

Health & Views



Merry
Christmas to
all our
viewers

December 2021 3rd issue

Christmas Message from the Archbishop (Anglican) Sydney

The four weeks before Christmas are traditionally known as Advent in the church's calendar. The word 'Advent' means 'arrival' or 'coming'. At this time of year, we prepare to celebrate the first 'coming' of Jesus as a babe in his mother's arms. And at the same time, Advent is an anticipation of the *next* coming of Jesus, in glory and power at the end of time to judge the world with justice and truth. So while we mostly spend the weeks before Christmas celebrating, feasting, spending and relaxing, Advent is a time for prayer, for repentance and turning to the Lord.



I suppose this year, we have more reason than usual for eagerly looking forward to Christmas - and to the return of Jesus. This has been a year when we have longed, I think, for news of great joy that is for all the people. And that is the news that the angels announce - *to you this day a Saviour is born in Bethlehem and you will find him laid in a manger*. In this second year of pandemic we've been reminded that despite geography and language and culture - we are one human race and we have the same frailties and weaknesses on the one hand, and the same hopes and joys on the other. We are all subject to death and disease; coronavirus has wreaked havoc across the globe and in every corner - and around the world in every town and village and apartment complex, we treasure loved ones, we crave the opportunity to spend time together and enjoy company, and we all shed the same salty tears in the face of sorrow and death. We have faced a global threat and we've been reminded that in the most fundamental ways we are just the same. Christmas announces a global saviour, one 'Saviour of the world', who took on human flesh so that he shares our nature; and yet who triumphed over death, so that he may offer us eternal life.

This year we are so glad to hear of the Saviour who was sent into the world for our sakes. And this year too perhaps, we are gripped by the reality and solemnity of his universal authority in judgement and the global reach of his mercy. 'Come Lord Jesus', we want to pray, 'and put the world to rights'. But we would not dare to do so, were it not for the first coming of Jesus in meekness to be our suffering Saviour, the babe born in a manger, the King riding a donkey, the man nailed to the cross and risen from the dead - who knows the frailty of our nature, who bears the penalty of our sin, who returns for those who wait for him.

Kanishka Raffel

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As the Festive Season reaches its zenith

It brings in the very pleasant & solemn reminder
Of the Birth of the Creator of a Great Faith
In addition to ones' rekindling of love and compassion that
garners

It is the time to display our love and compassion to all on Earth
With the pent-up goodwill to Kith & Kin and Friends that we did
harbour
Not to forget those who are no longer; and are physically out of reach
And the very unfortunate and in need for the little bit of "cheer"

So in this world of turmoil we feel the wrath
Of the Supreme who is humanities "Giver, Sustainer & Cherisher"

**To remember The Good Lord Giveth and the Good Lord Taketh
(away)**

Hence in the merry making lets' not forget the Tenets of The Holy
Scriptures

All our Best Wishes go out to you; for a Merry
Christmas & a Bright and Prosperous New Year.
Health & Views- Editor



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Christmas Greetings

Another year has passed, with more restrictions than in the previous year and an even less active social life than then. And I managed to contract Covid too, at the end of October, badly enough to have two weeks in hospital. But I have now been at home recuperating, for over a month, mindful that it is a very slow process and I should remember that King Edward VII convalesced for at least three months when he had been ill. Before symptoms hit me I had spent five weeks in England, including 25 wonderful days in Oxford, in beautiful guest rooms at Univ and Corpus, and then with Miles Young in New College and with Leslie Mitchell in his retirement home. Lots of friends came to see me and I had several meals with Leslie. Not having seen him for nearly two years was one of the main reasons for making the effort, despite it requiring eleven nights in isolation in a hotel near Heathrow.

But I could write as much as while at home, my main occupation in the last 20 months, and I had the added benefit of detective stories on British television, their most impressive contribution currently to civilization.

The writing has led to eight books published thus far since the lockdown, five of them this year, with two more now gone to press. The last of these is the first of what I have dubbed The Coronavirus Collection, short accounts of past activity that warrants sentiment.

The other activity which has helped me to feel productive is the continuing building at Palankadewatte. It was a slow process for even the workmen who live in the same District could not always come, and then there was incessant rain which slowed things down. But the different buildings, and the different open spaces, are nearing completion. I shall feel more content though when the gutters for the north building are in place, and at least some of the bathrooms are ready.

And thankfully building at Lakmahal has also commenced. I got the plan approved in December 2019 but delayed starting because I travelled much over the next two months, and then the blight hit. The workmen did come last year for a few days, but this preliminary to the bigger work collapsed with the intensity of infections last October and then this May.

That about sums up the year, except to wish you for Christmas and 2022, hoping that this will be less fraught than the last two years; to thank all of those from whom I have already received cards, and those whose cards will arrive in the next couple of weeks; to apologize for a round robin greeting, but hope that the pretty pictures that accompany it will compensate for the lack of individual wishes; and to reiterate how grateful I am for your friendship over what seems increasingly now a blissful time over the years.

The pictures are of dawn over the river and on my balcony at Lakmahal and in New College; then of two of the recent books; then of the paddy field with Kithsiri and his son and of me in the Corpus Fellows Garden; finally, Poson Lanterns and lamps on my balcony, and the buildings on the north, where the painting began, and on the south at Palankadewatte.

About the writer-



Rajiva Wijesinha, MA, DPhil (Oxon) (born May 16, 1954) is a Sri Lanka writer in English, distinguished for his political analysis as well as creative and critical work. An academic by profession for much of his working career, he was most recently Senior Professor of Languages at the University of Sabaragamuwa, Sri Lanka.

In June 2007 President Mahinda Rajapakse appointed him Secretary-General of the Sri Lankan Government [Secretariat for Coordinating the Peace Process – SCOPP](#) (<http://www.peaceinsrilanka.lk>), and in June 2008 he also became concurrently the Secretary to the Ministry of Disaster Management and Human Rights. The Peace Secretariat wound up in July 2009, and in February 2010 he resigned from the Ministry as well as the University, as he was a candidate on the National List of the United People's Freedom Alliance in the General Election held on 8 April 2010, following which he was appointed a Member of Parliament



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9 SIGNS IT'S MORE SERIOUS THAN THE COMMON COLD

“As the Days Fade Away.....”

As the days fade away; one can only look around for what lies ahead and speculate – be it good or bad. Whatever it be one must keep in mind the age old saying of “Man Proposes; and God Disposes”.

Presently the “sitting outside” on the verandah and watching the “World go around” is all but gone and restricted as such; confining one to being indoors within the walls of the home. However, we of the extreme North have to contend with the God given four seasons and savour the good and the bad as we humanly can – for each season has its characteristics and metamorphoses; and it is for us to contend with, enjoy and make best of it all. Easier said – but does everyone agree? For it is said that “One Man’s Meat is another Man’s poison”.

Back to the landscape; one sees the bleak and grey skies and feels the cold penetrating ones clothes. The flowers have all but withered and lay forlorn on the ground; but to compensate we do see the myriad and kaleidoscopic change in the colour of the leaves which leaves us with such a warm feeling; and perhaps with ecstasy. But for how long will be dependent on the blowing winds. The downside of this very pleasing sight will be the leaves that have been shed on the ground by the winds to create a labour intensive task for the poor gardener.

The colourful birds that flew, swooped and performed aerobatics have all gone away; and so has the bees that were buzzing around the flowers. All gone away to warmer climes; emulated by the famous “Canadian Snowbirds” on their annual trek. What remains sauntering around the garden are the squirrels with bushy tails foraging and scrounging around; seeking food and other nest building material to shore up their resources for the Winter Season that lies ahead.

As for the neighbours; they are the same as they always were. Just the cursory greeting and nothing more – reeking of the “Hi & Bye” society that is so rampant in this country – be it neighbour or at place of work. Even at large Socials & Dances this trait continues, for the “noise” of the music will never allow you to converse or have a meaningful conversation. What a pity that this should be so; in what is purported to be an advanced and learned Community.

Doesn’t it remind of “back home” when you could step out of your home and indulge in cordial and meaningful conversation with neighbours friends and acquaintances. But one can only guess this happens as life here is in the “fast lane” and the niceties will only remain within the confines of a “Hi & Bye”.

Due to the weather change and impending deterioration of the warm weather and the anticipated onset of winter, one finds the “whirring” noise of the lawn movers have long gone; with the operators confined to their homes. Even the “road-runners” are conspicuous by their absence. So one does venture out into the Big “Shopping Malls” to continue with their “constitutional” walk. The vibrancy, glee and colour have all but gone; and instead it is “dragging the feet”, sullen looks and dark & grey clothing is seen in abundance. Even the shop windows are draped and adorned with lack-lustre colours. It should not be long before Christmas Season dawns on us and then we return to joviality, purpose and colourfulness. Pardon me if I am “politically wrong” in saying “Christmas Season” instead of “holiday Season”. For me it shall remain Christmas Season; for it is said “to each their own; and God for us all”.

Coming from a Tropical Country one is reminded that we lived off one-suitcase, so to say. In other words we only had “summer clothing” to wear throughout the year; but in the extreme North of the Hemisphere we have four suitcases to contend and conform to. One for Summer; one for Fall; one for Winter & one for Spring. Perhaps the vagaries of weather has to do with the mood swings that one has to succumb to. However through this gamut of weather cycles one just has to “be prepared” as propagated by the Scout movements; and adapt oneself to make use of the situation as best as one could. For as long as there is breath in you just inhale the goodness in life or else you shall forever live with a dark pall of gloom hanging over your head. Thereby over- shadowing your gleam, gait and human feelings; to your own detriment.

For as the Days Fade Away; look forward at the brighter side and lead a life in content, in addition to spreading the message of Peace, Goodwill & Love among all beings and bringing cheer to the needy. Which also brings to mind an oft sung ditty to the tune of the famous “Baila” in Sri Lanka – “Kapanglah; Beepanglah; Jolly Kerapanglah; Heta Marunoth Hithata Sapai Adha Jollykaralah” which means “Eat; Drink and Be Merry with no regrets if you die tomorrow”.

..So, Dear Readers I leave you to take the best & leave the rest

Noor Rahim

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[If you've been avoiding pasta because you think it's bad for your health, here are 14 reasons to make it part of your diet.](#)

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A large international study finds that a significant number of people hospitalized with COVID-19 may have complications affecting the central nervous system.

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COVID-19 protection wanes 90 days after second Pfizer vaccine

Updated on December 2, 2021, at 8:00 a.m. PST

- A recent study investigated whether a person's COVID-19 immunity wanes after they receive the second Pfizer-BioNTech mRNA vaccine dose. The authors found that there was a 2.37-fold higher risk of contracting the virus by 90 days after the second vaccination and a 2.82-fold higher likelihood after 150 days or more. Read more about the study [here](#).
- According to Dr. Michelle Groome of South Africa's National Institute for Communicable Diseases (NICD), there has been an "exponential increase" in SARS-CoV-2 infections in South Africa during the past 2 weeks. Last Wednesday, South Africa registered 1,275 cases. The number of cases it registered yesterday was 8,561. Find more about Omicron [here](#).

18 Secrets for a Longer Life

There may not be a fountain of youth, but there's plenty of research into the habits of people who thrive into old age. See what the science says.

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[Study shows how vitamin D could halt lung inflammation in COVID-19](#)



A new study reveals the mechanism of how vitamin D may help to combat the hyperinflammation caused by immune cells in COVID-19.

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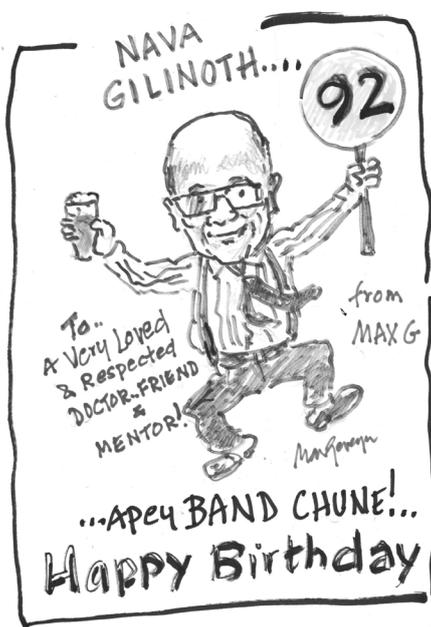
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Thanks Max

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The Paleo Diet and Cholesterol

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People scrutinize this savory sauce for the amount of sodium it contains. Here's what you should know.

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A Satisfying 'Diet' Without Rules and Restrictions

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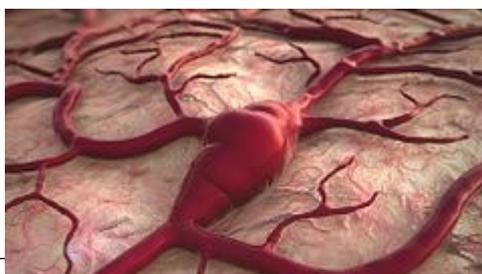
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