



NEWSLETTER
May 21, 2023

Your Mind Has a Default Setting

WE have habitual ways of thinking.

We can choose between *Complaining* or *Celebrating*.

How do we switch our default settings?

Angela Grice, a speech language pathologist specializing in Neurocognition at Columbia University, says, “The more you do something, the more entrenched that path becomes in your brain and the more you continue to do it.”

We switch through repetition.

Today, I encourage you to set your default mode to *celebrating*. I believe God is throwing a party of love 24 hours a day. In this feast of abundance, God’s buffet of blessings is always open in front of you. And if your default mode is *complaining*, you won’t even see the party.

Default complainers are blind to the abundance around them.

May this Feast open your eyes to see the grand party!

May your dreams come true,

Bo Sanchez



WELCOME
to our Feast Series
WILDERNESS
Talk 3:
Stop Complaining--
Start Celebrating

God's Love, Mother's Love

“GOD is so busy that is why He created mothers.”

That's a Jewish saying which Fr. Paolo Asprer quoted as he celebrated Mother's Day last Sunday, May 14, 2023, as part of his homily during last Feast Sunday.



And Fr. Asprer said it was providential that we remember mothers on this Sunday when the Gospel happened to focus on God's Love. So, what's God' Love and what's Mother's Love? Read on, *page 3*.

Bro. Bo Sanchez points out we may be missing the meaning of Love because of our default setting. And he's not talking about computers-- but Talk 3 of our Feast Series, *Wilderness*, which he introduces on *page 1*.



Yes, it's easy to miss the blessings of Love— as Adam and Eve did. As the Israelites did. How? Last Feast Sunday, Bro. Ryan Capitulo and Bro. Audee Villaraza discussed details in Talk 2 of *Wilderness. Flashback* on *pages 16-40*.



One mother who almost missed Love's abundant graces is Eliza. Eliza had a baby when she was a teenager.

Now, she's pregnant again. And she's in our Grace To Be Born home for unwed pregnant women in crisis.

Her story starts on *page 41*.

What's your Love story? Share!



All for God's Glory,

Randy Borrromeo
Media Ministry
Executive Director

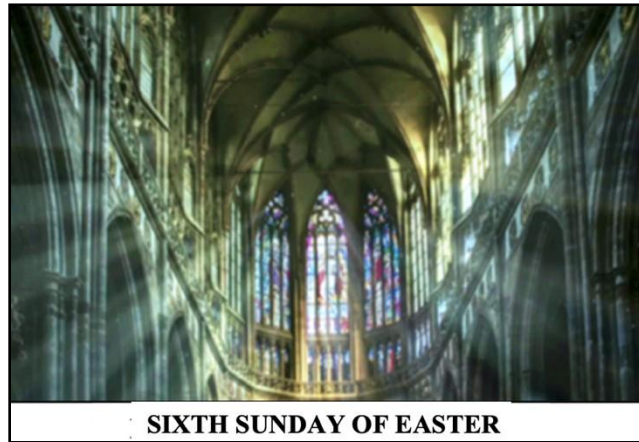




FLASHBACK!

MAY 14, 2023

Holy Mass



Homily

FR. PAOLO ASPRER

on the Gospel: John 14: 15-21

Jesus Promises the Holy Spirit

Excerpts...

Good Morning, Sisters and Brothers in Christ!

A blessed and a blissful Sunday to Everyone!

How providential and timely that as we feast on, contemplate, and celebrate God's love for all of us, we also remember today all our mothers.

Palakpakan po natin and ating mga ilaw ng tahanan— let us applaud the light of homes-- biological mothers, spiritual mothers, mothers who have gone ahead of us, mothers who are experiencing crisis, difficulties, we remember them in our prayers, in our Mass this morning.

It is said: "Closest to our experience of God is our experience of, you know, the love of our mothers. Such unconditional love."



God Is Perfect Love

Do you have a favorite song? A love song? Maybe we should now have an age-reveal...:)

For those who are already born in the 1960s, what is your ultimate love song? Maybe *Unchained Melody* by the Righteous Brothers; 1970s, the Bee Gees' *How Deep Is Your Love*; 1980s, *The Bodyguard, I Will Always Love You*; 1990s—I am '90s child-- *My Heart Will Go On*.

Of course, there are many millennials and Gen Zs here. Who are your artists? John Legend, Adele, Ed Sheeran; of course, we have Moira and Ben and Ben.

There are so many love songs.

Is godly love really possible?

You know, we have two types of love songs: happy love songs; and sad love songs. Who likes happy love songs? Who likes sad love songs?

Actually, many like sad love songs—songs about unrequited love. Mahal mo, pero ang tanong mahal ka ba? — You love him, but does he love you? Songs about jealousy, envy. Songs about being far away from your loved one. Songs about the death of a loved one.

All these love songs manifest how inadequate, imperfect, inconsistent human love is. That no matter what we do, no matter how much we love a person, there's always that tendency to hurt him or her.

Is godly love possible here on Earth?

My dear friends, once again, in our Gospel Reading today, we are called to direct, to unify, and ground our love to the greatest love of all – which is the love of God for us.

“If you love me, you will obey my commandments,” says the Lord.

Does God need our love, in the first place? Does God need our obedience?

God is already complete. He is already Perfect Love. Does God need our obedience? God is already complete. He is already Perfect Love: “If you love Me, you will obey my commandments.”

The Measure of True Love



Salvation—fullness of life.

So, if we love God first, we will love each other more deeply.

When we speak about love, it's not just about feelings, isn't it? Godly love is a choice, is a decision.

Mother Teresa says, "For love to be real, it must cost, it must hurt, it must empty us of our self."

During confessions, I would always hear, "Father, is it really *'love until it hurts?'* Well, I've reached my quota of heartaches."

Is it really *love until it hurts? Or love until it hurts no more?*

You know, when we look at the Cross, that really is the image of true love. A crucified love, a selfless love. It's a sacrificial love—that is what true love is all about.

For love to be real, it must cost, it must hurt, it must empty us of our self.

It is not God who would profit when we obey Him. It is actually *we* who would indeed profit when we obey, when we love Him, above all. When we love God first, we would love each other more deeply.

Kung wala ang pag-ibig ng Diyos para sa atin—If there's no God's Love for us, definitely our love will be immature—will be possessive, will be unkind, impatient, conditional.

It is God's Love which will direct our human loving to its greater and deepest purpose. And what is that?



What's Tough About True Love

I have a good friend who is a husband and who is taking care of his wife who suffers dementia. And I could not forget what he told me.

He said, “You know what, Father, falling in love is easy. Staying in love is the toughest part, and living in love—that’s the best part.”

Love is also in the little things.

Yes, love is in the big things—commitment. But love begins in the little things. Ang tunay na pag-ibig ay hindi lamang yan nasusukat sa sidhi ng damdamin, kundi sa sipag, sa sigasig. —True love may be measured not only with feelings, but also with one’s determination.



Reading I: Acts 8:5-8, 14-17

⁵ Philip going down to the city of Samaria, preached Christ unto them.

⁶ And the people, with one accord, were attentive to those things which Philip said, hearing, and seeing the miracles which he did.

⁷ And many unclean spirits, crying with a loud voice, went out of many people who had them.⁸ And many people who were paralyzed, and that were lame, were healed. There was therefore great joy in that city.

¹⁴ Now when the apostles, who were in Jerusalem, had heard that Samaria had received the word of God, they sent unto them Peter and

John.¹⁵ Who, when they came, prayed for them, that they might receive the Holy Spirit.¹⁶ For he was not as yet come upon any of them; but they were only baptized in the name of the Lord Jesus.

¹⁷ Then they laid their hands upon them, and they received the Holy Spirit.

Everything Starts with Little Things

Love is not just simply about the intensity of feelings, but constancy, consistency, commitment.

Doon mo masusukat ang tunay na pag-ibig at pagmamahal. That's how you can measure true love.

Ang lahat ay nagsisimula sa mga maliliit na bagay, at dahil sa mga maliliit na bagay— Everything starts with little things, and because of little things.

When you do it consistently, that's when any relationship lasts-- whether it's a relationship with God or a relationship with people.



Reading II: 1 Peter 3:15-18

¹⁵ Beloved: But sanctify the Lord Christ in your hearts, being ready always to satisfy everyone that asks you a reason of that hope which is in you.

¹⁶ But do it with gentleness and reverence, keeping your conscience clear, so that, when you are maligned, those who defame your good conduct in Christ may themselves be put to shame.

¹⁷ For it is better doing well (if such be the will of God) to suffer, than doing ill.

¹⁸ Because Christ also died once for our sins, the just for the unjust: that he might offer us to God, being put to death indeed in the flesh, but enlivened in the spirit.



Responsorial Psalm – Psalms 66:1-3, 4-5, 6-7, 16, 20

Let all the earth cry out to God with joy.



Mothers Are God's Love in the Flesh

My dear friends, today we recall, we remember, and we pray for all our mothers who truly incarnate and in flesh God's Love.

Our Jewish friends have this saying: "God is so busy that is why He created mothers."

Mitch Albom said, "When you look at the eyes of a mother, you would see what purest love is all about."

You know, mothers are good teachers. They are our first teachers in Anatomy.

They say: "When you're looking for something, don't use your mouth. Use your eyes."

They are our first teachers in Religion: "If you don't finish your food, the Lord will deal with you."

Mothers are our first teachers in independence: "If you don't obey me, suit yourself."

In Agriculture: "You have to finish your food because so much effort was exerted to produce every single grain."

In History: "When we were younger, we had only cents as our school allowance."

My dear friends, it is said that behind the success, the holiness of a person is a woman. A mother, wife, female friend.

And so, we continue to bless and lift up to the Lord all our mothers.

God is Father but at the very heart of God is also a mother. Amen.



Now, we shall offer a special prayer for our mothers.

Please join me in praying for our mothers:

Heavenly Father, we praise, thank, and bless You for one of Your best gifts to us, the gift of our mothers, the gift of motherhood, and family life.

Father, You know what's in the heart of our beloved mothers. Because You are also a mother, as You are a father. You know their joys, their hopes, their fears, their anxieties, their brokenness.

Father, we lift up to You all mothers—biological, spiritual, mothers who have gone ahead of us, mothers who are sick, suffering in deep pain. And so, may You continue to bless them, heal them, empower them so that they may continue their mission of in-fleshing and incarnating Your love for all of us. Your love that is truly unconditional and undeserved. Amen.





DR. RYAN CAPITULO: Good Morning, Feast Bay Area!

Happy Mother's Day to all the mothers here!

Mothers, mommies, mamas, nanays: We love you, our dear mothers!

We thank God for you and we thank you for being the light and inspiration of our families.

And I assure you dear mothers, we are praying for you. We are praying for God's overflowing blessings upon your life and the people you love.





Love Offering

My mom, Fermina Borja Capitulo, is in Heaven already.

You know, she is, I think, the most generous person I've ever known. She was super generous with her love and affection, time and even with her blessings.

That's why when I started giving my tithes regularly to the Lord, to the Church, to The Feast, it wasn't so difficult for me because she was my model while I was growing up. I saw how generous she was to the Church-- that's why it's so easy for me to be generous as well.

Just to let you know, last Sunday, we received 258 Thanksgiving Prayers just in the 8:00 a. m. session.

One of you here is thanking God because she got a job-- with free weekends. It's so simple, yet she was grateful because she will have more time for the Lord. She will have more time to serve in her parish and in The Feast.

One of you here is grateful because of the successful operation of your dad. We thank God for the healing of your father.

And there is a couple here in the 8:00 a.m. session who are grateful to God because they are celebrating their 24th Wedding Anniversary, one-year shy of their Silver Anniversary.

So, congratulations to all of you!

So, lift up your Offering to God, and say this with me:

Heavenly Father, accept my offering to You and to our Mother Church. May this generosity inspire others to be more generous. Bless me more, so I can give more. In Jesus' Name. Amen.

WAYS TO GIVE

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Worship!

EXHORTATIONS

KRIZIA OCOMA:

Good Morning, Everyone!

Church, today is a very special day. It's a special day not only because we celebrate life and love-- but more so for the mothers out there.

So, inspired by how the mothers are and how are they made to be, is everybody here ready to declare faith over fear? Hope and healing over brokenness and anxieties? Life over anything that feels like dying? And God's love above all, yes?

Come on, lift it up!



VANYA CASTOR:

You're good! You're good! You're good, God! Anything is possible because we have a good, good God. Amen?

Jeremiah 1:5 says: *"Before I formed you in the womb, I knew you. Before you were born, I set you apart. I appointed you as a prophet to the nations."*

Our Heavenly Father has loved us long before we took our first breath. So, if you're here, or if you're watching online, I want to invite you to allow God to love you, to embrace you. All those burdens that you carry in your heart, gently lay them down before Jesus.

So, lift your hands as we sing...





What I See
Song by Elevation Worship

RYAN CAPITULO: Lord, we will sing of your goodness. Because You never leave our side even in our lowest moments. Lord, we will sing of your goodness because You have planted wonderful dreams in our heart and You empowered us to achieve them. Lord, we will sing of your goodness because of your forgiveness, because Your forgiveness and your compassion are never-ending. Lord, we will sing of Your goodness



because it is our life's mission to proclaim Your message of love and mercy to all the world. And so, forever and ever, we will sing of Your goodness, oh God!



Goodness of God
Song by Bethel Music
And Jenn Johnson

NOVENA TO GOD'S LOVE
DECLARATION OF ABUNDANCE

My dear friends, let us all pray our Feast Declaration of Abundance:



**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 that I become more like JESUS everyday.**

**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.**

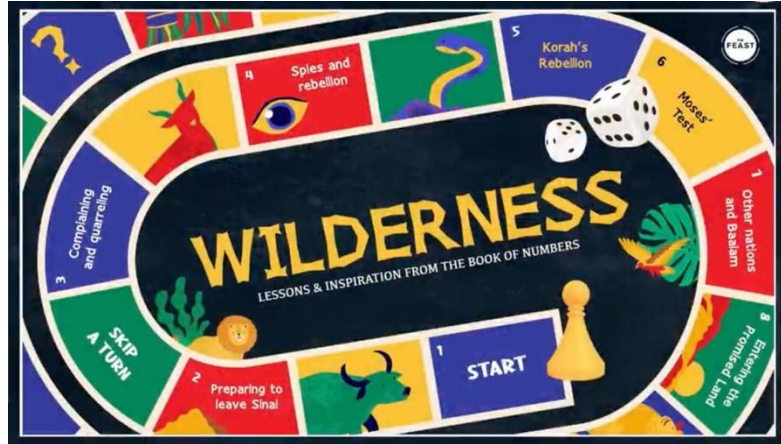




FLASHBACK!

MAY 14, 2023

Talk



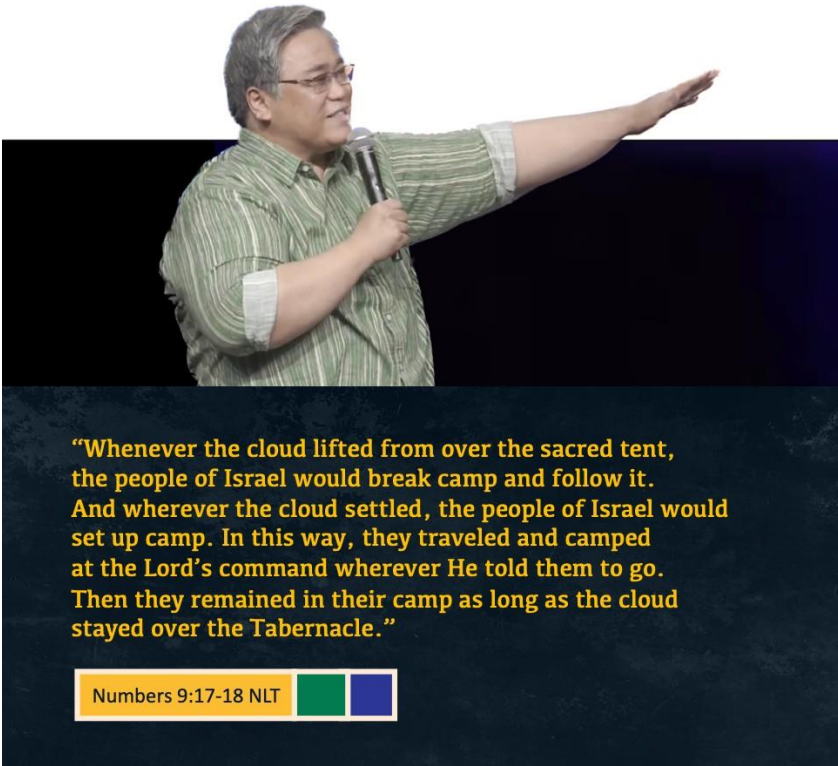
RYAN CAPITULO: TODAY we shall continue with our life-changing and wonderful talk series called *Wilderness: Lessons and Inspiration from the Book of Numbers*.

For Talk 2, we will preach the message:
Move When God Moves; Stay When God Stays.



Please extend your hands to the Word of God and let us glorify His Word by singing:

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



God’s Direction

In Numbers 9: 17-18, we learn the nation of Israel would move and stay as directed by God Himself. That’s wonderful, right?

Because I looked back at my life, and I realized that I did not allow God to direct me when I was younger. I would impose my will on God.

So, when I was young, this was how I prayed:

Lord, help me. I want to get into the best schools. Lord, help me. I want to be a doctor. I want to be an obstetrician-gynecologist. I want to be successful.

That’s how I prayed. But you

know, when I got older, and my relationship with God matured, He made me realize that I should be allowing Him to direct my life.

Yes, that’s what God told me: I should allow Him to direct my life. And when I did that, He led me to become a teacher. And I am so happy being a medical educator. When I did that, He led me to be an advocate for the marginalized. When I did that, when I allowed God to direct my life, He led me to be a Builder here in The Feast.

Please extend your hands once more and let us glorify the Lord:



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



A Walk in the Wilderness

Whenever I hear the word *wilderness*, my mind automatically goes to these pictures I took when I went to the Yosemite Park, California, in the United States.

This wilderness is so beautiful. It is so breathtaking. And I was really so blessed to be there.

But mind you, 3,000 years ago, *wilderness* meant *death*.

3000 years ago,
wilderness meant *death*.



Why Leave Mount Sinai?

During the time of the Israelites, 3,000 years ago, *wilderness* meant wild animals, vicious bandits, dry land, famine, and starvation.

Look at this dry land (*above*).

That's *wilderness*.

During the time of the ancient Israelites, it meant starvation and death.

I'm sure, there are many questions in your mind:

Why did they have to leave Mount Sinai? It was already a good place to live in.

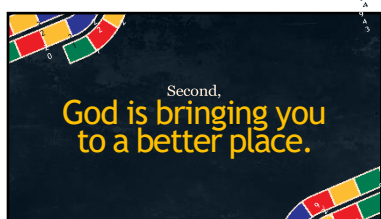
Why did they have to move? Why did God ask the Israelites to pack everything up and walk again through the wilderness?

Why Walk in the Wilderness

Well, there are two reasons:



Faith doesn't grow in comfort,
only in crisis.



Everyone and everything is temporary,
but we can handle the loss
because God is permanent.



Take note: God promised the Israelites a land filled with milk and honey. He did not promise Mount Sinai. So, God was teaching the Israelites: Do not hold on to Sinai. Do not hold on to your comfort zone because you have to reach the Promised Land.

You know, sometimes, before we achieve the best, we have to go through some difficulties, right? We have to go through some challenges.

So, God is teaching all of us:

Don't be attached to yesterday's blessings.

Don't be attached to Mount Sinai.

Be attached only to the blesser of those blessings. Be attached only to God.

Don't be attached to yesterday's blessings.
Be attached only to the Blesser of those blessings.

My Dad Arturo passed away on November 14, 2021.

And I'm telling you, my parents are my greatest blessings. I love them very much. They are my heroes. But sadly, God called my Dad home. And on February 2, 2022, God called my Mom Mina home. So, I was devastated. I was so heartbroken, I won't even get married.

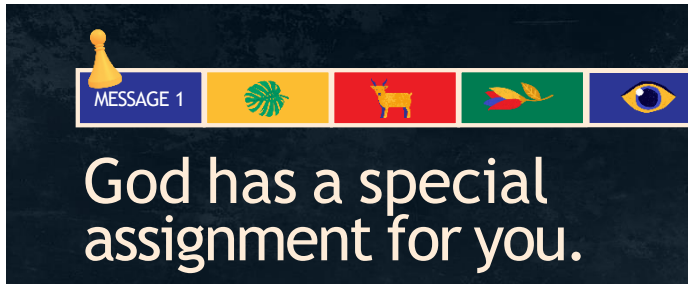
But I was able to cope. I was always to rise from that sadness, that depression, that brokenness. Because I realized that everyone and everything is temporary.

We can handle the loss-- because God is permanent.

THREE MESSAGES

In this talk, we are giving three messages.

MESSAGE NO. 1



Let's read the instructions of God to Moses in Numbers 1:49-51:

'Do not include the tribe of Levi in the registration; do not count them with the rest of the Israelites. Put the Levites in charge of the Tabernacle of the Covenant, along with all its furnishings and equipment. They must carry the Tabernacle and all its furnishings as you travel, and they must take care of it and camp around it. Whenever it is time for the Tabernacle to move, the Levites will take it down. And when it is time to stop, they will set it up again.'

Numbers 1:49-51

Yes, God commanded the Levites to do a very toxic job. He gave the Levites a very difficult responsibility.

The Tabernacle in the Wilderness

Look at this picture:



That's the Tabernacle of the Lord—
in the wilderness.

And as instructed by God, the tents around it, those
are the tents of the Levites. Because they were
responsible for the Tabernacle.

Then, around the tents of the Levites are the tents
of the rest of the Israelites.

Look at that one in the middle—and imagine how
difficult the job of the Levites was—because every time God would ask them
to move, the Levites would disassemble all of those things. Everything.
Label them accordingly. Pack them up. And carry them to the next destination.



THE TABERNACLE TENT

The entire tent was 45 feet (13.7 m) long, 15 feet (4.6 m) wide, and 15 feet (4.6 m) high. It was a wooden skeletal structure, overlaid with gold, with no solid roof or front wall (Ex. 26:15–29). Five wooden bars (overlaid with gold) passed through rings attached to each frame (Ex. 26:26–30).

The Most Holy Place was a 15-foot (4.6-m) cube, containing only the ark of the covenant (Ex. 25:10–22; 37:1–9). It was here that Yahweh would descend to meet with his people in a cloud theophany (divine appearance). The high priest could enter only once a year, on the Day of Atonement (see note on Heb. 9:7).

The framed structure was covered by four layers of cloth and skin (Ex. 26:1–14).

The table for the bread of the Presence (Ex. 25:23–30)

The Holy Place of the tabernacle tent was 30 feet (9.1 m) long, 15 feet (4.6 m) wide, and 15 feet (4.6 m) high.

The veil separating the Most Holy Place from the Holy Place was made from blue, purple, and scarlet dyed yarns woven with fine twined linen and embroidered with cherubim (Ex. 26:31–33). It hung on four golden pillars.

The altar of incense (Ex. 30:1–5; 37:25–29)

The golden lampstand (Ex. 25:31–40; 37:17–24)

The veil that formed the entrance to the tabernacle was similar to the veil separating the Holy Place from the Most Holy Place, except that cherubim were not embroidered on it. It was suspended on five golden pillars (Ex. 26:36–37).

And I'm telling you, the Tabernacle is a very complex structure.

Look at the picture above. This is the picture of the Tabernacle. Very ornate, so many decorations. Very big. It's 45 feet long, 15 feet wide, 15 feet high.

Imagine this: It's time to move... The Levites will go to the Tabernacle. They will label every hook, and rod, and plank, and decoration, and curtain, and drapes, and every single part of the Tabernacle. Disassemble them, pack them, carry them, to the next destination.

And when they arrive in that new place that God has assigned to them, they will assemble the Tabernacle again.



God has an assignment for your life, and it won't be easy.

Do you know how many times the Israelites moved in 40 years? 42 times.

So, it was like moving once every year. There are years, even twice.

Yes, 42 times in 40 years, they had to pack everything up and set them up again.

The message of God for all of us today is this: God has an assignment for your life and it won't be easy.

I'll say that again: God has an assignment for your life and it won't be easy. Life wasn't meant to be easy, right? No. We encounter challenges to strengthen our faith and trust in God.

Bro. Bo Sanchez encourages us Feast Builders to be bi-vocational — meaning, we must have a full-time job and be a Builder at the same time. But I am not bi-vocational—because I am quadric-vocational. I am a full-time doctor. I am a full-time administrator in the hospital. I'm a medical education. And fourth, I'm a Feast Builder. I am not complaining. I love it. I love my life.

Actually, every single day, whenever I pray to God, I say this:

“I'm thankful I get to do this.”

Yes, I'm thankful that God has given me the resources, the skills, the talents, the gifts to be able to do what I'm doing now.

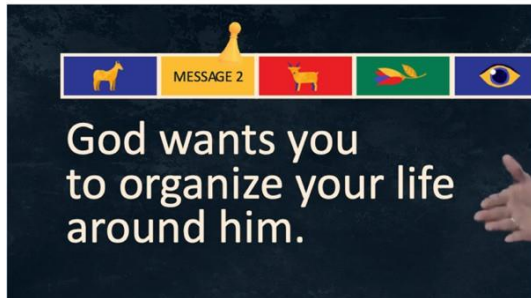
And I'm sure, God is doing the same for your life. And you should be saying that too: “I'm thankful I get to do this.”

Now, for the second and third messages of this beautiful talk, I'd like to call on Bro. Audee Villaraza.



“I'm thankful I get to do this.”

MESSAGE NO. 2



AUDEE VILLARAZA: Good Morning, Everyone!

I know what you're thinking -- because I'm in formal wear: Magnininong ka ba sa kasal pagkatapos. Are you going to be a wedding sponsor after this talk, Bro. Audee? Hindi po. -- No. I just want to honor all the moms here. May we clap our hands for all the moms. Whether you're here or online, thank you so much for bearing and carrying all our happy sacrifice.

All the single men in the house, may I teach you a wholesome pickup line?

Now that we are in the book of *Numbers*, the next time you see a single lady, you just say, "You know, I've been reading the book of *Numbers*, and I just realized I still don't have yours."

Yeah? Don't ever say that I don't do anything for you, single men, okay?

You know how long I've been holding on to that joke? Since we started the book of *Genesis*. Because I knew somehow, we were going to study the book of *Numbers*. So, for three long books, I had to hold on to that joke.

Anyway, you know, for all the first-timers here, just in case you're wondering what are we doing at The Feast—what are we studying.

For the past few months, we have been unpacking and reading, and diving deep into the first five books of the Bible-- called the *Pentateuch*. We've gone through *Genesis*, we've gone through *Exodus*, we've gone through *Leviticus*. Now we're in *Numbers*. The next one will be *Deuteronomy*.

God Likes Counting

You know, if I may share: the more I get to read the first five books of the Bible—and it's not easy—the more I realize that God is very organized. That God is a God of order. Ever since Creation was done, there has been a sequence, a pattern.

Let me give you an example in the book of *Numbers* now. If you've been reading from *Numbers* Chapters 1 to 10, you'll notice that there are a lot of statistics, a lot of data. Like, how many soldiers belong to the tribe of Israel, how many Levites and priests belong to each clan...so many numbers...

And one thing that tells me is that, you know, God likes to count things. The Bible says God counts the stars. And he has a name for each one of them. That's from Psalm 1:74.

The Bible also says that God says the number of days that you will live in this world and you will not be given a minute later. That's from the book of Job.

And I also love what the book of *Psalms* says: "Teach me to number my days so that I may grow wise, so that I know that I'm not permanent here."

And did you know that God goes even as far as numbering the hair on your head? The Lord knows how many... God knows even with His eyes closed.

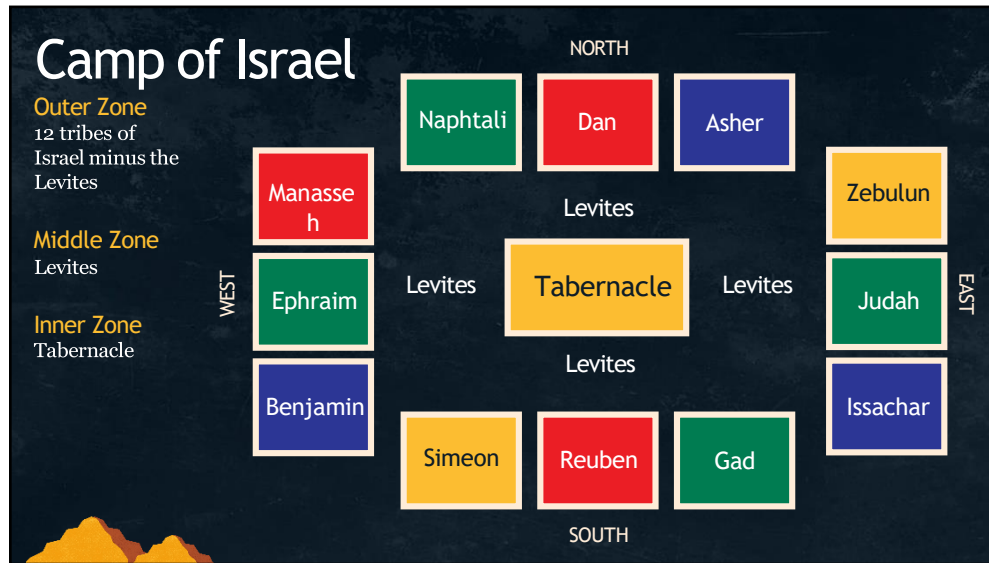
He instructed Moses and Aaron to list down everything—the number of soldiers, the number of Levites.

And take note: God is not like your regular sari-sari (convenient) store which has a list of your debts — debts for patis (fish sauce), bigas (rice), mantika (cooking oil). The Lord is not like that.

The Lord lists down everything. Why? Because He values everything. He values you. He values me.

Everybody, clap your hands for the Lord. Because He values you. He sees you.





Organized Camp

Check out this image. This is how God wants the people of Israel to organize their Camp. If you see, there are three zones.

You've got the Outer Zone— comprising the 12 tribes of Israel minus the Levites.

Just in case you're wondering-- because I was so confused about this, this week...

If you notice, the 12 tribes of Israel, those are the 12 sons of Israel, formerly known as Jacob.

Now, if you notice, there are supposed to be 12.

But Israel's got more sons. He's got Levi, who's in charge of the Levites. And he's also got Joseph—the Dreamer. But then Joseph is not here.

I thought the chart was wrong... Until Bene Sanchez (Feast Builder and preacher, researcher for this talk)—thank you Bene—pointed out something amazing: that Ephraim, if you see at the west side, and Manasseh, they're the children of Joseph. So, the two are adopted by Israel—so that Joseph is out of the picture.



Symbol of God's Presence

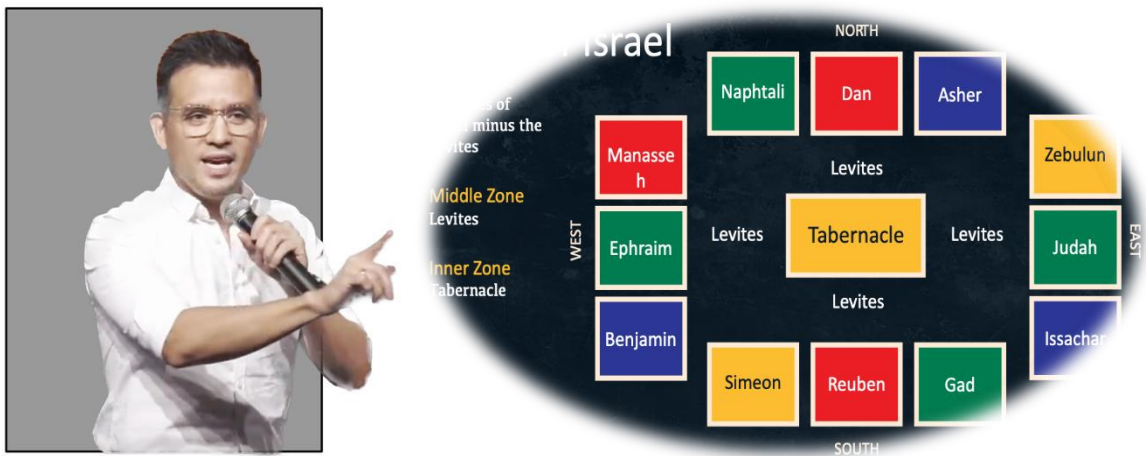
Now, you've got the Middle Zone—comprising the Levite, the priests whose No. 1 responsibility is to take care of the Tabernacle.

We call them the Grounds and Maintenance-- they are in charge of packing, unloading, setting up the Tabernacle.

But then you've got the most important part of the Camp: The Inner Zone.

The Inner Zone is pretty much the Tabernacle – where the Ark of the Covenant is stored. And that's the most important part of the Camp.

Now, I want you to look at this:



What does it show you?

It doesn't take rocket science to understand this. You don't need to have a Master's degree in theology, or be a Doctor of Philosophy (Ph.D.) to understand the image.

What does it look like to you? From the north to the south, to the east, to the west... What is in the middle? The Tabernacle.

What did we say the symbol of the Tabernacle?

It's the symbol of God's Presence.

Wow. God said that the Israelites should form their entire Camp with Him being in the Middle.

So, I believe that God wants us to organize our life the same way: That everything should revolve around God. That means your schedule, your calendar, your health life your financial life, your relationships—everything revolves around God.

And I tell you, if you do this, if you put God in the center of life, something amazing happens.

Everything should revolve around the presence of God.



What's in the Middle of the Wilderness...

This is a look of the zones-- but we break them down so that you can appreciate what they really look like.

Because in effect, the Outer Zone, and the Middle Zone, and the Inner Zone, when you put all of them together, the result actually reminds you of a mirror image of what the real Garden looks like.

The Outer Zone is a representation of the 12 tribes of Israel—the Camp itself where they stay. That's the Garden. The Garden of Eden.

Now, the Middle Zone, where the Levites and priests are in charge, that's a representation of Adam and Eve—in the sense that they were the first priests that God ordained.

And you've got the Inner Zone, the Tabernacle—a representation of the Tree of Life, the Presence of God.

The camp's three zone structure mirrors how Eden is described in Genesis.

That the Israelite camp was a miniature Eden in the middle of the

Adam and Eve Are Priests: "tend and watch"- Genesis 2:15

And in the Center of Your Life ...

So, imagine this: What the author was trying to say is that when you look at this image, and when you really think about it, in the middle of the wilderness, you've got a Garden.

God wanted them to organize themselves just like organizing themselves in the Garden of Eden. So, in the middle of the wilderness, you've got a garden!

**If God is at the center of your life,
the barren wilderness becomes
a garden of abundance.**



What is the point? My point is this: When you make God the center of your life, you can be in the most barren of situations, you can be in your wilderness, and you can still experience a Garden of Abundance. Hallelujah! Amen.

Now, how do you put God in the center of your life?

There are many ways. And this is mine, very practical. I'll share it with you.

For me to be able to put God in the center of my life, I acknowledge Him in everything that I do. I acknowledge Him when I wake up, I praise God for waking me up one day, and then I acknowledge Him before I sleep. I thank God, no matter how bad or good my day went, I acknowledge the Lord. Before I take my meals, I acknowledge the Lord and thank Him because He is my Provider. He's the source of every blessing. Before I drive on the way to any destination, I pray to the to the Lord and acknowledge Him—because I know that He's my great Protector. Whenever I get sick, I acknowledge God-- because I know that he's my great Healer. And you know what happens is that every single time that I acknowledge God, no matter how bad my day becomes, it's okay. Why? Because I'm always reminded that God is with me.

Acknowledge God in all the ways that you live. And you know what amazing thing will happen? The more you acknowledge God, the more that you will see God's Hand in everything in your life.

So, acknowledge God and make your life revolve around Him. That's original design of the Lord. That you would organize everything around Him.

MESSAGE NO. 3



Obey God even when it's difficult.
Let me show you. Let's go back to Scripture:

“Whenever the *cloud* lifted from over the sacred tent, the people of Israel would break camp and follow it. And wherever the cloud settled, the people of Israel would set up camp. ¹⁸ In this way, they traveled and camped at the Lord's command wherever he told them to go. Then they remained in their camp as long as the cloud stayed over the Tabernacle.”

Numbers 9:17-18 NIV

I want to talk to you about the cloud. Because today the cloud is a place where you store all your files and data. You know, all about the cloud.

Back in the day, every believer knew this: the cloud was a symbol of God's Presence. In the New Testament, they knew that the symbol of Jesus' Presence. How did they know that?

Jesus, when He transfigured, it was up in a cloud. When Jesus ascended into Heaven, He disappeared in a cloud.

So, the cloud is a representation of God's Presence.

This is what we're saying—very basic: If the cloud moved, they moved. If the cloud stayed, they stayed. That's cool.

But Here's the Tricky Part...

How many of you know that the movement of the cloud is very unpredictable? I mean, we have yet to invent an app, or a software, or any technology that would tell us where the cloud would go. It's impossible.

So, imagine them. Sometimes, because the cloud would stay for a few hours, they would stay for a few hours. And then they would get relaxed. But then, all of a sudden, the cloud would move. Sometimes, the cloud would stay for two days, sometimes for a week.

Let me show you in Verse 20:

Sometimes the cloud would stay over the Tabernacle for only a few days, so the people would stay for only a few days, as the Lord commanded. Then at the Lord's command they would break camp and move on.
²¹ Sometimes the cloud stayed only overnight and lifted the next morning. But day or night, when the cloud lifted, the people broke camp and moved on.

Numbers 9:20-21 NLT

Whether the cloud stayed above the Tabernacle for two days, a month, or a year, the people of Israel stayed in camp and did not move on. But as soon as it lifted, they broke camp and moved on. ²³ So they camped or traveled at the Lord's command, and they did whatever the Lord told them through Moses.

Numbers 9:22-23 NLT



It's as if when you're reading this, you're getting the message that God did not want His people to be led by tradition or by routine. Or even by pattern.

So, what's the lesson in this?

Here's the lesson: God doesn't want you to be too comfortable. He doesn't. I know we're all creatures of comfort. We love comfort. And I'm not saying that comfort is bad. I'm not telling you not to sleep with the aircon at night. It's a very, very hot season. I'm not telling you not to enjoy the privileges of food delivery.

We like comfort, right? I'm not telling you to not to spend on that luxury item, or that piece of a vacation. I'm not saying that you should not enjoy the comforts of life. I'm just saying that sometimes, comfort will kill your calling. Too much comfort. Because if you're going to do only what's convenient for you, you're not going to live in your calling. Because comfort is the enemy of calling.

God doesn't want you to be too comfortable.

Comfort is the enemy of calling.

It Starts with a Relationship

I'm so glad, you know, when I think about this, that if we did only what's comfortable, Ministry would not look like the way it looks like today.

Can you imagine if all the servants here at The Feast would only do what's comfortable for them and convenient for them? They wouldn't be standing up. They wouldn't be here very early. They won't be travelling from Bulacan, from Cavite, from Rizal, just to get here on time. But because they do what's uncomfortable, our Ministry is thriving.

It's flourishing

So, praise God for all the servants—for doing what's uncomfortable.

And I might as well add this: That if you guys did only what's comfortable—you know, you went to church when you only felt like it-- Church would look so different.

But I'm so grateful and glad that you guys would do what's inconvenient—to travel far, pay for your own fare, commute under the rain, walk in the heat – just to hear the Word of God today-- and every single Sunday.

So, praise God for people like you who will choose and do what is uncomfortable.

And you know, the other message I want to say about that part is this:

Sometimes, we really need to learn how to be sensitive to the Lord.

Because the Israelites, you know they moved when the cloud moved. But if you're the type of person who doesn't really listen, here's my point:

You've got to learn how to discern what the Lord is saying. Because sometimes, you know, we're staying in places where God asks us to move from. But we're also moving to places where God asks us to stay in. So, how do you learn how to discern whether God wants you to stay or whether God wants you to move?

It takes a relationship. Because if you have a relationship with Jesus, you'll be able to hear His Word. Jesus says *I am the Good Shepherd. I know my sheep and my sheep know me. They know my voice.* (John 10:11 and 10:14)

So, if you really, really know and you can hear the Voice of Jesus, you'd be able to tell His Voice amid all the noise in the world. So, start that relationship with Jesus. It starts with a relationship.



How To Follow Jesus

The message today is really all about obedience. It's the core of the book of *Numbers*—how the people of Israel obeyed God even if it was difficult, even if it was hard, even if it was up to the point of death.

And when you think about obedience, there's only one Person we can think of. And you know Him. His name is Jesus. Because Jesus obeyed God in a perfect way. It was not easy but He did it. And we know it's possible.

So, we follow Jesus because He is the Way. He is the Truth. And He is the Life. And we go to the Father through Him.

But following Jesus requires two actions:

The first one is Consistency. Consistency is good.



You know, you follow Jesus daily. You take up your crosses every day. You make a commitment to be like Him. To love Him. To serve Him. To love like Him. To serve like Him. Even if it's hard. It's got to be consistent. You've got to follow after Him again and again.



If the first one is consistency, the second requirement to be able to follow Jesus is intimacy or closeness.

You've got to follow Jesus at a very safe distance. You cannot stray too far away from the Lord.

I'll tell you one last story before we start worshipping God.

My son Ethan—he's already 5 years old—he loves swimming. We swim in the big pool in our condominium.

We started him in the water at the age of 2. So, he loves water. But now, at the age of 5, he still doesn't know how to float or, you know, do the basic swimming. And we're teaching him now. But he wears his lifesaver that he likes. And it's giving him the confidence to stray away a bit.

But a few days ago, we were in the pool-- Ethan and I, holding his sister Ellie, making sure that they're both safe.

I observed that Ethan, because he's now confident, sometimes, he likes to go to the other end of the pool and it's the far end. I know that he's wearing a floater but that's a very deep, deep part of the pool.

So, you know, what I always tell him: "Ethan, please don't go too far away from Daddy. Because if anything—God forbid—should happen to your floater, no matter how good I can swim, I will not be able to reach you because I'm just not that skilled of a swimmer. So, please, do not stay too far out from me."

Why God Can't Reach You

I like telling people all the time that I truly believe this:

That there is no person -- here, online, offline-- any person who is too far away-- for God to heal. Too far away for God to rescue. And that's true.

But I also believe this: That sometimes, you can stray away from God so far, that He won't be able to reach you. Why? Because your heart has hardened.

Just like the Pharaoh.

You become so arrogant. You become so proud. Or maybe because you've made other false Gods in your life and you've become that addicted person, and God is no longer King in your life.

You can stray away from God for so far that He can't be able to reach you even if He wants to. Because you're not welcoming Him anymore.

The message today is all about following Jesus.

And I want to end this way: When you read *Numbers* Chapters 1 to 9, you'll notice this: That somehow, the author of this book, he was very redundant. He would repeat some pages again and again and you would think, you know, back in the day, they did not have Microsoft Word where you can copy and paste. You can copy and paste, copy and paste, copy and paste.

So, imagine, the scribe had to write that again and again, like in every chapter, saying that the Israelites obeyed the Lord, and they did as the Lord commanded—chapter after chapter, verse after verse, from Chapters 1 to 10.

And it kind of makes you think, what's the point? You could have just made

But they went through this effort of writing from chapter to chapter that the people obeyed. Now what is the point of the author?



The Blessings of Obedience

Here's my simple reflection: The Israelites wanted that when everyone reading every chapter, every word, every statement, and every sentence saying that the Israelites obeyed the Lord – this was an emphasis that yes, they obeyed God.

But here's the thing:

In Chapter 11, we read that the Israelites started disobeying God. They started complaining about being in the desert and having no meat. And wanting to go back to Egypt. So, from Chapters 1 to 10, they obeyed God. Starting in Chapter 11, they disobeyed.

How many of you know that it's hard to obey God? It's hard. It's difficult. Especially when you're tempted to do the wrong thing. Especially when you're tempted to do the convenient thing.

But following Jesus is a daily thing. You follow Him daily and you follow Him closely. And the more that you follow Him daily and the more you follow Him closely, here's what happens: You start seeing that His ways become your ways. That His patience becomes your patience. His mercy becomes your mercy. The way that Jesus loves people will become the way that you love people.

You have friends like that? That you hang out with that friend so much that you already look the same. Your mannerisms are already the same.

That's what I am talking about. You follow Jesus daily. You follow Him closely and a day will come when you will start acting like Jesus. And you will obey the Father just like Jesus did-- no matter how hard it will be.

Move when God says you to move. Stay when God says that you should stay. Be obedient to the Father just like Jesus was-- to the point of death.



Follow Jesus daily.
Follow Jesus closely.

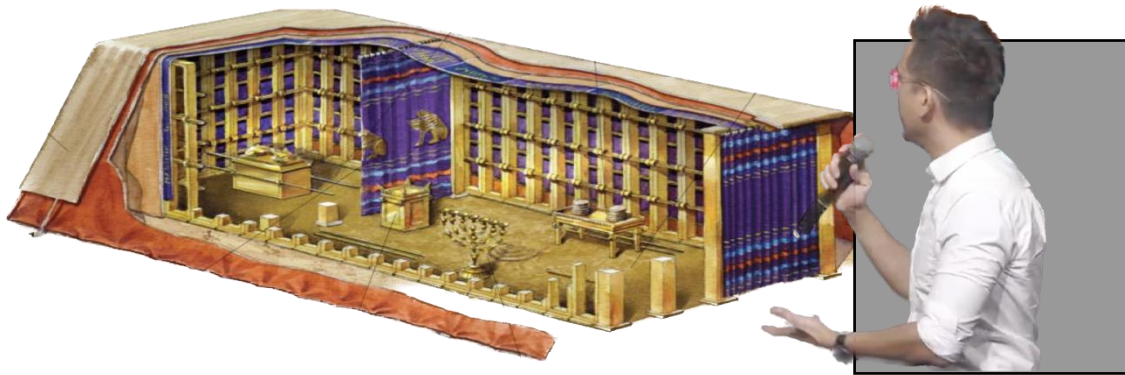
The Beautiful Promise

In the Tabernacle, you saw how the Israelites were camped. You know they had the Tabernacle in the middle of their Camp. And they were protecting the Tabernacle.

But did you know that whenever they would move, they wouldn't be this way: Okay, stay three feet away from the Tabernacle—Everybody one, two, three, walk.

That's not how they did it. That's very difficult to do.

I'm talking about thousands of persons doing that—600,000. Can you imagine all of them doing that all at the same time? It's impossible.



You know what they would do when they would break camp?

They would carry the Ark of the Covenant (put in the Tabernacle) and they would put the Ark in front of their rank. And the Ark of the Covenant would lead the way.

Now, what is the message there? Wherever you go, God always goes before you. God always goes before you. Before you even arrive in your destination, God is already leading you there. His angels are already protecting you. He's already preparing manna in that wilderness and the beautiful promise of God is that don't focus so much on the blessing. Doc Ryan said this. Don't focus too much on the garden where you are at. Focus on the Gardener because where the Gardener is, there will always be a Garden. He brings the Garden wherever He is.

No matter where you are in this life, in this season of your life, you can be in a barren wilderness—but if the Gardener is with you, without the shadow of a doubt, He will turn that wilderness, that grave into a beautiful Garden where abundance will be, where there will be healing, where there will be provision, where there will be purpose, where there will be love.

Worship

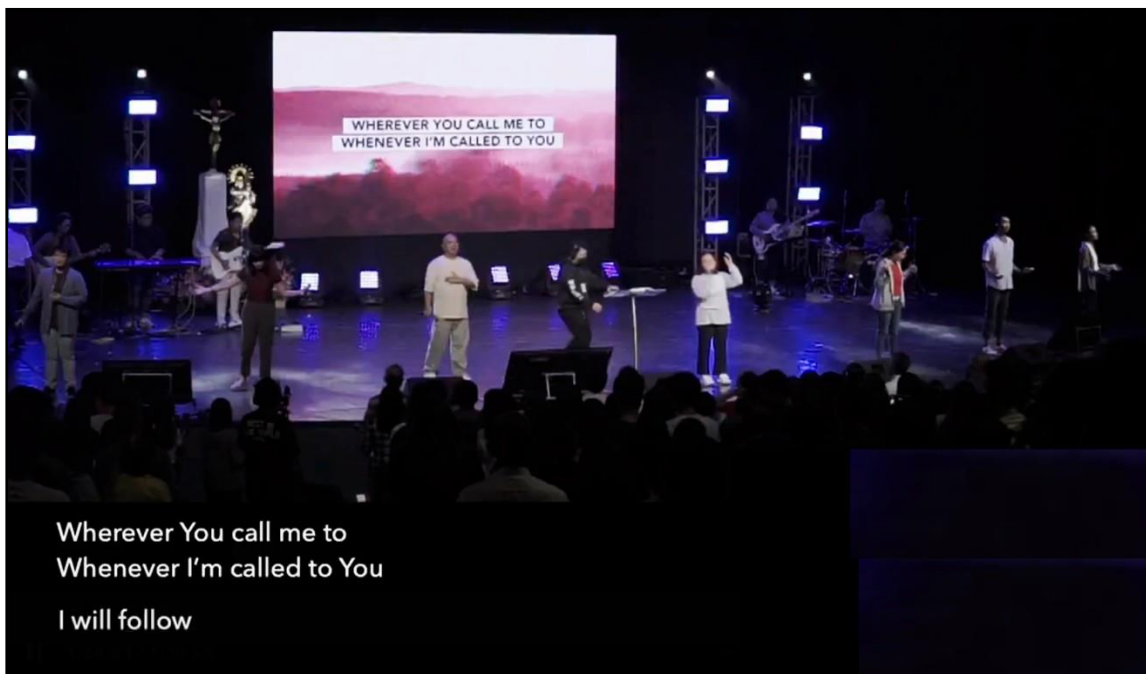
We're going to worship the Lord right now.
And this is your moment
– it's between you and God. Forget the Worship
Team here.

Forget every person beside you. It's between you
and your Father. Between you and Jesus and He
walks amongst us right now. You may close your
eyes at this moment. Let me pray for you:

*Jesus, you are our King. Thank You for being
our Gardener. For tending the fruits, tending
the weeds, and removing all those that harm our
Garden. Thank You for watering us day after day. Thank You so much, Jesus.*

*Our bold prayer for today is that we want to become like You.
We want to serve like You. We want to love like You. We want to sacrifice like You
did. And we want to follow the Father just like you do.*

*So, this is our prayer as we worship You. We give you our whole heart.
In Jesus' Name. Amen.*



Commitment

This is a special moment. Let nobody stir or move or even change your perspective or focus in this moment. Because this is the moment when we commit ourselves to have life with Jesus Christ.

If there's anybody here, Lord, who has never experienced a relationship with You, who has never encountered You, I pray that You show Your face and show Your goodness from this day on forward to this person.

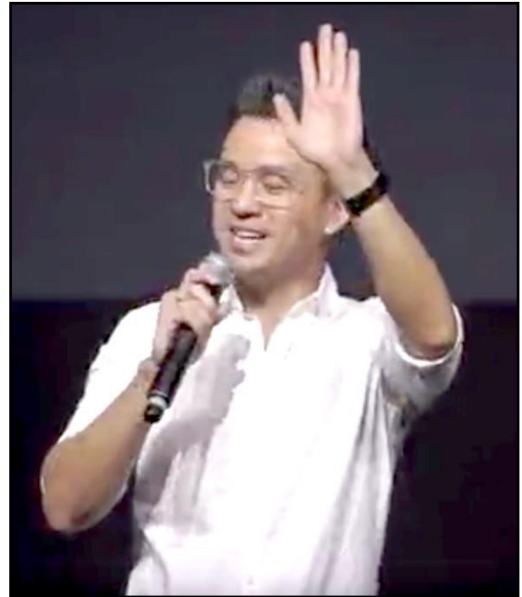
There's somebody here, Lord, who has walked away from You and is now only returning after so long. And I pray that You show them the same grace and the same love that they experienced that same day when they met You.

But I also pray, Lord, for every other person here who commits to have their life with You day after day and week after week. Those are all of us Jesus.

I want Everybody, to just put your hand over your chest and say this prayer with me:

Dear Jesus, I believe that You came down to this world to rescue me. And I believe that You raised Yourself from the grave to restore me to New Life. And so, today, I make this bold declaration: I commit, I decide, and I choose that You will be my King from this day until the very last breath of my life. And so, use me, minister to me, and change me. I will follow You. I will serve You. I will worship You. In Jesus' Name. Amen.

Let's give a big hand to Jesus. Praise His Name. Bless His Name. Everybody say, Thank You, Jesus!





MERCY MINISTRIES

“Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

–Proverbs 3:5-6

GRACE TO BE BORN YEAR 14 PART 2

Two Babies, One Chance for a Bright Future

Hi! Call me by my pseudonym: Eliza.

My mother is already a widow. My father passed on when I was still in high school. So, I guess, longing for a father figure, I already had a boyfriend when I was still a teenager. I lived in with him. And at age 19, I got pregnant and gave birth to a baby girl.

To help my partner to fend for us, I decided to work abroad—in Saudi Arabia. This was in 2019, when I was already 21 years old.

I left my baby to the care of my mother.

Working abroad was difficult, to say the least. So, after two and a half years, I came back here in the Philippines to be with my partner again and our baby.

But life wasn't any better here. Mainly because my partner was abusive. At times when we had misunderstandings, he would hit me.

Then, I got pregnant again. Even so, he still abused me. So, I asked for help from a local Social Welfare and Development agency.

Since I was heavy with child, they referred me to Grace To Be Born.

A staff from Grace called me and gave me their address. I immediately went to the facility.



The Future

I joined Grace To Be Born on February 5, 2023. So, I've been here for two and a half months already.

I can say that I am happy where I am now.

I am deeply grateful to the Grace staff who took me in and who continue to take care of me.

They've counseled me to care for myself, to love myself.

Most of all, they've led me to focus on God, to have a prayer time. And through the loving care of my Grace family, I now truly feel His love for me.

I am thankful to God that He led me to Grace To Be Born. God has orchestrated my way to healing, letting me know that I am not alone in this life. So, I have hope—a big hope for a bright future for me, my first child, and this, my second baby in my womb, who, yes, will have the grace to be born.

--With reporting by Cybill P. Bayto

Share the Grace

ESTABLISHED on May 8, 2009, Grace To Be Born has sustained its operations for 14 years as God has sent us donors and supporters providing the daily needs of our mothers and babies.

If you feel the Lord is calling you to support Eliza and our other beneficiaries, kindly check out the following:

- Monetary donations, may be deposited in Grace To Be Born's BDO Savings Account.
Account name: Grace To Be Born, Inc.
BDO Savings account no: 00397-005-9687
- For donations in kind, here is a list of the needs of Grace To Be Born:

MOTHERS:

Body scrub

Underwear (M-XL)

Bra (36-42)

Lotion

Hair Comb / Hair brush

Colored paper

CHILDREN:

Pencil (Jumbo)

Scissors with design

Puncher

Hair clips

Colored paper

Writing notebook

Composition notebook (w/o spring)

Short bond pap

Sharpener

Transparent ruler

Crayons (jumbo)

plastic envelop w/ holder

Sando (for boys and girls; 5-9 y/o)

Cetirizine syrup

Ambroxol syrup (2 y/o and above)

Fruits and vegetables

Thank you very much for your generosity. God bless you!

The Light of Jesus Mercy Ministry



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.



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 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

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FAMILY ONLINE NEWSMAGAZINE

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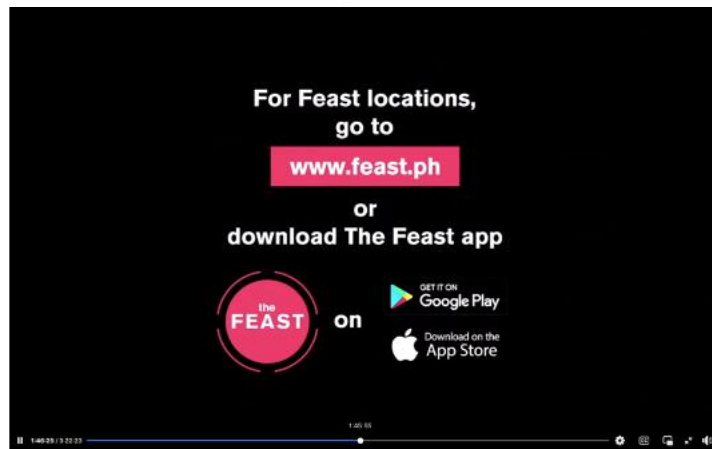
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Go and make disciples of all men.

— Matthew 28:19

