

# WORLD YOUTH DAY 2019

## Pilgrim Booklet

*“I am the servant of the Lord. May it be done to me according to your word” (Luke 1:38).*



Archdiocese of Dublin

OFFICE FOR EVANGELISATION & ECUMENISM

## **Welcome – Office for Evangelisation & Ecumenism**

Welcome to our Pilgrimage to World Youth Day in Panama. We will be joining pilgrims from all over the world to this amazing experience of faith. Your pilgrimage is organised by the Office for Evangelisation & Ecumenism in the Archdiocese of Dublin. We have arranged some training for our volunteer leaders with our Foundational Leadership Programme and ANCHOR programme. If this is your first WYD, prepare to be amazed at the welcome that will be provided to you by the local Church in Panama. We also welcome back some of our “veterans” from previous WYD’s

## **WYD Team**

Our Team for WYD is made up of diocesan staff and personal from the Archdiocese. Combined they have huge experience of attending and assisting at previous WYD’s. They have been meeting pilgrims since last summer as bookings and registrations were made. All have been involved in training our leaders, pastoral planning for events with young people and developing pastoral resources for all pilgrims.

- Fr. Kieran Mc Dermott, Vicar for Evangelisation & Ecumenism
- Gerard Gallagher – Office for Evangelisation & Ecumenism – Pilgrimage Director 00353 87 2347220
- Fr Seamus Mc Entee, Chaplain, Dublin City University & Group Translator, Safe Guarding Representative 00353 867750177
- Natalie Doherty – WYD Team 00353 876101062
- Christina Malone — WYD Team - 00353 877570786
- Tomas Mc Namara & Ameera Amhed Volunteer Team Leaders
- Deacon Derek Leonard – Chaplain and Group Leader

## What is expected of Every Pilgrim @WYD 2019

### ***Pilgrimage Protocol***

- No Alcohol for under 18s.
- Over 18s may drink in **moderation!** - However it is not recommended due to the local temperature and culture.
- You will have to respect the house rules of the accommodation assigned. If you are staying with a family, you will respect their home and be an ambassador of good manners and behaviour. You are an ambassador for your family, your parish & Ireland.

### ***Crowd Control***

- All our pilgrims will be assigned a group leader. This helps will effective communication and mobility at WYD.
- Each group will have the appropriate ratio of leaders to young people.
- During WYD there will be free time. However we **request** all pilgrims to stay together in small groups. ***Do not travel on your own at any time.***
- There will be regular meetings for leaders in order to streamline communication and check in each morning.

### ***Behaviour—structure and consequences***

- Leaders of groups have the responsibility to deal with initial issues. However, they can ask for advice or support from the WYD Team.
- If any behavioural issues is prolonged then, it will be dealt with by the designated Safeguarding Officer or WYD Team.
- Safeguarding is paramount for this pilgrimage. Pilgrims who do not follow our policy may be asked to leave the group and return home at their own expense.

### ***Health and Safety***

- It is the responsibility of each pilgrim to take care of their own health.
- We will have limited First Aid support on our pilgrimage.
- It is essential that each pilgrim brings their own medical supplies if required.

### ***Health***

- **You will have to obtain suitable Comprehensive Travel & Health Insurance before travelling to Panama. You need to bring a copy with you.** You may be asked to leave a copy with the Office for Evangelisation and Ecumenism before you travel.
- Please note the official insurance package provided for participants does not cover the full duration of our pilgrimage.
- During World Youth Day activities in Panama 22-27 January there is limited health insurance cover as per pilgrim package.
- You should guard against possible heat exhaustion and sunstroke, as it will be hot and at times wet in January in Panama.
- You should wear appropriate clothes, including headgear, footwear, suncream, stay hydrated and also use insect repellent.

## ***Code of Conduct for Staff, Volunteers & Pilgrims***

***All Pilgrims will be expected to read and sign that they understand this before departure.***

**Staff & Volunteers in the Archdiocese of Dublin are uniquely placed to act as positive role models to children and young people participating in Church activities. Such participation provides the opportunity to promote the development of self-confidence and enhance the wellbeing of the children & young people with whom we interact. This agreement serves to articulate the expectations of adult behaviour when working with children & young people in the Archdiocese of Dublin. It aims to provide confidence to children & young people, staff, volunteers, and parents that safeguarding children and young people is of paramount importance.**

**To uphold positive safeguarding practices all Staff & Volunteers in contact with children should:**

- ensure the safety of all children & young people by providing adequate supervision and proper pre planning using safe methods at all times
- treat all children & young people with dignity & respect
- treat all children & young people fairly
- provide an example of good conduct
- ensure the rights and responsibilities of children & young people are adhered to
- operate within the Church principles and guidance and any specific procedures
- be visible to others when working with children
- challenge and report potentially abusive behaviour
- develop a culture where children can talk about their contacts with staff and others openly
- respect each child & young person's boundaries and help them to develop their own sense of their rights as well as helping them to know what they can do if they feel that there is a problem
- respect & listen to the opinions of the children & young people
- be positive & approachable
- record & report incidents of alleged abuse and poor practice to the designated person
- maintain confidentiality about sensitive information
- encourage an anti-discriminatory outlook
- develop & maintain appropriate working relationships with other staff & volunteers
- identify & address the needs of disabled children & young people
-

**Staff & volunteers must avoid actions and behaviour that could be construed as poor practice or potentially abusive.**

**Therefore they should never:**

- hit or otherwise physically assault or physically abuse children
- develop sexual relationships with children
- develop relationships with children which could in any way be deemed exploitative or abusive
- act in ways that may be abusive or may place a child at risk of abuse
- allow any rough or dangerous play, or inappropriate behaviour
- allow bullying or permit any abusive peer activities
- use sanctions that humiliate or harm children & young people
- condone rule violations
- spend excessive time alone with children away from others
- take children to their own home, especially where they will be alone with you
- speak inappropriately, use bad language, make suggestions or offer advice which is inappropriate, offensive or abusive
- behave physically in a manner which is inappropriate or sexually provocative
- have children & young people with whom they are working to stay overnight at their home unsupervised
- sleep in the same room or bed as a child with whom they are working
- do things for children of a personal nature that they can do for themselves
- condone, or participate in, behaviour which is illegal, unsafe or abusive

**Staff & Volunteers have the right to:**

- access ongoing training
- support in reporting suspected abuse
- fair treatment
- be protected from abuse by children, young people, parents and other adult members
- not to be left vulnerable when working with children & young people

## **The Safeguarding Policy Agreement (agreed by and signed by all pilgrims)**

### **How to Respond to Child Protection Allegations and Suspicions**

The paramount consideration for the Archdiocese of Dublin in all matters to children and adolescence is their safety and protection from all forms of abuse. The following steps are taken in relation to all child protection concerns that relate to the personnel in the context of Church activities.

All child protection concerns are reported to the HSE and An Garda Síochána as soon as Possible

Appropriate interim protective measures are taken, pending the outcome of the Garda investigation and HSE assessment. Such measure typically involves the person against whom an allegation of child abuse has been made having no contact with children.

Final determination of the person's future role within the Diocese is informed by the outcome of any Garda Investigation, HSE assessment and internal disciplinary process. No person against whom an allegation of child sexual abuse has been substantiated is permitted to work with children on behalf of the Diocese, its parishes or agencies and no priest against whom a substantiated allegation has been made can exercise priestly ministry in the diocese.

Child Safeguarding and Protection Service

Holy Cross Diocesan Centre

Clonliffe College

Dublin 3

Ireland

Tel: 01 836 0314

## Flights

### WYD – Dublin Diocese

Friday 18<sup>th</sup> January 2019

Dublin/Paris/Panama City

- Departure - Dublin Paris—06:00-8:45
- Paris—Panama—13:45-19:05 (local time)

Wednesday 30<sup>th</sup> January 2019

- Panama- Paris 21:05 (arrive 13:10 next day) Paris Dublin 20:45-21:30
- Baggage: Allowance is as follows

Checked Baggage 1 bag max 23kg + Cabin Baggage 1 bag max 12kg per person

### Name of Parish and Address:

- Parroquia Santiago Apostol,Iglesia Catolica (kelvin) en calle 16 Rio Abajo, Panama  
<https://goo.gl/maps/UbHoScddayJ2> (Local Metro—Cincuentenario)
- Parish Accommodation: Will be with families—but bring a sleeping bag, mat and a small gift.
- Main Accommodation and Information Point will be parish unless otherwise advised.

### Our Travel Partners:

- **MAP Travel**  
36 Upper O'Connell Street, Dublin 1, Ireland  
Tel: 00353 1 8783111  
Website: <https://maptravel.ie/>

World Youth Day – Official Website – [www.panama2019.pa](http://www.panama2019.pa)

## **CHECKLIST**

### **Travel Lightly—Travel Wisely!**

#### **Luggage**

- Baggage allowance is as follows:
  - Checked baggage 1 bag max 23 kg + Cabin baggage 1 bag max 12 kg per person.
  - Sleeping Bag—and Mat (Please pack within your 23kg)

#### **Clothing**

- Group tee-shirt (complimentary)
- Sun hat, rain coat (yes it will be warm—but it could rain too).
- Towel (Swim suit also)
- Light clothes, socks, underwear, nightwear
- Comfortable runners/shoes/sandals—there will be plenty of walking!
- Empty plastic bag for your dirty clothes—in case you need to go to a laundrette
- You can buy some detergent to wash clothes too!

#### ***Toiletries/Medicine***

- Note: - re toiletries for your check-in bag on flight—100ml for the flights is the maximum. (Many of these can be purchased at the airport to avoid restrictions) no sharp objects.
- Bring any medication that you need (including inhalers if required). If you need medication on travel days, please plan ahead for this.
- Sun cream lotion/after sun
- Shampoo, toothpaste, brush, shower gel, toilet bag, baby wipes, hand sanitizer,
- Plasters
- Lip balm
- Insect repellent suitable for Central America
- Dioralyte (solution salt & water), Motilium—(upset stomach) Imodium.



## ***Equipment***

- Sunglasses
- Portable Fan—handheld (optional)
- Small FM radio (not your phone) essential to listen to translations—Pope Francis will only speak in Spanish!
- Adaptor plug and phone charger.
- Water Bottle - reusable

**Do check with your phone provider—Roaming and Data is very expensive—switch off or arrange a package before you travel.**

- Wi-Fi is not guaranteed
- Musical Instrument (optional)
- Items for swapping (e.g. little inexpensive Irish trinkets/gifts)
- Small Irish Flag
- Spanish Phrases
- Small gift for your host family

**We recommend that you do not bring valuable items. If you do they are your own responsibility.**

## **Money**

- Local currency is Panama Dollar—but US Dollar is also accepted.
- Spending money—we recommend you have a budget of around \$10/15 dollars per day.
- If you are using a credit/debit card – inform your bank you are travelling to Panama. Also try to use *Chip and Pin* as it is more secure.
- From the 21<sup>st</sup> – 28<sup>th</sup> we will avail of the WYD package and food is part of this. However you might want to supplement this at your own expense. The WYD team will advise on this whilst in Panama.
- There will be days where you will have to purchase your own food, snacks, and drinks or for emergencies. The WYD team will advise on this whilst in Panama.

- If you plan to visit tourist attractions that have an entry fee please add this to your own budget. For example a visit to the Panama Canal can be arranged but there is a cost which is extra.

**Weather** Average 25 degrees—30 degrees warm

### **Other**

- **Passport**—you will be required to keep your passport on you in Panama. Please bring a spare photocopy of it also and carry it with you.

**Travel & Health Insurance is your responsibility and you will need it. You will need to have a copy of the relevant info when you travel. Please ensure it has worldwide cover – not European.**

### **Time Keeping**

- It is important that all pilgrims and leaders pay attention about time keeping, meeting times and locations. It is the pilgrim's responsibility to follow directions of the leader.
- It is a pilgrimage and not a holiday, so be prepared to rest and rise early!

### **General Information**

- If you are taking your mobile phone, please be sure to check that it has international roaming and that you speak with your server re costs and package plans in advance—if you don't you will have a huge bill!
- Ensure you have sufficient credit
- Agree with your family at home before you leave how often you will be in contact with them.
- In case of emergency the WYD Team can be contacted. Phone numbers are at the front of this booklet and on [www.evangelisation.ie](http://www.evangelisation.ie)
- WYD Panama—can be contacted on [http://panama2019wyd.com/#contact\\_us](http://panama2019wyd.com/#contact_us)
- Honorary Consul – Joan Carlow Rosas – Tel – 001507 – 2646633 & 66148271 - [irishconsulatepma@gmail.com](mailto:irishconsulatepma@gmail.com)

### **What if I get Lost?**

- The address of our parish is - Parroquia Santiago Apostol, Iglesia Catolica (kelvin) en calle 16 Rio Abajo, Panama
- <https://goo.gl/maps/UbHoScddayJ2> (local Metro—Cincuentenario)

- If you do get lost—please do not call home first! This can cause unnecessary worry, your group might be just around the corner.

### **Prevention**

- We are a small group so it is important for everyone to watch out for each other. Keep a friendly eye out for other pilgrims too.
- Ensure you agree a way of keeping in touch with your group.

### ***Do not go anywhere on your own***

- The WYD Team will have daily info sessions outlining what will happen each day.
- Become familiar with your environment, be vigilant and aware of your own safety.
- Note there might be technical difficulties with phones during WYD due to huge numbers so please have a back-up method of communication.

## World Youth Day: Typical Schedule of Events

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	Up to one week before WYD	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	<p style="text-align: center;"><b>Days in the Dioceses</b></p> <p>Catechetical sessions are held in the host and nearby dioceses.</p>	<p><b>Official Welcome</b> for pilgrims</p>	<p><b>Catechetical Sessions</b> with participating Bishops</p>			<p><b>Walking Pilgrimage</b> to Vigil Site</p>	<p style="text-align: center;"><b>Closing Ceremonies</b></p> <ul style="list-style-type: none"> <li>• Morning prayers are led by participating Bishops.</li> <li>• Holy Mass is celebrated by the Pope.</li> <li>• The next host diocese is announced by the Pope after Mass.</li> </ul>
<b>AFTERNOON</b>		<p><b>Opening Ceremonies</b></p> <p>Holy Mass is celebrated by the local ordinary of the host diocese.</p>	<p>Afternoon shows, music, prayer and reconciliation opportunities</p>	<p><b>Arrival of the Pope</b></p> <p>The Pope delivers his welcome address at a prayer service.</p>	<p>Afternoon shows, music, prayer and reconciliation opportunities</p>	<p>Afternoon shows, music, prayer and reconciliation opportunities at Vigil Site</p>	
<b>EVENING</b>		<p>Evening shows, music, prayer and reconciliation opportunities</p>	<p><b>Stations of the Cross</b></p>			<p><b>Evening Vigil</b> with the Pope.</p>	

## ***What is the schedule of events for World Youth Day?***

***Below is a general guideline of what we will do during WYD. Also in this booklet – there are some pages for make additional notes.***

- **Friday 18<sup>th</sup>** Arrive in Parish – Orientation and Accommodation
- **Saturday 19<sup>th</sup>** – Meeting other international pilgrims and orientation.
- **Sunday 20<sup>th</sup>** Parish Day – International Mass with visiting pilgrims and local parishioners.
- **Monday 21<sup>st</sup>** – Social Justice – (supported by Aid to the Church in Need)
  - WYD Food Vouchers commence
- **Tuesday 22<sup>nd</sup>** : World Youth Day Opening Mass with Archbishop Ulloa of Panama, 6:00 pm on the Cinta Costera.
- **Wednesday 23<sup>rd</sup> Friday 25<sup>th</sup>** each morning, 9am to 1pm: Morning Catechesis and Mass in different languages and locations around Panama; (catechesis is given and mass is celebrated by cardinals and bishops from around the world)
- **Wednesday 23<sup>rd</sup> Friday 25<sup>th</sup>** , 1pm to 10pm: Youth Festival (concerts, talks, exhibits, and music at select locations around Panama)
- **Thursday 24<sup>th</sup>** Papal Welcome Ceremony, 6pm on the Cinta Costera.
- **Friday 25<sup>th</sup>** Way of the Cross (Via Crucis), 6pm on the Cinta Costera.
- **Saturday 26<sup>th</sup>** : Evening Candlelight Vigil with Pope Francis, 6pm, Metro Park (Bring sleeping bag and mat)
- **Sunday 27<sup>th</sup>** : Morning Papal Mass, 9am, Metro Park
- **Monday 28<sup>th</sup>** Debrief and getting ready to return home – (With New Zealand and Latvian pilgrims)
  - WYD Food vouchers end
- **Tuesday 29<sup>th</sup>** – Tourist day
- **Wednesday 30<sup>th</sup>** – Travel Day Home.

#### **Opening Prayer:**

Today our Pilgrimage to World Youth Day in Panama begins.

May the Lord open our eyes to see where we are needed.

May the Lord open our ears to hear HIS word.

May the Lord open our mouth to glorify and worship him.

May the Lord open our hearts and lead us into a full understanding of HIS love for us.

May everyone of us become aware of his presence during the Pilgrimage and support us to say YES.

#### **Gospel Mark 2:1-12**

When Jesus returned to Capernaum after some days,  
it became known that he was at home.

Many gathered together so that there was no longer room for them,  
not even around the door,  
and he preached the word to them.

They came bringing to him a paralytic carried by four men.

Unable to get near Jesus because of the crowd,  
they opened up the roof above him.

After they had broken through,  
they let down the mat on which the paralytic was lying.

When Jesus saw their faith, he said to him,

"Child, your sins are forgiven."

Now some of the scribes were sitting there asking themselves,

"Why does this man speak that way? He is blaspheming.

Who but God alone can forgive sins?"

Jesus immediately knew in his mind what

they were thinking to themselves,

so he said, "Why are you thinking such things in your hearts?

Which is easier, to say to the paralytic,

'Your sins are forgiven,'

or to say, 'Rise, pick up your mat and walk'?

But that you may know

that the Son of Man has authority to forgive sins on earth"

—he said to the paralytic,

"I say to you, rise, pick up your mat, and go home."

He rose, picked up his mat at once,

and went away in the sight of everyone.

They were all astounded

and glorified God, saying, "We have never seen anything like this."

#### **Reflective Question:**

*Where do you meet Jesus?*

*Where do you feel paralyzed in your life?*

*Where and how have you been carried through life?*

*When was the last time you were astounded?*

*When was the last time you glorified God?*

**Closing Prayer:**

Being a follower of Christ is sometimes pushing us out of our comfort zone – it challenges us like Jesus did at the time when he was alive

In Krakow Pope Francis challenged each one of by saying:

**"A 'couch potato' evangelization doesn't exist. Get up and go!**

**Be always on the move. Go to the place where you must speak the word (of God),"**

**We got off the couch and here we are – we are going through Dublin and Paris airport as pilgrims – as follower of Christ as his Disciples.**

**Let us ask the Lord to be with us on the journey as we travel to Panama.**

**May he protect us and guide and let our presence be a radiant light of HIS love, peace and joy.**

## Prayers at Panama Airport

### Thursday 31<sup>st</sup> St. John Bosco

St. John Bosco

Friend of the young,

Teacher in the ways of God,

Your dedication to empowering the needy inspires us still.

Help me to work for a better world,

where the young are given the chance to flourish,

where the poor's dream for justice can come true,

and where God's compassion is shown to be real.

Intercede for me as I bring my needs to you and to

Our heavenly Mother, the Help of Christians.

*Gospel Mark 4: 21 – 25*

A Lamp on a Stand

Jesus said to them, "Do you bring in a lamp to put it under a large bowl or a bed? Don't you put it on its stand? What is hidden is meant to be seen. And what is put out of sight is meant to be brought out into the open. Whoever has ears should listen."

"Think carefully about what you hear," he said. "As you give, so you will receive. In fact, you will receive even more. Whoever has something will be given more. **Whoever has nothing, even what they have will be taken away from them.**"

*Reflective Questions:*

*Where do you hide when things get tough?*

*What did you hear over the past two weeks?*

*What message do you bring home?*

*What did you give to the pilgrimage and what have you received?*

*Where are you going next to be seen – not hidden?*



## For the Traveller

Every time you leave home,  
Another road takes you  
Into a world you were never in.

New strangers on other paths await.  
New places that have never seen you  
will startle a little at your entry.  
Old places that know you well  
will pretend nothing  
changed since your last visit.

When you travel, you find yourself  
Alone in a different way,  
More attentive now  
to the self you bring along,  
Your more subtle eye watching  
you abroad; and how what meets you  
touches that part of the heart  
that lies low at home:

How you unexpectedly attune  
to the timbre in some voice,  
opening in conversation  
you want to take in  
to where your longing  
has pressed hard enough  
inward, on some unsaid dark,  
to create a crystal of insight  
you could not have known  
you needed  
to illuminate  
your way.  
When you travel,

a new silence  
goes with you,  
and if you listen,  
you will hear  
what your heart would  
love to say.

A journey can become a sacred thing:  
Make sure, before you go,  
to take the time

to bless your going forth,  
to free your heart of ballast  
so that the compass of your soul  
might direct you toward  
the territories of spirit  
where you will discover  
more of your hidden life,  
and the urgencies  
that deserve to claim you.

May you travel in an awakened way,  
gathered wisely into your inner ground;  
that you may not waste the invitations  
which wait along the way to transform you.

May you travel safely, arrive refreshed,  
and live your time away to its fullest;  
return home more enriched, and free

to balance the gift of days which call you.

~ John O'Donohue ~

Sunday 20<sup>th</sup> January 2019

**First Reading – Isaiah 62:1-5**

About Zion I will not be silent,  
about Jerusalem I will not grow weary,  
until her integrity shines out like the dawn  
and her salvation flames like a torch.  
The nations then will see your integrity,  
all the kings your glory,  
and you will be called by a new name,  
one which the mouth of the Lord will confer.  
You are to be a crown of splendour in the hand of the Lord,  
a princely diadem in the hand of your God;  
no longer are you to be named 'Forsaken',  
nor your land 'Abandoned',  
but you shall be called 'My Delight'  
and your land 'The Wedded';  
for the Lord takes delight in you  
and your land will have its wedding.  
Like a young man marrying a virgin,  
so will the one who built you wed you,  
and as the bridegroom rejoices in his bride,  
so will your God rejoice in you.

**Psalm 95: 1-3, 7-10**

*Proclaim the wonders of the Lord among all the peoples.*

O sing a new song to the Lord,  
sing to the Lord all the earth.

O sing to the Lord, bless his name.

*Proclaim the wonders of the Lord among all the peoples.*

Proclaim his help day by day,  
tell among the nations his glory  
and his wonders among all the peoples

*Proclaim the wonders of the Lord among all the peoples*

Give the Lord, you families of peoples,  
give the Lord glory and power,  
give the Lord the glory of his name.

*Proclaim the wonders of the Lord among all*

*the peoples*

He will judge the peoples in fairness.

Worship the Lord in his temple.

O earth, tremble before him.

Proclaim to the nations: 'God is king'.

*Proclaim the wonders of the Lord among all the peoples.*

## **Second Reading – 1 Corinthians 12: 4-11**

There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different ways in different people, it is the same God who is working in all of them. The particular way in which the Spirit is given to each person is for a good purpose. One may have the gift of preaching with wisdom given him by the Spirit; another may have the gift of preaching instruction given him by the same Spirit; and another the gift of faith given by the same Spirit; another again the gift of healing, through this one Spirit; one, the power of miracles; another, prophecy; another the gift of recognising spirits; another the gift of tongues and another the ability to interpret them. All these are the work of one and the same Spirit, who distributes different gifts to different people just as he chooses.

Alleluia, alleluia!

Speak, Lord, your servant is listening:  
you have the message of eternal life.

Alleluia!

## **Gospel Reading – John 2:1-11**

There was a wedding at Cana in Galilee. The mother of Jesus was there, and Jesus and his disciples had also been invited. When they ran out of wine, since the wine provided for the wedding was all finished, the mother of Jesus said to him, 'They have no wine.' Jesus said 'Woman, why turn to me? My hour has not come yet.' His mother said to the servants, 'Do whatever he tells you.' There were six stone water jars standing there, meant for the ablutions that are customary among the Jews: each could hold twenty or thirty gallons. Jesus said to the servants, 'Fill the jars with water', and they filled them to the brim. 'Draw some out now' he told them 'and take it to the steward.' They did this; the steward tasted the water, and it had turned into wine. Having no idea where it came from – only the servants who had drawn the water knew – the steward called the bridegroom and said, 'People generally serve the best wine first, and keep the cheaper sort till the guests have had plenty to drink; but you have kept the best wine till now.'

This was the first of the signs given by Jesus: it was given at Cana in Galilee. He let his glory be seen, and his disciples believed in him.

Wednesday 23<sup>rd</sup> January 2019

### First Reading – Hebrews 7:1-3, 15-17

You remember that *Melchizedek, king of Salem, a priest of God Most High, went to meet Abraham who was on his way back after defeating the kings, and blessed him*; and also that it was to him that Abraham gave *a tenth of all that he had*. By the interpretation of his name, he is, first, 'king of righteousness' and also *king of Salem*, that is, 'king of peace'; he has no father, mother or ancestry, and his life has no beginning or ending; he is like the Son of God. He remains a priest for ever.

This becomes even more clearly evident when there appears a second Melchizedek, who is a priest not by virtue of a law about physical descent, but by the power of an indestructible life. For it was about him that the prophecy was made: *You are a priest of the order of Melchizedek, and for ever.*

### Psalm 109: 1-4

*You are a priest for ever, a priest like Melchizedek of old.*

The Lord's revelation to my Master:  
'Sit on my right:  
your foes I will put beneath your feet.'

*You are a priest for ever, a priest like Melchizedek of old.*

The Lord will wield from Zion  
your sceptre of power:  
rule in the midst of all your foes.

*You are a priest for ever, a priest like Melchizedek of old.*

A prince from the day of your birth  
on the holy mountains;  
from the womb before the dawn I begot you.

*You are a priest for ever, a priest like Melchizedek of old.*

The Lord has sworn an oath he will not change.  
'You are a priest for ever,  
a priest like Melchizedek of old.'

*You are a priest for ever, a priest like Melchizedek of old.*

### Gospel Reading – Mark 3: 1-6

Jesus went into a synagogue, and there was a man there who had a withered hand. And they were watching him to see if he would cure him on the sabbath day, hoping for something to use against him. He said to the man with the withered hand, 'Stand up out in the middle!' Then he said to them, 'Is it against the law on the sabbath day to do good, or to do evil; to save life, or to kill?' But they said nothing. Then, grieved to find them so obstinate, he looked angrily round at them, and said to the man, 'Stretch out your hand.' He stretched it out and his hand was better. The Pharisees went out and at once began to plot with the Herodians against him, discussing how to destroy him.

Thursday 24<sup>th</sup> January 2019

**First Reading – Hebrews 7:25-8:6**

The power of Jesus to save is utterly certain, since he is living for ever to intercede for all who come to God through him.

To suit us, the ideal high priest would have to be holy, innocent and uncontaminated, beyond the influence of sinners, and raised up above the heavens; one who would not need to offer sacrifices every day, as the other high priests do for their own sins and then for those of the people, because he has done this once and for all by offering himself. The Law appoints high priests who are men subject to weakness; but the promise on oath, which came after the Law, appointed the Son who is made perfect for ever.

The great point of all that we have said is that we have a high priest of exactly this kind. He has his place at the right of the throne of divine Majesty in the heavens, and he is the minister of the sanctuary and of the true Tent of Meeting which the Lord, and not any man, set up. It is the duty of every high priest to offer gifts and sacrifices, and so this one too must have something to offer. In fact, if he were on earth, he would not be a priest at all, since there are others who make the offerings laid down by the Law and these only maintain the service of a model or a reflection of the heavenly realities. For Moses, when he had the Tent to build, was warned by God who said: *See that you make everything according to the pattern shown you on the mountain.*

We have seen that he has been given a ministry of a far higher order, and to the same degree it is a better covenant of which he is the mediator, founded on better promises.

**Psalm 39: 7-10, 17**

*Here I am, Lord! I come to do your will.*

You do not ask for sacrifice and offerings,  
but an open ear.

You do not ask for holocaust and victim.

Instead, here am I.

*Here I am, Lord! I come to do your will.*

In the scroll of the book it stands written  
that I should do your will.

My God, I delight in your law  
in the depth of my heart.

*Here I am, Lord! I come to do your will.*

Your justice I have proclaimed  
in the great assembly.

My lips I have not sealed;  
you know it, O Lord.

*Here I am, Lord! I come to do your will.*

O let there be rejoicing and gladness  
for all who seek you.

Let them ever say: 'The Lord is great',  
who love your saving help.

*Here I am, Lord! I come to do your will.*

### **Gospel – Mark 3: 7-12**

Jesus withdrew with his disciples to the lakeside, and great crowds from Galilee followed him. From Judaea, Jerusalem, Idumaea, Transjordan and the region of Tyre and Sidon, great numbers who had heard of all he was doing came to him. And he asked his disciples to have a boat ready for him because of the crowd, to keep him from being crushed. For he had cured so many that all who were afflicted in any way were crowding forward to touch him. And the unclean spirits, whenever they saw him, would fall down before him and shout, 'You are the Son of God!' But he warned them strongly not to make him known.

Friday 25<sup>th</sup> January 2019

## First Reading

### Acts 9: 1-22

Saul was still breathing threats to slaughter the Lord's disciples. He had gone to the high priest and asked for letters addressed to the synagogues in Damascus, that would authorise him to arrest and take to Jerusalem any followers of the Way, men or women, that he could find.

Suddenly, while he was travelling to Damascus and just before he reached the city, there came a light from heaven all round him. He fell to the ground, and then he heard a voice saying, 'Saul, Saul, why are you persecuting me?' 'Who are you, Lord?' he asked, and the voice answered, 'I am Jesus, and you are persecuting me. Get up now and go into the city, and you will be told what you have to do.' The men travelling with Saul stood there speechless, for though they heard the voice they could see no one. Saul got up from the ground, but even with his eyes wide open he could see nothing at all, and they had to lead him into Damascus by the hand. For three days he was without his sight, and took neither food nor drink.

A disciple called Ananias who lived in Damascus had a vision in which he heard the Lord say to him, 'Ananias!' When he replied, 'Here I am, Lord', the Lord said, 'You must go to Straight Street and ask the house of Judas for someone called Saul, who comes from Tarsus. At this moment he is praying, having had a vision of a man called Ananias coming in and laying hands on him to give him back his sight.'

When he heard that, Ananias said, 'Lord, several people have told me about this man and all the harm he has been doing to your saints in Jerusalem. He has only come here because he holds a warrant from the chief priests to arrest everybody who invokes your name.' The Lord replied, 'You must go all the same, because this man is my chosen instrument to bring my name before pagans and pagan kings and before the people of Israel; I myself will show him how much he himself must suffer for my name.' Then Ananias went. He entered the house, and at once laid his hands on Saul and said, 'Brother Saul, I have been sent by the Lord Jesus who appeared to you on your way here so that you may recover your sight and be filled with the Holy Spirit.' Immediately it was as though scales fell away from Saul's eyes and he could see again. So he was baptised there and then, and after taking some food he regained his strength.

He began preaching in the synagogues, 'Jesus is the Son of God.' All his hearers were amazed. 'Surely' they said 'this is the man who organised the attack in Jerusalem against the people who invoke this name, and who came here for the sole purpose of arresting them to have them tried by the chief priests?' Saul's power increased steadily, and he was able to throw the Jewish colony at Damascus into complete confusion by the way he demonstrated that Jesus was the Christ.

### Psalm 116

*Go out to the whole world; proclaim the Good News.*

*or*

*Alleluia!*

O praise the Lord, all you nations,  
acclaim him all you peoples!

*Go out to the whole world; proclaim the Good News.*

*or*

*Alleluia!*

Strong is his love for us;  
he is faithful for ever.

*Go out to the whole world; proclaim the Good News.*

*or*

*Alleluia!*

### **Gospel Reading – Mark 16:15-18**

Jesus showed himself to the Eleven and said to them:

‘Go out to the whole world; proclaim the Good News to all creation. He who believes and is baptised will be saved; he who does not believe will be condemned. These are the signs that will be associated with believers: in my name they will cast out devils; they will have the gift of tongues; they will pick up snakes in their hands, and be unharmed should they drink deadly poison; they will lay their hands on the sick, who will recover.’



## Sunday 27<sup>th</sup> January 2019

### First Reading – Nehemiah 8:2-6, 8-10

Ezra the priest brought the Law before the assembly, consisting of men, women, and children old enough to understand. This was the first day of the seventh month. On the square before the Water Gate, in the presence of the men and women, and children old enough to understand, he read from the book from early morning till noon; all the people listened attentively to the Book of the Law.

Ezra the scribe stood on a wooden dais erected for the purpose. In full view of all the people – since he stood higher than all the people – Ezra opened the book; and when he opened it all the people stood up. Then Ezra blessed the Lord, the great God, and all the people raised their hands and answered, 'Amen! Amen!'; then they bowed down and, face to the ground, prostrated themselves before the Lord. And Ezra read from the Law of God, translating and giving the sense, so that the people understood what was read.

Then Nehemiah – His Excellency – and Ezra, priest and scribe and the Levites who were instructing the people said to all the people, 'This day is sacred to the Lord your God. Do not be mournful, do not weep.' For the people were all in tears as they listened to the words of the Law.

He then said, 'Go, eat the fat, drink the sweet wine, and send a portion to the man who has nothing prepared ready. For this day is sacred to our Lord. Do not be sad: the joy of the Lord is your stronghold.'

### Psalm 18: 8-10, 15

*Your words are spirit, Lord, and they are life.*

The law of the Lord is perfect,  
it revives the soul.

The rule of the Lord is to be trusted,  
it gives wisdom to the simple.

*Your words are spirit, Lord, and they are life.*

The precepts of the Lord are right,  
they gladden the heart.

The command of the Lord is clear,  
it gives light to the eyes.

*Your words are spirit, Lord, and they are life.*

The fear of the Lord is holy,  
abiding for ever.

The decrees of the Lord are truth  
and all of them just.

*Your words are spirit, Lord, and they are life.*

May the spoken words of my mouth,  
the thoughts of my heart,  
win favour in your sight, O Lord,  
my rescuer, my rock!

*Your words are spirit, Lord, and they are life*

## Second Reading: 1 Corinthians 12: 12-30

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

Nor is the body to be identified with any one of its many parts. If the foot were to say, 'I am not a hand and so I do not belong to the body', would that mean that it stopped being part of the body? If the ear were to say, 'I am not an eye, and so I do not belong to the body', would that mean that it was not a part of the body? If your whole body was just one eye, how would you hear anything? If it was just one ear, how would you smell anything?

Instead of that, God put all the separate parts into the body on purpose. If all the parts were the same, how could it be a body? As it is, the parts are many but the body is one. The eye cannot say to the hand, 'I do not need you', nor can the head say to the feet, 'I do not need you.'

What is more, it is precisely the parts of the body that seem to be the weakest which are the indispensable ones; and it is the least honourable parts of the body that we clothe with the greatest care. So our more improper parts get decorated in a way that our more proper parts do not need. God has arranged the body so that more dignity is given to the parts which are without it, and that there may not be disagreements inside the body, but that each part may be equally concerned for all the others. If one part is hurt, all parts are hurt with it. If one part is given special honour, all parts enjoy it.

Now you together are Christ's body; but each of you is a different part of it. In the Church, God has given the first place to apostles, the second to prophets, the third to teachers; after them, miracles, and after them the gift of healing; helpers, good leaders, those with many languages. Are all of them apostles, or all of them prophets, or all of them teachers? Do they all have the gift of miracles, or all have the gift of healing? Do all speak strange languages, and all interpret them?

Alleluia, alleluia!

The Lord has sent me to bring the good news to the poor,  
to proclaim liberty to captives.

Alleluia!

## Gospel Reading – Luke 1:1-4, 4: 14-21

Seeing that many others have undertaken to draw up accounts of the events that have taken place among us, exactly as these were handed down to us by those who from the outset were eyewitnesses and ministers of the word, I in my turn, after carefully going over the whole story from the beginning, have decided to write an ordered account for you, Theophilus, so that your Excellency may learn how well founded the teaching is that you have received.

Jesus, with the power of the Spirit in him, returned to Galilee; and his reputation spread throughout the countryside. He taught in their synagogues and everyone praised him.

He came to Nazara, where he had been brought up, and went into the synagogue on the sabbath day as he usually did. He stood up to read and they handed him the scroll of the prophet Isaiah. Unrolling the scroll he found the place where it is written:

The spirit of the Lord has been given to me,  
for he has anointed me.  
He has sent me to bring the good news to the poor,  
to proclaim liberty to captives  
and to the blind new sight,  
to set the downtrodden free,  
to proclaim the Lord's year of favour.

He then rolled up the scroll, gave it back to the assistant and sat down. And all eyes in the synagogue were fixed on him. Then he began to speak to them, 'This text is being fulfilled today even as you listen.'

## **Prayers and Reflections..... “to ponder....”**

### **Prayer to our Guardian Angel**

O Angel of God my guardian dear, to whom God's love commits me here, ever this day, be at my side, to light and guard, to rule and guide. Amen.

### **Morning Prayer**

Lord, I thank you for this new day. I know that you love me, You look at me at this moment and want this day to be a brand-new beginning with “a future full of hope.” Whatever, I have to face today, one thing I know is that you will be there with me as my best friend, helping, consoling, strengthening, healing and guiding me.

### **Ar nAthair**

Ár nAthair, atá are neamh, go naofar d'ainm; go dtaga do ríocht; go ndéantar do thoil ar an talamh mar a dhéantar ar neamh. Ár n-arán laethúil tabhair dúinn inniu, agas maith dúinn ár bhfiacha mar a mhaithimidne dár bhféichiúna féin, agus ná lig sinn i gcathú, ach soar sinn ó olc. Amen.

### **Our Father**

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**

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.

### **Sé do Bheatha, a Mhuire**

Sé do bheatha, a Mhuire, atá lán de ghrásta, tá an Tiarna leat. Is beannaithe thú idir mná, agus is beannaithe toradh do bhroinne, Íosa. A Naomh-Mhuire, a Mháthair Dé, guigh orainn na peacaigh, anois, agus ar uair ár mbais. Amen.

### **Grace Before Meals**

Bless us, God, as we sit together. Bless the food we eat today. Bless the hands that made the food and help us, God, to be kind like you.

### **Grace After Meals**

Thank you, God, for the food we have eaten, Thank you, God, for all our friends. Thank you, God, for everything, Thank you, God. Amen.

### **The Angelus**

The angel of the Lord declared unto Mary and she conceived of the Holy Spirit. Hail Mary

Behold the handmaid of the Lord. Be it done unto me according to your word. Hail Mary

And the word was made flesh and dwelt among us. Hail Mary

Pray for us, O Holy Mother of God. That we may be made worthy of the promises of Christ. Let us pray: Pour forth, we beseech you, O Lord, your grace into our hearts; that, we to whom the incarnation of Christ, your Son, was made known by the message of an angel, may by his passion and cross, be brought to the glory of his resurrection. Through Christ our Lord. Amen.

### **God's Love and Our Concern**

Lord, we remember all our brothers and sisters who are weighed down with suffering. Bless and guide us that your love may be reflected in our concern for the hungry, the oppressed and the unloved. Help us to acknowledge and grow in appreciation that all people are made in your image and likeness. Amen.

### **Time Apart**

Lord, you went to the lonely places to pray. In my busy days of noise and action, remind me of my need for time alone and for peace and quiet and silence within. Be with me now as I pause for a few moments in quietness.

### **The Serenity Prayer**

God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.

### **Prayer for Healing**

Lord Jesus, we ask you to bring your healing touch to those whom we know to be sick, afraid, or worried. Bring them your peace and healing. Amen.

### **To Do Your Will**

Lord, make me a better person, more considerate towards others, more honest with myself, more faithful to you. Make me generous enough to want sincerely to do your will whatever it may be. Help me to find my true vocation in life, and grant that through it I may find happiness myself and bring happiness to others.

### **Prayers to End the Day**

God our Father, I come to say thank you for your love today. Thank you for my family and all the friends you give to me. Guard me in the dark of night and in the morning send your light.

May the Lord support us all the day long, till the shades lengthen and the evening comes, and the busy world is hushed, and the fever of life is over and our work is done. Then, in his mercy, may he give us a safe lodging and a holy rest and peace at the last. Amen

Be near me, Lord Jesus, I ask you to stay, close by me forever and love me I pray. Bless all of us children in your loving care and bring us to heaven to live with you there.

**The Memorare** - Remember O most gracious Virgin Mary, that never was it known, that anyone who fled to your protection, implored your help, or sought your intercession, was left unaided. Inspired by this confidence, I fly into you, O Virgin of Virgins, my Mother; To you I come; before you I stand; sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. Amen.

## **THE DAILY EXAMEN**

### **1. Become aware of God's presence.**

Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

### **2. Review the day with gratitude.**

Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.

### **3. Pay attention to your emotions.**

One of St. Ignatius's great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

God will most likely show you some ways that you fell short. Make note of these sins and faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her in some way.

### **4. Choose one feature of the day and pray from it.**

Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

### **5. Look toward tomorrow.**

Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope.



**Friday 18<sup>th</sup>**

**Daily Thoughts, Notes, Reflections and prayers....**

- **Departures & Arrivals – prepare for a long day.**





**Saturday 19<sup>h</sup>**

**Daily Thoughts, Notes, Reflections and prayers....**

- **Orientation and getting to know your environment**



**Sunday 20<sup>th</sup>**

**Daily Thoughts, Notes, Reflections and prayers....**

- **Celebrating our faith with our host parish**



**Monday 21<sup>st</sup>**

**Daily Thoughts, Notes, Reflections and prayers....**

- **Morning Catechesis**
- **Supporting Aid to the Church in Need – Social Justice Day**



**Tuesday 22<sup>nd</sup>**

**Daily Thoughts, Notes, Reflections and prayers....**

- **Opening Ceremony WYD**



**Wednesday 23<sup>rd</sup>**

**Daily Thoughts, Notes, Reflections and prayers....**

- **Catechesis**
- **Concert and Youth Festival**



**Thursday 24<sup>th</sup>**

**Daily Thoughts, Notes, Reflections and prayers....**

- **Catechesis**
- **Arrival of Pope Francis**



**Friday 25<sup>th</sup>**

**Daily Thoughts, Notes, Reflections and prayers....**

- **Catechesis**
- **A Day of Mercy....**
- **Way of the Cross – Pope Francis**



**Saturday 26<sup>th</sup>**

**Daily Thoughts, Notes, Reflections and prayers....**

- **Preparing for the Pilgrimage to the Vigil with other young people.**





**Sunday 27<sup>th</sup>**

**Daily Thoughts, Notes, Reflections and prayers....**

- **Papal Mass and End of World Youth Day**



**Monday 28<sup>th</sup>**

**Daily Thoughts, Notes, Reflections and prayers....**

- **Looking back what I have learned about myself/others during this pilgrimage?**
- **What message am I carrying home?**



**Tuesday 29<sup>th</sup>**

**Daily Thoughts, Notes, Reflections and prayers....**

- **Tourist day**



**Wednesday 30<sup>th</sup>**

**Daily Thoughts, Notes, Reflections and prayers....**

- **Check Time for Departure**
- **Express thanks to local parishioners**



**My Final notes on my journey home.... Daily Thoughts, Notes, Reflections and prayers....**



# World Youth Day Prayer

“I AM THE SERVANT OF THE LORD. MAY IT BE DONE TO ME  
ACCORDING TO YOUR WORD” (Lk 1:38)

Merciful Father, You call us to live our lives as a way of salvation. Help us to recall the past with gratitude, to embrace the present with courage, and to build the future with hope.

Lord Jesus, our friend and brother, thank you for looking upon us with love. Let us listen to your voice as it resonates in the hearts of each one with the light and strength of the Holy Spirit.

Grant us the grace to be a Church that goes forth with vibrant faith and a youthful face to announce the joy of the Gospel. May we help to build the society we long for, full of justice and fraternal love.

We pray for the Pope and the bishops, for priests and deacons, for those in consecrated life, for volunteers, for young people, and all who will participate in the upcoming World Youth Day in Panama, and for those who are preparing to receive them.

Our Lady of Antigua, Patroness of Panama, help us to pray and live generously like you: “I am the servant of the Lord. May it be done to me according to your word” (Lk 1:38).

Amen.

