
Manila Women's Forum

A Network of Women Professionals

March 2014

All You Need Is Love *And maybe, the language to understand it*



From the 2014 January meeting: Catherine Watson (left) and Pan Yone (right).

**By Irene
Donahue
Sobreviñas**

Have you ever wondered why your gifts are not received like they should be by your partner, child or even your boss?

Do your words of affection/appreciation fall on deaf ears and go unrecognized without a response? Are you giving time to someone who doesn't seem to recognize your efforts? Perhaps you are using the wrong language and your messages of love are not being interpreted correctly.

On Monday, January 20, the Manila Women's Forum gathered to hear the discussion of Catherine Watson and Pan Yone on the "The Five Love Languages"—how to speak them as well as how to interpret them.

Based on the research, observations, and New York Times best-selling books of Dr. Gary Chapman, The Five Love Languages include: (1) physical touch; (2) acts of service; (3) receive-

Continued on page 2)

March MWF Meeting ■ **When:** 6:30 p.m., Monday, 2014 March 17. ■ **What:** Metropolitan Manila Development Authority (MMDA) General Manager Cora Tecson Jimenez will give us an overview of the challenges and unique opportunities she faces trying to manage a developing country megacity, including the recent start of 15 major road construction projects designed to improve traffic flow by 2017. ■ **Where:** Khin Soe and Pan Yone's house, 1186 Tamarind, Dasmarias Village, Makati. ■ **Bring:** Something to share for the potluck dinner. ■ **April Meeting:** Monday, 2014 April 28.

(All You Need . . . from page 1)
ing gifts; (4) quality time; and (5)
words of affirmation.

After discovering your own language as well as that of your partner, child, employer, or other significant person, you will open lines of communication and be able to set realistic expectations on giving and receiving affection. You will speak a love language they will understand. Both Pan Yone and Catherine are teachers at Brent International School and make use of their knowledge of love languages with their students and families.

According to Pan Yone and Catherine, we each have our own “love tank.” Once we understand the love languages, we are able to fill the “love tank” of those we care about by doing things that make them feel loved. For example, young boys who have physical touch as their love language can be very aggressive with their play

“If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart.”

~ Nelson Mandela

“Kindness is the language which the deaf can hear and the blind can see.”

~ Mark Twain

and contact with each other. It is important to know that this is their language and may be one way they express themselves. Pan Yone and Catherine explained how for many preadolescent girls it is important for them to receive physical touch from their fathers.

When expressing acts of service, the giver wishes to make the recipient feel special knowing that the gesture is performed unconditionally. Should your partner express himself or herself with acts of service, it is important to understand this language and be sensitive when receiving this type of love.

Another common way to express love is through gift giving. For someone whose love language is receiving gifts, it is not the size or the expense that matters but the expression of love with no strings attached.

For someone whose love language is quality time, just knowing that the giver is devoted solely and exclusively to him or her is enough to fill his or her love tank. Given the distractions of our technologically connected world, the gift of quality time truly is an expression of love. A final expression of love language is words of affirmation. Words offer a powerful and lasting impression, especially words of appreciation, sincerity, affection, and endearment. Words of affirmation expressed in front of others greatly increases their impact.

These Five Love Languages offers ways in which to fill the love tank of your significant other, child, boss, or partner. And, in filling their tank, he or

she likely will reciprocate. Check out <http://www.5lovelanguages.com/> for more information in determining your love language and that of those you love. ■

Gary Demonte Chapman (born January 10, 1938) is a relationship counselor and author of the The 5 Love Languages series. He is the director of Marriage and Family Life Consultants, Inc. He also has a radio program on marriage and relationships that airs on over 100 stations and can be heard via the internet.

Manila Women’s Forum

Manila Women’s Forum (MWF) is a cross-cultural network for women. It provides opportunities to build friendships, talk to women of various cultures, and share information about resources. Our meetings are intended to provide intellectual stimulation and lead to personal and professional development. All women are welcome to join.

The current officers are: **Lisa Lumbao**, Chair; **Julia Holz**, Treasurer and Membership; **Beulah P. Taguiwalo**, Newsletter; **Lisa Stuart**, Message Board Moderator; **Evelyn Mendiola**, Membership; **Shari Virjee Tañada**, Message Board; **Camille Dalmacio**, Message Board.

Cost of membership is P300 per year. Members receive a copy of the current mailing list in addition to the newsletter, which is also sent to non-members. A contribution of P50 is collected from non-members at each monthly meeting. For more information about MWF, please contact Lisa Lumbao at Tel. 813-0168, or at lisa.lumbao@gmail.com.

MWF Newsletter

c/o Lisa Lumbao
26-B Casa Real Townhouse
Real Street, Urdaneta Village
Makati City 1225