



DO you know the prayer our Lord Jesus Himself taught us?

I'm sure you'd quickly answer: "*Of course, I do! I'm a Catholic!*"

Yet, let me tell you this. *The Lord's Prayer* is a prayer we all know -- and we don't.

That's what happens when we recite --or do-- something out of obligation, memorization, or habit. We lose its deeper meaning – or we didn't know its real meaning in the first place. Because you'll be amazed at what this prayer truly means.

The Lord's Prayer is like the password, the cipher key, the combination that unlocks the Sermon on the Mount. That's why it was written right in the middle part of the entire Sermon – a common tool that ancient authors used to emphasize their most important message, positioning it at the center of their literary work.

The Lord's Prayer is the summary of what Jesus is about. It manifests the heartbeat of Jesus.

In Talk 7 of our empowering, life-changing series, *The Good Life*– our journey through the Sermon On The Mount-- we'll dive deeper into *The Lord's Prayer* and discover that this is indeed *The Prayer of The Revolution*.

Prepare to pray this prayer like you've never prayed it before.

Our Father in Heaven, hallowed be your name, Your kingdom come, Your will be done, on Earth as it is in Heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.” --Matthew 6:9-13



The Lord's Prayer

Mayroong Magandang Mangyayari sa 'Yo!

Alvin Barcelona

Are You Humble?

ONE Sabbath, Jesus went to eat in the house of a Pharisee. The Lord noticed guests picked places of honor at the table. So, He advised them: "... when you are invited to a feast, don't sit in the seat of honor... Instead, take the lowest place at the foot of the table...

For those who exalt themselves will be humbled, and those who humble themselves will be exalted. --From the Gospel, Luke 14.

Rev. Fr. Kiev Dimatatac, in his Homily last Feast Sunday, pointed out that the Gospel focuses on the virtue of humility.

Then, he asked: Are you a humble person?" *page 3.*

Rev. Fr. Bob McConaghy, for the first time our Feast Talk preacher, said a lot of people can think *humility*, and walk around looking very holy. But if you are truly humble, you are like a *ninja*... That's part of Talk 6 of our series, *The Good Life*. Read on, *page 13.*

What's being humble? It doesn't mean you cannot talk about your achievements, Bro. Alvin Barcelona said in his concluding message in Talk 6, *page 17.* He explains our Lord Jesus told us all about it in the prayer so familiar to us, the topic of Talk 7 today, which Bro. Alvin introduces on *page 1.*

To be humble, develop the *Three Habits of Love* -- for the right reasons. That's practical advice from Bro. Audee Villaraza, as he led us to pray our Novena to God's Love, *page 11.*

Love means to care for those in need. And best who tell us about it are the servant leaders of our Light of Jesus Pastoral Care Ministry, *below, from left:* Bro. Hermie Morelos, Bro. Koots and Sis. Michele Alignay, and Bro. Randel Serrano, *page 21.*

So, are you humble? Go on... Saying so does not mean you're not being humble:)



All for God's Glory,

Randy Borrromeo
Media Ministry
Executive Director



Holy Mass



Homily

REV. FR. KIEV DIMATATAC, SSP

on the Gospel Luke 14: 1,7-14

Excerpts:

"If you have it, flaunt it."

Do you believe in that saying? Well, why not, right? When you worked hard for it, when you waited patiently for that something, why not flaunt it?

That's why I'm happy to see friends taking vacations with their families and sharing their achievements and milestone. I am genuinely excited for people who have their simple joys. They are worth celebrating.

But if you have it because of something illegal, then it's not something to flaunt, right? To celebrate is different from bragging. When you celebrate, you acknowledge that everything is a blessing. Everything is a gift from the Lord. You acknowledge, in your humble disposition, that you are celebrating this grace from God.

To brag means crediting oneself: "I was able to do it on my own."

It is self-centered.

But to celebrate means focusing on the One who gave us that gift.



Three Reasons for Humility

Our Gospel today focuses on the virtue of humility. Are you a humble person?

It's a tricky question. If you say yes, then you're not a humble person. But if you say *No*, you may not be a humble person, either.

In Filipino, we say, “*Medyo (quite).*”

So that we'll appear humble. We do not take credit for being humble, even if we know that we are striving to practice the virtue of humility.

Our Gospel speaks of the importance of humility. Why do we need to humble ourselves? Why do we need humility?

Because God humbled Himself and became incarnate to become one of us.

We must humble ourselves because God Himself teaches us that the way to God is only through humility. That's why humble people are holy people. Humble people are led to Christ.

But the world despises this virtue. The world doesn't want humility because it is equated with weakness or insignificance. If you are humble, you don't matter. Only the wealthy and their influence matter.

I'd like to share with you three reasons we need to humble ourselves-- called GPS:

1. Greatness. When you're up, the only way to go is down. History has proven that people who brag will be humbled, but people who humble themselves will be exalted.

We see this in *Genesis*, from the story of Adam and Eve to the fall of Lucifer. They tried to be like God. They didn't want to depend on God.

We see this in the story of the people who tried to reach God and be equal with God by building the tower of Babel.



First Reading: Sirach 3:17-18, 20, 28-29

17 My child, conduct your affairs with humility, and you will be loved more than a giver of gifts. 18

Humble yourself the more, the greater you are, and you will find favor with God. 20 What is too sublime for you, seek not, into things beyond your strength

search not. 28 The mind of a sage appreciates

proverbs, and an attentive ear is the joy of the wise. 29 Water quenches a flaming fire, and alms atone for sins.

Models of Humility

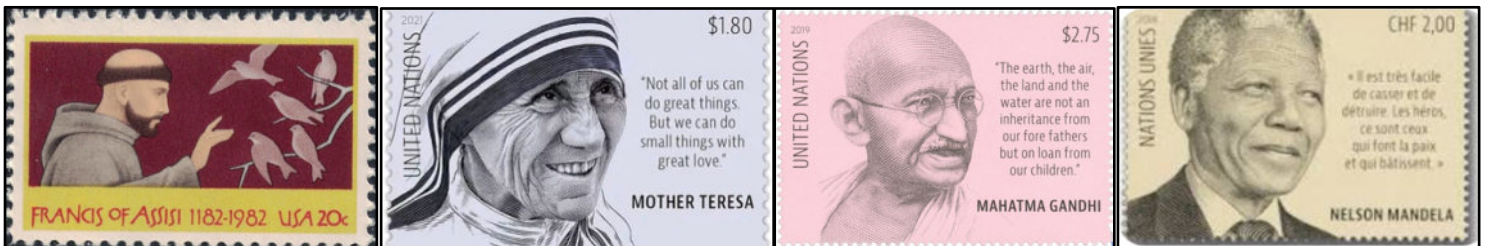
We see humility in models of our Church and society.



First, our Blessed Mama Mary, who identified herself with the *anawim* -- the least in society. She was exalted before all ages.

Then, we have St. Francis of Assisi, Mother Teresa of Calcutta, Mahatma Gandhi, and Nelson Mandela.

Here, honored in inspiring rare stamps worldwide.



They humbled themselves and are being exalted throughout history-- because humility leads to greatness.

As Mahatma Gandhi said: "If you are humble enough, you are unconquerable." No one can topple down humble persons because they are already grounded. Their feet are on the ground.



Responsorial Psalm: Psalm 68:4-5, 6-7, 10-11

R: God, in your goodness, you have made a home for the poor.

4 The just rejoice and exult before God; they are glad and rejoice. 5 Sing to God, chant praise to his name, whose name is the Lord. (R)

6 The father of orphans and the defender of widows is God in his holy dwelling. 7 God gives a home to the forsaken; he leads forth prisoners to prosperity. (R)

10 A bountiful rain you showered down, O God, upon your inheritance; you restored the land when it languished; 11 your flock settled in it; in your goodness, O God, you provided it for the needy. (R)

2. People

We gain people if we are humble enough.
We gain relationships.

This reminds me of a true story in the seminary.

Once in a while, for our meal, we would be given fried chicken as a treat. Usually, it would happen on Sundays or Thursdays because those were our feast days.

Two friends were enjoying their fried chicken. The first one ripped off the chicken skin and put it aside. He wanted to save the best for last. The other one thought that his friend didn't want the chicken skin. So, he took it and ate it from his friend's plate. From then on, they stopped talking to each other.

But it's not really the chicken skin that caused the rift-- but their pride. No one wanted to admit whose fault it was.

I always ask couples: "Who is the first one to say sorry? Is it the one who was at fault or the one who got offended?"

The answer is neither of the two. The first one to say sorry is the one who gives much importance to their relationship. Many marriages and friendships today remain broken because of pride. No one wants to admit to be at fault. No one wants to be humble. No one wants to say *Sorry*. So, they fall apart.

In the end, we need people. We need relationships. We lose nothing if we humble ourselves. We lose everything if we take pride in ourselves.



Second Reading: Hebrews 12:18-19, 22-24

18 Brothers and sisters: You have not approached that which could be touched and a blazing fire and gloomy darkness and storm 19 and a trumpet blast and a voice speaking words such that those who heard begged that no message be further addressed to them. 22 No, you have approached Mount Zion and the city of the living God, the heavenly Jerusalem,

and countless angels in festal gathering, 23 and the assembly of the firstborn enrolled in heaven, and God the judge of all, and the spirits of the just made perfect, 24 and Jesus, the mediator of a new covenant, and the sprinkled blood that speaks more eloquently than that of Abel.

3. Salvation

St. Augustine said: "It was pride that changed angels into devils, and it was humility that made men as angels."

It is that humble disposition-- when we praise, revere, and serve God because we know our place before God.

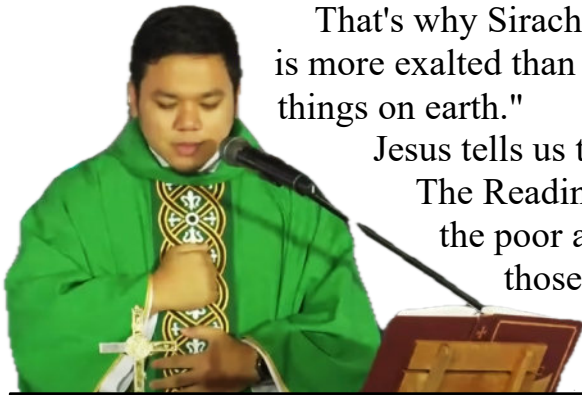
We know in our humility who we are and what we are before God. We are but creatures, and we acknowledge who God is in our life.

That's why Sirach said: "The humble person is more exalted than anyone who has done great things on earth."

Jesus tells us to aim for humility before the Lord.

The Readings today keep on mentioning the poor and the crippled --

those who cannot repay God for His generosity.



My Friends, we are those people. We are the poor. We are the crippled. That's why we humble ourselves and give praise, reverence, and service to God.

People who go to Mass are humble enough because they realize they have nothing-- because everything comes from God.

If you're humble enough, you will make time for God.

We pray to God because we know that without prayer, we are nothing.

We realize our nothingness before the immensity of God. This God who sees our humility and our humble disposition will bring us to His table -- to that fellowship with Him in Heaven.

Let's humble ourselves because it is the only way we can attain greatness. It is the only way we can win people and relationships. It is the only way we can attain salvation. May God bless us all. Amen.

Worship!

BRO. JIMMY SAN BUENAVENTURA:

Good Morning, Church!

How are you? How was your week?

However your week went, I know

-- and I have faith-- that God has been good to you to this day. Amen.

I want to invite you to lift your heart and your voice to the One who is above all.

His Name is Jesus. He is full of power, full of glory, and He is worthy of all our praises.

Let this Worship be our prayer...





SIS. PAULINE GUEVARRA:

What the enemy intended for people, God will turn around and turn around for our good.

And so, today, Church, I want to invite you bring to God whatever it is in your life that feels abandoned, that feels lost, that feels defeated.

As we sing the next few lines, let us remember that the victory is already ours. For He is with us. We worship a God who never abandons His people. Emmanuel, God with us. He is with us. He is for us.

And He will always, always carry us through.

So, lift your hands, lift your voice, lift your heart , and sing this with confidence...





BRO. AUDEE VILLARAZA:

Raise your hands if you have ever been rejected at least once in your life...if you've ever been rejected by a company where you applied for a job... if you've ever been rejected by a crush that you realized was not crushing you back... if you've ever been rejected and ghosted by people in a group chat, when you sent a message and nobody replied to you... if you've ever been rejected by friends who said that they were not going to leave you behind, but they did... if you've ever been rejected even by your pet when you called your pet and it did not come to you...

All of us here have been rejected at least once in our life.

But I'd like to bring some good Gospel news to you this morning: that the God we worship, He will never reject you. He will never abandon you. He will never ghost you. He will never cancel you. He will never unfriend you.

Because God stays-- always. And so, as we sing this morning you can breathe a bit, knowing that there is a God who always remains and stays behind.

Come on, clap and give God the praise. Sing to Him:



Welcome!

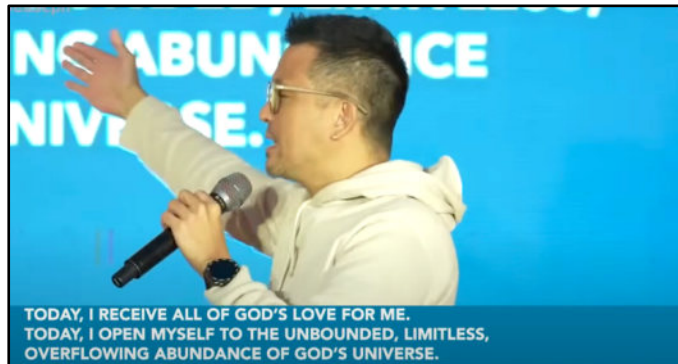


If you're a first-timer, we'd like to clap for you.
Friends, if you're beside a first-timer, tell him: "Welcome home!"
This is now your home. This is your spiritual home. We gather here every Sunday and we hope you can be part of our family.



NOVENA TO GOD'S LOVE DECLARATION OF ABUNDANCE

This is what we do every Sunday, when we receive a powerful truth from the Lord. We're ready to receive blessings, and healing, and miracles from God. Raise your hands and say this with me:



Everybody, I need you to help me as we sing and give honor and love to the Word of God:

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



Rituals of Religion

We are still in our series, *The Good Life*.

Today, we're going to talk about something that I believe is so relevant because it talks about the world today, especially in a world called social media.

I pray that you're open enough today to receive this, not with condemnation and judgment, but with love and truth that the light of the world will shine upon you.

Jesus is talking about a specific verse from the book of Matthew where He's talking about the three rituals of religion, which

throughout centuries, have been referred to

in various terms such as Pillars of Piety, Spiritual Disciplines, and Lenten practices.

To remember them easily, we call them

The 3 Habits of Love: Giving, Praying, and Fasting.

And Jesus gives a warning in the book of Matthew:

You've got to be careful because Jesus is saying that these habits of love are great. Righteousness is great. Giving is good. Fasting is good. Praying is good. But when you do these three habits of love for the wrong reasons, Jesus says that there will be no reward from God.

I don't know about you, but I'd rather get a reward from God than getting a reward from people here on Earth. A reward from God means that it doesn't fade. It doesn't get broken. God's reward will give you joy. It will give you peace. It's going to be long-lasting. Be careful that you do not trade your eternal treasure for temporary pleasure.

We're going to talk about matters of the heart. Put your hand over your chest and say:

"Jesus, speak to me. I need Your Word. I need your wisdom. Change me. As I sit here, love me and be with me. In Jesus' Name. Amen."

We're going to shift things a little this morning. For our Feast talks, you are used to hearing either Bro. Bo or me. Instead, today, we have invited a very special guest to preach this very important topic about *The Three Habits of Love*.

Let's give the warmest and most loving applause to none other than our friend, Fr. Bob McConaghy!



Talk



REV. FR. BOB McCONAGHY:

Merry Christmas, Everyone!

It's a season of preparation for love.

Our Lord loves to comfort us by forgiving us. But He also loves to challenge us -- and sometimes, to disturb us.

In these *Three Habits of Love*, we realize that love demands a sacrifice.

Jesus says: "When you give to the Lord, do not announce it with trumpets like the hypocrites do in the synagogues, and in the street corners, looking for applause. Rather, let not your left hand know what your right hand is doing -- and your Father who sees you in secret will reward you."

Let's take a look at these three beautiful habits of loving:

1. GIVING

Suppose that you have a boyfriend whom you met just a few weeks ago. He's good-looking and charming. He invites you to dinner in one of the most expensive restaurants in Metro Manila.

He says, "I'll meet you there at 8:00."

You get all dolled up. You go to the restaurant and when he opens the door and lets you in, he gives you a red rose. While he's guiding you to your seat, someone is taking a video of what's happening. He sits and sings one of your favorite songs to you-- *There's a Place for Us*...Tears are welling in your eyes.

You tell yourself, "My God, this guy is so much more than what I thought he would be. Oh, am I lucky. Thank You, Lord, for bringing him into my life. Praise You Lord."

False Humility

You went home and dreamt about it all night. The next day, you ran into his sisters, who said to you, "Oh, you met my brother last night. Did he give you a rose? Did he have cameras there?"

You said, "Yeah."

The sister said, "My brother broke up with his ex over a month ago. She told him, 'You're not romantic enough. You don't do little surprising things to make me feel important.' He then told me, 'I have a date with this girl I met a few weeks ago, and I'm going to perform there. I'm going to put it all up on Instagram so my ex can see that she lost the best guy she could have.'"



You want to choke him, right? He was a phony, filled with pride. It's called *narcissism*, which means "*It's all about me.*"

There are people like that, aren't there? *It's all about me.*

And so, they'll brag, and they'll say, "Did you see what I did? You know what? The group could have not done it without me. I was really the leader of the group."

By the way, if you think you're a good leader, and you look back over your shoulder, and nobody's following you, you're just taking a good walk.

But a lot of people will brag about what they do: "I'm the best in what I do. Don't I sing well? Don't I preach well?"

People would say, "Oh, yes, you're wonderful!"

Meanwhile, they're saying to themselves, "What a bragger."

Self-praise stinks.

And then there are those who have *false humility*.

A lot of people can think *humility*, and walk around looking very holy. Believe me, I've met people who are the life of the party who were very humble. I've met shy people, but full of pride.

That boyfriend was filled with pride. Be careful of pride. It's all about getting the reward, the applause, the notoriety, and the position. But the Lord calls you to be a *ninja*.

I asked my driver, Nico, "What is a *ninja*?"

He said, "A *ninja* is somebody who does things in the shadows."

You want people to be drawn to you. Be a *ninja*. Be generous with them in the shadows.

2. PRAYING

Jesus asked us to be careful when we pray, that we don't do it so that other people can see-- because that's what the Scribes and the Pharisees did.

The good practicing Jews would pray three times a day-- morning, mid-afternoon, and at sunset. The Pharisees would position themselves in the synagogues or in street corners so that there would be a lot of passersby.

People would think: "Oh, wow! Is he holy!"

What does our Lord say about them? They're not holy at all because they're looking for applause. They're looking for their reward.

The Lord is calling us to much more -- to intimacy. Not to do things for people to see. Whenever we do something, do it to praise the Lord. In private or in public, may it always be the same: giving God the praise-- "*Thy Kingdom come. Thy will be done.*"

You and I are called to silence-- which can be very uncomfortable. There can be a lot of noise in here.

But Jesus says: *Come to me, if you've had a bad day or a good day. Come to me if you're frightened, if you're worried, if you're fearful. Come to me. I've seen it all. I've been with you all day. Open it up to me. Let me hug you.*

He calls us to childlikeness in prayer-- realizing there's always something new to discover.

A lot of people will say: "The Lord said that I should go to my inner room. That means I don't have to go to church. I can just go to my own room and pray."

But that's not what the Lord meant. He meant to go to the inner room-- in your heart. Because that's where you find the Lord. Either in public or in the silence of your room. God loves you so much that the only one He sees in this big crowd right now is you. That's how much He loves you.

Today, we choose God:

St. Benedict said: "To choose God is to become aware that you are known and loved beyond anything your imagination can conceive."

Known and loved -- before anyone you thought saw you. Before anyone knew your name.



3. FASTING

In Jesus' time, fasting meant you didn't eat at all for the entire day.

Pope Leo suggested considering doing *Ember Days*. An *ember day* is a day of fasting. He's making the big challenge because of the problems in the world today-- with war, hunger, and injustice.

He's saying: "If you're able, you don't have to tell anybody: Don't eat at all on Fridays."

That's the traditional way of fasting. But sometimes, fasting can be done just for people to see you're doing it. And what it is really is to manipulate you. They play the victim.

They'll say: "Oh, I'm so sick. I'm suffering so much. Can you help me?"

They're always in need. If you don't notice them, they're going to blame you for their suffering. That's disheveling (messing up) yourself.

Seek the Lord and tell Him what you're going through, and He'll help you. But don't rely on others. You can't make anyone happy. You can only make yourself happy in relation to them. Never play the victim. Don't manipulate people.

I'm going to suggest the best kind of fasting.

I greeted you "Merry Christmas!" at the beginning of my talk because it's a long, beautiful season here in the Philippines.

Think of how much you spend on lunch? How about you save the amount you spend for lunch every Friday and put the money in a rice bowl every night, and with a lit candle, say: "Lord, this is my fasting for the day."

Do that every Friday until Christmas. On Christmas morning, you will go up to your room, and you'll open that gift of money, put it in an envelope, and say: "Lord, guide me to the person to whom you want me to give this-- someone who is poor."

You'll find one quickly because our Lord will point that person out. Simply go to that person. Introduce yourself and ask his name.

Say: "Merry Christmas! God bless you."

You will see that you have changed that person's life by your fasting.

Again, the three habits of loving are:

1. Giving. Do not let your left hand know what your right hand is doing. Don't broadcast what you're doing.

2. Praying. Seek intimacy with our Lord. He loves you so much. Allow Him to embrace you.

3. Fasting. Making a difference in other people's lives. If you do it that way, His joy will be yours, and your joy will be complete.

God bless. Take good care.



Surrender

BRO. ALVIN BARCELONA:

Let me conclude this powerful talk with this question: Is it intrinsically bad or wrong when people compliment you?

**IS IT BAD OR WRONG
WHEN PEOPLE PRAISE OR COMPLIMENT
YOU?
IS IT BAD OR WRONG
WHEN PEOPLE SEE YOUR GOOD WORKS?**



We need to strike a balance. We are taught to be more affirming, more encouraging.

Husband, try to ignore your wife's new haircut, and she'll start ignoring you. In schools, teachers are trained to be more encouraging. Hence, we give honors, certificates, awards. In the workplace, the team becomes more productive when they are affirmed. Even in society, we need positivism amid the negativities.

Last year, I was a guest panelist at a Social Media Summit of the Church.

In an open forum, someone asked if it is right to post your good acts on social media.

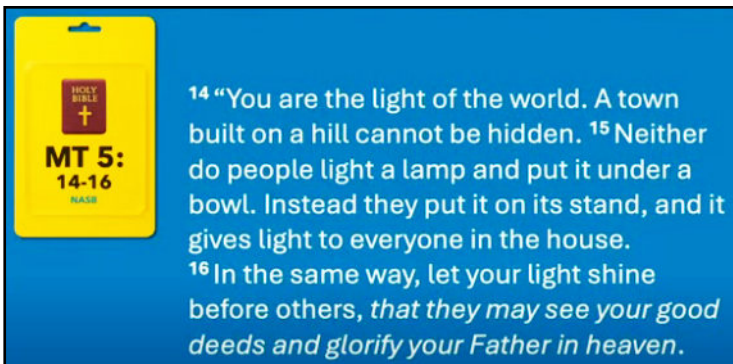
Earlier, we heard that the Bible said not to let your left hand know what your right hand does.

Here, however, is my answer to that question: I believe that you should post your good acts.

British philosopher Edmund Burke said: "It is sufficient for good men to do nothing, for evil to triumph."

For you to kill or defeat a bad idea, you must offer something good. Show the good acts. After all, part of the Sermon on the Mount, which we also discussed a few talks ago, was about being the light of the world.

Matthew 5: 14-16:



It's not bad to show your good deeds so that you can glorify your Father in Heaven. It's all about intentions or motives. It should all point to God. It's not bad to praise, to congratulate, or to thank people.

Praise or Pride?

Filipinos are known for being falsely humble.

When someone commends us, we usually say, "I just got lucky."

The right response, however, should be:

"Thank you."

You may also add: "Praise God."

But if we do well because we are waiting for commendation, that's a red flag.

WARNING: CAN BE ADDICTING!

You might start doing good just to be praised. You might start doing good just to be noticed.

You start doing good not to praise God but for people to praise you.

**YOU FEEL BAD
WHEN PEOPLE DON'T SEE
YOUR GOOD DEEDS.**

The habits of love which Fr. Bob presented to us are all-powerful--if you do them out of love. But they can easily turn into habits of pride.

**HABITS OF LOVE
TURN INTO
HABITS OF PRIDE**

The basic rule is that we do good things out of love for God and His people.

Here's a warning. It can also be that we associate ourselves with God-- but it doesn't come from our hearts.

For example, during prayer meetings. You might thank God for blessings-- such as a job promotion, or travel abroad, which is good. But check your intentions because you might be bragging, instead of praising God.

Sometimes, we tell our churchmates to pray for a co-servant because he is in an illicit relationship. Do we really pray for that person-- or we just want to gossip?

Recently, journalist Randy David said in his article in the *Philippine Inquirer*: "We are now seeing a culture of self-praise because of social media."

We post everything that we do-- from what we eat to where we go, to our new clothes.

At face value, there is nothing wrong with those.

What, however, is your motive? Sometimes, we fail to be sensitive to the plight of others. We post our blessings without considering that others are suffering-- for instance, in the flood brought by heavy rain or storm.

Timing is everything. There is a right time to post. We should also be careful in pointing fingers. When social media was born, everyone became an expert on something.



Why Point Fingers?

May I remind you that in the Philippines and everywhere else, people are innocent until proven guilty.

Why do you point fingers? Do you want to correct the wrong system, or do you just want to prove that you are better than others?

Unless you have enough evidence, be careful with pointing your fingers. Leave the issue to the experts. In the meantime, you can pray.



THE FATHER SEES YOU.

In the end, real motives or intentions are hard to see because they're all coming from one's heart. Let's be careful to judge. In the end, it's only the Father who sees your heart. It's only God who truly knows what's in your mind and in your heart.

I was a Literature teacher many years ago. I love this story:

In Old England, there was a good theater actor. He was popular. His shows were always sold out. But in one particular performance, which was a one-man act, there were only two persons in the audience. The first one was in front, and the other one, who seemed to be sleepy, was on the balcony.

The director suggested canceling the show-- but the actor said that the show must go on.

The actor had a wild idea. He fooled the production team. He said that the one in front was the Duke of England. Hence, everyone put their best foot forward. The actor gave the best performance of his life because he made himself believe that the Duke of England was watching him.

The show ended. The one on the balcony was sleeping while the man at the front stood and applauded the performance. The actor went home happy.

The story didn't end there. The following day, the actor heard knocks on his door. He opened the door, and to his surprise, he saw the royal guards.

They said, "You're being called to the palace."

So, the actor went with the guards. When they arrived at the palace, the actor saw red carpet --rolled out for him.

While walking on the red carpet, he saw a familiar face.

The man said, "I was the man who watched you last night. I am the Duke of England. I came from a long trip, and my driver was sleepy. I bought the entire show so that my driver can sleep. I was also planning to just sleep. But when I saw you giving your best, even if only one man was watching you, I was so amazed that I called for you. Kneel, and I will make you the royal actor in the entire kingdom.

Commitment

Yesterday, I gave a talk in a parish in Makati. I was nervous because there were a few attendees. But I always remind myself that no matter how big or small my audience is, I should give my best-- not because of who is watching me, but because of the One who is truly watching me.

I pray that at the end of my life, I can also walk on the red carpet and someone is clapping for me and saying: " Alvin, when you were giving your best, even when no one was watching you, even when no one was clapping their hands for you, I was there watching you. I saw you.

We feel bad when we are being ignored. You feel bad when your social media post has been in your feed for a week and got only one *like* -- from you. You work hard in the office, but someone else got promoted. You are an obedient child, but your parents always give attention to your sibling.

You can't help feeling depressed. It's not true, however, that no one notices you. God sees you. He watches you not to see your mistakes but to clap His hands and tell you, "You are my son. You are my daughter. I am proud of you. I love you."

I'm going to invite you to worship the One who sees us.

Jesus could have easily defended Himself when He was falsely accused of blasphemy and when He was put to death.

But during those moments, Jesus had in mind: "My Father knows what is happening and that's what matters most."

When we worship God, we do not mind what's going on. Know that at that moment, when you enter into God's Presence, it's just you and Him. That's what matters most.

I pray that by God's grace, His good works will shine through us unworthy as we are in our homes, in our workplace, in our faith life, in our financial life, in our health life, in our giving, in our praying, in our fasting, in everything that we do. May we glorify God, and may we do things out of love for God and His people. We offer this to our God, who sees our hearts, who sees us all.

This we pray in the Mighty Name of Jesus. Amen."



THE FATHER SEES YOU.

*"Lord, I present to You my broken self-worth that still longs for human praise...
Today, I declare that Your love is enough for me.
I declare that I have nothing else to prove to the universe. In You, I am complete.
In You, I am whole. In You,
I am perfectly imperfect. Thank You for allowing me today to serve You and bless your people.
Amen."*



MERCY MINISTRIES

*God blesses those who are merciful,
for they will be shown mercy.*

--Matthew 5:7

LIGHT OF JESUS PASTORAL CARE *Celebrating YEAR 32*



LAST July 2025, the Light of Jesus (LOJ) Pastoral Care Ministry joyfully marked a beautiful milestone — 32 years of caring, compassionate presence through more than three decades of heartfelt service, listening ears, and healing words — truly, a cause for celebration.

We honored this special occasion with a simple brunch for our beloved volunteer Carers — the men and women behind the ministry who selflessly offer their time, empathy, and spiritual guidance for yes, whoever needs to be cared for. The gathering served as a space to recharge, reconnect, and reignite their sense of worth and mission.

The FEAST FAMILY September 7 2025 **21**

Behind the Caring

Feast Mercy Ministry Head, Bro Hermie Morelos, graced the celebration, assuring the Ministry of his strong support for its operations and unconditional love for the servant leaders and beneficiaries.



Dr. Michele Alignay, dedicated, selfless director of LOJ Pastoral Care, *here* with ever supportive spouse Koots Alignay, led the festivities with heartfelt gratitude for God's guidance that has sustained the Ministry for 32 long years.



Guest speaker Bro. Randel Serrano, Feast Builder of Feast Fisher Mall Malabon, well outlined God's graces that have enabled

the Carers to be present to those in need with practical ways to turn their burdens into blessings.

His inspiring message: "For every heart that serves: Recharge. Reconnect. Reignite your *why*."

And this is *why*:

The LOJ Pastoral Care Ministry provides free virtual psycho-spiritual support sessions, offering a safe and sacred space for individuals to unburden their worries, hurts, and struggles. Every session is an opportunity for healing, hope, and rediscovering God's love in the midst of life's challenges.

--With reporting by Lala Uy



Help us build a safe space for people in crisis.

Support the mission of LOJ Pastoral
Care by sending your donation.

 GCash



Or thru our
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Account Name:
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& TV Foundation, Inc.

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003978017257



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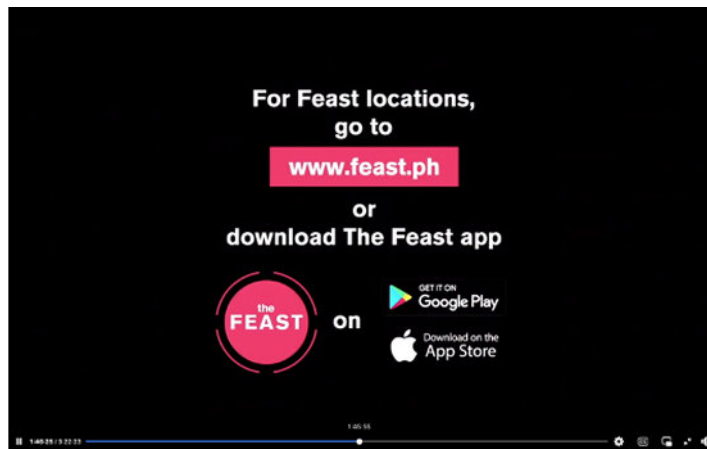
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Go and make disciples of all men.
— Matthew 28:19

