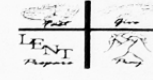




PARISH OF CASHEL NEWELL
Fr. Merlyn Kenny Tel: 086 0603433
First Sunday of Lent B 21-02-21



Mass Intentions:

Sat 20th Feb 8.00pm: John Donlon & son Dermot & D.F.M. Derrahaun.
Sun 21st Feb 10.30am: Special Intention.
Mon 22nd Feb 8.00pm: Special Intention.
Tues 23rd Feb 8.00pm: Special Intention.
Wed 24th Feb 8.00pm: Special Intention.
Thurs 25th Feb 8.00pm: Special Intention.
Fri 26th Feb 8.00pm: Gerry Hopkins.
Sat 27th Feb 8.00pm: Special Intention.
Sun 28th Feb 10.30am: John Farrell, Derrahaun. (2nd Anniv).
Mon 1st Mar 8.00pm: Special Intention.
Tues 2nd Mar 8.00pm: Criss Farrell, Clonmee. (1st Anniv).

We pray for the happy repose of the soul of Brigid Catherine (Cathleen) Gordon (nee Connaughton) late of Elleet who died in London.

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 seniors.

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

Trocaire Boxes are available for pick up in the porch of the Church.

Level 5 Covid-19 Government Regulations: Sacraments and devotions: All other ceremonies cease for the duration of Level Five including Baptism and the Sacrament of Penance.

Funerals: With effect from 24th December up to 10 mourners may attend at a funeral service.

Weddings: From Sunday 3rd January 2021 the number of guests permitted to attend is reduced to 6.

Litter Collection: Hi everyone. As we can't travel very far in lockdown would anyone local in Newtowncashel be willing to do a roadside litter collection towards end of Feb say Saturday and Sunday 27th/28th. As I walk the roads I see an awful lot of litter which is sadly dumped from passing vehicles. I spoke to a gentleman called Gary in Longford County Council and they would provide gloves, bags and those pickers which save the back. If a couple from each household did an hour on their stretch of road we could transform the area. The Council will collect the bags from us when completed. So anyone interested, let me know and spread the word. I will put up a post on Facebook, so if you see it can you share. Thanks. Liam Finnegan.

Lotto draw held on Monday 15th February. No's drawn 8,10,17&21. No jackpot winner. Draw winners: €30 €5 envelopes to Maureen McCann c/o B. Bannon; €30 to Paul Kelly, Estate Rd; €20 each to Mel Farrell, Portanure and Anthony Bannon, Monaghan. Next weeks draw will be held on Monday 22nd February at 9pm and the jackpot is €2,400. Thanks for your support.

Negative news on TV is increasing, but what are its psychological effects?

Excerpt from an article by Graham C. L. Davey, Ph.D., an expert in anxiety and a professor of psychology at the University of Sussex.

"We've known for a long time that the emotional content of films and television programs can affect psychological health. It can do this by directly affecting your mood, and your mood can then affect many aspects of your thinking and behaviour. If the TV program generates a negative mood (anxiety, sadness, anger or disgust), these experiences will affect *how you interpret events*

in your own life, what types of *memories you recall*, and how much you will *worry about these events*."

... It is important to add to Professor Davey's message at this point by saying that there are many people in the media who do a very good job of trying to *keep a healthy balance* on what is being reported and they are to be commended for their attempt to be fair.

Professor Graham goes on to say: "There are a lot of bad things that happen in the world, and *it is right that people should know about these things through reporting in news bulletins*. These 'bad things' include crime, famine, war, violence, political unrest, and injustice, to name a few. But there is also an increasing tendency to *'emotionalize'* the news and to do so by emphasizing any potential negative outcomes of a story no matter how low the risks of those negative outcomes might be."

There is a degree of truth in what Professor of journalism studies Bob Franklin wrote some years ago in that sometimes ... "Entertainment has superseded the provision of information; human interest has supplanted the public interest; measured judgment has succumbed to sensationalism." Franklin, B, Newszak and News Media, 1997.

The Professor adds: "News bulletins also have to compete with entertainment programs for their audience and for their primetime TV slot, and there is a danger of emphasizing emotionally relevant material such as crime, war, or famine at the expense of more positive material.

Knowing that the proportion of *negatively-valenced (weighted)* emotional material in news bulletins was increasing, in 1997 we conducted a study looking at the psychological effects of viewing negative news items. We constructed three different 14-minute news bulletins. One was made entirely of *negative* news items, one was made entirely of *positive* news items (e.g. people winning the lottery, recovering from illness), and one was made of items that were emotionally *neutral*. We then showed these bulletins to three different groups of people. As we predicted, those who watched the negative news bulletin all reported being *significantly more anxious and sadder* after watching this bulletin than those people who watched either the positive or neutral news bulletin.

But what was more interesting was the effect that watching negative news had on peoples' worries. We asked each participant to tell us what their main worry was at the time, and we then asked them to think about this worry during a structured interview. We found that those people who had watched the negative news bulletin spent more time *thinking and talking about* their worry and were more likely to *catastrophize* than people in the other two groups."

Catastrophizing is when you think about a worry so persistently that you make it seem much worse than it is in reality - a tendency to make mountains out of molehills!

So, not only are *negatively weighted* news broadcasts likely to make you sadder and more anxious, they are also likely to exacerbate your own personal worries and anxieties.

Finally, as this expert psychologist concludes, "So, bombarding people with sensationalized negativity has *genuine and real* psychological effects."

Moral:

Our ancestors lived their entire lives knowing only the news from within a 3 mile radius. The evolutionary biologists tell us that our brains were never designed for the deluge of news data that we experience today - no wonder there is so much stress related illnesses

Jesus saw the need for his own personal Lenten journey into intensified prayer, fasting and abstinence - how much more do we need to do likewise? Even scientific research backs up the benefits.