

ST PAUL'S CHURCH - KANDY

ESTABLISHED - 1843
PARISH QUARTERLY
June - July - August 2021



But ye shall receive power, after that the Holy Ghost is come upon you:
and ye shall be witnesses unto me both in Jerusalem, and in all Judaea,
and in Samaria, and unto the uttermost part of the earth.

Acts 1:8

REGULAR CHURCH SERVICES

Sundays:	6.45 a.m	Holy Communion
	7.45 a.m	Eucharist and Sermon
Wednesdays:	9.00 a.m	Holy Communion
1st Wednesday -		Service of Anointing and Healing, followed by Holy Communion
Prayer Circle		
1st and 3rd Wednesday	10.00 a.m	A time well spent praying for each other.
Saturdays :		
	1.00 p.m.	'Journey Bible Study'; Studying the Bible in depth.
1st Saturday :	1.00 p.m.	Praise and worship followed by the Journey Bible study at 1.30 p.m.

Weekdays: If you desire any special service on these days, please contact the clergy.

Due to the prevailing Covid 19 situation in the country, the Service times and Days may vary. As such please contact the Church office for further information or clarification.

Message From the Vicar

Dear Beloved in Christ,

**But you will receive power when the Holy Spirit comes:
Acts 1:8.**

It is with great joy and happiness, I am communicating with you to bring best wishes and blessings upon you all, as we begin the second half of this year. It is also blessed to begin the month of June with the solemnity of the holy Pentecost. We passed the holy birth of the church on the day of Pentecost, as well as the other major festivals in preparation of welcoming the birth of the renewed Christian community, where our values and commitments are based on the Love of Christ our Lord. I believe, from the beginning of our journey of faith, the function and the nature of the Holy Spirit has led to lengthy discussions and divisions in the church where to-date, we struggle to understand.

If we define it in very simple terms, the Pentecost means completion of 50 days after the resurrection of Our Lord. What Our Lord promised to send after his Ascension was fulfilled on this day. Friends, does it mean that the third person of the Holy Trinity was not there before the incident in the upper room? No he was there, but wasn't recognised the way it should be, the Pentecost was held at the festival of Tent which is also a Jewish festival. Jesus breathed his spirit upon his disciples to receive the Holy Spirit the "Paraclete". He, even before his crucifixion foretold that the "advocate" will come after him. The Holy Spirit cannot come if Lord Jesus did not ascend to heaven. It is undoubted, the presence of the Holy Spirit was there from the beginning, and he was part of the creation process. He understood the spirit, strength, the air we breathe, in the wisdom literature, the book of proverbs,

it was seen as God's wisdom. Even in the upper room the disciples visualized the character of Advocate as the purifier. In the letters by Saint Paul it illustrates the qualities and values of the spirit, specially in 1 Corinthians 12: 1- 11 , that it is close to our own lives and communities.

The teaching of the early church Priests and the Nicene creed, helps us to understand the profound picture regarding the nature and the work of the spirit, which is the strength of the church later days, and of today, that goes beyond our understanding even in the midst of uncertainties, the problems and issues that we are facing in our own lives. As Jesus instructed his disciples, we must not forget that through the spirit we can receive God's Peace and all understandings where nobody else can reveal to us this understanding. We must give a prominent place during our time of our worship and in our work for the Holy Spirit to lead us. Therefore, the Holy Spirit is the source of power who can lead us to the complete truth, and completion of our tasks that given by the heavenly father.

My dear believers, as members of the Christian community in Kandy, in what way or how are we going to proclaim the Good news without knowing the Characteristics of the Holy Spirit? Since he is the very source of our honest prayer, on what basis do we think that our prayers are going to be fruitful? It is with continuous prayer, reflection and attentiveness to the voice of the spirit through the word of God that we can achieve our connection to the father in heaven. Even to achieve life goals, healing, blessings, and all the other needs. As St Paul reminds us God blessed us with every good thing, very specially, our skills, our talents, knowledge, capacity to work hard, our passion to work for the Kingdom of God, including all the resources. We must not forget that God blessed us immensely, and called us to share everything with our brothers and sisters. So let us be mindful that we all suffer one way

or another. While the pandemic affects our social fabric, it is our solemn duty to support the poor and the needy. So let us extend a hand towards the nurturing ministry of the church.

“Pentecost” experience was not only an historical event, but it is a continuous process and experience in our journey of faith. Every Christian and every Christian organisation is called to go through the same experience as the apostles did. God invited all of us to go through the Upper room experience at least once in a life time, so we can renew ourselves and propagate the gospel of Jesus the lord. Through that experience we recognize our inner strength, God's power over us and the seriousness of our calling. So let us search for the God given inner qualities as St.Paul illustrated in his second letter to Corinthians. May God continue to strengthen you all in his spirit.

May the Feast of Pentecost be in your life experience.

Ven George Melder.

Special Note

Friends, I hope and pray that we will have a smooth running of our parish within the next few months as our new trustees will take over their responsibilities in the coming first week of the month of June. We are thankful to all the former trustees for their deepest commitments for the mission of the church while upholding all their family members. Let us continue to pray for the enrichment of the mission of our church.

Changes for the online services and bible studies which aims to open for more participation, will be brought to your notice. For special services and pastoral duties please contact Rev Sanath and Rev Cannon Neil van Dort.

We are thankful to everyone for your generous support, to the church to continue its mission work. Kindly make sure to send

your contributions to the church account as you did before.

Remember all our children, elderly people, homebound members, and those who are sick and terminally ill in our prayers, and extend your hand when they need you.

We are hoping to go ahead with the building project as planned, and your prayers are essential. In the meantime there is a strong need of providing Christian counselling in Kandy where many will benefit out of it and it will be an opportunity for those who are qualified to give their time and energy for the mission of the church.

Friends, we have already communicated to the UDA and relevant authorities, that we are not in favour of the idea to share our entrance with the Paththini Devalaya and Natha Devalaya.

Lastly, I wish to inform the St.Paul's Parishoners that,I will be away overseas for six months, during which time Rev Sanath, will be the acting Vicar, please extend your fullest cooperation to him as you have done to me.

Contents

Articles	7
Covid 19 Pandemic	7
The Glorious Fruit for Covid 19 – Pomelo or Jambola	12
To the Clergy and Parishioners.....	15
In Loving Memory.....	18
Church Activities	18
Outreach Ministry	18
Mothers’ Union	21
Notices	24
Sunday Bible readings for June, July and August 2021	24
Humour	25
Use of the church for functions	26
Tower clock and pipe organ	26
The parish quarterly	26
Committess and Contact Details	27

Articles

Covid 19 Pandemic

COVID 19 RESPONSE ALERT – CALL 1999 AMBULANCE SERVICE – CALL -1990

Plagues and epidemics have ravaged humanity throughout its existence, often changing the course of the history and at times, signaling the end of entire civilizations. Yellow Fever, Cholera, Polio, Small Pox, Spanish Flu, H1N1 Swine Flu, West African Ebola are a few among many that ravaged the population in this world. The most deadly pandemic in history was the Spanish Flu of 1918. The virus infected an estimated one third of the world's population and was responsible for causing between 20 million and 50 million deaths. A Pandemic is the global outbreak of a disease the most recent being the covid 19 declared by the World Health Organization on March 12, 2020.

What is this Virus?

Coronavirus disease (Covid 19) is an infectious disease caused by a newly discovered virus in the world.

Covid stands for CO – Corona VI – virus D – disease 19 – 2019
Disease – Coronavirus disease (COVID – 19)

Virus - Severe Acute Respiratory Syndrome coronavirus 2 (SARS – COV -2)

Viruses are named based on their genetic structure to facilitate the development of diagnostic tests, vaccines and medicines. From a visual standpoint, Corona Viruses have crown like protrusions on their surface, and the Latin word for crown is “Coronam”

Corona viruses are a group of related RNA viruses that cause disease in mammals and birds. In humans and birds they cause respiratory tract infections that can range from mild to lethal. Covid 19 began as an epidemic in Wuhan China before making its way around the world in a matter of months becoming a pandemic. World Health organization points the origin to Bats but many researches in the world are confused and are still investigating to find out the real origin of the disease to exclude the thought of a bioweapon.

What is a Covid 19 Variant?

Viruses are always changing, called mutation and that can cause a new variant, or strain of a virus to form. A mutation is a change in a DNA sequence, which can result from DNA copying mistakes made during cell division, exposure to ionizing radiation, exposure to chemicals etc. This makes it difficult in finding treatment to a virus as it is now.

Mode of Transmission

The principal mode by which people are infected is through exposure to respiratory fluids carrying infectious virus. Exposure occurs in three principal ways.

1. Inhalation of very fine respiratory droplets and aerosol particles in sneezing , coughing or talking
2. Deposition of respiratory droplets and particles on exposed mucous membranes in the mouth, nose or eye by direct splashes and sprays

3. Touching mucous membranes with hands that have been soiled either directly by virus containing respiratory fluids or indirectly by touching surfaces with virus on them.

The Virus being able to remain long time in the air and surfaces is the cause of rapid spread along with the virulence of the virus being highly contagious. Usual onset is 2- 14 days the incubation period but may last up to 21 days. Those affected with the virus suffered long term complications and side effects while many died due to the severity of the disease affecting the respiratory system.

Prevention

Viruses were called in our ancient days of Sri Lanka as “ Deyiange Leda – Diseases from Gods) which means isolation, prevention and immunity boosters were the only option as there was no proper medicines available for cure.

Even today this remains the same. To have a strong immune system you need to get certain Vitamins, eat healthy, and sleep well, good personal hygiene and exercise. God has given us a blessed country full of nature with natural herbal plants for prevention, plants which are antagonistic to pathogens and as immunity boosters. Some of them if I am to mention are as follows.

1. Sunlight – expose yourself daily till 10 am to improve Vitamin D as well as to use the germicidal effect of Sun light.
2. Antiseptics – Kohomba (Neem Tree – *Azadirachta Indica*), Turmeric (*Curcuma longa*)
3. Immune Boosters – Citrus Fruits , ginger, garlic, coriander, Venivel, Bees Honey, antioxidants such as grape seeds

4. Daily Vitamins – Fruits and vegetables containing High Vitamin C, A and E
5. High Risk Group –Diabetics, Cancer Patients, Immunodeficiency Syndrome, Pregnancy and other diseases should avoid public places as much as possible.
6. Health Regulations – wearing a mask, social distancing, washing hands frequently, sanitizing with alcohol, avoiding social contact are a must for prevention.

The challenges of the Virus on Environment

Due to movement restriction and a significant slowdown of social and economic activities, air quality has improved with a reduction in water pollution in many countries including Sri Lanka. There were less noise pollution, cleaner rivers, undisturbed and calmer wild life. Many animals and birds were seen enjoying the human free environment.

The family lives improved with closeness and working together a stress free life, many enjoying gardening and growing their own fruits and vegetables.

Children were free of stress and were seen mostly enjoying outdoor games.

Symptoms and signs

Covid 19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most Common Symptoms: Fever, Dry Cough, Tiredness

Less Common Symptoms: Aches and Pains, Sore Throat, Diarrhea, Conjunctivitis, headache, Loss of Taste or Smell, a rash on skin or discoloration of fingers and toes.

Serious Symptoms : Difficulty in Breathing or Shortness of Breath, Chest Pain or Pressure, Loss of Speech or movement, faintishness.

Treatment

Diagnosis will be through a PCR Test. Before going for these tests call 1999 and seek the advice of an official as risking many people in travelling by public transport need to be avoided.

If you have minor symptoms such as cough, headache, mild fever stay home and self- isolate until you recover. Call your health care provider or hotline for advice. Wear a Mask always to avoid infecting others. Dispose the masks into a closed bin. Have someone bring you supplies. That person should not enter your room.

CALL 1999

Moderate Symptoms could be observed at home under supervision of a Public Health Official.

Serious Symptoms should be hospitalized immediately calling 1990 ambulance service.

Treatment remained to symptomatic treatment with Aspirin, Remdesvir, Vitamin C and E, Steam Inhalation and Warm salt water gargles several times a day.

Vaccination has been the choice of the WHO as the only remedy available in preventing the number of deaths. Various types are available but what is suitable for Sri Lanka so far has been the Oxford Astra Zeneca as it could be stored in room temperature.

Contact Numbers of Health Officials are –

MOH Office – Gangawata Korale and Tennekumbura

- 081 2240047

Harispattuwa

- 081 2499317

Public Health Inspector - Hospital

- 081 2229000

Prevention is the best Cure. Therefore I would like to share with you the following High Vitamin C fruit tree which is an underappreciated fruit by many people which is a blessing from God for Covid 19.

The Glorious Fruit for Covid 19 – Pomelo or Jambola

The underappreciated largest Citrus

(Also known as Giant Grape fruit, Shaddock,)

Family – Rustaceae

Genius – Citrus Maxima

Have you ever stopped to consider how all of creation points us back to God? Think about the amazing aspects of creation around us, like the ever changing mood and vibrancy of the sky, the colour designs of birds and flowers, the best of nutrition and medicinal values of fruits and vegetables, and the scenic landscape of the waterfalls and the earth.

The Jambola tree is one of amazing forgotten creation which is a pure medicine to our devastating pandemic of covid 19, where treatment is 1000 mg of Vitamin C a day.

Pomelo or Jambola as we all know is the largest out of all the citrus fruits in South East Asia with a close relation to grapefruit. If you haven't tried the glorious Jambola its time to give it a chance. They are an incredibly underappreciated member of the citrus family.

Our Country is blessed with wonderful nature where Pomelo could

be considered one of them. Fruits from a single tree can provide nutrition to a large number of families. I have always noticed when people at the market bypass this fruit which is very cheap, instead buy the imported oranges which are very much expensive and full of toxic application, or buy the local green oranges which are also very high in price. They do not understand that one fruit of Jambola can give much more health benefits than an orange and also that one fruit can feed a whole family.

The name shaddock came from the Caribbean after the captain of the East India Company ship that introduced Pomelo to the west.

The flavor of Jambola is very much like the grape fruit but much milder. They are sweeter and don't carry that tangy bitterness that can be associated with grapefruit. The Jambola is all natural whereas Grapefruit is a hybrid variety with modified genetic engineering. There are two varieties one a pale yellow colour and the other in beautiful salmon pink pulp. They are used in different ways in salads, juices, marinades, salsas jams or the best form just right out of your hand.

The tree grows up to 15 -45 ft. where the bark is used for handles of tools. The leaves crushed is a good source of vitamin C in steam inhalation. During Covid 19 this is a soothing relief during several steam inhalations and kills the viruses and bacteria in nose and throat. The flowers are used for perfumes as they give a citrus aroma when crushed. The fruit is a blessing as it is highly nutritious and contains a variety of Vitamins and minerals.

A powerful source of Vitamin C

The 610 gms of the fruit provides more than 412% mg of Vitamin C daily thus helping you to fight diseases against virulent viruses, bacteria and fungi. Also a great source in fighting cancer cells in the body, keeping teeth and gums healthy, glowing skin and keeping bones healthy. It also helps absorb iron in the diet and thereby help eradicating iron deficiency anemias.

Antioxidants

The fruit contains potent sources of naringinin and lycopene which helps anti-inflammatory effects of the body and protect against free radicals which are harmful to cells and create a state of oxidative stress in the body. It boosts immunity System, maintains heart health and relaxes muscle cramps.

Vitamin A

Another rich source of Vitamin A (Carotenoids) which gives us good vision and a healthy skin with anti-ageing properties.

Rich in Minerals

This fruit is rich in Potassium, magnesium and copper which helps regulate your ionic contents in the body fluids.

High Fiber

The protein and fiber in Jambola helps you feel full for a longer time and reduces cravings. It helps digestion and good bowel movements. Good for Diabetics but should not overeat.

Contraindications

Excessive consumption should be avoided and those who are allergic to ascorbic acid should be careful. The high Potassium in the fruit is not good for Kidney and Liver patients as well as those who are using statins as medications.

As we celebrate world environment day on the 5th of June let us thank God our Creator for such perfect thoughtful creation, so much of benefit for humans as well as animals especially as a wonderful source of immune booster needed for this pandemic.

If you haven't tried this fruit I suggest always think of natural products that God has given us for our health, preserving and nurturing these wonderful unappreciated, undervalued plants and trees in nature. Learn to appreciate and teach your children the value of God's Amazing Nature.

Sent By Dr Lakmini Illangasinghe

To the Clergy and Parishioners of St. Paul's Church, Kandy.

Just before sitting down to write this long overdue expression of our gratitude and thanks to all the parishioners of St. Paul's church, Keerthi and I watched the farewell part of the service of 21st February 2021 over again. We felt so humbled and grateful for all the love and affection shown to us by everyone. It was indeed an emotional experience for both of us. Our sincere thanks to Fr. George, Fr. Sanath, and our very dear Fr. Neil and the trustees for giving a part of the Sunday service to bid farewell to Keerthi and me. As we both said, what little we could do for St. Paul's was a small thanksgiving to God for all the blessing our family has received all through our lives and especially when we became a family and moved to Kandy. Thank you, Lasantha for the kind words you said. Dilki and Kumar were very small when we moved to Kandy from Moratuwa. So all their childhood memories are linked to Kandy. Dilki attended Girls High School till she went to the University of Peradeniya, and Kumar was at Trinity College and is proud to be an old Trinitian. We started attending St. John's Church, Gatambe for a while as Lakmini and family will remember. I also was able to contribute to the music at the Methodist church. Both our children received confirmation at St. Paul's as we were regular worshippers till Dilki went to Canada and Kumar joined the plantation sector. During our years in Kandy, the family of St. Paul's upheld us in prayer whenever we had especially health issues and that did give us a lot of strength. The Wednesday prayer group was also one of much solace to us. We continue to give thanks to God for giving Keerthi the health, strength, and guidance to obtain the help of Canon David to get this much loved pipe organ for St. Paul's. I know it was as precious to Keerthi as much as the third child we did not have! It was indeed a privilege God gave us as we both love music to be associated with the music side of the worship at St. Paul's. The two "Fund Raises" we did with the De Lanarolle Brothers and school choirs, and Clifford Richards were enjoyed by

the people of Kandy. Thank you Rustom for doing all the spadework to make both events a success. Keerthi's concern for the Tower clock still remains as it is of much value as a landmark of Kandy. It was damaged by the bomb blast but restored later and a fund was opened to finance the maintenance of it. The next loved project Keerthi was involved in was a "dream" and a desire to have an Elders Home run by St. Paul's. His wish was to build a new vicarage and convert the present vicarage into an elder's home. A committee was formed during Fr. Udeni's tenure. However, with the offer of Herby of his house, the location shifted to Kundasale. Keerthi was privileged to be of help in seeing to the refurbishment of the house and serve on the Eventide Home committee as long as he was able to. We thank the present committee for the love and affection shown to Keerthi and the beautiful token given to him. Thank you Innocent and Lasantha for wanting to have Keerthi at meetings even after his contribution became less. Thank you sisters of the mother's union for the loving token given to me. I sincerely wish I could have been a more active participant in various activities, however, I know it was appreciated that a MU member could be at the organ even at the age I am at! May God help the MU to continue the good work you do with the guidance of devoted members like Preethiva, Sudarshani, Pushpa, and the rest. We cannot forget Eileen - all the help given to Keerthi especially during the assembling of the organ and the way she and Upali looked after Canon David, Trevor, and Diana. We remember with gratitude all the parishioners who entertained them to dinner often including Keerthi and me. Nihal Gunatillaka and late Shanthi cannot be forgotten for the accommodation and meals given. Last but not least we remember with gratitude our much loved choir of St. Paul's The "backbone" of the choir Prof. Walter - thank you Walter for the kind sentiments expressed regarding Keerthi and me. Thank you Shalini, the choir secretary for organizing the touching farewell to us, as along with all the singers who together made the "choir" to enhance the worship of St. Paul's. Thank you Deekshya for always being on hand

to assist me. I cannot forget the beautiful voice of late Neela, who also stood by me when the Liturgy was fairly new to me. A question our last organist before me, Mr. Janze asked me before he retired was whether I could play the “Wedding March!” I said yes!. The next question was, “Can you play the funeral march?” Although I said yes, I was sad I could not do so at his funeral. Playing the organ when we bid goodbye to Neela was indeed an emotional experience. The happy events I was privileged to be at the organ were the weddings of the many choristers and parishioners. I do wish I could have been there for many more such occasions. I am indeed proud of Bhanuka whose love for music has made him a great organist. May you continue to look after the organ if time permits and does not interfere with your studies Bhanuka. Thank you Shalindri for being a strong and able “supporter” each time a need arose, not only at the Carol Service but also for Sunday worship. Sherard and Sirini were both happy when you got involved with the Carol Service. I know how busy you are but God will bless you when you use your talent for him. “Thank you” to all the choristers past and present for supporting me with your wonderful voices and disciplined singing as together we were the “CHOIR OF ST. PAUL’S CHURCH KANDY”. We will treasure the tokens given to us and the love and affection showered on Keerthi and me. We will never forget you all. Hope and pray we will get a chance to attend a service soon and I will get a chance to play our precious organ again. May God bless all the clergy and parishioners.

Keerthi and Dilanganie Bhareti
No. 17, 1st Lane, Rawathawatte, Moratuwa

In Loving Memory.....

Those we love remain with us for love itself lives on,
Cherished memories never fade
Because of loved ones gone
Those we love can never be more than a thought a part
For as long as there is a memory
They live on in our hearts.

Remembered fondly on your 81st Birthday on June 4th by your
loving wife Shirantha.

Church Articles

Reports

Outreach Ministry

We started the year thinking that the worst was over and now it appears that we have come to the same situation or worse as last April. This means that most of the families we work with will have the same problems of less work or no work, no money in hand, problems of feeding the family buying medicine, children's education etc.

Sensing this we have tried to get a head start this time doing the same things we started with last year.

All our regular beneficiaries were given their dry rations and financial assistance for May, on the 9th Sunday, even though the church did not have services. Almost all recipients were present,

showing that they were desperately in need. We hope that we will be able to replicate this in the month of June also and trust that our donors will be in a position to send in their dry rations etc.

We have also thought of the needy persons beyond this group and have made extra dry ration bags and also have put by cash to be distributed amongst the needy including our parishioners. Our parish clergy have already started distributing them. We request that any one in real need within our congregation to contact our priests in confidence and we would certainly try to help, to the best of our ability. We have already set aside Rs 100,000/- for this purpose.

The recent heavy rains had triggered earth slips behind two houses and we have had to give them assistance to clean them initially before we could think of reinforcing their banks.

Children's education is another area of concern at this juncture. Some do not have devices to access the internet and even if some use someone else's smart phone the use of extra GB is in the region of Rs 1000/- per month. At present we have been able to sort out this problem for two children and there are many others to help.

School fees for two children have been paid for the year, one at Hillwood and the other at Mowbray. One of the girls we were helping at Hillwood, obtained very good results at her AL's, two A's and a B.

She should be in a position to have a University education and we would help her in that respect.

One benefactor has given a substantial sum of money for special projects and we have identified two projects so far. There is a

young couple with two children, the elder being a girl of seven years, who is physically as well as mentally deficient. The mother cannot go out to work because of her. She has undergone some training in sewing and we bought her a sewing machine and she is already engaged in sewing children's clothes for sale. The son who is five is physically alright but mentally a little deficient and he has been put to school. We are looking out for a suitable school for the girl as well.

The other project is to build a house for an estate worker at Hantane. We helped her with this, to put up the walls to roof level and could not go any further for the lack of funds. It is a possibility that we could do the roof for her now.

We are also happy with the response received from the Mothers' Union and especially Dishna and also others who sent cash donations as well as items, to the request made by the Kandy General Hospital, for their Covid ward, with bed linen, towels, toiletries etc. This is very much appreciated.

We thank all our donors who very faithfully send in their donations regularly, though we are going through difficult times. A lot of them have started giving money and we realize that people find it difficult to go out and do purchasing. May God bless you for what you are doing.

We appreciate very much the assistance given by Fr George and Fr Sanath, a repeat of what was done last year. They are taking innumerable risks on a daily basis under the present situation and we uphold them in our prayers for their safety.

Sent by Lasantha Ranasinghe

We also kindly invite you to continuously be a blessing to the ongoing service with your prayers and contributions towards the Eventide Home.

May we implore you to celebrate a Birthday, Anniversary, or even a remembrance by offering to supply meals for the residence at Eventide Home.

Cost of meals for the Day.

Breakfast Rs. 2000.00

Lunch Rs. 3000.00

Dinner Rs. 3000.00

Bank Account No: Commercial Bank Kandy 1040029549

We have Residential care for Elderly Ladies. If you wish to get more information, please feel free to Contact Mr. Lasantha Ranasighe on 0771708140 or Mrs. Andrea John: 0712744098

MOTHERS' UNION

As our term of office is drawing to a close we thank our Lord and Saviour for having given us the chance of fulfilling some of our projects even during these difficult times.

Three new members were welcomed at our Re-dedication Service. We were able to visit many of our elderly and sick parishioners even though the Corona pandemic prevailed .The Ladies of Eventide Home made a special request for us to visit them and we were able to give them a delicious lunch provided by one of our members.

Our Sunday breakfast stall is carried out but still on a small scale. We provide financial assistance to two girls and one boy of our

parish, towards their educational expenses.

As our harvest Festival was not conducted in the usual manner we were unable to have our regular stall.

With the help of many generous donors we were able to hand over Hampers with essential grocery items, stationary for the school children, clothes, toys, cakes and biscuits for Christmas to many needy families in Thambagalla, Madahapola, Rajangane and Kurunegala. We were able to only visit Kurunegala and Thambagalla as the other towns had corona patients.

We gifted a calendar to Thilina a Sunday school student as his drawing appeared in this year's MU calendar.

A new Membership Form, Receipt Book and MU seal had to be made as the others were too old.

One of parishioners Mr.Senani Perera gave us a very interesting demonstration on Table etiquette and Napkin Folding.

We had a very enjoyable afternoon at our Annual Christmas Party which was also a farewell to Father Shelton, with Lady Santa giving away the gifts to all who were present.

Hampers for the needy organised by our Church was another project that we were able to give a helping hand in the distribution of the packs.

On New Year morning we gave all our parishioners milk rice and sambol with a hot cup of tea and a banana. Independence Day and Bishop's visit was also celebrated in a similar manner.

A quiet morning was organised during Lent and Father George helped us to reflect on some of the miracles from the Bible.

All the parishioners who attended the Good Friday service were given Hot Cross buns by our members after the service.

We continue to help The House of Joy Thalawa, Boys Home Kegalle, the Church R &R project and our Sexton with a cash allowance.

A toilet was built for a disabled/blind person with five children so that he will have an attached toilet in his home.

We had to cancel the Inter Parish Carol Service which was planned for Easter due to the restrictions.

The free English Class for the village children which was planned was also postponed due to the pandemic.

Our Annual MU trip was to a hotel in Elkaduwa as we didn't want to travel too far. 21 members were present and we spent a very enjoyable day with games, swimming and delicious food.

As per a request made by our Parish we were able to donate 30 pillows, pillow cases, sheets, towels and masks to the Kandy Hospital.

Four of our members had been ready to take part in the Bible Quiz to be held in May but that too had to be postponed.

We had to put on hold many of the projects we had planned due to the corona epidemic but hope and pray that the little we were able to do with the help of God will in some way be of help to the community.

Each of you has been blessed with one of God's many wonderful gifts to be used in the service of others. 1 Peter 4:10.

Praemini Nugegoda
Secretary

Notices

SUNDAY BIBLE READINGS FOR JUNE, JULY AND AUGUST 2021

JUNE 2021	JULY 2021	AUGUST 2021
<p>6th Sunday Environment Sunday OT Gen 3: 8 to 15 Psalm 130 Epistle 2 Cor 4: 13, 5: 1 Gospel Mark 3 : 20 – 35</p>	<p>4th Sunday Church of Ceylon Sunday OT – 2 Sam 5: 1 – 5 Psalm 48 Epistle- 2 Cor 12 : 2 – 10 Gospel- Mark 6 : 1 – 13 11th Sunday OT – 2 Sam - 6 : 1 – 5 Psalm 24 Epistle- Ephesians 1: 3 – 14 Gospel Mark 6 : 14 – 29</p>	<p>1st Sunday Bible Society Sunday OT – 2 Sam 11 : 26 12: 13a Psalm 5 : 1 – 12 Epistle - Ephesians 4: 1 – 16 Gospel John 6: 24 – 35</p>
<p>13th Sunday OT - Ezekiel 17: 22 to 24 Psalm 92 : 1 – 4 Epistle – 2 Cor 5: 6 – 10 Gospel- Mark 4 : 26 – 34</p>	<p>18th Sunday OT – 2 Sam 7 : 1 - 14a Psalm 89 : 20 – 37 Epistle- Ephesians 2: 11 – 22 Gospel Mark 6: 30 – 34</p>	<p>8th Sunday OT – 2 Sam 18 : 5 – 9 Psalm 130 Epistle- Ephesians 4: 25 – 5: 2 Gospel - John 6 : 35, 41 – 51</p>
<p>20th Sunday OT Job 38: 1- 11 Psalm 107: 1- 3 Epistle- 2 Cor 6 : 1 – 13 Gospel Mark 4: 35 to 41</p>	<p>25th Sunday OT – 2 Kings 42 – 44 Psalm 145 : 10 – 18</p>	<p>15th Sunday OT – 1 Kings 2 : 10 – 12 Psalm 111 Epistle- Ephesians 5 : 15 – 20 Gospel- John 6 : 51 – 58</p>
<p>27th Sunday OT – 2 Sam 1, 17 – 27 Psalm 130 Epistle- 2 Cor 8 : 7 – 15 Gospel- Mark 5: 21 – 43</p>		<p>22nd Sunday OT – 1 Kings 8 : 1 , 22 – 30 Psalm 84 Epistle- Ephesians 6: 10 – 20 Gospel- John 6 : 56 – 69</p>
		<p>29th Sunday</p>

	Epistle- Ephesians 3: 14 – 21 Gospel John 6: 1 – 21	World council of churches Sunday OT – Song of Solomon 2: 8 – 13 Psalm 45 : 1 – 2, 6 – 9 Epistle- James 1 : 17 – 27 Gospel- Mark 7 : 1 - 8
--	--	---



A kindergarten teacher was walking around observing her classroom of children while they were drawing pictures. As she got to one girl who was working diligently, she asked what the drawing was.

The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without looking up from her drawing, the girl replied, "They will in a minute."

The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible. -

- *George Burns*

A Sunday school teacher asked the children just before she dismissed them to go to church, "And why is it necessary to be quiet in church?"

Annie replied, "Because people are sleeping"

USE OF THE CHURCH FOR FUNCTIONS

Weddings
Blessing of Marriage
Memorial Services
Thanksgiving Services
Meetings etc (Non Parishioners)

The Vicar should be informed if you need to use the church for any of the above. At least a months' notice should be given in order to avoid two functions being held on the same day. Please obtain an application form from the church office for details relating to payments.

TOWER CLOCK AND PIPE ORGAN

Continues to function well due to the generous support of parishioners. Your continued assistance to this worthy cause is solicited.

Please do not hand over any money or articles to the Church Sexton. Pledge envelopes and all cash and cheque offerings should be placed in the Pillar Box and not in the Letter Box.

Receipts will be sent if name and address are indicated on the envelopes are available at the Church Office.

THE PARISH QUARTERLY

If you have any interesting articles, appreciations or anything you would like to share with our church community, we would love your contribution to the parish quarterly. Please forward them to the address mentioned below. The next issue will be for the period **September to November 2021. Articles should reach us by 15th August 2021.**

In addition should you be on our mailing list, but have since moved residence, please notify the Coordinator, St. Paul's Church Office, either by e-mail or by post, indicating your names, present postal address and e-mail address. The Church Office address is: No. 10, Deva Veediya, Kandy. E-mail" st.paulskandy@dialognet.lk.

Committees and Contact Details

CLERGY AND LAITY

CLERGY AND LAITY

Vicar : Ven. George Melder
The Parsonage, No. 58, Sangarajah Mw, Kandy
Tel: 081-3836281

Curate: Rev. Sanath Medagamgoda
The Vicarage, No 22, Anagarika Dharmapala Mw,
Kandy
Tel: 0718390715

Office: Ms. Sharon Perera
Parish Coordinator
No. 10, Deva Veediya, Kandy
Tel: 0716064050 / 081-2204050

Trustees

Mrs. Shalini Yatawara-	071-4793025
Mrs. Kamalini Fernando	077-7806091
Mr. Lasantha Ranasinghe	077-1708140
Ms. Sumithra Rathnayake	077-2278562
Dr. Lakmini Illangasinghe	077-7366841
Mr. Krishantha Senarathne	077-3469425

Servers

Dilan Sandakumar	Nilesh Talwatte
Madura Hettiarachchi	Kenneth Cottling
Kerran Fernando	Sernal Senarathne
Ayesh Anthonydasan	Shevan Ahaz
Johanna John	

Sidespersons

Rishan Jayaratne (Chief Sidesperson)

Patricia Gunawardena,	Shirani Dissanayake,
Malrene Francis	Prema Tennekoon,
Victor James	Sarojini Hettiarachchi
Kolitha Dissanayake	Kingsley Anthonythasan
Sanath Edema	

Parochial Council Members

Mothers' Union	-	Sudarshini Hettige
Sunday school	-	Lakdini Panditharatne
Outreach	-	Indrani Tennakoon
Simeon & Anna	-	Pushparani Fernando
Eventide Home	-	Kingsley Anthonythasan
Youth Fellowship	-	Dilan Sandakumar
Men's Fellowship	-	Daya Peiris
Website	-	Lalantha Jayasinghe
Sidepersons	-	Sarojini Hettiarachchi
Parish Quarterly	-	Rustom Praesoody
Worship Committee	-	Suramya Wanigasekara

Internal Auditors

Lalantha Jayasinghe Rishan Jayaratne

External Auditors

Dryden & Smith

Diocesan Council Representative

Mrs.Lakdini Panditharathne Mr. Senarath Yatawara

Parish Quarterly Editor

Rustom Praesoody

Sunday School

Mrs. Lakdini Panditharatne (Supdt.)	Ms. Ruvini Katugaha
Mrs. Pushpa Tennekoon	Mrs. Sharani Tennekoon
Mrs.Krishanthi Jayasinghe	Mrs. Anusha Praesoody
Mrs. Sanjeewani Devadason	Mrs. Shiranie Dissanayake
Mr.Bhanuka Warnasooriya	Mr. Nathan John
Mr.Lakshantha Perera	Ms. Sirini Perera
Mrs. T. Darshani	

Adult Bible Study

Shriyani Edwin

Men's Fellowship

Daya Peiris	- President
Rustom Praesoody	- Secretary
Sanath Edema	-Treasurer

Mothers Union

Mrs. Sudharshani Hettige	- Branch Leader
Mrs. Premini Nugegoda	- Secretary
Mrs. Ayesha Ratnayake	- Treasurer

Committee Members:

Mrs.Krishanthi Senevirathne - Asst. Branch Leader
Mrs.Disna Anthonydasan
Mrs.Vijitha Samadhanam
Mrs. Prithiva Ranasinghe

Youth Fellowship

Dilan Sandakumar - President
Nathan John - Vice President
Anuk Fernando - Secretary
Gangani Fernando - Asst. Secretary
Shervon Senaratne - Treasurer
Shehan Yatawara - Asst. Treasurer

Website Committee:

Sene Seneviratne	Romesh John
Lakmini Illangasinghe	Lalantha Jayasinghe
Prasanna Welgolle	Deekshya Illangasinghe
Premakumar Fernando	

Hony. Organists:

Shalindri Mendis	Bhanuka Warnasuriya
Ramith de Alwis	

Funeral Assistance Fund

We welcome you to join this fund and help it grow, so that we can readily assist needy families in their time of grief.

Should you wish to contribute towards this fund, the options available are as follows:

- Rs 50.00 Quarterly
- Rs 100.00 Half Yearly
- Rs 200.00 Annually

Please contact the Hony Treasurer, St Paul's Church, No. 10, Deva Veediya, Kandy or by e-mail: treasurer@stpaulschurchkandy.lk indicating the following details:

Name:.....

Address:.....
.....

Contribution: Amount Rs By cash/cheque

* Cheques to be written in favour of "St Paul's Church, Kandy"



THE CHURCH HOURS

Weekdays - 8 a.m. to 4 p.m.
Saturdays - 8 a.m. to 5 p.m.
Sundays - 6 a.m. to 1.30 p.m.

St Paul's Church - Kandy
10, Deva Veediya, Kandy
+9481- 4933309 / +9481- 2204050
st.paulskandy@dialognet.lk / stpaulskandy@sltnet.lk
www.stpaulschurchkandy.lk

