

4 Pg **Rev. Fr. Marcelline Jayakody OMI**

8 Pg **Our Lady of Madhu**

10 Pg **Literary Festival**



June

07

Most Sacred Heart of Jesus

Messenger

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Worldwide Synchronised Eucharistic Holy Hour

Sunday, June 2, 2013 - Local Time: 8.30 p.m.

* Archdiocese trek to Madhu to thank...

'Our Lovely Queen of May'



Pic: Trevor Ludowyke

The words of a beautiful hymn, "Hail Virgin dearest Mary, Our lovely Queen of May; O spotless blessed Lady, Our lovely Queen of May," come alive when more than 6000 people from six deaneries of the Archdiocese of Colombo visited the hallowed Shrine of Madhu, to honour our beautiful Mother.

Three trains packed with thousands of people made their way to the revered Shrine on an unprecedented three-day pilgrimage to thank our Blessed Mother who had saved Sri Lanka during the Second World War and is also bringing about peace and justice in our country.

Leading the pilgrimage, the Archbishop of Colombo, His Eminence, Malcolm Cardinal Ranjith reminded devotees that Jesus Our Lord gave His Mother

Mary to be our Mother while at the foot of the Cross and ever since we have experienced her maternal love and care for us.

His Eminence reminded the pilgrims that however much we are nourished by the treasures of our faith and particularly the divine grace which flows from the Cross of Christ we need to avoid sin, strengthen our faith in the Holy Eucharist and the Blessed Virgin Mary and draw closer to our Lord.

This inaugural concelebrated Eucharistic Celebration was presided over jointly by His Eminence, Malcolm Cardinal Ranjith and His Lordship Rt. Rev. Dr. Joseph Rayappu, Bishop of Mannar.

The highlight of the pilgrimage was the final moment when the Miraculous Statue of Our

A Thank You!

Very Rev. Fr. Anthony Fernandopulle, Episcopal Vicar for Colombo South, expresses a sincere thank you to the Archbishop of Colombo, His Eminence, Malcolm Cardinal Ranjith for his initiation and participation in the three-day programme at Madhu, His Lordship Rt. Rev. Dr. Rayappu Joseph, Bishop of Mannar, Rev. Fr. Emilianuspillai, Administrator of the Shrine of Madhu, the Deans of the six deaneries, Directors of Apostolates, Rev. Fathers, Rev. Sisters, lay coordinators, parish leaders for their support and all the faithful who participated.

Appreciative thanks are extended to the Minister of Transport and the Railway Department.

Lady of Madhu was placed upon the altar for veneration and the final blessing was imparted upon the devotees with the Miraculous Statue by His Eminence amidst the singing of the famous hymn 'Marada Madu' in Sinhala and Tamil.

Present at this inaugural ceremony were Rev. Fr. Emilianuspillai, Administrator of the Shrine of Madhu. The trilingual liturgical celebrations were organised by Rev. Fr. Indrajith Perera, Archdiocesan Coordinator for Liturgy.

SEE PAGES 8 & 9

Let the whole world tremble

Let heaven exult
When Christ, the Son of the Living God,
Is on the altar in the hands of the priest.
O admirable height and stupendous condescension!



O humble sublimity! O sublime humility!
That the Lord of the universe,
God and the Son of God,
So humbles Himself that for our salvation
He hides Himself under a morsel of bread.

St. Francis of Assisi, Letter to all the Friars

Galle Diocese Pastoral Council 2013



Galle Diocese Pastoral Council (2013) was inaugurated by His Lordship, Rt. Rev. Dr. Raymond Wickremasighe, Bishop of Galle, recently. The Pastoral Council consists of 75 Diocesan Priests Religious and the Lay Faithful.

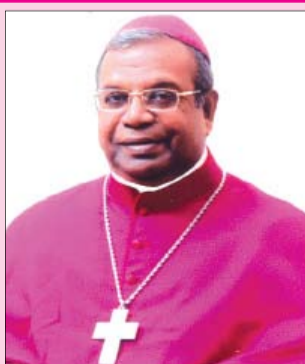
It was organised by the Episcopal Vicar of the Galle Diocese Very Rev. Fr. Charles Hewawasam, Very Rev. Fr. Nihal Nanayakkara and Rev. Fr. Damian Arsecularatne, Parish Priest, Church of Our Lady of Matara.

Sampath Priyadarshana

Bishop Emmanuel speaks to Vatican Radio about wounds of civil war

VATICAN RADIO - It is four years since the end of Sri Lanka's civil war when government troops defeated the LTTE Tamil separatist rebels. The conflict had raged for more than 25 years and led to the deaths of up to 100,000 people and caused widespread destruction in the Tamil-dominated north and east of the island. But four years later, are the scars of this brutal conflict beginning to

heal? Auxiliary Bishop of Colombo Emmanuel Fernando offered his assessment to Vatican Radio's Susy Hodges. Four years after the end of the war, Bishop Fernando says, "Everybody is happy there is no more war and terror." But when it comes to the unhealed wounds of this long standing conflict he says, "There are a lot of people, especially in the North and the East who are still prevented



from going back to their own lands, sometimes because the military has confiscated them and sometimes for other

reasons."

Bishop Fernando said he was among a group of Sri Lankan Bishops who recently toured the North (where the fighting was concentrated during the war) and describes how they visited one village where the Catholic Church was razed to the ground and most of the houses were extensively damaged during the fighting.

He says a major problem is that four years

after the war there is "still no civilian government in many areas of the North" with the military in charge of governing the area and he says, "There is a big need for a civilian authority to be set up instead."

As the for minority Tamil population, Bishop Fernando says many of them have given up the idea of a separate state (for Tamils) ... but they want their rights to be

fulfilled. He also spoke of how the Catholic Church through the Caritas network is helping to promote reconciliation between the Sinhalese and Tamil communities by promoting opportunities for people from the North and South to travel and meet each other. He says in this way we "build trust in one another that we are all Sri Lankans."

(Unedited version)

De Mazenod College, Kandana celebrates Patron's Day



The 21st of May is the day when the Mother Church celebrates the feast of St. Eugene de Mazenod. To mark this day, the principal, teachers and students of De Mazenod College, Kandana, organised a Thanksgiving Holy Mass. De Mazenod College, Kandana is the

only school dedicated to St. Eugene de Mazenod in Sri Lanka.

Some of the OMI priests who had studied at De Mazenod College presided at the Festive Mass. Very Rev. Fr. Rohan Silva, the present OMI Provincial of Colombo was the chief celebrant while

well-known preacher Rev. Fr. Shanil Jayawardena who is also an Old Boy of the College preached on the Founder, Eugene de St. Mazenod.

Chaplain of the College, Rev. Fr. Chryshantha Fernando OMI was also present.

Church Feasts

The Centenary Jubilee of St. Anthony's Church, Battulu Oya (Chilaw Diocese) will be celebrated on Sunday, June 9. The Chief Celebrant at the Festive Mass will be Rt. Rev. Dr. Norbert Andradi, Bishop of Anuradhapura. The Vespers Service on the previous day will be presided over by Rt. Rev. Dr. Valence Mendis, Bishop of Chilaw.



The 123rd Annual Feast of St. Anthony's Church, Dunnakadeniya (Kurunegala Diocese) will be celebrated on Sunday, June 9. The Chief Celebrant at the Festive Mass will be Rt. Rev. Dr. Harold Anthony Perera, Bishop of Kurunegala.



The Annual Feast of Sacred Heart Church, Burullupitiya will be celebrated on Sunday, June 9. Rev. Fr. Amila Gomes, Parish Priest of Halpe will be the Chief Celebrant at the Festive Mass. Rev. Fr. Dilan Perera OMI, Chief Editor of "Bhakthi Prabodhanaya" will preside over the Vespers Service on the previous day.



The Feast of St. Joan of Arc will be celebrated at St. Mary's Church, Pitipana, Negombo on Monday, June 27, with Festive Mass at 7.30 a.m.

Ainslie Joseph

Feast of Our Lady of Fatima, Padiwatte

The Feast of Fatima Church, Padiwatte, Kundsale was held recently with His Lordship, Rt. Rev. Dr. Vianney Fernando, Bishop of Kandy as the chief celebrant at the Festive High Mass.

The Bishop was assisted by Very Rev. Fr. Bala Rajendram (Episcopal Vicar) and Rev. Fr. Alwin Fernando, Parish Priest of Padiwatte.

The Vespers Service was presided by Very Rev. Fr. Milroy Fonseka (Vicar General)

Fatima Church Padiwatte proudly embarked on its 60th year. This Church is build on the model of the Fatima Cathedral in Portugal.

Emil Perera

Christian Unity Rally for Pentecost

Hundreds of people from several denominations are expected to take part in a Christian Unity Rally to mark the feast of Pentecost.

The rally will be held on Friday, June 7 from 4.30 pm to 7.30 pm at the Cathedral of Christ the Living Saviour in Colombo.

Messages will be given by the clergy of the Catholic Church, the National Christian Council and the Evangelical Alliance of Sri Lanka. The messages will be in Sinhala, Tamil and English. A Catholic Choir, a choir from the NCC and an Evangelical Choir will also sing in all three languages.

CODESEP celebrates seventh anniversary

Rt. Rev. Dr. Raymond Wickremasinghe, Bishop of Galle was the Chief Guest at the 7th anniversary celebrations of the Community Development Service for Plantations (CODESEP) held recently at its auditorium in Deniyaya. The event was arranged under the guidance of Rev. Fr. Michael Rajendram, Director of CODESEP.

This institution was established in 2006 with the main objective

of facilitating the social, economic, cultural and educational and infrastructural development of the plantation populations as well as the infrastructural development of the estate areas, especially in terms of health-care facilities, transport and so on. Initially, the project covered five estates situated in the DS Divisions of Pasgoda and Kotapola.

The work carried out by CODESEP

Donation from 'Kitunu Magata Saviyak'



Parliamentarian Sajith Premadasa donated Rs. 50,000/- to St. Mary's Church, Seeduwa, recently. This donation was made under the "Kitunu Magata Saviyak" programme.

Picture shows Rev. Fr. Wasantha Prasanna receiving the cheque for the donation.

Shriyangani Felicia

New Resident Priest for Holy Rosary Church, Andiambalama



Rev. Fr. Nimal Ponweera, the newly appointed Resident Priest of the Holy Rosary Church, Andiambalama was welcomed recently by the parishioners of the Church.

Picture shows Fr. Nimal being accompanied to the Church by the Sec-

retary of the Parish Council, T. Sunil Fernando.

Also in the picture is Rev. Sr. Hubert Marie, Superior of Holy Family Convent, Andiambalama.

Susith Dayan Fernando

Oblates celebrate Founder's Day



The Oblate Priests, Brothers and the various pious associations which are named to St. Eugene de Mazenod together with the Oblate Provincial of Colombo celebrated the feast of their founder at Our Lady of Fatima Church, Maradana on Friday, May 24.

The Provincial Superior of the Oblate Province of Colombo, Very Rev. Fr. Rohan Silva was the chief celebrant and Frs. Shanil Jayawardena OMI and Emil Moraes OMI, preached in vernacular.

The pious associations which are named after St. Eugene de Mazenod all over the country were appreciated and encouraged to live in the spirituality of St. De Mazenod. There was a procession followed by the blessing with the statue of St. Eugene De Mazenod which took place outside the Church.

- Fr. Randil -

A. J.



Church in the Modern World



The True Father's Love

The Holy Spirit tells us "that God is Love, that God is expecting us, that God is the Father, that He loves us as a true Father," Pope Francis reminds us.

(L'Osservatore Romano)



Pope urges nuns not to be 'old maids'

Pope Francis urged a gathering of hundreds of nuns in the Vatican last Wednesday not to be "spinsters" or "old maids" but to act like "mothers" to the faithful.

The Argentinian Pope said that despite their vows of chastity, nuns in the Roman Catholic Church still had a maternal role to play.

"The ordained woman is a mother; she must be a mother and not an old maid! You are mothers, like the figures of Mary and the Mother Church," he told 800 nuns, who represented women's religious orders from more than 70 countries.

- Telegraph

Pope Francis' first encyclical might be out this year, says spokesman

VATICAN CITY (CNS) - Jesuit Father Federico Lombardi said he "would not exclude" the possibility of the publication of the Pope's first encyclical "within this year," Vatican Radio reported.

The spokesman told reporters that retired Pope Benedict XVI had already "fleshed out material on the theme of faith" for an encyclical.

Vatican officials had said Pope Benedict completed work in late 2012 on what would have been his fourth encyclical - a letter on the theological virtue of faith. Its release was expected in the first half of 2013, but the Pope resigned on February 28, before its publication.

It is not unusual for a pope to pick up work begun by his predecessor, make changes and publish it in his own name. The second part of Pope Benedict's first encyclical, "*Deus Caritas Est*" (God is Love), was a discussion of Catholic charitable activity prepared under Blessed John Paul II. Nine months after Pope Benedict was elected, the document was released after the new Pope reworked that section.



Pope attacks 'slavery and pain' inflicted by the Mafia

VATICAN CITY (CNS) Pope Francis has branded Italy's Mafia chiefs as slave mongers and told them to seek God's mercy, a day after the Vatican beatified a Palermo priest murdered for his stance against the Cosa Nostra.

"I think of all the pain of men, women and even children who are exploited by many Mafias," the Pontiff told thousands of people during his weekly address in St Peter's Square last Sunday.

"They are forced to do work that makes them slaves, like prostitution," he said. "Behind all this slavery, there are Mafias. We pray that these Mafia men and women convert to God."

Love thy enemies

VATICAN CITY (CNS) - In the face of difficulty, it is natural to hope just to get by, but being Christian means patiently enduring trials and overcoming oppression with love, Pope Francis said at a Mass that included special prayers for China.

During the Mass Pope Francis concluded the prayers of the faithful with an invocation "for the noble Chinese people, that the Lord would bless them and the Blessed Mother keep them."

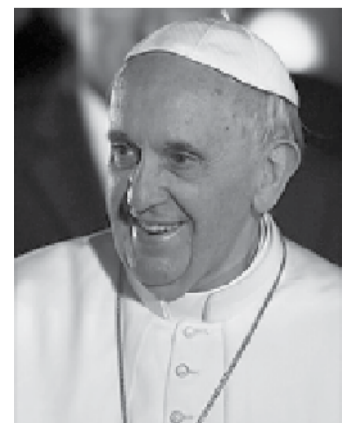
The day's feast of Our Lady, Help of Christians is a feast close to the hearts of millions of Chinese Catholics and is the day Pope Benedict XVI designated as a worldwide day of prayer for Catholics in China.

Be not 'Museum Christians'

VATICAN CITY (CNS) -- Christians are called to be the salt of the earth, and if they don't share the flavour of their faith, hope and love with others, they are simply "museum Christians," Pope Francis said.

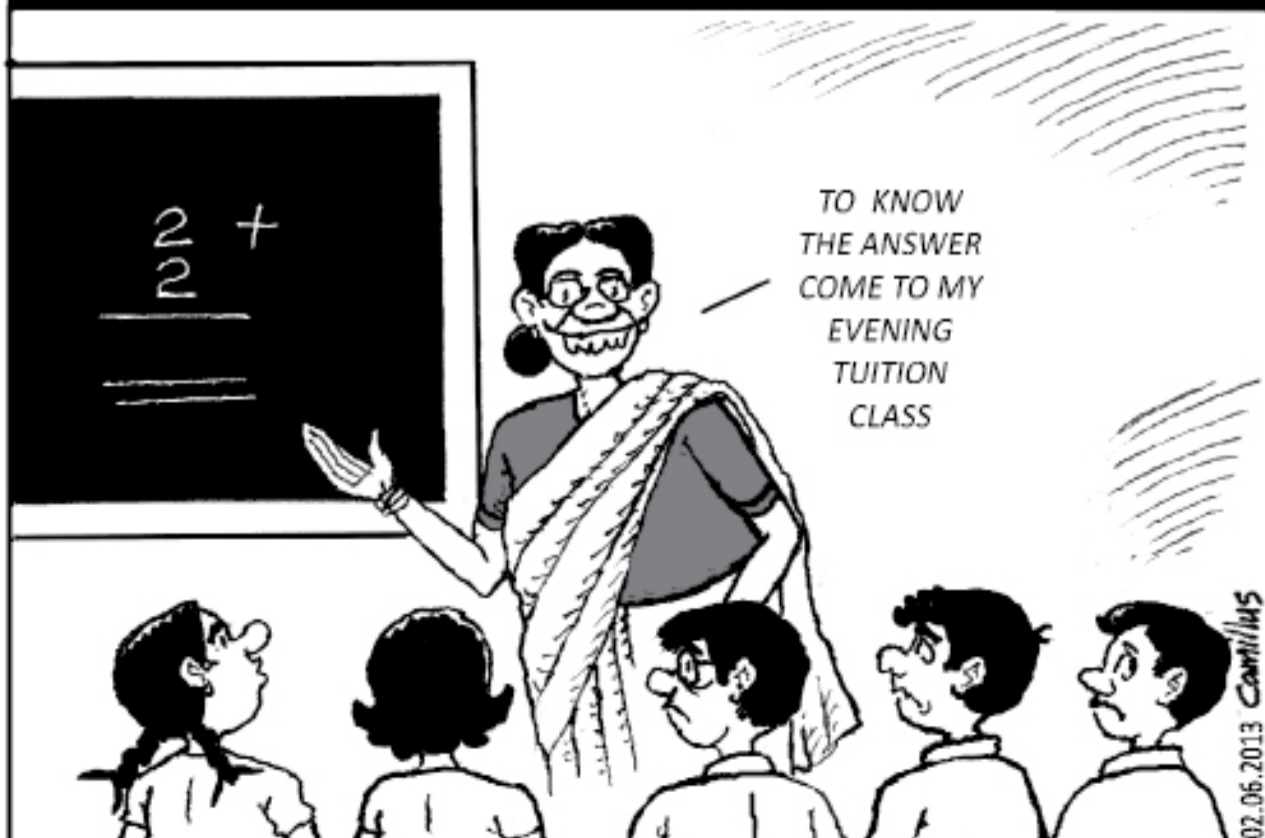
Pope Francis was commenting on Jesus' line from the Gospel of Mark: "Salt is good, but if salt becomes insipid, with what will you restore its flavour?"

God gives Christians flavour, or salt, in order for them to share it with others and make a difference in the world, he said.



SUNDAY PUNCH

by Camillus



Synchronised Worldwide Eucharistic Adoration Day

The Vatican's historic announcement last Tuesday (May 28) of the very first synchronised Worldwide Eucharistic Adoration Day for Sunday, June 2, from 5pm-6pm (Rome time), is welcome news indeed. Headed by our Holy Father, Pope Francis, this major event is themed "One Lord, One Faith" and further affirms the importance of Christian unity in this current 'Year of Faith.'

The fact that Eucharistic Adoration has been chosen as the primary means of facilitating this unity is a very clever and vital move. In an age where the Church is under attack, both in the East and in the West, it seems clear that God our Father is calling all Christians to gather together obediently as His flock on Earth. We as Christians have the privileged role of being the salt of the earth and the light to all nations. By virtue of Our Saviour and the eternal redemption He brought us, we must be ever willing to share the good news to the world, especially the unconverted collective. To do that, we, be it individuals, parishes, bishoprics, lay organisations, religious groups, Catholic media or charity agencies have to unite under the one banner of Christ, which the Vatican proposes.

The late Blessed Mother Teresa of Calcutta eloquently described her experience of Eucharistic Adoration as follows: "We can change the world on bended knee in front of the Blessed Sacrament than by any other means." How true! Christ Himself asked of his dear apostles, "Could you not stay awake with me for one hour?"

One hour with God (ideally daily) in front of the exposed Eucharist, or even adoration in front of a tabernacle, can work miracles in our own lives and for the world at large. For those of you who have a tradition of daily adoration, the call by the Vatican for the world's first synchronised Eucharistic Adoration must come as a welcome fillip. Those who are not used to this beautiful practice might think one hour in front of the Blessed Sacrament is a very long time. But, as with all important aspects of our lives, there are some important dynamics to consider when adoring our God, the mighty King of the Universe (as hailed by Saint Paul to the ancient Corinthians, and elsewhere in the Bible).

Many saints have interpreted their experiences of spending intimate time with Christ of the Eucharist. But the most important thing is what you make of it for yourselves individually. You can spend an hour (ideally daily) in silence, in reflection or in recitation of the Holy Rosary and poring through the pages of the Bible or other good religious books. You can even pray with like-minded worshippers or prayer groups, if you wish. The important thing is to definitely make time for Our Lord, come rain or shine. The rewards are enormous!

When the Second Person of the Holy Trinity – Jesus Christ – manifested in the form of the truly human and truly divine person 2,000 years ago, He heralded a new age of God's relationship with man. For the first time in human history, the Creator of the Universe sat, walked, played, ate, prayed, suffered, smiled, laughed and interacted with lowly man. It is this very same level of spiritual intimacy that we experience when each of us spends time with Jesus in Eucharistic Adoration.

Nothing compares to the wonder, beauty and joy of spending time with Jesus in adoration. True, most of us lead very busy lives, but none of the vagaries of our daily lives compares with the true riches and graces on offer when spending intimate time with Christ. Ultimately, our time spent in intimacy with Jesus in Eucharistic Adoration is a foretaste of Heaven, where we are given the privilege of spending eternity with Him in the continual outpouring of selfless love, which springs forth from the Holy Spirit, the very Spirit of God.

It is therefore an absolutely wonderful event the Vatican has introduced to the Christian world, starting June 2. We are being directed to the very source of our faith – the Blessed Sacrament – Christ in flesh and blood through the transubstantiation of the Eucharistic bread and wine.

Ultimately, as one humble man famously said of his daily Eucharistic Adoration of Christ, "I just sit there and look at Him and He looks back at me." Even in its most basic form, what a wonderful privilege it is to be gazed by our loving and eternal God in the form of the Eucharist. So make the effort and time, and worship Him daily through adoration.

Rev. Fr. Marcelline Jayakody OMI 03.06.1902 - 15.01.1998

A Priest Par-Excellence

Based on observation it has been found that a musically inclined child who is nurtured in a music-related ambience and supported with appropriate guidance, eventually evolves as a singer or an instrumentalist or a composer or even a three-in-one music maker. The truth of this is proved by example of Rev. Fr. Marcelline Jayakody. Many of the young and adults may not know much about Fr. Jayakody. He was born in Dankotuwa and had his early education at the village school before he moved to St. Joseph's College, Colombo. He entered the seminary and was ordained a Catholic priest in the late twenties.

He had a natural instinct for music and drama and he ended up as a successful musician becoming 'Visharada' in India. As a priest he worked in many parishes in the Western Province. While serving as parish priest of Duwa, he staged the well-known Duwa Passion Play - a religious drama of Medieval origin dealing with the Passion Death and Resurrection of Jesus Christ. As a priest he not only preached the Psalms but surprised his congregation with his own hymns. Those who heard the hymns (*Ronata Wadina Bingu Obai, Nelum Pipeela etc.*) which he composed, were enchanted with the simple meaningful lyrics coupled with sweet melodies. In all his musical compositions he did the lyrics himself. Many of his immortal devotional hymns are being sung in Catholic Churches islandwide. Some of these hymns were recorded at the Radio Ceylon (SLBC) and turned out on gramophone records which were popularised with the assistance of P.L.A. Somapala and Chitra, the well-known singing couple of the time.

Fr. Jayakody came into much prominence with the advent of the independence



celebration in 1948. He was invited by the then Minister of Finance J.R. Jayewardene to train the students of Museaus College to sing *Namo Namu Matha*, a popular song, at the first Independence Celebration on February 4, 1949. The composer of the song the veteran musician Ananda Samarakone had been out of the country at the time and hence the opportunity came over to Fr. Jayakody who rose to the historic occasion. Fr. Jayakody trained the students and presented the song in a fitting manner and was held in high esteem. The song *Namo Namu Matha* became so popular thereafter and it was selected by a committee headed by Sir Edwin Wijeratne as our National Anthem in 1951.

In 1955 veteran filmmaker Dr. Lester James Pieris wanted the popular musician Sunil Santha to do the musical score for his first film "Rekawa." Sunil Santha had said he would accept on condition that the lyrics of the songs should be written by Fr. Jayakody. This happened and Fr. Jayakody did a marvelous job of writing the lyrics using docile, lucid language - the *Hela Basa*, and the songs are very popular even today. It is a known fact that till that time for a Sinhala song the melody was first composed

and the words/lyrics were written later to suit the tune. But as Fr. Jayakody was a poet of no mean repute, he wrote the words first and Sunil did the melodies later, to suit the lyrics. It was Fr. Jayakody who introduced this principle which is being continued even today.

In 1971 his book of poetry *Muthu* (Pearls) won the National State Literary Award. The first Catholic Priest to receive such an award. In 1982 he was awarded *Kalasure Kithu Nandana Pranamaya* by the Catholic Church for his outstanding contributions to arts and culture for over six decades. It was in 1983 when he won the prestigious *Ramon Magsaysay Award*, considered the Asian Nobel Prize along with US\$20,000, a medal and a citation which said that in electing Fr. Jayakody for the award, the board of trustees recognised his enriching his country's world of song and music with spiritual and human rejoicing. More and more awards were on his way. He won the International OCIC and the International UNDA awards too. Then followed the *Kavya Mahaupadya and Kavya and Literary Shiromani* from the Vidyalankara Pirivena. He was also fondly called the 'Father of the Temple' (*Pansale Piyathuma*) Fr. Jayakody was the president of the *Aganuwara Tharuna Kavinge Sangamaya* for a long time. He was also at one time the Editor of the *Gnanartha Pradeepaya*, the Catholic Sinhala weekly newspaper.

Rev. Fr. Marcelline Jayakody who marched through the silky routes of literature was a priest par-excellence. He led a simple and spiritual life spanning over ninety-five years and was called to eternal glory on January 15, 1998.

Vivian Fernando

A few ways in which we could spend quality time with Jesus in adoration:

- Just sit, stare and listen to God your Father, as He watches you and enjoys your company in front of the Eucharist.
- Always allow plenty of time for silence. For as the recently canonised Saint Mary of the Cross (Australia) says, "It is in the silence of our hearts that we hear the whisperings of the Holy Spirit."
- After a significant initial period of silence, you could read some relevant holy books – including books on Eucharistic Adoration. Reading the Holy Bible is a great spiritual exercise.
- Perhaps recite the Rosary and other trusted prayers silently or in a group, if your parish has such Eucharistic prayer groups.
- Silently reflect on your life and share even the smallest details of your daily life, your aspirations, sorrows, challenges, desires and the like with Christ.
- You could take a small notebook and quietly write down what Jesus is telling you from the Blessed Sacrament. For this you require immense faith and a high degree of spiritual and religious maturity.
- Finally, always show respect to Christ and your fellow worshippers during Adoration. Avoid being noisy or disturbing others if they are praying silently. Always be empathetic towards others.
- Make sure you genuflect properly in front of the exposed Sacrament with both knees on the floor, if your health allows it. It is also good to fully bow before Him, with your forehead to the ground, despite what others might think of you. Such humility is always rewarded by God.
- Make a definite time each day, if possible, to visit Christ at Church and spend one good hour with Him. We each have 168 hours in a week, and to spend just 7 hours or just 4.2 percent (1/25th) of your time adoring our very God is very little time indeed. For such a tiny investment of your time, the benefits for all eternity – your eternity – are immense!

- Sent by John Fernando

Enthronement of the Sacred Heart of Jesus

The Enthronement of the Sacred Heart in the home by the solemn consecration of the family is a response to the explicit demand by our Lord, Who promised St. Margaret Mary, that, as His Heart is the source of all Blessings, He would be pleased to shed these Blessings in abundance upon all the places wherein the Image of His Sacred Heart should be exposed, loved and honoured that in this way He would reunite families that are divided and protect those in adversity; and that He would instill an ardent charity into all communities in which His Sacred Heart should be honoured.

The object of the Enthronement is to acknowledge the sovereign dominion of the Sacred Heart in Christian families and through these to restore social and public life.

Note: Christian families do not worship the Image itself of Jesus Christ; but honour and veneration is shown. If not for the reason that any divinity or other virtue is believed to be in it, but because the honour shown is referred to Jesus Christ Himself Whom It represents.

Special Occasions on which the Family should Renew the Act of Consecration

1. **Feast of the Sacred Heart - June 7, 2013 (or Christ the King - November 24, 2013)**
2. Anniversary of the Enthronement.
3. Anniversaries of parents and children.
4. At births, after baptism in the Church, consecrate the children to the Sacred Heart before the 'Throne' in the home.



5. At First Communion, prepare the children before the Image of the Sacred Heart in the home, and when they return from Church let the children renew the Act of Consecration made for them by parents at birth.
6. Before a departure from home. eg. To join the armed services, enter a convent or seminary, or to enter wedlock, to sail as a crew member etc.

7. On the return of a family member after a period of absence.
8. On the days of great family joys, in times of sorrow, sickness and death.

Note: *There is no more appropriate way for a young couple to begin their married life than to Enthronement the Sacred Heart in their new home.*

Renewal of the Consecration of the Family

(To be said at night prayers in union with all families in which the Sacred Heart has been Enthroned.)

Most Sweet Jesus, humbly kneeling at Thy Feet, we renew the Consecration of our family to Thy Divine Heart. Be Thou our King forever! In Thee we have full and entire confidence. May Thy spirit penetrate our thoughts, our desires, our words, and our works. Bless our undertakings: share in our joys, in our trials and in our labours. Grant us to know Thee better, to love Thee more, to serve Thee without faltering.

By the Immaculate Heart of Mary, Queen of Peace, set up Thy Kingdom in our country. Enter closely into the midst of our families and make them Thine own through the solemn Enthronement of Thy Sacred Heart, so that soon one cry may resound from home to home:

"May the triumphant Heart of Jesus be everywhere loved, blessed and glorified forever!"

Honour and glory to the Sacred Hearts of Jesus and Mary.
Sacred Heart of Jesus, protect our families.

Catechism of the Church Sacrament of the Eucharist

CATECHISM
OF THE
CATHOLIC
CHURCH



1322 *The Holy Eucharist completes Christian initiation. Those who have been raised to the dignity of the royal priesthood by Baptism and configured more deeply to Christ by Confirmation participate with the whole community in the Lord's own Sacrifice by means of the Eucharist.*

1323 *"At the Last Supper, on the night He was betrayed, our Saviour instituted the Eucharistic sacrifice of His Body and Blood. This He did in order to perpetuate the sacrifice of the Cross throughout the ages until He should come again, and so to entrust to His beloved spouse, the Church, a memorial of His death and resurrection: A sacrament of love, a sign of unity, a bond of charity, a Paschal banquet 'in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us.'"*

1406 Jesus said: "I am the living bread that came down from heaven; if any one eats of this bread, he will live forever;... he who eats my flesh and drinks my blood has eternal life and... abides in me, and I in him." (Jn 6:51, 54, 56)

1407 The Eucharist is the heart and the summit of the Church's life, for in it Christ associates His Church and all her members with His sacrifice of praise and thanksgiving offered once for all on the Cross to His Father; by this sacrifice He pours out the graces of salvation on His Body which is the Church.

1408 The Eucharistic Celebration always includes: The proclamation of the Word of God; thanksgiving to God the Father for all His benefits, above all the gift of His Son; the consecration of bread and wine; and participation in the liturgical banquet by receiving the Lord's body and blood. These elements

constitute one single act of worship.

1409 The Eucharist is the memorial of Christ's Passover, that is, of the work of salvation accomplished by the life, death and resurrection of Christ, a work made present by the liturgical action.

1410 It is Christ Himself, the eternal high priest of the New Covenant who, acting through the ministry of the priests, offers the Eucharistic Sacrifice. And it is the same Christ, really present under the species of bread and wine, who is the offering of the Eucharistic Sacrifice.

1411 Only validly ordained priests can preside at the Eucharist and consecrate the bread and the wine so that they become the Body and Blood of the Lord.

1412 The essential signs of the Eucharistic Sacrament are wheat bread

and grape wine, on which the blessing of the Holy Spirit is invoked and the priest pronounces the words of consecration spoken by Jesus during the Last Supper: "This is my body which will be given up for you... This is the cup of my blood..."

1413 By the consecration the transubstantiation of the bread and wine into the Body and Blood of Christ is brought about. Under the consecrated species of bread and wine Christ Himself, living and glorious, is present in a true, real and substantial manner: His Body and His Blood, with His soul and His divinity (cf. Council of Trent: DS1640; 1651).

1414 As sacrifice, the Eucharist is also offered in reparation for the sins of the living and the dead and to obtain spiritual or temporal benefits from God.

1415 Anyone who desires to receive Christ in the Eucharistic Sacrifice must be in the state of grace. Anyone aware of having sinned mortally must not receive communion without having received absolution in the Sacrament of Penance.

1416 Communion with the Body and Blood of Christ increases the communicant's union with the Lord, forgives his venial sins and preserves him from grave sins. Since receiving this sacrament strengthens the bonds of charity between the communicant and Christ,

it also reinforces the unity of the Church as the Mystical Body of Christ.

1417

The Church warmly recommends that the faithful receive Holy Communion each time

they participate in the celebration of the Eucharist; she obliges them to do so at least once a year.

1418 Because Christ Himself is present in the sacrament of the Altar, He is to be honoured with the worship of adoration. "To visit the Sacrament is... a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord." (Paul VI, ME 66)

1419 Having passed from this world to the Father, Christ gives us in the Eucharist the pledge of glory with Him. Participation in the Holy Sacrifice identifies us with His Heart, sustains our strength along the pilgrimage of this life, makes us long for eternal life and unites us even now to the Church in heaven, the Blessed Virgin Mary and all the saints.





Purposeful Living

In Greek mythology, Nike was the goddess of victory. Nike fought on the side of the Olympian gods, giving victory over the mighty Titans. Titans were the older gods. As a result, she became a symbol of winning. But Nike's powers were not just limited to war. She also became a favourite goddess of athletes who wanted to win in competitive sports. The Romans adopted her into their worship and gave her the Latin name Victoria.

In the Greco-Roman world where St. Paul taught, victory was highly valued. So when he preached Christ's message, he used words his audience could understand. In St. Paul's letters, he described Christ as the one who leads us in a military procession of triumph, and compared the Christian life

to someone training for the ancient Olympic games. When St. Paul writes to the Corinthians, he tells them, "In a race, all the runners take part in it, but only one wins the prize. (1Corinthians 9:24-26). Every athlete in training undergoes strict discipline. He does so, in order to be crowned with a wreath that will not last for ever. So then I run knowing where I go."

So St. Paul compares us, Christians to athletes who run, but they must know where they run to win the crown. Do we know where we run? If we do not know where we run, our purpose of running is lost. It is like this. We pray many times during the day. No,

we do not pray. We just utter some words without meaning what we pray.

"What is purposeful action?" Once a man asked Confucius, the

Thoughts that haunt me



great Chinese thinker. He gave this example. "Once a man was hired by someone doing a research. The researcher took the man to the backyard and gave him an axe. 'Do you see that log over there? Well, I want you to chop that log, but you must use the reverse side of the axe, not the blade. You'll get a yuan an hour for that. The man thought the researcher was crazy, but the pay was excellent. So he started to work.

Two hours later, the man came to the re-

searcher and said, 'Mister, I'm quitting, enough, I don't want to continue.' 'What's the matter, don't you like the pay? I'll double your wages,' said the researcher. 'No thank you,' the man said, 'the pay is fine, but when I chop wood, I want to see the chips fly.'

In whatever we do, there should be a purpose. All our actions should finally lead to one great purpose, that is winning the crown. What is the crown? Heaven or in other words, meeting God face to face.

Ananda Perera

Appropriate Attire

One Sunday morning an old cowboy entered a church just before services were to begin. Although the old man and his clothes were spotlessly clean, he wore jeans, a denim shirt and boots that were very worn and ragged. In his hand he carried a worn out old hat and an equally worn out Bible. The church he entered was in a very upscale and exclusive part of the city. It was the largest and most beautiful church the old cowboy had ever seen. The people of the congregation were all dressed in expensive clothes and accessories.

As the cowboy took a seat, the others moved away from him. No one greeted, spoke to, or welcomed him. They were all appalled at his appearance and did not attempt to hide it. As the old cowboy was leaving the church, the preacher approached him and asked the cowboy to do him a favour. "Before you come back in here again, have a talk with God and ask Him what He thinks would be appropriate attire for worship." The old cowboy assured the preacher he would.

The next Sunday, he showed back up for the services wearing the same ragged jeans, shirt, boots, and hat. Once again he was completely shunned and ignored. The preacher approached the man and said, "I thought I asked you to speak to God before you came back to our church." "I did," replied the old cowboy. "If you spoke to God, what did He tell you the proper attire should be for worshipping in here?" asked the preacher.

"Well, Sir, God told me that He didn't have a clue what I should wear. He said He'd never been in here before."



- Email

The Seven Sins by Mahatma Gandhi

- | | | |
|-------------------|--------------|------------|
| 1. Wealth ... | without ... | Work |
| 2. Leisure | without ... | Conscience |
| 3. Knowledge | without ... | Character |
| 4. Commerce | without ... | Morality |
| 5. Science.... | without ... | Humility |
| 6. Worship ... | without | Sacrifice |
| 7. Politics..... | without ... | Principles |

Sent by: Emilda Douglas

Will our son ever know the secret?

It was the kite season. Tom and his friends loved going to the park on 7th Street to fly kites. Tom's mother Laura and some of Laura's friends took turns in taking the kids to the park during this season.

It was a sunny morning; the kids decided to fly kites. Laura was extremely busy that day so she asked her friend Anna whether she could accompany Tom to the park. Anna most willingly said 'yes'. So, that morning Tom took off to the park with Anna and her kids. Anna sat down to read a magazine while the kids flew kites and enjoyed their time with each other. Suddenly, she was shaken by the voice of her son, "Mum, Tom is not here." "Where did he go? I thought you guys were together," she shouted back "He was with us. But, suddenly he disappeared," said her son Keeran.

At this moment Anna panicked and started searching for Tom. "Did you see a little boy in red t-shirt, white trousers and white cap?" she described him to everyone in the park as she ran everywhere. "No, we didn't" was the answer right along, until one kind



lady approached Anna and said that she had seen Tom walking out of the park with Mr. Wicks the caretaker of the park. Hearing this, Anna's heart began to pound faster. She dragged her kids out of the park; they walked and walked in search of Tom. As there were no traces of Tom, they returned back to the park and awaited Tom's return. "The caretaker of the park has to return" thought Anna. Then suddenly they saw Tom and Mr. Wicks walking towards them.

"Where were you? You are not to go anywhere!" She said to Tom shaking

him by his arms. She stared hard at Mr. Wicks before she dragged Tom and her kids out of the park. As she stepped in to Laura's home, she informed Laura of what had happened. Hearing this Laura waited patiently for Anna to leave so that she could fire off at Mr. Wicks and Tom. "Tom needs to be grounded," she thought.

The moment Anna left, Tom shouted at Laura even before Laura had decided what to tell Tom. "Mum, you are not my mother. Dad is not my father. Mr. Wicks is my father."

Hearing this, Laura fell to the ground heartbroken. Is Mr. Wicks Tom's biological father?

Laura and her husband Jim awaited the birth of a child for seven long years after marriage. Since, they were not lucky enough to have their own child, the couple decided to adopt a child. Susanne, a lady from Florida was willing to give them her new born as it was an unwanted pregnancy and she was not in a position to bring up a child as a single parent.

Laura was curious to find out about Tom's biological father; so she contacted Susanne swearing that she would not slip this piece of information to anyone. She said that it is for the safety of Tom that she wanted this piece of information.

So, it was confirmed that Mr. Wicks was the biological father of Tom. But Susanne confirmed that she had not seen Mr. Wicks from the very moment she had told him that she was pregnant with his child. He had

feel so miserable.

"Do you know the pain you have caused us? We never wanted Tom to know that he is not our own child," exclaimed Laura.

"Now, should we disclose the secret to Tom? Isn't he too young to understand all this? His only 7 years old," said Jim to Laura.

As they returned home they were relieved by what they heard. The words emitted by Tom echoed in their ears. "Mum, dad, Mr. Wicks must be planning to kidnap me for money. That must be the reason he is telling that he is my dad. So, that I might go with him and never return. If he was my dad why doesn't he care for me? I don't believe him. I don't want to see him again. I am sorry mum for hurting you," he cried as he gave his mum and dad an everlasting hug which they deserved very much. This was a memorable moment for the couple.

The little family lived happily ever after. A court order was issued for Mr. Wicks and Susanne to not have contacts in any way with Tom again.





Compiled by: Kishani S. Fernando

June is the month dedicated to the Sacred Heart. It is also the month in which we begin to celebrate the feast of the Corpus Christi with special devotions and processions. Let us glean over some well known traditional hymns sung on the Feast of Corpus Christi.

Such music which have become in the wonderful expression of Cardinal Faulhaber, a fiery tongue of the Holy Ghost which speaks eloquently down through the ages, bringing to all men the good news of redemption and eternity, of love and security, of forgiveness and everlasting Paschal joys!

The Mass and the Office for the feast of Corpus Christi was edited or composed by St. Thomas Aquinas (1225-1274) upon the request of Pope Urban IV (1261-1264) when the Pope first established the Feast in 1264. It is unquestionably a classic piece of liturgical work, wholly in accord with the best liturgical traditions. It is a perfect work of art.

Saint Thomas Aquinas has magnificently expressed the jubilant character of the day in his famous hymns, especially in *Sacris Solemnis*, which is recited during the matins of the feast and sung at the procession. This is one of the five beautiful hymns St. Thomas Aquinas composed in honour of Jesus in the Blessed Sacrament at specific request of Pope Urban IV. Today *Sacris Solemnis* is used as a hymn

for the Office of the Readings for Corpus Christi. The fifth stanza of *Sacris Solemnis* has been used for centuries as a separate hymn in honour of the Blessed Sacrament. As *Panis Angelicus* (Bread of the Angels) it is known and cherished widely among Christians of many denominations.

Sacris solemnibus juncta sint gaudia,
Et ex praecordiis sonent praeconia;
Recedant vetera, nova sint omnia,
Corda, voces et opera.

Great is the festive day, joyful and jubilant,
Let us with loving hearts offer the song of praise;
Freed from the sinful past, may we renew in grace
All our thoughts and words and deeds.

Another hymn by Saint Thomas, *Pange Lingua Gloriosi Corporis Mysterium* (Praise, O tongue, the mystery of the glorious Body), contains the two stanzas which are sung all over the world at every Eucharistic Service at Benediction of the Blessed Sacrament, *Tantum Ergo* and *Genitori*. The best known, and perhaps most beautiful, of any musical settings has remained the Gregorian Chant tune (Mode III).

For the Lauds of Corpus Christi, Aquinas wrote the hymn *Verbum Supernum Prodiens* (The Divine Word coming forth). Again the last stanza preceding the customary conclusion in praise of the Trinity has become a favourite

song and prayer in itself:

O salutaris hostia,
Quae caeli pandis ostium,
Bella praemunt hostilia:
Da robur, fer auxilium.

O Saving Host, O Bread of Life,
Thou goal of rest from pain and strife,
Embattled are we, poor and weak:
Grant us the strength and help we seek.

Finally, there is the sequence of the Mass, *Lauda Sion Salvatorem* (Sion, praise thy Lord and Saviour). Saint Thomas enumerates in unmistakable words the main truths of Christ's revelation and the Church's teaching about the Holy Eucharist. In many countries a translation of this sequence into the vernacular is sung by the people as a popular church hymn in honour of the Blessed Sacrament.

The most famous nonliturgical hymn in honour of the Blessed Sacrament is the ancient prayer poem *Ave Verum Corpus* (Hail, true Body). It appeared first in manuscripts at the end of the fourteenth century and is ascribed to Pope Innocent VI (1362). Its original purpose was to serve as a private prayer for the faithful to be said at the elevation of the Sacred Host during Mass (*In Elevatione Corporis Christi*). This jewel of sacred poetry soon spread through

St. Joan d'Arc - God's warrior - burnt at the stake

The heroic story of St. Joan d'Arc or St. Joan of Arc has been dramatised in opera and theatre. Hers was a world renown story that changed the course of world history. Hers was a story of a mystic maiden whose patriotism, bravery, fortitude and sacrifice earned her a nation's love. Hers was a story of misunderstanding, reject and injustice that made her the saint that she ultimately became.

I have always wondered at how the statues of Saint Joan of Arc came to be in our local churches. There are at least two such grand statues one at the Maha Pitipana Church and the other at the Andiambalama Church. Both these statues are larger than life size and very elegantly crafted. Obviously these statues were brought down during the time of the French missionary Fathers who wished to celebrate and popularise their native saints. No doubt then the feast of St. Joan of Arc was celebrated in grand style in these parishes. A senior parishioner of the Maha Pitipana Church once recalled how the feast day was celebrated amidst much pomp and ceremony.

The Story of Joan d'Arc:

On January 6, 1412, in the



village of Domremy a baby girl was born to Jacques and Isabelle d'Arc. Joan was the youngest of their five children. While growing up among the fields and pastures of her village, she was called Jeannette but when she entered into her mission, her name was changed to Jeanne, la Pucelle, or Joan, the Maid.

As a child she was taught domestic skills as well as her religion by her mother. Joan would later say, "As for spinning and sewing, I fear no woman in Rouen." And again, "It was my mother alone who taught me the 'Our Father' and 'Hail Mary' and the 'Creed,' and from none other was I taught my faith."

From her earliest of years Joan was known for her obedience to her parents, religious fervor, goodness, unselfish generosity and kindness toward her neighbours. Simonin Munier, one of Joan's childhood friends, tells how Joan had nursed him back to health when he was sick. Some of her playmates teased her for being 'too pious.' Others remembered how she would give up her bed to the homeless stranger who came to her father's door asking for shelter.

Joan was 'like all the others' in her village until her thirteenth year. "When I was about thirteen, I received revelation from Our Lord by a voice which told me to be good and attend Church often and that God would help me." She stated that her 'Voices' were Saint Michael the Archangel, Saint Catherine and Saint Margaret. At first her 'Voices' came to her two or three times a week but as the time for her mission drew near (five years later), they visited her daily telling her to 'Go into France' to raise the siege of Orleans, conduct the Dauphin Charles to Reims for his crowning and to drive the English from the land.

Joan went to the neighbouring town of Vaucouleurs, which means Valley of many colours. There she spoke to the loyal French Governor by the name of Sir Robert de Baudricourt. After many rejections he finally agreed to send her to the Dauphin who at the time was living at the Castle of Chinon.

On the evening of February 23, 1429, she began her mission for God. In the company of six men, she rode through the Gate of France on her way to Chinon. Joan reached this town on March 6th, but was not received by the Dauphin, Charles, until the evening of March 9th. After being accepted and approved by a Church council headed by the Archbishop of Reims, Joan was allowed to lead the Dauphin's army. This part of her career was meteoric. She entered Orleans on the evening of April 29th and by May 8th the city had been freed. The Loire campaign started on June 9th and by June 19th the English were driven out of the Loire valley. The march to Reims started on June 29th and by July 17th Charles was crowned King of France in the Cathedral of Reims.

From this time on, for reasons known only to King Charles, the King no longer valued Joan's advice and guidance. She had always told him that God had given her 'a year and a little longer' to accomplish His will but the king seemed to take no notice of it. For almost a year he wasted what time remained to Joan, until in frustration, she left the court. Her last campaign lasted from the middle of March until her capture at the town of Compiègne on May 23, 1430. Her 'year and a little longer' was over.

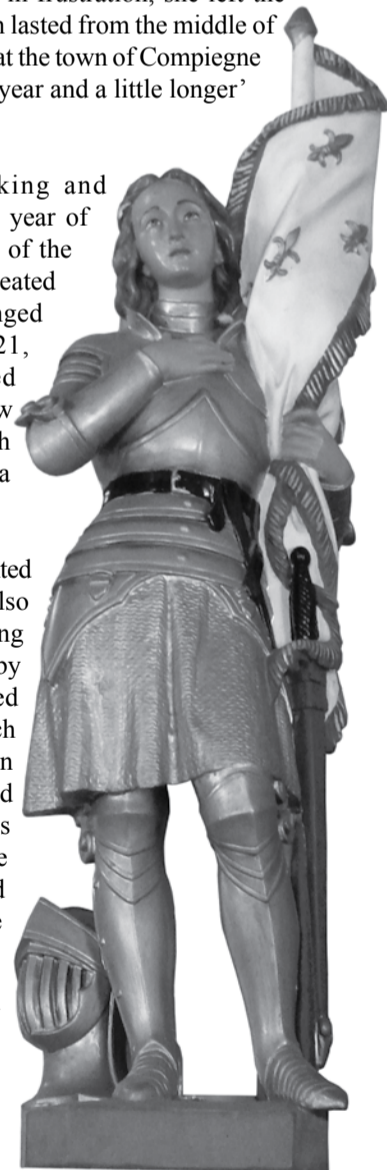
Abandoned by her king and friends, she started her year of captivity. As a prisoner of the Burgundians she was treated fairly but that all changed when on November 21, 1430, she was handed over to the English. How she survived their harsh treatment of her is a miracle in itself.

The English not only wanted to kill Joan but they also wanted to discredit King Charles as a false king by having Joan condemned by the Church as a witch and a heretic. To obtain this goal the English used those Church authorities whom they knew to be favourable to them and the staunchest of these was Bishop Cauchon.

Joan's trial of condemnation lasted from February 21st until May 23rd. She was finally burnt at the stake in Rouen's market square on May 30, 1431.

Twenty-five years later the findings of Joan's first trial were overturned and declared 'null and void' by another Church court, who this time was favourable to King Charles. It was not until 1920 that the Church of Rome officially declared Joan to be a saint. Her feast day is celebrated on May 30th.

Pix: At left the statue from Mahapitipana Church. At right the statue from the Andiambalama Church.



"Pilgrimage of Faith with Mary" - A Journey to Madhu



A journey usually begins from the door of one's house. A journey in faith commences at the door of faith. 'Porta Fidei' is that door of faith from which a mega pilgrimage to the National Shrine of Our Lady of Madhu commenced on the pastoral initiative of the Archbishop of Colombo, His Eminence Malcolm Cardinal and the energetic coordination of the Episcopal Vicar for the Colombo South Region, Very Rev. Fr. Anthony Fernandopulle.

24 years owing to the conflicts in the North and East and the rail track had been severely damaged. However with the commissioning of the new track from Medawachchiya to Madhu Road on May 14, 2013, the organisers of the Colombo South Regional Pilgrimage immediately engaged the Railway Department in discussions to facilitate railroad transport of devotees. This resulted in three special trains being deployed from Aluthgama, Beruwela

R. Perera, Rev. Brothers Harsha Rajakaruna and Sheman Wickramasinghe (St. John Mary Vianney Seminary) Rev. Sisters from the Congregation of Sisters of Charity, Anastasia Perera, Neelmino, Jean Mary, Disna Siyaguna and lay brother Ulysse Kelbert, and the faithful, mingled with one another in a true spirit of fellowship, praying together, singing hymns in honour of the Blessed Mother and even sharing their food and refreshments. An overcrowded train journey may have been somewhat uncomfortable to many but this did not deter the devotional mindset of the devotees (Imagine! On a Wesak full moon early morning, Marian devotional hymns, like "Marada Madhu Mathave," played and prayed over loudly, over the announcing system of the Fort Railway station (what a beautiful inter-religious harmony, at a time of religious extremism), who upon placing their foot on holy ground of the Shrine of Our Lady of Madhu focused fully on the spiritual experiences prepared for them and participated with great devotion in all the liturgical celebrations presided

meditation on the Mysteries of the Holy Rosary followed by welcome speeches. The inaugural concelebrated Eucharistic Celebration was presided over jointly by His Eminence Malcolm Cardinal Ranjith and His Lordship Rt. Rev. Dr. Rayappu Joseph, Bishop of Mannar. His Lordship extended a warm welcome to the pilgrims led by their Chief Shepherd and encouraged them to model their lives on the Blessed Mother, the model of our faith and to seek the intercession of Our Lady of Madhu to bring lasting peace and reconciliation to our motherland. Very Rev. Fr. Emilianuspillai, Administrator of the Madhu Shrine too extended a warm welcome to the pilgrims and gave his fullest cooperation to ensure that all logistics and other facilities were made available to make this pilgrim-



This was a "Pilgrimage of Faith with Mother Mary" and parishioners from 48 parishes within the Colombo South Region spanning six deaneries from Mattakkuliya to Aluthgama made their way in buses, private vehicles and even by trains to the hallowed Shrine of Our Lady of Madhu in early hours of Friday, May 24, 2013. They all had one intention in mind, namely, to kneel at the feet of our beloved Divine Mother the model of faith and to seek her intercession in deepening our faith during this 'Year of Faith'.

The Journey by Train:

The journey to Madhu Road by train had been disrupted for over

and Mount Lavinia to Madhu Road carrying a total of around 2400 devotees. The number of devotees who flocked to the Shrine on this pilgrimage could have been closer to over 6,000 if not more as over sixty to seventy private buses and a large number of private cars and vans carrying devotees singing devotional hymns and prayers also entered the hallowed premises.

The three trains were packed to capacity as pilgrims multiplied in numbers way beyond the registered number made known to the organizers. Each parish was allocated separate coaches while priests, Rev. Frs. Anandan Fernandopulle, Ignatius Warnakulasingham, Justin Chawan sss, Felician



over by His Eminence Malcolm Cardinal Ranjith and all other talks and sessions conducted by several apostolates as independent linguistic and age groups.

Liturgical celebrations:

The trilingual common liturgical celebrations were organised by Rev. Fr. Indrajith Perera, Archdiocesan Coordinator for Liturgy. The inaugural ceremony was attended by His Eminence Cardinal Malcolm Ranjith, Very Rev. Fr. Anthony Fernandopulle, Episcopal Vicar of the Colombo South Region and Rev. Fr. Emilianuspillai, Administrator of the Madhu Shrine and a number of priests from the Archdiocese of Colombo. Proceedings commenced with the

age a success. Inspiring homilies were delivered by Rev. Fr. Francis Senanayake, in Sinhala, Rev. Fr. Stanny Anthony OMI, in Tamil and Rev. Fr. Justin Chawan sss, in English.

On the evening of the second day the devotees gathered together with their Chief Shepherd at the Grotto of Our Lady of Lourdes to meditate on the Mysteries of the Rosary. His Eminence then led the devotees carrying blue candle-lit lanterns accompanied by devotional hymns in a long winding procession to the main church which concluded with Eucharistic Adoration and Benediction.

(Contd. on Pg. 9)



Pilgrimage of Faith....

Contd. from Pg. 8

A joint trilingual choir formed by choristers from St. James' Church, Mutwal, St. Joseph's Church, Grandpass, St. Thomas' Church, Kotte, Athurugiriya Parish Youth Choir (Latin Hymns), All Saints' Church, Borella, led the singing.

Summary of the Cardinal's Sermons:

Addressing the large number of devotees who flocked to the Shrine, His Eminence Malcolm Cardinal Ranjith recalling how Jesus Himself took His disciples away from the busy schedules of ministry to the high mountains to spend some time in quiet and silent intimacy with God His Father, invited the devotees to enter into a similar experience of spending these three days in prayer and meditation in the company of our Divine Mother, a priceless spiritual treasure house bestowed upon the Church from the Cross. He reminded us that Jesus Our Lord gave His Mother Mary to be Our Mother while at the foot of the Cross and ever since we have experienced her maternal love and care for us. His Eminence cautioned his flock not to be misled by those who spread false teachings about the Divine Mother and encourage unsuspecting devotees to abandon her. His Eminence compared those who abandoned the Divine Mother to those who had no love or respect for their mother and urged the devotees to draw closer to her and to seek her intercession to live our Christian calling with greater zeal and deeper commitment.

In his homily on the Solemnity of the Holy Trinity His Eminence reminded the devotees that the Church has flourished on the blood of the Martyrs who laid down their lives to preserve and protect our faith and that we need to emulate them in living our Christian vocation and entrust our lives to the action of the Holy Trinity. "The Church is Holy and at the same time sin-

ful. However, nourished by the treasures of our faith and particularly the divine grace which flows from the Cross of Christ we need to avoid sin, strengthen our faith in the Holy Eucharist and the Blessed Virgin Mary and draw closer to our Lord. Since it was this Divine Mother who stood at the foot of the Cross and indeed throughout Our Lord's life and was the pillar of strength in completing the work of redemption, the Blessed Mother is the one who will assist us in our sanctification enabling us to live holy lives and achieve sainthood. She has the power, the strength and desire to help us live saintly lives. Sainthood is not preserved for a few. Anyone can become a saint. St. Joseph was a humble carpenter; St. Peter was a simple fisherman and St. Matthew an ordinary tax collector. If they can attain sainthood why can't we?" His Eminence reiterated that as we journey on our pilgrimage of life we need to become better every day. We ought to be better tomorrow than we were today and progress gradually to sainthood.



Talks and Workshops:

Several talks and workshops for different age groups were interspersed between liturgical celebrations based on the theme of the pilgrimage. These talks were conducted by the Diocesan Coordinators of apostolates such as Family by Rev.Fr. Julian Patrick, Youth



and Holy Childhood by Rev. Fr. Freddie Shanthikumar. The theme of the youth session was "Christ lives in us. Are we living in him?" While the family sessions focused on the teachings of the Catholic Church on the importance of the family in the plan of God focusing on



the various stages of covenant love in marriage and the role of responsible parenthood. Addressing the Sinhala sessions Rev.Fr. Francis Senenayake held up the example of Zaccaeus, a public

sinner whose entire life was changed for the better upon encountering Christ and urged the devotees to make this their experience during the year of faith. The English session conducted by Rev.Fr. Justin Chawhan sss, focused on the words of the Blessed Mother as recorded in the four Gospels and

the Seven Sorrows or the Paschal Mystery in the Life of Mother Mary. The Tamil sessions conducted by Rev. Fr. Stanny Anthony OMI focused on the spirituality of the Laity and Catholic family life.

The Highlight of the Pilgrimage:

The highlight of the pilgrimage was the final moment when the miraculous Statue of Our Lady of Madhu was placed upon the altar for veneration and the final blessing was imparted upon the devotees with the miraculous Statue by His

Eminence amidst the singing of the famous hymn 'Marada Madhu' in Sinhala and Tamil accompanied by tears in the eyes of the devotees who were overwhelmed by emotion at the conclusion of the three-day-pilgrimage to Madhu.

The fruits of this pilgrimage were evident even as the devotees made their way back home in buses and trains and private vehicles sharing their joy and spiritual experiences with one another in a true spirit of brotherhood and Christian charity.

(Text and Pix. by
Trevor Ludowyke
& Rochall Perera)

Feast of Our Lady of Madhu celebrated in Rome



The Sri Lankan Community at Infernetto, Rome celebrated the Feast of Our Lady of Madhu recently with Msgr. Neville Joe Perera, Parish Priest and National Coordinator for Sri Lankan Migrants in Italy. Festive High Mass was presided over by Rev. Fr. Hemantha Perera who bade farewell as the as-

sistant priest to the community. Rev. Fr. Hemantha Perera who served the community for a year at Infernetto, in his homily shared his joy of having been able to work together animating communion among the diverse groups of the parish community. Referring to the Holy Trinity whose feast coincided with the



occasion, Fr. Hemantha underlined that the interior life of the Holy Trinity is the paradigm of legitimate diversity lived in creative union with one another, which is the model of Christian communion.

Fr. Hemantha's services were appreciated very much by the community and particularly the the passion play

of Christ which was enacted during lent with the participation of almost the entire parish community. Msgr. Neville Joe thanked the outgoing assistant whom His Eminence Malcolm Cardinal Ranjith has appointed as the new parish priest of Gampaha.

Rev. Fr. Deninton Subasinghe
Reporting from Rome

NATIONAL CATHOLIC WRITERS' ASSOCIATION LITERARY FESTIVAL - 2013

The National Catholic Writers' Association which was established on July 12, 1984 has organised competitions this year in Sinhala, English and Tamil languages, under senior and junior categories.

The candidates are not permitted to indicate their names on their creations. The candidates should forward their creations with his/her name, address in a certificate certifying his/her identity of his/her creation to the following address:

General Secretary, National Catholic Writers' Association, No: 24, 2nd floor, Paul VI Centre, Colombo 11, on or before 30th July 2013.

The school candidates should forward their creations, with a certificate of recommendation from the principal of the school/principal of Sunday school/parish priest.

The following competitions will be conducted by the association.

Short stories open Competition Sinhala/Tamil/English Senior category

Under one of the themes of enhancing Catholic values. Two copies should be forward 800-1000 words in Sinhala /Tamil English languages, Any candidate is permitted to present any number of short stories. The first, second, third, places will be awarded. Rs. 5000/=, Rs 300/= Rs. 200/= respectively. Few selected short stories will be awarded certificates on merit. This is an open competition for any person of any religion.

Short stories Junior category Sinhala/Tamil/English

This competition is opened for school candidates of Grade 10-13 in Sinhala. Tamil or English Language. The winner will be awarded as trophy, book prize and a certificate.

Catholic Poet of the Year

Any poem published in printed or electronic Media between 30th June 2012 - 31st May 2013 is entitled. Any number of poems of this range can be forwarded. This competition is open only for Catholic poets. The winner will be

awarded a trophy, cash prize and a certificate.

The new poetic creations

New poems in Sinhala, Tamil or in English can be forwarded. This is an open competition. The winner will be awarded a trophy and certificate.

Children's Creations Sinhala

This competition is entitled for students of Catholic Schools from Grade 5 to 9. The poems should consist of 200 words. The candidates are permitted to select any theme of their choice.

The Best Reader's Vision

The prize will be awarded to the two reader's articles published in the "Gnanartha Pradeepaya" and "The Messenger" between 30.06.2012 - 31.05.2013. The particulars based on the articles are unnecessary to be provided by the candidates. The winners will be selected by a special Jury.

Maximus Roy Perera

Secretary
National Catholic Writers' Association

Petronila Perera,.. My favourite Sister-in-Law

It is with deep sorrow that I pen this tribute to my sister-in-law, Petronila Perera. She left suddenly, there was no time for a final goodbye

It is with grief in my heart that I pen this tribute to you. I silently prayed for you as I was unable to come and see you in hospital. Tears dimmed my eyes as I heard that you have crossed the beyond. When you visited me sometime back I had given you sound advice as regards your ailment and had spoken to you very lovingly knowing your condition. On a Sunday just after the church service we met you and you took us for some refreshments to the 'Casserofo'.

The first flush

of romance by the placid Lunawa Lagoon of Moratuwa, with Kingsley the much respected athlete, the hand she so graciously took will always be in my memory. You performed much of the domestic chores which depressed you and made you unhappy little knowing your heart condition.

You carried on bravely attending to your personal needs, watching TV specially cricket and cheering the Sri Lankan Team when they won and sympathising with them when they lost, you enjoyed your athletics, taking part in walking races and winning many trophies in All Island competitions. Then you were very healthy.

You were a keen

gardner and almost all the trees and flowering plants were cared for by you. I was surprised to see so many fallen leaves in the garden on the day of your last journey, perhaps the trees were weeping for a friend they will never see again.

Your skills as a teacher were excellent and were well known. Your tiny pupils who visited you to pay their last respects were shocked and grieved that you would no longer be there to help them. You taught the young ones to appreciate the gift of nature. The insect on the withered plant of the lemon tree, the king fisher on the Mango tree, the golden carps in the tank, the Lady bird and the golden beetle in the Keera plant. These

were the sights you made the little students to notice and enjoy. You never forgot the destitute and the poor. Your sacrifice earned their gratitude; your urge to give and give showed. You gave special attention to your pets, the dog and the kittens. Whatever problems that cropped up you took them on your stride.

Your sisters and brother were blessed to have you in their lives, your in laws were always helpful even at the very last hour of your life. The inner circle of school friends and work friends in the YWCA and Eucharistic Society should think it a privilege to have known you, You connected so well with various people in your life time.

Sadly I laid you at rest as I sprinkled rose water and around you with earth. Goodbye sweet Princess, go shining to a brighter world beyond, hear the trumpets and the singing of God's angels that await to welcome you. On my side the light has grown dim my heart too is beating at a low ebb, I love to have someone smile with me, a smile that would blossom a thousand flowers, sparkle, sparkle little star, your fragrant memory is tattooed in my heart, travel well sweat Princess may your soul rest in peace.

Turin Fernando

Your loving brother-in-law

In search of my Shepherd, the Good Shepherd!



I

Invisible you have become O, Lord
Ever since your Resurrection in glory
My mortal eyes fail to find
And miserably tired they become
Looking hither and thither and everywhere
For you my Shepherd, the Good Shepherd
Who did lead me all along!

II

Like the lamb, in wilderness lost
Jumping and looking around the scapes
And into the bushes thorny and dry
Raising its voice lame and in despair
I too doth and run around
On and up to the hills O Lord
Where once you had held
The crowd so spell bound
With the Sermon on the Mount you gave,
A sermon till now, none had dared
To surpass or even equal
With their wits in store, forever in wait!

III

On to the plains I rushed my Lord
Where, in love you had fed
With a loaf in five and fish in two
Blessed to multiply and satiate
The hunger in human multitude
That gathered to sit around
In stony silence and awe so real
To drink the waters of wisdom holy
That flowed from your divine stream
But for me, not to find my Good Shepherd
Even over there again!

IV

I now know for sure,
It's a game you play O Lord
With me in your sacred arena
It's Hide and Seek
The well known game
A loving mother plays with kids
To save and bring her playful child
Found running ahead in haste, undue haste
Only to slip down and cry in pain
Back into her hands, safe and benign
With the trick of hiding
The game endears

V

Though I miss to see you Lord
In flesh and blood just by my side
Yet I know to follow fast
My Shepherd in the lead
It's my Master's voice
Like the lullaby of a beloved mom
That lingers in my ears
And guides me walk
In the path straight and right!

VI

I do follow your voice in air
A voice, celestially honey-dipped
Till you end your game of trick
To rush and hold me tight and tender
And whisper in loud in my ears so eager
"I'm here your Shepherd, Despair not!"

Tharcus S. Fernando
Wattala

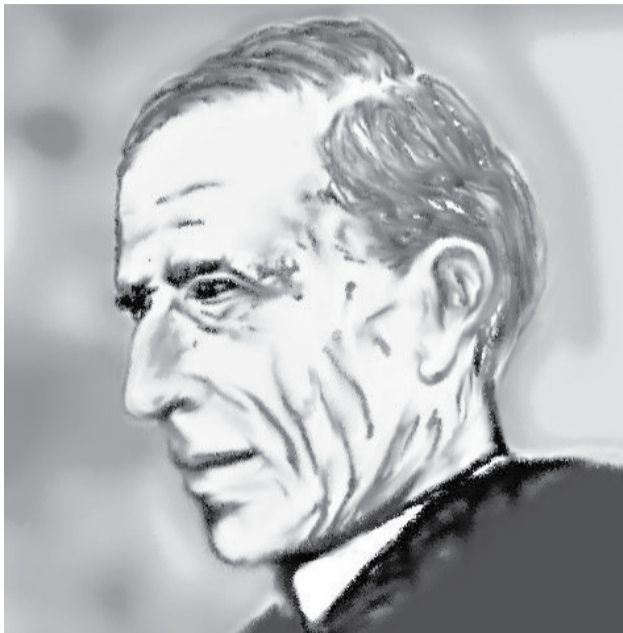
Three new priests from St. John Mary Vianney Seminary to the Church



Rev. Frs. Roshan Chaminda, Jude Chrisman and Lalith Chrisantha were ordained on the May 20, 2013. They are the products of St. John Vianney Seminary, Mattakuliya. The new priests were warmly welcomed at their 'Alma Mater' by Rector, Rev. Fr. Victor Silva and the Brothers at St. John Vianney Seminary. They celebrated their Thanksgiving Mass at the Seminary Chapel. With these three priests there are now 25 priests from St. John Mary Vianney Seminary, who are working in many churches in our country. We thank God for the gift of priestly vocation He has rendered on us.

Teilhard de Chardin: A Personal Statement

By Rev. Fr. Mervyn Fernando



Teilhard de Chardin

The opening line of Sir Julian Huxley's introduction to Pierre Teilhard de Chardin, *The Phenomenon of Man*, reads: It would be presumptuous on my part to say that I fully endorse the statement of that renowned English biologist. But that is exactly what I felt when I first read Teilhard's *Opus Magnum* more than forty years ago. Even before that, as a theology student at the National Seminary, Ampitiya I had read about Teilhard - I vaguely remember it was an article in the magazine 'CommonWealth' - about the man and about some of his problems with Church authorities, but it had hardly anything about his thought, scientific or theological. I got the chance a few years later in the course of my studies abroad.

To say it was "thought provoking" would be too mild, and "mind-blowing," an exaggeration; it was something in-between. It whetted my appetite to learn more about the man and his thought; and in the course of the years I did read more and more. It was all very intellectually stimulating and spiritually enriching. I found Teilhard specially remarkable for the many faceted man that he was - a rare and rich combination of the priest, the scientist, the philoso-

pher, the theologian, the lyricist, the mystic. And each of those capacities there was something new and original re-moulding my mind, heart and spirit.

One of his central pre-occupations, and still one of mine but much attenuated now, was the hiatus he saw between science and religion/ spirituality. Being deeply steeped in both, he was best qualified to tackle the problem. In doing so bravely and creatively he had to pay a price in terms of painful trials and tribulations; he was too far ahead of his times, and suffered the fate of most prophets. But he had the courage to face up to them

My personal fascination with Teilhard's thought is due to the affinity I feel with him in the areas of science, religion/ spirituality and the grand, over-arching planetary sweep of his vision about the total human phenomenon - the progressive evolution of Man from his origins at the beginning of life on Earth up to today and going further, projecting the trajectory of his development into the future. It is a breath-takingly bold and attractive vision, which is not mere speculation and wishful thinking but based on hard science; as Sir Huxley

says, "A massive array of fact and disciplined logic." Then, his deep spirituality, undergirded by a very empathic understanding of the workings of Nature and a passionate love of matter and of the Earth, is paradoxically both thoroughly earthly and highly spiritual and mystical.

It is very fortunate that Teilhard had the inclination and the ability to put down his thoughts, ideas, speculations etc. as well as his spiritual feelings, sentiments, aspirations etc., on paper, in other words to open both his mind and his heart in writing; and unabashedly

so in his spiritual outpourings. If he had kept all that locked up inside himself how much poorer we would have been. Though we may not agree with all his ideas or go along with his kind of spirituality, he certainly offers new, hitherto unsuspected insights and new vistas about every subject he puts his mind to; and to all that he brings both conviction and passion. His writings are not a dead text, but a live expression of himself.

My purpose in writing this introduction to his thought is simple, namely to facilitate, that is, "make easy," the entry

to the world of Teilhard particularly to those, who though educated even in the sciences, may be put off initially by the philosophical nature of many of his books and the use of neologisms, namely, new terms he coined to express his ideas e.g. noosphere, "the sphere of mind" (from the Greek, 'noos', for mind) .. The main work of Teilhard, his *Opus Magnum*, *The Phenomenon of Man* in which he spells out his thesis on the whole evolutionary process from amoeba to Man and beyond, is not an easy read, and necessarily so given the nature of the subject. But it would be a pity if his creative thinking and bold, reasoned and insightful speculation, on this vast subject, but very relevant to contemporary concerns, became unavailable to the educated "man-in-the-street" because of this difficulty. Moreover, he offers a spirituality which is not only attractive in itself for a Christian, but also resonates with the mentality of modern man, heavily influenced by a secularist and scientific

worldview. Here is a man steeped in science talking deep spirituality meaningfully, and living it.

Having digested the "meat" in *The Phenomenon of Man* I found the others, specially, *The Future of Man*, *Human Energy*, *The Activation of Energy*, *The Vision of the Past*, dealing with a number of topics connected with the human phenomenon, relatively easy going. *Man's Place in Nature* is a strictly scientific treatment of the subject of evolution at both biological and human levels. *The Heart of Matter* is the most personal presentation of his ideas, almost autobiographical in character. His spirituality is expressed thematically in *The Divine Milieu* (considered a spiritual classic of the 20th century) and more personally in *Hymn of the Universe* and in *How I Believe*.

That, I believe, would suffice for anyone to drink deep draughts of the wine of Teilhard's fresh vision of Man, the World and God.

(Courtesy: *The Enlightened Life*)

Corpus Christi on Catholic Half Hour

Catholic broadcaster, Trevor Ludowyke on Sunday June 2, at 8.00 (Sri Lanka) on 97.4 Mhz or 97.6 Mhz for a meaningful reflection on the Precious Body and Blood of Our Lord (Corpus Christi)

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What it says in the Readings

I am the living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live for ever
(Jn 6:51-52)

LITURGICAL CALENDAR YEAR C 2nd June - 9th June 2013

Sun: Feast of Corpus Christi
Gen. 14:18-20; 1 Cor. 11: 23-26;
Lk. 9:11-17

Mon: Memorial of SS Charles Lwanga and Companions
Tob 1: 3-2; 1a-8; Mk. 12:1-12

Tue: Tob 2:9-14; Mk. 12:13-17

Wed: Memorial of St. Boniface, Bishop & Martyr
Tob 3:1-11a, 16-17a; Mk 12:18-27

Thu: Memorial of St. Norbert, Bishop
Tob 6:10-11, 7:1, 9-17, 8:4-9a;
Mk. 12:28b-34

Fri: Feast of Most Sacred Heart of Jesus
Ez 34:11-16; Rom 5:5b-11;
Lk 15:3-7

Sat: Memorials of Immaculate Heart of the Blessed Virgin Mary
Is 61:9-11; Lk 2:41-51

Sun: 10th Sunday of Ordinary Time
1 Kgs 17:17-24; Gal 1: 11-19;
Lk 7:11-17

PRAYER OF THE FAITHFUL

Response: Lord, help us to build Your mystical body in the world.

For the Church: That it may be a light for all the nations, a sign of unity, and a force for reconciliation among all peoples. We pray to the Lord.

Response: Lord, help us to build Your mystical body in the world.

For the poor, the sick, the lonely, and the unloved: That we the followers of Christ may befriend them and show them that Christ cares about them. We pray to the Lord.

Response: Lord, help us to build Your mystical body in the world.

That as we celebrate this Eucharist we may experience the bonds of love Christ wanted to see among His followers, and that these bonds may be strengthened. We pray to the Lord.

Response: Lord, help us to build Your mystical body in the world.

For Holy Father Pope Francis that he may bring into completion the mission of shepherding the flock entrusted to him. We pray to the Lord.

Response: Lord, help us to build Your mystical body in the world.

Sunday Rhythm - Solemnity of the Body and Blood of Christ

Disciples: "Send the people away ... to find lodging and food...we are in a lonely place..."

Jesus: "Give them something to eat yourselves..."

Disciples: "We have no more than five loaves and two fish..."

Jesus: "Get them to sit down in parties of about fifty."

Richest Blessing: He took the five loaves and the two fish, raised His eyes to heaven, and said the blessing over them.

Richest Result: He broke them and handed them to His disciples to distribute among the crowd.

TO THINK: Do you see how Jesus feels our need and answers it immediately? He wants all of us to fulfill our needs and He blesses all that we are and all that we have.

TO PRAY: Dear Lord, feed us daily not only by your Holy Body and Blood, but also by your word, life, truth, sacrifice, justice and peace. Amen.

TO ACT: Let us come forward with what we have in order to get His blessing and also to share them with others. Let us be sharp enough to feel the need of others and respond to it positively in God.

Rev. Fr. S. Randil Fernando OMI - Maradana

The Feast of the Body and Blood of Christ

First Reading

Gen. 14: 18-20.

Melchizedek enters into a partnership with Abraham after Abraham's return from a great victory. He blesses Abraham and makes the covenant through bread and wine.

Second Reading

1 Cor. 11: 23-26.

St. Paul proclaims to the Corinthians about the Holy Eucharist. How Jesus instituted it on the night of the Last Supper and of Christ's request that the Apostles should do it in remembrance of Him.

Gospel. Lk. 9: 11-17.

The story of the multiplication of bread is presented to us. Here Jesus feeds a crowd of five thousand men with just five loaves and two fish. After all had eaten and were satisfied, still there remained twelve baskets.

Reflection

Today is the Feast of Corpus Christi wherein we celebrate the feast of the most precious Body and Blood of Christ. This is the Sacrament of the eternal bond, the great covenant between

God and man through which God totally forgives man's sins and reconciles him with Himself thus securing him an eternal salvation through Christ Our Lord.

During the time of the Old Testament, animals were sacrificed to expiate the sins of man. In this ritual animals were killed and offered to God on the altar. Blood was then collected and half of it was thrown on the altar and the other half sprinkled over the people to signify that the sins of the people were forgiven. There was also the covenant aspect in it. The people were bound with an unbreakable bond to observe the covenant.

But in the New Testament times instead of an animal Jesus took upon Him the sins of mankind and offered Himself in obedience to His Father as a sacrifice for the expiation of the sins of mankind. This act obtained salvation for all. It is stated in the letter to the Hebrews; "When Christ appeared as a High Priest of the good things that have come, then through the greater and more perfect tent, He entered once and for all

into the Holy place, taking not the blood of goats and calves but His own Blood, thus securing an eternal redemption."

Today we too are called to secure this salvation for ourselves by living an unblemished life. The Lord is with us to help us in our life's struggles. As an example we have Christ the High Priest who offered Himself for the salvation of all mankind and to guide us in our day to day lives. We have the Eucharist as the living sacrifice of Christ to help and encourage us to offer our day to day lives in obedience to God's will. We have the true Body of Christ as food to nourish and strengthen us in our life's journey towards eternal salvation. We have the Blood of Christ as drink to wash away our iniquities and cleanse the stains of sin. We have the Blessed Sacrament as our guiding light to guide us to the glory of God.

Therefore let us realise the true and real presence of Christ in the Eucharist and in the Blessed Sacrament. And also let us strive to receive Him as often as possible and give Him due worship so that He

will be in us and we in Him for the greater glory of God.

Aid Story

To show how he distributed His grace in the Eucharist, Christ made the following comparison to Saint Catherine of Sienna.

He said to her in a vision: "My daughter if you had a light in your hand and everybody brought candles to light from it, wouldn't the light and the fire remains the same? That is true, but if some would bring small candles, and others large ones, don't you think that although there were all lighted, the large candles would give more light and heat than the small ones? The same thing happens with the Sacrament of Love."

Therefore although it is true that the Sacrament itself gives a grace that is received by everybody, it is also true that the amount of His grace depends on how we receive it; hence the need for a fervent preparation. Do not forget the greater your preparation, the more light you carry.

Rev. Fr. Ciswan De Croos

Ugandan Martyrs - June 3

Sts. Charles Lwanga, Joseph Mkasa and Companions (-c. 1886 - 1887)

The White Fathers started missionary work among the native tribes of the Upper Nile region in 1878, and the first baptisms took place on Easter Saturday the following year. Some of these men had been converted from Islam to Protestantism before becoming Catholics. With their stiff resistance to the im-

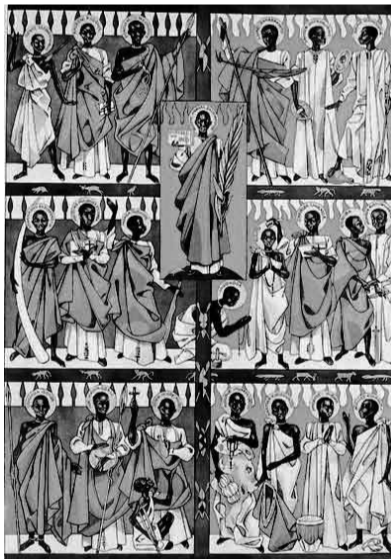
moral demands of the vicious King Mwanga began the persecution of the rapidly spreading Catholic faith in 1886. Joseph Mkasa, the chief of the royal pages, and Marumba, the headman of a district, were among the first to suffer martyrdom, closely followed by Mkasa's successor Charles Lwanga.

It was Charles who enabled the rest to retain their individual purity and to cling unto their faith. The Church today venerates the 22 Negro boys and young men ranging in age from 13 to 30 years, for the courage, reminiscent of the early Christians, with which they endured the most cruel tortures. Thirteen of the Martyrs were burned, the rest met death through various other ordeals. Some of them were put to death on June 3, 1886.

These were the first African Negroes to be beatified (1920). Besides these, some 80 others were killed in this persecution. As St. Augustine says: "The martyrs were bound, imprisoned, scourged, racked, burnt, rent, butchered - and they multiplied."

The Ugandan martyrs were canonized by Pope Paul VI on October 18, 1964.

Reflection: "First, have great love for Jesus Christ. Second, be faithful to the Church. Third, be strong and courageous; be happy and joyful always, because, remember this always, the Christian life is a most beautiful thing" (Pope Paul VI).



Venerable Thomas à Kempis - June 7 Confessor (1379 - 1471) "The Imitation of Christ"

"Sometimes we are moved by passion, and think it zeal...we are quick enough in perceiving and weighing what we bear from others, but we think little of what others have to bear from us" (Imitation of Christ, Bk II, 1)



Thomas is the great author of the world famous

book, "The Imitation of Christ." His name will be remembered until the end of time, because of this famous work. Priests, nuns, and lay people have used it for hundreds of years, and it has helped many to become very holy Christians and saints for Heaven. His book is so beautiful, that you would almost think that an angel had come and told Thomas exactly what to write. We can be sure that his Guardian Angel and the Holy Ghost were nearby, helping him to write this beautiful book.

Thomas was born in 1379, in Kempen, a small village near Cologne, Germany. His real name was Thomas Haemerken, but later his last name was made up from the name of the town where he was born.

His most celebrated work "The Imitation of Christ," was first published anonymously in 1418; he is also known as the author of numerous devout prayers and Latin hymns. "Commit yourself with full confidence to God! Leave to him the 'I will' and the 'I won't.' Let there be but one heart and one mind for you and God."

Why Should I go to Holy Mass on Sunday?

"Sunday is to be observed as the foremost holy day of obligation in the Universal Church" - Why ?

Why is Sunday so special?

The first Christians were all Jews, and the Jews kept Saturday as their holy day or Sabbath. This was a fundamental part of Jewish life - after all, it was written into the *Ten Commandments!* It was the day of the week they set aside to put God first. It was an opportunity to rest and spend time together as family and community, with God at the centre, without the distraction of work.

Christian Jews continued to keep the Sabbath, but because Jesus rose from the dead on a Sunday, they gradually switched to keeping Sunday as their holy day. As St. Ignatius of Antioch put it, "Those who lived according to the old order of things have come to a new hope, no longer keeping the Sabbath, but the Lord's Day, in which our life is blessed by Him and by His death".

Can't I pray to God on my own?

Some people think that our spiritual life is simply an individual experience, but God made us social beings. The most spiritual part of ourselves is our ability to love; God is love and we are made in His image and likeness. And love needs to be given and received. So being together with others is vital for us to be fully human and for us to be fully spiritual persons.

What does Jesus say?

Jesus commanded His followers to love their neighbour as themselves; from the outset of His Ministry. He lived and worked with the twelve apostles, and was constantly teaching and healing people who came to Him in crowds and groups. He even said that "where two or three are gathered in My name, I am in the midst of them".

And on the night that Jesus was betrayed He gave very clear instructions about what His followers should do to remember Him. He didn't say, go off on your own and use your imagination. He gathered the apostles together for the Last Supper and told them to 'do this in memory of Me'.

Not surprisingly in the New Testament, Christians tried to gather daily, to 'break bread' (their term for celebrating the Mass). Christians have continued to do this ever since, especially on a Sunday, the Lord's Day.

What do we celebrate at Holy Mass?

The *Catechism of the Catholic Church* explains what we are doing at Holy Mass in this way:

"We carry out this command of the Lord by celebrating the memorial of His sacrifice. In so doing, we offer to the Father what He has Himself given us: The gifts of His creation, bread and wine which, by the power of the Holy Spirit and by the Word of Christ, have become the Body and Blood of Christ. Christ is thus really and mysteriously made present.

We must therefore consider the Eucharist as:

- Thanksgiving and Praise to the Father.
- The sacrificial memorial of Christ and His Body.
- The presence of Christ by the power of His Word and of His Spirit."

What are the key parts of Holy Mass?

- The first part of Holy Mass focuses upon listening to God speak to us through the Bible.
- The second part of Holy Mass focuses on the consecration of the bread and wine into the Body and Blood of Christ.

The first part, draws us together as we ask for forgiveness, pray together and form a common mind through reflecting on the words of Scripture.

In the second part, on the basis of that unity we

offer our gifts of bread and wine, and receive back from God the Supreme Gift of the Real Presence of Christ in the Eucharist, which brings us reconciliation, peace and a deep intimacy with God.

Working on Sundays?

The Church expects and encourages all who can, to go to Holy Mass on Sunday, and to rest on the Lord's Day. There are some people who are genuinely obliged to work on a Sunday, for example doctors, nurses, and emergency services.

There are others who may be subject to unfair, even unjust, pressures that are placed on them forcing them to work on Sunday. Christians should be alert to this and attempt to resist where possible.

In such circumstances you do what you can to get to Mass, even going to Mass on another day when you have time off. The Sunday 'Vigil' Mass, celebrated on Saturday evening, which is the first Mass of Sunday is always an option. If you cannot attend Sunday Holy Mass for good reasons, in such circumstances then it is not a sin, because you would be there if you possibly could.

In conclusion

So the obligation in the *Ten Commandments* to keep the Sabbath holy became the duty of a Christian to celebrate Holy Mass on a Sunday.

Not to do so would be to reject one of the Ten Commandments and one of the most important instructions of Jesus, which would therefore be a very grave sin. That is why the Church teaches us that we have an obligation to go to Holy Mass on Sundays, unless we are too ill or are physically unable to reach a Church where Holy Mass is being celebrated.

Courtesy : Catholic Truth Society/ Essentials.

Western Brass Band

St. Peter's College, Bambalapitiya



The Western Brass Band of St. Peter's College, Colombo emerged winners at the inaugural Outdoor Band Competition which was organized by the

Old Royalist Cadet Band Association (ORCBA) in collaboration with the Ministry of Education in Sri Lanka. This mega event involved

over 70 schools from the Island, out of which over 35 participated in the Western Band Category. Held at the Royal College grounds on May 5, 2013, the Minister

of Education, Bandula Gunawardana was in attendance as the chief guest to distribute the awards to the prize winners.

Rev. Fr. Vincent Ashley

'Mawatha Aiyne Ahinsakaviyak'



A/L Student, Navanjane Tharika Fernando of Dankotuwa Balika Maha Vidiyala recently penned a short story titled 'Mawatha Aiyne Ahinsakaviyak'. Picture shows presenting of the first copy to the Principal of the School, Rev. Sr. Mercy Bernadette of the Holy Angels Congregation.

Kumara Nayanjith

A LOVING MOTHER'S WISH

Dear Jesus, Bless my boy,
Never let his mind toy - with sin,
Let thy glance, so full of grace
On his unturned childish face - descend.
Keep his heart, young, unstained
Close to thee, let him remain - content.
God of mercy, loving one
Direct and guide my little son - safely.
Give him, dear Jesus, I implore
The greatest gift of heaven's store - peace.



Anton Selemberam

Avurudu celebrations at Nattandiya



Avurudu celebration were held recently at St. Joseph's Pre-School in the Nattandiya Parish, with Asst. Parish Priest, Rev. Fr. Nimantha

Prageeth as chief guest. The Principal of the Nursery, Rev. Sr. Sanduni Opatha was instrumental in organising the event and Su-

perior of the Convent, Rev. Sr. Shiromali together with Rev. Sr. Deepa are seen enjoying with the children.

Sriyangani Felicia

MAN WITH A MISSION

THE STORY OF PAUL

Courtesy :
Ceylon Bible Society Publications

(.... from last week)

After a rest in Tarsus, Paul and Silas crossed the mountain to Perse.

WheW!! I can understand why you and Barnabas didn't return by this mountain trail.

Look! There are some of our fellow believers.

It's Paul! It's Paul!

A week later they went on to the town of Lystra and found the house of Eunice.

Mother! It's Paul!

Hello, sir! It's really good to see you again.

Timothy, my boy! How are you? How are your mother and your grandmother?

That evening...

The boat always stops here at Samothrace. Tomorrow we'll reach Neapolis, and from there it's only a few hours' walk to Philippi.

The next day...

I'm glad Luke is with us now. He surely knows his way around.

The Lord must have sent him to help us!!

This is the shortest way inland to Philippi. We should be there by sunpown.

They stayed in Lystra several days.

We're grateful for your hospitality, Eunice, and your sincere faith in the Lord is an inspiration.

Mother has had a big influence on me.

And look at this boy, will you? He's been persuading many to believe in Christ. Everyone speaks highly of him.

Paul was greatly impressed with Timothy.

You really want me to come with you, sir?

Your mother is Jewish, but your father is a Greek--this will open doors for us to the gentiles. You're young, and your faith is strong.

The following Saturday, the day of worship for Jews...

You were right, Luke. These people are Jews, and this is where they meet for prayer.

May we join you?

Of course!

After their time of worship...

The good news is that the saviour has come and has brought salvation for all people, men and women, Jews and gentiles.

So Timothy joined Paul and Silas as they visited the churches in the nearby towns. He gave his witness.

My dear brothers and sisters! I have fulfilled all the requirements of the Jewish law. But that is not what has saved me.

Silas read the letter from Jerusalem.

Their decision is to put no additional burden on you. God saves us all by his love and mercy.

One night... Do not stay in this area, Paul. There are other places where the good news must also be heard.

Those who believed Paul's message were baptized.

She's our first convert here. Who is she?

That's Lydia, from Thyatira. She is a rich cloth merchant.

Later...

I'd like you and your companions to come and stay in my house, if you accept me as a true believer in the Lord. I have plenty of room.

Paul wanted to go west toward Ephesus. But the Holy Spirit directed them north. And when they were about to enter Bithynia, the Spirit sent them west.

So they traveled through the province of Mysia and eventually came to the west coast, to the city of Troas.

Map labels: MACEDONIA, BLACK SEA, BITHYNIA, TROAS, ANTIOCH IN P-SIDIA, EPHEBUS, ICONIUM, LYSTRA, DERBE, ANTIOCH, MEDITERRANEAN SEA, SYPRUS, JERUSALEM.

Paul and his companions stayed in Philippi for many days to teach the good news. They also healed a slave girl who had an evil spirit which enabled her to tell fortunes. But this angered the girl's owners who were making money from her.

So they dragged Paul and Silas before the authorities.

These men are Jews, and they're teaching customs that are against our law.

We are Roman citizens, and we cannot accept what they are teaching.

Let them be whipped and thrown in jail!!

The night they arrived...

WHA-WHAT?? WHO ARE YOU??

Come over to Macedonia, Paul... and help us!

Get up and pack your things! We must catch the next boat. God has called us to preach the good news to the people in Macedonia!

I saw a Macedonian... he kept calling for us to come and help.

About midnight...

God is our shelter and strength, always ready to help in times of trouble...

So we will not be afraid, even if the earth is shaken...

Suddenly...

AN EARTHQUAKE???

...even if the earth is shaken!!

The jailer was about to kill himself.

They've all escaped! I'm finished!!

Stop! Don't harm yourself! We are all here.

Paul and Silas were brought outside the prison.

Sirs! What must I do to be saved??

You and your family!

Believe in the Lord Jesus, and you will be saved.

(contd next week....)

Stories from the Bible

David



The fourth in a series of popular Bible stories with Scriptures taken from Today's Version of the Bible.

(1 Samuel 17:1-51)

Here we read about David who became a great national hero.

David played the harp to relieve King Saul.

On this return from the camp of Saul, David looked after the sheep of his father.

He protected the sheep from lions and bears.

The giant Goliath challenged the army of Saul.

David volunteered before King Saul to fight the giant.

He felt uncomfortable when he was made to wear the helmet and the armour-plate.

The giant was surprised to see David, a boy and did not take him seriously.

But David struck the giant down with a stone from his sling. David cut the giant's head and killed him. When the soldiers of the enemy army saw that Goliath was dead, they fled.

Goliath challenges the Israelites

The Philistines gathered for battle in Socoh, a town in Judah; they set up camp at a place called Ephes Dammim, between Socoh and Azekath. Saul and the Israelites assembled and camped in Elah Valley, where they got ready to fight the Philistines. The Philistines lined up on one hill and the Israelites on another with a valley between them. A man named Goliath from the city of Gath, came out from the

Philistine camp to challenge the Israelites. He was nearly three metres tall and wore bronze armour that weighed almost sixty kilograms and a bronze helmet. His legs were also protected by bronze armour, and he carried a bronze javelin slung over his shoulder. His spear was as thick as the bar on a weaver's loom, and its iron head weighed about seven kilograms. A soldier walked in front of him carrying his shield. Goliath stood and shouted at the Israelites. "What are you doing there, lined up for battle? I am a Philistine, you slaves of Saul! Choose one of your men to fight me. If he wins and kills me, we will be your slaves; but if I win and kill him, you will be our slaves. Here and now I challenge the Israelite army. I dare you to pick someone to fight me!" When Saul and his men heard this they were terrified.

grain and these ten loaves of bread, and hurry with them to your bother, in the camp. And take these ten cheeses to the commanding officer. Find out how you brothers are getting on and bring back something to show that you saw them and that they are well." David got up early the next morning, left someone else in charge of the sheep, took the food, and went as Jesse had told him to. He arrived at the camp just as the Israelites were going out to their battle-line, shouting the war cry. The Philistine and the Israelite armies took up positions for battle, facing each other. David left the food with the officer in charge of the supplies, ran to the battle-line, went to his brothers, and asked how they were getting on. As he was talking with them, Goliath came forward and challenged the Israelites as he had done before. And David heard him. When the Israelites saw Goliath, they ran away in terror. "Look at him!" they said to each other. "Listen to his challenge! King Saul has promised to give a big reward to the man who kills him; the King will also give him his daughter to marry and will not require his father's family to pay taxes."

David in Saul's camp

David asked the men who were near him, "What will the man get who kills this Philistine and frees Israel from this disgrace? After all, who is this heathen Philistine to defy the army of the living God?" They told him what would be done for the man who killed Goliath. Eliab, David's oldest brother, heard David talking to the men. He became angry with David and said, "What are you doing here? Who is taking care of those sheep of yours out there in the wilderness? You smart alec! You just came to watch the fighting!" "Now what have I done?" David asked. "Can't I even ask a question?" He turned to another man and asked him the same question, and every time he asked, he got the same answer. Some men heard what David had said, and they told Saul, who sent for him. David said to Saul, "Your Majesty, no one should be afraid of this Philistine! I will go and fight him."

David was the son of Jesse, who was an Ephrathite from Bethlehem in Judah. Jesse had eight sons, and at the time Saul was king, he was already a very old man. His three oldest sons had gone with Saul to war. The oldest was Eliab, the next was Abinadab, and the third was Shammah. David was the youngest son, and while the three oldest brothers stayed with Saul, David would go back to Bethlehem from time to time, to take care of his father's sheep.

Goliath challenged the Israelites every morning and evening for forty days. One day Jesse said to David. "King Saul, your brothers, and all the other Israelites are in Elah Valley fighting the Philistines. Take ten kilos of this roasted



and animals to eat." David answered, "You are coming against me with sword, spear, and javelin. But I come against you in the name of the LORD Almighty, the God of the Israelite armies, which you have defied. This very day the LORD will put you in my power; I will defeat you and cut off your head. And I will give the bodies of the Philistine soldiers to the birds and animals to eat. Then the whole world will know that Israel has a God. And everyone here will see that the LORD does not need swords or spears to save his people. He is victorious in battle, and he will put all of you in our power." Goliath started walking towards David again, and David ran quickly toward the Philistine battle-line to fight him. He put his hand into his bag and took out a stone, which he slung at Goliath. It hit him on the forehead and broke his skull, and Goliath fell face downwards on the ground. And so, without a sword, David defeated and killed Goliath with a sling and a stone! He ran to him, stood over him, took Goliath's sword out of its sheath, and cut off his head and killed him. When the Philistines saw that their hero was dead, they ran away.

(1 Samuel 17:1-51)

Courtesy:

Ceylon Bible Society Publications



QUIZ

On Catholic Themes

(..... from last week)

QUESTIONS

1. THE CHURCH AND CHURCH TEACHINGS

Faith

67. What is faith?
68. Who is considered to be our 'Father in Faith'?
69. Why do we believe?
70. What do we believe?
71. Who is God?
72. Why is God called the Creator?
73. In whose image did God create the first man and woman?
74. Why is God called the Almighty?
75. Do angels exist? Who are they?
76. What is the task of the guardian angels?
77. Who are Satan and his followers?

(contd next week.....)

Courtesy : Clare Ulken fsp

77. Faith is a gift of God which helps us to believe whatever God has revealed. It is a personal response to God who, by love, reveals Himself through His words and deeds.
68. Abraham.
69. We believe because God is truth itself and cannot deceive or be deceived.
70. We believe all that is contained in the Word of God, written or handed down, which the Church proposes for belief as divinely revealed.
71. God is HE who is from everlasting to everlasting. God is the fullness of Being, and of every perfection, without origin and without end.
72. God is called the Creator because he created heaven and earth and all that is in them, out of nothing, by his Word.
73. God created them in God's own image and likeness.
74. God is called the Almighty because He can do everything; nothing is impossible with God.
75. Angels do exist. They are purely spiritual creatures with intelligence and will; they are perfect and immortal creatures.
76. They watch over those who are entrusted to their care and intercede for each one from infancy to death.
77. They are the fallen angels who have freely, radically and irrevocably rejected God and His Reign. God created them naturally good but they became evil by their own choice.

Faith

1. THE CHURCH AND CHURCH TEACHINGS

ANSWERS

St. Lawrence's, Wellawatte

Best Environment Friendly School 2012



St. Lawrence's Convent, Wellawatte have become proud winners of the 'Best Environment Friendly School of the Year' competition 2012, emerging in 1st place from the Colombo District. The competition was organized by the Green

Forest Association. The School which won the 2nd place at District level, consecutively in 2010 and 2011 have been able to maintain, probably even better, the environment friendly standard of the School to achieve 1st place this year.

Prayer for Favourable Climate



Lord God, in the beginning You created heaven and earth. On the earth that was a formless void, You, in Your Divine Mercy, ordained fine weather, conducive to good harvest and thus blessed humankind and all other living beings. We thank You for Your infinite mercy. God the Father, You made pas-

sage in the mid-sea and brought out springs of cool water from fiery rocks. Protect us and our land from natural calamities and adverse weather conditions. Protect our land from extreme heat and cold, giving us favourable weather conditions and prosperous years. Be compassionate and give us abundant results for our efforts. Give men the wisdom to realize their misdeeds, which pollute the environment causing

climatic deviations. Give them the wisdom to know that violence against, and exploitation of, nature will prove catastrophic for them in the long run. Bless us so that we can work harmoniously with not only our fellow beings but also with nature and its flora and fauna which You created in Your infinite wisdom. Make us gracious enough to thank You for Your blessings, even as we entreat You to bless us abundantly forever more.

Amen!

Courtesy :
Vachanolsavam

Mighty as an Oak, Lofty as a Cedar

Dense forests once covered the Land of Israel. Over the ages, human habitation destroyed most of them. Despite that, the different species of trees now growing in them are an integral part of the landscape.

Pistachio - Ella

"An angel of the Lord came and sat under the terebinth at Ophrah"

(Judges 6:11)

Pistachios are huge trees which can easily live 1,000 years or more. They stand out from the landscape, which makes them good landmarks. The pistachio is mentioned frequently in the Bible; King Saul was even buried under one. Three species of pistachio trees grow in Israel; the *terebinth*, the *Atlantic pistachio* and the *lentisk*.

Oak - Afon

"Stout as the oak"

(Amos 2:9)

The oak is one of the most important trees in the world. The oak's hard wood is put to many uses, mainly in items in which durability is key. In ancient times, for example, oars were made from oak. Today, all sorts of furniture is made from it, along with barrels for fermenting wine and other alcoholic beverages. Three main species of oaks currently grow in Israel: *Mt. Tabor*, *Kermes* and *Cyprus*.

Cedar - Erez

"Whose stature was like the cedar's"

(Amos 2:9)

Even though the cedar is not indigenous to



the Land of Israel, it has been associated with it since biblical times, if not before. Ships, palaces, and temples have been built with its planks. This huge tree, which can reach a grand old age and grows only in high places, has become a symbol of might and beauty. There are three species of cedar: The *Lebanon cedar* grows in Turkey, Lebanon, and Cyprus; the *Atlantic cedar* grows in the Atlas Mountains of northern Africa; and the *Himalayan cedar* grows on the slopes of the Himalayas.

Acacia - Shitta

"You shall make the planks for the Tabernacle of acacia wood, upright"

(Exodus 26:15)

The wood of the acacia, which is one of the only trees that grow in the desert, was chosen for building the Tabernacle of the Children of Israel when they were wandering through the desert. The

many places named after this tree - Beit Hashitta, Abel-Shittim, Nahal Shittim, and more - testify to its wide distribution in the Land of Israel. Acacias have been planted at sites in the northern Negev, such as Yattir, Mishmar Hanegev, and Hazerim, to prevent desertification. Some 750 different species of acacias grow around the world.

Eucalyptus

"This tree has the unique ability to dry up swamps"

(Israel Belkind, 1889)

The eucalyptus tree was an integral part of the story of the establishment of the State of Israel. Some Arabs even referred to it as 'the tree of the Jews.' The eucalyptus originates in Australia, where some 600 species of it grow. The first eucalyptus seeds were planted in the Land of Israel in 1883 at the Mikveh Israel agricultural school.

Courtesy : Holyland Journal