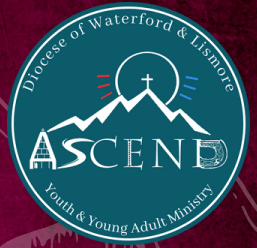




To the Heights



Year 8 5TH SUNDAY OF LENT | ST PATRICK'S DAY

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



DIOCESAN TY RETREAT DAY

Thanks to all the students who came to our TY Retreat Day in Mount Melleray this week - we're already looking forward to next year's event!



WEEKLY CHALLENGE:



This week, in the run up to Palm Sunday, make a real effort make this your best Lent ever, even if it's just for the last week. Look for opportunities each day to self-sacrifice for others. Pray for the wisdom to see them, and the strength to carry them out!



GAMECHANGERS:

19 March

ST JOSEPH

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.



HEAR: Sunday Gospel

John 12:20-33



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

Bobby Angel

WATCH:



YOU DON'T KNOW THE REAL ST. PATRICK

PRAY:



Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ when I arise....

TUNE!



Holy Ground

Passion



GROW:



RESOURCES: CABRINI (MOVIE)

Cabrini follows Francesca Cabrini, an Italian immigrant whose heart and ambition helped her to build an empire of compassion for the least fortunate of New York City. Eventually becoming the first American saint of the Catholic Church and one of the most inspiring entrepreneurs in American history, Cabrini devoted her life to fighting for the happiness and health for individuals in the margins of her society. In selected Irish cinemas this weekend.



EVENTS

Youth 2000 Munster Retreat: 5th - 7th April: De La Salle College Waterford. Donation only. (16-35) www.youth2000.ie Music, talks, workshops, prayer, a chance to experience your faith in an atmosphere of joy and friendship!



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



dies
eternal life
Father
follow
glorify
grain
harvest
hour
Jesus
life
name
serve
Son of Man
thunder
wheat
yields

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

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.

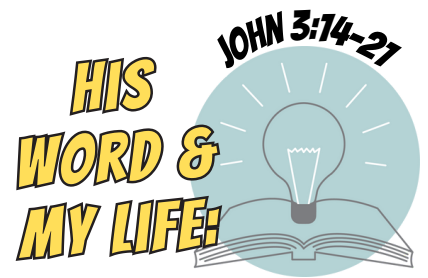


RESPOND!



Reflect on the 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!

"UNLESS A KERNEL OF WHEAT FALLS TO THE GROUND AND DIES, IT REMAINS ONLY A SINGLE SEED. BUT IF IT DIES, IT PRODUCES MANY SEEDS."



"What's in it for me?"

Have you ever heard someone speaking that question, or have you ever spoken it yourself? Our world today can teach us to look out for Number One, to put yourself first or you'll be trampled on, to make sure you get what you want, no matter what the cost to others might be.

Yet Jesus calls us to a higher standard, because He knows we have been made for greatness, and part of that greatness involves dying to ourselves and serving others. As St Francis of Assisi said, "It is in giving that we receive, and in dying that we're born to eternal life."

Think about the kernel of wheat Jesus mentions in the Gospel today. A seed is not meant to stay as a seed, it's called to so much more, but there will always be an element of change and loss in that process:

For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn't understand growth, it would look like complete destruction. (Cynthia Occelli)

We are sometimes called to say no to something so that we can say yes to something better. We will never regret saying yes to Jesus and what He wants for us.



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



St. Patrick's
Day



THE REAL SAINT PATRICK

That is why I cannot be silent – nor would it be good to do so – about such great blessings and such a gift that the Lord so kindly bestowed in the land of my captivity. This is how we can repay such blessings, when our lives change and we come to know God, to praise and bear witness to his great wonders before every nation under heaven.



ONE MINUTE CHALLENGE: WHAT IMAGES OR WORDS COME TO MIND WHEN YOU THINK OF ST PATRICK'S DAY?

WHAT DO YOU KNOW ABOUT THE REAL LIFE OF ST PATRICK?



WATCH THIS VIDEO FROM BOBBY ANGEL: "THE REAL STORY OF ST PATRICK" AND REFLECT ON THE QUESTIONS THAT FOLLOW



When and where was St Patrick born? _____

What happened to him at the age of 16? _____

What was Patrick's life in Ireland like at this time? _____

What happened to Patrick once he escaped that saw him return to Ireland? _____

How did Patrick spend his life after his return, until his death at age 75? _____

Why do you think St Patrick's Day was only celebrated outside of Ireland after the late 1800s? _____



WHAT CAN WE LEARN FROM ST PATRICK'S LIFE?

Key Characteristics of Saint Patrick:	How St Patrick demonstrated this in his life?	How are we challenged to be similar today?
PERSEVERANCE / GRIT:		
COURAGE IN EVANGELISING:		
USING WHAT HE HAD AVAILABLE:		
PERSEVERANCE IN PRAYER:		

THE REAL SAINT PATRICK

St Patrick faced spiritual and physical challenges in his day. The weather, the harsh landscape, challenges from druids, chieftains and tribal leaders, the inertia of a people who didn't want to change.



a) What challenges can face those who want to spread the message of the Gospel in society today?

b) How do you think St Patrick would respond to those challenges?

c) What do you think St Patrick would use to proclaim the Gospel in today's world, like he used the shamrock to explain the Trinity in his time? Explain your answer.

[[File:Saint Patrick Catholic Church (Junction City, Ohio) - stained glass, Saint Patrick - detail.jpg| Saint Patrick Catholic Church (Junction City, Ohio) - stained glass, Saint Patrick - detail]]

YOU CAN BE A GAME CHANGER LIKE ST PATRICK



- Research the pilgrimage sites associated with St Patrick: Croagh Patrick and Lough Derg.
- Live courageously! When you feel you should speak up about your faith or to encourage someone else, ask God for the strength and words, and do it!

- Don't be afraid to embrace discomfort: St Patrick endured all sorts of hardship, not for their own sake, but as a way to prayerfully offer them to God for the building up of His kingdom. What could you offer up this week as a prayer for someone else? Say no to dessert? Offer to do extra chores? Get up 5 minutes earlier to pray? The list is endless!

- How can you bring the Gospel message to others this week? St Patrick used what he found around him. What could you use to kickstart a conversation with others about faith?

- St Patrick prayed as many as 100 times during the day and the same at night during his time of slavery. Where could you insert moments of prayer, little pauses, throughout your day?

- St Patrick's Breastplate: Maybe you could decide to use the words of St Patrick as your own prayer, asking Christ to be with you always in all you do and say!



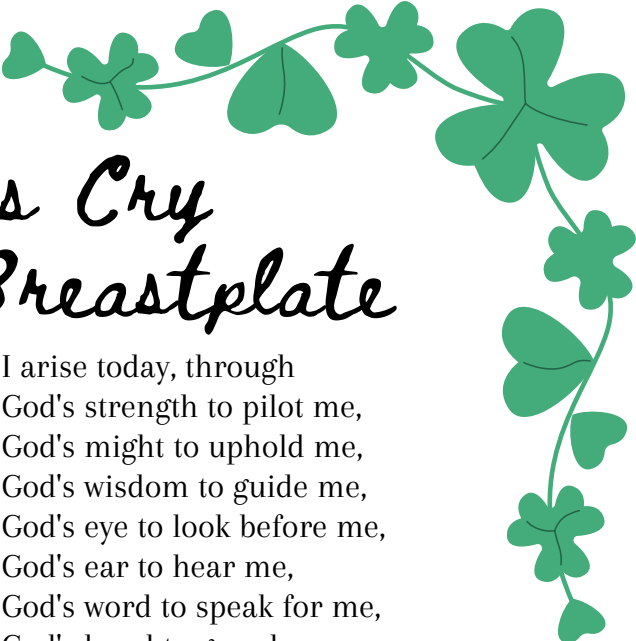
Christ with me, Christ before me,
Christ behind me, Christ in me,
Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down, Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.



Game-Changer Playlist!

Listen to the following songs,
inspired by the words of St Patrick himself!

- Be thou my vision (Audrey Assad) Breastplate (written by Fr Gabriel Kyte CFR)
- The Deer's Cry (Shaun Davy / Rita Connolly)
- Hymn of St Patrick



The Deer's Cry *St Patrick's Breastplate*

I arise today
Through a mighty strength,
the invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness
of the Creator of creation.

I arise today
Through the strength of Christ's birth with
His baptism,
Through the strength of His crucifixion with
His burial,
Through the strength of His resurrection with
His ascension,
Through the strength of His descent for the
judgment of doom.

I arise today
Through the strength of the love of cherubim,
In the obedience of angels,
In the service of archangels,
In the hope of resurrection to meet with
reward,
In the prayers of patriarchs,
In the predictions of prophets,
In the preaching of apostles,
In the faith of confessors,
In the innocence of holy virgins,
In the deeds of righteous men.

I arise today, through
The strength of heaven,
The light of the sun,
The radiance of the moon,
The splendor of fire,
The speed of lightning,
The swiftness of wind,
The depth of the sea,
The stability of the earth,
The firmness of rock.

I arise today, through
God's strength to pilot me,
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's shield to protect me,
God's host to save me
From snares of devils,
From temptation of vices,
From everyone who shall wish me ill,
afar and near.

Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart
of every man who thinks of me,
Christ in the mouth
of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

I arise today
Through a mighty strength,
the invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness
of the Creator of creation.

[Shortened version of St Patrick's Breastplate]