



22nd Sunday Ordinary Time – 1st September 2024

ATTENDING RELIGIOUS SERVICES CAN HELP PREVENT SUICIDAL THOUGHTS



Loneliness in later life in Ireland is associated with an increased risk of people wishing for their own death - but attending religious services can help prevent suicidal thoughts, new research reveals. Being active socially can also safeguard against these negative -feelings

and thoughts. The findings are from the Irish Longitudinal Study on Ageing (-Tilda), at Trinity College Dublin, based on responses from 8,000 adults. It highlights the growing problem of death ideation and the increasing rates of both loneliness and suicidal thoughts among older individuals. The study is published in peer-reviewed journal *Frontiers in Public Health* and explores the critical issue of social disconnection and its link to a "wish to die" among older adults. Dr Mark Ward, senior research fellow at Tilda and lead author of the paper, said: "Both loneliness and suicide among older adults have been increasing and are now viewed as critical public health concerns. This wish for death is often a precursor to suicidal thoughts and behaviours. "On the other hand, pro-social behaviours, including attending religious services and other communal activities, protect against these negative thoughts about one's own life. "Uniquely, we also show attending religious services regularly can protect against death ideation among older adults in Ireland. Our findings again highlight the importance of promoting social activities and networks to safeguard against loneliness and related -psychological distress." Interventions addressing depression and anxiety, including cognitive behavioural therapy, may also help alleviate loneliness, the study found.

Courtesy Eilish O'Regan Irish Independent

Pope Francis on refusing aid to migrants

Pope Francis on Wednesday strongly decried the treatment of migrants crossing the Mediterranean Sea to enter Europe, saying it was a "grave sin" not to offer aid to migrant vessels. "There are those who work systematically and with every means to reject migrants," the pontiff said during his weekly general audience in St. Peter's Square. "And this, when done with conscience and responsibility, is a grave sin," he said. The pope has spoken frequently about the treatment of migrants over his 11-year papacy. But his words on Wednesday, invoking Catholic terminology for one of the worst kinds of sin, were especially strong. In Italy, a rescue ship operated by the Doctors Without Borders charity was issued a 60-day detention order on Monday. Authorities said the vessel, which had conducted several rescue operations on Aug. 23, failed to properly communicate its movements. Doctors Without Borders refuted those claims. "We have been sanctioned for simply fulfilling our legal duty to save lives," it said in a statement. Francis called for expanding access routes for migrants and a "global governance of migration based on justice, brotherhood and solidarity." The pope said the issue would not be resolved through the "militarization of borders".

Courtesy Joshua McElwee USA Today

Dublin Maker

Dublin Maker is a free to attend, community run event on Sat 31st Aug & Sun 1st Sept in Richmond Barracks from 10am until 6pm. Its a family friendly showcase of invention, creativity and resourcefulness, and a celebration of the maker movement.

More: <https://dublinmaker.ie>



Remembered this weekend

Sonny Morley (2nd A)
Jack Watson (7th A)
Christine Guider (Month's Mind)
Elizabeth Fay (Month's Mind)
Philip Fay (30th A)
John & Margaret Kinsella



Culture Night

The 2024 Culture Night programme has been announced! Mark your calendars for Friday 20th September with a smorgasboard of cultural delights taking place across Dublin from 5pm until late. Museums, galleries, cathedrals, studios, libraries, parks, government buildings, theatres, and more will open their doors to the public, as the city comes to life with over 300 specially arranged tours, workshops, exhibitions, and performances.



Digital Hub

Flux Art Collective at The Digital Hub run weekly creative workshops and short courses designed to increase participation in artistic activities. September will see the start of a four-week crash course in the art of Stained Glass and a two-day Botanical Art Workshop promises a relaxing weekend of flowers and watercolour painting. For more information and to keep updated on the range of courses visit the Flux website at

<https://www.fluxdublin.ie/>

22ND SUNDAY ORDINARY TIME

Penitential Rite

As we enter into the mystery of our faith,
let us remember God's tenderness and compassion.

Lord, you seek us when we are far from you.
Lord have mercy

Lord, you open our eyes to injustice. Christ have mercy

Lord, you free us from hypocrisy and give us new life.
Lord have mercy

May our ever gracious God, have mercy on us,
forgive us our sin and bring us to life everlasting. Amen

Deuteronomy 4:1-2.6-8

Moses said to the people: 'Now, Israel, take notice of the laws and customs that I teach you today, and observe them, that you may have life and may enter and take possession of the land that the Lord the God of your fathers is giving you. You must add nothing to what I command you, and take nothing from it, but keep the commandments of the Lord your God just as I lay them down for you. Keep them, observe them, and they will demonstrate to the peoples your wisdom and understanding. When they come to know of all these laws they will exclaim, "No other people is as wise and prudent as this great nation." And indeed, what great nation is there that has its gods so near as the Lord our God is to us whenever we call to him? And what great nation is there that has laws and customs to match this whole Law that I put before you today?'

James 1:17-18.21-22.27

It is all that is good, everything that is perfect, which is given us from above; it comes down from the Father of all light; with him there is no such thing as alteration, no shadow of a change. By his own choice he made us his children by the message of the truth so that we should be a sort of first-fruits of all that he had created. Accept and submit to the word which has been planted in you and can save your souls. But you must do what the word tells you, and not just listen to it and deceive yourselves. Pure unspoiled religion, in the eyes of God our Father is this: coming to the help of orphans and widows when they need it, and keeping oneself uncontaminated by the world.

Alleluia, alleluia!

By his own choice he made us his children by the message of the truth so that we should be a sort of first-fruits of all that he had created. Alleluia

Mark 7:1-8. 14-15.21-23

The Pharisees and some of the scribes who had come from Jerusalem gathered round Jesus, and they noticed that some of his disciples were eating with unclean hands, that is, without washing them. For the Pharisees, and the Jews in general, follow the tradition of the elders and never eat without washing their arms as far as the

elbow; and on returning from the market place they never eat without first sprinkling themselves. There are also many other observances which have been handed down to them concerning the washing of cups and pots and bronze dishes. So these Pharisees and scribes asked him, 'Why do your disciples not respect the tradition of the elders but eat their food with unclean hands?' He answered, 'It was of you hypocrites that Isaiah so rightly prophesied in this passage of scripture: this people honours me only with lip-service, while their hearts are far from me. The worship they offer me is worthless, the doctrines they teach are only human regulations. You put aside the commandment of God to cling to human traditions. He called the people to him again and said, 'Listen to me, all of you, and understand. Nothing that goes into a person from outside can make them unclean; it is the things that come out of a person that make them unclean. For it is from within, from people's hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these evil things come from within and make a person unclean.'

Prayer of the Faithful

Loving God, creator of the Universe, you know every creature and its needs. May we cherish all and respect their dignity. Lord hear us

Lord Jesus, you are the Living Word of God, asking us to challenge the ways of the world as you did. We thank you. Lord hear us

Holy Spirit, you encourage us to create a community that embraces diversity and excludes no one. We thank you. Lord hear us

In a spirit of thanksgiving, we remember those who have died. We are disturbed by the deaths of those who have died through violence, hunger and war, but we live in the hope of being united again in your kingdom. Lord hear us

May humankind cherish creation and do all we can to preserve and protect it. Lord hear us

In silence, we call to mind those who need our prayer and support.....Lord hear us



Reflection

May I have the courage today to live the life that I would love, to postpone my dream no longer but do at last what I came here for and waste my heart on fear no more. May I have the courage to listen to the voice of desire that disturbs me when I have settled for something safe. May I have the wisdom to enter generously into my own unease to discover the new direction my longing wants me to take. May I respond to the call of my gift and find the courage to follow its path. Trust that a richer life awaits me there, that I will lose nothing.

John O'Donohue