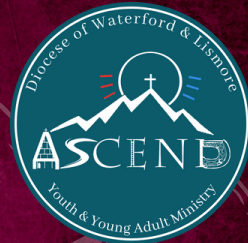




To the Heights



EASTER SUNDAY

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



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:

Acts 10:34, 37-42

Responsorial Psalm:

Psalm 117(118):1-2, 16-17, 22-23

Second Reading:

Colossians 3:1-4

Gospel:

John 20:1-9



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)



"Till that moment they had failed to understand the teaching of Scripture, that he must rise from the dead."

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!

Celebrate Easter Week!

Check out our playlists in the resource pack for ideas!



Reflect



1. What day was the first day of the week?
2. Who came to the tomb first?
3. Why is it unusual that a woman was the first witness (research the role of women at the time of Jesus!)
4. Who did Mary Magdalene run to?
5. Who is generally believed to be the Beloved Disciple?
6. Who got to the tomb first?
7. Who went in first?
8. What did he notice about the burial cloths?
9. Do you think the disciples fully understood at this moment that Jesus had risen?

CHECK IT OUT: ONE MINUTE PAUSE APP



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.



We are an Easter People and Alleluia is our song!
St John Paul II

RAISE A HALLELUJAH!

If Jesus had just been an innocent man who was put to death on Good Friday, His death would have been tragic and an act of senseless cruelty, and the story would have ended there. For Christians, however, Good Friday is not the end of the story. Jesus told his followers on numerous occasions that He would have to suffer and die, but on the third day He would rise again. They were incapable of understanding that at the time. Imagine the pain, grief and hopelessness they must have felt on Good Friday, watching their good friend suffer and die, and with Him all their hopes for the future? Then imagine their overwhelming joy and sense of hope they felt at the resurrection! His mother, Mary, never lost hope in Jesus' promises. Can you imagine how joyful their reunion was after the Resurrection?

TUNE OF THE WEEK

Raise a Hallelujah!



Bethel Music

WEEKLY CHALLENGE:



St John Paul II famously said, "We are an Easter People, and Alleluia is our song!" Make a special effort this week to live as an "alleluia person" - don't give in to complaining, or negativity, or laziness or selfishness. Live as someone who knows how much Jesus loves you and what He was willing to do for you! **Raise a Hallelujah!**



Fr Mike Schmitz: The Role of Hope in Holy Week



Young Person's Prayer



I raise a Hallelujah, my weapon is a melody! I raise a Hallelujah, with everything inside of me!

Puzzle

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

believed

dark

disciple

early

Easter

Jesus

cloths

Mary of Magdala

resurrection

running

scripture

tomb

tomb

understand

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



WHAT'S ON

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

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

FAMILY DAY: Holy Family Mission, Glencomeragh House, Sunday 14th May, 10am - 3pm. Prayer, Talk, Mass, Music, Fun and Games for all the Family! Bring a packed lunch! Booking is essential: email info@holymission.ie

FIRE IN THE SOUTH: A Catholic Charismatic Outreach Movement to enable people to encounter the personal love of God Father, Son and Holy Spirit. Zoom on Wednesday with companionship, music, sharing, prayer, the odd funny story, Sacred Scripture and adoration. Zoom ID: 86141473152 / Password: FIRE / Wednesdays 8 to 9.15 p.m.



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





Good Friday was not the end



WHAT IS HOPE?

If Jesus had just been an innocent man who was put to death on Good Friday, His death would have been tragic and an act of senseless cruelty, and the story would have ended there. For Christians, however, Good Friday is not the end of the story. Jesus told his followers on numerous occasions that He would have to suffer and die, but on the third day He would rise again. They were incapable of understanding that at the time. Imagine the pain, grief and hopelessness they must have felt on Good Friday, watching their good friend suffer and die, and with Him all their hopes for the future? Then imagine their overwhelming joy and sense of hope they felt at the resurrection! His mother, Mary, never lost hope in Jesus' promises. Can you imagine how joyful their reunion was after the Resurrection?

CHECK OUT THE FOLLOWING RESOURCES ON THE THEME OF HOPE:



Hope Explained:
BibleProject



An Easter Hallelujah - 10
year old Cassandra Star
& her sister Callahan



Fr Mike Schmitz:
What is Hope and
Why Do You Need It?



Fr Mike Schmitz:
The Role of Hope in Holy Week



Leeland:
Way Maker



Lauren Daigle:
Trust In You (Live)

**HOPE
IS THE
ANCHOR OF
THE SOUL**

**H.O.P.E.
Hold On,
Pain Ends**

WHAT IS YOUR DEFINITION OF HOPE?

Hope is
"trust in
another,
extended into
the future."
Fr Mike Schmitz



Send a message of encouragement
or gratitude to someone who you
think could be struggling at the
moment.



Each morning you wake up, think of
ten things you are grateful for.
Start your day choosing joy and
gratitude to God for his blessings!



Why not create an Instagram post
or story with your definition to
share with your friends on social
media? Or commit to only sharing
positive and hope-filled messages
for the next week? Print it out and
stick it on your bedroom mirror.



Create a playlist for yourself, with
music filled with messages of
hope - listen to this whenever you
feel like you are struggling, or
share it with a friend who might
need a reminder that hope is real.



CLICK HERE FOR SOME
RELAXING
INSTRUMENTAL MUSIC



Doodle Prayers



For *God*
so *loved* the world
that he gave
his only SON,
SO THAT EVERYONE
who believes in him
may not perish
BUT MAY HAVE
eternal **LIFE**.

JOHN 3:16

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



Easter Playlists



Click the hyperlinks or scan the QR Codes!

CHRISTMAS CAROLS

- Raise a Hallelujah - Bethel Music
- Father of Jesus -
- Trust in You - Lauren Daigle
- An Easter Hallelujah - Cassandra & Callahan Star
- How Deep the Father's Love - Austin Stone Worship
- Glorious Day (Living He Loved Me) - Casting Crowns
- At the Cross - Hillsong
- Come Behold the Wondrous Mystery - Boswell & Papa
- O Praise the Name (Anastasis) - Hillsong
- My Redeemer Lives - Nicole C Mullen
- Before the Throne of God Above - Shane & Shane
- It was finished upon that Cross - CityAlight



- Graves into Gardens - Elevation Worship
- What a Beautiful Name - Hillsong
- Christ is Risen - Phil Wickham
- Because He Lives - Celtic Worship
- Resurrecting - Elevation Worship
- Because He Lives - Matt Maher
- Worthy is the Lamb - Hillsong
- Forever - Kari Jobe
- In Christ Alone - Kristian Stanfill
- King of Kings - Hillsong
- What He's Done - Passion
- Man of Sorrows - Hillsong
- At the Cross / Love ran red - Chris Tomlin



REFLECTIONS

- Ascension Presents: Run to the Risen Jesus this Easter!
- Fr Mike Schmitz: What is Hope and Why do you need it?
- Bobby Angel: Finding Hope in Times of Darkness
- Fr Mike Schmitz: The Role of Hope in Holy Week
- Stations of the Cross - Holy Family Mission
- Holy Week in 3 Minutes (Busted Halo)
- Easter Sunday: What every Catholic Should Know

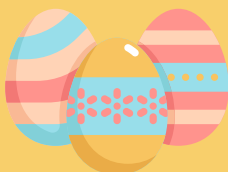


- Easter Reflection: With God Nothing is Lost
- RISEN - A Short Film
- He is Alive - Easter Video (Billy Graham)
- Easter - He is Risen
- The Cross - Worship Intro



FOR THE KIDS!

- God's Story: Easter
- The Story of Easter (Saddleback Kids)
- The Stations of the Cross for Kids
- History of Easter Eggs for Kids
- The Easter Story (The Beginner's Bible)



- How to Draw an Easter Cross
- Easter Traditions (Catholic Central)
- Easter Brunch Ideas for the Family
- Our Holy Week & Easter Trium Traditions
- Easter Bake Along
- Resurrection Garden craft