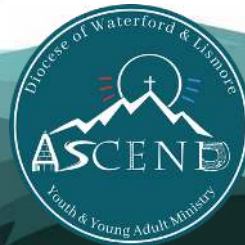


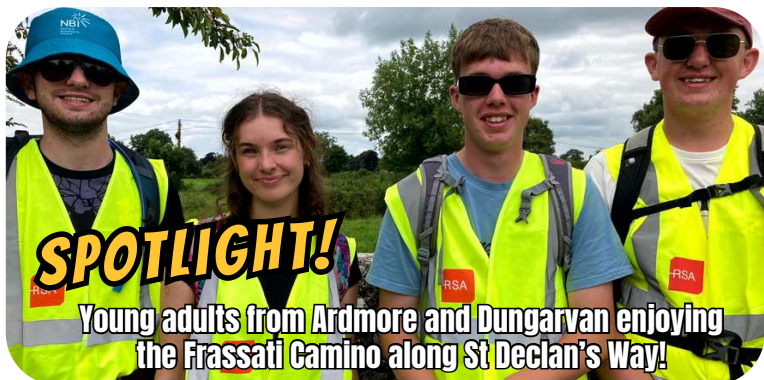


# To the Heights



Year C 23RD SUNDAY IN ORDINARY TIME

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



**SPOTLIGHT!**

Young adults from Ardmore and Dungarvan enjoying the Frassati Camino along St Declan's Way!

## HEAR: Sunday Gospel

Luke 14: 25-33

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

FR MIKE SCHMITZ

PICKING UP YOUR CROSS DAILY



**WATCH:**



## PRAYER INTENTION!

For all those deciding on college courses - for the Holy Spirit to guide them and give them peace!



## WEEKLY CHALLENGE:

Learn about Fr Emil Kapaun this week, Chaplain to the US Army in the Korean War, and how much he was willing to do to be a disciple of Christ.



**PRAY**

Jesus, Lord and Friend, teach us how to commit ourselves to following You each day; taking up our cross, for Your sake, and trusting that You are with us every step of the way. Amen

**TUNE!**

When All is Said and Done (Matt Redman)



**GROW**

MEET SAINT CARLO ACUTIS!



Check out "The INCREDIBLE life of Carlo Acutis" created by three Limerick brothers!



## GAMECHANGERS!



OUR LADY'S BIRTHDAY!  
8th September

Check out some ideas for celebrating here in our Ascend Resource!



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!

[[File:Francisco de Goya - Saint Gregory the Great, Pope - Google Art Project.jpg|Francisco de Goya - Saint Gregory the Great, Pope - Google Art Project]]

**REFLECT**

- Why do you think Jesus spoke about the demands of discipleship to the large crowd following Him?
- What does a disciple of Jesus have to be willing to carry?
- Do you think Jesus means to literally hate your family? What could He mean by this statement?
- What two examples does Jesus to make the point "don't start what you can't finish"?
- What could that teach us about faith and commitment?



[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: 25-33



## PUZZLE

army  
brothers  
build  
carry your cross  
children  
come after Me  
complete  
cost  
crowds  
disciple  
father  
foundation  
Jesus  
king  
life  
mother  
peace  
possessions  
sisters  
tower  
war  
wife



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

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

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

"Anyone who does not carry his cross and come after me cannot be My disciple."



Click here for some relaxing instrumental music

TOP WORSHIP SONGS OF ALL TIME! - INSTRUMENTAL  
WORSHIP GUITAR | JON SNODGRASS



## 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.