



PARISH OF CASHEL NEWSTLET  
OUR LORD JESUS CHRIST, KING OF THE UNIVERSE  
25TH NOVEMBER 2018  
FR. MERLYN KENNY-043 3325112



#### Mass Times & Masses for the dead as follows:

Sat	24th	Nov	8.00pm	Paddy McArdle, (2nd Anniv).	Also Annie & Michael McArdle.
Sun	25th	Nov	10.30am	Moiria Kilian, Forthill.	
Mon	26th	Nov	8.00pm	Mass for the people of the parish.	
Tues	27th	Nov	8.00pm	Special Intention.	
Wed	28th	Nov	No Mass	Adoration from 3pm to 9pm.	
Thur	29th	Nov	9.30am	Special Intention.	
Fri	30th	Nov	9.30am	No evening Mass re: Station.	
Sat	1st	Dec	7.00pm	GAA Mass. No 8.00pm Mass.	
Sun	2nd	Dec	10.30am	Pat & Josephine Lane, Derrahau.	

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

**Eucharistic Roster:** 7.00pm Sat 1st Dec Anne Kenny & Bernie Farrell.  
10.30am Sun 2nd Dec Dermot Healy & Helen O' Shea.

**Readers' Roster:** 7.00pm Sat 1st Dec Oliver Costello and Declan Murtagh.  
10.30am Sun 2nd Dec Dermot Healy.

**Baptism:** We welcome into our Christian community baby Tomas Owen O'Shea, who was baptised on Saturday last. Congratulations also to his parents Tomas & Clare.

**GAA Jubilee Celebrations:** On Saturday 1st December, Cashel GAA Club is celebrating the Golden Jubilee of the Intermediate, Minor and Juvenile winning teams. The evening will begin with a Special Mass in the Church of the Nativity of the Blessed Virgin Mary at 7pm. Afterwards, there will be presentations to the winning teams, with Master of Ceremonies for the night, Ciaran Mullooly in the Pier Inn, Lisnacusha. A great night of memories, music and merriment is guaranteed and the club would like to extend invitations to club supporters to join in the celebrations. Please note change of Mass time.

**Ballymahon Day Care & Resource Centre:** The Garda band will entertain us on Sunday December 2nd at 3pm in St. Matthews Church, Ballymahon. Refreshments afterwards in the centre.

#### All the Stations held so far

Friday	14th	Sept	Ita & Michael Donlon, Derryshannogue.
Friday	28th	Sept	Mr. and Mrs. Sean Skelly, Caltramore.
Friday	5th	Oct	Lorraine & Eddie Kearney, Fortwilliam / Greenhall
Thurs	25th	Oct	Kathleen & Michael Casey, Derraghau Beg.
Friday	26th	Oct	Chris and Seamus Casey, Greenhall Upper, Aughnacross, Carrickdunican.
Friday	2nd	Nov	Lorraine and Justin Murtagh Newport and Clonmee
Friday	9th	Nov	Liam Fallon, Ballinahinch.
Friday	30th	Nov	Nuala and Paddy Casey, for the Estate Road area.

**Advent:** Next Sunday we begin the season of Advent, the four weeks of preparation for the Birth of Christ. It is also the beginning of the Liturgical Year. Readings for the Sunday Masses for the coming year are from Year C. It's a good time to make a fresh start.

**Reflection:** James Whistler, the Victorian artist, showed scant respect for the hierarchy of any profession. When his poodle fell ill with a throat infection, he sent immediately for the country's leading ear, nose, and throat specialist, Morell Mackenzie. The great man was not amused when he was shown his patient, but he conducted a thorough examination, wrote out a prescription, and left with his fee.

The next day Whistler received a message asking him to call on Mackenzie without delay. Fearing some development in the poodle's condition, Whistler hurried to the doctor's house. 'So good of you to come, Mr. Whistler,' said Mackenzie, as his visitor was shown in. 'I wanted to see you about having my front door painted.'  
**Moral:** There's a danger that we too approach Jesus like this ... as does Pilate in today's Gospel ... not realising the astonishing Being that He really is and the power He has to truly transform my life. Likewise with the Rosary ...

Ruth Shaw of the Huffington Post wrote recently: "I was raised Roman Catholic, and as a teenager spent many of my breaks from school with my grandmother and family in the Dominican Republic. One of the strongest memories I have from those years is the sounds that would emerge from my grandmother's room every afternoon which had a hypnotic, lullaby effect on me and I would usually drift off listening to it. It was the singsong, mantra-like chanting of a group of ladies praying the rosary. Turns out scientific studies have now shown us that what these ladies were doing was strengthening their heart health and becoming more compassionate in the process!"

According to a study published in the British Medical Journal, researcher Dr. Luciano Bernardi, associate professor of internal medicine at the University of Pavia in Italy and his team tested whether rhythmic chanting, in this case reciting the rosary, could have a favourable effect on the heart's rhythms. What the team knew at the beginning of the study was that slow regular breathing was beneficial in preventing heart disease by synchronizing inherent cardiovascular rhythms.

Using 23 healthy adults whose heart rate and blood pressure were measured prior to the start of the study, the researchers measured their breathing rates while some participants prayed the rosary. For comparison, the study participants' breathing rates were measured during free talking and during slow breathing exercises also. What they noted is that the participants rate of breathing slowed down from fourteen breaths a minute (spontaneously) to six breaths per minute while reciting the rosary. Breathing at a slow six breaths per minute "has favourable effects on cardiovascular and respiratory function," the researchers note. What's more, the researchers found reciting the rosary synchronized all the hearts rhythms and greatly lowers blood pressure.

Dr. Bernardi suggests that recitation of the 20 minute Rosary also improves concentration and induces calm and reduces anxiety. And 20 minutes seems to be the key. The health effects of spirituality is gaining more of a mainstream following nowadays in the United States, and many researchers continue to present the benefits of spiritual practices on our minds and bodies. Meditating, taking the sacraments, making a pilgrimage, saying daily prayers are all spiritual practices. What they have in common is how these experiences combine our emotions with our intellect, integrating body, mind, and spirit, and providing us with physiological and psychological benefits.

Ends up my Granny and her group of rosary praying ladies were way ahead of us smart researchers, developing compassion and taking care of their health by calming themselves and creating an enhanced feeling of well-being at the same time." Of course, the great saints have always told us that this mantra prayer opens up the religious part of the brain to an experience of God like no other.

**St Francis De la Salles** (Doctor of Church)

*"The best method of prayer is the Holy Rosary if you Say it well."*

**Bishop Hugh Boyle**

*"No one can live continually in sin and continue to say the Rosary - either he will give up sin or he will give up the Rosary."*

**St Bernard**

*"The Hail Mary puts the devil to flight and causes Hell to Tremble with terror."*