

PHOTO: SCREENSHOT OF SLIDE FROM DECEMBER 19, 2020 SIMBANG GABI WITH PICTURES FROM CORA GUIDOTE (HS-78)

A Different Simbang Gabi

By Evangeline Qua (HS-70)

Filipino tradition

In September this year, during one of our CHSAF board meetings, we were tossing ideas on how to get the alumnae together.

A board member suggested Simbang Gabi—livestreamed. With the ongoing COVID-19 pandemic, it would be a wonderful opportunity for everyone to gather family members for Simbang Gabi and connect with classmates and friends in other parts of the world, without being physically together.

Clearly, it was divine inspiration.

The first order of business was to find a priest or priests who would be available to celebrate Mass throughout the nine days of Simbang Gabi.

Luckily, Fr. Larry Tan, SDB graciously accepted the invitation of board member Cora Guidote to be our Mass presider in ALL nine days of Simbang Gabi.

Simbang Gabi (anticipated evening Masses) or Misa de Gallo (dawn Masses) is a nine-day novena of Masses leading up to Christmas. This tradition was introduced by the Spanish friars to allow farmers to hear Mass early in the morning before they work in the fields. In the past, church bells rang as early as 3 a.m., waking up people so they could get ready for the 4 a.m. dawn Mass.

Today, the tradition of Simbang Gabi continues whether you live in the city or in the province. It has also undergone a few changes. Urban parishes schedule anticipated evening Masses at 8 p.m. or 9 p.m. to accommodate the needs of the community whose members have different work hours. With the coronavirus pandemic, the faithful have been discouraged from gathering in large numbers in churches. Thus, Sunday Mass and Simbang Gabi are live-streamed via Zoom or Facebook.

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Message from CHSAF President



Ma. Socorro Camacho (HS-71)

Dear Fellow Alumnae,

The year 2020 was a year like no other! Our lives were changed overnight --- ordinary activities like going to school or the office or eating out with family and friends became restricted activities. People lost their jobs or their businesses suffered. Natural disasters were extreme and the world was gripped by fear of the pandemic. Then, as the year was about to end, we learned about the inevitable closure of CHS Manila in 2022.

Yet, amidst all that, 2020 opened unique opportunities for all of us to reflect, learn, innovate and take action. It provided moments that defined who we really are as CHS alumnae guided by the Holy Spirit -- - moments that made all of us rise to the occasion, unbroken and hearts blazing with Truth in Love; Veritas in Caritate.

Your Board of Trustees immediately went to task with a host of activities that could involve as many alumni as possible. While most of us knew little about running a technology-based communication system, we nonetheless pushed on and learned as we went along, a few times rather clumsily, implementing our plans and projects through Zoom, Viber and Facebook. We have also embarked on putting up an official website for CHSAF which we aim to launch in February 2021.

By embracing technology, we trailblazed a number of online activities that turned out to be engaging, educational and fun for everyone who participated. We managed to gather hundreds of alumni, many of whom were passive for many years. It was heartening for us at the Board to activate the alumni network on various levels and initiatives and receive a wonderful response from everyone! And for that, we are truly grateful.

The activities we set out to do were as follows:

- We undertook two socially-oriented projects
 - Support for Health Frontliners
 - Support for the Victims of the Taal Volcano Eruption
- We implemented the Scholarship Program
 - Organized a Briefing by CHSM President Wynna Medina
 - Continued Assistance to the CHSAF Scholars
 - Supported the Raising of Funds for the Unified CHSM Scholarship Program
- We organized Enrichment Activities
 - Webinar on the preservation of important heritage buildings
 - Webinar on the Philippine Environment
 - Webinar on Metabolic Syndrome
 - Webinar on Everything Christmas

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Simbang Gabi is not just a tradition, it is a spiritual preparation for Christmas and celebrates the birth of Jesus Christ. Many people believe that the completion of nine-day dawn Masses would grant the faithful a fervent wish or prayer. At the very least, it would bring blessings from the Lord.

Organized by CHS Alumnae

I accepted the responsibility to plan and organize the CHSAF Simbang Gabi because I was confident that my over 20 years of experience as Lector/Commentator in my parish had prepared me for the task. The scripture of John 15:16 also came to mind: “You did not choose me, but I chose you and appointed you so that you might go and bear fruit...”

On November 15, 2020, I posted invites to sponsor Masses on Viber. “Two batches would be ideal.” I texted class representatives, hoping to fill 18 slots in a few weeks.

To my surprise, the day after I posted, all 18 slots had been filled. Other batches, in High School and College, were requesting extra slots. They all wanted to be part of CHSAF Simbang Gabi.

I called committee members for a meeting and we decided to increase the sponsorship from two to three batches per night, for a total of 27 slots. Soon, all 27 slots were filled. This was exactly what the CHSAF board had hoped for—to get more alumnae involved in the activity. Actually, even the board co-sponsored a Mass.

To facilitate communication and organization, we set up nine Viber groups—three teams per group. Initial members were class reps and Simbang Gabi committee members. Later, we added former classmates and other alumnae who had offered to help.

For each Mass, each group had to pick their Lectors and Commentators who have had experience as proclaimers of the Word in their parishes. They likewise discussed what they wanted to sing for the Entrance, Communion and Closing Songs. Through the constant exchange of questions and answers from team members, I had this wonderful experience of seeing how our alumnae, who came from diverse backgrounds, bonded and worked together to make sure their group’s Mass would go on smoothly.

As days progressed, things started falling into place. I wanted everything to be perfect, but I could only humbly pray, “Lord, I am doing this not for myself, but for You, Lord, as we prepare for Your birth.”

Managing the details

There were so many songs we wanted to use because they were inspiring and full of meaning. But choosing the right songs was not easy as they had to be appropriate for the Advent season.

Throughout the preparation, Fr. Larry Tan was there to advise us and answer our questions.

Since Fr. Larry is a Salesian priest, we decided to use the Euchalette (Liturgical Leaflet), a missalette published by the Salesian’s Word & Life Publications. We were supposed to download the missalettes from their website a week before the start of Simbang Gabi, but there were delays. After following up a few times, we were informed that the Euchalette would be ready on Dec. 14, giving us just one day to prepare the PowerPoint slides.

I informed the nine groups about the delay; I was also starting to panic.

Then one of the class reps said, “It will come out, Vangie.” I responded, “Jesus, I trust in You.”

That conversation took place on Dec. 7. The following morning, Dec. 8, was the Feast of the Immaculate Conception. When I checked the website, the missalettes for the first eight days of Simbang Gabi were ready for download. Thank you, Lord. I immediately shared the Euchalette to the eight groups.

The Euchalette for the 9th day was finally uploaded on Dec. 14.

Dec. 16 Mass attendees

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As part of our preparation, the committee had a Zoom meeting with our Mass presider, Fr. Larry, to clarify some points and to inform him about our activities for the Mass which included the Act of Spiritual Communion, Oratio Imperata and our song selections. We also had a Zoom meeting with the lectors, commentators, class reps and others involved in the preparations.

Everyone knew their roles by heart. This was a team effort. We also had a backup plan if Internet connection became unstable during the Mass. We put in place what was humanly possible. The rest, we decided to leave in God's hands.

Fr. Larry's tips

On Day One of our Christmas novena, Fr. Larry : "The Church uses the Simbang Gabi as a means to provide Catechetical instruction."

He listed the following key points which help him write insightful homilies:

- Watch Your Words
- Be Careful with Your Words
- Put Your Faith into Action
- Your Thoughts Run Your Life
- Character Catches the Heart

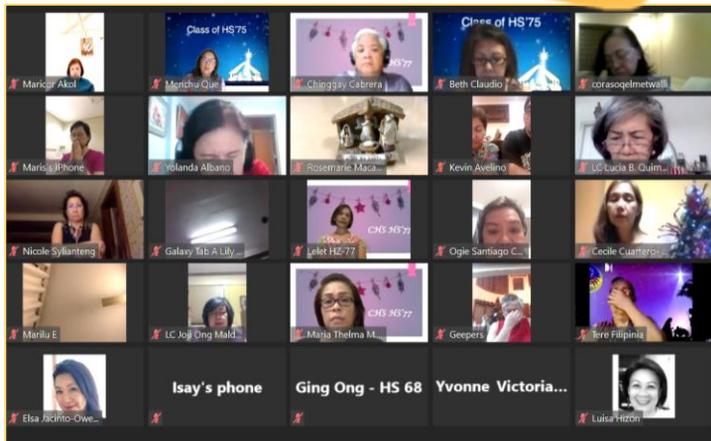
Like Advent, Simbang Gabi is a time of anticipation and celebration of Christ's birth in Bethlehem. Fr. Larry reflected: "It is also a reminder that we should be ready for Christ's second coming." To guide us on our journey home to Our Father in heaven, Fr. Larry came up with the following acronym:

- R epent
- E xpect
- A ttention
- D iscipline
- Y es LORD

He also listed three Advent friends:

- Prophets
- John the Baptist
- Blessed Mother

"The lives and teachings of the prophets and John the Baptist who preached repentance serve as our guide even after Advent and Christmas," Fr. Larry said. The most important friend on the list is, of course, the Blessed Mother. "We all love her dearly and we turn to her daily when we pray the rosary."



The faithful attending the mass, top: on Dec 18, below: on Dec 20.



Highest form of prayer

It touches my heart that through this nine-day Simbang Gabi, we were able to gather CHS alumnae, their family and friends to prepare for the birth of the Christ Child.

On average, there were 200 participants per evening on Zoom and FB live-streaming. This figure did not include family members, who participated in real time, and those who attended Mass at a later time.

Reading the names of participants and seeing the faces of classmates and schoolmates we had not seen for years or even decades brought back wonderful memories of our years at CHS. A lot of people messaged us, expressing their gratitude to CHSAF for organizing Simbang Gabi.

Here is my message for everyone who participated in our Simbang Gabi: "We were just the means the Lord used to bring the Mass to you. It was your determination, deep desire and spirit to pray which made it happen, as the Eucharist is the highest form of prayer."

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ABOUT FR. LARRY TAN, SDB

Fr. Larry Tan, SDB is an educator, retreat master, counselor and author. As a Salesian priest and given his penchant for relating well with the youth, he has been assigned to several Don Bosco Schools in different capacities. Likewise, he has been deeply involved with the Catholic Charismatic Renewal through the *Bukas Loob sa Diyos* Covenant Community since 1986 when he attended the BLD Marriage Encounter Life in the Spirit Seminar and Family Encounter Weekend.

studies in Don Bosco Seminary-College in Canlubang, Laguna. He also took up Sacred Theology at the University of Sto. Tomas where he graduated Magna cum Laude. He was ordained for priesthood on the feast day of the Immaculate Conception on December 8, 1980 at the National Shrine of Mary, Help of Christians, Paranaque. He pursued further studies at the Ateneo de Manila where he earned his M.A. in Educational Administration. He also took up Salesianity Courses in Don Bosco Hall and Spirituality Courses at the Graduate Theological Union (GTU) in Berkeley, California

At an early age, Fr. Larry knew he wanted to be a Salesian priest, so that before he turned 12 years old, he entered the minor seminary in Don Bosco Juniorate in Bacolor, Pampanga. He later earned his BSE degree and took up philosophical

For information about retreats, recollections, counseling and/or consultation, Fr. Larry may be reached at frlarrytansdb@gmail.com or 0917-JESUS-00/0917-LARRY-00.



Fr. Larry delivers his homily on Dec. 23

I am truly blessed to have had this chance to know our alumnae, to work together, albeit virtually, and to reconnect with many others.

Thank you to all our CHS alumnae, family and friends who joined us for Simbang Gabi. Once again, we have shown that regardless of where our careers and lives have brought us, the HGCian and CHSian respond to the call to bond together as a CHS family.

I am also grateful to the Simbang Gabi committee—Marissa Camacho, Arlene Abad Soncuya, Cora Guidote, and Viqui del Rosario. The technical glitches did not stop us from bringing the Simbang Gabi to our alumnae.

Thank you, too, Sr. Eden Panganiban for your heartfelt message on the first day of Simbang Gabi.

We pray that Simbang Gabi becomes an annual activity of CHSAF.

Veritas in Caritate. Truth in Love.



From left, Maricor S. Castillo, Dec. 18 Commentator; Marivic Anonuevo gives a message in behalf of her HS-67 class.



From left: Dec. 22, Evangeline Cua thanks attendees; CHSAF President Marissa Camacho delivers her message at the end of the novena masses.



From left, Dec. 22 and Dec. 21 alumnae participate in Mass from home; everyone was determined to finish the nine-day novena.





Christmas Novena Masses

List of Sponsoring Batches

December 15, 2020 - 1st Day

- 1) CHSAF Board of Trustees
- 2) College Integrated
- 3) HS 54

December 16, 2020 - 2nd Day

- 1) HS 75
- 2) AB-BSCom59
- 3) AB-BSE 69

December 17, 2020 - 3rd Day

- 1) HS 73
- 2) HS 82
- 3) HS 61

December 18, 2020 - 4th Day

- 1) HS 74
- 2) HS 69
- 3) HS 66

December 19, 2020 - 5th Day

- 1) HS 77
- 2) HS 78
- 3) HS 76

December 20, 2020 - 6th Day

- 1) HS 72
- 2) BSC 83
- 3) HS 63

December 21, 2020 - 7th Day

- 1) HS 60
- 2) HS 70
- 3) HS 64

December 22, 2020 - 8th Day

- 1) HS 80
- 2) HS 65
- 3) HS 81

December 23, 2020 - 9th Day

- 1) HS 71
- 2) HS 68
- 3) HS 67

Simbang Gabi Message of Hope

By Deanna Go Bio (AB/BSC-59)

Good evening. I am Deanna Go Bio, representing the AB-BS Commerce Class of 1959—a class of one—and all my fellow college alumnae who are now integrated into the homecoming festivities.

This week, we celebrate the Fulfilment of the Promise – the coming of our Savior. It is celebrated with such joyous anticipation, not even the ominous threat of an imminent second wave of the deadly COVID-19 virus can dampen our excitement. I am glad that this year, 2020, is ending on a happy and hopeful note.

Please allow me to share with you what I call *Reflections the Morning After* – thoughts which raged through my mind the morning after Sr. Mel's momentous announcement.

I reflected on the significance of the five years I spent at CHS Mendiola. It was College of the Holy Spirit which taught me to pursue truth in the spirit of excellence, and always with love and with the purpose of serving others. It also embedded in me seven tiny seeds: knowledge, understanding, counsel, piety, fear of the Lord, and the promise of fortitude that someday, I would grow into a person of wisdom.

I am now 82 years old. I told myself: "You are done. And if you are not, it's a bit too late now." But I think I did

okay. Despite a few bumps on the way, and the not too few black and blue marks, my alma mater would say, "Yes, you pass. You are done as I am done with you."

And with this thought, my troubled mind quieted down, the melancholy waves that threatened to drown my heart dissipated. Acceptance settled in.

With acceptance came peace, and with peace, clarity. While CHSM is done with her responsibility for me, I am not done with my responsibility for her. In fact, a new responsibility has begun for me. It is not merely to live a life worthy of her trust, but to keep her Spirit alive by passing on the torch of the SSps/CHSM to the next generation. To borrow from the great Swiss architect Le Corbusier on the ideals of architecture ... "There are dead pasts and living pasts...." As alumnae of CHSM, we must become her living past, enlightening the present to be the springboard for the future.

Thank you, my fellow alumnae for your indulgence. Thank you, Marissa Camacho and the CHSAF Board for setting a new precedent, affording alumnae worldwide this distant yet intimate hour with God and our fellow alumnae.

Thank you and good night.



Sisters of the SSps congregation enjoy a sumptuous merienda-cena at the Poinsettia convent in QC. It was organized by the CHSNAF to usher in more love, happiness and blessings for the New Year.



Sister Librada Decena and Sister Teresita Nazareno share a warm moment

An Afternoon of Joyful Sharing

By Deanna Go Bio (AB-58/BSC-59)



Mama Rosa, the restaurant owned by Teresa Dula-Laurel, brought so much food, the sisters set aside food packs for Sr. Patricia's Feeding Program of the Holy Spirit Social Center, (HSSC).



Woman who lives in a kariton (cart) gets a food pack courtesy of Sr. Patricia's hot meals project.

The year 2020, without doubt, could qualify as everybody's *annus horribilis*, including our good Sisters of the SSps congregation in Poinsettia. With this in mind, the CHSNAF Board decided to properly celebrate the New Year so 2021 may bring more love, happiness and blessings. President Yolanda Reyes-Lim (HS-68) and her team decided to do something special by arranging a sumptuous merienda-cena at the Poinsettia convent for our dear teachers and mentors and their staff. Mama Rosa, the restaurant owned by Teresa Dula-Laurel, catered the New Year's Day celebration.

Jolly Sr. Bernadette, the Community Leader for the Retired Sisters, was our designated surrogate host since nobody from CHSNAF could make the trip to Manila. From the pictorial reports, she made sure everybody had a good time and enjoyed the delicious food. The table overflowed with traditional Filipino fare, Sr. Bernadette decided to "share the blessings."



Fifty-four food packs were set aside and distributed to homeless folks in the neighborhood—part of the hot meals project of Sr. Patricia under the Feeding Program of the Holy Spirit Social Center, (HSSC).

The HSSC is the social development branch of the SSps mission ministries headed by Sr. Patricia. Projects include the Poinsettia Feeding Program, which provides food to 50-60 people in the neighborhood three times a week. The program was brought to the attention of CHSNAF rather late in the holiday season, but nevertheless the spirit of Christmas prevailed and P106,000 was remitted to ensure the program continues.

In the coming January 27 meeting, the Board will vote on the recommendation to have the HSSC as one of CHSNAF's approved project recipients.

We believe in the Filipino tradition of "buena mano," or starting the year with something good to usher in more blessings. Let 2021 be the year of "joyful sharing." And let's leave the memories of 2020 in the dust bin of history.

Poinsettia Feeding Program provides food to 50-60 people in the neighborhood three times a week.

Christmas with the SSps Community

By Dolly Gabriel (HS-72/BSC-76)



From left: Sisters watch the program on a big screen set up for the party. Right: Sisters sing Christmas Carols.

On Saturday morning, December 19, 2020, 140 alumnae, here and abroad, attended a Zoom Christmas party with the SSps nuns. Some 70 sisters, mostly wheelchair users, gathered around a big, flat-screen monitor set up in the dining hall of the SSps convent on Poinsettia Road, Quezon City.

CHSAF has been organizing this event for several years now, and not even the COVID-19 pandemic will stop it from happening. Visitors are not allowed in the convent so coordination was done remotely with SSps Community Leaders, Sr. Evelyn Jose and Sr. Erminia delos Reyes.

The celebration started off with an opening prayer by CHSAF Adviser, Sr. Eden Panganiban.

The CHSAF and High School

Batch '72 prepared the following treats for the nuns: 1) Christmas-colored loot bags filled with oatmeal cookies, chocolates, jellies, biscuits, chips, and tetra juices; 2) cute pouches which contained handwash, wipes and face masks.

High School Batch '79 contributed, together with CHSAF, a sumptuous lunch. High School Batch '65 gave each nun medals and prayers.

What's a Zoom party without entertainment? The CHSAF's Events Committee organized a lovely program. Song numbers were performed by CHSM students headed by Kristine Madera, top prize winner of the Best Student Public Service Ad for Radio in the recent 42nd (CMMA) Catholic Mass Media Awards (See related story on p. 10). FYI: Kristine, a CHSAF scholar, also wrote the CHSM



Students carol for the beloved Sisters.



Top, Sr. Angelita thanks students and alumnae for the party; above from left, Sr. Guada and Sr. Mary Pauline share heartfelt messages

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(Continued from p.8 Christmas with ...)



Jose Mari Chan and Manila Mayor Francisco "Isko" Moreno Domagoso deliver Christmas video messages to the sisters.

Christmas ID 2020 (*Alab ng Pusong*) and co-wrote last year's Christmas ID.

Naughty or nice, everybody loves games, especially at Christmas. All in all, there were 11 games with the following winners:

- Game 1: Chinggay Cabrera (HS-77)
- Game 2: Raquel Soqueno-Peterson (HS-74)
- Game 3: Chichi Bihis (HS-78)
- Game 4: SSpS Sisters
- Game 5: Josefina Ma. Castro (HS-74)
- Game 6: Thelma Valdepeñas (HS-77)
- Game 7: Vicky Nanagas (HS-71)
- Game 8: Veronica Fenix-Villavicencio (HS-72)
- Game 9: Tisha Tiongco (HS-77)
- Game 10: Vida Maranon (HS-77)
- Game 11: Thelma Valdepenas (HS-77)

Later in the program, the sisters sang a medley of Christmas songs which were touching and well-applauded.

Sr. Angelita Roferos, Sr. Guadalupe de Leon, Sr. Mary Pauline, Sr. Isabel Angela and Sr. Victricia Pascasio gave their respective messages on behalf of the community.

There were also video messages from celebrity guests, including Jose Mari Chan, singer/composer of the popular holiday song, "Christmas is in Our Hearts" as well as Manila Mayor Francisco "Isko" Moreno Domagoso.

In his video message, Jose Mari Chan

said: "The indelible mark you (the sisters) have left on your students and alumnae is a sign of God's love that will live on to the next generation."

Manila Mayor Francisco "Isko" Moreno Domagoso aka *Yorme*, with his charm and good looks, warmed everyone's hearts with his words of support.

In closing, Sr. Carmelita Victoria, Provincial Leader of the SSpS Congregation, and Marissa Camacho, CHSAF President, delivered their messages.

Indeed, the party was well-organized and the program ran smoothly. There was even a virtual tour of the Mendiola campus conducted by CHSAF Board Member Cora Guidote (HS-78) and Chel Piopongco-Bracamonte (HS-78).

The alumnae had a great time seeing the nuns on Zoom. It brought back happy memories of CHS. As one commented: "While CHS is the GEM in Mendiola, the CHS Community is the SPARKLE in our lives."

The event was a great success with many alumnae helping out any way they can. As CHSAF President Marissa Camacho would later say: "It is amazing what we can do when everybody contributes their time, talent and treasure!"



Sr. Isabel Angela and Sr. Victricia give their messages to alumnae.



Sr. Evelyn Jose is one of party organizers

Sr. Carmelita Victoria conveys her love and appreciation for alumni



Students Jerome Sabarre and Kristine Madera serenade attendees.



Alumnae from around the world celebrate the season with the SSpS community.

CHSM Student Wins CMMA



CHSM's Kristine Antonette T. Madera accepts CMMA for Best Student Public Service Radio Ad Award from CMMA honorary chair Bishop Broderick Pabilo and CMMA chair Edgard Cabangon.

Kristine Antonette T. Madera, 3rd year BA Communication student of CHSM, has won the CMMA for Best Student Public Service Radio Ad Award during the 42nd Catholic Mass Media Awards, held virtually on December 19, 2020. Kristine's entry, "Our Father," beat seven other finalists in the said category.

Two other finalists were entries from CHSM students, namely, "Tagu-Taguan," also by Kristine, and "It's Time to Let You Go," by John Llyod Buenconsejo, both scholars, of CJSAF and CHSM, respectively.

CHSM Professors Mark Anthony B. Norella, Glenn Irwin C. Reynon and Kathleen Quieng mentored the students.

The awards night was aired on TV Maria on December 20, 2020.



Three entries which made it to the finals were from CHSM: "Our Father," which won the top prize, "It's Time to Let You Go" and "Tagu-Taguan."



All About A Successful Webinar

by Clarissa V.C. Galera (HS-69)



... this Coronavirus should not get in the way of commemorating the birth of Jesus Christ which brings a glimmer of hope, love and joy in our lives.....



Theme : Covid- Safe Tablescape

On a long table, set plates at least one (1.0) meter apart.



Will Christmas come in a whisper this 2020 in the face of the pandemic? Will celebrations of the Nativity be dampened by dire natural, economic and political events of national and global impact? Will CHSians remain stunned by the devastating announcement of CHSM's closure?

Not so, for HS Batch '69 and CHSAF who reached out to alumnae worldwide to affirm the unending spirit of Christmas hope and love. A joint CHS HS '69 Zoom Webinar --- the first for the foundation --- was broadcast on Saturday November 21 with a record 100 attendees from the Philippines, North America, Australia and Europe.

The ALL ABOUT CHRISTMAS Zoom webinar, hosted by '69er Teresa Schnabel with digital assist from last year's CHSAF president Imelda Lopez-Santos, featured tutorials on how to mark the season despite COVID-19 lockdown and restrictions. The hour-and-a-half long webinar highlighted the creative talents of five Class '69 members.

Winifred Samson, the batch's Flower Lady, began with suggestions for both simple and elaborate tablescapes adapted to health protocols of frequent handwashing, use of masks, social distancing and preferred outdoor celebrations. Table settings for formal and casual entertaining entertaining in the new normal, in addition to traditional patterns, showed various themes, moods and experiences.

Eye-catching decorations and setups in the homes of classmates Penny Panlilio Bing Suarez and Mel Santos served as some fitting examples.

Gift-wrapping with flair at the least cost was emphasized by lifestyle expert Frieda Lim. She enthralled with the practical and innovative use of leaves, sprigs, aerial roots or herbs from one's garden to energize kraft packaging. Trims, readily available around the house or collected through time, and useful containers were recycled to add that touch of thoughtfulness to the value of the present itself.

Cynthia Villanueva, whose newfound passion for painting has

been showcased in several art exhibits, demonstrated the fun in infusing new life into empty glass bottles. She upscaled and repurposed them into mood bottles and personalized gifts through glass painting and decoupage.

From the Los Angeles area, Susan Laconico who is acknowledged by the class as a DIY craftswoman, presented holiday cupcake decorating. She discussed frosting designs, techniques, and tools. Using the proper pastry tips, she illustrated how to make baked goodies extra inviting with festive piping.

Lynn Hegi, food aficionado and computer geek, briefly shared her homemade Christmas abroad.



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COVID confinement is like living in Switzerland where one does not have the luxury of *Pinoy* food delivery nor easily sourced ingredients. With the pandemic also limiting restaurant meals, most families will do home-cooked holiday dishes. For her, it's cochinitillo and sans rival, reminiscent of Noche Buena.

The video segments were interspersed with prayer, led by the foundation's vice-president, Evangeline Cua, and personal thoughts on the meaning of Christmas from '69ers Luz Cotoco and June Teehankee with other CHSAF officers and alumnae. Sr. Eden's message of inspiration in light of CHSM's planned closure capped the webinar.

CHS Class 1969 expressed its gratitude to CHSAF president Marissa Camacho, the board members and officers, Sr Eden, Anne Limgenco, Rosemarie Baby Lim, and all class reps, for the invaluable support and presence at the All About Christmas Zoom webinar. The heavy turnout of attendees was unexpected considering that the webinar needed to be postponed a week, after some organizers had been hard-hit by a recent typhoon.

Clearly, this first-ever webinar united both presenters and participants in an advance celebration of Christmas despite COVID-19, not in hushed voices of anxiety, but in a resounding heart song of joy. Merry Christmas from HS Batch '69 to all!

 **Christmas Message from Sister Eden Panganiban**

Families and Friends,



We, the SSpS, sisters note with great joy your coming together at this Christmas Webinar 2020. This is precisely what Christmas is all about—loving, caring, sharing. By doing so, the light of Christ dispels the darkness of the Pandemic, the destruction wrought by several typhoons and the uncertainties about tomorrow at different sectors in our society.

Christmas is restored in its original and founding story. The word of God being spoken again and again in human history. The Son of God being born again and again into our hearts as individuals, as families, as communities. Emmanuel! God with us, God among us, God for us in our joys and griefs, our hopes and dreams, our common efforts to share a spark of joy to the least and most needy in our world today.

Christmas indeed strengthens the bond among humanity, in between humankind and the whole of creation. Christmas is here now, among us, in our coming together, in sharing, in listening, creating our crafts for Christmas.

We thank CHSAF, CHSNAP, the organizers of this event and our Artists, Winnie, Susan, Frieda and Cynthia for their generosity. We pray that the Christ child become truly visible in our lives and thus together dispel the darkness around us.

Tuloy ang Pasko, Mabuhay tayong lahat.
Maligayang Pasko!

Sr. Eden Panganiban SSpS
CHSAF Moderator 



Frieda Lim innovatively uses leaves, sprigs, roots, herbs from her garden as gift-wrapper accents.



Above, from Los Angeles, USA, Susan Laconico demonstrates how to pipe the icing using the round tip. Far left, Cynthia Villanueva repurposes bottles into personalized gifts through glass painting and decoupage. Left, Lynn Hegi presents her homemade Christmas and *noche buena* in Switzerland.

CHSAF Lucky You Fellowship

By Milagros Carel Paraiso (AB-77)

Let me share with you how this fellowship became a reality. When the new 2020-2021 Board of Directors was convened, we realized the need to raise funds to support the CHSAF’s operational expenses. We had already lined up two Webinars, so we decided to hold a fundraising event in October called “CHSAF Lucky You Fellowship.”

Launching this event amid a pandemic was a challenge. Last year, CHSAF organized a Bingo Social. This year, because of COVID-19, large gatherings are not permitted. We looked for ways to reach out to alumnae and one viable means was to have a virtual/live streaming raffle event. Luckily, I found a free app called Random Name Picker, which could pick as many as 1,000 winners from raffle ticket buyers.

As soon as we tested the app, we knew this was how we wanted to conduct the raffle. Alumnae shared their inputs and a working committee was formed to work out the mechanics. A total of 1,833 tickets were sold—proof that alumnae are ready and willing to extend their support during the pandemic. We organized other programs for the event like the Quirky Hat and Trivia contests. Ms. Viqui del Rosario (HS-77) offered to sponsor the Love Project performers.

On October 31, 2020 at 9:30 a.m. Manila time, CHSAF hosted a Zoom meeting for alumnae and guests. Almost 90 participants joined onscreen, flaunting their Quirky Hats. Since this was the first virtual/live-streaming event, former batch mates and schoolmates relished the rare chance to see and greet each other via Zoom.

Ms. Cora Guidote (HS-78) presided as master of ceremonies while Ms. Ging Ong (HS-68) led the opening prayers. Ms. Princess Garcia, daughter of Caroline Martin-Garcia (HS-78), sang the Philippine National Anthem. As chairperson of the event, I gave the opening remarks. Our line-up of activities went smoothly. The Trivia portion was exciting. The questions were about CHS—most were easy, but a few were hard. For instance, not everyone got the correct school motto. Ms. Vangie Qua (HS-70) was in charge of screening the answers onscreen. She confirmed the correct answers and announced the names of the winners. Minor prizes were raffled off during the program.

While I did not actually see the participants during the program, I could feel their excitement. The Quirky Hat judges scoured the screens a few times before making their final choices. Propitiously, Ms. Dada Cua (HS-77) and I made it to the finals. However, being members of

the board, we were both disqualified.

Our guest performer, Mr. James Uy, sang two songs, including a number from the Broadway musical, *Phantom of the Opera*. Ms. Jasmine Fitzgerald sang two songs as well. It was a welcome treat for all of us.

The Quirky Hat judges were: Ms. Sylvia Amorsolo-Olazo (HS-57), Ms. Monaliza Fonda Domer (BFA AD-08) and Ms. Mayenni M. Oca (BFA ID-84). The winners were: Ms. Rosalou Lamson HS-65 (first prize), Ms. Deborah Cinco HS-77 (second prize) and Ms. Maricor Akol BS Physics-69 (third prize).

The raffle draw was officiated by Ms. Arlene Abad-Soncuya.

Our CHSAF president, Ms. Marissa Camacho (HS-71), delivered the closing remarks, thanking participants and everyone involved in the fellowship. She acknowledged the assistance of Ms. Charlotte Cruz, her co-Rotarian behind the live streaming of this event. She also announced two events for November and December 2020.

The CHS Alma Mater song was played at the finale and our loyal alumnae sang along. I would like to thank everyone who reached out to the foundation and who gave their time and support to ensure the event’s success.

(Continued on p. 14)

Lucky You Raffle Major Prize Winners

Grand Prize	:	P50,000.00	HS71 Mia San Pedro
2 nd Prize	:	P10,000.00	HS57 Myrna Cruz
Mystery Prize	:	Amorsolo Print on Canvas	HS57 Erlinda del Rosario Ma Paz Alvin



(Continued from p. 13 Lucky You ...)

Third Prize : P5,000.00 each

- | | |
|-------------------------------------|------------------------------|
| 1. HS65 Ging Coruna Pascual | 5. HS73 Grace Mascenon Jolly |
| 2. HS65 Lulu Nepomuceno del Rosario | 6. HS73 Cecilia Fernandez |
| 3. HS65 Anonymous Donor 2 | 7. HS74 Jean Arce Koochie |
| 4. AB77 Mila Paraiso | 8. BFA93 Anne Limgenco |

Raffle 1 Winners

1. HS69 Lui Ong 5 : P1,000 Mercury Drug GC
2. HS71 Marilen Sarmiento 4: P1,000.00 Cash
3. HS78 Class'78 2 : P1,000 Cash
4. FA ID78 Mila Santiago de Leon 2P1,000 Unimart GC
5. HS70 Cynthia Banzon Bautista 4 : Amorsolo Plate + P1,000 SM GC
6. HS73 Tita Fernandez Quartet 13: Key Finder + precious Stones Bracelet w/pouch

Raffle 2 Winners

7. HS68 Mimi Reynaldo 7 : Amorsolo Plate
8. HS65 Chato Abueg Garcillano 2 : P1,000 Mercury Drug GC
9. HS75 Elizabeth Nasol 1: P1,000 Kimpura GC
10. HS76 Batch HS'76 33: P1,000 Cash
11. HS Nel Ong Velez 1: LIC GC with Coffee Maker
12. HS67 Alice Chapman 1: P1,000 Cash
13. HS72 Yvonne Sano 1: Robotic Vacuum cleaner

Raffle 3 Winners

14. HS61 Lourdes Contreras Antonio Sarmiento III 4: P1,000 Cash
15. HS77 Belle Tiongco 2: Amorsolo Plate
16. HS73 Lorraine Sylianteng 2: Mercury Drug GC
17. ABBSE69 Charity Soliman Lacsamana 1: P1,000 Mercury Drug GC
18. HS73 Grace Mascenon Manuel 2: Amorsolo Plate+P1,000 Cash
19. HS75 Tina Paningbatan Macaren 1: Google Home
20. HS67 Jo Sharma 5: UV Plus Light Sanitizer

Raffle 4 Winners

21. HS57 Erlinda del Rosario Esperanza Muelberger 2: P1000 cash
22. HS67 Ana Lirio 1: 1box Sodium ascorbate + P500 Cash
23. HS65 Mila Lopez Pinto 1: 2pcs Laneige Shower Gel + Semi Sweet Eyeshadow
24. HS65 Evangeline Chua-Uy 1: P1,000 Cash
25. HS63 Ronnie Guerrero Guerrero 1: Amorsolo Plate
26. HS65 Joy Sabado: 1box Sodium ascorbate +P500 Cash
27. HS75 Sylvia Carandang On 10: 3-500gms Kusina Familia Favorites Premium Tapadera

Raffle 5 Winners

28. HS77 Jan Mendoza Reyes 4: P1000 Mercury Drug GC
29. HS67 Baby Puyat 21: Smart Clean Robot
30. HS73 Grace Mascenon Angelica 2: Coach Wristlet
31. HS65 Lilian Santillan Gelvezon 2: Samsung Phone
32. HS77 Dada Cua: Triwa Watch
33. HS74 Cecile Evangelista 1: Portable Steam Sauna

Quirky Hat Contest Winners



1ST PRIZE : HS65 Rosalou Lamson
Ugo Bigyan Pottery



2ND PRIZE: HS77 Deborah Cinco
Kalsada Coffee Set



3RD PRIZE: BSPHys69 Maricor Akol
Basilur Asstd Tea w/ 1 bot Honey Bee

TRIVIA WINNERS

Care Packages

1. AB58 Deanna Go Bio
2. HS77 Thelma Valdepeñas
3. HS72 Brownie Fenix-Villavicencio
4. HS75 Ellen Reyes
5. HS77 Cristy Palma
6. AB58 Deanna Go Bio
7. HS75 Bong Cabrera
8. HS77 Chinggay Cabrera

Managing Metabolic Syndrome Through Diet and Exercise

By Elisa M. Cua (HS-77)

The College of the Holy Spirit Alumnae Foundation in cooperation with the Rotary Club of Makati Dasmaringas held a health webinar on Metabolic Syndrome on October 24, 2020. Our guest speaker was Dr. Maria Jocelyn C. Isidro, an endocrinologist at the Makati Medical Center and St. Luke's Medical Center, BGC. Dr. Isidro is an alumna of College of the Holy Spirit, magna cum laude, B.S. Biology Class of 1994.

Eighty-four CHS alumnae signed up for the webinar as they were all eager to learn about metabolic syndrome and its complications. We learned from our speaker that these complications are type 2 diabetes, hypertension, cardiovascular diseases, cerebrovascular diseases and obstructive sleep apnea. We also learned about what can we do to prevent these problems. We need lifestyle modifications such as weight reduction by 5-10 percent of body weight through caloric restriction and increased physical activity or exercise for 30-60 minutes daily. We should also stop smoking and start eating fiber-rich foods because "an ounce of prevention is worth a pound of cure," according to Benjamin Franklin. Of course, this is easier said than done. We've all heard this before putting it into practice is a different story.

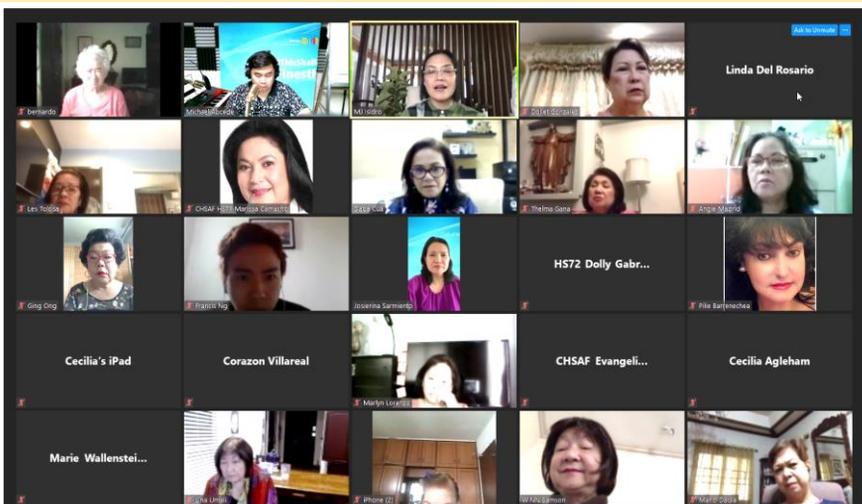
According to the World Health Organization, in 2014 cardiovascular disease accounted for 33 percent of deaths in the Philippines. In 2016, cardiovascular disease was considered the number one cause of death globally. And what are the causes of cardiovascular disease? High blood pressure, smoking, high cholesterol, diabetes, family history of cardiovascular disease and obesity.

For the management of obesity, the following are recommended:

- 1) Step therapy which includes the energy deficit meal plan, increased physical activity, behavioral modification, circadian rhythm entrainment, medical management of obesity and surgery.
- 2) Therapeutic lifestyle change combined with any treatment modality.

Nutritional therapy can be done through restricted dietary carbohydrate, restricted dietary fat or very low calorie diets. There are many versions of the energy deficit meal plan i.e. keto, paleo, South Beach, vegetarian, vegan, Mediterranean, raw, low-carb and no-sugar diets. However, it is worth remembering the 15 most nutrient-dense foods on Earth. These are

(Continued on p. 16)



Above, guest speaker Dr. Maria Jocelyn C. Isidro (BS Bio-94) is an endocrinologist at Makati Medical Center. Left, attendees learn about metabolic syndrome and its complications.

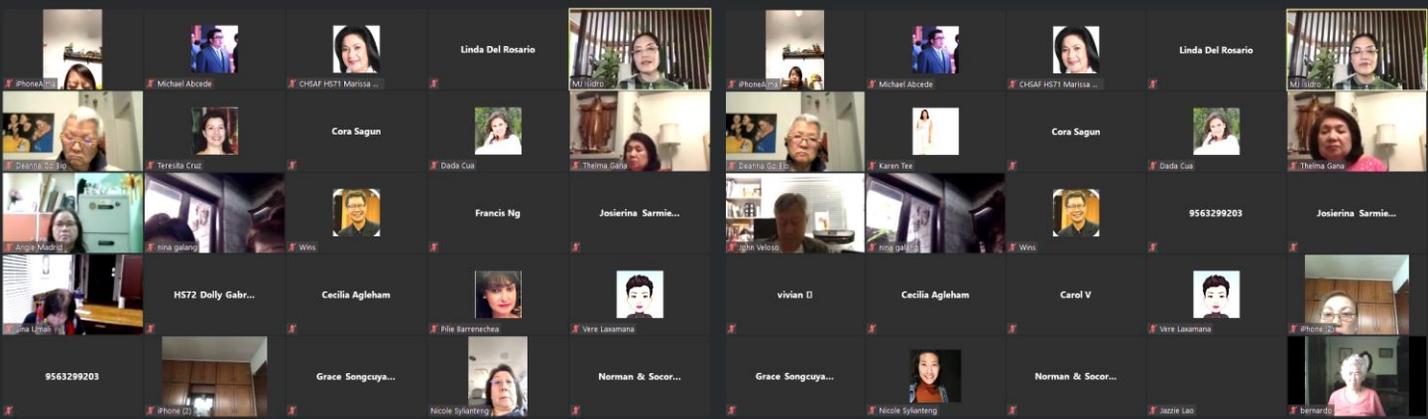
(Continued from p. 15 How to Beat ...)

grass-fed liver, shellfish, salmon, eggs, kale, seaweed, cacao, avocado, sardines, shitake mushrooms, spinach, almonds, grass-fed beef, bok choy, and tomatoes.

By increasing our physical activity, we can improve the following health parameters: metabolic, musculoskeletal, cardiovascular, pulmonary, mental and sexual health. This will also assist us with weight maintenance, weight loss and will improve body composition. Exercise is also good for the heart because it lowers the following: insulin resistance, LDL

cholesterol, weight, hypercoagulability, and atherosclerosis. At the same time, it increases the following: HDL cholesterol, skeletal muscle glycogen transport and the rate and amount of fat oxidation at rest.

So in order to prevent obesity and control the body's levels of blood sugar, blood pressure, cholesterol and uric acid, we have two choices: live a healthy lifestyle by eating the proper food nutrients with a balanced diet and exercising regularly, or take medicines as our food.



(Continued from p. 2 Message from ...)

- Organized Spiritual Activities
 - Mass for the Mother of CHSAF Moderator
 - Requiem Mass
 - Our very first online Simbang Gabi
- Organized Fellowship Activities
 - Testimonial for Cora Parco
 - Lucky You
 - Christmas Party with the SSps Nuns

CHSAF also convened the Official Batch Representatives and organized active dialogues on various concerns.

I am beyond grateful for the enthusiastic response, participation and support of the alumni for all the activities organized by CHSAF.

I am looking forward to having more alumni engaged and actively participating this 2021.

Wishing each one a much better and more meaningful 2021!

Veritas in Caritate.

The 10-10 Class Reps Meeting in Brief

By Arlene Abad Soncuya (HS-71)

The CHSAF Board initiated a virtual Class Rep Meeting which kicked off on July 12, 2020 amidst the coronavirus pandemic. It was attended by 53 alumnae representing 33 classes/ batches from high school and college. The enthusiastic support from the alumnae inspired a second virtual meeting on October 10, 2020 with 41 attendees, including representatives from CHSNAF.

The October meeting covered past and upcoming CHSAF activities and projects for 2020. CHSAF VP Evangeline Qua HS-70 reported: "The CHSAF Board has always kept you, the alumnae, in mind. Our goal is to hold regular activities that will reach out and gather alumnae together, to renew and maintain the bonds of friendship with activities that are informative, spiritually uplifting and fun."

Past CHSAF activities for alumnae were a mixture of Holy Masses, dialogues, webinars and fun activities. Here is the list:

- June 12 Mass for the late Lilia Loreta Panganiban, mother of Sr. Eden Panganiban.
- June 19 Dialogue with CHSM President Dr. Wynna Medina on alumnae support for students' financial aid and faculty.
 - Yola Albano, a member of the CHSM Scholarship Program, presented the financial commitments from the different batches and individual alumnae in support of this endeavor. She expressed profound gratitude to alumnae who answered the call to support financially challenged students in these trying times. The support initiatives came from CHSAF and CHSNAF.
- July 12 First Batch/Class Rep meeting.
- July 31 Requiem Mass. This regular event of CHSAF became possible via Zoom; alumnae remembered and prayed for our beloved departed.
- Aug 29 Webinar on Heritage Preservation, with prominent resource speaker Architect Dominic Galicia, the son of a CHSM Spanish teacher, Mrs. Josefina Galicia. The webinar had on record 90 registered alumnae participants, plus 900 views on our CHSAF Facebook page.
- Sep 19 Blended tribute to Ms. Cora Parco, who served as CHSAF Executive Director for 10 years. The touching and overwhelming display of love and gratitude for Ms. Cora's selfless service to the alumnae was witnessed by 30 alumnae with CHSAF President Marissa Camacho, Sr. Eden Panganiban and current CHSAF Administrator Dolly Gabriel. Ms. Dolly was on hand to physically present a plaque of appreciation and gifts to Ms. Cora.
- Oct 3 Webinar on the Philippine Environment with our very own Dr. Nina Galang as resource speaker. Dr. Galang is a member of the CHSAF Board and President of Green Convergence, a co-sponsor of the webinar. The event recorded 70 registered participants, with 650 views on the CHSAF Facebook page.

- Oct 10 Second Batch/Class Rep meeting. Evangeline Qua presented the list of activities for the rest of 2020.
- Oct 24 Webinar on Metabolic Syndrome held in partnership with Rotary Club. Dada Cua took the lead on this project about health.
- Oct 30 Halloween Fellowship and Lucky You Raffle. Around 500 tickets were sold. Raffle mechanics, program highlights like trivia games and a virtual performance from Love Project artists were presented by the committee.
- Nov 14 Christmas Webinar on Christmas Decorating led by HS-69.

Christmas Celebration

- Dec 15-23 Simbang Gabi via Zoom at 8:30 p.m. with Mass presider Fr. Larry Tan, SDB. After consulting with Class Reps, it was decided that 27 batches (3 batches per night) will sponsor the Simbang Gabi. A separate CHSAF committee and selected Class Reps organized, prepared and implemented the nine-day special event.
- Dec 19 Christmas party with the nuns.

Update: Ongoing CHSAF activities

- Publication of We, the Alumnae. The wonderful and nostalgic issues were prepared with care and diligence by Editor Viqui del Rosario.
- CHSAF Website Redesign. Cora Guidote gave an update on the website redesign project: Introduction of the website designer and profile; the proposed structure of the website site map with details of its context. The content management system will be handled by administrators, namely: Dolly Gabriel, Viqui del Rosario and Cora Guidote.
- Participation in the unified CHSM Scholarship Committee, represented by Vicki Nañagas, Dada Cua, Ging Ong, Lorraine Sylianteng and Nina Galang.
- Alumni Database Directory. Dolly Gabriel encouraged Class Reps to update contact numbers with their respective batchmates. She also noted that CHSAF is creating a Data Private Policy to ensure the confidentiality of the information. For submission on or before the end of the year.

Final Note: The meetings became a forum for exchange of ideas between the Class Reps and the CHSAF Board, which the latter could include in their 2021 plans.

Letter from CHSM Provincial Leader Sr. Carmelita Victoria, SSpS.



Mission Congregation of the Servants of the Holy Spirit

CONVENT OF THE HOLY SPIRIT
P.O. BOX 3553
MANILA, PHILIPPINES

I only draw conclusions from things and circumstances;
it is God Himself who makes the things and circumstances.

- St. Arnold Janssen (Founder of the SVDs, SSpS, and SSpSAP)

October 28, 2020

Our dear CHSM family: students, parents, faculty, staff, alumnae, and Sisters,

May the Spirit of peace be with us!

The College of the Holy Spirit of Manila (CHSM) Administration, faculty and staff, alumnae, and the Sisters' Community have, for many years, endeavored to keep the School's commitment to provide quality education and values formation founded on its motto of *Veritas in Caritate*. This was made possible through the unrelenting efforts of the Holy Spirit Alumni Management Corporation (HSAMC), the commitment and dedication of the administration, faculty and staff, the generous support of alumnae here and abroad, and the missionary presence and service of the SSpS.

In the last 10 years however, the challenges facing CHSM and the wider education sector have become increasingly complex, making it difficult for CHSM to attract new students and ramp up enrollment to make the School viable. Private education has faced an increasingly challenging environment resulting from (i) government policies on K-12; (ii) free tuition in state colleges and universities, local universities and colleges, and state-run technical and vocational institutions; and (iii) the significant increase in public school teachers' salaries compared to their private school counterparts.

The recent COVID-19 pandemic has exacerbated the situation. The reduction or loss in family income, mobility restrictions and social distancing requirements, and the new demands of distance learning have adversely affected enrollment, not only in CHSM, but in most private schools as well.

After consultation with representatives of our stakeholders, and a deep and prayerful process of discernment, we are now even more convinced that the Holy Spirit is speaking clearly to us through the signs of the times, compelling us to make this extremely difficult decision: to close CHSM at the end of academic year (AY) 2021-2022.

This timeline allows the School to graduate its current Grade 11 and 3rd year College students should they choose to stay on. However, levels K to Grade 11 and 1st to 3rd year College will not be open for AY 2021-2022. We are committed to stand by you, our stakeholders, and assist you in every way we can to make this transition as smooth as possible.

- To our dear students and their parents, we ask for your patience and cooperation as we prepare concrete plans for the students' transfer to our sister schools or other schools according to the specific circumstances of the student and the requirements of regulatory bodies;
- To our dedicated faculty and staff, we ask for your trust that we will fulfill what is legal, moral and just in the process of disengagement;
- To our alumni, we appeal to your understanding that all is not lost, for you remain to be the living legacy of the School --- to your progeny and to the many people whose lives you have touched all these years through the spirit of *Truth in Love*.

We will initiate dialogue* with you on the process of implementing this decision.

We, the SSpS, will forever be grateful to all of you for the legacy that is CHSM! *Let the Spirit live on!*

In the Spirit-Life,

Original signed

Sr. Carmelita Victoria, SSpS Provincial Leader



COLLEGE OF THE HOLY SPIRIT MANILA

22 November 2020

OFFICIAL STATEMENT

Be it known that the College of the Holy Spirit of Manila will voluntarily cease operations at the end of AY 2021-2022. This timeline allows the School to graduate its current Grade 11 and 3rd Year College students. Therefore, Grade 12 and 4th Year College will be operational, but Levels K to Grade 11, and 1st to 3rd Year College will not be opened for AY 2021-2022. CHSM will stand by its commitments to all stakeholders.

Other schools of the Mission Congregation of the Servants of the Holy Spirit (SSpS) will continue to operate because they are not affected by this decision as they are separately incorporated.

Let the Spirit live on!



163 E. Mendiola St. Manila



[collegeoftheholyspiritmanila](https://www.facebook.com/collegeoftheholyspiritmanila)



[HolySpiritMnl](https://twitter.com/HolySpiritMnl)



www.holyspirit.edu.ph

Letter from CHSAF President

Dear Alumnae,

It is with much sadness for us at CHSAF (CHS Alumnae Foundation, Inc.) to receive the news that our dear College of the Holy Spirit Mendiola, Manila will be closing its doors at the close of academic year 2021-2022. The school holds a special place in our hearts as it became a second home during the formative years for many of us, our siblings, cousins, mothers, and perhaps, even grandmothers. The 100-year old campus that is so well kept by first, the German sisters and eventually the Filipino nuns, sheltered us from inclement weather, bad elements, the riots and rallies in Mendiola, and gave us a wholesome, healthy and spacious environment to grow and mature into bright young ladies, eager to face a whole new world outside of its walls.

We honor our school with much gratitude and nostalgia, knowing full well that there was an enormous and prolonged effort from the SSpS nuns, the faculty and a host of alumnae to keep CHSM afloat. We therefore receive the congregation's decision with acceptance and resignation.

But CHSAF lives on. Together with your Board of Trustees and the alumnae, we will keep the CHSM legacy alive. CHSAF is an SEC registered non-stock, non-profit foundation, a legal entity independent from CHSM. That said, CHSAF will continue its mission of unifying the alumni body by strengthening the bonds of fellowship.

CHSAF will continue to promote long-held values that are guided by the school motto, Truth in Love (Veritas in Caritate) as we serve the alumni, and the larger community with unselfish devotion, honesty, and integrity for God's greater glory. We will embrace diversity in talents and resources from among the global community of alumni and encourage inclusive participation in the Board's decisions and actions.

CHSAF, through its projects and undertakings- will endeavor to keep the CHS spirit alive. With the active participation of the alumni, we will provide opportunities to come together through our traditional homecoming activities (the social distancing rules notwithstanding), our scholarship program, and other enriching activities such as webinars that we have been holding amidst the pandemic.

CHSAF, in cooperation with the alumnae, will continue to bring together the jubilarians to plan and implement the annual homecoming even after the school closes. There will be other venues we can use. After all, home is where the heart is. Our togetherness will continue to light the fire of the Holy Spirit during our celebrations.

We reiterate our commitment to assist underprivileged but deserving students. CHSAF has enough resources to continue support for the CHSAF scholars until they graduate from Grade 12 or college. CHSAF will continue to support the Unified Scholarship Program (CHSM, CHSNAF, CHSAF).

CHSM management has assured us that the alumnae's school records will be stored at the Holy Spirit School in Ilang-Ilang and someone will be assigned to respond to our requests. At this time, however, the School has to prioritize the needs of the current students who will transfer to other schools.

CHSAF will continue to communicate and receive feedback through our various platforms via email, our social media sites, our quarterly newsletter We the Alumnae, and soon through our official CHSAF website.

Rest assured that your Board of Trustees will be here to continue providing our Alumnae with services that will not only keep, but further strengthen the bonds of fellowship.

As we thresh out more details in the days ahead with regard to the impact of this recent decision to CHSAF and the alumnae, we will keep the communication lines open and pursue more activities. As a matter of fact, CHSAF will be hosting a virtual Simbang Gabi from December 15 to December 23 to unite us in prayer as we usher in the birth of Jesus Christ. We are also planning a virtual Christmas party for all following our successful Lucky You Fellowship held in October. We will provide more details about this activity in due course.

In the meantime, on behalf of the CHSAF Board of Trustees, allow me to wish you all a pleasant week ahead as we look forward to much better days with hope, love and truth in our hearts.

Let the Spirit live on in each of us!

Sincerely,

Marissa Camacho
President, CHS Alumnae Foundation, Inc.

FAQs

Answers to commonly asked questions about the closure of College of the Holy Spirit Manila in 2022

What is the main reason for the closure of College of the Holy Spirit, Manila?

The SSpS congregation decided to close the school at the end of school year 2021-2022 on the back of mounting financial losses due to the low level of enrollment for a number of years now.

Why was the decision so sudden?

This was not an overnight decision on the part of the congregation. It was made after a deep and prayerful process of discernment and careful consideration given the enormous and prolonged efforts by the SSpS nuns, CHSM administration and faculty, and a host of alumnae. All avenues were explored to keep the school afloat for a number of years.

Can the Congregation still reverse its decision to close CHSM?

Sad as it is for everyone, the CHSAF is cognizant of the fact that the decision of the Congregation is final and executory.

When can we visit the campus for a tour and to take pictures?

There is an active coordination between CHSAF and the school with regard to visits. Given the limited personnel in the campus, there is a need to plan and schedule visits to avoid unmanned crowds, particularly during the pandemic. CHSAF will make the announcement as soon as the process has been laid out by the school.

The ADVISOS team doesn't seem to be responding to calls or emails.

Since November 24, the ADVISOS Chair has been responding to emails, except for one or two inquiries

which ADVISOS needs to discuss in its forthcoming meeting. This includes the issue regarding the preservation of the heritage buildings. ADVISOS has also not released its contact number to the public. Your understanding and consideration on this matter would be appreciated.

What will happen to scheduled homecoming events?

Due to the pandemic, the homecoming in February 2021 has been postponed to the third or fourth quarter of 2021. The preferred date will be announced as soon as it is determined by the jubilarians. This is based on realistic assumptions that will take into consideration the safety and security of everyone concerned.

Beyond the pandemic, CHSAF will secure an appropriate venue for future homecomings. It is CHSAF's mission to keep the CHS spirit alive through various events that promote fellowship, togetherness and socially relevant activities.

What will happen to the scholars of CHSAF?

CHSAF remains committed to its scholarship program. As a matter of fact, CHSAF has enough resources to support its scholars until they graduate from Grade 12 or from College. CHSAF will continue to support the Unified Scholarship Program.

What will happen to the CHSAF Office?

The CHSAF office will be located in CHS Manila until 2022. Thereafter, the SSpS Congregation will provide a new location, which will be announced at the appropriate time.

(Continued on p. 22)

(Continued from p. 21 FAQs ...)

Where can we request for copies of school records, transcripts, etc.?

CHSM will retain custody of the alumnae's records. The alumnae may contact the School Registrar at tel. no: +63 (2) 8735 6022/21, local 203 or email at registrar@holyspirit.edu.ph

However, we appeal to alumnae for patience and understanding. CHSM needs to prioritize the requirements of current students who will be transferring to other schools before CHSM can attend to alumnae requests. Rest assured that at the end of academic year 2021-2022, all school records will be transferred for safekeeping, and will be accessible at the Holy Spirit School on Ilang-Ilang St., Cubao, Quezon City.

What CHS memorabilia are for sale?

Only the coffee table books are available at this

time. The Swatch and Amorsolo plates are sold out. Should these and other items become available, we will make the necessary announcement.

Where can we get copies of our yearbook?

This month (December), the School will post on its official CHS Manila Facebook account information regarding available yearbooks: 1) the specific years available, and 2) the days when alumnae may come to CHSM to claim them. If the alumnae want their yearbooks delivered, they just have to pay for delivery charges.

*If you have other questions,
you may contact Jeff Vito
at jeffvito1228@gmail.com*

“Let’s meet at the back of the CHS auditorium.” On the steps or the mushroom tables and chairs (foreground), we would hang out to eat, study or gossip about our crushes.



PHOTO: Courtesy of Cora Guidote (HS-78)

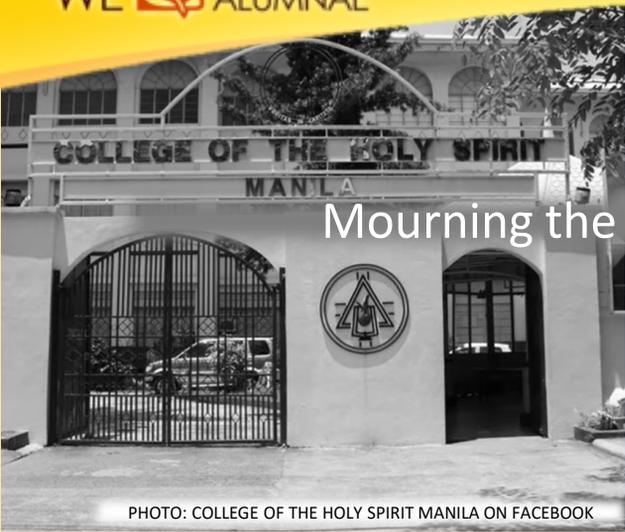


PHOTO: COLLEGE OF THE HOLY SPIRIT MANILA ON FACEBOOK



PHOTO: COURTESY OF CORA GUIDOTE (HS-78)

Mourning the Closure of CHSM

When a school decides to close, it's like someone we love has died.

So when CHSM students, teachers and alumnae learned that their school will soon cease operations, it came as a shock.

The College of the Holy Spirit Manila (CHSM), a private school founded in 1913, will permanently close its doors at the end of school year 2022, according to a Nov. 22, 2020 statement issued by the school.

Grade 11 and third year college students will be able to graduate in 2022. However, for Kinder to Grade 11 and first year to third year college, CHSM will no longer accept enrollees for academic year 2021-2022. Other schools run by the Mission Congregation of the Servants of the Holy Spirit (SSpS) will continue to operate, the statement added.

Provincial Leader Sr. Carmelita Victoria explained the school's closure: In the last 10 years, "the challenges facing CHSM and the wider education sector have

become increasingly complex, making it difficult for CHSM to attract new students and ramp up enrollment to make the School viable," Sr. Victoria said in a letter to the CHSM family dated October 28, 2020.

College enrollments started declining as early as 1998. "Private education has faced an increasingly challenging environment resulting from (i) government policies on K-12; (ii) free tuition in state colleges and universities, local universities and colleges, and state-run technical and vocational institutions; and (iii) the significant increase in public school teachers' salaries compared to their private school counterparts," she added.

COVID-19 has exacerbated the situation. The loss in family income, restrictions in mobility and social distancing, and the new demands of distance learning have adversely affected enrollment, not only in CHSM, but in most private schools.

In September, the Department of

Education reported that 865 private schools have suspended their operations for much the same reasons.

Last month, CHSM held town hall meetings via Zoom to inform stakeholders about the closure, answer questions, and give solace to those who need it. Nov. 20 was exclusive for faculty and staff; Nov. 21, for parents and students; and Nov. 22, for alumnae.

The Zoom meeting for alumnae ran for almost three hours. In the end, the school hymn was played and there was spontaneous singing amid sobs. Many refused to say good-bye way after the song ended.

CHSM was not merely a place of learning; for most of us, it was home. Our classmates, teachers and the Sisters were our family.

In the following pages, alumnae across the globe express their shock and grief over the closing of their beloved school, and share their memories of CHSM.

From the zoom chat box, some reactions during the townhall meeting of Sr. Carmelita Victoria, SSpS, with alumnae.

BEA ESTREMER

Wow. Two generations of my family went to CHS. My mother's name is Zenaida Lansangan Cruz. She turned 88 this year.

TERESITA LEE

Thank you, my alma mater. From HS-67

NATASHA KATE CADIZ

Heartbreaking. My college years were the most wonderful years of my life. Met great friends at CHSM. (AB Communication Arts 2015)

MELANIE PADAYAO-FLORENTINO

We understand. But absolutely heartbreaking.

—A joy shared is a joy doubled. Sadness shared is sadness halved.

—A blast of sharing of your positive CHSM stories. This will surely help us get through this difficult time.

GOLDINE CORPUS LUGTU

Thank you to all the people behind this town hall meeting. I am forever grateful and proud to be a CHSian.

(Continued on p. 24)

(Continued from p. 23 Mourning ...)

MARIA ROSARIO ARAULLO

Best times of my life. BFA Advertising 1994

ARLENE DOMINGO

The CHSM spirit lives on! BSMT 2017

The following were comments by alumni on our College of the Holy Spirit Alumnae FACEBOOK group after the announcement of CHSM's closure.

ELEANOR DE LEON-HUTTON

This is just so sad! Hope it doesn't eventuate.

ISHTAR DAZT

Very sad!

LENNIE DELA ROSA

This is a sad event in the history of the school. What I am is largely because of the education I received from grade school through college. The Germanic discipline has marked me and sometimes I wish I could be less demanding of others. Mother Angela marked my high school years; Mother Dorothy, Sr. Basildis, Sr. Tarcilda, in grade school. Sr. Crisanta made us memorize passages in the bible which came to life many years after I left HGC gates. Miss Rosalinda Tan made our entire Class of '62 happy but also compliant to do the homework for the day. She was our teacher from freshman to senior year and you can imagine the influence she made on our lives. The best attitude is to look at life as though in panorama, looking at events in its different aspects, one moment in time. That ensured the non-judgmental discipline we imbibed from her. A true lesson for a lifetime.

We, members of Class '62, think we had the BEST teachers. I am sure each class maintains the same thought because HGC/CHS really gave us the best education. Many thanks to the sisters, teachers and the non-teaching

staff of this great school. May we be able to re-create CHS in this different time and need. God bless.

TERESITA ARRIETA-LIM

So sad. Malaki talaga ang dinulot na pagbabago sa buhay natin nitong biglang dating ng pandemic COVID -19. Daming nabago, nasarang mga negosyo, etc, etc.... our Almighty God the Father in Heaven, God the Son and God the Holy Spirit... Please guide, protect and save us from all harm...

MARIA CRISTINA

Very sad news....

LORNACITA GONZALEZ

My beloved alma mater, CHS Mendiola, Manila

LUCY KAPUNAN

Will forever be grateful to you, my alma mater!

OLETTE HILADO

It's heartbreaking and I was in shock! My alma mater will close?

DEENA SOTO TAN

I miss our alma mater. It's heartbreaking to hear it is closing its doors after almost 110 years!

MARILOU DIOKNO ILETO

Very, very sad to absorb the upcoming closure of our alma mater. I was very grateful to have been a part of this institution that really preserved the integrity of its students, instilling decency and discipline. We hope and pray for divine intervention.

EVELYN JOSE

The Spirit lives on... and the legacy is not the campus nor the buildings... the legacy is You!

We must live the values we learned from our dear alma mater... Truth in Love...

Our alma mater will always be in our hearts.

JOSIE MEDINA MCCAWE

I am really sooo sad that my alma mater, the College of the Holy Spirit Mendiola, Manila, Philippines is closing down.

HEDELIZA OMPICO

So sad.

CHA YANG

Same from BFA-94. Best times of my life.

MYRA SABA-LAPUS

Heartbreaking! But we shall continue to give tribute by living truth in love. We shall not lose hope that our school, which is the only school with the name of Holy Spirit, will resurrect with new life!

LINDA LU

Hi! I am from batch '68. It makes me sooo sad. I spent the happiest days of my life with the *internas* at the dorm... Hope this is fake news... my alma mater, kind and dear...

MYLENE PIMENTEL

My alma mater! I will be a CHSian forever...

ADI GON

Thank you, my alma mater CHS, for the love, care you have given us.

IMELDA MAYO

Thank you, alma mater!

MARLI JUAN

My beloved alma mater, thank you!

MARLENE MORALES ISUNGGA

Those dear, old days at the HGC!

BEBE DINGLASAN

We humbly submit to your divine plan, God Our Father, we pray. Amen.

MARY ANN PARGAS

Very sad.

Messages of Gratitude and Love

Alumni batches show their appreciation and send good wishes to our beloved SSpS Sisters. Excerpts were read during the Christmas Party with the Nuns.

High School '57

A blessed Christmas to you!

To all the sisters who directly touched our lives in high school— Sisters Gemma, Rosella, Deocora, and later in college, Sr. Angela (Doloresmaria, Auxilindis, Marirosario, Angela)—please accept our heartfelt gratitude for the values that you instilled in us, that sustain us today in our relationship with others. It takes a community to nurture these values. Your community of nuns provided the school atmosphere of caring, patience, simplicity, generosity, and of course, Truth in Love. Our class holds the distinction of being the biggest batch— 170 students in four sections. Thus, surely, we were a diverse group of individuals, with different personalities, quirks and challenges. But you loved us one and all. THANK YOU!

May the Christ Child fill your hearts with joy and peace this season, and throughout the coming year.

High School '58

“Some day when far from thee we roam
Our thoughts will surely travel home
And mem’ries sweet will be to me
Those dear old days that used to be...”

These words resound during the Christmas season when we think of HOME.

HGC/CHS was our second home during our growing-up and formative years, when we learned and imbibed the tradition of Veritas in Caritate. We were taught that while we celebrate the joy of the birth of Our Lord Jesus Christ on Christmas Day, we can give more meaning and substance to this joy by sharing our gifts of talent, time and gold in serving God’s people, “the lost, the least and the last.”

Thank you, dear Sisters, for imparting to us the truth of God’s love through a solid Catholic education, and for providing the environment to live out the HGC tradition of Truth in Love.

This year, we celebrate Christmas during an extraordinary and challenging time, but the circumstances of the pandemic should not, and will not diminish the message of what we commemorate, “A Child, Our Lord and Savior Jesus Christ is born, let us Rejoice!”

With joyful hearts, our class sends each one of you warm wishes for a blessed Christmas and a New Year overflowing with God’s grace!

The Triune God lives in our heart and in the heart of all.

Lovingly,
HGC HS-58

High School '60

A blessed Christmas 2020 to all.

It was 60 years ago when our Class '60 graduated from CHSM high school. Our class was the first batch of 40 who moved up to Grade 7 on the second semester of our last year in grade school. This was a challenge posed to us by the school to do our best.

We benefitted from this challenge as our teachers and the nuns inspired us, and saw to it that we would live up to the expectations of the school and the community.

We are grateful for the education and spiritual guidance that CHSM afforded us, that allowed us to successfully pursue our professional and private lives as living testimonies of Veritas in Caritate.

Today, we have shown our gratitude to the SSpS sisters by giving back to the school the resources at our disposal, by providing underprivileged youth the opportunity to study in CHSM as full or partial scholars.

As we await the coming of Our Savior, we join the CHSM community in praying for the SSpS sisters. May the future of the congregation be sustained by the Holy Spirit in service of its mission.

A blessed Christmas, once again, dear Sisters, and please pray for us, the alumnae, as we shall continue to pray for you.

High School '61

By Milagros Eustaquio-Syme and Lourdes Eustaquio-Contreras

Beloved SSpS Sisters,

Know that what you have instilled in us has reverberated not only in our country, but also around the world.

Speaking for HS-61 is an alumna who has achieved great heights in her career as a Commissioner of the Canadian Immigration and Refugee Board and as a top justice of the Ontario province (despite her not being a lawyer), my twin sister, Milagros Eustaquio-Syme.

“I have been a Canadian resident for the past 50 years. By the grace of the Holy Spirit, I have managed to achieve several prestigious positions in this foreign country.

“Allow me to tell you that upon my arrival in Canada, many persons were amazed that a newly arrived immigrant from a Third World country can communicate well in the English language.

“The facility to communicate, the discipline and the work ethic, the ability to judge and maintain moral values are among the values I learned from my student years at the College of the Holy Spirit. Whatever I have achieved in this foreign country, I owe it to CHS.

Thank you.

(Continued on p. 26)

(Continued from p. 25 Messages of Love ...)

High School '62

To our Missionary Sisters Servants of the Holy Spirit,

Today, we send you a message of gratitude, hope and love.

Although we know that "only God can fill your hearts," we hope that somehow, we can cheer you up with our virtual presence.

First, we take this chance to say THANK YOU, Sisters, for your life of sacrifice devoted to nurturing young minds with Truth in Love, for shaping communities through your mission, and for simply being a blessing to others.

We bring you hope as well, that the burden of aging and illness may be easier to bear, that the days ahead may bring less pain, less tears and fears, and that you remain steadfast in accepting God's plan for you.

We likewise assure you of love—from students and friends who will never forget you, from your families who keep you forever in their hearts, from brothers and sisters in the congregation who pray and care for you constantly, from caregivers who tirelessly minister to your every need, and above all, from our heavenly Father who loves you for all eternity.

As a token of our love and gratitude, we remember you, dear Sisters, in our daily recitation of the rosary and the Divine Mercy chaplet. Please pray for us as we pray for you.

Lastly, we implore St. Arnold, Blessed Maria Virgo and Blessed Josepha to always intercede so the Holy Spirit may watch over you.

"May the Holy Triune God live in our hearts."

A blessed Christmas and a joyous New Year!

High School '63

To our dearest SSpS Sisters,

What can we wish for you in these troubled times but the blessings of good health, peace and serenity, and joy in your hearts in anticipation of the coming of the Christ Child this Christmas season.

We thank you so much for helping mold us, and instilling in our young minds and hearts so many good values and virtues, foremost, the virtue of truth in love which has remained with us through our adult years.

A blessed Christmas now and beyond. We love you!

High School '64

Advent... a time of reflection... a time of quieting... a time of stillness, to make room for Christ... could it be different for you, our dear Sisters? Maybe for us, yes... because the much-needed joy of Christmas may be tempered by the impact of restrictions... but not for you... because you are always in quiet reflection and prayer... a little different though during Christmas

time, because your students come over and provide you with some entertainment. This global pandemic, however, sets new limits on our activities. Therefore, a different but equally entertaining program has been prepared for you... hopefully, it'll make you happy as before...

What's HS-64's message for you?

Social distancing... yes, but not distanced from one another... we will keep the Spirit ablaze.

Separated... yes, but we promise to stick together, and pray that...

God the Holy Spirit will cause His truth in love to abound and mingle in us during this challenging situation, for the glory of His truth-filled love and love-filled truth.

High School '65

By Rosalou Lamson

To our dear SSpS Sisters,

CHS is our second home, and the nuns, our extended family! We grew up with you and we will forever be deeply grateful for the discipline, the character formation and the core values you have instilled in us. Hence, even after graduation, we have not forgotten you. *Marami po tayong pinagsamahan...*

Class '65, long before the launching of the scholarship program, jointly with Class '64 (headed then by Dodit Reyes) and Class '66 (headed then by Mitas Shotwell) sponsored a high school scholar, (Kate Cadiz) in Poinsettia. This was in keeping with the "*bilin*" of Sr. Auris, before she passed on. Since then, Class '65 continued supporting a scholar, year after year thereafter, in CHS Mendiola, and will continue to do so till 2022. And who knows... with finances permitting, thru God's blessings and provision, we might still continue, back to where we started ... in Poinsettia.

Another beloved nun close to our hearts was our class adviser, Sr. Deocora. Never to be forgotten was the afternoon we all spent with her, and with some other nuns, when the late Elena Palenzuela Mier and yours truly, decided to host our joint birthday celebrations in Poinsettia. We were glad we did, because it made Sr. Deocora gloriously happy. A few years shortly after, she went to heaven.

I also remember Sr. Viviña, who was our CHSAF moderator and spiritual adviser. When she was confined at Lourdes Hospital, I visited her. The day after my visit came the shocking news that she expired! Little did I know that that visit will be my last goodbye! No wonder I felt her love and gratitude, during that short visit.

Class '65 also was the first to respond to CHSM challenges, to help in whatever way we can to assist the nuns drum up enrollment. Our group was christened by Sr. Eden as the "New Frontier Ladies." And our very own Fely Co Young, served as the first lay President of CHSM.

(Continued on p. 27)

(Continued from p. 26 Messages of Love ...)

After my stint as President of CHSAF, I was privileged to serve in the CHSM Board, and became closer to the nuns. It warmed my heart, that when I was battling with fourth stage cancer, Sr. Ancille, who was then the Mother Provincial, together with two other nuns, visited me at St. Luke's and prayed over me. I felt wrapped in prayers when Sr. Ancille told me that the SSpS congregation was praying for me! Sr. Pilar, after my recovery, was the first to see me in CHS and exclaimed ... Rosalou, you are an apparition!!!

In our earnest effort to help the nuns beef up enrollment, Class '65 initiated a fund-raising project for scholarship, in partnership with CHSAF... the Laudato Si Garden of native trees, initiated by our environmentalist classmate, Ime Sarmiento. The site given us was at the back of the grotto, which used to be a cemetery of the deceased nuns and beloved teachers. What was once a long-abandoned place for the dead, is now a haven for native trees!

Of course, what paved way for the fruition of the project was Sr. Victricia, who believed in the project. It was Sr. V who suggested the name Laudato Si, taken from Pope Francis' Encyclical on the environment. And for the love of Sr. V. and believing too in her ministry, Class '65 was able to give 15 computers to her Mangyans and help one Mangyan in his schooling.

Sisters dear, our class is not a rich class, in terms of material wealth, and we are already septuagenarians and retired. But with humility and pride, because of the values you have instilled in us... we have grown to be rich in spirit and in love!

Nostalgic memories, too, that can never to be forgotten... the Pentecost Sunday celebrations and Christmas parties held in Poinsettia! And speaking of Christmas parties—a perennial fixture in your Christmas parties, is our jolly live wire classmate, Lahla Pascual Laforteza, who made it her ministry to give joy to nuns, by orchestrating the games, complete with prizes and giveaways! Memorable, too, is the recent CHSAF Christmas party in Poinsettia, where our classmate, Deenette Villareal Aguila, brought her son, Miguel Aguila, a professional singer, who delighted the nuns with his good voice and nostalgic songs.

Though this Christmas will be different because of the pandemic... we can still find joy in reminiscing on the good memories, and being connected spiritually, as we pray for one another.

Our wish for you dear Sisters is... good health, good cheer and strength of mind and heart to go thru these challenging times. May the good Lord bless you with what you prayed for, reward you for what you worked for, grant you what you hoped for, and most of all surprise you with what you did not ask for! Merry Christmas and wishing us all a COVID-free New Year and good days ahead!

With love and warm wishes from HS-65

P.S. Our humble Christmas gift... the Suffering Christ and Reparation Prayer. Please say the Reparation Prayer in every bead of the rosary to heal the world and end this pandemic! God bless!

High School '66

In this season of Christmas, we celebrate the greatest gift of all time. And it is in this spirit that we reflect fondly on the great “givers” in our lives. Our dear parents. Our teachers. Our mentors. You.

You gave us care, touching our lives early and throughout our life cycle.

You gave us guidance as we developed from young, giggly girls into young ladies.

You taught us faith through prayer, trusting in divine providence as we strove hard to gain knowledge and skills to be good citizens and productive members of society.

You taught us to be steadfast and unwavering in our ideals as lived through interesting times, surviving epidemics, earthquakes, typhoons, upheavals, and other natural and man-made disasters. Through it all, we told ourselves that we would live forever.

Now that we are happily in our golden years, we realize more than ever, how precious these gifts are. For whatever roles we now have in life, we will continue to be bound by common values and ideals that you have so unselfishly imparted to us.

You gave us love—like the gift of the Son from the Father—the greatest gift of all time.

This Christmas, we give you our love, our care, our gratitude, our prayers.

By the gifts you have given, we are blessed. And we bless you as givers in return.

A blessed and joyful Christmas!

Veritas in Caritate.

High School '67

By Cora Villareal

We would have loved to come and bring you good cheer for this is the season to be merry. Ho, Ho, Ho, Ho! Through Christmases past, we, the alumnae, imagined ourselves as Santa Clauses bearing gifts and loot bags, treating you to merienda, serenading you, dancing...

Did you notice how the alumnae love to dance? Ay, but what most of us don't know is that some of our SSpS sisters do dance, and with such lightheartedness and grace.

Our celebration with you this Christmas will be done differently because of the current pandemic, but we know that you would not really mind. When the Angel Gabriel visited Mama Mary, he did not bring any gift but the Good News! When Mama Mary visited her cousin Elizabeth, she brought with her the Baby in her womb, making John leap for joy in Elizabeth's womb. In gratitude for your love and caring, we offer you as a gift, the collective prayer of HS-67...

May our Lord sustain you in all your needs, shower you with His love and graces in this period of waiting, and may He fill your hearts with joy and hope for His coming.

Wishing you all a blessed Christmas, dear Sisters!

(Continued on p. 28)

(Continued from p. 27 Messages of Love ...)

High School '68

Dear Sisters, we read in Job 29:18-19: "In my own nest I shall grow old; I shall multiply years like the phoenix. My root is spread out to the waters, the dew rests by night on my branches. My glory is fresh within me, and my bow is renewed in my hand!"

Our beloved Sisters, we in CHSM Class '68, express our gratitude for sharing with us the SSs roots of Veritas in Caritate. May we, like you, spread these values to our children's children. May you experience fresh glories every day for all the sacrifice and love you multiplied thru many years of active service! Enjoy your well-deserved peace and joy from the Baby Jesus! We love you all!

Merry, merry Christmas!

High School '69

Greetings!

As the end of the year approaches, let us focus more on the joy of the birth of Christ rather than on the problems that we have had to face this year. He is coming to give us hope to face the uncertainties this coming year. Veritas in Caritate.

And it is with this in mind that we wish to extend to you, our thanks for having been a part of our lives. Armed with lessons taught, the disciplines ingrained and the cultivation of our talents, we left this school with wonderful memories that we will treasure all our days.

As we bid farewell to our school, let us focus on the new directions to which this school is being led. We are reminded of two favorite sayings we were taught. The first is "Behind every cloud there is a silver lining," and the second is "When a door closes, a window opens!" We are at the edge of an old world to which we have to bid farewell. Together we will face this new order and share the skills and talents learned the CHSian way.

Merry Christmas to all!

High School '70

By Edith Alikpala

Reflections on a CHSian Christmas Past

As young girls under the wing of SSs sisters, we learned to celebrate Christmas in a totally different light. Outside our campus, airwaves blared out carols, bright lights and tinsel adorned homes, and the stores looked delightfully tempting with new toys, dresses, sweets, and good treats. It was noisy, it was hectic, it was absolutely exciting for young girls. But within the walls of CHSM, we knew Christmas was coming by the lighting of the Advent candles and the singing of "O Come, O Come, Emmanuel." It was a quiet and childlike anticipation of our Baby Jesus' birth. That was our introduction to a subdued, reflective and reverent celebration of the coming of the Christmas season.

Hope, Faith, Joy and Peace... the themes of four weeks of waiting were given meaning to a young child's expectation of Christmas itself. Violet and pink were our holiest of colors. Our dear nuns instilled in us the joy of giving and taught us how to remember

the less fortunate. We will never forget the Christmas food drive, as if it were the highlight of our Christmas in school. And of course, it was. The only Christmas game we knew was the sharing of goodies with our classmates. The German Christkindl or Kris Kringle is a foreign term, but its meaning resonated deep inside our hearts. There were no showy Christmas decorations in the campus and yet, we never missed it at all.

Fast forward to the present – we are made busy by the demands of our life as wives, mothers, professionals and other roles. As adults we are constantly harassed by the mad rush of a commercial holiday – panic buying for presents, planning a sumptuous dinner, putting up the tree, attending parties . . . are we growing weary yet? Yes, deep inside we long for the quiet celebration of our childhood Christmas in school. And so, we re-create what our beloved sisters have taught us. When the din and excitement of celebration increase to a frenetic pace, the young CHSian in us escapes to our quiet place and light the Advent candle with a special prayer. We set up our *belen* in a most special place in our homes. Simbang Gabi is our nightly offering to welcome our Emmanuel. We look forward to sharing our blessings to the least of our brothers and sisters.

We thank you, dear Sisters, for these priceless gift and lessons you gave us – for all the Christmases past and yet to come. We remember you every Christmas season with love and gratitude. You have given us the golden balance between the season's gaiety and the real Christmas in our hearts. Our prayer for all of you is the same prayer we ask for ourselves . . . that we shall not want nor seek for anything more, for our Lord is with us.

A blessed Christmas to all! Be joyous, be peaceful, be safe and healthy.

High School '71

To our dear SSs Sisters,

The very first journey taken by our four pioneer missionary Sisters Servants of the Holy Spirit was to the Philippines in January 1912. It was a leap of faith. They had no clue that the Holy Spirit-led mission was not only to spread and make better known the glory of the Holy Spirit but to open a school. And not just a simple school but a college. And they took God's will to heart. Holy Ghost College opened its doors to 23 pupils on June 17, 1913.

Fast forward to 2020. Not only did the year start with an unexpected flurry of ashfall from Taal Volcano in January, the dreaded COVID-19 pandemic came in March which immobilized countries in the world. Home quarantine was imposed and you have been cloistered at the convent on Poinsettia Road to this day.

But the biggest and most heart-wrenching news was the message of Sr. Carmela on November 22, 2020, that CHSM will close its doors in 2022. No tears were spared until we could shed no more tears.

Like all the graduates, our batch HS-71 cried a river.

And yet, our school motto, Veritas In Caritate (Truth in Love) bolstered us to stand together in unity, as we face this challenge. We will keep our chins up and trust in the gifts of the Holy Spirit!

(Continued on p. 29)

(Continued from p. 28 Messages of Love ...)

Thank you, dear Sisters, for the endless sacrifices, the lessons you taught us in the spirit of genuine, selfless service, giving of yourselves without seeking anything in return.

We, the women, of HS-71, are wiser in our golden years. Thank you from the deepest recesses of our hearts, for shaping us in our formative years, instilling in us values of excellence and commitment.

By its fruits we shall know the tree. We, your graduates, will continue to be one with you, to contribute to the world the mission of the Holy Spirit. With our motto, Truth in Love, we will walk the last mile, accomplish the last plan, endure the last challenge, and fight to the finish with spirit—the one characteristic you taught us and deeply ingrained in our very being.

We love you, dear Sisters.

No tears, only smiles until we meet again.

For now, we wish you all the love of the Holy Family as we remember the birth of Jesus in a humble manger, with all his glory and unconditional love for us. Merry Christmas. We look forward to a brighter and blessed New Year 2021.

Grade School '68 and High School '72

Stars lit our many paths
 Angels shielded us from harm
 Teachings fed our searching minds
 Prayers calmed our restless hearts
 And the Christ Child was born in each of us
 You, Holy Spirit Sisters,
 Led us to the One Spirit

High School '73

Beloved Sisters of the SSpS congregation, it is with heartfelt thanksgiving and fond remembrance that we greet you "A blessed and joy-filled Christmas!"

We, HS-73, greatly appreciate your prayers for our many intentions of safety, good health, timely help and spiritual sustenance. In this time of upheaval of CHSM, we turn to you for guidance and inspiration as we strive to move forward together in truth and love. Your well-being and good spirits are always in our prayers.

High School '74

Christmas is about an Infant born to Mary who—with strong faith in God accepted His will— conceived through the intercession of the Holy Spirit.

Mary and Joseph travelled through a desert of heat and flame. Still lost, Joseph decided to take Mary down from the donkey as she was about to give birth. As she lay down on the ground, she gave birth to Jesus, the Promised Messiah.

Joseph wrapped Him in swaddling clothes and laid him in a manger amidst the animals in the barn. Then the angels came and gave glory to the newborn Child who would save the world!

The angels led wandering shepherds to the long-awaited Infant. He is special because He is a Miracle. The world would be a precious place because He brings lessons that our Almighty God had asked Him to teach.

Our dear, dear Holy Spirit Nuns, YOU, like MOTHER MARY, listened to God's calling and fulfilled God's will by giving birth to ALL OF US, like the infant in the manger. Indeed, God has a special MISSION for you.

Through all the heat of life, you pondered over how to educate us, to make us better citizens of our country and the world, so that when we go out into the real world, we would teach the same valuable lessons. You taught us the way the Infant did—His Life on this earth was a journey of teaching.

And like the infant in the manger, whom Mary guided and enlightened, we went into the world as adults weaving the lessons we learned from you into better masterpieces that would be carried on by the next generations. We were born to our parents but raised at the College of the Holy Spirit and without you, Sisters, who took on the role of Mother Mary, we would not be where we are now. But more importantly, without you, we would not be the way we are now as human beings created by the all-powerful and loving God.

Christmas and births happened and continue to happen because of you, our SSpS mothers.

Humbly, we give you our utmost gratitude...

And fervently pray for a very merry Christmas to ALL our MOTHERS!!!

High School '75

Virtual hugs from High School 1975!

We pray that you are all well and your hearts are full of love.

We remember with fondness and deep gratitude the years we spent at CHS Mendiola. Thank you is not enough to express our gratitude for all that you have taught us.

As the challenging year of 2020 comes to a close, we greet the new year with renewed hope that it will be a better one—confident in the belief that no matter what troubles besiege us, our dear Lord is in control and He will never leave us. We wish you all good health, peace and joy.

Merry Christmas from HS-75!

High School '77

Dear Sisters of the Holy Spirit, HS-77 joins all of the graduates of our beloved school in wishing you peace and joy during this very significant year!

Like the rest of our sisters we, too, struggle with sadness, but the Holy Spirit tells us to be hopeful and joyful always. We are proud of Sr. Carmelita Victoria, our batchmate. We salute and support her courage and wisdom, as she steers us all during this difficult time. We shall continue to pray for you, dear Sisters, for our school, and for our fellow CHSians to whom we are bound forever in truth and love!

(Continued on p. 30)

(Continued from p. 29 Messages of Love ...)

High School '78

Dearest Sisters of the Holy Spirit!

Merry, merry Christmas to you, our second family!

How we wish we could all personally celebrate Christmas with all of you! How we wish we could embrace you, kiss you, and comfort you in the midst of all that is happening around us. The thought of you is very dear to us. Class '78 will always remain your loyal daughters whose hearts and hands are one with you. You have instilled in us our basic Catholic faith, the love for God and mankind, the dedication and discipline in our work, the value of truth in love in our family and in our country!

Thank you so much, SSpS Sisters, for being our teacher and mother! You are our gift... we thank the Father for the gift He sent in our lifetime . . . YOU!

MALIGAYANG PASKO SA INYONG LAHAT AT MARAMING, MARAMING SALAMAT PO!

Isa sa inyong mga anak na taos-pusong nagmamahal... Class '78

**College Integrated Group
By Maricor Mendoza-Akol (BS Physics-69)**

To our dear Sisters of the College of the Holy Spirit. It is indeed with a heavy heart that we are unable to join you this year for the Christmas party. Our prayers and wishes for a joyous COVID-free event be with you all!

The College Integrated Group is a diverse group of persons who have had their elementary and high school education—from both public and private schools all over the country.

Indeed, we owe a debt of gratitude to CHS for preparing us all for our life's adventures outside its hallowed halls.

The careers we have pursued and the families we have raised—reflect the values ingrained in us by our CHS education. May we forever be the living testimony of the excellent SSpS education.

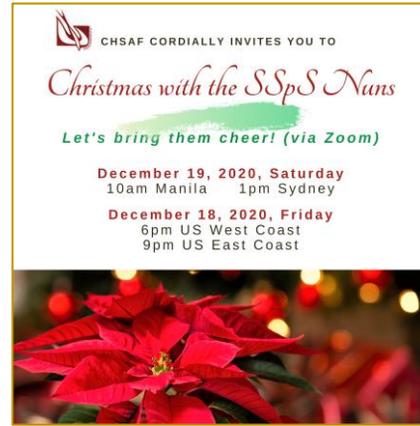
May the blessings of the Holy Triune God be with you this season and all through the year!

**AB-Commerce '59
By Deanna Go Bio (AB-58/BSC-59)**

Dear Sisters of the SSpS congregation,

Greetings of joy and hope from the AB-Commerce Pioneer Class of 1959. Thank you, dear Sisters, for the gift of learning, the value of Truth in Love, the nurturing of mind and body that prepared me well to live a life worthy of a student of the Holy Spirit.

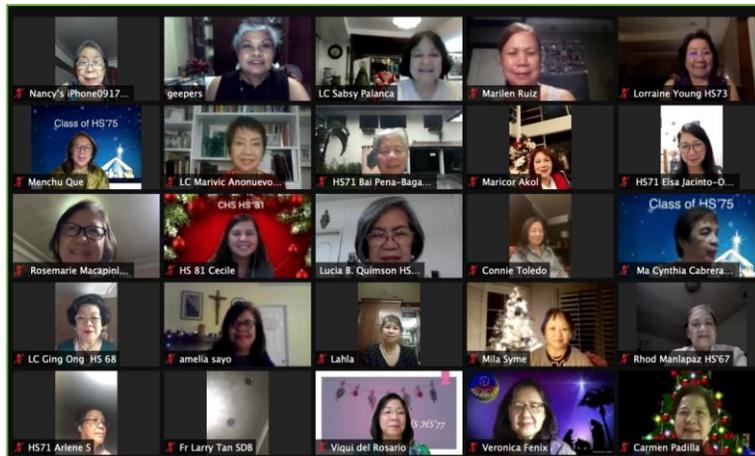
Thank you and a blessed Christmas to you all and a hopeful Happy New Year!



Alumnae were invited to celebrate Christmas with our SSpS sisters.

Christmas is the day that holds all time together.

-- Alexander Smith



Top and above: More attendees of the Christmas Party with the SSpS Sisters, December 19, 2020.

Holy Ghost College - I Lost My Way Home

My Chair Rocks
By Conchita Razon

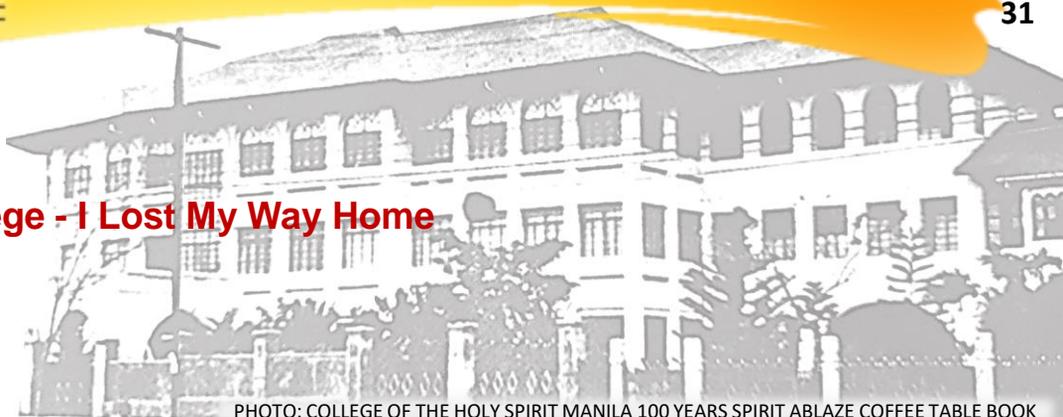


PHOTO: COLLEGE OF THE HOLY SPIRIT MANILA 100 YEARS SPIRIT ABLAZE COFFEE TABLE BOOK

Something is not right. Actually, nothing has been since March.

But I look at my journal and I know something else is amiss.

Every year, at around this time, I am neck deep in plans for our school homecoming. Armed with a list of the “survivors” of Class 1949, I try to make contact with as many as I can. Most don’t do Internet. I call anyway.

Our grand reunions are normally on the first Sunday of February. And long before the year is up, preparations are underway. Celebrants are in rehearsals, ordering costumes, hiring choreographers, and telling old classmates to attend or face the consequences. Yes, we get serious about coming home, especially if we are celebrating some kind of a jubilee.

Last year we marked our 70th. Our class of ’49 or what the young ones call “the jurassics” took to the stage and proved once again that we still have a wiggle left in us. We were assigned Titanium, I suppose because they ran out of precious stones and metals. With canes, walkers and wheelchairs on stage, we “performed” and reaped a thunderous ovation from the crowd of the “still quite young”. Was that only last year?

Then came 2020.

And a month ago, the news came out. There had been rumors; all kinds of stories about the lack of funds and a need for fresh capital. At one point I heard that someone wanted to buy the school. We had quietly hoped that this investor would provide the lifeline we desperately needed, not only to keep us afloat and alive but also to make our school start moving toward what it used to be, once upon a long time ago.

But it didn’t happen. And now we face the inevitable end.

My heart remembers our old Alma Mater song. “Some day when far from you we roam; our thoughts will surely travel home. And mem’ries sweet will be to me, those dear old days in the HGC.” Sweet indeed. But today, there is a taste of bitter.

ONLY IN MY MIND

Very often in the past several decades, lost in a reverie of times gone by, I traveled back to savor once again the welcome, the safety and protection I felt as a little girl. Back then I was overwhelmed, in awe of the lofty ceilings and hushed hallways. I felt so tiny.

But I always found peace and quiet in the garden of the guardian angel. That was my favorite place. I felt safe there, like nothing could hurt me. Ever. And even all grown up, in my thoughts I have retreated there again to find tranquility.

I could see that tall white angel from the chapel when I was with my classmates, learning our prayers, sometimes being naughty and giggling under our veils.

And many years later, when my life was tempest-tossed, I recalled those moments of blissful innocence and quiet, and re-visited this fondly remembered sanctuary; and found peace.

In other daydreams, uncertain of what the future held for me, I mentally strolled the vast gardens of our school and picked up the same smooth shiny stones that had enticed me as a little girl. Growing up was wholesome. It was a carefree time. Life was good.

During the war, in moments of utter fear, I wished myself drinking cool water from the fountains under the mango trees. I could actually see me, in my tan uniform, which was quite unattractive by the way. I always wished it had been a tad more colorful.

(Continued on p. 32)

(Continued from p. 31 HGC: I Lost ...)

But at the height of the liberation of Manila. I remember giving away my regular clothes, even party dresses, to the children who had lost everything in the fires across the Pasig, but hanging on to my uniforms. I still wonder about that.

Holy Ghost College, Manila was established in 1913 and was run by the order of Sisters of the Holy Spirit. I remember the strict German nuns. I started there in 1936 in kindergarten. And graduated in 1949. A lot happened in between. We even had a world war in 1941.

My mother was a student in their first schoolhouse on Calle Legarda.

I went to Mendiola.

We had two beautiful buildings. I loved walking in the sparkling long hallways and relished, even as a little girl, the atmosphere of solemn peace. There was a hush in the corridors. It felt like a quiet reverence. I can still see the “*manangs*” sweeping some kind of red sawdust on the floors to make them shine. Every single nook and crevice was scrubbed and polished. The grounds were impeccable. Manicured. Free of litter. Aromas from the refectory were of freshly baked German bread and chocolate fudge squares. My mouth waters to remember.

Some places in school were strictly taboo. You were not allowed to step behind the grotto. I later discovered there was a cemetery there. Also, there was a door that led to the cloisters. Oh, how we wanted to go beyond that point, just to see what the nuns had under their stiff veils.

In 1945, after the bloody battle for Manila, the school was taken over by the US Army and used as a hospital for the servicemen. Classes resumed under army tents in the expansive gardens of the Cardenas and Paterno families on Aviles.

I don't remember when we went back to the Mendiola campus. By that time, I was a high school freshman. When we graduated in 1949, we inaugurated the auditorium. After that I went to university.

From then on, I looked forward to homecomings. It was

a day of rejoicing with old classmates and teachers; of touching and tasting the “good old days” in school. We peeked into our old classrooms and felt giddy remembering.

BUT NOTHING REMAINS THE SAME

Every time I “came home” I ached with a longing for the school I remembered. We tried to fill in the spaces and fix whatever the years had left undone. Sometimes we succeeded. But I think we only imagined or remembered it all back into being.

In our hearts, we knew that our old school was pitifully and tragically falling apart. Time had not been kind. History had taken its toll.

Suddenly there was a need to struggle through barbed wire fences. It was disconcerting. Did this perhaps start the downtrend of enrolment? Did we look too much like a “stalag”?

I don't know what caused its decline. But here we are today, facing the awful reality that our Alma Mater is no more. And sadly we await its imminent and final demise.

Since the news broke, I have felt pretty much like a homeless waif. For so many years, the prospect of coming home had filled me with joy.

Where do I go now?

Show me the way to where I can again find that warm feeling of welcome, and that incredible sense of belonging. It almost felt like coming home to my mother and settling safe and secure in her warm embrace.

How can I do that again?

I suppose that like in the past, I shall have to dig deep into my heart, close my eyes, and simply remember.

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<https://www.thediarist.ph/holy-ghost-college-i-lost-my-way-home/>

From left, Façade of CHSM; Entrance to the St. Arnold Janssen bldg.



PHOTOS: COURTESY OF CHSM MARKETING AND INSTITUTIONAL COMMUNICATIONS

GLIMPSES OF OUR BELOVED CAMPUS

From left: Walkway to the social hall; Hallway to St. Joseph Freinademetz hall coming from the auditorium



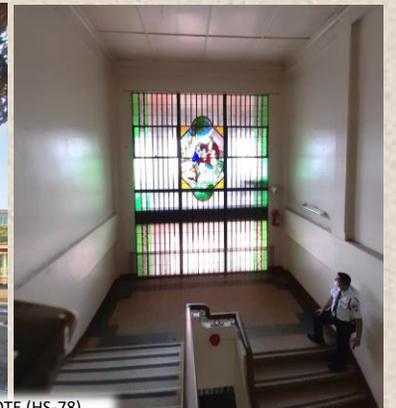
PHOTOS: COURTESY OF CORA GUIDOTE (HS-78)

From left: Mushroom tables and chairs; Mo. Josepha (formerly High school bldg.)



PHOTOS: COURTESY OF CORA GUIDOTE (HS-78)

From left: St. Joseph bldg. (formerly Grade school bldg.); Amorsolo stained glass window overlooks stairs in Mo. Josepha bldg. (formerly high school bldg.)



PHOTOS: COURTESY OF CORA GUIDOTE (HS-78)



From left: Holy Spirit icon adorn ceiling of CHS chapel; Entrance to chapel

PHOTOS: COURTESY OF CORA GUIDOTE (HS-78)



From left: The angel statue near the chapel; Chapel interiors

PHOTOS: COURTESY OF CORA GUIDOTE (HS-78)

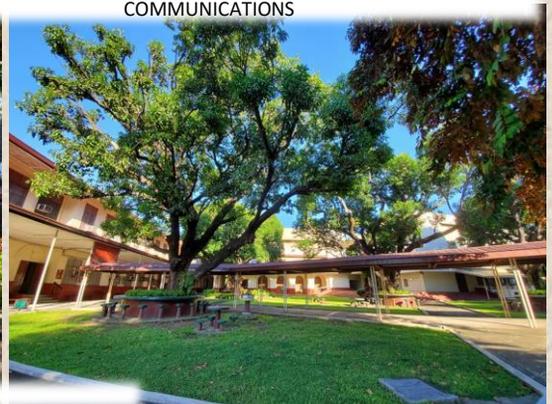
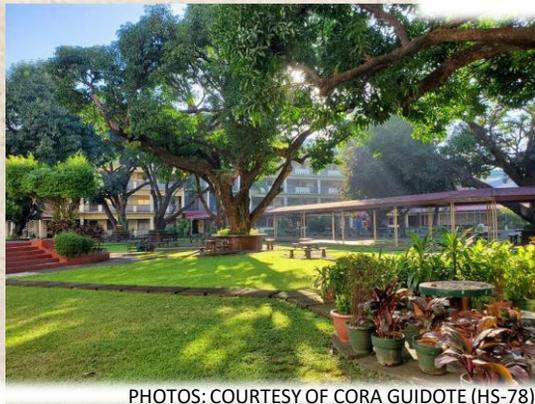
GLIMPSES OF OUR BELOVED CAMPUS

From left: St Joseph & the Child Jesus statue near the chapel; a view of the Grotto from the side



PHOTO: COURTESY OF CORA GUIDOTE (HS-78)

PHOTOS: COURTESY OF CHSM MARKETING AND INSTITUTIONAL COMMUNICATIONS



PHOTOS: COURTESY OF CORA GUIDOTE (HS-78)

These mango trees have remained in place for decades, silent witnesses to the life and times of countless CHSians.

Memories of CHSM

MIRIAM CORONEL-FERRER (GS-73)

Former chief negotiator in the Philippine peace process

I left [CHS] after elementary school and moved to Philippine Science High School along with Tess Castillo and Marita Salazar, our valedictorian. I was one of two salutatorians, the other being Rosario “Cherry” Mendoza, who passed the PSHS exam but [Cherry] opted to stay in CHS with her four [or more] sisters. Even then, [I spent] eight years [in CHS]—a long time—when German nuns were still around.

My last year, Grade 7, was when martial law was declared. I remember being nervously fetched by my aunt who worked in Malacañang as a regular employee, just before martial law was proclaimed. Afterwards, Mendiola was barricaded and the school gates were kept closed. Routes to the school were changed.

For a time, there was fear of Imelda Marcos’s plan to incorporate the school and its vast grounds into the Palace. In the end, she turned her sights elsewhere.

I have stayed connected with a few grade school classmates through FB, many of whom stayed on in CHS for high school. Many of my batchmates entered UP, but somehow our paths never crossed in Diliman. They included: Viqui del Rosario, Yvette Christine Poe and Odette Silva-Javier.

CHS gave us a good education and we’re thankful.

Menju Coronel-Dominguez

Sheila Coronel

Miriam Coronel-Ferrer



Sisters Menju Coronel-Dominguez (AB Psych-89), Miriam Coronel-Ferrer (GS-73), Sheila Coronel (HS-75), all CHSians

ADELAIDA VILLARAZA MAYO (left CHS after Grade 5, 1971)

After learning that the College of the Holy Spirit in Mendiola, Manila will be closing its doors after academic year 2021-2022, my sisters and I felt so much sadness. CHS was where we all started to discover our respective niches. It was where my interest in art and drawing was brought to life.

Because of riots on Mendiola and then Martial Law, my parents decided to transfer me and another sister to St. Theresa’s College in Quezon City. Thank goodness for my mother’s penchant for documenting our school activities, immortalizing memorable days in CHS through pictures she kept in albums for each one of her children. I have not visited CHS for a long time but I will always treasure how the institution had significantly contributed to what I have become. Thank you CHS! ❤️❤️❤️



VILLARAZA SISTERS: Clockwise from top, Antonietta (Toni) Villaraza Gregory Palenzuela graduated from CHS high school in 1965, Annabelle (Abbie) Villaraza Peterson Blade left CHS in 1972 and joined Youth for Understanding (YFU) student exchange program in the USA in 1973, Andalucia (Duchess) Villaraza Vanicelli left CHS after Grade 7 while Adelaida (Lady) Villaraza Mayo left CHS after Grade 5. Duchess and Lady transferred to St Theresa’s in Quezon City in 1972 because of frequent riots on Mendiola that led to martial law. Aurelia (Ollie) Villaraza graduated from CHS high school in 1971.

*“Nothing is ever really lost to us
as long as we remember it.”*
– L.M. Montgomery, *The Story Girl*



From Mari Garcia

I just heard that the College of the Holy Spirit (formerly Holy Ghost College) will soon close. It was my mother's alma mater. Although I only studied there for one year — kindergarten—it was my first school experience. This is our group photo for the Christmas pageant (we all chose an animal) circa 1959.

From the Garlit Sisters

We posed with our parents in front of the angel statue beside the chapel. Photo was taken in 1965 after the First Holy Communion of our youngest sibling, Ma. Luisa. We are proud to be CHSians/HGCians: Front row (L-R), Ma. Luisa Garlit Ventura (HS-74) and Imelda Garlit Datuin (HS-73/BSC-77). Back row (L-R), Victoria Garlit Nuguid (HS-68/BSC-72), Aurora Garlit Villalobos (HS-66 /AB BSE- 71), Dad and Mom, Visitacion Garlit Lorenzo (HS-58) and Amparo Garlit David (HS -62/Associate in Secretarial Science-64).

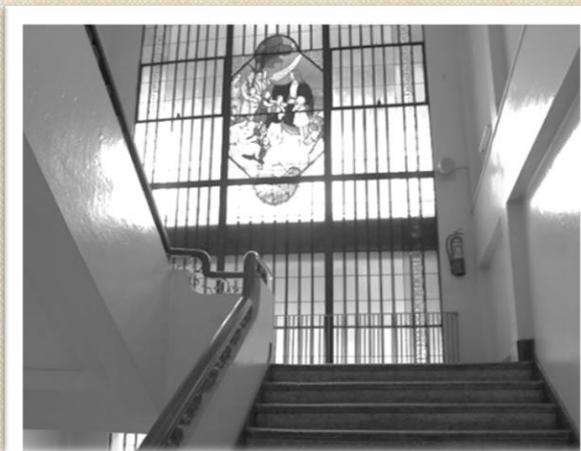


PHOTO: COURTESY OF CHSM MARKETING AND INSTITUTIONAL COMMUNICATIONS

From Judith Malkinson (HS-70)

I remember the Amorsolo stained glass window. Sometimes, I would stand on the landing of the stairs and admire it. Right behind it was a hallway leading to the comfort rooms with the teacher's room next to it. Alongside the hall were lockers where I stored my sneakers and socks for volleyball practice. I changed into my Gregg [shoes] afterwards. Sometimes I wrote Sr. Orosia's announcements on the blackboard because she was not tall enough to reach. Sometimes we played ping-pong or shoot pool...



The richness of life lies in memories we have forgotten.
 -- Cesare Pavese

From Flordelis Salazar-Putulin (HS-48)
 Left, our group picture in front of the grotto; below, our class picture



From Mitos Formoso-Camahort (HS-75)
 Before squad, crew, or posse there was our BARKADA. In high school, we hung out in our "kuta," a nook at the back of the bookstore, where we ate our meals and copied each other's homework. From left, Mitos Formoso-Camahort, Judith Tan, Marie Imperio-Suck, Elvira Mata, Beth Nasol, Debbie Mendoza-Verano. Not seen is Luz Manzanero-Caluag who took the picture.



From Lourdes Eustaquio-Contreras (HS-1961)
Friends forever



From Iluminada Pitco (HS-58)
Igot dance



From Deborah Mendoza-Cinco (HS-77)
We played jackstones in the corridor outside our Grade 2 classroom, circa 1968.



From Tet Filart-Puzon (HS-73)
Goofing around after YCAP duties on Mendiola Street, circa 1973.

Rotaract: Engaging the Young Generation

By Nicole Mogado (3rd year, BSBA)

*This is a changing world; we must be prepared to change with it.
The story of Rotary will have to be written again and again.*

—Paul Harris

The webinar entitled “Virtual Rotaract Club Assembly, Member Orientation and Induction” was held on November 15, 2020 with special guest Mark Rolf Faner Llanto from District 3830 as Rotaract representative.

The first topic was “Rotaract Can Be the Key To your Success.” Mr. Llanto tackled the meaning, motto, history, logo, and statistics of Rotaract. I learned that Rotaract is a service, leadership, professional, and community service for young men and women ages 18 and over. It focuses on the development of young adults as leaders in their communities and workplaces. “Rotaract” stands for “Rotary in Action.” Their motto is “Fellowship Through Service.”

He said the Rotary District is a group of rotary clubs in a specific area or region. In District 3830, there are three areas: MaTaPat Area for Makati, Taguig, and Pateros; MunParLa Area for Muntinlupa, Paranaque, and Las Pinas; and Palawan area. There are four service areas in a Rotaract club: Community service for helping others; international service for helping beyond your community; club service for helping each other, and lastly, professional development for helping yourself.

During his talk, the line that stuck in my head was “Rotaract’s commitment to doing good in the world is possible because of young people like you who want to create positive, lasting change in your community, and build enduring friendship through collaborative projects.”

The second topic was “My Rotary Learning

Experience in Korea.” This was tackled by RMCD Next-Gener Jainee Turla who joined a family in Korea to learn about their culture. One of the things she discovered was that Korean food always comes with a lot of side dishes, which is not always the case with Filipino food. She is happy with her experience because she learned a lot and made new friends.

The talk by commentator DDRE Louize Lane Antonio centered on the importance of what must be done when you join the club. First, direct your thoughts and identify your purpose such as inspire and serve other people; second, make a conscious effort to get to know yourself; third, believe in yourself; fourth, practice self-motivation; and fifth, do not be afraid of failure and judgment.

Overall, joining a Rotaract club is not an added responsibility, but an opportunity to learn. There are three Ts you can offer the club (Time, Talent, Treasure). Allocate time by attending meetings. Apply your talent by joining a medical mission or a technical team, or by making posters. Give treasure by providing financial support to projects.

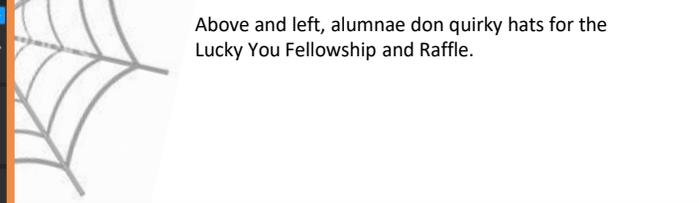
The Rotaract Club is a prestigious organization and there are many reasons to join.

Nicole Mogado, is a CHSM 3rd year BSBA student and scholar who attended the Virtual Rotaract Club Assembly, Member Orientation and Induction last Nov 15, 2020. She is a member of the Rotaract Club of College of the Holy Spirit Manila.

GALLERY



Above and left, alumnae don quirky hats for the Lucky You Fellowship and Raffle.



Above, alumnae join the "All About Christmas" webinar featuring tutorials on how to celebrate the holidays despite the COVID-19 lockdown.



Top, alumnae and family join Dec. 15 Simbang Gabi; above, attendees of Dec. 23 Novena Mass. On average, there were 200 participants every night on Zoom and FB live-streaming.

Prayer Corner

*Through our "Alumnae Prayer Community,"
let all of us alumni pause for a minute
and storm heaven with prayers:*

- ❖ For the complete healing of Cecilia S. Cabrera (HS-77)
- ❖ For the healing and full recovery of Evelyn Dinglasan (HS-77)
- ❖ For the healing of Gracia Alandy Dadia, 89 years old, mother of Arlene Dadia-Torres (HS78/BSFN-82), who is suffering from shingles.
- ❖ Healing prayers for Winnie Samson's apo Kane, 17yrs old, who has psoriasis flare up of his whole body and face.
- ❖ For Robert Syme, husband of Milagros Eustaquio-Syme (HS-61), to completely heal the blood leakage from his intestines, and for Anna Patricia Javier, to heal her brain tumor that has metastasized.
- ❖ For the complete healing of Rebecca Dizon Fuentes, sister of Olivia Dizon Bugge, (HS-66)
- ❖ For the healing of Jacqueline Brodett-Dino (HS-78)
- ❖ CHSM (HS-82). Healing prayers for Mary Lilybeth Villarreal, Marissa Corpuz –Sanchez, Ana Cadavillo – Cabansay
- ❖ For the healing of HS-78 batchmates who have lingering illnesses CA, chronic spinal disease, heart disease, etc. and those who are undergoing psychological depression.
- ❖ Healing prayer for Fay Susan Abad-Mercado (HS'78) for transverse myelitis.
- ❖ Complete healing for COVID of Isabel Barnes Cortes, daughter of Ma Lourdes Barnes-Cortes (HS-66)
- ❖ For the families of HS-78 who have been taking care of their bedridden parents, immediate family members who have COVID-19, and other debilitating diseases.
- ❖ That alumni and their families will be spared from COVID and other debilitating diseases.
- ❖ For the intentions of Carol Tecson: For complete healing and recovery of Mama Nene Cordero; for good health of the whole family; for a better and blessed 2021 for the whole world; thanksgiving for all the blessings and graces received
- ❖ For complete healing of Bert Soriano from lung cancer. ---Socorro Soriano-Marquez HS '67
- ❖ For the healing of all our alumni and loved ones who have health concerns



We are CHSAF

LET'S KEEP OUR COMMUNITY STRONG!

Join or renew your Membership

May we request you to send your annual dues to your Class Reps who will help us facilitate the payment process.

In the absence of a batch representative, you may deposit your payment to:

RCBC Account No: 7590 573 589

Account Name: CHS Alumnae Foundation, Inc.

Please send a copy of your deposit/transfer advise to

CHSAF Secretariat c/o Ms. Dolly Gabriel

by email to: chsafsecretariat2@yahoo.com
or viber: 09175034608

P500.00/ US\$12.00 (One-year membership)
P1,000.00/ US\$24.00 (Two-year membership)

We, the Alumnae Editorial Board

Ma. Socorro N. Camacho
Arlene Abad-Soncuya
Ma. Corazon P. Guidote
Victoria Torres del Rosario
Ma. Luz Gabriel
Sr. Eden Panganiban, SSpS

- ❖ Thanksgiving prayer for the complete healing from COVID-19 of DO and JET JHOCSON. Do is the son of Georgina Referente Jhocson (HS-51) and brother of Susan Jhocson-Macion (HS-78) and Malu Jhocson-de Leon (HS-80)
- ❖ For the COVID vaccine to be safe, effective, and easily availed of by all who need it. – from Sabsy Palanca (HS-68)
- ❖ For the repose of the souls of our loved ones and classmates
- ❖ For all the souls in Purgatory - from Ma. Paz Alvirde Leon (HS-55/CSS-56/BSC-59)

Into Eternal Life

*Father of all, we pray to You for our family, classmates and friends,
for all those whom we love but no longer see.
Grant them eternal rest and
let perpetual light shine upon them. Amen.*

2020

- Jul 30** **Edward A. Aguila**, brother of Erlinda Aguila-de Joya (HS-67), Elena Aguila-Ampon (HS-72/BSC-76), Emelita Aguila- Lucero (HS-72/BSC-76), Evangelina Aguila (HS-73)
- Oct. 8** **Sr Maria Isentrude SSpS**, former elementary and high school faculty
- Oct 15** **Dr. Ruben Bie**, husband of Charito Fernandez-Bie (HS-69)
- Oct 18** **Justice Jose Melo**, husband of Norma Cruz-Melo (HS-49)
- Nov 1** **Peter Q. Fadul**, brother of Corazon Fadul-Artizada (HS-72) and Clara Jean Fadul-Arce (HS-74)
- Nov 6** **Ramon de Jesus**, husband of Asuncion Lourdes Garcia-de Jesus (HS-68)
- Nov 8** **David Yang**, brother of Jane Yang-Lee (AB-65/BSC-66), Doris Yang (HS 67/AB-BSC-72))
- Nov 12** **Emmanuel Co**, brother of Felina Co-Young (HS-65/AB-69), Lilia Co-Chio (HS-65/BSC-69), Jennifer Co-Homs (HS-71/ BSMATH-75)
- Nov 17** **Corazon A. Columna**, mother of Donnina Columna Halley (HS-71), Rossane Columna-Lim (HS-73), Suzanne Columna-Pagulayan (HS-76), Jovinna Columna Kruki (HS-75), Melinna Columna-Alicante (HS-79)
- Nov 19** **Concepcion Avila-Lacson (HS-82)**
- Nov 20** **Corazon M. Castillo (HS-57)**, sister of Purificacion Castillo-Santiago (HS-54/BSE-58), Carmen Castillo Sanchez (HS-56/AB-60), Rosario M. Castillo (HS-59), Luisa Castillo-Lucero (HS-61/AB-65), Antoinette Castillo -Samonte (HS-65)
- Nov 26** **Ma. Lourdes Papa-Cruz (HS-54/BSN58)**, sister of Ma. Teresita Papa-Lodriguez+ (HS-54/BSC-59), Ma. Soledad Papa-Bito (HS-58/ BSCHEM-63)
- Nov 26** **Roberto M. Ingles**, brother of Marilyn Ingles-Lorenzo (HS-67), Carolina Ingles (HS-74)
- Nov 28** **Margarita Revilla-Simpliciano (HS-63)**, sister of Milagros Revilla-Rivera (HS-72/BSFN-76), Teresa Revilla-Dumael (HS-78/BSFN-76)
- Nov 29** **Francisco Aquino**, father of Vivian Aquino-Araneta (HS-67/BFA-71)
- Dec 6** **Ernesto R Sy**, brother of Nenita Sy-Decal (HS-66), Isabelita Sy-Palanca (HS-68)
- Dec 6** **Melecio Abeleda**, brother of Ma. Fe Abeleda-Robles (AB-60), Ma. Caridad Abeleda-Jurado (HS-63), Ma. Concepcion Abeleda-Beltran (HS-65), Ma. Magdalena Abeleda (HS-66), Ma. Theresa Abeleda-Llave (HS-73)
- Dec 8** **Chito Dizon**, brother of Olivia Dizon Bugge (HS-66)
- Dec 8** **Regina Garcia Zagors**, sister of Aan Garcia Lim (HS-74)
- Dec 13** **Marissa Villaluz-Carino (HS-74)**, sister of Marian Villaluz-Yaptinchay (HS-72), Vilma Villaluz-Thompson (HS-77), Karen Villaluz-Ramos (HS-81/BSC-85)
- Dec 18** **Ma. Isabel Morelos Ingco (BSFN-77)**, twin sister of Rose Morelos (AB-77)
- Dec 19** **Arturo Miranda, Jr.**, brother of Rosemarie Miranda -Lim (HS-74), Elisa Miranda-Cua (HS-77), Mary May Miranda-Feliciano (GS-76)
- Dec 20** **Constante Pimentel, Jr.** husband of Agnes de Guzman-Pimentel (HS-69)
- Dec 23** **Dr. Aurora Payawal-dela Rosa (HS-66)**
- Dec 24** **Sr. Marie Rose SSpS (Corazon Goy (HS-55/BSC-69)**
- Dec 26** **Elisa Ollada-Lacson (HS-62)**
- Dec 26** **Nari Bajaj**, spouse of Celine Cosme-Bajaj (HS-66)
- Dec 27** **Steven Yu Asensi**, brother of Virginia Yu-Asensi (HS-74/BSMT-78), Myrna Yu-Asensi (HS-80)
- Dec 30** **Alma Flor (HS-69)**, sister of Lourdes Lina Flor -Dimayuga (HS-64)
- Dec 30** **Victoria T. Gonzales (HS-67)**

2021

- Jan 1** **Benito R. Lacson**, husband of Elisa Ollada-Lacson+ (HS-62)
- Jan 2** **Carmelita Cordero**, mother of Caromina Cordero Estrella (BSC-73), Cynthia Cordero-Sarte (HS-75), Carol Cordero-Tecson (HS-78)