

Join Our Celebration – 2023

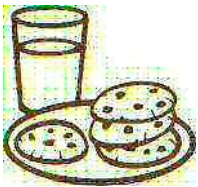
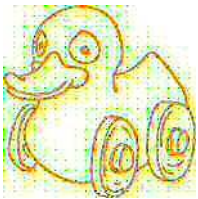
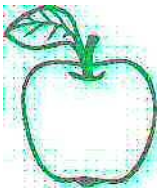


It's that time of year again. At the end of summer, we begin celebrating Ken's birthday (August), Visakha's birthday (September), and our wedding anniversary (October). This is the forty-eighth year of our marriage. There will be no parties, no cakes, nor any fireworks. We certainly don't need any presents.

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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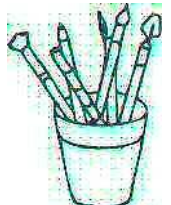
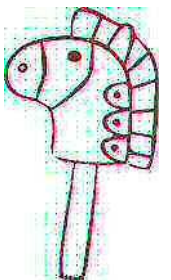
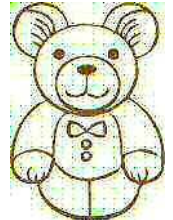
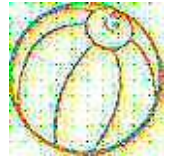
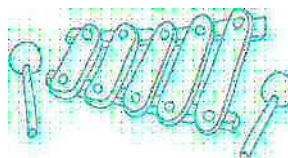
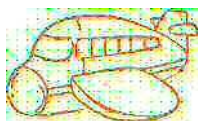
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Green Thumbs Up!



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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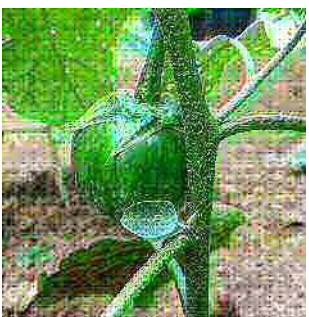
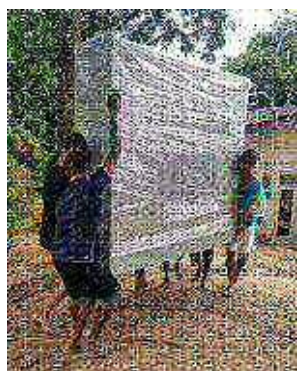
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One who is known for his bounty and is compassionate toward all beings, distributes alms gladly. Having righteously gathered wealth, obtained by his own effort, he fully satisfies with food and drink whatever beings live in need. As a mighty cloud 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!

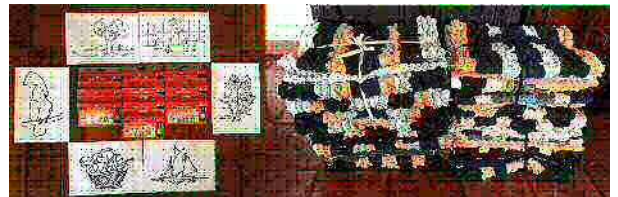


In the first stage of the triple celebration of Ken's and Visakha's birthdays and their wedding anniversary (August - October), we are donating stuffed animals to the children at Tikiri Sevana Orphanage and Daya Nivasa Home of Care for the Disabled. Both centers will also receive dry rations, vegetables,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



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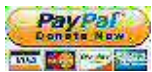
Offering Alms to Monks, Nuns, and Novices in Uncertain Times



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.



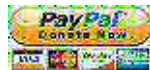
On October 25, we offered dana to our students in Kandy, two Burmese monks and a nun and a Sri Lankan monk, and a Sri Lankan nun. Our friends, Paul from New Zealand and Mohan from the Kandy Cancer Society, joined the event.



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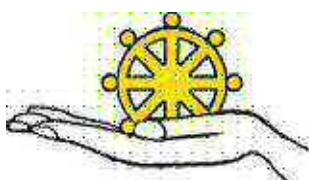
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May you receive all blessings! May the devas protect you! By the power of the Buddha, the Dhamma, and the Sangha, may you enjoy well-being!



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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.



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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.)



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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.



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

Thank you for your generosity



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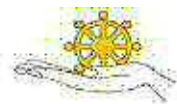
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