



Marist Province of South Asia

# Newsletter

May 2023

*"The Almighty has done great things for me, and holy is his Name" .Lk 1:49*





## **From the Editor's Desk!**

*May the month of flowers be the month of Mary or we may call it Mary's Month. Very interestingly the month devoted to her is begun with her spouse's day - May first is the day of Joseph the Worker. She is not her without him and he is not him without her. Both are 'No one' without Jesus.*

*From generation to generation certain traditions and rituals of devotion and practices are handed down and no one can say they are not unimportant but probing into the depth of Marian's way of life full of simplicity, humility, and faith are more practical and significant, aren't they? It is high time to educate our students and children to broaden their scope in this regard without just blindly following age-old rituals and practices. We the teachers and parents ought to know the meaningful recitation of the Holy Rosary and the litany of Our Lady. What matters is not the quantity but the quality of what we recite. Isn't it good to recite one decade of the Rosary meaningfully and affectionately rather than reciting the entire rosary like parrots?*

*Similarly, we should know and educate our children about Our Lady's unconditional love for her children. Our Lady has presented three gifts namely the Holy Rosary, the Scapular, and the Miraculous Medal. Our Lady of the Rosary appeared to Father Dominic; the Founder of the Dominican Order, and presented him with a simple form of a Rosary in order to empower and strengthen him to continue his mission and said: 'Preach and spread the devotion of the Holy Rosary.' This happened as an answer to his prayers, through an apparition in 1214. It is the best antidote to combat sin and heresy, in all its form. Mother Mary said to Lucy, Francisco, and Jacinta in Fatima, "I am the 'Lady of the Rosary.' Recite the Holy Rosary daily. She has referred to the Holy Rosary as the only weapon and also as the instrument of peace. The most pleasing sight to her would be to see her children reciting the Rosary. That is why in most instances, the visionaries experienced apparitions, while they were praying their rosaries.*

*Our Lady of the Mount Carmel handed over the Carmelite Scapular to Simon Stock on 16<sup>th</sup> July 1251 in England. He was the Prior General of the*



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*Carmelite Religious Order. Mary gifted a Scapular to Simon Stock and said: 'Wear it devoutly. It is my garment. To be clothed in it means, you continually think of me. I in turn think of you. It is a sign of salvation. You will never suffer eternal fire. I will help you to secure eternal life.'*

*It is reported that since 1280, every single Holy Father has been wearing the Carmel Scapular, as a part of their habit. In 1981 Pope John Paul II was in a crucial state, after the gunshot injuries. He was taken for an emergency surgery. The Pope in spite of immense pain, pleaded with the doctors not to remove the Carmel Scapular off him. Thus he was miraculously cured and saved. After a complete recovery, Pope John Paul II personally visited the Shrine of Fatima on 13<sup>th</sup> May 1982 and handed over the bullet which pierced him and requested it to be encrusted to the crown, the adorned statue of Mother Mary.*

*Our Lady of the Miraculous Medal made a revelation of the Miraculous Medal through a vision to Catherine Laboure (age 18). This took place during the 2<sup>nd</sup> apparition to Catherine, who by then was a novice of the Daughters of Charity. This happened at the convent chapel in France on 27<sup>th</sup> November 1830. The details of the medal were presented through the same vision. The globe represented the world. The rays that emitted from the hands were the graces showered upon the world. The gold lettering appeared to spell out the emotional plea of her children. The reverse side appeared as follows. The letter 'M' was surmounted on the cross. Beside it was the hearts of Jesus and Mary. One heart was crowned with thorns and the other pierced with a sword. These were encircled with twelve stars representing the Apostles. Oh, Mary! Conceived without sin, Pray for us who have recourse to Thee.*

*Let us introduce the Holy Rosaries and the Scapulars to others. Let us also inspire them to make it a habit to recite the Rosary daily and wear the Scapular Always.*

**Bro. Chamara Hettiarachchi FMS**

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## **SPIRITUALITY OF THE ART OF TAKING IN FOOD**

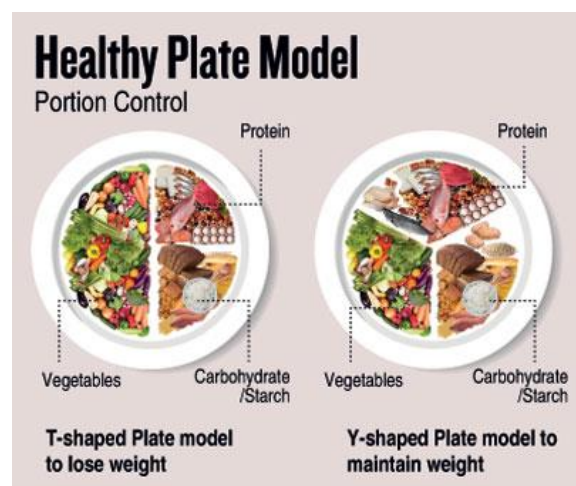
In Buddhist Scripture Dhammapada verse 204 reads, "AROGYA PARAMA LABHA". The meaning is HEALTH IS THE ULTIMATE PROFIT.

One of the very important disciplines that we need to nurture in our lives from childhood and teach our children is the art of taking good care of health. It is important to educate them to acknowledge that health is the ultimate profit in their lives.

There are many ways to take good care of health. I would like to dwell on one of those; that is about how we take food in. The following is a quotation I found in a meditation center. I believe in the truth it expresses and thought of sharing it with you.

*"Consider the food you take as medicine. Too much of it or too less of it can be harmful."*

I think it is essential that I take in food with consciousness. The food I am taking in is



beginning to contribute to my health and well-being. We would generally like to satisfy our taste buds at the expense of food being detrimental to our health. I have two options: To enjoy food only for a moment for the sake of eating or eat food in a disciplined manner that can contribute to my good health. The second option enables me to enjoy life not only for the present moment but also for the years to come. Isn't it worthy of me as an educator to discipline myself to experience and enjoy physical, emotional psychological and spiritual health while taking in food.

An important attitude that can contribute to my good health, relates to taking in food with GRATEFULNESS. Whether I am a vegetarian or not, in whatever food I take in, it is connected to LIFE, directly or indirectly. In whatever I take in, the food items have "sacrificed their lives" to keep me alive.

So, being thankful to all food items that I take in is a healthy practice. Moreover, being grateful to the cooks who prepare our food and others who take trouble to provide and prepare them too, contribute to my good health. There may be many other practices connected with food that can contribute to our good health.

Let us consciously choose these values and enjoy practicing them while eating food. May we grow in this spiritual practice of the art of taking in food! Have the joy of experiencing the food we take in become divine medicine contributing to our health. Let food become no poison.



**Bro. Nicholas Fernando**, Provincial

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### **Marist Brothers and Lay Group in Sri Lanka**

On ,19<sup>th</sup> ,20<sup>th</sup> and 21<sup>st</sup> May 2023

At Serene Pastoral Retreat House, Bolawalana

Marist Brothers together with lay Marists arrived at the retreat house for a weekend program of spiritual as well as intellectual discussion and workshop.

We gathered in the hall to meet a group of Chinese Martial art Tai-chi exponents. The leader of the team.

Mr. Ruwan Basnayake explained what Tai-chi is all about. We came to know about the SAHARAKSHI organization based at Kotugoda, Sri Lanka who practice Tai-chi as a group and trainers. It was a novel experience for most of us.

Tai-chi is practiced in many parts of the world as a defence training meditation. It originated in China some centuries back. It's a system of exercise designed for relaxation, balance and health. Regular practice in Tai-chi can increase flexibility and strength and also cardio vascular fitness without getting over strenuous Tai -chi claims to improve both our internal energy while providing physical fitness for our limbs and body ,even





elderly people both men and women can equally practice the exercises or “moves” and no over stress or strain. But getting energized and providing well-being of the human body. Mr. Ruwan Basnayake and his team both men and women inspired us with their demos and theoretical explanations. It was a wonderful experience ,all agree.

In the second part of the program we had the privilege to listen to professor Sunil Wijesiriwardena currently serving as a senior professor at Sri Palee campus , Horana, which is affiliated to the university of Colombo. Talking about the current stuggles that humanity is facing namely man’s struggle within himself secondly his conflict with the other, and thirdly his struggle or conflict with nature and consequently humanity has lost hopes of a better tomorrow.

But he believes that there is a gleam of hope when we carefully observe that there are still groups of people, particularly in the West who are organizing ways to face the future with new ways replacing the old order with new values and empowering groups to think anew for a new order of society changing the systems.

The system change is already on the way in certain parts of the world. Such groups are connected internationally in a global net. He proved his point with a documentary on the screen, titled “cultural Inventives” for the attention of “those who believe they are alone’ .He opined that a peaceful world will not effect through social violence or violent struggles. Peaceful world will have to emerge through peaceful and social understanding with each other and nations. We have to imagine that in the future the will be no armed forces to protect and defend countries. It is possible as there are already in existence such counties for example South American country Costa Rica has no defence forces and they are quite comfortable with it, It is a measure to curtail the heavy cost of maintaining an armed force with weapons and logistics.

Professor also introduced a reconstruct of a social order which is sick in its relationship with himself and with the other and with the nature and environment. We all had group discussions and suggestions for implementing the proposed construct in a practical way. The exercise was enriching and thought provoking.

I believe the weekend was profitable and worthwhile for all the participants, and we are richer for it as a group both Brothers and lay.

**Bro. Noel Fonseka**



## Sinhala and Tamil new year celebration



Sinhala and Tamil new year celebration was held at the primary school of Maris Stella College Thimbirigaskatuwa, the most awaited time a much awaited time of the year in Sri Lanka, New Year is celebrated in many households. It marks the end of the harvest season and also coincides with one of

two instances when the sun is directly above Sri Lanka. April is a month of celebration in Sri Lanka, as it marks the Sinhala and Tamil New Year. This is a time for families and friends to come together, exchange gifts, and indulge in some sweet treats and traditional food. One of the most significant aspects of the Sinhala and Tamil New Year is the celebration of traditional sports and games call as “Sinhala Jana

Kreeda”. These sports activities not only promote physical fitness and coordination but also help to promote community spirit.

Mainly Buddhists and Hindus as the sun moves from Pisces to Aries making the end of the harvest season with the pleasant call of the Asian koel which is heard throughout the month of April Numerous observances and traditions of the Sinhala and Tamil new year was well celebrated in the primary section of Maris Stella College, Thimbirigaskatuwa.

We, teachers, update the students with all the traditions from time to time with the importance of old events and celebrations in order to hand over the customs and rituals of our traditions.

This year too at the first flash of the 24th March morning the primary ground was ready with all its colourful decorations.

They had a too-small house symbolizing one as a Sinhala family and the other as the Tamil family. We started the celebration with boiling milk. All the little ones with their teachers as one family wishing our country and our school prosperity. You also could conduct all the traditional New Year games such as Pillow Fight, Coconut Scraping, Lime and Spoon Race, Placing the Eye on the Elephant, etc.



The little ones really participated enthusiastically in all the events. Our dancing teacher also has taken a great effort to make the day more colourful with a beautiful traditional dance. All our little boys are very smart and talented but among them, Master Ray and Shenoka from grade two have been chosen as the new year Prince for the year 2023. That's how they ended as we were able to hand over our culture to another generation proudly.

**Jayangika Miranda**





## "Rainbow Project Takes Beneficiaries on a Spiritual Tour to Coimbatore"



The Rainbow Project, a charitable organization aimed at providing support to families in need, organized a one-day tour to Coimbatore for its beneficiaries. About 95 people, including children and adults, joined the tour which took place on May 13th, 2023.

The group left Trichy at midnight on Friday and returned home at 1:30 am on Sunday. The tour included visits to several spiritual places in Coimbatore, including Maruthamalai Murugan Temple, Isha Centre, and Karunya Park.

The first stop was Maruthamalai Murugan Temple where the group arrived at 6 am. After refreshing themselves, they began the climb to the temple located on a mountain. While some found the climb challenging, the experience of receiving blessings from Murugan was thrilling. The group had breakfast at the temple before proceeding to the Isha Centre.

The Isha Centre, located about 15 kilometers away, was the next stop on the tour. The group was excited to see the big Lord Shiva statue surrounded by mountains. The centre is a popular destination for tourists and people seeking silence, yoga, and meditation. The group spent a few hours there before having lunch.

In the afternoon, the group visited Karunya Garden situated in the campus of Karunya College of Engineering and technology. The garden offered a spiritual experience to most of the group members, who felt a sense of serenity and silence while admiring the beautiful chapel and portrayals of Jesus and his passions, the garden flowers, and more.

The day ended with the group leaving Karunya Park at 6:30 pm and returning home. Children enjoyed dancing, singing, and playing throughout the day. The one-day tour was made possible by the efforts of Brothers, staff, marcellin club members, and parents who all contributed to make the trip a pleasant, memorable, and joyful one for everyone involved.

**Bro. Raj Kumar fms**



## Mas. Thushen Silva

Maris Stella College Negombo felicitated Mas. Thushen Silva, who won the silver medal in Pole Vault at the recently concluded 5th Asian Youth Athletic Championship held in Uzbekistan, at the College Auditorium. He won the event with a performance of 4.70 meters and Mas. Thushan created history by becoming the first one to win a silver medal for Sri Lanka after 72 years at an Asian Championship. Principal, Rev. Br. Sunanda Alwis, Staff and Students of Maris Stella College, Negombo, organized this beautiful event.



Jude Preman

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## The Convergence of Young Leaders in the School Network



Maris Cricket Fiesta'23, an Inter-School Prefects' softball cricket tournament, organized by the Prefects' Association of Maris Stella College, Negombo concluded on a successful note.

This monumental event, organized with great pageantry took place on 30<sup>th</sup> of April at Maris Stella College grounds. The event was held under the auspices of Bro. Sunanda Alwis, Principal of Maris Stella College, Negombo.

Keeping with college tradition of organizing energetic events to the leaders of the network, Maris Cricket Fiesta'23 become colourful with the participation of more than 300 Prefects from 10 different schools islandwide. This event is intended to provide an opportunity to cooperate Young Leaders with their contemporaries and to develop participants skills, intelligence, pressure handling and team spirit.





Under the guidance of Masters-In-Charge and Mr. Gayan Fernando, the Senior Prefects of year 2022/2023 organized this glamorous campaign to build mutual relationship, understanding and execute abilities and talents of Young Leaders in real life situations.

Maris Stella College, Negombo, one of the premier Catholic Boys school in the Country display the effort of more than 300 prefects coming together to make this a successful and unforgettable event.



**Sumeda Appuhamy**

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### **Inter-School Short Film Competition award ceremony**

I attended the Inter-School Short Film Competition award ceremony, the brainchild of Chandran Rutnam, one of the well-known filmmakers in Sri Lanka, with the collaboration of Future Lanka Research and Development Foundation and organized by Future Lanka and sponsored by Trico.



Imperfect, the short movie by Maris Stella College, Thimbirigaskatuwa discusses the nature and the consequences of depression. The film enlightens the audience that the near and dear ones may suffer from depression with or without their knowledge and we should make it a habit to listen to our family members and close friends. Things aren't always what they seem. Therefore let us try to read their minds.



All the leading awards were bagged by Maris Stella College, Thimbirigaskatuwa, my Alma Mater. This competition was a platform for students to showcase their talents. Such competitions are an investment for the future. I take this opportunity to extend my sincere thanks to Chandran Rutnam.



Here are the award winners from Maris Stella College, Thimbirigaskatuwa

Best Director - Isuru Dev Thilina Best Cinematographer - Isuru Dev Thilina / Shenon Lekamge Best Actor - Ushith Bandara Best Editing - Shamal Chrishantha Best Script - Dineth Sandagomi

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### Football Carnival 2023



Maris Stella College Thimbirigaskatuwa once again has successfully completed the Football Carnival 2023 held on May 14th Saturday at the College grounds. A school is not meant for studies and book knowledge. Generally, we have most of our school days loaded with a busy schedule of studies and exams. There are only a handful of days for

celebrations and events. School Football Carnival 2023 was an event that gave us relaxation from our busy study schedule and provided entertainment and it is an achievement. Teachers and students enjoyed themselves on the grounds throughout the day.

The word carnival itself means enjoyment and fun. A school carnival was an event organized by Maris Stella College, Thimbirigaskatuwa for the students and their families. All the visitors including parents were a source of strength and encouragement to the students.

The Football Carnival was started with a short prayer and the welcome speech delivered by Rev. Bro. Principal Mervyn Perera.

In line with the carnival, students were provided



with opportunities to develop mainly the following skills such as teamwork, shouldering responsibility, dedication, and hard work.

Rev. Bro. Principal, the Prefect of Games Mr. Anton Niroshan, Rev. Bro. Dulaj Fernando, Deputy Principal and Master in charge cum our head coach Mr. Dilip, and all the teachers, parents, and sponsors sincerely thanked for their support to make this event a success.

**Suran Dasanayaka**  
Football Coach



## St. Marcellin HSS: A School with Family Spirit

St. Marcellin Higher Secondary School is located in Mangamanuthu village, Dindigul district. It has been achieving excellent academic results since its inception. I have been teaching Botany and Agriculture in this school for nine years since 2014. I have worked in many other places before, but this school has given me a unique experience. Our school serves many students from nearby villages, whose parents are mostly workers and farmers. Unlike many other schools that commercialize education, St. Marcellin Higher Secondary School caters to poor students without any expectations. It follows the principle of 'love before teaching' and understands the family situations of the students. It offers them guidance, support, fee concessions, and quality education at a low cost. The school management also cares for the well-being of the teachers and their families. This creates a sense of belonging and unity among the Marcellin family. I am grateful and proud to be a teacher in such a wonderful school. I commend and congratulate the Marist Brothers who are doing this noble work. I hope and pray that their good work will grow, continue and succeed.



**Vincent Thomas** M.Sc., B.Ed., M.Phil.,  
Teacher of Botany & Agriculture, St. Marcellin Hr.Sec.School, Mangamanuthu.

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## D. Tyronne Hasara Alwis, Hockey Coach at MSC

D. Tyronne Hasara Alwis, a prominent figure in Sri Lankan field hockey coaching, has been making significant strides in his role as the coach for Maris Stella College Negombo. With a passion for the sport and a commitment to his students, Tyronne has transformed the school's hockey program, propelling it to new heights and establishing a reputation as one of the top teams in the country.

Tyronne's coaching journey began with his pursuit of knowledge and qualifications in the field. Having successfully completed the AHF Level 1 and Level 2 coaching courses offered by the Asian Hockey Federation, he gained invaluable insights and techniques to enhance his coaching prowess. These courses, which took place in Malaysia, equipped Tyronne with the necessary skills to nurture young talent and guide his players to success.

Since 2011, Tyronne has been actively coaching at Maris Stella College, dedicating himself to the development of the school's hockey program. His coaching abilities soon caught the attention of the hockey community, leading to appointments as a club-level coach and



a district coach. Last year, he proudly assumed the role of the Sri Lanka schools' coach, a testament to his expertise and dedication to the sport.

Under Tyronne's guidance, the Maris Stella College hockey team has achieved remarkable milestones. With his coaching methodology focusing on the talents of his own students, he has nurtured a team of homegrown players who have become the backbone of their success. The team's impressive achievements include reaching the runners-up position in the All Island Schools Championship, securing victories in several Western Province tournaments, and clinching invitational championships throughout their journey.



Tyronne's coaching philosophy goes beyond the game itself. He believes in instilling the values of sportsmanship and personal growth in his players. With a friendly yet firm approach, he takes a personal interest in each player's development, molding them not only into skilled athletes but also into well-rounded individuals. As a teacher at Maris Stella College, Tyronne serves as a mentor both on and off the field, imparting life lessons that extend beyond hockey.

Looking to the future, Tyronne envisions an unbeatable Maris Stella College hockey team and dreams of coaching the Sri Lanka national team to victory in the Asian Hockey Championships. His ultimate goal is to elevate Sri Lankan hockey to new heights, inspiring the next generation of players and putting the country on the international hockey map.

Tyronne Alwis stands as a true ambassador of the sport, pushing boundaries and nurturing local talent. His unwavering commitment to Maris Stella College Negombo and his dream of elevating Sri Lankan hockey to new heights exemplify his dedication to the sport and his country. With his guidance, the Maris Stella College hockey team has become a force to be reckoned with, and Tyronne's vision for the future holds great promise for Sri Lankan hockey.

As Tyronne continues to inspire and develop young athletes, his impact extends far beyond the hockey field. His coaching philosophy, rooted in creating a strong sense of camaraderie and teaching life skills, shapes not only the players' performances but also their character. Under his tutelage, the Maris Stella College hockey team has become a symbol of resilience, sportsmanship, and unwavering determination.



With Tyronne Alwis at the helm, Maris Stella College Negombo has emerged as a powerhouse in Sri Lankan field hockey. His relentless pursuit of excellence and his commitment to grooming the



next generation of talented players exemplify his unwavering passion for the sport. As the master in charge of hockey and a teacher at Maris Stella College, Tyronne's influence extends beyond the realm of coaching, as he continues to shape the lives of his students and instill in them a love for the game.

As we look to the future, Tyronne's dreams of an unbeatable Maris Stella College team and coaching the Sri Lanka national team to victory in the Asian Hockey Championships serve as inspirations for all. With his vision and unwavering determination, he strives to bring Sri Lankan hockey to new heights, ultimately leaving a lasting legacy in the sport.

Tyronne Alwis, a beacon of dedication and passion, has propelled Maris Stella College Negombo's hockey program to unprecedented success. His journey serves as a reminder that with perseverance and a strong belief in one's dreams, anything is possible. We extend our heartfelt appreciation to Tyronne for his invaluable contributions to the sport and wish him continued success in all his endeavors.



**Tyronne Alwis**

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### **St. Marcellin School Summer Camp**

From 1<sup>st</sup> to the 15<sup>th</sup> of May, 2023 we had the Summer Sports Camp. We had various sports practices. About 80 boys and girls participated. It also included events for English language skill development. Students from neighboring schools and villages took part in this event. Though the climate a times was in favour of sports, students in good numbers displayed their sport talents in favour of the event. Qualified and interested teachers were the opportunity for practices. All enjoyed the time in our school.



### **Special classes for grades 10 and 12**

We conducted special classes for students from 15<sup>th</sup> May till the end of the month. Participation of the students was a success.

**Bro. Lazar Sebastian fms**

## Oh! HYPOCRISY

*I must address you. Not that you are important to me but you cannot be neglected either because I addressed your twin brother 'JEALOUSY' in a previous Newsletter.*

*JEALOUSY is a dangerous feeling that boils in a person and directs him to destruction when he notices another in possession of something important or the same thing that he is possessing. It could be a qualification, a talent, a quality or it could be something valuable. HYPOCRISY, you are a vicious feeling that dehumanizes a person when he discovers that someone else has something that he is not in possession of or someone else has something of better quality than he has. So when he cannot tolerate it anymore, he is possessed by you. Both you and your twin brother are two devils that irritate the possessor and destroy his inner peace and inner human. The more you possess him, the more he will be enticed by malice, vengeance, hatred, etc. Finally, you do not let him live in peace but gradually destroy him completely. You steal his sleep and keep him awake rewarding him with a number of sicknesses. This poor fellow doesn't live in peace and never dies in peace.*

*You have another face. You are the practice of engaging in the same behavior or activity for which one criticizes another or the practice of claiming to have moral standards or beliefs to which one's own behaviour does not conform. In moral psychology, it is the failure to follow one's own expressed moral rules and principles. If a person accuses another of hypocrisy, he means that the other pretend to have qualities, beliefs, or feelings that he does not really have. In other words, it is the practice of possessing standards, beliefs, etc. contrary to one's real character or actual behaviour, especially the pretense of virtue and piety.*

*Both you and your brother are cowards. You can make only weak puppets. Only the weak can nurture you and let you grow. You cannot challenge the bold. The bold does not care for you. If you seep into anyone's heart, he is not only blindfolded but also vicious and dangerous. He does not know what he says and does. When he sees a person with good spirit and determination his demon gets irritated as you pull his reins violently. Gradually he loses the crowd and is isolated.*

*If someone thinks that he is somebody of a high calibre when he is not, he deceives himself. When he feels that he is high and mighty he should understand that it is getting closer to sunset.*

*In the same way, in the outside world, such a person appears to people as righteous but on the inside, he is full of hypocrisy and wickedness. The Bible tells us that a hypocrite is someone who puts on a mask and pretends to be something he is not. Hypocrisy is to claim to know and follow certain beliefs but to behave in a way that counteracts those beliefs. While we should have the wisdom to discern words and actions that do not match, we also need to remember that God is the ultimate judge of character.*



**If someone feels high and mighty, he should know that it is getting closer to sunset.**



**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*



## “Apita Mathakai” Teachers' Felicitation organized by "83 Batch" of Maris Stella College Negombo

On 1<sup>st</sup> May 2023, a ceremony under the theme "Apita Mathakai" was held at "Dinindu" banquet hall, Seeduwa to felicitate 25 teachers (including a Rev. Father, Rev. Brothers & Rev. Sisters) who taught at Maris Stella College during 1972-1983 period. On that day, about 53 old boys who studied during this period were present and some more old boys who live in Sri Lanka and overseas witnessed this event live via Face Book. All who participated had a wonderful and fruitful session where all were able to reminisce memorable incidents of the past. A "Theme Song" specially composed for the event was sung during the function. Everybody enjoyed the delicious lunch served while being entertained to the live music. The departed teachers (taught during 1972-1983) were also fondly remembered while their photographs displayed on a screen followed by a brief description. Batch mates took turns and spoke about each teacher by appreciating their invaluable service. Gifts and special mementos were also presented to each teacher. Seeing their faces brimming with Joy, we realized the value of organizing such an event for teachers.



MSC 83 BATCH

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## Mindfulness With Breathing

Mindfulness with breathing involves paying close attention to your breath and observing your feelings, sensations, and thoughts without judging them. Several studies have shown how mindfulness is highly beneficial in improving your focus.

Meditation Helps students abstain from unhealthy or dangerous habits such as addiction to drugs, smoking or alcohol; Improves the quality of sleep; Increases self-confidence and quality of relationships that you make with other people; Instils compassion and perseverance among students.

Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. You can also use it to relax and cope with stress by refocusing your attention on something calming. Meditation can help you learn to stay centered and keep inner peace.



Students who practice meditation regularly showed a dramatic improvement in their IQ levels. As intelligence and creativity improved, anxiety also diminished. Meditating regularly helps students improve their creative thinking, grasping, and other cognitive abilities.

Maris Stella College, Negombo organized a day of meditation for advance Level students on 24th May, 2023. Rev. Dharmavihari Thero from Athurugiri conducted and led this day to be a success.



**Jude preeman**

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### Sargodha Catholic School

Sargodha Catholic School, Pakistan celebrating Laudato Si'Week, Day 3. Dr. M. Bashir, Controller Examination (University of Sargodha) & Pro. Abdul Majid, Botany Department (University Of Sargodha) graced the school in Special Assembly, Earth Walk & Tree Plantation Activities of Nursery to grade 10.



**Bro. Farancis fms**

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### Marist Brothers in India organized the Vocation Camp on 28th to 30th April

The program topics designed in different areas of our Marist Journey as well as Call to hear the Voice of the Lord to commit and Journey with our Marist Life.

There were seven young people participated in the program and they were different levels of Education levels. It was a rich experience for the young people and they shared their hopes and memories about their experiences.

God bless them and guide them to commit their lives for our Marist Journey.

Thanks for the Brothers and their Physical support as well as spiritual support....

**Bro. Saul Placious**





## Annual Retreat for the Brothers in India at Kotagiri



The annual retreat for the Brothers in India Sector was held at Kotagiri from May 15th to 19th, 2023. The Brothers stayed at Mount Don Bosco Spiritual Animation Centre, Kotagiri. Eleven Brothers participated in the retreat, which was directed by Fr. Gnanadhas, the parish priest of Kotagiri Madha Shrine, Kotagiri.



Each day, we attended inspiring and transformative talks by Fr. Gnanadhas. He preached about the Eucharistic Lord, the power of the Eucharist, and the healing touch of Jesus. He also shared many facts about neuroscientific factors and life experiences that could be applied to all aspects of Christian and religious life.



We had the Eucharistic celebration and the adoration of the Blessed Sacrament daily at the retreat house. A group of Religious sisters celebrating their silver jubilee also joined the brothers for the retreat.



The Brothers enjoyed the hospitality and care of the Salesian Fathers and the workers at the retreat center. The food and accommodation at the retreat center were wonderful.

The Brothers admired Fr. Gnanadhas' qualities and approach as he spoke and shared his life experiences. They found his talks to be enlightening and encouraging. They also enjoyed the beautiful scenery of the area and the pleasant, cool weather.

The retreat was a wonderful experience for all who participated. The annual retreat is a time for the Brothers to renew their spiritual lives, renew their commitment to their vocation, and to grow in their faith and deepen their relationship with God. It is also a time for them to come together as a community and to support each other.

On Saturday, May 20th, the Brothers left Kotagiri after breakfast and enjoyed visiting some tourist attractions before returning to their communities by 8pm that evening. Some Brothers were unable to join the retreat due to health issues. We prayed for everyone during the retreat.

The Brothers were grateful for the opportunity to participate in the retreat, enjoyed the fellowship of their brothers and the beauty of the natural surroundings. The retreat was a time of great blessing for all of us.

**Bro. Raj Kumar fms**

## The Photo of the Month



When we leave everything in the hands of Our Lord in the spirit of a community, He places His hands in everything we beg. That's the assurance we have when we pray the Lord's prayer. Pope Francis I emphasizes that 'We' not 'I' we should highlight in proclaiming the assurance of God's blessings. We the Brothers of Mary who depend on Providence and God's love pray daily in unison and especially in our hour of need for His blessings.





**LIFE** 📖

**You see this broken cup?**

**Some of us are like this  
Hurt and broken  
Shattered on every side  
Patching to look strong  
Just trying to hold on  
Not knowing how the end would be  
Hiding tears in our smiles  
Making others to smile  
While you go back home and wet your pillow with tears  
Thinking of the unknown  
Thinking about life  
And thinking you're alone**

**If you're like this cup  
Just know that God is not done with you  
Everything has it's season and time  
Just hold onto the rope of hope  
And trust the process  
All will be well**

