



Mass Intentions:

Sat 6th Mar 8.00pm: Special Intention.
 Sun 7th Mar 10.30am: John Hand, Newpark.
 Mon 8th Mar 8.00pm: Special Intention.
 Tues 9th Mar 8.00pm: Special Intention.
 Wed 10th Mar 8.00pm: Special Intention.
 Thurs 11th Mar 8.00pm: Special Intention.
 Fri 12th Mar 8.00pm: Special Intention
 Sat 13th Mar 8.00pm: Kate, John & Mary Shanley & Kathkeen Gibney, Navan.
 Also D.F.M. Derrygowina.
 Sun 14th Mar 10.30am: Maura Casey, Cornadough & rem. husband Tom & D.F.M.

We pray for the happy repose of the soul of Mary Healy whose funeral took place this week.

Newtowncashel litter clean up - message from Liam Finnegan.

"To say I'm bowled over by the response to a WhatsApp message I sent around the Parish a couple of weeks ago would be an understatement. Over the weekend we had up to **ninety** volunteers from the very young to the not so young out on every road in the Parish doing a major litter pick up. It was an amazing success with up to 10 tons of all sorts of rubbish collected. We live in a beautiful landscape and thanks to all we have reclaimed it and returned it to pristine condition. We are blessed with a community spirit here in Newtowncashel and again all came out to help for the good of all. Your enthusiasm, smiling laughing faces hard work and dedication was a joy to be part of and I'm so proud of everyone of you. On the negative side it's so sad that some don't respect this beautiful place and dump their waste wherever they choose. Maybe, just maybe, when they see the transformation, it may prompt them to do better and appreciate where they and ourselves co exist. We live in hope. **SPECIAL THANKS TO ALL VOLUNTEERS**".

Lotto draw held on Monday 1st March. No's drawn 14,16,27&29. No jackpot winner.

Draw winners: €30, €5 envelopes to Maureen McCann c/o B. Bannon; €30 to Andrew Donlon, Derryshannogue; €20 each to Anne Marie Hanley, Ardagh and Catherine Dalton c/o Anne Kenny. Next weeks draw will be held on Monday 8th March at 9pm and the jackpot is €2,600. Thanks for your support.

Reflection

One of President Reagan's favourite stories involves a farmer and a lawyer whose cars collided. The farmer took a look at the lawyer, noticed he was in a state of partial shock and shaking with nerves. He then reached in the back of his car and took out a bottle of whiskey. "Here, you look pretty shook up ... Take a nip of this; it'll steady your nerves." After taking a nice gulp, the lawyer suggested the farmer have a drink himself. "Not me," declared the farmer. "I'm waiting for the traffic police." It's funny but please don't miss the powerful **moral** of the story ... *Giving in to temptation rarely ends well.*

A comical, but illustrative, story shows us how adept we are at **rationalising** our actions: A very overweight man decided that it was time to shed a few pounds. He went on a new diet and took it seriously. He even changed his usual driving route to the office in order to avoid his favourite bakery. One morning, however, he arrived at the office carrying a large, sugar-coated coffee cake. His office mates roundly chided him, but he only smiled, shrugged his shoulders and said, "What could I do? This is a very special cake. This morning, out of force of habit, I accidentally

drove by my favourite bakery. There in the window were trays of the most delicious goodies. I felt that it was no accident that I happened to pass by, so I prayed, 'Lord, if you really want me to have one of these delicious coffee cakes, let me find a parking place in front of the bakery.' Sure enough, on the **ninth** trip around the block, there it was!"

Moral: Temptation is strong, but we must be stronger. We should not tempt fate and we should not **rationalize** our actions.

Philip Chard is a psychotherapist, author and trainer. Here is a very interesting quote from him ... giving an ultra modern perspective on this topic ... **right in line with today's Gospel.**

"We find an apt metaphor in the belief by Christians that the Devil was once a numinous angel named Lucifer (Angel of light) who, in seeking to elevate himself to divine status, defied God and fell from grace, becoming the demonic enemy of all that is good. Whatever one's beliefs in this regard, the analogy holds true. Too often we become a slave to what some gurus term

"the little tyrant"— the ego. This inner devil whispers in our ears about how we deserve whatever temptation it dangles in front of us, about how everybody else is doing it, and how we have to look out for numero uno. It tells us that nothing else in one's life - not people or honesty or love - is as important as acquiring the **just-gotta-have-it reward** to be gained by doing its bidding.

Now, selling out to the devil isn't always an entirely conscious choice. It has been said that evil's greatest power is to convince us **it doesn't exist**, and I suspect the same may be true inside one's psyche. The ego is capable of deceiving the larger self into thinking that doing its bidding is the right thing, and to hell with anyone or anything that gets in the way.

At a less egregious level, we all conduct this kind of self-seduction. It's called **rationalization.**" - (making excuses).

Why did Jesus get so angry in today's Gospel? Someone has compared anger to nitro-glycerine.

Nitro-glycerine is an unstable liquid which, in paste form, constitutes dynamite. However, nitro-glycerine in very small amounts is what is given to heart patients to keep their hearts beating. The little molecule that dilates blood vessels wherever they are in the body is nitric oxide. It is the active ingredient in nitro-glycerine, which is a widely used as a little pill for the treatment of heart pain (angina). When the heart arteries are constricted, the heart becomes starved for blood and a crushing chest pain results. Put a nitro pill under the tongue and "ah, relief!" as the nitric oxide relaxes the arteries and allows the blood to flow again. Anger, of itself, is not sinful. The sin is in getting angry over the wrong things.

When Jesus entered the temple that day, he found people were taking advantage God's House of prayer by turning the Temple into a market place. Sometimes, a little demolition work is necessary ... that is why Jesus became angry ... they were more motivated by **blatant greed and selfish advantage** rather than worship of God - **the tyrant ego** as Philip Chard called it.

There are so many temples that we are turning into market places today: the environment and nature is one of them. The most important one is my/your soul ... the danger of selling our very precious soul short ... to our selfish ego.

Moral: Jesus expressed anger very few times in the Gospel ... today was one of those exceptions ... **Lent** is a time for us to repent to the Lord for the times we have let the **little tyrant ego** take control of us ... always due to rationalization.