



To the Heights

Year c 4TH SUNDAY OF ADVENT

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



SPOTLIGHT!

Spending time in the presence of Jesus in the Blessed Sacrament at the Youth 2000 Christmas Retreat. Try to take some time to pray in the Church this Christmas, thanking Jesus for the gift of Himself, but also all the good things in your life too!

HEAR: Sunday Gospel

Luke 1:39-45



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



Choose one of the Joyful Mysteries, and reflect on what is happening in that scene. Ask Our Lady to show you how to trust in God's promises like she did. Then pray a decade of the rosary: One Our Father, Ten Hail Mary's and a Glory Be. You can use this [Ascend YM Rosary Resource](#) to help you if you need it!

PRAY

WEEKLY CHALLENGE:

Be aware of God's Promises in your life! Make a list of the blessings in your life, things or people you are truly grateful for. Think back on situations you were worried about that have since resolved and have maybe even worked out better than you had initially hoped. Adopt an attitude of gratitude this week, especially for the gift of our Saviour at Christmas time!



GROW

Looking for a way to help others this Christmas time? Check out Mary's Meals and the amazing work they do!



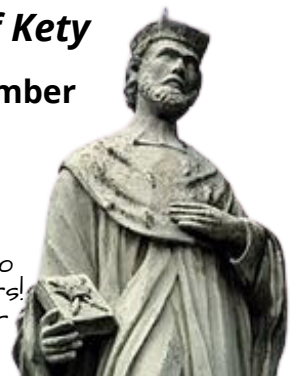
REFLECT

- Where was Elizabeth living? Why would this be a difficult journey for Mary?
- Do you think Zechariah would have spoken to Mary when she arrived at his house? [Check Luke 1: 18-25](#)
- Who was the child in Elizabeth's womb?
- What do you think Elizabeth meant by "Of all women you are the most blessed"?
- What familiar Catholic prayer do we find Elizabeth's words in?
- Why was our Lady's visit such an honour for Elizabeth, when she was her cousin?
- What promises do you think God has made to you?

GAMECHANGERS! St John of Kety 23rd December



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

- blessed
- Elizabeth
- fruit
- fulfilled
- greeted
- Holy
- honoured
- joy
- Judah
- leapt
- loud cry
- Mary
- promise
- quickly
- Spirit
- visit
- womb
- women
- Zechariah

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

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

RESPOND!



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!

"Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled."

LUKE 1:39-45

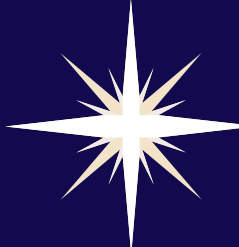
HIS WORD & MY LIFE!



In this Gospel passage, we hear about the Visitation of Mary to Elizabeth, which we remember in the Second Joyful Mystery of the Rosary. It's worthwhile to take a few minutes to contemplate what is going on here. Mary has just conceived God the Son, Jesus, in her womb through the power of the Holy Spirit. Upon hearing that her cousin Elizabeth is also pregnant, she immediately goes to her, a difficult journey across rough terrain in the hill country. As soon as Mary arrives, John the Baptist recognises Jesus in her womb and leaps for joy in Elizabeth's womb! This story can raise so many points for us to reflect on: Can people recognise Jesus in me? Do people respond joyfully to my presence, because of the love I have for them? Do I strive to serve others like Mary? Am I open to God's promises like Mary was? Am I humble? Do I allow Our Lady to help me in my times of need? Do I trust God's plan even when I can't predict the future outcomes?



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



YEAR A: MATTHEW 1:18-25
YEAR B: LUKE 1:26-38
YEAR C: LUKE 1:39-45, [46-55]

Mary wasn't given certainty. She was given a promise.

CHECK OUT THE CATECHISM OF THE CATHOLIC CHURCH SAYS ABOUT THE VISITATION CCC 717

ARE YOU CERTAIN?

Romans 12:12 "Let your hope keep you joyful, be patient in your troubles, and pray at all times."

WHAT ARE YOUR FAVOURITE CHRISTMAS SONGS? DO YOU HAVE A FAVOURITE RELIGIOUS CAROL? WHICH CAROL SUMS UP THE MEANING OF CHRISTMAS FOR YOU?



DO YOU HAVE A FAVOURITE CHRISTMAS MEMORY?

WATCH THIS VIDEO FROM FR MIKE SCHMITZ, "HAVING JOY IN UNCERTAINTY" (ASCENSION PRESENTS) AND REFLECT ON THE QUESTIONS THAT FOLLOW



- According to Fr Mike, what is the only thing that is certain for us?

- Why does he suggest we find comfort in past Christmas memories?

- What can we let our lack of certainty about the future steal?

- Christmas is a Season of Joy in the midst of uncertainty.

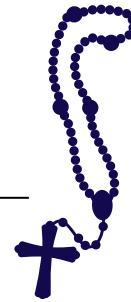
PUT YOURSELF IN MARY'S SANDALS...



In Luke 1, when the Angel Gabriel visits Mary with the news she is chosen to be the Mother of God, how do you think Mary felt?



ARE THE "JOYFUL MYSTERIES" REALLY JOYFUL???



- At the Annunciation, immediately after Mary said yes, what did the Angel do?

- What kind of things could the Angel have told Mary to take away some of her uncertainty? (List 2 things Fr Mike mentions)

- "All is calm, all is bright...." Was it really? What kind of uncertainty did Mary (and Joseph) face in Bethlehem?



- In the 4th mystery, the Presentation in the temple, where was the uncertainty?



WE CAN LOOK BACK AT THESE STORIES 2000 YEARS ON, KNOWING HOW THINGS WORKED OUT, BUT THEY WERE LIVING THROUGH THEM.



ARE YOU CERTAIN?

Even in the darkest times, when we are at our weakest, or suffering the most, when it seems there is no way out, God is _____.

WE CAN CELEBRATE A "MERRY" CHRISTMAS, NOT BECAUSE OF CERTAINTY, BUT BECAUSE WE'VE BEEN GIVEN A SAVIOUR, ONE WHO ENTERS INTO UNCERTAINTY AND HIS PRESENCE IS TRANSFORMING. HE BRINGS JOY TO THE WORLD!



In the Gospel, we hear about the Visitation of Mary to Elizabeth, which we remember in the Second Joyful Mystery of the Rosary. It's worthwhile to take a few minutes to contemplate what is going on here. Mary has just conceived God the Son, Jesus, in her womb through the power of the Holy Spirit. Upon hearing that her cousin Elizabeth is also pregnant, she immediately goes to her, a difficult journey across rough terrain in the hill country. As soon as Mary arrives, John the Baptist recognises Jesus in her womb and leaps for joy in Elizabeth's womb! This story can raise so many points for us to reflect on: Can people recognise Jesus in me? Do people respond joyfully to my presence, because of the love I have for them? Do I strive to serve others like Mary? Am I open to God's promises like Mary was? Am I humble? Do I allow Our Lady to help me in my times of need? Do I trust God's plan even when I can't predict the future outcomes?

MISSION!

GOD IS DOING WONDERFUL THINGS IN YOUR LIFE - BUT SOMETIMES WE ARE TOO BUSY OR TOO CAUGHT UP WITH FUTURE WORRIES TO REALISE WHAT HE IS CURRENTLY DOING, OR HAS DONE IN THE PAST. MAKE A LIST OF THE BLESSINGS IN YOUR LIFE, THINGS OR PEOPLE YOU ARE TRULY GRATEFUL FOR. THINK BACK ON SITUATIONS YOU WERE WORRIED ABOUT THAT HAVE SINCE RESOLVED AND HAVE MAYBE EVEN WORKED OUT BETTER THAN YOU HAD INITIALLY HOPED. ADOPT AN ATTITUDE OF GRATITUDE THIS WEEK, ESPECIALLY FOR THE GIFT OF OUR SAVIOUR AT CHRISTMAS TIME!



PRAYER TIME!



Choose one of the Joyful Mysteries, and reflect on what is happening in that scene. Ask Our Lady to show you how to trust in God's promises like she did. Then pray a decade of the rosary: One Our Father, Ten Hail Mary's and a Glory Be. You can use this [Ascend YM Rosary Resource](#) to help you if you need it!



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON GOD'S PROMISES



- Great Things - Matt Maher
- Light of the World - Lauren Daigle
- Magnificat - Mary's Song
- Even the Winter - Audrey Assad
- Greater Things - Mack Brock
- When I think upon Christmas - Hillsong
- Your Promises - Elevation Worship
- Hallelujah, Light has Come - BarlowGirl



God's Ways are not our ways
(Fr Mike Schmitz)



The Visitation (Ignatius Press)



MY GRATITUDE LIST!

Date: _____

Write a letter of thanksgiving to God for the promises He has made to you,
and the blessings you have seen in your life so far.

**IN ALL THINGS
give
THANKS**

**Begin
EACH WITH
DAY ((A))
grateful
HEART**



GRATITUDE PRESCRIPTION!

1. BEGIN BY PRAYING TO THE HOLY SPIRIT TO GUIDE YOU.
2. THINK OF FOUR THINGS YOU ARE GRATEFUL FOR.
3. THANK GOD FOR EACH OF THESE.

IN ALL THINGS
give
THANKS

DAY	MORNING	EVENING
Monday	1. 2. 3. 4.	1. 2. 3. 4.
Tuesday	1. 2. 3. 4.	1. 2. 3. 4.
Wednesday	1. 2. 3. 4.	1. 2. 3. 4.
Thursday	1. 2. 3. 4.	1. 2. 3. 4.
Friday	1. 2. 3. 4.	1. 2. 3. 4.
Saturday	1. 2. 3. 4.	1. 2. 3. 4.
Sunday	1. 2. 3. 4.	1. 2. 3. 4.