



IT's actually next Sunday, June 8:
PENTECOST DAY!

And yes, Pentecost Day is the birth
of the Church.

We're discussing it in advance in our last
Feast Talk installment: *Spirit-Filled Church*,
of our powerful series, *Do You Hear The Wind*
(*Getting To Know The Holy Spirit*).

We're talking about ourselves.

We are The Church! And God loves The Church

– *Us*-- not the building or structure where the Church gathers.

And yes, in this Talk, we'll rediscover that the Church may be messy, flawed,
and full of difficult people – from the leaders to the members, from the priest or preacher
to the lay ministers, from the worshippers to the intercessors, from the greeters to the attendees.
We are all imperfect!

But that again is the reason for the Church – as we are always reminded that the Church
is more of a hospital for the sick and the sinners than a place of self-righteous,
holier-than-thou “saints”.

And that's why we need JESUS – the Head of the Church -- and the Holy Spirit to empower
the Church! Jesus founded the Church and sent the Holy Spirit to give power to the apostles,
led by Peter, whom Jesus appointed as the first head of the Church, the first Pope,
and with Mama Mary, on that glorious Pentecost Day.

And The Church was born.

The Church continues to be ALIVE – and will be – till the end of time! Yes, it still has
its mess, flaws, and difficult people. Yet, the Church continues to bless millions and millions
of people – changing lives through faith, hope, and love. In Jesus' Name, and by the power
of the Holy Spirit.

The apostles and disciples received power from the Spirit – and so will you.

You Will Receive Power.

We will continue to receive the Spirit so that we continue the works -- the acts of the apostles
-- not just the priests, nuns, or the religious, but all of us. We are The Church!

Let's learn more about this as we celebrate in advance the birthday of the Church.

Our Birthday!

Get ready to receive the power as we welcome you to The Feast where *You are loved!*

Mayroong Magandang Mangyayari sa 'Yo!

A handwritten signature in black ink.

Alvin Barcelona

Where Is the Holy Spirit?

HE died, rose from death, then ascended to Heaven. But before He was to leave, our Lord Jesus promised the Apostles they would not be left helpless.

During His Last Supper with them, He promised the Holy Spirit would descend on the Apostles and give them power to continue the mission to spread the Gospels and make disciples of all nations.

The descent of the Holy Spirit happened on the 50th day from Easter Sunday-- called in Greek *pentekoste* which means *fiftieth*.

The Holy Spirit came to the Apostles in Jerusalem, as described in Acts 2:1-4.

Since then, such empowerment from the Holy Spirit has been available to us. So, every 50th day after Easter Sunday, we celebrate Pentecost Day. Pentecost Day this year will be on Sunday, June 8. Happy Birthday!

Yes, Pentecost is a gift. And how does the Holy Spirit come and dwell in us? How is that possible?

In his homily during our Feast Sunday Mass on May 25, 2025, Rev. Fr. Alejandro Mijangos pointed out that the Holy Spirit comes deep inside us.

Fr. Alex said, "It is possible *when we love*."

When we do that, we will make good use of this gift from the Holy Spirit, our *Helper*. Bro. Bo Sanchez taught us how the Holy Spirit is our Helper in Talk 3 of our ongoing Feast Talk Series, *Do You Hear The Wind?* page 11.

And today, in Talk 4, the last of the series, we will learn how the Holy Spirit empowers not just us as individuals but *us*, as His Church.

Bro. Alvin Barcelona introduces Talk 4 on page 1.

So, where is the Holy Spirit?
In you? In those around you?



All for God's Glory,

Randy Borromeo
Media Ministry
Executive Director



Holy Mass



SIXTH SUNDAY OF EASTER

Homily

REV. FR. ALEJANDRO MIJANGOS, LC
on the Gospel John 14:23-29

Excerpts:

My name is Father Alejandro. They call me Father Alex. I am from Mexico which is very far from here.

I am asked many times, "Father, where in Mexico do you live?"

Or: "Where in Mexico are you from?"

I kind of always wonder about that question. Because I was born in Mexico City but I never lived there. I was born there, and then we moved-- twice. So, I grew up in two different places in Mexico. Then, when I was old enough, I left Mexico and my parents moved to another place. Actually, my family is now in another part of Mexico.

So, when people ask me, "Father, where are you from?"

I don't know what to answer.

I just say, "I'm from Mexico."

You know why people ask where you are from? Because people are nice. People want to know *where is your home*. Because our home is who we truly are. Our homes are places where we feel really secure.



Concelebrant:
REV. FR. BOB McCONAGHY

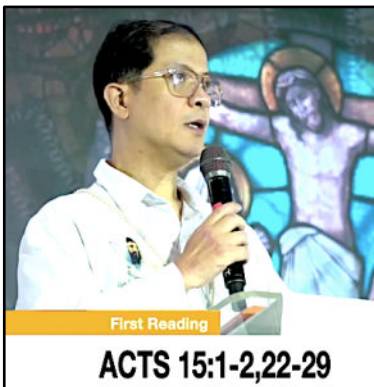
Love: God Dwelling in You

Did you ever go out with your friends, and then you went home late at night? You usually sent a text message to your friends, saying: "I'm *home*."

That's because home is the place where we can truly be ourselves. It's the place where we take our shoes off, and we wear slippers. At home, there are no inhibitions anymore. It's our resting place, a place where we have peace.

In the Gospel today, our Lord Jesus Christ says something really profound and beautiful:

"Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our dwelling with him." --John 14:23



First Reading: Acts 1-2, 22-29

1 Some who had come down from Judea were instructing the brothers, "Unless you are circumcised according to the Mosaic practice, you cannot be saved." 2 Because there arose no little dissension and debate by Paul and Barnabas with them, it was decided that Paul, Barnabas, and some of the others should go up to Jerusalem to the apostles and elders about this question. 22 The apostles and elders, in agreement with the whole church, decided to choose representatives and to send them to Antioch with Paul and Barnabas. The ones chosen were Judas, who was called Barsabbas, and Silas, leaders among the brothers. 23 This is the letter delivered by them: "The apostles and the elders, your brothers, to the brothers in Antioch, Syria, and Cilicia of Gentile origin: greetings. 24 Since we have heard that some of our number who went out without any mandate from us have upset you with their teachings and disturbed your peace of mind, 25 we have with one accord decided to choose representatives and to send them to you along with our beloved Barnabas and Paul, 26 who have dedicated their lives to the name of our Lord Jesus Christ. 27 So we are sending Judas and Silas who will also convey this same message by word of mouth: 28 'It is the decision of the Holy Spirit and of us not to place on you any burden beyond these necessities, 29 namely, to abstain from meat sacrificed to idols, from blood, from meats of strangled animals, and from unlawful marriage. If you keep free of these, you will be doing what is right. Farewell.'"

True Love Is...

Brothers and Sisters, we are the home of the Father, of the Son, and of the Holy Spirit. Here, deep inside ourselves, we have the place where God dwells. We are the home of God. How is that possible? Yes! It is possible *when we love*.

If someone asks you, “Can you tell me who is God,” there is a simple answer: “God is love.”

Therefore, when there is a love in you, God dwells within you. When there is love in you, the Presence of God is real. You are the dwelling place of God.

But we’re talking of not just any kind of love. Not just fake love. Not just word love.

True love is this: *“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.”* -- John 3:16

True love is the gift of one's self. True love is generosity, surrender, and sacrifice. True love is God becoming human being so that we can be rescued from death...

True love is...

Mothers, whenever you are generous with your children and you’re willing to sacrifice your life for your offspring...

Fathers, you work hard, when you give yourself, when you are tired, but you say: “I’m going to get up...” And you’re trying to do your best...

Children, when you say, “I’m not going to do whatever I want, but I’m going to be obedient and listen to my parents...”

Husbands, whenever you’re considering not your own game, but your family, your wife...

Responsorial Psalm: Psalm 67:2-3, 5, 6, 8

R: O God, let all the nations praise you

2 May God have pity on us and bless us; may he let his face shine upon us. 3 So may your way be known upon earth; among all nations, your salvation. (R)

5 May the nations be glad and exult because you rule the peoples in equity; the nations on the earth you guide. (R)

6 May the peoples praise you, O God; may all the peoples praise you!

8 May God bless us, and may all the ends of the earth fear him! (R)





Another Name of the Holy Spirit

Brothers and Sisters, whenever we are loving truly, whenever we are giving truly, whenever we are sacrificing for our beloved, God dwells in us.

Last Sunday, we read: *"A new command I give you: Love one another as I have loved you... So, you must love one another. By this everyone will know that you are my disciples, if you love one another."* -- John 13:34

Soon, we will receive the Holy Spirit on Pentecost. Do you want to know another name for the Holy Spirit? It's *LOVE*. We are full of the Holy Spirit. Whenever we activate that love, God truly is Present within us. Love should not be kept only for ourselves. What we receive, we must also share.

In the First Reading, the disciples went out to all the nations. They went to the Gentiles and said, "How are we going to be able to preach for what we receive? Now, we must give."

Today, Brothers and Sisters, let love be present in our hearts, in our actions, and in our thoughts. Love is the distinctive mark of a Christian.

Because where there is love, there is God.



Second Reading: Revelation 21:10-14, 22-23

10 The Angel took me in spirit to a great, high mountain and showed me the holy city Jerusalem coming down out of heaven from God.

11 It gleamed with the splendor of God. Its radiance was like that of a precious stone, like jasper, clear as crystal. 12 It had a massive, high wall, with twelve gates where twelve angels were stationed and on which names were inscribed, the names of the twelve tribes of the Israelites.

13 There were three gates facing east, three north, three south, and three west. 14 The wall of the city had twelve courses of stones as its foundation, on which were inscribed the twelve names of the twelve apostles of the Lamb.

22 I saw no temple in the city, for its temple is the Lord God almighty and the Lamb. 23 The city had no need of sun or moon to shine on it, for the glory of God gave it light, and its lamp was the Lamb.

Worship!

BRO. RODEL CRUZ:

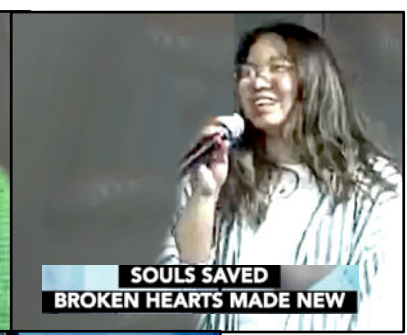
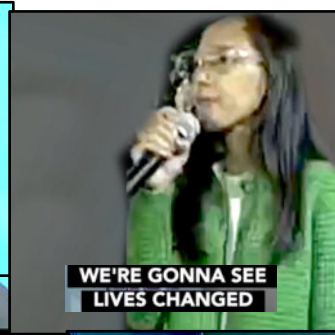
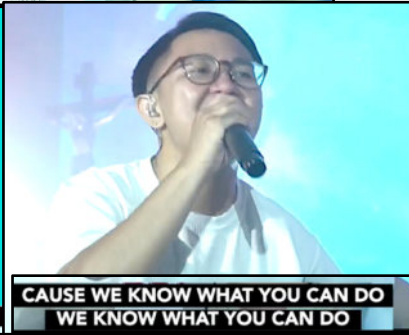


May we all stand and say
to the person beside you:

“Freedom is in the room!”

So, whatever is holding you back right
now, it is the truth that Jesus is tearing it
down. So, we sing and believe that change
is breaking, life is changing we become.

In the Name of the father,
and of the Son, and the Holy Spirit.
Amen.



SIS. TL SAN JUAN:



Let's all come and pray:

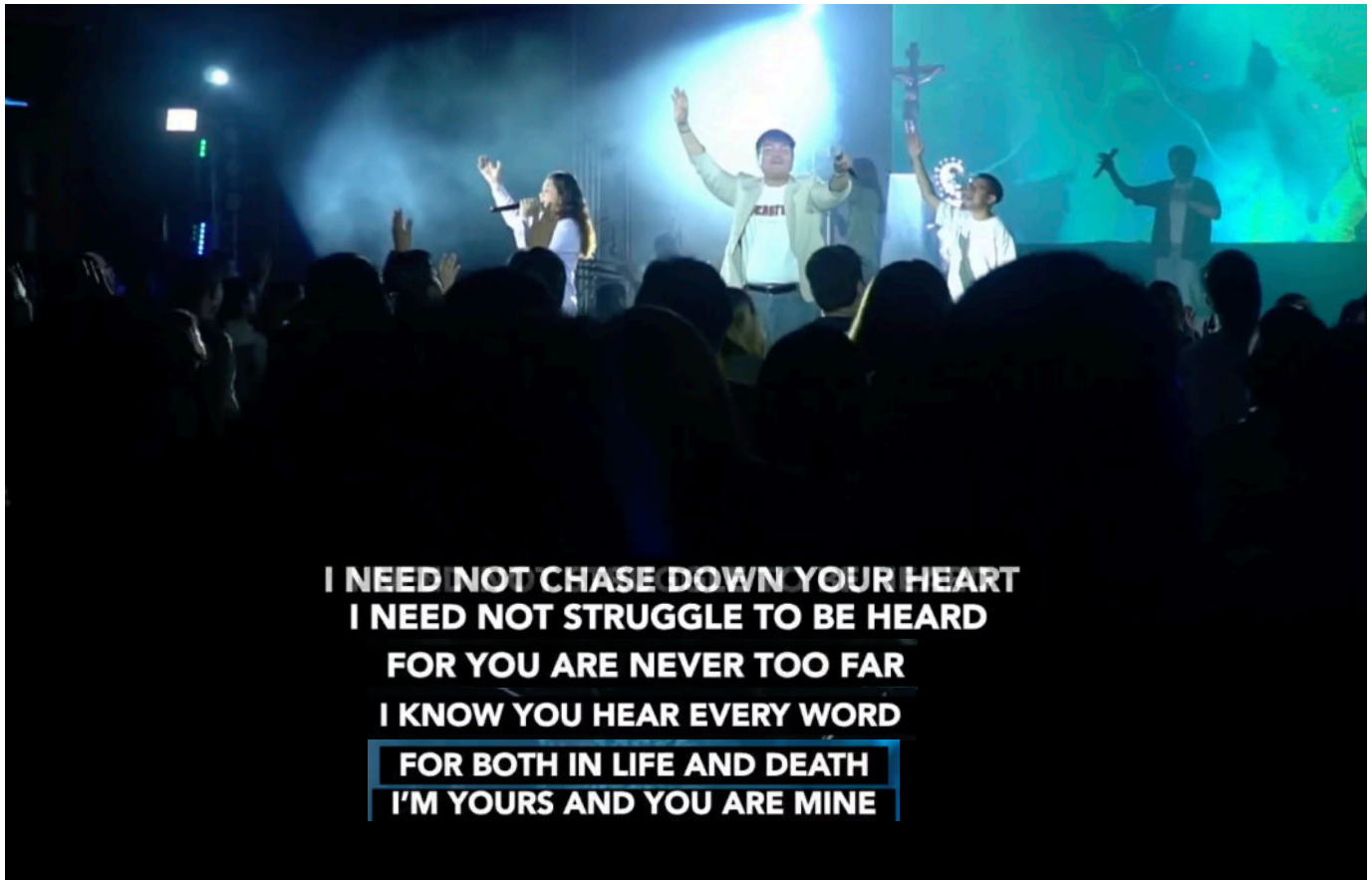
Lord, we make room for you today. Come and take Your rightful place. In Your Presence, Lord, in the fulness of Your Presence, there is no pain or lack. But there is joy. There is peace. There is healing. And there is hope.

And as you meet us in Worship today, remind us that we are infinitely loved and never forsaken.

And Lord, may we never seek elsewhere what can be found in You. Amen

It is fitted that neither death nor life, nor power, neither depth nor height can ever separate us from the love of God through Christ Jesus.

And so, with surrendered hearts and lifted hands, we sing to Him today.





BRO. BO SANCHEZ:

Father in Heaven, we Thank You that today we can just declare that we are resting in You. We are relaxing in Your Presence. We let go of all our fears. We let go of every anxiety that we feel, every burden that weighs us down. We let go. We release.

We tell You, Jesus, come. WE can just hang out with You and we can Thank You that the best is yet to come. In Jesus' Name. Amen.

Everybody, give Praise!




NOVENA TO GOD'S LOVE **DECLARATION OF ABUNDANCE**

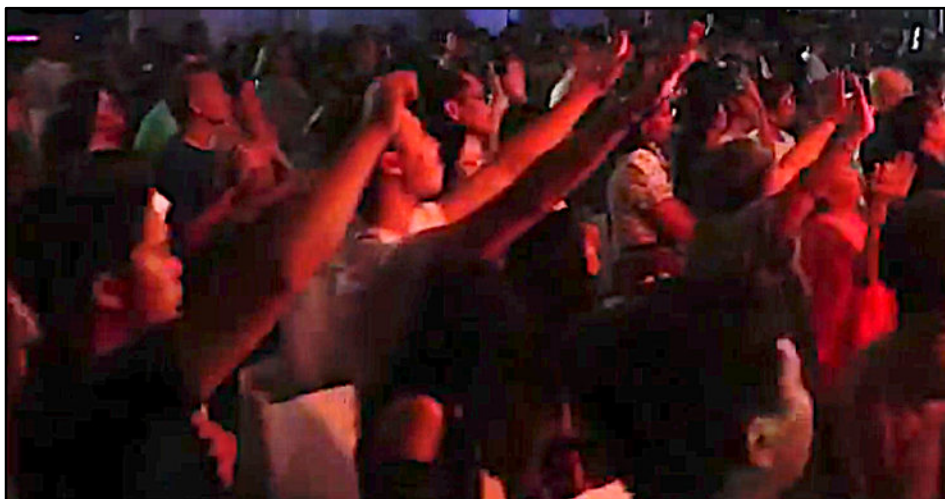
Give Praise, Everybody. Love the Lord. God is here. Amen.

I want you to make that person beside you experience the Presence of God.
Give that person a handshake, or a big hug, or a Hi-5.

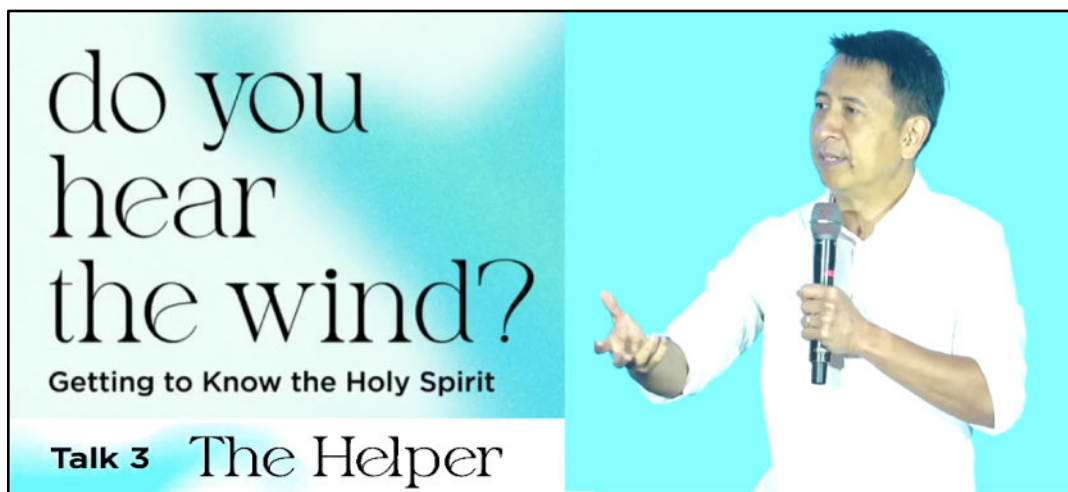
Let's say our favorite prayer at The Feast, our Family Prayer:



Today, I receive all of God's love for me. Today, I open myself to the unbounded, limitless, overflowing abundance of God's universe.
Today, I open myself to God's blessings, healing, and miracles. Today, I open myself to God's word so that I become more like Jesus every day.
Today, I proclaim that I am God's beloved. I am God's servant. I am God's powerful champion.
And because I am blessed, I am blessing the world. In Jesus' name. Amen.



Talk



BRO. BO SANCHEZ:

WE are in our series on the Holy Spirit, *Do You Hear The Wind?*

In our Talk 1, we discussed who the Holy Spirit is. In Talk 2, we recalled Spirit-filled people in the Old Testament.

Today, in Talk 3, we're going to focus on only one Person. His Name is Jesus, and He was also Spirit-filled. We're going to see what it means for our lives.

*Thy Word is a Lamp unto my feet
And a Light Unto my path.*

One of the beautiful titles of the Holy Spirit is *Helper*. Who gave that title to the Holy Spirit? It was Jesus. John 14: 16-17 (NASB) says:

"I will ask the Father, and He will give you another Helper, so that He may be with you forever; the Helper is the Spirit of truth..."

Why *another* helper? Because Jesus is the First Helper. While He was living on Planet Earth, He was helping us.

But after the Resurrection and before the Ascension, Jesus said: "I'm going to send you another helper."

That's the Holy Spirit. The Holy Spirit will now be the one to help us and the Church.

Jesus says, "So, that He may be with you forever."

The Helper is the Spirit of Truth.



One Called Alongside

Helper, in Tagalog, is *katulong*. Maybe, some of us think that sounds degrading because we're talking about the Third Person of the Holy Trinity. But the Second Person of the Trinity is called *servant*.

St. Paul and the prophet Isaiah call Him *servant*. So, the Holy Spirit is our *Helper*.

Put your hand over your chest and say:
"The Holy Spirit is my Helper."



The original Greek word for *helper* is *parakletos*. *Para* means *beside* and *kletos* means *called*. So, *parakletos* means *one called alongside*. Thus, the Spirit is *Parakletos*. That's what Jesus says.

Parakletos = "one called alongside"

The Bible authors-- such as King James, NIV, NLT, and more-- have various versions of the word *parakletos*. Bible translators could not agree on what is the English word for *parakletos*. Some would say the Spirit is the *Advocate*. Others say *Counselor*. Others say *Comforter*.

My favorite is *Helper*. I think it's such a difficult word to translate to any language because the Spirit is what you need Him to be at a particular moment.

Do you feel alone? Then let the Spirit be your traveling companion every single day. Do you sometimes feel lonely? Let the Spirit be the *Parakletos* -- the one who's beside you. Do you feel confused? Let the Spirit be your wisdom giver. Do you feel weak? Let the Spirit be your strength giver. Is there darkness in your life? Let the Spirit be your light.

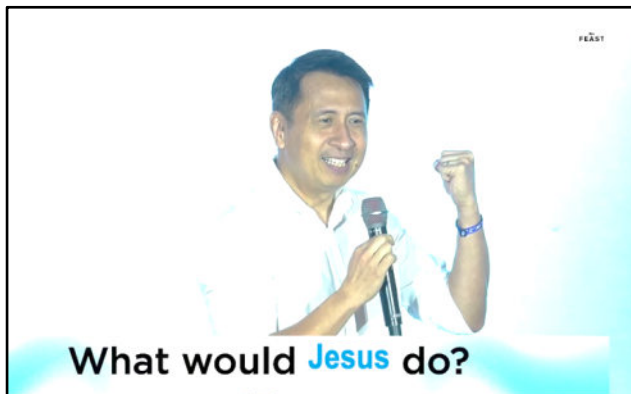
Jesus is saying the Spirit will be what you need Him to be right now.

Do you feel sad? Maybe you lost someone or something-- let the Spirit be your joy and let Him be the One to replace what you lost.

I want you to put your hand on your chest. Let's pray:

"Jesus, Thank You for sending me the Spirit-- the *Parakletos*, the *Helper*, who is beside me forever. Holy Spirit, come help me to love Jesus.

In Jesus' Name. Amen."



When I was 13 years old, I would see some Christians who would wear this bracelet that bears the letters WWJD which meant *What Would Jesus Do?*

This was based on the 1896 novel written by Charles Sheldon (The full title is *In His Steps: What Would Jesus Do?*)

I read the book when I was 13. I loved it. I was fascinated by it. It was the story of a pastor who challenged his congregation that in any decision that they would make, they should ask: "*What Would Jesus Do?*"

In the story, people's lives were revolutionized story after story. For example, the husband would always ask: "What would Jesus do?" when he relates with his wife. The wife would also do the same.

As I was reading that book, I was thinking: "Oh, the world will change. No more corruption, crime, and war if everybody will ask, "What would Jesus do?"

But maybe, there's a bigger question: Can we really act like Jesus?

Can we really act like Jesus?

It is very difficult, and our high moral standards and our willpower are not enough. We need something more powerful than our willpower.

Last week, we talked about Old Testament figures who received the Holy Spirit. We now focus on Jesus who was also Spirit-filled. Why? Jesus was Spirit-filled to carry out His mission.

The big question is: Isn't Jesus God? Why would Jesus need the Spirit?

Isn't Jesus God? Why would He need the Spirit?

I will not go into that doctrinal rabbit hole because we will be lost there in answering that question. But let me just say that because Jesus is fully human, He relied on the Spirit to do what He was doing.

Because Jesus was fully human , He relied on the Spirit.

Jesus Was Always with The Holy Spirit

So, if you look at His whole life, you will see that Jesus was always with the Spirit. Jesus was conceived by the Holy Spirit. Jesus was baptized by the Holy Spirit. Jesus served by the Holy Spirit. He healed people by the Spirit. Jesus died by the Spirit.

Jesus rose by the Spirit. He was able to live His life, fulfill His mission, and loved the Father because He was Spirit-filled. This was His strategy: That He wants all of us to implement in our lives. He is a model for us.



Jesus conceived by the Spirit | baptized by the Spirit
served by the Spirit | died by the Spirit | rose by the Spirit

Jesus says: "If you want to act like me, you have to be Spirit-filled."

If Jesus Himself **relied on the Spirit** to live out His calling, how can we even think of making it on our own?

Three Ways the Helper Helps:

First Way The Helper **Accompanies You**

There was this mom and her baby was about to be baptized. She was carrying

this cute baby.

The mother came up to me and asked a theological question: "Brother Bo, I'm confused. When will my baby receive the Holy Spirit? Is it during Baptism or Confirmation?"

I said: "The Sacrament of Baptism and the Sacrament of Confirmation are moments where the Holy Spirit does something beautiful in your life. In Baptism, you belong to Christ and you belong to His Church. In Confirmation, you are empowered to serve. But when your baby was conceived in your womb, that child already had the Holy Spirit."

As we read in Genesis 27 NLT:

"...he breathed the **breath of life** into the man's nostrils, and the man became a living person"

The moment you were conceived in the womb of your mother, you already had the Holy Spirit. Every time you pray and when you attend the Holy Mass, the Holy Spirit is there. Will you allow Him to continue to work in your life?

That's your decision.

When we come before the Lord in Worship, the Spirit is there. When we attend a retreat, the Spirit is there. But even before you do anything good, the Spirit already loves you.

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Second Way **The Helper Empowers You**



Does your company have a mission statement? If a company has a mission statement, you should also have a mission statement. You should sit and craft one.

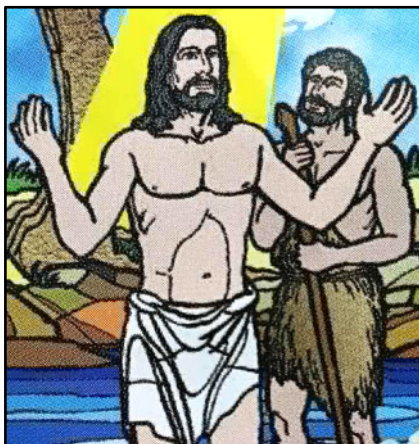
Do you want to hear my mission statement? It's "To communicate God's love." Of course, I elaborate that in a 15-page document. But basically, that's my mission. I do it through writing, speaking, building foundations, and businesses. Jesus had a mission statement but He did not write it. The prophet Isaiah wrote it for Him.

One day, Jesus walked into Nazareth. He entered a synagogue. He picked the manuscript of Isaiah 61:1, and read it to everybody: "This is my mission statement..."

"The Spirit of the Lord is upon me, for he has anointed me to bring Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free, and that the time of the Lord's favor has come."

The "Lord's favor" was about the Jubilee. He was proclaiming that Jubilee is happening.

But did you notice that the prophet Isaiah himself says: "Jesus will fulfill His mission because the Spirit of the Lord is upon me."



We need The Helper in every single area of our lives. Before the public ministry of Jesus,

You need the Helper.

He was already filled with the Holy Spirit.

Luke 4:1 says:

"Jesus, full of the Holy Spirit, returned from the Jordan River..."

--The New Rosary:
The Perfect Gospel Prayer
Word and Life Publications



‘Come, Holy Spirit’

Before I stand onstage, I ask for the help of the Holy Spirit. In my 45 years of preaching, I've had the most incredible experiences. But there was one experience I will never forget.

I gave my talk somewhere. Within five minutes of giving the talk, I knew there was something wrong. The words were not coming. I was stumbling on my own sentences. I was groping for words. I was meandering. I didn't even know what I was talking about. I was not connecting with my audience. I just wanted to get it over with.

I went down the stage frustrated with myself. I was embarrassed because the people in the audience came from afar and I wasn't able to serve them well. I really felt pity. I was about to leave when a woman went after me.

She held my arm and said: "Brother Bo, thank you for your message. You spoke to my heart."

She even mentioned a quote that I said that really pierced her heart. For the life of me, I do not remember saying that quote at all.

What does that mean? The Holy Spirit has the power to hijack my words from the time it leaves my lips to your ears. The Holy Spirit takes those words, replaces them with His own words.

That experience humbled me so much that it made me realize that I don't have to succeed for God to succeed.

There are times in your life that you're going to fail but that failure is a success. Why? It humbled you. It made you more dependent on the Holy Spirit. The Holy Spirit will allow you to fail to tell you that you need to rely on Him.

This is not your show. This is His show. This is His victory. Whatever work you do, ask for The Helper.

It's so simplistic and childish, but that is the secret to cry out and say: "Come, Holy Spirit. I need you."

Allow the Lord and His work to come into your life.

Third
Way

The Helper Corrects You

Mike Viñas, one of our Feast Builders in the Alabang Area, told me this story:

He found out that there is a group of couples who are friends with each other but many of them were not married in church. One of the couples joined his Feast and even volunteered to be a servant. This couple started inviting their friends from the couples group. They even became a Light Group. Mike was surprised because one by one, the couple started getting married in church. No one told them to get married-- not even Mike. Do you know who did that? It's the Holy Spirit.

This Feast cannot help you change your life. I am not here, nor The Feast, to make you act like Jesus. We cannot do that. Only the Holy Spirit can.

The goal of the Feast is *not* to make you become a better person.

My role is to welcome you, embrace you, accept you, and love you. The Spirit will be the one to change your life.



You cannot just ask,
"What would Jesus do?"



We need another bracelet that says PUSH
which means Pray Until the Spirit Helps.

Let's pray:

"Holy Spirit, come. You are The Helper. Thank You for being in my life.

From the moment I was conceived, You were already with me.

Holy Spirit, come. Help me to love, follow, and serve Jesus.

Holy Spirit, come. Empower me.

In Jesus Name. Amen.

The FEAST FAMILY June 1, 2025 17



Thank You!

The Feast Family, now organized as the Feast Mercy Ministries, is a spin-off ministry of the Light of Jesus Family founded by Bro. Bo Sanchez.

Earlier named as Kerygma Family, The Feast Family is a unique online, non-physical, borderless, international community of friends who support each other's personal growth.

Partner beneficiaries of the Feast Mercy Ministries flourish because of your generous support.

Thank you for being with us. We pray that you find your daily source of inspiration from the resources that we send to you. We pray too that you may consider giving to The Feast Mercy Ministries. No gift is too small.

Thank you very much in advance for your gift. Our prayer is that God will continue to reward you as you give.

FOR EXISTING DONORS:

Thank you for the Love. Your monthly donation helps us to continue extending support to our Light of Jesus spin-off organizations, including our partner beneficiaries. Your gift will sustain our operations and, we hope, help us reach out to the persons our Lord has called us to make disciples and give them renewed hope.

Be a Feast Family member. Write or call us. Now.

Email Address: jocelyn@kerygmfamily.com

Website: <https://kerygmfamily.com>

Our Partner Beneficiaries

Jeremiah 33 Foundation

is a shelter for minor girls particularly victims of sexual abuse.



Grace To Be Born

is a halfway home for pregnant women in crisis.



He Cares Mission

provides shelter and pastoral care for street children.

Pag-asa ng Pamilya Foundation

grants scholarships to indigent students.



Jesus Christ Cares for Cancer

provides financial assistance and pastoral care for indigent cancer patients.

The Light of Jesus Pastoral Care Center

ministers to those who are emotionally and spiritually wounded.



H.A.I.L. MARY is acronym for Healthcare Assistance for Indigents and Lepers of Mary, adopting the Blessed Mother as the patroness of its mission to eradicate leprosy in Abra within 8–10 years.



The Light of Jesus Disaster Recovery Ministry

provides evacuation assistance, relief goods, financial aid, and other needs of calamity victims.

The Light of Jesus Prison Ministry

brings Jesus to the Correctional Institution for Women to give them hope for a new life of dignity.



Anawim Lay Missions Foundation provides a home for poor elderly who have been abandoned by their family and have nowhere else to go.

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1. Donate ONLINE (through credit card) Go to www.kerygmfamily.com and click 'DONATE' box Paypal I US Donations.
2. Pick Up from Your House or Office (Metro Manila Only) Cash or Checks Address Checks to Shepherd's Voice Radio and Television Foundation Inc. and call Joy at (+632) 725 -9999 loc 112 or text (+63) 922-828-9890 and we'll pick them up from your home or office.
3. Mail 12 Post-Dated Checks to Our Office for US and CANADA: Address Checks to Kerygma Family, 848 Rainbow Blvd # 1937, Las Vegas, NV 89107. For Other Countries/Philippines: Address Check to Shepherd's Voice Radio and Television Foundation Inc. and mail (registered mail) to Shepherd's Voice, 60 Chicago St., Cubao, Quezon City, Philippines 1109.
4. Directly Deposit to Our Bank Accounts. Deposit to Shepherd's Voice Account in any branch of these banks:
Account name: Shepherd's Voice Radio and Television Foundation Inc. BPI:
Savings Account no: 0123-4849-67 Cubao Aurora Branch
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FAMILY ONLINE NEWSMAGAZINE

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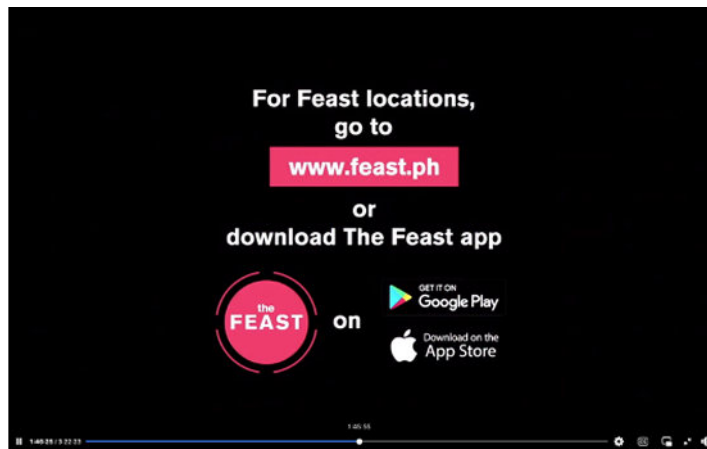
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Go and make disciples of all men.
— Matthew 28:19

