



CATHEDRAL NEWSLETTER

FEBRUARY 2021

freedom



THE CATHEDRAL OF CHRIST THE LIVING SAVIOUR
368, 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: On the 17th of February we observe Ash Wednesday and with it we enter another season of Lent. This **solemn season** is provided in the life of the Church through its calendar for every person who is a part of the baptized community to spend time in deep spiritual reflection. It is a time devoid of any festivity.

In order to facilitate a meaningful time of reflection, prayer, biblical reflection, meditation and fasting are some of the tools we draw upon. It is our prayer that all of us will make good use of our time this Lenten season, in such a way that it would be meaningful for all of us.

We are also making the necessary preparations to try to have a series of Lenten Meditations in the Cathedral. Details will be made known soon.

Details of the Ash Wednesday service will be made known to the congregation shortly as well. Every effort is being made for services to be conducted within the framework of the new normal in keeping with the health and safety protocols in place.

Nation: As we, as a nation, observe our 73rd anniversary of our independence, it would perhaps be an appropriate time for us to collectively reflect on our post-independence history. Deep within our findings we may discover the fundamental reasons for us being in the doldrums that we find ourselves today. An in-depth and honest analysis of our socio-political, socio-economical, and socio-cultural realities will give us quite a good indication as to why we are where we are today as a nation. As people who are part of a faith community, I urge you to be burdened to pray for a better Sri Lanka where we will be able to celebrate what makes us different in this island nation of ours that is so rich in diversity.

The Global Health Crisis created as a result of the COVID-19 virus has not only created chaos and breakdown around the world but it has also caused a lot of disruption and damage that has impacted the life of our nation.

It may interest us to know that presently the death toll from the COVID-19 virus in our country exceeds the casualty figures of the Easter 2019 tragedy. It is still distressing and disappointing to note how we think we can overcome this situation nationally without wanting to be part of the solution. Being a part of the solution to this begins at the grass root level.

We as responsible people of the wider community, and also a faith community, must become actively involved in following the health and safety protocols that are in place at all times for the greater good of all people. It is sad to hear and discover how we think that by bargaining and arguing with the spirit of the health and safety protocols, we think we can get a grip of the situation and believe we are managing it well. Even for the much anticipated vaccination to have its desired impact we all need to be socially responsible in our actions as people who make up the communities that we belong to. Let's not forget that the smaller communities that we belong to make up the bigger community that is also called society.

Life in the Cathedral:

Notice to the Worshipping Community: Everyone who participates in the life of the worshipping community is requested to follow the health and safety protocols being followed at the Cathedral. Your valuable assistance in this regard will be greatly appreciated.

Live Stream: The 8.30am service continues to be live streamed every Sunday for the benefit of those who choose to remain at home and not be exposed to a health risk at this time or for those who are unable to join the gathering physically due to limitations on the number.

Youth Connect: The youth forum, Youth Connect has commenced meeting for 2021. I encourage as many young people to make the effort to connect with this group. The gatherings have been online for some time with only two meetings where everyone was physically present.

Support for the Cathedral: I also wish to commend to your generous support the work that takes place even though Community Worship (the backbone of any worshipping Community) is not permitted due to the ongoing health crisis. The bank details of the Cathedral have been shared with you should you wish to extend support through an online bank transaction.

Letters of Recommendation for School Admissions: As our Church schools have begun the process of school admissions for 2022, 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 a simple process in place 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.

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.

Pastoral Care: The Clergy of the Cathedral remain committed to intervene with the required Pastoral care if and where there is an emergency.

Fr. Bala has moved into the premises and the contact details of the Clergy of the Cathedral Pastoral Care team are available in the newsletter should you have a reason for our assistance and intervention. We will be only too happy to be of assistance to you.

Take Care, Stay Safe, think Positive and test negative!

Thanking You,
With Prayers and Blessings
Yours Sincerely,

A handwritten signature in blue ink, appearing to read "Perry Brohier", written over a horizontal line.

Ven. Perry Brohier
Vicar

LENT

As a disciple community in Christ, we enter into yet another Season of Lent, associating ourselves with the liberating work of God in an intimate relationship with our Lord Jesus in His 'Passion' where-in all forces of darkness, division and destruction are overcome with 'compassionate and sacrificial love'.

Lent is a period of the liturgical year, where journeying alongside our Lord not only calls us to holiness, but also to deeply reflect on our own lives, which we commence with the proclamation of Prophet Joel: *'Return to Me ... rend your hearts, not your clothing ... return to the Lord your God'* (**Joel 2:12-13**)

Lent invites us to 'turn to God', by 'turning to our brothers and sisters'.

It is a call to transcend one's race, religion, status, gender, political affiliation and instead commit oneself towards the welfare of the poor, the ignored, the helpless, the fearful, the broken-hearted and those crushed in spirit - 'the sinned against' - in a spirit of solidarity and sharing. The calling emphasizes an 'act of relationship', for our entire life journey from beginning to end is one of 'relationship' where the voice of God echoes, vibrates and challenges us. *'Where is your brother'?* (**Gen. 4:9**)

The Season of Lent is a call for 'repentance' demanding a critical and truthful examination of our lives and action there-to.

This fact is well illustrated in the Parable of the Pharisee and the Publican (**St. Luke 18:9-14**) where we see in the tax collector a vivid picture of a penitent sinner, utterly remorseful of his state of sinfulness, who in the presence of other worshippers, dared not look up; but smote his breast pleading for God's forgiveness. What courage, what humility, and our Lord says, 'this man went home justified'.

Repentance involves hope; it is a gift of life which we seek to re-inherit.

Lent reminds us that the 'way of life' is the 'way of the cross', as demanded by our Lord Jesus, *'Whoever wishes to come after Me, let him deny himself, take up the cross and follow Me'* (**St. Mk. 8:34**).

It is a call to forsake worldly desires and ambitions of 'I' want, 'I' will and 'I' shall. It is saying 'NO' to self, selfish interests and earthly securities, and saying 'YES' to God. It is a call to totally crucify oneself to the world and its ways and yield to the Lordship of Jesus Christ. This means to embrace the violence of love, which left Christ nailed to the cross; the violence that we must each do to ourselves to overcome our selfishness in the outburst of greed, avarice, conceit and arrogance in our hearts, so that a new person may arise in us, building a civilization of love .

Lent is the countdown to the Feast of Easter; a transition from the 'manger' to the cross, ashes to the paschal fire and to experience the liberating power of the God of Exodus in the passion and death of Christ and share in His triumph and resurrection.

The liberating work of God is continual and as we pilgrim together in Christ, may we pray for His Liberating Love to unite and inspire us to do His Will and to this extent, may God be our guide, strength and hope.

With prayers,
Fr. Maxi



COVID-19 HEALTH & SAFETY PROTOCOLS FOR CHURCH SERVICES

COVID-19 has created some unique and significant challenges, which we may now define as “normal” for our weekly church gatherings. No doubt, we all look forward to the day when we can worship together with no restrictions. However, at this point of time when the COVID-19 pandemic is raging in the Western province it is essential that we keep in mind the Health and Safety protocols that have to be adhered to, for our own safety as well as the safety of those who worship with us. While our Clergy continue to love and care for the worshipping community and put in so much effort to balance all aspects during this pandemic time, we are hopeful that this will serve as a reminder of the actions that we should take, as we attend Church services.

- 1) Signing up for attendance** - As the Church has to continue to manage capacity in compliance with the Ministry of Health guidelines for gatherings, please give in your name as per the SMS/WhatsApp/E-mail messages you will receive to ensure an accurate head count and preparation of the name lists. These lists are kept with the Security prior to each service to double check the names of those attending.
- 2) Attending Services** - You should not attend services if you have any COVID-19 symptoms such as fever, cough, runny nose, sore throat, shortness of breath and/or if any of your family members have been infected and/or are in quarantine.
- 3) Temperature checks** – Temperature checks using contactless thermometers are done at the entrance to the Church premises to ensure that those running a fever will be advised not to attend the service.
- 4) Face masks** – Face masks should be worn correctly and consistently at all times while entering and when inside the Church:



- a. The mask should fit snugly against the sides of your face and should fully cover nose and mouth and should not be removed at any time other than to receive Holy Communion. Please remember that if your nose and mouth are not fully covered the mask is not protecting you or others.
 - b. At no time should you move the mask under your chin and wear it round your neck, this renders the mask useless and then has no benefits.
 - c. Do not remove the mask while engaged in a Reading, singing or speaking as this is the time that contagious particles can infect others.
 - d. Make sure you wear the correct side of the mask as per the manufacturer's instructions for protecting yourself as well as others. If you are wearing a surgical mask, it must always be worn with the colored side out and the white side in.
- 5) **Hand sanitizing** – Hand sanitizing stations are in place at the entrance to the Church; please ensure that you sanitize your hands as you enter.
- 6) **Social distancing** – The chairs have been arranged 1 meter apart to maintain the required social distancing norms. Please do not move the chairs.
- 7) **Shaking hands and hugging** – Do not shake hands or hug another at any time, instead adapt other non-touch techniques.

On the part of the Church the following practices are already in place:

- a. Facilities management – All common surfaces are disinfected before and after each service to minimize the spread of any infection.
- b. Holy Communion – is provided with minimal contact and risk.
- c. Paperless worship – All hymnals, order of service books, Bibles, etc. have been removed and instead screens are used to minimize contact points.

We welcome you to attend services, however, if you experience any anxiety or fear please continue to follow the online services that are live streamed every Sunday at 8.30am.

- *Nirmala M. Pieris*

MY EXPERIENCE WITH COVID-19

I tested positive for COVID-19 on 12th of January 2021. I was fortunate to be able to quarantine in a private facility, only because I had an insurance cover. If not, I would not have been able to afford the almost Rs.300,000 that had to be paid for it. I am aware that many are not as fortunate as I have been and have suffered much in government run facilities.

It was a traumatic experience, being shut up for 14 days in a room with no fresh air, unable to even choose what I wanted to eat. I did not have any serious symptoms, but I know of people who have struggled to breathe. None of my colleagues at work, my family and friends, were infected and for that I am grateful. I realize it was because I was careful about wearing a mask and keeping my hands clean. It is so important to be mindful of those around you and take proper precautions, because the repercussions of this disease can be severe, be it physical, mental or financial.

Very importantly, I would like to suggest to everyone: please stop blaming those infected and treating them and their families like they have committed a crime. This could happen to anyone, and everyone deserves our sympathy and consideration.

- Aruni Wijayaratna

#coronavirus #combatcovid19

World Health Organization
REGIONAL OFFICE FOR South-East Asia

IT'S
CORONA
VIRUS

TO WIN THE FIGHT AGAINST #COVID19

take care of others

take care of yourself

take care of those who care for us

follow the links to take care: www.who.int/COVID-19 | www.who.int/southeastasia

LECTIONARY - FEBRUARY 2021

Date: 7th February 2021 – 8th Sunday before Easter or 2nd Sunday Before Lent

Theme: Jesus Christ Makes us free to Serve

Old Testament Lesson	Isaiah 40: 21 - 31
Gospel	St. Mark 1: 29- 39
Intercessions	

**Date: 14th February 2021 – 7th Sunday before Easter or Sunday Before Lent
Or Transfiguration Sunday**

Theme: Jesus Christ : The Light of Wisdom

Old Testament Lesson	2 Kings 2: 1 – 12
Gospel	St. Mark 9: 2 – 9
Intercessions	

Date: 21st February 2021 – 1st Sunday of Lent

Theme: Preparations for the Joy of Easter – The Temptations – Noah

Old Testament Lesson	Genesis 9: 8 – 17
Gospel	St. Mark 1: 9 – 15
Intercessions	

Date: 28th February 2021 – 2nd Sunday of Lent

Theme: Abide in My Love and you shall bear much fruit - Abraham

Old Testament Lesson	Genesis 17: 1 -7, 15 - 16
Gospel	St. Mark 8: 31 - 38
Intercessions	

HOLY DAYS AND FESTIVALS

2 nd	Feast of the Presentation of Christ in the Temple
9 th	Saints and Martyrs of the Far East
15 th	St. Stephen the First Martyr
16 th	The Arrival of Anglicanism in Sri Lanka
17 th	Ash Wednesday
21 st	1st Sunday of Lent
28 th	2nd Sunday of Lent

HOLY EUCHARIST SERVICE TIMES

07:00am – Sinhala & Tamil

08.30am – English (Live Streamed)

10.30am – English

- Please call the Cathedral office on **011 2671481** between **9.00am** and **4.00pm** on weekdays to confirm your presence at the service you wish to attend as a maximum of 50 persons are allowed per service.

CONTACT DETAILS

Cathedral Pastoral Care Team

Name	Contact Numbers		Email
	Mobile	Landline	
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Cathedral Office

Staff	Address	Office Contact	Email
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Cathedral Prayer Circle

- A Prayer Circle is now operational as a WhatsApp group. If you wish to join, please send your name and mobile number to 077 726 0862

Website: www.cathedral.lk

Social Media: <https://www.facebook.com/CathedralCMB/>

~ Compiled and edited by the Cathedral Media Team ~