NEWSLETTER

Province of Sri Lanka / Pakistan | *Issue: September 2021 / Volume: 33*



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Attention…

You are invited to pen your thoughts and experiences of your shepherding journey in the province newsletter which is a splendid platform to express your views. Please send your articles before 1st December 2021 to *newslwtterrgs@gmail.com*

MESSAGE FROM THE PROVINCE LEADER

Open Wide Our Hearts: The Enduring Call to Love

Dear Sisters and Partners in Mission,

We as a Province were given a golden opportunity to experience the power of UNITY and STRENGTH in the recent past. It was a time we as a family faced the most challenging situation – struggle between life and death with COVID – 19. We experienced the compassionate beating of the hearts of our own sisters embracing the most vulnerable risking their own lives. Even now, the sisters are at the fore front at Serene Pastures in our "Mini Hospital" taking care of our own sisters, taking turns, coming forward in order to safeguard lives. This is a moment the "Shepherd" needs care, love and attention of the family of its own so that they can joyfully return to their flock to minister to them.

I greatly appreciate our own, ever willing and ready to move at the expense of their lives. We see a ray of hope in the midst of dark clouds. We are in safe hands!

Our history is filled with incidents where we have achieved things that we weren't able to achieve individually. "Unity is Strength" Today we stand on the shoulders of our descendants who sacrificed much for our well-being; we still continue in this struggle. Thus WE are called to continue the legacy of our descendants.

We cannot exist in isolation. We need to give this a serious thought because due to the destructive Pandemic we have isolated ourselves from the outside world and people around us.

Today's developmental challenges are well-known. Economists have found themselves in deep trouble and the level of poverty is rising in most parts of the world. Wars are being fought amid great injustices with income inequalities in some of these countries widening. It is now clear that we must advocate greater unity locally and globally to solve these problems.

The future is uncertain and risky. Today's call is to think 'big' and dream 'big' having HOPE in our minds and hearts. In this way we will be able to achieve more than what we could have ever imagined.

Unity and uniqueness are integral and consistent to the composition of the universe. The world around and the skies above reveal the Creator's work, a tapestry of creation that abounds with harmony and diversity. The world He fashioned overflows with originality and there are distinct markings of diversity, yet all the differences are held together in consistent unity.

Amidst all storms we need to journey towards our desired future the directions we set for the Province. To fulfil this task we need a clear vision, creativity and above all the ability to know and hear the "whisper" of God – His Divine Will .

Let us hold each other's hand, become one in heart and mind, leaving aside past hurt feelings, memories which take away our energy. With the Pandemic we all know that days are numbered for every human being. We cannot waste time harbouring negativity, anger and resentment. This disposition affects our health; it will low down our IMMUNE SYSTEM. Therefore let us keep ourselves healthy, happy immersed in compassion towards our suffering humanity.

Let us "*Keep calm and carry on*." Fred Rogers says "*Often when you think you're at the end of something, you're at the beginning of something else*." It speaks to this time at the beginning of a new era, without any negative connotation.

Sr. Maryanne Perera
Province Leader
Sri Lanka / Pakistan

With Grateful Hearts

Sr. Bernadette Fernando and the Community of Mahaiyawa.

Our unexpected battle with Covid 19 began on 9th August, with the admission of Sr. Magdalen to the Hospital due to a whooping cough. There she was tested positive for Covid 19. We had to take immediate action by informing Sr. Maryanne our Provincial, Bishop of Kandy and the PHI. On 11th August the PHI and his team did the Antigen Test, and found that some of us too were positive. A few days later fifty-six of our inmates were also found to be positive. Admitting our helplessness, I appealed for help from the province.

I thank and praise our Shepherd God for His Love and Providence.

My heartfelt gratitude to dear Sr. Maryanne our Province Leader and her team for the prompt action taken by sending sisters to help us. I appreciate the courageous presence of our dear Sr. Siriyapushpam, Sector Councillor, and sisters Kamani, Vinitha, Nilanka, Irangani, Nilmini, Priyangika, Wilma, Amirthani and Ruth. They were 'Angels indeed' who took over the work as genuine shepherdesses not knowing the gravity of what they were stepping into. They were our Nurses: washing, cleaning and feeding our inmates, maintaining fever, BP, and Saturation charts. After brief instruction from the daily visiting physician, Dr. Gajendra, our sisters were able to give Oxygen to the patients and nebulize them. They cleaned the wards and surroundings. They had to put in a big effort to evacuate our inmates to two intermediate Covid centers and four hospitals. Twenty of our bedridden inmates who need 24-hour attention remained with us at home.

We are deeply grateful to Dr. Raphael, who visited us from Colombo together with Srs. Nilushika and Nishani to enhance our medical attention. We appreciate the encouraging and healing presence of Dr. Raphael who risked himself to enter our premises to support us. A big thanks to Sr. Francine and the community for taking care of our needs especially when Sr. Magdalen was in hospital and giving her necessary aftercare, by accepting her to the Kandy Convent. The ashes of our beloved Sr. Angela Pieris was also given a respectful burial in the cemetery of the Kandy Convent.

Sr. Chandrika worked hard as our coordinator. She contacted all medical and government officials and helped us to evacuate our inmates to the respective places. She took all the details and coordinated with us efficiently. The difficult task was to face the Mortuary, the Coroner and the Police officials on our behalf. We extent our gratitude for her excellent coordination and for making arrangements to get the ashes of our dearly beloved Sr. Angela Peris. We thank Sr. Cecelia who volunteered to take care of our meals. She coordinated with the benefactors and fed us for one month. We know how much love and effort she put into this great act of kindness.

We thank each sister in our Province and our Congregation for your love, concern and prayerful support. I thank Fr. Abraham, Parish Priest of the Kandy Cathedral, who stood at our gate to bless and pray over our beloved departed inmates. He was much concerned and supported us.

We thank the Bishop of Kandy and all the priests and faithful for their blessings and generous help towards our daily needs. Thank you to all who supported us both locally and from abroad in many ways especially providing oxygen tanks, oxygen concentrators, nebulizing machines, sanitizers and medicin. We are very grateful to them. May our Blessed Mother Mary lead you to the presence of Her beloved Son Jesus the Good Shepherd.

A beautiful Gaze Merciful Eyes

Sr. Vinitha

Thank you for your merciful eyes.
They have opened my eyes of mercy.
Your repeated words of '**thank you**',
Made each moment to wait for a while to think of my journey.
Your feeble hands and weary fingers had a glorious encouraging touch
I was so tired, felt like missing something on my face.
Your smiling faces reminded me what I was missing.
You reminded me to **smile**, I smiled gladly.

You raised me up and blessed me to be merciful for some more minutes.
My ears longingly listened to your kind words.
A different call within….
Every thought and deed made me Still, Wait, and Renewed…
How really precious being in love with our experiences.
I just heard within….
Dwell on this beautiful opportunity.
Bring, give some music to it, Little more dance to it.
Its sunshine. It is the triumph of truth.
We all are beautiful raising each other.

Dear Sister Angela, I didn't know that it was the last day of yours…
We entered each other's life.
You taught me to be thankful for everything,
Saying; "Thank you" As your last word
It's Amazing.
That beautiful moment is still alive in me…
And makes me grateful.

God's creativity of unfolding each one's life is Amazing.
All have many stories in life.
Every one of them is so beautiful.
So perfect and has a greater purpose.
To be connected with one another for many reasons.
Isn't it an amazing journey...

"God does not break the crushed and bruised reed,
nor quench the wavering flame,
Faithfully He brings true justice"

Words of Spiritual Nourishment

Sr. Mary Frances of Rome

Pope Francis addressing consecrated men and women on 18th January 2018, said, "We want to tell the Lord here we are and renew our "**YES**" to you".

We are grateful to Sr. Maryanne, our Province Leader who always shares some words of Spiritual Nourishment quoting from Pope Francis and also Fr. Aloysius Pieris in her letters. This allows us to look at our own lives, and see if we live our consecrated life saying "Here I am Lord. I renew my "**YES**" to you now and always." Through the reminders of Sr. Maryanne, we are guided and helped to live the essentials of a life of consecration as mentioned in our Holy Constitutions.

Today the world is marked by modernization, social communication and promotion of technological influences. Pope Francis once again on the 22nd world Day of consecrated Life said, "We close doors to our brothers and sisters, but our internet connections are always open. We look at the screen of our cellphone, more than the eyes of our brothers and sisters, or focus more on our software, than on the Lord. These brothers and sisters are given to me by God as a part of my congregational History. They are waiting eagerly to have a true dialogue which involves both giving-receiving, speaking and listening. We need to accompany one another daily in our communities, keeping the Lord always at the center."

Pope Francis continues to say that an Institution remains youthful by going back to its roots. The young are called to open new doors, but the elderly have the keys. They lived over the years in a fruitful journey of their history preserving the identity and cherishing the charism of the Founder/ Foundress. They are not prisoners of age –old traditions. But the rich tradition they hold can be an integral part of modernity. Modernization may be adapted to an extent in a balance way.

Today even the elderly want to see things differently, fully renewed and nourished, because our lives is the story of the journey. There are many people who make history. But there are only a few people in the world who become History. St. Mary Euphrasia has become History because she walked with the Lord and also with her daughters. Jesus is the representative of Salvation History. Therefore, we need to know our past and our history in order to be grateful for all the gifts we continue to receive through our consecrated life as a Good Shepherd.

Laudato Si' Goals and Green Community

Eco Friends

Good Shepherd Convent Rambewa, Anuradhapura, exhibits the Laudato Si' Goals written in English on strips of timber at the entrance to the Convent. People who visit us inquire about it and those who know English stop and carefully read. We are now aware of the interest of many, to know more about it. Even the Bishop of the Diocese who visited the convent recently was very keen on reading it. Already a priest has requested a translation for his parish.

Here, the sisters have developed a model home garden. Therefore, the mothers in the vicinity are interested in following the sisters example. In the compound there are captions written in the local language to inspire those who enter the garden. This garden also provides fresh vegetables and fruits. The sisters make the compost for their plants and maintain a poultry farm using the natural environment. There is also a fresh water fish pond. This had been a marshy land filled with stony soil and was not in a favourable condition for cultivation. Knowing the condition of the land, the villagers had discouraged the sister from cultivating it. However, we see the fruits of hard labour and the indomitable spirit blended with the generous contribution of nature loving people.

Good Shepherd Convent Waligampitiya is also one of our Eco-Friendly model gardens, where the sisters untiringly put together their efforts to care for the Earth and restore Mother Earth. Recycling the garbage and preparing the compost for the vegetable garden and then nurturing the soil to give fresh and nutritious fruits depicts the creative response to the Laudato Si Goals – Response to the "cry of the Earth", adoption of the simple lifestyle, Ecological economics. These grass root level activities inspire many women in the village and they too try to follow the sisters. Some neighbours buy the products from the sisters knowing that they are free from chemicals and some sell and earn their income in this way. These in turn contribute to reduce the carbon foot print and thus create a healthy, joyful and harmonious society. Nawanthurai and Walivita communities are also zealously developing their Green Community based on Laudato Si Goals. We invite sisters to write to us and send your photos to share with others regarding our Province Green Journey.

We the Eco Friends Committee of the Sri Lanka province wish to see all our Good Shepherd communities as GREEN COMMUNITIES which promote LAUDATO SI GOALS for total Sustainability.

LAUDATO SI GOALS

1.Response to the cry of the earth
2.Response to the cry of the poor
3.Ecological economics
4.Adoption of simple life styles
5.Ecological education
6.Ecological Spirituality
7.Emphasis on community involvement and participatory action

We thank all the sisters and mission partners who are keen on widening the circle of Nature Loving Force to live the vocation of shepherding God's creation. Email to us about your grass root level activities with photos. to our email address ranianton60@gmail.com

Ecological Wisdom in the Bible

Sr. Pathmini

Celebration of Creation with its wonders in the Bible frequently leads to recognition of the need for responsible attitudes to be adopted toward the environment. For creation to be enjoyed it must be cared for and not abused.

Ecological way of viewing our world is the currency given to the expression 'web of life' or 'web of creation'. The doctrine of the Holy Spirit has received greater emphasis in the Western Christianity as the active Spirit of God that holds all things together. From an ecological perspective the Spirit has been seen more clearly as the sustainer of the web of life. We are increasingly seeing ourselves as belonging to the same interconnected world.

Jesus is indeed a man and part of the human race, but as we know with our ecological eyes, his coming made him part of the web of creation, the web of life. His incarnation as Jesus of Nazareth meant that he visibly and palpably entered not just the human race but total cycle of life, just as we do at our birth. God's coming gives our ecosystem increased significance and value. Jesus' role is seen in creation as binding together all the interdependent strands of the web of creation in which we have our being. The environment – God's creation – takes on greater importance through the face of the Incarnation. In the Gospels there is a fair amount of evidence that Jesus was very conscious of the environment in which he grew up and he related closely to it –mountainous region, fertile river valleys, agricultural region, fresh water lake where fish were plentiful. Jesus' early years draw attention to the fact that He, like other boys of the region closely related to the natural world as he grew up.

Jesus bids us *"Look at the birds of the air…consider the lilies of the field... (Mt.6:26).* He tells us to take the time to look, to consider nature in our day with an ecological eye. For a thing to become interesting all you have to do is to look at it long enough. Only after we have done that should we seek to draw lessons for human living. The world is an amazing place!

*Your heavenly Father feeds them…*It is clear that Jesus is conscious of the hand of God in the natural order. The psalmist in Psalm 24 states that the earth and its fullness certainly are the Lord's.

God's coming gives our ecosystem increased significance and value. The Incarnation serves to socialize the whole creation because of the intimate involvement of the Son of God with it. If God confirmed the sacredness of creation through the presence of Jesus within it, the very least we can do is to treat creation with respect and care preventing every form of abuse.

In the early Church there was also a strong tradition presenting Jesus Christ as having interest and authority beyond the world of human kind. This is a tradition

of what is termed the 'cosmic Christ', Christ and the cosmos. It is a tradition that largely avoids anthropocentrism, one that links Christ not just with humans but with the whole creation.

In Him all things in heaven and on earth were created, things visible and invisible (Col.1:16-17, 19-20)

It is stated that all things were created and are sustained through the cosmic Christ. The reconciliation referred to in this passage goes beyond human affairs. For too long we have regarded the environment as something to be fought, conquered and tamed rather than as something with which we should be reconciled and with which we should collaborate. Through following the vision of the cosmic Christ, it proposes we may cooperate in fulfilling these goals which ultimately reach their achievement in Christ.

When God finished the work that he had done and he rested on the seventh day… (Gen 2:2). T

he first strand is God's unalloyed joy in the contemplation of the creation of the previous six days - God's enjoyment of the results of creative activity. The second strand is the rest from labour to permit this enjoyment. So the first lesson we can learn from the Sabbath tradition based on Genesis is that we have divine encouragement to stop and enjoy our environment leading to an enhancement of our perception of the beauty of our world. One cannot genuinely admire creation in all its variety and then pollute and despoil it.

The wolf shall live with the lamb; the leopard shall lie down with the kid… (Is. 11:6-8)

It is not the animal species that are at peace with one another. Humans are also in this idyllic picture. Isaiah is simply presenting in nature a principle of harmony suggesting that harmony with the natural order is an ideal to which we should aspire since the natural order is 'God's good creation'.

To see a world in a grain of sand

And a heaven in a wild flower

Hold infinity in the palm of your hand

And Eternity in an hour

If this Poet William Blake could aspire to see heaven in a flower then it is perhaps not too fanciful for us and other people to see in our gardens an expression of the religious and community values that we hold.

Mothers' Association of Kusum Sevana

Sr. Prasangika Fernando

A half a day programme in commemoration of International Women's Day, was held on 10th March 2021 for 50 women of the mothers' Association, in Kusum Sevana Slum Community Development Centre. The main objective of organizing this programme was to make clear to the women the importance of the role of women, in a family unit in saving for the future and also specially at a crucial time such as this.

The eloquent guest speaker from the Human Resource Department of Star Garments Katunayake, was invited to motivate the women on financial literacy and give them an awareness on how to face the impact of Covid 19 as slum dwellers & to be economically stable in such a situation. The majority of them had lost their jobs and avenues of income during this period and suffered from hunger and starvation. At the same time, they spoke about the dignity and the role of women and how to uphold it while living in a congested shanty hut, where there are no basic needs, sanitation, education, privacy etc.

Henceforth as this was the immediate need of the pandemic time, we arranged with the nearby NSB bank to open new Vanitha Wasana savings accounts for all the participants, depositing Rs 500/= for each. They were motivated to save something for the future from their daily income applying the concept of teaching them to fish rather than giving them fish.

We are very grateful to 'Talitha Kum Sri Lanka' for their generous contribution in sponsoring Rs 20,000 in opening these 40 bank accounts. Furthermore, we are grateful to Sr. Madonna Wimaladasa who arranged this valuable gift to help uplift these marginalized and vulnerable women in this slum community.

The women were indeed happy to receive new bank accounts and were delighted with the very inspirational and motivational programme and an evening of fun and laughter with their peers amidst the stress and anxiety of the pandemic. They returned to their homes pledging to save some amount every month.

Vocation Mission Promotion via Online Platform

Sr. Surani Karawgoda

The approach of Vision Mission Promotion (VMP) during the past few months has been an exciting experience for everyone. The global epidemic was a challenge to our activities as well. Despite its drastic spread which is a threat both to human life and contact we at VMP embraced the situation with all positivity. It was a new experience in using technology and creating an online platform to stay in touch with the young candidates throughout the country. The sessions conducted were interactive. It became apparent that these sessions brought encouraging perceptions removing negativity regarding technological advances.

During the season of Lent, a session was conducted by Sr. Shamindani to share a Lenten message. On the 24th of April Sr. Shirani conducted an enthusiastic session in celebration of the Feast of St. Mary Euphrasia. In addition to that the daily reflections, we shared with the candidates who have made remarkable positive changes with the audios and videos.

Every Saturday and Sunday we meet online for Gospel Sharing where inspirations and reflections are exchanged. We also use this opportunity to speak with the parents of the candidates and their siblings which is welcomed with great appreciation. We assist the candidates to adjust themselves to the new normal situation and deepen their connectedness to the Shepherd Lord who has called them to follow Him.

'Though the old stars burn out and die, look to new horizons and even beyond'

- St. Mary Euphrasia -

The Generative Designers Committee

The dream of looking to new horizons bloomed into reality when the 19th Chapter Directives called for revitalizing of the present structures of our province to foster mission effectiveness.

We started our journey by renaming 'The Restructuring Committee' as 'The Generative Designers Committee' which gave vigor to its members to work with great passion and enthusiasm. In our dreams on how to create a vision for the committee, flashbacks of the Province Chapter Echoes strengthened the members to initiate courageous steps.

The team realized that restructuring is a great need for mission effectiveness and in the process the individual person is most important. We also saw the urgent need to concentrate on one's attitude and consciousness on the six main areas of religious life namely Spirituality, Community Life, Vows, Formation, Prophetic Mission and Leadership.

Religious are not meant to be builders and maintainers of institutions. They are to be pioneers to new approaches to the new problems of the day, in responding to new needs with relevant responses to meet those new needs to help solve new problems.

When St. Mary Euphrasia desired her sisters 'to look beyond, even beyond the horizon' she meant that we are called to break through the geographical boundaries - traditional and attitudinal, in order to embrace the whole.

The initial stage was to give a positive outlook and clarity to the individuals about restructuring and to get all involved in the process with large hearts and broadly open minds. Awareness programmmes for the communities were conducted introducing the vision and objectives of the committee to bring a deeper understanding and a sense of the personal responsibility. As an initial preparation, the committee conducted five zoom sessions during the months of February and March 2021 to bring about awareness about restructuring and facilitate the sisters to look beyond the horizons.

Each sister in the province was invited to dream and awaken to the new realities that are challenging and life giving with a quotation from Carl Jung: "Your vision will become clear, only when you can look into your heart, who looks outside dreams, who looks inside awakens".

Birthing to Interiority-An invitation to Change of Life!!!

'Sisters participated to Birthing into Interiority process'

'Birthing to Interiority', was a renewal programme conducted for sisters between 10 -15 years of Final Profession of the Sri Lanka/Pakistan Province, held at Serene Pastures, from 04th – 30th April, 2021.

An exciting tunnel of so many unique compartments was prepared by the members of the committee with a variety of things symbolising both the positives and negatives of many stages in our day-to-day living. This created much curiosity urging us to gradually enter into a glorious heavenly experience. Sr. Nishanthi, the co-ordinator, together with the members of the committee warmly welcomed each one of us and gently paved the way for us to enter into the process with places for drawing, moulding and music.

Sr. Dhammi invited us to reflect on 'the Twelve Radical Steps of Humility towards a Wholistic way of living', by Joan Chittister. Sr. Maryanne Perera, our province leader, challenged us and helped us to ponder on the virtue in the light of Philippians 2: 6 – 11, and invited us to follow our true model Jesus, who was obedient unto death, a call for servant-leadership. Sr. Nishanthi encouraged a journal writing.

Every morning Sr. Celinta conducted guided meditation and exercises. Sr. Josita addressed us on Birthing to Interiority - a wonderful explanation on the comparison between the birthing process and the process of spiritual unfolding. Fr. Chrishantha OMI directed the four levels of healing that is spiritual, mental, emotional and physical. We also followed a session on new life mission communities and inner child healing by Fr. Rex Constantine, CMF focusing on our family history: an important factor for our growth and community living. Knowing our inner child would help us to enter into our interiority. Therefore, reclaiming, releasing, reconciling and re-parenting our inner child in the past helped us find our true identity. Sr. Timali, HF, conducted a session on sexuality - with threads of connections to the session on inner child healing.

Miss. Patricia enlightened us on the importance and ways of integration through social media. Sr. Francine helped us to dwell on the thirteen practices of servant leadership and to be 'grace-companions'. Sr. Marie Swineetha shared with us the passion, inspiration and importance of spiritual direction according to Fr. Selvarathnam OMI. We were encouraged to realise the importance of spiritual direction, counselling and the sacrament of reconciliation.

The programme came to an end with the retreat on 'Awareness of God within us' by Fr. Sanjeewa Fernando, SJ.

The bonds, togetherness and sisterly-love were strengthen on our day-out when we visited 'Miracles' an ideal place to relax and refresh. We enjoyed the company of each other a great deal. Though we dispersed to communities on the 30 of April, we continue to come together virtually to pray, to wish and to extend the bond of togetherness especially on our Feast days. We created a group among ourselves to moderate the re-birthing process. We are continuously motivated and guided by the Continuing Formation Committee.

We thank Our Province Leadership Team who initiated this programme together with the members of the Committee for their wonderful sisterly support. We are also grateful to our communities for releasing us for this wonderful experience. Indeed, we are very fortunate to have been participants of this enriching programme, which enabled us experience a spiritual re-birthing!

'SEE THAT FAN'... A Motivational Programme

Sr. Gayathri Alwis for Member of the Child Care Committee

'SEE THAT FAN' a motivational programme was organized by the Child Care Committee, for all the programme participants of our Child Care Centres. It's a blessing to our Good Shepherd family in Sri Lanka, to receive the support, knowledge and above all, the good heart and generosity of Mrs. Kanchana Hettiarchchi, who accepted our humble request to impart her knowledge and apply her ability to motivate our children, especially during this pandemic situation. Being a teacher, counsellor, and a programme conductor for long years, she has vast experience and a desire to give herself to uplift the lives of our children.

Three sessions were conducted, in three categories, namely Grades, 6-8, 9-11, and post O/L. The responses of the children were very good. They participated enthusiastically in the activities, by which they gained knowledge and enlightenment for their lives. Although it was a new experience for the children, they adapted themselves cheerfully to this virtual gathering. This was the beginning of a long process, in which the children benefited immensely in building up their personalities, gaining confidence to walk towards their goals and strengthening their relationships as they interacted with one another.

We cannot forget the support we received from the Province Leader, Sr. Maryanne Perera, who showed interest by attending all the three sessions and conveying her message to the children. One of the key points of her message was the assurance she gave the children that she is available to them at any time. Her love for the children was remarkable and they expressed their gratitude.

It is a pleasure to extend our gratitude on behalf of all the CDCs, to our dear Srs. Dinalika and Roshanthi, the link counsellors and the leader of Child Care Committee along with the members for their untiring efforts in making this dream of organizing a meaningful programme for the children a reality.

School Day Celebrations of Good Shepherd Convent, Panadura.

Sr. M. Sithumini Fernando

Good Shepherd Convent, Panadura was initiated by Rt. Rev. Thomas Cooray OMI then, Archbishop of Colombo. He realized that the Panadura being a predominant Buddhist area required a Catholic School. On the 2nd of February 1953, Rev. Fr. Alex Ranasinghe, the Parish Priest of Panadura, with the assistance of the Good Shepherd Sisters, started a primary school at Gunananda Mawatha, in a temporary house donated by a Buddhist native doctor. It was the first institution conducted by Sr. Mary Albie the Superior, Sister Philomina and, three other teachers.

Later, on the 2nd of July 1953, a new building was constructed at the present school premises and classes were conducted for 33 students. Due to lack of space and the increasing number of students, Sr. Superior Mary Cuthbert Maconeli purchased the adjoining land to expand the school premises. The school was registered as a Catholic school in 1954. On the 31st of July 2021, we celebrated the 67th anniversary of Good Shepherd School, Panadura.

Usually, we have our school day celebrations in the school main hall with the Principal, Teachers, Students, Guests and Well-wishers. Since the present situation in our country prevented us from coming together in school, we collectively created the idea of a virtual celebration of school day via zoom platform.

The different units, such as the Rose Virginia club, primary section, English club, media unit, and Past Pupil Association were given responsibility in spite of being miles apart from each other, to come together for a single goal to honour our school. It was a series of programms organized by the school, from 26th to 31st July.

We began our programmes making maximum advantage of technology to connect globally. We were able to stream a live programme on YouTube, which was witnessed by people all around the world. Many past pupils who loved Good Shepherd Convent Panadura were able to view a school day celebration after many years.

We thank Our Heavenly Father for the numerous blessings we received as a school on this special occasion. Together with the Principal the Staff, and Children we are grateful to Sr. Velani de Silva, Ms. Ishani Madusanka de Silva - in service teacher advisor Panadura division, Ms. Esala Malawithanthri, - the Master Trainer at Zonal Education Office, Kalutara, Mr. Mahinda Namal, and Mrs. Anusha Gokula Director for the Department of Cultural Affairs, who shared their wisdom joininged our programme during the week. On the Birthday of St. Mary Euphrasia, we rejoice with her remembering her words - “My dear Daughters! You are the crown of my Joy”.

'Poverty is not a barrier for those who want to achieve'

Mr. S Dinushan
The Community Facilitator
Balangoda Good Shepherd Child Friendly Safe Space

It was not until the Covid 19 pandemic began to spread rapidly that we have come to believe that we are in control of our lives. Ultimately, our trust has to be in something more than we can ever find here on earth. Finally, God alone is our security; He is our refuge and our strength, a helper close at hand in time of distress.

Creating A Sacred Space and being in solidarity with people, Good Shepherd Child Friendly Safe Space Community Facilitators with the Balangoda Community joined hands together to say; *"POVERTY IS NOT A BARRIER FOR THOSE WHO WANT TO ACHIEVE".*

The beauty of Nonpareil Estate fascinates anyone, especially the minds of many who live in the city. Nonpareil is located in a rural area of Balangoda. Here the main livelihood is the work on the estates and in the tea factories. We discovered that the people working on the estates faced many problems in their day today living.

The estate is located at a long distance from Balangoda town and transport services are scarce. The salary earned by the workers is insufficient for the daily sustenance and wellbeing of the family as well as to attend to the educational needs of the children. In order to supplement the economical level of the family most of the women have found foreign employment. These factors have been the cause of children being deprived of care and concern of their parents which hinders their education. This is the reason we have focused our attention to this area.

The main objective of our visit was to help the students to obtain their Education at a school accessible to them. We donated books related not only to their syllabus but also to their life development. Though the present pandemic situation has made online education a necessity, the children from the estates are not in touch with it due to poor internet coverage and their parents' inability to provide the required devices.

Having in mind 'that today's students are tomorrow's future' we decided to donate some special holiday task books to these students of this area. We also donated some dry rations to the few isolated families. This act of love reminded us of our interconnectedness with one another.

Learning to live with The New Normality

Sr. Martina Raj Fernando for Counselling Committee

"Look to new horizons and even beyond" inspired by this saying of St. Mary Euphrasia, Sr. Dinalika Perera, the link Councillor, encouraged the members of the counselling team to look to 'new avenues & new horizons'. Taking into consideration the request made by the sisters-in-charge of the Child Development Centres, we have taken a new step in conducting on-line Counselling sessions for our Children in need. The provision of professional mental health counselling services through the internet is a newfound schema to us, in helping our children in person through counselling.

Prior to the interaction with our children through e-therapy, we got advice from experts who are already on-line counsellors about the computer aided technologies and their use in counselling services for individuals. After these discussions we realized that the on-line individual counselling wasn't a good match for children therefore, we decided to do group web counselling sessions for our children.

The new pathway which is on-line group sessions' is a new replacement for the official visits to the Child Development Centres. Although this is a simulation and not actual counselling, the demonstration of on-line communication for counselling is an asset to us to reach out to children who are stressful in their environment.

These virtual meetings help them in age groups to release themselves with activities and the yoga practices to re-live their lives with renewed energy.

These sessions fill the unmet needs of our children at least to some extent; as commonly said, 'something is better-than nothing' during this period of the pandemic when we are unable to reach-out physically. Although these on-line sessions do not guarantee a right match for the therapeutic needs of the children, they become a means of maintaining emotional balance. Thus, we continue to look to new horizons and even beyond with this new normality.

Journeying with the Funding Partners

Sponsorship Committee

Our sponsors and funding partners have played an important role in supporting us in carrying out the mission of the Good Shepherd during the past years with their generosity and encouragement. We are grateful to them for their concern towards our mission to women and children at the margins. Mary's Friends Foundation is one of our main sponsors who have journeyed with us for more than 40 years.

Beginning of Mary's Friends Foundation

In 1977, Steinar Opstad together with Arne Fjørtoft visited Sri Lanka. Where he saw a deprived, child who had been abandoned outside a convent being picked up by a sister. After a conversation with her, Steinar decided to help the little child with some money, food and medicine. The child was named Mary.

Two years later, Steinar brought a group of Norwegians back to Sri Lanka, where they visited a cheerful and healthy Mary. The group was touched by the poor living conditions of many children in Sri Lanka. On their return to Norway, Steinar and Anne Marie decided to help more children like Mary, forming an organization as Mary's Friends. This was with an opportunity for direct and personal contact between each sponsor and child.

During the past 40 years of journey Mary's Friends have provided financial aid and support to children and youth living in poverty in Sri Lanka, Thailand, Bangalore and India.

We, the sponsorship Committee of the Province of Sri Lanka/ Pakistan organized a virtual meeting with the Mary's Friends Foundation. The objective of the meeting was to discuss the failure to meet a certain standard of the sponsorship programme, refresh the procedure and guidelines and to improve the sponsorship programme. The meeting was held on the 3rd of May via Zoom.

Sr. Dinalika - link councilor for ministries, all the members of the sponsorship committee and the sisters of all the institutes funded by Mary's Friends Foundation participated in this virtual meeting. Mr. Asitha Fernando – Resident Representative, Mr. Asela Karunaratne – Administrative and Finance Officer, Mr. Maithree Shanthiratne – Project Officer, participated in the meeting on behalf of the Mary's Friends Foundation. They shared their expectations and experience working with us in our institutes and sisters had the opportunity to raise their questions for better understanding.

Refreshed by the discussion we strive to work together to help many more young girls and women in need.

Chiming so merrily… Ringing so cheerily

Sr. Iolanthi Nicholas

Silver bells began gently chiming in the hearts of the sisters Rosemary, Remoshini, Niluka, Annette and Iolanthi. From the beginning of this year we were awakened to a desire for spiritual renewal before the celebration of our silver jubilee of profession. We discussed the possibility of coming together for this purpose for 2-3 days at Serene Pastures concluding with the Eucharist celebration.

As the threat of covid-19 heightened we proposed a virtual gathering which Sr. Maryanne agreed to. Together with Sr. Josita the members of the Continuing Formation Committee (CFC), Srs. Dhammi, Francine, and Celinta accompanied us wonderfully and generously with great passion on the theme of *"Celebrating God's Presence on our Journey".*

Sr. Celinta addressed us enthusiastically on the 28th of May. Together with us she recalled how she had accompanied each one of us during the early stages of our formation. She was overwhelmed with joy as she took pride and pleasure in our response to the call. Joy filled our hearts at the manner in which she spoke to us inviting us to recall significant events in our formation. We were glad that we had the opportunity of accompaniment, which in deed was so unique and enriching.

From the 3rd of June onwards we received various inputs. Sr. Josita addressed on the 'Good Shepherd Call-Religious Life and Vows'- based on the scripture, instructions of St. Mary Euphrasia and St. John Eudes and the writings of Sandra Scheiders.

Sr. Francine shared on 'Communion in Community and Spiritual Leadership' which blended with multiple experiences. Sr. Dhammi shared on 'Spirituality for Mission'-in which she emphasized that the mission is an outcome of our spirituality.

On the 6th of June, Sr. Maryanne addressed us on 'Consecration' helping us to reflect on the parable of the wise and foolish virgins and the importance of the promises we had made. Sr. Celinta initiated a meaningful evening prayer service on the 7th of June. All the members of the CFC and the members of our communities were present representing the province.

Our time of joyful preparation reached its climax with the celebration of the Eucharist which took a very simple manner on the 8th of June. We experienced great serenity - in a nut shell; More the simplicity; deeper the inner peace and joy.

'Oh, what a wonderful, wonderful day; - a day we shall ever relish and cherish.'

We are grateful to all those who contributed towards enriching our lives in numerous ways through the past years and to our communities for the immense love and sisterly support to make our jubilee celebration a memorable one. Thank you all of you for uniting with us in prayer and for all the surprises that cascaded through a variety of wishes.

Thank you and God bless you all.
Srs. Rosemary, Remoshini, Niluka, Annette and Iolanthi

Reflect Research Refresh

Sr. Marie Iolanthi Nicholas

Re-cap: -

The '**Green Parlour**' in Nayakakanda, was **converted to the Province Archives and Museum**; not only taking a new shape but also a new name; '**Reflect, Research and Refresh**': on the 21st October 2019 by the former Leadership Team.

Vision and Mission statements are very important. They are best described as a compass and destination of institutes and organizations. The preparatory committee of the province Archives and Museum modified and formulated statements on Vision, Mission, Objective and Function which is displayed on a single board.

Our Vision

To make our Congregation Universally Known

Our Mission

To maintain a connectedness between the past, present and future of our Congregation in Sri Lanka by capturing the lives, stories and what people have meant to others and preserve them along after memory has faded.

Main Objective

To make information available to researchers, users and other stakeholders accessing documents and artifacts in an environment that is designed to protect and preserve; also to display the artifacts that our Sisters used to celebrate and acknowledge the importance of divine intervention.

The Function

The function of the Archives and Museum is to receive regular records and conserve the records of information for the present and future generations.

"I can say from the very first day of my entering religion, I was so eager to know the beginnings, the origins of the Order and all that concerned it, that when I was a Novice at Tours, I always sought the company of older Sisters to converse with them…" St. Mary Euphrasia – Redemption, 3rd print, page 71

To be continued.

උපන් දින තෑග්ග

ගරු. සරෝජිනී කන්‍යා සොහොයුරිය

අපගේ සාමාන්‍ය ජීවිතයේ වැඩ කටයුතු වලින් තරමක් දුරට ඇත්වී සිටීමට අපට සිදු වූ බැවින් එම කාලය ඵලදායි ලෙස ගත කරන්ට අපි යොමු වූයෙමු. ඒ අනුව සාන්ත යූග්‍රේසියා තුමියගේ ජීවිත කතාව නැවත නැවත කියවා එයින් පන්නරය ලැබීමට මම යොමු වූයෙමි. අප අද මුහුණ පා සිටින මේ වසංගත කාලයේ පමණක් නොව, එදා යූග්‍රේසියා මවුතුමිය ද එම යුගගේ දී පැවති තත්වයක දී සෘජුවම දරුණු ලෙසින් මුහුණ පා ඇති අයුරු පහත දැක්වෙන පාඨයන්ගෙන් අපට මානව පැහැදිලි වේ.

'වර්ෂ 1832 දී, ඉතා නපුරු උණ වසංගතයක් ඇති විය. එය විශේෂයෙන් පැතිර ගියේ, පසු තැවෙන්නියන් අතරය. මෙයින් යූග්‍රේසියා මවුතුමි දැඩි ශෝකයට පත් වූවා; රෝගී දැරියන්ට අවශ්‍ය සැප පහසුකම් සියල්ල හැකි තරම් දුරට සැපයිය යුතු යැයි නියම කළාය. එපමණකින් තෘප්තතිමත් නොවී තමාම ගිලන් හලට ගොස් රෝගීන්ට සාත්තු කරමින් සහ ගණනින් බොහෝ වූ කුඩා ත්‍යාග, රසකැවිලි සපයා දෙමින් ඔවුන් සතුටු කොට, ධෛර්යමත් කළාය.

වසංගතය ඉතා උග්‍රව පැවතී එක් දිනක, මවුතුමි සිරිත් පරිදි, රෝගීන් බැලීමට පැමිණ වේදනාවෙන් පීඩිතව සිටි ඔවුන්ට දයාන්විත, ඵලදායක වචන ස්වල්පයක් පවසනු වස් ඇඳක් පාසා මද වෙලාවක් නතර වූවාය.

(ආත්ම බැටළු පාලිකාව.
10 පරිච්ඡේදය පිටු අංක 113-114)
මෙම පාඨයම කුඩා බැටළු පාලිකාව පොතෙහි පිටු අංක 150-151 හි මෙලෙසින් සඳහන් වේ. 19 වන ශත වර්ෂයේ පටන් ගැන්මේදී මිනිසුන් බෙහෙත් ගැනත්, එන්නත් ගැනත් දැන් සිටියේ නැත. එම නිසා ලෙඩ සුව කිරීම ඉතා අපහසු විය.

උණ ඉවරවී ස්වල්ප කලකින් අන්දේ හි ඊටත් වඩා භයානක වූ කොළරා වසංගතය පැතිරුණා. මේ මාරක රෝගයෙන් සෑම වසරේම යුරෝපීයයන් දහස් ගණනක් මරු වසංගතයට ගියා" යනුවෙනි.

එහෙත් එතුමිය දේව විශ්වාසය තුළ සිය බලාපොරොත්තු නැති කර නොගෙන යාච්ඤා ජීවිතය තීව්‍ර කර ගනිමින් දෙවියන් තුළ පමණක් යැපෙමින්, පැමිණි අභියෝග ජය ගැනීමට සමත් වූවාය. ඇය කොපමණ දෙවියන් වහන්සේ තුළ යැදුමෙන් ඒකාබද්ධ වූවාදැයි කිවහොත් යම් යම් සිද්ධීන්, අවස්ථාවන් හා පුද්ගලයින් ගැන ඉදිරියට සිදුවීමට යන දේ ගැන එතුමිය තුළින් අනාවරණය කිරීම සිදු කළ බව එතුමියගේ සමකාලීන සොහොයුරියන් විසින් දක්වා ඇත. එක් සොයුරියක් තමන් අත්දුටු දෙයක් ගැන මෙසේ අනෙක් සහෝදරියන්ට පවසා ඇත." අපේ මවුතුමිය සැබැවින්ම ශුද්ධවන්තියක් වෙන්න ඕනේ. දෙවියන් වහන්සේ ඈ තුළ පුදුම දේ කරන්වා" යනුවෙනි. යූග්‍රේසියා මවුතුමිය සියල්ල දේව මහිමය උදෙසාම මිස තම මහිමය ගැන අල්පමාත්‍රයක්වත් නොසිතා ක්‍රියා කළාය. තවත් විටෙක එතුමිය සිත් හැරීම වෙනුවෙන් යාච්ඤා කළ දැරියක මරණින් මිදී ජීවිතය අත්පත් කරගත් බව පැවසීමට මවුතුමියව සොයන විට එතුමිය සිටියේ පල්ලියේ 'ඔර්ගන්' කාමරයේ මුල්ලේ යාඥා කරමින් යැයි සඳහන් වේ. විටක ඇගේ අනුශාසක පොතෙහි ඇය සඳහන් කළේ "මාලුවෙකුට ජලය නොමැතිව ජීවත් වීමට නොහැක්කේ යම් සේද එලෙසින්ම පැවිදිවරියකට යාඥාව නොමැතිව ජීවත්වීමට නොහැකි බවයි". මෙසේ පැවසුවේ තම පෞද්ගලික යැදුම් දිවියේ අත්දැකීම් මතය.

කොරෝනා වසංගතය නැමති මෙම වරප්‍රසාදීය කාලය තුළ අප මවුතුමියව ආදර්ශයට ගෙන එම අඩි පාරේ යමින් යැදුමෙන් බල ගැන්වී දිව්‍ය සත්ප්‍රසාදීය ජේසු සමඟින් අප දිවි හා අන්‍ය ජීවිතයන් ඵලබරිත කරගෙන දේව විශ්වාසය හා බලාපොරොත්තුව තුළ කොරෝනාව පරදවමු. බැගෑබවේ මෙහෙකාරියන් ලෙස ගැඹුරු අධ්‍යාත්මික නවෝදයක් ඇතිකර ගනිමින් අප හදවතෙහි දොරගුළු සම්පූනට විවර කරමින් මනුසත් වගට සුව සෙත පතමින් යදිමු, සම්බු පාමුල මේ කාලය නිරන්තරයෙන්. 2021 වසරේ ජූලි 31 වෙනි දින සැමරූ අප ආදර මව්තුමියගේ 225 වන උපන්දිනයට පෞද්ගලික තෑග්ගක් ලෙසින් අප එකිනෙකාගේ ජීවිත එතුමිය ගේ දෝතට භාර දෙමු. අප යම්කිසි තෑග්ගක් දෙනු ලබන්නේ ඒ පුද්ගලයා සමඟ පෞද්ගලිකව තිබෙන ආදරය හා බැඳීම මතය. එහි වටිනාකම මනින්නේද එම පුත්ගලයා මට වටිනා නිසාය. ඉතින් මෙවර අප එතුමියට දුන් උපන්දින තෑග්ග කුමක්දැයි මෙනෙහි කර බලමු. එබැවින් පෞද්ලිකවත් පැවිදි හවුලක් ලෙසත්, ප්‍රාදේශයක් ලෙසත් අභියෝග ජයගනිමින්, සාමය සතුට, මිනිසත්කම වපුරන යූග්‍රේසියානු දුවරුන් ලෙසින් සමිදුට ප්‍රසන්නව සමාජානුගත වීමට අත්වැල් බැඳගමු. එවිට එය නවත්තන්නට කාටවත්ම කොහොමටවත්ම බැරිවේවි.

කොවිඩ් වසංගතය හමුවේ පෙර පාසල් අධ්‍යාපනය...

සුගීතා වීරසූරිය ගුරුතුමිය
ශාන්ත අන්තෝනි පෙර පාසල, කටුගස්තොට

2001 ජනවාරි මස අප පෙර පාසල් අධ්‍යාපන කටයුතු ආරම්භ වූ අතර, කොවිඩ් වසංගත වාතාවරණ මධ්‍යයේ කුඩා දරුවන්ට අධ්‍යාපනය ලබා දීම ඉතා අභියෝගාත්මක දෙයක් විය. මේ අභියෝගය මැද 2022 වර්ෂයේ පාසල් යාමට සූදානම් වන සිඟිත්තන්ට කෙසේ හෝ මාර්ගයක් සූදානම් කිරීමට අපි උත්සුක වෙමු.

කොවිඩ් වසංගතයේ නීති රීති අනුව, ඒවාට අනුගත වෙමින් පළමු වාරයේ වැඩ කටයුතු සූදානම් කිරීමට දෙමාපියන් දැනුවත් කරමින් පළමු පියවර තබන ලදී. දූ දරුවන් සඳහා පළමු වාරයට නියමිත බුද්ධි සංවර්ධනය, හසුරු කුසලතා සංවර්ධනය, මානසික සංවර්ධනය, භාෂා කුසලතා සංවර්ධනය, ගණිත සංකල්ප සංවර්ධනය, සෞන්දර්ය හා ශාරීරික කුසලතා සංවර්ධනයට අදාළ ක්‍රියාකාරකම් ගොනුකරමින් සිඟිත්තන්ට මූලික අධ්‍යාපන පියවරවල් තබමින් අධ්‍යාපන කටයුතු ක්‍රමානුකූලව සිදු කරන ලදී.

පළමු වාරයේ ආරම්භයේ සිට දෙවන වාරයේ නිවාඩුව දක්වාම විවිධ ක්‍රම අධ්‍යාපනයට යොදා ගනිමින් දරුවන්ගේ මූලික අධ්‍යාපන සංකල්ප ගොඩනගා ඔවුන්ව ඉදිරියට ගෙන යාමට අපට හැකියාව ලැබිණි. කොවිඩ් වසංගතය හුදෙක් අභියෝගයක් පමණක් කර ගනිමින් එය ආශිර්වාදයට පෙරළා නැවත දෙවන වාරයේ දී රට වසන විට දරුවන්ට අධ්‍යාපනය දීමට මාර්ගගත තාක්ෂණය යොදා ගනිමින් දරුවන් හා දෙමව්පියන් දැනුවත් කරමින් පෙර පාසල තුළ දෙමව්පියන් තුළ ඇති සබඳතාවය ගුරු මණ්ඩලයක් වශයෙන් ශක්තිමත් කරමින් zoom තාක්ෂණය යොදා සතිය මුළුල්ලේම අධ්‍යාපනය ලබාදීමට අපි කටයුතු කරන ලදී.

තාක්ෂණික බාධා හමුවේ වුවද අපගේ අධ්‍යාපනික කටයුතු අඳටත් සාර්ථකව සිදු වෙමින් පවතී. පන්ති කාමරය තුළ දරුවා සමග ගැටෙමින් මුහුණට මුහුණලා ආදරය, සෙනෙහස මුසු කරමින් සුහදශීලීව ලබාදෙන අධ්‍යාපනය පෙර මෙන් සාර්ථක නොවූවද, කේසේ හෝ ගුරු-ගෝල සබඳතාව පවත්වාගෙන යමින් දරුවාට මූලික අධ්‍යාපනය පියවරෙන් පියවර හඳුන්වා දෙමින් කටයුතු කිරීමට අපට හැකියාව උදාවිය.

එවැනි කටයුතු මධ්‍යයේ දෙමව්පියන් හමුවී පන්ති මට්ටමින් zoom තාක්ෂණය යොදා ගනිමින් දරුවන්ගේ සංවර්ධනය පිළිබඳව සාකච්ඡා කිරීමට 'පන්ති කව' මට්ටමින් රැස්වීම් දෙමව්පියන් සමග පවත්වන ලදී. එසේම පොසොන් පොහොය නිමිති කොටගෙන දරුවන්, දෙමව්පියන්ට හා ගුරු මණ්ඩලයට zoom තාක්ෂණය ඔස්සේ අති පූජනීය ධර්ම දේශනාවක් ප්‍රසිද්ධ ධර්ම කථික ස්වාමීන් වහන්සේ නමක් මුල් කර ගනිමින් සිදු කරන ලදී.

මේ කොවිඩ් වසංගත තත්වය තුළ ද අපගේ වගකීම් පැහැර හැරිය නොහැකි බැවින් අප ගුරු මණ්ඩලයක් වශයෙන් මෙම තාක්ෂණික ක්‍රමය මගින් සාකච්ඡා පවත්වමින් දරුවන්ට වඩාත් හොඳ අධ්‍යාපනයක් ලබා දීමටත් දෙමාපියන් අප පෙර පාසල තුළ තැබූ විශ්වාසය කිසිදු අන්දමින්වත් පළුදු වීමට ඉඩ නොහරිමින් එහි ඇති ගෞරවාන්විත බව හා විශ්වාසය රැක ගැනීමට අප නිරන්තරයෙන්ම කැපවන්නේය. නව තාක්ෂණය ඔස්සේ අධ්‍යාපන කටයුතු සිදු කිරීමට හැකි වීම තුළින් නව අධ්‍යාපන රටාවක ට දරුවන් රැගෙන යාමට හැකි වීමත් මේ කොවිඩ් වසංගතය තුළ කැපවීමෙන් වැය වීමෙන් අපගේ පූජනීය ගුරු වෘත්තිය රැක ගැනීමට හා එහි පලදාව දරුවන් තුළින් අත්දැකීමට මෙය මහඟු අවස්ථාවක් විය.

බාධා මැද අභියෝග හමුවේ වුවද, දෙවියන් කෙරෙහි අචල විශ්වාසයෙන් කටයුතු කරන විට උන්වහන්සේ අපට මාර්ගය උදා කර දෙන බව අපි පිළිගනිමු. ඉදිරියටත් මේ කොවිඩ් වසංගතය සමග ගැටෙමින් එය අපේ ජීවිතයේ කොටසක් කර ගනිමින් අපේ දූත කාර්යය සාර්ථකව කරගන්නට අපි කැපවීමෙන් වැයවීමෙන් දේවාශිර්වාදය තුළ කටයුතු කිරීමට සූදානම් වී සිටිමු.

එඩේරික මෙහෙවරෙහි අත්දැකීම් වලින් බිඳක්

ගරු. ශිරානි බර්නදෙත් සොහොයුරිය - තරාල

දහසකුත් එකක් සැලසුම් සිතුවිලි සිතේ දරාගෙන pastoral outreach කමිටුව මගින් සංවිධානය කරන ලද, ගරු ශමින්දනී සහ රසාංගි කන්‍යාසොයුරියන්ගේ සම්පත් දායකත්වයෙන් 2021.01.12 - 2021.01.14 දක්වා තෙදිනක් පුරාවට පවත්වන ලද වැඩමුළුව, අපගේ දූත මෙහෙවර නැවුම් මුහුණුවරකින් හා නිශ්චිත ක්‍රමවේදයකට අනුව ඉටු කරන්නට, එම කාර්යයේ නිරතව සිටින සොහොයුරියන් හට ඉමහත් පිටුවහලක් වූ බවත්, ප්‍රාදේශීය නායකත්ව මණ්ඩලයෙන් ඒ සඳහා අපට ලබා දුන් දායකත්වයද, කෘතඥ පූර්වකව සිහිකරමු. තවද එම වැඩමුළුව නිමවී වැඩිකල්ගත වන්නට මත්තෙන් පවත්වන ලද capacity development වැඩමුළුව ද මේ සඳහා මනා අත්වැලක් සැපයූ බව ස්තුති පූර්වකව සිහිපත් කරමු.

මේ වන විට ලෝකය පුරා රටවල් ගණනාවක පැතිර පැවැති covid 19 වසංගත තත්වය එතරම් බැරෑරුම් තත්වයක නොපැවති බැවින්, වසරේ මුල් මාස කිහිපය තුල අප සැලසුම් කළ පරිදි අපේ එඩේරික දූත මෙහෙවර නව මුහුණුවරකින් ආරම්භ කිරීම සඳහා යම් සීමිත ඉඩකඩක් ලබා දුන් බව කිව හැකිය. මේ වනවිට මා සේවයේ නියුතුව සිටින තරාල ග්‍රාමය තුළ මෙම කටයුත්ත ආරම්භ කිරීමට මූලික පියවර තබමින්, සිදු කරන ලද නිරීක්ෂණ, සම්මුඛ සාකච්ඡා මෙන්ම පෙනුන සහ දැනුණු අවශ්‍යතා ඔස්සේ විමසා බලන කල මේ මීසමට අයත් තරමක් දුර බැහැරට වන්නට පිහිටි, කිතුනුගම, දෙවිදුගම, කිඹුල්විල වත්ත යන ගම්මානවල ජනතාව වෙත විශේෂ අවධානයක් යොමු විය යුතු බව දැනෙන්නට විය.

විශේෂයෙන් එම අවශ්‍යතා අතර, කාන්තාවන් බලගැන්වීමේ අවශ්‍යතාවය ප්‍රමුඛ වූ අතර, පාසල් දරුවන් මෙන්ම නව යොවුන් වියේ දරුවන් කෙරෙහිද වැඩි අවධානයක් යොමු කළ යුතු බවද, අපට පසක් විය. විශේෂයෙන් බිඳුණු පවුල් හේතුකොටගෙන සමාජීය මෙන්ම අධ්‍යාත්මික හා ආර්ථික වශයෙන් ද විවිධාකාර අරගල දුක් කම්කටොළු මැද දිවි ගෙවන කාන්තාවන් ඉහත සඳහන් සෑම අංශයකින්ම බලගැන්වීම සඳහා ස්වයං උපකාරී කණ්ඩායම් (self help groups) තුනක් ආරම්භ කිරීමට අඩිතාලමක් යොදන ලදී. තවද මෙම කණ්ඩායම් වලට අයත් කාන්තාවන් දැනුවත් කිරීමේ වැඩසටහනක් සඳහා අපගේ ඉල්ලීමට නොමද සහයෝගය දක්වමින් Seth Sarana අධ්‍යක්ෂක ගරු රාමනායක පියතුමාගේ කාර්ය මණ්ඩලයේ සම්පත් දායකයින් තිදෙනෙකු අප වෙත එවීම මගින් පෙබරවාරි මස අග භාගයේදී ඉතා සාර්ථක වැඩමුළුවක් කාන්තාවන් 48 දෙනෙකුගේ සහභාගීත්වයෙන් සිදුකරන ලදී. මේ සඳහා මීසම් සේවක ගරු පියතුමන්ගෙන් ලද නොමද සහයෝගය කෘතඥ පූර්වකව සිහිපත් කරමී තවද මෙම දැනුවත් කිරීමෙන් අනතුරුව එම එක් එක් කාන්තා කණ්ඩායම් සඳහා නිලධාරී මණ්ඩලයක් පත්කර ගන්නට විය. තවද ඔවුන් විසින් සතියකට වරක් රැස්වීම සඳහා දිනයක් නියමකරගත් අතර සෙත් සරණ ආයතනය හා සම්බන්ධවී කටයුතු කිරීමටද අවස්ථාව උදාකරගන්නා ලදී.

තවද මේ වන විට තරාල මීසමට අයත් එමෙන්ම කිසිම සමිති සමාගමකට හෝ සම්බන්ධයක් නොමැති විවිධාකාර වූ සමාජ විරෝධී කටයුතුවලට යොමුව, කිසිවෙකුගේ අවධානයට ලක් නොවූ, කොන් කරන ලද බිඳුණු පවුල් හේතුවෙන් විවිධාකාර වූ මානසික පීඩාවන් හේතුකොටගෙන අසරණ වී සිටින නව යොවුන් වියේ දූ දරුවන්ට, ආත්ම අභිමානයක් සහ පිළිගැනීමක් ලබා දෙමින් එම දූ දරුවන්ගේ ජීවිත සමාජයේ මෙන්ම අධ්‍යාත්මිකව ගොඩනැංවීම සඳහා අත්වැලක් සපයමින් ගරු මීසම් සේවක පියතුමාගේ සහ දහම්ගුරු මණ්ඩලයේ ද සහයෝගය ඇතිව, 2021 මාර්තු මස මුල් භාගයේදී YCS සමිතිය ආරම්භ කරන ලදී. ඒ සඳහා එම දරුවන් ද ඉතා කැමැත්තෙන් සහභාගි වීම මෙහිදී කැපී පෙනෙන්නට විය. මෙවන් මෙහෙවරයෙන් අතරතුර ඔවුන්ගේ ජීවිතවලින් අපගේ ජීවිතයට එකතු කරගත් සහ උගත් දෑ බොහෝය. මේ අතර ඔවුන් සමග කල සකච්ඡාවන්වල දී අපගේ හද සසල කළ අවස්ථාවන් බොහෝය. ඒ අතරින් එක් සිදුවීමක් වන්නේ YCS සමිතියට බැඳුණු දරුවකු, එම දරුවන් සඳහා අප කළ පළමු රැස්වීමේදී කියා සිටියේ "සිස්ට අද තමයි පළමු වතාවට මම සිස්ට කෙනෙක් එක්ක මේ විදියට කතා කලේ. කවදාවත් සිස්ටර් කෙනෙක් මා එක්ක කතාකරල නැහැ". අප අපගෙන්ම ප්‍රශ්න කළ යුතු, පිළිතුරු සෙවිය යුතු, අපි අපටම අභියෝග කර ගත යුතු, මෙවන් අත්දැකීම් බොහොමයක් අපට ලබාදුන් මහෝත්ම වූ එඩේරික දෙවි සමිදුන්ට මුළු හදවතින් ම තුති ප්‍රශංසා කරමි.

රංචු ගැසිලා කුරුල්ලෝ

ගරු. මේරි බෙනිටා සොහොයුරිය
ජා ඇල, උතුරු බටගම, කන්‍යාරාමයේදීය

"රංචු ගැසිලා කුරුල්ලෝ ඔහේ පියඹා ගියාවේ..." මෙම පාඨය මා කන වැකුණේ රේඩියෝ වෙනි. ඒ අහම්බෙනි. ඒත් ඇසී ඇත්තේ ගීතයේ පුන ගැයුමේ අවසන් කොටසය. සිතා බලනවිට ඇත්ත නේන්නම්. උන් සැලසුම් විරහිතව ඔහේ පියඹා යන ගමනේදී, පාට වැටුණ, ඉදී සුවඳ ඵල බරිත ගසක වහන්නේ කුස පුරවා ගැනීමටය. කුඩු සාදාගෙන ලගින්නටය. අපට ජේසුතුමා පහදා දුන් වැකිය සත්‍යයක්ම නොවන්නේද?

"අහසේ කුරුල්ලන් දෙස බලන්න, උන් වපුරන්නේවත් කපන්නේවත් අටුවල රැසේකරන්නේ වත් නැත. එහෙත් ඔබගේ ස්වර්ගීය පියාණන් වහන්සේ උන් පෝෂණය කරන සේක."(ශු.මතෙව් 6:26)

විහඟුන් පමණද? සතා, සර්පයා, මත්සයන් ද එලසමයි නිදැල්ලේ, නිදහසේ උන්ගේ ස්වභාවයට අනුව සැරිසරයි. ගහකොළ, සාගරය, ගංගා, ඇළ දොළ රිසිසේ භුක්ති විඳියි. ඒත් බුද්ධිය ඇතිව මැවූ මිනිසා ඒ සියල්ල අභිබවා යාමට ගොස් සියල්ල නැති කරගෙනය. පරිසරය සුරැකීම, පරිසර විනාශ ගැන විද්වත්හු, ගත්කරුවෝ, කථිකයෝ, ගායකයෝ, සිත්තරුවෝ, ආගමික අනුශාසකයෝ හා මෙකී නොකී බොහෝ ඇත්තෝ වරින් වර පැහැදිලි කර දෙති. නමුත් ඒවාට අන්ධය, බිහිරිය, ගොළුය. දැන් දැන් අප වටපිටාවේ ඇති පස, දිය, තුරුවැල් ආදිය විනාශ කිරීමේ ඉමක් නැත. කොතෙකුත් කීවත්, ලීවත් අද ඉන් ඵලක් නැති තැනට ලෝකය ඇද වැටී ඇත. සර්වබලධාරී දෙවියන් වහන්සේ මවා දුන් මේ ලස්සන ලොව, සාගරය, කඳු බෑවුම්, වනාන්තර විනාශ කරමින් සංවර්ධනය යයි උජාරුවට පවසමින්, අහස උසට කොන්ක්‍රීට් වනාන්තර ඉදිකරමින් පරිසර විනාශය, දූෂණය කරා ම ඇදී යයි.

ගමේ ගොඩේ මා මෑතකදී දුටු විශ්මයකි. ඒ වගුරුබිමක් ගොඩකර තැනූ ජා ඇල "ලේක් සිටි "අපූරුවට තිබූ නිවාස සංකීර්ණය, පසු ගිය දා ඇද හැළුණු මහා වැස්සට හිටි හැටියේම යටවී තිබූ ආකාරයයි. තම තමන්ගේ නිවසට පවා යාගත නොහැකිව නිවැසියෝ ලතවූහ. මහා මුහුදු ගොඩකර ඓශ්වර්ය පෙන්වීමට ඉදිවන "පෝට් සිටියටත්" යම් දවසක කුමකින් කුමක් වේදෝයි සැක සහිතය. මෙම කොවිඩ් වසංගත සමයේ මිනිසාට අත්වූයේ නිදැල්ලේ නොව, එකිනෙකට පරයන තමන් සාදා ගත් කුමන හෝ කැදැල්ලේ හුදකලා වීමටය. අර ලස්සන හසරැල්ලටත් මුඛවාඩම් දමා ගෙනය. අප ආදර දෙවි පියාණන් අපට දයාද කර දුන් මේ ලස්සන ලොව, පරිසරය, වටපිටාව අපිවත් හැකි අයුරින් සුරකිමු. රංචු ගැසිලා නිදැල්ලේ, නිදහසේ පියාසර කරන කුරුල්ලන් දිහා බලාවත් සැනසෙමු. සතුටුවෙමු.

50 அகவை வரை....

by Sr. Premy Kulas

நல்லாயன் சபையின் முதன்மை தலைமைத்துவ குழுமத்தின் நெகிழ்ச்சித்தன்மையை மிகைபடுத்தும் வகையில், இதுவரை ஐம்பது வயதைப் பூர்த்தி செய்யாத சகோதரிகளை உலகளாவிய ரீதியில் 2021ம் ஆண்டு ஆனி மாதம் 29ம் நாள் அன்று ஒரு கிணைத்து இளம் சகோதரிகளின் கருத்துக்கள், யோசனைகளுக்கு செவிமடுக்க முதன்மை தலைமைத்துவ குழு முன் வந்தது. அந்த வகையில் ஐம்பது அகவையைப் பூர்த்தி செய்யாத நாம் அதிஷ்டசாலிகள் என்றுதான் கூறவேண்டும். எமது சபையின் 2021ம் ஆண்டிற்கான நிகழ்ச்சி நிரலில் குறித்த செயலமர்வு திட்டமிடப்படாவிட்டாலும் எமது சபை அமர்விற்கான எதிர்கூறப்பட்டிருக்கும் ஆட்சி மாதிரியை பற்றிய இளம் சகோதரிகளின் கருத்துக்களுக்கு செவிமடுக்கும் முகமாகாகவே இந்நிகழ்ச்சி திட்டமிடப்பட்டது. **எம் முதன்மை தலைமைத்துவ குழுமத்தின் நெகிழ்ச்சித்தன்மை இவ்விடயத்தில் பாராட்டக்கூடியது என்றால் அது மிகையாகாது.**

அந்தவகையில் சபை அமர்வின் திட்டமிடல் குழுவினால் **எதிர்காலத்தின் பார்வை** என்ற கருப்பொருளில் கருத்தமர்வினை நடத்தி புதிய ஆட்சி மாதிரிகை மற்றும் நல்லாயன் சபையின் எதிர்காலத்தின் பார்வை பற்றிய இளம் சகோதரிகளின் கருத்துக்களுக்கு செவிமடுக்க தீர்மானிக்கப்பட்டது.

இக்கருத்தமர்வுக்கு எம்மை ஆயத்தப்படுத்துமுகமாக **எமது மாகாணத்தில் உள்ள இதுவரை ஐம்பது அகவையைப் பூர்த்தி செய்யாத தொன்னூற்றொன்பது சகோதரிகளுக்கு 2021ம் ஆண்டு ஆனி மாதம் 10ம் நாள் இல் கை பாகிஸ்தான் பிராந்திய தலைமைத்துவ குழுமத்தினால் முதலாவது கருத்தமர்வு சூம் (ஷடிடிஅ) இணையவழி ஊடாக ஒழு கு செய்யப்பட்டது.** வளவாளரான அருட்சகோதரி றொசாந்தி சிறப்பான முறையில் இதனை நெறிப்படுத்தி துறவற வாழ்வு பற்றிய விரிவான சிந்தனைகளையும் நல்லாயன் சபையின் எதிர்கால கனவுகளையும் எமக்கு தெளிவுபடுத்தியதோடு புதிய ஆட்சிமுறை பற்றி விரிவாகவும் ஆழமாகவும் சிந்திக்க எம்மை வழிநடத்தினார். இக்கருத்தமர்வானது **எமது துறவற வாழ்வு பற்றிய எமது சிந்தனைகளை சீர்தூக்கி பார்ப்பதாகவும் எமது நல்லாயன் சபை எதிர்நோக்கிக் கொண்டிருக்கும் அல்லது எதிர்நோக்க இருக்கும் யதார்த்த் கள் பற்றிய எமது சிந்தனை, அறிவு மற்றும் மனோநிலையை நாம் புதுப்பிக்க வேண்டிய நிலையில் இருப்பதை உணர்த்தக்கூடியதாகவும் இருந்தது.**

இவ் நிகழச்சி நிரலின் அடுத்த கட்டமான இரண்டாவது செயலமர்வானது 19ம் நாள் ஆனி மாதம் அருட்சகோதரி றொஷாந்தியினால் சூம் (Zoom) இணையவழி ஊடாக ஒழு குபடுத்தப்பட்டு ஆழமான கருத்துக்களுடன் விளக்கமளிக்கப்பட்டது. மேலும் குறித்த விடய ஆய்வுப்பொருளுடன் பரிட்ச்சயமாவதற்காக நாம் சிறு சிறு குழுக்களாக இணைந்து கற்றும் கலந்துரையாடியும் எமது அறிவையும் சிந்தனைகளையும் வளர்த்துக்கொண்டோம். அந்நாட்களில் எமது நல்லாயன் சபையின் எதிர்காலம் பற்றிய கற்பனைளும் புதிய ஆட்சிமுறை பற்றிய விடய் களும் பலரின் பேச்சு பொருளாகியது என்று சொன்னால் அது மிகையாகாது. ஒரு வித பயம் கலந்த ஆர்வத்தோடு அந்த நாளுக்காக காத்திருந்தோம். 29ந் திகதி ஆனிமாதம் 2021ல் எமது சபையின் ஐம்பது அகவையைப் பூர்த்தி செய்யாத 567 சகோதரிகளை ஒரே திரையில் காணக்கூடிய வாய்ப்பைப் பெற்றோம். நேர்த்தியான முறையில் திட்டமிடப்பட்டு சிறந்த தொழினுட்ப உத்திகளுடன் கத்தரின், ஹிலரி, டோனா மொனிக்கா என்பவர்களால் சிறப்பான முறையில் நெறிப்படுத்தப்பட்டது.

இக்கருத்தமர்வு மிகவும் சவாலானாதாக இருந்ததோடு மற்றவர்களின் கருத்துகளுக்கு செவிமடுக்கும் போது எம்மை வளப்படுத்துவதாகவும் எமது சிந்தனையை விரிவாக்குவதாகவும் தூர நோக்கோடு சிந்திக்க அழைப்புவிடுவதாகவும் அமைந்தது. இக்கருத்தமர்வுகளில் சிறப்பான முறையில் ப் குபற்றி எமது கருத்துக்களைப் பகிர்ந்து கொள்ள எம்மை ஆயத்தப்படுத்திய எமது பிராந்திய தலைமைத்துவ குழுவுக்கும் விஷேடமாக அதனை சிறப்பான முறையில் நெறிப்படுத்திய அருட்சகோதரி றொஷாந்திக்கும எமது உள் கனிந்த நன்றிகளைத
இவ்வாறான அரிய வாய்ப்பு எமக்களித்த எல்லா நல்லுள்ள் களுக்கும் எமது மனமார்ந்த நன்றிகளையும் மகிழ்ச்சியையும் தெரிவித்துக்கொள்கின்றோம.

புரட்சியில் பூத்த மலர்

by Sr. Benita Lambert

பிரான்சிய புரட்சியிலே பூத்த புது மலரே
புனிதத்தின் தன்மை குன்றா - இந்த
குவலயத்தில் வந்துதித்த பேரொளியே
எம்நெஞ்சம் மறவாது என்றும் உம் அன்பையே

இறையவனின் உன்னத பூ காவில்
மலர்ந்தாயே றோஸ்வேர் ஜினி என்னும் நாமத்தில்
இரக்கத்தின் சாயலிலே அவதரித்த
அன்பின் மகுடமே அன்னை யூப்பிரேசியாவே.

ஒளியிழந்து வழி தவறிய ம் கையர் வாழ்வினிலே
புது ஒளியேற்றி எந்நாளும் வழிகாட்டி நின்றாய்
கருணையின் தீபமாய் கரம் பற்றினாய்
கருத்துடனே பணிதனை சிரமேற்றாய்.

ஒரு ஆன்மா முழு உலகை விட மேலானது
என்ற உயரிய கொள்கையினை
உள்ளத்தில் இருத்தி உவகையோடு நீர்
வலுவிழந்த ஆன்மாக்களுக்கு வாழ்வளித்தீர்.

ஆன்ம வாஞ்சை என்னும் அணையாத தாகத்தால்
நல்லாயன் சபை என்னும் விதைதனை
நானிலமெ ங்கும் விதைத்திடவும்
படர்ந்து பலன் தரவும் நீர் பா குடனே செயற்பட்டீர்.

உத்தமராம் இயேசுவின் உன்னத பணிதனையே
உவப்புடன் உய்த்துணர்ந்தீர் உம் செப வாழ்வால்
பயண் கள் தொடர்ந்த பாதை எல்லாம்
இறை மணம் பரப்ப இடைவிடாது உழைத்த
எம் அன்னை யூப்பிரேசியாவே உம் தாழ் பணிகின்றோம்.

சிற்பிக்குள் முத்தாக துல் கும் உம் சேவை
நாள் தோறும் நலிவுற்ற ம் கையர் வாழ்வுக்கு கல் கரை விளக்கானதே
நந்தவனத்தில் நன் மலராய் அவர்கள் வாழ்ந்திட
உம் அருள் இருந்திடுமே எந்நாளும்.

உம் அடி சுவடு பின்பற்றும்
அன்பு பிள்ளைகள் நாமும் அணையா
தாகமெனும் ஆன்ம வாஞ்சையினால்
ஈர்க்கப்பட்டு இனிதே இகமதில் பணி புரிய
நல்லாயன் இயேசுவிடம் இரஞ்சிடுவீர் எமக்காக.

"I'm going to my Father's House" (Jn 16;28)

May their souls rest in Peace…



Called to eternal happiness from April – September 2021

1. Sr. Mary Angela Pieris – 15.08.2021 (95 years)
2. Sr. Ursula Arsakularatne – 10. 09. 2021 (82 years)

Departed family members from April – September 2021

3. Sr. Jayanthini's - Father
4. Sr. Francisca's - Sister
5. Sr. Sunita's - Brother
6. Sr. Susani's - Father
7. Sr. Anna's - Brother
8. Sr. Brigitha's - Sister
9. Sr. Theresita's - Sister
10. Sr. Amithreni's - Mother
11. Sr. Aloysia (Late) – Sister
    Sr. Peter Jayasinghe (SCJM)
12. Sr. Monica Fernando' s - Sister
13. Sr. Therese Marie's - Two Sisters
14. Sr. Elizabeth Marie's - Sister
15. Sr. Regis'- Brother
16. Srs. Ranjani & Chryshanthi's - Sister
17. Sr. Freeda's - Brother
18. Sr. Nilushika's - Father
19. Sr. Jacintha Maria's - Brother
20. Sr. Marie Josephine's - Brother

My appreciation and heartfelt gratitude to dear Sr. Maryanne, Province Leader and all my dear sisters, who condoled with me and my family in our moment of grief, offered prayers and masses for our beloved brother Mark who was called to Eternal Happiness on the 31st of August 2021.

I deeply regret my inability to thank you all personally.

Sr. Jacintha Maria