



4th April 2020

Dear Members,

I hope that you, your loved ones, and all those you hold close are doing well - despite these uncertain times we find ourselves in. I write to you on behalf of my committee to express our support and care for you all. It has certainly been a series of eventful, yet stressful few weeks; between sudden curfews and crazy shopping trips, to ensuring that everybody was cared for and protected.

In these times, we need to remember the importance of community and shared support. Despite the uncertainty and sense of isolation these current days may have brought, remember to reach out to and lean on those you hold close and dear. If social distancing is what it takes to slow down the extent of this pandemic, let us use this time to learn new things about ourselves and those around us and engage in different activities, like reading new books, learning a new language, enjoying video chats and phone calls, or spending more quality time with our family - as far as it is allowed or possible. The important thing is to find moments of joy to hold on to - they make all the difference.

As Robert Orben said, "In prehistoric times, mankind often had only two choices in crisis situations: fight or flee. In modern times, humour offers us a third alternative; fight, flee - or laugh." Don't lose your sense of humour, and do keep yourselves informed but be wary of fake news. "A lie gets half way around the world before the truth has a chance to get its pants on". A statement that has never been truer than in the world we live in today.

My committee and I look forward to our next gathering, once this quarantine and crisis has been safely navigated. In the meantime, we send you our warmest wishes, alongside the strength, patience, and endurance all of us may need to get through this. Please remember to be safe, and take good care of yourselves.

In solidarity,

Marina Fernando
President
Swiss Circle Sri Lanka