

To the Heights


Year B PALM SUNDAY

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



“Called to Greatness!” Pope John Paul II Award Workshop at St John’s Pastoral Centre, Waterford

HEAR: Sunday Gospel
Luke 24:35-48




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

WATCH:



FR. MIKE'S EASTER SPECIAL

PRAY:



Lord, light my way with your Words. Let me come to You to find consolation, peace and wisdom. Open my heart to understanding Your truth.
Amen

WEEKLY CHALLENGE:



Make a special effort this week to pray the Stations of the Cross. You can watch them online, or use the post on our Instagram page to meditate on a few stations each day. Ask Jesus to show you this week how much He really loves you, and pray for the grace to let that love affect your whole life!

TUNE!



At the Cross
Hillsong




GROW:

RESOURCES: BIBLE IN A YEAR PODCAST



The Bible in a Year Podcast guides Catholics through the Bible in 365 daily episodes, providing commentary, reflection, and prayer along the way. This podcast has been number one in the US since the beginning of the New Year! 1) Read the ENTIRE Bible; 2) Feel more confident about your understanding of Scripture; 3) Experience the transformative power of God's Word in your daily life; 4) Start seeing the world through the lens of Scripture. Note that some readings contain adult themes and may not be suitable for children.







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!

April 16th -
St Bernadette
Soubirous



EVENTS

International Exhibition
THE EUCHARISTIC MIRACLES OF THE WORLD
Designed and created by the Servant of God Carlo Acutis



28 APRIL - 12 MAY 2024
IN THE SACRED HEART CHURCH, WATERFORD
Solemn Opening at 3pm April 28th

MON - FRI - 10am to 6pm
SAT - 11AM to 5pm
SUN - 2pm to 6pm

CLOSED for Lunch 1pm to 2pm



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

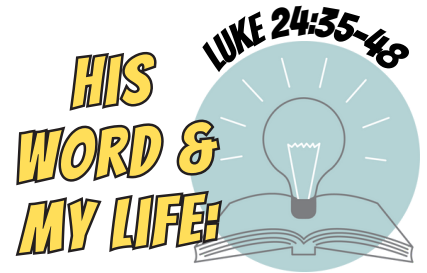


- believe
- Christ
- dumbfounded
- feet
- fish
- forgiveness
- hands
- Jerusalem
- Jesus
- joy
- Law of Moses
- peace
- Prophets
- Psalms
- recognise
- touch
- witness
- written

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

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.



Have you ever been "at your wit's end"? Felt like "the blind leading the blind"? Started classwork "at the eleventh hour"? Got through something "by the skin of your teeth"? Commented that "a leopard can't change its spots"? Felt like "a lamb led to the slaughter"? Saw "the writing on the wall"?

Well, you've been quoting Scripture if you have! The Bible isn't just about readings at Mass, or catchy phrases that become cliches.

The Bible is the Living Word of God, and it's for you, personally.

Imagine, God wants to communicate His love for you every day, and one of the ways He has chosen to do this powerfully is through the words of Scripture.

It can be hard to know where to start, or how to read, so maybe it's good to start small.

Watch Elizabeth speak for a few minutes in this week's YouTube video explaining how she dives into Scripture, and check out some of the Bible verses in the attached handout.

Open yourself up to a little time with God everyday, make a set time and place for Him, and just watch what He does in your life!

DOODLE PRAYER

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!

"PEACE BE WITH YOU."



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



BIBLE PASSAGES IN TIMES OF NEED

CLICK ON THE SCRIPTURE LINK

- Angry? — [Ephesians 4:26](#)
- Anxious? — [Philippians 4:6-7](#)
- Bitter? — [1 Corinthians 13](#)
- Can't sleep? - [Psalm 3:5](#)
- Confused? — [Proverbs 3:5-6](#)
- Courage gone? — [Joshua 1:9](#)
- Depressed? — [Psalm 42](#)
- Disappointed? — [Proverbs 23:17-18](#)
- Discontented? — [Philippians 4:10-13, 19](#)
- Discouraged? — [Galatians 6:7-10](#)
- Dismayed? — [Psalm 34](#)
- Doubting? — [1 Corinthians 15](#)
- Faithless? — [Hebrews 11](#)
- Fearful? — [Isaiah 41:10](#)
- Frustrated? — [Psalm 37:3-8](#)
- Feeling forsaken? — [Psalm 139](#)
- Grieving? — [Psalm 73:21-26](#)
- Hurt? — [Colossians 3:12-17](#)
- Inadequate? — [Philippians 4:13](#)
- Insecure? — [Psalm 23](#)
- Lonely? - [Deuteronomy 31:6](#)
- Lost? — [Psalm 32:8](#)
- Needing Direction in Life? — [Romans 12](#)
- Need to change? — [Ephesians 4:31-32](#)
- Overwhelmed? - [Isaiah 40:31](#)
- Persecuted? - [Romans 8:38-39](#)
- Repentant? — [Psalm 51](#)
- Sad? — [John 14](#)
- Self important? — [Psalm 19](#)
- Stressed? — [John 14:27](#)
- Suffering? — [Romans 5:3-4](#)
- Tempted? — [1 Corinthians 10:13](#)
- Weak? — [Psalm 18:1-29](#)
- Weary? — [Matthew 11:28-29](#)



LECTIO DIVINA / DIVINE READING



Based on Fr Josh Johnson:
What is Lectio Divina?
(Ascension Presents) 

PICK A PASSAGE FROM SCRIPTURE



LECTIO = READING

What does the scripture passage say in and of itself, that everyone should understand?



MEDITATIO = MEDITATION

Find something, a line or a word, that sticks out to you and begin it meditate on it. What does the text say to me, today, and to my life? What is it speaking into my heart?



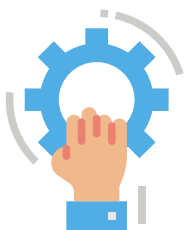
ORATIO = PRAYER

We speak to God about what we read and meditated on. We can intercede for others. We can pray in thanksgiving. We can ask for forgiveness. We can ask God for His grace (help) to live out what we feel called to do.



CONTEMPLATIO = CONTEMPLATION

What conversion of the mind, heart, and life is the Lord asking of me? This step is a gift from God - we can't make it happen! We spend time looking at him and letting Him look at us. If He leads you into deep prayer, go with it. If not, just chill with the Lord.



ACTIO = ACTION

What concrete action can I do based on my time of reading, meditating, praying and maybe contemplating with the Lord.



PRAYER SPACES

Word
from God





Word from God

In the jar there are lollipop sticks with Bible references written on them.

To look up a Bible reference, you can use the index at the front to find the first page of the name of the Book. Then look for the chapter (big number) and verse (little number).

Name of the Book

Proverbs 3: 5

Chapter -
the Big
Number!

Verse -
the Little
Number!

You are invited to take a lollipop stick and look up the verse in one of the Bibles on the table. You can write down the encouraging and uplifting words from God on a piece of paper and put them somewhere you will see it every day, or keep it in your wallet or pocket.





Word of God scripture references - print and cut out and stick on individual lollipop sticks (or handwrite onto sticks) and place in a jar, along with Bible, pen and paper to write out verse on.

Instruction for prayer space on other page.

**Psalm 16:1
Isaiah 42:6
Colossians 2:7
Ezekiel 34:14
Psalm 27:1
Matthew 11:28
Mark 9:23
Psalm 27:14
Jeremiah 29:11
Matthew 6:34
Psalm 34:18
Deuteronomy 31:6
Zephaniah 3:17
Isaiah 40:31
Philippians 4:13
Joshua 1:9
1 Timothy 4:12**

| | | |
|---------------|---------------|---------------|
| Word from God | Word from God | Word from God |
| Word from God | Word from God | Word from God |
| Word from God | Word from God | Word from God |
| Word from God | Word from God | Word from God |
| Word from God | Word from God | Word from God |
| Word from God | Word from God | Word from God |
| Word from God | Word from God | Word from God |

Can cut out and leave with a pen for people to write their scripture verse on to take home with them.