



NEWSLETTER
July 23, 2023

DURING our Grand Easter Feast, April 9 this year, our co-preacher, Bro. John Ben Rodriguez, came with a box full of big, plump, golden-yellow apple mangoes. Yummy!

Apple Mangoes, Anyone?

Where did those fruits come from?

Stick around our Feast today. Bro. JB is our main preacher, and he will tell you all about those applelicious blessings—as he presents the continuation of our special Feast Talk series, *What Matters Most*. He discusses Talk 4 on *Finances*.

Yes, all about crisp, cold cash which Bro. JB knows so much about. Yes, money—evil or good—so controversial that God blesses us with the best preacher who can deliver His message about it today.

You see, Bro. JB, a graduate of the University of the Philippines Diliman, is now a Certified Wealth Planner, Certified Estate Planner Philippines, Licensed Financial Advisor at Sun Life Philippines, and a Digital Creator.

Above all, he is a Catholic Lay Preacher, Builder of our Feast Bay Area.

Wow. We can't ask for more. Except, perhaps, for more of those apple mangoes. 😊

But for now, let's munch on God's message today and have our fill of His abundance—much, much more juicy than all the fruits of the world!

Enjoy!

All for God's Glory,

AUDEE VILLARAZA
Feast Bay Area Builder



WELCOME
to the continuation
of our Special Feast Series:
What Matters Most
Talk 4: Finances

Fruits That Matter

GOD wants you to live in abundance.

This is the message of our Feast Talk today.

Recently, I experienced a deeper understanding of what that message means.

At the peak of the Coronavirus Disease (COVID) Pandemic, we lived for quite a while with my in-laws in the province. Beside our house was a medium-sized, 20-year-old, not-so-tall apple mango tree.

But this petite tree has one good habit: it bears fruits every year. Not just a few, not just some, but plenty. Yes, big, plump, golden-yellow apple mangoes-- in clusters.

So, during that season, part of my daily routine was to climb that tree and pick fruits -- ripe and ready to be eaten that day. I got about 15 to 20 mangoes a day.

Believe me, we tried to consume all that we harvested daily, but we simply couldn't. We are six in the house— even so, there were just too many fruits for us to consume in a day. Plus, take note, the new mangoes ready for picking the next day-- and the day after...

The solution? We gave some mangoes to our neighbors, the rolling *palengke* (market) owners who visited our home, the mineral water delivery boys, the air con repairmen, the *mogote* (used-bottles collector), and anyone who came near our house. Yes, I even brought a box when I went to the Grand Easter Feast.

The harvest reminds us that *abundance is woven into the fabric of God's design*. He provides for us in this way.

I firmly believe that our finances are included in the abundance God has intended for us. That is what we will dive into today.

Yes, we have not just apple mangoes. We have everything we need-- and all the good things we ever want. Believe me?

Have your fill of the fruits that matter at The Feast today.



In Christ,

JOHN BEN RODRIGUEZ

Builder

Feast Bay Area

Tips for Plantitas and Plantitos

FIRST, the origin of the word *plantita*. It's a portmanteau—a combination—of the words *plant* and *tita*, our Tagalog for *aunt*. And, you know, a *plantita*, or the male version, *plantito*, is someone who loves taking care of indoor or outdoor plants as a hobby. Not a few survived the Coronavirus Disease Pandemic lockdown by turning into plantitas or plantitos.

So, here are *The Feast Family's* tips for plantitas and plantitos:

1. Know that aside from the soil you're familiar with, there are other kinds of soil. At last Sunday's Feast, Fr. Chris Sellan gave tips about four kinds of soil—coming from no less than the Sower in last Sunday's Gospel, *page 4*.



2. Gardening can be an expensive hobby. So, make sure you have Finances to bank on. Bro. Audee Villaraza introduces Bro. John Ben Rodriguez, a money expert, who teaches us all we must know about hard cash, *pages 1 to 2*.



3. Take care of your plants, take care of your body. Planting is fun but it can be taxing too.

To make sure your plants will live, stay fit yourself. Check out last Sunday's Feast talk on *Fitness* by Bro. Bo Sanchez and Bro. Didoy Lubaton. *Flashback* starts on *page 14*.

4. Take care of others. Your plants actually take care of you—as gardening relieves stress, the root of a lot of ailments. Learn more about caring for others from Sis. Cai, a carer in our Light of Jesus Pastoral Care Center, *page 38*.

All for God's Glory,

Randy Borrromeo
Media Ministry
Executive Director

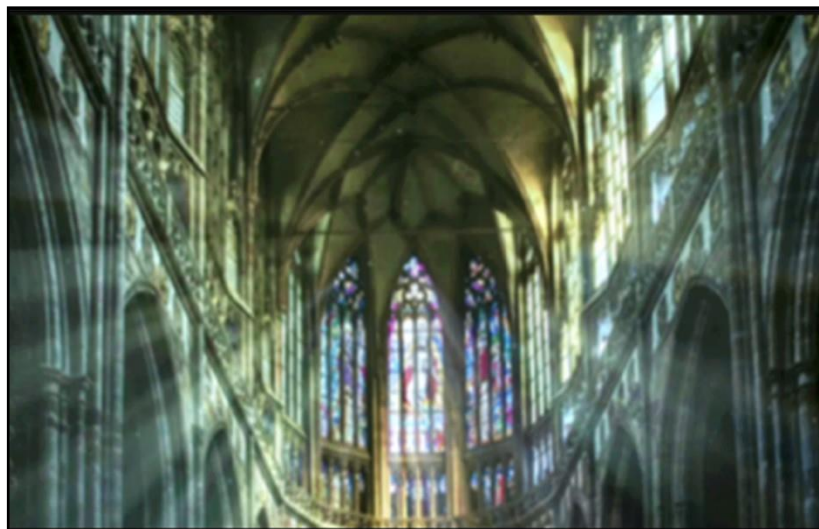




FLASHBACK!

JULY 16, 2023

Holy Mass



FIFTEENTH SUNDAY IN ORDINARY TIME

Homily

FR. CHRIS SELLAN

on the Gospel: Matthew 13: 1-9

The Parable of the Sower

Excerpts...

LAST March 2023, I led a pilgrimage to the Holy Land – Jordan, Israel, and Egypt.

This was the first time that I'd heard details about Egypt, as we crossed the border from Israel to Egypt. Of course, in Egypt what do you see? The pyramids, the mummies, the Egyptian museum, the papyrus.

I said it was the first time I heard of some details about Egypt, particularly the mummification process-- because we already know, of course, that the Egyptians are known for the mummification process—a part of this more than 3,000-year-old civilization.

But our Egyptian tour guide told us details I heard for the first time.

He said, “Are you not wondering how we are supposed to do this process? You'd be surprised because the corpse is more than 3,000 years old already but you can still see the nails, the color of the skin, you can still see the hair,

the teeth are still complete.”

The Four Kinds of Soil

So, it's really an amazing work.

The tour guide continued: "You know, in the mummification process, we would punch a hole in the lower part of the head to remove the brain, and another hole somewhere in the side part of the body to remove the internal organs-- except for one organ: the *heart*."

Why? Because as the Jews believe, the heart is the center of everything. It is the embodiment of the person. So, if you're speaking about the heart, you're actually speaking about the person.

The heart speaks, the heart beats, the heart smells, the heart sees. So, the heart is everything.

Egyptians also believe in the resurrection of the dead. So, the heart will have to be crucial as the person faces God on Judgment Day.

It is said that on Judgment Day, God will have a weighing scale and He will weigh the person's heart against the weight of a feather. If the heart is heavier than the feather, it means the person had not lived a good life. Perhaps this heart is filled with angst, anger, bitterness, unforgiveness, rancor.

But if your heart is lighter than the feather, then you truly lived a good life.

That's why we say we have a heavy heart when we hold or suppress ill-feelings. But when we feel good, that means our heart is free from rancor, from bitterness, from unforgiveness. It is a heart that is attuned to the Lord.

Why are we talking about the heart? Because as we reflect on the *Parable of the Sower*-- I read the shorter version; the longer version is actually two pages-- the Lord explains four kinds of soil: the hardened soil, the rocky soil, the thorny soil, and the fertile or the rich soil.



Reading I: Isaiah 55:10-11

¹⁰ For, as the rain and the snow come down from the sky and do not return before having watered the earth, fertilizing it and making it germinate to provide seed for the sower and food to eat, ¹¹ so it is with the word that goes from my mouth: it will not return to me unfulfilled or before having carried out my good pleasure and having achieved what it was sent to do.

The Hardened Soil

Of course, the primary objective of the Gospel is for us to be that rich soil conducive for the proper growth of the Word of God. Take note that the Sower is God Himself, the seed is the Word of God, and they are constant-- they do not change. God, actually, assured the growth of the Word of God, the very moment we accept it.

That's why the question is: *What is the status of your heart?*

The status of the heart as regards the receptivity of the Word of God.

And, of course, we just strive to have this rich and fertile soil. If you have a hardened heart, you are totally indifferent, you are agnostic, you are an atheist, and you are satanic.

Immediately, you reject God's Word. You don't even give Him a chance to fulfill His Word. That is the hardened soil.



Reading II: Romans 8:18-23

¹⁸ In my estimation, all that we suffer in the present time is nothing in comparison with the glory which is destined to be disclosed for us, ¹⁹ for the whole creation is waiting with eagerness for the children of God to be revealed. ²⁰ It was not for its own purposes that creation had frustration imposed on it, but for the purposes of him who imposed it ²¹ with the intention that the whole creation itself might be freed from its slavery to corruption and brought into the same glorious freedom as the children of God. ²² We are well aware that the whole creation, until this time, has been groaning in labour pains. ²³ And not only that: we too, who have the first-fruits of the Spirit, even we are groaning inside ourselves, waiting with eagerness for our bodies to be set free.



The Rocky Soil

The next is the rocky soil-- these are the backsliders. We accept the Word but along the way, when trials and tribulations come, we worry and we backslide.

Bro. Bo calls that *hyper faith*. Initially, we have strong faith but when storms of life come, we backslide-- *napapanghinaan tayo ng loob*—we lose courage.



The Thorny Soil

The third one is the thorny soil. Yes, we accept God's Word but we are not able to set our priorities. Why? Because we are distracted, we are dazzled or blinded by the allures of the world—the three temptations of Christ: KKK—*Kayamanan, Katanyagan, at Kapangyarihan* or Power, Prestige, and Position or Possessions. So, we need to watch out for these distractions.



The Rich and Fertile Soil

And, of course, we strive to be the rich and fertile soil. Because after all, as the Lord said, there will be a final accounting, a final reckoning. And it would be a matter of the status of our heart—that is, we are able to receive God's Word, we're able to cultivate the soil, we're able to be nourished by His Word, and we are transformed by God's Word to be able to live like Christ and share Christ. Because we have truly cultivated God's Word in our life.





BRO. DR. DIDOY LUBATON:

Good Morning, Everybody! Applaud the Lord!

Welcome, welcome to The Feast Bay Area! You are loved here!

What a beautiful Eucharistic celebration! Thank You, Lord, for Fr. Chris!

I can see we all braved the rains! It had been sad few days because the floods were a hassle, but many just had to struggle through the murky waters. I am one of them.

But through that ordeal, in seasons like this, all the more we celebrate—we give thanks to the Lord. Because sometimes, it appears to be unusual, sometimes it could appear to be a hassle, sometimes it could appear to be not so good. But the God we serve can turn sad moments into beautiful times. He can turn rainy seasons, stormy seasons into peaceful, fruitful seasons.

That's why those who are attending here today, give yourselves a round of applause because you came, beating the rains. We made it! Thank you so much for showing up.

Those who are watching online, thank you also for being one with us!

Love Offering



Someone wise told me that when you've been going to church for a total six months, you're not a visitor anymore.

You are now part of the household and you are giving to the kitchen so that we can serve The Feast every single Sunday.

We've also been meeting our first-timers. If you're a first-timer, later, we'd like to meet you here in front of the stage. We'd like to pray for you. We'd like to connect with you.

We'd like to continue to grow our family. And promise, our Feast will be beautiful today because we're going to talk about *Fitness*.

I was the one who wrote the talk so I'm ready and excited to give the message to you.

But first, let's give thanks to the Lord through our Offering.

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Dear Jesus, thank You for this opportunity to give. Thank You because You've blessed me so much and I give this to You with so much joy and thanksgiving. I pray that You prosper us more because we want to give, we want to serve, and we want to love more. In Jesus' Name. Amen.

Give joyfully to the Lord and enjoy The Feast today!

A graphic titled "WAYS TO GIVE" in yellow text on a black background. Below the title, it lists contact information for "Light of Jesus Family Mega Manila, Inc." with account number 003970143807 and the BDO logo. It also provides information for "The Builder of the Light of Jesus Family Mega Manila Feast Bay Area, Inc." with account number 000-4000-24846 and the UnionBank logo. A note says "For GCash, Debit & Credit Card Giving visit: www.TheFeastPICCAM.com/Commit" with the GCash logo. To the right of the text is a photograph of people on a stage with blue and purple lighting.

Worship!

EXHORTATION



ZACH PE: Good Morning, Feast!

How many of you here have seen the goodness of the Lord? If you believe He is not done with you yet, if you believe that God is still working for the next miracle for your life, can you come and join us in Worship here today?!

Today's reading, Romans 8:18, says the suffering that we are experiencing is nothing compared to the glory that will be revealed to us!

The pain we suffer today is nothing compared to the purpose that God is planting for us!

Our worries are nothing compared to the peace that God will give us!

But perhaps, some of us still suffer—grief, depression. We want that healing of relationships, healing of sickness.

As One Community, let's be in the Presence of God. Just feel His Presence.

Heavenly Father, we want to see beyond the sufferings of the now, beyond the pain of today, so that we can see You.

We know that You are working in our life. You are fighting for us. We trust You, and we embrace this season. As one Feast, we worship You today!





God Is Fighting for You!

BRO. BO SANCHEZ: God is here. God is good. God is strong.

You know, in the area where you are and have some control in the areas of your life, when you are in charge and you have responsibility, here's what's God going to do: He's going to be standing beside you. And He's going to fight with you, empowering you, equipping you, supplying your every need, so that you fight the battle together.

You and God, together. But in the areas of your life that you have zero control -- and there are lots of that in the area of your life when you have no control, whatsoever— God, you just watch Him.

God says, “Stay there. Trust me. I will fight the battle for you!”

That's the God that we worship. Yeah.

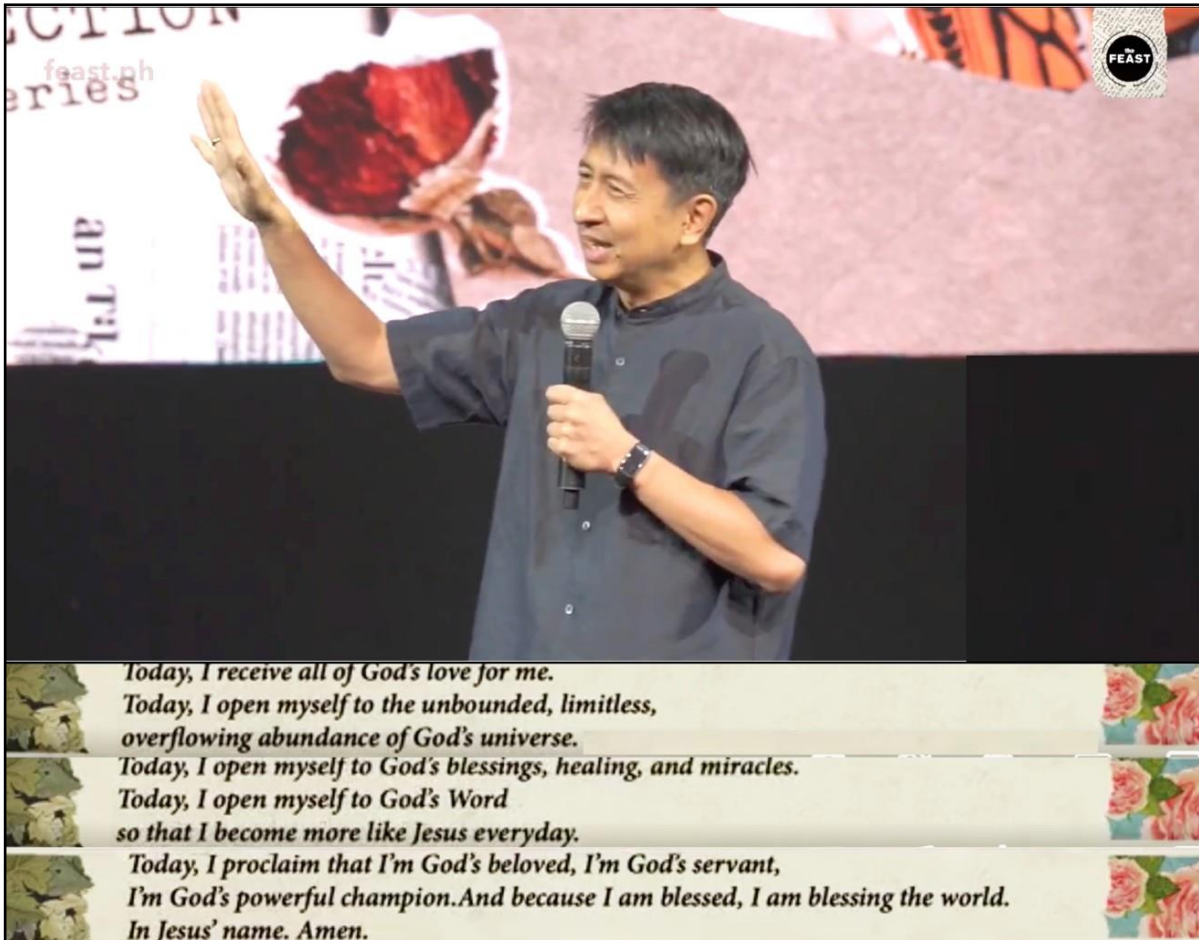
And, you know, Fr. Chris was saying that on Judgment Day, your heart— I love his illustration—the counter weight is a feather. Your heart must be light.

Times of Worship, we release anger, fear, worry, stress, sin, disobedience, rebellion. Release!

Let's come. Let's worship. Let's unload. Set free! Be light! Hallelujah!



NOVENA TO GOD'S LOVE **DECLARATION OF ABUNDANCE**



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

I want you to give a big hand to our Worship Team. Thank you so much, Guys. Wonderful. So good.

I want you to hug somebody. You know, if you have a family member, a friend beside you, just hug that person and just love that person. Just tell that person: God fights your battle for you! Amen. So good. So very good.

Thank you for braving the rain, Guys. Thank you so much. And to all those watching online, we understand. We totally do. And you are part of this gathering. Hallelujah!

Talk



I want you to touch somebody and tell that person, “Get ready for a blessing.” We continue our series on *What Matters Most* and today we are going to be talking about health, about Fitness. And maybe the question that is in your mind is: Why would The Feast, a spiritual community, talk about health? I mean *Why*?

And my answer is: Why not?

You know, Everybody, say this with me: *Everything is connected.*

People ask me, “Bro. Bo, how can you continue to do all that you do? You know, you’re very busy, as in the Ministry, you’re busy also with your businesses, you try to be the best husband, you try to be the best father—you do all sorts of things. How do you do all that you do?”

And I respect those three words: This is my answer: *Everything is connected.*

My spiritual life is the foundation of all that I do. But you know what? My relationships are interconnected. And the reason I’m successful in other areas of my life is my relationships are working well. At least I try my best that they work well.

But my physical health is also a close cousin. It’s like a foundation. When I nourish my body, when I get enough sleep, when I drink enough water, when I get enough sunlight, when I move and I exercise—you know, all of those have ripple effect. My physical health ripples toward my spiritual life, my ministry life, my business.

One more time, Everybody, say, *Everything is connected.*

And when you read Scripture, you’ll see one of the things that just pops, so strongly and beautifully, is that there is no dichotomy, there is no separation, there is no division between the body and the soul. The perspective of Scripture is that body and soul being one—in fact.



Your Body Is Not Bad

One of the misconceptions that we need to correct – in our expectation, in our mindset, and in our perspective—is that when we die, we will be like Casper, the friendly ghost. And that we will be ghosts in Heaven. But if you read Scripture, you find that we will actually have a body. And it will be a glorified version of this. It will be perfected, glorified.

You will have a body. You know, a body is not evil. The body that you have now is not bad.

It is not evil. It was made by God. And we need to take care of it. We need to love it and nurture it so that we can love Him more and serve others more. No, it's not our priority. No, we do not worship our body.

We worship God alone. But this body is a servant that serves God. And so, as we listen to this talk today, I pray that you open your heart and I pray na sana batukan ka ng Panginoon—I pray got will hit you on the head 😊-- if you are not loving your body.

This morning, I was shaving and then I shaved my favorite mole and it bled profusely. And you know what I did?

I said, “Oh, I’m sorry, my body. I’m sorry.”

I’m strange. I talk to my body. When I wake up in the morning, I say, “Thank you, body. Thank you.”

And I say, “Thank You, Lord, for giving me a body.”

Some people, they hate their body. Today, we’re going to talk about your relationship with your body. How? Do you love your body? Do you feel good about your body?

It’s like a whole gamut, it’s a whole range—There are people who are disgusted with their body. They feel that they’re ugly and they’re defective, and so they hate their body. And I pray that God will redeem you from that. That you realize you are beautiful.

I love Fr. Chris—the way he ended the Mass: “You are special.”

Everybody, put your hand over your chest and say, “I am special.”

Everybody, say, “My body is beautiful.”

Tell somebody beside you, “You’re gorgeous.”

You are. My gosh, you are exquisitely, amazingly one-of-a-kind beautiful. Your fingerprint is not the only thing that’s unique. It’s who you are. You’re amazing.

Listen to Your Body

And then there are people who move a bit to this whole range-- where you're not disgusted with your body but you're annoyed. You're annoyed. You know, every time you look at your body, you're like, "Yuck, why are you like that?"

You know, there's this irritation. No. I hope you get healed from that and that you move through the range.

And there are people who are not annoyed but they're indifferent. They're indifferent. They don't have a relationship with their body.

I pray that you move a bit to the range where you're grateful for your body. You're grateful. Thank God.

You know, 24 hours a day, my heart is pumping, 24 hours a day, my digestive system, my endocrine system, my skeletal system, my excretory system-- everything is working. I can see, I can hear. Thank you, thank you, body. Thank you, Lord. And then aside from thanking, you're listening to your body. You're listening when you feel tired.

Your body is saying, "May you please rest a bit?"

You know, when you have a stiff neck, when you have back pain, your body is saying, "Are you holding onto pain and worry, and fear? You need to let go!"

Sometimes, your body will shout the messages that your soul, your mind, your emotions are trying to tell you. But they cannot. And so, because you do not hear their whispers, your body will shout through disease, sickness.

Be thankful for your body. And listen to your body. And care for your body. You have only one. When that fails, you cannot love God and love others.

Care for your body—tenderly, compassionately. I'm so excited for this talk. And this is a man all these years he heals people, he cures—as doctor. But his perspective is holistic medicine. He's a dear friend.

In 2021, I had severe Coronavirus Disease (COVID), and 14 persons in my family compound had COVID. No vaccine at that time. Hospitals were flooded with the sick.

Then, he knocks on the door, wearing a mask, and slippers. And he comes in...

You know, he has two kids. My wife, when she saw him, she just cries, bawls. She says, "Don't come in. You've got two small kids. Mayi (his wife) will kill me."

But the good doctor just goes in a compound of 14 COVID patients. And he heals me, cares for me.

This is the doctor who will preach to you today. Please welcome Dr. Didoy Lubaton.



Reality Check

BRO. DR. DIDOY LUBATON: Thank you, Bro. Bo.

How's Everybody? My one big message for today is this:

**Take care of yourself,
take care of each other**

Here's the reality: Today is a lot of reality checks. But also, a check: That God has created us beautifully. It's another check.

This is a reality check: The level of your fitness determines your life experience.



**The level of your fitness determines a
lot of your life experience.**

You have two legs, two feet. You are created to walk. But when your legs fail you, when your legs don't work like they used to, the experience is hard. Mobility is hard. Therefore, the choices for you and your family where to go become different.

That's just one example. Yes.

Once you have a high HBA 1C and FBS— if it's high sugar already-- then the level of experience makes a lot of difference. The choices are limited.

What I'm trying to say to you today is yes, your fitness is part of what matters most. You don't let *you* lose you. Let me give you an illustration.

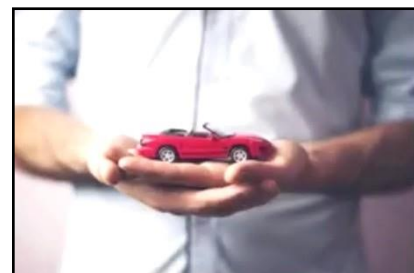
May I play God? Just this time. Okay.

I'm going to grant each and everyone your greatest dream. Your dream car. Can you imagine your dream car? It could be a red sports car.

You may choose whatever model, whatever price range. It doesn't matter. You may also add accessories—stereo system, all the setup you like.

Okay, good. And I'm going to give the car to you for free. But there is one condition--one and only condition: you may never ever have another car for the rest of your life. Just that dream, beautiful setup car.

So, imagine: you get your dream car but you will have only one car ever for the rest of your life.





Reflection Questions

Let me ask a few reflection questions:

First: How would you drive the car? Very carefully, I heard someone say.

Second: What kind of fuel will you put in the car? Ah, the best one, the premium one, no matter the its price.

Third: Would you schedule regular preventive maintenance service for the car? Yes.

Last: Would you like anybody else to drive the car for you? Nooo.

My friend, reality check: We have only one super machine that God has created. And it's not just a machine. It's a beautiful, magnificent, majestic body that God has created. Take care of it. You have only one.

Some people remarked, "You may have organ transplant."

Try it. It's not easy. No way. Not easy. It's not a good option.

You have only one body. We have only one life. Take care of it. It matters to God, it matters to you.

And by the way, I didn't know Bro. Bo would introduce me like that, so, I'm trying to find my footing. I didn't want that story to come up. But he mentioned it, anyway.

But imagine: We could have lost someone. We could have suffered the pain of loss—and not just the actual, probable death, but losing the function, losing the chance to run, to go on vacation without any limitation.

It's very, very important: Your fitness. The level of your fitness will directly affect your personal life experience. And also, the life experience of the people that you love, and the people around you.

I'm adding more reasons you want to take care of you. Let's honor the Word. May we sing—all together:

*Thy Word is a lamp
unto my feet
And a light unto my path.*

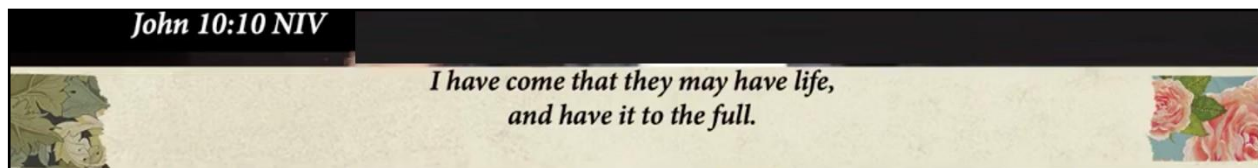




Very Simple. From John 10:10 NLT:

My friend, God's purpose in our life is to give us a rich and satisfying life. Again, our earthly vessels are so integral to the purpose of God. For as long as we live, to have a rich and satisfying life.

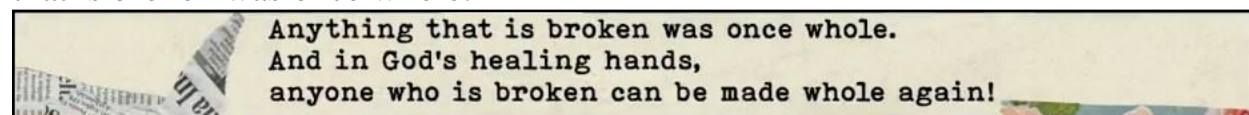
And in the other translation of the Bible, it says:

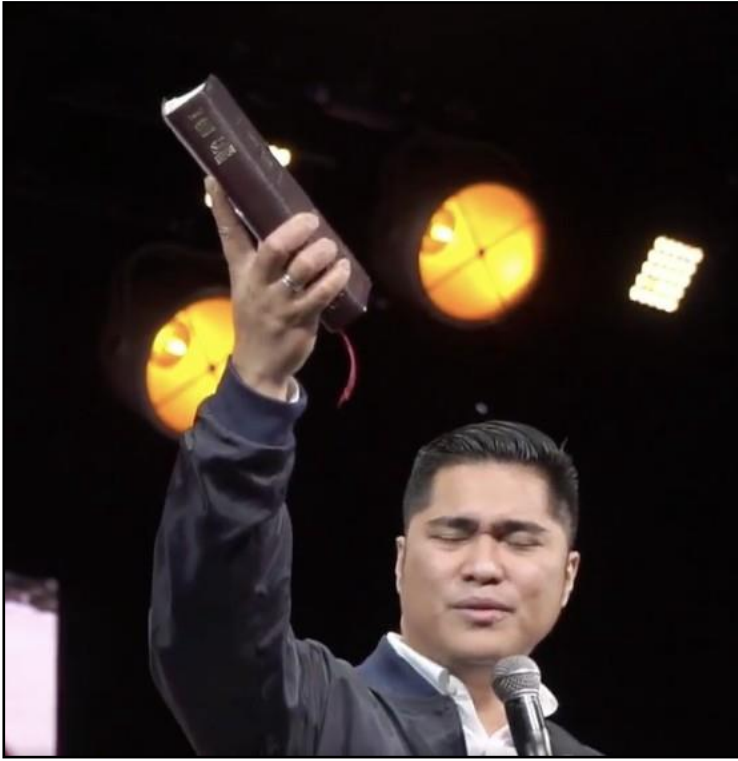


And it's so sad that, reality check: we see now that there are a lot of broken bodies. And because of broken bodies, there are a lot of broken dreams, broken plans, broken households, broken finances. There's a lot of brokenness in this world. And are we just going to be accepting it is what it is? Are we just going to wait for the time we're going to break, or we're just going to die and lose that rich and satisfying *full* life that God has promised?

But, you know, the Word of God is so good. It doesn't come back to Him void.

That's our first reading today. And the Good News for today is this: Anything that is broken was once whole.





Love You God. Thank You, Lord.

Love Our Healer

Put your hands on your heart
and have that moment with the Lord.

*Lord, heal us—body, mind,
and spirit. Be our restorer, the healer
of the broken. As You speak to us more,
we allow you to be our healer. Do Your
mighty work among us today.*

*Transform us, renew us, refresh us,
restore us. Let Your will be done in us
today. In Jesus' Name. Amen.*

Raise your hands, sing to the Lord
and glorify the Word:

*Thy Word is a lamp unto my feet
And a light unto my path*

Give the Lord a big, big hand,
Everybody. Love our Healer today.





Affirmations

This week, again, Reality Check: I saw a family celebrate the 80th birthday of their mom, their grandmother. It was a beautiful celebration, a milestone. I was supposed to go but the floods happened. But I saw the pictures, I heard the stories. It was so nice—the grandchildren honored their grandmother. You know, there was a senior citizen choir.

It was a beautiful celebration.

It was so sad too for me. Just for me. Because on the same day, I learned a good friend from The Feast—she was only 52 years old-- passed away. On the same day.

I was there (at the wake) last night. And I was like, “Lord, God bless her soul. God, comfort and strength to the family.”

But it really made me reflect: *Lord, first, if you’re really going to take me, okay. I will surrender to Your will.*”

So hard of a prayer, but God replied to me. He nudged my heart and said, “*You have the decision. You have the decision on what you’re going to do. Your decision will help you and heal you, or it will hurt you.*”

Because that’s the beautiful gift of God. What’s that? It’s free will. God doesn’t control us. God loves you so much that He trusts you with your decisions: “Go ahead. Please.”

So, the first test: Where are you going to have lunch? What time are you going to sleep tonight?

The Word of God is full of affirmations about us taking care of our body. In 1 Corinthians 6: 19-20, read with me:

1 Cor 6:19-20 NLT

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

You are valuable. You were bought with a high price. Like that expensive car, like that expensive furniture, that expensive stuff you care for.

Your body is bought with a high price.



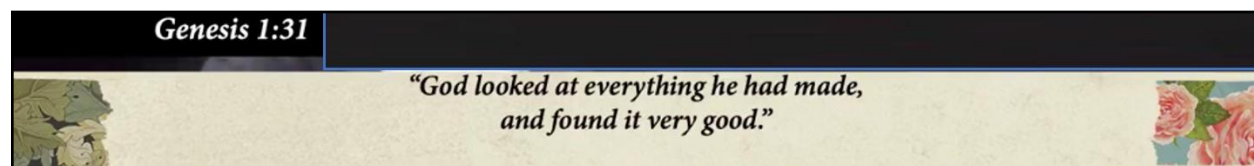
Temple of the Holy Spirit

So, Guys, when we honor our body, we honor God. You are the temple of the Holy Spirit. God dwells in you.

Look at the person beside you, and say, “How lovely is the dwelling place of the Lord.”

Yes. Your body is the temple of the Holy Spirit. And you know, even in the first chapter of the Bible, in Genesis 1, it says there over and over again, we are told that as God creates from first day to second day and third day, He always looks back. He looks back and says everything that He has made, He says *good*.

But until on Genesis 1:31, when God created humans and the rest, during that day, this is what He said:



Again, look at the person beside you and say, “*Very good.*”

From the very start, we’re created to be very good. Please take care of your body. Our response today is this: Let’s be good to our self. Let’s be good to our body. If your body is able to talk right now, is it thanking you? Or is it complaining to you.

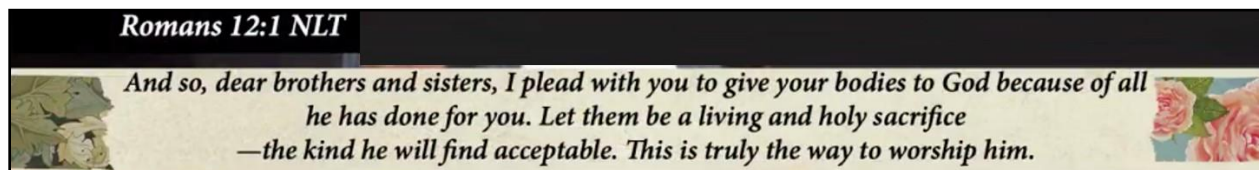
Take care of your body. It’s not being selfish to do so. It’s not self-serving. It is a worship to God.

Three Ways To Take Care of Your Body



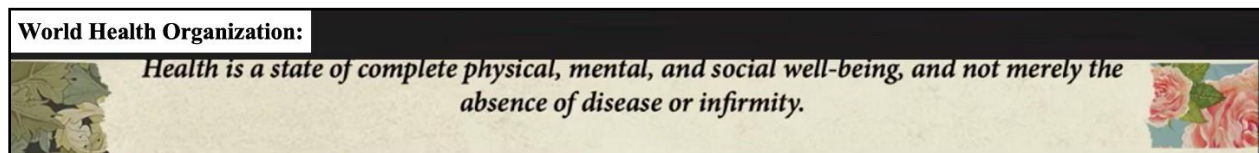
Through Saint Paul’s letter to the Romans, I’m going to convince you that we are created good. We need to take care of our self.

Guys, the Creator is praised when we take care of His creation. Honor your body, you honor your God.



Today, I’m going to give you three ways you can take care of your body, take care of your life.

The World Health Organization (WHO) even declares the definition of *health*. It says:



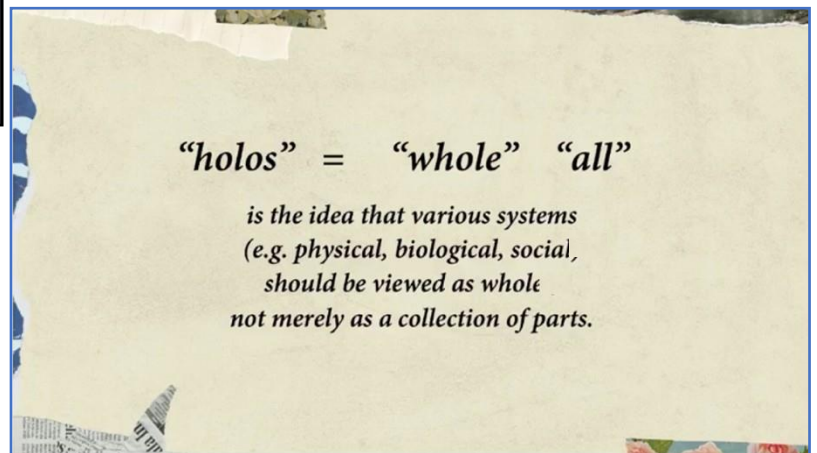
Guys, if you have six-pack abs, it doesn’t mean you’re healthy. I’ve seen people getting sick despite their body is rock-solid.



Holistic Approach

I am a holistic doctor. I practice the holistic way. *Holistic* comes from the Greek word *holos* which means *whole* or *all*.

It is the idea that various systems—physical, biological, social, mental—should be viewed as a whole, not merely as a collection of parts.



Sometimes, our thinking of the healthcare system is too broken.

For example, when you have a problem with your eye, who's the doctor that you see?

You already know—the Ophthalmologist.

When there's a problem with your heart, who are you going to call? Doctor Love. ☺ The cardiologist.

If there's something wrong with your kidney, who are you going to call? The Nephrologist.

Women, who are you going to call if there's something wrong with your reproductive organ? Oh, we all know that. (The Obstetrician-Gynecologist).

My mom, my sister, are specialist doctors and we need those specialists, And also, definitely, the advanced technologies.

Sometimes, also, it's up to our perspective.

Because one doctor is seeing one side of a person's body. Another doctor is seeing another side of the body. Then another doctor is seeing another side of the body.

Who is seeing the person as a whole?

Not just God, but you. You've got to curate what you hear, and then put it all together.



Life Has Many Aspects

The wholeness of health tells us our life has many aspects. It's not just physical health. It's also emotional, mental. It's also your rest and recreation. It's also your financial life, your work and career, personal goals and passion, spiritual life, relationships and community life.

It's hard. They are so many. But if you look at the illustration above, are you willing to give up any aspect of your life? Is there any aspect that you're ready to just let go? It's hard, right?

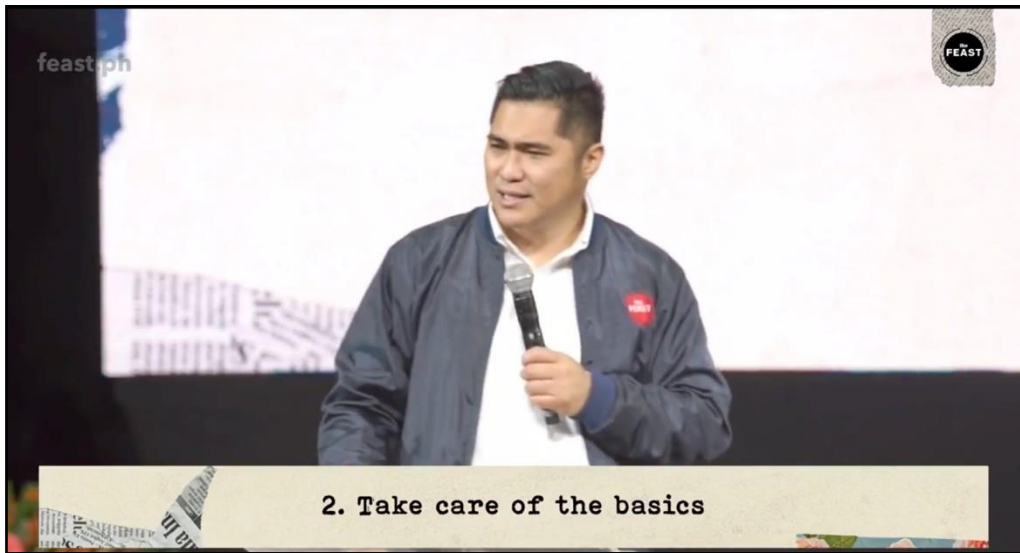
Again, our wholeness and our wellness are realized when there is harmony. It's harmony in each and every area of your life. We cannot simply have balance. We have only 24 hours a day, 7 days a week. But in every season of our life, it is our personal responsibility and accountability for the people we love that there be a harmony in the different areas of our life. That's ebb and smooth flow, give and take in that relationship.

The holistic approach looks at the person not just on the numbers projected by the physical results of the laboratory test. I am a conventional doctor as well, so, I practice that. That's okay.

But more than just the cholesterol finding, I look at why are you eating this way. How are you sleeping? That is why probably, your body is complaining and showing you signs and symptoms. How are you with the relationships? How's your stress level? How are you managing it? When you get so anxious and tired who do you turn to? Or are you feeling that you are on your own?

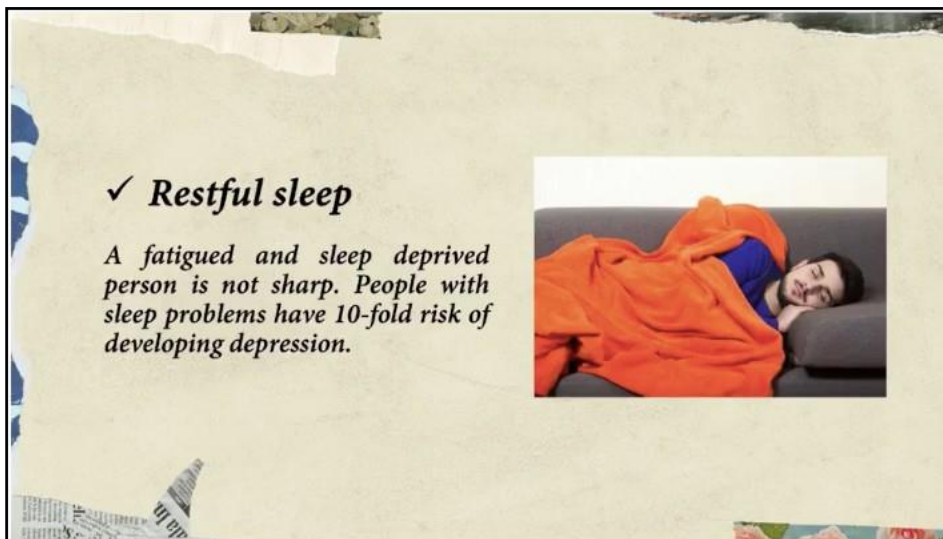
Those questions I ask because I see a person as a beautiful being created by the Lord. And if that person is not living a full and satisfying life, then we have work to do.

Whole. Holistic. Take care of your whole self. Take care of your whole self.



Second way to take care of your body is this: Please take care of the basics. Here is a list of the basic body health needs-- for your fitness, for your body to function well. That beautiful super engine that God has created in your body, that beautiful creation, it has its needs. Even cars need some maintenance. Even cars need fuel and oil and cleaning up.

- **Basic Body Health Need:**



How many here feel *I need to work on my sleep? I need to get better in my sleep?*

Welcome to the nation of zombies.

That's when I hear people say, *Doc, I feel depressed. Doc, I feel this and that.*

The first question I ask is How's your sleep? Because in the magic world of sleep, incidents happen while you are not aware of them. Sleep is a beautiful medicine. It's a beautiful part of the body system-- and ways that we could be missing out.

Practical Sleep Tips

Find your rhythm -- sleep and wake up on the same range of time daily. This is the most important sleep tip for me: Find your rhythm.

Oh, search on YouTube for Doctor Matthew Walker, English scientist and professor of neuroscience and psychology at the University of California, Berkely, focused on the subject of sleep. Or TED Conferences—Technology, Entertainment Design—an American-Canadian media organization posting online talks for free distribution under the slogan *Ideas Worth Spreading*.

Matt Walker is the foremost sleep expert. And he would always remind that we have to find a rhythm. What do we mean by rhythm? Sleep and wake up on the same range of time daily.

On a personal note, I wake up on the range of 6:30 in the morning, plus-minus 30 minutes. That's it. And I try, even if I lack sleep, to wake up on the same day. Because it sets me up for a good rhythm—that by 10, 11 p.m. to 12 midnight, I'm already in bed and I am telling my body, "Sleeping time, re-charging time."

Okay. Q and A: Some people ask me, "Doc do you really have to have eight hours of sleep?"

What's the answer? It depends...It's not a hard and fast rule that you have eight hours of sleep every day.

Because somebody asked me, "Doc, what if 7 hours and 45 minutes?"

It's not a hard and fast rule. It's a good range. Ask your body. Listen to your body. I know, personally, that I function well at eight hours of sleep. Seven to eight hours, okay. Nine hours, no. Even if it's too much of sleep, that's not a good rhythm, either. Because it's all about rhythm. It's not about quantity. When you lack sleep, or oversleep, that's not good for your body.

Those who are doing weekend sleepovers—doesn't work. It will hurt you more than it will help.

So, daily activity. It's a tall order. But if you want to go for your fitness, as I myself is trying, you've got to do it. Find your rhythm.

Cold and clean. Around 18 degrees is what's recommended.

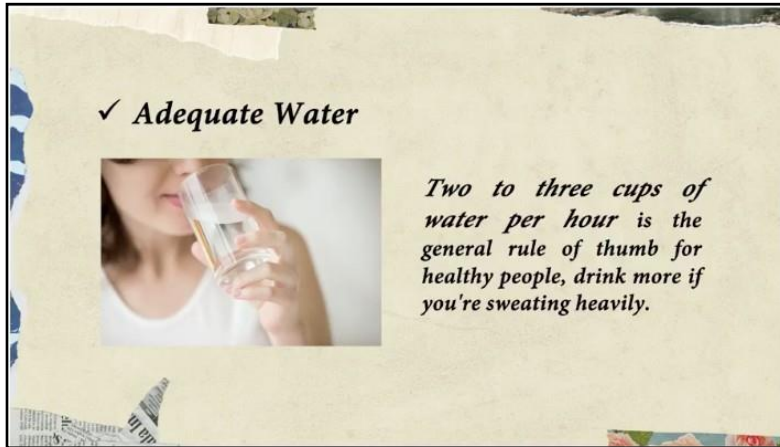
So, yes, invest in your aircon while it's raining, enjoy it. But yes, if you to invest in your sleep, get a good bed, get good sheets like in a hotel.

Hey, you spend a good number of hours of your day in sleeping. Make sure it's a good one. Invest there—cold and clean.

Dark, pitch black as much is needed if you are on the flip side of sleeping
Please, it has to be cold and clean and dark.



• Basic Body Health Need:



Aside from sleep, you've got to take adequate water.

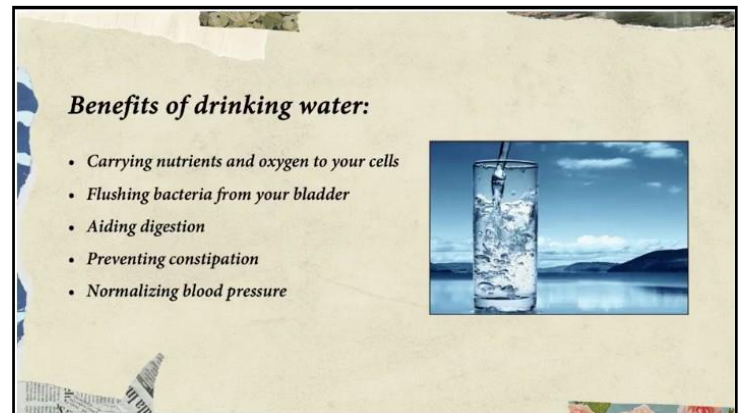
And how do you know if you have adequate water? Listen to your body. The feedback of your body is through your urine. Look at the color of your urine. If you can, smell it.

I know if I've eaten too much dried squid based on my urine—too much.

The more yellow your wee-wee is, the more you need to take in water. What's the right amount? Generally, 2 to 3 cups of water per meal. General rule. But if you're sweating heavily, you've got to find out your own need.

If you have kidney illness, you've got to check with your nephrologist. Usually, there are some limitations, depending on the situation you're in.

You may be missing a lot of the benefits of drinking water. It's not just for your wee-wee. Aside from benefits for the digestive system, there are benefits for the circulatory system.



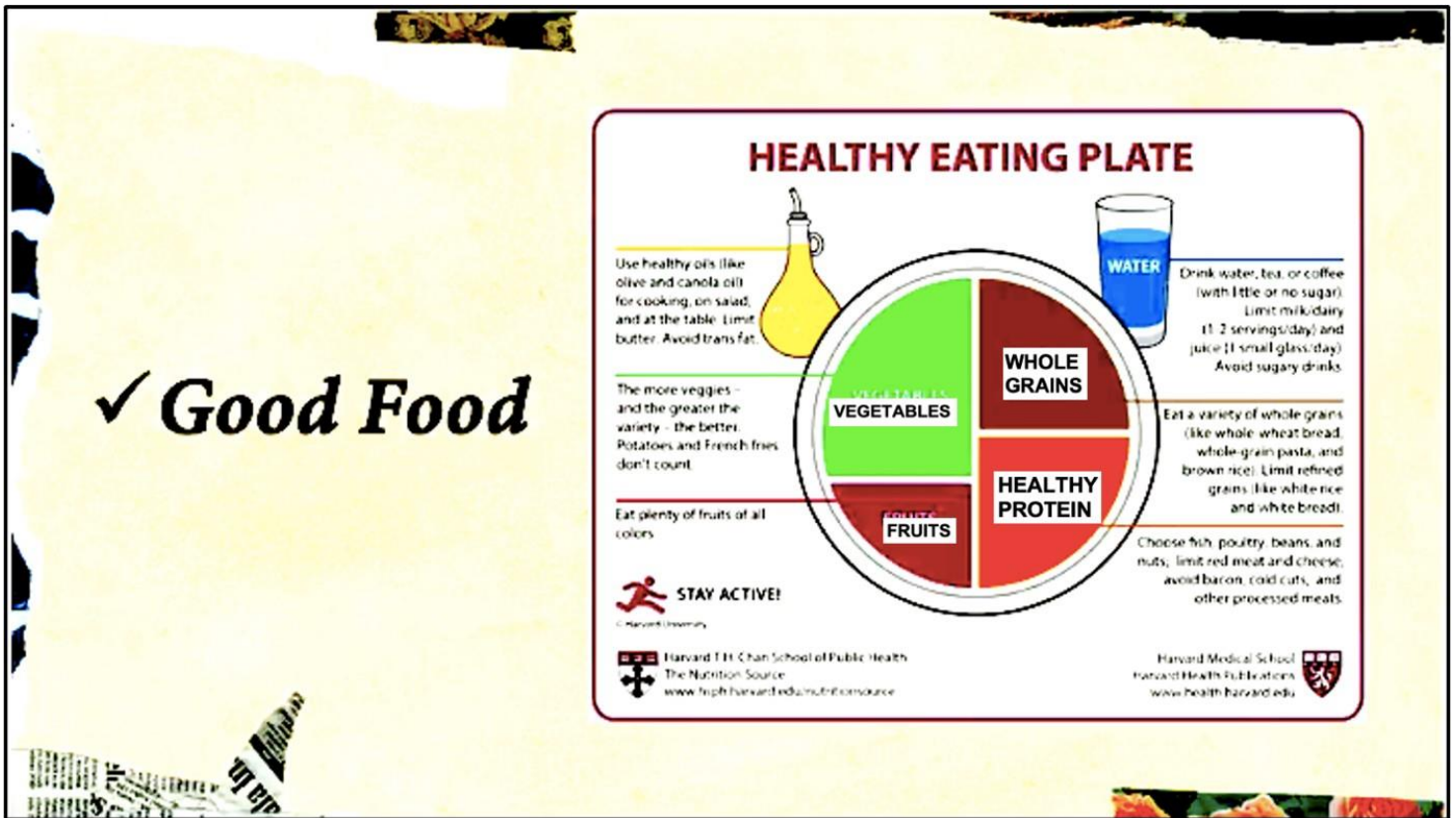
If you want to avoid arthritis—in the long term—drink lots of water.

And energy-wise, you're an electric body. There's electricity in your body.

With good hydration, you will have more energy.

So many tips. But this is not a full-blown health talk. That's why I'm just passing through.

- **Basic Body Health Need:**



Aside from water, you've got to have Good Food. See, the Harvard Eating Plate, says that half of your plate is supposed to be for fruits and vegetables. Half of the Filipino plate is? Rice. And then there's pancit, there's puto—so much carbohydrates. (After you eat, your body breaks down carbs into glucose—sugar.)

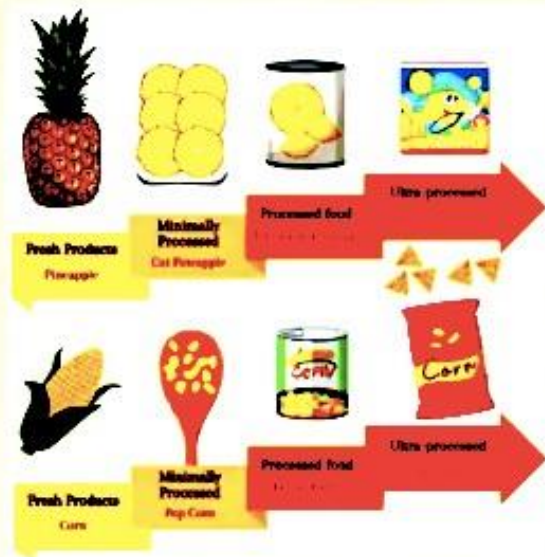
We're eating so much sugar. And then there is sago at gulaman (gelatin)...

Just a reminder: You are the one curating your plate. Don't let anybody put anything on your plate, as much as possible.

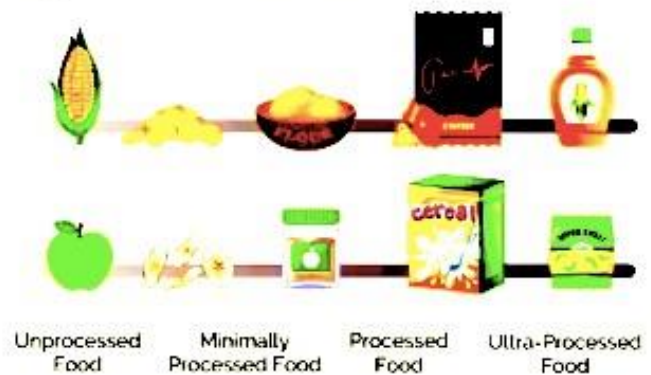
If it's unhealthy, you can say *No*.



✓ Closer to nature, the better



Spectrum of Processed Food



Here's another principle about food:
The closer to nature, the better. The closer
from farm to table, the better.

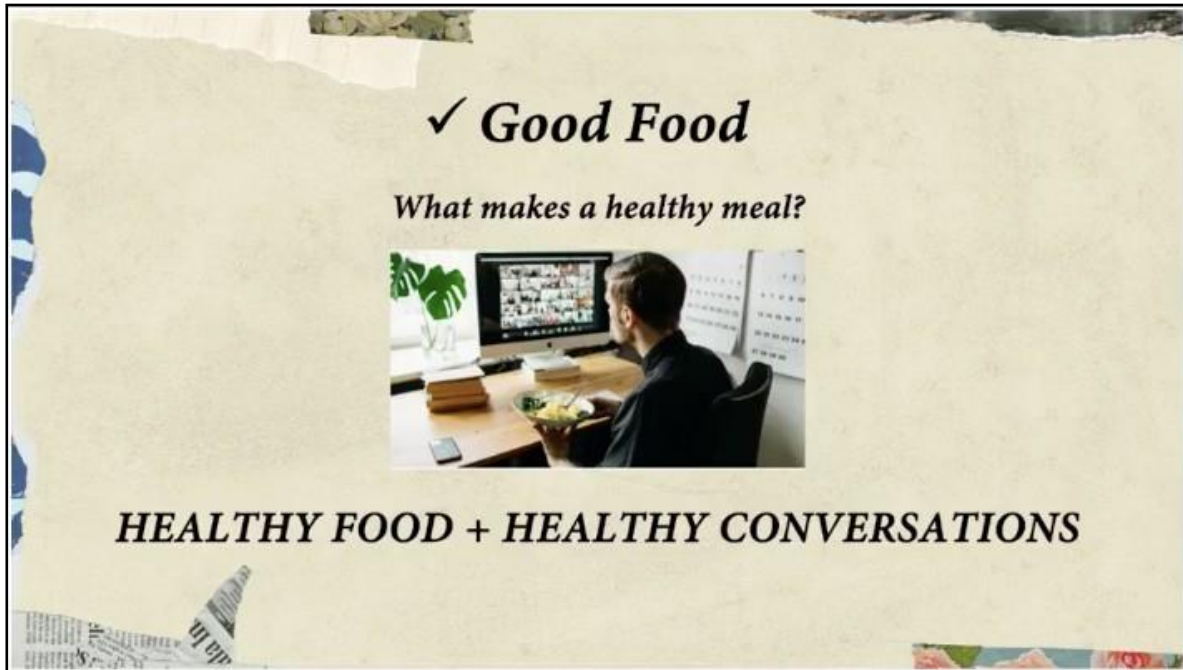
And yes, if you can afford organic, go ahead.

Above, the Spectrum of Processed Food.

There's a lot of discussion about this and that.
But the basic principle is the closer to nature,
the lesser processing, the better.

They call it whole food. So, even if you can
afford processed food for your household, that
whole food, home-cooked food is better –
from fresh ingredients to cooked dish, rather than
order. That's the truth.





Holistic Dinner

On a holistic perspective, again, it is not just about the food.

It's also the attitude.

So, what makes a healthy meal?

It's healthy food plus healthy conversations. You can have all the organic food – as expensive as they could be—but if, at the table, you're fighting with a family member, it's not good energy.

If there's cold war, that's not good.

If you're eating alone for most meals of the day...

I remember during the Coronavirus Disease (COVID) Pandemic, we even had to

call each other up via Zoom or video call: "Come, let's eat together."


We are social beings. We are connected beings.

You don't have to eat alone.

• Basic Body Health Need:

✓ **Physical Activity**

- Research says that people who exercised for 45 minutes three to five times a week had 1.5 fewer “bad days” than similar non-exercisers
- Research says 4 hours of exercise a week decreases depressive symptoms by 17%



5 LOWER BODY EXERCISES
TO DO AT YOUR DESK



Research tells us that those who exercise for 45 minutes, 3 to 5 times a week, had 1.5 fewer bad days than similar non-exercisers. So, if you want to be productive, you want to have better days ahead of you, you *move*—exercise for 45 minutes. Research says 4 hours of exercise a week decreases depressive symptoms of depression by 17%. Big or small? That’s *big*. That’s why one of my prescriptions when I talk to the depressed, anxious, mentally distressed people: *Let’s walk! Exercise. Get under the sun. Get your dose of vitamin D, and it’s going to be good for you.*

One more reminder, please,
with regard to *activity*.
Remember this holistic principle:
What you don’t use or
what you overuse, you lose.

What you *don’t use* or what
you *overuse*, you lose.





Push-Up, Plantito = Feel Good

Here's the truth: I'm 30 years old, so, when I reach 40—he-he, I'm already 37...

When you reach 40, here's the latest fact: you lose 1% of muscle mass every year--starting 40. So, when you do not try to take it back, it's just going to waste away.

That's why, at the backstage, Bro. Bo and I are doing some push-ups. You know, it gets us the energy and strengthens our body.

You've got to move, please. And when I say move, maybe doing some household chores allows you to move.

I do plants—I'm a *plantito*. So, when I'm lazy to exercise, I lift up the plants, I move them around, I reach for something—just *activity*.

One more quick guide on *activity*-- what do you need to do. Remember this principle: Is this helping me? Do it. Is this hurting me? Don't do it.

Physical: Is this making me to sit for eight hours a day? Then don't do it anymore. Do something about it.

But if it's helping you to eat this kind of good food, go ahead. Continue. Keep it up.

If you ask me what is the best diet out there? It's the diet that will work best for you. How would you know? What you can sustain and what you can feel good with. Right?

That's the answer for me, as a holistic doctor.

Okay? Please take care of the basics.

Ask someone beside you: Friend, where are we going to eat? 😊

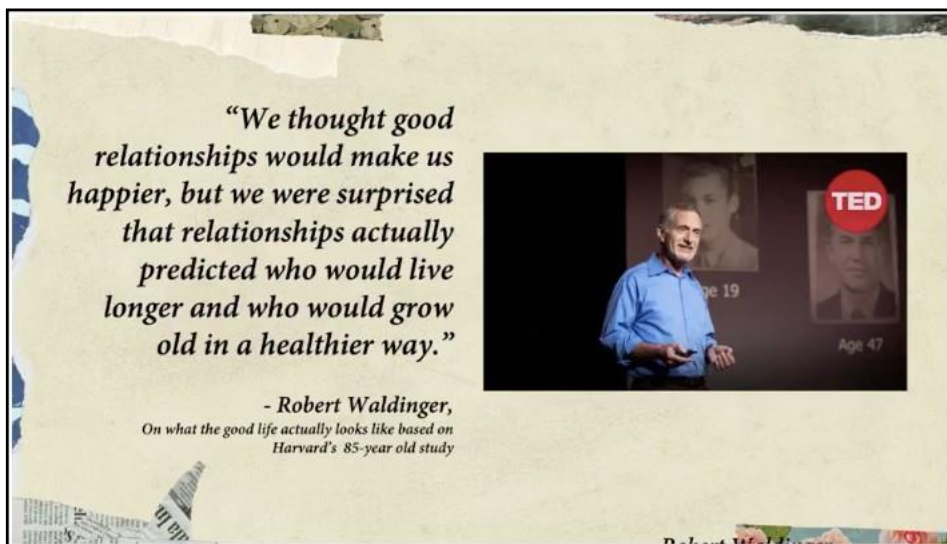
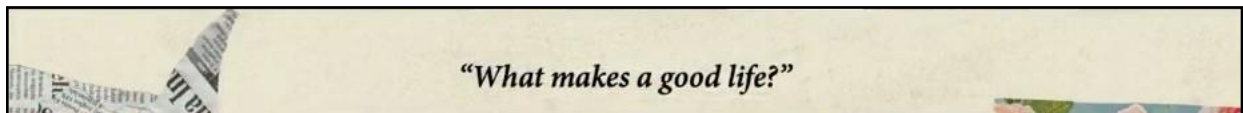


BO SANCHEZ: “To do 100 push-ups a day, I made a decision that I would do push-ups wherever I would be.”

... Even while preaching onstage.



No. 3: Basic Principle To Take Care of Yourself. Yeah, this very important. Lastly, please, Take care of who/what matters most. Guys, it's very important. Ask this question: What makes a good life?



Have you ever asked that question? What makes a good life? What would determine that I have a good life? Harvard researchers have actually answered that. Quick answer: Positive relationships. It's not achievements. It's not money. It's not physical pleasures.

This is according to Robert Waldinger, chairman of the ongoing Harvard study on what good life actually looks like.

The researchers have followed 700 plus persons-- since 1938-- plus their families, their children, grandchildren. And in 85 years of study, this is what they have found out.

‘Social’ Fitness

If you want to live a happier and healthier life, look into your relationships. So, do not burn the bridges. Continually build them. Don’t just leave your family. *Live* with your family. Live life with them. It’s just a short span of time.

Some people call it social fitness. How connected are you? How are you caring for yourself and caring for others?

And Guys, it’s expensive. It takes effort, time, energy.

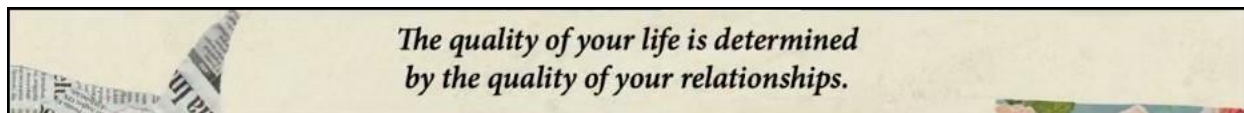
Bro. Bo and Sis. Marowe celebrated their 25th year Wedding Anniversary this week. It was a beautiful celebration of I think almost a thousand friends.

I was in the Admin and the first thing I looked into was how much they spent for the party. But it turned out to be a sort of potluck-- people gave food generously.

It was so good and it was a beautiful life for the couple--so connected, so loved, still loving generously. Really idols in the family goal of having good relationship I am not surprised why they live a happy, healthy, and wealthy life.

For the extrovert in me, it was like a reunion with our LOJ family members of a lifetime. I was so tired afterwards, but I was so happy. I felt so fulfilled.

Here’s the truth: The quality of your life is determined by the quality of your relationships.



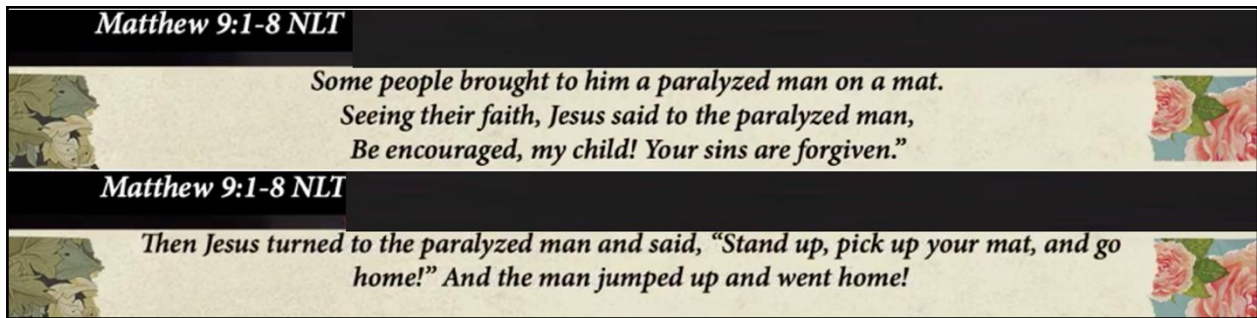
Quick honoring: I’m celebrating nine years of happily married life with my wife by July 18. Mayi, I love you. Happy Anniversary! She’s also celebrating her birthday on July 30. So, July is a very good month for all of us.

And it’s mid-year break, and say: Focus on relationships. So, by the end of the month, we are on vacation—leave everything behind.

You’ve got to have some good time out for your family.

Back to Jesus

Let me end with this: The story where Jesus healed a paralyzed man:



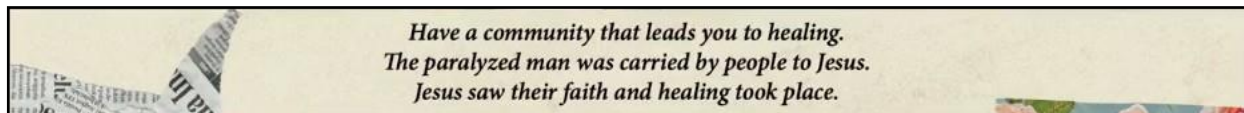
We all have some paralysis in life. Some people are really paralyzed—in body.

Some, in the mind. Some have paralyzed plans. Others, relationships. And there seems to be a limitation.

It seems to be an illness. Seems to be something irritating that you cannot shake off from your body.

From this going-back-to-Jesus story, I have **Three Reminders** for you:

1. Have a Community



God did not just look at that paralyzed man. He didn't just pity him. Jesus looked at the faith of his friends-- of his Community.

The powerless man cannot go to Jesus by himself. It takes a village to raise a family. It takes a village—a harmonious village-- to let one live a good life.

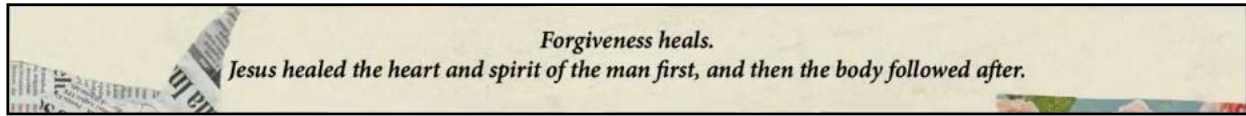
Find your Community. Welcome home! If you haven't found one, we can have life here together. Find your little small groups. Attend our retreats.

Come, and meet people here.

Because we are not meant to live alone.

Have a Community that heals you.

2. Forgiveness Heals



Jesus healed the heart and spirit of the man first. And then his body.

He said: *Be encouraged my child, your sins are forgiven.*

Healing of the heart and spirit happened first, before Jesus said, “Stand up, pick up your mat, and walk.”

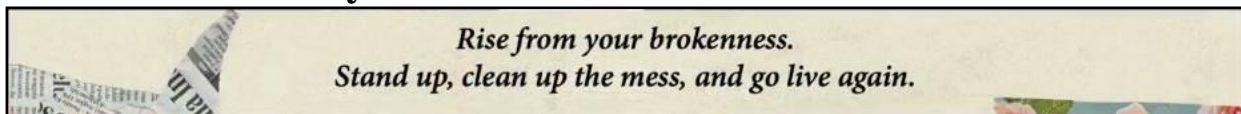
My friend, today, we can ask for forgiveness from the Lord. We can receive forgiveness at any single time.

Even in The Feast, there’s a Sacrament of Confession—a reconciliation happening right there—a designated private place at the lobby... if you want to receive that forgiveness from the Lord...

And also, let’s be humble enough to ask for forgiveness from who matters most in our life. Get back to your relationships. They are the biggest and best predictors of your fitness, of your healthy and happy life.



3. Rise from your brokenness



It has been a beautiful Talk with you. But I hope that the talk doesn’t remain in the head. I hope it translates to your actions. It translates to what will order you for lunch. It will translate to how will you sleep tonight. How are you going to find your rhythm. How are you going to pick up your exercise clothes again and just pick up, rise, and walk.

Guys, action after this: Watch again this talk on Facebook or YouTube if you want to get back to the tips.

But what I am trying to tell you, we’re not going to be left paralyzed. You are not going to be left paralyzed and t be there watching everything happening to you. You get up. Clean it up—if you made a mess, clean it up. God will not pick it up for you. He is healing you, and empowering you, so that you can do it yourself and help others do the same. You could be that paralyzed man, or you could be those people who brought that paralyzed man to Jesus.

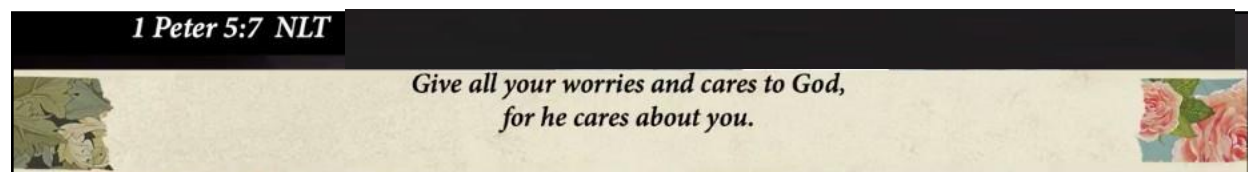


God's Call Today

I believe that God calls us today. If you're listening to this Talk, it's because God is calling you to be His healer as well.

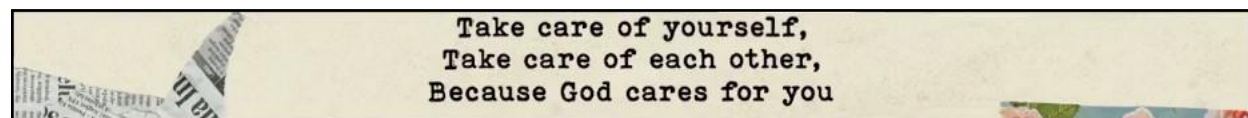
Broken, wounded, but still can heal. Because it is God who heals us all. He is the Healer of the broken. We can come to Him. We can present our body to Him, our broken life, broken spirit. God is ready to forgive. And He can pull us up, and what is broken, He can made whole again.

Let me leave you this powerful Word from the Bible. From 1 Peter 5:7:



Give all your worries and cares to God for He cares about you.

So, in ending, we can take care of ourselves. We can take care of each other. Because God cares for you.





MERCY MINISTRIES

“Fear not for God is with you.”

– Isaiah 41:10

PASTORAL CARE CENTER PART 4

From Gloom to Grace

LIKE ME.

That’s what I thought as I looked at this photo of a woman. She is alone, looking burdened, gloomy.

Yes, like me.

Call me Cai. Actually, I am not alone. I am married.

But yes, I was heavily burdened. My husband was a drug addict. He invested in some business, the business failed, and we but drowned in debt. And I didn’t have a job.

We struggled to raise our six children, among them, a pair of twins. Sadly, our twins were born premature, confined in hospital, but passed away. Amid our grief, we agonized over the hospital bill added to our financial burden. Amid our fear that we couldn’t fend for our remaining four children.

That was my dark past. Today, looking back, I realize that actually, it wasn’t that dark. There was a ray of light—as in the Light of Jesus Family.

In 2009, A co-parent in my youngest daughter’s nursery class introduced to me LOJ’s faith gathering, The Feast-- telling me that the main preacher, Bro. Bo Sanchez, gives inspiring, comforting talks. The gathering was being held at the Philippine International Convention Center (PICC) in Manila. At the time, we were based in Batangas, so I could only watch replays of The Feast on television.

But God made a way for us to be closer to Him.

We sent our kids to a school in Laguna. It happened that as part of their school requirements, they had to watch shows at the Cultural Center of the Philippines (CCP). So, we had to bring them there now and then. CCP is near PICC, so, every time we were in the area, we took the opportunity to attend The Feast. This was in 2014-2016.



Perfect Timing

I must say, this was God’s perfect timing to reach out to me. At about this time, I didn’t know anymore what to do with my problem with my husband—a secret I had kept all those years.

By God’s grace, at The Feast, I came to know about the Light of Jesus Pastoral Care Center. I learned it ministers to the emotionally burdened, conducting one-on-one care sessions. So, I went there for help. This was in 2017.

The care sessions were indeed comforting. And what’s more, the Ministry gave me the courage to find a rehabilitation facility for my husband.

At The Feast, I also found out about the Kerygma Conference, now called the Feast Conference (FeastCon), LOJ’s annual inspirational learning event. In 2018, I attended the conference where there were booths of various LOJ mission and mercy ministries handled by ministry servants ready to provide information and serve the participants.

From Photo to Pastoral Care

At the FeastCon, I chanced upon the LOJ Pastoral Care Center booth and it was here where I saw the tarpaulin with the photo of the lonesome woman.

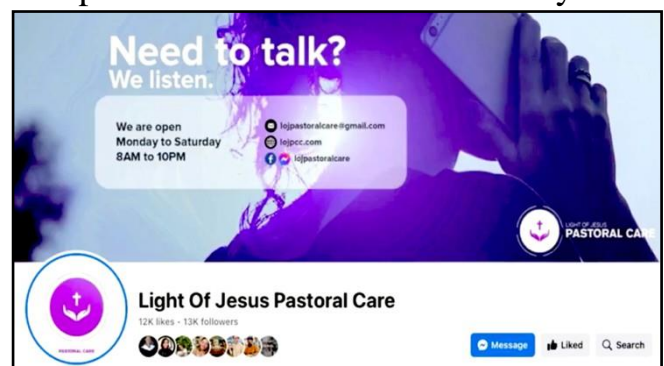
The tarp was actually a poster announcing a retreat—the Journey to Personal Growth retreat-- sponsored by the LOJ Pastoral Care Center. I attended the retreat and I experienced so intense spiritual renewal that I attended the Pastoral Care’s succeeding seminars.

And long story short, in 2019, I became an on-the-job trainee and I was officially inducted as carer in July 2020.

Pastoral Care holds spiritual growth seminars for us carers. In these seminars, I have learned how to deal well with myself, my family, and basically the people I meet. I have found a deeper sense of myself as part of the team. I do not actually handle clients, but I am honored to be able to pray for the carers and the clients in need.

I also look forward to serve more by posting inspiring content on our Pastoral Care online site -- to give hope to the emotionally wounded and let them know they are not alone. One message I want share is this Isaiah 41:10 verse that has well encouraged me: *“Fear not for God is with you.”*

I want to tell those in pain that in their darkness, God’s light will shine, and eventually, they will journey from gloom to grace. Like me.





FAMILY

Thank You!

The Feast Family, now organized as the Feast Mercy Ministries, is a spin-off ministry of the Light of Jesus Family founded by Bro. Bo Sanchez. Earlier named as Kerygma Family, The Feast Family is a unique online, non-physical, borderless, international community of friends who support each other's personal growth.

Partner beneficiaries of the Feast Mercy Ministries flourish because of your generous support.

Thank you for being with us. We pray that you find your daily source of inspiration from the resources that we send to you. We pray too that you may consider giving to The Feast Mercy Ministries. No gift is too small.

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

FOR EXISTING DONORS:

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

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

Email Address: jocelyn@kerygmfamily.com

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

Fax 725-1230

Our Partner Beneficiaries

Jeremiah 33 Foundation
is a shelter for minor girls particularly victims of sexual abuse.



Grace To Be Born
is a halfway home for pregnant women in crisis.



He Cares Mission
provides shelter and pastoral care for street children.



Pag-asa ng Pamilya Foundation
grants scholarships to indigent students.



Jesus Christ Cares for Cancer
provides financial assistance and pastoral care for indigent cancer patients.



The Light of Jesus Pastoral Care Center
ministers to those who are emotionally and spiritually wounded.



H.A.I.L. MARY is acronym for Healthcare Assistance for Indigents and Lepers of Mary, adopting the Blessed Mother as the patroness of its mission to eradicate leprosy in Abra within 8–10 years.



The Light of Jesus Disaster Recovery Ministry
provides evacuation assistance, relief goods, financial aid, and other needs of calamity victims.

The Light of Jesus Prison Ministry
brings Jesus to the Correctional Institution for Women to give them hope for a new life of dignity.



Anawim Lay Missions Foundation provides a home for poor elderly who have been abandoned by their family and have nowhere else to go.



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's 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

BPI: Savings Account no: 0123-4849-67 Cubao Aurora Branch

Banco de Oro Savings Account no: 3970019804 General Araneta, Cubao Branch

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

PNB - Current Account no. 371157500015 SSS branch

Metrobank-Savings Account no. 265-3-26509112-2 e Rodriguez Branch

Allied Bank Savings Account no. 3160-12345-1 E Rodriguez Branch

Union Bank Savings Account no. 00-206-000940-1 Tektite Branch

Note: Text, Fax, or email us your name, date and amount of deposit, and the branch of the bank where you deposited your donation, or fax the deposit slip to us.

Email us at support@kerygmfamily.com or text us at (63) 922-828-9890/ (63) 998-968-4416 or Fax to (+632) 725-1230



FAMILY ONLINE NEWSMAGAZINE

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

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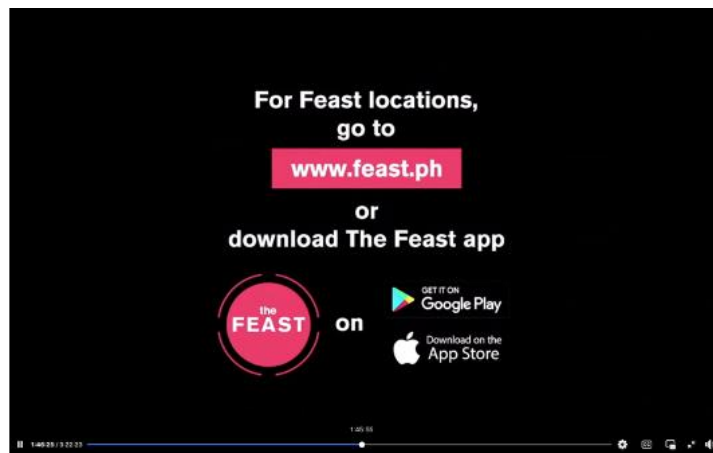
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Go and make disciples of all men.

— Matthew 28:19

