

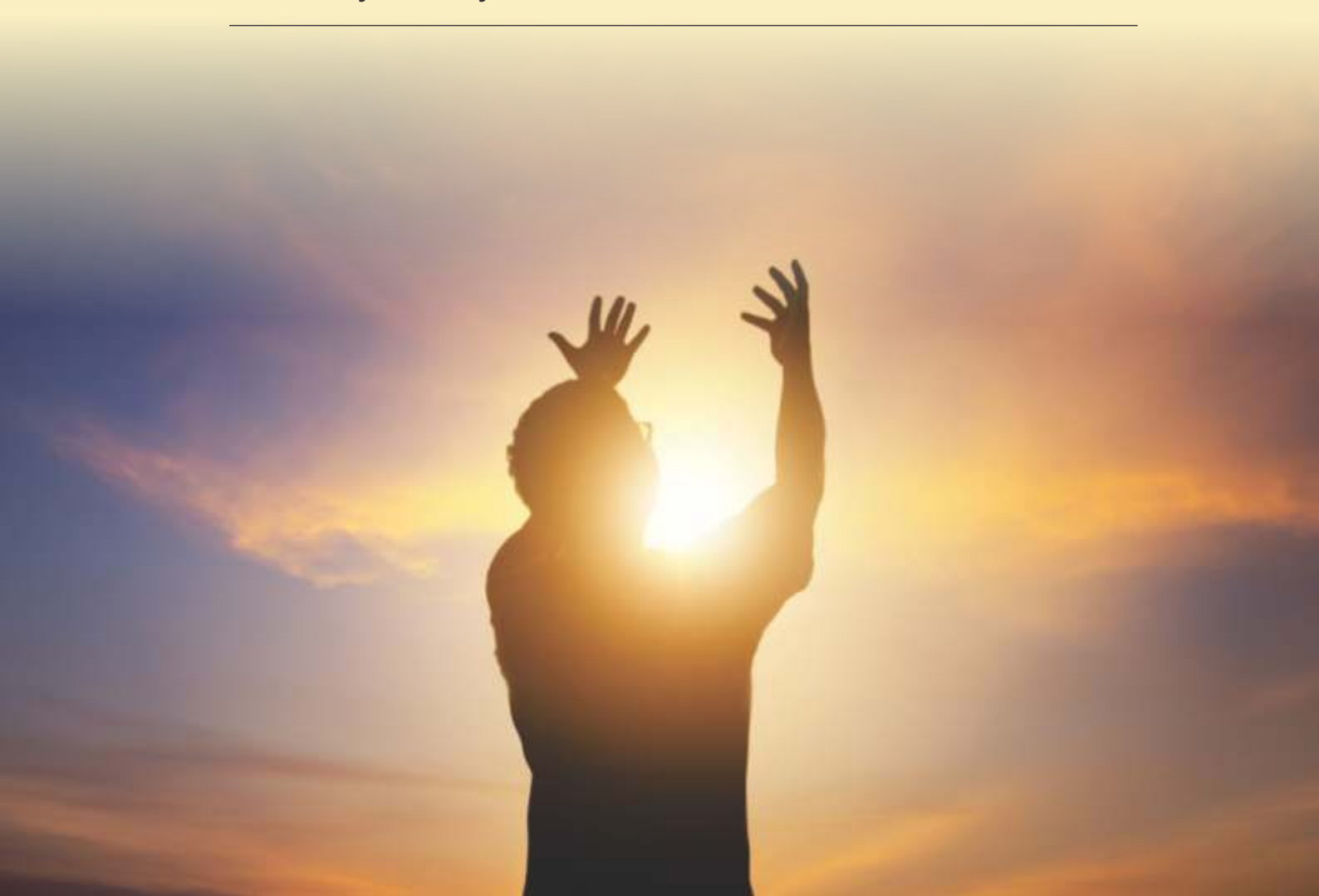
the Saint Andrew



Church of Scotland – Presbyterian
For private circulation only

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Letter from Rev. Eric Foggit

Interim Moderator,
St. Andrew's Scots Kirk, Colombo
Minister,
St Andrew's Church, Brussels



Dear Friends,

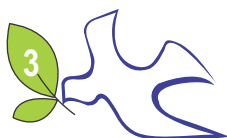
The joy and relief many of us in Europe feel along with the many demonstrators in Sri Lanka is a reminder that the church has always had an international character. The apostle Paul travelled hundreds of kilometres through modern-day Syria, Turkey, Greece and Italy to declare the Gospel. He urged the richer Christians of Greece to help out the hungry ones in Judaea. Early believers risked their lives to preach The Word in lands as distant as Iona off the western coast of Scotland. As well as being the patron saint of Scotland, Saint Andrew is believed to have travelled as far as southern Russia - of which country he is also a patron saint.

The International Presbytery, of which SASK is a part, is going through major changes, reducing the number of Church of Scotland ministers and opening the doors to ministers from other denominations. SASK is very much part of this re-organisation, as we appoint Rev Roshan Mendis as Locum

Minister, to start work in September. He has of course already been hard at work as a regular preacher, pastor and support to SASK members. He will be working with support and guidance from both Rev Saman Perera, Moderator of the Presbytery of Lanka and myself. We are also trying to secure academic training for him from Scotland - which he is very keen on accessing.

Meanwhile, changes will no doubt impact my "home" church here in Brussels - we will probably be linked up with Paris - and our churches in Italy, Hungary, Netherlands and Switzerland will also be affected. Your prayers for these upheavals are appreciated - again a reminder that in today's world, the planet has become a global village and that even though thousands of miles separate us, we are all brothers and sisters in Christ!

With every blessing,
Eric



Cover Story

Ecce Homo – Behold the Man

Chandraguptha Thenuwara is a renowned artist who has been showing his works since 1978. He's held solo exhibitions in Russia, the Netherlands and Sri Lanka and as a member of collectives in numerous countries including the Venice Biennale, Los Angeles, Iran, New Delhi, Germany, Dubai and the UK. His works hang among collections at the Los Angeles County Museum of Art, Queensland Art Gallery Australia, Fukuoka Asian Art Museum Japan Lunuganga Trust Collection, John Moore's University Art Collection Liverpool and the Fine Arts Museum of Udmurtia Izhevsk Russia.

He holds an M. Phil from the Postgraduate Institute of Archeology, University of Kelaniya, Sri Lanka, a Master of Fine Art with Honors from the Moscow State Art Institute and a BA from the Institute of Aesthetic Studies, University of Kelaniya Sri Lanka.

He has held annual exhibitions commemorating Black July – the riots of July 1983 which led to a three decade war - and this year, highlighted the parallels between a depiction of Rembrandt's Pontius Pilate and Sri Lanka today. (The exhibition is at the Saskia Fernando Gallery until August 23rd 2022).

Below are excerpts from the exhibition catalogue in which he explains his reasoning:

The moment we live in is dire. It is a moment that has propelled citizens to fearlessly come forward to fight for sustainable and transformative solutions to systemic socio-political ills that have been lingering for decades without answers. It is a moment to cry out to rulers, not to protect the interests of political parties, but to free citizens from political chaos and allow them to live everyday personal life without hunger, without poverty, safely, securely and with dignity.

A word that is often repeated is 'democracy' (by politicians?). What happened to Sri Lankans with that loud and solemnly pronounced word? We have to think carefully about it. Taking power by promising to fill the bellies of people has continued. Politicians secure power by promising to save the country, nation and religion. All this is done in the name of democracy.

Sri Lanka, a country that obtained the power to elect representatives by universal suffrage in 1931, does not hesitate to boast about it. But what happens again and again? Political parties and groups use all their power and manipulation to get the majority of voters. Money is scattered; they use thuggery; emotions are triggered. The politicians and political interests that infiltrate the media add to the job of brainwashing

To rethink this, the main work of this exhibition is the work 'Ecce Homo'. The work depicts a religious plot. I consider it a visual opportunity to question what is happening around us. The painting was based on an etching of Pontius Pilate by Rembrandt presenting Jesus to the crowd. According to the Bible (John 19.5), '... then Jesus came forth, wearing the crown of thorns, and the purple robe. And Pilate says unto them, Ecce Homo (Behold the man)!' At that time, the people shouted release Barabbas, the thief. The Jewish religious leaders influential amongst the people at that time encouraged the people to raise their voices. Even though Pilate saw no fault in Jesus, those religious leaders and the 'majority' demanded that Jesus be crucified.

Agreeing to the 'majority' request, Pilate washed his hands and ordered Jesus to be crucified. Something similar is still happening in Sri Lanka. The main question is, what is democracy and is it a will of the majority?





Report of the Meeting of The International Presbytery of the Church of Scotland March 2022

It was a great opportunity for me to participate at the virtual meeting of the International Presbytery held on 11th and 12th March 2022. The outgoing Moderator Rev. Alistair Bennet began the meeting with a prayer and installed the new Moderator Rev. Laurence Twaddle who commenced the inaugural session with a prayer. He focused on the need to live out Christ's great commission in the world today, where the good news of the Gospel is paramount and the need for the church to focus on being a missionary Church.

Thereafter, the Presbytery Clerk, Rev Derek Lawson submitted the apologies by absent members and made changes to the Presbytery roll. The minutes of the meetings held in October and November 2021 was also tabled.

The convenor of the Business Committee Rhoda Grant, mentioned in her report that the Business Committee met five times to discuss the future of the Presbyteries as well as to discuss Presbytery planning. In Nov 2022, a zoom meeting will be held to approve the basis of dissolution for the congregation of Costa Del Sol. Retrieving Presbytery records following the death of Jim Sharp was also discussed. A technical team is to be formed in October 2022 to report regularly to the business committee. Furthermore, she added face to face meetings were the best way forward to discuss Presbytery planning taking into consideration Covid restrictions and world events.

Reports of current vacancies in Amsterdam, Lisbon, Paris, Rome, Sri Lanka and Trinidad were presented by the Interim Moderators. The Interim Moderator for Sri Lanka, Rev. Eric Foggit tabled his Colombo Report at the Session. Hannah Wolfenden the Presbytery Youth convenor mentioned in her report that in February 2022 she organised an Easter Photo competition which was well received. WhatsApp was useful to stay connected with the Youth of the Presbyteries but in-person meetings were important to plan further youth programmes.

On the second day of the IP Sessions, reports pertaining to Education, Safeguarding, the Fabric Committee, Finance Committee, Mission Committee, Planning, Superintendent Committee and publicity reports were presented and the deliverances made by Presbytery Clerk, Rev .Derek Lawson.

The Convenor Designate of the Finance Committee Jo Austen, thanked Chandan de Silva, the outgoing Convenor for his support during the handing over period. The calculation of stipends will be reviewed. It is planned that "Giving to Grow" will replace "M&R" in 2023, but this may be delayed. Efforts are continuing to ensure that under the new scheme 'extra ministry costs' are included. If they are, it is estimated, that the total cost per congregation should be close to the current M&R figure. Presbytery dues may no longer be a factor if the expenses of the Presbytery are met centrally.

The Worship & Prayer Promoter mentioned in her report that her 'Prayers Matters' blog continues to operate. She expressed her willingness to train congregations for prayer and worship.

The Technical Support Convenor outlined the need for updating the Presbytery website and to adopt cloud based storage for Presbytery records. Although the domain name 'international presbytery.net' was secured for this year, the possibility of a less expensive service provider is being explored.

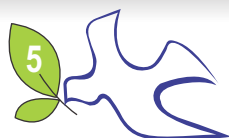
The Publicity Co-ordinator urged congregations to use the publicity facility in Scotland through the 'Life and Work' magazine or Facebook.

It was reported that each congregation must have a Safeguarding Coordinator and a Safeguarding Panel. The Safeguarding Coordinator must ensure that the Safeguarding Policy is communicated to the congregation via notices in the church newsletter, website and Facebook. Safeguarding must be reviewed by the Kirk Session once a year.

A face to face meeting was scheduled to be held in Bochum, Germany during June 2022 and another IP meeting is scheduled for October 2022 in Budapest, Hungary.

Rev.Laurence Twaddle ended the session with a prayer and stressed the need to be loving Christians and promote peace.

**Lakshmi Seneviratne
Presbytery Elder**



The Story Behind the Hymn – Battle Hymn of the Republic



Remember that ditty – John Brown's Body – sung by troops as they marched off to war and named after a self-styled abolitionist who was hanged for his efforts to have slaves freed?

This was the lustily sung tune that Julia Ward Howe and her husband Dr. Samuel Gridley Howe heard when they moved from Boston to Washington DC. She was deeply anguished, noticing how angry people were getting in their frenzied preparations for the tragic war between the northern and southern states.

One day, a visiting friend and pastor, Rev. James Freeman Clarke asked her, "Why don't you write some decent words for that tune?" With this on her mind, she went to bed and this is how she recounts the words coming to her: "I awoke in the grey of the morning and as I lay waiting for the dawn, the long lines of the desired poem began to entwine themselves in my mind. I sprang out of bed and in the dimness, found an old stump of a pen and scrawled the verses, without even looking at the paper."

Soon the entirety of America and even beyond, were united in singing what was to be eventually called the Battle Hymn of the Republic.

Julia Ward was born in New York City in 1819 to a wealthy family who were famous leaders in Revolutionary history. Though raised in a conservative Episcopalian home, she rebelled against the doctrines, becoming very liberal in her thinking. When she married Samuel, who was involved in numerous humanitarian efforts, she threw herself into these projects, becoming a vociferous advocate for the abolition of slavery.

A mother of four, she became a member of the Unitarian Church, maintaining her belief in the presence of a personal God and His ever-ruling power and truth in controlling the affairs of mankind. This Civil War hymn was her entry to national acclaim. She continued to write poetry including the three volumes – *Passion Flower*, *Words of the Hour* and *Later Lyrics*.

Mine eyes have seen the glory
Of the coming of the Lord;
He is trampling out the vintage
Where the grapes of wrath are stored;
He hath loosed the fateful lightning
Of His terrible swift sword;
His truth is marching on.

Chorus
Glory! Glory! Hallelujah!
Glory! Glory! Hallelujah!
Glory! Glory! Hallelujah!
His truth is marching on.

I have seen Him in the watchfires
Of a hundred circling camps
They have builded Him an altar
In the evening dews and damps;
I can read His righteous sentence
By the dim and flaring lamps;
His day is marching on.

Chorus
He has sounded forth the trumpet
That shall never call retreat;
He is sifting out the hearts of men
Before His judgement seat;
Oh, be swift, my soul, to answer Him;
Be jubilant, my feet;
Our God is marching on.

Chorus
In the beauty of the lilies
Christ was born across the sea,
With a glory in His bosom
That transfigures you and me;
As He died to make men holy,



Meet our congregation

10 Qs for Eshantha de Andrado



There is a deep booming voice that regales the congregation with some amazing spiritual notes quite regularly at the conclusion of Sunday Service. The resounding applause that follows that last note which Andrew Eshantha de Andrado takes to a crescendo for maximum impact is heartfelt, an appreciation of God's talent at work at St. Andrew's. Accompanying him often is organ maestro Neranjan De Silva.

Eshantha, who now counts 52 years on earth, is an old boy of St. Peter's College. Armed with a Diploma in Domestic and Industrial Electrical Installation, he is currently the Manager Logistics and Maintenance of the Goethe Institut – the German Cultural Center.

It was Kalasuri Lylie Godridge, who most of us know fondly as Uncle Lylie who honed the young man's talent when he was 17 and ten years later, Eshantha took the baton to train school choirs. A founder member of the Peterite Chorale and Oktave and a member of the LG Singers since 1988, he is the Choir Master of the St. Mary's Choral Group as well.

Married to Nilani who works at the UNDP Sri Lanka, Eshantha has a daughter Eshani, who has just completed her B.Sc in Banking and Finance from the University of London. Besides singing which is probably what he does 24 hours of the day, he also volunteers at the Colombo Center for Special Education.

The St. Andrew posed 10 Questions to Eshantha to find out more about him.

1. What brings you joy?

To make certain that those around me can live a contented life

2. What's your most memorable moment?

The day my daughter Eshani was born on January 02nd 2001

3. What can't you do without?

Music and my family

4. What's your favourite food? Drink?

I am always on a 'See Food' diet. When I see food, I like to eat it. My favourite drink is Rum and Coke

5. What's your favourite R&R?

Go out and spend time with Family and close friends in a peaceful and tranquil atmosphere

6. What's your quirky habit?

Memorizing vehicle plate numbers and mobile numbers as much as possible

7. If you could change some trait/habit, what would it be?

Trying not to be punctual, but failing miserably

8. Most admired/Favourite musician, composer, singer and why?

My favourite musician is the late Kalasuri Lylie Godridge, composer would be G F Handel and singer is Frank Sinatra

9. Why do you worship at St Andrew's?

To me God is everywhere. I am a Roman Catholic and will remain so until I'm gone. I was baptised, received First Holy Communion and am a confirmed Roman Catholic but I will praise God in song anywhere.

10. What's your wish for Sri Lanka?

That we emerge from this absolutely maddening situation and show the world that Sri Lanka has, is and always will be the Pearl of the Indian Ocean



We'll Get Through This

Lord, our troubles
Are so great,
We don't know what to do;
The price for our
Iniquity
Is finally coming due.

The world is crumbling
All about;
No safe place can be found.
Right is wrong,
Wrong is right;
The change is quite profound.

Lord, we need
Your guiding light
To lead us out of here;
We'll focus on
Your Word, and prayer,
To take away our fear.

Temptations of
This dying world
We'll rule out and let go;
Give our burdens
All to you,
Shed all worldly woe.

That's how we'll
Get through this, Lord,
Fixed on heaven above,
Assured of your
protection, help,
And everlasting love.

By Joanna Fuchs



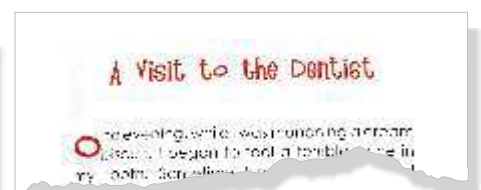
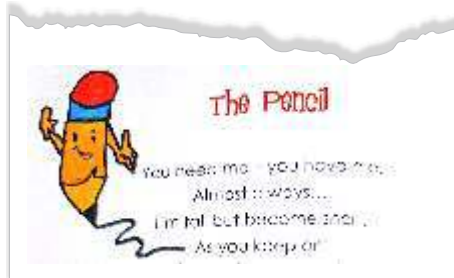
Stories from Sheneshi - one of our regular Sunday School students



During all the lockdowns I was bored because schools were closed. So I decided to spend my time working on creative things, I love to write imaginary stories. This evolved into painting pictures of what I imagined and then I wanted to share them with my friends. So I collected them to make a book and with the help of everyone, my book was eventually published.



My favourite story is the tale of the turkeys and the ducks.



I wrote the stories when I was in Grade 5 but I am now in grade 6. My favourite is still English. I like school very much and enjoy all the subjects and activities.

In addition to my hobby of writing, I collect stamps and keep cockatiels at home. So I wrote a poem about them too.



*Polly my snow-white fluff
Rio my spotted fluff
They like fun stuff
Just like you and me!!!*

I even celebrated their birthdays – Polly's was on Jan 6th and Rio's on Jan 30th. I enjoy attending St Andrew's Sunday School because of the love and care I receive from the teachers.

Sheneshi Silva

THROUGH THE LENS – SERVICES, EVENTS & MISSION PROJECTS

CONFIRMATION SERVICE

Six young people were confirmed at a moving Sunday service conducted by Rev. Roshan Mendis, who also led the young people in their spiritual journey in the lead up to their confirmation. The service, replete with lots of music, also had a praise and worship segment led by Rebecca Mendis and Prashan Bastian. It was refreshing to have a packed church and lots of celebrations after the service.

The six young people confirmed were:

Janava Michael Sproule De Saram
Jayin David Sproule De Saram
Swyree Kaavya Peiris Sangakkara
Kavith kshema Peiris Sangakkara
Arian Vir Uday Fernando Singh
Nadia John Nagpal



The Confirmants affirming their faith



L to R: Swyree Sangakkara, Jayin De Saram, Janava De Saram, Rev Roshan Mendis, Nadia Nagpal, Kavith Sangakkara, Arian Fernando Singh



Prashan Bastian & Rebecca Mendis leading Praise & Worship



THROUGH THE LENS – SERVICES, EVENTS & MISSION PROJECTS... (cont)

SUNDAY SERVICES

Despite numerous restrictions including the lack of fuel, SASK continues its Sunday worship with the help of loyal worship leaders and music makers who keep the vibrancy of the services alive. We also began livestreaming the Sunday Service on the SASK Facebook page which has resulted in people joining in for worship from around the world including the USA, Japan and the Middle East.



Pastor Abby Schaffter



Dr Dhanan Senathirajah



Rev. Melvin De Silva



Our organist, Neranjan De Silva



Eshantha De Andrado



Anila De Silva



The choir stalls remain full

THROUGH THE LENS – SERVICES, EVENTS & MISSION PROJECTS... (cont)

THANK YOU REV. ROSHAN MENDIS

A letter of appreciation was sent by Interim Moderator Rev Eric Foggitt on behalf of the International Presbytery to Rev Roshan Mendis for services rendered to St Andrew's Scots Kirk and particularly the work entailed in preparing the six young adults for Confirmation and First Communion. The letter was co-signed by our Session Clerk Graham de Kretser.



The Letter of Appreciation was presented to Rev. Roshan Mendis by Session Clerk Graham De Kretser

THROUGH THE LENS – SERVICES, EVENTS & MISSION PROJECTS... (cont)

KUMAR ON JULY 9TH

With St. Andrew's being enroute to Galle Face Green which was Ground Zero for the People's Protests which gathered momentum on July 09th, Church Officer Kumar was on hand to serve water to the protestors who passed St Andrew's. The Church gates were kept open for protestors seeking some respite from the constant tear gas fired by the Police as well.



A ST. ANDREW'S CELEBRATION

Members of our congregation Meneka Galgamuwa and Michael Fernando tied the knot at St. Andrew's on June 4th in a simple ceremony presided by Rev. Melvin De Silva.



THROUGH THE LENS – SERVICES, EVENTS & MISSION PROJECTS... (cont)

NETHERLEE COTTAGE NEWS



We welcomed Chandrika, Shreemali and Pathmini to the Cottage to start their training with their first trip to Church. It will take 6 months before they feel comfortable and develop their personalities and individuality. Their training is expected to take up to two years.

Like most people in Sri Lanka, the Cottage has struggled to purchase gas for cooking. So we have resorted to cooking in the garden with a wood fire, sometimes in the rain. We have also purchased an electric rice cooker which we can also use to cook vegetables when we cannot purchase gas but we use it sparingly to avoid increasing the electricity bills. The monthly living expenses to run the Cottage have more than doubled over the last few months due to the increase in the cost of living. This will have an impact on our available liquid cash towards the end of the year. We will have to do some fund raising to avoid cancelling some investments.



On a happier note, the ladies were blown away by the wind at Galle Face Green and bumped into some of Chandra's old school friends. They were all at the School for the Hearing Impaired 40 years ago and their paths have since taken a very different course.

THROUGH THE LENS – SERVICES, EVENTS & MISSION PROJECTS... (cont)

THE LUNCH PROJECT

Due to unfortunate events in Sri Lanka stemming from the economic downturn, spiralling cost of living and challenges to survival, The Lunch Project has been very busy. We commenced The Lunch Project in 2018 with a steady stream of donations. We have had short breaks due to COVID related restrictions and have recommenced serving lunch to the needy every Thursday.



THROUGH THE LENS – SERVICES, EVENTS & MISSION PROJECTS... (cont)

THE LUNCH PROJECT

Numbers who wish to lunch with us have grown and we often serve over 170 persons. We attempt to provide a nutritious meal and a little light relief of camaraderie and a chat. We see many of our regular 'lunchers' and some newcomers who have moved to the city looking for work. It is wonderful that we have such a large church hall and pleasant gardens, so we have plenty of space.

Thanks to one of our congregation, Priscilla Lear, The Lunch Project is steadily supported by residents of the area who volunteer to serve, bring extra eggs for added nutrition, biscuits and yoghurt. We are grateful for many hands for so willingly supporting the programme, as it becomes very busy.

As we are unable to commit to serving every day and we know that many struggle to source food, we have also commenced a dry ration collection project for distribution. We have given rations to those who live in the vicinity, who are elderly and with no source of income, some of our Helping Hands beneficiaries and also to those who lunch with us. We have thus far distributed rice, tea, flour, cooking oil, milk powder and a range of items that can be stored for use as the need arises. We will continue with this dry ration project too.

None of this would be possible without the generous support of our donors. Many of our donors are long term and have supported us since 2018. We also see overseas donors and our local donors who provide a meal in memory of a loved one. We are grateful for the donation in kind for the dry ration project and for the funds that keep flowing in to support the programmes.

The Servers of The Lunch Project



THROUGH THE LENS – SERVICES, EVENTS & MISSION PROJECTS... (cont)

HELPING HANDS



Helping Hands IS a mission project begun years back and thanks to the continuous support of our donors, it still provides assistance to some of the needy families in Colombo.

The economic situation in the world is so unpredictable and unstable to say the least, but in Sri Lanka it becomes gloomier by the day. As you have seen on the news, the queues for everything are longer than ever and once you get to the front of the line, stocks run out.

It is in times like these, that any help brings a smile on the face of the needy, and that is exactly the effect the small monthly stipend does to these beneficiaries.

The small sum, which even though it does not get them very far, is collected on the church premises on the second week of every month and is truly appreciated.

During these face to face encounters, they discuss issues they are struggling with and the team responds in the best possible way to their emergency needs, payment of medical bills and sometimes water bills, uniforms or school books, dry rations – to name a few.

Some of the families have been a part of the Helping Hands project for awhile and you may have met them previously at the Church, but some others you might be familiar only with their names as their stories have been told previously in our newsletters.

Here are a few of them.

Prasad the amputee is very grateful for the bed and mattress that the project provided him.

Lily was overjoyed to get a food hamper recently.

Carmel, unfortunately, is still as yet in Angoda Mental Health Hospital.

Mrs. Peiris has not come to collect her stipend for the past two months. We are unable to reach her as she is not at her address or answering her phone number.

We shall never despair, things will get better.

The Helping Hands team

WARD 8 – MULLERIYAWA HOSPITAL

(A part of the National Institute of Mental Health)

Dresses for the residents and ceiling fans were donated during Christmas and at Sinhala & Tamil New Year, we presented the Ward with a water boiler and weighing scale. The distribution of lunch once a month continues.

The Ward does need a new coat of paint and estimates suggest a cost of Rs 300,000. This however has been delayed as there are several other financial challenges to manage at the Church. Any support towards this, would be much appreciated.

The Ward 8 Team



BIBLE TRIVIA

Which book in the Bible mentions a “huge man with six fingers on each hand and six toes on each foot”?

“In still another battle, which took place at Gath, there was a huge man with six fingers on each hand and six toes on each foot—twenty-four in all. He also was descended from Rapha.” **2 Samuel** 21:20 (NIV)



Which animals in the Bible speak directly to a human?

“The **snake** was sneakier than any of the other wild animals that the LORD God had made. One day it came to the woman and asked, “Did God tell you not to eat fruit from any tree in the garden?”” Genesis 3:1 (CEV)

“Then the Lord opened the **donkey's** mouth, and it said to Balaam, “What have I done to you to make you beat me these three times?”” Numbers 22:28 (NIV)

Who's dead bones brought a man back to life again after the body touched them?

“Once while some Israelites were burying a man, suddenly they saw a band of raiders; so they threw the man's body into Elisha's tomb. When the body touched **Elisha's bones**, the man came to life and stood up on his feet.” 2 Kings 13:21 (NIV)



How long did Elijah pray for it not to rain?

“Elijah was a human being, even as we are. He prayed earnestly that it would not rain, and it did not rain on the land for **three and a half years**.” James 5:17 (NIV)

According to the Book of Isaiah, how many wings did each seraphim have that Isaiah saw flying above the Lord who was seated on a throne in a temple?

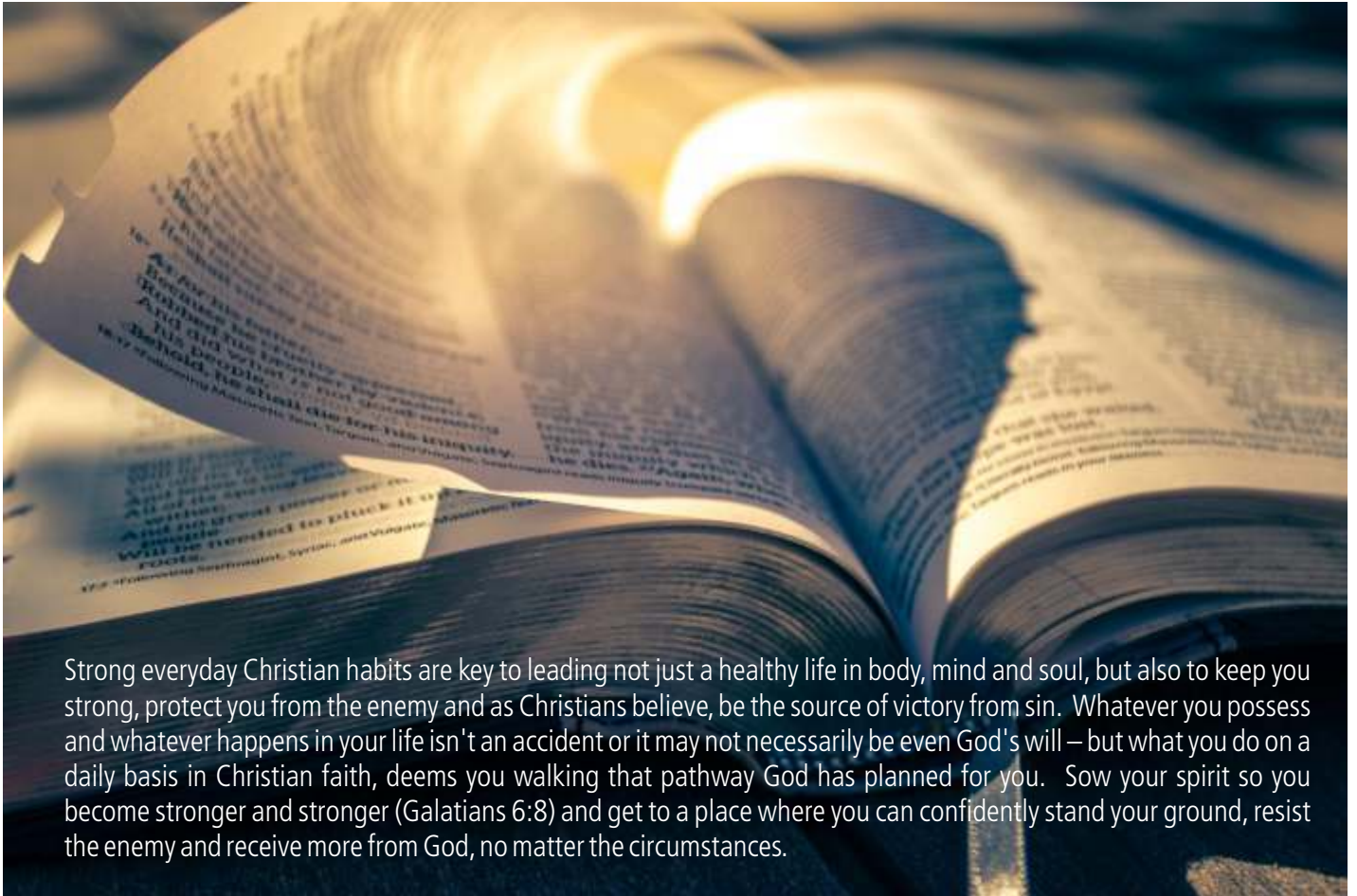
“In the year that King Uzziah died, I saw the Lord, high and exalted, seated on a throne; and the train of his robe filled the temple. Above him were seraphim, **each with six wings**: With two wings they covered their faces, with two they covered their feet, and with two they were flying.” Isaiah 6:1-2 (NIV)



Who were the offspring of the “sons of God” and the “daughters of men”?

“**The Nephilim** were on the earth in those days—and also afterward—when the sons of God went to the daughters of humans and had children by them. They were the heroes of old, men of renown.” Genesis 6:4 (NIV)

6 Habits of Strong Christians



Strong everyday Christian habits are key to leading not just a healthy life in body, mind and soul, but also to keep you strong, protect you from the enemy and as Christians believe, be the source of victory from sin. Whatever you possess and whatever happens in your life isn't an accident or it may not necessarily be even God's will – but what you do on a daily basis in Christian faith, deems you walking that pathway God has planned for you. Sow your spirit so you become stronger and stronger (Galatians 6:8) and get to a place where you can confidently stand your ground, resist the enemy and receive more from God, no matter the circumstances.

Habit No. 1: Strong Christians Feed Their Spirit

A strong Christian knows the reality and severity of the works of the devil and understands the importance of developing a strong spirit to resist him.

How do you feed your spirit? By reading God's Word. Every. Day.

Habit No. 2: Strong Christians Build Their Faith

Faith is your responsibility. It isn't God's, it isn't your pastor's, and it isn't your spouse's. The only one who can guarantee that you enjoy a strong faith is YOU. God has given you the tools you need to develop a strong faith. How do you build that kind of faith? By hearing the Word of God again and again. Feeding your faith is the seed; hearing it again and again is how you water the seed and build faith.

Habit No. 3: Strong Christians Speak the Word

Strong Christians speak the Word and only the Word over their lives and the lives of those around them. To get to a place where you speak the Word over every situation, work on mastering the first two habits. By putting God's Word in your heart on a daily basis, speaking His Word will become your knee-jerk reaction to any situation, which means you will react with an automatic, predictable response—FAITH.

Habit No. 4: Strong Christians Control Their Thought Life

The mind, spirit and body are interconnected— your thoughts affect your words, which affect your health, prosperity, joy, peace and every other area of your life. To bring every thought into captivity, begin focusing on what you're thinking about. When your thoughts wander off to things like, *you're not going to get healed; you're going to die; you'll never get promoted*, you resist them. You answer them. Never let your thoughts go unanswered. Instead, say, "I'm not taking that thought."

Habit No. 5: Strong Christians Anchor Their Heart Through Praise

Praise is a language of **faith** and a language of **receiving**. A strong Christian is fluent in praise. That's why we're called to bless the Lord at all times. Praise is an act of faith. If you believe you receive what you've asked—you'll thank God for it—even if it hasn't manifested. Praise says, "I know it's coming."

Habit No. 6: Strong Christians Get Rid of Baggage

What kind of baggage are you carrying today? Worry, anxiety, stress or fear? Maybe it's a habit of sin you haven't removed or unforgiveness that's been festering for years. Whatever it is, make the decision to get rid of it today! It's slowing you down. Take off anything that is hindering you, and run your race to victory!

Graham's Funny Bone



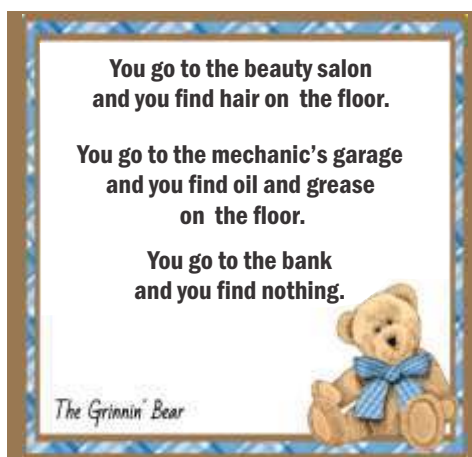
Bought a bull at the farmers market. The farmer asked if I'd like it delivered.
I said "Yes please. I hate liver."

I turned down a job where I would be paid in vegetables.
The celery was unacceptable.

The Prince needed to order a mattress.
King size-not.
Queen size-not.
His Majesty ordered an heir mattress.

**I don't understand
why banks get upset
when you can't repay
a loan...**

**you already knew I
had no money when I
came to borrow it.**



My friend went to Europe, I asked him what he liked the most, and he told me, 'Finding the English Channel'

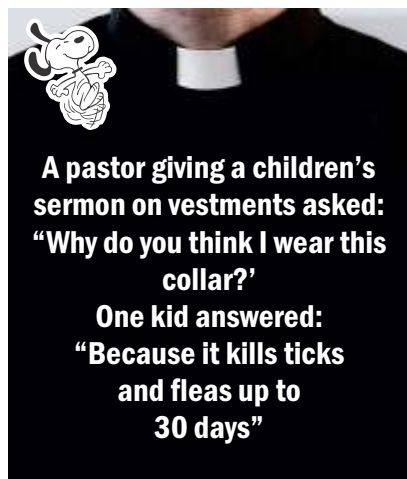
I was a bit surprised because the English Channel is not normally a top ten tourist attraction.

My friend said that when he was in his hotel room he got sick of flicking thought all the programs in French, Spanish, and German, and he was just so happy when he could find the English Channel.

From the mind of David Benjamin Gruenbaum

What's the difference between a man buying a lottery ticket and a man arguing with his wife?

The man buying a lottery ticket actually has a chance to win.



What they said of the St. Andrew - Easter 2022



I enjoyed it very much. Especially the post about the soldier and forgiveness from Jesus.

Emily Clark



Thank you for the newsletter. It's perfect I should say.

Stanley Gooneratne



Thank you very much for the latest newsletter. I enjoyed reading it very much, as I always do.

I like to hear about Netherlee Cottage and I enjoy the series of stories behind well-known hymns.

All your contributors are to be congratulated. The photographs are great too. Looking forward to the next issue.

May McFadyean



Thank you again for the latest newsletter - keeps us updated on the Church News. Sandra and I were interested to see The Gooneratne Family's Christening as they are very good friends from way back.

Captain and Mrs Logan



A very informative and user-friendly newsletter. Keep it up.

Dr Dhanan Senathirajah



Thank you for the newsletter. It was wonderful to receive and share the marvellous things taking place especially with all the difficulties in the country at present. Being able to carry on with the SASK projects despite shortages of food etc is indeed a blessing for everyone involved. The ladies at Netherlee Cottage look very happy and cared for.

I pray that the Minister is appointed and support from local and Scottish authorities continue.

The graphics in the newsletter are very good and user friendly. Please continue with this wonderful work that you are doing. Being able to reach a wide community through the newsletter especially during this pandemic is a credit indeed.

Pamela



What a pleasure to see pictures of the children, grown so much since Charlotte and I last saw them, and of course adult members as well - who haven't changed as much!

Peace,

Bill Davnie



Thank you very much and appreciated for sending me the wonderful newsletter as always.

God bless you all.

Warmest Regards,

Kumar



What they said about our livestreamed Sunday Service via Facebook

Thanks for your livestreaming ministry at Scots Kirk. It is a nice service. Roshan, happy to see you.

Lovely voice in that last song.

Christine Namasivayam – UK

Thank you for enabling us to follow the service online. May God bless you all.

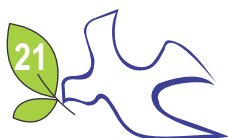
Romaine Weerasinha

It was a real joy to hear the next sermon in the series following my visit to your church on Sunday 12th June.

Roy Vigurs – Melrose, Scotland

We were married here 25 years ago.

Linna Anne SsteveNson – Japan



Dates for Your Diary

**We are international, interdenominational, open to all
All are welcome.**

Sunday morning service will continue each week at 9.30 am.

The service is also livestreamed via the St. Andrew's Scots Kirk Facebook page.

The Annual General Meeting of St. Andrew's will be held on 14th August 2022.

The Induction Service of Rev. Roshan Mendis as Locum will be held on the 25th of September 2022.

The Government restrictions concerning the number of attendees allowed for our Sunday morning services keep changing depending on the country situation, hence, unprecedented changes may occur. Therefore, please do advise our Church officer Kumar on 0722125713/0779978870 if you plan to attend service, so we can manage everyone.

Mission Work at Scots Kirk

Helping Hands

Financial support for those disadvantaged and living in the area of St Andrew's.
Contact Joubert +94 777 722736

Netherlee Cottage - Rehabilitation Centre for Mental Health issues.

Contact Gillian Mailler - email gillmailler@gmail.com

Lunch for the Needy

Each Thursday from 11.45 am to 1.30 pm following strict COVID guidelines.
Volunteer servers are needed each week.

Contact Shalini email swickramasuriya@hotmail.com

Mulleriyawa Hospital Ward 8

Remains closed to visitors and therefore visits cannot be organised.

Contact Shanthini Ahangama - email shani_ahangama@hotmail.com.

Our Church is used by;

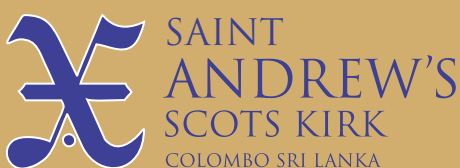
The Korean Church every Sunday

The Four Square Church, every Sunday evening and Thursday lunch time

Interim Moderator Rev Eric Foggitt - EFoggitt@churchofscotland.org.uk

Church officer – K.S Kumar – churchofficer@scotskirk.lk

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Views expressed in this newsletter are not necessarily those of the Editorial Committee.