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PARISH OF CASHEL NEWSLETTER
THE MOST HOLY TRINITY SUNDAY/B - 27TH MAY 2016
FR. MERLYN KENNY-043 3325112



Mass Times & Masses for the dead as follows:

Sat 26th May	8.00pm	Thomas & Bridget Farrell & Sr. Columba Farrell, Clonmee.
Sun 27th May	10.30am	
Mon 28th May	8.00pm	Mass for the People of the Parish.
Tues 29th May	8.00pm	Mass for all students doing exams at this time.
Wed 30th May	No Mass.	Adoration as usual.
Thurs 31st May	9.30am	Special Intention
Fri 1st Jun	8.00pm	Bridge & James Hanley and DFM, Curroole.
Sat 2nd Jun	8.00pm	
Sun 3rd Jun	10.30am	Deceased members of the Murray Family, Claris.

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

Rosary finishes for the summer months after this Saturday evening.

Eucharistic Roster:

8.00pm Sat 2nd June	Ann Kelly & Laura Hanley.
10.30am Sun 3rd June	Oliver Costello & Teresa Farrell.

Readers' Roster:

8.00pm Sat 2nd June	Siobhan Casey.
10.30am Sun 3rd June	Brid Sweeney.

Prayer To The Holy Trinity

O Most Holy Trinity, Father, Son and Holy Spirit, I adore Thee profoundly. I offer Thee the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages and indifference by which He is offended. By the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary, I beg the conversion of the poor sinners. (Given by the Angel to the 3 children of Fatima).

Some years ago, Stanley Coopersmith of the University of California became curious about why some people succeed while others with equal talents and opportunities fail. To answer this question he studied 1,700 students for six years, following them through the key growth years. Coopersmith's findings are remarkable. They tell us that the most important factor contributing to success or failure is a person's self image. A person with a positive self image is apt to succeed. A person with negative self image is apt to fail.

In other words if we perceive ourselves to be valuable or lovable we will probably succeed in what we do. If not, we tend to fail.

This effect extends even to our religious lives. How so? Our success as a Christian is measured by our ability to love God and to love others. Studies show that people with a positive self image are more capable of loving God and neighbour than are people with a negative self-image.

Why is this so?

The answer is stunning. If we don't think we are valuable or lovable ... we won't be able to give ourselves as a gift to another person. In other words no one gives junk to another person, especially to someone he/she respects or admires. Put simply, we don't wrap ourselves up in in a present, tie a ribbon around us and put ourselves on another's doorstep, if we think we are garbage.

This raises the important question: "How do we develop our self image? Where do we pick up the idea that we are valuable or lovable?" The answer to that question is humbling and a little frightening. We pick up this idea *from other people, especially those closest to us like our family.*

If others see us as not being particularly valuable or lovable, then that's how we begin to see ourselves.

On the other hand if they treat us as being valuable and lovable then that's how we see ourselves. Challenging as it may seem, *other people, especially those closest to us, hold the key to our self image.*

Richard Landvatter of Weber State university: "The enormous platform the internet provides is a new and uncharted territory which directly affects the way participants build and display their identity. The ramifications of how we are presented online are quite daunting, causing what's known as *"presentation anxiety"*. This anxiety prompts us to painstakingly curate ourselves, which can result in flattering, but dishonest profiles of what we are. Our identity revolves largely around our appearance. The individual is then distorted by way of fracturing, blurring, exaggerating and embellishing, pixelating, obstructing, and any other means to obfuscate real substance."

Commenting on this unsettling fact, psychologist Bonaro Overstreet says,

"We are not only our brother's keeper ... *We are also his shaper.*"

Or in the words of this beautiful poem:

I'm so afraid
to get too close
because deep down
I know that
when you discover
what is truly inside
you will not look at me the same
because the truth is so different
from the misleading shell
so for now I will keep my distance
and watch from afar
I'm not who you think I am.
brianna christine

Charles Cooley, sociologist, Michigan University, in his world renowned quote put it this way:

"I'm not who I think I am;
I am not who you think I am;
But I am *who I think you think I am*".

Moral:

"The spirit you received is not the spirit of slaves bringing fear into your lives ... It is the Spirit of sons and daughters making us cry out 'Abba, Father!' - St. Paul in today's reading. This Holy Spirit alone can free us from our poor self image that even psychologists and medication struggle to do. Only time given to sincere prayer everyday can allow the Spirit to build this unconquerable positive self image in my heart - St. John of the Cross, Spanish poet and mystic."