



FAMILY PART 2 **JULY 3, 2022**



Exploring the Reason for the Hurt

THE story of Cain and Abel is so powerful.
It gets repeated in Thor vs. Loki and Mufasa vs. Scar.
They don't have to be siblings—just friends that were like brothers.
But the story is the same.
Did you know that Clark Kent and Lex Luther were childhood chums?
Literature speaks about a reality that we've seen again and again.
Why do we hurt each other?
This is what we explore in Talk 2 of our series, *Blessing and Curse*, where we explore the book of *Genesis* -- and it's so profound.

Have a heart-altering Feast today.

May your dreams come true,

Bo Sanchez

Are You *Bruised*?

IN past issues, *The Feast Family* posed challenges to you—mainly how to overcome life’s blows. No challenges in this issue. Just balms for those bruises from your battles.



Fr. Albert Garong, in his homily in last week’s Mass at The Feast, reveals bruises he got as he faced the challenge of being unfree—and defines what being free really means, *page 3*.

Bro. Bo Sanchez explores a common root of hurts—broken relationships -- and presents examples in Talk 2 of our brand-new Feast talk series, *Blessing and Curse*, focusing on *Genesis*, where there *are* a number of hurts, *page 1*.

Actually, the pains we already felt in last week’s Feast which centered on Talk 1 of the series, a balm for those bad pains, titled *God Made You Good*. Flashback on Bro. Bo and Bro. Didoy Lubaton’s comforting talks start in Part 1 of this issue. Bro. Didoy’s talk in this Part 2.



In our *Mercy Ministries* section, we have two stories of healing. About the Light of Jesus Pastoral Care which ministers to the emotionally and spirituality wounded. This Ministry is indeed a balm which changed the life of a pastoral carer and a beneficiary of this mission. Because of the sensitivity of the sharings, we put only the pseudonym of the writers, and no photos, except shots illustrating parts of the articles.



This issue comes in a two-part package, this time, a soothing one if ever you’re hurt.

Glory to God,

Randy Borrromeo
Media Ministry
Executive Director





FLASHBACK! PART 2

JUNE 26, 2022

Talk



The First Sentence Is Loaded

DIDOY LUBATON: Let's now read *Genesis*, and see what Jesus saw in it... The *Genesis* book is a long book. And we're not going to be able to cover everything. I'm going to ask you to have an assignment with me. I'll ask you to read Chapters 1, 2, 3 of *Genesis*—so that you'll have a better understanding why we're talking about this and it cannot be a whole week long Bible study, but to give you better reference, read it for yourself.

I'd like to preach on the message *God made you good*.
God made our world very good. God made *us* good.
God made *you* good.

But why do we see the world not good? Why it's messed up? Because we messed it up. We made wrong choices. We chose to curse than to bless. We chose the curse, than the blessing. We see each other as a curse, rather than as a blessing.

If we understand *Genesis*, we can understand Jesus. The better we understand *Genesis* the better we understand the rest of the Bible. That's why we're taking this one, as Bro. Bo said.

Let me go to the first sentence of the Bible—it's loaded. Read it with me:
This is the first sentence in the Bible:

Genesis 1:1-2 NLT

In the beginning God created the heavens and the earth. The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters.

This is good. This is astonishing. Because for many—maybe some of you, or maybe some of us—I just got to learn this also very recently. —we thought before Creation, there was nothing, nada, there was zero. But this first sentence says there's *something*.

Ancient people, way, way generations thousands of years before us, actually thought there was *something*. And this is not just in *Genesis*—not just in the Jewish culture but in the culture of Babylonians, Assyrians, Egyptians, and even Mesopotamians—they had different origin stories, cultures. And they believed there was always *something* before Creation, and this *something* was “formless and empty”.



Genesis also describes this *something* as “Darkness covered the deep waters”. Note that these two conditions--(1) Darkness and (2) Chaotic waters-- are obstacles to life. But in *Genesis*, God doesn’t see them as obstacles.

Your darkness, your chaos are not obstacles to God’s work. *God is greater than darkness and chaos.*

How many feel their life is in darkness and their situation is chaotic? Give your life to God. Let God take control. God is in control.

God can bring life to you effortlessly—as we’re going to go through the Creation story. Effortlessly, God declares—without any struggle—Creation.

So, let’s do this, Days 1 to 6...

Days 1 to 3: Boundaries Are Lifegiving

Day 1 GOD SEPARATES LIGHT FROM DARKNESS.

On Day 1, God says, “Let there be light” and there was light. He did this by separating light from darkness.

Genesis 1:3-5 NLT

Then God said, “Let there be light,” and there was light. 4 And God saw that the light was good. Then He separated the light from the darkness. 5 God called the light “day” and the darkness “night.”



On Day 2, God separates the waters above from the waters below.

This sounds strange, for us, modern people. But focus on what the author of *Genesis* was trying to say: God did not get rid of darkness or the chaotic waters. Instead, He contains them. He sets boundaries. He sets limits. He was able to set them apart

Genesis 1:6-8 NLT

Then God said, "Let there be a space between the waters, to separate the waters of the heavens from the waters of the earth."
" 7 And that is what happened.

Day 3

GOD MAKES THE DRY LAND RISE FROM THE WATERS.

On Day 3, God makes the dry land rise from the waters. He creates a refuge from the chaos.

Genesis 1:9-12 NLT

Then God said, "Let the waters beneath the sky flow together into one place, so dry ground may appear." And that is what happened. 10 God called the dry ground "land" and the waters "seas."

Genesis 1:9-12 NLT

These seeds will then produce the kinds of plants and trees from which they came." And that is what happened. 12 The land produced vegetation all sorts of seed-bearing plants, and trees with seed-bearing fruit.

Your life is not going to be chaotic forever. God can create, God can re-create, and give us refuge from chaos.

And He even gives a bonus: Fruit trees grow on the land—and you know what they represent? God wants us to be fruitful. So, if it's not fruitful yet, if it's not abundant yet, God is not done with you yet. This is such a very comforting line, and this is very loving of God. He created a beautiful place for us to enjoy His abundance—the fruitfulness in our life so that we can experience a lot of blessings. That's why we choose to stay with God. Because that's where the fruits are, the blessings are—to live a life with God.



Let me say this further, this is beautiful: Your life without purpose is chaos. Get it from Day 1, Day 2, Day 3: there is a beginning purpose. And again, the bonus here is there are fruit trees., fruitfulness, abundance. But putting it in real - life perspective further, your life without purpose is chaos.

I've met a lot of people—patients, families, losing their mind, losing their health, losing their life. And they can point to many external factors -- what's happening with many things, government, etcetra, the whole situation. But you got to understand this: there's also something happening within. I always find a deep, deep root of their sickness, of their difficulty is because they cannot find purpose. They are not living purposeful life. I've seen people who retire, then after retirement, that's when they get sick. That's when they die in the next few years. Sad to see-- because there wasn't any transition of a purpose.

My mom-- she is a doctor, she is still a doctor at 72 —I saw she's able to transition to telemedicine. She still lives a fruitful life. And now she has a lot of apos--grandchildren. That's why she is on an *apostolic* mission – to take care of us.

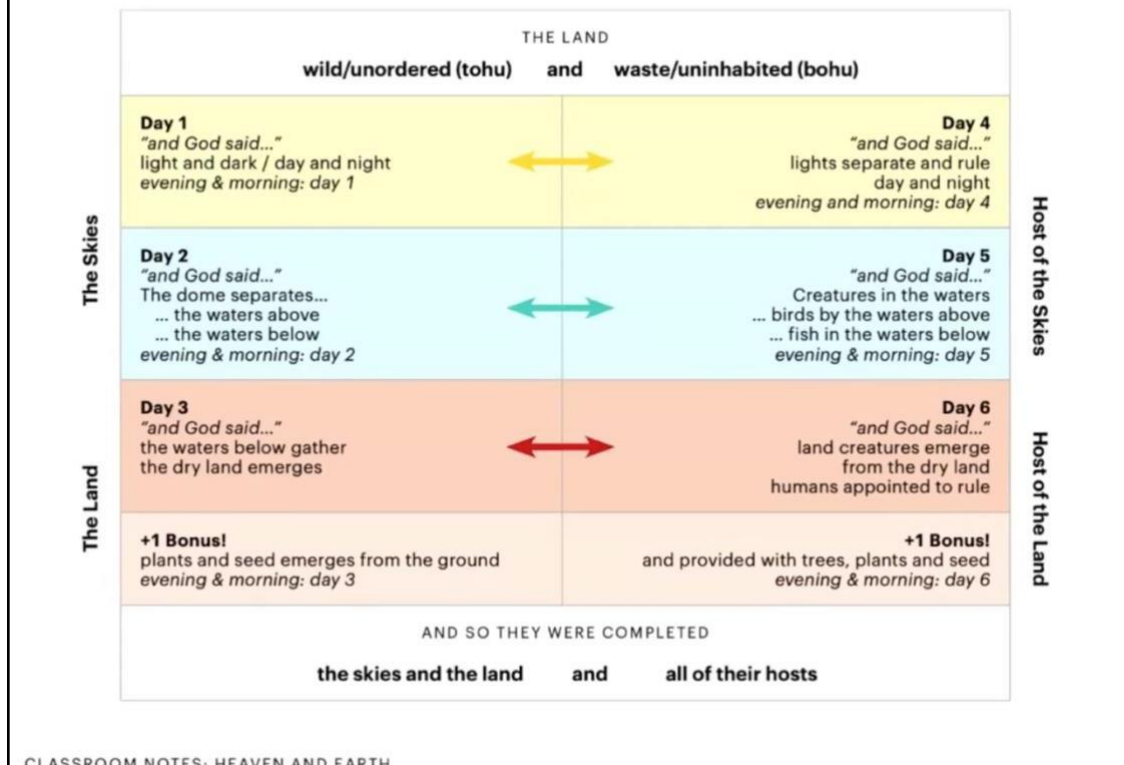
It's beautiful and it's still part of God's plan for us.

If you can relate to this, God is not done to you yet.

Our origin tells us that whatever season we are in, God supplies. We live in a fruitful place if we are with God. The moment that we embrace purpose, the moment we embrace boundaries, you'll see, you'll see beautiful things coming to your life.

My prayer for all of us: May you find God's purpose. May you live God's purpose in your life.

SESSION 15 FIGURE 1: The Cosmos of Genesis 1: Days 1-6



CLASSROOM NOTES: HEAVEN AND EARTH

Biblical Authors Use Patterns -- A Lot

Remember also—as we have been telling you—the way the Bible is written, it has a lot of hyperlinks, a lot of designs. We’re trying to understand that now.

So, pre-Creation, it was formless and empty. And that’s the outline of the seven days of Creation. So, let me work you through what it means .

From Day 1-3, God deals with the formlessness. He sets boundaries. He puts order in the midst of chaos.

And Day 4-6, God deals with emptiness. He fills the Earth with His blessings. He sets us up for abundance with His goodness.

So, before we discuss Day 4, Day 5, and Day 6, you got to understand that Biblical authors love these patterns -- everywhere in the Bible. And the Genesis authors, they’re the same. They’re no different.

There is a pattern for this. If you observe carefully, you’ll see Day 1 connects with Day 4: Day 1: There was no light, let there be light ; Day 4, there was light separating day and night. That’s a pattern, yes?

Day 2 connects with Day 5. Day 3 connects with Day 6: Day 3, God declares the waters gather, dry land emerges; Day 5: God provides trees and plants—there are so many bonuses.

Genesis is such a complicated book. But it's so good to understand it. Again, if we understand Genesis the way Jesus understands it, we will be so much better in following Him. So, we could get His context.

So, Day 4 to Day 6. Let's do this together.

Day 4, God fills the sky with the stars, the sun, and the moon. But this author, actually, in the Bible, calls them not *sun* and *moon*. In Hebrew, *big lamp* and *little lamp*-- sources of light.



Day 4

GOD FILL THE SKY WITH STARS, THE SUN AND THE MOON— AND SHARES HIS RULE WITH THEM.

Genesis 1:14-18 NLT

16 God made two great lights—the larger one to govern the day, and the smaller one to govern the night. He also made the stars. 17 God set these lights in the sky to light the earth,

Genesis 1:14-18 NLT

18 to govern the day and night, and to separate the light from the darkness. And God saw that it was good.

And Day 4 again connects with Day 1. In Day 1, it is God who gives life. And in Day 4, God assigns the sun and the moon—the big lamp and small lamp --to give that role of giving light. And what are we trying to say here: God is sharing roles. God is sharing His *rule* with His creatures. God is a sharing God. Let me dive deeper later on what that means.

Day 5

GOD FILLS THE EARTH WITH FISH AND BIRDS— AND SHARES HIS ABILITY TO MAKE NEW LIFE WITH THEM.

Genesis 1:20-22 NLT

Then God said, "Let the waters swarm with fish and other life. Let the skies be filled with birds of every kind."

Genesis 1:20-22 NLT

And God saw that it was good. 22 Then God blessed them, saying, "Be fruitful and multiply. Let the fish fill the seas, and let the birds multiply on the earth."

On Day 5, God fills the waters below with fish, and birds to fly near above the waters. And the very waters He separates on Day 2.

And here again, God is passing his role by blessing His creatures with the ability to multiply and to create new life.



On Day 6, the last day of Creation, God creates all the land animals —the crawling creatures and the wild animals to fill the dry land.

Genesis 1:24-27 NLT

Then God said, "Let the earth produce every sort of animal, each producing offspring of the same kind—livestock, small animals that scurry along the ground, and wild animals." And that is what happened.

Genesis 1:24-27 NLT

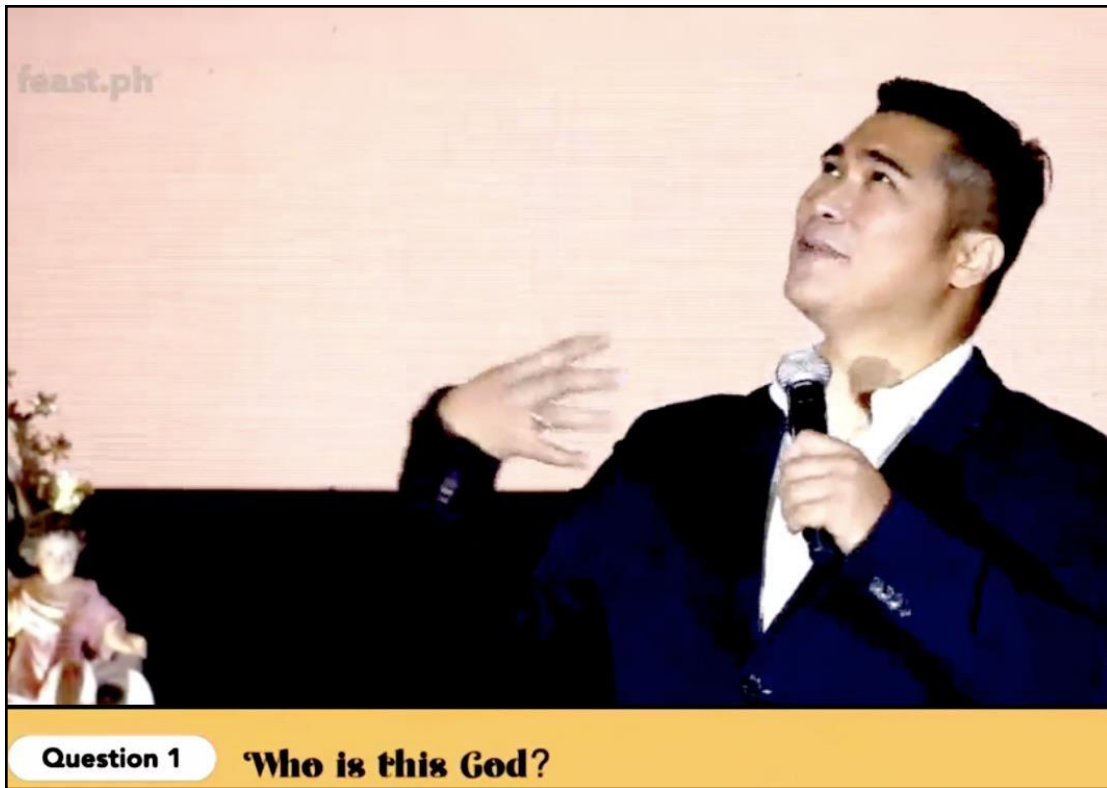
25 God made all sorts of wild animals, livestock, and small animals, each able to produce offspring of the same kind. And God saw that it was good.

Genesis 1:24-27 NLT

26 Then God said, "Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground."

And at the very end, He creates humans. He creates mankind. And when He does, God doesn't just bless the humans like the fish, in the sea, in the waters, birds in the air, and the animals that walk the Earth, He doesn't just give a special role like the big lamp and the small lamp, sun and moon, God calls us mankind — differently, something special. He calls us to be like Him —images of God. God calls humans images of Him. Humans are pictures of what God is like to the rest of the world.

That's why we always say we are God-Carriers. We are Image-Bearers.



FIRST, GOD HAS INCREDIBLE CREATIVE POWER.

As you may have been seeing it, we have an amazing God. You know why? The evidence is very clear. Look at the birds. Look at the fish. You look at the animals. Look at nature. And especially, look at the person beside you. Because you're amazing, You got to see that God has an incredible creative power. He does. From something dark, hostile, formless, empty , He turns it into something where life can flourish, where there is abundance.

And He can turn something really bad into something really good .

HE CAN TURN SOMETHING REALLY BAD INTO SOMETHING REALLY GOOD.

Maybe you've come here asking God, "Lord, why? Why is this happening? Why is life so bad. Oh, I've asked that to the Lord. I kid you not. But I'm preaching to myself and when I'm reading it, and I'm studying it, God is reminding me, don't think it's

Bad. I will turn it into really, really good. Go home today knowing that God can turn your really, really bad situation into something really, really, really good.



God is also a sharer.

He is very generous. He fills the Earth. He fills our life, He fills the world with trees-- where there are fruits enough for everybody.

We have everything that we need. And not only that. He shares His power to us—to rule His land, His creatures. Like the lamps in the sky. We are in charge of them.

Third, God really loves humans. Genesis is so human-centric.

And it's so good to study it and understand it. Humans are not accidents.

We did not just appear by any chance.

We are designed, planned, crafted, wonderfully made by the Lord. And God creates us to be His partners in His Creation.

So, that's who our God is.



THIRD, GOD ALSO LOVES HUMANS.



Who are we? We are the kings and queens on Earth. And this was not for a certain kind of human.

In other *Genesis* stories-- in Creation stories of other cultures, there's a specific person. There's a dynamic position. But our belief, in our own *Genesis* story, this is not just for any certain kind of human. This is not only for men or women, or for the rich, or the powerful .

Being His representative is offered for *all* humanity—men and women, rich or poor.

**BEING HIS REPRESENTATIVE IS OFFERED TO ALL HUMANITY,
MALE AND FEMALE, RICH AND POOR.**

This was so radical-- especially in the ancient world. Even today, this is revolutionary – when we see a lot of inequality, when we see the world is so messed up, this truth disturbs us. This truth disrupts our social structures.

Because according to *Genesis*, *all* humans deserve to be treated equally. We are all the same. We are all kings and queens.

WE ARE HIS KINGS AND QUEENS ON EARTH



What happened to all that goodness? God made the world good. God created humans good. God created people to be very good. God created our life to be very good.

Genesis 1 ends with God living with His creation. That's the meaning of the seventh day. God is resting with His creation. God did not work on the seventh day. God was with *who* and *what* He created. In short, He lived with us. He enjoyed His goodness with us.

GOD RESTING WITH HIS CREATION

In Genesis 2, God is still living with the humans in the Garden -- with the animals—living in harmony.

And in Chapter 3, BHAM! That's where the Fall comes in. But actually, in Genesis 1 and Genesis 2, is a profound reflection of what the world would look like -- if humans truly represented God. If we humans truly imaged. And if stops there, it would have been so beautiful.

GENESIS 1 AND 2 IS A PROFOUND REFLECTION OF WHAT THE WORLD WOULD LOOK LIKE IF HUMANS TRULY IMAGED GOD.

But as you can see, we failed. We messed up. To this day, we don't live in harmony with God, and in harmony with one another. People are living fruitless, restless life -- not with one another, not even with animals.

Instead, we wage war—war against each other, against nations, families, even churches – church groups. Human dignity is broken, ignored. Hindi mo na talaga maintindihan -- you really just can't understand. While people are accumulating riches, they are doing so well, and on the other side, people are dying of hunger. It's crazy, right?



Remember, that this is also the broken world that Jesus walked into and lived in. And that's very comforting.

But there was disobedience-- of the plan. There was to be the image of God -- for us to be the bearers-- we take care-- of God's creation.

Instead of being images of God, we wanted to be God. Instead of ruling with God, we wanted to rule without God. We didn't want to be just kings and queens, we wanted to rule on our own, in our own empire. That's why, it has become a broken world.

When you go to Chapter 3, you'll see what this looks like. That's the world today— broken, out of paradise. But you know what...

I want to end here. Some people think that Jesus came to rescue the righteous from this bad world. You know, we have this concept that we were supposed to be perfect. It was to be a perfect setup. But if you read Genesis, there was a lot of *good*, but there was no mention of *perfect*.

We see a lot of people think, "It has to be perfect!"

We see why we are suffering now is we got out of that perfect world.

That's why there are organizations, cultures, religious groups that say, you know, "Let's go into a spaceship and we will go back to Heaven."

No. Christianity is not about securing just our own salvation.

**CHRISTIANITY ISN'T ABOUT SECURING OUR OWN SALVATION.
IT'S ABOUT WORKING WITH JESUS WHO IS BUILDING HIS KINGDOM
IN THIS BROKEN WORLD, HERE AND NOW.**

It's about working again with Jesus who is building His Kingdom in this broken world, here and now. The problem is the fractured images called humans. It's *us*.



So, the challenge is with us also. So, what does Jesus do? He runs after us. He lives with us, sends His Spirit to empower us. He heals us. He gives us second, third, fourth chances.

And on the Cross Jesus absorbs our collective sins and mess in this world. And in His broken Body Jesus collects the brokenness that we have unleashed in this world. Jesus bore it for us—even our stupid choices we have made, still we are making. Jesus overcomes our sins with His love.

HE OVERCOMES OUR SINS WITH HIS LOVE.

And that is the beautiful message of today. His love is transforming us again, redeeming us back to the full image of God that we are called to be. He is calling each one of us—you, you, you, and you—to again represent His goodness in this world, even if it's broken. And how? We serve. We love. We continue to work -- and with integrity. Just like how Jesus did it.

You want to follow Christ: Wash other people's feet; You become the last, let them be the first; Trust in God's wisdom.

Again, serve, the last place, trust in God's wisdom.
That is our calling for today.



So, Didoy, what do we do now? That's it. When you look at yourself, again, remember that you are the image of God. And when you look at the world again, you know that it is good. There is so much potential. And that's why it's not good because we wasted that potential of being good. But it's not yet too late. God is going to make this place good again. God is going to make your life good again. God is going to make you look at yourself good again.

He is setting boundaries. He is setting limits. He is giving us purpose again. He is filling us up with His goodness. Hey, our life is still set up for abundance and fruitfulness—not with emptiness, not chaos. God made you good. So, be good.

Easy to say, hard to do. That is the challenge. And it's so comforting that it's not just me, it's not just Bro. Bo, it's not just Bro. Audee. Not just Fr. Albert. It is all of us called Christians – Christ followers to continue to remain good, to do good, and be good.

God made you good and He is not giving up on you.

Let me end with a final, final story.

Let me introduce to you Bro. Benj and Sis. Fely Santiago. They're helping people in abundance. Their story today I am sharing with you was their health crisis. Sis. Fely last year had a stroke – and she doesn't look like she had one. And Bro. Benj recently had a health crisis – almost took his life. But what I'm trying to tell you is that it's still good.



I'm their doctor, I was able to get in touch with them but I'm not a specialist so I saw their recent blood test—Sis. Fely all good already, recovered from last year. But Bro. Benj was not good. He had a kidney illness. And we actually said you need to go to the hospital. He said in 2019, it took three months just for the illness to be in the controllable level.

But you know what, it surprised us all that when we re-checked his blood, just the other day, in just three weeks, it was normal again. Three weeks from the usual three months...

I realized healing also comes from within. He shifted his mindset from dying to living again. Despite his bad, critical condition, God can turn it into good. There was something that shifted within him. He believed that he is good. He believed that good things are happening to him. And he realized this was also his destiny. That's why he did good to himself again. He ate good food, lived good lifestyle, he was able to manage his stress, not to increase it but to turn it into good. Their relationship with one another is not just good, it's now great.

I think this is again a proof of God recreating us. You may have come here broken. You may have come here in difficulty. You may have come here lacking purpose. But through this story, I'm telling you God can really turn something really, really bad into something really, really good. And God will not throw away our wasted world. We are called to work together with Him and we will build, re - create with Him. That is the power of God in us. God can turn it into good.

You are created to be good first and foremost. Believe, pray, hope, and sing your heart out sing about the goodness of God, make that declaration today.

God is good.

BO SANCHEZ: I have good news for you. If there is chaos in your life. And if there is darkness in your life, the God that is here right now specializes in recreating chaos and darkness into beauty and purpose, and life, and joy, and peace.

Today I invite you give your chaos to God. Give your darkness to Him. Give your sin. Give your failure. Give the confusion in your mind. Give your doubts. Give your discouragements. Offer them to Him now., and let God replace all those with Himself. Say this prayer with me: If this is something you're doing for the first time, I congratulate you. If this is something you do week after week, let's do it altogether. Everybody, if you can lift your hands, say, Jesus, I give to you all my darkness, all my pain, all the chaos in my life. I receive you as my King. Rule. Reign. Set boundaries. Give me purpose. I receive Your goodness today. Amen.



**I RECEIVE
YOUR GOODNESS
TODAY.**



MERCY MINISTRIES

*Come now, let us reason together,
says the Lord: though your sins are like
scarlet, they shall be as white as snow;
though they are red like crimson, they shall
become like wool.*

--Isaiah 1:18



LIGHT OF JESUS PASTORAL CARE

Unworthy Yet Chosen

THE Light of Jesus Pastoral Care provides psycho-spiritual support through virtual sessions (audio calls or live chat), for individuals seeking help and prayers as they navigate life's difficulties .

I serve as what we call in this Ministry *pastoral carer*, ministering to those who are emotionally and spiritually wounded. And because of the sensitivity of our service, we keep everything we do for our beneficiaries under strict confidentiality. So that they would find comfort in sharing their personal issues and struggles, assured that we have their welfare in mind as we journey with them toward their healing.



So, for this testimony about our Mercy Ministry, I am using a pseudonym and not providing photos.

Humbly, I feel I've been called for this mission.

During my younger days, I served as an altar boy in our parish church. Thus learning about our Catholic Faith, I dreamt to become a priest.

I went on to study in a Catholic school and soon, I became a devotee of our Blessed Virgin Mary. For college, I went to a private school taking up Engineering.

Then, I entered a seminary.

Serviam—I Will Serve

At the seminary, my formator once said, “*Ang pagpapari laging dalawang bagay yan, dapat gusto mo at kaya mo.*—There are two prerequisites in going into priesthood: you want it and you can hack it.”

I did want to become a priest, but sad to say, I just could not carry it off.

Academically, I didn’t quite make the grade. And worse, I had health issues. So, I was advised to take a rest, discern about my vocation in the real world outside the seminary.

Still, I held on to my dream of serving the Church and her people.

“Still I have to heed the call,” I firmly told myself.

Instead of pursuing my Engineering career, I found a well-paying job as research assistant in an archdiocese, and even got promoted to the post of administration assistant.

Monetary perks and privileges, however, were not able to fill the emptiness in my heart, still crying out, “*Serviam (Latin for I will serve)!*”



Somehow, I quenched this thirst to serve God and others by going into various apostolates -- hospital care, jail ministry, street catechesis for children and their parents—doing these, to my own surprise, for almost four years.

Then, one time, in my Jail Ministry, I was tasked to facilitate a Lenten Recollection for our brothers and sisters in the jail.

I felt pressured because I was not that confident to do public speeches -- and honestly, I don’t even know how I passed my Public Speaking class back in college.

I was then already 30 years old—hmm, just about the same age that Jesus started His public ministry. So, I was like, *Drin, kaya mo yan. Gawain ito ng Diyos kaya hindi ka Niya pababaya.*—*Drin, you can pull this off. This is God’s work, so He will not abandon you.*”

And true enough, I must have done so well serving as facilitator in that Lenten Recollection that the jail management requested me to hold the same recollection for the prison’s uniformed men.

Religion Teacher

By Divine Design, I found me a spiritual mentor, a foreign nun. Let's call her Sister Mae. She encouraged me to pursue Religious Education—to qualify as a Religion teacher. And, again, by God's grace, Caritas Manila sponsored my studies.



In the Religious Education classes, my classmates were aspirants, seminarians, priests, and nuns—all of them inspiring me to learn not only the methodologies in teaching, but most important, to gain confidence to become a Religion teacher.

So, just like that, I became a Religion teacher—telling my students, “I want to be your most unforgettable and coolest teacher you could ever have.”

Yes, I've been teaching, serving in my parish as a missionary catechist, joyful every time my former students, their parents, and some parishioners expressed gratitude for my service. And, would you believe, some of my former students entered the seminary as well. I cannot be thankful enough for this great reward.

I even lived a simple lifestyle in Pampanga where I was sent out to be a missionary for the Aeta communities.

In this community, we do not have electricity, no technology, no digital gadgets. But I am simply grateful for this experience to be able to serve our brothers and sisters here even without the convenience of high technology.

Challenges

Yes, being able to serve those in need is a great blessing I am thankful for. But this journey is not without, yes, challenges.

Looking back, I went through failed relationships, driving me to depression.

Desperately, I asked God, “Do I deserve this? After giving my life in service to You and Your Church?”

This depression so pushed me to the limit that I felt the Devil himself deceiving me, tempting me to separate from God, telling me, “*Kapag ginawa mo ito tapos na lahat ng hirap mo*—If you do this, your suffering will be over.”

By God's mercy, I did not fall into this temptation. But recovering from my depression was never easy. There were days I could not eat nor sleep—not even take a nap. I didn't want to get out of my dark room. I did not want to meet with my friends.

I just practically gave up in my faith journey.

But God did not give up on me.

Pastoral Care


Yes, God made a way for me to go back to my dream mission. Little did I know, that today, God is as techie as a millennial. He connected to me through Facebook.

Nowadays, if you're depressed, you're most likely to look for comfort from social media. Well, that's what I was doing one day I was feeling gloomy. I picked my phone and just browsed on my Facebook page. And there it was popping on my wall a clip that says, *"Your wounds can help heal other people's wounds."*

Need to talk?
We listen.

We are open
Monday to Saturday
8AM to 10PM

✉ lojpastoralcare@gmail.com
🌐 lojpc.com
f lojpastoralcare

 LIGHT OF JESUS
PASTORAL CARE

I followed the source of the clip, and as God would have it, I reached the page of the Light of Jesus Pastoral Care. So, I learned its programs and services, and well, they jived with what I am all the while yearning to do in my life.

At first, however, I was hesitant to join, fearing that people there might judge me. But again, thank God, I found everyone there like angels, warmly welcoming me, and then helping me recover from my depression. They simply listened to me, understood my situation, inspired me, equipped me with pastoral care skills so that I could also help others heal their wounds.

Lessons

At the LOJ Pastoral Care Center, I learned lessons about my previous difficulties.

First, of course, is ministering to Mercy beneficiaries. As a pastoral carer, I get to meet a lot of people in need. I feel so blessed being able to help them deal with their problems.

Second, I also get to work hand-in-hand with folks from all walks of life, learning so much from them.

Third, since I've been exposed to the public, I am now comfortable with public speaking.

Fourth, it was in the LOJ Pastoral Care Center that I learned to start giving my tithes and I feel so blessed. Because even I don't have that much money to give, I've so experienced being fulfilled for me the promise that God will return whatever I give a hundredfold—which just further deepened my faith in Him.

Aside from serving in LOJ Pastoral Care, with my own resources, I still do my missionary work, encouraging others also to do the same or help me in doing my ministries.

One, I have volunteer groups in the Bureau of Fire Protection, riding enthusiasts in both motorcycles and bikes to go about our Mercy outreaches such as feeding programs for street children.

Two, I work for one of the oldest and most stable organizations, representing the Church's most respected leaders. Just imagine how I learn so much from them.

God is so generous in providing people and resources for doing the ministries I have.

With God's blessings, in my own little way, I am hopeful that I will be able to make Jesus known and loved.

"I will Serve"

"Gawain ito ng Diyos, hindi ka niya pababayaan."

"Your wounds can help heal other people's wounds"

Because of these words now deep in my heart, I know I am accepted. I know I am loved. One humbly dirt poor, sinful serving God.

I am unworthy yet I am chosen.



BLESSINGS

LIGHT OF JESUS PASTORAL CARE

Sunshine Bearer

JUST call me Cathy.

You know, it just happened that I began writing this sharing at the time when the Gospel for the day was about *salt and light*— as we read in Matthew 5:13, 15-16:

Jesus said: *“You are the salt of the earth. But if the salt lost its savor,*



wherewith shall it be salted. You are the light of the world. A city seated on a mountain cannot be hid. Neither do men light a candle and put it under a bushel, but upon a candlestick that it may shine to all that are in the house So let your light shine before men, that they may see your

good works, and glorify your Father who is in heaven.”

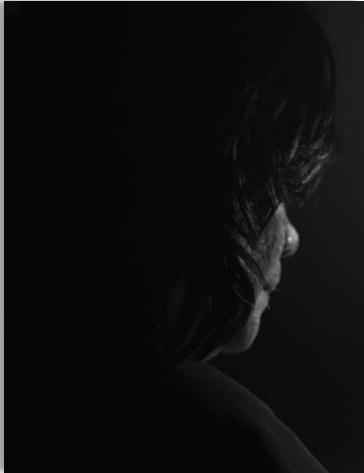
This is one of the verses that I’ve taken to heart, inspiring me to serve God.

I began way back in the 1990s as guitarist in the Light of Jesus Family was actively serving in the Music Ministry of Esther, the spin-off LOJ ministry exclusively for single women.

Just like in our mother LOJ Community, in Esther, members are divided into Caring Groups, now called Light Groups—as in small versions of the Light of Jesus Family.

Before I knew it, my elders were already grooming me to lead a Caring Group, getting me to attend the six-month Basic Christian Counseling Course as part of leadership training for Caring Group heads.

After finishing the course in November 1997, I started volunteering at the Light of Jesus (LOJ) Counseling Center, now renamed LOJ Pastoral Care .



Before joining the Pastoral ministry, I thought I was just okay serving the Music Ministry.

Little did I know that I was being called to be a pastoral carer—yes, to take care of people struggling with emotional and spiritual pains.

I ventured to help, but in the process, it's been I that have been also helped-- to face my own wounds and obstacles against my spiritual growth.

It is here in the LOJ Pastoral Care that I have become aware that I had trust issues, shame and self-hatred-- and that I need healing.

Yes, the Lord, in His mercy, sent me this invitation to a program that has led to my healing.

In his talks, our LOJ founder, Bro. Bo Sanchez, says, “Your greatest pain can be your greatest ministry.”

True. Since I went through life's challenges, I can very well empathize with people experiencing the same pains I suffered, and share with them how I overcame my difficulties through God's mercy. Because I'm one with them, they listen to me, like yes, I am the salt that helped them realize their brokenness, and the light, the sunshine, that brightened up the darkness in their midst.

God brought me here, and engineered ways for me to be here.

The Lord is my Boss, so when He says stay, I'll stay. When He says go, I'll go.

Up until now, the Lord hasn't changed His command, and so I remain as a Pastoral Care Person.

God be praised!





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 home for poor elderly who have been abandoned by their family and have nowhere else to go.

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**FAMILY
ONLINE
NEWSMAGAZINE**

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