

කතෝලික පවුල් පොත  
CATHOLIC FAMILY BOOK



එකට යඳින පවුල  
එකට සිටින පවුලයි  
*Family that prays together  
stays together*

- ★ ඔබගේ පවුලට අයත් සියලුදෙනාගේ නම හා අනෙකුත් විස්තර මෙම පොතෙහි ඇතුළත් විය යුතුය.
- ★ **உங்கள் குடும்ப உறுப்பினர்களின் பெயர்களும், விபரங்களும் இப்புத்தகத்தில் இடம் பெறல் வேண்டும்.**
- ★ ඔබ අයිති විය යුත්තේ දැනට ඔබ පදිංචිව සිටින ප්‍රදේශයේ මිසමට අයත් දේවස්ථානයටය. එමනිසා ඔබ පවුල් පොත ලබාගත යුත්තේ ඔබ පදිංචිව සිටින මිසමේ සාමාජිකත්වය තහවුරු කිරීම සඳහාය.
- ★ நீங்கள் இப்பொழுது குடியிருக்கும் பகுதியிலுள்ள பங்கு ஆலயத்தின் உறுப்பினர்கள். எனவே பங்களின் அங்கத்துவத்தை உறுதிப்படுத்த பங்குக் குடும்ப புத்தகம் ஒன்றைப் பெற்றுக் கொள்ளுங்கள்.
- ★ ඔබේ පදිංචිය වෙනස් කරන විටෙක ඒ බව මිසම භාර පියකුමාට දන්වා, ඔබ අලුතින් පදිංචියට යන මිසමේ සාමාජිකත්වය ලබාගැනීම සඳහා අවශ්‍ය එතුමාගේ සටහන ලබාගන්න.
- ★ நீங்கள் வேறு பங்குக்கு மாறும் பொழுது அது பற்றி உங்கள் பங்குத் தந்தைக்கு அறிவித்து, அவரிடமிருந்து பெறும் அத்தாட்சிப் பத்திரத்துடன் புதிய பங்கில் இணைந்து கொள்ளலாம்.
- ★ ஒன்பසු අලුතින් පදිංචිවූ මිසමේ පියකුමා මුණ ගැසී, එම මිසමේ සාමාජිකත්වය ඔබගේ පවුල් පොතේ තහවුරු කරගන්න.
- ★ புதிய பங்குத் தந்தையைச் சந்தித்து அப்பங்கில் உறுப்பினராக இணைந்து கொள்வதற்கானவற்றை செய்து கொள்ளல்.
- ★ සෑම කතෝලික පවුලක්ම කුමන හෝ මිසමකට ඇතුළත් විය යුතුය.
- ★ எல்லாக் கத்தோலிக்க குடும்பமும் ஏதோவொரு பங்கில் உறுப்பினராக இணைந்து கொள்ள வேண்டும்.
- ★ ඔබ යමකිසි හේතුවක් නිසා කතෝලික සභාව හැර ගියහොත් ඒ බව මිසම භාර පියකුමාට දන්වා ඔබේ සාමාජිකත්වය අහෝසි කිරීම සඳහා මෙම පවුල් පොත ආපසු භාර දෙන්න.
- ★ நீங்கள் ஏதோவொரு காரணத்தினால் கத்தோலிக்க திருச்சபையை விட்டு விலக நேர்ந்தால், அதைப் பங்குத் தந்தைக்கு அறிவித்து உங்கள் பதிவுகளை நீக்குவதற்காக குடும்ப புத்தகத்தை சமர்ப்பித்தல் வேண்டும்.

## අරෙදුරු පදවිය කොළඹ

### ARCHDIOCESE OF COLOMBO

**உயர் மறைமாவட்டம் கொழும்பு**

කතෝලික පවුල් සාමාජිකත්ව අනන්‍යතාවය තහවුරු කරන  
கத்தோலிக்க குடும்ப அங்கத்துவத்தை உறுதிப்படுத்தும்

### පවුල් පොත

#### FAMILY BOOK

#### குடும்ப புத்தகம்

- ★ කතෝලික පවුල් සාමාජිකත්ව අනන්‍යතාව තහවුරු කරන පවුල් පොතක් ලබාගත හැක්කේ කතෝලික සභාවේ වත්පිළිවෙත් වලට අනුව විවාහයකට ඇතුළත්වී සිටින පවුල් වලට පමණි.
- ★ குடும்பப் புத்தகமொன்றை பெற்றுக்கொள்ள முடிவது கத்தோலிக்க திருச்சபை திருவழிப்பாடுகளின்படி திருமணத்திற்கு உள்ளாகியிருக்கும் குடும்பங்களுக்கு மாத்திரமே.

உடைய அனைத்து - Identity of Parents

பெற்றோரின் விபரங்கள்

பிதா }  
Father }  
தந்தை } .....  
(Catholic/ Non Catholic .....)

மව }  
Mother }  
தாய் } .....  
(Catholic/ Non Catholic .....)

பிவாய - தினய னா சீராய }  
Date and Place of Marriage }  
திருமணத் திகதியும் இடமும் }  
.....

அகிலத் தைர்துர - Other Information

ஏனைய விபரங்கள்

Sacramental marriage/ Marriage of disparity of cult / Mix Communion etc.

பிதாறே } பிதா }  
Father's } Father }  
தந்தையின் } தந்தை }  
.....  
(Catholic/ Non Catholic .....)

மவ }  
Mother }  
தாய் } .....  
(Catholic/ Non-Catholic .....)

மவறே } பிதா }  
Mother's } Father }  
தாயின் } தந்தை }  
.....  
(Catholic/ Non Catholic .....)

மவ }  
Mother }  
தாய் } .....  
(Catholic/ Non Catholic .....)

பிரைசுரிங் கிரிசு  
Registration -

பிரைசு }  
Parish }  
பங்கு } .....  
.....

தேவசீராய }  
Church }  
ஆலயம் } .....  
.....

பிரைசு }  
Address }  
விலாசம் } .....  
.....

தூ.க. அனகய }  
Telephone }  
தொ.பே.இல } .....  
.....

கிதூ லீககய }  
BCC }  
அடிப்படை கிரிசுத்வ குழுமம் }  
.....

நூலாய அனகய }  
Novena No }  
நவநாள் குழு ஏண் }  
.....

கூலியாய லை அனகய }  
Zone & No }  
வட்டாரம் மற்றும் இல }  
.....

பிரைசுரிசுறே அனகய }  
Signature of Parish Priest }  
பங்குத்தந்தையின் கையொப்பம் }  
.....

பிரைசு }  
Seal }  
முத்திரை }  
.....

தினய/Date/ திகதி

පවුලේ ලිපිනය - FAMILY ADDRESS

குதும்ப முகவரி

1. ....  
.....  
.....
2. ....  
.....  
.....
3. ....  
.....  
.....
4. ....  
.....  
.....
5. ....  
.....  
.....

ලියාපදිංචි කිරීම  
Registration - பதிவுகள்

1

මිසම  
Parish }.....  
பங்கு

දේවස්ථානය  
Church }.....  
ஆலயம்

නුවන අංකය  
Novena No }.....  
நவநாள் குழு எண்

කොට්ඨාශය සහ අංකය  
Zone & No }.....  
வட்டராம் மற்றும் இல

.....  
පියතුමාගේ අත්සන  
Signature of Parish Priest  
பங்குத்தந்தையின் கையொப்பம்

.....  
මුද්‍රාව  
Seal  
முத்திரை

.....  
දිනය/Date/ திகதி

ලියාපදිංචිය අවලංගු කිරීම

Cancellation

Parish Priest,

.....

Please accept this family to your Parish.

ගරු පියතුමනි,

මෙම පවුල ඔබගේ මිසමට ඇතුළත් කර ගන්න.

.....  
පියතුමාගේ අත්සන  
Signature of Parish Priest  
பங்குத்தந்தையின் கையொப்பம்

.....  
මුද්‍රාව  
Seal  
முத்திரை

.....  
දිනය/Date/ திகதி

ලියාපදිංචි කිරීම  
Registration - පதிவுகள்

2

මිසම  
Parish }.....  
பங்கு

දේවස්ථානය  
Church }.....  
ஆலயம்

නුවන අංකය  
Novena No }.....  
நவநாள் குழு எண்

කොට්ඨාසය සහ අංකය  
Zone & No }.....  
வட்டாரம் மற்றும் இல

.....  
පියතුමාගේ අත්සන  
Signature of Parish Priest  
பங்குத்தந்தையின் கையொப்பம்

.....  
මුද්‍රාව  
Seal  
முத்திரை

.....  
දිනය/Date/ திகதி

ලියාපදිංචිය අවලංගු කිරීම

Cancellation

Parish Priest,  
.....  
.....

Please accept this family to your Parish.

ගරු පියතුමනි,  
මෙම පවුල ඔබගේ මිසමට ඇතුළත් කර ගන්න.

.....  
පියතුමාගේ අත්සන  
Signature of Parish Priest  
பங்குத்தந்தையின் கையொப்பம்

.....  
මුද්‍රාව  
Seal  
முத்திரை

.....  
දිනය/Date/ திகதி

6

ලියාපදිංචි කිරීම  
Registration - පதிவுகள்

3

මිසම  
Parish }.....  
பங்கு

දේවස්ථානය  
Church }.....  
ஆலயம்

නුවන අංකය  
Novena No }.....  
நவநாள் குழு எண்

කොට්ඨාසය සහ අංකය  
Zone & No }.....  
வட்டாரம் மற்றும் இல

.....  
පියතුමාගේ අත්සන  
Signature of Parish Priest  
பங்குத்தந்தையின் கையொப்பம்

.....  
මුද්‍රාව  
Seal  
முத்திரை

.....  
දිනය/Date/ திகதி

ලියාපදිංචිය අවලංගු කිරීම

Cancellation

Parish Priest,  
.....  
.....

Please accept this family to your Parish.

ගරු පියතුමනි,  
මෙම පවුල ඔබගේ මිසමට ඇතුළත් කර ගන්න.

.....  
පියතුමාගේ අත්සන  
Signature of Parish Priest  
பங்குத்தந்தையின் கையொப்பம்

.....  
මුද්‍රාව  
Seal  
முத்திரை

.....  
දිනය/Date/ திகதி

7

ලියාපදිංචි කිරීම  
Registration - පதிவுகள்

4

මිසම  
Parish }.....  
பங்கு

දේවස්ථානය  
Church }.....  
ஆலயம்

නුවන අංකය  
Novena No }.....  
நவநாள் குழு எண்

කොට්ඨාසය සහ අංකය  
Zone & No }.....  
வட்டராம் மற்றும் இல

.....  
පියතුමාගේ අත්සන  
Signature of Parish Priest  
பங்குத்தந்தையின் கையொப்பம்

.....  
මුද්‍රාව  
Seal  
முத்திரை

.....  
දිනය/Date/ திகதி

ලියාපදිංචිය අවලංගු කිරීම

Cancellation

Parish Priest,  
.....  
.....

Please accept this family to your Parish.

ගරු පියතුමනි,  
මෙම පවුල ඔබගේ මිසමට ඇතුළත් කර ගන්න.

.....  
පියතුමාගේ අත්සන  
Signature of Parish Priest  
பங்குத்தந்தையின் கையொப்பம்

.....  
මුද්‍රාව  
Seal  
முத்திரை

.....  
දිනය/Date/ திகதி

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ලියාපදිංචි කිරීම  
Registration - පதிவுகள்

5

මිසම  
Parish }.....  
பங்கு

දේවස්ථානය  
Church }.....  
ஆலயம்

නුවන අංකය  
Novena No }.....  
நவநாள் குழு எண்

කොට්ඨාසය සහ අංකය  
Zone & No }.....  
வட்டராம் மற்றும் இல

.....  
පියතුමාගේ අත්සන  
Signature of Parish Priest  
பங்குத்தந்தையின் கையொப்பம்

.....  
මුද්‍රාව  
Seal  
முத்திரை

.....  
දිනය/Date/ திகதி

ලියාපදිංචිය අවලංගු කිරීම

Cancellation

Parish Priest,  
.....  
.....

Please accept this family to your Parish.

ගරු පියතුමනි,  
මෙම පවුල ඔබගේ මිසමට ඇතුළත් කර ගන්න.

.....  
පියතුමාගේ අත්සන  
Signature of Parish Priest  
பங்குத்தந்தையின் கையொப்பம்

.....  
මුද්‍රාව  
Seal  
முத்திரை

.....  
දිනය/Date/ திகதி

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පවුල් වැහැලැකීම - FAMILY VISITATION

Name of the Priest:.....

Date :.....

Remarks :.....

.....

Name of the Priest:.....

Date :.....

Remarks :.....

.....

Name of the Priest:.....

Date :.....

Remarks :.....

.....

Name of the Priest:.....

Date :.....

Remarks :.....

.....

පවුල් වැහැලැකීම - FAMILY VISITATION

Name of the Priest:.....

Date :.....

Remarks :.....

.....

Name of the Priest:.....

Date :.....

Remarks :.....

.....

Name of the Priest:.....

Date :.....

Remarks :.....

.....

Name of the Priest:.....

Date :.....

Remarks :.....

.....





මාසික පරිත්‍යාග  
Monthly Contributions  
මාතෘකාන්ත පාඪකලිඪ්පු

මාසය Month මාතෘකා	මුදල Amount පණම	අක්සන signature කෙයොඪ්පු	මාසය Month මාතෘකා	මුදල Amount පණම	අක්සන signature කෙයොඪ්පු
1. January			1. January		
2. February			2. February		
3. March			3. March		
4. April			4. April		
5. May			5. May		
6. June			6. June		
7. July			7. July		
8. August			8. August		
9. September			9. September		
10. October			10. October		
11. November			11. November		
12. December			12. December		

මාසික පරිත්‍යාග  
Monthly Contributions  
මාතෘකාන්ත පාඪකලිඪ්පු

මාසය Month මාතෘකා	මුදල Amount පණම	අක්සන signature කෙයොඪ්පු	මාසය Month මාතෘකා	මුදල Amount පණම	අක්සන signature කෙයොඪ්පු
1. January			1. January		
2. February			2. February		
3. March			3. March		
4. April			4. April		
5. May			5. May		
6. June			6. June		
7. July			7. July		
8. August			8. August		
9. September			9. September		
10. October			10. October		
11. November			11. November		
12. December			12. December		

**මාසික පරිත්‍යාග**  
**Monthly Contributions**  
**මාතෘකාන්ත පාඨකවරුන්ගේ**

මාසය Month මාතෘකා	මුදල Amount ප්‍රමාණය	අත්සන signature කෙටුම්පත්	මාසය Month මාතෘකා	මුදල Amount ප්‍රමාණය	අත්සන signature කෙටුම්පත්
1. January			1. January		
2. February			2. February		
3. March			3. March		
4. April			4. April		
5. May			5. May		
6. June			6. June		
7. July			7. July		
8. August			8. August		
9. September			9. September		
10. October			10. October		
11. November			11. November		
12. December			12. December		

**මාසික පරිත්‍යාග**  
**Monthly Contributions**  
**මාතෘකාන්ත පාඨකවරුන්ගේ**

මාසය Month මාතෘකා	මුදල Amount ප්‍රමාණය	අත්සන signature කෙටුම්පත්	මාසය Month මාතෘකා	මුදල Amount ප්‍රමාණය	අත්සන signature කෙටුම්පත්
1. January			1. January		
2. February			2. February		
3. March			3. March		
4. April			4. April		
5. May			5. May		
6. June			6. June		
7. July			7. July		
8. August			8. August		
9. September			9. September		
10. October			10. October		
11. November			11. November		
12. December			12. December		



**සමගි සන්ධානය**

- විශ්වාසකයින් තම පාප වලට පසුතැවී, තමන්ගේ ජීවිතය වෙනස් කරගැනීමේ අරමුණින් පසුතැවිල්ලේ දේව ප්‍රසාද නිධානය මගින් තමන්ගේ පව් නිත්‍යානුකූල තේවාධරීතමෙකු ඉදිරියේ උච්චාරණය කිරීමෙන්, එම තේවාධරී තුමා ආනය කරන පව් සමාව තුළින්, ප්‍රසාද ස්නාපනය ලැබූ දිනයේ සිට කළ පව්වලට දෙවියන් වහන්සේගෙන් සමාව ලැබෙන අතර, එමගින් තමන් විසින් නැතිකරගත් සභාව සමග සම්බන්ධතාවය නැවත ගොඩනගා ගනියි.
- පාපඋච්චාරණය දෙවියන් වහන්සේ අප වෙත දක්වන ආදරය ප්‍රකාශ කිරීමේ ක්‍රියාකාරී සංකේතයකි.

**කිතුනු විවාහය**

- විවාහ ගිවිසුම මගින් ක්‍රිස්තුස් වහන්සේ සභාවට දක්වන ප්‍රේමය ජීවමාන කළ යුතුය.
- විවාහ මංගල උත්සවයට දින යොදා ගැනීමට පෙර ඒ ගැන මිසම භාර පියතුමා සමග සාකච්චා කරන්න.
- ඔබ පදිංචි මිසමෙන් පිට විවාහය සිදු කිරීමට බලපොරොත්තු වන්නේ නම් කල්වේලා ඇතිව අවැසි ලිපි ලේඛණ මිසම භාර පියතුමා සමග සුදානම් කරන්න.
- සිවිල් විවාහ රෙජිස්ත්‍රාර් කෙනෙකු ඉදිරියේ නම් ලියාපදිංචි කොට රෝස පැහැති කොළය, විවාහය පවත්වන දේවස්ථානයේ පියතුමාට බාර දෙන්න.

**රෝගීන් ආලේපනය**

- තම නිවසේ සිටින රෝගීන් සිහි කල්පනාවෙන් සිටින විට මෙම දේව ප්‍රසාද නිධානය ලබාදීම හැමගේම යුතුකමයි.
- මෙම දේව ප්‍රසාද නිධානය ලබාදීම සඳහා රෝගියා හොදින් සුදානම් කරන්න.

**ජේසු තුමන්ගේ දිව්‍ය හෘදයට පවුල කැප කිරීම**

දිනය : .....

පූජාප්‍රසාදි තුමා : .....

**කැප කිරීම අලුත්වැඩියා කිරීමේ යාවිඤ්චාව**

ජේසුතුමන්ගේ දිව්‍ය හෘදයෙනි. ඔබවහන්සේ ක්‍රිස්තියානි පවුල් වල රජාණන් මෙන් ආණ්ඩු කිරීමට ඔබට ඇත්තාවූ ආශාව ශු. මර්ගරිතා මරියතුමියට ප්‍රකාශ කළ සේක් වේද? මෙහි රැස්වී සිටින අපි අපේ මේ පවුල කෙරෙහි ඔබට සම්පූර්ණ ආණ්ඩු බලය ඇති බව ප්‍රකාශ කරන පිණිස මෙහි පැමිණ සිටිමු.

මෙතැන් පටන් ඔබගේ ජීවිතයෙන් අපිද ජීවත්වෙන්නට ආශාවෙමු. ඔබගේ පොරොන්දුව පරිද්දෙන් මෙලෝ සමාජනයට හේතු වූ ගුණ ධර්ම මේ පවුලේ දියුණු වනු දැක්මට අපි ආශා වෙමු. ඔබ විසින් ශාප කරන ලද්දාවූ ලෞකික ගතිය දුරුවනු දැකීමට ආශා වෙමු.

අපේ අවංක විශ්වාසය කරන කොට ගෙන ඔබ අප සිත් තුළ රජකම් කළ මැනව. විටින් විට දිව්‍ය සත්ප්‍රසාදය ලබාගැනීමෙන් අපි මෙකී ප්‍රේමය දියුණු කර ගනිමු.

අහෝ ශ්‍රී හෘදයෙනි! ඔබවහන්සේ අපේ රැස්වීම් වලට මූලික වූව මැනව. අපේ ආත්මික හා ලෞකික කාරණාවලට ආශීර්වාද කළ මැනව. අපේ සියලු සංකා දුරු කළ මැනව. අපේ සන්නේෂ පිරිසිදු කළ මැනව. අපේ දුක් කණගාටු සංසිඳවනු මැනව.

අහෝ අති පරිශුද්ධ හෘදයෙනි! අපෙන් යමකු යම් අවස්ථාවකදී ඔබට අප්‍රසන්න වූ යමක් කරන තරම් නිව වූයේ නම් එතකු වූවත් ඔබ වනාහි පශ්චත්තාපී වූ පවිකාරයා කෙරෙහි යහපත් වූද, කරුණා හරිත වූද බව සිහිකළ මැනව. අප එකිනෙකාගෙන් වෙන් විය යුතු කාලය පැමිණි කල්හිත් මරණය විත් අප ශෝකපත් කරන කල්හිත් මෙලොවින් කුරන්ව යන අයද මෙලොව නතරවන අයද යන අප සියල්ලන් ඔබගේ සදාකාල නියෝග වලට යටත්ව වන බව අපි ප්‍රකාශ කරන්නෙම. මේ පවුලට අයිති සියලු දෙනාම දිනෙක ස්වර්ගාරාජ්‍යයේ එකතු වී ඔබගේ මගිමයන්

උපකාරවලින් වර්ණනාකරනැයි යන බලාපොරොත්තුවෙන් අපි සැනසීම ලබන්නෙමු.

මරිය වහන්සේගේ නිර්මල හෘදයද අපගේ කීර්තිමත් ආදිපිතාවූ ශුද්ධවූ ජුසේ තුමන්ද, මේ කැප කිරීම ඔබවහන්සේට ඔප්පු කොට එය ජීවිතාන්තය දක්වා අපට සිහිපත් කරවන ලෙස ප්‍රාර්ථනා කරමු. අපේ රජාණන් හා පියාණන් වන ජේසුතුමන්ගේ දිව්‍ය හෘදයට ගෞරවය අත්වේවා!

(මෙම කැප කිරීමේ උත්සවයේදී පවුලේ කිසිවකු අත් නොහැරනු සඳහා මෙයට සහභාගි වීමට නොහැකිවුවන්ද, මියගිය අයද, උදෙසා “පරමණ්ඩල” එකක් සහ “නමෝ මරිය” එකක් ද කියන්න.)

සැ.සු.

කැප කිරීම අලුත් කිරීමට පුජා ප්‍රසාදි තුමාගේ පැමිණීම අවශ්‍ය නැත. පවුලේ මුලිකයාට එය කළ හැකිය.

දිව්‍ය හෘදය ස්ථාපිත කිරීමට පමණක් පුජා ප්‍රසාදි තුමන් කැඳවන්න.

### ACT OF CONSECRATION TO THE SACRED HEART OF JESUS

Most sweet Jesus, Redeemer of the human race look down upon us humbly prostrate before Thy altar We are Thine and Thine we wish to be; but, to be more surely united with Thee, behold each one of us freely Consecrates himself to-day to Thy Most Sacred Heart. Many indeed have never known thee; many too, despising thy precepts, have rejected Thee. Have mercy on them all, most merciful Jesus, and draw them to Thy Sacred Heart.

Be Thou King, O Lord, not only of the faithful who have never forsaken Thee, but also of the prodigal children who have abandoned Thee; grant that they may quickly return to their Father's House lest they die of wretchedness and hunger. Be Thou King of those who are deceived by erroneous opinions, or whom discord keeps aloof, and call them back to the harbour of truth and unity of faith, so that soon there may be but one flock and one Shepherd.

Grant, O Lord, to thy Church assurance of freedom and immunity from harm; give peace and order to all nations, and make the earth resound from pole to pole with one cry.

Praise to the Divine Heart that wrought our salvation; to It be glory and honour for ever. Amen

### HERE ARE SOME GUIDELINES WHICH MUST BE KEPT IN MIND FOR THE EASIER ADMINISTRATION OF THE PARISH

#### I BAPTISM

What you must know regarding Baptisms of your Children.

- 1 "Baptisms" usually take place on Sundays. If you have a child to be baptised give notice to the Parish Priest in advance.
- 2 When bringing the child for Baptism, the Parents must bring

### their Family Book.

If the parents belong to another Parish, they must also produce a letter from their own Parish Priest

3. **God Parents** must be carefully chosen. They must be **old enough** to understand the spiritual responsibility they are accepting, (at least 16 years old). They too will have to bring their Family Book, and if they are from another Parish, they will have to produce a letter from their own Parish Priest

4. **In case of danger of death**, anyone has the power of giving the Sacrament of Baptism. For that pouring water thrice In the form of a cross on the head of the child and pronouncing his name following words must be said.

X.....I baptise you in **the name of the Father and of the son and of the Holy Spirit.**

After such a baptism, give notice to the Parish Priest, as soon as possible and bring the child to the church in order to complete the secondary ceremonies of Baptism.

## II CONFIRMATION

Make arrangements to receive Confirmation after completing 14 years. When a baptised child or adult who has not yet received the Sacrament of Confirmation is **in danger of death** do not forget to call the priest.

## III CONFESSION

**"Sacrament of Penance"**.....To keep your Body healthy, you take great care to be clean, and if you have some wounds or feel unwell at once you take the necessary medicines.....And so it must be for your Spiritual health too. To protect or cure your soul from the sickness of sins, you must often clean your soul by a good Confession.

### 1. Preparation for Good Confession,

First ask the help of the Holy Spirit to see clearly your sins,

Then, since sin is a disobedience 'to the commandments of

God or of the Church, examine yourself about each of these commandments.

Do not forget that sins could be committed not only by actions, but also by thoughts, words and omissions.

Since sin is an offence against God-and rejection of Christ's love and hinders the life of His Church one who receives the Sacrament of Penance should reconcile himself with God and with the church by true contrition and firm Resolution to avoid sin.

## IV MARRIAGE

### What is needed as preparations for a marriage'

- 1 A true Catholic, wishing to enjoy a truly Catholic Family Life, a priori rejects even the thought of contracting marriage with a non-Catholic. Some times Conversion to the Catholic Faith just before a Marriage and for the sake of this Marriage, lacks sincerity & conviction. A sincere conversion should be preceded by a long period of ardent study and practice of the Religion before speaking of Marriage.
- 2 So the Catholic party who intends marriage with a new convert should be assured of the sincerity of the, partner.  
If due to some good reason a marriage has to be contracted with a non-Catholic meet your Pastor before all else.
3. As soon as a Marriage is intended, before fixing any date for Betrothal of marriage, both parties must go and meet separately their Parish Priests to fill up the 'PRENUPTIAL INQUIRY FORM' and attend a pre-cana Conference as a first part of this inquiry, a Baptismal certificate taken within six months has to be produced.
4. **The Betrothal.** After the pre-nuptial inquiry has taken place, a date may be fixed with the Parish Priest for the ceremony of Betrothal. If the Bridegroom is from another Parish, he

has to bring a letter from his Parish Priest authorizing the Betrothal.

5. **Publication of the Banns according to the ruling of the Church.** The Banns have to be published on 3 consecutive Sundays in the church.
6. To fix the date of the Marriage, and its time, the Parish Priest in charge of the Parish has to be consulted.
7. **Documents to be produced**

A CERTIFICATE (pink-form) from the REGISTRAR. (Two certificates), if the two parties are from two different districts the PRENUPTIAL INQUIRY FORMS, duly signed by the respective Parish Priests, after the publication of banns.

8. **The Wedding Mass.** The day one contracts Matrimony is indeed a very important day in one's life. Matrimony is a great Sacrament. That is why normally the Mass on the Wedding day is offered for the Bride & Bridegroom's intentions. Please be on time for the wedding Mass

## V. THE CARE OF THE SICK

**Easter Duties** Even those who through old age or sickness cannot go to Church are bound to fulfil their Easter duties, For that reason, it is important to give notice to the Parish Priest about such persons and, gladly he will make arrangements to come to their houses to hear their Confession & give them Holy Communion during the Easter period.

It is good also from time to time to remind the Parish Priest about sick persons, so that he may visit them and, whenever necessary give them Communion. But there is specially a VERY GRAVE DUTY for all Catholics to give notice to the Priest when someone is in danger of death through sickness or old age THE SACRAMENT OF THE SICK' (or 'Extreme

Unction' as it was called) has been established for the very purpose of giving to each Catholic in danger of death, the spiritual strength and comfort he may need

To call the priest, do not wait till the last moment, till the person is Practically unconscious. The fruitful reception of the Anointing of the sick demands from the sick person a conscious reception of the Sacrament of Penance and Eucharist. For that same reason avoid as much as possible, unless an unexpected urgency arises to call the priest in the middle of the night, because the sick person is usually more conscious during day time than in the night.

When the Priest is coming to your Home to give Communion or for Anointing of a sick person PREPARE A DECENT PLACE to receive the Divine Host. Put a white cloth on a table, with a cross and two' lighted candles. Place also on the side of -the table a small glass with a little freshwater in it.

When the Priest enters your house receive him with due respect, and let all the Catholics of the house assemble to PRAY with and for the sick person.

## VI. FUNERALS

The time of the Funeral Service has to be fixed up in consultation with the Parish Priest. Please see that you bring the Family Book with you when you come for this consultation.

Thank You - God Love You

Your Parish Priest

## குடும்பத்தை திரு இருதயத்திற்கு ஒப்புக்கொடுக்கும் செயல்

ஓ! இயேசுவின் திரு இருதயமே! இன்று இக்குடும்பத்தை உமக்குச் சொந்தமாக்கிக் கொண்டு, உமது அன்பின் இருப்பிடமாகத் தேர்ந்துகொண்டீர். இக்குடும்பத்தின் மீது உமது இரக்கம் மிகுந்த அன்பைப் பொழிந்ததற்காக உமக்கு நன்றி செலுத்துகின்றோம்.

இன்று முதல் நீரே இக்குடும்பத்தின் அரசராகவும், தலைவராகவும், உற்ற நண்பராகவும் இருப்பீராக. உமது அன்பின் பராமரிப்பால் இவர்களைக் காப்பாற்றி வழி நடத்தியருளும். இக்குடும்பத்தால் உமக்கு மகிழ்ச்சியும் ஆறுதலும் உண்டாவதாக. இக்குடும்பத்தில் உள்ளவர்கள் அனைவருக்கும், அனைத்திலும் உமக்கும், உமது பத்தினியாகிய திருச்சபைக்கும் கீழ்ப்படிந்து, உமது இருதயத்திற்கு ஏற்ற நண்பர்களாக வாழ, இவர்களுக்கு ஏராளமான அருட்கொடைகளைத் தாரும். இவர்கள் விசுவாசத்தில் உறுதிப்படவும், நம்பிக்கையில் வளரவும், என்றும் அன்பில் வாழவும், அவர்களை ஆசீர்வதித்து அரவணைப்பீராக

மேலும் குடும்ப வாழ்க்கைக்குத் தேவையான புண்ணியங்களான தாழ்ச்சி, சாந்தம், பொறுமை, முதலிய நற்பண்புகளில் இவர்கள் சிறந்து விளங்கி, மன ஒற்றுமையும், சமாதானமும் பெறுவார்களாக.

இவ்வீட்டில் உள்ள அனைவரும் என்றும் இயேசுவின் திரு இருதயத்தையும், மரியாளின் மாசற்ற இருதயத்தையும் அன்பு செய்து வருவார்களாக.

(தொடர்ந்து வீட்டின் தலைவர் கீழ்க்காணும் செயத்தை பக்தி உருக்கத்துடன் வாசிப்பார்)

ஆயிரக்கணக்கான குடும்பங்களுக்குள் எங்கள் குடும்பத்தை உமது அன்பின் இருப்பிடமாக, தேர்ந்தெடுக்கத் திருவுளமான இயேசுவின் திரு இருதயமே, உம்மை எங்கள் இல்லத்தில் வரவேற்று, உம்மை தாழ் பணிந்து வணங்கி ஆராதிக்கின்றோம். உம்மை அன்பு செய்கின்றோம் என்று திடமுடன் கூற நாங்கள் தகுதியற்றவர்களாயினும் இனியாவது உம்மை அன்பு செய்ய முயற்சிப்போம் என எங்கள் வீட்டார் அனைவரும் உமக்கு

வாக்களிக்கின்றோம். உம்மை அன்பு செய்வதில், உம் அருட்துணை என்றும் எங்களோடு இருப்பதாக. உம்மை அன்பு செய்வதிலும், உமக்காக ஒருவரை ஒருவர் அன்பு செய்வதிலும் எங்கள் வாழ்க்கையைச் செலவழிப்போம்.

கிறிஸ்தவ குடும்பங்களில் நீர் அரசராய் வீற்றிருக்க உமக்குள்ள ஆவலை புனித மார்கரீத் மரியம்மாளின் வழியாக அறிவித்த இயேசுவின் திரு இருதயமே! எங்கள் வீட்டில் உமக்குள்ள மேலான உரிமையை இதோ இன்று வெளிப்படையாக ஏற்றுக் கொள்கின்றோம். உமது அரசரிமை எங்கள் ஆன்மாக்களை ஆட்கொண்டு எங்களை உமது இதயத்துக்கு ஏற்ப நடத்தியருளும் ஆமொன்.



## திருவருட்சாதனங்கள் பற்றி(பு) சில குறிப்புகள்

புதிய உடன்படிக்கையின் அருளடையாளங்கள் ஆண்டவராகிய கிறிஸ்துவால் நிறுவப்பட்டுத் திருச்சபையிடம் ஒப்படைக்கப்பட்டுள்ளன. அவை கிறிஸ்து மற்றும் திருச்சபையினுடைய செயல்கள் என்ற முறையில் அருளடையாளங்களாகவும், கருவிகளாகவும் உள்ளன. அவற்றினால் விசுவாசம் வெளிப்படுத்தப்படுகிறது. உறுதிப்படுத்தப்படுகிறது. இறைவனுக்கு வழியாடு செலுத்தப்படுகிறது. மக்களின் புனிதப்படுத்தல் விளைவிக்கப்படுகிறது. இவ்வாறு அவை உயரிய அளவில் திருச்சபையின் உறவு ஒன்றிப்பை உருவாக்கவும், உறுதிப்படுத்தவும் உதவுகின்றன. எனவே திருப்பணியாளர்களும் மற்றக் கிறிஸ்தவ விசுவாசிகளும் அவற்றின் கொண்டாட்டத்தில் மிகுந்த வணக்கத்தையும், தக்க கவனத்தையும் செலுத்த வேண்டும். (தி.ச.ச 840)

### திருமுழுக்கு

- \* பிள்ளைக்கு திருமுழுக்கு அருட்சாதனம் பெற நேரகாலத்துடன் பங்குக் குருவுடன் கலந்துரையாடுங்கள்.
- \* பிள்ளைக்கு அர்த்தமுள்ள கிறிஸ்தப் பெயரைத் தேர்ந்துக் கொள்ளுங்கள்.
- \* ஞானப்பெற்றோரைத் தேர்ந்து எடுக்கும்போது அப்பொறுப்பை நிறைவேற்றக்கூடிய, 16 வயதுக்கு மேற்பட்ட, திவ்விய நற்கருணை, உறுதியுடைய, முன்மாதிரியான பக்தியுள்ள கத்தோலிக்கர் ஒருவரைத் தேர்ந்து கொள்ளுங்கள்.
- \* ஞானப்பெற்றோர் வேறு பங்கைச் சேர்ந்திருந்தால் அந்தப் பங்குத்தந்தையிடமிருந்து அத்தாட்சிக் கடிதமொன்றைக் கொண்டு வரவும்.

### உறுதியூசுதல்

- \* உங்கள் பிள்ளை உறுதியூசுதல் எனும் திருவருட்சாதனத்தைப் பெற்றுக்கொள்ள தகுதியான வயதை அடைந்தவுடன் பங்குத் தந்தையைச் சந்தித்து அதைப்பற்றி கலந்துரையாடுங்கள்.

### திவ்விய நற்கருணை

- \* தனது பிள்ளை முதன் முதலாக திவ்விய நற்கருணை பெறும் வயது வந்தவுடன் அதற்காக ஆயத்தம் செய்யும் முக்கிய பொறுப்பு பெற்றோருக்கு உரியது.
- \* குடும்பத்தில் அனைவரும் தகுதியான முறையில் திவ்விய

நற்கருணை பெறுவதற்கு நன்கு ஆயத்தம் செய்க.

- \* நோயாளர் நற்கருணை பெறுவதற்கு ஒழுங்கு செய்தல் குடும்பத்தினரின் கடமை.

### ஓப்புரவு அருட்சாதனம்

- \* மனந்திரும்பும் நோக்குடன் விசுவாசிகள் தங்கள் பாவங்களுக்கு மனம் வருந்தி, ஓப்புரவு அருட்சாதனத்தின் வழி பாவமன்னிப்பு வழங்கும் அதிகாரம் பெற்ற திருப்பணியாளர் முன்னிலையில் பாவ அறிக்கை செய்து அவர் வழங்கும் மன்னிப்பினூடாக, திருமுழுக்குப் பெற்றதிலிருந்து செய்த பாவங்களுக்கு இறைவனிடமிருந்து மன்னிப்பைப் பெறுவதுடன் திருச்சபைச் சமூகத்துடன் ஏற்படுத்திய சிதைந்த உறவை மீண்டும் சீர்படுத்துகிறார்.
- \* பாவ அறிக்கை, இறைவன் எமக்கு வெளிப்படுத்தும் அன்பை காண்பிக்கும் செயற்பாடுடைய அருளடையாளமாகும்.

### கிறிஸ்தவ திருமணம்

- \* கிறிஸ்து திருச்சபை மீது அன்பு செலுத்துவது திருமண (அருட்சாதன) உடன்படிக்கை வழியாக உயிருள்ளதாக வேண்டும்.
- \* திருமண கொண்டாட்டத்திற்கு நாட்குறிக்குமுன் அதுபற்றி பங்குத் தந்தையோடு கலந்துரையாடுங்கள்.
- \* உங்கள் பங்குக்கு வெளியே திருமணம் நடாத்தும் எண்ணம் கொண்டிருந்தால் பங்குத் தந்தையுடன் நேரகாலத்துடன் தொடர்பு கொண்டு தேவையான பத்திரங்களைப் பெற்றுக்கொள்ளுங்கள்.
- \* அரசாங்க பதிவுகாரரிடம் (ரெஜிஸ்ட்ராரிடம்) பெயரைப் பதிவு செய்து, அவர் வழங்கும் ரோஸ் நிற படிவத்தை (Pink Form) திருமணம் இடம் பெறவுள்ள ஆலயத்திற்குப் பொறுப்பான அருட்பணியாளரிடம் கொடுக்கவும்.
- \* திருமண ஆயத்தக் கருத்தரங்கில் பங்குகொள்ளுங்கள்.

### நோயில் பூசுதல்

- \* உங்கள் இல்லத்தில் ஒருவர் நோயுற்றிருந்தால் அவர் இவ்வருட்சாதனத்தைப் பெற ஆவண செய்தல் குடும்பத்தினரின் கடமையாகும்.
- \* நோயுற்றவர் இவ்வருட்சாதனத்தைப் பெற அவரையும் இல்லத்தையும் ஆயத்தஞ்செய்யவும்.

සැලකිය යුතු කරුණු

REMARKS

குறிப்பு

*[Faint, illegible text in Sinhala script, likely bleed-through from the reverse side of the page.]*

THIS BOOK IS A VERY IMPORTANT DOCUMENT  
PLEASE PRESERVE IT CAREFULLY

- \* **Each Catholic family should possess a Book like this.**  
(Even unmarried Catholics should have their names registered in this book)
  
- It is first of all, a RECORD BOOK, in which the chief religious events of the Catholic Family life with the essential dates to remember are mentioned
  
- It is at the same time, a kind of Catholic Identity Card in which the external fulfilment of some important religious duties is duly acknowledged (Baptism of the Children without delay, Easter duties, Contributions to the expenses of the parish and participation in the parochial activities, etc.)
  
- \* **The Family Book has also the aim facilitating the Administrative work of the parish.**
  
- Accordingly, it should always be presented to the Parish Priest for the necessary entries regarding Baptism of Children, Marriage or Death of any member of the family, Easter duties, Contributions etc.
  
- It should also be presented for easy references whenever a Certificate of Baptism, marriage or Death is required, or when a letter of recommendation is needed from the Parish Priest.

Thank You God Love You