



St. Rose of Lima
August 22

Messenger

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50 years - Queen of Angels' Rawatawatta



The Archbishop of Colombo, His Eminence Malcolm Cardinal Ranjith will officiate at the Golden Jubilee Festive High Mass of Queen of Angels' Church, Rawatawatta. at 8.00 am, on Sunday, August 19, 2012.

Prior to celebrating the Festive High Mass, His Eminence will bless the newly reconstructed Church.

Vespers will be sung on Saturday, August 18 at 5.30 pm, presided by His Lordship, Rt. Rev. Dr. Maxwell Silva, Auxiliary Bishop of Colombo.

"God sends us saints at times of crisis"

"The Holiness of God is like a white light: Pure, simple, complete. But when that light shines, as it were, through the prisms of individual human lives, it breaks into an infinite variety of colours The Church revels in the variety of its Saints because it needs such diversity in order to represent, with even relative adequacy, the infinite intensity of God's goodness."

- Rev. Fr. Robert Baron

His Eminence Malcolm Cardinal Ranjith delivering the homily at the 800th Anniversary of the Poor Clare's Sisters, said that Saints are humans and not angels, yet what shines in and through them is the glow of holiness and goodness of God.

"It is a glow that touches and transforms those who come in touch with them," His Eminence said at the Festive High Mass held at the Poor Clare's Monastery of Mary Immaculate at Tewatte, Ragama last Saturday (11). "It is God's power

then that takes hold of His servant, the saint and makes him or her glow and achieve what humanly speaking is often impossible and unthinkable. Human nature indeed is weak but in God it is rendered glorious. St. Paul feels strengthened through this even in the consideration of his weaknesses (2 Cor. 12:10)," His Eminence said.

Referring to the Book of Exodus Chapter 34, His Eminence expressed, "My mind recalls a beautiful explanation of the Book of Exodus on the transformation that takes

place in the life of a person touched by God or to whom God has deemed to reveal Himself.

"This is the incident when Moses went down from Mount Sinai carrying the Ten Commandments, his face was shining because he had been speaking with the Lord; but he did not know it," His Eminence explained.

"The indication is clear, he who is touched by God and draws near Him shines with the glow of

(Contd on Pg 2)



Pic: Dixon Anthony

REV. FR. K.D. JOSEPH CALLED TO ETERNAL REST



Rev. Fr. K.D. Joseph, Parish Priest of St. Lazarus Church, Utuwankanda, was called to eternal rest on Tuesday, August 14, 2012.

While in active ministry, he was a eloquent preacher, a true shepherd of the flock and a dedicated parish priest of the Diocese of Ratnapura.

The Messenger, while expressing its sorrow, solicits prayers for his immortal soul.

Remarks and comments will not affect sick day at Tewatte on August 26, 2012

The blessing of the sick at Tewatte is scheduled for next Sunday, August 26. This has been a popular devotion, annually celebrated and attended by tens of thousands of devotees over a period of 65 years or more. The sick and the ailing flock in faith to experience the healing touch of the Lord, through the mediation of Mary our Mother.

The ever increasing number of devotees and the intensive spiritual atmosphere created in the neighbour-

hood has agitated a few anti-Catholic elements to make some derogative remarks and comments against the sick day service. These have been launched into a few websites and messages circulated through e-mails as well.

On the recommendations of the doctors, the immobile and the critical patients, through special passes gain access by vehicles, to a exclusive enclosure. This too has been misinterpreted to the effect that,

(Contd on Pg 2)

"Gleaned from the classics"

By Johannus

Credula vitam spes fovet et fore cras semper ait melius

(from Tibullus)

Credulous hope cherishes life and always whispers that tomorrow will be better

Singing God's Praises with Mother Mary

New CD of Father Louis-Marie's Best Songs

"MAGNIFICAT"



Targetting the Feast of the Assumption of Our Blessed Mother Mary, August 15, a new CD of his best songs was launched by Rev. Fr. Louis-Marie Navaratne O.S.B. It was presented to the Archbishop of Colombo, His Eminence, Malcolm Cardinal Ranjith on Monday, August 13 at his Office, at Archbishop's House, Borella.

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Eucharistic Rally and Exhibition

from August 31, September 1 & 2, 2012.

at St. Joseph's College, Colombo 10.

Exhibition:

- (1) Vocational Exhibition (SJC, Auditorium)
 - * Religious Congregations & Archdiocesan Seminaries
 - * Archdiocesan Apostolates

- (2) On Eucharistic Miracles

Eucharistic Adoration at SJC, Chapel with Prayer & Reflection.

Choral presentation: On Friday, Saturday & Sunday (a festival of 1000 voices)



(Contd on Pg 2)

Fifty workshops - An achievement!



Kumara Nayanajith, the assistant editor of the *Lama Pradeepaya* successfully completed, organizing and leading 50 workshops for youth and children conducted recently. This was celebrated at the Parish of Thoduwawa with the cutting of a cake in the presence of the Asst. Parish Priest Rev. Fr. Dushantha Perera OSB. Mr. Nayanajith has extended his services to all other dioceses as well.

"Suragana Thala"



An excellent dancing show named "Suragana Thala" was staged on July 5, 2012 by the Primary students of St. Paul's Balika Maha Vidyalaya, Kelaniya.

The children displayed their inborn dancing talents in a delightful manner in all three mediums.

Rev. Fr. Ranjith Madurawala, the Director of Catholic Schools and Mr. P.N. Ailapperuma, the Director of Education - Western Province, were present as the chief guests.

Ranjith Nonis

'Glimpses of Spirituality'



Mr. Camillus Fernando, the author of the book *'Glimpses of Spirituality'* is seen presenting a copy to His Eminence Malcolm Cardinal Ranjith, at the Archbishop's House recently.

God Sends.....

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God's holiness and beauty."

His Eminence also referred to the Book of Deuteronomy Chapter 35:10 where 'it states, *'There has never been a prophet in Israel like Moses: For the Lord spoke to him face to face.'*

"So, what makes Moses so transformed, is this intimate communion with God which allows God to own and glow in him," said His Eminence

"Among those who had the spirit of the intimacy with the Lord, we count the great Saint Francis of Assisi and Saint Clare who adorned the Church in an age filled with many political upheavals and a sense of loss in direction even within the Church.

"In 1993 Pope John Paul II writing to the Poor Clare's on the occasion of the 800th birth anniversary of St. Clare described her as "the passionate lover of the poor, Crucified Christ, with whom she wanted to be identified absolutely" [4, 1993].

"Beloved brethren all of this shows how much God loves humanity, continuing to send us saints of the type of St. Clare especially in moments of crisis be they within the Church or in the world.

His Eminence expressed that today too we need these saints. "Ours are difficult times indeed. Infact as it was in the time of Ss. Francis and Clare of Assisi, there is a tremendous crisis of spirituality in the world at large and of disorientation and confusion among the members of the Church. Even though mankind has evolved beyond the digital and cyber age and is even on the search for the so called "God particle," there is so much of spiritual and inner emptiness around."

He said that the Church too is going through a period of soul searching. Questions are being raised about some of the options it had taken in the past 40 to 50 years. People are asking "is this the right direction that the Church should take? He said that the men and women of the Church somehow seem to be experiencing a sense of inadequacy in meeting the challenge.

"And so, the need for saintly and heroic men and women of faith who are profoundly rooted in the Lord, prophetic yet fiercely loyal to the Church like Sts Francis and Clare become a need in our own times," His Eminence observed.

Singing God's.....

Contd. from Pg. 1

The new CD release was also celebrated by the Benedictine Community at the Sacred Heart Church, Rajagiriya, where many of Father Louis-Marie's confreres gathered to congratulate him on this new venture.

It is hoped that this CD - a collection of Inspirational and Praise Songs - will bring along another wave of the Life-giving Breath of the Holy Spirit into the prayer life of all God's children in Sri Lanka and the world over.

May Our Blessed Mother, who was the very first to offer fitting worship and praise to Almighty God for the Gift of Jesus Our Divine Saviour and Lord, continue to inspire everyone - through her "Magnificat" (Luke 1:46-55) to praise the Lord. (N.B.- A Booklet with all the lyrics of the songs is also included with the CD)

Remarks...

(Contd from Pg.1)

financial involvements, create additional facilities and better prospects of healing.

Moreover the recently added sculptures and murals depicting Church history and indigenous culture, are subject to ridicule and humiliation.

This should not in any way disturb the faith of our growing Catholic population nor mislead them to be scattered, but should unite together as one family to experience the Divine healing touch of the Lord, at the sick day service.

Eucharistic Rally and Exhibtion 2012

Programme for Friday (31st August) & Saturday (1st Sept.)

Time		Friday (31st August)	Saturday (01st Sept.)
8.00 am	Eucharistic Celebration	Holy Mass - Auxiliary Bishops of Colombo (Archdiocesan Choir)	Holy Mass - Golden Jubilarian Priests (Combined Choirs of Pueri Cantores)
		Solemn Opening of Exhibition	Opening of Exhibition
9.30 am	Eucharistic Adoration	Rev. Sisters of Sister Formation at Aquinas and Novices of Religious Congregations	Combined Choirs of Pueri Cantores
10.30 am	Eucharistic Adoration	Risen Lord Community - Archdiocese of Colombo	Faithful of the parishes of Gampaha Deanery, Gurubewila Deanery
11.30 am	Eucharistic Adoration with Mid day prayer	Faithful of the Parishes of Colombo Centre Deanery	Youth and Y.C.S. of the Archdiocese of Colombo
12.30 pm	Eucharistic Adoration	Faithful of the Parishes of Moratuwa Deanery	Faithful of the Parishes of Kalutara Deanery
1.30 pm	Eucharistic Adoration	Archdiocesan Choir	Archdiocesan Family Apostolate
2.30 pm	Eucharistic Adoration	Faithful of the Parishes of Colombo North Deanery	Faithful of the Parishes of Negombo Deanery
3.30 pm	Eucharistic Adoration	Faithful of the Parishes of Colombo South Deanery	Faithful of the Parishes of Katana Deanery
4.30 pm	Eucharistic Adoration	Faithful of the Parishes of Kotte Deanery	Faithful of the Parishes of Bolawalana Deanery
5.30 pm	Evening Prayer Solemn Benediction	Evening Prayer Solemn Benediction	Evening Prayer Solemn Benediction
6.00 pm	Choral Recital at College Chapel, Archdiocesan Choir		Repetition of the Rome Concert. Combined Choirs of Pueri Cantores

* For public transport - bus services and train services to Negombo, Moratuwa, Hanwella and Gampaha

Programme for Sunday (2nd September)

Time		
8.00 am		Exposition of the Blessed Sacrament Morning prayer - Reflection
8.30 am	Eucharistic Adoration	Legion of Mary - Archdiocese of Colombo
9.30 am	Eucharistic Adoration	Sacred Heart Confraternity of the Archdiocese of Colombo
10.30 am	Eucharistic Adoration	Faithful of the Parishes of Ragama Deanery
11.30 am	Eucharistic Adoration	Faithful of the Parishes of Kandana Deanery, with Mid-day Prayer
12.30 pm	Eucharistic Adoration	Faithful of the Parishes of Tudella Deanery
1.30 pm	Eucharistic Adoration	Faithful of the Parishes of Wattala Deanery
2.30 pm	Eucharistic Adoration	Silent Adoration Preparation for Holy Mass
3.00 pm	At the Quadrangle - St. Joseph's College, Colombo 10	Solemn Mass of the Eucharist Presided over by His Eminence Malcolm Cardinal Ranjith
4.15 pm	After Mass	Eucharistic Procession
6.15 pm	At the Beira Grounds - SJC	Solemn Benediction
6.30 pm 7.00 pm	1000 Voices Choir	Sacred Songs

Madampella St. James' Church, celebrates 128 years



The Archbishop, Malcolm Cardinal Ranjith of Colombo, His Eminence presided at the 128th annual feast of St. James' Church, Madampella in

Katana.

His Eminence is seen in the picture being accompanied to the Church by the Parish Priest of Madampella, Rev. Fr. Laknath Cooray. Rev. Fr. Jude Samantha, Secretary to Archbishop was also present.

The Archbishop consecrated the new Altar of the Church and declared open the Sinhala - English pre school building situated in the Church grounds.

Cecil Danicius

THANKSGIVING

Golden Jubilee of Rev. Bro. Michael Abelpillai sss



A special concelebrated Eucharistic Service of Thanksgiving was held on Wednesday, August 15, 2012 at St. Philip Neri's Church, Pettah to mark 50 years of religious life of Rev. Bro. Michael Abelpillai sss, of the Blessed Sacrament Community.

The Thanksgiving Mass took place at 5.15 p.m. and was presided by the Bishop of Badulla, His Lordship, Rt. Rev. Dr. J. Winston Fernando sss, together with Very Rev. Fr. Barbosa Martins Eugenio sss, Superior General of the Blessed Sacrament Congregation and Very Rev. Fr. Sunil Rupasinghe sss, the Provincial of the Blessed Sacrament Congregation in Sri Lanka.

Bro. Michael has been Director of the Aspirancy and was the Administrator of the Shrine of St. Philip Neri's Pettah, for the last seven years. Presently he holds the position of Treasurer of the House.

Nagoda Parish celebrates feast of St. Anne's Church, Kethhena



After a lapse of over two years, the new parish of Nagoda (Kalutara) celebrated the feast of St. Anne's Church, Kethhena, recently.

Vespers was officiated by Rev. Fr. Duleep Kammal, Asst. Parish Priest of Kalamulla and the Festive Mass was presided by Rev. Fr. Lester Wijesooriya, Director, Princess Grace Children's Home.

The feast was conducted under the supervision of Rev. Fr. Nirmal Malaka, Parish Priest Nagoda.

Ranjith Nonis

Inter-religious harmony, vital says Catholic National Commission

A meeting of the Catholic National Commission for Ecumenism and Interreligious Dialogue was held recently at St Sebastian's Church, Madampe in the Chilaw Diocese under the Chairmanship of Rt Rev Dr Cletus Chandrasiri Perera, Chairman of the Commission and Bishop of Ratnapura.

The special guests on the occasion were Rev Fr Leo Pius Fernando, former Vicar General of the Chilaw Diocese together with two Buddhist monks, the Vihara-dipathi of Karukkuwa and the Vihara-dipathi of Harendragama.

Fr Leo Pius in his address to members of the

Commission spoke about the close relationship existing between the Catholic and Buddhist clergy of the area. He said that the message of religious unity must be taken to the people at grass roots level, and not confined to small groups in various institutions.

Rev Fr Kennedy Fernando, Secretary to the Commission and Parish Priest of St Sebastian's Church, Madampe in his remarks recalled an instance where he delivered a Poya Day sermon at the Buddhist temple in Karukkuwa at the invitation of its Vihara-dipathi, Ven. Sumangala Nayake Thero who is also the Adhikarana Sanghanayake for Puttalam District. *Ainslie Joseph*

Archdiocesan Annual Clergy Retreat - 2012

Retreat - 2

Sunday, 26th August (dinner) to Friday, 31st August (dinner)

Venue: Blessed Sacrament House, Halgashena
Preacher: Rev. Fr. Rex Constantine (Claretian)

- 1 Rev. Fr. Abeyratna Chrys
- 2 Rev. Fr. Andradi Ranjith
- 3 Rev. Fr. De Alwis Rohan
- 4 Rev. Fr. De Mel Joseph
- 5 Rev. Fr. De Silva M.E. Manoranjan S.
- 6 Rev. Fr. Dias Shelton
- 7 Rev. Fr. Fernando Mal Warnasantha
- 8 Rev. Fr. Fernando Malin Samudrika
- 9 Rev. Fr. Fernando Marius C.
- 10 Rev. Fr. Fernando Nilantha Heshan
- 11 Rev. Fr. Fernando Pradeep Kumara
- 12 Rev. Fr. Fernando Prasad Niranjan
- 13 Rev. Fr. Fernando Roshan Janaka
- 14 Rev. Fr. Fernando S. Christo Viraj
- 15 Rev. Fr. Fernando Sudath Hemantha
- 16 Rev. Fr. Fernando Suranga
- 17 Rev. Fr. Fernandopulle Augustine
- 18 Rev. Fr. Fernandopulle Bonnie
- 19 Rev. Fr. H.P. Ruwan Deshapriya
- 20 Rev. Fr. Joseph Benedict
- 21 Rev. Fr. Jude Chryshantha Kumara
- 22 Rev. Fr. Kamal Kumara
- 23 Rev. Fr. Nagaratnam Manokumaran
- 24 Rev. Fr. Nonis Gyom
- 25 Rev. Fr. P. Don Sampath Thushara
- 26 Rev. Fr. Peiris Sunil Kumar
- 27 Rev. Fr. Perera Chinthaka
- 28 Rev. Fr. Perera Sudham
- 29 Rev. Fr. Ratnasekara A.J. Sriyantha
- 30 Rev. Fr. Rodrigo Nihal Sebastian
- 31 Rev. Fr. Rodrigo Sunil Nishantha
- 32 Rev. Fr. Saparamadu Nandana
- 33 Rev. Fr. Silva A. Treeson
- 34 Rev. Fr. Silva Stanley Victor
- 35 Rev. Fr. Vanderwall Amila Ravinda
- 36 Rev. Fr. Vincent A. Ashley
- 37 Rev. Fr. Wanigasena Chaminda
- 38 Rev. Fr. Wickremasinghe S. Jayantha
- 39 Rev. Fr. Withana Ananda

Catholic Priest takes oath as Tri-Lingual Sworn Translator

Rev. Fr. George Dissanayake, the Parish Priest of St. Mary's Cathedral, Trincomalee took oaths on July 31, 2012 before Hon. T. J. Prabakaran of the the District



Court, in the capacity of a tri lingual (Sinhala, Tamil, English) Sworn Translator. He becomes the first Catholic Priest to take up the position.

Fr. George successfully completed the examination conducted by the Ministry of Justice in May 2012.

Angeline Subramanian

Blessing of statues



Rev. Fr. Piyal Janaka, Administrator of the Kurunegala Diocese is seen blessing the statues of Saints, at St. Brunos' Church, Tambakande recently. Rev. Fr. Stanley Peiris, Parish Priest of Tambakande is also in the picture.

Cecil Danicius

SUNDAY PUNCH

by Camillus

According to his Z Score my son ought to be a Doctor



But second time results makes him a bus conductor



Camillus
19.08.2012

The London Olympics – showcase for Christianity too

The recent London Olympics is a perfect showcase of how immense hard work, intensity, blood, sweat and tears can result in the highest expression of humanity's ability to achieve the impossible. The sporting success of the Olympic Games reflect humanity's will, to reach beyond our limitations. As the Book of Genesis clearly states, God our Father, created man in His image. The Gospels further stress this point when it says, "Be you therefore perfect even as your Father in heaven is perfect."

Each successive Olympic Games in the modern era sees newer records being created and old ones tumbling. The desire of the human spirit to reach higher and further is encapsulated in the questions being raised today of whether Olympic legend Usain Bolt of Jamaica can beat the 9 second barrier for the 100 metres. Many years ago, up to the advent of Roger Bannister, it was deemed impossible to run the mile in under four minutes. Today, thousands of high school students worldwide can achieve that feat. Half-a-century ago climbing to the top of Mount Everest was considered an impossibility. Today, every man and his dog are achieving that feat with constant regularity.

But what has the London Olympics taught us as Christians? Saint Paul, in his beautiful writings, often alludes to two types of characters – soldiers and athletes. For Saint Paul, the intrinsic nature of these two types of occupations serves the purpose of explaining Christian discipleship perfectly. Saint Paul says we need to stay focused on "winning the race", "crossing the finish line", "being disciplined and focused", "overcome obstacles and hurdles" and so on.

And Saint Paul should know best. For here is a saint, a true Christian, who experienced all the travails and hardships a Christian is called to endure, if we are to imitate Christ of the Passion.

The thousands of elite athletes who participated in the Olympics worked very hard to be there. In the words of the famous US Olympic star, Carl Lewis, "It takes years of hard work for just 10 seconds of glory." How true! Every one of those athletes represents what is best in us, from a physical perspective.

The Olympics however with all its glory and grandeur, does not compare in the least with the glory and beauty of heaven and of the Kingdom of God. It is just a pale reflection of all that we find in heaven.

What is encouraging in the Olympics is that some of the main star athletes like Usain Bolt (the most renowned competitor in the games) and marathon gold medallist Stephen Kiprotich of Uganda took the opportunity during their moments of glory to thank God. Both of these wonderful athletes graced themselves with the Sign of the Cross, which would have been seen by hundreds of million television viewers worldwide. This is in addition to the

thousands who would have witnessed their Christian example first hand at the stadia and Olympic venues.

Another athlete from the US, who was placed second in his competition, also performed a great act of Christian fraternity. Upon being defeated by another athlete, he took a seat and pulled out his Bible, read a verse or two and then went and congratulated his opponent who beat him.

These acts of Christian example are vital for the whole world to see, at a time when Christianity is under serious threat from atheists and secularists in the West. Last year, several atheists ran a high-profile advertising campaign in London labelled, "There is probably no God, so just go ahead and have fun with your life." This erroneous and sinful campaign highlights atheists' misconception of God, who is the source of all joy and true happiness.

The recent acts of glorifying God at the Olympics, by athletes, are timely. They help bring to the fore, especially in a terribly secularised nation as Britain, the supremacy and ubiquitous nature of God, Creator of all, in fact the whole universe.

Last year's state visit by the Holy Father to Britain was welcomed by many Britons. The British Prime Minister David Cameron went on to say that His Holiness Pope Benedict XVI's visit had made the British stand up and reconsider their faith and commitment to Christianity.

The London Olympics, in its own way, might have had the same effect too.

Oh Sacrament Most Holy! Oh Sacrament Divine!

• The Eucharist - Gift of the FATHER

As recorded in the Gospel of St John 'the beloved disciple', Jesus assures us that "God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life" (Jn. 3:16). Later, at Capernaum, Jesus tells the multitude that had followed Him: "My Father gives you true bread from heaven. The bread God gives you is the One who comes from heaven and gives life to the world," and then says: "I am the living bread which has come from heaven" (Jn. 6:32-51). In fact, Jesus made this stunning declaration after He multiplied the five barley loaves and two fish and satisfied the physical hunger of the large crowd that followed Him (Jn. 6:1-13), and St. John records that on this occasion Jesus referred to Himself as the "bread of life" at least five times (Jn. 6:35-59).

What He said in Capernaum, He fulfilled in Jerusalem. On the night before He died, during the Last Supper, Jesus took the bread, blessed and gave thanks, broke the bread and gave it to His disciples saying "This is my body which is broken for you; do this in memory of me." After supper, taking the cup of wine He said, "This cup is the new covenant in my blood. Whenever you drink from it, do it in memory of me" (1 Cor. 11:23-25. Also refer Mt. 26:26-29; Mk. 14:22-25 and Lk. 22:19-20). Thus, before dying for us on the cross, in

order never to depart from us, Jesus instituted the Sacrament of the Holy Eucharist as the memorial of His death and glorious Resurrection, and commanded His apostles: "do this in memory of me."

From the beginning, Holy Mother the Church (the only Church which Jesus instituted - Mt. 16:18), has been faithful to the Lord's command, and continues to do in His memory and until His glorious return, what He did on the eve of His Passion. The Apostles of Jesus who had the firsthand experience of that first Eucharistic Celebration of Jesus were the ones to whom Jesus directly gave the command: "Do this in memory of me." As successors of those Apostles and whom they ordained by the "laying of hands" (Acts 6:6), the bishops and priests of the Catholic Church (being the validly ordained Ministers of the Eucharist) consecrate the bread and wine every day during the celebration of Holy Mass. Whenever they recite the very words of Jesus, "This is my body... This is my blood" (the words of Consecration), the Catholic belief has always held that the ordinary bread and wine which are offered at the Holy Mass, by the very power of those words of the Lord, change really into His Body and Blood.

As the Second Vatican Council tells us, the Eucharist is "the source and summit of the Christian life" (Lumen Gentium, 11). We call the Eucharist, "The Most Blessed Sacrament" because it is the Sacrament of Sacraments. We

call it "Holy Communion" because by this Sacrament we unite ourselves to Jesus Christ who makes us sharers in His Body and Blood to form a single body.

It was Jesus who revealed to us the unfathomable love of the FATHER (Jn. 3:16) and it was this love that made Jesus to empty Himself and make Himself available to us at all times in the Eucharist - "the living bread which has come from heaven" (Jn. 6:51). Thus, the love of the FATHER is manifested in the Eucharist.

What a grace! What a privilege it is to have Jesus, the Son of God truly present in our midst in the Eucharist - the Most Blessed Sacrament, the Holy Communion! This is the miracle flowing from the unfathomable love of the FATHER. Our whole life is not enough to thank God for all the graces bestowed on us - very specially the gift of Jesus in the Most Blessed Sacrament. Therefore, with awe and gratitude we say: "Abba Father, I believe in your love ... a love so great that You sent Your only Son to love me and to bring me back into Your kingdom."

• How can we reciprocate the Gift of the FATHER?

We are now in the "Decade of The Eucharist" and the Archdiocese of Colombo is making elaborate preparations to celebrate the Archdiocesan Eucharistic Rally and Exhibition from August 31, to September 2, 2012. Let us

make use of this period of grace to do whatever we could to reciprocate the unfathomable love of God. Among the many things we could easily do, are the following:-

(1) HOLY MASS

The miracle of transubstantiation of the bread and wine into the Sacred Body and Blood of Jesus takes place during Holy Mass, which, as St. Augustine says "brings heaven into the midst of the world." The Holy Mass is the greatest act of worship we offer to Almighty God through Jesus Christ, the Eternal High Priest.

May all priests celebrate the Holy Mass in a worthy and edifying manner strictly in accordance with the liturgical norms of the Church (sans unauthorized improvisations). May the entire congregation gathered round the Eucharistic table participate meaningfully with deep devotion in offering the Holy Mass to Almighty God.

(2) DISTRIBUTING AND RECEIVING HOLY COMMUNION

Utmost reverence should be given when Holy Communion is distributed and received.

May those who distribute Holy Communion clearly and reverently say "The Body of Christ" and may each recipient gratefully acknowledge saying "Amen" before the Sacred Host is placed

(Contd. on Pg. 5)

on his/her tongue. May we always kneel (health permitting) to receive Holy Communion.

(3) STATE OF GRACE

When we receive our Blessed Lord, He lives in us and we live in Him (refer Jn. 6:56). Therefore, we have to be in a state of grace (i.e. without any unforgiven mortal sin) and be worthy to receive Jesus. Emphasizing this most important requirement, St. Paul warns us: "If anyone eats of the bread and drinks from the cup of the Lord unworthily, he sins against the body and blood of the Lord. Let each one, then, examine himself before eating of the bread and drinking from the cup. Otherwise he eats and drinks his own condemnation in not recognizing the Body" (1 Corinthians 9:27-29). How many of us go to Confession regularly and receive God's pardon for our sins and be in a state of grace to receive Holy Communion? Today, almost all who attend Holy Mass receive Holy Communion. Does it mean that all of us are always in a state of grace without any mortal sin whatsoever? Does it mean that we have become more holy than our parents and elders, or is it that we have lost the sense of sin?

May we resolve that we would always be in a state of grace (through a good Confession) when receiving Holy Communion.

(4) CONFESSION

The Sacrament of Confession was instituted by Jesus in order to enable us to receive God's pardon for our sins and be in a state of grace (see Jn. 20:21-23). It is not an invention of the Catholic Church.

May our priests (who have received the special power to grant absolution in the name of God Himself through the Sacrament of Confession) be inspired to sit at the Confessional at pre-notified times, even if there are no penitents. May they never send away or show their annoyance to the penitent who seeks absolution outside the pre-notified times. May all of us acknowledge our sinfulness as often as possible and be humble enough to confess sincerely all our sins to the priest and receive God's absolution from him (irrespective of our perceptions about the priest).

(5) REVERENCE

(a) Genuflection / Deep Bow

As children (in the 1950s) we were taught by our parents, elders and teachers to always genuflect when entering and before leaving a church, and also when moving from one side to the other side. When the Most Blessed Sacrament was exposed we were told to go down on both knees and bow. Towards the end of the 1960s the Church authorities permitted a deep bow as an alternative to genuflection. The genuflection or the deep bow was the way to revere and worship Jesus truly present in the Most Blessed Sacrament. In fact, St. Paul tells us that "at the Name of Jesus all knees should bend in heaven, on earth and among the dead..." (Philippians 2:10). If, as St Paul says all knees should bend at the Name of Jesus, how then should we revere Jesus who is truly present in the Most Blessed Sacrament? Haven't many of us replaced the genuflection / deep bow with a hurried "knee-bending" or a careless "nod"? It is a pity to observe this irreverence even among some of the altar servers and the readers (who have to prayerfully pro-

claim the Word of God) during the celebration of Holy Mass.

May all of us (priests, the religious and the lay faithful) resolve to genuflect properly or bow deeply as a mark of our deep reverence to the presence of Jesus in the Holy Eucharist and go down on both knees when the Most Blessed Sacrament is exposed for public adoration. May all priests, the religious, parents and elders instruct the children and the youth in this regard and also be a shining example to them.

(b) Dress

It is very sad and dismal to note the unfortunate trend among some Catholics to be dressed in an immodest and most disrespectful manner when participating in liturgical services, with scant regard to the presence of Jesus therein. This scandalous situation is most pronounced at Church Weddings, Church Feasts and on Sundays. The failure in their part to realise that they are in a place of worship in the presence of Almighty God, to say the least, is not only scandalous but more seriously is a counter-witness to the kingdom values preached by Jesus. It is a pity that such people do not realize how ghastly they look and how distracting they are for those who want to worship the Lord in the Eucharist. It is very unfortunate that those attired in indecent dress are tolerated only in our churches whereas they are not permitted to enter temples, kovils and mosques.

May our Parish Priests, in consultation with their Parish Councils take effective steps in this regard without further delay.

May we resolve to dress modestly and respectfully at all times and very specially when attending liturgical services. May all parents (very specially the mothers) resolve to instruct their children in this regard and ensure that the instructions are strictly adhered to.

(c) Clasped Hands

A disturbing trend is the haphazard and callous way (with hands swinging) some of us walk up to receive Holy Communion and walk back thereafter. This is not only sad but also to be pitied. Isn't it a reflection of our carelessness and of our ignorance of the true and real presence of Jesus in the Sacred Host we receive?

May we resolve to walk reverently with clasped hands when going up to the altar to receive Jesus and returning thereafter?

(6) EUCHARISTIC ADORATION

It is very encouraging to note that in some parishes the Most Blessed Sacrament is exposed daily for adoration at specific times, thus enabling the people to spend a quiet time in prayer



**“Oh! Sacrament
Most Holy
Oh! Sacrament
Divine,
All Praise and all
Thanksgiving
Be every moment
THINE”**

and meditation before the Eucharistic Lord. The Parish Priests who have taken this initiative deserve our thanks as well as commendation.

May this year of grace inspire the rest of the Parish Priests too to expose the Most Blessed Sacrament in their churches, thereby giving their parishioners also the opportunity to adore the Eucharistic Lord.

(7) EVANGELIZATION

It is our baptismal responsibility to witness to Jesus. The Risen Lord gave us this command before ascending into heaven: "Go out to the whole world and proclaim the Good News to all mankind" (Mk. 16:15. Also refer Mt. 28:18-20; Lk. 24:47-49; Jn. 20:21 and Acts 1:8). One of the best ways of reciprocating the unfathomable love of God is to make Jesus known to those, who as yet, do not know Him.

May we resolve to proclaim Jesus to our family members, relations, friends and colleagues (by our words, actions, concerns and kindness), so that they too will come to know Jesus and experience His love and divine mercy.

(8) RE-EVANGELIZATION

Faith in the true presence of Jesus in the Most Blessed Sacrament is not belief without proof, but trust in God's Word without reservations. Today, some of our family members, relatives and friends have left Holy Mother the Church after being lured by the false teachings and erroneous interpretations of Holy Scripture by the Christian fundamentalists. Sadly, they are no more able to trust and believe in the words proclaimed by Jesus at the Last Supper: "This is my body... This cup is the new covenant in my blood... Do this in memory of me" (Refer 1 Cor. 11:23-25; Mt. 26:26-29; Mk. 14:22-25 and Lk. 22:19-20).

May we resolve to make use of every opportunity to reach out to our ex-Catholic brethren and bring them back to the Catholic faith and help them to once again experience the love and mercy of Jesus who is truly present in the Most Blessed Sacrament.

(9) THE WORD OF GOD

Jesus, the WORD, became man and dwelt amongst us (Jn. 1:1) in order to reveal to us the unfathomable love of the FATHER and to grant us eternal life. Today, Jesus, the WORD INCARNATE is truly present in our midst in the Holy Eucharist as well as in the written Word of God (Holy Scripture) in order to be our light, strength and nourishment. The Archdiocese of Colombo is currently in the "Year Of The Word" (from Advent 2011 to Advent 2012), having as its theme: "Towards A Renewal Of Faith Through The Word Of God".

May we resolve to renew our faith by reading and meditating on the Word of God daily, and bear witness to the limitless love and mercy of our ever-loving and most merciful God.

(10) LIVE THE EUCHARIST

Jesus Christ allowed His Body to be broken and His Blood to be shed so that we may have eternal life. When He commanded us: "Do this in memory of me," what He meant was precisely to live the Eucharist - i.e. to break our own bodies for the sake of others so that they may live. Jesus commands us to 'walk the extra mile' for the sake of the poor and the abandoned, the sick and the injured, the victims of war, terrorism and other acts of violence, the victims of rape and incest, the victims of injustice and discrimination, etc. etc. etc. (see Mt. 25:31-46).

May we resolve to live the Eucharist by reaching out to our less-fortunate brethren through our acts of charity and kindness, and thereby witness to the love and mercy of Jesus Christ.

• Conclusion

The above mentioned are only a handful among the many we could and should do. May this period of grace bring us closer to Jesus in the Most Blessed Sacrament - "the living bread which has come from heaven."

May Mother Mary be with us during this period of grace and help us to experience the wonder of "The Eucharist - A Taste of Heaven on Earth."

Victor Silva (FCA, FCMA, MCIM)

The Message of Job

"Your hands have formed and fashioned me; will you then turn and destroy me?"

Oh, remember that you fashioned me from clay!

Will you then bring me down to dust again?" (Job 10: 8-9)

Can you imagine having ten children, and then losing all of them the same day? Job did.

Job was an upright man who feared God and avoided evil. He was very wealthy: He had a great number of livestock and was greater than any of the men of the East. Satan argued that Job's faithfulness to God was because he was financially secure. God allowed Satan to test Job. Job lost his children, cattle, his friends and was penniless. The whole world caved in on the innocent man. Yet, "In all of this, Job did not sin nor did he blame God." (Job 1:22)

Things got worse. As Job remained steadfast, Satan asks God for permission to inflict bodily harm challenging God and predicting that Job will surely curse God. The Lord said to Satan, "Behold, all that he has, is in your power: Only do not lay a hand upon his person." Satan then smites him with dreadful boils, and Job, seated in ashes, scrapes his skin with broken pottery. His wife suggests that he should give up faith and die. But Job answers, "Should we accept only good things from God and never anything bad?" (Job 2: 10)

Satan's argument was that no one serves God for who he is, but for what he or she can get. But when



everything was taken away from Job, he shaves his head, tears his clothes and says,

"Naked I came out of my mother's womb, and naked shall I return: Lord has given and Lord has taken away; blessed be the name of the Lord." (Job 1: 21)

The story of Job helps us to understand the following. It is beyond our human ability to understand the 'Why's' behind all the suffering in the world. The wicked will receive their just dues. We cannot always blame suffering on our lifestyles. Suffering may sometimes be allowed in our lives to purify, test, teach or strengthen the soul. God remains enough, deserves

God - no matter what - and always worthy of our love, reverence and worship. That was the test on Job and he passed it. He vindicated both himself and God by remaining faithful. Job proved it is possible for humans to love God unconditionally.

In the end, Job is blessed once again and lives on another 140 years after the ordeal. He lives to see his children to the fourth generation and dies peacefully in his old age. Job persevered with faith even when he didn't understand the reasoning behind his suffering.

Ananda Perera

Thoughts that haunt me

and requests our love and praise in all circumstances of life.

The story of Job teaches us that suffering may occur for reasons we don't understand unless or until God reveals them to us. (John 9: 1-7) Trials may come because God needs to know something about a faithful servant. (Genesis 22: 1-12) Job's suffering had such an intent-to prove whether he would love God in spite of everything.

The message of Job has deep implications for the Christian's relationship with God. Trials and sufferings provide spiritual enrichment and build a relationship between us and God. (Jm. 1: 2-4)

The story of Job is about much more than suffering or God's justice. Job affirmed that God was still



A CROSS

The Way 90

By Sirohmi Guneseckera

Daily Miracles

There was a sense of wonder on Ishara's face. Why?

She had woken up early and padded barefoot to the bathroom. Tentatively, she turned the tap on. Hey presto ... there was a trickle of water ...

Ishara thought back to the days when water had come gushing from the tap. "How I took water from the running tap for granted! I never gave it a second thought. But now that water is scarce, I value every drop. Let me see if I can wash my face," she thought to herself.

Yes, there was enough water for her to wash her face and even to have a cat wash. Then she set off with a bucket to collect water from the bowser after queueing up along with the other residents of Nuwara Eliya.

Far away in Colombo, Ishara's cousin Mela went under the shower and sang "I am on Top of the World" as she rubbed soap lavishly. "Yes, I must think of the miracle of having water on tap, especially when I think of my cousin struggling with a bucketful up there," thought Mela.

"How many little and big things we take for granted in our lives!" said Mela's husband Indrajit, adding, "There are so many little miracles taking place every day like the sun shining or the welcome rain."

"Yes, my saree jacket is tight and I realized that it is because I have enough food to eat and perhaps a little too much," said Mela as she joined her husband for breakfast.

"What does it matter that we have not been blessed with children when there is so much to be thankful for in our lives?" said Indrajit.

"Yes and children can be a problem especially if they have not been properly brought up," said Mela.

"You are right. Maybe God has spared us the heartburn of a thankless child," said Indrajit.

"Come on, join me in looking out for other daily miracles ..." said Mela.

I will never leave thee, nor forsake thee

- Hebrews 13:5

The above is profoundly so; for those of the faith who trust in the Lord and place all their hopes in Him.

Knowing Jesus personally is the most precious and beautiful experience one can have in a life time; Thus in your life you will indeed know the truth of: "I will never leave you, nor, forsake you" When you make Jesus Christ the Lord of your life the reality, of the afore going will become more true in your life; whatever be the circumstances you will always be 'unafraid'.

Those who hope in Yahweh will regain their strength, they will sprout wings like eagles. Though they run they will not grow weary. Though they walk they will never tire. - *Isaiah 40:32*

Jesus said to His disciples, 'I am with you always, yes, to the end of time'. - *Matt. 28:20*

He will give us His peace, His wealth, that which surpasseth all un-

derstanding. This is worth everything; You will know the words of our Lord Jesus; "I have come so that you may have life and have it to the full". - *Jn. 10:10*

The Holy Spirit will enable us to have the courage to fearlessly bear witness to the values of the Kingdom wherever we be. You may often find yourself the only person doing so in any community or gathering, doing so shall have its reward. 'Show me the way Lord, Let my light shine. As an example of good to mankind Help them to see the patterns of Thee. Shining in beauty lived out in me'

We agree with St. Paul as he says, Those who are rich in this world's goods should not be proud and should have their hopes not on money, which is untrustworthy, but on God who gives us richly all that we need for our happiness. They are to do good and be rich in

good works, generous in giving and always ready to share - this is the way they can amass a good capital sum for the future if they want to possess the only life that is real.

You can be sure of travelling light, you will never be burdened as our Lord Jesus Himself said, 'my yoke is easy and my burden light'. Jesus also said, do not worry about tomorrows', providence will provide and take care of everything for you. This is true indeed; you will enjoy the gift of the spirit of fortitude and nothing shall ever affect or bother you. It is the armour of the Lord Himself. It is His Divine Grace. Even your sufferings shall be a joy.

Psalms 121 : 3 - 8 says: May He save your foot from stumbling May He your guardian, not fall asleep!

You see - he neither sleeps nor slumbers, The guardian of Israel Yahweh is your guardian, your shade. Yahweh at your right

hand.

By day the sun will not strike you nor the moon by night.

Yahweh guards you from all harm

Yahweh guards your life.

Yahweh guards your comings and goings, henceforth and forever.

You will delight in him.

With our Lord's nearness you can be sure we may reflect and convey His joy in our smile, His love with our voice, His understanding with our ears, His healing with our touch and His gentleness in our eyes.

So shall it be; as St. Paul says, 'It is no longer I that liveth, but Christ who lives in me'. The experience will mean a life of gladness, peace and liberation, as Jesus says 'I will never leave thee nor forsake thee'; Jesus promises 'I will be with you always even to the end of time'.

Just love Him !

Jeanne Sittampalam

Is life worth living?

Every human being is bound to make his or her life worth living, because human life is the most precious gift of God that man has received. In fact we must acknowledge our debt of gratitude we owe God giving glory and praise to Him through our righteous lives. If we abide by the commandments of God undoubtedly life on earth will be a grace-filled life. God will empower us as He is the source of all grace in life.

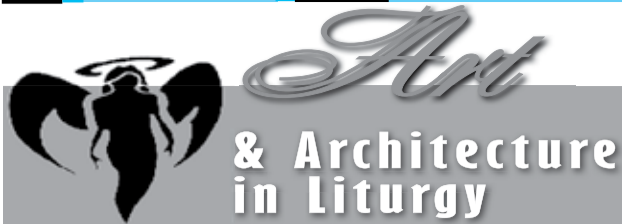
Man has a tendency to expect the best in every action he performs, not the worst. Therefore he strives to make his life worth living through the physical resources of the world. As a consequence he fails to realize the instability of human life. No one can control the length of one's life. God only has the authority over our lives. So, no one can lengthen or shorten one's life. It is high time we pondered over the ways of our lives, to realize that the best things in life are the eternal riches.

Life in the modern world is becoming more and more complex. Many are engaged in the pursuit of wealth and power at any cost. Therefore they are caught up in the humdrum life which does not permit them to make amends to their lives. Worldly pleasures have already compelled them to damage the good image of this world created by God. God created everything good. (Gen 1:31)

It is obvious that God's worth is manifested in diverse ways world over; compelling man to face an avalanche of miseries like tsunami, earthquakes, floods etc. On the other hand man plays havoc engaging in wanton warfare. The dark moments of our life last only so long as it is necessary for God to accomplish this purpose in us. (1 Sam 30:1:16)

Many are under the impression that human life is at stake, as the end of the world is at hand. The reason for this cynical attitude towards God given life is that many have deviated from the path of faith in God. God created man in His own image and assured him of a life of grace to attain his everlasting goal - the Eternal life. Therefore let us trust in God and strive to make our lives worth living to please God and man. Let all our desires and actions bring greater glory to the Creator of Life.

Leonard Wijesiri



Compiled by: Kishani S. Fernando

“Through this sign thou shalt conquer”

When you visit St. Peter's Basilica in Rome you will see four niches, approximately 10 meters high in the base of the pillars that support the dome. These are dedicated to the four relics and here are placed four statue: St. Veronica, St. Helena, St. Longinus and St. Andrew,

The statues of St. Veronica and St Helena are the more prominently displayed. They are the works of F. Mochi and A. Bolgi, respectively. The chapels above the niches were created to contain the relics of these saints. They were designed and built by Bernini, and are decorated with rare marble, ancient columns and figures of praying angels.

We focus on one of these statues. The statue of St. Helena, empress and mother of Constantine the Great, whose feast is celebrated by the Church on the 18th of August.

It was the pious boast of the City of Colchester, England, for many ages, that St. Helena was born within its walls; and though this honour has been disputed, it is certain that she was a British princess. She embraced Christianity late in life; but her incomparable faith and piety greatly influenced her son Constantine, the first Christian Emperor, and served to kindle a holy zeal in the hearts of the Roman people. Forgetful of her high dignity, she delighted to assist at the Divine Office amidst the poor; and by her deeds showed herself a mother to the indigent and distressed.

In her eightieth year she made a pilgrimage to Jerusalem, with the ardent desire of discovering the Cross on which our blessed Redeemer suffered. After many labours, three crosses were found on Mount Calvary, together with the nails and the inscription recorded by the Evangelists. It still remained to identify the true Cross of Our Lord. By the advice of a bishop, the three crosses were applied successively to a woman afflicted with an incurable disease, and no sooner had the third touched her than she arose, perfectly healed. Overjoyed the Empress, built a, most glorious church on Mount Calvary to receive the precious relic, sending portions of it to Rome and Constantinople, where they were

solemnly exposed to the adoration of the faithful. This precious relic brought to Rome was venerated for centuries in the Church of the Santa Croce in Gerusalemme of Rome that had been built by St. Helena. Since 1629 this relic is at St. Peter's, in a gold, cross-shaped case.

In the year 312AD, Constantine found himself attacked by vastly superior forces, and the very existence of his empire threatened. In this crisis he sought the protection of the crucified Christian God whom his mother Helena worshiped, and kneeling down, prayed to God to reveal Himself and give him the victory. Suddenly, at noonday, a cross of fire was seen by his army in the calm and cloudless sky, and beneath it the words, *In hoc signo vinces* "Through this sign thou shalt conquer." By divine command, Constantine made a standard like the cross he had seen, which was borne at the head of his troops; and under this Christian ensign they marched against the enemy, and obtained a complete victory. Shortly after, Helena herself returned to Rome, where she died in 328 AD.



Mary, Queen of Angels



Celebrating Kandy

Once a year in August, Sri Lanka's medieval capital of Kandy lights up with a million fairy lights and vibrates to the sound of traditional drums. It is Kandy's proudest moment when the spectacular Esala Perahera winds its way through its historic streets. The mood of the modern city changes over night. Pilgrims flock to the city in the thousands and souvenir and trinket sellers flood the streets. Colourful flags and other decorations dress up the roads. It is a time for that peculiar inviolability that grips the environs of Kandy, felt on all her fertile mountains and reflected in her sea of milk (Kandy lake).

The main focus of course is on the Dalada Maligawa or the Temple of the Sacred Tooth Relic, where the sacred tooth relic of the Lord Buddha is housed and enshrined. The Perahera is an expression of the respect and honour bestowed by the people of Sri Lanka to the Lord Buddha and the Dharma. As such it is a most sacred event for our Buddhist brethren.

The mural shown here is a creation of a group of seminarians led by Fr. Priyantha Silva. It shows the various types of drums and traditional musical instruments used at the Perahera. The mural can be seen at the National Seminary at Ampitiya Kandy.

The beautiful 52 inch mahogany image of Mary Queen of Angels' was redone giving it a final finish in readiness for the 50th Jubilee of the Church dedicated to the Queen of Angels' at Rawatawatte. The image was carved by Mr. Raymond Fernando of Moratuwa.



Venerable Fulton Sheen saw the face of Jesus in Asian Spirituality

On July 9, Pope Benedict XVI reminisced Archbishop Fulton Sheen's contribution in preparing Vatican II documents. Just 10 days earlier, the Pope had placed the famed Catholic tele-evangelist on the path to sainthood. Venerable Sheen's autobiography includes profound insights that can still shed light on "Asian Church Challenges," the theme set by Church leaders for a November meeting in Vietnam to mark the 40th anniversary of the Federation of Asian Bishops' Conferences.

On June 28, Pope Benedict XVI declared Archbishop J. Fulton Sheen a Venerable. A prolific author of 68 religious books and a zealous preacher, the prodigious tele-evangelizer is perceived by many as the would-be patron-saint of modern electronic media. But few know the secret strength of this unique media celebrity.

According to his autobiography, all his sermons were prepared in the presence of the Blessed Sacrament and he made a daily Holy Hour. Still fewer are aware of this American prelate's prophetic thoughts about Asia and Asian religions. The following insightful passages are from chapters nine and ten of his edifying autobiography *"Treasure in Clay."*

The values of indigenous people

Bishop Sheen's autobiography recalls a conversation he had with Malaysia's British-born Bishop Anthony Galvin of Miri about Borneo natives who live as families sharing traditional communal homes. Here's what he wrote, "Bishop Galvin on one occasion was instructing his people on the commandments. When he came to the commandment 'Thou shalt not steal,' they

Bishop Galvin's courage to save the life of Pope Paul VI by subduing a Bolivian would-be assassin in Manila in 1975.

Bishop Sheen was a star attraction on the 1948 Asia-Australia mission tour led by two legendary American Churchmen- Cardinal Francis Spellman and Maryknoll Bishop, James Walsh. On that tour, Cardinal Spellman often delegated the young Bishop Sheen to speak on his behalf because of the latter's oratorical skills and profound theological insights. His position as National Director of the U.S. Bishops' Mission Office seemed to be only of secondary significance.

Delighted to find Bishop Sheen reading Confucius on the airplane to Beijing, then Peking, Bishop Walsh had said, "We have to know the Chinese way of thinking. Before you can lead people to where you want them to be, you have to know where they are." When Bishop Sheen described Bishop Walsh as one of the glorious "dry" martyrs of the Church of the United States, he would not have thought that his own canonization cause would overtake Bishop Walsh's. The autobiography also recounts many harrowing stories about

Eastern Catholic theology what Plato and Aristotle were to Sts. Thomas and Augustine." Later on, after writing about a visit to Shanghai, he mentioned a dinner with Generalissimo Chiang Kai-shek. There he had met a government minister who claimed to own a 16th-century translation of the Summa of Saint Thomas Aquinas. "Whether he read it or not I do not know, for he said he had accepted the economic interpretation of history and not Providence," the bishop Sheen wrote.

Even as early as that, his fame as a media evangelist had preceded the bishop and he had to make several broadcasts to China. The book recalled one of the broadcasts, "I said that God had kept China behind a veil all these centuries and allowed it to keep a five-thousand-year-old culture to become one day a great Christian nation. After the broadcast, Bishop Walsh told me that Pius XI had told him that very same idea some years before."

The religious aspirations of Eastern people

In summing up his visit to China, Bishop Sheen had this to say later in the book: "The more I familiarised myself with the Far East the more I saw that the Western mind knows the world better than it knows man, but the Eastern world knows man better than it knows the world. Our Western world can tame nature, the Eastern world learned to tame itself. The former is an extrovert and produces a technological civilization; the latter is an introvert and seeks to develop wisdom through contemplation." ... The holy man continued, "It struck me during the trip that it might be short-sightedness on our part to impose the Aristotelian philosophy on the Eastern mind; that it would have been better to have gathered up the good religious aspirations of the Eastern people in the natural religions to bring them to Revelation. God is not proven to them; He is rather, "given." Confucius is relatively just as good for some minds as Aristotle is for others. Our missionaries, I felt, should start with what is good in the religions they find in their countries as our Lord stated with a drink of cold water in converting a Samaritan, as Claudia be-

gan with a dream in understanding Christ far better than a rational husband, and as Paul began with an inscription to a pagan deity to convert two souls in Athens."

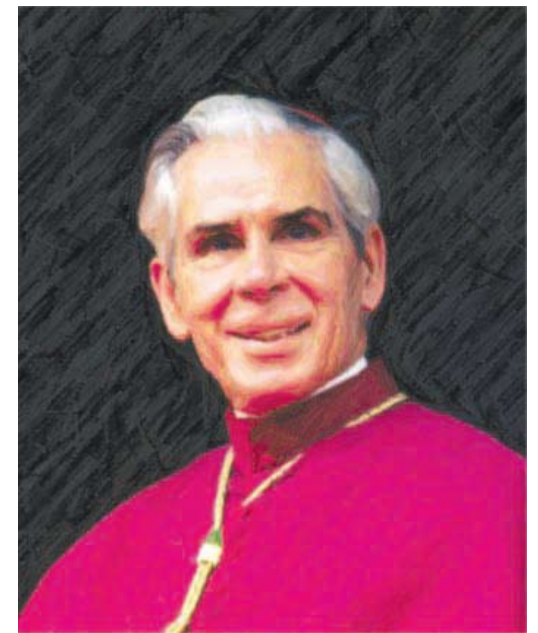
Salvation through their own sacraments, morality and lifestyle

Two pages beyond, recalling his visits to India and dealings with Indian missionaries, the bishop-theologian wrote that "Christ is hidden in all world religions, though as yet, His face is veiled as it was to Moses, who asked to see it." He continued thus: "I have always contended in talking to missionaries that we are not so much to bring Christ to people as we are to bring Christ out of them. ... The good Hindu, the good Buddhist, the good Confucianist, the good Moslem are all saved by Christ and not by Buddhism or Islam or Confucianism but through their sacraments, their prayers, their asceticism, their morality,

their good life." He added, "The combination of travel, the study of world religions and personal encounter with different nationalities and people made me see that the fullness of truth is like a complete circle of 360 degrees. Every religion in the world has a segment of that truth."

Just as the Church could learn much from this evangelical prodigy's theological insights, his speedy exit from diocesan administration after just three years as bishop of Rochester too may have a humbling lesson about the nuts and bolts of episcopal praxis. And therein may lie a dual lesson for Asian bishops preparing for their November plenary assembly in Vietnam.

Hector Welgampola



The Eucharist



For my flesh is real food and my blood is real drink. Those who eat my flesh and drink my blood live in me and I live in them.'
John 6:55-56

QUOTATIONS

The Eucharist is the silence of God, the weakness of God.
Carlo Carretto

The Eucharist is the Church at her best.
Gabriel Moran

The Eucharist is the means whereby those who once received the Spirit in baptism are constantly renewed in the Spirit until life's end.
Alan Richardson

Our Lord did not say: 'Come unto me all ye faultless'; neither did he say, 'Be sure you tear yourselves to pieces first.' There are only three necessities of a good Communion - Faith, Hope and Charity. To rely utterly on God and be in charity with the world. - Doing this is the essential. What you happen to be feeling at the moment does not matter in the least.
Evelyn Underbill

Quips Quotes & Anecdotes
Antony Castle

"... The holy man continued, "It struck me during the trip that it might be short-sightedness on our part to impose the Aristotelian philosophy on the Eastern mind; that it would have been better to have gathered up the good religious aspirations of the Eastern people in the natural religions to bring them to Revelation."

asked him: 'What is stealing?' He said: 'if I should take this gourd and bring it back to my hut, that would be stealing.' These primitive, uneducated and uncultured people asked: 'Does anyone in the world steal?' Bishop Sheen's book questioned how such people could be called "primitive"?

Faith forged among such indigenous people, perhaps, may have helped steel

Missionaries tortured in China as well as glowing tributes to the faith witness of Chinese Catholics.

The future of Christianity in China

Referring to an entry in his diary after a visit to Bangkok's Temple of the Emerald Buddha, Bishop Sheen states, "I wrote in my notes: Someday, Buddha and Confucius may be to the

Glory of London Olympics 2012

Oscar Pistorius: Olympic Blade-runner



The enduring spirit of Oscar Pistorius, *aka* the Blade runner from South Africa who also ran the 4x400m at the recently concluded 2012 London Olympics was amazing.

Oscar had a childhood medical condition, which caused his legs to be amputated below the knees, at a tender age. After much enthusiastic appeal to the IOC and the World's sports bodies, Oscar wearing high prosthetic blade "legs" was allowed to run at this year's Olympics.

Although he did not win a medal, he was applauded all the way to the finish line for his heroic effort, which was an inspiration to many differently abled men and women all over the world. Some even pointed out that he deserved a special medal for his human spirit (at least, a platinum Olympic medal) in conquering all odds to qualify for the Olympics, when many normal athletes fell short.

London Olympics exposed a fallacy: That women's sports are less gripping, less serious and less entertaining than men's. Really, the women have made glorious the Summer Olympics. As Shakespeare might have put it: To play is the thing. It is interesting to note that the US fielded its first female-majority team - women outnumbered men 268 to 261 - and turned that advantage into more medals on the women's side (Women also made up the majority on the Russian and Chinese squads).

The US women's quadruple scull team



Building a peaceful better world in the Spirit of the Olympics

The Catholic charity KISS has teamed up with the Rotary Club of Great Britain and Northern Ireland and Cleanevent to take part in an innovative volunteering project at the London Olympic and Paralympic Games. One hundred and twenty nine enthusiastic young people undertook housekeeping duties at the Athlete's Village in July - but rather than receiving any remuneration themselves - the money they earn will be going directly to KISS.

Alan Ryan, KISS Trustee, said: "The money that these young people are going to raise is life changing for so many young lives in Uganda. I'm blown away by the generosity of our young people." *(Courtesy: L'Osservatore Romano)*

Mohammed Farah - a symbol of multicultural cosmopolitanism



"As Mohammed Farah was about to breast the tape as winner during the pulsating 5000-metres finish at the London Olympics, he gave thanks to Allah in Muslim fashion. Here then was a

humble Somali Briton who had embraced his new country and gained from its openness, but one who remained attached to his heritage."

Olympic athletes reflect

Missy Franklin, who won her first gold medal at the London Olympic Games on July 30 in the 100-metre backstroke, told belief.net that although she was raised in an environment that was not particularly religious, she feels a profound sense of peace upon entering the halls of Regis Jesuit High School in Aurora, Colorado, in her native United States of America (US).

"Every day over the last three years, my faith has grown. One of my favourite times is going to our beautiful school chapel and spending time with God. This year, I attended Kairos with my Regis Jesuit Sisters and it changed my life forever. I now really work on keeping my faith strong," she said.

Jordyn Wieber, the 17-year-old gymnast who led the US team to its first gold medal since 1996, told *Faith Magazine*, published by the Diocese of Lansing, Michigan, "My parents have always made going to Church as a family, important. Sometimes we have to split up due to our schedules, but most of the time we are able to get to Mass together.

It is a very special family time and it means a lot to me."

Lopez Lomong told *USA Today*, "God blessed me and gave me a lot of strength to be faithful and more determined with my life to overcome obstacles."

Lomong is a Sudanese-born member of the US Olympic track

team. Abducted at the age of six while attending Mass in his native Kimotong, he was forced into a rebel camp.

After watching several of the other boys die in the prison camp, Lomong and some other prisoners escaped to a refugee camp in neighbouring Kenya.

He remained there for 10 years until Catholic Charities selected him to be one of the Lost Boys of Sudan who were relocated to the US after reading a highly moving essay that he had written.

"God had a vision for me. He knew I would come to America and have a family," Lomong said.

(Courtesy: Sunday Examiner)



"What is encouraging in the Olympics is that some of the main star athletes like Usain Bolt (the most renowned competitor in the games) and marathon gold medallist Stephen Kiprotich of Uganda and many others took the opportunity during their moments of glory to thank God."

More details in the Editorial (Page 4)

A tribute to our precious daughter Ashvini

Our precious daughter Ashvini left us ten years ago, in the prime of her life. The saying, "The Good Die Young," can easily be said to our precious daughter. No doubt she was a good, caring, sincere, affectionate, thoughtful and loving daughter and sister, to her only brother Munesh. She was a very sincere and dear friend to all those who grew up with her.

Ashvini was a devoted Catholic and never failed to say her prayers. She accepted God's will in good times and sad. She never failed to visit the Chapel at St. Bridget's Convent,

everyday. When her O/L results were out and she obtained distinctions in all her subjects she first went to the Chapel to thank God.

Ashvini was a great artist, and won the 1st Prize at an Art Exhibition held at St. Bridget's Convent when she was 15-years-old. She held her Solo Art Exhibition as well. Many homes have her works of art. Her memory will live on.

Ashvini obtained a degree in Marketing as well, grew up and lived a beautiful life. She was a wonderful daughter and sister, and a good student and friend. As parents we thank God for

the affectionate child he lent us for 30 beautiful years. We watched her complete, all what parents would wish to see in their children, in her short but fruitful life. - Well lived.

Among her circle of close friends, Ashvini was one they turned to, if they needed a friend to talk to. Home has never been the same ever since you left us Ash. The fond memories of watching you grow, the happy times we spent together, your carefree laughter does bring a tear to our eyes. How you protected your only brother Munesh and took care of him are memo-

ries we will treasure.

Ashvini was born in the country and loved the country life very much. Although ten years have passed - it seems like yesterday. We know we will meet again, never to part in God's eternal home.

The meaning of your name Ashvini is a 'Star'. Now you are our guiding star watching over us from above. Thank you darling Ash. Until we meet again keep watching over us.

Your sorrowing mummy,
daddy and brother

**Shirani, Mohan and
Munesh David**

In appreciation of

DAVID MAHAVITHANAGE - MY PRECIOUS THATHTHI



*I still remember the night
I dreamt of you calling me
Asking me to come and take
you to the sea*

*I understood then that you wanted me by your side
Your soul calling out to me before you shut your eyes
It was the longest journey I ever did take*

*I only made it for your sake
A heavily pregnant wife I had to leave behind and my
exams I had to put out of my mind*

*My heart broke when I saw you
But I'm thankful to God I got to touch and hold you
One last time, one last smile*

*In my heart I knew it was our last good bye
I feel your presence all the time around me*

*I know you will always guide and take care of me
A gorgeous son I have today*

*A replica of my handsome father I must say
I just wish you were here today*

*So I could watch you teach him games to play
I write this poem for you today*

Tears streaming down my face I say

*Thank you for being the best father a son could ever have
We love you and miss you, our wonderful DAD*

Your ever devoted Son - Dimi (UK)

Thank you Victoreen for the wonderful days of our lives

It will be four years on August 25, 2012 when God called Victoreen to rest. We got married on October 8, 1968 at All Saints' Church, Borella and spent a happy and peaceful wedded life for almost 40 long years. She gave life to our children and when I needed hope an inspiration, she was always strong.



Victoreen was loving, caring and my only consolation and the greatest blessing in my life. We prayed together as one from the day we got married until she left this world with precious memories time cannot erase.

I still remember the tender loving words she used to say. Hand in hand we faced each other with no fears as we were so sincere and faithful. As my memo-

ries turn back the pages, I can remember the happy years we shared together and the love that kept my heart beating has been shattered by the closing of the door.

You are gone so far away and left me all alone. My days and nights have turned so lonely dear, since you have been gone. You are always in my mind and I pray for you every day. I miss all the good times in life we once

shared together as you and I were partners in life and we were always there for each other anywhere any time. Even though we may be far apart, your love in my heart will always stay. Missing you with every breath I take and missing you with every step I

take. Thank you Victoreen for the wonderful and generous sacrifices you made for me, our children and all the loving cares and affection you showered on us.

Sadly missed by
your loving husband

M. Kamil. A. Hassan

Grace Rukmani Anthonypillai - A journey of Faith

Mrs. Grace Rukmani Anthonypillai passed away peacefully in Australia on July 18, 2012. She hails from Jaffna (Mirusuvil) and lived with her family in Wellawatta, Sri Lanka. She later moved to Sydney, Australia. Grace was the beloved daughter of the late Marshall and late Rosaleen.

Grace was a loving

wife to the late Bastiampillai Anthonypillai and loving mother of Ranjini (Australia), Ranjan (Australia), Pathmini (Australia), and Roshan (London). She leaves behind her grandchildren, Jegan, Darshia, Veena, Amanda, Amelia, Dinusha, Lloyd, Dishan, Jeshana, Sabrina and Ashvin and great-grandchildren Dharshan and Aarya.



Grace was the loving mother-in-law of Christy (Australia), Placida (Austra-

lia), Rajakumar (Australia), and Shakila (London).

She was a loving sister to Rev. Fr. Marshall Rajanayagam VG, late Poomani Sebaratnam, late Arasanayagam, late Selvanayagam and the late Manonmani and loving sister-in-law of late Agnes Vethanayagam and late Theresa Francis.

N.J. Jayarasan, J.P.

"As a building without a foundation will crumble, so justice can never be served without the foundation of right and wrong as given by God in his Word."

The Bishop of Jaffna has issued a statement setting out the ground realities in the Northern Province. We can expect the bishop to be reasonable and objective, rather than be swayed by emotion and emotional attachments to ethnicity. So we hope and pray that his statement will receive the attention of the President.

The Government says that the bulk of the Internally Displaced People who were in government camps like the Menik Farm have been re-settled because they are no longer in such camps. But the Bishop points out that a considerable number of them who left the camps, are staying with their kith and kin and in transit camps. Re-settlement of the Internally Displaced people must, in terms of the UN Declarations mean the resettlement in their previous homes or at least in comparable surroundings. A long simmering dispute among the displaced Tamil and Muslim fishermen took a serious turn recently. This shows that whatever re-settlement that has been carried out by the Government is inadequate.

The problem of resettlement of IDPs is undoubtedly complex and cannot be swept away by merely quoting numbers comparing the present and past situation immediately after the war. While many such people are still without homes and unable to resettle in their previous villages and homes, there is criticism that the lands in the Northern Province are being taken over for the military. While conceding the right of the Government to station troops anywhere in the island, they must behave in the same way as in the South and not interfere in the civilian administration. The appointment of a military man however good or just he is, is not conducive to promoting civilian rule. There must be a return to civilian rule as happened after the Civil War in USA.



The Rights of the Internally Displaced must be respected by the authorities

Current Affairs

The Government should study post civil war experiences in other countries. There is criticism that the military is promoting resettlement and deployment of outsiders, (never mind whether they are Sinhalese, Tamil or Muslim) in lands and the fisheries resources in the north, when internally displaced people are still without their homes and lands and local fishermen are deprived of their fishing rights. It would clearly be unjust not to give priority in meeting the needs for lands, homes and fisheries resources of the IDP's before bringing in outsiders.

The problem of resettlement of the IDP's is tied up with the problem of their rights to lands and homes they previously occupied. When they were displaced other people naturally occupied their lands and homes. But justice requires that the respective claims of those now in occupation and those original owners displaced by the war, should be settled according to some principles of law and ethics. This requires an independent body to look into such rival claims. This problem now exists in Syria, Iraq, Libya and several African countries. The problem has been studied by the United Nations and it would be wise for us to learn from its experience. The Government still does not allow Non-Governmental Organizations to enter the province to provide assistance. We urge the Government to seek international assistance to handle the problem of resettlement according to UN standards.

There are several UN Resolutions on how to deal with problems of those internally displaced during

a war. Such displacements have occurred after every war since the Second World War. The guiding principles for humanitarian assistance and resettlement of refugees is that they must be in accordance with the principles of humanity, impartiality and neutrality. Humanitarian objectives exclude the pursuit of any other political, economic or military objectives. The best way to ensure such independence of humanitarian objectives is to allow the UN Agencies dealing with such issues to come in and for us to seek their technical and professional assistance in matters of resettlement and land rights. The UN has put in place international humanitarian law and refugee laws. The Government whether it has ratified these UN Declarations or not, must take appropriate legal, administrative and judicial measures to implement the UN Declarations on humanitarian assistance for the resettlement of internally displaced in the North.

Unless this problem is resolved in a just and fair manner, there could be outbreaks of sectarian violence at a minimum. Such violence could increase sectarian ethnic and religious polarization not only in the North but elsewhere in the country. Interested parties could indulge in ethnic and religious cleansing in neighbourhoods of mixed ethnic and religious orientation to establish territorial control. From recently small Christian communities seem to face such cleansing in the deep South.

The intervention of the military in civilian life and the presence of armed vigilantes in the North, has brought about a climate of fear among the people who face personal violence, abductions, assassinations, and death threats. Even the Catholic clergy have been victims of such violence as detailed by the Bishop in his statement.

Gossip? - Go sip and spoil the soup

It doesn't have to be many - Just one would do.



"St. Paul says that not only people who engage in gossip are sinners, but also people who approve of them"

Do you find Gossip interesting? Relaxing? Educational? Informative? Do you know that it can be a sin or near occasion of sin?

According to the dictionary, gossip is casual conversation containing unproved statements about other people, usually about their private lives. Gossip can be either complimentary or derogatory, but usually is negative and delights in harmful allegations. In older English translations of Scripture and tradition, the word "whisper" means "gossip", which in modern speech survives in the expressions "whispering campaign" and "be whispered", meaning "be the subject of gossip". Perhaps the word "whispering" comes from the circumstance that gossipers often speak in low voices because they do not want passers-by to detect that they are violating Christian rules regarding the tongue.

Everyone agrees that in Christian conversations untrue, derogatory, slanderous statements are out of place. However, Scripture and early tradition also condemn any chitchat about what is none of the speaker's or the hearer's business about a third person's life. Perhaps such "innocent" gossip is a near occasion of sin, in that such neutral conversations easily slip into malice and untrue remarks against the subject's character.

Scripture discounts such gossip. The Wisdom Literature of the Old Testament states that a gossip separates close friends (Proverbs 16.28), defiles his/her own soul, and is eventually hated by his/her neighbours (Sirach 21.28). Sirach 28.12-18 offers an extended treatment of gossip, e.g. "curse the whisperer and deceiver, for he has destroyed many who were at peace" and "Many have fallen by the edge of the sword, but not so many, as have fallen because of the tongue." (RSV)

According to Saint Paul the Apostle, gossip is on a par with envy, jealousy, selfishness and conceit (Romans 1.29-31; 2 Corinthians 12.20; 1 Timothy 5.13) probably because the

point of relating derogatory statements is often to "prove" that the speaker is a better human being than the person gossiped about. The same apostle also links gossip with slander, selfishness, pride, covetousness, malice, heartlessness, deceit, idleness, hatred of God, strife, and being a plain busybody.

A book from the first or second century (A.D), sometimes used by early Christians contains two lists in the manner of Saint Paul but links gossip not only with slander, envy, jealousy and strife but also with such more serious misdeeds as adultery, rivalry, drunkenness and idolatry.

Also dating from near-apostolic times is the *First Letter of Clement*, which some scholars believe to have been written by Pope Clement I. Dating from the middle or late first century, it exhorts readers to practice concord, humility and self-control, and to stay well away from "all whispering and evil-speaking". It too contains a list that places gossiping (whispering) and evil-speaking in the same class as covetousness, hatred of God, deceit, pride and strife. Clearly the earliest disciples of Jesus, those in the first and early second century, opposed any form of gossip.

Dating from early third century Syria and once considered to have also been written by Pope Clement I are two letters concerning nuns and religious brothers. It disapproves of all religious and other Christians who, instead of working, wander around the neighbourhood looking for rumours and "carry them from house to house with much exaggeration." It especially condemns people who meet together for vain and trifling conversation and merriment, and that they may speak evil of one another; and they hunt up tales against one another, and are idle: persons with whom we do not allow you even to eat bread.

The last clause touches on another aspect of earliest teaching: it forbids even listening to gossip and approving of gossipers. Sirach 19.6 considers as blest those people who hate gossip. Proverbs 20.19

counsels readers not to associate with gossips. Saint Paul ended one list of evil deeds with a statement that not only people who engage in gossip are sinners, but also people who approve of them. (Romans 1.32),

In the first half of the third century, Father Origen in Palestine preached that if a conversation turns to matters that are shameful, empty, improper or evil, a Christian should close his/her ears and act as if deaf and dumb. Christians, he said, should listen only when the speaker promotes morals, encourages virtues, restrains vices, and otherwise builds the hearers' spiritual life. The only exception Father Origen would allow, was listening long enough to be able to respond to statements that might mislead more simple Christians.

A manual for Christian life instructed religious sisters not to be talkative but to turn away whenever the talk became unseemly, and to act as if they

had not heard it. Nuns who are gossips, it said, "stir up quarrels".

Scripture and early tradition lay a further restraint on Christians who hear negative remarks about someone in a private conversation: we must not believe, approve or accept such derogatory comments as true. This may be only common sense, for if the remarks could be proved true, they would have come to us through the media and not as private gossip. Nevertheless, the Bible and tradition reinforce this prohibition.

In some translations of Exodus 23, it prohibits accepting as true any negative report against a person's character that comes through unsubstantiated rumours. A letter written in the middle of the second century in the name of the twelve apostles used Exodus 23, as a reinforcement for its instruction that Christians are to give no credence to statements that blacken the character of a Christian brother or sister, and are not to delight in listening to them. Father Origen commented that what this scripture forbids is not *hearing* uncomplimentary statements, for this often cannot be avoided when we live in a community, but internally *accepting* or *believing* such statements.

When we hear negative gossip we are to be deaf to it, as mentioned above. A student

of the Apostle John wrote that Exodus 23, applies especially to the clergy. Priests, said Bishop Polycarp of Smyrna, in the early second century, are to be merciful and compassionate and not severe in judgment, nor quickly credit an uncomplimentary rumour against anyone. It was probably priests that Father Origen had in mind as Christians permitted to listen to gossip long enough to formulate a reply that would forestall more simple Christians from being misled.

Two concluding comments apply to Canadian Christians whether or not they accept the authority of church tradition or of words not indicated as those of Christ in red-letter Bibles. First, under the laws of most - if not all provinces, anyone who repeats detrimental untrue allegations gathered from gossip, can be sued for slander even though they heard them from someone else or sincerely believed them to be true. Before you legally repeat them you must find confirmation from a reliable source, not from other rumours.

Lastly are the words of Christ Himself in Matthew 12.36f: on the day of judgment men will render account for every careless word they utter; for by your words you will be justified, and by your words you will be condemned. (RSV)

Courtesy:

Canadian Messenger



Why not say a 'hello' to the Master



The latest survey reveals that 12.8 million mobile phones and 3.8 million fixed line phones, are in operation in Sri Lanka. If an individual gets connected once per day, at least 16.6 million calls would be made within a day.

The country's population stands at 22.8 million and nearly 75 percent seem to be prone towards the usage of this mode of communication, each day. Irrespective of the language used, every call more or less initiates with a 'hello'. I guess it is the common greeting inevitably used by a caller. Hence 'hello' invariably could be the word, that is pronounced most frequently, within a day.

This makes us realize the extent to which this mode of communication is used, within the time frame of a day, in a small country like Sri Lanka. All other modes of communication put together, would sum up to a proportion beyond imagination. As a matter of fact, this method of communication is a 'human interaction' between two or more. When this type of communication intensifies, one doesn't have the time and space, the presence of mind, to communicate with God.

Our extensive involvements may distract and disturb us from this act, since the prerequisite to such communication needs tranquility and silence. Besides that, you need no technology or equipment. There is no hassle or expenditure. The links wouldn't be switched off, engaged or unreachable. All you need is some moments of silence, away from the rest, all by yourself to dialogue and discourse with the

Lord. To inform Him as to what you want, or at least what you need. To thank and praise Him for what you have received. To tell Him what you have done for His sake. To acknowledge failures and disappointments on your part. To inform Him of your future goals and to seek His guidance and strength. The more time you spend and the more you are open to the Lord, the more connected you would be. The greatest form of communication would be this. So enriching and precious.

Thus a 'hello' to Jesus, is a must every day. It may be worded differently. All depends on how close and intimate you are with the Lord. Various advertisements presented by some of the giants in the field of communication, may suggest and invite you to get connected to their network assuring a package, that provides you, with beneficial gains. This may have an advantage of paying less and communicating more. This package is readily and freely available with the Lord. What prompts you to get connected with the Divine, is your conscience. It relates to the extent, of the depth of your faith.

How frequently it would be, depends on the degree of your spirituality. At least twice everyday would keep you in good nick and trim. Once in the morning as you wake up, once at night before you retire to bed, is spiritually recommended. More the better, if you could spare more time. It would enrich, soothe and console you, beyond all possible doubt.

Pay nothing and communicate as you wish, and all your wishes would come true.

RodeZo

SVP hosts 1st Holy Communicants to Breakfast



96 children of St. Mary's Parish, Mattakkuliya, received 1st Holy Communion on Saturday July 07, 2012. It was a happy day for the children, and a day of celebration for the parents.

The Vincentians of Mattakkuliya seek ways and means of helping children of low income groups, to provide some of their needs such as dresses, shoes & socks etc.

In addition they hosted the children and teachers to breakfast that day, as one of their annual projects.

The picture shows the children partaking of breakfast, and the parish Priest Rev. Fr. Anton Jayananda presenting souvenirs to the children.

(Francis Gunasekara)

THE HOLY SPIRIT WORKS POWERFULLY THOUGH INVISIBLY



Before His Ascension that day. Jesus promised to send a gift our way The gift no other - The Holy Spirit he did send To lead, guide and be with us, right up to the end.

On that first Pentecost day - The Bibles say, Believers experienced the Spirit - Come their way. From heaven a sound, like a strong wind blowing Spread here and there, everywhere it started flowing.

By tongues of fire every one was touched They were gifted to speak different languages as such. People from all parts of the world that day Excited and amazed, how it happened that way? The unseen Spirit-in the same way Is ready to bear fruits-in our life today

So let us rush to Him with our troubles not one He'll aid and guide us over, our goal to be won The Holy Spirit - Believers into one body forms And assures us of God's presence in all norms

A powerful person - Holy Spirit is He Though we cannot, He reveals to be.

Silently now I wait for thee, Ready my God, Thy will to see; Open my heart - illumine me, Spirit Divine - re-create me

Norma Perera

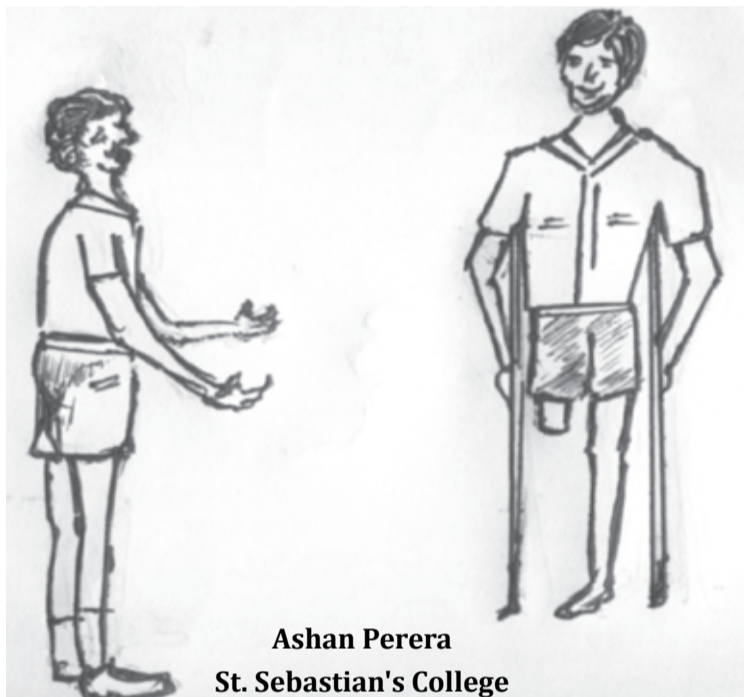
Be happy, avoid disappointment.

I was worrying my dad, for a new pair of shoes, until I saw a boy, without one foot, even without a slipper, on the other.

You got to loose, to realize the value, of what you have lost. You got to find, to realize the value, of what you have found.

Do not clamour for more, be happy with what you have. Do not be worried, for what you don't have.

Disappointment, would not be your's, at all.



Ashan Perera
St. Sebastian's College

Hide and seek in Church ?

It was holiday time. The parish priest noticed a child, seated in Church. He was there from morning, throughout the day. Towards evening, the priest walked up to him and fell into a conversation with him.

Priest : Son, what are you praying for ?

Child : Father, I am I am not praying.

Priest: Then what are you upto, seated in Church ?

Child : Excuse me father, my dad is furious with me. He is searching high and low to beat me. I am just trying to hide from him.

Priest : Son, why did you choose the Church to play hide and seek ?

Child : Father, that's because the Church would be the last place, my dad would ever visit.

Priest : Doesn't he come to Church on Good Friday ?

Child : No Father, he does not.

Priest : Doesn't he come to Church on Christmas Day?

Child : No Father, he does not

Priest : If I send word a message, would he not come to see me ?

Child : I have my doubts. He would rather prefer to hide away.

Priest : Where would he hide, I wonder ?

Child : Possibly at the bar, I guess.

RodeZo



What it says in
the Readings

The Word was made flesh and lived among us; to all who did accept him he gave power to become children of God.
Jn. 1:14.12

LITURGICAL CALENDAR YEAR B
19th August - 26th August 2012

SUN: 20TH SUNDAY IN ORDINARY TIME

Prov. 9: 1-6, Eph. 5: 15-20, Jn 6: 51-58

Mon: Memorial of St. Bernard, Abbot & Doctor

Ez. 24:15-24; Mt. 19:16-22

Tue: Memorial of St. Pius X, Pope

Ez. 28:1-10; Mt. 19: 23-30

Wed: Memorial of The Queenship of the B.V. Mary

Is. 9:1-6; Lk. 1: 26-38

Thu: Memorial of St. Rose of Lima, Virgin

Ex. 36:23-28; Mt. 22:1-14

Fri: Feast of St. Bartholomew, Apostle

Rev. 21:9-14; Jn. 1:45-51

Sat: Memorials of St. Louis & St. Joseph Calasanz

Ez. 43:1-7; Mt. 23:1-12

Sun: 21ST SUNDAY IN ORDINARY TIME

Josh 24:1-2, 15-17, 18;

Eph 5:21-32; Jn. 6:60-69

**Error in Ordo for August 19th
Sunday Readings**

Please follow as in the lectionary Cycle B
(Rev. Fr. Ignatius Warnakulasingham)

**A Memorial of Christ's
Death and Resurrection**

As the Eucharistic Congress is going to be the major event of the Archdiocese, my thoughts flash back to the night before He suffered on the Cross when Jesus shared the last meal with His disciples. During this meal the Saviour instituted the Sacrament of His body and blood. He did this to perpetuate His sacrifice on the cross throughout the ages and to entrust to the Church a memorial of His death and resurrection. Recalling the words of Jesus in Mt. 26/ 26-28

**"Take this bread, this is my body...
Take this wine this is my blood"**

Centuries after centuries Catholics profess that in the celebration of the Eucharist, bread and wine become the Body and Blood of Jesus Christ through the power of the Holy Spirit. Jn.6:51-55

The Eucharist is the most human feast. It is an invitation to recall the physical, spiritual and social bonding of human life. God has been personally real, near, alive and tender in liberating the Israelites from their bondage. Even Christ was human and divine. In the Eucharist, Blood is the life giving source, Body is the tabernacle that carries God's presence. Body and blood are the soul factors of Human life. When the blood circulates the body continues its life journey. When Jesus instituted the Eucharist, He was aware of this reality. Therefore He gave His Body and Blood offered us food and drink for our life journey. When the soul is triggered with the inner light of God after hungering and pining for the living God, not only the soul but also the body too pines for the living God. Ps 62:2-4

The Eucharist has the source of strength, comfort, attraction and healing down through the centuries. Therefore the saints were contented receiving the body and blood of Jesus as we see in the following quotes;

"It is a mark of friendship that friends should live together- Christ has not left us without His bodily presence in this our pilgrimage but He joins us to Himself in this reality of His body and blood"- *Thomas Aquinas*

"In this world I cannot see the most high Son of God with my own eyes, except for His Most Holy

First Reading: Prov. 9:1-6

Wisdom which here is personified is presented to us as a great banquet. The people are invited to come and fill themselves with this wisdom which could be compared to food and drink.

Second Reading: Eph. 5:15-20

St. Paul advises the Ephesians not to get carried away by the evil in the world, but to lead a life according to the Spirit.

Gospel: Jn 6:51-58

The Lord gave His body, that is, His flesh, dying for you that we might have life.

Here flesh and blood are mentioned separately. The separation of blood and flesh indicates death. Here the Lord clearly indicated His death, that is, His being slain. He gave His body and shed His blood for us that we may have eternal life. To eat His flesh is to receive by faith all that He did in giving His body for us; and to drink His blood is to receive by faith all that He accomplished.

Reflection

This Sunday the Lord is once again presented to us as the Bread of life but this time for us to consume Him so that He could transform us from the inside. All these Sundays the bread of life was referred to us as an external thing that gives us external life but this Sunday it is referred to, as a thing that would give us life from within, internal.

Things relating to God whether it is His wisdom or Him as the Bread of Life or for that matter the Spirit of God, all these once received, acts from within.

They transform man in order to make him like God or to give him the power of the divine. It is this power from within that makes him able to gain eternal life. All these Sundays it was a matter of the Lord providing Him as the Bread of Life in order to sustain us or to show us His merciful or protective love on our way to eternal life. But today it is Him acting inside us once you receive or consume Him. Therefore what we receive into our inner self so that the Lord could act from within. And it will be really and truly the Lord abiding in and through us. This is seen clearly in today's readings.

In the First Reading it is the wisdom of God that is presented to us as a great banquet. We ought to take part and consume it so that we would be full of God's wisdom. Once a person is full of God's wisdom that person could live a perfect life guided by wisdom. Wisdom would give us the insights for a perfect life. This would come from within.

In the Second Reading St. Paul advises the Ephesians not to give into the world in order to get drunk with the wine, for that is debauchery. He wants them to be filled with the Holy Spirit. So that everything they say or do would be out of thanksgiving in order to glorify God. This will be coming out of the Spirit that is now within you.

In the Gospel Jesus presents himself as the Bread of Life, the Living Bread. The bread that



would give life. And it is His flesh. The Lord is very clear that all those who would eat His flesh and drink His blood would have eternal life and He promises to abide in those who eat His body and drink His blood. This is a great promise that the Lord makes so that He would in us, transform to Him, so that we would live like Him and finally gain eternal life on the last day.

Aid story

In the middle of a great city (Birmingham) after the war there were thirty or forty thousand of crowded old houses, and the children who lived there were mostly pale and thin and more liable to illness and epidemics than children who lived in other parts of the city. The doctors said this was due to the dirt of the old houses and due to the lack of air and sun and the city council determined to change all this. They built thousands of new houses in the city outskirts, clean and healthy, with a garden for every family and thousands of families were moved into the homes.

After a few months the doctors and inspectors noticed that in spite of the air and the sun most of the children seemed to be just as pale and thin as before, and just as liable to illness. This was very disappointing, and when they studied the cause they found out that the rents were so high and the bus fares too heavy, that the wage earners had not enough money left to spend on food. They just weren't getting enough to eat.

Rev. Fr. Ciswan De Croos

Body and Blood"- *St. Francis Assisi*

"I hunger for the bread of God the flesh of Jesus Christ, I long to drink of His blood the gift of unending love." *St. Ignatius of Antioch*

"O Lord we cannot go to the pool of Siloe to which you send the blind man. But we have the chalice of your precious blood filled with life and light"

St. Ephrem

"You come to me and unite yourself intimately with me under the form of nourishment. Your blood now runs in mind, your incarnate body giving courage and support." *St. Maximilian Kolbe*

Jesus poured out His precious Blood in order to heal wounded humanity. His Body was broken on the cross and the blood was spilled in order to redeemed sinful humanity.

It happened to Sophie Leeves, Mother Veronica, Foundress of the Apostolic Carmel in the 18th Century. An English girl, daughter of an Anglican Pastor was passing by the Cathedral of Valetta, Malta when she was irresistibly drawn in; she writes in her autobiography. The Sacristan seeing a young girl on her knees came and put a chair behind me, but I did not sit down. I spent hours there without knowing why. Later I knew it was the Good Shepherd who drew toward Him this lamb that was still outside the fold. It was this strong attraction to Jesus in the Blessed Sacrament that led her and her Sister Marian to embrace the Catholic Church. She even broke off her engagement to a naval officer.

The two sisters were boarded with the Sisters of St. Joseph of the Apparition, and when she was begging Jesus to show her where He wanted her to be a Religious, she continues, a voice said to me "I want you here." It was after receiving Communion that she heard His Voice "I want you in Carmel." During her tenure of life wherever she founded Convents in France and India, her only Passion was to establish Tabernacles to ensure the Presence of Jesus there. There is power in the Precious Blood of the Lamb.

When I was diagnosed with Cirrhosis of the liver and chronic infection of Hepatitis C Virus in 2011 due to a blood transfusion in 1994, the Apostolic Carmel Sisters stormed heaven interceding with God through the intercession of Our Foundress Mother Veronica for a miraculous cure. At the KURJI medi-

cal hospital in Patna - India, the doctor prescribed 24 injections weekly. After five injections I became feeble confined to bed. On Good Friday 2012, bouts of haemorrhage gave the alarm that I was at death door. It was a memorable day - Good Friday, the day on which Jesus spilled His Blood from the Cross to cleanse humanity from sin after having given up His Body and Blood at the last supper. I begged Jesus to pour His precious Blood on me and cleanse my HCV infected blood through the intercession of Mother Veronica. "Divine encounter brings healing to the souls" accordingly the Lord in His mercy brought healing and new vigour to me as the doctor declared that the remaining 16 injections were not needed. When I went for a check up the doctor declared that the HCV was completely eradicated and that the liver had returned to normal. Join me in praising and thanking the Lord for His healing power through His Precious Blood.

PRAYER OF THE FAITHFUL

Response: Lord, hear our prayer.

For the Church: That the Eucharistic banquet may be a sign and a source of unity for all its members. We pray to the Lord.

Response: Lord, hear our prayer.

For all humankind: That all people may come to know and welcome Christ as the one who alone can give them the bread of eternal life. We pray to the Lord.

Response: Lord, hear our prayer.

For our lapsed brothers and sisters; that they may hear the gentle voice of Christ, the good shepherd, calling them back to be the part of the flock he nourishes. We pray in faith

Response: Lord, hear our prayer.

That we may receive Jesus in Communion with faith and humility, and so deepen our love for him and for our brothers and sisters. We pray to the Lord.

Response: Lord, hear our prayer.