

CATHEDRAL NEWSLETTER

OCTOBER 2021

From generation to generation...



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: This month, on the 1st of October, we will join the global community in observing World Children's and Elders' Day. In addition to this, we in the Church will observe the Feast of St. Francis of Assisi; the Feast of St. Thomas the Apostle of India and Sri Lanka; the Feast of St. Luke the Evangelist and Physician; the Feast of St. James the Just of Jerusalem and the Feast of St. Simon and St. Jude.

We are still uncertain if we will be permitted to have in-person gatherings and meet for public worship. Every effort will be made to keep you apprised of the situation as we move forward.

In order to address a possible crisis that may emerge in the not-so-distant future, I urge you to take some time to connect with the environment and nature, and begin to have your own home garden without delay. Make good use of the space some of you may have to grow the basics required.

Diocesan Council 2021 – Postponement: Due to the current situation created by the health crisis, the 136th Annual Sessions of the Diocese of Colombo that was scheduled to take place later this month from the 28th – 30th of October 2021, has now been rescheduled to the 26th – 27th of November 2021.

Nation: While I continue to salute the front-line health care workers who exercise their responsibilities in extremely difficult circumstances, the response of the general public to the efforts of these persons is much to be desired. This is partly due to the extremely poor leadership being exercised at national level in dealing with this health crisis.

Many deaths could have been averted had there been better co-ordination between all the stakeholders. Over 12,000 valuable lives of our people have been senselessly sacrificed due to half-hearted and insipid measures taken or because of the failure to act proactively.

The leadership of the country must be humble to learn from the experiences and stories of other countries who with similar challenges have managed the crisis well. We seem to be one of the few nations where the usual steps taken to deal with the health crisis have taken such a long time to yield positive results, consequently bringing much hardship and misery upon people.

While the negative impact of the economic crisis that we are in continues to take its toll on the life of the nation, there are other challenges on the not-so-distant horizon. Food security may pose a serious threat to the life of the nation in the not-so-distant future.

Life in the Cathedral - Notice to the Worshipping Community:

Special Service–Blessing of Pets - Cancellation: In light of the present health guidelines, the special service of blessing for pets which was scheduled be held on Monday the 4th of October 2021 at the steps of the Cathedral has been cancelled. The service was to observe the Feast of St. Francis of Assisi.

Support for the Cathedral: I wish to take this opportunity to express my sincere gratitude to those of you who have responded to the appeal requesting support for the work of the Cathedral.

Online banking transactions are possible and welcome. If anyone would require the bank details of the Cathedral, please call the Cathedral office (0112671481), speak to me, or send us an email with the details you need to info@cathedral.lk

Sunday School: Our Sunday School has resumed sessions online. I am also delighted to know that some of our children were able to join the online VBS that was organized by the Board of Christian Education of the Diocese of Colombo.

Cathedral Youth Forum – Youth Connect: The youth forum, Youth Connect takes place online every Tuesday at 6pm. While I urge all young people to join this youth group, I would like to request parents to encourage their children to join the group as well.

Live Stream: The live stream will continue to take place. I am extremely grateful to our live stream team who continue to help us with the preparations in the midst of many challenges.

Pastoral Care: The Clergy of the Cathedral Pastoral Care team remains committed to assisting should you have a reason for any form of Pastoral care, assistance, and intervention.

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

Thanking You,
With Prayers and Blessings
Yours Sincerely,



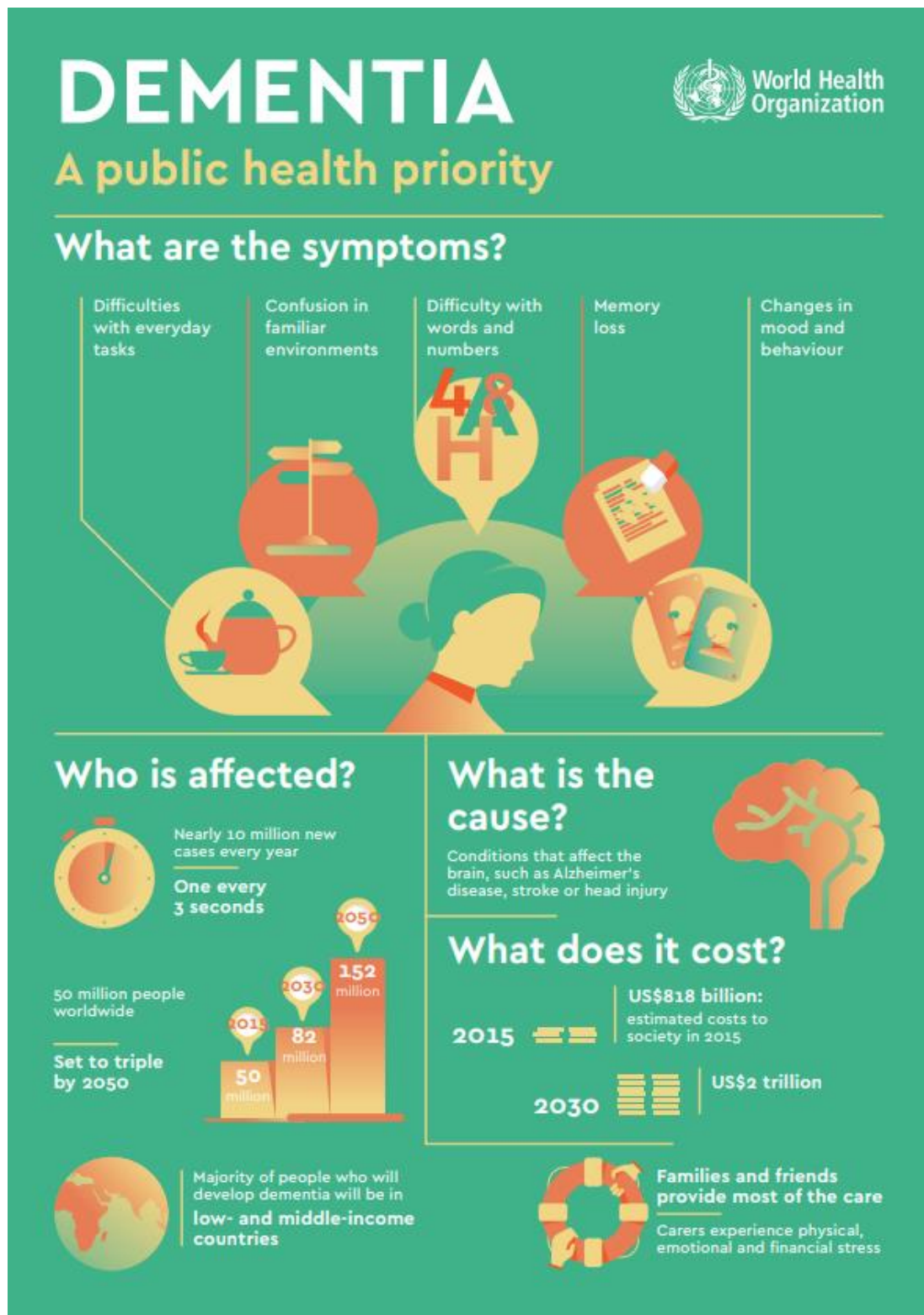
Ven. Perry Brohier
Vicar



Source: UNICEF

ALZHEIMER'S AWARENESS

Alzheimer's disease is the most common type of dementia, and accounts for 60%-80% of all dementia cases.



10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS™

CHILD PROTECTION AWARENESS

PARENTS, ADULTS BE VIGILANT...

Protect your children

Do your duty to ensure the protection of children.



Always spend time with your children.



If your child has done something wrong, explain why it is wrong and its consequences.



If your child tells you about a risky or a painful situation, act carefully.



Listen to children. Pay attention to what they say.



Protect the trust your child has in you.

If you are angry with your child wait till you become calm to respond reasonably without using harsh words and saying cruel things.



Always be alert about the whereabouts of your child and the places they go to and with whom your child is spending time with.



Under your guidance give your children the opportunity to choose and make decisions. Pay attention to their behavioral changes.



Understand how your children think. (It will allow you to understand their changes) Have empathy.



Always talk openly with your children. Ensure that you're their closest friend.

Strengthen them emotionally so that they can face any situation.



Children are the life blood of our country. It is our duty to protect them.

In a case of child abuse, inform either the nearest police station or the NCPA by calling Sri Lanka Child line 1929



NATIONAL CHILD PROTECTION AUTHORITY

330, Thalawetugoda Road, Madiwela, Sri Jayawardenepura, Sri Lanka.

Tel: 011 2 77 8912-14 | Fax: 01 12 7 70915 | Web: www.childprotection.gov.lk | Email: ncpa@childprotection.gov.lk

LECTIONARY - OCTOBER 2021

Date: 3rd October 2021 – Proper 22nd Sunday in Ordinary Time

Theme: “Hope Springs up in a Child, Woman and Man”

Education Sunday

Old Testament Lesson	Proverbs 8: 1 - 22
Psalm	119: 97 - 104
New Testament Reading	Philippians 4: 8 - 9
Gospel	St. Mark 1: 21 - 28

Date 10th October 2021 – Proper 23rd Sunday in Ordinary Time

Theme: “A Revolution of Grace”

Old Testament Lesson	Job 23: 1 – 9, 16 - 17
Psalm	22: 1 - 15
New Testament Reading	Hebrews 4: 12 - 16
Gospel	St. Mark 10: 17 – 31

Date: 17th October 2021 – Proper 24th Sunday in Ordinary Time

Theme: “Serve and Care without Expecting Reward”

Health Care Workers Sunday

Old Testament Lesson	Job 38: 1 - 7
Psalm	104: 1 – 9, 24, 35
New Testament Reading	Hebrews 5: 1 - 5
Gospel	St. Mark 10: 35 - 45

Date: 24th October 2021 – Proper 25th Sunday in Ordinary Time

Theme: “Reform to See the Light”

Old Testament Lesson	Job 42: 1 – 6, 10 - 17
Psalm	34: 1 - 8
New Testament Reading	Hebrews 7: 23 - 28
Gospel	St. Mark 10: 46 - 52

Date: 31st October 2021 – Proper 26th Sunday in Ordinary Time

Theme: “A New Heaven”

Old Testament Lesson	Ruth 1: 1 - 18
Psalm	146
New Testament Reading	Hebrews 9: 11 - 14
Gospel	St. Mark 12: 28 - 34

Holy Days / Festivals & Other Important Dates

4 th Oct	The Feast of St. Francis of Assisi
6 th Oct	Feast of St. Thomas, Apostle to India and Sri Lanka
18 th Oct	Feast of St. Luke the Evangelist and Physician
23 rd Oct	Feast of St. James, the Just of Jerusalem
28 th Oct	Feast of St. Simon and St. Jude

He called a little child to him, and placed the child among them. And he said: "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven. And whoever welcomes one such child in my name welcomes me"

Matthew 18:1-5

HOLY EUCHARIST SERVICE TIMES

08.30am – English (Live Stream)

- As we are unable to gather for worship in accordance with the health guidelines in place, the 8.30am English service will be live streamed, the link for which will be shared during the course of the week.

CONTACT DETAILS

Cathedral Pastoral Care Team

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	Mobile	Landline	
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Rev. Maxwell Doss	077 740 8070	011 267 1723 Ext [111]	maxiedoss@gmail.com gs@nccsl.org

Cathedral Office

Staff	Address	Office Contact	Email
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Chandrika Wijesinghe			info@cathedral.lk anglican.cathedral@yahoo.com

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 ~