



NEWSLETTER
March 26, 2023

Jubilee Is Coming!

THIS is the last talk of our series on *Leviticus*.

Two weeks ago, someone told me, “Brother Bo, I’m so grateful to The Feast. For the longest time, *Leviticus* was a book I never read or understood. But finally, I now understand *Leviticus!*”

I said, “Wow. *Buti ka pa!*”

We both laughed, and yes, I was joking. But not too much. Yes, I wrote the series together with the Bible Nerds, but do you know what I feel right now?

Like, I visited an ice cream parlor. And the girl behind the counter showed me a two-inch wooden spoon and asked, “Which flavor do you want to try?”

I feel like I just tasted *Leviticus* using that tiny spoon. But that micro-scoop already caused an explosion of flavor in our mouth. God spoke to me. God spoke to us. And what we heard is changing our life.

Have a destiny-altering Feast today!

May your dreams come true

Bo Sanchez



WELCOME
to *Closer Talk 10:*
Jubilee Is Coming!



Let's Party!

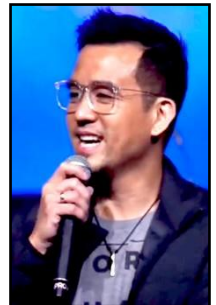
ON March 26, 2023, the day we post this issue of *The Feast Family*, the world celebrates a number of Festivals: National Neighbor Day, National Nougat Day, National Spinach Day... Google them for details.

Fr. Mark Demanuele, MSSP, discussing the Gospel last Sunday, March 19, 2023, points out a beautiful miracle to celebrate—when Jesus gave sight to a blind man, *page 3*.

Bro. Bo Sanchez introduces Talk 10 of our Feast Talk series, *Closer*, about the Hebrews' celebration of their Sabbath Year and Jubilee Year, *page 1*.

Last Sunday, Bro. Bo and Bro. Didoy Lubaton tackled the Sabbath Festival, and the other six Festivals of the Israelites, *page 14*.

Bro. Audee Villaraza, welcoming us to The Feast, emphasizes celebrating our getting connected, one way of which is writing our thanksgiving for answered prayers on our Love Offering envelope, *page 7*.



In our *Mercy Ministries* section, meet Cecilia Landoy, celebrating blessings after blessings since she got employed as kitchen point person at our Anawim Home for Abandoned Elderly. Yes, she cooks for the daily meals of our lolos and lolas, as well as the many Anawim fiestas, *page 36*.

Yes, this issue of *The Feast Family* is about *celebration*—in another word, *party!*

And *party* means rest from our many concerns and just having time enjoying Life. The Good News, as we learn in this issue, party time is not just a day, or a week, or a month. It's every day. It's a lifestyle.

Yes, let's not wait for an "occasion" to celebrate. Every day, *let's party!*

All for God's Glory,

Randy Borrromeo
Media Ministry
Executive Director





FLASHBACK!
MARCH 19, 2023

Holy Mass



FOURTH SUNDAY OF LENT

Homily

FR. MARK DEMANUELE, MSSP

on the Gospel: John 9:1, 6-9, 13-17, 34-48

Jesus Heals a Man Born Blind

Excerpts...

ACTUALLY today, we read the short version of the whole chapter of John which speaks about a beautiful miracle-- and this miracle reminds me especially of the prophecy that Simeon spoke on when Mary and Joseph presented Jesus in the temple.

Remember when Simeon said, "He will be a sign of contradiction."

And today, at one point in the Gospel, we hear his words:

"...and there was division between them..."

Jesus, in this beautiful miracle, when He gave a new life to a man born blind, He gives him physical sight but later on He gives him also spiritual sight because He did something so beautiful. But the Jews said He was a sinner, because He shouldn't be doing these things on a Sabbath.

Three Important Points

In this Gospel, on this special day, I wish to point out to you three points I feel very important for us-- because the story of the blind man is my story, your story.

1. Jesus Cares for Everyone.

First, the Gospel started with a very beautiful sentence:

“As Jesus passed by, he saw a man blind from birth and He stops.”

Jesus Himself makes the first move to enter into a relationship with each one of us-- and there is no person whom He doesn't look at.

This man-- a blind man, a beggar, a person at the side of the road where nobody cares for him, probably not even his family—he was noticed by Jesus.

Jesus, in this man, saw someone. Not *something*. *Someone*.

For the people, it was *something* -- but for God, for Jesus, he is *someone*. He saw inside of him. He saw a humble man full of faith in God.

Think about it: Imagine you and me, blind from birth, telling God: “I should turn to God and curse God. Why did You do this to me? Why are You so cruel to me?”

But this man, he was just begging, waiting for God's grace.

We are sometimes in a situation like this man is in, and we feel: “*God forgot me. God doesn't like me. God passes by but He doesn't do anything for me.*”

We can curse God. We can turn to Him and tell Him, “Where are You God? Why don't you notice me? Why don't you see me?”

But God notices you. God stops for you. And in you, He sees not only the physical ailment in your life but He also sees the spiritual ailment-- and He wants to touch you.

Sometimes I'm not aware that the Lord is truly passing by and He wants me to cooperate with Him.

What does He want? Humility, faith...

So, the first point is God notices you. God cares for you. God longs for you.



**God notices you.
God cares for you.
God longs for you.**

2. Jesus Longs for You.

Did you realize that the sickness of this man helped him to get closer to God?

So, we can say that our weakness can lead us to Jesus.

My weakness, my sin (through repentance) can lead me to Jesus.

Imagine this person-- that in his situation, helpless, he found Jesus. Jesus was there to help him.

So, we can say that because we are sinners, this sin is not taking us away from Jesus-- it brings us to Jesus.

Like in this blind man, there is so much blindness in us. Sometimes jealousy, anger, our disappointment in life. There is so much blindness that causes us to fall into selfishness.

What happened to this man? Jesus called him and He healed him. Because of his weakness, Jesus found him.

Because of my sin, Jesus called me. He said that He came into the world for us to be healed: *I want you healed, that your sin will be washed away.*

The sin can cause me problems. But I've got the Lord Jesus who loves me so much that He wants me to go to Him. And because of my sin (my weakness), He is closer to me: *I came for those who are sinners, for those who are sick.*



Reading I: 1 Samuel 16:1B, 6-7, 10-13A

^{1B}The LORD said to Samuel: "Fill your horn with oil, and be on your way. I am sending you to Jesse of Bethlehem, for I have chosen my king from among his sons."⁶As Jesse and his sons came to the sacrifice, Samuel looked at Eliab and thought, "Surely the LORD's anointed is here before him."⁷But the LORD said to Samuel: "Do not judge from his appearance or from his lofty stature, because I have rejected him. Not as man sees does God see, because man sees the appearance but the LORD looks into the heart."¹⁰In the same way Jesse presented seven sons before Samuel, but Samuel said to Jesse, "The LORD has not chosen any one of these."¹¹Then Samuel asked Jesse, "Are these all the sons you have?"

Jesse replied, "There is still the youngest, who is tending the sheep." Samuel said to Jesse, "Send for him; we will not begin the sacrificial banquet until he arrives here."¹²Jesse sent and had the young man brought to them. He was ruddy, a youth handsome to behold and making a splendid appearance. The LORD said, "There – anoint him, for this is the one!"¹³Then Samuel, with the horn of oil in hand, anointed David in the presence of his brothers; and from that day on, the spirit of the LORD rushed upon David.

3. You Are Called to be a Witness

The third and last point which is also very special about what happened in this man, is at the end of this Gospel, he is not only saying something-- but witnessing for Jesus. He is giving a confession in front of everybody that this Man is the prophet. And later on, he goes on his knees and he adored Him.



What does this mean? We must be delighted of the Word. When the blind man receives Jesus in his life, when he can already see with his physical and spiritual eyes, he becomes a witness to others-- he becomes a missionary. He goes to celebrate with everyone and says, "I am the one who was sick, I am the one who was blind but now I am healed!"

We are called to give the Good News to others. God is helping you... for you to go and share the Good News with others.

"Go and be delighted with others," Jesus is saying now to you.

In Baptism, Confirmation, and all the Sacraments, we are given the Light of Jesus so that we can see-- and we are called to be a light for the people around us. Amen.



Reading II: Ephesians 5:8-14

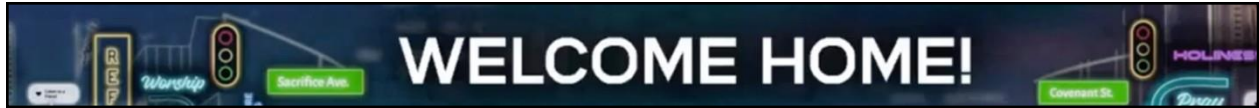
Brothers and sisters:⁸You were once darkness, but now you are light in the Lord. Live as children of light,⁹for light produces every kind of goodness and righteousness and truth.

¹⁰Try to learn what is pleasing to the Lord.

¹¹Take no part in the fruitless works of darkness; rather expose them,¹²for it is shameful even to mention the things done by them in secret;¹³but everything exposed by the light becomes visible,¹⁴for everything that becomes visible is light. Therefore, it says:

"Awake, O sleeper, and arise from the dead, and Christ will give you light."





AUDEE VILLARAZA:

Good Morning, Feast Bay Area!

Thank you for being here. How many of you feel blessed that you are here in the house of God? Make some noise! Praise God!

I missed you last Sunday because I wasn't here. I was sick. I'm still a bit sick now but you know, even if you're sick, there will always be healing. Amen.

I love that God is healing us and God is providing for all our needs. God is restoring relationships...



For the first-timers, welcome to The Feast! Welcome to the Family. After The Feast, we want you to come near the stage because we'd love to connect with you. We'd love to give you a special gift.

My name is Audee Villaraza. I'm one of the leaders here at The Feast and once upon a time, you know, we were there where you are-- as a first timer. And because people welcomed us, people loved us, we have been here ever since. Thank you so much for joining us.

LOVE OFFERING

AUDEE VILLARAZA:

This is the moment, my dear friends, where we get to give a portion of our income back to the Lord. The Bible says that we give 10% of our income-- the first fruits of our labor.

At the back of the Love Offering envelope, you'll see a space for Prayer Requests and Thanksgiving for Answered Prayers. We read what you write on that space and we pray for them.

Good News: As of this week, from the 8:00 a.m. session, we have a total of 288 Thanksgiving Prayers. Here, I share some of them:

Resty: "I am grateful that my friend CJ passed his IELTS (International English Language Testing System). Also, I am continuously receiving financial blessings.

Luisa: "Lord, thank You for the Hawaii and New Zealand trip!"

Rose Marie: "Thank You, Lord: I received the gift of consistency towards the completion of Consecration to St. Joseph-- making me fall in love with him even more every day; the gift of good health; God's guidance for a peaceful, calm, silent Lent; gift of a new start for me-- He wanted me to write about gifts of wonderful people in my life; and a gift of redirection to me in this life.

Ronnel: "Thank you for: blessings of good health, love, finances, and relationship with my Mamang, family, relatives, and friends; The Feast; all those praying for us; for success that will come.






Chris: "Thank You, Lord, for: a healthy family; happiness of my family; sideline job; sideline career; and all the financial blessings." Praise the Lord

Jennifer: "Thank You for the whole week of safety, love, survival, and orders from customers."

Now, let's all lift our Love Offering envelopes... Say this with me:

Dear Lord, Thank You for blessing me. This is just a little gift but it's a sacrifice, and I know as I give this today, You will replenish this and You will use this to bring more people back to Your house. Thank You, Father! Bless me more so I can give more. In Jesus' Name. Amen!



WAYS TO GIVE	
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LENTEN GARDEN RETREAT



This coming Holy Week, we will have a Lenten Retreat called *The Garden* on Maundy Thursday and Good Friday in Aliw Theater.

Seats are limited, so we issue limited tickets.

Sunday will be a Grand Easter Feast--not in Aliw but at the Reception Hall of the Philippine International Convention Center (PICC), 9:00 a.m. to 12 noon. No tickets here. Entrance is free for everybody.

A promotional poster for the Lenten Garden Retreat. The top left features the FEAST Bay Area logo. The main title 'THE GARDEN' is written in large, green, serif letters, with various colorful flowers and leaves interspersed between the letters. Below the title is the subtitle 'WALK IN HIS PRESENCE'. To the right, the text reads 'FEAST BAY AREA HOLY WEEK RETREAT AND EASTER FEAST'. Underneath, it lists 'RETREAT TICKET PRICE P800' in a green box, followed by 'Pass for 2-Day Retreat, Free seating April 6 & 7, Holy Thursday and Good Friday 9am-12nn, Aliw Theater'. A dashed line separates this from the 'GRAND EASTER FEAST' section, which lists 'FREE ADMISSION' in a green box, followed by 'April 9, Sunday, 9am-12nn PICC Reception Hall'. At the bottom, it says 'GET YOUR TICKETS AT THE LOBBY TODAY.' and includes a small red logo in the bottom right corner.

Why would you invest in the two-day retreat? Because it's not going to be your usual retreat. We're preparing something that's unique. We're going to turn this place into God's beautiful garden.

It's not even just about the stage layout. There are three messages based on the three Gardens mentioned in the Bible—to be presented by our leading Feast Bay Area preachers.

So, I hope that you can come and join us here in Aliw Theater.

Worship!

EXHORTATIONS

PAULINE GUEVARRA: Good Morning, Church!

Philippians 4 says, “*Always be full of joy in the Lord.*”

I’m going to say that again—*rejoice!*

Don’t worry about anything. Instead, pray about everything. Tell God what you need and give Him thanks and you will receive peace...

We don’t have to worry about anything. We don’t have to fear because God’s got us.

So, as we worship, let us loosen it up a bit. Let go of our worries, of our fears, and give them all to God. So, right now, what we’re going to do is we’re going to dance, and we’re going to sing, we’re going to celebrate, we’re going to jump, we’re going to rejoice!

We’re confident that He’s got it all under control.

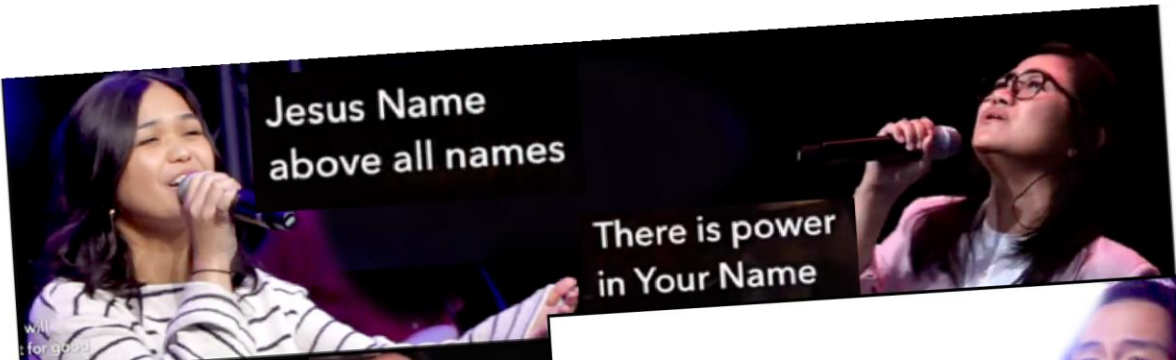


NICO NARVAEZ: I know it’s still early in the morning, but let’s mean every word we’re going to sing. We’re not here to just sing. We’re here to worship!

Come on! We’re going to worship the Lord of Lords, the Lord of all.

Come on, let’s give some praise to Jesus!
Hallelujah!





Jesus Name
above all names

There is power
in Your Name



In Your Name
we are saved we are healed



In Your name
we are free



For all our days
we will shout in victory



Darkness bows
before the King



Jesus You are Lord of all

Lord Of All • Feast Worship
Words & Music by: Veia Lim-Viñas, Mike Viñas, Vernon Lim
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CCLI#

BO SANCHEZ: In this world, people don't recognize your brilliance. People do not see how beautiful you are. And so, throughout life, people look down on you, people insult you, people reject your goodness.

But today, on Sabbath, a time to come before the Presence of God, God is a God who sees brilliance that He Himself has put in you.

I want you to put your hands on yourself and say, "I'm beautiful."

Tell somebody beside you, "You're beautiful."

I want you to know that God is a God who looks at you and says, "You're amazing. You're my precious child."

He is a God who says, "You are phenomenal. You are wonderful."


God is a God who is fascinated with you. God is a God who admires you. Because He Himself was the One who created you and fashioned you with His own hands.



DECLARATION OF ABUNDANCE

My dear friends, say this prayer with me:

Jesus, I am here to receive what You want me to receive. I receive healing, I receive blessing, I receive Your Grace. And I thank You that this day, You will continue to heal, and bless, and save me. In Your Name. Amen.



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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.



FLASHBACK!

MARCH 19, 2023

Talk



Talk 9



Two Ways To Live a Full Life

I want to thank our Worship Team.

Give them a big hand. Thank you so much. Amazing, guys. Beautiful, beautiful.

I want you to turn to somebody beside you, maybe around, maybe around 700 persons, just tell them, “You’re amazing. You’re amazing, you’re amazing. You really are. You’re God’s child. Oh, yes. God lives in you. God dwells in you.

How many of you want to live a full life?

Wave with me. You want to live a full life? You need to do two actions. I was reflecting and chewing on this yesterday and I want to share with you there are two ways to live a full life.

First, you’ve got to work hard. No surprise there. You’ve got to *work* hard. Really. Like you’ve got to do it. Work hard in your job. Work hard in your business. Absolutely. Work hard in your family. Yes. Work hard in your marriage. Work hard in your relationship with your kids. Work hard in your health. Work hard in your spiritual life. Work hard when you serve in your Ministry.

You know, I just want to thank God for all the servants who are here working hard. You bet. People in the Production, people in the Ushers Ministry—they’re giving their best. People serving coffee. —They’re working hard. They’re giving their best.

Tell somebody beside you, “Work hard.”

But you see, you cannot only work hard. You’ve got to do the second way.



Second, you've got to pray hard.

Just two actions. You want to live a full life? You've got to work hard and you've got to pray hard. Why?

You see, if you want to be very simple about it, there are only two parts of this Universe.

Only two.

One part: Those you can control.

And the second part: Those you cannot control.

So, when it comes to those that you can control, work hard.

On those that you cannot control, you pray hard. You surrender to the Lord.

There is an invisible line between these two parts. It is invisible. You do not see it. And that's why we sometimes cross that line and we're still working hard. And that's wrong.

Do you know when you know when you cross that invisible line?

If you cross that invisible line, you will feel worry in your heart. Because you're still trying to control what you cannot control.

It's a signal. When you feel worry in your heart, that means, "I crossed the line."

And what you do is you go back and you say, "This is only my domain, Lord. I'm going to work hard. I am going to work like crazy. I am going to work with intensity. I'm going to work hard here. But I am not going to cross that line. Because that line, Lord, I surrender. I cannot do anything, anyway. I surrender everything to you.

"Bro. Bo, Bro. Bo, meron akong narinig na iba. I heard something different: "*Work hard and play hard*. Saan, where is the *play hard*?"

Ah, you want to know where? Playing is part of praying. And that's what we're going to talk about today.

Leviticus says: Playing is part of praying.

My dear friends, we're going to receive the Word. And I want you to please welcome our preacher for the day, the one and only Didoy Lubaton!

Playing is part of praying.



DIDOY LUBATON: Together we sing to the Word:
*Thy Word is a Lamp unto my feet
And a Light unto my path.*

Put your hands on your heart and just pause.
The Lord is speaking. Here, each one's heart is open,
Lord, one's mind wanting to be renewed, one's spirit
wanting to be refreshed. Speak to us. In Jesus' Name
we pray. Amen.

I would like to preach on this simple message
today: *Live the Sabbath Life.*

Sabbath. *Shabbat*, in Hebrew, is a beautiful, beautiful—
not just a concept, not just an act, but it's a lifestyle.

Today, we are going to discover that playing is part of praying. We are going
to discover the seven festivals of the Jewish culture in that time, especially
described in the book of *Leviticus*—we are still in Talk 9 of our study of *Leviticus*.

And the festivals are fascinating. I'd like to unbox them one by one with you.



**LIVE THE
SABBATH LIFE.**



Practical Notes

In the undertone of everything that we are going to discuss today, here's one good truth:

God loves parties.

Parties are like communion of people. Give me some images of what parties look like: food, music, dancing.

These festivals, as we go through them, we are going to see that the Hebrew word for *festival* is *appointed time and place*.

festival = "appointed time and place"

There is a setting, for time and place for everything. I love that it is right time and place to remind us that everything is not about all work. And it's not all about our daily grind.

Yes, it is good. But once in a while, there is a set of appointed time and place so that we can appreciate what we had worked on, so that we can appreciate what God has been doing for us.

You know, God wove a rhythm of

rejoicing, rest, and recommitment.

It is part of us as God's creations—that there is rest, recreation, recommitment, rejoicing.

Some practical notes: Look at your calendar. If you are not using a calendar, do it now. I used to not look on a calendar-- but when I got into the habit of putting notes on my calendar, it was a very powerful move in my life.

Here's a fact: your calendar speaks a lot about you. Your calendar--what is there-- what is not there—speaks a lot about what you value. Show me your calendar and I'll show you your values.

Show me your calendar and I'll show you your values.

I'll show you where you put your time, energy, attention, your love, your care—they depend on what is written on your calendar. If you follow that trail, put them all together-- where you give most of your time, energy, money—you know, that there is something or someone that rules your life.

What or Who You Worship

What's on your calendar leads to a throne – and that is who or what you worship. That is why, your calendar is actually a religious document. It *is*.

Your calendar is a religious document.

If you look close on your calendar, you'll discover that your life already contains a liturgy. You have rituals. You have ceremonies. You have habits.

Here's another practical example: A 2022 survey showed that 71% of the population – 7 out of 10 persons—pick up their phone first thing in the morning.

Guilty or not guilty? That's a liturgy. That's a habit.

I *am* in the struggle. Welcome to the struggle. We're not a place of perfect people. We are a place of people carrying their crosses.

Welcome home, everybody.

I read a book, *Atomic Habits* (by American author James Clear, a practical guide on how to create good habits) <https://jamesclear.com/atomic-habits>

And (following the guide), I did at least five minutes of my time, first thing in the morning, getting up, giving myself cold shower, it wakes me up, it's a good health story. It allows me to wake up, go down, put my shoes on, turn on a podcast or Worship music (on mobile device) and then I walk for 20 minutes. That's a power morning habit that I am in a struggle, trying to do. And it has changed my life. In seven days, sometimes I get seven, sometimes five, sometimes 2 or 3, but I am in the running. Because I want my day life to be a *win*. And I win my morning, I win my day, I win my week, I win my life.

Change your (bad) habits. What rules my mind first thing in my morning? Is it what other people would post about their life, or is it me listening to learning, me spending time with the Lord?

The best time in my morning is when I do nothing. When I find myself in a park in my village, and there's that morning sun, and then I do breathing (exercise)—that's for another health talk.


Then, what's on my mind? None. Nothing. I'm just there—breathing in the love of God. This little shift has really changed my life.

I am talking about, you know, your life. It's all about your minutes. Where do you put your minutes?



Parties and Vacations

Let me talk about the parties and vacations that God wants to bring us into.
So, here's the Word-- Leviticus 23: 1-2, 4:



Leviticus 23:1-2, 4 NLT

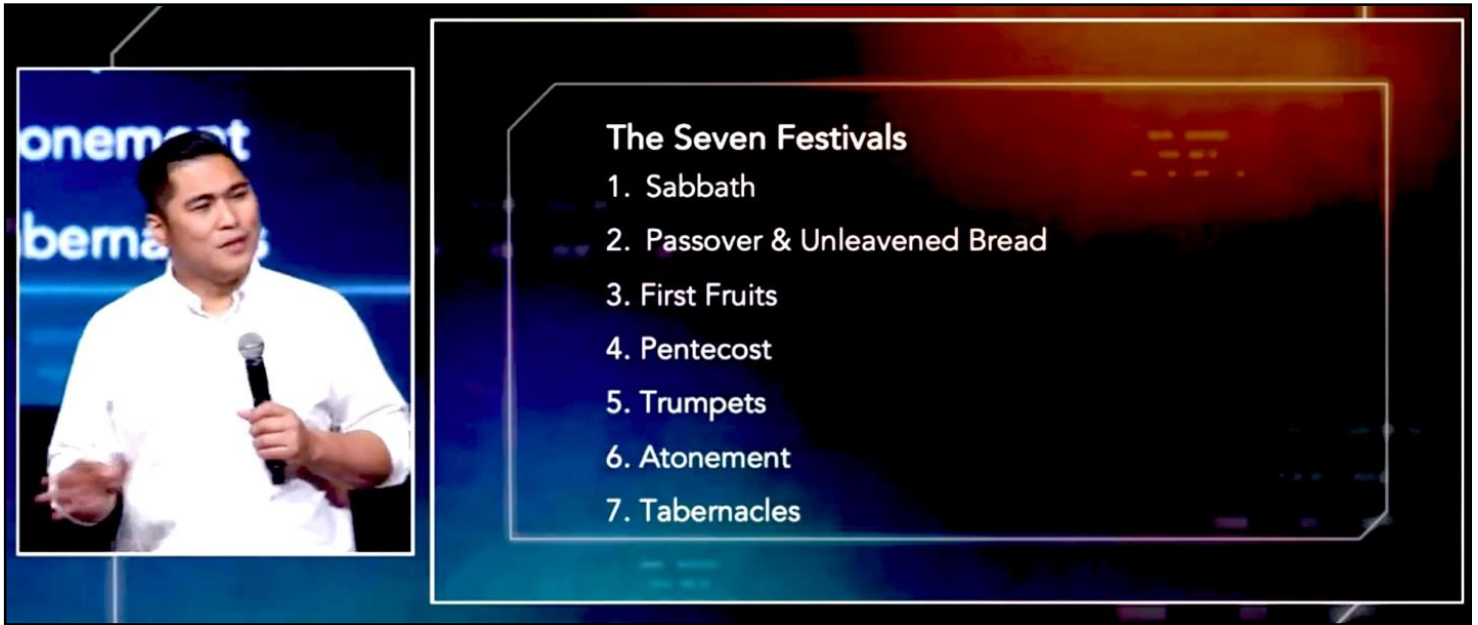
"The Lord said to Moses, ² "Give the following instructions to the people of Israel. These are the Lord's appointed festivals,

Leviticus 23:1-2, 4 NLT

*which you are to proclaim as official days for holy assembly.
⁴ "In addition to the Sabbath, these are the Lord's appointed festivals,*

Leviticus 23:1-2, 4 NLT

*the official days for holy assembly that are
to be celebrated at their proper times each year.*



I love it that the God of the Universe, the God of Israel, the God whom we serve, the God who saves us all, gives specific appointed time or proper times to be in celebration. And that is giving you a picture who God is. He loves parties. He loves celebrations.

God loves parties—
and vacations!

So, *above* are the seven festivals that we are going to unpack one by one.

If you look closely at the list, you'll see the Festivals are not just seven. As mentioned, every seventh day is Sabbath Day. There are 52 weeks a year—52 Sabbath Days-- plus six more festivals, so, 58 parties, vacations, every year.

52 + 6 = 58 parties/year

As we dive into the festivals today, you'll discover that they are not just festivals—they're really party, vacations.

It's God making time for you to enjoy.

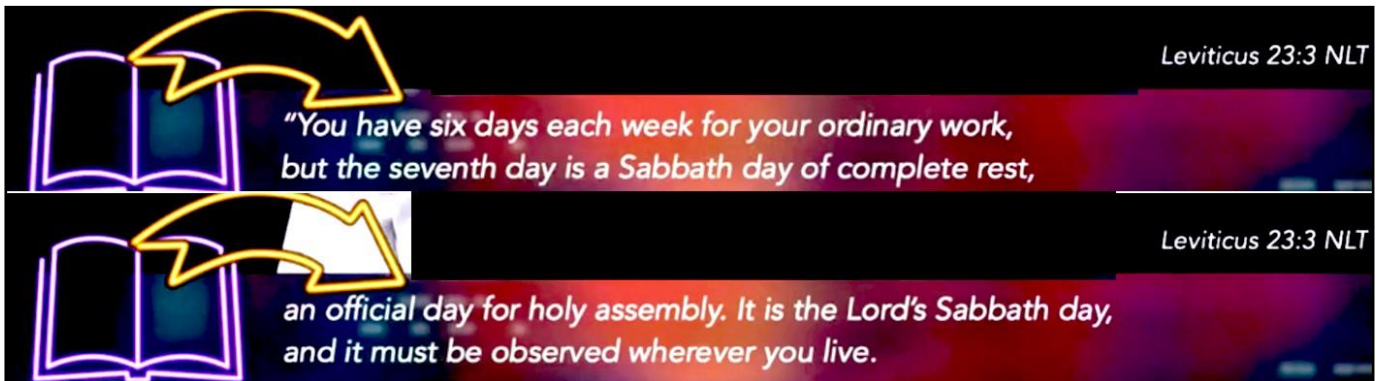
Here's the heart of the talk: We have an amazing God who loves to throw parties. He's not a party pooper. He's a party popper. He allows us to have fun, enjoy, make the most of life. Life is so hard that we cannot take it too seriously.

We have an amazing God
that loves to throw lots of parties.



First Festival is Sabbath. It is the heart of all these festivals.
We'll spend more a bit unboxing it. Once we get this, we move forward to the rest of the festivals.

Let's do it. Leviticus 23:3 says:



Things work well when they are in rhythm. Everything has a rhythm—even in business, even in relationships, even in the different seasons. Without rhythms, chaos will rule. Even if I can sing pitch-perfect, if I am not in the right kind of rhythm, it's still not good singing.

So, today, you, we, will discover that Sabbath is God establishing a rhythm of our relationships.

FIRST

Sabbath is the rhythm of your relationship with God.

Sabbath is our weekly time with God. This is our time with the Lord.

We're doing this by going to the weekly Feast—especially if you can come earlier.

Sabbath is a weekly Feast-- but also, it's a daily Feast. It's our daily time with the Lord.

Does it happen that only on Sundays that you can have a Feast time? No.

I believe that we can have that nourishing Feast time with the Lord in our daily prayer—when there is silence in your prayer time, or adoration time. Or maybe when you're doing Rosary on your way to work. Or maybe when you're listening to Worship music when you are in the UV Express (utility vehicle or van).

Sabbath, as expressed in the previous talk, is not just about resting. But it's also about *trusting*. I believe we can be resting if we are really trusting. It's not just about specific hours and things to do in your life, on your calendar, but it is more of the inner attitude of resting in God's love.



Sabbath isn't just specific hours in your calendar, but an inner attitude of resting in God's Love.

Time out! And when you're doing time out, it's like just trust.

When I am sleeping, when I am resting, I declare that God is working in my life.

SECOND

Sabbath is the rhythm of your relationships with others.

And here's another practical point: Relationships are like organisms. We are living things.

Relationships need tender, loving care. Relationships need nourishment, time, and attention. If we do not nurture our relationships, they wither, they die, they lose out. That's why relationships are failing.

The Survey Says ...

A 2021 survey by Cigna (an American multinational healthcare and insurance company) showed that 61%-- 1 out of 2 adults—feel that they are lonely.

And if you apply that in this room—look at your left, look at your right, who’s lonely here?

Is that percentage high or low? It’s getting higher. It’s 7% higher than the previous year. Is the percentage of people feeling lonely high or low?

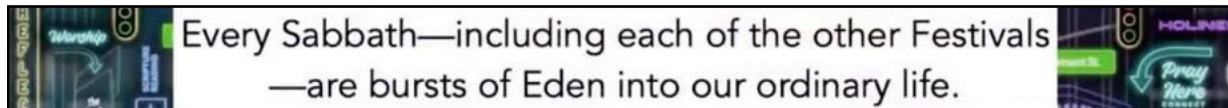
It’s tremendously high: 1 out of 2 persons---61%! — say “I’m lonely.”

Of course, it’s subjective. But come on, we have this generation where people are feeling lonely despite supposed to have “connections.” In social media, it’s easier to call people now. It’s easier to connect—supposed to be—through technology. But the more “connected” we look like in technology, the more disconnected we become.

Sabbath gives us back that rhythm.

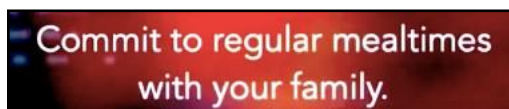
To be with the people we love, we need to stop working so that we can re-connect with our friends, with our loved ones.

I believe that Sabbath—including each of the other festivals—are like bursts of the Garden of Eden into our ordinary life.



Remember that in the Garden we enjoyed God’s abundance. In the Garden you were just there-- living your life, enjoying the love of God.

Some practical examples:



I’m guilty of not doing that. Sometimes, most of the time, I go home late. Sorry, my wife, my darling. So, tomorrow, I’ll go

on leave. I think I need to do this more often.

We need to re-commit regularities into our relationships as well.

We need to commit Sundays as Feast Days. In The Feast Family, we have what we call Light Groups – a group of friends coming together, regularly meeting in different houses, or here, after The Feast, or wherever they can meet together.

I agree. I will never be who I am if not for these people who I spend life with. We do Life together. And that’s a beautiful gift of the Church.

It actually saved our life.

So, rhythm with God, rhythm with others.

THIRD

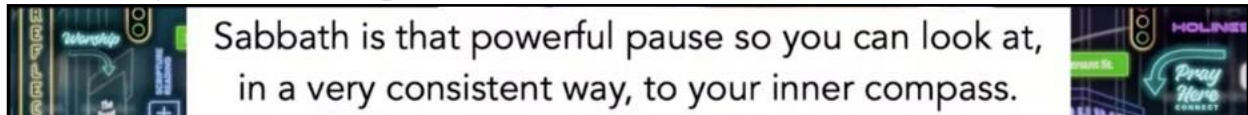
Sabbath is the rhythm of
your relationship with yourself.



This is for you also. As a doctor, I see a lot of persons really emotionally exhausted and lost. They're like running on the treadmill of Life, wondering, "When is this going to end? What am I doing?"

Do you feel that way sometimes?

Sabbath is such a powerful concept and a lifestyle. Because if you do it, and keep it in check in a very consistent way, you will find the compass in your life. You find your inner compass.



The Guidance System consists of three aspects:

1. life purpose
2. deepest values
3. core identity

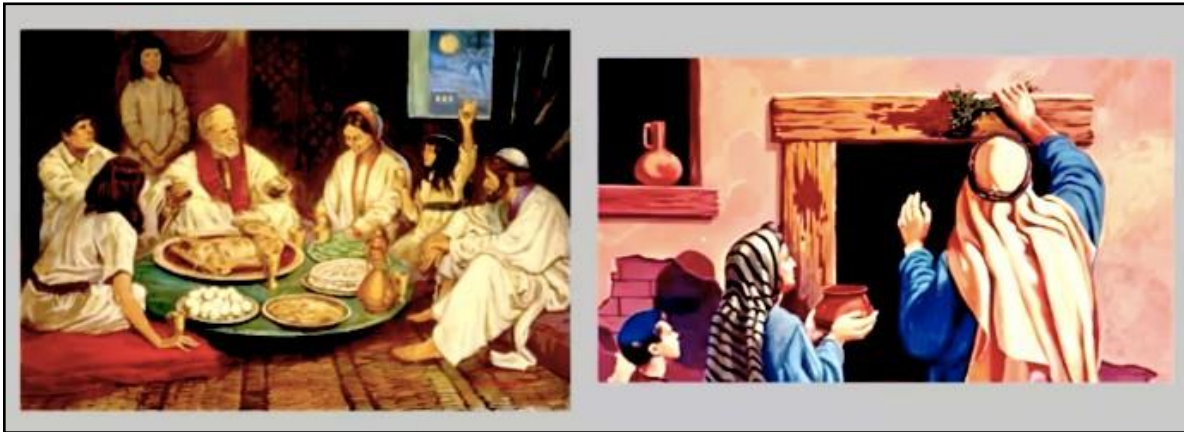


1. **Life Purpose:** It is during rest time that you can get back to *Why*?
2. **Deepest Values:** What am I standing up for?
3. **Core Identity:** Who am I? And *whose* am I?

Take a pause, right here, right now. How are you? How are you in your internal guidance system?

And it's great for you to hear this. Maybe this is something that could be refreshing for you: Sabbath Life is a beautiful life. It is not a wasted life.

It is worth doing and applying it in your daily life. The God of the Universe tells us to have parties, take vacations, take times out. When is that next time out that you're doing? Would you like to do a time out with us every single Sunday? Would you like to put it in the many holidays this year—long weekends?



The Second Festival is the Festival of the Passover and Unleavened Bread. (The Hebrews were enslaved in Egypt for a long time. The Egyptian Pharaoh did not want to grant them freedom until the Lord sent a plague --where an Angel of Death would slay all firstborns—including the son of the Pharaoh.)

The Festival of the Passover and Unleavened Bread is a celebration of the historic night when (to make sure the firstborns of the Hebrews would be spared), God instructed the Hebrew slaves to have a meal and smear blood of the lamb on their doorposts so that the Angel of Death, passing by, would skip (or pass over) their homes—that's why the Festival is called Passover (Exodus 12).

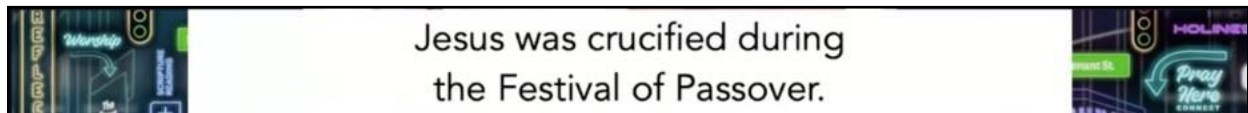
That's the common understanding of the Passover.



God's Protection

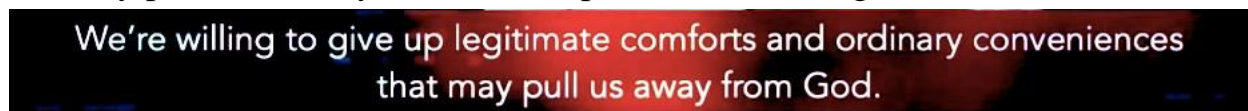
Bible scholars believe that *Passover*, or in Hebrew, *Pesach*, means more about God's protection. Remember the significance of this one. The plague was the final push so that the Pharaoh would let the Hebrew slaves go.

Did you know that Jesus was crucified on the Feast of the Passover? If you look through your Bible, you'll read it there. (John 19:31) (Mark 15:42).



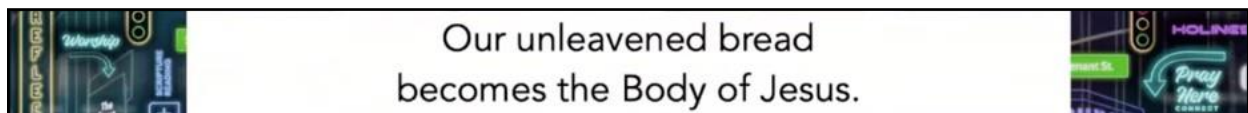
Jesus chose to die on that day to announce that He was rescuing the entire world from our spiritual slavery. As Catholics, *Good Friday is our Passover*.

In the Festival of the Passover, people still ate unleavened bread for the next seven days. Yeast, which makes the bread rise-- is a symbol of sin. So, by eating bread without yeast-- you can eat and live without the yeast-- they are declaring they can give up anything— legitimate comforts and ordinary conveniences— that may pull them away from God or push them to sin again.



So, that's why during Lent, we abstain from meat and fast from food because we're training our spirit to give up good things for much, much better things.

I love it. And as Catholics, again, we believe that the unleavened bread is fulfilled at Mass – because unleavened bread becomes the Body of Jesus.





Unlike in the other Festivals, where the Hebrews could already celebrate immediately, here, you'll see in *Leviticus*, that the First Fruits Festival can be done only until they enter the Promised Land.

Here's the Word from verse 9:

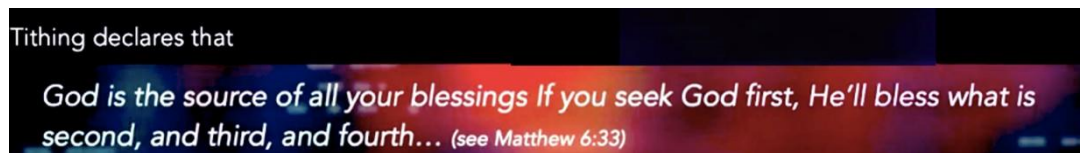


This is different from their tithes. But if we can fulfill the meaning of the Festival of the First Fruits, we can make our tithes our first expense. This is where we put our First Fruits.

And when you do this, the practicality of it is this:

You declare: "God, You are the source of my everything. And my First Fruits is Yours."

And you also declare: "My second, third, fourth—if I seek You first, You're going to bless the rest..."



That is the heart of the Festival: We honor God with our First Fruits.



Count seven weeks or 50 days after the Festival of the First Fruits, they celebrated Pentecost.

Pentecost is the Greek word for *fifty*. Those 50 days would be 7 Sabbaths where everyone in town shared meals together. This is beautiful. Neighbors invited neighbors—“Let’s share a meal, friends.”

50 Days = 7 Sabbaths

It’s a Festival. For seven straight weeks, abundance was flowing. Eden was alive again.

Here, in The Feast, we believe that we’ve multiplied around the world, not because by holding Grand Feasts—productions like this we’re having now. No. We spread around the world because of the Light Groups—the Feast Lights that we’re doing—the small communities that meet after this big event is over. We have a lot of persons committed to build communities of loving relationships under the Light of Jesus Family. And that’s how we’ve grown.

Light Groups and Feast Lights = Parties

On a spiritual level, on a practical level as well, for the Hebrews, Pentecost was to thank God for their harvests.

Centuries later, something familiar happened during one Pentecost Festival. Fifty days after Jesus rose from the dead, God came down also in the form of fire. And this happened in another kind of mountain (Mt. Zion outside the old city walls of Jerusalem) and there, in a cenacle or dining room, called the Upper Room, the 12 apostles and Mama Mary gathered. And the Holy Spirit came down in tongues of fire on them. And the Church, the New Israel, was born. (Acts 2:1-4)

Today, we want God to continue to come unto us with His fire.



No. 5 Festival: Trumpets.

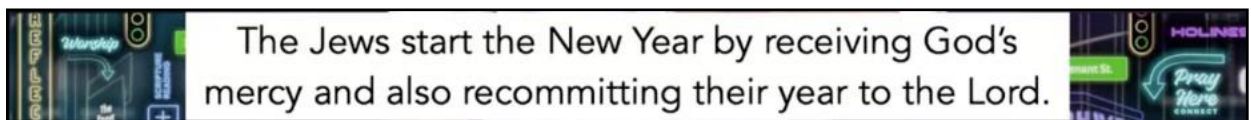
I'd been to Israel, and I saw the trumpets there. They are not brass trumpets. They are like horns of rams. And I even tried to blow one. I could not. There had to be a lot of lung power to get it done.

The Festival of Trumpets happened on the first day of the seventh month—which is very important. Because in a year, the seventh month is the Sabbath month of the year.

And the Festival is called Trumpets because it starts by blowing the ram's horn 100 times. It was their prayer to God-- for God to send rain for their crops.

It's like their trumpet prayer to the Lord: "We're making noise, Lord. Hear our prayer."

So, this Festival recalled how God forgave them after they became unfaithful by worshipping the Golden Calf during that time.



On this day, the Jews received God's mercy and they recommitted themselves to the Lord.

Beautiful celebration. Celebration is when we remember the goodness of God.



No. 6 Festival: The Day of Atonement.

This is the most solemn Feast. And it happened nine days after the Festival of Trumpets.



In Talk 6, we heard the high priest took two goats-- the first goat was offered as a blameless sacrifice and the second goat was sent away towards the East gate—like a spiritual garbage truck carrying their sins away from the family, away from the people, into the wilderness.

So, that was the one that *goataway*. ☺

We declare that both goats were fulfilled in Jesus through Calvary. So, understanding all of these makes us appreciate our faith.

Atonement brings us

back to Sabbath because remember this:

Real Sabbath is not just a rest from work—

but also rest from sin. That is why you can really just be there with God.

God wants to set us free. Do *you* want to be set free?

Real Sabbath
isn't just a rest from work but rest from sin.

As Catholics, the Day of Atonement is fulfilled in the Sacrament of Reconciliation.

As Catholics, for us, the Day of Atonement is fulfilled in the Sacrament of Reconciliation. During this Lenten season, I invite you, have a good confession. Fr. Bob McConaghy is there waiting for you. And there's going to be another priest at 12:30 p.m. We are offering the Sacrament of Reconciliation every single Sunday to stay true that we are Catholics-- that the forgiveness of God is right there waiting for you. I hope you take it.



The last Festival:
Tabernacles.

Oh, this is interesting.
We don't see this anymore.
The Feast of Tabernacles also
called *Booth* or *Shelter Festival*.

During the Festival, the
Israelites would stay in
temporary shelters with roofs
made out of branches of trees –
for seven straight days. They
were reenacting the life of their
people way before, when their
ancestors were wondering in the wilderness, living in tents (*above*).

And in this Festival, they recalled how God provided for their needs.

Of course, the Festival
also recalled the
Tabernacle—God's *Tent*
(*right*) among His people
in the wilderness.

This was like family
camping, Jewish style.





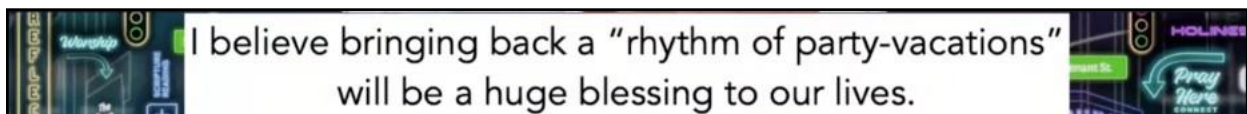
The Transfiguration

Just a little side story:

During the Transfiguration of Jesus on Mt. Tabor, with Moses and Elijah, Peter said: “Let us build three *tents*.”

Peter was referring to this Festival of Tabernacles. At that moment, Jesus became the New Tabernacle – Emmanuel, God is with us.

So, what do we do? Why explain all these Festivals? Well, as we said at the start of this Talk, look into your calendar. Are we saying pattern your calendar after the Jewish calendar? No, no.



What I am saying is bringing back a rhythm of parties-vacations to your life is going to be a huge blessing for you. Put parties-vacations on your calendar— if they are important for you, and if you believe that God has redeemed you, God has chosen to dwell in you. Put (days of resting in God) on your calendar.

Seven days. How do we do this Festival?

Well, you can have your own camping trips with your family, with your friends. I know of a lot of people, for them, it’s so refreshing when they hike up a mountain, or just spend time with nature. Nature is actually good for you. Dr. Green, we call it. Spend time there, appreciating nature.



What Is Important

I mentioned to you that every morning, I try my best to get up, just wash my face, go out, walk, spend time appreciating nature, get some sun, trying to have meals with my family, trying to have a once-week date with my wife Mayi, every single week, starting also date-times with my daughter Haeli and with my son Hosea...

It's hard – but it's important.

At different times each month, we see our friends, Light Groups, friends dining together, connecting with one another.

At different times each year, family vacations. My wife and I just went on many trips.

How many are newlywed couples here? Yes. How many here are couples with young children? Yes. May I speak to you:

The most refreshing time with my wife is when we're not with our kids.

And I'm telling you, we need it. Let me normalize it. We need time for us.

And that's the best gift we can give to our children—when we, as a married couple, continue to have that intimate relationship. Not just sex. But really, good time away. Because that's our biggest gift to our children: our loving marriage.

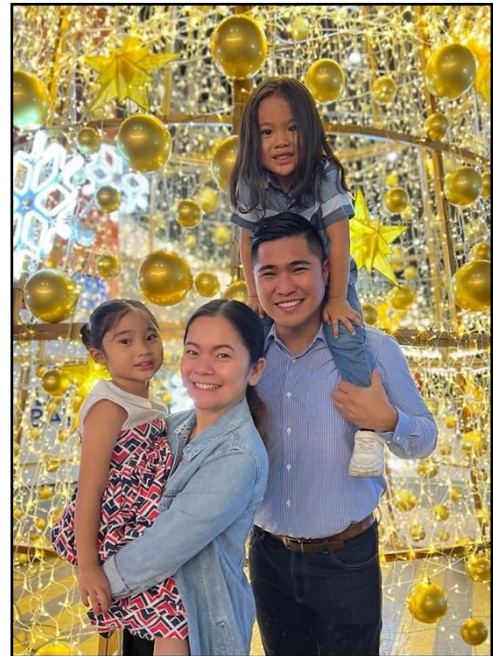
I hope that you do so. Put it on your calendar.

You know, the most loving thing that I recognize now that my wife does?

When she puts on my calendar: "We're gonna go here... We're gonna take this vacation... I was able to invite this couple, this family to our home..."

I will just say, "Yes."

She sees my calendar, anyway. You know, she is the ruler of my calendar, next to God. It's just practical.

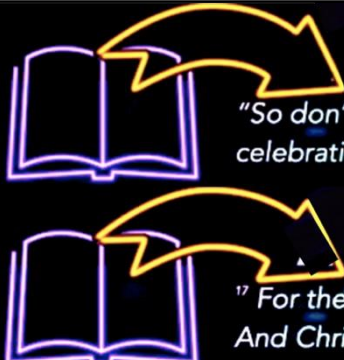


Center of the Rhythms

Today, remember this:
The center of all these,
the rhythms in our life –
all of these point to Jesus.

Only Jesus can make our rhythms
life-giving.
Only Jesus can be our power source.

St. Paul says:



Colossians 2:16-17 NLT
"So don't let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or Sabbaths.

Colossians 2:16-17 NLT
"For these rules are only shadows of the reality yet to come. And Christ himself is that reality.

All the festivals we talked about were prequels to Jesus.

Jesus is our Passover.

Jesus is our Unleavened Bread.

Jesus is the First Fruits
of the Father.

Jesus is the Author of Pentecost.

Jesus is the One being announced
by the Trumpets.

Jesus is the two goats of the Atonement.

Jesus is the new Tabernacle.

Jesus is the real Sabbath.

Only He can give us real rest that we are praying and hoping for.

Trust in Him.





Warning: *Tiredness Can Kill*

Yes. When you're driving, you're not sharp when you're so tired, when you're not fully rested, when you're sleep-deprived-- it's not safe

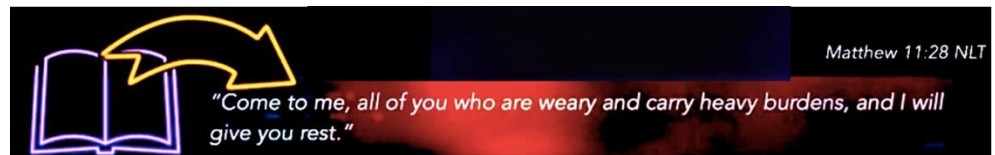
And I am not talking about just physical tiredness. This is a warning because when we're going out there, life is tough. It's hard.

Our relationships can exhaust us. What's happening in the environment can also drain us, can get into us again. Maybe today, you are physically, emotionally, spiritually, financially drained, exhausted. And if you do not take a break, you might just have a breakdown.

But I'm happy you are here. You know why? Because Jesus is here. Because He is refreshing us again, and again, and again.

From Matthew 11
He reminds us:

He will not only give you that rest, He will give you that restoration.



That recalibration, that refreshing, that re-energizing time to be with Him.

Guys, rest in the Lord today. Not just today – but each and every day-- for all eternity.

One last practical thing: As we Worship, don't think. Just trust. When you raise your hands in surrender to Him, you're accepting "Lord, I am going to rest in You. I'm going to live that Sabbath Life. I'm going to have that vacation time, party time. This is You and me, Lord. I am Yours and I am Yours forever. God, lead me into a rhythm of always restoring relationship with You, with others, and most especially with myself. I am Yours.

Are you ready to live a Sabbath Life? Are you ready to go out there? Put it on your calendar. Put what you value most. It is God's command. Trust in Him today.

*Father God, we rest in You. Restore us, revive us, renew us, refresh us.
In Jesus' Name. Amen.*



MERCY MINISTRIES

By humility and the fear of the Lord are riches and honor and life.

--Proverbs 22:4

ANAWIM HOME for ABANDONED ELDERLY PART 4

By CECILIA G. LANDOY

I AM a regular employee of the Anawim Lay Missions Foundation, serving as kitchen staff at our Anawim Home for Abandoned Elderly.

Here, I am blessed to share my Anawim story.

Before I found out about Anawim, I lived with my family in a farm, planting and harvesting rice. I was able to go to elementary school and after I graduated, I survived by peddling vegetables.

I came to know about Anawim through my grandmother, Lola Francisca. She happened to be acquainted with Helen Felix, a cousin of Trinidad Mangahas, then Directress of Anawim.

Ms. Helen brought me to Anawim with her and that's when I met Ms. Trinidad, Tita Neneng to all of us.

Tita Neneng asked me if I wanted to help in the Anawim kitchen. I said yes—mainly because Anawim Home is located near my house. So, I could work and still be with my family.

I started in the Anawim kitchen just slicing vegetables, whatever else, until eventually, I learned to cook.

Then, I became a regular employee at Anawim. That was in 1997 and until now, I'm still here as a kitchen point person.

I've stayed in Anawim because here, I've received blessings after blessings.





Financial Stability

First, of course, with my regular salary as Anawim employee, I've been able to help my parents with our day-to-day expenses. Great blessing, I was able to send my siblings to school.

My Own Family

In time, I met and married the love of my life, Rodrigo Landoy, and we've been blessed with two children. Here we are, *from left:* Rodrigo; daughter Stephany, a Grade 12 student; yours truly; and son Bryan, now in second year college.



With my Anawim income, I've been able to help Rodrigo fend off for our family.

My Anawim



Next to my own family, I cherish being with my Anawim family—my co-employees, and with them, serving our dearest elderly. I have simply fallen in love with our lolos and lolas.

Best of all, in Anawim, I learned how to pray. To this day, I have a spirit-nourishing relationship with the Lord and a loving devotion to Mama Mary.

Be humble; love your neighbors; and share what you have.

These are life lessons I've lived by since I've become a part of Anawim.

Now, I am able to share with my family what I have been learning in serving God and my neighbors—the lolos and lolas. I am deeply grateful.

LET'S GET CONNECTED!

We are at the Anawim#Home for the Abandoned Elderly Office
1860 Rodriguez, Rizal
E-mail: alm.montalban@yahoo.com

Thank you very much
And God bless you more and more!



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

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

Fax 725-1230

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

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**FAMILY
ONLINE
NEWSMAGAZINE**

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Go and make disciples of all men.

— Matthew 28:19

