

PARISH NEWSLETTER



FEBRUARY 2026

118 Jawatte Road, Colombo 5
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www.cogslk.org

Our Vision

**A growing family of Spirit-filled followers of Jesus Christ,
inspiring all Sri Lankans to find their life-purpose in God.**

WORSHIP SERVICES ENGLISH

8:15 am Holy Eucharist with Sermon (Every 1st, 2nd, 3rd and 5th Sunday)
5:30 pm Holy Eucharist with Sermon (Except 4th Sunday)

TAMIL

9:45 am Holy Eucharist with Sermon (Every 1st, 2nd, 3rd and 5th Sunday)

ENGLISH and TAMIL (COMBINED SERVICE)

8:15 am Holy Eucharist with Sermon (Every 4th Sunday)

Our Mission

**To reach out to all Sri Lankans for Jesus,
confirm their faith in the Trinity,
and nurture them to achieve Christ-like maturity.**

FROM THE DESK OF REV NIHAL FERNANDO

Dear Parishioners,

Forty Days and Forty Nights: A Sacred Spiritual Journey

Lent is a holy season of grace — a sacred invitation from God to pause, reflect, repent, and renew our relationship with Him. These forty days and forty nights echo the powerful biblical moments of preparation and transformation: Moses fasting on Mount Sinai (Exodus 34: 28), Elijah’s journey to Horeb (1 Kings 19: 8), and above all, Jesus fasting in the wilderness before beginning His public ministry (Matthew 4: 1-2).

During this Lenten journey, the Church calls us to embrace three essential spiritual practices: Prayer, Fasting, and Almsgiving. Our Lord reminds us, "When you pray... when you fast... when you give to the needy..." (Matthew 6: 1-18) — not “if”, but “when”, emphasizing that these acts are vital to Christian living.

Through prayer, we deepen our friendship with God. Through fasting, we learn self-discipline and detach ourselves from worldly distractions. Through almsgiving, we become instruments of God’s mercy, sharing His love with the poor and the forgotten.

Lent is not merely about giving up something, but about giving ourselves more fully to God. It is a time to turn away from sin and return to the Lord with sincere hearts:

"Return to me with all your heart, with fasting, with weeping, and with mourning" (Joel 2: 12).

As we walk together toward the Cross and the glory of the Resurrection, may this sacred season renew our faith, purify our hearts, and strengthen our commitment to live as true disciples of Christ.

Let us journey together in hope, humility, and holiness.

Blessings for a fruitful Lenten Season.

Yours in Christ,

Fr. Nihal Fernando

VICAR

Vicar

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MRS SHRIENI SAMARASENA
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Special Days in February 2026

- 1st World Baptist Alliance Sunday / Diocese of Kurunegala Sunday
- 2nd The Presentation of the Lord
- 4th National Day
- 15th Transfiguration Sunday
- 18th Ash Wednesday
- 27th Theological College of Lanka Day

PARISH ACTIVITIES

A Time of Church-Family Fellowship: After the 8:15am service. A cup of tea is served in the Parish Hall, every Sunday. You may buy your own breakfast. Even if you aren't hungry for a meal, come and savour the taste of fellowship.



A Listening Ear: 9:45 a.m. to 10:00 a.m.

Some parishioners have volunteered their time to lend an ear and to pray with those who are facing challenges in life. While you may contact them to set up a mutually convenient time and place to talk/meet, they will also be available on Sundays in the Parish Hall (Meeting Room), from 9:45 a.m. to 10:00 a.m. Please contact Angela Seneviratne, Mobile 077 2516272 for more details.



English Sunday School: 10:15 a.m. to 11:30 a.m.

Our children are taught God's Word and ways—in a fun, meaningful, and innovative manner—by a group of dedicated teachers. Their parents are, also, most welcome to worship with the rest of our church-family and become more involved in parish activities!



Fellowship Evening: 7:00 p.m.

A fellowship evening is held *every 3rd Sunday after the 5:30 pm* worship service. All are welcome!



WEDNESDAYS

The Young At Heart Group: Commencing at 9:30 a.m.

The Young At Heart Group meets on the 2nd Wednesday of every month at 9.30 a.m. in the Parish Hall for fun filled activities and fellowship. All over 60's are welcome; bring along a friend (non-parishioner) to join in the fun too!!



WEDNESDAYS

Young Adults at 7:00 p.m. to 8:30 p.m. in the Parish Hall

Keep in touch with Viranga on 0773891951 for more details.



THURSDAYS

Bible Studies

Bible studies will be held every Thursday at 6:30 p.m. in the parish hall. All are welcome and remember to bring a friend.

More details will be shared in the Church WhatsApp group.



SATURDAYS

Mothers' Union: Commencing at 10:00 a.m.

Meetings of our very active Mothers' Union (MU) are held once a month—every 2nd Saturday. Keep in touch with a member of the MU for updates on their plans and programs, and join them in their many projects!



SATURDAYS

Youth Ministry: Every Saturday 6:00 p.m. to 9:00 p.m

The youth (16+ years) of the parish meet regularly for worship, study, and a whole host of other fun-filled activities geared towards spiritual growth and maturity. We ask for your prayers as church leaders who guide and mentor these young people in our parish heed God's voice over this next generation of ours.

Keep in touch with Shakyna 0777158847 or Nikhil on 0721806971



**A Very Warm Welcome and a Heartfelt Greeting,
in the Glorious Name of Jesus, to all our Visitors!**

IF YOU WOULD LIKE TO JOIN OUR PARISH FAMILY, please fill in a *Family Card* and hand it over to any of our Parish Stewards on duty (look out for the 'PARISH STEWARD' badge), one of our Wardens (just ask for Ashan, Nilani, Rohini or Lalith), or our Vicar, the Rev. Nihal Fernando. Family Cards are available with our Sexton, Tony Curtis.

SCRIPTURE READERS FOR FEBRUARY 2026

DATE	READING	SCRIPTURE PASSAGE	READER
FEBRUARY 1ST 4TH SUNDAY AFTER EPIPHANY	Psalm	Psalm 24: 7 - 10	
	OT Lesson	Malachi 3: 1 - 5	Michael Tissera
	NT Lesson	Hebrews 2: 14 - 18	Nuala Samarasinhe
	Gospel	Luke 2: 22 - 40	Dyan Seneviratne
FEBRUARY 8TH 8TH SUNDAY BEFORE EASTER	Psalm	Psalm 112: 1 - 9	
	OT Lesson	Isaiah 58: 1 - 9	Aneeka De Silva
	NT Lesson	1 Corinthians 2: 1 - 12	Suyasha Daniel
	Gospel	Matthew 5: 13 - 20	Githa Algama
FEBRUARY 15TH 7TH SUNDAY BEFORE EASTER	Psalm	Psalm 2	
	OT Lesson	Exodus 24: 12 - 18	Dhayamani Ashok
	NT Lesson	1 Peter 1: 16 - 21	Kusum Wickramaratne
	Gospel	Matthew 17: 1 - 9	Chintha Fernando
FEBRUARY 18TH ASH WEDNESDAY	Psalm	Psalm 51: 1 - 17	
	OT Lesson [T]	Isaiah 58: 1 - 12	Tabitha Curtis
	NT Lesson [S]	2 Corinthians 5: 20 - 6: 10	Varunika De Silva
	Gospel [E]	Matthew 6: 1 - 6, 16 - 21	Minal Ranatunga
FEBRUARY 22ND 6TH SUNDAY BEFORE EASTER	Psalm	Psalm 32	
	OT Lesson [T]	Genesis 2: 15 - 17, 3: 1 - 7	Manuja Jeyaraj
	NT Lesson [S]	Romans 5: 12 - 19	Mangalika Hettiarachchi
	Gospel [E]	Matthew 4: 1 - 11	Rithmisha Thevakumar

A prayer for the Lenten Season

God of goodness and mercy, hear my prayer as I begin this Lenten journey with you. Let me be honest with myself as I look into my heart and soul, noticing the times I turn away from you. Guide me to the path that leads to you as I humbly seek to repent and return to your love. Fill my heart with gratitude, patience, strength, and peace. Transform me this lent, Heavenly Father. Amen..!!

INTERCESSORS & OFFERTORY BEARERS FOR FEBRUARY 2026

DATE	INTERCESSOR	OFFERTORY BEARERS
FEBRUARY 1 ST	Rochelle Gunawardene	Nilani and Dyan Seneviratne
FEBRUARY 8 TH	Rohini Jayaratne	Niro and Rajindra Daniel
FEBRUARY 15 TH	Nalinie Wanigasekera	Shirantini De Silva Romaine Benedict
FEBRUARY 18 TH ASH WEDNESDAY	Redhesh Thevakumar [T & E]	Nalini and Manuja Jeyaraj
FEBRUARY 22 ND	Ahindan & Ahalya Balasundaram [T & E]	Sunday School

WARDENS & SIDESPERSONS DUTY ROSTER FOR FEBRUARY 2026

DATE	WARDEN	PARISH STEWARDS
1 ST SUNDAY FEBRUARY 1 ST	Nilani Seneviratne (AM) Ashan Algama (PM)	Michelle Ponniah (AM) Dirk Jayaratne (AM) Renuka Amarasekera (PM) Minal Ranatunga (PM)
2 ND SUNDAY FEBRUARY 8 TH	Rohini Jayaratne (AM) Ashan Algama (PM)	Christina Paul (AM) Dirk Jayaratne (AM) Diruni Chanmugam (PM) Renuka Amarasekera (PM)
3 RD SUNDAY FEBRUARY 15 TH	Lalith Dassenaik (AM) Rohini Jayaratne (PM)	Shelley Tissera (AM) Dhayamani Ashok (AM) Aidan Tissera (PM) Debika Pathirana (PM)
ASH WEDNESDAY FEBRUARY 18 TH	Nilani Seneviratne (PM)	Minal Ranatunga (PM) Michelle Ponniah (PM)
4 TH SUNDAY FEBRUARY 22 ND	Lalith Dassenaik (AM)	Dhayamani Ashok (AM) Christina Paul (AM)

ASH WEDNESDAY SERVICE 18TH FEBRUARY, 6 PM

BIRTHDAYS & WEDDING ANNIVERSARIES – FEBRUARY 2026

Week	Date	Birthdays	Anniversaries
1	2 nd Feb		Roshini & Anil De Silva
	4 th Feb	Nilane De Mel	
	7 th Feb	Dyan Seneviratne	
2	10 th Feb	Sanaka Samarasinha Suyasha Daniel	
3	15 th Feb	Varuna Botejue	
	17 th Feb	Savitri Jayawardena	
	18 th Feb	Minoli Wijesena	
	19 th Feb	Davyn Mather	
4	25 th Feb	Cindy Jacob Shehaara Dedigama	

Do you want to fast this Lent?

- ❖ Fast from hurting words and **say kind words**
- ❖ Fast from sadness and **be filled with gratitude**
- ❖ Fast from anger and **be filled with patience**
- ❖ Fast from pessimism and **be filled with hope**
- ❖ Fast from worries and **have trust with God**
- ❖ Fast from complaints and **contemplate simplicity**
- ❖ Fast from pressures and **be prayerful**
- ❖ Fast from bitterness and **fill your heart with joy**
- ❖ Fast from selfishness and **be compassionate**
- ❖ Fast from grudges and **be reconciled**
- ❖ Fast from words and **be silent and listen**

Pope Francis