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Year B PALM SUNDAY

"TO THE HEIGHTS" YOUTH EDITION AVAILABLE ALSO

## Sunday Mass Readings

Entrance Procession

Mark 11:1-10 / John 12:12-16

First Reading:

Isaiah 50:4-7

Responsorial Psalm:

Psalm 21(22): 8-9, 17-20, 23-24

Second Reading:

Philippians 2:6-11

Gospel:

Mark 14:1-15:47

*"Blessed is He who comes in the name of the Lord, the King of Israel. Hosanna in the highest"*



Jean-Léon Gérôme, Public domain, via Wikimedia Commons

## Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings online [here](#).

Check out [this video](#) on the readings for children.

## Pray

In the Gospel today we hear the longer Gospel about the Passion and Death of Jesus. There is a lot to take in, so why not choose a particular section to pray with each day?

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- Where would you imagine yourself at Jesus' passion? Can you identify with any of the Apostles, or with Mary? Would you have been an onlooker? How would you have felt?
- A beautiful way to pray Holy Week is to choose one character from the Passion story, and meditate on the week through their eyes: what they saw, heard, experienced. Let their experience touch your heart and draw you closer to Jesus' heart this week too.

## Talk

On Palm Sunday, the Gospel recalls how Jesus carried his cross through Jerusalem after he was condemned to death. We remember this especially on Good Friday. Reflect on these questions together:

- What does it mean when we say someone has a cross to carry?
- Crosses come in all shapes and sizes. Some are bigger than others. Is there any cross that you are carrying right now?
- Is there anyone who helps you when things are difficult or you feel alone?
- When you experience difficulties in life, what helps you to keep going?

## Family Challenge!

Visit your local Church to pick up some blessed palm branches. Hang your palms/greenery in a prominent place in your home and create a special sacred space in your home for Holy Week. Consider making a hands on set of symbols for the stations of the cross like this set at [Look to Him and Be Radiant](#).



# PASSION SUNDAY

Palm Sunday marks the beginning of Holy Week – the most dramatic week in Jesus’ life. It also marks the beginning of the final week of Jesus’ life on earth. The solemn procession and blessing of palms at the beginning of Mass serves as a reminder of the warm welcome Jesus received when he first arrived in Jerusalem. Word had spread about the many miracles He had performed. Jesus could only do these things if He was who He said He was – the Son of God.

Instead of rolling out the red carpet as we do today for members of the royal family and for glamorous awards ceremonies, people used cloaks and tree branches to roll out the “red carpet” for Jesus. It must have brought great joy to Jesus’ heart to see people express their love and reverence for him in that way. At the same time, Jesus knew the events that were about to unfold, which he foretold, and so the experience must have been bittersweet.

Things escalate quickly once Jesus arrives in Jerusalem. He is betrayed by Judas, denied by Peter and deserted and abandoned by his closest friends. Out of jealousy and fear of losing power and authority, the chief priests wanted him dead and convinced the crowd to ask for the release of a known murderer, Barabbas, instead of the innocent Jesus. By Good Friday Jesus is no longer welcomed as the long expected and promised Messiah. Instead he is paraded and mocked through the streets of Jerusalem before being put to death on the Cross at Calvary.

*The spirit is willing but the flesh is weak.* The events of this coming week should remind us of the incredible capacity human beings have to love God and others. It also demonstrates the capacity we have to hurt others. We too can crucify people with our words and our actions when we treat people badly or we can choose to build up others and glorify God. Let us strive to love others like Jesus loves us.

Check  
this  
out



## MARY'S WAY OF THE CROSS

"Stations of the Cross" based on "Mary's Way of the Cross" by Richard G Furey C.Ss.R, dramatised by Holy Family Mission. We hope that this production is a source of blessing to you as we walk with Our Lady through the Passion of her Son. Free accompanying resource pack available to download at [www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry).

Please note that this production was put together with Senior Cycle students in mind. Please use parental/ guardian discretion while viewing.



# HOLY WEEK

It's Holy Week. What does that mean to you?

Is it simply a relief just to have some time off school or college? Or is there something more going on? Each year we are given a precious few days to really refocus our hearts on what matters most in this life: the overwhelming, never-ending, reckless love of God! We owe it to ourselves as well as to God to take a few minutes each day to sit in silence in our rooms, or a Church, or outdoors and just think about how great His love is for us, that He would send His Son to die in our place so that we may have eternal life with Him in heaven. Think of the humanity of Jesus, knowing what He was to face during His passion and death, but choosing it out of love for each one of us too, without hesitation. That's how much you're worth! Think about how we have a God who understands pain, rejection, cruelty, loneliness, fear, torment, abandonment. Think about what the mother of Jesus went through that week, seeing her only Son, completely innocent, tortured, mocked and abused, but silently supporting Him because she knew what the end goal was: our salvation. Then rejoice on Easter Sunday with her: Jesus conquered death, sin and darkness!

**Make a special effort this week to pray the Stations of the Cross. You can watch them online, or use the post on our Instagram page to meditate on a few stations each day. Ask Jesus to show you this week how much He really loves you, and pray for the grace to let that love affect your whole life!**

The Stations of the Cross (Holy Family Mission)

Above All (Michael W Smith)

To the Heights Youth Resource also available



## Family Prayer

*Loving God, be with us as we begin our journey through Holy Week. Draw us closer to you, keep us thankful for Your sacrifice, and fill our hearts with the hope of the Resurrection. Amen.*

## EVENTS

**Youth 2000 Munster Retreat:** 5th - 7th April: De La Salle College Waterford. Donation only. (16-35) [www.youth2000.ie](http://www.youth2000.ie)

**"Rooted in Christ" - Cherished Catholic Women's Ministry Retreat:** Glencomeragh House, Kilsheelan, Co. Tipperary E91H584. April 26th - 28th. Cost: €220 Join us for our third annual Cherished Retreat as we discover our dignity as women of God, rooted in Christ! Mass | Adoration | Rosary | Healing Service Confession | Testimonies | Creative Workshops | Fellowship | Tea & Chats! For more info: Shauna (087) 1378364. To book: [info@holyfamilymission.ie](mailto:info@holyfamilymission.ie) or call 052 6133181 (Age 18+)

**ARISE Catholic Family Festival:** May Bank Holiday Weekend in Tramore, Co. Waterford. Great speakers, workshops, games, catechesis and activities for all the family. More info on [www.arisefamilyfestival.ie](http://www.arisefamilyfestival.ie)

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- To the Heights Youth Newsletter ([youthministry@waterfordlismore.ie](mailto:youthministry@waterfordlismore.ie)) WEEKLY
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