

To the Heights

Year B **PENTECOST**

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



HEAR: Sunday Gospel

John 15:26-27, 16:12-15



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

Busted Halo Pentecost in 2 Minutes



BECAUSE AT PENTECOST THE HOLY SPIRIT CAME DOWN TO THE APOSTLES

PRAY:

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created and You shall renew the face of the earth.



POPE JOHN PAUL II AWARD!

60 young people received the Pope John Paul II Award in our diocese last week, many of whom were at a special ceremony in the Cathedral!



WEEKLY CHALLENGE:

Choose one of the following to celebrate the Holy Spirit / Pentecost this week:

- Intentionally pray the Come Holy Spirit prayer each day
- Wear the colour red to remind you of the Holy Spirit's fire/love.
- Find out your baptism/confirmation date and mark them on your calendar to celebrate them!
- Celebrate Pentecost & the Church's birthday with cake!
- Help to renew the face of the earth: be a witness to your faith in some way this week!

TUNE!

Consuming Fire
Hillsong



GROW:

CAMP CREIDEAMH

A one week (6 nights), stay-on-site, full-board camp for teenagers. Fun, friendship and growing in faith. The camp activities include Mass, prayer, catechesis, various sports, hillwalking, music, quizzes, movies, etc. Camp Creideamh seeks to foster Catholic identity and is fully committed to the teachings of the Catholic Church. The camp will feature daily Mass and daily recitation of the Most Holy Rosary. The camp has a beautiful chapel on site. For more info: <https://campcreideamh.ie/>



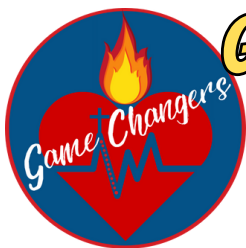
Catholic Faith for teenagers
Camp Creideamh

Sports Arts & Crafts Catechesis



June 9th - 15th 2024
(Boys and Girls)
Knockadoon (East Cork)
Age: post-primary school age
To book or enquire go to website or ring Fr Roche on 086 9972539

www.campcreideamh.ie



GAMECHANGERS!

May 22nd: St Rita of Cascia
Patron of Impossible Causes!

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!



EVENTS

Diocesan Corpus Christi Procession: Thursday May 30th, Ballybricken Green to the Cathedral of the Most Holy Trinity. (Meeting at Ballybricken Green at 6:30pm)



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



- astonished
- bewildered
- filled
- flames
- Galileans
- gift
- Holy Spirit
- Jerusalem
- language
- marvel
- native
- Pentecost
- powerful
- sound
- speech
- tongues of fire
- wind

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

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.

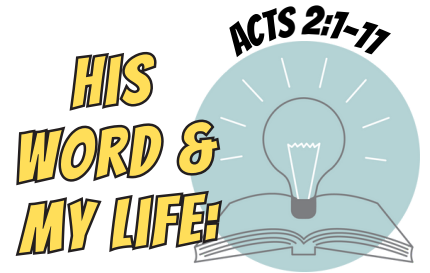


DOODLE PRAYER

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!

"But when the Spirit of truth comes he will lead you to the complete truth.."

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



What an incredible journey the Apostles were on since Holy Week! Palm Sunday and Jesus' triumphant entry in Jerusalem, swiftly followed by His arrest, torture and death on the Cross: all seemed hopeless. Then within days, Jesus had risen from the dead and walked among them once more! 40 days of appearances as He continued to teach and strengthen their faith, and then He was gone at the Ascension, promising to send them the Advocate. They gathered fearfully in the Upper Room on the eve of the feast of Pentecost, until they were filled with power from on high and a courage so intense it drove them immediately to the streets of Jerusalem, proclaiming the Good News without any fear of arrest or persecution! This same courage continued to guide their ministry even to a martyr's death for all bar John, who died later in prison. This same courage ensured that the Church was founded, and continues to this day. This same courage is available to all believers through the power of the Holy Spirit. Imagine what your life could be like if you opened your heart fully to the guidance of the Holy Spirit. Imagine all those fruits of the Spirit made manifest in your life! Ask the Holy Spirit to come to you and fill you anew!



WHAT SHOULD I DO?



WHAT IS DISCERNMENT?

Do you find it difficult to make decisions? Do you struggle to know what the right thing to choose is? Are you unsure which door is the one to go through? College? Jobs? Friendships? Relationships? So many big decisions to make! Put simply, discernment is the Holy Spirit enlightening your intellect and will to help you know and choose the truth. There's usually some kind of process involved, although that varies in length. Discernment is not sitting back and thinking, "Sure, God will do everything so I'll just wait for Him to move", nor is it a feeling or the consequence of an arbitrary sign. The Holy Spirit will absolutely help you, but we have to cooperate with His promptings - we can't just wait around and not take any action ourselves. **Pray, discern, and then act.** Take responsibility for your decisions. Even if you make the wrong decision, the Lord will still be with you and will provide a way for you to get back on the right track.

FR MIKE SCHMITZ: 4 DOORS OF DISCERNMENT

Watch Fr Mike Schmitz' video: "4 Helpful Rules for Discernment" and try to see how you could apply these "doors" to your discernment process.



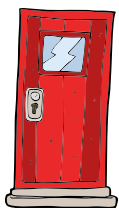
IS THIS A GOOD DOOR?

Often the answer is yes. Sometimes you have several good options before you. But if you know it will be unhealthy for you or against God's law, then you should not choose it.



IS THIS AN OPEN DOOR?

Is this even possible? Is this a reality? For example, you should not try to get in the NBA if you have no basketball skills.



IS THIS A WISE DOOR?

Knowing who I am and where I've been, my struggles, my strengths and weaknesses, the person I want to be: is this the choice I need to make? Will it lead me closer to Jesus or not?



IS THIS A DOOR THAT I WANT?

Unless you are sure that God is calling you there, if you don't desire it then you don't have to choose it. God has given us so much freedom. He wants us to use our intellect and our will to choose.

PRAYER TO THE HOLY SPIRIT (BY ST AUGUSTINE)



Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.



MORE GREAT VIDEO RESOURCES!

- How to discern what God has planned for you
- Discernment 101
- The key to discernment
- How to discern pretty much anything
- "God I look to you" - Francesca Battistelli 