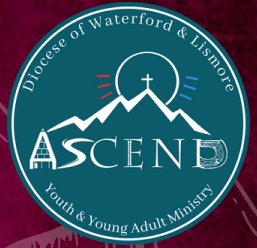




# To the Heights



**Year B** 3RD SUNDAY OF ORDINARY TIME

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



## SEEK 24

Almost 22,000 Catholic College Students attended the SEEK24 Conference in St Louis, Missouri at the start of January. 14 people from the Diocese, made up of clergy, youth ministry leaders and Holy Family Mission members were blessed to attend!

## HEAR: Sunday Gospel

Mark 1:14-20



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

## SEEK24 Highlights

## WATCH:



## PRAY:



God has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good; I shall do His work. - St John Henry Newman -

## WEEKLY CHALLENGE:

Write out a list of your strengths and talents. Be honest about them! Maybe ask someone who knows you well to list some too.

## TUNE!



Fishers of Men  
Newsboys



## GROW:

### WORD OF THE YEAR

A one word reminder can be a powerful tool for having the right mindset and focus. Some people like to choose a word for the year that they feature on their Vision Board. Others pick a word a month. As long as the word and timeframe mean something to you then it's a great habit to start. For example, think about the word 'Believe'. Having the word displayed somewhere you see it regularly might be just the thing you need in a moment of hopelessness. Or perhaps it is a mental trigger that Christ will strengthen you and give you courage in all your activities.

Check out <https://christianplanner.com/pages/word-generator> for just one of many word generator options.

## EVENTS

**Songs of Praise:** 28th January at 5pm in the Cathedral of the Most Holy Trinity, Waterford. Join local choirs singing Waterford's favourite hymns in aid of The Samaritans and Friends of the Cathedral Music which supports the cathedral music programme for young musicians



## GAMECHANGERS!

### ST FRANCIS DE SALES

24 January

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

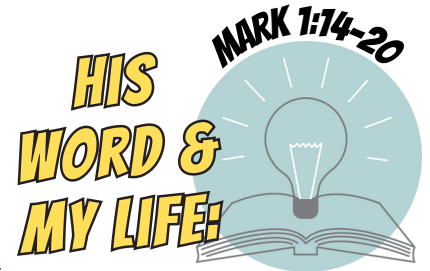


Andrew  
believe  
boat  
fishers  
followed  
Galilee  
Good News  
James  
Jesus  
John  
John the Baptist  
nets  
repent  
Simon  
Zebedee

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

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 today's Gospel, Jesus calls Peter and the other apostles to follow Him, to become 'fishers of men' instead of fishermen. There's no way they could have understood what that actually meant at the time or how it would really change their whole lives, but they trusted in Him. Do you ever wonder what your personal mission is? You definitely have one! You don't need to figure it out all at once. But it's a good idea to keep it in mind. Here are some tips to figuring it out: 1. With every decision, just do the next good thing (and then the next after that..) i.e. make good daily decisions. 2. Be open and honest about who you are (and ask God who He created you to be). 3. Discern your gifts and talents

For more ideas, read this blog from LifeTeen by clicking here!



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!

**"THE KINGDOM  
OF GOD IS CLOSE  
AT HAND"**



Click here for some relaxing instrumental music  
SPONTANEOUS WORSHIP | TWO HOURS OF WORSHIP PIANO



*"God has created me to do  
Him some definite service."  
Cardinal John Henry  
Newman*



## LET'S GET TO WORK!

WHAT DID YOU WANT TO BE WHEN YOU WERE LITTLE? DID YOU EVER WANT TO BE A FAMOUS FOOTBALLER OR MUSICIAN? OR BE A SUPERHERO OR A PRINCESS? OR LIKE THE KARATE KID?

HOW HAVE YOUR DREAMS CHANGED? WHAT DO YOU WANT TO BE IN LIFE NOW?



WATCH THIS VIDEO FROM FR MARK MARY, CFR, "GOD HAS A MISSION FOR YOU" (ASCENSION PRESENTS) AND REFLECT ON THE QUESTIONS THAT FOLLOW



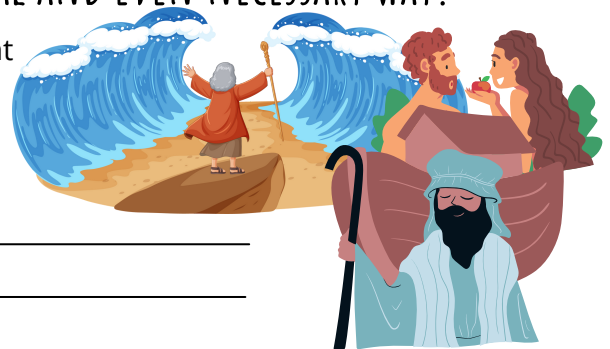
Fr Mark Mary wanted to learn to karate-chop people as a child - but what kind of steps did he have to learn first?



## GOD INVITES MAN TO PARTICIPATE IN HIS WORK IN A REAL AND EVEN NECESSARY WAY.

Fr Mark gives three Old Testament examples to prove this point (**Adam & Eve, Noah, Moses**).

Explain how any of these people were invited to participate in God's work of salvation?



In the New Testament, how was Mary invited to be part of God's work of salvation in a necessary way?

In what ways were the disciples and Apostles of Jesus invited to be part of this necessary work of salvation?



What short phrases from Jesus does Fr Mark Mary use to explain the mission given to the Apostles, the first priests?

• Go make \_\_\_\_\_ | Do this in \_\_\_\_\_ of me.

When Jesus breathed on the Apostles, what did he give them power to do?

## LET'S GET TO WORK!



Explain how the creation of the bible itself shows how God wants man to participate in his work of salvation.

KARATE-CHOPPING TIME! YOU AND I HAVE A GOD-GIVEN NECESSARY MISSION, AS AN EXPRESSION OF HIS PARTICULAR LOVE FOR YOU AND I: A MISSION WHICH IS OUR OWN AND THAT NO-ONE ELSE CAN ACCOMPLISH.



Why should we take this mission seriously?

HAVE YOU EVER CONSIDERED WHAT YOUR UNIQUE CALL / MISSION TO THE PARTICULAR PEOPLE AROUND YOU MIGHT BE? OUR PLOT MIGHT BE SMALL, BUT IT'S STILL NECESSARY!



In today's Gospel, Jesus calls Peter and the other apostles to follow Him, to become *'fishers of men'* instead of fishermen. There's no way they could have understood what that actually meant at the time or how it would really change their whole lives, but they trusted in Him.



READ: MARK 1:14-20

Do you ever wonder what your personal mission is? You definitely have one - God has given you a particular mission and way of serving Him and others that no-one else can do in the same way! You don't need to figure it out all at once. But it's a good idea to keep it in mind.

Here are some tips to figuring it out: 1. With every decision, just do the next good thing (and then the next after that..) i.e. make good daily decisions. 2. Be open and honest about who you are (and ask God who He created you to be). 3. Discern your gifts and talents [For more ideas, read this blog from LifeTeen by clicking here!](#)



MISSION!

WRITE OUT A LIST OF YOUR STRENGTHS AND TALENTS. BE HONEST ABOUT THEM! MAYBE ASK SOMEONE WHO KNOWS YOU WELL TO LIST SOME TOO. AND THEN ASK GOD HOW HE WANTS YOU TO USE THOSE GIFTS AND TALENTS.



PRAYER TIME!

God has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good; I shall do His work. - St John Henry Newman -



## CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON YOUR MISSION IN LIFE



- Newsboys: Fishers of Men
- Pat Barrett: Canvas and Clay
- Cain: The Commission
- Christ for the Nations: Take my Life and Let it Be
- Keith and Kristyn Getty: Speak O Lord
- Rend Collective: Plans
- Casting Crowns: Nobody
- Josh Willson: Dream Small




Scene from The Chosen Season 1: Jesus Calls Peter



Cardinal John Henry Newman's Prayer





“God has created me to do Him some definite service.

He has committed some work to me  
which He has not committed to another. I have my mission.  
I may never know it in this life, but I shall be told it in the next.  
I am a link in a chain, a bond of connection between persons.

He has not created me for naught.  
I shall do good; I shall do His work.  
I shall be an angel of peace,  
a preacher of truth in my own place,  
while not intending it if I do but keep His commandments.

Therefore, I will trust Him,  
whatever I am, I can never be thrown away.  
If I am in sickness, my sickness may serve Him,  
in perplexity, my perplexity may serve Him.  
If I am in sorrow, my sorrow may serve Him.  
He does nothing in vain. He knows what He is about.  
He may take away my friends.  
He may throw me among strangers.  
He may make me feel desolate, make my spirits sink,  
hide my future from me.  
Still, He knows what He is about.”

