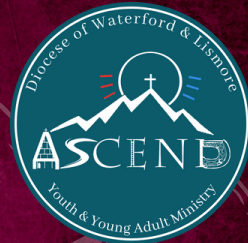




To the Heights



SEVENTH SUNDAY IN ORDINARY TIME

Subscribe to receive by email!

Love your enemies,
which hate you,
Bless them,
pray for them,

www.canva.com

Year A



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

Sunday Mass Readings

FIRST READING:

Leviticus 19:1-2, 17-18

RESPONSORIAL PSALM:

Psalm 102 (103): 1-4, 8, 10, 12-13

SECOND READING:

1 Corinthians 3:16-23

GOSPEL:

Matthew 5:38-48

www.waterfordlismore.ie/youth-ministry



ascendwaterfordlismore.ym



AscendWaterfordLismoreYM



Ascend Youth Ministry



"Love your enemies and pray for those who persecute you"

Reflect



1. Who was Jesus addressing in this Gospel?
2. Why did the Law stipulate "an eye for an eye"? What was it preventing?
3. What higher standard does Jesus call for?
4. What does Jesus say we should do when asked to share with another?
5. What is Jesus' radical command about how we treat our enemies?
6. Why is it not all that virtuous to love those who love us?
7. Who / how are we called to be like?

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 February	Ss Francisco and Jacinta Marto (Fatima)
21 February	St Peter Damian, Bishop
22 February	Ash Wednesday
23 February	St Polycarp



CHECK IT OUT: BEST LENT EVER: DYNAMIC CATHOLIC



Dynamic Catholic seeks to meet people where they are and lead them where God calls them to be. Join BEST LENT EVER, a free daily email program from Dynamic Catholic that will help you grow spiritually this Lenten season! The foundation of Best Lent Ever 2023 is Holy Moments: Every time you collaborate with God to create a Holy Moment...the real you emerges. Most people live and die without even scratching the surface of their potential. Don't let that be your story! Let Holy Moments reveal what the real you can do. Receive two inspirational videos daily and practical suggestions on how to make this your best Lent ever. Join for free at <https://www.dynamiccatholic.com/lent.html> Resource: <https://www.dynamiccatholic.com/lent/about-lent.html>

BEST
LENT
EVER



"At the end of life, we are going to be judged on the basis of our love for one another." St Teresa of Calcutta

THE DIFFICULT TO LOVE

I don't know about you but this Gospel isn't the easiest one to hear, not to mind put into action. Love our enemies, pray for those who persecute us, turn the other cheek, go the extra mile...? Is that even possible? We've all been hurt in life, felt like people have used us, walked over us, made our lives difficult (whether deliberately or not). We have to love them?

Jesus' message was as shocking and difficult 2000 years ago as it is now. Think of how the Jews viewed tax collectors and Roman soldiers - and Jesus told them to love them and pray for them? We absolutely have to have boundaries to prevent ourselves from being trodden upon, He's not asking us to be doormats. But if I'm carrying hatred or unforgiveness in my heart, if I'm wishing someone ill because of what they've done to me, then I can't call myself a follower of Christ. It's as simple as that. It's easy to love those who are lovable, that's not being virtuous; but choosing to love those who annoy us, get under our skin, who have have gossiped about us, betrayed us, or have no time for us: that's where we get to put our faith in action. It's not easy, but He never said it would be. He showed us how to do it on the Cross, and He sent His Spirit to guide us. Lean into that.

TUNE OF THE WEEK

Love Your Enemies



Kyle Sigmon

WEEKLY CHALLENGE:

Identify the people in your life who charge your love battery and who drain it! Choose one person. How are you currently reacting to them? What's going on in your heart when you think about them? Choose to intentionally pray for them this week, and for the grace to love them, in the way that you can.



How to Love Someone Who is Hard to Love
- Fr Mike Schmitz



Young Person's Prayer



Jesus, thank you for your super abundant grace, love and mercy. Forgive me for any times I have settled for minimalism in my attitude to you or to others. Fill my heart with a generous and loving spirit, so it's not about rules and laws, but rather finding a real and true relationship with You! Amen

Puzzle

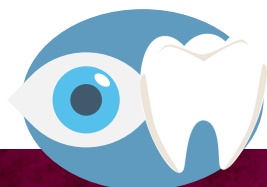


FIND THE WORDS FROM TODAY'S GOSPEL IN THE WORDSEARCH!

bless
 brothers
 cloak
 disciples
 dishonest
 eye for an eye
 Father
 hate
 heaven
 Jesus
 left cheek
 love your enemies
 neighbour
 pagans
 perfect
 persecute
 pray
 rain
 right cheek
 sun
 tooth for a tooth
 tunic

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

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



TESTIMONY FROM ANNA

Holy Family Mission Testimony

Never Give Up Hope

WITH ANNA

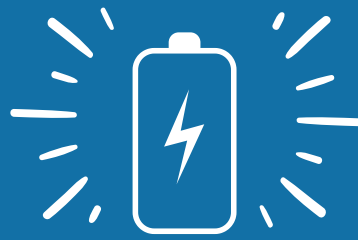
WHAT'S ON

Family Day at Holy Family Mission: Sunday 26th February, 10am - 3pm. Prayer, Talk, Mass, Music, Fun and Games for all the Family! Bring a packed lunch! Booking is essential: email info@holymission.ie

Forgiven: Young Adults aged 18-35 are invited to attend an evening of preparation for Lent. Takes place on Zoom from 7-9pm (Ireland Time) on Sunday 19th February. Come on your own or get a group together to watch! More info on www.ascjus.org/youngadult

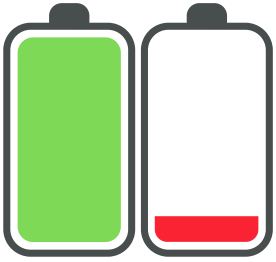
65th Diocesan Lourdes Pilgrimage: Under the leadership of Most Rev Bishop Cullinan. 7 - 12 June. €879 - full board. More info on www.waterfordlismore.ie Enquiries to Joe Walsh Tours 01 2410800 / info@joewalshstours.ie

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



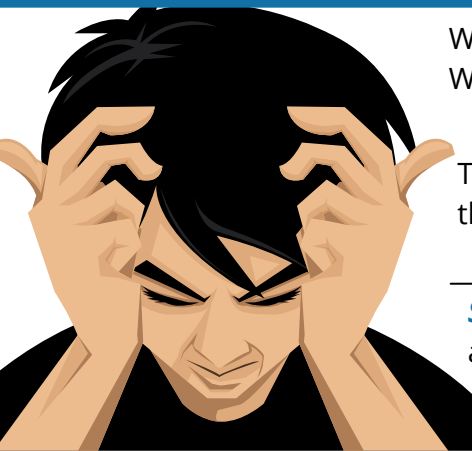
LOVE THOSE WHO ARE DIFFICULT TO LOVE

"At the end of life, we are going to be judged on the basis of our love for one another."
St Teresa of Calcutta



- CAN YOU THINK OF THREE PEOPLE YOU FIND IT EASY TO LOVE, THE ONES WHO CHARGE YOUR "LOVE BATTERY"
- CAN YOU THINK OF SOMEONE WHO IS DIFFICULT TO LOVE, WHO DRAINS YOUR "LOVE BATTERY"?

WATCH THIS VIDEO FROM FR MIKE SCHMITZ: "HOW TO LOVE SOMEONE WHO IS HARD TO LOVE", AND REFLECT ON THE QUESTIONS THAT FOLLOW



What is the real challenge for a Christian when it comes to loving people?
Who are Christians called to love?

Those who are difficult to love might not be our enemies, but why might they still be difficult to love?

Step 1: Acknowledge that some people are _____ and some are _____.

Step 2: I cannot _____ what I do not _____

1 John 4:19: We love because He _____.

What kind of life did St Bakhita have?

Who did she choose to love? How was she able to do this?

"I am definitively loved- and whatever happens to me- I am awaited by this Love. And so, my life is good."
- St Josephine Bakhita -



Step 3: Recognise that Love is a _____ Street!

Relationships are a _____ street, because we give and receive in a healthy relationship.

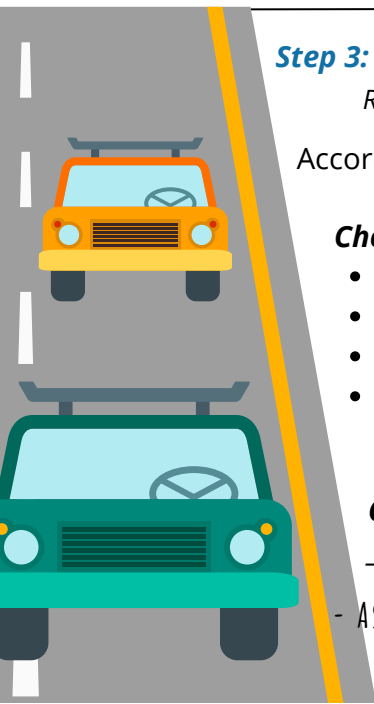
According to St Thomas Aquinas: **Love is willing** _____ **of the** _____.

Choosing the good of the other does not mean:

- there will be good f _____
- there will be no b _____
- waiting for someone to love us _____
- them c _____ and _____
how we want them to.

Choosing the good of the other does mean we make the _____ to will their good.

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



LOVE THOSE WHO ARE DIFFICULT TO LOVE

MATTHEW 5:38-48

REMINDER: THREE STEPS TO LOVING THOSE WHO ARE DIFFICULT TO LOVE:

1. Acknowledge _____
2. I cannot give _____
3. Love is a _____

Jesus is waiting for me, in my own way, in the way that I can (not in the way I cannot), to choose the good of the other.



That might mean:

- Making _____ for them
- tolerating _____
- making great p_____ s_____ for their good.
- establishing / maintaining _____ (you're not called to be a doormat!)



Now Read Matthew 5:38-48



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MISSION!

IDENTIFY THE PEOPLE IN YOUR LIFE WHO CHARGE YOUR LOVE BATTERY AND WHO DRAIN IT! CHOOSE ONE PERSON. HOW ARE YOU CURRENTLY REACTING TO THEM? WHAT'S GOING ON IN YOUR HEART WHEN YOU THINK ABOUT THEM? CHOOSE TO INTENTIONALLY PRAY FOR THEM THIS WEEK, AND FOR THE GRACE TO LOVE THEM, IN THE WAY THAT YOU CAN.



PRAYER TIME!

Jesus, it's so hard to love those who are difficult to love. Yet You love them infinitely Lord. You know the people in my life who are easy to love and I thank You for them. You know the people in my life who are difficult to love, and I ask for Your help in loving them as I should, so that I can be a true follower of Yours, and build Your Kingdom of love and peace. Amen



CREATE A PLAYLIST TO LISTEN THIS WEEK TO AS YOU REFLECT ON CHOOSING TO LOVE



- Kyle Sigmon: Love Your Enemies
- Out of the Dust: Love Your Enemies
- Newsboys: Love One Another
- Bethany Barrie: Love my Enemies
- TobyMac: Show Up Choose Love
- Rend Collective: I Choose to worship
- Micah Tyler: Different
- Matthew West: Forgiveness



St Josephine Bakhita (Catholic Online)