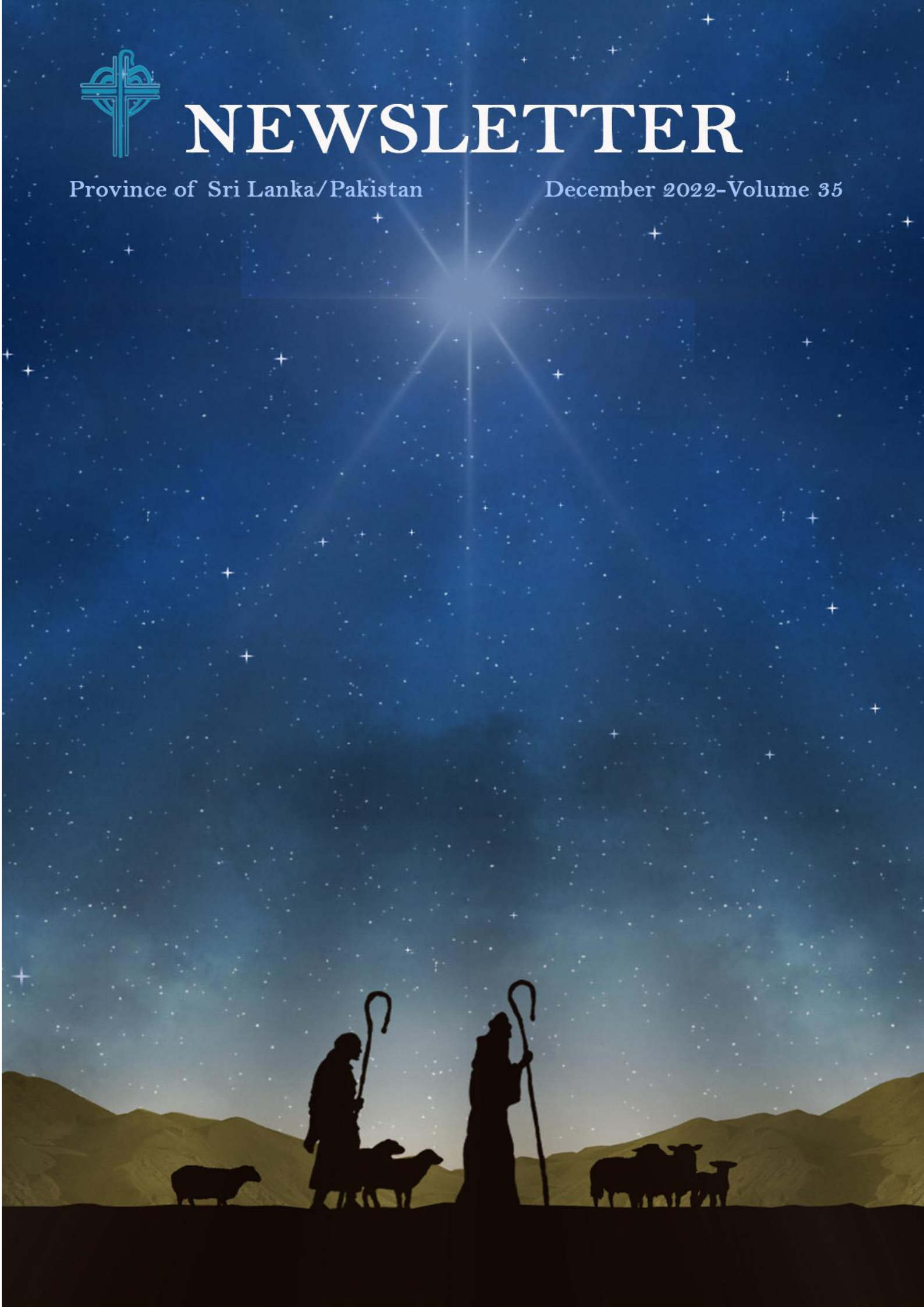
NEWSLETTER

Province of Sri Lanka/Pakistan

December 2022-Volume 35



THE QUIET ZONE

'In a troubled and noisy world, we should take the time to slow our pace, pause to reflect, be still and hear the voice of God in a moment of silence' by Teresa White

Dear Sisters,

Advent reminds us that there's more to life than continual movement, noise and clamour. **Advent is an invitation to enter the quiet zone**, where we can give ourselves permission to be, for a time at least, contemplative in non-action. And there we can bring before God some of the unspoken pleas, dreams and longings struggling for expression in our troubled, divided and wounded world.

In the stillness, our innate capacity to hear God's Word can be sharpened, our hearing aids recharged. To take that Word into our minds and hearts, and to allow ourselves to be transformed by it, is the work of Advent. We want action, speed and movement, not calm meditation. As for silence, it makes us uncomfortable, so we tune it out and step up the volume. We're preoccupied, too, by our countless problems, and we want answers immediately.

We feel impatient and irritated when people tell us to slow down and just wait – we don't want to wait, we want instant gratification for all our desires. "Wait for the Lord, whose day is near …" Nonetheless, the Advent invitation remains, echoing the words of Jesus to his disciples when, with so many people coming and going, they were run off their feet and had no time to think and reflect. "Come apart and rest for a while," (Mark 6: 31) he said to them. It is in quiet moments that God's Word may be heard.

Advent is the time of great desiring. We long for God to tear open the heavens and come to save us. Restless and troubled, we long for peace; in the darkness and confusion that surrounds us, we long for light; fearful and anxious, we long for courage; weighed down by sorrow, we long for joy; faced with the bleakness of life in today's world – poverty, injustice, wars, pandemics – we beg for comfort. For our lack of compassion for people in need, for our failure to acknowledge the damage we are doing to the earth, we seek mercy. If moments of quietness are woven through the weeks of Advent, we will hear the voice of God, speaking gently, leading us out of the darkness, and when Christmas comes, we will see that the Kingdom of God is in our midst.
Let us listen to the invitation of Pope Francis….

So then, dear brothers and sisters, let us return to Bethlehem, let us return to the origins: to the essentials of faith, to our first love, to adoration and charity. Let us look at the Magi who make their pilgrim way, and as a synodal Church, a journeying Church, let us go to Bethlehem, where God is in man and man in God. There the Lord takes first place and is worshipped; there the poor have the place nearest him; there the shepherds and Magi are joined in a fraternity beyond all labels and classifications.

May God enable us to be a worshipping, poor and fraternal community!

Sr. Maryanne Perera
Province Leader

"Reignite the fire in our hearts"

"Review the present structure of the Province to foster mission effectiveness"- 2019 Province Chapter



In the light of the Direction Statement of our 2019 Province Chapter our dreams envisioned newness and effectiveness in mission. Hence the birthing of the Generative Designers' Committee which explored a new venture to enhance the individual and communal growth of our sisters.

Our primary focus was to raise awareness as to what restructuring is and be informed of the spirituality behind this whole envisioning. The preparation for this process was carried out via online platform for our Province. The ensuing interest of the sisters moved the Committee to organize a "Mobile Resource Hub" to empower sisters individually and communally with a two-day program. We were visibly encouraged by the eager participation, zeal and enthusiasm of the sisters participating as communities in these gatherings.

Restructuring is part of an ongoing effort. Heeding the call of Pope Francis to each one of us to be the creators of a better future, the sisters in the communities came together and participated with great passion.

The words of St. Mary Euphrasia continue to inspire us on this journey: "Though the old stars burn out and die, look to the new horizons and even beyond". The journey began and we have conducted 09 sessions for 26 communities up to now.

"*Once an organization loses its spirit of pioneering and rests on its early work, its progress stops*"
- Thomas J Watson





The presence of God
in the midst of wounded

The 9th of July was a very significant day in the history of Sri Lanka when the people, after several months of protest at the Galle Face Green, given the name - 'Gotta Go Gama', succeeded in ousting the ruling President of Sri Lanka. The people flocked to the protest site from all parts of the country and took siege of the President's official residence as well as the Presidential Secretariat under severe attacks of tear gas and water cannons and even gun shots by the Army.

A vast number of people were injured and had to be admitted to the Accident Ward at the National Hospital. It was here that the presence of the Good Shepherd in the midst of the wounded was most needed and we responded to this need by visiting them. We were able to 'bind up their wounds' as it were by listening to them, comforting and consoling them and giving them whatever they needed. Our presence was indeed appreciated by them as many of them could not receive visits from their own families due to the prevailing fuel crisis.



We were amazed at their enthusiasm despite their injuries and inability to move about freely. They were determined to get back to the 'Aragalaya grounds' as soon as possible. They were very appreciative of the help they received from generous people and took pleasure in the fact that they were able to do something for the country. Regardless of their social status they were all eager to bring about a change in society.
Our visits to them brought them joy and their smiles were an indication that they were very appreciative, although many of them were still in great pain. One of them in particular who sustained gunshot injuries said he was happy to have left his work to come over to the 'Aragalaya' site to support the youth.



We are glad to have listened to them and shared their pain and eagerness to seek justice for the future generations. ‘The Good Shepherd cares for the sheep, binds up their wounds’. Our visits to these injured people brought joy to their hearts and enabled them to express their feelings.
As we unite with these people in prayer, may our Shepherd God bring them healing and wholeness.

The Sisters in St. Bridget’s Convent

SHEPHERDING IN PRESERVING OUR COMMON HOME IN SRI LANKA

"Each one's talent is needed to redress the damages humanity has done to mother Earth and the poor." (Pope Francis)

Inspired and motivated by the teaching of Pope Francis in the encyclical, 'Laudato Si', 'WE AS A PROVINCE TOOK THE PLEDGE' to protect Mother Earth in February 2022.

As Pope Francis invites us respond to the **'Cry of the earth and the cry of the poor'** we as Eco Friends initiated some best practices in our communities and in our ministries.

'A LETTER FROM ECO FRIENDS.' – A hand booklet was prepared by Srs. Teresa and Wilma, to inspire and guide our people and educate them on the present environmental problems and how to actively take part in preserving mother earth.
The project " Little eco Friends and Teacher eco Friends" was implemented by the teachers and students of Grade 2 and 3 at De Mazenod College Kandana during the pandemic.

St. Anthony's Preschool, Waliwariya initiated making Compost using organic materials under the guidance of Agriculture Instructor Nalin Dias and with the participation of parents and children in April 2022.







The Weliweriya Pre-school and Rathmale School communities, together with their parents initiated the collection and separation of non-degradable waste to make 'Eco Bricks' in June 2022. An awareness program was held to inform the parents on the danger of burning plastics and polythene as well as about the pollution of soil, air and water. This was a good practice to promote among 'Little Eco Friends.'





Weligampitiya, Niripola and Rambaewa communities are developing model gardens to inspire and educate children, neighbors and visitors. Though we have not reached the expected targets we have witnessed that many appreciate our efforts and some have already begun their own Eco Friendly home gardens with the guidance of our Sisters.





In May 2022, Rev. Fr. Manoranjan and his group sponsored a programme to train the women at Rambaewa and Madawachchiya villages on how to make Batana and Mango chutney, and Aloe Vera drinks.

Let us join hands to build the society healthy, Joyful, and Harmonious with our common home/ Mother Earth.

Eco Friends Committee

Mission Enrichment Journey

"Happy are we, who are co-workers with Christ in His mission of love and friendship for each person."
St. Mary Euphrasia



Mission Partnership is necessary, if not critical
for the relevance, thriving and vibrancy of our Mission globally.
Mission Partnership is an ever-evolving relationship
that demands a broader understanding of
communion, mutual respect, trust, commitment, freedom
to live and grow full-and-free in the vision and spirit of
St John Eudes & St Mary Euphrasia Pelletier.
It is clear that Mission Partnership has many degrees of involvement
from all staff members to volunteers, to those committed to living the Congregation's charism,
values and spirituality as a lifestyle. (Extracts from Congregation Chapter Direction 2021)

The decision to begin the first group of Lay Associates in Sri Lanka was after the Provincial Chapter in 1978. Quoting Sr. Immaculate De Alwis "The last General Chapter gave us fresh impetus when each Province was encouraged to collaborate closely with those who share our Charism, telling us that lay persons and others may be affiliated to our Congregation through a promise which could be renewed annually." This promoted the training of 20 sisters to form this group and 16 Lay Associates made their first commitment on 31st July 1992.

Following this move, the Province gradually started forming groups of Lay Associates in different areas under various names, such as Lay Associates/ Co-Shepherds to Lay Partners who are now called Partners-in-Mission.

31st Congregational Chapter (2021) calls us to action:

Further the work of the International Committee regarding Partners-in-Mission outlined in *'Zeal Calls Us to Respond' (2019)* with the following actions:

1. Strengthen our relationships based on the Universal Culture of Justice with attitudes that invite us to embrace equality, collegiality, and shared experience of mission that will evolve out of a deepened relationship model of being together.
2. Create flexible frameworks, policies and role descriptions that are adaptable, culturally sensitive, and implemented throughout the Congregation with co-responsibility for mission.

To make this effective in our Province the Partnership Committee organized a Virtual Awareness Programme for Mission Partners (Sisters and Lay) with the participation of 33 sisters and 44 partners-in-mission to discuss how to conduct the Training Programme to achieve our goal which is '*to form zealous and committed partners-in-mission who will be responsible for the growth and sustenance of the Good Shepherd Mission in Sri Lanka'*. At this gathering the outline of the designed formation programme for partnership was shared in all 03 languages.

As a follow up of this meeting it has been decided to implement this training programme at both Province and Community Levels in the 3 languages. A selected group of sisters and partners-in-mission are to be given training to take responsibility for formation of their fellow members in their own respective communities and ministry places.
Let us walk in the light of the Spirit joining hands to make the Good Shepherd Mission efective in Sri Lanka and the world at large.

Partnership Committee.

An experience of young women who heard the call of the Good Shepherd

We invite the women who manifest interest in religious life, and accompany them in clarifying the call in assessing their potential to live the Good Shepherd life and mission...

This three-month period gave the prospective candidate an opportunity to experience community life as well as acquire personal accompaniment necessary to guide them to their ultimate goal. They were given an opportunity to improve their language skills especially in English while helping them to appreciate other cultures. During this period these young women were helped to nurture their faith encouraging them to pray in their own simple ways through faith sharing, guided meditations and theological reflections. They were enriched with an awareness of the GS charisma and inspired by the life stories of John Eudes and St. Mary Euphrasia.



Their experiences in their own words…

Dinithi Nishel: "I feel I am blessed to experience the mission of the Good Shepherd. The past three months have given me a meaningful view of my life. I have gained a better understanding to face challenges and to understand each one living in community with me by the grace of God. This awareness has changed my life and today I am glad to move ahead. During these three months I was able to develop a deeper relationship with God. I learnt to be faithful in everything I do. It has been a great blessing to me".

Roshini Deepika: "Initially I had no idea of this program but these three months helped me to find myself even in the midst of challenges. Every experience has helped me to increase my love for the vocation. "One Person is worth more than the whole world" this became my motto during these three months".

Dilumi Nisansala: "I feel that this period was the most blessed time in my life. During this period God revealed Himself to me in many ways. Journeying with God I experienced His powerful hand upon me. I learnt to understand myself and to understand others. God has called many but I feel that He has inspired me to respond to His call. I am trying to be a Good Shepherd where ever I am.

Nikini Nimesha: "From the mother's womb God has called me". Vocation is a gift I received from God. This program has given me an experience which I have never had before. I sensed that St. Mary Euphrasia was calling me to be a shepherdess. It is the first time I learnt about compassionate love and the zeal of the Good Shepherd. The most heart touching experiences were the time I had in St. Agnes' Convent and the exposure program at Sinnapaduwa. I look forward to be of service in the vineyard of God.

Nishanthini Tay: "I have improved my prayer life. When I tend to stray, He draws me back on to the right track through others, especially through the sisters. Though I was not aware of the anger within me, with the help of the sister I became aware of it. I realized that I have the capacity to accept my weaknesses and to correct them. I have learned to be faithful and to be spontaneous".

Amandi Samudani Tay: The lessons I learned during these three months have helped me very much. The life Story of St. Mary Euphrasia gave me many insights and the courage to look at my life positively. I learned the deep meaning of the motto "One Person is worth more than the whole world". I have learned to identify myself with my strengths and weaknesses and I have deepened my relationship with God. My desire is to live a happy and exemplary life.

Having been enriched with these experiences, the 7 candidates were ready to step into the next stage of their formation. We as Good Shepherd Sisters need to nurture the young women with our charism of Compassion to form and mould them to take on the Good Shepherd mission in the future. Therefore, it is each one's responsibility to uphold the young vocations with love and care.

"I am very united to you in the Heart of Jesus;
may the divine will, be our strength and its accomplishment our joy!"
Blessed Maria Droste

Vocation Mission Promotion Committee



In June this year, we as a Community decided to share our meal at lunchtime, every Tuesday with a poor family living in the Grandpass locality. We selected a family that suffered, above all from economic hardships. We heard that families such as this live in distressing conditions, suffer utter poverty and anguish in silence, but get no assistance from the government.

They all belong to the class of suffering humanity who experience dire poverty and endure the effects of political and economic instability, high inflation, shortage of essential items and rising cost of food, medicines and transportation.

We wish to continue our sharing till we see a ray of hope to brighten the lives of these people who are batted by this economic crisis. We are sure that the biblical blessing of the psalmist will descend on us as we joyfully share with the less privileged, since every meal is a rehearsal of the Heavenly Banquet.

Sr. Frances of Rome

Birthday Celebration of St. Mary Euphrasia

We, the Candidates and Pre-Novices were glad to celebrate the 226th Birth Anniversary of Mother Foundress with seven aspirants from around Bandarawela and Diyathalawa at Nazareth Convent on the 30th of July 2022.
We were impressed by the life story of St. Mary Euphrasia and the way she lived a life of virtue here on earth.
In a special way, we thank our Shepherd Lord and all who helped us to make this program a happy occasion.

Pre-Novices















When I was hungry

It all began on the 22nd of June 2022 when we shared our little contribution with the children and elders at Wanathamulla, Borella, for it was one of our dreams to do something tangible for this vulnerable group. This dream became a reality when the community at Welcome House together with our Temporary Professed Sisters provided a cup of hot, delicious, and nutritious soup to the children and elders. We decided to do every Wednesday and with this in mind, consulted the Parish Priest of Borella as well as the zone leaders who approved our decision.

It was one of our dreams to do something and that day dawned together with our temporally professed Sisters and the Community at Welcome House. The decision was made to provide a cup of soup for the children and elders, every Wednesday.

With this in mind we had a consultation with the Parish Priest and the Zone Leaders. A list of 50 children was prepared. However, our target was to prepare 100 cups of soup. The providence of God saw the good will and provided everything we needed for this.

As we walked into their homes we could see that the children and elders were waiting not only to have the cup of soup but looking for something more. They flocked around us asking for our blessing, prayers for the sick or even to just hold their hands. It was amazing to experience the spiritual longing in their hearts.

The Zone Leaders whole heartedly cooperated with us organizing a cup or mug to be carried by the children and elders in order to make it easy to serve. As we served some of us felt the soup was multiplying as we had more than enough to go around. Just as St Philip Neri said "you just have to ask Him and He will do it for you". Yes, it was the Lord who did everything and we were only His instruments.

Welcome House Community,
Colombo 10



Exposure Program at Sinnapaduwa

We, thank & praise our Shepherd God for sending the Candidates, Pre-Novices, and Novices together with our formators to explore the Community Based Child Protection project at Sinnapaduwa, from the 17th to 20th of June 2022. We focused mainly on the areas Kajuwatta & Daluwa, comprised of both Sinhala & Tamil communities. The program was conducted under the theme "ලෝකයට ජීවයක් වන්නට". The three main areas of concern, Value of Education, Self-Protection & Child Rights, were addressed with the assistance of Srs. Shamindani and Rasangi.

Further, evening prayer, house visiting, joining in manual labour (plantation) & movie night with the children made the program vibrant and enriching. The children were delighted to have this chance of displaying their talents. Gladness and gratitude filled our hearts and of those present as we witnessed what the children were capable of.

This program made us more aware of the needs, longings, and hopes as well as the hardships that parents and children in rural areas undergo in order to fulfill their basic needs. We were deeply impressed by the children's interest and their egger participation in the activities. This experience increased our desire to serve the less privileged children, deprived of facilities. We realized that exposure programs of this nature in the initial stages of formation help us to become more sensitive to the call of God to serve the poor & vulnerable in society.



We express our heartfelt gratitude to one and all, who contributed generously to make this 4-day program possible and profitable. Finally, we extend our thanks to each member of the team for supporting, sharing and caring, with unwavering generosity in the process of organizing and carrying out the program. May God's bountiful blessings be upon You All!

Formation Team









Annual Awarding Ceremony At ONOC Vaigarai Vocational Training Center, Ganeshapuram

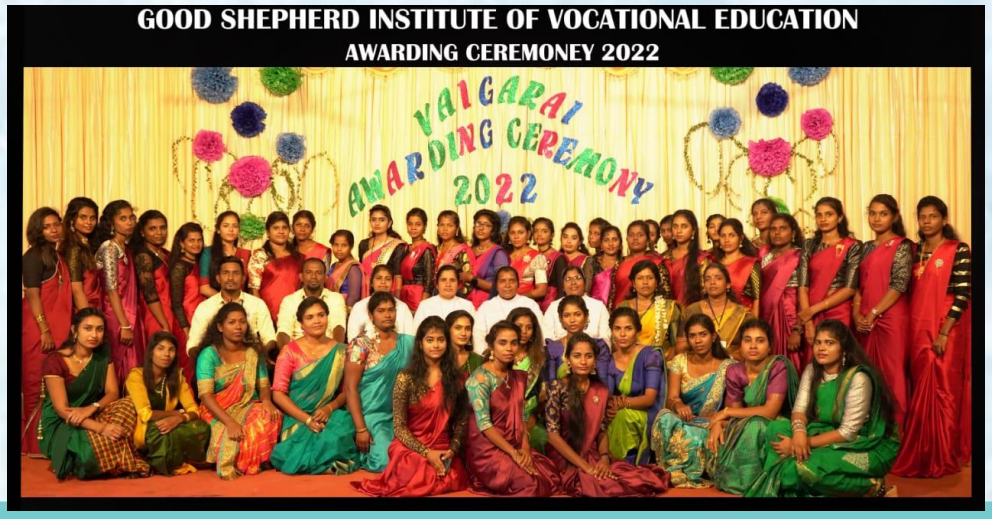
The Annual Awarding Ceremony of the at ONOC Training Center, took place on the 5th December 2022 at Vaigarai Centre, Vavuniya. A sense of overwhelming elation swept over us as we gathered on that day to acknowledge the most talented group of students at the Vaigarai Centre who were the star performers on that occasion.

This was the first Awarding ceremony at this center since the pandemic situation prevented us from organizing one previously. Furthermore, this was the first NVQ level Certificate awarding ceremony at this center. We are grateful to all who journeyed with the students and for the dedicated efforts put in by each and every one to make Vaigarai what it is today.

Rev. Sr. Maryanne Perera, Province Leader was the Chief Guest who graced the occasion. We warmly welcomed our Funding partner, Mr. Mosvold Martinus and Foundation Managing Trustee Mr. Nimal Martinus. They have continually played a prominent role in the progress of the Centre. We are also grateful to the Councilors, sisters respected representatives and officials of the participating institutes.

Another remarkable event worth mentioning on that same occasion was the official announcement of the functioning of the Past Students Association which will create a motivating network for better functioning of Vaigarai in the future. It is a joy to train the students as well as to accompany them until they are stable by giving them moral support and career guidance.

Sr Vinitha Sathyanathan



Human Rights and Freedom for Every Person

The International Day of Human Rights is observed every year on the 10th of December. It is a reminder to all people about the inalienable rights which every person is entitled to as a human being.

Here in Sri Lanka, the committee of the Good Shepherd sisters working towards 'Eliminating Gender Based Violence' together with the Good Shepherd Sri Lanka Justice and Peace (GSSLJP) committee organized a virtual meeting for the program participants of the Single Mothers and Crisis Intervention Centers. This was held on the 9th of December 2022 at which the sisters working in these centers were also present.

The definition of Human Rights, highlights the basic rights and freedom that belongs to every person in the world, from birth until death. They apply regardless of where you are from, what you believe or how you choose to live your life.

As a nation we are aware of numerous incidents where human rights are blatantly violated at micro and macro levels. The program participants residing in our Centers are sadly victims of such violations. Like all people they are entitled to their right to live a decent life devoid of discrimination. We believe that these individuals need a broader knowledge both to understand their rights as well as the available mechanisms whereby they could access justice.

The two speakers at this meeting were: Miss Himali Kularatna, an Attorney at Law, who works towards preserving the rights and dignity of persons and Mr. Hakkai Majeed is a professional Social Worker, Attorney at Law and a Human Rights activist. They are both involved in social activities and are rich in experiences.

They shared their knowledge and ideas regarding Human and Fundamental Rights. This was followed by a discussion and a sharing of experiences which enlightened everyone on this matter. It is evident that the program participants being vulnerable need to have a better understanding of their rights. An awareness of Human Rights and the mechanisms by which justice can be accessed is of prime importance.

We are privileged to have listened to them as they shared their expertise which is indeed is an immense support in our task of empowering vulnerable individuals.

Sr. Chrishanthi Basil



Teachers – the Guiding Lights…



The impact of education and dedication, that is imparted by our teachers, plays a vital role in ones lives. It is the influence of human beings such as these that enhances the progress of a country. Thus the student body joined hands to pay respect and express their gratitude to their teachers with a variety of items for their enjoyment. The highlights of the celebration were the items organized by the teachers, such as dramas, dances and songs which the students thoroughly enjoyed. It was truly an uplifting experience for them, since it was for the first time they witnessed the talents of the teachers and the teachers themselves identified their own talents.

Nelson Mandela once said, "*If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart".* In our efforts to make this a reality and also to help the children grasp the importance of knowing a language competitions were held in English, Sinhala and Tamil.



Together with the competitions, we also held our cultural day representing our trilingual culture. Each item was connected to a unique theme and both parents and children highly enjoyed the program which became an educational moment for them as well.

The School year was brought to a close with a magnificent Carol Services entitled 'Adeste Fidelis' which was presented in the school auditorium where the students gathered in joyous praise. Rt. Rev. Dr. Vianney Fernando, Bishop Emeritus of Kandy was the Chief Guest. The parents and well-wishers were encouraged to join together in exuberant celebration. The school's Junior and Senior choirs, the Teacher's choir and the Past Pupil's choir added their rhythmic tones to make the event a success.



It was the teachers who motivated the organization of these programs and urged us to achieve our goals. They have been remarkable mentors and their example has moved us to follow in their footsteps.

Good Shepherd Convent - Kotahena











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කාර්යබහුල හා වෙහෙසකර වූ ජීවන රටාවකට යොමු වීම බොහෝ පුද්ගලයින්ට මද අපහසුවකින් යුතු වුවද Mosvold අධ්‍යාපන ආයතනයේ අපට නම් එය එසේ නොවූ ප්‍රීතිමත් හාසතුටුදායක අත්දැකීමකි. පුරා වසරක කාලයක සිට, සිසුන් 19 දෙනෙකුගෙන් යුතු වන 2022 වසරේ ශිෂ්‍ය කණ්ඩායම, එනම් Mosvold ආයතනයේ 06 වන ශිෂ්‍ය කණ්ඩායම වන අප එසේ වෙහෙසී සූදානම් වූයේ 05 වන ශිෂ්‍ය කණ්ඩායම සඳහා වන සම්මාන ප්‍රධානෝත්සවය ඔවුන්ගේ නොමැකෙන මතක ගොන්නක් එක් කරන අති උත්කර්ශවත් දිනයක් බවට පත් කිරීමයි.

අප තුළ වූ එහෙත් අප නොදත් කුසලතා හදුනා ගැනීමටත්, ඒවා ඔප්නංවා ගැනීමටත් එය විශේෂයෙන්ම මහගු අවස්තාවක් විය. අප අතරින් බොහෝ දෙනෙකුට තම ජීවිතයේ ප්‍රථම වතාවට වේදිකාවක් මත තම හැකියා එළි දැක්වීමට අවස්තාව මෙමගින් උදා වීම මෙම සම්මාන උළෙලේ අප දුටු විශිෂිතම සිදු වීමයි. එසේම මෙම උළෙල සඳහා වූ කුඩාම සැරසිල්ලෙ සිට නර්ථන හා විශේෂාංග, ආහාර පාන, නිර්මාණ ප්‍රදර්ණය හා අලෙවිකරන වැඩසටහන දක්වා වූ සැම කුඩා දෙයක්ම පාහේ අප අතින්ම නිර්මාණය වීම තවත් එක් විශේෂතාවයකි.

පැමිණසිටි ආරාධිත අමුත්තන්ගේ, ආදිශිෂ්‍යයන්ගේ සහ අනෙකුත් සියල්ලන්ගේ සිත් ඇද බැද තබාගැනීමට අප විසින් ඉදිරිපත් කල නර්ථනයන් හ ාඅනෙකුත් විශේෂාංගයන් සමත් වූ බව ඔවුන් සැමගේ සතුටු වදන් වලින් අපට පසත් විය. එසේම ප්‍රදර්ශණය හා අලෙවිය වෙනුවෙන් මාස කිහිපයක සිට නිර්මාණය කරන ලද විවිධ අත්නක් හා ගෙත්තම් නිර්මාණ සඳහා ඉතා ඉහල ප්‍රතිචාර හිමි වූවා පමණක් නොව පැමිණසිටි ආරාධිත අමුත්තන්ගෙන් එම නිර්මාණ සඳහා ඇණවුම් පවා ලැබීම අපට ඉමහත් සතුටක් සහ ගෞරවයක් ගෙන දීමට ප්‍රධාන විය.

අවසාන වශයෙන් අප සැමගේත්, අප ආයතතන ප්‍රධානී ගරු කන්‍ය සොයුරියගේත් වෙහෙස සහ කැපවීම වෙනුවෙන් අප බලපොරොත්තු වුවාටත් වඩා වටිනාකමක් ලැබීම අප සැමගේ වෙහෙස මහන්සිය දුරු කරන ලද ප්‍රධානතන ඔසුවත් විය. එසේම අප තුල වූ හැකියා, දක්ෂතා වර්ධනය කර ගැනීමටත්, එමගින් අප අනාගතය සාර්ථකකර ගැනීමේ චාරිකාවේ මුල් පියවර කිහිපය තැබීමටත්මග සැලසීම දෙවියන් වහන්සේගෙන් අප ලද ආශිර්වාදයක් ලෙස දකින්නෙමු. එමෙන්ම මෙම ආයතනයෙන් වූ මෙහෙවර සඳහා සම දායකත්වය ලබා දෙන යහපත් එඩේරා පවිදි පවුලටත්, අපගේ සියලු අවශ්‍යතාවයන්සොයා බලා අපට අත්වැලක් වන එදිඩදකාඒරඑසබම් ඔරම්වී ආයතනයටත් අපගේ හෘදයාංගමස්තූතිය ද කෘථඤතාවයද පුද කරමු. ඉදින් MEC බලපිටිය ආයතනයේ 2022 සම්මාන උළෙල පැවැත්වුන 26 වන සෙනසුරාදා දිනය Mosvold ආයතනයේ 06 වන ශිෂ්‍ය කණ්ඩායමෙහි ජීවිත වලට නොමැකෙන මතක ගොන්නක් තෑග ගොන්නක් රැස් කල වටිනාම දිනයක් ලෙස අප සැමගේ ජීවිත දින පොතෙහි ස්වර්ණමය අකුරින් ලියවී හමාරය.

ජූලියා ප්‍රනාන්දු
මොස්වර්ල්ඩ් අධ්‍යාපන ආයතනය, බලපිටිය



දෙවිදු පෙම තුල

හුදෙකලාව ම කලාවක් වූ තුරුලතා කැල තුරුල්ලේ
දෙවිදු පෙම තුල කිදා බසිනට මහද ඇදුනා නිසසලේ
බවුන් වඩනට සොබා දම මැද ඉඩක් මා සොයනා වෙලේ
සිසිල් මදනල කැටුව ආ තුරු පතක් වැටුණේ පා මුලේ

වචන මදි මා හට ලිවීමට තුරු පතෙනි ඔබෙ පණිවිඩේ
තමාටම යැයි කිසිත් නොතබා අත් හැරීමයි ආදරේ
ලොවින් ගත් දේ නැවත ලෝකෙට පුද කිරීමයි ආදරේ
ඵලබරිත වී සැමට සෙත දී නික්ම යාමයි ආදරේ

ගං ඉවුරෙ තුරු ලතා වදුලක මද පවනෙ අසිරිය මැදින්
දැහැන්ගත වන්නට යදී සිත ගං කොමළි දෙස නෙත් යොමන්
බලා හිඳිනට සොදුරු දසුනකි ගලන සැටි බාධක මැදින්
සොයුරියකි ඔබ ඇත්තටම මට දෙවිදු පෙම ගැන කියා දුන්

නෙක පියුම් පෙති වියලි තුරුපත්, දිරාපත් ලී දඬු කඳන්
ඔබ වෙතට එන ජීවෙ ඇති නැති තවත් නෙක දෑ පිලි අරන්
දරාගෙන යන අයුරු කදිමයි කිසිදු වෙහෙසක් නැති ලෙසින්
හිනැහෙමින් ඔබ නිසසලේ යයි සැබෑ පෙම මේ යැයි කියන්

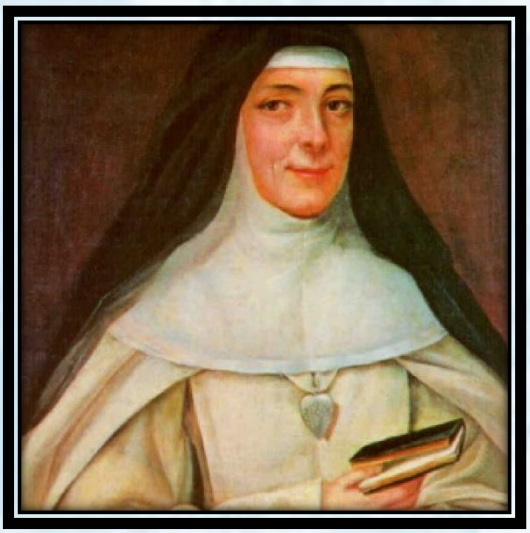
Sr. Shirani Bernadette

காத்திருக்கும் பெண்களுக்கு யூப்ரேசியாவின் அன்பு பரிசு..

காத்திருக்கும் இளம் பெண்கள்
யூப்ரேசியாவின் இரு கண்கள்
தொடர் வாழ்வை தேடி
தொடர் பயணம் செய்து
யூப்ரேசியாவின் இடம்தனை
யூகித்துக் கொண்டோம் தங்கும் வையகம் என...

சொந்தக் காலில் நிற்கும்
சொரூப பெண்களாக மாற
யூப்ரேசியாவின் வாழ்வுச் சரிதை
விடியலை தேடி நகரும் எம் வாழ்வின் பாதை...

சிறப்பு பண்பு காட்டி மிளிரும்
சிந்தனை மாக்களாக உருவெடுக்க
யூப்ரேசியாவின் பண்புச் சாரல்
எம்மவரின் வாழ்வுச் சோலை.



Nikshana Stanislas (7th Batch)
Vaigarai Vocational Training Center

“இறை அழைத்தல்” எனும் நோக்கில் கடந்த கால வாழ்வில் இருந்து விடியலை நோக்கி பயணம் தொடரும் அர்ப்பணிக்கப்பட்ட இளம் அருட்சகோதரிகள்



இவ் வருடத்தின் இறை அழைத்தலில் இறைவனின் புதிய விடியலின் அன்பை பெற மீளாய்வு செய்வதில் எம் இளம் அருட்சகோதரிகள் அனைவரும் ஆவணி 06ம் திகதி “போளவளான நல்லாயன் தியான இல்லத்தில் ஒரே குடும்பமாக ஒன்று கூடினர்”

முதல் நாள் ஆரம்பத்தில் இறைவனின் ஆசீர் பெற்று அருட்சகோதரிகளின் தலைமையில் வரவேற்புடன் எமது வாழ்வின் புதிய பயணத்தை ஆரம்பித்தோம்.

நாம் இங்கு வந்த நோக்கம் மற்றும் அழைத்தல் வாழ்க்கையின் நோக்கம் என்ன? கடந்த கால வருடங்களின் எமது பயணத்தில் நாம் எதிர்கொண்ட நன்மைகள், தீமைகள் அவற்றால் எம் வாழ்க்கையில் ஏற்பட்ட மாற்றங்களை அறிந்து கொள்ள மீளாய்வு செய்ய ஒவ்வொரு இறையியல் அனுபவம் பெற்றவர்களின் ஒவ்வொரு கற்பித்தல் பகிர்ந்து கொள்வதின் மூலம் நாம் ஒவ்வொருவரும் எம் வாழ்வை மீளாய்வு செய்கிறோம்.

“இறைவனின் திட்டம் இல்லாமல் நாம் ஒன்றும் செய்ய முடியாது” என்ற தலைப்பின் கீழ், ஆரம்பத்தில் எமக்கு இறை அழைத்தலின் நோக்கத்தை எடுத்துக் காட்டியவர்கள் பெற்றோரும், உறவினர்கள், பாடசாலை அனுபவம் மற்றும் எம் தலைமை அருட் சகோதரிகள் போன்றவர்களின் உதவியுடன் இறை அழைத்தல் வாழ்வுக்கு உள் நுழைந்ததை நாம் அறிந்து கொண்டோம்.

இவ்வாறு கடந்த கால வாழ்க்கையில் குழு வாழ்க்கையில் வாழும் போதும், பொது வேலைகளிலும் நாம் அடிக்கடி பலவேறு மனத்தாக்கங்கள், வேதனைகள் ஏற்றுக் கொள்ளாத் தன்மைகள் போன்றவற்றை அலசி ஆராய்ந்து எப்படியான உளமனமாற்றம் பெற வேணடும் என்பதை உளவியல் அனுபவங்கள் அதனை எமக்கு பாடமாக வழிகாட்டிய அனைதது அருட்தந்தையர்கள், அருட் சகோதரிகள் மற்றும் அதில் அனுபவம் பெற்ற பெறுநிலையினரின் வழி நடத்தலுடன் எம்மை மீணடும் புதிய வாழ்வுக்கு இட்டுச் செல்வதை நம் அனுபவஙகள் எமக்கு வழிகாட்டின.

மேலும் ஒவ்வொருவருக்கும் அருட்தந்தை ஜெயபாலன் (டொன்போஸ்கோ) அவரின் தலைமையில் உரைகள் மூலம் எம்மை ஆன்மீகத்தில் இயேசுவிடம் எபப்டி உறுதியான மனத்துடன் வாழ வேணடும், பணி செய்ய வேண்டும், அர்ப்பண வாழ்வின் நோக்கத்தை எமக்கு எடுத்துரைத்தார்.

இறுதியில் நாங்கள் அனைவரும் புதிய விடியலை பெற்று மகிழ்ச்சியுடன் எம்மை எமது குழுவில், பணியில் பகிர்ந்து வாழ வேண்டும். எமது நல்லாயன் சேவை மென்மேலும் வளர எமக்கு உதவி செய்த தலைமை பொறுப்பாக உள்ள அருட்சகோதரி மேரியன் மற்றும் ஆலோசனை குழுவினருக்கும் எம்மை வழிநடததும் அருட்சகோதரிகள், மற்றும் அருட் சகோதரருக்கும் எம்மை அர்ப்பண வாழ்வில் மீளாயவ் வகுப்பிற்கு உதவி செய்த எமது குழுமத் தலைவி மற்றும் அருட்சகோதரிகள் அனைவருக்கும் நன்றி கூறுகின்றோம்.

Sr. Annunciat Mariyampillai



‘The gift of God is eternal life through Jesus Christ our Lord’

Romans 6: 23

RIP - January to December 2022

Sr. Mary Hermine Pieris -	05.02. 2022 (94 Years)
Sr. Mary Bethlehem Fernando -	03.05.2022 (98 Years)
Sr. Mary Lakshmi Fernando -	17.08.2022 (72 Years)
Sr. Mary Jayantha Meepala -	20.08.2022 (65 Years)
Sr. Mary Thomas Aquinas -	17.09.2022 (79 Years)
Sr. Mary Aquinas Wass -	04.10. 2022 (90 Years)
Sr. Mary Stephanie Perera -	13.11.2022 (86 Years)

Departed Family members January – December 2022

- Sr. Vianney’s – Sister
- Late Sr. Winnie Margret’s – Father
- Sr. Chamari’s – Mother
- Sr. Marie Phyllis’s – Sister
- Sr. Juliet’s – Brother
- Sr. Agnes Marie’s – Sister
- Late Sr. Rita’s (CGS) – Brother
- Sr. Theresa’s (CGS) – Brother
- Sr. Thanuja’s – Mother
- Sr. Paula Fernando’s –Brother
- Sr. Felicia’s – Brother
- Sr. Vianney’s – Sister
- Late Sr. Paulinus’ – Brother
- Late Sr. Sabine de Cross’ – Sister
- Sr. Nirmala Sebastian’s – Mother
- Sr. Evelyn’s – Sister
- Sr. Thecla’s – Brother
- Sr. Mercia’s – Mother
- Late Sr. Angela Fernando’s – Sister
- Sr. Nilani’s – Mother
- Sr. Murine’s – Brother
- Sr. Beatrice’s – Mother
- Sr. Benignus’ – Brother
- Late Sr. Albert’s – Brother
- Sr. Princy Mendis’ – Brother
- Sr. Chamari’s – Sister
- Late Sr. Lakshmi’s - Brother
- Sr. Patricia Perera’s (CGS) - Sister
- Sr. Carmini’s - Mother



Congratulations



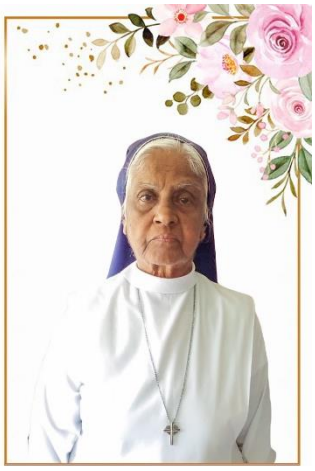
Sr. Assumpta Maria

Celebrating Diamond Jubilee

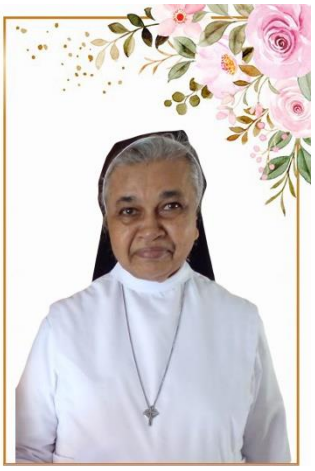


Sr. Shanthi

Celebrating Golden Jubilee



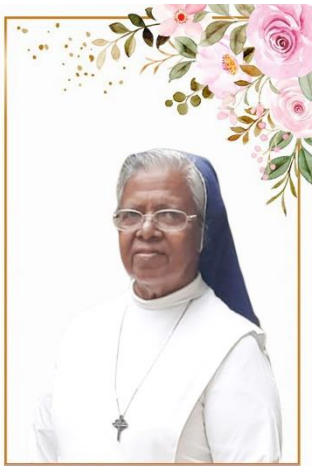
Sr. Rita Maria



Sr. Hilda Mary



Sr. Christina



Sr. Marietta

Celebrating Silver Jubilee



Sr. Sarojini



Sr. Shirani Bernadette



Sr. Hyacinth



Sr. Roshini