



PARISH OF CASHEL NEWSLETTER
14th SUNDAY IN ORDINARY TIME / C
7th JULY 2019
FR. MERLYN KENNY-0860603433



Mass Times & Intentions as follows:

Sat	6th	July	8.00pm	Andrew Rowan, Cormaglove. (2nd Anniv).
Sun	7th	July	10.30am	Bernard Casey. (Month's Mind).
Mon	8th	July	8.00pm	Special Intention.
Tues	9th	July	8.00pm	Special Intention.
Wed	10th	July	No Mass.	
Thurs	11th	July	9.30am	Mass for the People of the Parish.
Fri	12th	July	8.00pm	Rita Ganley, Portanure. (Month's Mind).
Sat	13th	July	8.00pm	Tom & Annie Murray. Also their Son John & D.F.M. Caltramore.

Sun 14th July 10.30am

Mon 15th July 8.00pm John & Bridie Rowan, Derrygowna.

Please note Eucharistic Ministers will go down to the seats to bring Holy Communion to anyone who does not wish to come forward. Please raise your hand for them.

Eucharistic Adoration on Wednesday 3pm-9pm. Friday 8.30-9pm.

Rosary resumes in September.

Eucharistic Ministers:

8.00pm Sat 13th July Dylan Mulvihill & Helen O'Shea.

10.30am Sun 14th July Dermot Healy & Anne Kenny.

Readers:

8.00pm Sat 13th July Thomas Dennigan.

10.30am Sun 14th July Emily Farrell.

Diocesan Assembly: will take place on the 9th and 10th May 2020; smaller parishes & 3 delegates: 1 male, 1 female and 1 under 30 years of age; training 14th September and 23rd November - 10am to 1pm. It is proposed to set up focus groups of 6-8 people with a chairperson and secretary; 250 - 300 delegates all together.

Anyone who would like to be a delegate - please let me know at 0860603433.

Names will be drawn from a bowl by members of the Parish Council and the successful nominees announced in 2 weeks time.

Special Celebration and Fundraiser: Patricia Hopkins, Pollagh, is having a 40th Birthday Party in Cooney's Hotel, Ballymahon on Saturday 10th August in conjunction with County Longford Hospice Homecare. Music and refreshments on the night. All are welcome to come and enjoy a great nights entertainment.

Arthritis Ireland Longford Branch would like to express sincere gratitude to Antoinette Skelly for her extremely generous donation recently to help our cause".

Reflection: Bertoldo de Giovanni is a name even the most enthusiastic lover of art is unlikely to recognize. He was the pupil of Donatello, the greatest sculptor of his time, and he was the teacher of Michelangelo, the greatest sculptor of all time. Michelangelo was only 14 years old when he came to Bertoldo, but it was already obvious that he was enormously gifted.

Bertoldo was wise enough to realize that gifted people are often tempted to coast rather than to grow, and therefore he kept trying to pressure his young prodigy to work seriously at his art. One day he came into the studio to find Michelangelo toying with a piece of sculpture far beneath his abilities. Bertoldo grabbed a hammer, stomped across the room, and smashed the work into tiny pieces, shouting this unforgettable message, *'Michelangelo, talent is cheap; dedication is costly!'*

In his brilliant book *"Social"* ... neuroscientist Matthew Lieberman explores the fact that the brain likes us *to be fair* to others? Studies have shown that the brain's pleasure circuitry lights up when we are fair to others and is actually the same part of the brain related to the pleasure we feel when we eat chocolate! This circuitry is even activated when being fair results in us *losing out* personally too. This is especially interesting when it comes to negotiation as one could argue that we shouldn't be looking for the *best deal for ourselves* but for a 'win-win' scenario whereby everyone feels they have benefitted and it is genuinely fair to all parties.

In the Stanford Marshmallow experiment, kids were tested if they could resist eating a marshmallow, they could have *two instead of one*. Researchers found that kids with *self-control*, that could *direct their attention*, and *delay gratification*, performed better in school and were perceived as significantly more competent. This characteristic stuck with them through life. Whether you eat the one marshmallow now, or wait for two later is an indicator of whether you are *"future-oriented"* or *"present-oriented"*. The future-oriented delay gratification. If you are present-oriented, you don't - you just eat the marshmallow.

Peter Ubel, a behavioural scientist, says that, "No single M & M caused anyone to have diabetes. No one experienced a heart attack because they were 20 minutes short of their exercise goal. And yet our lives, our waistlines even, are the result of thousands of such decisions and behaviours.

To improve ourselves, we have to act like each M & M matters. Like each decision has important consequences."

Moral: All of the above examples show that science is catching up with what our Catholic faith has told us for 2000 years. Following Jesus daily may mean losing out in the *short term* but it does not mean losing out *in the end*. However, the strength to live in this sacrificial way comes only "from hearing Jesus spiritual direction in the Gospel and receiving His Real Presence in Holy Communion on a continual basis. - St. Teresa of Avila. The mantra effect of *repetition* is the only way spirituality works ... as latest research is telling us.