



# To the Heights

Year B 20TH SUNDAY IN ORDINARY TIME

Download from [www.waterfordlismore.ie/resources](http://www.waterfordlismore.ie/resources) or subscribe to receive by email!



Young people from the Diocese enjoying the 2023 Youth 2000 Summer Festival - this year's festival promises to be even bigger and better!

**HEAR: Sunday Gospel**  
 John 6:51-58

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

**FR MIKE SCHMITZ**

**WATCH: COMMUNION IS MORE THAN A SYMBOL**

**PRAY:** O Sacrament Most Holy,  
 O Sacrament Divine,  
 all praise and all thanksgiving  
 be every moment Thine!

**WEEKLY CHALLENGE:**

If I'm not praying, if I'm not spending time with Jesus, asking Him to guide my heart and open my eyes to His presence in the Eucharist then how can I expect to grow in faith and understanding? Start this week, start today!

**TUNE!**

I am the Bread of Life  
 The Vigil Project

**RESOURCES:**

**GROW:**

**An Tobair Nua RETREATS**

INSPIRING STUDENTS TO A LIFE OF MEANING, VALUE & PURPOSE

A multi-denominational Christian group who have been leading secondary school retreats across the country for over 10 years; currently delivering retreats in Connaught, Leinster, Munster, and Ulster, including Community and Comprehensive, Religious Order, and ETB schools. Their aim is to interact with students on topics that are highly relevant and responsive to challenges and pressures that youth are dealing with daily. For more info: <https://antobarnuaretreats.ie/>



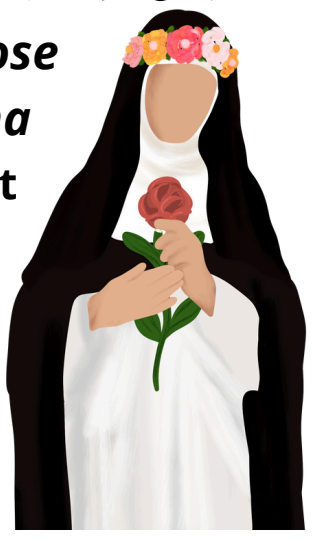
## GAMECHANGERS!

**St Rose of Lima**

**23rd August**

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!





## PUZZLE

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

- ancestors
- bread
- drink my blood
- eat my flesh
- eternal life
- heaven
- Jesus
- last day
- live forever
- live in me
- raise
- real drink
- real food

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

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.

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## 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!

"He who eats my flesh and drinks my blood lives in me and I live in him."

JOHN 6:51-58

## HIS WORD & MY LIFE!



Do I take Jesus at His Word? That's a tough question maybe...

There are teachings of Jesus that sound nice and make sense to me. "Let the little children come to me."

Then there are teachings that are tougher to follow: "Love your enemies, do good to those who hate you." "Take up your cross and follow me"

Then there are teachings that are beyond my understanding completely, such as Jesus' true presence in the Eucharist.

But here's the thing, if I believe Jesus is who He says He is, if I believe He is true God and true Man, if I believe His words in the Gospels and the promises He made and the prophecies made about Him, then I can trust Him, and ask for the grace for a greater understanding. I can ask to grow closer to Jesus, to understand His heart more and His love for me more. I can do this through prayer. As Mark Hart says, "Prayer doesn't help my relationship with God. Prayer is my relationship with God." If I'm not praying, if I'm not spending time with Jesus, asking Him to guide my heart and open my eyes to His presence in the Eucharist then how can I expect to grow in faith and understanding? Start this week, start today!

"WHEN YOU APPROACH THE TABERNACLE, REMEMBER THAT HE HAS BEEN WAITING FOR YOU FOR TWENTY CENTURIES." ST JOSEMARIA ESCRIVA



John 6:51-58

The heart of every religion is worship. the heart of worship is sacrifice. Fr Mike Schmitz

I DON'T GET ANYTHING OUT OF MASS!

THINK ABOUT THE FOLLOWING QUESTIONS... AND BE HONEST!

- Do you always like going to Mass?
- Have you ever tried getting out of going to Mass?
- Have you ever said, "I don't get anything out of Mass, it's boring!"?
- How do you spend your time at Mass if you go?



WATCH FR MIKE SCHMITZ' VIDEO: [MOTIVATION TO GO TO CATHOLIC MASS](#) AND REFLECT ON THE QUESTIONS THAT FOLLOW



- What does Fr Mike say is the heart of every religion throughout the world?

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- What does Fr Mike say is the heart of worship is?

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- What was the rule growing up in his household about attending Mass?

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- Fr Mike talks about people saying: "*I don't get anything out of it*". What two things does he mention that we get out of every Mass?

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- Fr Mike explains how we should think in terms of what we give to God at Mass instead of what we get out of Mass. He says that we should give ourselves, and also our very best. What (or Who) is the best thing ever that we offer up to the Father at every Mass?

**Research:** Why is Jesus called the Paschal Victim? This is also why we call Jesus the "Lamb of God". Think back to Moses leading the Israelites from slavery in Egypt and the Passover meal they celebrated, and how that was commemorated by Jewish people from then on.



- Fr Mike tells the story of his mom's birthday celebrations. What kind of gifts did she ask for?



- 
- What was essentially missing from the gifts her children gave her?
  - Who were those gifts really for / really about?



Fr Mike encourages us to ask: "Am I interested in worshipping God, or just in worshipping myself? "



# I don't get anything out of Mass!

HOW WOULD YOU EXPLAIN THAT MASS ISN'T ABOUT WHAT WE GET OUT OF IT, BUT RATHER WHAT WE GIVE TO GOD?



SET ASIDE A FEW MINUTES TO WATCH THE SHORT FILM: "THE VEIL REMOVED". BEFORE YOU WATCH, ASK THE LORD TO OPEN YOUR HEART TO THE MYSTERIES HE WANTS TO REVEAL TO YOU ABOUT THE HEART OF WORSHIP, THE SACRIFICE OF THE MASS AND TO LET THIS EXPERIENCE HELP YOU TO UNDERSTAND THE MASS IN A DEEPER WAY.



READ: JOHN 6:51-58



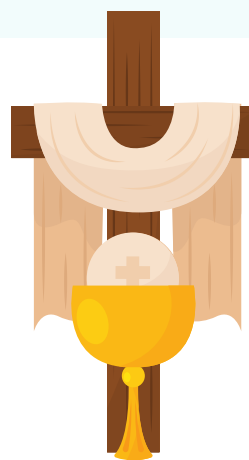
Do I take Jesus at His Word? That's a tough question maybe... There are teachings of Jesus that sound nice and make sense to me. "Let the little children come to me." Then there are teachings that are tougher to follow: "Love your enemies, do good to those who hate you." "Take up your cross and follow me". Then there are teachings that are beyond my understanding completely, such as Jesus' true presence in the Eucharist.

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MISSION:

MAKE A PLAN THIS WEEK: TRY TO GET TO THE CHURCH FOR SOME MOMENTS OF SILENT PRAYER EVERY WEEK, EVEN IF IT MEANS GETTING TO MASS 5 OR TEN MINS EARLY. WITH AN OPEN HEART ASK JESUS TO REVEAL PERSONALLY TO YOUR HEART THAT HE IS PRESENT IN THE EUCHARIST.



"Out of the darkness of my life, so much frustrated, I put before you the one great thing to love on earth: the Blessed Sacrament ... There you will find romance, glory, honour, fidelity, and the true way of all your loves upon earth."  
- JRR Tolkien



PRAYER TIME!

*O Sacrament Most Holy,  
O Sacrament Divine, all praise and all thanksgiving be every moment Thine!*

CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON JESUS' PRESENCE IN THE EUCHARIST



- The Vigil Project: I am the Bread of Life
- Steve Angrisano: Exposition/ O Saving Victim
- Shane and Shane: Taste and See
- The Vigil Project: The Humble Miracle
- Matt Maher: Remembrance
- Jim Cowan: This is Jesus
- Matt Redman: The Heart of Worship
- Curtis Stephan: Miracle of Grace



Sophia SketchPad: The Eucharist



The Disciples Doubted the Eucharist. Do You? (Fr Mike Schmiz)