



At this time of pandemics, natural disasters, anxieties, wars, unemployment, the future of our children's education, we have many questions. We wonder why God, who is love, has abandoned us? No!

Our Loving and All Powerful God is with us. Are you afraid? He was afraid too, at Gethsemane; His Father did not abandon Him. He suffered, died and rose again. All because He wanted us to enjoy eternity with Him. I want to share with you a very special Devotion to The Mother of Perpetual Help, through Her powerful intercession, at the most trying times in my life She has walked with us. Look at this picture.

The outlines of Mother and Child blend into one another, denoting the closeness of Jesus and Mary. The Child's sandal hangs loose. His left leg is crossed over his right as He presses close to His Mother. His hands clasp those of His Mother in wild fear. His face is turned towards the Angel Gabriel who threaten Him with the cross and nails of crucifixion. Our Lady Herself gave this picture its name "PERPETUAL HELP. The message of this Image is this. "Just as the Child Jesus found HELP in His anxiety in the arms of His Mother, so we, too, who are the spiritual children of This Good Mother, will always find in her the help we need to face the spiritual and material trials of life.

I was born in Colombo, Sri Lanka and my parents instilled to all of us (7 siblings) the importance of The Family Rosary and Daily Mass and the devotion to The Mother of Perpetual Help. We attended the weekly devotions at a church which was filled with hundreds of devotees; Catholics, Buddhists, Hindus and Christians of all denominations. The Novena consisted of Hymns, Novena prayers, and Benediction of the Blessed Sacrament.

We went through difficult times, especially the 1958 civil war. While we were in a shelter, we found a woman clinging to the picture of The Mother of Perpetual Help and it was a Wednesday; all of us went on our knees and recited the novena prayers. This is one of the many miracles.

We knew our children would not be safe and since we wanted them to have a good education, we were sponsored by my brother and immigrated to the United States in 1974. Here is another miracle. We found an apartment close to the Church. I asked my husband to see if it was a Catholic Church and it was St. Agatha's Church with a Catholic school. We always went to Daily Mass and we were very blessed.

This was one of the churches that had the Mother of Help Devotions every Tuesday evening at 7pm. The Devotion prayers, hymns and Benediction of the Blessed Sacrament were exactly the same as the novena we attended in Colombo. We have

been attending these devotions every Tuesday for many years. Due to the pandemic, and lockdowns, we had to close the church, but with the support of Fr. Luan, we have started this weekly devotion again every Tuesday at 7pm. The picture is an original at St. Agatha's.

Thirty years ago, this same parish started Eucharistic Adoration. We are able to go for Daily Mass and Eucharistic Adoration. We attribute all this to Our Mother of Perpetual Help's powerful intercession. **Please join us every Tuesday at 7pm at St. Agatha Church (7983 SE 15th Avenue, Portland)**