ACTIVITIES FOR PARENTS

- Nov. 1–1st Sunday Recollection
- Nov. 7 - Theology Class for Dads/Year V High School Father & Son Outing
- Nov. 11 - Middle Childhood Plenary for Grade 3 Parents (Case No. 4)
- Nov. 14 - Parents & Educators Conference with Dr. Michele Borba/Confirmation for Grade 9 Students/Theology Class for Dads/NPEP Module 5 at Woodrose School
- Nov. 18-19 - Non-Working Holidays (APEC)
- Nov. 19 - 3rd Thursday Recollection at Molave
- Nov. 21 - NPEP Module 5 at Southridge School/Theology Class for Dads
- Nov. 22 - Solemnity of Christ the King/4th Sunday Recollection/BCD Class for Afternoon School Parents
- Nov. 28-29 - Grade 1 Father & Son Outing
- Nov. 28 - Theology Class for Dads

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STRATEGIES FOR A GREAT FAMILY

Discover the wisdom-filled principles revealed by Jesus through his Church’s Catechism and his Vicars, the Popes

BEAUTY OF MATRIMONY

Marriage and its mission. God who is love and who created man and woman for love has called them to love. By creating man and woman he called them to an intimate communion of life and of love in marriage: “So that they are no longer two, but one flesh” (Mt 19:6). God said to them in blessing “Be fruitful and multiply” (Gen 1:28).

The sacrament of Matrimony signifies the union of Christ and the Church. It gives spouses the grace to love each other with the love with which Christ has loved his Church [with self-sacrifice]. In the joys of their love and family life he gives them here on earth a foretaste of the wedding feast of the Lamb.

Entrust self to Jesus. “To spouses, God the Father gives his Son Jesus, not to condemn them, but to save them: if they entrust themselves to him, he will bring them healing by the merciful love which pours forth from the Cross, with the strength of his grace that renews and sets married couples and families once again on the right path. The love of Christ can restore the joy of journeying together.” (Pope Francis)

True love, not feelings. “You can’t base a marriage on feelings that come and go. But rather on the rock of true love, the love that comes from God. When we pray ‘Give us this day our daily Bread’, when it comes to marriage, we can say: Give us this day our daily love. Being in love means saying three phrases more often than not: May I? Thank you and I’m sorry. It’s important to acknowledge that your spouse is a gift from God. When you receive a gift from God, you say Thank You. There is no such thing as a perfect husband or wife. It’s us who do exist, sinners. Jesus tells us a secret: Never let the day end, without apologizing…A small gesture is enough.” (Pope Francis) Love means “willing the good of the other” (Aristotle and St. Thomas) and “self-giving” (John Paul II).

PARENTS: PRINCIPAL EDUCATORS

Your children are God’s. Parents must regard their children as children of God. Every spiritual soul is created immediately by God. It is not “produced” by the parents. Showing themselves obedient to the will of the Father in heaven, they educate their children to fulfill God’s law.

Teach Jesus’ greatest commandments. God has loved us first. The ten commandments then make explicit the response of love that man is called to give to his God. Jesus said:
‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbor as yourself.’ (Mt 22: 36-39)

**First school of Christian life and human enrichment.** All members of the family exercise the *priesthood of the baptized* in a privileged way by the reception of the sacraments [frequent confession and Sunday Eucharist], prayer and thanksgiving, the witness of a holy life, and self-denial and active charity. “The breakdown in the way Catholics pass down the Christian faith is caused by a lack of opportunity for dialogue in families.” (Francis)

**Educate in right use of reason.** Parents’ respect and affection are expressed by the care and attention they devote to bringing up their young children and providing for their physical and spiritual needs. As the children grow up, the same respect and devotion lead parents to educate them in the right use of their reason and freedom.

**Spiritual over material. Interiority over instincts.** Parents should teach their children to subordinate the material and instinctual dimensions to *interior and spiritual ones*. The home is the natural environment for initiating a human being into *solidarity and social responsibilities*. Large families [are] a sign of God’s blessing and the parents’ generosity.

**Give good example and discipline.** Parents have a *grave responsibility* to give good example to their children. By knowing how to acknowledge their own failings to their children, parents will be better able to guide and correct them.

**Live in the truth.** Men could not live with one another if there were not mutual confidence that they were being truthful to one another. “Parents must actively ensure the moderate, critical, watchful and prudent use of the media [and] train the conscience of their children.” (JP II)

**Family catechesis and choice of school.** Family catechesis precedes, accompanies, and enriches other forms of instruction in the faith. As far as possible parents have the duty of choosing schools that will best help them in their task as Christian educators.

**Virtues and chastity.** Education in virtues requires an apprenticeship in self-denial, sound judgment, and self-mastery – the preconditions of all true freedom. It is imperative to give suitable and timely instruction to young people about the dignity of married love [and] the value of chastity.

**First vocation: follow Jesus.** Family ties are important but not absolute: “He who loves father or mother more than me is not worthy of me” (Mt 10:37). Parents must support with joy their children’s choice to follow Jesus in whatever state of life. [“Now I know that you fear God, since you have not withheld your son, your only son, from me” (Gen 22:12).]

**Domestic church and family prayer.** The family is the “domestic church” where God’s children learn to pray “as the Church” and to persevere in prayer. “How much peace would flow into family relationships if the family would begin again to pray the Rosary” (JP II). “Read the Bible often, especially on Sundays, husband and wife, parents and children” (Pope Francis).

(Source: Except for the quotes, the bracketed portions, and some headings, the text is taken from the Catechism of the Catholic Church (366, 1642, 1661,1657, 2067, 2083, 2222-2229, 2373, 2469-70, 2685) and the Compendium of the Catechism of the Catholic Church (337, 460, 462). Selected and edited by Dr. Raul Nidoy, Doctor of Theology. In support of the New Evangelization, please copy and distribute. Online at: http://primacyofreason.blogspot.com/2014/12/strategies-for-great-family.html)
POPE FRANCIS’ 8 TIPS TO IMPROVE FAMILY LIFE

“Even the Pope has a family. We are 5 siblings and I have 16 nephews and nieces. One of these nephews had a car accident.” (August 20th, 2014)

His personal experience as well as meeting thousands of people have made the Pope an expert on the family.

His advice, simple yet direct, can help in day-to-day life. There is no doubt that his advice to married couples has spread around the world.

NEVER END THE DAY WITHOUT MAKING PEACE.
“ I always give this advice to newlyweds: ‘Argue as much as you want. If the plates fly, let them. But never end the day without making peace. Never!’” (October 4th, 2013)

MAKE PEACE AND BEGIN AGAIN TOMORROW.
“It isn’t necessary to call the United Nations to come to one’s home to make peace. A small gesture, a caress, a hello is sufficient! And until tomorrow – and tomorrow one begins again.” (April 2nd, 2014)

TO LEARN ABOUT FORGIVENESS, THERE IS NOTHING BETTER THAN THE BIBLE, something that the Pope recommends to improve family life.
“ It is not for putting in a shelf, but rather for having it at hand. It is for reading it often, every day, either individually or in groups, husband and wife, parents and children; maybe at night, especially on Sundays. That way, the family can move forward with the light and the power of the Word of God!” (October 5th, 2014)

DIFFICULTIES? MOVE FORWARD. STRIVE. IT’S PART OF LIFE—He speaks to engaged couple on the beauty of marriage but is also very sincere with them. To move forward, they must strive.
“ It is a journey full of challenges, difficult at times, and also with its conflicts, but that is life.” (February 14th, 2014)

A LIFE FILLED WITH CHILDREN. The Pope never tires of denouncing a culture that does not favor the family. For this reason, he invited couples to throw themselves into the adventure of parenthood.
“This culture of comfort has, in the last 10 years, convinced us that it’s better to not have children! It’s better! You can go explore the world, go on vacation, you can have a villa in the countryside, you can be care-free.” (June 6th, 2014)

SPEND TIME WITH YOUR CHILDREN: And when the children are already here, family life can be complicated at times.
Pope Francis has asked to reflect on the frantic life that families sometimes experience.
“When I confess young couples and they talk to me about their children, I always ask one question: ‘And do you have time to play with your children?’ And many times the father tells me: ‘But Father, they are sleeping when I go to work in the morning and when I come back at night they are already asleep in bed.’ This is not life.” (June 16th, 2014)

PRUDENT USE OF TECHNOLOGY: He also has advice for children. Misused technology, he said, has become one of the elements that separates a family.
“Many children and young adults waste so much time on hollow things: Chatting on the Internet, playing with the cell phone, seeing soap operas. High tech products are meant to make life simple and to improve the quality of life. But often, they distract us from what’s really important.” (August 6th, 2014)

SEEK WISDOM AND LOVE OF THE GRANDPARENTS: For the Pope, a fundamental pillar of family life are the elderly.
They are the future of the people because they are its memory. For this reason, Pope Francis knows the imprint left by grandparents.
“One of the most beautiful things in the life of a family, of our lives, is to caress a child and to let them be caressed by a grandfather or grandmother.” (September 28th, 2014)

Striving, forgiveness, prayer and dedication are the ingredients that Pope Francis offers to strengthen family life.
HOLY MASS
- Daily 12 noon Mass at the Chapel of the Holy Family.

RECOLLECTIONS
- 1st and 4th Sunday Recollection for Fathers (Holy Mass for the Families at 11 am)
- 3rd Thursday Recollection at Molave Study Center

THEOLOGY CLASS FOR DADS
- Every Saturday, 10:00 – 11:00 am at the Business Office Conference Room, 1st Floor of Main Building
- Every 4th Sunday, 8:30-9:00 am (for AS fathers)
- Every 4th Sunday, 9:00-10:45 am (for AS mothers)

CONFESS/SPIRITUAL DIRECTION
- By appointment

The Parents Formation Office welcomes personal write-ups about parenting principles and experiences. Please email them to mrinawat@southridge.ph

THEOLOGY CLASS FOR DADS
- Every 1st and 2nd Thurs, 9 to 10 am, Function Room
- RECOLLECTION - every 3rd Thursday, 9:15 - 11:00 am & every 4th Thursday, 4:30 - 6:30 p.m.
- CONFESSION - Monday to Friday except Wednesday, 9 am - 12 noon

For inquiries, you can contact PAREF Woodrose School at 850-6380 to 83; 809-5508 or 807-6735 (local 123 for the Chaplain’s Office or 118 for the Family Orientation Office or locals 120,151,152 for the Central Communications Office)

RETREAT SCHEDULES FOR DADS
- Nov. 12-15 (Thurs-Sun) Tagaytay Conference Center
- Nov. 19-22 (Thurs-Sun) Latag (Young Professionals)
- Nov. 28-30 (Sat-Mon) Sangandaan (Open Retreat)
- Nov. 30-Dec. 2 (Mon-Wed) Tagaytay Conference Center
- Dec. 3-6 (Thurs-Sun) Tagaytay Conference Center
- Dec. 3-6 (Thurs-Sun) Makiling West Wing
- Dec. 10-13 (Thurs-Sun) Tagaytay Conference Center
- Dec. 14-16 (Mon-Wed) Makiling Main

Retreat fees (inclusive of meals):
- Makiling Conference Center (West Wing)
  - Mon to Wed - Solo Room (P4,050); 3-in-a-room (P2,280)
  - Thu to Sun - Solo Room (P4,500); 3-in-a-room (P3,150)
- Makiling (Main) & Tagaytay Conference Center
  - Fee is P5,400 (single room)

For reservations and inquiries, please contact Ms. Leila Leros of The Philippine Foundation at 818-6004 local 201 or 0928-5063889 or email philfoundation@pltdsl.net.

About Dr. Michele Borba
Dr. Michele Borba is an internationally recognized expert and author on children, teens, parenting, bullying and moral development. Her work aims to help strengthen children’s character and resilience, build strong families, create compassionate and just school cultures, and reduce peer cruelty. Her practical, research-based advice is called from a career of working with over one million parents and educators worldwide.

Award-Winning Author and National Media Contributor
Dr. Borba is the award-winning author of 22 parenting and educational books translated into 14 languages. McArthur regularly appears on Dr. Borba as the “go-to” expert on parenting, bullying prevention, education and child safety issues. She is an ABC contributor appearing over 150 times on the Today show and in the regular parenting expert on Dr. Drew’s Lifestylez where she contributes on life-changing news and offers realistic solutions. Her work has been featured on Dr. Phil, Dateline, The View, The Doctors, Fox News, The Early Show, CNN, Newsweek, People, Good Housekeeping, Chicago Tribune, U.S. News & World Report, Washington Post, et al. She was an ARDC contributor to two selected “Education Nation” specials.

Character Development Consultant and Educational Consultant
Dr. Borba received a Doctorate in Educational Psychology and Counseling from the University of San Francisco and an M.A. in Learning Disabilities and B.A. from the University of San Casa, and a Life Teaching Credential from San Jose State University. She has worked with children with learning, physical, behavioral and emotional disabilities. Her numerous awards include the National Educator Award presented by the National Council on Self-Esteem, Saint Clara University’s Outstanding Alumna Award, Award for Outstanding Contribution to the Educational Profession presented by the Bureau of Education and Research. She was named Honorary Chairperson for the implementation of Self-Esteem in Hong Kong.

Motivational Speaker and National Spokesperson
Dr. Borba has presented keynote addresses throughout North America, Europe, Asia and the South Pacific and has served as a consultant to hundreds of schools, parent organizations and corporations on bullying prevention, character education, and raising strong, caring kids. Dreams of major corporations have tapped her services as a motivational speaker.

Towards the Character and Moral Development of Children