

To the Heights

Year B ASCENSION SUNDAY

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



www.holyfamilymission.ie
Applications now open for 2024/2025

Holy Family Mission enjoying the sunset over Kilsheelan on the way back from their first day of Parish Mission at St Oliver's Parish, Clonmel!

HEAR: Sunday Gospel

Mark 16:15-20



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

Fr Mike Schmitz

WATCH:



PRAY:



"I am only one, but I am one. I cannot do everything, but I can do something. And that which I can do, by the grace of God, I will do." — Dwight L. Moody

WEEKLY CHALLENGE:

Ask the Holy Spirit to show you how to bring the Good News of the love of God to someone who needs to hear it this week. The Apostles had to wait until they received the Spirit at Pentecost - you've received that Spirit at Baptism and Confirmation! Maybe it'll be as simple as a smile, or sharing a social media post (check out Ascend YMI!), or maybe something bigger: listen, act and see lives transformed!



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!



May 13th

Our Lady of Fatima

TUNE!

Ascension
Phil Wickham



GROW:

RESOURCES: LITTLE NELLIE OF HOLY GOD

Learn the story of Little Nellie, a young girl captivated by Jesus in the Eucharist, whose short life and love for the Blessed Sacrament was the sign needed by the Pope to lower the age of Holy Communion. Watch our brand new Diocesan Documentary-Movie with interviews from John O'Donovan, Sr Jennifer McAleer, Marie Duffy and Bishop Alphonsus Cullinan.



CHILDREN'S VERSION ON THE ASCEND YOUTH MINISTRY_WATERFORD & LISMORE CHANNEL: [HTTPS://YOUTU.BE/PUP_FVP_00IS](https://youtu.be/PUP_FVP_00IS)

EVENTS

Procession in honour of Our Lady of Waterford: Saturday 18th May at 3pm. Starts in St Saviour's Church, Bridge Street, passing the Old Walls of the City and by the Black Friary. Concludes in Cathedral.



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/channel/UC...)

PUZZLE

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

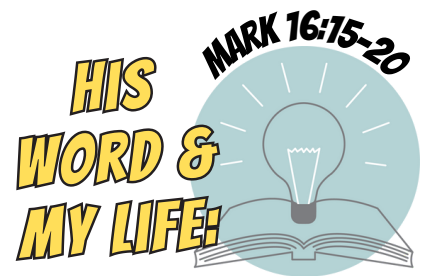


- baptised
- believes
- cast out devils
- condemned
- deadly poison
- Eleven
- Good News
- heaven
- Jesus
- pick up snakes
- preached
- proclaim
- righthand
- sick
- signs
- taken up
- the whole world
- unharmd

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



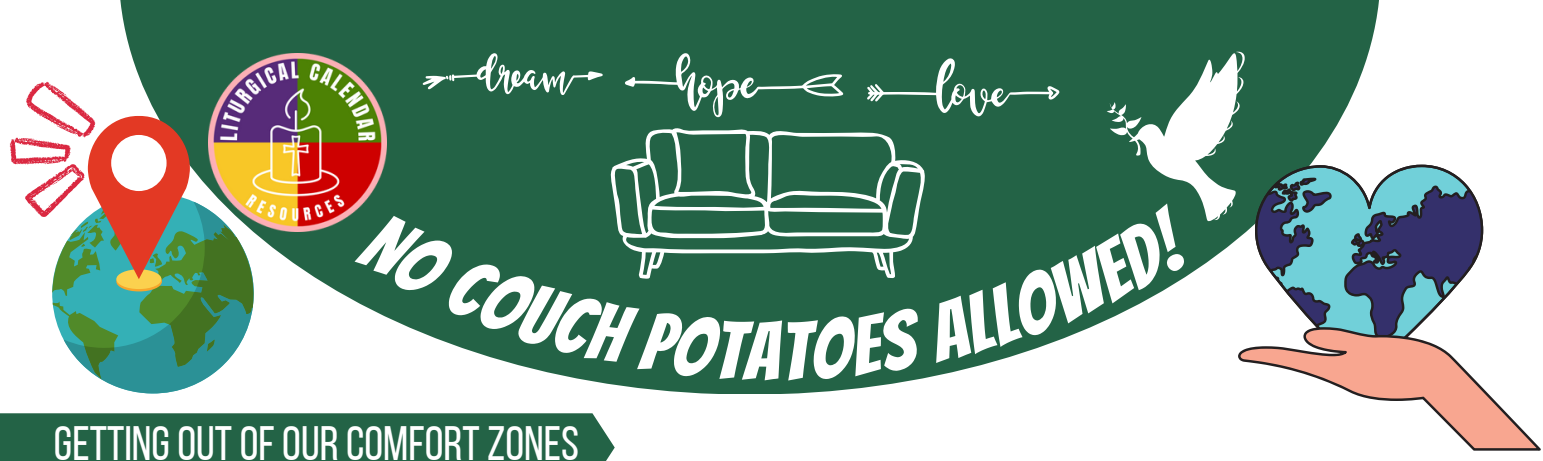
2,000 years ago, Jesus walked the roads of this earth, with a band of 12 Apostles: fishermen, tax collectors - regular guys. They didn't always understand what His teaching meant, or what His Mission entailed, or what it really meant for their personal future. Most of them abandoned Him at His Passion, but He did not abandon them. After His resurrection Jesus continued to teach and guide them, and when He ascended to Heaven He gave them this Great Mandate: to go out to the whole world and proclaim the Good News to all nations. You can imagine their minds reeling at such a huge mission! But it wasn't theirs alone: Jesus would always be with them, and He would send His Holy Spirit to guide and direct them. 2000 years later, the fruit of the work that little band of faithful disciples carried out is clearly evident: billions of lives have been affected and transformed over the past two centuries through that Good News and those who spread it. That Mandate is for all of us, not just the priests and Bishops and religious.

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!

Go out to the whole world; proclaim the Good News to all creation.

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



GETTING OUT OF OUR COMFORT ZONES

What kind of message do you think young people most need to hear today? What are their hearts looking for?

POPE FRANCIS: WYD 2016 MESSAGE TO YOUNG PEOPLE



Pope Francis spoke first about the fear we can feel of being paralysed: "thinking that ... there is no longer any room to grow, to dream, to create, to gaze at new horizons - in a word to live..."



"But in life there is another, even more dangerous, kind of paralysis... I like to describe it as the paralysis that comes from confusing happiness with a sofa. In other words, to think that in order to be happy all we need is a good sofa. A sofa that makes us feel comfortable, calm, safe. A sofa like one of those we have nowadays with a built-in massage unit to put us to sleep. A sofa that promises us hours of comfort so we can escape to the world of videogames and spend all kinds of time in front of a computer screen.

A sofa that keeps us safe from any kind of pain and fear. A sofa that allows us to stay home without needing to work at, or worry about, anything... That is probably the most harmful and insidious form of paralysis, since little by little, without even realizing it, we start to nod off, to grow drowsy and dull while others - perhaps more alert than we are, but not necessarily better - decide our future for us...

Dear young people, we didn't come into this world to "vegetate", to take it easy, to make our lives a comfortable sofa to fall asleep on. No, we came for another reason: to leave a mark. It is very sad to pass through life without leaving a mark. But when we opt for ease and convenience, for confusing happiness with consumption, then we end up paying a high price indeed: we lose our freedom.

This is itself a great form of paralysis, whenever we start thinking that happiness is the same as comfort and convenience, that being happy means going through life asleep or on tranquillizers, that the only way to be happy is to live in a haze. Certainly, drugs are bad, but there are plenty of other socially acceptable drugs, that can end up enslaving us just the same. One way or the other, they rob us of our greatest treasure: our freedom...



Jesus is not the Lord of comfort, security and ease. Following Jesus demands a good dose of courage, a readiness to trade in the sofa for a pair of walking shoes and to set out on new and uncharted paths. To blaze trails that open up new horizons capable of spreading joy, the joy that is born of God's love and wells up in your hearts with every act of mercy. To take the path of the "craziness" of our God, who teaches us to encounter him in the hungry, the thirsty, the naked, the sick, the friend in trouble, the prisoner, the refugee and the migrant, and our neighbours who feel abandoned. To take the path of our God, who encourages us to be politicians, thinkers, social activists. The God who asks us to devise an economy inspired by solidarity. In all the settings in which you find yourselves, God's love invites you bring the Good News, making of your own lives a gift to him and to others...

God expects something from you. God wants something from you. God hopes in you. God comes to break down all our fences. He comes to open the doors of our lives, our dreams, our ways of seeing things. God comes to break open everything that keeps you closed in. He is encouraging you to dream. He wants to make you see that, with you, the world can be different. For the fact is, unless you offer the best of yourselves, the world will never be different.

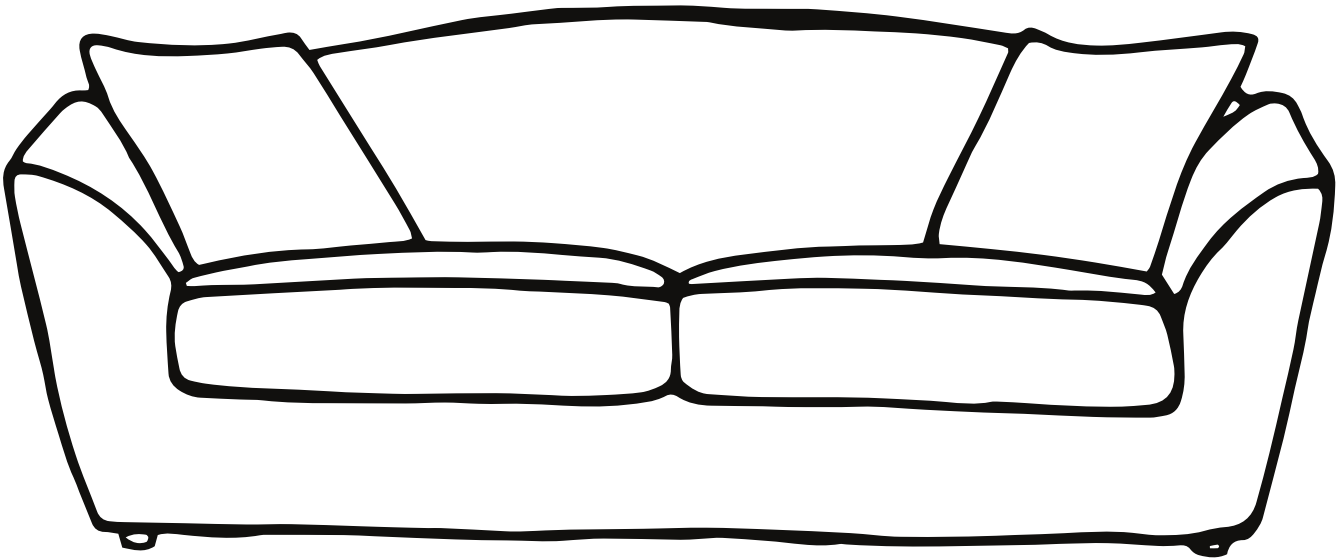
The times we live in do not call for young "couch potatoes" but for young people with shoes, or better, boots laced. It only takes players on the first string, and it has no room for bench-warmers. Today's world demands that you be a protagonist of history because life is always beautiful when we choose to live it fully, when we choose to leave a mark... He wants to turn your hands, my hands, our hands, into signs of reconciliation, of communion, of creation. He wants your hands to continue building the world of today. And he wants to build that world with you....



Read the full speech at <https://www.icatholic.ie/prayer-vigil-world-youth-day-2016/>

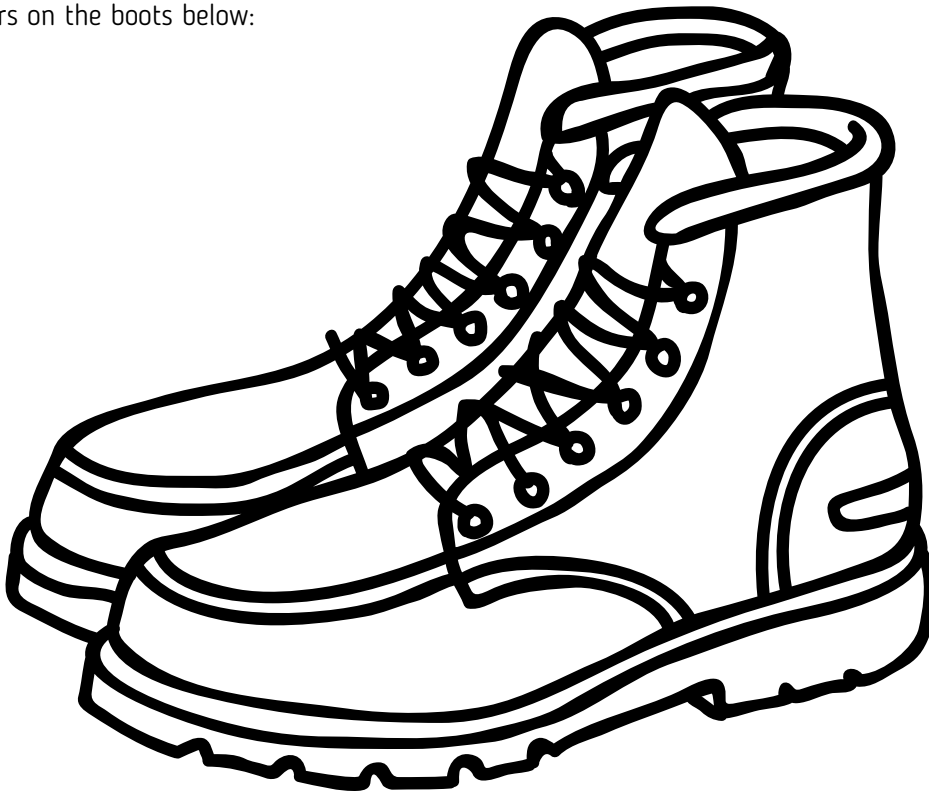
WHAT IS MY "SOFA-HAPPINESS"? WHAT DISTRACTS ME FROM SPENDING MY TIME WELL AND FOR OTHERS?

Write your answers on the sofa below:



WHAT COULD MY WALKING SHOES BE? HOW CAN I LACE UP MY BOOTS TO LEAVE A MARK IN THE WORLD?

Write your answers on the boots below:



"I am only one, but I am one. I cannot do everything, but I can do something. And that which I can do, by the grace of God, I will do."
— Dwight L. Moody —



TUNES TO INSPIRE YOU...



SET THE WORLD ON FIRE: BRITT NICOLE

LIFESONG: CASTING CROWNS

THE MOTIONS: MATTHEW WEST

AWAKENING: CHRIS TOMLIN

- ASCEND YOUTH & YOUNG ADULT MINISTRY (DIOCESE OF WATERFORD & LISMORE) -