

WOMEN IN MANAGEMENT SRI LANKA - CANADA CHAPTER (WIM CANADA)
"COVID-19 FACTS AND INFO"

AGENDA FOR JAN 16TH FROM 6.00PM - 7.30PM

QUESTIONS POSTED ON THE WEBSITE BY OUR COMMUNITY

Introduction - Ramya Fernando, 6.00 - 6.05
Dentist, Vice President Health and Wellness - WIM Sri Lanka - Canada Chapter

PANELISTS

Father Claude Perera, OMI

Associate Pastor St. Francis Xavier Church, Mississauga.

Catholic University of Leuven, Belgium Class of 2008 - MTh, STL, PhD, STD

Catholic Chaplain - University of Peradeniya 2013 to 2019

Venerable Dr Bhante Saranapala

Resident Monk at West End Buddhist Temple and Meditation Center

Global public speaker, mindfulness and meditation teacher, and founder of the annual Toronto conference - "Canada A Mindful and Kind Nation."

Q AND A SESSIONS

Question 1 for Bhante Saranapala 6.05 - 6.20

From: Dileeni Weerasinghe on behalf of "Ontarian Visakhians"

1. People of all ages are going through severe anxiety, depression and isolation during this Covid-19 pandemic therefore:

What are some remedial measures/positive actions you would recommend during this time, specifically, for seniors, young adults, children etc.? some practical tips will be greatly appreciated.

Father please comment for 5 minutes

Question 2 for Father Perera 6.25 - 6.40

From: Nadeera a young mother of two daughters

Meditation seems to be a topic brought up by many psychiatrists to obtain mental Well-being during the pandemic.

1a. Are there ways to encourage young children below 10 years to adopt more to meditation?

1b. Are there any recommended styles/ways for meditation for younger children?

1c. From a religious point of view, can a parent combine the teaching of the catholic church and meditation together?

Bhante please comment for 5 minutes

Question 3 for Bhante Saranapala 6.45 - 7.00

From Lakmini Serasinghe

It has been a difficult time due to covid-19 pandemic. Unfortunately, some people had to lose their close family members due to the virus and they did not have the opportunity to be with them at the time of their passing due to covid restrictions.

1. **My question is, how can those family members get over the pain of losing their loved ones so suddenly and also how can they conduct last rights for them as per Buddhist customs.**

Father please comment for 5 minutes

Question 4 for Father Perera

7.05 -7.15

From **Yasoda Ratnayake**

There can be a lot of people taking COVID as an excuse and not participating for any religious activities even online. It can cause more people to move away from Church and other religious organizations.

1. **Does the Church think of this and have plans in place to get people to come back to church when things get back to normal?**

Bhante please comment on how Toronto Mahavihara is managing a similar situation and potential challenges - five minutes

Question 5 for Father Perera

7.20 - 7.25

From **Dilum Jayasinghe**

1. **As a new immigrant I am interested to find out if there was a Sinhala Holy Mass in the GTA that we could have attended before the pandemic? If the answer is yes, do you still conduct it virtually?**

Vote of Thanks

Devika Jullian Anthony

President

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