



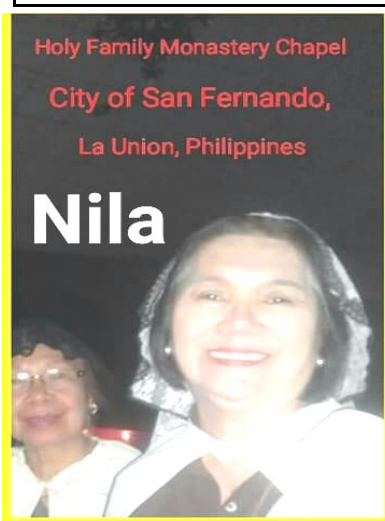









7.1 In the Footsteps of La Madre

AUDIO	VIDEO
<p>If our spiritual growth is permeated with joy, love and happiness that filled Mary's heart, we will experience in our souls echoes of her prayerful words, "My soul magnifies the Lord.</p> <p>My spirit rejoices in God, my Savior."</p> <p>Words of Wisdom from Discalced Carmelite Friar, Fr. Michael D. Griffin.</p> <p>The Secular Order is necessary & an integral part of the Carmelite family.</p> <p>We in the Philippine Province of St. Teresa of Jesus have responded to the call of our Superior General of the Discalced Carmelites, Fr. General Saverio Cannistra, OCD to prepare for the 5th Birth Centenary of St. Teresa of Jesus from October 15, 2009 to 2014.</p>	   



Ortega twins had an unforgettable renewal of Carmelite Secular vows at St. Stephen Cathedral, Budapest, Hungary for Luz and Nila at Carmel of the Holy Family, City of San Fernando, La Union.

AUDIO	VIDEO
<p>The St. Teresa of Avila Community (LU) produced the following films:</p> <ol style="list-style-type: none"> 1. Born for you– the Life of St. Teresa of Avila, 2. Lights Camera Action —A documentary film for the 5th Birth Centenary of St. Teresa of Avila, 3. Avila 2015 Pilgrimage, And 4. Footsteps: 84 days around the world. <p>Following our motto “Teresa Forever!”, we have produced a film entitled Footsteps (84 days around the world).</p> <p>It is a chronicle of our spiritual journey on 17 countries of the 7 continents from Oct. 5 to Dec. 27, 2017. Each country we visited gives a glimpse not only of the beauty of nature but the kindness of hearts of people. God’s handiwork.</p> <p>It was a Fatima Miracle that we were able to cover the entire 7 continents in 84 days from</p> <p style="text-align: center;">An exciting Europe, The hospitality of Africa, The warmth of North America, To the sunny South America, An exclusive trip to frigid Antarctica, To safe Oceania And the colorful Asia.</p> <p>The documentary film feature captures candidly real people, real life and real faith for the world to see.</p> <p>St. Teresa de Jesus was born Teresa Sánchez de Cepeda y Ahumada in 1515 in Ávila, Spain. We twins are thrilled that our great grandfather, Don Joaquin Ortega y Molina was also born in Spain. We saw his tombstone inside the historic San Agustin Church in Manila.</p> <p>Teresa was six years old when Portuguese navigator Ferdinand Magellan,</p>	      








DIO	VIDEO
<p>reached the Philippine archipelago on March 16, 1521.</p> <p>The Santo Nino de Cebu, is Magellan's gift to the first Filipino Catholics. We remember with thanksgiving the Spanish missionaries who brought Christianity to us Filipinos.</p> <p>During our Jubilee Year 2000 pilgrimage, Fr. Pete our pilgrimage chaplain in his homily posed these problem:</p> <p>How come the churches in Europe have become just places to see?</p> <p>Where have all the Christians gone?</p> <p>He challenged us to let not our churches be museums for the future.</p> <p>Let us in Asia share the faith we have received from Spain in the first place, be revealed back to Europe.</p> <p>Indeed the year 2021 will be a year of great jubilee for the Church in the Philippines. The four films in our report "Following the Footsteps of La Madre" is a sign that being Roman Catholics and Secular Carmelites, we take our faith seriously.</p> <p>In our St. Teresa of Avila Community, Carmela Palaroan, our director of formation died on May 15 , 2019 at age 76. She was buried on May 20. The members of our Community attended her funeral mass and burial at the cemetery.</p> <p>Beatriz Casanova, our member is shown holding flowers as an offering to Carmela Palaroan. Never did we know that she will die the following day, May 21. Betty at age 72 will also leave us to join our Creator.</p> <p>"One day, we will all depart on a journey free of cost. Don't worry about seat reservation, it is confirmed. The flight is always on time. Our good deeds will be our luggage. Humanity will be our passport. Love will be our visa. Make sure we do our best to travel to Heaven in business class."</p>	      

7.2 Gracias Misioneros Españoles

AUDIO	VIDEO
<p>Who is St. Teresa? Teresa was born on March 28, 1515 in Avila, Spain. St. Teresa was a well-loved contemplative saint, mystic, writer, reformer, and theologian.</p> <p>She founded the Discalced Carmelites, and together with St. John of the Cross, the Discalced Carmelite Friars.</p> <p>Like many saints, Teresa was an ordinary woman who rose to greatness. Teresa felt that the best evidence that her delights came from God was that the experiences gave her peace, inspiration, and encouragement.</p> <p>The 50 golden years since the establishment in 1970 of the Roman Catholic Diocese of La Union, as it is in the 500 years of Catholicity in the Philippines, is a testament of the love and mercy of God to the Filipino faithful.</p> <p>This golden jubilee celebration and 500 year anniversary remind us to build ourselves upon our holy faith.</p> <p>This thought motivates our actions, not only within the boundaries of the diocese of La Union or of the Church, but the teachings, values of Christ (and of the Church) ought to permeate in our lives. As the beloved people of God, we mould our lives upon the teachings of the Faith.</p> <p>As Catholics, we believe that the Church is Christ, and we are members of that Mystical Body, united with each other, united with Him, and one with Him.</p> <p>The presence of the Holy Church counsels us of the state of grace and mercy wherein we enjoy the love of God, and by participating in His grace and mercy, we keep ourselves in His Love.</p> <p>On Easter Sunday in March 1521, Magellan's missionaries conducted the first mass on Philippine soil.</p>	     


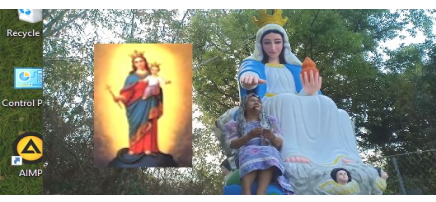
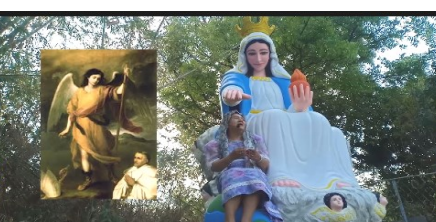
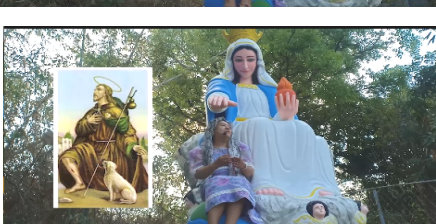





AUDIO	VIDEO
<p>On April 24, 1521, together with some 800 Cebuans, Queen Humamai received the sacrament of baptism from the hands of Fr. Pedro Valderrama, Chaplain of Magellan's expedition. The name Juana was given to her as her Christian name in memory of Queen Juana of Castille, mother of King Carlos V. And King Humabon was christened Carlos in memory of Spanish King Carlos V., father of King Philip II.</p> <p>The Catholic Church in the Philippines directly links to an image of the Holy Child, called the Santo Niño. It was given as a baptismal gift.</p> <p>From politics to education to fiestas, Catholicism pervades much of Philippine society. Filipinos consider religion to be "very important" in their lives.</p> <p>The world recognizes the resilience of the Filipino spirit. That is the kind of faith that holds the Filipino from sliding down into deep despair that destroys the soul. The country is no stranger to natural disasters like typhoons, earthquakes, mudslides, tsunamis and floods, but it has not affected the religiosity of Filipino Catholics. Resilience grounded on Faith.</p> <p>Pope Francis had a brief meeting on January 17, 2015 with families of survivors of Typhoon Haiyan at the Palo Cathedral and blessed a mass grave of those who had died during the typhoon. The pope was inspired by his experience in the country, tweeted that "the Philippines is witness to the youth and vitality of the Church."</p> <p>We, members of the St. Teresa of Avila Community La Union were inspired to extend our vocation in Tacloban in December 2013 after it was hit by the super typhoon Yolanda.</p> <p>50 symbolic Christmas packages were brought for the surviving kin in time for the day of remembrance and prayer.</p>	     

AUDIO	VIDEO
<p>The January 12, 2020 Taal Volcano eruption is the latest disaster that hit the Philippines.</p> <p>For starters, many people depend on volcanoes for their survival. Soil near active volcanoes gives really fertile soils, which are great for farming and crops. The geothermal energy of a volcano can power technological systems for nearby communities. Soaking in a hot spring provide health benefits.</p> <p>Lots of people visit volcanoes each year, so jobs often pop up nearby in hotels, restaurants, gift shops, and as tour guides.</p> <p>When our father, the late Evaristo Ortega became a lawyer, he got assigned to Albay in 1957 as Commissioner of the Court of Agrarian Relations (CAR).</p> <p>The late Emily Ortega, our eldest sister has a beautiful picture with the majestic Mayon Volcano in the background.</p> <p>I and husband Chicoy were wed on April 26, 1980 and had our honeymoon at Albay. Dado, a neighbor and friend of Chicoy migrated to Albay, where his wife Poi Alacar resides. They brought us around the place. The Tiwi Hot Springs are believed to have medicinal properties.</p> <p>On February 1, 1814, the greatest tragedy happened in Cagsawa and it was the eruption of Mayon Volcano.</p> <p>Situated in Albay, Cagsawa Ruins is a historical landmark that serves as the centerpiece of the Cagsawa Ruins Park where tourists can enjoy the scenic view of Mayon Volcano.</p> <p>Our Bolong family had a picture with the Cagsawa Ruins as background.</p> <p>Taal Volcano is the second most active volcano in the Philippines. Viewed from the Tagaytay Ridge in Cavite, Taal Volcano and Lake presents one of the most picturesque and attractive views in the Philippines. Fresh air, grasslands and calm waters amongst other things would readily welcome tourists upon stepping on the volcano island.</p> <p>Our Bolong Family joined the Cavite Tour Caravan upon invitation of sister Flor Ocampo, her last project before resigning at the Department of Tourism. Panoramic view of the famous Taal Lake and the Volcano Island.</p>	       

AUDIO	VIDEO
<p>Mount Pinatubo, an active volcano is located in the central portion of Zambales Mt. Range in Luzon Island, Philippines. The world's largest eruption happen in the past 100 years was the June 15, 1991 eruption of Mount Pinatubo. Its eruption was complicated by the arrival of Typhoon Yunya, bringing a mix of ash and water. These volcanic ashes eventually were utilized in making products like religious articles.</p> <p>During our Marian Pilgrimage 2002, we brought along 6 God the Father statuettes made of Pinatubo ash and gave it away to the following:</p> <p>Nuns at the Our Lady of All Nations, Amsterdam;</p> <p>Nuns at the Shrine of Our Lady of the Miraculous Medal, France;</p> <p>Sor Isabel and Sor Saray, Hermanas Clarisas of Lerma, seated behind us at the Most Holy Christ Chapel, Burgos;</p> <p>Hermanas Clarisas of Lerma, seated behind us at the Most Holy Christ Chapel, Burgos;</p> <p>Mother superior Celine and the late Sr. Lucia at the Chapel of Carmel Coimbra, Portugal.</p> <p>Cardinal Francis Arinze</p> <p>And sisters staying at the Italian Motherhouse SUORE MISSIONARIE UNITAS IN CHRISTO AD PATREM at Anzio, Falashe, Rome.</p>	       

7.3. COVID-19 A Call to Live Differently


AUDIO	VIDEO
<p>I was inspired to do a video here at Barangay Pagdaraosan at a mountain dubbed Bantay ni Ama Ken Maria, where statues of God the Father and Madre Santissima De La Luz were erected in 1999 and 2002 respectively.</p> <p>While Nila was at Vigan home starting her day with mass using her cellphone and receiving spiritual communion I am fortunate attending mass alone at the Carmel of the Holy Family Monastery Chapel that is empty and receiving sacramental Holy Communion from SVD priests.</p> <p>Solemnity of the Annunciation</p> <p>Lent's austerity is interrupted as we solemnly keep a feast in honor of the Annunciation of Our Lady, or the Annunciation of the Lord today, March 25, 2020.</p> <p>One day Angel Gabriel appeared to Mary and said, "Hail Mary, full of grace, the Lord is with you."</p> <p>When Mary heard this, she was disturbed. The angel said to Mary: "Do not be afraid, You have won God's favour. You are to conceive and bear a son and you must name Him Jesus. He will be great and will be called Son of the Most High".</p> <p>Mary surrendered herself to God's will saying: "Behold the handmaid of the Lord. Be it done unto me according to Thy word."</p> <p>Angelus. We pray daily in the morning, noon and evening. In this prayer, we recall the happy news which God gave to humanity.</p> <p>Trusting in God</p> <p>Nila listened to a rerun of Life is Worth Living by American Archbishop Fulton Sheen. Noting the relevance of the topic Trust in God's Plan she wrote down what Ven. Sheen has to say on trusting God's Plan. "There was a man in the land of Uz. His name was Job. The man was simple and upright, fearing God and avoiding evil. As the story unfolded, Job was gradually divested of all the things he has—home, family, cattle, great wealth and health. Job lost everything but his wife and his life. He went from rich to poor in just a few hours. Job did not get angry with God, "With nothing I came into the world and with nothing I shall leave it. The Lord has taken away; blessed be the name of the Lord." Then a man named Elihu said: "Maybe God isn't angry with Job. Maybe there is another lesson to be learned. Job should not be too hasty to think God left him." Job did not need to know why things happened; he just needed to keep trusting God and God's love for him. God then gave Job his health, double the wealth, and a long happy life. The lesson is to always trust God. "If you love your life, you will lose it. If you give it up in this world, you will be given eternal life" (Jn. 12:25). Luz is bent on her shooting to bring to the world that we should not lose our trust in God. God has not failed us.</p>	    

AUDIO	VIDEO
<p>Oratio Imperata for COVID-19</p> <p><i>God our Father, We come to you in our need to ask your protection against the 2019 N-Corona Virus that has claimed lives and has affected many. We pray for your grace for the people tasked with studying the nature and cause of this virus and its disease and of stemming the tide of its transmission. Guide the hands and minds of medical experts that they may minister to the sick with competence and compassion, and of those governments and private agencies that must find cure and solution to this epidemic. We pray for those afflicted. May they be restored to health soon. Grant us the grace to work for the good of all and to help those in need. Grant this through our Lord, Jesus Christ, your Son, who lives and reigns with You, in the unity of the Holy Spirit, God, forever and ever. Amen. Mary Help of all Christians, pray for us. St. Raphael the Archangel, pray for us. St. Rock, pray for us. St. Lorenzo Ruiz, pray for us. St. Pedro Calungsod, pray for us.</i></p>	   
<p>Nuestra Señora de la Luz by Fernando Amorsolo (1892-1972) Cainta Church, Rizal</p> <p>Devotion to the Virgin under the invocation of Our Lady of the Light was authorized in Cainta by the Archbishop of Manila in 1884.</p>  <p>Feast Day of Our Lady of Light Bohol, Philippines, September 7-8</p> <p>Salvatiera, Mexico, September 16</p> <p>San Fernando City, La Union, September 17</p>	   

AUDIO	VIDEO
<p>My twin, Ma. Luz took a picture for posterity on March 19, 2020, Feast of St. Joseph at the Carmel of the Holy Family Monastery Chapel, San Fernando City, La Union. Seven daily mass goers attended mass in spite of the coronavirus lockdown. It is understandable for it is the feastday of St. Joseph.</p> <p>She wants the picture to show that she had experienced this lockdown due to coronavirus in our lifetime. She wants this episode to have a space in our faith journal.</p> <p>It is by the grace of God that she managed in spite of the lockdown in Luzon to hear mass and receive Holy Communion daily at the Carmel of the Holy Family and SVD at San Fernando.</p> <p>Like the early Christians who hear mass in hiding, she wants our grandchildren and great grandchildren to appreciate our deep faith and a way to show that the faith handed by the Spanish missionaries 500 years ago in 1521 is not in vain.</p> <p>The following day, a Carmelite nun commented "Because you took picture" insinuating that they have renewed restrictions for public mass goers. That picture is not something found in ordinary place and time but in extraordinary times.</p> <p>I am reminded of a story Archbishop John Foley (later named Cardinal) told us when we twins met him during our visit to the Pontifical Council for Social Communication at the Vatican).</p> <p>This story illustrates how Archbishop Foley balanced his clerical and journalistic identities. During a trip to Egypt in 1975, Cardinal Krol asked him whether he should take a camel ride. A cautious Father Foley said no, but the thrill of riding was so strong that Cardinal Krol ignored the advice. As his eminence, wearing an Arab head scarf, struggled not to fall off the camel, Father Foley snapped a picture.</p> <p>When the photo appeared in newspapers, Cardinal Krol asked him why he had taken the photo after telling him not to ride the beast. "As your priest, I gave you my best advice," he replied. "As a journalist, I took your picture."</p> <p>In the same token being Communication Arts graduates from the Pontifical University of Santo Tomas in 1974 and recipients of a Pastoral Communication Course in 2004 at the Pontifical Gregorian University in Rome, we can't miss doing a mini documentary in celebration of today's Feast of Annunciation.</p> <p>The three lessons we learn today are: to be prepared to be used by God; 2) put your faith in God; 3) live your life as a servant of the Lord.</p>	      <p>Cardinal on camel</p> <p><small>MAN behind the sunglasses and underneath the kaffiyeh is John Cardinal Krol of Philadelphia. He rode the camel on a tour of the pyramids outside Cairo, Egypt, during a recent trip to the middle East.</small></p>

AUDIO	VIDEO
<p>Covid-19 shall truly pass one day. This is our prayer, as the coronavirus pandemic forces the closure of workplaces, schools and retail and entertainment places.</p> <p>We twins were at the Vatican Radio in 2004 and had a picture with the Castel Sant' Angelo as background. In 590 Pope Gregory the Great, conducting a penitential procession to pray for the end of a plague, had a vision of the archangel Michael sheathing his sword over the castle, signifying the end of the plague.</p> <p>What Malacañang calls an 'enhanced community quarantine' (ECQ) took effect midnight of Tuesday, March 17, 2020 until April 14.</p> <p>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. I, Ma. Luz stays at OCDS House of Prayer, City of San Fdo, L U. going to mass daily and receives Sacramental Holy Comm.</p> <p>The ECQ was originally set to last until April 12, but Pres Rodrigo Duterte accepted the recommendation of the Inter-Agency Task Force on Emerging Infectious Diseases (IATF-EID) to extend it until April 30.</p> <p>On the other hand, I Ma. Nila who stays at the province of Ilocos Sur hears mass on social media daily and receives Spiritual Holy Communion.</p> <p>With the lifting of ECQ a General Communication Quarantine (GCQ) took effect which is considered the 'new normal,' until such time that a vaccine for the coronavirus disease 2019 (COVID-19) becomes available.</p> <p>Children aged 0-20 & elderly aged 60 & above are still urged to stay home. However Trade Sec. Ramon Lopez said that seniors who are working as employees, exec. or bus. owners will be allowed to go to work during the GCQ.</p> <p>This gave me the confidence to ask for a permit to travel up to Tagudin. With the permit granted, I informed twin Luz who came to pick me up at Tagudin. If what you do is for God's glory, do not be afraid.</p> <p>If you're having a hard time breathing behind your mask, maybe the face mask hat could be the solution. We're happy to use the stylish mask given by sister Flor.</p>	    

7.4 Feast of Our Lady of Fatima

AUDIO	VIDEO
<p>Today, May 13, 2020 is the Feast of Our Lady of Fatima. We heard mass at the Carmel of the Holy Family Monastery Chapel.</p> <p>Our Lady of Fatima made me so happy last night. Luz wants us to wear our t-shirt with Our Lady's picture.</p> <p>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.</p> <p>Mary wants us to have identical attire for her special day.</p> <p>"The message of the miracle is really peace. Hopefully with the crisis we're experiencing in the world, people will be more attuned to the message."</p> <p>Here is my photo taken at Assisi with the word PAX adorned at the garden. St. Francis has a beautiful prayer on peace.</p> <div data-bbox="292 1239 763 1911"> <p>LORD, MAKE ME AN INSTRUMENT OF THY PEACE. WHERE THERE IS HATRED, LET ME SOW LOVE, WHERE THERE IS INJURY, PARDON; WHERE THERE IS DOUBT, FAITH; WHERE THERE IS DESPAIR, HOPE; WHERE THERE IS DARKNESS, LIGHT; AND WHERE THERE IS SADNESS, JOY. O DIVINE MASTER, GRANT THAT I MAY NOT SO MUCH SEEK TO BE CONSOLED AS TO CONSOLE, TO BE UNDERSTOOD AS TO UNDERSTAND, TO BE LOVED, AS TO LOVE. FOR IT IS IN GIVING THAT WE RECEIVE, IT IS IN PARDONING THAT WE ARE PARDONED, AND IT IS IN DYING THAT WE ARE BORN TO ETERNAL LIFE.</p> <p>ST. FRANCIS OF ASSISI</p> </div>	<div data-bbox="847 233 1312 380"> <p>2020 Feast of Our Lady of Fatima Celebration</p> </div> 

AUDIO	VIDEO
<p>Most parents saw religion as a way of life that was transmitted between generations. They considered it part of their parenting responsibility to pass on their faith.</p> <p>I am glad that twin Luz gave me a picture of our papa Evaristo carrying the grand statue of Our Lady of Fatima to share it with you. It was taken on March 31, 1949, on a visit of the image to San Fernando, La Union. At the other photo were Hon. Pio Ancheta, Fiscal Juan Aquino, Pedro Arciaga and Dr. Quintin Balcita.</p> <p>Just as our parents, the late Evaristo and Rosa Ortega had done their parental duty, we twins also would like to pass on to our children our faith in God.</p> <p>The greatest legacy one can pass on to one's children and grandchildren is not money but faith in God.</p> <p>Proverbs 13 verse 22 says: "A good man leaves an inheritance to his children's children." . This verse keeps our life goals, our vision and our legacy front and center when we're choosing how to use our money today.</p> <p>At the Chapel while gazing at the image of Our Lord Crucified at the center altar, the idea on how to present our pictures taken during my travel from Vigan to Sta. Maria and Luz' travel from San Fernando and our meeting together at Tagudin came to my mind.</p> <p>While at the Sea and Sky College, to start the day's work, I got a message from SSS that my retirement benefit is approved.</p> <p>In Christianity, the Visitation is the visit of Mary, who was pregnant with Jesus, to her cousin Elizabeth who was pregnant with John the Baptist as recorded in the Gospel of Luke chapter 1 verses 39 to 56.</p> <p>At around 8 in the morning of May 6, 2020 I, Nila 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.</p> <p>At home, I told my husband, Pacifico "Chicoy" that I am going to San Fernando, La Union.</p> <p>At around 12:30 in the afternoon I took the available pubic transport that stops at Santa Maria with 8 passengers.</p>	      <div data-bbox="1006 1581 1411 1732"> <p>Wednesday, May 13, 2020</p> <p>MARIA NILA II ARGEL Your Retirement benefit is approved. You may withdraw your initial benefit from the bank after 06/01/2020</p> <p>7:02 AM</p> </div> <div data-bbox="1006 1740 1411 1929"> <p>Nila travels from Vigan to Sta. Maria ...Tagudin and meet twin sister Luz at Tagudin going to San Fernando</p> </div>

AUDIO	VIDEO
<p>After Mary consents to become the mother of Jesus, she arose and went into the hill country with haste to a city of Judah.</p> <p>I called Nila asking her location. She said that the driver had just let her step out at Santa Maria waiting shed. Now she is hoping a ride to Tagudin will arrive soon. I told her I am meeting her at Tagudin.</p> <p>After having my snacks at the store beside the waiting shed, I called twin Luz that I am having a hard time waiting for a vehicle. In fact, somebody suggested that I hitch ride.</p> <p>While we twins were talking again, I said, a vehicle had stopped and I am getting in.</p> <p>I was so relieved to have entered a UV Express for Tagudin. Had a selfie.</p> <p>With Lito as my driver we start our trip from San Fernando, La Union, informing Nila that we are at Lingsat. It was 3 o'clock in the afternoon.</p> <p>At Sudipen, I was already excited to see twin Nila. Then we reached the Welcome Arch for the Province of Ilocos Sur.</p> <p>At Sta. Cruz public market, I am just one municipality away from seeing Luz.</p>	       

AUDIO	VIDEO
<p>While entering the house of Zacharias, Mary praises God, and speaks the words of the well known Magnificat.</p> <p>“My soul magnifies the Lord, And my spirit rejoices in God my Savior. For He has regarded the lowly state of His maidservant. For behold, from henceforth, All generations will call me blessed. And Mary remained with her about three months.</p> <p>I called Luz that I am already at Tagudin Landbank but they have already passed it.</p> <p>They came back and just for a few minutes at 4:10 we saw each other. We had snacks before proceeding to San Fernando and reached the Sea and Sky Hotel at 5:30.</p> <p>Mary returned to her own house. And we twins had dinner with our co-secular members of the Discalced Carmelites at our OCDS House of Prayer.</p> <p>We had our dinner and showed the mask hat given by sister Flor.</p> <p>Queen of Heaven, rejoice. Alleluia. For He, whom thou wast worthy to bear. Alleluia. Has risen as He said. Alleluia. Pray for us to God. Alleluia.</p> <p>V. Rejoice and be glad, O Virgin Mary. Alleluia. R. Because the Lord is truly risen, Alleluia.</p> <p><i>Let us pray</i> O God, Who by the Resurrection of Thy Son, our Lord Jesus Christ, hast been pleased to give joy to the whole world, grant we beseech Thee, that through the intercession of the Blessed Virgin Mary, His Mother, we may attain the joys of eternal life. Through the same Christ, our Lord. Amen.</p> <p>It is included in our book entitled In The Footsteps of La Madre 2nd Edition, as our contribution to the 500th anniversary of the Philippine Christianity fulfilling to the responsibility entrusted upon all of us that we have been gifted in order to give.</p> <p>Like Mary, we twins are determined in listening to God’s will and live accordingly. We live doing God’s Will for God knows what is the best thing to do.</p> <p>END</p>	






7.5 Acres of Diamonds for the 500YOC

AUDIO	VIDEO
<p>NILA: Christianity was brought to the Philippines in 1521 when the Portuguese explorer, Ferdinand Magellan, landed there, heading a Spanish expedition in his bid to reach the East Indies, sailing west.</p> <p>The theme and logo of the celebration, is dubbed 500 Years of Christianity in the Philippines (500YOC).</p> <p>By the year 2021, the Church in the Philippines envisions to share the gift of faith in the spirit of gratitude to Triune God's merciful love in choosing our nation to be Catholic and Christian.</p> <p>LUZ: Are you familiar with the 'Acres of Diamonds' story by Russell H. Conwell? The speaker is giving a persuasive, argumentative speech, to convince his audience that they should not search far off places, or believe that success is unattainable, but that they should rather discover the wealth in front of them.</p> <p>I think the story is meaningful so I will share it with you in case you never heard it or just a reminder if you knew it before. Of course, it is just a fable, and we can find ways in which it is flawed. But I think the main message it delivers, is useful to all of us today.</p> <p>There was a farmer in Persia. He had a large farm and a river running through it. He worked hard and he provided well for his family. He was a contented man happy with his lot in life.</p> <p>Then one day he heard how some of his countrymen had gone to Africa and discovered diamonds. That night the farmer went to bed a poor man. Poor because he was discontented, discontented because he now believed himself to be poor.</p> <p>He decided then and there that he too would go to Africa and start his diamond mine. He sold his farm, collected his money, left behind his wife and children and went in search of diamonds.</p>	

AUDIO	VIDEO
<p>LUZ:</p> <p>Trekking mile after mile in search for the diamonds, weeks turned into months and months turned into years. He suffered many hardships yet never discovered even one small diamond. Dispirited, starved of food and hope, he began his long journey home.</p> <p>Exhausted and less than an hour away from his wife and children, he stopped by the river on the farm he used to own. He looked around at what he had thrown away and drew his last breath by the riverbank.</p> <p>The following day the farmer who now owned the land discovered this man's body lying in shallow water on the bed of the river. And while struggling to pull his body out of the water he noticed a flash of light as he disturbed the river bed. It came from a black pebble that in the sunlight seemed to reflect all the colors of the rainbow. It turned out to be a diamond. Legend has it that this became one of the world's largest diamond mine.</p> <p>So, the first farmer who went off in search of diamonds had acres of diamonds in his own backyard. He just had not understood that in its rough state a diamond doesn't look like a diamond.</p> <p>The lessons we learn from the story: BOARD 1</p> <ol style="list-style-type: none"> 1. If the farmer had remained at home and searched diamonds on his own property he would have found acres of diamonds. 2. It reminds us of the biblical Parable of the Prodigal Son, who was wiser because he at least had the common sense to return home and beg forgiveness. <p>LUZ:</p> <p>Trekking mile after mile in search for the diamonds, weeks turned into months and months turned into years. He suffered many hardships yet never discovered even one small diamond. Dispirited, starved of food and hope, he began his long journey home.</p> <p>Exhausted and less than an hour away from his wife and children, he stopped by the river on the farm he used to own. He looked around at what he had thrown away and drew his last breath by the riverbank.</p> <p>The following day the farmer who now owned the land discovered this man's body lying in shallow water on the bed of the river. And while struggling to pull his body out of the water he noticed a flash of light as he disturbed the river bed. It came from a black pebble that in the sunlight seemed to reflect all the colors of the rainbow. It turned out to be a diamond. Legend has it that this became one of the world's largest diamond mine.</p> <p>So, the first farmer who went off in search of diamonds had acres of diamonds in his own backyard. He just had not understood that in its rough state a diamond doesn't look like a diamond.</p>	     

AUDIO	VIDEO
<p>The lessons we learn from the story: BOARD 1</p> <ol style="list-style-type: none"> 1. If the farmer had remained at home and searched diamonds on his own property he would have found acres of diamonds. 2. It reminds us of the biblical Parable of the Prodigal Son, who was wiser because he at least had the common sense to return home and beg forgiveness. 3. Knowledge is more important than capital. Lack of capital is a common excuse for not starting a business venture but Conwell gives anecdotes of wealthy people who started with nothing but an idea. We can find opportunity right where we each live, but it will take INITIATIVE on our part coupled with COURAGE, DETERMINATION and FAITH. It would most certainly be worth the effort to start looking as soon as possible. 4. Looking longingly toward others' backyards to what we believe are greener pastures, we often fail to see the riches that are in our own surroundings. 5. The failure to bring our focus to our own backyard can generate frustrating or devastating consequences.. <p>The mission for which Sea and Sky Hotel was conceived and built was captivated in its logo.</p> <p>Sea and Sky is a sanctuary to its customers, with a panoramic view of the sun slowly sinking into the horizon.</p> <p>The blue, orange, and yellow lines in its logo represent the blending of colors of the late afternoon sky captured by the silent waves of the sea represented by the blue double S.</p> <p>Yes, Sea and Sky is meant to project the delightful and colourful kind of stay that awaits you.</p> <p>Phil Callaway, an award-winning author and speaker talks about this book Diamonds in Your Own Backyard—Truth to Go.</p> <p>He asked, "Times haven't changed much lately. Have we? Just like the man who was so quick to sell his farm, few of us take the time to investigate and polish what we already have.</p> <p>In our disappointment with the way things are; in our quest to get rich, we fail to recognize the wealth in our own backyard. We end up walking over untold riches everyday. I see this happen so often with friendships and marriage. We live in a throw away culture. And we are missing out in the joy of seeing something through to completion.</p> <p>If we want to increase our emotional and financial health, stay married." Scrapping a marriage robs you of wealth.</p> <p>When the Catholic Church teaches that marriage is a covenant, it is using an ancient and rich biblical concept to describe how God's steadfast and exclusive love for his people is a model for the loving union of a married couple</p>	     

AUDIO	VIDEO
<p>The Old Testament writers trace the relationship between God and the chosen people of Israel by speaking of the covenant he offers to them through Abraham, Moses.</p> <p>This covenant is an invitation to enter into a relationship in which “I will be your God and you will be my people” .</p> <p>Expectation moves into reality through the exchanging of vows. The man and woman make solemn promises before God, family, and friends that they will love, honor, and cherish” one another until “death us do part.”</p> <p>Exchanged vows anticipates its own joys and sorrows with regards to: children, work, relationships and health. At times it pulls more out of us than we ever anticipated when “Worse,” “poorer,” and “sickness,” do happen.</p> <p>Here's how to have a healthy relationship:</p> <ol style="list-style-type: none"> 1. Accept each other’s shortcomings; 2. Say you are sorry and own it; 3. Learn to forgive; 4. Be there when your presence is needed; and 5. Develop yourself—Personal growth is essential to fulfillment. If you aren’t fulfilled, it’s incredibly difficult to find happiness in marriage. <p>Let us pray this beautiful prayer.</p> <p>Father, may everything we do begin with your inspiration, and continue with your saving help. Let our work always find its origin in you, and through you reach completion. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. AMEN</p> <p>Our gratitude also goes to Mrs. Josefa Gaspar of Jackwell Store at Vigan City Public Market residing at Bayubay Sur, San Vicente for embroidering the centennial logo of Philippines Christianity. The patches were sewn at the right and left sleeves of the terno.</p>	    <p>We would like to give credit to Mrs. Lydia Rabang, of Lydrits Boutique that have shops at the Vigan Public Market and Sta. Catalina for creating our beautiful Modern Filipiniana Gown using Abel, the traditional woven product of Vigan and the Ilocos region.</p> <p>The use of the handlooms and other weaving accessories can be traced from early Spanish occupation. These crafts that include blankets, pillow cases and clothes were said to be a major export during the period of the Spanish galleon trade.</p>



AUDIO	VIDEO
<p>7.6 Graduation Message of Maria Luz O. Bolong, Ph.D., Academic Dean</p> <p>IN COVID-19, A CRISIS AND AN OPPORTUNITY</p> <p>The novel coronavirus, COVID-19, has thrust us with feelings of uncertainty and concern for ourselves, our loved ones, and those who are the most vulnerable among us.</p> <p>I'm hopeful that in this moment of crisis, the Commission on Higher Education (CHED) and Technical Education and Skills Authority (TESDA), our partners in the field of education will have the time to rethink the sector's key role in educating future generations.</p> <p>Looking into the future, some of the most important skills that employers will be looking for will be creativity, communication and collaboration, alongside empathy and emotional intelligence; and being able to work across demographic lines of differences to harness the power of the collective through effective teamwork. Can we work together to be a better version of ourselves and work together to create a better version of our society?</p> <p>Pope Francis has presented "a plan for the rising up again" of humanity in the midst of a global crisis in the light of the resurrection of Jesus.</p> <p>He likens the stone that sealed the tomb of Jesus to the tombstones of the pandemic that "threatens to bury all hope".</p> <p>"We are not alone, the Lord goes before us on our journey, and removes the stones that paralyze us." This is the hope that no one can take from us.</p> <p>"Easter calls us and invites us to remember the breath of the Spirit that opens horizons, sparks creativity and renews brotherhood and makes us say, 'I'm present' in the face of the enormous and urgent task that awaits us.</p>	     




AUDIO	VIDEO
<p>If we act as one people, we can have a real impact. It calls for the building of civilization of love which is a civilization of hope. This civilization has to be built daily.</p> <p>In the light of Pope Francis’ message, I ask you the graduates of Sea and Sky College to have hope. The tourism industry has always been one of the industries hardest hit by pandemic and crisis.</p> <p>While I suspect this period of uncertainty will remain for sometime, I am optimistic that our resiliency will triumph and our time of collective crisis will lead us to new ways of appreciating everything that is good about each other.</p> <p>Pray that you will find jobs to support yourselves and your families in God’s time.</p> <p>Be thankful to your parents, for their sacrifices in sending you to school.</p> <p>Treasure your memories with your alma mater. The friendships you shared with your classmates and the knowledge and skills imparted by your mentors.</p> <p>Very best wishes to all of you — all of us on staying informed, safe and well. Happy graduation!</p>	    

7.7 "Man proposes but God disposes"

AUDIO	VIDEO
<p><i>LUZ: "Man proposes but God disposes" is a proverb, full of meaning, conveying that man cannot claim supremacy over God & whatever comes out as a result of man's intelligent pursuit cannot be claimed as his own doing without God's intervention.</i></p> <p>Man thinks that he can do anything he wants by his intelligence & self efforts without the support of "Nature".</p> <p><i>Man has limited intelligence & knowledge of the outcome of his efforts & freedom.</i> He is still under the controlling forces of "Nature", which he can neither understand/visualize/ anticipate/ nor control in advance.</p> <p>NILA: On June 29, 2020, we twins decided to leave San Fernando to attend the birthday of my husband the following day, June 30 at Vigan City, Ilocos Sur.</p> <p>With us is a copy of the map of Ilocos Sur and prayers on COVID-19 downloaded from the internet which twin Luz will pray in the different churches starting with the Church at Vigan when she goes back to San Fernando on July 1.</p> <p>My twin took scapulars to be placed on top of her outfit. The Scapular of Our Lady of Mount Carmel (also known as the Brown Scapular) is the habit of both the Carmelite Order and the Discalced Carmelite Order.</p> <p>See my twin smiling as we start our trip.</p> <p>However, while at Tagudin Junction post, without travel documents, we were advised to go back to San Fernando, La Union. We twins alternately pleaded to let us proceed but to no avail. The Provincial Disaster Risk Reduction and Management Council personnel manning the quarantine post mentioned that the strict order came from the Health Office of Vigan City. They gave us their number to call after getting a permit to travel from the Philippine National Police.</p> <p>After talking with a City Health Office who informed us that when we reach Vigan, Nila will be in quarantine for 14 days, we turned back.</p> <p><i>Naturally when something goes against our wish, we cannot blame somebody or ourselves but to say "Man proposes but God disposes". Destiny is more powerful than "Free Will" of man.</i></p> <p>We started our COVID-19 PRAYERS IN 9 places yesterday.</p>	    <p>Luz tries her luck.</p>

AUDIO	VIDEO
<p>1. <i>Sudipen Luz</i> <i>The parish at Sudipen was a good start for the parish priest came to join us at the church. We prayed before the image of Our Mother of Perpetual Help, a gift of the Confraternity of which I am the President.</i> <i>Most Holy Virgin Mary, Queen of the Rosary and Mother of Mercy, who has deigned to come to Fatima to reveal to the three little shepherds the treasures of graces hidden in the recitation of the Rosary, inspire our hearts and the hearts of all the faithful of Colorado with a sincere love of this devotion. Trusting in your maternal mercy, and grateful for the goodness of your Immaculate Heart, we beg you to hear our prayers and to answer the favors we so earnestly seek of you in this novena:</i> <i>Namely, for a swift end to the Coronavirus pandemic, for a prompt return to regular Mass attendance with a revitalized devotion to and belief in Jesus' Real Presence in the Most Holy Eucharist, for a complete surrender to Jesus and to His Divine Mercy, and for any other intentions we may offer (mention here any additional requests)</i> <i>We ask this of you, for the greater glory of God, for your own honor and for the good of all people. Amen.</i> <i>My God, I believe, I adore</i> <i>After our prayers, we received the priest's blessings.</i> <i>Before we left, the priest gave us prayer cards of the Divine Mercy and statue of Our Lady of Fatima. I turn, I handed a donation.</i></p> <p>2. <i>Bangar Nila</i> <i>At Bangar, I, Nila approached a lady going out at the main gate of the church, informing her that we want to enter to say our COVID-19 prayers. She gladly accompanied us to the side entrance of the church.</i></p> <p><i>Our Lady of Lourdes Nila</i> <i>In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Our Lady of Lourdes, we come to you like little Bernadette at the grotto. We pray with childlike trust in you. Our Lady of the Immaculate Conception, when you appeared in Lourdes, you made it a holy sanctuary where many have obtained the cure of their infirmities, both spiritual and corporal. We pray with confidence for your holy intercession. (State your intentions here) Holy Mother of the Rosary, we feel confident that your prayers on our behalf will be graciously heard by God. Immaculate Mother, show us your mercy, O Mother of God. Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided.</i></p>	    <p>Statue of Our Lady of Fatima</p> 

AUDIO	VIDEO
<p>Inspired by this confidence, we fly unto thee, O Virgin of virgins, our mother; to thee do we come, before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in thy mercy, hear and answer us. Amen. Our Lady of Lourdes, pray for us! Saint Bernadette, pray for us! Amen. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.</p> <p>3. Napaset, Luna Luz</p> <p>Prayer for an end to the coronavirus crisis Loving God, we come before you in our time of need. We lay before you our concerns and fears over the spread of the coronavirus. We know that you are mightier than all our fears and that the name of Jesus is the name above all other names. We ask, in the name of Jesus, that you stop the spread of the coronavirus. In your mercy, heal those who are sick and lead those who have died into your heavenly kingdom. We ask this in the mighty name of Jesus. Amen.</p> <p>Pray for business owners and families facing financial stress. Jesus, we thank You for Your faithfulness in how you have guided and equipped people in their jobs and have provided in the past. It can be scary and overwhelming not knowing how bills and obligations will be met or to not be able to provide for families. As people feel financial strain during the uncertainty, bring them comfort and peace, reminding them that You are there for them. Provide for them in their times of need.</p> <p>Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.</p> <p>Pray for grocery store workers and delivery drivers. Lord, we are so grateful for all the people who continue to work each day so that people are able to eat. We ask that You bless and protect them as they serve. Give them grace to handle disgruntled customers during supplies shortages. Keep their bodies healthy as they unload and stock boxes of supplies. Keep their cars and trucks running smoothly as they deliver needed supplies and food people have ordered online. And please protect them all from contracting the new coronavirus. Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.</p>	 

AUDIO	VIDEO
<p>4. Balaoan — Nila</p> <p>Memorare</p> <p>Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help or sought thy intercession was left unaided. Inspired by this confidence, we fly unto thee O Virgin of virgins, our Mother. To thee do we come. Before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in your mercy hear and answer us. Amen.</p> <p>Pray for protection for people at higher risk of developing the disease.</p> <p>Dear Lord, we lift to You our concern for people who are more likely than others to become severely ill from COVID-19 — the elderly and people with chronic health conditions. Protect them from harm and be their comfort in this time of uncertainty and, for many, preventive isolation from loved ones.</p> <p>Cast all your anxiety on him because he cares for you.</p> <p>5. Bacnotan — Luz</p> <p>A prayer for the sick especially those suffering from the coronavirus</p> <p>Loving God, you sent your son Jesus Christ to heal the sick. We ask you to come to our aid in the midst of the coronavirus crisis that we too may experience your healing love. We ask you to heal those who are sick. Calm those who are living in fear. Be with those who have died and comfort their families. Inspire health professionals to aid them in their healing work. Guide national leaders to lead and make decisions with wisdom. Help us to always be aware of your presence as we place our trust in you. We ask this in Jesus name. Amen.</p>	  

AUDIO	VIDEO
<p>6. Taboc, San Juan Nila</p> <p>Luz remembered a Chapel at Taboc, San Juan. Although it was closed, praying at the grotto was perfect.</p> <p>Coronavirus Prayer for Health Care Workers</p> <p>Heavenly Father,</p> <p>We thank you for the lives and work of doctors, health care workers, medical researchers, and first responders who serve our communities. We pray for each of them as they diligently care for those who are suffering with the coronavirus and work toward a cure for it.</p> <p>Lord, strengthen their resolve, grant them health in mind and body, and protect their families. Give them hope and surround them with your merciful love. Help them to be compassionate as they strive to heal those they serve.</p> <p>Come, Holy Spirit, fill each of these generous women and men with the gifts of courage, wisdom, perseverance, and mercy. Open their hearts to see Jesus “in His distressing disguise” in the people they assist.</p> <p>In the spirit of Blessed Solanus Casey, we thank you ahead of time for “accomplishing in them far more than all we ask or imagine.”</p> <p>We pray this in the all-powerful name of our Lord, Jesus Christ, who lives and reigns forever. Amen.</p> <p>7. San Juan — Luz</p> <p>The St John the Baptist Church at San Juan was also closed but we prayed before the statue of the Sacred Heart of Jesus.</p> <p>Prayer of Pope Francis during the coronavirus crisis</p> <p>O Mary, you always shine on our path as a sign of salvation and of hope. We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, keeping your faith firm. You, Salvation of the Roman People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial. Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. Amen.</p> <p>Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin.</p>	     

AUDIO	VIDEO
<p>8. Lingsat — Nila</p> <p>The Nuestra Senora de Salvacion Chapel at Lingsat was closed so I told Luz to get my picture at the façade. Then I saw a lady nearby who opened the chapel.</p> <p>Prayer to Our Lady of Guadalupe</p> <p>Holy Virgin of Guadalupe, Queen of the Angels and Mother of the Americas. We fly to you today as your beloved children. We ask you to intercede for us with your Son, as you did at the wedding in Cana.</p> <p>Pray for us, loving Mother, and gain for our nation and world, and for all our families and loved ones, the protection of your holy angels that we may be spared the worst of this illness.</p> <p>For those already afflicted, we ask you to obtain the grace of healing and deliverance. Hear the cries of those who are vulnerable and fearful, wipe away their tears and help them to trust</p> <p>In this time of trial and testing, teach all of us in the Church to love one another and to be patient and kind. Help us to bring the peace of Jesus to our land and to our hearts.</p> <p>We come to you with confidence, knowing that you truly are our compassionate mother, health of the sick and cause of our joy.</p> <p>Shelter us under the mantle of your protection, keep us in the embrace of your arms, help us always to know the love of your Son, Jesus. Amen.</p> <p>9. Carlatan —Luz</p> <p>I, Luz dropped by our house at Carlatan. Then we proceeded to Our Lady of the Immaculate Conception Parish. The people near the church said that two priests just arrived. They were eager to help that they rung the church bell until the priest came out to open the door.</p> <p>Pray for the new coronavirus to stop spreading.</p> <p>Almighty God, we know that everything is in Your sovereign control. We ask that You keep this new coronavirus from continuing to spread. Give government officials the ability to safely handle people arriving from other countries. Help people decide to stay home instead of traveling or going out needlessly. Holy Spirit, remind people to wash their hands properly. And while it may be heartbreaking, comfort families as they decide to keep their distance from elderly or other high-risk family members.</p> <p>God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea ...</p>	     

AUDIO	VIDEO
<p>10. Carmel of the Holy Family Monastery Chapel — Nila</p> <p>Pray for leaders responsible for making decisions about the new coronavirus.</p> <p>Father, we seek Your wisdom daily. Be with people making decisions that affect the lives and futures of our families, communities, countries, and the wider world. We pray that they communicate clearly, truthfully, and calmly — with each other and with the public — and that their messages are received and heeded. May truth and empathy be the touchstones of people setting policies for our protection.</p> <p>He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us, as you help us by your prayers ...</p> <p>Pray for people who are infected with COVID-19 or facing quarantine.</p> <p>Jesus, during Your ministry on Earth You showed Your power and caring by healing people of all ages and stations of life from physical, mental, and spiritual ailments. Be present now to people who need Your loving touch because of COVID-19. May they feel Your power of healing through the care of doctors and nurses.</p> <p>Take away the fear, anxiety, and feelings of isolation from people receiving treatment or under quarantine. Give them a sense of purpose in pursuing health and protecting others from exposure to the disease. Protect their families and friends and bring peace to all who love them.</p> <p>11. TWINS — OCDS HOUSE OF PRAYER</p> <p><i>My God, I believe, I adore, I hope and I love You! I ask pardon of You for those who do not believe, do not adore, do not hope and do not love You! Most Holy Trinity, Father, Son and Holy Spirit, I adore You profoundly, and I offer You the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifference with which He Himself is offended. And, through the infinite merits of His most Sacred Heart, and the Immaculate Heart of Mary, I beg of You the conversion of poor sinners. Amen. (These are the prayers taught by the Angel to the children at Fatima).</i></p> <p><i>NILA: We dropped by Jollibee for breakfast as a birthday treat for my husband Chicoy. In lieu of being with him on his birthday, I post this birthday greeting. Surely, with the sacrifice God will repay.</i></p>	   

AUDIO	VIDEO
<p><i>I take consolation at the word “follow” in the Gospels. One of the first uses of that word in all four gospels is when Jesus calls his first disciples. Their decision to follow Jesus meant that they had to leave some things behind. In essence, it meant that Jesus had to be the number one priority in their lives. He was first, and all other things were subject to the decision to follow him.</i></p> <p><i>There is peace in obedience. We felt happy that we went to the different churches praying for the time of the COVID-19 pandemic. And we felt God’s presence guiding us get through successfully.</i></p> <p><i>Certainly, the pictures of my husband with his friends at the Knights of Columbus, speak that his special day was joyful.</i></p>	 
<p>7.8 Unflinching Faith</p> <p>LUZ: You don’t have to be a philosopher or a psychologist to realize that life is full of problems. As the old saying goes, Into each life some rain must fall, and often, when we look around us, it may seem like its showering most of the time!</p> <p>Why couldn’t COVID—19 stop so we will already be free from the pain of suffering and affliction?</p> <p>There is a tape, ‘How To Be Happy Anyhow’ that ‘everybody has trials and tribulations, but its how you handle them that makes the difference. English poets Lord Byron and Walter Scott were both cripples. Byron was very bitter about his lameness, always moody and self-conscious in public. Scott on the other hand, had never been heard to complain or speak one bitter word about his handicap, not even to his dearest friend. It is not surprising then that Scott once received a letter from Byron to which he said, “ Ah Scott, I will give all my fame to have your happiness.”</p> <p>Scottish author Sir Walter Scott had UNFALTERING FAITH just like Job. The Lord gave and the Lord has taken away; may the name of the Lord be praised.” (Job chapter 1 Verse 21). Scott faced financial disaster when his publisher went bankrupt in 1826. He was heavily invested in the firm, and it appeared that he would lose everything, including Abbotsford, his castle-like home. A Christian of unwavering faith, he wrote in his journal, "Things are so much worse than I apprehended that I shall neither save Abbotsford nor anything else. Naked we entered the world and naked we leave it. Blessed be the name of the Lord.”</p>	

AUDIO	VIDEO
<p>A life that doesn't undergo heartbreaking adversity is rare. Job was not overstating our common experience. What we really need in the teeth of affliction is not a plausible explanation but the ability to endure without emotional collapse or spiritual bitterness. We need the sustaining confidence that enables us to believe in God's love and wisdom. Pray for an unfaltering faith that stands strong under life's greatest pressures. Great faith is often built during great trials.</p> <p>My twin Luz is a focused person.</p> <p>Whatever she plans to undertake, she works hard for it. If she does not get it, she accepts it as God's will. Life's sunsets, she accept as camouflaged God's gifts.</p> <p>After so much work, the fruits of her labor was evident. Her establishments were making good. Thus, by the 4th quarter of 1999 (October-December), she thought of going spiritual. She had a 12-foot statue of God the Father made. All in all, the statue visited 30 different places.</p> <p>Luz: "The statue had led me to have an intimate love of God the Father. It had strengthened my faith. My liking in sitting on the lap of God the Father symbolizes my dependence on God's power, love and mercy."</p> <p>Note: Luz holds statuette of God the Father while sitting on His lap.</p> <p>Note: Twin Nila holding the image of the Holy Family. <i>All families are called to holiness. The most powerful thing you can do is to daily entrust the health, healing (if necessary), and holiness of your family to God.</i></p> <p>LUZ: Today, the 3RD day of our novena to Our Lady of Mt. Carmel at the Carmel of the Holy Family Monastery Chapel, Pindangan, City of San Fernando, La Union, we are at the OCDS House of Prayer, to reflect on what our St. Teresa of Avila Community has become since its foundation 45 years ago, this coming August 14, 2020.</p> <p>NILA: Our book entitled In the Footsteps of La Madre, has three editions. First edition was released on January 16, 2020 Ortega Twins</p> <p>66th Birthday Argel, Ma. Nila In the Footsteps of La Madre Nihil Obstat: Abbot Santos Rabang Christ the Desert Monastery Alangan, Sto. Domingo, Ilocos Sur Archdiocese of Nueva Segovia Imprimatur: His Excellency, Ernesto A. Salgado, D.D. Archbishop Emeritus of Nueva Segovia</p>	      

AUDIO	VIDEO
<p>Inside the Carmel of the Holy Family Monastery Chapel at Pindangan, City of San Fernando, La Union is the statuette of St. Teresa brought in procession last October 15, 2019 for the mass celebration in honor of her 437th death anniversary . Sea and Sky College students attend annually this great event in the church.</p> <p>LUZ : 2ND EDITION May 31, 2020 Pentecost Sunday Feast of the Visitation of the Blessed Virgin Mary</p> <p>FRONT COVER:</p> <p>I, Maria Luz Ortega-Bolong, ocds wanted the statuette of St. Teresa of Avila to be brought out in the procession during her 438th death anniversary in October 2020 in an elevated carriage. The two framed images from Spain printed during the 5th birth centenary celebration of St. Teresa will be attached on both sides of the carriage that will carry the statuette.</p> <p>On February 3, 2020 I instructed the work to be done at the OCDS House of Prayer (HOP). The Sea and Sky College (SASC) workers will construct a platform for the elevated carriage while Belleza Art Shop was to repaint the water tank and paint a 15 stairways on a piece of plywood. Fifteen steps symbolizes St. Teresa's birth year on 1515.</p> <p>February 4, the work on the carriage was done. On February 6, Belleza finished painting and placed the stairways painting on the carriage. In the evening my twin and I went to pick our Filipiniana costume in Aringay, La Union. Eager for the shooting I asked Rose Suizo about the carriage, if everything is ready for the shooting. She said that something terrible happened to the carriage. I told her that we drop by the OCDS HOP.</p>	  <p>February 6, 2015 Blessing of St. Teresa Pilgrim statue by Bishop Rodolfo Beltran, D.D.</p>   

AUDIO	VIDEO
<p>The sketch done by artist Tony Belleza shows what happened as narrated by Rose. “The carpenters put thick slab of brick to maintain the balance of the carosa before leaving the OCDS HOP. Unknowingly, the artist took the slab in his hands and when he stepped to put it down, the carosa tumbled backwards - the wheel of the bicycle went up in the air and the two candle holders on front were thrown down on the ground and broke right away. The pentagon’s roof opened throwing St. Teresa’s statuette on the ground breaking the halo. I was at that time having my rosary walk and I was heading where the carosa was. I ran but it was so fast—I was aghast.”</p> <p>Listening to what happened, we twins felt shock; acceptance and thankfulness enveloped us. The statuette’s face and body suffered no scratches or deformity and the two glass frames suffered no breakage. Certainly, the minor damage resulting from the accident is through divine intervention.</p> <p>St. Teresa of Avila says, “I know by experience that the glorious St. Joseph assists us generally in all necessities.</p> <p>In the morning of February 7, we twins wore our Filipiniana attire and proceeded to the Sea and Sky College for our hair and make-up by SASC instructor Jesus Managan and a student. I instructed the workers to fix the carriage and the SASC students to decorate it.</p> <p>Our shooting with the BA Communication students who acted as production assistants and camera man went as scheduled.</p> <p>NILA: 3rd EDITION August 14, 2020 45th Anniversary of St. Teresa of Avila Community (La Union) OCDS House of Prayer Pindangan, City of San Fernando, La Union</p> <p>FRONT COVER: _ Our pictorials on June 18, 2020, feast of twin Saints Mark and Marcellian, grace the cover of “In the Footsteps of La Madre, 3rd Edition. It was held at the Kambal Para sa Diyos studio at Sea and Sky College that house the Sea and Sky Broadcasting System, Inc.</p> <p>The following day, June 19 is the feasts of St. Gervase and St. Protace. In the tower are the statuettes of twin brother saints Cosmas and Damian and St Benedict and his sister St. Scholastica. At the center on the back wall is a wooden carved image of Sta. Lucia from Sicily, Italy.</p> <p>In our visit to Indonesia during our 84 Days Around the World 2017, Carmelite Friar Aloysius Deeney, OCD showed the tin statuette of St. Teresa we have sent to Rome, same as the 42 statuettes shipped to Spain for the 5th Birth Centenary of St. Teresa. The tin statuette rests on a carriage while the fiberglass on a pentahedron enclosure.</p>	  







AUDIO	VIDEO
<p>We are wearing a Filipiniana gown made of local cloth, “Abel”. The patches were sewn at the right and left sleeves of the terno. Sitting on an Angelic chair, we twins hold a copy of our book, second edition. Last activity before the lockdown due to COVID-19 was a ceremonial at the OCDS House of Prayer. For the celebration of the 45th anniversary of the foundation of St. Teresa of Avila Community, the members are enjoined to attend mass at the Carmel of the Holy Family.</p> <p>We have produced 10 videos as our contribution to the celebration dubbed “500YOC”.</p> <ol style="list-style-type: none"> 1. In the Footsteps of La Madre 2. Gracias Misioneros Espanoles 3. COVID-19 A Call to Live Differently 4. Feast of Our Lady of Fatima 5. Salt and Light of the World 6. Devotions to the Sacred Heart of Jesus and the Immaculate Heart of Mary 7. Acres of Diamonds for the 500 Years of Christianity 8. Graduation Message of Academic Dean Ma. Luz O. Bolong, Ph.D. 9. Man Proposes, God Disposes 10. 45th Foundation Anniversary of St. Teresa of Avila Community (La Union) <p>Our video entitled, “Acres of Diamond” for the 500 YOC was uploaded on the feast of St. Thomas, the Apostle.</p> <p>Thomas the doubter became the Thomas the model believer, an example for each one of us. He is a great beacon of light for all of us as we are called to cry out with him, MY LORD AND MY GOD!</p> <p>We twins intently listen to each other. I, Luz, narrating the story of the farmer in search for diamonds while Nila is talking on the importance of staying married as it is a covenant. And I, explaining the logo of the Sea and Sky Hotel and Restaurant.</p> <p>The devotion to the Santo Niño began in Spain with Santa Teresa de Avila. It was said that when Teresa took her vows, she chose the name Teresa de Hesus (Teresa of Jesus), meaning Jesus is with her — “with me!”</p> <p>The venerated image of the Infant Jesus in Prague is believed to have belonged to Sta. Teresa de Avila.</p>	    <div data-bbox="1000 1163 1458 1402" data-label="Text"> <p>FEAST OF ST. THOMAS, APOSTLE His doubting gave way to FAITH when he saw the RISEN LORD. "My LORD and my GOD!" - John 20:28</p> </div>  

AUDIO	VIDEO
<p>7.9 OCDS at 45 Part2</p> <p>Start of Procession @ 6:15 a.m.</p> <p>Mass _ Carmel of the Holy Family Monastery Chapel @ 6:30 a.m.</p> <p>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 is Lito, there is a possibility he can not bring Sylvia.</p> <p>Arrival of Bishop Daniel O. Presto, D.D.</p>	       

AUDIO	VIDEO
<p>Viewing of Exhibit of Born For You _ the Life of Teresa Costumes</p> <p>Unveiling the OCDS @ 45 Marker</p> <p>Ortega Twins</p> <p>There are 17 members</p> <p>16 definitive</p> <p>1 temporary</p> <p>1 inactive — 99 years old</p> <p>For the younger generation, so that those coming here at the OCDS House of Prayer will know the history of our Community.</p> <p>Opening Remarks</p> <p>PP Ma. Luz Ortega-Bolong, OCDS</p> <p>Fr. Cornelio "Kuni" Jaranilla was telling us that if I were you, you won't wear a mantle...Do you know what a mantle entails? Do must have the fiery zeal of Elijah.</p> <p>Well the more I was challenged to wear a mantle.</p> <p>They were telling me to postpone the celebration of the 45th anniversary twice. But I told them twice I have told the bishop and he agreed. Never mind, even only one visitor will arrive, only the bishop, but then I made sure that all of you are here. So, yesterday I fetched already four of them who slept here and this morning I fetched the other one at 5 o'clock at Bacnotan.</p> <p>Our mother's legacy</p> <p>Even though, our mother, the late Rosa Ubaldo- Ortega, OCDS is no longer here, her legacy now lives on through her family. Our mama taught school for many, many years, (At Gabaldon) and she taught us about life. She modeled daily to me: strength, wisdom, patience, faith, loyalty and unconditional love! Mama Rose was an amazing mother to six , grandmother to 13. We feel so blessed to have had her in our lives!</p> <p>Our mother wasn't one of those mothers who jumped up to do something for one of her six children when she is busy herself, except of course to our eldest sister Emily, who was afflicted with epilepsy. When I was not feeling well , mama didn't rush out to bring me to the hospital. "I will take care of you later," she said. After, she brought me to Manila for check-up. Later, I learned that the reason why she could not attend to me earlier was because she had a retreat with the Carmelite nuns.</p> <p>I love how she respects herself. That is the gift my mother gave us. We learned how to deal with light inconveniences ourselves while waiting when help is available. And this has served us well. Surely, mama is watching over us from heaven.</p>	       <p>Rosa Ubaldo Ortega, recipient of an Outstanding Mother of the Year by National Federation of Women's Clubs of the Philippines</p>

AUDIO	VIDEO
<p>Mama gave us roots and wings. Just a few months from graduation, mama gave us wings to fly to Canada where aunt Lourdes and brother Steve lived. Indeed, it was an enjoyable 2 1/2 years experiencing the 4 seasons: winter, spring, summer and fall.</p> <p>She was happy to witness our temporary promise as Carmelites. Mama serves as a gentle reminder that In making God the number one priority in life, He will provide for our daily needs.</p> <p>I think I had inherit most qualities of my mother to become a good person like her... By living to the pain of her eldest child being an epileptic, she had showed us to face storms in life "Nobody is exempt from the <i>trials</i> of <i>life</i>, but everyone can always find something positive in everything even in the worst of times." That's why we have the gift of faith.</p> <p>My mama and I were very close. When we were in the Church, my mother pointed to a lady who was crazy and said you are just like her always moving. She wanted to point out that when I am in the Church to be still.</p> <p>Bishop Rillera —Luz asked him to bless and commission us twins as catechists</p> <p>Bishop in Bohol said, " Oh so, you say that you are Carmelites. But you are not in brown dress.</p> <p>Luz replied, Bishop they say that the brown dress is not our habit but it is the scapular. But you are not with scapular either.</p> <p>Luz was trying to make excuses not aware she was not wearing a scapular.</p> <p>We are all the daughters of the great Teresa.</p> <p>Teresa de Ahumada as a child must have heard of the Philippines. Born in 1521, she was 6 years old when our country was discovered in 1521. Interestingly on March 16, 2021 (next year) is the 500 YOC.</p>	<div data-bbox="938 210 1364 426" data-label="Image"> </div> <div data-bbox="873 430 1401 520" data-label="Caption"> <p>Twins with Tita Lou in winter at the park.</p> </div> <div data-bbox="997 602 1250 798" data-label="Image"> </div> <div data-bbox="888 821 1401 856" data-label="Caption"> <p>Twins with Manong Steve _winter</p> </div> <div data-bbox="849 947 1195 1180" data-label="Image"> </div> <div data-bbox="1222 932 1433 1194" data-label="Image"> </div> <div data-bbox="841 1234 1401 1312" data-label="Caption"> <p>Lola Rosa Ortega, Mama Luz O. Bolong with daughter Mari Diane</p> </div> <div data-bbox="919 1327 1211 1503" data-label="Image"> </div> <div data-bbox="951 1526 1222 1619" data-label="Section-Header"> <h3>THE ROOTS OF TERESA'S NUNS IN THE PHILIPPINES</h3> </div> <div data-bbox="1052 1631 1125 1646" data-label="Text"> <p>VOLUME ONE</p> </div> <div data-bbox="992 1656 1190 1829" data-label="Image"> </div> <div data-bbox="979 1837 1198 1902" data-label="Text"> <p>Association of Monasteries of Discalced Carmelite Nuns in the Philippines</p> </div>
	<p>376</p>

AUDIO	VIDEO
<p>Presentation of Awards</p> <p>Pres. Ma. Nila Ortega-Argel, OCDS assisted by PP Monette O. Prieto, OCDS & Secretary Anita Abellera, OCDS</p> <p>The head keeps an account of all the benefits you give and receive. But at this momentous day, in celebration of OCDS @45, my heart is filled with joy and am inspired to express appreciation to you all members. Most especially to seven elderly members led by Monica Abuan, 99 years old, a year short of being a centenarian on August 1, 2021 for their love to Carmel. I express the hope and pray that the young will fill the roster of members to keep the Community alive for succeeding generations.</p> <p>Monica Abuan</p> <p>Manang Aning</p> <p>Prescilla O. Costelo — Baguio Lockdown Editha Daodaoen— Abra Lockdown</p> <p>Leonor Fabro</p> <p>Erlinda M. Laron</p> <p>Caridad B. Sobejana</p>	       

AUDIO	VIDEO
<p>Remedios Mamuyac</p> <p>Anita Abellera</p> <p>Last but not the least is my twin sister. When I was preparing</p> <p>Stop: Sta. Teresa Barangay Chapel of Sta. Teresa</p> <p>Response on behalf of Awardees DOF Caridad B. Sobejana, OCDS Thank you for allowing us to be here. I am extremely happy today.</p>	     

AUDIO	VIDEO
<p>Intermission Let us all stand to show our happiness to honor Bishop. We are happy today.</p> <p>Unveiling the Ortega Twins Book Most Rev. Daniel O. Presto, D.D. assisted by Luz</p> <p>Inspirational Talk</p> <p>Bishop Presto, Good morning po sa inyong lahat. Today, foundation of the OCDS here in San Fernando and truly God is blessing us because of the cooperation of everyone and of course with the time that everyone has allotted for this day, we are truly blessed because everyone is here. Everyone is a blessing and we know as we have unveiled the market awhile ago, we noticed that sabi nga, this marker not only shows us that 17 active member but it also shows us the destiny of this organization as the years to come. 99 years, siguro 70+ and above karamihan pero what I heard that we are seeking for more members, younger members but it does not mean but it does not mean that the rest who are elders are not able to contribute to the organization? Yes you can. That we are very much capable of doing your share. We share because of prayer. The elders who are considered handicapped, physically challenged, they are not incapable of doing service but their prayer. Pope Francis, sabi niya: bedridden is that our call. We are called to pray just like the sisters in the Carmelite Order, praying for us and the whole community. Sana we don't forget, kalimutan ang ating apostolate to pray and doing that, July 16 when we had our celebration not only suot scapular we did our consecration. That Consecration is done by members First Saturday of the month. The common devotion where everyone consecrate himself to Mt. Carmel, lapit sa Diyos.</p> <p>Five years from now, 2025, you will be celebrating San Fernando, La Union, we pray magkakasama pa tayo. As we always celebrate, we remember those who have gone ahead of us. Because they are also praying for us. Communion of Saints — living and the dead. What can unite us with those who have gone ahead of us? With one another? It does not mean we are asked to do our own prayer before going to bed, part of the day, by praying the Rosary, praying devotions to God the Father, of the Divine Mercy. I thank you for the members of the OCDS dedication and your devotion that without you in God's time and we can possibly entice, inspire from us in the life we live.</p> <p>Siguro God allows us this number because the smaller we are, the more we know each other and the smaller we are better. St. Teresa at</p> <p>Be always here praising God and consecrating ourselves to God the Father. Thank you and congratulations.</p>	    

AUDIO	VIDEO
<p>On this special day, the 45th anniversary of the St. Teresa of Avila Community (La Union), we call to mind the founders of our Community and all members and their part in the heritage that has been handed down to us.</p> <p>These brother and sisters of ours may not have been famous spiritual writers nor renowned for extraordinary experiences of prayer, but they made their mark on the Order and on each of us through their own efforts to live in allegiance to Jesus Christ in service to the Order and to the Church.</p> <p>They brought the spirit of Carmel to their daily lives and to all those around them. Their generosity of time, talent and support, encouraged us Carmelites to an ever-deeper fidelity to our vocation.</p> <p>We pray for these souls in an act of faith that trusts in the mercy and promises of Jesus Christ himself, “the resurrection and the life” (John 11:25) who assures us that the will of the Father is that he should not lose anything of what he gave him, but that he should raise it on the last day (John 6:39).</p> <p>At the same time, our supplications are also for our departed Carmelites who were with us during our monthly meetings and activities.</p> <p>We pray with great trust that what they believed in, experienced and lived for during their earthly lives will now come to be fully realized in the eternal Divine embrace.</p> <p>For us, too, who remain in this earthly existence, this day serves as an important reminder that this terrestrial life is merely a passing moment, a brief sojourn towards a more vibrant and permanent reality.</p> <p>This celebration of a milestone @ 45, therefore, is an invitation to prioritize our lives in such a way that reflects this future hope, letting go of all that makes us waste our time and efforts and prevents us from striving toward the goal of eternal life in God. These faithfully departed souls for whom we pray help us to understand that we are not alone on this pilgrimage because they have also traveled this same path to eternity.</p> <p>So let us remember and pray for our Carmelite dearly departed in a special way today, giving thanks for all that they have done, and praying that they may enjoy their eternal rest.</p> <p>Erlinda Laron, 84 years old</p> <p>Closing Song Salve Regina</p> <p>Cutting of Cake by two of the most seniors—</p> <p>Florentina “Aning” Bernardo, 85 years old</p> <p>Blessing of OCDS @ 45 Marker &</p>	      

7.10 Devotions to the Sacred Heart of Jesus and the Immaculate Heart of Mary

AUDIO	VIDEO
<p>NILA: For 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.</p> <p>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.</p> <p>I would like to share with you the article written by Ricardo Saluda entitled, "The twin hearts of Jesus and Mary."</p> <p>The Carmelite nun, now Servant of God, Sr. Lucia of Fatima said: "In Mary I find strength and consolation. This Immaculate Heart is the channel by which God makes the multitude of His graces pour into my soul."</p> <p>This devotion to Jesus through Mary wasn't just the fruit of Lucia's spiritual musings, or even the Blessed Virgin's instruction, but our Lord's own instruction.</p> <p>"Our Lord told me a few days ago," Lucia recounted, "I desire very ardently the propagation of the cult and the devotion to the Immaculate Heart of Mary, because this Heart is the magnet that draws souls to me, ... the inexhaustible well causing the living water of My mercy to pour over all the earth."</p> <p>The Message of the Angel of Fatima</p> <p>First there are the words of the Angel of Peace in the spring of 1916 to the three children of Fatima: "The Hearts of Jesus and Mary are attentive to the voice of your supplications."</p> <p>Then he speaks again in the summer of 1916: "The Holy Hearts of Jesus and Mary have merciful designs for you." Then in the autumn of 1916, he dictates a prayer which in part says: "And I draw upon the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary that you might convert poor sinners."</p> <p>LUZ: Living our devotion to Mary</p> <p>In a book written by Fr. Karl Stehlin of the traditional religious order, Society of Saint Pius X, entitled "Fatima: A Spiritual Light for Our Time" Volume 2 he said that many would-be devotees may say that devotion to Mary is simple enough. We pray to Mary, and that opens the floodgates to Jesus' mercy. Not so fast. In fact, devotion to Mary demands far more than rote prayer, as Sister Lucia showed in her life and sacrifices. Fr. Stehlin cites elements of Sister Lucia's devotion to the Immaculate Heart of Mary. First, it was her constant refuge in every moment and trial, as the vessel by which God's grace gushed into her.</p> <p>Lucia's undivided and unrelenting reliance on the Immaculate Heart reflects her total faith, hope and love for God, through Mary.</p>	    

AUDIO

Sacrifice is another element of Lucia's devotion to the Immaculate Heart: she patiently bore every burden and pain, and offered all to Mary, especially her pains, difficulties, and frustrations in safeguarding and spreading the truths and messages of Fatima.

In believing and propagating her visions, Lucia suffered disdain and estrangement not just from her community, but even from her own family. Her own mother thought she was losing her wits, and she eventually lived away from Fatima for decades.

But with the Immaculate Heart as her companion and consolation, she entered the strict order of Our Lady of Mount Carmel, and never wavered in her witness to Fatima, declaring: "Even if they kill me, I cannot lie."

Simplicity, humility and obedience. True and complete devotion to the Immaculate Heart means supplanting one's own heart with Mary's, so that every moment one would think, feel and act as she would.

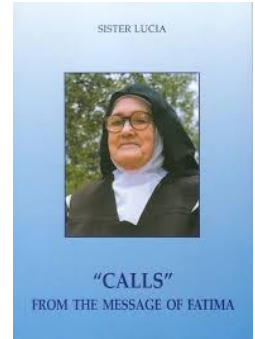
Lucia lived the simple life of a convent nun doing daily chores even as she scribbled her Fatima accounts and messages. In the face of arrogant detractors, discouraging her visions she never let her righteous pride prod her to unleash sharp rebukes but simply share her recollections in truth and love. Lucia remained a Carmelite nun living by the rule of her superiors.

CONSECRATION TO THE SACRED HEART OF JESUS and to the IMMACULATE HEART OF MARY

LUZ: Lord, as we consecrate ourselves, we ask your blessing on what we strive to become in your discipleship. Help our homes to become truly "domestic churches":

- Temples of FAITH and worship, which prayer and the sacraments constantly renew;
- Centers of HOPE and longing for what your promises hold before us.
- Above all, make our homes radiant place of LOVE, founded on your own self-giving in the charity "poured out into our hearts," gracing them with the gifts of the communion: friendship, understanding and forgiveness, caring and healing, readiness and purity, patience, true joy, and the peace which, you said, is uniquely your gift and not the world's.

VIDEO



AUDIO	VIDEO
<p>NILA: O holy Mother of God, Mary, today we entrust ourselves, our families and homes, our peoples and our nations to the love, protection, and guidance of your Immaculate Heart.</p> <p>To you Mother of the Lord and our Mother, everyone of us has been entrusted by your Son on the Cross. Joyously we claim you as our Mother, who intercedes for all of our needs.</p> <p>LUZ: In entrusting to you, O Mother, our people, your “Pueblo amante de Maria,” we entrust to you this very consecration itself, placing it in your motherly Heart.</p> <p>Immaculate Heart! Help us to conquer the threat of evil, which so easily enters and takes root in the hearts of people today, and whose immeasurable effects already weigh down upon our country, and seem to block the paths toward the future!</p> <p>BOTH: By this consecration, may we become ever more truly, “pueblo amante de Maria”, a people which loves you mightily in its own heart, a people you make each day ever more your own, held securely and cherished in your Immaculate Heart. AMEN.</p>	<div data-bbox="1023 182 1289 403" data-label="Image"> </div> <div data-bbox="1029 445 1380 644" data-label="Image"> </div> <div data-bbox="1045 678 1336 1050" data-label="Image"> </div> <div data-bbox="987 1060 1369 1266" data-label="Image"> </div> <div data-bbox="941 1299 1352 1757" data-label="Image"> </div> <p data-bbox="972 1782 1354 1892">CAMELITE NUN MONASTERY AT COIMBRA, PORTUGAL</p>





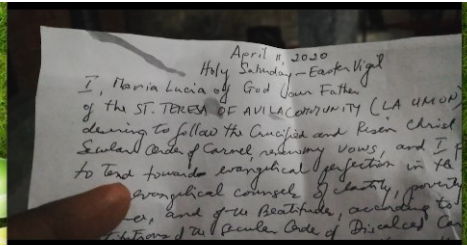

7.11 Salt and Light of the World


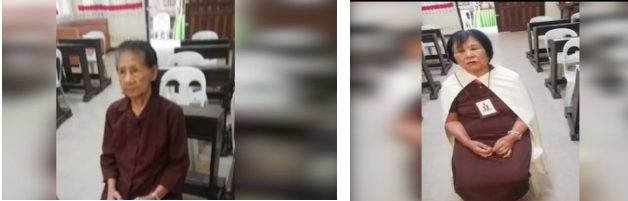




AUDIO	VIDEO
<p data-bbox="248 1052 596 1087">Salt and Light of the World</p> <p data-bbox="248 1444 324 1472">NILA:</p> <p data-bbox="248 1482 898 1745">Lit from the Easter candle, the baptismal candle is a sign that, through Christ, the baptized becomes the light of the world. Baptism makes us disciples to the world and calls us to live out the Church’s mission. And this mission involves caring for the poor and vulnerable in our communities, and around the world.</p>	<div data-bbox="930 275 1489 594">The logo for TWIN TV PRODUCTIONS features the words "TWIN TV" in a stylized blue font with a red outline, and "PRODUCTIONS" in a yellow font with a blue outline, all set against a blue and white wavy background.</div> <div data-bbox="925 623 1489 947">The logo for TWIN TV PRESENTS features the words "TWIN TV" in a stylized blue font with a red outline, and "PRESENTS" in a yellow font with a blue outline, all set against a blue and white wavy background.</div> <div data-bbox="925 974 1500 1304">A woman in a white lace-trimmed dress is holding a large, lit white candle decorated with colorful flowers. She is looking up at the candle with a reverent expression. In the background, there is a religious statue in a glass case and a colorful mural.</div> <div data-bbox="930 1360 1505 1680">A woman in a white lace-trimmed dress is holding a large, lit white candle decorated with colorful flowers. She is looking up at the candle with a reverent expression. In the background, there is a religious statue in a glass case and a colorful mural.</div>

AUDIO	VIDEO
<p data-bbox="198 289 787 363">During our 84 days around the world travel, we saw this sign in Africa.</p> <p data-bbox="198 751 787 825">Matthew chapter 5: verses 13-16 speaks of Salt and Light</p> <p data-bbox="198 835 787 1024">You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.</p> <p data-bbox="198 1297 787 1602">You are the light of the world. A town built on a hill cannot be hidden. 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. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.</p>	<div data-bbox="803 296 1317 569">  </div> <div data-bbox="820 590 1333 1335">  </div> <div data-bbox="841 1356 1333 1623">  </div> <div data-bbox="841 1640 1349 1927">  </div>

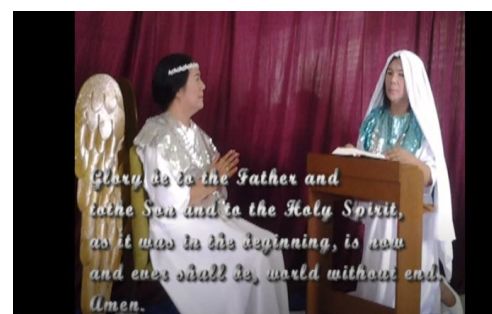
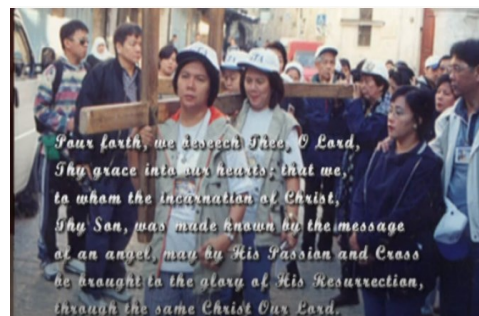
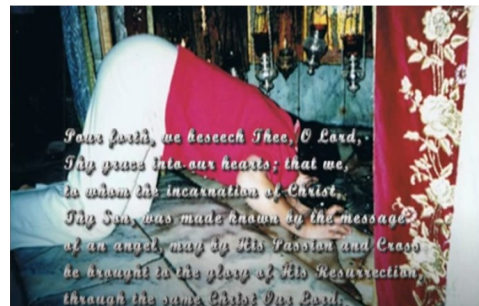
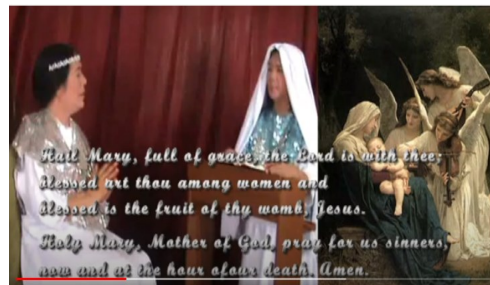
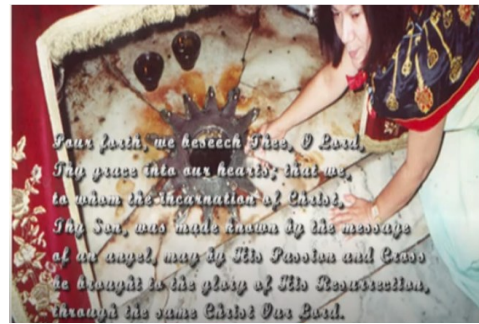
AUDIO	VIDEO
<p>We twins love celebrations! So did Jesus, isn't it? Remember the wedding feast at Cana?</p> <p>March 28, 2020, is a special day for we are having triple celebrations! Find out the holy persons we are celebrating with on our baptismal day anniversary!</p> <p>LUZ:</p> <p>Today a day before 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 so that's right. When there is an inspiration do it ASAP, seize the day.</p> <p>St. Teresa of Avila we love you very much... happy feast day tomorrow. Thank you.</p>	   

AUDIO	VIDEO
<p>LUZ: Why do we celebrate baptism day? It is an act of obedience symbolizing the believer's faith in a crucified, buried, and risen Savior, the believer's death to sin, the burial of the old life and the resurrection to walk in goodness of life with Jesus Christ. It is a testimony to the believer's faith in the final resurrection of the dead.</p> <p>So today, Nila is in Vigan and I are celebrating our 66th baptismal anniversary for we were baptized March 28, 1954.</p> <p>So, it is a triple celebration. First, it is the birth anniversary of St. Teresa of Avila born March 28; it is the birth anniversary of Sr. Lucia of Fatima born March 28; and we, the Ortega twins were baptized March 28.</p> <p>What a lovely day. Thank you Lord for the graces you have showered on us, especially today.</p> <p>Prayer in honor of St. Teresa of Avila</p> <p>Gracious and loving God, through the teaching and intercession of St. Teresa of Avila, may we persevere in prayer and acts of loving kindness. By your Spirit lead us along the true path of humility. May sadness and sorrow never overwhelm us. May every experience in life lead us to a deeper sense of your abiding presence in the core of our being. Through Christ our Lord. Amen. St. Teresa of Avila, pray for us. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.</p> <p>It is now 5 o'clock, time for St. Teresa to go home to the OCDS House of Prayer after spending the whole day today, March 28 outside the Pindangan Ruins, the first Church of San Fernando La Union built on 1764. This is run by the Carmelite Nuns. The carriage is being pulled by Edith and Prescy and Divine. This morning I brought it here at 5:30 am, by myself, alone with St. Teresa. So, this is what you call inspirations. How we show our love.</p> <p>LUZ:</p> <p>In the name of the Father, and of the Son, and of the Holy Spirit. Amen.</p> <p>Prayer for the beatification of the servant of God, Sr. Lucia of Fatima</p> <p>Most Holy Trinity, Father, Son and Holy Spirit, I adore you profoundly and I thank you for the apparitions of the Blessed Virgin Mary in Fatima that revealed to the world the riches of her Immaculate Heart. By the infinite merits of the Sacred Heart of Jesus and through the intercession of the Immaculate Heart of Mary, I implore You, if it should be for Your greater glory and the good of our souls, to glorify Sr. Lucia, one of the Shepherds of Fatima by granting us the grace which we implore through her intercession. Amen.</p> <p>Hail Mary....</p> <p>Glory be ...</p> <p>In the name of the Father, and of the Son, and of the Holy Spirit. Amen.</p>	    

AUDIO	VIDEO
<p>Joint Renewal of Promise by Prescy and Edith</p> <p>Renewal of Vows by Luz</p> <p>OCDS House of Prayer</p> <p>LUZ: Easter Sunday Secular Carmelites I, N _____, desiring to follow the Crucified and Risen Christ in the Secular Order of Carmel, renew my profession, and I promise to tend toward evangelical perfection in the spirit of the evangelical counsels of chastity, poverty and obedience and of the Beatitudes, according to the Constitutions of the Secular Order of Discalced Carmelites. I confidently entrust my promise to the Virgin Mary, Mother and Queen of Carmel. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.</p> <p>Renewal of Vows by Luz</p> <p>Carmel of the Holy Family Monastery Chapel</p> <p>DIVINE MERCY 3 O’CLOCK PRAYER</p> <p>“You died Jesus, but the source of life flowed out for souls and the ocean of mercy opened up for the whole world.</p> <p>O Fountain of Life, immeasurable Divine Mercy, cover the whole world and empty Yourself out upon us.”</p> <p>“O Blood and Water which flowed out from the heart of Jesus as a Fountain of Mercy for us,</p> <p>I trust in You!”</p> <p>Holy God, Holy Mighty One, Holy Immortal One,</p> <p>have mercy on us and on the whole world. (3X) Amen.</p> <p>Jesus, King of Mercy we trust in You!</p>	     

AUDIO	VIDEO
<p>We also prayed the Chaplet of the Divine Mercy.</p> <p>THE CHAPLET OF THE DIVINE MERCY (to be recited using ordinary Rosary beads) Our Father ...Hail Mary ... The Apostles Creed</p> <p>Then on the OUR FATHER beads say the following words. Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ in atonement for our sins and those of the whole world.</p> <p>On the HAIL MARY beads, say the following words: For the sake of His sorrowful Passion, have mercy on us and on the whole world.</p> <p>Concluded with:</p> <p>Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. (Three times) Amen. Jesus, King of Mercy, I trust in You!</p> <p><i>Have mercy of us and on the whole world.</i></p>	    <p>MA. NILA O. ARGEL MA. LUZ O. BOLONG</p>  <p>JESUS B. MANANGAN</p>  <p>ISRAEL AND LEW</p>

7.12 Angelus



PRAY THE ROSARY WITH US



ORTEGA TWINS

JOYFUL

MYSTERIES:

(Monday & Saturday)

GLORIOUS

MYSTERIES:

(Wednesday & Sunday)

LUMINOUS

MYSTERIES:

(Thursday)

SORROWFUL

MYSTERIES:

(Thursday & Friday)

AUDIO	VIDEO
<p>Our Father</p> <p>LUZ: Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven.</p> <p>NILA: Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.</p> <p>The Hail Mary (3X)</p> <p>LUZ: Hail Mary full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus.</p> <p>NILA: Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.</p> <p>Glory be</p> <p>LUZ: Glory be to the Father, the Son, and the Holy Spirit;</p> <p>NILA: as it was in the beginning, is now, and ever shall be, world without end.</p> <p>Amen.</p>	    

AUDIO	VIDEO
<p>JOYFUL MYSTERIES: (Monday & Saturday)</p> <p>The Our Father</p> <p>The Hail Mary (10X)</p> <p>The Glory Be</p> <p>Twins: The Fatima Prayer:</p> <p>O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Your Mercy.</p>	<p>The FIRST JOYFUL MYSTERY is the Annunciation</p>   

FIRST GLORIOUS MYSTERY _ The Resurrection



Grotto to Our Lady of Lourdes in Lourdes, France

FIRST LUMINOUS MYSTERY _ The Baptism of Jesus



Baptism Vows Renewal at Yardenit, River Jordan



ORTEGA TWINS JUBILEE YEAR 2000 PILGRIMAGE

FIRST SORROWFUL MYSTERY _ The Agony in the Garden



The Church of All Nations _ Ortega twins sit on the rock where Jesus prayed.

ORTEGA TWINS JUBILEE YEAR 2000 PILGRIMAGE

AUDIO	VIDEO
<p>The Hail</p> <p>Holy Queen —</p> <p>Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, your eyes of mercy toward us; and after this, our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.</p> <p>Pray for us O holy mother of God.</p> <p>That we may be made worthy of the promises of Christ.</p> <p>LUZ: Let Us Pray</p> <p>O God, Whose only-begotten Son, by His life, death and resurrection, has purchased for us the rewards of eter- nal life, grant, we beseech You, that meditating upon these Mysteries of the Holy Rosary of the Blessed Virgin Mary, we may imitate what they con- tain, and obtain what they promise, through the same Christ our Lord</p>	 

7.14 Novena to Our Mother of Perpetual Help

PRAY THE NOVENA TO OMPH WITH US



ORTEGA TWINS

OPENING HYMN: Immaculate

Mother, to you do we plead; to ask God our Father for help in our need. Ave, Ave, Ave Maria Ave, Ave, Ave Maria. We pray for our country, the land of our birth; we pray for all nations, that peace on earth. Ave, Ave, Ave Maria Ave, Ave, Ave Maria.



OPENING PRAYER: Leader: In the name of the Father and of the Son and of the Holy Spirit. All: Amen. Leader: Brothers and sisters, as children of our Blessed Mother, we are gathered before her miraculous picture to honor her and to pray for all our needs. Unworthy children that we are, let us first of all ask God's mercy and pardon. All: Merciful Father * You sent Your Divine Son * to redeem us by



His death and resurrection * and to give us new life. * By this You make us Your children * to love one another in Christ. How many times in the past * we have forgotten this sublime dignity. * We have sinned against our brothers and sisters; * we have offended You. Merciful Father, forgive us.* Repenting sincerely of our sins, * we ask Your mercy; * may we always live as Your truly devoted children.

OPENING HYMN: Immaculate Mother, to you do we plead; to ask God our Father for help in our need. Ave, Ave, Ave Maria Ave, Ave, Ave Maria. We pray for our country, the land of our birth; we pray for all nations, that peace on earth. Ave, Ave, Ave Maria Ave, Ave, Ave Maria.

OPENING PRAYER: Leader: In the name of the Father and of the Son and of the Holy Spirit. All: Amen. Leader: Brothers and sisters, as children of our Blessed Mother, we are gathered before her miraculous picture to honor her and to pray for all our needs. Unworthy children that we are, let us first of all ask God's mercy and pardon. All: Merciful Father * You sent Your Divine Son * to redeem us by His death and resurrection * and to give us new life. * By this You make us Your children * to love one another in Christ. How many times in the past * we have forgotten this sublime dignity. * We have sinned against our brothers and sisters; * we have offended You. Merciful Father, forgive us.* Repenting sincerely of our sins, * we ask Your mercy; * may we always live as Your truly devoted children.

PETITIONS TO OUR MOTHER OF PERPETUAL HELP
Holy Mary, Pray for us. Holy Virgin conceived without sin, Pray for us.

Our Mother of Perpetual Help,
Pray for us.

We sinners call to you, Loving Mother pray for us.
Seasonal Advent: That we may prepare like you for the coming of Christ, Loving Mother pray for us.
Christmas: That we may give our hearts completely to Christ, this Christmas, Loving Mother pray for us.
Lent: That we may be faithful to the promises we made at Baptism, Loving Mother pray for us. Easter: That we may rejoice with you at Christ's victory over sin and death, Loving Mother pray for us.

OTHER WEEKS: That we may be filled with the Holy Spirit and become courageous witnesses of Christ's love for men, Loving Mother pray for us. That we may be more and more like our Divine Lord, as you were, Loving Mother pray for us. That we may be meek and humble of heart like your Son, Jesus, Loving Mother pray for us.



OPENING HYMN: Immaculate Mother, to you do we plead; to ask God our Father for help in our need. Ave, Ave, Ave Maria Ave, Ave, Ave Maria. We pray for our country, the land of our birth; we pray for all nations, that peace on earth. Ave, Ave, Ave Maria Ave, Ave, Ave Maria.

OPENING PRAYER: Leader: In the name of the Father and of the Son and of the Holy Spirit. All: Amen. Leader: Brothers and sisters, as children of our Blessed Mother, we are gathered before her miraculous picture to honor her and to pray for all our needs. Unworthy children that we are, let us first of all ask God's mercy and pardon. All: Merciful Father * You sent Your Divine Son * to redeem us by His death and resurrection * and to give us new life. * By this You make us Your children * to love one another in Christ. How many times in the past * we have forgotten this sublime dignity. * We have sinned against our brothers and sisters; * we have offended You. Merciful Father, forgive us.* Repenting sincerely of our sins, * we ask Your mercy; * may we always live as Your truly devoted children.

PETITIONS TO OUR MOTHER OF PERPETUAL HELP
 Holy Mary, Pray for us. Holy Virgin conceived without sin, Pray for us.
 Our Mother of Perpetual Help,
 Pray for us.
 We sinners call to you, Loving Mother pray for us.
 Seasonal Advent: That we may prepare like you for the coming of Christ, Loving Mother pray for us. Christmas: That we may give our hearts completely to Christ, this Christmas, Loving Mother pray for us. Lent: That we may be faithful to the promises we made at Baptism, Loving Mother pray for us. Easter: That we may rejoice with you at Christ's victory over sin and death, Loving Mother pray for us.



OTHER WEEKS: That we may be filled with the Holy Spirit and become courageous witnesses of Christ's love for men, Loving Mother pray for us. That we may be more and more like our Divine Lord, as you were, Loving Mother pray for us.

That we may be meek and humble of heart like your Son, Jesus, Loving Mother pray for us.

That we may be comforted at the death of our dear ones by our hope in the risen Lord, Loving Mother pray for us. That our departed brothers and sisters quickly share in your Son's resurrection, Loving Mother pray for us. (Let us pray in silence for our own intentions) All: Holy Mary * pray for us, * pray for all the people of God; * may all experience God's perpetual help. Leader: Lord, you gave us Mary to be our mother ever ready to help us; grant us the grace to have recourse to her in all our needs. All: Amen.



ACT OF CONSECRATION (1st Wednesday of the month)
Immaculate Virgin Mary, * Mother of God and Mother of the Church, * you are also our Mother ever ready to help us. * With hearts full of love for you * we consecrate ourselves to your Immaculate Heart * so that we may be your devoted children. * Obtain for us true sorrow for sins * and fidelity to the promises of our Baptism. We consecrate our minds and hearts to you * that we always do the Will of our heavenly Father. * We consecrate our lives to you * that we may love God better * and live not for ourselves * but for Christ, your Son * and that we may see Him * and serve Him in others. By this humble act of consecration, * dear Mother of Perpetual Help, * we pledge to model our lives on you, * the perfect Christian, * so that, consecrated to you in life and in death * we may belong to your Divine Son for all eternity. Amen.

MOTHER OF CHRIST (stand) Mother of Christ, Mother of Christ, What shall I ask of thee? I do not sigh for the wealth of earth For the joys that fade and flee. But, Mother of Christ, Mother of Christ This do I long to see. The bliss untold which your arms enfold the treasure upon your knee. Mother of Christ, Mother of Christ I toss on a stormy sea. Oh, lift your Child as a beacon light to the port where I fain would be. And, Mother of Christ, Mother of Christ This do I ask of thee When the voyage is o'er O stand on the shore And show Him at last to me.



3 o'clock prayer

NILA: We, the Ortega Twins from the Philippines are Secular Carmelites. We would like to invite you to join us in praying the 3 o'clock prayer.

"You died Jesus, but the source of life flowed out for souls and the ocean of mercy opened up for the whole world.

O Fountain of Life, immeasurable Divine Mercy, cover the whole world and empty Yourself out upon us."

"O Blood and Water which flowed out from the heart of Jesus as a Fountain of Mercy for us,

I trust in You!"

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. (3X) Amen.

Jesus, King of Mercy we trust in You!



7.16 The Catholic Daily Prayer and Monthly Devotion

AUDIO

LUZ: Catholic daily prayers can change our lives. It will give us a sense of peace and purpose.

Sunday devotion to the Most Holy Trinity

NILA: At Most Holy Trinity we know that we are individual parts of the mystical Body of Christ. Working together, we find great joy in doing God's work here on earth.

Join us, the Ortega twins from the Philippines in praying to the Most Holy Trinity

Let us pray:

O Most Holy Trinity, Father, Son and Holy Spirit, I adore Thee profoundly. I offer Thee the most precious Body, Blood, Soul and Divinity of Jesus Christ present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifferences by which He is offended. By the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary I beg the conversion of poor sinners. Amen.

LUZ: Catholic daily prayers can change our lives. It will give us a sense of peace and purpose.

Monday devotion to the Angels

NILA: Each of us has a guardian angel who guides us to good thoughts, works and words, and to preserve us from evil.

Join us, the Ortega twins from the Philippines in praying our Guardian Angel

Let us pray:

Angel of God,
my guardian dear,
to whom God's love commits me here,
ever this day be at my side,
to light and guard, to rule and guide.
Amen.

VIDEO



AUDIO

LUZ: Catholic daily prayers can change our lives. It will give us a sense of peace and purpose.

Tuesday devotion to the Apostles.

NILA: Apostle, any of the 12 disciples chosen by Jesus Christ. Jesus Christ selected the 12 disciples from among his early followers to become his closest companions. After an intensive discipleship course and following his resurrection from the dead, the Lord fully commissioned the apostles to advance God's kingdom and carry the gospel message to the world.

Join us, the Ortega twins from the Philippines in praying to Jesus and the Apostles.

Let us pray: Oh my thirteen Blessed souls so wise and understanding, I ask you for the Love of God that my request be answered. Oh my thirteen Blessed souls so wise and understanding, I ask you for the Love of God that my request be answered. Of you I ask for the sake of the blood that Jesus shed that my request be answered.

My Lord Jesus Christ that your protection wrap me with your arms. Guard me with your eyes.

O God of kindness you have been my defender in life and death. I ask that you free me from the difficulties that torment me. My thirteen blessed souls so wise and understanding having received the grace I seek from you (mention your specific intention) I will be devoted to you.

VIDEO



AUDIO

LUZ: Catholic daily prayers can change our lives. It will give us a sense of peace and purpose.

Wednesday devotion to Our Mother of Perpetual Help.

NILA: Since 1866 the Redemptorists have spread devotion to the Blessed Virgin Mary under the icon and title of Our Mother of Perpetual Help (also known as Our Lady of Perpetual Help).

Join us, the Ortega twins from the Philippines in praying to Our Mother of Perpetual Help.

Let us pray:

Mother of Perpetual Help, your very name inspires confidence. We come before your holy picture in praise and thanksgiving to God, seeking your intercession with Jesus, your son, for all the needs of our lives today. We celebrate your holy motherhood as we proclaim Jesus Christ our Lord and Redeemer.

You answered when called to be mother of our Lord. *Obtain for us the grace to be alive to our baptismal call and especially to embrace the Gospel of life and to respect all life on earth.*

You wondered as your Son grew in wisdom, knowledge, and grace. *Intercede for us so that we may welcome the Word of God in our lives and be bearers of the good news to everyone.*

You delighted as your Son healed the sick. *Intercede for our sick that they may receive good health and that they in their turn may be healers to others.*

VIDEO



You enjoyed peace as your Son comforted the afflicted. *Intercede for all who suffer so that they may know that we carry their burdens with them and in this way we keep the law of Christ.*

You rejoiced as your Son forgave sins. *Obtain for us the forgiveness of our sins and lead us to unbind others and set them free.*

You suffered at the wounds your Son endured for our salvation. *Help us to bind up the broken-hearted and to give hope to the downtrodden.*

You exulted in your Son's resurrection. *Obtain for us the grace to persevere in His way all the days of our life and be granted a place in heaven.* You are the first of all the disciples and saints. We trust in your motherly love and care. *Obtain for us all the graces we need to fulfill God's plan each day in our lives. Amen.*

LUZ: Catholic daily prayers can change our lives. It will give us a sense of peace and purpose.

Thursday devotion to the Most Holy Eucharist.

NILA: Saint Francis' wrote in his Testament, "Above everything else, I want this most Holy Sacrament to be honored and venerated and reserved in places which are richly ornamented."

The San Damiano Cross is the large Romanesque rood cross before which St. Francis of Assisi was praying when he is said to have received the commission from the Lord to rebuild the Church.



Join us, the Ortega twins from the Philippines in St Francis prayer before this crucifix.

Let us pray:

"Most High, glorious God, enlighten the shadows of my heart, and grant me a right faith, a certain hope and perfect charity, sense and understanding, Lord, so that I may accomplish your holy and true command. Amen."

LUZ: Catholic daily prayers can change our lives. It will give us a sense of peace and purpose.

Friday devotion to the Passion and Death of Our Lord.

NILA: The Stations of the Cross is a devotion in which we meditate upon the Passion and Death of Jesus Christ. It is through His complete offering of Himself to the Father that it becomes possible for us to enter into the unending joy of heaven. Finally, death does not have the final word, but rather that it leads to Resurrection – His and our own.



Join us, the Ortega twins from the Philippines in our *Prayer to Christ in His Passion and Death*.

Let us pray:

Passion of Christ, strengthen me! Strengthen me under the pressure of temptation. Strengthen me when principle is at stake. Strengthen me to do Your Will, My God. Strengthen me in moments of suffering, in times of loneliness, in periods of depression. Strengthen me that I may never swerve from You, dear Christ, nor weaken through human

AUDIO

LUZ: Catholic daily prayers can change our lives. It will give us a sense of peace and purpose.

Saturday devotion: Five First Saturdays

NILA: Sister Lucia reported that on December 10, 1925, the Virgin Mary appeared to her at the convent in Pontevedra, Spain, and by Her side, elevated on a luminous cloud, was the Child Jesus. Mary requested the institution of the Devotion of the Five First Saturdays in reparation to her Immaculate Heart.

Join us, the Ortega twins from the Philippines in praying an Act of Reparation for the First Saturdays of the Month

Let us pray:

O Most Holy Virgin, and Our Mother, we listen with grief to the complaints of your Immaculate Heart surrounded with the thorns placed therein at every moment by the blasphemies and ingratitude of ungrateful humanity. We are moved by the ardent desire of loving you as Our Mother and of promising a true devotion to Your Immaculate Heart. We therefore kneel before You to manifest the sorrow we feel for the grievances that people cause You, and to atone by our prayers and sacrifices for the offenses with which they return your love. Obtain for them and for us the pardon of so many sins. Hasten the conversion of sinners that they may love Jesus Christ and cease to offend the Lord, already so much offended. Turn your eyes of mercy toward us, that we may love God with all our heart on earth and enjoy Him forever in Heaven.

VIDEO



The Catholic Devotions by Month

AUDIO

LUZ: It is a traditional Catholic custom to sanctify each month of the year with special devotional practices. Catholic daily prayers can change our lives. It will give us a sense of peace and purpose.

January devotion to the Feast of the Holy Name of Jesus. Sto. Niño is closely associated to the Most Holy Name of Jesus' festivity.

VIDEO



NILA: The venerated image of the Infant *Jesus* in Prague is believed to have belonged to *Santa Teresa de Avila*. ... When the Portuguese explorer, Magellan, landed in Cebu, he carried the image of the *Santo Niño* as a baptismal gift to the wife of Rajah Humabon.



Join us, the Ortega twins from the Philippines in praying to the Holy Name of Jesus.

Let us pray: O Divine Jesus, Thou hast promised that anything we ask of the Eternal Father in Thy name shall be granted. O Eternal Father, In the name of Jesus, for the love of Jesus, in fulfillment of this promise, and because Jesus has said it, grant us our petitions for the sake of Jesus, Thy Divine Son.

Amen.



AUDIO

LUZ: It is a traditional Catholic custom to sanctify each month of the year with special devotional practices. Catholic daily prayers can change our lives. It will give us a sense of peace and purpose.

February devotion to the Holy Family

NILA: The Holy Family consists of the Child Jesus, the Virgin Mary, and Saint Joseph. The Holy Family is a great example for families everywhere to always be open to whatever God's will might be and to always be listening for God to speak .

Join us, the Ortega twins from the Philippines in praying to the Holy Family

Let us pray: God, Our Father, loving and merciful, bring together and keep all families in perfect unity of love and mutual support.

Instill in each member the spirit of understanding and affection for each other.

Keep quarrels and bitterness far from them, and for their occasional failures instill forgiveness and peace.

May the mutual love and affection of parents set a good example.

Instill in children self-respect that they may respect others and grow in mature independence.

May the mutual affection and respect of families be a sign of Christian life here and hereafter, through Jesus Christ, our Lord and Savior. Amen.

VIDEO



AUDIO

LUZ: It is a traditional Catholic custom to sanctify each month of the year with special devotional practices. Catholic daily prayers can change our lives. It will give us a sense of peace and purpose.

Join us, the Ortega twins from the Philippines in praying our

March devotion to St. Joseph.

NILA: Saint Joseph was a just man who wholeheartedly obedient to God—in marrying Mary, in naming Jesus, in shepherding the precious pair to Egypt, in bringing them to Nazareth, in the years of quiet faith and courage.

Let us pray:

Oh St. Joseph whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. Oh St. Joseph do assist me by your powerful intercession and obtain for me from your divine son all spiritual blessings through Jesus Christ, our Lord; so that having engaged here below your heavenly power I may offer my thanksgiving and homage to the most loving of fathers. Oh St. Joseph, I never weary contemplating you and Jesus asleep in your arms. I dare not approach while he reposes near your heart. Press him in my name and kiss his fine head for me, and ask him to return the kiss when I draw my dying breath. St. Joseph, patron of departing souls, pray for us.
Amen.

VIDEO



AUDIO

LUZ: It is a traditional Catholic custom to sanctify each month of the year with special devotional practices. Catholic daily prayers can change our lives. It will give us a sense of peace and purpose.

April devotion to the Holy Spirit

NILA: The third person of the Blessed Trinity, the Holy Spirit. The Holy Spirit is referred to as "the Lord, the Giver of Life" in the Nicene Creed.

Join us, the Ortega twins from the Philippines in praying to the Holy Spirit

Let us pray:

Spirit of wisdom and understanding, enlighten our minds to perceive the mysteries of the universe in relation to eternity. Spirit of right judgment and courage, guide us and make us firm in our baptismal decision to follow Jesus' way of love. Spirit of knowledge and reverence, help us to see the lasting value of justice and mercy in our everyday dealings with one another. May we respect life as we work to solve problems of family and nation, economy and ecology. Spirit of God, spark our faith, hope and love into new action each day. Fill our lives with wonder and awe in your presence which penetrates all creation. Amen.

VIDEO



AUDIO

LUZ: It is a traditional Catholic custom to sanctify each month of the year with special devotional practices. Catholic daily prayers can change our lives. It will give us a sense of peace and purpose.

May devotion to Our Lady of Fátima

NILA: In the spring of 1916 three shepherd children at the Cova da Iria, in Fátima, Portugal _ Lucia, Francisco and Jacinta, had their first encounter with a heavenly messenger. Do not be afraid. I am the angel of peace.

The following year, 1917, Our Lady of Fátima appeared to the children. On 13 May 1946, Pope Pius XII granted a canonical coronation to the venerated image enshrined at the Chapel of the Apparitions of Fátima.

Join us, the Ortega twins from the Philippines in praying to St. Michael the Archangel known as the Angel of Peace and to Our Lady of Fatima.

Let us Pray:

My God, I believe, I adore, I hope, and I love You. I ask pardon for those who do not believe, do not adore, do not hope, and do not love You.

O my Jesus forgive us our sins, save us from the fires of hell. Lead all souls to Heaven, especially those most in need of your mercy. Amen.

VIDEO



AUDIO

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June devotion to the Sacred Heart of Jesus.

NILA: The devotion to the Sacred Heart is one of the most widely practiced and well-known Catholic devotions, taking Jesus Christ's physical heart as the representation of his divine love for humanity.

Join us, the Ortega twins from the Philippines in praying the Sacred Heart of Jesus.

Let us pray:

Lord, you deserve all honor and praise,
because your love is perfect and your
heart sublime.

My heart is filled to overflowing with gratitude
for the many blessings and graces you
have bestowed upon me and those whom
I love.

Forever undeserving, may I always be
attentive

and never take for granted the gifts of
mercy and love
that flow so freely and generously from
your Sacred Heart.

Heart of Jesus, I adore you.

Heart of Jesus, I praise you.

Heart of Jesus, I thank you.

Heart of Jesus, I love you forever and always.

Amen.

VIDEO



AUDIO

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July devotion to Our Mother of Mt. Carmel.

NILA: Our Lady of Mount Carmel is the title given to the Blessed Virgin Mary in her role as patroness of the Carmelite Order. The first Carmelites were Christian hermits living on Mount Carmel in the Holy Land during the late 12th and early to mid-13th century

Join us, the Ortega twins from the Philippines in praying to our Mother of Mt. Carmel

Let us pray:

O most beautiful Flower of Mount Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein that you are my Mother.

O Holy Mary, Mother of God, Queen of Heaven and earth, I humbly beseech you from the bottom of my heart, to succor me in this my necessity. There are none that can withstand your power. O show me herein that you are my Mother.

O Mary, conceived without sin, pray for us that have recourse to thee. *(Repeat three times)*

Sweet Mother, I place this cause in your hands. *(Repeat three times)*

VIDEO



AUDIO

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August devotion Transverberation of St. Teresa of Avila

NILA: August 26th, Carmelites around the world celebrate the feast of the Transverberation 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.

Join us, the Ortega twins from the Philippines in praying to St. Teresa of Avila

Let us pray:

Lord, grant that I may always allow myself to be guided by You,
always follow Your plans,
and perfectly accomplish Your Holy Will.
Grant that in all things, great and small,
today and all the days of my life,
I may do whatever You require of me.
Help me respond to the slightest prompting of Your Grace,
so that I may be Your trustworthy instrument for Your honour.
May Your Will be done in time and in eternity by me,
in me, and through me. Amen.

VIDEO



AUDIO

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September devotion to the Seven Sorrows of Mary

NILA: The Seven Sorrows of the Blessed Virgin Mary are:

I. The prophecy of Simeon

II. The Flight to Egypt

III. Loss of Child Jesus for 3 days, later found in His Father's House

IV. Witnessing Jesus carry his Cross

V. The Crucifixion of Jesus

VI. Taking Jesus Down from the Cross

VII. The Burial of Jesus

Join us, the Ortega twins from the Philippines in praying to our Lady of Sorrows

Let us pray:

HAIL MARY, full of sorrows,
the Crucified is with thee:
tearful art thou amongst women,
and tearful is the fruit of thy womb, Jesus.

Holy Mary, Mother of the Crucified,
grant tears to us crucifiers of thy Son,
now and at the hour of our death.
Amen.

VIDEO



LUZ: It is a traditional Catholic custom to sanctify each month of the year with special devotional practices. Catholic daily prayers can change our lives. It will give us a sense of peace and purpose.

October is the month of the La Union Consecration of the Philippines to God the Father.

NILA: 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 officiated by La Union Bishop Antonio R. Tobias, D.D. Overflowing with government officials and the religious, the Sea and Sky Hotel, City of San Fernando, came alive to testify the sealing of a covenant among the people of La Union, the country and God the Father, and the unveiling of the 12-foot statue of God the Father.



Join us, the Ortega twins from the Philippines in praying to God our Father

Let us pray:

Our Father in heaven, You are merciful! I cannot think that You, Lord, would refuse to do what we beseech You for the honor of Your Son. Lord, we ask not for our sake, for we are not deserving; but for the sake of the Blood of Your Son and of His merits. We also ask for the sake of the merits of His glorious Mother and that of so many martyrs and saints who died for Your Name.

O Eternal Father, let not so many lashes, wounds, and torments, which Your Son suffered be forgotten. O Creator, it hurts me to see such a loving Heart as Yours suffering because of such little care for what Your Son did for us! The world is burning! They want to sentence Christ anew!

They want to flatten the Church to the ground, destroy the temples, lose many souls, and take away the Sacraments! Why is this happening, my Lord and my God? Either put an end to the world, or provide a remedy for so grave an evil that spares no heart, not even those of us who are bad.

Lord, I beseech You, suffer this no more. Start a fire, Lord. If You will it, You can. There must be some way. O Lord. Act now then, O Majesty! Have pity on so many souls who are being lost, and favor Your Church. Do not permit more harm to Christendom. Lord, make Light prevail over darkness. Now Lord. . . Now!

O Lord, make the sea be calm, and stop the ship of the Church from navigating in such a storm! Save us, O Lord, for we perish! **Amen**

AUDIO

LUZ: It is a traditional Catholic custom to sanctify each month of the year with special devotional practices. Catholic daily prayers can change our lives. It will give us a sense of peace and purpose.

November devotion to the Poor Souls in Purgatory

NILA: The Holy Souls, also known as the poor souls, even the most neglected souls need our prayers because they are in a state of being purified—suffering both for the venial sins which they died with before repentance and for the "dregs" or remains of sin that they were unable to atone or get out of their system while on earth.

Join us, the Ortega twins from the Philippines in praying for the poor souls in purgatory

Let us pray:

O Lord, who art ever merciful and bounteous with Thy gifts, look down upon the suffering souls in purgatory. Remember not their offenses and negligence's, but be mindful of Thy loving mercy, which is from all eternity. Cleanse them of their sins and fulfill their ardent desires that they may be made worthy to behold Thee face to face in Thy glory. May they soon be united with Thee and hear those blessed words which will call them to their heavenly home: "Come, blessed of My Father, take possession of the kingdom prepared for you from the foundation of the world."

VIDEO



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VIDEO



Luz: Why do such things happen, O Lord God? Either they would come to an end, or stop these dreadful crimes, for, the wicket as we art, they art more than our hearts can bear. I beseech Thee, O Eternal Father, to extinguish this conflagration since it is in Thy Power to do so...

NILA: Behold, Thy son remaineth on earth with us: in deference to Him, stop these foul abominable outrages, for one so pure and beautiful as He ought not to dwell amid such pollution we do not ask this for ourselves, O God, we do not deserve it—grant it for the sake of Thy Son!

Luz: We dare not beg that He should stay with us no longer, for Thou hast consented to His prayer that for today, that is, as long as the world lasteth, Thou wouldst leave Him with us. Without His presence, what would become of us? Everything would go to wrack and ruin, for if caught can propitiate Thee it is this Hostage which we hold. As some redress must be found for these wrongs, may it please Thee to supply it, for Thou canst so if Thou Wilt...

Nila: O my God, would that my fervent importunity and the signal services rendered Thee, gave me the right to beg of Thee so great a favour in return, for never dost Thou leave a just claim unrewarded. But I have done nothing of the kind. Indeed perchance it if I who have provoked Thee and wrought about these evils in punishment for my sins, what then can I do, O my Creator.

Luz: But offer Thee this Most Holy Bread, thus rendering Thee, by the merits of Thy Son, to grant this boon, which in so many ways, He hath earned from Thee! Do Thou, O God! Calm the sea and no longer permit the ship of the (Holy Mother) Church to be tossed in this tempest. Save us, O Lord, for we perish...

Nila: Amen.

Luz: Our Holy Mother, Teresa of Jesus of Avila...

Nila: pray for us.



ORTEGA TWINS

Maria Luz O. Bolong, ocds

Maria Nila O. Argel, ocds



Our late grandfather Joaquin Ortega is the first civil governor of La Union. He took office in 1901.

He is married to lola Francisca Lacsamana of Bangar, La Union and they had 14 children.

In this photo, she and our father, Bisting Ortega are dancing. ..He is married to lola Francisca Lacsamana of Bangar, La Union and they had 14 children. In this photo, she and our father, Bisting Ortega are dancing. .. at the ancestral house.

He died, not realizing that he would have numerous descendants who would become public servants in the province of La Union.

The incumbent governor is Francisco Emmanuel “Pacoy” Ortega III. His brother Alfred is the mayor of San Fernando, La Union. The Congressman is Pablo Ortega, my first cousin.



The Ortega Clan has produced twins.

Our parents contributed us twins _ Ma. Luz and Ma. Nila and we proudly call ourselves, the Ortega twins of La Union.

The late Evaristo Ortega and

Rosa Ortega had six children.

They are Emily, Manong Steve, Manang Rocio, Flor, Luz and Nila.

Our papa and mama contributed their own twins and we_ my twin Nila and I became incontrovertible statistics

We twins were among the 200 sets of twins and triplets who attended the First Festival of Twins at Intramuros, Manila on January 22, 2004.

The late Sr. Pilar Verzosa, the cousin of Nila's husband, Pacifico Argel, invited us. Sr. Verzosa belonged to the Religious of the Good Shepherd and founder of Pro-Life Philippines.



Wearing identical Balintawak costume, a Filipina dress with butterfly sleeves, in a plaid pattern,



we received the Most Colorful Attire Award.



Ortega twins ancestral house



Ortega twins _

Ma. Luz O. Bolong, ocds
and

Ma. Nila O. Argel, Ocds

To My Indispensable "Pair"

God has made us two
leaves in this
branch of the tree of
life

Two leaves, that dance
with the beam of the
rays of the sun, and
murmur with
the trickles of rain.



The '50s had given us the chance to grow
and enjoy the mirth of innocence.

When we were kids, mama and papa made sure people
would not mistake us as ordinary sisters. They dressed us like
twins _ and our joy and our parents' were limitless. We were
practically inseparable _ we shared the same room and bed,
went to the same school.



The '60s imbibed in us the thrill of adolescence. High school friends are some of the best friends a person can have. We had fun times with our classmates and coming close to God by joining the religious organizations like Sta. Teresita and Lourdesiana.



The '70s unfolded before us the scrolls of responsibility going to school at the University of Santo Tomas. After graduation in 1974, we worked for a while at the National Media Production Center at Intramuros, Manila.



Mama gave us roots and wings. We flew to Canada where aunt Lourdes and brother Steve lived.



We worked and traveled. Indeed, it was an enjoyable 2 ½ years experiencing the four seasons: winter, spring, summer and fall.



Then the waves of the '80s rushed in and threw us in unexpected relationships.



The '90s witnessed the growth of a new life cycle with the birth of the children and start of the Sea and Sky Establishments. Tourism Secretary Gemma Cruz-Araneta—Miss International 1964, becoming the first Filipino and Asian to win the title delivers her message to the graduates SASCANS....

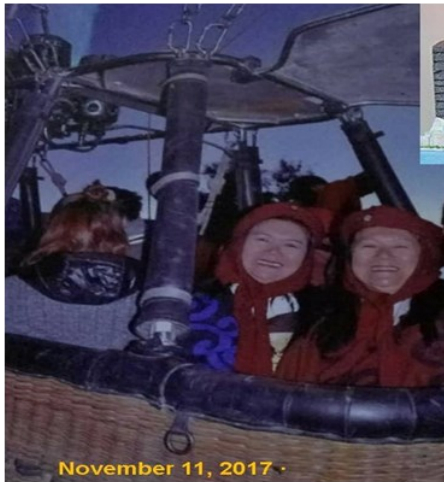


**God bless! 1999 _ the Year of God the Father is the
start of our persevering discipleship.**



**Maintain Perspective --
Make God your
first priority.
God is our greatest source of
fulfillment and devotion. Bible
teaches that after God, spouse
then children. Nurtured our
children to ripen.**





November 11, 2017

HOT AIR BALLOON AT CAPPADOCIA, TURKEY Legacy



Living a balanced life—
A mixture of family, apostolate,
part-time teaching, travelling,
relaxing and making your dreams
come true.

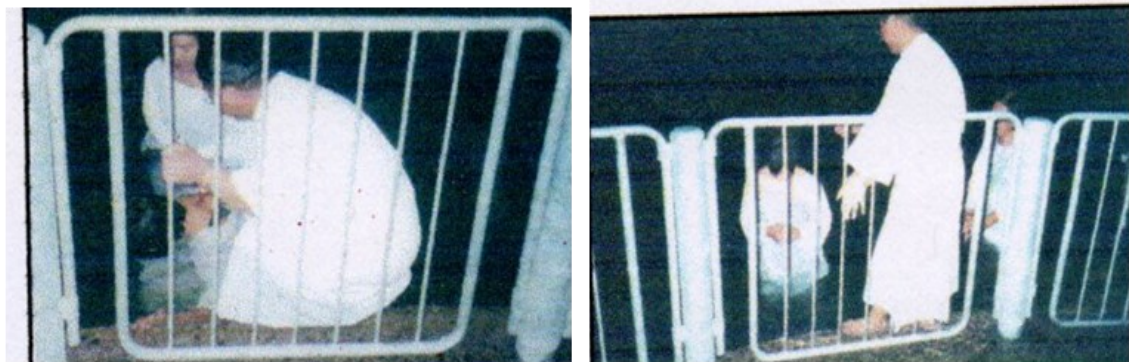


The duty of Christians to take part in the life of the Church impels them to act as witnesses of the Gospel and of the obligations that flow from it. This witness is a transmission of the faith in words and deeds. Witness is an act of justice that establishes the truth or makes it known.



**In making God the number one priority in life,
He will provide for our daily needs.**

Baptism Vows Renewal at Yardenit, River Jordan



ORTEGA TWINS JUBILEE YEAR 2000 PILGRIMAGE

LEAVING A LEGACY

Our book "In the footsteps of La Madre: Sta. Teresa de Avila is the greatest legacy that we will leave to our heirs.

Life my dear twin, really goes round and round but full of wonders to be seen. My indispensable pair, my God-given biological pair let us pray that God enkindle in us the warmth of life – and see our fruits mature to witness their own life cycle.





The theme and logo for the 500th anniversary of the arrival of Christianity in the Philippines in 2021 dubbed “500YOC “Gifted to Give”, is taken from Matthew’s Gospel (10:8).

Watch Around the World in 84 Days teaser