

Supporting the Sangha in this Difficult Time

In Sri Lanka, everyone is facing many shortages, including milk, rice, flour, paper, petrol, and cooking gas, as well as many kinds of medicine. Inflation is rampant, and the value of the rupee is falling further everyday. When people cannot afford sufficient food for their families, it is difficult for them to offer food to the Sangha, who are completely dependent on donations. This situation is very serious for the small temples in remote villages.



Buddhist Relief Mission would like to offer essential food and medicine to these monks, nuns, and novices who are in dire straits.



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<buddhist@brelief.org>

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An Update on BRM Relief during Sri Lanka's Crisis

The response to our appeal has been gratifying. Some donors have suggested that, in this time of crisis, we include families and charitable institutions of all ethnic groups, and we heartily agree! With the reimposition of the State of Emergency, a breakdown of infrastructure, food and fuel shortages, and galloping inflation, the situation has become even more dire. During the first week of the project, we were able to make deliveries of food and medicine to 4 monasteries, 3 nunneries, a school for disabled children, and about 50 food-insecure families. As soon as travel is again possible, we will deliver to another nunnery, 52 families in a village north of Kandy, 20 families in another village, and 10 orphanages. By networking and cooperating with like-hearted friends, faith groups, and local organizations, we are, every day, identifying other needy institutions and families. Unfortunately, in just this one week, the cost of one parcel has gone up more than 10% and is likely to increase even more in the coming days. The crisis is certain to continue and worsen, but we are committed to continue this relief work as long as we can. Sadhu! Sadhu!! Sadhu!!! to all of our donors.

rice
dhal
soya protein
sugar
chillie powder
curry powder
chillie pieces
potatoes
onions
garlic
salt
tea
dried sprats
chick peas
cooking oil
ginger
biscuits
laundry soap
hand soap



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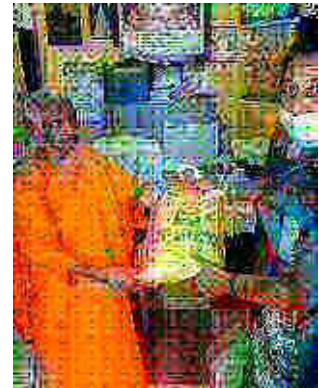


Continuing and Expanding Relief during the Crisis in Sri Lanka



Since launching our appeal last month, Buddhist Relief Mission has been able to distribute packets of dry rations to hundreds of families, as well as temples, orphanages, schools, and other institutions in and around Kandy, but the situation grows more dire every day. We are happy to report that our project is expanding to include three new recipient groups.

rice	onions	soya protein	ginger biscuits
dhal	garlic	dried sprats	laundry soap
salt	potatoes	curry powder	hand soap
tea	chick peas	chillie pieces	
sugar	cooking oil	chillie powder	



Veddas

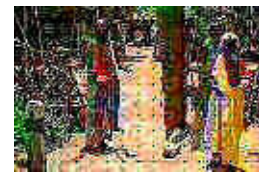
The Veddas are the indigenous people of Sri Lanka. They are an impoverished and often neglected community. Through the Kandy Cancer Society we were able to contact the leader of the village near Mahiyangana. Food will be delivered to 100 families there on June 16. Here is an excerpt from the letter we received:

Dear Buddhist Relief Mission,

We Sri Lankans have no words to thank you for your generosity in assisting the less fortunate people of this beautiful Island. May good health and cheer be with you. My sincere greetings to all those near and far who assist in this operation.

The Vedda chief suggests we come with the rations on Thursday, his 75th birthday. We are arranging to take a parcel of dry rations and 5 coconuts fo 100 families. I have invited a few Doctors to travel on this day to examine some patients who need urgent medical treatment.

We must not stop at this. Let us collectively assist whenever and wherever we can and to practice the idea of "Caring and Sharing."
With metta, Mohan



Veddas: The First People Of Sri Lanka
by Thiva Arunagirinathan

<<https://roar.media/english/life/culture-identities/veddas-the-first-people-of-sri-lanka>>

Tea Estate Workers

With the tea industry suffering a setback during the crisis, the Tamil workers on the estates are in dire straits. Our first distribution to 30 families in this group will be on Sunday, June 12.



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A Joyous Distribution of Food to Needy Families



As the economic crisis in Sri Lanka worsens every day, Buddhist Relief Mission continues to distribute dry rations and vegetables to needy families. Due to the current shortage of petrol, it has become increasingly difficult to reach villages outside Kandy.

On August 31, Ashoka was able to deliver parcels to ten families in a village in Matale, north of Kandy. In his search for a vehicle and driver, Ashoka had approached a neighbor, who, at first, hesitated because he was afraid that he might not have enough petrol to go that far. As soon as he learned the reason for the trip, however, he immediately agreed to go without any charge, so that he could participate in the donation.

Some of the recipients are handicapped and have serious medical problems, so the food was life-saving. All of them were extremely grateful for the aid offered by so many people around the world.

Through donations from supporters, Buddhist Relief Mission will carry on this wonderful work.



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Another Joyous Distribution of Food, September 2022

On September 4, Lily and her family carried parcels of dry rations for fifty needy families in Puttelawa. All of the families in that area are connected to a tea estate, but operations are currently suspended, and there is no work.

The village is in a remote area about twenty kilometers from Kandy. The road can be treacherous, but, fortunately, on that day only, there was no rain.

The priest at the temple has planted many fruit trees to provide fresh food for the villagers. Lily was happy to offer him a coconut palm sapling from our garden.

As soon conditions permit, we will distribute rations to an additional thirty families.

This is only one example of the urgent need for assistance to many needy families throughout Sri Lanka. With the support from our donors, this program will continue as long as possible.



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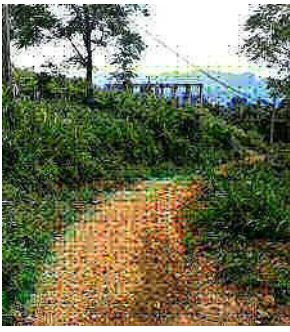
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Another Distribution on the Tea Estate

In mid-September, Lily and her family carried many food parcels to distribute to the remaining families on the tea estate in Puttelawa. This was arranged by the priest of the Hindu Temple in the village. With this donation, we began packing the dry rations in reusable bags, rather than thin plastic bags. These were purchased from a supermarket, but the manager of the local store was so impressed with the idea of protecting the environment in this way that he has adopted the practice himself with sturdy, generic, non-branded bags.

In the midst of the ever-worsening crisis in Sri Lanka, these distributions of much needed food to destitute families are made possible by the many generous donations from our supporters. We share merit with all of them.

May all beings be happy!

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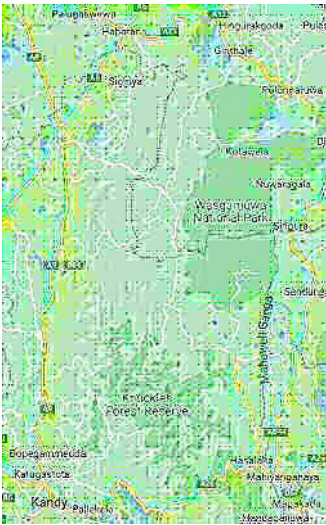


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BRM Continues Relief Work During the Crisis in Sri Lanka

Polonnaruwa



On August 31, Mohan Samarakoon, the Director of the Kandy Cancer Home (where we offer High Tea on the 15th of every month), went with a team of doctors, nurses, and staff to Polonnaruwa to distribute food, medicine, and other supplies and to offer out-patient treatment. Although we did not accompany them on this overnight trip, we contributed funds from our generous donors to help make their trip a success. In Central Province, we operate mainly through a network of friends and local groups, but, in cooperation with the Cancer Society, an official non-profit organization, we are able to extend our relief projects island-wide.



This special wheelchair was ordered from Colombo and donated to this boy.

The economic crisis in Sri Lanka continues unabated. Shortages of food, medicine, and fuel have caused many businesses to close, and many people have lost their jobs. Since the beginning of the year about 3000 doctors have left the country. Relief funds are still greatly needed.

Ambepussa



On September 9, Lily went with Tissa, the driver who has worked with us for more than ten years, his son, and his daughter to a private orphanage, established many years ago by a senior monk in Ambepussa, between Kandy and Colombo. They carried 100 kgs of rice, in addition to lots of dry rations and a box of school supplies. There are fifteen boys staying there at present in this small institution which is completely dependent on donations. We had visited the orphanage several years ago, and this was our second donation of food this year. We also sent a ring-toss toy which we had brought from Japan. The boys had a delightful time learning how to play with it, and we hope they continue enjoying this safe and non-violent game.

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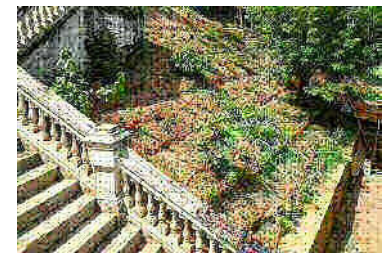
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A Donation to a Special School in Kandy



On September 15, as part of the celebration of the birthdays of Ken, Visakha, Lily, Mike, and Shehan, Mike and Ashoka delivered 100 kgs of rice and lots of dry rations as well as several fruit trees and pots of vegetable seedlings to the K/Senkadagala School of the Deaf & Blind. It is only in the last few months, since the beginning of the crisis, that the faculty of the school set up the agricultural project, not only to provide vegetables, but also to offer gardening training for the students. Buddhist Relief Mission was very pleased to contribute to this.

The economic crisis in Sri Lanka continues unabated. Due to shortages of many commodities, including food, medicine, and fuel, relief funds are still greatly needed.



These four photos are from our visit to the school in 2009 with the Sai Baba Association.

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Distribution of Food Relief in Jaffna



At the end of September, Lily chose to celebrate her birthday with a special distribution of food packets to families on the Jaffna Peninsula in the extreme north of Sri Lanka. She, her family, and several members of the Ayappa Society in Kandy took a three-day trip from Kandy to Jaffna, 270 kilometers away. In Kandy, they loaded their truck with hundreds of kilos of rice and other staples which are very expensive in the north. Other necessities were purchased from local merchants.

Many people in this region are still suffering from the devastation wrought during the thirty-year civil war. As she accepted the food, one woman wept, saying she had lost her husband, had nowhere to turn, and had hardly eaten for the past two days. Lily and her party were given warm hospitality from local Ayappa Society members. All the recipients expressed their great gratitude and sent many blessings to BRM donors.

Food inflation in Sri Lanka in August hit 93.7 percent. The situation throughout the country, with growing hunger, hardship, and unemployment is severe. Conditions are particularly dire in the north, but this is rarely reported. One noteworthy exception is a recent article in Al Jazeera with touching photos.

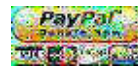
<<https://www.aljazeera.com/gallery/2022/9/19/photos-war-ravaged-sri-lankan-tamils-suffer-amid-economic-crisis>>



Nevertheless, many in the government have reacted strongly to the UN report that some citizens are reduced to one meal a day. These officials insist that there is no malnutrition in Sri Lanka, and one has even declared that one meal a day is actually a healthy way to live.

BRM will continue distributing food as long as we receive donations from our supporters.

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Lunch Packets for Cancer Patients



At the end of September, the Kandy Cancer Society began distributing lunch packets to OPD patients who come to Kandy Hospital from out of town for cancer treatment. It is very difficult for these patients to arrange the time and to find a suitable place to have lunch during the hours they have to wait at the hospital for their treatment.

The Society distributes about fifty packets a day, and each packet costs about 360 rupees (US \$1.00). Thus, the daily expenditure is about 18,000 rupees (\$50). We invite you to join in this program. All donations, large and small, will be greatly appreciated and will offer much needed relief to the unfortunate cancer patients.

Thank you for your generosity.



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You may also make a general donation for food and medicine relief to families during the crisis in Sri Lanka.

"Sri Lanka Relief"

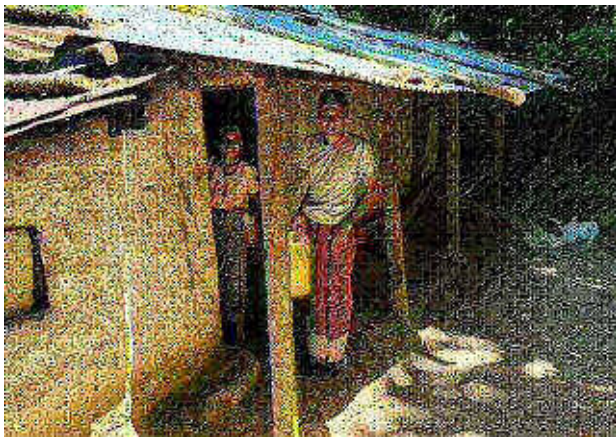
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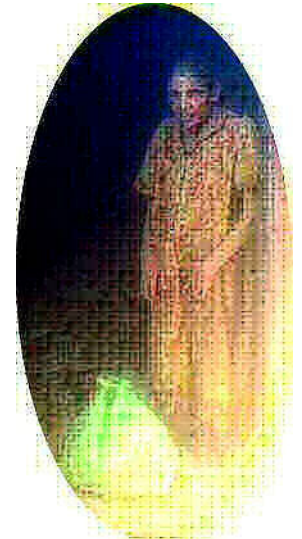
Some of our most recent deliveries



The need continues as
the situation becomes
even more severe.



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Distribution of Food to the Vedda Community in Sri Lanka

On June 16, 2022, on behalf of BRM, Mohan Samarakoon led a delegation from the Kandy Cancer Society to visit the Vedda community in Mahiyangana and donated one hundred packets of dry rations, 100 packets of tea, 300 coconuts. They also donated milk powder to many children. The team included five doctors who provided health exams and treatment. The occasion was the seventy-fifth birthday of the leader of the community. This was part of the ongoing distribution of food to the needy during the current crisis in the country.



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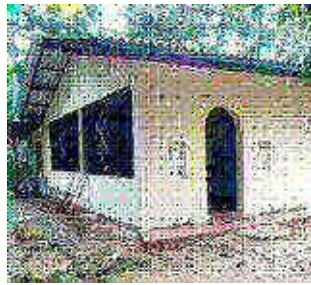
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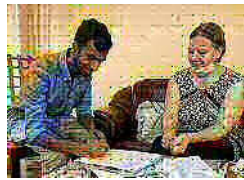


“The Buddha said: ‘If beings knew, as I know, the results of sharing gifts, they would not enjoy their use without sharing them with others, nor would the taint of stinginess obsess the heart and stay there. Even if it were their last morsel of food, they would not enjoy it, without sharing it, if there were anyone to receive it.’” —Itivuttaka 26



“Generosity is giving more than you can, and pride is taking less than you need.”
— Khalil Gibran, *Sand and Foam*

“Among the rich you will never find a really generous man even by accident. They may give their money away, but they will never give themselves away; they are egotistic, secretive, dry as old bones. To be smart enough to get all that money you must be dull enough to want it.”
— G.K. Chesterton, *A Miscellany of Men*



“When will our consciences grow so tender that we will act to prevent human misery rather than avenge it?” — Eleanor Roosevelt



“The first person who benefits from an act of charity is the benefactor himself, by seeing the changes in himself and in his manners, by finding peace, by watching a smile form on the lips of another person.”
— Aaidh Ibn Abdullah Al-Qarhi



“For it is in giving that we receive.” — St. Francis of Assisi

“Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness.”
— Dalai Lama





“There is a wonderful mythical law of nature that the three things we crave most in life—happiness, freedom, and peace of mind—are always attained by giving them to someone else.”
 –Peyton C. March



“Compassionate generosity is the foundation of true spiritual life because it is the practice of letting go. An act of generosity opens our body, heart and spirit and brings us closer to freedom. Each act of generosity is a recognition of our interdependence, an expression of our Buddha nature.” –Jack Kornfield in *A Path with Heart*



“A man is not a believer who fills his stomach while his neighbor is hungry.”
 –Prophet Muhammad



Buddhist Relief Mission

Community Kitchen

Assembly of God - Kandy

In the current economic crisis in Sri Lanka, about 20% of the population are suffering from malnutrition. Inflation is skyrocketing, and there is a shortage of food available in markets and supermarkets. Further complicating the situation are the lack of cooking gas and the recently increased cost of electricity.

In response to this crisis, charitable organizations are setting up community kitchens throughout the country. In Kandy, the Assembly of God Church has established a community kitchen on Peradeniya Road, serving hot and nutritious meals to about 175 people, both children and adults, five days a week. The Church depends on donations for the ingredients.



One who respectfully offers food, provides the recipient with four things—life, beauty, happiness, and strength. Having given these four things, the donor also partakes of them, whether celestial or human. One who gives life, beauty, happiness, and strength will obtain long life and fame wherever he is reborn.
—Anguttara Nikaya, 4, 58



https://www.paypal.com/donate/?hosted_button_id=6KFYVDYF5BL4J
(Donations to Buddhist Relief Mission are tax deductible in the United States.)

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Buddhist Relief Mission



BRM Relief during Sri Lanka's Continuing Crisis May 20, 2022

“Hunger is the Greatest Disease.” –The Buddha

Inflation, and shortages of food, medicine, and fuel for cooking and transportation are worsening every day. Because of the misguided ban on chemical fertilizer, farmers are reporting crop failures of almost everything, including rice, vegetables, coconuts, and bananas. With many generous donations received, Buddhist Relief Mission is networking with many temples, NGOs, and like-hearted individuals to distribute food and medicine to destitute families, monasteries, nunneries, schools and orphanages. In our next distribution, we will include children in prison with incarcerated mothers and families in which the breadwinner is in prison. Here are some of the comments from the grateful recipients and the untiring volunteers:



“I had completely run out of dry rations. I was wondering what I could cook for the children tomorrow.” –Matron of Narvodaya Boys Home for children with Down Syndrome

“Thank you for ordering so many parcels. I have not had much business, and I could not pay my staff.” –a shopkeeper in Kandy



“We were able to deliver 800 kgs of food before we ran out of petrol.” –Sylvia and Indrajith

“I delivered food to 4 poor families. One woman, a single parent with 2 kids, was almost in tears and transferred merit to donors from the bottom of her heart.” –Ven. Mettajiva



Medicine for the Kandy Cancer Home



Blue Rose Special School, Kandy



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Buddhist Relief Mission



Distributing Dry Rations to the Needy in Sri Lanka

With the increasing inflation, the need for supplementary food assistance grows ever greater. With the help of our network of friends and volunteers, Buddhist Relief Mission continues to distribute dry rations—including rice, potatoes, beans, flour, sugar, and cooking oil—to families and institutions.

As we offer the parcels, we share merit with our generous donors, with departed friends and relatives, and with all those who are celebrating birthdays and other special occasions.

There is no end in sight, and we will continue this project as long as donations permit.

Generosity brings happiness at every stage of its expression. We experience joy in forming the intention to be generous. We experience joy in the actual act of giving something. And we experience joy in remembering the fact that we have given.



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Buddhist Relief Mission

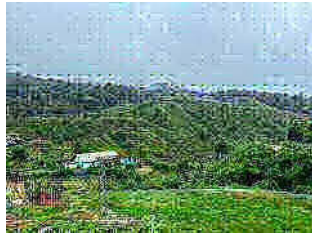
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Food Distribution in Nuwara Eliya, November 4, 2022



On November 4, the rain held off long enough for Lily, her family, and our friend Rajiv to accompany a group from the Ayappa Society to distribute food to workers on a tea estate in Nuwara Eliya. They carried parcels for one hundred families. Each family received a five-kilo bag of rice, a litre of cooking oil, and dry rations packed in a reusable cloth shopping bag. Thus, plastic pollution was kept at a minimum.

Unexpectedly, more than two hundred families were waiting for the distribution. As soon as possible, Buddhist Relief Mission will send parcels to the remaining families, and to other needy communities, as well.



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Completing Distribution on the Tea Estate

On November 12, just two days before her cataract surgery, Lily and her family accompanied a delegation from the Ayappa Society in Kandy to deliver rice and dry rations from Buddhist Relief Mission to the remaining 150 families on the tea estate in Nuwara Eliya. The event was organized by the priests of the Hindu temple on the estate. As you can see from the smiling faces, everyone rejoiced in sharing merit with the donors from around the world.

Sadhu! Sadhu!! Sadhu!!! to all who made this joyous occasion possible! As we receive more donations, the distribution will continue.

According to a recent UNICEF report on Sri Lanka:

5.7 million people, including 2.3 million children, are in dire need of food support

15.7 percent of children under 5 are suffering from malnutrition.

children could face severe stunting and death because their families are starving

malnutrition in Sri Lanka is the second worst in South Asia and the tenth worst in the world

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A New Donation of Food to Blue Rose Special School and Training Centre



Several months ago, Buddhist Relief Mission donated a parcel of dry rations to the family of each student of Blue Rose School in Kandy. Recently, we contacted the Principal, and she informed us that the school had begun serving lunches to the students. After receiving the list, we were able to provide two three-wheelers full of provisions. Here is an excerpt from the letter of appreciation we received:

Due to the Covid pandemic and the economic situation in Sri Lanka, in which parents began to find it difficult to provide lunch packets for students to bring to school, attendance dropped from 60 students per day to an average of only 20. One of our donors suggested providing a mid-day meal. Initially, this was a very big challenge as the food prices were skyrocketing and labour fees were high. We wondered whether the cooking could be handled by the Vocational Training Unit (VTU), and this has been successful. Since August, the VTU (2 staff members and 15 students) have been preparing simple but nutritious and healthy meals 3 days a week—Monday, Tuesday and Thursday. (Due to the high cost of transport we keep the school closed on Wednesdays.)

As a result of this mid-day meal program, we have seen very interesting changes in the school. Student attendance improved to an average of 40 students a day. Some parents got together and offered not only to provide food for Friday, but also to cook. The VTU students have received a little pocket money for their input into the program. Adult students feel valued and enjoy being part of everyone's meal preparation. Autistic students, who depended on specially prepared meals from home, enjoy the meals provided by the school. The VTU Students have increased their skills in preparing snacks and are encouraged to prepare their own snacks. Finally, many well-wishers have decided to celebrate their birthdays or special days by contributing to the midday meal.

When the program began the cost per day for a simple meal for all the students was Rs. 5000, but it has increased to Rs.12,500.



The hunger crisis in Sri Lanka is worsening every day. Buddhist Relief Mission is working through a growing network of volunteers to provide much-needed food and medicine to as many communities and institutions as our funds allow. Donations, large and small, are greatly appreciated. 100% of every donation goes to charity. There is no overhead. BRM is a 501(c)3 organization, and all USA donations are IRS tax-deductible.



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Buddhist Relief Mission

A Marvelous Community Youth Initiative



Several years ago, a university student, Manjula, contacted Buddhist Relief Mission for assistance. The temple in his village, near Kurunegala, was badly in need of repairs. We visited the community and met the school principal, other local officials, and the monks of the temple. We were told that villagers would do all the work. Happily, we could provide the funds, and the job was successfully completed.

We kept in touch, off and on, and Manjula finished his studies. The community was affected by Covid, of course, and local plantations were severely impacted by the government's fertilizer ban and the economic collapse.

Last month, Manjula again took the initiative and asked whether BRM could provide food parcels for one hundred distressed families. Given fuel shortages and the high cost of transportation, we asked him to find out what was possible locally. He readily agreed, and we were able to transfer the funds. This is his report:




To ensure that the one hundred neediest families received the dry ration parcels you gave us the money for, I personally checked the list of recommended families which I had gotten from village community heads or Grama Sevaka. Then, to reduce the cost, we went to local wholesale shops who gave us low prices for buying rice and beans in bulk. Likewise, we went to a local coconut mill with recycled bottles to buy coconut oil. The cloth bags were purchased from a small sewing business. In this way, we were able to reduce the cost for each dry ration pack without losing any quality. Also, this helped to support our local businesses which are facing great difficulties in these hard times. We had free transportation support, thanks to friends and community members, who volunteered their own vehicles.



All the parcels were distributed in a remarkable ceremony in the community center. Manjula and his friends made sure we were able to attend the ceremony via ZOOM. It was extremely well-organized, and the distribution was beautifully managed. Congratulations and much thanks to Manjula and his friends!



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Kenneth Kawasaki

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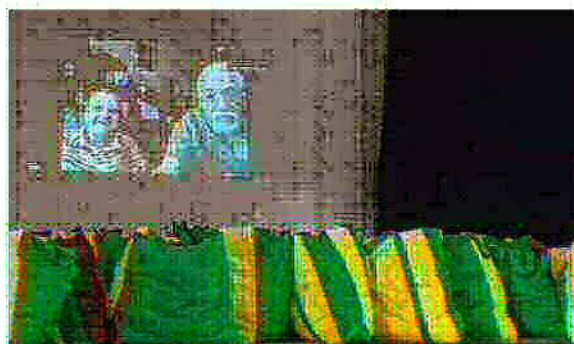
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contact <ewenarnold@gmail.com> for bank information

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Buddhist Relief Mission

Holiday Cheer for Orphans in Kandy



On December 23, Buddhist Relief Mission delivered cake, fruit, yoghurt, vegetables, dry rations, baby formula, diapers, cough syrup, coloring books, crayons, and many stuffed animals to Tikiri Sevana, an orphanage in the hills of Kandy, for the twenty children there.



Please help support our distribution of food and medicine to families and institutions suffering from severe shortages during this economic crisis in Sri Lanka.



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Buddhist Relief Mission
www.brelief.org -- buddhist@brelief.org

Cooperation and Sharing Merit in Distribution of Food in Kandy



Tourist Police

Buddhist Relief Mission was happy to cooperate with Kandy Tourist Police in distributing parcels to twenty-six needy families in Kandy. We received this letter from the representative.



<https://www.paypal.com/donate/?hosted_button_id=E4PWEKXHBG55G>

Dear Buddhist Relief Mission,
The people of the Kandy Charity Project extend their heartfelt wishes. All the families are very grateful for your donation. May you and all your donors prosper and be happy and healthy.

Sincerely,
G. T. Indrajith

An acute economic crisis since early 2022 has caused severe food insecurity in Sri Lanka, and the situation is predicted to deteriorate between October 2022 and February 2023. An estimated 6.2 million people (28 per cent of the population) are moderately acute food insecure, while 66,000 people are severely acute food insecure. Two in five households (41.8 per cent) spend more than 75 per cent of their expenditures on purchasing food, leaving little to spend on health and education. Many families have exhausted their savings and are struggling due to crippling inflation. -From a UNICEF report in December 2022

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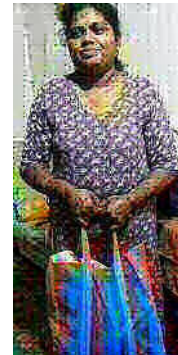
Medical Equipment

In addition to distributing food and providing medicine, Buddhist Relief Mission has purchased a bedside commode, a wheelchair, and a walker, which we lend out for as long as they are needed. We hope to expand this program, as well.



Lighthouse Church

Several times, the Pastor of Lighthouse Church in Anniwatte has identified needy families and helped us distribute numerous parcels of dry rations. We are grateful for the cooperation of local organizations. We sincerely believe that, in carrying out this project, we can all be STRONGER TOGETHER!



Buddhist Relief Mission
www.brelief.org -- buddhist@brelief.org

Food Parcels for One Hundred Fifty Families in Monaragala



In celebration of the New Year and in memory of the President of the Ayappa Society of Kandy, who passed away in December, Buddhist Relief Mission donated parcels of dry rations to 150 families in a poor village in Monaragala, Uva, Sri Lanka. The parcels were distributed by members of the Ayappa Society on January 5.

Buddhist Relief Mission has worked closely with the Ayappa Society and other organizations in identifying needy families and distributing food parcels and medicine. The need is great throughout the country.

Donations are deeply appreciated.



About one in four households have adopted crisis or emergency livelihood coping strategies, such as selling productive assets, reducing essential healthcare expenses, and withdrawing children from school.

More and more Sri Lankans are eating less—and eating less nutritious food—as the island nation shrinks further into poverty. Experts say the unending economic crisis has sharply upped the poverty graph in a country once compared with Singapore.

One of the regions most severely affected is Monaragala in Uva Province.
—www.thefederal.com



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Distribution of Dry Rations in Memory of Ven. Vimala



On February 3, 2023, Buddhist Relief Mission offered parcels of dry rations to 79 families in memory of Ven. Vimala, who died January 3 at the age of 79. 49 parcels were given out at the Kandy Tourist Police Station. Parcels were delivered to the homes of 30 families in a village in Halloluwa, across the river from Kandy. Here is the link to a short video showing the difficult trek to some of the houses.

<https://www.brelief.org/support/Halloluwa.mp4>

In Memory of Ven. Vimala, dry rations were also given to Ven. Nanda Theri, the Mother Teresa Center for the Handicapped, and an elders' home in Kandy.

The economic crisis is worsening every day, and more and more families face dire food insecurity. As long as donations are received, Buddhist Relief Mission will continue to distribute food parcels to the needy.



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Providing Lunch for OPD Cancer Patients in Kandy

Kandy National Hospital treats many cancer patients every day. Patients from out of town often leave home without breakfast. Furthermore, many cannot afford the time or money to buy lunch while being treated. During chemotherapy treatment, it is important for patients to maintain a healthy diet. Treatment on an empty stomach may actually increase nausea and other side effects. The Kandy Cancer Society is distributing nutritious lunch packets to these OPD patients. This is particularly critical during the current economic crisis in Sri Lanka with skyrocketing inflation. This program requires only 15,000 rupees (US\$42) per day, but even this amount is beyond the Society's budget.



Buddhist Relief Mission is supporting this program and invites you to join, perhaps in honor of a loved one or a special occasion. All donations, large and small, will be greatly appreciated and will be of great benefit to vulnerable cancer patients.

Thank you for your generosity.



<https://www.paypal.com/donate/?hosted_button_id=XHT8N2PL4Z74N>



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You may also make a general donation for food and medicine relief to families during the crisis in Sri Lanka.

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Bank information is the same as above, but, in the message, please indicate "Sri Lankan Relief."



Buddhist Relief Mission

www.brelief.org



Delivering Food to 200 Families on a Tea Estate in Kotagala



The Tamil tea plantation workers are among the most deprived sections in the country in terms of economic, social and political rights. The on-going economic crisis in Sri Lanka, though it has affected people of all races and places, has hit these people the most, not least because for many years these people have been increasingly marginalised in the country with a steady decline in rights. Ironically, it is these hill country people who are the backbone of Sri Lanka's economy — more than 50% of the foreign exchange earned by the country is from tea and rubber production and exports.



Even before the economic crisis there was 35% malnutrition among the hill country people. Following the crisis, UNICEF has reported that Sri Lanka has the highest malnutrition among children in the whole of southeast Asia. No doubt the malnutrition has increased further in the hill country, too.

(Adapted from innathi.com/2022/08/10/plantation-famils-of-sri-lanka-face-a-mountain-of-tribles/60428/)



On March 18, Buddhist Relief Mission, in cooperation with the Ayappa Society of Kandy, was able to send a truck to a plantation in Kotagala, near Hatton, and deliver parcels of dry rations to 200 families, our largest donation to date. It was an extremely well-organized and joyous event.



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Click this photo to watch a dance performed in celebration of the donation.



Buddhist Relief Mission



One Hundred Families in Hatton



In February 2023, in cooperation with the Kandy Ayappa Society, Buddhist Relief Mission delivered food to 100 families on a tea estate in Hatton. These workers have been hit particularly hard by the economic crisis in Sri Lanka. Sadly, much more relief is needed throughout the country. In March, food will be delivered to 200 more families in another village nearby. Sadhu! Sadhu!! Sadhu!!! to all of our donors who make this work possible!



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Buddhist Relief Mission

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A Farm Project for Young Men at a Rehab Center



Buddhist Relief Mission is planning to support the reestablishment of an agricultural training program at a youth drug rehabilitation center near Kandy. This program was discontinued due to the pandemic. The center would like to restart the program, but, with the economic crisis, funding is necessary to purchase new tools and supplies. Under the supervision of a trained instructor, the forty-two residents will learn the fundamentals of gardening—preparing the soil, planting seeds, caring for the plants, and harvesting the fruit and vegetables. The exercise will enhance their rehab



program, and the skills they learn will be useful in their reentry into society. The produce will improve their diet, as well as provide a source of income for the center.

Please join us in sponsoring this worthwhile project. Your donation will help provide the tools, seeds, and seedlings for these young men to grow nutritious food and to develop their skills.



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Buddhist Relief Mission
www.brelief.org – buddhist@brelief.org

THINK GREEN!

Supporting Agricultural Projects



On April 1, 2023, Menusha attended the opening ceremony of the cultivation project, funded by Buddhist Relief Mission (with support from many donors, including the Godwin Memorial Fund) at the Methasevana Drug Rehabilitation Center in Peradeniya. Menusha officially presented the tools, equipment, seeds, and plants the Center requested for the resuming project which had been suspended by the pandemic. The Center has ample grounds for cultivating fruit and vegetables to supplement the residents' diet. Through this project, which is part of their therapy, the residents will learn useful skills that will stand them in good stead in the future, when they leave the Center. The gardening work will not only improve their diets, but will also give them exercise, an opportunity to work together, and a sense of accomplishment.



Last year, Buddhist Relief Mission supported a similar project at Senkadagala School for the Deaf and Blind in Dodanwala. We will be delighted if these projects serve as models for many institutions, such as special schools, elders' homes, orphanages, and women's shelters, in the Kandy area and, indeed, throughout Sri Lanka. During the current economic crisis, with skyrocketing inflation, it is becoming increasingly difficult to secure nutritious food. Gardening projects offer a practical solution, as well as a teaching opportunity. We welcome donations toward the funding of many more such projects.



Donation for Sri Lankan relief—food, medicine, and agricultural projects
https://www.paypal.com/donate/?hosted_button_id=E4PWEKXHBG55G

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For donation by international electronic transfer by bank, please send a request to <buddhist@brelief.org> for instructions.



Also in April, Buddhist Relief Mission contributed to the Boy Scout Jamboree's campaign to plant 110 fruit trees, including rambutan, mandarin orange, Sri Lankan olive, pommelo, mango, guava, namnam, and starfruit, on the campus of Wickramabahu College in Gampola. The trees will be planted by students.



Several months ago, we joined Green Team Kandy in their donation of 100 jak trees to needy families. Jakfruit is extremely nutritious, cooked in many different ways, and a source of protein.



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Offering More Relief During the Economic Crisis in Sri Lanka Over Sinhala and Tamil New Year, April 2023

During the New Year's holidays, we were able to distribute more parcels of dry rations. Donations included some to Ven. Nanda and residents of her village and a village in Halloluwa. We also provided snacks to children in Sunday school at Lighthouse Church. In celebration of Ramadan, we made donations to one mosque serving Iftar to worshipers and to another for dry rations to needy families. Our monthly donation for April at the Kandy Cancer Home coincided with New Year's, and we were happy to provide High Tea to the 30 residents who were unable to be with their families for the holidays.

Further donations will continue as long as our funds permit.



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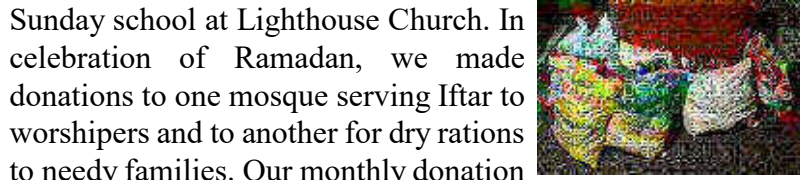
The Buddha said, "There are three kinds of people in the world. What three? One who is like a rainless cloud, one who rains locally, and one who rains everywhere.

"What kind of person is like a rainless cloud? A certain person never gives to anyone. He does not give food, drink, clothing, garlands, incense, medicine, lodging, or lamps to ascetics, to the poor, or to the needy. This kind of person is like a rainless cloud.

"What kind of person rains locally? A certain person gives to some but not to others. He gives food, drink, clothing, garlands, incense, medicine, lodging, and lamps only to some ascetics and to some of the poor and the needy, but not to others. This kind of person rains locally.

"What kind of person rains everywhere? A certain person gives to all. He gives food, drink, clothing, garlands, incense, medicine, lodging, and lamps to all ascetics and to the poor and the needy. This kind of person rains everywhere.

"These are the three kinds of people in the world." — Itivuttaka 75



The Boy Scouts' tree-planting project in Gampola was successfully carried out. The saplings are thriving.



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Combating Food Insecurity During the Economic and Food Crisis in Sri Lanka

Food insecurity in Sri Lanka is increasing. We continue the important work of distributing dry rations to needy and vulnerable communities. In addition we are initiating and promoting gardening projects at schools and other institutions, for education and to produce healthy food. We have already provided tools, plants, and seeds to one school for the deaf and blind and a drug rehabilitation center. In our presentation to a special education school, the director replied that, although they were very interested in a gardening program, there was a problem on the campus with monkeys and other wild animals. We know that situation all too well, since our lot, garden, and adjacent hillside are frequented by troops of monkeys, porcupines, wild pigs, giant squirrels, and the occasional peacock. Sometimes, we hear air guns, firecrackers, and mysterious explosions, so we know that our neighbors are chasing away these visitors. On the other hand, we welcome them to our “jungle,” but we protect our vegetable garden with “monkey cages”—monkeys on the outside and vegetables on the inside. We feel this would be a viable solution for many institutions, and we would like to help install them. They are quickly built, easy to construct, and inexpensive. We invite donors to share in this program and in providing food during this difficult time.



**“Give a man some food, and you feed him for a day.
Teach him to farm, and you feed him for a lifetime.” –Anonymous proverb**

“He who plants a garden plants happiness.” –Chinese proverb

“To plant a garden is to believe in tomorrow.” –Audrey Hepburn



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Dry Rations to One Hundred Fifty Families in Kithulmulla



On May 13, Buddhist Relief Mission provided parcels of dry rations, and Lily, Ewen, and Chandani distributed them to 150 families in the village of Kithulmulla on a tea estate in Hanthana at the edge of Kandy. Tea-estate workers have been hit particularly hard by the economic crisis, and this food was much needed.

With support from our generous donors, Buddhist Relief Mission will continue to distribute food and medicine to needy families and institutions and to assist agricultural projects wherever we can.

May all beings be safe and happy!



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The Crisis Is Not Over – More Assistance Urgently Needed!



World Socialist Web Site **WSWS.ORG**
Sri Lanka's public health services face breakdown



Twice a month, Buddhist Relief Mission offers dana to Ven. Nanda at her hermitage and dry rations to families in the village.



From the USA, Tracy and Bonnie brought two oxygen tank regulators and some essential medicines, which they donated to the Emergency Treatment Unit of Kandy Hospital. Other tourists might also be able to bring urgently needed supplies. Please contact us by email or WhatsApp.



On May 31, Lighthouse Church held a one-day soup kitchen and served lunch to more than 150 hungry people. Buddhist Relief Mission was delighted to join in the project.



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On the three-month anniversary of his father's death, Jagath offered dana and dry rations to ten monks and served snacks to the children in Sunday school at a temple in Halloluwa.

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BRM regularly assists Kandy Cancer Society in providing lunch packets for out-of-town OPD cancer-treatment patients at Kandy Hospital.



With the support of generous donors, Buddhist Relief Mission will continue, through our local network in Sri Lanka, distributing food and medicine and assisting small agricultural projects as long as we can. BRM is small 501(c)3 organization with no overhead expenses. Donors can be assured that 100% of gifts is used for relief.

On the 15th of every month BRM offers high tea and essential medicine to the patients at Kandy Cancer Home.



On Posen Full-Moon Day, BRM joined Bowalawatta Youth Association and Tourist Police, Kandy for a *dansal* distributing dry rations to poor families.

Before giving, one should be happy, anticipating the opportunity to exercise generosity. While giving, one should be happy to be making another happy. After giving, one should be satisfied that they have performed a good deed.
—Anguttara Nikaya, 3,336



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Appeal for Assistance to a Drug Rehab Center

For several months Buddhist Relief Mission has been assisting Methasevana, the Youth Treatment and Rehabilitation Center (Central Province) of the National Dangerous Drugs Central Board of Sri Lanka, in Kandy. Yesterday we received notice that the two TV sets at the Center had been damaged by lightning. They were sent to Kandy Radio Engineers, but the cost of repair is beyond the Center's allotted budget.

ESTIMATE		KRE
Kandy Radio Engineers No. 12, Galada Veediya, Kandy 0812220550		22/06/2023
DESCRIPTION	AMOUNT	
Konka 43" (JBN.9227)	TV System Board Replacement Charges	20,000.00
Samsung 42" (JBN.92261)	TV System Board Replacement Charges	22,000.00
TOTAL		RS. 42,000.00 USD 140

The manager requested assistance in covering the cost of 42,000 rupees (US\$140). The TV sets are essential for instruction and training for the 42 young men residing at the Center. BRM would like to continue assisting the Center in this and other programs.



These photos were taken during a dance-therapy session at the Center. They demonstrate the importance of the TV sets for instruction and rehabilitation



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Relief Aid to a Remote Village Outside Kandy

June 29, 2023




Buddhist Relief Mission sent a truck with supplies for more than one hundred families in a small mountain village. Though it is only 60 kilometers from Kandy, the trip took almost four hours over a rough road. There is no bus service, and villagers must walk four kilometers through the jungle to a bus stop. We learned of the village from a classmate of Lily's grandson at their school in Kandy. He is now staying with Shehan in Kandy, but he told us that, previously, he had to walk for more than one hour to catch a bus. So many villagers have migrated looking for work that most of residents are senior citizens and youth. Many students live with only their grandparents.



In addition to parcels of dry rations, we donated school supplies to each student. The stationery items were in cotton bags, handmade and painted by Lily's daughter. Bonnie, visiting from the USA, took part in the distribution.

Thanks to generous donations, BRM was able to assist these needy villagers, and we will continue our program as long as possible. The need is great throughout the island. We realize that we are a very small organization, and our relief is only a drop in the bucket, but every drop relieves a little suffering, and we are grateful that we can help in this way.



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Continuing Food Distribution to Needy Families in Sri Lanka



In cooperation with other organizations—Buddhist, Christian, Hindu, Muslim, and secular—BRM continues distributing parcels of dry rations to destitute families caught in the economic crisis. We also assist with medical costs and support agricultural projects for small institutions. Our work depends on contributions from donors. Thank you for your generous support.

“Hunger is the greatest disease.” –The Buddha



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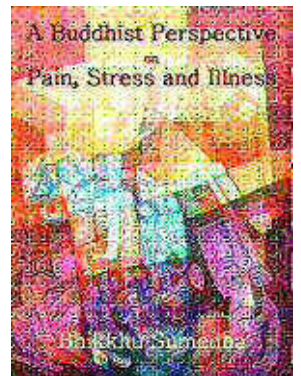
Sharing Merit in Sri Lanka



On July 19, 2023, Jagath held a ceremony to mark the one-year anniversary of his father's death. On that occasion, Buddhist Relief Mission provided food and medicine for the monks and dry ration parcels for needy families in the village of Halloluwa. The dana was fittingly held in Mahapadassana, the ancient cave in which the great Swiss painter/monk, Ven. Sumedha, resided until his death in 2006. Jagath's grandfather, his father, and Jagath himself, all three, served successively as attendants to Ven. Sumedha. The cave sits on a wooded hillside at the top of a stone staircase of about one hundred steps. In offering this dana, Jagath and BRM shared merit with Jagath's father, Ven. Sumedha, and all generous donors.



Ven. Sumedha, who had survived cancer and had once nearly died in Peradeniya Hospital, was keenly aware of the pain and suffering of the critically ill. In his final years, he spent many hours in the ICU, comforting patients, not only with words, but with recordings he had collected of relaxing sounds of nature, as well as sacred texts of Buddhism, Christianity, Islam, and Hinduism. A small book of his teachings with some of his paintings was published after his death. The book is out-of-print, but, thanks to Ven. Anandajoti, it is still available online.



Click this book cover to access a site with more information about Ven. Sumedha and the complete book in both English and Sinhala.

Buddhist Relief Mission continues to distribute food and medicine to needy families during the current economic crisis in Sri Lanka. The program is dependent on the generous donations from our supporters.



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Join Our Celebration – 2023

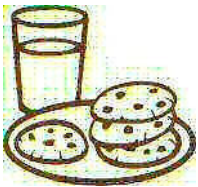
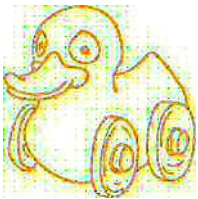
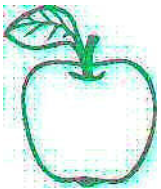


It's that time of year again. At the end of summer, we begin celebrating Ken's birthday (August), Visakha's birthday (September), and our wedding anniversary (October). This is the forty-eighth year of our marriage. There will be no parties, no cakes, nor any fireworks. We certainly don't need any presents.

We plan to uphold the noble tradition of giving. During this period, in honor of these three occasions, we will be offering food, medicine, and other items to several orphanages, special schools, an elders' homes, and a center for the handicapped. We extend this invitation to our friends to join in this joyous celebration.

Ten Meritorious Deeds

1. *Generosity*
Giving with a pure heart and good intention
2. *Morality*
Virtuous thoughts, words, and actions
3. *Meditation*
Mind-training to develop peace and wisdom
4. *Reverence*
Respecting others' lives, rights, and property
5. *Helpfulness*
Assisting others with compassion
6. *Transference of merit*
Sharing one's merit with the all beings
7. *Rejoicing in others' merit*
Happiness for others' good deeds and success
8. *Sharing the Dhamma*
"The gift of the Dhamma exceeds all others."
9. *Listening to the Dhamma*
Actively trying to understand the Truth
10. *Correcting one's views*
Understanding kamma-cause and effect



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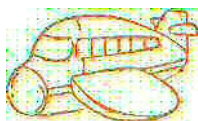
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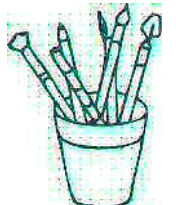
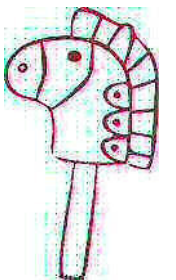
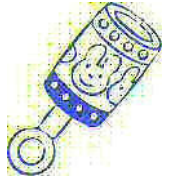
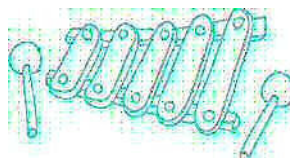
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Green Thumbs Up!



A few months ago, Buddhist Relief Mission provided tools, seeds, seedlings and fertilizer to Methasevana Drug Rehabilitation Centre, near Kandy, to enable the residents to resume an agricultural project which had been discontinued due to the Pandemic. The forty-two young men began gardening enthusiastically, planting and caring for a wide variety of vegetable plants and fruit trees, and they are being richly rewarded. We have just received photos of their success. We rejoice in their achievement, encourage them to continue in their work, and thank all our donors who made this contribution possible.

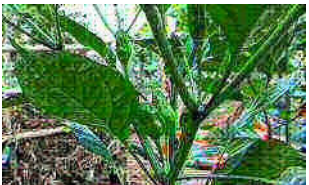


During the economic crisis in Sri Lanka, Buddhist Relief Mission continues to support agricultural projects such as this as well as to provide food and medicine to needy families and various institutions. This work depends on donations from our generous supporters.



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One who is known for his bounty and is compassionate toward all beings, distributes alms gladly. Having righteously gathered wealth, obtained by his own effort, he fully satisfies with food and drink whatever beings live in need. As a mighty cloud produces thunder and lightning and pours refreshing rain upon the earth, filling the streams and gullies, one of confidence provides food and drink to all. "Give! Give!" he cries, like thunder from the clouds. And in return rains down on him the merit from his gifts!
—Adapted from Itivuttaka and Samyutta Nikaya



When BRM learned that the lockers at the rehab center were broken, we were able, with special donations, to replace them with a new unit, providing security and privacy for the individual resident's belongings. (4 photos at right)



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Our Celebration Has Begun!

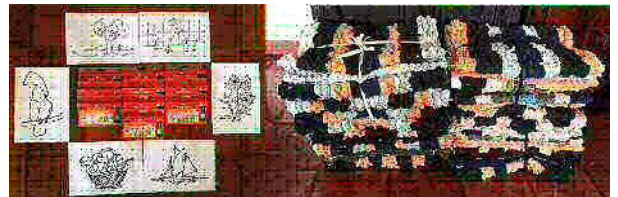


In the first stage of the triple celebration of Ken's and Visakha's birthdays and their wedding anniversary (August - October), we are donating stuffed animals to the children at Tikiri Sevana Orphanage and Daya Nivasa Home of Care for the Disabled. Both centers will also receive dry rations, vegetables, medicine, cleaning supplies, and bed linen.



Tikiri Sevana will also receive diapers and nutritional supplement.

Daya Nivasa will receive crayons, one hundred pictures to color, and twenty seating mats handmade from recycled cloth.



This celebration is taking place during the Sri Lankan economic crisis in which many people are suffering hunger and deprivation. Please join us in providing food, medicine, and other necessities to needy families and children. As we celebrate, we share merit with all of our donors.



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A donation was also made to Kandy Cancer Society to cover lunch packets for five days for out-of-town out-patients at Kandy National Hospital.



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Celebrating with Dana and Distributing Food



As part of the celebration of the birthdays and wedding anniversary of Ken and Visakha, during this economic and food crisis in Sri Lanka, Buddhist Relief Mission offered lunch twice to monks and nuns. We also contributed to the Miracle Church in Kandy for a distribution of lunch packets and water to the needy. In honor of Ashoka's brother-in-law who died when he fell into a well, we distributed parcels of dry rations to families in Katugastota.



Our project of distributing food to families and institutions will continue as long as funds permit. We are extremely grateful to our supporters who have sent many generous donations.



May you receive all blessings. May the devas protect you. By the power of the Buddha, the Dhamma, and the Sangha, may you enjoy well-being!



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The Guardian

August 15, 2023
Betsy Reed
Editor, Guardian US

No milk, no eggs, small hope: fears rise for Sri Lanka's malnourished children

Last year's economic crash and political upheaval are being felt all over Sri Lanka as worsening nutrition levels take a toll on children's health.

Since independence from Britain in 1948, Sri Lanka has rolled out several welfare programmes to boost food security, but Abner Daniel, a nutrition expert at Unicef Sri Lanka says: "The progress made in recent decades seems to have now washed off."

The crumbling economy, poor agricultural planning and falling buying power have made 6 million people, nearly 30% of the country's population, food insecure. A survey by LimeAsia, a Colombo-based policy research institute, estimates that more than 4 million people have fallen into poverty in Sri Lanka since 2019, pushing the poverty rate up to 31%.

<<https://www.theguardian.com/global-development/2023/aug/15/no-milk-no-eggs-small-hope-fears-rise-for-sri-lankas-malnourished-children>>

Sylvia's birthday was also in August. BRM contributed to the *dana* she and Indrajith offered in Wattegama



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A Special Donation for Children



As part of our ongoing birthday/anniversary celebration, Buddhist Relief Mission donated school supplies and food to two schools for special education in Kandy, Blue Rose Special School (*left*) and Mahinda Special Education Model School (*right*).



During the economic crisis in Sri Lanka, it is the children who are at greatest risk. BRM will continue distributing food and other essentials as long as funds permit.



Many thanks to all of our donors. Sadhu! Sadhu!! Sadhu!!!



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Offering Alms to Monks, Nuns, and Novices in Uncertain Times



During the economic crisis in Sri Lanka, many people are facing food insecurity. When they do not have enough to feed their families, it is difficult for them to take food to the temples. The monks, nuns, and novices in small temples are completely dependent on offerings from devotees. These members of the Sangha in the small, out-of-the way temples, even in popular tourist sites, such as Anuradhapura and Polonnaruwa, are often malnourished and lacking basic essentials.



Jagath Wijesiri is a tour guide, who has greatly assisted Buddhist Relief Mission in identifying needy families in and around his village near Kandy and in delivering food parcels to them. During his tours around Sri Lanka, he found many small, impoverished village temples where he has been able to offer parcels of dry rations, along with soap, mosquito repellent, vitamins, and personal items to the monks, nuns, and novices. His customers are very pleased to be a part of this meritorious work. BRM has been providing parcels and hopes to continue supporting Jagath's project. Your donations will make this possible.



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Jagath Tour



Jagath Wijesiri is a professional English-speaking tour leader and an educated and knowledgeable tour guide with more than fifteen years of travel experience. He can arrange a perfect holiday, tailor-made to fit your needs and wishes. All of his tours respect local communities and culture by protecting, preserving, and nurturing heritage sites and Sri Lanka's natural biodiversity.

Explore Sri Lanka with Jagath Tour for an unforgettable holiday experience surpassing your all expectations.

<http://jagathtour.com/>

The Buddha said, "A donation may be endowed with six factors—three factors of the donor and three factors of the recipients. What are those six factors?"

"Before giving, the donor is glad; while giving, the donor's mind is bright and clear; and after giving, the donor is gratified. These are the three factors of the donor.

"The recipients are free of passion or are practicing for the subduing of passion; they are free of aversion or practicing for the subduing of aversion; and they are free of delusion or practicing for the subduing of delusion. These are the three factors of the recipients."

—Anguttara Nikaya 6, 37



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Assistance to Needy Families and Schoolchildren in Matale and Ragala



Today, October 1, 2023, is World Children's Day. Buddhist Relief Mission is happy to announce that last month, we were able to donate food parcels and school supplies to a remote school of 32 children in Matale (left) and to 100 families in a village in Ragala (right). During the economic crisis, assistance is urgently needed, not only to relieve hunger, but also to allow students to continue their education. With rising inflation and government cutbacks, many people in Sri Lanka are suffering from food insecurity. BRM will continue to provide to help as much as we can. Your contributions are welcome and will ensure that our programs can continue.



Sadhu! Sadhu!! Sadhu!!!

businessline Sri Lanka's economic crisis revealed: Over half the population 'multidimensionally vulnerable,' says UNDP survey by Meera Srinivasan, September 02, 2023

COLOMBO The crushing economic crisis in Sri Lanka last year has left more than half of the island's population "multidimensionally vulnerable", according to a national citizens' survey led by the United Nations Development Programme (UNDP).

The study spanning the years 2022 and 2023 and covering 25,000 households across the country, found 55.7% of the population to be vulnerable across three dimensions — education, health and disaster, living standards — and 12 indicators, including school attendance, physical condition [of health], unemployment and indebtedness. In effect, the survey showed that 12.34 million people out of Sri Lanka's 22.16 million-strong population have been badly affected by the crisis and remain vulnerable amid claims of a "recovering" economy. The findings are in line with earlier research by UN agencies on food insecurity levels and reaffirm anecdotal accounts of poor families cutting down their food intake and pulling their children out of school to cope with the high living costs.



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Click this photo for a short video of the children expressing their gratitude to the donors.



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An Anniversary Celebration of Dana



In celebrating Ken's and Visakha's 48th wedding anniversary, Buddhist Relief Mission provided funds for Jagath to carry dry rations, medicine, and sanitary items to remote temples in the Cultural Triangle on his tours. BRM also made a substantial donation to Lady Blake Nunnery in Kandy. This famous nunnery, established in the early twentieth century, was the first *arama* in Sri Lanka founded by and for women.



On October 25, we offered dana to our students in Kandy, two Burmese monks and a nun and a Sri Lankan monk, and a Sri Lankan nun. Our friends, Paul from New Zealand and Mohan from the Kandy Cancer Society, joined the event.



As contributions come in from our generous donors, BRM will continue to provide food, medicine, and other essentials to members of the Sangha and to needy families during the ongoing economic crisis in Sri Lanka.

Sadhu! Sadhu!! Sadhu!!!

Generosity brings happiness at every stage of its expression. We experience joy in forming the intention to be generous. We experience joy in the actual act of giving something. And we experience joy in remembering the fact that we have given.



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May you receive all blessings! May the devas protect you! By the power of the Buddha, the Dhamma, and the Sangha, may you enjoy well-being!



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Donating Food and Medicine to the Needy



Buddhist Relief Mission provided funds for [Jagath](#) to deliver parcels of dry rations and medicine to malnourished members of the Sangha in small monasteries on one of his tours to Polonnaruwa and parcels of food to needy families in his village. This month, he will be going to Anuradhapura and will donate parcels to monasteries there.



BRM also contributed to Indrajith's fiftieth birthday celebration in which he donated parcels of food to twenty-five impoverished families in several villages around Kandy.

Every month, BRM delivers food and medicine to Ven. Nanda, an elderly bhikkhuni who stays in a small, remote hermitage between Kandy and Kurunegala.

As long as donations come in from our generous donors, Buddhist Relief Mission will continue our program of distributing food, medicine, and other essentials to those in need. The crisis in Sri Lanka continues unabated.

We extend heartfelt thanks to our supporters.
Sadhu! Sadhu!! Sadhu!!!



Hunger, Anger and Helplessness Stalk the Land

Our people are suffering and our children are starving. In fact, according to UNICEF, more than 5.7 million people, including 2.3 million children, require humanitarian assistance. The report adds Sri Lanka is among the top ten countries with the highest number of malnourished children, and the numbers are expected to rise further!

During and in the aftermath of the COVID-19 pandemic, the then Governor of the Central Bank pointed out that over 500,000 casual/temporary workers lost employment due to the lockdowns of that period. The financial crisis leading to the country's bankruptcy has ensured that a majority of these workers remain semi or unemployed.

The situation is truly frightening. (*Daily Mirror*, 4 November 2023)



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"These are the five rewards of generosity: One is dear and appealing to people at large, one is admired by good people, one's good name is spread about, one does not stray from the rightful duties of the householder, and with the break-up of the body at death, one reappears in a good destination, in the heavenly worlds."
—*Anguttara Nikaya*, 5.35



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Supporting the Kandy Cancer Society

Last year, the Kandy Cancer Society began a program of distributing nutritious lunch packets to OPD patients receiving treatment at Kandy National Hospital. Patients from outlying districts often leave home without breakfast. Furthermore, many cannot afford the time or money to buy lunch while being treated. During chemotherapy treatment, it is important for patients to maintain a healthy diet. Treatment on an empty stomach may actually increase nausea and other side effects. Recently, due to a lack of funds, the Society had to suspend the program. A few days ago, with a grant from Buddhist Relief Mission, the distribution was resumed, but this program requires about 20,000 rupees (US\$65) per day. The Society intends to continue the program, but its success depends on private donations.



https://www.paypal.com/donate/?hosted_button_id=XHT8N2PL4Z74N



On the fifteenth of every month, Buddhist Relief Mission offers High Tea, medicine, and dry rations to the residents of the Kandy Cancer Home, run by the Society for patients from outlying areas who require prolonged treatment at the hospital. The mid-day snack includes homemade sandwiches, vegetable cutlets, and nutritious soup. Each month, merit is shared with recently departed friends and relatives, healing wishes are sent to those suffering from illness, congratulations are given to those celebrating special occasions, and gratitude is expressed to the donors.

(Click the photo to watch a short video of *anumodana* (blessing) chanting before taking High Tea.)



https://www.paypal.com/donate/?hosted_button_id=VUX7DVR8LT67L

You may also make a general donation for food and medicine to needy families, monasteries, schools, and other institutions, during this economic crisis in Sri Lanka.



https://www.paypal.com/donate/?hosted_button_id=E4PWEKXHGB55G

All donations, large and small, are deeply appreciated and will be of great benefit.

Thank you for your generosity



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Delivering Food Parcels to Families on a Tea Estate in Kandapola

On November 18, Buddhist Relief Mission delivered parcels of food to 125 families in Kandapola, a village on a tea estate near Nuwara Eliya. The delegation, consisting of Lily, her family, and several members of the Ayappa Society, left Kandy at five o'clock in the morning. The mountain road is quite treacherous, but the group arrived in Kandapola at about nine-thirty. After a brief ceremony at the Hindu temple, the parcels were distributed in the auditorium. As has been the pattern for the last few weeks, it began raining heavily in the late afternoon. On the return trip, in the pouring rain and the darkness, the van had to proceed very slowly. At one point, the road was blocked by large trees which had fallen, both in front of and behind the van. After about two hours, the police arrived and helped clear the way. The group reached Kandy about midnight.

This distribution was part of BRM's ongoing program of providing needy families and institutions with food, medicine, and other essentials during the economic crisis in Sri Lanka. The program depends on continued donations.

Sadhu! Sadhu!! Sadhu!!! for your generosity! Thank you!

Each family received 5 kilos of rice, a bottle of coconut oil, and a cloth bag containing

potatoes	chilli pieces
onions	curry powder
dhal	salt
garlic	dry soy meat
sugar	dried fish
flour	chocolate cookies
tea	laundry soap
chilli powder	hand soap

This is about one week's worth of staples.

... the living standards of 80 percent of the households in Sri Lanka have been adversely affected, while the bottom 40 percent may have been plunged into dire poverty due to inflation which acts as an insidious tax on people's incomes. ...

... according to the Department of Census and Statistics an estate sector family earns approximately Rs.46,865 [US\$146]- a month (around a fourth of the cash needed to feed a family of four). ...

Our people have been pauperised, they can no longer afford to provide their children sufficient food. Our children are malnourished, anemic and their development retarded.

—From an Editorial in *The Daily Mirror*, November 6, 2023



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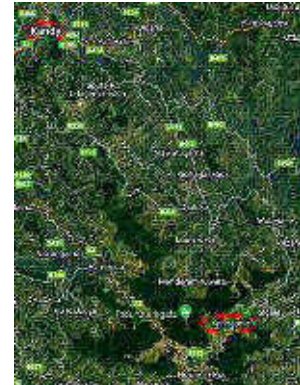
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Buddhist Relief Mission Assistance Goes On

Recently, we found a plasticized wall map of Sri Lanka, which we had purchased 15 years ago. We offered it to the director of Blue Rose Special School, and she was very pleased. Then we found a hand-painted Chinese vase packed away in a closet. We wanted to give this to the students, as well, but it needed flowers, something permanent. Ashoka took the vase to an artificial flower shop and asked for an arrangement to match the vase. The result was stunning! What happy gifts for the students! That made our day! (Left)



November 25th was the birthday of the owner of the Tamil shop where we buy many of the food parcels for donation. He told his family and friends that, instead of having a party, he wanted to donate food to needy people. We contacted the Kandy Cancer Home and arranged the donation. That day, Mr. Raj packed generous quantities of dry rations, onions, potatoes, and garlic, and Ashoka delivered everything to the home. Everyone was happy! What a wonderful birthday! Wishing him many happy returns of the day! Sadhu! Sadhu!! Sadhu!!! (Right)



"By simple mathematics giving is key to the world you seek to live in. If I take I alone gain. If I give or share then two at least are enriched."
— Rasheed Ogunlaru



Last week, Ewen and Dennis visited Methasevana Youth Drug Rehabilitation Center, on behalf of Buddhist Relief Mission and Godwin Memorial Fund. They were very pleased to meet the staff, to talk with the residents, to view the vegetable gardens of the agricultural project we are sponsoring, and to discuss plans for future projects. They had a lovely day, and we look forward to future cooperation. (Left)



A few days ago, Amal introduced us to a monk who was collecting money to provide lunches and shoes to pupils of a village school. We were happy to make a contribution. The photos are a joy! BRM hopes to continue to support the monk's work. (Right)

Your donations will help Buddhist Relief Mission provide food, medicine, and other essentials to families, students, and institutions in Sri Lanka during this economic crisis. Thank you for your generous support !



<https://www.paypal.com/donate/?hosted_button_id=E4PWEKXHBG55G>



We depend on our network of friends to find those in need of assistance. We are grateful to Ven. Mettajiva for his help in this regard. Often, the parcels we provide are shared by several families in a village. (Left)

Several weeks ago, our local pharmacist called and told us that he had a customer, a monk from Katugastota, who urgently needed medicine, which he could not afford, for a serious condition. We were delighted to cover the cost. A little later, the monk called from the pharmacy to recite *anumodana*. (Right)



Sharing the joy!

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Ven. Anandajotii just alerted us to a learned monk who had to stop teaching in order to care for the ailing abbot of his monastery in Colombo. They are in dire need of food and medicine. BRM strives to provide assistance to as many monasteries as possible.



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Delivering Food and Holiday Cheer in Sri Lanka

In cooperation with several other organizations, Buddhist Relief Mission helped spread joy and good will to many families in the Kandy area during the holiday season at the end of 2023.

Dressed as Santa Claus, Indrajith donated parcels of food from Kandy Community Relief to thirty-five families.

Members of the Miracle Church distributed more than one hundred box lunches to individuals on streets of downtown Kandy.

Representing the Godwin Memorial Fund, Ewen presented shoes and other supplies to all the students of a primary school in Hanthana.



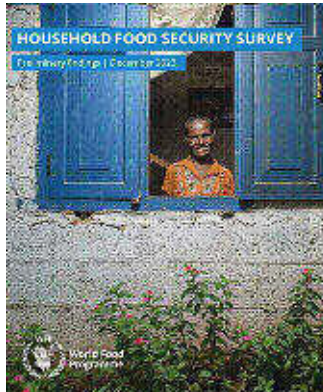
Sri Lankans struggling to buy food, says WFP

The Island, 2024/01/3

Nearly a half of Sri Lanka's households are adopting livelihood-based coping strategies to buy food, says a recent report published by the World Food Programme.

The WFP's 'Sri Lanka – Household Food Security Survey: Preliminary Findings, December 2023' says that 43 percent of households were adopting livelihood-based coping strategies to cope with the lack of adequate food. Borrowing money to buy food and purchasing food on credit were the most commonly adopted strategies, by 27 and 26 percent of households, respectively, says the report, adding that households remain vulnerable to future shocks and stresses.

<https://island.lk/sri%e2%80%88lankans-struggling-to-buy-food-says-wfp-report>



Your donations will help Buddhist Relief Mission provide food, medicine, and other essentials to families, students, and institutions in Sri Lanka during this economic crisis. Thank you for your generous support !



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Food to Tea-Estate Workers in Galaha



To celebrate the New Year, Buddhist Relief Mission distributed food packets to 60 needy families on a tea estate in Galaha. For the occasion, Lily led a group from the Ayappa Society to the village about 25 kilometers from Kandy. The last leg of the journey was through the jungle without a discernable road. Lily was told that no one ventures out at night for fear of wild animals.

Conditions for most estate workers are difficult. They live in row houses, with little privacy and minimal sanitation. The daily wage is only 950 rupees (\$3). Many estate schools are only primary level, and few students continue to high school. Only about 1% go to university.



Some of the pickers said they had so little money that they were having to skip meals and felt forced to send their children to work.
'If we work 22 or 23 days, because of all the cuts we only get about 15 or 16 days' worth of pay'
- *The Guardian*, 23 May 2023
<<https://www.theguardian.com/global-development/2023/may/23/we-give-our-blood-so-they-live-comfortably-sri-lankas-tea-pickers-say-they-go-hungry-and-live-in-squalor>>



The situation throughout the country remains dire. Many families are dependent on food aid to survive. Buddhist Relief Mission is determined to continue helping as many as we can for as long as we can.



A year of cost cutting and starvation predicted for 2024
Daily Mirror, 29 December 2023

- Although the budget for Agriculture was recently discussed in Parliament, the government overlooked the proposals from the opposition concerning food security.
- According to the data provided by the Department of Census and Statistics 5.7 million people in Sri Lanka require humanitarian aid for their survival.
- The monthly income for 40% of Sri Lanka's population is 29,600 rupees, for 20% it is 17,500 rupees. [*Estimated monthly food expense for one person is 30,000 rupees.*]
- Parents are finding it challenging to prioritise their children's nutrition.
- With the VAT hike, rice is projected to rise to Rs 300 per kg. [*50% increase*]
- According to current data available regarding weather, the country is expected to experience a drought in 2024.

<<https://www.dailymirror.lk/news-features/A-year-of-cost-cutting-And-starvation-predicted-for-2024/131-274016>>



Your donations will help Buddhist Relief Mission provide food, medicine, and other essentials to families, students, schools, monasteries, hospitals, and other institutions in Sri Lanka during this economic crisis. Thank you for your generous support!



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Donating Food in the Cultural Triangle

When [Jagath](#), Sri Lanka's most knowledgeable and reliable tour guide and tour operator, takes his clients to Anuradhapura and Polonnaruwa, he delivers parcels of much needed food and medicine to small monasteries and nunneries and impoverished families. Buddhist Relief Mission provides the funds for these donations. Without Jagath's assistance, we would never know about the need in these remote locations. Furthermore, because he is traveling there on business, there is no fee for transportation. His tour groups approve of and appreciate this humanitarian work. We are so grateful for his invaluable service.



Your donations will help Buddhist Relief Mission provide food, medicine, and other essentials to families, students, and institutions in Sri Lanka during this economic crisis. Thank you for your generous support ! Sadhu! Sadhu!! Sadhu!!!



May all those who are in pain, in trouble, facing hardship and suffering find relief. May their troubles be over. May they find happiness.



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This year, with the inclement weather and the imposition of a new VAT (sales tax) of 18% on almost all commodities, inflation has soared, leaving poor people in desperation. The price of carrots, for example, has increased from 300 Rs per kilo to more than 2000! Many families cannot afford to buy any vegetables at all. [cartoon from [Daily Mirror](#), 2024.01.19]



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Sharing the Joy of Giving

During the end of January and the beginning of February, in cooperation with good friends, Buddhist Relief Mission has been able to distribute food, medicine, school supplies, and other essentials to many monks, nuns, students, and families in Sri Lanka. On his tours, Jagath carried quite a number of parcels of supplies to monastics and families in the Cultural Triangle. We contributed to the Kandy Cancer Society's monthly donation to cancer-stricken parents and children and to a prize-giving ceremony at a Dhamma school in Warathenna. Haji, a local three-wheeler driver, alerted us to ten families in Kandy who urgently needed food. Ven. Mettajiva frequently informs us of monks and families who are in need of food and medicine which they cannot afford.

We hope that we never have to refuse these requests. We share merit with all of our donors. Let us all rejoice in these meritorious offerings.

May all beings be well, peaceful, and happy!

Your donations will help Buddhist Relief Mission provide food, medicine, and other essentials to families, students, monastics, and institutions in Sri Lanka during this economic crisis. Thank you for your generous support ! Sadhu! Sadhu!! Sadhu!!!

“The joy of giving is the highest form of pleasure.” – Anonymous


Climate experts warn that, between February and the summer, Sri Lanka will be subject to a serious drought that will put the country's food security at risk, at a time when people are already facing difficulties of the economic crisis.

Almost a third of families suffer from food insecurity, and an estimated 70% of the population have difficulty eating regularly and well.

–Adapted from “Colombo, climate change: food security alert in 2024,” by Melani Manel Perera

<https://www.asianews.it/news-en/Colombo%2C-climate-change%3A-food-security-alert-in-2024-59767.html>



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Happy Chinese New Year!



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One Hundred Patients at the Kandy Cancer Home



On the fifteenth of every month, Buddhist Relief Mission offers High Tea to the patients at the Kandy Cancer Home. This month there were a record 100 patients. After spending the morning with us making egg salad sandwiches, Stephanie, our SERVAS guest, accompanied Ashoka and Nimal to the home with the sandwiches, juice, Lily's soup and cutlets, and many kilos of dry rations and Vitagen, a nutritional supplement. We are pleased that we can regularly provide the cancer patients with wholesome and nutritious food. Usually, the staff request that we not take photos of the patients, but one woman approached Stephanie and asked that she take a photo. She explained that she had completed her treatment, which proved successful, and that that was her last day at the Home. She was very grateful for the care she had received.



At each High Tea, before the patients take their meal they read the list of donors, those suffering illness, and departed friends. We invite our supporters to join, sending donations and names of those with whom they would like to share merit.



The Stark Reality of Food Insecurity

With ongoing economic turmoil and the effects of climate change, nearly one-third of households in Sri Lanka are grappling with food insecurity. The challenge is expected to exacerbate as conditions worsen. A diet with less diversity due to high food prices is making millions more vulnerable to micronutrient deficiencies. Approximately half of the Sri Lankan population is already experiencing some form of micronutrient deficiencies, highlighting the urgent need for solutions such as food fortification to help bridge this gap.

<<https://bnnbreaking.com/lifestyle/food/sri-lanka-on-the-brink-a-looming-food-security-crisis-in-2024/>>



Your donations will help Buddhist Relief Mission provide food, medicine, and other essentials to families, students, monastics, and institutions in Sri Lanka during this economic crisis. Thank you for your generous support ! Sadhu! Sadhu!! Sadhu!!!

This month, we joined Indrajith and Sylvia in celebrating their wedding anniversary by offering food parcels to 20 families. We also provided dry rations to Blue Rose Special School so that the staff could prepare meals for the students.



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Offering Lunch to the Hungry in Downtown Kandy



Buddhist Relief Mission has provided funding for Miracle Church, which every Friday distributes hundreds of prepared lunches to the homeless and poor citizens, mostly the aged, on the streets of Kandy. Recently, the number of elderly citizens on the streets, hoping for food, has greatly increased. Periodically, particularly at festival-times, the authorities move poor people outside the downtown area so that they do not “disturb” tourists and visitors. Many of the needy are handicapped, and that makes the happiness of helping even greater!



 The Buddha said: “If beings knew, as I know, the results of sharing gifts, they would not enjoy their use without sharing them with others, nor would the taint of stinginess obsess the heart and stay there. Even if it were their last morsel of food, they would not enjoy it, without sharing it, if there were anyone to receive it.” 



The Homeless and the Elderly are Very Vulnerable

Sri Lanka is facing its worst economic crisis in 70 years. The country is experiencing exponential inflation, and the prices of consumer goods are going through the roof. In a one-month period, food inflation increased from 57.4% to a staggering 80.1%.

This situation has been compounded by a high dependence on imports for essential food, fuel and pharmaceutical items. Because of the collapsing economy, the supply of such goods has become very limited and extremely rationed.

Everyone, including older people, must wait long hours in uncomfortable conditions to obtain essentials like cooking gas, kerosene oil, fuel, and even the most basic food items.

Furthermore, hospitals can no longer obtain imported medical equipment and essential drugs, especially those meant for non-communicable diseases, which mostly affect people in their old age.

Adapted from <<https://www.helpage.org/news/the-struggle-for-survival-faced-by-sri-lankas-senior-citizens/>>



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Sadhu! Sadhu!! Sadhu!!!



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Dana at Our Home in Anniwatte, Kandy



On Friday, March 8, 2024, Buddhist Relief Mission held a *dana* for four Burmese students in the Kandy area, two monks and two nuns. Several supporters and friends who have helped with the distribution of food parcels to the Sangha and needy families joined in the celebration. It was a wonderful day with an inspiring Dhamma lesson; stimulating Dhamma discussion; moving chanting for sharing merit with departed relatives and friends, friends suffering from illness or affliction, and all of our donors; and wholesome fellowship. The menu was truly international—Sri Lankan, Indian, Burmese, Thai, Vietnamese, Cambodian, Japanese, Korean, American, and Continental.



We invite everyone to join in Buddhist Relief Mission's activities and projects.



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Helping as Much and in as Many Ways as Possible



Recently, in response to our inquiry, our local doctor in Anniwatte informed us that families in his village near Kandy were in need of assistance. Buddhist Relief Mission was able to provide the twenty parcels of dry rations he requested.

In cooperation with Godwin Memorial Fund (GMF), we provided lunch packets for a gathering of the young men at Methasevana Drug Rehabilitation Center and their families at the campus of University of Peradeniya. The group visited the temple there and later enjoyed playing games on the campus lawn.



On the fifteenth of every month, also with GMF, we offer High Tea and dry rations to the residents of the Kandy Cancer Home. When we delivered the supplies this month, the Matron explained that she had just run out of food, and that our donation was very timely! The program of offering lunch packets to out-patients receiving chemotherapy treatment at Kandy National Hospital continues.



Next month, we will help the mother of a close friend celebrate her eightieth birthday at a local orphanage with an offering of dry rations, medicine, and stuffed toys and art supplies a donor recently brought from China.

How wonderful that these and other projects are possible through the cooperation of a network of friends and organizations. It is proof that we are stronger together and that friendship doubles up our power!



The Buddha said, "There are three kinds of people in the world. What three? One who is like a rainless cloud, one who rains locally, and one who rains everywhere."

"What kind of person is like a rainless cloud? A certain person never gives to anyone. He does not give food, drink, clothing, garlands, incense, medicine, lodging, or lamps to ascetics, the poor, or the needy. This kind of person is like a rainless cloud."

"What kind of person rains locally? A certain person gives to some but not to others. He gives food, drink, clothing, garlands, incense, medicine, lodging, and lamps only to some ascetics and to some of the poor and the needy, but not to others. This kind of person rains locally."

"What kind of person rains everywhere? A certain person gives to all. He gives food, drink, clothing, vehicles, garlands, incense, medicine, lodging, and lamps to all ascetics and to the poor and the needy. This kind of person rains everywhere."

"These are the three kinds of people in the world."
—Itivuttaka 75



Your donations will help Buddhist Relief Mission provide food, medicine, and other essentials to individuals, families, students, monastics, and institutions in Sri Lanka during the continuing economic crisis. Thank you for your generous support! Sadhu! Sadhu!! Sadhu!!!

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Celebrating the New Year with Medicine and Dry Rations

On one of his tours in the South, Jagath was able to distribute medicine and dry rations to the Sangha and needy families near Yala National Park. Jagath purchases the supplies at a local shop with funds from Buddhist Relief Mission.

Ramesh, our local pharmacist introduced us to the representative of a pharmaceutical company which had a New Year's promotion, and we were able to purchase, at a huge discount, large quantities of Vitamin B complex, which we will donate, as needed, in the coming weeks.

We are grateful to have the help and cooperation of such compassionate friends in carrying out our charity work.

May this merit we have achieved be for our relatives who have passed away. May they be happy. May all gods share our merit. Long may they protect the Buddha Sasana for the welfare of the world.



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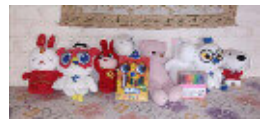
Your donations will help Buddhist Relief Mission provide food, medicine, and other essentials to individuals, families, students, monastics, and institutions in Sri Lanka during the continuing economic crisis. Thank you for your generous support! **Sadhu! Sadhu!! Sadhu!!!**

According to a World Bank report in early April, due to high inflation, losses in wages, income and employment, and a drop in remittances, almost three-fourths of all households have been forced to reduce their meals and almost one-fourth are facing severe food insecurity. 17.5 percent have limited their education expenses (including on stationery and uniforms), and most have reduced their health treatment.

One day last week, a man came to our gate and asked for a food parcel for a friend who had injured his leg and was unable to work. We were happy to provide the food and to wish his friend a speedy recovery.

At the request of the resident monk, Lily and her family distributed fifteen parcels of dry rations to needy families at a New Year's celebration at a village temple in Kadugannawa.

BRM also participated in the New Year's celebration of the Kandy Community Group and the weekly distribution of lunch packets on the streets of Kandy by the Miracle Church.



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On April 8, Buddhist Relief Mission joined Indrajith's mother, Premavathi, in celebrating her 80th birthday by donating dry rations, medicine, stuffed animals, and nearly new clothes from Green Life Boutique, to the children at Tikiri Sevana Orphanage in Kandy. Happy Birthday to her!

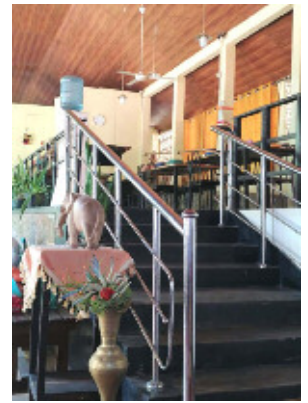
Happy New Year All Over Asia!



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Offering Support to Senior Citizens



At the end of April, Buddhist Relief Mission carried donations to the historic Home for the Elders of Kandy Friend in Need Society in Ampitiya. (See below) This facility, which we have helped in the past, now provides shelter for 20 women, as well as 20 men. Struggling with rampant inflation and reduced government funding, many institutions are finding it increasingly difficult to operate within their established budgets. The staff are dependent on such special donations to continue to provide services and nutritious meals. For BRM members, it was a joy to experience the pleasant atmosphere of the Home and to interact with the grateful residents.

Your donations will help Buddhist Relief Mission provide food, medicine, and other essentials to individuals, families, students, monastics, and institutions in Sri Lanka during the continuing economic crisis. Thank you for your generous support! Sadhu! Sadhu!! Sadhu!!!



SUNDAY OBSERVER KFINS Home for the Elders Sunday, 4 November 2012
<https://archives.sundayobserver.lk/2012/11/04/spe03.asp>

Caring for the Needy for 175 Years
 By Ganga Ratnayake

A few kilometres from the heart of Kandy town rests a special home boasting a long history. It is a home for the elders who have become homeless or lost bonds of family due to unfortunate circumstances. It is a home where they find love and care and support in every way to spend the rest of their lives. It is the Home for the Elders of Kandy Friend in Need Society – a home where the elders in need begin life anew.

The tale of the society dates back to colonial times, when the Governor of Kandy used to offer a dole to the low waged Indian labourers and beggars every month. To continue this practice he initiated a society called Kandy Friend in Need Society (KFINS) in 1837. The society was registered as an approved charity in 1973 and today it has become one of the leading societies in Central Province devotedly caring for the elders in need. **READ MORE**



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Buddhist Relief Mission continues to support Ven. Nanda in her remote hermitage and other members of the Sangha with regular donations of food and medicine. We are grateful to all in our network who help us locate the most needy individuals and families. We could not carry out this work by ourselves. Sadhu! Sadhu!! Sadhu!!!



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