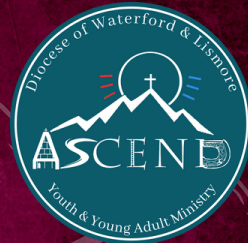




To the Heights



3RD SUNDAY IN LENT

Download from www.waterfordlismore.ie/resources or subscribe to receive by email!



Henryk Siemiradzki, Public domain, via Wikimedia Commons

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:

Exodus 17: 3-7

RESPONSORIAL PSALM:

Psalms 94 (95): 1-2, 6-9

SECOND READING:

Romans 5:1-2, 5-8

GOSPEL:

John 4:5-42



www.waterfordlismore.ie/youth-ministry



[ascendwaterfordlismore_ym](https://www.instagram.com/ascendwaterfordlismore_ym)



[AscendWaterfordLismoreYM](https://www.facebook.com/AscendWaterfordLismoreYM)



[Ascend Youth Ministry](https://www.youtube.com/AscendYouthMinistry)



"Anyone who drinks the water that I will shall give will never be thirsty again..."

Reflect



1. What town was Jesus visiting?
2. Whose well did He stop at?
3. Who came to the well at the same time?
4. Why was the woman surprised by Jesus' request for water?
5. What kind of water did Jesus offer her?
6. Where did the Jews say one must worship?
7. What did Jesus say was going to happen regarding worship?
8. What did Jesus know about the woman's life and past?
9. How did this encounter change her?

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!

17 March

St Patrick

St Joseph of Arimathea



Check out our Stations of the Cross resource pack, produced with Holy Family Mission and the Servant Sisters of the Home of the Mother!

Stations of the Cross

RESOURCE PACK



DIOCESE OF WATERFORD & LISMORE



CHECK IT OUT:



"Youth leading youth to the Heart of the Church!" Youth 2000 is a Catholic youth organisation that organises fantastic faith festivals, retreats, prayer groups and other events for young people aged 16-35 across the island of Ireland, and has been doing so for over thirty years. Check out their upcoming Munster Retreat in St Brendan's College, Killarney, Co. Kerry 24th - 26th March - a gathering of young people from across Ireland for a weekend of inspiring talks and testimonies, fantastic workshops, great music and great people! Donation only. More info on www.youth2000.ie



Come, see a man who told me everything I ever did.. John 4:29

HE SEES YOUR HEART

There's a lot going on in this story: think of the context - a Samaritan woman out at the hottest time of the day because she is an outcast in society. Her life choices have been less than ideal, but here is a woman suffering and alone, dejected and weary. Along comes a Jewish man - the very notion that conversation would happen between them in that kind of cultural context was unheard of: Jews hated the Samaritans didn't they? Not to mind a Jewish male speaking to a female like that. There's a lot of symbolic language that the woman struggles to grasp at the beginning, but by the end of the encounter she is transformed. She knows she is accepted, she is loved, she is cherished. She knows she's being called to more. She knows she has met the Messiah (Jesus revealed this to her first). She knows her life will never again be the same, and she is so full of joy and excitement that her witness converts many in her town. What a beautiful encounter: a real heart meets heart moment. And it's not just for her - it's what Jesus wants with each of us: for us to let down our guard because He sees the real us anyway and loves us. He wants your heart and He's not afraid of the mess. This Lent, remove what you need to to make space for that encounter with Him. You won't regret it.

TUNE OF THE WEEK

The Well



Casting Crowns

WEEKLY CHALLENGE:



Find some time this week to have an honest conversation with Jesus. You might find it easier to write your thoughts on paper. Speak from your heart and allow yourself time to sit in silence and see what kind of living water He wants to offer you too. Write down any thoughts or ideas, or any bible quote or line from a lyric that strikes you... watch out for ways Jesus will try to speak to your heart this week too!


[Jesus and the Outcast Woman at the Well \(The Chosen\)](#)


Young Person's Prayer



Some sentence starters to help you have an honest conversation with Jesus:

Jesus, I don't even know what to start with but.... / Jesus, I'm so worried about... / Jesus, I'm confused about... / Jesus, I'm so grateful for... / Jesus, can you help me with... / Jesus, are you even real? / Jesus, thank you for...

Puzzle?



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

bucket
Christ
drink
Jacob
Jerusalem
Jesus
Jew
Messiah
mountain
Samaria
Samaritan
sixth hour
spirit
thirsty
truth
water
well
woman
worship

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

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



WHAT'S ON

Revive the Wonder: 3 part series on the mystery of the Eucharist. Tuesdays 14th, 21st, 28th March in St Oliver's Parish Church, Clonmel at 7.30pm with guest presenter each week followed by time of prayer. More info on www.waterfordlismore.ie

Youth 2000 Munster Retreat: St Brendan's College, Killarney, Co. Kerry March 24th - 26th March for ages 16-35. More info on www.youth2000.ie

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

Arise Family Conference: Tramore, Co. Waterford, April 10th - 13th. Workshops, Guest Speakers, Fun & Activities, Sacrament. For more information check out www.arisefamilyconference.ie

Retreat for Men at Holy Family Mission, April 28 - 30. Main speaker Fr Philip Mulryne OP (former Man Utd player). €250 full board accomm. More info: (052) 6133181 / info@holymission.ie



JOHN 4:5-42



THE WOMAN AT THE WELL

Come, see a man who told me everything I ever did.. John 4:29

CAN YOU REMEMBER A TIME WHEN YOU HEARD SOME REALLY GOOD NEWS?
OR WHEN SOMEONE MADE YOU FEEL REALLY GOOD ABOUT YOURSELF?



WATCH THIS CLIP FROM SEASON 1, EPISODE 8 OF "THE CHOSEN" WHICH DEPICTS THE ENCOUNTER BETWEEN JESUS AND THE SAMARITAN WOMAN AT THE WELL (FROM JOHN 4:5-42)



Why is Photina, the woman at the well so shocked that Jesus would ask her for water?

What does Jesus offer the woman at the well, something she finds difficult to understand at first?

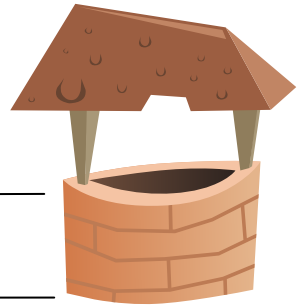
Who does Jesus reveal Himself to be to this woman?

Why does she believe Him? What does he tell her about herself?

Jesus tells her the time is coming when people will worship in s_____ and in t_____.

They will worship with their h_____ and their _____,

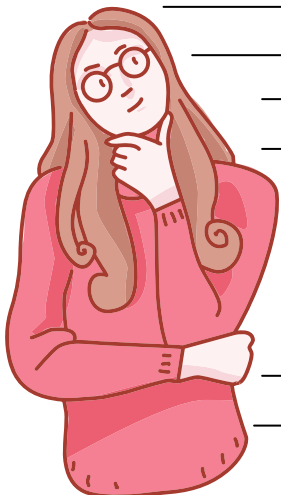
Jesus tells His disciples that He has food. What is this *food* He is talking about?



Personal reflection

What is your impression of Jesus in this clip? Does anything surprise you?

How do you react to the character of Photina?



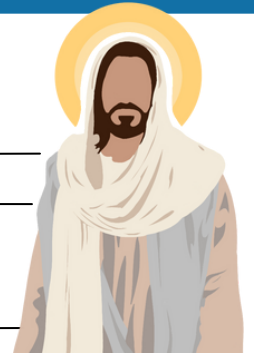
THE WOMAN AT THE WELL

JOHN 4:5-42

OVER TO YOU:

How might you have reacted if you met Jesus at the well?

How might you have reacted if you were the disciples having returned to the well to witness Jesus' encounter?



Now Read John 4:5-42



There's a lot going on in this story: think of the context - a Samaritan woman out at the hottest time of the day because she is an outcast in society. Her life choices have been less than ideal, but here is a woman suffering and alone, dejected and weary. Along comes a Jewish man - the very notion that conversation would happen between them in that kind of cultural context was unheard of: Jews hated the Samaritans didn't they? Not to mind a Jewish male speaking to a female like that. There's a lot of symbolic language that the woman struggles to grasp at the beginning, but by the end of the encounter she is transformed. She knows she is accepted, she is loved, she is cherished. She knows she's being called to more. She knows she has met the Messiah (Jesus revealed this to her first). She knows her life will never again be the same, and she is so full of joy and excitement that her witness converts many in her town. What a beautiful encounter: a real heart meets heart moment. And it's not just for her - it's what Jesus wants with each of us: for us to let down our guard because He sees the real us anyway and loves us. He wants your heart and He's not afraid of the mess. This Lent, remove what you need to to make space for that encounter with Him. You won't regret it.



MISSION!

FIND SOME TIME THIS WEEK TO HAVE AN HONEST CONVERSATION WITH JESUS. YOU MIGHT FIND IT EASIER TO WRITE YOUR THOUGHTS ON PAPER. SPEAK FROM YOUR HEART AND ALLOW YOURSELF TIME TO SIT IN SILENCE AND SEE WHAT KIND OF LIVING WATER HE WANTS TO OFFER YOU TOO. WRITE DOWN ANY THOUGHTS OR IDEAS, OR ANY BIBLE QUOTE OR LINE FROM A LYRIC THAT STRIKES YOU... WATCH OUT FOR WAYS JESUS WILL TRY TO SPEAK TO YOUR HEART THIS WEEK TOO!

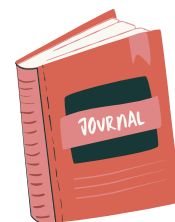


PRAYER TIME!

Some sentence starters to help you have an honest conversation with Jesus:

- Jesus, I don't even know what to start with but....
- Jesus, I'm so worried about...
- Jesus, I'm confused about...
- Jesus, I'm so grateful for....
- Jesus, can you help me with...
- Jesus, are you even real?
- Jesus, thank you for....

JUST TALK TO HIM LIKE YOU WOULD TO A FRIEND - WHAT HAVE YOU GOT TO LOSE?



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON ENCOUNTERING JESUS



- The Well (Casting Crowns)
- Surrender (Marc James)
- I will Follow (Chris Tomlin)
- Jesus Messiah (Chris Tomlin)
- Heart of Worship (Matt Redman)
- Living Water (Gateway Worship)
- I will offer up my life (Matt Redman)
- Woman at the Well (Olivia Lane)