Our Lady of Perpetual Help Parish

Bulletin for Teens



The Attitudes to Have

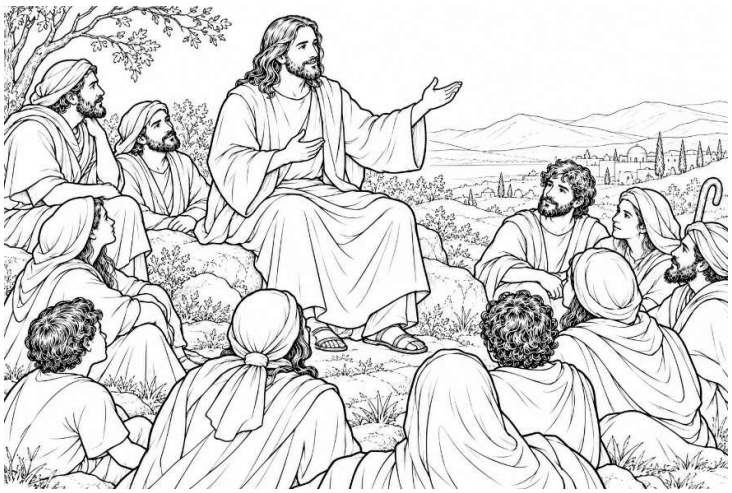
1st of November 2026, All Saints, Year A

Gospel: Matthew 5: 1-12

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

> 'How happy are the poor in spirit; theirs is the kingdom of heaven.
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> Happy the gentle: they shall have the earth for their heritage;
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> Happy those who mourn: they shall be comforted;
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> Happy those who hunger and thirst for what is right: they shall be satisfied;
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> Happy the merciful: they shall have mercy shown them;
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> Happy the pure in heart: they shall see God;
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> Happy the peacemakers: they shall be called sons of God;
>
> Happy those who are persecuted in the cause of right; theirs is the kingdom of heaven.
>
> Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven'

The Gospel of the Lord.



The Beatitudes challenge us

The Beatitudes challenge the idea that happiness comes from popularity, power, or perfection. They offer a different vision: a meaningful life is built on humility, compassion, honesty, justice, and peace.

The Beatitudes are a set of blessings spoken by Jesus at the start of the Sermon the Mount (Matthew 5:2-12). Each begins with "Blessed are…" and names a type of person or attitude, followed by a promise of God's favour. They turn worldly ideas of success upside down: the people usually seen as weak, struggling, or overlooked are the ones Jesus calls blessed. They form a summary of what Jesus's followers should be like, what we should be striving to become.

Blessed are the poor in spirit

Who are the poor in spirit? They are the people who recognise their need for God and don't rely on their own strength or status. As a teenager you can face constant pressure to look successful, with perfect grades, followers, and appearance. Being 'poor in spirit' in this context means admitting that you don't have it all together, asking for help, and not measuring your worth by what you achieve or own.

Blessed are those who mourn

Those who grieve will be comforted. In life, we experience loss, whether that is a death, a family breakup, a friendship ending, or a move. Society often says 'move on' or 'be positive' and it can feel really hard, if not impossible, to do this. This beatitude tells us that grief is valid, and that we are encouraged to let ourselves feel it and to comfort others who are hurting rather than ignore them.

Blessed are the meek

The meek are those who are gentle and humble, who have their strength under control. Meekness isn't a weakness. In a culture of online arguments, showing off, and putting others down, it means not needing to dominate. It looks like listening, being humble about success, and using influence kindly.

Blessed are those who hunger and thirst for righteousness

Those who deeply desire justice and what is right will be satisfied. Many teenagers care strongly about fairness, such as the uneven impacts of climate change, racism, bullying, and inequality. This beatitude affirms that passion and encourages us to act on it, including standing up for those who are different or excluded.

Blessed are the merciful

Those who show compassion and forgiveness will receive mercy. Mistakes today can be screenshot, shared, and held against people forever. Mercy means forgiving a friend who let you down, not joining in pile-ons, and giving people a chance to change. It also means being merciful to yourself.

Blessed are the pure in heart

Those with sincere, honest motives will see God. Teenagers often feel pressure to put up a front, whether a carefully presented online persona or acting differently with different people and groups. Purity of heart means being genuine: honest intentions, integrity when no one is watching, and not using or manipulating people.

Blessed are the peacemakers

Those who work for peace are the children of God. Conflict is a part of school and family life. Peacemakers don't just avoid conflict. They help resolve it by listening to both sides, refusing to spread gossip, and bringing people back together.

Blessed are those persecuted for righteousness' sake

Those who suffer for doing what is right will share in God's kingdom. Doing the right thing can cost you socially. You might be mocked for your faith, excluded for refusing to join in bullying, or targeted for speaking up. This beatitude tells us that courage in those moments is valued even when peers don't reward it.

A prayer for this week

Jesus, you showed us that true happiness comes from living with love, mercy and courage. Help me to be humble, to stand up for what is right, to make peace instead of conflict, to notice people who are hurting and to show kindness even when it is difficult. Help me live the Beatitudes, not just in what I say, but in the choices I make every day. Amen.

CANA Youth (Parish Youth Group) for children in Years 7 to 12

Friday 6pm to 8pm at St Monica's Church Meeting Room
Dates for the remainder of Term 4:

- Friday the 6th of November (Week 4): Prayer Night for Divine Mercy
- Friday the 20th of November (Week 6): The Holy Spirit
- Cana Retreat on the 6th of December
- Friday the 11th of December: Building gingerbread houses

For more information talk to Katie or Rebecca or email them at youth.belconnennorth@cg.org.au

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