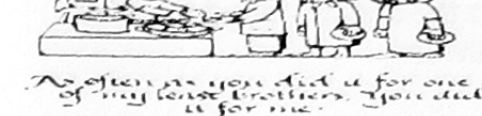




Fr. Merlyn Kenny Tel: 086 0603433
Our Lord Jesus Christ King of The Universe / A 22-11-20



Mass Intentions for this week: Masses at 8pm except Sunday at 10.30am.

Sat 21st Nov People of Parish.

Sun 22nd Nov Paddy McArdle, also Michael & Annie & DF.M. Estate Road.

Mon 23rd Nov Special Intention.

Tues 24th Nov Annie-May Kenny, Derrydarragh.

Wed 25th Nov

Thurs 26th Nov Special Intention.

Fri 27th Nov Special Intention.

Sat 28th Nov Brendan Killian, (Month's Mind).

Sun 29th Nov William & Teresa Costello & son Harry Costello.
Also Johnny & Kitty Costello.

Adoration continues on Wednesday 3-9pm.

Special Thanks to Declan Gilmore who provided live streaming of Sunday Mass for the last 3 weeks.

Please note: Mass is now on Webcam. You can find us on the internet at - Churchtv.ie. Then Click on Longford ... Newtowncashel ... and finally Click on the picture of the Church. Younger family members might like to assist seniors.

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

St. Mary's N.S. Clothing Recycling. Friday 27th November. Bags of unwanted clothes, footwear etc (dry & clean) can be left in staff car park or P.E. shed before 9.30am. This is a valuable fundraiser and we appreciate your support.

Collection envelopes can be dropped in my letterbox. Thank you for your continuing support.

Radio Maria Ireland broadcasts 24/7. You might particularly like to join us Monday - Friday from 9.15am with live Morning Prayer followed by daily 10am Holy Mass. 11am Catechesis - with Fr. Eamonn McCarthy, our Spiritual Director - Angelus and Midday Prayer. Live Evening Prayer at 5pm is followed by News and the Rosary prayed from the studio at 5.30pm. You can listen in via Saorview TV Channel 210 Radio Maria Ireland is available to download free by App "Radio Maria Ireland" on mobiles.

Reflection:

The Book of Revelation calls Jesus the "**King of Kings and the Lord of Lords**". That's where today's Feast comes from. The Gospel expands on that theme - Jesus as King of the Universe will also be our **Judge** when we come before Him after this life. This passage from Matthew reminds us that we already know exactly what He will question us about when we do ... *How kind were we to others and ... especially to those most in need?*

As a young child Mother Teresa learned about the Gospel from her mother. It was a stunning summary of everything Jesus asks of us. It came from this Gospel. Her mother held up her *five fingers* and counted off a word on each one:

"You ... Did ... It ... To ... Me."

That "Five Finger Gospel" should be our Golden Rule of life ... then we need have no fear on leaving this world to meet the Universal King.

Psychologists tell us that if we sum up a message in a short, succinct phrase ... we are much more likely to *remember* it and more importantly to *act upon it*.

Here are examples from some great authors who tried to do just that with Jesus' lesson from today's Gospel:

"Life is mostly froth and bubble,
Two things stand like stone.
Kindness in another's trouble,
Courage in your own."—Adam Gordon.

- "Kindness begins with the understanding that *we all struggle*." - Charles Glassman.

- "Do things for people not because of who they are or what they do in return, but because of *who you are*." - Harold S. Kushner.

- "As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to *evaporate*." - Albert Schweitzer.

- "Kindness is the language which *the deaf can hear and the blind can see*." Mark Twain.

According to research from Emory University, when you are kind to another person, your brain's pleasure and reward centres light up, as if you were the recipient of the good deed - not the giver. This phenomenon is called the "helper's high." Being kind to others boosts your serotonin levels, the neurotransmitter responsible for feelings of satisfaction and well-being.

Also, it turns out that being nice to others keeps anxiety at bay as pointed out in a study on happiness from the University of British Columbia.

Kindness is good for your heart - it releases the hormone oxytocin. According to Dr. David Hamilton, "Oxytocin also releases a chemical called nitric oxide which dilates the blood vessels. This reduces blood pressure. Oxytocin reduces inflammation in the body which is associated with diabetes, cancer, chronic pain, obesity, and migraines ... *and even little acts of kindness can trigger its release.*"

"Kind **hearts** are the **gardens**, kind **thoughts** are the **roots**,
Kind **words** are the **flowers**, kind **deeds** are the **fruits**.
Take care of your garden. And keep out the weeds.
Fill it with sunshine, kind words, and kind deeds." -
Henry Longfellow.

Moral: *Jesus' words are so inspired that 2,000 years later ... science, psychology and literature are just catching up.*