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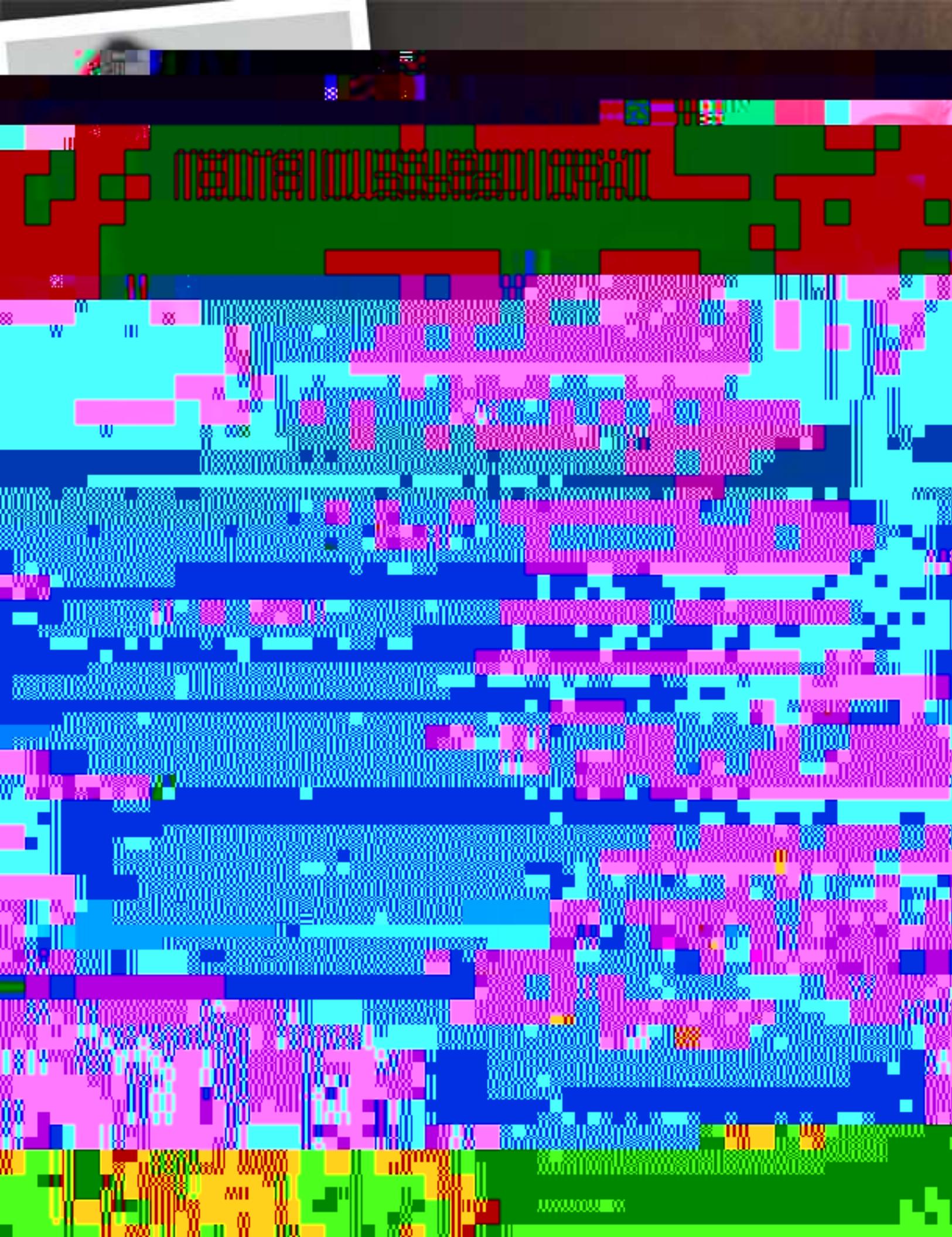
Vol.

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\* We develop habits that will lead to personal renewal, refreshment and conversion.



## How can we do this?

• We can start by reflecting on our own lives and how God has been at work in them. This is a good way to begin.

• We can also look at the lives of other Christians who have had significant renewals. This can help us see what God has done in their lives and how we might apply it to our own.

• We can pray for God's guidance and strength as we seek to make changes in our lives. This is a key part of the process of personal renewal.

• We can also seek out resources and support from others. This can include reading books or articles on personal renewal, attending retreats or workshops, or seeking out a mentor or coach who can help guide us through the process.

• Finally, we must be willing to take action and make changes in our lives. This requires courage and faith, but it is essential for true personal renewal to occur.

• In summary, personal renewal is a process that involves reflection, prayer, study, support, and action. It requires a commitment to God and a desire to change for the better.

• We hope this guide has provided you with a clear understanding of the steps involved in personal renewal. We encourage you to take the time to reflect on your own life and consider how God may be working in it.

• If you have any questions or concerns about the process of personal renewal, please don't hesitate to reach out to us. We are here to support you every step of the way.

• Thank you for your interest in personal renewal. We believe that God has a wonderful plan for each of us, and we encourage you to trust in His guidance and work in your life.

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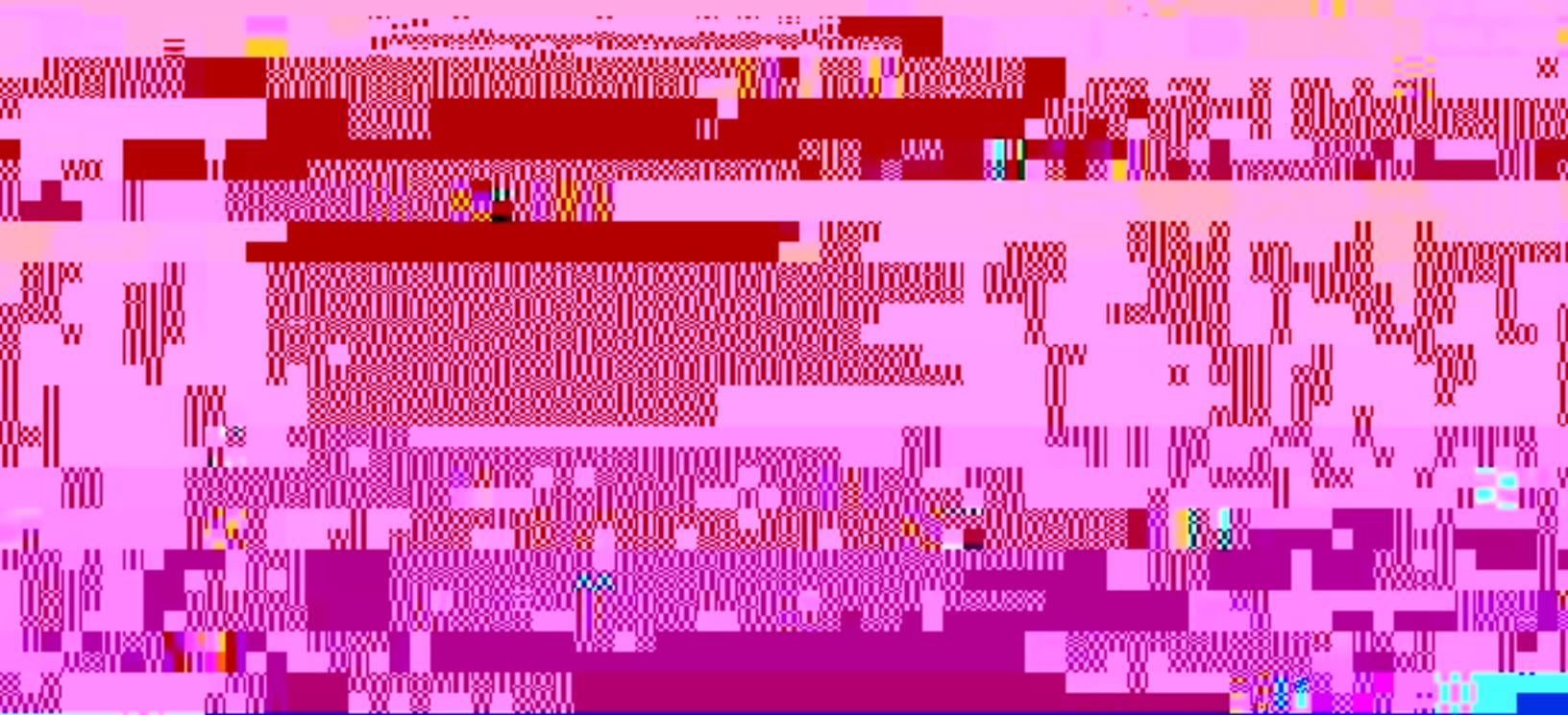
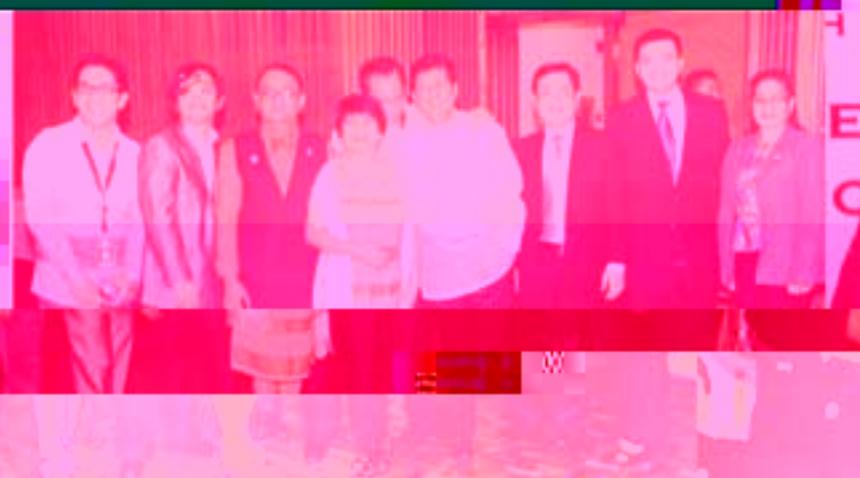




# Welcome

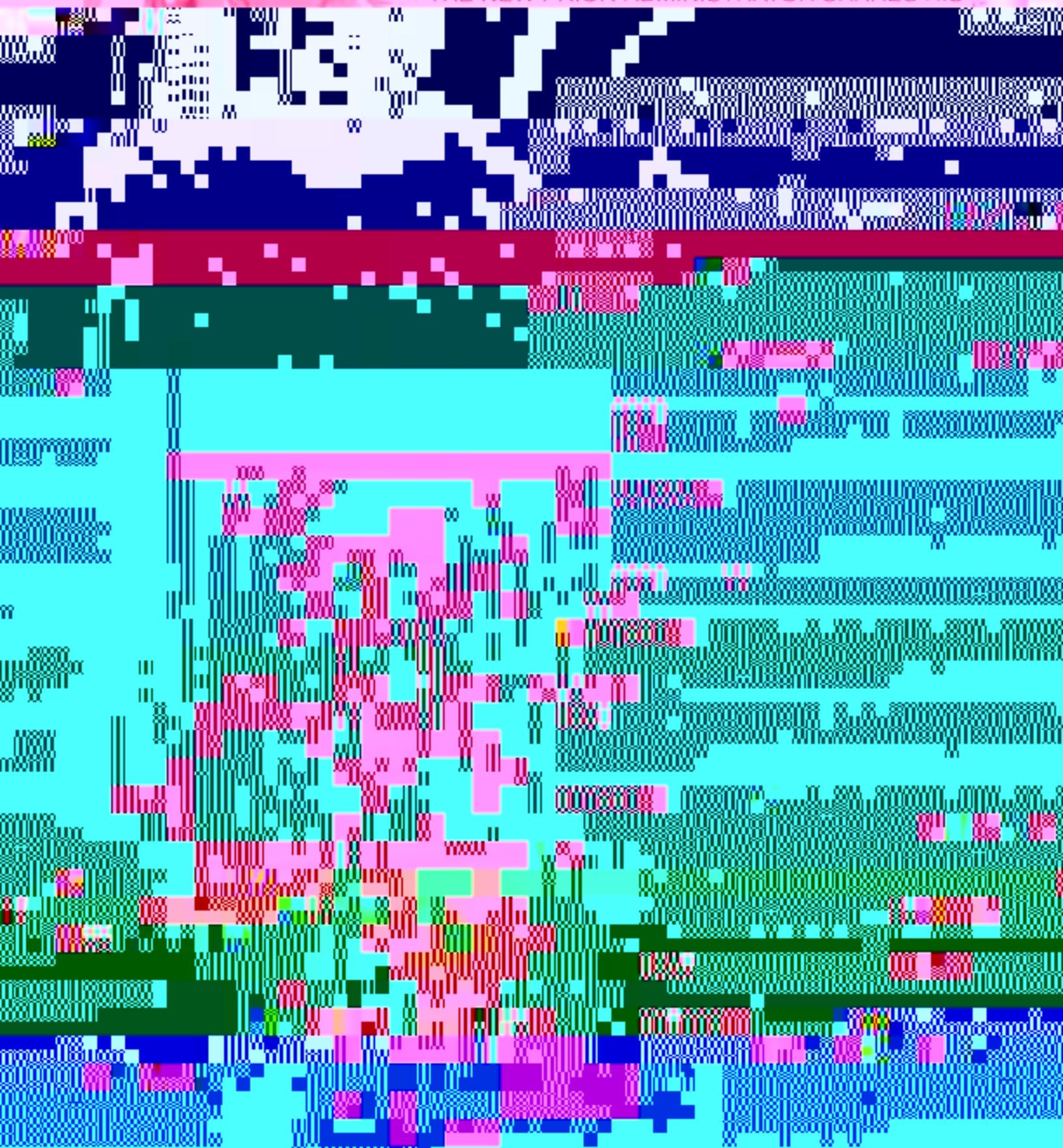
12<sup>th</sup> PCDEB ANNUAL  
Conference & Awards

**Beds & Professors**  
2011 Philippine Council of Deans  
and Educators of Business award



**Prev Fr. Pratapito Alaras, OSB**

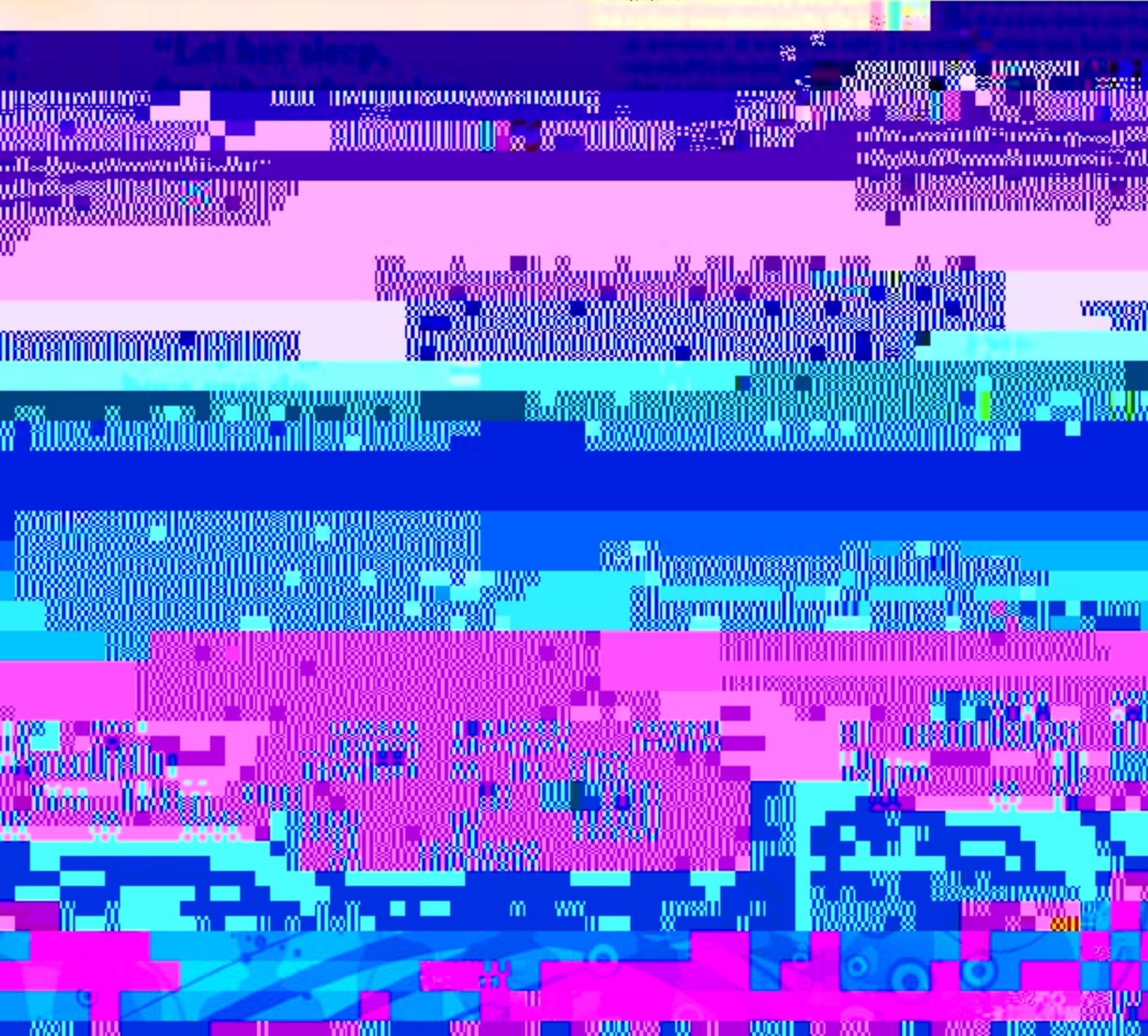
THE NEW PRIOR-ADMINISTRATOR SHARES HIS THOUGHTS



# BENEATH THE LION'S DEN, LIES THE WOMAN

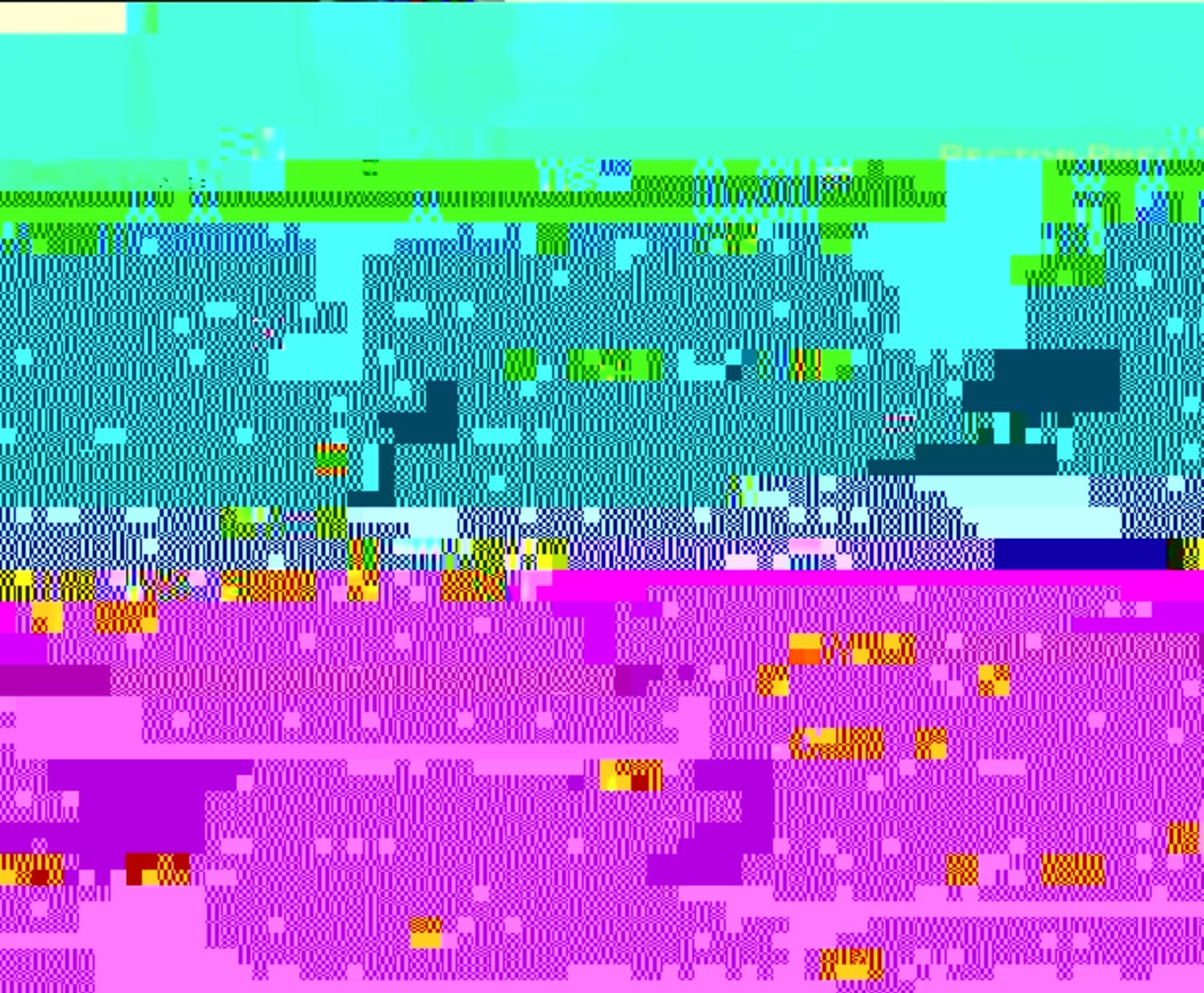
San Diego College was known to be one of the institutions which gave birth to the "New Left" in the United States.

Photo by: Michael J. Gannon





for Women's basketball  
and Women's soccer. See  
Sebastian, *University*  
A. P. Gannett Co., Data

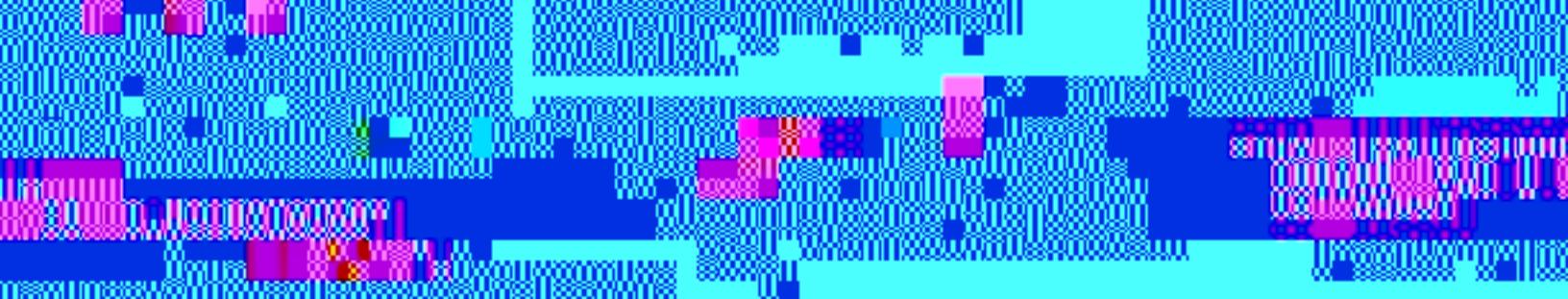






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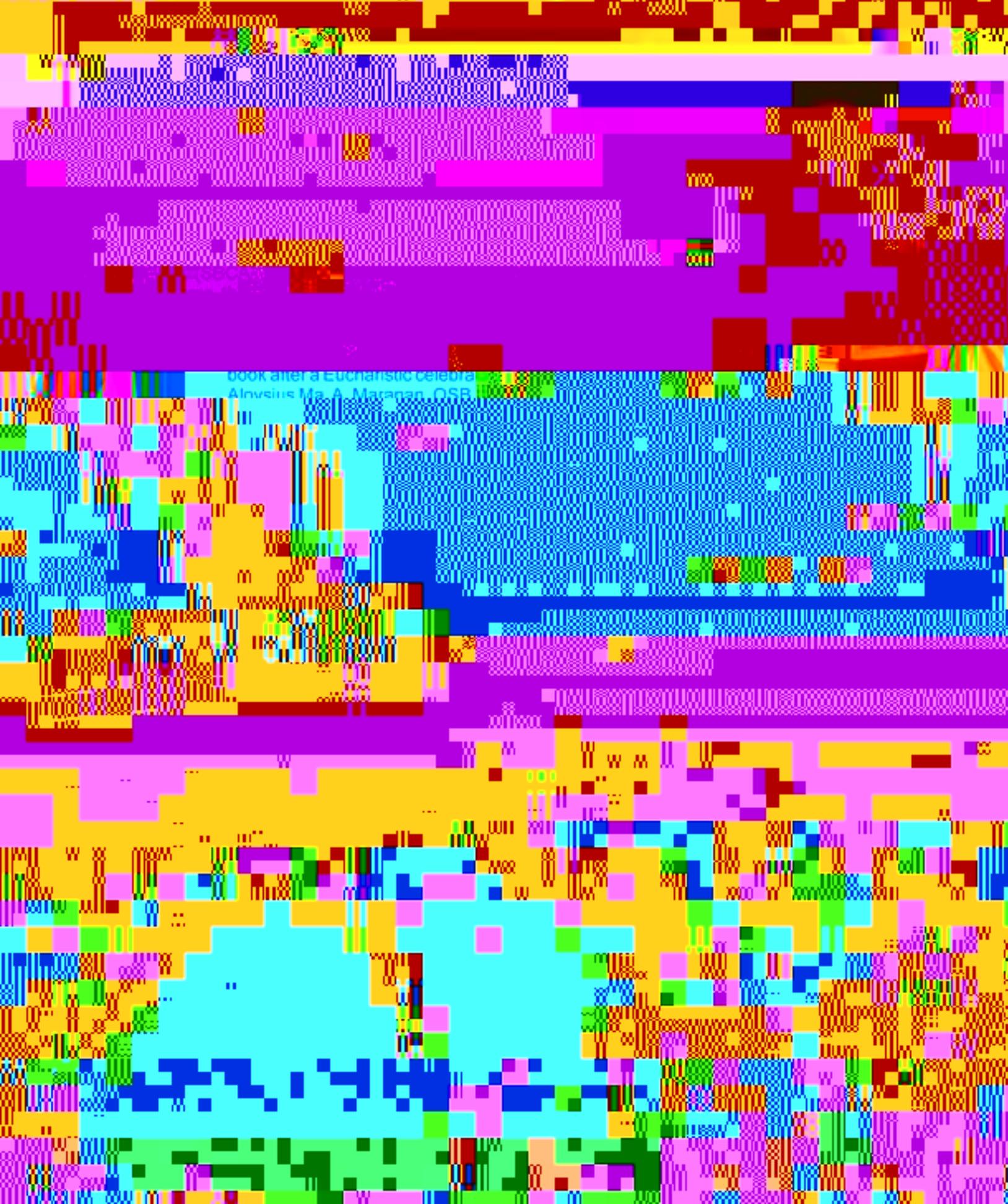
more flexible to meet the challenges ahead. With the OME taking the lead, the college will be introducing a new curriculum that will provide a more holistic approach to medical education. Because of the College's thrust for more holistic education for the students. This will poor performance was more acute among the repeat takers. It is the result of Chupungco, OSB, founding president of the College of Medicine, has been reaffirmed, renewed and sustained by Dean Fr





# Celebrating the Life and Word

Galoy "The



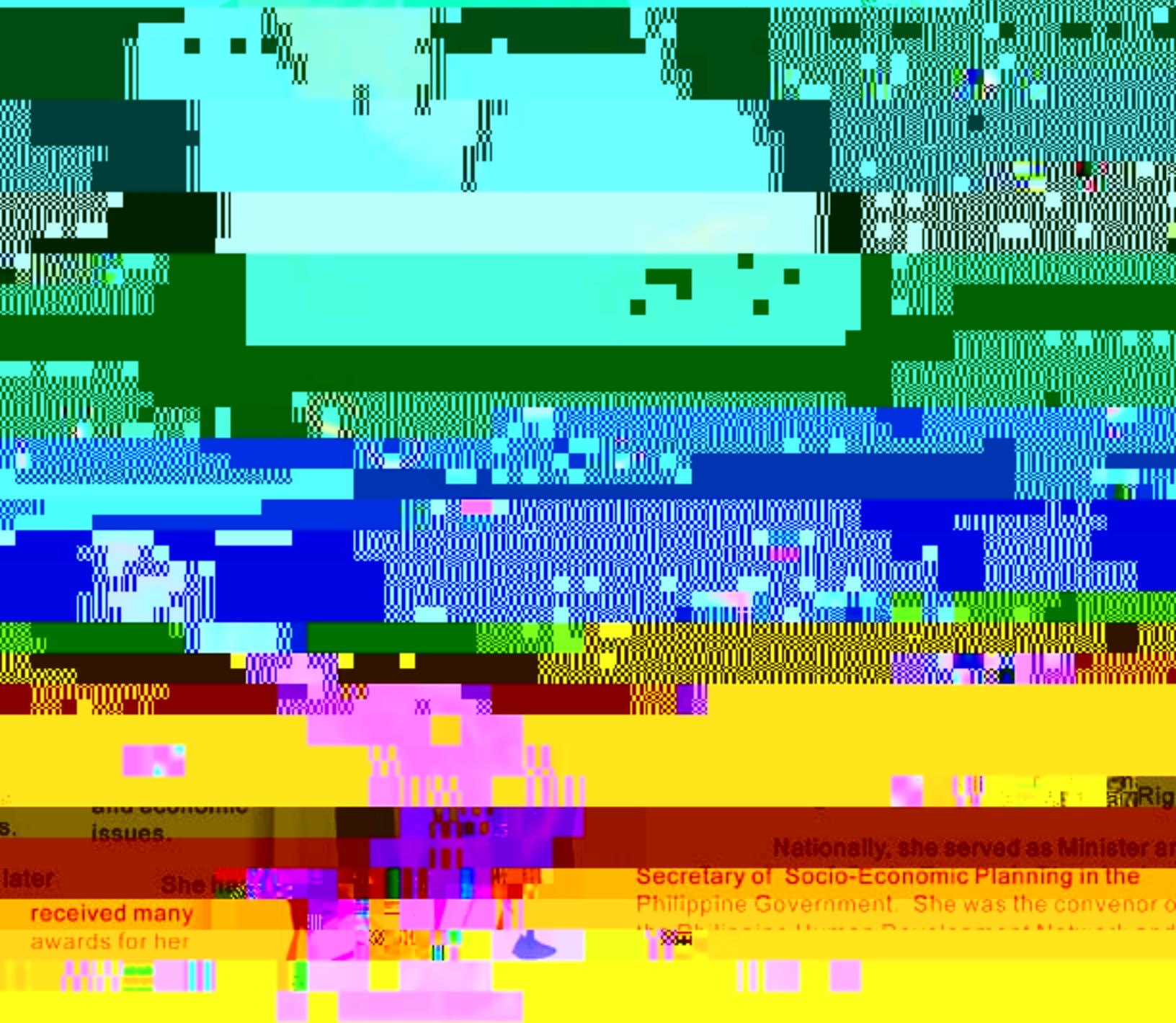


# **PROF. SOLITA COLLAS-MONSOD**

## **is CAS Commencement Rites Speaker**

the SEAMEO SEED-SEA Advisory Board.

She was vice-chair of the National Independent Advisory and Monitoring Committee on Climate Change.



# San Beda College

## Mendiola, Manila

*Be Part of Our Family*

Class of 2013

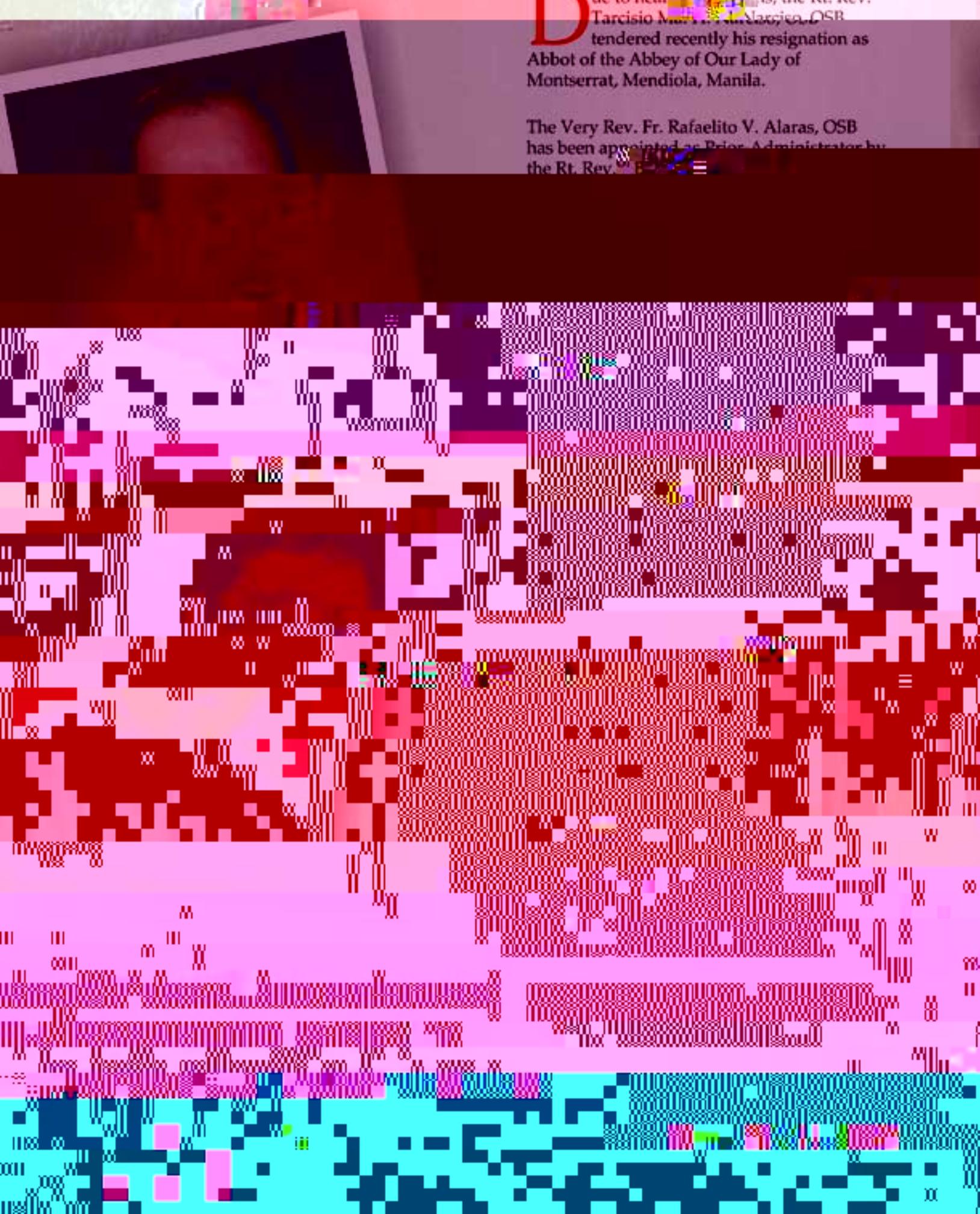


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There is no challenge God may lay before

**D**ue to nearly 10 years, the Rt. Rev.  
Tarcisio M. Alarcos, OSB  
tendered recently his resignation as  
Abbot of the Abbey of Our Lady of  
Montserrat, Mendiola, Manila.

The Very Rev. Fr. Rafaelito V. Alaras, OSB  
has been appointed as Prior Administrator  
the Rt. Rev. 



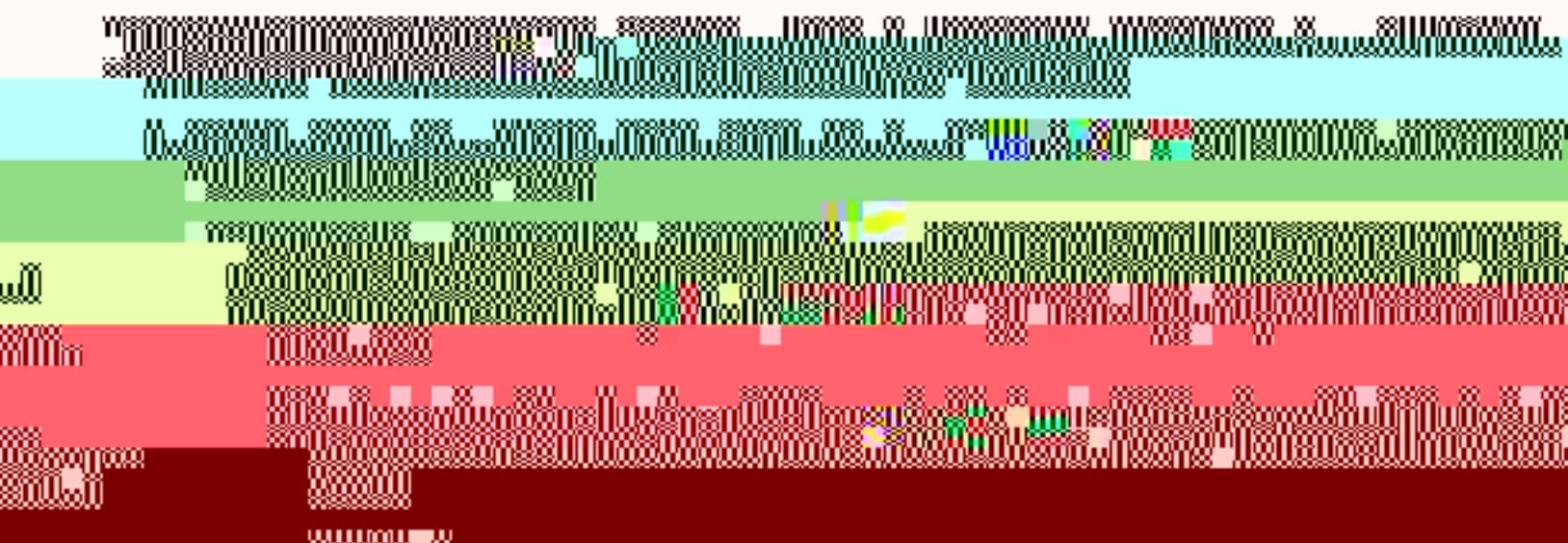
# Red and White Ball Celebrating San Beda's Best 2013

by Dr. Joffre M. Alajar



UBI Bank, CIB, and the Association of the Best Potential Entrepreneurs of Metro Manila (ABE) recently honored the best in business at the Red and White Ball.

The annual event, organized by the Association of the Best Potential Entrepreneurs of Metro Manila (ABE), was held at the Bonifacio Global City on the occasion of its 89th founding.





# SAN BEDA SPORTS HALL OF FAME



Pangilinan, Chairman  
Manila and PLDT  
partner with the SBCAA.

received a special  
award. Honored also were Atty. Eireene Xina M.  
**Acosta (7th placer, 2011 Bar exams), Manuel P.**  
**Buensuceso, Jr. (1st placer, May 2011 CPA Licensure**

Distinguished Bedan **Manuel V.**  
of the Board of San Beda College  
Chairman, hosted the event together  
Outstanding Bedan **Hajji A.**

# DACTU YOUTH CULTURAL FESTIVAL

10.00 AM - 12.00 PM

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and identity in building their community. The old adage "Like water is, the people of the mountains danced", by the national artist, Ramon Obusan captured the passion, enthusiasm and vitality of the newly formed



Mountain Dancers. Photo: OIC/CDP  
Photo: OIC/CDP  
Photo: OIC/CDP

Photo: OIC/CDP  
Photo: OIC/CDP  
Photo: OIC/CDP

Photo: OIC/CDP



# Agatha Christie's Celebrated Cases

in the Classroom

December 2012 Nurse Licensure Exam

## New Bedan Nurses

DE GOZMAN, WALTER FRANCISCO, M. CARMEN  
DELGADO, MARIA

EQUITY F