

# 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.

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# Food Relief for Families During the Crisis in Sri Lanka

Some of our most recent deliveries



The need continues as  
the situation becomes  
even more severe.



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## Buddhist Relief Mission



## 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 for 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.



### Families of Prisoners

Through a Kandy policeman, we have been able to identify in the Kandy area about 30 families of whom the breadwinner is currently incarcerated. That policeman is arranging for dry rations to be delivered to each of those families.



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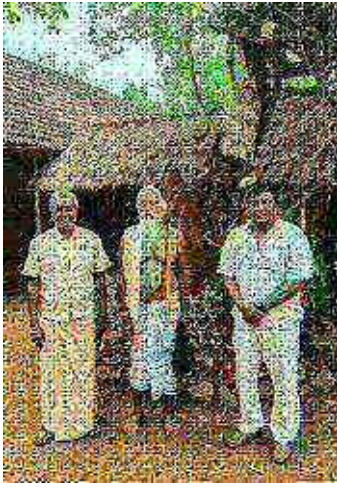
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**Buddhist Relief Mission**



## 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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## Buddhist Relief Mission

# Continuing Distribution of Food during the Crisis in Sri Lanka



“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



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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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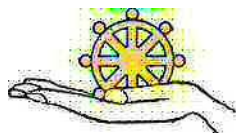
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# Food Distribution in Nuwara Eliya, November 4, 2022



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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