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# BEST OF THE BEST ESSAY: OUR LIFE MATTERS IN THE MIDST OF THE COVID PANDEMIC!

As we adjust to the new reality of life under the quarantine and amid this global COVID health crisis, many institutions are taking advantage of their digital spaces and facilities to conduct their online activities. In St. Peter, we started our first online activity in April 2020 with a regular Online Prayer Meeting every Monday morning and in May 2020 with the Online Talitha Kum Healing Mass. In October 2020, we also conducted our first week-long webinar series in celebration of our St. Peter DeathCare Week. The positive reception of our online audience to these online programs led us to create our very first live online talk show that will serve as a free source of valuable, relevant, interesting and entertaining topics that are matters of concern in the lives of every Filipino.

Dubbed as Life Matters, the online talk show provides educational and entertaining content covering topics that encourage living life to the fullest. The relevance and significance of the talk show are to address and bring public awareness to the different and important matters of life in our society.

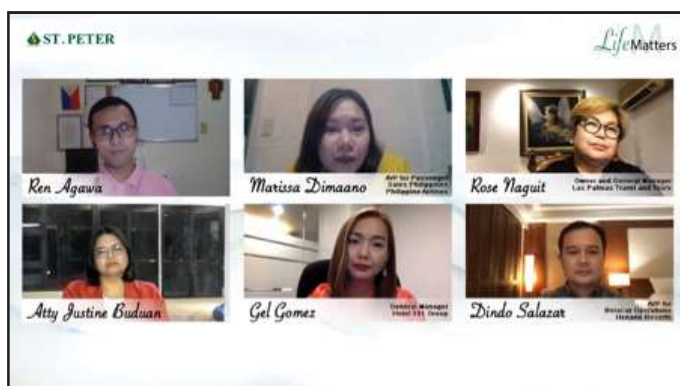


As much as possible, we carefully select very timely content that everyone can relate to and are especially beneficial to our online audience.






The first two episodes that aired in February talked about love and relationships. The pilot episode aired on February 10, 2021 featured Bro. Obet Cabrillas and his wife, Sister Joie Cabrillas. They talked about #CoupleGoals and how couples can keep their relationships healthy and lasting. On February 24, Jhon Cadiz Carandang, Registered Psychologist of the Carandang Institute, spoke about understanding modern-day relationships of couples.



In March, we talked about #PandemicTravelGoals with Ms. Marissa Dimaano from Philippine Airlines, Ms. Rose Naguit of Las Palmas Travel and Tour, Ms. Gel Gomez of Hotel 101 Group, and Mr. Dindo Salazar from the Henann Group of Resorts. At that time, the Philippine government eased travel restrictions and at the same time it was aired during the onset of summer.



Aired Date	Episode	Topic	Invited Guest
March 24, 2021	4	Importance of getting vaccinated by COVID-19 vaccines #GetVaccinated	Karl Evans Henson, MD, FPCP, FPSMID The Medical City
April 14, 2021	5	Mental Health #RecoverTogether	Jhon Cadiz Carandang, RPsy Carandang Institute
April 28, 2021	6	Homeschooling during the pandemic #Homeschool	Cristina Agustin, Philippine Homeschoolers Association
May 12, 2021	7	Hypertension Awareness Month #KnowYourNumbers	Flordeliza Ramirez, MD University of the East Ramon Magsaysay Memorial Medical Center, Inc.
May 26, 2021	8	Cervical Cancer Prevention Awareness Month #EndCervicalCancer	Kooky Ongoco, MD Dr. Jesus C. Delgado Memorial Hospital

 Melanie Briones Alcantara · 29:00  
 Good evening everyone. Thank you for your nice sharing . God bless you all.  
 Like · Reply · 15w

 Sharer  
 Bambi Calub-Marasigan · 44:05  
 Husbands are ma PRs  
 Wives shall have TLCs  
 Super agree  
 Like · Reply · 15w  2

 Long Javellana · 58:18  
 Very informative episode. Thank You guys.  
 Like · Reply · 1w  1

As of May 31, 2021, our first episode has gained a total of 8,070 views, 1,893 engagements, and has reached more than 23,330 people based on Facebook insights. This brought us to the conclusion that people in these trying times are relying on the internet to look for educational information yet entertaining content.



Life Matters airs live on the official Facebook page and YouTube channel of St. Peter Life Plan and Chapels every 2nd and 4th Wednesday of the month, from 7:00 p.m. until 8:00 p.m PST.