Diocese of Waterford & Lismore Youth Newsletter • 25th October 2026

To the Heights

Year A **30TH SUNDAY IN ORDINARY TIME**

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

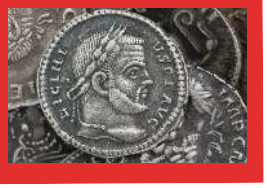
SPOTLIGHT!

READ OUR REPORT ON THE LAST THREE YEARS OF YOUTH & YOUNG ADULT MINISTRY IN THE DIOCESE!

HEAR: Sunday Gospel

Matthew 22:34-40

If you don't have a Bible handy, click here to access Sunday Mass Readings!



POPE'S INTENTIONS FOR OCTOBER

Let us pray that the mental health ministry be established throughout the Church, helping to overcome the stigma and discrimination of persons with mental illnesses.

Mental health matters

WEEKLY CHALLENGE:

Watch the video from Fr Mark Mary this week explaining the 5 Love Languages and see where you fit in! Think about the people in your family or friend circles - does this help you understand where they are coming from a little more? You can look at doing a free online quiz here:
https://5lovelanguages.com/quizzes/love-language

TUNE!

Love the Lord
Lincoln Brewster

GROW

DO YOU KNOW HOW MUCH GOD LOVES YOU?

PRAY

Jesus, it's hard to love others a lot of the time. Sometimes it's even hard to love you with all my heart, soul and mind. I need your grace to live this way. I need your help to love others and to love myself. Show me how much you love me so that I can share that love!

REFLECT

- Who wanted to trap Jesus in this incident?
- Why do you think they would ask Him what the greatest commandment was out of all of Moses' Law?
- How did Jesus answer them?
- Why did He choose to answer that way, rather than picking a specfic commandment?
- What do you think is the most challenging part of that for you personally?

GAMECHANGERS:

SS SIMON AND JUDE
APOSTLES AND MARTYRS
28TH OCTOBER

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!

FR MIKE SCHMITZ

WATCH:

Disclaimer: On these resource pages you will find links to external websites. Although we make every effort to ensure these links are accurate, up to date and relevant, Ascend Youth & Young Adult Ministry cannot take responsibility for pages maintained by external providers. While we strive to provide only links to useful and ethical websites, we have no control over the content and nature of these sites and the links to other websites do not imply a recommendation for all the content found on these sites.

HIS WORD & MY LIFE:

MATTHEW 22:34-40

Do you ever wonder why people can't just think the same way as you do, or act in the same way? Have you ever done something really nice for someone but it's like they don't really appreciate it? Or have you ever wanted someone to just tell you they're proud of you, or that they love you, but they never speak those words of affirmation? Maybe they're trying to tell you in a different way and you haven't seen it. Maybe you think they should know exactly how you're feeling, but you're both speaking a different language, a different love language to be more exact.

People express and receive love in different ways - and knowing this can be helpful in human relationships, but also with God too. The theory of Love Languages was developed by marriage counselor Dr. Gary Chapman, a Baptist pastor, based on his observations and counseling work with couples in the late 1980s and early 1990s.

The five love languages are generally understood to be Words of Affirmation, Quality Time, Acts of Service, Physical Touch and Gift-giving.

PUZZLE

FIND THE WORDS FROM TODAY'S GOSPEL IN THE WORDSEARCH BELOW

commandment
disconcert
first
God
heart
Jesus
Law
love
mind
Pharisee
Prophets
question
Sadducees
soul

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

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!

"You must love the Lord your God with all your heart, with all your soul, and with all your mind."

CLICK HERE FOR SOME RELAXING INSTRUMENTAL MUSIC

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

RESPOND:

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.

MATTHEW 22:34-40

WHAT'S YOUR LOVE LANGUAGE?

ICEBREAKER

Play a game of Charades with your team - how easy is it to communicate what you want to say when you can't say it explicity?

Have you ever felt unappreciated by someone only to find out afterwards they thought they had told you how proud they were, or how much you mean to them?

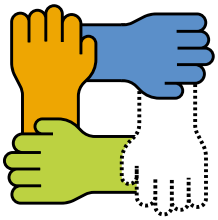
WATCH THIS VIDEO FROM FR MARK MARY CFR (SPEAK YOUR NEIGHBOUR'S LOVE LANGUAGE?) AND REFLECT ON THE QUESTIONS THAT FOLLOW:

What can understanding Love Languages help us to do in our faith lives?

Listening to Fr Mark Mary, what do you understand Love Languages to be?

What are the 5 Love Languages?

What is the general link between how we tend to express and receive Love?



Where can miscommunication come with Love Languages - if you feel like someone is not showing love, affection or gratitude for you?

What can a lack of communication lead to?

What is Fr Mark Mary's advice if you're feeling angry about a lack of appreciation or affirmation from someone important to you?

Disclaimer: On these resource pages you will find links to external websites. Although we make every effort to ensure these links are accurate, up to date and relevant, Ascend Youth & Young Adult Ministry cannot take responsibility for pages maintained by external providers. While we strive to provide only links to useful and ethical websites, we have no control over the content and nature of these sites and the links to other websites do not imply a recommendation for all the content found on these sites.

WHAT'S YOUR LOVE LANGUAGE?

How do the Love Languages teach us about the authentic meaning of love and loving others?

_____

_____

How can / should we use them in how we relate to others?

_____

What is your personal response to the theory of love languages? Do they make sense to you? Do you think they can help with relating to others?

_____

_____

St Thomas Aquinas said: To Love is to will the good of the other. Can you see any link between this idea and the theory of Love Languages?

_____

READ: MATTHEW 22:34-4

Do you ever wonder why people can't just think the same way as you do, or act in the same way? Have you ever done something really nice for someone but it's like they don't really appreciate it? Or have you ever wanted someone to just tell you they're proud of you, or that they love you, but they never speak those words of affirmation? Maybe they're trying to tell you in a different way and you haven't seen it. Maybe you think they should know exactly how you're feeling, but you're both speaking a different language, a different love language to be more exact.

People express and receive love in different ways - and knowing this can be helpful in human relationships, but also with God too. The theory of Love Languages was developed by marriage counselor Dr. Gary Chapman, a Baptist pastor, based on his observations and counseling work with couples in the late 1980s and early 1990s.

The five love languages are generally understood to be Words of Affirmation, Quality Time, Acts of Service, Physical Touch and Gift-giving. Where do you fit into this?

MISSION!

WATCH THE VIDEO FROM FR MARK MARY THIS WEEK EXPLAINING THE 5 LOVE LANGUAGES AND SEE WHERE YOU FIT IN! THINK ABOUT THE PEOPLE IN YOUR FAMILY OR FRIEND CIRCLES - DOES THIS HELP YOU UNDERSTAND WHERE THEY ARE COMING FROM A LITTLE MORE? YOU CAN LOOK AT DOING A FREE ONLINE QUIZ HERE: HTTPS://5LOVELANGUAGES.COM/QUIZZES/LOVE-LANGUAGE

PRAYER TIME!

Jesus, it's hard to love others a lot of the time. Sometimes it's even hard to love you with all my heart, soul and mind. I need your grace to live this way. I need your help to love others and to love myself. Show me how much you love me so that I can share that love!

CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON LOVING GOD

- Graham Kendrick: Love Each Other
- Matthew West: Do Something
- Newsboys: Love One Another
- Worship for Everyone: The Golden Rule

- Kathy Trocolli: Go Light Your World
- Casting Crowns: If we are the Body
- Hillsong: So Will I (100 Billion X)
- Britt Nicole: Set the World on Fire

MY LOVE LANGUAGES

Think about the ways you express and receive love / affection. Look at the lists below: which of the love languages do you think are strongest for you?

WORDS OF AFFIRMATION:

Compliments, verbal praise, verbal reassurance, encouraging notes...

QUALITY TIME:

Getting someone's undivided attention, spending time just hanging out together, watching movies together, sharing a meal, going for a walk....

GIFT-GIVING:

Receiving thoughtful items, unexpected gifts, birthday surprises, money / support for things you need, gifts that show someone was thinking of you...

ACTS OF SERVICE:

Cooking meals, doing chores, driving someone somewhere, helping with projects, fixing things that are broken...

PHYSICAL TOUCH:

High-fives, fist bumps, hugs, pats on the back/shoulder, sitting close together....

Love Language® Quiz

You might find it helpful to do the online quiz here (answer 30 questions)
https://5lovelanguages.com/quizzes/love-language

Think about your own life and the specific ways that people make you feel special / loved. List a few here.

_____

_____

Can you think of any way someone close to you has tried to express love / appreciation of you, but because it's not your love language, you might have missed it?

_____

Can you think of someone who has different love languages than you - how could you make them feel special / loved / appreciated using their love languages?

_____

_____