NEWSLETTER

Province of Sri Lanka / Pakistan

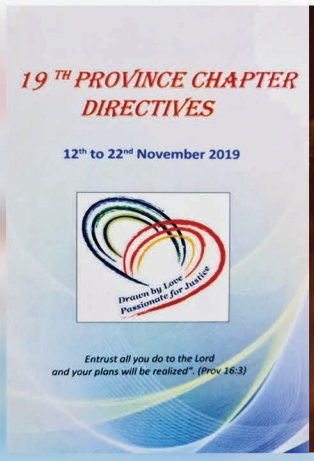
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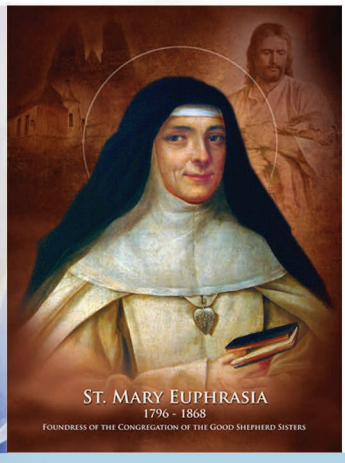


Treasures within…



- Message from the Province Leader
- Connectedness with Congregational Chapter Preparation
- Inspirational Thoughts on:
  - Easter …
  - 2021 World Communication Day …
  - Congregational Spirituality …
- New ways of Responding to Chapter directives thought committees, to be continued…
- News from Pakistan
- Effective Involvement in Mission
- Heartbeat of Eco Friends
- Voice of Mission Partners
- Historical Heritage
- Creative Thoughts







Dear Sisters

It is the hope of the Province that we look towards new horizons in the spirit of the 19th Province Chapter Directives.
I Invite you to share as COMMUNITIES the new ventures that you have entered into in implementing the Directives which will encourage other communities to respond with Passion for Mission.
The sisters of the Community at Dummalassoriya ..... ***Congratulations!*** my sincere thanks for your sharing!
Which community wants to be the next? Language is not a barrier…

We are waiting in joyful Hope…
Sr. Maryanne

Message from the Province Leader

Dear Sisters and Partners in Mission,

My grateful thanks to all, who gave a new outlook to the Newsletter and contributed with inspiring thoughts and valuable articles to make it more enriching and meaningful.

We are passing through a 'pandemic 'culture and it has revealed how vulnerable and interconnected we are. The COVID-19 pandemic has led to a drastic loss of human life. We are facing, unprecedented challenges in every aspect of our lives.

Throughout the pandemic, we've seen both benefits and drawbacks of being cooped up with humanity for long periods of time. In the midst of pain and isolation, with social distancing being the key word, people found new ways of communicating and created new connections.
We all have different ways of responding to what is happening around us and how we navigate through these challenging times. . Cyber criminals are switching tactics and exploiting COVID-19-related fears among the population. Poor technological infrastructure and inadequate cyber and data security are hampering the productivity of employees and represent a cyber risk to businesses.
The outbreak of COVID-19 has economic consequences. It has become increasingly digital, people face a range of challenges, and this requires sound knowledge of the latest technology, and a reliable, web connection.
Our efforts in sending you a Newsletter, carries a deep purpose and meaning. I invite you to go deeper in reflecting on how best this common effort can help us as individuals and as Province.
My main longing and purpose of this effort is not only to share, " What is happening in the Province" but to make this a source of inspiration so that after going through the inspirational writings and news it may " boost" you or "energize" you to find creative ways of responding to our Sacred Call in the context of Country and world realities. The upcoming volumes may carry in it the "Zeal" to 'move beyond 'and to give yourself totally for the beautiful mission of Jesus the Good Shepherd.
Pope Francis says "In order to communicate with us and to communicate himself to us, God adapts himself to our language, establishing a real dialogue with humanity throughout history. We cannot truly communicate unless we become personally involved, **unless we can personally attest to the truth of the message we convey.** We need media, capable of building bridges, defending life and breaking down the walls, visible and invisible, that prevent sincere dialogue and truthful communication between individuals and communities."
I sincerely thank the members of the Committee of Communication and Media for shouldering the responsibility of sharing with you these thought provoking volumes and wish them all God's blessings.

I conclude my message with the **Prayer of Pope Francis for Better Communication:**

Lord, make us instruments of your peace. You are faithful and trustworthy; may our words be seeds of goodness for the world: Help us to remove the venom from our judgments: Where there is shouting, let us practice listening; -Where there is confusion, let us inspire harmony; Where there is ambiguity, let us bring clarity; - where there is exclusion, let us offer solidarity; Where there is prejudice, let us awaken trust; - where there is hostility, let us bring respect; Where there is falsehood, let us bring truth. Amen.

Sr. Maryanne Perera
Province Leader

A Tunnel Leading to New Horizons.

by Congrigational Chapter preparatory team of Sri Lanka / Pakistan

The virtual ICA sessions held last year opened new pathway to share our wisdom and knowledge with more members of the Good Shepherd family deepening our understanding of the Chapter Theme – Drawn by Love Passionate for Justice, urging us to move out 'into the deep'. In Sri Lanka a large number of us, sisters and mission partners were privileged to take part in the sessions organized by the Province Leadership Team, this year in 10 different places – Nayakakanda, Kotahena, St. Bridget's, Niripola, Panadura, Kandy, Nueara Eliya, Bandarawela, Mankulam, and Rabawa.

Our hope is that this collective wisdom of our congregation will be an inspiration to make St. Euphrasia's vision a reality.




















What awaits us?

by Sr. Mary Frances of Rome

Jesus' death was the culmination of His personal history of love, forgiveness and service. The Crown is identified with the whole Paschal Mystery of Christ's death and resurrection. Two thousand years ago, the death on the Cross was a sign of curse, shame and revenge. But through His resurrection from the dead, He enabled us to find hope and new life in our own lives, even in the paths which lead us fearfully to the suffering and abandonment of His death on the Cross

Our belief in the resurrection of our bodies too, is formed obviously on the resurrection of Christ. "Well then if Christ is preached as risen from the dead how can some of you say that there is no resurrection of the dead, then Christ has not been raised... (1 Cor. 15 / 12-13) Therefore we await eagerly to enter into the reality of life which describes with Scriptural images such as Banquet, Wedding Feast, Paradise, Great City, kingdom and so on... Jesus entered this Paschal Mystery, through a painful journey of forgiveness where love, service, unity and togetherness springs out.

"Father forgive them for they know not what they do?... Today you shall be with me in paradise..."

In the act of forgiving, the other one is invited to see himself/herself as someone worth forgiving. While it is costly to forgive, forgiveness is also costly to the forgiven.

There is no salvation in Christ's death and resurrection without participating in His forgiveness. Therefore, salvation is forgiveness too.

If forgiveness is what the death and resurrection of Jesus brought about, then forgiveness is also what discipleship is about. Such discipleship will mean that one will share Christ's sufferings, and on the last day he/she will rise with Him in glory. So, the experience of forgiveness of Jesus on the Cross intensifies and increases one's capacity to love and forgive. Then only we are freed and released to accept the invitation for a fulness of life in Christ's resurrection. We know that our resurrected life will have a continuity with our lives now as an ear of wheat comes from the grain of wheat. A risen person will be the same person, with all his/her personality marked by his/ her past actions, especially the way he she embarked upon the journey of love and forgiveness, which is the heart of the Paschal Mystery.

What awaits us, then is not a simple restoration of 'dry bones' in Ezekiel's valley of death (Ez:37/5-6) but rather a realization of that confident prayer in the Masses of the dead that 'life is changed, not ended' since Jesus died and rose for us that we may live with Him for all eternity.

Alleluia!!!

Longing for the Eucharist

sent by Sr. Nirmala Abeysinghe
Spirituality Centre - Angers

Since the Covid 19 made its appearance we have been in a very testing time. Whatever words we use: 'lock down', 'social distancing', 'self-isolation', they all point to pressure on our relationships. This is a time in which all our relationships are being tested. Also, our relationship with God. We can ask ourself the question: How did we react when the celebration of the Daily Eucharist was not possible?

For many this time of absence has made our hearts grow in longing. How much we long to come together to receive again the life in Christ of which the Gospel speaks. 'Anyone who does eat my flesh and drinks my blood has eternal life.'

It was a time to remember that all our days are passed in the presence of God. To be aware of that presence which enriches our lives, restores stability in our souls, engenders compassion for those most in need, lifts us up when our failure weighs heavily upon our hearts. The Eucharist is the fullness of that presence of the Lord.

In the Eucharist, we learn again what it is to be truly human, what it is that makes us great, what it is that gives us hope. We learn again that Jesus is our Way, our Truth and, our Life. Yes, we have benefited from all the advantages of the internet to share in the Mass as best we can. But there is so much more...

Sister Marie Droste and the Eucharist



The celebration of the Eucharist is our principal prayer and the centre of our life. We unite ourselves to Christ in his redemptive sacrifice as he offers himself to the glory of the Father. Our participation, daily when possible,
(Can.553.2) in this gift of God's redeeming love enables us to extend our zeal to all the world.
We express our faith in the abiding presence of Christ in the Eucharist by our adoration and contemplation of the Blessed Sacrament, which occupîes a privileged place in our houses. (Constitutions no.47) The place the Eucharist had in the life. of Maria Droste: Let us listen to her...

"Yes, HE is the God hidden in the Most Blessed Sacrament who is our life and our all. He hides his divinity and his humanity in order to give Himself to us, to inspire and give us confidence. The effects in us, of the visit of this hidden God, whether in a sacramental way, or simply as a special favor, are both hidden. Only those souls on which He condescends to visit in this manner understand these ".[1]

"The Lord made Himself my Master on the days of communion and especially when the Blessed Sacrament was exposed. He condescended to teach me and to comfort me. I cannot find words to convey what was in me, to the Heart of Jesus in the Blessed Sacrament... I was set ablaze by the fire of divine love..." [2]

And in a letter (13.06.1898) to Father Ildefons Schober: ...

"You will understand my desire to be able to rest some time (well at ease) in front of the Blessed Sacrament having a heart so full and feeling such a thirst in my soul..." Maria Droste lived a life deeply rooted in the Eucharist. It is the source of her life to achieve her mission. Her union with Christ is reinforced continuously by her full participation in the Eucharist and especially in sacramental communion. "Remain in me, as I remain in you" says Jesus.

Her meditation on the infinite love of Jesus, on His Heart full of love for us and on His presence in the Blessed Sacrament, brought her to understand the connection between the mystery of the Eucharist and devotion to the Heart of Jesus.

I have not separated the devotion to the Sacred Heart and Jesus in the Eucharist; never would I be able to explain how is it that the Sacred Heart of Jesus had condescended to foster in me the love of the Blessed Sacrament. The Blessed Sacrament was always for me Heaven, and almost always Our Lord presented Himself in the posture of this image; the Heart of Jesus in the Holy Eucharist, like a radiant sun which attracted me to Him, illuminated me and set me on fire with love. Very often, the graces which I received were granted to me in Holy Communion or in front of the Blessed Sacrament exposed. But many times, these graces were in connection with some feast or before an image of the Sacred Heart... " [3]

Here, her thoughts join those of St John Eudes:

"All these sacraments are as many inexhaustible fountains of graces and holiness, which have their source in the immense ocean of the Sacred Heart of our Savior; and all the graces which proceed from it are as many flames in this divine furnace.

But the most ardent of these flames is the Most Holy Eucharist. It is true that this great sacrament is a summary of all the wonders of the power and kindness of God; but it is true also that it is one of the fruits of the incomparable Heart of Jesus, and one of the flames of this admirable furnace. Thus, if we celebrate so great a feast in the Church in honor of this Divine Sacrament, what solemnity should we have to honor His Most Sacred Heart, which is the origin of all that is great, rare and precious in this venerable sacrament?"
JeanEUDES, O.C. VIII, chap.7

Maria Droste in one of her talks says:

"The first thing that we must do, is to study in order to know more and more this adorable Heart, this burning Furnace of charity, this Ocean of mercy. In approaching this burning fire, we feel our hearts to also ignite with fervent love... Who could remain cold and insensitive at the sight of so much kindness, of so much love? He has given all for us... And what do we have to say of the institution of the Most Blessed Sacrament? No human language is able to express the depth of this unutterable mystery of love... "

"Let us return to him love for love, that is what He asks of us, a generous love, a selfless love: and there we will find the source of our happiness and our perseverance in the way of perfection..."

The EUCHARIST is the meeting place with the Heart of Jesus to which Maria Droste remained united and in which she was transformed. John Eudes, and Mary Euphrasia after him, closely linked the Eucharist to the Heart of Jesus.

Towards the end of her life, Maria Droste writes:

"Through the Blessed Sacrament I am in personal contact with love eternal. In my interior sanctuary there appeared 'kindness and tenderness for all men' ". I received this great gift of God. Now, the love of my Savior urges me. Thus, I request from you, eternal love for all men. That I may put your love in their hearts, that I receive with mercy the poor, all those who are in danger, who have "fallen, who suffer... and that I bring them to your Divine Heart you the Good Shepherd. And give me the strength of your Blessed Sacrament of love."

1. How would you speak about your experience in connection with the Eucharist?
2. How does the Eucharist in my life enable me to "extend my zeal to all the world"?

[1] *Autobiography, p. 31, translated to German from the original Portuguese (typewritten copy)*
[2] *Autobiography, p. 13, translated to German from the original Portuguese (typewritten copy)*
[3] *Autobiography, p. 2, translated to German from the original Portuguese (typewritten copy)*

'Come and See'

A personal reflection on the message of Pope Francis for the 2021 World Communication Day 16 May.

by Sr. Nilani Silva for Media Committee

"Come and see" (In. 1:46) Communicating by Encountering people where they are and as they are. (cf the message)The two scriptural words "Come and See" may appear very clear and simple in their use and meaning. When we keep reflecting on these two words in our journey of Contemplation; we may discover a profound, deep meaning in these words.

"The invitation to 'Come and see', which was part of those first moving encounters of Jesus with the disciples, is also the method for all authentic human communication". (cf the message)

The two words 'Come and see' contain an universal invitation for all to enter into a process, a journey of life. The word 'Come' is an invitation to all without any divisions to enter into an inward journey. A deliberate choice for a personal process in life emphasized here.
In this personal inward journey, one encounters the Divine within. When one encounters the Divine within, she/he is ready to move beyond to encounter the Divine in others and in the entire Cosmos. This is how one can communicate the Divine to the whole universe; where authentic human communication takes place.

The word 'See' has its meaning in depth. The invitation here is extended to become Constant Seekers in life. The religious of the 21st century are called 'The seekers and searchers of the Divine within'. This enlightened seeking and searching of the Divine will lead us into an effective mission in the world, thereby we can become authentic human communicators of the Divine to our world today.

'The challenge that awaits us, then, is to communicate by encountering people, where they are and as they are. Lord teaches us to move beyond ourselves, and to set out in search of truth. He teaches us to go out and see, teaches us to listen, not to entertain prejudices or draw hasty conclusions.

Teaches us to go where no one else will go, to take the time needed to understand, to pay attention to the essentials, not to be restricted by the superfluous, to distinguish deceptive appearances from the truth. (cf the message)

Let us ponder... How often do I hear the invitation within me to 'come' into my cave of Contemplation and to encounter the Divine and thus become a constant SEEKER?

Do I encounter God and communicate to the other / universe?



Expanding the Universe with Oneness

by Sr. Sithumini



Reflecting on the unfolding story of the Universe,
I realized the ONENESS of everything, so I took up my pen to express my feelings...
I started my journey to look for Christ in a deeper manner
My reflection to find God through new cosmology ...
This is the greatest mystery of the Universe ...
Created from One cell ...
Everything on earth and out of earth
Good, Bad, Happy, Sad every feeling of the Universe.
Love created the whole universe including humankind
Each and every thing expresses incarnation of the one cell...
Whole Universe is one, born from ONE STAR DUST
Through ONENESS...
We Humans are given the free will to create the attitude of Divine ...
This Divine love of Christ is the living icon of all realities and all reconciliation
"Nothing can be itself without everything else" (Thomas Berry)
Because everything is ONE
No one can exist without anyone
Till today the Star dust of ONE CELL exists in everything...

Look to the new Horizons and even beyond (S.M.E.)

by Sr. Sujani Fernando

The practical guideline of 'Towards Integration'

This is the resource tool, presented by the Asia Pacific integration committee to facilitate deep understanding of integration for the effectiveness and sustainability of Good Shepherd Sisters in Asia Pacific.

"Together unpacking with the Asia Pacific Regional Core Teams, in 2016 and 2017, the APC engaged in a process of and understanding what "Integration" is for Good Shepherd. To be able to integrate Spirituality and Justice and Peace with Good Ministry Practice, it was found that it is essential that Formation and Partnership/Co-responsibility are embraced as enablers". (From the Booklet –Towards Integration)

What is integration?

According to the Cambridge Dictionary the definition of Integration is "bringing together or uniting of things".

"To **integrate** is to put two or more things together to make something new. It also means the things that are put together often keep many of their individual characteristics or features. When we talk about **integrating** cultures we usually refer to several cultures coming together to form a new, multicultural society."

"As far as I understand it Integration means coming to a place deep within the self to make a commitment to open one's mind, heart and will to learn, grow, transform and continually evolve." This evolution should change intentions, perspectives, attitudes and action. Every change it should give life to others.

"While integration is an ongoing, lifelong and evolving process, it is imperative that we individually and collectively work at it so that Good Shepherd mission can be sustained into the future". (Booklet towards Integration) So we, the Good Shepherd Sisters by practicing the tool towards integration, bring the whole world to our mission.

What are the 5 elements of 'Towards integration?'

1. Spirituality
2. Justice and Peace
3. Formation
4. Partnership / co – responsibility
5. Good ministry Practice (Best)

What is the Purpose of this resource booklet?

Good Shepherd Sisters together with mission partners adhere to the tools to read, reflect on, dialogue and to practice in our ministries. Being inclusive of all the essential elements (spirituality, justice and peace and good ministry practice) we become integrated with one another and God's creation. We become open to the process of formation in partnership in the mission. (While the essential elements of our mission remain the same, our response to new and emerging needs in our time are always flexible and dynamic - adapted from GS Constitutions Article 7).

How does this integration happen?

Individually and collectively in our ministries; It happens when we open ourselves to,

- Listen to our own inner wisdom
- Enter into the experience of the others
- Touch the reality of those at the margins
- Allow the shift in consciousness to happen within us
- Take risks
- Respond daringly and innovatively

The meaning of the integration image...



This is called the 'U' theory

- The gentle blend of the 5 elements given in "Towards Integration"

All these elements signify integration in ministry

- Two figures specify
  - Partnership and the readiness for transformation
- The enveloping 'U' and the gentle flow of the florets of the dandelion shows the willing ness to let return to the old mindset and allow the spirit to awaken us to the emerg ing future.
- The emerging story
  - Represents the vision of the Good Shepherd mission effectiveness.

What is the image calling us to?

It is calling us towards transformation. Transformation takes place within one's own life and then in the others. When the process of transformation occurs within one's own heart it enables us to love others freely. Spiritual transformation is the process by which Christ is formed in us... (Romans 8:29) for the glory of God, for the abundance of our own lives, and for the sake of others.

The transformation should take place;

From ego to eco
From selfishness to selflessness
From fear to trust
From me to we
From shift consciousness to understanding
From aspiration to actions

This is the Divine invitation to all of us to shift in thoughts, words and actions from margin to the center where we experience the Divine Power. The power I have within me radiates to connect with the entire cosmos. So, we become one in the spirit. That is the Radical Transformation that we are looking for.

So, let us unite with the spirit of St. Mary Euphrasia to build unity across the borders in generation dialogue, contemplative and action to embrace the whole world.

"May we embrace the world with deep gratitude to God and love for all creation.
Let us take an inward journey in realizing the integrated model for mission effectiveness in our ministries and communities in our own unit and country.

"Something different is happening. We are evolving. We are shifting from 'I' to 'WE'; from an ego-system to an eco-system. The first process for our journey towards Integration begins with our individual and group reflections." - APIC

I BELIEVE

A Good Shepherd Sister's Creed for Health & Wellness

by Sr. Nishani Fernando
for Health & Wellness Committee

My body is a marvellous creation of God.
My body is the Temple of the Holy Spirit.
I can take a healthy & nutritious diet,
I can do more physical exercises,
I can drink enough water,
I can balance my body weight,
I can control my emotions,
I can build up healthy relationships,
I can have good humor & relaxation,
I can develop positive attitudes in life,
I can prevent certain non-communicable diseases, diabetes etc.
I can become a free & happy person.
I can be more effective in mission when I'm heathy.
I'll be a blessing to my province & congregation.
I have to be accountable for my life one day.

"Ask God to grant you
God's own love for all persons.
You will see what marvels this love achieves in you" (S.M.E)

from Dummalasuriya Convent

The Good Shepherd Crisis Intervention Centre at Dummalasuriya which was temporarily discontinued, recommenced its services on the 7th of July 2020, with the blessings of Most Rev. Harold Anthony Perera, Bishop of Kurunegala and the approval of Rev. Sr. Maryanne Perera, our Province Leader,

We welcome women and girls whose life situations have rendered them wounded and broken. Such persons are sorely in need of being uplifted and restored. Our Services are directed towards empowering these women. This process is carried out through counselling, healing programmes, life-education, meditation and faith sharing and skill training such as needle-work and making soft toys. In counselling they are helped to see their problems objectively and accompanied to search for suitable solutions. Each programme aims at raising the self-esteem of the women restoring their dignity instilling hope and enabling them to become responsible individuals.



May your heart be an altar, from which the bright flame of unending thanksgiving ascends to heaven" (SME)

by Sr. Sriyakanthi Rathnasekara.

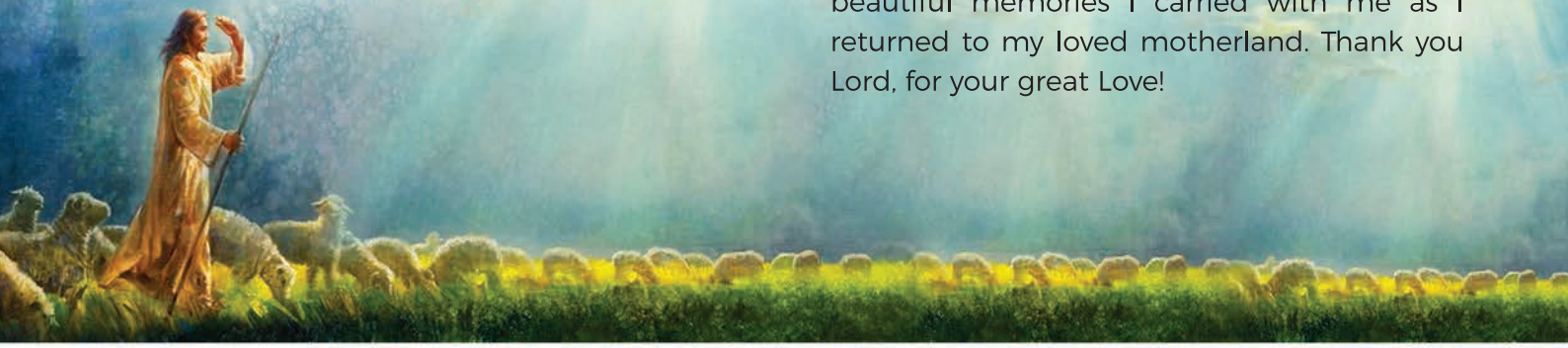
In the year 2002 I heard a 'voice' calling me to leave everything and go to Pakistan to continue His mission. That year I had the opportunity to reflect on this calling during a Renewal Program which was held for young sisters. I reflected and listened to this inner voice, and I realized that it was God's call so I said "yes".

I arrived in Karachi, on the 11th of November 2002 and was welcomed by the sisters. I started my mission caring for the young girls and women in the Welcome House. Everything was new, the language, culture, food, climate, etc. Yet, I began to adjust myself joyfully. The sisters helped me to feel at home. There were times when I experienced loneliness, but the strength of Jesus in the Holy Eucharist gave me courage to continue my mission. I had to humble myself to learn many things. There were times when people used to make fun of me when I made a mistake while communicating. At the beginning I felt embarrassed, but said to myself this is not my own language, I will try to learn through those mistakes. So I achieved my aim and learnt the language.

I worked in three Provinces of Pakistan - Sindh, Punjab and Baluchistan. I am truly happy about my mission in Pakistan. The challenges and difficulties which I faced gave me courage to deepen my vocation. Wherever I worked I helped the people spiritually and materially. I also worked with Temporary Professed sisters for 10 years as a formator. Helping the young sisters and guiding them was indeed a great experience since I also enriched myself and deepened my commitment.

I take this opportunity to say thank you to Sr. Anita Fernando who trusted me and enabled me to make this missionary journey with courage and be an asset to the Pakistan Sector. I say thank you to all the sisters in Pakistan who supported me in my work as a missionary.

In this time of Pandemic with so many struggles God brought me back to my own Land to continue His mission here. I have experienced the providence of God in these past 19 years. He accompanied me: whenever I have fallen, He was there to raise me up too. These are the beautiful memories I carried with me as I returned to my loved motherland. Thank you Lord, for your great Love!



Day of Final Vows in Pakistan

Sr. Ruby Munir

16th of January 2021













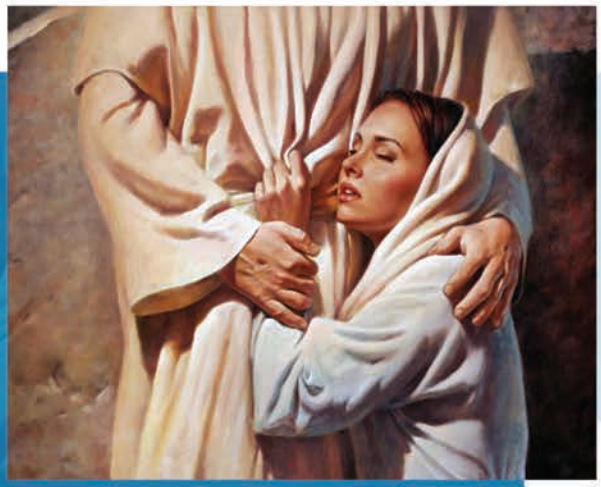
It was a great and blessed day for all of us in the Sector. In spite of the barriers due to Covid 19 pandemic we were able to come together to praise the Lord for his marvellous gift of the vocation of Sr. Ruby and for all of us.

The Bishop of Lahore spoke of the beauty of our Good Shepherd vocation and appreciated our ministries to the young girls and women.

The family of Sister Ruby, Sisters of the other congregations, priests, all our mission partners and friends too received many blessings of the occasion and participated in the Agape after the Mass.

GOD Whom I Trust

by Sr. Mary Immaculata Silva



My Shepherd God,

Grant me the wisdom to
find PEACE in the midst of toils;
Joy in the midst of stress –
And to be aware of Your Love.
Let me live from moment to moment;
And believe you are there with me.
Direct my heart and the steps I take –
That I may love You and serve you,
In the best way I can.
Let my heart be filled with praise and thanksgiving,
For all what you have been to me and –
Are to me, even how.
I bow before your presence and seek –
Your Holy Will, in everything that happens in my life.
Father! in You I trust, to you I belong.

For a Better Out-Reach

by Sr. Felicia Hettiarachchi for Pastoral Outreach Committee



The members of the Pastoral Out-Reach Committee gathered together at a meeting scheduled for the 9th of March to evaluate, and plan-out strategies for a better approach to the Pastoral Ministry.
Srs. Felicia, Anesta, Malkanthi, Amirthani, Shirani Bernadette and Rasangi met together at Good Shepherd Convent, Padaviya on March 10th 2021. Many ideas were shared, and listening to one another was an eye-opener as well as enlightening and empowering. Duties and responsibilities were assigned to monitor Sisters involved in Pastoral Out-Reach.

A program coordinated by Sr. Felicia was held on 11th of March at which Sr. Rasangi facilitated the group on Capacity Building. The celebration of Women's Day was organized on the same day where the members of the committee too were present, together, with 34 women from the Parish, mothers of the Pre-School children, teachers, and neighbors. Also present were a mid-wife of the M.O.H office, two Women Constables representing the Women and Child Affairs Bureau. The invited speakers shared their knowledge and displayed a video to educate women on Mothers' care, and also to raise awareness and alert women regarding today's society and give them a better understanding on the behavior of children.

A group activity on self-worth was also conducted by the sisters, and two mothers were given the opportunity to speak on the importance of Women's Day. The participants dispersed with grateful hearts for the extraordinary experience they had.









Awareness Programme on Social Media and Religion

by Sr. Ayesha Fernando for Media Committee



An awareness programme on digital technology and the use of internet for the benefit of the Good Shepherd mission, was organized by the newly appointed Province Media team, and held on the 28th of January 2021 at Nayakakanda. It was a sheer blessing to be able to attend this presentation which was informative of course and apart from those gathered at the venue, for the first time many others joined in the program, virtually through zoom. Glory to the advancement of technology.

The programme was facilitated by Mr. G. Ajinstan Benil an expert in digital technology who shared his views on the advantages and disadvantages of social media today. He was of the opinion that social media should be used with caution, safeguarding our privacy and ensuring that we do not become victims of global hackers. On the other hand, digital technology could bring the whole world into one's sitting room.

Technology is indeed an asset to our fast-moving world and plays a significant role in almost every sphere of life, speeding up communication, devoid of boundaries and limitations, and contributes to making life easier for everyone. A deeper study of the benefits of this tool show that religious teachings could be transmitted by the use of technology thus implanting the word of God in human lives, urging people to look for the meaning of life in God's Word, rather than in a materialistic way of life. Indeed, an ideal means of guiding the strayed ones back to the of Kingdom of God.










There is however the danger of one's privacy being compromised by the use of technology. Being cheated by scammers or even lives being lost are a possibility if one is not well informed about the disadvantages of technology. One of the most outstanding hazards is the diminishing of the creativity of an individual. There is also the tendency to addiction to technology which leads to social isolation, and health problems such as depression and anxiety in teenagers. They also tend to lose interest in studies and have no ambitions. The extensive use of digital technology damages eyesight, hearing, increases obesity and causes brain and skin cancer, asthma and other issues. It must be noted that digital connectivity alone cannot build bridges, capable of uniting humanity.

Uncontrolled use can however cause the loss of contact with concrete reality and block the development of authentic interpersonal relationships.

Technology has become a vital part of our lives and is one of the key elements for mankind's survival in a quick - phase world. Like all other activities which have sprung from God's mandate to man and woman to replenish the earth and subdue it, so technology too is the outcome of this command (Gen 1:27-28). We are stewards of all of God's creation, and as such we are responsible to Him for both the preservation and the productive use of all the world's resources to the benefit of man and for the glory of God. That modern technology is good and useful when it glorifies the Lord, is especially so when inventions help to promote God's work on earth.

Workshop on Professional Development & Capacity Building for Ministries

by Sr. Prasangika Fernando for Continuing Formation Team

The Continual Formation Committee (CFC) under the guidance of Sr. Dhammi Fernando, the link councillor of the CFC organized a two- and half-day workshop at Serene Pastures, Bolawalana, which was held from the 29th to the 31st of January, 2021 on Professional Development and Capacity Building, to enhance and uplift the prevailing ministries. This was facilitated by a highly qualified and eloquent guest speaker, Mr. A. Matheisha Mahamalage, the Head of the Talent Department of Star Garments. All the members of the PLT, and the Coordinators of 21 commissions participated along with 10 members of the Continual Formation Committee. The Programme began with the Registration and an opening prayer conducted by Srs. Martina & Sadhani. Sr. Celinta Fernando welcomed the 31 participants including one Mission partner Mr. Maria Raj.

The Learning Objectives of organizing this workshop were...

- To be able to understand and state the main components of Conceptual Strategic Framework of capacity development set for the GS sisters of Sri Lanka for 2021 and onwards as well as to see to what extent we are aligned in our ministries.
- To be able to apply the strategies for capacity building in our committees, ministries or on province level as needed:

The Facilitator prepared the participants one-month ahead, sending them questionnaires in three phases reflecting on our dispositions, work readiness, spiritual readiness, and interceding for divine assistance for the workshop. It was 'a novena of 50 Hail Mary's'

At the end of the workshop while Sr. Lakshmi expressed our gratitude on behalf of the CFC committee the harvest was gathered from the participants by Sr. Bernadette into a winnowing fan. We greatly appreciate the highly active participation of all, the wonderful suggestions for improvement. We highly cherished the enriching experience received for life and are eagerly waiting to put it into practice very creatively. The presence and the motivational sharing of Sr. Maryanne Perera blessed and added more colour and meaning to the event.

However, we are still at the beginning of a long journey heading along with lots of hopes, dreams and aspirations. The jars are not yet filled to capacity. Let us NOW do what we have to and the Lord will complete the rest. I am sure, you don't want to be like the 5 virgins who came unprepared. Let us be wise and prepare to meet Him. "Do you see ... The world is throbbing with wounds and pain. Do you hear... the world is crying out in thirst and hunger. Do you feel...the world is hurt with hate and violence. But do you know? The Good Shepherd has invited us to be joyful and peaceful. So that we may fill ourselves with His Joy and Peace, so that we can go out to the world and radiate it with this same Joy and Peace. Capacity is for you to fill yourself with the Joy and Peace that Jesus brings. This is the Kingdom that Jesus wants you to spread".

The concluding message of Mr. Matheisha Mahamalage.
Our wish, is that you, as an individual, as a community, as a committee, as a Province will decide in His Spirit to fill yourselves with greater capacity.




CONTINUAL
FORMATION



















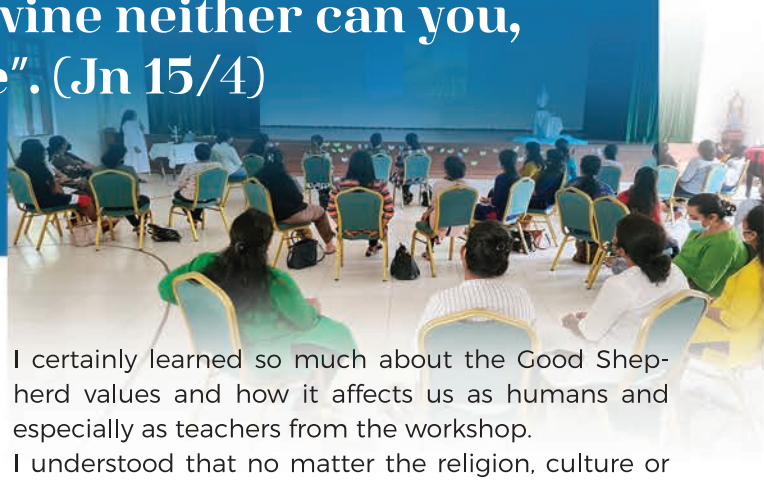




Abiding in ME and I in you.

As the branch cannot bear fruit of its self unless it abides in the vine neither can you, unless you abide in me". (Jn 15/4)

by Early Childhood Development Committee



The sisters and teachers of the Montessori and Preschool ministry received a splendid opportunity to refresh our hearts and minds and to deepen in each one of us the awareness of the Good Shepherd calling, to educate and to be one of the most significant persons in the formative years of the life of a young child. The Province Early Childhood Development Committee (ECDC) organized three workshops to the teachers involved in early childhood education on the 16th of March at St Bridget's Covent, for three Montessories – SBC, Kotahena, Wellewatta, on the 19th of March in Kandy for five preschools – Kandy, Katugastota, Matale, Gampola, and Nawalapitiya, and on the 23rd of March in Nuwara Eliya. These sessions were conducted by Sr. Francine Muthugala. Sister spoke about the Good Shepherd Charism and Mission, and urged us to imbibe and transmit the Good Shepherd values in our mission together with our mission partners in the spirit of St. Mary Euphrasia.

We were all challenged and inspired to recommit ourselves. She guided us to reflect on the following questions.

- Can you be a Shepherd after the very heart of Jesus...?
- What is Jesus inviting you to today...?

In order to respond to the voice of the Divine, let us be connecter to our Shepherd God. A reflection from a teacher who heard and was inspired by the voice of the Divine within.

As a Buddhist Montessori teacher who works at St. Lawrence's Montessori House of children,



I certainly learned so much about the Good Shepherd values and how it affects us as humans and especially as teachers from the workshop.

I understood that no matter the religion, culture or the race we belong to, as teachers we all have one main goal and that is to be passionate, kind and dedicated to our job as teachers and help every single child to be the best version of themselves. It is important that we do our best to understand, accept, care and love everyone around us because everyone is going through different situations in life. Therefore, like Jesus showed us, we must be kind to everyone around us and spread love and compassion. Especially as teachers, we should accept every child as they are and guide them well by providing them with an amazing environment which is filled with love, forgiveness, compassion, kindness and appreciation. Also giving them the necessary freedom to be themselves and enjoy the classroom environment being happy and without fear is another important fact that we all have to remember.

One of the sayings thattouched my heart deeply was a quote of St. Mary Euphrasia "one person is worth more than the world". This quote helps us to understand that each and every child that comes to us is unique and must be treated equally and helped to discover their potential, regardless of their race or religion. As a Buddhist I was profoundly touched by the amazing Good Shepherd values which deepen my awareness of the value of my calling as a teacher in a Good Shepherd environment. I am convinced that this experience which certainly improve my perspective on life.

By. RosaumyaMahagamage



Justice and Peace

Integrity of Creation promoters' workshop.







by Sr. Shirani Algama for Eco Friends Committee

In the spirit of LAUDATO SI, Pope Francis' Encyclical on our 'Common Home', the Echo Friends Committee has moved forward in our effort to make more and more people aware of the necessity to care for our 'Common Home'– 'Mother Earth'. As a committee we met, discussed planned, energized and empowered one anther through zoom meetings and day by day we are widening our circle of those who begin to care for 'Mother Earth'.

We now see the sprouting of our effort. We wanted to initiate something concrete where there is an opportunity to enter in. At Rambewa in the North central area of our Island Sr. Wilma has begun to plant Aloe vera in her school at Parasangaswewa, together with the Eco friend's student group, teachers and parents groups with the keen involvement of our Lay collaborator, Mr. Amila Anuranga (Green Way Agriculture). They completed planting 300 plants within three days. In the adjoining village four families were given 200 plants, 30 plants were given to the Rosarian Contemplative Sisters, 300 plants were grown at the Good Shepherd Convent Rambewa. Those plants were distributed free of charge by a Priest who was fascinated by our project and financed it with a sum of Rs. 22600.00.

Sr. Irene invited Mr. Amila to speak to the students of Gajabapura Government school regarding the Aloe vera project on 20th February 2021. At present seven teachers, together with the students of grades 10, 11, and 12, and a group of parents have willingly accepted to begin the project and are now planning a Model home garden to motivate villagers to be a part of this project. Mr. Amila supports the project and is also ready to buy these products to be used in the production of drinks, sanitizer, face wash and oil containing Aloe vera.

Why did we choose Aloe vera?

It produces oxygen day and night, thus purifing the environment, absorbs negativity, is easy to grow at a minimum cost, does not need much water or manure. There is a good market for Aloe vera at present, so that we will be able to develop this as an income generative project, among the poverty stricken families. In this particular area, the people are farmers and who live far away from the developed towns and are deprived of basic facilities. There is scarcity of water the land is arid and many suffer from kidney failure. The farmers use chemicals for agriculture and in turn have become victims of Cancer and Kidney failure. They are burdened with loans and the vicious circle of paying interest continues. Still another project initiated by Sr. Irene in growing Aloe vera was begun at a war affected school in the Mulathivu district which had reopened in 2016.

At Good Shepherd 'Lama Gramaya' Niripola, Sr. Ramani has begun her home gardening activities and special care was given to grow Aloe vera, Ginger and Tumeric. Her aim is to provide all the vegetable for the consumption of 50 inmates of the convent. We are planning to develop a project to find initial funds to develop infrastructure facilities for her project.

Sr. Theresa of Good Shepherd Convent Weligampitiya has begun a home garden where she prepares her own compost. We plan to develop this garden as a model home garden which grows different varieties of Banana, and Ginger, Tumeric, Sweet Potatoes, Manioc, Papaya, Anoda. The neighbours of the convent buy the home garden products (free from poisions and chemicals). The aim of the sisters is to promote the use of home grown products and encourage the people to care for our 'common home', avoiding the use of chemical fertilizers and prevent diseases caused by our own negligence. Sr. Rita Malika at the Weliwita community too has developed a home garden project as a model garden.

Our hope is that these projects will encourage and enlighten us to care for our 'common home'. May the chief goal of Laudato Si, inspire us!

To my amazing inner Sanctuary through the cosmos

by Sr Shirani Algama for Eco Friends Committee

"Deep within us all there is an amazing inner sanctuary of the soul a holy place, a Divine center a voice to which we may continually return" (Thomas R Kelly)
St. Francis of Assisi being a person of soft prophecy and a mystic encountered God in creation. This gift of encountering, experiencing and cherishing the presence of the divine in creation is achieved by silence and solitude only and in contemplation. St. Francis was able to enter into the sanctuary of the heart by experiencing God in creation in the cosmos. St. Francis was able to meet the Divine in the cosmos because he was a contemplative living in his inner self. The canticle of St. Francis of Assisi will help me to live the cosmic spirituality by deeply connecting to Divine in the cosmos as I open my self to the inspirations. This is an inward journey 'Home' where God is living.

The Canticle of Creation - St. Francis of Assisi
O most High, all powerful, good Lord God,
To you belong praise and glory,
Honor and all blessing.
Be praised, my Lord, for all your creation
And especially for our Brother sun,
Who brings us the day and the light;
He is strong and shines magnificently.
O Lord, we think of you when we look at him,
Be praised, my Lord, for Sister moon, And for all the Stars. Which you have set shining and lovely
In the heavens. Be praised, my Lord,
For the Brothers Wind and Air
And every kind of weather.





By which you, Lord,
Uphold life in all your creatures.
Be praised, my Lord , for Sister Water,
Who is very useful to us,
And humbled and precious and pure.
Be praised, My Lord, for Brother Fire,
Through whom you give us light in the darkness,
He is bright and lively and strong.

Be praised, my Lord,
For Sister Earth, our mother,
Who nourishes us and sustains us,
Bringing forth fruits and vegetables of many kinds
and flowers of many colours.
Be praised, my Lord,
For those who forgive for Love of you;
And for those
Who bear sickness and weakness
In peace and patience
You will grant them a crown.
Be praised, my Lord, for our Sister Death,
Whom we must all face.
I praise and bless you, Lord,
And give thanks to you,
And I will serve you in all humility.



For Personal Reflection

Let us take time for personal reflection on the following aspects of the cosmos

1. Water
2. Sun
3. Moon and Stars
4. Wind
5. Plants

Guideline for reflection

1. Let us take one aspect for reflection a day.
2. Let me select a quiet, silent place for reflection; and become still, and gaze at the aspect I wish to reflect on. Eg- Water
3. How do I experience God / Divine in the milieu of the cosmos?
4. What does this reveal to me about God?
5. How do I experience my interconnectedness with this aspect of the universe?
6. What is my responsibility towards this milieu in its preservation?
7. Let me read the canticle of St. Francis prayerfully and write my reflections in my journal which will be inspiring for my daily Living

"Like St. Francis of Assisi may we too become connected to our universe in our daily life"

Thank you for all your support ECO FRIENDS.
May God Bless you!

Let Us Save The Environment. From Destruction And Provide A Sustainable Future To Our Children.

by Eco Friends Committee

The bad habits of human beings are a major source of environmental destruction. Making simple changes in your daily lifestyle won't cost much but can prove beneficial for the environment.

Spread the word. Knowledge truly is power. The more you tell others about eco-friendly living and teach them how they can make a difference through sustainable practices, the more likely it is they will become conscious of the choices they make as they come to understand the powerful effects that our behavior and habits have on the Earth.

1. Change the way you get around.

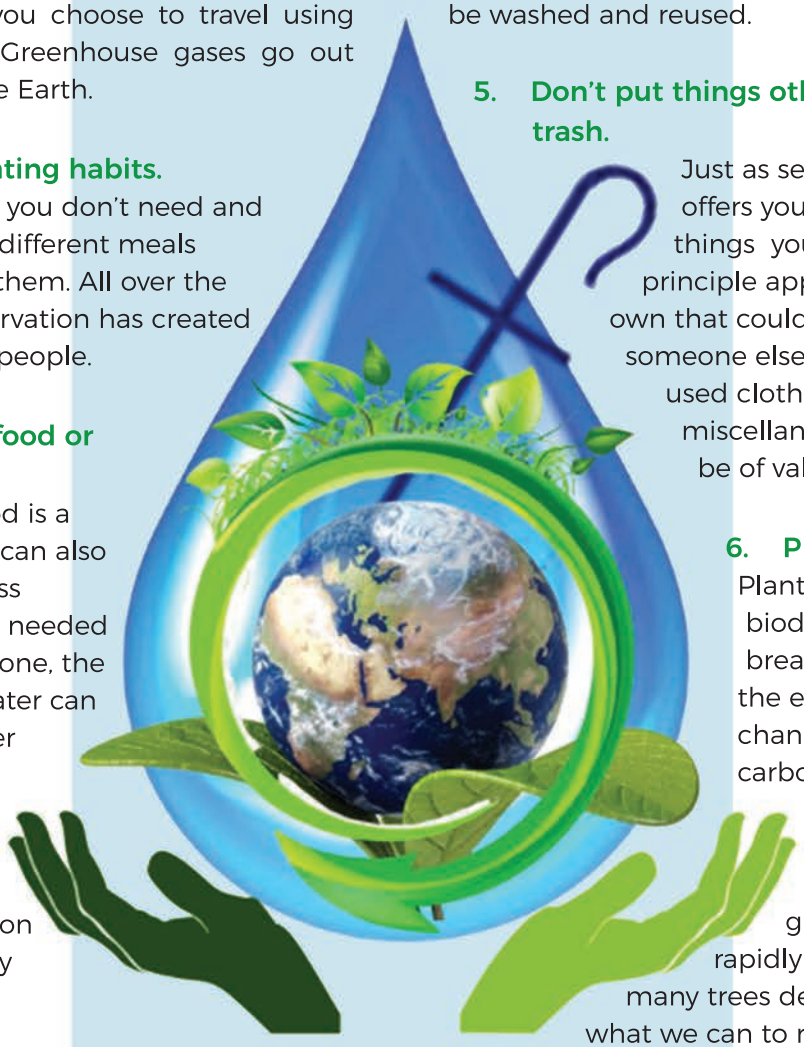
Use public transportation, carpool with others, ride a bike, or walk to places that aren't very far. These practices are good for you socially as well as physically. When you choose to travel using these methods, less Greenhouse gases go out into the air to heat the Earth.

2. Be mindful of eating habits.

Share unopened food you don't need and use leftovers to make different meals instead of discarding them. All over the world, hunger and starvation has created devastation for many people.

3. Grow your own food or buy it locally.

Growing your own food is a joyful experience and can also be therapeutic. The less pesticides and energy needed to grow food for everyone, the cleaner the air and water can be, along with a higher quality of soil. The less food we throw away, the more we have to help feed others and the less strain we put on the Earth to constantly produce more.



4. Cut back on your use of paper products.

Print less things from the computer and use digital filing instead. Replace paper towels with napkins and dish rags that are made of cloth and can be washed and reused.

5. Don't put things others can use in the trash.

Just as secondhand shopping offers you affordable options for things you may need, the same principle applies to products you own that could come in handy for someone else. Always donate gently used clothes, furniture, and miscellaneous items that could be of value to the next person.

6. Plant trees.

Planting trees promotes biodiversity and allows us to breathe better. Trees lessen the effects of climate change and converts carbon to oxygen, other wise, the excess carbon would combine with other greenhouse gases to rapidly heat our Earth. With so many trees destroyed, we must do what we can to restore them and acknowledge their importance.



"First Communion is above all, a celebration... We celebrate Jesus, who wants to remain always by our side."

- Pope Francis -

First Holy Communion Service at Good Shepherd Convent – Kotahena

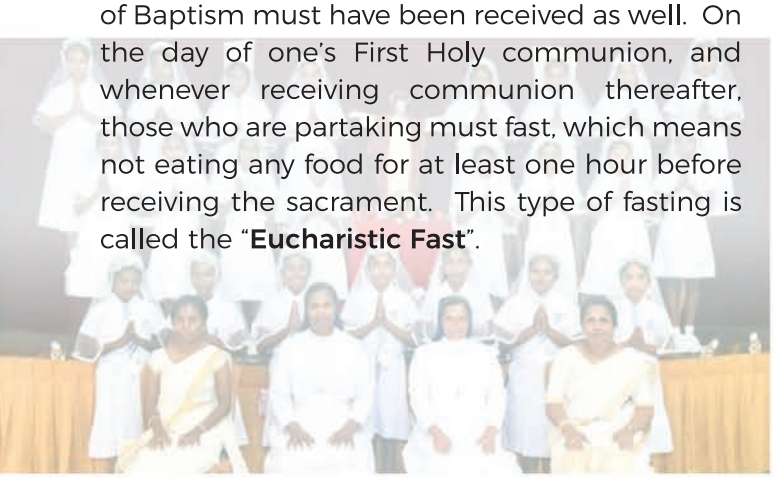
Eucharist, which is called Holy Communion or Lord's Supper, in Christianity, is a ritual commemoration of Jesus' Last Supper with his disciples, at which he gave them Bread with the words, "**This is my body**," and wine with the words, "**This is my Blood.**"

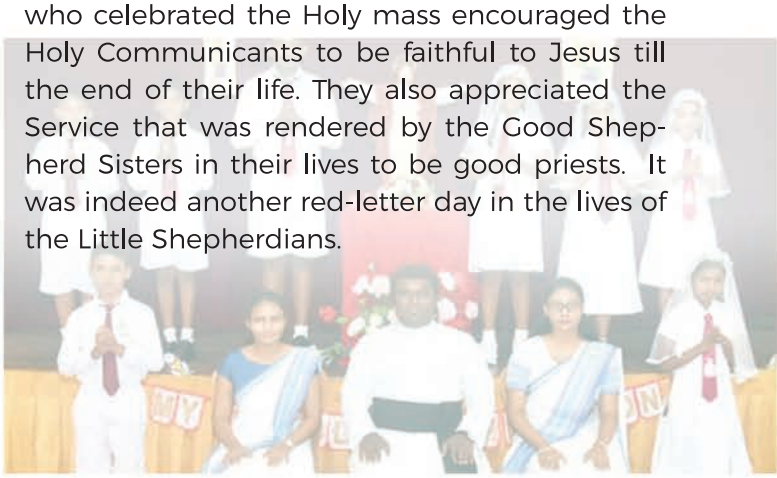
First Communion is considered one of the holiest and most important occasions in a Roman Catholic person's life. It is the first time that a person receives the Sacrament of the Holy Eucharist. Most Catholic children receive their First Communion when they're 7 or 8 years old, because this is considered the age of reason. To receive communion, a person must be considered to be without serious sin and in a state of grace. Catholic children will make their first confession (Sacrament of penance) a short time before receiving their First Communion. Confession isn't the only requirement for receiving the Sacrament of the Holy Eucharist; the Sacrament of Baptism must have been received as well. On the day of one's First Holy communion, and whenever receiving communion thereafter, those who are partaking must fast, which means not eating any food for at least one hour before receiving the sacrament. This type of fasting is called the "**Eucharistic Fast**".

According to the ancient traditions and following the steps of the sacrament of Holy Communion, Grade four students of Good Shepherd Convent, Kotahena, received Jesus for the first time in their lives on the 11th and 12th February 2021. Due to the present pandemic situation these students had to wait a few more months to receive Holy Communion. The celebration had to be held at two different dates, to limit the number of students adhering to the present health regulations.

The solemn occasion would not have been possible without the support and guidance of the Good Shepherd Sisters and the staff who worked tirelessly utilizing the modern technology to prepare the students. First Holy Communicants were also prepared through online classes.

Chief celebrants Rev. Fr. Gamunu Dias, Rev. Fr. Prasad Harshana and Rev. Fr. Kithsiri Thirimanna who celebrated the Holy mass encouraged the Holy Communicants to be faithful to Jesus till the end of their life. They also appreciated the Service that was rendered by the Good Shepherd Sisters in their lives to be good priests. It was indeed another red-letter day in the lives of the Little Shepherdians.





Learning through Living

by Ms. Juliana Mahadeva



Today we need education more than ever before. Last year we faced a pandemic that taught us things beyond our comprehension. We learnt to do things differently in the way we work, learn, socialize and even how we access things and people. This new normal opened our eyes, hearts and minds to the very basic essence of being 'human'. Just like Children do, we began to appreciate the simple things in life, the beauty and resources of our world. We took the time to appreciate our home, surroundings and those we call family. Children possess the ability to absorb from the environment and to take agency from it. They learn, from and with each other. Education for them is not merely based on acquiring Knowledge but on the Learning that comes from 'living it'.

Early Childhood Education helps children achieve this learning. It provides the platform to interact freely with others, observe and explore the world independently. The experiences make 'everyday moments' matter for the child, like waking up to go to school, helping around the house and even caring and sharing. The learning they receive helps them to understand and create an impact on the world, through the development of their personality, capabilities and talents which ultimately contributes to human development. Therefore the focus during this stage of learning must be on satisfying their curiosity to learn and live life.

Early Childhood Education must be given special attention by Parents, Educators and Caregivers. During each stage from conception-birth, 0-3 years, 3-6 years, and 6-8 years of age appropriate stimuli and support from the home, preschools and Montessori must be given for the development of life and social skills, thinking and reasoning and linguistic development. Furthermore the nurturing, care, nutrition and stimulation given at this period of time has the most impact on the development of the brain. The brain develops the fastest and is most responsive to change from birth to 8 years, allowing for children to spontaneously adapt to many changes in their day to day lives and environment, by living what they learn and living it well.

Partner in Mission: AMI Good Shepherd Maria Montessori Training Centre, Colombo 7



Where is The Green Parlour?

by Sr. Marie Iolanthi Nicholas

The Green Parlour, a once familiar venue for a variety of encounters has been converted and is now hallowed ground providing space for the province Archives and Museum. In preparation for 150th anniversary of Good Shepherd presence in Sri Lanka, the Archives and Museum committee in consultation with the Province Leadership Team took steps to remodel the Green Parlour into a Museum intending to preserve objects and documents symbolic of the heritage of our province for future reference.

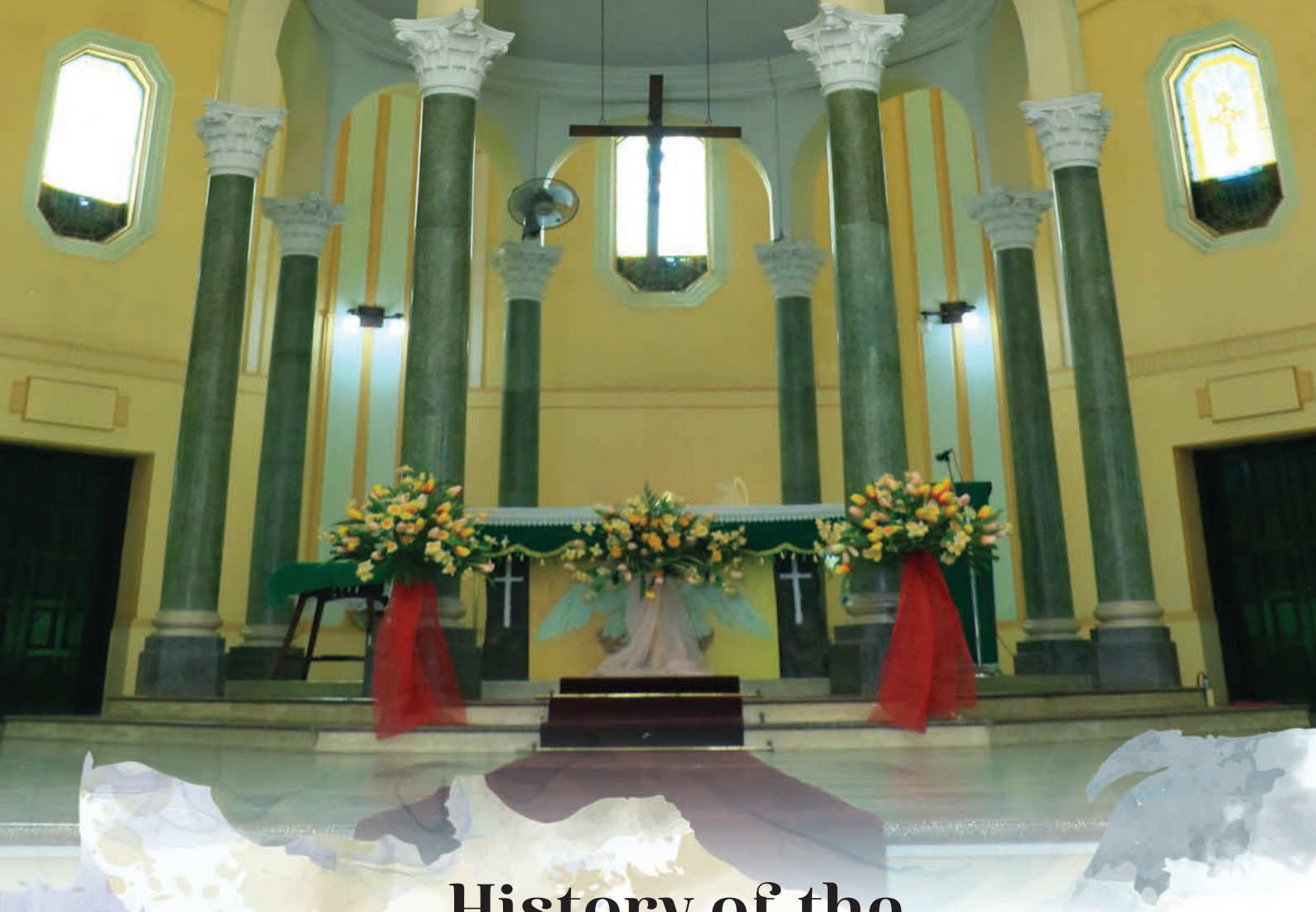
The committee followed a certain procedure whereby the members, collected, selected and decided on which objects of value should be preserved. Reflect, Research, and Refresh were the key words involved in this process.

The work involved took time and the Archives and Museum was finally declared open on the 21st of October 2019.

Museums are generally places of silence. Yet, a silence which speaks louder than words. Because each object, each document, holds a wealth of information; has a history. Hence, we hope to share with our readers a series of interesting stories in future editions of the Province Newsletter.

''Archival work, 'cultivates memory'. In a certain sense it could be compared to the cultivation of a majestic tree, whose branches reach to the heavens, but whose roots are solidly anchored in the earth''

Pope Francis on Archives.



History of the Good Shepherd Convent Chapel Nayakakanda

Compiled by Sr. Frances of Rome

On 7 June 1924, the Good Shepherd Sisters came to Nayakakanda, from Kotahena to a temporary building. It was Archbishop Dr. Anthony Coudert OMI who gifted Rs. 40,000.00 to buy a property to start a Good Shepherd Home for girls. The growth of the Institution has created many new needs, and primarily among them, is the need for a new chapel. On September 8th 1934, Archbishop Dr. Peter Marque OMI laid the Foundation Stone for the new Chapel and it was blessed on 13 January 1936.

The new Chapel occupies a half-acre plot between the Convent and St. Euphrasia's Home, the rehabilitation center. The plan of the Chapel is a unique one. As designed, the building is star-shaped; the center of the star being an octagon which forms the sanctuary. The octagonal dome is 75 feet above the floor with a span of 45 feet. Messrs. Billimoria and De Siva of 81, Chatham Street, Fort, Colombo 01 were the Architects. Under their instructions the work was executed in modern classical style by the Building Contractor Mr. Walter Perera.

There are five wings each separated from the other. The one in the center is for the Sisters. The two to their right are for the children the Child Development Centre and others. The two to their left are for the girls and women in the Euphrasian Rehabilitation Centre and St. John Eudes Home (single mothers). The three other branches of the star behind form the sacristy.

The Altar is in the centre and could be visible from all five chapels. All around the outer rim of the circle is a veranda connecting the different Chapels.

Covered ways on either side connect the Chapel with the Convent and Child Development Centre on one side and with St. Euphrasia's Home on the other.

We, the Media Committee extend our sincere gratitude to dear Sr. Frances of Rome who has been a regular contribute to the Province Newsletter. We appreciate her desire to write and share her knowledge with the sisters. Her passion to gather information about the history of the province was the first step taken towards setting up the province archives at Nayakakanda. May God bless you Sister and inspire you to keep the flame of your zeal alive.





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ලියන්නට නම් සිතූ සේ - තැබිය යුතුමයි පෑන් තුඩ පත්ඉරුවේ. වාසනාවකට මෙන් ජීවිත ගමනේ බොහෝ දුරක් ගමන් කර විවිධාකාර වූ දිසාවන් ඔස්සේ පියවර තැබූ අපට හමුවුණා දවසක් සිතන්නට බොහෝ දේ...

කිතුනු සාහිත්‍යයේ ප්‍රගමනය සඳහා වැඩමුළුව පළමු අදියර 2021 පෙබරවාරි මස 06 වෙනි දින කොළඹ කරිටාස් ආයතනයේ ප්‍රධාන ශාලාවේ දී පැවැත්විණි. ජාතික කතෝලික ලේඛක සංවිධානයේ සාමාජිකයින් සඳහා මෙම වැඩමුළුව සංවිධානය සහ වගකීම ක්‍රිස්තියානි ආගමික කටයුතු දෙපාර්තමේන්තුව අධ්‍යක්ෂිකා එම්.චතුරි පින්තු මහත්මිය හා එම කාර්ය මණ්ඩලය මගින් සිදු කරන ලද්දකි.

එසේම එතුමිය සැවොම අමතමින් කියා සිටියේ අද මේ සංවිධානය කල වැඩමුළුවට හාධක මැද වුවද සහභාගි වන්නට පැමිණීම ගැන එතුමියගේ ස්තුතිය හා සතුට ප්‍රකාශ කරන බවය. 2019 අගභාගයේ සිට කළ සාකච්ඡාවක ප්‍රතිපලයක් මේ වසරේදි සපලමත් කර ගැනීමට හැකි වීම වාසනාවක් සේම දෙවියන් වහන්සේට ස්තුතිය හිමි විය යුතු බවද පාඨකයෙකු ලෙස ලේඛකයින්ගෙ වටිනාකම හොඳින් දන්නා නිසා කුඩා කල පටන් පොත් පත් කියවා දැනුම ලබා ගත් නිසාම අද ඉදිරි පරපුරට අත දීම හා රැක ගැනීමටද දෙවියන්වහන්සේ දුන් තලෙන්තු දියුණු කර ගැනීම අපේ යුතුකම බවත් කියා සිටියාය. මේ වැඩ මුළුවෙන් උපරිම ප්‍රයෝජන ගන්නා ලෙස ආයාචනා කළ එතුමිය මේ දවස පුරා අප සමග රැඳී සිටින බවද ප්‍රකාශ කලාය. මීට එහා තව විශාල සංකල්පයක් ඇති බවත් ඒ ගැන ගරු ලාල් පුෂ්පදේව පියතුමා හඳුන්වා දීමක් කරන බවත් එතුමිය ප්‍රකාශ කර සිටියාය.

කෙසේ වෙතත් හරබර දේශනා බොහෝමයක් ඉතාමත් රසවත්ව හුක්ති විඳිමින් මතු පරපුරට සරලන ලේඛන පිරිසක් බිහිකිරීමට ගත් තැත ඉතාමත් සාර්ථක වූ බව ඊට සහභාගි වූ සැමගේම ඇගයිමේදි හැඟි ගිය කරුණකි.

දෙවියන් වහන්සේගෙන් අප ලද මේ උතුම් දීමනාව තුළින් විවිධාකාර තේමා ඔස්සේ කවි, ගී, සිංදු, කෙටිකතා, නවකතා, රසකතා, සහ විශේෂ සිදුවීම් අළලා සැකසෙන ලියැවෙන, දේ ආදරයෙන් ලියා තබන්නට උත්සහ කරමු. අවියට වඩා බලයක් පෑන උපයෝගි කරගෙන සමාජයට තිළිණ කරන්නට වෙහෙසෙමු. හද තුල තෙරපෙන, මනසේ ඇවිදින, බොහෝමයක් වූ සිතිවිලි සෙනෙහසේ නවාතැන් පලකට ආදරයෙන් රැගෙන එන්නට පාඨක/ලේඛක පවිලක් ලෙස එකට එක් වෙමු.

වරප්‍රසාද ගංගාවකින් පහස ලබන සෑම ලේඛකයෙකු තුළම සැඟවී ඇති කුසලතා එළි දක්වන්නට උනන්දු වෙමු. මේ දූතසේවාව බලගතු ආශිර්වාදයක් සේ සළකා පැවිදි, පූජක, ගිහි, බාල, මහළු, සැම දෙනාවම ආදරයෙන් ඇත්ත ලියන්නට අවිදි කරවලමු. දිනෙන් දින ගිලිහී යන මිනිස්කම හමුවේ දේව ආලෝකයාණන්ට අපව මෙහෙයවන්නට ඉඩ හරිමු. දඩබ්බරයි, මෙල්ලකළ නොහැකියි කියා සිතන අකීකරු හදවත් පවා මෙල්ල කිරීමට ලිවීම හුරු කරමු. ප්‍රේමය තුළ පෑන යතාර්ථවාදීව ස්ථාන ගත කරලමු.



දයාවේ ජීවිත වන්නට සිමිඳුන්ගේ බලය අත් දකිමු...

ගරු ඇනෙල්කා ප්‍රනාන්දුපුල්ලේ පැවදි සොහොයුරිය

පවතින වත්මන් සමාජය දිනෙන් දින වෑයම් කරනුයේ කොතරම් අභියෝග හමුවේ වුවද තම පැවැත්ම ගොඩනගා ගැනීමටයි. රුදුරු වසංගතය වන කොවිඩ් උවදුර හමුවේද මිනිසා අපරිමිත ලෙස වැර වීර්යය යෙදුවේ තම බලය, බුද්ධිය මෙහෙයවා එම රුදුරු වසංගතය වුවද මැඩලීමටයි. ශතවර්ෂ ගණනාවකට පසු එක්තරා අයුරකින් මෙම වසර එකහමාරක කාලවකවානුව අප දිවිමංතලාවේ එක්තරා හැරවුම් ලක්ෂ්‍යක් යැයි සිතීමට පුළුවන. ඒ මන්දයත්,

මොහොතක් නතරවන්න...
දෙවිඳුන් සොයන්න...
එතුමන් බලය අත්දකින්න...!!

මෙලොව මිනිසාට කළ හැකි දේ සීමාසහිත බැව් වැටහුණ ද එයින් නොනැවතී අසීමිත බලය, බුද්ධිය හසුරුවන්නට නිරන්තර උත්සාහයක නිරත වී සිටියි. මිනිසා තුළ තිබෙන අධිෂ්ඨානශීලී බව ඔස්සේ යම් යම් එන්නත් සොයා ගනිමින් මිනිස් ජීවිත රැකීමට ගන්නා ප්‍රයත්නය වෙසෙසින්ම විශිෂ්ඨයි. එනමුදු තවත් එක් අයුරින් අපට පෙනී යන්නේ දයාව හා කරුණාව වෙනුවට මිනිසා ආත්මාර්ථය පැතිරීමට දරන වෑයමය . එසේනම්, මිනිසා සතු ඒ පරම මනුෂ්‍යත්වය කොහේද? මිනිසා යන්නෙහි පරමාදර්ශය වන මනුෂ්‍යත්වයට කුමක් සිදුවීද?

එදා පුරාණ ගිවිසුමේ දෙවියන්වහන්සේ මිසරවාසීන් වෙත වසංගත පැමිණවීමේදී පාරාවෝගේ සිත එතුමන් විසින්ම දැඩි කර වූ සේක . ඒ කුමක් නිසාද? දේවබලය ප්‍රකාශයට පත් කිරීමටය. අපිදු මෙම වසංගතය හමුවේ දේව බලය පිළිබඳවද, මිනිසා බලරහිත පුද්ගලයෙකු ලෙස පැවසුවද එය ඇත්තෙන්ම අප එකිනෙකා විසින් කෙතරම් දුරට අවබෝධ කරගත් කරුණක් වේද? සැබවින්ම, එම කරුණ මුවින් පැවසුවද, අප දන්නා කරුණක් ලෙස සාමාන්‍යකරණයේ යෙදුවද පෞද්ගලිකව අප ගැඹුරු අභ්‍යන්තරයෙන් එම සත්‍යතාවය පිළිගැනීමට මහත් පරිශ්‍රමයක් දැරීමට සිදුවනු නොඅනුමානයි.

පැවිද්දෙකු හෝ ගිහියෙකු හෝ වේවා, අපට පැවරෙන වගකීම්, යුතුකම් වලදී අපගේ මානුෂීය බව, මිනිසත් බව යටපත් කර නීතිය, රාජකාරිය අකුරටම ඉටුකිරීමට සිදුවී ඇති මෙවන් සමයක මඳක් නැවතී මොහොතක් සිතමු. මානුෂීය බවින් ඔබ්බට යමින් එකිනෙකාගේ දුර්වලකමේදී සානුකම්පිත වීමට කැඳවීම ලබා ඇති අප සැම මගින් මනුෂ්‍යත්වයේ, සානුකම්පිත බවේ පහස ලොවටඅත්දකින්නට ඔබ, මම ක්‍රියාවෙන් දායක වී තිබේද?

දේව කාර්යයේ නිරත වූ සාන්තුවර චරිතයන්හී මූලික පදනම වනුයේ ද දේව ආදරය ලොවට ප්‍රකාශ කරන සානුකම්පිත චරිත වීමයි. අපට ජීවත් වීමට අපහසු වන්නේද මෙම යථාර්ථයයි. කෙතරම් අපහසු වූවද වීරිය යොදා හඹා යා යුත්තේ ද මෙම පිවිත යථාර්ථයයි. එසේනම් අඳුර බිඳ දමා ලොවට ආලෝකයක් වන මනුෂ්‍යත්වයේ බීජය අප සමාජය තුළ වපුරවන යම්කිසි සුළු උත්සාහයක හෝ නිරත වෙමු. අනෙකා දෙස බලන්නට නොව කුරුසපත් ජේසු සමිඳුන් දෙස බලමින් මිනිසත්කම පූර්ණත්වයට පත් කරන සානුකම්පාවේ ජීවිත වන්නට කිතු සමිඳුන් ගියමඟ අපිදු පිය නගමු. යහපත් එඬේරාණන් තම දිවි නිති අනුන් උදෙසා පුද කළා සේ අපිදු ක්‍රියා කළ යුතුය. පූජා වන බැව් වදනින් පැවසුවද පූජා වීමට ක්‍රියාවෙන් පසුබට වන වාර කොපමණ ඇත්ද?

කුරුසපත් කිතු සමිඳාණන්ගේ සිතුවිලි අප සිතුවිලි බවට පත්කර ගන්නට ප්‍රයත්න දරමු. දෙවි සමිඳාණන් මහිමයට පත්කිරීමේ අරමුණින් සියළු කටයුතුවල නියැලෙමු. ජේසු සමිඳුන්ගේ 'කුඩාමල' වන තෙරේසා කන්‍යාවිය මෙන් අපට කළ හැකි කුඩා දේ කරමින් අප අවට මිනිසත්කම වපුරමු. එවිට අප අවට පරිසරයටද අප මිනිස්කම දැනෙන්නට සලස්වමු. එවිට පරිසරය විසින් මිනිසාවද, මිනිසා විසින් මුළු මිනිස් වර්ගයාවද රැකගනු ඇත. වෛරය, ක්‍රෝධය, පළිගැනීම වෙනුවට ආදරය, කරුණාව, සංහිඳියාවෙන් යුත් දයාවෙන් පිරි ජීවිත බවට පත්වෙමු. ජේසු තුමන්ගේ හෘදයෙන් සහ මරියතුමියගේ හෘදයෙන් ගලා එන අසීමිත දයාව ලොවපුරා පතුරවමු. අපිදු දේව බලය ප්‍රකාශයට පත් කරවන ආයුධ බවට පත් වී දේව මහිමය ලොවට හඬගා පවසමු.



දුවේ නුඹ මගෙ ප්‍රාණයයි

ගැහැනිය ගැන මොනතරම් නම් උපමා උපමේයයන්, කව්, සින්දු හා ගෙත්තම්, සිත්තම්ද ලොව පුරා නිර්මාණය වී ඇත්ද? ගැහැනියකගේ සුන්දරත්වය ගැන වර්ණනා කරන්නෝ කෙතරම්ද? අති විශිෂ්ට කලා නිර්මාණ වලට තෝතැන්නක් වූයේද, වන්නේ ද ගැහැනියම යැයි කීම අතිශෝක්තියක් නොවේ යැයි මම දනිමි. මේ මනුලොව රස ගන්වන, නැවුම් බව එක්කරන, වර්ණවත් කරන ඇය ගැහැනියයි. සෑම ශ්‍රේෂ්ඨ මිනිසෙකු පිටුපසම සිටින්නේද ගැහැනියම බව සැබෑවකි. කාන්තා අභිමන් ගැන තොරක් නැතුව ලියන්නට සිතුනද කඳුළින් බොඳ වුණ දෙනෙත් අතරින් මා දෙස බලා සිටින කාන්තා මුහුණු පවසන බොහෝ දේ අකුරු කිරීමට අසීරු වුවද ජීවිත යතාර්ථයට ඉඩක් සොයා ගත යුතුව ඇත.

මව් පිය සෙනෙහස අහිමි වූ දියණියන් විටෙක අවට ලෝකයම අඳුරුව දකිද්දී, ඒ අඳුර කොයිතරම් නම් කළුවරද කියා මම ඔවුන්ගේම දෙනෙතින් දැක ඇත්තෙමි. තමන්ගේම යැයි කියා අමතන්නට කෙනකු නැති දියණියකගේ හදේ ඉකිබිඳුම හා රිදුම මහා සාගරයටත් වඩා ගැඹුරුය. තමාට ආදරය කරතැයි හා රැක ගනිතැයි විශ්වාස කළවුන් විසින්ම විනාශ කර දමන ලද දියණියන්ගේ හදේ නැගෙන ශෝකාලාපය, ලොව දවාලන ලැව්ගින්නකටත් වඩා රුදුරුය. බලාපොරොත්තු පොදි බැඳ ගනිමින් තැනූ සිය ආදරණීය කැදැල්ල කැඩී බිඳී ගොස් අසරණව තනිවූ හා, විටෙක අසාධාරණ චෝදනා වලට ද ලක් වෙමින් තමා සතු යැයි සිතූ සියල්ල අහිමි වූ කාන්තාවන්ගේ වියෝ ගීය හඳ දෙදරවා කකියවන කටුක රාවයකි.

අභිමානය හා අවමානය දෝතින් ගෙන දිවිමග එතෙර කරන්නට වෙහෙසෙන, තම දු පුතුන් රජ කරවන්නට වැයවෙන දිරියේ දියණියන් හට උත්තමාචාර පිදෙන දැයක් නිර්මාණය කරන්නට දයාබරව කැපවන්න යැයි සෙනෙහසින් ඇරයුම් කරමි. කාන්තා වන් අගයන පවුල් හිමි සමාජය පින්බර යැයි මට සිතේ. ජීවිතයේ උල්පත අම්මා නම්, ආදරයේ උල්පත ද අම්මා නම්, ඇය වෙත දැක්විය යුතු සෙනෙහස හා සොයා බැලීම අප සමාජය තුළ ප්‍රාණවත් ලෙස සිදුවේදැයි ප්‍රශ්නාර්ථයකි. හැම කාන්තාවක් තුළම සෙනෙහස ඉල්ලා හඬා වැටෙන කුඩා ගැහැණු ළමයෙක් සිටින අතර, ඒ සෙනෙහස තුළ අගය කිරීම, ගරු කිරීම හා පිළිගැනීම අනිවාර්යයෙන්ම අන්තර්ගත විය යුතුව ඇත.

විවිධ දක්ෂතා කුසලතා පිරුණු දියණියන් හට තමාගේ කුසලතා එළිදැක්වීම, ඉඩකඩ ඇති පවුල් පරිසරයක් මෙන්ම පාසල් හා සමාජ වටපිටාවක්, විටෙක දැකිය හැකි වන අතර, තවත් විටෙක එය අවමව පවතී.යෞවනියක්සේ පිපෙන සිහිනි දියණියට සිය දස්කම් විස්කම් විදහා දැක්වීමට ඉඩ හසර ලැබේ නම් මහා පෞරුෂයක් තුළ යොවුන් නායකත්වයට උර දෙන්නට ඇය පන්නරය ලබාගනී. සැබෑ මගපෙන්වීම, සෙනෙහස හා විවෘත භාවය තුළ නව මං පෙත් සොයා යමින් නව නිර්මාණ ලොවට බිහි කරන ආදර්ශමත් හා නායකත්වයට උරදෙන යොවුන් දියණියන්ද මම දැක ඇත්තෙමි. එලෙසම අළු දුවිලි මතින් ඉන්ද්‍රබිලයක් සේ නැගී සිටින යෞවනියන් ද අප අතර සිටීම මහත් ආඩම්බරයකි. දුකට වේදනාවට හා පීඩාවට පත්වන ගැහැණිය, වඩා ශක්තිමත්ව නැගී සිට එවන් වූ සිය සොයුරියන් හටද නැගී සිටීමට අත දෙන දිරිය කතුන් ලෙස අප සමාජය පොහොණි කරන්නීය.

ඇය දියණියක්, සොයුරියක්, පෙම්වතියක්, බිරිඳක්, මවක් හා ආත්තම්මා කෙනෙකු පමණක් නොව ඉන් ඔබ්බට මේ සක්වල තලයේ මහා භූමිකාවකට හිමිකාරිය වන්නීය. සොදුරු ලොවකට සිහින මවන්නට නම් පියෙනි, පුතුනි,සොහොයුරෙනි ඔබේ සුරැකි දැනින් හා ළබැඳි සිතින් සුරැකිව රැකිය යුතුම තැනැත්තිය දියණිය, සොහොයුරිය හා කාන්තාවම නොවන්නෙහි ද?

මිහිකතද මවකි. අප සැම ද මිහිකතගේ දරුවන්යැයි අපි පවසන්නෙමු. මිහිකත රැකුමද කාන්තාවන් සුරැකීමේ තවත් පැතිකඩක් වන අතර එය අපගේ පරම යුතුකමක් බව දයාබරව සිහිපත් කරමි. කාන්තාවන් හා දැරියන් බලගැන්වීමේ අභිමතාර්ථයෙන් පිහිටුවන ලද දයාවේ අප ස්වාමිදුවගේ යහපත් එඩේරා පැවිදි නිකායේ ස්ත්‍රීතුව තුළ පෝෂණය ලබමින්, පැවිදි සොයුරියක් ලෙස සේවය කරන්නට ලැබීම භාග්‍යයක් කොට සලකන අතර කාන්තා යතාර්ථය ගැන මෙලෙසින් අකුරු කරන්නට නිමිත්ත වූයේ ද එහිදී කාන්තාවන් හා දැරියන් සමග ලද ජීවිත අත්දැකීම් බවද කෘතඥ පූර්වකව සිහිපත් කරමි.



සිදාචාරයේ යථාර්ථය

ගරු ප්‍රියන්ති පැවිදි සොහොයුරිය

අතැහිලි මත දැවටුණු තෙළිතුඩ....
සැරසේ යන්නට නිදහසේ
හිතුවක්කාර ගමනක .....
ලියන්නට හැකි මුත් යථාර්ථය.....
ඒ ලෙසටම
ඉඩ නොදේ හැහෙන විට එය පල රහිත බව....
පලුදු වී ඇති සදාචාරයේ
දැනෙන විට ශෝකාන්තය....
බියක් ගෙන දේ ඉතිරි වෙද කියා, සිතු සේ යමක් මතු පරපුරට.
නොහොඹිනා සිදුවීම් සිතුවිලිවලින් හිස උදුම්වා ගෙන,
තොරක් නැති ගමනක
යෙදේ මිනිසුන් තිරිසනුන් ලෙස...
වේගයෙන් තරගයක් විලසින්
හතිදමා දිවයන සමාජය
දැනුමින් ම පිරිපුන් සුවහසක් විද්වතුන්
බලා ආයාසයෙන් හෙළයි සුසුමන් අහස් ගැබ වෙත.
දකින දැනෙන ව්‍යසනයේ සංකුලතාවය
ගෙන නැත හරිම වැටහුම මිහිකතේ මනුසත...
සීතා ඉන්නේ රජ කරන්නට සැමදා මිහිතලය මත...
වැරදුනේ එතනයි....මිනිසුනි!!
හැරී බලනුය සදා ගැනුමට ඇත බොහෝ ඉඩකඩ

අංකුරයකි මා අද මතුව දිදුළන

ගරු ප්‍රිඩා ද සිල්වා පැවිදි සොහොයුරිය

කුඩා බීජයකි මා
මා වපුරන්නා අතින් ගිලිහුණු,
පතිත විය
තනි වූවෙකු විලසින.
සතර අත ගනදුරය
මගේ මිතුරන්ද මට අහිමිය.
හඬා වැළපෙන මගේ හදවත
කවුරු නම් වටහා ගනීවි ද

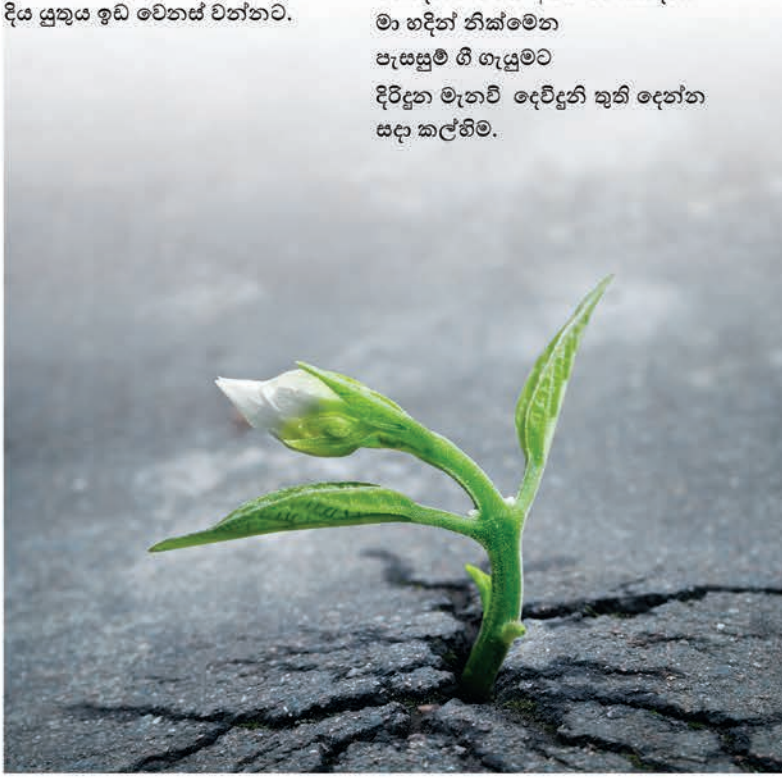
කඩා හැලුණු මහා වැස්සක්
ගතම නැහැවී තෙත බරිත වී
රුදුරු ජන පහරටද හසුවී
ගසාගෙන ගොස් සිර කළේම ,
කුණු කසළ ගොඩක ය.
දරන්නට බැහැ දුගඳ හැමතැන
සිර වෙලා මගේ කය ද කුණු තුළ
කෙසේ නම් යළි ගොඩට එන්නද
හිඩැස් අතරින් බලා සිටිමි මම.

'මම' ය කියනා මාව අතර දැමීම
පහසු නැත මා සිතන තරමට.
තැලී පොඩි වී වේදනා දෙන
මගේ සිරුරට වාරු නැත අද.
කිසිවෙකුත් නැහැ මගේ අහලක
තනිය, පාළුව, ගනදුර මිස
මගේ මරණය අත ළඟම බැව්
දැනී වැළපුණි නිහඬවම මම.....

වෙනස් වනු බැහැ වෙනස්වනු බැහැ
මොර ගැසුව මුත් මගේ හදවත.....
වෙහෙස වී හෙම්බත්ව වැටුණෙමි
නිහඬ වූයෙමි නොවැද සටනට.
හුදකලා නිහඬ බව තුළ
දුනිමි පවරා මගේ ගත සිත
මා ගතේ හම ටිකෙන් ටික
ගැළවිලා යන බව දැනේ මා හට.
තව දුරටත් මා ගැනම නොසිතා
දිය යුතුය ඉඩ වෙනස් වන්නට.

දින ගණන් මුහුකුරා යද්දි
නැගිණි මා තුළ කුඩා අංකුරයක්
සැහැල්ලුවෙන් බැලීමි වටපිට
අවට ලෝකය සැදී පැහැදී
බලා සිටි සිටි මා එනතුරු.
කුඩා අංකුරය කොළ පැහැතිව
දල්ලක් විලස
මතුව එන විට සෙමින් උඩටම
ගැයූවෙමි පසස ගී වපුරන්නට තුටින !

කැඩෙන්නට බියේ සිටියා නම්
කටුව තුළ
නොදනිමි මගේ අගය මා කිසිදින.
මා හදින් නික්මෙන
පැසසුම් ගී ගැයුමට
දිරිදුන මැනවි දෙවිදුනි තුති දෙන්න
සදා කල්හිම.





සානුකම්පිත ප්‍රේමයේ එඬේරික යෂ්ටිය

ගරු ප්‍රියන්ති පැවිදි සොහොයුරිය

පරවී යන ඔටුන්නක ට නොව අමරණීයත්වය කිරීටය පැළඳ ගැනීමේ අභිෂේක දිනය උදා කර ගනු සඳහා නොපසුබට වීර්යයෙන් දිවයන අප කැප වූ ජීවිත යාවත්කාලීන කර ගනිමින් නිවැරැදි ධාවන පථයේ පිළි නො පිළිනොගෙන දිනුම් කණුව බලා එකම ජවයකින් දුවන්නට සංඝයක්, ප්‍රාදේශීයක් වශයෙන් ඒකාබද්ධ වී සිටින මෙවන් කාල වකවානුවක එකට යදින හවුල් ජීවිතය තුළින් නික්මෙන්නාවූ ප්‍රේමයේ, එකමුතුකමේ, ආලෝක කදම්භය තුළ පැවිදි දිවියේ සතුට අත්දකිමු. ඔබ මා මොනයම් ජීවිතයක අත් විඳිය යුතුම දේ සතුටය. සතුට තම ජීවිතය පුරාවටම අයිති කරගන්නට දිවි මගේ ලැබෙන අභියෝග, දුෂ්කරතා, ලෙඩ රෝග පැහැදිලි මනසකින් හසුරුවා ගත හැකිය. අප පැවිදි ජීවිතවල සතුට දෝරේ ගලා යනු වෙනු ඇත වෙනුවට බලය, තණ්හාව, තරහකාරී බුද්ධිගලනය එකිනෙකා පරයා නැඟී සිටින්නට සමත්ව ඇත. ක්‍රිස්තු ප්‍රේමය කේන්ද්‍ර කරගත් යෙදුම් දිවියේ මූලාශ්‍රයන් ශක්තිමත්ව හවුල් ජීවිත තුළින් නික්මෙන්නේ ඵලබරිත සංවේදී හවුල් ජීවිත අවුල් වී ඇති ප්‍රවණතාවය වැඩිය. විද්‍යුත් මෙවලම් තුල අනාරක්ෂිතව කාලය කා දමන පැවිද්දාට දෙවිදුන් හා සමග සම්බන්ධ වන්නට කාලයක් නොමැති තරමය. දේවරාජ්‍ය උරුමයන් සොයා යන ගමනේ දී නැති වූ ආත්මයන්ට උරුමයේ අයිතිය සොයා දෙන්නට යහපත් එඬේරිකාවන් ලෙස එඬේරික යෂ්ටිය උපයෝගී කරගනිමින් අධ්‍යාත්මයේ තෝතැන්නක් බවට අප හවුල් පත් කර ගනිමු.සුභද කතාව, සොඳුරු සිනාව, දයාන්විත ක්‍රියාවන් තුළින් සේවාවන් ලබන්නන්ගෙන් සිත් ඇද බැඳ තබා ගත හැකිය.

යහපත් එඬේරා පැවිදිවරිය ගේ අනන්‍යතාවය කුමක්ද? සරල සුමට කතා විලාසය තුළ දුත සේවාවන්ට කාලානුරූපී වෙමින් අනෙක් එයා අනෙකාගේ හෘද ස්පන්දනයට සංවේදී වෙමු. අප ආදරය යුෆේසියා තුමියගේ අඩි පාරේ ගමන් කරමින් එතුමිය දියත් කළ මේ සේවාවන් කාලයේ අවැසිතාවයන්ට අනුගත වෙමින් මහා වෘක්ෂයේ ඵල සැමට පරාර්ථකාමී වෙමින් බෙදන්නට පරිත්‍යාගශීලී වෙමු එකම චින්තනයක් තුළ එඬේරික සානුකම්පික ප්‍රේමය ජීවමාන කරන්නට සියලු දෙනා පෙළගැසෙමු.

ගෙයි මැද සාලේ පෙරළිය

ගරු ශිරානි ලියනගේ පැවිදි සොහොයුරිය

ඉස්සර කාලේ ගෙයි මැද සාලේ පවුලම කළ තුටු සංවාදේ
පොඩි උන්ගේ කෙළි කවැට සිනා සහ යැදුම පිදුම අද ඇත නින්දේ
දාම් ලෑල්ල ද කැරම් බෝඩ් එක ආගිය අත නෑ මොකද වදේ
මැද සාලේ මේ පෙරළිය කිමදයි සොයා බලන්නට එනු සුභදේ

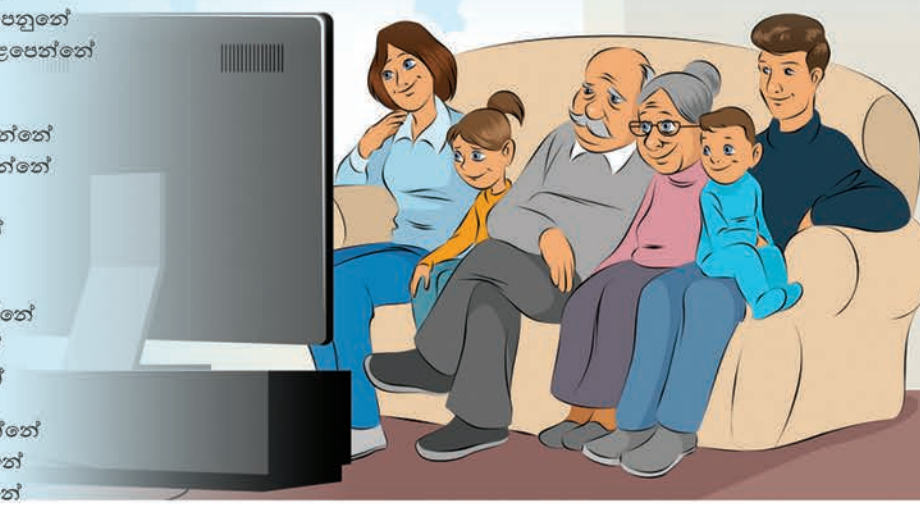
දැහැනට සම වැදිලා වාගේ නොවැ පවුලම ඉන්නේ මැද සාලේ
වටකරගෙන එක රූප පෙට්ටියක් බකං නිලාගෙන ඇත රාළේ
ගාම්බීර ලෙස රූප පෙට්ටියත් සිටි නිවසේ සුපිරි ම මුල්ලේ
දෙවියන් බුදුන්ගෙ තැනටත් ඉහළින් වැජඹෙයි අද මේ ජංජාලේ

මොනවද ඇත්තේ කියලා බලන්න රූපවාහිනිය දෙස හැරුණේ
ලෝක වෙළඳපල ගෙට ගෙනැවිල්ලා වාගෙයි එවෙලේ මට පෙනුනේ
මේවා කන්නකෝ අර පිටි බොන්නකෝ හමට මේ සබන් ගැළපෙන්නේ
බහු ජාතික සහ සුපිරි සමාගම් අප වෙනුවෙන් තීරණ ගන්නේ

බෙදන් කන්න නොව බදන් කන්නටයි දරුවන් හට එය පවසන්නේ
පැල්ලම් ගාගෙන ඇදුම් කිළිටු කර ඉගෙන ගන්න කියලා දෙන්නේ
ශීලාචාරව කෑමක් කන හැටි කලාතුරකිනුයි පෙන්වන්නේ
මවට අකීකරු වෙන්නත් හොරෙන් කන්නත් තව පෙන්වන්නේ

සතියට සියයට වැඩි විත්තර පටි විවිධ වැනල පුදුමයිනේ
ඒවට ඇස්බැහි වූ අපෙ දරුවන් ඉගෙනුම ගැන නැහැ සලකන්නේ
රූපවාහිනිය දෙන දේ අරගෙන ඔළු ගෙඩි ටික පුරවා ගන්නේ
නිර්මාණය සහ සිතීමේ ශක්තිය දරුවන් ගෙන් අද දුරු වන්නේ

හත්වලාමෙ මේ වෙච්ච දේ දැන් මක් කරන්නද යි නොම දන්නේ
වෙච්ච දේම අපි ඉදිරියටත් තව වෙන්න දෙනවද යි සිතපන්නේ
මේ ව්‍යසනයෙන් දරුවන් බේරා ගන්නට අපි පෙළ ගැසිමින්නේ
වෙනම වැනලයක් ළමුන්ට දෙන ලෙස රජයෙන් ඉල්ලමු වියතුන්නේ



කොටහේන යහපත් එඬේරා කන්‍යාරාම විදුහලේ පළමු වරට දිව්‍ය සත්ප්‍රසාදවහන්සේ ලැබීමේ දේව මෙහෙය



කොටහේන යහපත් එඬේරා කන්‍යාරාම විදුහලේ පළමු වරට දිව්‍ය සත්ප්‍රසාදවහන්සේ ලැබීමේ වාර්ෂික දේව මෙහෙය 2021 පෙබරවාරි 11,12 යන දෙදින කොටහේන සාන්ත ලුසියා දෙව්මැදුරේ දී ඉතාම භක්තියෙන් සිදු කෙරුණි. එදින දිව්‍ය සත්ප්‍රසාදය ලැබූ දරුවන් පාසලේ 2020 වසරේ දිව්‍ය සත්ප්‍රසාදය ලැබීමට සුදානම්වූ දියණිවරුන් වීම විශේෂත්වයයි. දුවා දරියන් ගණනින් 150 ක පිරිසක් එදින දිව්‍ය සත්ප්‍රසාද වහන්සේ පළමුවරට තම ජීවිත තුළට ලබාගත් අතර දිව්‍ය පූජාවන් තුනක් ඔස්සේ එම උතුම් මෙහෙයන් සිදුවිය. පළමු දිව්‍ය පූජා යාගය කතෝලික පාසල් සාමාන්‍යාධිකාරි පියතුමන්වන ගරු. ගැමුණු ඩයස් පියතුමාගේ ප්‍රධානත්වයෙන්ද, දෙවන දිව්‍ය පූජා යාගය විශ්වාස ප්‍රවර්ධන කමිටුව භාර ගරු. ප්‍රසාද් හර්ෂන පියතුමන්ගේ ප්‍රධානත්වයෙන්ද, තෙවන දිව්‍ය පූජා යාගය කොටහේන සා.ලුසියා ආසන දෙව්මැදුර භාර පියතුමන් වන ගරු.කිත්සිරි ජයමාන්න පියතුමන්ගේ හා සහායක ගරු. පියතුමන්ගේ ප්‍රධානත්වයෙන්ද සිදු කෙරුණි.

පියතුමන්ලාගේ දේශනයන් දුවා දරියන්ගේ දිව්‍ය සත්ප්‍රසාද වහන්සේ ලබා ගැනීමේ සුවිශේෂ වටිනාකම්, දිව්‍ය සත්ප්‍රසාද වහන්සේට ඇති පෙළඹීම හා ආශාව ඇති කළ බැව් කිව යුතුය. මේ සඳහා පියතුමන්ලා විසින් තම ජීවිතයම ආදර්ශයට ගෙන අත්දැකීම් තුළ දේශනාව මෙහෙයවීමද, විශේෂයෙන් ගරු ප්‍රසාද් හර්ශන පියතුමාගේ දේශනාව තුළ, එතුමන්ගේ මෙම පූජක ජීවිතය දක්වාවූ උතුම් ගමන් මගේ හැරවුම් ලක්ෂය බවට පත්වූයේ දිව්‍ය සත්ප්‍රසාදය ලැබීමට තිබූ දැඩි ආශාව බවත් එතුමන් ප්‍රකාශ කළේය. ඒ සඳහා මඟ පෙන්වූයේ යහපත් එඬේරික කන්‍යා සොයුරියක් බැව් දේශනය තුළ තව දුරටත් සිහි කළ පියතුමන්, යහපත් එඬේරික කන්‍යා සොයුරියන්ගේ දායකත්වය මෙරට දරුවන් පූජකවරය දක්වා රැගෙන යන බැව් පසක් කළේය. දිව්‍ය සත්ප්‍රසාද ලැබීම යනු, පූජකවරයේ කැඳවීම ලබන්නාවූ දිනයක් බවත්, ඒ සඳහා දිව්‍ය සත්ප්‍රසාද වහන්සේ ලබන දියණිවරුන්ටද ආරාධනා කර සිටියේය. පවතින කොරෝනා තත්ත්වය තුළ 'ශ්‍රී පූපය' පියතුමන් අතින්, තමන් අතට ගනු ලැබීමට සිදුව ඇති මෙවන් යුගයක භය භක්තිය පෙරටුව ඔවුන් වහන්සේ ලබා ගැනීමට අවැසි බව තව දුරටත් අවධාරණය කර සිටියේය.

කුමන බාධා අභියෝග ඔැද වුවද මෙම කර්තව්‍ය ඉටු කිරීමේදී කිසිවෙකුට හෝ රෝග පීඩාවකින් තොරව මෙම දිනය අපට උදාකර දුන් දෙවිපියාට සදා ප්‍රශංසාවත් මහිමයත් අත්වේවා.

"ජීවනදායක භෝජනය මමය.
මා වෙතට පැමිණෙන යමෙක් වීද,
ඔහුට සාගිනි නොවන්නේය.
ශා අදහන යමෙක් වීද,
ඔහුට පිපාස නොවන්නේය." (ශු. ජොහාන් 6:35)

හිරුන්දි ද සිල්වා ගුරුතුමිය
4 A2 පන්තිය

ගම්පොළ යහපත් එඬේරාණන්ගේ කන්‍යාරාමයේ කොට්ඨාශ නායිකාවන්ගේ එකමුතුව





2021 ජනවාරි 25 වන සඳුද දින සවස 3.30 ට ගම්පොළ යහපත් එඬේරාගේ කන්‍යාරාමයේ ප්‍රධාන ශාලාවේදී ගරු ඉමල්කා ප්‍රධාන කන්‍යා සොයුරිය සහ ගරු ශානිකා කන්‍යා සොයුරිය සහ ගරු කැතරින් කන්‍යා සොයුරියන්ගේ නායකත්වයෙන්, මීසමේ කොට්ඨාශ නායකයින්ගේ එකමුතුව සමගින් විශේෂ වැඩසටහනක් පවත් වන ලදී. මෙහි ප්‍රධාන අරමුණ වුයේ; දහසක් අතරින් දේව සේවය කිරීමට දෙවියන් වහන්සේ විසින් තෝරා ගත්තාවූ අප සංඝ නායකයින් කිතුණු ජනතාවට, බාධක අභියෝග, අභිබවා, ඉවසීමෙන්, දේව දයාවෙන් කිතුණු නායකයින් තම සංඝයන් තුළ, ශක්තිමත්ව, දිරිමත්ව දේව සේවය කිරීමයි.

එසේම සියලු සංඝයන් තුළින් විශේෂ වැඩදායි ක්‍රියාවක් කිරීමට, වර්ණවත් කුඩා සංකේතයක් ලබා දෙමින්, ඉන් අනතුරුව සංඝ නායකයන් කණ්ඩායම් ගත කරමින්, සියලු සංඝ වල ඇති, අපහසුතා, අඩුපාඩු, අවහිරතා, දුෂ්කරතා, සාකච්ඡා කරගත් අතර, ඉන් විශේෂ ලෙස සංඝ කිපයක් තෝරා ගන්නා ලදී .

තෝරා ගන්නා ලද සංඝවල පැන නැගී ඇති ප්‍රශ්නවලට, හැකි අයුරින් යහපත් ක්‍රියාවක් වැඩදායි ලෙස කිරීමට, සියලුම නායකයින් සමගියෙන්, එකමුතු කමින් එකඟ විය.

ඉන් අනතුරුව පැමිණි සියලු දෙනා, මෙම වැඩ සටහන සංඝ නායකන්ව ජීවිත අර්ථවත් කරන්නටත්, කිතුණු ජනතාවට විශේෂ සේවයක් කරන්නටත්, අපගේ ප්‍රඥාව අවධි කළ දෙවියන් වහන්සේට ස්තුති ප්‍රශංසා කරමින් ගරු කන්‍යා සොයුරියෝද, සංඝ නායිකාවෝද සමගියෙන්, සතුටින් විසිර ගියෝය.

ගිහි අපෝස්තලික සාමාජිකාවක් – ගම්පොළ

எங்கள் காவலாம் சூசை தந்தை

அருட்சகோதரி யுடித் கூஞ்ஞு



திருத்தந்தை 1ம் பிரான்சிஸ் இவ்வருடத்தை புனித சூசைக்கு அர்ப்பணித்து (8.12.2020 - 8.12.2021) அவர் எமது பாதுகாவலராகஇ எமக்கு பரிந்து பேசுபவராகஇ எம்மோடு கூட இருந்து வழிநடத்துபவராக நியமித்துள்ளார்.

புனித யோசேப்பு இறைமகனின் வளர்ப்பு தந்தையாகவும்இ தாய் மரியாளின் அன்புக்கணவராகவுமஇ திருக்குடும்பத்தின் தலைவராகவுமஇ தொழிலாளர்களுக்கு முன்மாதிரிகை காட்டி பணிவாழ்வுக்கு தன்னை முழுமையாக அர்ப்பணித்து தொழில் துறைகளை அர்ச்சிப்பவராகவுமஇ பணிவுஇ தாழ்வுஇ துணிவுஇ பொறுமை மிக்கவராகவும் எந்த நிலையில் உள்ளவர்களையும் வரவேற்பவராகவும் வாழ்ந்தார். இறைத்தந்தை "அஞ்சாதே நான் உன்னோடு இருக்கின்றேன்" என்ற வார்த்தையை விசுவசித்து நம்பி மனம் தளராது வாழ்ந்ததைக் காண்கின்றோம்.

அன்னை மரியாள் தூய ஆவியினால் கருத்தரித்துள்ளார் என்பதை தேவதூதன் கனவில் தோன்றி கூறியதை ஏற்று மரியாளை மனைவியாக முழுமையாக ஏற்றுக்கொள்கின்றார். குழந்தை பிறக்க இருக்கும் தருவாயிலஇ வறுமையின் இருப்பிடமான மாட்டுக்கொட்டிலை ஏற்று தேவையானதை நிறைவேற்றினார். ஏரோது அரசன் குழந்தையை கொலை செய்ய திட்டமிடுவதை அறிந்து குழந்தையையும் மனைவியையும் காப்பாற்றுவதற்காக நீண்ட பயணத்தை தயக்கமின்றி துணிவோடு மேற்கொள்கின்றார்.

அந்நிய ஊரில் அறிமுகமில்லாத சூழ்நிலையில் அகதியாகஇ வறுமையாக வாழ்வை தொடங்க ஏற்பட்ட பிரச்சனைகளை வாய்ப்புக்களாகவும் சவால்களாகவும் ஏற்று மனம் தளராது துணிவுடன் மேற்கொள்கின்றார். இன்று காணமற்போனவர்களுக்கு என்ன நடந்தது என்று தெரியாமல் கண்ணீர் சொரிந்து நீதிக்காக போராடிக்கொண்டிருப்பவர்களுக்கு பாதுகாவலராகவும் நல்வழிகாட்டியாகவும் உதவி வேண்டி சூசை தந்தையிடம் செபிப்போம்.

உழைப்பின் மாண்பையும் உழைப்பினால் வரும் நன்மைகள்இ நல்வாழ்வுஇ மகிழ்ச்சிஇ மேன்மையை மனதில் கொண்டு எம்மிடம் கொடுக்கப்பட்டுள்ள பணியை பொறுப்புக்களை தாழ்மையோடும் பொறுமையோடும் செய்து மற்றவர்களின் நன்மைக்காக செயலாற்றவும் இயற்கையைஇ விவசாயத்தைஇ தொழில் வாய்ப்புக்களை சுயநலமின்றி செயல்படுத்த சூசையின் உதவியுடன் எம்மை வளமுறச்செய்வோம். எமது குடும்பங்களில் உள்ளவர்களை மதித்துஇ ஏற்றுஇ இறை அருளோடு வாழ வரம் கேட்போம். சூசை தந்தை மரியாளையும் யேசுவையும் பாதுகாத்தது போல் எங்களையும் எங்கள் குடும்பம்இ நாடுஇ சமுகம் அனைவரையும் அதிகாரத்தில் உள்ளவர்களை வழிநடத்திஇ பாதுகாக்கவும் இந்நாட்களில் பலவித நோய்நொடிகளினால் வேலைவாய்ப்பு இன்மையால் மனம் சோர்ந்து இருப்பவர்களை பாதுகாக்கவும் தங்களிடம் இருப்பவற்றை மற்றவர்களுடன் பகிர்ந்து வாழும் மனம் அருளவும் வரம் கேட்போம்.

தன்னம்பிக்கை வளர செய்யக்கூடிய சில விடயங்கள்

மனதையும் உடலையும் பாதுகாப்பான வைத்திருப்பது பெருமளவில் நமது வாழ்க்கை முறையைச் சாந்தது. அதாவுது நமது உணவு, துக்கம், எடல் சார்ந்த நடவடிக்கைகள். அன்றாடச் செயல்பாடுகள், பழக்க வழக்கங்கள் எனப் பல அம்சங்களைப் தேவையான மாற்றங்களைச் செய்து கொண்டால் மனமும் உடலும் பாதுகாப்பாக அமையும்

1. தண்ணீர் நிறை குடியுங்கள்
2. காலை உணவு ஒரு அரசன் அரசி போலவும், மதிய உணவு ஒஐ இளவரசன் இளவரசி போலவும், இரவு உணவை யாசகம் செய்பவனைப் போலவும் உண்ண வேண்டும்.
3. இயற்கை உணவை பழங்களை அதிகமாக எடுத்துக் கொண்டு பதப்படுத்தப்பட்ட உணவை தவிர்த்துவிடுங்கள்.
4. உடற்பயிற்சி மற்றும் பிரதர்த்தனைக்கு நேரம் ஒதுக்குங்கள்.
5. தினமும் முடிந்த அளவு விளையாடுங்கள்
6. நிறைய புத்தகங்கள் படியுங்கள்.
7. ஒரு நாளைக்கு 10 நிமிம் தனிமையில் அமைதியாக இருங்கள்.
8. குறைந்தது 7 மணி நேரம் தூங்குங்கள்.
9. குறைந்தது 10 நிமிடம் முதல் 30 நிமிடங்கள் வரை நடைப் பயிற்சி மேற்கொள்ளுங்கள்.
10. உங்களை ஒருபொதும் மற்றவருடன் ஒப்பிடாதீர்கள். அவர்கள் பயணிக்கும் மேற்கொண்டிருக்கும் பாதை வேறு, உங்கள் பாதை வேறு.
11. எதிர்மறையான எண்ணங்களை எப்பொழுதும் மனதில் நினைக்காதீர்கள்
12. உங்களால் முடிந்த அளவு வேலை செய்யுங்க். அளவுக்கு மீறி எதையும் செய்யாதீர்கள்.

13. மற்றவர்களைப் பற்றிப் புறம் பேசுவதில் உங்கள் சக்தியை வீணாக்காதீர்கள்

14. நீங்கள் விழித்திருக்கும் பொழுது எதிர்காலத்தைப் பற்றிய நிறைய கனவு காணுங்கள். அது உங்கள் மனதைச் சுறுசுறுப்பாக வைத்திருக்கும்.

15. அடுத்தவரைப் பார்த்துப் பொறாமை கொள்வது நேர விரையம். உங்களுக்கு தேவையானது உங்களிடம் உள்ளது.

16. கடந்த காலத்தை மறக்க முயற்சி செய்யுங்கள். கடந்த காலம் உங்கள் நிகழ்காலத்தைச் சிதைத்துவிடும்.

17. வாழும் இந்த குறுகிய காலத்தில் யாரையும் வெறுக்காதீர்கள்.

18. எப்பொழுதும் மகிழ்ச்சியாக இருக்க கற்றுக் கொள்ளுங்கள்.

19. வாழ்க்கை ஒரு பள்ளிக்கூடம். நீங்கள் கற்றுக்கொள்ள வந்திருக்கிறீர்கள். சிக்கல்களும். பிரச்சினைகளும் இங்கு பாடங்கள்.

20. முடியாது என்று சொல்லவேண்டிய இடங்களில் தயவு செய்து முடியாது என்று சொல்லுங்கள். இது பல பிரச்சினைகளை ஆரம்பத்திலே தீர்த்துவிடும்.

21. வெளிநாட்டிலோ வெளியூரிரோ இருந்தால் குடும்பத்தில் இருப்பவர்களுக்கு நண்பர்களு - க்கும், வேண்டியவர்களுக்கும் அடிக்கடி தொலைபேசியிலோ, கடிதம் மூலமாகவோ தொடர்புகொண்டிருங்கள்.

22. மன்னிக்கப் பழகுங்கள்

23. 70 வயதுக்கு மேலிப்பவர்களையும், 6 வயதுக்கு கீழிருப்பவர்களையும் கவனிக்க நேரம் ஒதுக்குங்கள்.

24. அடுத்தவர்கள் என்ன நினைப்பார்களோ என்பதைப்பற்றி ஒருபொழுதும் கவலை கொள்ளா தீர்கள்.

25. உங்கள் நண்பர்களை மதிக்க பழகுங்கள்.

26. உங்கள மனதிற்கு எது சரியென்று படுனிறதோ அமை உடனே செய்யுங்கள்.

27. ஒவ்வொறு நாளும் இறைவனுக்கு நன்றி செல்லுங்கள்.

28. உங்கள் ஆழ்மனதில் இருப்பது சந்தோஷம் தான். அதை தேடி அனுபவித்துக் கொண்டே இருங்கள்.

29. உங்களுக்கு எது சந்தோஷத்தை கொடுக்காதோ, எது அழகை கொடுக்காதோ நிம்மதியை கொடுக்காதோ அதை நீக்கிவிடுங்கள்.

30. எந்தச் சூழ்நிலையும் ஒரு நாள் கண்டிப்பாக மாறும் என்பதில் நம்பிக்கை வையுங்கள்.

Attention



The Province Media Team is very excited to announce the newly designed website of Good Shepherd Province Sri Lanka / Pakistan. A re-customized website is available now at the ULR **www.gssslpk.com**

The goal of this website is to provide the viewers an easy way to browse information on our service as Good Shepherd Sisters whose mission is to communicate, the reconciliation and compassion of God.

The website is interactive and gives better access to browse information of all ministries we are engaged in. we will be constantly updating our content with resourceful articles, newsletters, announcements, latest news and upcoming events of our Province.

We hope you will enjoy our Province Website with its fresh look. We request you to send us any relevant news, articles or the events of your ministries to be published in the website. Please contact **gssslpk@gmail.com**

You are also 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 July 2021 to: **newsletter@gmail.com**





Departed Sisters

- Sr. Mary Juliana Brown (30.01.2021)
- Sr. Mary Augustine Fernando (21.02.2021)



Departed Family Members (January–March 2021)

- Sr. Irangani's - Father
- Sr. Gananaseeli - Mother
- Sr. Sherine's - Brother
- Sr. Miriam's - Brother
- Sr. Rohini's - Sister
- Sr. Magdalene Francis's - Sister

Congratulation

Celebrating Diamona Jubilee in August & September



Sr.Winifreda



Sr. Benignus



Sr. Paula



Sr. Thecla

Celebrating Goled Jubilee in September & Desember



Sr. Janet



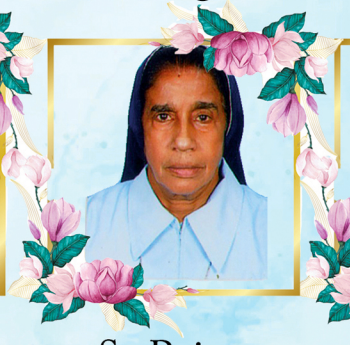
Sr. Magdalene



Sr. Ranjani



Sr. Kamala



Sr. Rajes



Sr. Noella

Celebrating Silver Jubilee in June



Sr. Rose Mary (CGS)



Sr. Remoshini



Sr. Annette



Sr. Niluka



Sr. Iolanthi