



## ...AND A HAPPY NEW YEAR!

And so, we say goodbye to 2020, without regret because of the hardships and challenges it inflicted on humanity, and say hello to 2021, with much hope that it will be kinder to men all over the world, who have, hopefully, learned their lesson and will, hopefully, be kinder to one another.

As Catholics, we look to our Pontiff at this crossroad and listen to the New Year message of Pope Francis:



Pope Francis has ushered in the New Year on Friday and delivered an appeal for world peace amid a challenging year.

It's the first time he has been seen publically since he had cancelled other New Year services due to his sciatica.

"The painful events that marked humanity's journey last year, especially the pandemic, taught us how much it is necessary to take an interest in others' problems and to share their concerns," he said.

"This attitude represents the path that leads to peace, because it fosters the construction of a society founded on fraternal relationships. Each of us, men and women of this time, is called to make peace."

Instead of giving his address to thousands of worshippers from a window overlooking St. Peter's, due to coronavirus measures, he spoke from a lectern in the library of the Vatican's Apostolic Palace.

"Life today is governed by war, by enmity, by many things that are destructive. We want peace. It is a gift," he said.

"I wish you all a year of peace, a year of hope, with the protection of Maria, the Holy Mother of God,"

He said his customary sign-off, "don't forget to pray for me," and wished everyone "a good lunch." "See you later," he concluded.

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### Pope Francis' 10 New Year's Resolutions for You

Have you made any New Year's resolutions? If not, there's still time, and Pope Francis has some ideas for you.

These are the ten things that he called upon Vatican employees to do:

1. "Take care of your spiritual life, your relationship with God, because this is the backbone of everything we do and everything we are."
2. "Take care of your family life, giving your children and loved ones not just money, but most of all your time, attention and love."
3. "Take care of your relationships with others, transforming your faith into life and your words into good works, especially on behalf of the needy."
4. "Be careful how you speak, purify your tongue of offensive words, vulgarity and worldly decadence."
5. "Heal wounds of the heart with the oil of forgiveness, forgiving those who have hurt us and medicating the wounds we have caused others."
6. "Look after your work, doing it with enthusiasm, humility, competence, passion and with a spirit that knows how to thank the Lord."
7. "Be careful of envy, lust, hatred and negative feelings that devour our interior peace and transform us into destroyed and destructive people."
8. "Watch out for anger that can lead to vengeance; for laziness that leads to existential euthanasia; for pointing the finger at others, which leads to pride; and for complaining continually, which leads to desperation."
9. "Take care of brothers and sisters who are weaker ... the elderly, the sick, the hungry, the homeless and strangers, because we will be judged on this."
10. "Making sure your Christmas is about Jesus and not about shopping."

*(from The Order of Carmelites)*

## **SPC SISTERS' YEAR-END RECOLLECTION**

The SPC Malate Community had a three-day year-end recollection on 27-29 December 2020. In her fb page, Sr. Evangeline Anastacio, SPC, President of SPU Manila, wrote:



Thank you, Lord, for a grace-filled three-day year-end recollection! Thank you, Fr. Munching, for guiding us in our journey inward! Thank you, Sr. Marivic and Sisters for the opportunity to be in communion with God for three days to thank Him for all the boundless graces we received this 2020 and to ask Him for His blessings and guidance for the year 2021.

## RESEARCH CENTER LAUNCHES EDGE

SPU Manila invites you to the Paulinian EDGE (Excellence through Digitized Education) where everyone can participate in adult education sessions from research to knowledge management. We invite you to check out our website [t.ly/dn6n](https://spumresearchcenter.wixsite.com/paulinianedge365...) and join us excel in lifelong and life-wide learning. 🌸🌸🌸

<https://spumresearchcenter.wixsite.com/paulinianedge365...>

The following sessions will be held on Saturday, 9 January 2021:



FOR LOCAL PARTICIPANTS (not current and post-Dissertation 1 students of SPU Manila): Before registering online, please pay the registration fee of 500.00 Php for a single webinar or a set of 4 webinars in a certificate program for 1,500.00 Php. Once paid (payment details below), take a photo of the deposit receipt and upload it to the registration site that you can click on the poster above.

FOR OVERSEAS OR OFF-SHORE PARTICIPANTS (not current and post-Dissertation 1 students of SPU Manila): Before registering online, please pay the registration fee of 15.00 USD for a single webinar, a set of 4 webinars in a certificate program for 50.00 USD (one-time payment), or a set of 16 webinars for 150.00 USD (one-time payment). Once paid (payment details below), take a photo of the deposit receipt and upload it to the registration site that you can click on the poster above.



FOR CURRENT AND PRE-DISSERTATION 1 SPU MANILA STUDENTS: The set of 16 webinars will be included in the enrollment tuition fee.

## CONDOLENCES

The Paulinian Family condoles with  
the Kabigting sisters in the death of their sister, Lulu;  
Sr. Carolina Agravante on the death of her sister, Pilar;  
Fely Silva-Santos (HS 62) on the passing of her brother, Jose;  
and the family of Sr. Antoinette Bengzon, SPC.

