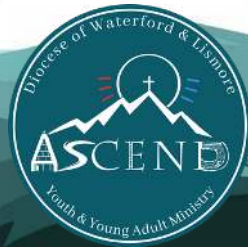




# To the Heights



Year C 22ND SUNDAY IN ORDINARY TIME

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

## SPOTLIGHT!



Enjoying Ardmore Beach at the end of the Frassati Camino for Young Adults this August!

## PRAYER INTENTION!

For all teachers, principals, SNAs and all involved in education!



## WEEKLY CHALLENGE:

Pray the Litany of Humility prayer - it's a pretty good examination of conscience to let us know where we're at with vanity and humility in our lives. And lastly, trust that we have a loving God who will heal all our wounds, never takes His eyes off us, and invites us to work and achieve for His glory, not the approval of others!



## PRAY

From the fear of being forgotten,  
From the fear of being ridiculed,  
From the fear of being wronged,  
From the fear of being suspected,  
Deliver me Jesus



## TUNE!

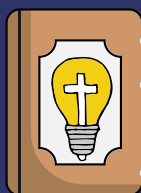
When it's all been said and done  
Robin Mark



## GROW CLICKTOPRAY



Did you know that Click To Pray is the Pope's official prayer app? The app offers you three brief moments of prayer each day which invite you to meet with Jesus and pray for the intentions of the Holy Father. Each prayer is an invitation to unite your heart with the heart of Jesus and make yourself available for a mission of compassion towards the world.



## REFLECT

- When does this event take place?
- Where was Jesus having a meal?
- Why do you think the Pharisees were watching him closely?
- Explain the parable Jesus told in your own words?
- What happens to the man who exalts himself?
- Who does Jesus recommend inviting (and not inviting) to a dinner?
- What is Jesus trying to teach about the Kingdom of God by these words?

## GAMECHANGERS!



St Gregory the Great  
3rd September

"You don't climb a mountain in leaps and bounds, but by taking it slowly."

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!



[[Fil:Francesco de Goya - Saint Gregory the Great, Pope - Google Art Project]] [[Francisco de Goya - Saint Gregory the Great, Pope - Google Art Project]]



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

## HIS WORD & MY LIFE:

LUKE 14: 1, 7-14



## PUZZLE

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

blind  
brothers  
exalted  
friends  
higher  
humbled  
lame  
lowest  
meal  
parable  
pharisee  
place of honour  
poor  
relations  
repayment  
rich neighbours  
sabbath  
virtuous  
wedding feast

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

No-one likes that question. No-one wants to be considered vain. Vain people are arrogant, loud, they want to be the centre of attention and seek praise - that's not me, is it?

In the Gospel today, Jesus teaches us of the danger of exalting ourselves. Being humbled is, well, humiliating, and no one wants that!

Serving others, putting others first and not looking for reward is what we are called to to build up the Kingdom of God. Imagine a world where everyone thinks of others first; a world without selfishness, pride, greed, vanity: it's possible through Jesus and His teachings.

This week might be a good opportunity to reflect on any struggles with pride and vanity that we might have: Fr Mike's video offers a deeper take on vanity and the wounds that can cause it and effect our lives and the lives of those around us.

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!

## DOODLE PRAYER

"...for everyone who exalts himself will be humbled, and the man who humbles himself will be exalted."



[Click here for some relaxing instrumental music](#)



SPONTANEOUS WORSHIP | TWO HOURS OF WORSHIP PIANO

## RESPOND!



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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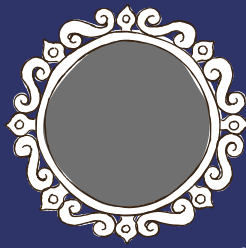


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# VANITY CHECK

LUKE 14: 1, 7-14

"Humble yourselves that he might exalt you. Hold back nothing of yourselves for yourselves, that he may receive your all who gave his all to you."  
St Francis of Assisi

## ICEBREAKER



### Would you rather?

1. Would you rather be hairy all over or completely bald?
2. Would you rather forget who you were or who everyone else was?
3. Would you rather have a third leg or a third arm?

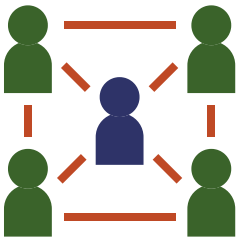
HOW WOULD YOU DEFINE VANITY? WHAT IS A VAIN PERSON LIKE?

REFLECT: DO YOU THINK VANITY IS SOMETHING YOU STRUGGLE WITH?

WATCH THIS VIDEO FROM FR MIKE SCHMITZ "THIS IS THE CHRISTIAN SOLUTION TO VANITY" AND REFLECT ON THE QUESTIONS THAT FOLLOW



How does Fr Mike define vanity?



Why does Fr Mike argue that it's a good and important thing to care what other people think about you? \_\_\_\_\_

Another word for inordinate Fr Mike uses is "im\_\_\_\_\_".



## Two types of attitudes are discussed regarding vanity.



*Look at me!*

**Signs of wanting to be noticed**

- Puffed-up \_\_\_\_\_.
- Loudest person.
- C\_\_\_\_\_ of A\_\_\_\_\_.



*Don't look at me!*

**Signs of NOT wanting to be noticed**

- Shrinks \_\_\_\_\_.
- Don't want anyone to \_\_\_\_\_ at me.
- Refuses to share \_\_\_\_\_.



**Both attitudes come from the same wound:**

"I care an \_\_\_\_\_ amount about what people think about me."

**Vanity can be a reason why people won't share their faith or what they believe about Jesus, or the truth about God.** What does Fr Mike mean by this?



Do you agree? Have you ever held back from expressing opinions about faith or morality because you were worried what others might think? How did that make you feel?

## VANITY CHECK

Why does Fr Mike suggest it's not helpful or appropriate to assign vanity as a label to people?

Whose heart do we really know (or should know!)?

### Choose a different way!

Whose opinion should we care more about? How can we do that?



READ: LUKE 14: 1, 7-14

Am I vain? No-one likes that question. No-one wants to be considered vain. Vain people are arrogant, loud, they want to be the centre of attention and seek praise - that's not me, is it?

In the Gospel today, Jesus teaches us of the danger of exalting ourselves. Being humbled is, well, humiliating, and no one wants that!

Serving others, putting others first and not looking for reward is what we are called to to build up the Kingdom of God. Imagine a world where everyone thinks of others first; a world without selfishness, pride, greed, vanity: it's possible through Jesus and His teachings.

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MISSION!

PRAY THE LITANY OF HUMILITY PRAYER - IT'S A PRETTY GOOD EXAMINATION OF CONSCIENCE TO LET US KNOW WHERE WE'RE AT WITH VANITY AND HUMILITY IN OUR LIVES. AND LASTLY, TRUST THAT WE HAVE A LOVING GOD WHO WILL HEAL ALL OUR WOUNDS, NEVER TAKES HIS EYES OFF US, AND INVITES US TO WORK AND ACHIEVE FOR HIS GLORY, NOT THE APPROVAL OF OTHERS!



PRAYER TIME!

*From the fear of being forgotten, from the fear of being ridiculed, from the fear of being wronged, from the fear of being suspected, deliver me Jesus!*  
(Full Litany of Humility on attached page)



### CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON HUMILITY THIS WEEK

- Heart of Worship (Matt Redman)
- The Litany of Humility (Danielle Rose)
- When it's all been said and done (Robin Mark)
- The Litany of Humility (Thomas Muglia)
- I Shall Not Want (Audrey Assad)
- Make me over (Natalie Grant)
- The Real Me (Natalie Grant)
- Who am I (Casting Crowns)

1:33 MINS



Do everything for the glory of God (Fr Patrick Cahill)

9:11 MINS



The Story of Fr Stu (Movie Trailer)



# Litany of Humility

THE LITANY OF HUMILITY IS ATTRIBUTED TO CARDINAL MERRY DEL VAL WHO WAS THE SECRETARY OF STATE TO POPE SAINT PIUS X (1903-1914)

O Jesus, meek and humble of heart,  
From the desire of being esteemed,  
From the desire of being loved,  
From the desire of being extolled,  
From the desire of being honoured,  
From the desire of being praised,  
From the desire of being preferred to others,  
From the desire of being consulted,  
From the desire of being approved,  
From the fear of being humiliated,  
From the fear of being despised,  
From the fear of suffering rebukes,  
From the fear of being calumniated,  
From the fear of being forgotten,  
From the fear of being ridiculed,  
From the fear of being wronged,  
From the fear of being suspected,

**hear me.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

**deliver me O Jesus.**

That others may be loved more than I,

***Jesus, grant me the grace to desire it.***

That others may be esteemed more than I,

***Jesus, grant me the grace to desire it.***

That, in the opinion of the world,  
others may increase and I may decrease,

***Jesus, grant me the grace to desire it.***

That others may be chosen and I set aside,

***Jesus, grant me the grace to desire it.***

That others may be praised and I go unnoticed,

***Jesus, grant me the grace to desire it.***

That others may be preferred to me in everything,

***Jesus, grant me the grace to desire it.***

That others may become holier than I,

provided that I may become as holy as I should,

***Jesus, grant me the grace to desire it.***

