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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.

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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.



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**FAMILY
ONLINE
NEWSMAGAZINE**

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Go and make disciples of all men.

— Matthew 28:19

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 in *Part 2* of this issue.

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, *Part 2*.

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



Glory to God,

Randy Borromeo
Media Ministry
Executive Director





FLASHBACK!

JUNE 26, 2022

Holy Mass

FR. ALBERT GARONG

on the Gospel: Luke 9:51-62

Samaritan Opposition

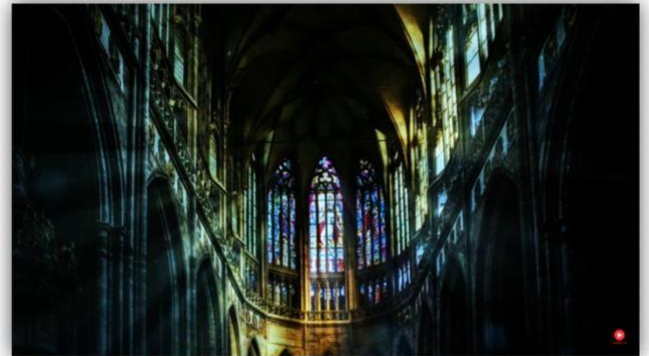
Excerpts...

Good morning, Everyone! Welcome to Mass here at the Forum.

You know what, I almost didn't make it here today because-- if maybe some of the more observant of you would have noticed-- I am limping a little bit. My right knee is hurting and I want to say that it's because of a sports accident while mountain biking or playing Frisbee, or volleyball.

But no. My right knee hurts because of gout. I just revealed my age. Yeah, and I'm honestly quite embarrassed about it.

But no offense, we think of gout as a condition for the golden years— in common connotations. The children here think of me as a Lolo. I'm being so vulnerable here... And you know, yesterday, I spent the entire day bed-ridden. I had to cancel a lot of plans. You know it's so limiting. Because of this disease, I am suddenly bound to a place. I am suddenly locked inside my room and a lot of things that I wanted to do I could no longer do. I was in a sense *unfree*. But as I was lying down, resting, I also realized that the unfree me is not just because I couldn't move but— to be honest, and the people with gout know-- you brought this upon yourself, right? And I mean I don't feel so welcome, you know, let's form a club...



**THIRTEENTH SUNDAY
IN ORDINARY TIME**



Feeling Unfree

I was on vacation in my mother's hometown in Iloilo—bachoy, KBL, adobo, and all the red meat in the world, and I couldn't stop myself. I knew it was going to get back at me. Not all of you can relate to gout. But I'm sure everyone here can relate being into that position -- that you know something is bad for you, it's going to be terrible, you're going to pay for it in the long run, but you still do it.

It feels unfree, isn't it? That you are not free to choose what you know is good. That you are not free to act on what you know is clear to you is the right choice-- but you cannot follow through with it. Something is holding you back. Something is making you unfree .

It may not be God-- because you know what, when I sit at the confessional, most of the sins I hear are habitual sins. They are not the one-time sins, "Father, I did not go to church" or "Father, I cheated on my spouse"-- those are big one-time sins. But 90 of the sins I hear are habitual —lying, pornography, impulse buying on Shopee and Lazada, *yung hindi niyo na macontrol. Ang dami niyo naming tumango* (laughs). You know, all these things that you do against your best intentions that you can't seem to get rid of.

I speak of this because I want to start our reflection on the Second Reading. St. Paul declares that we are all free. We are all made free by Jesus Christ .



Reading II: Galatians 5:1, 13-18

Brothers and sisters:

For freedom Christ set us free; so stand firm and do not submit again to the yoke of slavery.

For you were called for freedom, brothers and sisters. But do not use this freedom as an opportunity for the flesh; rather, serve one another through love.

For the whole law is fulfilled in one statement, namely, You shall love your neighbor as

yourself. But if you go on biting and devouring one another, beware that you are not consumed by one another.

I say, then: live by the Spirit and you will certainly not gratify the desire of the flesh. For the flesh has desires against the Spirit, and the Spirit against the flesh; these are opposed to each other, so that you may not do what you want. But if you are guided by the Spirit, you are not under the law.

What Is Freedom?

Many ask Jesus, “Why don’t you liberate us from poverty? You can solve hunger. Why don’t You liberate us from our colonizers, from the corrupt authorities?”

Because that is not Jesus’ main concern. He came here to liberate us, but He was fighting an enemy far worse than anything on Earth. And that is sin. It is sin that enslaves us. So, Jesus Christ’s number one and perhaps only priority was to liberate us from sin.

What is freedom? A lot of people would think freedom as is the right to do absolutely anything we want to do.

In the States right now, there’s a big issue about a pro-abortion ruling being overturned and so, now abortion is illegal . And we thank the Lord for that because abortion is a terrible, terrible sin ... So, there’s a lot of talk about freedom to do anything you want to do. But we know that true freedom isn’t about that.

True freedom is the freedom to do good and be good. That’s why, even if we live in a free a society, we all agree that there should be rules, there should be laws, right? We all know that true freedom is about allowing ourselves to be our best, highest, greatest selves. Christian freedom is elevated higher than that so there’s absolute freedom, there’s true freedom, there is Christian freedom.

And again, that is freedom from the slavery of sin. It is a freedom that is a gift given to us by Jesus Christ who earned it for us because only He was perfect in obedience. Only He fulfilled that . So, He is sharing the fruit of freedom to all of us—a gift of Jesus. And we are empowered by the Spirit that is in us-- to allow us, to empower us to do good. And, of course, there is the Father who always loves us and He always forgives us. That is Christian freedom.

And this, Catholics, is our definition of freedom. It is to choose God, to choose what is good.



The FEAST FAMILY July 3, 2022 5

Who Are the Followers of Jesus

Now, our readings today have given us a lot of examples of how this takes place in the Gospel. We find three kinds of people who would have followed Jesus.

The first one, it's implied that He didn't follow because Jesus warned him that this is not going to be a comfortable life, and he backed out. That is the freedom that Jesus wants for us-- but you are attached to the comfort and the contentment of your present life.

The second one wants to follow Jesus but sets conditions: "I want this, I surrender this to you but..." We want to follow Jesus but we want to do it on our terms... And (if those condition are not met), we end up not following Jesus.

Then there's this third kind—those who say they follows Jesus, but are still looking back at the past. They are still held back by regrets by what happened to them when they were 8 years old, 12 years old, 16 years old, and they couldn't move all past that.

All these cases are cases of being unfree. We are free to follow Jesus but we are limited by our tendency to sin, to be held by sin. The Reading gives us the perfect example: Elisha was found by Elijah and was going to be ordained by Elijah to be a prophet and he was found at the middle of his work. He had 12 oxen and those are a symbol that he is rich... Before he accepted the calling, he said goodbye to his family. He had a party that consumed all his property, killed all his oxen, and fed it to the people to say that, "All right, I have nothing left to return to. From this point onward, I will follow the Lord because I have burned everything that is before me and this is my only priority."

That is also freedom. A freedom to choose God and follow God . And I just want to point out that it's also a good image. Elisha didn't sacrifice evil things. What he sacrificed are good things.



Reading I: 1 King 19:16b, 19-21

The LORD said to Elijah: "You shall anoint Elisha, son of Shaphat of Abelmeholah, as prophet to succeed you." Elijah set out and came upon Elisha, son of Shaphat, as he was plowing with twelve yoke of oxen; he was following the twelfth. Elijah went over to him and threw his cloak over him. Elisha left the oxen, ran after Elijah, and said, "Please, let me kiss my father and mother goodbye, and I will follow you." Elijah answered, "Go back! Have I done anything to you?" Elisha left him, and taking the yoke of oxen, slaughtered them; he used the plowing equipment for fuel to boil their flesh, and gave it to his people to eat. Then Elisha left and followed Elijah as his attendant.



True Freedom

Sometimes, we are held back by the good things in our life because we are attached to them. But remember always that when the Lord calls you, He is leading you to something greater, something higher-- even if you are happy now, you seem content. Sometimes, the Lord will come in and destroy those plans because He wants something better for you. The enemy of the best is the good. That is true, right?

We reach a certain point and we say, "*Okay na 'ko dito.*" But the Lord always pushes us to our highest, best selves. Again, because that is the freedom He gave us-- and we say "Yes" to that.

Now finally, I cannot end this homily without noting the first part of the Gospel because there we find people who reject the invitation. They go against Jesus -- the Samaritans. There's a long history there-- combats between Jews and Samaritans.

Jesus Christ wants to go to Jerusalem, they block Him, and here come James and John who say, "Lord, they are against us so they have to perish. Let us call down fire from Heaven to consume them."

Isn't this familiar? That's cancel culture. People who don't agree with you? Destroy them. People who don't like you? Bring them to Hell. They don't want to follow you, they don't want to accept the good thing that you offer them-- destroy them all.

Jesus rebukes them— not just denies them. He rebukes them because what they want to do is not being Christian.

My dear brothers and sisters, freedom also means we respect journeys. It means also that we're able to continue loving people even if they don't agree with us-- to continue loving people even when they somehow cause us harm because that is the Christian way. Mind you, it doesn't mean that you'll tolerate evil and sin-- but that will always have a position of loving them . And that's also freedom. Freedom to choose God— to love others.



Let Us Be Free

How can you love others who don't agree with you? Who hurt you? You surrender to God. You say, "Lord, I have done my part. But I know that it's not my job to win this, it's yours. If my effort does not succeed, if my friend, my husband, my son, my daughter will not listen to me despite all my efforts, I will not hate them. I will still love them because I am sure that You are still at work and time will come that my effort will bear fruit -- I just have to be there loving them, to help them carry them along back to You."



So, my dear brothers and sisters, let us be free. Jesus gave us this gift. Let us be free to love God, let us be free to love others. Amen.

Responsorial Psalm

Ps 16:1-2, 5, 7-8, 9-10, 11

*R (cf. 5a) You are my inheritance, O Lord.
Keep me, O God, for in you I take refuge;
I say to the LORD, "My Lord are you.
O LORD, my allotted portion and my cup,
you it is who hold fast my lot."*

*R You are my inheritance, O Lord.
I bless the LORD who counsels me;
even in the night my heart exhorts me.
I set the LORD ever before me;
with him at my right hand I shall not be disturbed.*

*R You are my inheritance, O Lord. Therefore my heart is glad and my soul rejoices,
my body, too, abides in confidence because you will not abandon my soul to the netherworld,
nor will you suffer your faithful one to undergo corruption.*

*R You are my inheritance, O Lord. You will show me the path to life,
fullness of joys in your presence, the delights at your right hand forever.*

R You are my inheritance, O Lord.



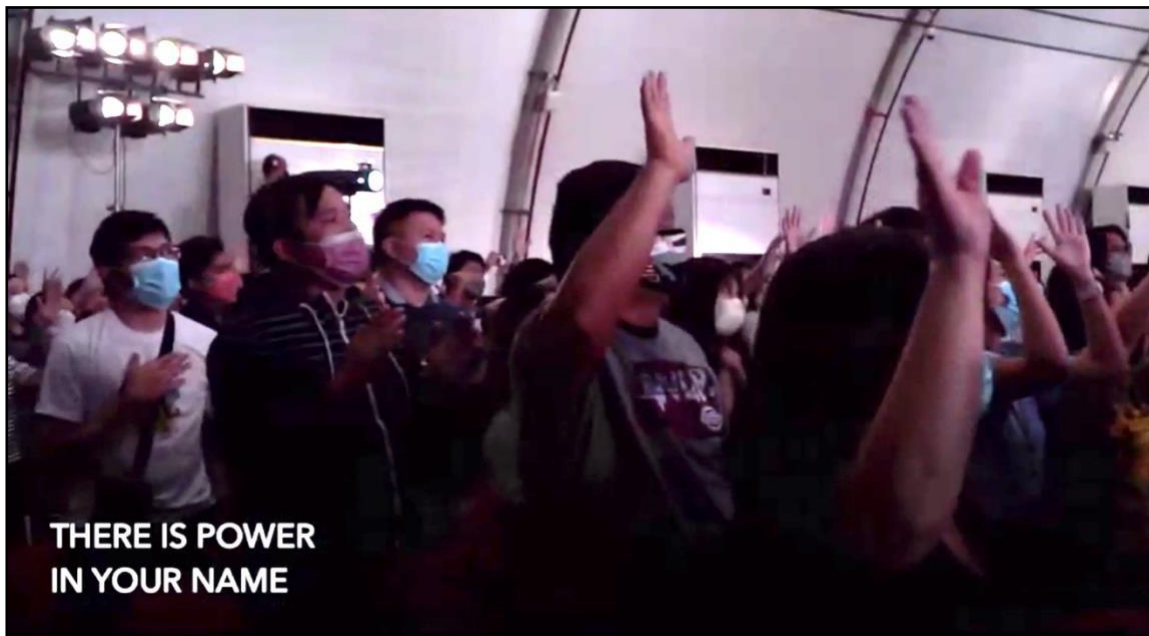
Worship!

EXHORTATION

DIDOY LUBATON: Lord, we come before you with many needs.

Dear God, we've come to you with many thoughts in our mind, with many burdens in our heart, with many needs.

Today, we're declaring in faith that You are our Provider. You are our Healer. You are all we need. And so, God, we praise you in the midst of our storm. WE lift Your Name up. Because it is You who we want to be glorified and praised. We are nothing without You. And so, we declare today as a family, as a Community, You are our Lord. You are our Savior. You are our everything. Here in the presence of your people, come on everybody, lift your voice, sing it out : *There is power in Your Name!*





REX VAN MOLLO :

As we come and worship God, who among you here are excited and happy to praise Jesus. Can you raise your hands? Amen. In Philipians, it says, “Therefore, God exalted him to the highest and gave him the name that is above every name that at the name of Jesus every knee should bow in heaven and on earth and under the earth.

We worship a victorious God and that same God rules over everything. He rules over you. He rules over your life, he rules over your sacrifices, your relationships, finances, careers, struggles. Everything is in Him. He is in control. Amen.



Welcome!



DIDOY LUBATON: Welcome to the Feast, Everybody! You are home! It's always fun to be with the family that God has given us, our Community.

This is our Feast. We are all builders in this place, and again, thank you for showing up. You could have just rested, be comfortable, but you are here. Here you are showing up.

Welcome again to the family!

We have a long beautiful talk today. We're starting a brand-new series, and we do hope you're ready.

Today, we are going to talk about *Blessing and Curse*. What do you choose? Always, there are options: Blessing or Curse.

Today, as we come before the Lord, and listen in further to God's Word, I hope that you seek the *blessing*. I do hope you really want that blessing that even it doesn't appear properly yet, even if it has borne fruit but hilaw pa -- not yet ripe, just see that there is a blessing out of it. And even in difficult situations, you see that there is blessing embedded within it. Sometimes, purpose is wrapped in pain.



So, let's come before the Lord, and let's pray our favorite prayer.

In the Name of the Father, and of the Son, and of the Holy Spirit, Amen.
Open your hand out wide and together, let's pray:



With reverence to the Word, together,
we sing:

*Thy Word is a lamp unto my feet
and a light unto my path.*

Pray this prayer with me: *Dear Lord,
I seek your blessing. Speak to me. Your son,
your daughter is listening in. May I get to
know You more. I will be transformed by
Your Word. In Jesus' Name, Amen.*

Talk



BO SANCHEZ: I want you to put your hand on your chest, tell somebody beside you, “I’m beautiful. You’re beautiful.

Welcome to our brand-new series, *Blessing and Curse*.

For the next nine weeks, we’re going to dive into *Genesis*. That’s what we’re going to do and it’s going to do, and it’s going to be powerful.

You might say, Bro. Bo, Genesis? Pwede bang mag New Testament na lang tayo? Gospels? Letters of Saint Paul?

Direct to the point: “All things work for good to those who love God.”
“I can do all things through Christ who strengthens me.”

But *Genesis*? Why?

Why Genesis?

If you got to Jesus, in the Gospels, and the apostles, or the Pharisees, and the religious teachers, when they asked Him hard questions, Jesus would go back to Page 1 of the Bible. That’s what He would do.

Genesis was very important to Jesus. And that’s why, we need to dive and study about *Genesis*. Eto yung problema—This is the problem: For most of us, modern people, every time you hear the word *Genesis*, we think about *Genesis* in a very different way. *Genesis* for us would be controversial questions.





Controversial Questions

Were Adam and Eve individual real human beings or symbolic?
Did God really create the world in 7 days and thus, Planet Earth is only 6000 years old? But science will tell you the universe is really 13.7 billion —with a *b*— years old.

So, ano ba talaga—what’s true, really?

I have sad news for you. I won’t address these questions.

Because the author of *Genesis* wrote is not a science textbook.

GENESIS IS NOT A SCIENCE TEXTBOOK.

Genesis was written for a very different purpose. He was not thinking about science concepts. He was not thinking about the modern scientific categories that we think about right now.

Ancient Irrelevant Fairy Tales?

Some people, look at *Genesis* and say they are just ancient, irrelevant fairy tales.

Adam and Eve had a conversation with a talking snake . Hello?

Noah’s Ark – Gaano ba talaga kalaki yung Noah’s ark—How big was Noah’s ark, really? Kasya ang lahat ng hayop --Containing every species of every animal in the world? And two pairs! Is Noah’s Ark made of wood? Were termites included?



Moral Stories

So many questions. Ancient fairy tales. No relevance to our personal life. My dear friends, if that's what you think about Genesis, that's a huge mistake. We'll explain as weeks go by. Is Genesis a bunch of moral stories? A lot of people think so. If you grew up in church, you'd have looked at the characters, the personalities of the Bible—Abraham and Isaac and Jacob—as holy men, models of virtue. And therefore, you imitate them.

Is Genesis a bunch of moral stories?

For example, Abraham. Abraham—99 years old. Walang anak—no child. And then God says, “You will be the father of many nations.” And Abraham trusted God. Ang ganda ‘no? Nice, inspiring. But there is a problem. Very selective reading of the life story of Abraham --you will have to skip horrible parts of his life. Abraham, at one time, to save his own skin, lied through his teeth, put his wife in grave danger to commit and fall into adultery. He did that *twice*. Is Abraham good or bad?



There are certain parts of the stories of these characters that we do not want to talk about. But in this series, we have to talk about them. Why? Because maybe the writer of Genesis did not write the stories of these characters as moral stories—so that we can imitate them and we become good boys and good girls.

Meron siyang ibang purpose—he had another purpose. And that's what we will delve into. My dear friends, Jesus read Genesis in a very special way. And that's how we need to read it too. Raise your hand if you want to follow Jesus. Are you sure? Then you must do one thing: Read the Bible the way Jesus read the Bible. That's what we need to do.

**JESUS READ GENESIS IN A VERY SPECIAL WAY—
AND THAT'S HOW WE WANT TO READ IT TOO.**

And so, what we're going to do in the next nine weeks will be very difficult. Very difficult. Because in reality, the Bible was not written *to* you. It was written *for* you. And that's the big difference. But if you understand why, you'll get the one big message of *Genesis*—and the entire Bible. And everything will click in your brain.

Discover More!

Let me tell you a story.

I love reading in coffee shops. That for me is a piece of heaven, a piece of paradise. So, when I went to Seoul, Korea—there were gorgeous coffee shops there—I went from one to another just to read.

Here was the problem. My wife watches K-Drama, I always heard her say the word *saranghae*. I didn't know why, but I assumed that *saranghae* means *thank you*.

So, in everywhere coffee shop I went to in Korea, every time I ordered food, I said, “*Saranghae*.” Every time the waiter would come and give me the coffee, I looked at him and say, “*Saranghae*.”

By the fourth coffee shop, I kind of sensed there was something off. Like they looked at me rather strangely. At the end of the day, my wife and I finally met, and in the hotel room, I said, “Sweetheart, what does *saranghae* mean? *Thank you*, right?”

She had this look of horror in her face. Like she said, “Oh, no, Bo, what have you done? *Saranghae* means *I love you*.”

I turned red as a tomato. Because on that day, I proposed my enduring love to two very pretty Korean cashiers and three male baristas.

The reason that happened was I did not know Korean. And that's exactly the problem of the problem of the Bible. The Bible was not written to you. It was written for you. The Bible was not written in 21st century English. No, it wasn't. It was written thousands of years ago in Hebrew, in Greek, in Aramaic. Now, think about that. Written to a different audience, using a different language.

So, what do we need to do? We need to find out-- go into that world. And you see words have specific meanings. Sentences have specific meanings.

You can't say, “This is the meaning for me.”

Before you do that, you want to know: What did the original author mean when he wrote that story? You know, when the author was writing that story, what message was he trying to convey? Do you believe that this Book was inspired by the Holy Spirit?

Yes or no? Yes!

If you believe that

the Holy Spirit inspired the original authors to write Genesis, then we must listen to the author. What is he trying to say? And that's why the Genesis story is going to be amazing. Because maybe for the first time, for many of you, your eyes will be open and the message of God will rock your world. That's my prayer.



IF WE REALLY BELIEVE THAT THE HOLY SPIRIT INSPIRED THE ORIGINAL AUTHORS TO WRITE GENESIS,
WE MUST ASK THE QUESTION,
“WHAT ARE THE AUTHORS TRYING TO SAY?”



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.

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Go and make disciples of all men.

— Matthew 28:19