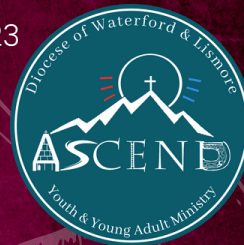




# To the Heights



**Year A** 31ST SUNDAY IN ORDINARY TIME

Download from [www.waterfordlismore.ie/resources](http://www.waterfordlismore.ie/resources) or subscribe to receive by email!



## ALL-SAINTS FAMILY PARTY!

Some of the new community at Holy Family Mission (and Scooby the dog) who hosted a family All-Saints Costume Party on 30th October - can you figure out which saints they were?

## HEAR! Sunday Gospel

Matthew 23:1-12



If you don't have a Bible handy, click the image here to access the Mass readings for this Sunday!

Fr Mike Schmitz



WATCH!

INFLUENCING THE WORLD

## PRAY!



Try praying the **Litany of Humility**, attributed to Cardinal Merry Del Val. It's definitely not easy or comfortable, but it can really help us to see where our priorities and desires lie, and how to live out service and humility in all aspects of our lives! (You can also use the song versions in the Ascend resource to help you!)

## TUNE!

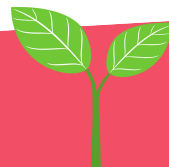


The Litany of Humility

Thomas Muglia



## GROW!



## RESOURCES: AWAKEN MY HEART

52 Weeks of Giving Thanks and Loving Abundantly: A Yearly Devotional for Women. Do you feel as if you are running on empty? Have you fallen asleep to the glory of God and his love being revealed to you each day? These fifty-two reflections will help you cultivate a deeper prayer life, find freedom from the frenzy of tasks and the noise of the culture, and discover the lasting joy that can only blossom in a heart awakened to the beauty of God's quiet, loving presence. Available from [Amazon.co.uk](http://Amazon.co.uk)



## EVENTS

**The Chosen TV Series:** Beginning Tues 10th Oct (8pm) on zoom or Wed 11th Oct (2.30pm) in person in St John's Pastoral Centre, Waterford. For more info contact Sr. Kathryn 087 404 2784 or [waterford@ascjus.org](mailto:waterford@ascjus.org)

**Encounter for Young Adults (18-35):** Fri 10th November, 8pm in St John's Church, Parnell Street, Waterford. Talk, Music, Prayer - followed by pizza. For more info: [www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)

**Youth 2000 Christmas Retreat:** Newbridge College, 8 - 10 December. For 16 - 35 year olds. Donation only. More info on [www.youth2000.ie](http://www.youth2000.ie)

## WEEKLY CHALLENGE:

This week, reflect on the influence you have on others in their lives. Is there one aspect of your life you can choose to focus on, to elevate, so that if someone was to model their life on yours, it would help them become the best version of themselves, to become a great saint? Each evening reflect back on how the day went and ask the Lord to help you in the days ahead.

## GAMECHANGERS!

**ALL SAINTS OF IRELAND** 6 November

**ST MARTIN DE TOURS** 11 November

Click the image to discover more about St Martin

The Catholic Church offers us so many examples of inspirational saints and heroes, or as we like to call them here, **Game Changers!**

More Gamechanger resources available on our website.



[www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)



AscendWaterfordLismoreYM



ascendwaterfordlismore.ym



Ascend Youth Ministry



## PUZZLE

FIND THE WORDS FROM THIS SUNDAY'S GOSPEL IN THE WORDSEARCH BELOW

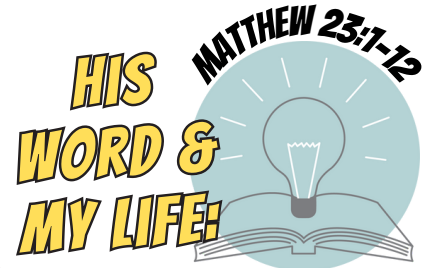


exalted  
humbled  
Jesus  
marketplaces  
Messiah  
Moses  
Pharisees  
phylacteries  
servant  
synagogues  
tassels

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

Can you explain how any four of these words relate to the message of the Gospel?

What do you think God could be saying to you in this Gospel? What speaks to your heart? Maybe it raises questions, maybe it's a little uncomfortable, maybe it offers hope... what matters is that we are open to hearing God speak to us individually.



Do you want to change the world? Do you want to make a difference? You can be a leader, an influencer, you can effect change, starting with the people in your life.

In this Gospel Passage, Jesus speaks out strongly about the Pharisees who clearly were not practicing what they preach. He sets out for us the standard of leadership: to be humble. That's not always what we think of when it comes to leadership skills is it? We hear more about confidence, charisma, dynamic speaking skills, vision.... but Jesus Himself showed us through the way He lived and died that humble service is what is more effective.

Being humble isn't denying your gifts and talents - it's recognising where they come from and using them to give glory to God. Look at the saints - that's just what they did, and now their names are written in heaven forever, as inspiration for us. Jesus is very clear with His listeners, our actions must be coherent with our words. Is that a challenge for you too? Jesus calls us to humility, service and love. He didn't say it would be easy, but all things are possible through His grace. Maybe humility is something we all need to work on.



Reflect on scripture quote and allow thoughts and images that come to you to form part of your doodle prayer: it could be people or situations that need prayer or even areas you might need to change in. Certain words or phrases might stand out for you. Ask the Holy Spirit to guide your heart as you pray and doodle!

**'ANYONE WHO EXALTS HIMSELF WILL BE HUMBLLED, AND ANYONE WHO HUMBLLES HIMSELF WILL BE EXALTED.'**



[Click here for some relaxing instrumental music](#)  
SPONTANEOUS WORSHIP | TWO HOURS OF WORSHIP PIANO

# ARE YOU AN INFLUENCER?

"If anyone wants to be first he must make himself last of all and servant of all."

WHO DO YOU THINK HAS INFLUENCE ON YOUR LIFE? (EITHER IN YOUR FAMILY, COMMUNITY OR A CELEBRITY? WHAT KIND OF PERSON DO THEY INFLUENCE YOU TO BECOME?



WHAT CHARACTERISTICS DO YOU THINK A GREAT LEADER SHOULD HAVE?

WATCH FR MIKE SCHMITZ' VIDEO: "INFLUENCING THE WORLD" AND REFLECT ON THE QUESTIONS THAT FOLLOW:



Fr Mike explains that all of us have influence over someone and because of that we should ask ourselves two questions:

1. How are you \_\_\_\_\_ them?
2. Where are you \_\_\_\_\_ them?

What kind of man was John Paul II's father?

Describe how he influenced his son to be a Man of God?

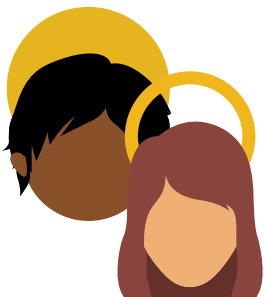
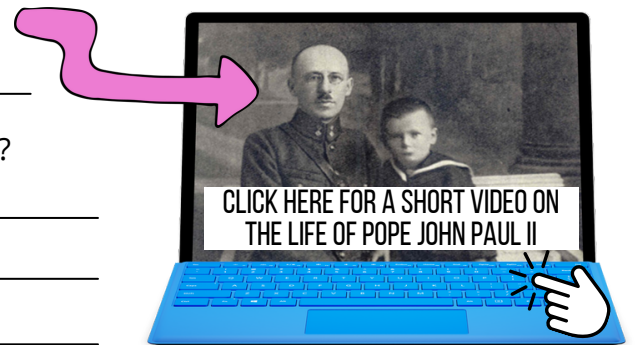
---



---



---



If we want those we have influence over to become great saints (and the best version of themselves), what do we need to ask ourselves and reflect on first?

---



---



---

HOW DOES A QUESTION LIKE THAT MAKE YOU FEEL? IS IT AN UNCOMFORTABLE QUESTION? IF YES, WHY DO YOU THINK THAT COULD BE?



# ARE YOU AN INFLUENCER?

MATTHEW 23:1-12

Who is the Prototype for Christians - the model for how to live? (with a capital P!)

“What did St Paul advise the Corinthians to do in his letter to them? **Check 1 Corinthians 11:1**”



If we don't think we're living in a way that will help others to become saints if they model their lives on us, what should we do about it, according to Fr Mike?

Remember, today for the people you influence, you're the p\_\_\_\_\_!



*Now Read Matthew 23:1-12*



Do you want to change the world? Do you want to make a difference? You can be a leader, an influencer, you can effect change, starting with the people in your life. In this Gospel Passage, Jesus speaks out strongly about the Pharisees who clearly were not practicing what they preach. He sets out for us the standard of leadership: to be humble. That's not always what we think of when it comes to leadership skills is it? We hear more about confidence, charisma, dynamic speaking skills, vision.... but Jesus Himself showed us through the way He lived and died that humble service is what is more effective. Being humble isn't denying your gifts and talents - it's recognising where they come from and using them to give glory to God. Look at the saints - that's just what they did, and now their names are written in heaven forever, as inspiration for us. Jesus is very clear with His listeners, our actions must be coherent with our words. Is that a challenge for you too? Jesus calls us to humility, service and love. He didn't say it would be easy, but all things are possible through His grace. Maybe humility is something we all need to work on.



**MISSION!**

THIS WEEK, REFLECT ON THE INFLUENCE YOU HAVE ON OTHERS IN THEIR LIVES. IS THERE ONE ASPECT OF YOUR LIFE YOU CAN CHOOSE TO FOCUS ON, TO ELEVATE, SO THAT IF SOMEONE WAS TO MODEL THEIR LIFE ON YOURS, IT WOULD HELP THEM BECOME THE BEST VERSION OF THEMSELVES, TO BECOME A GREAT SAINT? EACH EVENING REFLECT BACK ON HOW THE DAY WENT AND ASK THE LORD TO HELP YOU IN THE DAYS AHEAD.



**PRAYER TIME!**

## THE LITANY OF HUMILITY:

Try praying the Litany of Humility, attributed to Cardinal Merry Del Val. It's definitely not easy or comfortable, but it can really help us to see where our priorities and desires lie, and how to live out service and humility in all aspects of our lives! (You can also use the two song versions below to help you!)



## CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON INFLUENCE THIS WEEK



- The Litany of Humility (Thomas Muglia)
- The Litany of Humility (Danielle Rose)
- When it's all been said and done (Robin Mark)
- Set the World on Fire (Britt Nicole)
- I Shall Not Want (Audrey Assad)
- Humble (Audrey Assad)
- This is our God (Tomlin)
- You have shown us (Baloche)



Check out the *Paving the Way Home* Talk by Fr Patrick Cahill: "You are an Influencer"



*Prideful? Here's How to Stop and Be Humble*



# Litany of Humility

THE LITANY OF HUMILITY IS ATTRIBUTED TO CARDINAL MERRY DEL VAL WHO WAS THE SECRETARY OF STATE TO POPE SAINT PIUS X (1903-1914)

O Jesus, meek and humble of heart,  
From the desire of being esteemed,  
From the desire of being loved,  
From the desire of being extolled,  
From the desire of being honoured,  
From the desire of being praised,  
From the desire of being preferred to others,  
From the desire of being consulted,  
From the desire of being approved,  
From the fear of being humiliated,  
From the fear of being despised,  
From the fear of suffering rebukes,  
From the fear of being calumniated,  
From the fear of being forgotten,  
From the fear of being ridiculed,  
From the fear of being wronged,  
From the fear of being suspected,

**hear me.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

That others may be loved more than I,

**Jesus, grant me the grace to desire it.**

That others may be esteemed more than I,

**Jesus, grant me the grace to desire it.**

That, in the opinion of the world,  
others may increase and I may decrease,

**Jesus, grant me the grace to desire it.**

That others may be chosen and I set aside,

**Jesus, grant me the grace to desire it.**

That others may be praised and I go unnoticed,

**Jesus, grant me the grace to desire it.**

That others may be preferred to me in everything,

**Jesus, grant me the grace to desire it.**

That others may become holier than I,

provided that I may become as holy as I should,

**Jesus, grant me the grace to desire it.**







## *Our Deepest Fear*

Our deepest fear is not that we are inadequate.  
Or deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness that most frightens us.

We ask ourselves,  
who am I to be brilliant, gorgeous, talented and fabulous?  
Actually, who are you not to be?  
You are a child of God.

Your playing small doesn't serve the world.  
There is nothing enlightened about shrinking  
so that other people won't feel insecure around you.  
We were born to make manifest the glory of God that is within us.  
It is not just in some of us: It's in everyone.  
And when we let our own light shine,  
we unconsciously give other people  
permission to do the same.  
As we are liberated from our own fear,  
our presence automatically liberates others.

- Marianne Williamson -

