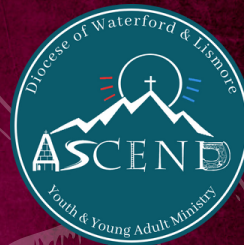




To the Heights



Year B PALM SUNDAY

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



Check out this short video from The Skit Guys for a different approach to understanding Palm Sunday!

HEAR: Sunday Gospel

Mark 14:1-15:47



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

Holy Family Mission



WATCH:

PRAY:



Jesus, When I feel alone, or I can't see my worth, when I feel like no-one cares or understands me, help me to remember that You love me so much You gave Your life for me. I might not fully understand it yet, but I thank You. Amen

TUNE!

At the Cross
Hillsong



GROW:



RESOURCES: MARY'S WAY OF THE CROSS

"Stations of the Cross" based on "Mary's Way of the Cross" by Richard G Furey C.Ss.R, dramatised by Holy Family Mission. We hope that this production is a source of blessing to you as we walk with Our Lady through the Passion of her Son. Free accompanying resource pack available to download at www.waterfordlismore.ie/youth-ministry.



Please note that this production was put together with Senior Cycle students in mind. Please use parental/guardian discretion while viewing.

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!



DON'T MISS OUT!

GAMECHANGERS!

The Catholic Church's Liturgical Calendar is crammed full of inspirational saints and heroes, or as we like to call them, Game Changers! Check them out on our web page!



- 3 April Monday of Holy Week
- 4 April Tuesday of Holy Week
- 5 April Spy Wednesday
- 6 April Holy Thursday
- 7 April Good Friday
- 8 April Holy Saturday



www.waterfordlismore.ie/youth-ministry



AscendWaterfordLismoreYM



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



Ascend Youth Ministry

PUZZLE

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



blood
body
Eloi
flesh is weak
Golgotha
Jerusalem
Jesus
Judas Iscariot
King of the Jews
kiss
Mount of Olives
palm
Passover
Pilate
Pilate
Rabbi
son of God
spirit is willing

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

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!

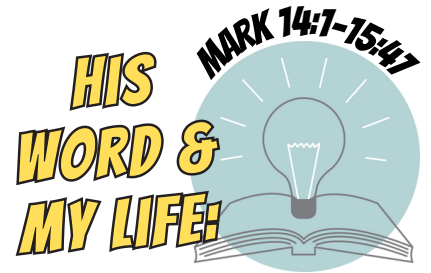


Reflect on the scripture quote and allow thoughts and images that come to you to form part of your doodle prayer: it could be people or situations that need prayer or even areas you might need to change in. Certain words or phrases might stand out for you. Ask the Holy Spirit to guide your heart as you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

**"BLESSED IS HE
WHO COMES IN
THE NAME OF
THE LORD."**



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



It's Holy Week. What does that mean to you?

Is it simply a relief just to have some time off school or college? Or is there something more going on?

Each year we are given a precious few days to really refocus our hearts on what matters most in this life: the overwhelming, never-ending, reckless love of God! We owe it to ourselves as well as to God to take a few minutes each day to sit in silence in our rooms, or a Church, or outdoors and just think about how great His love is for us, that He would send His Son to die in our place so that we may have eternal life with Him in heaven.

Think of the humanity of Jesus, knowing what He was to face during His passion and death, but choosing it out of love for each one of us too, without hesitation. That's how much you're worth! Think about how we have a God who understands pain, rejection, cruelty, loneliness, fear, torment, abandonment. Think about what the mother of Jesus went through that week, seeing her only Son, completely innocent, tortured, mocked and abused, but silently supporting Him because she knew what the end goal was: our salvation. Then rejoice on Easter Sunday with her: Jesus conquered death, sin and darkness!

Brief Guide to the Stations



I. JESUS IS CONDEMNED TO DEATH

Jesus was innocent, blamed for things He did not do, and having been scourged cruelly, He was sentenced to death by Pontius Pilate.



II. JESUS TAKES UP HIS CROSS

Crucifixion was a routine but horrifically cruel way of executing criminals at the time. The soldiers dragged Jesus out and placed a heavy cross on His shoulders.



III. JESUS FALLS FOR THE 1ST TIME

Jesus was already exhausted from being beaten, scourged, crowned with thorns, mocked and spat on. Now He fell flat on his face under the weight of the cross.



IV. JESUS MEETS HIS MOTHER

Mary pushed through the crowd to be near her son, Jesus, to offer Him consolation. Of all people, she understood best why He had to suffer in this way.



V. SIMON OF CYRENE HELPS JESUS

Simon was an onlooker, pulled from the crowd to help Jesus carry His cross because it was too heavy for Jesus in His weakened state.



VI. VERONICA WIPES JESUS' FACE

Bravely, Veronica stepped forward, offering the only comfort she could, to wipe the blood, sweat and dirt from Jesus' face with her veil.



VII. JESUS FALLS FOR THE 2ND TIME

Jesus fell again under the heavy weight of the cross, as His strength failed on the way to Calvary. Yet again, He got up and continued on.



VIII. JESUS CONSOLES THE WOMEN

A number of women were crying at the roadside as Jesus passed. He told them not to weep for Him, but for themselves.



IX. JESUS FALLS FOR THE 3RD TIME

Almost at the top of Calvary, Jesus could barely get up and continue on, as the soldiers whipped Him and hurled abuse at Him.



X. JESUS IS STRIPPED OF HIS CLOTHES

We can only imagine the pain Jesus felt as the soldiers tore His blood-clotted clothes from Him, reopening His wounds and humiliating Him.



XI. JESUS IS NAILED TO THE CROSS

Huge nails were driven into Jesus' wrists and feet as He was nailed to the cross and remained there in agony for hours.



XII. JESUS DIES ON THE CROSS

At three o'clock on Good Friday, having asked God the Father to forgive everyone, Jesus bowed His head and died.



XIII. JESUS IS TAKEN DOWN FROM THE CROSS

Jesus was placed in the arms of Mary. She must have remembered what it was like to hold Him as a baby, and now her son lay dead.



XIV. JESUS IS PLACED IN THE TOMB

Joseph of Arimathea gave the followers of Jesus a tomb where He could be buried: the Light of the World by darkness was slain.

THE TRADITIONAL STATIONS OF THE CROSS END WITH STATION XIV. THEY ARE PRAYED THIS WAY ON GOOD FRIDAY. AT OTHER TIMES OF THE YEAR, A 15TH STATION, THE RESURRECTION, CAN BE ADDED.



XV. THE RESURRECTION

Jesus rose from the dead, defeating sin and death. We celebrate this on Easter Sunday, and every Sunday. Christians are a people of hope.



The Role of Mary



USE WWW.BIBLEGATEWAY.COM TO SEARCH FOR THE PASSAGES (WE RECOMMEND USING THE NRSVCE OR NW TRANSLATION)



WHAT DO YOU ALREADY KNOW ABOUT MARY?

List some key ideas / words about her life, her role, her personality, and her faith:

EACH OF THESE PASSAGES FROM SCRIPTURE INVOLVES MARY. CAN YOU SEE ANY CONNECTIONS BETWEEN THESE STORIES AND THE EVENTS OF JESUS' PASSION? CHOOSE ANY TWO PASSAGES AND REFLECT ON THOSE LINKS.

CLICK EACH OF THE LINKS TO READ THAT PASSAGE

Luke 1: 26-38

Luke 1:39-45

Luke 2:1-20

Luke 2:22-40

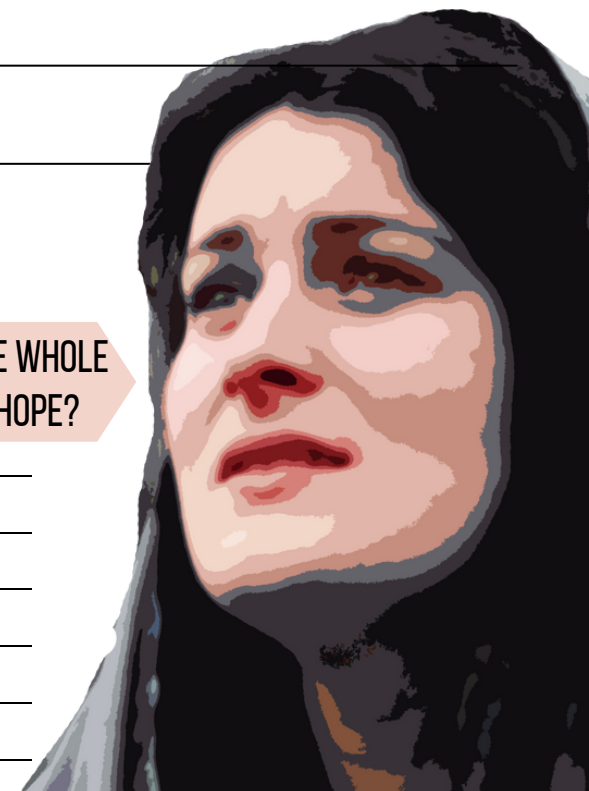
Luke 2:41-52

John 2:1-12

You can watch a fantastic dramatisation of John 2:1-12 in "The Chosen" TV series Episode 5 on YouTube: [click here](#)



MARY SHOWED INCREDIBLE STRENGTH AND ENDURANCE THROUGHOUT THE WHOLE PASSION: WHAT DO YOU THINK GAVE HER THAT STRENGTH AND SENSE OF HOPE?



"FROM MARY WE LEARN TO SURRENDER TO GOD'S WILL IN ALL THINGS. FROM MARY WE LEARN TO TRUST EVEN WHEN ALL HOPE SEEMS GONE. FROM MARY WE LEARN TO LOVE CHRIST HER SON AND THE SON OF GOD!" - ST JOHN PAUL II -



(SAINT) MOTHER TERESA USED A VERY SIMPLE PRAYER IN TIMES OF NEED: 'MARY, MOTHER OF JESUS, PLEASE BE A MOTHER TO ME NOW.'



Stations of the Cross Quiz!

How well do you know the Stations of the Cross?



- 1 WHAT ARE THE STATIONS OF THE CROSS?
 - A. Moments we remember from Jesus' whole life and ministry?
 - B. Moments we remember from Jesus' journey to Calvary?
 - C. Moments we remember from Jesus' life after the resurrection?
- 2 HOW MANY STATIONS ARE THERE IN THE TRADITIONAL SET? (NOT COUNTING THE RESURRECTION)

- 3 ALTHOUGH THEY CAN BE PRAYED AT ANY TIME, WHEN TRADITIONALLY ARE THE STATIONS OF THE CROSS PRAYED IN CHURCH BY CATHOLICS?
 - A. Palm Sunday
 - B. Holy Thursday
 - C. Christmas Day
 - D. Good Friday
- 12 HOW MANY OTHERS WERE CRUCIFIED WITH JESUS THAT DAY?
 - A. 3
 - B. 2
 - C. No one else

- 4 WHICH ROMAN OFFICIAL CONDEMNED JESUS TO DEATH?
- 13 SOMETIMES A 15TH STATION IS INCLUDED. WHAT IS DEPICTED THERE?
 - A. The descent of the Holy Spirit
 - B. The Ascension
 - C. The Resurrection
 - D. The Assumption
- 5 WHO HELPED JESUS TO CARRY HIS CROSS?
- 6 WHO WIPED THE FACE OF JESUS WITH HER VEIL?

- 7 IN WHICH STATIONS DO WE REMEMBER JESUS FALLING:
 - A. 2,5,7
 - B. 3,7,9
 - C. 2,4,6
- 14 WHO WAS WITH MARY AT THE FOOT OF THE CROSS?
 - A. Peter, James and John
 - B. John and Mary Magdalene
 - C. Joseph and Mary Magdalene

- 8 WHO DOES JESUS MEET AT THE 4TH STATION?
 - A. John
 - B. Simon
 - C. His Blessed Mother
 - D. Peter

- 9 WHAT DOES JESUS RECEIVE ON THE SECOND STATION?
 - A. a drink of vinegar
 - B. an apology
 - C. the cross
 - D. a scourging

- 15 CAN YOU SOLVE THESE ANAGRAMS?

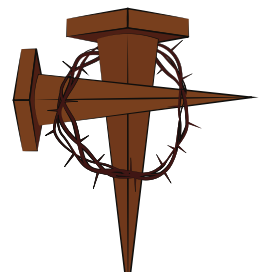
All these words feature in the Stations of the Cross:

- A. mencodden _____
- B. andlei _____
- C. ricenova _____
- D. crynee _____
- E. juremeals _____
- F. lavacry _____

- 10 WHY WOULD IT HAVE BEEN PARTICULARLY PAINFUL FOR JESUS TO BE STRIPPED OF HIS GARMENTS?

- 11 THE 13TH STATION WAS COMMEMORATED BY WHICH FAMOUS RENAISSANCE SCULPTOR?

- A. Da Vinci
- B. Raphael
- C. Michelangelo






Prayer time!

Set aside a few minutes of silence. Make the sign of the cross and pray:

WE ADORE YOU, OH CHRIST,
AND WE PRAISE YOU BECAUSE
BY YOUR HOLY CROSS, YOU
HAVE REDEEMED THE WORLD.

PICK ONE STATION TO REFLECT ON.

You might find it helpful to first re-watch your chosen station. 

Think about what happened in that scene, what action can be seen, what can be heard, who the characters are and how they are responding to Jesus, how Jesus acted, and lastly how this can speak to your life. You could pick one of the songs below to listen to. Maybe you would like to write your own prayer. Finish by making the sign of the cross.




Music to help you reflect on the Passion of Jesus

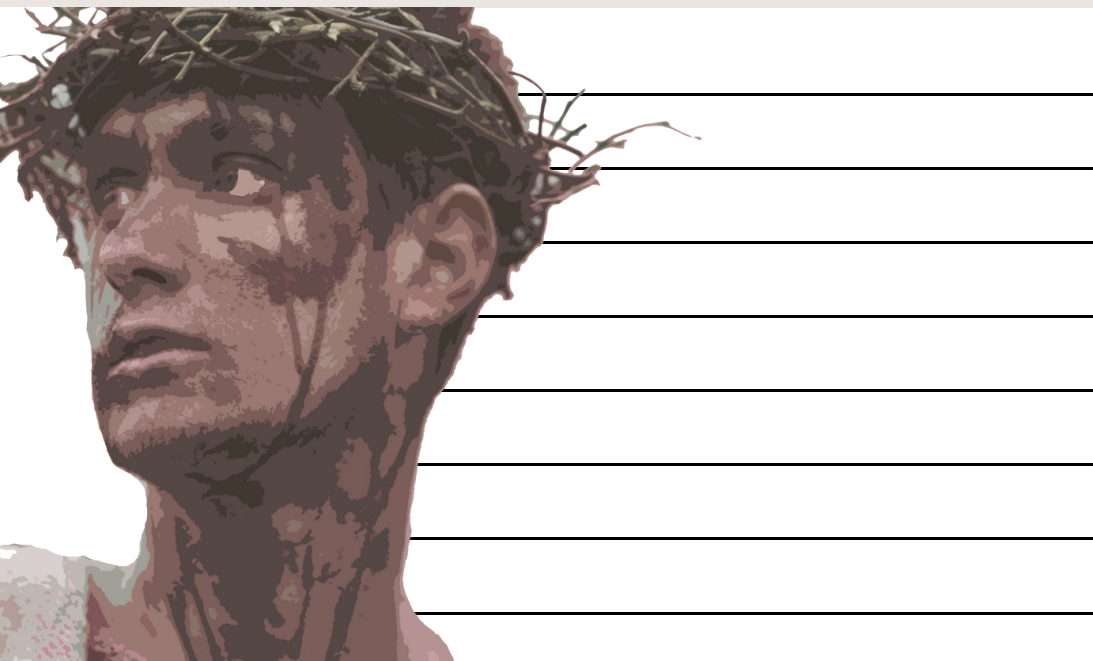
EACH SONG TITLE IS A YOUTUBE LINK ALSO

- "Watch the Lamb" - Ray Boltz
- "Why?" - Nicole Nordeman
- "Worthy is the Lamb" - Hillsong
- "At the Cross" - Hillsong
- "How Deep the Father's Love for Us" - Fernando Ortega
- "Forever" - Kari Jobe
- "Above All" - Michael W Smith
- "In Christ Alone" - Stuart Townend
- "Anastasis" (O Praise the Name) - Hillsong
- "What a beautiful name" - Hillsong
- "You gave your life away." - Paul Baloché
- "Amazing Love" - Graham Kendrick
- "Once Again" - Matt Redman
- "My Redeemer Lives" - Nicole C Mullen
- "Who am I" - Casting Crowns
- "O Come to the Altar" - Elevation Worship
- "The Passion" - Hillsong
- "Reckless Love" - Cory Asbury
- "Stay with me" - Taize Chant
- "Jesus remember me" - Taize Chant
- "Misericordias Domini" - Taize Chant
- "Crucem Tuam" - Taize Chant
- "Nearer my God to Thee" - Sarah Flower Adams
- "This is Jesus" - Jim Cowan



What music would you include on a playlist for Easter? 

What songs do you know that address issues of suffering, loss, hope?



CHECK OUT THE FOLLOWING
RESOURCES TO HELP YOU
CELEBRATE HOLY WEEK!



ASCENSION PRESENTS
FR MIKE SCHMITZ: PRAYING THROUGH HOLY WEEK



READ
OR
WATCH:



"THE LION, THE WITCH AND
THE WARDROBE" (CS LEWIS)

Pay particular attention to how
Aslan portrays the Christian
themes of sacrifice and
redemption.