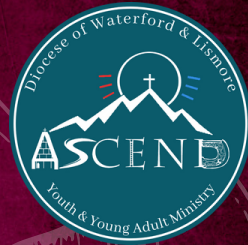




# To the Heights



**Year B** 4TH SUNDAY OF ORDINARY TIME

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



Faith Rep training session with some of our parish Faith Reps on Saturday 20th where we looked at ideas and requirements for running Youth Events at Parish Level!

**HEAR:** Sunday Gospel  
Mark 1:21-28



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



**PRAY:**



Wake me, O Divine Wisdom, to the wonder of each moment. Keep me amazed at simple things. Keep me open to unexpected encounters. Let me see you in life's interruptions and bless those who interrupt me. Then guide me to return at the right time to the task at hand. Amen.

**WEEKLY CHALLENGE:**

When faced with interruptions this week, stop and follow Fr Mike's three point plan:

- God I know you are here in this moment
- How are you present and active here?
- I don't know the consequences yet but I thank you in advance for this.

**TUNE!**

Holy Interruptions  
ALTR Worship



**GAMECHANGERS!**

**ST JOHN BOSCO**

31 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.



**GROW:**

**RESOURCES: SAINT OF THE YEAR**

We all need a little help everyday to become the best version of ourselves, and to follow Christ ever more closely. Who better to ask for help than the saints? Have you ever adopted, or been adopted by a saint for the year? Try the Saint of the Year Generator - maybe each member of your family would like a saint each, or pray for a saint for your whole family together!

Check out <https://thelittleroseshop.com/blogs/the-little-rose-shop-everyday-faith/catholic-saint-of-the-year> for just one of many word generator options.

**EVENTS**

**Family Day:** Sunday 4th February in Holy Family Mission, Glencomeragh House, Kilsheelan, Co. Tipperary. 10am - 3pm. Bring a packed lunch. Donation only. Pre-booking is essential - email [info@holyfamilymission.ie](mailto:info@holyfamilymission.ie)



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



AscendWaterfordLismoreYM



ascendwaterfordlismore.ym



Ascend Youth Ministry



## PUZZLE

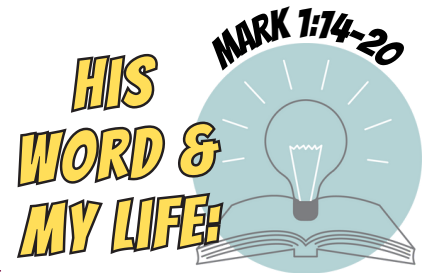
astonished  
authority  
Capernaum  
countryside  
deep impression  
Holy One of God  
Jesus  
Nazareth  
possessed  
reputation  
shout  
spirit  
spread  
synagogue  
teach  
unclean

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

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



In today's Gospel, Jesus is teaching in the synagogue. Teaching was an important part of His mission. His teaching is interrupted by a possessed man shouting out. We can imagine that Jesus' listeners were probably frustrated and annoyed by the man, possibly even fearful, and yet what Jesus did next showed that the moment was a Divine Encounter. He cleansed the man, setting him free from the unclean spirit. The onlookers were astonished, not now merely at the authority with which He taught, but also the authority with which He performed this miracle.

Sometimes we get frustrated by interruptions to our lives, to our schedules, to our plans. We can react poorly, even disrespecting those who interrupt us unfortunately, rather than asking God where He is present in this moment. Obviously we can't always stop what we are doing - sometimes we have places we need to be or work that needs to be done, but we can still allow the person to feel that they are still valued - that we'll get back to them as soon as we have time. Let's pray extra hard this week for the grace to be open to the spontaneous needs of others and to what God wants to do in our lives and on our path to sainthood through those interruptions!



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!

*'HERE IS A TEACHING  
THAT IS NEW... AND  
WITH AUTHORITY  
BEHIND IT''''*



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

Patience  
is a  
VIRTUE

MARK 1:21-28



# DEALING WITH INTERRUPTIONS

'I choose to be interrupted.'  
St Therese of Lisieux



## ICEBREAKER



**Tall tales:** One person in the group starts telling a story and a group leader interrupts them randomly and assigns someone else to continue the story. They do so until the group leader randomly interrupts again, allowing another person to continue and so on. Each participant has to listen to the ever-changing storyline and creatively add to it!

WHAT'S YOUR INITIAL RESPONSE TO BEING INTERRUPTED? HOW DO YOU HANDLE INTERRUPTIONS TO YOUR PLANS OR YOUR SCHEDULE?

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WATCH THIS VIDEO FROM FR MIKE SCHMITZ, "WHAT TO DO WHEN YOU GET INTERRUPTED" (ASCENSION PRESENTS) AND REFLECT ON THE QUESTIONS THAT FOLLOW



What definition does Fr Mike use for interruptions?

We can have varied primary tasks at different times e.g. *at night what is our primary task?*

What does he claim is the overarching primary task of all Christians (and even those who don't know God)?



**To live a \_\_\_\_\_ relationship with Jesus in such a way that it not only transforms \_\_\_\_\_ but also \_\_\_\_\_.**

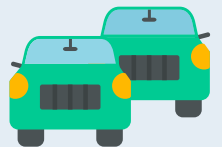
**FR MIKE LISTS A NUMBER GOOD DISTRACTIONS THAT CAN ACTUALLY BRING OUR MIND BACK TO OUR PRIMARY TASK.**

- What two Jewish "good interruptions" does he mention? **S** \_\_\_\_\_ **and S** \_\_\_\_\_
- Why is Sunday Mass not optional for Catholic Christians? Why is it a "good interruption"?  
\_\_\_\_\_
- What two devotions does he mention that can be "good distractions" every day for us?  
\_\_\_\_\_



HOW TO APPROACH  
THE WHOLE IDEA  
OF INTERRUPTIONS  
AND SEE THEM  
AS GIFTS!

Fr Mike uses the example of someone travelling slower than the speed limit in the overtaking lane. We can get angry and frustrated, or see the moment as a gift - that God has a reason for us slowing down in this moment.



- STEP 1** In the moment say, "Lord I acknowledge that \_\_\_\_\_"
- STEP 2** Ask the Lord, "What are you \_\_\_\_\_?  
How are you \_\_\_\_\_?"
- STEP 3** Before you even know the consequences, \_\_\_\_\_ the Lord for what He is doing.

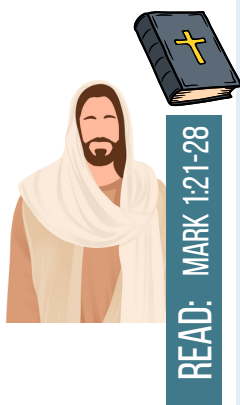


## DEALING WITH INTERRUPTIONS



What does the St Rafael Devotion of “Divine Encounters” involve? What could you see every encounter as?

LET’S TRY TO SEE INTERRUPTIONS AS GIFTS, TO TREAT THEM AS DIVINE APPOINTMENTS!



READ: MARK 1:21-28

In today's Gospel, Jesus is teaching in the synagogue. Teaching was an important part of His mission. His teaching is interrupted by a possessed man shouting out. We can imagine that Jesus' listeners were probably frustrated and annoyed by the man, possibly even fearful, and yet what Jesus did next showed that the moment was a Divine Encounter. He cleansed the man, setting him free from the unclean spirit. The onlookers were astonished, not now merely at the authority with which He taught, but also the authority with which He performed this miracle.

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MISSION!

WHEN FACED WITH INTERRUPTIONS THIS WEEK, STOP AND FOLLOW FR MIKE’S THREE POINT PLAN:

1. GOD I KNOW YOU ARE HERE IN THIS MOMENT
2. HOW ARE YOU PRESENT AND ACTIVE HERE?
3. I DON'T KNOW THE CONSEQUENCES YET BUT I THANK YOU IN ADVANCE FOR THIS.



PRAYER TIME!

Wake me, O Divine Wisdom, to the wonder of each moment. Keep me amazed at simple things. Keep me open to unexpected encounters. Let me see you in life's interruptions and bless those who interrupt me. Then guide me to return at the right time to the task at hand. Amen.

[www.franciscanmedia.org](http://www.franciscanmedia.org)



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON GOD MOMENTS IN YOUR LIFE



- Hillsong: Waymaker
- ALTR worship: Holy Interruptions
- Francesca Battistelli: Holy Spirit

- Cody Carnes: Nothing Else
- Dayspring Worship: In This Moment
- Chris Tomlin: Awakening



Bobby Angel: Let God Inconvenience You



Fr Mike: God is going to interrupt you

Wake me,  
O Divine Wisdom,  
to the wonder of each moment.

Keep me amazed at simple things.

Keep me open  
to unexpected encounters.  
Let me see you in life's interruptions and  
bless those who interrupt me.

Then guide me to return  
at the right time to the task at hand.

Amen.

