



Cathedral News - March 2020



A Time to Renew

THE CATHEDRAL OF CHRIST THE LIVING SAVIOUR

Bauddhaloka Mawatha, Colombo 7

*Message
from the
Vicar of the
Cathedral*

My dear Friends in Christ,

Greetings to you in the name of Jesus Christ our Saviour!

Church: We have entered another solemn Season of Lent. This solemn season in the Church encourages the faithful to engage in a deeper spiritual reflection on our own lives.

Unlike previous occasions this Lent, this year we will not have a series of Lenten talks. However on Wednesday 11th March 2020 at 6 p.m. we plan to commence the Alpha programme in the Cathedral.

Nation: Scam after scam seems to surface regularly calling into serious question the integrity of our political leaders. The details don't appear to be speculative. Therefore the people of the nation need to exercise caution whenever they are called to exercise their democratic right with regard to the choice they make in electing their leaders.

Life in the Cathedral:

Updating of Parish Records and Electoral List 2020: The Parish records are being updated for 2020. Those who need to can do so before 20th March 2020. The first posting of the 2020/2021 Electoral Roll will be before the end of March

The Alpha Course: We plan to commence the Alpha Course on the 11th March 2020. The course is recommended for those serious about discipleship, practical Christians and those who are also new in the faith.

Letters of Recommendation for School Admissions: Most of our Church schools have begun the process of school admissions for 2021. I would like to remind parents of children who attend Sunday school and desire to admit their children to our Church schools that there is in place a simple process for those who would require letters of recommendation for this purpose. Please speak to the Sunday school Superintendent, Mrs. Nirubala Vincent. She will help parents with the required assistance.

May I also add that the letter of recommendation is just one of the documents needed and not the only document required from the Church by schools for admission applications to be processed.

Parking in the Premises and Security: The Internal security arrangements on the premises that concern the Cathedral are being reviewed.

As part of this process I need to remind you to please park in the areas that were reserved for our Sunday parking post Easter 2019.

Please also refrain from parking in a way that Exit points are blocked. All Exit points need to be kept free for people to move if there is a need for an emergency evacuation of the building.

Visiting: The Cathedral Pastoral Care team is available to visit you. If you would appreciate a Pastoral visit from the Cathedral Clergy, please contact Rev. Earnest at your earliest.

Rev. Ratnamalar Ratnarajah: Rev. Ratnamalar who has been working in our midst for the past few years has been appointed Vicar of St. Clement's Church, Puttalam, with effect from 1st March 2020. As a worshipping community we wish God's blessings as she undertakes this assignment.

For the moment the Cathedral staff will not receive a replacement and hence we will work to manage the Pastoral needs of the worshipping community to the best of our ability. Where it is necessary we will engage additional assistance as the need arises.

Thanking You,

With Prayers and Blessings
Yours Sincerely,



Ven. Perry Brohier
Vicar



Visit of Rt. Rev. Paul Slater

from The Diocese of
Leeds,

Church of England.



**Nation's
72nd Anniversary
of Independence**





Holy Days / Festivals & Important Dates -March 2020

22nd Mothering Sunday

25th Feast of the Annunciation of our Lord to the Blessed Virgin Mary

31st Cathedral Finance and Administration Committee Meeting

The Concept of Fasting



By its very nature, fasting seems to suggest that something is wrong. Eating is considered a normal practice of human existence, so abstaining from eating implies a disruption in the very human rhythm of life.

John Wesley said, “Some have exalted religious fasting beyond all Scripture and reason, and others have utterly disregarded it.”

Fasting is mentioned over 40 times in the Bible. The Hebrew word for fasting means: to afflict the soul or self, and self-denial (2 Sam 12:16). Fasting is always a mark of deep spiritual concern which could lead to spiritual transformation.

The Jewish fasts were observed with various degrees of strictness/ discipline. When the fast lasted only a single day i.e. from evening to evening, it was the practice to abstain from all kinds of food, including water.

The duration of the Fasts was characterised by the following: One day, sunrise to sunset, where after the sundown, the fasts could be broken (Judges 20:26).

The Old testament gives a number of instances of fasting, when the king fasted one night, while Daniel was in the lion’s den (Daniel 6:18), Esther fasted for three days and nights (Esther 4:16), Seven days of fasting at the burial of Saul and Jonathan (1 Samuel 31:13), Forty days of fasting by– Moses (Exodus 34:28); and Elijah (1 Kings 19:8).

Prayer and fasting are frequently connected in the Biblical text.

Bible characters are often found fasting during the intercessory prayer for others (Neh 1:8-10); especially personal prayer (1 Sam 1:7-11); for a success in battle (Judg 20:261); for relief from famine (Jer 14:1-12); for success in other endeavors, such as Ezra’s return from exile or Esther’s success before the king (Ezra 8:21-23; Esth 4:16).

Fasting was primarily associated with the Day of Atonement, Lev. 16:29-31. People also fasted during sickness and/or death (David fasted for his son, 2 Samuel 12:16-23); When they were repenting and seeking for God’s forgiveness, (Moses fasted 40 days because of the sin of Israel, Deut. 9:15-18).

God declared to His people,

“Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?”

⁷ Is it not to share your bread with the hungry,
and bring the homeless poor into your house;
when you see the naked, to cover them,
and not to hide yourself from your own kin?

⁸ Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the LORD shall be your rear guard.

⁹ Then you shall call, and the LORD will answer;
you shall cry for help, and he will say, Here I am.”

(Isaiah 58:6-9)

Jesus said, “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you. Matthew 6:16-18



Sunday Worship Service Times

7:00 am - Sinhala

8:15 am - English

11:00 am - Tamil

Daily Eucharist - Monday to Saturday - 7:30 am

Every Second Sunday-Sinhala & Tamil Combined service- 7:00 am

Every Fifth Sunday- Tri-Lingual Service-8:15 am



Heal the World

Join us for an evening of healing and anointing at the Cathedral of Christ the Living Saviour, as we collectively offer our intercessions to God for all those who are unwell at this time.

We will especially remember in our prayers all those affected by the corona virus and the souls of the victims who have passed on.

7th March 2020 @ 7pm

Clergy at the Cathedral

Rt. Revd. Dhiloraj Canagasabey
The Bishop of Colombo

Ven. Perry Brohier
The Vicar of the Cathedral & Archdeacon of Colombo (0777541234)

Revd. Earnest Nadeem
Assistant Curate (0777138831)

Cathedral Office

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<https://www.facebook.com/pg/cathedral-of-christ-the-living-saviour-sri-lanka-768180569905300/about>

LECTIONARY MARCH 2020

Date: 1st March 2020 – Sixth Sunday Before Easter (First Sunday of Lent)

Theme: Preparations for the Joys of Easter – The Temptations

Old Testament Lesson	Genesis 2: 15 – 17; 3: 1 - 7	Thyalyan Gnanapragasam
Psalm	32	Irene Boco
Epistle	Romans 5: 12 - 19	Shandelle Jesumaney
Gospel	St. Matthew 4: 1 - 11	Himani Pieris
Intercessions		Arun Gamalatge
Offertory		Gamatatge Family

Date: 8th March 2020 – Fifth Sunday Before Easter (Second Sunday of Lent)

Theme: The Call and Conversion – Abraham / Nicodemus

Old Testament Lesson	Genesis 12: 1 – 4a	Neville Weerasekera
Psalm	121	Jill Macdonald
Epistle	Romans 4: 1 – 5, 13 - 17	Dhilan Mitchell
Gospel	St. John 3: 1 - 17	Daphne William
Intercessions		Shyalina Muthumudalige
Offertory		Weerasekera Family

Date: 15th March 2020 – Fourth Sunday Before Easter (Third Sunday of Lent)

Theme: Grace of the Waters of Regeneration (Samaritan Woman)

Old Testament Lesson	Exodus 17: 1 - 17	Shyama Perera
Psalm	95	Anton Edema
Epistle	Romans 5: 1 - 11	Chayaine Saranapala
Gospel	St. John 4: 5 - 42	Sriyantha Senaratna
Intercessions		Renu Samarasinhe
Offertory		Samarasinhe Family

Date: 22nd March 2020 – Third Sunday Before Easter (Fourth Sunday of Lent)

Mothering Sunday . Theme: Perseverance in Faith and Love

Old Testament Lesson	1 Samuel 1: 20 - 28	Shanaya Kaluthotage
Psalm	127: 1 – 4	Shyan Muthumudalige
Epistle	2 Corinthians 1: 3 - 7	Amanda Vincent
Gospel	St. Luke 33 - 35	Danielle Jesumaney
Intercessions		Enoch, Darren, Evan, Ashane
Offertory		Khalia, Treasure, Jenaya

Date: 29th March 2020 – Second Sunday Before Easter

(Fifth Sunday in Lent) Theme: Sanctification – A new Life in Christ

Old Testament Lesson	Ezekiel 37: 1 – 14	In Sinhala
Epistle	Romans 8: 6 – 11	In English
Gospel	St. John 11: 1 - 45	In Tamil

WHO is it for? Alpha is a 13 week course designed for those who are curious, want to find out more about Christianity, new Christians or just to brush-up on your basics! Anyone can join!!!

WHY Should I Join? It is a relaxed, non - threatening, thought provoking, friendly, fun way to learn, discuss & discover!! No Questions too simple or hostile!!

WHAT Will it Cost & WHAT Topics Will Be Discussed? It's absolutely free! A meal/refreshments will be served at each session!

AFTER EACH TALK, PARTICIPANTS ARE DIVIDED INTO SMALL GROUPS FOR FURTHER DISCUSSION

WHEN does it start? The sessions will start on Wednesday, March 11th, from 6.00pm - 8.00 pm
(Continuing every wednesday) at The Cathedral of Christ the Living Saviour, Bauddhaloka Mw, Colombo -07

Date	Topic
March 11 th	Is there more to life than this?
March 18 th	Who is "Jesus "
March 25 th	Why did Jesus Die?
April 1 st	How can I have Faith?
April 15 th	Why and How do I Pray?
April 22 nd	Why and How should I read the Bible?
April 29 th	How does God guide us?
May 1 st , 2 nd , 3 rd	HOLY SPIRIT WEEKEND
	Who is the Holy Spirit?
	What does the Holy Spirit Do?
	How to be filled with the Holy Spirit?
	How can I resist Evil?
May 6 th	
May 13 th	Why and How should I tell others?
May 20 th	Does God Heal Today?
May 27 th	What about the Church?
June 3 rd	How can I make the most of the rest of my life?
June 10 th	Closing Ceremony and new group arrival get-together.



Starting
11th March
2020

explore

life
faith
meaning

Alpha

Alpha
Course

Cathedral of Christ the Living Saviour

Registration Information:

077 981 6062, 077 342 0800,

077 753 0503, 011 267 1481

angcathedralcmb@gmail.com

www.cathedral.lk