



### Mass Intentions:

Sat 16th Jan 8.00pm: Special Intention.  
Sun 17th Jan 10.30am: Peter & Mary Kate Clyne, also Tom Boyce, Caltrabeg.  
Mon 18th Jan 8.00pm: Kathleen McCormack, Cleraun.  
Tues 19th Jan 8.00pm: Mary (Babs) Fagan & D.F.M. Dermacar.  
Wed 20th Jan 8.00pm: Special Intention.  
Thurs 21st Jan 8.00pm: Special Intention.  
Fri 22nd Jan 8.00pm: Jimmy, Brigid & Joe Cunningham & D.F.M. Loughawn.  
Sat 23rd Jan 8.00pm: Special Intention.  
Sun 24th Jan 10.30pm: Special Intention.  
Mon 25th Jan 8.00pm: Deceased Family Members of Gerry & Kate Bohan.

*We pray for the happy repose of the soul of* Margaret Culbert (nee Donlon), late of Derrahauin. Funeral Mass took place in St. Joseph's Redemptorist Church, Dundalk during the week.

*Please note:* Mass is now on Webcam – Search for Churchtv.ie ... Then Click on Longford ... then Newtowncashel ... and finally Click on the picture of the Church. Younger family members might like to assist members.

*Please note: the first two rows of seating are on Webcam.*

*Anointing of the sick may take place when invited by the family.*

*Lotto draw* held on Monday 11th January. No's drawn 7,12,21&29. No jackpot winner. €30 €5 envelopes to Packie Feeney; €30 to David Kelly; €20 each to Shane Bannon and John Joe Whitlow. Next weeks draw will be held in the Clubhouse on Monday 18th January at 9pm and the jackpot is €1,900. Thanks for your support.

*Worship from* 12th January 2021: Public worship moves on line. Outside speakers should not be used at this time as organised outdoor gatherings are not allowed at Level 5. Churches may remain open for private prayer.

*Sacraments and devotions:* All other ceremonies cease for the duration of Level Five including Baptism and the Sacrament of Penance.

*Funerals:* 10 mourners may attend at a funeral service.

*Weddings:* With effect from Sunday 3rd January 2021 the number of guests permitted to attend is reduced to 6.

*Anointing of the sick* may take place when invited by the family and taking all the necessary precautions of hand sanitising, social distancing, face covering and anointing with a cotton bud.

*First Friday calls* cannot take place under Level 5. - Francis Duffy Bishop of Ardagh and Clonmacnois.

*Mass Times & Intentions:* Due to the level 5 Covid-19 restrictions there will be no public celebration of Mass for the present. Anniversary Masses which have been booked will be streamed on the Parish Webcam. Because there is no public celebration of Mass, the Sunday Mass may be booked again for streaming until further notice.

*Note:* During this time of severe restrictions Masses will be streamed on the Parish Webcam at 8pm each evening and at 10.30am on Sundays.

### Three Psychiatrists

Vienna, Europe, the period leading up to WW2. Three Jewish psychiatrists, two learned masters in the field, one the young apprentice.

The first master was a man named Sigmund Freud. He spent years studying psychological problems, striving to understand what makes us tick. He reached the conclusion that the most basic drive in human beings is the drive for pleasure. According to him it is our need for pleasure that explains why we do what we do, how we live.

The second master is Alfred Adler. He too spent years studying human behaviour. His studies led him to disagree with Sigmund Freud. Adler became convinced that the bottom line explanation for human behaviour is power. For him all of us grow up feeling inferior and powerless. Life is a drive to gain control, to feel we are important.

The third man was a young up-and-coming psychiatrist by the name of Victor Frankl. He hoped to follow in the footsteps of his mentors. But before his career gains any momentum WW2 starts. The Nazis invade Austria and life becomes impossible for those of Jewish descent. Freud and Adler are world renowned scholars and so manage to escape before Hitler invades. Frankl is not so lucky. He is arrested and thrown into a Nazi concentration camp for four long years. After the war is over, Frankl is released from the concentration camp and resumes his career. He reflects upon his time as a prisoner. He noticed something quite strange – the people who survived longest were not always the ones you'd expect. Many who were physically strong wasted away and died while others who were much more weak physically remained strong and resilient. Why? What was it that enabled them to hang on through a living hell?

Frankl reflected on the theories of his mentors. Freud's pleasure principle couldn't explain it. For four desperate and terrible years the men in that camp knew only pain, suffering and degradation. Pleasure was not a word in their vocabulary. It wasn't pleasure that kept them going. What then of Adler's theory about power being the basic human need? That didn't fare well either. Frankl and his fellow Jewish prisoners were completely powerless during their time in the concentration camps. Each day they stared down the barrel of a loaded gun and were treated far worse than animals. They had no power and no prospect of power. Victor Frankl came up with his own theory. Those who survived longest never gave up their belief that their lives had meaning. What is the basic human drive? The one thing that gives life value? The ability to live with a sense of meaning. Not pleasure. Not power.

*Moral:* Jesus offers the ultimate meaning - One day we will be with Him in Paradise - free from all suffering. It is very obvious to me visiting people who are sick - those who have a very strong prayer life and devotion to the Holy Mass have a resilience and strength that is not the case otherwise. Religion/spirituality has been consistently linked to positive mental (Nooney & Woodrum, 2002) and physical (Powell et al., 2003) health functioning, as well as increased longevity (Oxman et al., 1995). When mental health services are sought, clergy are most frequently the first point of contact, with more than 40% seeking counselling from them rather than mental health providers (Weaver et al., 1997). In the immediate aftermath of the attacks of September 11 2001, more than 90% of those surveyed reported that they coped by "turning to religion."