



Salute Mary, Think of Mary, invoke Mary, honor Mary, commend yourself to Mary, remain with Mary in your house, walk with Mary when you go out. Rejoice with Mary, grieve with Mary, work with Mary, Pray with Mary.

Messenger

"REGISTERED IN THE DEPARTMENT OF POSTS OF SRI LANKA"

UNDER NO. QD / 34 / NEWS / 2014

Sunday, November 16, 2014 Vol 145 No 45 20 Pages Rs: 25.00 Registered as a newspaper

Holy Father's Visit to Sri Lanka

'Abide in Love'

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Spiritual preparation
for the forthcoming
visit of our
Holy Father,
Pope Francis to
Sri Lanka.

Special intentions for the Sunday Liturgy

SEE Pg.15 >>>

► INCREASE IN CATHOLICS SEEKING DIVORCE AND ANNULMENTS

Let us examine our conscience: His Eminence says

The Archbishop of Colombo, His Eminence Malcolm Cardinal Ranjith has said that the increase in the number of Catholics seeking divorce or annulment of their marriages, "calls for a serious examination of conscience that has to be undertaken by us shepherds, bishops and especially those in parish ministry, the parish priests, as to our commitment to the proper pastoral care of the families."

His Eminence has noted that in many cases that if timely help and guidance had been given most of these families could have been saved. "It is truly preoccupying," His Eminence laments.

Opening Ceremony

The opening ceremony of the special Liturgical Year is to be held at diocesan and parish levels either on Saturday, November 29, (evening) or on Sunday, November 30.

The Archdiocesan service will take place at St. Lucia's Cathedral, Kotehena on Sunday, November 30, with the participation of the Archbishop and the Auxiliary bishops of Colombo.

The Liturgy for this ceremony which is in the form of a Bible service with the Benediction of the Blessed Sacrament will be prepared by the Conference of Major Religious Superiors (CMRS) and the Archdiocesan Liturgy Office and will be sent to all the parishes and institutions in the Archdiocese.

In a Pastoral Letter issued this week, His Eminence has stated that the Archdiocese of Colombo, considering the urgency

and the importance of a renewal of all Catholic families to the call of love, communion and holiness and to rebuild their commitment



to live sacramentally, has declared the next liturgical year starting from the first Sunday in Advent which is November 30, 2014 and ending on February 2, 2016, as decreed by the Supreme Shepherd, be a year consecrated to the theme: *Consecrated life: Responding to the call to holiness in*

the family - "that they may have life and life to the full" [Jn. 10:10].

In his letter the Archbishop also pointed out the serious drop in vocations to priestly and religious life, which he said is, "starting to be felt."

"Some of our religious congregations are experiencing a serious drop in numbers in spite of their recruitment programmes. Families do not seem to be religiously motivated or are no more

the ideal breeding ground for vocations, being themselves more interested in secular pursuits," His Eminence observed.

Calling it a "serious consequence" especially in urban areas where there are no vocations at all, His Eminence said the situation is serious when one considers vocations to religious life "especially

Contd on Pg. 2 >>>

See also Pg. 8 & 9

Pope appoints Briton as Secretary for Relations with States

In a series of top level changes in the Roman Curia, Pope Francis has appointed the English-born Archbishop Paul Richard Gallagher as Secretary for Relations with States - the third highest position in the Vatican.

(Contd on Pg. 3)

Annual Christmas Crib Competition & Exhibition 2014

St. John Berchman's Confraternity of Altar Servers of St. Lucia's Cathedral, Kotahena will conduct a Christmas Crib Competition and Exhibition for the 20th consecutive year on Saturday, December 13 and Sunday, December 14 at the Parish Hall. This will coincide with the Feast of their Patroness St. Lucy.

The entry forms are available at the Parish Office and at the Rosary Stall. Valuable prizes will be given to the first three cribs and the next five cribs. Details 0775377923 or 0755734244.



"Be Mysteriously Fruitful," Apostolic Nuncio tells young adults

His Excellency, Most Rev. Dr. Pierre Nguyen Van Tot, Apostolic Nuncio to Sri Lanka told 62 young adults, who were to be confirmed as mature Christians, that there is no greater freedom than that of allowing oneself to be guided by the Holy Spirit and to be "mysteriously fruitful."

Presiding over the Confirmation Service at St. Mary's Church, Dehiwela held recently, His Excellency said that we should renounce the attempt to plan and control everything to the last detail and instead let the Spirit enlighten, guide and direct us, leading us wherever he wills.

"The Holy Spirit," he said, "knows well what is needed in every time and place. This is what it means to be 'mysteriously fruitful'."

The Apostolic Nuncio invited the young adults to choose one of the fruits of the Holy Spirit to practice in their life. "You can find these virtues in the letter of Saint Paul to the Galatians (5: 22-23): Love, joy, peace, patience, kindness, generosity, faithfulness, gentle-



ness, self-control."

While congratulating the young people for their courage to allow the Holy Spirit to come and live with them in their heart, the Nuncio said that he was very happy to pray with them and said that he was from Vietnam.

Contd on Pg. 3 >>>

Christmas Articles

Please send in your Christmas articles by December 17, to: The Editor, Messenger, Colombo Catholic Press, No. 2, Gnanartha Pradeepaya Mawatha, Colombo 8.

or email: cmmessenger2014@yahoo.com



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A special gift from Colombo Archdiocesan Family to Pope Francis towards Papal Charities

As Pope Francis marks his first visit to Sri Lanka on January 13, 2015, all Sri Lankan Catholics will have a great opportunity to demonstrate their Catholic faith through acts of charity by participating in the charitable works of the office of the Papal charities by offering a donation in the name of the Holy Father.

In an appeal made by Archbishop of Colombo, His Eminence Malcolm Cardinal Ranjith invites the Catholic family in the Archdiocese of Colombo to join the Catholics in other dioceses in Sri Lanka to make a generous monetary dona-

tion whatever they can afford which in return will be presented to the Holy Father Pope Francis as a commemorative gift as a token of gratitude in honour of his historical visit to Sri Lanka.

His Eminence further says that necessary arrangements have been made to distribute special envelopes to all Catholic families at Parish level and requests devotees to offer their family contributions at the Holy Mass of the first Sunday of Advent which will fall on November 30, 2014.

If there are any devotees who wish to make special contribu-

tions they may credit their donations to one of the following two accounts in favour of "Seth Sarana Caritas Colombo".

**Commercial Bank
Borella Branch
Account No. 1190030954
or
Hatton National Bank
Maradana Branch
Account No. 108010103565**

**Rev. Fr. Rohan De Alwis
Director
Seth Sarana Caritas Colombo**

Feast of St. Jude's Wellaboda



Rev. Fr. Shantha Sagara Hettiarachchi, Editor of *Gnanartha Pradeepaya* accompanied by Ja-ela Episcopal Vicar Rev. Fr. Shanthi Kumar Welivita walks to St. Jude's Church, Wellaboda in Bopitiya to say the festive High Mass. **S.K.J. Kurera**

Feast of Gerard Majella



The Annual Feast of St. Gerard Majella Church, Sapugahawatte in the Nagoda Parish (Kalutara) was celebrated recently. Festive Mass was presided by Rev. Fr. Jude Bernard and Rev. Fr. Blaise Cooray. **Kumara**

All Soul's Day at Madampella



All Souls' Day was celebrated at Madampella Parish, with Rev. F. Laknath Cooray presiding. **H.A.C.**

Let us...

Contd. from Pg. 1

among girls" and added, "at times the fragile nature of these families is also a cause for the decrease in vocations.

"Thus the call of the Universal Shepherd will be harmonized with an urgent need of the local church in the Archdiocese for a commitment to family renewal. This latter has become extremely important and vital in the light of the above observations made by me," says the Archbishop of Colombo.

The Story of Joseph

The Faculty of Theology of Aquinas University College, Borella will conduct a new short course from Saturday, November 22, 2014 on the theme 'The Story of Joseph'. The lectures will be conducted by Rev. Fr. Don Anton Saman Hettiarachchi. Details: 077 216 8822, 2694012/5; 4616311/8689; 27389115-22 ext. 311

Feast of St. Jude's Indigolla



The 62nd Annual Feast of St. Jude's Shrine, Gampaha was held recently presided by the Archbishop of Colombo, His Eminence Malcolm Cardinal Ranjith.

Picture shows the statue of St. Jude being taken in procession after the Festive Mass. **H.A. Caldera**

Feast of Our Lady Queen of Peace Munhena, Maggona



The annual feast of the Church of Our Lady Queen of Peace, Munhena, Maggona was celebrated last week. The chief celebrant at the Festive Mass was Rev. Fr. Daya Darshan, Vice Rector Holy Cross College, Kalutara. **D. Anselm Fernando**

Birth anniversary of Rev. Fr. Angelo Staffenizzi sj



The 95th birth anniversary of Rev. Fr. Angelo Staffenizzi sj, was celebrated by the Sri Lanka Kolp-

ing Society at Yatiyantota recently. Following the Holy Mass a commemoration meeting was held at the Yatiyantota Kolping Society Centre.

The event was celebrated with the cutting of the Birthday cake. **J. Antony**

Retreat - 6

Preacher: Rev. Fr. Sagara Jayamanne, sss
Date : Sunday 23rd November -
Friday 28th November 2014
Venue : Retreat House, Tewatta.

Name of Priest

1. Rev. Fr. Abeysiriwardena Sarath
2. Rev. Fr. Algama Jude
3. Rev. Fr. Anton Ranjith Jn.
4. Rev. Fr. Appuhamy Kingsley Ivan
5. Rev. Fr. Athukorale Sujeewa
6. Rev. Fr. Coonghe Darrel
7. Rev. Fr. Dassanayake Yehan Sharm
8. Rev. Fr. Don Anthony Cyril
9. Rev. Fr. Don Anthony H.
10. Rev. Fr. Don Basil Nicholas
11. Rev. Fr. Don Jude Nicholas
12. Rev. Fr. Edwin Fernando
13. Rev. Fr. Fernandez Marcus
14. Rev. Fr. Fernando Bertram J.
15. Rev. Fr. Fernando Gregory Jayantha
16. Rev. Fr. Fernando Indra Ratnasiri
17. Rev. Fr. Fernando Jude Sharman
18. Rev. Fr. Fernando K. Anton Jude Raj
19. Rev. Fr. Fernando Linton Joseph
20. Rev. Fr. Fernando M. Anthony Jayalath
21. Rev. Fr. Fernando Ranjan Priyadharshana
22. Rev. Fr. Fernando Ranjith Terry
23. Rev. Fr. Fernando Roshan Prasad
24. Rev. Fr. Fernando Sriyananda
25. Rev. Fr. Fernando Thusith Pradeep
26. Rev. Fr. Fernando W. Patrick Roshan
27. Rev. Fr. Hettiarachchi Shantha Sagara
28. Rev. Fr. Joseph Indika
29. Rev. Fr. Jude Chrisman
30. Rev. Fr. Martin Trevor
31. Rev. Fr. Nagaratnam Manokumaran
32. Rev. Fr. Nonis Claude
33. Rev. Fr. Nonis Gyom
34. Rev. Fr. Peiris Dilren
35. Rev. Fr. Peiris Jude Anthony
36. Rev. Fr. Perera Hemanth Udayakumara
37. Rev. Fr. Perera Jude Lakshantha
38. Rev. Fr. Perera Kennedy
39. Rev. Fr. Perera Lalith Felix
40. Rev. Fr. Perera Noel Sampath
41. Rev. Fr. Perera Sam Quintus
42. Rev. Fr. Perera Sylvester Duleep O.Cist.
43. Rev. Fr. Perera Tharanga Sampath
44. Rev. Fr. Pietersz Ivan Gladwin
45. Rev. Fr. Rodrigo Sunil Nishantha
46. Rev. Fr. Rodrigopulle Maximus
47. Rev. Fr. Rozairo Clement Damien
48. Rev. Fr. Samarasinghe Athanasius
49. Rev. Fr. Silva Henry
50. Rev. Fr. Silva Priyantha
46. Rev. Fr. Silva Ranjan
47. Rev. Fr. Silva S. Kirul Jayanath
48. Rev. Fr. Silva Stanley Victor
49. Rev. Fr. Tissera Lalith
50. Rev. Fr. Tony Pinto
51. Rev. Fr. Wanasinghe Claude Martinus
52. Rev. Fr. Welikadaarachchi Daya

**Rev. Fr. Lalith Expeditus
Coordinator - Priests Retreat**



Church in the Modern World

Pakistani Archdiocese rejoices over return of a school from government

Catholics in Lahore, the capital of Pakistan's Punjab province, are rejoicing over their government's recent decision to return a more than century-old school to the Archdiocese.

"Thanks be to God our Father who is loving and all-compassionate as we welcome the government decision in returning back St. Francis High School to the Archdiocese of Lahore after 30 long years," Fr. Andrew Nisari, Parish Priest of Mary Immaculate Church in Lahore's Anarkali neighbor-

hood, told EWTN News.

Fr. Nisari emphasized that "we will bring this school to such a standard that will produce a bright future of our country. All children without any distinction are welcome to benefit from this institution."

St. Francis High School was founded in 1842, but was taken over by the Pakistani government in 1972 as part of President Zulfikar Ali Bhutto's policy of nationalization.

Bhutto's policy seized control of all schools, colleges, and hos-



Activists successfully demand that St. Francis High School be returned to the Archdiocese of Lahore from the Pakistani government.

pitals held by Christians nationalized banks, and in the country. In addition industries such as steel, to the seizure of educational institutions, Bhutto chemicals, cement, and agricultural mills.

Transfer Notice

Rev. Fr. Dharshana Jayamanne
- Rector - St. Nicholas College, Negombo
Rev. Fr. Vincent Ashley
- Staff - Loyola College
Rev. Fr. Chaminda Wanigasena
- Staff - St. Joseph's College, Colombo 10

Rev. Fr. Jude Samantha Fernando
Secretary - Administration

Pope appoints Briton...

Contd. from Pg. 1



He succeeds the Moroccan-born Archbishop Dominique Mamberti who has held this post since September 15, 2006, whom the Pope has promoted to be Prefect of the Supreme Tribunal of the Apostolic Segnatura (a position equivalent to that

of a Chief Justice). Mamberti, a civil and canon lawyer, succeeds the American Cardinal Raymond Leo Burke, who has served in that role since 27 June 2008 but was not confirmed in the post after completing the statutory five year term of office. Cardinal Burke has been re-assigned to be Patron of the Sovereign Order of the Knights of Malta.

Archbishop Gallagher is the first Englishman ever to hold such a position - the equivalent to that of a Foreign Minister - with thirty years of distinguished experience in the diplomatic service of the Holy See, in a wide variety of situations on all continents.

Ireland has accredited a new envoy to the Vatican

Emma Madigan presented her letters of credence to Pope Francis as the new Irish envoy to the Vatican in three years. She succeeds the previous ambassador David Cooney, who is currently Ambassador of Ireland to Spain. After a private audience with the Pope, Madigan also met the Vatican's number two Pietro Parolin.

Madigan, also invited the Pontiff to visit Ireland, adding that while such an invitation would come from Church authorities, the government would do everything "to make the visit a success," a Department of Foreign Affairs spokesperson said.

Ambassador Madigan underlined that Ireland is a strong advocate for the freedom of religion or belief.

"The persecution of members of religious mi-



norities, including Christians, in several parts of the world is a matter of serious concern to the Irish government," the spokesperson added.

The embassy shut in November 2011, ostensibly for economic reasons. But the move was interpreted in Vatican diplomatic circles as a snub by Ireland.

Be Mysteriously...

Contd. from Pg. 1

The Nuncio also recalled the commitment of Blessed Joseph Vaz to the Catholic flock in Sri Lanka who were under persecution by the Dutch and said that certain characteristics clearly mark him off as a man of God, especially his habitual communing with God by prayer, his great humility, his self-sacrifice and his marked fraternal charity.

"We thank Jesus also for giving us the good example of Blessed Joseph Vaz. He had been prepared by God from his early days for his special future vocation of being Lanka's Apostle," His Excellency told the young adults.

"Father Vaz worked mainly among Catholics, weak and lapsed. When he arrived in Ceylon, there was some of these scattered, frightened, deprived of the Sacraments for 30, 40, or 50 years. When he died, after 24 years of work, there were 70,000 practicing Catholics, served mostly by catechists whom he trained. Of these no less than 30,000 were converts from other religions," the Nuncio observed.

"These converts suffered persecution, loss of hereditary titles, property and political rights," the Nuncio explained.

He said that in his own family there was a saint. "There is a Saint Martyr in my family, his name is Mathew Le van Gam. He is my grandfather's brother. When he was 15, he entered the minor Seminary with the intention of becoming a priest, but his parents took him away from there, telling that he should earn money in order to help them. He got married at the age of 20 and had 4 children, 2 of whom died young and 2 were killed for their faith. He was at the service of the Bishop, who was sent away from Vietnam because of persecution.

That bishop went to Pinang, in Malaysia as a refugee in the Major Seminary and my grand uncle took him back to Vietnam in his boat. When the soldiers discovered them at their arrival to Vietnam, they sent away the bishop and asked my grand uncle if he wanted to deny his faith in order to preserve his life. He said, 'No, I want to be faithful to Jesus.' So they killed him and later Pope John Paul II canonized him together with 116 martyrs."

He called upon the young "to give your precious time for prayer, to visit Jesus in that 'heart to heart' contact, that is Eucharistic Adoration. Day after day, you will receive new energy to help you to bring comfort to the suffering and peace to the world. I promise to pray every day for you and invite you to answer every day, saying yes, may be when you wake up in the morning, to the question which Jesus put to St. Peter after His resurrection: 'Do you love me?'"

SUNDAY PUNCH

by Camillus



THE CATHOLIC WEEKLY SRI LANKA
Messenger
SINCE 1869

EDITORIAL

November 16, 2014

Think before you eat

In the time honoured prayer before meals we say, "Bless us O Lord and these thy gifts which we are going to receive from thy bounty through Christ our Lord Amen." Now we may have to pray "Bless us O Lord and these thy gifts which have been polluted and poisoned by a selfish, self-centred and wicked world. Please Lord take the poison away from the food we eat and specially from what we give to our innocent children who do not know about expiry dates, or toxic food additives."

From November 10 to 16 Sri Lanka has been marking the National Poison Prevention Week with the theme being 'Non Communicable Diseases and Toxins'.

As the week began the head of the National Hospital's Toxicology and National Poisons Information Centre (TNPIC) confirmed what organic agriculture experts have been saying for years. TNPIC chief Dr. Waruna Gunathilake said that according to latest medical research toxic food was the prime cause of several non-communicable diseases including chronic kidney disease, diabetes, high blood pressure, cancers and lung problems. Dr. Gunathilake said that as one of the moves towards reducing the toxicity of food items, farmers had been told to strictly follow the pre harvest interval concept on applying agrochemicals. He blamed the farmers for carelessly using agrochemicals just before the harvesting. The main sources of poison are chemical pesticides, weedicides and fertilizers.

Organic agriculture experts say the TNPIC's move is like prescribing sticking plaster for cancer and instead of tackling the symptoms the Centre should go to the root cause of the disease.

Agriculture has been part of Sri Lanka's culture and civilization for thousands of years. Until the capitalist market economic system was swallowed wholesale by Sri Lanka in 1977, there were no expensive agrochemicals imported from multimillion dollar transnational corporations. To a large extent agriculture has now been turned into agribusiness with profit-making the number one priority, while the virtue of providing safe food and nutrition for millions of people has gone underground.

In September the Public Health Issues unit of the Government Medical Officers' Association (GMOA) said that Cuba's foreign Minister during a visit to Sri Lanka had offered to transfer modern technology for wide scale organic farming. In Cuba the use of agrochemicals is not allowed and it has several decades of experience in fruitful organic farming. The GMOA says the Sri Lanka government has not responded positively to Cuba's generous offer and independent agriculture experts say the influence of the agrochemical TNCs may be one of the reasons.

By importing huge quantities of agrochemicals some of which are toxic the government is wasting millions of dollars every year. Worse still we are poisoning and polluting Mother Earth which for thousands of years by God's grace has given us bountiful harvest and gifts.

At a seminar held by the Medico-Legal Society on the theme, "Are we poisoning our children?" an expert speaker said the theme should be, "Are they poisoning our children?" because the government is allowing the TNCs to poison mainly our children and also all the people of our country. The crisis is so grave that with every meal we are eating a little poison and that is why most of us are falling sick more often with consultants unable to diagnose some of the diseases.

In addition to toxic agrochemicals about 1200 additives have been identified with some if not most of them being toxic. These include preservatives, flavour enhancing substances, artificial sweeteners and substances for colour and texture. Instead of tackling the symptoms, the organic agriculture experts say the government needs to make a firm commitment and give incentives to those who wish to venture into organic farming. Steps also must be taken for Sri Lanka to produce most of its food so that our people would have access to safe food and quality nutrition at affordable prices.

Then we can again say, "Bless us O Lord and these thy gifts which are free of toxins and which you have given for our bounty. Amen"

2015: Year of the Religious

Though the Second Vatican Council had affirmed that Religious

life (Consecrated Life) is a gift to the Church and belongs undeniably to the Church's life and holiness and that Church's holiness is fostered in a special way by the evangelical counsels, yet further affirmation has become necessary in the lived experience of the Church due to new historic consciousness in the Religious of their life and mission in the Catholic Church in many parts of the world and due also to the struggles they are encountering daily in many dioceses. Perhaps that may be also the reasons for Pope Francis to declare 2015 to be a year dedicated to Religious life (Consecrated Life).

Addressing the Union of the Superiors General of Religious Men on November 29, 2013, in the Vatican City, Pope Francis said: *"The charisms of the various Institutes need to be respected and fostered because they are needed in dioceses. I know from experience the problems that can arise between a bishop and religious communities. I also know that the bishops are not always acquainted with the charisms and works of religious. We, the bishops, need to understand that consecrated persons are not functionaries but gifts that enrich dioceses. The involvement of religious communities in dioceses is important. Dialogue between the bishop and religious must be rescued so that, due to a lack of understanding of their charisms, bishops do not view religious simply as useful instruments."*

For this reason, the Pope confided to the Congregation for Religious in the Vatican City the task of revising the document 'Mutuae Relationes' concerning the relations between bishops and Religious in the Church. The Pope is of the opinion that the time is ripe now because that document was useful at the time but is now outdated.

In Sri Lanka

Perhaps it is due to lack of proper understanding of the spirit of Religious life in the Catholic Church that some ordained ministers in the Sri Lankan parishes do not encourage young men to enter the Religious Congregations and in their pastoral ministry



do not act like servants of the Kingdom of God, involving the collaboration of the Religious to meet the concrete needs of the people but behave like lords of their territories (parishes) dictating and/or considering the Religious as employees. I feel it is necessary especially for the diocesan clergy to respect and foster the charisms of the Religious Congregations and

know how to collaborate with the Religious in the pastoral ministry to reach out to the neglected masses and together serve them compassionately.

The Religious have been involved in the building up of the Catholic community in Sri Lanka. They established the dioceses and continue to promote primary, secondary and tertiary education, formation and training of boys and girls. They are involved in the formation of the clergy and the Religious besides the catechetical apostolate of the children in the parishes. They care for the sick in the hospitals. They still continue to look after the orphans, the delinquents, the elders, the sexually abused and the victims of war. Whenever natural and/or people-made disasters take place, the Religious rush to console and comfort the victims and bring them relief and rehabilitation by sharing their pains.

In the Power of The Spirit of God

It is also useful to recall what bishop Vincent Nichols, the Auxiliary of Westminster (present Cardinal Archbishop of Westminster, UK) said during the Synod on Religious life (Consecrated Life) in 1994. He said: *"Religious are not dependent on bishops to authenticate their activity. Citing the way in which the Religious had been providing the laity with leadership in such fields as work with the deprived and prayer, he said that these pastoral experiences showed that the participation of the Religious in the Church's apostolic activity was born of their own intimate spousal love of Christ. Their activity and leadership is not derived from Episcopal mandate or the hierarchical structure of the Church but flows from their proper consecration by God in the power of the Spirit."*

Rev. Fr. Emmanuel Fernando OMI

Marian Year... From My Eyes

Marian Year was dedicated
To the most blessed Lady ever
We remember Her gentleness
Throughout this special year

Marian Year is being celebrated
Through hymns and thankful prayers
Dearest Mother of God in Heaven,
More than ever we need your blessings

Marian Year is a special time for us
We felt closer to Her Immaculate Heart
Her limitless love to all mankind
Is what we need to purify our hearts

Marian Year united neighbours and Nations
Around the world through Holy Rosary
Little children got to know Her better
With every single "Hail Mary"

Marian Year brought all Catholics together
In unity, peace and harmony
We will pray to Our Lady's blessed heart
To heal our wounded hearts eternally



Marian Year was very special to us
Thanks to Holy See - our dearest *Papa Francis*
The Queen of Peace brought so much of peace
To the hearts of followers of Christ

Marian Year was the best formula that
We all needed to strengthen our hearts
Her boundless love is like a gentle breeze
Which wraps all of us in Her blessed arms

Marian Year was the best event that
Ever happened to us in our life time
Let us celebrate Blessed,
Immaculate, Virgin Mary,
And the Mother of God who carried
Her Baby in her arms

Freda Villavarayan

Catholic Burial and the Importance of Praying for Suffering Souls

Generally speaking, the first effect of a beloved person's death is weeping and lamenting by relatives. In our excessive love for the departed, we then spare no expense in making elaborate preparations for the funeral - rich caskets, expensive floral decorations, banners, announcing to every passer by, his worldly position and achievements etc.etc.

In truth, a showy funeral can only accrue to the vanity of the surviving family, and not help the departed soul at all.

St. Jerome says "must vanity take the first place even amidst tears and mourning."

St. Chrysostom says "If you desire to demonstrate your love and kindness to departed souls - give alms for them. What will weeping, a showy funeral and vain display achieve?" And St. Augustine declares "Extravagant funerals and costly tombs may console the living but do not assist the dead." He stresses the importance of praying for the dead by reminding us that the only desire of his saintly mother, St. Monica, was to be remembered at the altar of God.

The course of this life once finished, the time for mercy and merit is over. God is no longer our Father but our Judge

who sentences us to the last farthing.

The suffering souls can no longer do penance for their sins or increase their merit, or pray to God for their own deliverance or to hasten their admittance to eternal bliss. They cannot now do anything to render satisfaction to God.

The nature of punishment in Purgatory is two fold, pain of loss and pain of sense.

Pain of Loss - they feel the most ardent desire for God, yet they see him not. Another great torment, they realize that they cannot enter heaven as a consequence of their sin.

Pain of Sense - "the same fire punishes the damned in Hell and the just in Purgatory and the least pain in Purgatory exceeds the greatest we can suffer in this world. But great as these torments are there, it is said that no earthly bliss can compare with the interior consolations these souls enjoy."

Motives for helping the Suffering Souls

We loved them in life, we should also love them in death.

The souls released by our charitable suffrages are now enjoying eternal bliss. They will be our protectors and in-

tercessors at the throne of God, when released by our prayers. It is our duty and privilege. Remember the cripple at the pool of Bethesda for 38 years. "I have no one, when the water is moved, to put me into the pool" This is the picture of a soul in purgatory.

Our Lord commissions the Church to exhort the faithful to be merciful and charitable to the suffering souls.

To help these souls is to exercise an apostolate most pleasing to God. Many indulgences have been granted for this work.

Means of Relieving the Suffering Souls

The **Communion of Saints** is a most consoling doctrine as it shows how supernatural charity unites all together.

As the **Church Suffering** can only suffer and expiate, but not acquire merit, the **Church Militant** has to take part in the work of atonement. The **Church Triumphant** cannot atone for suffering souls, but they pray to God that He may enlighten the faithful on earth to make reparation for the suffering souls and accept acts of atonement performed by the living. The Church Militant has this advantage over the Church Trium-

phant, that by prayer, almsgiving and penance, she can assist the suffering souls in canceling much of their debt that still remains due.

The Holy Fathers divide the means of help into 3 kinds:

1. The Holy Sacrifice of the Mass
2. Fasting, alms deeds, pilgrimages etc.
3. Prayers for the dead. The Psalm selected by the Church as her prayer for the dead is The De Profundis.
4. The Blessed Virgin Mary herself assures us through St. Dominic that the release of the souls in Purgatory is one of the chief effects of the Rosary.

So with all these means at our disposal, let us thank and praise God for giving us the privilege of being able to help the suffering souls, not only in this month of November, but always.

Extracts from "Charity for the Suffering Souls" by Rev. Fr. John A. Nageleisen Sent by Doreen Weeramantry



It seems to me a strange thing mystifying

That my Lord came to this earth to bring glad tidings to the poor, to proclaim liberty to captives, recovery of sight to the blind, to let the oppressed go free" (Luke 4.18)

And yet we who call ourselves Christians because we wish to follow Him, do the very opposite.

We get into our ivory castles where we are beyond reproach and from the safety of this castle we throw stones at those who are not like us in religiosity, in piety, in following the letter of the law.

We are in fact, following the Pharisees rather than following Jesus.

In a homily on October 13, Pope Francis exhorted that we ask ourselves the reason why the doctors of the law (Pharisees) did not understand the signs of the times and invoked an extraordinary sign. And he proposed several answers:

The first was "because they were closed. They were closed within their system, they had organized the law very well." It was "a masterpiece. All of the Jews knew what one could and could not do, where one could go. It was all organized". But Jesus caught them unprepared, by doing "curious things," such as "going with the sinners" and "eating with the publicans." The doctors of the law did not like this, they found it "dangerous," putting at risk "the doctrine which they, the theologians, had been making for centuries." This happens, said the Pope, when you forget that you are people on a journey:

"When one is on journey one always finds new things, things one does not know. And in the law, they had to accept these things in a heart faithful to the Lord." But, also in this case, "a journey is

not absolute in itself, it is a journey toward an end point: toward the definitive manifestation of the Lord."

For this reason, Pope Francis explained, Jesus defined them as an "evil generation", inasmuch as "They did not understand that the law they protected and loved was a pedagogy toward Jesus Christ." Indeed, "if the law does not lead to Jesus Christ, does not bring us close to Jesus Christ, it is dead."

And this is why Jesus scolds the members of that generation "for being closed, for being incapable of recognizing the signs of the times, for not being open to the God of surprises, for not being on a journey toward the Lord's triumphant finale," to the point "that when he explains it, they think it is blasphemy."

We who live in ivory towers, closed to the signs of the times, need to reflect on Pope Francis' words:

"Am I attached to my things, to my ideas, closed? Or am I open to the God of surprises?"

"Am I a stationary person or a person on a journey?"

May we lose no time in seeking to bind up open wounds and to rekindle hope in so many people who have lost hope, in setting captives free, and doing the 'curious things' that Jesus did as we follow our master and not the Pharisees.

"A heart that loves the law, for the law is God's," but "which also loves God's surprises," for his "holy law is not an end in itself": it is a journey, "a teaching which leads us to Jesus Christ."

Excerpts from a homily by Pope Francis on October 13, 2014 on the 'God of Surprises' - rearranged with comments by Rosanne Fernando

The Genius of Sunil Santha

The waves of patriotism swept over the land of 'Ceylon' in the late 1940s, in the wake of independence from the British Crown,

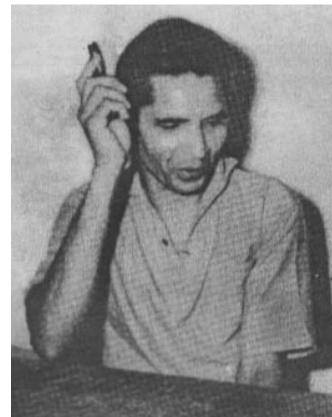
Many rode high on these waters, basking in the new found freedom, eager to prove the value of indigenous culture to their fellow countrymen and world at large.

One such son of the soil was Sunil Santha, who returning fresh from India (having been schooled in Raga based classical music) suddenly realized that adulation of India was no better than mimicking the west, both cultures being foreign to Sri Lanka.

It was the great scholar Cumaratunga Munidasa who provided Sunil Santha with the distinctive 'Hela' ideology which, while allowing alien borrowings, demanded that all extraneous material be processed into the 'Hela' traditions. Thus were born the innovative creative strands in poetry and music, which were fully within the 'Hela' traditions, whilst diversifying into forms more suited to contemporary sensibilities.

The musical genius of Sunil Santha could not be contained within the rather sterile forms of Ragadhari music. Heavenly melodies poured out from Sunil's creative force, entrancing the nation as a whole.

Fearlessly he aligned himself with the 'Hela' schools of Cumaratunga though it was obvious that the academia and establishment were against it. He paid the ultimate price for his tenacious adherence to his convictions, by being banished from Radio Ceylon, which he had considered to be



his home ground.

During a period of only a few years his output was limited to just 196 songs, each valued and appreciated by connoisseurs as precious gems. His *Olu Pipeela*, *Handapane*, *Kokilayange*, *Mihikatha Nalawala* stand on their own merit with no support required or obtained via critics or mass media.

Sunil Santha was characteristically simple. Highly artificial ornamentation was music compared to the highbrow compositions of some others, which were appreciated musical perfection rather than aesthetic beauty.

It is as if Sunil Santha sounded the key note for others to tune into the Hela musical channel. His musical legacy is a lasting treasure trove of melodic themes which have the potential to be developed into full symphonies. Perhaps what we need today is a scholarly analysis of Sunil's music, to dissect out and lay bare the techniques of composition which he utilized to express the 'Hela' idiom. So far the intelligentsia of this country has not been up to this task. That is the tragedy, of the nation and the misfortune of Sunil Santha.

Ruan Ekanayaka

Dr. Ruan Ekanayaka is Senior Consultant Cardiologist of the Institute of cardiology, National Hospital of Sri Lanka, Colombo. Dr. Ruan Ekanayaka is well known for his pioneering work in Sri Lanka on Music therapy, a new form of relief for his patients. An expert in a scientific field, his understanding of music and his mastery of the Sinhala language is to be greatly admired.

(From Souvenir to mark the 99th Birth Anniversary of Sunil Shantha)



Ageing Gracefully

Some talk of old age as the "Golden Years," but those living in them often don't find much gold.

However, there is treasure—if you know where to look! "You don't stop laughing when you grow old, you grow old when you stop laughing."

— George Bernard Shaw

Ageing gracefully isn't always easy, but attitude matters a lot, experts say. Wisdom, resilience and a mature perspective are often cited as the hard-won prizes of ageing. But growing old itself is an accomplishment.

Through good luck or good genes or both, the old have dodged fatal accidents, premature disease, and other things that kill the young. You are stronger, and you get to live longer. Most people think that's a benefit.

Accepting Changes

Accept the inevitable changes of ageing, rather than seeing them as aberrant crises. Accepting that your life won't stay the same. Ageing changes everyone. To age gracefully, one needs to anticipate the changes that are inevitable.

Growing old should be a positive experience

When 77-year-old John Glenn blasted off into space aboard the space shuttle discovery, the positive aspects of graceful ageing were clearly evident.

In astronauts, as in the elderly, muscles atrophy, bones weaken, sleep becomes difficult, and balance grows precarious. A seventy seven-year-old man had the physical and mental capacity to pass stringent NASA flight testing to serve on the crew of a space-shuttle mission.

Avoiding the Despair Trap

Most of us are likely to live longer than our parents lived. What can we do to make our latter years as profitable and productive as possible? The idea of retirement tends to push some people into discouragement and despair. Then, after the sudden loss of employment, boredom results. After all, who are you when you no longer define yourself by your work? Retirement is one of the most troubling passages of adult life. The higher the perceived status of one's work, the steeper and scarier the slide into anonymity.

Assert These Positives

Proper and sensible exercise helps maintain

mental sharpness, vibrancy and the physical strength to negotiate steps, stairs and obstacles. In fact, it appears to be the single most effective nonmedical balm to retard the negative impact of ageing. Octogenarians who started exercising were less depressed and more likely to walk around on their own or take part in social activities. Exercise oxygenates the blood and helps release mood-elevating endorphin enzymes. It increases the oxygen and sugar available to the brain. Working on your health also helps you tell yourself you have not given up on life.

The Challenge of New Opportunities

Old age shouldn't be viewed as the automatic end of enjoyable and productive activities. In fact, the Bible makes it clear that new ventures in life that only the elderly can fully appreciate are on the way. The words of Psalm 92 are positively encouraging. Declaring that part of a blessing of being "the righteous" is also that "they shall still bear fruit in old age; they will stay fresh and flourishing" (verses 13-14).

Choosing the Good Life

The closer we come to an end of our life's vitality, the everest of all questions has to be faced. Is ageing a cruel joke by the Creator? Or did He plan people to become old for a reason? What is turning elderly, supposed to teach?

Near the conclusion of our life's experience, shouldn't we grapple with the basic questions like why we were born and why we even have life? We need to have the hope of living again—the expectation of a resurrection to a better life.

The aged tend to come to a clearer realization of how close they are to the Kingdom of God—a sense of urgency about making the most of each day and being closer to God. A new and better world awaits us all beyond the grave. With this comforting thought gloom and pessimism will fade. The final heartbeat in death is not an end, but a grand beginning.

Badge of Honour

God chose to portray His awesome majesty to the prophet Daniel and the apostle John by describing

"the Ancient of Days" with hair as "white as wool" (Daniel:7:9)I beheld till the thrones were cast down, and the ancient of days did sit, whose garment was white as snow, and the hair of his head like the pure wool: his throne was like the fiery flame, and his wheels as burning fire. Revelation:1:14. His head and his hairs were white like wool, as white as snow; and his eyes were as a flame of fire. So be delighted if white hair should come your way. Our creative, sustaining God is content to picture spiritual maturity that way. If white or gray hair represents accumulated godly wisdom, you wear a badge of honour.

Scripture encourages the younger generation to "rise up before the grey headed and honour the presence of an old man, and fear your God" (Leviticus:19:32). Thou shalt rise up before the hoary head, and honour the face of the old man, and fear thy God: I am the LORD. It is important, however, that gray heads be "found in the way of righteousness"

Eccelesiastes 12 is as true today as it was when King Solomon wrote it about 3,000 years ago. He told young people, "Keep your Creator in mind while you are young! In years to come, you will be burdened down with troubles and say, 'I don't enjoy life anymore'" (verse 1).

Of course, older people also need to remember their Creator, but they may have more time to focus on this important aspect of life. During the golden years priorities change, as most couples are no longer burdened by the responsibilities they had as younger people with demanding careers and young families. Now the children are raised, and there may be grandchildren to enjoy. And there is little threat of being fired from a job when one has already retired.

Realistic expectations

But do you find yourself glancing at the obituaries column to see how many friends and acquaintances may be listed? The accumulation of years does have an inexorable effect on our bodies. The older body doesn't "bounce back" from an injury, illness or even a simple strain as it once did, so we may struggle with health challenges.

In Ecclesiastes 12 Solomon went on to say, "Your body will grow feeble, your teeth will decay, and your eyesight fail" (verse 3). Some things do become more challenging with arthritis, loss of mobility, diminished eyesight and even a need for false teeth.

The human body was never designed to live forever, and we all will advance through these stages as we proceed toward the end of our lives. Along with all the other changes, even our hair changes—if it doesn't turn white, it turns loose!

All of these factors and more mean that, in order to age with grace and dignity, we need to have realistic expectations of ourselves. We will need to gradually curtail heavy physical activities and will have to be more careful driving after dark. While our expectations must change, this does not mean we cannot live satisfying and beneficial lives!

Ageing heroes of faith

The Bible contains many stories of righteous people who continued serving God even in old age. The patriarch Isaac, as he came towards the end of his life, was inspired by God to do something powerful and deeply meaningful. In the tradition of the time, he wanted to pronounce a blessing on his eldest son (Genesis 27:1-2, Genesis 27:21-22).

The blessing of children like this was intended to be encouraging for the family, and it also carried with it a legal implication regarding control of property and possessions. Although Isaac was blind and deceived by his younger son, God caused this particular blessing to confer prophetic blessings on the descendants of these men that would impact the world all the way down to our time today!

Pope Francis has said that the Theory of Evolution and the Big Bang Theory are not incompatible with the creation story in the Book of Genesis. These two theories which have been long accepted by the scientific community have been disputed by the Catholic Church from the time they were proposed by their proponents. Charles Darwin proposed the theory of Evolution in his book "Origin of the Species" in 1859. The Big Bang Theory was proposed by a Belgian Catholic priest, Fr. Georges Lemaitre in 1927.

Charles Darwin proposed that the rational humans have evolved from irrational species such as apes and the apes evolving from other animal species. Complex creatures like the humans evolved from simplistic animals through "natural selection" over millions of years. E.g. Giraffes were able to survive in a world of tall trees because they developed long necks as against other animals with shorter necks. The offspring of giraffes too got

long necks. This species by natural selection achieves more

Big Bang

advantages in the environment of tall trees. In such an environment the animals with shorter necks came to extinction, leaving the more advantaged members of the species to survive.

The Big Bang Theory talks about the fact that 13.6 billion years ago the galaxies of our cosmos started separating or expanding from a single point of mass. A massive explosion took place at a given point which could be regarded as the beginning of the galaxies or the universe. Even today the powerful electronic telescopes show that the universe is expanding and the distances between galaxies are widening. It is as if God's creation is continuous and unending (eternal). This expansion which started with the "big bang" 13.6 billion years ago is still continuing.

The creation story of the book of Genesis of

the Old Testament was



borrowed from the old Mesopotamian and other Middle Eastern creation stories. These stories were polytheistic because the people in the Middle East at that time believed in many gods. But the biblical story is strictly monotheistic. Jewish people always professed one God. The Genesis story would have been written 4000 or more years ago. The author of the Genesis was not aware of the theory of evolution or the Big Bang theory which were proposed in the nineteenth and the twentieth centuries. The Genesis author distinctly wanted to emphasize that his God created and sustains the whole universe. He created the vegetal, animal and human kingdoms. He is the supreme God of all creation.

Jewish, Christian and Islamic traditions which adopted the creation story of the Genesis accept the same premises. One God created and sustains the whole universe. He is supremely powerful and eternal. He has no beginning or end. The Genesis author is borrowing the Middle Eastern creation stories to prove his point. Genesis is not a scientific or an astronomical thesis.

Modern scientists are discovering the process of creation. The theory of Evolution or the Big Bang theory are mere scientific explanations of God's creation. Future scientists may come up with new theories and explanations. They may even refute these two accepted theories of creation proposed in the 19th and 20th centuries. That does not negate the fact God is the supreme being making use of evolution or big bang or any other phenomenon proposed by future scientists to create and to sustain the creation and creatures in this ever expanding galactic universe.

Prayer to Jesus in the Blessed Sacrament



O Divine Jesus, lonely in so many tabernacles without visitor or worshipper, I offer you my poor and lonely heart.

O Sweet Jesus, let me lay at Your Sacred feet, my daily shares of joy, struggles and sorrows, my hopes and my fears.

You in the stillness of Your Sanctuary tenderly gather them into Your Sacred Heart.

Solace my doubts, calm, my fears and grant that, day by day I may become more united with Thee.



**Art
& Architecture
in Liturgy**

Compiled by: Kishani S. Fernando

Paintings on the mission of Fr. Joseph Vaz

There are many portraits done on Blessed Joseph Vaz. In a previous issue we focused on some of the earliest portraits.

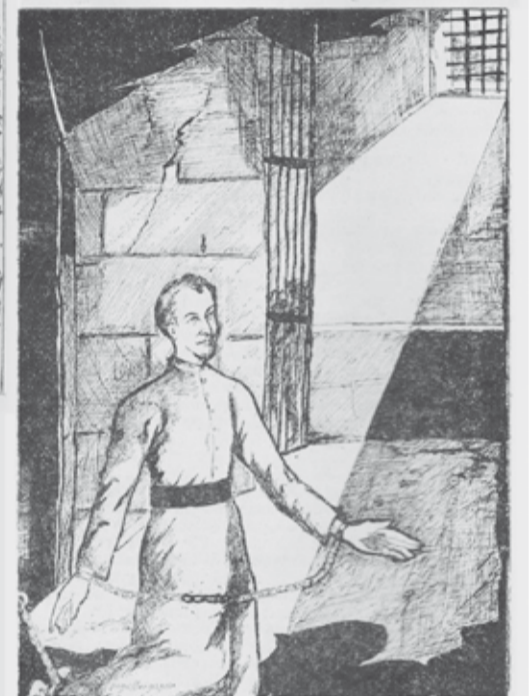
The painting that hangs in the National Seminary of Our Lady of Lanka - Ampitiya Kandy by D.L.G Perera dated 1896 is considered as the official portrait of Fr. Vaz in Sri Lanka. The name of the artist and date of the painting are both included on the painting itself. This portrait is believed to have been the portrait that Msgr. Zaleski commissioned and used for the cover of the biography of Fr. Vaz titled 'The Apostle of Ceylon - Fr. Joseph Vaz, An Oratorian Priest, 1651 - 1711'. The book was printed in 1897.

A new portrait of the Blessed Joseph Vaz to be

used for the Canonization Mass in January 2015, is in the process of being painted, in keeping with sacred art and sacred geometry. It will be a theological depiction that will include the mission and service of Fr. Vaz in Ceylon.

The black and white plates shown here illustrate a book titled 'The Story of Venerable Joseph Vaz' by Fr. Aloysius Dassanayake OMI, published in 1952. The artist was Lionel Fernando. The illustrations produced here were obtained from the facebook titled 'Apostle of Sri Lanka Joseph Vaz'. This series of black and white plates illustrate the vocation of Fr. Joseph Vaz as a young priest before he came to Sri Lanka, the Dutch capture of the Maritime Provinces of Ceylon and the persecution of Catholics, The arrival of Joseph Vaz in the island exhausted and ridden with dysentery to be cared by a poor woman back to health, his mission in search of Catholics, the rain miracle in Kandy and his death.

(It is presumed that Lionel Fernando was also the artist of the beautiful painting hanging at Daham Sevana showing the birth of Mary - where St. Anne and St. Joachim are shown in a typical Jewish household of their time.)



Warning: Do not make my father's house a market place

This powerful depiction of last Sunday's Gospel was painted by N.S. Godamane and is found at St. Mary's Church, Grand Street, Negombo.



Pastoral Letter on the Year of Consecrated Life: Responding to the call to Holiness in the Family "That they may have life and life to the full" [Jn. 10:10]

Beloved Brethren,

The **Second Vatican Council's** Pastoral Constitution on the Church in the Modern World *Gaudium et Spes* speaking about **the Role of the Family** in God's plan for the salvation of humanity stated: "By virtue of this Sacrament [marriage], as spouses fulfill their conjugal and family obligations, they are penetrated with the Spirit of Christ. This Spirit suffuses their whole lives with faith, hope and charity. Thus they increasingly advance their own perfection, as well as their mutual sanctification and hence contribute jointly to the glory of God" [GS 48]. Family life then is at the very core of the mission of the Church whereby mutually enriching each other with love, members of the families, husbands, wives and children give witness to God's love thereby transforming the world of egoism and hate and sanctifying their very lives with the living out of that love heroically and joyfully. As the Council also states: "God Himself is the author of matrimony" [ibid]. And so family life is intrinsically ordained towards the redeeming, transforming and sanctifying mission of the Church, that of giving witness to God's love in a tangible way. Families thus become the smallest cells of the Church, the domestic Church, where God's love becomes a here and now experience, a down to earth living out of the mission of the Church: "love one another as I have loved you" [Jn. 13-34]. Family has its own mission ad intra, that is the generation of a community of love within itself and ad extra, that of radiating that love to others and helping to transform society from the ways of selfishness, corruption, sin and death to one of love. Saint Pope John Paul II stated: "The family has the mission to guard, reveal and communicate love and this is a living reflection of and a real sharing in God's love for humanity and the love of Christ the Lord for the Church His bride" [FC 17].

Thus family life and vocation to love are absolute priorities for the Church. As Pope Paul VI stated: "The family, like the Church, ought to be a place where the Gospel is transmitted and from which the Gospel radiates. In a family which is conscious of this mission, all the members evangelize and are evangelized. The parents not only communicate the Gospel to their children, but from their children they can themselves receive the same Gospel as deeply lived by them. And such a family becomes the evangelizer of many other families, and of the neighbourhood of which it forms part" [Evangelii Nuntiandi 71].

The importance of a renewal of family life and a renewed commitment to its vocation to holiness have become absolutely important in our own times in which all kinds of threats to this hallowed social building block are appearing in the horizon. As the world marches more towards secularism, consumerism, the free market economic system with its own materialistic values and an increasingly erroneous interpretation of the freedom of individuals to decide their own fate and make choices in life, even making that part of "human rights"

as against moral and spiritual values, the family and its stability are under serious threat. In the technically more advanced societies with novel concepts like cohabitation, trial marriages, de facto unions, teen mothers, same sex marriages, etc., and the increased facilities available for separations, divorce and second and third marriages, this bedrock of a solidly grounded society is crumbling apart. Abortions, use of contraceptives, prophylactics and other novel ideas like surrogate motherhood, in-vitro fertilization, etc., are making family life itself become no more the source and foundations of a society based on love and profound faith in God but a source for the spread of selfishness. Besides, they are also making families become mechanized and compartmentalized, impersonal and units that consume what the market dishes out to them. The Spirit of community that should characterize a family is being broken apart with an inordinate stress on individual rights, privacy and freedom. The family does not understand that God has His own plan for it which is often hidden but real.

It is a challenge that the Church feels all the time and more intensely nowadays. It is a serious threat also to the life and goals of its own mission. That possibly is the reason for which the Holy Father Pope Francis has called for a special synod on the family with the topic "The pastoral challenges of the family in the context of evangelization."

Even though in our own country still and by and large, family life seems to be the way our people prefer to build up their future lives, secularization, the free market economy, global influences in thinking and especially with a new found sense of freedom built on options emerging in and through the social media, threats to family life are increasing. This is more visible in the urban areas and specially in our own Archdiocese which is predominantly urban or semi-urban in complexion.

One of the serious results of this situation is the increase in the number of Catholics seeking divorce or annulment of their marriages. It is truly preoccupying. And in many cases it has been noted that if timely help and guidance had been given most of these families could have been saved. This also calls for a serious examination of conscience that has to be undertaken by us shepherds, bishops and especially those in parish ministry, the parish priests, as to our commitment to the proper pastoral care of the families. Many associations and family care programmes have been in fact launched in the past but we have to ask ourselves whether we have given our heart and soul to these, or whether they too have been part of an enhanced structural answer to the problem without a heart and soul.

Another serious consequence of this situation has been the drop in vocations to priestly and religious life which is starting to be felt. In some of the urban areas there are no vocations to priestly and religious life at all. This situation is serious when one considers vocations to religious life especially among

the girls. Some of our religious congregations are experiencing a serious drop in numbers in spite of their recruitment programmes. Families do not seem to be religiously motivated or are no more the ideal breeding ground for vocations, being themselves more interested in secular pursuits. At times the fragile nature of these families is also a cause for the decrease in vocations.

The Holy Father Pope Francis being conscious of this worldwide trend has declared a special year universally on Consecrated Life from the 30th November 2014 to the 2nd February 2016.

The Archdiocese of Colombo, therefore, considering the urgency and the importance of a renewal of all its Catholic families to that call of love, communion and holiness and as a way to get the Catholic families to re-build their commitment to live sacramentally such virtues and thereby to become schools of vocation to a profounder commitment to God for their children, declares that the next Liturgical year, starting from the first Sunday in Advent, which is the 30th November 2014 and ending on the 2nd February 2016, as decreed by the Supreme Shepherd, be an year consecrated to the theme:

Consecrated Life: Responding to the call to holiness in the family - "that they may have life and life to the full" [Jn. 10:10].

Thus the call of the universal shepherd will be harmonized with an urgent need of the local church in the Archdiocese for a commitment to family renewal. This latter has become extremely important and vital in the light of the above observations made by me.

The basic programmes of this year will be coordinated by both the Archdiocesan Family Apostolate now handled by Rev. Fr. Claude Nonis, our Diocesan Coordinator and his team and by the Archdiocesan Commission for the Religious headed by His Lordship Bishop Emmanuel Fernando. The Family Year committee headed by the Archbishop himself will oversee the working out of the different programmes during the year. This too will be part of the decade of the Holy Eucharist declared in the Archdiocese in the year 2010. Indeed family life is intimately linked to the Eucharist, the Sacrament of Communion between humanity and God and between all those who are called to communion in Him.

The programmes to be organized during this special year would include the following:

1. The opening ceremony of the special Year is to be held at diocesan and parish levels either on Saturday the 29th November [evening] or on Sunday the 30th November.
 - The diocesan ceremony will take place at the Cathedral of St. Lucia's on Sunday the 30th November with the participation of the Archbishop and the auxiliary bishops.
 - The Liturgy for this ceremony which is in the form of a Bible ser-

vice with the Benediction of the Blessed Sacrament will be prepared by the Conference of Major Religious Superiors [CMRS] and the Archdiocesan Liturgy Office and will be sent to all the parishes and institutions in the Archdiocese.

2. A prayer card with a special prayer for the renewal of all Catholic families and of our gratefulness to God for the vocations to priestly and religious life He bestows on us through such families will be made available for recitation at all liturgical celebrations.

3. A logo is being designed for the year and will be made available along with banners for use in the parish Churches and other institutions.

4. In all the parishes in the Archdiocese a special day on family life needs to be organized with the help of the Coordinator for family apostolate who will send suggestions on how such an event can be worked out.

5. The forthcoming feast of the Holy Family which falls on Sunday the 28th December 2014 is to be celebrated in all parishes of the Archdiocese as a common family feast. Various initiatives could be organized offering prayers for our families while initiatives to enhance the dignity and nobility of family life could be launched.

6. A diocesan day for the religious too should be organized in all our parishes and institutions focusing again attention on the call to holiness which is directed at all families which thus become the nursery of priestly and religious vocations. The local religious houses can be asked to help in organizing this event. The Archdiocesan Commission for the Religious will assist in the organization of this event in every parish. This can be done on either, Sunday the 1st or Sunday the 8th February 2015 which is the Sunday preceding or Sunday succeeding the feast of the Presentation of our Lord, the world day of consecrated life.

7. Parish Fathers are encouraged to start a special programme to enhance family prayer at parish level with the slogan "The family that prays together, stays together." In this matter the encouragement given to the families to recite the Holy Rosary each day at home as a custom in the Marian Year should be continued.

8. The Archdiocesan Family Apostolate is to start a parish family counsellor training programme at regional level in order to prepare counsellor couples at parish level to whom couples encountering difficulties in marriage can address themselves for support.

9. The Catholic Journalists Guild and the Archdiocesan Commission for Social Communications is to plan with the collaboration of the Archdiocesan Family Apostolate, the preparation of

Contd. on Pg. 9

Pastoral Letter on the Year

Contd. from Pg. 8

newspaper articles, production of leaflets or booklets on Catholic family life, on the theology of the sacrament of marriage, DVD's and CD's on aspects of family spirituality, etc. They are also encouraged to publish articles on religious life and produce audio visual programmes.

10. A theme song on the call to communion, unity and holiness in the family and on the joy of becoming a God loving, just and cheerful family which is ready to give from itself youth for the mission of the Church is to be prepared. The Archdiocesan Liturgy office will take the lead in this matter.

11. A special convention on family pastoral care for the priests is to be organized in the year 2015 with the participation of some external resource persons.

12. At one of the Presbyteral Meetings the Holy See's instruction on relations between the dioceses and the religious congregations, *Mutuae Relationes*, will be presented again.

13. The Sinhala/Tamil and English Theologates are encouraged to organize courses on the theology of the family and on Consecrated Life during the year concerned.

14. Programmes are to be launched at regional level to get the youth trained on family values both as a process of remote preparation for marriage with focus placed on the theology of the body and other aspects such as the true role of sexuality and the problematic situations arising from mixed marriages with indications on how to face them.

Programmes to motivate youth at parish and diocesan levels on the beauty of a religious or priestly vocation will also need to be worked out.

15. Let steps be taken on a regular basis to organize during this year the wedding anniversaries of couples and special prayers be offered for the unity of family life.

Similarly special celebrations of the anniversaries of religious and priests living within or originating from the parishes is also encouraged.

16. It would also be appropriate if as part of the Year of the Family in each parish a special committee linked to the Parish Pastoral Council be formed as Parish Family Apostolate Committee during this year.

17. With the help of the Diocesan office for family a proper post-Cana follow up programme for newly married couples should be organized at parish and deanery levels.

18. It is also recommended that in commemoration of the Year of the Family, a special programme to help the families afflicted by poverty be undertaken by the Archdiocesan community and that this should be organized by the Archdiocesan Caritas office, Seth Sarana.

19. It is important that within the programme of this year that we pay special attention also to the situation of widows, widowers and unmarried single persons, who are often left out of

the mainline of pastoral care. If such persons could be solicited to make their contribution to parish life and to be actively involved, it would be a welcome development.

20. A special diocesan family retreat cum gathering is to be organized at a Marian shrine like Tewatte or Madhu.

21. In all of this the help of associations like Marriage Encounter and Christian Family Movement is to be obtained at parish or diocesan level.

22. I wish to specially call upon all our parish Fathers to undertake a special parish family visit programme during the year. The help of the religious present in the parish can be obtained for this. The consecration of the family to the Most Sacred Heart or the Immaculate Heart of Mary, if not completed in the Marian Year already, can be done during this special year.

Besides these, special promotion campaigns for religious and priestly vocations at parish and institution levels will also be very important. In short in the year it is important that attention be paid to the call to holiness in the families and the need to get them to be conscious of their duty to share in the mission of the Church by soliciting among their children vocations to religious and priestly life. It is also important to educate Catholic families on the need to shed all mundane considerations that the society at large seems to be attributing to family life and looking up to the Creator who in His infinite providence has brought them together, help them to draw strength and dignity from that very identity with God's own eternal plan for their families. For as the famous saying

goes, "marriages are made in heaven."

In fact Jesus Himself indicated so when He stated: "*What therefore God has put together let no man put asunder*" [Mt. 19:6]. It is this supernatural nature of marriage that makes it unassailable and which if lived faithfully would be the sure fountain of heroic holiness and would yield much fruit for the mission of the Lord especially through the gift of religious or priestly vocations.

Let us then praise the Lord for the thousands of families that somehow stay together inspite of the many sacrifices they are called upon to make and yield so much of blessings for the Lord and the Church. Let us strive to take good care of our families doing everything possible through our prayer, support, care and encouragement.

I appeal to all the parish Fathers specially to consider this year as a special grace for them to be more committed to the renewal of family life in their parishes. It would be a tremendously joy filled experience for a shepherd to feel that in his parish all the families experience the beauty of becoming truly loving, divinely inspired and fruitful families in the Lord. And in this way they will also be able to provide the Church with many generous religious and priestly vocations for its mission.

May the Holy Family of Nazareth be our inspiration always and may the good Lord bless and strengthen all our Catholic families in their commitment to love and to share the power of God's presence with all their neighbours.

Yours devotedly in Christ,

@ **Malcolm Cardinal Ranjith**
Archbishop of Colombo

Our family made us as we are

Since the Pope, cardinals and hundreds of bishops and theologians met in Rome to discuss Church teaching on family life, all of us ought to be concerned, as most of us were born into a family, either good, bad, broken or dysfunctional.

Single parents are in their millions around the world, but many succeed in making a family out of their circumstances.

But our parent's relationship with each other and their values is what initially shaped our character, personality, emotions and life experience. We are what we are by this life forming experience.

What comes after is due to the choices we make in the face of worldly challenges and opportunities, positive or negative. They may be blessings and gifts, or greedy or selfish desires. Free choice is what marks us as human, makes us saints or sinners.

We will be better and more enlightened if we can choose the positive virtues of fidelity, honesty and service to others, while considering the impact they have on building a family. It is these choices that determine the impact we can have on our children and how a happy family can be achieved in a fractured and highly secular, materialistic and sexualised world.

Every community, eth-

nic group, culture and nation is shaped, changed and challenged by the children forming the next generation.

They may be different from their parents and grandparents or may perpetuate the same good or bad habits, positive attitudes and relationships.

The world is changing at a fantastic pace and while the social media and the information available on the Internet is having a massive impact on the youth of today, the greatest influence on the lives of children is still their relationship with their parents.

It is this that will form and mould the personality and character.

Parents today must reflect on their way of parenting. Our schools and colleges do not teach units or courses on how to be a good parent. And being a parent will be a reality that can never change.

New parents have to figure out how to create a functioning and viable family alone. With so many broken homes and disintegrating families, parents are challenged today to evaluate, think and talk about their family relationships.

They need to examine them for strengths and weaknesses, mistakes, failures and set out to learn how to repair and rebuild a fractured family.

"If a married relationship is based on mutual respect and friendship, and is glued with strong emotional attraction and based on positive Christian values and the example of Jesus, it has a real chance of success"

Some parents and children are not a family at all, but a group at war with constant arguments, bickering, scolding, violence, wife-beating and child abuse.

Children from such a family grow up without the value of caring, because they do not experience and feel cared for and loved. Their life is exhausted just trying to survive and be loved.

They tend to leave home early and neglect their ageing parents. If they get none or little, they have little or none to give back.

The primary source of love in a family comes from the



relationship between father and mother. Parents in such families need to reflect and examine what they are saying and doing to their children and to each other. If it is predominantly negative, insulting, verbally stressful, argumentative and even violent, it will be a dysfunctional family.

Then more often than not the father or mother abandons them. It is a deep, life-long traumatic experience.

If a married relationship is based on mutual respect and friendship, and is glued with strong emotional attraction and based on positive Christian values and the example of Jesus, it has a real chance of success.

Such a family will have happy and intelligent children.

Idealistic as this sounds, it is possible and there are millions who have achieved it.

Couples that marry for love and not because of an unintended pregnancy have the best chance of success and fulfillment. There should be no competition, clash of egos, dominance or seeking selfish affairs.

Family harmony will predominate, disagreements will be peacefully resolved. They will protect their children from the destructive influence of evil and negativity in the world.

Parents teaching these values by practicing them are on the road to building a happy family.

Courtesy: Sunday Examiner

Letters to the Editor Letters to the Editor

The Shrine of St. Jude at Indigolla

The feast of the popular saint St Jude, the patron of hopeless cases, the saint of the impossible was celebrated with all its customary religious pomp and pageantry on the last Sunday in October.

This shrine where throughout the year devotions to St Jude are conducted every first Thursday in the morning and evening and a healing service every Poya day, is a haven for the distressed.

Whatever the distress that overwhelms the devotees, they find comfort not only in getting their petitions granted but in realization, resignation and acceptance of the inevitable- for God knows best to give or to withhold and this saint helps to keep up the faith.

This church nestling in a sylvan setting in a coconut grove in Indigolla in Gampaha is a little over an hour's travel from Colombo. In keeping with its national



appeal the comparatively new spacious Church has a touch of national decor. The church itself and its sprawling surroundings has ample accommodation to fold in the flock that comes to this pastureland.

The small earlier church on the other hand has an appeal all its own. On the festival day this church is beautifully decorated with the altar adorned with flowers. The Blessed

Sacrament is exposed and this small church is crowded with devotees rapt in prayer and adoration ... It is a kind of retreat, with a mellow aura about it, that encompasses Godliness.

Both churches have a tremendous impact on the faithful who travel from far and near to pay homage to this once forgotten saint.

Jeanette Cabraal
Kelaniya

Patient and wards sacred - like an altar

The eminent surgeon Dr. Gamini Goonetilleke, who retired this month, has been widely praised for his work where he saw the patients and the ward as sacred and surgery not as a profession but as a vocation like the priesthood. Starting in Polonnaruwa, Dr. Goonetilleke is known to have worked with commitment and dedication in line with the Hippocratic Oath and the legendary Parable of the Good Samaritan.

It is in this light that patients' movements and health action groups have welcomed the government's long delayed decision to restrict the maximum consultation fee at private hospitals to Rs. 2000 and the maximum hospital charge to Rs. 250.

The People's Movement for Rights of Patients (PMRO) said when channel consultation was allowed in private hospitals a few decades ago the fee was 4 to 1 that is Rs.20/= for the consultant and Rs. 5/= for hospital costs. Today in most private hospitals the consultation fee has soared to between Rs. 1,500/= and Rs. 2,000/= for the medical specialist and at least Rs. 500/= for hospital costs. Though in some hospitals the patients do not have even a seat in the waiting area. They sometimes are forced to wait for several hours while the consultant often sees a patient for only about five minutes. Often the consultants prescribe several varieties of drugs, not in their generic names as taught in medical schools, but highly-expensive brand names taught to the consultants by unqualified medical representatives of trans-national pharmaceutical corporations.

If tests, some of them non-essential, are prescribed, then the patient may have to pay between Rs. 5,000/= and Rs. 10,000/=. If a CT scan is prescribed, then the cost may soar to about Rs. 15,000/=. In some private hospitals, some so-called super consultants are known to charge between Rs. 6,000/= and Rs. 10,000/= for urgent cases and many desperate patients pay this amount. Health Minister Maithripala Sirisena has said one of his friends was charged Rs. 8,000/= for one consultation and he described it as a ruthless plunder of patients.

It is in this context that the Private Health Services Regulatory Council (PHSRC) has written to all private hospitals directing that the maximum consultation fee must be Rs. 2,000/= and the maximum hospital fee Rs. 250/=.

PHSRC Director Dr. Kanthi Ariyaratne has said the PHSRC had received many complaints from patients, health action groups, the Consumer Affairs Authority and the Presidential Secretariat that consultants and private hospitals were extorting money from helpless patients. She has said that all private hospitals have also been directed that the consultation fee and hospital costs should be displayed prominently for all to see.

Louis Benedict

Lovingly Remembered Celia Fernando



We ask the Divine Good Shepherd to grant a place of Light, Rest and Joy in His Kingdom for all the loving, dedicated, committed, unstinting services rendered to all Montessorians and little children both in Sri Lanka and abroad.

A memorial Mass for the repose of the soul of Mrs. Celia Fernando [Aunty Celia] will be held at St. Bridget's Convent Chapel, Colombo 07 on Wednesday November 19, at 2.00 p.m.

Lovingly remembered by all your students and the Staff of the Montessori Training Centre.

(N4511)

Remembering a dear, departed soul

It is three months since Michael passed away. I have not yet come to terms with the reality that he will not be here for me anymore. I miss his valuable advice and guidance.

He was a man of few words, quiet, but very observant. He could see through people and often warned me, when he felt they were not sincere.

He was very honest and upright and would not hesitate to call a spade a spade. He was very reserved and associated with only a few chosen friends, yet he was very thoughtful

Appreciation

and considerate towards everyone he met, especially the less fortunate and underprivileged brothers and sisters in our society.

He was very unassuming and never wanted to be in the lime light.

He was a very avid reader and had a large collection of valuable books, which he treasured more than silver and gold. Other than his books he had only a few possessions, as he often gave away most of what he had, to people who he thought were less

privileged.

He had to overcome many difficulties in life, especially due to his partial hearing impairment. The loss of his dear mother, whom he adored, at a critical time in his life, when he was preparing for his final examination in accountancy, was another setback for him.

Although he did not engage in outward religious practices, he believed in God and led a truly Christian life. I am sure that God will reward

him, for overcoming all the setbacks and sufferings he had to undergo in this life and grant him eternal peace and happiness in the life hereafter.

I wish to thank all the doctors and staff who attended on him during his last illness, especially Doctors Ruwan Ekanayake, Stanley Amarasekera and Priyankara Jayawardena, and all our dear friends and relatives who were there to share our grief at the time of his death and helped us during his funeral. May his soul rest in peace!

Phyllis

Catechism for the Youth YOUUGA

Compiled by
Fr. Indra Ratnasiri Fernando,
Parish Priest, Nittambuwa



Chapter II (71-112)

I Believe in Jesus Christ, the only Begotten Son of God.

"Simon Peter answered, "You are the Messiah, the son of the living God" (Mt16:16). "Who desires everyone to be saved and to come to the knowledge of the truth" (1Tim. 2:4).

In Hebrew, the name "Jesus" means "God saves". "There is salvation in no one else, for there is no other name under heaven"(Acts 4:12). Yet the term "Jesus is the Christ" reflects upon the Christian Faith; carpenter's son from Nazareth is the "long-awaited" Messiah (The Anointed One) (Jn. 3:16).

We Christians address Jesus as the Lord (In Old Testament this title was reserved to God) (Jn.13:13). Yet to say that in Jesus Christ, God reconciled the world to Himself and saved mankind from the imprisonment of sin.

God indeed became one of us in Jesus. The Council of Chalcedon (451) taught that the divinity and the humanity in the person, Jesus Christ are united together this is the answer to the question of how to express the relation between the divinity and humanity in Jesus Christ;

I. Two different persons in Christ (Human/ Divine).
II. In Jesus Christ, the Human nature was completely absorbed into the divine nature.

The Church said that, Jesus Christ is at the same time true God and true man in one person (without division/ confusion).

Jesus "worked with human hands, He thought with a human mind. He acted with a human will, with a human heart he loved" (Gs. 22:2).

Thus, it was the will of God that Jesus Christ to have true human mother with God Himself as His Father.

He was born of a woman but had no human Father (Lk.1:35). "Theotokos" (God-bearer) "...even in her womb her child is the Son of God". Mary was not only an instrument of God, She was selected to participate very actively in the mystery of Incarnation.

Jesus indeed performed miracles (Mt. 12:28, Mt.8:14-15). Miracles are the signs of the Kingdom of God, they, to a greater extent, expressed his love for the whole human race. Out of all followers of Jesus, he selected twelve men whom He calls Apostles (Lk. 6:12-16).

The Father wanted to reveal the divine glory of His son during the earthly life of Jesus. Transfiguration in a way helped the Apostles to understand His Death and Resurrection. The Passover as the feast was the sole celebration of liberation of Israel. So to say that Jesus went to Jerusalem to free us in a deeper way. He did celebrate the paschal feast with His disciples. During the feast he made Himself the sacrificed lamb (1 Cor.5:7).

At the last Supper Jesus washed the feet of his apostles, He instituted the Eucharist and founded the priesthood of the New covenant (Lk. 22:27). Thereby He symbolically anticipated His redeeming Passion with the words... "This is my body which is given for you" (Lk.22:19ff).

Since Jesus was true man, he experienced fear of death on Mount Olives: Jesus chose the cross in order to bear the guilt of the world and to suffer the pain of the world, and thereby He brought the world back home to the Father in His perfect love. Crucifixion was the most shameful, most horrible method of killing. It was forbidden to crucify Roman citizens, whatever crimes they were guilty of, God out of His love for man, entered into the most abysmal sufferings of mankind. Hence, no one is able to say that God does not know our sufferings. Our suffering has a meaning when it is united with the sufferings of Christ.

Our existence is in the Resurrection of Christ (1Cor.15:14). The oldest written testimony to the Resurrection is a letter that St. Paul wrote to the Corinthians around 20 years after the death of Jesus (1Cor.15:3-6).

Miracles are not myths

Miracle is an unusual and mysterious occurrence. It does not follow the norms of nature. In the scope of its meaning, it has to be understood as being a manifestation of God's power. It could be a sign, a wonder, a work of power or a combination of all at the same time. A miracle is different from a mysterious artifice done by the rise of the powers of the occult. The practice of the occult is forbidden in the Christian faith.

The Holy Bible abounds in references to miracles. The first book of the Old Testament refers to the creation of the world and of mankind as the earliest miracles of God. Miracles had also taken place to the detriment of mankind who were sinful. Among them are the deluge and the destruction of Sodom and Gomorrah. In later times, God sent ten plagues to Egypt and freed the Hebrews held in bondage by Pharaoh. When Pharaoh's army pursued the Hebrews, He divided the waters of the Red Sea and made them cross over to the wilderness of Shur, while Pharaoh's army perished in the sea. The New Testament too begins with a miracle, that is, the Incarnation of Jesus, the Son of God, who was born of the Virgin Mary.

During Jesus' public life, He worked many miracles with His limited divine power in his human condition, which was consistent with His divine mission. His first miracle was at the wedding celebration at Cana in Galilee. The hosts had run short of wine. He was willing to respond to His Mother's request for a miracle, but He waited for inner prompting to work a miracle. At that moment, He addressed his Mother as "woman" which was an expression signifying utmost respect in the Jewish culture. Soon after, He changed the utensils of water into wine. The invitees remarked that the wine was better than the wine they had earlier.

Jesus performed many miracles thereafter. He gave life to the dead, sight to the blind, cured diseases and illnesses, fed a multitude of people with five loaves and two fishes, which enhanced His personality and His fame in His regions of Judea and Galilee. Many held Him in great esteem but some despised Him. Jesus exorcised



a possessed man but the Pharisees who heard about it claimed that He did so by the Power of Beelzebub, the prince of devils. (Mt12: 24)

One day in the region of Gerasenes, Jesus was thronged by a large crowd. A woman who suffered from bleeding for twelve years and was considered to be unclean and ostracised by the Jews, touched Jesus' garment and was cured instantly. Jesus knew that healing power had gone out from Him and He asked, "Who touched my clothes?" The trembling woman knelt before Him and confessed that she did it because of her illness. Jesus said, "Daughter, your faith has saved you, go in peace and be free of the illness." (Mk 5, 34)

We may be inclined to ask ourselves whether it was the woman's faith or Jesus' healing power that caused the miracle. The woman's faith was only an impetus to the circumstance for a miracle but it was Jesus' healing power that cured the woman as a response to

her act of faith. In real life too, faith prepares us to receive healing in both body and spirit. (1 Peter 1:7)

Miracles always occur among the people of God. The Acts of the Apostles refer to miracles worked by the Apostles. A poor man, crippled from birth, was at the entrance to the temple in Jerusalem begging for alms. Seeing Peter and John approaching, he asked them for alms, but Peter said "I have no silver nor gold, but what I have I give you. In the name of Jesus of Nazareth, the Messiah, walk." Then he took the beggar by his right hand and helped him up. He stood up on his feet and began to walk. The miracle was performed in the name of Jesus who received total power from his Father at the time of His resurrection (Acts 3, 1-8)

In today's world, we are privileged to have a spiritual relationship with Jesus that permits us to seek His help in times of distress.

E. M. Aldons

All Saints Church, Borella - citadel of many Halos



The month of November brings the feast of all Saints. In Sri Lanka the only church dedicated to the saints is the Church at Borella. We all can pray to the Saints because of the Catholic belief in the Communion of Saints. The Catholic Church encourages all of us to pray for one another and also through the intercession of saints and to do so in communion with Christ. All Saints Church Borella will celebrate its annual feast this year too in November. One can appreciate

and enjoy the senses in seeing its Gothic architecture, its mysticism so wonderfully decorated.

There is no other Church like all Saints' Church Borella. Its atmosphere is unique, a spiritual font in a busy metropole. Its Gothic architecture and spires may be seen from far and near. It was sometime around 1884 when, one Mrs. Wyndham Thompson wife of the superintendent of the convict establishment, a very enthusiastic Irish Catholic Lady who

took the initiative and got 2 acres of land for the purpose.

Some of the priests involved were Bishop Bonjean, Fr. Conrad O.M.I. Fr. E. Vogal O.M.I. Frs. J. Pahanunay O.M.I. Fr. Theobald de Silva and Fr. A.M.B. Jayamanne O.M.I. On September 24, 1939 the new church was blessed by the Most Rev. Dr. J.M. Masson O.M.I. The entire building then had a total length of 154ft. It was Fr. John Herath (1948-1977) popularly referred to as the second founder of All Saints' Church who added the final touches to the Church that we see today.

Catholic Christians have a long history of praying with the saints. The Saints are the church's finest products because of the example of their lives. They had to endure many hardships, pain and many obstacles but they remained true to their faith. They are no doubt friends of God with many halos and actually in heaven. Fr. John Her-

ath added the final touches to the Church that we see today including the porch in keeping with the rest of its Gothic Architecture. It was also during his time after the Vatican Council II that the marble high altar of reservation was dismantled and a wooden rood screen design introduced. It is interesting to note that although the Church was dedicated to all the Saints, the Patroness of the Church had been declared to be St. Theresa the Little Flower. Hence the painting on the ceiling of the sanctuary of the Little Flower and a larger than life marble image in one of the side chapels.

God listens to his Saints. The Saints intercession for us is their greatest service to God's plan. They care about those of us who are still on earth. We frequently have asked them to intercede with God for a special favour. Prayer with the saints has no value except in union with the Risen Christ. Jesus has to be part of that communion.

1951 saw the birth of the Novena to Our Lady of Perpetual Help. In 1955 on the 200th Novena day the golden window, the beautiful stain glass picture of an enlargement of the miracles picture, was installed at the back of the sanctuary. It was designed under the supervision of A.E. Buss, member of the British Society of Master glass painters in the studio of Messrs Goddard and Gibbs London. Today there are many statues of many Saints at this Church. Many devotees seek the intercession of them to redress their grievances.

We do not appeal to the Saints for grace or mercy because they could not grant it themselves. But we pray to the Saints for assistance to get to know Christ, because Christ can give us grace and mercy. We pray to the Saints because they are believers in Christ. Their faith in Christ is what counts.

Miran Perera

Even if you have to die, says the Lord, keep faithful, and I will give you the crown of life. (Apoc 2:10)

LITURGICAL CALENDAR YEAR A
16th Nov. - 23rd Nov. 2014

Sun: 33rd Sunday of Ordinary Time
Prov.31:10-13,19-20,30-31; 1 Thes.5:1-6
Mt.25:14-30 or 25:14,15,19-21
Mon: Memorial of St. Elizabeth of Hungary, Religious
Rev. 1:1-4,2:1-5; Lk.18:35-43
Tue: Dedication of the Basilica of St. Peter and Paul
Rev. 3:1-6,14-22; Lk.19:1-10
Wed: Rev. 4:1-11 Lk.19:11-28
Thu: Rev. 5:1-10; Lk. 19:41-44
Fri: Memorial of Presentation of the B.V. Mary
Zec. 2:14-17; Mt. 12:46-50
Sat: Memorial of St. Cecilia, Virgin & Martyr
Rev. 11:4-12; Lk.20:27-40
Sun: Feast of Our Lord Jesus Christ, King of the Universe
Ez. 34:11,12,15-17; 1 Cor.15:20-26,28;
Mt. 25:31-46



**Spiritual Preparation
(Papal Visit) - Mass
SPIRITUAL PREPARATION:
PAPAL VISIT &
CANONIZATION OF
BL. JOSEPH VAZ
SUNDAY MASS INTENTIONS
(NOVEMBER 16 2014)**

That the gift of faith we have received at baptism may open our hearts to believe that our becoming a holy people bringing forth abundant fruits of justice is God's 'dream'. *We pray to the Lord!*

That we become conscious of the need to watch over our hearts to protect it from continuous temptations of the devil who wants to take us away from God's dream being fulfilled. *We pray to the Lord!*

That we begin to treasure and remember the milestones of our journey as Catholics in the reception of the Sacraments of Baptism, Reconciliation, Holy Communion, Confirmation Holy Matrimony. *We pray to the Lord!*

That like Blessed Joseph Vaz we come to realize that our true fulfillment is when God's dream for us, rather than our own is realized. *We pray to the Lord!*

Thirty Third Sunday in Ordinary Time

First Reading:
Prov. 31: 10-13, 19-20,30-31.

Wisdom is described in the form of an ideal wife. An ideal wife is one any husband would love to have and those who have such a wife would get closer and closer to her out of true love.

Second Reading:
1Thes. 5: 1-6.

The second coming of Christ would be sudden and unexpected. Therefore St. Paul wants Thessalonians to get on with their normal day to day life keeping to the light of faith.

Gospel: Mt. 25: 14-30.

Through the Parable of the Talents it is stated that we would be judged by God according to the use we make of the gifts.

Reflection.

Today's Gospel looks forward to Jesus' Second Coming as Judge and Lord. So too does the Second Reading. St. Paul tells his converts at Thessalonica that the date of Christ's second coming is not only not known, but in all probability not imminent. Some of the Thessalonians had actually given up their jobs to await the world's end. St. Paul who had to tell them to get on with their lives here below urges the Thessalonians to

stay wide awake and keep spreading the light of faith against the day when this world will end.

The key truth sounded in both Readings is that we live now with an eye towards our final goal; the possession of God in heaven. Remember how simply the basic Catechism puts this: We are created to know, love and serve God in this world, and to be happy with Him forever in the next.

Today's First Reading says the same, although it is directed primarily to women, and expressed in a woman's idiom. It is in the celebration "Valiant Wife" passage from proverbs that we are reminded that physical beauty and charm, only pass away and what endures forever is spiritual attractiveness. For men, this passage could meaningfully be translated into physical strength and vigorous youth. Both fade away as age progress and what remains forever is strength and vigour of soul.

Reference to a woman's physical beauty, or to a man's strength or vigour, also prompts some reflection on physical inequalities. Some people seem to be gifted less than others, physical as well as psychological and intellectual attributes.

What matters, again, is a person's spirit.

What will remain is a person's beauty and strength of soul. And beauty and strength of soul necessarily reflect one's priorities in this brief pilgrimage to our only real and everlasting homeland; heaven. How do we achieve beauty and strength of soul so that we will be recognized by Jesus our judge and Lord at this second coming?

Today's Gospel reminds us that living here below means making the most of the talents God has given us for his greater honor and glory. Even by just trying to do this, we are assured of being rewarded a hundred-fold.

This means, of course, that we should not live our lives constantly demanding things from God. On the contrary, we should try to use all that we have of God's worldly gifts to increase our investments in heaven's riches the only treasure, Jesus has reminded us that will never diminish in value.

Essential to this way of life is that we always keep before our mind and heart the Gospel vision of the Lord Jesus, seated as judge before us on the last day and asking of us what we did with the talents he gives us.

If we live, however, as if this world were its own goal; if we live merely

to acquire all the pleasures this world offers, if we live merely, as the saying goes, to eat, drink and be merry since tomorrow we shall die; then we will have squandered all our talents and must appear before Christ our judge and Lord without anything to show for having lived.

Aid Story.

A labourer had read a book written by a priest in a Religious Order. One day when he met the priest, the labourer remarked, "Father, one of these days God will greatly reward your writings."

"Brother" replied the priest with humility, "On judgment day my books and the broom you are holding will be worth the same; and if your intention when sweeping was better than mine when I wrote, you will surely have a better place in heaven."

Aid Story 2.

No one escapes the coming of the thief. A burglar broke into a New York firm that manufactured burglar-proof glass by smashing a glass door panel. "It never occurred to us," said the firm's president. "To put our own burglar-proof glass in our own door."

Rev. Fr. Ciswan De Croos

"Since you were faithful in small matters, I will give you great responsibilities" (Matthew 25,14-30)

1. The Eschatological Discourse of Matthew 25 is in three parables: The Parable of the Ten Virgins (vv. 1-13), The Parable of the Talents (vv. 14-30) and The Parable of the Judgement of the Nations (vv. 31-46). The Parable of the Talents, derived from Q (as found also in Luke 19,12-27), offers a life style for the interim before the Son of Man returns ("settled accounts with them"), urging us to a responsible use of the Master's goods, gifts or talents in view of the Judgement to come.

2. "It will be as when a man who was going on a journey called in his servants and entrusted his possessions to them." The Kingdom of heaven is like the situation here described. Faithful use of one's gifts will lead to participation in the fullness of the Kingdom, whereas lazy inactivity to exclusion from it.

3. "To one he gave five talents; to another, two; to a third, one - to each according to his ability. Then he went away." Talent = a unit of coinage of high but varying value depending on its metal (gold, silver, copper) and its place of origin. Here the fiscal

term, 'talent', is combined with 'ability'. Hence in modern languages, the word, 'talent', is used for gift, aptitude, flair.

Matthew recognizes human diversity of abilities and rewards. Cf. 13,23 (Parable of the Sower): "But the seed sown on rich soil is the one who hears the word and understands it, who indeed bears fruit and yields a hundred or sixty or thirtyfold."

4. "But the man who received one went off and dug a hole in the ground and buried his master's money." In the unsettled conditions of Palestine in Jesus' time, it was usual to guard valuables by burying them in the ground. Cf. 13,44: "The kingdom of heaven is like a treasure buried in a field ..."

5. "Well done, my good and faithful servant. Since you were faithful in small matters, I will give you great responsibilities. Come, share your master's joy." The first two servants have received and doubled large sums. They have done the trading so faithfully. So they are called "faithful" = trustworthy, risk-taking, believing. The master regards it as fidelity

in small matters only, compared with the "great responsibilities" now to be given to them. What are these great responsibilities? They are not specified.

"Master's joy" = the joy of the banquet of the Kingdom, as in 8,11: "I say to you, many will come from the east and the west, and will recline with Abraham, Isaac, and Jacob at the banquet in the kingdom of heaven."

6. "You wicked, lazy servant!" The third servant's inactivity is seriously culpable. As punishment, he loses the gift he had received; he is finally condemned, "And throw this useless servant into the darkness outside, where there will be wailing and grinding of teeth."

7. "For to everyone who has, more will be given and he will grow rich; but from the one who has not, even what he has will be taken away." The talent of the third servant is now given to the first servant whose possessions are already great. What does this maxim mean? God gives further wisdom and understanding to one who accepts the revealed mystery. From the one who does not, He

will take it away. In other words, 'If you open yourself in faith and hope to God's revelation of His plan of salvation, you can make rapid progress in understanding it. If you close yourself to it, you can lose the offer.' This is how God works - cf. the theological/ divine passive, "more will be given ... will be taken away."

8. Booker T. Washington was a black American slave. At the age of 16, he walked almost 500 miles from his slave home to Hampton Institute in Virginia. When he got there, he was told that classes were filled. Undaunted, he took a job at the school doing menial jobs: sweeping floors and making beds. He did these so well that the faculty found room for him as a student. He worked his way up at the school, became a famed teacher and eventually founded Tuskegee Institute in Alabama. This makes me ask, 'What were some small jobs I did well, before I was given larger jobs?' This also reminds me what John Wooden, a basketball coach, once said, "Do not let what you can't do, interfere with what you can do."

Rev. Fr. Don Anton Saman Hettiarachchi

LEAD US TO CHRIST O MARY OUR MOTHER!

“VIRGIN MARY, HAIL FULL OF GRACE. O LADY OF THE HOLY EUCHARIST! THE PATH WE OUGHT TO WALK TO REACH YOUR SON YOU ALWAYS SHOW O QUEEN OF THE HOLY EUCHARIST!”

- 'MARIAN YEAR' HYMN CHORUS



A year comes and finally goes. As the Marian Year comes to a close, all eyes are pointed towards the Visit of Pope Francis scheduled next January followed by the canonization of Blessed Joseph Vaz. Many of us wonder whether the Pontiff would come or not, yet, as time travels quickly many of us seem to have forgotten about the Marian Liturgical year.

The question which each faithful should ask from oneself is, “What did I learn from this Marian Year?” If we still lead our lives in a sinful manner, find no time to pray even a single “Hail Mary” and continue to persecute our neighbour, surely without any doubt one can acclaim that she or he has not learnt anything from the Blessed Mother.

Major events of the Marian Year 2013/4

Mary’s life is somewhat a school, such a lot of

things to be learnt from her simple and humble life. Yet the fact is many Catholics do not abide the premier way of Marian devotion, which is imitating Mary. The world of sinners, where sin rules, need many people like Mary, so that the world would change its track back towards God. Throughout the last year, the Archdiocese worked tirelessly to increase the Marian devotion by composing a beautiful theme hymn, with the best of lyrics so sweet to listen. All faithful of all ages were quite anxious to sing this hymn which gave them a burning sensation of love in their hearts.

Furthermore an eye-catching, creative logo specially dedicated to the Marian Year was designed. Its theological meaning so divine would interpret the entire story of Mary in a nutshell. Nonetheless, a prayer touching the hearts of the faithful was distributed among the faithful of the Arch-



diocese. Many children would love to recite this prayer, which has embedded the essence of Mary’s discipleship.

The Archdiocese organised various programmes and Marian retreats in parish levels so that the faithful may receive a primary knowledge of Mary’s role at the Scripture. School students all around the Archdiocese were inspired and motivated to live a life pleasing to God by abiding the simple qualities of the Blessed Mother. Henceforth many youngsters adapted the blessed habit of carrying the Rosary where ever they go. And also many Catholic schools and Sunday schools organised Marian exhibitions.

Many pilgrimages at parish levels to the major Shrines of Mary took place this year, which was followed by the great pilgrimage to Madhu Shrine and Our Lady of Lourdes, France in grand scale under Archdiocesan level. Various Rosary and Marian devotion rallies were held all around the Archdiocese giving the faithful many more opportunities to increase their faith to God and devotion to Mary.

Finally, to conclude with, the Marian Year may end but never should our devotion to Our Mother end. The year of the Family is perhaps the best way of continuing the immense devotion to Mary by words, acts and thoughts.

The Marian Year was indeed a year of Enjoying Faith!

Avishka Mario
Senewiratne
St. Joseph’s College,
Colombo 10.

How I Spend My Free Time?

I spend my free time usefully. At that time I do lots of things. I play netball, cricket, badminton with my friends during my free time. This helps to maintain my physical fitness and also I get some fun by playing games, during my free time. I do different kinds of indoor activities also such as watching television, playing carrom and computer games. By doing these activities, I enjoy myself and my knowledge also is improved.



Himashi Kell
Gonsalvez College, Pamunugama
Grade 7-C

Little Jesus, the Bud of Christianity

Mary said her 'FIAT' - the 'let it be' To the Divine Messenger, The greatest 'Fiat' the world ever heard. Her humble words and stood as the Mother of God.

Glory and pains gracefully mingled, Dream of Joseph revealed to Mary:

"Babe's life is in danger, Let's flee to Egypt."

And then, within a couple of years -

"Herod, the rival of Christ is dead.

Let's get back to Nazareth."

"Why not through me my God,

Through a dream of my own: Me, the Mother of God, to save my Son?"

Was not the challenge that Mary made.

But stepped down In blind obedience to her spouse.

In Nazareth, the Throne and Home of Love, Nurtured by Mary and Joseph, Little Jesus, The Bud of Christianity, did sprout.



Antonette Patternot

Peace to you

One day my friend and I had a fight. I called him a name and he went home mad. Later, I was sorry to have hurt him so, and I felt very lonely and sad.

Then he called me on the phone to say, "I forgive you. I want to be your friend."

It was such a warm and happy thing to have my best friend back again.

And that was a sign of PEACE!

Young World

Prize Day at St. Anne's College, Kurunegala



The Prize-day of St. Anne's College, Kurunegala was held recently with Mr. Lakshman Niyangoda, Chief Executive Officer of A. Baur and Co. Ltd, an Old Boy of the School, as the chief guest.

Ainslie Joseph

St. Cecilia's Girls' College, Batticaloa



At the fifth Cricket Encounter held recently between two leading girls' schools in Batticaloa, St. Cecilia's Girls' College and Vincent Girls' High School at the Shivanandha Grounds which consisted of 20 overs, St. Cecilia's won the match by 5 wickets.

Nayantara Jeyaraj

St. Benedict's College, Middle School Prize-giving



The Prize-giving of the Middle School of St. Benedict's College, Colombo was held recently with Mr. Rohan Rodrigo, Chief Operations Officer of Deutsche Bank, as the chief guest.

Leonard Hapuarachichi

Souls of Prayer Are Souls of Great Silence

Mother Teresa of Calcutta understood the value of silence:

"A first requirement for prayer is silence. People of prayer are people of silence."

"Silence will teach us a lot. It will teach us to speak with Christ and to speak joyfully to our brothers and sisters."

(From Mother Teresa: In My own Words (1997)

"The fruit of silence is prayer. The fruit of prayer is faith.

The fruit of faith is love. The fruit of love is service. The fruit of service is peace.

From Novena Meditations With Teresa of Calcutta (2011)



Liguorian Puplications

Explanation of God



'One of God's main jobs is making people. He makes them to replace the ones that die, so there will be enough people to take care of things on earth. He does not make grown-ups, just babies. I think because they are smaller and easier to make. That way he does not have to take up his valuable time teaching them to talk and walk. He can just leave that to mothers and fathers.

'God's second most important job is listening to prayers. An awful lot of this goes on, since some people, like preachers and things, pray

at times beside bedtime. God does not have time to listen to the radio or TV because of this. Because he hears everything, there must be a terrible lot of noise in his ears, unless he has thought of a way to turn it off.'

'God sees everything and hears everything and is everywhere which keeps Him pretty busy. So you should not go wasting his time by going over your mom and dad's head asking for something they said you could not have. Atheists are people who do not believe in God.

'Jesus is God's Son. He

'You can pray anytime you want and they are sure to help you because they got it worked out so one of them is on duty all the time

used to do all the hard work, like walking on water and performing miracles and trying to teach the people who didn't want to learn about God. They finally got tired of him preaching to them and they crucified him. But he was good and kind, like his father, and he told his father that they did not know what they were doing and to forgive them and God said OK. And God did not let Jesus stay in the grave, but raised him from

the dead.

His dad (God) appreciated everything that he had done and all his hard work on earth so he told him he didn't have to go out on the road anymore. He could stay in heaven. So he did. And now he helps his dad out by listening to prayers and seeing things which are important for God to take care of and which ones he can take care of himself without having to bother God.

Like a secretary, only more important.

'You can pray anytime you want and they are sure to help you because they got it worked out so one of them is on duty all the time. You should always go to church on Sunday because it makes God happy, and if there's anybody you want to make happy, it's God!' Don't skip Church to do something you think will be more fun like going to the beach. This is wrong. And besides the sun doesn't come out at the beach until noon anyway.

'If you don't believe in God, besides being an atheist, you will be very lonely, because your parents can't go everywhere with you, like to camp, but God can. It is good to know He's around you when you are scared, in the dark or when you can't swim and you get thrown into real deep water by big kids. But...you shouldn't just always think of what God can do for you. I figure God put me here and he can take me back anytime he pleases.

And... That is why I believe in God.'

Have an awesome day, and know that someone has thought about you!

It was written by an 8-year-old named Danny Dutton, who lives in Chula Vista, CA. He, an 8-year-old wrote it for his third grade homework assignment, to 'explain God.

Courtesy: Among Ourselves

"Be yourself; everyone else is already taken" (Oscar Wilde)

English with Fun and Entertainment

Dear Readers,

In our 52nd lesson we read Pope's ideas about the Rosary and learnt similar words, a few inspirational quotes and acted out a role play about a burglary

In this lesson let us learn an exciting tale about God's Grace, an email I got which I want to share generously with the readers and do some more exercises on punctuation marks.

Comments made by our readers are very encouraging. Thanks for your efforts to make 'English with Fun and Entertainment' an interactive process.

God Bless You!

NJ



(a) preacher - priest, cleric, vicar, rector, parson, reverend, nun, monk

(b) small - little, minute, tiny, diminutive, miniature, petite, undersized

(c) rusty - corroded, oxidized, tarnished, stained, discoloured

(d) bent - twisted, curved, bowed, crooked

(e) pulpit - platform, stage, stand

(f) raised - lifted, moved, elevated

(h) response - reply, answer,

(i) shivering - trembling, shaking, quivering, quaking, shuddering

(j) fright - fear, terror, anxiety, panic, dread, scare

(k) tease - taunt, mock, rib, rag, jeer, heckle

(l) crazy - wild, passionate, fanatical, mad, obsessive

(m) pocket - pouch, compartment, Receptacle, sack, concise

(n) gently - quietly, softly, lightly, smoothly

(o) alley - passage, lane, path, pathway

(p) softly - tenderly, gently, delicately, kindly

(q) persuaded - convinced, influenced, swayed, converted

(r) empty - unfilled, bare, blank, vacant, drain, clear

(s) conversation - chat, talk, discussion, dialogue, exchange

There once was a man named George Thomas, **preacher** in a **small** Texas town.

One Sunday morning he came to the Church building carrying a **rusty, bent**, old bird cage, and set it by the **pulpit**.

Eyebrows were **raised** and, as if in **response**, the Preacher began to speak. . .

"I was walking through town yesterday when I saw a young boy coming toward me swinging this bird cage. On the bottom of the cage were three little wild birds, **shivering** with cold and **fright**.

I stopped the lad and asked, "What do you have there, son?"

"Just some old birds," came the reply.

"What are you going to do with them?" I asked.

"Take 'em home and have fun with 'em," he answered.

"I'm gonna **tease** 'em and pull out their feathers to make 'em fight.

I'm gonna have a real good time."

"But you'll get tired of those birds sooner or later. What will you do then?"

"Oh, I got some cats," said the little boy.

"They like birds. I'll take 'em to them."

The preacher was silent for a moment.

"How much do you want for those birds, son?"

"Huh?? !!! Why, you don't want them birds, mister.

They're just plain old field birds.

They don't sing. They ain't even pretty!"

"How much?" the preacher asked again.

The boy sized up the preacher as if he were **crazy** and said, "\$10?"

The preacher reached in his **pocket** and took out a ten dollar bill.

He placed it in the boy's hand. In a flash, the boy was gone.

The preacher picked up the cage and **gently** carried it to the end of the alley where there was a tree and a grassy spot.

Setting the cage down, he opened the door, and by **softly** tapping the bars **persuaded** the birds out, setting them free.

Well, that explained the **empty** bird cage on the pulpit, and then the preacher began to tell this story:

One day Satan and Jesus were having a **conversation**.

Satan had just come from the Garden of Eden, and he was gloating and boasting "Yes, sir, I just caught a world full of people down there.

Set me a trap, used **bait** I knew they couldn't resist.

Got 'em all!"

"What are you going to do with them?" Jesus asked.

Satan replied, "Oh, I'm gonna have fun!

I'm gonna teach them how to marry and divorce each other, how to hate and abuse each other, how to drink and smoke and curse.

I'm gonna teach them how to invent guns and bombs and kill each other. I'm really gonna have fun!"

"And what will you do when you are done with

(t) bait - lure, attraction, enticement, temptation, inducement

(u) curse - nuisance, pest, blight, bother irritation, annoyance

(v) sneer - scorn, scoff, mock, deride

(w) bless - sanctify, consecrate, approve, exalt

(x) lifelong - enduring, all-time, lifetime, permanent

(y) thankful - grateful, appreciate, Pleased, gratified

them?"

Jesus asked.. "Oh, I'll kill 'em," Satan glared proudly.

"How much do you want for them?" Jesus asked.

"Oh, you don't want those people. They ain't no good.

Why, you'll take them and they'll just hate you.

They'll spit on you, curse you and kill you.

You don't want those people!!"

"How much? He asked again.

Satan looked at Jesus and sneered,

"All your blood, tears and your life."

Jesus said, "DONE!" Then He paid the price.

The preacher picked up the cage and walked from the pulpit.

I pray, for everyone who sends this on, whether to their entire address book or just a few, that God will bless them in a special way.

And for those that just deleted it.....

And I KNOW there will be...?

WHAT ARE YOU GOING TO DO?

I thank God everyday for my blessed life.

I'm not rich, don't live in a mansion and don't have the nicest of material things, but, I have a roof over my head, clothes on my back, food on my table, a family that loves me and

lifelong friends to get me through.

Activity 2: Learn a few more punctuation marks

1) Apostrophe [']: The apostrophe is usually used with an "s" to denote possession. When a noun does not end with the letter "s", the apostrophe has to be followed by an "s" ('s). For plural nouns or names that end with "s", only the apostrophe has to be added. It shows possession and missing letters. Look at the examples

a) George's book b) children's toys c) people's lives d) kings' treasures e) James' mother

An apostrophe is also used to join two words together.

a) It's raining. b) He wouldn't tell the truth. c) They aren't going to the mall. d) She'll never believe you.

Activity 3: Insert the Apostrophe ['] where necessary.

(i)Dot your is and cross your ts (ii) Youdneer think of me.

(iii)I wouldnt have eer told it.(iv) Add two 5s and four 2s.

(v) Its raining we cant go out.

6) Exclamation Mark [!]: An exclamation mark is used to make a sentence more emphatic. It can indicate warning, excitement, astonishment, or disgust.

a) Look out! b) Oh, my God! c) How wonderful! d) I hate you! e) That's fantastic! (f)I can't believe how difficult the exam was!

Activity 4: Insert the Exclamation Mark [!]: where necessary

Alas b) Oh dear c) what a fall was there my countrymen (d) Long live the King (e) That's fabulous

7) Dash [-]: A dash is used to denote a pause or a change of thought in a sentence. .

a) The performance was impressive – a really great show. b) The necessary preparations – the food, costumes, and decoration – are all made. c) The job was supposed to take only ten minutes – maybe even five – but he took half an hour to complete it.

Activity 5: Insert the Dash [-] where necessary

Friends companions relatives all deserted him.

I must find you guilty but wait a moment there is another point to be considered

He is a brave lad brave beyond his years.

Germany, under Hitler you may not agree with me attained a military strength unprecedented in her history.

Answers: Activity 3: (i)Dot your i's and cross your t's (ii) You'd ne'er think of me.

(iii)I wouldn't have e'er told it.(iv) Add two 5's and four 2's. (v) It's raining, we can't go out.

Activity 4: Alas! b) Oh dear ! c) What a fall was there my countryman!

(d) Long live the King! (e) That's fabulous!

Activity 5 (i)Friends, companions, relatives -all deserted him.

(ii)I must find you guilty- but wait a moment; there is another point to be considered.

(iii)He is a brave lad - brave beyond his years.(iv) Germany under Hitler -you may not agree with me- attained a military strength unprecedented in her history.

Activity 6 - (1) -(d), (2) -(c), (3) (b),(4) -(e) 5.-(a)

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Compiled by Noel Jayamane

Be patient with Psychiatric Patients



Some People often detest or even abhor the word 'Psyche' or 'Psychic' and still worse mental. When they hear these words they always tend to think of a psychiatric patient or rather a mental patient or a person in an abnormal mental state. They go further and at once think of Angoda or Mulleriyawa and the environment therein. There is nothing to abhor in such a person. He or she is just suffering from a slight mental disorder. Such a person is not a complete stranger, an outcast or a detestable one.

Such a person is only a "Patient" or one with certain illness like any other

person disabled with some kind of ill health. Be friendly with them and don't leave them alone; don't let them be aloof or neglected. For they need our love, kindness, friendship, affection and attachment.

The medical term for this illness, in "SCHIZOPHRENIA" or to our understanding "SPLIT MIND." Some call it "SPLIT PERSONALITY."

This is a very common psychic or mental illness, very common among teenagers and young adults. The true cause for schizophrenia is rather difficult to be traced. A considerable percentage of young people are affected with this illness. We experience abnormal behaviours among those affected.

Health Ministry's latest surveys say that 2.3 million Sri Lankans and 21 million people world-wide suffer from mental disorders. Two persons in every 100 persons in Sri Lanka experience this mental disorder. It is said that nearly 80 percent of these patients once treated make a full recovery.

They think that they are deceived or misled and say that they hear strange "voices." Some even see people. The Psychiatrists speak of differences in the brain fluids in these schizophrenics (persons suffering from schizophrenia). They require medication to restore the imbalance of the fluids in the brain.

The schizophrenia is a condition too difficult to be understood or described. Some schizophrenics cannot fit themselves into the society or the community. They try to stand aloof. They do just the opposite of what normal people would do. Their behaviour is uncertain. One moment they would do one thing and the next moment they do just the opposite. They talk in a way that is difficult to be understood. They sometimes show signs of disinterest and try to avoid company.

Parents, brothers and sisters, relatives and friends often fail to under-

stand a schizophrenic, especially in the family, or among his/her community. They fail to realize that the schizophrenic member is not normal like any of them. They try to deal with that member as if he/she is, normal. Very often they think he/she is pretending. Ultimately this situation results in family clashes, ending up in angry and violent arguments and disagreements. The normal family members push the schizophrenic member beyond his/her limits of tolerance

and endurance. Thus ending up in great disaster harmful for both.

Family members, specially should be sympathetic with the schizophrenic member. This often does not happen. They often forget that he/she is one with constant "bouts" and tensions. They should never try to enrage, provoke or irritate them, rather treat them with an abundance of love.

D. C. Jayasinghe

Your Holiness Dear Pope Francis



**You are our rock that Jesus gave us,
So your visit is a blessing for all of us,
We await the day to see you with us,
Come dear Pope Francis to bless us.**

**Francis our dear Pope sublime
You make Jesus' teachings rich and divine.
You, think of the poor and destitute, so kind.
We give you a bouquet of roses in gratitude of thine.**

**We are so amazed to hear and we share,
your commitment to offer a sandwich and chair.
To the fatigued guard standing there,
No wonder he saw Jesus through your care;**

**A request we make Pope Francis extraordinary
Take leadership to erase terror, war and unemployment
everywhere**

**A threat to the future world we share,
Our Almighty God would give you blessings and care.**

**We love you next to the Holy Trinity and Mother Mary sincerely
As our Church is on your shoulders heavily
Our prayers are with you for good health and longevity
May the heavenly Mother protect you throughout dearly!**

Irene Costa

LIFE

Our life is like the wind.
We face many obstacles
due to them we become weak
and discouraged.
But if we face those troubles
courageously I am very sure
we can overcome them and win over
our life



*Madhawa Dissanayake
St. Anne's Parish, Palangathura, Grade 9 (B)*

**It is good to sing praise to our God; it is pleasant and
right to praise him**

Psalms 147: 1-2