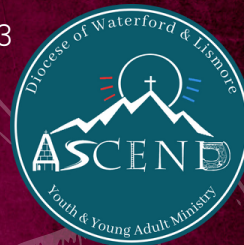




# To the Heights



**Year B** 2ND SUNDAY OF ADVENT

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



## PREPARE THE WAY

Advent Retreat for some of our Parish Faith Reps in the Diocese in St Mary's Abbey, Glencairn at the weekend!

## HEAR: Sunday Gospel

Mark 1:1-8



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

Fr Mike Schmitz

## WATCH:

FR. MIKE SCHMITZ

**CONFESSION IS A PLACE OF VICTORY**

## PRAY:



(If you have a candle to hand, light it and pray...)

Son of God, You are the light of the world. Shine your light on all our choices this day. Create in us the ability to let your light shine forth for others. We ask this in the name of the Father, Son, and Holy Spirit. Amen.  
Ave Maria Press

## WEEKLY CHALLENGE:

Take some time over the next few days or weeks to make a good examination of conscience. Ask the Holy Spirit to guide you as you try to remember any areas of your life where you failed in your relationship with God, others or yourself; times where you failed to show love or deliberately ignored God's will or guidance for your life. Find out when your local church has confessions and decide to go. you can pray for the priest in advance too!

## TUNE!



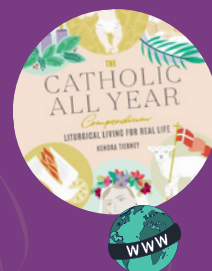
Prepare the Way  
Charlie Hall



## GROW:

### RESOURCES: CATHOLIC ALL YEAR COMPENDIUM

If you have been wondering how to bring the rich traditions of the Catholic Church's liturgical year into your family life, this is the book for you. If you have no idea what the liturgical year is, but you are looking for ways to bring your faith home from Sunday Mass—in every season, all year long—this is the book for you too.  
Book by Kendra Tierney: available on Amazon



## EVENTS

**Live Crib in St. Mary's Parish, Cahir:** December 16th, Saturday, 4-8pm with the Servant Sisters of the Home of the Mother.

**Lightfever:** Saturday 23rd December - Cathedral of the Most Holy Trinity Waterford. Exposition of the Blessed Sacrament, candle light, music, silence, confessions available. Time to be confirmed.



## GAMECHANGERS!

### OUR LADY OF GUADALUPE

12 December

Click the image to discover more about this feast

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



[ascendwaterfordlismore.ym](https://www.instagram.com/ascendwaterfordlismore.ym)



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

## PUZZLE

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

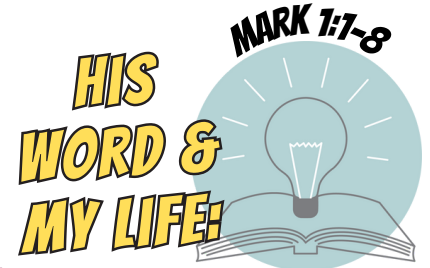


baptism  
camelhair  
honey  
Jesus  
John the Baptist  
locusts  
messenger  
Messiah  
path  
prepare  
repentance  
sandal  
straight  
valley  
voice  
way  
wilderness

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

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.



In this Gospel passage, we hear about Jesus' cousin, John the Baptist, who lived a radical and unconventional lifestyle in response to a personal call by God to prepare the way for the Messiah. John understood that a genuine conversion of heart would be necessary to really accept the Messiah' message. He wanted people to repent and believe, to prepare a way for the Messiah. Can you imagine how someone like John the Baptist would be viewed in today's world? Do you think his message is still relevant today? In the Catholic tradition, one of the most beautiful and healing sacraments is the Sacrament of Reconciliation or Confession. It is a chance to take stock of our lives, see what is going well and not so well, see what is hindering us from drawing close to God and what we need forgiveness for. God's mercy is freely available to us. He doesn't just offer to mend our broken hearts: He puts a new heart in us each time we go to confession, and strengthens us so we can follow the path to Heaven again!



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!

**"PREPARE THE WAY OF THE LORD"**



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



**Ascend  
Advent  
Playlist!**





YEAR A: MATTHEW 3:1-12

YEAR B: MARK 1:1-8

YEAR C: LUKE 3:1-6

"Confession is a place of victory!"

Fr Mike Schmitz

CHECK OUT THE CATECHISM OF THE CATHOLIC CHURCH SAYS ABOUT CONFESSION CCC 1423-1424

# PREPARE THE WAY FOR THE LORD

DO YOU FIND IT DIFFICULT TO ADMIT WHEN YOU'RE WRONG?  
 DO YOU FIND IT HARD TO GO TO CONFESSION? WHY DO YOU THINK THAT IS?  
 SHARE WITH ANOTHER PERSON IF YOU ARE HAPPY TO.



WHAT KIND OF THINGS MAKE IT DIFFICULT FOR PEOPLE TO GO TO CONFESSION?

WHAT DO YOU IMAGINE CONFESSION IS LIKE FROM A PRIEST'S PERSPECTIVE?

WATCH THIS VIDEO FROM FR MIKE SCHMITZ, "CONFESSION IS A PLACE OF VICTORY" (ASCENSION PRESENTS) AND REFLECT ON THE QUESTIONS THAT FOLLOW



Fr Mike describes confession as **"one of the most joyful, humble and inspiring places in the world"**. Does this surprise you? Why (or why not)?

## THREE THINGS THE PRIEST SEES IN CONFESSION:

### 1. THE COSTLY MERCY OF GOD IN ACTION.



People who are **discouraged** being \_\_\_\_\_

People who are **wounded** being \_\_\_\_\_

People who are **lost** being \_\_\_\_\_

People who are t \_\_\_\_\_

People saying: "I'm not going to give up on the God who won't \_\_\_\_\_"

### 2. THE HUMAN PERSON, PART OF GOD'S MASTERPIECE.

Fr Mike says sins are like \_\_\_\_\_. That means that priests are like God's \_\_\_\_\_ collectors!

"Sins are boring". What is fascinating / memorable is the \_\_\_\_\_



### 3. THE PRIEST'S OWN SOUL AND HIS OWN HEART.

Sometimes a priest will recognise something in their own life when they hear another confess it. It can act as an examination of \_\_\_\_\_ for the priest himself.

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



## PREPARE THE WAY OF THE LORD



Fr Mike's father was a surgeon who saved lives and healed bodies. What did he say his son (Fr Mike) would do with his priest's hands?

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### CONFESSION IS A PLACE OF VICTORY.

THE PRIEST HEARING CONFESSIONS GETS TO SEE GOD WINNING HIS CHILDREN BACK, EVERY SINGLE DAY!



Has this video changed / added to your understanding of confession in any way? What struck you the most from Fr Mike's explanation?

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In this Gospel passage, we hear about Jesus' cousin, John the Baptist, who lived a radical and unconventional lifestyle in response to a personal call by God to prepare the way for the Messiah. John understood that a genuine conversion of heart would be necessary to really accept the Messiah' message. He wanted people to repent and believe, to prepare a way for the Messiah. Can you imagine how someone like John the Baptist would be viewed in today's world? Do you think his message is still relevant today? In the Catholic tradition, one of the most beautiful and healing sacraments is the Sacrament of Reconciliation or Confession. It is a chance to take stock of our lives, see what is going well and not so well, see what is hindering us from drawing close to God and what we need forgiveness for. God's mercy is freely available to us. He doesn't just offer to mend our broken hearts: He puts a new heart in us each time we go to confession, and strengthens us so we can follow the path to Heaven again!



### MISSION!

TAKE SOME TIME OVER THE NEXT FEW DAYS OR WEEKS TO MAKE A GOOD EXAMINATION OF CONSCIENCE. ASK THE HOLY SPIRIT TO GUIDE YOU AS YOU TRY TO REMEMBER ANY AREAS OF YOUR LIFE WHERE YOU FAILED IN YOUR RELATIONSHIP WITH GOD, OTHERS OR YOURSELF; TIMES WHERE YOU FAILED TO SHOW LOVE OR DELIBERATELY IGNORED GOD'S WILL OR GUIDANCE FOR YOUR LIFE. FIND OUT WHEN YOUR LOCAL CHURCH HAS CONFESSIONS AND DECIDE TO GO. YOU CAN PRAY FOR THE PRIEST IN ADVANCE TOO!



### PRAYER TIME!

#### ACT OF SORROW:

O my God, I thank you for loving me. I am sorry for all my sins; for not loving others and not loving You. Help me to live like Jesus and not sin again. Amen



## CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON FORGIVENESS AND HEALING



- From the Inside Out (Hillsong)
- Prepare the Way (Charlie Hall)
- Thank You (Jesus Army)
- Lord have mercy (MW Smith)
- You Say (Lauren Daigle)
- Here's my heart Lord (David Crowder)
- Hold onto me (Lauren Daigle)
- O Come to the Altar (Elevation Worship)



Making a Good Confession  
Fr Mike Schmitz



How do I go to  
Confession? ODB Films



Examination of Conscience  
(NET USA)



The Chosen: Jesus forgives  
Mary Magdalen Scene