



**NEWSLETTER**  
**June 19, 2022**  
**PART 1**

## *It's Just Jet Lag*

Jet lag is crazy. The older I get, the more severe it happens. I sleep at 11p.m., wake up at 12 midnight, cannot sleep a wink after that. And then I fall asleep at about 6 a.m. only to have to wake up at 7 a.m..

It's wild. It's crazy. And I want you to know that now I know what it feels like to be a zombie. Half of my brain is awake, half of my brain is dead.

I'll give you an example how loopy I've been for the past four days.

Last night, I had a meeting in Ascott t Bonifacio Global City (BGC). Do you know where I went? To Ascott Makati...

While I was walking at the lobby, I was saying to myself there's something wrong. And then I realized BGC nga pala. And so, I went down and went to Ascott BGC...

What is jet lag? I'm already here in Manila, but a part of my body thinks it's still in London. That's basically what jet lag is.

I want you to tell somebody beside you, "*You also have jet lag.*"

Why? Because we're already in the Kingdom. We're already in God. But a part of us does not know that. A part of us still thinks we're operating in the world.

Whenever you fail, whenever you make mistakes, whenever you lose your patience, or you did something wrong this week that you regret... I want you to know that does not remove the fact that you already are in the Kingdom ...

But you're just suffering from jet lag. Your spirit is still catching up to the time zone of the Kingdom. And so, I want you to poke somebody on the shoulder, tell that person: "It's okay. You're living in the Kingdom already. You just have jet lag. God bless you. Thank you so much.



May your dreams come true,  
**Bo Sanchez**

# Rely On The Savior



TODAY, we wrap up our Special Mini -Series, *Awaken*.  
Talk 1 was about *Reject the Sin.*,  
Talk 2 was *Receive His Spirit*.  
And since we receive His Spirit, Talk 3 encourages us  
to *Rely On The Savior*.  
God is transforming us in the process.  
The key message of Talk 3:  
*Trust That God Is In Charge!*

Bro. Anthony Valenzuela, Assistant Feast Builder  
at The Feast Bay Area PM Sessions, wrote Talk 3.

Here's his introduction:

IT'S Father's Day today and we want to acknowledge, honor,  
and express our love and gratitude to all our fathers out there on this  
special day! Our fathers have sacrificed so much for each of our  
families, often in the background, and yet they are there at the first  
line of defense.

Come to think of it, that's who our Heavenly Father too!  
He has always been there by our side, watching over us, blessing us,  
protecting, and guiding us every day, all the way! Most especially  
at our rock bottom moments, He's always there cheering us on  
and embracing us...

As we wrap up our special mini -talk series, know that this is only the beginning  
for us as we celebrated the birth of the Church on Pentecost Sunday and, by the  
Grace of God and the Sacraments, we Receive His Spirit. Just like the apostles. But  
the BIG question is, what's next?!

I believe God is calling us to go out of our comfort zones, out of our self -made  
shells, and share the Good News of His love with others! And that's exactly  
what we want to preach to you today: ***Trust That God Is In Charge!***

Glory to God,

**Anthony Valenzuela**  
Feast Bay Area (P.M.)  
Assistant Builder



## ***The Time, Receive!***

LAST Sunday, *The Feast Family* June 12, 2022, issue challenged you to face your Rejection issue. No, not the burden we carry when someone does not accept us – warts and all. We talked about rejection we all must do: to reject evil and sin .



In this issue, here's another challenge: *Receive*.

Fr. Boogie Tacdoro, tackling last week's feast, the Solemnity of the Most Holy Trinity, said it is difficult to understand what the Trinity is. So, all we have to do is receive the Holy Spirit, *page 4*.

For our founder, Bro. Bo Sanchez, what was difficult last week was jet lag—as he just arrived from his pastoral visit in London. But he said he's not the only one suffering jet lag. All of us!

Want to receive that? *page 1*.

Before you answer that question, check out first what Bro. Audee Villaraza and Bro. Didoy Lubaton preached last week how to *receive*, *pages 13-31*, in separate file.



Actually, it's not really difficult to receive—that is, merciful love. What our lolos and lolas in the Anawim Home for Abandoned Elderly receive every day. Bro. Willie Aguirre, head of Anawim Music Ministry , describes it well in a song he composed about *Ang Tahanan Naming Anawim*. The story is Part 3 of our Anawim series in our *Mercy Ministries* section-- which we give you in a separate Special Feature package.

You'll be very blessed when you receive it!

Glory to God!

**Randy Borromeo**  
Media Ministry  
Executive Director

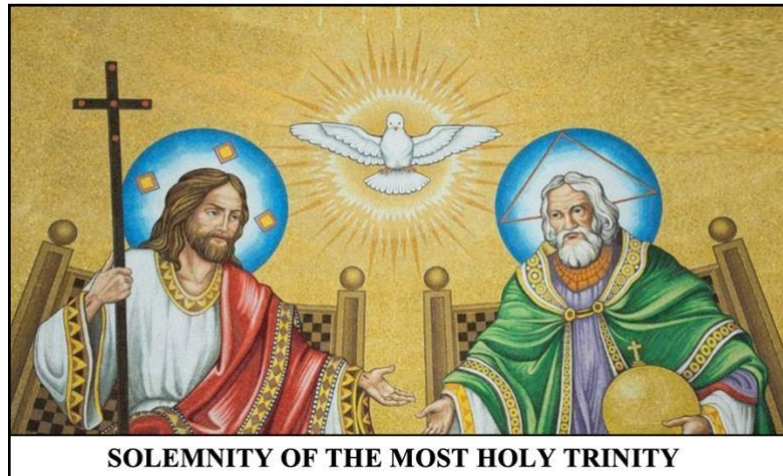




# FLASHBACK!

JUNE 12, 2022

## Holy Mass



### REV. FR. BOOGIE TACDORO, SSP

on the Gospel: John 16:12-15

Excerpts...

First of all, let's give the Lord praise!

You know honestly, I feel nervous because for us, priests, as we celebrate the Solemnity of the Most Holy Trinity, this is the hardest Sunday of all the 52 Sundays in the year because this is the Mass or celebration that meditates on the Most Holy Trinity and we say that the Trinity is a mystery-- and it is hard to explain a mystery.

So, I don't know how to explain this Holy Mystery to all. Even for us, when we're studying theology, it is difficult for us to understand the Most Holy Trinity, how much more for the topic to be part of the homily.

But you know, I came to realize, through my studies, that when we speak about *mystery*, it is not that we do not understand it-- but the more we understand, the deeper we know. Sometimes when we say *mystery*, "*Hayaan mo na yan!—Just let it be.*" Because we cannot understand. The more we understand, the deeper we know and our mind cannot fathom the great knowledge about the mystery of God .

## The Triune God

St. Augustine would be a great example for us. No matter what meditation he did, the mind could not fathom the very essence of the Most Holy Trinity. Even when we speak about Trinity, the word *Trinity* isn't found in the Bible. I even encountered the words *Triune God* when I was reflecting and reading the writings of Bruno Forte when I was studying Ecclesiology.

So, today, how can we meditate on the Most Holy Trinity?

First, the Trinity is not a mathematical problem

-- but it is always relational. Don't teach your children that 1 plus 1 equals 1 ( $1+1=1$ ). They'll fail in mathematics for sure-- because when you speak about the *Triune God*, that means the Father, the Son, and the Spirit is one God—three persons in one God. It is not mathematical. It is relational.

That's why if it's relational, then we should not understand the *how*—how the three become one and one becomes three--but the *why* of the Trinity.

Just like about the Easter season-- we should not force ourselves to understand the glorious Resurrection of the Lord -- *why* there is Resurrection. Because the Resurrection gives meaning into our life and gives us the essence of living.

The same about the Trinity. *Why* the Trinity? Because it's the strong foundation of our Christian faith. The beginning and the end of our life. We begin and end with the Trinity--the Alpha and the Omega.

God doesn't exist in the solitary individualism but in the community of love and sharing. In theology, there are a couple of concepts of Trinity: The Father in Creation, Son in Redemption, Spirit in Sanctification; or the Father as the Lover, the Son the Beloved, and the Spirit as Love. And there are more. But they don't exist in solitary individualism but the community of love and sharing.

For me, that's important in our celebration of the Solemnity-- that we are here gathered as brothers and sisters related to one another in faith. We're here because of our faith-- because God calls us to celebrate as a family and to celebrate as a community.

We always say, "No man is an island." But the islands of this world make us one world, one mission, one family in the Lord.

That's why brothers and sisters, when we speak about the Solemnity of the Trinity, I hope that we see that the Most Holy Trinity is also seen in the love of each family member, in the unity and interdependence of each community especially in this time of Pandemic. Sharing love, sharing what we could offer to one another. That way, we can reflect the true meaning and the essence of the Trinity.





## An Invitation

This solemnity, this celebration today, is not an invitation for us to speak about God. Leave it to the theologians.

You know, I studied Trinity and Grace under Father Joseph Roach for almost two years.

And at the end of one year, Father Roach said, “This is the summary of our studies in Trinity—one God, two missions, three persons, four relations, five attributes.”

I said to myself, “Nagkakandabagsak bagsak na ‘ko sa aking pag-aaral, heto lang pala ang summary ng Trinity. —I’d been so failing in my studies when actually, this was simply the summary of Trinity.”

But again, even the summary is not something to be reflected on simply. We read so many articles to help us in understanding and reflection, but we cannot really understand. It is a continuous study of what the Trinity is all about. That’s why this celebration today is not just an invitation for us to discuss -- but again, it’s more than that.

It’s an invitation for us to speak to God, to pray to God. What’s the use of so much knowledge about the Holy Trinity when you have not prayed even just once? What’s the use of so expensive studies when we don’t help those in need? When there’s so much hatred in your heart?

Again, we go back to the first principle and reflection of the Trinity -- not the *how* but the *why*. It’s not about anything else but community and family. How the Father, the Son, and the Spirit continue to remind us to live as a family and community that’s why as a family, as a community, and even as a Church, we pray to God.

## Reading I: Proverbs 8:22-31

*Thus says the wisdom of God:<sup>22</sup> “The LORD possessed me, the beginning of his ways, the forerunner of his prodigies of long ago;<sup>23</sup> from of old, I was poured forth, at the first, before the earth...<sup>27</sup> “When the Lord established the heavens I was there when he marked out the vault over the face of the deep;*

*<sup>28</sup> when he made firm the skies above, when he fixed fast the foundations of the earth;<sup>29</sup> when he set for the sea its limit so that the waters should not transgress his command;<sup>30</sup> then was I beside him as his craftsman, and I was his delight day by day, playing before him all the while,<sup>31</sup> playing on the surface of his earth; and I found delight in the human race.*



## The Trinity Is Not Remote

There's no word *trinity* in the Bible but the earliest study of the Trinity is found in the letter Paul. He used it as an ending of his letters in every community that he sent his letters to.

And that's our greeting at the beginning of the Mass: *May the Father of love, through the communion of Son, and the communion of the Holy Spirit, be with you all.*

So, today brothers and sisters, the Solemnity of the Most Holy Trinity reminds us that the Trinity is not something remote. It is in our heart, in our community, in our family every time we live up to the life of the Father and the Son and the Holy Spirit.



One time, from Gateway, Cubao, I took a taxi to go to St. Paul Church in Makati. I sat at the passenger seat, next to the driver. As we passed by Ortigas (at the part where there's a church— must be the Shrine of Mary, Queen of Peace, Our Lady of EDSA ), suddenly the driver made the Sign of the Cross.\*

Curious, I asked him, “Why did you make the Sign of the Cross?”

He replied, “When I'm driving, when I pass by a church, I make the Sign of the Cross.”

“Why do you do that?”

He said, “Because every day that I'm driving, I know God is there to guide and protect me on my journey. And that's not just it. With the high cost of gasoline, I earn so little . But (since I make the Sign of the Cross), it's like a miracle that that measly income fits the needs of my family.”

When he said that, I just suddenly made the Sign of the Cross too.

And seeing me do that, he said, “God is good!”

Soon we arrived at St. Paul Church.

And realizing I'm a priest, he quipped, “*Pari po pala kayo. Nagtatanong pa kayo.—Oh, my, you're a priest! Why did you have to ask me those questions?*”

And I said, “*Curious lang po.—Just curious. Uso naman ang marites ngayon.—Anyway, Marites (popular term for online gossiper) is trendy now.*”

\*Editor's Note: The conversation was in Tagalog, but we took the liberty of translating it into English for non -Tagalog speakers.



## The Sign of the Cross: Our Christian Identity

You know brothers and sisters, even if it was a simple conversation with a driver, it reminds us that our life should be founded on the mystery of the Trinity.

At the beginning of the day, we make the Sign of the Cross to give thanks to God. At the end of the day, we make the Sign of the Cross to also give thanks to the Lord for giving us another day.

And every event of our life, we always begin with the Sign of the Cross -- and that's what makes us Christians. That is our identity.

Always begin and end all our activities, and even to begin and end our life with the Sign of the Cross.

At the death bed of my brother, we were on a video call while I'm here in Manila and he's with our mother. My mother was so strong that when my brother was about to take his last breath, she made him make the Sign of the Cross.

For me, it was a powerful image. It was a powerful act of faith for my mother at the end of my brother's life. For the Sign of the Cross is the beginning of his new life with God.

So today, we celebrate the Solemnity of the Most Holy Trinity and we continue to give praise to the Father, to the Son, to the Holy Spirit.

But to give praise will not suffice. The Father, Son, and the Holy Spirit should always live in our heart, should always be seen in each of us. This is our prayer and this is our wish: that we can make our life truly founded in the Father, and of the Son, and of the Holy Spirit. Amen. Praise the Lord!

### Reading II: Romans 5:1-5

*Brothers and sisters: <sup>1</sup> Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ, <sup>2</sup> through whom we have gained access by faith to this grace in which we stand, and we boast in hope of the glory of God.*

*<sup>3</sup> Not only that, but we even boast of our afflictions, knowing that affliction produces endurance,*

*<sup>4</sup> and endurance, proven character, and proven character, hope,*

*<sup>5</sup> and hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit that has been given to us.*





## Worship!

### EXHORTATION

**JHONN JAVIER:** Good morning, everybody!

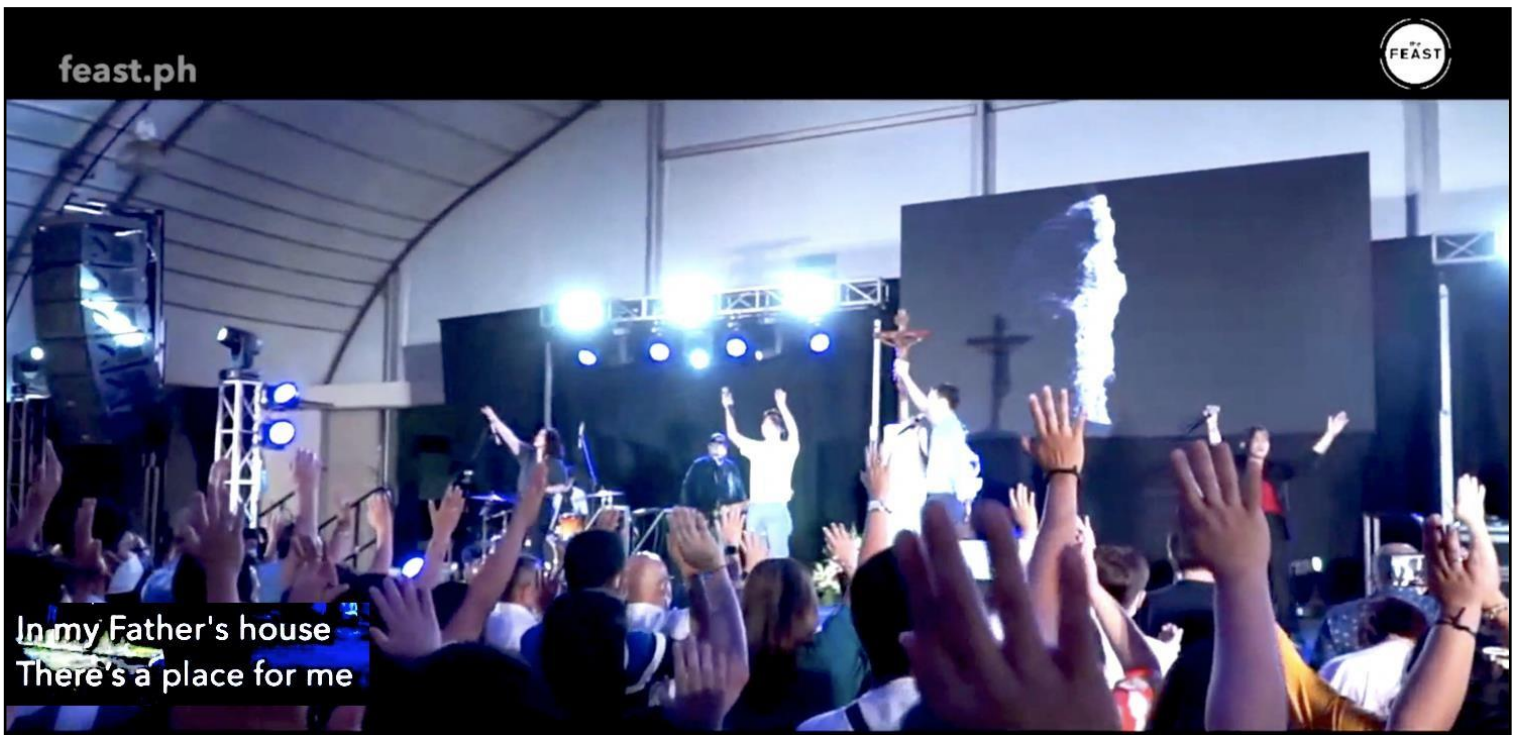
Today we're going to declare something powerful. The truth that we are all children of God...

Maybe, somebody told you that you're not good enough. You're not loved enough, you're not valued, you're forsaken. But those are lies because the truth is God loves us. He cares for us.

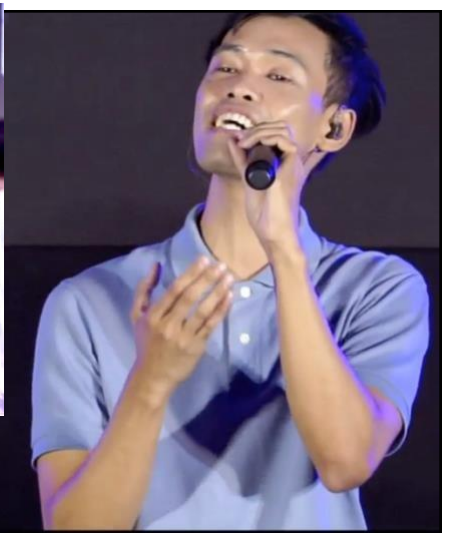
Galatians 3:26 says, *"We are all sons of God through our faith in Christ Jesus. Amen."*

So, we sing about that today. The freedom that God has given us has come in the name of the Father, of the Son, and of the Holy Spirit. Amen.

Thank You, God, that You call us Your sons and daughters. We thank You for giving us this breath today to worship You, to give You praise, to give You honor with all that we are. God is so good. We're going to sing. Let every breath in this place praise God!



You are for me  
Not against me



Who the son sets free  
Oh is free indeed



I'm a child of God  
Yes I am



I am chosen  
Not forsaken

Yes He died for me



Free at last He has ransomed me  
His grace runs deep

**AUDEE VILLARAZA :** You know, one thing that I love so much about Worship is that you could have so many things happening in your life that you're carrying—burdens, oppressions, limitations, sicknesses, financial debts, depressions—and they may be on top of your shoulders and weighing you down.

But the moment you start lifting up your voice and lifting up a praise, you know what's happening? Slowly you're beginning to realize that hey, my problems might be big, but then I start singing, "*Great, are You, Lord!*"

And then you realize that with all the problems that you have in your life, God is bigger than your problems. He's greater than your guilt. He's stronger than your shame.

And so, I want you to try this out right now—if you've never worshipped the Lord--maybe this is your first time to do it -- may I ask you to lift your hands, both hands if that's necessary. If you can hear me all the way to the back, come on, I see you from where I am, and God sees you as well, when you lift up your hands, you lift up your praise, and you start feeling that God is bigger, that God is stronger, that God is good. Come on, let's try that out one more time. Shout it out and declare the goodness of the Lord over your life. Come on, Church !





## WELCOME HOME!



Thank You, Jesus. Everybody, shout, Thank You, Jesus. We cannot thank Him enough for all the ways that God has blessed us this week.

Today we're celebrating a very memorable day in the history of our nation. We're celebrating, one word: Freedom. How many of you are free people? Jesus set you free Christ set you free. And the Bible says, so stand and never ever be burdened by the yoke of slavery, ever again. How many of you are happy that you are free?

Come on, find as many persons as you can and say, "*Happy Independence Day!*"

We celebrate Independence Day June 12 and we're so happy to be in the House of God today. Welcome to the happiest place on Earth!



**PART 2 in separate file. Don't miss it!**



## 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](mailto:jocelyn@kerygmfamily.com)

Website: <https://kerygmfamily.com>

Telephone Numbers: 8725-9999/ Fax 725-1230

# Our Partner Beneficiaries

Email Address: [mercyministries@feast.ph](mailto:mercyministries@feast.ph) Website: [www.feastmercyministries.com](http://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 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](http://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 Shepherds Voice Radio and Television Foundation 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 and mail (registered mail) to Shepherds Voice, 60 Chicago St., Cubao, Quezon City, Philippines 1109
4. Directly Deposit to Our Bank Accounts. Deposit to Shepherds Voice Account in any branch of these banks:  
Account name: Shepherd's Voice Radio and Television Foundation  
BPI: Savings Account no: 0123-4849-67 Cubao Aurora Branch  
Banco de Oro Savings Account no: 3970019804 General Araneta, Cubao Branch  
Banco de Oro - Savings Account no. 160506123 SM Cubao Branch  
PNB - Current Account no. 371157500015 SSS branch Metrobank-Savings Account no. 265-3-26509112-2 e Rodriguez Branch Allied Bank Savings Account no. 3160-12345-1 E Rodriguez Branch Union Bank Savings Account no. 00-206-000940-1 Tektite Branch

Note: Text, Fax or email to 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](mailto:support@kerygmfamily.com) or text us at (63) 922-828-9890/ (63) 998-968-4416 or Fax to (+632) 725-1230.



# **FAMILY ONLINE NEWSMAGAZINE**

*The Feast Family* online newsmagazine is produced  
by the Shepherd's Voice Radio and Television  
Foundation, which is also our partner beneficiary, with  
editorial services by the Light of Jesus Family Library  
Ministry.

**Founder:** Bo Sanchez

**Mercy Ministries Chairman**  
Hermie Morelos

**Editor-in-Chief**  
Cynthia U. Santiago

**Chief Photographer**  
Edmundo L. Santiago

**Feast International  
Region Head**  
Vic Español

**Reporter-Writer**  
Cybill P. Bayto

**Media Ministries  
Executive Director**  
Randy Borromeo

**Contributors**  
The Feast Builders

**Finance Officer**  
Rowena Cequeña

**Publication Consultant**  
Chelle Crisanto

**Human Resources Manager**  
Erika Ventura





For Feast locations,  
go to  
[www.feast.ph](http://www.feast.ph)  
or  
download The Feast app

 on  GET IT ON  
Google Play

 Download on the  
App Store

For comments, article contributions, write or call us:  
Email Address: [lojlibrary2819@gmail.com](mailto:lojlibrary2819@gmail.com)  
Landline phone numbers: 8725-9999, Fax 725-1230  
Mobile phone: 0998-953-0657

***Go and make disciples of all men.***

— Matthew 28:19