



**NEWSLETTER**  
**September 11, 2022**



## ***Thriving! Thriving!***

YES, that's what we are: Thriving with the Lord as we tackle our Feast Talk series yes, titled *Thrive*, focusing on money, finances, bringing these into the Lordship of Jesus. We started Talk 1 on August 28, and Talk 2 followed September 4.

We are now in Talk 3 which our Feast Bay Area Builder, Bro. Audee Villaraza, introduces on *page 2*.

As usual, I present key points of the message, and Bro. Lep Sumera preaches the rest of the talk today.

A motivational speaker, Philip Roland Sumera is Kuya Lep to the youth attending the Feast SM Manila. His mission, his online bio says, is this: "to bring one soul to Jesus."

You don't want to miss today's Feast talk.

Come, let's thrive with the Lord.

May your dreams come true,

**Bo Sanchez**

# *God Wants To Renew You*

WE'VE officially entered the *BER* months.

We're way past the half time of the year. This is usually a hard time for many. Because it's in the middle of the race when you're tired the most.

We start the year excited. But along the way, we lose our passion, steam. We get bored. We wander. And worse, we give up. This happens not just with our dreams, but anything in life.

In relationships, you have a *honeymoon stage* (mad for each other), a *disillusionment stage* (mad at each other), and finally, the *acceptance stage* (made for each other).

We always want something new. We equate happiness with new. New phone, new girlfriend, new job, new house. May dumating lang na maliit na supot galing sa Lazada or Shopee, happy ka na. And it doesn't matter if it's dangerous or prohibited. The more forbidden it is, the more attractive it is. The more we want it.

That's why it's not an accident that man's first sin is eating what was forbidden. God gave them a garden full of fruit trees to eat from. You mean to tell me that if God gave you 999 fruit trees to choose from, and told you to not eat from just 1 tree, you'd choose from that 1 tree? Absolutely!

We want what we can't have because it's exciting. We want the thrill. We want what will make us feel alive. But as a result, we leave around a trail of broken hearts and unfinished goals.

Today, we want to preach to you this message: *God wants to renew you.*

I've been married for 9 years now. Going on our 10<sup>th</sup> year next year. When you get over the 5<sup>th</sup> year, there's a point where everything is just pretty much the same. Nothing exciting happens anymore.

What is the key to a sustainable marriage? *Recycling.*

We don't always need a new thing to make us feel happy or alive. What we need is to learn the art of recycling. Life is about constantly recycling and renewing. "If it ain't new, it's through."

So, the challenge is, *how do you recycle?*

Our founder, Bro. Bo Sanchez, and Bro. Lep Sumera, Feast Builder of SM Manila, tackle the question in Talk 3 of our Feast series, *Thrive.*

Have a blessed Feast!

**AUDEE VILLARAZA**

Feast Bay Area Builder





# LETTERS

## What's Our Purpose?

First, we asked, What's your name? Then, we asked How are you? Today, this issue of *The Feast Family* asks you-- and me—What's our purpose?



Fr. Bob McConaghy in last Sunday's Holy Mass at The Feast answered the question by citing Bible verses, the Lord's mandates, about what we should be doing. And he said they are not easy to obey, *page 4*.

Our founder, Bro. Bo Sanchez, Bro. JC Libiran, Feast Builder and preacher, affirm it's not easy to discern and then work on

your purpose in life—especially if you're centered on yourself. That's the gist of Talk 2 of our Feast series, *Thrive*, with the key message *Don't sit on it*. Difficult? Read on, *pages 14-29*.

But today's Feast talk is giving some hints on how to make life easier. Bro. Audee Villaraza introduces the talk, *page 2*. Bro. Bo and Bro. Lep Sumera of Feast SM Manila tackle the issue.



Purpose? You will know the purpose of our featured servant in the fifth part of our series on He Cares Mission simply by her name: Catherine Evangelista Tamon. The definitions start on *page 30*.



Glory,

**Randy Borromeo**  
Media Ministry  
Executive Director





# FLASHBACK!

SEPTEMBER 4, 2022

## Holy Mass



### FR. BOB McCONAGHY

on the Gospel: Luke 14:25-33

*The Cost of Being a Disciple*

Edited Excerpts...

Some Gospels are very comforting. I wish I was preaching next week, the *Parable of the Lost Sheep*, so easy to preach on. But every three years, we priests look and say, “Uh-oh, there it is...” The Gospel that is most difficult to preach on because it’s so easily misunderstood.

This Gospel is saying, if you want to be my disciple, there is a cost. People at that time understood that there was a cost to discipleship. For example, there were no universities, no colleges, no schools. So, if you wanted to become educated, if you wanted to become a master, you would have to attach yourself to another master-- and you became his disciple. And then after you learned everything that the master taught you, you yourself became a master. And was worth the cost— what you paid, the tuition.

Now, what Jesus was saying in today's Gospel is different.

Jesus said, “If you want to be my disciple, hate your father, your mother, your sister, your brother-- even your own life.”





## Most Difficult Commandment

What did He mean? Did He mean that literally?  
I mean, just four chapters ago, He said something very strange that's extremely hard to do. He didn't say *hate*-- He said *love* your enemies—do good to those who persecute you.

And there's the fourth commandment: "*You shall honor your father and mother.*"

Is Jesus asking us to hate and to break the commandments? No more than when He said, "*If your eye be an occasion of sin to you, pluck it out. If your hand be an occasion of sin to you, cut it off.*"

You see, rabbis and masters and teachers, whenever they would teach, they would use hyperbole or exaggeration to get people's attention. So, when the people heard Jesus say this, they were shocked. They were great crowds following Him. Why? Because they wanted to be healed. They wanted something from Him. He was an inspirational teacher.

But He said, "*Unless you love me more, you cannot be my disciple.*"

It would be like Bro. Bo or Bro. Alvin saying to you, "Unless you love me, you can't be a Feaster."

We would say, "Uh-huh. That's kind of strange. Why does Jesus have the right to say this at all?"

Because what He was telling about discipleship is that the most important and powerful relationship in life would be with Him.

Effectively, He was announcing His divinity-- but He couldn't say, "*I'm God.*"

But what He really was referring to was the first commandment which you find in the book of Deuteronomy: "*Listen, oh Israel, the Lord is God alone therefore you shall love the Lord your God with all your heart, all your soul, and all your mind...*"

Whew! That takes a lot of energy. As a matter of fact, when I ask people, "Of all the commandments, what is the most difficult commandment for you to keep?"

They'll say the seventh or the sixth or the fourth.

The most difficult commandment of all to keep is the first commandment. But it's not negative-- saying, "You got to love me and nobody else."

Jesus put them together.

He said, "*You shall love the Lord your God with all your heart, all your soul, with all your mind, and all your strength.*"

And then-- from the book of Leviticus-- He coupled it with, "*Love your neighbor as yourself.*"

## Most Important Love Relationship

So, we are called to love our family, love our neighbor-- and even our enemies.

If we understand the exaggeration here, what was Jesus saying? The same thing He said to Peter after the Resurrection on the third Sunday of Easter: “*Do you love me? Do you love me? Do you love me more than these?*”

It’s what He said.

And wow, that’s the same question He asks us: *Do you love me?*

How do you love a person? You love a person one day at a time. You *choose* to love them. Love involves feelings-- but primarily, it’s a daily choice. Why? Because we live one day at a time. Yesterday’s a canceled check, tomorrow is a promissory note. The only day you and I have to live is today and therefore the only day we have to love is today—this moment.

Jesus says, “*Do you love me?*”

Well, how do we love Him? The way you would love any person— But making this the most important love relationship.

Why? Because when you do, you’re going to be able to love your family, your friends, and your enemies better.

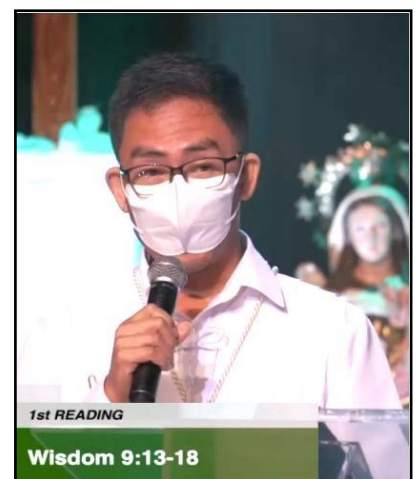
And how do we do that? By taking time with Him—not giving Him just our spare time and our small change.

I’m going to give you two ways to do that-- one at the beginning of the day-- and one at the end of the day.

## Reading I: Wisdom 9:13-18B

*<sup>13</sup> Who can know God’s counsel, or who can conceive what the LORD intends?<sup>14</sup> For the deliberations of mortals are timid, and unsure are our plans.<sup>15</sup> For the corruptible body burdens the soul and the earthen shelter weighs down the mind that has many concerns.<sup>16</sup> And scarce do we guess the things on earth, and what is within our grasp we find with difficulty; but when things are in heaven, who can search them out?<sup>17</sup> Or who ever knew your counsel, except you had given wisdom and sent your holy spirit from on high?*

*<sup>18B</sup> And thus were the paths of those on earth made straight.*





## A Prayer You've Never Prayed Before

You've never prayed about what I'm going to suggest to you today. You've said your prayers, you've spoken to our Lord-- but I'm going to give you a specific way that you've never prayed before and if you do this for 30 days, it becomes a habit.

Maybe you'll miss a day or two-- but if you do this, you'll be able each day to say "I love you" and really mean it.

People often ask me, "When did you decide to be a priest?"

I say, "Today. Today."

When do you decide to love God? Today.

So, I'm going to take you first to the end of your day. You're very busy, you have a lot of pressure on you -- especially after this Coronavirus Disease (COVID) Pandemic is over. It's so difficult to get back into it and you might feel tense, depressed, or down in the dumps.

At the end of the day, dismiss yourself from your family. Go to your room, find a candle, and put a candle either on a chair or a desk in front of you. Find a nice, comfortable place to sit.

And this is what you're going to do:

First, you're going to breathe. My cardiologist taught me that if I breathe in through the nose for five seconds, hold it for five seconds, and slowly breathe it out for eight seconds-- he said-- to do that seven or eight times and you'll bring your blood pressure down.

Well, I'm going to add a spiritual dimension to that.

To get yourself ready to love Jesus at this time, you're going to breathe and when you breathe you're going to take your imagination that what you're taking in is God's love -- for no one else in the world but you. And you're going to hold that love deep in your soul for the count of five, and you're going to breathe that love and that grace out of you, using your imagination, that that love is surrounding you, that grace is surrounding you as if Jesus is saying to you: "No one's going to harm you, not while I'm around."



## Two Ways to Love Jesus

And then you're going to do two things. You're going to ask Jesus to take you to that moment of your day when you are most grateful. That moment of your day that uplifted you, that made you feel good, that made you feel wonderful.

Maybe somebody said, "Hey, you're looking terrific. Is that a new outfit?"

Or maybe someone else said to you, "Thank you so much for listening. It really made all the difference to me."

And you would say, "Lord, thank you for Cathy. I had lunch with her today. It was a nice experience to really be myself to her, to be able to open up to her. Thank you for bringing her into my life."

And then after that, you'd been relaxed. You'd experienced a beautiful moment in your life.

Now, you pick up your cross to follow Him by calling to mind that moment of your day for which you are least grateful. That moment of your day that hurt you. That moment of your day that got you confused and angry and upset-- someone talked behind your back.

"Lord, take me there."

And you get there rather quickly. And when you're there at that point, you pray, "Lord, I found out today that I told somebody a secret and they told somebody else and now it's all around the office and people looking at me and laughing. That really hurts Lord. Did You ever have a day like this, Lord? Ahh, yes, those scribes and Pharisees they spread a lot of *chismis* about You-- they talked about You. They tried to bring You down as good as You were. You know what it's like to be *me*. Thank You Lord, for being with me in my moment of pain."

When you do this, you are saying to Jesus, "I love you."

And you're saying to Him, "*Into me see.*" That's *intimacy*.

See my hurt, see my gratitude, see my life.

And Jesus in turn says to you in the quiet of that moment, "*Into Me see.* See how much I love you for trusting me with sharing your day with Me-- the good moments and the bad moments. I'm always with you. My relationship with you is going to color beautifully all of your other relationships."

And then you say, "Lord, I take all of these moments and I give them to you as a gift."

Now, you can put this in your own words. But it's basically getting away from your family, sitting down, breathing, lighting a candle.

Because Jesus said, "*Come to me all you who are weary and find life burdensome, I'm going to refresh you.*"

And He wouldn't lie and that candle reminds you of His Presence.





## Finding Your Surrendered Place

So, that's at the end of your day. It takes about 15 minutes. That's all and say, "Thanks, Lord. Good night. Bless me."

Now, in the morning, you're going to do something completely different than that.

In the morning, and if you go online, you'll see we've developed what we call, *Summons to Your Surrendered Place*.

Have you read Bro. Bo's book *Find Your Surrendered Place*? I have read many of his books. Never have I read a book more powerful than *Find Your Surrendered Place*.

Bro. Bo tells you what he went through when he had the COVID, when he almost died, and how the ailment taught him to slow down and to detach from those things that he was attached to.

He teaches us to do the same. If you've never bought any book by Bro. Bo, buy this book. It's extremely powerful. And it inspired us to have a way of praying in the morning called *Summons to Your Surrendered Place*. It starts at 6:00 a.m. You can do this anytime, during the day that you want. You can get the replay.

When we get up every day, we get ourselves physically ready for the day, mentally ready for the projects that we must complete, and we get ourselves emotionally ready for the day. But a lot of times our prayers are quick.



## Reading II: Philemon 9-10, 12-17

<sup>9</sup> I, Paul, an old man, and now also a prisoner for Christ Jesus,<sup>10</sup> urge you on behalf of my child Onesimus, whose father I have become in my imprisonment;<sup>12</sup> I am sending him, that is, my own heart, back to you.<sup>13</sup> I should have liked to retain him for myself, so that he might serve me on your behalf in my imprisonment for the gospel,<sup>14</sup> but I did not want to do anything without your consent, so that the good you do might not be forced but voluntary.<sup>15</sup> Perhaps this is why he was away from you for a while, that you might have him back forever<sup>16</sup> no longer as a slave but more than a slave, a brother, beloved especially to me, but even more so to you, as a man and in the Lord.





## We Are Summoned by Name

One of the things that Bo stresses in the book is we need to slow down -- *before* our day starts.

That's what he does.

And he says, "I used to be very busy, multitasking, right from the beginning of the day. But now, I've learned to slow down and I really enjoy it."

So, *Summons to Your Surrendered Place* -- a place that our Lord took him.

And the way Bro. Bo puts it, "I felt at the worst possible moment when I surrendered to Him, I felt as if I was dwelling in the interior of the heart of Jesus."

So, also, we are summoned by name.

You often hear me say, "Jesus never asks for volunteers."

When you love someone, you *choose* to love them.

And so, it is a half-hour long prayer but it's diverse. The first thing that we're called to do in *Summon to Your Surrendered Place* is simply sit in God's Presence.

So often, we're called upon to produce words, to produce thoughts. This is just the opposite. It's called *contemplation*. It just means, like when two persons have known each other for a long time, they're very comfortable in each one's presence. Why? Because they don't have to say anything. They connect. Check out the people who've been married for 50-60 years-- they know what I mean.

So, also with Jesus-- just *be* in His Presence.

Maybe you want to do the breathing again too and whatever thought comes to your mind --because you can't go five seconds without a thought coming in-- you choose a word, a singular word, a holy word, and whatever thought comes into your mind in the first 10 seconds-- which you want to be absolutely quiet and silent-- you simply breathe whatever word you choose.

I choose *mercy*. So, when a thought comes into my mind, I go, "Mercy."

And the thought goes away.

So, 10 minutes of absolute silence and quiet in this very noisy world.

## Our Choice

The second part of the *Summons to Your Surrendered Place* is to pray for others. And I suggest that you pray for your Bishop, for your priest-- either at The Feast or your parish-- and then pray for your loved ones by name, and then those perhaps you go to school with, or you work with. This is an intercessory prayer, especially for people that have asked you to pray for them.



A lot of time people say, “Well, you pray for me.”

And we say we would-- and we forget.

During those 10 minutes, you will pray intercessory prayers.

And the final prayer is the large prayer: It’s praying for the whole Church.

We rarely do that. The Pope says that we must become more aware of the global Church and not just our local church. And so, what you do is download into your phone *I Breviary*, and what you find there is the prayer of the Church. You click *Breviary* and there you have choices—morning prayer, daytime prayer, evening prayer, night prayer...

And what you do, if you do this in the morning, is you pray in those 10 minutes, morning prayer -- which is really the Psalms. That’s really what it is -- an opportunity for the prayer of the faithful. M

And realize that you’re praying for the whole Church—the Church that suffers in Korea, North Korea, the Church that suffers in China, Africa, Nigeria, where people are being arrested, murdered. We pray for them.

So, what have you done?

What you’ve really done is you started your day and ended your day being with Jesus and effectively saying to Him, “This is my way of saying, “I love you.”

And when you do that, you’re choosing God each day.

St. Benedict reminds us that when you choose to be a disciple, when you choose God, when you choose to love—Benedict says to choose Him is to become aware that you are known and loved beyond anything your imagination can conceive-- known and loved before anyone thought of you, before anyone knew your name.

Choose to love Him.

Have a good week.



# Worship!

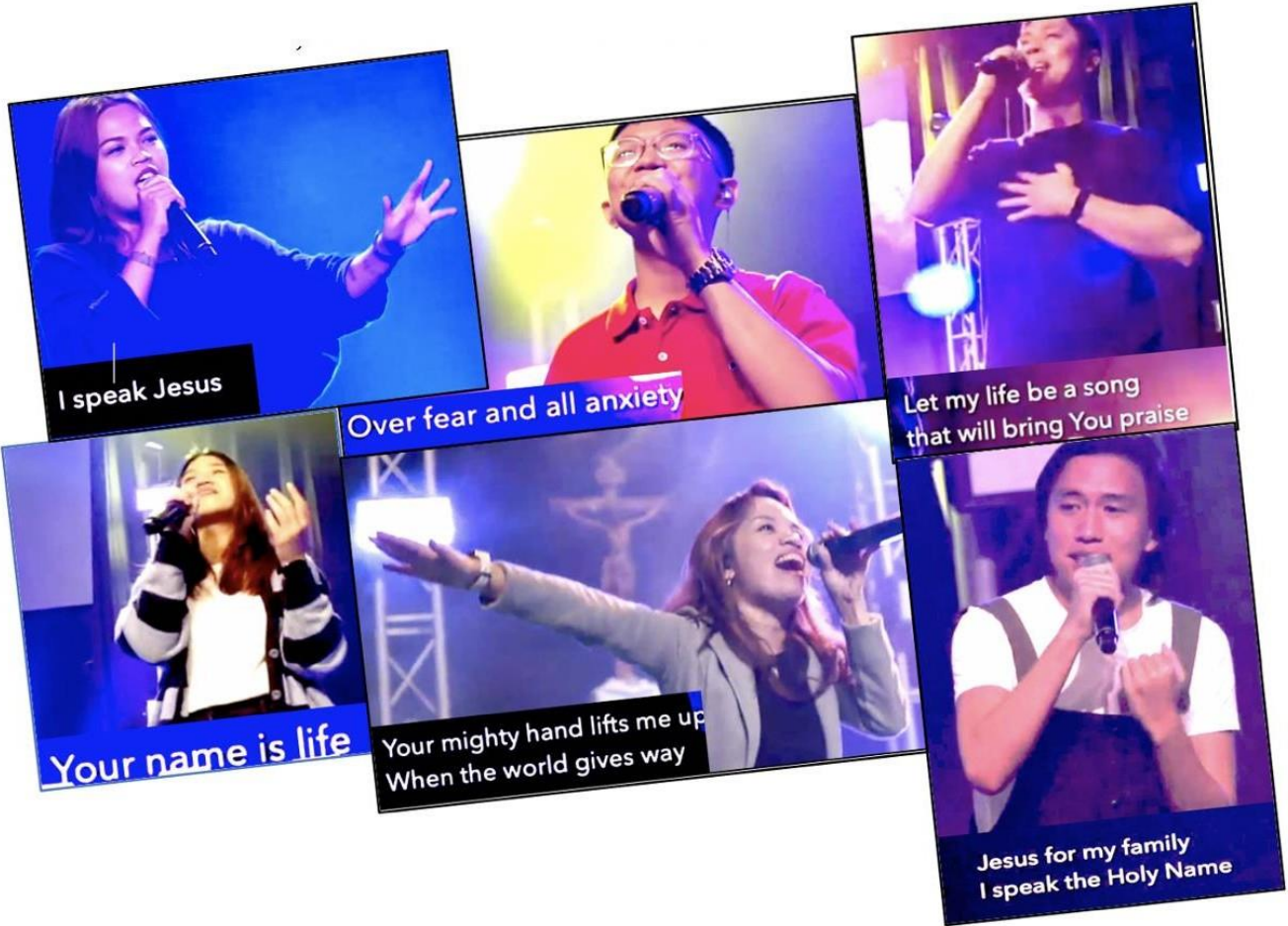


**MADZ PAMAONG:** Thank you for braving the rain to come here. It's so lovely to declare --if you're choosing Jesus to reign over Your life—that you declare that His Name is above every other name.

Can you still say the same—if you woke up today and your prayer is dry?

What if the obstacles we face – our relationships, our family, our finances, the depression-- are testing us and seeing if we believe that the Name that we worship is indeed powerful?

Brothers and sisters, I don't know you. But I encourage you to worship, anyway. Because it is not what we know, it is Who we know-- that the Name that we worship right now, by faith, is all powerful, is good, is a miracle-worker, is our great God, our peace, and our rock.



I speak Jesus

Over fear and all anxiety

Let my life be a song  
that will bring You praise

Your name is life

Your mighty hand lifts me up  
When the world gives way

Jesus for my family  
I speak the Holy Name

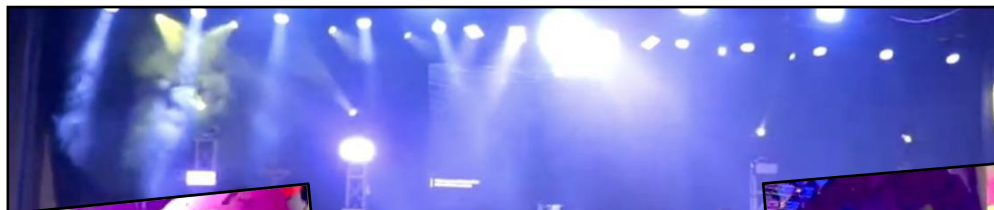


**AUDEE VILLARAZA:** You know the more I learn, the more I encounter Jesus, the more I realize that I need Him. Because the more that we encounter the world and see all that's happening around us, the more that we realize that we need Jesus in our life.

And you know, I saw this very interesting study—a survey out of 40,000 persons, aged 8 to 40. They studied the way that people would encounter Jesus through the Scripture. They saw that for people who would encounter Jesus once a week in church, there was very little change in the life. People who would encounter Jesus in Scripture, along the week twice and thrice, yes, there were some incremental changes but they were not enough... Until there was this study that blew them away. The data showed this astounding finding that people who encountered the Lord at least four times a week, get this: the feeling of loneliness dropped 30%; anger issues, 32%; bitterness in relationships, 40%; alcoholism, 57%; sex outside of marriage, 68%; viewing of pornography, 61%. And get this: feeling spiritually stagnant dropped to 60%.

What am I trying to say? The answer to one of life's most difficult questions: What makes you happy?

It's not more things. It's not to have more stuff. It's not to have more houses. It's not to have more possessions. The thing that will make you happy in your life is to have more of Jesus. Shout Jesus from the mountains. Today. Shout Jesus on the streets. Shout Jesus right here!



Shout for Jesus. Shout for  
Jesus.

## Talk



**BO SANCHEZ:** Last week, I received a very interesting letter. I want to read to you that letter – very important. I found it very interesting because it comes from a woman – I am going to change her name for her privacy. Let’s call her Sylvia.

And this is her letter:

*Hello, Bro. Bo:*

*I hope all is well with you and your family. I thank God because you exist. People like me have someone to turn to...*

You know, I receive thousands of letters – believe you me—thousands of them, and most of them are from people with problems. And they have problems in their relationships, problems with their finances, problems with their careers.

But this was very different:

*My name is – let’s call her Sylvia—I’m 40 years old. I’m living with my parents—both (in their) 70s. I’m happy with my life. I have a good career, good health, good family. But there are days I’m thinking about how I would die. I ask God most of the time:” Lord, kalian ako mamamatay? I’m planning to donate my organs... Kailan po kaya, Lord?”*

*There are mornings I would say, “Lord, thank You for the gift of life. Medyo matagal-tagal na po ako sa mundo. Kailan po ako aalis? Ano po ba ang dapat kong gawin? Ano po ba ang mission ko? Why I’m still here? Honestly, para po akong walang nakikitang purpose sa buhay ko. I have no reason to live.*

*I keep on asking God, “Please take me.”*

Grabe, ‘no? Nakakatakot yung dasal na ‘yun. – That prayer is scary. Halos araw-araw daw – she says almost every day, she prays, “Lord, take me!” Nakakatindig balahibo. – Gives me goosebumps. Eto pa-- More:

*Nakukulitan po kaya sa akin si God?—Is God annoyed with me? Okay lang po ba na hilingin ko yun sa Kanya?—Is my petition okay with Him? Paano ko ba malalaman kung ano ‘yung plan ni God sa akin?—How will I know His plan for me? Kung ano ang gusto Niyang gawin ko po.*

*Salamat po, Bro. Bo. God bless you.—Sylvia*

## Her One Problem: No Purpose

Can you see that? She has no problems. She has no problems with her family—she said she has a good family. She has no problems with her physical health—she said she’s healthy. She has. No problems with her career—she said she has a good job.

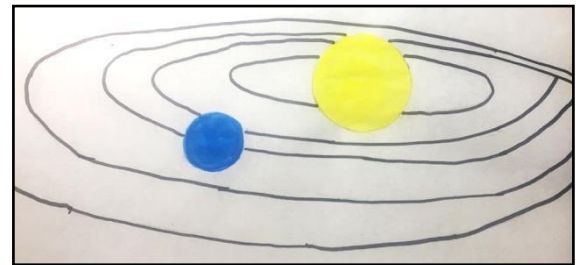
She has no problems except one problem: No purpose. And because of that one problem-- no purpose—almost every day, she’s saying, “Lord, take me. Pwede na akong mamatay.”

My dear friends, this is how I answered her: I gave her a history lesson on Science. That once upon a time, there was this guy, his name was Ptolemy. The spelling was not with the *T* first, but with a *P*, and then *t*.

Ptolemy was a scientist and he told everybody that according to his scientific study, that the Earth was in the center of the Universe. And that, correctly, he said the Moon was revolving around the Earth. But also—and this is where he got wrong—the Sun was revolving around the Earth. No, of course. Logically, ever since the beginning of time, it’s almost like, totoo naman, e. – it seems true. Because the Sun rises in the East in the morning, and then it sets in the West. And so, reasonably, yes, the Sun revolves around the Earth.

Centuries later, there was a man by the name of Copernicus.

And he said, “I’m sorry to burst your bubble, guys, but we’re not the center of the Universe. We’re not. The Earth revolves around something far, far bigger. It’s the Sun. And so, of course, many resisted the idea. For so many years, they could not understand what this crazy guy was saying.



Later on, there were other people like Galileo and others who said, “Yes, we’re not the center of the Universe.”

And suddenly, you know, at a certain point everybody started saying, “Ay mali pala tayo. —We’re not the center of the Universe.”





## **When You're the Center, You're Not Enough**

Now, why did I tell you that history lesson?  
Why did I tell Sylvia?

Because—I said to Sylvia, “The reason you feel this way is. deep in your heart, you already know, if you are the center of your world, this is what’s going to happen: you’re going to be pining for something. You’re going to be looking for something, you’re going to be looking for a reason that is far bigger than yourself.

Here’s the reason: If you are the center of your world—and I am preaching this

to everybody—my word for you and God’s Word for you – if you are the center of your life, if you are the center of your attention, if you are the center of your interest, if you are the center of your interest, if you are the center of your emotions, if you are the center of your day, if you are the center of your life, I’m telling you now: You will realize that you are not enough.

You’re not enough to be the center. You’re not enough to be the reason. You’re going to be looking, and pining—hungry and thirsty—for a reason to wake up in the morning and that reason must be bigger, bigger than yourself. And that’s the Good News.

I told this to Sylvia, “Sylvia, this is the Good News. There *is* Someone there. And if you can revolve around Him... and that’s what you were doing. Magandang maganda yung sinasabi mo. You’re saying, “may mission kaya ako? Ano kaya ang mission ko?”

I taught her. I said, Sylvia, here’s the prayer that I want you to pray every day:

*Lord, I want to center my life around you. I know you made me. You have a purpose for my life. And so, help me.”*

You see, when you revolve around the Sun, when you revolve around God, the prayer is this: *“I want to be like You. I want to think like You. I want to love like You. I want to serve like You. I want to feel like You.”*



## God's Bigger Plan

And then I told Sylvia my story:

I said when I was 12 years old, I came to know Jesus, fell in love with Him, revolved my life around Him. When I was 13 years old,

I did not only get to know Jesus, but I got to know the friends of Jesus, started reading the books of the saints, stumbled upon St. Francis of Assisi, started learning about his life and was moved by that life.

And so, when I was 13 years old, I was walking on the street, and then I saw a poor person—actually, a poor family--outside a church. And I began to feel their pain. I did not know why. Then, I realized that maybe this was the pain that God feels. You see, God is so big that He's big enough not to revolve around Himself. And He is a God who revolves around us that He dies, and He feels your pain.

So, I told Sylvia—and this is how I'm going to end my little message to you: "Pray this prayer, Sylvia, every day: *Lord, may I feel the pain that You feel for others.*"

And when you discover and feel the pain of the people around you, and feel their suffering, then you wake up in the morning and you say, "*Lord, I'm going to serve. I'm going to help. I'm going to care. I'm going to love.*"

And you know, you keep on praying that every day and God is going to lead you and guide you, and He will tell you what to do. His will. He really will.

I really believe this: That Sylvia-- she said she was living with her parents who were in their 70s—she does not only know it but that's part of her mission. And that she's caring for her parents. But then I know that God has a bigger plan for her. And that she would want to live until her 80s and her 90s – when she discovers that there is a bigger purpose for her life. And that God calls her.



## There's a Purpose for Being Blessed

You see, one of the things I really believe in is this: Gratitude. Put your hand on your chest. Everybody say, "I'm super-blessed. I'm so blessed. I'm crazy-blessed."

That is what Sylvia had to realize. She was so blessed. Yes? Yes! And it's for a purpose. It's not for her *only*. Yes. And my message to you is this: You are not enough—if you are the center of your life. You're going to be miserable. No. You're super blessed right now. And if you understand that, then you will realize that you're there for others.



When I saw that poor family—at the age of 13—you know, as the decades went by, we started putting up Anawim, and we started putting up all our Mercy ministries-- because there's a purpose for being blessed.

We're launching our devotionals *Didache* and *Companion* for 2023.

I love what Audee said: If you can pray and spend time with God at least four times a week, why don't you do it every day and use these devotionals so that you can spend time reading God's Word and be nourished by His Love.

Okay. Let's call now, our preacher, this dear man, this great guy. All right, let's call the man, JC Libiran—and it's his birthday. Happy Birthday!







**JC LIBIRAN:** Let's give a big hand for Bro. Bo! Bro. Bo has been a blessing in my life-- and most especially for all of us. Yes? Yes! He always gives the opportunity for people to be just empowered.

And, of course, we are blessed to have Audee. No wonder his name is Audee-- very *audible* the message of God's Love not just in his preaching but in his leadership. So, once again, we're in great hands here in Feast Bay Area. Let's just give them a round of applause.

And yes, it's my birthday today! It's so great to celebrate it with all of you as I share with you the message-- most especially if some of you are really challenged nowadays-- this message on *Thrive* is very relevant.

Just before I drop into the message, I just want to let you know that I had a simple celebration. After being in Baguio, Mirador, having my retreat, I had this celebration with my family. It was raining cats and dogs—bad weather—but really, nothing beats being in the company of your family.



Are you with your loved ones right now? Especially here, at The Feast, we feel that we are loved. And I believe nothing can compare to the gift of our relationships. That's why I celebrate with you as well, again, the September celebrators. I believe even Lolo Joe Marie—Jose Mari Chan, even greeted us already.



It was a great topic that we jump started last week with Boss Rex Mendoza. And yes, today's message is *Don't sit on it*. But if we're going to connect it back with the message of Boss Rex, for us to *thrive*—not just survive-- we have to combine these: talent, platform of opportunity, plus effort.

And we believe all of those, we have. It's just a reminder for us on why we want to thrive. And that's why it's really good that Bro. Bo, in his Truly Rich Club, reminds us about the purpose of why we want to thrive, why we want to become truly rich, why we want to become wealthy. And what is that? The ultimate purpose of wealth is to bless others.

**TALENT + PLATFORM  
OF OPPORTUNITY + EFFORT**

- REX MENDOZA

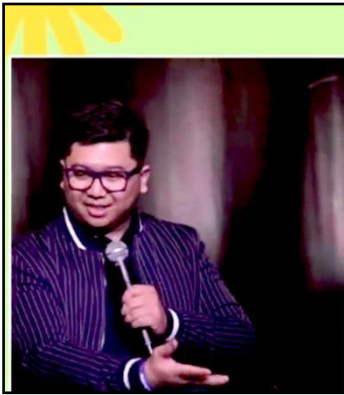
**"THE ULTIMATE PURPOSE OF  
WEALTH IS TO BLESS OTHERS."**

- BO SANCHEZ



The mere fact that you're here is a blessing. You see, your mere presence is a blessing already. But how much more if we get to use the giftedness, the talent, the genius that God has given us?





Matthew 25:14-15 NLT

14 "Again, the kingdom of heaven can be illustrated by the story of a man going on a long trip. He called together his servants and entrusted his money to them while he was gone. 15 he gave five bags of silver to one, two bags of silver to another, and one bag of silver to the last—dividing it in proportion to their abilities. He then left on his trip.

THE PARABLE OF THE TALENTS  
Matthew 25:14-30 NLT



And that's why, I know that this story is very familiar to us: *The Parable of the Talents*.

This is taken from Matthew 25: 14-30 (*above*). This may be like a long read, but I want you to listen to it with an open mind and open heart – as if God is speaking to you. And asking ourselves, reflecting on

“Who am I-- among these characters, particularly among the servants?”

And a quick note here is this is a reminder for us: That each one of us has been given unique talent and giftedness. It's not a point of comparison but it's just us just accepting that God has given us.

Now, just to illustrate this: A talent is just like these gold bars. Let's say, one talent is similar to a 50-pound gold bar— how heavy it is. Meaning to say, even if it's 5, 2, or 1, it's still heavy. And that's how God entrusts us (with His gifts).



Matthew 25:16-18 NLT

16 "The servant who received the five bags of silver began to invest the money and earned five more. 17 The servant with two bags of silver also went to work and earned two more. 18 but the servant who received the one bag of silver dug a hole in the ground and hid the master's money.

Let's continue:  
How many here want to see your investment grow, you want to see that it flourishes, it thrives?  
But this is where we take a pause.

*The servant who received the one bag of silver dug a hole in the ground and hid the master's money.*

So, imagine that. You were given something that is of value but you didn't do something about it.



Matthew 25:19-20 NLT

<sup>19</sup> "After a long time their master returned from his trip and called them to give an account of how they had used his money. <sup>20</sup> The servant to whom he had entrusted the five bags of silver came forward with five more and said, 'Master, you gave me five bags of silver to invest, and I have earned five more.'

Matthew 25:21-22 NLT

<sup>21</sup> "The master was full of praise. 'Well done, my good and faithful servant. You have been faithful in handling this small amount, so now I will give you many more responsibilities. Let's celebrate together!'

Matthew 25:21-22 NLT

<sup>22</sup> "The servant who had received the two bags of silver came forward and said, 'Master, you gave me two bags of silver to invest, and I have earned two more.'

So, I want you to feel that emotion of the servants that they were able to really take care, and really grow what was given to them.

But notice there will be a shift of emotions in the next verses.

Matthew 25:23-25 NLT

<sup>23</sup> "The master said, 'well done, my good and faithful servant. You have been faithful in handling this small amount, so now I will give you many more responsibilities. Let's celebrate together!'

How many here want to hear the Lord saying that to you: "Well done, my good and faithful servant."

But here comes the plot twist:

Matthew 25:23-25 NLT

<sup>24</sup> "Then the servant with the one bag of silver came and said, 'master, I knew you were a harsh man, harvesting crops you didn't plant and gathering crops you didn't cultivate. <sup>25</sup> I was afraid I would lose your money, so I hid it in the earth. Look, here is your money back.'

Matthew 25:26-27 NLT

<sup>26</sup> "But the master replied, 'You wicked and lazy servant! If you knew I harvested crops I didn't plant and gathered crops I didn't cultivate, <sup>27</sup> why didn't you deposit my money in the bank? At least I could have gotten some interest on it.'

Matthew 25:28-30 NLT

<sup>28</sup> "Then he ordered, 'Take the money from this servant, and give it to the one with the ten bags of silver. <sup>29</sup> To those who use well what they are given, even more will be given, and they will have an abundance. But from those who do nothing, even what little they have will be taken away. <sup>30</sup> Now throw this useless servant into outer darkness, where there will be weeping and gnashing of teeth.'





## Genesis 1:28

“And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the heavens and over every living thing that moves on the earth.”

It seems it gives us really those two kinds of truths. But here, my dear friends, we want to zero in about the word *stewardship*.

*Stewardship* means that you have been given a gift and how you make use of that, how you nurture, how you use that to bless others is your way to give back to the Master or to our Lord. And that’s what Genesis 1:28 (*above*) says.

Meaning to say, my dear friends, God has given us so much. And whatever He has given us, it’s not meant to be kept. It’s meant to be shared.

No wonder why Bro. Bo was sharing that we are blessed-- but we are also a blessing. You are also a blessing.

You know, reflecting this in my life—39 years-- and I just heard from Fr. Bob, it’s not 39 years old, JC, you say, “I’m turning. 40.”

I’m turning 40 next year. And I am asking myself, “Have I been a good steward?”

Looking into what I do in my life, wearing different hats-- my roles as a husband, as a father, as a family man, and also being part of our Feast. I serve every Sunday, in the afternoon session, with Bro. Alvin Barcelona and Bro. Tony Valenzuela.

You know, with all of these roles, I am asking myself, “Have I been a good steward?”

And I want to throw that question to you: Have you been a good steward in your life?

That’s why our message in this talk:  
*Don’t sit on it.*

You have been given with so much, don’t just sit on it. Make use of it.







I want to challenge you: Don't just sit on the time that God has given you. We are all equal when it comes to time. Why? We have 365 days in a year, 12 months, 7 days a week, 24 hours a day, and 86,400 seconds given to us.

Now the question is this: Friend, how are you using the time given to you?

Yes, we can be into a lot of scrolling on line, watching a lot of online streaming-- but let's ask ourselves, "Am I really using my time for God's purpose? Am I really using the time that was given to me for a greater purpose?"



We challenge you now: Don't just sit on the treasures—resources, money that God has given you. Whatever it is that you have, ask yourself: "How am I sharing this treasure to others?"

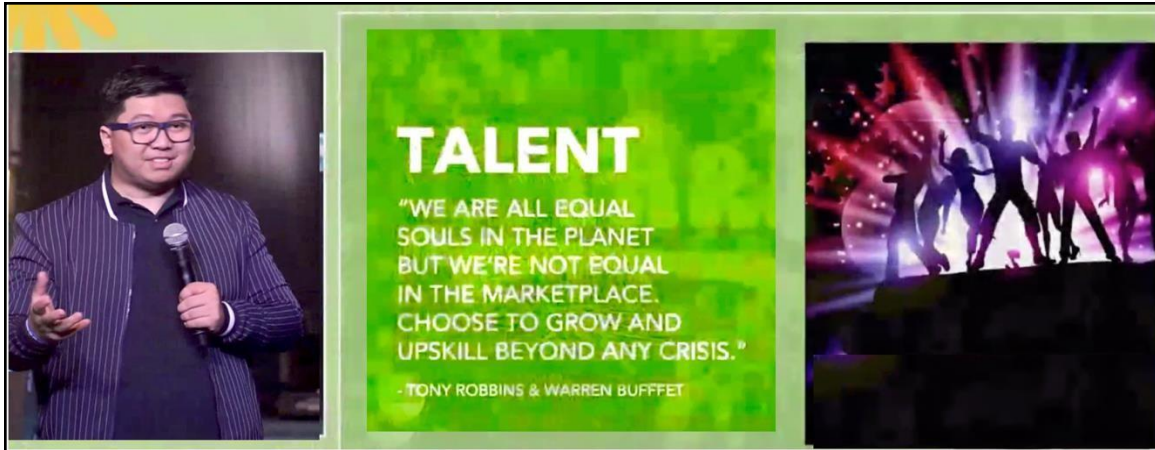
My friends, every time we challenge you to reach out and to give your Love Offering, it's not just an activity that we do here at The Feast.

It's actually challenging ourselves that, "Lord, You have been good to me. You have blessed me. I don't just want to keep the blessing; I want to be a blessing as well to other. people."

And that's why every time you reach into your pocket, every time you give, we know that your giving goes a long way. You're able to bless our Mercy ministries, you're able to continue whatever we are doing here at The Feast.

You see, when it comes to treasure, money is not the most important thing in the world. But it affects the most important matters in our life and that's why it's a challenge for us to *thrive*—not just survive. Hindi lang yung makakain lang ako ng tatlong beses isang araw. It's not just being able to eat three times a day. We challenge you now to not just think for yourself and your family but also think of others – people who are in need, the lost, the last, and the least.

**MONEY IS NOT THE MOST IMPORTANT THING IN THE WORLD BUT IT AFFECTS THE MOST IMPORTANT MATTERS IN LIFE.**



Now, here's what I want you to focus on—since we're talking about the *Parable of the Talents*: Don't just sit on your talent.

The question is this: How are you maximizing the talent that God has given you?

And I love this quote from people I look up to, Tony Robbins and Warren Buffet: "We are all equal souls in the Planet but we're not equal in the marketplace. Choose to grow and upskill beyond any crisis."

Friends, let me ask you this: What is your talent? What is your gift? What is that genius that God has given you? Think about that for a moment.

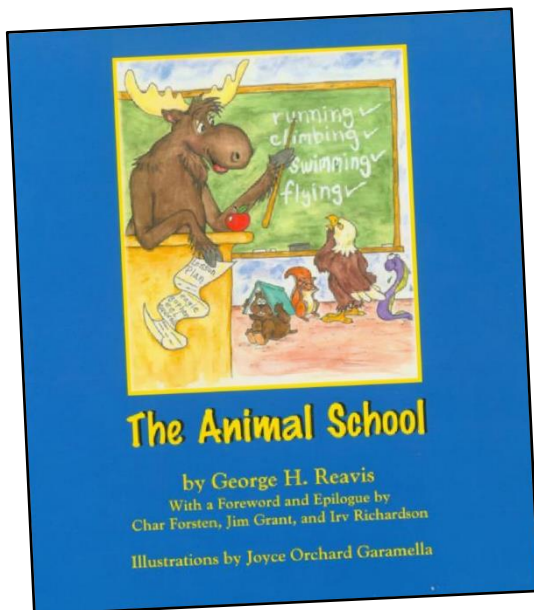
I'm going to give you an example. My talent is communication—as simple as that—both in writing and speaking.

Instead of you being shy about your talent, embrace it—embrace it wholeheartedly because that is what God has given you.

I remember this story – *The Animal School* story. In the animal kingdom, they thought of coming up with a curriculum that all of the animals will take. Some said it's in flying. Another said, in swimming. Another said, in running. Imagine, of course, if you're a bird, you'll be able to really fly well. But come to think of it, a rhino cannot fly well, an ostrich cannot swim well.

So, the moral of that story: It reminds us to embrace the gifts that God has given us.

Don't be a second-rate, trying-hard copycat.



24 The FEAST FAMILY September 11, 2022

25 The FEAST September 11, 2022



You embrace the gift that God has given you. Because everyone is a genius. But you see, it's not just us saying, "I'm a genius."

It's actually recognizing that you *have* a Genius-- and that Genius has a name. And His name is Jesus.

I want you to imagine that what if each one of us would just use that God-given talent and we just share it. We're not just attending here every Sunday but we get to serve not just here but even outside. Imagine Church coming alive. And this is like the people in the Feast Conference-- Kerygma Conference during that time.



Imagine if each one of us will just use our talents and we share them to the world. Then, my dear friends, we can really say we can shine the Light of Jesus.

The FEAST FAMILY September 11, 2022 **25**





It's a reminder for us that during times that we forget our talents, just remember your trail of blessings. And, Coach JC what's trail of blessings?

It's reminding yourself of what you have in your life, in your journey; that you have been blessed and that you have been a blessing.

What are people grateful for you? You go back to that. Because again, we tend to forget.

Now, I can share about a lot of people celebrating their gifts. One of them is celebrating the giftedness of Elaine Samonte. She is the person behind *Kwentong Papel*. She's an architect but she got into paper artistry. And these are her works.

I've seen her growth. Because actually, I am a brother-in-law. So, I got to see how she started, how she was struggling. But through time, she was able to not just discover her talent but develop and deliver it. And now, she is able to monetize it and bless other people as well.

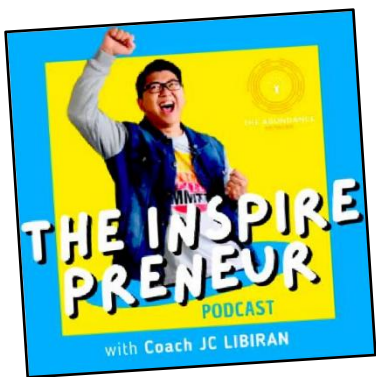
She's just one.

We're also blessed to have in our Committee at The Feast, The Feast Worship.

They are having a concert celebrating after two years being in hiatus. But they were able to continue to create songs. We're just excited to watch their concert.

See, these are people coming alive, sharing their talents, and now they are able to share this to our Church. We are being blessed by this.





My advocacy is called The Inspired Pinoy Movement and what I do is I help aspiring creative entrepreneurs, content creators, and lifelong learners to discover their genius, monetize it, and become a force for good. Over the opportunities that I was able to interview each person, individual, and I got to discover – and most of it documented on *InspirePreneur* podcast-- how were they able to discover their genius, their talents. They were able to develop it and they were able to deliver it to people.

These are some case studies, telling you, my friends, that it's possible to really not just be blessed but to become a blessing as well.

So, I'm going to ask you again, as a Marvel fan:  
What is your superpower?

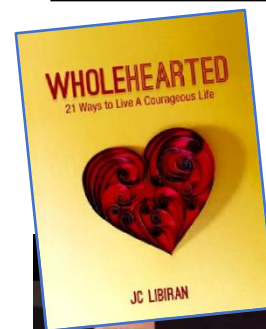
What is that God-given talent that God has given you?

There are actually four simple ways to unleash your superpower: Discover, Develop, Deliver, Devote yourself to that talent.

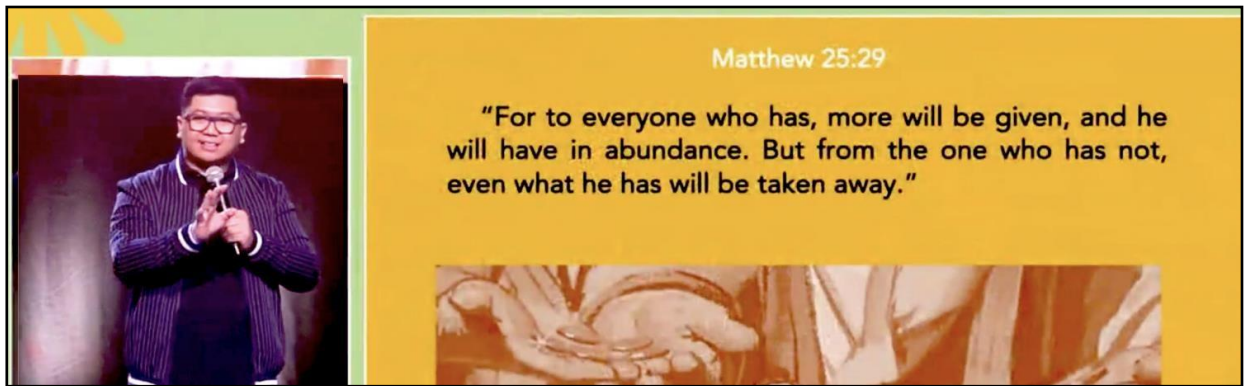
You know, as I connect it back to our story, I see myself just like in that person's shoes—that servant who hid his talent.

I just remember that I wrote a book – 2019—but since the Coronavirus Disease (COVID) Pandemic hit, I forgot about this book, *Wholehearted: 21 Ways To Live A Courageous Life*.

Maybe the reason I was not promoting it well was that I was questioning myself – that I am not enough. That this is nothing, this won't bless people.







I share this with you with openness and vulnerability that maybe, you belittle yourself and you've forgotten that gift inside of you. It's a reminder for us in Matthew 25:29 (*above*).

My dear brothers and sisters, my dear friends, your mere life is a blessing. You're here. You're alive. You ask yourself now: What am I doing with my life? With the time, with the treasure, with the talent that God has given me.

You know what, four months ago, it was a shocker for me because I survived a car accident. Not getting into the details, but I'm just so blessed that I'm here. And I remember that I was checking not just the damages but I was checking my friend Randel—he was also a Feast Builder—and also the person we bumped into. We were checking them—and we were alive. And I don't know if you get to see that—we were even taking selfies—because we were just celebrating life. That night, when we got home, I hugged my wife and our daughter Anna.



And I was just grateful to God: "Lord, thank You for this chance again that You've given me."

That's why I want to give you that permission that you don't have to wait for your birthday or many special events for you. to give yourself to celebrate. Today is an opportunity to celebrate.





Matthew 25:21

"Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master."



Les Brown,  
American politician  
and motivational  
speaker said this:

**"The graveyard is the richest place on earth, because it is here that you will find all the hopes and dreams that were never fulfilled, the books that were never written, the songs that were never sung, the inventions that were never shared, the cures that were never discovered, all because someone was too afraid to take that first step, keep with the problem, or determined to carry out their dream."**

**- LES BROWN**

The Good News is, my friends, we're still alive. That's why—in closing— I love this, particularly when we look into the two servants, they were able to hear those words in Matthew 25:21 (*above*).

And again, for a moment I want you to think: That this is not just an ancient story but these are words that we claim from our Lord. And we pray and we wish that we can also hear these words: *Come, share your Master's joy.*

It's a reminder for us that Jesus also experienced during the Transfiguration, when God said: *"This is My Son with whom I am well pleased."*

And that's why when Jesus died on the cross, He was able to enter into the Master's joy. That's why, my dear friends, this is not just about talents. This talk is not just about our gifts, our geniuses. This talk is about Jesus. Don't bury Jesus. Center on Him. Grow your life with Him. That's our invitation to you. Because when we have Jesus in our life, then we have everything.

So, I invite you now, let's come before our God, as we enter into His joy, as we enter into His Presence. Let's come and worship the Lord. Allow Him to bless you today. Allow Him to heal You today. Allow the Lord to anoint you today to become the best person of yourself.



## MERCY MINISTRIES

*“The Lord has done great things for us,  
and we are filled with joy.” –Psalm 126:3*

### HE CARES MISSION PART 5

#### *Pure, Strong Evangelist*

IN writing stories of personalities we feature in *The Feast Family*, we often start with finding out the meaning of the person’s name. That’s because one’s name is said to define one’s purpose if not the entire identity and behavior of the individual or what the person would ultimately become.

For this issue, we did not have to make a thorough research about the name of our featured volunteer servant of He Cares Mission. Her name is Catherine Evangelista Tamon.

*Catherine* is a common name derived from the Greek word *katharos* which means *pure*. We know very well what *Evangelista* means—*evangelist*, derived from the Greek word *euangelos* meaning *bringer of good news*. Yes, as in the writers of the New Testament—Matthew, Mark, Luke and John



*Tamon* is not common, so, we looked it up, googled its meaning, and we found out the name is of Japanese origin, and has various meanings: *listen; fortress; gate; or a very strong person who puts everyone before himself*—this one from <https://www.urbandictionary.com> › define › term=Tamon

So, put together, the names Catherine, Evangelista, Tamon literally read *pure evangelist, strong person-- as in a fortress or gate—who cares for others and, at the very least, listens to them.*

Catherine may have not consciously followed or acted out what her name connotes. But we see that what she is today is close to the definition of her name.



## Steps Toward Mission

Being a missionary, however, was not Catherine's first plan. From the San Juan West Elementary School, and the St. Joseph Marelllo Institute both in San Juan, Batangas, she went to a business school, the Polytechnic University of the Philippines, where she earned a Bachelor of Science degree in Office Administration. And from there, she stepped into the business world, working for the Bank of the Philippine Islands (BPI) Foundation and doing network marketing business on the side.

But the word *business* is not in her name, right? *Evangelist* is. And she would start her way toward that realm in 2010. That year, a friend, Kevin Ocoma, invited her to join The Feast, our faith gathering in Valle Verde, Pasig.

Two years after, in 2012, she was already in The Feast at the Philippine International Convention Center (PICC). There, a good friend, Robelyn Tan,

introduced her to the Awesome Kids Ministry Family (AKM), taking care of the children while their parents are attending The Feast. Taking care also means *evangelizing* because AKM shares The Feast teaching to the kids-- yes, in fun kiddie terms.

The couple tandem of Sis. Tom and Rita Yokingco, AKM head servants, warmly welcomed Catherine. *Here, the AKM team, above, from left: Jerome Santes, Christopher Chua, Rita Yokingco, Rem Lopez, Aezer Cajegas, Tom Yokingco, their children Zak, Niki, and Cole Yokingco.*

*At right, Catherine with AKM children aged 4 to 6 years old, at Feast PICC.*





## She Cares

At Feast PICC, she was also invited to join a Caring Group. Here, she met the active volunteer servants of the He Cares Mission. And even before you can say *Evangelista*, she already started – in the same year, 2012—as volunteer servant for He Cares Mission.

The He Cares servants invited Catherine to visit the He Cares Center in Quezon City. They introduced her to Bro. Joe Dean Sola (*above right*), He Cares founder.

Impressed by the extraordinary mission of He Cares, Catherine decided to serve as a live-in volunteer in the Ministry every Saturday.

Her first task was at the shower area—bathing the children He Cares take in from the streets, dressing them up, guiding them to the dining area for the Feeding Program. *At right*, she welcomes the kids for the day’s feeding session.

After a few months, Bro Joe Dean assigned Catherine to welcome and orient new volunteers on the He Cares operations.

Catherine also helps in the Back-to-School program which grants scholarships to the children.



## Blessings

In time, Catherine decided to ask permission from Bro. Tom and Sis. Rita to spend more time serving in He Cares. And knowing He Cares needs more servants, they blessed her decision.

Then, three years after, already deep in her commitment serving in He Cares, Catherine filed a resignation at BPI Foundation and decided to work full-time on the mission.

Bro. Joe Dean assigned her to handle the Back-to-School program, volunteer management, and also to serve in the prayer meetings.

Catherine has taken care of a hundred and one, and more children in need—for the Lord. God, who would not be outdone, has greatly blessed her.

First, with the love of her life.

“My greatest blessing is Daryl,” she says joyfully.

They got married in 2018, and they are celebrating their fourth wedding anniversary this September 20.

And then, a child of their own-- Darlene Elise, now 3 years old.

“I am just so grateful to God that He has blessed me with love and faithfulness and Daryl and Darlene,” she adds.

A month after Daryl and Catherine got married in 2018, they moved to Daryl’s hometown in Bacolod.

Bro. Joe Dean gave his blessing on the couple’s move. He then entrusted to them the ongoing He Cares outreach program in Bacolod.

“We have been handling the Mission here for four years already, and God never fails to provide for our needs and the needs of the mission,” Catherine shares.

“At He Cares, we plant Jesus in the heart of each of the children-- as well as in their families through He Cares’ pastoral programs for them,” she adds.

Happily, Catherine is living what she is named –and called—for.

Her favorite Bible verse says it all: *“The Lord has done great things for us, and we are filled with joy.”* –Psalm 12



**--With reporting by Cybill P. Bayto**



## 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.

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Thank you for the Love. Your monthly donation helps us continue extending support to our Light of Jesus spin-off organizations, including our partner beneficiaries. Your gift will sustain our operations and, we hope, help us reach out to the persons our Lord has called us to make disciples and give them renewed hope.

Be a Feast Family member. Write or call us. Now.

Email Address: [jocelyn@kerygmfamily.com](mailto:jocelyn@kerygmfamily.com)

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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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# **FAMILY ONLINE NEWSMAGAZINE**

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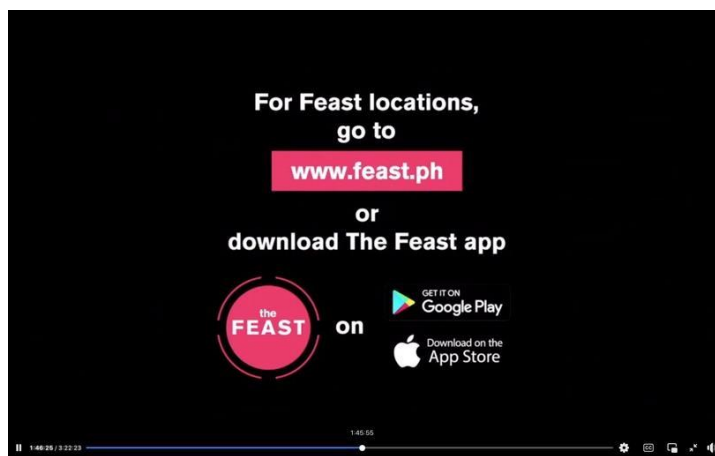
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***Go and make disciples of all men.***  
— Matthew 28:19