



**NEWSLETTER**  
**December 18, 2022**



TODAY, we celebrate Christmas as we mount our Christmas Grand Feast. This is our last Feast in 2022, so, we are reminiscing about Feasts this year.

It was a difficult year, yes, as we struggled to stand up and rise from the crises that hit us. But today, we focus on the joyful blessings we received in 2022.

That's the happy message of Bro. Alvin Barcelona as he introduces our Grand Feast.

We continue our special Christmas mini-series, *Unwrap: Receive the True Gift of Christmas*— which we started last Sunday, December 11, 2022. Today, Bro. Alvin unwraps yet another Christmas gift!



May your dreams come true,

*Bo Sanchez*

**Bo Sanchez**

## *Joy to the World!*

JUST how can we have joy in this world when there are so many problems of poverty and pain, suffering and trials, selfishness and greed?

But we should realize that all these challenges aren't new. Even in our Lord Jesus' time, before Him and after Him, all these challenges were already present and were happening. Yet, people still experienced joy – overwhelming joy – which even resulted in generous giving.

As. 2 Corinthians 8:1-2 NLT puts it: *“In the midst of a very severe trial, their overflowing joy and their extreme poverty welled up in rich generosity.”*

How is that possible?

Today, on our last FEAST for the year 2022, and as we UNWRAP another true gift of Christmas, we again learn and discover that these gifts of PEACE, JOY, LOVE, along with hope, faith, and generosity, aren't dependent on outside circumstances.

They are all inside jobs. They all begin with you – no matter the situation or condition.

Of course, it's not easy to be peaceful, joyful, and loving — when a loved one is terminally ill, when people you expect to be with you abandon you, when expenses are high and funds are drained, and when Christmas is just around the corner and instead of getting excited you get anxious and depressed.

It's not easy – if you do it on your own.

That's why you need JESUS. He is your PEACE. He is your JOY. He is your LOVE.

And that's why you do not take CHRIST away from Christmas. He is and should always be the reason for the season – and for everything.

Let's have a truly joyful CHRISTMAS GRAND FEAST today — receiving, celebrating, and proclaiming JESUS – the true joy for us, and for the world!

From the bottom of our hearts, thank you for journeying us this 2022. It was a tough year, but a breakthrough year indeed.

See you all again next year.

A Joyful Christmas and a Peaceful, Prosperous New Year to all!

**Alvin Barcelona**

P.S. FOLLOW, LIKE, and SHARE my *M3SY Live* Talks and Videos on Alvin Barcelona FB Pages, Instagram, and TikTok. Be Blessed!





## LETTERS

### *Happy? Or Joyful?*

HAPPINESS is a choice that requires effort at times.

That's according to Aeschylus, ancient Greek playwright, known as the father of tragedy plays.

Yes, amid life's ups and downs, you can choose to be *up* and enjoy life.

Joy is a gift from God. It is not simply a passing emotion or feeling. That's what Fr. Paolo Asprer pointed out in his homily in last Sunday's Holy Mass at The Feast, *page 4*.



All of life's challenges aren't new. During our Lord Jesus' time, before Him and after Him, all these challenges were already happening. Yet, people still experienced joy – overwhelming joy – which even resulted in generous giving. That's what Bro. Alvin Barcelona, preacher and Feast builder, said as he introduced our Christmas Grand Feast today with our founder, Bro. Bo Sanchez, *pages 1 and 2*.



But you are not ready for what God is ready to unleash in your life. Because God will exceed every expectation that you have. That's what Bro. Audee Villaraza said as he welcomed everyone to The Feast last Sunday, *page 13*.

Still, definitely, you will be happy and joyful as we share the Feast Talk last Sunday by Coach JC Libiran, who presented our Christmas mini-series,

*Unwrap: Receive the True Gifts of Christmas, page 15.*

And joy is what Bro. Joe Dean Sola and his wife Ardis are all about as they start yet another Mercy project of He Cares Mission for street children, *page 29*.

Yes, happiness is a choice, joy is a gift. We wish both for you this Christmas and forever!



All for God's Glory,  
**Randy Borromeo**  
Media Ministry  
Executive Director



# FLASHBACK!

DECEMBER 11, 2022

## Holy Mass

FR. PAOLO ASPRER

On the Lighting of the Third Candle  
of the Advent Wreath



THE THIRD SUNDAY OF ADVENT



REV. FR. ANGELO PAOLO ASPRER, SSP

*FATHER, at the height of our Advent Walk, we re-light the Candles of Hope and Peace. And we light the Candle of Joy. Grant us the courage to experience joy in the hope of the Savior's Coming—joy in the face of apathy, joy in the face of sorrow, joy in the face of uncertainty.*



Candle of Hope



Candle of Peace



Candle of Joy

*O come, O come, Emmanuel  
And ransom captive Israel.  
That mourns in lonely exile here  
Until the Son of God appears.  
Rejoice! Rejoice, oh, Israel!  
To thee shall come, Emmanuel.*



## **FR. PAOLO ASPRER**

on the Gospel: Matthew 11:2-11

Excerpts...

PEACE and blessings, brothers and sisters in Christ! *Good morning po. Isang mapagpalang araw sa inyong lahat!*

It's beginning to look a lot like Christmas, isn't it? Kanta 'yun. That's a song. Anong version ang alam ninyo po? What version do you know: 1960's-- Perry Como. 1970s or 80s-- Johnny Mathis.

I am millennial so, what I know is the version of Michael Buble. Ayaw maniwala nung iba. Some don't believe me. :)

It's beginning to look a lot like Christmas. Pakitingnan niyo nga ang inyong katabi. Look at the persons around you. Do they look Christmas tree? Christmas bonus? Christmas gift package?

You know, my dear Feasters, as we are very much busy, preparing gifts for other people, don't forget that next to Jesus Christ—you are the best gift—the new you.

Tell the person beside you: "Ikaw ang pinakadakilang regalo. You are the best gift."

My dear friends, after two years of this lockdown, online Christmas celebration, we are back face to face. We missed each other. We were so busy. So many activities: —year-end preparations, Christmas parties left and right.

Several years ago, a dear friend invited me to bless his house.

His Belen-- Nativity set— is kind of funny. Yes, the characters are complete-- Jesus, Mary, Joseph, the three kings, shepherds, angels.

But funny, on the roof of the manger, are Santa Claus and his reindeer. Outside the Nativity set, there are the Little Drummer Boy and Frosty, the Snowman.

My friend said, "They are caroling the family."

I said, "You might want to add Superman and the Avengers."

You know what, he quipped, "The more, the merrier father."

Is it really always the case? The more, the merrier? Or perhaps, if we listen from John the Baptist and from the Readings today, the third Sunday of Advent, we'll note it's not always the case that the more, the merrier. But that less is more.



## The Desert Is Our Heart

The figure or the image of the desert appears in the First Reading and the Gospel: John the Baptist preaching in the desert.

You know what, in the Bible, the desert is a symbol of purification. Before the Israelites entered the Promised Land, they wandered in the desert. Our Lord Jesus Christ was tempted in the desert.

You know, the desert is our heart. Enter the desert of your heart-- for you to be truly joyful.

Today is Gaudete Sunday. (The term is Latin in the opening words of the Entrance Antiphon: “Rejoice (Gaudete) in the Lord always.” Expressing the joy of the anticipation at the approach of the Christmas celebration.

And joy is not simply a passing emotion or feeling. Joy is above all a gift from God. Joy is a choice, a decision—to put our happiness where it really belongs—in the fulfillment of life’s deepest purpose.

### Reading I: Isaiah 35:1-6A, 1

*<sup>1</sup> The desert and the parched land will exult; the steppe will rejoice and bloom.<sup>2</sup> They will bloom with abundant flowers, and rejoice with joyful song. The glory of Lebanon will be given to them, the splendor of Carmel and Sharon; they will see the glory of the LORD, the splendor of our God.<sup>3</sup> Strengthen the hands that are feeble, make firm the knees that are weak,<sup>4</sup> say to those whose hearts are frightened: Be strong, fear not! Here is your God, he comes with vindication; with divine recompense, he comes to save you.<sup>5</sup> Then will the eyes of the blind be opened, the ears of the deaf be cleared;<sup>6</sup> then will the lame leap like a stag, then the tongue of the mute will sing.<sup>10</sup> Those whom the LORD has ransomed will return and enter Zion singing, crowned with everlasting joy; they will meet with joy and gladness, sorrow and mourning will flee.*



## **Challenge: Bring Only the Essentials**

So, that is the challenge. Enter the desert of your heart.

There are different deserts-- hot and dry, semi-arid, polar desert, coastal desert. In Israel, it's more hot and dry and semi-arid.

Kapag pupunta ka sa disyerto, dadalhin mo lamang 'yung mga barest essentials, 'yung mga kailangan mo lang. When you go to the desert, you bring only the barest essentials. Except if you are doing a photoshoot there-- you carry a lot of heavy pieces of baggage.

But when you go to the desert, you would simply bring the essentials: water, appropriate clothing, a compass, a companion. Sapagkat ang disyerto, mapanganib. Because the desert is dangerous. It's full of uncertainties, full of hazards.



### 3 Ways To Be Like John the Baptist

My dear friends, how can we be like John the Baptist in the desert?

Three Ss: Simplicity, Silence, and Sacraments.

**Simplicity.** Simplicity is not just about lifestyle-- but simplicity is all about desires. Ano nga ba 'yung pinakahinahangad mo ngayong Pasko? Alam ninyo ang ating puso, bottomless desires. What is your ardent desire this Christmas, deep down in your heart?

St. Augustine said, "Our hearts are restless until we rest in the Lord."

We have a saying: Travel light.

Isn't it, we travel safest, farthest, fastest, when we travel light? I think that principle applies in our day-to-day life.

You know, you cannot move on if you have excess baggage. Isn't it that when you travel by plane, there's a luggage limit for every passenger? So, travel light.

That's why angels can fly-- not because they have wings. Angels can fly because they are light— no airs, no baggage.



#### **Reading II: James 5:7-10**

*<sup>7</sup> Be patient, brothers and sisters, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, being patient with it until it receives the early and the late rains.<sup>8</sup> You too must be patient. Make your hearts firm, because the coming of the Lord is at hand.<sup>9</sup> Do not complain, brothers and sisters, about one another, that you may not be judged. Behold, the Judge is standing before the gates.<sup>10</sup> Take as an example of hardship and patience, brothers and sisters, the prophets who spoke in the name of the Lord.*



## Christmas Is a Choice

**Silence.** This Christmas Advent season, it's noisy, chaotic, right? Many voices in the malls-- Christmas sale, bonus in Divisoria. That's why we have to take moments of silence.

Many voices—outside us and within us-- so we really need to take time to be silent.

*Silent* and *Listen*-- same letters.

Oftentimes, we find it hard to listen because we want to do all the talking, isn't it? Listening with the intention to reply-- but not to understand the person.

So, when was the last time that you truly listened to a loved one? Perhaps, the best gift you can give this Christmas is not a new iPad, a new house and lot. Perhaps, your best gift to a loved one is just your listening ears. The best duty of love is to listen.

*Maaring marunong tayong makinig nang hindi nagmamahal, pero hindi tayo maaaring magmahal nang hindi tayo marunong makinig.* We can listen without loving but we can never love without truly listening.

**Sacraments.** *Wag po nating kakalimutan,* we shouldn't forget—*repentance.* We go to confession. *“Lord, sorry na. Gusto kong magsimula ulit.* Lord, sorry, I want to begin again-- fresh, new this 2022. So, we receive the Sacrament of Confession.

That is the very message of John the Baptist: *repentance.* Pagbubukas ng isip, kalooban, palad sa Diyos at sa kapwa. Open mind, inner spirit, palms to the Lord and fellowmen.

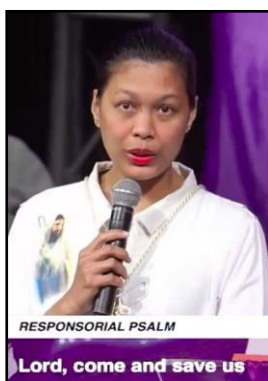
Do you know the word *repentance*?

*Re* and *pent.* You know, the *penthouse*-- it is the topmost part of the building.

My dear Feasters, when we sin, our sins wound, weakening our dignity as children of God. But when we ask for forgiveness, we go back to our highest dignity-- to our noble dignity as children of God.

My dear friends, Christmas Advent season is not just a passing season. Advent, Christmas season—it is a choice. It is a decision.

A decision to become the better, or the best gift that you can be for all the days of your life. Amen.



# Worship!

## EXHORTATIONS



**JONIE MANAOAT:** We have three weeks before the year ends, right? It's too fast, I know. I just want to remind you how victorious God has been in our life. Amen.

May I see a raise of hands who just had a promotion this year?

Congratulations!

How about those healed from sickness? How about those who just had their financial breakthroughs-- like paying off their debts? Or just started building up for their future? Come on, raise your hands! Amen. Hallelujah!

And to those who are still in the middle of that struggle, of that conflict, of that healing process, I assure you that God is greater than any of those. He is so, so good that in His goodness, He will never ever, ever forsake us.

Come, let us give praise to Jesus!

So, as we worship, I'd like you to believe that our God is greater and His love is stronger— and the God who gave us our victories this year is going to be the same God who's going to win our battles for the next years to come. Amen!





**AUDEE VILLARAZA:** Merry Christmas!  
Can we fill this room with cheer and joy  
and love?

Can we make a joyful noise in the house of  
God right now? Come on, give Him praise!

Thank You, Jesus!

While I was attending Mass a while ago, I  
couldn't help noticing something, and I'm  
sure some of you, you don't even notice this.  
Can you all look up? Do you see that little box  
right there— do you see Kuya there? Wave  
to him. You know, I noticed, he is just there.  
He has only one job: to put the spotlight on

someone onstage. That's it. That's his job: to put the spotlight on whoever  
is in front.

This Christmas season, I'm sure your focus is on so many things— with your  
family, the balikbayans (visitors from abroad), the gifts, and everything else that's  
all around you. But I want you to know that  
Christmas is not even all about that.

Christmas is all about pointing the spotlight  
to the real reason.

It's not even just about me or the preachers,  
or the builders, or the singers— but it's really just  
pointing the spotlight to the one who truly  
matters. And His name is Jesus. He's the reason  
for the season.

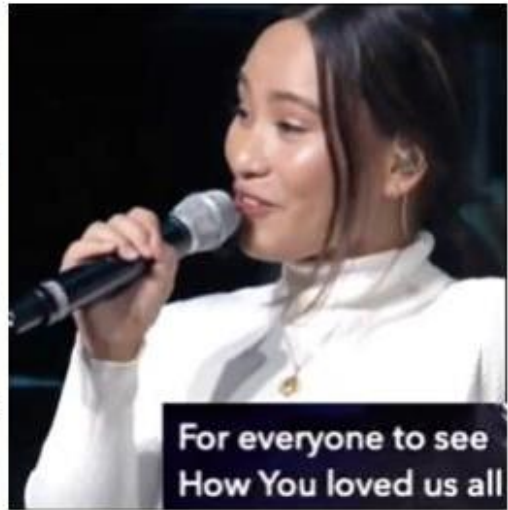
So, why don't we just take one more time to  
praise, to glorify, to magnify, to exalt the Name  
above every other name? There is no other name  
greater, sweeter, mightier than the name of Jesus.

Come on, put your hands together and make  
a joyful noise! Thank You, Jesus! We praise You!  
We honor You! And we love You!

He's the reason we gather.

Say this: I'm blessed, I'm favored, I'm joyful.







**AUDEE VILLARAZA:** Can you clap for the person beside you? Thank you for being here. Thank you so much for honoring God with your time, your talent, and your treasure.

I want you to also put your hands together for all the people who are onstage, offstage, online, and in the background, serving you today.

You know, I noticed that we have new people serving in the Music Ministry. And you could notice who they are because they seem coy being onstage. I want you to know that it takes courage to be on this platform. It takes courage to step out here with bold faith.

Just like you stepping out...Some of you came here today thinking that you're just going to come here and you're going to be blessed by the message and you're going to take home something. But I believe this: that you are not ready for what God is ready to unleash in your life. Because God will exceed every expectation that you have. No eye has seen and no ear has heard what God has in store for His children today. And if you believe that, say Amen. Amen!



We're going to celebrate the birth of our King together!



Next Sunday, December 18, will be our last Feast for this year. Next Sunday we're not going to have three Feasts. Instead, we're going to have one session — a Grand Feast in PICC Plenary Hall, 9:00 a.m. to 12 noon.

## NOVENA TO GOD'S LOVE

I want to invite you to say our favorite prayer here at The Feast.

Join me in signifying the greatest symbol of love as we all come, in the Name of the Father, and of the Son, and of the Holy Spirit, Amen.



Everybody, stretch your arms out and say this with me:

We invited somebody to open the Word of God and I pray that you receive it with an open heart. And I want you to be excited and lean in extra— because God's about to unleash a powerful message today. As we all welcome our preacher for today, none other than Coach JC Libiran!

**Today, I receive all of God's love for me.**  
**Today, I open myself to the unbounded, limitless, overflowing abundance of God's universe.**  
**Today, I open myself to God's blessings, healing, and miracles.**  
**Today, I open myself to God's Word so I become more like Jesus every day.**  
**Today, I proclaim that I am God's beloved.**  
**I am God's servant. I am God's powerful champion.**  
**And because I am blessed, I am blessing the world.**  
**In Jesus' name. Amen.**

# Talk

# Talk 1



## COACH JC LIBIRAN:

Praise the Lord! Merry Christmas!

We're just blessed that we are part of this Feast Bay Area District Family.

We're excited, my dear friends, that after our amazing series on *Special Delivery*, we're starting a mini-series for three weeks— today, next Sunday, then we'll have a break for two Sundays, and then when we come back next year we will have the third installment of the series.

And the title of our mini-series is *Unwrap: Receive the True Gifts of Christmas*.

Definitely, we have wish lists. But more than all these things that you are looking forward to receiving this Christmas, it's just right that today we want as well to celebrate the true gift of Christmas—none other than our Lord God.



I have these three gifts that symbolize the next three gifts that we are going to unwrap.

The first gift is the Gift of Peace.





I'm sure when you speak about Peace, we think of peace of mind and peace of heart. Question: Do we have these? Because perhaps, at this very moment, you're already thinking about what to *add to cart*— shopping online. Then, your phone is vibrating with notifications. Or, just in case you had work backlogs last week, here comes Monday... I'm sure we're thinking of a lot of things.

But allow me to share with you what could take away from you that peace— inner peace. Check yourself if these are bothering you:

**Engaging with toxic people.** Are there negative people around you?

**Excessive self-blame.** Something happened in the past— you made a mistake and you're into excessive self-blame. It's been a long time, yet you still blame yourself.

**Chasing happiness.** Nothing wrong with it— but you might just be looking for temporary happiness.

**Staying comfortable.** So, your dreams this 2022, you're forwarding them to 2023. You have dreams that are not yet fulfilled.

**The victim mentality.** You feel you're pitiful. You pity yourself.

**Trying to impress people.** You are pleasing everyone. But we know you cannot please everyone.

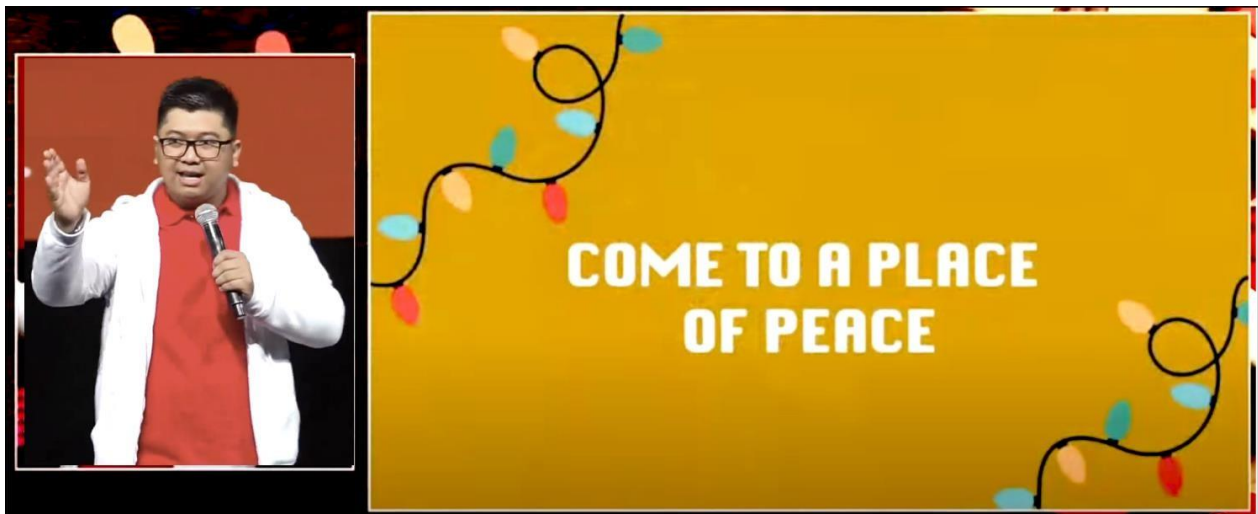
**The pursuit of perfection.** Everything has to be perfect. You think you must be in control of things. So, when things get out of hand, you are anxious.

**Grudges.** Mukhang may same ka ng loob. You have resentments. Instead of sowing goodness, you sow bitterness.

**The quest for material things.** Again nothing wrong with it. But check your closets, your house— you might have too many things. Question: Do you really use them?

**Complete self-reliance.** You feel you can do everything, so you don't ask help from anyone.





When you speak about peace, it's popular in beauty pageants. The common question is *What do you wish for the world?* The answer: *World peace.*

Beautiful answer. It's correct. But ask yourself: Is it really possible to have world peace?

My dear friends, it may not be instant world peace. But when you make that decision, when you choose that peace for yourself, each one of us, little by little, families, companies, communities, countries— then it's really possible for us to experience world peace.

And we ask these reflection questions to those of you who are part of Light Groups, you may consider this, or write in your journal: What do you need to have inner peace? And how will you share the gift of peace with others?

Our one big message today:  
*Come to a place of peace.*

Let's serenade the Word of God:  
*Thy Word is a Lamp unto my feet  
And a Light unto my path.*

*What do you need to have  
inner peace in your life?  
And how will you share the gift  
of peace to others?*





The main verse I want to share with you is taken from the Gospel of John, Chapter 14, Verse 27: *“I’m leaving you with a gift— peace of mind and heart. And the peace I give is a gift that the world cannot give. So don’t be troubled or afraid.”*

**COME TO A PLACE  
OF PEACE**

*Come to a place of peace.*

My dear friends, when you speak about that case of peace, it’s not a *ware*, it’s not just a *condition*. It’s a *Who*.

And His name is Jesus.

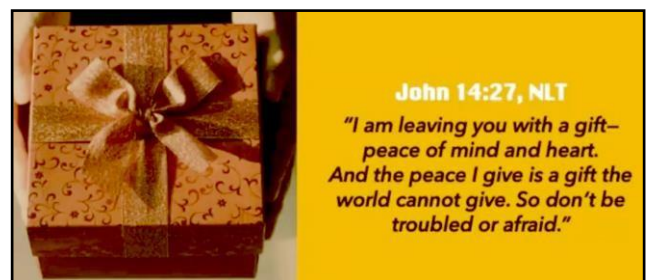
When you are at peace, my dear friends, definitely, you will come alive.

You have *purpose*. You are celebrating your *personality*.

You have that *passion*.

The *potential* is there, definitely, you just have to develop it.

And not just perfection, but actually, you are after *progress*.





But let's face it. Real talk: Most of the time, we are lost. That's why we cling on to pain. You already know it's painful, but still, you insist on it. Some people, they are into *pleasures*, temporary happiness.

Others, *peso*— here comes Christmas bonus.

People are also clinging to *positions*. And some, *power*.

When there's excess in these, that's when we lose inner peace.

That's why I love this prayer. I'm sure you've come across this—the *Serenity Prayer*.

Altogether, let's pray this:

*God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.*

It's good to pray this. But let's admit it: easier said than done. That's why when we discussed the ten things that take away our inner peace, that's awareness— at least you know now. But it doesn't matter if we know, but we don't act it out. That's why, from *awareness*, we need to take *action*.

So, this is the goal of this talk: Receive that gift of peace, unwrap it, but don't just look at it. Use it in your life. And hope it just does not remain in you— instead, you get to share this with the people who need it the most. Yes! Because many are just like this: scrooge. Are you a scrooge?



Ebenezer Scrooge is a character in Charles Dickens’s novella *Christmas Carol*. Everyone is joyful and excited about Christmas— but Scrooge destroys the entire spirit of Christmas. On Christmas Eve, the ghost of Jacob Marley, once a business partner of Scrooge, visits Scrooge. The ghost of Jacob tells Scrooge, “You’ll be visited by three ghosts. And each ghost has a special message.”

Let’s take inspiration from these messages.

**First: Ghost of Christmas Past.** When he was young, Scrooge suffered hardship. Then, he found his loved one, but their relationship does not flourish because Scrooge gets busy with his work.

We cannot change the past, but we can learn from it.

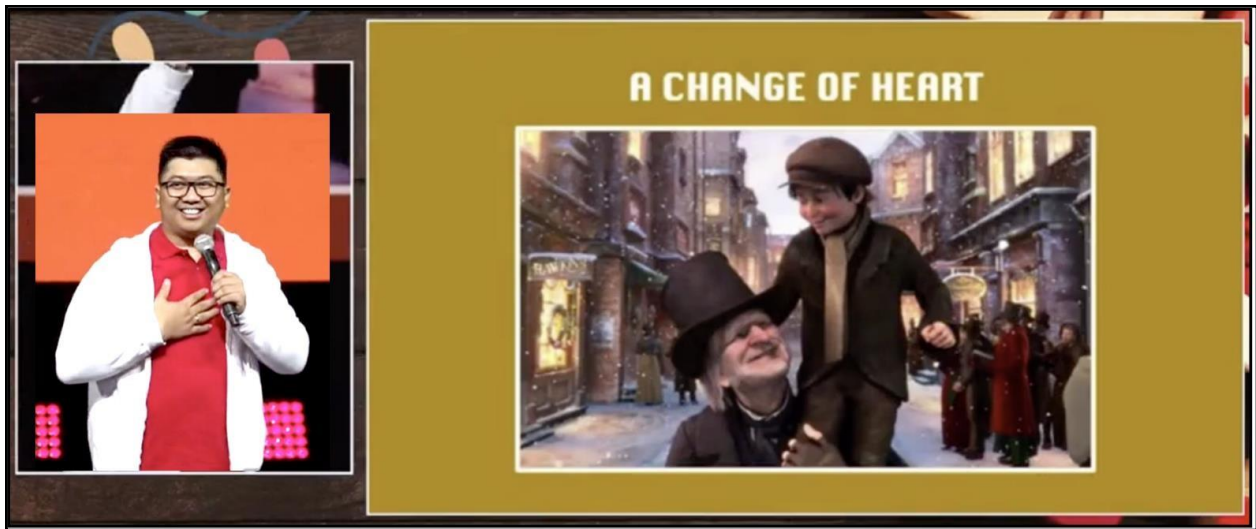
**Second: Ghost of Christmas Present.** After his Christmas Past, Scrooge gets to see his Christmas Present. His present life is abundant, he has everything he needs. but he is not generous. He’s so mean to people— even to his loyal assistant who is already sick, but Scrooge does not help him.

**Third: Ghost of Christmas Future.** This shows his death. All of the regrets.

Let’s learn from a quote from American journalist Fulton Oursler:

*"Many of us crucify ourselves between two thieves - regret for the past, and fear of the future." - Fulton Oursler*





Because of those #ghosts who visit him, Scrooge has a change of heart. That's why I like the message of this song:  
 Before wishing others to change, before wishing for world peace, make that decision first— for yourself.

**Let there be peace on earth**

*And let it begin with me  
 Let There Be Peace on Earth  
 The peace that was meant to be*

*With God as our Father  
 We are Family  
 Let us walk with each other  
 In perfect harmony.*

*Let peace begin with me  
 Let this be the moment now.*

*With every step I take  
 Let this be my solemn vow  
 To take each moment and live  
 Each moment in peace eternally*

*Let there be peace on earth  
 And let it begin with me*

Friends, give yourselves a round of applause.

Because friends, we've reached December.

We're going to finish this year strong. We went through a lot of hardships —which we've overcome.

And yes, there were things you were not able to accomplish. But don't be too hard on yourself. Be proud of yourself— of what you've done so far. But we can't do it alone. If we want to experience peace, we need the grace of God.

And that's why the second letter of the apostle Paul in 2 Corinthians 13:11 says: *Aim at perfection. Take courage. Be one of mine, live in peace. So shall the God of Love and Peace be with you.*

Very important to make that decision. And we ask and beg God's grace to be with us.



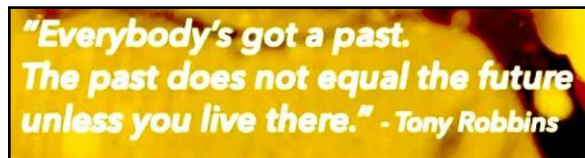
Now, moving forward, there are three ways to unwrap the Gift of Peace, taking inspiration from the *Christmas Carol*.

Here's the first way:

**Making peace with the Past.**

Yes, we cannot change the past. It hurts when you accept the truth. But we can always learn from it.

That's why I love this quote from my mentor, American author Tony Robbins:



On a personal note... I no longer have my Dad with me now. When I look back, I know that he was a great provider. He was into poetry. He was also onstage.

But one thing that I didn't have much was time with my Dad. That's why how I wished there was a time machine so I could go back to have more time with him. But instead of me looking at the past with bitterness, it's now my decision that, okay, that's what happened to us— I will not repeat it.



I'm grateful that happened so that I will learn from it when I become a father. It's not looking back with bitterness— but I see myself getting better and better.





Second way: **Making peace with the Present.**

You might be here physically, but your mind is somewhere else. Like those who are multi-tasking, especially online, with pictures, but actually, they are not there.

Are you really present? Life is happening. You might not be there. You forget the gift of the Present— living in this moment.

I love this quote from Bro. Bo Sanchez, in his book *Find Your Surrendered Place*:

*"Some people live in their past. Others live in their future. Some people live in their past hurts. Others live in their fears for the future. Some people are focused on what they had. Some people are focused on what they want. Not many are focused -or grateful-for what they have NOW." - Bo Sanchez, Find Your Surrendered Place*

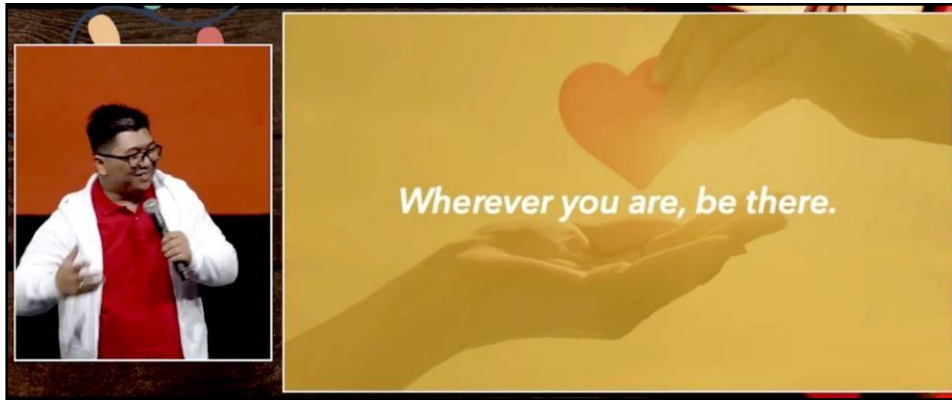
So, if you are with your loved ones, with your family, just let them experience that you are here.

Tap them and tell them, "I'm here for you."



There is a lot I'm blessed with— which I used to just dream of.

Now, I get to live my dream. Not just serving here at The Feast but also going from one place to another, going online, to see the best in people and bring out the best in people.



My blessings include my dream wife— Milen— who is with me in my life.. our journey to having a child ...All of these, I'm so grateful for.

But it can happen that you might be having so many blessings, that you find yourself getting busy with the wrong things. You tire yourself with activities but eventually realize, “Is this really what I want in my life?”

I recently had a wake-up call the last time my family and I visited my Dad at the cemetery. I was reminded that life is short.

When you know that life is short, you won't waste yourself on trivial things. You go back and ask, “What really matters to me?”

So, what are you busy with? Instead of getting busy with a lot of things, let's move to *being-ness*. Just *be*.

Right now, you're here— attending. Just be here.

Because God is here.



In the Scriptures, we see Mary and Martha. There's always this tension: “Will I be like Mary? Or will I be like Martha? Jesus visits them, Martha gets busy, busy with the meal preparation, while Mary sits at the foot of Jesus, choosing to be in the Presence of God.

But how about this: You actually don't have to make a choice. You can be there as Martha— working because that's what you need to do— like those who work because

they are the providers, breadwinners for their families. Then you can also be like Mary during the time that you need to be in the Presence of God.

The message is clear: *Wherever you are, be there.*





We now move to the Third Way: **Making peace with the Future.**

This is where you need now to make a decision to love. Just sow love and trust His way. In the past years, it might have always been “My way, my way— I did it my way.”

Change. From here on, “I’m going to make it God’s way. Let Your will be done in my life, Lord.”

John Maxwell, leadership expert, reminds us:

*“We over-exaggerate yesterday, we over-estimate tomorrow and we underestimate today.” - John C. Maxwell*



We have so many worries, thinking of so many things, we underestimate *today*.

So, friends, again, on a personal note: from *burden*, this is now a shift to *blessing*.

Before, I thought about many things, many plans. I dreamed of having my one true love.

Fast forward, I got to meet the love of my life— Milen-- way back in high school.



Afterward, we thought, “Are we ready to get married?”

And yes, today, I’m sharing with you, this coming week, December 17, my wife and I will be celebrating our 11 years as husband and wife.

Also, we worried, we’d start our family. We had a difficulty in pregnancy— four failed pregnancies, to be exact.



Our story was even featured in *The Feast* magazine, centering on the theme *Gratefulness*.

We are not the focus of the story— but it is about God’s *Great-fulness*.

Some of you, you’re praying to have a child... So many worries...

Fast forward to today, we celebrate our daughter Yana who is turning six years old this December 20.

Parents, our child is now in Kindergarten 2. I’m turning 40 next year.



We have a long journey ahead. But you know what, I’m not worried about the future. Why?

Because God has been faithful in my life.

And God has been faithful in your life... So, you have nothing to worry about...



I look at my family, and I'm reminded that it's a testimony of God's faithfulness, God's great-fulness.

So, friends, how about this: as you make peace with the future, do your best and let God take care of the rest.

I hope after this talk we will not get lost anymore.

St. Augustine said:

You have made us for yourself  
 O Lord & our heart is restless  
 until it rests in you" - Saint Augustine

You will have peace only if God is in your life.

Once again, our message is very clear: *Come to a place of peace.* And this is not a *ware*, a *condition*, it is a *Who*. That's why this Christmas, we are being led to be part of that experience of the First Christmas. The manger— very messy. But God chose that He would be born in the messiest of life.

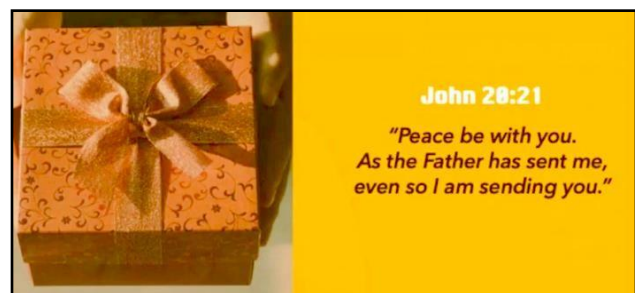
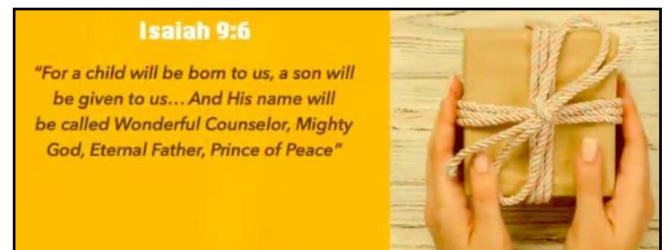
So, don't expect a perfect life. You will have peace only when Jesus is in your life.

Isaiah 9:6:

His name is Jesus.

Are you ready to receive peace in your life? Are you ready to receive Jesus in your life?

Finally, John 28: 21:





My dear friends, here's my prayer: That right after this Feast, you have that peace— and don't keep it to yourself. Bring it to that family member you're not talking to. Maybe to that officemate who somehow you envy. Maybe online, through those people you feel are insecure. Bring that peace to the ends of the world. Because that's what we are called to do.

Let's pray:

*Lord, I surrender my life to You. I surrender to You all my loved ones. I surrender my family and my friends — everyone I hold dear. I place them all in Your loving arms. Take care of them.*

*I know You love them more than I do. Lord, I let go of all of my attachments. I let go of all my possessions. I let go of all my fears, worries, anger, regrets, and dreams.*

*I also give to You my weaknesses, failures, and sins.*

*I trust You, Jesus.*

*From now on, Your will be done in every area of my life. I am Yours.*

*I will serve You forever. Amen!*





## MERCY MINISTRIES

### HE CARES MISSION FOUNDATION

#### *Leading the Youth to Jesus*



A CHILD is supposed to have a parent, a teacher, or a guardian who is able to provide for his needs and empower him to be the best he can be. But there are children who have no parent or another adult who can support them.

He Cares Mission, one of our Mercy Ministries, is committed to caring for the homeless, wounded, and vulnerable children, restoring their hope, and helping them make a significant contribution to the world.

Bro. Joe Dean Sola established He Cares Mission with the support of his wife Sis Ardis. Both devoted members of our Light of Jesus Family, they relentlessly pursue their mission with the help of co-servants-- not just to support and provide appropriate care for the children but to also introduce them to Jesus, leading them to have a faithful relationship with the Lord.



## Journey with Jesus

He Cares recently started a nine-week Spiritual Formation Journey for 12 youth leaders dubbed *Paglalakbay Kasama si Hesus*. The formation aims to help the children learn the Word of God, experience Him in a personal way, and establish a daily prayer habit of living the Jesus Way.

He Cares bases its program on the mandate in Proverbs 22:6, “*Train up a child in the way he should go; even when he is old he will not depart from it.*”

He Cares Mission is passionate about letting the children know that the Lord our God truly cares for them.

In the first century, children were regarded as a nuisance. They hardly experienced human rights. Those days, children were seen, never heard. But during His time, Jesus welcomed and empowered the children.

As He said in Matthew 18:13-14: “*Let the children come to me; do not hinder them, for to such belongs the Kingdom of God.*”

Even to this day, many of our children are desperate to be heard, and many are longing to be loved and cared for.

Jesus believed that these little children have big voices, big hopes, and big dreams. Thank God, we are able to empower them just like Jesus did.





## Ways To Love the Children

Here are ways to extend the love of Jesus to these children:

**1. Sponsor a Child.** We live for a cause greater than ourselves. Sponsor a week's worth of living expenses of one beneficiary of He Cares Mission. For every P1,500 pesos that you will give, you're extending the life of one child for a week. To sponsor a child, check out this link:

<https://feastmercyministries.com/sponsoracause/>

**2. Become a Monthly Supporter.** In the eyes of God, you, the giver, are much greater than the gift. By giving monthly, we are allowing ourselves to be open to the boundless generosity of God. To be a monthly giver, go to this link:

<https://feastmercyministries.com/give/>

Bro. Randy Borromeo, executive director of our Media Ministries, says: "The amount is not as important as the habit."

**3. Share About Us.** Sharing is caring. Sharing this article with your family and friends counts and will go a long way in spreading the mission of He Cares.

You may also visit <https://feastmercyministries.com/> to know more about He Cares and other Feast Mercy Ministries.

You don't know how far your help will go. We can't thank you enough for your love and support!



## **FAMILY**

### **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, The Feast Family is 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 Mercy Ministries. No gift is too small.

Thank you very much in advance for your gift. Our prayer is that God will continue to reward you as you give.

### **FOR EXISTING DONORS:**

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

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

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

Website: <https://kerygmfamily.com> Telephone Numbers: 8725-9999/

Fax 725-1230



# Our Partner Beneficiaries

## Jeremiah 33 Foundation

is a shelter for girls women in crisis, particularly victims of sexual abuse.



**Grace To Be Born** is a halfway home for pregnant



## He Cares Mission

provides shelter for street children.

## Pag-asa ng Pamilya Foundation

grants 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 were abandoned by their family and have nowhere else to go.

## CHOOSE HOW YOU WANT TO GIVE

1. Donate ONLINE (through credit card) Go to [www.kerygmfamily.com](http://www.kerygmfamily.com) and click 'DONATE' box Paypal I US Donations.

2. Pick Up from Your House or Office (Metro Manila Only) Cash or Checks Address Checks to Shepherds Voice Radio and Television Foundation and call Joy at (+632) 725 -9999 loc 112 or text (+63) 922-828-9890 and we'll pick them up from your home or office.

3. Mail 12 Post-Dated Checks to Our Office For US and CANADA: Address Checks to Kerygma Family, 848 Rainbow Blvd # 1937, Las Vegas, NV 89107 For Other Countries/Philippines: Address Check to Shepherd's Voice Radio and Television Foundation and mail (registered mail) to Shepherds Voice, 60 Chicago St., Cubao, Quezon City, Philippines 1109

4. Directly Deposit to Our Bank Accounts. Deposit to Shepherds Voice Account in any branch of these banks:  
Account name: Shepherd's Voice Radio and Television Foundation  
BPI: Savings Account no: 0123-4849-67 Cubao Aurora Branch  
Banco de Oro Savings Account no: 3970019804 General Araneta, Cubao Branch  
Banco de Oro - Savings Account no. 160506123 SM Cubao Branch  
PNB - Current Account no. 371157500015 SSS branch  
Metrobank-Savings Account no. 265-3-26509112-2 e Rodriguez Branch  
Allied Bank Savings Account no. 3160-12345-1 E Rodriguez Branch  
Union Bank Savings Account no. 00-206-000940-1 Tektite Branch

Note: Text, Fax, or email us your name, date and amount of deposit, and the branch of the bank where you deposited your donation, or fax the deposit slip to us. Email us at [support@kerygmfamily.com](mailto:support@kerygmfamily.com) or text us at (63) 922-828-9890/ (63) 998-968-4416 or Fax to (+632) 725-1230



# **FAMILY ONLINE NEWSMAGAZINE**

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

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