

# Maya Puwath - මායා පුවත්

*Bi-Monthly Newsletter of Mahamaya Girls' College  
Alumnae Association of North America (MGCAANA)*  
Volume 14 – Issue 1 – February 2018



## Message from the Editors

Dear readers,

In this first issue of a new volume of Maya Puwath newsletters, we hope that 2018 has been treating you well so far. The year has already seen a few memorable occasions and events, including the 70<sup>th</sup> independence celebrations in Sri Lanka and the Winter Olympic Games in Pyeongchang, South Korea. In this issue you will see how MGCAANA too has had a busy year so far. We were able to raise \$600.00 to contribute to the Computer Project spearheaded by the Colombo Branch of the Mahamaya Past Pupils' Association in Sri Lanka and two deserving MGCAANA members received the MGCAANA Undergraduate & Graduate Scholarships. Last but not least, the Executive Committee and the Board of Directors have been working hard to prepare for the 2018 Annual General Meeting and Dinner which will take place over the Memorial Day Weekend (May 27, 2018) in the State College area in Pennsylvania. Don't forget to RSVP to [mahamaya\\_alumnae@yahoo.com](mailto:mahamaya_alumnae@yahoo.com) by May 1, 2018 if you and your family are planning on attending! Also, please don't forget to [renew your membership](#) if you haven't already.

We hope you enjoy reading this newsletter until we meet again in April. There's also a delicious recipe in the Recipe Corner and an excellent piece of creative writing in the Kids Corner by a writer in the making! You will also see information on [MGCAANA joining Amazon Smile](#) so that Amazon could donate to MGCAANA every time you shop online. Happy reading!

Sincerely,

Maya Puwath Newsletter Committee

## In this issue

- 14th MGCAANA AGM & Dinner
- MGCAANA Undergraduate & Graduate Scholarship Winners
- MGCAANA & AmazonSmile
- Update: Computer Project of Colombo Branch of Mahamaya Past Pupils' Association
- Pause – Rewind – Play
- Recipe Corner
- Kids Corner



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[Dhammapada \(Verse 006\)](#)



## Mahamaya Girls' College Alumnae Association in North America (MGCAANA)

Cordially invites you to its

### 14<sup>th</sup> Annual General Meeting (AGM) & Dinner

On Sunday, May 27, 2018

*Both AGM & Dinner will be held at the residence of Dr. Subhashinie Kariyawasam in Port Matilda, Pennsylvania (near State College)*

AGM: 2:00 p.m. – 4:00 p.m. | Dinner: 7:00 p.m. onwards

Please RSVP to [mahamaya\\_alumnae@yahoo.com](mailto:mahamaya_alumnae@yahoo.com) by May 1, 2018.

**INTERESTED IN JOINING THE EXECUTIVE COMMITTEE &  
THE BOARD OF DIRECTORS FOR 2018-2019?**

**STAY TUNED FOR MORE INFORMATION ON UPCOMING  
ELECTION!**

**FOR QUESTIONS, PLEASE CONTACT: [mahamaya\\_alumnae@yahoo.com](mailto:mahamaya_alumnae@yahoo.com)**

#### **Some Upcoming MGCAANA Activities**

- Board Meetings (February & March)
- Next Newsletter (April)
- Annual General Meeting & Dinner (May 27, 2018)

## **Congratulations to our 2017-2018 MGCAANA Undergraduate & Graduate Scholarship Recipients!**

We received applications from several of our alumnae who have demonstrated excellence in their academic achievements, leadership ability, and participation in extracurricular activities. We would like to thank all our applicants who took the time and effort to send in their application. Our goal is to motivate our student members to shine academically as well as personally, so we truly hope that you will take advantage of this wonderful opportunity in the years to come, if you did not receive a scholarship this year. As always, if there is anything that we can do to help you, please let us know.

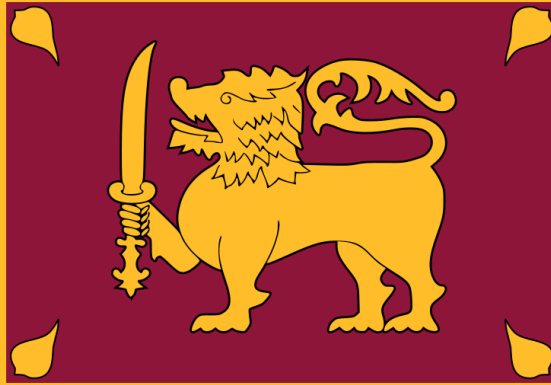
We are extremely proud to announce our 2017-2018 MGCAANA Scholars – Anushka Palipana and Charithri Yapa. As this year's MGCAANA scholars, they will each receive a \$500.00 scholarship.

Anushka is pursuing her Ph.D. in Statistics at University of Cincinnati. She graduated from Mahamaya Girls' College in 2010. While at Mahamaya, she was awarded school colors for her all-island performance in swimming in 2007, 2008 and 2009. In 2016, she earned a Special Degree in Statistics with 1<sup>st</sup> class honors from University of Peradeniya. At University of Cincinnati, Anushka was also awarded "Levine Outstanding Beginning Doctoral Student" award for the 2016-2017 academic year. While pursuing her studies, she is also working as a Teaching Assistant.

Charithri is a Master's student at the University of Manitoba, Canada majoring Electrical and Computer Engineering. She received a First class Honours Bachelor of Science degree in Engineering from the University of Moratuwa in 2016. She also received the gold medal for the Electrical Engineering Graduate who obtained the highest overall GPA above 3.8 in B.Sc. Engineering examinations. Before moving to Canada, she worked as a Temporary Lecturer at the Department of Electrical Engineering, University of Moratuwa and has held several posts in academic and professional bodies at the University as an undergraduate. While at Mahamaya, she passed the G.C.E. Ordinary Level and Advanced Level examinations with outstanding performance, being ranked island 9th in the former. She was a Junior Prefect and a member of the Senior Western Music Choir during her school times. Currently Charithri works as a Research Assistant at the University of Manitoba, Winnipeg, Canada.

On behalf of MGCAANA, the Board of Directors, the Executive Committee, and the Scholarship Selection Committee would like to sincerely congratulate Anushka and Charithri, and wish them continued success in their academic and professional pursuits.

Best regards,  
Selection Committee  
MGCAANA Undergraduate & Graduate Scholarship Program



**Celebrating  
Sri Lanka's  
70<sup>th</sup> Year  
of  
Independence!!!**

## MGCAANA Joins Amazon Smile!



**AmazonSmile: You shop. Amazon gives.**

[AmazonSmile: You shop. Amazon gives.](https://smile.amazon.com/ch/20-2628339)

<https://smile.amazon.com/ch/20-2628339>

Click [here](#) to learn more about how Amazon Smile works.

Welcome to  
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- Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **Mahamaya Girls College Alumnae Association of North America** whenever you shop on AmazonSmile.

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Maya Puwath has been reaching the MGCAANA membership since 2005, and “Pause – Rewind – Play” re-publishes past contributions to Maya Puwath, by MGCAANA members.



### “How to teach Buddhism to Children”

By Sujatha Werake

Bodhi Leaves No. B. 9 – By Dr. Helmuth Klar, Heidelberg, Germany

Excerpts from “How to teach Buddhism to Children ” “How to teach Buddhism to Children ”

#### **The Problem:**

How can Buddhist Parents best teach their own children Buddhism in the Western World?

A child brought up in the Western world who is exposed to Christian or materialistic environment, is in need of a carefully considered Buddhist education. In a Buddhist country, steeped in its centuries-old Buddhist tradition, the position of a Buddhist child is far easier. In the Western world Buddhist education cannot be taken too lightly. The Buddha himself has taught us to see for ourselves, to examine and draw our own conclusions, and not to believe blindly in others.

**Imitation:** The educational program depends very much on the age of the child. The good example of the parents in their everyday life is the most important part of any education, making Buddhism a living thing. If the parents live in accordance with the Dhamma this will be the surest guide to the children, whatever their age. Children observe and imitate the parents.

**External Help:** No Buddhist household should be without a Buddha-rupa ((image), or at least a picture of the Enlightened One. It is a good idea to let each child have a small Buddhrua of its own before which s/he can offer regularly flowers, incense and light (in our part of the world a bulb would be safer.) It is vital that the child by worshiping the Buddha image, pay devotion to the Buddha as the greatest teacher of mankind. A simple ceremony brings Buddhism closer to the hearts of children. The philosophical aspects of Buddhism can be too deep for children to grasp. Children love the spectacular, and the regular offering the flowers, incense and lights, help to develop such good habits as veneration and respect.

**The Use of Festivals:** Children always enjoy festivals. Buddhist children may be allowed their Uposatha day once or twice every month. This day should be made quite different from an ordinary day. In Western countries to keep the new or full moon day itself, parents may choose the Sunday nearest to it and make that day a festival. Workday life must stop on this Uposatha Day, observe the Silas and teach the children the Dhamma. The age of the children should be taken into consideration. Parents with younger children may simplify, and those with older children can expound the Dhamma little more deeply. A lot depends on the children’s abilities.

**Tales:** From time to time the parents can read one of the Buddhist legends or a story from the Jatakas, the tales of rebirth. The moral of the story be stressed and the amoralities carefully explained. These stories will introduce them to the concept of Kamma and rebirth and will find a natural place in their minds. In fact the teaching of the Buddha can be taught to children. We must present it the right way. If you are Buddhists, neglecting to give your children a Buddhist upbringing is a great mistake.

**Buddhist Education a Duty:** In any other religion, the education of children in their belief takes a predominant place. Buddhism is more of a philosophy than a religion, and it is a way of living. It is the way of living that we impart to our children. Buddhist education in Western countries is possible. We as lay people must give our share towards upholding the Dhamma. We must help ourselves as much as we can in the most efficient way.

**Buddhist History:** In addition to the Jatakas, we should tell our children about the life of the people during the time of the Buddha, their social structure, the historical background of early Buddhism, history of Buddhism in general, and how Buddhism spread the whole of India and beyond.

## Pause – Rewind – Play (contd.)

(contd.)

**Explain the Dhamma:** The children's mind will gradually grow into the spirit of Dhamma, while developing an understanding of the basic doctrines of Buddhism. The parents can then read some easy suttas to the children, such as the basic five silas, what a lay Buddhist ought to do and ought not to do, more particularly the discourses of the Anguttara, the "layman's nikaya". This is all within the grasp of children. In addition, some easy stanzas from the Dhammapada may be read. "To refrain from all evil, to cultivate the good, To purify one's thoughts—This is the Teaching of the Buddha."

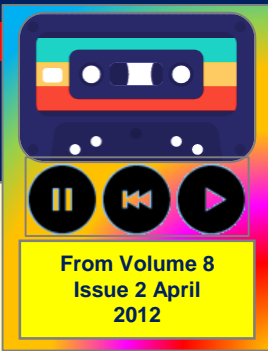
**Learning by Heart:** The more a child learns by heart from the Pali Canon, the more it will profit from this knowledge, when the child can understand the deeper meaning.

**Uposatha Day:** Uposatha Day is the day for the children to recite the stanzas they have learnt, and the parents to explain the teachings of the Buddha. The capability of children to pay attention for any length of time is very limited and we must be careful not to over-exert them. The Uposatha Day we can take the children for a walk, or even an excursion. While walking through the woods and fields, we may teach them to observe nature and see life as it really is. When Prince Siddhartha drove out of his palace, he saw an old man, a sick person, a corpse, and a monk. The excursions will give ample opportunity little by little for our children to see what life is really like. Children will learn how hard the living conditions for most people, what it means to be sick, old or dying. We should teach them at the same time to practice Metta and Compassion towards our fellow sufferers. The children will learn cruelty to animals or humans is not right. The Buddhist child should always respect an animal as a living-being and not merely as a source of food. On these excursions, we should have many opportunities to show children how to be sympathetic and full of loving kindness towards both humans and animals, not only by words, but by deeds. Our children can practice loving kindness by helping others whenever they can and saving lives even in a small way such as saving an ant that has fallen into a puddle. The knowledge and conduct has to go together. We need to teach our children Metta, Karuna, and Muditha.

**The Buddha as Our Model:** We should not make the path for our children too difficult. We who wish to teach Buddhism must first learn it thoroughly ourselves. Teach Dhamma to each child the most effective way. The Buddhist parents are the best teachers who can teach Buddhism to their own children. There is no better gift we can give our children than the gift of Dhamma. We must point out to our children that the teaching of the Buddha as the middle way between two extremes and make our children immune to outside influences in this material society.

**Self-Responsibility** Self-responsibility is a focal point of Buddhism and we must stress its importance over and over again. Every evening Buddhist children should spend a little time in meditation and in reflection over the things they have done that day. If they find they have not thought, spoken and acted in conformity with the Teaching they should see how to avoid this mistake another time. If they find they cannot get rid of some bad thought or action, then their parents should help them so that they can go to sleep with the resolution to do better tomorrow. In the morning they can begin the new day by reflecting again over their resolution. In this way, the children will be able to develop the powers of their own mind, purifying them by the cultivation of good or skillful thoughts, words, and deeds. When our children develop self-responsibility in themselves, it will prove him/her be the safest guide through life. At meal time, Buddhist children can reflect there are many people who don't have enough food to eat. Children should learn to appreciate what they have and eat what is on the table in the same way as Bhikkus who eat whatever is put in their bowl merely to nourish the body.

**Duty of the Parents:** It is the duty of the Buddhist parents to influence their children in the Buddhist way of thinking. The best gift to your children is the gift of Dhamma.



## Update on MGCAANA's Contribution to the Computer Project Spearheaded by the Colombo Branch of the Mahamaya Girls' College Past Pupils' Association (PPA)

*We are proud to announce that MGCAANA was able to raise \$600.00 to purchase a computer for the Computer Lab at Mahamaya Girls' College Kandy. We thank the donors for their generosity!*



## Recipe Corner

### SOUTHWEST CHICKEN NACHOS

*Sent by Devi Gunasekera*

#### Ingredients

- 2 cups chopped cooked chicken
- 3 1/2 cups shredded cheddar cheese, divided
- 1 cup chopped tomato
- 1 package of Southwest Chicken Quesadillas Seasoning Mix
- 8 ounces tortilla chips

#### Preparation

- Preheat oven to 375°F.
- Mix chicken, 1 1/2 cups of the cheese, tomato and Seasoning Mix until well blended.
- Arrange tortilla chips on 2 lightly greased foil-lined shallow baking pans, overlapping chips as necessary. Top each pan with 1/2 of the chicken mixture and 1 cup of cheese.
- Bake 5 minutes or until cheese is melted. Sprinkle with assorted toppings and serve with guacamole and salsa, if desired.



## Kids Corner

### Time Machine By Ravindu Karunaratne

A few days ago, I found something really weird. It all started when I was walking in my backyard when I tripped on something. It was a watch! Not those cheap silver ones, but those incredibly expensive gold ones. To my profound amazement, it was still ticking! Also, why was it REALLY heavy? I decided to take it inside to examine it, but also I thought it could've been owned by the previous owner. Definitely not our neighbor's because our house is totally isolated from other houses. So I went inside and asked my mom what job the previous owner had. "I don't know about that but I think the realtors said that he was a scientist" she added. "What are you up to?" "Nothing" I answered back "just checking" and I quickly sprinted to my room.

This is really weird I thought to myself I thought that he would be a watchmaker! I suddenly found out the time was wrong so I wanted to change the time to present time. Somehow I dialed it to the next day, and was just about to dial back ten hours when the house started to spin with a flash. Suddenly I was in my house on my bed exactly where I was but something was REALLY weird. Why was I dressed in my Halloween suit when it wasn't even Halloween? And also how could it happen that fast? I WAS ASTOUNDED and still was going to fix the time and just dialed back 5 hours when suddenly I saw night change to morning and morning to night in 5 seconds! "Hey!" my mom called "get to sleep if you want to have energy for Halloween!" I paused mid step, "what?" I asked "Halloween! Are you starting to forget already?" she asked "just go to sleep" she added. Still, even though I was really surprised, I had to fix the watch, I'll figure this out in my own time and I fixed the watch to the right time. Suddenly with a flash and a pop, I returned to my own time, but I already knew what I was dealing with, a time machine!



## Want to know what your new Board of Directors (BOD) will be undertaking in 2017-2018?

Please read the minutes of the BOD's monthly meetings posted on MGCAANA website:

<http://www.mahamayaalumna.org/minutes.php>

If you have new ideas, concerns, or suggestions to improve how MGCAANA operates etc. please feel free to connect with the BOD through e-mail:

[Mahamaya\\_alumnae@yahoo.com](mailto:Mahamaya_alumnae@yahoo.com)

## Contributing to Maya Puwath

Contributing to Maya Puwath is a great and easy way you could be an active member of MGCAANA. We accept content produced by you, articles written by others with proper acknowledgement, as well as news from Mahamaya Girls' College, Kandy, Sri Lanka.

No time to write an article but would still like to contribute to Maya Puwath? Not a problem! We welcome content produced by children of MGCAANA member that we will feature in the Kids' Corner of Maya Puwath.

Please send your contributions to the upcoming October issue of Maya Puwath:

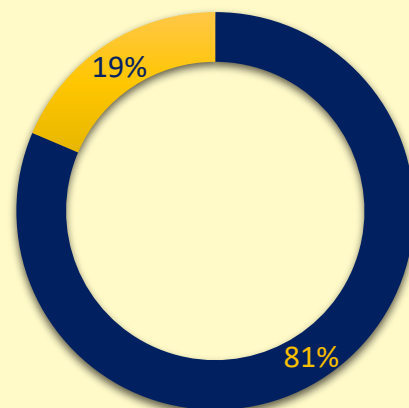
[Mahamaya\\_alumnae@yahoo.com](mailto:Mahamaya_alumnae@yahoo.com)

## Vidya Scholarship Trust Fund (VSTF)

VSTF awards scholarships to the most deserving, economically-disadvantaged students who do well in their studies and extra curricular activities from grades 6 and up at Mahamaya. An initial goal of VSTF has been to establish a fund with a capital of, at least, \$20,000. As of May 2017, \$16,283.65 has been raised thanks to generous donors like you. If you would like to help VSTF reach its \$20,000 goal, please assist MGCAANA in its fundraising efforts. You can donate (online/check) and most importantly, encourage others to donate:

<http://www.mahamayaalumna.org/vstf.php>

## VSTF Progress



■ Funds Raised ■ Remaining

**Newsletter Committee:** Vihara Dharmaratne, Vajeera Dorabawila, Lilika Molligoda

***Maya Puwath is a publication of Mahamaya Girls' College Alumnae Association in North America (MGCAANA)***