



NEWSLETTER
August 7, 2022



His Abundance Chases After Me

EARLY on in my life, I learned that if I wanted a specific blessing, it's futile to take matters into my hands, insist on my own way, manipulate, and disobey God to get what I want. I lose so much if I do this.

Today, I obey Him even if it feels foolish. For example, I went into entrepreneurship. And God told me to do something unusual. In business, I never insist on squeezing out every penny from every transaction. I leave money on the table. As crazy as this may sound, I don't insist on fairness. Instead, I want the transaction to be unfair to me. Because I want to give more to my employees. More to my customers. More to others. Why?

*Instead of wrestling for my blessing, I serve others and trust God will give me the best. From experience, I don't have to chase after my abundance—
His abundance chases after me.*

Have a beautiful Feast today!

May your dreams come true,

Bo Sanchez



LETTERS

Walking—Not Running!

THAT’S what we are doing this week—and we hope every day from then on: confidently walking with our blessings, not running after them.

We follow the advice of Fr. Mario Quejadas in his homily at The Feast Holy Mass last week where he discussed last Sunday’s Gospel – Luke 12:13-21-- about the rich man who foolishly stored his wealth.

The Gospel message of Jesus: *“Take care to guard against all greed, for though one may be rich, one’s life does not consist of possessions.”*

In today’s Feast, our founder, Bro. Bo Sanchez, tackles a similar topic – about abundance chasing us, not us going after them. His intro is on *page 1*.

Yes, you don’t have to run after what you want in life. Why? Because *You’re Already Blessed*.

That’s the radical life-changing message of The Feast last week, Talk 6 of our ongoing series, *Blessing and Curse. Flashback* by Bro. Bo and Preacher-Feast Builder Bro. Jan Silan starts on *page 10*.

And to further convince you to stop running, take a walk with sharers in our *Mercy Ministries* and *Blessings* sections where we start a series on the Pag-asa ng Pamilya Foundation, *pages 26-32*.

Yes, we all have an abundance of *pag-asa, hope*.

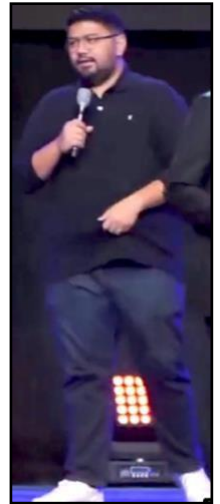
So, walk—don’t run.

Speaking of blessings, we have a bonus for you. With this issue, we send you in a separate gem of a package:

The Feast Family Special on the Jewels Conference held on July 2, 2022. Don’t miss Part 1 and Part 2!

Glory,

Randy Borromeo
Media Ministry
Executive Director





FLASHBACK! **JULY 31, 2022**

Holy Mass



FR. MARIO QUEJADAS
on the Gospel: Luke 12:13-21
The Parable of the Rich Fool

Excerpts...

Good morning, Church! My name is Fr. Mario Quejadas from the Diocese of Joliet in Illinois, the Chicago land area. I was born here in the Philippines, *marunong akong magtagalog*. I was born in 1992. I've been a priest for 22 years and the last time I had Mass with you was in 2020 before the Coronavirus Disease (COVID) Pandemic.

So, it's good to come back here to a place where sinners belong... You know, for five years now, we have been holding our own Feast in Russell, Illinois. In 2019, Bro. Bo Sanchez and the rest of the gang were there for a concert. It was such a wonderful concert.

Church, today, I want to talk about how Jesus alone is Lord. Jesus alone is your happiness... What does it profit a man to gain the whole world and lose his very soul?



A Conference of Powerful Men

You know, in 1923, in Chicago at the Edgewater Beach Hotel, there was a conference of powerful men in the United States.

Among them: the president of the largest steel company, the president of the largest utility company, the president of the largest gas company, the president of the New York Stock Exchange, the president of the Bank of International Settlements—the biggest

bank in that time, the greatest Swede speculator, the greatest bear on Wall Street, the lead of the greatest monopoly in the United States, and a member of President Warren Harding’s cabinet.

What a great lineup of people, huh? Yet after 25 years, where are those 9 richest, 9 industrial giants? The president of the largest steel company, Charles Schwab, died bankrupt. The president of the largest utility company, Samuel Insull, died penniless. The president of the largest gas company, Howard Hopson, has gone insane. The president of the New York Stock Exchange at that time, Richard Whitney, was just released from prison. The president of the Bank of International Settlements, Leon Fraser, died of suicide. The greatest Swede speculator, Arthur Cutten, died penniless. The greatest bear on Wall Street, Jesse Livermore, died of suicide. The head of the greatest monopoly, Ivar Kreuger, died of suicide, and the member of President Warren Harding’s Cabinet, Albert Fall, was just given pardon from prison so he could die at home.

Reading I: Ecclesiastes 1:2; 2:21-23

Vanity of vanities, says Qoheleth, vanity of vanities! All things are vanity! Here is one who has labored with wisdom and knowledge and skill, and yet to another who has not labored over it, he must leave property. This also is vanity and a great misfortune. For what profit comes to man from all the toil and anxiety of heart with which he has labored under the sun? All his days sorrow and grief are his occupation; even at night his mind is not at rest. This also is vanity.





The Three Fs of Happiness

What does it profit a man to gain the whole world and lose his soul?

See, Church, please do not misunderstand me, nor misunderstand the Church—that we say that being rich is sinful. The Church has not taught that. We think so, but we believe that we are blessed always to be a blessing to other people.

Whatever blessing that you have—if that blessing is wealth, if that blessing is fame, if that blessing is having a great family, if that blessing is having great health—you were given those blessings to be a blessing to other people.

What does it profit a man to gain the who world and lose his very soul?

You know, whenever I preside over funeral Masses in the United States, I have always taught that there are only three things that matter in life-- only three that could make us happy. I call them the three Fs of happiness: Faith, Family, and Friends. And they're all for free!

We always think that the more cars, or the more friends on Facebook, or the more likes on IG (Instagram) will make us happy. And remember those were the things that were given to you for free when you were born and the only things that will matter when you see God face to face: Faith, Family, and Friends—they're all about relationships.

You know, when I was a kid here in the Philippines, as an altar server, I always heard this Gospel acclamation. You know this song: *“Seek ye first the kingdom of God and his righteousness. And all these things shall be added unto you. Hallelu-hallelujah.”*

Church, I say that only Jesus is Lord, and only Jesus is your happiness -- because if you have Jesus as a priority in your life, everything else will follow. Kasi kung si Kristo ang iyong kaibigan, kung si Kristo ang numero uno sa buhay mo, kung si Kristo and sentro ng iyong mundo, alam mong mamahalin ang iyong pamilya at iyong mga kaibigan.-- Because if Christ is your friend, if Christ is the Number 1 in your life, if Christ is the center of your world, you know you will love your family and your friends. And everything that will be given unto you—your money, health, fame, your Facebook likes-- you will use so that other people will have an experience of Jesus being Lord, an experience of Jesus being their source of happiness.



Only Jesus Is Lord

Mga kapatid, ibang-iba kung si Kristo ang nasa buhay mo.-- Brothers and sisters, it's very different when Christ is in your life. Do you still remember when Christ was not in your life?

You know, I am a product of Catholic schools here in the Philippines and the United States. From kindergarten, Paco Catholic School, and then the university in the United States-- Benedictine University by the Benedictine order...

In those times that I had been in the Catholic schools and serving in Church, I never met a personal Christ. In those times in Catholic schools, Jesus was a religion, Jesus was a class, and Jesus was a test. But when I was in fifth or sixth grade, my mom was here. She was a member of a faith community in Land Bank of the Philippines. One time, they had a Life in the Spirit Seminar and she insisted that our entire family attend.

At first, ayoko kasi nagseserve na ako sa simbahan, eh.-- I didn't want to because I was already serving in our local church. But then came the experience of a Life in the Spirit Seminar held by the Lord's Flock faith community. At that time, I met a God who to this day I know He loves me personally, He knows my name, He accepts me as who I am. A God that tells me: "Mario, you are enough." "Mario, I'm proud of you." "Mario, you are my beloved child." "Mario, I'm always here for you, and even though the world will leave you, even though you yourself will leave you, even if your family and friends will leave you, I'm going to be here for you."

Brothers and sisters, when that (spiritual awakening) happened to me, that changed the trajectory of my life. Suddenly, I started to love my family like never before. Suddenly, I started to love my friends like never before. Suddenly, I started to love the poor like never before. Suddenly, I treated my money as never before. To this day, my money is not for me anymore, it is to bless the world, it is to bless other people, it is to bless the poor.

Church, only Jesus is Lord. Let me repeat: only Jesus is Lord. Not your fame, not your money, not even your health, not your family, not your friends, not your social media status—only Jesus is Lord.

And once you find the Lord of your life, ah! Then and only then you'll say—and experience-- that "Only Jesus is my happiness."

Jesus Wants Us To Bless Others

Yesterday, I was in Payatas (Quezon City) together with my family. We were ministering to families who were victims of EJK (extrajudicial killings) and I noticed, in the church, there were no males.

I was told: “Father, they’re all dead.”

Spending time with the Payatas residents, eating spaghetti and chicken, sharing *tsinelas*-- slippers-- with them, looking into their eyes, letting them know that they are loved, being not only a priest for them, and being a human person in front of them really made me happy.

Alam mo kasi kapatid, if you have experienced that Jesus is Lord and Jesus is your only happiness, He will always ask you to bless our people...

Can we just bow, hold our loved one's hands, can we just thank God today for the gift of Christ? Can we just thank God today for the gift of His beloved Son who calls us by name, who always forgives our sins and accepts us who we are? Can we thank the Heavenly Father right now that we have been adopted into His family because of Jesus’ death on the Cross? Can we just thank the Heavenly Father today that He is blessing us with so much? *So much!*

We woke up this morning, we were able to come here at The Feast, we are surrounded by people that love us, and we are accepted as who we are in this Community.

Thank God. Jesus, we come to You. Give us the grace to always confess that You are the only Lord. Give us the grace to confess that You are the only happiness we have and that all these good things will follow for us. We put You at the foundation, at the center of our life. Jesus, come into our life once again. Forgive us... I confess our sins to You... Embrace us with Your mercy once again and never let us go, oh, Jesus. This is our prayer in Your sweet Name.

Reading II: Colossians 3: 1-5, 9-11:

Brothers and sisters: If you were raised with Christ, seek what is above, where Christ is seated at the right hand of God.

Think of what is above, not of what is on earth. For you have died, and your life is hidden with Christ in God. When Christ your life appears, then you too will appear with him in glory.



Worship!

EXHORTATIONS

Worshipping the Lord is saying Yes to God's blessings. Amen? Worshipping the Lord is saying Yes to God's healing. Worshipping Him is saying Yes to God's miracles. And who among you claim and are prepared to receive God's blessings and miracles today? Amen? Amen!

Sisters and brothers, you are going to give your best worship to a God you are satisfied with. My question right now, are we all satisfied with the God that we worship?

Storms, trials, and challenges, and problems will come and go-- but you are immensely blessed beyond words. You have been healed beyond words. You have been receiving miracles beyond words. So, today, I challenge each and everyone who are all right here— let us give our best worship to our God. Amen! Say Yes to God!



LEILA CARO: It's no longer just us, but Jesus living within us. And this is good news for us because 2 Corinthians 12:9 says, *"God said, my grace is sufficient for you for my power is made perfect in weakness, therefore*

I will boast more gladly about my weaknesses so that Christ's power may rest on me."

So, even when we have moments when we'd falter and fall, we have hope because God says that it is in our weaknesses that His grace would meet us over and over again -- and this truth is all the more reason to praise Him.

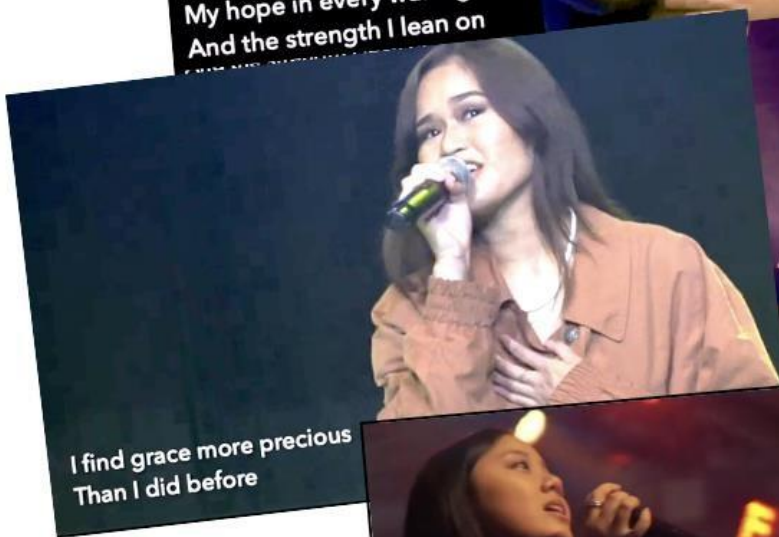




God be exalted
Over and over again



My hope in every waking hour
And the strength I lean on



I find grace more precious
Than I did before



For I was dead in sin
But I woke up to see the light



Day after day will I sing
Praise upon praise

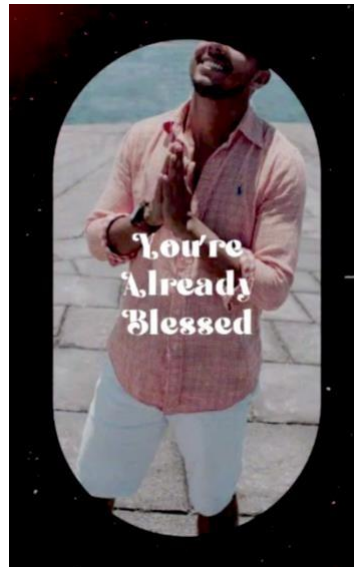


All of this for Your glory

Talk



Talk 6:



BO SANCHEZ: Can everybody say, “You’re already blessed.”

You’re already blessed.

You really are.

“Bro. Bo, hindi pa. May utang pa ako. —Not yet. I still have debt. I owe someone P100,000. And I still do not have P100,000. I’m not yet blessed.”

No. Let me say it again: You already *are* blessed. Why?

Because last week, I said

this— we said this together— that the greatest blessing is not money. Not things. The greatest blessing is *Life with the Blesser*. That’s our greatest blessing.

Do you have the Blesser with you? Do you have the Blesser in your life? Yes? Then you are already blessed.

Put your hand over your chest and say “I’m already blessed.”



Worry Is Irrational

The other thing is this: Let's say you do owe P100,000— or even P1 million. You know what, even if the money is not yet there, we believe this— I believe this: that whatever you need to earn that money, you already have. You got to believe in that. You really do.

Now, why am I talking about money? Because I am going to share a bit personally to start the message.

In the past few months— this is a confession— I, Bo Sanchez, have been having worries about a challenge to my finances. Personally— thinking and worrying about my finances. When I share that to my friends, you know what they say?

“Ows, ikaw? Ang yaman-yaman mo. You? You're very rich.”

Now, let me qualify that.

Yes, God has blessed my finances. I share this and I teach this— because I am a financial teacher. I teach people to invest. And so, I've been investing — I practice what I preach. Over the past 20-plus years, God has blessed my finances by leaps and bounds.

But what I've learned over living on this Planet for more than five decades is that worry is irrational. If you worry, you understand how many, many times, it's not rational. It's like if you take one step backward, you look again at the situation, you realize, yes, you have a problem, and you're worried about that problem.

Then you look at your whole life, and you say, “My gosh, I'm so blessed.”

But no, the problem is there sticking like a sore thumb.

I also teach people how to build many income streams. I tell people do not just have one —you need to have many.

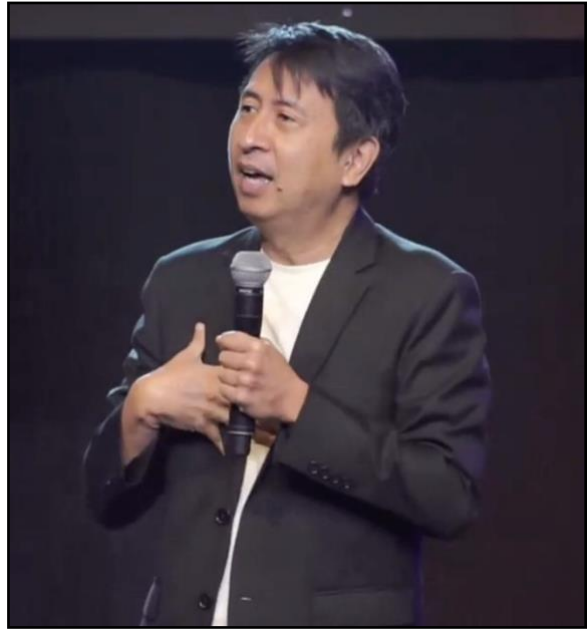
Fr. Mario was talking about this: that if you are blessed, it's really to bless other people. So, why not be blessed more, why not earn more so that you can give more? So, I tell people to have multiple income streams so that if one fails you, you've got a few more. And so, I practice that.



My Worries

So, let me give you an idea of my worries. I have seven income streams. Four of them, I dedicate to the ministries— whatever I earn there I give and support the ministries.

Let me share two of them that I dedicate to the ministries. The first one would be my author's royalties. I have written 60-plus books. Because many of them are bestsellers, I earn a lot. And I would give that to the ministries. At its peak, I was earning about P300,000 a month. But I don't know if you noticed this— in the Philippines over the past years, bookstores have been shrinking. Yes, they have been.



So, that was a major channel by which the books were being sold. And so, my royalties began to go down.

And I was thinking, “Oh, no, the ministries need that money.”

The second income stream is what I raise from my pilgrimages. I would lead about one or two pilgrimages every year. And I would be able to raise about P2-P4 million a year for the ministries.

Well, guess what happened during the Pandemic— you know, were there pilgrimages? No. Travel was zero. So, for almost three years, the ministries lost between P6 to P9 million. That was huge. Right?

By the way, we have a pilgrimage this coming September 27 — it's going to be the first one — to Fatima and Lourdes. If you want to come and join us— for 14 days — come and join us, you'll help our ministries. I don't earn from that.

I'm not worried about my finances. I'm not. God has blessed my finances-- my needs are met. I'm telling you if I grow old, as old as (Senator, now Chief Presidential Legal Counsel) Juan Ponce Enrile— and according to the memes, he was the gardener in the garden of Eden— even if I grow as old as him, I know that my needs would be met.

My worry is the group of 200 employees that I have in my personal businesses plus the 200-plus employees in all our ministries. I'm worried about them. Will they be okay?

What God Told Me

And so, I brought these worries into prayer. It's crazy— after 43 years as a missionary, I still get worried.

So, I came before the Lord and I said, “Lord, God, I come before you...”

And as I prayed, God gave me one Word — one beautiful Word. You know what He told me — in my heart, in my prayer?

God told me this: “Not everything depends on you.”

Oh. Oh. You know sometimes, you assume that everything depends on you.

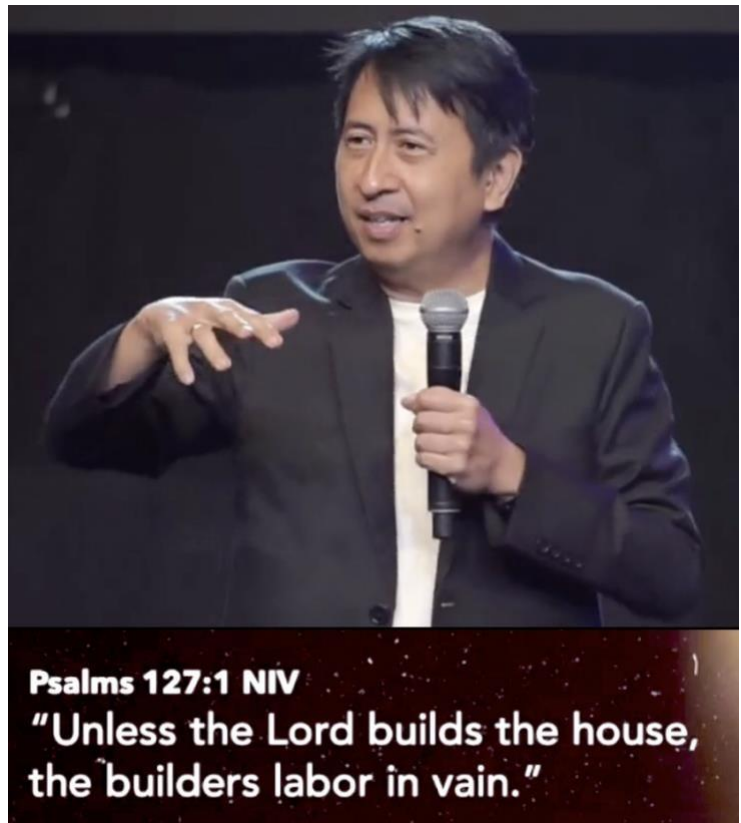
And what God said, “*Unless the Lord builds the house, the builders labor in vain.*”

--Psalms 127: NIV

My dear friends, may I speak this Word into your life: Are you worried today? Are you concerned about something today? Maybe you're thinking about your children. Maybe you're concerned about your future. Whatever you're thinking of right now, God's Word for you is this: *Not everything depends on you.* You have to learn to trust in God.

Now, I want you to know something. As I speak to you, has anything changed— anything whatsoever changed— in my income streams? I'm telling you, nothing has changed. My circumstances, while I was worried, until now, have not changed.

But I'm more relaxed, I'm more at peace. I'll tell you why. Because I realized that I am already blessed. And this is the Word I'd like to share with you: I have learned to deeply trust in God. Because, really, at the end of the day, we can never graduate from trusting in God.



Psalms 127:1 NIV

**“Unless the Lord builds the house,
the builders labor in vain.”**



JAN SILAN: My name is Jan.

For those who don't know me, I lead this very small Feast in Makati — it's called Feast Makati in Salcedo.

About a thousand go there — this is pre-Pandemic time — 90 percent of them are single, and 90 percent are working in Makati.

They just go there to be refreshed, to be relaxed, like, “Lord, I receive Your love. I receive Your grace...”

Now, we're trying to get back to pre-Pandemic times, little by little.



And this is my very small family — my wife Angela, and our boys. Love them so much.



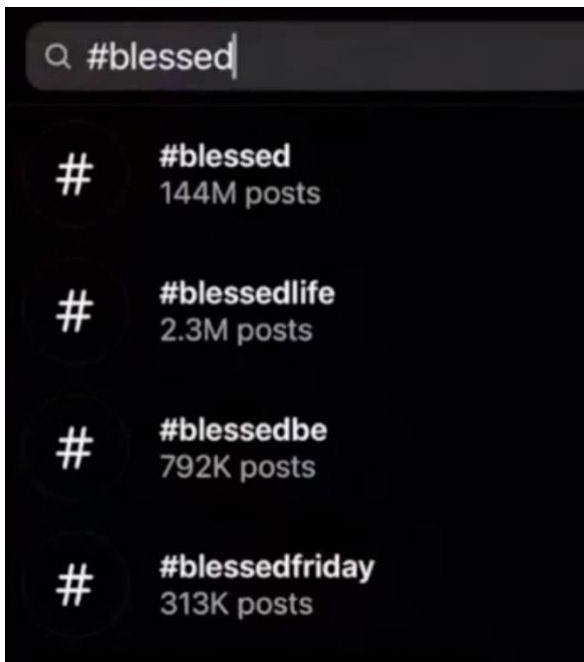
The Meaning of *Blessed*

As we Feast, I hope we remember as well and keep in our prayers those who have been affected by the earthquake this week: *We pray in Jesus' mighty Name that the Lord will bless you, the Lord will surprise you this week. In Jesus' Name. Amen.*

So: *You are already blessed!*

But what is the meaning of *Blessed*?

We always say, hashtag *#Blessed* on our online posts.

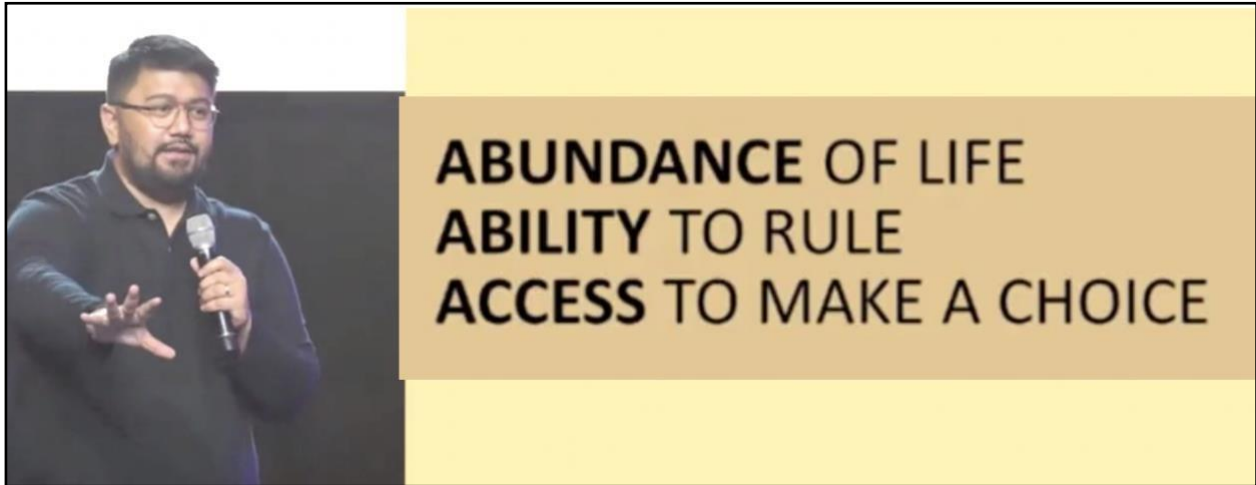


While I was preparing for this talk, I looked at Instagram— you can do it right now if you want, I don't mind. Go to Search *#Blessed*.

I did this last night, and I saw that 144 million individuals posted that they are blessed... The “blessings” they posted were about vacations, more about new houses, weddings, food, body— lots about body.

But what do you really mean by *Blessed*?

Meaning of *Blessed* in the Bible



We've been studying *Genesis* for quite some time now and it speaks of a different level of *Blessed* -- different from what we know as *Blessed*.

We feel blessed when our prayers are answered. Such prayers as: “Lord, grant I can sell this product; “I can graduate”; “Sana siya na, siya na— Let him be my boyfriend. Let it be him.”

And when he does become your boyfriend, you promptly post: *#Blessed!*

So many *#Blesseds*. But in the Bible, what does *Blessed* really mean?

Number 1: It means Abundance of Life. The Lord is telling us, “Be fruitful and multiply.”

We have to multiply. Abundance is there.

Number 2: The Ability To Rule. To be His representative here on Earth.

And last: The Access To Make a Choice

At least for *Genesis*, these are what it means to be *Blessed*.

As our ongoing Feast Talk series, *Blessing and Curse*, puts it, we have the ability to choose: Blessing or Curse. Talk No 1: Creation story— Blessing or Curse; Talk No. 2: Cain and Abel— Blessing or Curse... What do people always choose? Talk No. 3: Noah's Ark— Blessing or Curse. Talk No. 4: Tower of Babel— Blessing or Curse. Talk No. 5: Father Abraham— we took up last week— has many sons.

And today, Talk No. 6: We'll journey with someone who again posed a question, a reflection to us: Blessing or Curse?

I love the energy of Fr. Mario earlier, as he pointed out: Family, Faith, Friend. I'm going to work on Family, Faith, and Friend.



ARE YOU **WORKING** FOR YOUR **WORTH**?

Jacob's Choice

Jacob. Today, we will be looking at someone's life, someone choosing *Curse* since the moment he was born.

Later on, he will be called Israel.

Actually the name now of the Holy Land (major part of) Bro. Bo's Pilgrimages. One day, he thought, "Can I bring Jan Silan with me?" So, I was there a few years ago.

When he was not yet named Israel, Jacob, all his life, was fighting for something that the Lord had already given him.

Do you know of someone like that? Fighting for something that is already his?

That's why I want to pose a question to everybody here— single, married, whatever age, you're a nun, or whatever: *Are you working for your worth?*

And this is very difficult. I was praying about Jacob, and I was looking at his life: from the day he was born, this was his issue: his *worth*.





What Is My Worth?

That is my question all the time:
What is my worth?

For example, especially if my wife is mad— she is just mad, you know, she's running events, she's thinking about her office work, she can't make the kids obey her, her husband she cannot make to follow her. So, she's really stressed.^[L]_[SEP]

And to husbands who are here, I ask:
Isn't it that all you want in a day is that your wife
is happy?

That's the goal of my day.

I mean, I have no other goal in a day than to make Angela happy. But if she's not happy, I'm questioning *my worth*.

Then, I have three boys now. Another boy coming in September. So, this is a picture of my boys, *from left*: that's Mateo, that's Javi, and that's Julio.



Sometimes, I ask myself — not if I will have the provision for them because I know the Lord will provide.

Not about, “Lord, do I have the money for their tuition fee?”

I actually just enrolled the eldest in Grade 8 and the next one in kindergarten. Last month, I didn't have money, but then I eventually had the money for their enrolment this week. I know the Lord provides. And so, that's not my issue.

My issue is this: Will I be a good Dad? Who among you is raising a teenager? For you, I pray for patience, love, and understanding, in Jesus' Name.

So, I really badly need patience as my eldest is now a teenager. There are times I think I am patient enough. But then, at times, I realize, I still need deeper patience — because you know, you don't want to be stressed every day.

But of course, sometimes, you snap at your son. And when you snap, you say words that you don't even mean. Words you don't want to say would just come out of your mouth.

And you're like, “Where did that come from?”

In moments like that, I just question myself: “Am I worthy to be his dad?”

Those who have issues, know that you're not alone.

Jacob's Issue: His Worth

Jacob was dealing with all of these issues:

No.1. He was born a grabber.

Let's imagine this: The Lord answered Isaac's prayer – Isaac is the son of Abraham—and his wife Rebekah became pregnant with twins. But the two children struggled with each other in her womb. So, she went to ask the Lord about it: "Why is this happening to me?"



Right now, my wife is 32 weeks pregnant. For her, every movement of our baby Yosef in her womb hurts...

Imagine: All the more with Rebekah. She had twins! And they were struggling, they were wrestling. And by the way, there was no ultrasound before so she did not know why it hurts so much. That's why she was asking the Lord, "Why is this happening to me?"

Let's continue reading:

Genesis 25:21-26 NLT

²⁴ And when the time came to give birth, Rebekah discovered that she did indeed have twins!

²⁵ The first one was very red at birth and covered with thick hair like a fur coat. So they named him Esau.

Then the other one:

Genesis 25:21-26 NLT

²⁶ Then the other twin was born with his hand grasping Esau's heel. So they named him Jacob.

I was with my wife Angela when she gave birth—to Javi, October 12, 2018 at 3:00 a.m. It was my first time (to witness such delivery), so I had my picture taken.



That was funny— 3:00 a.m.— so there were no people in the entire delivery room-- just my wife and I and the personnel in charge.

I could hear the doctor, the OB-GYN (obstetrician-gynecologist), saying, "Angela, push!"

I could hear my wife grimacing, "Ooooo..."

And I too was like, "Ooooo. Push him out, push him out!"

She had an epidural (an injection for pain relief) the first time, none the second time. And so, she really felt the pain.



Imagine: Rebekah Giving Birth

Now, I am picturing that moment Rebekah was giving birth to twins... As the first baby, Esau, was coming out, there were little hands holding on to his heels.

That was Jacob. And that's why he is called:

JACOB = HEEL-GRABBER

Because even at the time he was born, Jacob was already grabbing the *bekorah*— which means the *birthright of the firstborn*.

BEKORAH

=

THE BIRTHRIGHT
OF THE FIRSTBORN

During that time, in the Jewish culture, the firstborn inherited everything—the wealth, the authority, the blessings. Jacob knew about this and so, he wanted to be the firstborn. And since he didn't get what he wanted, you know what he did all his life? Inisahan niya yung kapatid niya—always putting one over his brother.

I remember my Mom would shout, for instance: “Anak, tubig!— Son, water!”

I am the eldest among the three of us sibs, and as Kuya, I would look at my sib to my right and to the one to my left, like asking, who my Mom was referring to.

It was like that: A “Me-first” mentality.

That's why you have to attend The Feast every week. Because every week, here at The Feast, we are reminded that we are blessed.



Genesis 25:27-34 NLT

²⁷ As the boys grew up, Esau became a skillful hunter. He was an outdoorsman, but Jacob had a quiet temperament, preferring to stay at home.

²⁸ Isaac loved Esau because he enjoyed eating the wild game Esau brought home, but Rebekah loved Jacob.

Genesis 25:27-34 NLT

²⁹ One day when Jacob was cooking some stew, Esau arrived home from the wilderness exhausted and hungry.

³⁰ Esau said to Jacob, "I'm starved! Give me some of that red stew!" (This is how Esau got his other name, Edom, which means "red.")

Genesis 25:27-34 NLT

³¹ "All right," Jacob replied, "but trade me your rights as the firstborn son."

³² "Look, I'm dying of starvation!" said Esau. "What good is my birthright to me now?"

Genesis 25:27-34 NLT

³³ But Jacob said, "First you must swear that your birthright is mine."

So Esau swore an oath, thereby selling all his rights as the firstborn to his brother, Jacob.

Genesis 25:27-34 NLT

³⁴ Then Jacob gave Esau some bread and lentil stew. Esau ate the meal, then got up and left. He showed contempt for his rights as the firstborn.

Two Lessons from Esau

LESSON 1

NEVER GIVE UP
THE BLESSING YOU NEED MOST
FOR THE BOWL YOU WANT NOW.

LESSON 2

NEVER BECOME TOO HUNGRY,
YOU BECOME WEAK
TO TEMPTATION.

Do you know someone who's hungry?
Not physically, but emotionally?

How would you know if you're hungry
emotionally?

I've been ministering to single people
for the past 10 years. And I know someone who
just broke up with her boyfriend.

She was like, "Ayoko nang mabuhay!
— I don't want to live anymore!"

The following week, she already had
a new boyfriend.

I asked her how come she had a new partner
right away.

She said, "Because, for the first time,
someone told me *I love you.*"

And then, of course, when you're stressed,
you forget to pray for what you want.

And when we don't have what we want
or need, we feel hungry.

Last lesson: *Blessings stolen*. Bro. Audee Villaraza will talk about this
next week.

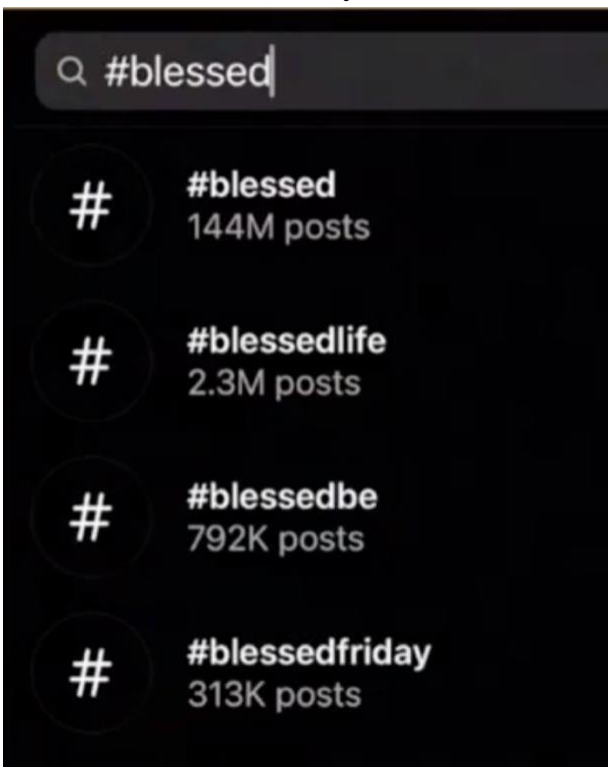


Are you stressing and striving for something that God has already said is yours?

Now, in some weird way, Jacob was able to steal the birthright blessing from Esau. He cheated on Esau about the blessing. But Jacob was actually stealing something the Lord already gave him.

My last question for you: Are you striving for something that God has already said is yours?

So, let me end here. I presented to you #Blessed-- 144 million persons posted their blessings. Then, I said, "If there are 144 million who say they are blessed... I googled about Depression rates according to the World Health Organization (WHO). I want you to look at what I highlighted in the red box:



Overview

Depression is a common illness worldwide, with an estimated 3.8% of the population affected, including 5.0% among adults and 5.7% among adults older than 60 years (1). Approximately 280 million people in the world have depression (1). Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when recurrent and with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Over 700 000 people die due to suicide every year. Suicide is the fourth leading cause of death in 15-29-year-olds.



Cure for Too Much Stress

Again, let me qualify: there are clinical issues of depression, anxiety. To those in this situation, please, my prayer is that you see a doctor.

It's okay not to be okay.

But for those not clinically diagnosed—who are most of us— what is our cure for being so much stressed?

I want to end by how Bro. Adrian Panganiban started: It's gratitude. My gosh, I slam on gratitude all the time. When my wife is mad or irritated at whatever it is she's doing, I also get irritated.

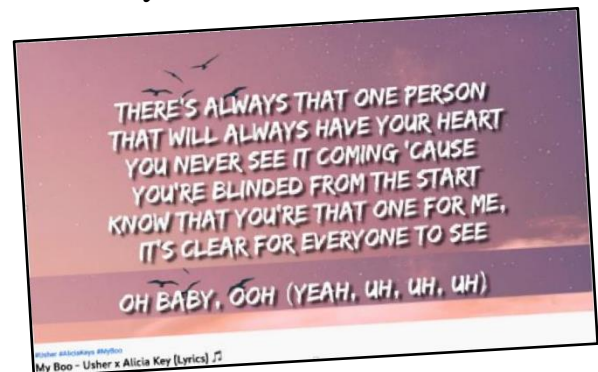
But I would always be grateful every day because she is my wife.

At the end of the day, I want to thank the Lord for everything... Angela was there--with some weird happenings in her life and some weird happenings in my life as well-- and we met.

Grateful ba kayo sa mga asawa ninyo? Are you grateful for your spouse? Those with no spouse yet, in Jesus' mighty Name, this year the Lord will answer your prayer.

As the song by Ushers and Alicia Keys says, *...because you're blinded from the start. Know that the one for me is here for everyone to see. You will always be my boo.*

For those not familiar with the song, *Not Rude, Honest*, an online opinion platform, says these lines mean a *boo* isn't just the guy or girl you are with at the moment. https://www.youtube.com/watch?v=r-12f1_1yOs It is the person that you will basically love forever no matter what! <https://www.notrudehonest.com/post/2017/06/06/you-will-always-be-my-boo>



Blinded from the start. That's Jacob. He did not see his blessing. He has been grabbing for something the Lord has already given him.

And I won't judge him.

How Do You Pray?

Last question: Who among you is praying for someone?

Whatever you are praying for, do you pray for it every day?

I pray for my wife. I pray for my Feast.

This is how I do it:

I have a plan, and my wife has a plan. We have a plan.

And so, I say, "Lord, this is our plan. Bless it. In Jesus' Name. Amen."

Then, when I don't receive an answer from the Lord, I am like, "Lord, wala pa. Lord, bless my plan. Lord, please, bless my plan Lord!"

We tend to insist on what we want:

"Gusto ko itong kotse na ito. --I want this car. Lord, in Jesus' Name. Amen.

Kotse! Kotse!"

"Gusto ko ang bahay na ito—I like this house. Lord, that's what I want. In Jesus' Name. Amen."

You see a guy. "Lord, siya talaga. He's really the one. In Jesus' Mighty Name. Lord, he's really the one."

I pray like that.

But do you have prayers that are not answered? You've been praying for them for like 10 years, and the Lord has not answered your prayers.

Prayers like, "Lord, I pray he (my husband) would change his ways." "Lord, where is my sale?"

I struggle when my prayers are not answered. Right now, some members of my family are sick.

So, I am like, "I pray his kidney will be healed."

And it does not happen.



God's Plan

Then, while I was preparing for this message, I remembered something I read many years ago from a book of Rick Warren, an American Southern Baptist evangelical Christian pastor, of Saddleback Church, and author of the best-selling book *The Purpose Driven Life* which, in a gist, says *purpose-driven* means to be driven by God's purposes, not our own.

Warren said:

You'll find success in life when you stop trying to include God in your plans.



And I was like, "Huh? How is that Lord? I do include You in my plans. If You're not included in my plans, I will not push through with it."

Actually, Rick Warren said:

I was then only 20 years old, but I was already going through a lot of burdens...

"You'll find success in life when you stop trying to include God in your plans. Instead, ask God to include you in His."

So, that time, my prayer changed and I asked God:

"Lord, what's your plan? Include me, please. Lord, you want people to be financially blessed. Include me, please..." "Lord, you want people to have a house. Include me Lord. Isn't it you want families to have good relationships? Include my family." "Lord, make me part of Your plan!"

And the Lord will. Why? Because He is reminding every one of us today that: *You're already blessed.*

...You don't have to carry all your burdens.

Because He already carries them all.

Inhale, Exhale. You may be tired of including God in your plans...

But now, ask Him what's His plan.

Tell Him, "Lord, include me in Your plan."

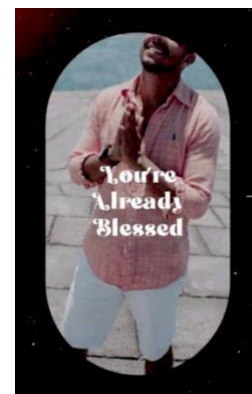
And I pray you will be lifted. I pray the Lord will bless you even more.

May you receive the heaven that He is promising to be here on Earth.

Pray with me:

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

Lord, okay, fine. May I be part of Your plan ...?





MERCY MINISTRIES

Trust in the LORD with all your heart; and lean not to your own understanding. In all your ways acknowledge him, and he shall direct your paths. –Proverbs 3:5-6

PAG-ASA NG PAMILYA PART 1 *Graduation Day: Dream-Come-True!*

ON July 16, 2022, Pag-asa ng Pamilya celebrated the graduation of its 2021-2022 scholars at Max's Quezon Avenue, centering on the theme *Pursuing Dreams and Fostering Resilience in the Face of Adversities*.

A dream-come-true for the scholars, indeed, relentlessly rising above these difficult times, giving hope to their families. *Above*, the scholars, standing *from left*: Kerwin Raymundo, Sis. Marifi Lugtu, Carmela Arabit, Shaina Cequeña, Jolina Bedis, Joanne Apao, Sophia Orias, and Ericka Margaret Camua. With them, the members of the Pag-asa Board of Trustees, seated *from left*: Rowena Cequeña, Perly Flores, Pag-asa President Sam Uy, and his wife Marina Uy.



Pag-asa ng Pamilya is one of the Mercy Ministries began by Bro. Rey Ortega, longtime dedicated member of our Light of Jesus Family. Bro. Rey is now in heaven, but LOJ, through efforts of our founder, Bro. Bo Sanchez, and Bro. Hermie Morelos, head of our LOJ Mercy Ministries, continues our Pag-asa ministry, giving yes, *hope*, to our youth in need and their families.

GREETINGS!



BRO. BO SANCHEZ, online: God bless you!
Praying for more blessings... Keep on loving God with your whole heart, mind, soul, and strength...
Follow His decisions in your life. May abundance overflow in your life! Thank you, Pag-asa Family!

BRO. HERMIE MORELOS, Head, Light of Jesus Family Mercy Ministries, online, all the way from Chicago, Illinois, U.S.A.:
Congratulations to all! Salamat sa Diyos at magkakasama tayo-- spiritually... Let's not waste this opportunity... Passion, dedication, humility— these are most important-- whatever we achieve in life...

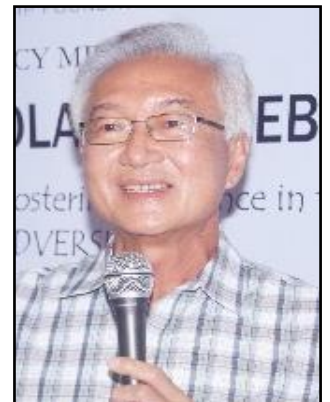
I prophecy that you, our scholars, will be successful in life.
In Jesus' Name. Amen!

BRO. SAM UY, President, Pag-asa ng Pamilya Foundation:
This is the start of your accomplishments. Imagine, in these trying times, you finished college! Congratulations! Ang gagaling!

Graduating scholars, we salute you today. We feel so jubilant — a booster shot in the heart. You are the one inspiring us. This is the result of your efforts. Our wish: Someday, when you are successful in your career, you will volunteer too...(as a Pag-asa supporter).

Here, I share with you the habits that have helped me build resilience in my life:

1. List down your dreams and goals—and finish what you started.
2. Be open-minded. I believe that everyone can be an expert in one's chosen field.
I'm like a sponge that absorbs whatever I learn. It's also good to have good influencers in life.
3. Enjoy relaxing, physical activities. Praise God that up to now I'm healthy -- and don't need to take any maintenance medicine!
4. Accept that we make mistakes. In everything that I do, there's always room to go up. I do my best because this is my offering to God. I do my best and God will do the rest.





SIS. ROWENA 'WENG' CEQUENA, member, Board of Trustees: It is indeed a pleasure to serve with you. Even we are facing difficulties, we continue to stand firm and support our scholars.

For the scholars: Help your fellowmen the best you can. We don't live only for ourselves.

In my family, we are nine children. Sadly, two already passed away. So now, we're only seven siblings.

We are a family of modest means. My father went house-to-house peddling goods. My mother sold fish.

I dreamed of getting my family out of poverty.

So, I studied hard. I am a middle child but I was the first to finish college, earning a Bachelor of Science degree, major in Accounting. And on fist take, I passed the Board Exam to be a Certified Public Accountant (CPA).

Pursuing my career was hard at first. I worked in a government agency as a reliever staff, then I became a contractual employee. I prayed to God that I would find a permanent job. And I found my ideal job at Shepherd's Voice Publications... Working in Community is not a bed of roses but knowing Who you serve is the most important: our Lord Jesus.

Goodness stems from love. Love till it hurts. Let's continue serving the Lord and His people.



SIS. PERLY FLORES, member, Board of Trustees, leading the opening prayer:

"Lord, thank You so much for touching the heart of our scholars and donors. Thank You for their precious time and efforts to continue our mission. Thank You that each one of us was able to come here..."

SIS MARINA UY, wife of President Sam Uy and member, Board of Trustees: Resilience is manifesting stability even in times of difficulties. Filipinos are very resilient in spite of life's challenges. We are here fighting in life. I believe *tough times never last-- but tough people do.*"

I grew up in Tarlac... Just like Sis. Weng, we are not wealthy... but we are rich in the love of my parents. My father was demonstrative of his love—he was *malambing* (clingy) to my mother. He worked as a security guard while my mother tended a sari-sari, variety, store.

As a family, though we were poor, we always ate together. Every night, we prayed the Rosary. Every Sunday, went to church.

I was only eight years old when I started doing business. My mother taught me how to invest in a business. She taught me how to make yema—egg yolk-based candy-- and encouraged me to make bunches for sale. I saved 10 centavos from my school allowance—until I already had P2.00 for capital for my yema business. When I already had P5.00, my mother taught me how to make sandwiches and use my money as capital for my sandwich business.

My father always believed in me. So, I believed all things are possible. Sadly, on February 21, 1968, my father was murdered while on duty... It changed our life... But I didn't stop dreaming.

When I was 18 years old, my mother succumbed to cancer. Looking back, I don't know how I survived-- but I was sure God was constantly there with me in my journey.

Pressing on, I took the Board Exam to be a Certified Public Accountant and I passed it.

You'll know how strong you are until being strong is your only option.

Now, I'm a real estate investor. I buy and sell real estate properties...

Scholars, follow your heart, and I hope it's in line with the will of God for you.



THANK YOU!

JING RANGASAJO, program host: Thank you all, very much. It's a blessing that we are all here to witness a simple but very special event... For the scholars who could not join our live event, thank you for taking the time to be present through Zoom.



CARMELA ARABIT, scholar: The Pag-asa scholarship is a big help for me. My father is a fisherman while my mother stays home to take care of our family. My parents and I are deeply grateful to Pag-asa!



SOFIA ORIAS, scholar: Thank you very much for the Pag-asa scholarship-- especially to Ma'am Rowena Cequeña who got me to be a scholar. My mother is our only breadwinner in our family. If I didn't receive, the scholarship, it would have been very difficult for me to finish my studies.

MONETTE CAMUA, parent of scholar Erika Margaret Camua: I'm a widow and thus a single parent. Three years ago, my husband got sick and passed away.

I asked, "How can I help my child finish her studies?"

Thankfully, I learned about the Pag-asa ng Pamilya which helped me sustain my daughter's education.

I am not a demonstrative mom, but I always tell my daughter, "I'm very proud of you."



THANK YOU!



Members of the Board of Trustees with two graduating scholars *Cum Laude*,
from left: Marina Uy, Sam Uy, scholars Jelly Cordoto and Jonelyn Beruela,
Perly Flores, and Weng Cequeña.



Dedicated,
hardworking servants,
from left:
Jing Rangasajo,
Gloria Cas,
Hazel Rimpillo,
and Gail Bayto.



BLESSINGS

This is it!

By **ERICKA MARGARET CAMUA**

LIFE was fairly okay for me in my younger years as I breezed through elementary and high school. I started college in 2018, taking up Medical Technology—said to be a financially lucrative field.

So, I imagined that in a matter of four years, I would graduate and then have a good-paying job.

But then a blow struck our family, dashing my hope of ever finishing college.

My father was diagnosed with leukemia. My mother promptly took care of him as he underwent chemotherapy.

While my parents were practically living in the hospital, I lived alone, doing household chores on my own—cooking, doing laundry, juggling the bills. And in between, struggling with my studies, which I almost gave up on, as our finances dwindled.

Then, great relief! My aunt, Tita. Maricel, and her mom, Nanay Inday, happened to be serving in a parish church-- where they heard about the Pag-asa ng Pamilya Foundation. Knowing my situation, they helped me get a scholarship grant.

The Pag-asa scholarship enabled me to buy the expensive materials required for my Med Tech course— plus the additional expense of continuing my studies online, as the Coronavirus Disease (COVID) Pandemic wreaked havoc worldwide, imposing lockdowns or quarantines to curb the spread of this deadly disease.

Pag-asa kept my hopes high as I heard stories of scholars successfully finishing their courses —inspiring me to push on with my class workload amid this devastation.

So, now, as you see, I am already wearing my graduation robe. I am all smiles, as I look forward to being a Pag-asa supporter—yes, to inspire those who, like me before, may already be giving up on having a good education.

Hey, classmates in life, there is *hope*.





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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Our Partner Beneficiaries

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 them hope for a new life of dignity.



Anawim Lay Missions Foundation provides a home for poor elderly who have been abandoned by their family and have nowhere else to go.

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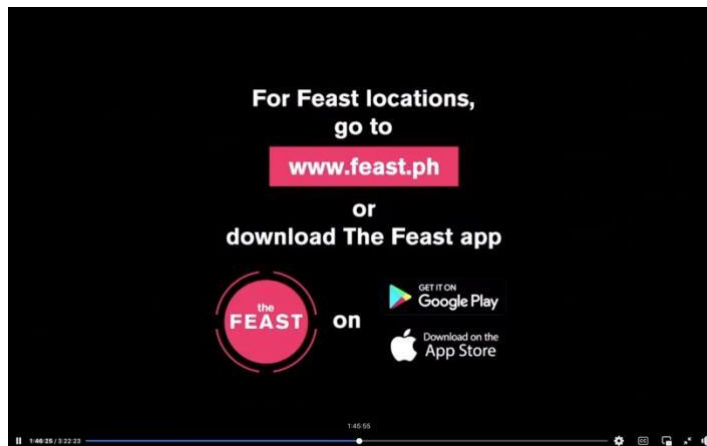
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Go and make disciples of all men.

— Matthew 28:19