



DMII NEWSETTE

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OFFICIAL PUBLICATION OF THE DAUGHTERS OF MARY IMMACULATE INTERNATIONAL

October - December 2021

2022-23 DMII INTERNATIONAL OFFICERS AND BOARD ELECTED, INSTALLED

Sis. Ma. Asuncion Naraga of the Diocese of Tagbilaran (Bohol) was elected DMII International Regent for 2022-23 during the 4th Quarter Board Meeting held on November 14, 2021 via Zoom. Elected with her are the following:

Sis. Ma. Clotilde Tong of Region V – International Vice-Regent for Luzon

Sis. Conchita Niere of Region X – International Vice-Regent for Visayas

Sis. Lucina Binoya of Region XIII – International Vice-Regent for Mindanao for 2022, and

Sis. Ma. Pinky Saavedra of Region XIV – IVR-Mindanao for 2023

Sis. Teresita Labilles of Region IV – International Secretary

Sis. Iluminada Lagunda of Region VI – International Treasurer

The incoming International Officers and Board of Trustees consisting of Regional Representatives of



Incoming International Regent Sis. Sionee Naraga with International Chaplain Fr. Jerome Cruz and IR Sis. Ruby Macario during the turn-over rites.

Regions I to XIV as well as the international chairpersons of the DMII missions and their area coordinators and the chairpersons of Special Committees were officially installed into office by International Chaplain Fr. Jerome Cruz last December 15, 2021 at the Coral Ballroom of the Okada Hotel in Pasay City.

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Outgoing DMII International Board receive tokens of appreciation for a job well done.

SYNODALITY AND DISCERNMENT



My beloved Sisters of the DMII,

By the grace and mercy of God, we look forward to a most blessed New Year 2022.

In the last quarter of 2021, we have seen the rise and decline, rise and decline of the pandemic Covid-19 and the continued resilience of the Filipino people and our organization. We have only gratitude, glory and praise to God for continuing to deliver us from the plague that had hit us.

There are two very important events happening in our country in 2022. First, the continuing preparations for the Synod of Synodality and second, the forthcoming national and local elections in May. The two may seem at first to be unrelated. In reality, they are intertwined.

The Synod on Synodality wishes to emphasize to every Christian faithful that we are one humanity journeying together in faith in this life. Journeying together has a goal. It is not simply living or walking aimlessly. The goal is to help one another towards the fullness of life in God. It is to attain heaven. It is to be holy and to be the persons God created us to be. Synodality is a sharing of one another's burdens, hopes and dreams. It is not an easy process for no one should be left behind, not the weak or the feeble, or the aged, the infirm or the young, the ignorant or the dejected or the poor - not anyone. All must be cared for and loved. All must experience the blessings that God has lavished upon His creation.

How is the national and local elections related to Synodality? The elections are a God-given opportunity to be free and to exercise that freedom for the good of all. It is to be free from ignorance, from lies. It is freedom from manipulation and the evil schemes of people with vested interest that seek to deceive people by appearing as benevolent lambs when in reality they are wolves ready to devour.

Synodality is contextualized in the everyday life. It is living the faith and sharing the faith. Those who know the right way has to show the others the way. No one is saved alone. Those who see the bigger picture must guide those who are lost in their cramped space of need. The standards of Christ must prevail in our choices of leaders or we abandon ourselves to be led by those who have no regard for what is good and right and Godly.

The process of discernment is not borne out of plain human logic but by the movement of the Holy Spirit in us. We have to allow God's Spirit to lead us even if we have to leave our comfort zones and tread the ways unknown and difficult. As long as God is the One who guides us, we will never falter; we will never get lost.

May the Lord of Life and Love bless and keep us, protect and guide us. With Mary, our mother, who is always discerning-keeping all things in her heart - may we be blessed in every way this beautiful and wonderful year 2022 and beyond.

With fervent prayers and sincere love,

A handwritten signature in dark ink, appearing to read 'J. Cruz'.

Rev. Fr. JERONIMO MA. J. CRUZ
DMII International Chaplain

THANK YOU FOR YOUR COMMITMENT AND BOUNDLESS ENERGY



My beloved Daughters of Mary Immaculate,

As 2021 drew to a close and as 2022 came, Typhoon Odette brought damage to Visayas and Mindanao, so close to the joyous Christmas season. And now, the Omicron, just as we were bracing for less restrictions.

Still, we look forward to welcoming everyone back to a brand-new year, full of hope that all's well that ends well.

We received many gifts last Christmas but always the best gift to give is that which you would like to receive yourself. And for me personally, you have given me just that - missions made possible that had kept DMI going.

Such is our journey that has stirred us to face challenges all year-round.

Such is the spirit that should pump us through greater heights.

Such is the fire that we should keep burning.

We have been missing a lot since the enforced lockdown in all forms and stages, but we have managed so far – connecting through zoom and in some person to person encounters.

It was not easy to navigate the health protocols.

It takes a never-say-die team of DMIs to ensure this extraordinary experience that pulled out all the stops.

This is one journey that inspires the imagination and stirs the soul.

Thanks to the One Constant up there – the invisible hand that has guided us through.

This past year represented a joyous return to what DMI really is – one that cannot be stopped, in spite of almost seemingly insurmountable challenges.

This year 2022 is dedicated to you, who are uniquely focused on making our vision and mission come true, no matter what comes our way. It will be a year ...

where we live our values and strengthen our organizational make-up,

where we know ourselves, our less fortunate beneficiaries,

where change is embraced for its transformational solution,

where we take to heart our geographical advantage in reaching out to all regions,

and where we stop to look fear in the face and do the thing you think you cannot do

– all these, whether we are working from home or working from wherever we are.

Thank you for your commitment and your boundless energy and I wish you a great and prosperous New Year.

Sincerely,


Sis. Ruby P. Macario

International Regent

2019-2021

2022-23 DMI International Officers... from page 1

The afternoon's program started with the Enthronement and Consecration of the image of the Blessed Mother at a special altar at one side of the stage.

A Mass presided by Fr. Jerome followed. In his homily, Fr. Jerome said that the Mother is so precious in the Heart of God. Mother Mary was present in many crucial moments in the life of her Son, Jesus, beginning with the Miracle of the Wine during the wedding feast in Cana where she said, "Do whatever He tells you."

The same admonishment by the mother of Jesus continues to this day, particularly in the crucial

moments of the here and now. Many momentous events have happened and are still happening in the Church during this pandemic – the Jubilee Celebration of 500 Years of Christianity in the Philippines, the Year of St. Joseph and Synod 2021-2023 being the major ones.

He exhorted the DMIs to listen and continue to heed Mama Mary's call: "Do whatever He tells you."

The installation ceremony then followed: the diocesan and vicarial regents present at the venue joined simultaneously via Zoom by others in various parts of the country, then the International Chairpersons of the Five Missions and their coordinators for Luzon, Visayas and Mindanao, and those appointed by the IR to special



Fr. Jerome celebrates Mass.



The altar of the Blessed Mother

The Installation Ceremony



Diocesan regents and vicarial regents ...



Mission chairpersons and area coordinators ...



Chairpersons of special committees and DMI Newsette editor

committees and other positions in the organization, followed by the International Vice-Regents and finally the International Regent. (Please see the complete list on page 11.)

Gifts of appreciation were given to the outgoing officers and others who served with Sis. Ruby Macario in the previous Board.

In the turn-over ceremony that followed, the gavel of authority was passed on to Sis. Sionee by Sis. Ruby.

Sis. Ruby's valedictory address cited the activities and accomplishments of the Board during her term which was accompanied by a PowerPoint presentation. She ended her talk with a poem she penned and two

songs, the final one being "Climb Every Mountain".

Incoming International Regent Sis. Sionee Naraga, in her acceptance speech, thanked the DMI sisters for the trust and confidence they have bestowed on her and asked them to continue journeying with and supporting the DMII Board in carrying on with the ongoing programs of the organization as well as their future endeavors, particularly those that need to be done during the pandemic.

A sumptuous dinner was served as the last part of the program. Entertainment was provided by Mr. Ramon Elorta for the fifty attendees garbed in their blue evening gowns, the blue being Mama Mary's color.



Installation of Regional Representatives



International Vice-Regents (not in photo – IVR Mindanao) ...



and International Regent



Sis. Ruby's valedictory address



Sis. Sionee's acceptance speech



A dance number by the outgoing mission chairpersons

MOTORCADE HELD DEC. 8 TO HONOR MAMA MARY

By Sis. Cora Afuang, Pro-Life Int'l Chairperson

The DMII partnered with the Pro-Life Philippines Foundation in the celebration of the Feast of the Immaculate Conception last December 8, 2021 with a motorcade that went to five Marian Shrines in the National Capital Region – the Manila Cathedral in Intramuros, Manila, Shrine of Our Mother of Perpetual Help in Baclaran, Paranaque City, Shrine of Our Lady of Guadalupe in Makati City, Shrine of the Immaculate Conception in Pasig City and the Shrine of Our Lady of Light in Cainta, Rizal. The theme of this year's celebration was "Lakbay Para sa Buhay, Pamilya at Birheng Maria".

The activity started with a Holy Mass at the Manila Cathedral after which the vehicles joining the motorcade were blessed by a priest.

Tarpaulins bearing pro-life messages and praises to the Blessed Mother attached to the side or front of the vehicles caught the attention of passersby along the motorcade route.

At the Shrine of Our Lady of Guadalupe, the parish priest and some parishioners welcomed the motorcade with colorful buntings. The final stop was at the Our Lady of Light Church in Cainta where the parochial vicar offered a special prayer for the participants before giving his final blessing.



A priest blesses the vehicles before the start of the motorcade.



Pro-Life International Chairperson Sis. Cora Afuang



The motorcade participants in a group photo

DMII LAUNCHES VIRTUAL PILGRIMAGE PROGRAM

The first-ever virtual pilgrimage of members of the Daughters of Mary Immaculate International was held last December 29, 2021 as a pilot project of the Committee on Formation and Pilgrimages chaired by Sis. Edna May O. Landicho who was also the host of the event.

A total of 14 Marian Shrines were visited by the more than 287 pilgrimage participants via Zoom.

International Regent Sis. Ruby Macario, in her inspirational message, said that the pilgrimage is a timely exercise to end a very trying year. She also led the Oratio Imperata for Covid 19 in the face of a marked increase of Covid cases during the Holiday Season, particularly in the National Capital Region.

The visit to each shrine consisted of a special prayer for the Blessed Mother enshrined in the church, then the host's discussion about the location of the shrine, the shrine's history, the origin of each image, pictures of the exterior of the church and its interesting parts and a decade of the rosary led by a prayer leader. A Marian song and the song "O Sacrament Most Holy" was sung when moving to the next shrine.

The 14 shrines visited were:

1. **Nuestra Senora de Piat** (Our Lady of Piat) enshrined in the church in Piat, Cagayan – also known as the "Mother of Cagayan"

2. **Nuestra Senora del Santissimo Rosario de Manaoag** (Our Lady of Manaoag) at the Minor Basilica

of Our Lady of the Most Holy Rosary in Manaoag, Pangasinan

3. **Nuestra Senora de la Paz** (Ina Poon Bato) in Botolan, Zambales

4. **Nuestra Senora del Carmen** (Our Lady of Mt. Carmel) enshrined in the historic Barasoain Church in Malolos, Bulacan

5. **National Shrine of Our Mother of Perpetual Help** (Ina ng Laging Saklolo) in Baclaran, Paranaque City

6. **Nuestra Senora de la Paz Y Buen Viaje** (Our Lady of Peace and Good Voyage) also known as the Birhen ng Antipolo enshrined at the Antipolo Cathedral in Antipolo City, Rizal

7. **Nuestra Senora de Caysasay** (Our Lady of Caysasay) in Taal, Batangas

8. **Nuestra Senora de la Penafrancia** (Our Lady of Penafrancia) popularly known in the Bicol Region as "Ina" enshrined at the Basilica de Penafrancia in Naga City, Camarines Sur

9. **Nuestra Senora de la Candelaria** (Our Lady of Candles) at the Jaro Cathedral in Iloilo City

10. **Nuestra Senora de la Luz** (Our Lady of Light) also known as Birhen sa Kasilak in Loon, Bohol

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Pilgrimage host, Sis. Edna Mae Landicho, chairperson, Committee on Formation and Pilgrimages



The Manila Cathedral

DMII PARTICIPATES IN SYNOD 2021-2023



Pope Francis launched Synod 2021-2023 last October, 2021.

The Synodal Journey, according to Pope Francis, is the path along which the People of God walk together (from the word Synod, an ancient and venerable word in the Tradition of the Church the meaning of which draws on the deepest themes of Revelation).

“Synodal Journey is achieved through Synodality which enables the entire People of God to walk forward together, listening to the Holy Spirit and the Word of God, to participate in the Mission of the Church on the communion that Christ establishes among us” - ARCAM

Synod 2021-2023 is a two-year synodal process for the entire People of God. All are invited; no one is to be excluded. It is aimed at giving the entire Church a live experience of Synodality. Through a synodal process, it gives the opportunity of the entire People of God to discern together how to move to a path toward being a more Synodal Church.

Synodality discusses the problems that there are in a society and offers the opportunity to become a Church of closeness, that does not stand aloof from life, but immerses herself in today's problems and needs, bandaging wounds and healing broken hearts with the balm of God. How? By -

- Inspiring people to dream about the Church we are called to be,
- Making people's hope flourish,
- Stimulating trust,
- Binding up wounds,
- Weaving new and deeper relationships,
- Learning from one another,
- Building bridges, enlightening minds, warming hearts, and restoring strength to our hands for our common missions.

The theme of Synod 2021-2023 is “For a Synodal Church: Communion, Participation and Mission”.

***COMMUNION:** By His gracious will, God gathers us together as diverse people of one faith, through the covenant that He offers to His people.

***PARTICIPATION:** A call for the involvement of all who belong to the People of God – laity, consecrated and ordained - to engage in the exercise of deep and respectful listening to one another.

***MISSION:** The Church exists to evangelize. We can never be centered on ourselves. Our mission is to witness to the love of God in the midst of the whole human family.

It is conducted in the spirit of prayer (start with a prayer to the Holy Spirit) and story-telling and if possible with a meal. Its dynamics are characterized by 3Gs:

1st, **GATHER/Communion** – Listening to the Holy Spirit. Listening to the Scriptures. Start with Prayer for the Synod (*Adsumus Sancte Spiritus*) and Reading and Reflection.

2nd, **GIVE/Participation** – Listen to each other's stories, share answer to the GUIDE QUESTIONS and listen attentively and respectfully without judgment, record sharing if allowed by sharer, assuring them of the sacredness and confidentiality of their responses.

3rd, **GO/Mission** - Find one or two others you would like to share your experience with. Form your own Team that will go out and seek the others who are not usually included in the conversations regarding Church life, then end with recitation or singing of the RCAM Vision.

The DMII is provided with Guide Questions (Forms A and B) for the Clergy, Lay Leaders and Active Members of Parishes.. Separate Guide Questions are provided – one (Form C) is an alternate questionnaire for “Church People” and another (Form D) for those in the peripheries/unchurched.

The Synodal Process Team is composed of a Facilitator, a note taker and two others to provide logistics and food.

The participation of the DMII in the Synodal Process may be conducted in the following manner: in-person/online/hybrid, one-on-one, small groups (of 6 to 8 participants) or General Assembly (if this is possible).

The DMI circles will gather notes from participants summarized by Notetakers and Reporters and the inputs to be submitted to the Diocesan Regent. The Diocesan Regent in turn will consolidate the inputs from their diocese for submission to the Regional Representative (RR). The RRs will submit their reports as follows: To Sis. Cora Afuang for Regions I to V, Sis. Cathy Pineda for Regions VI to X and Sis. Biannah Villanueva for Regions XI to XIV. Finally, the consolidated reports will be submitted to the International Regent not later than December 27, 2021.

Forms have been provided through a memo circular from the International Regent for each step of the Synodal Process which can be summarized thus: Gather, Discuss, Take Notes and Submit Notes.



DMI Launches Virtual... from page 7

11. **Nuestra Senora La Virgen del Pilar** (Our Lady of the Pillar) at Fort del Pilar in Zamboanga City

12. **Minor Basilica of the Immaculate Conception** or the Manila Cathedral in Intramuros, Manila. The Immaculate Conception is the Principal Patroness of the Philippines.

The prayer leaders during the two-and-a-half hour pilgrimage were Sisters Marlin Abratique, Region I

Representative and International Secretary, Region IV RR Aida de la Cruz, Region IX Representative Emma Victoria, Region XII Representative and IVR-Mindanao Tess Miranda and International Mission Chairpersons Cathy Pineda of Morality in Media, Cora Afuang of Pro-Life, Laura Cespon of Assistance to Prisoners' Families & their Victims, Biannah Villanueva of Youth Welfare, Lorie Manalansan, Luzon Coordinator for Upliftment of Women Workers and Asst. Chairperson of the Committee on Formation and Pilgrimage Rose Enriquez.

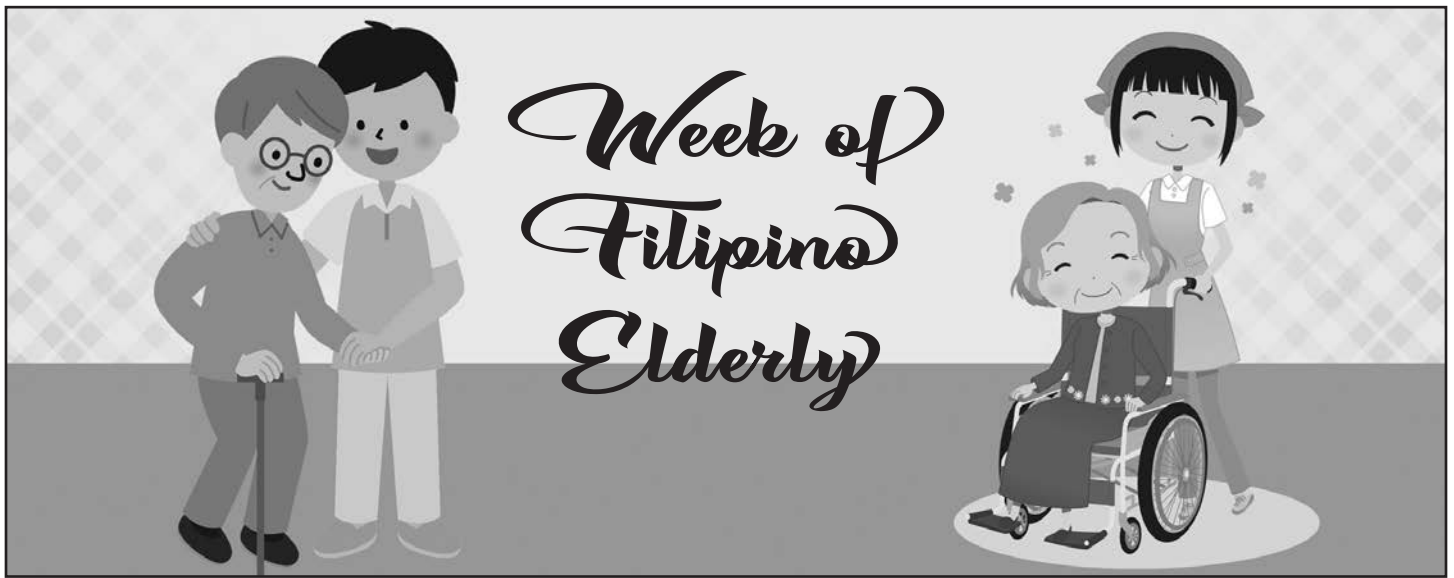


Shrine of Nuestra Senora de la Luz, Loon, Bohol



Nuestra Senora la Virgen del Pilar at Fort del Pilar, Zamboanga City

WEBINAR FOR SENIOR CITIZENS IN OBSERVANCE OF WEEK OF THE ELDERLY



October being the month when the Week of the Elderly is celebrated, the Pro-Life Committee headed by International Chairperson Sis. Cora Afuang sponsored a back-to-back webinar on October 9, 2021.

Ms. Maribel Descallar who was based in the USA when the seminar was held, was the resource speaker for the first session on the topic "Grandparents and Seasons of Life". Ms. Descallar heads Mary's Virtual Coffee Club of the US-based Live Christ, Share Christ Mission and with the group for the Evangelization Platform for Women of the Missionaries for Family and Life. In her talk, Ms. Descallar impressed on the minds of the participants the value of grandparents in the family and society. It is just too bad, she said, that nowadays, the role of grandparents is downplayed, especially in the Western world.

The second session had Atty. Romulo Macalintal, a well-known advocate for the rights of senior citizens and an election lawyer, who discussed lengthily the rights of elderly persons.

The title of his talk was "Karapatan ng mga Senior Citizens, Dapat Igalang". Most of the participants related very well to the topics discussed as 90% of them are seniors. Atty. Macalintal discussed the provisions of the existing legislation on the rights and benefits of senior citizens

The Q & A portion had many attendees posing questions which the speaker gamely answered, oftentimes relating his own experience to the subject being discussed.



The speakers Ms. Maribel Descallar and Atty. Romulo Macalintal

2022-2023 DMII INTERNATIONAL OFFICERS, BOARD OF TRUSTEES AND COMMITTEE CHAIRPERSONS

Rev. Fr. Jeronimo Ma. J. Cruz	International Chaplain
Sis. Asuncion Naraga	International Regent
Sis. Ma. Clotilde Tong	Int'l Vice-Regent – Luzon & Region V Representative
Sis. Conchita Niere	Int'l Vice-Regent – Visayas & Region X Representative
Sis. Lucina Binoya	Int'l Vice-Regent – Mindanao (2022) & Region XIII Representative
Sis. Ma. Pinky Saavedra	Int'l Vice Regent – Mindanao (2023) & Region XIV Representative
Sis. Cristina Ballesteros	Region I Representative
Sis. Virginia Cabero	Region II Representative
Sis. Merinnisa Ligaya	Region III Representative and International Advocate

Sis. Teresita Labilles	Region IV Representative & International Secretary
Sis. Iluminada Lagunda	Region VI Representative & International Treasurer
Sis. Agnes Arada	Region VII Representative
Sis. Eufemia Abragan	Region VIII Representative
Sis. Ilda Borlongan	Region IX Representative
Sis. Igmedia Balagapo	Region XI Representative
Sis. Sheila Peji	Region XII Representative
Sis. Juliet Cruz	International Auditor – Membership
Sis. Isabel Ticzon	International Auditor – Financial
Sis. Salvacion Estrada	DMI Newsette Editor

MISSION INTERNATIONAL CHAIRPERSONS AND AREA COORDINATORS

Sis. Brigida Cecilia Abratique	International Chairperson – PRO-LIFE
Sis. Lourdes Felicano	Pro-Life Coordinator for Luzon
Sis. Emma Victoria	Pro-Life Coordinator for Visayas
Sis. Angie Baes	Pro-Life Coordinator for Mindanao
Sis. Bienna Villanueva	International Chairperson -MORALITY IN MEDIA (MIM)
Sis. Evelyn Alcantara	MIM Coordinator for Luzon
Sis. Melissa Manulat	MIM Coordinator for Visayas
Sis. Annie Ty	MIM Coordinator for Mindanao
Sis. Corazon Afuang	International Chairperson - ASSISTANCE TO PRISONERS' FAMILIES & THEIR VICTIMS (APFV)

Sis. Lina Reyes	APFV Coordinator for Luzon
Sis. Judith Legaspi	APFV Coordinator for Visayas
Sis. Marilyn de Asis	APFV Coordinator for Mindanao
Sis. Ma. Loreta Manalansan	International Chairperson – UPLIFTMENT OF WOMEN WORKERS (UWW)
Sis. Apolonia Mislant	UWW Coordinator for Luzon
Sis. Nida Catubao	UWW Coordinator for Visayas
Sis. Shirley Corvera	UWW Coordinator for Mindanao
Sis. Catalina Rebecca Pineda	International Chairperson - YOUTH WELFARE/SMI
Sis. Teodorica Amoranto	SMI Coordinator for Luzon
Sis. Elenita Basilan	SMI Coordinator for Visayas
Sis. Susan Honculada	SMI Coordinator for Mindanao

COUNCIL OF ADVISERS

Sis. Ruby Macario	Sis. Rosalinda Pimentel
Sis. Mila Villanueva	Sis. Pureza Guzman

SPECIAL COMMITTEES

Sis. Juliet Cruz	Chairperson – Foreign & Local Membership
Sis. Mila Villanueva	Asst. Chairperson for Foreign Membership
Sis. Emelie Ramos	Asst. Chairperson for Local Membership

JUBILEE CELEBRATION OF 500 YEARS OF CHRISTIANITY IN THE PHILIPPINES

We are now nearing the homestretch through the year-long Jubilee Celebration of 500 Years of Christianity in the Philippines (500 YCP). The Jubilee Celebration ends with the Second National Mission Congress to be held in Cebu City on April 18 to 22, 2022. (The initial story about the Jubilee Celebration, “2021 Year of *Missio ad Gentes*” appeared in the July-December, 2020 issue of the *DMI Newsette*.)



In his apostolic letter, then CBCP President Archbishop Romulo Valles, DD of the Archdiocese of Davao wrote: “The Christian faith which arrived in the Philippines 500 years ago is very much alive today in joyful witness to evangelical charity by Catholics, even in hard times. The Church is trying to help the faithful not only to encounter Jesus personally but also to meet Him in those they serve, especially the poor, the needy and the marginalized.”

Years of preparation preceded this milestone event of the Catholic Church in the Philippines. Preceding the great Jubilee Year, the Catholic Bishops Conference of the Philippines announced in July, 2012 the “nine-year journey for the New Evangelization” with yearly themes as follows:

- 2013 – Year of Integral Faith Formation
- 2014 – Year of the Laity
- 2015 – Year of the Poor
- 2016 – Year of the Eucharist and the Family
- 2017 - Year of the Parish as a Communion of Communities
- 2018 - Year of the Clergy and Religious
- 2019 – Year of the Youth
- 2020 – Year of Ecumenism and Inter-Religious Dialogue
- 2021 – Year of *Missio ad Gentes* (Mission to the People)

On April 4, 2021, Easter Sunday, the national quinqucentenary celebration of the First Easter Mass was held together with the opening of the Jubilee Year of 500 YCP in all the cathedrals and parishes all over the country. A ceremonial opening of Holy Doors in 500 cathedrals and churches designated as Jubilee Churches signaled the opening of the celebration.

Special commemorative events that had taken place, mostly in Cebu City where the Catholic Church in the Philippines started, accompany this special feature on the Jubilee Celebration of 500 Years of Christianity in the Philippines.



A ceremonial opening of the Holy Door on Easter Sunday, April 4, 2021 at left: the National Shrine of Mary Help of Christians in Paranaque City and right: Diocesan Shrine and Parish of San Jose de Navotas, Diocese of Kalookan. International Chasirperson Sis. Cathy Pineda and daughter Kit before the Porta Sancta de San Jose de Navotas.



MASS BY POPE FRANCIS FOR THE OPENING OF THE JUBILEE YEAR OF 500 YCP

*O*n March 14, 2021, Pope Francis celebrated a Mass to mark 500 Years of Christianity in the Philippines at St. Peter's Basilica in Vatican City.

During the Mass, the Pope thanked the Filipino people through Luis Antonio Cardinal Tagle, the present Prefect of the Congregation for the Evangelization of People. Members of the Filipino Community in Rome as well as guests from Manila attended the Mass

In his homily, Pope Francis said that he joins the Filipino people in this joyful celebration, thanking them for their patience, how they always look ahead despite hardships and keep walking,

He likewise shared with the Filipinos three mysteries of faith which are part of the deepest Christian roots – Nazareth, the Cross and Pentecost.

Nazareth. The tender love of the Holy Child symbolized the arrival of Christianity in the Philippines and is a reminder of the Holy Family in Nazareth. He thanked the Filipinos for the deep sense of family, community and fraternity that keeps them firm in faith, joyful in hope and attentive to charity.

The Cross. The people of God in the Philippines know how to accompany Jesus, the Nazarene on the way to the Cross. The Filipinos faced difficulties in the recent past – earthquakes, typhoons, volcanic

eruption, the Covid 19 pandemic – that caused pain and devastation, yet continued to carry the Cross and kept walking.

Pentecost. Pentecost is a new beginning. Someone accompanied Jesus all through His life – as a young Boy in Nazareth up to His Passion and Death on the Cross. That someone was Mary, His mother who was also with the apostles until the descent of the Holy Spirit. She continues to accompany us and we ask her to intercede for us for a New Pentecost of the Church in the Philippines.

The Pope also recalled with fondness his visit to the Philippines with seven million Catholics attending his Mass at the Luneta.

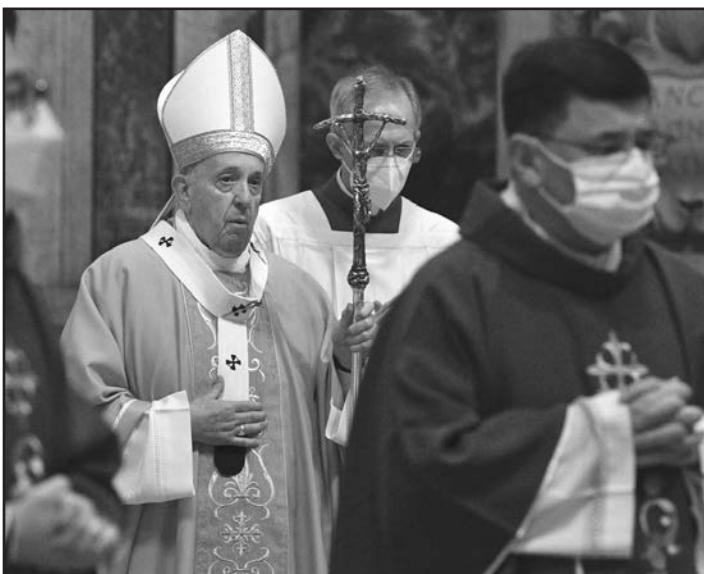
Pope Francis' last words: "Do not be afraid, you are not alone in this mission."



Some Filipino children dressed in Filipino attire during the Mass.



Pope Francis with Luis Antonio Cardinal Tagle during the Mass.



Pope Francis arrives at St. Peter's Basilica for his Eucharistic celebration to open the Jubilee Celebration of 500 YCP.

REENACTMENT OF THE FIRST BAPTISM HELD IN CEBU

The Plaza Sugbo in downtown Cebu was the venue of the Reenactment of the First Baptism held in the country. The event forms part of the year-long Jubilee Celebration of 500 YCP.

The Reenactment was held in front of the Magellan Cross, Cebu's famous landmark. An hour-long play depicted the first meeting between Portuguese explorer Ferdinand



Reenactment of the First Baptism

Magellan and Rajah Humabon as well as how the rajah, his wife Hara Humamay and their subjects were christened as members of the Catholic Church.

The performance also included the reenactment of Magellan giving the image of the Holy Child to Rajah Humabon's wife who was baptized as Queen Juana. Participating in the performance was the famous San Diego Dance Company.

The national government and the local government of Cebu allowed the Church in Cebu to proceed with the celebration activities but subject to health protocols. All roads leading to the Plaza Sugbo and the Basilica Menore del Sto. Nino de Cebu were closed. The performers were required to wear face masks and face shields.

Concluding the Reenactment Program was a Pontifical Mass celebrated by Archbishop Charles Brown, papal nuncio to the Philippines. At least 15 bishops from all over the country attended the event. Honorary Consul of Portugal Samuel Chioson was also present.

SEVEN CHILDREN BAPTIZED AS PART OF THE JUBILEE CELEBRATION

Papal Nuncio to the Philippines Archbishop Charles Brown baptized seven children from different communities in the island with one coming from an indigenous group in Cebu.

In his homily during the Pontifical Mass he presided, Archbishop Brown said, "How beautiful it is that we, brothers and sisters today, celebrate what happened 500 years ago by doing exactly the same thing that Fr. Pedro de Valderrama did. We will baptize, we will give re-birth in the spirit of these seven wonderful children."

The children also received the sacrament of confirmation later.

The number of guests at the venue was limited, as a pandemic safety precaution, consisting of select parish representatives, local officials and some guests.

Archbishop Brown underscored the distinct "Filipino expression" of Catholicism that had developed over the past 500 years. The Catholic faith has entered deeply into the

Filipino culture and produced a distinct Filipino expression of the unchanging universal truth of the Catholic Church such as the *simbang gabi*, devotion to the Sto. Nino and others.

The papal nuncio also recognized our OFWs who bring their faith and undying devotion to the Blessed Child to the places they settle in.



Baptism of seven children by Papal Nuncio to the Philippines Archbishop Charles Brown.

CULTURAL SHOW HELD IN CEBU METROPOLITAN CATHEDRAL GROUNDS

The first of a 3-part cultural show titled “El Camino a Las Filipinas” was held in the grounds of the Cebu Metropolitan Cathedral on April 11, 2021.

Hosted by Ms. Mary Rose Maghuyop, the show started with a video message from Pope Francis thanking the Filipino people for their deep faith bringing the gift of hope and joy despite the natural tragedies that visit their country. He recalled with fondness the seven million people who attended his Holy Mass at the Quirino Grandstand in the middle of a driving rain when he visited the country in 2015. His message centered on Nazareth, the Cross and Pentecost and exhorted the Filipino Catholics to continue the evangelization effort both here and abroad.

He concluded his message by saying, “Do not be afraid. You are not alone in this mission. I will accompany you, Jesus blesses you and Mary takes care of you.”

Bishop Midiphyl Billones, auxillary bishop, did the introduction of the cultural show on behalf of Archbishop Jose Palma of the Archdiocese of Cebu. Citing passages in the Bible, the show, he said, celebrates with joy the milestone events of the Philippine Catholic Church through songs and dances.

A video presentation depicting various periods and events in the history of the Catholic Church in the Philippines was accompanied by Visayan songs

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Pope Francis sends his message to the Filipino people.



Program host, Ms. Mary Rose Maghuyop



Kairos, a singing group, sings Visayan songs



The Commission on Youth Dancers and the 500 Years of Christianity Singers perform on stage.

MASS BAPTISM, CONFIRMATION HELD

As part of the 500 YCP jubilee celebration, a mass confirmation of 100 candidates was held at the National Shrine of St. Joseph in Mandaue City, Cebu on April 13, 2021. Performing the Confirmation Rites were Archbishop John Du of the Archdiocese of Palo, (Leyte) and Archbishop Jose Palma and Auxiliary Bishop Midyphil Billones of the Archdiocese of Cebu.

Mass baptism of 100 adults was also held at the Archdiocesan Shrine of Our Lady of Guadalupe on April 12 and another on April 14, 2021 at the Shrine of Our Lady of the Rule in Lapu-Lapu City.



Mass confirmation of 100 candidates by Archbishops Jose Palma and John Du and Auxiliary Bishop Midyphil Billones.

Cultural Show Held... from page 15

by Kairos, a group of singers. “No Mas Amor Que El Tuyo”, the theme song of the 32nd International Eucharistic Congress held in Manila in 1937 was sung by the Psalm 95 Music Ministry

A song-and-dance reenactment of the First Mass was performed by the 500 Years of Christianity Singers and the Commission on Youth Dancers.

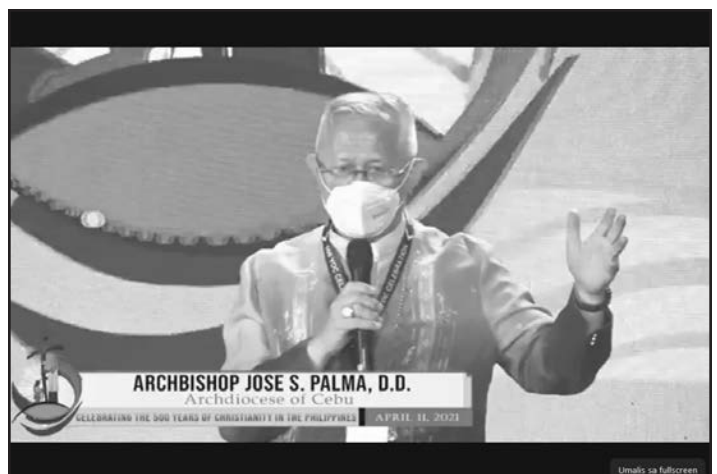
Greetings from some missionaries assigned in various parts of the world were sent through video messages: Michael Ariola, head of the Couples for

Christ’s Missionary Deployment & Development who was once based in South Africa, on behalf the 100 CFC missionaries assigned in various part of the world, Fr. Nathan Varallo of the Diocese of Sandhurst, Melbourne, Australia, Msgr. Jan Nim from the Vatican, Cardinal Luis Antonio Tagle, prefect of the Congregation for the Evangelization of People from the Vatican, Mons. Bernardito Auza, apostolic nuncio to Spain, the Filipino Community in Valencia, Spain and Fr. Edgar Balboa de la Cruz from Rome.

The closing remarks by Archbishop Palma ended the night’s cultural show.



The Psalm 95 Music Ministry sings the theme song of the International Eucharistic Congress held in Manila in 1937.



Archbishop Jose Palma delivers his closing remarks.

UPDATES FROM IMMACULATE HEART CIRCLE

Immaculate Heart Circle Promotes Spiritual Adoption Program. The circle based in the Holy Rosary Parish in Angeles City is promoting the Spiritual Adoption Program initiated by the late Archbishop Fulton Sheen. It is a nine-month prayer adventure to pray for an unborn child in danger of abortion in the Philippines. The nine months represent the duration of time a baby is nurtured by the mother inside her womb.

The Program has three elements:

1. An opportunity to pledge a daily prayer for nine months for a baby who is in danger of being aborted. It is a prayer for parents to be granted the courage to imitate the love of Mary and Joseph who gave their humble “yes” to bring forth the life of Jesus.
2. An opportunity to educate others about the development of a pre-born baby. (The Immaculate Heart Circle provides a FB Messenger Chat group for program participants to be able to follow the development of the baby every month. (Forms are provided with this article to serve as guide for circles who want to replicate the program in their community.)
3. At the end of nine months, the circle will hold a baby shower wherein the participants will donate a baby item each to imitate the Magi. The circle, in

turn, will donate the baby items to poor mothers in the community. (The Immaculate Heart Circle gives the participants’ donations to Duyan ni Maria.)

Please see the Certificate of Spiritual Adoption and the Spiritual Adoption Pledge that accompany this write-up.

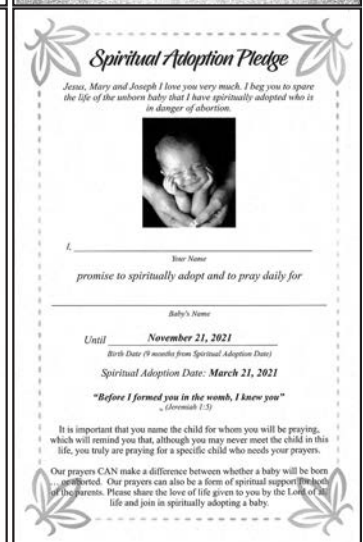
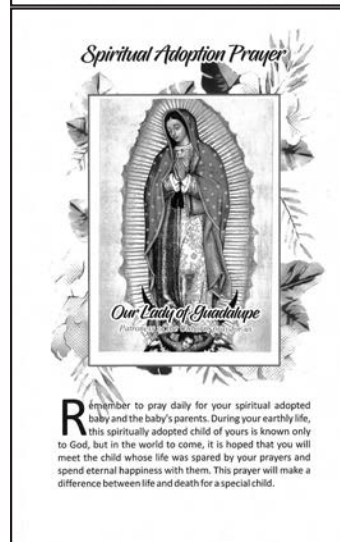
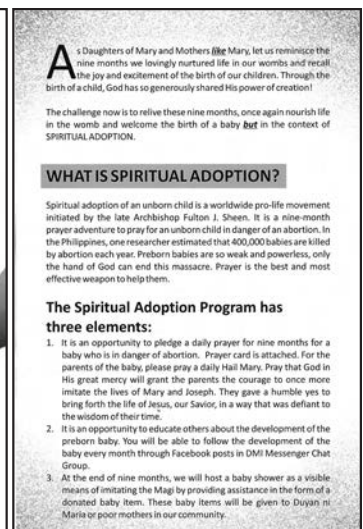
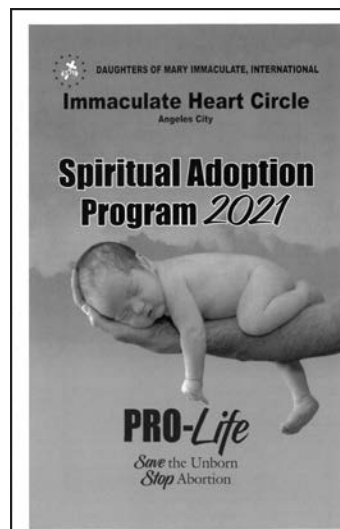
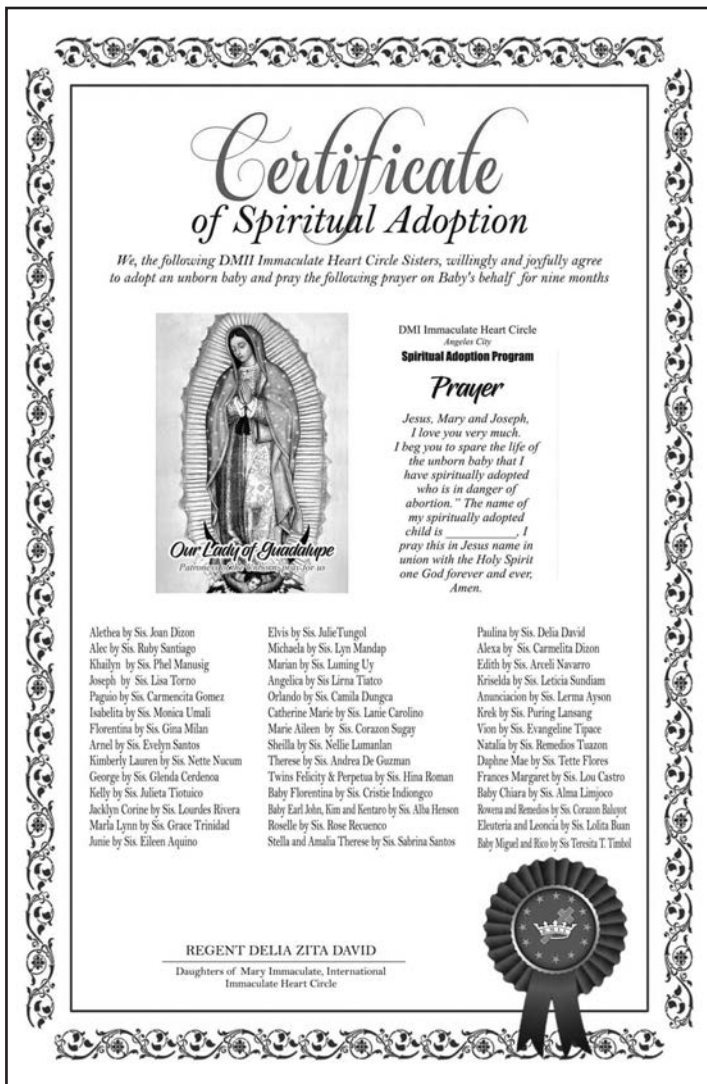
The Immaculate Heart Circle also promotes breastfeeding as a pro-life project via a colorful printed material teaching mothers the benefits of breastfeeding and the correct way of breastfeeding.



A mother and her baby receive a gift from the DMI sisters’ baby shower.



The circle’s Baby Shower at Tuscany Resort in Panda, Angeles City.



Certificate of Spiritual Adoption

Assistance to Prisoners' Families & their Victims. Six families of detainees at the Angeles City Jail were given "ayuda" at the San Vicente Chapel on August 7, 2021. Each family received rice and groceries. Rosary beads and printed prayers were also included in the package. The families received spiritual counseling and words of encouragement from the DMI sisters.



Families of detainees receive ayuda from the DMI sisters.



A detainee's father receives a wheelchair donated by the circle.

Spiritual Adoption Pledge

Upliftment of Women Workers. Reaching out to marginalized women in the community, the circle, through Regent Sis. Delia David and Vice-Regent Sis. Erlinda Mandap, gifted six balut vendors with big colorful umbrellas to protect them from the hot sun and rain while pursuing their livelihood.



An ambulant balut vendor receives an umbrella from the DMI sisters.

NEWS ROUND-UP FROM THE DIOCESE OF MALOLOS

By Sis. Mely de la Pena,
Region IV Correspondent

While the pandemic continues to rage, DMI circles in the Diocese of Malolos remain undeterred and continue to carry out projects and activities for the DMI Missions.

FOR PRO-LIFE

Activities of the circles for Pro-Life consisted of distribution of relief packages for victims of typhoons and floods as well as assistance to charitable institutions.

St. Joseph the Worker Circle - Headed by Regent Sis. Tess Barcelon and Pro-Life Mission Chair Sis. Cristy Javier, the circle visited Bahay ni San Jose, a home for special children in San Antonio, Nueva Ecija, donating medicines for the wards who suffered from various diseases of the stomach. The medicines were donated by friends of the DMI sisters who work in the medical field. Sr. Elaine Bernardo, O.P. received the medicines.

Senior citizens in St. Joseph Parish in Panasahan, Malolos City also received assistance in the form of groceries, vitamins and other items. The circle members distributed the packages at the parish church and the seniors' homes.



The St. Joseph the Worker Circle sisters are shown with Sis. Elaine Bernardo, O.P. when they visited Bahay ni San Jose.

Vicariate of San Diego de Alcalá consisting of three circles – Sto. Rosario of Maysan, National Shrine of Our Lady of Fatima and San Diego de Alcalá Circles - distributed relief bags to 800 families in Calizon, Calumpit, Bulacan. The sisters were welcomed by and assisted by the Barangay Chairman and kagawads. The Sto. Rosario de Maysan Circle headed by Pro-Life Mission Chair Sis. Sally Berdin also donated P10,000 cash assistance to families in Tinambac, Camarines Sur for the roofing of their damaged houses.

Rosa Mystica Circle – The circle's relief efforts benefited typhoon and flood victims in San Jose del Monte, Marilao, Calumpit and Paombong, Bulacan. In Paombong, they assisted the Our Lady of Consolation & Cinture Circle in its relief efforts. The circle is headed by Sis. Nida Abejuelo. Diocesan Regent Sis. Teresita Labilles lent support to the activities. Funds for the project came from generous donors among whom were Vicarial Regent Briggs Abela, IWC President Babes Calanog and @calledt greatness.ph.

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Distribution of relief goods by the Vicariate of San Diego de Alcalá

FOR ASSISTANCE TO PRISONERS' FAMILIES & THEIR VICTIMS (APFV)

Sta. Monica Circle – The circle's APFV Committee headed by Chairperson Sis. Bing del Rosario invited the family of a prisoner last August 7, 2021 to attend Mass at the Sta. Monica Parish Church in Angat, Bulacan. The main purpose of the activity was to help a beneficiary-family, one at a time, analyze the family's needs and help in the social planning, financial and health support until they become self-sufficient

The August 7 outreach was for a family of four, the mother and three children of a detainee at the Angat



The family beneficiary of the Sta. Monica Circle outreach project

Municipal Jail who was accused of arson. The family was provided with basic necessities and financial assistance (the mother is unemployed and depends on the in-laws for support)) while the children received some toys. The circle headed by Regent Sis. Carmela Santos gave spiritual counseling and encouragement to the family.

St. Joseph the Worker Circle. The circle's APFV Committee headed by Chairperson Sis. Precy Zuniga extended emergency cash assistance to the families of three prisoners for delayed release of salaries of their bread winners. The cash assistance was used to buy school supplies for the children.



The Sta. Monica Circle sisters in a group photo during the activity.



From San Diego, California, USA

ST. CHARLES CIRCLE CELEBRATES 16TH ANNIVERSARY

Photo



NEWS

The St. Charles Circle of San Diego, California celebrated its 16th Anniversary last December 8, 2021. The sisters had St. Charles Parish Pastor Rev. Fr. Bart Boudoin as a special guest. St. Charles is the first DMI circle organized in the USA in December, 2005. The circle has remained active with several mission projects which Vicarial Regent Sis. Josie Francisco regularly reports to the DMII in the Philippines.



RISEN CHRIST CIRCLE SPONSORS “SYNOD ON SYNODALITY” WEBINAR

Rev. Fr. John Francis Frederick Manlapig, pastor of the Holy Eucharist Parish, Diocese of Paranaque was the guest speaker in the webinar on “The Synod on Synodality” sponsored by the Risen Christ Circle for Region V.

Some 116 DMI sisters participated in the online seminar via Zoom on December 29, 2021 with International Vice-Regent for Luzon and Region V Representative Sis. Milde Tong opening the activity with her welcome remarks.

International Regent Sis. Ruby Macario in her inspirational message explained the Synodal Process contained in a memo-circular she issued earlier for the participation of the DMII in Synod 2021-2023. (Please see “DMII Participates in Synod 2021-2023 on page 8.) She underscored what the Synod should mean to the DMII:

- The Holy Spirit is with us.
- Never underestimate the power of the Holy Spirit.
- Walking together takes on a new meaning.
- Its Mission is to bring each one to Christ.
- Trust that God will see us through in this.

The consultations with all sectors of the Church (even non-Catholics are welcome) are a preliminary exercise leading to the Synod of Bishops in 2023 when the inputs from these consultations are to be considered and addressed.

The guest speaker was introduced by Risen Christ Circle Regent Sis. Lelith Cervantes. Fr. Jeff is a graduate of Theology and a Masters degree in Pastoral Ministry from San Carlos Seminary and had been pastor of several parishes in the Diocese of Paranaque. His Curia assignments include the Ministry of Vocations, Commission on Youth, Diocesan Construction Committee

and co-chairman of the Diocesan Commission on Liturgy, Worship and Popular Religiosity. Concurrently, he is the vicar forane of the Vicariate of St. Martin de Porres.

Taking on from the introduction to the Synod provided by Sis. Ruby, Fr. Jeff cited Luke 24: 13-35 (The Road to Emmaus) for the participants to reflect on as guide to the Synodal experience. He said that the Synod is a general meeting summoned by the Pope to discuss with the bishops pertinent matters about the Church as a whole, or certain of her regions or sectors.

Past synods had been held concerning the formation of priests, the family, the youth and certain regions such as Asia, the Amazon and the Americas.

The importance of the Synod (from the Greek word syn meaning together) to the Church is the journeying together of everybody in the Church to go somewhere by means of consultations with her various parts.

Fr. Jeff pointed out two bad attitudes within the Church that must be addressed: elitism, a mindset of older church members that the youth are expected to do odd work and to add to the crowd and clericalism, that the clerics are the chief influencer who have the last word in matters of the church. No less that Cardinal Luis Antonio Tagle stressed that the youth is the present of the Church.

The Synod focuses on three concepts:

*Communion or pakikiisa – being one with Christ leading to be united with others;

*Participation or pakikisangkot – the Church as a builder of community; and



Fr. Jeff Manlapig, webinar speaker

*Mission – members of the Church to go out and evangelize, to be missionaries to other peoples of the world.

In the consultation process, synod participants are to discuss the following guide questions:

1. What are you thankful to the Church for?
2. What do I dream for the Church?
3. What can I give to the Church? What can I share with her?

Fr. Jeff, at the end of his talk, said that we need to invoke the presence of the Holy Spirit to provide the Synod with the Light of Hope toward the fulfillment of its objective - JOURNEYING TOGETHER BY THE PEOPLE OF GOD.

The closing prayer led by Sis. Sally Estrada, past regent of Risen Christ Circle and editor of the DMI Newsette, brought the activity to a close.

DIOCESAN MEETING CUM CHRISTMAS PARTY HELD

*By Sis. Susan Ong, Regent,
St. Paul of the Cross Circle*

A face-to-face meeting, the first during the pandemic, was held by the officers of the Diocese of Antipolo on December 27, 2021 at the Rancho 4 East Clubhouse in Marikina City.

Diocesan Regent Sis. Mercy Ong presided the meeting with the vicarial regents of the Diocese – Sisters Presentacion de Dios, Loida Solidum and Julie Lodia – and regents and vice-regents of the eleven circles comprising the Diocese of Antipolo. The attendees rendered reports of their activities during the last quarter of the year.

Certificates of Recognition were given to circles which received Star Circle awards from the DMII National Board during the online National Officers' Meeting last May 2, 2021 via Zoom. The circles honored were the St. Paul of the Cross and the St. Gabriel and Our Lady of Sorrows for their active implementation of the DMII Missions thus meriting for them the Gold Star Circle awards. The St. Paul of the Cross Circle was likewise cited for its Upliftment of Women Workers project, a seminar conducted on "Value Formation for Kasambahays" and its Youth Welfare/SMI project by Squirettes serving as volunteers to baby-sit the abandoned babies of Heart of Mary Villa of the

Religious of the Good Shepherd in Quezon City. These projects won awards for Best Mission Practices, the first time these awards were given.

DR Sis. Mercy encouraged members to plan their activities for 2022 and offered to provide assistance to the circles if needed. She also encouraged the circles to form SMI circlettes in their respective communities. Later, she distributed the special 100 rosary beads to be used for the 2000 Hail Marys initially prayed last Dec, 30, 2021. Members were assigned 100 Hail Marys to pray with each of 20 petitions to be assigned to 20 groups. She also distributed copies of the book "Persuasive Pro-Life" by author Trent Horn to be shared with the circle members.

We had a Christmas Party after the business meeting, with the attendees in colorful Christmas attires. We enjoyed the exchange gifts and singing and dancing during the program. Sis. Mercy, the event's Sta. Claus gave each one a Christmas gift while feasting on their Chowking food packs.

It really was great fun after several months of not seeing each other. We still practised strict health protocols as we look forward to a bright, healthy and Covid-free New Year.



Diocesan Assembly participants in a group photo

STO. NINO DE MOLINO CIRCLE SISTERS: FULLY VAXXED AND RARIN' TO GO

By Sis. Catherine Longcob,
Past Regent

We in the Sto. Nino de Molino Circle in Bacoor City, Cavite feel happy getting our vaccinations when the Vaccine Roll-out was announced by our LGU some months ago.

As I write this (before the current Covid surge because of the Omicron variant – ed.), our DMI sisters are back – attending and resuming their church services, pursuing the DMI missions, and face-to-face meetings while observing strictly the health protocols with our fashionable face masks and face shields

Why be vaccinated? Because -

- Vaccination reduces the risk of acquiring a disease by working with the body's natural

defenses to build protection and strengthen its immune system.

- Today's Covid vaccines are our protection from this life-threatening pandemic.
- Vaccination is a key component of primary health care, an indisputable human right.
- It is one of the best health investments that money can buy. It is critical to the prevention and control of outbreaks of infectious diseases.
- It underpins global health security and is a vital tool in the battle vs. antibiotic resistance.

So, why the hesitation? GO OUT AND BE VAXXED!



The Sto. Nino de Molino Circle sisters proudly show their vaccination cards.

2000 HAIL MARYs - A POWERFUL INTERCESSORY PRAYER

By Sis. Nina Cadiz, Region VI Correspondent

Cognizant of the Blessed Mother's powerful intercession, 18 DMI circles and 11 SMI circlettes from the Diocese of San Pablo (Region VI) gathered virtually to pray the 2000 Hail Marys last October 3, 2021 for various intentions. The activity was a collaborative project of two Diocesan Missions – Morality in Media chaired by Sis. Bennie de la Cruz and Youth Welfare chaired by Sis. Liza Arpon. The SMI circles organized, arranged and facilitated the meeting rooms.

Region VI Representative Sis. Isabel Ticzon, Past RR Sis. Elvie Arambulo, Diocesan Regent Sis. Iluminada Lagunda, Past DR Sis. Loreta Santos, SMI Lady Counselors, and Vicarial and Circle Regents joined the officers and members of the DMI circles comprising the Diocese of San Pablo in the activity.

A Eucharistic celebration ended the day-long Zoom activity.



Screen shot of 2000 Hail Marys participants

SEEING THROUGH THE LENS OF GOD'S LOVE

By Sis. Nina Cadiz

To celebrate the Filipino Values Month with the theme “Pagkatao, Pakikipagkapwa at Pananampalataya: Hamon sa Panahon ng Pandemya”, the Theresian Circle held a seminar on God's love. The circle's Morality in Media and Youth Welfare Committees spearheaded the seminar in coordination with the Tuntungin-Putho Integrated National High School (TPINHS) on November 27, 2021.

Fr. Reynald B. Atienza, parochial vicar of the National Shrine of San Antonio de Padua in Pila, Laguna was the resource speaker. Fr. Enald in his talk emphasized the true definition of Love (John 3:16) and the ways to achieve a positive mindset especially during this pandemic

*Learning to love and appreciate yourself. Remember that you are loved, valuable, priceless and secured in the arms of God;

*Always focus on the light that Jesus has given us, having a faith-filled mindset; and

*Practice a God-centered motivation in life.

Truly, we need to change how we look and see ourselves and others through the lens of God's Love.

A total of 97 participants attended the webinar. They were teachers from TPINHS headed by Teacher Ria Lait, learners, parents, SMI Diocesan Lady Counselor Sis. Liza Arpon, SMI Vicarial Coordinator Sis. Alice Aragon and members of the DMI Theresian Circle headed by Regent Sis. Dalisay Maligalig and SMI circlette.



STA, CRUZ CIRCLE CELEBRATES 29th ANNIVERSARY, SPONSORS MASS BAPTISM

The Sta, Cruz Circle of Talisay City, Cebu celebrated its 29th Anniversary by sponsoring a Mass Baptism of 21 children, aged two years and above as part of its thanksgiving celebration. The activity formed part of the Jubilee Celebration of 500 Years of Christianity in the Philippines many activities of which are centered in Cebu Province which will end in April, 2022.



DMI sisters of Sta. Cruz Circle with a just-baptized child and her mother..



A priest while performing the baptismal rite.

From the Diocese of Tandag – Surigao del Sur (Region XII)

IMMACULATE CONCEPTION CIRCLE HOSTS DIOCESAN ASSEMBLY

By Sis. Sheila Peji, Region XII Correspondent

The Diocesan Assembly of the Diocese of Tandag was held last November 27, 2021 at Shachene KTV Hall in Tandag City hosted by the Immaculate Conception Circle. The assembly theme was “Gifted to Give, Love and Serve the Community”.

There were 83 sisters in attendance representing 18 circles in the Diocese. Opening the day's program was the Enthronement and Consecration of the image of the Blessed Mother followed by a Holy Mass officiated by Msgr. Isidro Irisari.

Incoming Region XII Representative Sis. Sheila

Oclarit Peji as inducting officer installed the circle regents into office. She also gave an inspirational message.

Messages were also given by special guests, Past International Regent Sis. Lelies Pimentel and Past Region XII Representative and SMI Coordinator for

Mindanao Sis. Annie Ty.

Most Rev. Raul Dael, DD, bishop of the Diocese of Tandag, was the afternoon's guest speaker who shared his life experiences in God's call as His humble servant. He afterwards inducted the incoming diocesan officers headed by Diocesan Regent Sis. Reneria M. Nazareno.



The Diocesan Assembly participants in a group photo



Sisters Annie Ty and Lelies Pimentel with Sheila Peji (standing)

BLESSED MOTHER CIRCLE GOES ON VISITA IGLESIA

By Sis. Sheilah Peji
Region XII Correspondent and Circle Regent

The Blessed Mother Circle of the St. Vincent de Paul Parish of Bislig City went on a *visita iglesia* last December 12, 2021.

The day-long activity started with a Holy Mass at the Tandag Cathedral officiated by Most Rev. Raul Dael, bishop of Tandag attended by the circle officers and members. In his homily, he said that the joy extended to others by doing good gives deeper joy to the giver, a joy that is not fleeting but long-lasting.

The DMI sisters received a special blessing from Bishop Dael. They said that this personal encounter with the Bishop has inspired them to serve God even more through the DMI missions.

The successful day-long activity was made possible through the generous support of the following:

Past International Regent Sis. Lelies Pimentel for the sumptuous breakfast served;

Tandag City Mayor Roxanne Pimentel, a DMI sister, and husband, Gov. Alexander Pimentel for

the lunch;

Bislig City Mayor Florencio Garay for providing transportation for the group; DMI sisters in Cantilan for the accommodation and snacks;

The parish priests of churches visited – Fr. Glen Milo, Fr. Ramon Magana, Fr. Jimmy Panares and Fr. Elpidio Pastero who was our tour guide; and

The officers and members of the Blessed Mother Circle for their presence, generous support, love and commitment.

As Regent, I take the opportunity to thank our sisters for helping make our circle's activities and projects the success that they were in spite of the restrictions that the pandemic has imposed on us. Let us continue to be One Family, One Community in the service of our Lord Jesus Christ through our Blessed Mother Mary.

(Note: Sis. Sheilah is the incoming Regional Representative of Region XII for 2022-23. - Ed.)



The Blessed Mother Circle sisters with Bishop Raul Dael of the Diocese of Tandag.

DIOCESAN AND CIRCLE OFFICERS FOR 2022 INSTALLED

*By Sis. Marilyn de Asis,
Diocesan Regent*

The Diocesan Officers of the Archdiocese of Zamboanga & Prelature of Isabela de Basilan were installed last December 18, 2021 by Fr. Leh C. Taib, DMII spiritual director of the Archdiocese. The event's theme was "Silver Lining Awakens the DMII as Servant Leaders this Time of the Pandemic"

Heading the list of inductees were Sis. Pinky Saavedra, Region XIV Representative, Sis. Angie Baes, Pro-Life coordinator for Mindanao and Sis. Marilyn de Asis, Mindanao coordinator for Assistance to Prisoners' Families & their Victims. Other diocesan officers who were installed during the occasion were: Sis. Maria Bella Tandoc, diocesan secretary, Sis. Evelyn Balbon,, diocesan treasurer, Sis. Ma. Lourdes Miguel, trustee/auditor and the diocesan chairpersons of the Five Missions – Sis. Ellen Velasco for Pro-Life, Sis. Ernie de Peralta for Morality in Media, Sis. Sonia Garcia for Assistance to Prisoners' Families & their Victims, Sis. Mila Espinosa for Upliftment of Women Workers and Sis. Annielyn Padilla for Youth Welfare/SMI, vicarial regents of the Archdiocese and their alternates – Sisters Maritess Go and Lucita Santos for Central Vicariate, Sisters Susan Cardenas and Pilar Montano for Eastern Vicariate, Sisters Nora Gerochi and Juliet Peralta for Western Vicariate and Sisters Rowena Saavedra for Lamitan and Gloria Denoga for Isabela de Basilan. - and chairpersons of special committees - Sisters Pedelaida Iglesias for Ceremonials and Membership, Ma. Lourdes Miguel for Visitation, Estee Grace Tan for Socials, Grace Gonzales for Ways & Means, Nilfa Flores for Welfare and Angie Baes for Awards – completed the inducted set of officers:

In separate installation rites, the officers for 2022 of the following DMI circles in the Archdiocese were installed from November 26 to December 30, 2021:

Our Lady of Guadalupe Circle of Curuan
Our Lady of Ransom Circle of Mercedes
Divine Mercy Circle of Divisoria
Our Lady of the Most Holy Rosary Circle of Bolong
Our Lady of Fatima Circle of Putik
Mystical Rose Circle of WESMINCOM
Our Lady of Rosary of Manaoag Circle of Tumaga
Our Lady of Lourdes Circle of EAAB
St. Therese of the Child Jesus Circle of Mampang
Holy Trinity Circle of Pasonanca
Our Mother of Perpetual Help Circle of Guiwan
Our Lady of Purification Circle of Sta. Maria
Nuestra Senora del Pilar of Zaragoza Circle of MCIC
Transfiguration Circle of Sinunoc
St. Ignatius de Loyola Circle of Tetuan
St. Anthony Ma. Claret Circle of Claret Parish
San Isidro de Labrador Circle of Talon-Talon
Our Mother of the Pillar Circle of Vitali
La Virgen del Pilar Circle of Sangali
Penafrancia Circe of SOUTHCOM
Our Lady of Mount Carmel Circle of Ayala Parish

Officers of other circles in the Archdiocese and Prelature of Isabela de Basilan as well as Vicarial Regents and their alternates are scheduled to be installed in January, 2022. A project called B.O.M.B.A. (Bring Old Members Back Again) and a weekly webinar to be held every Sunday are part of the sisters' activities in 2022. Among the webinar topics are Servant Leadership, the Duties and Responsibilities of DMI Officers, and the Five Missions and the plans and programs for each Mission.

Aside from the Archdiocese of Zamboanga, other dioceses comprising Region XIV are the Dioceses of Dipolog, Iligan and Ozamis.



A group photo of Diocesan Officers installed on Dec. 18, 2021.

A H.E.A.R.T. LIKE ST. JOSEPH

*By Sq. Abbie Gail Villanueva,
Past SMI National Chancellor*

In celebration of the Year of St. Joseph from Dec. 8, 2020 to Dec. 8, 2021, the Squirrellets of Mary headed by Youth Welfare Chairperson Sis. Biannah Villanueva held a webinar on “A Heart Like St. Joseph” dedicated to the Patron of the Universal Church.

The webinar focused on the life of St. Joseph, his virtues and the important role he played in our salvation history. The learnings gained from the webinar have brought to the participants stronger hope, faith and light amidst the darkness of the pandemic.

On the morning of September 25, 2021, the webinar participants, numbering some 300 were welcomed with a medley of musical tributes to the man of the hour, St. Joseph followed by the welcome address by Sq. Joy Ancheta, SMI National Vice-President for Luzon, the program host. Sis. Ging Manulat, DMII’s SMI Coordinator for the Visayas, led the Prayer of Consecration to St. Joseph. Sq. Elvanne Laynes, SMI National Chancellor led the National Anthem followed by the Panunumpa sa Watawat by Sq. Elizabeth Urmeneta, SMI National President. SMI National Vice-President for Visayas Sq. Francesca Lozano led the singing of the SMI Hymn.

International Regent Sis. Ruby Macario in her inspirational message made the initial introduction of St. Joseph, citing his values and how important it is, for

the youth particularly, to learn from and live by these values.

The webinar speaker, Fr. Victor Angelo Parlan was introduced by SMI Coordinator for Luzon Sis. Evelyn Alcantara. Father Jelo is the parochial vicar of the Diocesan Shrine of St. Joseph, Diocese of Cubao. He re-introduced us to the man who loved Jesus with a father’s heart, St. Joseph, and how we can have a HEART like his: Humble, Embracing, Accountable, Remaining and Trusting,

In this time of the pandemic, we see many St. Josephs emerging from the shadows. Frontliners who often go unnoticed are the ones with such humility who hold up the community in this time of crisis. We are being taught to be more attentive and appreciative of them on whom we rely so much. Fr. Jelo ended his talk by encouraging the participants to have stronger love and appreciation for St. Joseph, to implore his intercession and to imitate his virtues and zeal.

Sis. Biannah handed a Certificate of Appreciation to Fr. Jelo and in her closing remarks thanked the audience for their active participation and the webinar organizers and program participants for another successful SMI activity. The Squirrellets walked away from the webinar with truly a heart like St. Joseph’s.



Snapshot during Rev. Fr. Jelo’s talk

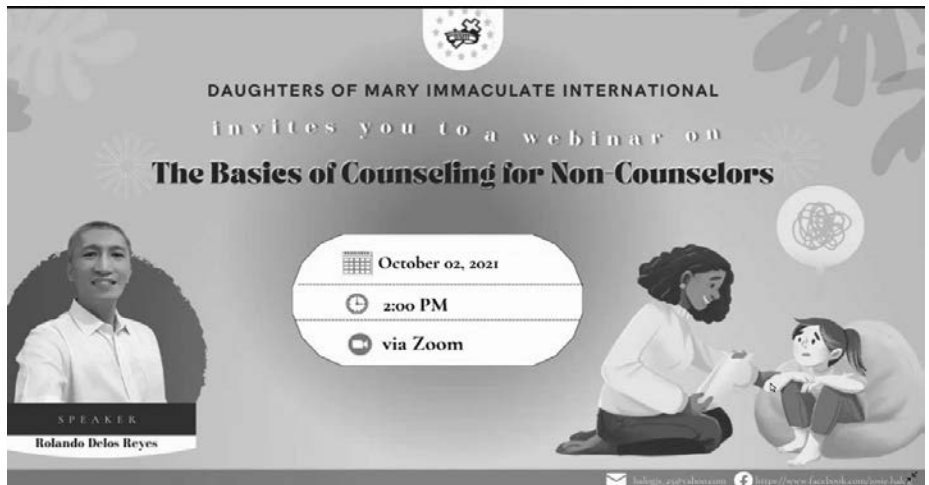
WEBINAR ON “BASICS OF COUNSELLING FOR NON-COUNSELLORS” HELD

By Sis. Cynthia Aranas,
Vice-Regent, Our Lady of Mt. Carmel Circle

A webinar on “Basic Counselling for Non-Counsellors” was held on October 2, 2021 with over 400 DMI sisters participating online via Zoom. The activity was spearheaded by the International Committee on Assistance to Prisoners’ Families & their Victims (APFV) chaired by Sis. Laura Cespon.

Preceding the webinar proper was the opening prayer led by Sis. Luz Binoya, Region XIII Representative. The participants were then welcomed by Sis. Gloria Caminero APFV Coordinator for the Visayas followed by an inspirational message from International Regent Sis. Ruby Macario.

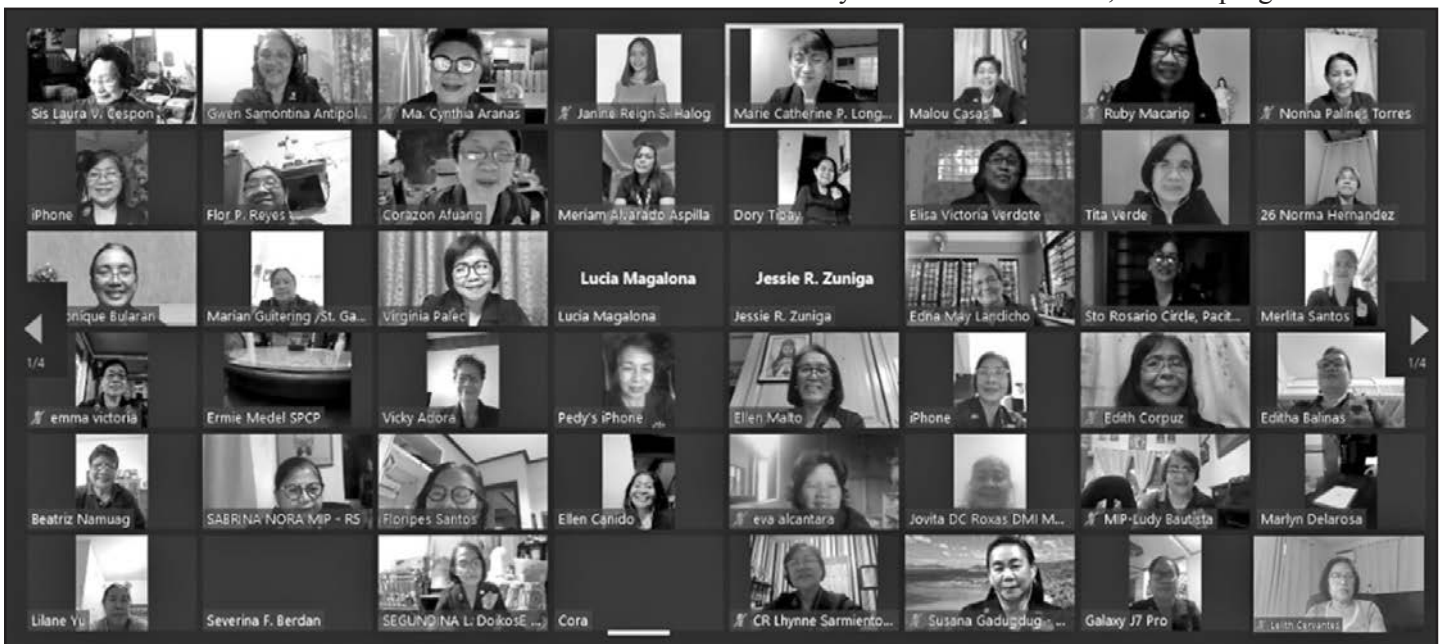
The resource speaker was Mr. Rolando de los Reyes II, a guidance specialist of the University of the Phils. Office of Counselling and Guidance who was introduced by Sis. Cora Afuang, International Chairperson for Pro-life. Mr. De los Reyes has a Bachelor of Science in Education degree, majoring in Mathematics and a Master’s degree in Counselling. He successfully imparted his knowledge and energetically engaged the participants who posed questions not only during the Q & A portion after the two-hour lecture but also kept the chatbox busy during his presentation.



It was a great learning experience for the participants who showed great interest in such topics as “Basic Counselling Skills”, “Safezone for Counselling and Counselling Moment” and “How to Handle Those with Tendencies and Ideations of Suicide”.

As a result of the webinar, the DMI sisters in the APFV Mission feel more confident in engaging the Mission’s beneficiaries with their enhanced knowledge and skills in counselling when needed and effectively communicating with them.

The webinar ended with Sis. Laura’s closing remarks and prayer by Sis. Cynthia Aranas. Sis. Virginia Palec, RS, Our Lady of Mt. Carmel Circle, was the program host.



“#walang plastikan” - A PRO-LIFE WEBINAR



Webinar title with photo of Allison Tan

In response to the call of CBCP to heed the exhortation of Pope Francis for the care of the environment and in pursuance of DMI's Pro-Life Mission, the International Pro-Life Committee headed by Chairperson Sis. Cora Afuang sponsored a webinar called “#walangplastikan”, a title as millennial as the guest speaker, Allison Tan last September 18, 2021. Allison is a very young lady who is the Communication and Marketing Specialist of The Plastic Flamingo, The PLAF for short. She is still a student taking up Speech Communication at UP-Diliman,

The PLAF's advocacy is to reduce, reuse/upcycle plastic wastes, turning them into eco-lumber and other products for use as construction materials for houses. The technology converts plastic flakes from plastic wastes into eco-lumber that a social enterprise in Muntinlupa City processes. The aim is to be able to construct low-cost houses for families living in marginalized communities in danger zones and along waterways.

Allison, with the help of a PowerPoint presentation, pointed out that the Philippines ranks third among countries that pollute the oceans of the world. China is No. 1. The future scenario, she said, is that by 2050, there will be more plastics than fishes in our rivers and oceans.

The PLAF's role is to collect plastic wastes from houses which during the pandemic has been aggravated by online shopping where items for delivery are wrapped in plastic even much bigger than the item/s ordered. It collects a wide array of plastic wastes, the only condition being they should be dry. The PLAF does the sorting.

During the webinar, Sis. Cora encouraged the participants to support The PLAF in its advocacy, also as a DMI Pro-Life project which is concrete, very doable and sustainable that a DMI sister can do even without leaving her home.



More plastics than fishes by 2050

The PLAF has started expanding its activity outside the NCR. It now has collection points in the Visayas – Bacolod City and Biliran.

Following is a list of collection/drop-off points in Metro Manila and the Visayas:

1. The PLAF Warehouse – Block 6, Bldg. 2 National Road, Tapaurel Compound, Potatan, Muntinlupa City (Landmark: Starking Muntinlupa)
2. Decathlon Branches (bins provided at the entrance):
 - Pasig – Tiendesitas, Ortigas Ave. cor E. Rodriguez Jr. Ave. (C5)
 - Alabang – Festival Mall, Corporate Ave., Muntinlupa City
 - Masinag – 1870 Marikina-Infanta Hwy., Antipolo City
3. Ayala UP Town Center – Concierge Booth Phase 1
4. Jollibee WSK (selected branches)
 - Fairview Center Mall, Quezon City
 - Matro Plaza Quirino, Caloocan City
 - Zabarte Town Center, Caloocan City
 - Susano Complex, Quezon City
5. Eco-lution – Real St. Municipal Hall, Magbangan, Cabucgayan, Biliran Province
6. Eco-Folk PH –
 - Lot 7, Block 12, C.L. Montelibano Drive, Capitol Heights, Bgy. Villamonte, Bacolod City
 - Burgos Freedom East Construction Supply, Bgy. Villamonte, Bacolod City

BE PART OF THE PLAF COMMUNITY. Learn more about the organization through its website and social media accounts.



Fish stomach full of plastic wastes



Eco-lumber from plastic flakes for house construction

STRENGTHENING A WOMAN'S IMMUNE SYSTEM THROUGH NUTRITION DURING PANDEMIC

By Sis. Lorie Manalansan,
Upliftment of Women Workers Coordinator for Luzon &
Region V Correspondent

A 3rd quarter project of the Upliftment of Women Workers Mission headed by International Chairperson Sis. Sol Eugenio was a webinar on Proper Nutrition held via Zoom on October 2, 2021.



Ms. Virgith Bueno, guest speaker

Ms. Virgith Bueno, chairman of the Board of Nutrition and Dietetics of the Philippine Regulation Commission was the resource speaker.

The webinar sought to address the limitations that the pandemic brought about on food choices that result in people eating their anxieties away or limiting their food intake.

International Treasurer and Region VI Representative Sis. Isabel Ticzon who is a nutritionist colleague introduced the guest speaker. Preceding this was the welcome address by International Chairperson for Upliftment of Women Workers Sis. Sol Eugenio and the inspirational message by International Regent Sis. Ruby Macario.

In her presentation, Ms. Bueno talked about staying healthy by obtaining optimal nutrition to maintain a strong immune system against Covid 19, increasing fitness level through proper exercise, the right amount of sleep and stress management. As people age, changes in their bodies occur including the rate of degeneration of cells. Inadequate diet and infectious diseases can also lead to severe malnutrition.

A healthy diet consists of water, carbohydrates, fats, proteins, vitamins, minerals and fiber. Each has its own function. Our body is composed of 60% water. It serves as solvent for all nutrients and transports

them to all our body parts. Water also participates in metabolic reactions, regulates body temperature, acts as lubricant and cushion around joints and inside the eyes and spinal column, maintains blood volume and prevents dehydration and constipation. Carbohydrates is the main source of energy. Fat is another source of energy which helps the body absorb soluble Vitamins A, D, E and K, protein repairs and maintains the body tissues. Vitamins, minerals and fiber produce Vitamins B12 and K.

Ms. Bueno recommends the following as healthy eating habits:

1. Moderation is the key.
2. Fill up on fruits and vegetables.
3. Eat complex carbohydrates.
4. Eat healthy fats/oil.
5. Put protein in perspective.
6. Limit salt and sugar intake.
7. Keep yourself HYDRATED.

Twenty years ago, Ms. Bueno continued, people ate much less calories than we do today. Thus dietitians have created the portion control chart on how much can be consumed by comparing each serving with inanimate objects. A healthy food swap was also shown.

She also gave tips on how to stay healthy and fit. She suggested a healthy eating plan with a variety of foods rich in nutrients and low in fat and calories eaten in moderation.

“The immune system is a complex network of cells, tissues, organs and substances that help the body fight infections and other diseases,” she said. The immune system is the body’s doctor that protects and cures us from a number of diseases and infections. It recognizes foreign invaders like viruses, bacteria and parasites and takes immediate action to fight them. For the pandemic, she presented immune system boosters to fight Covid 19.

turn to page 32

Strengthening a woman's... from page 31

Maintaining physical activities such as exercise is important to mitigate the negative effects of stress and anxiety caused by prolonged isolation. Physical exercise causes the secretion of endorphin which creates a state of calmness and mental relaxation. So choose exercises that you would enjoy doing while strengthening both your physical and mental well-being.













Adequate sleep is very important as, aside from boosting our physical and mental health, it helps boost our immune system. Lack of sleep reduces Ghrelin (the hormone that signals the brain that it's time to eat) and Leptin (signals the brain that one is already full). Eat




two to three hours before bedtime and avoid caffeine and alcohol. Sleep-inducing food includes almonds (contain a high dose of melatonin), chamomile tea and warm milk.

Ms. Bueno's talk made us realize that we are responsible for the forces that defend us against infection and other illnesses. Food rather than pills are better sources of nutrients.

The Q & A session was a lively exchange of additional information that the participants sought from the speaker.

Ms. Bueno's final message: **EAT BETTER, NOT LESS.**

	=			=	
3 oz. of animal protein		1 deck of cards	1 slice of bread		1 CD case
	=			=	
1/2 cup of fruits/vegetables		1 computer mouse	1/2 cup of grains (cereals included)		1/2 of a tennis ball
	=			=	
1 baked potato		1 fist	2 tablespoons peanut butter		1 Pingpong

	Zinc		Vitamin C
Lean meats, seafood, milk, whole grains, beans, seeds, and nuts • Important for wound healing		Broccoli, cantaloupe, kale, oranges, strawberries, tomatoes, guava, and lychee • Protect cells from oxidative stress, a product of infection or chronic inflammation	
	Iron		Vitamin E
Lentils, spinach, tofu, and white beans • Aids in non-specific immunity, the body's first line of defense		Nuts, seeds, wheat germ, green leafy vegetables, avocado, and shrimp • Helps protect cells from oxidative stress	
	Vitamin A		Vitamin B6

Portion Control Chart

Covid-19 Immune System Boosters



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