



## Dhammapada – The path

“Cut off your affection as though it were an autumn lily, with the hand. Cultivate the very path of peace. Nibbana has been expounded by the Auspicious One.”

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“Who strives not when it is time to strive, who though young and strong is indolent, who is low in mind and thought and lazy, that idler never finds the way to wisdom”.

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“Sorrowful are all conditioned things": when this, with wisdom, one discerns, then is one disgusted with ill; this is the path to purity”.

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“Verily, from meditation arises wisdom. Without meditation wisdom wanes. Knowing this twofold path of gain and loss, let one so conduct oneself that wisdom may increase”.



## In This Issue :

Page 1 : Editorial

Page 2 : Announcements & Notices

Page 3 : Young talent & Song

Page 4-5: Editor's Picks



## ~~~~ Helen Keller ~~~~

**“Many people know so little about what is beyond their short range of experience. They look within themselves - and find nothing! Therefore they conclude that there is nothing outside themselves either.”**

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**“Never bend your head. Always hold it high. Look the world straight in the eye.”**

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Dear readers,

Welcome to another edition of Maya Puwath. We hope that all our MGCAANA members are winding down the busy summer activities and looking forward to a calmer and colorful Autumn. As we have shared the stories, photographs and updates of MGCAANA's six years of progress in our last issue, in the October issue of Maya Puwath we would like to highlight a very important MGCAANA project, The Vidya Scholarship Trust Fund which supports underprivileged students attending Mahamaya Girls' College .

For most of us, as parents, the Fall is a special time of the year and it's heartwarming to send your son or daughter back to school, college, or first time to kindergarten. The Vidya Scholarship Trust fund explains the difference you can make for some of the underprivileged students who attend Mahamaya Girls' College. To our knowledge, there are many students attending Mahamaya who come from underprivileged families who are struggling to make ends meet. These students from rural areas get the opportunity to study at Mahamaya because of their academic excellence . They are the future of our county and they deserve a privileged education like the rest of the community. This is why MGCAANA is trying hard to give a helping hand to as many students as we can who are in need of financial assistance. The funds will pay for their educational needs and give them an opportunity for a better education reducing the inequalities that limit the potential of our students.

Vidya Scholarship trust fund hopes to mobilize a sum of \$20,000 and from the interest we earn, we will be able to award at least 20 scholarships per year for these students in need.

For MGCAANA to make this a reality we need your help. We assure you that any money you send our way will be used for the exclusive purpose of helping a student in her education. We are trying to get each student we help to communicate with you so that you as a contributor would get an opportunity to hear first hand of the help you are providing these students. There is a touching letter in this newsletter from a student who is presently receiving financial aid from the Vidya scholarship fund.

We have included the current progress of Vidaya Scholarship Trust Fund in this Newsletter. You will see all the details you will need to make contributions. We hope that many of you will give generously. We are looking forward to all your contributions and hope you will continue to support this worthy cause in the future years.

We would like to thank the Endowment Committee for putting this project together and conclude the editorial with some powerful words from them. “The impact of your generosity will be felt in so many ways, and in every day to come. Please join us in this hope-filled walk of compassion”.

Maya Puwath Editorial Committee.

*“ The best things in life are nearest:  
Breath in your nostrils, light in your eyes, flowers at your feet, duties at your hand, the path of right just before you. Then do not grasp at the stars, but do life's plain, common work as it comes, certain that daily duties and daily bread are the sweetest things in life.”*

~~~ Robert Louis Stevenson ~~~



## ANNOUNCEMENTS & NOTICES



### MAHAMAYA GIRLS' COLLEGE ALUMNAE ASSOCIATION OF NORTH AMERICA

#### UNDERGRADUATE & GRADUATE SCHOLARSHIP PROGRAM

- \* This scholarship is intended to provide cost of books and material for a single semester for Mahamaya Girls' College alumnae pursuing undergraduate or graduate studies in the United States and Canada.
- \* Each scholarship award may range from \$250.00 to \$300.00, depending on the availability of funds.
- \* The scholarship will be awarded to (a) student(s) demonstrating outstanding academic achievements, leadership ability, participation in extracurricular activities, and a significant level of financial need.
- \* Incoming high school students are required to include *copies* of their school transcript(s) – G.C.E. Ordinary Level and Advanced Level Examination Certificates (if applicable).

#### APPLICATION PERIOD AND DEADLINE:

**September 15, 2010 – December 15, 2010**

**Applications postmarked after the deadline will *not* be accepted.**

#### AWARD NOTIFICATION: On or before January 15, 2011

#### APPLICATION INSTRUCTIONS:

- \* Please visit our website at <http://www.mahamayaalumnina.org> to view and download the scholarship application.
- \* The application can also be completed online at <http://www.surveymonkey.com/s/LJYYJ5P>.
- \* Be sure to read the 'Directions and Requirements' carefully before completing the application.

If you have any questions about the MGCAANA Scholarship Program, please contact the Scholarship Selection Committee at [Mahamaya\\_alumnae@yahoo.com](mailto:Mahamaya_alumnae@yahoo.com).

Thank you very much for your interest in the MGCAANA Undergraduate & Graduate Scholarship Program, and we look forward to reading your completed application.

#### ***The Former Principal Mrs. N.K. Pilapitiya (1981-1990) is Here!!***

Dear Alumnae,  
Mrs. Pilapitiya is visiting United States until the end of November. She is staying with her daughter Mrs. Aruni Marapane in Cincinnati, Ohio. Two weeks ago she visited Los Angeles, California, at the invitation of Musaeus Alumnae who live in LA. As some of you might know, after retiring from government service as the Provincial Director of Education of the Central Province, she served as the Principal of her alma mater, Musaeus Girls' College in Colombo (1995-2008).

Mrs. Pilapitiya will be visiting the Northwest (Specially Seattle) from October 29th to November 2nd at the invitation of Mayans. If you would like to visit her, talk to her, extend an invitation to her, contribute financially to any gift, or to plan some events on behalf of her, please contact: ***Sujatha Werake at 425-228-0988, or email fronrunners4@yahoo.com***

Mrs. Pilapitiya brought the school to an unprecedented level in educational and extra-curricular activities. During her tenure, Mahamaya was granted the highest level by the government by making it one of the few "National Schools" in the Island at the time. Lots of students who were there at Mahamaya during her time are doing extremely well in life in Sri Lanka, here in United States and other countries. We are ever so grateful to her for her excellent administration.

Mr. Vijitha Karunaratne (1942-2010)

Our alumna and MGCAANA member of the Board of Directors, Hashini Mohottala's father-in-law Mr. Vijitha Karunaratne passed away on 12th of August, 2010 in Sri Lanka. He was 68 years old at the time of his demise. It was a very quiet, peaceful death. Hashini, and her husband Sanjeewa Karunaratne along with their son (his only grand-son) Ravindu were able to spend some time with him just before his passing away.

He grew up close to Galle and was the second in a family of seven other siblings. He was a director in the Central Bank and managed a printing press at the same time. He was a loving husband and a dedicated father.

May he attain Nirvana.

#### **How to stay connected...**

Do you have a recipe, vacation spot, joke or an old memory from Mahamaya that you wish to share with MGCAANA members? We would love to hear from you, please write to us at :

[mahamaya\\_alumnae@yahoo.com](mailto:mahamaya_alumnae@yahoo.com)

To see more pictures from the 6th AGM join :

· MGCAANA's Yahoo Group: Mahamayafriends

( Go to <http://groups.yahoo.com> and search for "mahamayafriends", then click on "Join Group")

· Join MGCAANA's Facebook page and group: "MGCAANA"

*We do not remember days; we remember moments.*

~~ Cesare Pavese ~~

<http://www.Nixxie.com>





Sent in by : Noorul Imaan Ameen  
Age : 7 years

Noorul is the daughter of Mayan Nazreen Caf-  
foor. This painting won first prize in an art competition in  
Noorul's school.



**It Blows a Snowing Gale..."**

*It blows a snowing gale in the winter of the  
year;  
The boats are on the sea and the crews are on  
the pier.  
The needle of the vane, it is veering to and  
fro,  
A flash of sun is on the veering of the vane.  
Autumn leaves and rain,  
The passion of the gale.*

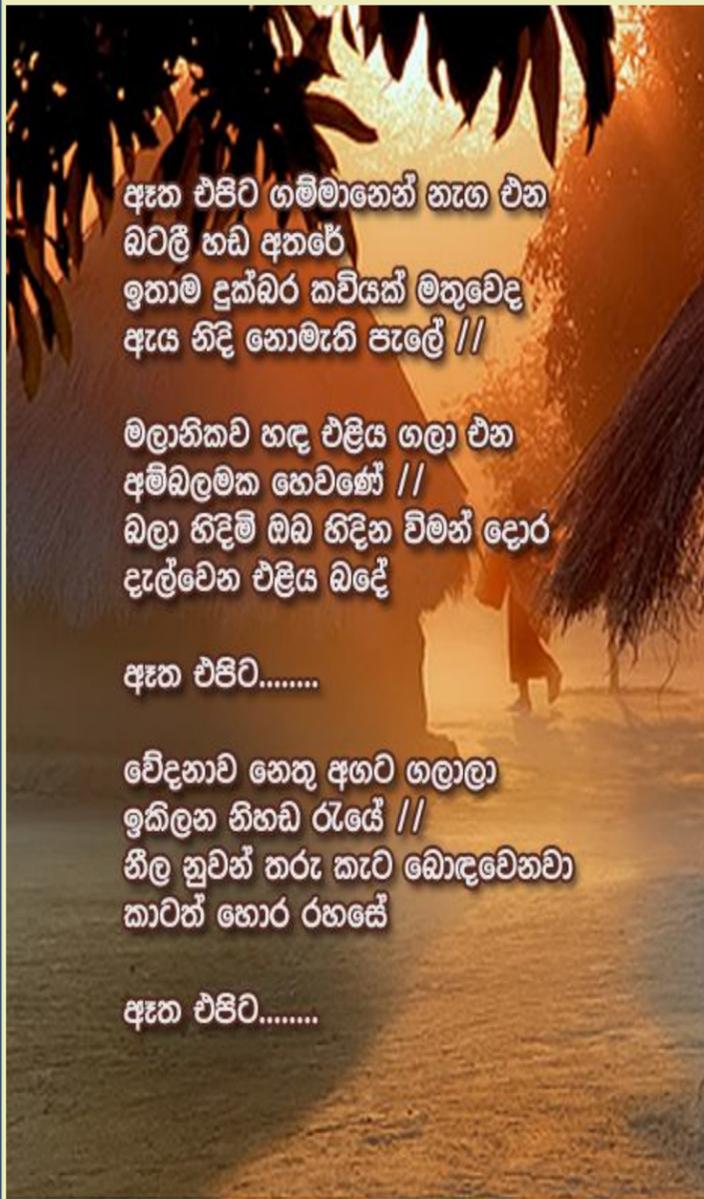
Robert Louis Stevenson

**Ambalame Pina PinaPina  
of the AmbalamaKawi Poetry**

(Sinhala)

*Ambalame Pina Pina  
Walan kadak gena gena  
Eeeka bindapi gona gona  
Eekata mata sina sina.*

**Sanath Nandasiri**



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අන එපිට.....

<http://ananmanan.com>



1. Who won the Nobel Prize for Chemistry in year 2010?
2. What is the Japanese parliament called?
3. The size of Sri Lanka is closest to which other country?
4. How many red balls are on the table at the start of a frame of snooker?
5. Who was known as 'Maid of Orleans'?
6. Which ancient city in Egypt was called 'The City of a Hundred Gates'?
7. Who wrote 'A Farewell to Arms'?
8. Which animal's milk is used to make authentic Italian mozzarella cheese?
9. Which is the world's oldest capital city?
10. Yoshida Kogyo Kabushibaisha or YKK for short appears on nearly every what?

(Answers on page 4)

Sent in by Himashinie Diyabalanage



*"But words are things, and a small drop of ink, Falling, like dew, upon a thought, produces That which makes thousands, perhaps millions, think."*

~~ Lord Byron ~~



Dear Maya Puwath readers,

We would like to bring you an update on our project the Vidya Scholarship Trust and the current status of donations. Our goal is to reach \$20,000 and we are slowly but surely getting there. We have some very kind hearted people who understand the need to lend a helping hand to the underprivileged children of our Mahamaya College. It does not matter if you donate \$10 or \$1000 what matters is you felt moved enough to participate in the dana.

This time while visiting MCK, someone approached me and asked if I would be willing to sponsor a needy student. It would be aprox.\$25 a month and \$300 for the year. I have two young children and come from a single income family as I became a stay at home Mom after the birth of my children.

Could we afford this? There was the mortgage, the children's schooling and sports to think of. It was not just a one time payment, it would have to continue for a while but I knew my husband would support me and we could definitely spare \$25 a month. Before agreeing I asked for the details of the student.

She was a grade 6 student and her mother had died and the father was a farmer. She had a brother who had become a monk and she had only her father and herself left in the world. My heart ached a little. Her father had taught her swimming in the streams and rivers in the village and this made her a strong swimmer. Seeing her at a swimming meet the principal had taken her into the hostel and they were looking for a sponsor. I wanted to meet the little girl.

She came in the beautiful white uniform we loved to wear. So cool in the warm sunny days and smart. She was tiny, probably as tiny as I was in grade 6. She spoke shyly but pleasantly and had the most beautiful smile. A lot of memories passed by just looking at her, seeing the innocence and the hope that everything would be okay. How could I refuse? I had already donated to the Trust but I felt the need to do more. This is just one story of the little children in need of help. Each story is unique and special.

I am not asking you to do the same. But please do what you can. Give what you can, whatever amount you are comfortable with, otherwise see if you know of some one who might be willing to help. Pass the word around. What have you got to lose?

I have roughly broken down the donations we have received to show you that its okay to donate \$10, its okay to donate \$100 or a \$1000. I only ask you do what you can.

**Amount in US \$ : Number of Donations**

|        |     |      |     |
|--------|-----|------|-----|
| \$1000 | : 2 | \$75 | : 1 |
| \$750  | : 1 | \$60 | : 1 |
| \$400  | : 1 | \$50 | : 2 |
| \$300  | : 4 | \$40 | : 1 |
| \$200  | : 2 | \$25 | : 1 |
| \$100  | : 8 | \$10 | : 1 |

Thank you very much for your endless support and all the best to you. By the way the little girl's name happens to be Nilmini too !

On behalf of the Endowment Committee, Nilmini Dorabawila

*Generosity is not giving me that which I need more than you do, but it is giving me that which you need more than I do.*

~~~Kahlil Gibran~~~~

sciroccoiii.com

**Wishful thinking** – by Viduranga Waisundara

Each time someone scolds me point blank, I wish they could see their faces in the mirror (I wish I could see my face in the mirror while enduring the process as well)! The inflation of veins which are about to pop out of the face, the furrowed brow, puffed nostrils, arms being thrown to and fro – what a display of fireworks and then some! I just wish I could flash a mirror in front of them and say 'don't stop scolding me, but while you are at it, please take look at your face in the mirror as well!' Yes, this is wishful thinking at its best!

From a personal perspective, anger is one of the primary modes of losing our cool. It transforms us into complete idiots who simply have no control over our actions. It is very easy to get angry but oh so hard to overcome the lingering sensations. While we may be able to stop the physical outburst comparatively easily, inside our head, the incident may be replayed a few times up to the extent that we create more ill-will and defilements than committing murder!

Anger arises due to the infiltrated concept of 'self' – as are several other modes of accumulating defilements. We mostly act and react to anything and everything which appears in conflict to our egoistically self-proclaimed collections of good and bad values. In truth, there is no good and bad – there is only delusion. Everything is relative – everything is an illusion.

I do not want to go into the karmic impact of anger. Everything is comprehensively described in the Dhamma. I prefer doing justice to the teachings by asking you to read through the discourses of the Majjhima Nikaya. Nevertheless, let me tell you what I do when I get angry. I have listed them below in no particular order of importance. I do not think these are universal methods of overcoming anger and dealing with situations of tension. However, I know most of them work for me, as much as I believe at least one of them might work for you – if not in this life, maybe in another one!

- 1.Keep your mouth shut – Works well mostly when you are being scolded at. There is no point debating against someone who is already flooded with anger. At least there would be one sane person in the room and you might as well give yourself a pat on your back since you know that person is yourself!
- 2.Smile – It is truly amazing what happens when the ends of your mouth turn in an upward direction!
- 3.Sit down – if you are standing. We are more prone to losing our cool while we are standing. The more horizontal we lie, the harder it is to scold another. Ever tried scolding someone while lying flat on the floor? Try it out today and see!
- 4.Close your eyes and stare at the darkness surrounded by your eye-lids intently for about ten seconds (or less, if necessary) – Your mind goes completely blank when you do so. When you come back, you would either have a different perspective to the situation, or you would have completely forgotten what you were angry about!
- 5.Is the person whom you are angry at or who is angry with you a reflection of yourself? – Yes, this is exactly what I meant when I said I want to flash a mirror in front of a person who is scolding at me. We might be doing the exact same mistake as another person, but we get angry with that person for committing the error – we might as well be angry with ourselves. Everyone makes mistakes. Sometimes we just need to forgive and forget.

I know kindness and compassion are the most solid anti-anger treatments. However, for us who have not attained such a level of mindfulness, the demonic outcomes of anger would have already taken place before these wholesome thoughts set in. Nevertheless, from my personal experiences, I would say the practices listed above have briefly halted my committing irrational deeds until the kindness and compassion seeps in and takes over the mental orchestration.

If nothing works, just look at yourself in a mirror!

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