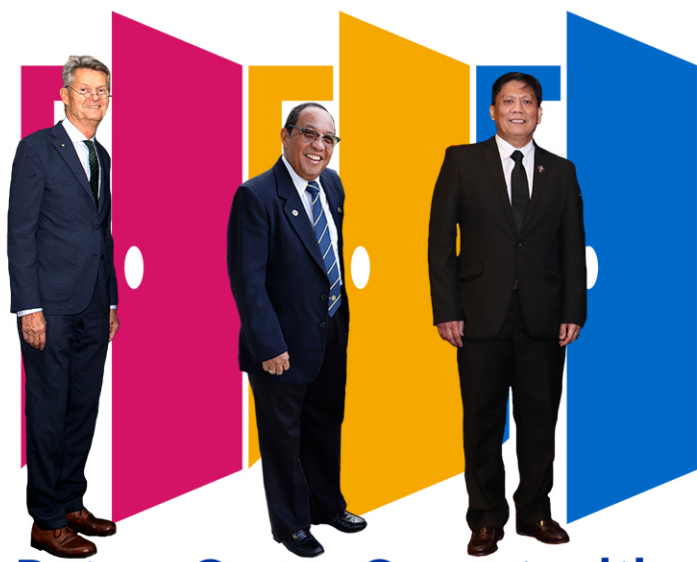


THE FOUNTAIN

CHARTERED OCTOBER 29, 1982

CLUB # 17104

OFFICIAL PUBLICATION OF ROTARY CLUB OF CEBU FUENTE DISTRICT 3860



Rotary Opens Opportunities

"Rotary is not just a club that you join, it is an invitation to endless opportunities"

HOLGER KNAACK

Rotary International President, RY 2020 - 2021



Rotary
Club of Cebu Fuente





HOLGER KNAACK
Rotary International President



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10th General Membership Meeting

Virtual Meeting | September 28, 2020

Basic Education and Literacy Month

Rotary Opens Opportunities

Vol. 39, No. 8

Programme Spouses' Night

Part 1

Call to Order.....Pres. Emmie Tesalona

Invocation.....Audio Visual Presentation

Philippine Anthem.....Audio Visual Presentation

The Rotary Hymn.....Audio Visual Presentation

Four Way Test and Objects of Rotary

Introduction of Rotarians, Visiting Rotarians/Rotaractors/Guest

Presentation of Spouses.....Audio Visual Presentation

PART 2

- Talent Showcase
- Reach by Sandra Espina
 - Decorative Jar by Cri-cri Senerpida
 - Piano by Ralph Sulay
 - Arts by Shirley Abarintos
 - Cooking by Grace Abad
 - Crochet Face Mask by Tess Tesalona
 - Singing by Jesse Baring

Games

PART 3

Announcements

President's Time.....Pres. Emmie Tesalona

Adjournment.....Pres. Emmie Tesalona

...Fellowship Continues...

Quote for the Week

"If you don't know where you are going, any road will get you there." - Lewis Carroll



Hosted by:
PP Maricel Amores

INVOCATION

O God, to whom belong adoration and praise, prepare us, through the active presence of your Spirit, to come before you rightly. Enlighten our understanding, purify our every desire, quicken our wills, and strengthen every right purpose. Direct this hour of worship to the magnifying of your name, and to the enduring good of us your children and servants, through Jesus Christ our Lord. Amen.





President's Message



Last week, we had a joined meeting with our sister club, the Rotary Club of Manila Bay. The meeting was full of reminiscing happy memories because of the long history of the two clubs – from projects, to karaoke, and Sinulog festivities. To cap the event, a renewal of sister club agreement was signed by TP Fred Sibug and me. As a matter of courtesy, our sister club gave us customized masks as souvenirs for the reconnection of the two clubs.

During the meeting, our very own Director for Youth Service, Ging Lomanta, spoke eloquently about the topic “The Reality of Online Sexual Exploitation of Children”. The topic was very relevant and informative, thus, gaining more interest from the attendees as they asked numerous questions.

Thank you.

EMMANUEL “EMMIE” P. TESALONA
President, RY 2020-2021

From Secretary's Desk



POULY JANG
Secretary,
RY 2020 - 2021

Attendance

ROTARY ID #	LAST NAME	FIRST NAME	8th 09/07	9th 09/24	10th 09/28	11th 10/05	Perfect Attendance
6726464	Abad	Jose Alfonso	✓				
6581939	Abarintos	Conrado					
8794289	Abay-Abay	Emman Reyan	✓	✓			
9330462	Amago	Atty. Bernardino IV	✓	✓			
6218949	Amores	Maricel	✓	✓			
3362897	Barba	Richard	✓				
6207695	Baring	Engr. Jesselito	✓	✓			
1166426	Calalang	Emmanuel					
8915638	Canama	Don Jade	✓				
	Deiparine	Atty. Sydrick Jose Andre	✓				
2036342	Espina	Archt. Joseph Michael	✓	✓			
1166431	Gonzalez	Dr. Julio	✓				
8944393	Jang	Pouly					
3516557	Karamihan	Dave John	✓				
8599266	Kaufmann	Marina	✓	✓			
10411473	Libron	Dr. Tess Annette					
10234515	Llegunas	Dee Hora	✓	✓			
9804883	Llegunas	Kristoffer	✓	✓			
8794288	Lomanta	Atty. Lolita	✓	✓			
10709899	Ong	Jason	✓	✓			
6726443	Pasion	Ma. Consolacion	✓	✓			
10410040	Ponce	Jose Marie	RW				
6581937	Ramos	Geraldine					
8599268	Rimaz	Ma. Dolores		✓			
5476140	San Pedro	Luz Filipinas					
8794286	Senerpida	Dr. Alain	✓	✓			
3264107	Solomon	Mary Anne	✓	✓			
8543450	Sulay	Kendrick	✓	✓			
9330558	Tesalona	Emmanuel	✓	✓			
5176670	Torres	Archt. Manuel, Jr.	✓				
10713855	Uy	Stephen Henry	✓	✓			
10410033	Yared	Patrick	✓	✓			
TOTAL PERCENTAGE							

BIRTHDAYS

September 10 Gingging Lomanta
September 20 PP Sol Pasion
September 25 Inday Rimaz

WEDDING ANNIVERSARIES

September 08 PP Rogelio & Rosa Filipino
September 08 PP Julio & Alicia Gonzalez





ROTARY YOUTH EXCHANGE — one of the many programs for youths and young adults that we celebrate this month — was my path into true engagement in Rotary. My wife, Susanne, and I began hosting exchange students soon after I joined, and the experience helped me go from simply being a member of my Rotary club to being a true Rotarian. Now Rotary Youth Exchange is a family tradition, and a strong one: Over the past 24 years, we have hosted 43 students!

From the start, we loved it so much that, in addition to hosting students in our home, we became involved with the program by helping to organize student summer camps. During one such camp, I met Christine Lichtin, who was a German high school student at the time and whose father is a past president of my Rotary club. To try something new during this year of embracing change, I am turning this space, normally reserved for the president of Rotary, over to Christine so she can share her story.

My first contact with Rotaract was about 13 years ago, when I was with Susanne and Holger at a barbecue for the summer youth camp. Holger turned to me and said: "Why don't you visit a Rotaract club? You'll meet a lot of great young people who come together to have fun and to make a difference."

A few years later, when I was at Trier University, his words came back to me and I decided to give it a try. That was more than eight years ago, and I'm still at it. Once you are in Rotaract, you just don't want to get out. Rotaract has accompanied me everywhere, starting with the Trier club and then on to a club in Bologna, Italy, during the year I studied there. When I was in Kiel for my master's

degree, I got involved with Rotaract there before landing at the Rotaract Club of Hamburg-Alstertal as I began my career. Each of those clubs has its own identity and focus, but all have the same intrinsic motivation.

I am now taking on a senior advisory role in my Rotaract club, which I really enjoy. I carry Rotaract in my heart, and it shapes my values, even as my interests evolve. One day, as if she had sensed this evolution, Susanne knocked on my door, wanting to introduce me to a young, modern Rotary club located between Hamburg and Mölln, my hometown. The E-Club of Hamburg-Connect, which Susanne helped charter, holds e-meetings, all of them very relaxed and personal. With members of different ages, everything just seemed to fit, so I thought, why not try it out? After all, time is precious and should be filled with fun whenever possible; the rest happens by itself.

Now I am in both worlds — a proud member of Rotaract and a Rotarian. And my small personal goal is to build a bridge between these two parallel worlds. All of us have very similar reasons for being part of the Rotary family.

It took some persistence to persuade Christine to become a member of Rotary, but it was well worth the effort. It is our duty to put in this kind of effort with youth program participants and Rotaractors so we can keep them in the family of Rotary. I hope you were inspired by her story. It's up to each of us to ensure that more young people like Christine can experience the many ways *Rotary Opens Opportunities* for us and for the people we serve.

HOLGER KNAACK

President, Rotary International



TRUSTEE CHAIR'S MESSAGE

Peace is a choice we can make every day

In late 1914, Europe was divided by hundreds of miles of trenches. British and French forces on one side were within shouting distance of German troops on the other. The pope made a plea for a Christmas truce, but the shooting continued.

Then, on Christmas Eve, soldiers from behind British lines heard an unexpected sound — not gunfire, but singing. Next, they heard a single voice shout out, “English soldier, merry Christmas!” followed by “English soldier, come out to join us!”

Both sides cautiously emerged over the parapet into the no man’s land between the trenches. Before long, the soldiers realized that it was a real truce. They fraternized, singing Christmas carols, exchanging souvenirs and whiskey, and even taking up a friendly soccer match.

The cease-fire continued only two days before the troops returned to their trenches, resuming bloodshed for nearly four long years. But the story of the Christmas truce reminds us that peace is possible, if we choose to accept it. If peace can last a few days, could it not also last months or years? And how do we prevent conflict in the first place?

In his Nobel Peace Prize lecture in 1964, American civil rights leader Martin Luther King Jr. said, “We must concentrate not merely on the negative expulsion of war, but on the positive affirmation of peace.”

With Positive Peace, our society’s structures, policies, and everyday attitudes

and actions promote justice at all levels, sustaining a peaceful coexistence. It’s an answer to the calls for justice and peace we have heard on the streets in protest from Minneapolis to Paris this year.

Positive Peace, studied at our Rotary Peace Centers around the world, is not just an academic idea for the Rotary Peace Fellows. Through Rotary’s partnership with the Institute for Economics and Peace, the Rotary Positive Peace Academy offers free training to every Rotary member on how to wage Positive Peace in every project we do at the grassroots level, including Foundation grants.

Positive Peace resonates at all levels of The Rotary Foundation. Our literacy projects help children gain equal access to literacy, so opposing sides on an issue can understand each other better. Through our Foundation grants that provide clean water, communities gain stability, as more children stay in school rather than fetching water for hours on end.

Our role as civil society leaders who wage Positive Peace will continue to expand, not only through partnerships and more grants, but also through our hearts, minds, and hands as we offer our gifts to make the world a better place.

K.R. RAVINDRAN

Foundation trustee chair

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Kyiv, Ukraine



August	September
Membership & New Club Development	Basic Education & Literacy
Dave John Karamihan	Maria Celina Amores
Geraldine Ramos	Emman Reyán Abay-Abay
Conrado Abarintos	Maria Consolacion Pasion
October	November
Community Economic Development	Rotary Foundation
Jose Alfonso Abad	Lolita Lomanta
Kristoffer Llegunas	Joseph Michael Espina
Dee Hora Llegunas	Don Jade Canama
December	January
Disease Prevention & Treatment	Vocational Service
Mary Anne Alcordo Solomon	Richard Barba
Ma. Dolores Rimaz	Julio Gonzales
Marina Kaufmann	Tess Annette Serrato-Libron
February	March
Peacebuilding and Conflict Prevention	Water, Sanitation & Hygiene
Kendrick Sulay	Alain Senerpida
Jesselito Baring	Jason Ong
April	May
Maternal & Child Health	Youth Service
Bernadino Amago IV	Pouly Jang
Jose Marie Ponce	Manuel Torres Jr
June	July 2021
Rotary Fellowship	
Emmanuel Calalang	
Stephen Henry Uy	
Patrick Yared	

**Rotary Opens
Opportunities**

September 20, 2020


Barbette Lominoque
Immediate Past District Secretary
Rotary International District 3860

Dear IPDS Barbette,

Please see below list of Rotary Clubs, qualified for "Best Club with Accurate Rotary Branding:

- | | |
|-----------------------|----------------------------|
| 1. Mandaue | 15. Downtown Davao |
| 2. Tagbilaran | 16. Matina Davao |
| 3. Ubay | 17. Polomolok 101 |
| 4. South Davao | 18. Santa Ana Davao |
| 5. West Davao | 19. Waling Waling Davao |
| 6. Butuan North | 20. Calbayog |
| 7. Koronadal Central | 21. Greater General Santos |
| 8. Marbel | 22. Koronadal |
| 9. San Juanico | 23. Maasin City |
| 10. Cebu | 24. Midtown Butuan |
| 11. Cebu Fuente | 25. Midtown General Santos |
| 12. Cebu Naga Central | 26. Ormoc |
| 13. Cebu Port Centre | 27. Uptown Butuan |
| 14. Cebu West | |

Yours in Rotary,



Angel "Jong" Fernandez, Jr.
Immediate Past District Trainer
Immediate Past District Public Image Chair
Rotary International District 3860

Rotary International District 3860



How Rotary Youth Exchange changed my life

The intercultural entrepreneur

When Tim Pfrogner was in Los Angeles on his exchange in 2010, he participated in a service project that altered his



career trajectory. "In our district, we do a humanitarian trip every year," says Melody St. John, a member of the Rotary Club of Hollywood, California, who with her husband, Paul, hosted

Pfrogner during his exchange year. "Tim was with us when we did a water filter project in the Dominican Republic, and he was fascinated."

After returning home to Germany, Pfrogner went on to study at the Technical University of Munich, but he couldn't forget what he had experienced on his exchange — or the fact that 800 million people around the world do not have access to safe drinking water. In 2014, he co-founded a startup, called Waterfilter, that works in the Kigoma region of Tanzania and is now supported by the Rotary Club of München-International. With his team, he developed a sustainable business model to distribute an innovative water purification product made using local resources. Waterfilter trains unemployed



people to open up their own Waterfilter shop, where they build the filters and sell them to members of their community for an affordable price. "This way," Pfrogner says, "we do not only provide clean and safe drinking water; we also create jobs."

Pfrogner says his experience with Rotary Youth Exchange was pivotal. "Being confronted with different cultures at such an early time in my life strengthened my ability to have empathy for others," he says. "Youth Exchange taught me to follow my passions."

The globe-trotting journalist

In 2001, Isabelle Roughol left France to spend a year in Montclair, New Jersey. Two weeks after she arrived, the United States was rocked by the 9/11 terrorist attacks. "I could see the World Trade Center from my bedroom window," she recalls. "Students in my school had parents who worked in lower Manhattan, teachers were worried for spouses, sirens were blasting. Everyone was in a state of shock." Roughol remembers that day as eerie and sad, but she never questioned whether she should continue her exchange in New Jersey. "The sense of community was really strong in Montclair," she says. "I felt supported."



That year shaped her. She became bolder. Something frightening had happened, but with the support of her host family and community she was able to cope. "I could sometimes be timid and unsure of myself," she recalls. "That year taught me that good things can come when you take chances."

She continued to bet on herself and her ability to adapt. "I got my bachelor's degree from the University of Missouri. I embarked on a career in journalism, writing in English, and I've lived in Australia, Cambodia, and the UK. My Youth Exchange year launched me into a global life and a global career. It was the start of everything."

The pandemic responder

"I didn't imagine possibilities for myself before I went abroad," says Lorelei Higgins, who grew up in Spruce Grove, Alberta. "Many of my friends stayed in our small town and had families." Today, Higgins is back in Canada, working



for the city of Calgary, where her job is focused on building peace locally. Her most ambitious project is the creation of an indigenous relations office.

Her Rotary Youth Exchange experience in South Africa in 1998-99 inspired her to study political science and international relations. "I was 17 when I went to South Africa. I had never been on an airplane, I spoke no other languages, I had grown up in a small town in Canada. I was very sheltered. That's what I think is so fundamental about the program: It opens up opportunities at a critical age," she says. "When I finished my degree, I couldn't wait to leave Canada. I had that

Rotary bug to be out there doing service."

"That Rotary bug" inspired Higgins to go to Bolivia, where she had an internship with a Canadian nonprofit called Ghost River Rediscovery that helped connect young

members of indigenous communities to their roots. She continued working for the organization in Calgary before



"Being confronted with different cultures at such an early time in my life strengthened my ability to have empathy for others."

taking a job with the city — which now has landed her on the front lines of the response to the COVID-19 pandemic. As lead staff member for community connections, she puts residents together with the resources they need, from groceries to garbage pickup. She recently arranged for 10,000 pounds of restaurant food that would have gone to waste to be delivered to vulnerable families.

Until normal life resumes, she's happy to serve in any way she can. In fact, her year abroad helped prepare her for this moment. "It taught me to be adaptable and flexible," she says.

The enthusiastic host family

For Mother's Day this year, Melody St. John's husband, Paul, himself a member of the Rotary Club of Los Angeles, organized a virtual get-together with 20 people — all former Rotary Youth Exchange students who have stayed with the couple in their Los Angeles home. "They surprised me with a beautiful slideshow" of photos from their exchanges, she says. "We talked about how we're doing and how we're coping" with being in lockdown because of COVID-19.

The St. Johns almost didn't become exchange hosts. "I was hesitant because we didn't have kids," Melody explains; she wasn't sure they would know how to navigate integrating a teenager into their household. But when the couple's first student,



Did you know?

► Oscar-winning actor **Matthew McConaughey** traveled from Texas to Australia as a Rotary Youth Exchange student in 1988.

► Blazers are emblematic of Rotary's Youth Exchange program. Each participant gets a blazer in a color based on their home country. Students often **cover the blazers with pins** they trade with one another.



Federico, arrived from Argentina in 1996, everything clicked — and their lives changed. “We had so much fun with him,” she remembers. “It was such a joy. We took him everywhere, and he brightened our lives.” For the next two decades, the St. Johns continued opening their home to new students — some of whom were siblings of students who had stayed with them earlier. They even started organizing a cross-country train tour for all the exchange students in their district.



In 2018, they took a break from hosting as Melody prepared to serve as 2019-20 governor of District 5280 — but in the midst of the COVID-19 crisis, they opened their home yet again. “One of our former students, Pietro, lives nearby. He asked if he could shelter here with us,” Melody explains.

“He also wanted to do the shopping for us, so we didn’t have to go out.”

The couple now can’t imagine their lives without Rotary Youth Exchange. “I was sad for a long time because I couldn’t have kids,” Melody says. “But now I’ve got over 20 of the

coolest kids, and they all call me Mom. We’ve gone to our former students’ weddings; we’ve been to Poland for Easter and Spain for Christmas. We have family all over the world.”

The leadership adviser

“I joined Rotary because I wanted to be a part of something bigger than myself,” says Claudia Taha, a member of the Rotary Club of Londrina-Alvorada in Brazil.

But after a while, Taha wasn’t sure joining had been the right decision. “There were times I was about to leave,” she says. “I thought, this is not for me. I don’t want to just go to meetings.” Then she got involved with her district’s Rotary Youth Exchange program.

“I became interested in Youth Exchange because of my kids,” she

explains. All three of her children participated in the program — her son and older daughter went on yearlong exchanges to the United States, and her younger daughter traveled to Germany and Italy on a short-term program.

“When I first got involved, it was hard to attract students to Brazil,” she explains. “We were competing with Europe and Asia.”

Taha wanted to change how the program in District 4710 was structured, and she got the chance when she became Rotary Youth Exchange co-chair for the district.

“We wrote to Rotary International and asked permission to market it as a program to develop young leaders — exchange included,” she says. “I wanted to add value to our program by incorporating a social component.” To accomplish this, the district pairs prospective outbound students with students who are currently on exchange in Brazil. They work together on a service project — such as visiting the elderly or volunteering in an impoverished neighborhood. “By doing this, Rotarians have a lot of contact with the students. The students learn Portuguese faster because in the communities we help, no one speaks English. At the same time, we are providing students who want to be involved in community work a reason to choose Rotary Youth Exchange.”

Taha also found that pairing inbound and outbound students turned the teenagers themselves into ambassadors for the program. “They film and post on Instagram what they are doing and show the impact on society,” she explains. “At the beginning it was just us, the committee, talking to families, talking to kids. Now we have young people talking to young people.” Over the past seven years, the district has gone from sending four students abroad to sending 20.

“We’re selecting people to become leaders, not just to travel,” says Taha, explaining the fulfillment she gets from being part of the Rotary Youth Exchange program. “I’m still in Rotary because of this program.”



Did you participate in Rotary Youth Exchange? Connect to Rotex International, the association for program alumni, at rotex.org.

“Before I studied abroad, Japan was the world standard for me. People in Mexico and Japan have very different social skills, different ways of thinking about time, different ways of living, and I keenly realized the world is huge. Through studying abroad, I came to believe that Japan is only a part of the world.”

—**Hideyuki Fujita**, Japan to Mexico, 2001-02
Now: Uses his language skills as a marketing and sales specialist for Mexico and Latin America for Nippon Express



On his first audition, Joel Jackson told himself: “I’ve just got to do what I did in Brazil: jump in and trust that I’ll be able to handle myself.”

—**Joel Jackson**, Australia to Brazil, 2009
Now: Award-winning TV and film actor in Australia, best known for his roles as Charles Bean in *Deadline Gallipoli* and Peter Allen in *Peter Allen: Not the Boy Next Door*

“Rotary Youth Exchange taught me to be adaptable and flexible.”



"My relationship with Rotary began as a Rotary Youth Exchange student and continued as a member of a Group Study Exchange team. Later, as a Rotary Peace Fellow, I began a process of learning about leadership that will continue throughout my life."

—**Anabella Palacios**, Argentina to Turkey, 1998-99
Now: Urban planner who sailed to Antarctica with 89 other women from 26 countries to highlight the influence and impact of women in making decisions that shape our planet

"My true education began in Thailand, and, in many ways, I consider it the country of my birth."

—**Karen Connelly**, Canada to Thailand, 1986-87
Now: Author, professor, and trauma therapist. Her first book, *Touch the Dragon: A Thai Journal*, a bestseller, detailed her time spent on exchange in Thailand

"That year in Osaka shaped my life. It gave me an incredible foundation and the courage to travel the world and spread my wings."

—**Antoni Slodkowski**, Poland to Japan, 2003-04
Now: Reuters news correspondent in Japan and Pulitzer Prize winner

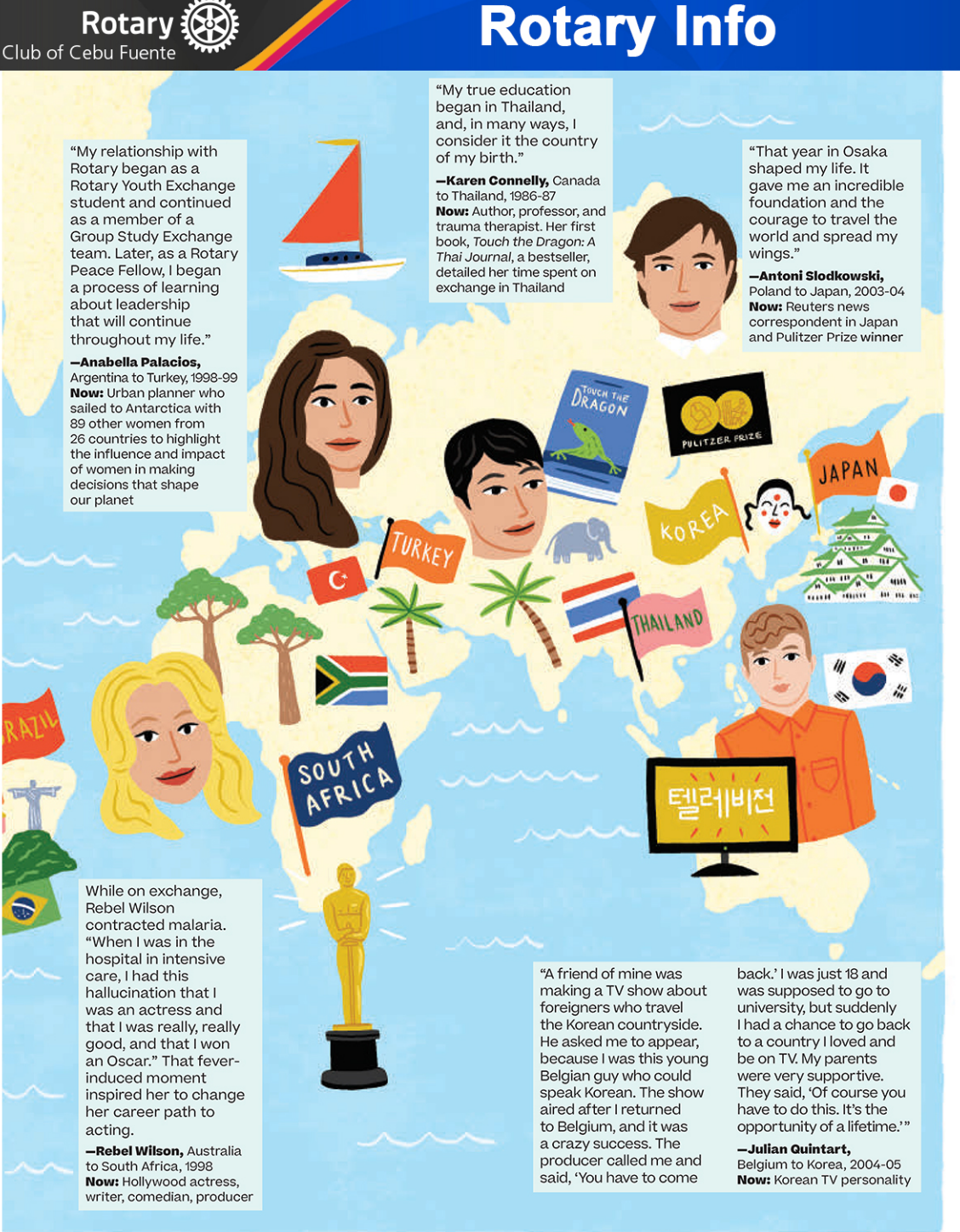
While on exchange, Rebel Wilson contracted malaria. "When I was in the hospital in intensive care, I had this hallucination that I was an actress and that I was really, really good, and that I won an Oscar." That fever-induced moment inspired her to change her career path to acting.

—**Rebel Wilson**, Australia to South Africa, 1998
Now: Hollywood actress, writer, comedian, producer

"A friend of mine was making a TV show about foreigners who travel to the Korean countryside. He asked me to appear, because I was this young Belgian guy who could speak Korean. The show aired after I returned to Belgium, and it was a crazy success. The producer called me and said, 'You have to come

back.' I was just 18 and was supposed to go to university, but suddenly I had a chance to go back to a country I loved and be on TV. My parents were very supportive. They said, 'Of course you have to do this. It's the opportunity of a lifetime.'"

—**Julian Quintart**, Belgium to Korea, 2004-05
Now: Korean TV personality





10 things every Rotarian should know about Rotary Youth Exchange

1

Rotary Youth Exchange is **run by volunteers**, which means costs are lower than many other exchange programs.

2

While it's useful for students to know their **host country's language**, it's not a requirement of the program.

3

Rotary's stringent youth protection policies and district certification program **ensure that the safety of students is the highest priority**.

4

Host families are not paid. Every family is screened and goes through a background check. Families are asked to treat students like a member of the family and to include them in all their normal activities.



5

Exchanges are for students **between ages 15 and 19**.

6

Long-term exchanges often last a full academic year, and **students are required to attend school**. They typically live with several host families during the year.

7

Short-term exchanges, which can last from a few days up to three months, are often structured as a camp or a homestay when school is not in session.

8

There is usually no cost to students for room and board or school fees. **Students are typically responsible for their travel costs and for spending money.**

9

In many districts, students can take part in **service projects** organized by local Rotary clubs or by alumni associations called Rotex.

10

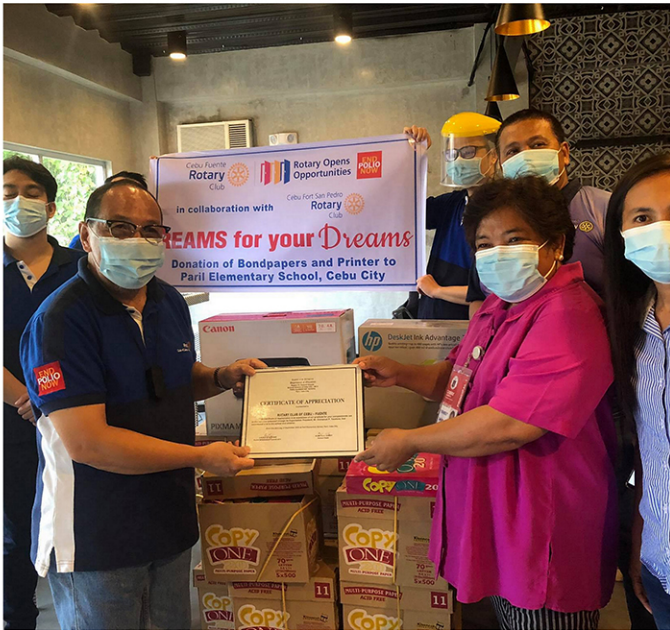
Upon their return, students are invited to stay connected to Rotary as part of a Rotex group. **Rotary clubs are encouraged to stay in touch with their past participants**, who can also offer advice and guidance to current and prospective exchange students.



Learn more about Rotary Youth Exchange at rotary.org/youthexchange. Want to dive deeper into how your club or district can get involved in the program? Go to rotary.org/our-programs/youth-exchanges/details.



09-24-2020 9th RCCF GMM Joint Meeting with Rotary Club of Manila Bay





ORATIO IMPERATA: PRAYER AGAINST COVID-19 or 2019 CORONA VIRUS DISEASE

**God our Father,
We come to you in our need
To ask your protection against the 2019 Corona Virus Disease,
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.**





A.D.O.P.T. (*A Dose of Positive Thoughts*)

Maricel Borrromeo-Amores

Membership Director 2020-2021

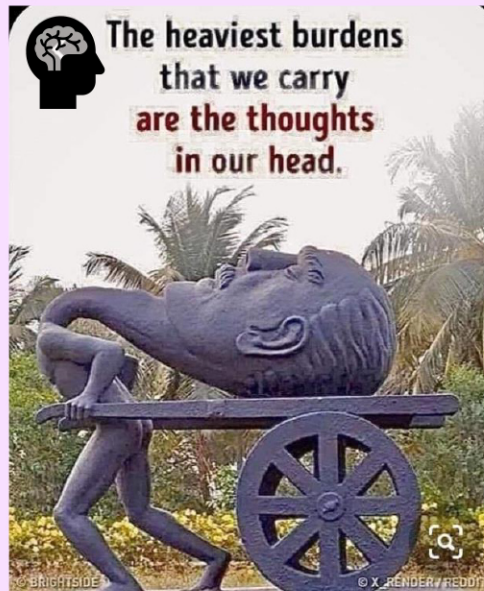
President, RY 2017-2018

A lot of people overthink even on very petty things. Their excuse is they are just ruminating, cogitating and musing over life. Oftentimes, these so-called simple thoughts consume them that naturally leads to unnecessary stress. This reminds me of one profound quote from the famous George Bernard Shaw, *“People become attached to their burdens sometimes more than the burdens are attached to them.”* . They say these things are so normal that guileless conversations have a penchant to paddle across the frenetic philosophical travesty. It may sound ridiculous and absurd but I am sure that somewhere , somehow in your lifetime, you have experienced it.

Hence, even though, you can't prevent your mind from pondering over these thoughts, but you can refashion the way you respond to these views and contemplations. You must not allow it to overwhelm you because you worry on things that may or may not happen at all. No fortuneteller nor soothsayer can truly predict tomorrow so why even waste time worrying over it.

This may sound too cliché' but trust that situations in life are meant to be lessons, wonderful experiences and your guide towards a more meaningful life. But the most important thing is for you to be able to let go and set yourself free from the demons that wreak havoc in your minds through these nonsensical reveries. It is unhealthy for you physically, spiritually and emotionally. Life is meant to be relished with happiness and peace. As they say, it is all in the mind. Who owns your mind? Of course, YOU!!! So, the power to control it solely depends on you.

So, the next time these senseless thoughts get into you, pause and rest if you must. Clear the cobwebs that cloud and distract your mind and switch on those happy hormones. If it still bothers you then the surefire antidote is to lift it all up to God through prayer.





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Joint Meeting with Rotary Club of Manila Bay with Guest Speaker Dir. Gingging Lomanta

NOTES:
