




13 March-November 17, 2020

Argel, Ma. Nila , OCDS
Ortega Twins Pandemic Memoir

Nihil Obstat:


Msgr. Alfonso Ramon V. Lacsamana
Parish Priest
St. Christopher Parish
Bangar, La Union

November 29
First Sunday of Advent

Use of Face Masks and Shields
Staying physically active in Self Quarantine

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. When going out in public, it is important to practice social or physical distancing from other people. Wear a mask to slow the spread of COVID-19. Face shield, protect the portals of viral entry, and reduce the potential for autoinoculation by preventing the wearer from touching their face.

Staying at home for prolonged periods of time can pose a significant challenge for remaining physically active. Sedentary behaviour and low levels of physical activity can have negative effects on the health, well-being and quality of life of individuals. Self-quarantine can be a cause of additional stress, thus physical activity and relaxation are valuable tools to protect your health during this time.

Dancing, playing with children, and performing domestic chores such as cleaning and gardening are other means to stay active at home. Even meditation and deep breaths can help you remain calm. For optimal health, it is also important to remember to eat healthily and stay hydrated.

"A picture is worth a thousand words." Our journal with photos convey the practice of using *a face mask*, face shield and social distancing. It had contributed our being free of contracting the virus. It *also shows* us twins doing our usual activities for the praise and honor of God.

To have survived 250 days of COVID-19 from March 13 to November 17 and counting calls each of us to pause and give praise to Christ the King. We twins offer our book entitled, "Ortega Twins Pandemic Memoir" as a guide to future generations on what it is like to experience pandemic in one's lifetime.

Inset: The 21st anniversary of the La Union Consecration of the Philippines to God the Father held on October 19, 2020 is highlighted in this 500 page docu photography. *Here I Am Lord* was the opening hymn for the first Holy Mass celebrated at the Sea and Sky College Chapel, Pagdaraoan, City of San Fernando, La Union. It was officiated by Most Rev. Daniel O. Presto, D.D., Bishop of the Diocese of La Union at 9:30 a.m. We are reminded of the first documented Catholic Mass in the Philippines held on March 31, 1521, Easter Sunday. It was conducted by Father Pedro de Valderrama along the shores of what was referred to in the journals of Antonio Pigafetta as "Mazaua". The altar table has a luminous Pieta, representation of a sorrowful Virgin Mary. On top of the silver cross at the middle of the altar are, from left to right: God the Son, God the Father and God the Holy Spirit.

The chapel is adorned with four Cherubims and a large image of Our Lady of Namacpacan. For the shooting on the prayer of St. Teresa of Avila to God the Father, the college chapel was transformed into a studio with the image of Our Lady of Mount Carmel and Sto. Niño to emphasize our being Secular Carmelites.



093 Ortega Highway, Brgy. 1
San Fernando City, La Union

PART III_ ORTEGA TWINS PANDEMIC MEMOIR

3.1 History of Pandemic

Teresa of Jesus wrote, "I am Yours; I was born for You: What is Your will for me?" That stirred her heart and led her and others to seek God. It also means God could say to us "I am yours." He is seeking and longing for us. We were created for relationship with the living God, a gradual growing in relationship and love that drives out fear and ends up seeking Him more and more, and then, asking Him "what is Your will for me?"

Our "Ortega Twins Pandemic Memoir" would confirm what a Catholic sister once said, "To know the will of God is to do things you never thought you would do and go places you thought you would never go."

Thus, in light of the modern pandemic, we spend time chronicling our days to show future generations what we had experienced. We made our days grace-filled and fruitful by continuing our daily masses; prayer and reflections; shooting videos; making our books; visiting the sick among others.

It is a great thing, that we have Biblical stories and lives of saints to look up to in these difficult times. As Pope Francis called them, they are "people who loved God in their hearts, and shared this joy with others."

13th Century B.C. (Before Christ)

The Plagues of Egypt in the story of the book of Exodus, 7-11. God called Moses on Mount Sinai and charged him with freeing the children of Israel who had languished in slavery for more than 400 years. When the wicked pharaoh would not let the Israelites go free God gave Moses powers to do many wonderful signs, but the king of Egypt refused to release his slaves. The plagues were water turned into blood, frogs, lice, gnats, diseased livestock, boils, hail, locusts, darkness for three days and killing of firstborn sons. Exodus

The ten plagues inflicted on Egypt by the God of Israel serve as "signs and marvels" given by God to answer Pharaoh's taunt that he does not know Yahweh: "The Egyptians shall know that I am the LORD".

14th century St. Roch

St. Roch is a powerful patron against plagues. The plague disappeared everywhere he went. During the 14th century there was a plague in Italy, and St. Roch came upon one of the towns most affected by it.

He "devoted himself to the plague-stricken, curing them with the sign of the cross. He next visited Cesena and other neighboring cities and then Rome. Everywhere the terrible scourge disappeared before his miraculous power."

He eventually contracted the plague himself, but after retreating to the forest, he was also cured from the disease. After his death, St. Roch's intercession was invoked when a plague struck Germany in the 15th century. In 1414, during the Council of Constance, the plague having broken out in that city, the Fathers of the Council ordered public prayers and processions in honor of the saint, and immediately the plague ceased. Time and time again he was invoked during various medieval plagues and is why he is labeled a patron against plagues.



Moses in the background with two people suffering from the



16th century

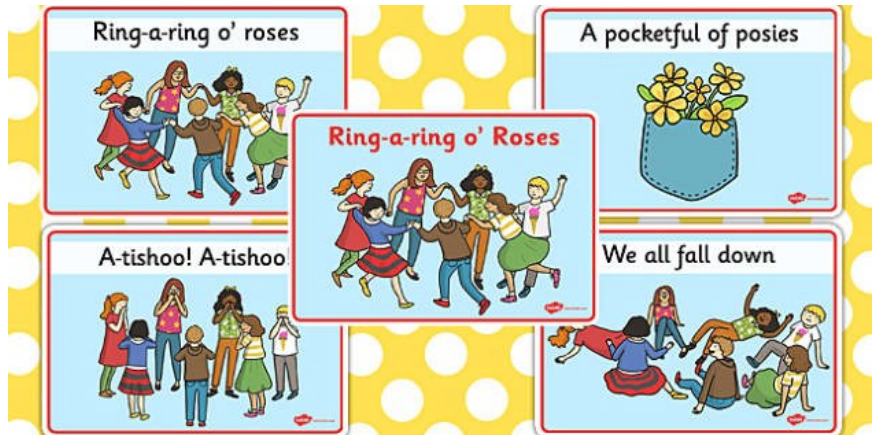
Bubonic Plague was known as the Black Death. The plague started in the East, possibly China, and quickly spread through Europe. The plague killed an estimated **25 million people**, almost a third of the continent's population.

It was believed that holding a posy of flowers to the nose kept away the plague and to this day judges are still given a nose-gay to carry on ceremonial occasions as a protection against the plague!

A song about the plague is still sung by children. 'Ring-a-ring of roses' describes in great detail the symptoms of the plague and ends with 'All fall down'. The 'roses' are the red blotches on the skin. The 'posies' are the sweet-smelling flowers people

carried to try to ward off the plague. 'Atishoo' refers to the sneezing fits of people with pneumonic plague.

How did it end? The most popular theory of how the plague ended is through the implementation of quarantines. The uninfected would typically remain in their homes and only leave when it was necessary, while those who could afford to do so would leave the more densely populated areas and live in greater isolation. The plague lasted in London until the late autumn when the colder weather helped kill off the fleas.



17th-18th century

"A Time for Miracles" featuring the true story about St. Elizabeth Bayley Seton, offers us a guide, a light in a time of darkness.

St. Elizabeth Ann Bayley Seton, SC, Patroness of the Quarantine experienced quarantine twice in her relatively short life. The word quarantine is from quaranta "forty."

In 1799 her father, Dr. Richard Bayley, was appointed Chief Medical Officer at the Quarantine Station on Staten Island in 1799. He contracted yellow fever in 1801, and died with Elizabeth at his side.

William, her husband, (not a believer yet), was a wealthy businessman but got sick of tuberculosis. His doctors sent him to Italy for the warmer climate. They landed safely in Livorno (then known as Leghorn). Though the Setons did not show signs of yellow fever themselves, the precautionary step was nevertheless made by the local authorities and they spent 25 days in seclusion during which William's condition steadily worsened. They were released on December 19 but William died due to the arduous carriage trip but giving thanks for Christ's mercy.

During this time, Elizabeth Ann Seton documented their stay in quarantine. She would sing and write and, most importantly, take to reading her Bible.

While in Italy, Seton learned about Roman Catholicism for the first time. She was especially drawn to the doctrine of the Eucharist as the real body of Christ.

Seton and her family moved in Baltimore, Maryland and opened a school for girls. The Sisters of Charity of St. Joseph's was created with Seton named first superior and given the title of "Mother." She served in that role for the next twelve years.

Two of Seton's daughters died from tuberculosis. By that time, she herself was weak and increasingly subject to poor health. She spent the last years of her life directing her growing community. She died January 4, 1821, at 46 years old.



Elizabeth Ann Bayley Seton, SC

first canonized saint in

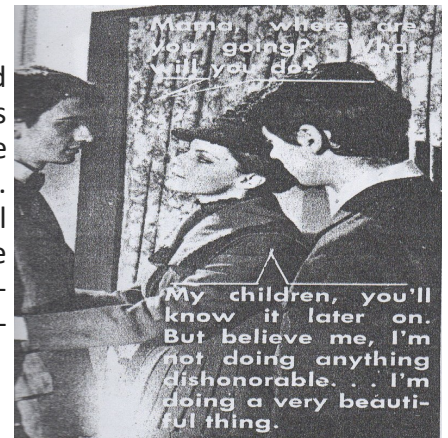
19th Century

Alexandra di Rudini was the daughter of Antonio Starabba Marquis of Rudini, who occupied the highest and most prestigious political offices in the government of Italy. The untimely death of her husband to tuberculosis, in 1900, left her with two young children and in a very intense pain.

After having enrolled her two sons in a private school, she began a life "of stormy passions." She lived in the most ostentatious luxury... But suddenly a disease took hold of her body.

One day she said to abbot Gaston Gorel, "You do not know what it means to look for the light and not being able to find it, it is complete unhappiness." He proposed to her a pilgrimage to Lourdes.

The sons, Andrea and Antonio fell ill with tuberculosis and were hospitalized in a sanatorium, Alessandra interpreted this as a sign that she should join the Carmel Paray-le-Monial. Because she felt deep in her heart to follow God's will, she wrote: "... Our Lord wants me to protect and save my vocation, above all else ... I am happy in my pain ...". Alessandra Rudini became Sister Mary of Jesus, offered to the Lord the burning pain experienced after the announcement of the death of her children, between 1916 and 1917, by tuberculosis.



Saints Francisco Marto and Jacinta Marto

In 1918 and 1919 the Spanish flu virus infected about 500 million people, one-third of the world population. About 50 million people died during the pandemic, including 675,000 in the United States. During this pandemic, most churches, businesses, and schools closed for several weeks in the United States.

Two of the three children of Fatima —Francisco Marto, 10 and Jacinta Marto, 9 years old caught the virus and suffered greatly. Yet, they did not complain. They said they were offering up their sufferings for the conversion of sinners. They treated their suffering as a prayer, an act of love. They united themselves with Jesus on the Cross who offered his painful sufferings as an act of love for humanity. They chose to suffer and die as Jesus did, praying and loving. Francisco died at home on April 4, 1919. Jacinta underwent several interventions at hospitals, including a surgery without anesthesia, and then died alone in a children's hospital on February 20, 1920.



Fatima Parish Church. It is where the children of Fatima were baptized.

Canonization on May 13, 2017

Feast day is February 20.

3.2 Rules to Follow in COVID-19

Anger is a normal and healthy emotion, but it can often flare and cause issues in your life. Findings show that anger flares up more frequently now than it did before the Covid-19 pandemic. Smaller things than usual can set it off.

I was at the Globe Office around 10 in the morning of August 20, 2020. The security guard is after my back as if I am a criminal. I resented it. Then I was asking for water to relieve my tension.

No one offered me a drink so I left Globe.

I took my medicine at my office and after a while, I felt better. I wrote a letter and requested Rina Galvez-Ocampo, my staff at Sea and Sky College to continue my transaction with Globe and have my letter received. However, it was not received. They say it could ruin their records, treating my letter as a negative feedback. I consider it a closed issue with Globe but I want to air my thoughts for the lessons one can learn from such situations.

I believe appropriate good customer relations should be followed. Customers have to be attended to, that is, treated kindly for health and welfare of the customers is vital.

We twins went to the provincial capitol to talk with Gov. Pacoy Ortega requesting a visitor to be allowed entry to La Union. He is Engr. Achie Jimenez Denna of 90 Degrees North, Inc. travelling for official business to assist Sea and Sky Broadcasting, Inc. for a purchase of a digital transmitter. The visitor has no travel documents to show and we wanted him to be exempted.



This letter shows the urgency of my requests.

Dear Pacoy

Please grant my request for them to see Sea and Sky Broadcasting housed at Sea and Sky College even for only an hour. I was thinking of letting them stay at Sea and Sky Hotel for the night but rather for them to be denied entry my compromise is for them to inspect the tower and site then go home to Manila.

This request is all for the TV operation that will benefit La Union. For the La Union Consecration of the Philippines to God the Father_ proposed airing on digital October 19, 2020.Thanks



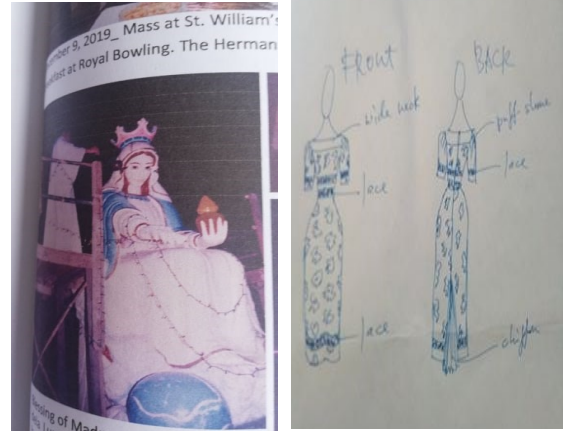
LUZ ORTEGA TWINS However, Governor Pacoy Ortega, a nephew denied our request for he feels that it is a violation of strict government rules. A copy of the requirements was provided to us. For this purpose, the following documents shall be required from persons crossing zones for work permitted in the zone of destination and going back home on Border Quarantine Control Points (QCPs): Non-Resident of La Union with Official Business. Staying for 1 day in the Province: La Union Health Declaration Form; Company ID or Certificate of Employment; Travel Order/Mission Order from company/government agency or any proof of official business with inclusive date of travel. In the case of delivery cargoes Delivery Manifests should be presented in border checkpoints. And Local Health Unit-issued Health Certificate from the place of origin (issued within 3 days before actual arrival in La Union)

3.3 COVID Months

Day 1

March 13

Luz _ I sent a text message to Johnmar Flores, our couturier to send a photo of his sketch on our twins' floral dress to be worn on the feast of the Annunciation, March 25, 2020. I made last minute instructions on how the dress will be sewn, making sure that I can go up the statue to sit on the lap of Mama Mary during some scenes of the shooting.



Day 2

March 14

Nila _ As president of the St. Teresa of Avila Community, City of San Fernando, La Union, I requested Fr. Alex Collera, spiritual assistant to conduct the ceremonial of Divine on March 13 before leaving for Manila due to the lockdown order of President Rodrigo Duterte due to the COVID-19. This photo was taken a day after the ceremonial at the OCDS House of Prayer.



Day 3

March 15

Luz _ I informed Tony Belleza, a local artist to repaint the grotto of Madre Santissima de la Luz at the Bantay ni Ame ken Maria. It needs repainting for the last celebration held in her honor was during the 150th Proclamation of the Dogma of the Immaculate in December 8, 2004 when we were the Hermana mayor.



Day 4

March 16

Luz _ I received this text message from Ludi, my youngest daughter living at Germany: Ma pls stop going to public places and stay at home. You and papa are very vulnerable. Pls



I am writing my thoughts on the issue: A study from University College London found that people who perceived their parents as less psychologically controlling and more caring as they were growing up were likely to be happier and more satisfied as adults. I believe I was not a controlling mother. I let them make their own decisions.

We their parents should also make our own decisions. I am glad that twin Nila is with me during this pandemic. We share the same viewpoints and not overly anxious about the pandemic, opting that prayer is the best antidote of COVID-19. Mindfulness tools like meditation and journaling also helps in overcoming this sense of difficult feelings as what we are doing.

Day 5

March 17

Nila _ What Malacañang calls an 'enhanced community quarantine' (ECQ) took effect midnight of Tuesday, March 17, 2020 until April 14. ECQ is a total lockdown, restricting the movement of the population except for necessity, work, and health circumstances; & temporary closure of non-essential shops and businesses.

Luz _ I, Ma. Luz made a decision to stay at the OCDS House of Prayer, City of San Fernando, La Union for it is just a 5 minutes walk to the Carmel of the Holy Family Monastery Chapel. This will enable me to go to mass daily and receive Sacramental Holy Communion.



Day 6

March 18

Luz _ Although Fr. Doms Ramos announced that there will be no mass starting today, I still went to the Carmel of the Holy Family Monastery Chapel the following day. I went to the front seat near the nuns. When I saw Fr. Doms arrived, I asked Sr. Therese if I could hear mass and she said she will ask mother prioress. It was a grace-filled morning for I was told to take a seat in the front row. Julie and husband were seated near the entrance door.



Day 7

March 19

Luz _ Today, March 19, Solemnity of St. Joseph, Spouse of the Blessed Virgin there were seven of us at the Monastery Chapel. Our late mother, Rosa Ortega, ocds was a Secular Carmelite and a member of the Confraternity of St. Joseph. Our sister Rosa Ortega Martinez, the namesake of our mother is now a member of the Confraternity.



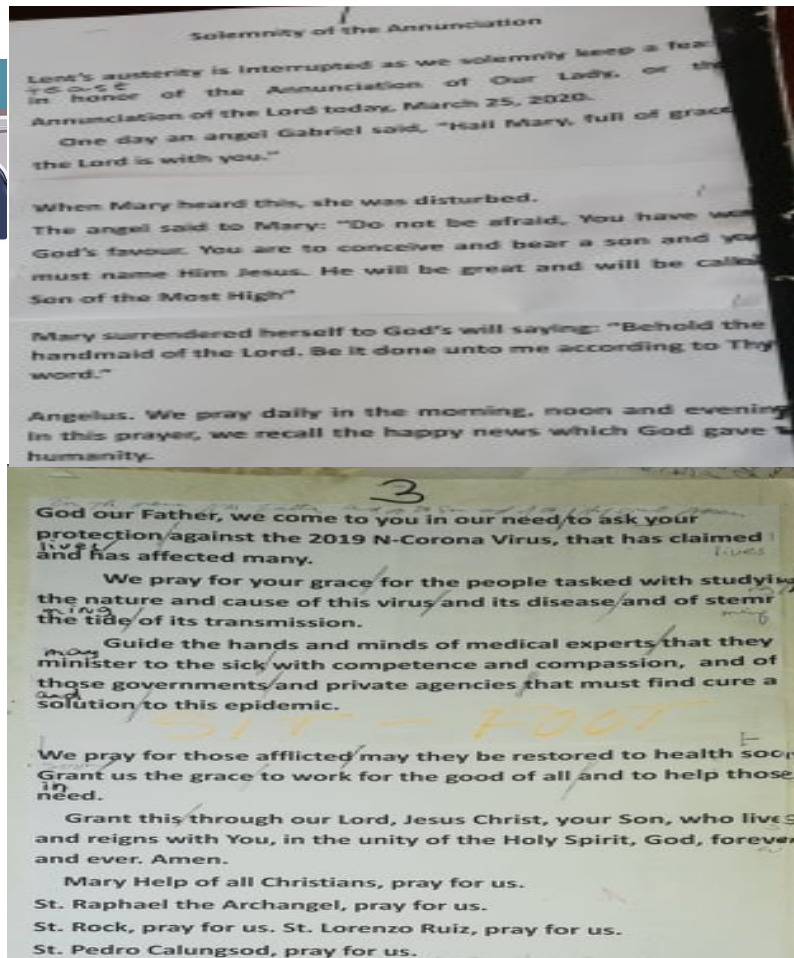
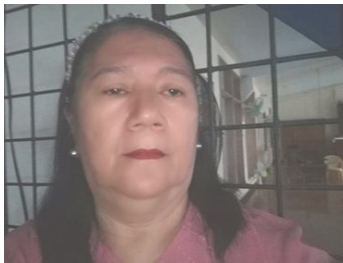
Day 8

March 20

Luz _ I requested Rico, an employee of the Sea and Sky College and who also works at the radio station, to print the script to be used on March 25 shooting. The script on the illustration board was the idiot board - a device (as a projection of a script) used to prompt a television speaker and placed out of camera range.



Nik Nik Mo



Day 9

March 21

Luz_ I left San Fernando for Aringay at 3:30 PM. The PNP personnel manning the San Fernando checkpoint was asked for my travel pass. I said, "none, I am just going to Aringay to get something important and will go back just the same". Inquired as to my job, I said, "Owner of Sea and Sky Hotel and College." I was allowed to proceed, and had no problem at the Bauang and Caba checkpoints arriving at Aringay at 4 p.m. I parked my car along the high way while waiting for the dress. At 6:25, I finally got the dress.

I left Aringay at 6:30 PM experiencing some difficulty at the Caba and Bauang checkpoints. I was informed "no pass, no entry at San Fernando. So sorry for name-dropping. I said, "I am the cousin of the Governor. I was relieved when I was allowed to proceed.



Day 10

March 22

Luz_ At Barangay 1, in front of Twins Haven, I was required to have a mask. I went to my car and took blue sash of the Confraternity of Our Lady of Lourdes. Luckily I got two home quarantine pass.



CSF- 2020- BRGY10351

HOME QUARANTINE PASS

Family representative: HA LUL ORTEGA - BOLONG

Designation in the family: _____

Age: _____ Sex: F Contact No. 607-4224

This allows the bearer to do the following activities in the City:

- Buy medicines and related goods at any nearest pharmacy
- Buy food at the public market, nearest supermarket or grocery
- Buy water at any nearest water-refilling station
- Transact with the bank or nearest money transfer establishment

Certified: [Signature]
Punong Barangay

*Only ONE official pass slip per household
*Valid from March 22 to April 12, 2020

MWF ONLY

CSF- 2020- BRGY10374

HOME QUARANTINE PASS

Family representative: HA LUL ORTEGA - BOLONG

Designation in the family: _____

Age: _____ Sex: F Contact No. 607-4224

This pass slip is ONLY for the following purposes:

- Buy medicines and related goods at any nearest pharmacy
- Buy food at the public market, nearest supermarket or grocery
- Buy water at any nearest water-refilling station
- Transact with the bank or nearest money transfer establishment

Certified: [Signature]
Punong Barangay

*Only ONE official pass slip per household
*Valid from March 22 to April 12, 2020

TThs ONLY

Day 11

March 23

Luz_ I entered the chapel but there were no people. Fortunately, there is mass for the nuns inside their Monastery. They closed the curtains but I open a portion so that I could follow the mass better.



Day 12

March 24

Luz_ I went up the storage tank wearing my dress for the March 25 shooting. It was alright, so it gave me confidence that I could climb the ladder going to the big image of Madre Santissima dela Luz. Perfect!



Day 13

March 25

Nila_ The saying, "Here I am, Lord; I come to do your will," speaks well for the activity in Commemoration of the Solemnity of the Annunciation of the Lord at the Bantay ti Ama ken Maria, dubbed God the Father Tower, Pagdaraoan, San Fernando City, La Union.

March 25, 2020 - Solemnity of the Annunciation



"The Philippines is abundant in faith that has kept the Filipino spirits alive through trying times. Christ in us is our hope of glory."

Cebu Archbishop Jose S. Palma, D.D.

Here I am, Lord; I come to do your will.



Maria Luz on the foot (File photo taken 2002) and on the lap (2020) of Madre Santissima De La Luz.

Day 14

March 26

Luz: I heard the cries of Precy. She received a call that her grandson died. In the evening, I accompanied Precy at Parian, Poro to secure permit to travel from the Barangay Captain. Her son will pick her up at the OCDS House of Payer to go to Baguio. Luz stays at the car while Precy went to the office. Unfortunately, she was not granted a permit because she is senior citizen. Precy accepted the denial and just prayed for the repose of the soul of her grandson's soul.



Day 15

March 27

SCRIPT

Luz Adlib:

Dahan dahan (Careful)

Today a day before the Feast of St. Teresa of Avila, I am inspired to have the carriage move to the front gate because I saw them delivering water and tomorrow I can not find another person who will do it for me when there is an inspiration do it ASAP seize the day

Paganun paganun yes... para kung sakaling kaya ko ilalabas ko bukas sa tingin yu kayu ko kaya... hahaha (This way...so that if ever I can manage to bring it out tomorrow. Do you think I can?)

Delivery man: Mabigat flat tire (It is heavy) The tires are flat.

Luz: Nakalimutan kung pinaayos gulong. Oo.... I forgot to have the wheel fixed.

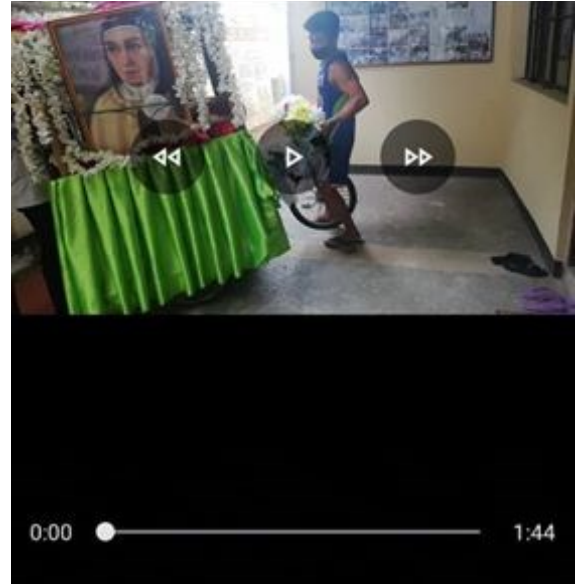
Kasi nga pupunta magsimba si St. Teresa..

Tomorrow, St. Teresa will go to the Church for the mass.

Sandali lang kunin naman ninyo yun picture namin dalawa kasi naka violet sya. Sige....

Wait a minute. Please take our picture. She's in violet.

St. Teresa of Avila we love you very much... happy feast day tomorrow. Thank you.



9:42 AM

Day 16

March 28

Luz: I told my companions yesterday that we move the carriage of St. Teresa together so that they could take my video. However, in the morning I did not want to bother them for they were attending TV mass. At 5:36, I started pulling the carriage and surprise it seemed to be light. I was startled for the carriage nearly fell on my face, so I prayed and the carriage became stable. I saw Fr. Cris an SVD priest coming out of their gate to say the mass. I told him, today is the birth anniversary of St. Teresa and also my baptismal anniversary with my twin. After mass Fr. Cris took my photo with the carriage and then, Fr. Cris had a souvenir picture too.



Day 17

March 29

Luz_ Going down from the exhibit room at the second floor of the OCDS house, I bumped into Precy and Edith with a broom. They told me they are cleaning the small room as Edith will occupy the middle vacant room. While at the monastery chapel, I could not believe how St. Teresa could read my mind. Since March 13 when I opted to stay at the OCDS House of Prayer, my wish was to stay back at the friars room, (now being occupied by Divine) so that I can concentrate on our book. So I said what a coincidence. Today is the day after the birth anniversary of St. Teresa which I celebrated with a procession. Now, comes this surprise _ re-



9:55 AM



1:47 AM

Day 18

March 30

Luz _ I attended mass in this morning and in the afternoon we prayed the Station of the Cross at the OCDS House of Prayer.

I had difficulty getting water from the water pump, so we asked water from the house of the Society of the Divine Word (Latin: Societas Verbi Divini, abbreviated SVD).



Day 19

March 31

Luz _ I and my two companions, Precy and Edith went out. I stayed at the car while Precy and Edith withdrew money at the Philippine National Bank. I gave a list of grocery items for them to buy. Before going back to the OCDS House of Prayer, we dropped by Chowking, and bought chicken for the three of us and fish for Divine.

List to buy care of Precy:

1. Toothpaste
2. Shampoo
3. Body Soap
4. Toilet paper
5. Coffee
6. Skyflakes
7. Sanitary Napkin
8. Tide
9. Wet Ones Hand Wipes.
10. Johnson baby powder
11. Staple wire



To enter the Philippine National Bank, once again she uses an improvised mask—

Day 20

April 1

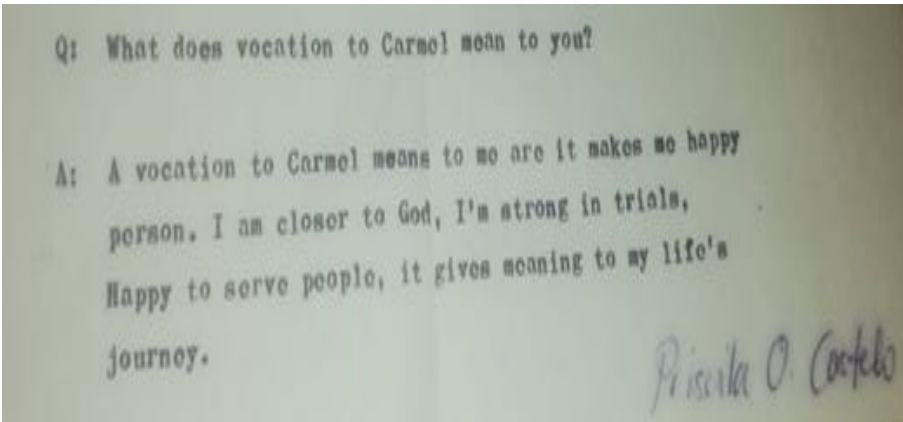
Luz_ After mass I took the photo of the mass celebrant Fr. Oscar Alunday in front of the house of Rey and Catherine Nisce. Beautiful bougainvillea flowers at the background made the picture of Fr. Alunday holding baked bread from the nuns wonderful.



Day 21

April 2

Luz_ Having spent already 20 days together at the OCDS House, I believe Precy loves being a Carmelite. In fact, she left us for a while to be with her son in Canada but she came back. She said, she misses her Carmelite family. She showed me a paper with her answer to the question "What does vocation to Carmel mean to you?" That was during our desert experience at the Betania Retreat House conducted by OCDS Manila Formation Team. Edith's favorite place is near the door. She prays her LOH. I call for her when I need somebody to take my pictures.



Day 22

April 3

Nila_ While going over posts on FB, I saw an article written by OCDS Thelma Antonio, National Past President on September 21, 2011. We don't remember having read it, so certainly the late Thelma is with us twins in writing our life in a book entitled, In the "Footsteps of La Madre."



Virgil S. Antonio ►
Thelma Antonio

Oct 6, 2011 at 9:36 PM • _

Nila needs our prayer. Right now she awaits a heart bypass operation. According to the doctors she has 50/50 chance due to complications. Please join us in praying for her.

Nov. 23, 2011 at 8:22 AM *

She is now being operated on to fix the infected wound from her bypass operation more than a month ago. Lord have mercy!

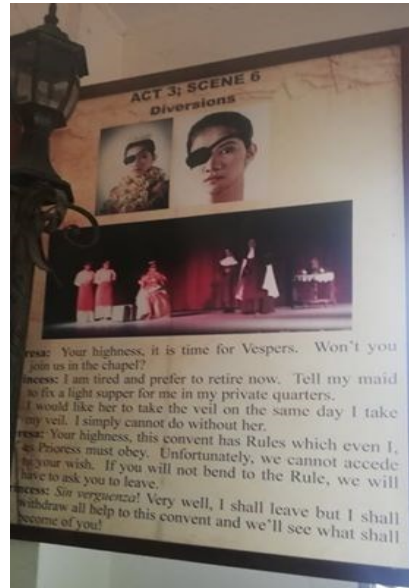


Relic of St. Therese brought by Thelma at the hospital. I was given a second lease of life thru St. Therese's intercession.

Day 23

April 4

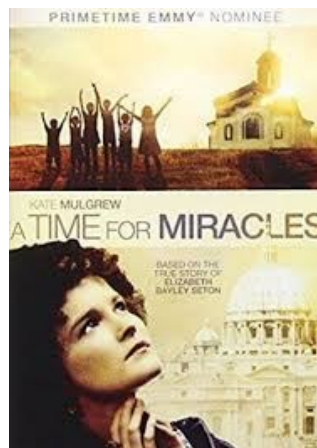
Luz _ While staying at the OCDS House, I could not drop by the Ortega Twins Haven to pick some clothes. As a remedy I get some costumes at the second floor of the OCDS House of Prayer. This costumes are on exhibit and was used by the characters of the stage play Born for you _ the Life of St. Teresa of Avila. Choosing clothes with colors red, violet and white gave Luz a complete wardrobe for the Holy Week.



Day 24

April 5

Luz: Forwarded from Edgardo Regalado: Please watch in youtube KATE MULGREW A TIME FOR MIRACLES... In this movie, Actress Kate Mulgrew portrays the role of St. Elizabeth Ann Bayley- Seton, Widow, Foundress of the Sisters of St. Joseph, first US Citizen Saint. (1:15 PM). I woke up early on April 5 (Palm Sunday), and watched the movie from 2:00-4:00 AM and the movie is great.



Day 25

April 6

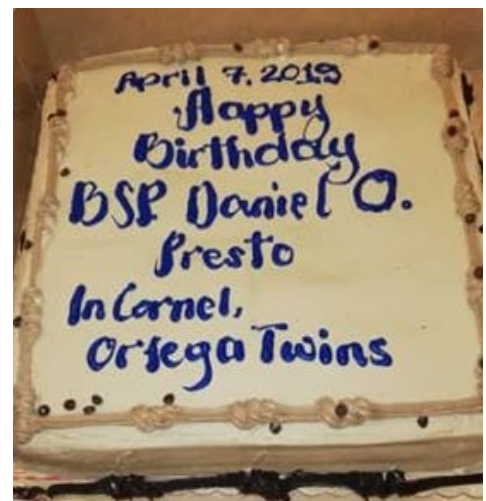
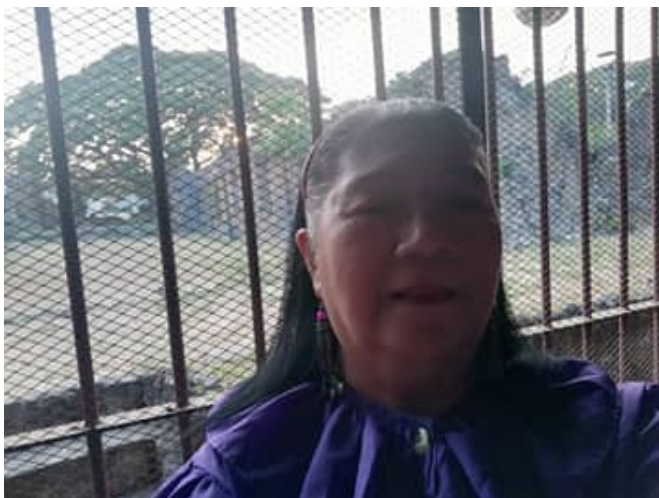
Luz: After mass, I showed the list of SVD priest to Fr. Provincial Fajardo and gave his corrections. Then I visited Fr. Nicanor Vergara who is already a retired priest. Fr. Vergara informed me that it was Bro. Vincent Silug's birthday so I also visited him.



Day 26

April 7

Luz_ Today is the birthday of our beloved bishop of the diocese of San Fernando de La Union, Most Rev. Daniel Presto. We offered mass for him and greeted him at Facebook. Last year we twins gave him a birthday cake.



Day 27

April 8

Luz_ Due to COVID-19, going out is prohibited but mobile vendors are allowed to sell. At 8:00 AM we are out of the OCDS HOP and buying some food to cook. We are lucky that Precy is a good cook.

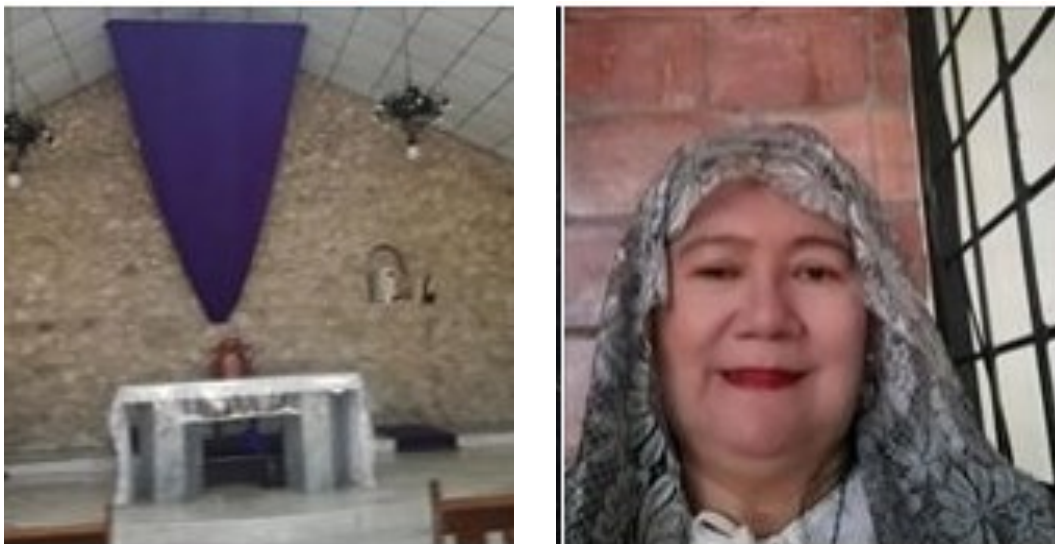


Day 28

April 9

Luz_ The Sacred Triduum: Holy Thursday, Good Friday and Easter. I arrived early at the monastery chapel for the 5:00 PM activity. I had a selfie with the covered statue of St. Teresa in violet cloth.

Covering crosses, statues and images or “veiling” with unadorned violet cloth. We are putting on Christ at Easter, and the coverings help us remember that focus.



Day 29

April 10

Luz_ Prostration is the placement of the body in a reverentially or submissively prone position as a gesture. Typically prostration is distinguished from the lesser acts of bowing or kneeling by involving a part of the body above the knee touching the ground, especially the hands.



List of places where I, Luz prostrated:

- | | |
|--------------------------------------|-------------------------------|
| 1. Carmel O. Carm Chapel | - Cabanatuan City |
| 2. St. Peter's Basilica | - Rome, Italy |
| 3. Transfiguration Chapel, Calaruega | - Nasugbu, Batangas |
| 4. Carmel Monastery Chapel | - Scotland, Europe |
| 5. St. Dominic Church | - Peru, South America |
| 6. Carmel of the Holy Family | - San Fernando City, La Union |

Day 30

April 11

Luz_ It's Sabado de Gloria and usually children would go to the beach for swimming. I went inside the Carmel monastery early and surprised to see the church ready for Easter. The violet cloth coverings of the statues were already removed. At the altar was a flowering plant. Back at the OCDS HOP we had our Promise at 10:40 AM. In the picture it's only Precy with me. We were practicing while waiting for Edith.



Day 31

April 12

Luz_ Happy Easter to all! Eggs from my husband Danny. Artist is Divine.

Easter eggs, also called Paschal eggs, are eggs that are sometimes decorated. They are usually used as gifts on the occasion of Easter. Easter eggs symbolize the empty tomb of Jesus, from which Jesus resurrected. In addition, one ancient tradition was the staining of Easter eggs with the colour red "in memory of the blood of Christ, shed as at that time of his crucifixion



Day 32

April 13

Luz_ At the wall of the friars room which I formerly occupied as past president, is a big tarpaulin used during the St. William the Hermit Parish Night. We twins joined the other OCDS members dance in Carmelite habit. In fact, many thought we were real nuns.



Day 33

April 14

Luz_ The perfume I am holding is the one used during March 25 Annunciation of Our Lady shooting at Bantay ni Ama ken Maria. I sprayed some perfume on the statue of Madre Santissima de la Luz. It is the same perfume I poured on the image of St. Teresa of Avila during the March 28, 2020 procession. Now, I keep the bottle as souvenir.



Day 34

April 15

Luz_ At 5:15 AM I put on the switch of the electric water pump then opened the faucet. Praise God there is water coming out! We were having a hard time getting water so we use the public bath at the Carmelite monastery.



5:28 AM



5:55 AM

Day 35

April 16

Luz_ Nothing beats a mass in the morning to begin the day. At the OCDS HOP there is 4:30 AM TV mass, my companions attend to. I, on the other hand attends 6:30 AM mass.

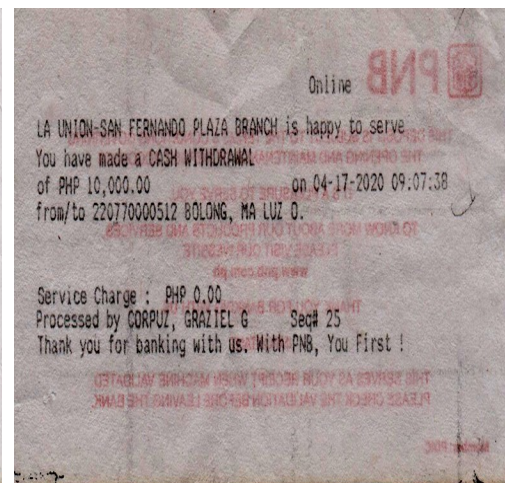
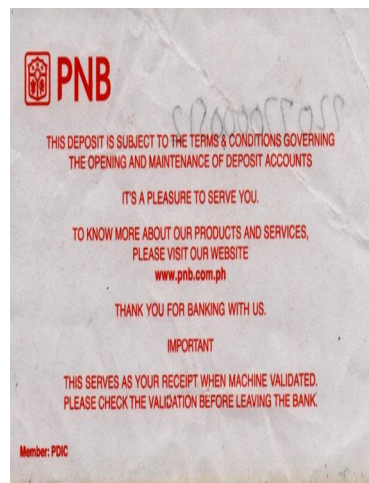
A motto of St. Benedict's was "Ora et labora." It translates to a command, "Pray and work" Thus, I initiated general cleaning of the OCDS House of Prayer.



Day 36

April 17

Luz_ I went to PNB to withdraw money for mu medicines. A guy at the bank told me to give his regards to Danny. He said is Carlo Peralta, a Rotarian who attends meetings at Sea and Sky Hotel.



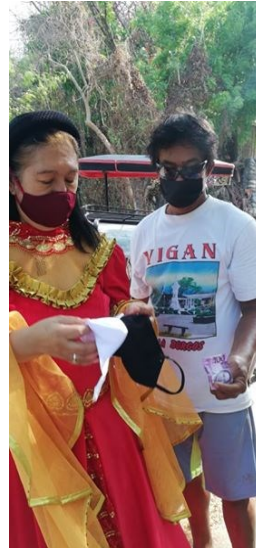
Day 37

April 18

Luz_ Divine told me there is somebody selling masks outside. It is three for one hundred pesos, so I got colors red, white and black.



8:19 AM



8:40 AM

Day 38

April 19

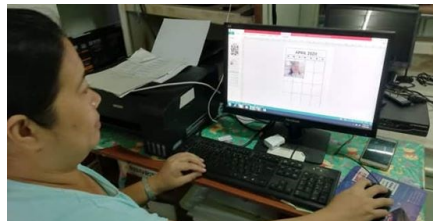
Luz _ I attended the Divine Mercy Sunday mass wearing a blue dress. This was used by Moutrie Aromin in the stage play “Born for You _ the Life of St. Teresa of Avila”. In the afternoon I changed into red gown used by teen-aged Teresa portrayed by Baby Andallo, student of Sea and Sky College.



Day 39

April 20

Luz_ Today, Evelyn Belleza Halog starts working part-time for me at the school. She will encode in the computer my document entitled “My Unforgettable and Inspiring Experiences with COVID-19”. Evelyn used to work at Sea and Sky College in 2011 but now works at the Orte-ga Printing Press owned by brother Steve. Tony Belleza, a local artist is his uncle. Evelyn lives at Barangay Camansi. I was on my way to Camansi when I was approached by the police officer manning the quarantine checkpoint. I showed my quarantine pass card.



Day 40

April 21

Luz_ At the checkpoint going to Camansi, the police officer asked my age. Aware that seniors are not allowed to go out of home, I had to lower it down from 66 years old to 59 years old. Working on the book with Evelyn since April 20 was rewarding as when I arrived at the OCDS House of Prayer I was greeted with a good news Precy said “there is water in the shower”.

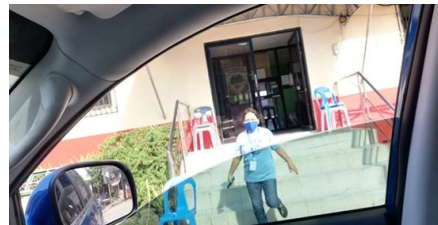
Luz wearing mask drives her car to Camansi to fetch Evelyn Halog, her part-time secretary who does computer work on her books.



Day 41

April 22

Luz_ My mass intention was for my angel to make it easy for me at the checkpoint. However, I and Evelyn were stopped at the Camansi checkpoint. I made a mistake by showing my two quarantine pass cards to the officer. He confiscated my Tuesday, Thursday and Saturday pass card, requiring me to get a replacement at Barangay Pagdaraoan. Evelyn got her quarantine passes too.



BARANGAY PAGDARAOAN
Control No. ST6
SPECIAL HOME QUARANTINE PASS
Ma. Luz A. Ortega Bolong
Name of Holder
Purpose: Appie Xocue 4etc.
Place: San Fernando, C.I.
Validity: (April 12 - 30, 2020)
Schedule/Time: THS
RAUL A. OCTAVO
Punong Barangay

Get special Card from
Barangay

Day 42

April 23

Luz _ I and Evelyn were stopped at Santiago Norte Checkpoint. I showed my pass card and Senior Citizen ID. At CSI Mall checkpoint, we were asked to proceed after showing ID. I participated in the Virtual Meeting with CHED Region 1 and other Presidents with the help of Rico. Kenneth, the driver of my husband who works at BAMCOR Fire Extinguisher in P. Burgos Street, San Fernando City, La Union came to the OCDS House to deliver chicken. Luckily I had already arrived from work at the Sea and Sky College.



Day 43

April 24

Luz_ Before mass, I talked to Fr. Oscar, SVD if my three companions could join me at the Carmel Monastery for mass. However, he said it is difficult as people will come to know about it..

When I arrived from Camansi, Kenneth arrived and gave us Pechay and mangoes from JB's garden. He asked where I came from as I was wearing my shoes and my bags are at the bench. I told him none.



Day 44

April 25

Luz_ It is Saturday but my thoughts and actions are still on the book "In the Footsteps of Madre". At 3:00 AM my table in the Friars room is already laid with things I need for a whole day's work.

I wore a red dress as it is the Feast of St. Mark, the Evangelist. *Mark the Evangelist* is most often depicted writing or holding his gospel. *Mark the Evangelist* attributes are the lion in the desert; he can be depicted as a bishop on a throne decorated with lions; as a man helping Venetian sailors.



Day 45

April 26

Luz _ I am cleaning my car. Then I will put my used clothes in the laundry bag for Danny to pick up in the afternoon.

Danny arrived with spaghetti and hamburger. He noticed that my car was near the gate so he asked "where did you go?" I replied here only. I had to move the car here because on the other side, leaves of the trees fall on my car.



Day 46

April 27

Luz _ I received this text message from John Flores, "Hi ma'am Luz! I just want to ask you, have you seen personally the cathedral Sagrada Familia in Spain? I saw it here at Google, amazingly beautiful! (9:16 PM)

Luz reply to John: Saw it when it was not yet finished because really huge. 4:46 PM)

During our Marian Pilgrimage 2002 from September 18 to October 9 we visited many Churches. On September 29, we were awed with the Temple of the Sacred Family still under construction in Barcelona, Spain. It is a one-of-a-kind temple, for its origins, foundation and purpose. Fruit of the work of genius architect Antoni Gaudí.



Day 47

April 28

Luz _ We have difficulty getting water from our deep well, so we take a bath at the public comfort room in the Carmel of the Holy Family monastery grounds. Learning of our problem, Sr. Therese offered the use of the comfort room in the room formerly occupied by Divine (Sis. Rose).



Day 48

April 29

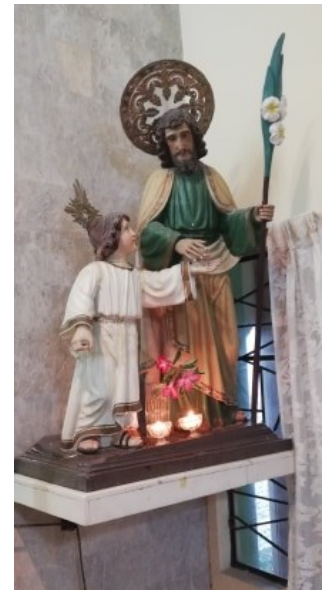
Luz _ I thank You, Almighty God for your divine providence. I am daily greeted with Your beautiful creation _ the Sea and Sky! Thank you for providing me a car to go to the school; the hotel for livelihood and a venue for celebrations; the school to work; and the good health to do Your Will.



Day 49

April 30

Luz_ At around 3 a.m. I cleaned the statue of St. Joseph. St. Teresa said:
"I took for my patron and Lord the glorious St. Joseph I cannot call to mind that I have ever asked him at any time for anything he has not granted. I am filled with amazement when I consider the great favors God has given me through this blessed saint."



Cleaning done!

Day 50

May 1

50th Jubilee

Congratulations!

Mo. Mary Elizabeth

of the Nativity

May 1, 2020

Golden Jubilee of Religious Life

May you always have a psalm on your lips and Christ in your heart

Carmel of the Holy Family

Silver Jubilee of Profession
1970 - May 1 - 1995

1974

2010 Ruby Jubilee

Luz gives gift to Mother Elizabeth
Nila hands gifts of nuns to OCDS

Mo. Elizabeth sewing scapulars.

Purple Sat. morning in the garden of Miriam Abansi Flores with Mo. Elizabeth and Mo. Stella with Edgar.

3-31-18 Easter Vigil
Easter gift from OCD
Nuns for kids and OCDS

From, St. Teresa of Avila Community



Day 51

May 2, 2020

Luz _ I am so happy when I finish a job on my target date. Of course, I give credit to the people who help me. See, the joy emanating on my face as I reach the Bishop's residence to present my book?



My Unforgettable and Inspiring

Experiences with

COVID-19



**LUZ BRINGS BOOK
TO BISHOP PRESTO**

Day 52

May 3, 2020

Luz_ I have read this sayings on a healthy relationship: A healthy relationship is where both understand that there would be fights and disagreements, but still love each other enough to forgive and forget. A healthy relationship is where both are committed and ready for compromises and sacrifices. A healthy relationship is where both grow old together, who love each other enough to complete this long journey of life even after several ups and downs, and never leave each other, till death do them apart.

I think Danny and I have a healthy relationship. In the photos Danny checks on the condition of my car and brings food for the Community staying at the OCDS HOP.



Day 53

May 4, 2020

Nila _ I bathe Our Lady of Fatima Statue at Twins Haven and Luz is seen holding Mama Mary. The statue is now ready for the May 13 shooting at Sea and studio as we celebrate her feast day.

It was on this day that the Blessed Virgin Mary started her series of apparition to three shepherd children in the small village of Fatima in Portugal in 1917. She appeared six times to Lucia, who was then 9 years of age, and her cousins Francisco, who was 8 at that time, and his sister Jacinta, aged 6, every 13th of the month between the months of May and October.



Day 54

May 5, 2020

Nila _ A photo stand-in (also called a face in the hole board, photo cutout board or comic foreground) is a large board with an image printed on it and that has one or more holes cut out where people can stick their face through the board for humorous effect. The hole aligns with an area in the image that creates an optical illusion of the person's face being an actual part of the scene. This illusion is then often immortalized by taking a photograph of the person's face through the board. The billboard was our advertisement on our stage play, "Born For You" and we had holes in our face for anyone interested to take a photograph with their face on the hole.



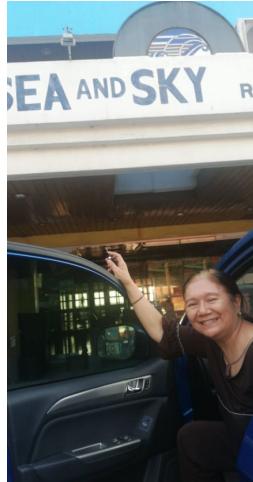
Day 55

May 6, 2020

Nila_ At around 8 in the morning of May 6, 2020 I went to UV EXPRESS TERMINAL to inquire if there is a ride going to Tagudin. Then I went to the office of Barangay VIII to ask for a special permit to travel, being 66 years old, a senior citizen.

At home, I told my husband, Pacifico "Chicoy" that I am going to San Fernando, La Union. At around 12:30 in the afternoon I took the available pubic transport that stops at Santa Maria with eight passengers.

Luz travels from San Fernando to Tagudin with Lito as driver. They picked me up in front of Landbank. Now we are at the car together going to San Fernando. We reached the Sea and Sky Hotel and then at OCDS HOP, where we twins slept.



Day 56

May 7, 2020

Nila_ It is the birthday of our sister Flor. She is embracing her first grandson from daughter Eva Ocampo-Balbuena married to Jephthe Balbuena

Message from her grandson

My favorite place in the world is when I'm right next to my lola. Happiest birthday, Lola Flor! - EJ

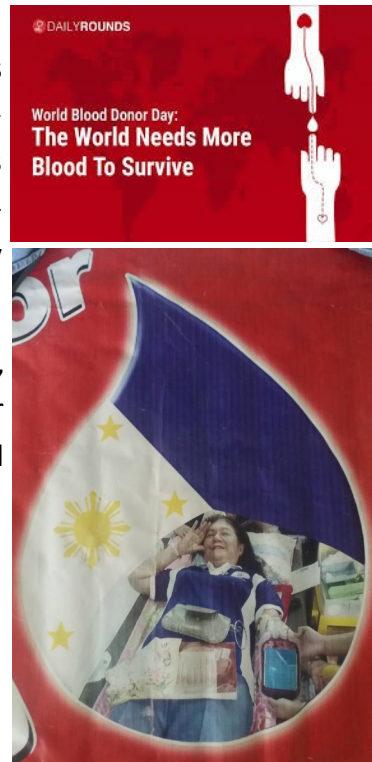
Comments: Ma Luz Bolong hapi lola hapi apo

Ma LuzNila Ortega BolongArgel Beautiful Sis Flor with guapito apo. Happy birthday manang.



Nila _ Every year 8th May is celebrated as World Red Cross Day to honor the International Red Cross. Sea and Sky College and Christ the King College partnered up for Mass Bloodletting activity in September 2012 at the CKC Conference room as part of SASC 's 18th Foundation Anniversary and Tourism Week Celebration.

Seventy six donors from volunteers SASC students, faculty and staff were able to provide 16 bags of blood for the Phil. Red Cross La Union Chapter. It was the second time of dean Luz donated blood.



May 9, 2020

Nila_ It was a great relief when the Carmel of the Holy Family opened its gates for daily mass goers. Roman Catholics believe that the bread and wine that is offered is the actual body and blood of Christ in unbloody sacrifice. For Roman Catholics, the Eucharist is the most important act of worship.

Your Spirit Finds Joy in Communion



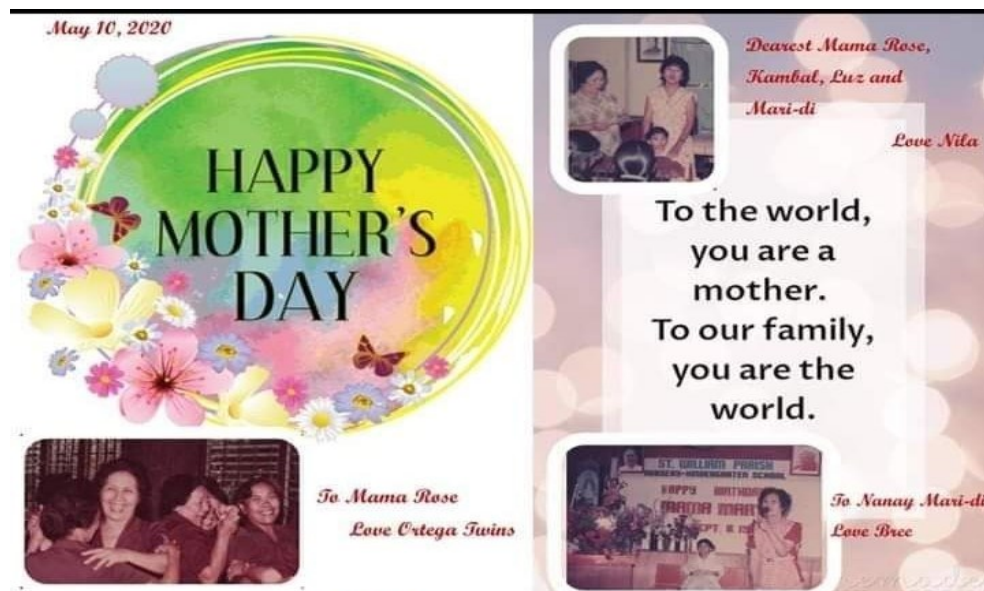
May 10, 2020

Nila_ While looking at religious icons, the figures of Christ and the saints make certain hand gestures. Jesus' right hand is shown raised in attitude of blessing. Depicting two **hands** pressed together and fingers pointed up, is used as a gesture of prayer (religious or secular), thanks, request, and greeting as well to express such sentiments as hope, praise, gratitude, reverence, and respect. In my photo, I followed the folded hands of Our Lady of Fatima.



Nila_ Mother's Day is celebrated across the world. Mary has been venerated since early Christianity, and is considered by millions to be the most meritorious saint of the religion.... The Catholic Church holds distinctive Marian dogmas, namely her status as the Mother of God, her Immaculate Conception, her perpetual virginity, and her Assumption into heaven.

Mama Rose



Day 60

May 11, 2020

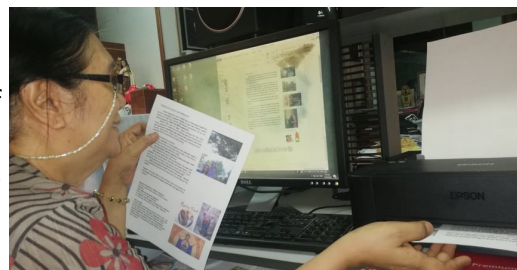
Nila_ The cloth used for the bolero shrugs over our blouse was given by Gert. The floral pattern complements with Our Lady of Mt. Carmel. After all, Carmel means garden.



Day 61

May 12, 2020

Nila_ Let me share what I have read. "Always put a smile on your face because it's a very powerful weapon. I'm talking about a genuine smile of happiness. Remember God is always faithful. He will hold you up. Rejoice because all things work together for good. Uplift your life and think about all the great things God has done for you. Give God thanks and always smile, which shows strength. Bless someone's life today by just giving them a smile and that alone can indeed uplift them." See, I am really smiling, not a fake one. I enjoy what I am doing.



Nila_ I find time from my busy schedule to greet people who means a lot to me. My relationship with my Balae" is significant, though we do not stay in the same province. I am happy that my son's mother-in-law loving accepted him in their family.



Today, Evelyn, we want to thank you for all the special things you do your loving and caring ways, and your patience and kindness. Thanks for being a wonderful mother-in-law to our son Neil And grandmother to our Nikko and Marco. May you have many more birthdays to come.

Love from,
Chicoy and Nila



Day 62

May 13, 2020

Nila_ Today, May 13, 2020 is the Feast of Our Lady of Fatima. We heard mass at the Carmel of the Holy Family Monastery Chapel.

Our Lady of Fatima made me so happy last night. Luz wants us to wear our t-shirt with Our Lady's picture. I tried to look for it in many places but found only one t-shirt. I told myself, "Well, I will just let Luz wear it for she is so in love with Sr. Lucia of Fatima". When I entered our room to sleep, I touched the t-shirt I found which I already placed in a hanger. Then I felt an urged to look for the other t-shirt again. So I went back to the sala to look once more at the cabinet. I couldn't believe it, I found the 2nd t-shirt.

Mary wants us to have identical attire for her special day.



Day 63

May 14, 2020

Nila _ Due to COVID 19, only few goes to daily mass. The nuns close the curtain while mass is going on inside their private chapel. A portion is opened during Holy Communion. In photo is me receiving communion from a nun.



Day 64

May 15, 2020

Luz _JB, my son was helping me locate the photos in his laptop. Failing to have the photos, I wrote the Mother Prioress of the Carmelite Nuns at Alhambra, I am Maria Luz Ortega-Bolong, secular professed Carmelite of the St. Teresa of Avila Community, La Union. My twin Maria Nila and I are preparing a book entitled "In the Footsteps of La Madre". We would like to be accurate in our report. I can't locate any of my pictures taken there. Kindly check the date of my visit as written your logbook register.

17 May, I received a reply from the Carmelite Nuns in Alhambra Your email was sent to Mother Maria in Seattle, Washington, Carmel. She forwarded it to us as she is no longer living here in Alhambra. We would like to accommodate you with your request in regards to your short visit here in 2016 or 2017.

We do not have a record in our Annals concerning your visit. Our Carmel only records visits when the whole community goes to the parlor. Therefore, we do not want to bring up something from our memory that may not be totally accurate.

On September 14, I wrote the nuns

Today, September 14, the Feast of the Exaltation of the Holy Cross, we glorify the cross of our Lord Jesus Christ, for he is our salvation, our life. Accidentally I located my pictures taken in our visit with my husband at your monastery last April 2017 and since it pleases me so much I waste no time in sharing you our memories through photos.



Day 65

Luz _ I offered my mass intention for the birthday of my eldest daughter Marie Diane.

Saw this post at FB Thank you Lord for a year of blessings. I am blessed to celebrate my birthday with my babies (a big one - Bo; and a cute one - Bree) thank you everyone for the greetings and wishes.



Day 66

May 17, 2020

Luz _ The word *papyrus* refers both to the writing support invented by the ancient Egyptians (35.9.19a–e), and the plant from which they made this material. The papyrus produced in Egypt was used for many purposes, but none more important than its function as a writing material. We had our Ortega Family name printed on the Family Tree Image we bought at the shop. It is a treasure to keep, reminding us of our trip to Egypt.



Day 67

May 18, 2020

Luz _ Today is the birthday of first cousin, Marietta Gonong. She stays with us at the Evaristo-Rosa Ancestral Home. Each of us children has a place in the ancestral home. We twins are on the second floor. Sister Florita owns the space being used by Marietta. Arriving from the school, we gave Marietta siopao, donut and coke.

Beside me is Cristina Galvez, owner of the lot adjacent to our property at Bantay ni Ama Ken Maria, Pagdaraoan, San Fernando, La Union. I was interested on her lot before, but now I prefer the lot of our cousin which is at a better location and the price is cheaper.



Day 68

May 19, 2020

Nila _ Scriptwriter is defined as someone who writes stories for movies, television programs, etc. See me smiling? Well, I was watching a video and I am the scriptwriter.

Reflecting on what I/we twins write. The true meaning of “write what you know” and “what’s important to you” guides me/us in writing. I/we write our experiences which we have collected in a lifetime _ experiences from childhood with family and friends and pilgrimages.

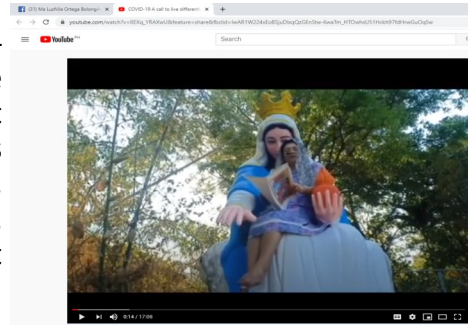
I/we write even if it is not “literary” enough. I/we write what we are — we write every day, the material within which makes us twins indispensable to others. Our work makes us happy.



Day 69

May 20, 2020

Luz _ It took a long time to render the video COVID-19 _ A call to live differently. We left the school 3:00 AM May 21. It was a hard night for us waiting for the video. However, it was rewarding as it was successfully uploaded. Arriving home, we ate, then slept for a while. We managed to attend the 6:30 a.m. mass at Pindangan.



COVID-19

Get the latest information from the DOH about COVID-19.

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COVID-19 A call to live differently

77 views • May 20, 2020

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Luz Bolong
33 subscribers

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Solemnity of the Annunciation–March 25th

We celebrate this joyful mystery because of the Blessed Mother's most humble and glorious "Fiat." She chose to accept the Will of the Father, fully understanding His Plans and accepting His

[SHOW MORE](#)

Day 70

May 21, 2020

Luz _ My husband Danny, President of Sea and Sky Hotel and Restaurant came to see me at the Sea and Sky College. He informed me that he and our son JB had decided to close the Hotel due to the pandemic. I sent him a message since I was not comfortable with their decision. The hotel is close to my heart. My brother Steve and sister Flor agrees with the decision.

My text message to Danny_ Don't close hotel. Negative impact. In looking forward to the end of COVID the right action is to reopen the hotel even just skeletal force. The news that Sea and Sky closed will spread rapidly like fire that no amount of publicity can ever regain again its present standing. The intention of closing temporarily could eventually be permanent closure. LOVE

Pray that God open our minds and touch our hearts. Let us ask Him that we be conscious of our responsibility of preserving the Hotel so that each employee will be able to address the consequences of the COVID. Let us embrace changes that are needed in search of the common good. The poor only need for their subsistence so let us not be the cause of their families getting hungry. love you always



Day 71

May 22, 2020

Luz _ My text message to Danny_ gud a. m danny. Yesterday I did not tell you that are already enrollees at the College. If Sea and Sky Hotel closes, people might think the same is true with the College. Both establishments will be affected and the end of Sea and Sky establishments. Please pray for guidance from the Holy Spirit whose feast we celebrate this May 31 Sunday. I will be at the College whole day. Drop by if you like. The plan of closing hotel though temporary is disastrous. it is too much. a NO NO. Love Luz

I regard Sea and Sky Hotel as a treasure. The location, the building _ it is a marvelous landmark, gift from God for the family to enjoy. Let us keep operating like a family business. small and manageable. DOT of tourism Gemma Cruz when she was our guest speaker in our College graduation, upon setting foot at the Consuelo Hall said, WOW. love

Sept 17 is our 42nd wedding anniversary. Let's keep happily married. Our faith is the best legacy we could leave to our children and children's children.

Danny came to Sea and Sky College. Both Nila and Luz were at the College working on the 2nd Edition of book "In the Footsteps of La Madre".



Day 72

May 23, 2020

Luz _ See what I am holding? Individual pictures of the repainted Saints in the Altar of Saints at the St. William's Cathedral, City of San Fernando, La Union. As President of the Altar Keepers Society, I had the Saints statues restored and repainted. I bought placed a chandelier at CSI Mall and had my electrician at the Hotel install it.

I am smiling because one by one I saw the photos of the Saints that were repainted. On May 24, I wrote in our book that the only photo I cannot locate is that of St. Anthony, Patron Saint of lost items. That's why I prayed for his help. However, after the book was published, I found the photo of St. Martin de Porres.



Another requirement for COVID-19 is social distancing. After attending holy mass at Carmel of the Holy Family Monastery chapel at Pindangan, mass goers had a souvenir photo with Fr. Ulanday.

Day 73

May 24, 2020

Nila _ Due to the COVID-19 pandemic, the City of San Fernando had designated a place near the City Hall for workers to spray tricycles for sanitization. Luz is happy for the free spray service to her car.



Day 74

May 25, 2020

Nila _ After mass, we talked with Mother Elizabeth about our desire to communicate with the heirs of David Consunji, for a possible help in our dream television station building. The reason why we wanted to talk with Mr. Consunji is because we read that they helped in the construction of the Monastery Chapel. However, we were not able to go to Manila since then because of the COVID-19 lockdown.



Day 75

May 26, 2020

Nila_ Ortega Printing Press is owned by brother Steve Ortega. He is the only boy in the family of six children of Papa Evaristo and Mama Rose Ubaldo Ortega. He finished mechanical engineering at La Salle University, Manila. After graduation he went to Canada to work. He came back to the Philippines and put up the Printing Press as his business.



Day 76

May 27, 2020

Nila _ I bought a sewing machine when I got married in 1980. The machine operates by switching the electric motor or mechanically by a foot pedal that is pushed back and forth by the operator's foot. I use the electric motor as it is faster to sew. What do I sew? Simple things like pillow cases, curtains, repairs on dresses, etc.



Day 76

May 27, 2020

Nila: With the current Covid-19 crisis, the government, in the spirit of compassion gave relief assistance. The tennis court in front of Twins Haven was temporarily used as a warehouse of relief goods such as sacks of rice, assorted canned goods like sardines and corned beef, noodles, coffee. The frontliners who helped in the repacking and distribution of goods to recipients were given meals during the day.



Day 77

May 28, 2020

Nila _ I visited the remains of Virginia Servania after mass at Pindangan. Then I, Luz, Divine and Marivel attended her funeral mass and burial at Lingsat Cemetery.



Day 78

May 29, 2020

Luz _ I requested Gert to give the copy of our book, "In the Footsteps of La Madre: Sta. Teresa de Avila to Fr. Eugene Llobrera. He stays at the Seminary of the Heart of Jesus, San Vicente, San Fernando, La Union.



Day 79

May 30, 2020

Luz _ Luz meets Sea and Sky Hotel employees at the hotel that had temporarily closed. Her opening statement at the Sea and Sky Hotel meeting "Today is the feast of St. Joan of Arc, the patroness of France. A martyr, saint and military leader, Joan of Arc, acting under divine guidance, led the French army to victory over the English during the Hundred Years War. She was canonized a Saint on May 16, 1920."

Let us reflect on the suffering of Saints!

Paul said God has a threefold purpose behind all of your sufferings:

1. To qualify us to become consolers of other sufferers.
2. We should never again trust in ourselves -- But Only in God!
3. God's intention when he delivers us from suffering, we never again doubt His power to deliver us in every present and future trial!

I feel bad with the temporary closure of the Sea and Sky Hotel and Restaurant.



Day 80

May 31, 2020

Luz_ Our book, "In the Footsteps of La Madre: Sta. Teresa de Avila was published on Pentecost Sunday which is also the Feast of the Visitation. Visitation is the visit of Blessed Virgin Mary, who was pregnant with Jesus, to St. Elizabeth, who was pregnant with John the Baptist. On this day, we commemorate the 77th Death Anniversary of Don Joaquin J. Ortega, the first civil governor of La Union, our grandfather.

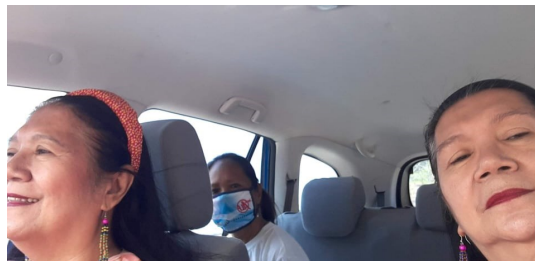


Day 81

June 1, 2020

Luz_ After 20 days of Nila and I staying together at the Twins Haven, I and Gert brought Nila back to Vigan. Arriving at Vigan noontime, we had lunch at Nila's home. Then after lunch we went to the Archbishop's Residence to give our book to Archbishop Marlo Peralta. Since he was out of the city, we went to the Immaculate Conception School of Theology and gave the copy to Fr. Nick Vaquilar, the rector.

I drove back and forth having a stop over at Santa Maria Church. Gert went inside to pray while I had a picture at the long staircase that leads to the church.



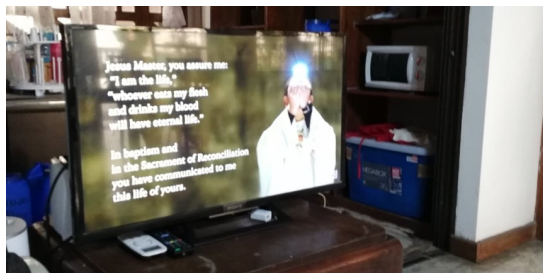
Ortega twins with shield given by sister Flor Ocampo poses at a marker of Lolo Joaquin at Santa, Ilocos Sur.



Day 82

June 2, 2020

Luz_ At our home in Carlatan, San Fernando, La Union, my family hears daily mass on television. Son JB set the television on. Husband Danny and son JB's family with wife Paulyn and two daughters Mikaylha Danielle and MacieDiana with their "Yaya", which means caretaker.



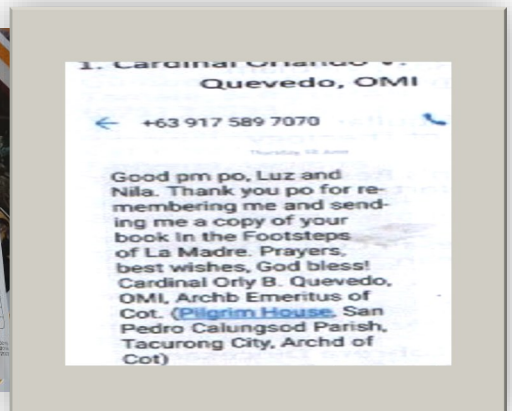
Day 83

June 3, 2020

Luz_ I wrote JRS Express authorizing Gert to find out if the package we sent to Cardinal Emeritus Orlando Quevedo has been received. The response was negative but on June 18, we received an acknowledgment of receipt from Cardinal Quevedo.



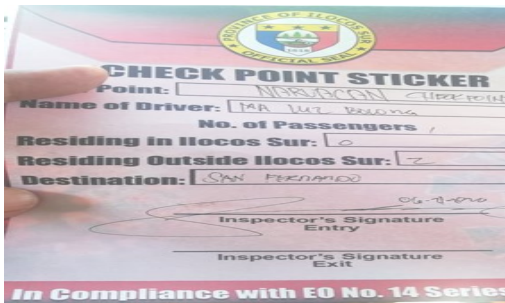
JRS EXPRESS		OFFICIAL RECEIPT		FREIGHT FORWARDER	
DATE	06/03/2020	TO	ORLANDO QUEVEDO	NO.	205427
FROM	LA UNION	ADDRESS	COTACOTO		
WEIGHT					
DESTINATION					
SERVICES	EXPRESS	Received from	ORLANDO QUEVEDO	FORM OF PAYMENT	
PACKAGE TYPE	EXPRESS	TO	ORLANDO QUEVEDO	CASH	
XS	SMALL	engaged in the duplicate style of		CHECK	
XS	SMALL	the sum of		CHECK	
XS	SMALL	in partial payment for		CHECK	
XS	SMALL	Contract reference		CHECK	
XS	SMALL	SHIPPER'S SIGNATURE		CHECK	
XS	SMALL	RECEIVED FOR		CHECK	
XS	SMALL	PRINT NAME		CHECK	
XS	SMALL	DATE		CHECK	
XS	SMALL	SIGNATURE		CHECK	
SUBJECT TO CONDITIONS AT THE BACK HEREOF					
THIS OFFICIAL RECEIPT SHALL BE VALID FOR 90 DAYS FROM THE DATE OF ISSUE					



June 4, 2020

Luz _ Feeling compassion for Edith Daodaoen who was in lockdown at the OCDS House of Prayer since March 14, 2020, I decided to bring Edith to Bangued, Abra. I was the driver, but brought along Gert so I will have a companion in going home.

At the checkpoint of the first town in Abra, we were assured that the personnel from Bangued will pick up Edith. So, Gert and I proceeded home. However, at Sta. Cruz, Ilocos Sur, I received a call from Monette Prieto telling me to go back to Edith since she doesn't have travel pass and could not enter Bangued. I talked through the phone to the PNP authorities. I was told that Edith could not enter unless special travel authority is granted by the governor of Abra through the request of the Governor of La Union. I told Edith that I have to go home to San Fernando but promised to assist her. Upon arrival in San Fernando I went to the Mayor's office instead of the Governor's office. Mayor Alfred Ortega called PNP. Thanks God, Edith finally reached home that night.

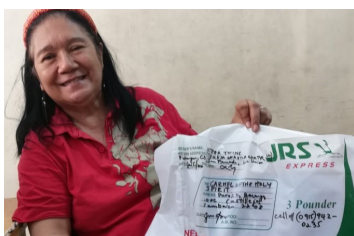


Upon arriving from Abra to bring Edith Daodaoen, ocds Luz went to see Mayor Aflred Ortega to seek assistance for Edith to be able to go home that night.

June 5, 2020

Luz _ I went to JRS to mail our book, "In the Footsteps of La Madre: Sta. Teresa de Avila for Carmel of the Holy Spirit, Castillejos, Zambales. They informed me that their place is far and so it must be picked up at their office. I opted that I will deliver it personally.

Sr. Araceli of Carmel of the Holy Family requested that we attend the Designed by Architect Susana S. Castillo, the monastery and chapel were solemnly blessed and dedicated Saturday, April 9, 2018 by no less than Cáceres Archbishop Rolando J. Tria Tirona. Celebration of Providentially, Brother Litos Valero said that after the lockdown we will go to his place at Castillejos and he will bring us to the Carmelite Monastery.



Cáceres Archbishop Rolando J. Tria Tirona unveils the commemorative plaque marking the reestablishment of the Carmel of the Holy Spirit in Looc, Castillejos, Zambales from its former monastery in nearby Subic.

Day 86

June 6, 2020

Luz _ At the St. William's Cathedral entrance is an Automatic Alcohol Dispenser. Seated at the pew is Danny and beside him is an X sign. It means that social distancing or physical distancing is practiced. Stay at least 6 feet (about 2 arms' length) from other people who are not from your household in both indoor and outdoor spaces.



Day 87

June 7, 2020

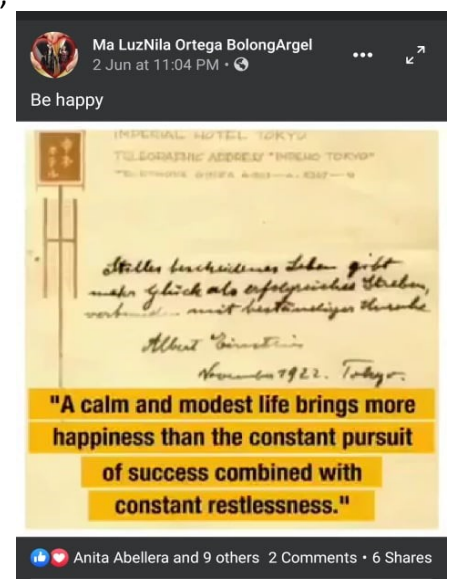
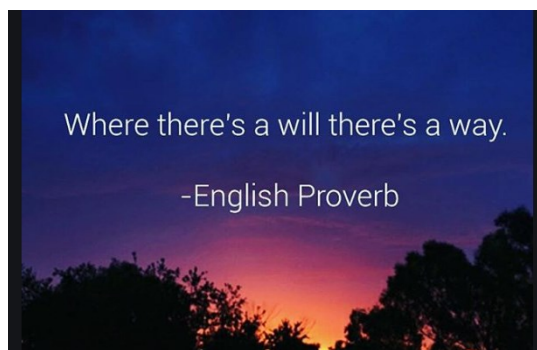
Nila _ I saw this at FB and shared it for I liked the lessons to be learned from the message.

Shortly after learning that he had won the Nobel Prize in Physics, Einstein was on a lecture tour in Tokyo, Japan. While staying in the Imperial Hotel, where hundreds of fans and well-wishers had gathered outside in hopes of seeing him, Einstein was jotting some thoughts and feelings when a bellboy knocked on his door to deliver a message. For one reason or another, instead of a tip, Einstein handed the young man two hotel letterheads with handwritten messages on each, telling him that with a little luck, they'd be worth more than a small tip some day (he was right; they recently sold at auction for over \$1.5 million!). The first of two notes, now known as the Theory of Happiness, reads simply:

"A calm and modest life brings more happiness than the pursuit of success combined with constant restlessness."

The second note contained an even more familiar adage:

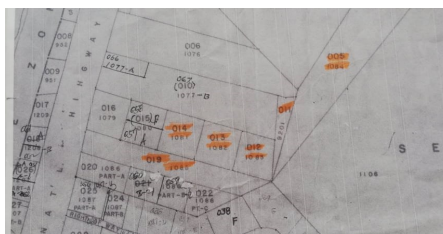
"Where there's a will, there's a way."



Day 88

June 8, 2020

Luz _ I am signing Certificates of 30 SAS Hotel Employees. Then I went to see Tony Belleza to get his service in making a sketch development plan of the Bantay ni Ama Ken Maria. His contract price is P2,000 and I paid P1,000 advance.



Day 89

June 9, 2020

Luz _ At the entrance of the Carmel of the Holy Family Monastery Chapel, one has to step on the disinfected mat. It has the word "WELCOME" printed on it. After our mass, Luz drops by Belleza Shop to give a copy of the logo of Barangay Pagdaraoan.



Day 90

June 10, 2020

Luz _ Gert volunteered to drive in going to Vigan to fetch Nila. In front of her car is a prayer to St. Joseph with his image as the Sleeping St. Joseph. When we were at Tagudin I gave her some documents to show at the checkpoint. It was taking Gert a long time to come back. When she did arrive she told me that they want Nila to ride on a tricycle. So got out of the car to talk with the office. I told him that I have a twin sister to fetch at Land Bank. I showed our calling card. The guard copied our name and contact number. We were so happy that things went right and celebrated with a merienda at the car. The travel was a little difficult with the heavy rain downpour. Thanks God we arrived safely in San Fernando, passing by Carlatan to take some food for dinner.



Day 91

June 11, 2020

Luz _ After mass at Pindangan, I went to follow-up the sketch I asked Tony Belleza to do. Actually, it is my fourth visit. I want to explain further what I want to be done. Having worked with him for a long time, I am satisfied with his performance.



Day 92

June 12, 2020

Luz _ We know that washing your hands and keeping a social distance from people is incredibly important to prevent the spread of the COVID-19 virus. There is another common virus carrier and that is your shoes. At the St. William's Cathedral there are two floor mats. In the first mat, a disinfectant solution is poured evenly across the mat. The mat will stay wet the whole day. I rubbed my shoes on the disinfectant mat, then rubbed my shoes on a separate regular floor mat to dry, before entering.



Day 93

June 13, 2020

Luz_ On my 6th visit at Belleza Shop, I requested Tony that we go up the Bantay Ni Ama Ken Maria so he could prepare the site development plan the way I want done.



Day 94

June 14, 2020

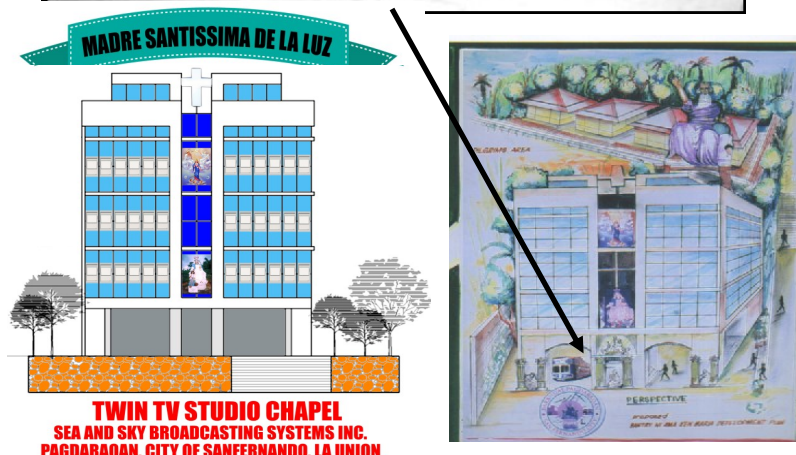
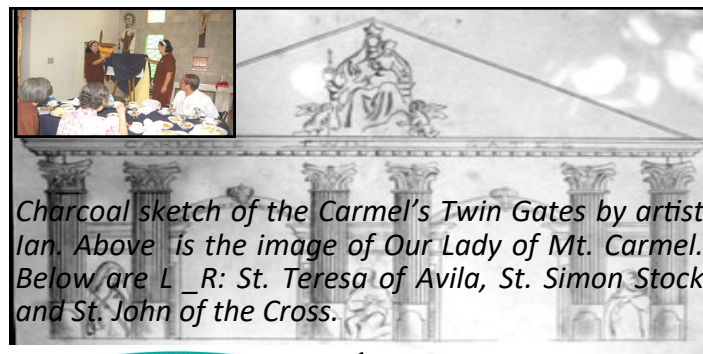
Luz_ Body temperature is a numerical expression of the body's heat and metabolic activity balance and can be a major indicator of a person's health status. A normal body temperature can be a potentially positive sign that the patient isn't experiencing a disease process, infection, or trauma and that the body's cells, tissues, and organs aren't under metabolic distress. For a typical adult, body temperature can be anywhere from 97 F to 99 F. Your temperature doesn't stay same all day, and it will vary throughout your lifetime, too. A body temperature higher than your normal range is a fever. It's hypothermia when the body temperature dips too low. Both need to be watched.
Fever How high is too high when it comes to your temperature? Anything above 100.4 F is considered a fever.
My temperature is being measured to see if I am allowed to enter the hospital facility.



Day 95

June 15, 2020

Luz_ The finished sketch of the site development plan for the Bantay Ni Ama Ken Maria to include Twin TV location, parking lot area. It was an 8-day work from June 8-15. The price of P2,000 was increased P2,500. It is alright for I was satisfied with the outcome.

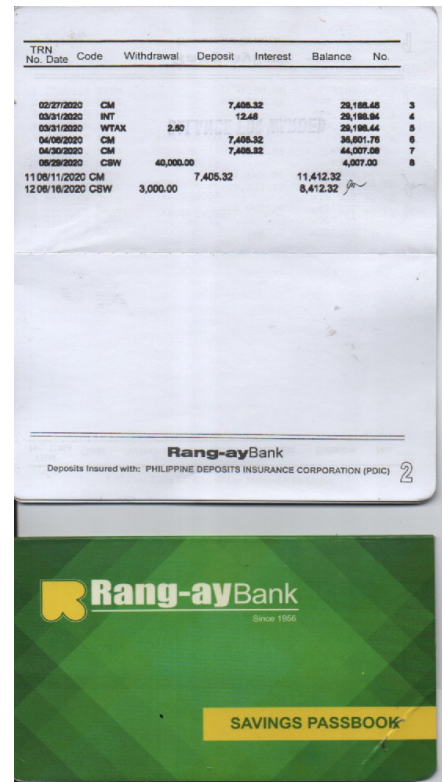


Dreaming for a SAS Broadcasting 25th Year Anniversary on January 16, 2028

Day 96

June 16, 2020

Luz_ I withdrew money at Rang-ay Rural Bank using two savings passbook.

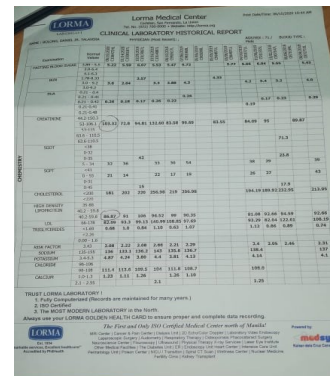


Day 97

June 17, 2020

Nila_ All of us have activities that concern us in our daily lives. For us twins it is our book, shootings, etc. We dropped by Taboc, San Juan where sister Flor resides to buy pots for our shooting. Flor is happily occupied with caring of her 'apo' (grandson) aside from being the registrar of Sea and Sky College.

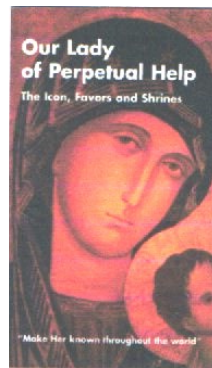
We are glad that there are people who assist us. Jesus Manangan is our make-up artist and interior decorator. Danny, is monitoring his health, and business.



June 18, 2020

Luz_ This is the first day novena to Our Mother of Perpetual Help. We were fortunate to have visited in 2004 the Alphonsus di Liguori Shrine at Rome, Italy, where the original icon of Our Lady of Perpetual Help is enshrined.

Today we are shooting four videos _ Acres of Diamond for the 500 YOIC, Devotion to the Sacred Heart and Immaculate Heart of Mary, Salt and Light of the World and Graduation Message of Academic Dean, Maria Luz O. Bolong, Ph.D. We have just started when we were informed by the College staff that our on-line order has just arrived. We were excited, thanking God, now can have white teeth. I boost of complete teeth but Nila tells me it is 'yellowish'. Sorry to say, but it is Fake bought On-Line Shop. However, the Gatsby Dress and Tabernacle we ordered On-Line were alright.



Enshrined at Saint Alphonsus di Liguori Shrine
Rome, Italy



June 19, 2020

Nila _ The following day, June 19 is the feasts of St. Gervase and St. Protace. At our Kambal Parah Sa Diyos Studio, there is a miniature tower with the statuettes of twin brother Saints Cosmas and Damian and St Benedict with his sister St. Scholastica. At the center of the back wall is a wooden carved image of Sta. Lucia from Sicily, Italy.

For the year 2020, we celebrate the Solemnity of the Most Sacred Heart of Jesus on June 19, Friday and the Feast of the Immaculate Heart of the Blessed Virgin Mary the following day, June 20. In popular iconography, while the Sacred Heart of Jesus bears a crown of thorns, the Immaculate Heart of Mary is pierced by a sword, inspired by the prophesy of Simeon.



Day 100

June 20, 2020

Luz_ At past 3:00 PM I parked my car at the Marcos Building because I am going to mass with my husband. I was looking mask at my bag. Unfortunately there is none but was lazy to go back to my car. I found a disposable mask but one string is removed. The rosary solved my problem for I attached it to the mask.

While at church I was surprised that my cell phone is not with me. I was just using it at the Marcos Building when my husband and I were talking. I told Gert that I can not find my cell phone. Together we searched at the road going to the church. Since there is none we went back to the car. I told her to ring my cell phone. We could not see any cellphone ringing inside the car. We then proceeded to the side gate of the Marcos Building. We heard a cell phone was ringing. Gert repeated many times and was confident that it is my cell phone ringing. She went to look for the security guard. Finding none, she entered the Marcos Building asking permission from her friends working there. She found my cell phone. Then the security guard Pacquito arrived. He checked at the cell phone and then gave it me.



Day 101

June 21, 2020

Luz_ I am the president of the Confraternity of Perpetual Help. Today is the fourth day of our Novena to Our Mother at Perpetual Help. The seminarian is the one leading the novena before the 6:00 a.m. mass.

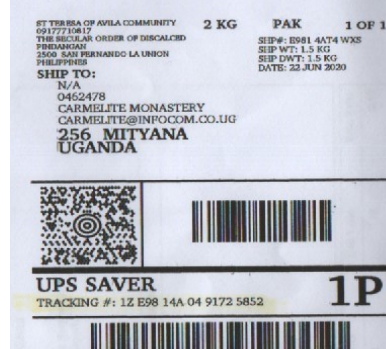


Day 102

June 22, 2020

Luz _ Sending our books is expensive but we twins always trust in the Lord. He won't let us do something if He will not provide the money needed. Air 21 has provided me the list of countries with corresponding freight so I know the amount needed for our second edition book.

	COUNTRY	RATE
1	EUROPE	4,578.00
2	SCOTLAND	4,578.00
3	GREECE	5,040.00
4	FRANCE	4,578.00
5	IRELAND	4,486.00
6	PORTUGAL	4,486.00
7	PORTUGAL	4,486.00
8	CZECH REPUBLIC	5,040.00
9	RUSSIA	5,040.00
10	SOUTH AFRICA	7,697.00
11	GHANA	7,697.00
12	UGANDA	7,437.00
13	TANZANIA	7,697.00
14	BOLIVIA	5,040.00
15	CHILE	5,040.00
16	COLOMBIA	5,040.00
17	PERU	5,040.00
18	NEW ZEALAND	3,919.00
19	INDONESIA	2,649.00
20	VIETNAM	2,649.00
21	VIETNAM	2,649.00
22	VIETNAM	2,649.00
23	VIETNAM	2,649.00
		110,164.00
		700.00
		109,464.00



Day 103

June 23, 2020

Nila _ The seminarian who was leading the novena to Our Mother of Perpetual Help said he is going to their home so can't lead the rosary. I took his place in leading the 6th day Novena.



Day 104

June 24, 2020

Luz_ I am thankful that Architect Jimmy Suguitan performs many tasks for the Sea and Sky College, Twins Haven and at home in Carlatan, San Fernando, La Union. He does carpentry, electrical, masonry.



Day 105

June 25, 2020

Luz_ I and my sister Emily underwent Hospitality training at TAFE School of Hospitality at Brisbane, Australia. I named the canteen, 'Scholar's Canteen' after the canteen at Brisbane. The one managing our canteen is a former student of Sea and Sky College.



Day 106

June 26, 2020

Luz _ We had been having many shootings that our make-up artist wanted us to wear something different from gowns. He gifted us this dress, suggesting that we wear leggings underneath. It was repaired by John to suit our size and it took us a little while to get it back. Sometimes, the delay is okay, for we wore it during the 21st anniversary of God the Father and birthday of Danny. We need additional carpenter for the Twins Haven and Architect Jimmy Sugitan recommended Narding Cuello of Taboc, San Juan, La Union.



Day 107

June 27, 2020

Nila _ Souvenir photo taken during the Feast of Our Mother of Perpetual Help show that the members practiced social distancing and picture taking were two by twos.



Day 108

June 28, 2020

Luz _ I make it a point to be with my husband for our anticipated Sunday mass. The exception is when I am really busy doing God's Will like, the meeting of the deadline for our book with twin Nila.



Luz and husband Danny attend mass at St. Williams Cathedral practicing social distancing.

Day 109

June 29, 2020

Nila_ Having spent 20 days at San Fernando, I decided to be with my husband for his birthday celebration on June 30. After mass, twin Luz drives her car to bring me to Vigan. However, at Tagudin, Ilocos Sur, we were not allowed to proceed due to COVID restrictions. I called the City Health Office for understanding, but was told that follow protocols. So, we turned back and said our COVID prayers of the churches we passed by going back to San Fernando.



Day 110

June 30, 2020

Nila_ I made this birthday greeting for my husband, Chicoy.



TO MY DARLING CHICOY



MAN PROPOSES, GOD DISPOSES. WANTED TO BE WITH CHICOY BUT COVID-19 PREVENTED US TO BE TOGETHER. HAPPY, HAPPY, HAPPY BDAY MY LOVE. NILA



Day 111

July 1, 2020

Luz _ See, my twin Nila at the computer alone? Well, she is computer literate. For me, I always have Evelyn, my part-time staff to do computer work for me. I am looking at the food from our Carlatan home that Lito our driver just delivered it to the school for our lunch.



Day 112

July 2, 2020

Luz _ We had a meeting with the Absierra Enterprise Company based at Bataan at Puerto San Juan Resort, San Juan, La Union upon invitation of our nephew, Joey Ortega. Their company is proposing to provide internet bandwidth for Sea and Sky to ensure that everybody can access information by way of the internet and aligned TV broadcast. They wanted to meet Mayor Alfred Ortega and so we coordinated with Margaret Galang, the Executive Assistant of the Mayor's Office and a meeting was set.



Day 113

July 3, 2020

Luz _ The meeting with Mayor Alfred Ortega was held by the group of Absierra Enterprise Company explaining their plans for the internet service. However, the Department of Education did not attend so we twins did not get their view on how our television station can work with them.



July 4, 2020

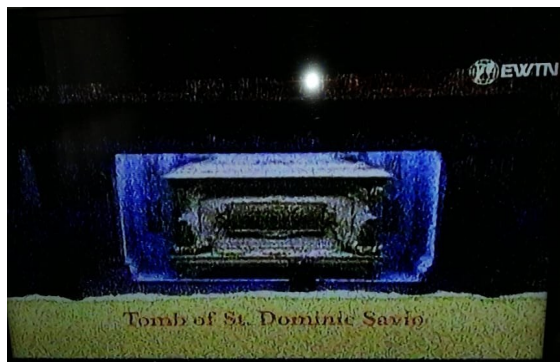
Luz _ The officials of the Absierra Enterprise Company came to the Sea and Sky College/ Broadcasting and inspected the Television Station Room. I went with them at the third floor while Nila stayed at the Dean's Office as requested by Patrick Purugganan, the husband of Jana, my niece.

After the inspection, we talked about our dream television, hoping that through the speedy internet, our television could reach more viewers.



July 5, 2020

Luz _ While at our Master's bedroom after lunch, I opened the television on the channel of EWTN. On screen was the image of the Blessed Virgin Mary with Jesus. Then I saw the tomb of St. Dominic Savio. Dominic was born on April 2, 1842 in San Giovanni di Riva, near Chieri (Turin). He was an Italian adolescent student of Saint John Bosco. He was studying to be a priest when he became ill and died at the age of 14, possibly from pleurisy. His feast is celebrated on May 6. Pope Pius XI defined him as, "a little, or rather, a great giant of the Spirit." He is patron of young choir singers.



Day 116

July 6, 2020

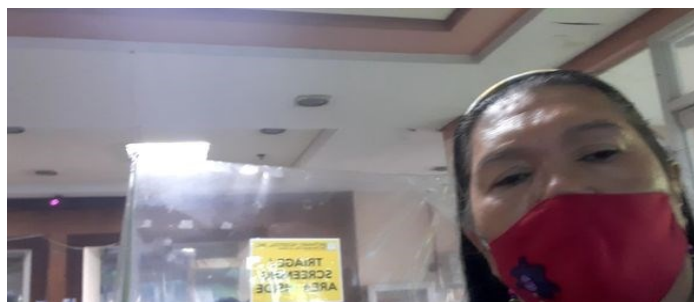
Luz _ My granddaughter Bree with my eldest daughter Atty. Marie Diane and husband Atty. Bo de Leon.



Day 117

July 7, 2020

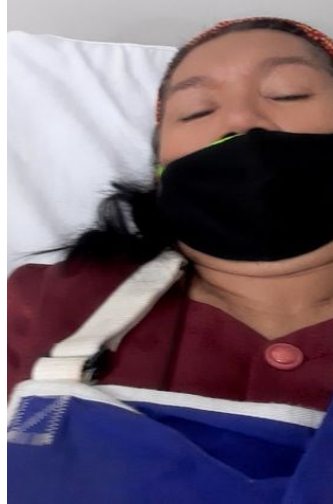
Nila _ On the evening of July 6, I went out of the house to throw our garbage in front of Twins Haven. It was drizzling and was not careful enough when I entered the door. Sensing that I am going to fall, I decided to land on outstretched hand rather than on my head. The following day, I had an x-ray at the Ilocos Regional Hospital (IRH). It showed a wrist fracture. I told Luz that we postpone our shooting but she said it was already scheduled with the cameraman.



Day 118

July 8, 2020

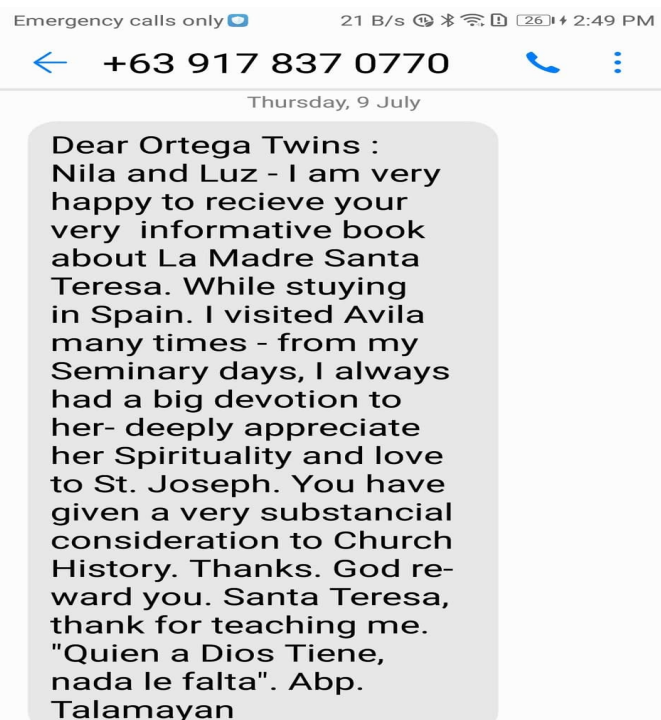
Luz _ Nila made the script using only her right hand on the computer. At night, I captured Nila while sleeping very tired after the day's happenings.



Day 119

July 9, 2020

Luz _ The tricycle with plate number 1515 appeared again at the street. *Teresa of Ávila*, original name *Teresa de Cepeda y Ahumada*, was born on March 28, 1515. We believe that she makes her presence felt when we are doing something. Certainly, she approves our book and video shootings. Archbishop Emeritus Diosdado Talamayan also sent a text message.



Day 120

July 10, 2020

Nila_ On our way to attend the 4th day Novena Mass for our Lady of Mt. Carmel, the tricycle with plate number 1515 was again on our site.



Day 121

July 11, 2020

Luz _ Fifth day novena to Our Lady of Mt. Carmel and third consecutive day encounter with the tricycle plate 1515 .

Even with our tight schedule, we accommodated a meeting with Jana Ortega Purruganan and company at the Sea and Sky College, Broadcasting to discuss their proposal to use our SASBI TV tower for their internet project.



Day 122

July 12, 2020

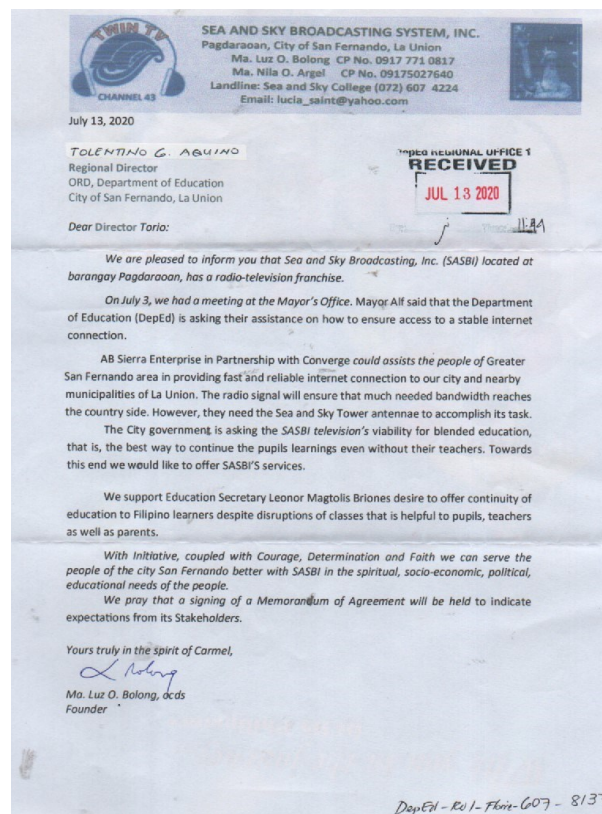
Nila_ Rico helped me with putting my pictures together for display at the Manager's room. Hopefully, I will realize my dream to be a television station manager of our Twin TV station.



Day 123

July 13, 2020

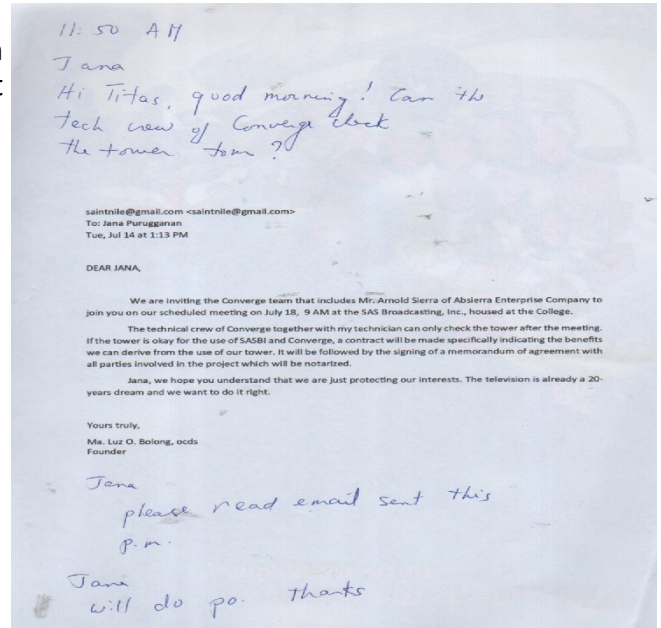
Nila_ Our letter to the director of the Department of Education shows our enthusiasm of the television project. It has not come into fruition, but we believe God will give it in His time.



Day 124

July 14, 2020

Luz _ We were accommodating the request on the use of our SAS TV tower hoping that it will benefit both parties.



Day 125

July 15, 2020

Luz _ Invitation to Bishop Daniel Presto delivered at the Bishop's residence at San Vicente.



THE SECULAR ORDER OF DISCALCED CARMELITES
St. Teresa of Avila Community (La Union)




Cordially Invites Your Excellency, Most Rev. Daniel O. Presto, DD
to do the honors of
Blessing of OCDS@45 Marker and
Unveiling the Ortega Twins Book "In the Footsteps of La Madre" (3rd Edition)
August 14, 2020 at 9 AM
OCDS House of Prayer at Pindangan, City of Fernando, La Union



REACHING A MILESTONE!
Most Rev. Daniel O. Presto, DD
Bishop of the Diocese of La Union



<p>AGENDA:</p> <ul style="list-style-type: none"> Unveiling the OCDS @ 45 Marker Ortega Twins Blessing of OCDS @ 45 Marker & Unveiling the Ortega Twins Book Most Rev. Daniel O. Presto, D.D. Opening Remarks PP Ma. Luz Ortega-Bolong, OCDS Presentation of Awards Pres. Ma. Nila Ortega-Argel, OCDS assisted by PP Monette O. Prieto, OCDS & Treasurer Leonora C. Cacaminidin, OCDS Response on behalf of Awardees DOF Caridad B. Sobejana, OCDS Entertainment Inspirational Talk Bishop Presto Closing Prayer Erlinda M. Laron, OCDS 	<p>Loyalty Award:</p> <ol style="list-style-type: none"> 1. MONICA C. ABUAN, OCDS 2. FLORENTINA G. BERNARDO, OCDS 3. PRECILLA O. COSTELO, OCDS 4. EDITHA E. DAODAOEN, OCDS 5. LEONORA P. FABRO, OCDS 6. ERLINDA M. LARON, OCDS 7. CARIDAD B. SOBEJANA, OCDS <p>Meritorious Service:</p> <ol style="list-style-type: none"> 1. Councilor CARIDAD B. SOBEJANA, OCDS 2. Secretary REMEDIOS R. MAMUYAC, OCDS 3. Treasurer ANITA G. ABELLERA, OCDS 4. Past President Maria Luz O. Bolong, OCDS <p><i>P.S. Color for the day is Red. You may want to wear red dress instead of brown. A mantle would be appropriate for the celebration. Thanks.</i></p>
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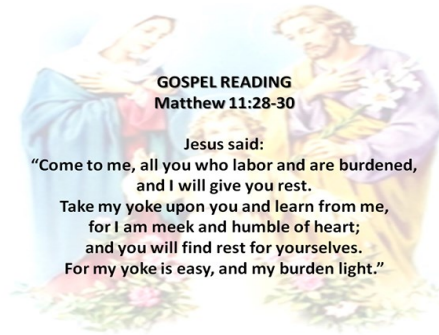
Snacks

Day 126

July 16, 2020

Nila _ The mass on the feast day of Our Lady of Mt. Carmel was officiated by Bishop Daniel Presto, D.D. We attended the fellowship breakfast at the Carmel Monastery Parlor. The bishop, Fr. Edwin Fontanilla were among the priests present.

In the afternoon, Rico and Wilson took a look at the tower and agreed to have it repaired. Tony Belleza was commissioned by Luz to put red paint on the flooring while Architect Mel chor Suguitan was doing electrical work.



Homily by Bishop Daniel



Day 127

July 17, 2020

Nila_ I am glad to witness the helpfulness of the staff whenever we twins have an activity. Here they are transferring a table to be used in the television room on the third floor.



Day 128

July 18, 2020

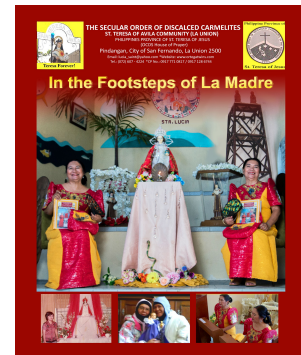
Nila _ Am happy that twin Luz is concerned about my happiness, like making the office of the Station Manager on the third floor to be at par with her Dean's Office.



Day 129

July 19, 2020

Luz _ Danny and I attend first mass Sunday at St. William's Cathedral. I go to Sea and Sky College. Evelyn follows. Lunch from Carlatan delivered by Lito to college. The book lacks ten pages to be 500 pages.



Day 130

July 20, 2020

Nila _ Today, July 20, Carmelites celebrate the feast of the Solemnity of the Holy Prophet Elijah. Carmelites take their primary inspiration from the fiery prophet of Mount Carmel, Elijah the Tishbite. It is for this reason that we twins are in red dress and mantle.

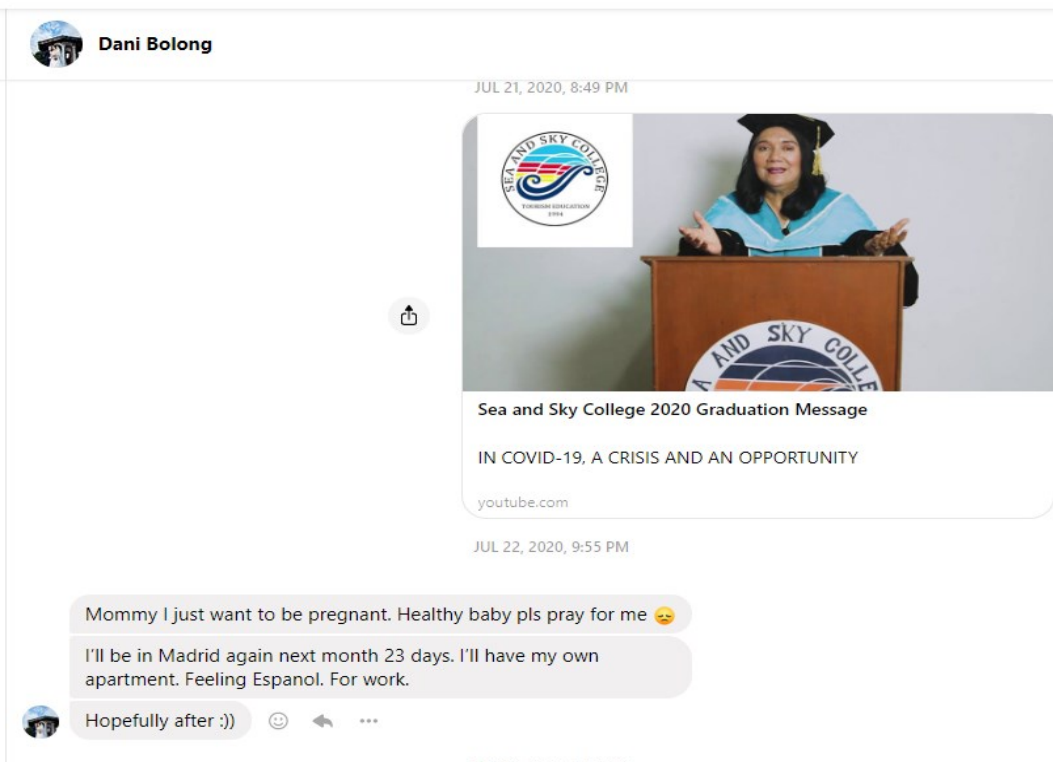
After mass, we had pictures of the Elijah's cave on the Monastery grounds, then at the OCDS House of Prayer. They are identical for the grotto at the Nuns was a gift from Luz.



Day 131

July 21, 2020

Luz _ Graduation and commencement ceremonies are the most significant milestone of every school, and for the graduates missing out on this pivotal experience due to the COVID-19 pandemic is disappointing. So the school implemented a Virtual Graduation Experience. Here I have delivered my taped message for the graduates. I forwarded this post, to Dani, my youngest child staying abroad. And you know what she is asking? Prayers so God will give her a child.



Day 132

July 22, 2020

Nila _ I make good use of my 'lockdown' time at San Fernando. See, I am cleaning the accumulated things through the years. It takes me a long time for I scrutinize before throwing what we twins no longer need.



Day 133

July 23, 2020

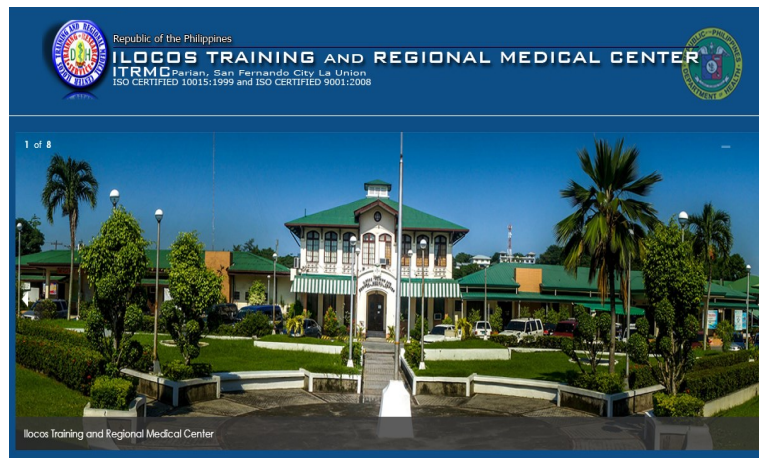
Nila _ After mass, we dropped by the OCDS HOP, and Divine offered breakfast for us twins and Gert.



Day 134

July 24, 2020

Luz_ We twins attend mass at Pindangan. At Twins Haven, I edited our book. Then we went to the Provincial Hospital at 1:00 pm to check-up on the cast of Nila's arm. Unfortunately, the cast was not yet removed.



Day 135

July 25, 2020

Nila _ Fellowship is part of living in a Community, just like the St. Teresa of Avila Community, a Secular Order of Discalced Carmelites. When Marivel Flores Aning Bernardo informed us that it was the birthday of Manang Aning yesterday and could not contact us, we decided to greet her. She was happy to let us in her house even COVID time and offered us pieces of the cake left and some shrimps. See, the simple joys that melts an old member?



Day 136

July 26, 2020

Nila _ Eddy Banat Almodovar, SASCollege Instructor, Publisher at the Weekly BANAT holds a one-hour live program showcasing his God-given talent in hosting with music and dedication, that brings excitement and inspiration to the viewers. We twins believe that we can attract viewers on our Twin-TV if his program *is aired* on our television station. We visited him at his home in Bacnotan, to ask if he can join our televi-



Day 137

July 27, 2020

Luz _ We were late for the 6 a.m. mass at St. William's Cathedral so we proceeded to the Carmel of the Holy Family Monastery Chapel for the 6:30 a.m. mass.



Day 138

July 28, 2020

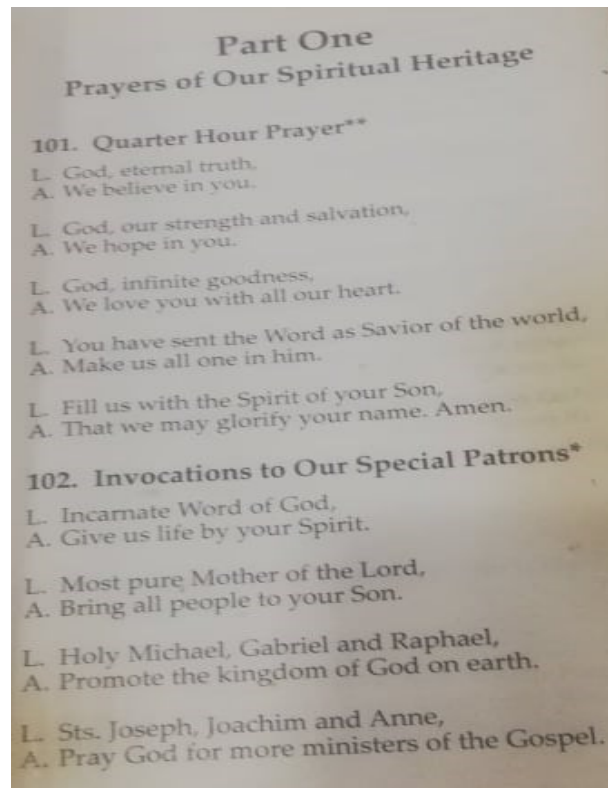
Nila _ After our shooting on Unfaltering Faith at the studio, we went to the rooftop for a pictorial.



Day 139

July 29, 2020

Luz _ When the Carmel of the Holy Family Monastery Chapel was closed for public mass due to COVID-19, we twins attend the Liturgy of the Hours at 6 a.m. followed by the Holy Mass at SVD House. We are grateful for the priests to have accommodated our request. There were only eight of us.



Day 140

July 30, 2020

Nila _ The new priest in the SVD Community, Fr. Romeo Benitez assisted us in locating the mass readings and songs during the mass.



July 31, 2020

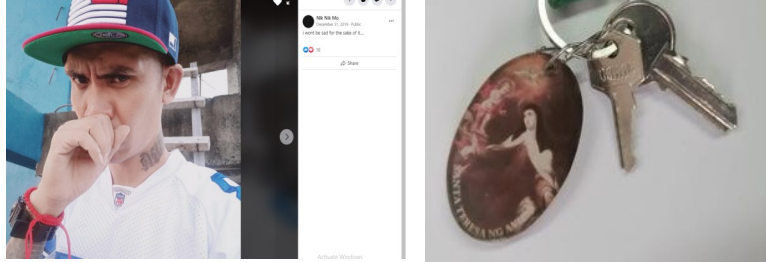
Luz _ Gates of the Carmel of the Holy Monastery chapel is closed. It is a blessing that Luz hears mass at adjacent SVD chapel. I am very grateful to the SVD priests who helped me attain my longing for Daily Mass and Sacramental Holy Communion despite the pandemic.



Day 142

August 1, 2020

Luz _ I and Evelyn work at Sea and Sky College to edit *the book*. I gave *the key* of Nila's office located at 3rd floor to Rico instructing him that when Danny *arrives*, he brings him to the third floor at the Broadcasting office. Danny did and I happily joined Danny to our 5:00 pm mass at St. William's Cathedral.



Day 143

August 2, 2020

Luz _ I eat lunch at Carlatan. Maridi and JB asked about the contract with the SASBI Tower. I informed them, we have changed our minds with Nila. JB reaction's "Nakakahiya kayo". Below is our letter.

August 1, 2020
Mr. Arnold B. Sierra
President/CEO
Absierra Enterprise Company
Samal, Bataan

Dear Pres. Sierra:

Thanks for your patience while waiting for the finalization of the contract. To be honest, we had looked forward of having our Sea and Sky (SAS) Tower be used by your company as contained in our letter dated July 3, 2020 to provide better internet connection within the City of San Fernando, La Union and its neighbouring towns.

While we reviewed the lawyers' comments yesterday on the contract proposal, we're afraid we're going to have to pass. We've worked a lot on the contract lately, and fortunately we saw the light that the proposed use of our SAS Tower obstructs our attention a bit too much with our desired television station.

This is our final decision reached through prayers. We hope you find a good home for it in another place. Thanks for trying to accommodate our request for a computer, but we are returning it. All the best,

Ma. Luz Ortega-Bolong, OCDS
Founder

cc:
John Tanchico
Provincial Dealer, La Union
Jana Ortega Purugganan
Area Manager
San Fernando City, La Union
Joey Ortega
Director

Daniel T. Bolong, Jr.
SASBI Owner

Day 144

August 3, 2020

Luz_ After mass, I met the SVD priest celebrant and joined him to their SVD House to take a photo of their Organizational Chart. We also had a photo for the book on COVID-19 we, twins are doing. He inquired how I am related to Pocholo Ortega. I said, he is my first cousin.

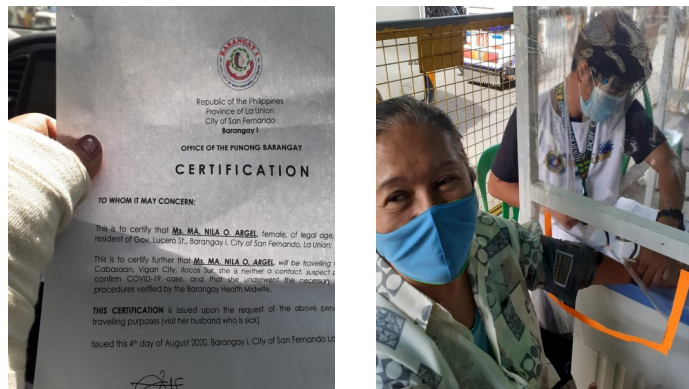


Day 145

August 4, 2020

Nila _ Equipped with a Barangay Clearance, Medical Certificate and a Travel Pass from the Philippine National Police, we twins left the City of San Fernando, La Union for Vigan City, Ilocos Sur. However, we were stopped at Tagudin, Ilocos Sur. We talked with the City Health Office at Ilocos Sur and they told us that I will have to be in quarantine in a government facility for 14 days.

We decided to go back to San Fernando. It is a blessing in disguise, for we have to make preparations for the OCDS @ 45 activities.



OFFICE OF THE CITY HEALTH OFFICER
MEDICAL CERTIFICATE

To whom it may concern:

This is to certify that I have seen and examined
Ma. Luz O. Boling
66 years old of City of San Fernando, La Union and was
found to have:
normal findings
at the time
of examination

BP: 100/70
Temp: 36.6
☒ Has no signs / symptoms of Covid-19 for the past 14 days
☒ Has undergone / completed the 14 day home quarantine period

This certificate is being issued to certify that he/she is fit to travel.
Given this 4th day of Aug, 2020 at City Health Office, San Fernando, La Union

KRISHNA DESEREE S. BIARES M.D.
Medical Officer III
Lic. No. 0146387

Ground Floor, Marcos Building, City of San Fernando, La Union 2400
Direct Line : +639-888-4944 or 15
Trunk Line : +639-888-4944 or 153

OFFICE OF THE CITY HEALTH OFFICER
MEDICAL CERTIFICATE

To whom it may concern:

This is to certify that I have seen and examined
Ma. Nila Argel
66 years old of City of San Fernando, La Union and was
found to have:
normal findings
at the time
of examination

BP: 130/90
Temp: 36.6
☒ Has no signs / symptoms of Covid-19 for the past 14 days
☒ Has undergone / completed the 14 day home quarantine period

This certificate is being issued to certify that he/she is fit to travel.
Given this 4th day of August, 2020 at City Health Office, San Fernando, La Union

MARY MARJORIE F. RODAVIA, MD
Medical Officer III
Lic. No. 0146744

Ground Floor, Marcos Building, City of San Fernando, La Union 2400
Direct Line : +639-888-4944 or 15
Trunk Line : +639-888-4944 or 153



August 5, 2020

Frame of OCDS marker is made by Architect Jimmy Melchor Suguitan.

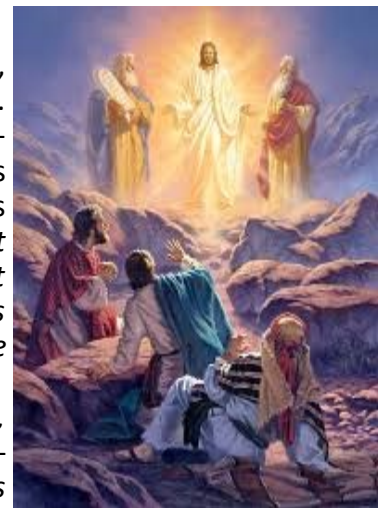


August 6, 2020

Nila _In the gospel for today's feast of the Transfiguration, Jesus invites His disciples, St. Peter, St. James and St. John to travel with him up the summit of Mount Tabor. While they were there praying, Jesus was *transfigured*; His face was altered and shone as the sun, and his garments became white as snow. *At that moment of the Transfiguration, the Lord met with two of the greatest and most renowned figures from the Old Testament, namely Moses and the prophet Elijah.*

Once composed, Peter utters the famous words, 'Lord, it is wonderful for us to be here'. But more importantly than what was said, is what they heard; 'This is my Son, the beloved, he enjoys my favour, listen to him'.

May Christ, the Lord Whose glorious Transfiguration we remember today, help us in our journey of life, hoping that we may share fully in His glorious kingdom one day.



Day 148

August 7, 2020

Luz _ I was at the OCDS HOP to re-arrange the Born for You _ the Life of St. Teresa Exhibit Room at the second floor for the coming OCDS @45 activity with Bishop Daniel Presto, D.D. as special guest. I was inspired to use the bed as platform and through the help of Jesus Manangan, the exhibit looked better.



Day 149

August 8, 2020

Luz _ After the invitation was finished, I personally visited the members at their homes and handed the invitation to ensure their presence during the activity. It is JB's birthday and we ate at home in Carlatan.



Day 150

August 9, 2020

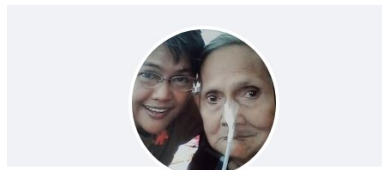
Nila _ We have a lovely visitor at Twins Haven. Marlon Martinez introduced to us twins her girlfriend, Nica Pastrana. Let me share what Archbishop Fulton J. Sheen said about falling in love: A young man may know and appreciate a number of young women, and yet in the depths of his soul remain unmoved. And then one day, a woman with no conscious purpose will release some secret spring in the depths of his personality, and from that moment on, she becomes the center of the world. In a relationship, the lover always seeks to fulfill the will of the beloved. It is based on the fact that one never wants to hurt anyone whom one loves. It will bear repeating that Our Blessed Lord said, "If you love Me, you will keep My commandments."



Day 151

August 10, 2020

Nila _ Myrna is so attached to her mother that it was hard for her at first to accept the passing away of her mother on March 7, 2020. Eventually, she realized that her mother had been suffering from her illness. So, she just remembers the good memories and pray for the repose of her mother's soul.



Myrna Calachan



Day 151

Nila _ This post on Aning Bernardo was included in the Accomplishment Report I made for OCDS as president.



Day 152

August 11, 2020

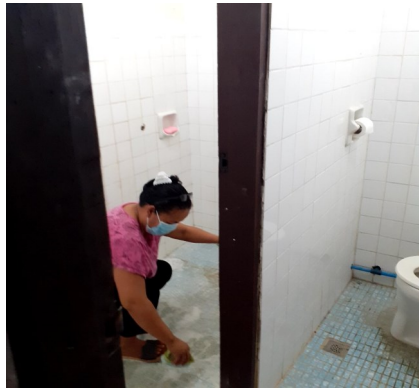
Nila _Be it a birthday party, an anniversary or a regular party — there's one thing usually common — a cake. We all love enjoying cakes on such occasions. Twin sister Luz is fond of giving personalized cakes to loved ones and even the religious like a bishop. With the name of the celebrant printed on the cake it makes it extra special. The OCDS @ 45 cake was bought at Goldilocks but Jesus Manangan placed the yellow flowers for effect.



Day 153

August 12, 2020

Nila _ General cleaning at the OCDS HOP and readying the carriage of St. Teresa of Avila for procession on the celebration of OCDS @45.



Day 154

August 13, 2020

Luz _ A day before the OCDS @ 45 celebration, I with Lito, the driver went to Aringay, La Union to fetch Anita Abellera. It was taking too long in reaching her house. It turned out that her house is already Tubao, the boundary of Aringay. My belief is that God wants me to see the Chapel of Sta. Teresa de Avila.



Luz' ecstatic in seeing the chapel of St. Teresa of Avila during the OCDS @ 45 celebration .

Day 155

August 14, 2020

Luz_ 45th Anniversary of St. Teresa of Avila Community (La Union)

Today is a wonderful day. Isn't it? I woke up early at 3 o'clock. And I have to go and fetch Sylvia, but my sister Nila kept on telling me that Lito will fetch her. But I was consistent. I want to fetch her, Nila because if it is Lito, there is a possibility he can not bring Sylvia.



Day 156

August 15, 2020

Luz _ Today is the feast of "The Assumption". This holy day marks the occasion of the Virgin Mary's bodily ascent to heaven at the end of her life. Danny and I attend mass at the St. Williams Cathedral. After mass, Danny bought food at the Turks for us twins.

TURKS SHAWARMA



Day 157

August 16, 2020

Luz_ Today's gospel reading presents a challenge to our faith in Jesus. The line that stands out in this reading is: "But she came and knelt before him, saying, 'Lord, help me.'" Let us simply kneel before him and say, like the Canaanite woman, "Lord, help me." I thought that Bishop Rodolfo Beltran was the only bishop of the diocese of La Union who was not able to enter the OCDS HOP. However, Nila showed me today the picture collage of the bishop as he blesses the pilgrim statue of St. Teresa on February 6, 2015.



Day 158

August 17, 2020

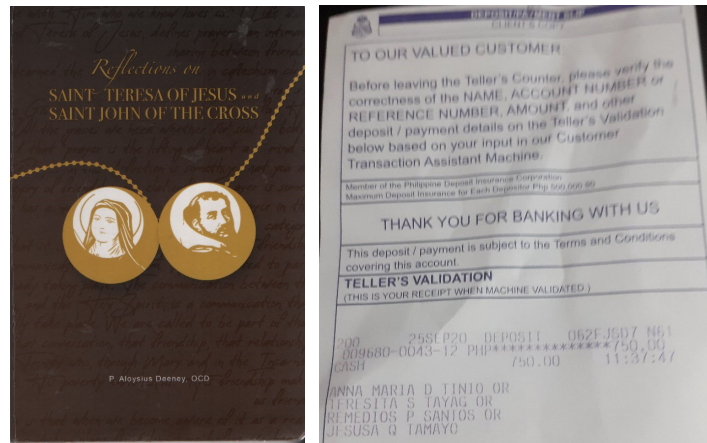
Luz_ Every time Caridad Sobejana sees me, she has a request, either I accompany her to the different Churches to distribute hosts or give me the hosts to distribute. This time, I went alone to the Chapels at Carlatan and Lingsat to deliver the hosts.



Day 159

August 18, 2020

Nila _ I received the book written Fr. Aloysius Deeney, OCD entitled Reflections on Saint Teresa of Jesus... Saint John of the Cross sent through LBC. Book and LBC charge was deposited to NLR official BPI Kuliat, Angeles City account no. 9680 0043 12.



Day 160

August 19, 2020

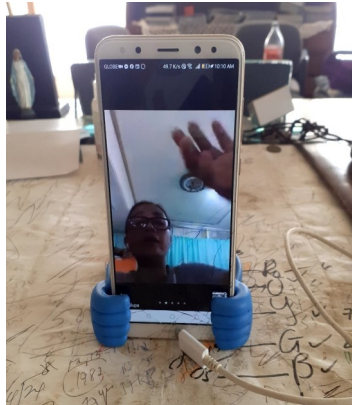
Nila _ I was hoping that the casts on my arm is to be removed today. However, the doctor said that the X-ray shows the broken (fractured) bones has not healed. He said the healing is quite quickly in children. Since I am already senior, he suggested that I return the following month, September.



Day 161

August 20, 2020

Luz _ I participated in a Virtual Commission on Higher Education (CHED) Meeting for schools in the region.



Day 162

August 21, 2020

Nila _ I went to look for Engr. Jane Atijera to request for an electronics and communications engineer. I had a hard time looking for her house. I passed by a canteen and loudly asked from the customers if they know the house of Engr. Atijera. An old man said, he was a former neighbor and gladly accompanied me. Jane's mother is a friend of our late mother, Rosa Ortega.



Jane is so afraid of the pandemic that she told us not to get out of our homes.

August 22, 2020

Luz _ On August 22, the Roman Catholic Church celebrates a memorial in honor of the Queenship of Mary. This memorial is placed an octave, that is, eight days after celebrating Mary's Assumption into Heaven. I worked with Evelyn at the Sea and Sky College.



August 23, 2020

Luz _ We twins visit Blanche at Bacnotan to inquire how his brother, Bert Aricheta could help with our planned TWIN-TV project. However, Bert is busy enjoying his work in Manila.



Blanche R. Aricheta



Day 165

August 24, 2020

Nila _ Nathaniel of Cana in Galilee was introduced to Jesus Christ through Saint Philip. When Philip tells him about Jesus, Nathaniel responds with the rather dismissive question, “can any thing good come from Nazareth?” It seems that Nathaniel has already made up his mind about Jesus before he even meets him. Philip does not answer Nathaniel’s question or refute his objection, he simply says, “come and see.”

Nathaniel is open to the encounter of finding out who he is and what he is about. Nathaniel (whom we also know as Bartholomew) is one of the Twelve Apostles of Jesus Christ.



Day 166

August 25, 2020

Nila _ In today’s gospel, we hear the call to “cleanse first the inside of the cup, so that the outside also may be clean.” Jesus’ statement reminds us how important it is to reflect upon the thoughts and feelings we hold inside. St. Teresa of Àvila would tell her sisters that self-examination was one of the most essential aspects of the spiritual life. These are also words for us to live by.

Engr. Roger Baliton came to Sea and Sky College and agreed to be the Electronics and Communications Engineer of the TV station.



Day 167

August 26, 2020

Nila _ Carmelites around the world celebrate the feast of the Transverberation (piercing) of St. Teresa of Avila's heart. Transverberation is a mystical grace wherein the Saint's heart was pierced with a "dart of love" by an angel.

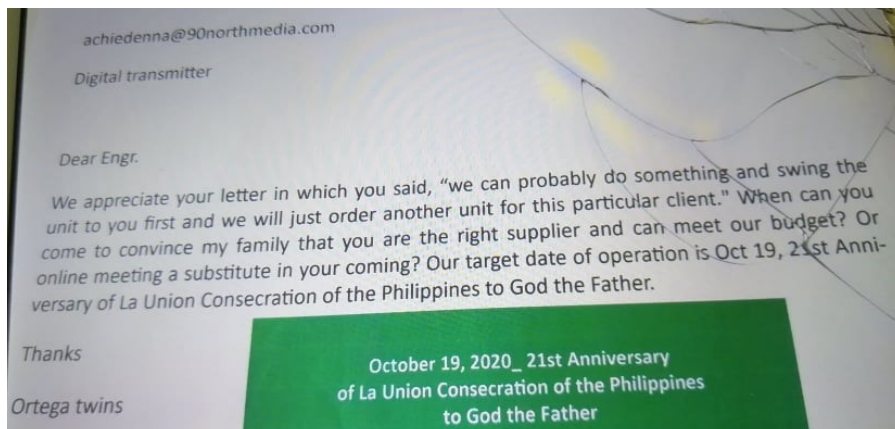


Day 168

August 27, 2020

Luz _ St. Teresa says what is necessary from the beginning: "I say that how they are to begin is very important, in fact, all important. They must have a great and very determined determination to persevere until reaching the end, come what may, happen what may, whatever work is involved, whatever criticism arises, whether they arrive or whether they die on the road, or even if they don't have courage for the trials that are met, or if the whole world collapse" (Way 21.2)

Perspective. Determined determination. Persevere. Don't give up. We had a zoom meeting with Engr. Achie regarding the digital transmitter.



Day 169

August 28, 2020

Luz_ We went to see Nick Flores at their home to request for loan at their Rural Bank of Bacnotan to purchase a digital transmitter. He was willing to give a loan of 2.5 M, half of the needed money excited for a television at San Fernando. He said the Rural Bank of Bauang can provide the other half. Our letter to the manager, Panding Nisce was brought by Lito, the driver at Panding's home.



Day 170

August 29, 2020

Nila_ Engr. Achie asked for pictures on the existing antenna of the SASBI Tower. It is good Rico assisted me.



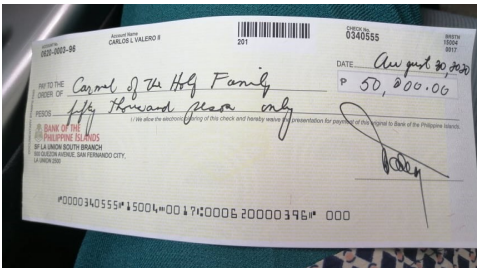
Day 171

August 30, 2020

Luz _ We twins went to the house of Litos Valero, 10 Commandment Tablets propagator to inform him of our tentative television programming. Luz was saying that there will be a daily mass to be officiated by Fr. Eugene Llobrera, Jr., Diocesan Director on Social Communications. In the course of our conversation, he handed a check of P50,000 for the Carmelite nuns at Pindangan.



Litos is holding a radio containing religious songs like following the 10 Commandments "Sampung Utos". He gave it to us.



Day 171

On our visit, Litos inquired about the previous invitation of Luz to join the OCDS. Thus, we twins decided to share the book written by Fr. Aloysius Deeney, OCD to Litos, so he could know about the spirituality of Carmel. When we were going out, it was drizzling and he gave an umbrella and two small size 10 Commandment Tablets.



Aug. 30, 2020
 Dearest Manong Litos,
 Sharing with you reflections
 written about our Holy Parents in
 Carmel — St. Teresa of Avila +
 St. John of the Cross.
 God told us twins to go on
 the television station for evangeliza-
 tion. But He did not promise that
 we will not face difficulties.
 Now, it is clear that
 Danny and children of twin Luz
 are against the plan. However, we
 have hope that you will assist
 us for God's glory.
 Yours in the Spirit of Carmel,
 Ma. Nila O. Argel, ocds
 Maria Lucia of God our Father, ocds

Day 172

August 31, 2020

Nila _ When I was preparing a Sign On for our dream TWIN-TV, I watched GMANETWORK to get an idea.



Day 173

September 1, 2020

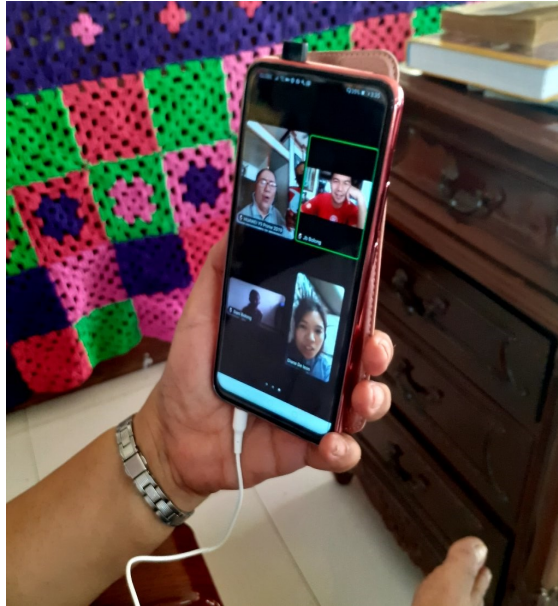
Luz _ We went to see Litos Valero at his office in La Union Electric Company (LUECO), Inc.



Day 174

September 2, 2020

Luz_ Zoom is the leader in modern enterprise video communications, with an easy, reliable cloud platform for video and audio conferencing, chat, and webinars. Am at school having a zoom chat with my children. My staff assists me for the zoom chat.



Day 175

September 3, 2020

Nila _ It is the birthday of brother Steve but postponed celebration. Here at the SASCollege, we twins are celebrating.

Luz receives her Pay Pal Card. Her PayPal Cash Card had assisted us during our Avila 2015 Pilgrimage and 84 days around the world travel cum pilgrimage.



Day 176

September 4, 2020

Nila _ It is the birthday of our mother Rosa in heaven. It was also a “heavenly celebration” for me because the cast on my hand was removed.



Day 177

September 5, 2020

Nila _ Our video on the devotions to the Sacred Heart of Jesus and Immaculate Heart of Mary was rendered in You Tube. Now we are watching the video on our computer.



September 6, 2020

Just as God appointed Ezekiel as a watchman for “the house of Israel,” so has he appointed parents to watch over their own “house,” their family (Ezekiel 33:7). Like a prophet, their role is to hear from God, to encourage their children, to warn them about sin, and to help them live in a way that pleases the Lord. This call isn’t limited to parents either. God wants all of us to be looking out for each other. There are limits to their influence, especially as their children mature and strike out on their own. But there is no limit to the power of prayer!

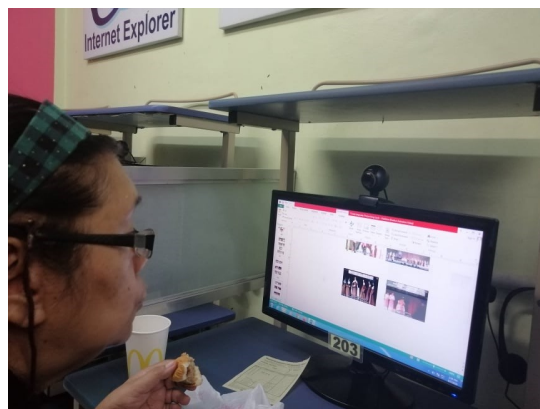


Fraternal Correction



September 7, 2020

Nila _ I went to the Internet Café to do some computer work. It is faster doing work there than at my computer in the school which has so many saved documents and videos.



Day 180

September 8, 2020

Nila _ There is a Congregation of the Religious of the Virgin Mary (RVM) sister leading novena prayers inside the Church and so Luz inquired. The sister said that they are praying for Venerable Ignacia del Espiritu Santo, their foundress who died on 10 September 1748, at Intramuros, Manila.

The cast on my hand was removed on September 4. Today is September 8, and I fell down a cookie jar. Good it was not me. Luz is picking up the broken pieces on the floor. Despite COVID, Ortega twins book, "In the Footsteps of La Madre" are distributed. Luz leaves copy to Department of Education.



Day 181

September 9, 2020

Luz _ I met the owner of Air 21 while having the twins book "In the Footsteps of La Madre" (Third Edition) delivered to the different countries of the world. Mrs. Elizabeth Ormido, former registrar of Saint Louis College was also inside Air 21 and she scans our book.



Day 182

September 10, 2020

Nila _ I witness daily how twin Luz act upon the inspirations she receives and the joy that emanating from her seeing that the work she had done is for the greater glory of God. Just like the transformation of the chapel into a beautiful place of prayer, anticipating the first mass to be held at the chapel with Bishop Daniel Presto, D.D. officiating.



Day 183

September 11, 2020

Nila _ Unknowingly, somebody put a wire on the gate in front of our cousin Marietta's room. When we twins arrived late, the main gate we usually enter was already padlocked. We want to prevent Gert from entering because she is sick. We were calling Marietta, and the helper at the Martinez Hospital beside our house to open the gate. Fortunately, Marietta got up. Luz handed the newly bought key, but not knowing how it is used, the padlock was destroyed.



Day 185

September 13, 2020

Luz _ After the mass, the priest presider asked those whose wedding anniversaries and birth-days fall in September to come forward for a special blessing. Two of us went in front and asked what we are celebrating. When we said our wedding anniversaries, and the priest commented, "Where are your spouses?"



Day 186

September 14, 2020

Nila _ Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal. But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal. Matthew 6:19–20

This passage is put into the heart by Luz as she smiles after the book was bound.



Day 187

September 15, 2020

Luz _ When the Kambal Pandesal business of my son closed, I wanted to use the signage for our Twin TV studio. The school worker went to get it and placed it at our Twin –TV studio.



Day 188

September 16, 2020

Luz _ I appreciate the storage box given by the faculty as a gift to me for the School's Foundation Day anniversary. They know what I need, a safe place to keep pictures and papers rather than putting it in a paper box that is susceptible of being eaten by termites.



Day 189

September 17, 2020

Luz _ A Wedding Anniversary celebration each year is an annual renewal of your commitment to each another as a couple. My husband never fails to give me flowers to express his feelings of love. Here, our driver delivers at the school Danny's bouquet of flowers.



Day 190

September 18, 2020

Nila _ Facebook is the world's top consumer social networking site in 2020. Social media enables communication for not only one's personal life but also for business life. The post about our school anniversary could entice students to enroll.



Day 191

September 19, 2020

Nila _ I have a computer work done in Colorado. Sometimes it is alright to have layout work done in a computer shop to have a different perspective.



Day 192

September 20, 2020

Nila _ I have been in San Fernando since June 10, keeping me apart from my loved ones, my husband and son at Vigan due to lockdown. It is good that there is Facebook where I see my husband is fine in the company of his Knights of Columbus friends.



Day 193

September 21, 2020

Nila _ There is a motivation behind every decision in life, from the food that we eat to the clothes that we wear. But what should be our motivation to live holy lives unto God? Living holy enable every believer to enjoy God's presence and living ever with God in eternal life. The things I do from rising up to lying down in bed at night is living a holy life in doing God's Will. I never weary doing things for the Lord.



Day 194

September 22, 2020

Nila _ We do not have a house helper at Twins Haven. After mass at the Carmel Monastery Chapel, we drop by at a cafeteria to buy food. We also buy at Jollibee, McDo, Inasal. During Sundays, Luz brings food from their home at Carlatan during their regular family get together.

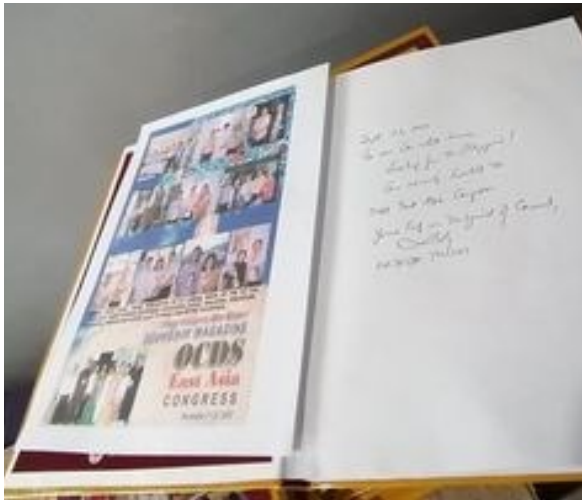


Day 195

September 23, 2020

Luz _ It is the wedding anniversary of our parents _ Evaristo and Rosa Ortega.

At Air 21, I was writing a dedication to our book. It is addressed to the Carmelite Nuns, but I inserted a Xerox copy of the souvenir program of the 2007 OCDS East Asia Congress held in Manila, Philippines so they can share the book to the delegates.



Sept 23, 2020
To our Carmelite Nuns,
Greetings from the Oblates!
Our country hosted the
OCDS East Asia Congress 2007.
We set secular centers for Holy Rosary.
Yours truly in Oblate of Carmel,
Luz
ORTEGA TWINS

Day 196

September 24, 2020

Luz _ I wanted the analog transmitter repaired while waiting for money to purchase a digital transmitter. We went to see Jun Quinones, the driver of the Sea and Sky Hotel, but her wife Janet said he was at their farm working. We went to the farm, but when I told Jun to go to Manila to have the transmitter repaired, he begged off saying it is hard because of the pandemic.



Day 197

September 25, 2020

Luz _ It took only 10 days from September 15 to 25 for the signage Kambal Pandesal to become Kambal Parah Sa Diyos. We used the pictures taken on the rooftop and during our shooting for the signage of our studio.



Day 198

September 26, 2020

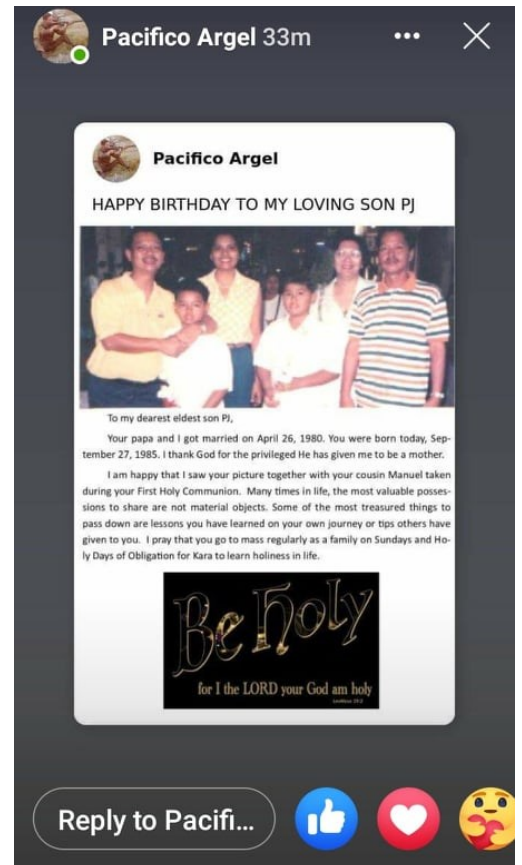
Nila _ See, we are like little children. Nowadays, we don't measure happiness greatly in material things, but more in experience. It is an experience as we witness the studio being transformed for our next shooting on the nine day novena prayers to St. Teresa of Avila. Below are statues of Sts Cosmas and Damian, whose feast day we celebrate today. Sts. Cosmas and Damian were brothers, born in Arabia, who had become eminent for their skill in the science of medicine. Being Christians, they were filled with the spirit of charity and never took money for their services.



Day 199

September 27, 2020

Nila _ Today is the birthday of my eldest son, PJ. I sent him a picture collage as a birthday greeting. He is a gift from God, coming after five years of marriage.



Day 200

September 28, 2020

Nila _ Caridad Sobejana exudes happiness. She showed Luz a dress of the Sto. Niño and gowns/dresses she had worn in the past. A particular dress she wore as Princess in the year 1954, excites Luz since it is our birth year. She bravely asked for it and her wish granted. Luz had asked John to make a gown for us twins with the dress as trimmings.



Day 201

September 28, 2020

Nila _ We visited Eddy Banat Almodovar at his home in Bacnotan, La Union. We asked if he will be willing that we include his program at TWIN - TV and he agreed. He has a great number of followers on his radio program.



Day 202

September 30, 2020

Nila _ This month of September, we celebrate three occasions: Manong Steve's birthday (3), ma ma Rose (4) and the wedding anniversary of Papa Bisting and Mama Rose (23). Our get together is at Manong Steve and Menchu's home. We are complete living five siblings. It's a universal truth that every parent loves to see his or her children happy. If obedience is a right act, honour is a right attitude, the attitude of valuing your parents highly, holding them in high regard. Having fun together is important, there is nothing like a good laugh. However, being there for them when they need you, in difficult times is what strengthens this bond. I still remember when brother Steve had to provide the deposit for my heart bypass while my husband Chicoy is still on his way from Vigan to be at my side in the hospital in Manila.



1) Emily—deceased
Standing 2) Steve, Seated
3) Rose
Standing 4) Flor
Standing 5 and 6) Ortega
Twins Luz, Nila

1) Emily 2) Steve, 3) Rose 4) Flor
5 and 6) Ortega Twins Luz, Nila



Day 203

October 1, 2020

Nila _ After mass, Divine informed us that Presy Costelo, our OCDS member staying at the OCDS HOP was rushed to Bethany Hospital. In fact, she told us they were calling, but there was no answer. They then called Monette Prieto who lives at the next house. The nephew of Presy said that his aunt had high blood pressure and anxiety attack, but she is feeling better and be released from the hospital soon. There were limited visitors allowed so Luz went to see Presy while I waited in the lobby.



Day 204

October 2, 2020

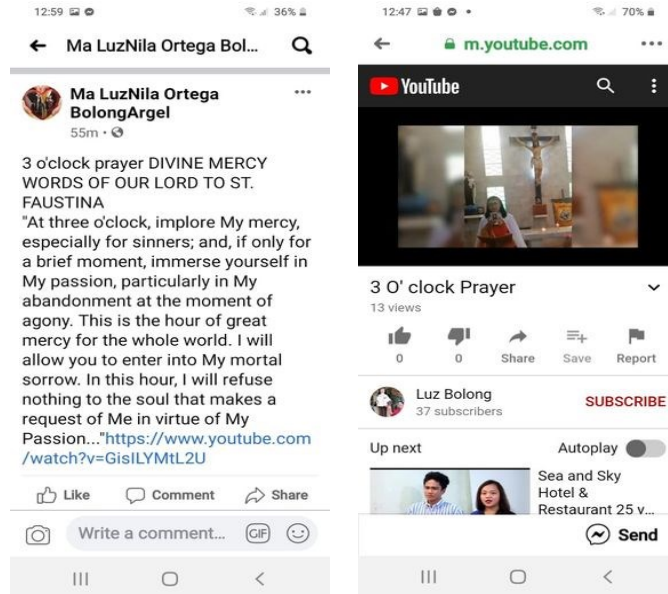
Luz_ I requested Alfred, the contractor at the Sea and Sky Hotel and Restaurant to come to the school. I instructed him to go up to all the floors and make his report on the improvements to be done. However, we twins had a change of plan, opting just for general cleaning.



Day 205

October 3, 2020

Nila _ It is the death anniversary of our father, the late Judge Evaristo Ortega. Israel finished the 3 o'clock Prayer for Divine Mercy video and we twins watched it.



Day 206

October 4, 2020

Nila _ We twins have included Bishop James Paul McCloskey in our book as a contender for saint hood. See article written _ Veteran Mission Bishop taken by death in Manila.



Manila.—The Most Rev. James Paul McCloskey, Bishop of Jaro, died on April 9 in Santo Tomas University hospital here at the age of 76. Pneumonia was the immediate cause of his death.

Bishop McCloskey was a native of Philadelphia, where he studied for the priesthood at La Salle college and where he was ordained on Dec. 17, 1898. He remained a priest of the archdiocese until 1917, when he was elevated to the Episcopacy by Pope Benedict XV. On May 1 of that year he was consecrated as Bishop of Zamboango in the Philippines, whence he was promoted to Jaro on March 8, 1920.

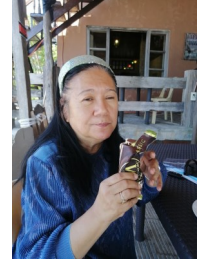
One of his predecessors as Bishop of Jaro was His Eminence, Cardinal Dennis Dougherty, Archbishop of Philadelphia, whom the then Father McCloskey in 1903 accompanied to the Diocese of Nueva Segovia, to which Cardinal (then Bishop) Dougherty had just been appointed. From 1903 to 1905 Father McCloskey served as Chancellor under Bishop Dougherty. In 1905 he returned to his home diocese to assume the pastorate of St. Gertrude's church in West Conshohocken. In 1909 Father McCloskey sailed again for the Philippines in response to the request of Bishop Dougherty, who meanwhile had been promoted to the see of Jaro, of which he remained in charge until his appointment as Bishop of Buffalo in 1915.

In 1927 Bishop McCloskey was widely hailed for his heroism during the wreck of the steamship *Noiching*, which sank off the coast of Cadiz, Oriental Negros province. The Bishop refused to leave the sinking ship until everybody had taken to the lifeboats. He went down with the ship but was rescued from the water.

Day 207

October 5, 2020

Nila _ There is the tricycle with plate number 707 plying along the road at our site again. In these instances, we feel good for we take it as a sign that God is satisfied with what we are doing. It is the last day of Divine for she is going home to Mindoro for treatment on her eyesight and thyroid. Monette Prieto gave her a despedida at her Natalna Grille, San Fernando La Union.



Day 208

October 6, 2020

Nila _ Luz is showing the picture collage I was supposed to give to Divine at 6 a.m. However, she had left the OCDS HOP earlier than scheduled. The nuns whom she left the key said that the PNP officials manning the checkpoint instructed them to go home immediately for Mindoro. I was not able to give her picture that Luz is holding. I prepared the Mid Term Examination of my students in Communication.



Skills

It is important to invest in yourself through self-improvement. Gaining skills from finishing a TESDA course will help you be better in your chosen field or may potentially make you earn more money. Want to make a living out of baking, programming, or hairdressing? TESDA has you covered.

National Certificate or Certificate of Competency

TESDA assesses and certifies mid-level skilled workers through the Philippine TVET Competency Assessment and Certification System. Those who qualify for a national certificate or certificate of competency can get a higher paying job than they previously have. For example, an entry level job at a game development company will require a 2D Animation III course while a mid-level job will require a 2D Animation NC III course.

Employment Opportunities

TESDA helps their students land jobs upon graduation. According to a report in their official website, 7 out of 10 tech-voc or technical-vocational graduates get jobs. And with more than 200 courses to choose from, the opportunities for you will be endless! It's also important to note that TESDA helps you avoid a career mismatch. If you take courses specific to what you want like baking or cooking, you will be assured that you'll be a baker or a cook in the future.

Value for Your Time

Studying at TESDA can get you employed in less than a year—from several weeks to six months of training. But if you want to pursue a four-year program after TESDA, the courses you earned will be credited to your chosen degree provided that they're related. This means that the time you spent studying at TESDA will open opportunities for you to pursue further studies.

Interested in taking TESDA courses? You can check Edukasyon.ph and see schools that offer TESDA courses near you!

MID-TERM GROUP RESEARCH

Halaman sa Buhay (Plants in Life) —A program that show the social benefits of gardening of having a shared interest to connect with other people. It provides tips of turning a gardening hobby to cash.

GROUP ACTIVITY

Prepare a 30 minutes video to be placed in a USB for submission. The script should show the audio and video.

FINALS GROUP RESEARCH

Public Eye — recognizes the government programs and projects (DOH, DTI, CHED, etc) and opens the heart of the taxpayers to appreciate what the government is doing for them. Feature the governor, a mayor, barangay captain, etc. presenting the programs and projects initiated by them to serve as role models.

GROUP ACTIVITY

Prepare a 30 minutes video to be placed in a USB for submission. The script should show the audio and video.

Day 209

October 7, 2020

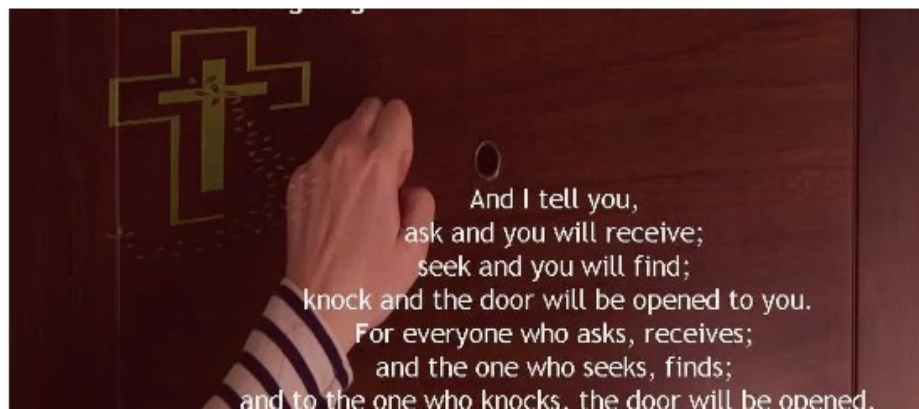
Nila_ It is the second day of our Novena to Our Holy Mother, St. Teresa of Avila at the Carmelite Monastery Chapel. We twins had a picture with St. Teresa at the center.



Day 210

October 8, 2020

Nila_ The Homily Theme: Ask and You Will Receive; Seek and You Will Find; Knock and the Door will be Opened to You – (Luke 11:1-13 and Matthew 7:7-12) for today, Thursday of the 27th Week in Ordinary Time resonates on our desire for a television station.



"Ask and it will be given to you; *seek and you will find*; knock and the door will be opened to you." **Matthew 7:7**

Day 211

October 9, 2020

Nila _ There are so many areas to clean — Twins Haven, Home at Vigan, School. It is not the forte of Luz to clean, so I try my best to do multi-tasking. I do computer work, writing, keeping files, cooking, sewing, and cleaning.



Day 212

October 10, 2020

Nila _ My twin is interested in developing the lot at Pagdaroan where the Bantay Ni Ama ken Maria are situated. But she feels that the 1,000 square meters her husband Danny had purchased is not enough to make it a pilgrimage site. She tried adding to the area by buying from other lot owners. However, she was swindled. But the dream won't go away and so when our cousin Lorenzo Villanueva called that a surveyor will show her the lot, we went ahead to the site. Luz doesn't have the money to buy yet, but she is hopeful, if God wants it, He will provide.



Day 213

October 11, 2020

Nila _ Today's Gospel: Matthew 22:1-14 - 28th Sunday in Ordinary Time _ The Parable of the Wedding Feast calls for Continual conversion. It means that we never stop growing in faith and love of God. God doesn't expect perfection, but He does expect us to give Him our best. Let us pray to Jesus to teach us how to be like Him, so that our souls will be dressed properly when He comes to get us unexpectedly.



Day 214

October 12, 2020

Nila _ As an employer, Luz always say "thank you" even in a simple task like giving coffee, carrying her things to and back the office. But she has employees who are her superstars, she is confident they perform their work well. See how they transform her office? Great, isn't it?

At the Twins Haven, we cleaned the ground floor and decorated the Christmas tree for



Day 215

October 13, 2020

Nila _ Jocelyn Valdriz assisted Israel in the shooting of our bio-video. She is holding the idiot board because senior citizen Luz can't memorize her lines.



Day 216

October 14, 2020

Nila _ Identical twins share a particularly intense bond. They are the result of one fertilized egg splitting into two, giving them identical DNA. As a result, we twins are so close. See, we are enjoying our Sugar Free Soft drinks!



Day 217

October 15, 2020

Luz_ On the Feast of St. Teresa of Avila, some of the members requested to be fetched at their homes. Aboard the car were Aning Bernardo, Marivel Flores, Leonor Fabro and Erlinda Laron. Passing Padre Burgos Street, to our delight was the tricycle with plate number 1515 at site. Bishop Daniel Presto, D.D. was the mass celebrant. After the mass, an announcement was made that the faithful will not kiss the relic but just reverently gaze at it or bow.

At the OCDS HOP, we had a souvenir photo with St. Teresa's life size statue as back



Day 218

October 16, 2020

Luz_ The tabernacle ordered On-Line arrived to my satisfaction. I immediately called Manang Caring Sobejana, the donor of the Tabernacle and Myrna Calachan who also shared a token amount to be present during the 21st anniversary of the La Union Consecration of the Philippines to God the Father activity.



Day 219

October 17, 2020

Nila_ I saw the tarpaulin prepared by the Catholic Mass Media Network with the words, "Bringing the Message of Hope thru Media" and the list of radio stations in the Philippines that include DZUL FM. I prepared a tentative Programming for the Television station and Prayers which were printed at the Colorado shop. Workers rushing work for the October 19 activity.



Day 220

October 18, 2020

Luz _ Every year, Filipinos from around the world mark September 1 as the beginning of the countdown to Christmas. This countdown, which spans from September to December, otherwise known as the "Ber Months", is one of the most important traditions that makes the world's earliest and longest time span of a Christmas season.

I am so happy with the Christmas lights placed from the ground floor to the 4th floor.



Day 221

October 19, 2020

Nila _ It is a practice that when there are special occasions, we visit our loved ones at the cemetery. After the activities _ La Union Consecration of the Philippines to God the Father and birthday celebration of Danny, we prayed at the tombs of our loved ones. Our visit for today is already our visit for the All Souls Day. For the first time in many decades, all public and private cemeteries, memorial parks, will be off-limits to the public on All Saints' Day and All Souls' Day. City Government has issued an executive order imposing a temporary closure of places from October 30 to November 3, 2020, considering that the city is still in the middle of fighting the coronavirus pandemic.

While at the cemetery, a lady at my back of Luz asked that she cleans the tombs so she will have money to buy for food. Manang Flor took pity and gave P50 to clean the tomb of Mamang Ton. The next time we were at the cemetery again, we found out that the lady did not clean just the same.

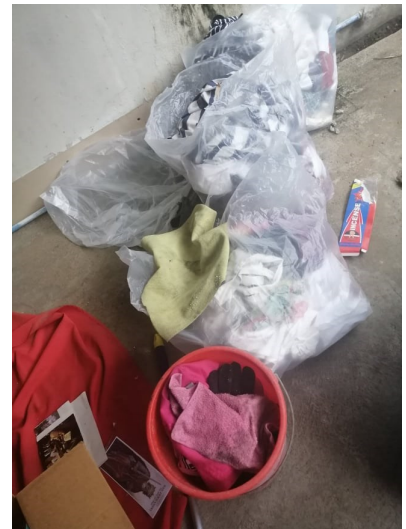


Day 222

October 20, 2020

Luz _ After the mass at St. William's Cathedral I decided to look at the things of Gert she had left at the Twins Haven. I told her to go home to her family when she said she is not feeling well but it is not COVID.

I was surprised that she had many things. I separated her clothes and we twins brought them to the Laundry Shop owned by our cousin to be washed. The cost of the laundry is P400.



Day 223

October 21, 2020

Luz _ The Sea and Sky Hotel ordered clothing materials at Miguel Chan for the uniforms of the staff. However, it was not sewn due to COVID and have not paid for it. I told the College to pay for it for our use because the hotel has temporarily closed. It gave me an idea to have gowns made by John Flores so we went to Aringay, La Union where our couturier stays. I told John to get from my wedding gown portions to decorate the yellow gowns he will sew.

Getting ready to go home, the car couldn't start. We asked help from the automotive shop, but they could not repair it. It stayed for the night at John's place.

I am worried with the sensation I feel on my feet. I have been feeling the "pins and needles" for quite sometime, and afraid that Diabetes might lead to my legs being cut off. I went to the Bethany Hospital for a check up on my sugar



LAB / DR. HORTNER
Bethany Hospital
San Fernando City, La Union
Triage Screening Checklist

Name: Luz O. POCONG Date: 10/21/2020
Address: 5288 1st St. 1st Fl. ICP No.: 607-4000
Temperature taken upon Entry: 36.2

1. Do you have the following?
(Meron ka ba nararamdaman na kahit isa mga sumusunod)

Signs and Symptoms (Sintomas)	Onset (Simula)
<input checked="" type="checkbox"/> Fever (38.0°C) (Tumutunog)	
<input checked="" type="checkbox"/> Cough (Ako)	
<input checked="" type="checkbox"/> Cold/ Runny Nose (Sipon)	
<input checked="" type="checkbox"/> Sore Throat (Painatad ng balakang)	
<input checked="" type="checkbox"/> Shortness/ Difficulty of Breathing (Kapot/ Hirap sa Paghinga)	
<input checked="" type="checkbox"/> Body Ache/ Muscle Pains (Sakit sa Katawan o Kasukatsuhan)	
<input checked="" type="checkbox"/> Diarrhea (Pagpipis)	
<input checked="" type="checkbox"/> Other Signs (Iba pang sintomas)	

2. Have you been to abroad recently or other specific local places?
(Nangaling sa ibang bansa o kaya'y ibang lugar?)

() Yes (Oo) () No (Hindi)

Where (Saan)	From (Mula)	To (Hanggang)

3. Have you been in close contact with someone, known to have COVID-19?
(Nakatalastula ang isang kumpanyang may COVID-19)

() Yes (Oo) () No (Hindi)

Close Contact	Yes (Oo)	No (Hindi)
Providing direct care without proper personal protective equipment (PPE) for COVID-19 patients (Pangangalaga sa pasyenteng may kumpanyang COVID-19 na walang gamit sa wastong PPE)		<input checked="" type="checkbox"/>
Staying in the same close environment (including workplace, classroom, household, gatherings) (Pabalindamha sa parehas na lugar tulad ng trabaho, edukasyon, bahay, o mga pagtitipon)		<input checked="" type="checkbox"/>
Traveling together in close proximity (1 meter) in any kind of conveyance (Pagbiyahe kasama ng malapitan-1 metro)		<input checked="" type="checkbox"/>

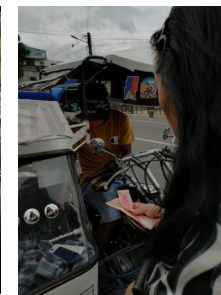
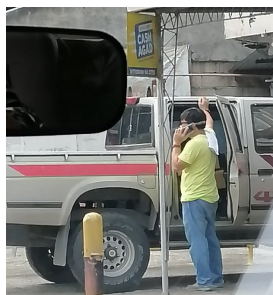
I declare under the penalties of law that my TRIAGE SCREENING CHECKLIST has been made in good faith verified by me and to the best of my knowledge is true and correct. Furthermore, I give my consent to the processing of my information in accordance with the provisions of Data Privacy Act of 2012 or Republic Act No. 10173 for legitimate and lawful purposes.

Signature (Pirma) _____ Assessed by: PAUL
Triage Officer on Duty

Day 224

October 22, 2020

Luz _ The following morning, the workers continued to start the car but failed. I took the services of a towing company. The manager quoted the price of P4,000 but I was able to get a discount to P3,000. They brought the car to SERVITEC Goodyear Services. We rode on a mini bus up to SERVITEC then a tricycle to the Sea and Sky hotel.



Day 225

October 23, 2020

Nila _ Gert sleeps at the residence her sister, Lourdes Chan at Lubrin Heights. At 6 a.m. she walks and stays at our Twins Haven. At 6 o'clock in the evening she goes back to her sister's home.

But now she is sick. This morning, we fetched her sister Susan at Agoo who came with us to San Fernando to see Gert. Arriving at Lourdes house, Gert was brought down at the sala. We gave a rosary and went to the Convent to ask a priest to bless her.

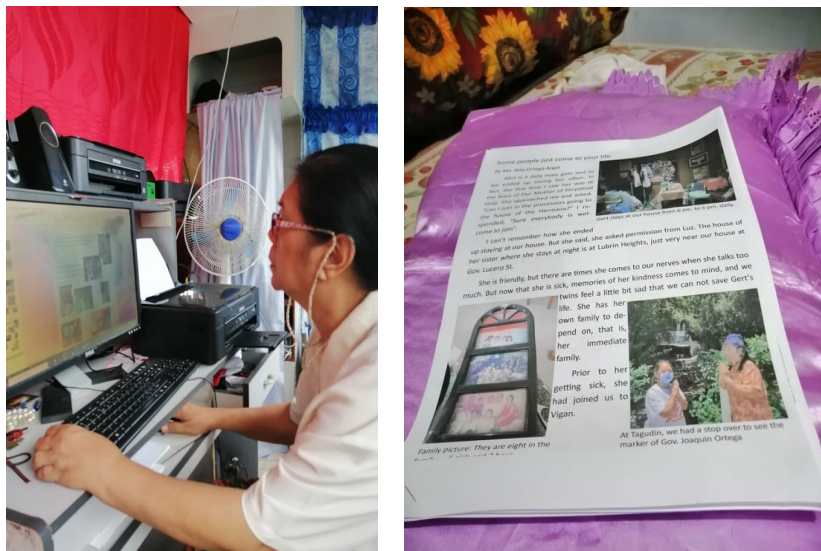
After lunch, Luz with Lito went to see Glory, Gert's other sister staying at Pao Norte. We just pray for her to regain good health and leave the care she needs to her family.



Day 226

October 24, 2020

Nila _ I prepared an article entitled, "Some people just come to your life". I wrote down notes on our memories of her and gave copies to the Carmelite Nuns, to our sister Dr. Rose Martinez, and some of her friends in the hope for prayers and other form of assistance.



Day 227

October 25, 2020

Luz _ Danny reminded me of our usual Sunday Family get together for lunch. Family bonding time create wonderful memories that last a lifetime. We also enjoy our grandchildren as they are growing up.

Today is 138 days Nila and I were together since lockdown on June 10.



Day 228

October 26, 2020

Nila _ I saw a computer table at the garage and had it repaired for the Kambal Pandasal TWIN-TV studio.



Day 229

October 27, 2020

Luz _ I went to the shop of Tony Belleza to get the statue of St. Joseph. Finally, after too many attempts it is already with me and had it repainted.



Day 230

October 28, 2020

Luz _ I washed the dress of Sto. Nino since I noticed it is dirty. I also requested Rina Ocampo, a staff to help me clean the statues for our shooting.



October 29, 2020

Nila _ Visit of Carmelite Provincial Superior

We twins attended mass at the Carmel of the Holy Family at Pindangan on October 29, 2020. Arriving during the homily, a Carmelite friar was giving the homily and it was partly on the determined determination of St. Teresa of Avila. After the mass, Luz approached the priest who happened to be Reverend Fr. Danilo Lim, OCD, fondly called Fr Dan, our new provincial superior of the Discalced Carmelites Philippine Province. We were glad to hear his words, "I was hoping to see you." Nila had sent an email to him but we did not receive a reply, so that probably explains his desire to see us.

Luz invited him to share his thoughts on the teachings of St. Teresa because we had a scheduled shooting at Kambal Pandasal studio. However, he came to over see the election of the new Mother prioress and three Councilors and has to rush back home, maybe before or after lunch. With this, I asked for a copy of his homily for sharing.



Congratulations Fr Dan Lim
More Prayers for you as you
take seat as the new Provincial
Superior.

Homily Lk 31-35 Herod's Desire to Kill Jesus

Many people have a very negative impression of the Pharisees. And that's because the Pharisees have almost always been portrayed as enemies of Jesus in the Gospels. But, as we can see in today's Gospel passage, not all Pharisees were hostile to Jesus. Some of them even warned Jesus about Herod wanting to kill him. But still many scholars are not convinced. They say that yes, it may look like a friendly warning or even a show of concern. But in reality, the Pharisees simply did not want trouble in their district, or they are simply trying to sidetrack Jesus from his mission — which is Jerusalem—where he will be rejected, where he will suffer and die on the cross.

However, regardless of the motivation of the Pharisees' in warning Jesus, I guess the more important point is the response of Jesus. His solid determination. Jesus say that nothing—not even death—can stop him. Nothing in this world can prevent him from doing his father's will and establishing the kingdom of God. In other words, his goal is Jerusalem. It is where his work will be completed, and where his mission will be accomplished. And nothing can stand in his way. Well, if that is not determination, I don't know what is.

And here I am reminded of a little anecdote. In one Parents Teachers Association meeting, the resource speaker was telling parents to reach out more to their children. He said most parents spend far too little time with their children. "This is inexcusable," he said. At the end of the lecture, one of the parents got up and said to the speaker: "You've talked a lot about our failure to reach out to our children. I've reached out again and again and again to one of my teenagers, but my best efforts have been rejected and resented. What do I do now?" And the speaker answered, "Frankly, I don't know what you must do now. But I think I know what you must not do. And that is to give up. Never ever give up!"



Fr. Danilo Lim, OCD with Ortega Twins

My dear brothers and sisters, it's pretty much the same in our spiritual life. Sometimes many of us find ourselves grumbling and saying, "Oh, but God seems so far away. I cannot feel His presence in my life. Don't think he hears any of my petitions. So I find it useless and pointless to pray. Nothing is happening so I will just stop praying." But you see, nothing could be farther than the truth. Because the truth, according to St. Teresa of Avila, is that God resides within each one of us. God dwells at the very center of our being. This is what St. Teresa, the great Doctor of the Church teaches us in her spiritual masterpiece "The Interior Castle."

And that is why she would tell us to never, ever stop praying which is the mistake she regretted most in life. So even if we don't feel anything while praying, even if we feel as dry as a rock, even if nothing seems to be happening, and even if it seems that we are just wasting our time, sigelang...tuloy lang..okay lang. What is important is our determination, our resolve, our will to push forward and to never give up in life. Never give up praying, never give up doing good, never give up being faithful in everything that we do. And we shall realize that, coupled with the grace of God, determination is what will guarantee our perseverance till the end.

So then, following the example of our Lord Jesus Christ, who reached out to the people of Jerusalem again and again, even if his best efforts were rejected, let us pray for the grace of determination: determinada determinacion, as our holy mother St. Teresa of Avila would say. Let us pray for the grace of perseverance that we may never lose hope, and never give up.

The elections for Prioress and Councilors take place every three years. According to the Constitutions of the nuns, the Mother Prioress is a major superior and the Councilors are to assist her in a spirit of unity. Although entrusted to the vigilance of the Bishop, and subject to him in all that concerns the Church's teachings, the Carmelite Nuns retain their autonomy in matters concerning their internal governance and community life.

Inspirations received, Luz acted immediately. She asked her staff at the Sea and Sky College to buy two cakes: one for Provincial Superior Dan and the newly elected prioress. And Luz' staff reported that the cake was on time as Fr. Dan was still in the dining table. As instructed, the new prioress, Mother Therese received the cake for the community. The next day, the priest celebrant announced that the mass is offered for the newly elected mother prioress, Sr. Therese that God the Holy Spirit will give her the gifts and the grace needed in helping the community be its best.



I, representing our Secular community members offered our congratulations to Mother Priorress Therese.





The Catholic Daily Prayer



Kambal Pandasal Studio

Sea and Sky Broadcasting Systems, Inc.



The Catholic Monthly Devotion



Sea and Sky Broadcasting Systems, Inc.



Shooting of the Prayer with Holy Mother Teresa de Ajumada to God the Father



Let us pray with our Holy Mother Teresa de Ajumada of Jesus of Avila

To God Our Father



Sea and Sky College
Chapel



Day 232

October 30, 2020

Nila_ The person in the front pew is Atty. Aurora Sanglay. There are doctors, politicians, house wives that congregate in the chapel. The priest went to congratulate the new prioress, Mother Therese



Day 233

October 31, 2020

Nila _ I post our activities for it is a form of our evangelization work to give honor and praise to God, Mary, Angels and Saints.



Day 234

November 1, 2020

Nila _ After Sunday mass, we usually buy delicacies from vendors outside the Church.

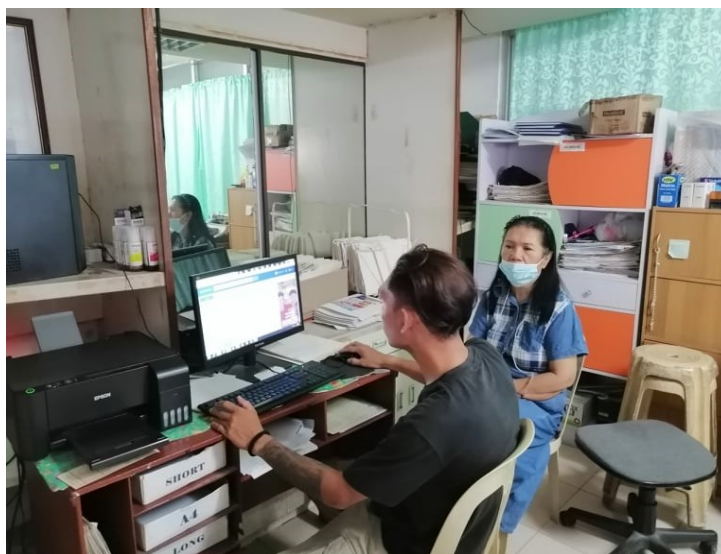


Day 235

November 2, 2020

Nila _ Rico is one of the staff at the Sea and Sky College who assists us in our work, like printing, locating photos from our cell phone, taking our videos, etc. Everybody has a talent given by God to do what He wants from us.

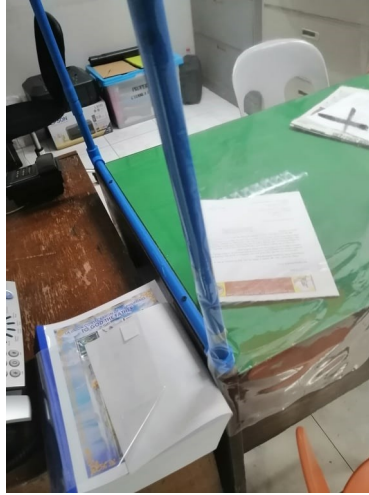
A widower, Rico lost his spouse in a motorcycle accident. In fact, he was the one driving. He was in critical condition but he survived. He now takes care of their two sons. With this pandemic, he assists his sons in their schooling. He sometimes would say, I have to go to the school to get the modules of my son. I appreciate him for I see his dedication to his children and work.



Day 236

November 3, 2020

Luz _ Nhels binding our book entitled, La Union Consecration of the Philippines to God the Father 20 Years Report. His dedication and commitment to work gave him more comfort. His shop had improved and was able to buy a motorcycle.
You see, when you do your work well, you make your customers happy and you are happy too for the monetary rewards.



Day 237

November 4, 2020

Luz _ After the shooting of the prayer of St. Teresa of Avila to God the Father, I returned the statue of Our Lady of Mt. Carmel to our Twins Haven.



Day 238

November 5, 2020

----- Forwarded Message -----

From: SEA AND SKY COLLEGE <seaskycollege@yahoo.com>

To: Damon Loh (Vuulr Support) <support@vuulr.com>

Sent: Thursday, November 5, 2020, 03:04:43 PM GMT+8

Subject: Re: [Vuulr] Re: we can not upload the photo for poster

Dear Editor:

Sending you the posters. Please indicate what you still need. Thanks
Ortega twins Nila Angel and Luz Bolong



Day 239

November 6, 2020

Luz misplaced the keys at the OCDS House of Prayer and so we went to the house of her son where she stays after her hospitalization at Bethany due to high blood and anxiety attack.

We were delighted to see Precy for we got the keys and Luz witnessed the improve-



Day 240

November 7, 2020

It is Saturday so Evelyn is working again for Luz. Evelyn is a hardworking mother. In fact, she had just given birth to her youngest daughter when she went abroad to work. But after her contract expired, she decided to go home for good.



Day 241

November 8, 2020

Luz—Bonding time with the grandchildren at Carlatan home.



"Life" is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one. LIVE IT WELL! ENJOY TODAY! DO SOMETHING FUN! BE HAPPY! HAVE A GREAT DAY!

REMEMBER:....

"It is health that is real wealth and not pieces of gold and silver.

"LIVE HAPPY IN THIS YEAR AND EVERY YEAR!

LASTLY, CONSIDER THE FOLLOWING:

TODAY IS THE OLDEST YOU'VE EVER BEEN, YET THE YOUNGEST YOU'LL



Day 242

November 9, 2020

Nila _ We attended mass at Carmel of the Holy Family Monastery Chapel. Today the Church celebrates the feast of the Dedication of the Lateran Basilica in Rome, the oldest and highest ranking of the four major basilicas in Rome. The Basilica of St. John Lateran is the cathedral of the diocese of Rome, the official ecclesiastical seat of the Holy Father, the Bishop of Rome, not St. Peter's Basilica as so many mistakenly believe. The Basilica is also called the Church of Holy Savior or the Church of St. John Baptist



Day 243

November 10, 2020

Luz _ We went to the house of Leonor Cacanindin, 2019 Hermana mayor on the feast of St. Teresa of Avila to get the statue to be turned over to Monette Prieto, Hermana mayor for 2020. Let Lito driver bring loaf bread and grapes to the house of Gert's sister.



Day 244

November 11, 2020

Nila _Nine days Novena to St. Teresa of Avila shooting. a novena is a nine day period of private or public prayer to obtain special graces, to implore special favors, or make special petitions. (Novena is derived from the Latin novem, meaning nine.) As the definition suggests, the novena has always had more of a sense of urgency and neediness.



Day 245

November 12, 2020

Nila— I changed our FB profile and below is my first post.



After shooting at the Shrine of Our Lady of Namacpacan, we brought Jesus to their home.

Loving Jesus with his mother, nephew and niece.



Drops by the house of Luz' former house helper Carmen.

Pass by Paraoir, to take picture of mahogany trees planted by the late Dr. Daniel S. Bolong.

Finale, dropped by Jollibee for burgers. A fruitful day! GOD IS GOOD ALL THE TIME.

November 13, 2020

Nila _ Only those with pins are allowed to enter the church for the celebration. Knowing my twin sister, she will find a way. She said, we let the mass start then we enter the church. Luz went ahead and usher asked, "Where is your pin." She replied, " Will stay at the back". The usher could not do anything. I followed Luz and really, you don't have to follow rules to the letter. There were still seats available.

Thanksgiving celebration



Archbishop Socrates Villegas giving homily.



We stayed at the back with the St. John de Ortega statue.



Bishop Presto with the laity for souvenir photo.



Luz said in celebration there is partaking of food Hahaha



Cristy with Luz



Nila in green.



Luz in red.



See, Luz is happy

November 14, 2020

Nila _ I wrote a letter to the Editor of Europe Books

My twin sister told me that you sent an email informing me you are interested in collaborating with me regarding our book, In the Footsteps of La Madre: Sta. Teresa de Avila. However, when she wanted to show me the email, it can't be located. We twins are excited as we watched yesterday our bio video and movie teaser at Vuulr Marketplace. It would be a dream come true if we have the book and movie come out together for public reading and viewing.



Nila smiling in anticipation that our book will be viewed in public through Europe Book Publishing.

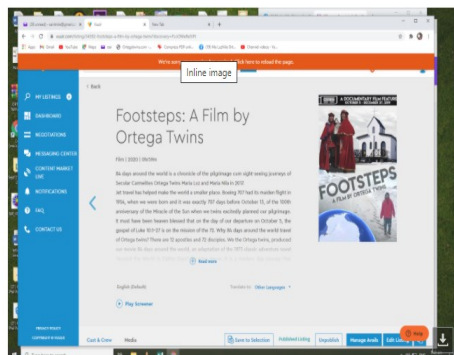
saintnile@gmail.com <saintnile@gmail.com>
To: europa.edizionisrl@legaimail.it

Sat, Nov 14 at 9:38 AM

All Souls of the Carmelite Order

Prayer:

Lord, you are the glory of those who serve you. Look lovingly on our departed brothers and sisters, united in following Christ and his Mother by the waters of baptism and the bonds of Carmel. In your mercy grant them everlasting sight of you their Creator and Redeemer.



November 15, 2020

Nila _ We twins attended mass at 5 a.m. The Parish Priest, Fr. Bobby Collado announced that Bishop Daniel Presto, D.D. will officiate the closing mass at 10:15 a.m. for the 50th anniversary of the diocese and will close the Jubilee Door. We had our second mass, and very happy to have witnessed a history of the Church.



November 15, 2020

Nila _ All Carmelite Saint

As all Catholics know, All Saints Day begins this month of November. Observed in the Church since the 8th century, on the First of November, we celebrate in one joyful solemnity the feastday of all the Saints. Many are canonized by the Church, but not all of these have a feastday that is celebrated on the regular liturgical calendar. Others, we do not know at all – strangers to us in name, in their life's history and in where they fit in time. It is these latter two especially – the not-canonized and the unknown – that All Saints Day is for – these, that are not honored in any particular, individual way.



It has long been the custom of Catholic Religious Orders to have a separate day, usually in November, to honor their own particular saints. Today, November 14th, is Carmelite All Saints Day. Again, just as on November 1st, the emphasis is on those whose feast day is not on the regular liturgical calendar, and those "unknown" Saints. We would like to introduce you to a few of these Carmelites – holy, prayerful, apostolic, heroic, and in love with Christ – Our Lord.

The whole family of Carmel in the homeland, with Mary its Mother at its head, is the reason for our joy and praise to the Father on this day. We recall our brothers and sisters who once dedicated their lives to continual prayer on earth and now share in the worship of heaven. We unite ourselves spiritually to their glory, all the while journeying along the paths they traveled with courage, as they lived in obedience to Christ and followed in the footsteps of Our Lady.

November 16, 2020

Nila _ All Carmelite Souls

On this day the Order remembers in prayer, and confides to the loving mercy of God, all the members of the Carmelite Family who have died.

Prayer: Lord, you are the glory of those who serve you. Look lovingly on our departed brothers and sisters, united in following Christ and his Mother by the waters of baptism and the bonds of Carmel.

In your mercy grant them everlasting sight of you their Creator and Redeemer. We ask this through Christ our Lord. Amen. We belong to the Lord and so we must live life accordingly,

because in doing so we secure our entry to the Kingdom. There is a powerful reminder that Jesus Christ is to be found in every person we meet or encounter regardless of what we think of them or how they are presented to us.



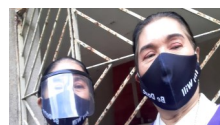
Nila hands to Monette Prieto, the statue of St. Teresa of Avila Hermana mayor for 2020. It was turned over by Leonor Cacanindin, 2019 Hermana mayor.



November 17, 2020

Nila _ Lola Connie celebrates her 101st birthday in heaven. Manang Flor and twins LuzNila visit lola Connie at the cemetery. When we called, Menchu said Steve was out. We ate then prayed. Luckily he arrived when we were still praying, although it was already closing prayer, "Hail Holy Queen".

Nila_ Mr. Renato Baladad requested us twins to give a FOREWORD on his book, his contribution to the evangelization work to bring back the faithful who have left the Catholic Church.



Twins at Lingsat Cemetery wearing the mask given by Litos Valero, with inscription "Thy Will Be Done".



THE SECULAR ORDER OF DISCALCED CARME LITES
ST. TERESA OF AVILA COMMUNITY (LA UNION)
PHILIPPINE PROVINCE OF ST. TERESA OF JESUS
OCDS House of Prayer, Pindangan,
City of San Fernando, La Union 2500



FOREWORD

On January 16, 2020, the diocese of San Fernando de La Union starts its 50th anniversary celebration with Most Rev. Daniel O. Presto, D.D., as main presider of the concelebrated mass at the St. Michael the Archangel Parish, Bacnotan, La Union.

Mr. Renato Z. Baladad, who serves as a lay minister and sacristan at the Carmel of the Holy Family Monastery Chapel, was inspired to contribute this work that could fill the need of the day, that is, instruction on our Catholic faith. This little book is intended to present the truth in order that the truth may conquer through the grace of God. Catholics who had left the Church may come to the blessed embrace of Christ through the sacraments.

This work is a manifestation that all persons who are baptized is called to respond to his/her own light. Mr. Baladad, had given his share in the evangelization work of the Church in a special way. May this work inspires you to do yours.

Yours truly in the Spirit of Carmel,

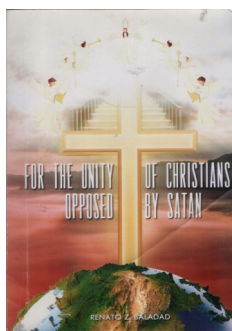
ORTEGA TWINS

LuzNila

MA. LUZ O. BOLONG, OCDS
President
Confraternity of OMPH

Nila

MA. NILA O. ARGEL, OCDS
President
St. Teresa of Avila Community



3.4 Reports of Maria Luz and Maria Nila

MARIA LUZ

My Unforgettable and Inspiring Experiences with COVID-19



*COVID-19 is not God's judgment, but a call to live differently,
Pope Francis says*



Submitted to:

Bishop Daniel O. Presto, DD

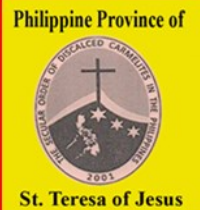
Diocesan Seminary of the Heart of Jesus

San Vicente, San Fernando City, La Union

Submitted by:



THE SECULAR ORDER OF DISCALCED CARMELITES
ST. TERESA OF AVILA COMMUNITY (LA UNION)
 PHILIPPINES PROVINCE OF ST. TERESA OF JESUS
 (OCDS House of Prayer)
 Pindangan, City of San Fernando, La Union 2500
 Email: lucia_saint@yahoo.com * Website: www.ortegatwins.com
 Tel.: (072) 607-4224 * CP No.: 0917 771 0817 / 0917 128 6744



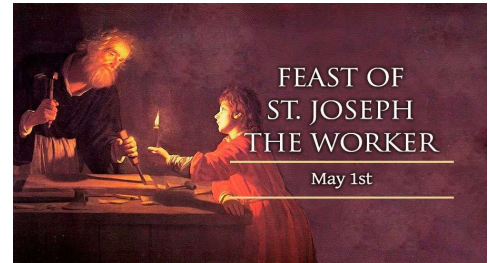
May 2, 2020

St. Athanasius

Bishop Daniel O. Presto, D.D

Diocesan Seminary of the Heart of Jesus

San Vicente, San Fernando City, La Union



Dear Bishop Presto,

Belated happy birthday Bishop!

To commemorate our St. Teresa of Avila Community (La Union) 45th Founding Anniversary this coming August 14, 2020, we twins will be sharing the second edition of "In the Footsteps of La Madre" to the seven continents of the world we have visited in our "84 Days Around the World" and previous pilgrimages. Forty four copies will be mailed specifically to the Discalced Carmelites Nun Monasteries. Six copies are for our Filipino Archbishops / Bishops.

45. Archbishop Marlo Peralta / Fr. Nick Vaquilar Rector

Immaculate Concepcion School of Theology, Burgos St., Vigan City, Ilocos Sur

46. Bishop Daniel O. Presto / Fr. Eugene Llobrera

Diocesan Seminary of the Heart of Jesus, San Vicente, San Fernando, La Union

47. Bishop Renato Pine Mayugba, Diocese of Laoag

48. Bishop Jacinto Agcaoili, Diocese of Urdaneta, Pangasinan

49. Archbishop Jose Palma, Cebu City

50. Cardinal Orlando V. Quevedo, OMI, Archbishop Emeritus of Cotabato

This early we would like to invite your Excellency to be our Guest of Honor and Speaker to our August 14 celebration, a Friday. We express our gratitude to the Diocese of La Union for the support to our Carmelite Order. Likewise congratulations and more power to the Diocese in its Golden Jubilee Anniversary.

We are delighted to have received a letter dated January 2, 2020 from Archbishop Bernardito Auza, Apostolic Nuncio to Spain (please see attachment). Nuncio mentioned it was a draft copy he received. Well, we were looking forward for our book to be released January 16, our 66th Birthday. Thus, the necessity to act ahead of time to meet our schedule.

I have mentioned to Archbishop Salgado about the second edition of our book when he came to officiate our Pastoral Fiesta here in San Fernando City last February and was receptive to the idea.

I thank Mo. Prioress Stella, OCD for allowing me to attend my daily masses inside the Carmel of the Holy Family Chapel. Although I could not see the priest officiating the mass as the nuns have it, privately the chance to receive holy communion is heavenly.

Thank God! I've been out for two weeks now fetching and bringing home computer girl Evelyn to work with me at the Sea and Sky College for the document and luckily nobody in the family knows about it.

In closing, may our beloved Bishop find the document *"My Unforgettable and Inspiring*

Mission to Taal Volcano Cancelled

The eruption of Taal Volcano happened four days before our 66th birthday last January 16, 2020. As post birthday celebration we planned to go to Batangas for mission _ distribute stampitas, rosaries and money. It is our way of making our birthday meaningful. We chose March 28 as the date for our mission. It is our joint celebration with St. Teresa, her birth anniversary and we twins our Baptismal anniversary.

On March 13, though an Enhanced Community Quarantine (ECQ) Coronavirus lockdown was announced scheduled March 15. Fr. Alex Collera, OCD our spiritual assistant officiated the Clothing of Divine and left immediately after the ceremony. The cancelled

March 21

11:10 pm

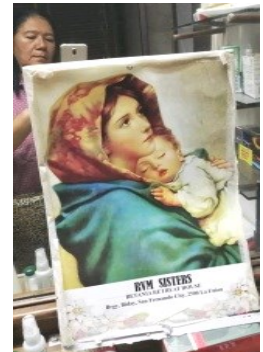
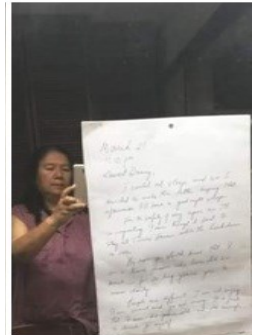
Dearest Danny,

I could not sleep and so I decided to write a letter hoping that afterwards I'll have a good night sleep.

For the safety of my grandchildren as JB is requesting I have thought it best to stay at Twins Haven until the lockdown is over.

By now you should know that I am a brave person who loves God so much _ for 20 long years goes to mass daily.

People are different. I am not saying I am correct and you are wrong. It is just that I am 66 years old and old enough to decide for myself.



Luz' determined determination

Luz was determined to stay at the OCDS House of Prayer for her daily mass and shooting on March 25, Annunciation. In the preparation of the shooting, she requested the security guard of her Sea and Sky College to check if the grotto at Bantay ni Ama ken Maria is ready; the artist to repaint the statue of Our Lady and fix her crown; and the couturier to finish her dress.

Luz leaves San Fernando for Aringay at 3:30 PM to get her dress. Despite the checkpoints in the city of San Fernando, and nearby towns of Bauang and Caba she arrived 4:00 PM at Aringay, parking her car along the national highway and happily gets the dress at 6:30 PM. Going back to San Fernando, was difficult for at the checkpoints, she was told "no pass, no entry to San Fernando". But, was allowed just the same. Thanks God.

Luz took screenshots of script sent by Nila thru messenger. Luz copied it by hand and placed it in a folder with the cover of the book for her storytelling. She brought the mini microphone for better sound effect. There was the camera man and production assistant to hold the idiot board and ladder.

In thanksgiving for the successful shooting and a unique way of celebrating the Annunciation of the Lord Luz bought hamburger and ice cream for the occupants at House of Prayer. She had a good night sleep.



Luz happy with the dress.

Shooting from 8:00 a.m.- 10:00 a.m.



Then at around 6: 15, Fr. Cris came out from the SVD gate to say mass at the Carmel of the Holy Family Monastery Chapel at 6:30. She told him that today they are having triple celebrations being the birth anniversaries of St. Teresa of Avila and Sr. Lucia of Fatima; and baptismal anniversary of us Ortega twins. After mass, Luz and Fr. Cris alternately took their souvenir photo.



Jesus himself, when he prayed to his Father in the garden before he was crucified, cried out, "Abba, Father, all things are possible for you. Remove this cup from me" (Mark 14:36). This phrase, "with God all things are possible," proclaims the absolute sovereignty and uncontested power of God.

April 5, Palm Sunday

I decided to use the costumes which are on the exhibit room for the stage play Born for you _ the Life of St. Teresa of Avila. I a complete wardrobe for the Holy Week choosing clothes with colors red, violet and white. I watched the movie KATE MULGREW A TIME FOR MIRACLES from 2:00-4:00 AM and the movie is great.

The four palms cut at the OCDS HOP garden was blessed by Fr. Ragil staying at the seminary, San Vicente.



TRIDUUM: Holy Thursday, Good Friday, Easter Vigil

April 9-11, 2020

Mystery of Faith

One way to enter the mystery of the Eucharist is through the three foundational events of the Paschal Mystery: Holy Thursday, Good Friday and Easter Sunday.

- 1) Holy Thursday: The Mass is a sacred meal at which we eat and drink the Body and Blood of our Lord and become that Body by the action of the Holy Spirit. The Eucharist embodies the mystery of our divinization, our incorporation into the very life of the Trinity. The Paschal Triduum, begins with the liturgy on the evening of Maundy Thursday, reaches its high point in the Easter Vigil, and closes with evening prayer on Easter Sunday. I arrived on time for the 5:00 PM activity. I had selfie with the covered statue of St. Teresa with violet cloth. Monette Prieto told me it's her first time to be here at Pindangan for she joins her mother at Agoo for this triduum.

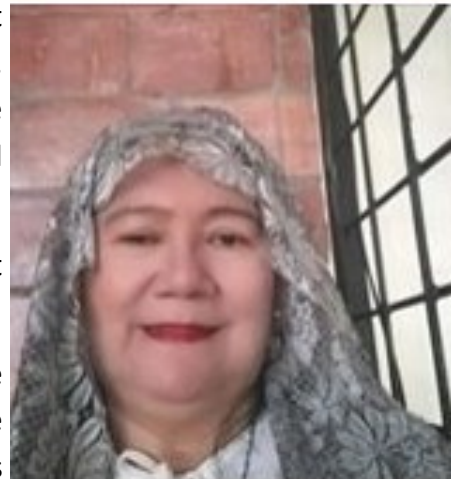


Veils over sacred images keep our minds on the promise of Easter

The practice of covering crosses and images throughout the church from [the fifth] Sunday [of Lent] may be observed. Crosses remain covered until the end of the Celebration of the Lord's Passion on Good Friday, but images remain covered until the beginning of the Easter Vigil."

Why go through such lengths to cover up images that are designed to raise our hearts and minds toward heaven?

First of all, we use veils to alert us of the special time that we are in. When we walk into church and notice everything is covered, we immediately know that something is different. These last two weeks of Lent are meant to be a time of immediate preparation for the Sacred Triduum and these veils are a forceful reminder to get ready.



Second, the veils focus our attention on the words being said at Mass. When we listen to the Passion narrative, our senses are allowed to focus on the striking words from the Gospel and truly enter into the scene.

Third, the Church uses veils to produce a heightened sense of anticipation for Easter Sunday. This is further actualized when you attend daily Mass and see the veils each day. You don't want them to be there because they are hiding some very beautiful images.

And therein lies the whole point: the veils are not meant to be there forever. The images need to be unveiled; it is unnatural for them to be covered.

The unveiling before the Easter Vigil is a great reminder of our own life on earth. We live in a "veiled" world, in exile from our true home. It is only through our own death that the veil is lifted and we are finally able to see the beauty of everything in our lives.

April 10, Good Friday

Through the biblical understanding of *anamnesis* (memorial), the Eucharist enables us to become present to the once-and-for-all redeeming sacrifice of Christ on Calvary. The Eucharist embodies the mystery of our salvation and redemption in Christ. At 3:00 PM the church service was celebrated and attended by SVD priests and some employees.

List of places where Luz prostrated:

1. Carmel O. Carm Chapel _Cabanatuan City
2. St. Peter's Basilica _ Rome, Italy
3. Transfiguration Chapel, Calaruega _ Nasugbu, Batangas
4. Carmel Monastery Chapel _ Scotland, Europe
5. St. Dominic Church _ Peru, South America
6. Carmel of the Holy Family _ SFCLU Fernando City, La Union

OPENING PRAYER

Lord Jesus, as we walk with you on your Way of the Cross, help us to see how your sacrifice gives meaning to our own difficult times as we suffer in so many ways from this worldwide pandemic. Your cross stands in the center of history, a towering sign that the God who created our world out of love understands our pain and shares it with us. Amen.



April 11, Easter Vigil

Easter We recited our evening praise together, each member using her the Liturgy of the Hours book.



April 12, Easter Sunday _ At the Eucharist we encounter the presence of the risen Christ. The risen Lord so identifies with his disciples that what we do to one another we do to Christ himself. "...[W]hatever you did for one of these least brothers of mine, you did for me" (Mt 25:40). This presence of the Body of Christ was at the heart of Saint Paul's initial transforming experience of Jesus: "Saul, Saul, why are you persecuting me?" (Acts 9:4). The Eucharist embodies the real, substantial presence of the risen Christ.

Divine Mercy Sunday on April 19th, 2020 _Our Lord's Divine Mercy Sunday grants forgiveness of all sins and punishment on the Feast of Divine Mercy, Mercy Sunday, mercy for even the most hardened sinners! It is the Sunday of Divine Mercy, the Feast of Mercy!

Luz went to mass wearing the blue dress used by Moutrie Aromin in the stage play "Born for You _ the Life of St. Teresa of Avila". In the afternoon she used the red gown used by teen-aged Teresa portrayed by Baby Andallo, student of Sea and Sky College.

The Great Mercy Pope

Pope John Paul II, both in his teaching and personal life, strove to live and teach the message of Divine Mercy. As the great Mercy Pope, he wrote an encyclical on Divine Mercy:

"The Message of Divine Mercy has always been near and dear to me... which I took with me to the See of Peter and which in a sense forms the image of this Pontificate."

In his writings and homilies, he has described Divine Mercy as the answer to the world's problems and the message of the third millennium. He beatified and canonized Sr. Maria Faustina Kowalska, the nun associated with the message, and he did it in Rome and not in Poland to underscore that Divine Mercy is for the whole world.



Establishing Divine Mercy Sunday for the Entire Church

When Pope John Paul canonized Sr. Faustina (making her St. Faustina), he also, on the same day, surprised the entire world by establishing Divine Mercy Sunday (the feast day associated with the message) as a feast day for the entire Church. The feast day falls on the Second Sunday of the Easter season. On that day, Pope John Paul II declared, "This is the happiest day of my life."

My Daily Masses starting March 2020

Divine Word Missionaries (SVDs - Societas Verbi Divini)

Today more than 6,000 Divine Word Missionaries in more than 81 countries continue the work of Saint Arnold Janssen by bringing humanitarian services and the Word of God to those in need. Its founder, St. Janssen, SVD in 1875 said, "Love of neighbor finds its highest expression in spreading the Gospel. For such a cause no sacrifice is too great." On the other hand, the first Missionary to China, St. Joseph Freinademetz, SVD, said, "The language that all people understand is the language of love".

Once, St. Teresa of Avila was overwhelmed with God's Goodness and asked Our Lord "How can I thank you?" Our Lord replied, "ATTEND ONE MASS."

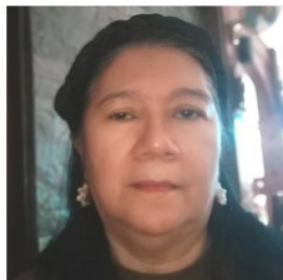





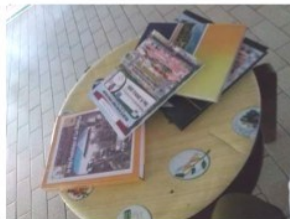


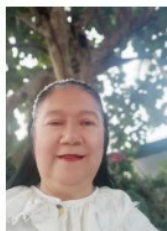


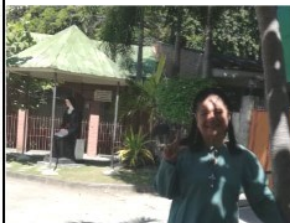


Luz stayed at the OCDS House of Prayer which is within the vicinity during the lockdown due to COVID-19. She told her husband, "By now you should know that I am a brave person who loves God so much _ for 20 long years goes to mass daily."

Her gratitude goes to the priests who said mass and gave her holy communion when there was lockdown in the province of La Union.



MARCH 2020



SUN	MON	TUE	WED	THU	FRI	SAT
18 Fr. Dominador Ramos svd 	19 Fr. Jose Tagupa svd  			20 Fr. Dominador Ramos svd 		
21 Fr. Dominador Ramos svd 	22 Fr. Dominador Ramos svd 	23 Fr. Jose Tagupa svd 		24 Fr. Romeo Fajardo svd 		
25 Fr. Romeo Fajardo svd 	26 Fr. Oscar Alunday svd 	27 Fr. Jose Tagupa svd 		28 Fr. Crisogono Cancino svd 		
29 Fr. Dominador Ramos svd 	30 Fr. Crisogono Cancino 	31 Fr. Oscar Alunday svd 				

Fr. Manny Ragil; Fr. Joey Aguinaldo SVD; Fr. Oscar Alunday SVD; Fr. Brigido Angngasing SVD; Fr. Cresencio Cancino SVD; Crisogono, Praeces; Fr. Dominador Ramos SVD; Fr. Romeo Fajardo SVD; Ret. Bro. Vincent Silug SVD; Fr. Jose Tagupa SVD; and Ret. Fr. Nicandro Vergara SVD








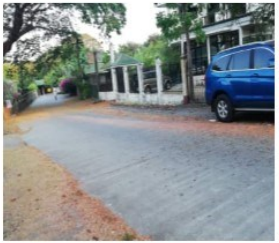

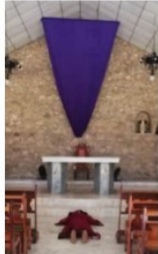



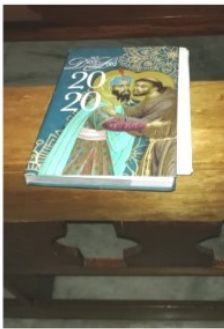

Mother Therese, a Cloistered U.S. Nun while very ill, and just shortly before her death clearly is a manifestation that she hungered after Holy Communion uttered these words: “I would not miss Holy Communion for anything in the world.”

When her body exhumed in August of 2001, who died 63 years ago—in 1939 it appears to be “intact” and holding a palm that remains green. St. Teresa of Avila wrote, “Unless we forget this body of ours we will never make any progress in perfection,” and Mother Therese lived according to the maxim that “we must forget self.”

These Carmelite nuns have an exact replica of the icon of Mary, Mother of God. The artist sees Our Lady of Fatima as appearing this way in her last appearance as Our Lady of Mount Carmel. Upon presented with it, they wrote a poem, MARY, MOTHER OF GOD which we recited during the East Asia Congress held at Tagaytay, Philippines.



APRIL 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 Fr. Oscar Alunday svd 	2 Fr. Joey Aguinaldo svd 	3 Fr. Crisogono Cancino svd 	4 Fr. Dominador Ramos svd 			
5 Fr. Manny Ragil 	6 Fr. Romeo Fajardo svd 	7 Fr. Dominador Ramos svd 	8 Fr. Romeo Fajardo svd 			
9 Fr. Crisogono Cancino svd 	10 	11 	12 			
13 	14 	15 				

MARIA NILA

Following my twin sister's example, I also prepared a report on the Archdiocese of Nueva Segovia which I finished on April 26, 2020, which marks our 40th wedding anniversary.



Harvesting Memories

Amid COVID-19

on

Archdiocese of Nueva Segovia

April 26, 2020

40th Wedding Anniversary of Pacifico and Ma. Nila Argel

Archdiocese of Nueva Segovia

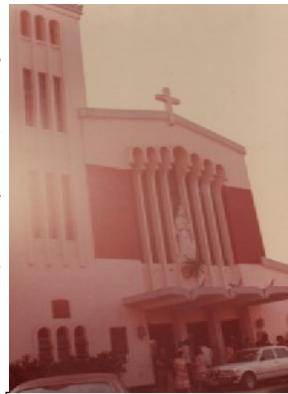
Noargel

The Archdiocese of Nueva Segovia is an archdiocese of the Catholic Church in the Philippines. It covers the province of Ilocos Sur, on the island of Luzon. The civil province of Ilocos Sur, the locus of the Archdiocese, lies at the north-western coast of Luzon, bounded on the west by the South China Sea, on the east by the Cordillera mountain ranges, on the north by Province of Ilocos Norte, and the south by the Province of La Union.

The see of the archdiocese is the city of Vigan. Vigan, the capital of Ilocos Sur, approximately 408 kilometers north of Manila and 80 kilometers south of Laoag. The land area of the province is 2,647 square kilometers of sandy, rocky and relatively fertile land.

The archdiocese was erected in 1595 in the city of Nueva Segovia (modern-day Lallo, Cagayan). The see was moved in 1758 to Vigan because of its relative distance, at the request of Bishop Juan de la Fuente Yepes, during the pontificate of Benedict XIV. It became an archdiocese in 1951.

The Archdiocese features the only Archbishop's Residence in the Philippines built during the Spanish Era. It is located just beside the Vigan Cathedral. Both the Archbishop's Residence and the Cathedral itself remains to be one of the greatest contributions of the Order of Augustinian Recollects in the Philippines.



Chicoy and Nila wedding at Ermita Church, Manila on April 26, 1980.



L-R: Twin Luz is matron of honor at Nila's wedding.

The palacio is the only surviving 18th-century arzobispado in the country. It is still the official residence of Nueva Segovia's archbishop, but the private quarters of Archbishop Marlo Mendoza Peralta are housed outside of the 227-year old building.

1) Bishop Victorino Cristobal Ligot †
Deceased

Bishop of San Fernando de La Union, Philippines

10 Mar 1924 Born Birth Place Laoag, Ilocos Norte

a priest for 27.4 years; a bishop for 11.4 years

18 Sep 1980 56.5 Died

My late mother-in-law, Atty. Paz Lahoz-Argel was very religious and has bounty of friends that include the priests. One such friend is Most Rev. Victorino C. Ligot who was appointed Auxiliary Bishop of Nueva Segovia on Feb. 12, 1969 and on Feb. 6, 1970, he became the bishop of San Fernando de la Union.

In 1977, Pacifico Argel, the oldest son of Atty. Paz was working at the National Police Commission in Manila. His superior asked who wanted to work in San Fernando, La Union he volunteered. His concerned mother upon learning this wrote to Bishop Ligot to "look for a good lady for his son." I, Nila was his choice of and so Bishop Ligot who is also a friend of my mother, Rosa Ortega told her that he wish to introduce somebody to her



L-r: Fr. Damaso Argel (cousin of Chicoy), Nila, Bishop Victorino Ligot, Chicoy and Msgr. Mons Lacasama (2nd cousin of Nila)

2) Bishop Patricio Maqui Lopez †
Deceased

Auxiliary Bishop of Nueva Segovia, Philippines

Birth Place: Bangar, La Union

a priest for 39.9 years; a bishop for 5.2 years

20 Feb 1991 64.2 Died



Bishop Patricio Lopez, is from the province of La Union. The late Gov. Joaquin Ortega, our grandfather was married to Francisca Lacsamana of Bangar, La Union.

Auxiliary Bishop Patricio M. Lopez during the blessing of our house at Cabasaan, Vigan.

Godmother Nida Lahoz, Nila, Mother-in-law Atty Paz Lahoz -Argel, Father-in-law, Judge Manuel Argel and mother, Rosa Ubaldo-Ortega.

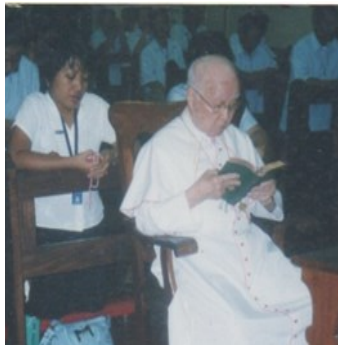
Auxiliary Bishop Patricio M. Lopez blessed our house at Cabasaan, Vigan City in 1982. He died on the birthday of my second son, Evaristo Argel.

3) José Tomás *Cardinal Sánchez †Deceased*
 Prefect Emeritus of the Congregation for the Clergy
 17 Mar 1920 Born Place: Pandan, Catanduanes
 a priest for 65.8 years; a bishop for 43.8 years;
 a cardinal for 20.6 years
 9 Mar 2012 91.9 Died

In 1982, he served as Archbishop of Nueva Segovia from January 12, 1982 and resigned on March 22, 1986. He held several post in the Roman Curia, the highest of which was prefect of the Congregation for the Clergy from 1991-1996.

During our Jubilee Year 2000, we visited His Eminence, Jose T. Cardinal Sanchez, at his residence in Vatican City.

Prefect of the Sacred Congregation for Clergy Cardinal Jose Sanchez was the main celebrant on the 43rd anniversary of the founding of Pontificio Collegio Filipino. (Pontifical Filipino College is a college for diocesan priests from the Philippines studying at pontifical universities in Rome, Italy. It



Archbishop Sanchez and staff at the Palacio Chapel



JOSE TOMAS SANCHEZ was a Filipino cardinal of the Roman Catholic Church who held several post in the Roman Curia, the highest of which was prefect of the Congregation for the Clergy from 1991-1996, ORTEGA TWINS visited the Cardinal at his residence at the Vatican.

4) Orlando Beltran *Cardinal Quevedo, O.M.I.*
 Archbishop Emeritus of Cotabato, Philippines
 11 Mar 1939 81.18 Born Place: Laoag, Ilocos Norte
 a priest for 55.94 years;; a bishop for 39.55 years; a cardinal for 6.23 years
 6 Nov 2018 79.6 Retired

Pope Francis named Archbishop Orlando B. Quevedo of the Oblates of Mary Immaculate, Cardinal on February 22, 2014 at the Feast of the Chair of St. Peter. On March 22, 1986 he was appointed as Archbishop of Nueva Segovia and on May 30, 1998 at the Archdiocese of Cotabato.

“Modified tithing”

“The Catholic Church in the Philippines does not think that it is viable,” said Archbishop Orlando Quevedo, CBCP president, in a press briefing.

“It is not practical. When Cardinal Sin issued a statement that he does not believe that tithing should be discussed, he was talking about this 10 percent. Secondly, if such king of tithing is imposed and made obligatory, it becomes burdensome to poor people,” Quevedo added.

Quevedo said the foremost issues are how to help the poor and find alternative ways of supporting the Catholic Church. Every Catholic are obliged to help the Church, but the manner by which each individual can do so differs from person to person, family to family and from class to class.



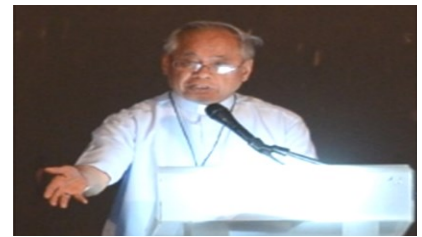
Nueva Segovia Consortium of Cooperatives (NSCC) was organized as a secondary level cooperative in the Archdiocese of Nueva Segovia. Founders — His Eminence Orlando Cardnal B. Quevedo, OMI and Msgr. Ambrosio L. Cabildo, MSW, JCC. Founding Manager: CEO— Dr. Divina C. Quemi

He said what many dioceses have carried out is “modified tithing” which is not obligatory, but voluntary. Families, he said, can decide for themselves how much they could give to the Church to support its evangelization work.

51st International Eucharistic Congress

His Eminence was a speaker during the 51st International Eucharistic Congress held at Cebu, Philippines on 2016. We twins were among the 15,000 participants from all over the world.

He reminded IEC delegates that the “Eucharist is communion, the deepest kind of union, and communion with Jesus is “with his very being, a being for others.” “Our sharing in the Eucharist the Body and Blood of Christ is also a sharing in his Mission.” “In the Eucharist we are sent by the Spirit of Jesus on mission — a mission to the poor, the oppressed and marginalized — to all who are needy and in need of love and service.” “To be Eucharistic is to live the life of Jesus, a life of love and service. It is by living eucharistically that we act



Cotabato Archbishop Orlando Cardinal Quevedo, OMI, DD gestures during his presentation at the 51st International Eucharistic Congress.



La Union Delegates

5) Edmundo Madarang Abaya *Deceased*

Archbishop Emeritus of

Nueva Segovia, Philippines

19 Jan 1929 Born Birth Place: Candon, Ilocos Sur

a priest for 65.4 years; a bishop for 39.6 years

20 Sep 2018 89.6 Died

His Excellency Edmundo Madarang Abaya was the first appointee of St. John Paul II as bishop in the Philippines. He was elevated as Metropolitan Archbishop in 1999 and served from September 8, 1999 to Feb 12, 2005.

We, Ortega twins, are richly blessed and thankful with his support since 1999, the year of God the Father:

Imprimatur of our booklet entitled “Like a Child on its Father’s Lap,” producing 2,000 copies which were distributed during the Fourth World Meeting of Families held on January 2003 at the Philippine International Convention Center (PICC).

I am deeply indebted to the late archbishop for his role in our spiritual growth. He acceded to my request for his presence at the blessing of the Holy Spirit stained glass image at Sea and Sky Hotel & Restaurant, San Fernando, La Union on May 16, 2002. He gave a short but inspiring message. Our silver wedding anniversary was solemnized by Archbishop Abaya on April 26, 2005 at the Palacio.



L-r: Fr. Ben Paderes, Ilocos Sur Board Member Jeremias Singson, Dr. Connie Alaras, NCCA Coordinator, Archbishop Abaya

In Ilocos Sur, Pentecost is celebrated on Sunday but it comes here earlier because as I was listening to Luz and Nila talked about the Holy Spirit, I was already anticipating the feast of Pentecost. After listening too, to Bishop Tobias, the only spokesman in the diocese, I am only inclined to continue what he shared you today. Because it is said that when two bishops speak, it is a sin of counsel. I am also happy to be here since it is my first time to be with the community of Bishop Tobias.

The palace houses a small chapel. I (Nila) have fond memories as I joined every Friday the employees of the Arzobispado for the afternoon mass.



Luz and Nila continue to inspire us to Christianize our community.



We pray that you continue guiding us from heaven.

6) Archbishop Ernesto Antolin Salgado

Archbishop Emeritus

of Nueva Segovia, Philippines

2 Nov 1936 Born Place: Santa Lucia, Ilocos Sur

a priest for 58.39 years; a bishop for 33.33 years

30 Dec 2013 77.1 Retired

Archbishop Ernesto A. Salgado, DD served at the Archdiocese of Nueva Segovia from Feb. 12, 2005– Dec. 30, 2013.

The Pater Noster Learning Center was privileged to have His Excellency Ernesto A. Salgado, DD as mass presider during the Moving-Up Exercises held at the Vigan Culture and Trade Center Auditorium.

He shared this story.

Little Mark went to the store to buy some bread. "Thank you for the bread" he said to the storekeeper. "Don't thank me the storekeeper said, "All I did was kept the bread until you bought it. You should thank the man who brought the bread here."

So Mark thanked the deliveryman. "Don't thank me," he said, "All I did was hand the bread to the baker. And he said, "I merely baked the bread from the flour. You should thank the miller."



So Mark thanked the miller. “Don’t thank me; I merely ground the wheat which someone furnished me.” At that Mark thanked the granary which defended itself with “Don’t thank me I only stored the grain brought here.”

Mark next said, “thank you” to the farmers. But they begged off with “we only planted and harvested the seed. You must thank the seeds.”

But the seeds explained, “Don’t thank us but all things that made us grow.” So then Mark thanked the earth and rain and sun.

They in turn said, “Thank the one who made us.”

In the end, Mark thanked God and said, “Thank you, God that you help men build granaries. Thank you for the deliveryman and the miller. Thank God for the bakeries, their



Archbishop Salgado and Twin Luz witnessed the joy of children and their parents for the first “successes” of the children in the field of early education and values formation.

“Faith without Works is Dead”

James 2:26

To show our appreciation to God for our pilgrimages on the Jubilee Year and 2002, we twins offered scholarships. Luz gave 20 scholarships to poor but deserving ones enrolled at Catholic Schools run by the diocese of La Union in their Sea and Sky College. I, Nila offered nine scholarships to the VEC Pre-School. It was awarded to the adjudged model families of the Archdiocese of Nueva Segovia conducted by the Family Life Apostolate. Asiel Reed V. Amian, the granddaughter of the Family of Year Awardee, Archdiocesan level, Mr. & Mrs. Pedro Amian and Family of Pantay Daya and Marvin L. Wong grandson of Mr. and Mrs. Mario Lazaro, awardee of St. Paul Parish.



Religion class at Vigan Edu- Cultural Center



September 15, 2001 —Signing of a Memorandum of Agreement (MOA) and launching program. Msgr. Mercado represented by Fr. Rey Rebebes, assistant parish priest.

7) Rev. Msgr. Gary Noel Formoso, PC,
JCD

With the knowledge gained at the Gregorian University, Archbishop Abaya through Msgr. Gary Formoso, the station manager dzNS (NS meaning New Sound and Nueva Segovia) then gave me a radio program. Asked what I will discuss, I said, Lives of Saints as I was reminded of what Archbishop John Foley said on his visit to the Gregorian University on June 6, 2004 on

World Communication Day that his first radio program was on the lives of saints. Pope John Paul II has appointed Archbishop Foley president of the Pontifical Commission (now Pontifical Council) for Social Communications on April 1984.

It was Msgr. who gave the title of the program “Santo: Pagadawan Naimbag a Biag”. The radio program was in conjunction with my government work as there is a need to inculcate values of honesty, modesty, integrity and good work ethics in the bureaucracy. Nila is happy for



Nila, VEC Founder, Pacifico, VEC President, Msgr. Gary Formoso of the Archdiocese of Nueva Segovia, Dr. Alfred Figuerres

8) Rev. Nick Vaquilar, STD

Immaculate Conception School of Theology (ICST)

The ICST at Vigan City, Ilocos Sur trains future pastors for the Archdiocese and Dioceses of the ecclesiastical provinces of Northern Luzon. The seminary forms and educates seminarians who will then preach the Word of God, minister to the sacramental needs of God’s people, build, guide and lead the communities thus nurtured on the Word and the Sacrament.

On December 8, 2002, the ICST had its Golden Jubilee Celebrations with the general theme, “Celebrating a Tradition of Integral Priestly Formation”.



Nick Vaquilar

List of Rectors:

1990-1993—Fr. Rene Mayugba
1993-1996 — Fr. Floro Bautista
1996-1999 — Fr. Rene Mayugba
1999-2002 — Fr. Mel Serraon
2002-2005 — Fr. William Antonio
2005-2006 — Fr. Nicasio Villamil
2006-2009 — Fr. John Habawel
2009-2011 — Fr. Nick Vaquilar
2011-2015 — Fr. Lain Mayo
2015-Present— Fr. Nick Vaquilar



Maunday Thursday with the Immaculate School of Theology at Vigan City

9) Monsignor Thaddeus Mercado

Ordained: July 2, 1967, in Rome

for the Archdiocese of Nueva Segovia

20 May 1943 Born Place: Magsingal, Ilocos Sur

Vigan Cathedral, canonically known as the Metropolitan Cathedral of the Conversion of St. Paul the Apostle serves as the seat of the Archdiocese of Nueva Segovia. In 2002, Msgr. Thaddeus F. Mercado, Parish Priest, opened the Museo San Pablo (MSP) located just right behind the Saint Paul Cathedral in Vigan City. The Museo is the Parish of St. Paul's response to a 3rd millennium. Vigan is listed on the UNESCO world heritage list since December 2, 1999 for its unique Spanish colonial history in Asia and the very well preserved Spanish monumental buildings which were build in the 18th century.



Opening of the Museo San Pablo exhibit

Fran Quitariano was chairman of MSP Ministry and I being a member then, am witness to its importance to making the Church and her message better known. Visitors are able to view

Parish Volunteer Catechist

Offering the First Fruits of My Ministry _ Let me share with you this wonderful experience. His Excellency Archbishop Edmundo M. Abaya told me to be a Parish Volunteer Catechist. Responding to the challenge, I informed Msgr. Mercado of my intention. One afternoon, I happily informed Fran Quitariano that I had just volunteered my services as catechist to Msgr. Mercado. After a few days she said, "My nieces who go to public school need catechizing. Of course I can teach them. But as you had said you are now a catechist, would you teach them?"

In the afternoon of June 15, they received the sacrament of reconciliation and First holy Communion witnessed by their parents. In his homily, Msgr. Mercado said that a Christian not



Msgr. Thaddeus F. Mercado said "Body of Christ" of which Jamie Antoinette responded "Amen" as she receives her First Holy Communion.

only meets the minimum requirements of the law by obeying the 10 commandments strives to maximize expression of love and others. but he his for God



Jean Christine with her father David.

“Timek ti Amianan” Ilocana: Voice of the North

The Archdiocese also operates a weekly newspaper, “Timek ti Amianan” (Ilocana: Voice of the North). I have written several articles as my contribution. July 13, 2003 issue: A Unique Pentecost Experience —I have read the book “Lipa” written by June Keithley Castro. The book contains the events at Lipa Carmel in 1948, on the apparitions of Our Lady of Mediatrix of All Grace to Teresita Castillo, or Teresing, a Carmelite postulate.

Meanwhile in Manila, Luz was telling me that if she had stayed behind at San Fernando, she should be at Christ the King College for a whole-day Pentecost celebration. We twins went to Teresita Castillo’s residence at BF Homes at Las Pinas. Arriving at around five in the afternoon she was attending to visitors for healing. At seven she sat down with us. During our conversation she advised us to be always obedient to our superiors, loving and forgiving. As we boarded home Luz ecstatically commented, “Our encounter with 76 years old Teresita is the special Pentecost celebration I was hoping for.”



Luz admires the Jubilee cross. (Inset) Nila with Sis. Teresing at her healing room.

10) Rev. Abbot Santos Rabang, STL

Studied at the University of Santo Tomas, Manila

Archdiocesan Director, Commission on Christian Formation

Author, catechetical materials and other books

Published a booklet entitled, This Marvellous Human Body where he shared his "theory and praxis" of the "body as a sacrifice to God", a "worship of God in spirit and truth"

Teaches spiritual theology, catechetics and homiletics
at the Immaculate Conception School of Theology in Vigan

Facilitates retreat and recollections to various groups

Resides at the Christ of the Desert Monastery in

Alangan, Sto. Domingo, Ilocos Sur

After finishing my doctoral studies, I (Nila) promised myself never to go back to school. But the course offering Religious Education Enrichment Program of St. Paul College in 2001 broke this promise.

To apply what I have learned in the subject taught by Abbot Santos Rabang on the Apostles Creed, I let my school, Vigan Edu-Cultural Center (VEC), offer free religion class for pre-school children last May 7 –23, 2001.

I also coordinated a free Skills Training on Food Processing, Cooking and Baking with Religious Education on Apostles Creed. Msgr. Thaddeus Marcado, Parish Priest, St. Paul Cathedral; and Dr. Lauro B. Tacbas, University of Northern Philippines President.



Ma. Nila is seen with Abbot Santos Rabang and the Religious Education Enrichment Program Class at Vigan City, Ilocos Sur.

11) Bishop David William Valencia Antonio
Bishop of Ilagan, Philippines

Apostolic Administrator of San Jose in Mindoro

29 Dec 1963 Born Place: Nagtupacan, Sto. Domingo, Ilocos Sur

a priest for 31.45 years; a bishop for 8.72 years

In December 2000, the Ina Poonbato Devotees Association of Vigan and Bantay had a pilgrimage at the Parish of St. John the Baptist in Badoc, Ilocos Norte. Fr. William Antonio our Pilgrimage spiritual father touched us with his message. He reminded us that a person who does not know how to stand, sit, kneel down and walk during the celebration of the Holy Mass is not a true Christian, as these are liturgical gestures, or acts which the faithful must perform as they are a part of the church, and the celebration. These acts symbolize our faith.



Twins picture on March 27, 2018—Chrism mass manifests the unity of priest with their bishop.

In the holy mass we stand to show respect to Christ who is represented by the priest celebrant. We are asked to sit down during the reading of the Holy Scriptures and during the homily so that we can fully

When we kneel, we realize that if we become proud of our God given gifts, God can get in back any minute.

Walking, is called for so that we can show what the apostle James wrote: “Faith without good works is dead”. Our love for God who is above us (vertical) must be made concrete when we love other people (horizontal), and this love is forgiving. He also reminded us that “our country loves Mary and she loves our country, too.” We must genuflect when we pass by the Blessed Sacrament.

To make devotions to Ina Poonbato (Our Lady of Rock) more pleasing, Fr. Antonio shared the following: Let us remember that the liturgy is an official public worship of the church, while devotion is an unofficial private worship.

Liturgy is far superior to devotions. Liturgy must precede devotions. And devotions must lead us back to the liturgy. Sunday mass obligations must be made before the Ina Poonbato devotions and First Friday Devotions. The Holy Mass which we hear can only be made complete when we partake of the Holy Communion. We must actively be a part of the mass through the responses and songs. Let us be tolerant of others, and let us love each other as brothers and sisters. Devotions should conform to the seasons of the Church. If it is Christmas, we should not make the Stations of the Cross.



I exclaimed, How beautiful! I have to make mine also beautiful so Msgr. will approve my statue to join the stations. When everything was done, I brought my statue to the church for Msgr. to see.

During the procession, people were amazed to see a different statue of Jesus, unlike the usual Jesus suffering in the hands of Pilate and the It is heartwarming to see people actually liking this Jesus with His hand raised in the form of blessing of riding a brown donkey. This statue was not only during the Palm Sunday procession but also on Good Msgr. Reyes' in good turn expressed that the statue henceforth be a regular fixture during the Lenten



and glad depicting soldiers. statue of peace, paraded Friday. will Season.

Inset: Nila holds the stations of the cross prayers.

Lenten

The Pater Noster Learning Center pupils had a Presentation. Here is a short story that speaks of the significance of the play.

Traveling in a train were an

elderly bishop and a newly ordained priest. The bishop spoke of his eventful life and then he asked the priest to tell the story of his vocation. The priest said, "All I can say is that the Lord has need of me."



Religion class at



September 15, 2001 —Signing of a Memorandum of Agreement (MOA) and launching program. Msgr. Mercado represented by Fr. Rey Rebebes, assistant parish priest.

“That’s a remarkable coincidence, young man,” observed the bishop. “So far as I can remember, only once in the Gospels did the Lord ever say that he had need of anything.” In Luke 19, verse 34 on the occasion of his triumphal entry into Jerusalem, Jesus said He had in need of an ass.)

What a lesson for us all! The donkey the Lord used in his triumphal entry into Jerusalem was a concrete manifestation that his kingdom is not of this world.

You and I are like that little donkey, perhaps thinking that we have shortcomings and limitations. Jesus knows who we are and He has need of us. He wants to make use of us to carry out his plans, just as He made use of the donkey for his entry into Jerusalem.

Let us all recite this lovely little prayer: Lord, if Thou need me, show me how, and where, and when. Help me to do my best for Thee. Use me as Thou will – all the way to the New Jerusalem. Amen.



He placed the palm at the hand of Jesus.

Holy Thursday April 9, 2020

COVID-19 is bonding time with the Lord thru social media.

Let us be one in spirit with the help of social media in journeying with Christ’s passion, death and resurrection. I listened to the church activities on live at the Immaculate Conception School of Theology.

Good Friday Mass celebrant at the Manila Cathedral— Auxiliary bishop Most Rev. Broderick Pabillo, D.D.

<p>PASCHAL TRIDUUM IN ICST HOLY THURSDAY 6PM - MASS OF THE LORD'S SUPPER GOOD FRIDAY 1PM - SEVEN LAST WORDS 3PM - PASSION OF THE LORD EASTER VIGIL 6:30PM - BEGINNING OF THE VIGIL (7AM - RESURRECTION SUNDAY)</p> <p>LIVE STREAMING @ MY FACEBOOK</p>	
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Good, Chicoy changed the channel when I said that we give our time to the Lord.

In his homily, Bishop Pabillo said, “At three o’clock on Friday afternoon, the whole family can venerate the cross together by bowing before it.” He urged the faithful to observe Good Friday in prayer and fasting, and turn off electronic gadgets the whole day except to participate in the Veneration of the Cross at 3 p.m, or to listen to the “Siete Palabras.”

“Let it be a day of prayer and silence. As fasting will cleanse our bodies, silence will cleanse our souls,” he said. Pabillo also encouraged the faithful to “continue in the spirit of silence and prayer” on Black Saturday.

Easter Vigil

Pope Francis celebrates the Easter Vigil in an almost empty St. Peter's Basilica, focusing his homily on Jesus' message of hope and gift of courage due to "the conviction that God is able to make everything work unto good".

In the Easter liturgy Catholics throughout the world renew their baptismal promise and recommit themselves as followers of the Risen Jesus. Since, "following Jesus as members of the Secular Order is expressed by the promise..." (Constitution 11) so too, during the Easter season, we renew our promise as Carmelites.

The promise is highly significant for members of the Secular Order. It "heightens and enriches the baptismal commitment in Secular Carmelites" (Constitution 12).

In reflecting on this, the renewal of both our baptismal and our Carmelite promise can draw

Easter Sunday April 12, 2020

The statue of Our Lady of Charity (Nuestra Senora de la Caridad in Bantay is probably the oldest Marian image in Ilocandia, as Bantay was already an important mission center in the first generation after the arrival of Juan de Salcedo in the Ylocos in 1572.

The image is made of wood and stands one meter and 20 centimeters high. The ivory face and hands are of beautiful craftsmanship. This Virgin is venerated at the main altar of the church of Bantay. She is shown holding the Child Jesus. The feastday of Apo Caridad on the first Sunday of September is fittingly observed with a solemn novena, climaxed by a procession.

On January 12, 1956, the image was canonically crowned by the Apostolic Nuncio Egidio Vagnozzi and Archbishop Santiago proclaimed her as Queen of Ilocandia (Ilocos Sur, Ilocos Norte, Abra, La Union).

Comment of Fr. Albert Rabe— Our Shepherd's voice strengthens us all in extreme difficult times.



The Sunday Mass - The Solemn Mass of Easter - April 12, 2020

Divine Mercy Sunday

April 19, 2020

The Apostle of Divine Mercy, St Faustina Kowalska, wrote The Diary of a Soul upon the instructions of Jesus Himself, and under the direction of her confessor. The Diary sparked a great movement that reminds mankind of the infinite mercy of God. Saint John Paul II, who canonized this saint, also wrote his innermost thoughts, impressions and concerns into a diary, from 1962 until two years before his death.



Titled, “I Am Very Much in God’s Hands,” some Catholic academics have expressed support for the release of the diaries, claiming they are a valuable source for scholars and historians of Catholicism.

As I finished writing down my memories about the Archdiocese of Nueva Segovia I realized that things got accomplished by many small things from 1980 up to the present. Looking back fondly over old articles and pictures and reflecting has helped me appreciate more my stay at Vigan City, Ilocos Sur. Thank you matchmakers! Please continue guiding us from heaven.

I made my vow “I do” at 26. At 51 we had our silver wedding anniversary celebration and asked God for His abiding and constant presence in our life together. May we be one with our children and family in giving You praise and glory by being living witnesses of Your love.

3.5 Easter Message of Fr. Gen. Superior Saverio Cannistra, OCD

Rome, 28 March

2020

Dear Brothers and Sisters of the Secular Order,

On this day when we commemorate the 505th anniversary of the birth of our Holy Mother Saint Teresa, I greet you, using the words with which Teresa used to begin her letters: may Jesus and the grace of the Holy Spirit be with you.



This anniversary reminds us of the great gifts that the Lord gave to Holy Mother. We also remember this year the 50th anniversary of the Doctorate proclaimed by St. Paul VI on September 27, 1970. Teresa “has

always been celebrated, both for the extraordinary facts of her life, for the rare virtues of her soul and for her spirit of good judgment”, and “a very rare guide and teacher of sacred sciences”. As Teresa herself wrote, to remember what “is a gift and that we possess it, we are compelled to love the giver.” (cf. Life 10;5) Therefore, in recognizing the gifts received from God’s goodness in the lives of our Saints, in the history of our Order, as well as in the personal history of each one of us, everything invites us to thank Him and to grasp the signs of His living, faithful and active presence in the events of our time.

Tired from making the pillow, had good rest. When I woke up I decided to share the letter to the OCDS members. I am so thankful for God giving the strength to do His Will. Nothing beats the joy of serving God, the number one in our life.

3.6 Four OCDS Members in Quarantine at OCDS House of Prayer

Our St. Teresa of Avila Community meets at the OCDS House of Prayer at Pindangan, City of San Fernando, La Union every 3rd Saturday of the month. However, the ceremonial clothing of Divine Lumen with the scapular was made earlier for our spiritual assistant, Fr. Alex Collera, OCD informed us that he is going home for the government has imposed an Enhanced Community Quarantine in Luzon.

Luz experienced living in a community — going to mass at the Carmel chapel, praying together at the OCDS HOP, doing household chores, etc. When I arrived from Vigan, we slept for two nights then transferred to the Twins Haven.

Community Life: At the OCDS HOP one does not only pray. She helps in the daily chores: throwing her garbage at the public trash bin located at the parking lot; cleaning her comfort room; fetching water at the SVD Provincial House, when they do not have water coming out from their well at the HOP; watering the plants and cooking. They buy food from street vendors that prop up in residential neighborhoods on their doorsteps.

Prescy heard the bad news that her nephew had died. She wanted to see him but was not lucky enough to get a pass to go to Baguio. However, she was fetched by her niece on May 29. This leaves Edith and Divine at the OCDS House of Prayer.

3.7 Luz' gives statue of God the Father to house helper Carmen

Way back years, years ago if I am not mistaken I was 16 years old when I was with the Bolong family. At a young age I am capable of doing household chores like washing clothes, cleaning the house, going to the market to buy something to be cooked, preparing the needs of their children. At that time I learned a lot in life to become a better person. I was happy because I had some co-workers to mingle with. I remember when we had a free time, we house helpers go out to watch movies, going to department stores to buy new clothes, and going to some places like in Paraoir (their family house). There are lots of memories for me not to be forgotten, while I was staying at Bolong's house.

But there was a time that came for me to leave temporary. That was the time when I was planning to build my own family and I am so grateful because they understood it. Three years after I gave birth to my youngest child, Sir Danny and Ma'am Luz went to our house. They talked to me on going back to work and there was no hesitance for me because I have my own family to feed and give their needs. And yes, I went back at Bolong's house as their house helper. I took care of Maridi, Jb and their youngest Ludi again.

3.8 SVD Welcome Twins for the Liturgy of the Hours and Mass

Luz goes to mass most of the time at Carmel Pindangan. For nine days we attended the novena in preparation for our Lady of Mt. Carmel's Feast. After our masses at Carmel, Luz decided that we hear mass at St. William's Cathedral. However, the following day which is the 17th we had to go back to Carmel to offer the eggs Luz forgot to bring on the 16th. Then it was announced that masses were cancelled on July 22 because of the ECQ.

After the mass on the 24th, we went to greet Manang Aning, a happy 85th birthday. The next day, we went to the hospital for check-up.

Nila did not go to mass at Carmel Pindangan for July 22 for she was not comfortable with the priest celebrating mass at the enclosed chapel of the nuns. Luz said the mass was held in public so we both attended mass on July 23-25. On the 26th, Luz again went to mass alone for the Carmel gate is closed. However she was welcomed at the SVD. The followings days both of us attended the LOH and mass.

3.9 Praise God! Nila's Cast Removed

On July 7, 2020 I went out of the Twins Haven to throw our garbage. It was drizzling and when I returned I slipped at the doorstep. The following day, we twins went to the hospital and the orthopedist put a cast on my fractured wrist.

I wanted to postpone our shooting that day but twin Luz said everything has been set— studio, cameraman and make-up artist. So I made the script at the computer using one hand at the keyboard. To our delight the shooting was over. On July 21, the city of San Fernando, has reverted to Enhanced Community Quarantine. Back at the hospital on July 24, I was asked to return August 19 then September 4.

How happy I was when on the birth anniversary of our later mother, Rosa Ortega, the cast was finally removed.

Inside Back Cover:

So then, each of us will give an account of ourselves to God.

Therefore let us stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in the way of a brother or sister.

Let us therefore make every effort to do

Advent _ Preparing the Way

We have chosen nine pictures that describe how we were at the shooting held at Ortega Twins Haven last November 27, Feast of Our Lady of the Miraculous Medal. In this activity we begin the new liturgical year with the season of Advent. As the year 2020 draws to a close, the liturgy continues to provide spiritual food.

Before going up the stairs Luz welcomes everyone to take a look at the decors for the Christmas season. The newly repainted Christ the King statue is strategically located. Indeed, Christ the King reigns in this Ortega Twins Haven!

Nila points out that our door is not ordinary door, but a very symbolic one. It speaks that the occupants are Carmelites for it has the carving of the images of Sts. Elijah and Elisha, the father of Carmel. The seal "With zeal I have been zealous for the Lord, God of host" is deeply engrained in the hearts of Luz and Nila, no wonder one hears laughter within the walls of the house.

At the sala we relish the joy of "84 Days Around the World" with two portraits_ Maria Luz Fatima 100 and Maria Nila Antarctica 2017. Luz photo with the life-size statue of St. Teresa compliments the small tin statue of the saint in her carriage. Nila explains the Advent Wreath using the candle holder given by our sister Flor Ortega-Ocampo she bought in Jerusalem. Luz was delighted to see that the Advent Wreath at St. Jude Church has the words "Love, Peace, Hope and Joy". At St. William's Cathedral the lighted candle was put off. That inspired Luz to lit it for photo ops.

As of today we twins are 66 years old. At the tarpaulin our sister Emily celebrated her 66 birthday. We are reminded of the great times we had with our eldest sister. In fact, we believe that her health condition had mold us to be more caring for others.

The red bougainvillea flowers make the life-size statue of Our Lady of Namacpacan lovely to behold. Noteworthy is the height of Our Lady. Based on the measurement done by Architect Gerry Ocampo when I was making a thesis "Towards an Inculturated Understanding of Luke 1:26-56", Our Lady and I are both five feet and four inches. I have with me an old dress of Our Lady given to me by the parish workers. A precious gift from the shrine.

Dear

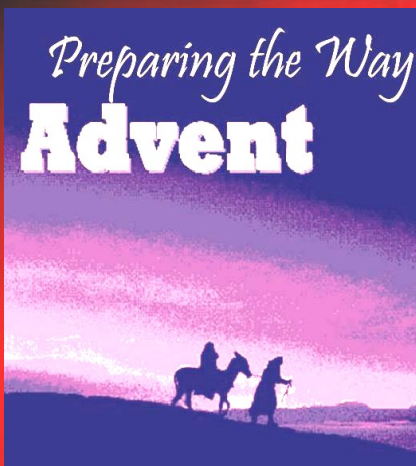
Love


Dr. Maria Luz Ortega-Bolong

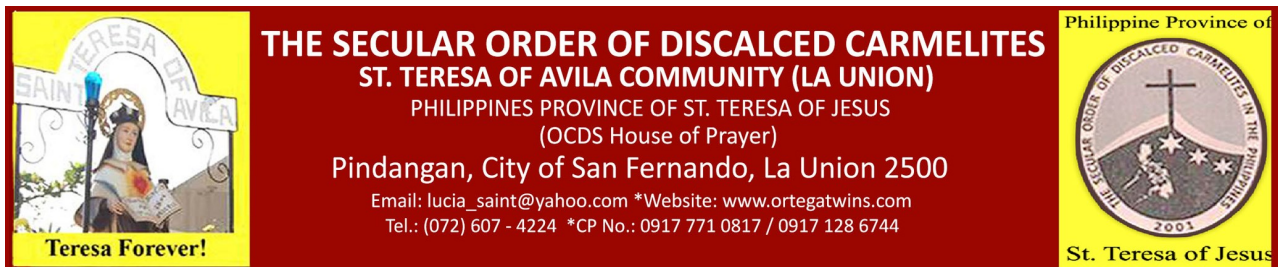
(Maria Lucia of God Our Father, OCDS)


Dr. Maria Nila Ortega-Argel

(Maria Nile of God Our Father, OCDS)



PART IV _ LA UNION CONSECRATION OF THE PHILIPPINES TO GOD THE FATHER



November 2, 2020

Dear Bishop Daniel O. Presto:

Today, All Souls' Day, we submit a report on the 21st Anniversary of the La Union Consecration of the Philippines to God the Father.

Last October 25, Luz was inspired to give your excellency a report. The following day she decided to refrain from bothering you as you have already done a lot for us twins. Besides, Nila is ashamed. However, on October 27 Luz was already drafting a letter.

We watched the movie "Teresa de Jesus" for the first time at Bin Thrieu, Vietnam in 2009. The Mother Prioress was kind enough to give us DVD copies of the movie. Back in the Philippines, after watching the movie for the nth we had the movie transcribed. On October 2010 we twins were already portraying St. Teresa in the stage play "Born for You_ The Life of St. Teresa of Avila".

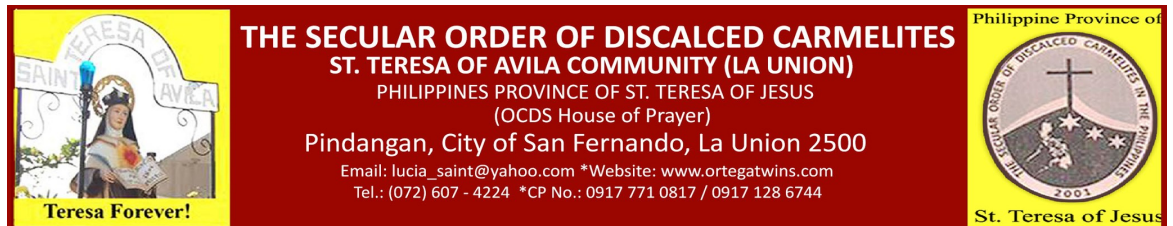
We are sorry if we keep on giving you the materials. We just want to serve God and God wants to be served.

"The soul becomes obsessed with serving the Lord not just a little but as much as it can" (Life 20.23).

Your truly in the Spirit of Carmel,

Maria Nila O. Argel, OCDS
President
St. Teresa of Avila Community (La Union)

Maria Luz O. Bolong, OCDS
President
Confraternity of Our Mother of Perpetual Help



November 2, 2020
Feast of All Souls

Dr. Salvacion Dyquiango
President
Parish Pastoral Council
Diocese of San Fernando de La Union
San Fernando City, La Union

Dear President Salvacion:

In 1980, I (Nila) got married to Pacifico Argel, a resident of Vigan, Ilocos Sur. I remember my husband bringing me to the house of his friend at Bantay, Ilocos Sur, the late Jose Paz who is married to your twin sister Socorro.

Eric, thanks for seeing my posts at facebook. This is the reason why we twins were reminded to give a copy of our 20 years report on the La Union Consecration of the Philippines to God Our Father to the Parish Pastoral Council.

The late Archbishop Edmundo M. Abaya, says, "It is a beautiful thing that God the Father is here at the Heritage Village because our heritage is the Father." The blessing of the Father's shrine was perfectly timed with the celebration of Jubilee Year 2000—the celebration of the Father's Love who is Jesus Christ.

This 20 years-end report highlights the key accomplishments of making God the Father known, loved and served which were witnessed by our four bishops starting with Bishop Antonio Realubin Tobias, Bishop Artemio Lomboy Rillera, S.V.D. †, Bishop Rodolfo Fontiveros Beltran † and Bishop Daniel Oca Presto. We twins are Secular Carmelites and naturally goes to mass more often at the Carmel of the Holy Family. However, we remain active in the Church as we are members of Our Mother of Perpetual Help and I (Luz) is the president. We are also members of the Confraternity of Our Lady of Lourdes.

It is our prayer that you being the head of the lay in the parish, can work with our Parish Priest, Fr. Roberto Collado that the La Union Consecration of the Philippines which is celebrated on October 19, be in our diocese calendar as one of the activities to be celebrated in the future.

Yours truly in the Spirit of Carmel,

Ortega twins — Ma. Luz O. Bolong, ocds

Ma. Nila O. Argel, ocds

NOVENA PRAYER FOR SAN FERNANDO

PRAY FOR US SAN FERNANDO
KING OF CASTILLA AND LEÓN
CONQUEROR OF SEVILLA & GALICIA
AND THROUGH DIPLOMACY & WAR
YOU UNITED SOUTHERN IBERIA
NOW CALLED SPAIN.

AT THE AGE OF TEN
YOU COULD NOT EAT NOR SLEEP
BUT YOU WERE CURED
BY THE BLESSED MOTHER
THROUGH THE PRAYERS AND
TEARFUL PLEADINGS OF YOUR
MOTHER QUEEN BERENGUELA
WHO ON HER BENDED KNEES
ASKED FOR MERCY.

YOU ARE THE PATRON
OF PRISONERS BECAUSE
YOU WERE BENEVOLENT
TO THOSE WHOM YOU
CONQUERED & IMPRISONED.

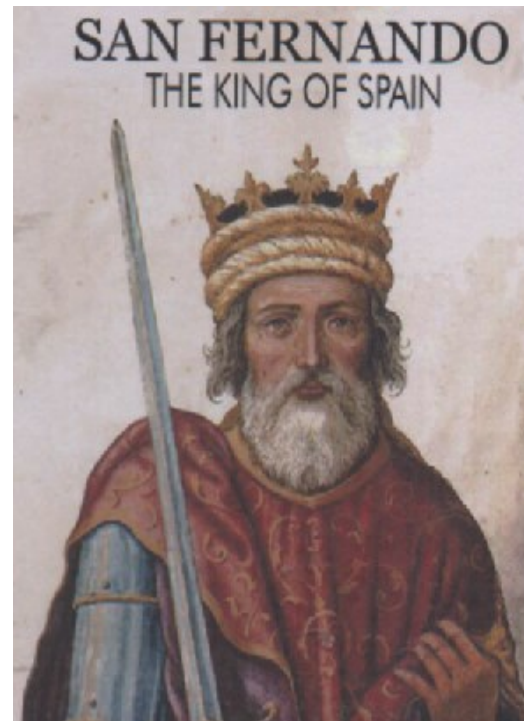
YOU ARE THE PATRON OF
LOCAL RULERS BECAUSE
YOU SHOWED GENEROSITY
AND COMPASSION TO THE
LEADERS OF THE
KINGDOMS YOU UNITED.

SAN FERNANDO MOST HUMBLE,
YOU REMOVED YOUR CROWN
AND YOUR REGAL GARB TO DON
THE SIMPLE CASSOCK OF A
FRANCISCAN WHEN YOU FELT
DEATH APPROACHING ON
THE NIGHT OF MAY 30.

SAN FERNANDO,
A CITY NAMED AFTER YOU IN
FAR-OFF PHILIPPINES IN
THE PROVINCE OF LA UNION
PRAYS THAT THE VIRTUES
YOU EXTOLLED
-HUMANITY AMIDST ROYALTY
-BENEVOLENCE COUPLED
WITH GENEROSITY
-COMPASSION WITH CHRIST-
CENTERED LEADERSHIP
ALL THESE SHOULD BE
ENGRAVED IN THE HEARTS
OF EACH CITIZEN.

AS WE HONOR YOU TODAY
INTERCEDE FOR US
THAT WE MAY BE BLESSED
WITH GOOD HEALTH SO THAT
WE MAY HONOR GOD THROUGH YOU
FOREVER AND EVER UNTIL WE
GO BACK TO THE WOMB
OF MOTHER EARTH.

AMEN.



Ferdinand III (Spanish: *Fernando*; 1199/1201 – 30 May 1252), called **the Saint**, was King of Castile from 1217 and King of León from 1230 as well as King of Galicia from 1231.^[1] He was the son of Alfonso IX of León and Berenguela of Castile. Through his second marriage he was also Count of Aumale. Ferdinand III was one of the most successful kings of Castile, securing not only the permanent union of the crowns of Castile and León, but also masterminding the most expansive campaign of Reconquista yet.

By military and diplomatic efforts, Ferdinand greatly expanded the dominions of Castile into southern Spain, annexing many of the great old cities of al-Andalus, including the old Andalusian capitals of Córdoba and Seville, and establishing the boundaries of the Castilian state for the next two centuries.

Ferdinand was canonized in 1671 by Pope Clement X. Places such as the cities of San Fernando, Pampanga and San Fernando, La Union; the Diocese of Ilagan and the San Fernando de Dilao Church in Paco, Manila in the Philippines; and in California, United States, the City of San Fernando and the San Fernando Valley, were all named after him (namesakes) and placed under his patronage.



Don Joaquin Ortega
Family's Acknowledgement
May 31, 2018, 9:00 AM, Provincial Capitol

Good morning. Don Joaquin Ortega is the father of us all. He is the original Ortega of La Union and we are the proud products of his prolific powers not only in pro-creation but his commitment to serve the people of the province. Lolo Joaquin fathered 14 children and the rest, as they say, is history. The Ortega name has been synonymous with public service and politics in La Union since his term as the first Civil Governor of La Union over a century ago in 1901. His life was dedicated to public service and government until his retirement in 1926. We all know the story or at least we should. The extended Ortega clan has multiplied in large numbers and spread across generations and geography all over the country and the world. No matter how old we are, no matter where we are, we must always remember our story as a family and where we came from and where we have been. We must always remember Lolo Joaquin.

Soon, we will bring home his commemorative statue to the ancestral home of the Ortegas, where it belongs. Today is a celebration and remembrance of who we are. We are Ortegas. We are family.

What Lolo Joaquin started more than a 100 years ago is a lasting legacy that we are all duty-bound to uphold and nurture. Whether we are politicians, public servants, or in the private sector or still in school or just at home, whatever station in life we have chosen to pursue, family always comes first. As they say, home is where the heart is. As descendants of Lolo Joaquin, the Love for La Union is forever in our hearts. This is our home. This is our family. This is all thanks to the century old love and spirit of Don Joaquin Ortega that lives and thrives in all of us today. Let us always remember Lolo Joaquin - the father of our Ortega family.

Thank you. God bless us all. God bless the people of fair La Union.



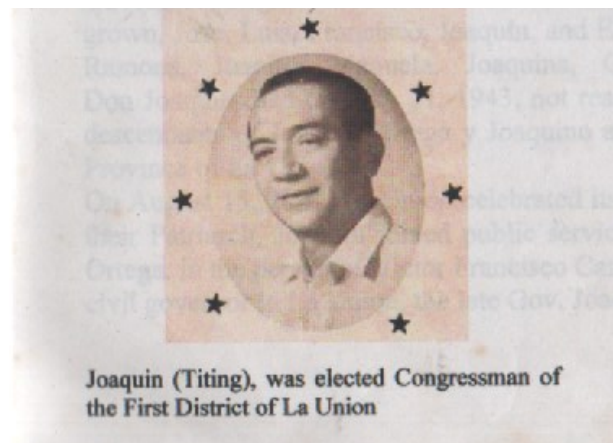
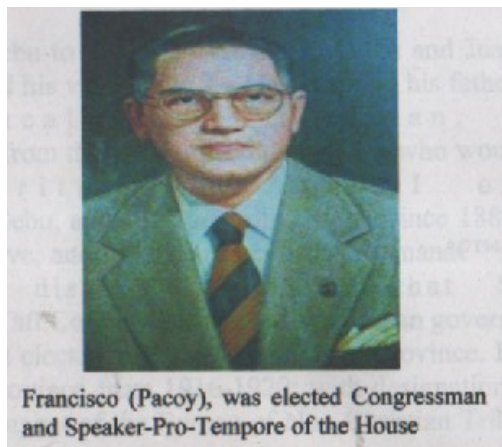
March 31, 1969
Visit of the Grand Statue of
Our Lady of Fatima
to San Fernando, La Union.

Papa Bisting Ortega helps in
carrying the Statue.

The Province of La Union



La Union is a province in the Philippines located in the Ilocos Region in the island of Luzon. Its capital is the city of San Fernando, which also serves as the regional center of the whole Ilocos Region. The province is bordered by Ilocos Sur to the north, Benguet to the east, Pangasinan to the south and to the west by the shores of the South China Sea (West Philippine Sea).



Family relationships: Uncle Joaquin Ortega; cousins Luz Bolong daughter of Evaristo Ortega; Manoling Ortega and Victor Ortega sons of Francisco Ortega.

RP CONSECRATION

On October 19, 1999, Danny's birthday, the province of La Union witnessed a first in Philippine history with the La Union Consecration of the Philippines to God the Father for the People's Earth Charter officiated by La Union Bishop Antonio R. Tobias, D.D. Overflowing with government officials, with no less than Gov. Justo O. Orros and Vice-Mayor Bernardo Valero, and the religious, the sundeck of the Sea and Sky Hotel, City of San Fernando, came alive to testify the sealing of a covenant between the people of La Union, the country and God the Father, and the unveiling of the 12-Foot statue of God the Father.

Rendering music with the sea as backdraft were the radiant voices of the La Union Provincial Capitol Choir and the Sea and Sky College students who interpreted the Jubilee Song. Luz' children, JB and Ludi, read prayers and reflections together with Gov. Orros and Vice-Mayor Valero.

A symbolic stone that passed from the hands of guests rested on Gov. Orros' hand. It was no ordinary stone; it was, in fact, from the Pamitinan Cave where Andres Bonifacio and his fellow reformists made a pact before their actual act to regain the freedom of the country. The stone was then thrown into the sea as a sign of consecration and commitment for the earth's stewardship so someday, the riches of the sea will be turned to its stewards.

Dr. Consolacion R. Alaraz, head Committee on Cultural Information and Special Events of the National Commission for Culture and Arts led the La Union Layag Dambana ng Bayan. It was a ritual beside the sea symbolizing La Union's commitment to the transformation of the Philippines for the world.

It was a very significant occasion, for La Union was the first province to accept the call to such enormous responsibility. Bancas, from the municipalities of La Union, strewn with the ingenuity and creativity of the Ilocanos passed under the arch of the La Union Provincial Board and the Association of Regional Executives (AREX). They were then set to sail amidst wishes and songs led by the Region I Travel Agencies Association headed by its President, Ma. Luz O. Bolong.

Having done with the consecration, Atty. Pablo Trillana III, Chairman and Executive Director of the National Historical Institute, challenge the people of La Union to participate in he transformation of the world,



ABS-CBN interviews Luz after the just concluded successful La Union Consecration of the Philippines to God the Father.

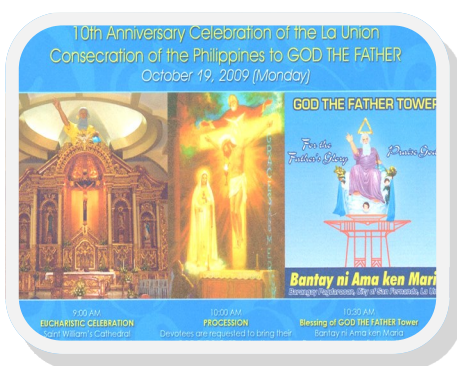
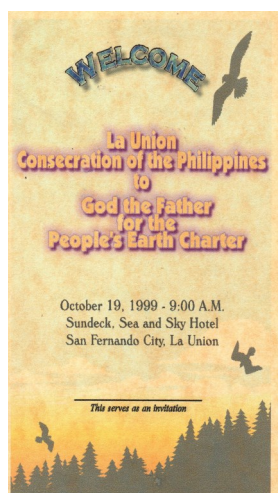


LA UNION OFFERING TO GOD OUR FATHER(2019)

"In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters... So God made the expanse and separated the waters under the expanse from the water above it."
Genesis 1

Twenty years ago, we Ortega twins responded to the call of Saint. Pope John Paul II on the celebration of The Great Jubilee Year 2000. Year Three: God the Father. This event started the Persevering Discipleship of twins Ma. Luz and Ma. Nila.

God commissioned twin Ma. Luz O. Bolong, ocds and her religious name Maria Lucia of God Our Father to order a handmade 12 foot God the Father statue for the Philippines and the World. The God the Father bust was offered at the side altar of St. William's Cathedral during a concelebrated mass officiated by Bishop Carlito Cenzone, D.D. and Bishop Artemio Rillera, D.D.



On the 25th year anniversary of the Sea and Sky Hotel, the late bish-



op, Most Rev. Rodolfo Beltran, D.D. agreed to light the God the Father bust now resting on top of the hotel roof.

May 8, 2017 — Fr. Jojo Quesada representative of Bishop Beltran and Ma. Luz at the Sea and Sky Lobby for the lighting of God the Father bust.

Lúcia of Fátima and by her religious name Sister Maria Lúcia of Jesus and of the Immaculate Heart, was a Portuguese Catholic O.C.D. Sister Lucia Great Vision in 1929 of Holy Trinity. "In a brighter light at the upper part of the cross, could be seen the face of a Man and his body as far as the waist; upon his breast was dove of light; nailed to the cross was the body of another man."

Souvenir Program 2009. A Trick shot of the bust of God the Father was depicted on the main altar celebrating 10 years anniversary of the La Union Consecration of the Philippines to God the Father.

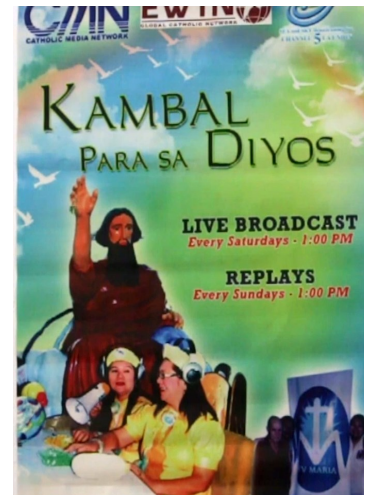
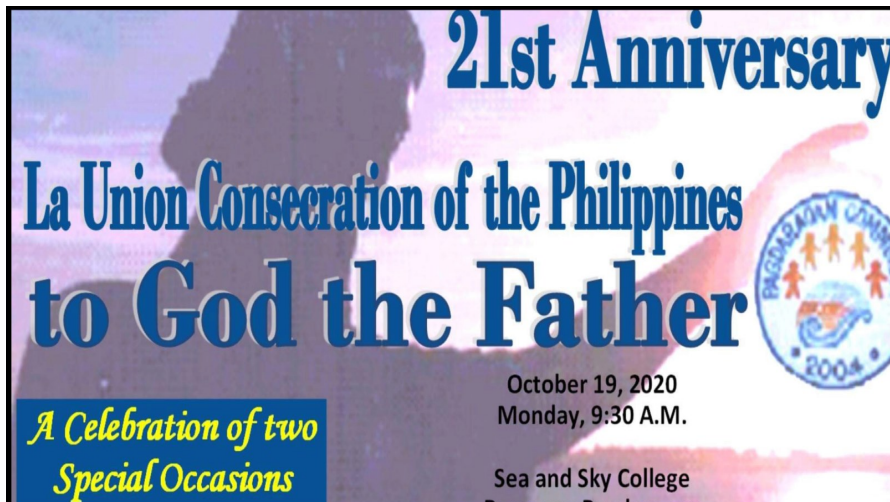


December 16, 2019 Ma. Luz O. Bolong seeks an appointment to Bishop Presto in the presence of Fr. Jojo Quesada.



Ma. Nila O. Argel after the first dawn mass at San Fernando City plaza.

October 13, 2017. 100th Anniversary of the "Miracle of the Sun" at Fatima. Having been at Fati-



Danny's life at 72

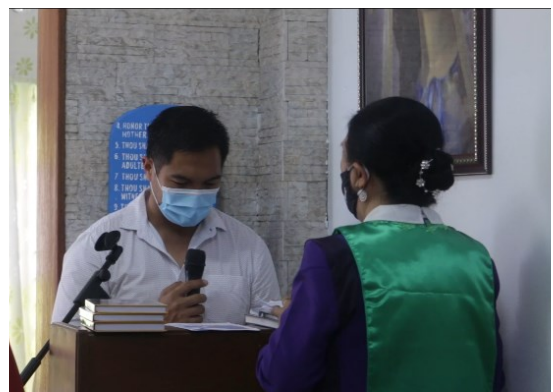
FIRST MASS

@ SAS College

Chapel



@ SAS College Chapel Most
Rev. Daniel O. Presto, D.D.
Bishop, Diocese of La Union
Presider



PRAYERS OF THE FAITHFUL



OFFERTORY

CONSECRATION



COMMUNION



BLESSING



Luz Message

Today, I welcome you all for the 21st Anniversary of the La Union Consecration of the Philippines to God the Father.

1. Thank you Bishop Daniel O. Presto for celebrating the Holy Mass,

“the most beautiful act of worship of God, our Creator.”

This is the first time that mass is held in this chapel.

2. Happy 72nd birthday to College President Daniel T. Bolong, Jr.



In 1999, Year of God the Father, I had a huge statue of God the Father made from the Holy Trinity stampita.

At that time I thought we were too Marian but not now.



Emperor Constantine built Istanbul, Turkey as capital for Rome and named it, Constantinople

St. John Chrysostom, Archbishop of Constantinople said that

“God is a mystery that eludes us.”

The statue of God the Father, a human mode of expression concerning the mystery of

God is unable to express His being a Spirit.”

But it had helped us twins come to experience, the reality of God the Father. We have felt the mystery of God’s forgiveness, love and power that cares for His children.



I. Year 1999

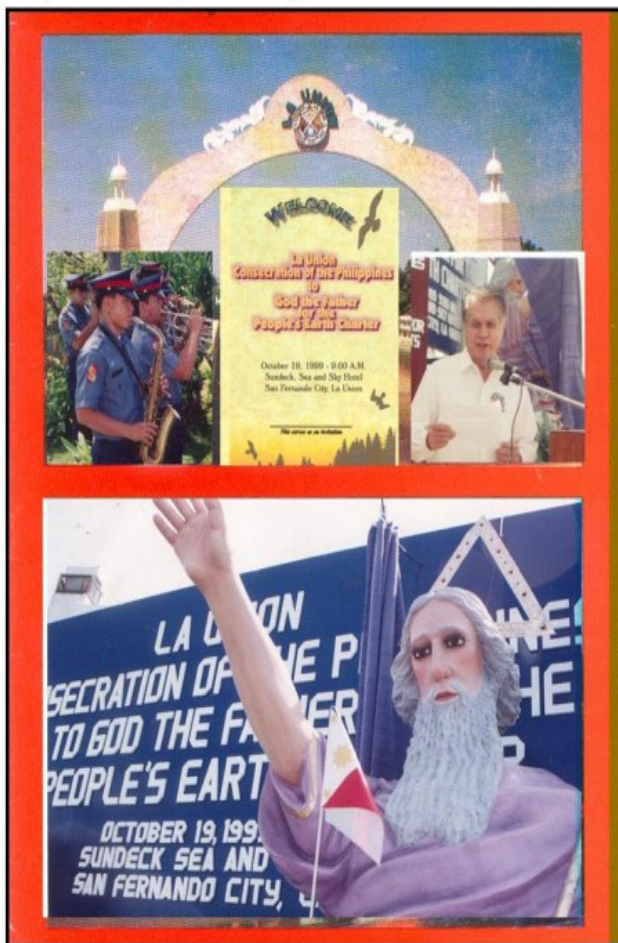
On October 19, 1999, the province of La Union witnessed a first in Philippine history with the La Union Consecration of the Philippines to God the Father. It was officiated by La Union Bishop Antonio R. Tobias.

Overflowing with government officials and the religious, the Sea and Sky Hotel, City of San Fernando, La Union, came alive to testify the sealing of a covenant among the people of La Union, the country and God the Father.

The 12-foot statue of God the Father was unveiled.

On the lap of God the Father is a miniature Noah's Ark with Philippine flag.

1. God promises to Noah never again to destroy all life on Earth by flood and
2. creates the rainbow as a sign of this "Everlasting Covenant"



The La Union welcome arch (above). (Inset l-r): The PNP Band, The Invitation to the La Union Consecration of the Philippines to God the Father, La Union Governor Justo O. Orros, The stage back draft (below).

II. Year 2009

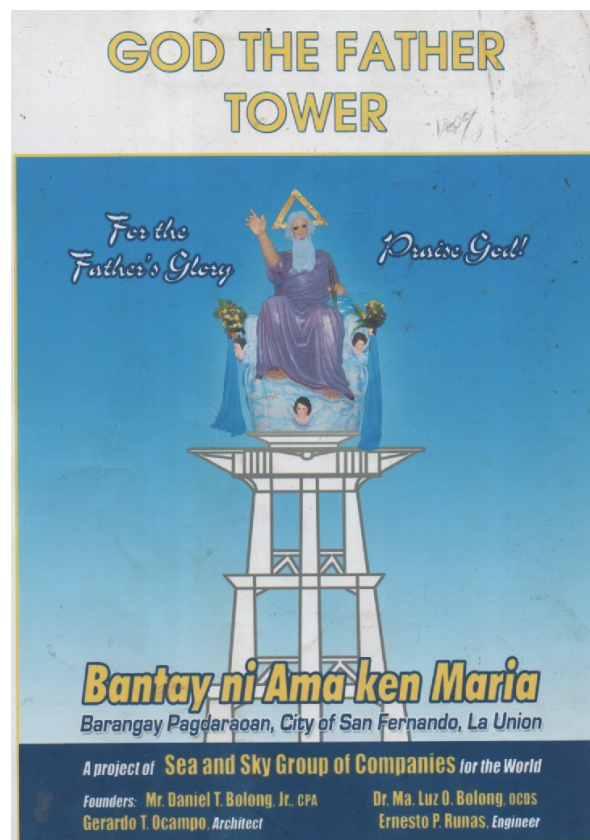
For the 10th Anniversary of the La Union Consecration of the Philippines to God the Father, devotees flocked to the St. William's Cathedral for the concelebrated mass on October 19, 2009.

A procession followed going to Barangay Pagdaraosan for the blessing of the God the Father tower by the late Bishop Artemio Rillera at Bantay Ni Ama ken Maria.

The 10 Commandments tablet given by Brother Litos Valero, stands on the mountain as a reminder that we have to love God our Creator and our neighbor.

Bishop Rillera and Congressman Victor Ortega reached the top of the tower. So with Nila. I, the late Bishop Carlito Cenzone of Baguio and Msgr. Fred Keikenberk of Cebu stayed behind.

The Souvenir Program 2009 had the Imprimatur of Archbishop Abaya. the event. Bishop Beltran died a month later.



III. Year 2017

The Sea and Sky Hotel celebrated its 25th anniversary on May 8, 2017. Fr. Jojo Quesada representing the late Bishop Rodolfo Beltran lighted the God the Father bust held at the Sea and Sky Hotel lobby. Fr. Froilan Saluta also witnessed the event.



9:00 am - Eucharistic Celebration, St. William the Hermit Cathedral, San Fernando City, La Union



10:00 am - Procession to Bantay ni Ama Ken Maria, Pagdaraoan, San Fernando City, La Union



10:30 am - Blessing of God the Father Tower, Blessing of Life-size Luminous Angel of Fatima



11:30 am - Birthday of Mr. Daniel T. Bolong, Jr.,

Tarpaulin used for the affair now at Twin's Haven.

III. Year 2017

The Sea and Sky Hotel celebrated its 25th anniversary on May 8, 2017. Fr. Jojo Quesada representing the late Bishop Rodolfo Beltran lighted the God the Father bust held at the Sea and Sky Hotel lobby. Fr. Froilan Saluta also witnessed the event. Bishop Beltran died a month later.

At this juncture, may I call twin sister Ma. Nila Ortega-Argel, ocads the author of our latest book.

Nila : I proudly present, “In the Footsteps of La Madre: Sta. Teresa de Avila Vol-umes 1, 11 and 111. It is our Ortega twins offering for the 500 YOC in the Philip-pines (1521-2021).

Luz: The celebration today is a simple one due to the pandemic, COVID-19, but the reasons for the celebration remains the same — 1. giving honor and praise to God and 2. thanksgiving for the gift of life of my husband, Danny. Thank you.



Blessing of SASC Building and Broadcasting



On the walls of the chapel are large photo of Our Lady of Namacpacan, 365 Saints, Our Lady of Perpetual Help Prayer, Kambal Para Sa Diyos photo of huge God the Father statue, Noah's Ark with Philippine Flag, the Risen Christ and the Sorrowful Mother.



Angel of Peace & 3 Visionaries



In successful marriages, each person supports the other so that they can grow to become the best person they can be. Until death do you part.

Brunch Blessing of food



Thanks for your presence



6. Tabernacle _ Sanctuary of the Body and Blood of Jesus

By Maria Luz Bolong

Nila's enthusiasm for a Digital Television Station to the max! She went to inform the Philippine Information Agency where she worked for 37 years and Fr. Eugene Llobera, the priest in-charge of the social communication of the diocese that the TWIN-TV will start operation on October 19, 2020.

Fr. Llobera will celebrate mass at the Sea and Sky College chapel daily instead of having a talk show. With this news, I am definitely thrilled. Just with a TV mass, it is already worth to re-open the TV Station. With this coming to a reality, I anticipates hearing mass at the College Chapel.

So came the idea of a tabernacle and how we can have one. We twins thought of Caridad Sobejana's niece who are in the construction and hotel businesses. She helps in the Church providing vestments to priests and therefore could afford to



donate the tabernacle. The apostolate of Manang Caring is distributing hosts to the different parishes in the diocese.

On September 28, 2020, we visited her in her home in Caba. Seeing her chapel gives the impression that the Eucharist is really close to her heart. Nila then suggested that Manang Caring will ask her niece to donate, but she said, "I will be the one." Manang Caring wants that the tabernacle be bought at St. Paul's Religious Store at Baguio City. I requested Myrna Calachan to canvass the price at Dagupan. However, the shops do not sell. The following day, September 29, I drove Manang Caring and Myrna to Tubao Cooperative. With money taken from the Cooperative, I and Manang Caring saw at the internet a Eucharist inspired tabernacle worth P15,000. She then handed me P15,000 with the P500 coming from Myrna.



Arriving at Sea and Sky College, I asked my staff to order Online the tabernacle. Luz text to Manang Caring, "I ordered the tabernacle upon arrival from Caba. Bishop Presto accepted invitation to say mass on October 19. However, the bishop did not agree to bless the tabernacle. I therefore approached an SVD priest to bless the

Placing order of tabernacle on-line

At least one lamp is to be kept burning day and night before the tabernacle in which the Blessed Sacrament is kept. In this lamp olive oil or beeswax is to be used; but where olive oil is not available, vegetable oil may be used. This lamp may be right in front of the tabernacle, hanging down from the ceiling or vault of the sanctuary or it may be fastened with a bracket on the side wall; or it may be placed on the altar alongside the tabernacle.

The night before the 21st anniversary celebration of the La Union Consecration of the Philippines to God the Father, I placed the tabernacle at the altar. It was so beautiful!

On October 19, 2020, while Bishop Presto was preparing to celebrate mass, I approached him and said that Fr. Eugene Llobera will celebrate mass here daily. His reply, “it can be arranged”. The bishop met the donor of the tabernacle who also expressed her desire for the Blessed Sacrament to stay at the tabernacle in the chapel.



Caridad Sobejana and Myrna Calachan _ smile with their gift of the Jesus' tabernacle.

PART III_ PUBLISHED MANUSCRIPTS

3.1 Cover and Distribution of 50 copies on the book “In the Footsteps of La Madre” (1st Edition) / Feedback on Book



BACK COVER:

A life-size tin statue of St. Teresa of Avila made by Arliver Corporation was blessed on October 3, 2007 by the late Bishop Artemio Rillera, D.D. at the Sea and Sky College in commemoration of the death anniversary of Evaristo Ortega, our late father. It was also the blessing of the Sea and Sky Television Station. The statue was first brought out for procession to celebrate her 425th Death Anniversary at Pindangan on October 15. It graced the East Asia Congress on November 21-27, 2007 at the Carmelite Missionaries Center of Spirituality at Tagaytay City and travelled to other Carmelite monasteries that include Gumaca, San Pablo, Lucena and Naga. The statue was at the gate of the OCDS House of Prayer on October 15, 2008, her 426th death anniversary.

On October 19, 2009, the province of La Union witnessed the 10th anniversary of the La Union Consecration of the Philippines to God the Father. Bishop Rillera, D.D. blessed the God the Father tower at Bantay ni Ama ken Maria (Mountain of God and Mary). The life-size statue of St. Teresa was placed on the site and a prayer in her honor was recited. The little Teresianas surprised the audience with their angelic songs and beautiful dance in honor of God and Mary. St. Teresa who is fond of acting, certainly was amazed with the little Teresianas' performance.

For the stage play "Born for You— the Life of St. Teresa of Avila", St. Teresa's statue came to watch the performances on October 2010. Surely, she was thrilled to see the big crowd from the diocesan schools at the Ortega Cultural and Sports Center, the venue for the stage play at the City of San Fernando, La Union. St. Teresa is the patron saint of the University of Northern Philippines, the venue at Vigan City, Ilocos Sur on January 2011. The St. Teresa statue was brought to Camp Aguinaldo Manila, before the October 3, 2011 stage play at the Armed Forces of the Philippines (AFP) Theater. Nila who suffered a mild stroke on October 2 was discharged only one hour before the play. Nila's portrayal of Mother Teresa's Transverberation was felt by an actual experience. She underwent heart by-pass surgery four days later on October 7, the Feast of Our Lady of Holy Rosary.

The life-size statue of St. Teresa was on stage again on March 10, 2013. The OCDS members performed during the Parish Night at the San Fernando, La Union city plaza witnessed by Bishop Beltran. While Ma. Luz described the dance presentation, Ma. Nila lighted the candles for St. Teresa.

The groundbreaking ceremonies for the pentahedron enclosure of St. Teresa's tin statue, shaped as a lamp post was held on October 3, 2013. It's blessing on March 28, 2014 marks her 499th birth anniversary. It is a 5th Centenary offering of the Philippines to the World!

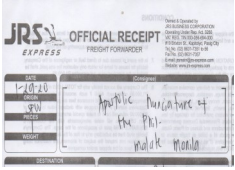
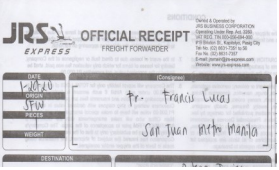
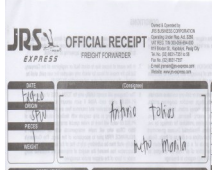

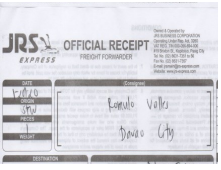




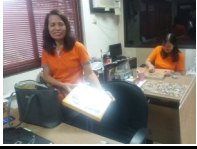




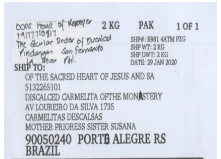
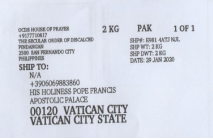


La Madre's life-size statue in her fitting permanent place at the OCDS House of Prayer since 2014 is beautifully decorated for her October 15, 2019 feast day celebration. She welcomes the faithful annually specially the Sea and Sky College faculty and students.

*"Neither do people light a lamp and put it under a bowl.
Instead they put it on its stand, and it gives
light to everyone in the house".*

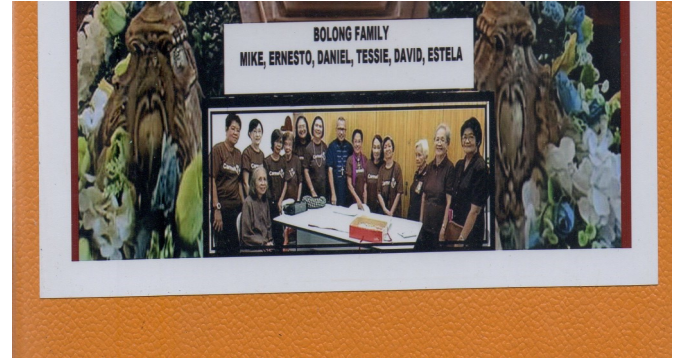
Matthew 5:15

<p>1. Bishop Most Rev. Daniel O. Presto, D.D. Chancery, Diocesan Center Residence, San Vicente Created: Jan. 19, 1970 ERECTED: April 11, 1970 Titular: St. William the Hermit February 10</p>				
<p>I. Vicariate of San Nicholas 2. St. Nicholas of Tolentino Rev. Fr. Manuel J. Laviste Balaoan, La Union Patronal Fiesta: Sept. 10</p>	<p>3. St. Christopher Msgr. Alfonso Ramon V. acsamana Bangar, La Union Patronal Fiesta: July 25</p>	<p>4. St. Isidore the Farmer Rev. Fr. Ryan c. Abellera Corro-Oy, Santol, La Union Patronal Fiesta: May 15</p>	<p>5. St. Catherine of Alexandria Rev. Fr. Perpetuo B. Concep- tion Luna, La Union Patronal Fiesta: Nov. 25 (Shrine of our Lady Of Namac- pacan)</p>	
<p>6. Holy Cross Rev. Fr. Crispin N. Reyes Napaset, Luna, La Union Patronal Fiesta: May 3</p>	<p>7. Our Lady of Victory Rev. Fr. Jose Alban Santol, La Union Patronal Fiesta: Dec. 19</p>	<p>8. The Holy Family Rev. Fr. Romeo Lopez Sudipen, La Union Patronal Fiesta: last Sunday of December</p>	<p>II. Vicariate of St. Fer- dinand 9. St. Michael of Archangel Rev. Fr. Nolan R. Nabua Bacnotan, La Union Patronal Fiesta: Sept. 29</p>	
<p>10. St. Jude Thaddeus Rev. Fr. Ranier L. Andrada Catbangen, San Fernando, La Union Patronal Fiesta: October 28</p>	<p>11. Our Lady of Immaculate Concepcion Rev. Fr. Edgar Bautista, ICM Carlatan, San Fernando, LU Patronal Fiesta: Dec. 8</p>	<p>12. Titular: St. William the Hermit Rev. Fr. Roberto L. Collado San Fernando, La Union Patronal Fiesta: Feb. 10</p>	<p>13. St. Gabriel the Archan- gel Rev. Fr. Froilan O. Ordoño San Gabriel, La Union Patronal Fiesta: April 20</p>	
<p>14. St. John the Baptist Msgr. Mario R. Valdez San Juan, La Union Patronal Fiesta: June 24</p>	<p>15. Our Lady of Perpetual Help, Rev. Fr. Jonathan L. Corsino Pagdalagan, San Fernando, La Union Patronal Fiesta: 2nd Sun- day of June</p>	<p>16. St. Joseph the Worker Rev. Fr. Emmanuel B. Bahi- wag Quirino, Bacnotan, La Union Patronal Fiesta: May 1</p>	<p>17. Our Lady of the Holy Rosary Rev. Fr. Jojo Quesada Sevilla, San Fernando City, La Union Patronal Fiesta: October 7</p>	

<p>III. Vicariate of St. Peter the Apostle 18. St. Joseph, the Husband Rev. Fr. Benjie Marzano Bagulin, La Union Patronal Fiesta: March 19</p> 	<p>19. Sts. Peter & Paul Rev. Fr. Ronald Raymond O. Chan Bauang, La Union Patronal Fiesta: June 29</p> 	<p>20. Our Lady of Fatima Rev. Fr. Arnulfo T. Tagorda Burgos, La Union Patronal Fiesta: Oct. 13</p> 	<p>21. St. John the Baptist Rev. Fr. Gari Zaldy P. Patiag Caba, La Union Patronal Fiesta: June 24</p> 
<p>22. St. Augustine the Hippo Rev. Fr. Nelson N. Quitaleg Naguilian, La Union Patronal Fiesta: May 5</p> 	<p>23. St. Joseph the Worker Rev. Fr. Liberato A. Apusen Santiago, Bauang, 2501 La Union Patronal Fiesta: May 1</p> 		
<p>IV. Vicariate of St. Francis Xavier 24. Sta. Monica Parish (Basilica of Our Lady of Charity) Rev. Fr. Samuel F. Banayat, Jr. Agoo, La Union Patronal Fiesta: May 4</p> 	<p>25. St. Lucy Rev. Fr. Federic R. Ferrer Aringay, La Union Patronal Fiesta: Dec. 13</p> 	<p>26. Our Lady of Lourdes Rev. Fr. Alenby A. Faylon Damortis, La Union Patronal Fiesta: Feb. 11</p> 	<p>27. Holy Family Rev. Fr. Alexander Jo B. Peralta Pugo, La Union Patronal Fiesta: last Sunday of December</p> 
<p>28. Immaculate Conception, Rev. Fr. Noel Peter S. Lazo Rosario (F-1869) LU Patronal Fiesta: Dec. 08</p> 	<p>29. Holy Guardian Angels (Shrine of Nuestra Señora Cautiva) Rev. Fr. Felix Gatchalian Sto. Tomas, La Union Patronal Fiesta: Oct. 2</p> 	<p>30. St. Isidore the Farmer (Shrine of Nuestra Señora Del Mar Cautiva) Rev. Fr. Jan Errol S. Mantes Tubao, La Union Patronal Fiesta: May 15</p> 	<p>31. Rev Fr. Froilan A. Saluta Former Parish Priest, St. William Cathedral</p> 

<p>32. Apostolic Nunciature in the Philippines Malate, Manila</p> 	<p>33. Fr. Francis Lucas President, Catholic Media Network</p> 	<p>34. Most Rev. Antonio R. Tobias, D.D. Bishop Emeritus, Novaliches, Manila</p> 	<p>35. Most Rev. Ernesto A. Salgado, D.D. Archbishop Emeritus of Nueva Segovia</p> 
<p>36. Abbot Santos Rabang Christ the Desert Monastery Alangan, Sto. Domingo, Ilocos Sur</p> 	<p>37. Davao Archbishop Romulo Vales, D.D. President, Catholic Bishops Conference of the Philippines</p> 	<p>38. Fr. Doms Otero Ramos Society of Divine Word Philippine Northern Province, Pindangan, City of San Fernando, La Union</p> 	<p>39. Mother Stella, ocd Carmel of the Holy Family Pindangan, City of San Fernando, La Union</p> 
<p>40. Tess Tayag, ocdds North Luzon Regional Coordinator OCDS Philippines</p> 	<p>41. Congregation Daughters of St. Mary of Leuca (DML) St. William Parish Nursery Kindergarten School City of SFLU</p> 	<p>42. Manong Victor and Manang Mary Jane Ortega City of San Fernando La Union</p> 	<p>43. Ortega Family — Steve, Rocio, Flor, Luz, Nila</p> 
<p>44. Bolong Family — Mike, Pamela, Danny, Tessie, David, Estela</p> 	<p>45. Argel Family — Pacifico, Imelda, Noli, Rochie</p> 		<p>46. Rodrigo Vivas Chamorro OCDS Managua, Nicaragua</p> 
<p>47. Discalced Carmelites of the Monastery of the Sacred Heart of Jesus Porto Alegre, Brazil</p> 	<p>48. His Holiness Pope Francis Vatican City</p> 	<p>49. Superior General Saverio Cannistra, OCD Rome, Italy</p> 	<p>50. CITEs Universidad de la Mistica Avila, Spain</p> 

Our book “In the Footsteps of La Madre” is our way of sharing our happiness. We hope that members of our family will find time to read and give their comments.



Families/Comments

Nila and Chicoy Argel — Psalm 37:4 Delight yourself in the Lord, and He will give you the desires of your heart.

Loving God, you granted our wish to visit Antarctica. It was a grace leaving behind the statue of St. Teresa of Avila and standing face to face with penguins.

Luz and Danny Bolong —We twins saw Don Joaquin Ortega y Molina tombstone inside the San Agustin Church, Manila. He is our great grandfather, father side.

Friar Evaristo Guadalupe is our great grandfather, mother side. Our father, Evaristo Ortega got his name from him. Our roots is from Spain, just like St. Teresa of Avila Luz Jan 25, 2020

Flor and Gerry Ocampo — “Not many are capable of great love...it is God alone who gives us that grace to love completely;

so we must pray for it.”

Luz holding and handing statuette to the Pope. “The highest point a person can attain is not

“knowledge”, or virtue, or goodness, or victory, but something even greater, or more heroic...sacred awe!”

Danny and Luz Bolong —Luz

The Danube Cruise is our way of enjoying the beauty of God’s Creation and nurturing good family relationships. I thank Manong Mike and wife Tess for initiating this family get together providing half of the expenses.

Danny

So grateful to have married Luz who is ever religious and have imparted to our children the importance and presence of the Almighty in our life. The blessings God has shared to our family and the whole Bolong and Ortega Clan

Estella and Jerry Valmoja This show how Manang Luchie and Manang Nila their devotion to the Lord, despite their age and challenges to travel alone. They manage to embark on a journey with the only intention of serving the Lord. His remarkable. May they continue this mission of serving and spreading the word of God to inspire other to the same.

God be with you on your future journeys!

Pamela, Charina

Tita Luchie, touring in 84 Days Around the World is a wonderful experience especially a Religious journey. Tita continue your teaching and spiritual journey and we Che-Nory family (Pamela-Jake -Ina-Charina-Manuel) will support you all the way. God Bless you and Tita Nila.xz

Steve and Menchu — Statues of God the Father blessed by Bishop Tobias and given to 59 barangays. “God the Father bless our family. Amen.”

Visit to Antarctica through the encouragement of Steve. “God works in mysterious ways”. Amen.

Pilgrimage to Our Lady of Guadalupe, patron of the Americas and unborn child.” Our Lady of Guadalupe bless our country for we consecrate

3.2 Cover and Distribution of 50 copies (2nd Edition)/

Feedback



BACK COVER:

Cebu archbishop Jose S. Palma's appointment as member of the Pontifical Council for Culture serves as a reminder for all of us in the country not just to remember the honor conferred by history on our nation but also to highlight the responsibility entrusted upon all of us that we have been gifted in order to give, Msgr. Joseph Tan, spokesperson of the archdiocese said.

Lent's austerity is interrupted as we solemnly keep a feast in honor of the Annunciation Our Lady, or the Annunciation of the Lord on March 25, 2020. It is the Christian celebration of the announcement by the Archangel Gabriel to the Blessed Virgin Mary that she would conceive and become the mother of Jesus. The angel announced God's will and Mary accepted. Like Mary who obeyed God, let us also obey God.

Taal Volcano is in the province of Batangas. It is the second most active volcano in the Philippines. The eruption of January 12, 2020 has inflicted significant damage on the livelihoods of the residents at Talisay and San Nicolas.

March 28 is the feast day of St. Teresa and our baptismal anniversary. We planned of doing our mission at Talisay and already had an itinerary. When at Talisay we first visit the San Guillermo Parish Church. San Guillermo --Talisay's Patron Saint is also our patron saint at San Fernando de La Union. It is believed that San Guillermo have performed a miracle when he stopped Taal's devastating eruption in 1911. And then ride on a boat going to the homes of the victims for our gift-giving.

But on March 13, we had to cancel our trip when President Rodrigo Duterte ordered a "lockdown" of the entire Metro Manila from March 15 to April 14 due to the coronavirus virus pandemic. We, mortals, plan. But so does God in the heavens. Sometimes, it is difficult to understand God's plans - especially when His plans are not in consonance with ours.

Our mission at Taal is impossible but we understand that we live by God's grace. Growing old, we are delighted in doing God's Will for God knows what is the best thing to do. The inspiration is to do a video here at Bantay ni Ama ken Maria, where the statues of God the Father and Madre Santissima de la Luz are erected in 1999 and 2002 respectively. It is included in our book entitled In The Footsteps of La Madre part II as our contribution to the 500th anniversary of Philippine Christianity fulfilling to the responsibility entrusted upon all of us that we have been gifted in order to give, .

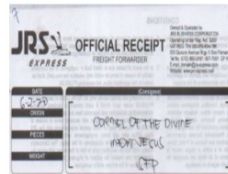
Like Mary, we twins are determined in listening to God's will and live accordingly.

DISCALCED CARMELITE NUNS IN THE PHILIPPINES

1. ANGELES

CARMEL OF THE DIVINE INFANT JESUS OF PRAGUE

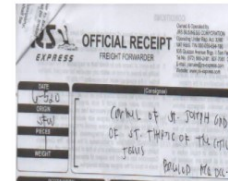
2009 Angeles City,
San Fernando, Pampanga
Tel. (045) 626-0353 * Fax. (045) 264-7120
Mobile No. (0917) 504-3088
E-mail: angelescarmel@yahoo.com
Founded 27 August 1956 from Quezon City and Lipa
Carmels
Archdiocese of San Fernando, Pampanga, Local
Ordinary



2. BACOLOD

CARMEL OF ST. JOSEPH AND OF ST. THERESE OF THE CHILD JESUS

Brgy. Mandalagan
6100 Bacolod City, Negros Occidental
Tel. (034) 441-1803 * (034) 441-1470
E-mail: carmelbacolod@yahoo.com
Founded 13 May 1946 from Jaro Monastery
Diocese of Bacolod, Local Ordinary



3. BAGUIO

CARMEL OF THE MOST HOLY TRINITY

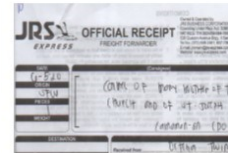
Carmel Heights, Dontogan Road, Baguio City
Tel. No. (074) 444-9400 / 427-4472 *
Cellphone No. (0906) 260-9244 /
Globe (0966) 916-9601 / Smart (0939) 255-6581
Founded 28 January 1983 from Angeles Monastery
Apostolic Vicariate of Baguio-Benguet, Local
Ordinary



4. CAGAYAN DE ORO

CARMEL OF MARY, MOTHER OF THE CHURCH AND OF ST. JOSEPH

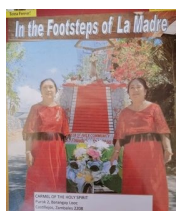
PO Box 144
Camaman-an, Cagayan de Oro City
E-mail: cargcarmel@yahoo.com
Tel. No. (088) 857-5124 * Fax No. (088) 857-5120
Cell No. (0915) 589-3423
Founded 08 December 1967 from Jaro Monastery
Archdiocese of Cagayan de Oro, Regular Superior



5. CASTILLEJOS

CARMEL OF THE HOLY SPIRIT

Purok 2, Barangay Looc
Castillejos, Zambales 2208
Cellphone (0915) 942-0235
Founded November 19, 1976 from Quezon City
Monastery
Diocese of Iba, Local Ordinary

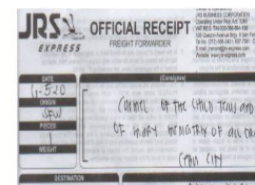


50 to be delivered by

6. CEBU

CARMEL OF THE CHILD JESUS AND OF MARY MEDIATRIX OF ALL GRACES

Pope St. John Paul II Ave., Mabolo
PO Box 389, CCPO 6000 Cebu City, Philippines
Cell. No. (0919) 432-7183
E-mail addresses: iksocd@yahoo.com.ph *
mo_maryaimee@yahoo.com
Founded: 13 May 1949 from Jaro Carmel
Archdiocese of Cebu, Regular Superior



7. DAVAO

CARMEL OF THE SACRED HEART OF JESUS AND THE IMMACULATE HEART OF MARY

JP Laurel St., Lanang, 8000 Davao City
PO Box 80302
Tel. (082) 227-6698
E-mail: ocdnunsdavao2014@yahoo.com
Founded 10 March 1947 from Jaro Monastery
Archdiocese of Davao, Local Ordinary



8. GUMACA

CARMEL OF OUR LADY

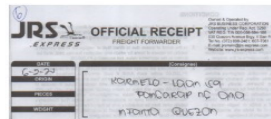
Villa Padua, 4307 Gumaca, Quezon
Philippines
CP: (0927) 768-7380 * (0918) 637-2876 * (0942) 291-1563
Founded 15 August 1997 from
Carmel of St. Joseph, Lucena
Diocese of Gumaca, Regular Superior



9. INFANTA

KARMELO - LAAN SA PANGRAP NG AMA (SAMBAYANAN NG MGA DUKHA)

Barangay Tongohin, 4336 Infanta, Quezon
Tel/Fax (042) 535-4102
Community cp: (0939) 352-4788
Prioress co: (0921) 756-3006
Founded 11 October 1981 from Various Monasteries
Prelature of Infanta, Local Ordinary



10. JARO

OUR LADY OF MOUNT CARMEL AND ST. THERESE OF THE CHILD JESUS

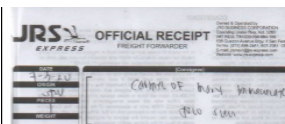
P.O. Box 160, 5000 Iloilo City
Tel. (033) 329-0071 * Fax (033) 320-7558
Email: jarodiscarmsrs@yahoo.com
Founded 09 November 1923
From the Carmel of Hue, Annam (Indo-China)
Archdiocese of Jaro, Local Ordinary



11. JOLO

CARMEL OF MARY IMMACULATE AND ST. THERESE OF THE CHILD JESUS

Jolo, Sulu, Philippines
Cp TM: (0915) 994-8911 * Cp Smart: (0920) 637-2589 E-mail: jolocd@yahoo.com
Founded 28 January 1961 from Jaro Monastery
Apostolic Vicariate of Jolo, Local Ordinary



12. LAOAG

CARMEL OF THE SACRED HEART OF JESUS

P. Gomez Street, 2900
Laoag City, Ilocos Norte Tel. No. (077) 772-1331
Email Address: laoagcarmel@yahoo.com
Founded 11 October 1949 from Quezon City
Monastery
Diocese of Laoag, Local Ordinary



13. LIPA

CARMEL OF OUR LADY MARY MEDIATRIX OF ALL GRACE AND ST. TERESA OF AVILA

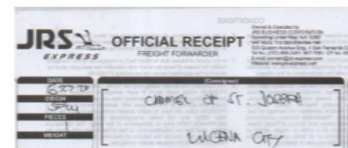
Lipa City, Batangas
Tel.: (043) 756-1276 * (043) 756-2234
Fax: (043) 757-0488 E-mail: lipacarmel@gmail.com
Founded 31 May 1946 from Quezon City Monastery
Archdiocese of Lipa, Local Ordinary



14. LUCENA

CARMEL OF ST. JOSEPH

P.O. Box 59 4301 Lucena City, Quezon
Tel. (042) 716-1266 * Tel/Fax: (042) 710-4416
(Extern) * CP (0922) 855-8390
E-mail: lucenacarmel@yahoo.com
Founded 10 August 1957 by the Nuns expelled from
Shanghai, Diocese of Lucena, Regular Superior



15. MALAYBALAY

CARMEL OF THE HEARTS OF JESUS AND MARY

Pal-Ing, Patpat, 8700 Malaybalay, Bukidnon
P.O. Box 25

Prioress: (0926) 173-9639

Extern Sisters: (0928) 371-8670 *

(0906) 444-6472 * (0927) 846-8952

Founded 15 August 1989 from Cagayan de Oro Monastery
Diocese of Malaybalay, Regular Superior



16. MATI

CARMEL OF ST. TERESA OF JESUS

Mount Carmel, Tua Tua Road

P.O. Box 29

8200 Mati City, Davao Oriental

Telephone No. (087) 388-3452

Founded 21 November 1987 from Davao Monastery
Diocese of Mati, Local Ordinary



17. NAGA

CARMEL OF THE IMMACULATE HEART OF MARY

PO Box 8838 Monastery Road, Concepcion Pequeña
4400 Naga City, Camarines Sur

Tel. (054) 473-0411 Fax (054) 473-9366

E-mail Addresses: nagacarmel1010@yahoo.com

nagacarmel@yahoo.com

Founded 10 October 1949 from Baltimore and
Manila Carmels Archdiocese of Caceres, Regular Superior



18. OZAMIZ

CARMELITE MONASTERY OF ST. JOHN OF THE CROSS

Malaubang PO Box 1085 7200 Ozamiz City,

Misamis Occidental Tel. No. (088) 521-3151

E-mail: ozamizcarmel@yahoo.com

Founded 03 October 1962 from Bacolod Carmel
Archdiocese of Ozamiz City, Local Ordinary



19. QUEZON CITY

CARMEL OF ST. TERESE OF THE CHILD JESUS AND THE HOLY FAMILY

4 Gilmore Avenue, 1112 Quezon City Metro Manila

Tel. (02) 724-2990 * Fax: (02) 722-4553

E-mail: gilmorecarmelqc@yahoo.com

Founded 24 November 1926 from Jaro Monastery
Archdiocese of Manila, Local Ordinary



20. SAN PABLO

CARMEL OF THE INCARNATE WORD

Barangay Concepcion, 4000, San Pablo City, Laguna

PO Box 88 Tel. / Fax No.: (049) 562-6870

CP No. (0917) 401-6870 Email: carmel.incarnate.word@gmail.com

Founded 13 May 1973 from Quezon City and Lipa
Monasteries, Diocese of San Pablo, Local Ordinary



21. ZAMBOANGA

CARMEL OF MARY QUEEN OF THE UNIVERSE AND OF ST. TERESE

R. T. Lim Boulevard, P.O. Box 377) 7000 Zamboanga City

Tel. (062) 991-6883 * (062) 991-3113

Mobile: +63916 755-2723 E-mail: ocdzambo@yahoo.com

Founded 21 October 1956 from Jaro & Cebu Carmels
Archdiocese of Zamboanga, Local Ordinary



22. Bishop Marlo Peralta

Archbishop of Nueva Segovia/

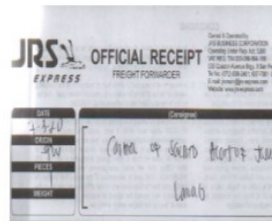
Fr. Nick Vaquilar Rector,

Immaculate Conception School of Theology

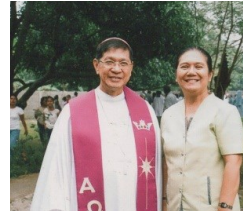
Vigan City, Ilocos Sur



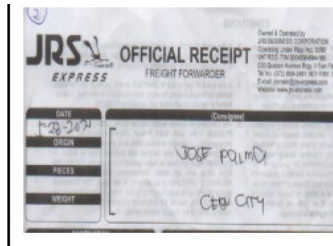
23. Bishop Renato Pine Mayugba, Bishop's Residence
Gomez Street
Laoag City, 2900
Ilocos Norte



24. Bishop Jacinto Agcaoili
Diocese of Urdaneta, Pangasinan Diocesan Curia,
Dr. Jose Aruego St., 2428 Urdaneta City, Pangasinan
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25. Archbishop Jose Palma, DD
Metropolitan Archdiocese of Cebu
Archbishop's Residence Cebu City



26. Bishop Daniel O. Presto/ Fr. Eugene Llobrera
Diocesan Seminary of the Heart of Jesus, San
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27. Cardinal Orlando V. Quevedo, OMI,
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28. Archbishop Emeritus Diosdado Aenlle Talamayan
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29. Mayor Alfred Ortega City of San Fernando, La Union



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49

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VIHN HAI-NHA TRANG
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118 00 Praha 1
CESKA REPUBLIKA
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49. Russia
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Ul. M. Gorkogo 111
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Russia
Tel Fax (383) 223 1843

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Russia
Phone: (383)2231843

50. New Zealand
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52 Halsell Road
Christchurch, 8025
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Tel 0064 (3) 3389370

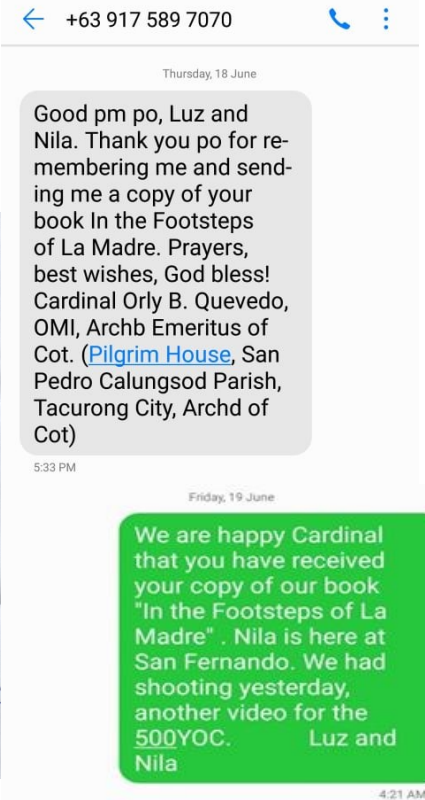
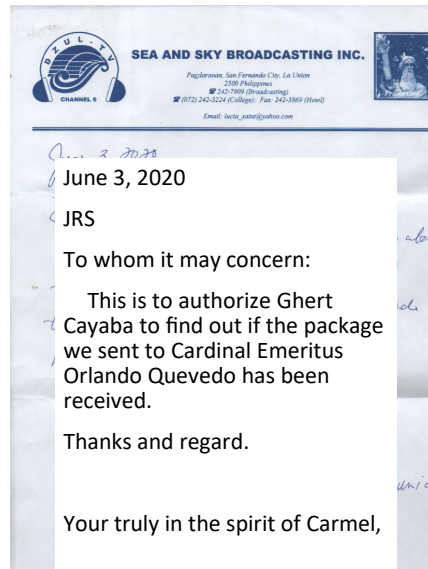
SHIP TO
Tax ID/VAT No.:
Contact Name: N/A
CARMELITE MONASTERY
52 HALSELL ROAD
CHRISTCHURCH 8025
New Zealand
Phone: 0064(3)3389370



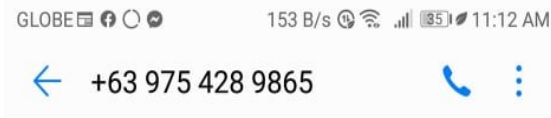
1. Cardinal Orlando V. Quevedo,



Most Rev. Orlando Quevedo, CBCP President and Archbishop of Cotabato: I will let the liturgists study the statue/devotion.



2. CAGAYAN DE ORO



Good evening Ma'am Ortega Twins! This is Sr. Reyna Maria of Cagayan Carmel Cdo. Thank you so much for your Souvenir Book. Your generous gesture of sharing is appreciated. In prayer we remain always united. Love and blessing!

7:27 PM

welcome Sr. We enjoyed our visit in your community. Love Maria Luz and Nila

7:36 PM

3. Archbishop Emeritus Diosdado Aenlle



Most Rev. Diosdado A. Talamayan Archbishop of Tuguegarao



Dear Ortega Twins : Nila and Luz - I am very happy to receive your very informative book about La Madre Santa Teresa. While staying in Spain. I visited Avila many times - from my Seminary days, I always had a big devotion to her- deeply appreciate her Spirituality and love to St. Joseph. You have given a very substantial consideration to Church History. Thanks. God reward you. Santa Teresa, thank for teaching me. "Quien a Dios Tiene, nada le falta". Abp. Talamayan

11:56 AM

Thanks archbishop for your feedback. We include you in our novena to our Lady of Mount Carmel. Regards.

2:50 PM

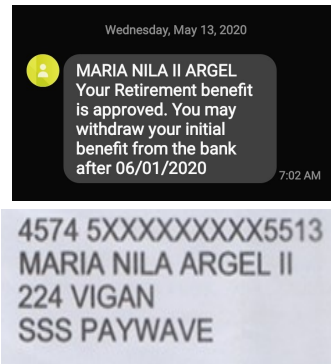
Offering SSS Pension

On April 1, 2020, I went to the barangay post to get permit to travel for myself and husband. I went to the SSS Vigan Branch Office, Vigan City, Ilocos Sur to submit my Retirement Claim Application papers. I also went to UCPB to apply for an ATM card where my retirement pension will be sent.

I am excited to have my pension for I am using it for a good purpose, that is, to mail our books to the Carmelite monasteries in the Philippines and abroad.

Our Lady of Fatima gave me a great surprise. First hour of work on her feast, May 13, I got a notice from Social Security System that my Retirement benefit is approved.

On June 22, with my twin as driver, I withdrew my pension and sent our initial copies of the 2nd edition at Airbus 21.



June 27, 2020

Freight quotation by Air 21 —July 6, 2020

	COUNTRY	RATE
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2	SCOTLAND	4,402.00
3	GREECE	4,846.00
4	FRANCE	4,578.00
5	IRELAND	4,486.00
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7	PORTUGAL	4,486.00
8	CZECH REPUBLIC	5,040.00
9	RUSSIA	5,040.00
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3.3 Cover and Distribution of 50 copies (3rd Edition)



ST. TERESA OF AVILA, OCDS COMMUNITY OF SAN FERNANDO, LA UNION

THE MOST REV. VICTORINO C. LIGOT, D.D., first bishop of San Fernando, of La Union, appointed in 1975 GENOVEVA LICLICAN who bravely took the challenge to be the first Prioress of the Tertiary Community. MOTHER PRIORESS MARY (NIEVES AQUINO) OF ST. JOSEPH, OCD was their Guardian.

Having received the consent of Bishop ANTONIO R. TOBIAS, D.D., SUPERIOR GENERAL FR. CAMILO MACCISE, OCD, granted the Canonical Erection of the St. Teresa of Avila Community according to the Code of Canon Law #312, given at Rome on October 29, 1996.

MO. PRIORESS MARY (ROSE BALTAZAR) OF THE IMMACULATE HEART, OCD, took charge over the Formation of the Community until 2002. CRESCENCIA (CABIGAS) OF MARY, HELP OF CHRISTIANS, OCDS became the Formator.

THE ST. TERESA OF AVILA OCDS HOUSE OF PRAYER

PRIORESS LOURDES (FLORENTINO) OF THE BLESSED TRINITY, OCDS initiated the building of the OCDS House of Prayer in 1992 with the help of MO. PRIORESS MARY ELIZABETH (MARY FARA GARROTE) OF THE NATIVITY, OCD, Secular Members and Benefactors.

COORDINATOR MARIA LUCIA (LUZ O. BOLONG) OF GOD THE FATHER, OCDS's first project is the installation of a water tank. It was blessed August 14, 2010 to mark the Anniversary of the Community dubbed as OCDS @ 35. She started to acquire works of art to commemorate the five-year preparation for the 5th Centenary of the Birth of St. Teresa de Jesus of Avila, the first to answer the invitation of GENERAL SUPERIOR, FR. SAVERIO CANNISTRA, OCD from the General House by producing the stage drama "BORN FOR YOU —THE LIFE OF TERESA OF AVILA", starring the Ortega Twins _ MARIA NILE (NILA O. ARGEL) OF GOD THE FATHER, OCDS as Doña Teresa de Ahumada and MARIA LUCIA as Sor Teresa de Jesus. It was shown in La Union, Ilocos Sur and Manila in October 2010, January and October 2011.

St. Elijah, Father of Carmel, was enshrined at the Carmel of the Holy Family and at the OCDS House of Prayer. It was blessed on October 6, 2012 by FR. DANILO FAUSTE, OCD Chairperson of the National Commission for the Celebration of the 5th Birth Centenary of St. Teresa of Avila on March 28, 2015. The Seal of Carmel was added to signify that both communities belong to the same Order of Discalced Carmelites.

October 29, 2012—16th Anniversary of the Canonical Erection of the St. Teresa of Avila Community
Pindangan Road San Fernando City, La Union

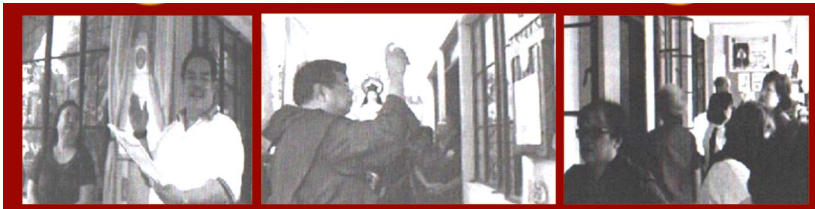
BLESSED BY: *Luz O. Bolong*

MA. LUZ O. BOLONG, OCDS
Coordinator
2010—present

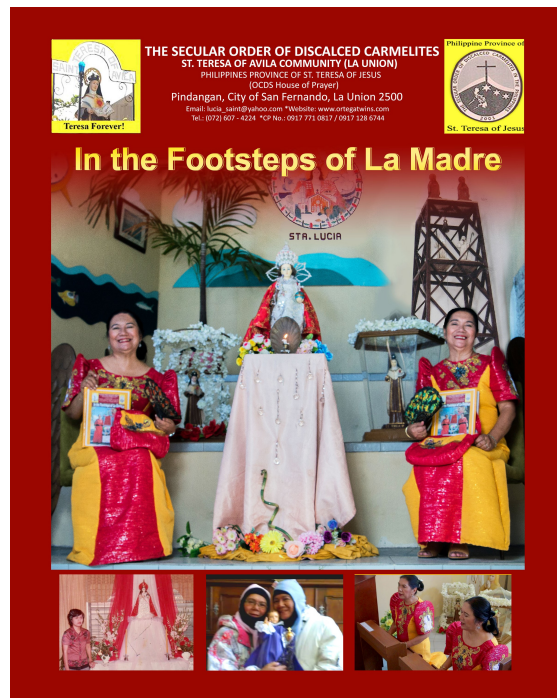
Very Rev. Fr. Angelo T. Madeo

VERY REV. FR. ANGELO T. MADELO, OCD
Provincial Superior
2010—2013

CONFIRMED BY:
MONICA C. ABUAN
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CRESCENCIA C. CABIGAS
MONETTE O. PRIETO
BEATRIZ P. CASONOVA
NELIE D. CHENG
PRESCILLA O. COSTELO
LEONORA P. FABRO
ERLINDA M. LARON
CARIDAD B. SOBEJANA
MYRNA CALACHAN
VIRGINIA M. SERVANIA
ANITA ABELLERA
SYLVIA DE GUZMAN
REMEDIOS MAMUYAC



L-R: Mr. and Mrs. Nonong Florentino unveil the marker commemorating the 16th Canonical Erection of St. Teresa of Avila on May 3, 2013; Fr. Angelo Madeo, OCD blesses the marker; and Viewing of Exhibits by OCS Philippine Council and Officers.



Forty five years in allegiance to the Lord and in service to the Church

A marker commemorating the 16th Anniversary of the Canonical Erection of the St. Teresa of Avila Community (La Union) was unveiled by Mr. & Mrs. Mariano Zandueta Florentino on May 3, 2013 and blessed by Very Rev. Fr. Angelo T. Madelo, OCD, provincial superior. On August 14, 1975, Bishop Victorino C. Ligot, D.D. formed the Carmelite Tertiaries or Third Order of Carmel with Mother Nieves as their guide. The Third Order of Carmel is what is now known as the Secular Order of Discalced Carmelites or OCDS.

Today, August 14, 2020 the St. Teresa of Avila Community marks a milestone for its 45 years of existence. We are happy to recognize seven elderly members. The OCDS are faithful members of the Church, called to live "in allegiance to Jesus Christ" through "friendship with the One we know loves us" and in service to the Church. Under the protection of Our Lady of Mount Carmel, in the biblical tradition of the prophet Elijah and inspired by the teachings of St Teresa of Jesus and St John of the Cross, they seek to deepen their Christian commitment received in baptism.

MEMBER-AWARDEES

NAME
1. MONICA C. ABUAN, OCDS Birthdate: 1921-04-01 Age: 99
2. FLORENTINA G. BERNARDO, OCDS Birthdate: 1935-7-25 Age: 85
3. PRESCILLA O. COSTELO, OCDS Birthdate: 1941-07-12 Age: 78
4. EDITHA E. DAODAOEN, OCDS Birthdate: 1939-08-27 Age: 80
5. LEONORA P. FABRO, OCDS Birthdate: 1940-07-01 Age: 80
6. ERLINDA M. LARON, OCDS Birthdate: 1936-02-12 Age: 84
7. CARIDAD B. SOBEJANA, OCDS Birthdate: 1938-03-2 Age: 82

MEMBERS

8. ANITA G. ABELLERA, OCDS	13. NELIE D. CHENG, OCDS
9. MARIA NILA O. ARGEL, OCDS	14. SYLVIA E. DE GUZMAN, OCDS
10. MARIA LUZ O. BOLONG, OCDS Past President	15. REMEDIOS R. MAMUYAC, OCDS
11. MYRNA B. CALACHAN, OCDS	16. MONETTE O. PRIETO, OCDS Past President
12. LEONORA C. CACANINDIN, OCDS	17. MARIVEL R. FLORES, OCDS

Dedicated by:


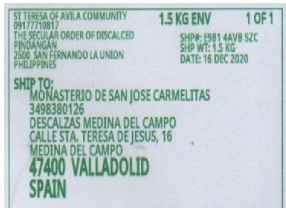

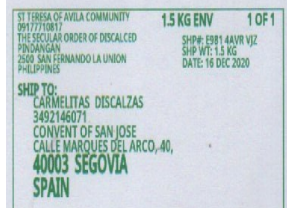






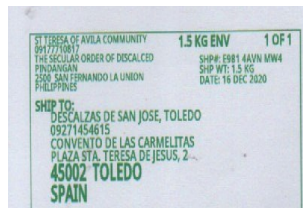





Maria Nil

MARIA NILA ORTEGA-ARGEL, OCDS
President
2017– present

Blessed by:

Daniel Oca Presto

MOST REV. DANIEL OCA PRESTO, D.D.
Bishop of the Diocese of
San Fernando de La Union

17 foundations of St. Teresa of Avila in Spain			
<p>1. Avila Convento de San José Calle las Madres, Tel. 2, 05001 Ávila, Spain</p> 	<p>2. Medina del Campo Monasterio de San José Carmelitas Descalzas Medina del Camp Calle Sta. Teresa de Jesús, 16, 47400 Medina del Campo, Valladolid, Spain</p> 	<p>3. Valladolid Carmelitas Descalzos de Valladolid Calle San Benito, 3, 47003 Valladolid, Spain</p> 	<p>4. Segovia Convento de San José (Carmelitas Descalzas) Calle Marqués del Arco, 40, 40003 Segovia, Spain</p> 
<p>5. Palencia Carmelitas Descalzas Palencia Ctra. Magaz, s/ n, 34004 Palencia, Spain</p> 	<p>6. Burgos Convento Carmelita de San José y Santa Ana Paseo Sierra de Atapuerca, 4, 09002 Burgos, Spain</p> 	<p>7. Soria Madres Carmelitas Descalzas de la Santísima Trinidad Plaza Fuente Cabrejas, 42002 Soria, Spain</p> 	<p>8. Pastrana Convento del Carmen de Pastrana, Calle Extramuros, Pastrana Spain</p> 
<p>9. Salamanca Convento de Santa María Magdalena Carmelitas Descalzos Calle Zamora, 59, 37002 Salamanca, Spain</p> 	<p>10. Alba de Tormes Madres Carmelitas Descalzas Plaza Sta. Teresa, 6, 8, 37800 Alba de Tormes, Salamanca, Spain</p> 	<p>11. Toledo Convento de las Carmelitas Descalzas de San José, Toledo Plaza Sta. Teresa de Jesús, 2, 45002 Toledo, Spain</p> 	<p>12. Seville Convento de las Teresas o de San José del Carmen Calle Sta. Teresa, 7, 41004 Sevilla, Spain</p> 
<p>13. Granada Convento de San José de Carmelitas Descalzas Plaza de las Descalzas, 18009 Granada, Spain</p> 	<p>14. BeasCarmelitas Beas <carmelbeas24@g mail.com></p> 	<p>15. Caravaca Convento Madres Carmelitas 30400 Caravaca de la Cruz, Murcia, Spain</p> 	<p>16. Malagon Carmelitas Descalzas De San José Calle Sta. Teresa, 10, 13420 Malagón, Cdad. Real, Spain</p> 

<p>17. Villanueva de la Jara Convento Religiosas Carmelitas Descalzas Calle Sta. Teresa, 3, 16230 Villanueva de la Jara, Cuenca, Spain</p> 	<p>18. Egypt Post Box 82 63111 Fayoum, Egypt Tel (084) 628910 628911 F(084) 628597 carmelfayoum@yahoo. com Tel 084-515910</p> 	<p>19. Alhambra, USA Carmel of St Teresa 215 E Alhambra Rd, Alhambra, CA 91801, United States Phone: +1 626-282- 2387</p> 	<p>20. Utah, Carmel of the Immaculate Heart of Mary 5714 Holladay Blvd E, Salt Lake City, UT 84121, U States</p>  
<p>21. Mexico Carmelitas Descalzas Primo Verdad, 245 Aguascalientes Aqs. Mexico (56) 59731710</p>  	<p>22. Israel, Carmelite Fathers, Hameniginim Ave., 80, P.O. Box 9047 31090 HAIFA Stella Maris Monastery P.O. Box 9000 ISRAELE</p> 	<p>23. Kota Kinabalu, Malaysia Kuala Lumpur, Malaysia Kuching, Malaysia</p> 	<p>24. Singapore Carmelite Monastery Bukit Teresa Road Kampong Bahru Singapore 099750 carmel.sing@pacific.ne t.sg</p> 
<p>25. Hongkong Carmelite Monastery 68 Stanley Village Rd Stanley, Hong Kong Tel +852 2813 0381</p> 	<p>26. Japan Carmelite Monastery 3-27-1 Motomachi, Jindaiji 182-0017 Chofu-Shi Tokyo, Japan Tel (0424) 824446 Fax (0424) 82.5300</p> 	<p>27. Taiwan Carmelite Monastery Chiung Lin, Hsinchu Hsien, Taiwan 307 Tel (035) 922104 Fax (035) 9211534</p> 	<p>28. Korea Discalced Carmelite Nuns Kosong-Kun, Sang Ri Myeon Mang Rim Ri 638-940 Kyung Nam South Korea (0556) 6740588</p> 
<p>29. Slovakia, Sestry Bosé Karmelitanky, Sidlisko KVP Lechkého ul. 7 040 – 23 Košice SLOVENSKO (055) 6431765 karmel.kosice@ slovanet.sk</p>  	<p>30. Poland, Order of the brothers of the Most Blessed Virgin Mary of Mt. Carmel Klasztor OO. Karmelitów ul. Karmelicka, 19 31-131 KRAKÓW Tel12-6326752/6321173</p> 	<p>31. Budapest Carmelite church and monastery Budapest Budapest, Huba u. 12, 1134 Hungary Phone: +36 1 340 8109</p> 	<p>32. Guadalajara, Spain Convento de las Carmelitas de San José Calle Ing. Mariño, 8, 19001 Guadalajara, Spain</p> 

<p>33. Soria, Spain Ortega Padres Carmelitas Plaza Ramón Ayllón, 9, 42002 Soria, Spain</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: N/A +34 975 21 17 9 ORTEGA PADRES CARMELITAS PLAZA RAMON AYLLO, 9, 42002 SORIA SPAIN</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4473 881 SHIP WT: 1.5 KG DATE: 08 DEC 2020</div></div>	<p>34. Avila Encarnacion Convento de la Encarnación (Ávila) Paseo la Encarnación, 1, 05005 Ávila, Spain Phone: +34 914 54 88 03</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: N/A 349202112 CONVENTO DE LA ENCARNACION PASEO LA ENCARNACION 1 05005 AVILA SPAIN</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4470 887 SHIP WT: 1.5 KG DATE: 16 DEC 2020</div></div>	<p>35. Rome, Italy Gesù, RomaVia degli Astalli, 16, 00186 Roma RM, Italy</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: CARMELITE NUNS 390687001 CHIESA DEL GESU ROMA VIA DEGLI ASTALLI 16 00186 ROMA ITALY</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4471 727 SHIP WT: 1.5 KG DATE: 14 DEC 2020</div></div> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: N/A +61 3 9853 2402 CARMELITE MONASTERY MELBOURNE 94 STEVENSON ST KEW VIC 3101 AUSTRALIA</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4471 604 SHIP WT: 1.5 KG DATE: 08 DEC 2020</div></div>	<p>36. Basilica di Santa Maria in Trastevere Piazza di Santa Cecilia, 22, 00153 Roma RM, Italy</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: BASILICA OF OUR LADY IN TRASTEVERE 39065814802 BENEDICTINE NUNS BASILICA DI SANTA PIAZZA DI SANTA MARIA TRASTEVERE 00153 ROMA ITALY</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4473 881 SHIP WT: 1.5 KG DATE: 14 DEC 2020</div></div>
<p>37. St. Jude, Italy San Giuda Taddeo delle Suore Carmelitane Via Rovereto 25 Rome, Italy</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: CARMELITE NUNS 39068548531 SAN GIUDA TADDEO DELLE SUORE CARMEL VIA ROVERETO 25 00198 ROMA ITALY</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4470 798 SHIP WT: 1.5 KG DATE: 14 DEC 2020</div></div>	<p>38. Ireland Carmelite Institute of Britain and Ireland (CIBI) Carmelite Order Gort MUIRE, Wyckham Pl, Balally, Dublin 16, Ireland</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: CIBI 00353012987706 CARMELITE INSTITUTE OF BRITAIN AND WYCKHAM PI GORT MUIRE CARMELITE CENTER D16E167 BALALLAY DUBLI IRELAND, REPUBLIC OF</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4474 173 SHIP WT: 1.5 KG DATE: 14 DEC 2020</div></div>	<p>39. Kew, Australia Carmelite Monastery Melbourne94 Stevenson St, Kew VIC 3101, Australia</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: N/A +61 3 9853 2402 CARMELITE MONASTERY MELBOURNE 94 STEVENSON ST KEW VIC 3101 AUSTRALIA</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4471 604 SHIP WT: 1.5 KG DATE: 08 DEC 2020</div></div>	<p>40. Antarctica St. Mary Queen of Peace Chapel , Base Presidente Eduardo Frei Montalva, Antarctica, Villa Las Estrellas, Antarctica c/o Santiago Chile</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: MONASTERIO DE SAN JOSE 56 (02) 209 173 CARMELITAS DESCALZAS DE CHILE CASILLA 361 CORREO 11 BUNDO AVILA, PONDRO DE MALDONADO N° 3252 7750000 SANTIAGO CHILE</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4473 881 SHIP WT: 1.5 KG DATE: 17 DEC 2020</div></div>
<p>41. MOST REV. SOCRATES B. VILLEGAS, D.D. Archbishop of Lingayen-Dagupan Archbishop's Residence Jovellanos Street Dagupan City, 2400 Pangasinan Tels. : (075) 523-5357 Fax: (075) 522-1878</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: CIBI 00353012987706 CARMELITE INSTITUTE OF BRITAIN AND WYCKHAM PI GORT MUIRE CARMELITE CENTER D16E167 BALALLAY DUBLI IRELAND, REPUBLIC OF</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4474 173 SHIP WT: 1.5 KG DATE: 14 DEC 2020</div></div>	<p>42. Bishop Presto, D.D. Archdiocesan Chancery, San Fernando City, La Union</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: N/A +61 3 9853 2402 CARMELITE MONASTERY MELBOURNE 94 STEVENSON ST KEW VIC 3101 AUSTRALIA</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4471 604 SHIP WT: 1.5 KG DATE: 08 DEC 2020</div></div>	<p>43. Bishop of Tacloban Bohol,Gonzagahaus (Bukid Tabor, 6501 Palo, Leyte, Philippines P.O. Box 173, Tacloban City, 6500 Leyte Tel (053) 832-1306 Brgy. Salvacion, Palo</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: CIBI 00353012987706 CARMELITE INSTITUTE OF BRITAIN AND WYCKHAM PI GORT MUIRE CARMELITE CENTER D16E167 BALALLAY DUBLI IRELAND, REPUBLIC OF</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4474 173 SHIP WT: 1.5 KG DATE: 14 DEC 2020</div></div>	<p>44. Archbishop of Palo Leyte, AH26, Palo (053) 323 2213 Archbishop John Forrosuelo Du</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: CIBI 00353012987706 CARMELITE INSTITUTE OF BRITAIN AND WYCKHAM PI GORT MUIRE CARMELITE CENTER D16E167 BALALLAY DUBLI IRELAND, REPUBLIC OF</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4474 173 SHIP WT: 1.5 KG DATE: 14 DEC 2020</div></div>
<p>44. Archbishop of Palo Leyte, AH26, Palo (053) 323 2213 Archbishop John Forrosuelo Du</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: CIBI 00353012987706 CARMELITE INSTITUTE OF BRITAIN AND WYCKHAM PI GORT MUIRE CARMELITE CENTER D16E167 BALALLAY DUBLI IRELAND, REPUBLIC OF</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4474 173 SHIP WT: 1.5 KG DATE: 14 DEC 2020</div></div>	<p>45. Talisay, Cebu Pope John Paul II Avenue, Mabolo Philippines 6000 Discalced Carmelite Nuns in the Carmelite Monastery in Mabolo,</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: CIBI 00353012987706 CARMELITE INSTITUTE OF BRITAIN AND WYCKHAM PI GORT MUIRE CARMELITE CENTER D16E167 BALALLAY DUBLI IRELAND, REPUBLIC OF</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4474 173 SHIP WT: 1.5 KG DATE: 14 DEC 2020</div></div>	<p>46. Apostolic Nuncio Most Rev. Charles John Brown, DD 2140 Taft , Avenue, Malate, Manila, Philippines</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: CIBI 00353012987706 CARMELITE INSTITUTE OF BRITAIN AND WYCKHAM PI GORT MUIRE CARMELITE CENTER D16E167 BALALLAY DUBLI IRELAND, REPUBLIC OF</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4474 173 SHIP WT: 1.5 KG DATE: 14 DEC 2020</div></div>	<p>47. St. Teresa of Avila Community (La Union) OCDS House of Prayer Pindangan, City of San Fernando, La Union</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: CIBI 00353012987706 CARMELITE INSTITUTE OF BRITAIN AND WYCKHAM PI GORT MUIRE CARMELITE CENTER D16E167 BALALLAY DUBLI IRELAND, REPUBLIC OF</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4474 173 SHIP WT: 1.5 KG DATE: 14 DEC 2020</div></div>
<p>48. Institute of Spirituality in Asia Teresa of Avila Bldg. New Manila, QC</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: CIBI 00353012987706 CARMELITE INSTITUTE OF BRITAIN AND WYCKHAM PI GORT MUIRE CARMELITE CENTER D16E167 BALALLAY DUBLI IRELAND, REPUBLIC OF</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4474 173 SHIP WT: 1.5 KG DATE: 14 DEC 2020</div></div>	<p>49. Carmelite Sisters Bohol, Carmelite Monastery of Our Lady of Mt. Carmel and St. Joseph the Worker -</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: CIBI 00353012987706 CARMELITE INSTITUTE OF BRITAIN AND WYCKHAM PI GORT MUIRE CARMELITE CENTER D16E167 BALALLAY DUBLI IRELAND, REPUBLIC OF</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4474 173 SHIP WT: 1.5 KG DATE: 14 DEC 2020</div></div>	<p>50. Rowena Banzon Department of Education La Union</p> <div><div>ST TERESA OF AVILA COMMUNITY 0917771081 THE SECULAR ORDER OF DISCALCED PINDANGAN 2500 SAN FERNANDO LA UNION PHILIPPINES</div><div>SHIP TO: CIBI 00353012987706 CARMELITE INSTITUTE OF BRITAIN AND WYCKHAM PI GORT MUIRE CARMELITE CENTER D16E167 BALALLAY DUBLI IRELAND, REPUBLIC OF</div><div>1.5 KG ENV 1 OF 1 SHIP: 0901 4474 173 SHIP WT: 1.5 KG DATE: 14 DEC 2020</div></div>	<p>Ortega Twins</p>

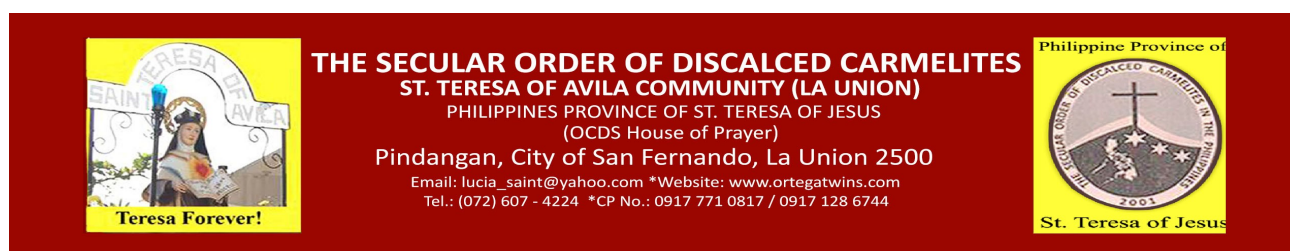
1	SPAIN	78.44	4,338.00
2	SPAIN	78.44	4,338.00
3	SPAIN	78.44	4,338.00
4	SPAIN	78.44	4,338.00
5	SPAIN	78.44	4,338.00
6	SPAIN	78.44	4,338.00
7	SPAIN	78.44	4,338.00
8	SPAIN	78.44	4,338.00
9	SPAIN	78.44	4,338.00
10	SPAIN	78.44	4,338.00
11	SPAIN	78.44	4,338.00
12	SPAIN	78.44	4,338.00
13			
14			
15	SPAIN	78.44	4,338.00
16	SPAIN	78.44	4,338.00
17	SPAIN	78.44	4,338.00
18	MALAYSIA	45.4	2,510.00
18	SINGAPORE	30.82	1,704.00
20	HONGKONG	30.82	1,704.00
21	JAPAN	50.99	2,820.00
22	TAIWAN	30.82	1,704.00
23	SOUTH KOREA	45.4	2,510.00
24	EGYPT	86.36	4,776.00
25	MEXICO	72.87	2,228.00
26	UNITED STATES	72.87	2,228.00
27	UNITED STATES	72.87	2,228.00
28	ISRAEL	131.89	7,294.00
29	POLAND	78.44	4,338.00
30	SLOVAKIA	86.36	4,776.00
31	HUNGARY	86.36	4,776.00
32	ITALY	78.44	4,338.00
33	SPAIN	78.44	4,338.00
34	SPAIN	78.44	4,338.00
35	AUSTRALIA	67.16	3,714.00
36	IRELAND	76.88	4,251.00
37	SPAIN	78.44	4,338.00
38	ITALY	78.44	4,338.00
39	ITALY	78.44	4,338.00
40			=====
41			148,997.00
42			

Around the World Ortega Twins' Visit (2000-2019)

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AFRICA	NORTH / CENTRAL AMERICA	SOUTH AMERICA	ASIA	EUROPA	OCEANA	ANTARC TICA
5	3	5	10	13	2	
	Nicaragua_1	Brazil_1	Philippines_45	Italy_2 Spain_1		
South Africa_1 Ghana_1 Uganda_1 Tanzania_1		Bolivia_1 Chile_1 Colombia_1 Peru_1	Philippines_29 Indonesia_1 Vietnam_2	Denmark_1 Scotland_1 Greece_1 France_1 Ireland_1 Portugal_2 Czech Rep_1 Russia_1	New Zealand_1	
Egypt_1	USA_2		Israel_1	Slovakia_1	Australia_1	Antarctica_1
	Mexico_1		Malaysia_1	Poland_1		
			Singapore_1	Budapest_1		
Total Books distributed 38 Countries by 7 Continents: First Edition_ 50 copies Second Edition_ 50 copies Third Edition_ 50 copies Total: 150			Hongkong_1	Spain_20		
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3.4 Cover and Recipients of 50 copies (Special Edition)



December 19, 2020

Cardinal Jose Advincula

Cardinal

Archbishop of Capiz

P.O. Box 44 Roxas City,

5800 Capiz,

Philippines

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Fax :+63 36 621-1053, 621-5595

Email: archcapiz@yahoo.com

Dear Cardinal Advincula,

Congratulations and Christmas Greetings your Eminence!

Christmas 2020 is fast approaching and by March 2021 we the Ortega Twins of La Union will be leaving for Cebu for the 500 Year of Christianity in the Philippines. A year long preparation for us Twins as this year we offered hundred fifty copies of our book "In the Footsteps of La Madre" January 16, May 31 and August 14, 2020 worldwide. This special edition entitled "In the Footsteps of La Madre: Sta. Teresa de Avila" which will be publish this January 16, 2021 our 67th Birthday will intend to ship thru Air 21 to Cebu 50 copies.

Here is a copy of our book. For a Birthday gift a message from you would certainly make our book worthy as a gift for others. Looking forward to a reply to our request for we would like to add it to our book before it goes to the printing press.

Thank you and warm regards.

Your truly in the spirit of Carmel,

Maria Nile of God our Father, OCDS

President

St. Teresa of Avila Community (La Union)

Maria Lucia of God our Father, OCDS

President

Confraternity of Our Mother of Perpetual Help

St. William's Cathedral

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Package Type: Express Box Extra Small			
Weight: 3 Kilo			
Description / Content: Books			
Destination: Roxas City (Capital), Capiz		Contact #: 63368210327	
Shipper's Name: ORTEGA TWINS		Special Instructions: SCR	
Shipper's Address: SAN FERNANDO, LA UNION			