



NEWSLETTER
JUNE 12, 2022

Stay, Stand, Speak

HELLO, FEAST PICC! I am here in London with the Feast here.

Feast PICC, I just want you to meet the wonderful brothers and sisters.

This is not just Feast London. This is Feast Basingstoke. These are people from Germany and Brussels and everywhere else.

This Pentecost—this Holy Day of the Holy Spirit-- God has three messages to you:

No.1: Stay; No. 2: Stand; No. 3: Speak.

God will let you stay. God will let you stand. And God will let you speak.

First is stay. You've got to wait for the power of the Holy Spirit. In our life, it's waiting for God's Presence to come. And so, you've got to keep on staying.

Second, you're going to stand. He's going to make you stand.

The apostles, they were afraid. They were in hiding. But then when the Holy Spirit came, they straightened their back. And they moved out of that room.

And so, also does God want you to straighten your back, to look up, and to have the courage that comes from the Holy Spirit.

Third, God wants you to speak. You're going to speak to the world the Word of God. That's what's going to happen when the Holy Spirit is there.

So, dearest brothers and sisters in PICC, I just wanted you to meet your fellow Feasters here in Europe. And to let you know that you're not alone.

The Holy Spirit wants us to *gather*. And that's what we're doing. We're gathering around the world and proclaiming the Presence of God in our midst.

Keep on loving one another. Let the Holy Spirit be with you.

My dearest brothers and sisters, thank you so much. God bless you more!



May your dreams come true,
Bo Sanchez



Receive the Holy Spirit

AS I announced last Sunday, June 5, 2022, this month of June, we're doing something special. We're taking a break from our usual series. And we're studying a mini-series titled *Awaken*.

Each Feast Builder is delivering his own talk about the series. So, last Sunday, I delivered in Feast PICC Talk 1: *Reject the Sin*.

Today, we welcome Feast Ermita Builder Bro. John Ben Rodriguez who wrote Talk 2: *Receive His Spirit*.

Here is his introduction:

LAST week, we celebrated Pentecost. This was the time when the early apostles received the Holy Spirit. The immediate effect on them was great joy and spiritual strength—which they needed so much back then.

Why? Because they were so scared when Jesus was put on the Cross. They were afraid they were next in line.

But there was a radical shift. After the Holy Spirit came upon them, the disciples were changed. From being cowards, hiding in the Upper Room in Jerusalem, they became fearless. They marched out of that room ready to die for Jesus. And years later, they did. All the apostles, except John the Beloved, became martyrs.

Today, most of us may not be called to do the same and be martyrs for the Faith. But I believe that the call of Jesus for everyone is still here : That is to *Receive His Spirit*. This is the message we want to preach to you today.

All for God's Glory,

John Ben Rodriguez
Feast Ermita Builder



the FEAST LETTERS

Rejection Issue

YES, *The Feast Family* June 12, 2022, issue is about rejection. No, not the burden we carry when someone does not accept us – warts and all.

We are talking about rejection we all must do: to reject evil and sin—yes, another challenge we as Jesus followers face.

Fr. Albert Garong reminds us to reject the thought that we sin sapagkat tayo ay tao lamang—we are only human. He points out that we have the power to reject evil, thank God for Pentecost, the Coming of the Holy Spirit --which we celebrated last Sunday—the all-important event that empowered the apostles and now empowers us to walk away from sin, *page 3*.



Today, we happily welcome our founder, Bro. Bo Sanchez, coming back home to us after his pastoral visit in our Feasts at the United Kingdom. Thanks to Zoom, while there, he was able to speak to us, presenting God's message how we can be Spirit-filled Jesus disciples, *page 1*.



Bro. Audee Villaraza, preaching solo in our Feast PICC, courageously tackled Talk 1 of *Awaken*, our Special Feast talk series this June. What's Talk 1? The very theme of this issue: *Reject the Sin*, *pages 10-29*.

Yes, this is a *Rejection* issue because it's also about the *anawim*, poor ones-- once rejected, abandoned by those who were supposed to take care of them. But today, they are loved, embraced by many supporters of our Anawim Home for Abandoned Elderly , *page 32*.



Above, Bro. Hermie Morelos, chair man of our Mercy Ministries, Sis. Lynda Reyes, and Sis. Aida Dy gladly welcome and thank one generous Anawim supporter, the Philippine National Bank Family.

Be brave. Face your Rejection issue.

Glory to God!
Randy Borromeo
Media Ministry
Executive Director





FLASHBACK!

JUNE 5, 2022

Holy Mass



FR. ALBERT GARONG

on the Gospel:

John 20:19-23

Jesus Appears to His Disciples

Excerpts...

TODAY is the birthday of our Holy Mother Church. We greet Mother Church
“Happy Birthday!”

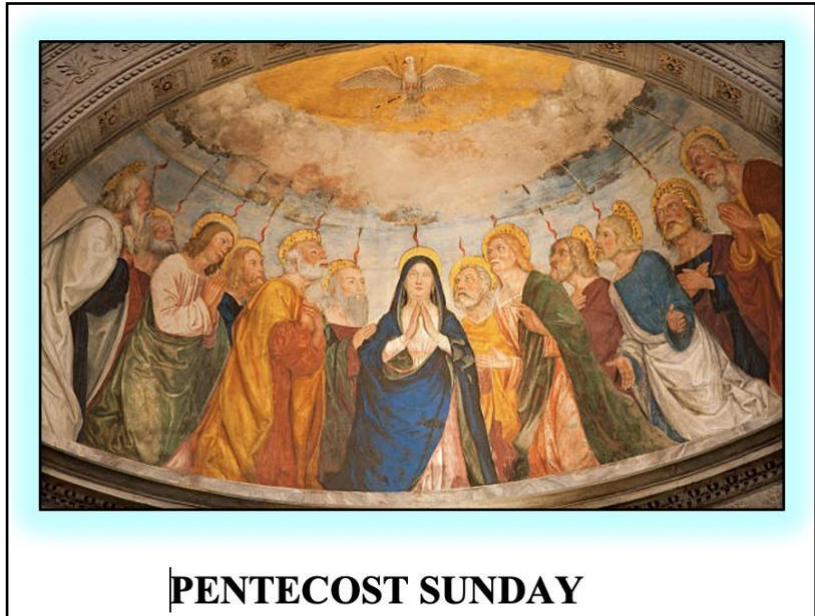
Actually, let’s make it better: Turn to each other and say, “Happy Birthday!”

Because what is the Church? Who is the Church? It’s us!

So, it is *our* birthday.

Today is also the first Sunday of June. Let’s thank the Lord for the past five months. The months went so fast-- but we know that the Lord has carried us through the last few months and He will continue to do so.

You know, June is also known as the month for weddings, right? Since I was a child, I’ve been hearing that. Girls want to be a June bride. I’m not so sure if that’s true anymore-- but it should be. They say the season is perfect. The climate would be in the middle of summer and the rainy season. But, honest, I don’t have a wedding this month-- so I don’t know how true it is. But that is a common notion.





Who Are We?

Recently, the news was filled with weddings. But not the good kind of news.

Instead, we hear about couples who split or go their separate ways.

I remember, when I went to the office one time, my staff was sleepy. I asked her, “What happened? *Bakit puyat na puyat ka?*—You look like you lack sleep.”

She said, “Father, I was watching something.... The news about the divorce trial of actors Johnny Depp and Amber Laura Heard.”

And that’s not just one news. Recently, we had local news about a showbiz couple separating. *Misa pa rin ito ah, hindi The Buzz.*-- This is still the Mass -- not the gossip show *The Buzz*.

But you know, it’s there. People are talking about it. And what really caught my interest is that this husband and his wife are also proud Christians. They’re not Catholic, I think. But they are vocal about their Christian faith.

So, the conversation went in this direction for some people. People are asking, “So, what’s the point of having faith if these two persons who are very active, who are very dedicated to their faith, still end up doing something ungodly or that would result in them breaking apart?”

Some people would say, “Father, so what’s the point of following Jesus?”

Someone asked me, “Father, so, where was the Holy Spirit in all of that?”

That’s the jumping point for what we want to talk about today. Because today, we celebrate Pentecost—the third mystery in the Glorious Mysteries, the Descent of the Holy Spirit.

We’re right to be frustrated when people’s marriages get broken or, even much more basic, when we act in ways that are not according to who we are.

Who are we? We are children of God. When after He rose from death Jesus Christ met the apostles for the first time -- the one thing He did was breathe on them. That’s a weird thing to do when you greet someone, right? Have you done that? That’s weird.

Why would you breathe on someone? Especially now...

So, why would Jesus breathe on the apostles?

Jesus was giving them the Holy Spirit.

Jesus Breathes on Us

When was the last time God breathed on His Creation?

We go back to *Genesis* when God molded clay, making man and woman into His image and likeness. And then what did God do? He breathed on them. And then the Spirit came to those clays and gave them life.

That's why we say that we are made in the image and likeness of God and the Holy Spirit gives us life.

But Jesus now breathes unto us.

We are made in the image and likeness of God but Jesus breathes on us to transform us again, to recreate us—not simply in the image and likeness of God but as children of God. That's why the Holy Spirit is called the Spirit of Adoption.

Literally, we are adopted by God into His own family. That's why we can truly say that God is our Father as Jesus calls God His father. We can say Jesus is our brother and at the same time we are all brothers and sisters who belong to the family of God.

Do you believe that? Who among you here is the child of God?

It's good that we're all children of God. The Pentecost made sure of that. We are all being made into something more than just a copy of God. We are now rightfully and truly children of God. And you know, as a child of God, you are entitled to inherit something. And what is that?

Salvation—our place in Heaven. That's why Pentecost is so important.

And this transformation doesn't end.

Gospel: John 20:19-23

¹⁹ On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" ²⁰ After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

*²¹ Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." ²² **And with that he breathed on them** and said, "Receive the Holy Spirit.*

²³ If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."





The Holy Spirit *Rested*

In the First Reading-- my favorite detail here in the *Acts*— I remember the verb used.

I noticed this because I do *Bibliakonia* -- Bible study—for The Feast. If you have not watched it, join us every Thursday night.

During the Bible study, I noticed that the verb used for the action of the Spirit is *rest*.

The Spirit *rested* on each of the apostles. How beautiful is that!

The writer Luke could have used other verbs, like: the Spirit *came down* on them, the Spirit *went* to them, *passed* through them, *inspired* them, *motivated* them.

Instead, Luke wrote that what the Holy Spirit did was *rest* on each one of the apostles. *Rest* implies two movements: one went from somewhere, to another place; but it also implies permanence.

The Holy Spirit came down from Heaven, came to people into the heart of each human being, and stopped there. Did we ever read in the Bible that the Holy Spirit went somewhere else? *Wala na*. No more. The Holy Spirit stopped in human hearts-- and stays there until today.

1st Reading – ACTS 2:1-11

¹ *When the time for Pentecost was fulfilled, they were all in one place together.*

² *And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were.*

³ *Then there appeared to them tongues as of fire, which parted and **came to rest on each one of them.***

⁴ *And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim ...*



Where Is the Holy Spirit?

You want to look for the Holy Spirit? Look inside you. He's there and He doesn't go away. He doesn't transfer or move.

The Spirit took hold of our heart and promised to stay there. Because without the Spirit, we cannot be guided back to our real home-- in Heaven. Not until we get there will the Spirit go out, because that is the promise.

For the Israelites, the way they understood it, is that the Spirit of God rested on their people. They understood that God's Spirit dwelled on them as a nation, as the 12 tribes of Israel.

But for us, the Spirit came down as a tongue of fire on each one of us—not on one country anymore, but on every individual person.

Every one of us is the Temple of the Holy Spirit -- absolutely precious in the eyes of God.

So, yes, we must aspire for something greater.

People say, "Ay, this guy cheated. Eh, kasi tao lang siya.-- This guy cheated because he is only human."

No. Hindi lang tayo tao. Stop saying that. We are not only human. We are more than that. Our default is not sinning -- not anymore. We are all baptized as children of God and the Spirit moves us into something higher, something better.



Reading II: 1 Corinthians 12: 3b-7, 12-13

³Therefore I want you to understand that no one speaking by the Spirit of God ever says 'Let Jesus be cursed!' and no one can say 'Jesus is Lord' except by the Holy Spirit.

⁴Now there are varieties of gifts, but the same Spirit; ⁵and there are varieties of services, but the same Lord; ⁶and there are varieties of activities, but it is the same God who activates all of them in everyone. ⁷To each is given the manifestation

*of the Spirit for the common good. ¹²For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. ¹³**For in the one Spirit we were all baptized into one body—**Jews or Greeks, slaves or free—and we were all made to drink of one Spirit.*



He Is Here ...

Look back into your life and remember those moments when you fell. *Walang-wala ka na.*-- You were reduced to nothing. You felt like it was the end of the rope for you.

But you're still here. Who made it possible for you to survive that fall?

If you did not have the Spirit in your heart, would you have persevered?

No. The fact that you are all here today proves that the Holy Spirit is in you, empowering you, energizing you.

But we must also learn to cooperate with Him.

Question: "Where was the Holy Spirit in that broken marriage?" He was still there for sure. The Spirit did not go anywhere. But the people involved chose different paths-- because the Spirit's grace only knows as much as we allow it to dwell in us. We're still free to do that.

You'll say, "Hindi naman ako ginabayan ni Lord, eh, kaya nagkasala ako.-- The Lord did not guide me, so I sinned. "

But you were the one who engaged in inappropriate communication with other people. You were the one who cheated on your exam or pocketed a little money on the side.

You say, "Why did the Spirit not hold me back? Where were You?"

Siguro sasabihin ni Lord, "Andiyan ako. –

Perhaps, the Lord would say, I was there. And I'm still here. You're just choosing something else. You're choosing to rebel against me."

So, my dear brothers and sisters, we are Temples of the Holy Spirit.

He is here. Can you point to your heart? And say, "He is here. He is here."

Let us cooperate with God. Let us allow the Holy Spirit to truly empower us, make us alive, give us all the guidance that we need-- because that is the one thing God wants for us.

May God bless us all.



Worship!

EXHORTATION

PAULINE GUEVARRA: It is said in Romans 8:11: “The Spirit of God who raised Jesus from the dead lives in you, and just as God raised Christ Jesus from the dead, He will give life to your mortal bodies by the same Spirit living within you.”

With the same Spirit, we’re going to rise from wherever we are. With the same Spirit, we’re going to have the strength to sing.

So, right now, we’re going to come together as we receive God’s Spirit.

Let the song be our prayer in the name of the Father, and of the Son, and of the Holy Spirit. Amen.”



Talk



REJECT THE SIN

AUDEE VILLARAZA :

We just studied *Jonah*. In the next three weeks, we're going to do something special. We're taking a break from our usual series. And we're going to study a mini-series we titled *Awaken*.

We're going to talk about the power of the Holy Spirit. Because, you know, this is a beautiful time when we are celebrating the Coming of the Holy Spirit -- Pentecost Sunday. The title of the talk today is so good. And I do hope and pray that the Holy Spirit will use this message to convict you, to change you.

Our message today is this: *Reject the sin*.

We are celebrating, like I said, one of the most significant events that happened in a Christian's life. And we're talking about the Coming of the Holy Spirit. You know that 2000 years ago the Holy Spirit came. But if you are a Jesus follower, you know that this event was not just a random event that happened to a bunch of people back then. But it's an event that's still happening today. And it's an event that will continue to happen for years to come-- until the end of our days.

How many of you want to live an abundant life?

I need you to know this: That there's more to life than just working on a 9:00 to 5:00 job. There's more to life than just waiting for that next big paycheck. There's more to life than just waiting for that next breakthrough, or that next milestone.

God wants you to live *life*. And not just life -- but life to the full.

But how are going to do that?

You need to stop sleeping through life. Some of us are sleeping through life. Some of us are alive but we're not really fully alive. Like, you do certain things but there's no purpose, there's no significance. God wants to wake you up from your slumber. He wants to wake you up to His Presence. If you live through life sleeping, you are not going to know that the Holy Spirit is actually moving in your life. God wants you to know that He wants to work in your life.

Novena to God's Love

First, let's come to the Presence of the Lord.

In the Name of the Father, and the Son, and of the Holy Spirit.



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.



Practical, Powerful Message

We take a page from the book of *Acts* where we read that the apostles had received the Holy Spirit -- and this is amazing.

Peter was talking to the disciples .

Let's read Acts 2:38:

ACTS 2:38-40 NLT ³⁸ Peter replied, "Each of you must repent of your sins and turn to God, and be baptized in the name of Jesus Christ for the forgiveness of your sins. Then you will receive the gift of the Holy Spirit.

ACTS 2:38-40 NLT ³⁹ This promise is to you, to your children, and to those far away all who have been called by the Lord our God." ⁴⁰ Then Peter continued preaching for a long time, strongly urging all his listeners, "Save yourselves from this crooked generation!"

Here's the message:



Let's pray:

Thank You, Father, for Your Word. We pray that it would come alive in the moments that we're still here, listening, and breathing, and seeking Your wisdom. We pray that there will be a resurgence of wisdom that will be so practical, so powerful, but above all, will be so personal-- so that each one of us will know and say, "It's me that You're speaking to. Thank You, Jesus. I give you the glory in advance because I know that you are going to bless me and You are going to change me today." And all of us pray this in Jesus' Name. Amen.



Thy Word is a lamp unto my feet and a light unto my path!



What Scares You?

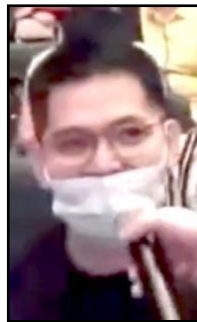
I want to ask somebody here: How many of you remember the first scary movie that you ever watched?

You know-- when either you were young or somebody here might not be too young, and you don't like watching scary movies.

Do you remember the first scary movie you watched?



Liza: *The Grudge*



Jude:
*Exorcism.
of Emily Rose*



Amy:
Dracula

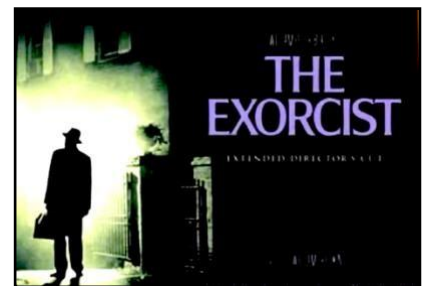
I remember, the very first scary movie that I watched – I was about 6 or 8 years old—was a movie that completely changed me-- and was not good for my life. It's scarred me.

The movie was *The Exorcist*—the one starring Linda Blair. I remember my Dad made us watch it because he had fun scaring us for whatever reason.

And I remember watching it in the second-floor bedroom of our home —with my brother and sister. And our parents were downstairs.

I'm telling you, this was the first time that I cried, I screamed, I puked, and I peed -- and all at the same time.

This movie was terrible. And my Dad regretted his decision. Not the moment I watched it, but a month later, when he got the utility bill. Because for a whole month, I kept the bathroom and bedroom lights open. So, he regretted letting us see that scary movie-- when he got the utility bill.





Evil Is Everywhere

You know, when you're young, somehow, you're scared of the dark, of things lurking in the dark — so many uncertainties.

How many of you did this? The first time you ever slept in your own room and you had to turn off the lights by yourself, what did you do? You had to have a little countdown — 3-2- 1. The moment you hit 1, you run straight to the bed.

Did you ever do that? Because you wanted to avoid all the imaginary monsters...

On my bed, I had about six pillows —not because I was preparing for the global pillow fight or anything like that. I had six pillows on the bed ... I had a pillow here on the side, here on the other side, here on top, at the bottom. Why?

Because this was my thinking: When a ghost would come, the ghost would say, “Ah, puno na pala dito, doon na lang ako sa kapitbahay—Ah, this bed is already filled up. I'll just go to the neighbor's bed.”

You felt protected because of all those pillows -- but it doesn't really make sense.

But why am I sharing this?

Because evil is everywhere. That's what we think.

But let me just speak to you the truth: The evil that we think of usually does not come in the form of monsters, or of ghosts. It doesn't come in the form of manananggal, or white ladies. Evil does not always come in the form of aswang.

But there is evil that is so dangerous -- in our world and in our life -- that it will destroy you. What is that evil called?

It's called *sin*. Sin is real. And let me tell you: sin is very scary. What's scary about sin is that when you look at sin the first time, it's not usually scary.

The enemy has devious ways of packaging and presenting sin as though it is not threatening. Sometimes, it's even attractive.



Sin Is Attractive...

Let me give you examples:

Example No. 1: A few P100,000 in a brown envelope—given to you in secrecy, in the dark of night without any witness, without any receipt. To some, that's not scary, right? To some, that's joyful-- to receive money in that sense.

But you don't know where it's coming from.

Example No. 2: A late-night conversation with a married person-- that's turning a little bit romantic. To some people, it's not scary. Some are like, "Hmm, that's exciting, that's exhilarating, that's adventurous. But that's sin.

Example No. 3: A quiet time spent by yourself in the bedroom, or in the bathroom, watching pornography. To some, it's not scary. It's arousing, it's titillating.

Because sin, sometimes, when it's presented to you, is not really threatening. But when you look at it up close, that's when you see the danger.

Two Reasons Sin Can Be Dangerous

First, because we lose our soul.

When you live with sin long enough, it can steal your soul. Little by little. You don't notice it at first. When you live with sin long enough, it will corrupt you, it will destroy you — everything that you hold dear. You don't know that all of a sudden, the things that you hold precious, you're already giving them away. The Bible says this:

MK 8: 36 NL 1

"What does it profit a man to gain the whole world, but then lose his soul?"

You might be winning in life right now. But at what cost? What expense? Could it be possible that you are giving up your purity, your principles, your priorities—all the good stuff that God wants you to protect -- just because you want to get a reward—just like Judas who traded Jesus for 30 pieces of silver. What does it profit for you to gain the whole world, to have a good life—but at what expense? You might be selling your soul.

**Second, because
it disconnects us from God.**

The flow of God's grace is unable to work in your life. Why? Because of sin.

How many of you lost somebody during this Coronavirus Pandemic? During that time, we saw death coming so close to our home. For the first time ever, we were seeing death.

So, what happened? We got scared of death. I'm scared of death.

But you know, one thing that I'm more scared of?

I'm scared of Hell. Whether you like it or not, my friends, Hell is real.

What is Hell? Hell is a place where you are completely separated from your God.

Remember this: When God created you and me, He created us to be in union with Him. And so, Hell is that place where you choose – where you are the one choosing-- to separate yourself from your God. That's what Hell is.

And Hell doesn't have to be a place where you go -- after your life here on Earth.

Hell can happen *now*. If you're disconnected from the Lord, it feels like it's Hell. So, two reasons: First, sin makes you lose your soul; and Second, sin disconnects you completely from God.

And I don't know about you, but *that* to me is scary.

How many of you also know this: That you want the goodness and mercy to follow you everywhere you go. You want that? Do you want to know that you will dwell in the house of the Lord forever?

That's what we want: To have life with God. Because the truth is , my friends, right now, we are in a spiritual battle, a supernatural battle.



[google.com/search?q=free+images+of+god%27s+creation](https://www.google.com/search?q=free+images+of+god%27s+creation)



What Is the Battle?

The battle between good and evil. And right now, this is very relevant—especially what’s happening in our country today.

You know, we are battling good versus evil. And this is how we operated in the last few weeks during the elections. You voted for a candidate. Why? Because you think that candidate is good. Am I correct? Of course. Why would you vote for somebody who’s bad? You vote for somebody who’s good.

But here’s the thing: The moment you put in your mind, “I’m voting for this candidate because this candidate is good…” unconsciously, you are treating the other candidates or maybe, you know, just a few candidates, as not so good.

So, now you have a distinction: This is good, and this is bad. So, what’s happening is that you are creating division in the middle. And wherever there is division, there is always hostility. That’s why now, all of a sudden, it’s become *I versus they*. *Us versus them*. Good versus evil.

In our last Feast Talk series on *Jonah*, we saw how Jonah treated the Ninevites as evil and then *he* as good. How many of us do that all the time? You know, we see ourselves as good and we see other people as bad.

But here’s the truth:

In the book of *Matthew*, there’s a beautiful parable by Jesus: *The Parable of the Wheat and the Weeds*.

In this parable, Jesus says that the Kingdom of God is like this:

The Servant tells the Master: “Master, there are a few weeds growing in the garden where we planted good stuff. What do we do?”

The Master says, “Leave them there.”

The Servant says, “Shouldn’t we pull the weeds out? Because the weeds are bad.”

And the Master says, “If you pull them out right now while they’re still young, you know what’s going to happen? You also are going to pull out the good stuff. You’re going to pull out the wheat.”

And then what did the Master say?

“Let’s wait until harvest time, and then you pull the wheat and the weeds out-- and I’ll be the one to segregate what is good from what is bad.”

Whose Job Is It?

Now, how many can relate this to what's happening? In our life today, there is good and then there is evil.

Because that's what the Bible is saying: good and evil co-exist. The wheat and the weeds have to co-exist.

But here's where the mistake happens:

Some of us, we try so hard to uproot the evil.

So, we're canceling people, we're rejecting people. We're letting go of relationships.

But this is what Jesus is saying: "That's my job. Your job is to love people, to cultivate relationships. And when you are done, I'll be the one to harvest and segregate what is good from what is evil."

It's not our job. It's the job of Jesus to do that. What is your job? Your job is to love God and others the best way that you can.

So, you might be asking, "Does this mean, Bro. Audee, that I stop fighting for the good fight? I stop —being the voice for the voiceless. Is that what it means?"

No. Continue to fight the good fight. But after you fight the good fight and it doesn't win your way, surrender it to the Lord. Because that's His job. A time will come when Jesus will be the one to harvest what is good from what is bad. It's not your job.

Good and evil co-exist in this world -- that's what Jesus is saying. And so, we must accept that truth. There are good things in our life. There are bad things in our life. We've got good habits. We've got bad habits. They co-exist. And we have to make a way, make it possible that we surrender all those to Jesus because He's the one who has full control and full strength.





Practical Ways

I'm going to teach you now the practical stuff—four practical ways-- because we're talking about how to reject evil, rejecting the sin.

Four practical ways how you can reject evil.

STEP 1:

1 ACKNOWLEDGE YOUR SIN

The first step to rejecting evil is this: You acknowledge the sin. You admit the sin.

You come before your God and you say:

“Lord, forgive me for all the things I'd done, for all my sins, for all my transgressions, for those that I did, and for those I did not do, that You called me to do. Father, forgive me.”

That's the first step towards healing—when you come before God.

The reason some people are walking in this world bitter, angry, and resentful is they don't acknowledge that they're broken. That there are some pains in their life that need healing.

I want you to remember this age-old truth that I always preach: You cannot heal what you continue to conceal. You cannot heal what you're not willing to reveal. If you want God to heal you, surrender your pains to God, you reveal them to God.

I want to speak this to somebody here today: You cannot heal if you're pretending that you're not hurt.

Go to God and then acknowledge, “Lord, I got hurt. Forgive me for thinking all these bad thoughts.”



Sin Starts Small

Sin usually starts out very, very small. You don't even notice it at first.

The other day, my wife was giving me a massage. That's the purpose of a wife: to give you a massage. Ha-ha.

She was massaging me with oil. And then all of a sudden, she said. "Uy, yung likod mo nililibag. —Your back has skin dirt."

Being real here. And I am like, Kailangan ba agad, nililibag? Hindi ba pwedeng dead skin cells lang 'yon?—Why call it skin dirt. May we just call it skin cells?"

She was accusing me that my back was dirty and I was not cleaning it. But I told her, I usually take a bath with our son Ethan: "Pinapaliguan ko siya. Hindi ako kasi hinihilod ni Ethan." — I bathe him, but he doesn't scrub my back clean."

You know, sometimes, we try to point fingers at other people.

But that's the truth. Sin often starts out very small.

Another example about my wife: She had this pestering pain in her hand. She didn't know where it was coming from — until she looked at it closely, and she saw that hidden underneath the skin was a small wood. It was a splinter. And that little thing, my goodness, was causing her so much discomfort.

Sin is like that. You've got sin in your life and you've got so many things bothering you. But you know, you don't know what's causing them: Sin. Because you've got unresolved issues in your life. You're not able to turn them over to the Lord. Turn them to God.

Acknowledge before God that you have sinned.

You do this wonderful prayer the Psalmist says:

PS 139:23 NLT

"Search me, O God, and know my heart. Try me, and know my thoughts: and see if there is anything wicked in me, and lead me in the way everlasting."

That's a beautiful prayer. Come to God every day and you do your examination of conscience: "Lord, how did I fare out today?"

You review yourself and you come before God and say, "Lord, forgive me for all the things that I had done."

And then you start the following day fresh and renewed.



STEP 2:

TAKE RESPONSIBILITY

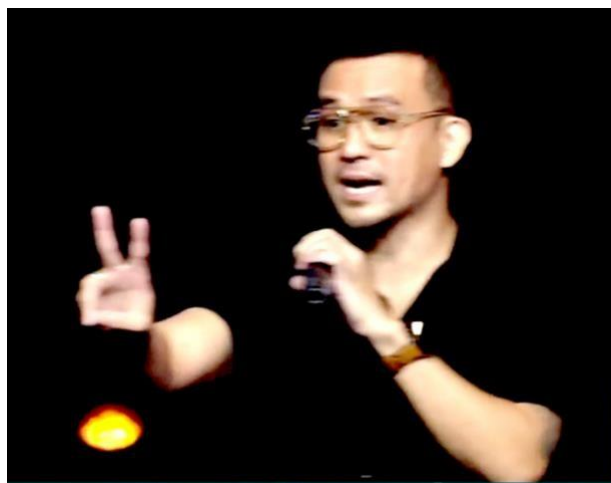
Here's the second step to rejecting sin: After you acknowledge your sin, you *take responsibility for that sin*.

I'm going to read to you something from the book of *Genesis*.

You know the story in *Genesis*—the story of creation where Eve takes a bite from that forbidden fruit, and then she gives it to Adam, and then Adam takes a bite.

But something happens...

God starts questioning Adam and then Adam says to the Lord:



GEN 3:12 NLT "The woman you put here with me she gave me some fruit from the tree, and I ate it."

What is Adam doing here? Adam is blaming the woman. But actually, if you think about it, Adam isn't really blaming the woman. You know who he is blaming? He is blaming God.

Because, he says right here: "The woman *You* put here with me... It's *Your* fault, Lord. If *You* did not put her here, my life would be good. I wouldn't be doing anything wrong – if not for that woman that *You* put here."

So, this is Biblical evidence that when the going gets tough, the men will always blame the woman. Ha-ha.

Check out what do woman does. God questions the woman and she says:

GEN 3:13 NLT "The serpent deceived me, and I ate."

Here's the difference. The man will blame the woman. But the woman will blame anybody else—except that she will always call whoever she blames a *serpent*.

Here's the truth: This is proof that we like blaming people. You know, for stuff that did not happen, or stuff we did not do. We don't like taking responsibility for our actions.

What you want to do, if you want to reject sin, is take responsibility: "Lord, it's my fault that this happened."

STEP 3:

REMOVE THE SIN

After you admit the sin, after you take responsibility for the sin, now it's time to remove the sin.

Once upon a time, there was this man who came to a priest for confession and he says to the priest: "Father, forgive me for I have sinned. I stole three chickens from my neighbor's house.

The priest says, "Bless you, my child. I absolve you from your sin. For your penance, I want you to say three Hail Marys.

And then the man says, "Father, instead of three Hail Marys, may I say six Hail Marys?"

The priest scratches his head and says, "I'm asking you to say only three. Why six?"

The man says, "Well, Father, because my neighbor has three more chickens, and I'm just wondering, you know, maybe..."

Question: Is there repentance in this man's heart? Yes, or no? No, right? Because for repentance to happen, there must be a clear indication that you're not going to do the sin anymore. You know, you confess your sin to the Lord, and then with this intention: "Hey, Lord, help me out. I don't want to do this again."

If you don't have that contrite heart, it's not *repentance*. It's *repetition*. It's just *rhetoric*. It's just something that you say out loud. Remove the sin by walking away from the sin.

I'll share with you a story from the book of *Exodus*.

Remember the time when the Israelites were walking away from Egypt? When they were removed from that place of sin—and they have been praying for their freedom for so long.

Moses came along and helped them bridge their freedom. And now, they're walking in the desert – celebrating, rejoicing. They were jubilant because for years they were in bondage in Egypt. And now they're walking in freedom. Even as they encountered the Red Sea.

Some of them even complained to Moses: "You know, we should have stayed in Egypt—because now we're going to get killed in the wilderness, in the desert. We should have just stayed there in Egypt."



But then God created a passage for the Israelites. And then now they were on their way to the mountain of God where God would give Moses the Ten Commandments on the two tablets.

Now, something happens before Moses could come down the mountain.

Let's read Exodus 32:7-8:



EX 32:7-8 NLT The Lord told Moses, "Quick! Go down the mountain! Your people whom you brought from the land of Egypt have corrupted themselves.
8 How quickly they have turned away from the way I commanded them to live!

EX 32:7-8 NLT They have melted down gold and made a calf, and they have bowed down and sacrificed to it. They are saying, "These are your gods, O Israel, who brought you out of the land of Egypt."

Think about this with me for a moment: The Israelites, they were so happy. You would be happy if you've been in bondage for years and then God gave you your freedom—freedom from sickness, freedom from financial death. How would you feel? You would be happy. You would be saying, "Praise God! God is good."

That's what the Israelites were doing. They were celebrating God's favor, God's faithfulness in their life. But two months later, after crossing the wilderness, they came to the mountain of God and it took just a few days for Moses to be gone, and then they start creating gods, false gods for themselves. They started going back to their old ways.

What is the reflection here? Some of you might have walked away from your Egypt—that place of sin—not knowing that Egypt was still following you.

Think about that. You might have left that place of sin. But could it be possible that sin is still following you?

Ask yourself that question: "Where is sin following me?"

In your thoughts? In your patterns? In your responses? Maybe sin has followed you all throughout. You might have been gone away from that group of bad influences—but then you still carry that bad habit that you learned from them.

Egypt has been following you. You might have left Egypt but Egypt is still here in your heart. Think about that. Remove the sin from your life. How? By walking away from Egypt completely -- mind, body, and spirit.

You remove the sin completely.

STEP 4:

CONFESS THE SIN

Admit your sin before God.
Take responsibility for that sin.
And then finally remove that sin.

And now, you're ready for the fourth step. The fourth step is usually the hardest step ever. It's confessing the sin.

I know it's hard. Because a lot of us don't like talking about our sins. We don't even like looking at somebody in the eye and then telling them what we did. Because we don't want to feel that we're bad people-- that we've done evil.



1 JN 1:9 NLT

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness"

You know, if you confess your sin, you say it with your lips.
That's why the book of Psalms says:

PS 38:18 NLT *"I confess my iniquity; I am troubled by my sin,"*

Here's my question:

**Should we confess directly to God
or do we confess to a priest?**

First of all, I think that's a wrong question. Because why in the world is there a need to put *or* in the middle? Because the Bible says that, yes, you can confess your sins directly to the Lord. But the Bible also says that you may confess to one another. Right? James says that:

JM 5:16 NLT

"Therefore confess your sins to each other and pray for each other so that you may be healed."

That's the reason we have the Sacrament of Penance. For some of you who are interested in going to Confession, we have a Confession booth on the second floor. After The Feast, you go there. We got our priests lined up there on the second floor of the Plenary Hall.

Trust One Another

God says you can confess to Him and you can confess to one another.

That's the purpose of having a small group: To have trust with one another—so that there are people who can pray for you.

So, confess your sins.

In the book of *Matthew*, it says that Jesus gave special authority to His apostles to forgive sins.

That's why He says to Peter:



MT 16:19

"Whatever you bind on earth will be bound in heaven,
and whatever you loose on earth will be loosed in heaven"

The same anointing that Jesus gave to Peter, guess what: Peter handed it down to the apostles, the apostles handed it down to all our ordained priests.

I heard this just this last Saturday in our Feast discipleship gathering -- co-disciple Bro. Carlos Carcellar was talking about the grace of God working in our priests, and he said this:

Yes, there are priests who are, you know, exactly pure good. And there are priests who sometimes make mistakes, and sometimes they don't have the purest of intentions, and sometimes they do things that surprise us -- that shock us.

But he said this: Even if the priest is imperfect, the grace of God never changes. The grace of God that they give never changes. And so, if you're somebody who thinks, "This priest, I know this priest from before . I grew up with this priest. I know what this priest did when he was young..." know that the grace of God never changes.

The grace of God that's handed down from our ordained priest, it's still the same. Just because the person is broken, it doesn't mean that the grace is broken when it's given to you. Grace is full whenever it's handed down to you because that's the gift of God to everybody.

So, we confess our sins before our God and we recognize that we need God in our life because we cannot do it on our own. God knows you've tried your best to walk away from that sin. But for some reason, it keeps on following you. Because you need the Holy Spirit to be the One to strengthen you, to give you that grace to reject the sin.

Two Ways To Resist Temptation

How many of you know what it's like to be tempted by the enemy? You know what it's like to be tempted—when a thought holds you captive, when an intention locks you down... It's hard to let go of that thing. But you know, let me end with two ways on how to resist temptation.

And this is proven—because I do this every time.

1. Stop It at the Source

God knows the temptations I go through every day. But one way that I can try to stop temptation is first, I recognize the patterns of how temptation works.

So, if I know that this thought will lead me to temptation, I stay away from the thought. If I know that seeing a picture will lead me to be tempted to sin, I try my best not to look at that picture.

Because one way to stop temptation is, you know, stop it at the source. If you know that there are things that are going to tempt you eventually, you'll get rid of them.

2. Reveal the Temptation

The second way to resist temptation is to tell that temptation to somebody else. I want you to try it out this week. When you are tempted this week to do certain things that you know God doesn't want you to do, I want you to tell that temptation to somebody else—somebody you trust, of course, somebody who won't judge you.

Because when you reveal your temptation or your sin to somebody else, what's happening is that you become accountable to that person. Meaning, you put yourself under the pastoral care of that person who can check you, guide you to resist temptations to sin.

But you're also telling the Lord, "Lord, I'm no longer giving power to this temptation to control my life."

And so, you're freeing yourself up-- for God's grace and God's light to illuminate everything. As Ephesians 5: 13 puts it:



You've Got a Friend

When God pours down His grace over that sin, what's happening is that it becomes lighter for you to carry the burden—you're able to manage it now on your own. And you start by cutting it at the root and then telling it to the ones who are very close to you.

So, if you've got a spouse, tell your spouse if you're being tempted. Tell your spouse if you are getting attracted to another person.

But here's beautiful advice that I learned-- from a marriage seminar conducted by Family advocates Edric Mendoza and his wife Joy. And they said that whenever they've got things that they cannot tell one another as married couples, you know, they would *change hats*.

They have what they call *friend hats*. They change *perspective*—from being spouses to being friends. They would say, “May I ask you to wear your *friend hat* for a moment?”

And then, they would talk about their concerns, like: “There's somebody here who I am attracted to for whatever reason, I'm interested in this person.”

The spouse who's hearing that is no longer responding as a wife or as a husband. He or she is responding as a friend, thinking like, “What should I do as your friend?”

You change hats. But it's so important that you have people around you with whom you can talk, with whom you can confess. So that when you do that, you're able to resist the temptation.

Ultimately, if you don't have a friend like that, you still have a friend – called the Holy Spirit. The Holy Spirit is your Helper. God sent the Holy Spirit to help you out in moments like this.

So, if you don't have a friend at your disposal, at the moment-- because you think that this person will judge you -- then speak to the Holy Spirit.

Pray to the Holy Spirit-- for strength, for guidance, for mercy. So that you will be able to reject the sin.





Receive the Holy Spirit

The gift of the Holy Spirit is love, and generosity, and self-control—all the good stuff that can only come from the Holy Spirit .

I want you to just open yourself to the work of the Holy Spirit to enable you to reject temptation, reject sin, and reject evil in your life.



GAL 5:22-23 NLT

"the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control."

God wants you to walk a straight path. But life is crooked. Life is corrupt. And sometimes, it feels so impossible and so challenging, sometimes we feel weak. Sometimes we don't have the strength, sometimes, we don't have the energy to fight temptation.

But thank God that we don't have to do it all alone. Thank God that He sent us His Spirit – a Spirit who will help us, who will comfort us, who will encourage us when we need encouraging the most.

And so, let's pray:

Holy Spirit, do Your work in the life of Your children right now. Whatever sins are there that they're not able to put on the surface, whatever sins that are too dark and too heavy and too scary for them to even tell and speak out, I pray that You will heal them, Lord. Give them the gift of Your Spirit that will embolden them and give them the courage, Lord, to finally walk away from that place of sin, and start loving You and start serving like You. And start becoming like You, Jesus.

Holy Spirit, we invite you right now that Your Presence and Your Power and Your Glory will rest on our life. This is our prayer In Jesus' Name.





MERCY MINISTRIES

ANAWIM YEAR 27 PART 2

Hope Springs Eternal



*Sa patuloy na pagsikat ng araw
ay patuloy rin ang pag-usbong
ng pag-asa.
Isang maganda at mapagpalang umaga
mula sa aming tahanan dito sa Anawim!*

As the sun rises so does hope.

A beautiful and blessed morning from
our home in Anawim!

Thus our Anawim Lay Missions
(ALMS) Foundation greets everyone
on its Facebook page...

Indeed, hope springs eternal for our
anawim, the Hebrew word for *poor
ones*, the name of this, the very first
Mercy Ministry of our Light of Jesus
Family, which built and now well
sustains our Anawim Home
for Abandoned Elderly.

They are our lolos and lolas,
poor, abandoned.

But now, they live in this haven of blue skies, tall palm trees, concrete
cottages, yes, a resort where they are healthy, happy in their twilight days...

Anawim marks its 27th Founding Anniversary this 2022.

And so, Anawim is our featured Mercy Ministry this entire month of June.

Last week, *The Feast Family* featured Anawim's Anniversary festivities.
That's Part 1 of our series. Here's Part 2...



With his family , Bro. Bo Sanchez founded our Light of Jesus Family in 1980. *Above*, the Sanchez Team, Pilar and Gene Sanchez, and the siblings, *from left*: Pinkie, Bubu, Beckie, Bo, Chelle, and Tina.

Bro. Bo anchored LOJ's core mission on the mandate of our Lord Jesus to His apostles before He ascended to Heaven:

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

And so, we relentlessly embarked on fulfilling this mission, establishing prayer meetings, making Jesus disciples by preaching on the Gospel, Jesus' Good News of God's Love and salvation for mankind.

But how do we concretely express God's Love?

We walk our talk by establishing Mercy Ministries, the very first, for the *anawim*, the poor ones, specifically , abandoned elderly.

The official founding month of our Anawim Home for Abandoned Elderly is March 1995—the time we officially registered Anawim Lay Missions Foundation (ALMS) Inc. with the Securities and Exchange Commission as a non-stock, non-profit charitable foundation.

Through the years, we have timed the celebration of Anawim's Anniversary on a day we celebrate other significant events. One of them is the birthday of Sis. Trinidad Mangahas who was born on June 7, 1925.

Here is Sis. Trinidad Mangahas (*left*) with Sis. Julia de Jesus, also a staunch supporter of Anawim.



Tita Neneng, as we lovingly call her, was a neighbor of the Sanchezes. So, she was among the first they invited to join LOJ in 1980.

Tita Neneng eventually served as the very first House Mother in Anawim.

Sadly, on November 10, 2008, Tita Neneng died of a massive heart attack. She was 83 years old. So, we fondly remember Tita Neneng whenever we mark our Anawim anniversary, and oftentimes timing our celebration in June, her birthday month.

Thank You, Salute, and Blessings

In Heaven, Tita Neneng must be constantly elbowing God so He will continue pouring His grace on Anawim. And God does so, sustaining Anawim by in turn elbowing people to provide Anawim's daily needs.

Today, we honor and thank Anawim's most recent supporters and donors... To our Anawim supporters and donors: Your gift is a testimony of God's Presence in the life of our lolos and lolas. You are a blessing to the abandoned elderly we care for.

Thank you for being a partner in this mission of caring for the poor. Because of your generosity, we know He is alive and working in our ministry among the poor.

May the Lord continue to bless you abundantly!



Bro. Hermie Morelos, Sis. Lynda Reyes, and Sis. Aida Dy happily say:
Thank you, Philippine National Bank Family



Thank you, Sierra Madre Lodge No.19
for your Gift-Giving Drive for our lolos and lolas.



Thank you,
Marikina
Valley
Medical
Society

Thank you, Unfold Media Inc.,
for choosing Anawim
as beneficiary
of your event, *HOP For Hope:*
One Jump At A Time,
with free Zumba coaching session
with Meg Cordova,
held at Greenfield District,
Mandaluyong City,
May 1, 2022.

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**Thank you, Milagros Welan
and friend**

UNFOLD MEDIA
WE MAKE IDEAS HAPPEN

HOP for HOPE

ONE JUMP AT A TIME FOR THE LOLOS AND LOLAS OF

anawim
HOME OF GOD'S PEOPLE

JUMP ROPE EVENT FOR A CAUSE
MAY 1, 2022 | SUNDAY | 3 PM - 6PM
GREENFIELD CENTRAL PARK

FOR REGISTRATION

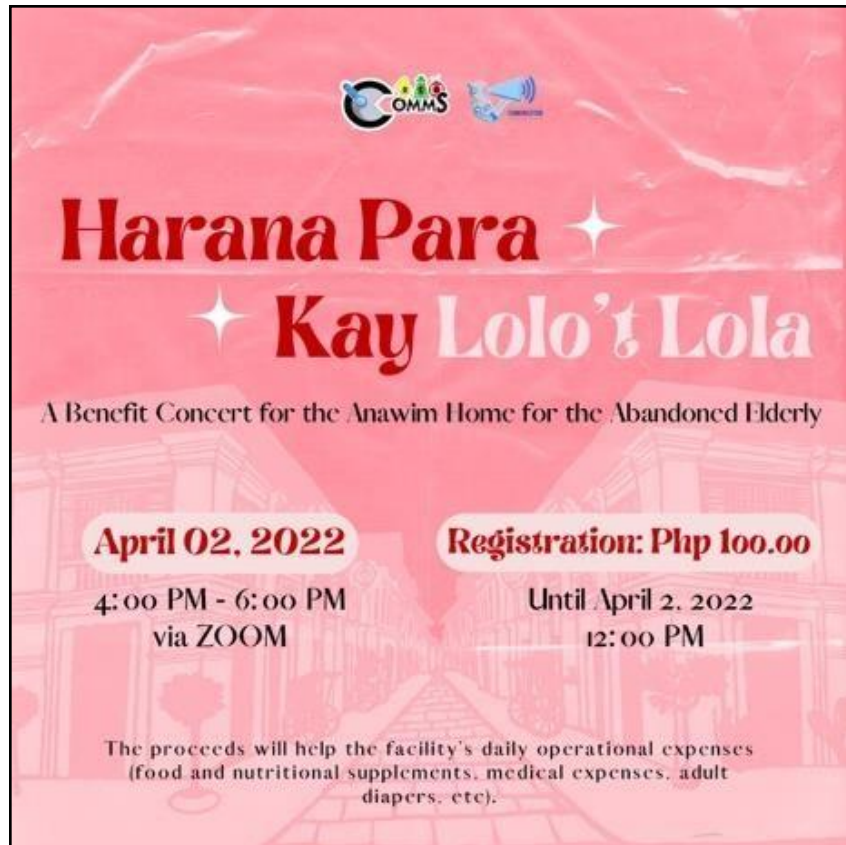
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with Coach Anne Jeline Salandanan
ATHLETE COUNCIL of PJRA

Meg Cordova
ZUMBA INSTRUCTOR

PARTNERS:





Thank you, Creative Communicators Society of Adamson University for *Harana Para Kay Lolo't Lola*, a benefit concert for the Anawim Home for the Abandoned Elderly, held on **April 2, 2022**.

For details, please click this link:
<https://forms.gle/NSXRNj5ehtmEEGtm9>
[#HaranaParaKayLoloatLola](#)
[#UnityTowardsResiliency](#)
[#CREACOMMS2021](#)

**Thank you. Gloria Reynold/
Maritoni Aragon**





Thank you, United Bayanihan Foundation



Thank you, Elenita Alejandro and friends.



Thank you, Lanie E. Salvador, for bringing donations to our lolos and lolas as part of your birthday celebration. Happy Birthday!





Thank you, Maria G. Cruz



Thank you, Reedley International School

MORE NEXT WEEK!



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, 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 Family. 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 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> Telephone Numbers: 8725-9999/

Fax 725-1230

Our Partner Beneficiaries

Email Address: mercyministries@feast.ph Website:
www.feastmercyministries.com

Jeremiah 33 Foundation
is a shelter for girls
particularly victims
of sexual abuse.



Grace To Be Born is a halfway home
for pregnant women in crisis.



He Cares Mission
provides shelter
for street children.



Pag-asa ng Pamilya Foundation
gives scholarships to poor 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 the women hope for a new life of dignity.



Anawim Lay Missions Foundation provides a h ome 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.
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FAMILY ONLINE NEWSMAGAZINE

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