



Lent 2014 Volume 2 Issue 3

The Voice of Kandy

The Y's Men's Club of Mahanuwara

(Successors to the Y's Men's Club of Kandy)

Affiliated to Y's Men's International, Geneva, Switzerland

MOTO: "TO ACKNOWLEDGE THE DUTY THAT ACCOMPANIES EVERY RIGHT",

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Galagedarawatha Medical Clinic

The President YM Kuma Perera, Treasurer YM Ranjith Dayaratne ,PE YM Dr. Ainsley Stanislaus, YM Dr. Walter Tissera. Prof. Herbert Aponso and his medical team visited the village of Galagedarawatha on the 12th January. The medical clinic was held at the Galagedarawatha Temple with chief Buddhist Monk in attendance. He welcomed the YMC of Mahanuwara and commended them on conducting such medical clinics. He further stressed that there was an even more needier school further inland that require medical attention and he requested that we have our next clinic in that school to which we agreed. 85 patients received medical treatment at a total cost of Rs. 14,600.00 to the club.

"Those who place every thing in Gods hands will eventually see Gods hand in everything"

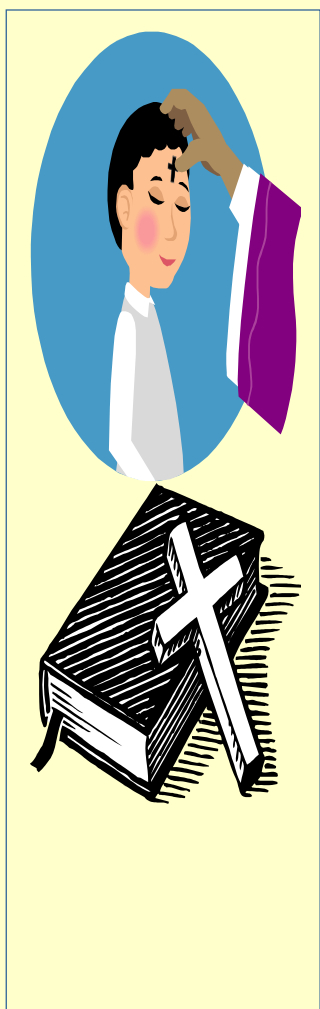
YM Prof. Aponso's Birthday



The oldest and by far the wisest Y's Man of our club celebrated his birthday on the 25th of March, but the members had a special function on the 30th to celebrate the occasion. After Prof. Herbert had cut the cake he sang two hymns for us and we all got to join in on the chorus of "Jesus Loves me" and indeed He does.

Lent

“Orthodox churches begin on Monday (called Clean Monday) and Ash Wednesday is not observed.”



Lent is the Christian season of preparation before Easter. In Western Christianity, Ash Wednesday marks the first day, or the start of the season of Lent, which begins 40 days prior to Easter (Sundays are not included in the count). Lent is a time when many Christians prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline. The purpose is to set aside time for reflection on Jesus Christ - his suffering and his sacrifice, his life, death, burial and resurrection.

Not all Christian churches observe Lent. Lent is mostly observed by the Lutheran, Methodist, Presbyterian and Anglican denominations, and also by Roman Catholics. Eastern Orthodox churches observe Lent or Great Lent, during the 6 weeks or 40 days preceding Palm Sunday with fasting continuing during the Holy Week of Orthodox Easter. Lent for Eastern Orthodox churches begins on Monday (called Clean Monday) and Ash Wednesday is not observed. The Bible does not mention the custom of Lent, however, the practice of repentance and mourning in ashes.

The Truth about The Bible

"Why do you believe that the Bible is the inspired word of God?"

First, the Bible is not just one single book. This is a more common misconception than many people realize, especially with people who do not come from a Judeo-Christian background. Rather than being a single book, the Bible is actually a collection of 66 books, which is called the canon of scriptures. These 66 books contain a variety of genres: history, poetry, prophecy, wisdom, literature, letters, and apocalyptic, just to name a few.

Second, these 66 books were written by 40 different authors. These authors came from a variety of backgrounds: shepherds, fishermen, doctors, kings, prophets, and others. And most of these authors never knew one another personally.

Third, these 66 books were written over a period of 1,500 years. Yet again, this is another reminder that many of these authors never knew or collaborated with one another in writing these books.

Fourth, the 66 books of the Bible were written in 3 different languages. In the Bible we have books that were written in the ancient languages of Hebrew, Greek, and Aramaic; a reflection of the historical and cultural circumstances in which each of these books were written.

And finally, these 66 books were written on 3 different continents: Africa , Asia, and Europe .

The entire Bible, from Genesis to Revelation, bears the mark of Divine inspiration.

Dr. Steven C. Riser

Did You Know?

- 1. Your shoes are the first thing people subconsciously notice about you. Wear nice shoes.**
- 2. If you sit for more than 11 hours a day, there's a 50% chance you'll die within the next 3 years**
- 3. There are at least 6 people in the world who look exactly like you. There's a 9% chance that you'll meet one of them in your lifetime.**
- 4. Sleeping without a pillow reduces back pain and keeps your spine stronger.**
- 5. A person's height is determined by their father, and their weight is determined by their mother.**
- 6. If a part of your body "falls asleep", you can almost always "wake it up" by shaking your head.**
- 7. There are three things the human brain cannot resist noticing - Food, attractive people and danger**
- 8. Right-handed people tend to chew food on their right side**
- 9. Putting dry tea bags in gym bags or smelly shoes will absorb the unpleasant odour.**
- 10. According to Albert Einstein, if honey bees were to disappear from earth, humans would be dead within 4 years.**
- 11. There are so many kinds of apples, that if you ate a new one everyday, it would take over 20 years to try them all.**
- 12. You can survive without eating for weeks, but you will only live 11 days without sleeping.**
- 13. People who laugh a lot are healthier than those who don't.**
- 14. Laziness and inactivity kills just as many people as smoking.**
- 15. A human brain has a capacity to store 5 times as much information as Wikipedia**
- 16. Our brain uses same amount power as 10-watt light bulb!!**
- 17. Our body gives enough heat in 30 mins to boil 1.5 litres of water!!**
- 18. The Ovum egg is the largest cell and the sperm is the smallest cell !!**
- 19. Stomach acid (conc. HCl) is strong enough to dissolve razor blades!!**
- 20. SMILE. It is the ultimate antidepressant.**

There are so many kinds of apples, that if you ate a new one everyday, it would take over 20 years to try them all.



"Laziness and inactivity kills just as many people as smoking."

Recipe Corner

Easy Shepherd's Pie

INGREDIENTS

- 1 1/2 lbs ground round beef
- 1 onion chopped
- 1-2 cups vegetables - chopped carrots, corn, peas
- 1 1/2 - 2 lbs potatoes (3 big ones)
- 8 tablespoons butter (1 stick)
- 1/2 cup beef broth
- 1 teaspoon Worcestershire sauce
- Salt, pepper, other seasonings of choice

METHOD

- 1** Peel and quarter potatoes, boil in salted water until tender (about 20 minutes).
- 2** While the potatoes are cooking, melt 4 Tablespoons butter (1/2 a stick) in large frying pan.
- 3** Sauté onions in butter until tender over medium heat (10 mins). If you are adding vegetables, add them according to cooking time. Put any carrots in with the onions. Add corn or peas either at the end of the cooking of the onions, or after the meat has

initially cooked.

4 Add ground beef and sauté until no longer pink. Add salt and pepper. Add Worcestershire sauce. Add half a cup of beef broth and cook, uncovered, over low heat for 10 minutes, adding more beef broth as necessary to keep moist.

5 Mash potatoes in bowl with remainder of butter, season to taste.

6 Place beef and onions in baking dish. Distribute mashed potatoes on top. Rough up with a fork so that there are peaks that will brown nicely. You can use the fork to make some designs in the potatoes as well.

7 Cook in 400 degree oven until bubbling and brown (about 30 minutes). Broil for last few minutes if necessary to brown.

Happy Easter

Just some Lenten temptation

