

Some memories from Lorraine of her home country

I received a nudge on my phone yesterday with a picture of my visit to Sri Lanka 2 years ago... It made me feel rather homesick for the land of my birth... while I was there I visited a old house called "Adisham Bungalow" in the hills, now a monastery run by Benedictine monks. It was full of stones with quotations and pearls of wisdom. I would like to share one of them with you which is very relevant to the situation we find ourselves in and I look forward to the beautiful destinations when we come out of lock down. The other picture is the sun setting over the Indian Ocean.. I have found 3 videos on you tube (see links) so you could do some armchair travelling with a cup of coffee perhaps...



Some short promotional videos of Sri Lanka:-

www.youtube.com/watch?v=9K4VuVUcHQA - approx 13 mins

www.youtube.com/watch?v=gR-wvX1k5W8 - approx 3 mins

www.youtube.com/watch?v=tvhSelbQRfQ - approx 11.5 mins



