolic Letters and series, these podcasts are full of inspirational wisdom and encouragement, particularly for Catholic women who want to go deeper in their faith.



Vision focuses our decisions. Decisions determine our destiny. Fr Mike Schmitz

CLARITY

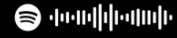
Clarity can be a tricky thing, and yet when we don't have clarity, it leads to frustration and lack of peace. Jesus had total clarity about his goals in life. He knew what His mission was: to reconcile us to the Father, to show us how to live and to win eternal salvation for us. All His decisions, all His words and actions were oriented towards that goal, and He never lost sight of the Father's face or heart at any stage, even during His passion and death.

John the Baptist had very clear goals too. He knew He wasn't the Messiah. His goal in life was to prepare the way for the Messiah, to announce His coming, to prepare for it by calling people to repentance. All his decisions (quirky as some of them may have been, like wearing camel skin and eating locusts!) were oriented towards that goal.

Are we as clear about our goals? Do we know where we're headed and how to get there? Do we know who God has created us to be, and are we actively seeking to become that person? God's plan for us is the maximum of our happiness: let's make a start, a small step today towards realising His vision in our lives!

TUNE OF THE WEEK

I Refuse



Josh Wilson

**WEEKLY CHALLENGE:**

Ask yourself the three questions Fr Mike posed at the end of this week's video:

- "God, what is your vision for my life?"
- "What are the decisions I need to make? What obstacles do I need to remove from my life?"
- "What is one positive step I can take today to help me achieve that vision?"

Developing a Clear vision in life
(Fr Mike Schmitz)

**Young Person's Prayer**

God, what is your vision for my life? Help me to become that person, no more and no less. Help me to identify concretely the changes I need to make in my life, and to act decisively, so I can become the best version of myself. Amen

Puzzle**FIND THE WORDS FROM TODAY'S GOSPEL IN THE WORDSEARCH!**

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

baptise

Chosen One

dove

existed

heaven

heaven

Holy Spirit

Israel

Jesus

John the Baptist

Lamb of God

Look

resting

reveal

sin

water

witness

world



MATT MAHER

**WHAT'S ON**

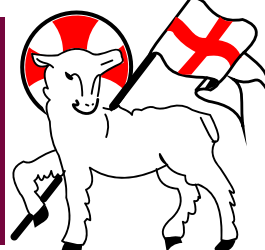
Cherished Retreat: "Discovering my Identity as a Woman of God". Catholic Women's Ministry Retreat: Glencomeragh House, Kilsheelan: Jan 20th - 22nd 2023. Led by the Dominican Sisters of St Cecilia (Limerick). Mass, Adoration, rosary, confession, healing service, talks, testimonies, creative workshops, fellowship, tea and chats! Full Board accommodation €210 pps. To book email info@holymfamilymission.ie

Men's Prayer Group, St. Saviour's Church, Bridge Street, Waterford City. Every Wednesday evening, starts at 7pm: Exposition, Benediction, Faith Formation and Group Sharing. Led by the Servant Priests of the Home of the Mother

Lectio Divina: Join with the Apostles of the Sacred Heart of Jesus to prayerfully read the Sunday Gospel, share and enjoy a chat over a cuppa. No cost. No experience reading the Bible needed. Queries: Sr. Kathryn 087 404 2784. Tuesdays, 2:30-4pm- St. John's Pastoral Centre or Thursdays, 7:30-9pm- Sacred Heart Convent, Cedar Lodge (Newtown Rd.)

Intro to Theology of the Body Study Group, The Foyer of Charity, Dunmore East Waterford, X91 FC65. Tues 11am - 12.30pm. February 21-April 18. Prayer, DVD, Discussion, Tea/Coffee. Registration Essential: Helen 086 1678027 / hellywilliams@gmail.com

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



VISION FOCUSES
OUR DECISIONS.
DECISIONS
DETERMINE OUR
DESTINY.



JOHN 1:29-34

LIVE
without
REGRETS

LIFE GOALS

GOAL



REACHED

ICEBREAKER



- What would you most like to be remembered for?
- Where do you see yourself in 5 years time? What kind of person do you want to be? What do you want to have achieved?

WATCH THIS VIDEO FROM FR MIKE SCHMITZ (DEVELOPING A CLEAR VISION IN LIFE) AND REFLECT ON THE QUESTIONS THAT FOLLOW:



Fr Mike thinks most people will get to the end of their lives and realise they wasted it. **Why will this be? What kind of life have they not chosen to live?**



How do we live lives of meaning? What do we need to have?

What kind of questions should we ask ourselves?

- Who is it I want _____?
- Who is it that God is _____?

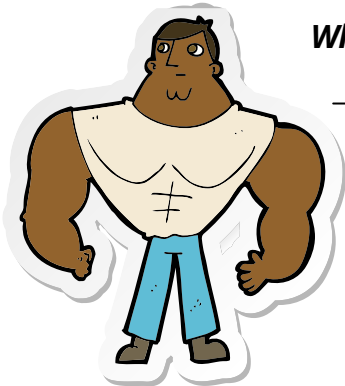
REFLECT: Have you spent any time thinking about this question in the last year or six months?

We should ask ourselves: "What is the vision God has placed in my heart of who He wants me to be?"

This does not mean: "How many people does He _____ or people to know _____ or for me to be _____ or _____."



What two things are body builders very clear about?



Vision focuses our _____. Without vision we have no parameters or principles to base on decisions on.

REFLECT: What kind of decisions do body builders or professional athletes make based on their vision?

Vision focuses our decisions. Decisions determine our _____.

If we don't orient our decisions towards the vision God places in our hearts, then we can get to the end of our lives and realise we have wasted it.



Do we need more time?

How many hours a week do we already have? _____

How do we spend that time? Is it oriented towards the vision or just wasted?

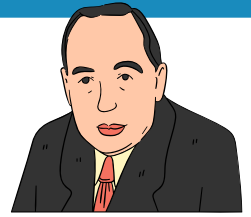


LIFE GOALS

JOHN 1:29-34



Fr Mike points out we don't just spend our time not doing what we _____ to do, but we don't even do what we _____ to do!
What do we settle for instead?



CS Lewis: Author of "The _____ Letters"

What can we do?

Ask these three questions:

- "God, what is Your _____?"
(be specific - what does God want you to look like in a year!)
- "What are the _____ I need to make?"
(keep it simple: what are the things in my life that are preventing me from that vision? What do I need to say no to?)
- "What is one _____ step I could take today?"
(something that if I continue it on a regular and consistent basis, not only will I not have wasted my life, but I'll become the person God has created me to be!)



Now Read John 1:29-34



Clarity can be a tricky thing, and yet when we don't have clarity, it leads to frustration and lack of peace. Jesus had total clarity about his goals in life. He knew what His mission was: to reconcile us to the Father, to show us how to live and to win eternal salvation for us. All His decisions, all His words and actions were oriented towards that goal, and He never lost sight of the Father's face or heart at any stage, even during His passion and death.

John the Baptist had very clear goals too. He knew He wasn't the Messiah. His goal in life was to prepare the way for the Messiah, to announce His coming, to prepare for it by calling people to repentance. All his decisions (quirky as some of them may have been, like wearing camel skin and eating locusts!) were oriented towards that goal.

Are we as clear about our goals? Do we know where we're headed and how to get there? Do we know who God has created us to be, and are we actively seeking to become that person? God's plan for us is the maximum of our happiness: let's make a start, a small step today towards realising His vision in our lives!

MISSION!

ASK YOURSELF THE THREE QUESTIONS FR MIKE POSED AT THE END OF THIS VIDEO:

- "GOD, WHAT IS YOUR VISION FOR MY LIFE?"
- "WHAT ARE THE DECISIONS I NEED TO MAKE? WHAT OBSTACLES DO I NEED TO REMOVE FROM MY LIFE?"
- "WHAT IS ONE POSITIVE STEP I CAN TAKE TODAY TO HELP ME ACHIEVE THAT VISION?"



PRAYER TIME!

God, what is your vision for my life? Help me to become that person, no more and no less. Help me to identify concretely the changes I need to make in my life, and to act decisively, so I can become the best version of myself. Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON DECIDING FOR GOD'S VISION



- Josh Wilson: I refuse
- Eleventh Hour Worship: Your Plans for Us
- Paul Baloche: Open the Eyes of my Heart
- Brian Doerksen: Today I Choose
- Matthew West: The Motions
- Rend Collective: You are my Vision
- Matt Redman: When All Is Said and Done
- Jenn Johnson: God I look to You



The Secret to Sticking to a New Year's Resolution
(Fr Mike Schmitz)



LIFE GOALS

1. GOD, WHAT IS YOUR VISION FOR MY LIFE?

(be specific - what does God want me to look like in a year's time!)



2. WHAT ARE THE DECISIONS I NEED TO MAKE?

(keep it simple: what are the things in my life that are preventing me from that vision? What things am I doing, what have I included in my life, what relationships are there that are obstacles to that vision? What do I need to say no to?)



3. WHAT IS ONE POSITIVE STEP I COULD TAKE TODAY?

(something that if I continue it on a regular and consistent basis, not only will I not have wasted my life, but I'll become the person God has created me to be!)



DATE:

SIGNED:

Vision
FOCUSES OUR
Decisions.



Decisions
DETERMINE OUR
destiny.



- FR MIKE SCHMITZ -