NEWSLETTER

Province of Sri Lanka / Pakistan

August 2025 -Volume 37

POPE LEO XIV

"We want to say the world, with Humility & Joy:
Look to Christ! Come closer to Him!
Welcome His word that enlightens & Consoles!
Listen to His offer of love & become His one family:
in the Christ we are one."

The LORD bless you, and keep you:
The LORD make His face shine on you,
And be gracious to you.
Congratulations !





On your Golden Jubilee
Dear Srs. Elizabeth Marie
&
Rita Mallika.



On your Silver Jubilee
Dear Srs. Dinesha,
Sudarika
&
Nishani.

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Message from The Province Leader ...

HEARTS FILLED WITH THE HOLY SPIRIT

"What happens to some people is similar to what happens when a fire is lit in a fireplace in a house." At first, the fire moves through materials like paper, straw, and dry twigs. After this initial flame, either the fire succeeds in enkindling large pieces of wood and lasts until the following morning to warm the whole house, or it does not continue to burn and accomplishes nothing.

In the context of spiritual renewal, either the initial flame overwhelms the heart and transforms it from a heart of stone to a heart of flesh, or it does not reach the heart but remains on the periphery and soon burns out, leaving no trace of itself.

Dear Sisters,

We have just celebrated the feast of the Pentecost and we as a province are passing through the most privileged time in the history of our province. The above reflection helps us personally and communally to look within …. the fire moves easily if the material is set to catch the fire - the Fire of the Spirit. What is my inner disposition? Has my community and the province created the sacred space to grasp this fire? Jesus gave us the Spirit as a "compensation" for His absence, to perform the functions He would have done for us, if He had remained personally with us.

The Spirit also functions as the "fruit-producer' in our lives. When He indwells in us, He begins His work of harvesting His fruits in our lives—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23). These are not the works of our flesh, which is incapable of producing such fruits, but they are products of the Spirit's presence in our lives.

Jesus told His disciples "when He, the Spirit of truth, comes, He will guide you into all truth" (John 16:13). Let us ask the Spirit, our ultimate guide, going before us, to lead the way, removing obstructions, enlightening our understanding, and making all things plain and clear. Without such a guide, we would surely fall into adversity in our Chapter Journey.

As you prepare for your upcoming Chapter, consider the interior dispositions that you most need to cultivate in order to choose what matters and what passes away, what is necessary and what is not. (Mary Pellegrino).

Sr. Maryanne Perera
Province Leader
Good Shepherd Sisters – Sri Lanka / Pakistan

Be the Salt and be the Light of the World

The Gospel passage from Matthew 5:13–16 is very familiar to most Christians. Jesus says, *"You are the salt of the earth... You are the light of the world."* These words are powerful and meaningful. But one day, I began to wonder—why Jesus compared us to salt?

Then I heard a story that surprised me at first, and later deeply inspired me.

In ancient times, Hebrew women had a unique way of using salt in their kitchens. They would dig a pit, remove the sand, and fill it with salt. On top of the salt, they placed a hard concrete-like layer. Above that, they built their fireplace. The salt underneath helped the fire burn effectively. However, over time, the salt would lose its effectiveness. When that happened, they would remove it and throw it in front of their houses, replacing it with new salt. This discarded salt, now useless, was trampled underfoot—just like Jesus described.

When Jesus says we are the salt of the earth, He is calling us to live lives of **purity, preservation, and sacrifice**. Salt preserves and purifies—and once it loses these qualities, it is no longer useful. Jesus knows each one of us and has chosen us with love and purpose. Jesus gives us time to discern, but when we say "yes," it must come from our free will. By choosing us, Jesus invites us to live like Him.

Jesus also says, *"You are the light of the world."* Light reminds us of the eternal flame in the temple, always burning, day and night. Jesus invites us to be like this flame—visible, constant, and life-giving. He wants others to see the good we do and give praise to our Father in heaven. When people see our light, they should see Jesus in us.

What a deep and beautiful calling this is!

As members of religious congregations, we are especially called to reflect Jesus in our lives. If we fail in this commitment, we do harm not only to ourselves but also to our congregation and the wider Church. Jesus has entrusted us with His mission of redemption. To help us live it fully, we have taken vows—promises that help us live in freedom and love.

Our love, unity, mutual respect, and loyalty to one another strengthen us as true followers of Christ. As St. Mary Euphrasia once said, *"We draw the light, strength, and life of our souls from the Eucharist."* Let us draw strength from the Lord, for Jesus said, *"I am the Way, the Truth, and the Life."* Let us depend completely on God and be true witnesses of Christ.

Just as there is no substitute for salt, there is no substitute for our loving God. Let us be faithful to God.

Let us be the salt and light the world needs.

Sr. M. Nilushika Fernando Marawila

A CELEBRATION OF LOVE AND GRATITUDE

Indeed, Significant days are to be celebrated and commemorated to increase the value and enhance its spirit which carries a legacy to the next generation. Thus, celebrations help us in becoming celebrative people because it is the essence of our lives, which is the core of our CREATER GOD, who created the world and saw that it was good. (GEN.1) YES, God who created us, IS, WAS and WILL BE the fulness of love, compassion and mercy. Thus, we inherit the JOYFULNESS of being Belonging to HIS unfathomable love, in order to share the life of the precious gift as witnesses of the GOOD SHEPHERD SPIRIT to the world and part-takers of HIS Salvific Mission.

With the above sentiments in mind, we eagerly awaited a significant great day. By 9.00am the compound in GOOD SHEPHERD CONVENT KANDANA was

filled with many precious gifted persons, from Seeduwa, Batagama and Weligumpitiya Sisters, Partners in Mission, Benefactors and well-wishers together with 'OUR FUTURE AND OUR HOPE' young girls joyfully assembled to commemorate the life and celebrate the great feast of ST MARY EUPHRASIA our dear mother foundress.

We commenced the day with the Eucharistic celebration presided by Rev. Fr. Krishan Mario. The collaboration of our Good Shepherd Mission was highly appreciated during the homily. The richness of all coming together for a noble cause was greatly felt as all actively participated in the Eucharistic Celebration which was followed by the celebration around the beautifully decorated stature of St. Mary Euphrasia. We lit a candle, cut the cake and melodiously sang BEHOLD Midst…/ Happy Feast. which continued the joy and laughter with refreshments, where all sat together at table. We are very Grateful to our Heavenly FATHER for granting all the graces to experience HIS love as a One Good Shepherd Family in the KANDANA COMMUNITY.











Marking 125 Years with Cheers, Champions, and Celebrations!

St. Lawrence's Convent proudly held its 58th Annual Athletic Meet on the 20th of February at St. Peter's College Grounds. It was a day filled with excitement, determination, and sportsmanship. This year's meet held special significance as it coincided with the school's 125th anniversary, marking a remarkable milestone of faith, growth, and excellence.

The event was graced by the Chief Guest, Professor Chathuranga Ranasinghe, a Professor in Sport and Exercise Medicine at the University of Colombo and Director of the Centre for Sport and Exercise Medicine. Also in attendance were Rev. Sr. Francine Muthugala, the Local Leader, along with other distinguished dignitaries, who added to the grandeur of the occasion.

After an exhilarating series of events, Lourdes House emerged as Champions, while Loretto house became Runners-up, Lima, and Lisieux Houses securing the 3rd and 4th positions respectively.

The meet was a testament to the dedication and perseverance of our Lawrentians, showcasing their athletic prowess, team spirit, and commitment to excellence. We extend our heartfelt congratulations to all participants.

As we continue our journey beyond this historic 125-year milestone, may the spirit of excellence and camaraderie continue in the future.

Guided by Faith, Strengthened by Service: Prefects' Investiture 2025

The 27th of January 2025 marked a momentous occasion at St. Lawrence's Convent as we gathered to celebrate the Prefects' Investiture Ceremony. It was a day filled with grace, joy, and a renewed commitment to service, beginning with the solemn celebration of Holy Mass, celebrated by Rev. Fr. Asitha Hettiarachchi, Priest in Charge of the City Mission. The sacred liturgy set the tone for the ceremony, reminding us that true leadership is rooted in humility, faith, and a heart devoted to serving others.

Following the Eucharistic celebration, the official investiture of our newly appointed Prefects' Body took place, marking the beginning of their leadership journey. We are delighted to introduce our dedicated student leaders, who have been entrusted with the responsibility of upholding the school's values and fostering a spirit of unity and excellence:

Head Prefect – Miriam Ranjithan

Deputy Head Prefects – Joanna Hector & Asalya Sirikumara

Games Captain – Oshini Kodikara

Deputy Games Captains – Abigail Nugara & Pabalu Threemanne

Our Prefects' Body is composed of 46 Senior and Junior Prefects and 33 Primary Prefects, all of whom have pledged to lead with integrity, commitment, and a deep sense of responsibility. These young leaders mentored by our teachers: Vice Principal Ms. Umadanthie Jayamanne, Ms. Stella Peiris, Ms. Sara Jayasuriya, Ms. Sithumi Ranwala, and Ms. Shehani Amarasinghe. Their unwavering dedication to nurturing the next generation of leaders ensures that our prefects will be well-prepared to serve with wisdom and grace.

As our newly invested prefects take on their roles, we pray that the Lord's wisdom and strength be with them, guiding their every decision and action while remaining grounded in the teachings of Christ.

The motto of the Prefects' Body, "Serving to Save Souls," serves as a constant reminder of the greater purpose behind their leadership. May they embody this mission in every endeavour, setting an example to all students.

We extend our heartfelt congratulations to all our prefects and wish them an enriching and fulfilling journey as they serve St. Lawrence's Convent and may God bless them abundantly and guide them every step of the way.

From First Steps to First Lessons: Our Little Lawrentians Have Arrived!*

St. Lawrence's Convent joyfully welcomed its newest members on the 30th of January, as the Grade 1 students stepped into their new home away from home. The special occasion, held in the school hall, was graced by Rev. Fr. Asitha Hettiarachchi, Priest in Charge of the City Mission, who conducted a Prayer Service and imparted a special blessing upon the young Lawrentians as they embarked on this new chapter of their lives.

The school community came together to make the day truly memorable. Senior students welcomed the little ones with flowers, embracing them with warmth and kindness, while a delightful array of entertainment performances added to the celebratory atmosphere. Our Rev. Sr. Mary Dilrukshi the Principal extended her heartfelt words of encouragement and endearment, reassuring the young students and their families of the love and support they would receive throughout their journey at St. Lawrence's.

Meanwhile, Rev. Fr. Asitha Hettiarachchi conducted a special parenting session for the parents of the new Lawrentians, offering guidance, wisdom, and encouragement to help them navigate this significant transition alongside their children.

We extend our warmest wishes to our newcomers as they begin this exciting and memorable journey. May St. Lawrence be their constant guide and support, helping them grow in faith, knowledge, and excellence every step of the way.

ST. THOMAS' GIRLS' SCHOOL
(FORMERLY ST. AGNES CONVENT)
MATALE TO CELEBRATE 150 YEARS OF EDUCATIONAL EXCELLENCE

"150 years of God's grace a legacy of courage and confidence."

A Legacy of Courage and Confidence Since 1876

St. Thomas' Girls' School (formerly St. Agnes Convent), Matale, is proud to announce the official declaration of our 150th Golden Jubilee Year, which will be inaugurated on July 3rd, 2025, by Very Rev. Fr. Milroy Fonseka, the General Manager of Private Catholic Schools. This momentous occasion marks a century and a half of educational excellence, spiritual guidance, and community service in the heart of Sri Lanka's picturesque hill country.

A Proud Heritage

Established in 1876 in the serene hills of Matale, our school began its journey as St. Agnes Convent with a modest mission: to provide quality education built on strong moral foundations. While the institution now proudly bears the name St. Thomas' Girls' School, we continue to honor our origins and the legacy established under our former name. From those humble beginnings, the school has flourished into a premier educational

institution, nurturing generations of students who have gone on to make significant contributions to society both locally and globally.

Our school's rich history reflects a commitment to holistic education that develops not just academic excellence but also strength of character. The school motto, "Courage and Confidence," has inspired thousands of young minds to face life's challenges with determination and faith.

The Pillars of Our Success: Dedicated Leadership and Educators

Throughout our 150-year journey, St. Thomas' Girls' School has been blessed with a distinguished line of dedicated principals and exceptional teachers who have been the true architects of our educational excellence. These visionary leaders and passionate educators have shaped generations of students, each contributing their unique gifts and unwavering commitment to the school's mission.

Our principals have provided steadfast leadership through changing times, maintaining the school's high standards while adapting to evolving educational needs. Their wisdom, dedication, and pastoral care have been instrumental in preserving our founding values while steering the institution toward continued growth and excellence.

Equally important have been our remarkable teachers – both past and present – who have gone beyond the call of duty to nurture young minds. These dedicated educators have not only imparted knowledge but have also served as mentors, role models, and sources of inspiration. Their influence extends far beyond the classroom, shaping the character, values, and aspirations of countless students who have walked through our halls.

The legacy of these educational pioneers continues to live on in the lives they have touched and the foundation they have built for future generations. We honor their memory and celebrate their invaluable contributions to our school's remarkable journey.

Celebration of Values

Throughout its 150-year history, St. Agnes Convent has remained steadfast in upholding its founding principles:

- Excellence in education that balances academic rigor with character formation
- Cultivation of spiritual values that guide students throughout their lives
- Dedication to producing well-rounded individuals prepared for the challenges of the modern world
- Commitment to service and contribution to the wider community

The jubilee celebration will honor these enduring values while looking forward to the future with renewed vision and purpose.

Looking to the Future

As we celebrate this significant milestone, St. Thomas' Girls' School remains committed to adapting to changing educational needs while preserving our core values. The jubilee year will also mark the launch of several development initiatives aimed at enhancing our facilities and educational offerings for future generations.

The School Principal remarked, "This 150th anniversary is not merely a celebration of our past achievements but also a renewal of our commitment to providing excellent education in the years to come. We stand on the shoulders of those dedicated educators who came before us, and we honor their legacy by continuing their good work."

We extend a warm invitation to all alumni, former teachers, parents, and friends of St. Thomas' Girls' School (formerly St. Agnes Convent) to join us in celebrating this historic milestone. Further details about the jubilee events will be shared in the coming months.

"From our beautiful location in the hills of Matale to our unwavering commitment to excellence, our school has been a beacon of learning and character formation for 150 years. As we reflect on our journey from St. Agnes Convent to St. Thomas' Girls' School, We look forward to continuing this noble tradition for generations to come."

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A True Shepherd Recognized by the Smell of His Sheep

A Novice's Heart-touching Experience in the Community and Mission of the Good Shepherd in Pakistan

Before sharing my experience, I would like to express my heartfelt gratitude to Sr. Rozina Emmanuel, the Sector Coordinator of Pakistan, and Sr. Sobia James, who accompanied me. They gave me the precious opportunity to witness and touch the lives of the "sheep" — the people we are called to serve — and allowed me to deepen my understanding of the Good Shepherd mission, where love is known by the smell, of the Shepherd.

It was one of the most wonderful days of my life. On May 23, 2025, we journeyed together to a very underdeveloped region of Sindh known as Interior Sindh. Our journey began around 5:30pm, as the sun began to set. Although the day was ending, my hopes and enthusiasm were only rising, reaching the sky with a desire to meet the people of Sindh, the "sheep" of the Good Shepherd.

Our first stop was Hyderabad, where we arrived at 9:40pm. Bishop Samson Shukardin, the Bishop of the Diocese of Hyderabad, welcomed us with an open heart. He opened the doors of the Bishop House and graciously offered us dinner. Surrounded by silence and prayer, we closed our eyes to rest for the night, filled with hope to become a light for others the following day.

"You are the light of the world."

(Mt. 5:14)

The next morning, on May 24, 2025, we woke with the rising sun. Bishop Samson celebrated the morning Mass and offered a deeply meaningful homily. One message that stood out and encouraged me on my mission was this:

"A true shepherd is recognized by the smell of his sheep."

Bishop Samson was deeply aware of the harsh realities in Interior Sindh, where people live without basic needs, electricity, clean water, or proper housing. Life is extremely difficult, especially for women and girls who are completely veiled from head to toe and unaware of their health needs due to cultural constraints and a lack of education.

Inspired by Bishop's words and encouragement, I moved ahead with my sisters, Sr. Rozina and Sr. Sobia, who have been working in this area since 2022. They have been striving to bring education, dignity, and basic necessities to these women so they may live freely and safely, with the help of the Good Shepherd Congregation.

They have provided solar panels, distributed dry rations during floods and in 2025, installed **Water Purification Plants** to provide easy access to clean drinking water. These efforts have significantly changed lives.

In one heartbreaking moment, I saw women traveling 600 kilometers to fetch drinking water. Their hands were bruised from carrying heavy containers, and some even suffered health issues after drinking contaminated water. These conditions also separated mothers from their children — a pain that is now being healed with access to pure water.

There were 64 women in total, five of whom were disabled, all from severely marginalized backgrounds. One woman shared her experience: their toilet pit water was so foul-smelling that it caused many illnesses in the area. She said her children suffered from skin diseases, stomach issues, and patchy skin — but now, with access to clean water, they are healthier and happier.

Before I met them, I had only imagined their pain. But once I saw them, my imagination was surpassed. As I used my voice to connect with them, they were surprised — fully veiled, yet expressive, wearing bangles and responding with openness. The two sisters and I silently stood in solidarity with them, carrying their suffering in our hearts.

For the first time in my life, I experienced the true smell of service, sacrifice, and love. It awakened something deep within me — the core of my humanity. The women even asked questions about global injustices, showing they longed to understand and be understood.

I as a Good Shepherd Sister, this experience challenged me to go deeper into the mission-to listen

more attentively and love more sacrificially.

Mother Foundress says:
"Like a shepherd, lead them to the green pastures and to the deepest desire of their hearts."

We are called to never forget our solidarity with the poor and marginalized. I am deeply moved and empathetic toward the people of Mubarak, Sindh. They are now connected with the Good Shepherd through education, nutrition, counselling, handicrafts, and Christian values — all guiding them, step by step, toward Jesus, the Good Shepherd.

I will never forget this experience for the rest of my life.

Mother Foundress also reminds us:
"Suffer for those who can't heal you. Suffer for those who can't help you. What benefit is there if you only suffer for your own, those who love and



care for you?
There is no reward in heaven for those sufferings."

On the same day, holding the images of our beloved "sheep" in our hearts and minds, we returned to Karachi at 8:35pm — carrying within us the Spirit of the Good Shepherd. May He continue to **bless His sheep with His Love.**

From Sr.Maria Manzoor
(Second year Novice)

Rose Villa Cottage – A Haven for our Candidates

We are well aware that, since 1869, the Good Shepherd ministry in Ceylon was confided to schools and orphanages in Good Shepherd Convent Kotahena, Good Shepherd Convent Kandy, St. Bridget's Convent, Good Shepherd Convent Nuwara-Eliya and Good Shepherd Convent Bolawalana. By 1923, a **''Home of Refuge''** became a necessity in the Archdiocese of Colombo and the mandate was handed-over to the Good Shepherd Sisters. The then provincial, Mother Mary of St. Prosper Walsh suggested to purchase a land since in the existing Convents a Home for destitute girls was not so conducive to be held. A suitable location was proposed, just a few miles outside Colombo, a property consisting of a coconut plantation of about 30 acres, in Hendala**, Nayakakanda**, which belonged to Mr. J. Don Joseph. He lived in a nice cottage, which was the temporary Convent for the pioneers from the **7th June 1924.** The Good Shepherd Bulletin reported:

"Glad we are true to have the privilege of celebrating this glorious event by opening our sheepfold in Ceylon and entrusting it to her keeping…we hope that in a few months all will be completed''.

Thus, the out-standing antique cottage, commonly known as the **''Villa''** has been a shelter for many. Once a dwelling place for a family, then a Convent for the pioneers in Nayakakanda, followed by a boarding for the students, also a formation house

for the postulants and novices, a place for the working girls-our helping staff.

Having given shelter to a variety of persons, the Villa Cottage took a new phase on the **8th of September**, **2024,** in the year of the centenary celebration, in Nayakakanda. The Villa was blessed by Rev. Fr. Sudath Gunathilake in the midst of our provincial Sr. Maryanne Perera and her council, Sr. Bernadette Fernando and the Euphrasian community, the inmates of the Villa, together with Srs. Jessy, Iolanthi and 2 candidates. The candidates are fortunate to occupy 3 lovely rooms which consists 2 beds each, a room for a member in the VMP, a wonderful hall which serves for both prayers and lessons and a spacy-area for washrooms. Before the blessing, it was mentioned in the introduction that this house should cater the service of the Good Shepherd to many who enter for the Come & See programs, for those who follow the 1st and 2nd retreats on Discipleship and Good Shepherd, expanding its mission and increasing the number in this era.

Since 8th September, 2024 we have had many young girls, who have already expressed their desire either for retreats or Come & See programs. We are very grateful to all those who suggested and assisted us in making a Dream be a reality. We look forward to welcome many more girls to this holy shelter- a Haven for candidates, from all-over the country, so that they may discern their calling, as they have a life-long rich experience and one day rejoice with the Lord in totally giving their life to Him.

Sr. Marie Iolanthi Nicholas,
Member of the VMP full-time team,
Nayakakanda.









A LONG-AWAITED DREAM BEING REALIZED

17th May 2025 was a milestone in the Good Shepherd mission in Valaichenai as the foundation stone was laid for a new convent and child development center in a new location at Karuwakkerny on the Trincomalee- Batticaloa main road, approximately 2 kilometers from the present location of Valaichenai town.

The need for a new building

The present convent was identified as danger of sinking due to various reasons such as facing the effects of war, tsunami and most of all the well water being contaminated by the cemeteries that border it on two sides and the recent setting up of ice factory and its effects. So, there was a dangerous health hazard identified.

This convent started to accommodate school going children after the internal war in 1990, a felt need to house children of the internal displaced people from the broader line villages. The 80 perch land has no conductive space for children to move around, no space to do outdoor play activities.

The engineers who inspected the present convent building said, that within five years we need to move to a new location.

A new land and the Finance

When Sr. Maryanne PL, appealed for help to buy a land through the mediation of Sr. Selna, member of the former CLT, the generalate generously funded most part of the finance and a contribution from our province helped to buy a land. Thus, a bigger land was bought in 2021 September. It was the height of the economic crisis and the after effects of covid 19, many appeals to donors for the commencement of construction failed. But thanks to Dr. Wimalraj who donated the first contribution in 2021, and later again thanks to the generalate for a considerable amount in









2024 with which we have started the construction work.



The Foundation stone laying event

The three priests from the parishes of Valaichenai, Mankerny and Kalkudah were present to bless the foundation while Sr. Maryanne, Sr. Alexandra, Sr. Pushpam, Sr. Anita John, Sr. Virgini, Sr. Nirmala, the priests, members of the Parish & lay mission partners took part in the laying of the foundation stone.

Our Appreciation

We are grateful to Sr. Maryanne, our Province leader whose compassionate heart initiated the deed of alleviating the immense hardship faced by the sisters and the children. Thanks to the leadership team and the province Burses for all your support in this new venture. We are deeply grateful to Mr. Namal Peiris, engineer who renders his services diligently and generously coordinating everyone involved in this project.



"The Lord is our Good Shepherd and we lack nothing." With much trust in the Lord, we entrust the completion of this construction into His hands and the maternal care of our Blessed Mother Mary to inspire many donors to assist us.

Sr. Siriyapushpam
Kandy Sector Coordinator







දිව් මහ පිය ස්තුතුන්



1948 සැප්තැම්බර් 19 වනදා වැලිවේරිය ග්‍රාමයේ උපත ලැබූ අප ආදර එලිසබෙත් මාරි සොයුරියගේ දයාබර දෙමාපියන් වූයේ වික්ටර් එම්මානුවෙල් පෙරේරා සහ මේරි ජොසපින් පෙරේරා යන දම්පතීන්ය.

වැලිවේරිය ශා. අන්තෝනි කතෝලික පාසලින් මූලික අධ්‍යාපනය ලැබූ අප සොහොයුරිය ප්‍රථම වරට දිව්‍ය සත්ප්‍රසාද වහන්සේ ලැබ සප්‍රාදේ වහන්සේ ලැබුවේද අභිවෘධියාලේපය ලැබුවේද මෙම වැලිවේරියේ දෙව් මැදුරේය.

කුඩා කාලයේ සිටම කන්‍යා සොයුරියක් වීමට දැඩි කැමැත්තකින් ජීවිතය ගෙවූ කුඩා එළිසබෙත් මේ කැමැත්ත නිසාම කනකර ආභරණ පැළඳීමට ද අකමැති වූවාය.

අප සොයුරියගේ පියාගේ එකම ආශාව උනේ ඇයට හොඳ අධ්‍යාපනයක් දීමයි. එම නිසා මූලික අධ්‍යාපනයෙන් පසු, මිරිස්වත්ත කතෝලික පාසලටත්, මීගමුව ආවේ මරියා කන්‍යාරාමයටත් යවමින් හොඳ අධ්‍යාපනයක් ලබා දුන්නේය.

1960 දී කුරුණෑගල දම්බොක්ක ප්‍රදේශයට පදිංචිය වෙනස් කළ නිසා, කුරුණෑගල ශු. පවුලේ බාලිකා පාසලට ඇතුළු වී අධ්‍යාපනය ඉදිරියට ගෙන ගියාය.

දිනක් තේවත්ත පල්ලි ගිය අවස්ථාවකදී දේව ආරක්ෂාවේ (ප්‍රොවිඩන්ස්) සොයුරියන්ට තම හදවතේ ඇති ආශාව ප්‍රකාශ කර පැවිදි වරියක් වීම සඳහා එම නිකායට ඇතුළු වූවාය. එහි සිටි කාලයේදී එතුමියගේ කැඳවීම එම නිකායට නොවන බව වැටහී යාම නිසා නැවතත් ආවේ මරියා කන්‍යාරාමයට ඇතුළු වී A/L විභාගය සඳහා සූදානම් වූවාය.

එහිදී අප සොයුරියට තදින්ම හැඟී ගිය කරුණක් වූයේ තම කැඳවීම යහපත් එඬේරා තාපස නිකායට බවයි. එසේ ලැබුණු ඇතුලාන්ත පෙළඹීම මත 1971 දී තාපස පුහුණුව සඳහා නායකකන්ද යහපත් එඬේරා කන්‍යාරාමයට ඇතුළු වූවාය. එතැන් සිට පැවිදි ජීවිතයේ පියවරෙන් පියවර ඉදිරියට යමින් 1975 මැයි මස 31 වැනිදා පළමු වේද භාර ගිවිස ගත්තාය. ඉන් පසු මාතලේ ශා. ඇග්නස් විදුහලේ ඉගැන්වීමේ සේවාවේද, එහිම සිටි අනත් දරුවන් බලා ගැනීමද, මීසම් සේවයේද යෙදුණු අතර විශේෂයෙන් රත්තොට ප්‍රදේශයේ දරුවන්ට දහම ඉගැන්වීමත් සිදු කළාය.

1980.12.20 සදාකාලික පොරොන්දු දීමෙන් පසුව, 1981 ජනවාරි මාසයේදී මිෂනාරි සේවය සඳහා පකිස්ථානය බලා පිටත් විය .

1981-86 දක්වා කරච්චි ප්‍රදේශයේත්

1986-88 දක්වා ලාහෝර් ප්‍රදේශයේත්

1989-96 දක්වා මුල්තාන් ප්‍රදේශයේත්

සේවය කළ අප සොහොයුරිය නැවත ලාහෝර් වල ශ්‍රේෂ්ඨ වරිය ලෙස සේවය කර 2001 දී ඇතිවූ රෝගී තත්ත්වයක් නිසා මව්බිමට පැමිණියාය .

ලංකාවට පැමිණි පසු 'දේව දායාවේ' අපෝස්තලික සේවයට බැඳී, කැපවී, යාඥාවේ යෙදුණු බැවින් පිළිකා රෝගයෙන් සුවපත් වූ බව අප සොයුරියගේ විශ්වාසයයි. දේව දායාවේ එම බැතිය අද දක්වාම මෙම වැලිවේරිය මීසම තුළ අප සොයුරිය කරගෙන යන්නේ හද පිරි ස්තුතිය පෙරදැරිවයි.

එම බැතිය තුළින් බොහෝ පවුල් තම පවුල් ගස සුවපත් කරගෙන, බොහෝ දුක් පීඩා වලින් ගැලවීම ලබා සතුටින් ජීවත් වීම ගැන අපි සැම දෙවිඳුන්ට තුති ප්‍රශංසා පුදමු.

2008 වසරේදී පමණ සිට දහම් පාසලේ ඉගැන්වීම ද, රෝගීන් වෙත දිව්‍ය සත්ප්‍රසාද වහන්සේ දානය කිරීමද, ගොවි සමිතියට බැඳී ක්‍රියාකාරී වීමද, අලුතින් කතෝලික ධර්මය වැළඳගැනීමට පැමිණෙන අයට ආගම ධර්මය ඉගැන්වීමද සේවාවන් ලෙස කරමින් පැවිදි හවුලේ කටයුතුවලටද ආදරයෙන් දායක වන අප සොයුරිය තවත් බොහෝ කාලයක් සමිදු උයනේ සුවඳ බෙදා පුෂ්පයක් වේවායි අපි සියලුම දෙනාම ස්තුති පිරි හදින් සුබ ප්‍රාර්ථනා කරමු.

The Joy of Educational Leadership Programme

The Good Shepherd Asia Pacific Educators committee initiated a collaborative effort to unite educators within the Asia Pacific region. Their aim is to establish a unified "Education community" that embodies the Good Shepherd Charism and identity, with justice at the heart of its educational principles. This programme witnessed participation from Good Shepherd sisters and lay partners hailing from Indonesia, the Philippines, Singapore, Malaysia, India, Pakistan and Sri Lanka.

The inaugural programme, held in Thailand at the Mahatai Pattaya Convention Centre from January 19th to 25th, 2025, provided a transformative experience that enriched the leadership qualities and networking capabilities of the participating educators. Throughout the year 2025, the focus will be on capacity development and the formation of educational leadership. The primary emphasis will be on the personal inner development of each individual, coupled with an outward focus on spiritual and synodal leadership for education rooted in Justice.

The live in session was designed to guide us toward personal transformation. Its aim was to shift from an individuality – based system to a holistic one, essentially moving from an emphasis on "I" to "We." We began by exploring the Global impact on Education, an initiative by Pope Francis to promote education that values care, justice, and peace, with the goal of creating a more open and inclusive educational system. We also listened to the voices of students from the Good Shepherd Asia Pacific region, which provided us with a clear understanding of what 21st century students expect from us as educators. Based on these insights, we started a process of introspection to "KNOW ME FIRST."

Paula facilitated the session, while Jimmy helped behind the scenes to ensure the program ran smoothly. During her presentation, Theresa Siemens posed the question, "What do we understand transformation to be personally and collectively?". Her insights provided a clear perspective on our current state and aspirations. The thought – provoking discussions and sharing inspired and helped us understand how to transition from a fixed mindset. We also explored the four levels of listening: Factual, download, empathic, and generative. Sr. Michelle Lopez discussed the relationship between vulnerability and leadership, revealing how vulnerability, which we had perceived as a weakness can actually be a strength in leadership. She explained that as a leader experiences more vulnerability, they become more empathetic and understanding towards others. Later, a Zoom session with Mr. Steve Rocha entitled "what do we understand justice in education settings to be?" provided a deeper understanding how to bring about practical steps of justice in educational settings.

The day before, Dr. Jo Tondo spoke on the topic of "Hierarchy and Power". Our in-depth discussion with Dr. Jo helped us understand power dynamic, power struggles, and their influence on management and relationships. She guided us through the concepts of "power over" and "power with, "challenging us to rethink our approach to leadership and collaboration.

Our Congregational Leader, Sr. Joan Lopez, and Sr. Josita Corera were present, listening to our concerns. Together with the Unit Leaders of the Region, they discussed with us the concerns regarding Education. They expressed their sincere desire to create an educational system that places Justice at its core. Sr. Joan emphasized the importance of truly knowing our



flock – our students, teachers, and all those who come in contact with us.

The small talks, trust buddies, and coaching circles proved invaluable in strengthening our personal bonds. They provided a space for us to connect with one another by sharing our aspirations, anxieties and both the joyful and challenging moments of our lives. The five-day session culminated in a vibrant cultural evening, where unique performances showcased the beauty of diversity. Representing Sri Lanka and Pakistan at this session were GSAP Educators committee members Sr. Alexandra and Dilrukshika, along with Srs. Rozina, Sothy, Thilini, Sithumini, and Shyamalie. This journey towards "Joy of Educational Leadership" will evolve to continue through the zoom sessions throughout the year.

Srs. Selvasothy Emmanuelpillai
& Shyamalie Fernando

Walking as Pilgrims of Hope

The reflections by Sr. Mary Pellegrino on the forthcoming Province Chapter were an invitation to regard the Chapter as another Easter experience—where the darkness of the tomb is not seen as death and decay, but rather as the darkness of the womb, which gives birth to new life. It is a *"change of era"*, not merely *an era of change*.

The experience of the disciples, who in their grief and pain return to their former way of life but face further disappointment, reminds us to trust the new paths set before us. When they follow the voice telling them to cast their nets on the *other side*, they find abundance. This is a call for us, too, to trust the new ways and changes presented to us.

The reflection on Thomas, in his doubt and disbelief, is a further invitation to accept not only our own doubts and uncertainties, but also those of one another.

We see in the community of disciples a reflection of our own communities, journeying through a Paschal experience. Our natural inclination may be to reclaim former ways of life. However, we must recognize that the old ways do not always work.

The Province Chapter is a sacred opportunity—one that beckons us to accept our own fragility, doubts, and fears, as well as those of one another. We are invited to embrace the peace that Jesus offers, to touch His wounds, to place our hands in His wounded side like Thomas, and to allow Him to transform each one of us—and the Province as a whole.

Sr. Velani de Silva

Answering God's Call as a Consecrated person.

God's call does not depend on our strength, wisdom, or status. Throughout history, God has often chosen the humble and lowly to fulfill great divine missions. As consecrated people, we are called to live a life that reflects God's purpose. A consecrated life involves four spiritual movements: **Initiation, Liberation, Restoration, and Reformation.**

1. Initiation – Taking the First Step

Every journey begins with a personal decision. Initiation means taking a bold step forward in our spiritual life. If we keep saying, "I have always been like this," or "Change is too hard now," we become spiritually stuck. Like stagnant water that gives off a bad smell, our life can lose its freshness and joy. Even in our final days, we are called to spread happiness. St. Paul says in *Philippians 3:13–14*, we must forget what is behind and strain toward what is ahead. Are we ready to do that?

2. Liberation – Living in the Freedom Christ Gave Us

Jesus suffered and died to free us from sin and fear. We must first experience this liberation in our own hearts before we can help others. Without true spiritual freedom, we cannot be witnesses of God's love. As *Romans 6:22* says, we are set free from sin and become slaves to God, leading to holiness and eternal life.

3. Restoration – Rekindling Our Passion and Faith

Sometimes we may go through the motions—prayers, novenas, rosaries—without true connection. This is spiritual indifference. God calls us to renew our first love for Him. *Revelation 2:4–5* warns us not to forget the love we had at first. Are we just following routines, or are we truly alive in faith? Let us rekindle our passion for God's mission.

4. Reformation – Letting God Shape Our Hearts

God invites us to constant growth. Reformation means allowing God to change our character and attitudes. *Romans 12:2* reminds us to not be shaped by the world, but to be transformed by the renewing of our minds. God often speaks in gentle whispers—not in thunder or storms. Are we listening to His voice in silence and humility?

Let us not get too comfortable in our own routines or personal ways of thinking. Being tired, sick, or stressed is part of life, but we are still called to live with purpose and unity. Let us think and act together, as a community, and not just individually.



As Saint Euphrasia encourages us, let us **count our blessings and be thankful**. May love guide our actions, may the gospel values shape our lives, and may our religious constitution always lead our path.

Sr. Mary Nilushika Fernando
Marawila

Good Shepherd Sunday Vocation Days at Nayakakanda & Welihena

















Vocation Camp Program







Vocation Camp / Village Program
at Kudamaduwella (Thoduwawa South)
28th , 29th & 30th of March 2025.

විශ්වාසයේ රන් දොරටුවක් වූ වර්වරියක්

ඇතින් ඇතට දිලිසි දිලිසි, අප බොහෝ දෙනෙක් දෙස බලමින් ආලෝකය විහිදුවන තරුවකි. වසර 1863 -1899 කාලය තුළ සිටම නව අදහස් ඔස්සේ අප යහපත් එඬේරාගේ පැවිදි නිකාය නව මංපෙත් සමඟින් ඉදිරියට ගෙන යාමට රුකුල් දෙන ඒ තරුව කව්රුද ? ඒ වෙනත් කෙනෙක් නොව, මරියා ඩ්‍රොස්ට් සූ විස්ශෙරීන් නම් වූ උත්තම භාග්‍යවන්ති යයි. ඇගේ ජීවිත කතාව කියවමින් සිටින අතරේ, මා සිත් ගත් එසේම ඔබ අප බොහෝ දෙනෙකුට යහපතක් ගෙන එන, කතාවන් කීපයක් මෙහිලා සඳහන් කරන්නෙමි. 1863 සැප්තැම්බර් 8 නිවුන් දරුවෙක් ලෙස උපත ලැබූ ඇය හා එක් වූ අනිත් දරුවා මැක්ස් සූ විස්ශෙරීන්ය. ඉතිහාසයට අනුව ඇගේ ජීවිතයේ පළමු වසර 20 ම ගෙවුනේ බටහිර ජර්මනියේ එනම් වෙස්ට් ෆෙලියාව ප්‍රදේශයෙහිය. එය වීර ක්‍රියාවන්ගෙන් හෙබි කාල පරිච්ඡේදයකි. හේතුව ඒ කුල්ටුරම්කැම්ෆ් නමැති ආගමික යුද සමය වීමයි. නීතියෙන් අනුමත කළ ආගමික පීඩනයන්ට ප්‍රසිද්ධ විරෝධය පළ කළ අය අතර ප්‍රථම ස්ථානය ගත් අයවලුන් වූයේ ඩ්‍රොස්ට් පවුලය. හේතු ව වූයේ ශ්‍ර. සභාව බලහත්කාරයෙන් රාජ්‍ය පාලනයට, යටත් කිරීමට නීතියෙන් බලය ලැබූ නිසාය. මෙවැනි වාතාවරණයක් තුළ කතෝලික දියණියක් ලෙස, මරියා හැදුනු වැඩුණු බව කිව යුතුමය. මෙලෙසින් ඇය දහමේ ඇලී ගැලී බැඳුනේ තිරසාර දේව විශ්වාසය මත ලොව එළිය කළ කුඩා තරුවක් ලෙසටයි.



ඩ්‍රොස්ට් සූ විශ්ශෙරින් පවුල වෙස්ට් ෆෙලියානු රදල පෙළපතකට අයිති පැරණිතම පවුලකට අයත් වූවකි. විශ්වාසයේ රන් දොරටුව ලෙසට නම් කරනු ලැබුවේ, ඒ පවුල ඔස්සේ නැගි ආ අප නිකායට දායාදයක් වූ මරියා ඩ්‍රොස්ට් තුමිය නිසාමයි. මෙලෙස කුඩා කල සිටම ශ්‍ර. සභාවේ අයිතිවාසිකම් වෙනුවෙන් පෙනී සිටීමට හැකි වූ පුදුම ශක්තියක් ඇය සතු විය. ජීවිතයේ කිසිම මොහොතක ඇල්මැරුණු ගතියට ඇය නොව ඉඩ දුන්නේ. එය ශුද්ධාත්මයාණන්ට විරුද්ධ පාපයක් බව ඇය බොහෝ දෙනෙකුට මතක් කර දුන්නාය. මේ අතරම යුද්ධය හේතුවෙන් ජේසු නිකායේ පියවරුන්ව රටින් පිටුවහල් කළ අතර රදගුරුතුමන්ව ද සිරබාරයට ගන්නා ලදී. කරදර පිට කරදර එන්නාක් මෙන් 1870 මුල් භාගේ සිය නිවුන් සහෝදරයාගේ මරණයෙන් මුළු පවුලම සංවේගයට පත් වූවා. ඒ මොහොතේ යාච්ඤාවේ පිහිට පැතූ මරියාගේ පියා, කුඩා දේවස්ථානයක් ඉදිකරන ලදී. එය පවුලේ යාච්ඤා ගෘහය ලෙස සැලකුවා ය. කරදර, බාධක කම්කටොළු මැද මෙන්න යාච්ඤාවට ප්‍රථම ස්ථානය දුන්න ආකාරය. මෙය අද වැනි යුගයටත් බලපාන ආකාරය ඉතා උතුම්ය. යුද්ධය නිසා දේවස්ථානයේ වැඩ පමා වුවත්, දිව්‍ය හෘදයට ඇති බලවත් ආදරය නිසා එයත් ඉවසීමෙන් කරගෙන යාමට ඉඩ හැරියාය. මෙලෙසින් මරියා ඩ්‍රොස්ට් තුමියගේ දිව්‍ය හෘදයට ඇති භක්තිය වඩ වඩා වර්ධනය වී මුළු නිකායටම මෙන්ම, මුළු මහත් ලෝකයට ආලෝකය ගෙන දෙන දිව්‍ය හෘදයේ තරුවක් බවට පත් වූ බව අතිශෝක්තියක් නොවේ. මෙය ලියන අතරේ ඔබ අප බොහෝවිට ගායනා කරන ගීතයක් මගේ මතකයට නැඟී එනවා. ඒ

ආලෝකයේ දරුවෝ වමු අපි

සමිඳුන් කී විලසින්

මිසදුටු අදහස් දුරු කරමින්

විශ්වාසය තර කර ගනිමින්

කිතු හිමි පෑ මග

පියමං කරන්නට ආරාධනා //

මෙම ගීතය ඔස්සේ කෙටි භාවනාවකට ඉඩ හරිමු. දිව්‍ය හෘදයේ භක්තිය වෙතට නැඹුරු වෙමු. මෙලෙසින් 1875 අප්‍රේල් මස ඩාෆෙල් හී මීසම් දෙව් මැදුරේදී, මරියාට පළමු වරට දිව්‍ය සත්ප්‍රසාද වහන්සේ ලබා ගැනීමේ භාග්‍ය උදා

විය. දිව්‍ය සත්ප්‍රසාද භක්තිය වැඩිකර ගැනීම ඇගේ එකම අභිප්‍රාය වූ බව අතිශයෝක්තියක් නොවේ. ”මෙලෙසින් දිව්‍ය හෘදයේ ප්‍රියාව වීමට මා කැඳවූ ඒ හඬ මට ඇසිනි. සමහර අවස්ථාවන්හි මේ සුහද සාකච්ඡාවන් සැනසිලිදායක හා උපදේශාත්මක වේ. ඇතැම් අවස්ථාවලදී මේවා හී දිවැසි ස්වරූපයක් පෙනී යයි. උන්වහන්සේට මා සමඟ සාකච්ඡා කරන නොයෙකුත් විදී ඇත. උන්වහන්සේගේ සමහර වචන අමතක නොවන සුළුය. සමහරක් වර්තමානය පිළිබඳවය. එනම් මේ මොහොතේ යුතුකම් පිළිබඳවය. සමහරක් මුළු ජීවිතයටම අවශ්‍ය උපදේශාත්මක වචනයන්ය. අන් සමහරක් අවබෝධ වන්නේ කල්ගත වූ පසුවය..... මෙලෙසින් දුක් විඳීම හා ගැඹුරු සාමය ගැන ඇයට කතා කරන්නේ ස්ථිරයෙන්ම ස්වාමීන් වහන්සේ වන බව මරියා කියා සිටින්නීය. (”මරියා ඩ්‍රොස්ට්”) පොතේ 164 පිටුව හා සබැඳේ. මෙන්න ඔබ අප සියලු දෙනාම ගේම යාච්ඤා ජීවිතයට හා එය ගැඹුරු කර ගැනීමට අවස්ථාවක්. ජීවිතයේ සෑම මොහොතක්ම දේව හඬ ශබ්දයට අවදිවීමට හා ඒ අනුව ගමන් කිරීමෙන් සෑම දුබලතාවයක් තුළදීම ජේසු තුමන්ගේ දිව්‍ය හෘදය තුළම ලැගුම් ගැනීමෙන් සතුට ප්‍රීතිය තුළ මෙන්ම වේදනාව තුළත් දිව්‍ය සත්ප්‍රසාදයේ ජීවිතයක්ම වැළඳ ගැනීමෙන් ජේසුගේ හද තුළම ලැගුම් ගන්නා ආකාරය. මෙවැනි උතුම් වදන් රාශියක් ඔස්සේ මෙය කියවන ඔබට ප්‍රශ්නයක් මතුවී එන්නට අවස්ථාවක් සැලසේ. මරියා හා යහපත් එඬේරා නිකාය අතර ඇති ගැඹුරු සම්බන්ධතාවය කුමක්ද යන්නයි. 1897 අගෝස්තු මස 13 දින මරියාගේ ආත්මික පියතුමාට මෙසේ ලීවාය. එලෙස ලියන්නට ඇත්තේ දේව හඬ ශබ්දයටත් අවනත වීමෙන් කියා සිතා ගැනීමට ඇති සාක්ෂිය එමටයි. ඒ අනුව ලියූ ලිපියේ මෙසේ සඳහන් වී ඇත. ”යහපත් එඬේරාණන්ගේ ආරාමයට අයත් ඉඩමේ දේවස්ථානයක් ඉදි කිරීමට බොහෝ කාලයක් සිට ඔබ දන්නා පරිදි මට අවශ්‍යව තිබුණි. මෙය කා හට කැප කළ යුතු දැයි ස්ථිරයෙන් නොදැන සිටි බැවින් කිසිම තීරණයකට නොබැස මේ සම්බන්ධයෙන් යාච්ඤා කළ ඉක්බිති කීපදෙනෙකුගෙන් විමසීමී.” මෙලෙසින් එතුමිය අප නිකායේම බව හා එය දිනෙන් දින ලොව පුරා පැතිර හැරීමට මාර්ගය වූ බව විශ්වාසයෙන්ම අදහා ගත හැකිය. උතුම්ම දායාදයක් අපට හිමිකර දීම ඔස්සේ යහපත් එඬේර ස්ත්‍රීතුව ලොව පුරාම පැතිර ඇති අතර ඒ තාරකාවේ ආලෝකය ලබා ගනිමින්, බෙදා හරිමින් ආරක්ෂා කිරීම අප සැමගේම උතුම් කාර්යභාරය වන්නේ මැයි.

මෙලොවට උපන් හැම කෙනෙකුටම අවසානයක් ඇත. මරියා ඩ්‍රොස්ට් තුමියගේ කාලය නිමාවට පත් වේගෙන ගියේ රෝගී තත්ත්වය එන්න එන්නම උග්‍ර විය. මේ අතර ඔපර්ටෝවෙහි යහපත් එඬේරාගේ ආරාමය ආරම්භ කළ හා ඇයට ඒ සඳහා ආධාර වූ රුචී පියතුමාත් ඇය බැලීමට පැමිණි නමුත් මරියා ඔහු හැඳින් නොගත්තාය. පැය ගණනකට පසු එතුමා යලිත් පැමිණියේ ඒ මොහොතේ ඇගේ අන්තිම වචනය වූයේ ”දිව්‍ය සත්ප්‍රසාද වහන්සේ ලබා ගැනීමට මම ආශා වෙමි”යි යන්නය. වේද හාර උච්චාරණය කළ දින දී ලත් කුරුසිය අතින් ගෙන, ඇගේ ඇස් එක ස්ථිර ස්ථානයක් මත රඳවා ගෙන සිටි ඇයගේ මුවින් ”ආ” යන්න කෙඳිරීමක් සේ නික්මිනි. මුහුණ දීප්තිමත් වී දැසින් කඳුළු බිඳු දෙකක් වැටුණි. පීඩාවිදී ශරීරය ඇගෙන් ඉවත් විය. එය 1899 ජූනි 8 දින සවස තුන විය. එසේම ජේසුතුමන්ගේ දිව්‍ය හෘදයේ මංගල්‍යයේ පළමු සැඳෑ යැදුමේ වේලාව විය. මෙය කියවන ඔබ අප සැම දෙනාම ජේසු තුමන් හා එක්වන ආකාරය පිළිබඳව ඇතුලාන්තය ගැඹුරු කර ගැනීමට නිතර නිතර අවස්ථාව ලැබේවා! ඒ මගේ පැතුමයි. මේ මගේ යැදුමයි.

මේරි ලිනට් පෙරේරා කන්‍යා සොහොයුරිය



Vocation Day at St. Anthony's Parish Church, Weliveriya on Good Shepherd Sunday (11-05-2025)

We, the Sisters of the Weliveriya Mission Center, had the joy of organizing a **Vocation Day for our** Sunday class children at **St. Anthony's Parish Church.**

The day was filled with meaningful moments and engaging sessions:

- **Sr. Iolanthi** addressed students from **Grades 9 to 11,** inspiring them to explore their vocation and had activities to help enjoy their learning

- **Sr. Moreen** led a program for the children in **Grades 6 to 8,** offering guidance and encouragement.

- **Sr. Wilma** conducted a vibrant session for the **Grades 4 and 5** students, helping them explore the beauty of religious life.

- **Sr. Shirani** spoke to all the children during the assembly, introducing the **Good Shepard Sisters** and shared about **World Vocation Day.** She also led a heartfelt prayer for priests and religious vocations.

- There were many students who expressed their desire to belong to the Good Shepherd family to offer their lives to Jesus for His mission of reconciliation.

We are **privileged to be called Goos Shepherd Sisters.** Let us continue to **uphold our religious vocation** and cherish the vocations of others as a precious gift. May we always honor and preserve the sacred legacy of **St. Jean Eudes** and **St. Mary Euphrasia.**











A Legacy of Faith and Excellence: Shaping the Future at Ave Maria Convent

Nestled in the very heart of Negombo itself stands Ave Maria Convent, a pillar of intellectual distinction and moral excellence dedicated to forging the young lady into an icon of virtue and wisdom. Established in 1938 by the Good Shepherd Sisters, the school has never deviated from the path of comprehensive development of the student, top class academic distinction coupled with strongly established Catholic doctrinal values.

Its goal is to "Develop energetic shepherdesses with compassion," a rather direct paraphrasing of its firm belief to create young women who are defined by compassionate leadership, service and ethical excellence. This bold vision is also expressed in its mission: "Drawn by the love of the Good Shepherd, we empower students to thrive in every dimension of life through holistic education." The mission and vision in tandem form a radical philosophy of education—one that seeks not just to convey knowledge but to shape character, to initiate spiritual depth and to challenge each student to be an agent of hope, wisdom and compassion in a world growing ever more complex.

Catholic values are incorporated into every area of study in Ave Maria Convent, imparting to the students a firm sense of integrity, compassion and social justice. The courses are carefully designed to test minds without compromising the spirit, so every student leaves not only an intellectual achievement but also a repository of moral excellence. The school's unwavering commitment to these principles has created an environment in which young women can master the complexity of the modern world with strength and integrity, grounded firmly in the timelessness of their faith.

There is also evidence of such commitment to all-around growth in day-to-day activities and events in the school, all of which spoke its own want to nurture compassionate, self-assured, community-minded young women.

A New Era of Leadership: The Prefects' Investiture 2025 of Ave Maria Convent

Ave Maria Convent Negombo held its much-anticipated annual Prefects' Investiture ceremony on the 03rd of January 2025, marking the beginning of a new leadership year. The event commenced with a solemn Holy Mass, celebrated by Rev. Fr. Andrew Marias Nimal Fernando, who guided the students in reflection and prayer in the presence of the esteemed school faculty and students.



Following the Mass, the ceremony included a formal parade led by the upper school and primary prefects, who proudly displayed their commitment to the school community. The ceremony featured the Oath of Office, where the new prefects for the academic year 2025 pledged their dedication to service and leadership. The Oath-taking was followed by an inspiring speech by the new Head Prefect Miss. Shwetha Kirihetti, displaying her gratitude and commitment to the role.

Highlights of the ceremony included the handing over of flags to the House and Captain Prefects, symbolizing the responsibilities they would carry throughout the year. The event concluded with a farewell to the out-going prefects of 2024, who received heartfelt appreciation for their contributions.

As students sang the national anthem, the atmosphere resonated with pride and anticipation for the year ahead. This investiture not only celebrated the new prefects but also reinforced the values of leadership and service that are

central to the ethos of Ave Maria Convent.

Annual Sports Meet 2025: A Celebration of Athletic Prowess and Team Spirit of the Ave Marians

On February 14, 2025, Ave Maria Convent came alive with the vibrant spirit of competition as it hosted its Annual Upper School Sports Meet. The event showcased the athletic prowess and unwavering camaraderie among the four houses: Andrew, Coudert, Solange, and Mason.

The event was graced by the presence of renowned Sri Lankan cricketer Angelo Mathews, who served as the Chief Guest. Mathews, a celebrated sports figure, inspired students with his words of encouragement, emphasizing the importance of sportsmanship, perseverance, and teamwork. His involvement added a touch of prestige to the day, motivating young athletes to strive for excellence.

The highlight of the meet was undoubtedly the fierce competition between the houses, each vying for the coveted championship title, equally displaying their skills to the highest. In a thrilling turn of events, Solange House emerged victorious, clinching the first-place trophy and proving their mettle on the field.



As the day concluded, the sense of achievement and joy was palpable. The Annual Sports Meet not only celebrated athletic talent but also fostered a spirit of great unity and friendship among the students and teachers of Ave Maria Convent.

Where Little Feet Make Big Strides: The Primary Sports Meet 2025

The Primary Sports Meet of Ave Maria Convent, Negombo, held on the 7th of February, unfolded with vibrant enthusiasm and a profound sense of school spirit. The event commenced with a gracious welcome to distinguished guests, including Chief Guest Mrs. Nadhisha Bastian—a national colours holder, Treasurer of the Gampaha District Netball Association, and Assistant Secretary of both the Past Pupils' Association and Welfare Board of the school—and Guest of Honour Mr. Ajith Adikari, Director of Health and Physical Education for the Negombo region. Their esteemed presence, alongside that of devoted parents, esteemed staff, and spirited young athletes, elevated the occasion into a memorable celebration of youthful vigour, sportsmanship, and unity. Amidst the resounding cheers and dazzling displays of athleticism, Coudert House emerged victorious, claiming the championship with grace and determination, sealing the day as a glorious chapter in the school's proud sporting legacy.

A Solemn Observance: Ash Wednesday at Ave Maria Convent

On the 5th of March 2025, Ave Maria Convent reverently observed Ash Wednesday, marking the commencement of the Lenten season. The school community gathered in deep contemplation for a solemn Eucharistic celebration, presided over by the esteemed Rev. Fr. Joy Mariyarathnam (CMF). The Mass instilled a spirit of penitence as students and faculty received ashes, symbolizing humility and renewal. A significant moment of the day was the pinning of badges for fifteen students inducted into the Society of Saint Vincent de Paul, marking their commitment to selfless service. This sacred occasion served as a poignant



reminder of reflection, sacrifice, and spiritual devotion, urging all present to embark on a journey of penitence and grace.

Renewed in Grace: A Sacred Day of Confession

On the 14th of March and 4th of April, 2025, Ave Maria Convent, Negombo, observed the Sacrament of Confession which were held over two days, a deeply spiritual occasion marked by reflection, repentance and renewal. From Grade 5 onwards, students participated reverently in the Sacrament of Reconciliation, guided by a profound sense of faith and inner awakening. The school was blessed by the presence of 26 devoted priests, who generously offered their time and spiritual counsel to hear confessions and guide each child closer to God's mercy and grace. This sacred initiative not only strengthened the students' relationship with Christ but also reaffirmed the school's unwavering commitment to nurturing hearts rooted in Catholic values and spiritual growth.

Nature in Focus: A Visual Ode to the Wild

On the 13th of March, the Photography Unit of Ave Maria Convent, embarked on an inspiring excursion to the verdant wilderness of Kanneliya Forest Reserve, as part of a thematic exploration titled "**Appreciation of Nature**." Under the dedicated guidance of Ms. Muthumali, and accompanied by the Principal, Rev. Sr. Priyangani Hathurusinghe and the Vice Principal Rev. Sr. Gayathri Alwis, students immersed themselves in the awe-inspiring beauty of the natural world, capturing fleeting moments of wildlife through their lenses. The experience was profoundly enriched by the presence of Mr. Denzil Fernando, the esteemed resource person
of the unit, whose expertise elevated the students' technical and artistic





sensibilities. More than a field trip, the event served as a harmonious blend of environmental reverence and creative expression, echoing the school's commitment to nurturing thoughtful, observant, and spiritually grounded individuals.

Step into deeper understanding and faith.

In the quiet glow of a Lenten evening, on April 5th from 4:15 p.m. to 7:00 p.m., our school gathered for a heartfelt Lenten Service. The evening was enriched by the presence of Rev. Fr. Isuru Lakpriya, the Assistant Priest of the Dalupotha parish. This family gathering was a solemn reflection on the suffering of Jesus, deeply resonating with the spirit of Lent and inspiring heartfelt contemplation. Families united in reflective prayer and gentle hymns, creating a nurturing atmosphere of spiritual renewal. Together, parents, children and teachers shared quiet moments of meditation, deepening their faith and strengthening their spiritual bonds during this sacred season.

Igniting the Flame of Athletic Excellence – Sports Carnival 2025

The much-anticipated Sports Carnival of Ave Maria Convent, Negombo, unfolded in all its splendour on the 27th and 28th of March, radiating an atmosphere of unity, vigour and vibrant school spirit. This grand celebration of athletic excellence and camaraderie was graced by the esteemed presence of Mr. Hiranth Fernando, President of the Ave Maria Convent Welfare Society, who honoured the

occasion as the Chief Guest. With every cheer, every stride and every triumph, the two-day spectacle stood as a resounding testament to the unwavering dedication, discipline, and team spirit fostered within the Marian community. It was not merely a showcase of physical prowess, but a jubilant affirmation of youthful determination, school pride and the enduring spirit that defines Ave Maria Convent.

As Ave Maria Convent continues to thrive as a sanctuary of faith, knowledge and character formation, it remains steadfast in its mission to nurture not only the intellect but also the soul. Under the devoted guidance of the Good Shepherd Sisters, the school shall continue to uphold its sacred legacy of delivering a holistic education, one that forms young women who are academically accomplished, spiritually grounded and morally resolute. In the years to come, Ave Maria Convent will remain a beacon of balanced excellence, shaping future generations to lead with compassion, courage and unwavering integrity.

Ms. Dilhanie David

A Memorable Vesak Dansala at Ave Maria Convent

"Compassion is the bridge that connects us, allowing us to care for one another."

A significant milestone was marked this year for Ave Maria Convent- Primary school, as we organized our very first Vesak 'Dansala' in the school premises. The initiative was a heartwarming collaboration of our dedicated primary school teachers and enthusiastic students, all guided by the unwavering support of our principal, Rev. Sister Priyangani Hathurusinghe, and vice principal, Rev. Sister Gayathri Alwis.

Our chosen offerings for the Dansala were delightful soft drinks and delicious biscuits, perfect for refreshing our guests. With generous contributions from parents who helped make soft drinks and purchase biscuits, we experienced the true essence of community spirit. Together, we prepared ourselves for this remarkable event, which took place on May 14, 2025.

The event commenced with a ceremonial opening, as Rev. Sister Priyangani Hathurusinghe, alongside Vice Principal Sr. Gayathri Alwis and our two deputy principals Ms. Dilhani David and Ms. Chintha Perera, lighting the oil lamps. This beautiful moment symbolized the light of compassion and generosity central to Vesak celebrations.









Our primary students, filled with excitement, were the first to arrive, eagerly lining up to receive their treats. For many of them, it was a new and delightful experience, one that would stay with them for a long time. Following the primary students, many from the upper school joined in the fun, creating a vibrant atmosphere filled with joy and laughter. Our supportive staff members added to this spirit, enhancing the sense of community.

After the Dansala, as class teachers returned to their classrooms, students animatedly shared their lovely experiences, further emphasizing the joy and excitement the event had fostered.

Our primary teachers and students focus on this Dansala stems from a larger vision: to instill in our students a deep respect for various religions, cultures, and rituals. Living in a multicultural and multi-religious society, it is crucial to cultivate harmony and understanding among young minds. By planting the seeds of respect and inclusivity in their childhood, we hope to nurture a generation that values diversity and lives in peace.

A special mention must be made of our senior prefects and members of the Girl Guides, who diligently helped in cleaning up the cups and surroundings after the event. Their commitment to teamwork was a shining example of the spirit of service and mutual respect that we strive to cultivate in our school.

We were overjoyed to run the Dansala for more than two hours, a testament to the enthusiasm and cooperation of everyone involved. This event served not only as a celebration of Vesak but also as a powerful reminder of the values we cherish at Ave Maria Convent.

We hope to continue this beautiful tradition in the future, enriching our students' lives while promoting the values highlighted during Vesak. Every little effort counts in building a harmonious society, and together, we can instill these virtues in our students, shaping a brighter and more peaceful world.

Malsha Appuhamy

St. Bridget's Convent

The Annual Lenten Programme

The students of St. Bridget's Convent were blessed with a truly transformative experience as they participated in the Annual Lenten Programme, held on the 9th of April 2025 at the John Eudes Hall. This highly anticipated event served as a beacon of faith and reflection, guiding young hearts toward deeper spiritual understanding.

The prayer was conducted by Rev. Fr. Darrell Coonghe and his dedicated team, who created an atmosphere of inspiration and reverence. The heartfelt prayers, hymns, and moments of personal reflection helped, the students to embark on a journey of renewal and inner peace.

The Annual Lenten Programme was more than just an event—it was a divine experience that ignited hearts with renewed fervor and devotion. It was indeed a beautiful and enlightening journey, one that will be cherished and remembered by all.

Honoring the Legacy of St. Mary Euphrasia Pelletier at St. Bridget's Convent

On April 24, hearts were united in devotion and gratitude at St. Bridget's Convent as the community gathered to honor the life and legacy of St. Mary Euphrasia Pelletier, the beloved Foundress of the Good Shepherd Congregation. Her vision—rooted in love, service, and the transformative power of kindness—continues to inspire generations, guiding them in their mission to uplift and care for those in need.

The celebration was a sacred and joyous occasion, filled with deep reflection and renewed commitment. In the hallowed halls of St. Bridget's Convent, mission partners stood together, reaffirming their vows to serve as Good Shepherd Mission Partners. With unwavering dedication, they renewed their promise to embody the values St. Mary Euphrasia so fervently championed—love, unity, and the courage to make a difference in the lives of the vulnerable.

A solemn yet uplifting Mass was celebrated in the school, filling the atmosphere with spiritual reverence and hope. Prayers echoed through the gathering, weaving a tapestry of gratitude for the extraordinary legacy left behind by St. Mary Euphrasia.The day was not merely a commemoration but an affirmation of the values St. Mary Euphrasia instilled in her followers—a call to live with compassion, to uphold one another, and to spread kindness in a world that so deeply needs it. Her legacy remains a beacon of hope, urging each individual to embrace love and service in their own lives.

As we reflect on this meaningful celebration, may the spirit of St. Mary Euphrasia continue to guide us, inspiring acts of generosity and unity that create lasting change. Through the dedication of mission partners and the shared commitment of the community, her mission remains as vibrant and powerful as ever—proof that love and kindness can truly transform the world.

Good Shepherd Teacher & Safeguarding

The start of the term is not just a fresh chapter for students but also a moment of rejuvenation for teachers. The sessions were conducted by Rev Sr. Francine Muthugala our community leader and Mr. Manoj Samarasekara the police officer, to energize and inspire educators as they embarked on the new academic journey.

On the 21st of April, we, the dedicated Bridgetian teachers, commenced the new term with a refreshing and empowering sessions aimed at fostering growth, collaboration, and innovation within our teaching community.
The first session of the day was conducted by Rev.Sr. Francine Muthugala, the community leader of St. Bridget's Convent. Her speech mainly focused on the educational objectives of schools under the purview of the Good Shepherd Congregation.
There, she highlighted how the shepherdian formation of a teacher marks a significant difference in the field of teaching as it characterizes a series of values that are purely learner(student)-centered. She further highlighted the need for a conducive classroom for learners and how the teacher can form a positive relationship with students with clever classroom management.

An iconic moment of her speech was the analysis of the relationship between 'Psalm 23' in the bible and the present educational standards.
This session marked a pivotal moment, setting the tone for an exciting and productive term ahead.

The next session was conducted by Mr. Manoj Samarasekara.
The session briefed on the current problems in Sri Lankan schools and the teacher-sensitivity over the issues related to students.
Mr. Samarasekara detailed the Sri Lankan legal interpretation of a Child. There he emphasized the limitations of penalty over children according to their age-limits. His talk took special direction towards the children in divorced families. These children according to him are very seriously fed up with their parental issues and prove themselves vulnerable in the face of daily- renewing social trends. These children who come from divorced parents can be recognized for they demonstrate

special behaviors; they are subjected to "Childhood Trauma". It has been identified that hunting for extreme success at national-level examinations can lead to failures in student-personality, that would later fix them in grave disasters.



Therefore, there is a greater need of providing care and attention for students in their childhood. In this scenario, the teacher's role attracts new interpretation at present; the teacher should be a counsellor to listen to them and, should safeguard the privacy of the student-confessions.

Mr. Samarasekara also outlined the constructive way of punishing the students. The Punishment should be executed in the following manner.

1. Explain the error
2. Give a relevant punishment(NOT CORPORAL)
3. do not recall what was done.

A punishment of this nature gives teachers ample opportunity to rehabilitate a child.



At the end of the session, Mr. Samarasekara staged a positive appreciation of St. Bridget's Convent Guided by our shared commitment to excellence in education, the day was filled with insightful talk. As Bridgetian educators, we are determined to embrace the challenges of the new term with renewed energy, creativity, and a unified spirit to nurture the potential of every student.





The Prefects' Investiture Ceremony at St. Bridget's Convent

On the 11th of April 2025, the grounds of St. Bridget's Convent were adorned with a sense of pride and purpose as the school gathered for one of its most esteemed traditions—the Prefects' Investiture Ceremony.This momentous occasion marked the official appointment of the newly elected Board of Prefects, who now step forward as the guiding pillars of leadership for the academic year 2025/26.

The day commenced with a solemn and spiritually enriching Holy Eucharistic celebration-presided over by Rev. Fr. Gemunu Dias, General Manager of Catholic Private Schools in the Archdiocese of Colombo. Through sacred prayers and blessings, the ceremony instilled a deep sense of responsibility and commitment in the hearts of the newly appointed student leaders.













Following the Eucharistic celebration, the formal Investiture Ceremony took place at the primary school grounds, where the newly elected prefects were honored and entrusted with their duties. With great reverence, each prefect stepped forward to receive their official badges and responsibilities, symbolizing their pledge to serve the school with unwavering integrity and dedication.

The newly appointed Board of Prefects consists of distinguished student leaders who have demonstrated exemplary qualities of discipline, teamwork, and perseverance:

- **Head Prefect** -Thenu Wanduragala
- **Deputy Head Prefects**-Tanesha Abeykoon & Mithaya Kurukulasuriya
- **Games Prefect** -Vihara Seelanathakuruppu
- **Deputy Games Prefects**- Menuki Wickramasinghe & Sneha Weerasinghe

As these young leaders embark on their new journey, the school extends its heartfelt congratulations, encouraging them to lead with compassion, uphold the values of St. Bridget's, and inspire their fellow students in all aspects of school life.

While the school welcomes its new board of prefects, it also takes a moment to bid a gracious farewell to the outgoing prefects who have served with extraordinary dedication over the past year. Their tireless commitment and selfless contributions have left an indelible mark on the school, making an impact that will be cherished for years to come. As they step down from their roles, we wish them success in their future endeavors, confident that the lessons learned in leadership will continue to shape their paths.

The Prefects' Investiture Ceremony stands as a celebration of service, leadership, and school spirit, reinforcing the values that define Our Alma Mater with gently and firmly. With new leaders at the helm and a bright future ahead, the Bridgetine legacy of excellence and unity continues to thrive.

An unceasing gratitude to Our Creator GOD , A heartfelt Thank you to Dear Sr. Maryanne, and all those who helped us in many ways and the sisters in our communities who shared our responsibilities in our absence.

Walking in the Footsteps of St. Mary Euphrasia: A Journey of Heritage, Mission, and Heart

Our pilgrimage to the Mother House in Angers was a deeply enriching experience—one that connected us more intimately with our Good Shepherd roots and mission. From the moment of our arrival, we felt the warmth of welcome and the sacredness of the place that has shaped generations of sisters dedicated to love, compassion, and service.

We began by getting to know the group—each of us bringing unique stories and callings, yet united by the same spirit. The programme was thoughtfully introduced through a PowerPoint presentation that outlined not just the schedule but the deeper purpose of our journey: to reconnect with the heart of our mission and the life of St. Mary Euphrasia.

Our days at the Mother House were filled with exploration and reflection. We delved into the historical background of the congregation, visited significant sites including the chapel, the Oratory, the tomb of St. Mary Euphrasia, the beautiful gardens, and the Abbey of St. Nicholas. Each step deepened our appreciation of our heritage and the foundational spirit that continues to animate our lives.

A highlight was our visit to the **Museum of St. Mary Euphrasia**, where history came alive in inspiring ways. There, we saw not only the timeline of our congregation's growth but the stories of courage and love that have transcended generations.

The journey expanded outward as well, with powerful **pilgrimages** to Caen, Noirmoutier, and Tours. In **Caen**, we spent the night in Cormelles, embracing the spirit of pilgrimage and prayer. Our time in **Noirmoutier** included an overnight stay that allowed us to soak in the quiet beauty and spiritual richness of the place. we shared a simple yet joyful **lunch on Noirmoutier beach**, with the sea breeze gently brushing against us. We spent time **picking sea shells**, laughing and walking barefoot along the shore. In those lighthearted moments, we felt deeply connected—not just to Rose Virginie's spirit, but to one another as companions on a shared journey.

Our pilgrimage would not be complete without spending a day in **Tours**, a city that quietly holds an important chapter in the life of **Rose Virginie Pelletier**—the young girl who would become *St. Mary Euphrasia*. It was here, in her adolescence, that the seeds of her vocation took root and were tested.

We visited the **school she attended**, a place where she received both academic and spiritual formation. It was also in **her boarding house**—modest and disciplined—that she began to feel the first stirrings of a deeper call. As we stood in these spaces, we imagined her as a young woman full of questions, wonder, and longing to understand what God wanted of her.

A key moment in our visit was walking to the **church she frequented**, the same sacred place where she spent hours in prayer, seeking clarity and strength. It was here, before the Eucharist, that her inner struggle came to light. She experienced **moments of doubt and temptation**, as many do when discerning such a significant path. The world offered comfort, approval, and a different kind of future—but her heart leaned toward the poor, the forgotten, and the voice of the Shepherd calling her by name.

A deeply moving moment was our **visit to the Contemplative Sisters of La Garenne**. Their serene presence and prayerful lives touched us deeply, reminding us of the contemplative heart that supports the mission. The **Tunnel and Labyrinth experiments** offered us unique ways to encounter our own inner journeys—creative, reflective, and transformative.

The entire experience culminated in a beautiful

closing ceremony, where we were **sent forth through the Green Door**—a symbolic act representing our readiness to carry the mission forward. Walking through the Green Door wasn't just a conclusion, but a beginning—of renewed commitment, deeper faith, and bold love in action.

This meaningful journey was made possible through the loving and tireless efforts of several sisters to whom we owe special thanks:

- **Sr. Melania**, the **Coordinator of the programme**, whose dedication, planning, and joyful spirit ensured a smooth, spiritually rich experience. Her leadership was truly a blessing.
- **Sr. Annamma**, the **Superior**, who made our stay comfortable, warm, and joyful with her generous hospitality and motherly care.
- **Srs. Clair and Nancy**, whose behind-the-scenes support and gentle presence enabled us to participate fully and deeply in all aspects of the programme.
- Our companions from India **Srs. Elsamma, Rani and Pauline** for their friendship and sisterly care in journeying with us
- **Elodie, Sara** and **Cadjitan** who were at our disposal

We deeply appreciate your generosity and thank you so dearly for making it a reality in our lives.

We return home deeply grateful—for the sacred spaces we walked, the history we touched, and the sisterhood we shared. With hearts full of zeal and purpose, we now step forward, sent forth through the Green Door, ready to be Good Shepherd women in today's world.

Sr. Renuka Silva, Panadura Mission Center

Pope Francis

Pope Francis, born Jorge Mario Bergoglio on December 17, 1936, in Buenos Aires, Argentina, is a man whose life and spirituality have been deeply shaped by humility, service, and a profound love for the marginalized.

Early Life and Spiritual Awakening

Jorge was born into a working-class family of Italian immigrants. In his youth, he trained as a chemical technician, but a serious illness in his early 20s – a severe lung infection – became a turning point in his spiritual life. During this time, he felt a powerful call to the priesthood, which he described as an experience of God's mercy.

In 1958, he joined the Society of Jesus (Jesuits), attracted by their emphasis on education, missionary work, and spiritual discipline. Jesuit spirituality, rooted in the teachings of St. Ignatius of Loyola, profoundly shaped his inner life – particularly the importance of discernment, humility, and finding God in all things.

Priesthood and Pastoral Work

Ordained a priest in 1969, Bergoglio quickly rose in leadership within the Jesuits and the Church in Argentina. During the turbulent period of Argentina's military dictatorship, he lived simply and quietly served others, often risking his own safety to protect victims of oppression. He carried a deep sense of God's mercy, which became central to his theology.

As Archbishop of Buenos Aires (1998–2013), he became known as the "bishop of the slums." He lived in a small apartment, cooked his own meals, and took public transport. His spiritual focus was always on closeness to the people, especially the poor, the sick, and the forgotten – reflecting Jesus' preferential option for the poor.

Election as Pope and Spiritual Mission

On March 13, 2013, Bergoglio was elected 266th pope – the first Jesuit, the first from Latin America, and the first to take the name Francis, after St. Francis of Assisi, a saint known for radical poverty and care for creation.

Pope Francis brought a fresh pastoral spirit to the papacy, centered on mercy, compassion, and spiritual renewal. He often spoke of the Church as a “field hospital” – a place for healing wounds rather than judging. His motto, "Miserando atque eligendo" ("lowly but chosen"), reflects his experience of being called by God through mercy.

Although Pope Francis is no more, his legacy lives on- a legacy etched in the hearts of millions, a reminder that leadership is a service in humility with love and compassion. His was a life lived for others. His faith and wisdom remain.

Pope Leo xiv

Pope Leo XIV, born Robert Francis Prevost on September 14, 1955, in Chicago, Illinois, is the 267th pope of the Roman Catholic Church and the first American to hold this position. His life journey reflects a deep commitment to faith, education, and service.

Early Life and Education

Raised in Dolton, a suburb of Chicago, Prevost was the youngest of three sons in a devout Catholic family. His mother, Mildred Martínez, of Spanish descent, and his father, Louis Marius Prevost, of French and Italian heritage, instilled in him strong religious values. He attended St. Mary of the Assumption parish, where he served as an altar boy and participated in the choir.

Prevost pursued his secondary education at St. Augustine Seminary High School in Michigan, graduating in 1973. He then earned a degree in Mathematics and Philosophy from Villanova University in 1977. Feeling a calling to religious life, he joined the Order of Saint Augustine (O.S.A.) in 1977, making his first profession in 1978 and solemn vows in 1981.

Religious Formation and Missionary Work

Ordained as a priest on June 19, 1982, in Rome by Archbishop Jean Jadot, Prevost furthered his studies in Canon Law at the Pontifical University of Saint Thomas Aquinas, earning a doctorate in 1987.

In 1985, he began missionary work in Peru, serving in Trujillo for over a decade. There, he was a parish pastor, seminary teacher, and eventually became the regional superior for the Augustinians. His dedication to the local communities and fluency in Spanish and Quechua earned him Peruvian citizenship in 2015.

Leadership Roles

Prevost's leadership within the Augustinian Order was recognized when he was elected Prior General in 2001, a position he held until 2013. In 2014, Pope Francis appointed him as the Bishop of Chiclayo, Peru. He was later called to Rome in 2023 to serve as the Prefect of the Dicastery for Bishops and President of the Pontifical Commission for Latin America.

Papacy

Following the death of Pope Francis, Prevost was elected Pope on May 8, 2025, taking the name Leo XIV. In his inaugural address, he emphasized unity, peace, and the Church's role as a beacon in challenging times. He acknowledged his predecessor, stating:

"We still hear in our ears the weak but always courageous voice of Pope Francis who blessed us."

Pope Leo XIV is known for his moderate views, commitment to social justice, and efforts to bridge divides within the Church. His extensive experience in Latin America and the Vatican positions him as a leader attuned to global concerns and the needs of diverse communities.

Called to Eternal Happiness

(March 2025 – July 2025)

"He heals the brokenhearted and binds up their wounds."

(Ps. 147:3)

Our Sisters ...

1. Sr. Mary Yvonne Fernando	22nd June	(Age 62)
2. Sr. Marie Theja Fernando	27th June	(Age 65)
3. Sr. Celine Perera	29th June	(Age 86)

Departed Family Members ...

1. Sr. Marie Srimathie's (CGS)	Brother
2. Sr. Navamony's	Mother
3. Late Sr. Hyacinth's	Mother
4. Sr. Marieta's	Sister
5. Late Srs. Angela & Hermin's	Sister
6. Sr. Jascintha Maria's	Brother
7. Sr. Nirojini's	Mother
8. Sr. Juliet's	Brother
9. Sr. Malkanthi's	Sister



Let's Celebrate

Birthdays

August	
4	Sr. Dilani
5	Sr. Rajika
7	Sr. Minoli
7	Sr. Sandamali
8	Sr. Antoinette
12	Sr. Nimali
12	Sr. Anita Fdo.
13	Sr. Benildus
14	Sr. Nilani
15	Sr. Punitharani
17	Sr. Ita
17	Sr. Geethani
18	Sr. Nishani
24	Sr. Mangalika
24	Sr. Alphonsa
29	Sr. Milani

September	
6	Sr. Ranjana
6	Sr. Martin
10	Sr. T. Marie
10	Sr. Shanthi (S)
12	Sr. John B.
14	Sr. Priyangika
16	Sr. Fatima
18	Sr. Rose Marieta
18	Sr. Jessy
19	Sr. Elizabeth Marie
22	Sr. Annie
29	Sr. Immaculata

October	
1	Sr. Kanthi
3	Sr. Sithumini
5	Sr. Majorie
5	Sr. Margaret
7	Sr. Martina
7	Sr. Solange
13	Sr. Virginie
13	Sr. Regis
18	Sr. Niluka
19	Sr. Jinali
20	Sr. Lanka
20	Sr. T. Kanthi
20	Sr. Patricia Rajes
20	Sr. Mabel
20	Sr. P. Rajes
22	Sr. Dulcy
22	Sr. Princy J.
23	Sr. Remona
25	Sr. Winifreda
25	Sr. Lalini
30	Sr. Princy Mendis

November	
1	Sr. Shanika (J)
3	Sr. Bernadette W.
4	Sr. Susila T.
7	Sr. Carmen
7	Sr. Stella
9	Sr. Siriyapushpam
10	Sr. Constance
11	Sr. Praneetha
16	Sr. Catherine
18	Sr. Thanuja
18	Sr. Therese
19	Sr. Vianney
22	Sr. Maristella
28	Sr. Sothy
28	Sr. Anna Rose

Birthdays & Feast days

August	
1	Sr. Piyumi
6	Sr. Leela
9	Sr. Gnanaseeli
10	Sr. Veronica (CGS)
11	Sr. Sriyani
15	Sr. Asumptha Maria
17	Sr. Hyacinth
21	Sr. Sithija

September	
1	Sr. Sriyakanthi
6	Sr. Priyangani
8	Sr. Nijanthiny
9	Sr. Peter
12	Sr. Anasta
12	Sr. Rosemary
16	Sr. Benita (J)
30	Sr. Jasmine

October	
2	Sr. Marie Angela
6	Sr. Blossom
7	Sr. Premi
8	Sr. Esther
9	Sr. Jeewani
12	Sr. Felicia
20	Sr. Irene
21	Sr. Patricia CGS
24	Sr. Priyani
26	Sr. Shyamalie
28	Sr. Jascintha

November	
4	Sr. Surani
6	Sr. Cynthiya
6	Sr. Vivienne
7	Sr. Nilmini
16	Sr. Sherine
20	Sr. Prabashini
20	Sr. Nibashini
21	Sr. Prashanthi
22	Sr. Cecilia
22	Sr. Roshini
25	Sr. Nirojini

Feast days

August	
1	Sr. Alphonsa
4	Sr. Vianney
4	Sr. Dilani
5	Sr. Deepthi
7	Sr. Sandamali
10	Sr. Lawrencie
12	Sr. Chandani
13	Sr. Benildus
15	Sr. Nilani
15	Sr. Nishani
15	Sr. Nishanthi
15	Sr. Deepthika
15	Sr. Rose Ed.
18	Sr. Heleena
21	Sr. Ranjani Fon.
22	Sr. Sarojini
22	Sr. Regis
22	Sr. Princy Mendis
22	Sr. Ranjana
22	Sr. Pat. Rajes
22	Sr. Victoria
22	Sr. Princy J.
22	Sr. Rajika
22	Sr. Iolanthi
22	Sr. Rajes
22	Sr. Theja
23	Sr.Primrose
23	Sr. Rose Marieta
24	Sr. Renuka
24	Sr. Mercia
24	Sr. Nilendra
31	Sr. Remona

September	
4	Sr. Rosalia
8	Sr. Madonna
8	Sr. Marie Swinitha
8	Sr. Verlini
8	Sr. Ramani
8	Sr. Nilusha
8	Sr. Velani
8	Sr. Chamari
8	Sr. Minoli
8	Sr. Nilushika
8	Sr. Kanthi
8	Sr. Moureen
8	Sr. Preethika
8	Sr. Lakshmi
8	Sr. Lalani
8	Sr. Srimathie
12	Sr. Premilla
12	Sr. Marian
12	Sr. Jenita
15	Sr. Ruth Fdo
22	Sr. Pat. Rajes
24	Sr. Dayani
24	Sr. Mercia
26	Sr. Shyamalie
27	Sr. Samudra
29	Sr. Devika

October	
1	Sr. Sithumini
1	Sr. T. Kanthi
1	Sr. T. Marie
1	Sr. Tresa
1	Sr. Siriyapushpam
1	Sr. Kamala
1	Sr. Pumali
1	Sr. Milani
1	Sr. Therese
4	Sr. Francine
4	Sr. Francisca
7	Sr. Rosary
7	Sr. Judith
12	Sr. Wilfred
14	Sr. Calista
16	Sr. Margaret
18	Sr. Niluka
20	Sr. Mabel
21	Sr. Celinta
22	Sr. Dulcy
22	Sr. Celine

November	
1	Sr. Shanika (J)
3	Sr. Winifreda
3	Sr. Martina
3	Sr. Freeda
3	Sr. Martin
13	Sr. Stanislaus
15	Sr. Sirilla
16	Sr. Gertrude
17	Sr. Elizabeth Mar.
17	Sr. Hilda Mary
17	Sr. Mary Hilda
20	Sr. Subani
21	Sr. Praneetha
21	Sr. Nita
22	Sr. Geethani
22	Sr. Marina
22	Sr. Thanuja
22	Sr. Jayamani
24	Sr. Florida
24	Sr. Anastasia



Renewing Our Fidelity to the Good Shepherd Charism

The Pre-Chapter sessions held in our province from 12th to 19th June proved to be a time of grace and renewal for each of our members. Through trustworthy dialogue and prayerful discernment, we journeyed together with openness and a deep sense of shared mission.

We are deeply grateful to Srs. Anya Borbon and Rebecca Kay, the dedicated facilitators of these sessions, who guided us with clarity and commitment toward achieving the two main objectives: prioritizing the Chapter Directives and discerning names for the Province Leader for the coming six years.

We sincerely appreciate and commend the remarkable 98% attendance rate of the sisters. This high level of engagement reflects the seriousness and sense of responsibility our sisters hold toward the forthcoming Chapter. The depth of sharing and the active participation during the sessions served as both an inspiration and a call to transformation.

This collective experience has rekindled our passion to faithfully preserve and embody the rich charism of the Good Shepherd. It challenges us to remain rooted in our mission, while courageously shaping a future filled with hope for our province and for the generations to come.















Pope Francis
IN HIS OWN WORDS

"Love is a measure of Faith."

"Take care of your Spiritual life, your relationship with God,
because this is the backbone of everything we do an everything we are."

"Little bit of Mercy
makes the world
less cold &
more just."



"When we meet
a person
truly in need,
do we see the
face of God?"

"We have a Lord
who is capable
of crying with us,
capable of walking
with
us in the most difficult
moments of life."

"Open our eyes &
our hearts &
give us the courage
to say:
War never again,
All is destroyed
with war."

"Rivers do not drink their own waters; Trees do not eat their own fruit;
the Sun does not shine on itself and flowers do not spread their fragrance for
themselves. Living for others is a rule of nature. We are all born to help each other.
No matter how difficult it is… life is good when you are happy;
but much better when others are happy because of you."

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 October 2025 to **alexandra_628@yahoo.com**