



IN the past few days, many, including me, have been weeping, grieving over the passing of a dear friend, brother, and co-servant in Christ: Bro. Jeric Mison.

But the song in my heart is *Huwag Ka Nang Umiyak*-- *Don't Cry Anymore*. Here's why...

Huwag Ka Nang Umiyak

Bro. Jeric indeed devoted his life to the Lord not only through his extraordinary gift of music, but with his faithfulness, dedication, and love for his family, for others, for God, and His people.

He died with his boots on – meaning, he was actively serving up to the very last moment of his waking hours.

Last Saturday evening (June 28, 2025), we were still meeting via our online Group Chat about our lineup for a Holy Spirit Overnight Event. He was working on the songs, and as our musical director, he was ready to call for our practice. He even had his keyboards set for work the next day. But that next day didn't come.

The following day, Sunday, after I preached and sang using his minus-1 arrangement -- he had done our musical arrangements almost every Sunday -- I learned of the sudden and very sad news that he was gone. Bro. Jeric passed away quietly in his sleep.



Tribute

Yes, we are very sad, especially that we'd been together for 25 years with our band, HIMAYA, serving at The Feast, the Church, schools, companies, and the government.

Yet, in moments like this, we are reminded and consoled that death

is not the end for Bro. Jeric-- and for all of us. God is the master of turning bad into good. We know that God called Bro. Jeric for something greater – for eternity.

Bro. Jeric left a lot of work undone-- many plans, projects, and dreams for his family, for all of us. Yet again, God knows what's better for him.

Bro. Jeric loved his work as his mission. But I'm sure he was waiting, like most of us, when the big payoff was coming for all the work that he had been doing. Many of us ask: Is it coming at all?

That makes us feel that *Work Is Suffering*, the title of Talk 4 of our ongoing series, *9 to 5: What The Bible Says About Our Work*.

But then again, we continue to work – and trust that God is watching. He knows, in His perfect time and perfect way, when our big reward here on Earth, and ultimately in Heaven, will come. So, I tell myself and everyone else, *Huwag Ka Nang Umiyak-- Don't Cry Anymore*.

Instead, I will treasure joyful moments with him.

Let this talk --and song--be a tribute, honoring Bro. Jeric – and affirming, for all of us, that God will indeed turn bad into good – in our work, and our lives.

Get ready for another power-packed Feast.

Mayroong Magandang Mangyayari sa 'Yo!



Alvin Barcelona





Who Are You?

LAST Feast Sunday (June 29, 2025), the Gospel Reading was about the Lord Jesus asking His disciples: “Who do people say that the Son of Man is?”



Rev. Fr. Paolo Asprer, in his homily, asked us: Who are you?, *page 4*. What’s your answer?

Or, if family and friends are asked who you are? What do you think will be their answer?



Bro. Alvin Barcelona has a sure and clear answer about a dear friend, brother, and co-servant in Christ: Bro. Jeric Mison.

If you didn’t know Bro. Jeric, get acquainted with him through Bro. Alvin’s tribute, *pages 1 and 2*.



Sometimes, if not often, we don’t get to really know people close to us or people we should really know about. Why?

That’s the question in Talk 3, of our ongoing Feast series, *9 to 5*.

Bro. Alvin shared how our Feast Builders get to really know themselves to be effective servants of the Lord for His people. Read on, *page 11*.

Yes, we have to know who we really are. Moreover, we must also answer a second question Fr. Paolo asked: Whose we are?

Our answer will lead to an answer to the question of our Lord Jesus to His disciples.

All for God’s Glory,

Randy Borromeo
Media Ministry
Executive Director





Holy Mass



SOLEMNITY OF SAINTS PETER AND PAUL, APOSTLES

Homily

REV. FR. PAOLO APRER, SSP
on the Gospel Matthew 16: 13-19

Excerpts:

Good Morning, Sisters and Brothers in Christ!

Peace and blessings to everyone.

When I was studying Philosophy in college, I encountered a difficult question. It was simple yet profound. The question was: "Who are you?"

Who am I?

Perhaps, there is more to our names, our designations, our strengths, our weaknesses, our achievements, and our failures in life.

Who are you?

Sometimes, the simplest and the shortest question is the toughest to answer, isn't it? There is a tendency to complicate the simple and to oversimplify the complicated.

4 The FEAST FAMILY July 6, 2025

Who Are You?

We really need to know who we really are. How can we believe God? How can we love God, love others, and love ourselves if we do not know who we really are. Perhaps, the question is: Do our loved ones really know who we really?

Who are you?

In our Gospel Reading today, Jesus asked the disciples: "Who do people say that the Son of man is?"

We know things that other people do not know, while others know things that we do not know. At the same time, there are realities that we all know. But there are more mysteries and realities that only God knows.



First Reading: Acts 12:1-11

1 In those days, King Herod laid hands upon some members of the Church to harm them. 2 He had James, the brother of John, killed by the sword, 3 and when he saw that this was pleasing to the Jews he proceeded to arrest Peter also. It was the feast of Unleavened Bread. 4 He had him taken into custody and put in prison under the guard of four squads of four soldiers each. He intended to bring him before the people after Passover. 5 Peter thus was being kept in prison, but prayer by the Church was fervently being made to God on his behalf. 6 On the very night before Herod was to bring him to trial, Peter, secured by double chains, was sleeping between two soldiers, while outside the door guards kept watch on the prison. 7 Suddenly the angel of the Lord stood by him and a light shone in the cell. He tapped Peter on the side and awakened him, saying, "Get up quickly." The chains fell from his wrists. 8 The angel said to him, "Put on your belt and your sandals." He did so. Then he said to him, "Put on your cloak and follow me." 9 So he followed him out, not realizing that what was happening through the angel was real; he thought he was seeing a vision. 10 They passed the first guard, then the second, and came to the iron gate leading out to the city, which opened for them by itself. They emerged and made their way down an alley, and suddenly the angel left him. 11 Then Peter recovered his senses and said, "Now I know for certain that the Lord sent his angel and rescued me from the hand of Herod and from all that the Jewish people had been expecting."

'Who am I to you?'

The second question of our Lord Jesus is a deeply personal one: "Who do you think I am?"

It's not a question that requires an answer from textbooks, creeds, and dogmas. It is a question that pierces the heart.

That is the real question. Who is God in our lives? Who is Jesus in our lives? Do we really recognize Him? Sometimes, we do not. Sometimes the head knowledge does not connect with the heart. Expectations do not meet reality. Why?

Because we undergo stages in life. We commit sins, and sins blur our vision of God. We get tired. We get discouraged. We get restless. In those moments, our moods, feelings, and projections are what determine our perception of God-- and not the truth, and not the living revelation that God is, that Jesus is Christ.

God cannot easily be contained. God cannot be imprisoned in our projection. He is always more than what we can think. God can console us as much as God can confront us and challenge us. God can even hurt us to heal us, make us whole once again. God can humble us because He wants us to go up. He humbles us to raise us, fulfill our deepest purpose.

Knowing ourselves more deeply is a foundation of faith.

I like the prayer of St. Augustine: "Lord, let me know myself more deeply, so that I can truly know You. Lord, let me know you because in knowing You, I would know myself more deeply."



Responsorial Psalm: Psalm 34:2-3, 4-5, 6-7, 8-9

R: The angel of the Lord will rescue those who fear him.

2 I will bless the Lord at all times; his praise shall be ever in my mouth. 3 Let my soul glory in the Lord; the lowly will hear me and be glad. (R) 4 Glorify the Lord with me, let us together extol his name. 5 I sought the Lord, and he answered me and delivered me from all my fears. (R) 6 Look to him that you may be radiant with joy, and your faces may not blush with shame. 7 When the poor one called out, the Lord heard, and from all his distress he saved him. (R) 8 The angel of the Lord encamps around those who fear him, and delivers them. 9 Taste and see how good the Lord is; blessed the man who takes refuge in him. (R)



Whose We Are?

Second equally important question is:

"Whose we are?"

We belong to God and that is the conviction of the Apostles like Peter and Paul. Neither height nor depth, nor angels, nor principalities, past, present, and future will separate us from the love of God in Christ Jesus.

Today, we celebrate the Solemnity of the two great pillars of the Church, Peter and Paul. They were sinners yet because of God's transformative love, they became the two of the greatest saints in the history of the Church.

We know their story. Peter betrayed the Lord three times. Of course, Paul was a murderer and a persecutor of the first Christians.

We can say that God calls not the able ones. He *enables* those whom He calls. God calls not the qualified ones. He *qualifies* those whom He calls. God calls us not because we are perfect but God calls above all those who are humble and those who are willing to be formed in His love.

St. Peter was the leader of the Christian community (and he was sentenced to death by then Roman Emperor Nero) Peter died nailed on the cross upside down at his own request because he felt he was not worthy of being crucified like our Lord Jesus.

St. Paul was also the founder of communities. He preached the Gospel outside Jerusalem. While Paul is the rock symbol of tradition and solidity, Paul is also a symbol of fire, passion, change, conversion and communicating the faith in new languages and in new cultures. (Also on orders of Roman Emperor Nero, Paul was sentenced to death. Being from Tarsus, Paul was a Roman citizen, so instead of being crucified, he was beheaded.)



Second Reading: Timothy 4:6-8, 17-18

6 I, Paul, am already being poured out like a libation, and the time of my departure is at hand. 7 I have competed well; I have finished the race; I have kept the faith. 8 From now on the crown of righteousness awaits me, which the Lord, the just judge, will award to me on that day, and not only to me, but to all who have longed for his appearance. 17 The Lord stood by me and gave me strength, so that through me the proclamation might be completed and all the Gentiles might hear it. And I was rescued from the lion's mouth. 18 The Lord will rescue me from every evil threat and will bring me safe to his heavenly kingdom. To him be glory forever and ever. Amen.

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Blessing

My dear Friends, we need St. Peter and St. Paul in our lives, in our creative fidelity, and in communicating the faith. When we have faith like that of Peter and Paul, perhaps our answer to Jesus' question, "Who do you think am I?" won't come from fleeting emotions and from borrowed answers.

Our answer to Jesus comes from a heart that has known His mercy, and that has journeyed with God in the ups and downs, twists and turns, certainties and surprises of life.

That He is truly God Jesus of our lives.

That He is truly the Son of the Living God. Amen.

Bow down for the Blessing;

May Almighty God bless you for He has made you steadfast in St. Peter's saving confession, and through it has set you on the solid rock of the Church's faith. Amen.

And having instructed you by the preaching of St. Paul, may God teach you constantly by his example to win brothers and sisters for Christ. Amen.

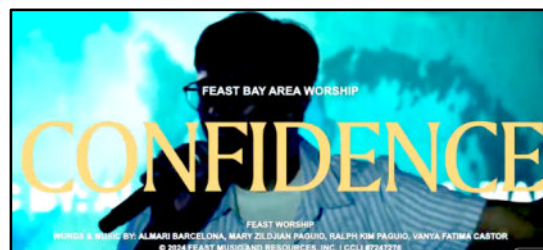
So that by the keys of St. Peter, the words of St. Paul, and by the support of their intercession, God may bring us happily to that homeland that Peter attained on a cross, and Paul by the blade of a sword. Amen.

And may the blessing of Almighty God, the Father, and the Son, and the Holy Spirit come down on you and remain with you forever. Amen.

Worship!

BRO. JONIE MANAOAT:

Today, as we worship, I want to invite you to sing-- we're going to sing our hearts out loud and be confident that God's miracle is on its way. All right, as one Family, let's sing:



Welcome!



BRO. ALVIN BARCELONA:

If you're happy and blessed to be here, clap your hands some more and proclaim it:

"I'm happy to be here!"

Tell the person beside you: "I'm happy you're here."

And also tell the person: "I hope you're happy I'm here."

Welcome to The Feast-- to our regular 8:00 a.m. Feast. Feasters, thank you for being here again, and again, and again.

And to our first-timers, Welcome!

I am Alvin Barcelona. I preach mostly in the afternoon session but I'm also tasked to oversee seven Feasts in our Feast Bay Area District.

I also oversee all The Feasts outside Metro manila -- those are all in the provinces and cities of Luzon, Visayas, and Mindanao. I just arrived from Bacolod. I have many tasks. But those are not all.

I'm also a steward, an educator for 40 years now. Although my wife is the directress, and we have leaders, we have principals, I still am hands on in our school. It's very busy now because the schoolyear just started, classes just opened.

On top of that, I also give talks in companies, schools, and church communities, and especially for government. I'm in Congress like twice a week giving talks to thousands of Congressional staff from all over the country.

And I'm a husband and a father to a son who's turning 30, and to a daughter who's turning 15.



Secret

I'm very busy. How am I able to do all those tasks?

This is my secret, and the secret of all of us Feast Builders.

For example, last June 16, opening of classes, I led our teachers early morning for our Worship huddle and then I greeted, personally, parents and students. And then I gave a general orientation about the school. That was in the morning.

In the afternoon, I left for the beach.

I joined the Feast Mega Manila Builders' first outing. It was the first day of school. That's why the Builders who have schoolchildren were absent. Amid the busyness, we went out to swim, rest, and enjoy the presence of one another.



Bro. Bo Sanchez (*2nd from left*), Bro. Audee Villaraza (*white shirt*) and other Feast Builders. *At right*, Bro. Arun Gogna joining the fun.

Habit

It has been a habit-- that in the busyness of things, I break it. I declare a break.

Last week, I had a talk engagement with a government agency. After the serious job, my team and I went out to eat, telling stories, laughing.



Actually, that was my life last week-- busy. Yes, we Feast Builders are busy.

But at night, we would have time to stop and bond with our co-leaders.

At right, here I am with my wife Tes bonding with Doc Didoy Lubaton, his wife Mayi and their two-month-old baby.



Last Wednesday (June 25, 2025), I met with my small group -- called Light Group (meaning, a small version of the Light Group Family).

You think I'm busy? Look at Bro Bo's schedule. I go around the country but Bo goes around the world (attending Feasts abroad).

But we have time to stop, rest, laugh, and eat.





Also last week, as I said, I just came from Bacolod.

There, we had a *Recolicnic*-- meaning, Recollection and Picnic.

True to its theme, the retreat house was near the sea and the surroundings were full of trees.

Then we went on a pilgrimage to the replica of Medjugorje Church in Bacolod. Beautiful!





After the pilgrimage, we ate...

....and ate

...But it's not only the food that filled us up. It's each one's story that we tell while we were eating. We had lots of time to share with one another --even in small groups--- just listening to each other.



.... and we ate



And, of course, we rested in the Presence of the Lord.

The Sacred Rhythm of Work and Rest

After a busy Feast last week, we took time out to eat.

That's my wife Tes, and our children Aio and Aia.



I left Bacolod early.
But when I got home,
I slept late.

It was already past
midnight, but we chit-
chatted to death.

The girl at Aio's left side
is his fiancée, Issa.

What are we doing? We are practising the sacred rhythm of work and rest.
In short, we're living.

LIVING

You don't want to get too busy
working for a living and forget *living*.

**You don't want to get too busy
working for a living
and forget living.**

Work well. Rest well. Live more.

**Work well. Rest well.
Live more.**

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

Let's all stand and pray our favorite prayer in The Feast:



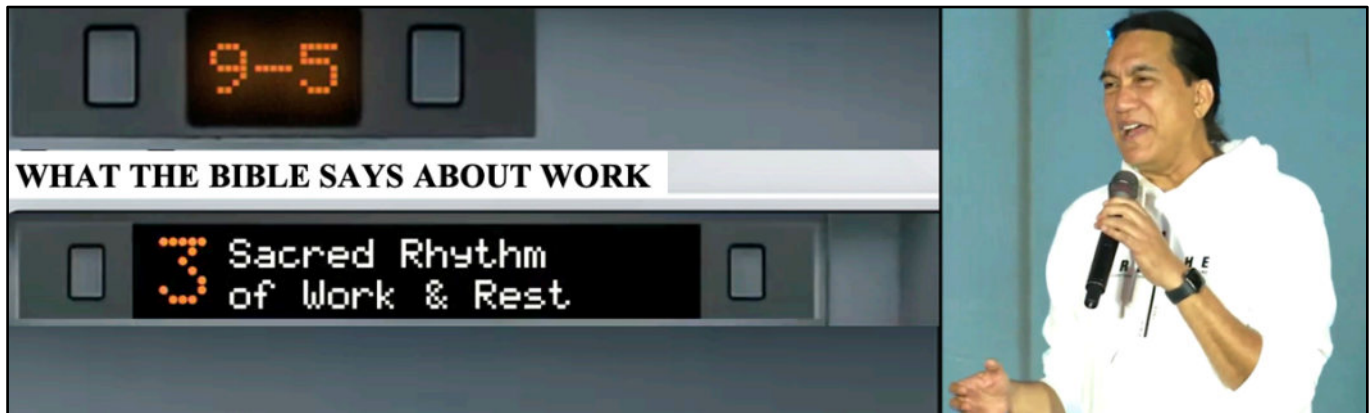
**Today, I receive all of God's love for me.
Today, I open myself to the unbounded,
limitless, overflowing abundance of God's universe.
Today, I open myself to God's blessings, healing, and miracles.
Today, I open myself to God's word so that
I become more like Jesus every day.**

**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.**



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

Talk



Our Word for today which will be accompanied by lots of verses later on is from Mark 6:31:

Come with me by yourselves to a quiet place and get some rest.

Jesus Himself rested. He even tells His busy disciples to rest.

We're now in Talk 3 of this powerful series. We've learned that secular work can be sacred. Whatever you're doing-- you're a teacher, a doctor, a politician, a cook, a chef, a baker-- what you do is your worship to the Lord.

But to walk with God, you need two feet -- the right foot of work and the left foot of rest.

You'll learn throughout the talk that *resting* is actually *trusting* in the Lord.

Because God invites us to enter into this holy rhythm of work and rest.

Without rest, even godly work will damage us and even damage others

We're always in a hurry.

To walk with God, you need the right foot of work and the left foot of trust (rest)

We're always in a hurry.
It seems like we're in an ambulance.
If we're always in a hurry,
we can hurt ourselves and hurt others.



Let's talk about the culture--and sickness-- of always being in a hurry.
Matthew 4:1-- another verse we'll stand on for this Talk:

Matthew 4:1 NIV
Then Jesus was led by the Spirit into the **wilderness...**

Before Jesus started His three-year ministry of preaching, healing, and performing miracles, the Spirit led Him to the wilderness.

In Greek, *wilderness* means *eremos*.

For this talk, we'll choose the term, *quiet place*. Why?

Because we meet God in our quiet place. That's our big message today.

Put your hands close to your heart and pray this with me:

"Today, I will meet God in my quiet place. In Jesus' Name. Amen."

eremos a desolate place, deserted place, solitary place, lonely place, or quiet place.

Let's sing to the Word of the Lord:

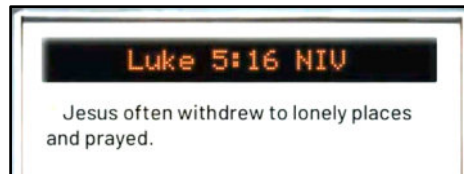
*Thy Word is a Lamp
unto my feet
And a Light unto
my path.*



Come with Me

More verses about Jesus Himself resting.
Hey, the Son of God resting.

Luke 5:16 says:



There were incidents in Jesus' life when He needed to rest. Can you imagine giving a talk to 5,000 to 10,000 people? That can be draining. And then feeding them and then healing them.

Just ask a priest how he feels after a long day of hearing Confession.

Jesus, at this time, as man, was drained and was tired. What would He do? He would go out and rest.

But what kind of rest? Think about it. If Jesus, the Son of God, needed a quiet place, how can we even think we can live without it? Jesus knew how to rest, how to retreat. We, too, need to do that.

**Jesus, the Son of God, needed the quiet place.
How can we even think we can live without it?**

That's why I read in advance Mark 6:31:

This is Jesus inviting the apostles and inviting *you*.

Jesus saying, "*Come with me*" is very crucial. Why?

Because He wants you to rest but not just by yourself-- but with Him. There's nothing wrong if your way of resting is watching Netflix, or talking, laughing with your friends. But it's not enough.

Sometimes it's not just our body that gets tired. Our mind gets tired too. When our mind is tired, our heart can feel tired too.

All the more you will be tired if your spirit gets tired.

There is this saying: "When the well becomes dry, our spirit can be drained."

We were warned to not quench the spirit as it'll dry up. There's a difference between isolation and solitude.

"*Come with me*." It's being alone with God. It's solitude alone with God.

Jesus saying, "*Come with me*" connotes a rest with Him. It's the difference between isolation of being alone or even being with a crowd. Have you experienced being with lots of people and still feeling alone?

We have normalized hurry. We've been doing two or three tasks in one time. We even have a term for it: "multi-tasking."

But multi-tasking never meant doing several tasks at the same time. It only means you can do a lot one task at a time.



Isolation	being alone
Solitude	being alone with God

Our society has normalized hurry.



Signs

This talk is for me as well. I am doing two or more tasks at the same time.

One time, I typed on my phone a text for my wife, setting a date with her, ending my message with "Love you." Almost at the same time, I typed a text to my boss about our meeting-- a trip to Cebu. I sent both messages right away...Whoa! The one for my wife went to my boss, and the one for my boss to my wife. My wife was happy we're going to Cebu. My boss wondered why I love him!

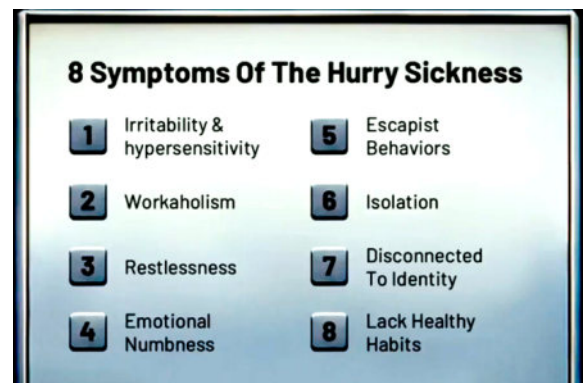
That's why, Fr. Jerry Orbos said: "Wherever you are, be there."

We have become divided persons. We're always hurrying. Whenever we are at work, we think of home. But whenever we're at home, we think of work.

That's why, beware of the 8 Symptoms of the Hurry Sickness. I made a checklist to see if I have those symptoms. My score was perfect-- I have those 8 symptoms!

Here are the eight signs you're afflicted with the *Hurry Sickness*:

- Irritability and hypersensitivity: You get hurt or annoyed too easily. You are always in a hurry-- when somebody blocks your way, you get angry.
- Workaholism: You don't know when to stop working. Who among you is uncomfortable if you're not doing anything? You work when you're on vacation. So, when you go back to work, you need to go on vacation.
- Restlessness: When you have time to stop working, you cannot relax. No.1: You always need to look at your phone. The moment you wake up, instead of praying, you check what's on your phone. So, I suggest: Put your phone on your altar, and bow to it☺.
- Emotional Numbness: You cannot feel other people's pain. We don't have time for loved ones.
- Escapist Behaviors. Overeating, binge watching, porn, etc. Let's move from monkey-mind (jumping over various concerns) to monk-mind -- calm.
- Isolation-- from others, God, and yourself. You are with friends, but you're talking with others on your phone.
- Disconnected from your Calling and Identity.
- Lack Healthy Habits-- sleep, nutritious food, exercise.



Time Out!

The *Hurry Sickness* is worse than the Coronavirus Disease. COVID killed millions. The *Hurry Sickness* kills billions.

Why? It's killing our life. We're too busy. That's why we tell Feast Builders to make time for relaxing meals with their families, have deep conversations with friends, and create relaxing moments with God.



When we're too busy we don't have time for the most important things:

- We don't have time for relaxing meals with our family.
- We don't have time for deep conversation with friends.
- We don't have time for relaxing moments with God.

That is why these scenarios are very common:

- Our career is going gangbusters, but our marriage is collapsing.
- We got promoted but we're now diabetic.
- We grew our business, but our kids become strangers.

Mark 6:36 NIV

What good is it for someone to gain the whole world, yet forfeit their soul?

As it is said in Mark 6:36>

In God's Kingdom, what is the highest value? Answer: Love.

Jesus Himself said Love is the greatest commandment. But what is love?

Yesterday, I was honored by our friends from Bacolod. I spent two days with them even if I was busy. And they appreciated that. They said that in Bacolod, they spell love as T-I-M-E. Love is time. You consume time. You spend time.

Truth:
Hurry kills love.

When you're in a hurry, you get angry, nag, and insist your way. You don't see the other person. You cannot see their goodness, their woundedness, and their cry for help.

That's why St. Paul defines love as patient.

When you're patient, you spend time. You don't hurry. We are always told to walk with God and not run with God.

God walks slowly because He is Love. You can never win the race against time. Time will always be ahead of us.

Look at my children. They used to be kids. Now, they've grown. Time has flown. I'm thankful that I was able to witness their milestones in life. Time flies fast. It's hard



to catch up. Sometimes, I see people doing deeds for their loved ones once they are dead already. They should have done it when their loved ones were still alive.



Why Do We Hurry?

1 People-Pleasing

That's why you can never say "no."
You're spreading yourself too thinly.

2 Inflated Ego

You believe that you are the only one who can do something. But that's not true. We will all die and once we die, the world will be back to business as usual.

3 Materialistic Mindset

I pray for those who would like to work abroad but I also tell them to set a deadline.

4 Restless Ambition

It's not bad to work for more and dream big. But put a ceiling until *when*. We often tell ourselves that we do not have the time but we do have time. You just have to choose where to use your time.

The problem isn't business. It's being busy with the wrong things.



3 Practical Steps To Restore Your Sacred Rhythm

1 2 3

2 Calendar Your Core

Make the best use of the time. At the start of each year, our calendar is already full. But Bro. Bo taught the Feast Builders that the first that we should schedule on our calendar is our date time with our wives, children, and friends. If you can put meetings at work in your calendar, our dates with family and friends should also be on our calendar. There is no time? We have to make time

3 Create Your Cushion

Setting a time to pause--whether you like it or not. It's called Sabbath. That is why you're here at The Feast today. The root of all pathological busyness in the end is lack of trust in God. We do everything because we fear that no one else will do it. We forget that there is someone who can do other things for us.

1 Clarify Your Call

Life is a process of accumulation and elimination. When you're young, you do a lot of things but as you get older, you lessen your activities and focus on what truly matters. What is the one thing that God really wants you to do up to the last day of your life?

Luke 10:41-42 NIV

You are worried and upset about many things, but few things are needed-or indeed only one."

Ephesians 5:16 ESV

making the best use of the time.

Exodus 20:10 ESV

the seventh day is a sabbath unto the LORD your God



True Rest Is Trusting God

Nature is amazing. It tells us what to do. There is day and there is night. Why? The answer is simple. When it's daytime, you work. When it's nighttime, you rest. You can only do so much.

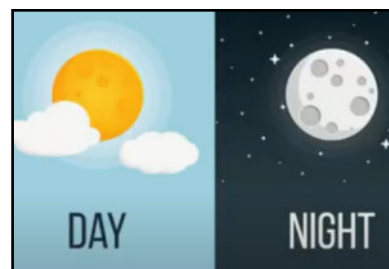
I love St. Joseph. He is known as St. Joseph, The Worker.

But in recent times, he's also known as Sleeping St. Joseph.

But God blesses him when he works and when he sleeps. When he sleeps, that's where he tells God: "Lord, I'm going to do my best but I will rest because You will do the rest."

When he sleeps, that's when God talks to him.

**GIVE YOUR BEST and GOD WILL DO THE REST
SO YOU CAN REST.**



When I got sick, I did everything I could to be healed. But I was still dying. But obviously, I didn't die. I got healed. How? I got healed when I didn't do anything anymore. Initially, I did everything but I wasn't healing.

So, I told God: "Lord, I did everything already. I surrender to You."

It's only in God that you surrender and then you win. When you've done everything, you rest because God will do the rest. From there, you will meet God in your quiet place.

Let me pray with you and pray for you.

Father in Heaven, we thank You for the gift of work where we are blessed to bless others. We thank You for the gift of rest where we are restored, recharged, renewed, and where we listen to you more. Grant us the grace to practice this sacred rhythm of work and rest in our homes, with our families, in our workplace, in our jobs, and in our businesses so that this rhythm rubs on to our health life, to our service life, to our spiritual life, especially with our relationship with You and with one another.

Dear Lord, grant us the grace to trust in You.

As we declare: "Jesus, I trust in You. I surrender to You. I will give my best and trust that You will do the rest. In Your Name, we pray, we proclaim. Amen."



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.

CHOOSE HOW YOU WANT TO GIVE

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
Banco de Oro Savings Account no: 003970019804 General Araneta, Cubao Branch
Banco de Oro - Savings Account no. 000160506123 SM Cubao Branch
PNB - Current Account no. 108410089566 SSS branch
Metrobank-Savings Account no. 265-3-26509112-2 e Rodriguez Branch
Allied Bank Savings Account no. 3160-12345-1 E Rodriguez Branch
Union Bank Savings Account no. 00-206-000940-1 Tektite Branch

Note: Text, Fax, or email us your name, date and amount of deposit, and the branch of the bank where you deposited your donation, or fax the deposit slip to us. Email us at support@kerygmfamily.com or text us at (63) 922-828-9890/ (63) 998-968-4416 or Fax to (+632) 725-1230.



FAMILY ONLINE NEWSMAGAZINE

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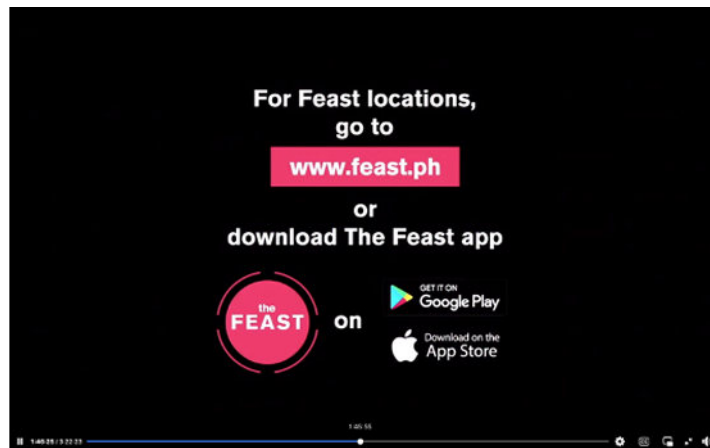
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Go and make disciples of all men.
— **Matthew 28:19**

