Who, indeed, keeps our youth on track and guides them in the habit of diligence, i.e., stopping, starting, or continuing what they are supposed to be doing, namely their work of play, study, chores, hobbies, or sports? Who helps them conquer addictions that may develop in the course of playing computer games?

Addictive behavior is “nearly always in reaction to being emotionally stressed; this requires understanding of how it works psychologically.” Behavioral indicators include unhealthy compulsions that show themselves in psychological dependence or intense cravings.

Joey, an eleven year old, is a loner and bored at school. He shows increasingly less interest and more difficulties in his school work, probably because of his preoccupation with playing computer games. He finds relief here from his loneliness, stress and school pressure but is unable to discipline himself. Lately, his parents notice that Joey makes excuses to be absent from class and has given up his favorite sport, skateboarding.

Computer games and “online gaming habits have crossed over from a hobby into an addiction. Six main areas are often affected by computer game addiction:

1. psychological and emotional with a higher risk of experiencing self-esteem problems, depressed mood, social anxiety, and mood instability. Addicts may feel guilty and ashamed for not being able to control their habits;
2. health;
3. family life;
4. finances;
5. academics; and
6. socialization.”
Research indicates that 8.5 percent of American youths between eight and eighteen become “pathological gamers.” They do worse in school and have trouble paying attention in class, and are twice as likely to manifest attention-deficit hyperactivity disorder. Boys are four times more likely to become addicted than girls; the vulnerable stage for addiction to begin appears to be between eight and nine years of age.

Several symptoms should alert parents, caregivers, and teachers to potential addictions:

- Spending increasing amounts of time and money on video games in order to feel the same level of excitement
- Irritability or restlessness when play is scaled back
- Escaping problems through video play
- Skipping homework to spend more time at the controller
- Lying about the length of playing time
- Stealing games or money to play more

Playing computer games can be a great source of entertainment, fun, learning, and socialization among children, but it can also evolve into a dreaded obstacle with the potential of sorely undermining the development of diligence in the work of children. Addicts prefer their compulsive game play to worthwhile activities such as studies, hobbies, sports. Parents are advised to exercise parental media management, i.e.,

- set limits
- locate the computer in a public place in the home
- monitor the content and values projected in the games
- engage in interactive play; and
- exercise restrictions.

Should addictions develop, consultation with a school guidance counselor or a qualified professional psychologist is advisable.

(Source: Good, Better, Best! Fostering Good Work Habits in Children by Esther Joos Esteban, Ph.D.)
Alvaro del Portillo's Life: An Inspiration for Southridge School

(Following Pope Francis’ approval of the required miracle and the formal decree of the Congregation for the Causes of the Saints (July 5, 2013), the Holy See has confirmed in a letter dated January 21, 2014 that the Holy Father, at the request of the Prelature of Opus Dei, Bishop Javier Echevarría, has established that Alvaro del Portillo will be beatified on September 27, 2014 in his native city of Madrid.)

In 1975, Alvaro del Portillo succeeded St. Josemaría Escrivá as head of Opus Dei, carrying on his work with fidelity and dedication.

In 1935, del Portillo joined Opus Dei, which had been founded by St. Josemaría Escrivá seven years before. In keeping with his vocation to Opus Dei, he sought to sanctify his professional work and daily duties, and he carried out a broad apostolate with his classmates and colleagues.

On June 25, 1944, del Portillo was ordained as one of the first 3 priests of Opus Dei. From then on he dedicated himself to pastoral ministry, serving the members of Opus Dei and many others. In 1946 he moved to Rome with St. Josemaría, where he served on Opus Dei’s General Council until 1975.

During Fr. del Portillo’s years in Rome, the Holy See entrusted a number of tasks to him, and he carried these out with great dedication. He was a consultor to several Congregations and Councils of the Holy See. He took part in the Second Vatican Council in various capacities. His books Faithful and Lai in the Church (1969) and On the Priesthood (1970) are largely the fruit of that experience. As a member of the Commission for the Revision of the Code of Canon Law, he also helped draft the current Code, promulgated by John Paul II in 1983.

On September 15, 1975, Fr. del Portillo was elected as St. Josemaría’s first successor. When Opus Dei was established as a personal prelature on November 28, 1982, Pope John Paul II appointed him Prelate of Opus Dei. The Holy Father later ordained him as a bishop on January 6, 1991.

Bishop del Portillo worked diligently to serve the Church by extending the apostolates of Opus Dei, and his governance was characterized by great fidelity to St. Josemaría and his message. During his nineteen years as the head of Opus Dei, the work of the prelature started in twenty new countries. His dedication to the mission he had received was rooted in a deep sense of his divine filiation, one of St. Josemaría’s key teachings. This led him to seek identification with Christ in a spirit of trusting abandonment to the will of God the Father, nourished by prayer, the Eucharist, and devotion to Mary. His love for the Church was seen in his close communion with the Pope and the bishops. He had charity toward all, showed tireless concern for his daughters and sons in Opus Dei, and always spread kindness, serenity, and good humor around him. A spiritual portrait of his soul would also include his humility, prudence, fortitude, simplicity and selflessness. His zeal to win souls for Christ was reflected in his episcopal motto: Regnare Christum volumus! We want Christ to reign!

Early in the morning of March 23, 1994, God called his good and faithful servant to Himself. Bishop del Portillo had returned only a few hours before from a pilgrimage to the Holy Land, where, with deep prayer and piety, he had followed Jesus’ footsteps from Nazareth to the Holy Sepulcher. He had celebrated his last Mass on earth in the Church of the Cenacle in Jerusalem. Later that day, Pope John Paul II came to pray before Bishop del Portillo’s remains, which now lie in the crypt of the Church of the Prelature, Our Lady of Peace at Bruno Buozzi 75, Rome.

Alvaro del Portillo was born in Madrid on March 11, 1914. He was the third of eight children in a devout Catholic family. He studied engineering and began working professionally in that field. He studied in engineering and later added doctorates in history and canon law.
HOLY MASS
- Daily 12 noon Mass at the Chapel of the Holy Family.

RECOLLECTIONS
- 1st and 4th Sunday Recollection for Fathers (Holy Mass for the Families at 11 am)
- 3rd Thursday Recollection (with Benediction) at Molave Study Center

BASIC CATHOLIC DOCTRINE CLASSES
- Every Saturday, 10:15 – 11:00 am at the Academic Office Conference Room, 2nd Floor of the Southridge Main Building (for fathers)
- Every 4th Sunday, 8:30—9:00 am (for Afternoon School fathers)
- Every 4th Sunday, 9:15 - 10:45 am (for Afternoon School mothers)

CONFESSION/SPiritual DIRECTION WITH CHAPLAIN
- By appointment

RETREAT SCHEDULES FOR FATHERS (2nd Semester)
- July 14-16 (Mon-Wed) Makiling Conference Center (Main)
- July 17-20 (Thurs-Sun) Makiling Conference Center (Main)
- July 28-30 (Thurs-Sun) Makiling Conference Center (Main)
- July 31-Aug. 3 (Thurs-Sun) Makiling Conference Center (Main)
- August 25-27 (Mon-Wed) Makiling Conference Center (Main)
- August 28-31 (Thurs-Sun) Makiling Conference Center (Main)
- Sept. 1-3 (Mon-Wed) Makiling Conference Center (West Wing)
- Sept. 8-10 (Mon-Wed) Makiling Conference Center (Main)
- Sept. 18-21 (Thurs-Sun) Laguna Hills (Tagalog)
- Sept. 18-21 (Thurs-Sun) Tagaytay Conference Center (invitational)
- Sept. 25-28 (Thurs-Sun) Latag (Young Professionals)
- Oct. 16-19 (Thurs-Sun) Makiling Conference Center (Main)
- Oct. 16-19 (Thurs-Sun) Makiling Conference Center (West Wing)
- Nov. 6-9 (Thurs-Sun) Latag
- Nov. 13-16 (Thurs-Sun) Latag (Young Professionals)
- Nov. 27-30 (Thurs-Sun) Tagaytay Conference Center
- Nov. 28-30 (Fri-Sun) Sangandaan Cultural Center (Open)
- Dec. 1-3 (Mon-Wed) Makiling Conference Center (West Wing)
- Dec. 4-7 (Thurs-Sun) Makiling Conference Center (West Wing)
- Dec. 11-14 (Thurs-Sun) Makiling Conference Center (Main)
- Dec. 11-14 (Thurs-Sun) Makiling Conference Center (West Wing)

For reservations and inquiries, please contact Ms. Leila Lerios of the Philippine Foundation at 817-2318 local 201 or 0928-5063688 or email philfoundation@pldtdsl.net.

FORMATIVE ACTIVITIES FOR MOTHERS AT WOODROSE SCHOOL

THEOLOGY CLASS - every 1st and 2nd Thurs, 9 to 10 am, Function Room
RECOLLECTION - every 3rd Thursday, 9:15 - 11:00 a.m. & every 4th Thursday, 4:30 - 6:30 p.m.
CONFESSION - Monday to Friday except Wednesday, 9 am - 12 noon

For inquiries, you can contact PAREF Woodrose School at 850-6380 to 83; 809-5508 or 807-6735 (local 123 for the Chaplain’s Office or 118 for the Family Orientation Office or locals 120,151,152 for the Central Communications Office)

The Parents Formation Office welcomes personal write-ups about parenting principles and experiences.
Please email them to mrinawat@southridge.ph