

To the Heights

PALM SUNDAY

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Year A



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

Sunday Mass Readings

Gospel: Matthew 21:1-11

First Reading:

Isaiah 50:4-7

Responsorial Psalm:

Psalm 21(22):8-9, 17-20, 23-24

Second Reading:

Philippians 2:6-11

Gospel:

Matthew 26:14-27, 66



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)



"My Father, if this cup cannot pass by without me drinking it, your will be done!"

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!

3 April	Monday of Holy Week
4 April	Tuesday of Holy Week
5 April	Spy Wednesday
6 April	Holy Thursday
7 April	Good Friday
8 April	Holy Saturday



Reflect



1. What did Judas Iscariot receive in return for betraying Jesus?
2. Where did Jesus go after the Passover Meal?
3. What did Jesus foretell Peter would do?
4. Who went with Jesus to Gethesemane?
5. How did Peter react when the soldiers tried to arrest Jesus?
6. How did Peter react to questioning in the courtyard?
7. Who was Barabbas?
8. How did the soldiers mock Jesus?
9. How do you imagine the disciples felt at the death of Jesus?

CHECK IT OUT: IS IRELAND STILL CATHOLIC? | EWTN NEWS IN DEPTH.

Ireland was once known as one of the most Catholic countries in the entire world. In the 1950's and 60's, it was estimated that about 90% of the Irish population went to Mass on Sundays. However now in 2023, that number has dropped significantly to around 30%. For this St. Patrick's Day, EWTN News reporter Colm Flynn traveled to his home country to talk to members of the Church about why they think the faith has declined so much in the Emerald Isle.

Includes interviews with Bishop Phonsie and community members from Holy Family Mission.



Jesus shows us His wounds so we won't be afraid to show him ours. Fr Mike Schmitz

HE DIED - FOR ME!

It's Holy Week. What does that mean to you? Is it simply a relief just to have some time off school or college? Or is there something more going on?

Each year we are given a precious few days to really refocus our hearts on what matters most in this life: the overwhelming, never-ending, reckless love of God! We owe it to ourselves as well as to God to take a few minutes each day to sit in silence in our rooms, or a Church, or outdoors and just think about how great His love is for us, that He would send His Son to die in our place so that we may have eternal life with Him in heaven.

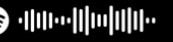
Think of the humanity of Jesus, knowing what He was to face during His passion and death, but choosing it out of love for each one of us too, without hesitation. That's how much you're worth!

Think about how we have a God who understands pain, rejection, cruelty, loneliness, fear, torment, abandonment.

Think about what the mother of Jesus went through that week, seeing her only Son, completely innocent, tortured, mocked and abused, but silently supporting Him because she knew what the end goal was: our salvation. Then rejoice on Easter Sunday with her: Jesus conquered death, sin and darkness!

TUNE OF THE WEEK

Reckless Love



Cory Asbury

WEEKLY CHALLENGE:



Make a special effort this week to pray the Stations of the Cross. You can watch them online, or use the post on our Instagram page to meditate on a few stations each day. Ask Jesus to show you this week how much He really loves you, and pray for the grace to let that love affect your whole life!



Holy Family Mission Stations of the Cross



Young Person's Prayer



We adore You oh Christ, and we praise You, because by Your Holy Cross You have redeemed the world!

Puzzle

Barabbas
brigand
crucified
cup
Father

Garden of Olives
Gethsemane
High Priest
jeered
Jerusalem
Jesus
Judas
Nazarene
Passover
Peter
Pontius Pilate
Sanhedrin
scourged
sepulchre
Sons of Zebedee
sorrowful
thirty
vinegar



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

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

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



TESTIMONY TIME

Holy Family Mission Testimony

"Truly this Man is the Son of God"

WITH EOIN

WHAT'S ON

PRAYER AROUND THE CROSS: Holy Family Mission, Glencomeragh House, Good Friday at 7.30pm. Music, prayer and reflection. All welcome.

ARISE FAMILY CONFERENCE: Tramore, Co. Waterford, **April 10th - 13th.** Workshops, Guest Speakers, Fun & Activities, Sacrament. For more information check out www.arisefamilyconference.ie

EVENTS AT THE FOYER OF CHARITY, DUNMORE EAST:

- First Five Saturdays: April 1st: Morning Prayer, Mass, Confession, Adoration, Rosary 8.45-10.45am
- Saturday April 1st, 8th, 22nd: Journey into the Secret of Mary (St. Louis de Montfort) with Fr. Kilian Byrne 11am-12.30pm
- Wednesday April 5th: Book of Revelation Study Group 7.30-9pm

More Info: Helen at 086 1678027 / hellywilliams@gmail.com

CATHOLIC MOTHERS' ASSOCIATION RETREAT DAY: Holy Family Mission, Glencomeragh House, **Saturday May 13th.** Contact Sinead for more info at (086) 0528282



What are the Stations?

We adore You oh Christ, and we praise You, because by Your Holy Cross You have redeemed the world!



WHAT DO YOU THINK OF WHEN YOU HEAR THE WORD "STATION"?

The Stations of the Cross present key moments to pause and reflect along Jesus' journey to Calvary: the people He interacted with, the sufferings He went through in His passion, and the love He showed. They are sometimes known as the *Way of the Cross*, the *Via Crucis* or the *Via Dolorosa*.

At each Station, we recall and meditate on a specific event from Christ's last day, prayers are offered and then we move on to the next Station. Individuals often pray these alone in a Church, physically moving from Station to Station, gaining consolation in their own trials and worries. The Way of the Cross is prayed together by Catholics on Good Friday as part of the liturgy.

Stations of the Cross are commonly found in churches as a series of 14 icons or images, and they can also appear in Church yards arranged along paths.

HAVE YOU EVER PRAYED THE STATIONS OF THE CROSS BEFORE?

DO YOU KNOW IF YOUR LOCAL CHURCH HAS A SET OF STATIONS? WHAT DO THEY LOOK LIKE?



Even if you don't know the prayers that go with the Stations, you can always walk from one to the next, thinking about what you see in each scene and speaking to Jesus about what He is going through there. Or you can watch the video dramatised by the young people at Holy Family Mission available on the Diocese of Waterford & Lismore YouTube channel.



NUMERACY TRICK TO HELP YOU REMEMBER THE STATIONS

14
Stations

3-7-9
Falls of Jesus

4-6-8
Jesus meets women
on the Via Crucis

Brief Guide to the Stations



I. JESUS IS CONDEMNED TO DEATH

Jesus was innocent, blamed for things He did not do, and having been scourged cruelly, He was sentenced to death by Pontius Pilate.



II. JESUS TAKES UP HIS CROSS

Crucifixion was a routine but horrifically cruel way of executing criminals at the time. The soldiers dragged Jesus out and placed a heavy cross on His shoulders.



III. JESUS FALLS FOR THE 1ST TIME

Jesus was already exhausted from being beaten, scourged, crowned with thorns, mocked and spat on. Now He fell flat on his face under the weight of the cross.



IV. JESUS MEETS HIS MOTHER

Mary pushed through the crowd to be near her son, Jesus, to offer Him consolation. Of all people, she understood best why He had to suffer in this way.



V. SIMON OF CYRENE HELPS JESUS

Simon was an onlooker, pulled from the crowd to help Jesus carry His cross because it was too heavy for Jesus in His weakened state.



VI. VERONICA WIPES JESUS' FACE

Bravely, Veronica stepped forward, offering the only comfort she could, to wipe the blood, sweat and dirt from Jesus' face with her veil.



VII. JESUS FALLS FOR THE 2ND TIME

Jesus fell again under the heavy weight of the cross, as His strength failed on the way to Calvary. Yet again, He got up and continued on.



VIII. JESUS CONSOLES THE WOMEN

A number of women were crying at the roadside as Jesus passed. He told them not to weep for Him, but for themselves.



IX. JESUS FALLS FOR THE 3RD TIME

Almost at the top of Calvary, Jesus could barely get up and continue on, as the soldiers whipped Him and hurled abuse at Him.



X. JESUS IS STRIPPED OF HIS CLOTHES

We can only imagine the pain Jesus felt as the soldiers tore His blood-clotted clothes from Him, reopening His wounds and humiliating Him.



XI. JESUS IS NAILED TO THE CROSS

Huge nails were driven into Jesus' wrists and feet as He was nailed to the cross and remained there in agony for hours.



XII. JESUS DIES ON THE CROSS

At three o'clock on Good Friday, having asked God the Father to forgive everyone, Jesus bowed His head and died.



XIII. JESUS IS TAKEN DOWN FROM THE CROSS

Jesus was placed in the arms of Mary. She must have remembered what it was like to hold Him as a baby, and now her son lay dead.



XIV. JESUS IS PLACED IN THE TOMB

Joseph of Arimathea gave the followers of Jesus a tomb where He could be buried: the Light of the World by darkness was slain.

THE TRADITIONAL STATIONS OF THE CROSS END WITH STATION XIV. THEY ARE PRAYED THIS WAY ON GOOD FRIDAY. AT OTHER TIMES OF THE YEAR, A 15TH STATION, THE RESURRECTION, CAN BE ADDED.



XV. THE RESURRECTION

Jesus rose from the dead, defeating sin and death. We celebrate this on Easter Sunday, and every Sunday. Christians are a people of hope.



Prayer time!

Set aside a few minutes of silence. Make the sign of the cross and pray:

WE ADORE YOU, OH CHRIST,
AND WE PRAISE YOU BECAUSE
BY YOUR HOLY CROSS, YOU
HAVE REDEEMED THE WORLD.

PICK ONE STATION TO REFLECT ON.

You might find it helpful to first re-watch your chosen station. 

Think about what happened in that scene, what action can be seen, what can be heard, who the characters are and how they are responding to Jesus, how Jesus acted, and lastly how this can speak to your life. You could pick one of the songs below to listen to. Maybe you would like to write your own prayer. Finish by making the sign of the cross.



EACH SONG TITLE IS A YOUTUBE LINK ALSO

Music to help you reflect on the Passion of Jesus




- "Watch the Lamb" - Ray Boltz
- "Why?" - Nicole Nordeman
- "Worthy is the Lamb" - Hillsong
- "At the Cross" - Hillsong
- "How Deep the Father's Love for Us" - Fernando Ortega
- "Forever" - Kari Jobe
- "Above All" - Michael W Smith
- "In Christ Alone" - Stuart Townend
- "Anastasis" (O Praise the Name) - Hillsong
- "What a beautiful name" - Hillsong
- "You gave your life away" - Paul Baloché
- "Amazing Love" - Graham Kendrick

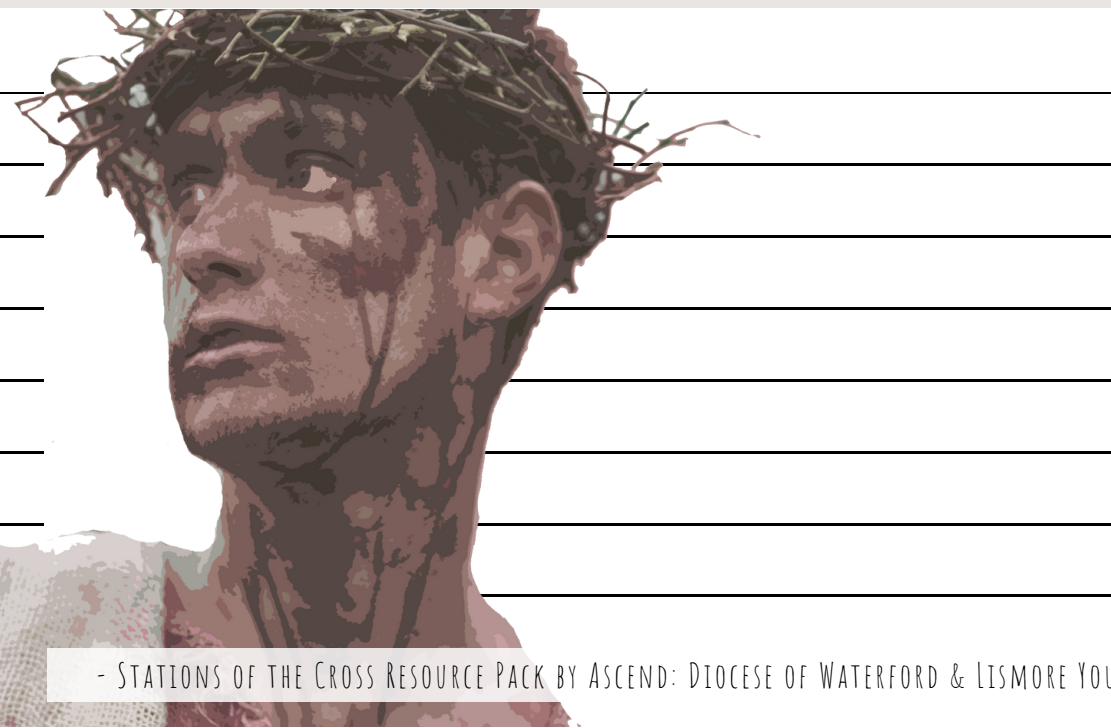


- "Once Again" - Matt Redman
- "My Redeemer Lives" - Nicole C Mullen
- "Who am I" - Casting Crowns
- "O Come to the Altar" - Elevation Worship
- "The Passion" - Hillsong
- "Reckless Love" - Cory Asbury
- "Stay with me" - Taizé Chant
- "Jesus remember me" - Taizé Chant
- "Misericordias Domini" - Taizé Chant
- "Crucem Tuam" - Taizé Chant
- "Nearer my God to Thee" - Sarah Flower Adams
- "This is Jesus" - Jim Cowan



What music would you include on a playlist for Easter? 

What songs do you know that address issues of suffering, loss, hope?



CHECK OUT THE FOLLOWING
RESOURCES TO HELP YOU
CELEBRATE HOLY WEEK!



ASCENSION PRESENTS
FR MIKE SCHMITZ: PRAYING THROUGH HOLY WEEK



READ
OR
WATCH:



"THE LION, THE WITCH AND
THE WARDROBE" (CS LEWIS)

Pay particular attention to how
Aslan portrays the Christian
themes of sacrifice and
redemption.



Walk in their footsteps

**HOLY
WEEK**



PRAY AND CHOOSE ONE OF THE PEOPLE IN THE PASSION NARRATIVE TO WALK WITH THIS HOLY WEEK.

- EACH DAY REFLECT ON THE EVENTS OF THAT DAY FROM THEIR PERSPECTIVE.
- WHAT WOULD THEY HAVE SEEN / WITNESSED / HEARD / FELT?
- WHAT CAN YOU LEARN ABOUT YOUR OWN LIFE?

Suggestions:

- Mary (the Mother of Jesus)
- Mary Magdalene
- Peter
- John

PALM SUNDAY

HOLY THURSDAY

GOOD FRIDAY

HOLY SATURDAY

EASTER SUNDAY
