



PARISH OF CASHEL NEWSLETTER
13TH SUNDAY IN ORDINARY TIME / C
30TH JUNE 2019
FR. MERLYN KENNY-0860603433



Mass Times & Masses for the dead as follows :

Sat 29th June 8.00pm Mary & Tommy Donnelly, & D.F.M. Ballagh.
Sun 30th June 10.30am William & Teresa Costello.
Their Son Harry & D.F.M. Cleraune.
Mon 1st July 8.00pm Mass for the People of the Parish.
Tues 2nd July 8.00pm Special Intention.
Wed 3rd July No Mass.
Thurs 4th July 9.30am Special Intention.
Fri 5th July 8.00pm Deceased members of The Farrell Family,
Streamstown.

Sat 6th July 8.00pm Andrew Rowan, Cormaglove. (2nd Anniv).
Sun 7th July 10.30am Bernard Casey. (Month's Mind).

Please note Eucharistic Ministers will go down to the seats to bring Holy Communion to anyone who does not wish to come forward.
Please raise your hand for them.

Eucharistic Adoration on Wednesday 3pm-9pm. Friday 8.30-9pm.

Rosary continues on Saturday evening at 7.30pm.

Eucharistic Ministers:

8.00pm Sat 6th July Monica Farrell & Kathleen Clarke.
10.30am Sun 7th July John Flood & Carmel Hopkins.

Readers:

8.00pm Sat 6th July Lisa Dowd.
10.30am Sun 7th July Carmel Donlon.

Diocesan Assembly : will take place on the 9th and 10th May 2020; smaller parishes - 3 delegates: 1 male, 1 female and 1 under 30 years of age; training 14th September and 23rd November - 10am to 1pm. It is proposed to set up focus groups of 6-8 people with a chairperson and secretary; 250 - 300 delegates all together; as well as priests and religious.

Anyone who would like to be a delegate - please let me know at 0860603433. Names will be drawn from a bowl by members of the Parish Council and the successful nominees announced in 2 weeks time.

Thank you for your generous contribution to the Alive Church Gate collection: €362.90 and to kind volunteer collectors.

Congratulations to Antoinette Skelly on her 60th Birthday celebrations which raised €1,690 to be donated to The Alzheimer's Society and the Arthritis Foundation in equal parts.

Reflection

An average person's anxiety is focused on :

- 40% - things that will never happen
- 30% - things about the past that can't be changed
- 12% - things about criticism by others, mostly untrue
- 10% - about health, which gets worse with stress
- 8% - about real problems that will be faced.

Doctors from Coral Gables, Fla., compared the efficiency of the heart's pumping action in 18 men with coronary artery disease to nine healthy men. Each of the study participants underwent:

- a) one physical stress test - riding an exercise bicycle;
- b) three mental stress tests - doing math problems in their heads;
- c) recalling a recent incident that had **made them very angry**;
- d) and giving a short speech to defend themselves against a hypothetical charge of shoplifting.

Using sophisticated X-ray techniques, the doctors took pictures of the subjects' hearts in action during these tests.

For all the subjects, anger reduced the amount of blood that the heart pumped to body tissues more than the other tests, but this was especially true for those who had heart disease.

Why anger is so much more potent than fear or mental stress is anybody's guess. But until we see more research on this subject, it couldn't hurt to count to 10 before you blow your stack.

A lady once came to Billy Sunday and tried to rationalize her angry outbursts. "There's nothing wrong with losing my temper," she said. "I blow up, and then it's all over."

"So does a shotgun!" Sunday replied, "and look at the **damage it leaves behind**."

90% of the friction of daily life is caused by the wrong tone of voice.

Moral: Anger is one of the 7 Deadly Sins ... Jesus is teaching his disciples in today's Gospel that His way is different to the way of the world. But only the gift of the Holy Spirit won through deliberate prayer can overcome this most deadly of Deadly Sins - Saint John of the Cross ... mystic and poet.