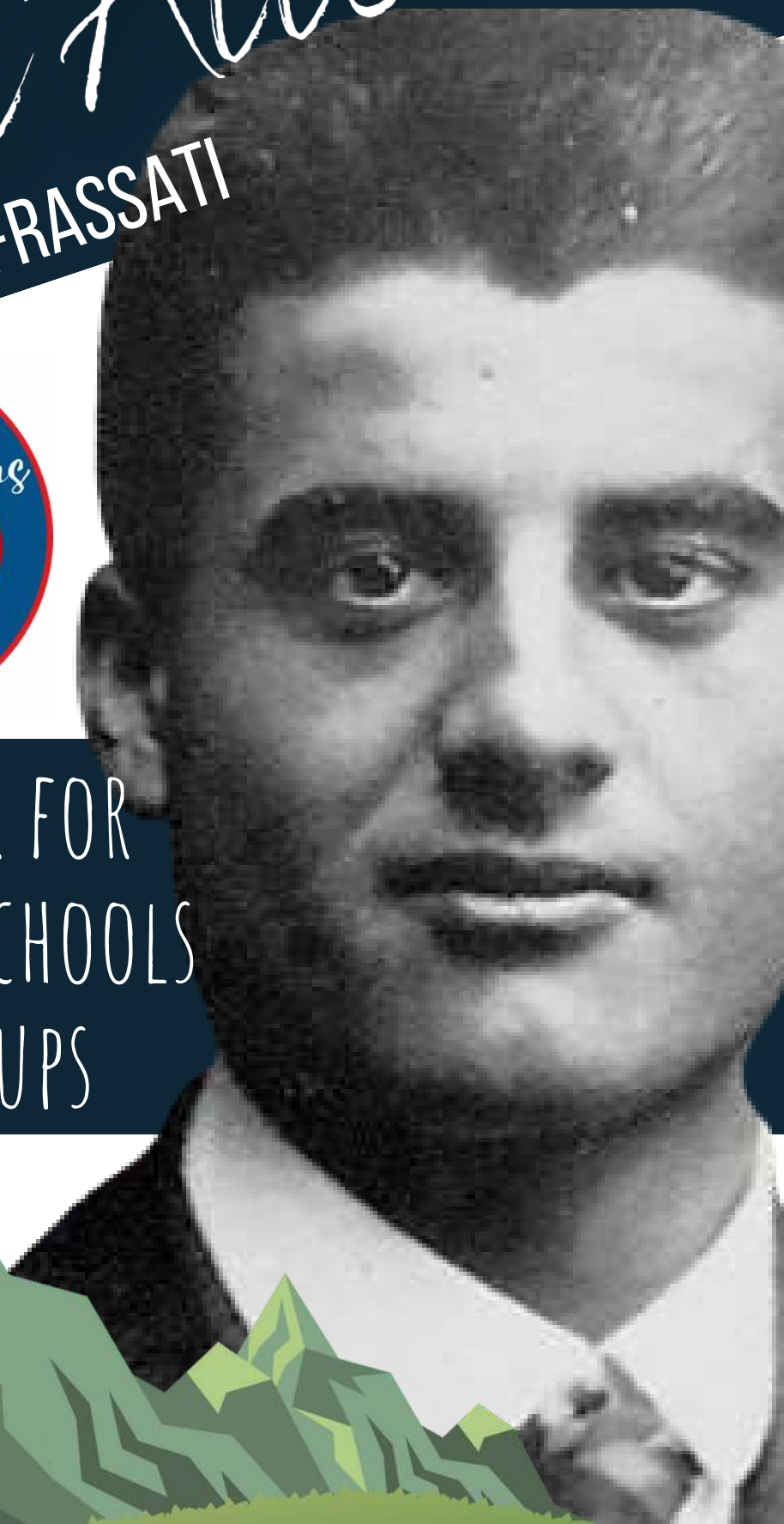


# Verso l'Alto!

ST PIER GIORGIO FRASSATI



RESOURCE PACK FOR  
POST-PRIMARY SCHOOLS  
/ YOUTH GROUPS



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

This resource book is designed to celebrate the life of Pier Giorgio, an incredible example for young people.

Feel free to use whatever elements of this resource you feel best suit the ability and age of the young people you teach / work with.

PIER GIORGIO FRASSATI: GET TO KNOW HIM!



BL. PIER GIORGIO FRASSATI (ANIMATED SHORT FILM)



## LINKS TO JUNIOR CYCLE RELIGIOUS EDUCATION LEARNING OUTCOMES

- 1.5 explore the presence of religious themes in contemporary culture through an examination of art, music, literature or film
- 1.8 describe the role of prayer in the lives of people of faith
- 1.12 synthesise and consider the insights gained about how people express and live out their beliefs, religious or otherwise
- 2.8 present stories of individuals or groups in the history of two major world religions that have had a positive impact on the lives of people because of their commitment to living out their beliefs.
- 2.9 describe how the faith of a believer can change at different stages in life
- 3.1 examine different sources of values and ways in which the values of a person relate to their everyday choices, their relationships, and their responsibilities to others
- 3.2 reflect upon and discuss what it means to be moral, why people living in society need to be moral and what are the influences on and the sources of authority for a person's moral decision-making

## JUNIOR CYCLE RELIGIOUS EDUCATION - CBA 1: A PERSON OF COMMITMENT

During a period of three weeks, with support/guidance by the teacher, students will research and report on a person whose religious beliefs or worldview have had a positive impact on the world, past or present.

## LINKS TO LEAVING CERTIFICATE NON-EXAM FRAMEWORK FOR RELIGIOUS EDUCATION

### Section A: The Search for Meaning

*Topic 1: Contemporary expressions of the search for meaning.*

- The great questions concerning the goal and purpose of life, the meaning of good and evil and the experience of suffering.

*Topic 3: The meaning of suffering and evil as understood by a religious perspective.*

- Examples of people whose lives are influenced by their faith.
- The role of religious faith in Ireland today

### Section D: Morality in Action

*Topic 1: Becoming Moral*

- Why be moral? Influences on moral principles: peers, family, media, culture, religion, etc.
- The role of religion in informing conscience?

*Topic 2: Morality and Religious Belief:*

- The Christian understanding of sin and reconciliation

*Topic 3: Moral Dilemmas*

- Examples of moral decision-making in action.
- The role of religion in moral decision-making.

### Section E: God-Talk

*Topic 1: My Image of God*

- My image of God.
- Images of God in art/music/literature & contemporary culture.

*Topic 3: God "in the bits'n'pieces of the everyday":*

- Implications of images of God for life.
- Signs and rituals- special moments of God's presence.

### Section G: Celebrating Faith

*Topic 2: Prayer*

- Exploring prayer as a need to communicate with God.
- Examples of prayer from different religious traditions.
- Sacred spaces

*Topic 3: Meditation and Contemplation*

- The human need for reflection in a busy world
- The use of sacred and inspirational texts in meditation

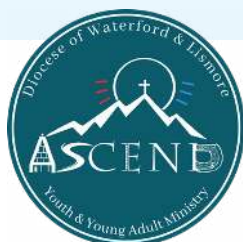
### Section H: Story

*Topic 1: Story*

- Stories that carry meaning and have transformative power.



*Topic 3: God's unfolding Story*

- Where is God speaking today?
- All part of God's story?
- The student's story



## RESOURCE PACK PRODUCED BY ASCEND: WATERFORD & LISMORE YOUTH MINISTRY

**Website:** [www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)

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“TO LIVE WITHOUT  
FAITH, WITHOUT A  
HERITAGE TO DEFEND,  
WITHOUT BATTLING  
CONSTANTLY FOR  
TRUTH, IS NOT  
LIVING BUT EXISTING;  
WE MUST NEVER  
EXIST BUT LIVE.”

ST PIER GIORGIO  
FRASSATI



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# WHO WAS PIER GIORGIO FRASSATI?



READ THE SHORT BIOGRAPHY OF PIER GIORGIO FRASSATI OR WATCH THE VIDEO HERE FROM FRASSATI USA:



Pier Giorgio Frassati was born in Turin, Italy on 6th April 1901 to wealthy and influential parents, Alfredo Frassati, the owner and director of one of the largest and most liberal Italian newspapers, La Stampa, and Adelaide Ametis, a painter. His sister Luciana, who was to become his best friend, was born 17 months later.

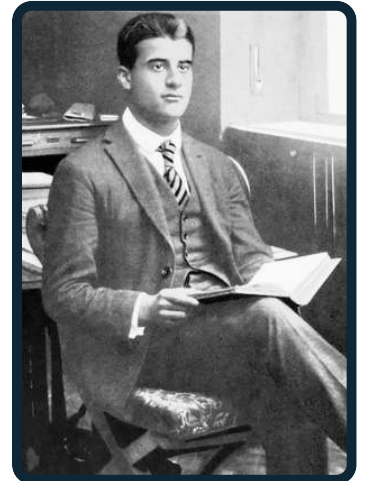
Pier Giorgio's faith did not stem from his immediate family's witness. His father was agnostic and his mother was not deeply religious. She attended Mass but worried when her son went to daily Mass as she was afraid he would want to become a priest. Both parents were strong characters and the Frassati home was often filled with tension and arguments as the couple moved steadily closer towards a divorce, something which pained their children greatly. Their son did all that he could to keep them united and maintain peace in the home.

From a young age, Pier Giorgio had a deep interest in serving others. Once when a poor lady came to the door with her barefoot child in her arms, little Pier Giorgio didn't hesitate to take off his own shoes and socks there and then for the little boy to wear, before gently closing the door so no-one in his family would know what he had done. He had an acute sensitivity to the suffering of those around him and did all that he could to help others. From the little allowance that his father gave him to pay for first class train tickets, he chose to ride third class, or forego the train ride altogether and walk instead, so that he could give the money to the poor and sick. Italy was struggling greatly from the ill effects of World War I and poverty, sickness and social inequality was rampant.

"TRUE HAPPINESS DOES NOT CONSIST IN THE PLEASURES OF THIS WORLD, OR IN EARTHLY THINGS, BUT IN PEACE OF CONSCIENCE, WHICH WE ONLY HAVE IF WE ARE PURE OF HEART AND MIND."



Pier Giorgio initially struggled at school, compared to his naturally academic sister but studied hard. At the age of ten his father moved him to a Jesuit run school, which was a real source of joy for Pier Giorgio as the sincere faith of the priests deepened his own faith too. Pier Giorgio displayed an incredible love for Jesus in the Blessed Sacrament, and would often be found alone, spending the night on his knees in the church in adoration. He loved Our Lady deeply too, would bring flowers to his beloved Madonna of Oropa.



He prayed the rosary daily, seeing his rosary beads as a weapon for spiritual warfare. He would often encourage his friends to pray the rosary with him, or attend Mass at 5am before going mountain climbing or skiing together in the Alps. His friends nicknamed themselves *"The Shady Characters"* or *"The Sinister Ones"* and Pier Giorgio himself, *"The Wild One"*. He was a prankster, full of laughter, but also a loyal and steadfast friend. He always stood up for what was right, whether it was a fellow student being bullied or later when college professors ridiculed the Catholic faith or taught immoral philosophies. His joyful and calm attitude was evident to all who met him, as well as his deep convictions and love of the Truth.

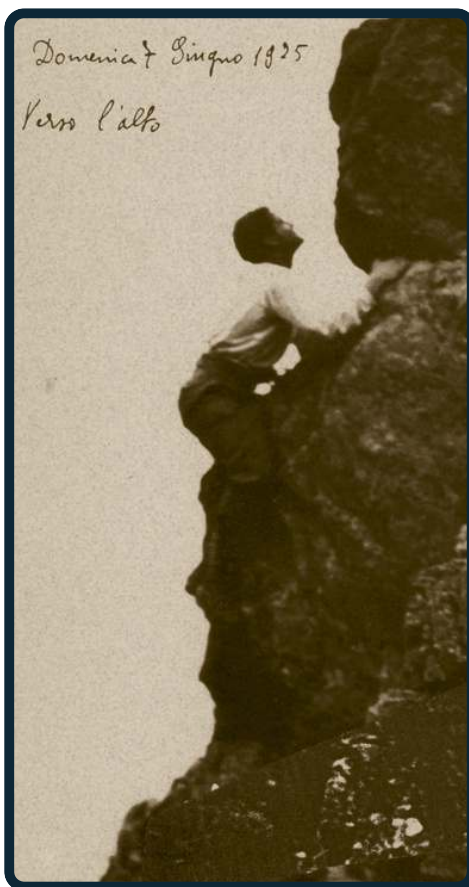
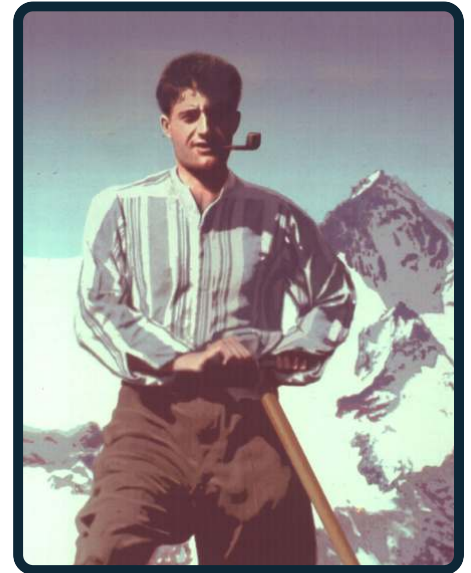
"IN A WORLD GONE ASTRAY FROM GOD THERE IS NO PEACE, BUT IT ALSO LACKS CHARITY, WHICH IS TRUE AND PERFECT LOVE."



"TO LIVE WITHOUT FAITH,  
WITHOUT A HERITAGE TO  
DEFEND, WITHOUT  
BATTLING CONSTANTLY  
FOR TRUTH, IS NOT  
LIVING BUT EXISTING;  
WE MUST NEVER EXIST  
BUT LIVE."

Pier Giorgio was passionate about sport and the great outdoors in particular. He loved running, canoeing, skiing, hiking, riding bikes, rowing, horse-riding, playing pool smoking cigars and mountain climbing. "*Verso l'alto*" (which means "*To the Heights*"), a motto which has become associated with Pier Giorgio, was one he wrote on a photo of him on the last mountain he climbed. He read poetry, especially Dante; he loved music and theatre and frequented bars. He sang loudly and sometimes out of tune. He laughed heartily. He believed life was to be lived to the fullest; he never wanted to simply exist but to really **live**. The higher he climbed, the closer he felt to God. It was undoubtedly in the silence of nature and his time in front of Jesus in the Blessed Sacrament that Pier Giorgio felt that his call to serve the poor was revealed to him.

Pier Giorgio was convinced that charity alone was not enough, but social reform was needed and so was involved in groups like the Society of St Vincent de Paul, and political movements at the time, especially those in opposition to Fascism. He studied Engineering with a strong desire to be a mining engineer so as to be of help to those working in the worst conditions in the mines. However, his father insisted he join him in the newspaper business at La Stampa. Pier Giorgio often put his family's happiness before his own: when he fell in love with a girl in his group of friends, Laura Hidalgo, he sacrificed telling her about his feelings because he knew it would probably cause even more friction in his own family. Shortly before he died, Pier Giorgio was offered the choice of a car or money for his graduation gift. He chose the money so that he could share it with the poor whom he felt it his honour to serve. "*All around the sick and all around the poor I see a special light which we do not have.*"



"EVERY DAY THAT PASSES, I FALL MORE DESPERATELY IN LOVE WITH THE MOUNTAINS... I AM EVER MORE DETERMINED TO CLIMB THE MOUNTAINS, TO SCALE THE MIGHTY PEAKS, TO FEEL THAT PURE JOY WHICH CAN ONLY BE FELT IN THE MOUNTAINS."

In 1925, Pier Giorgio contracted a virulent form of poliomyelitis through his contact with the sick and poor, but said nothing to his family as they were preoccupied by his grandmother's serious illness. Growing steadily weaker, the last note Pier Giorgio wrote was instructions for helping friends of his who were poor and sick. When he died in 1925 after a short but severe illness lasting just a week, thousands lined the streets for his funeral. His parents were shocked as they had never known their son's true heart for charity and service amongst the poor and marginalised of the city of Turin. His inspiration eventually led to his father rediscovering the Catholic faith and his parents' marriage being strengthened.

Miraculously, his body was found to be incorrupt when his coffin was opened during his beatification process in 1981. Pier Giorgio was beatified by St John Paul II in the year 2000, who called him "*A Man of the Beatitudes*" and "*the man of our century*", and was named Patron Saint of World Youth Days. He was canonised by Pope Leo XIV along with his fellow Italian, Carlo Acutis, born 90 years after him, on 7th September 2025 in Rome.

1. What is your initial response to the life of Pier Giorgio Frassati?
2. If you could ask him one question, what would it be?



## PIER GIORGIO FRASSATI: PERSONAL RESPONSE

WHAT IS YOUR INITIAL RESPONSE TO THE LIFE AND DEATH OF PIER GIORGIO FRASSATI?

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“NOTHING IS MORE BEAUTIFUL  
THAN LOVE. INDEED, FAITH  
AND HOPE WILL END WHEN  
WE DIE, WHEREAS LOVE, THAT  
IS, CHARITY, WILL LAST FOR  
ETERNITY; IF ANYTHING, I  
THINK IT WILL BE EVEN MORE  
ALIVE IN THE NEXT LIFE!”

WHAT SURPRISES YOU THE MOST ABOUT HIS LIFE?

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WHAT DO YOU THINK CAUSED PIER GIORGIO FRASSATI THE MOST SUFFERING DURING HIS SHORT LIFE OF JUST 24 YEARS?

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WHAT DO YOU THINK BROUGHT HIM THE GREATEST JOY?

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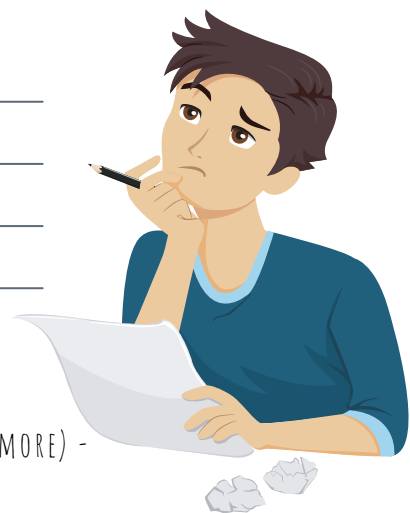
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IF YOU COULD ASK PIER GIORGIO ONE QUESTION, WHAT WOULD IT BE?

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# IN HIS WORDS

Verso  
l'alto



LOOK UP 1 TIMOTHY 4:12 - HOW DOES THIS QUOTE RELATE TO THE LIFE OF PIER GIORGIO?



CHOOSE ONE OF THE QUOTES BELOW FROM PIER GIORGIO AND RELECT ON ITS MEANING FOR YOUR OWN LIFE. ASK CARLO TO PRAY FOR YOU AND ANY PROBLEMS YOU'RE FACING AT THE MOMENT.

- True happiness does not consist in the pleasures of this world, or in earthly things, but in peace of conscience, which we only have if we are pure of heart and mind.
- Jesus is with me. I have nothing to fear.
- The times we are going through are difficult because cruel persecution of the Church is raging. But you bold and good young people should not be afraid of this small thing; remember that the Church is a divine institution and cannot come to an end. She will last till the end of the world. Not even the gates of hell can prevail against her.
- In prayer the soul rises above life's sadnesses.
- Nothing is more beautiful than love. Indeed, faith and hope will end when we die, whereas love, that is, charity, will last for eternity; if anything, I think it will be even more alive in the next life!
- In a world gone astray from God there is no peace, but it also lacks charity, which is true and perfect love.
- Every day that passes, I fall more desperately in love with the mountains... I am ever more determined to climb the mountains, to scale the mighty peaks, to feel that pure joy which can only be felt in the mountains.
- With every day that passes, I grow more and more convinced how ugly the world is, of how much suffering there is, and, unfortunately, of how it is the good who suffer the most. Meanwhile, we who have been given so many of God's blessings have repaid Him poorly. This is an awful reality that racks my brain; while I'm studying, every so often I ask myself: will I continue on the right path? Will I have the strength to persevere all the way? In the face of this pang of doubt, the faith given to me in Baptism reassures me of this: by yourself, you will accomplish nothing, but if you place God at the centre of all your actions, then you will reach the goal.
- In God's marvelous plan, Divine Providence often uses the tiniest twigs to do good works.
- To live without faith, without a heritage to defend, without battling constantly for truth, is not living but existing; we must never exist but live.
- Our Lady is worth a whole lot to the church, and we owe everything to her.



## PRAYER FOR THE COURAGE TO BE GREAT

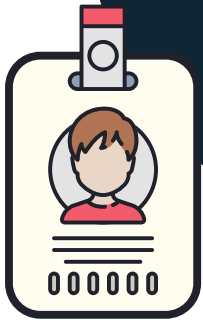
Heavenly Father, Give me the courage to strive for the highest goals, to flee every temptation to be mediocre. Enable me to aspire to greatness, as Pier Giorgio did, and to open my heart with joy to Your call to holiness. Free me from the fear of failure. I want to be, Lord, firmly and forever united to You. Grant me the graces I ask You through Pier Giorgio's intercession, by the merits of Our Lord Jesus Christ. Amen.

## LISTEN TO THE FOLLOWING SONGS WHICH CAPTURE THE LIFE AND MESSAGE OF PIER GIORGIO

- Nothing I hold onto (Will Reagan and United Pursuit)
- Moving Mountains - The Brevet
- There Will Be Time - Mumford and Sons, Baaba Maal
- Go Outside - Cults
- Shout to the North - Delirious?
- Wholehearted for KING & COUNTRY
- One Thing Remains (Jesus Culture)
- Love Never Fails - Brandon Heath
- So will I (100 Billion X) - Hillsong
- Christ be Magnified - Matt Maher

What other tunes would you add?





# PIER GIORGIO FRASSATI



FILL IN THE FOLLOWING INFORMATION ABOUT PIER GIORGIO

Date of birth:

Place of Birth:

Family members:

Hobbies:

Did his family practice their faith?

Aspects of the Catholic faith Pier Giorgio particularly loved:

What kind of student was Pier Giorgio?

Examples of how Pier Giorgio served others:

Why is he known as "A Man of the Beatitudes"?

Date of death:

Cause of death:

Feast day:





# LIVING, NOT MERELY EXISTING



"IN GOD'S MARVELOUS PLAN, DIVINE PROVIDENCE OFTEN USES THE TINIEST TWIGS TO DO GOOD WORKS."

## LIVING LIFE TO THE FULL

Pier Giorgio was in many ways an ordinary young man who loved sport, music, being with his friends, playing pranks and being outdoors. However, he had an extraordinary passion for his faith, for social justice and for caring for others. He used what little wealth he had personally, along with his time and his joyful attitude to bring consolation and help to those most in need. He lived out his Christian faith everyday, and chose not to give in to sadness or bitterness.

Based on what you know about Pier Giorgio, what would you consider his greatest gifts or talents to be?

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How did he use these to serve others and serve God?

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## WHAT ABOUT YOU? YES, YOU!



What gifts and talents do you have? Sometimes it's easier to ask others what they see in us, because we don't always recognise our own strengths.

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"TO LIVE WITHOUT FAITH, WITHOUT A HERITAGE TO DEFEND, WITHOUT BATTLING CONSTANTLY FOR TRUTH, IS NOT LIVING BUT EXISTING; WE MUST NEVER EXIST BUT LIVE."

List three ways you can use your gifts and talents to serve others and serve God?

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Choose one and pick something practical you can do this week to develop that talent or skill and use it to serve God and/or others:

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## AN AUDIENCE OF ONE

Everything Pier Giorgio did was for God's glory: in essence, he did everything for an audience of One. Watch Fr Patrick Cahill from Holy Family Mission explain this concept briefly, and how we can practically use this as a motivation in our lives. What do you think of this idea?

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RESEARCH:

CHECK OUT THE USA AUDIENCE OF ONE ATHLETES IN ACTION MOVEMENT.

"JESUS IS WITH ME. I HAVE NOTHING TO FEAR."



# BE A GAME CHANGER!

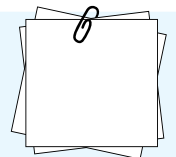


- **LIVE SIMPLY!** Pier Giorgio came from a wealthy family but lived simply! Have you collected too much clutter? Give something away this week that you don't need!
- **JOYFUL WITNESS:** Pier Giorgio was known for his good humour and deep sense of joy. Can you try to be like him in your family and circle of friends?
- **SOCIAL MEDIA:** Pier Giorgio is a great role model for youth. Why not share a video or quote from him on your social media so others can learn about him?
- **DEVOTION TO MARY:** When he was 17, Pier Giorgio consecrated himself to Our Lady. You could do the same thing - use this short prayer every day: Mother, I am yours now and forever. Through you and with you, I want to belong always and completely to Jesus. Amen.
- **SERVE OTHERS:** Pier Giorgio gave everything he could, including his time to the poor and sick, out of love for others and not for recognition. Is there some way you can help those less fortunate than yourself?
- **FAMILY:** Pier Giorgio's life at home wasn't easy. He was frequently misunderstood and criticised, but he did all he could to bring peace and unity into his home. How can you be an agent for peace in your own home?
- **HOBBIES:** Pier Giorgio loved going to the theatre, to operas and museums. Schedule an outing with your friends to a play or a good movie! Why not go all Italian on it and make it a movie and pizza night?



- **ART DISPLAY:** Design some flyers or posters to promote the story of Pier Giorgio in your school / youth group / church. See if you can create some appropriate hashtags for his biography and example, and share QR codes for short videos on his life!
- **SPOTIFY:** Create and share a Spotify list of tunes that you think share the message of Pier Giorgio's life and attitude in some way. Pick one song and explain the reasons you chose to include it on the list.
- **REFLECT:** take one of the Pier Giorgio's quotes and keep it somewhere safe to reflect on in the days ahead. Ask Pier Giorgio for his help in living the best life you can live.

#Verso l'alto



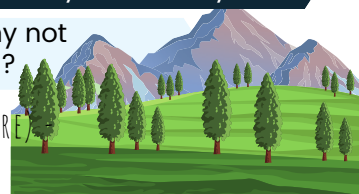
**FAITH LIFE 1:** Pier Giorgio's life was not always easy but he leaned on Christ as a friend, and always made it to Mass each day, as well as spending some time in front of the tabernacle in the Church praying. Why not take 5 minutes out of your day to sit quietly in your local church and ask God to bless your life, your family and your friends? Or just talk to Him like a friend, the same way Pier Giorgio did?

- **FAITH LIFE 2:** Pier Giorgio also had a great love for Our Lady and always had his rosary beads in his pocket and would bring flowers to the Our Lady of Oropa statue. Before you go to bed each night, try saying one decade of the rosary which takes about 2 minutes (an Our Father, ten Hail Marys and one Glory Be). Find an image of Our Lady that you love too!



- **BE INSPIRED!** Pier Giorgio was himself really inspired by St Paul and carried a handwritten copy of St Paul's Hymn to Charity from 1 Corinthians 13 with him everywhere. What saints inspire you? Are there any quotes of theirs that you can keep close to you?
- **JOURNAL EXERCISE:** Pier Giorgio believed in living life to its fullest, not just merely existing. Pray this Prayer for Courage daily and journal any inspirations that come to you. "Heavenly Father, give me the courage to strive for the highest goals, to flee every temptation to be mediocre. Enable me to aspire to greatness, as Pier Giorgio did, and to open my heart with joy to Your call to holiness. Free me from the fear of failure. I want to be, Lord, firmly and forever united to You. Grant me the graces I ask You through Pier Giorgio's intercession, by the merits of Our Lord Jesus Christ. Amen."

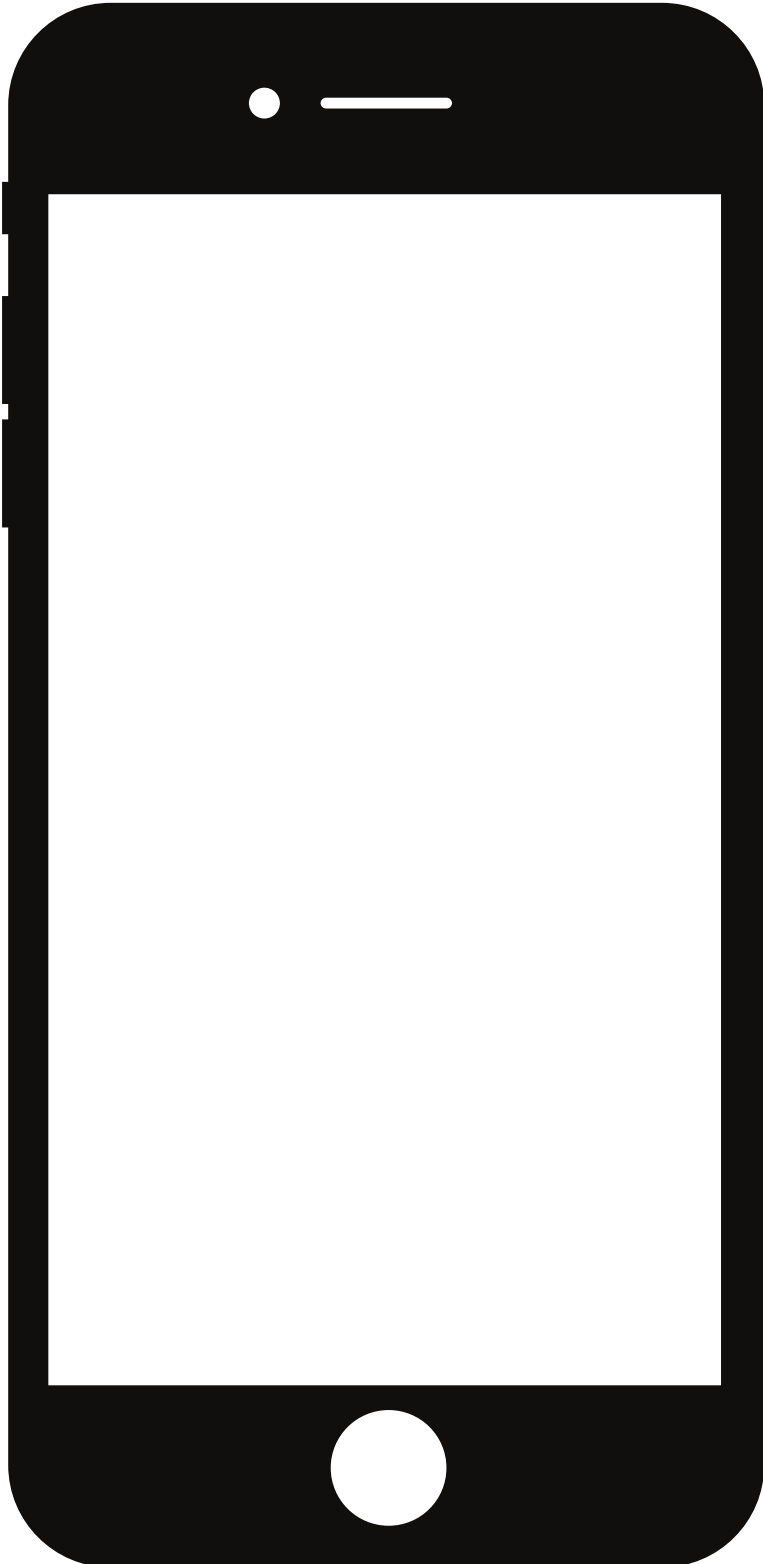
- **HIS CALL:** Pier Giorgio discerned his call to serve the poor and marginalised through prayer and silence, both in the church and in nature. Try to spend time in silence, each day, allowing God to reveal your call to you!
- **THE GREAT OUTDOORS:** Pier Giorgio fell in love with the mountains more and more: why not go for a hike with your friends or family, and spend time noticing the glory of creation?





# FRASSATI PHONE

Imagine this was Pier Giorgio's phone ....



**WALLPAPER:** Sketch / copy & paste what you think his phone wallpaper could be, and then explain why Pier Giorgio might choose this image.

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**EMAILS / TEXTS:** Imagine Pier Giorgio just received two emails or texts.

Using your knowledge of Pier Giorgio, who do you think could be messaging him and what would the content of each message be?

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**PLAYLIST:** Write down three song titles (with artists' names) that could be on Pier Giorgio's playlist (they can be traditional hymns, contemporary religious or chart songs). Why do you think Pier Giorgio would listen to these tunes?

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# LET THE LIGHT SHINE THROUGH!



One sunny Sunday, a little boy went to visit his local church with his Mom. He asked question after question about the stained glass windows, because he was so fascinated by the images, and the way the coloured glass reflected striking beams of light on the floor. She explained who each saint depicted in each window was. A few days later in religion class, the teacher asked if anybody knew what a saint was. The excited boy, raising his hand, said "Oh, teacher, I do! A saint is someone that the light shines through!"



## HOW WAS IT MADE? STAINED GLASS WINDOW | VICTORIA & ALBERT ROYAL MUSEUM

Watch the video to see how stained glass windows are made



## TASK: CREATE A SKETCH OF A STAINED GLASS WINDOW THAT CELEBRATES THE LIFE AND LEGACY OF PIER GIORGIO OR A SAINT OF YOUR CHOICE

### RESEARCH: VISIT A LOCAL CHURCH TO LOOK AT THE STAINED GLASS WINDOWS THERE



- What kind of images are depicted?
- What other details can you see (e.g. dedications)?
- How old are these windows?
- What colours are used?



### BISHOP ROBERT BARRON ON PIER GIORGIO FRASSATI (MUNDELEIN SEMINARY)

- Watch the video to see how symbolism from Pier Giorgio's life was incorporated into a stained glass window



### PLAN YOUR OWN STAINED GLASS WINDOW OF YOUR CHOSEN SAINT:

- What details from his / her life will you include in your design?
- How will you represent those images?
- What colours will you use?

### CREATE AND DISPLAY:

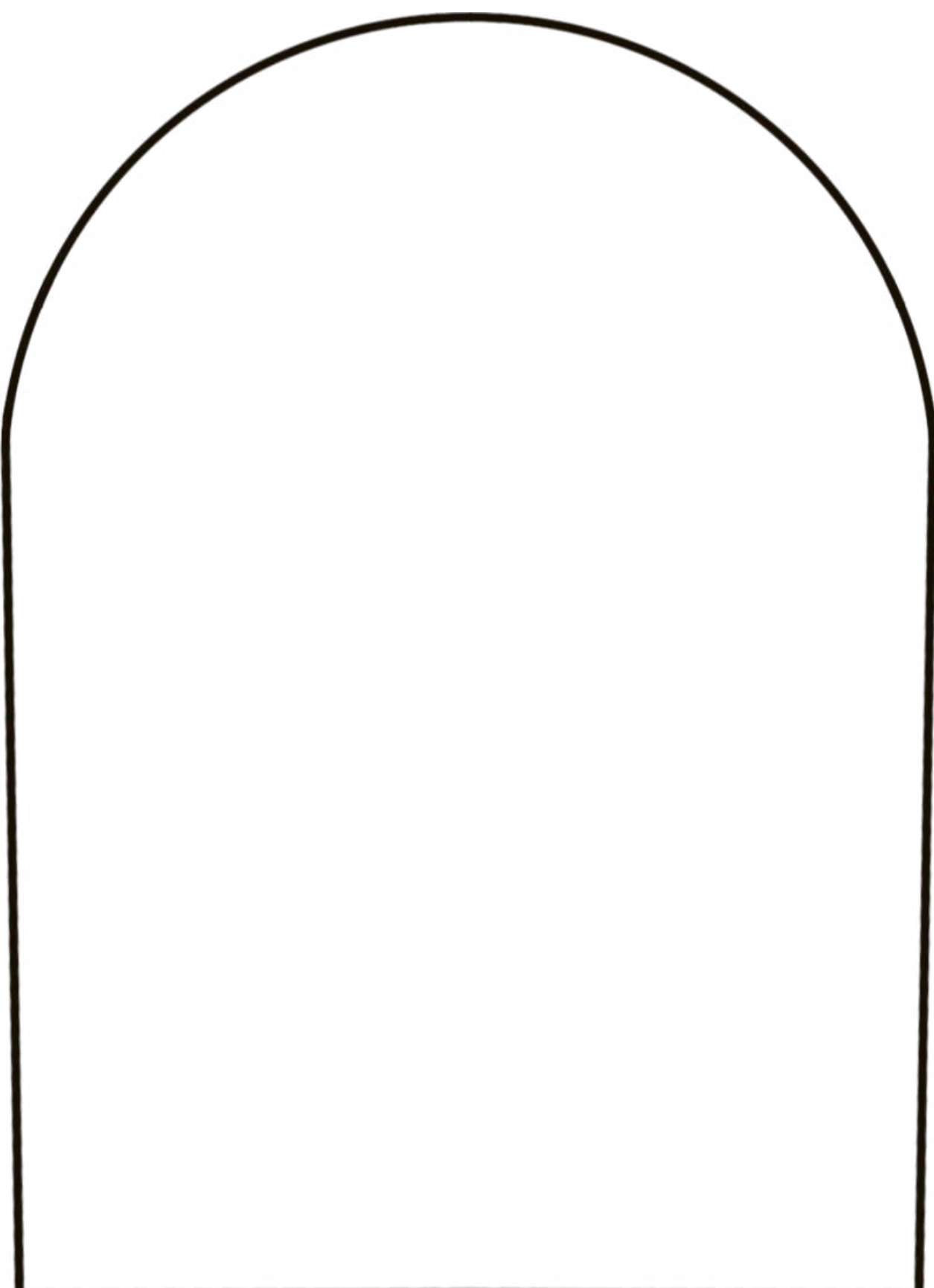
- Gather your ideas for symbols, and draft an outline of your chosen saint.
- You might choose to print an image of your saint and the symbols too, and stick these to your a4 page.
- Create your final stained glass window on an a4 sheet.
- Why not create a full display of these images along a corridor / in a classroom / hall / local church, and let the light shine through!







***LET THE LIGHT SHINE THROUGH!***





# REPORTING LIVE FROM TURIN!

IMAGINE YOU ARE CREATING A NEWS REPORT TO DESCRIBE THE EVENTS AT PIER GIORGIO FRASSATI'S FUNERAL IN 1925

*Answer the following questions, staying as true to the character and historical details as possible.*

**In your group, decide who will take the following roles:**

**Newsroom anchor / reporter in the field / eye-witnesses / Alfredo Frassati / Luciana Frassati / Adelaide Frassati / Poor people / Pier Giorgio's friends / local priest**

**My role is:** \_\_\_\_\_

**Character's Name? (Create one if you don't know!)** \_\_\_\_\_

**What do I know about this event? (or for the reporter: what questions do I need to ask?)**

**What is my perspective on this event?**

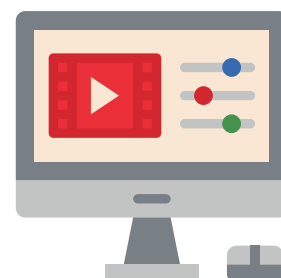
**How do I feel about the events of the day?**

**What do I know / think about Pier Giorgio's life / death?**

- When you have completed your own brainstorm, work together with your group to create a short newscast with each student responsible for his or her own role / report.
- Remember, if you are the Anchor, you must do just that! Anchor the report from the studio, give an introduction, link each segment e.g. "And now over to ..... in ....."
- Eye-witnesses do not always see the full events or details - they might only have seen the start / end of the incident , or maybe just the aftermath. They may even only have heard something from someone else, rather than seeing it with their own eyes. They may not be totally reliable!

## Bonus ideas:

- Watch a short news clip on YouTube to become familiar with the running order / type of language used.
- Perform the sketch for the rest of the class!
- Try using a news channel music intro / outro to give it an authentic feel.
- Maybe you can use images / powerpoint / video to add to the authenticity.
- Maybe you could have a "camera-man" to record the clip, and an editing team to piece it together afterwards.
- Go all out and wear costumes for the report!





1. Alfredo Frassati telling Pier Giorgio he would follow him into the newspaper industry.
2. Pier Giorgio deciding not to tell Laura about his feelings for her.
3. Pier Giorgio coming back from a hike in the mountains with his friends.
4. Pier Giorgio's final days.

[illegible]





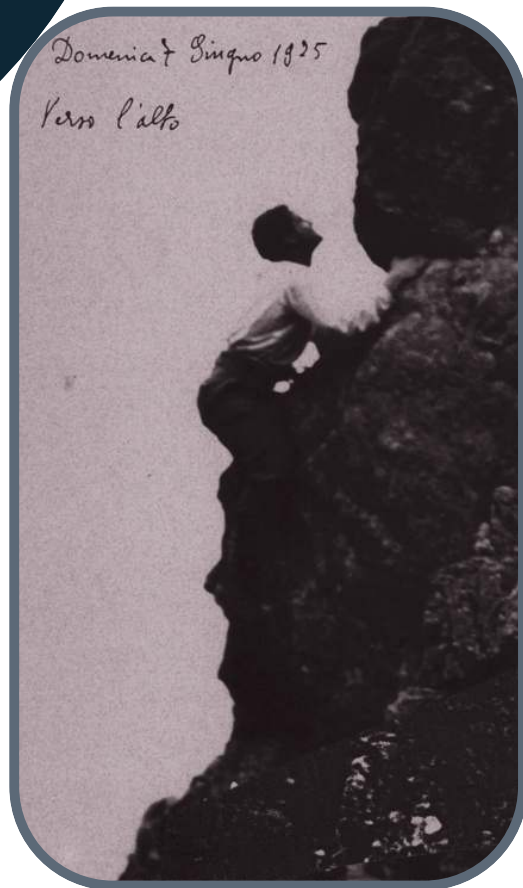


# PERSONAL MOTTO

Pier Giorgio loved to climb mountains - it was his passion! He encouraged his friends, *"The higher we go, the better we shall hear the voice of Christ."* On a photo of the last mountain he climbed before his death, Pier Giorgio wrote the words, *"Verso l'alto!"* (To the Heights). For Pier Giorgio, life was to be lived fully, and his attitude of always upwards wasn't just advice for ascending mountains, but for spiritual ascent too. The more we progress in our spiritual life, the clearer our ability to discern God's will and hear His voice.

That doesn't mean life was easy for him. Pier Giorgio was like any other young person who had to struggle with school, exams, family problems, the expectations of his parents, lapsed faith among family and friends, relationships, and unjust societal issues, as well as daily battling against his own will and passions too: *"To live without faith, without a heritage to defend, without battling constantly for truth, is not to live but to 'get along'; we must never just 'get along'."*

In just 24 short years, Pier Giorgio lived his life to the full, cared deeply for those around him, especially the poor and marginalised, and achieved a level of virtue and sanctity that was truly inspirational. St John Paul II called him "the man for our century" because of his heroic virtue.



Check out this video from Chris Stefanick on the life of Bl. Chiara Luce Badano, the first member of Generation G to be beatified. What similarities do you see with Pier Giorgio? What was her life-plan?



Carlo Acutis is the first Millennial saint to be canonised - another Italian saint, born 90 years after Pier Giorgio and a tech genius. Watch this video and reflect on his similarities to Pier Giorgio and how he chose to live his life!



## MY MOTTO FOR LIFE

If you had to choose a motto to live your life by, something really meaningful that you could come back to time and time again if you drifted from your faith or your ideals or principles, what would it be?

Why would you choose that particular motto? What would it signify for you?



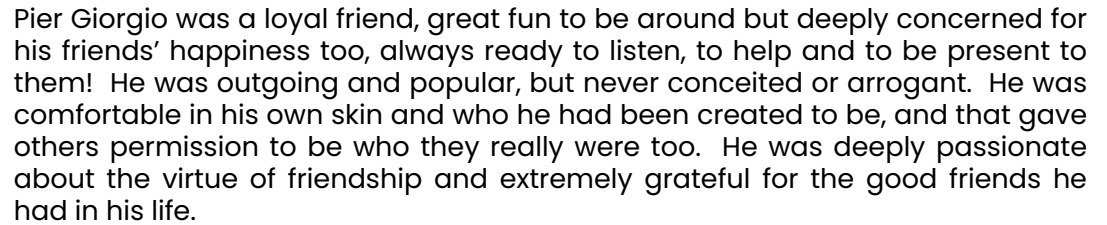
Allow yourself some space to sit and reflect.

You might prefer to play some music in the background, or just sit in silence.

Reflect on Pier Giorgio's quote below and pray with it. Allow ideas, thoughts and images that come to you as you pray to form part of your doodle prayer. Maybe names will come to mind – people to pray for; or things in your life you feel you need to change; maybe situations you need to bring to God and ask for His help in will surface... Ask the Holy Spirit to guide your heart and your thoughts.

This is a particular space you are creating for God in your life today. Speak, and listen.

*In God's marvelous plan,  
Divine Providence  
often uses the tiniest twigs  
to do good works.*



Why not write a letter to Pier Giorgio, as a friend? Maybe you could write about the challenges you face in your life, or the questions his story raised for you, or any aspect of his story that you found inspiring, or difficult to understand. The important thing is to respond personally and honestly – whatever form that takes for you!

[illegible]

# FRASSATI

# QUIZ



1. Where was Pier Giorgio Frassati born?
2. When was he born?
3. At a young age, he was sensitive to the needs of others: what did he do for the mother and her barefoot child who appeared at the Frassati Home begging?
4. True or False: while Pier Giorgio was alive, his parents were devout practicing Catholics?
5. What type of school did Alfredo Frassati move his son to when he was doing badly at school?
6. What was Pier Giorgio's sister's name?
7. Give two examples of how Pier Giorgio was a typical teen / young man of his time?
8. Why did Pier Giorgio not use his allowance for first class train tickets?
9. How often did Pier Giorgio like to attend Mass?
10. What was Pier Giorgio's favourite hobby?
11. What did Pier Giorgio want to study after school?
12. What did his father plan for him as his career?
13. Why did Pier Giorgio not tell his friend Laura that he was in love with her?
14. What did Pier Giorgio say he saw around the poor and sick that he and others with wealth and health did not have?
15. What newspaper did his father own?
16. What disease did Pier Giorgio contract in 1925 that led to his death?
17. Why did Pier Giorgio not tell his family he was so ill?
18. What shocked the Frassati family at Pier Giorgio's funeral?
19. What was Pier Giorgio's motto which he wrote on a photo of him climbing a mountain?
20. What did St John Paul II call him when he beatified him in the year 2000?





# WORDSEARCH

Find all the words associated with Pier Giorgio Frassati in the wordsearch

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



## QUICK FIRE QUIZ!

- Choose at least ten of the words / phrases in the list above and work as a team to explain how they relate to the life of Pier Giorgio Frassati as quickly as you can.
- Who can explain the most words?

adoration | Alps | blessed | brother | canonised | Catholic | Dante  
 | engineer | Eucharist | friendship | funeral | Graduation | hikes |  
 horseriding | Italian | Jesuit | La Stampa | Leo XIV | light | love |  
 Luciana | Madonna of Oropa | marginalised | miner | mountain |  
 opera | polio | poor | pranks | rosary | sick | Sinister Ones | son |  
 study | theatre | thousands | to the heights | Turin | upwards |  
 verso l'alto | Wild One |





# LEAVING A MARK



Pope Francis Image: Korea.net / Korean Culture and Information Service (Photographer name), CC BY-SA 2.0 <<https://creativecommons.org/licenses/by-sa/2.0/>>, via Wikimedia Commons

## READ THE FOLLOWING MESSAGE FROM POPE FRANCIS TO YOUNG PEOPLE AT WORLD YOUTH DAY 2016:

*"Dear young people, we didn't come into this work 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."*

WHAT MARK WOULD YOU LIKE TO LEAVE ON THE WORLD?  
WHAT DIFFERENCE WOULD YOU LIKE TO MAKE?

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## PIER GIORGIO'S LIFE AND LEGACY

*"He left this world rather young, but he made a mark upon our entire century, and not only on our century."* Pope Saint John Paul II - Rome, 20 May 1990 (at the beatification of Pier Giorgio Frassati).

Pier Giorgio not only effected the lives of those he met but has been an inspirational figure for young people and families since his death. His motto "Verso l'alto" has inspired millions, and Frassati groups, hikes and clubs can be found all over the world!

## CATHOLIC SAINTS AND HEROES

Have you heard of these other young inspirational Catholics? Click on their images (or scan the QR codes) to learn more about their heroic lives!



CHIARA LUCE BADANO



CARLO ACUTIS



MICHELLE DUPPONG



JOSE SANCHEZ DEL RIO



SR CLARE CROCKETT

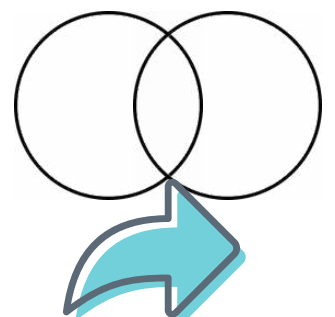


MATTEO FARINA

CHOOSE ONE OF THESE INSPIRATIONAL YOUNG CATHOLICS AND RESEARCH THEIR LIFE STORY UNDER THE FOLLOWING HEADINGS:

- Birth and early life
- Family situation
- Faith in the different stages of their life
- Vocation
- Opposition to their call to holiness
- Difficulties and personal struggles
- Particular devotions
- Their Legacy today

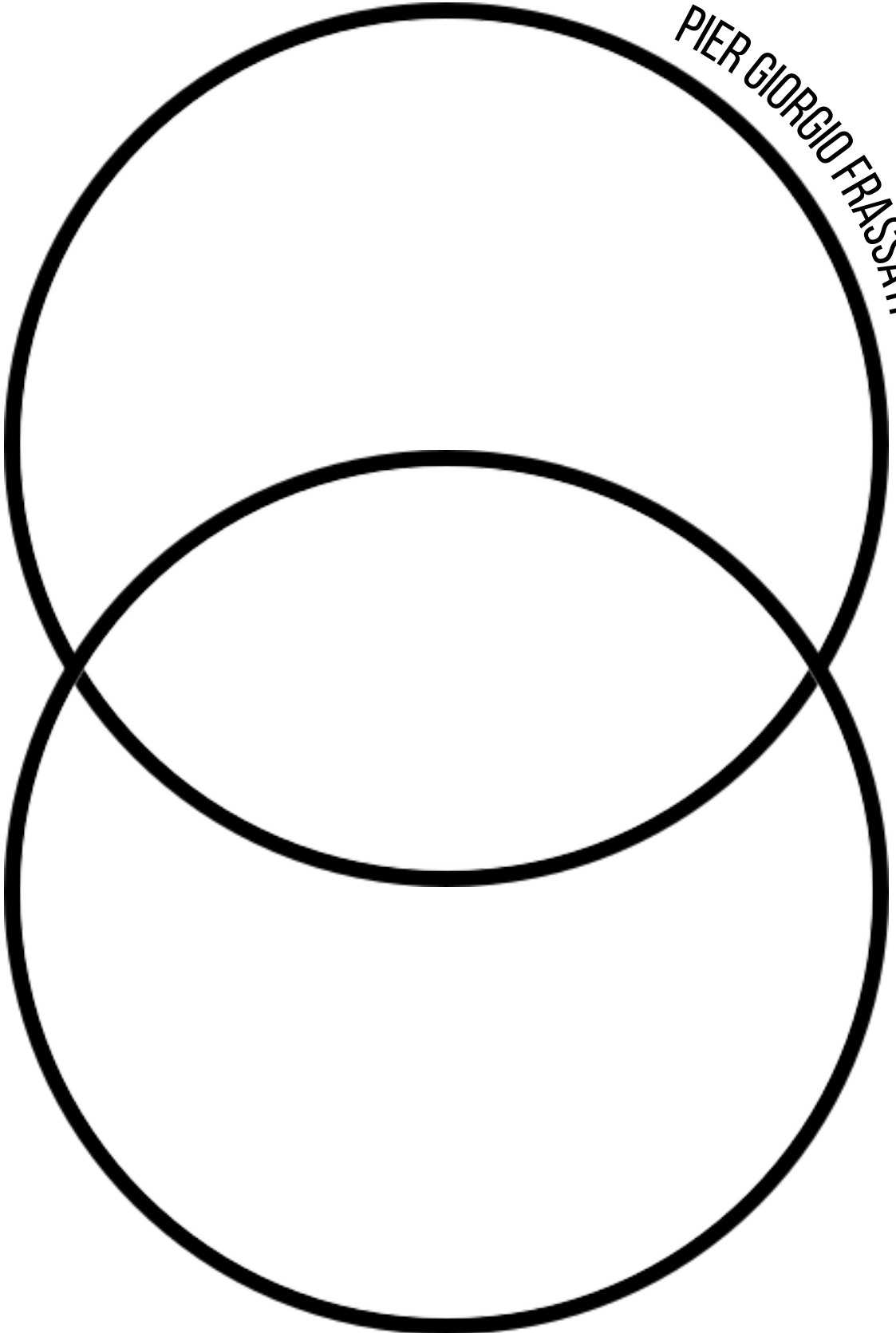
**COMPARE AND CONTRAST THEIR LIFE WITH THE LIFE OF PIER GIORGIO USING THE VENN DIAGRAM ON THE NEXT PAGE. WHATEVER THEY HAVE IN COMMON, PUT IN THE INTERSECTION. PRESENT YOUR FINDINGS TO YOUR CLASS.**





# LEAVING A MARK

PIER GIORGIO FRASSATI



**COMPARE AND CONTRAST USING THE FOLLOWING HEADINGS:**

BIRTH AND EARLY LIFE / FAMILY SITUATION / FAITH IN THE DIFFERENT STAGES OF THEIR LIVES / VOCATION /  
OPPOSITION TO THEIR CALLING / DIFFICULTIES AND PERSONAL STRUGGLES / PARTICULAR DEVOTIONS / THEIR LEGACY TODAY

# EUCCHARISTIC ADORATION

## WHAT IS EUCCHARISTIC ADORATION?

Eucharistic Adoration is one of the greatest gifts in the Catholic Faith: to be able to be with Jesus, truly present in the Blessed Sacrament. It doesn't necessarily mean that it's easy for us to do, however. Our brains and our hearts can have a difficult time with silence and stillness in today's world, so full of noise and distractions. And yet, it's what our heart craves the most: to be with the One who created us, loves us, knows us intimately and wants to give us all the graces we need! St Augustine once said, *"You have made us for yourself O Lord, and our hearts are restless until they rest in you."*

## WHAT DO I DO DURING ADORATION?

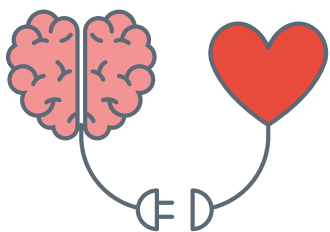
Just be! Adoration doesn't need to be complicated. It's not about what we do, or what we get out of it. It can absolutely help us grow in holiness, in knowledge of ourselves, in peace, joy and forgiveness. We can find real healing through Adoration, and a time to rest our weary hearts in Jesus' heart. The best part is, we don't actually have to **do** anything. We just have to **be present to Him** as He is present to us. We can gaze at Him in the small white host in the golden monstrance, or we can close our eyes. We don't have to overthink it, we just have to receive. If we struggle, we can ask Him to help us.

St Carlo Acutis once said, *"When we get in front of the sun we get suntans. When we get in front of the Eucharist, we become saints."* So, just allow His goodness, mercy and peace to flow over you like the rays of the sun!



WE CAN PRAY:  
"JESUS, SHOW YOURSELF  
TO ME TODAY!"

## WHAT IF I FIND IT HARD TO CONCENTRATE?



Well, that means you're human! It's natural for us to get distracted. It can take some time for us to quieten our hearts and our minds. We're used to instant everything: notifications, gratification... whereas prayer, especially in the silence of a chapel, requires us stepping away from that, unplugging from the noise and distractions, physically setting aside our phones and handing that time over to God for whatever He wants to do with it. Sitting in silence and mulling over our worries without involving God in the conversation isn't prayer - it'll probably make you feel even worse - bring your problems to Him but don't dwell on them either.

Talking to God about your concerns, your joys, your hopes and dreams - and allowing Him space to respond to you, now that's prayer. And prayer changes us! If you get distracted, it's ok. Start small, maybe with 10 - 15 minutes of intentional time with the Lord, and build up a little each time you visit!

## HOW CAN I SPEND MY TIME WELL?

There are lots of things you can do: you can use traditional prayers or speak from your heart, you could pray a Rosary or a Chaplet of Divine Mercy, you could read and meditate on a passage from the Bible (particularly the Gospels), you could write in a prayer journal, you could read from the lives of the saints...

Fr Josh Johnson recommends the **Pirate's Prayer: ARRR** - **a**cknowledge, **r**elate, **r**ecieve, **r**espond. Acknowledge that you are in the presence of the Lord. Relate with the Lord through your own life. Receive the blessings he is offering to you. Then respond by making some resolution to bring God into your life as you leave Adoration.







# GUIDE TO MAKING A HOLY HOUR

## MAKE THE SIGN OF THE CROSS TO ENTER INTENTIONALLY INTO A TIME OF PRAYER

**Slowly taking three deep breaths:** as you breathe in and out, pray silently and slowly in your heart, "Come Holy Spirit.... Come Holy Spirit.... Come Holy Spirit...."

## TRY THE PIRATE PRAYER: ARRR



### ACKNOWLEDGE

Thank the Lord for the gift of His Presence here. Thank Him for the gift of your life, and all the gifts that He have given to you. (*Spend some time thanking the Lord for things / people you are grateful for in your life.*)



### RELATE

Talk with the Lord about what's going on in your life right now. What are the challenges? What are the worries? What do you need His help and guidance with? Talk with him like you would talk with a close friend, knowing you don't have to pretend to be anyone other than who you are, or pretend to feel any way other than how you feel!



### RECEIVE

Spend some time in silence now, allowing the Lord to speak to your heart about your life. Ask Him for the blessings and graces you need. You might find it helpful to sit with you eyes closed and your hands open on your lap. Even if you can't feel it, know that the Lord is blessing you and working in your life right now.



### RESPOND

Make a resolution of some kind before you leave Adoration - how will you make more room for the Lord in your life when you leave here? What one thing needs to change? What one action can you decide on, one habit to change, one virtue to practice? Ask the Lord for His help to do this; on our own we are weak, but nothing is impossible to God!

## TRY JOURNALLING: A SIMPLE NOTEBOOK & PEN WILL DO!

*You might find it helpful to journal with one of the following prompts:*

- "Lord, I don't know how to do this or what I'm meant to be writing. Please help me...."
- "Lord, I'm struggling with ..... and I really need your help..."
- "Lord, I'm finding it hard to understand.....and I need your clarity on this."
- "Lord, I'm so grateful for....."
- "Lord, I'm so worried about...."
- "Lord, what is it you want me to hear today?"
- "Lord, I really want to know why...."



## TRY PRAYING WITH SCRIPTURE

- Quieten your heart and invite God in, notice His presence ("Come Holy Spirit" x3)
- Read a scripture passage slowly, several times (try something from the Gospels)
- Note which phrases / words stand out for you
- Notice your response: What emotions / memories / hopes / dreams / fears are rising in your heart?
- Listen for His response: Heart speaks to heart
- Journal your experience (a few words / sentences / paragraphs: write a letter to God? A note of encouragement for yourself? A Prayer for someone? A decision to act / speak? Commit to a change that needs to happen in your life?)

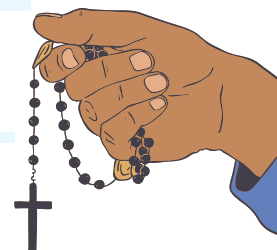
## TRY PRAYING THE ROSARY: (MEDITATE ON EACH MYSTERY / SCENE AS YOU PRAY)

Ask Our Lady to help you to pray and to pray for you!



### MORE IDEAS:

You might like to use some of the Ascend Resources on weekly Gospel readings on [www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry) to guide and direct your prayer.



# PRAYING THE ROSARY

Pier Giorgio Frassati loved to pray the rosary. Do you know how to pray the Rosary? Maybe you could start praying one decade every day? A decade only takes about two minutes!

## HOW TO PRAY THE ROSARY

### MAKE THE SIGN OF THE CROSS

Pray the **Apostle's Creed**: I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

**PRAY FOR THE POPE'S INTENTIONS**: One Our Father, three Hail Mary's and a Glory Be.

### DECIDE WHICH MYSTERIES YOU WILL BE MEDITATING ON.

Announce the mystery before each decade e.g. "The first Joyful Mystery, The Annunciation"

**FOR EACH DECADE**: Pray one Our Father, ten Hail Mary's and one Glory Be.

**AFTER EACH DECADE**: Pray the Fatima Prayer.

## THE ROSARY PRAYERS

**Our Father**, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil, Amen.

**Hail Mary**, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.

**Glory be** to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end, Amen.

**[Fatima Prayer]** O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to heaven, especially those in most need of your mercy

### AFTER FIVE DECADES:

**Hail Holy Queen**, Mother of Mercy, hail our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, your eyes of mercy towards us, and after this our exile, show unto us the Blessed Fruit of your womb Jesus. O, clement, O loving, O sweet Virgin Mary.

Pray for us Oh Most Holy Mother of God - that we may be made worthy of the promises of Christ.

**Let us pray**, O God whose only begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life, grant we beseech You, that meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may imitate what they contain and obtain what they promise through the same Christ our Lord.

**May the Divine Assistance remain always with us** - and may the souls of the faithful departed through the mercy of God, rest in peace.

### THE JOYFUL MYSTERIES

The Annunciation  
The Visitation  
The Birth of Jesus  
The Presentation of Jesus in the temple  
The Finding of the Child Jesus in the temple

### THE LUMINOUS MYSTERIES

The Baptism in the River Jordan  
The Wedding Feast at Cana  
The Proclamation of the kingdom of God  
and the call to conversion  
The Transfiguration  
The Institution of the Holy Eucharist

### THE SORROWFUL MYSTERIES

The Agony in the Garden  
The Scourging at the Pillar  
The Crowning with Thorns  
The Carrying of the Cross  
The Crucifixion & Death of our Lord

### THE GLORIOUS MYSTERIES

The Resurrection  
The Ascension  
The Descent of the Holy Spirit  
The Assumption of Our Lady into Heaven  
The Coronation of Our Lady



**CLICK THE LOGO TO  
PRAY WITH THE  
YOUNG PEOPLE AT  
HOLY FAMILY  
MISSION!**



### DIVINE PHOTO ALBUM

Meditating on the Mysteries of the Rosary has been described like turning back through the pages of a photo album of Jesus and Mary's life with Our Lady, and being able to put yourself into those scenes too! Watch Fr Patrick Cahill explain this analogy in this Ascend YM Clip on Youtube:



# LITANY OF PIER GIORGIO FRASSATI

Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.  
God our Father in heaven,  
God the Son, Redeemer of the world, .  
God the Holy Spirit,  
Holy Trinity, One God,  
Holy Mary,  
All the angels and saints,

Lord have mercy  
Christ have mercy  
Lord have mercy  
Have mercy on us  
Have mercy on us  
Have mercy on us  
Pray for us  
Pray for us



Blessed Pier Giorgio, **pray for us**  
Loving son and brother, **pray for us**  
Support of family life, **pray for us**  
Friend of the friendless, **pray for us**  
Most Christian of companions, **pray for us**  
Leader of youth, **pray for us**  
Helper of those in need, **pray for us**  
Teacher of charity, **pray for us**  
Patron of the poor, **pray for us**  
Comfort of the sick, **pray for us**  
Athlete for God's kingdom, **pray for us**  
Conqueror of life's mountains, **pray for us**  
Defender of truth and virtue, **pray for us**  
Opponent of every injustice, **pray for us**  
Patriotic citizen of the nation, **pray for us**  
Loyal son of the Church, **pray for us**

Devoted child of the Madonna, **pray for us**  
Ardent adorer of the Eucharist, **pray for us**  
Fervent student of the Scriptures, **pray for us**  
Dedicated follower of St. Dominic, **pray for us**  
Apostle of prayer and fasting, **pray for us**  
Guide to a deep love for Jesus, **pray for us**  
Diligent in work and study, **pray for us**  
Joyful in all of life's circumstances, **pray for us**  
Strong in safeguarding chastity, **pray for us**  
Silent in pain and suffering, **pray for us**  
Faithful to the promises of Baptism, **pray for us**  
Model of humility, **pray for us**  
Example of detachment, **pray for us**  
Mirror of obedience, **pray for us**  
Man of the Beatitudes, **pray for us**

Lamb of God, You take away the sins of the world, **have mercy on us.**  
Lamb of God, You take away the sins of the world, **have mercy on us.**  
Lamb of God, You take away the sins of the world, **have mercy on us.**

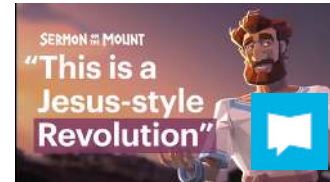
Pray for us, Blessed Pier Giorgio Frassati, **that we may be made worthy of the promises of Christ.**  
Let us pray: **Father, You gave to the young Pier Giorgio Frassati the joy of meeting Christ and of living his faith in service of the poor and the sick. Through his intercession, may we, too, walk the path of the Beatitudes and follow the example of his generosity, spreading the spirit of the Gospel in society. We ask this through Christ our Lord. Amen**

# MAN OF THE BEATITUDES



The Beatitudes are the teachings of Jesus in the Sermon on the Mount (**Matthew 5:1-10**). Jesus shared this teaching with his followers to explain what it really means to live as a follower of Christ, and the type of Kingdom He came to establish.

Watch the following video: "Blessed are the Poor in Spirit":  
Explore the Meaning of the Beatitudes (Bible Project)



## THE BEATITUDES AND PIER GIORGIO

When (Pope) St John Paul II beatified Pier Giorgio Frassati in the Year 2000 he called him "a man of the Beatitudes". Why do you think St John Paul II gave Pier Giorgio that title? From what you know of his life, explain each beatitude as it relates to his actions / attitude / character.

BEATITUDES	EXAMPLE(S) IN PIER GIORGIO'S LIFE
Blessed are the poor in spirit, for theirs is the kingdom of heaven.	
Blessed are those who mourn, for they will be comforted.	
Blessed are the meek, for they will inherit the earth.	
Blessed are those who hunger and thirst after righteousness, for they will be filled.	
Blessed are the merciful, for they shall be shown mercy.	
Blessed are the pure in heart, for they will see God.	
Blessed are the peacemakers, for they will be called the sons of God.	
Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.	
Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.	

Watch the Video: Bl. Pier Giorgio Frassati (Animated Short Film) from Ascension Presents.

Is there anything you would now add to your list?

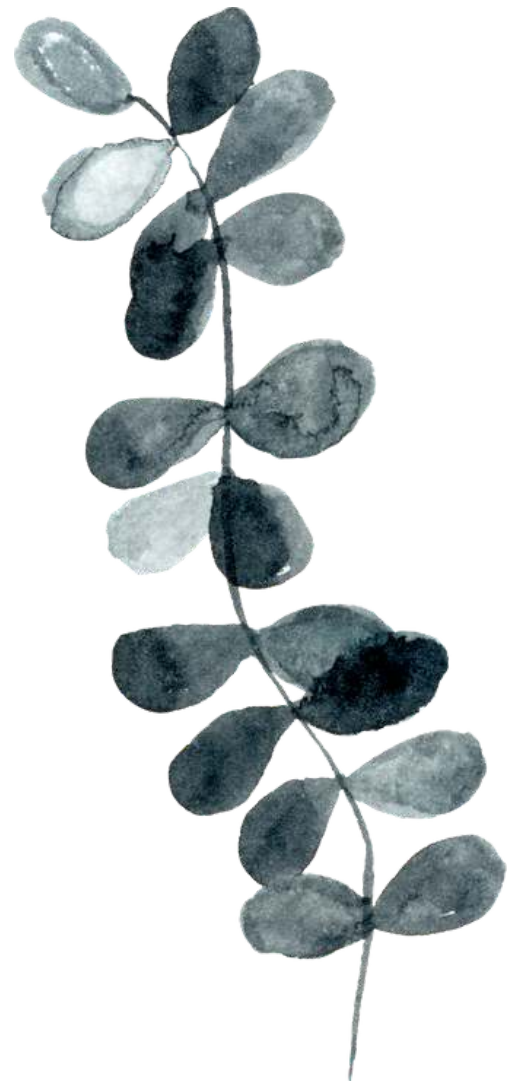




# Blessed

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are those who mourn, for they will be comforted.
- Blessed are the meek, for they will inherit the earth.
- Blessed are those who hunger and thirst after righteousness, for they will be filled.
- Blessed are the merciful, for they shall be shown mercy.
- Blessed are the pure in heart, for they will see God.
- Blessed are the peacemakers, for they will be called the sons of God.
- Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.
- Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

**MATTHEW 5:1-12**



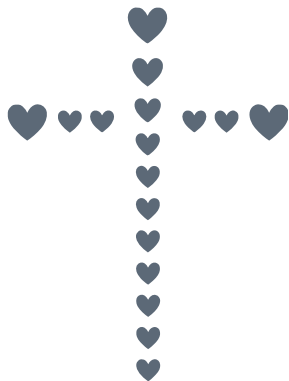


# What is Love?

Below is the full Scripture passage that Pier Giorgio Frassati transcribed by hand and kept in his pocket. It is often known as St Paul's Hymn to Charity.

- Reflecting on the life story and actions of Pier Giorgio, which lines / phrases in particular do you think he lived out in a very real and practical way in his short life?
- Which aspects do you think might have challenged him the most?

*If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.*



*Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.*

*But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when completeness comes, what is in part disappears. When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.*

*And now these three remain: faith, hope and love. But the greatest of these is love.*

**1 Corinthians 13:1-13** NIV Translation

# AM I A LOVING PERSON?
















1 Corinthians 13:1-13

What  
is  
Love?

Below is an excerpt of the famous passage from 1 Corinthians 13: Love is patient....

It's a beautiful reading that is often used at weddings but often we gloss over the true meaning of the words. A more challenging thing to do is to take out the word "love" and insert your own name into the blanks, and quickly you will find out what aspects of love / charity are you struggling most with.

This is the call to Christian love that God wants each of us to respond to. It is difficult, definitely, maybe almost impossible at times, but thankfully we're not on our own. God has promised us all the graces we need if we only just ask Him and rely on Him to love in us and through us as all the saints throughout history have done.

	_____ is patient,
	_____ is kind.
	_____ does not envy,
	_____ does not boast,
	_____ is not proud.
	_____ does not dishonour others,
	_____ is not self-seeking,
	_____ is not easily angered,
	_____ keeps no record of wrongs.
	_____ does not delight in evil but rejoices with the truth.
	_____ always protects,
	_____ always trusts,
	_____ always hopes,
	_____ always perseveres.
	_____ never fails.



# A SAINT? WHO, ME?

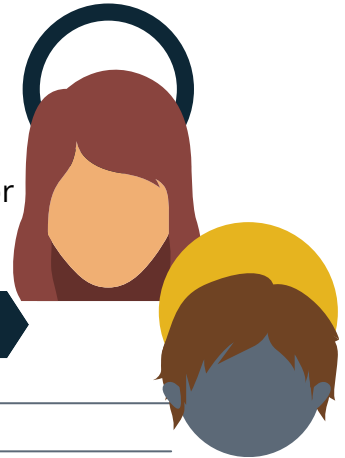
**DON'T LIVE  
SOMEONE  
ELSE'S LIFE!**



**HOW MANY SAINTS CAN YOU NAME IN ONE MINUTE?**

**HOME 2 : GUEST 1**

If working in pairs / a group, award yourself one point for every saint you name that they don't have on their list!



**CAN YOU THINK OF ANY SAINT WHO HAS PERFORMED MIRACLES, OR HEROIC ACTS OF SACRIFICE?**



**WHAT DO YOU THINK IS NECESSARY TO BECOME A SAINT? IS IT POSSIBLE IN TODAY'S WORLD? WHAT DIFFERENCE WOULD IT MAKE ANYWAY? DISCUSS!**

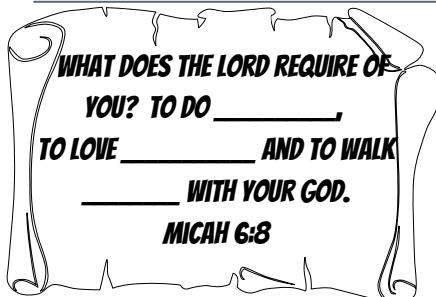
**WATCH FR MIKE SCHMITZ' VIDEO: "YOU CAN BE A SAINT. HERE'S HOW" AND REFLECT ON THE QUESTIONS THAT FOLLOW**



When we compare our lives to the lives of great saints, what do we think disqualifies us from sainthood? What do saints do that we can't imagine ourselves doing?



**WHEN WE'RE TEMPTED TO ASK WHAT GREAT HEROIC ACT OR SACRIFICE DO I HAVE TO MAKE TO BECOME A SAINT, WE CAN FIND OUR ANSWER IN MICAH 6:8 - FILL IN THE GAPS!**



In simple terms, "a saint is someone who says YES to God, and never stops saying it." What do you think that means?

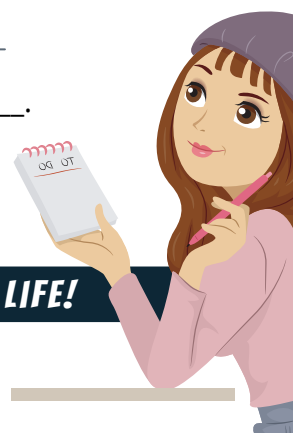
**The Secret to Holiness:** Becoming a saint involves following this advice: \_\_\_\_\_ what God wills, \_\_\_\_\_ God wills it, \_\_\_\_\_ God wills it.



Where do I find God's will for my life?

God is with me where I am, right \_\_\_\_\_ and right \_\_\_\_\_.

The only question we get to answer is: will I do His \_\_\_\_\_, as He \_\_\_\_\_ and because He \_\_\_\_\_.



**THE SECRET TO HOLINESS IS NOT GOING OFF TO LIVE SOMEONE ELSE'S LIFE!**



## A SAINT? WHO, ME?

**REMEMBER: DO GOD'S WILL, AS HE WILLS IT, BECAUSE HE WILLS IT, WITH THE POWER HE PROVIDES FOR YOU TO ACCOMPLISH IT!**



READ: MARK 7:1-8, 14-15, 21-23

Jesus was challenged by the Scribes and the Pharisees in this passage because some of His disciples did not perform the Jewish ritual required to clean their hands to the elbow before eating. Jesus is critical of the Pharisees for putting human tradition above God's Law because the tradition of the elders, the teachings of the Pharisees, extended the ritual-purity laws of Temple worship to everyday Jewish life. Jesus criticizes the Pharisees for making this tradition equal to and as binding as the Law of Moses. Their priorities were all wrong. The Pharisees were more concerned about the superficial appearance of being religious, rather than actually striving for personal holiness and true obedience to God's will. Jesus often challenged them about this. He challenges us too.

We each have a choice to make: we can ignore what God calls us to in His Commandments, and the decisions we know He wants us to make, **or** we can really look into our hearts and see what needs to be rooted out to make room for Him there. Jesus is pretty blunt about those habits / sins in Mark 7:21-23 that are damaging to our souls, and those around us.

Fr Mike explains our two choices like this: We can say "here's why I'm the exception to that commandment" or we can say, "Thy will be done."



MISSION!

Maybe this week you are being called to a spiritual makeover or bootcamp, no spa treatment, or haircuts, no personal stylist - just you, some time in silence to reflect, and a Divine Friend who knows your heart even better than you do. Jesus knows your motivations for all your actions, He knows your fears, your desires, your dreams. He knows you want to be the best version of yourself, but can struggle with achieving that. He knows why you do the things you do.... and He loves you, in spite of your weaknesses and failures.

Let Him guide you this week as you reflect on any areas of your life that need to change. It might be a little uncomfortable, but a little pruning is necessary for plants to grow and thrive too.

If possible, go to receive the Sacrament of Confession too, and leave all those things with the Lord, and make a fresh start, with His grace to support you!



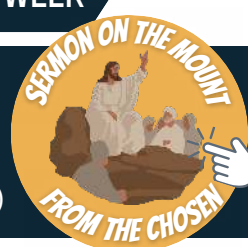
*Lord, you offer me so much, and all I have to do is hear your voice and act on it. Help me to make a spiritual makeover this week; to root out anything that prevents me from becoming the best version of myself, a Game-Changer in this world. Take away my pride and help me to do right, to love justice and to walk humbly with You, my God! AMEN*



## CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON WHAT'S INSIDE YOUR HEART THIS WEEK

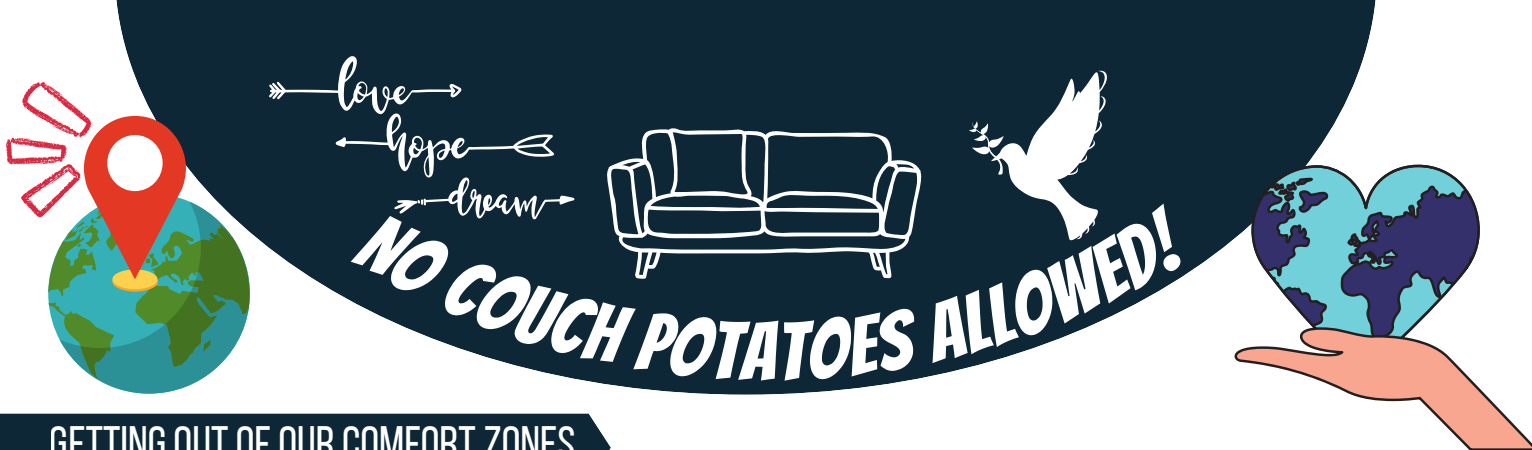


- Make me Over (Natalie Grant)
- Refiner's Fire (Vineyard Worship)
- Give me Faith (Elevation Worship)
- From the Inside Out (Hillsong)
- The Real Me (Natalie Grant)
- I Shall Not Want (Audrey Assad)
- The Unmaking (Nicole Nordeman)
- The Change in Me (Casting Crowns)



▶ Fr Josh Johnson: How to Become a Saint

▶ Mark Hart - Becoming a Saint



## 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....

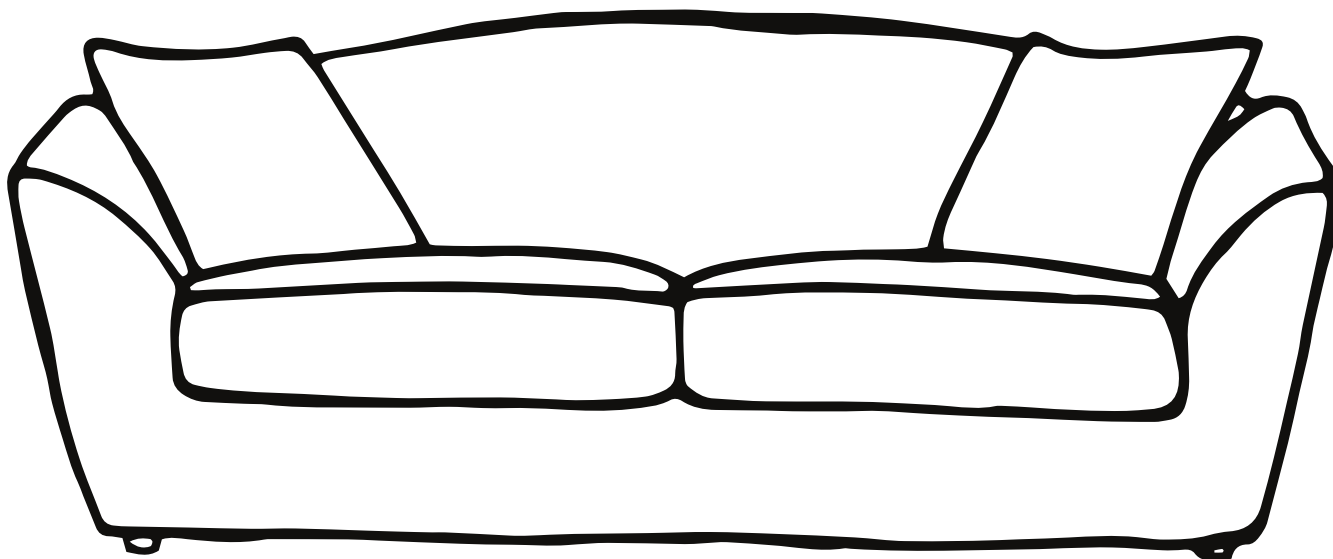


Read the full speech at <https://www.icatholic.ie/prayer-vigil-world-youth-day-2016/>



## 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

# KEEP CLIMBING!

## STAIRS PRAYER SPACE

- When we face challenges it can feel like an uphill climb.
- What challenges are you facing today?
- What situations would you like to hear God speak into?

Spend a few moments calling to mind a particular challenge you need to overcome.

Intentionally climb the stairs, asking God to speak into your heart. You might find it helpful to repeat something like this as you climb the stairs:

**ALWAYS UPWARDS!**

**SHOW me THE WAY!**

**HELP me TO HEAR YOUR VOICE CLEARLY, GOD!**



- *St Pier Giorgio Frassati was a young Italian saint who loved mountain climbing. He believed the higher he went the clearer he could hear the voice of God! His motto was "Verso l'alto" ("To the Heights!" / "Always upwards!")*
- *You might like to ask Saint Pier Giorgio Frassati to help you overcome your difficulties!*

- ST PIER GIORGIO FRASSATI -

**In prayer the soul rises  
above life's sadnesses.**



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



- ST PIER GIORGIO FRASSATI -

- Feast day July 4th -

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

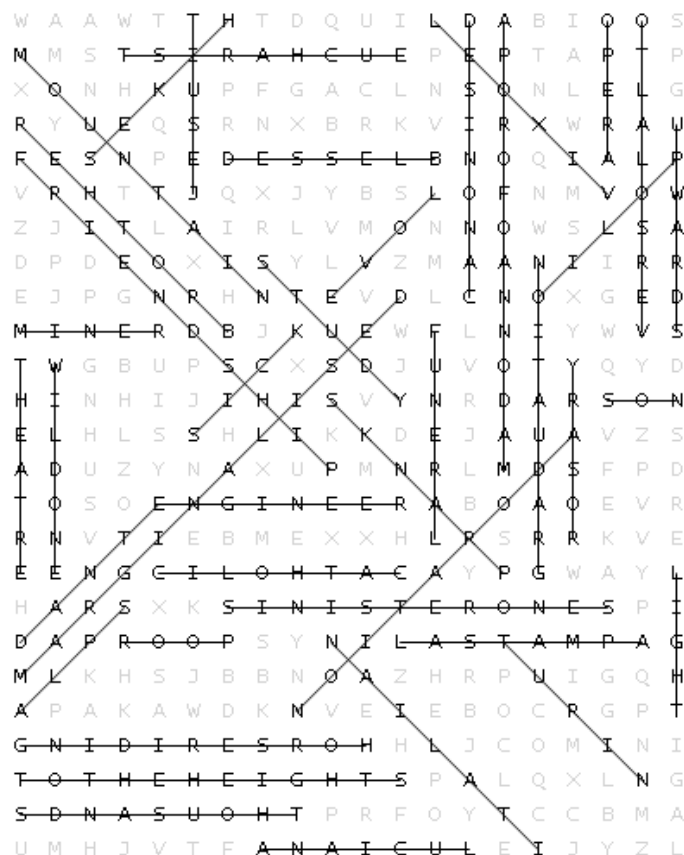
# Answer Page

## QUIZ ANSWERS

1. Turin, Italy
2. April 6th 1901
3. He gave the child his own shoes and socks that he was wearing.
4. False
5. Jesuit school
6. Luciana
7. He smoked cigars, liked hanging out with his friends, played pranks, enjoyed music and theatre, rode bikes and horses, climbed mountains, went to bars, went skiing, canoeing and rowing, played pool, struggled with school
8. He bought third class tickets and gave the money to the poor / sick
9. We went to daily Mass
10. He loved mountain climbing the most
11. Mining Engineering
12. To take over the newspaper business at La Stampa
13. He knew his parents wouldn't approve and he didn't want to cause more tension in the house
14. A (special) light
15. La Stampa
16. Polio(myelitis)
17. His grandmother was also unwell and he didn't want them to worry about him
18. Thousands of poor and marginalised people turned up at his funeral
19. Verso l'alto!
20. "A man of the Beatitudes" / "the man of our century"



### WORD SEARCH SOLUTION







# Notes



Resource Pack produced by Ascend: Waterford & Lismore Youth Ministry

**Website:** [www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)

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