



PARISH OF CASHEL NEWSLETTER
33RD SUNDAY IN ORDINARY TIME / B
18TH NOVEMBER 2015
FR. MERLYN KENNY-043 3325112



Mass Times & Masses for the dead as follows:

Sat 17th Nov	8.00pm	Annie Mai Kenny, Derrydarragh.
Sun 18th Nov	10.30am	Rose & Frank Slevin. Son Frank Jr., Daughter Frances Campbell & D.F.M.
Mon 19th Nov	8.00pm	Patrick, Molly & Annie Forde & D.F.M. Forthill.
Tues 20th Nov	8.00pm	Charlie & Moira Dunne. Also deceased members of the Dunne & Power families.
Wed 21st Nov	No Mass	Adoration from 3pm to 9pm.
Thur 22nd Nov	9.30am	Special Intention.
Fri 23rd Nov	8.00pm	Peter Nolan, Carrickmorán. (3rd Anniv.)
Sat 24th Nov	8.00pm	Paddy McArdle, (2nd Anniv.) Also Annie & Michael McArdle.
Sun 25th Nov	10.30am	Moira Killian, Forthill.

Eucharistic Adoration: continues on Wednesday 3pm-9pm and Friday 8.30pm-9pm.

Eucharistic Roster: 8.00pm Sat 24th Nov Monica Farrell & Kathleen Clarke.
10.30am Sun 25th Nov John Flood & Carmel Hopkins.

Readers Roster: 8.00pm Sat 24th Nov Barbara Martin.
10.30am Sun 25th Nov Tara Farrell.

Baptism: We welcome into our Christian community baby Patrick Tim Clarke, who was baptised on Sunday last. Congratulations also to his parents Eileen & Patrick.

Stations:

Friday 30th Nov Nuala and Paddy Casey, for the Estate Road area.

Newtowncashel Drama Group presents 'The Beauty Queen of Leenane' by internationally renowned Oscar winning playwright Martin McDonagh on Fri 16th, Sat 17th & Sun 18th of November in 'The Hill'. Admission €10 & Secondary school students €5. (Please note, as the play contains an adult theme, parental guidance recommended). Doors open at 8p.m. Curtain at 8.30 p.m. Admission by ticket only. Call (086) 2521536. Book early.

Thank you for your generous support for the fifth national collection for the World Meeting of Families 2018.

Irish Blood Transfusion Service will visit The Longford Arms Hotel on Tuesday 20th, Wednesday 21st & Thursday 22nd November from 4.30pm to 8.00pm.

Nurse Donlon & her sweet shop: Do you remember Nurse Donlon & her sweet shop on Lr. Main St. Lanesboro? Did you have a hot pot of tea and something to eat in her café while attending the Fair Day. Or did you treat yourself to the popular shake (red lemonade & ice cream) in the high glass? Nurse Donlon was the district Nurse in Lanesboro. Are you one of the babies whom she delivered at home? Are you an older family member that remembers the famous Nurse arriving for homebirth? If you have any memories & photos of the Nurse, you are invited to write them down & hand them into Stella in the Library or you can email Stella at lanesborolibrary@longfordcoco.ie or alternatively you can drop them into O'Brien's for delivery to Stella.

We pray for the happy repose of the soul of Mary Hyde (nee Hopkins) England, and formerly of Pollagh, who died on Thursday.

Reflection:

Ivan Pavlov was a Russian physiologist who lived from 1849-1936. He founded the Institute of Experimental Medicine in 1890.

Pavlov's Dogs is the name given to Ivan Pavlov's Nobel Prize winning research in the early 20th century which established some essential principles of Classical Conditioning in the field of human psychology. Classical Conditioning concerns 'learned' or 'conditioned' behaviour, (which also forms the basis of behaviour therapy). We all have behaviours that we might seek to change. The Pavlov's Dogs illustration helps us to understand more about why we respond sometimes irrationally to certain situations.

Pavlov's Dogs provides a wonderful and true example for anyone seeking to explain or understand how *our past experiences can prompt certain behaviours in the future*, for example, phobias (irrational fears), neurosis (severe nervous or emotional responses to particular situations), and even mild feelings of concern or anxiety that virtually all of us are prone to in one way or another (eg., public speaking, fear of heights, flying, being reprimanded or tested, etc.)

The initial Pavlov's Dogs experiment was simply to place a dog in a sound-proof, smell-proof cubicle, with no outside view - a controlled environment in other words. A sound was made when food was given to the dog, and the amount of salivation the dog produced was measured. After repeating this several times (called trials), the sound was made but no food was given. The dog still salivated.

This simple experiment established that the dog did not necessarily need the food in order to respond to food. The dog was responding to a stimulus or 'trigger' that produced the same response as the real thing. Pavlov could make the dog salivate whenever the sound was made.

This is expressed technically: a 'Conditioned Stimulus' (the sound) can produce a 'Conditioned Response' (the salivation), which was the same 'Unconditioned Response' (salivation in response to food) for the original 'Unconditioned Stimulus' (the food).

Pavlov also proved that slightly different sounds to the original Conditioned Stimulus produced a similar Conditioned Response, which he called 'Generalisation'. Pavlov also obtained the same results by showing the dog a shape (a circle for food), and then established a level of 'Discrimination' by showing an oval when there was no food.

By continually repeating the Conditioned Stimulus, the Conditioned response was seen to weaken, and then eventually to cease, which he called 'Extinction'. Surprisingly though, after a day or two, when the Conditioned Stimulus (sound) was started again the dog again produced the Conditioned Response (salivation), which is called 'Spontaneous Recovery'. This showed that conditioned behaviours can become very deeply embedded and well established.

Think about your own anxieties that produce these reactions. They are probably Conditioned Responses from something (a Conditioned Stimulus) *that you experienced in the past*. Note also that if the original response is very strong, the conditioning can result from a single event, technically referred to as 'One Trial Learning'.

Moral: ... all of us have patterns of behaviour that are psychologically damaging to ourselves and maybe to our loved ones - it's called being human ... we are all inherently flawed despite the good qualities we also have. Mantra type prayers like the Rosary have a powerful effect on the parts of the brain that govern this type of damaging behaviour ... 20 minutes is all it takes to calm those neural responses ... Now we have more and more neuroscientific research telling us just that. Maybe the old folk who had such devotion to the Rosary intuitively knew something we are only now rediscovering.