NEWSLETTER

Province of Sri Lanka / Pakistan

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Message from the Province Leader

Dear Sisters and Partners in Mission,

As we enter the Season of Advent I would like to share my reflection on the following scripture passage.

"Though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, taking the form of a servant, being born in the likeness of men. And being found in human form he humbled himself and became obedient unto death, even death on a cross"

Let us Reflect…

Take time and slowly read and reread until it speaks to you.

… and being found in HUMAN form…He was found in Human form …are we deviating from human form? being inhumane? the Word became flesh…. ponder on these two words…. Human…and flesh…

God entered humanity taking flesh and He took the form where we could touch and feel, and he embraced the lowest state at that time "Servant "or "Slave".

In this way humanity was raised to dignity. Being human was a call to enter into divinity. In order to reach divinity, we need first to embrace the human form.

When we look at today's world… country… community…. myself… we see how we deviate ourselves from being human. We see, hear, experience, and appeal of one another – please consider me as a human, treat me as a human, talk to me like a human, act towards me like a human, etc., etc.,

So why all these commotions, crisis situations, where we have to compose rules, standards, formulas etc. etc. It is mainly because we have deviated from being human. We don't feel for one another as a human, we don't embrace the other as a human being – vulnerable, striving or in the process of arriving at divinity.

I recall telling you once to remember the name board we need to carry that "we are under construction" so that we may be able to be patient with one another.

Therefore, when we look at the Infant in the Manger who took the Human form let us give due respect to humanness and embrace our vulnerability. Let us join hands with one another who journey with us and are among us, and with Him, and in Him, raise ourselves to Divinity following the path He chose – the Cross, with much love "He became obedient unto death, even death on a cross"

I wish you a new experience this Christmas of being Human, the graces that unfold in exercising its vulnerability and arriving with Him towards total victory which was on the Cross and Resurrection.

Sr. Maryanne Perera
Province Leader
Sri Lanka/ Pakistan.

"Whenever we enter into dialogue, we allow ourselves to be challenged in advance one journey and in the world, we all are no longer the same, we are changed…".

[Pope Francis]

Advent

By Sr. Annunciata Mariyapillai

Expectation and waiting form so much part of our lives. Thousands and thousands of us wait daily for our turn at bus stops, railway stations, ration shops, ticket counters, government offices and businesses centres, physicians and lawyers' offices. When we miss one chance, we wait for another. Time itself is built as a movement in which one moment brings us the hope and expectation of the next. In fact, our whole life is one long expectation one long movement from event to event till the final event of our lives; death. This expectation turns into joy and throbbing hope if we are waiting for someone whom we love and who loves us. His coming and his gifts will stir us and make us more alive and creative.

The church invites us to enter into a period of such expectation Nd waiting during the season of advent. Advent means - "a coming- the coming of savior". Advent brings to our mind the second coming of the lord in glory t the end of time to judge the living and the dead.

If we truly understand 'Advent' we realize that advent is a present reality; it is a continuous and ongoing reality for everyone on earth. We want and often we understand "Christ's" of salvation to us to be a thiry which we posses fully, totally and certainly. We must become convinced that redemption is still wanting in us that we ate still waiting for Christ's coming into our lives and into our church. Advent is still a reality to each one of us.

The reality of 'Advent' proclaims, the fact that the division. "Before Christ and after Christ" the "redeemed" and the "non- redeemed" is not historical. Advent tells us that what matters for us is not so much to think of before and after Christ, but to be in and with Christ to be constantly conscious of his coming.

The advent hope and Joy go together with repentance and conversion. We are repeatedly told to abandon the ways of darkness and to put on the ormour of light. We have to prepare the way to the Lord. We have to bring forth the fruits of repentance.

Today, then our vision must go beyond the birth of Christ in Bethlehem. His life is a constant waiting for the second coming, when Jesus Christ will come in all his glory and all Christians will be fully reborn.

May our celebration of Christmas be a fruitful reminder to us of our calling to live God's own life, to allow him to take fall possession of our hearts.

Today a savior has been born to us who is Christ the Lord.

May we always be men with whom he is pleased, may we always live in his peace.

Advent Wreath

The Advent Wreath is a centuries old Christian tradition. Potentially overlooked by the candles it holds to light the way for the birth of Jesus, the Advent Wreath itself symbolizes many themes and beliefs central to Christian faith. In Parishes, Advent Wreaths are placed near the altar.

History of the Advent Wreath

The origin of the Advent Wreath has been traced back to Germany, though the exact dates are unknown. Historians have suggested that pre-Christian Germanic people would light candles around wreaths in the dark winter months in anticipation of warmer, lighter months in spring time. This tradition likely evolved into an "Advent Wreath" at some point during the middle ages, transforming the pagan tradition into a Christian one. Rev. William Saundera explained that "By 1600, both Catholics and Lutherans had more formal practices surrounding the Advent Wreath." Ultimately, the Advent Wreath tradition spread beyond Germany and into other areas of the world, namely throughout the western Church.



Advent Wreath Meaning

The **circular shape** of the Advent Wreath symbolizes God's infinite love for us- it is never – ending love, mercy and faithfulness just like the true Light of the World, Jesus, who leads us into eternal life with Him. The materials of the Advent Wreath similarly lead us to reflect on the everlasting nature of God; it also symbolizes the unending cycle of seasons and the continuous nature of time.

Traditionally, Advent Wreaths have been made of **evergreen leaves**, such as pine or fir, which maintain their green colour beyond the season in which they are collected. These branches which do not lose their leaves in winter, represent everlasting life found in Christ. They are a symbol of hope and renewal, pointing to the promise of eternal life through Jesus.

The **lighting of candles** is an important tradition during Advent. Each week, an additional candle is lit to symbolize the increasing anticipation and preparation for the arrival of Jesus. The light from the candles represents the light of Christ coming into the world.

What do the four candles of Advent symbolize?

The four candles of Advent represent the four Sundays of Advent, and they respectively symbolize hope, peace, joy and love. In some places people will also light a fifth candle on Christmas Eve or Christmas Day to represent the birth of Jesus; this candle is typically white and larger than the other candles and is placed in the center of the wreath.

Advent week 1 – Hope: Prophecy Candle (Purple)

The first candle on the Advent wreath represents Hope. The first Sunday of Advent not only leads us to anticipate the birth of Christ but celebrate the beginning of a new liturgical season as well. The purple colour symbolizing royalty. Sometimes called the "Prophecy Candle" and harkens us back to Isaiah's foretelling of the birth of Christ and all of the promises God gave us in the Old Testament that would be fulfilled by the birth of Jesus.

Advent week 2 – Peace: Bethlehem Candle (Purple)

The second candle on the Advent wreath represents Peace. Often called the "Bethlehem Candle." This reminds us of Mary and Joseph's journey from Nazareth to Bethlehem before Mary gave birth to Jesus. Building on the meaning of the Prophecy Candle, this candle recalls that after all of the division, destruction, and dispersion of the kingdom in the Old Testament, there might finally be peace on Earth – Jesus is coming, and so is His Kingdom of Peace.

Advent week 3 – Joy: Shepherd's Candle (Pink)

The third candle on the Advent wreath represents Joy. As we continue to approach Christmas Day, our joy grows more and more. This candle takes us back to the joyful anticipation of the shepherds who journeyed to see Jesus in Bethlehem, even before the wise man. For this reason, this candle of Advent is called the "Shepherd's Candle," and its colour is pink, the liturgical colour for joy.

Advent week 4 – Love: Angel's Candle (Purple)

The fourth candle on the Advent wreath represents Love, the ultimate love of God that He might send His only Son for us. This candle of Advent called "Angel's Candle," and it is the colour purple, leading us to eagerly await the new Kingdom of God on earth.



From Internet

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අප මෙවර 2024 වසරේ නත්තල සමරමු. "නත්තල", ලෝකය පාපයෙන් ගලවා ගැනීමට පැමිණි ශුද්ධවූ ත්‍රීත්වයේ දෙවෙනි තෙම වූ ජේසුස් ක්‍රිස්තුස් වහන්සේගේ උපතයි. ජේසුස් වහන්සේත් දෙවියෝමයි. එහෙත්, එතුමාගේ උපත සිදුවූ ආකාරය නම් මිහිපිට කිසි දිනක සිදු නොවූ සිද්ධියකි. එනම් බෙත්ලෙහෙමේ ගවලෙනක ජේසු බිලිඳු බිහිවීමයි. බිළිඳු ජේසු දිළිඳුයි. දිළිඳුකමෙ අන්තයටම ගොස්, තොටිලි නොව හරකුන් ආහාර බුදින ගව ඔරුවේ තැන්පත් වීම, එතුමාට උරුම වේ... දිළිඳු බව, බැහැපත්කම, නිහතමානීත්වය, යටහත් පහත්කම පිළිබිඹුවකි "නත්තල". ඒ ජේසු බිළිඳුන් කියාපෑ මහඟු ආදර්ශයකි. අප ඒ ගැන ගැඹුරින් සිතනවාද?

කෙසේ වෙතත් අප කුඩා දිවයිනේ ජනතාව මෙම පණිවිඩයට දැන හෝ නොදැන පිළිතුරක් දී ඇත. දුප්පත් නිවහනකින් එන කෙනෙකු ජනාධිපති ලෙසද, වලව්වක ඉපිද රදල මානසිකත්වයෙන් මිදුණ තැනැත්තියක අගමැතිනිය ලෙසද, වතුකරයේ ලයිමකින් එන පීඩිත පන්තියේ වනිතාවක මන්ත්‍රීවරියක ලෙසද පාර්ලිමේන්තු යවා හමාරය. ඔවුන් සැම එකිනෙකා අමතන්නේ සහෝදරයා , සහෝදරිය කියාය. ඔවුන් අතර සහෝදර බැඳීමක් පෙනෙන්නට ඇත.

අප තාපස පන්තියේ තාපසිකාවන් වන අපද, එකිනෙකා අමතන්නේ සහෝදරිය (sister) කියාය. එසේ ඇමතුවද අපි අපගේ සිත් සෝදිසි කර බලමු. අපගේ සමහරෙකු තවම තමන්ගේ පැලැන්තියේ හබල් ගාමින්ද, උගත්කම, උපාධිය කරපින්නා ගෙනද, දක්ෂතා මුදුන් පමුණුවා ගනිමින්, අනෙකා මැඩලමින්ද, ඉංග්‍රීසි කතා නොකිරීම මදි පුංචිකමක් ලෙස සලකමින් ද, තම මව්බස හරියට දන්නේ නැතැයි කීම ලජ්ජාවක් නොව උද්දාමයක් ලෙසද, විවිධ මත අදහස් ප්‍රකාශ කිරීම නිසා කොන් කිරීමට බඳුන්වීම ද, ලේබල් කිරීමට හේතු සාධක කරමින්ද, ඉහළ පහළ උස් පහත් මිමි වලින් එකිනෙකා නොසලකා හරිමින්, අද අප සංඝ තුල සොයුරියන් ජීවත් නොවේද?

ඒ අනුව බලන කල පසුගිය සමයන්හි සංඝයන් හි විසූ සොහොයුරියෝ, සහෝදරත්වයෙන් බැඳී සිටියහ. මා එසේ පවසන්නේ, එකල සොයුරියන් විස්සකට වැඩි සාංඝික හවුල් ද, සොයුරියන් අටක් දහයක් හෝ ඊට වැඩි පිරිසක් සිටි පැවිදි හවුල් ද වූහ. තරුණ, වැඩිහිටි හා රෝගී වූ සොයුරියන් ගෙන් සමන්විත ඔවුහු, හවුලකට වඩා පවුලක් සේ බැඳී සිටියහ. ඒ දවස්වල සංඝයේ නායිකාව, දෙසැම්බර් පළවෙනිදා සිටම දිළිඳුන්ට නත්තල් මලු සැකසීමේ යෙදුණි. එම කටයුතු සඳහා සහභාගි කර ගත්තේ සංගයේ සිටි තරුණ සොයුරියන්ව ය. ආහාරපාන, ඇඳුම් පැළඳුම්, පාසල් උපකරණ, සෙල්ලම් බඩු ආදිය එම මළුවල බහා, මල්ලේ කට විවර කර තැබීය. ඒ තව ලැබෙන දෙයකින් මලු පිරවීමට ය. පිරුණු මලු(hamper) නැති බැරි අයට බෙදා දුනි. එවකට තරුණ සොයුරියන් වශයෙන් අපි, නත්තල යනු දිළිඳුන් සතුටු කිරීම බව තදින්ම වටහා ගතිමු. එම සංඝයන් හි, ස්වර්ගීය වටිනාකම් ඇගයූ බොහොමයක් ආදරණීය සොයුරියන් මිය පරලොව ගොස්ය. අනිවාර්යයෙන්ම එතුමියන් ජේසුස් වහන්සේ සමඟ ස්වර්ගයේ නත්තල සමරනු නියතය.

අප අනුගමනය කරන්නේ දේවත්වය පසෙකලා, මනුෂ්‍යත්වය ඉස්මතු කරමින්, දිළිඳු බව අත්දකිමින්, මෙලොවට වැඩි ජේසු කුමරාය. එදා නත්තල, ප්‍රමුඛත්වය දුන්නේ දිළිඳුකමට ය. අප නිකායේ ආරම්භක මවුතුමිය ශුද්ධ වූ මේරි යුප්‍රෙසියා තුමී මෙසේ පවසා ඇත. "මාගේ ආදරණීය දියණියනි, ධනවතුන් වෙනුවෙන් වෙහෙසීම ට ඔබ කැඳවා නැත. දිළිඳුන් සමග ඔබද දිළිඳු වන්න. මක්නිසාද, දෙවියන් වහන්සේ ඔබට භාර කර තිබෙන වස්තුව දිළින්දන් හෙයිනි. " අපි ජේසූ තුමන් සමඟ ඇතුලාන්ත ගමනක් යමින්, අපව වෙනස් කර ගනිමු. ජේසූ තුමන් තුළින් අපි අපේ හදවත් තුළ System Change එකක් ඇති කර ගනිමු.

ඔබ සැමට සුභම සුභ නත්තලක්!

මේරි බෙනීටා සොයුරිය

Leave Your Door Open

By Sr. Celinta

Two-thousand years ago in a little town off-shore, there was a beautiful wooden door. It concealed fruits and berries and wines and oils and cots wrapped in linen and warmth. Its comfort was a secret from the starry sky and the muddy streets of Bethlehem. Though life preferred the comfort behind it, this door wasted no haste in keeping out those unknown. Instead, a few ways from the wooden door lied a stable. Beyond its door, the fruits and berries and wines and oils turned into spoil while the cots wrapped in linen and warmth turned into wood and nails. Despite its look, this door was open to all. It forgave any traveller of his tiredness.

It celebrated the true meaning of Christmas. Like the gifts of the Magi, it tells us to offer someone frankincense by being a refuge for those who have nowhere else to go; offer someone myrrh by healing their wounds with comfort and forgiveness; by being someone's gold and radiating pure, divine love. While Jesus dedicated His entire life to this discipline, it should be our goal this Christmas to spend at least one day honouring His will by giving back to the world and taking less for ourselves. While this would be a great gift to God, an even greater gift would be to indoctrinate His will into our day-to-day lives. Start the new year by taking some time out of your day and giving back; no matter the weight of the deed. Leave your door open as He has done for you.

නියම යතුර තෝර ගන්න ~ වාහනයට පණ පොවන්න

ගමන දුර බැවින් මට වාහනය තනියම පදවාගෙන යාමට නොහැකි බව මට වැටහුනා. හොඳම රියපදවන්නෙකු ගැන තොරතුරු විමසා බැලුවිට මට ඔහුව මුණගැසුණා. මගේ ගමන මනාව තේරුම්ගත් ඔහු ගමන යාමට එකඟවි, නියමිත වෙලාවටම පැමිණියෙන් අවශ්‍ය බඩු සියල්ලම පටවා ගැනීමටත් උදව් දුන්නේ, ඒ මොහොතේ මගේ දුබලකම ඔහු තේරුම්ගත් නිසා විය හැකිය.

පාන්දර ජාමේ ගමන ආරම්භ කළ බැවින් නිදා වැටීමට ඇති ඉඩකඩ එමටයි. එමනිසා රියදුරු මහතාටත් උදව්වක් වශයෙන් මම කථා කිරීමට පටන් ගත්තෙමි. ඒ අතර පුරුදු පරිදි මම මගේ උපාරුව පෙන්වමින් මගේ හැකියාවන්, මම කරන කියන දෙය ගැන කථා කළෙමි. මේ අතර මටත්, වාහන ධාවනය කිරීමට ඇති හැකියාව ගැන ඉතා ආඩම්බරයෙන් පැවසුවේ, මමත් දක්ෂ රියැදුරෙකු බව පෙන්වමිනි. මෙන්න මට වැරදු තැන. ආඩම්බරය මාව ඇදගෙන යන්නේ කොහාටද?? වාහනය තව ටිකදුරක් ගිය පසු, රියදුරු මහතා මෙසේ පැවසුවේ එහෙනම් දැන් ඔබත් මෙය පදවාගෙන යන්න. මම ටිකක් හේත්තු වෙලා ඇස් දෙක පියාගන්නම්. මම පැදවීම ආරම්භ කරමින් ටික දුරක් කිසිම කරදරයක් නොමැතිව, ඉදිරියටම පැදවීම කරගෙන ගියෙමි. කිසිම කඳුගැටියක් මට නොපෙණුන බැවින් සමතලා මාර්ගයේ ගමන් කිරීම ඉතා පහසුවිය. එහෙත් මෙන්න වාහනය ඉතා වේගයෙන් ගැස්සෙන්නට පටන්ගත්තේ මම බියට පත්වි රියදුරුතැන දෙස බැලුවත් ඔහු මා සමඟම වාඩිවී සිටි ආසනයේ සිටියේ නැත මම තනිවුනෙමි. මම බියට පත්වුනෙමි. මේ භයානක මොහොතේ වාහනය පෙරලෙයිද පෙරලෙයිද කියා නැඟීඑන සිතුවිලි ඔස්සේ මම ඉතා අමාරුවෙන් වාහනය නතරකර ගතිමි. “දේව පිහිටයි” මම මටම කියා ගතිමි. ඝනදුර මීදුම මැද මම තනිවුනෙමි.

ඒ අඳුර මැදින්ම මා සිටි වාහනය වෙතට දුවගෙන එන කාන්තාවකගේ සේයාවක් දුටුවෙමි. මම තැති ගතිමි. “කොරේ පිටට මරේ” කියන්නාසේ මම තවත් බියට පත්වුනෙමි. ඇය අතවු පත්‍රිකාවක් මට පිළිගැන්වුවා මතකයි. මේ අන්ධකාර රාත්‍රියේ මම මෙය කියවා ගන්නේ කොහොමද? අමාරුවෙන් එහාට මෙහාට පෙරළා බලන විට එහිවූ වාක්‍ය කිහිපයක් මට කියවාගත හැකිවුනා. “එක් ආත්මයක් මුළු ලොවටම වඩා වටින්නේය” එහෙනම් “මමත් වටිනා කෙනෙක්” දැන් ඉතින් මේ තැනැත්තිය මට උදව් කරයිද? මේ සිතුවිල්ල ගලා එනවාත් සමඟම, ඇය වාහනය තනියම තල්ලු කරන්නට උත්සාහ ගත් අතර මම දැන් මොකද කරන්නේ...? ප්‍රශ්න මාලාවකින්ම මගේ හදවත තෙරපන්නට විය. මම වාහනයෙන් බැස ඇය සමඟ මෙය තල්ලු කරන්නට උත්සාහ ගන්නවාද? මම වාහනයෙන් බැස ඇය සමඟ එක්වී වාහනය තල්ලු කරන්නට යනවිටම ඇය මා අතට ‘යතුරක්’ දුන්නේ වාහනය පණගන්වන්නටය. ඒ සමඟම මාර්ග උපදේශනයක් වාහනය ඉදිරිපස දිස්වෙන්නට විය. එය මෙසේය: “දෙවියන්වහන්සේගේ සියළු භාන්ඩාගාරයන් අරින යතුර බැහැපත්කමවේ. (ශූ. යුගේසියා මව්තුමියගේ අනුශාසනා 18 පරි. 141 පිටුව) තවදුරටත් එතුමිය මෙසේ පවසයි; “ස්ව ප්‍රේමයෙන් සම්පූර්ණ වශයෙන් මිදුණු බැහැපත් ආත්මයකට වඩා උන්වහන්සේට ප්‍රේමණීය කිසිවක් නැත.” අපගේ ස්වභාවයට මෙපමණ විරුද්ධවූ උඩඟුව ජම්මයේ සිටම තදින් කාවැදී ඇති නිසා මේ ධර්ම ගුණය ආත්මයක් තුළ සැබවින්ම පවතීද සෙවීම දුෂ්කරය. “උඩඟුව සියළු පව්වල පටන් ගැන්මය.” ගැඹුරු මනස්ථාපනයකින් පසුව පුරුදු පරිදි වාහනය ධාවනය කිරීමට පටන් ගතිමි. එසේනම් ඔබ මම අපි සියලු දෙනාම මේ උතුම් ධර්ම ගුණය ‘බැහැපත්කම’ ප්‍රගුණ කිරීමට පටන් ගනිමු.

ඔබ බොහෝ දෙනා මෙය ප්‍රගුණ කරනවා විය හැකියි. එහෙත් අපි ආත්ම සෝදිසියෙන් පසුවෙමු. පැවිදි සමුදාය ඉදිරියට එකට ගෙනයන මාර්ගය සමාව දීමයි. ජේසුතුමා ප්‍රාණය පූජා කළ මොහොතේ කියූ වචන මගේ මතකයට නැඟී එන්නේ; “පියාණනී මොවුන් කරන වැරදි නොදැන කරන හෙයින් මොවුන්ට සමාව දුනමැනව.” මුහුණ නොබලා කතාකිරීමට බැරිව මඟහරින සොයුරියන් අද අප අතර සිටිනවා. අපි ඒ අයට සමාව දෙන අතර ඒ අය වෙනුවෙන් නිතරම ජේසුට කන්නලව් කරමු. යහපත් එඬේරා වූ ජේසුතුමා අපේ යැදුම් පිළිගන්නවා ස්ථිරයි. බැහැපත්කමේ යතුර ඒ අයටත් බාරදෙමින් වාහනය තල්ලු කිරීමට උදව් කරමු.



ඔව් මේ කතාව ඔස්සේ ගැස්සිලා ඇස් ඇහැරුනේ යකඩ දොරක් වාගෙයි!! හිරවීලා, තදවීලා, කල්ගෙවමින්සිටි මාංචු, විලංගු මුදාහරින හඬ ඇසෙන්නට වුවත්... බිය සැක නැතිකොට, ආලෝකය දෙස නෙත් යොමන්න... කියලා පණිවුඩයක් අපහට එන්නේ, දිගින් දිගටම පවසන්නේ, සොම්ගුණයෙන් හා දයාව මුල්කරගෙන ප්‍රීති හඬින් ලස්සන පත්‍රිකාවක් දිගහැරියේ දිව්‍ය එඬේරාණන්ගේ දියණියක්වූ ශ්‍රූ. යුෆේසියා මව්තුමියයි. කාලය ළඟාවී ඇති බව පවසන්නේ, සමාව දීමට සූදානම්ද ඔබ?? මේ ප්‍රශ්නය හමුවේ අලුත් යතුරක් අයිති කරගනිමුද? බැහැපත්වී සමාව දීම ඔස්සේ කේලම් වැපිරීමට නොව කෙනෙකුගේ හොඳගති දෙස බැලීමට නොවන්නේද? එකම සහෝදර සමුදායක් ලෙස එකට එක්වී ජය කොඩිය එසවීමට සූදානම් වෙමු. ගමන දිග බව මම මුලින්ම පැවසුවේ, ගතවී යන තත්පරයක් තත්පරයක් පාසාම නැඟි නැඟි එන හඬවල් අතරේ සමිඳු හඬට සවන් දීමට ඔබ අප සැමදෙනාම සූදානම් වියයුතුය. අප තුළින් නැඟී එන සමාර්ථයේ බිහිරි බව නැති කරගැනීමට, මනස ඒකාග්‍ර කරගනිමින්, දැහැන්ගත වීමට අපි කාලය වෙන්කරගනිමු. ඔව් හදවත ඔස්සේ නැඟී එන හෘදසාක්ෂියේ හඬ නිතර දෙවේලේ කතාකරයි!! එය මුලාවේ යන්නට ඉඩ නොදී රැකගනිමු. මෙයට පුහුණුවක් අවශ්‍යයි. ජීවිත ගමන බොහෝ දුරක් මම ගමන් කළත්, මේ මනස මෙල්ලකරගැනීමට මම තවමත් උත්සහ දරන්නේ අවටින් නිතරම විෂ වායුව මනසට ගලා එන නිසාමයි.

අද අප නිකායේ වැඩිදෙනෙක් වයසට යන අතර අපි තවමත් මේ විෂ වායුවෙන් මිදීමට එනම් කේලාම් ඕලාදූප ඔස්සේ ගමනට ඇති බාධා එමටයි. එනිසාම අපි අපේ හදවත නැමැති කුටියේ යතුර මාරු කරගත යුතුවේ. නැතිනම් ඉදිරියට යාමට ජීවිතය නැමැති වාහනයට නොහැකි වනු ඇත. මෙන්න මේ මොහොතේ මගේ හදවතට නැඟී එන ඒ දේව වචනය වෙත අවධානය යොමු කරමු. “නිර්මල සිත් ඇත්තෝ භාග්‍යවන්තයෝය. ඔව්හු දෙවියන්වහන්සේ දකින්නනෝය.” (මතෙව් 5: 6) පවිත්‍ර සිත ඔස්සේ සෙනෙහස ගලා යාමට පොදුවේ සෑම දෙනාටම, විශේෂයෙන් අප පැවිදි හවුල්වල අය වෙතට ගලා යාමට ඉඩ හරිමු. එය අපේ මුළු සමාජයටත්, ලොව සෑම දෙසටත් ගලායන්නේ දිව්‍ය එඬේරාණන්ට නොහැකි කාර්යයක් නොමැති නිසාමය. ඔව් ස්වාමිනි, ඔබ මා ඔසවා ගත් සේක. මෙතෙක් මුලාවී යන්නට මාන බැලූ මාව නිදහස් කරගෙන හදවතට හිමි උතුම්ම යතුර මට බාරදුන්නේ ඒ කාර්යය කරගෙන යාමටය. ඔව් ජීවිතය නැමැති මේ වාහනයට පටවා ගත හැකි අය ඔසවා පටවා ගැනීමට මට අවශ්‍යය දිරිය සවිය ශක්තිය ලබාදුන මැනව.

දැන් දැන් නත්තල ළඟ එනවා නත්තල් ගීත රාවය ඇසෙන්නේ ඒ දේව අම්මා ජුසේ තුමා සමඟ ඉන්නට තැනක් සොයමින් ගිය ආකාරයයි. ඔබගේ මගේ හදවත් නැමැති දොරවල් වලට ගසමින් යන හඬ ඇසේද?? එදා කාර් එක නැවතුන මොහොතේ ලබාගත් යතුර ගැන ඔබ මතකයට ගන්න. අලුත් යතුරෙන් සමිඳුන් පිළිගන්නට දොර අරිමු. ජීවිත ගමනේ දෙවි සමිඳුන් අප සමඟයි. ඔව් එම ආශිර්වාදය ඔබ අප සැමට ලැබේවා! ජීවිත ගමනට පිතා පුත්‍රයා ශුද්ධාත්ම මඟ පෙන්වීම ලැබේවා! ඒ උතුම් යතුර ස්වර්ගීය යතුර බව අමතක නොකරමු. එසේනම්;

“නියම යතුර තෝර ගන්න - වාහනයට පණ පොවන්න, ගවලෙන වෙත ලඟා වෙන්න.”

සැමට සුභ නත්තලක් හා ආශිර්වාදාත්මක නව වසරක් වේවා!

ඒ ආශිර්වාදය ඔබ සැමට ලැබේවායි පතන්නේ;

මේරි ලිනට් පෙරේරා පැවිදි සොහොයුරියයි



Preparing for the Province Chapter

As the upcoming Province Chapter approaches, the Province Chapter Preparatory Committee (PCPC) has engaged in a series of meetings dedicated to thoughtful planning and spiritual reflection. These gatherings have been instrumental in shaping the direction and objectives for the chapter, with a strong emphasis on collaboration and discernment. Together they have laid a solid foundation for the upcoming Province Chapter through shared insights, collaborative planning, and a commitment to spiritual growth.

The first meeting was held on October 22, 2024, the members of the PLT and the members of the PCPC were present at the meeting. Sr. Maryanne reminded everyone that this chapter would be a Province Chapter, not a regional one. The committee took significant steps by appointing Sr. Francine as Coordinator, Sr. Madonna as Assistant Coordinator, Sr. Martina as Secretary and Sr. Sothy as Assistant Secretary.

The members have set the stage for preparation through discussions about the need for discernment and alignment with the congregation's charism and have established the foundational goals. As we proceeded, the importance of navigating changes within the Province became very clear. In making decisions regarding these changes the committee recognized the need to enhance member engagement, ensuring that all voices within the Province are heard and valued.

So far, this journey has emphasized the collective dedication of each member to making the Province Chapter a meaningful experience for all involved. We will keep you informed with more details as we continue our journey together.

Insights from the Province Chapter Preparatory Committee

Mission Experiences

අපි දේව කැඳවීම් සොයා ගියෙමු ....

2024 මැයි මාසයේ, වර්ලිනි කණිටු සොයුරිය හා එක්ව තරාල සිරිකුරුස දහම් පාසලේ හයේ සිට දහය දක්වා පන්ති බැහැදැක, එඬේර දූත කාර්යය පිළිබඳව හඳුන්වා දුන් අතර එහිදී මුණගැසුණු දියණියන් දෙදෙනෙකු මේ වනවිට අප සමඟ සම්බන්ධවී ඇත.

මැයි 19 හා 26 යන දිනවල, වැලිවේරිය දහම් පාසලේ දරුවන් හට යහපත් එඬේරා අනුව යන්නට ඇරයුම් කළෙමු. එහිදී හය සිට දහය පංතිවල දරුවන් හඳුනාගෙන දේවමාතා දරුසමාගම හා එක්ව අලුත් ගමනක් ආරම්භ කළ අතර ජූලි 31 වන දින ඔවුන් හා එක්ව රෝස් වර්ජීනිගේ උපන් දිනය සැමරුහ. අගෝස්තු 8 වන දින නායකකන්දේ සංවිධානය කළ දේව කැඳවීම් වැඩසටහනටද ඔවුන්ව සහභාගි විය. සාමාන්‍ය පෙළ විභාගයට පෙනීසිටි ක්‍රිස්ටිලා දියණියව මේ වසරේ ඥානකාන්තියට යැවීමට හැකිවීම ගැන දෙවිඳුන්ට තුති පුදමු.

ජූලි මස 14 වන දින වත්තල සාන්ත ආනා දහම් පාසලේ දරුවන් මුණගැසී පන්තියෙන් පන්තියට ගොස් යහපත් එඬේරා දූත සේවාව හඳුන්වා දෙමින් ඔවුන් අතරින් පස්දෙනෙක් නායකකන්ද අගෝස්තු වැඩසටහනට කැඳවාගෙන ඒමට හැකිවීම ගැන සතුටු වෙමු. එහිදී මා හට ඉමහත් සහයක් දැක්වූ ලක්ෂිකා සොයුරියවද දයාබරව සිහිපත් කරමි.

ජූනි 23 වැලිවිට සාන්ත මරියා දහම් පාසලේ 9 සිට 11 පන්තිවල දරුවන්ට දේව කැඳවීම පිළිබඳව කතාකළ අතර නොවැම්බර් 3 වන දින අභිවෘද්ධි ආලේපය ලැබීමට සූදානම් වන දරු දැරියන්ට වැඩසටහනක් පවත්වන ලදී. එහිදි අප හට සහයෝගය දුන් තෙරෙස්කාන්ති, රෙමෝනා හා නිමාලි සොයුරියන්ව ස්තුති පූර්වකව සිහිපත් කරමු.

අප බීජ වැපුලූ වෙමු, ඉදිරියේදි එම බීජ පැල වෙනු ඇත. දෙවියන්වහන්සේ පැල වැඩෙන්නට සලස්වාවි, ඒවා නෙලාගැනීම අනාගතයට භාර කරමු.

අස්වැන්නේ හිමිකරුවාණන්ට ප්‍රශංසා වේවා! සකල මහිමය හා ගෞරවය උන්වහන්සේට අත්වේවා.



Sr. Shirani Algama

In Solidarity for Just & Fair Society



Election monitoring in Sri Lanka gained significant momentum after the 1982 referendum exposed the need for greater oversight. Civil society organizations, including PAFFREL, CMEV, and others, emerged as key players in ensuring free and fair elections. Despite the absence of a formal legislative framework, the Election Commissioner, Mr. Dayananda Dissanayake, granted approval for monitoring efforts in 2004, recognizing the importance of transparent elections.

PAFFREL has since remained actively involved, deploying thousands of observers to monitor elections and raise voter awareness. Inspired by leaders like Father Tissa Balasooriya and Dr. Godfrey Gunathilake, we, Sr. Sithija Jayamanne, Sr.Chrishanthi Basil, Fr. Rohan Silva (OMI), and Fr. Joseph Cooray (OMI), proudly joined this mission. As religious leaders, we see it as our responsibility to promote transparency and integrity in the electoral process for the good of society and the nation.





On October 9th, 2024, the Dharma Shakthi Interreligious Executive Committee held a significant meeting at the Good Shepherd Convent, Nayakakanda, Wattala. The gathering, which took place from 10 am to 2 pm, featured rich discussions where members shared their insights and suggestions on various concerns.

Reflecting Mahatma Gandhi's words, “We must have an innate respect for other religions, just as we have for our own. It is not about mutual tolerance, but about fostering genuine respect for each other,” the committee expressed their shared vision of promoting peace and harmony across communities. Just as Gandhi emphasized that by nurturing such attitudes we can live and work together for the well-being of all, the Dharma Shakthi group embodies this same aspiration in their outreach and interactions with the wider public.

The members also explored the peaceful surroundings of the convent, which provided a refreshing and enriching experience. The day concluded with a fellowship meal, symbolizing unity and reinforcing the spirit of collaboration and mutual respect among the group. The members also had the opportunity to visit the archives of the Good Shepherd Congregation, which provided valuable insights into the history and mission of the Religious of the Good Shepherd.

This informative experience deepened their understanding of the congregation's long-standing commitment to service, particularly in supporting marginalized communities and promoting peace and justice.

Sisters Nishanthi Jayamanna, Shirani Bernadett, Sithija Jayamanna, and Chrishanthi Basil from the Good Shepherd Sri Lanka joined in election monitoring efforts alongside PAFFREL (People’s Action for Free and Fair Elections) and the organization Mothers and Daughters of Sri Lanka. Their participation in election monitoring highlights the Good Shepherd congregation’s commitment to advocacy and civic engagement,





striving to uphold the principles of justice and transparency.

Through this initiative, these sisters contributed actively to the safeguarding of democratic processes, working to ensure that the elections were conducted fairly and impartially. Their involvement not only reinforces the mission of the Good Shepherd community in supporting social justice but also reflects their dedication to protecting the integrity of the voting process, fostering trust, and promoting the well-being of society as a whole.



Sr. Chrishanthi Basil

Community Based Child Protection – Poovarasankulam. Vavuniya.

சமூக அடிப்படையிலான குழந்தைகள் பாதுகாப்புப் பணி – பூவரசன்குளம்.

வவுனியா மாவட்டத்தில் உள்ள பூவரசன்குளம் கிராமத்தில் நல்லாயன் சபை அருட்சகோதரிகளாகிய நாம் ஆற்றிவருகின்ற பிரதான பணிகளில் இப்பணியும் ஒன்றாகும். நாம் இப்பணியை கிட்டத்தட்ட இரண்டு வருடங்களாக ஆற்றிவருகின்றோம். பூவரசன்குளத்தைச் சுற்றி உள்ள ஆறு கிராமங்களிலிருந்து தரம் ஒன்றிலிருந்து பதினொன்று வரைக்குமான மாணவர்கள் தமிழ், கணிதம், ஆங்கிலம், வரலாறு ஆகிய பாடங்களை கற்பதற்கு இங்கு வருகின்றனர். இதைவிட வாழ்க்கைக் கல்வி, விழிப்புணர்வு செயற்திட்டங்கள், விளையாட்டு மூலம் கல்வி, தலைமைத்துவ திறன் பயிற்சி போன்ற செயற்திட்டங்கள் நடாத்தப்படுகின்றன. இன்னும் ஆசிரியர் தினம், சிறுவர் தினம் மற்றும் கிறிஸ்மஸ் ஒளிவிழா போன்ற நிகழ்ச்சிகளும் நடாத்தப்படுகின்றன. பிள்ளைகள் மிகவும் ஆர்வமாக எமது இடத்திற்கு வந்து செல்வார்கள்.

மாணவர்கள் தமது கல்விச் செயற்பாடுகளிலும் ஆர்வமாக செயற்படுவதை காணக்கூடியதாகவுள்ளது. கடந்த O/L பரீட்சை பெறுபேறுகளிலும் எமது பிள்ளைகள் திறமையான பெறுபேறுகளைப் பெற்றிருந்தனர். இப்பணி மூலமாக நாம் பிள்ளைகளின் கல்வி விருத்தியில் மட்டுமல்லாது அவர்களின் ஏனைய விருத்திகளிலும் பங்காற்றி வருகின்றோம். இனிவரும் காலங்களில் நாம் பிள்ளைகளின் இடங்களுக்குச் சென்று எமது செயற்திட்டங்களை செய்யவிருக்கின்றோம். எம் அன்னை புனித யூப்ரேசியாவின் விருப்பிற்கேற்ப எம்மிடம் ஒப்படைக்கப்பட்ட சிறுமந்தைகளாகிய குழந்தைச்செல்வங்களைப் பராமரிப்போம்! பாதுகாப்போம்!

பூவரசன்குளம் குழுமம். வவுனியா.

Name		Tamil	History	Maths	English
Kuintsan		C	C	S	W
Jathursan		S	C	S	W
Pakeersan		S	C	S	W
Jenasuthan		C	C	S	S
Dilakshan		S	S	W	W
Ruksikan		A	A	A	B
Denuka		A	A	A	C
Mithusika		A	A	B	S
viniththa		C	A	C	S
Nitharsana		B	A	C	C
Sathursika					
Sujiththa		A	A	C	S
Mathuri		B	C	C	W
RusaNi		B	A	C	C
Sansika		A	A	A	A
Hisani		A	A	C	C











A Day of Love, Joy, and Belonging

For all of us who have experienced the spirit of the School, the Inter-House competitions are more than just events—they are a celebration of community, camaraderie, and personal growth. The house system plays an important role in fostering a sense of belonging, providing students with a space where they feel secure, supported, and valued. These shared experiences not only help build Connections, but also create lasting memories.

One of the most eagerly awaited events for the children is Sports Day. It's a day filled with excitement and joy, a day when every child has the opportunity to showcase their athletic abilities in front of their peers and supporters. Yet, as important as winning may seem, the real value of Sports Day lies in the lessons learned: discipline, respect, teamwork, emotional regulation, perseverance, leadership, and the development of self-esteem.

As St. Mary Euphrasia, our beloved foundress, once said, “Oh, how much love and compassion we must have for these souls entrusted to our care. Love them, love them very much. Comfort them. Strengthen these suffering sheep, make them happy, very happy. Never forget that you will win hearts only by love.” These wise words guide our mission as we nurture and support our children with affection and care.

On October 31st, 2024, the Sisters of the Katugastota Community, alongside the staff and Children, gathered at the Kandy Convent Ground to host a special Sports Day for the children of our three Good Shepherd homes in Nawalapitya, Gampola and Kandy. The event was organized in celebration of International Children’s day 2024. This was memorable first-time event for 68 children, divided into three houses named after young Saints: St. Teresa, St. Goretti, and St. Bernadette. Each house was assigned a colour to represent the spirit of unity and teamwork.

The event was a beautiful reflection of the values that we hold dear: empathy, creativity, collaboration, and celebrating one another's successes. It was a day of connection, where the children experienced not just







the thrill of competition, but the warmth of understanding, kindness, and compassion. We are grateful for the opportunity to bring these values to life and to create unforgettable memories for these children who are the heart of our community.

Together, we make each other happy.



Sisters in Katugastota Community

The World Mental Health Day Programme





Venue: Balagala and Weliamuna
Participants: 75 ladies
Facilitators: Rev Sr Lakshmi, Mrs Christine, Ms Roshadi and Ms Dilakshi

The theme of this year's World Mental Health Day was "**It is Time to Prioritize Mental Health in the Workplace**." To mark the occasion, we organized two programs involving women from different communities. The first program was held in the Balagala area, and the second in the Weliamuna area, both focusing on empowering women. Our objective was to target the female population in these areas to raise awareness about mental health and promote strategies for maintaining good mental health. This, in turn, would help them better manage daily life challenges and foster healthy family dynamics.

Sr.Lakshmi began each session with a brief introduction about our Shepherd Centre, its mission, and the purpose of the program. Following this, Ms.Roshadi and Ms.Dilakshi performed a role-play that highlighted common issues faced by women in their daily lives. After the performance, the participants were divided into four groups and asked to analyze the problems presented in the role-play. Each group was then given time to discuss the issues and propose solutions.

The key topics discussed included: Unhealthy relationships among children, Children's addiction to drugs and mobile phones, Conflicts involving husbands and mothers-in-law within the family structure, Financial difficulties. Participants actively shared their thoughts and engaged in discussions on each topic. Sr.Lakshmi provided a detailed reflection on the issues raised, helping the women better understand the challenges and possible solutions. Ms. Roshadi facilitated the discussions by gathering insights from each group and offering an overview of how these problems could be approached. Many participants shared their personal experiences, and Sr.Lakshmi guided them in finding constructive solutions to their concerns.

Finally, Ms. Christine offered practical advice on how to confront and overcome these obstacles to maintain good mental health.

Feedback:

The participants expressed satisfaction with both programs. Their positive feedback highlighted the valuable insights they had gained during the sessions, demonstrating the impact of the initiative on their understanding of mental health.





Sr. Lakshmi







It Only Takes A Spark…

It only takes a spark - to get a fire going,

And soon all those around – can warm up in its glowing …

The above noble sentiments could be applicable to a very devoted parishioner, of Nayakakanda, who had vowed to give opportunities to less privileged people, to go on pilgrimages. Thus, this generous person made her appeal to us in Nayakakanda this year, while Sr. Bernadette accepted on behalf of the multitude of the working-staff who serve in various ministries in the compound.

The day dawned – Unlike the other days, 22nd of November became very significant to all those who were eagerly awaiting the day. The bus entered the convent premises at 4.45 am with the pilgrimage donor, Mrs. Chrishanthi and 8 parishioners. Soon the seats were occupied by 39 passengers. Srs. Prisca and Bernadette along with those of the working-staff in the Community, Contemplatives, Safe Home, Sanasuma, Host Room and both the gardens including some of their family members. The journey began at 5.00 am heading to Talawila.

This extra-ordinary Journey was mainly to bring about "Togetherness" and to foster understanding, mixed with joy, happiness and basically for "Relaxation". On the way there was sing-song, enjoying, chatting and sharing, so much of enjoyment and time to speak to one and all.

All were amazed when they reached Our Lady of Guadalupe in Karikattiya. The magnanimous shrine and the miraculous story made them marvel. Having been refreshed by a delicious breakfast provided by the chief organizer, Mrs. Chrishanthi, we were spiritually nourished. Fr. Pradeep Xavier, the administrator of the shrine offered holy mass and explained about Our Lady of Guadalupe and all were greatly impressed about her intervention. It was significant, that all the pilgrims took part in the offertory procession. Having spending ample time in Karikattiya, we reached our destination by noon.

In Talawila we were blessed to spend time in prayer and adoration. The holy hour in the presence of the Eucharist brought us graces and blessings in abundance. A wonderful time to pay our love and homage to the Lord and to be grateful for the great opportunity received.

"The Lord is my Shepherd – there is nothing I shall want …"

Yes, the Lord is my Shepherd … making this a reality, we were nourished with a delicious meal provided by Mrs. Chrishanthi and we spent a short time in the "Kale Palliya" another well famous church, but was the maiden visit to many of us. We were fortunate to pray at the foot of the miraculous Cross in Marawilla shrine, which enhanced to deepen our faith.

On our way home, our staff members expressed their joy of the pilgrimage and wished that they may be blessed in the years ahead. Making their dream a reality, Mrs. Chrishanthi promised that she will consider to organize another.

That's how it is with God's Love – once you've experienced it

You spread His Love to everyone; You want to pass it on.

Divine Intervention has no bounds or ends. So, let's place our lives in the God of miracles as we continue to journey in faith.

A Merry Christmas and a Blessed New Year!

Sisters Prisca and Bernadette



Hosts of Angels – Rays of Hope

The season of Advent and Christmas is about Hope and the intervention of Angels. Yes, this holy season invites us to increase our hope as well as to be angels.

Hosts of angels had been in action; are in action and will be in action to proclaim the goodness of religious life and the joy it brings to all those who live and encounter; the wide-spread, and the importance of handing-over to the next generations.

Since January 2024, the Vocation-Mission Promotion Team, consists of 3 members, Srs.Marie Angela, Jessy and Iolanthi and animated by Sr.Dhammi the link councilor.

Walking along memory-lane, we recall how we addressed the Sisters in the teaching ministry in the beginning of this year. In fact, it was a day to refresh, recall and to flame the fire of zeal and enthusiasm in promoting vocations. All the Sisters expressed their ideas and plans and promised to cooperate in this noble task, creating rays of hope for the future.

As the new governance structure came into effect, the link councilors of each sector, encouraged Sisters of every community to volunteer for this noble mission. Indeed, we are grateful to each and every local leader and the members who not only volunteered but are also zealously and whole-heartedly cooperating with much dedication.

The evaluation of the Sisters increased our hope and we can count-on for better as we strive for a worthy cause. Our joy increases because of the collaboration of all the Sisters in the province. In prayer and in deed, all of us are focusing for many more young girls to enter religious life. In the light of this, let us give life and meaning to the following;

Attitudes become thoughts.

Thoughts become words.

Words become actions.

Actions becomes our life and destination.

Therefore, let us always have the attitude that the Good Shepherd Congregation will grow from strength to strength; always keeping in mind that the Lord has blessed us with a multitude of vocations and will continue to bless us. So, let us give our time, talents, deeds and actions in promoting many more young girls as the Lord wants.

We go among the people – this is our new vocation.

Let them see the love we share – let them see it everywhere.

Let them experience peace, love, joy, zeal and compassion.

Yes, let's set a goal; have a target and strive to reach it with God's bountiful graces and blessings. As the Magi was able to reach the manger, and worship the Lord; we will reach our destination of encountering the girls that the Lord Himself has chosen with the assistance of a Host of Angels and Rays of Hope in our hearts.

Wishing you a happy and holy Christmas and a blessed New Year!

Members of the Vocation
Mission Promotion Team.



Behold, Love Dwells Among Us: The Christmas Light Shining in Munnakkaraya / Pitipana

As the year 2024 comes to an end, the communities of Munnakkaraya and Pitipana reflectthe humble and hopeful story of Bethlehem, where Christ chose to dwell among the poor andforgotten. In these fishing villages nestled by the sea, life is marked by hardship butilluminated by resilience, unity, and an unshakable faith in God's providence.

Here, many children grow up with aching hearts, longing for the love and presence of their parents. Some mothers, driven by the need to provide, work abroad, leaving their children in the care of relatives or alone to navigate life's challenges. Fathers spend weeks at sea, facing treacherous waters; some struggle with addiction, unable to provide the love and Stability their children so desperately need.

Many children in Munnakkaraya bear deep wounds, as their parents leave them behind to seek comfort in new families. These young hearts, at such a tender age, are left vulnerable and broken, carrying stories of pain that no child should ever endure. In these fragile homes, privacy is a distant dream, as families live in cramped conditions, their houses pressed close together. Yet, they share what little they have with open hands and generous hearts.

Despite these struggles, the children of Munnakkaraya teach us the true essence of Christmas. With radiant smiles, they run eagerly to receive even the smallest gestures—a word of encouragement, a lesson, or a warm embrace. Their joy remains unbroken by the weight of their challenges. They remind us that, even in the midst of suffering, the human Spirit can shine with the light of Christ. These small hearts, so eager and open, reflect the stable in Bethlehem—humble yet filled with the glory of God.

Through the mission of the Good Shepherd, we have witnessed lives touched and transformed this year. Mothers have gathered in solidarity, participating in programs that empower them and teach the values of building happy families. They are rediscovering the strength of community and the beauty of working together.

Our children have grown in self-awareness and confidence, learning to value themselves as God sees them. They have embraced mindfulness, discovered the joy of learning, and found hope even amidst their struggles. These small but profound steps are shifting attitudes within the community, planting seeds of hope that will bear fruit in the years to come.

The youth, too, have joined our mission, breaking the chains of apathy and rediscovering the joy of shared purpose. Together with the entire community, they have shown us what it means to be just, humble, and grounded in love. We have not worked alone; we have lived and served together, embodying the mission of the Good Shepherd in its fullest sense.

Munnakkaraya teaches us that Christmas is not merely a day; it is a call to recognize and welcome Christ in the most unexpected places—in the brokenness of a family now made whole, in the laughter of a child who feels valued, and in the hands of women who build a future of peace. It is an invitation to see His face in the vulnerable, to touch His wounds in the poor, and to share His love with those who are forgotten.

As we reflect on this year, we realize that Christ has been with us in every shared meal, every word of encouragement, and every moment of solidarity. Like the shepherds who first heard the angel's song, we too are called to proclaim the good news:

"Glory to God in the highest, and on earth peace to those on whom His favor rests."

As we prepare to celebrate Christmas, the story of the Nativity comes alive in Munnakkaraya.

It is here, among the little ones and the vulnerable, that Christ is born anew. The joy of these families, who have so little yet share so much, mirrors the simplicity of the shepherds and the



steadfastness of Joseph and Mary. It reminds us that the stable in Bethlehem was not just a place of poverty but a place of immeasurable grace, where heaven touched earth in the humblest of ways.

The mission of the Good Shepherd calls us to create stables of Bethlehem in every heart, every family, and every village. This is not a task of grand gestures but of small, daily acts of love, humility, and presence. It is a call for religious sisters and leaders to walk with those who are forgotten, to bring hope to the weary, and to reveal the face of Christ through their Service.

In Munnakkaraya, we have witnessed the Gospel lived out in its truest form. The poor and the brokenhearted have become bearers of Christ's light, teaching us what it means to be rich in spirit. Their struggles remind us of the Holy Family's journey, and their joy is a testament to the enduring promise of Emmanuel—God with us.

May this Christmas remind us of the humble manger where love was born, calling us to live with simplicity, humility, and unwavering faith. Let us open our hearts to receive Christ anew, not just as individuals but as a community bound by love and service.

As we move into a new year, may the spirit of Christmas continue to guide us so that we may be bearers of His light in the darkest corners of our world.

Merry Christmas,

Sr. Chandrika Perera,



Expanding Community-Based Child Protection (CBCP) programs

Good Shepherd Sisters forts to find new ways of reaching, empowering, and uplifting the lives of the marginalized were a successful journey, as this strategy led them to initiate Community-Based Child Protection (CBCP) programs.

The 2016 Strategic Plan led the province in the development of a comprehensive road map for the Ministry of Child Protection in Good Shepherd Sri Lanka (GSSL). It highlighted five result areas of work.

They are:

1. Good Shepherd best practice in child protection established and children supported.
2. Empowered Communities for Effective Child Protection.
3. Support the government in enhancing national/regional child protection systems.
4. Scale up and roll out of a systems approach to child protection within GSSL
5. Improving program quality and building an evidence base for monitoring, evaluation, and learning.

In 2017, the coastal community in Mundalam Divisional Secretariat, where many child-related issues were reported, was selected for piloting community-based projects of GSSL. In 2018, the second community-based child protection project was established in the tea estate in the Balangoda district.

Then Mankerny in the Batticaloa district was another one of the areas where the GSSL planted the seed of CBCP, and GSSL was able to implement all five result areas introduced by the strategic plan. This focus has helped the GSSL in the empowerment and networking of all segments of the community.

Over the years, by engaging in the community-based activities, we have proved that CBCP is the best strategy to absorb these mentioned result areas for child protection. This is a highly recommended strategy in the development of the communities that are at risk of child protection and are marginalized.

To accomplish the goal of creating a child-friendly, safe space—a community-based approach for comprehensive child protection. The program has designed many goal-oriented strategies and activities for its effectiveness. There are separate and combined activities for the children, parents, youth, and the stakeholders. Educational activities, value-based activities, awareness & counselling programmes, play activities, and exposure visits are some of the programmes for the children. The women are more involved in the programs, keeping in mind their contribution towards the growth of the children. Involving them in self-help groups, awareness and capacity-building programs, exposure visits, and parents' meetings and involving them in child protection committees are the main activities that are planned for them.

The men are gradually involved in the program. As the first initiatives, the men's support groups are formed on a volunteer basis. Heading with the men's supportive groups, the similar activities of women are organized for the men too.

The CBCP program gives more effort in creating a strong network with the government and other stakeholders who are responsible and who can be more influential in taking decisions with regards to child protection in the locality. There are programs that are designed for the youth, categorizing according to their age and considering their concerns. The activities are altered and reshaped according to the needs of the community and after observing the capacity and the response of the program participants.



The bottom-up approach and the rights-based approach applied in the implementation of the activities increased the impact of the project and ensured the participation of everyone in achieving the project's objective and also encouraged joint planning for the sustainability of the project.

The safeguarding system that has been gradually developed within the project is commendable and serves as a model for the other ministries.

GSSL completed its 6 years of CBCP ministry in many of the locations. By then, the Mankerny project had reached out to 5 villages and was working in 11 sites

At this juncture, The Good Shepherd CBCP Project in Mankerny was awarded as the most efficient and responsible NGO under the Viharai Divisional Secretariat and was honored for its commendable service for the children & vulnerable people in that area. It was a great achievement of Sr. Nirmala & the team. As we celebrate and share this joy, we too are very grateful for the continuous support and guidance received from APMDO and GSIF in the development of the project. Grateful to all of you. We also remember Theresa Symon for her commitment to the project.

Reached out to the underprivileged schools in tea estates and coastal areas

While running the community-based projects in tea estates and coastal areas, GSSL had opportunities to engage with the school systems and develop good relationships with stakeholders.

The situation in Sri Lanka's rural education is more challenging, confronting various difficulties. School dropouts are consistently increasing due to impoverished conditions of families in rural areas. As we are aware, both political unrest and the impact of Covid-19 have further deteriorated the access to education, the quality of education delivered, and the overall well-being of children in the rural areas.

In rural schools, there are limited infrastructures, resources, insufficient teachers, and regular transfers. Furthermore, due to the country's economic conditions, the government cut funds allocated to the schools, hindering the quality of education for children in rural areas. This is quite vivid in tea estates and coastal rural schools.

Considering the harsh realities in tea estates and coastal communities and the country's ongoing economic crisis, Good Shepherd, Sri Lanka, wants to serve this community through a participatory community development intervention. The project intended to create a safe and conducive environment in rural schools that adopts a child-centered approach to education and focuses on the children's holistic development. The project ensures that the basic facilities are provided in schools, the teachers are capacitated on child rights, and there will be increased participation of parents to prevent child abuse and establish child safeguarding mechanisms in the communities. The project also builds linkages connecting the community and leading actors of the development in the areas. This will ensure that changes will be sustainable and help break the cycle of illiteracy and poverty in the community.

With the experiences and lessons learned from past and present Good Shepherd work in rural communities, it is evident that the school setting is one of the best systems to empower and transform communities. The Good Shepherd rights-based approach will ensure that the children and parents will be empowered to advocate for their rights and make state actors more responsible and accountable for the development of communities, which can bring long-term transformation to the community and enhance the well-being of Sri Lanka's future generation. Hanse from 2021, GSSL has started reaching out to the schools, and at present we are working in 3 schools in tea estates and 4 schools in coastal areas.

In conclusion, we gratefully remember how our Shepherd God led us to be in union with the neediest, thus sensing the pain. Further, we remember how He strengthened us on this journey until we drew all to green pastures and clean water. The Creator of all has guided us to generate a greater vision for each and every one in the community. We recall the time of struggles and hardships and, above all, how He raised us and gave us hope that we were able to turn those challenges into opportunities.

With much gratitude we remember all those who have supported and contributed in many different ways to the development of the Community-Based Child Protection Ministry in Sri Lanka.























GSSL - Mission Development Team

Shepherd's Delight Bakery: A Sweet New Venture with a Purpose

Birthing of a new venture, the aroma of freshly baked cookies now welcomes visitors to the newly inaugurated *Shepherd's Delight Bakery at Hunupitiya*. But this bakery offers more than delectable treats-it's a beacon of empowerment and a celebration of human dignity.

Founded on the principles of justice, integrity, and excellence, Shepherd's Delight Bakery is more than just a business. It is a mission-driven initiative that aims to provide professionally qualified young women with the opportunity to embrace their rights, dignity, and freedom. This venture not only supports these women in building their careers but also fosters a collaborative and inclusive environment.

Excellence in Every Bite

Shepherd's Delight Bakery prides itself on delivering high-quality products. The passion and dedication of its team shine through in every creation, ensuring that customers leave not only satisfied but also inspired by the bakery's mission.

A Community Coming Together

The bakery invites everyone to experience its delightful offerings while supporting a meaningful cause. By choosing Shepherd's Delight, customers contribute to a movement that uplifts and empowers women, paving the way for a brighter future for all.

This isn't just a bakery; it's a place where values rise as beautifully as its dough. **Visit Shepherd's Delight Bakery today to indulge in goodness—both for the palate and for the soul.**





























200 Years of Blessings

How can we celebrate 200 years of Blessings on our Contemplative communities?

As I thought about this, the psalmist remined me " Praise the name of the Lord, make known the wonders He has done". This is a moment of our grace share about these blessings on our lay partners and the faithful at Kalamulla. So we arrange 23rd November as a day of Thanksgiving. At 9 o'clock we share with our lay partners the history of our Contemplative Sisters. During the sharing, it echoed he desire of the 1st four girls who said to St. Mary Euphrasia "Mother, we don't ask to become Sisters like you. But let us be Sisters among you those of us who want' 'This desire of the girls touched the compassionate loving and prayerful heart of St. Mary Euphrasia. Facing many challenges in the beginning our first Contemplative community, then known as Magdalen Sisters. Sharing her spirit of prayer, She founded our first Sisters as a " Power House" of prayer within the congregation. She told our first Sisters, "Your first mission is to pray for the inmates of the congregation, there conversion" We join the contemplative Sisters spread over 25 countries. We took this opportunity to distribute the name of the Sisters in Kalamulla community and the lay partners' "As Secret Angel" for Advent.

As a souvenir and as an encouragement to invite lay partners to read and reflect the word of God, during the coming Jubilee year of the church, we gave each lay partner a copy of the New Testament.





The faithful in the village join with us in the Eucharistic celebration which was offer at 11 o'clock on the same day. Fr. Jayantha, TOR who celebrated the Holy Mass, encouraged the faithful to become prayer partners and witnesses of Christ in today's world.

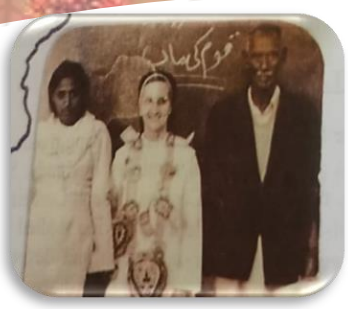
Sr. Annette and Sr. Iranga from Diyalagoda community joined with us to celebrate day and for lunch.

We celebrated this event at Nayakakanda on the 11th November 2024 with our apostolic Sisters and lay partners and friends Praise the name of the Lord make known His wonders among the people.



Sr. Patricia,
Kalamulla Contemplative Community

49 Years of the Good Shepherd Presence in Pakistan



Multan Pakistan

On 21st September 2024, the Good Shepherd Sisters celebrated 49 years of dedicated service to society, marking nearly five decades of unwavering commitment to the marginalized. Founded in 1975 in response to the urgent requests of bishops in Pakistan, the congregation has focused on empowering women, children, and vulnerable communities through education, healthcare, and social outreach programs.



Historical Context

The roots of the Good Shepherd Sisters in Pakistan trace back to 1974 when Bishop Bertrand Boland of the Diocese of Multan visited the Sisters at Nayakakanda, Sri Lanka, seeking assistance for the pastoral care of women in his diocese. Shortly after, Bishop Armando Trinidad of Lahore made a similar appeal. The Superior General, Sister Marie Bernadette Fox, and her Council granted the necessary permission to establish houses in the Diocese.

In January 1976, the first convent of the Good Shepherd Sisters in Pakistan was officially opened at Fatimapur, a rural village in Multan. With continued growth, the Sisters expanded their presence to Karachi and Lahore, focusing on various social services including a house for unwed mothers, women's shelters, and educational initiatives.







Celebration

The anniversary event began with a solemn thanksgiving mass celebrated by Bishop Yousaf Sohan, who acknowledged the Sisters' profound contributions. Attended by Dominican priests, Sisters of St. Joseph, mission partners, and families, the ceremony expressed gratitude for the countless lives touched by the Good Shepherd Sisters.

During the mass, Bishop Yousaf emphasized the importance of the Sisters' mission in promoting social justice and compassion, praising their tireless efforts in uplifting women and children.



Following the mass, Sr. Rozina Emmanuel, the Sector leader of the congregation, delivered an inspiring address. She reflected on the key achievements of the Good Shepherd Sisters, particularly their initiatives in education, women's shelters, and healthcare services. Acknowledging the vital role of mission partners and benefactors, she expressed deep gratitude for their support.



Testimonials and Documentary



As the congregation looks toward its 50th anniversary in 2025, Sr. Rozina highlighted plans to expand outreach efforts, emphasizing education, women's empowerment, and sustainability. Sr. Salma encouraged greater collaboration with other organizations to enhance the impact of their work and build stronger communities.

Several touching testimonials followed, with individuals whose lives were transformed by the Good Shepherd Sisters sharing their emotional journeys of recovery and empowerment. Students from the Sisters' schools and vocational centers illustrated the far-reaching effects of the Sisters' mission.



A special documentary showcased the Sisters' work over the past 49 years, highlighting their projects in education, social development, and healthcare. The film moved the audience with stories of hope and transformation.

Cultural Celebration and Conclusion



The ceremony concluded with a vibrant cultural performance by students from the congregation's schools, featuring traditional dances and songs that celebrated community diversity. A cake-cutting ceremony symbolized the joy of the occasion and the anticipation of the golden jubilee in 2025.

The presence of Dominican priests, St. Joseph Sisters, mission partners, and families underscored the strong sense of community central to the Good Shepherd Sisters' work. As they

approach their 50th anniversary, the Sisters remain dedicated to their mission of compassion, justice, and service.

The event was a heartfelt celebration of the Good Shepherd Sisters' legacy, filled with gratitude for the past and hope for the future, as they continue their journey of bringing light to the lives of the vulnerable.









Celebrations

Jubilarians 2024

Diamond Jubilarian



Sr. M Martin de Porres Iddamalgoda

Golden Jubilarians



Sr. M. Hyacinth Sovis

Sr. Jacintha Maria De Silva





Sr. Marie Srimathi Pieris



Sr. M. Veronica Perera

Silver Jubilarians

Sr. M Selvasothy Emmanuelpillai

Sr. M. Prasangika Fernando





Sr. M. Maqsood Kala

Congratulations



Dedicated service of 25 years in Sunday School

Sr. Carmini

Sr. Nirmala



Nallayan Neithal Kalayaham Has been selected as the Efficient and Responsible NGO under vaharai Divisional Secretariat. - Sr. Nirmala & Group.

Welcome to Good Shepherd Family

Please remember them in your prayers . . .

Sr. Winnie Lui from Hong Kong China belongs to Northeast Asia Province entered the Novitiate on 19th August 2024.



















Two postulants, Shanther Nishanthini and Roshani Deepika will be joining the Novitiate on 8th December 2024.



Schools' News

Sacrament of Confirmation

On the 25th of October 2024, we the Grade 9 students of Good Shepherd Convent, Kotahena, Colombo 13, were blessed to receive the Sacrament of Confirmation at St. Lucia's Cathedral in a solemn and spiritually enriching ceremony. The journey leading up to this sacred day, was one of deep reflection and faith.

Motivated by the values instilled in us during this spiritual journey, we also organized and participated in a series of charity initiatives. These included visits to :

* Samata Sarana Elders' Home in Mutwal,

* Kusum Sevana Children's Home in Bloemendhal, and L













* Elders' Home run by Little Sisters of the poor in Maradana.

Each of these visits was a humbling and enlightening experience. Spending time with the elderly and children in need, we shared moments of love, laughter, and care. These acts of service were a true reflection of our faith in action, reminding us of the importance of compassion, kindness, and the joy that comes back from giving to society.

The Confirmation Mass itself was a Solomon ceremony presided over by the officiating bishop His Lordship Rt. Rev. Dr. Anton Ranjith. As the bishop anointed our foreheads with holy chrism and prayed for the gifts of the Holy Spirit to descend upon us, we felt a profound sense of grace and empowerment to live as true witnesses of Christ.











International Day of the Girl

Almost four months ago, I was asked to prepare for an interview about the Girl Child Day and the Good Shepherd Sisters. For the past few years, I was actively involved in competitions held in school related to this cause, where I often delivered awareness speeches on the importance of empowering girls.

At the interview, I was asked about my contributions to advocating for girls' concerns, and challenges. I was excited to share my experience as a TEDx Speaker and my participation in various speech competitions. Two weeks later, I received the incredible news that I had been selected to represent the Province of Sri Lanka/ Pakistan at IDG Asia Pacific.

A few days later, I attended a meeting with other Girl Advocates from the Asia Pacific Region. I was both overwhelmed and surprised to see the global reach of the Good

Shepherd Congregation. Through our virtual meetings and guidance from our mentors, I realized the vast scope of this cause and the



significant impact we can make as a community. My passion for speaking and advocating for girls' rights became even stronger. We then began organising the Girl Child Day Virtual Event, which was held on the 5th of October. This was my first time closely working on such an event, and I quickly learned that organising, especially virtually, is no easy task.

However, together with the other Girl Advocates, we overcame challenges and made the event a success.

Through this I also got the opportunity to participate in the IDG Celebration of Latin America as the Girl advocates of the Asia Pacific region were invited to be a part. "GIRLS' CLUB CONVERSATION CIRCLE" conducted by the Advocates of Latin America, discussing how girls' rights can be made visible in the future especially with regard to the Prevention of Violence against girls, was held on the 25th of October 2024.

At this event we were able to discuss on very important topics on girl's rights, violence and law. Although there was a language barrier, we were able to discuss and share ideas on how each country views and protects girls, with the help of the translator.

Today, I'm proud to say that I've made over 20 friends from countries like the Philippines, India, Indonesia, and more. I also had the honour of hosting the event with an advocate from India.

This experience has taught me the importance of respecting others' ideas, working as a team, trusting myself, and most importantly, the incredible value and impact of every girl. I'm eternally grateful to Ms.Sashirekha Natarajan, our mentor, for her unwavering support and encouragement. Looking back on this, I'm filled with gratitude knowing that none of this would be possible if not for my school principal Rev. Sr.Sudarika Fernando, who gave me this amazing opportunity and experience and also, Miss. Christeen, who supported and helped me throughout this journey.





Embracing the Christmas Spirit:

The Rose Virgini Club of Good Shepherd Convent Kotahena, Colombo 13, recently organized a heart-warming workshop for its members, focusing on the true spirit of Christmas. This special event encouraged students to reflect on the season's deeper meaning, discussing ways to bring joy to others and the importance of generosity and togetherness during this festive time.

As part of their Christmas celebrations, the club members also planned a series of exciting competitions for students in Grades 6 to 9. The competitions, which included various creative and skill-based challenges, aimed to inspire students to express their unique perspectives on Christmas. The best entries were selected and the winners received prizes in recognition of their efforts.



A Workshop and Competitions at Good Shepherd Convent Kotahena

This event not only brought the school community together but also reminded everyone that the true essence of Christmas lies in sharing, caring, and spreading kindness. The Rose Virgini Club looks forward to continuing this tradition, celebrating the joy and unity that Christmas brings.

Celebrating International Girl Child Day 2024: Sri Lanka's Event at Good Shepherd Convent, Panadura

- **Introduction**

In a heart-warming celebration of Girl Child Day, the school hosted a series of competitions and awareness programs designed to inspire creativity, foster innovation, and promote advocacy for girls. Held across two key dates—from September 19th to October 17th—these events highlighted the importance of empowering young girls and creating a supportive environment for their growth and success.

- **Competitions**

The program featured five interactive and thought-provoking competitions aimed at encouraging students to express their perspectives and talents:

1. **Logo Design: 'Girls' Vision for the Future**
2. **Poster Design: Girls Can Do Anything**
3. **Poetry:** Themes included **Girls Can Do Anything, Strength in Every Girl, and Break the Bias.**
4. **INCO Competition: Girls' Vision for the Future**
5. **AI-Based Story Writing: Girls Shaping the Future**

These events provided a platform for students to showcase their creativity and advocate for gender equality in innovative ways.

- **Awareness Program**

The awareness program commenced on September 19th in the school's main hall, bringing together representatives, including 12 prefects, from neighbouring schools. Themed Innovate Her, the program featured two impactful sessions delivered by distinguished speakers:

- **Mrs. Nirmani Perera**
- **Mr.Sachithra Gunasoma**

Both sessions focused on the transformative role of innovation in empowering young girls, inspiring attendees to think beyond traditional boundaries and embrace new opportunities.










Final Event

Morning Session

On October 17th, the day began with an engaging morning session attended by representatives from eight schools. The highlight of this session was an inspiring lecture by **Mr. Manoj Samarasekara,** Chief Inspector of Police, Sri Lanka Police. His talk emphasized the importance of safeguarding girls in today's society, equipping students with vital knowledge and confidence. This session received high praise from students and teachers alike for its relevance and impact.





Performances and Celebrations

The celebration culminated in vibrant performances by students, including songs, cultural dances, and dramas, each emphasizing the potential and capabilities of the girl child. These performances highlighted the importance of gender equality and the strength of young girls in shaping the future.






Evening Function

The evening function was honored by the presence of distinguished guests, including **Rev. Sr. Maryann Perera**, Province Leader of the Good Shepherd Congregation for Sri Lanka and Pakistan**, Sector Councilors, Rev. Sr. Superior Renuka Silva,** Principals of the participating Good Shepherd schools, and **Mrs. Anjali Buddawatta**, a renowned psychological counselor and keynote speaker. In her keynote address, Mrs. Buddawatta delivered an insightful presentation on the mental health challenges faced by girls in the 21st century, leaving a profound impact on the audience.

The event brought together eight schools, including:

1. Good Shepherd Convent, Kotahena
2. Good Shepherd BMV, Nayakakanda
3. Good Shepherd Convent, Kandy
4. St. Lawrence's Convent, Wellawatta
5. St. Bridget's Convent, Colombo 7
6. Ave Maria Convent, Negombo
7. St. Joseph's BMV, Grandpass
8. St. Anthony's BMV, Mutwal





Conclusion

The Girl Child Day program was a resounding success, fostering an environment of empowerment and advocacy. The event left a lasting impression on all participants and reaffirmed the school's commitment to supporting and uplifting young girls. This celebration of the girl child serves as a powerful reminder of her importance, strength, and limitless potential.

-Girl Child Committee-
Good Shepherd Convent, Panadura.



Photo Gallery

Early Childhood Development Centre - Panadura















Early Childhood Development Centre - Matale















Early Childhood Development Centre - Kandy



















Early Childhood Development Centre
Medawatchchiya



















Early Childhood Development Centre
Katugastota















Early Childhood Development Centre - St. Mary's Navanthurai













Early Childhood Development Centre - Kandana















Early Childhood Development Centre - Weliveriya





































Early Childhood Development Centre - Padaviya















Early Childhood Development Centre – St. Lawrence

We celebrated our rich Culture.
A Heartwarming Montessori Concert
ස්වර්ණ රූ රඟ 2024

St. Lawrence's Montessori Concert 2024 was a vibrant celebration of Sri Lankan culture, showcasing the incredible talents of our little ones and the rich heritage of our Motherland. The event featured a delightful mix of traditional performances and cultural insights, creating an engaging experience for all attendees.

The concert was designed not only to entertain but also to educate, as each segment included explanations about the cultural significance of the dances and songs performed. Throughout the concert, a variety of traditional dances such as Gajaba Wannama, Ukussa Wannama, Thuranga Wannama etc. captivated the audience with its rhythmic movements and colourful costumes. This blend of storytelling and dance illustrated the profound connection between Sri Lankan history and its artistic expressions. In addition to dances, the concert showcased Sinhala Kavi, a form of folk poetry that has been passed down through generations. As the little ones danced and sang, the stories of their ancestors echoed through the hall, creating a profound sense of connection between the past and present.

A highlight was the address by chief guest, Mrs. Ama Gukula, daughter of Visharada Nanda Malini who emphasized the importance of cultural preservation and education. Her inspiring words reinforced the value of such events which instill the rich Sri Lankan heritage in young learners.

As Good Shepherd Educators, we took immense pride in the tremendous work we accomplished in organizing this event. Our commitment to fostering cultural appreciation and providing a platform for our little one to shine was evident throughout the concert.

As the event came to a close, the audience left with a renewed appreciation for Sri Lanka's cultural tapestry, reminded of the importance of celebrating and preserving traditions for future generations. The concert beautifully showcased the resilience and vibrancy of Sri Lankan culture, leaving lasting memories and a commitment to honor our heritage.







Sr. Martina Raj Fernando

Eternal rest grant unto O Lord, and let perpetual light shine upon them. May the souls of all the faithful departed, through the mercy of God, rest in peace.

Called to eternal happiness:

Year 2024 January - November

Our Sisters ...

1.	Sr. Mary Anna Silva	January 6th (Age 85)
2.	Sr. Mary Madeline Sophie Fernando	March 1st (Age 78)
3.	Sr. Mary Adeline Fernando	March 5th (Age 88)
4.	Sr. Annette Perera CGS	March 11th (Age 62)
5.	Sr. Mary Patrick Gunasekara	March 11th (Age 90)
6.	Sr. Mary Margaret Gunaratne	June 1st (Age 101)
7.	Sr. Mary Bathilde Silva	August 9th (Age 100)
8.	Sr. Mary Frances of Rome de Silva	September 14th (Age 89)
9.	Sr. Mary Consoltrix Fernando	November 9th (Age 86)
10.	**Sr. Joseph Deegan (One of the Former Provincials)**	**April 6th (Age 103) (Buried in Ireland)**

Departed family members ...

1. Sr. Vianney's Sister
2. Sr. Constance's Sister
3. Sr. Nivali's Sister
4. Sr. Lalini's Brother
5. Sr. Padmini's Mother
6. Sr. Remoshini's Mother
7. Sr. Priyangani's father
8. Sr. Wilfred's Sister
9. Sr. Eucharist's Sister
10. Sr. Dayani's Sister
11. Sr.Premi's Father



12. Sr. Preethika's Mother
13. Sr. Geethani's Brother
14. Sr. Rosemary's (CGS) Mother
15. Sr. Madeline Sophi's Brother
16. Sr. Hilda Mary's Sister
17. Late Sr. Josepha's Brother
18. Sr. Nilanka's Sister
19. Sr. Margaret J.'s Sister
20. Sr. Sarmila's Father
21. Sr. Marie Neomi's Brother
22. Sr. Nilanthi's Sister





Attention…

You are invited to pen your thoughts and experiences of your shepherding journey in the province newsletter which is a splendid platform to express your views.

Please send your articles before 10th March 2025 to alexandra_628@yahoo.com