

PARENTS FIRST

Monthly Bulletin for Parents of Southridge School



WHAT IS A HOLY YEAR?

In the Roman Catholic tradition, a Holy Year, or Jubilee is a great religious event. It is a year of forgiveness of sins and also the punishment due to sin, it is a year of reconciliation between adversaries, of conversion and receiving the Sacrament of Reconciliation, and consequently of solidarity, hope, justice, commitment to serve God with joy and in peace with our brothers and sisters. A Jubilee year is above all the year of Christ, who brings life and grace to humanity.

The origin of the Christian Jubilee goes back to Bible times. The Law of Moses prescribed a special year for the Jewish people: "You shall hallow the fiftieth year and proclaim the liberty throughout the land, to all its inhabitants; it shall be a jubilee for you when each of you shall return to his property and each of you shall return to his family. This fiftieth year is to be a jubilee year for you: you will not sow, you will not harvest the un-gathered corn, you will not gather the untrimmed vine. The jubilee is to be a holy thing to you, you will eat what comes from the fields." (The Book of Leviticus 25, 10-14) The trumpet with which this particular year was announced was a goat's horn called Yobel in Hebrew, and the origin of the word jubilee. The celebration of this year also included the restitution of land to the original owners, the remission of debts, the liberation of slaves and the land was left fallow. In the New Testament, Jesus presents himself as the One who brings the old Jubilee to completion, because he has come to "preach the year of the Lord's favour" (Isaiah 61: 1-2).

The Jubilee is called Holy Year, not only because its begins, is marked, and ends with solemn holy acts, but also because its purpose is to encourage holiness of life. It was actually convoked to strengthen faith, encourage works of charity and brotherly communion within the Church and in society and to call Christians to be more sincere and coherent in their faith in Christ, the only Saviour.



History of the Jubilee Year

The Jubilee Year is a special year of grace and pardon in the Catholic Church, rooted in biblical tradition and officially established by the Church in the 14th century. Here's an overview of its history:

Biblical Origins

The concept of the Jubilee comes from the Old Testament, particularly Leviticus 25:8-55. Every 50th year, the Israelites celebrated a Jubilee year, which involved:

- Forgiveness of debts.
- The release of slaves.
- The restoration of land to its original owners.
- A year of rest for the land, no sowing or reaping.

This practice symbolized freedom, equality, and renewal in God's covenant with His people.

Christian Adaptation

- The Catholic Church adopted the Jubilee Year as a time of spiritual renewal, penance, and grace.
- Pope Boniface VIII declared the first Christian Jubilee in 1300, allowing pilgrims visiting Rome to receive indulgences (remission of temporal punishment for sins).
- Originally, the Jubilee was intended to occur every 100 years.

Changes and Evolution

1. 14th Century Adjustments:

- The interval was reduced to 50 years by Pope Clement VI in 1343.
- Pope Urban VI later shortened it to every 33 years (symbolizing Christ's life on Earth).

2. 15th Century Finalization:

- Pope Paul II in 1470 fixed the interval at 25 years, allowing more people to participate in their lifetime.
- This pattern remains the norm today.

Major Jubilee Events

1. Ordinary Jubilees: Celebrated every 25 years. The last one was in 2000 (Pope John Paul II).

2. Extraordinary Jubilees: Declared for special reasons, such as:

- 1933: Pope Pius XI declared a Jubilee to commemorate the 1900th anniversary of Christ's Redemption.
- 2015-2016: Pope Francis declared the "Extraordinary Jubilee of Mercy" to emphasize God's mercy.

Rituals and Practices

- Pilgrimage to Rome: Central to the Jubilee, particularly to the four major basilicas: St. Peter's, St. John Lateran, St. Mary Major, and St. Paul Outside the Walls.
- Opening of the Holy Door: A key ritual where the Pope opens the Holy Door of St. Peter's Basilica (and other basilicas), symbolizing the passage to salvation.
- Indulgences: Pilgrims receive indulgences for fulfilling certain conditions, like confession, attending Mass, and praying for the Pope's intentions.

Significance

The Jubilee Year emphasizes renewal, reconciliation, and the boundless mercy of God. It invites Catholics to reflect, repent, and deepen their relationship with Christ. While rooted in ancient traditions, it remains relevant as a global call to unity and spiritual growth.

The Jubilee Prayer

Father in heaven,
 may the faith you have given us
 in your son, Jesus Christ, our brother,
 and the flame of charity enkindled
 in our hearts by the Holy Spirit,
 reawaken in us the blessed hope
 for the coming of your Kingdom.

May your grace transform us
 into tireless cultivators of the seeds of the
 Gospel.

May those seeds transform from within both
 humanity and the whole cosmos
 in the sure expectation
 of a new heaven and a new earth,
 when, with the powers of Evil vanquished,
 your glory will shine eternally.

May the grace of the Jubilee
 reawaken in us, Pilgrims of Hope,
 a yearning for the treasures of heaven.

May that same grace spread
 the joy and peace of our Redeemer
 throughout the earth.

To you our God, eternally blessed,
 be glory and praise for ever.

Amen



PARISH OF THE LORD OF
 DIVINE MERCY

Jubilee 2025: PILGRIMS OF HOPE

THE MANILA CATHEDRAL

MEANING OF THE LOGO of the Ordinary Jubilee of the Year 2025 Pilgrims of Hope

The cross of Christ is the hope
 that cannot ever be abandoned
 because we are always in need
 of it, especially in the most
 difficult moments.

The figures
 represent
 humanity from
 the four corners
 of the World.
 They are
 embracing
 each other to
 illustrate the
 solidarity
 between the
 peoples, as the
 first holds onto
 the cross.



DICASTERY FOR EVANGELIZATION
 SECTION FOR FUNDAMENTAL
 QUESTIONS REGARDING
 EVANGELIZATION IN THE WORLD

The Cross, in the
 shape of a sail, is
 transformed into
 an anchor that
 imposes itself over
 the waves in
 motion. A universal
 symbol of Hope.

The rough sea is a reminder of the difficulties of
 the pilgrimage of life. Often, personal events as
 well as those of the world, press on us more
 intensely, demanding a greater hope.



DIOCESE OF PARAÑAQUE
JUBILEE YEAR
Pilgrims of Hope



PILGRIM CHURCHES



- 1 National Shrine and Parish of Our Lady of the Miraculous Medal
 Posadas Village, Sucat, Muntinlupa City
- 2 San Isidro Labrador Parish
 Zodiac Ave., Veraville Homes, Almanza Uno, Las Piñas City
- 3 Diocesan Shrine and Parish of St. Joseph (Bamboo Organ)
 P. Diego Cera Ave., Las Piñas City
- 4 National Shrine and Parish of Mary, Help of Christians
 Better Living Subd., Bgy. Don Bosco, Parañaque City
- 5 The Parañaque Cathedral (The Cathedral Parish of St. Andrew,
 Diocesan Shrine of Nuestra Señora del Buen Suceso)
 La Huerta, Quirino Ave., Parañaque City
- 6 Diocesan Shrine and Parish of Our Lady of the Abandoned
 National Road, Poblacion, Muntinlupa City
- 7 National Shrine of Our Mother of Perpetual Help (Baclaran Church)
 Redemptorist Road, Baclaran, Parañaque City
- 8 Resurrection of Our Lord Parish
 J. Cabarrus cor. Gng. Elsie Gatches St., B.F. Homes, Phase I, Parañaque City
- 9 Sacred Heart of Jesus Parish
 Don Jesus Boulevard, Alabang Hills, Cupang, Muntinlupa City



HOW TO GAIN
 PLENARY INDULGENCE



Visit a pilgrim
 church.



Confess your
 sins.



Receive
 communion.



Pray for the
 intentions of
 the Pope.



A NEW HOPE

Angelo Puyat
Grade 3 Dad

1. What does the Jubilee year of Hope mean to you and your family?

The Jubilee Year of Hope, as is with other Jubilee years (also called “The Holy Year”), is an extraordinary time of abundant grace that the Church invites all her members to partake in. It’s as if the bounty of heaven becomes that much more available, and the Church welcomes the faithful to partake in God’s immeasurable love and mercy.

Of course, each Jubilee Year has a particular theme, for instance the Jubilee Year of 2000 focused on the themes of martyrdom in the Church and revisiting the Holy Land, as led by Pope St. John Paul II. This year’s theme centers on Hope, and as Pope Francis encourages “never be discouraged” and to “always start again.”

2. What activities or traditions are you planning to observe with your family during the Jubilee Year of Hope?

Since the Pope declared the start of Jubilee Year last Christmas season, it has been a big plan for us to hopefully (pun intended) be able to do a pilgrimage in the Eternal City. That would be a very joyous and memorable way to celebrate this special year, and one that our

family will remember for years to come. The fact that Jubilee years typically happen every 25 years makes a pilgrimage to Rome even more special.

However, should an overseas trip not materialize, there are many churches locally that are part of the Jubilee celebration. These can be found within Metro Manila and around the country. A quick online search will show the list of the Jubilee Pilgrim Churches in the Philippines, providing many opportunities for Filipinos to partake in the Holy Year. Road trips await!

3. How do you plan to incorporate the themes of Hope and Renewal into your daily life this year?

In the letter of Pope Francis entitled *Spes Non Confundit* (Bull of Indiction of the Ordinary Jubilee of the Year 2025), the Holy Father illumines on how life, with its many joys and sorrows will often see love tested, and how hope may diminish in the face of suffering. He also aptly quotes St. Paul, which I feel should be a banner for this year’s theme. “We boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope” (Rom 5:3-4).

The school’s motto boldly calls one to be a man, Viriliter Agite. And what is a man without character...what is a man without Hope? These we adhere to in our everyday, ordinary lives. Whether in work, in school, or in the home, many instances of suffering can be borne more gracefully with our inner character forged by adversity, and anchored on Hope.

4. In what ways do you think the Jubilee Year of Hope will impact your family’s growth and faith?

Being one of the three cardinal virtues, Hope is an indispensable pillar in one’s spiritual life. It’s the weapon that we can continually draw from when the journey gets particularly too difficult or when life’s uncertainties get the better of us. Mind you, it’s not a whimsical type of belief too,

(Continue reading on page 05)

(Continuation of page 04)

like a Disney movie that predictably works itself out in the end. Rather, its rooted in the truth that our Lord is that “Divine Architect”, and that sometimes His design far surpasses what our meager understanding can comprehend at the moment.

To quote the Holy father, “In the heart of each person, hope dwells as the desire and expectation of good things to come, despite our not knowing what the future may bring. Even so, uncertainty about the future may at times give rise to conflicting feelings, ranging from confident trust to apprehensiveness, from serenity to anxiety, from firm conviction to hesitation and doubt. Often we come across people who are discouraged, pessimistic and cynical about the future, as if nothing could possibly bring them happiness. For all of us, may the Jubilee be an opportunity to be renewed in hope (Spes Non Confundit).”



5. Are there any specific prayers or devotions you will be focusing on this year?

Pope Francis urges the faithful to be more mindful of the “Signs of Hope,” and these particular intentions should be remembered with greater intensity during this Holy Year.

One intention is to pray for Peace especially in areas of the world that are suffering the tragedies of war. A second intention that he mentions is the enthusiasm for life and the readiness to share it. This of course encompasses the myriad minutiae concerning the decline in birth rates, openness to life, and responsible parenthood. Other areas that he

mentions include poverty, prisoners, and the sick (and equally, those who care for them). On a more personal note, I plan to pray for the virtue of patience. Apart from being a personal struggle, it is also one of the declining characteristics in a fast paced and frenetic world, and the lack thereof causing much depression and anxiety. “May we learn to pray frequently for the grace of patience, which is both the daughter of hope and at the same time its firm foundation,” the Pope urges.

6. How can we as parents support one another in making this Jubilee Year of Hope meaningful for our children?

One concrete way that this Jubilee Year of Hope can be made more meaningful is to urge our children to avail of the Plenary Indulgences that the Church more generously showers this year. Apart from obtaining the indulgence for themselves, we can moreover ask them to obtain the indulgence for those who cannot. It may be for a family member who has died already, or a friend/s that they care about, victims of war/crime/calamities, or simply people who have no one to pray for them





HERE IS YOUR SIGN

Gino and Isabel Ruiz
Grade 5 and 8 Parents

I start to write this 2 days past the deadline I was given, being caught up in the rush of adult family life. Within a couple of weeks, my family has had a very exciting time dealing with a very sick child; a parent that was hospitalized, underwent surgery, and later passed away; pulling together a wake and funeral; a 75th milestone birthday of another parent; and I personally experiencing the first bone fracture of my life. Of course, all these one-offs are happening on top of the constant flow of work, errands, bills, repairs, and social engagements, as well as items from years past “not-yet-done” list. It feels like months have already passed, but January hasn’t even ended yet!

And yet somehow, as the excitement of the past couple of weeks winds down, how timely it is that I am writing about the Jubilee Year of Hope. Palabiro talaga si God!

As parents to school-age children, I am sure the experience of being “surrounded” and “overwhelmed” by life’s challenges is a daily reality for us all. The Church’s Jubilee celebration of hope is a great reminder that “hope does not disappoint” (Romans 5:5), that “this too shall pass” (not a biblical verse, but from Anonymous 1:1).

“My grace is all you need, for my power is the greatest when you are weak.”(2 Corinthians 12:9) When the going gets tough, my happy thought is that “God has a plan.” It gives me a boost of confidence, allows me to focus on the actionable, and soldier on. Hope powers Grit.

Real talk: I haven’t previously thought about how to incorporate the Jubilee Year of Hope into our family’s plans and rituals this year, but I take this as my sign to start (and here’s your sign as well!).

Here are a couple of simple ideas I had in mind:

- 1.To add the Holy Doors to our Visita Iglesia annual tradition during Holy Week, as well as during Sunday mass when travelling. Aside from the indulgences, I think the added ritual will be an effective reminder of the celebration of Hope this year. It’s simple and easy (so it can believably happen), and maybe it is enough of a seed of inspiration to blossom into something more: a prayer, a kind act, a stronger faith.
- 2.To encourage the kids to participate in outreach activities. This one is not as simple and easy as #1, but we are fortunate to be in a school where opportunities like this come up all the time – let’s take advantage of it! Maybe we can spread the message of hope to the less fortunate, by being God’s instruments to answer some of their prayers of supplication. In this way, Hope becomes more than a thought or feeling, it transforms into action, and maybe just maybe, it goes viral. This has a side-benefit of giving one a reality check of others’ difficulties, of renewed appreciation for one’s blessings, and a stark reminder that there is much work to be done, that maybe some of our “big” concerns are in fact trivial and frivolous and low priority.

I start with two simple things, because I think the more complicated it gets, the less believable it becomes. Starting friction needs to be overcome first, and get us started on the journey to become, as the Holy Father exhorts us, “Pilgrims of Christian Hope.”

Again, this is your sign to start thinking about how to incorporate the Jubilee Year of Hope into your family life this year May you and your family have a meaningful and jubilant Jubilee Year of Hope!



worries and regrets from a mile away realizing that are tools of the devil to rob us of our peace.

4. In what ways do you think the Jubilee Year of Hope will impact your family's growth and faith?

Being a Jubilee Year, our Lord will definitely release an outpouring of grace specially on the gift of Hope. This will enable us to be more cheerful and have that joy and peace in spite of trials and obstacles that may come our way.

5. Are there any specific prayers or devotions you will be focusing on this year?

This year is a good year to increase our devotion to the Holy Family contemplating on how they lived. To imagine their homes which would have always been bright and cheerful, where they practiced the virtues, and which would have inspired other families who encountered them.

6. How can we as parents support one another in making this Jubilee Year of Hope meaningful for our children?

By showing them that we are unfazed by life's trials because we know that God is our Father and that we can always turn to Him in prayer.



TO GROW IN LOVE WITH OUR LORD THIS JUBILEE YEAR

Philip & Kristine Yeung
Grade 1, 4 and 7 Parents

1. What does the Jubilee Year of Hope mean to you and your family?

It a reminder for us to look forward to a better future. To be at peace because even if the future seems blurry or bleak, and in spite of all the challenges and obstacles we face, in the end, Christ's kingdom will always reign. Truth and goodness will prevail.

It is also an opportunity to pray more, to grow more in love with our Lord, and to have that peace and joy, knowing that God is our Father, and that he is a good Father who will never let us down.

2. What activities or traditions are you planning to observe with your family during the Jubilee Year of Hope?

During this Year of Hope, perhaps our family should come up with initiatives that will give hope to others beginning with the people closest to us especially the people who take care of us in the home and at work.

Of course, being a Jubilee Year, our family will embark on pilgrimages to Jubilee Churches bringing with us our special intentions.

3. How do you plan to incorporate the themes of hope and renewal into your daily life this year?

By treating each new day as an opportunity to begin again. Of course, a concrete way of beginning again is by going to regular confession. It will also be helpful to always have that cheerful outlook and block off thoughts of

UPCOMING PARENTS ACTIVITIES

PAREF Southridge


2ND PARENTS FORUM (GRADE 6) PREPARING YOUR SONS FOR HIGH SCHOOL LIFE

13 FEB. 2025
THURSDAY

06:00PM - 8:30PM

Schedule
6:00 PM Registration / Dinner
(Basement Cafeteria)
7:00 PM Opening Prayer & Vice-Principal's Report
7:15 PM Talk
8:30 PM HPC Report

Speaker
CHRIS EDSON S.G. ALQUIZALAS
Junior High School Vice-Principal



45 PAREF Southridge

PAREF Southridge

EDUCHILD
Living Couples, Great Parents, Happy Families

SCHOOL FOR PARENTS NPEP FAMILY VISIONING & GRADUATION BATCH 2025



SATURDAY
15 FEBRUARY 2025

8:30 am Registration
9:00 Family Visioning (Part 1)
10:00 Break
10:30 Family Visioning (Part 2)
11:45 Wrap-Up / Q & A / Filling-up of the Evaluation Form
11:55 Graduation
12:15 End of Activity

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EDUCHILD
Living Couples, Great Parents, Happy Families

SCHOOL FOR PARENTS PARENTING TEENS COURSE CASE 4 (GRADE 7)



WEDNESDAY
19 FEBRUARY 2025

Schedule
6:00 PM Registration / Dinner
(Conference Rooms A, B and C)
7:00 PM Start of the Moderated Plenary Sessions
8:00 PM Wrap-Up / Q & A / Evaluation Form
8:15 PM End of Activity

45 PAREF Southridge

PAREF Southridge

2ND PARENTS FORUM (GRADE 4) RAISING MEN OF CHARACTER IN A WIRED WORLD

Thursday
February 20, 2025

Starts at 6:00 pm



CHELET TANJUATCO
Woodrose Mom,
Family Advocate & Strategy Consultant
UA&P Professor

Schedule
6:00 PM Registration / Dinner
(Basement Cafeteria)
7:00 PM Opening Prayer & Vice-Principal's Report
7:15 PM Talk
8:30 PM HPC Report

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EDUCHILD
Living Couples, Great Parents, Happy Families

MIDDLE CHILDHOOD COURSE CASE 4 (GRADE 3)



27 FEB

Starts at 6PM
Conference Rooms A, B & C

Schedule
6:00 PM Registration / Snacks
(Conference Rooms A, B and C)
7:00 PM Start of Moderated Plenary Session
8:00 PM Wrap-Up/Q &A/Evaluation Form
8:15 PM End of Activity

45 PAREF Southridge

PAREF Southridge

3RD PARENTS FORUM (GRADE 2) FINDING CHRIST IN THE HOLY EUCHARIST

27 | 06
FEB | PM



Speaker
FR. RAFFY QUINTO
School Chaplain

Schedule
6:00 PM Registration / Dinner
(Basement Cafeteria)
7:00 PM Opening Prayer & Vice-Principal's Report
7:15 PM Talk
8:30 PM HPC Report

45 PAREF Southridge

UPCOMING
ACTIVITIES



UPCOMING ACTIVITIES



Building Bridges:

A Global Collaboration on Best Practices
on 21st Century Character Education



February 28 & March 1, 2025
PAREF Southridge School, Muntinlupa, Philippines

For more info, contact:
+63 908 864 8491 (Whatsapp/Viber)
buildingbridges@paref.edu.ph

TO REGISTER,



In partnership with:

Universidad de Navarra | GRUPO EDUCACIÓN,
CIUDADANÍA Y
CARÁCTER

UPCOMING ACTIVITIES



PAREF Southridge

PAREF Southridge School
invites you to its

OPEN HOUSE

MARCH 13, 2025
Thursday | 8:30am

BOOK YOUR TOUR

Come and see the campus with your family for a guided tour of the facilities.



FOR MORE INFORMATION CONTACT:

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SCAN THE QR CODE
TO REGISTER

OPEN
HOUSE



BOOK YOUR
TOUR



FEBRUARY 2025 CALENDAR OF ACTIVITIES



PAREF Southridge



FEBRUARY 2024 Calendar of Activities School Year 2024-2025

2	Sun	1st Sunday Recollection
3	Mon	PS, IS, JHS, AS, and SHS Student Assemblies
8	Sat	Fathers' Day
10	Mon	Start of Term 3 Start of AS Family Week DS Free Day
12	Wed	1:00 PM: Department Meeting 3:00 PM: Unit Meeting
13	Thu	Grade 6 2nd Parents Forum
15	Sat	AS Family Day New Parents Education Program (NPEP) Family Visioning and Graduation
17	Mon	AS Free Day
19	Wed	12:40 PM: Club Meeting 2:00 PM: Level Meeting 3:00 PM: Unit Meeting Grade 7 Parenting Teens Case 4
20	Thu	Grade 4 2nd Parents Forum
22 - 23	Sat - Sun	Grade 10 Father & Son Activity
23	Sun	4th Sunday Recollection
25	Tue	EDSA People Power Revolution Anniversary (Special Working Day; pending DepEd confirmation if school day)
26	Wed	Grade School Field Trip 1:00 PM: Unit Meeting 2:00 PM: SEAL
27	Thu	Grade 3 Middle Childhood Case 4
27 - 2	Thu - Sun	PAREF Building Bridges International Conference

FEBRUARY 2025 VOM ADVICE TO PARENTS

February Virtue of the Month SELF-DISCIPLINE

Parents

- Work with your sons to create a clear and consistent discipline plan. Ensure they understand its purpose and commit to following it.
- Establish clear limits for screen time and prioritize non-digital activities that promote creativity, focus, and meaningful interactions.
- Discourage multitasking and emphasize completing one task at a time. This builds concentration and fosters better productivity.
- Give your sons daily chores that instill a sense of responsibility and contribute to the family's well-being.
- Help them create and stick to a structured study schedule, ensuring they allocate enough time for schoolwork and review.
- Set consistent bedtimes and wake-up schedules to help them develop the discipline of managing their energy and time.
- Correct inappropriate behavior promptly and constructively. Teach them to understand the value of discipline in improving themselves.
- Help your sons accept and learn from corrections with humility and a growth mindset, reinforcing that discipline is a tool for growth, not punishment.
- Introduce them to books that inspire or challenge them, and ensure they finish what they start to develop perseverance.
- Engage your sons in sports, theater, music, or other hobbies that teach discipline, teamwork, and perseverance.
- Teach them to take care of household items and their belongings, instilling accountability and gratitude.
- Prepare meals with moderation at home and order also in moderation when eating out to teach your children the virtue of temperance and self-regulation.
- Demonstrate self-control in spending and involve them in small financial decisions to teach the value of hard work and savings.
- Guide them in setting realistic short-term and long-term goals. Help them track their progress and celebrate their achievements.
- Discuss their actions and decisions regularly. Reflect on what went well and identify areas for improvement, especially in practicing virtues.
- Teach them how to use weekly or monthly planners to balance study, leisure, and responsibilities effectively.
- Agree on reasonable curfews when they go out for social activities. This helps them learn time management and accountability.