NEWSLETTER

Province of Sri Lanka / Pakistan

April 2026 - Volume 39



First Profession













Initiation











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Encountering God's Healing Love

Dear Sisters and Partners in Mission,

This grace-filled season of Lent draws us into a deeper experience of God's merciful and saving love. As we journey through these sacred days, we are mindful of a world wounded by violence, division, and the misuse of power where suffering, loss, and destruction continue to touch countless lives.

In the midst of this darkness, we are invited to encounter the gentle yet powerful presence of God, whose mercy burns not to destroy, but to heal and renew. Like the burning bush, God's love remains alive offering hope even in the most painful realities.

The path to this hope, however, is not without the cross. Jesus Himself walked away marked by suffering, betrayal, and abandonment, yet remained faithful in trust and surrender to the Father. Through Him, we come to understand that true life often unfolds through self-giving, letting go, and trusting in God's deeper purpose.

As we enter this sacred time of prayer, reflection, and inner conversion, we are invited into transformation, called to move beyond comfort, to hear the cries of the poor and the earth, and to face both the brokenness of our world and to recognize even the struggles and conflicts within our own hearts.

This journey leads us to the light of the Resurrection, where we discover that suffering is never the final word. In Christ's rising, God's love breaks through darkness and brings forth new life.

As we proclaim, "Christ is risen!", we are drawn into this new life of grace, where fear gives way to hope and a new creation begins within us. By living in love, we become participants in this transforming grace, growing in communion with one another.

As women of faith, we are called to be witnesses of the Resurrection bringing healing, unity, and compassion to a wounded world.

May this Easter renew our hearts, deepen our hope, and strengthen us to live in love, sharing in the promise of new and eternal life.

Wishing each of you a blessed and joy-filled Easter!

Sr. M. Roshanthi Ranwatta
Province Leader



Independence Day Celebration

On the 3rd of February, we proudly celebrated Independence Day at St. Anthony's Pre-School.

Our pre-school is a beautiful place where Catholic, Buddhist, Christian, Muslim, and Hindu children study together. Our aim is to promote unity and peace among all of them, teaching them to respect and love one another regardless of their religion or background.

On this special day, the children came dressed in their national costumes. Their colorful traditional outfits made the celebration even more beautiful and meaningful.

We began the programme by singing the National Anthem. After that, the national flag was hoisted by Sister. Small national flags were then distributed to everyone. During the procession, we sang the song "මා ඉපදුණ රට," and the teachers happily joined the children in singing.



Finally, the children joyfully played together in the playground. This event helped them to grow in unity, friendship, and love for one another.

It was truly a proud and memorable celebration for all of us.

–St. Anthony's Pre-School, Katugastota











දේශයට සාධාරණයක්

මා දයාබර සොයුරියනි,

මහත් ප්‍රේමයකින් හා බලවත් හැඟීමකින් යුතුව අපගේ දේශයට සාධාරණයක් ඉටු කිරීමට දැන් කාලය පැමිණ ඇත. යහපත් එඬේරා සොයුරියන්ගේ 2025 වසරේ දූත සේවාවේ තේමාවද එයම නොවේද? එසේ නම්, කාලානුරූපීව මව්බිමේ යුග මෙහෙවරට දිව්‍ය එඬේරාණන් අපට ඇරයුම් කරයි. කඳුළු සලා වැලපෙන මිහිතලයට හා දුගී අසරණයන්ට යුක්තිය ඉටු කිරීමට, දිගු කාලීන හා කෙටි කාලීන ක්‍රියාදාමයකට අප අවතීර්ණ විය යුතුමය. මාගේ දේශය සුළුවෙන් හෝ ගොඩනගන්නට, මාගේ ගෙවත්තෙන් අදම සක්‍රීය වෙමු. ගෙවත්තට අපි පණ පොවමු.

- සිටුවන්න, නිරෝගී දිවි පෙවතකට, වස විස නැති සරල ආහාර, බණ්ඩක්කා, වම්බටු, කරවිල, පතෝල, නිවිති, තිබ්බොටු, ගොටුකොළ, කංකුන්, මුකුණුවැන්න, මෑ, බෝංචි, ගෝවා

- සාදන්න කාබනික පොහොර ටිකක්. දමන්න කොළ රොඩු, බිත්තර කටු, එළවළු පලතුරු පොතු, තණකොළ, දහයියා

- සිටුවන්න කෘමී විකර්ශක වගා බිමේ. දාස්පෙතියා, තුල්සි පැල, රතුලූණු.

සොබා දහමේ මාතාවට මිනිසාව සුවපත් කළ හැකිය. සිටුවන්න, ආරක්ෂා කරන්නට

පොල් පලා, මොනර කුඩුම්බිය, ඉර මුසු, ඉරිවේරිය, වැල් පෙනෙල, වැල් තිබ්බටු, නීරමුල්ලිය, අක්කපාන, රණවරා, කඩු පහර කළු කැම් වේරිය කුප්පමේයනියා, අමු ඉඟුරු, අමු කහ

සොයුරිය ඉහත කී පැළෑටි පමණක් නොව ගසක් වවා හරිතසාර පරිසරයක් යළි ගොඩ නඟමු.

"ඔබ ගසක් බේරා ගනී නම්
ඔබ වෛද්‍යවරයෙකුට සමානය.
ඔබ ගසක් සිටුවයි නම්
ඔබ මවකට සමානය.
ඔබ ගසක් කපයි නම්
ඔබ මිනිමරුවකුට සමානය."

මේ සාරවත් පොළොවෙහි බීජයක්, ඉත්තක්, දණ්ඩක් සිටුවා ගසක් දකින්න හීන මවන්න. දිනෙක එය ඉටුවනු නියතය. ලබන්නා වූ ආත්ම තෘප්තිය හා සුවය මිල කළ නොහැකිය.

අඹ දඹ නාරන්, කෙසෙල් ගස්, ලබූ, දෙල්, කොස්, පොල් අපේ දෑතින්ම සිටුවා, සාරවත් මව්බිමට, ලක් දෙරණට ණයක් නැති, දේශ හිතැති පැවිදි සොයුරියක් වෙමු අපි.

දැනටමත් පැවිදි හවුල් රැසකම අප සොයුරියන් ගෙවතු වගාවල කාර්යශීලීව යෙදී සිටිනු දැකීම, අගය කළ යුතුමය. ඔවුන්ගේ දැස්, සිත් තව තවත් ශක්තිමත් වේවා.

විල්මා කොස්තා සහ
ට්‍රීසා පෙරේරා කන්‍යා සොයුරියන්
පරිසර මිතුරු කවය

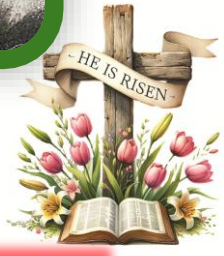
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නැතිනම්, අල්ලක් තරමක ඉඩමක,
මල්ලක් වවා සිත් දහසක්
පුබුදුවා ලමු.

ශ්‍රමයද නොමිලේය
ගුණයද නොමිලේය
සිනහවද නොමිලේය
අසිරියද නොමිලේය











Let's Celebrate...

Birthday

April	
4	Sr. Veronika
5	Sr. Shirani A.
6	Sr. Jenita
7	Sr. Velani
8	Sr. Maryanne
13	Sr. Pramilla
13	Sr. Josephine
17	Sr. Verlini
18	Sr. Gratia
19	Sr. Nilendra
26	Sr. M. Patrisia
30	Sr. Sujani

May	
2	Sr. Nilushika
6	Sr. Dilrukshika
6	Sr. Shamindani
7	Sr. Rita Mallika
8	Sr. Vajira
13	Sr. Shirani B.
16	Sr. Sanjeewani
16	Sr. Muditha
21	Sr. Lakshmi
23	Sr. Nita
25	Sr. Marieta
27	Sr. Benita (S)
28	Sr. Gertrude
31	Sr. Rose

June	
3	Sr. Heleena
3	Sr. Rose Edward
4	Sr. Eranga
7	Sr. Nilusha
8	Sr. Emaline
10	Sr. Deepthika
18	Sr. Veronica (S)
22	Sr. Pearl
23	Sr. Concepta
28	Sr. Alexandra

July	
4	Sr. Dilrukshi
9	Sr. Renuka
12	Sr. Dayani
15	Sr. Calista
16	Sr. Sarojini
17	Sr. Marie Swinitha
19	Sr. Jean
20	Sr. Wilfred
22	Sr. Annemarie
30	Sr. Irangani

Feastday

April	
16	Sr. Bernadette
24	Sr. Shirani A.
24	Sr. Euphrasia
24	Sr. Sumudu
27	Sr. Sunita
29	Sr. Catherine

May	
6	Sr. Benita (S)
10	Sr. Solange
19	Sr. Sanjeewani
19	Sr. Fatima
22	Sr. Rita Mallika
24	Sr. Dilrukshi
29	Sr. Clotilda
30	Sr. Jean
31	Sr. Muditha
31	Sr. Murine
31	Sr. Regina

June	
2	Sr. Lalini
8	Sr. Jinali
10	Sr. Majorie
13	Sr. Antoinette
13	Sr. Anelka
24	Sr. Yvonne
24	Sr. John B.
26	Sr. Annie
26	Sr. Anna Rose
26	Sr. Annette De Al.
27	Sr. Sahayamarie
28	Sr. Irangani
28	Sr. Eranga
30	Sr. Lucina

July	
5	Sr. Laetitia
6	Sr. Goretti
9	Sr. Alexandra
9	Sr. Veronica (J)
9	Sr. Veronica (S)
16	Sr. Carmen
16	Sr. Carmini
20	Sr. Janet
22	Sr. Magdelene
23	Sr. Bridget
24	Sr. Chryshanthi F.
26	Sr. Maryanne
26	Sr. Annemarie
26	Sr. Anita Fdo.
26	Sr. Anita J.
26	Sr. Sharomi
31	Sr. Virginie

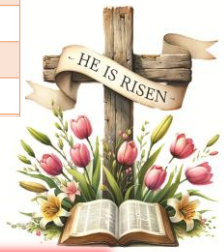
Birthday & Feast day

April	
14	Sr. Chithrangani
18	Sr. Remoshini

May	
3	Sr. Upeka
6	Sr. Ruth V.
8	Sr. Rasangi
15	Sr. Lilian
16	Sr. Sumithra
26	Sr. Sarmila
28	Sr. Shiromi
29	Sr. Anuhiya
31	Sr. Miriam
31	Sr. Janice

June	
7	Sr. Thilini
13	Sr. Annette Fdo.
13	Sr. Analka
19	Sr. Lasika
21	Sr. Rubina
2	Sr. Ayomi
25	Sr. Shanthini

July	
3	Sr. Jennifer
6	Sr. Amithreni
11	Sr. Ruwandi
12	Sr. Chamudi
16	Sr. Imalka
24	Sr. Christina



International Women's Day Celebration – 2026

International Women's Day was celebrated on **8th March 2026** in Wattala. The event was organized by the **Shepherd Centre**, bringing together the counseling staff, a few Good Shepherd Sisters, and women from the community to mark this important occasion. The aim of the program was to **empower women to face life with courage and hope**, encouraging them to recognize their dignity and their ability to create positive change. The guiding message of the day was: **"Women can make change – therefore, empower them."**

The program began with a **prayer service and a hymn to Mother Mary**, creating a reflective and prayerful atmosphere. This was followed by a **welcome dance performed by a group of young girls**, which added joy and vibrancy to the celebration. The participants were then officially welcomed and introduced to the theme of the day: **"Give to Gain."** The reflection on the theme emphasized that when we joyfully give our **time, talents, and goodwill**, we receive even more in return through deeper relationships, inner fulfillment, and a stronger sense of community.

A particularly meaningful moment of the program was the **lighting of candles in remembrance of women who suffer silently**. Each participant was given a lighted candle while everyone sang the song *"Dalvalamu Eka Iti Pahanak."* This symbolic gesture created a moving and powerful atmosphere, reminding all present that they stand in **solidarity with one another and with women everywhere**.

The program also included an **awareness session on the role of women in the family**, highlighting the many responsibilities women carry and the various roles they fulfill in different situations. This was followed by an **interactive session on improving communication skills**, focusing on how effective and respectful communication can help build healthy relationships within the family and in society. The participants actively shared their views and experiences, making the session engaging and meaningful.

Time was also given for **recreation and fellowship**, with participants enjoying moments of singing and dancing together. A reflection on **Mother Mary as a role model for women** inspired the participants to live with faith, courage, humility, and compassion in their daily lives.

At the end of the program, refreshments were shared in a spirit of friendship and community. Each participant was also given a **plant as a remembrance of the day**, symbolizing growth, care, and responsibility toward nature. The women were encouraged to nurture the plant, reflecting on the importance of caring for life, fostering personal growth, and protecting the environment.









The celebration concluded with **words of gratitude to all those who supported and participated in organizing the event**. The participants expressed deep appreciation for the program, noting that it helped them recognize their own worth and dignity. The feedback collected through evaluation forms was very positive, showing that the event was meaningful and empowering for everyone involved.

The Shepherd Centre remains **grateful for the opportunity to accompany and encourage these women**, fostering hope, solidarity, and empowerment in their lives.

Sr. Lakshmi Fernando
Shepherd Centre
Wattala.



















125th Jubilee Year

St. Bridget's Convent proudly launched its 125th Jubilee Year, marking a significant milestone in its rich history of education and service.

St. Bridget's Convent marked the beginning of its 125th Jubilee Year on February 2, 2026, coinciding with the feast day of the Patron saint, of the school, St Bridget.

The celebration, held at the Primary School grounds, brought together the entire school community in a spirit of unity and gratitude.

The Principals, teachers, and past pupils joined in commemorating this historic milestone, reflecting the strong tradition and sisterhood that define the school. The Holy Mass, celebrated by Rt. Rev. Dr. J. D. Anthony Jayakody, was followed by the inauguration of the Jubilee under the theme "Legacy of Learning and Light." Rev.

Rev. Sr. Roshanthi Rawatte, Province Leader of the Congregation of the Good Shepherd, unveiled the Jubilee logo, thoughtfully designed by the students under the guidance of Ms. Danika De Alwis, a distinguished past Bridgetine (2007), whose expertise helped refine their ideas and bring them to life.







The emblem reflects the past, present, and future of our beloved Alma Mater:

The first element represents the firm foundation on which our school was built.

The second honors past Bridgetines, the bearers of our cherished legacy.

The third symbolizes the present generation, empowered by knowledge and technology.

The fourth signifies future generations, full of promise and potential.

The shamrocks woven into the design depict unity, growth, and inspiration, forming a continuous chain of guidance across generations. The Swirled Link embodies excellence, faith, and sisterhood—the sacred bond connecting all Bridgetines through time.

The golden hue represents the warmth and richness of a Bridgetine life, shining God's light in our personal journeys, families,









across the country, and extending to the wider world.

This logo is a reminder that the lessons learned at St. Bridget's Convent extend far beyond these gates, shaping who we are and who we are called to become

The Jubilee Song – a heartfelt tribute and gratitude to our enduring legacy and spirituality – was composed and arranged by Mrs. Priyanthi Senewiratne. The song was performed in one voice by the Collegiate and Primary choirs. Two symbolic acts—the blessing of the statue of St. Bridget and the planting of a Na tree sapling—represented growth, legacy, and the enduring values of the institution.

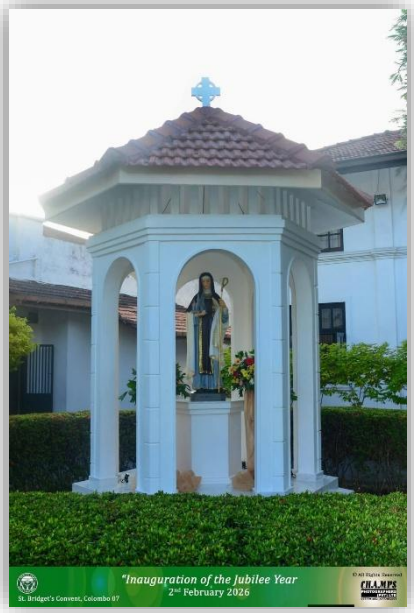
The celebration marked not only a proud history but also a renewed commitment to continue the mission of forming young women of faith and purpose.

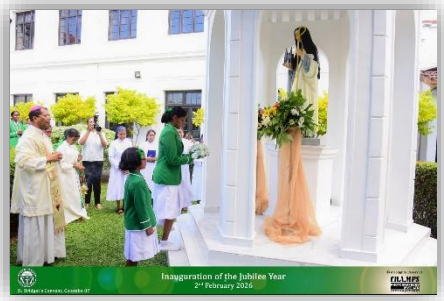
By Jubilee committee

















Give and Gain

The **International Women's Day program** was held at Kerawalapitiya Vijekumaratunga Gama in an urban slum setting under the theme **"Give and Gain."** The event was organized to celebrate and empower women in the community. Several games and group activities were conducted to encourage participation, unity, and self-confidence among the women.

During the program, selected articles from **CEDAW (Convention on the Elimination of All Forms of Discrimination Against Women)** were shared with the participants. The women were invited to express their thoughts and reflections on these rights, creating a meaningful space for dialogue and awareness.

The celebration was a joyful and empowering experience for the participants. Sisters from different religious congregations were present, including the **Good Shepherd Sisters, Apostolic Carmel Sisters, and Salvatorian Sisters**, together with a **Bhikkhuni**, demonstrating a spirit of solidarity and interfaith support for the dignity and rights of women.

Sr. Chrishanthi Basil

Walking with the Wounded

Post-Cyclone Community Recovery

The Human Rights Office in Kandy gathers religious leaders and clergy every year to expose them to the lived realities and suffering of people in different parts of the country. From 10th to 13th March 2026, around 50 priests, brothers, and sisters gathered in Lewella under the facilitation of the Human Rights Office in Kandy to express solidarity with communities affected by landslides following the recent cyclone.

During these days, the group visited several affected areas including Sarasavigama, Mahakanda, Thawalantenna, Nillaba, and Gampola. The visits were an opportunity to listen attentively to the voices and grievances of the people and to witness their present living conditions. Many families are still struggling to recover from the disaster and are facing numerous challenges in rebuilding their homes, livelihoods, and sense of security.

The encounters reminded us that disasters leave behind not only physical destruction but also deep emotional and social wounds. People shared their frustrations about delayed assistance, inadequate housing solutions, and the uncertainty of their future. Their stories called us to move beyond sympathy toward meaningful solidarity and action.

During our gathering, we also reflected on possible ways to support these communities. One important step is to help connect affected families with the relevant government institutions so that they can receive the assistance they urgently need. From our side, we are committed to engaging in stronger advocacy initiatives, raising the voices of the affected communities, and influencing the relevant authorities to ensure that they receive proper attention, justice, and sustainable support for their recovery.

Visiting people in their suffering is relatively easy; however, the greater challenge lies in discerning our real intervention and ensuring that our actions are effective and transformative. Our mission must go beyond

temporary relief. We must ask ourselves: *How can we empower these communities to overcome their vulnerabilities? How can we accompany them in rebuilding their lives with dignity and hope?*

Walking with the wounded requires patience, commitment, and courage. It calls us not only to witness suffering but also to stand alongside the affected communities as partners in their journey toward healing, resilience, and a more just future.

We extend our sincere gratitude to Fr. Nandana Manatunga and the dedicated team of the Human Rights Office in Kandy for organizing this meaningful gathering and creating an opportunity for us to encounter the realities of communities affected by the cyclone. Their commitment to justice, solidarity, and the dignity of vulnerable communities continues to inspire and guide us in our mission of walking with those who suffer.

Sr. Chrishanthi Basil

Formation Corner



Candidacy

We were glad to welcome four new members to our Good Shepherd family. The four candidates entered to candidacy on 11th of February 2026. They are Verjini, Treesa, Thilakshana, Lashni and Shemi (from left to right)

Per-Novitiate

With the meaningful prayer service Pre-Novitiate community welcome Tashmi Bhagya Perera to the pre-novitiate community. She began her pre-novitiate on 24th of February 2026. We wish her God's abundant blessings. May our Shepherd God accompany her on her journey.







Bridgetines in Action: Turning Compassion into Impact Through CSR Projects

125 Years of Excellence: Rooted in Values, Reaching Out with Compassion.
Bridgetines Move Forward to Serve Humanity

This year, as part of the celebration of our school's 125th Jubilee, our students made a truly inspiring choice. Instead of embarking on the much-anticipated annual educational tour, the girls chose a path rooted in compassion and service, dedicating their time and energy to meaningful CSR projects. This decision reflects not only a deep sense of social responsibility but also a maturity that goes beyond their years, marking this milestone celebration in a truly meaningful way.

By stepping outside their comfort zones, they reached out to those in need, offering support, care, and hope to the less fortunate. Through these initiatives, the students demonstrated that true education is not confined to classrooms or travel experiences, but is found in understanding the struggles of others and responding with kindness.

Their actions have not only impacted the lives of those they served but have also enriched their own lives, shaping them into empathetic and responsible young citizens. In celebrating 125 years of excellence, this remarkable shift from recreation to service stands as a powerful testament to the enduring values upheld within the school—compassion, generosity, and a deep commitment to making a difference in the world.

At every institution they visited, the students also planted a tree as a symbol of their commitment to environmental sustainability, promoting a "go green" initiative that will continue to grow for years to come.

We extend our heartfelt gratitude to the teachers for their guidance and dedication, to the students for their enthusiasm and commitment, and to the parents for their unwavering support in making these initiatives a success. Their collective effort has truly brought this meaningful vision to life.

In a remarkable expression of compassion and social responsibility, students across all grades of the school actively engaged in a series of meaningful CSR initiatives, reaching out to communities in need through generous contributions.

The students donated a wide range of educational resources aimed at enhancing learning opportunities for others. These included smart boards to support modern, technology-based education, as well as laptops to assist in digital learning. Classrooms were further enriched with whiteboards and essential stationery, helping to create more effective and engaging learning environments.

Beyond academic support, the students also shared items of daily necessity and care. Clothing for both boys and girls was distributed, offering comfort and dignity to many. In addition, cloth bags were given as a thoughtful and environmentally friendly gesture.

Books were donated to develop and strengthen school libraries, encouraging a love for reading and learning among young students. The girls also extended their efforts by organizing an English camp, providing valuable language exposure and interactive learning experiences.

Through these heartfelt contributions, the students demonstrated a deep commitment to empathy, generosity, and responsible citizenship. Their actions stand as a powerful reminder that true education goes beyond the classroom, forming individuals who are not only knowledgeable, but also compassionate and socially conscious.

By School Jubilee Committee

Called to Eternal Happiness

(November 2025 – March 2026)

"Do not be discouraged, for the Lord your God will be with you wherever you go."

(Joshua 1:9)

November 2025

- Sr. Sudarika's - Father
- Sr. Nilanthi's - Brother

December 2025

- Sr. Nijanthini's - Brother
- Sr. Kamala's - Brother

January -2026

- Sr. Benildus's - Brother
- Srs. Muriel & Rosalia's - Sister
- Sr. veronica Perera's - Brother
- Sr. Lalini Gunawardana's - Brother

February 2026

- Sr. Rani Agne's - Mother
- Sr. Constance's - Sister

March 2026

- Sr. Stella's - Brother
- Sr. Ayomi's - Father
- Late Sr. Theodul's - Sister



Sr. Mary Patricia Perera
31st March 2026

Lenten Activities

Conducting and participating to the Way of The Cross in Galwala Zone on 12th of March 2026.







Faith Without Borders



We as a Province with deep gratitude and honour welcome our beloved Sr. Mary Doreen Epitawala, a faithful member of the Good Shepherd Congregation, who has returned home to Sri Lanka after forty-five years of dedicated missionary service in Pakistan.

Her life has been a beautiful witness to the charism and spirit of St. Mary Euphrasia. Inspired by the vision of our foundress, she courageously left her homeland many years ago to serve where the need was great. In Pakistan she lived the mission of the Good Shepherd with generosity, compassion, and unwavering faith.

For forty-five years she walked alongside the people she served—especially those who were poor, vulnerable, and in need of hope. In the spirit of the Good Shepherd, she reached out with kindness and understanding, reminding many of their dignity and the boundless love of God. Through her presence, her listening heart, her prayers, and her acts of service, she touched countless lives.

Her missionary journey was not always easy. It required sacrifice, perseverance, and deep trust in God. Yet she embraced each challenge with humility and courage, faithfully living the charism entrusted to the congregation by St. Mary Euphrasia—a charism of compassion, reconciliation, and merciful love.

Today we celebrate not only the many years of her mission but also this joyful moment of her return. After serving so generously for four and a half decades, she has now come back to her homeland. With grateful hearts, we warmly welcome her home to Sri Lanka and to our community.

Dear sister Doreen, we thank you for the gift of your life and for your faithful witness to the spirit of the Good Shepherd. Your dedication, simplicity, and love for God's people continue to inspire us all.

May this new chapter of your life be filled with peace, rest, and the joy of being surrounded by your sisters and loved ones. Though one chapter of mission has ended, the light of your witness will continue to shine among us. May you be a source of strength and a beacon of light to every life you touch in your new Mission in Thammita.

Welcome home, dear sister. We thank God for you, and we are truly blessed to have you with us once again.

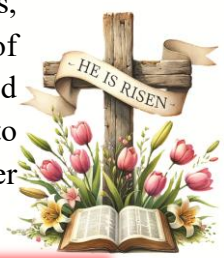
Each Person is a Valuable Resource

Strategic Planning Gathering at Nayakakanda

"Each Person is a Valuable Resource"

A meaningful and enriching Strategic Planning Programme was held in Nayakakanda from the 1st to the 4th of March, The sessions were animated by Sister Selvi Arokiya SDB from India, whose insights and experience helped deepen the understanding of the Chapter Directives 2025.

The gathering brought together 70 sisters, creating a vibrant atmosphere of collaboration, reflection, and shared mission. The participants were divided into seven groups, each focusing on Chapter Directives 2025.



1. Formation for transformation
2. Communion in Community - journey to oneness
3. Value based education
4. Stewardship of Finances and properties for mission sustainability
5. Transformative synodal Governance for Mission
6. Witnessing to a prophetic Mission
7. Safe guarding and care for creation

Through prayerful reflection, group discussions, and active participation, the sisters explored practical ways of implementing these directives in their respective communities and ministries.

Each group contributed creatively, presenting their reflections and action plans, which highlighted both the challenges and the opportunities ahead. The process encouraged openness, unity, and a renewed commitment to the mission.

On the final day, the Local Leaders joined the programme, adding further depth to the discussions and strengthening the collective vision. Their presence affirmed the importance of shared leadership and collaboration in carrying forward the mission effectively.

The days spent in Nayakakanda were not only a time of planning but also of inspiration, renewal and visioning for the future. The programme concluded with a strong sense of purpose and a reaffirmation that every sister, with her unique gifts and talents, is indeed a valuable resource in building the future.

Sr. Marie Iolanthi Nicholas

Navigation in Collaboration

Journeying with Jesus as Our Compass

In response to the implementation of the new governance structure and its directives, the Vocation Promotion Team embraced the theme *"Navigation in Collaboration,"* with Jesus as our guiding Compass.

Our journey began as our ship anchored at *Serene Pastures*, where we encountered school Principals, Sector Coordinators, Local Leaders, and VMP representatives from communities across all sectors. These meaningful gatherings, held twice a year, became spaces of dialogue, animation, and shared vision, strengthening our collective commitment to the mission of vocation promotion.

The mission expanded further as Full Timers responded generously to invitations from priests to conduct programmes and vocation days. These opportunities enabled the team to reach out to young people more effectively, creating awareness and inspiring openness to God's call.

In addition, new initiatives were introduced through the creative use of digital platforms, especially WhatsApp, to share vocation messages and stay connected with a wider audience. These efforts brought renewed energy and innovation to the mission.

Like every meaningful journey, ours too encountered storms and thunder. These challenging moments invited us to go deeper within ourselves, strengthening our faith and allowing us to experience God's loving and timely interventions. Each difficulty became an opportunity for growth, trust, and renewal.

With grateful hearts, we acknowledge all those who journeyed with us—leaders, collaborators, and well-wishers—whose support and participation made this mission fruitful. As we continue to navigate together, we remain anchored in faith, guided by Jesus, our Compass.

Srs. Jessy, Marie Anjela and Iolanthi

Digital Culture and Consecrated Life

Today's world is deeply shaped by digital communication and mobile technology. Consecrated persons are not outside this reality; we are part of it. Realizing this reality, a meaningful session titled "Mindful Engagement of Media and Mobile Phone" was conducted by Rev. Fr. Michael Devin Coonghe IVD and Rev. Sr. Dhammi for those in initial formation, from 13th to 15th of March at Nayakakanda. Fr. Devin highlighted how consecrated persons can faithfully live their vocation while maintaining personal discipline in the use of digital platforms. Also, Sr. Dhammi shared practical tips on the mindful use of social media and emphasised "fragmentation," which has entered consecrated life.

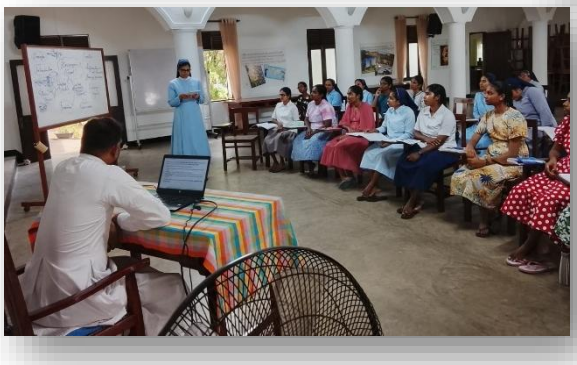
The session highlighted both the opportunities and challenges of media. While digital platforms can support evangelization, learning, and communication, they can also lead to distraction, dependency, and reduced capacity for silence and contemplation. We were invited to reflect on whether technology strengthens our prayer, community life, and mission. Further emphasis was placed on ethical and responsible communication, rooted in Gospel values such as truth, charity, and respect for human dignity. Setting boundaries, practicing digital fasting, and protecting time for prayer were strongly encouraged. The talks encouraged us as consecrated persons to see social media and digital communication not simply as entertainment, but as opportunities to spread hope, inspire faith, and build meaningful connections with people across the world.

In conclusion, we can say that technology is a powerful instrument in modern life. It can support learning, evangelization and communication. But without discipline, it can decline the values essential for consecrated life. St Paul says in 1 Co 10: 31 "Do all for the glory of God", so when we use technology with maturity, it can become a valuable tool for mission and service in the Church to glorify God in all our lives.

TP sisters.











Solidarity with the Flood Victims in Sri Lanka

Good Shepherd Sisters' Emergency Response to Cyclone Ditwah

Following the devastation caused by **Cyclone Ditwah** on 28 November 2025, which triggered severe flooding, landslides, and widespread displacement across Sri Lanka, Good Shepherd Sri Lanka (GSSL) launched an immediate emergency response through its strong grassroots presence in vulnerable communities.

Led by the Province Leadership, and in collaboration with the Mission Development Office (MDO), a coordinated team of sisters (Humanitarian Relief Team) conducted rapid needs assessments and organized relief efforts. Support was mobilized both locally and internationally, with the global Good Shepherd network actively contributing to the response.

The first-phase response, reached over 5,000 families, including 3,500 highly vulnerable households across 10 districts and 51 priority locations, focusing on marginalized groups such as estate workers, female-headed households, the elderly, and persons with disabilities.

Key Interventions:

- **Food Assistance:** Distribution of 3,500 dry ration packs and cooked meals to over 2,000 displaced families.
- **Shelter Support:** Operation of 16 emergency shelters and support to government centers, ensuring safe accommodation and basic services. Provision of safe drinking water, hygiene kits, and sanitation supplies to prevent disease outbreaks.
- **Medical & Psychosocial Care:** First aid, medical camps, access to medicines, and counselling services for affected communities.
- **Child Protection & Education:** Child-friendly spaces, psychosocial activities, and distribution of school supplies to 2,850 children.
- **Livelihood & Household Support:** Limited assistance for selected families, including essential household items and basic livelihood aid.

Relief efforts were delivered through convents, parish networks, and volunteers, with strong coordination among local authorities, church networks, and partner organizations to ensure accountability and avoid duplication. Outreach included home visits to ensure access for hard-to-reach and excluded communities. This integrated response addressed immediate survival needs while supporting early recovery, resilience, and the restoration of dignity among affected families. **We were able to cover 3505 families, 2080 school children, 3 livelyhood,4 house hold and 16 shelters.**

Second Phase:

With support from Caritas Italiana, 2,140 additional families were assisted through the distribution of food parcels worth Rs. 8,000. Relief was delivered through parish networks and GSSL community engagement across multiple districts, including Nuwara Eliya, Kandy, Gampola, Hanwella, Negombo, Puttalam, Matale, and surrounding areas.

Post-Cyclone Recovery and Transition: As immediate needs were stabilized, many families remained vulnerable due to loss of livelihoods, homes, and income. In response, Good Shepherd Sri Lanka shifted toward early recovery and resilience-building. Efforts focus on transitional shelter support, livelihood restoration (agriculture, fishing, microgrants), education continuity, psychosocial care, and

child protection, with special attention to marginalized communities.

Third Phase:

A total of 35 schools across affected districts have been identified for rehabilitation, benefiting nearly 10,000 children. Interventions include infrastructure repairs, provision of furniture and school supplies, and psychosocial support, with funding from the Archdiocese of Freiburg.

Fourth Phase:

This phase focuses on long-term recovery through livelihood restoration for over 100 individuals, household rebuilding, and child protection initiatives. Guided by the ***Province Leadership Team and MDO***, and supported by the international Good Shepherd network, it also includes advocacy for safe resettlement and disaster risk reduction to strengthen community resilience.

Acknowledgment and Gratitude:

Good Shepherd Sri Lanka extends sincere thanks to the Congregational Leadership Team, Good Shepherd Provinces, GSIF, Asia Pacific MDO and all partners and donors, nationally and internationally within the Good Shepherd network. Their support enabled immediate relief and long-term recovery efforts, helping families rebuild their lives with dignity.

Special appreciation is extended to every sister who were on the move of this process for their dedicated coordination, which made these interventions possible.

Mission Development Team
Good Shepherd Sri Lanka

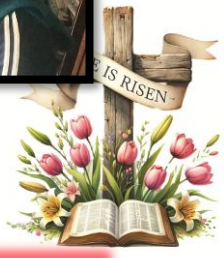














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තමන් ගැන පවා නොතකා අනෙකා වෙනුවෙන්ම
වැය වන්න කැපවන්න නැත කිසිවෙකු පසුබට වූයේ
තමන් සතු සුළුමය දේ වුවද අනෙක් අය වෙත පාන්නට
නැත මැලිවූයේ, පසුබට වූයේ මිනිස්කමයි දිවයිනේ රජ වූයේ

සැතපුම් ගණන් දෙපයින් ගිහින් වුවද අනුන්ට උපකාර කෙරුමට
මිනිස් ජීවිත බේරා ගැනීමට යාමට තරම් මිනිස් හදවත් උණු විය
සතා සිව්පාවා පවා දේව ගතිගුණ ඇත්තවුන් මෙන් ක්‍රියා කළ හැකි අපූරුය
එය මහා අන්ධකාරයක් තුළින් මතු වූ ආලෝකයක් මෙන් විය

මම, මට, මගේ යන වචන පසෙකලා හැකිවේවි මෙවන් මොහොතක තම දිවි කැප කරන්න
පරිත්‍යාගයෙන් යැදුමෙන් හැකිවේ ජීවිත යළි ගොඩනගන්නට
උදා කෙරුමට මේ කුඩා මව්බිමට යළි සුදුසු අනාගතයක්
එකා මෙන් අත්වැල් බැඳ ගමුද නොපසුබට වීරියෙන් දෙව් වරමින්

හිස පමණක් ඉතිරිව පස් යටම වැළලී සිටි පියෙක් මෙසේ කීවේලු
ගොඩගන්න එපා මාව මගේ දරු දෙදෙනා දෑතේ එල්ලී ඇත පස් යටම
ඇසෙන විටත් මෙවන් විපත් නොවැළැක්විය හැකිය දෑසට උනනා කඳුළු කැට
වැළලෙන්නට ඉඩ නොදී මිනිස්කම්, ගොඩනඟමු ද යළි මිනිස් ජීවිත

මේරි ෆ්‍රීඩා සිල්වා කන්‍යා සොයුරිය



Women's Day

On 8th March, we joined different religious congregations in organizing an awareness program for women from various backgrounds at Kerawalapitiya in an urban slum setting. The theme of the program was 'Give and Gain'. Through interactive games, introduction and discussions on selected articles from CEDAW, and participatory dialogues, the program participants came to aware of their worth and rights as women. Together, we celebrated the value of womanhood as a community.

Novices





Pilgrimage

On 17th March, the Novitiate Community took part in a one-day Lenten program at Stella Maris, Cistercian Monastery, Halkandawila. It was a grace-filled day from which we received spiritual nourishment through Way of the Cross, Sacrament of Reconciliation, spiritual input, and the celebration of the Holy Eucharist. We were guided to meditate on the relevance of Jesus' passion to our lives as consecrated persons. Here are some inspiring thoughts which we have received:

Prayer, fasting and alms-giving are spiritual exercises to train our soul, body and mind respectively. As for religious, something more is being asked of us in order that we may bring greater glory to God and sanctification to people: sacrifice, forgiveness, and mercy.

Sacrifice

A religious is another Christ living on earth. From day to night, there are always opportunities for making sacrifices. Wilful sacrifices are the best thing we could offer God as a consecrated person. We shall consider what are the sacrifices we could offer God personally and as a community.

Forgiveness

It is the foundation of Christianity. We forgive because all of us deserve to live in peace. There could be wounds within us that still needs to be healed before we can forgive and forget (to let go). Although we cannot by ourselves go back to the past to make a change, God is capable. For God, every moment is present.

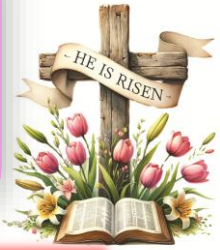
Mercy

The Latin root of the word 'mercy' is 'misericordia'. It literally means to give one's heart for the wretched. God knows our wretchedness, and yet loves us with His whole Heart. We too are called to imitate that love.

Let us be conscious that it is not our work nor our influence that define us as consecrated persons, but our spirituality and commitment.

Novices





Celebrating the Journey – Jubilarians 2026

DIAMOND JUBILEE

Sr. Mary Devika Rajapakse	20-10-2026
Sr. Mary Heleena Heenatimullage	20-10-2026
Sr. Mary Theresita Weragoda	20-10-2026
Sr. Mary Leela Fernando	20-10-2026
Sr. Mary Benildus Weragoda	20-10-2026

GOLDEN JUBILEE

Sr. Mary Constance Gunaratne	08-09-2026
Sr. Mary Marjorie Silva	08-09-2026

SILVER JUBILEE

Sr. Mary Jayamani Rodrigo	23-06-2026
Sr. Mary Dilrukshika Silva	23-06-2026
Sr. Mary Shanika Silva	23-06-2026
Sr. Mary Minoli Perera	23-06-2026
Sr. Mary Annunciata Mariyampillai	15-12-2026
Sr. Mary Shyamalie Fernando	15-12-2026
Sr. Mary Rose De Leema	15-12-2026
Sr. Mary Nilmini Perera	15-12-2026
Sr. Mary Sumithra Eliyaspillai	15-12-2026
Sr. Mary Damayanthi Wijerathne	15-12-2026








දෙවන වාර්ෂික මංගල උත්සවය

ශු. මේරි යුග්‍රෙසියා තුමියගේ දෙවි මැදුර,

ඉල්ලගොල්ල,

වහකෝට්ටේ.

මැයි මස 2 සෙනසුරාදා උදේ 10.30 ට පැවැත්වේ.

ඔබ සැමට සුභද ආරාධනා



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 and images before **13th June 2026** to chamarifdo@gmail.com

