



NEWSLETTER  
April 23, 2023

## *The Work of the Spirit*

QUICK QUESTION: *How will you know if the Holy Spirit is at work in your life?*

If you belong to the early years of the Charismatic Renewal, you would've probably had moments like this:

A friend would ask, "*So how was your prayer meeting?*"

And the other person would say, "*It was a huge success! Lots of people cried!*"



Let me explain: Back in the day, the more people that cried in a gathering, the more successful the event was. If a lot of people cried during a prayer meeting, it was a massive victory! Why? Because everyone believed that the Holy Spirit was moving.

Don't get me wrong. Tears could be a sign that you received a touch of the Spirit. But tears could also mean that a song in the prayer meeting reminded you of your ex.

People like looking for all sorts of signs to be able to claim,  
*"The Spirit is here!"*

What signs? We find out in today's Feast Talk.  
Have a bright, enlightening Feast.

In Him,

Audee Villaraza

**WELCOME**  
**to the Feast Talk**  
***The Garden:***  
***Connect to The Gardener***

## Changes, Changes

AT The Feast last Sunday, Fr. Mark Demanuele spoke about a change. That is, the change of mind of the apostle Thomas who early on doubted the Resurrection of Jesus, *page 3*.

Yes, we have this change on Page 1 of this issue of *The Feast Family*. You see on Page 1 Bro. Audee Villaraza, introducing the Feast Talk which he will preach at The Feast Bay Area today.



Longtime readers of *The Feast Family* know that our Page 1 always featured our Light of Jesus Family Founder Bro. Bo Sanchez and main preacher at The Feast Bay Area at the Philippine international Convention Center. If you'd been attending The Feast Bay Area of late, you heard Bro. Bo Sanchez announcing that he's no longer the leader of LOJ.



At The Grand Easter Feast on April 9, 2023, Bro. Bo told Feasters: "The responsibility and the pain and the burden are not on my shoulders anymore. The responsibility is with other people... I just want to tell you that I am like you now. I'm a member. And they put me here onstage because, you know, I'm a servant. And I serve. If they tell me to serve, I will serve."

Bro. Bo, Bro. Audee, and Bro. Ryan Capitulo pointed out life changes – if we are to stay in God's Garden, *page 12*.



Big, big changes happened the moment Bro. Rey Ortega decided to devote his entire life in the service of those in need.

Be inspired by his life story in our *Mercy Ministries* feature on Jesus Christ Cares for Cancer, *page 33*.

Lesson: Be ready for changes!

All for God's Glory,

**Randy Borromeo**  
Media Ministry  
Executive Director





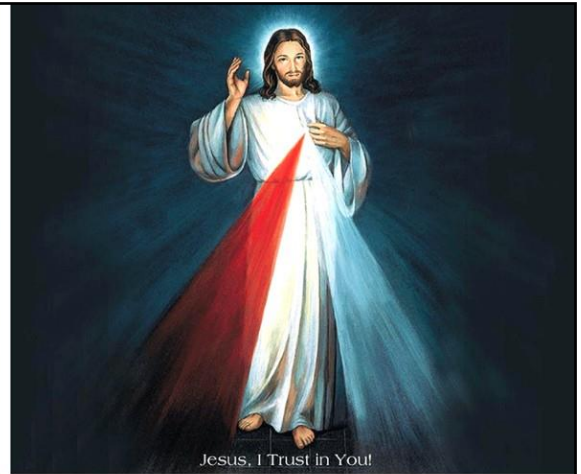
# FLASHBACK!

APRIL 16, 2023

## Holy Mass



**SECOND SUNDAY OF EASTER**



**SUNDAY OF DIVINE MERCY**

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**FR. MARK DEMANUELE**

on the Gospel: John 20:19-31

*Jesus Appears to His Disciples*

Excerpts...

WOW, what a beautiful Gospel we have today on this beautiful Divine Mercy Sunday.

Jesus Himself wanted this day to be dedicated to His mercy. But you might see there's no mercy mentioned there-- it's not a Gospel about mercy.

Maybe we could have, I don't know, maybe for the adulterous woman or Zacchaeus, whatever. But yes, there is.

Because this is a Gospel that speaks about us, about each one of you and me.

Let's go through a bit of this Gospel because it makes a lot of sense.





## Sign of Mercy

First indication of God's loving mercy for His disciples is that --although they were afraid, they were locked inside, they abandoned Jesus, they ran away from Jesus-- what is the reaction of Jesus?

With mercy and love, He goes into the midst of them. He enters into their fear. He enters into their own situation and there. He is telling them, "Peace be with you."

Which means, *I don't care that you abandoned me. I'm still loving you. I'm still here for you.*

Because of that mercy.

Second, what about those who crucified Him? Those people, those Jews that were responsible for the crucifixion of Jesus... What did Jesus do?

Jesus said to the apostles, *"I am sending you as the Father has sent me, I want to send you in the midst of the people, in the midst of the people who crucified me to share the Good News that God still loves them..."*

Another way of God showing how merciful He is--and obviously: What about Thomas? Poor Thomas, doubting Thomas. We immediately give him titles, this poor Thomas. What about him?

Again, if He was a normal person, when He (Jesus) comes, He would tell him, *Why did you doubt on me? Haven't you seen all My signs? And you still doubt me?*

No, He goes again to the level of Thomas. He descends into the doubts of Thomas and He gives him proof: *"Look at my hands. Come, touch me."*

What is that? Jesus is, again, telling Thomas: *"I still love you. I know that you doubted. Try not to doubt anymore but to believe... I don't care about your doubts because I want you to be my disciple."*

And to relate this today, we have the institution of the Sacrament of Confession. When He says to the apostles, *what sins you forgive are forgiven*, what is He doing? He is giving them-- and all the Church-- authority to be a sign of mercy with others.

In Confession, my dear Sisters and Brothers, I say to myself, God is showering us with His Divine Mercy. God is giving me mercy upon mercy every time I go to Confession.

This is the Gospel of today. This is the Gospel about Divine Mercy.

## Sign of Love

Now, let us come to each other. How many times I abandoned Jesus? How many times I didn't care about Jesus, I didn't care about my brothers and sisters. What am I doing? I was like the apostles. How many times I locked myself? I hated myself, I hated others. I didn't want to meet others.

What's the reaction of Jesus? As He did (in the Gospel) today, He did to me: "*I come and enter there. I want to be with you still. Even though you abandoned me, I still love you.*"

How many times, with my sin, did I crucify Jesus? I nailed Jesus to the Cross with my own sin. And what did Jesus do? He sent me the Church through the Sacrament of Reconciliation to share with me His mercy and He's telling me, "*I don't care about your sin because it's already nailed on the Cross. I care about you. You are forgiven.*"

And how many times I doubted? I was indifferent to God, to Jesus Himself. There comes a time when I'm in darkness even though I'm a priest... Sometimes, I am even Consecrating-- and I say I doubt.

This is my life, this is your life, and Jesus comes in that very moment. This is my own experience here in the altar. He is sharing with me His own body and blood telling me, "*Doubt no more. You are my son. I chose you. You are my children. You are my family. I share my love and mercy and forgiveness with you abundantly, unconditionally.*"



### First Reading: Acts 2: 42-47

*42 And they were persevering in the doctrine of the apostles, and in the communication of the breaking of bread, and in prayers. 43 And fear came upon every soul: many wonders also and signs were done by the apostles in Jerusalem, and there was great fear in all. 44 And all they that believed, were together, and had all things common. 45 Their possessions and goods they sold, and divided them to all, according as everyone had need. 46 And continuing daily with one accord in the temple, and breaking bread from house to house, they took their meat with gladness and simplicity of heart; 47 Praising God, and having favor with all the people. And the Lord increased daily together such as should be saved.*



## Share His Love and Mercy

Now what should we do?

The Gospel speaks about Jesus saying to His apostles, *“I want to send you...”*

This is the hardest part. He is asking each one of us: *“I want you to be apostles of mercy. I want you to be a person who gives witness *“how much God loves me, how much God showed mercy to me.”**

Do not be afraid to speak about Jesus’ love, forgiveness, and merciful Father that we all need.

Out there, my Brothers and Sisters, out there in the midst of us, there are people who are hurt, who are doubting at this very moment. Out there, they need a person like you to tell them, *“It’s okay. God still loves you. God is still with you. God will never abandon you even if you ran out from the Church. He is waiting to hug you, to embrace you.”*

We are called to be the people to share this message: *I received the Divine Mercy, and I am called to forgive. I am called to share the love and I am called to overcome my own fear and reach out to others.”*

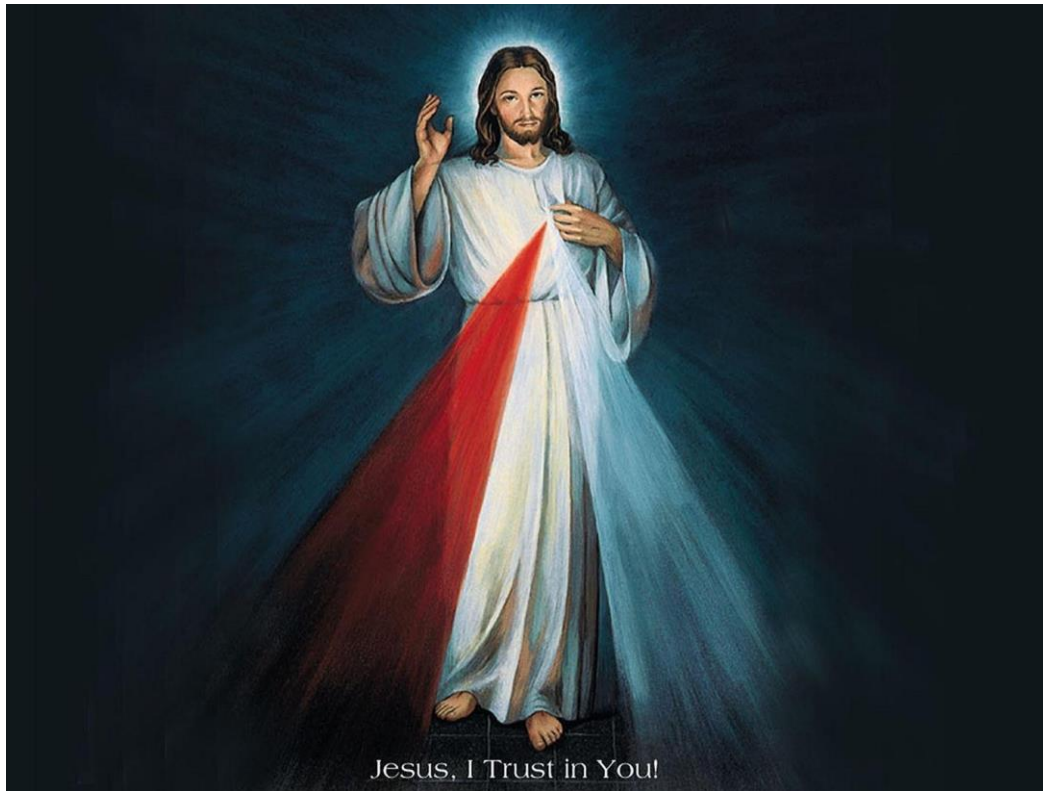
## Second Reading: First Peter 1: 3-9



*3 Blessed be the God and Father of our Lord Jesus Christ, who according to his great mercy hath regenerated us unto a lively hope, by the resurrection of Jesus Christ from the dead, 4 Unto an inheritance incorruptible, and undefiled, and that cannot fade, reserved in heaven for you, 5 Who, by the power of God, are kept by faith unto salvation, ready to be revealed in the last time. 6 Wherein you shall greatly rejoice, if now you must be for a little time made sorrowful in divers temptations: 7 That the trial of your faith (much more precious than gold which is tried by the fire)*

*may be found unto praise and glory and honor at the appearing of Jesus Christ: 8 Whom having not seen, you love: in whom also now, though you see him not, you believe: and believing shall rejoice with joy unspeakable and glorified; 9 Receiving the end of your faith, even the salvation of your souls.*





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And the Divine Mercy will continue to flow from the heart of Jesus.

How beautiful are those rays coming down from the heart of Jesus. What are those rays? You and me. Those are the rays, the light of Jesus' Divine Mercy that is being poured out through us in the world of today.

Let us not be afraid and let us believe that God is not just a simple God-- but an abundant, loving, unconditional God for all of us. May He continue to share His mercy with us and may He give us the courage to share our own mercy with others.

7 The FEAST April 23, 2023





## WELCOME HOME



**AUDEE VILLARAZA:** Good Morning,  
Feast Bay Area!

Can you greet the person beside you and say,  
“Good morning, friend!” How are you today?  
Are you good?”

Praise God!

Can you clap for the person next to you  
for being here? Are there any people joining us  
for the first time?

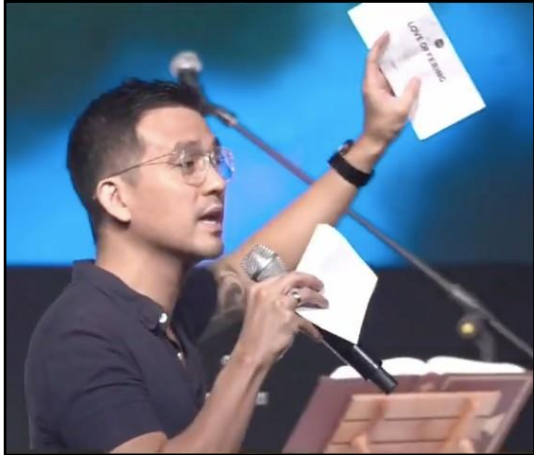
We want you to know that this is your safe  
place. You’ve come from different places,  
from different backgrounds and experiences--

but I want you to know that you can be yourself here. You don’t have to pretend  
to be somebody that you’re not because God cannot bless who you pretend to be.

This is a place where you will feel God’s love and I pray that the Lord will  
minister to all of you...







## Love Offering

I'd like to read to you just a few thanksgiving messages for answered prayers since last Sunday and I want you to clap your hands even if you don't hear your name. Maybe next week, I get to read your answered prayers.

So, the first one that I'd like to read is a thanksgiving message coming from Lace G.

She says, "Lord, thank you for letting me experience your great love for the past few days of the Holy Week Retreat. Thank you for letting me

know that I am completely, perfectly, and totally loved by You. Thank you for this Community for making me feel like I belong."

And then from Resty: "I am grateful and blessed that God allowed so many opportunities into my life. I entered a new work place. I'm also teaching-- a part time job-- facilitating reviews. And some side hustles. Truly the Lord is blessing me so that I can be a blessing to others."

Kim says: "Thank You, Lord that I already paid all my financial debts. And thank You for the successful operation of my father."

From Ernie: "Thank You, Lord, for my new elevator company—registered at the SEC (Securities and Exchange Commission). Thank You sa blessing na nakasama ko daughter ko sa Feast."

Mira: "Thank You for a wonderful experience this Holy Week. Thank You, Lord, for speaking to my heart and making them(message) very personal. Thank You for slowly reviving and mending my relationship with my Mommy. I've been having a hard time sleeping since the last two weeks due to stress and anxiety, but I'm grateful to You, Lord, for granting me rest and for Your continuous guidance and reassurance."

Can we give the Lord one big clap offering from all of these blessings? This is just small evidence that God is moving here. God is working here. We love to hear how God is working in your life as well. Just continue to write your answered prayers on your Love Offering envelope.

**Ways to Give Online**

- UnionBank**  
BANK DEPOSIT  
The Builder of the Light of Jesus Family  
Mega Manila Feast Bay Area, Inc.  
000-4000-24846  
CHEQUE DEPOSIT  
Feast Bay Area
- GCash**  
Scan the QR Code shown  
or visit:  
[TheFeastPICCAM.com/commit](https://TheFeastPICCAM.com/commit)
- BDO**  
BANK DEPOSIT  
Light of Jesus Family Mega Manila Inc.  
003970143807
- For giving via **Debit/Credit Card**, visit  
[TheFeastPICCAM.com/commit](https://TheFeastPICCAM.com/commit)  
for giving instructions

## Worship!

**LUAN FEDERIGAN:** Good Morning, Feast!

So last week, we were left with a beautiful Easter message: *I have seen the Lord.*

So, my dear Brothers and Sisters, despite the darkness of troubles, struggles, or problems, or doubts—in the Gospel today, we see the Risen Christ here in this place.

For He is alive. And we *feel* the Risen Christ for He is in us. Amen!

So, let us fill this place with joy and with hope as Jesus lives and we are all risen with Him. Hallelujah!



**REX MOLLO:** Hallelujah! If you believe that we worship a victorious God, come on lift up your voices and prayer as we make the sign of God's love, in the name of the Father, and of the Son, and of the Holy Spirit.

Shout out: *Jesus* we claim your victory today! We claim your victory over death, over sin, over challenges, over every struggle that we have Because of Your great love, we are free!

*We are free!* And as one family, let us worship together!





Wake up sleeper

I believe there's about to be  
Another resurrection

I see bursts of living color

Come alive

We are risen with Him

Paradise  
Flung wide open

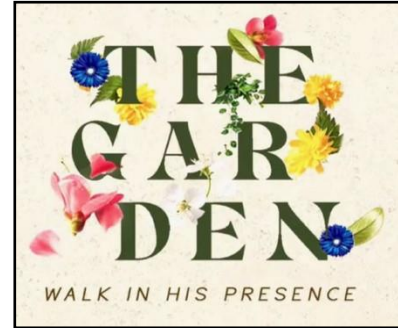
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Words & Music by: Steven Furtick, Chris Brown, Jason Ingram & Pat Barrett  
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## ***FLASHBACK!*** **APRIL 16, 2023**

### **Talk**



**BO SANCHEZ:** Indeed, Lord, we thank You that this day we're in Your Presence and Your Presence is real. You are alive! We celebrate Easter every day because You are alive in our life and You are at work and Your love, it's healing, it's touching, it's moving, it's working, it's blessing, it's raising us up, it's lifting up our spirit, it's bringing us closer to You, it is fulfilling the purpose that we have in our life.

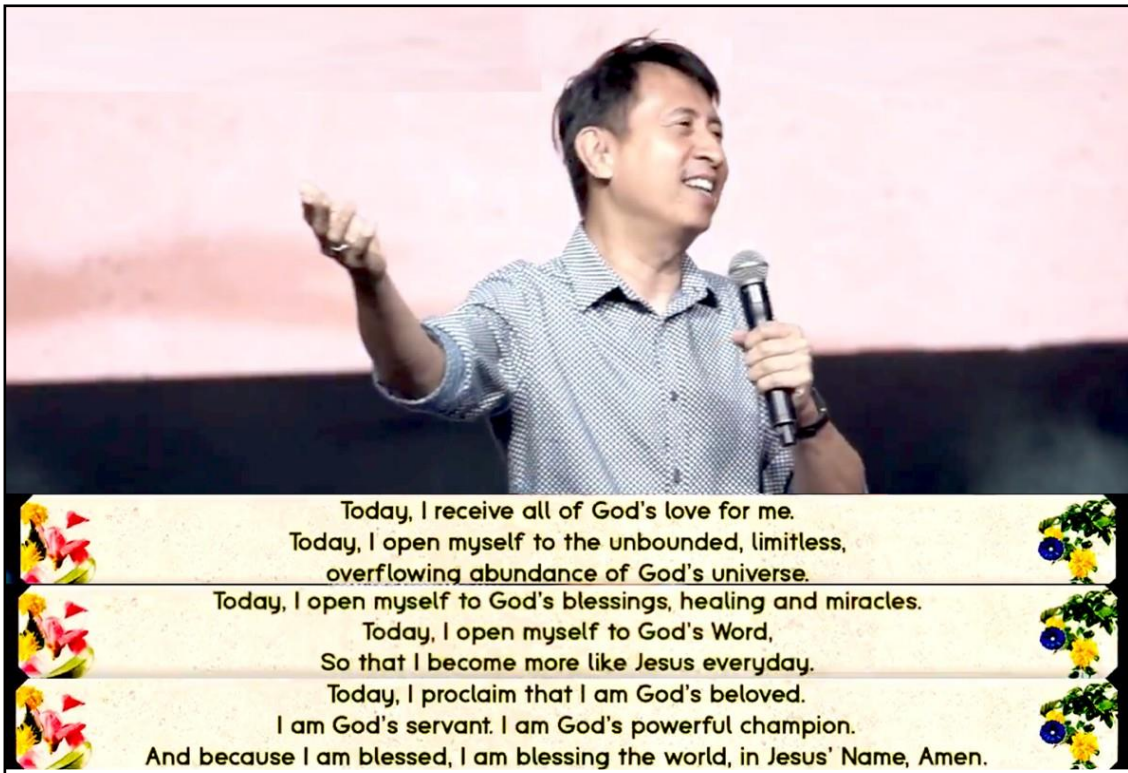
And so, we say *Yes, Lord.*

Everybody, say *Yes, Lord!* Let this room be filled with your *Yes!* And let God's power, and love, and peace, and joy, and healing flow, overflow today!  
Hallelujah!



# DECLARATION OF ABUNDANCE

Everybody, say this with me:



Give the Lord a big hand and love Him this day.



Let's give a big hand also to our Worship Team. Thank you so much.  
Maraming-maraming Salamat. Beautiful.

## Who Woke Up This Morning?

I heard this from a speaker.

He said, “If I give you P1 million today, will you accept it? If I give you P10 million, will you accept it? ... Yes. But on one condition: If you receive the P10 million, you won’t wake up tomorrow morning. So, will you receive it?... No, right?”

And the speaker added: “So, waking up tomorrow morning is more valuable than P10 million.”

Amen.

Now, question: How many of you woke up this morning?



Wow! Thank God!





## You're Alive!

We need hugs, right? Psychologists say we need hugs.

Now, this is what I want you to do. Just in case you're comfortable with hugging, hug a person beside you. I want you to tell that person, "I'm happy you're alive."



Everybody, inhale.  
You're alive!  
What a blessing!  
What a joyful blessing!  
We are alive!  
You're alive!

You know, we were talking about the Garden of Eden and we were saying that God told Adam and Eve, "You may eat fruit from any tree (—except this one tree...)"

And my playful mind my, imaginative mindset—imagine there were 1,000 trees there with 1,000 kinds of fruits and Adam could have said, "Okay, Eve, today, we're going to eat five fruits. Tomorrow, we're going to eat another five fruits. And then the third day, we're going to eat another five fruits. And on the fourth day, we are going to explore that side of the Garden, and we're going to look for another five fruits. And then every day... Oh, wonderful! Oh, God, we haven't tasted this yet..."

No, he didn't say that. You know what they did?

Instead of focusing on what they had, they focused on the one thing they did not have.

You know, there is a problem when our expectations are much more than our appreciation. This is something I just want to leave with you: that you are so blessed.

And we just don't see this. The mere fact that you're *alive* is *such a blessing*. So many did not wake up this morning. But you're alive-- and every breath is a blessing.

Can you see me? Many people can't. You're standing up right now. Many people cannot stand up. You walk to your seat. Many could not walk...

## An Important Line

Friends, Everybody, put your hands on your chest.

Just say, “I’m so blessed. I’m so blessed.”

And because you are *sooo* blessed, you know what you need to do? You need to be a blessing.

And the reason many cannot be a blessing is they don’t understand how blessed they are. And so, today, I know this is going to be powerful for you.

You know, I’ve been preaching and speaking for 40 plus years. I *have*. And I have a little routine before I go onstage. You know what I do? I vocalize, you know, do sorts of things.

But there’s one thing I do before I go onstage. I say, “*Lord, help me. Help me to serve somebody today.*”

You know why that line is so important? One of the problems of communication is that when you become self-conscious, the Talk will bomb. Believe me. You’re thinking: Will they laugh at me? Is my grammar okay? How are my clothes? Is my zipper open?

You know, when you’re self-conscious, everything just goes down the drain. So, if you focus on serving, you forget yourself. And the Talk is great. And people are blessed.

I do, I say the same prayer, every morning. When I wake up in the morning, I say, “How can I serve today? Lord, help me to serve somebody today. Help me to serve my wife today. Help me to serve my kids today. Help me to serve.”

That’s the attitude. Why? Because I’m blessed. I’m alive.

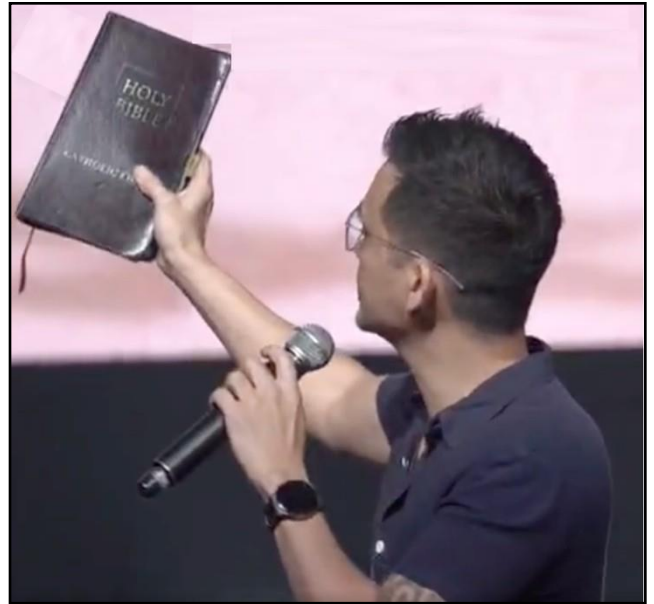
I need to stop talking. This is going to be a powerful experience. God is going to speak to you. My dear friends, please welcome back, my dear friend, love this guy: Audee Villaraza.



**AUDEE VILLARAZA:** May I invite everybody lift up one hand.

If you're online, please stand up as we give honor and reverence to the beautiful wisdom and Word of God:

*The Word is a Lamp unto my feet.  
And a Light unto my path.*







## Back to the Garden

Today, we're going to break open the Word coming from the book of *Luke*.

And I'm praying that God will unleash a Word over your situation today.

We just finished studying *Genesis, Exodus, Leviticus*. And the message that we've been preaching since we started with *Genesis* is *God wants to bring you back to The Garden*.

From Luke 24:44-49, we're going to read the story of when Jesus already resurrected from the dead.

And then He says to the disciples:

### Luke 24:44-49 NLT

"Then he said, "When I was with you before, I told you that everything written about me in the law of Moses and the prophets and in the Psalms must be fulfilled." " Then he opened their minds to understand the Scriptures.

"And he said, "Yes, it was written long ago that the Messiah would suffer and die and rise from the dead on the third day.

"It was also written that this message would be proclaimed in the authority of his name to all the nations beginning in Jerusalem: "There is forgiveness of sins for all who repent."  
"You are witnesses of all these things.

"And now I will send the Holy Spirit, just as my Father promised. But *stay* here in the city until the Holy Spirit comes and fills you with power from heaven."

## Awakening

You know last Sunday, if you joined us here at The Feast, you must have noticed about 4,000 plus celebrated Jesus with us and it was a life-changing event and I can almost imagine that some of you here feel that you were awoken from your slumber.

So many go through life and seasons of life sleeping, without recognizing that there is a God who loves them. And I declare that some of you here are quite *awoke*.

You've been wakened from your slumber. But I can also imagine, with every spiritual awakening, it's not permanent. Because like in life, sometimes you're in love and then a few years later, you fall out of love. Sometimes in life, you experience a spiritual dryness, a drought.

Throughout the entire Holy Week Retreat and the Grand Easter Feast, we preached about the message of the Garden. If you see here, we still have our little props, trees, signifying our walk in The Garden.

That was the message: *Walk with God in the Garden.*

But here's the message for today. And I want you to preach this to as many persons as you can. Say to somebody right now:



If you can close your eyes for a brief moment, let me pray for you:

*Father, this is Your congregation. This is Your crowd. I am but a mere messenger and an instrument. So, I pray that whatever words they hear coming out from my mouth in the next few moments, I pray that they will be Your words, Your wisdom, Your grace flowing into each one's heart and spirit. Thank You, Jesus. We open our mind to how you are going to bless us, inspire us, and change us. And it's in Your Name that we pray. And all of God's people say Amen.*

One more time:

*The Word is a Lamp unto my feet.  
And a Light unto my path.*



## Starting Strong

So, stay in the Garden.

Now that you know that you're meant to walk in the Garden with your Lord, how do you *stay* in the Garden?

Answer: You're going to need something called *staying power*.

We don't necessarily always celebrate staying power.



What we love to celebrate is *starting power*. Starting power is about *starting strong*.

Like in January, some of you guys made some goals in life. You know, you wanted to start strong, start your businesses strong. You wanted to start a new hobby. You wanted a new plan. You wanted to start a new Bible reading habit...

We like *starting strong*.

And the other goal we like to celebrate is *living strong*.

*Living strong* in Tagalog is *despedida*. You know, we like celebrating people transitioning in life. You know, like from being single to being married. Or transferring from one company to the next.

People who migrate to different countries. We throw them parties, right? *Leaving parties. Despedidas.*

Now, if you think about it, we like celebrating *starting strong* and *finishing strong*-- but how come we don't really celebrate *staying strong*?

Like, when was the last time somebody celebrated, giving you a party for staying in that company for 365 days? I mean just for that fact that you've been there for about 800 days. Nobody celebrates by giving you a cake. We don't like the idea of celebrating *staying strong*.

But I believe that this is something that we focus on if we are going to learn how to continuously walk with God in the Garden. And this is what we're going to talk about today.



## Staying the Course

How many of you need this message about *staying strong*? I truly believe this: that sometimes, people like focusing on starting strong. Like, how many of you started a diet last January? How's your diet now? Is it still something you're doing?

It's easy to start something, but how many of you know that it's hard to sustain that thing.

It's easy to start a relationship but married people, you know that it's not easy to sustain a marriage. In the beginning it's always easy. When you're courting somebody, you always put your best foot forward. During the early days of your marriage, you are thrilled even over his snores. But after 10 years, what do you do? You start recording your husband's snoring. Why? So that one day you can replay it to him and tell him how annoying it is.



The greatest power is not found in your faith to *start* something,  
but in your fortitude to *stay* till the finish line.

Staying strong is hard. It's one thing to start something. But it's completely a different thing to sustain it. Because every new beginning is only as good as until you learn how to sustain it.

Your greatest power is not found in your faith to start something. Because it's easy to start something. Your greatest power is found in your fortitude to stay the course until the finish line. You need the fortitude to keep moving forward.

Question: How many of you have dreams today? You have dreams. Do you believe that God gave you those dreams? Yes.

So, question: If you believe that God gave you those dreams, if you have some trouble in reaching those dreams, will you give up those dreams?

No. No, no. Even if you go through discouragements and frustrations, if you believe that those dreams came from the Lord, you will continue to persevere. Even if you did not pass the recent bar exam. Even if you failed that application test. Even if you failed one thing after the other. Because if you believe that this is a place where God calls you to be, you will continue to stay the course.

## Five Ways To Sustain Your Walk in the Garden

So, here's what we're going to do.

We're going to teach you five amazing ways that will help you sustain your walk with the Lord. Just to help you sustain your walk in the Garden.



1



May I share with you a quick story.

Christmas time is the most hectic time of the year—especially for families. My wife and I believe that Christmas is terrible for us. Why? Because we don't have helpers. We do everything on our own. We wash the dishes, do the laundry, tend after the kids, help them in their studies. We do everything at home.

And you know, there was this one Christmas when it was so crazy in our home because it was one Saturday, one weekend, it was a full day. So, the first one on our schedule was we had to go to a birthday celebration for Kyler, the son of Bro. Mike Viñas (Feast Worship Ministry head). The party was held in Jollibee at the Bonifacio Global City (BGC, in Makati).

Everything is going good in the party. Kids were having fun, they were doing games—until Jollibee came out and startee doing, you know, the ting, ting, ting. For adults that's fine. But imagine: I you're a kid and you're small, and you look at this oversized, red, gigantic bee with a smiling face plastered on it—like it's gonna eat you, and then dancing the ting, ting, ting. Three kids started to cry—and two of them were mine. It was downhill from there, I'm telling you.

So, that was the first on the schedule. After that, we needed to go to a party down south. We live all the way in the north side, so you can imagine it was an out-of-town trip. Down far south. We needed to go to celebrate with the Feast Couples Ministry their Christmas party-- in an open venue. We knew we didn't need to wear our (COVID) masks.

When we got there, my wife and I looked at each other-- uh-oh, there was a playground. And you know, how kids are. They gotta ride the slide at least 160, 1,633 times, at least. So, we were chasing them, we were so tired. But that was not the end of our day. We needed to go and visit Didoy and Mayi Lubaton to return a ref that we borrowed for the Feast Conference. And by this time, you know, we were just on our nth wind. We were running out of steam. We were just tired.

## A Change of Perspective

We got home around maybe 11:00 p.m. I needed to wake up at 5:00 a.m. the following day to preach and serve you at The Feast. And so, by lunch time, my wife calls me up and says, “How are you?”

And I’m like, “I’m okay—except that I’m just tired.”

You know that feeling—you got a good night’s rest, but you’re just physically tired. You’re just bone tired, like you need to have a vacation. I was like that.

I was just tired.

And then, she says, “May we go visit my parents?”

I’m like, “Okay.”

Because we hadn’t visited them throughout the weekend. So, we did.

And Ethan’s cousin was there, and then they said, “Dad, may we go to the playground?”

You know how kids are. And so, we went. But by this time, I just wanted to sleep. We got home at around 7:00 p.m. And I couldn’t even remember what happened... Because the next thing, when I opened my eyes, it was 11:00 p.m., and I was lying on the couch—apparently, I fell asleep there. And Ethan was with me and he was watching TV.

And so, I told Ethan, “Prepare, we gotta go to bed.”

He brushed his teeth and as we were walking, I just wanted to get to bed. I just wanted to sleep. Just to prepare myself for the whole week.

We have a little hallway in our condo where we have an altar. As we were walking down the hallway, Ethan said four words that completely set me free.

He looked at the Cross and he said, “Thank You, Papa Jesus.”

Boom! That was enough to put my perspective in the right place.





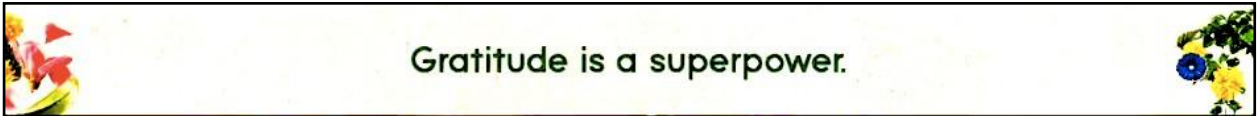
## Happiness Is...

You know, friends, sometimes, you get so busy in life and you get so tired that you forget to be thankful to the Lord.

How many of you agree with me? You forget to acknowledge the Lord.

But did you know that gratitude is a superpower? What power does it give you?

It gives you the ability to be happy no matter what circumstance you are in.



That's why I love grateful people. Do you know of people who are grateful people? You've got family or friends who are grateful people? Yeah. Are they sitting right next to you? Are you sure they are grateful sitting next to you? :)

Grateful people. I love grateful people. Why? Because grateful people are like this: They can be carrying ten problems on their shoulder, and yet they'll still be able to tell you why they're blessed a hundred times over those problems.

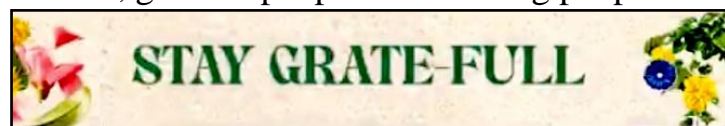
Are you grateful? Grateful people are the type of people who could be waiting in line for over an hour and still think, "Thank You, Jesus."

You know people like that? Because grateful people, let me say this, they're people who understand that life is not about accumulation. But it's about appreciation.

**Happiness doesn't come from accumulation.  
It comes from appreciation.**

It's not about anticipating the next best thing. But it's about appreciating what you already have within your hands. So, grateful people are amazing people.

That's why the message today is *Stay grateful.*



## What's Already in Your Hands

Grateful people are people like this: They know that they don't really have everything but they'll acknowledge that what they need is already in their hands.

I remember a story about this famous sculptor who was just minding his own business.



Then a pedestrian came by and he asked the sculptor, this artist,

“Sir, may I ask you a question? How do you create these beautiful works of art?”

The sculptor just looks at him and says, “Well, it’s easy. You know what I do? I just remove the extra layers of stone.”

What if I tell you that the happiness that you need is already within your grasp? But because you’ve got layers and layers and layers of bitterness, anger, resentment, envy— they hide the happiness that you already possess.

So, I’m trying to tell you right now that the strength that you need, the supply that you need, the grace that you need—they’re already in your hands.

How do you unlock them?



Gratitude. If you are grateful, it’s a chisel that helps you remove all the extra layers of stuff in your life—so that it will be revealed that you’re already blessed.

## Three Actions How To Stay Grateful

### 1. Praise God for the blessing

Why don't you do that right now:  
For three seconds, praise God.  
God has been blessing you.

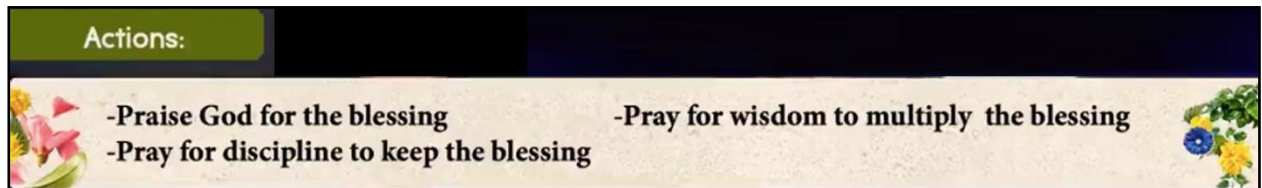
### 2. Pray to the Lord for the discipline to keep the blessing

Second, after you praise God, pray  
to the Lord so that you can maintain that  
blessing. Because if you don't have the  
discipline to keep the blessing, that  
blessing will disappear.



### 3. Pray for the wisdom to multiply the blessing

And here's the last: As you praise God for the blessing, as you pray  
for the discipline to keep the blessing, pray to the Lord for wisdom to multiply  
that blessing.



That's just the first point:



I'm going to call the next preacher, and I pray that you give him  
the same warmth you extended to me.  
Everybody, please welcome onstage, Bro. Doc Ryan Capitulo!



## Secret of Staying in the Garden

**DR. RYAN CAPITULO:** Good Morning, my dear Feast Bay Area Family! Yes. Happy Divine Mercy Sunday to all of you.

I would like to thank Bro. Bo and Bro. Audee for starting us off in this beautiful Talk. We are still preaching the message: *Stay in the Garden*.

Was Audee talking about our Staying Power when it comes to our diet? Was he? How harsh you are, Audee. But thank you, still, for this beautiful Talk.

Now, Audee said that the first lesson from our Bible verse is *Stay grateful*.

Lesson 2 is this:



2

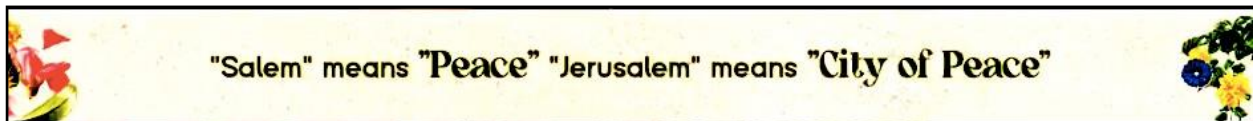


My dear Brothers and Sisters, fill your life with peace.

That's the secret to staying in the Garden.

In our Bible verse, Jesus asked His disciples to stay in Jerusalem.

The word *Jerusalem* comes from the Hebrew words  $\text{ירושלם}$ , pronounced *ear*, meaning *city* and *salem*, meaning *peace*.



So, Jerusalem is actually the City of Peace. And Jesus was asking His disciples to stay there.

In the Garden of Eden, Adam and Eve were living in peace. Until they disobeyed God.

So now, we know what to do. If we want to fill our life with peace, we have to follow the will of God. We have to follow the commands of God. We have to be His disciples. We have to be His followers preaching His message of love and mercy to the ends of the Earth. That's what we have to do.



## **Follow the Will of God**

Question: How many of you believe in this saying: Happy wife, happy life?  
The wives are nodding *Yes!* vigorously.

So, the husband is supposed to do everything in his power to make his wife happy.

I believe it is the will of God for the husband and the wife to serve each other. I believe it is the will of God for the husband and wife to really love each other. Because if the husband is such a pushover, if the husband is always afraid of making his wife angry, the husband might not have peace. And we want peace in the home. I believe that the husband and the wife should do everything in their power to make each other happy. Because that happiness will translate to their children, and they will have a happy and peaceful family.

That's what we have to do.

So, if we want to stay in the Garden, let's follow the will of God so that we will have peace.

Look at the person beside you and tell that person, "Friend, rest in peace..."  
Oops, I mean, "Peace be with you."

## 3

## STAY FAITH-FULL



The Third Way, if we want to stay in the Garden: *Stay Faith-full*.

We have to be faithful, my dear Brothers and Sisters, to God. If we really want that *staying power* that we are talking about, if we really want to stay in the Garden, that's what we have to do. We have to be faithful.

But take note: In the Garden of Gethsemane, Jesus said when He was overwhelmed already by the prospects of suffering, by the prospects of death, He was really feeling it already in the Garden of Gethsemane. What did He say? What did He pray for?

“Father, if it's Your will, please take this cup away from me.”

But Jesus knew the will of God. Jesus knew the plan of God for Him to suffer to save mankind. But in that very brief moment, Jesus asked His Father, “Is it possible for You to change Your mind? To take this cup away from Me?”

I have a member in my Light Group who failed the bar exam twice. On his second try, when he failed again, he started having doubts. He started getting confused-- if it was really the plan of God for him to be a lawyer.

But he kept his faith in the Lord. He had faith that it really is the plan of God for his life. So, he studied. He prayed. He trusted and believed in God. And last Friday, his name was there! His name was flashed outside the Supreme Court and we were really so happy for him.

I have a patient and her husband who had been praying to have a baby. On their eighth year of trying to get pregnant, the couple started to have doubts if God would really bless them with their own child, with their own baby. But they kept the faith. They believed and trusted in the Lord.

So, last year, on their ninth year of trying, positive pregnancy test. And a few months ago, she delivered a healthy baby girl.

If you want that staying power, if you want to stay in the Garden of the Lord, have faith. Place all your trust in God. Go ahead and work. Use your talents. Use your skills. Use your gift. But have faith. Total trust. Total reliance on the Lord.

Look at your seatmate and tell that person, “Beshy, kapit lang.—Best friend, just hold on...”



# 4

## STAY JOY-FULL



The Fourth Way to stay in the Garden of the Lord is to *Stay Joy-Full*.

My dear Brothers and Sisters, if you want to stay in the Garden, don't worry... be happy! Correct.

Can you give a clap-offering to all our servants here in The Feast Bay Area. Oh, wow, I honor all of our servants, especially those who come here 12:00 midnight to set all of these things up. Those who come here at 5:00 a.m., 6:00 a.m. – just to get the Aliw Theater ready for all of you. I honor their commitment. I honor their dedication. I honor all your readiness to give your time, talent, treasurer to God and to the Church through The Feast.

But sometimes, some of our servants, including myself, we get worried. We get so stressed as we prepare to serve. We get so worried and stressed as we are serving already. Because we want to give perfect service. And in the process, we get so tense. And we sometimes forget that The Feast is *the happiest place on earth!*

We sometimes miss the opportunity to enjoy ourselves in the loving Presence of God. We sometimes fail to do that.

Yell to the servants: “Dear servants, don't worry, be happy!”

Some of you know that I lost my Dad two years ago, and then last year, my Mom followed. So, I lost my parents in a span of only four and a half months. And to this day, I wake up every morning feeling sad because I remember them, because I really miss them. So, every morning, when I wake up, I look at my altar, their pictures are there, and I become sad. But after praying for their souls, I make a decision every single day to be happy. I make a decision to fill my life with joy for the sake of my family, for the sake of my friends, for the sake of my ministry, for the sake of my patients, for the sake of the people I love.

Happiness is a decision. And if you want that staying power, decide to be happy always.

Give the Lord a big hand.

# 5

## STAY HOPE-FULL

The last lesson that we get from our Bible verse—Lesson No. 5 is *Stay Hope-Full*.

My dear Brothers and Sisters, if you want to stay in the Garden, never lose hope.

I met a mother here in The Feast whose son was an addict—addicted to shabu. The son was apprehended by police. The son was brought to a rehab facility. After six minutes, he was discharged. But he

was apprehended again after three days, taking shabu again. For that mother, she seemed to be losing hope for her son.

I have a friend who went to the United States to be a teacher. When she started teaching there, some of the kids were bullying her and she was about to lose hope.

But what did Jesus say in Verse 49 of our Bible passage?

**Luke 24:49 NLT**

“And now I will send the Holy Spirit, just as my Father promised. But stay here in the city until the Holy Spirit comes and fills you with *power* from heaven.”

Nowadays, it’s very easy for us to lose hope because we are surrounded by despair. We are surrounded by injustice, poverty, difficulties, trials.

But Jesus said He will give us His Holy Spirit and that Holy Spirit will give us power and the power of the Holy Spirit will fill us with hope. Do you believe that?

That mother with an addict for a son, she did not lose hope. She would visit her son in the rehab facility. She would pray for her son always. She did not lose hope.

The teacher I was telling you about, she did not lose hope. By the power of the Holy Spirit, she found a way to reach through the heart of her students and she became one of the favorite teachers in that school. She was really inspiring the teenagers, especially the students from the poor communities.

Give the Lord a big hand.





## Lord, We Are Staying in Your Garden

Jesus in the Garden of Gethsemane, He started His journey towards the Cross. It was a very difficult journey and He knew it. Jesus knew how difficult that journey was. He started the journey and He stayed in the course—going to His Cross, suffering terribly, and dying for all of us.

Thank God for the staying power of our Messiah, of our Savior. Because His staying power up to His death made Easter possible for all of us. Because of His staying power He rose from the dead after three days and saved all of us from death.

So, again, we'd like to tell you there is power in *starting*, yes. But there is greater power in *staying*.

So, don't just start your Garden walk. Stay in the Garden.

I repeat: Don't just start your Garden walk. — We did it during the Holy Week Retreat, Grand Easter Feast. Yes, we did start our Garden walk with the Lord. But don't stop there. Stay in the Garden of the Lord

Let us worship God:

*Almighty Father, we are here and we promise You we are staying in Your Garden. Lord, we are truly grateful. We thank You profusely for Your abundance, for Your providence.*

*Lord, we are staying in the Garden. Make us instruments of Your peace.*

*Lord, we are staying in Your Garden and we will do our best to live out our faith, to be Your disciple, to proclaim Your Gospel to all the Earth.*

*Lord, we are staying in Your Garden and with so much joy in our heart, we will sing of Your glory.*

*Lord, we are staying in Your Garden. Make us hope givers at a time when the world is surrounded by so much despair.*

*We want to stay in Your Garden because we want You and You alone. We want to stay in Your Garden because we want more and more of You and You alone.*





## MERCY MINISTRIES

*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”* –Matthew 11:28-30

### JESUS CHRIST CARES FOR CANCER PART 4

#### *Just One Little Candle*

By **CLAIRE THERESE O. REYES**



MY father, Rey Ortega, was many a man of action to many people: founder of mercy ministries, co-founder of a manpower cooperative, bestselling author, and active church servant, among other roles.

But not everybody knew how much he loved music. Even fewer people knew how much music did not love him back. Not that it ever stopped him from singing his favorite tunes to us, his captive audience.

One of his favorite songs was *One Little Candle* by Perry Como. He sang this one with particular gusto.

He would always sigh and muse how true the message of the song was. That if everyone really sparked a light — no matter how small — the world would truly be a brighter place.

I feel like the message of the song resonated with him so powerfully, that he lived every day of his life like a flame that inspires others to find their own light.

*It is better to light just one little candle than to stumble in the dark.*

## Spark from Hardships

Daddy came from humble beginnings, growing up amid rice fields in Nueva Ecija in the 1950s. Nobody would have thought that the barefoot, skinny little boy in faded clothing would finish his studies, let alone help hundreds of kids financially through school!

Instead of letting hardships pull him down, he used them as fuel for his spark! He promised himself that when he's in the position to help other people in need, he would. And that, he did! From then on, there was no other way for him but up!

Together with his beautiful wife, Myrna, he lived a life of service for his family, the Church, the poor, and the sick.

*At right, here they are with Pag-asa ng Pamilya scholars.*



Rey became the flame that fueled the spark for other people, inspiring many to step up and help others, too.

*Above, Rey with volunteer trainers, more scholars, and their happy parents.*

## Light of Hope for Indigents



Rey did what he could to help out deserving Filipinos in need with organizations he co-founded:

- ALAY Scholarship Foundation nee Pag-Asa ng Pamilya for the poor youth
- Tahanan ng Pagmamahal Children's Home, an orphanage in Pasig City (*left*).
- Grace To Be Born, a halfway house for pregnant women in crisis and shelter for abandoned babies
- Jeremiah 33: 6-7 Foundation, a shelter for underage victims of sexual abuse
- H.A.I.L. Mary, Inc., a ministry for lepers and indigents in Abra
- Jesus Christ Cares for Cancer (JCCFC) for poor cancer patients

These would all probably sound familiar to you as servants of The Feast, but did you know that he also co-founded First Corinthians Multipurpose Cooperative with my mother? Ironically, this manpower cooperative exists because my father was laid off from his work as head of human resources at a multinational firm. At the time, he was the sole breadwinner for a family with three kids!





## Kindling Spark in Others

Looking back at it now, as a wife and parent myself, I have to admire my parents' courage and trust in the Lord. Because instead of feeling sorry for themselves, or begging their friends for work, they did the unexpected, "Rey & Myrna" thing to do: they started their own business. 1 Corinthians 13 Management Services, Inc. was born.

In the '90s, working conditions were much more favorable to employers than they are now. In a typical manpower agency, people paid good money to be considered for jobs! This is where 1 Corinthians 13 stood out: they promised to pay all recruits at least the minimum wage, remit all government contributions, and give Human Resources assistance whenever needed. They earned money by charging the client companies, not the employees!

As if that wasn't good enough, they converted to a cooperative in the early 2000s: First Corinthians Multipurpose Cooperative (FCMC). The switch meant that aside from securing jobs with fair pay and government remittances, all deployed workers became members of the cooperative. And as members of the cooperative, they are entitled to a percentage of the income of the coop, making them part owners as well!



To this day, all of these organizations are up and running. \*applause\*  
Even after the death of my parents, their legacy lives on-- because they kindled their spark in others, including me.

I now serve as the treasurer for Jesus Christ Cares for Cancer, Inc., and stand as Chairperson for First Corinthians Multipurpose Cooperative.

## God Is Ever So Faithful ...

God continued to manifest His faithfulness in many ways.

My eldest sibling, Rev. Fr. Michael Israel T. Ortega, know this all too well.

In March 2020, he experienced deep sadness and disappointment when he was forced to shut down his parish church – the San Guillermo Parish – in Buting, Pasig City, where he was assigned before, following the enhanced community quarantine (ECQ), imposed to prevent the spread of the Coronavirus Disease.

No Mass and other Sacraments were celebrated. Food was low. He was besieged with worry how he would provide salary for his parish staff and personnel.

But God is really good. He never abandoned them even during the Pandemic. Fr. Michael received food through regular *ayuda*, assistance. His parish staff and personnel were provided financially. Best of all, he was still able to preside Mass and preach the Good News online.



During Fr. Michael's ordination at the Immaculate Conception Cathedral in December 2012, *from left:* Jonas Reyes, Claire Reyes, Rey Ortega, Bishop Mylo Hubert Vergara, Fr. Michael, Myrna Ortega, Roselle and Francis Ortega.

## Family Meeting

We used to gather every month as a family and share our thoughts on specific themes.

Here we are during a Meeting on February 2013, the last one Mommy was present. *Standing, from left:* Fr. Michael, Rey, Francis and wife Roselle, and Myrna. *Seated:* Yours truly, Jonas, and Clarisse Janna, our eldest.



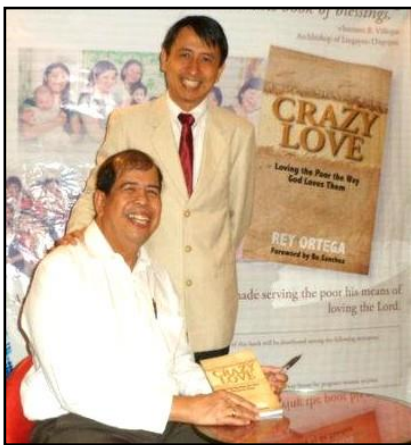


*What a bright world this would be ...*



This photo was taken in December 2019, when FCMC joined JCCFC’s Christmas Party to spread holiday cheer with beneficiaries. In the front row of the photo are JCCFC Vice Chairman Bro. Hermie Morelos, Board Secretary Sis Maritess Cordero, and Chairman Bro. Alo Gelano, who all continue to serve JCCFC until today. My brother, Francis Ortega (FCMC vice chairman), stands tallest in the center, beside FCMC’s head office staff. On the stage in the back stand the JCCFC beneficiaries and their loved ones. This photo makes my heart full even though I am not in it, because it is a testament to how my parents’ love for the poor continues to ignite goodness in other people.

I feel like I can never hold a candle to them (pun intended) and their achievements, but they definitely inspire me to share my light in my own way, to the best of my abilities.



As Bro. Bo Sanchez wrote in the foreword of my Dad’s book, *Crazy Love*:

“My prayer? I wish there were a hundred Rey Ortegas!”

I agree! Let’s keep the fire burning, and pay our blessings forward. Let’s make Bro. Bo’s prayer a reality, times thousands, or even millions!

Truly, if everyone lit just one little candle, what a bright world this would be!







## 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 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.



LIGHT OF JESUS FAMILY  
DISASTER RECOVERY MINISTRY

## Anawim Lay Missions Foundation

provides a home for poor elderly who have been 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 Shepherd's 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 Shepherd'Ours Voice, 60 Chicago St., Cubao, Quezon City, Philippines 1109

4. Directly Deposit to Our Bank Accounts. Deposit to Shepherd's Voice Account in any branch of these banks:

Account name: Shepherd's Voice Radio and Television Foundation

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Banco de Oro - Savings Account no. 160506123 SM Cubao Branch

PNB - Current Account no. 371157500015 SSS branch

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# **FAMILY ONLINE NEWSMAGAZINE**

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**Founder: Bo Sanchez**

**Mercy Ministries Chairman**  
Hermie Morelos

**Editor-in-Chief**  
Cynthia U. Santiago

**Chief Photographer**  
Edmundo L. Santiago

**Feast International  
Region Head**  
Vic Español

**Reporter-Writer**  
Cybill P. Bayto

**Multimedia Staff**  
Ronaldo Antonio U. Santiago  
Dylan Anthony A. Santiago

**Media Ministries Head**  
Randy Borromeo

**Contributors**  
The Feast Builders

**Finance Officer**  
Rowena Cequeña

**Publication Consultant**  
Chelle S. Crisanto

**Human Resources Manager**  
Erika Ventura



For comments, article contributions, write or call us:  
Email Address: [lojlibrary2819@gmail.com](mailto:lojlibrary2819@gmail.com)  
Landline phone numbers: 8725-9999, Fax 725-1230  
Mobile phone: 0998-953-0657

***Go and make disciples of all men.***

— Matthew 28:19

