



Marist Province of South Asia

Newsletter

April 2023

"For 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. John 3:16:"



From the Editor's Desk!

Justice and righteousness are two expensive terms but not precious in Sri Lanka where the poor cannot enjoy them with the same spirit the rich do. They are holidaying in books of law and order and in the constitution backing the affluent and the powerful. These two powerful terms hold two spoons along with the scales of law; one for the rich and the other for the poor. Ours is a country where justice and righteousness are vigorously exercised only against the poor and the powerless. There have been very many incidents where justice must have been exercised but very unfortunately justice is intoxicated. Therefore justice is still in deep slumber and righteousness is molested in public.

Unlike in the prominent books of Sri Lanka justice and righteousness hold prominent places in the Holy Bible. I wish to state that the same virtues are the core of Christianity. There are many saints who have fought for justice and lived a life of righteousness. St. Joseph, the patron saint of the Catholic Church, is a fine example of shining with these virtues. Jesus, the protagonist of the New Testament, speaks quite often about righteousness. In the Sermon on the Mount (Mt 5:3, 12), He says "Blessed are they who hunger and thirst for righteousness" and "Blessed are they who are persecuted for the sake of righteousness."

Many authors and Bible scholars define justice as "doing for others what we would want to be done for us." Because "just" means what is morally right and fair, true justice means doing what is morally right and fair in the eyes of God Himself, according to His Word. Closely linked to justice is righteousness, the quality of being morally right or just. We could consider justice to be righteousness in action. Both justice and righteousness are born in the character of God, and they are His desire for mankind.

The irony of searching for justice and righteousness in the present context is in many instances mere lip service. It is evident that these are sheer words that embellish their slogans to appear in mass media. People, who are sensitive to social issues, condemn the double games of politicians and display placards on the roadside or in public campaigns demanding justice against injustice. They are



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morally supporting the victims of social injustice but unfortunately, the same people are sometimes deaf, dumb, and blind before injustice and immorality at home or in their community. Isn't it a double game? Is there a difference between them and the politicians? Isn't it time to plant seeds of justice and righteousness at home and in the community we belong to and at least the next generation will live in peace?

Bro. Chamara Hettiarachchi FMS

**May the life of Love generate Life within and around you,
and lead you to experience glimpse of resurrection**

Very often, we have seen the explosion of pent-up anger in persons, doing harm to oneself and to others. It is same with harbouring of some feelings such as Jealousy, hatred, suppression etc. All these mishandled feelings bring about destruction to oneself and all those around.



When we look at the life, death and resurrection of Jesus, we see something very different. THE LIFE OF JESUS IS A CONTINUOUS ACT OF LOVE. This is powerfully seen in his death and in events around his death. Let me remind ourselves some of those great acts of love.

- ✓ In the Gospel of John 11:16 we find thus: Then Thomas (also known as Didymus) said to the rest of the disciples, *“Let us also go, that we may die with him.”* Even though Jesus knew about the growing hostility towards him from the elite of Jerusalem, He does not hide or run away. His head is turned towards Jerusalem, he is conscious of his mission.
- ✓ Though Jesus is the Teacher He takes up the role of the slave, bend down at the feet of his disciples, and washes their feet.
- ✓ Though Jesus had resolved to accept the cup of suffering, during the prayer in the garden of gethsemane Jesus expresses his desire not to go through this ordeal. But he goes beyond his desire and submits to the will of the Father saying *“not according to my will but according to your will”*.
- ✓ At the last suffer symbolically and on Calvary actually Jesus breaks his body and shed his blood for our nourishment.



With every act of love
We bring
the kingdom come

In contrast to the destructive explosions of harboured anger, hatred, jealousy etc. continuous practice of LOVE generates Life in oneself and all around him.

Jesus who kept on loving all through his life and his love, which became so powerfully visible around his death could not keep him

dead though Jesus experienced a physical death.

LOVE CAN'T BE KILLED IT SPRINGS BACK TO LIFE.

One of the important experience that we can enter into through the LIFE, DEATH AND RESURECTION of Jesus is, if one chooses to LOVE instead of becoming self-centered he could experience a glimpse of glorious resurrection while living on this earth and enter into inexpressible glorious Resurrection at the end of this earthly pilgrimage. **May the experience of resurrection be a life giving factor in your life and be a motivating factor to Love as Jesus has loved.**



Bro. Nicholas Fernando, Provincial

TO POSITIONS

I wish to address you today. I know how proud and snobbish you are! Why are you so? For the weak, you are a hero. For heroes, you are a mere title. For me, you are like the coat available for any customer in a studio because it can be worn by anyone when they need to pose for a photograph. They take a snapshot, hang the coat and leave the studio. Thereafter the coat is available for the next person. Many forget that you are not permanent, for those who are in borrowed robes are in fear of losing you. They struggle so much to hang on to you because they know that they are nobody without you and they also lose their identity without you. Without you, they lose their cushy life with all the comforts and benefits. Those whose positions are removed may end up in identity crises. Identity crises end up in either depression or dementia. What a pity! The irony is that those hypocrites who preach to us to detach from worldly pleasures and positions cannot do so. It is not easily said than done. It is hypocrisy too. What a sin!

‘Some are born great, some achieve greatness, and others have greatness thrust upon them.’ This is what Shakespeare says in the play ‘The Twelfth Night’. But those who have abused you for their personal glory have challenged Shakespeare. As per their behaviour it is implied that they frustrate the qualified and hamper their right to walk on the aisle with you. Those who are bewildered by you use their powers to annihilate all those who deserve you and your greatness. But they forget that one day what they do while misusing the powers vested upon them to remain in power by hook or by crook will boomerang on them.

Do you know that you are a creator? It is very ironic, isn't it? You can generate Pontius Pilates who wash their hands before any injustice to remain in power and Judases who betray even their souls to gain power. Those who love you dearly have forgotten that even the worst power-hungry cynics like Hitler and Gaddafi experience a merciless death.

In fact, it is not your fault but it is the fault of those who misuse or abuse you. Do you know that sometimes you are prey or a victim? They hunt for you. Position hunters not only hunt you but those others who are eligible to achieve you are mercilessly destroyed. For those who are afraid of losing you, they make you a fence. Some of them are prejudiced and assume that the others around them are threats, they make you an electric fence. For some of them who have parachuted without any eligibility, you are a bunker. For some of them, you are a barricade. For me all this is nonsense. How do you feel about it? When such weak characters possess you and hit on the head of the possessors they are blinded by the so-

called POSITIONS and they make arbitrary decisions as if they were God Almighty. Such persons may say that the people around them are frightened of them. Slowly but steadily they lose the common touch and simply be discarded. There is a beautiful relevant sarcasm in Sinhala for you. 'Bale thiyeddi mole nehe. Mole thiyeddi bale nehe.' - 'When one is in position, he is not wise. When he is wise, he is no more in position.'

Those who are eligible to hold you and have greatness thrust upon them commit themselves to make you shine but there are many who make futile attempts to outshine themselves because of you. The latter does not know that they should leave everything behind and leave one day may it be at retirement or at a replacement or at their sudden demise. Those who are blinded by you lose the grip of their fellow friends and co-workers and are abandoned all in their short-term tenure but at retirement, they begin to feel that they have been abandoned by all.

On the contrary, there are a few who have made use of you and still make use of you to support fellow beings, especially the downtrodden and the marginalized. Very unfortunately they are rare today. When some consider you personal property and are not prepared to leave you when the time is ripe there are many who serve others without you. They don't mind you at all. How prudent they are! Let us remember to serve others in the true sense of the word rather than not being served. So our good intention itself will relieve us without leaving us in any internal or external crisis any longer. Those who commit themselves to the common good in their tenure can leave you in peace, later live in peace and finally rest in peace!



Ajith Perera

English Education Consultant, Teacher Professional Developer and Motivational Speaker
Ph.D. in Linguistics at European Continental University USA
M.Ed. (TESOL) the University of Colombo, M. A. in Linguistics, the University of Kelaniya
PGDE (TESL) the University of Colombo, National Awarded Writer

General and Assistant Econome Visit India Sector

The visit of the General and Assistant General Econom of the Marist Brothers in India Sector, Br. Goyo and Br. Jorge from Rome, Italy, was a significant event for the Marist Brothers in India. Their visit was marked by their eagerness to witness the charism of St. Marcellin Champagnat being lived out among children and young people in rural villages. During their stay, they visited mission places of the Marist Brothers, met the Brothers, listened to their experiences and encouraged them in their mission.

The primary purpose of their visit was to discuss two aspects of the Marist Brothers' life and mission, particularly solidarity and sustainability of the



mission in the emerging new situations and realities locally and globally. The Brothers were invited to have a clear focus and direction for the future to sustain both the mission and the life of the Brothers. The General and Assistant General Econom emphasized that the focus on solidarity and sustainability was crucial in keeping the spirit of Champagnat alive.

During their five-day visit, they visited communities, schools, and social projects where the Marist Brothers worked. They were given a traditional welcome in the schools, which was an excellent opportunity for everyone to see the spirit of Champagnat alive. The General and Assistant General Econom were impressed by the work done by the Marist Brothers in India and the impact it had on the children and young people in the rural villages. The Brothers' dedication and commitment to their mission were inspiring.

The visit of the General and Assistant General Econom was an occasion for the Brothers to reflect on their mission, their role in society and the challenges they face. The discussion on solidarity and sustainability of the mission helped the Brothers to re-evaluate their priorities and to focus on what was essential to keep the spirit of Champagnat alive.

In conclusion, the visit of the General and Assistant General Econom of the Marist Brothers in India Sector, Br. Goyo and Br. Jorge, was an opportunity for the Marist Brothers in India to renew their commitment to their mission. The visit was marked by a spirit of encouragement, reflection and a shared vision for the future. The General and Assistant General Econom were impressed by the work done by the Marist Brothers in India and the impact it had on the children and young people in the rural villages. The visit was an affirmation of the Marist Brothers' dedication and commitment to their mission and an inspiration to continue the work they do.



Bro. Raj Kumar

Dawn of Sinhala and Tamil New Year (*Aruna Udana 2023*)



Haldanduwana Yovun Samithiya (the Society of young adults) organized Aruna Udana 2023 (Dawn of the New Year) on April 18 at Marist Sevana. This was to commemorate the Sinhala and Tamil New Year celebrated by the Sri Lankans on April 13 and 14 in the country this year.



The organizers made sure that they showcased some of the traditional rituals and fun games people normally have for New Year celebrations in Sri Lanka.

The day's activities began with tree planting, a custom, that the Marist Brothers of this community, has been following for any special occasion celebrated in their premises.

Lighting of the oil lamp in the way it is traditionally done was observed by the organizers followed by the boiling of milk in a clay pot invoking prosperity for all Sri Lankans and others in our world. Bro. Chamara was invited to the opening prayer asking for God's blessings for the Occasion.

The fun activities began there after. The children, members of Yovun Samithiya and other invitees had a variety of games to compete and win prizes. It was an evening of entertainment full of fun and frolic.



The organizers were pleased that they were able to plan and implement a very successful celebration involving many of their peers. They are very grateful to the Marist Brothers in the Community who were behind them assisting, guiding and inspiring them to plan this event. They also would like to acknowledge the support they received from the Parish Priest, the teachers in Daham Pasal, parents and the members of Tharuna Samithiya (Society of Young People in the Parish), with grateful hearts.

They wish to plan a few more activities of this nature throughout the coming year.

Reported by the Organizing Committee.



'Via Crusis'

'Via Crusis' the annual lantern service organized by St. Marcellin's choir of Maris Stella College was held on Wednesday the 5th of April 2023 at college chapel with the presence of Rev. Father Shrinath Perera Archdiocese of Colombo. Senior and junior choir of Maris Stella college, Angel chorus and speranza were performed with a meaningfull choreopgrahy by the dancing unit of



the school. The season of Lent that lasts for 40 days culminating in the Holy Week is a period of repentance for Christians all over the world. During this season penance and acts of contrition are performed by the Christians remembering the agony and suffering Christ underwent for the salvation of mankind.



Bro. Pradeep Kumara

Maris Stella College

Maris Stella College beyond 100 years, these 4 Proud Maristonians played basketball together in College and won the national championships and today they represented the inter University basketball matches played at University of Peradeniya indoor stadium they represented, from right Praveen Alwis, University of Sri Jayawardena Pura, faculty of Medicine. Alaka Fernando, University of Jaffna, faculty of Engineering, Chenura, University of Kalaniya, Faculty of Management. Mineth de Croos, University of Peradeniya, Faculty of Engineering.



Marist Champagnat Club

Champagnat Club, initiated in January 2022, in order to coincide with the centenary celebration of Maris Stella College, Negombo takes pride of place among other clubs in the College. Students from grades 6 to 13 who have obtained membership in the club are guided by the patron Rev. Bro. Sharon Ranawera and Mr. Nimesh Perera together with a committee comprised of senior students. The club meetings are held every Thursday after school and the students are actively involved in the College functions and events.



A leadership programme conducted by three guest speakers was held in January 2022. A number of activities attended by the members added colour to this event.



Investiture of the members was organized on 18th May 2022 under the patronage of the Principal Rev. Bro. Sunanda Alwis. In addition, musical entertainment was organized by the members on the same evening on the College premises.

Ours is a club where non-Catholic students also can secure membership and be actively involved in the mission of the club. The main objective of the club is to make the vision of Marceline Champagnat alive and to inculcate values in our members.



Asia Youth Athletic Championship 2023

Master Thushan Malindaratne Silva, a proud product of Maris Stella College Negombo, is a member of the team of seven members representing Sri Lanka at the Asia Youth Athletic Championship to be held in Uzbekistan. Let us wish him and his team God's choicest blessings.



Maris Stella College Thimbirigaskatuwa

Our school's under-19 cricket team, Maris Stella College Thimbirigaskatuwa, has been promoted to Division Two for all island competitions.

Master Savindu Perera, the captain, and cricketer Mas. Yohan Fernando both scored thousands of runs.



Under 15 Mas. Vishwa Peries helped the squad out by taking 85 wickets.

Bro. Francis Anthony



Community Leaders Meeting, Sri Lanka

We gathered as community leaders in the Sri Lankan sector, to discuss how we can give more vitality and animation to the members in our respective communities, With Nick leading us in a prayerful session. We spent half a day on 5th April at the Provincial house,



It was a small group of just 5 of us including Nick, Lal, Chamara, Sales and Noel
Our reflections mostly based on our *Constitutions Articles 37, 97, 143, 144, and 145*

also we referred to Rule Of Life :Consecrated in Community ,pages 65 through 75

The community is the basic cell of the Institute.....The community is governed by a community leader (Art, 97)

The community leader takes an interest in each of its brothers..... (Art.143)
and again Art.43 ,speaks about the hospitality and welcome to those who visit us, especially the families of brothers ,young people, and Marist lay people

Article 45,1speaks about the prayer life:
Prayer is a vital necessity for our life as religious brother .Each of us is primarily responsible for our personal prayer and co-responsible for that of the community

*We dwelt sometime on some sentences and clauses in the constitutions on community prayers, which appeared to be not so practical. For instance **community prayers not satisfactorily attended by some members .The reasons being, community prayers is not inspiring or rather boring, or personal prayer is more essential and meaningful or prayer is for another is meaningful in day to day work and in connecting to people, It took some time for us to sort out how we should deal with such situations.***



We spent sometime to reflect on what we can do to maintain and promote quality Marist Community living in our respective communities and as a whole in the Province.

Our reflections shared:

- #.Keep the brothers comfortable, give them sufficient food according to each one's needs.
- #.Listen to them
- #.Organize good housekeeping, neatness and cleanliness in and out of the house in an aesthetic sense, if possible get the support and help of our friends.
- #.Spending some quality time with brothers.
- #.Prayerful atmosphere ,which is conducive to reflection in our houses attract our visitors.
- #.Sharing life with brothers once a week is a good practice.
- #.Regular community meetings once a month is suggested.
- #.Share the responsibility of house hold chores with brothers.
- #.Remain open to brothers and others visiting our houses.
- #.Enjoy community activities.
- #.Grow in community prayer and prayerful reflection.
- #.Accept each other with respect and dignity. as a valuable human being.
- #.Sharing with and caring for others
- #.Travel an extra mile with those in need of our support.
- #.Not to criticize others behind their back with one another or worse still with outsiders..
- #.Always safeguard the good name of members even in their weaknesses.
- #.Invite others for prayers even if they don't respond positively.
- #.Appreciate each and every body on their success, however small they are,
- #.Talk to people directly about their weaknesses in order to help them out. That way they would not get offended.
- #.Celebrate brothers" special occasions and days important for them.
- #.Pray for brothers in private or in common prayers.
- #.Welcome brothers' family members and friends on cordial way.
- #.Inquire about brothers' health and well being, particularly in their distress .
- #.Show interest in their work and apostolate, share yours with them .
- #.Show that you have confidence and trust in brothers.

Some thoughts for reflections:

"The community is , for brothers ,an experience more than a place"
Br, Ernesto.-Superior General- HOMES OF LIGHT

""The tragic betrayal of consecrated life that occurs when we give our heart away generously at the time of first profession and then take it back bit by bit, with each passing year".

Br. Sean Sammon-Former Superior General- MAKE JESUS KNOWN AND LOVZED

Bro. Noel Fonseka

Sports Message from Rev. Bro. Principal

The annual sports day is a tradition that started ever since the school was established. The primary focus in many cases is academics which certainly is an important aspect in building a student's career and life but many fail to recognize the importance of sports.

Extra Curricular activities and sports teach students many important life lessons. It teaches discipline, focus, dedication, hard work, commitment and team work and it is our responsibility as adults to value sportsmanship and award the courage of students to take action rather than focusing on winning or losing.



Sport is an amazing concept that improves the lives of people. Students especially need to take part in sports because participating sports will not only help them to improve their physical health but will also give them the mental energy to cope and study well.

I would like to extend my utmost gratitude to the sports committee headed by Mr. Susan Thamel – The Prefect of Games and Mr. Tony Joseph Silva - Sports Facilitator for their unstinted cooperation and all other supportive members of the staff who work behind the scenes to make every event a success.

With warmest greetings, I wish all students who take part in events an enjoyable contest.

Bro. Sunanda Alwis, Principal MSC Negombo

Deputy Principal at Maris Stella College, Negombo

I Thushari Dilrukshi Suraweera joined Maris Stella College Negombo as a teacher in 2004.

Since then I have been working in the college for 20 long years. I consider this opportunity to start my carrier as a teacher, a lay Marist activist and now as a deputy principal of academic as a great blessing.

The reason for me to be attached to Marist Congregation is the vision of Marist Founder St. Marcelline Champagnat. Marist Founders mission to uplift the living standard of poor families and help them get good education and improve their talents and skills created the interest in me to take steps to find ways and means to continue the same mission. My constant connection with Marist Brothers pushed me towards it.

Champagnat Vidupiyasa in another great initiative, under taken by Maris Stella College, to help the under privileged students in the vicinity. This apostolic work has been

growing since 2004. We have been able to implement effective programs to provide a great learning experience to these poor students. I am really happy with the way it is progressing. Vidupiyasa could facilities some students to achieve their dream of entering university, which is an important milestone of our institute.

I also have been able to be an active Lay Marist for over 20 years. I consider this as a vocation to share my gifts and work hand in hand with Marist Brothers, inspired by the spirit of their Founder. The attraction towards the vision and mission of St. Marcelline Champangnat has made me commit myself as a lay Marist. I foresee that it is becoming a challenge to continue and implement our programs in the future, but with the support and assistance of my fellow members of the college, we dare to take the mission further and further. It is a communal effort and a dream that we are working together to achieve. I am so grateful and thankful to our patron St. Marcelline Champangnat and Our good Mother Mary the powerful mediation of and for their presence in our lives.



Thushari Suraweera, MSC Negombo

The Star of the Sea



In a beautiful morning with the 1st ray of sunshine Little Maristorions with flowers in their hands gathered at the entrance of the primary School for a special task. The Principal Bro. Shanthi Liyanage has decided to have a statue of Mother Mary in front of the primary section.

Little ones always come with a hand full of flowers to decorate Mother Mary's stature which is in the classes. But from this day onwards they have a mother to say anything they wish as they enter the school.

Mother Mary is our special Mother because we feel total protection in her. This is what Marist Brothers want their little ones to feel the total protection under the veil of Mother Mary.

Saint John Paul II reminds us "From the time when the disciple took her to their own home, the mystery of the spiritual motherhood of Mary has been actualized boundlessly in history. Motherhood means caring for the life of the child since Mary is the mother of us all her care for the life of man is universal".



The Blessed Mother's love and care are especially healing for those whose own biological mothers were unwilling or unable to provide authentic self-giving love. Mother Mary loves us all with pure selfless and steadfast motherly love. She





tirelessly calls to our hearts and souls. Her utmost aim is to bring as to her son. When the little Maristorians walk into the Primary School, by gazing at Mother Mary's eyes automatically they get enrolled into holy mother's love. The way they close their eyes and pray is heart-touching and we know for sure she will protect and guide each and every one of them as she did with Jesus.

Marist Brothers has a special devotion that goes to Mother Mary. So they have tried another step to help the children to walk towards Mother Mary, so that they may be safe against the evil of the world. With the Motherhood of Mary, we Guide our little boys so much toward victory.



Jayangika Miranda, MSC Thimbirigaskatuwa

Champagnat Vidupiyasa, Maris Stella College, Negombo

In 2003 Marist Brothers of Maris Stella College, Negombo started a great project with the help of lay. The project was to start an educational institute for the students around Negombo city who are unable to afford extra classes. Under the guidance of Rev. Bro. Clinton and Rev. Bro. Nicholas, and the help of Maris spirit, this evening school was started for students free of charge. Maris Stella College conducted this project successfully through the past 20 years and 7000 students have studied and more than 300 teachers have contributed to this project.



Objective of our project



Our main objective was to give free education for needy students according to the school syllabus for each grade. We started another two extra courses: English and Computer knowledge as base courses. They are conducted after 4:00 p.m. with the help of school teachers. We were able to identify the difficulties of our children, and we did our best to provide more than the education. This atmosphere makes Champagnat Vidupiyasa as their most favourite evening class. We are hoping to bequeath

to the community the excellent results of our students, which they will achieve through the help of our classes. Not only they complete their O/L exam, we are expending and providing our scholarship projects until they complete their A/L exams and higher education too.

Present situation

Due to current economic conditions, we begin to provide free lunch meal for students and that made them to attend classes daily. Most of them do not have enough food to eat.

We provide some scholarship for students who don't have the support of the parents to spend on their needs regarding the high education.



Books and shoes distribution project is another program started by our Champagnat Vidupiyasa through the past 10 years. Every year we select 50 students from our Vidupiyasa and 50 students as outstation students, from different areas who are unable to buy the books and shoes.



At present, we have organized a basic English Course for A/L sat students to fulfill their English knowledge. It is on Monday, Wednesday and Friday from 2:00 p.m. to 5:15 p.m.

Every year we have our annual educational trip and Christmas celebration. Annual trip is an amazing and valuable day for every students and also for the teachers in our evening school. Christmas celebration is another great day for the Champagnat Vidupiyasa students as the perform their talents and skills on the stage. Distributing Christmas gift is the main objective of our Christmas celebration day.

Future missions

- Our main mission is to provide free education for the students and make their lives better with the blessings of God and Marist spirit.
- We have great responsibility to teach and give guidance to every students about school discipline and ethics as they will need them for their future life opportunities.
- Hoping to start more educational programs under Champagnat Vidupiyasa for the children as we did this though past 20 years.
- As this a great work by Marist Brothers and lay, we will be able to expand this more in future.

Thushari Suraweera , Lay Marist

Vocation promotion and Formation in progress

Prathap Ranasingha our postulant who is having community and apostolic experience at Kalpitiya community will end his experience by 18th of April and take a break at home before joining the International Novitiate Tudella on 1st May 2023.

Vocation team in Sri Lankan sector is getting ready to welcome two aspirants to join the aspirancy house Negombo. Both of them are studying in year 10, will be an addition to the two, year 13 aspirants who are already there. Moreover, vocation team is planning to visit few more candidates who are willing to join the aspirancy house and examine if they are ready to enter the aspirancy programme.



In Indian Sector, Bro. Saul is spear heading the vocation promotion programme. We look forward to resume formation house in Trichy.



Though there were plans underway for Bro. Paul Batti to follow a course in psychological Counselling in an Australian University sponsored by the Star of the Sea Province, we have kept it on hold due to some urgent needs in the sector of Pakistan. Paul taking the leadership as a formator aided by other four Brothers. Plans are under way to begin again an Aspirancy House in Sargodha.



Let's keep on praying and working for the vocation promotion and formation work in our whole province.

Thought and Thinking

Let us understand the difference between thought and thinking. Thought comes naturally on its own, unconsciously, whereas thinking is conscious and willful activity performed by a person. So thoughts come on their own where thinking is an action performed.

Thoughts come on their own, like smoke waves emerging from an incense stick, where multiple waves of smoke come out one by one. Thought also comes one by one and also disappear like a smoke which vanishes in the air.

Let us consider, what would happen if we try to take control of these thoughts. When an individual tries to take them under his or her control, they get converted into thinking. Thoughts are not powerful and they disappear very easily on their own, whereas thinking is not. Our efforts and actions are directly involved in the process of thinking. So, the thoughts revolve around us with more intensity as a vicious circle.

Thinking will have much more impact on our psychological and physical system than that of thoughts. Thinking gets renewed because of our contribution and it does not easily die down.

What would happen if we don't intervene with this natural flow of thoughts and allow them to flow freely? Thoughts which were revolving around us will stop doing so. Thoughts which

were rushing down will slow down their pace. The frequency of these thoughts will slow down. If thoughts arise at the rate of five per minute, it will slowly lose its frequency and may arise one thought per minute. In this way frequency of thoughts, for example for a teenager, thoughts about his sexual desire, will slow down its frequency. Slowly it might be at the rate one thought per thirty minutes and once in an hour and then at very rare occasions only.

All thinking is external, worldly, action based and related to the external world. Thinking can be classified as good and bad, necessary and unnecessary, beneficial and nonbeneficial etc., according to their use in the external world.

Thoughts are natural and trying to take control of them is ignorance. We should give complete freedom to all kinds of thoughts. This means we should allow them to appear and disappear on their own. As far as our psychological aspect is concerned, there can be any kind of thought. It is a divine flow. All thoughts are holy. Making a choice about these thoughts, by allowing some and rejecting some others is only wrong. We should just understand this simple difference between what thought is and what thinking is. It is enough if we give complete freedom to all our thoughts and not convert them into thinking.



If the thoughts are free, you are also free.

Bro. Jesudoss K. fms

Picture of the Month



“If you want to teach young people, first you must love them. You must love them all equally.” These are the very words and philosophy of St. Marcellin Champagnet. These words are cherished and practiced well in the lives of the Marist Brothers. Each Marist Brother has this unique spirit that attracts and calls upon the young ones. The children, who are under our wings, feel loved, secure, and at home. Br. Sharon was also one of us and the same spirit and grace which can never be taken away. As they say, once a Marist is always a Marist. So no matter whether he is a Brother or not, he will always remain a Marist whose love for Christ will always be present and reflected through, with, and in young people around him. May we all value and appreciate this spirit of service to the young ones which is handed over to us through early Brothers. May this be shared and recognized in the Universal Church.

Bro. Zubar Yaqub fms

Vows Renewal

Keep faith. Move forward in spite of your fears and struggles. Believe it is possible. Bro. Anthony Kumar has given another year to the life and mission of Marists in Pakistan and to the whole Congregation. It is not an easy to say 'Yes', when you yourself is in doubts, fears and uncertainties. Perhaps saying yes to the Lord in such a situation is the true witness of our faith in Christ which this Brother has shown well in offering another year to the Institute. We thank him and his family for their faith and confidence that they have placed in us. May he keep believing and moving in the spirit!



Bro. Zubar Yaqub fms

MESSAGE FROM THE PRINCIPAL

Having recently celebrated our very successful Secondary School Athletic Meet, I am happy to take this opportunity to address my thanks and admiration for everyone involved in organizing today's event, our Annual Inter-House Athletic Meet 2023 for Maris Stella College Thimbirigaskatuwa Primary School.

I would like to begin my brief remarks by re-emphasizing that our Marist policy for providing a holistic education applies to all our students regardless of their age and grade level.



When it comes to sports, offering students opportunities to participate in athletics helps them establish wholesome exercise routines, develop physical skills and experience the benefits of teamwork. Involvement in organized athletics enhances their self-esteem and often leads to the beginning of life-long friendships.

In addition, participating in sports helps young people to better appreciate the importance of personal responsibility, the art of self-discipline, and the critical need for perseverance in their pursuit of academic excellence now and the enjoyment of success in their future endeavors.

I would like to express my deep appreciation to Reverend Brother Sunil, Mrs Chamila, Maxi Sunethra, the House Mistresses and the teachers in our Primary School for their tireless commitment and dedication in planning for this Special Day.

My sincerest thanks to our parents and benefactors for Your generous support and the Trust that you place in us.

I'd like to express a deep sense of gratitude to Mr. Tharuka, the Secretary of the Meet; to Mr. Anton, the Prefect of Games; to our Reverend Brothers and to all the members of the Staff for their tireless dedication to accomplish our core mission as Catholic Educators in the manner of our Blessed Mother and St. Marcellin: namely, to create for all our students wholesome atmosphere of genuine happiness good heat.

In conclusion, let us together pray that through the intercession of Mary our Good Mother and St. Marcellin Champagnat our Founder, Almighty God will continue to greatly bless our School and all our Marist Family this wonderful occasion, and provide us with a prosperous future in His endless loving care and Divine Providence for us.



Bro. Shanthi Liyanage, Principal MSC Thimbirigaskatuwa

Two Pots (Must Read Moral Story)



Once upon a time, there was an elderly woman who had two large pots, each hung on the ends of a pole which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water.

For full two years, this went on daily, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.

After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. 'I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house.'

The old woman smiled, 'Did you notice that there are flowers on your side of the path, but not on the other pot's side?' 'That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them.'

'For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house.'

The moral of the story is that each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are and look for the good in them.

Some news from Council meeting held on 22nd and 23rd April 2023

- ✓ **Br. Alex** will return to the Province after completing his role as a Formator in MDA. He will spend some time living with Brothers in Indian sector and if possible pay a visit to Brothers in Srilanka before going for Formators Course in Rome beginning in February, 2024.
- ✓ **Prathap** will join the Novitiate program in Tudella in May, 2023.
- ✓ **Br. Nick will have a live-in for few days with Bros. Dulaj, Pradeep and Sasmika**, for preparation of their renewal of Religious Vows. Bro. Sujith too will join the group
- ✓ **Bros. John Kumarasingha Perera and Shanthi Liyanage will participate in the THIRD AGE Course** from 23rd September to 19th November 2023 at Marist Center, Manziana, Italy. During this period they will have the experience of 10 days at the L'Hermitage France. After the Third age course, Bro. Shanthi will attend the Marist Symposium from 4th to 9th December, at Generalate, Rome.
- ✓ An Inter congregational course titled "TUTTI FRATELLI" participated by Brothers from many Institutes of Brothers will be held in Rome from September to October 2023. **Bro. Lal Fonseka will take part in it representing the region of Asia.**
- ✓ **Province finance commission** is established comprising of three sectors. Members are
 - Bro. Chinthana Nonis bursar of Province
 - Bro. Suresh Durai bursar of sector of India
 - Bro. Farancis Rehamat Bursar of sector of Pakistan
 - Mr. Chalana Pragnarathna
- ✓ **Course on Servant and Prophetic leadership:** Bros. Johnson Gnana Sekar, Saul Placious, Sales Fernando, Joseph Peiris and Miss Thushari Suraweera will take part in the both phases of this course.
 - First phase: On-line and open to all. Will be held in May 2023
 - Second Phase: Face to face. In University of Marbel, Philippines from October 23rd to 3rd November 2023
- ✓ **Committee members for the following committees of the Marist Asia Conference:**
 - Marist Life: Bro. Rajkumar and Mr. Chalana Pragnarathna
 - Marist Mission: Bro. Farancis Rehamat and Mr Ruchira
 - Marist Services: Bro. Suresh
- ✓ At the retirement of Mr. Santhiyagu **Mrs. Sheela will be appointed as Head Mistress and Bro. Susai to fill in the vacant teaching post.**
- ✓ **Bros. Anthony Pradeep and Dulaj Fernando will make their Final Vows** on 8th December 2023.
- ✓ New appointments at O.L.H. Community Tudella:
 - Bro. John Kumarasingha - Community Leader
 - Bro. Chinthana Nonis - Community Bursar
- ✓ New appointment at M.S.C. Thimbirigaskatuwa community
 - Bro. Mervyn Perera - Community Superior



**Birthdays
Month of May**

02 Sese A
03 Anthony Francis
10 Raj Kumar
17 Kumarasinghe
28 Dulaj Fernando
31 Jayaraj M. A.