PANLILIGAW AT HARANA

“Panliligaw” is a Tagalog word for courtship. It is influenced by Spaniards and Catholicism. Courtship usually begins with “tuksuhan” or the process of teasing, a process of pairing off a potential couple. The process helps in discerning whether the feelings of the people involved are mutual, and this process ends either in avoidance or further courtship. If the “manliligaw” or the suitor really takes it seriously, one must visit the family of the “nililigawan”, or the one being courted, and introduce oneself formally. This particular importance on the family has been part of the Filipino tradition even before the pre-colonial era. “Paninilbihan” or the custom requiring a certain man to work for the woman’s family was a “long, arduous and expensive process of courting in ancient Philippines.

The practice of “harana” or serenading is a very popular practice in Filipino courtship. Banding along with their friends with guitars at hand, young men would sing underneath women’s bedroom windows at night, in the hopes of getting their attention, and the eventual acceptance of their romantic advances.

Painted by: Zabdiel Regente, Cesar Josef Gentolia, Eunice Gaunia and Angel Moreno
Filipino Lunch Club 2024-2025
Club Sponsor: Joy Jose
Mural Painting Facilitator: Bert Monterona
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PAMILYA AT BAHAY KUBO

This mural represents the Filipino family that stands as a central thread, weaving through every aspect of life. From birth to death, and every milestone in between, the family serves as a pillar of strength, offering support, guidance, and unconditional love. Mothers are typically responsible for childcare and household management, while fathers are the head of the household and primary financial provider. The family in Filipino culture stands as a cornerstone, a source of strength, resilience, and unwavering support. From the bonds forged in childhood to the traditions passed down through generations, the Filipino family embodies the values of loyalty, respect, and solidarity.

In the Philippines, the family extends beyond the nuclear unit and this interconnectedness forms the foundation of Filipino society, where loyalty and obligation to family members are paramount. The term *"kapamilya,"* which translates to "family member," embodies this deep sense of belonging and solidarity that transcends blood ties.

The painting also highlights the “bahay kubo”(nipa hut), which was the traditional house of the indigenous people of the Philippines before the Spanish arrived. It was designed to endure the climate and environment. The structures were temporary, made from plant materials like bamboo and palm leaves. The “bahay kubo” is not just a dwelling place; it's a social space where friends, family, and neighbors gather, reinforcing the strong sense of community inherent in Filipino culture. It symbolizes a sustainable lifestyle closely tied to nature.

Painted by: Rhian Sagun, Justin Vicencio & Marius Benedict Cruz
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BALANGAY

The ***"Balangay***" is a traditional wooden boat that has been an essential part of Filipino culture for centuries. It was used by early Filipinos for a variety of purposes, including inter-island trade, cargo transport, and even warfare.

Characterized by its carved-out wooden body and large, colorful sails, the ***"Balangay"*** was a symbol of the Philippines' seafaring heritage, connecting different islands and facilitating cultural exchange long before Spanish colonization. By reviving this iconic vessel through art, as seen in our mural, we honor its historical importance and celebrate the ingenuity of our ancestors. This artistic tribute not only preserves the legacy of the "***Balangay"*** but also inspires a renewed sense of pride and connection to our maritime roots.

Painted by: Martina Ogali, Anne David, Angel Moreno, Sandra Balili &
Lhian Gallegos
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The Colors of Culture: Illuminating the Star of the Nation

This mural represents the unique contribution of each member's artistic options inspired by a painting made by a Filipino Arts student who passed away last year.

Our team was most captivated by the vibrant representation of Filipino history and culture. Despite the overwhelming details, we were able to appreciate the essence it embodies. We recognized the complexity of the piece as we engaged in the mural creation process. Rather than feeling overwhelmed and discouraged, we embraced the challenge with gratitude for the opportunity to represent Filipino culture through arts, an essential approach in Indigenous traditions for expressing cultural identity. This emphasizes the profound impact of art on promoting diversity and fostering positive community relationships.

During the mural process, we discovered a deeper connection to the challenges faced by our Filipino ancestors and our cultural heritage. Tito Bert, our mural painting facilitator, shared significant insights about Filipino culture and the history behind this artwork. From elaborating on the meaning of each pattern to sharing personal stories. He also shared the passing of an Arts student who originally created this piece about a year ago. Hearing this brought us sadness, yet it also inspired us with determination and hope to honour the legacy of this talented individual. We were able to incorporate our unique ideas into the piece, showcasing the beauty that arises from diversity when collaboratively expressed. The emotional depth captured in the artwork not only united us but also reinforced our commitment to recreating it together.

Painted by: Precious Obod, Charlotte Menor, Kristel Lezada, Serg Inigo Lofranco and Mark Dela Cruz



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Laong "PEPE" Laan

This art is all about Dr. José Protacio Rizal Mercado y Alonso Realonda, also known as Dr. Jose Rizal, the national hero of the Philippines.

Dr. Jose Rizal became the Philippines' national hero because he battled for freedom in a quiet but effective manner. Instead of using violence or hostility, he wrote books, essays, and articles to show his love for the Philippines. He was a very remarkable individual for his period. He is one of the most revered figures in Philippine history. He was a multifaceted intellectual and a political activist, best known for his political writings that inspired the Philippine revolution and ultimately led to his execution by the Spanish colonizers.

He was executed by the Spanish colonial government for the crime of rebellion after the Philippine Revolution broke out. The revolution was inspired by his writings. Though he was not actively involved in its planning or conduct, he ultimately approved of its goals which eventually resulted in Philippine independence. Dr. Jose Rizal was killed in Manila, Philippines, on December 30, 1896.

Painted by: Mel Pagaduan
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HARANA

"Harana", is one of the Philippines' many courtship traditions. It is a traditional form of courtship music in which a man (in many cases) woos a woman by singing underneath her window or outside her house at night.

This mural shows the beauty of "*harana"*, a traditional Filipino serenade. It captures the feeling of love and longing as a person sings under the soft light of the moon. With a guitar in hand, the serenader expresses deep emotions through music. The artwork includes elements of nature and warm colors, symbolizing the passion and care behind every song. This mural celebrates "*harana"* as a special Filipino tradition and reminds us of the power of love and music to connect people.

Here are some links to famous harana singers and music … the first is less traditional!

Painted by: Nice Caguioa & Earl John Hernandez
Filipino Lunch Club 2024-2025



Bayanihan

"Bayanihan" is one of the most revered values in the Filipino culture. It's a tradition of communal work and unity that has been practiced in the Philippines for centuries. The word ***"bayanihan"*** is derived from ***"bayan"*** which means community. It is a spirit of cooperation and camaraderie that inspires Filipinos to help one another, especially those in need without any expectations of material rewards.

When people come together in traditional ***"bayanihan"*** activities, it reinforces the Filipino values of hospitality and togetherness.

"Bayanihan" is expressed through various ways such as physical labor, providing moral and/or financial support and participating in community activities that bring people together.

It's not solely about helping others but about standing in unity with one another that is often expressed through collective efforts.

Painted by: Ian Pinlac & Wayne Quejado
Filipino Lunch Club 2024-2025
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PARUL FERNANDINO

The Giant Lantern Festival or Ligligan Parul, is a celebrated tradition that traces its roots to the early 20th Century. It's about the Star of Bethlehem that guided the Three Wise men to the Manger. In Christianity, the Biblical Magi , also known as the Three Wise Men, Three Kings, and Three Magi, are foreigners who visit Jesus after his birth bearing gifts of gold, frankincense, and myrrh in homage to him.

In the early 1900s, lantern-making gained prominence as part of the "Lubenas". These were evening processions held during the nine days of "Simbang Gabi". "Simbang Gabi" is a novena of Masses honoring the Blessed Mother that begins on December 16 (or 15 in the afternoon) and concludes on the 24th, with the Misa de Gallo (midnight mass or rooster's mass) on Christmas Eve. This devotion has its roots in the 16th century in New Spain.

The Giant Lantern Festival officially began in 1931. It was organized as a competition among the barangays (villages) of San Fernando, becoming a central feature of the town's Christmas celebrations. The festival has become a hallmark of Kapampangan (people from Pampanga) culture, symbolizing the community's resilience, creativity, and strong sense of unity. The Giant Lantern Festival is more than a competition; it is a celebration of faith, heritage, and the Filipino spirit of bayanihan, or communal cooperation.

Painted by: Sean Jakob Ricafrente
Filipino Lunch Club 2024-2025
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KULTURA PAMANA

The mural represents the richness of Filipino culture, tradition and heritage.

The Philippine national flag has a rectangular design that consists of a white equilateral triangle, symbolizing liberty, equality and fraternity; a horizontal blue stripe for peace, truth, and justice; and a horizontal red stripe for patriotism and valor.

The jeepney is a national symbol for the Philippines that has evolved from a Second World War-era vehicle to a public utility vehicle deemed as a cultural icon, symbolizing the Filipino people's resilience, adaptability, and resourcefulness. It also represents common Filipino life and resourcefulness. For decades, it has been used to transport multiple passengers for a low fare.

The church represents the Catholic faith that is embedded in Filipino culture after introduction by the Spanish during the early colonial period. Catholic ideas continue to inform beliefs throughout Filipino society such as the sanctity of life and respect for hierarchy. Filipino identity places the Catholic Church at the heart of nationalism, social justice and other movements, while at the same time has been associated with power, elitism and exploitation at various points in its history.



The use of "*baybayin"* script and historical features relates to the country's history which means "Mabuhay Pilipinas" expressing the distinct feeling of community and pride.

This painting celebrates the resilience, creativity, and faith of the Filipino people, showcasing how their identity is interwoven with history, spirituality, and a collective sense of pride.

Painted by: Chester Bustamante, Brylle Baraquel, Kristine Hernandez & Jane Maranan
Filipino Lunch Club 2024-2025.
Club Sponsor: Joy Jose

Mural Painting Facilitator: Bert Monterona

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THREADS OF HERITAGE:
A CELEBRATION OF FILIPINO UNITY & CULTURE

The traditional Filipino clothing, or "*Kasuotang Pilipino"* is a blend of indigenous craftsmanship and historical influences including tribal roots and Spanish colonization.

Some examples of traditional Filipino clothing include: *"Barong Tagalog"* that combines elements from both pre-colonial native Filipino and colonial Spanish clothing styles for men. *"Baro't saya"* is a classic women's dress. *"Filipiniana"* dress is a modern dress that combines Spanish-inspired elegance with Filipino craftsmanship. It has become a symbol of national identity and social status in the Philippines.

The women in this mural are wearing *"kasuotang Pilipino"* that blends traditional designs with the vibrant colors of the country's indigenous tribes, symbolizing unity in diversity. Surrounding them are cultural symbols like the jeepney, nipa huts, flowing waters with fish, and a bustling community, reflecting the warmth and resilience of everyday Filipino life.

The backdrop, featuring Mount Mayon, rice fields, and a glowing sunset, highlights the deep bond between the people and their homeland. Each element celebrates Filipino heritage and the enduring spirit of "*bayanihan",* created together to honor our shared culture.

Painted by: Sophia Mercader, Jemari Baldrias & Yuna de Mesa
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Under The Sun

The mural showcases key symbols of Filipino culture and history. It features **"*Baybayin"*,** an ancient Filipino script with the word **"*Mabuhay,*"** representing the nation's pre-colonial roots. The Philippine flag contains symbols including colors, a triangle, a sun and three stars. The blue color represents peace, justice, sacrifice and truth. The red represents bravery, courage and patriotism. The white equilateral triangle at the hoist represents liberty, equality and fraternity. The golden yellow sun in the center of the triangle represents freedom, unity, democracy and sovereignty. The 3 yellow stars represent the country's three main island groups namely,, Luzon, Visayas and Mindanao. The eight rays of the sun represents the first 8 provinces that rebelled against the Spanish during the 1896 Philippine Revolution.

The ***"parol"*** (Christmas lantern) highlights the importance of family reunions during Christmas in the Philippines.

The ***"sampaguita"*** flower represents purity and hope, while the ***"bahay kubo",*** a traditional Filipino hut, symbolizes rural life and farming communities. The mural also depicts Mount Apo, the Philippines' highest peak, sacred to the local people, especially the Bagobo-Tagabawa community, who view it as a spiritual symbol. Overall, the mural reflects Filipino identity, culture, and connection to their land and history.

Painted by: Abigail Gache, Kade Fernandez, Neilsen Galasgas
Filipino Lunch Club 2024-2025
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SARIMANOK

The ***Sarimanok*** is a legendary bird that symbolizes the Maranao people of the Philippines. It is a symbol of their culture, nationalism and patriotism. It is invoked in many rituals and it showcases their unique artistic geniuses.

The Maranao tribe is from the Mindanao Island in the southern part of the Philippines and even before the arrival of the Spaniards in the country, they had their own culture, language, beliefs and arts.

The ***Sarimanok***, with its beautiful and colorful feathers, is frequently depicted in their artistic, decorative and architectural designs.

The word ***Sarimanok*** comes from *"Sari"* which means a garment of different colors, and *"manok",* which means rooster. The figure of Sarimanok is normally characterized by its colorful feathers, scroll, leaf and other motifs on its head, and the fish that it carries on its talons or its beak.

Painted by: Bert Monterona, Kristine Hernandez, Brylle Baraquel & Jane Maranan

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