



FAMILY

NOVEMBER 12, 2023



ONE DAY, I met a man who was in his fourth marriage. He and his wife were attending The Feast and he told me their marriage was doing well.

I asked him, “I apologize for my intrusive question. What did you learn from your three failed marriages that made your fourth marriage work now?”

His answer shocked me. He said, “I learned that I could have made my first marriage successful if I worked on it. But I was too immature. She was a wonderful person, but I didn’t see that.”

We Don’t See We Have More Than Enough

The core problem of humanity is Spiritual Blindness.

We don’t see the blessing in front of us.

Married people search in an adulterous relationship for what they already have.

Here’s my radical marital advice: *Have an affair with your spouse.*

Add mystery and magic to your marriage. See your partner from the lens of gratitude. Court each other again!

Have a spiritually empowered Feast today!

May your dreams come true,

Bo Sanchez

WELCOME
to our brand-new series:
PLENTY: How To Live
in God’s Radical Generosity
Talk 2: *You Have*
More Than Enough

Have You a Phylactery?



A PHYLACTERY is a small leather box containing texts Jewish men wear to remind them to obey the law.

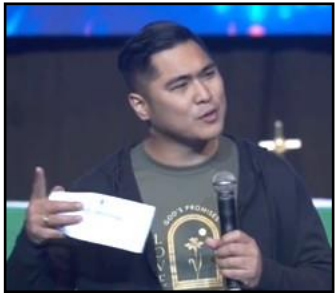
(-- <https://www.google.com/search?q=phylactery>).

Fr. Bob McConaghy talked about phylactery in his sermon in last Sunday's The Feast, presenting a different meaning of the word *phylactery*, relating it to last Sunday's Gospel about *hypocrisy* and *the widening of the ego*, *page 3*.



How does our ego widen? Is it because we actually worry that we don't have enough? That's about Talk 2 of our ongoing new series, *Plenty*. Bro. Bo Sanchez's intro is on *page 1*.

But why worry? *Your Father Knows What You Need*. That's Talk 1 of our series. *Flashback* on Bro. Bo's talk starts on *page 17*.



Why worry? God answers prayers. Learn more from Bro. Didoy Lubaton as he shares Thank You's Feasters wrote on their *Love Offering* envelopes, *page 10*.

Why worry? Learn from happy Feast Quezon City North Triangle members and other donors of our Anawim Home for Abandoned Elderly, *page 34*.

Yes, if you read all the stories in this, our *The FEAST FAMILY* issue, you do not worry a lot. And you may not need a phylactery—the kind that widens the ego.



All for God's Glory,

Randy Borromeo
Media Ministry
Executive Director





FLASHBACK!

NOVEMBER 5, 2023

Holy Mass



THIRTY-FIRST SUNDAY IN ORDINARY TIME

Homily

FR. BOB McCONAGHY

on the Gospel: Matthew 23:1-12

A Warning Against Hypocrisy

Now you'll notice in the Gospel today that the scribes and the Pharisees aren't there. They usually *are* because Jesus is a threat to them-- a threat to their power.

You notice that He says things that the people already know about them-- the scribes and the Pharisees-- but the people dare not say anything. They notice, when they're walking on the street, they know, God forbid, you do not give a sign of respect to the Pharisees. At a table, the Pharisees don't even have to ask-- they always get the best seats. They're celebrities.

But Jesus says you notice they widen their phylacteries.

Now, you may ask, what is a phylactery? *Well, I'll tell you. I don't know. 😊
But in this day and age, a phylactery would be the widening of the ego.

*Small leather box containing Hebrew texts Jewish men wear to remind them to obey the law.

-- <https://www.google.com/search?q=phylactery>

The FEAST FAMILY November 12, 2023 **3**

Widening Our Phylacteries

And you know who's very susceptible to widening their phylacteries?

Us-- we priests. Because, think about it, we get remarks of respect in public: "Father, bless."

We don't have to ask. If we go to a gathering, we are invited to sit-- usually at the head table.

And I'll give you an example. I used to say Mass at Greenbelt Chapel (Makati) at 7:15 in the morning-- on color-code day. And what I would do coming up to Ayala Avenue is get as close to the car in front of me at the signal. And there were always traffic enforcers just there.

This one day, the fellow in front of me went through a yellow light-- and there I was-- and my license was fully exposed on the color-code day. I didn't look over toward-- there was a police car there. And so, I made my way up onto EDSA. I looked in my rear-view mirror, and there they came with the light flashing.

There's no place to pull over on EDSA. So, at Rockwell Flyover, I pulled over. They came right in back of me... And I stopped.

Now, you understand, I never, when I'm stopped-- and all the last 21 years I've been stopped a lot-- I never, ever, tell them I'm a priest. Because sometimes, I'm just like the rest, you know, an ordinary guy.

So, the police pulled me over, and then, of course, he said, "License and registration."

And I gave him my license. Now, on that license, it says "Robert McConaghy, Lorenzo Mission Institute, EDSA Guadalupe."

And this fellow said to me, "Are you a priest?"

I said, "Yes."

Oh, immediately, he took my hand for the *Mano po* (respect, request for blessing) and he apologized profusely.

Did you ever have a traffic enforcer stop you and apologize for stopping you?

But not only that. He said, "I'll be right back."

He got his partner. And his partner came, took my hand, and said, "So sorry that we stopped you, Father."

Oh, that's a widening of the phylactery! And not only that...



What We Are About

You see, for us priests, we have to be very, very careful because you inflate our phylactery-- widen it.

I mean, in America, I give a homily. Nobody ever applauds. But here, after every homily, they applaud. That widens the phylactery.

You should have the right-- after any homily where you usually applaud, if it was kilometric, if it didn't connect, you say, "Ah... Boo! We didn't like that homily."

You should be allowed to boo. That would be good for our humility. But religious leaders like us, like the builders and the preachers, you really can inflate the ego.

And Jesus is saying, "Uh-uh, that's not what you're about."

Because that's what the Pharisees are about. They bind heavy burdens of what? Guilt. Not only did they know the Ten Commandments-- they had brilliant minds-- but they also knew the 613 little Commandments that not everybody knew.

And if they saw somebody breaking those Commandments, they would say, "Hey, you're doing that? God will smite you for that!"

They scared the daylight out of people.

And the people listening to Jesus say, "Yeah, they do that."



Reading I: Malachi 1:14B-2:2B, 8-10

^{14B} I am a great King, says the Lord of hosts, and my name is dreadful among the Gentiles. ¹ And now, O priests, this command is to you. ^{2AB} If you will refuse to listen, and if you will refuse to take it to heart, so as to give glory to my name, says the Lord of hosts, I will send destitution upon you, and I will curse your blessings; yes, I will curse them. ⁸ But you have withdrawn from the way, and you have scandalized very many in the law. You have nullified the covenant of Levi, says the Lord of hosts. ⁹ Because of this, I also have made you contemptible and debased to all the people, just as you have not served my ways, and you have accepted a face in the law. ¹⁰ Is there not one Father of us all? Did not one God create us? Why, then, does each one of us despise his brother, violating the covenant of our fathers?

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Most Powerful Term

Let me give an example. In my book, I tell the story of a woman named Gemma. I won't tell you her last name. I won't tell you the company that she worked for. But she had the reputation of really being a taskmaster. She was very demanding. She came in No.2 in the country in the exam for Certified Public Accountant (CPA). And so, she got a very high position. She had 30 staff under her.

And she had a reputation... She wouldn't say "Good Morning" very often.

And, God forbid if you got called into her office... Because the employees notice that when anybody gets called in, they usually come out in tears.

She was a Pharisee.

But somehow, God's grace moved her in a very unexpected way. And she left that high-paying position.

She had a condo, SUV (Sports Utility Vehicle). Then, she went to the convent for a couple of years. And in that convent, she learned what Jesus was talking about-- that real faith, real practice of religion, is called *servanthood*. It's the most powerful title by which you can be known. Not doctor, not lawyer, not attorney, whatever it happens to be.

The most powerful term that you can be known for in this world-- and have people really mean it-- is to say, "He's a servant. She's a servant."

They recognize the person's humility.

Well, in the convent, Gemma learned humility. But *discerned* -- she was not called to it. Jesus took her a long distance out of her way for two years, taking back a short distance, to discern His way. She was hired by the same company, and given a higher position. They were so happy she was back because she was so good at what she did.

Everybody said, "Uh-oh, she's back."

And she acted like that--very stern. But she had a plan in mind.

After a couple of weeks of observing their work, she said, "I want to see each of you in my office."

And they came in one at a time.

Summons to Servanthood

Gemma said, "Sit down. I want to ask you a question: How can I be a better boss? I really want to know. You're not going to get in trouble. I mean that."

And they would say this and they would say that. "Please try to affirm us. We make mistakes, but when we do something good, let us know that."

She said, "Okay, I'll do that."

And she added, "How would you like to go out to lunch someday?"

Then, she said to each one of them, "Look, when you go out, make sure to let them know that I gave you a hard time."

And each one of her 30 employees came in, and she did the same thing. And you know what? Their production rose. She could see the worst in them. But because of humility-- that she was a servant to these 30-- she brought out the best in them. And then they produced.

The scribes and the Pharisees were brilliant. Each had a big mind-- but a very, very tiny heart. And because of that, they weren't religious leaders at all.

This Gospel is a summons to servanthood. And there is only one way to get there: A virtue that is so difficult --the virtue of humility. And you know what? Humility doesn't mean walking around like this (with your head down) all the time.

It doesn't mean being shy. I've met very shy people-- and very proud. And I've met people who are the life of the party-- but they are very humble.

The summons to humility is a summons to servanthood.

You notice that usually at the end of the Mass, in our name, I thank the servants. I ask them not to thank me. I get enough applause and pictures, and all that kind of thing. But I always point out the servants. And you know what? Even when I do, and you applaud, they don't need it.

If I didn't do it, they wouldn't mind. Whether they greet you, whether they're working at the production table, whether they're backstage doing the stage management, whether they are cameramen here, whether they are the Eucharistic ministers, the lectors, the servers-- in all of them, the phylacteries are very narrow.

They are servants. And the joy they get about being available for us is their reward. And they can go home-- even if they had a lousy week at work or school, they'd get reenergized not by taking but by giving. And then they get back the generosity they give.



Jesus Calls by Name

Maybe, just maybe, Jesus is calling you to be a servant here at The Feast.

Now, one very, very important thing to know about Jesus: If you look in the Gospel, you'll notice He never asked for volunteers. Because if you're a volunteer, you can come and go as you please. He always called by *name*.

If you sense that, "I think I'd like to proclaim. I have a pretty good singing voice. I'd love to be in the Music Ministry..." Or, "I just really like people and would love to welcome them through with the Warmth Ministry." Or, "Maybe I'm a nurse or a doctor, and I'd like to be with the Medical Ministry."

All kinds of ways of serving. We have an Intercessory Ministry. And when I'm out here preaching, I rely on them. See, they're way off backstage here. Nobody ever sees them. But they're praying for us-- the builders and the ministers that get all the lights and all the acclaim--to keep us humble.

Because if we are not humble, Jesus cannot use us--no matter how talented we are. It's not the talent that counts. It's the realization that we've been given a great gift.

So, when I preach here, it's the Holy Spirit in me speaking to the Holy Spirit in you. So, if what I say connects with you. I'm just the instrument. It's the Lord speaking to your heart.



Second Reading

1 Thessalonians 2:7b-9, 13

Reading II: 1 Thessalonians 2:7B-9, 13

Brothers and sisters^B We were gentle among you, as a nursing mother cares for her children.⁸ With such affection for you, we were determined to share with you not only the gospel of God but our very selves as well, so dearly beloved had you become to us.⁹ You recall brothers and sisters, our toil and drudgery. Working night and day in order not to burden any of you, we proclaimed to you the gospel of God.³ And for this reason we too give thanks to God unceasingly, that, in receiving the word of God from hearing us, you received not a human word but, as it truly is, the word of God, which is now at work in you who believe.

The Greatest

Now, maybe you don't have time. You're with your family on Sunday, and you're unable to be a servant here. But you can be a servant during the week-- at the office. Maybe there's somebody at the office nobody ever bothers with. He's very quiet, very to himself. Maybe invite him out to lunch one day and be a listener, and he might open up to you-- the first one who's ever given him any kind of comfort. That's very possible.

Or maybe you could do what I talk about now and then: the Sandwich Ministry. During this Christmas season, we're going to see a lot of those who will come and knock on the window. And we can just knock twice, and they'll go away. That's the way to do it. But maybe you could make some sandwiches or prepare some food. When they knock on the window, you can be pretty sure they're hungry.

So, roll down the window and say, "Have you had your lunch today? Have you had merienda?"

More than likely, he'll say, "No."

Say, "I have an extra sandwich. Would you like it?"

That's servanthood. That's humility-- recognizing, as the Pope would say, that that's Jesus in the alarming disguise of the poor.

And not just simply give them the sandwich. Pope Francis, when he was here, said, ask their name, "Ano ang pangalan mo? -- What is your name?"

And they will tell you their name.

And then, you know what you say to them? "Pray for me. I have a project I have to complete."

When you have people on the street knocking on the window, and they pray for you, those are very, very powerful prayers.

So, let us not widen our phylacteries. Let us not look for recognition-- rather, the opposite. The one who is the greatest among you will be the one who serves the rest. May we all-- in some small way this week-- serve the rest.

Have a good week!

Oh, thank God you didn't boo. Thank you





BRO. DIDOY LUBATON:

Everybody's happy and blessed by God today! Give the Lord a big hand again, Everybody! Can you greet those around you? Welcome home! Welcome to the Light of Jesus Family gathering. We call ourselves The Feast.

And, yes, it's so good to have you.



For the parents who have four-year-old kids, you may now bring them to our Awesome Kids' Ministry's play area-- just outside the hall. It would be fun for the kids. It would be good for our kids to grow up knowing that going to church is fun. Yes, the play area is now available. Please do go ahead. Our ushers will guide you to the hall for the kids.

All right, Everybody, I'd like to again welcome you to our Feast!

Love Offering



It's time for our giving. We give not because in giving, we feel good-- but because we know giving is good. Our Good God calls us to give. So, I invite you to give to the Lord today. It is always good to thank the Lord through our giving.

On your Love Offering envelope, write your prayers, your petitions, and your thanksgiving.

And I'd like to inspire you with some of the Thanksgiving prayers (written by some Feasters on their envelopes).

First, Jen wrote: "Thank You, Lord, for the successful heart operation of my father. For all the blessings-- gift of work, family, home, food, and friends."

From Manny: "Thank You, Lord, for blessing me with a brand-new car and a new house for my family in the province."

Thank You, Lord. We're so happy for you, Manny! Thank You, Lord.

From Analisa: "Thank You, Lord, for my new job; safety of my granddaughter and nephew."

Thank You, Lord. God is Good!

From Wilfred, this is really great: "I want to thank God for blessing me with a big, happy family with strong relationships. Thank You, Lord, for happiness, and contentment. Thank You that I am now a regular employee. Thank You for giving us baby Kulas, baby Samantha, and baby Sab Sab. And lastly, for our Visa approval."

So many answered prayers! Thank You, Lord!

Alvin said: "Lord, Thank You for our first service at The Feast as members of the Music Ministry. Thank You for Lala's job opportunities. Thank You for the financial provisions." Amen.

And lastly, from Rodel: "Thank You, Lord, for the wonderful Jesus Encounter Seminar (for the servants)... And for all the extra income."

Let's give a big "Thanks Be to God" for all our blessings! Our Feast Family celebrates our joys, our wins. And if it's not you who's having those wins, wait, trust, do the work, and your blessings and miracles are coming. Amen!

That's our God who's always good, and that's our Community celebrating His goodness and faithfulness.

A Good Time

Now, it's our turn to give, to entrust to the Lord the first fruits of our labor.

I'm excited for you today because we have a beautiful treat. Our main and only preacher for today is Bro. Bo Sanchez. So, it's going to be a good, good, good, exciting time.



Help the Feast Mercy Ministries. Help them all.

 Anawim Lay Missions Foundation, Inc.	 Grace to be Born Maternity Home and Nursery	 He Cares Foundation Street Children Caring Center	 Jeremiah 33:6-7 Foundation	 Pag-asa ng Pamilya Scholarship Foundation
 LOJ Prison Ministry	 LOJ Pastoral Care Center	 HAIL Mary of Abra	 Jesus Christ Cares for Cancer	 Shepherd's Voice Radio and Television Foundation, Inc.

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And I hope that you would really open your heart, mind, and spirit as God inspires us all to be more in love with the Word and live life as Christ called us to do.

Raise your hands and raise your thanksgiving prayers and petitions, and give thanks to the Lord for His goodness, for His faithfulness.

Pray this prayer with me:

“Dear Lord, Thank You for blessing me. I pray that you use my offering according to Your will. Bless me more, bless my family, bless our Community. We love You, we are for You. In Jesus' Name, Amen.”

Give to the Lord joyfully, guys, and enjoy the rest of The Feast!

Worship!

EXHORTATIONS

JONIE MANAOAT:

Good Morning, Feast! Let's worship our God today!

Greet your neighbor very, very Good Morning!

It's the first Sunday of November, right?

And since it's November, it's FEASTCON season! Are you excited for the Feast Conference?

So, today, we're going to learn new songs. We're going to learn not just one song. We're going to learn two songs, and they are from our very own Feast Worship Ministry!

So sing, dance, and fill this place with worship! Come on!



LUAN FEDERIGAN:

Hallelujah! Are you ready to worship some more? Then, let's declare our faith in the Name of the Father, and of the Son, and the Holy Spirit. Amen.

Father, we Thank You for today. Jesus, we Thank You for waking us up to this very brand-new day. Holy Spirit, Thank You for filling this place with Your Presence, with Your Love, with Your Grace.

No matter how unworthy and no matter how broken we are, You have called us to gather here today in this very place because You are dwelling here.

Lord, You are worthy of praise-- and that's what we are going to do right now. We are honoring You because You are worthy of our praise. You are worthy, oh, God. So, let this be our prayer. Let this song be our prayer. In Jesus' Name. Amen!

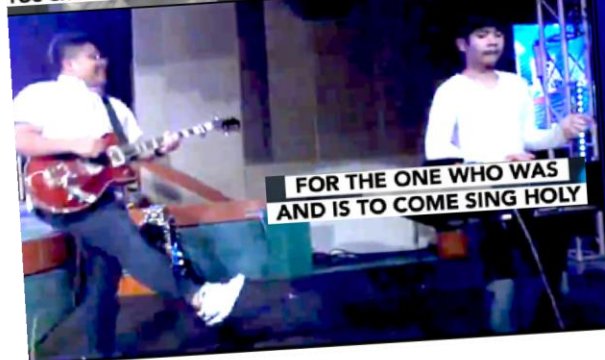
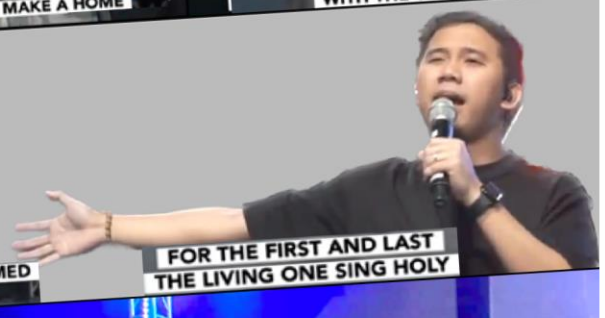


BO SANCHEZ:

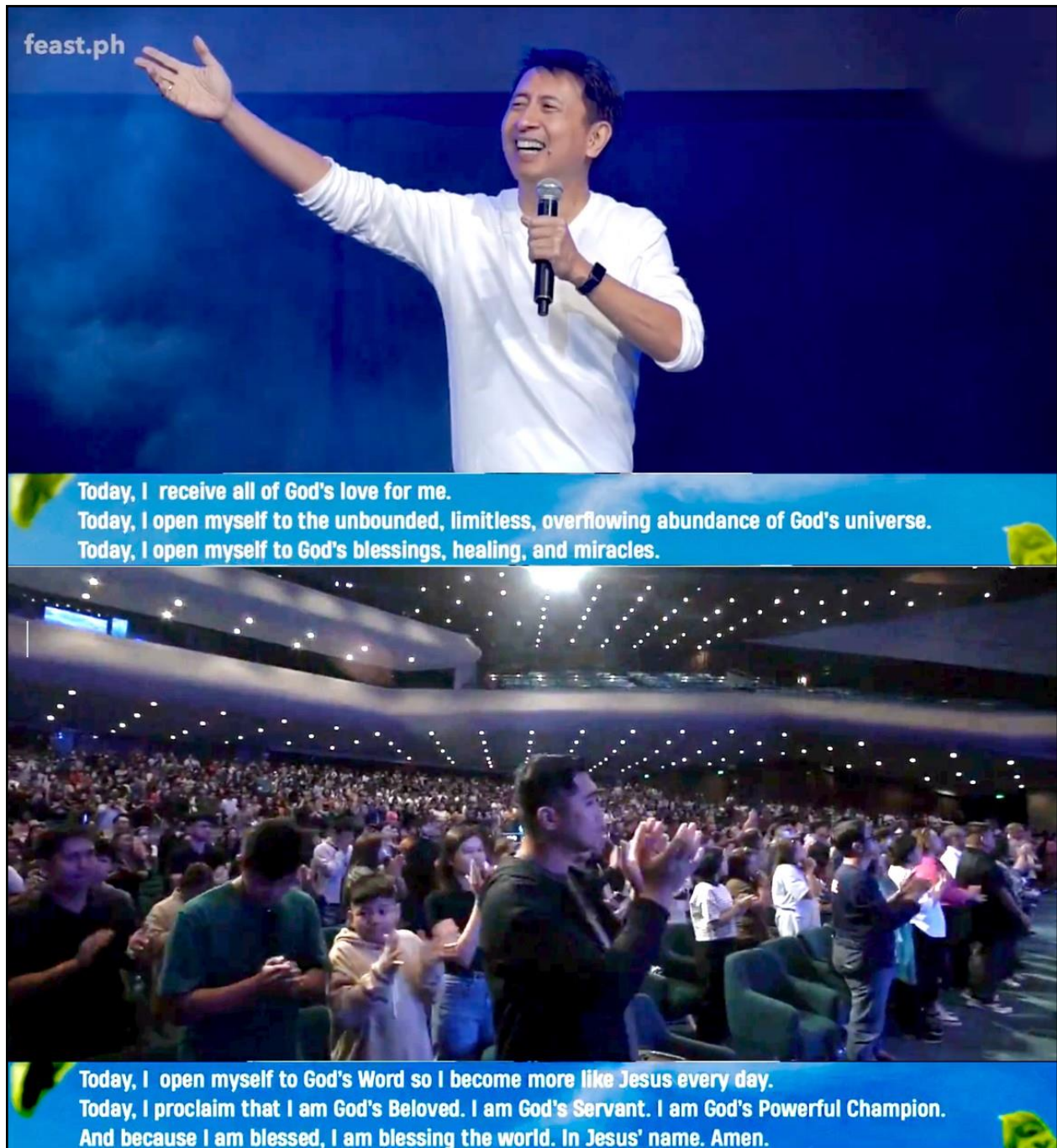
Father in Heaven, you are here. What a joy to be in Your Presence! You are the source of all joy! You are the source of all peace! You are the source of all healing! You are the source of miracles! You are the source of provision! You are the source of abundance! You are the source of all plenty.

And so, we come before You, saying Yes to all that You want to do for us. We will worship You. We will recognize that You are worthy of our life. And we say You are worthy of our love. You are worthy of our service. You are worthy of our time and our presence here. You are worthy! Amen.!





NOVENA TO GOD'S LOVE DECLARATION OF ABUNDANCE

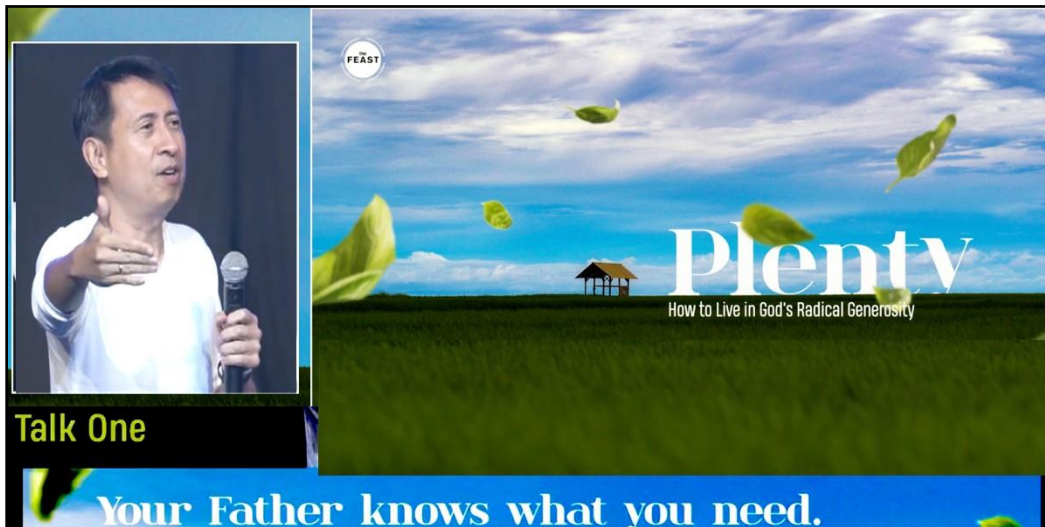


feast.ph

Today, I receive all of God's love for me.
Today, I open myself to the unbounded, limitless, overflowing abundance of God's universe.
Today, I open myself to God's blessings, healing, and miracles.

Today, I open myself to God's Word so I become more like Jesus every day.
Today, I proclaim that I am God's Beloved. I am God's Servant. I am God's Powerful Champion.
And because I am blessed, I am blessing the world. In Jesus' name. Amen.

Talk



BRO. BO SANCHEZ:

Welcome to a brand-new series that we are starting today. And the title of our series is *PLENTY: How To Live in God's Radical Generosity*.

Today, I want to preach a simple Word. How many of you have worries in your life? Once in a while, anxiety comes, panic comes-- you don't know what's going to happen. You are not in control.

And how many of you have conflicts? You know, in the office, some relationship problem with that person beside you right now. Your mom, you've got conflict with mom, with dad, with your uncle and auntie, and ninang and ninong. And you know, we've got conflicts.

So, I want to speak this Word:

Your Father knows what you need.

This is God's Word
for you today.

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



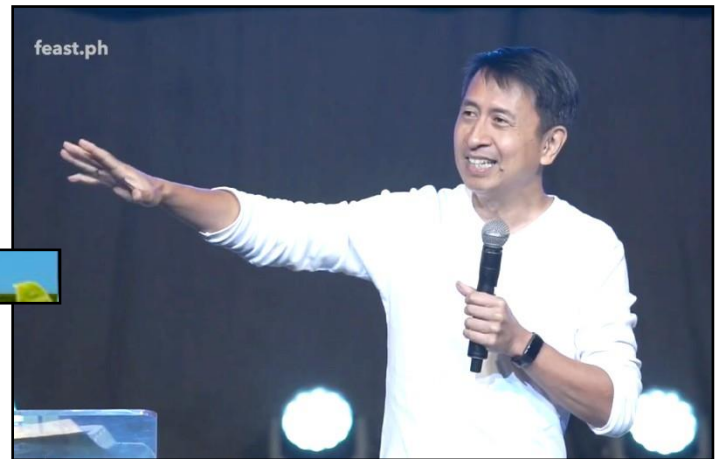
Liberating Paradigm

Jesus had a unique perspective on reality -- an incredibly liberating paradigm. When He looked at the universe, Jesus saw a universe of abundance.

Jesus saw a universe of abundance.

That's what He saw. That's what He believed in. We have a difficult time with that because we live and breathe scarcity.

When I was in high school--I don't know about you-- but I got the definition of *economics*. That was my least favorite subject, but at least I picked up the definition of economics. Economics is the study of allocating scarce resources for man's unlimited needs.



Economics the study of allocating scarce resources for man's unlimited wants.

So, we look at life-- and everywhere we go, we see there's a lack. You know, there's shortage. How many of you experience that once in a while in your life? Sino nakakaranas ng kulang? Ng kulang-kulang? 😊

But Jesus had this incredible perspective of abundance.

In Luke 12, let's read together:

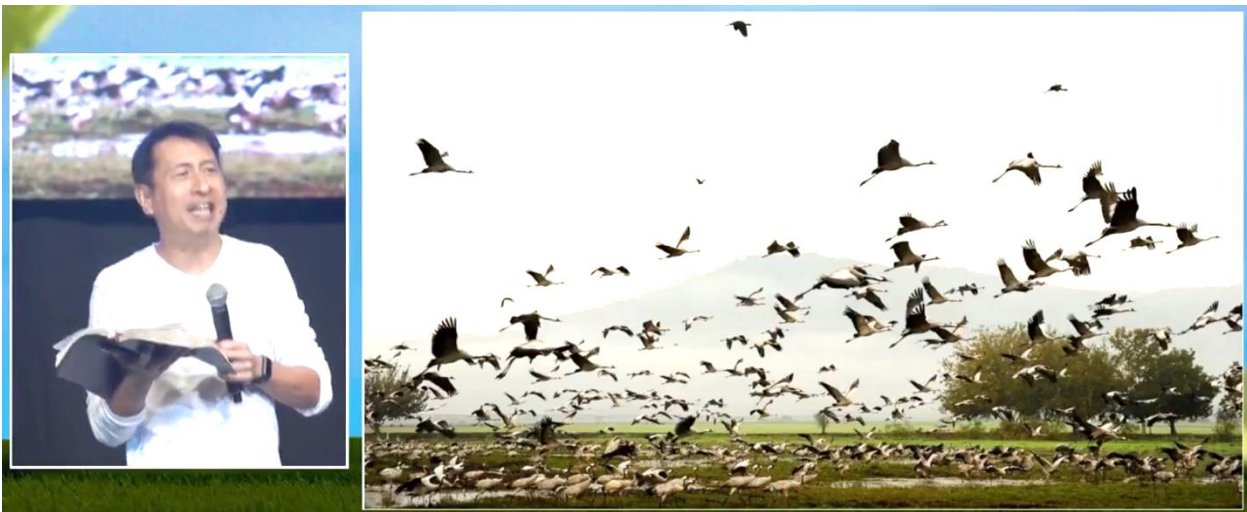
Luke 12:22-25 NLT

"That is why I tell you not to worry about everyday life—whether you have enough food to eat or enough clothes to wear. For life is more than food, and your body more than clothing. Look at the ravens.

Luke 12:22-25 NLT

They don't plant or harvest or store food in barns, for God feeds them. And you are far more valuable to him than any birds! Can all your worries add a single moment to your life?

And if worry can't accomplish a little thing like that, what's the use of worrying over bigger things?"



**He saw Divine Extravagance
baked into the DNA of the universe.**

Jesus was a bird-watcher, and when he looked at birds, He saw the magnificence of God. What He saw was magical. He saw written-- baked in the DNA of the universe-- God's generosity, God's abundance, God's divine extravagance. In every fabric and every fiber of the universe, God is there-- and God is pouring His abundance.

Jesus saw the universe bursting with the blessings of God. Jesus was looking not only at birds. He was also looking at flowers:

Luke 12:26-28 NLT

"Look at the lilies and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are.

And if God cares so wonderfully for flowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

Here was this Jesus who looked at this world in a very different way. When He looked at the birds, He said, "Look, they don't have careers, they don't have businesses, they don't have side hustles, they don't order their food from Grab delivery, they don't cook, they don't go to the grocery. Yet God feeds them.

Now, you are more important to God than those birds!

It's a mind-blowing perspective that we don't see. We ask the question: "Lord, are You naive? Jesus, do you not see the poverty around you?"



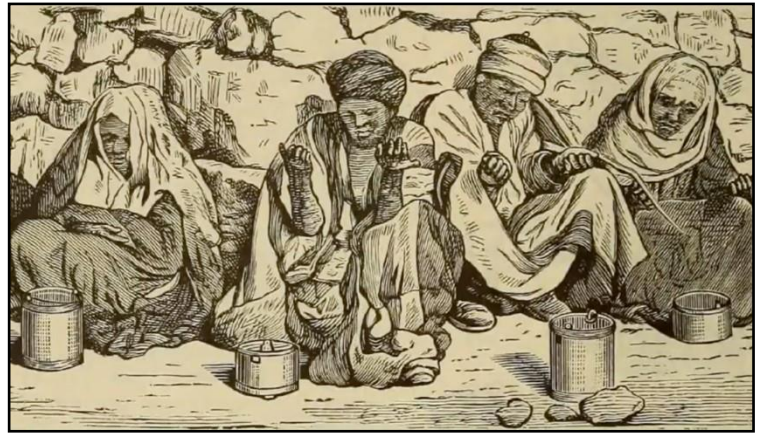
What's the Answer?

Did Jesus see the poverty around Him during that time?

Absolutely! He saw the incredible extreme wealth gap between the Romans who were ruling the empire, the kings of Israel living in palaces, and the Sadducees who were living in mansions.

And He saw on the other end of the spectrum the widows, and the beggars, and the lepers.

Jesus saw all them all.



Yet He still believed in a universe of abundance. How? It's crazy!
I'll tell you *how*.



Jesus was steeped in Scripture. He was marinated in the Old Testament.

When He was a small boy, He was growing up with His parents—Joseph and Mary. And morning and evening, they would sing Psalms to Jesus.

Why do I know?



An Abundant Universe

Here's a little trivia:

During that time in ancient Israel, 95% of the people did not know how to read or write. So, they did not have a Bible in their home. They could not read. Many of them, 95% of them. The Bible was tied up somewhere in their synagogue or the Temple, not in homes, and the stories and messages were all handwritten.

95% Jewish population didn't read or write.

But that was not a liability-- not knowing how to read or write. It was an advantage. Because the people had to memorize the Bible. Religious Jews memorized huge chunks of Scripture.

The religious Jews memorized it and they were able to pass on God's Word from one generation to another. How? They recited passages to one another.

And so, I'm going to read to you one Psalm-- Psalms 104-- and then we get an idea. Ah, this is where this perspective-- the crazy perspective of a universe of abundance ruled by a generous God comes from-- which Jesus grew up with:

Psalm 104:1, 10-14, 27-28 NLT

"Let all that I am praise the Lord.... You make springs pour water into the ravines, so streams gush down from the mountains. They provide water for all the animals... The birds nest beside the streams and sing among the branches of the trees.

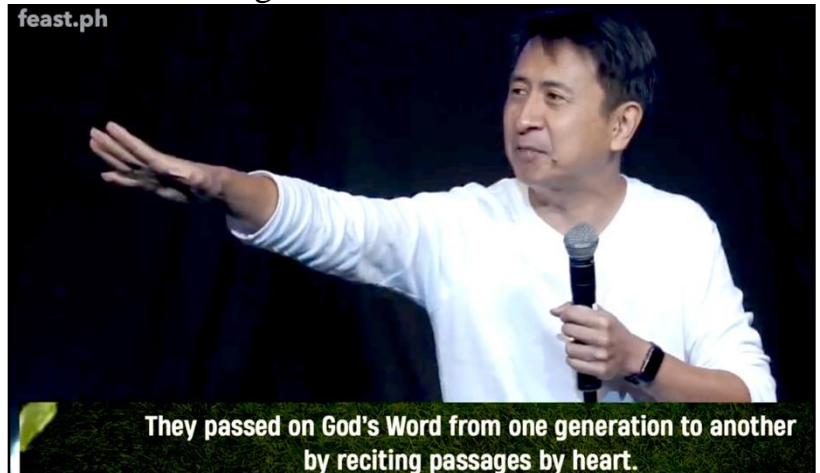
You send rain on the mountains from your heavenly home, and you fill the earth with the fruit of your labor. You cause grass to grow for the livestock and plants for people to use...

They all depend on you to give them food as they need it. When you supply it, they gather it. You open your hand to feed them, and they are richly satisfied.

So, this is where it came from-- and this is something that we need to pray for: for an abundance mindset. Because God, He wants us to believe in that--That He created an abundant environment, an abundant world because He is generous.

The reason there is abundance is He is generous. If He is not generous, then we will live in a scarce universe. And how do we grapple with reality?

That's what we're going to talk about today.



Pray with me:

Jesus, You need to speak to me. I need this paradigm of abundance. This belief that I live in a place ruled by a generous God. Help me to believe. Inspire me. Change my mind today by the power of Your Word. I need You, Jesus. Amen.

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



Your Father knows what you need.

When I was 7 years old, my Dad came home one day, and he gave me my favorite—then-- a pack of Chiz Curls (cheese-flavored light and fluffy snack bits made from coarse flour ground from dried corn). A tiny pack. And I felt like I won the lotto.

And maybe children here might say, “What’s so special about receiving this?”

Oh, when I was growing up, money was tight. Six children--I was the youngest. I had five *evil* sisters... err, *elder* sisters. ☺And everything was supposed to be shared.

Dad came home, and he said, “This is for you, Bo.”

I clutched the little pack of Chiz Curls near my chest, held it like it was gold, and jumped up and down. I squealed in delight, “Yippee!”

Mistake. Wrong move. Because my sisters heard me. They saw me carrying this thing, and they lined up wanting to get their share. I already counted. There were 22 curls, and I thought if each of my sisters-- five of them-- each of them would get two—*Each*--there would be 12 left. I could live with that, you know.

So, I told each of my sisters, “Two only. Two only.” Imagine I was seven years old. “Two only.”

But were my sisters happy? Of course not. And they used their feminine charm: “One more, please. One more.”

Chiz Curls Scarcity

So, I ended up with only 7 curls.
I went to a corner, ate, and sulked.

I thought I had everything, but there,
I sulked in a corner, ate my 7 curls.
And then when there was none left,
I licked the crumbs off the tin foil wrapper.

I felt so sad.

Do you know why I felt sad? Because
my 7-year-old mind said: “There are only
22 curls in the universe.”

There are only 22 curls in the universe.
And there are so many of us, and there is
scarcity here.

And my dear friends, is this not
the reason we worry?

We worry because we think there are only 22 curls.

And that's not only the reason we worry. It's also why we go to war. We enter conflicts because we think there are only 22 curls in our universe. There's only this one patch of land that we have to fight for. There's only this amount of money, and it is limited. There are only a few jobs that we need to grab. There's only this little shred of dignity that I have to preserve.

You know, when you think there is scarcity and that you live in a scarce universe ruled by a stingy God, you will worry. There is no choice. You have to worry. Kasi konti lang!

And you have to fight tooth and nail for that which is little. And that's why siblings will fight sometimes for a pack of Chiz Curls-- and sometimes for inherited property. Uh-hmm...

This is what I'm going to share with you today: That Jesus, He saw the world in a very different way.



He saw a world bursting, bursting with blessings. So much. It's wild. It's crazy.

Look!

And if you believe in a universe of abundance that's ruled by an extravagantly generous God, it will shape your lifestyle. It will shape your decisions. It will determine the kind of relationships you will have. It will determine whether you will sacrifice or not.

When Jesus said, "Look at the birds, look at the lilies," you know what I think?

I think He meant it. "Look at the birds and look at the lilies"... and we kind of like, you know, maybe metaphorically.

No.

Literally. If you are worried, look-- actually *look*.

Jesus said, "Look, go out, look at the birds, look at the flowers."

How many of you here became plantito, plantita-- planted vegetables or ornamentals-- because of the (Coronavirus disease) Pandemic? Do you know that you're blessed because you're obeying Jesus? Look at the plants. *Look.* You're going to see *abundance*.

The World Health Organization says that at any time, 970 million people suffer from mental health challenges.

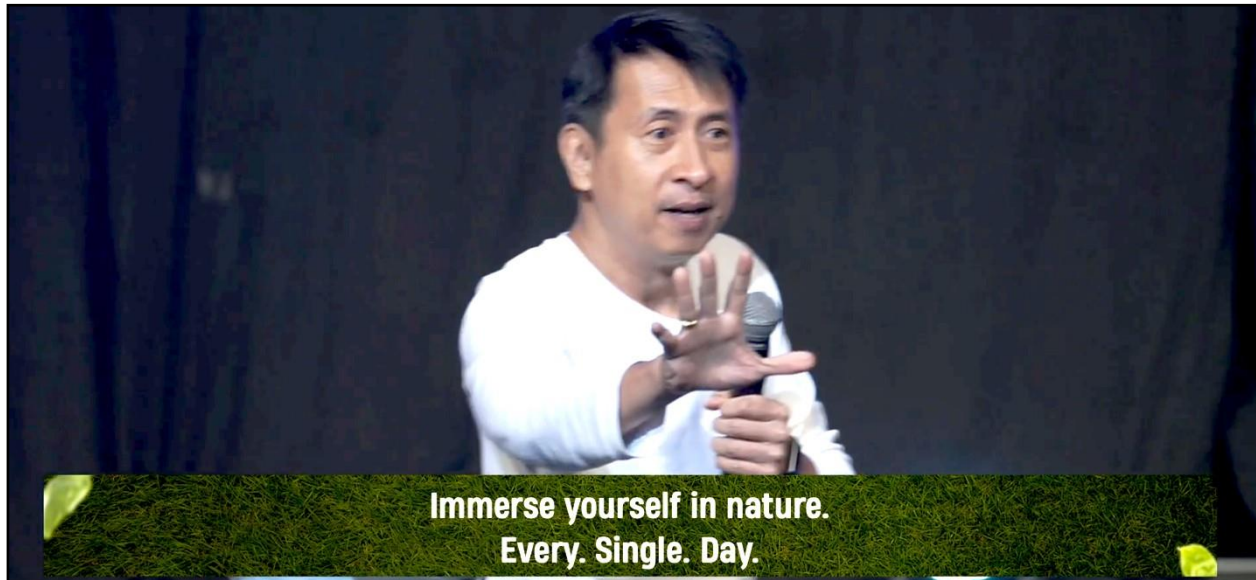
970 million people go through mental health issues today

Young people more than older people. This is crazy. This is alarming. Do you know why? There are many reasons, obviously, many, many reasons.

But there is one that I want to point out today: Our modern lifestyle has made us trapped, cooped up in cubicles, staring at our screens many, many times-- not even able to step out in nature.

And, perhaps, what Jesus is saying, if you're worried, please, look at the birds, look at the lilies. Get out. See the vastness of Creation. Instead of looking at your little world and being trapped where you are.





I believe-- I really do-- that we should step out into Nature. Not once a month, not once a week, not when you have a vacation on the beach every three months, not when you go mountain climbing once every blue moon. No. *Daily*. Do you hear me? Say this with me: *Every. Single. Day*.

Hold someone's hand. Your friend, your spouse, your brother, your sister. Look at that person's eyes. Tell that person, *Every. Single. Day*. See the vastness of Creation. See the abundance of God. And while you're outside and under the sun, walk, and run, and bike, and do whatever. But be in Nature and understand: God is big! And God is bigger than whatever needs that you have.

May I ask this question: Are you worried sometimes? Are you worried? You know that there are needs and there are all these things happening-- crises, difficulties, trials, and problems.

Here's what Jesus says: Look at the birds. Look at the flowers.

Get out into Nature.

Every day, I go out, and I bike, and I love it. I *just*. And then in the middle of my bike ride, I stop. I sit under a tree, and then I read, I pray.

I just love it. I just so love it. But there are days I can't do it.

There was this one day, I woke up one morning, and I had this nagging thought of a problem that I should solve but I did not know how to solve it -- in one of my businesses. And it pestered me. Pestered me just like a bee that was buzzing, and I could not get rid of it. It's like, you know, how many of you have ever experienced *overthinking*?

Overthinking...

You've experienced that. It's crazy, right? It's like you're overthinking. You look at this one angle, you look at that other angle, then you look at the same angle that you looked at before. And you don't know why, but you keep on thinking about it. You say, *Stop, stop, stop*. Go away, go away... You know, there's a buzzing bee. It's a buzzing mosquito, you know, but you're just crazy. You cannot stop mentally.

Do you know what you need to do? Stop it physically. My recommendation.

But there it was. There it was in my mind. I could not get rid of it. I was overthinking. *Overthinking*. I had to go out but I could not. I could not do my usual morning ritual. I had to ride a plane, preach somewhere. So, I went to the airport, rode a plane. The whole trip, I was just thinking about this. I was worried. What should I do...you know?

And then I arrived at my destination. My hosts were there. They were going to pick me up. I said, "Hi, hello." And then they put me in a car, and we were driving. And I was still there. I was still thinking. *Overthinking*.

And then, Bingo! At the corner of my eye, looking out the window... Shoreline. I was in the province. Shoreline. First time I did this: I told the people in the car, "Can we stop? Can we stop?"

"Yes, Bro. Bo."

"Ten minutes. I'll just go and pray."

Went out. Went to the very edge of the beach. I was wearing shoes. I could not get wet. At the edge of the beach, raised my arms... Blue sky, white clouds, sunlight. Inhale, exhale. Inhale.

That's what I'm saying: Sometimes, you cannot stop it mental.

Stop it physical.

Like, do something else. Go into Nature. Just being in the Presence of God.

Just 10 minutes. Then, I went back into the car. A brand new person.

Overthinking gone. Gone. Why?



I Worship a Big God!

I worship a God who created this big universe. And if He can take care of the birds, and if He made the stars, and if He made the galaxies, and He made every grain of sand under my feet. OMG! He will take care of my little, little, little bitsy problem. God is big. This universe is big. Are you excited? I'm excited. I really am. God is big. Understand. Woo!

And Jesus says two things will happen if you start taking on an abundance mindset-- the moment you realize that you and I live in a world of abundance ruled by an amazing generous God. Two things happen.

No. 1: We stop worrying. We do. We stop worrying.

Luke 12:29-31, let's read together:

Luke 12:29-31 NET

"And don't be concerned about what to eat and what to drink. Don't worry about such things. These things dominate the thoughts of unbelievers all over the world, but your Father already knows your needs.

Seek the Kingdom of God above all else, and he will give you everything you need."

My dear friends, you see what you want to see. If in your mind, you know there is scarcity, you're going to see scarcity. If in your mind, you see abundance, you will see abundance. You will see God's generosity.

No. 2: We stop fighting over stuff. If you have an abundance mindset, if you believe there's more than enough for everyone--- and on one condition, the one condition is if you trust His goodness and if you obey what He's telling you to do: To give.

Luke 12:32-34 NET

"So don't be afraid, little flock. For it gives your Father great happiness to give you the Kingdom. Sell your possessions and give to those in need. This will store up treasure for you in heaven!

And the purses of heaven never get old or develop holes. Your treasure will be safe; no thief can steal it and no moth can destroy it. Wherever your treasure is, there the desires of your heart will also be."





Chiz Curls Abundance

Let me end my Chiz Curls story.

So, a few days after I was sulking in the corner, licking the crumbs off that tin foil, a few days after, somebody knocked on the door. And it's one of the suitors of my sisters. I opened the door. I was in charge of opening the door. I opened the door, saw this well-dressed dude.

Later, I found out that his family owned a humongous food company. And then, lo and behold, I saw something... He was carrying something that totally, completely, destroyed my preconceived notion that there were only 22 curls in the universe.

Do you know what he brought? I'll show it to you. I'm not kidding. He brought something like this:

And remember, I was seven years old. And I looked at it. He was carrying it. So, what happened was, I became the mosquito that was hovering around my sister and her suitor because I was there. I was transfixed. It's like, really? There's somebody who owns all that? You know? And so, my sister, who wanted to get rid of me, she gave me the entire bag just so that I'd go away-- because I wasn't going away.

So, I said, "Thank you."

I walked around. And you know what I did? I started giving away the curls to all my other sisters, and my neighbors, and my playmates.



I said, "Do you want curls? There's too much. Do you want curls? There's too much. Do you want curls? There's too much. Do you want curls? There's too much. Do you want curls? There's too much. Do you want curls? There's too much."



We Live in a World of Abundance!

I just have a Word for you today.

How many of you want to mature as a person? Do you know a lot of marriages break down because of what? Immaturity.

You know-- you thought you married a guy who was 25 years old. He turned out to be 5 years old inside. He was a crybaby. He could not handle problems, responsibilities.

And you know, we do that.

We experience that. Everybody say, "I want to mature. I want to mature."

**Maturity is a journey
of letting go.**

My dear friends, maturity is a journey.

A journey of letting go. When you're a child, you've got to let go of your false expectations that your parents are perfect. And then, as the years go by, as a teenager, you have to let go of the public opinion. The opinion that your friends have about you is the source of your self-worth.

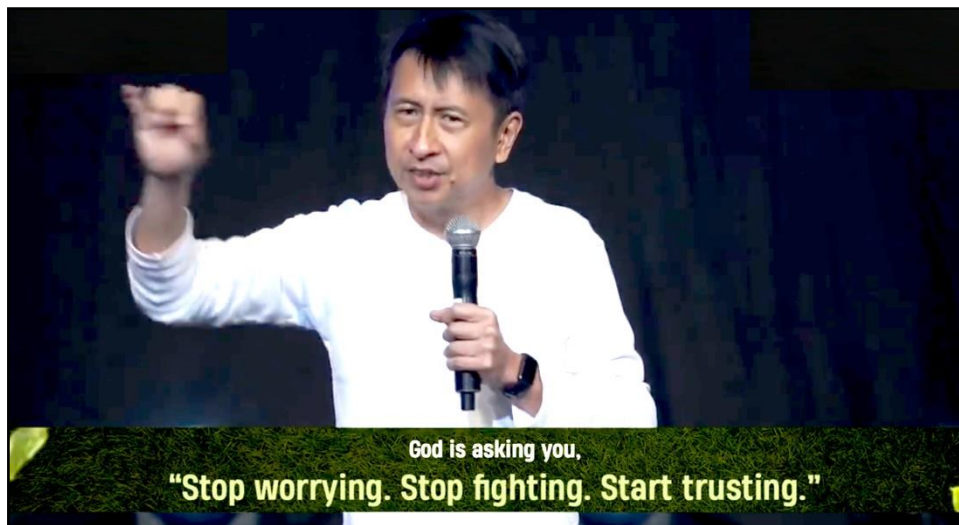
You've got to let go and realize, "Uh-oh, no, that's not me."

And then later on, you've got to let go of your attachments to material things as a definition of who you are. You mature and you let go.

And then you let go of bad habits. How many of you have bad habits that are destroying your life or at least harming you in a little way and you want to let go?

My dear friends, today, God is asking you to let go-- of your fear, of your fear that the universe is scarce-- na kulang-- and that there's not enough for you. That somehow God is stingy and He's holding back.

God is asking you to let go of something that has been robbing you of your peace—the fear that there is NOT enough.



God is asking you: "Stop worrying. Stop fighting and start trusting."
The Father knows what you need. You cannot do this on your own.

You cannot let go of your fear. You cannot let go of your worry. Why? Because empty hearts cannot let go. Kulang na nga eh, magle-let go ka pa. Not enough. How can you let go?

You can't do this on your own.
Because empty hearts cannot let go.

What you need to do is allow this God to fill your heart with so much love. Only then can you let go.

I have a friend whose siblings are fighting over their property. Really, really sad. Really, really sad story. Siblings who thought they were so close to one another, fighting over who would get the property. And they had to go to court.

You know, I was just listening to my friend's story, and my heart was breaking...

And yet, in my mind, I was saying, "Thank God, my family is not like that."

I mean, I'm sorry for comparing. You know, I knew I was, but I was just saying, "Oh, my gosh, my sisters and I..."

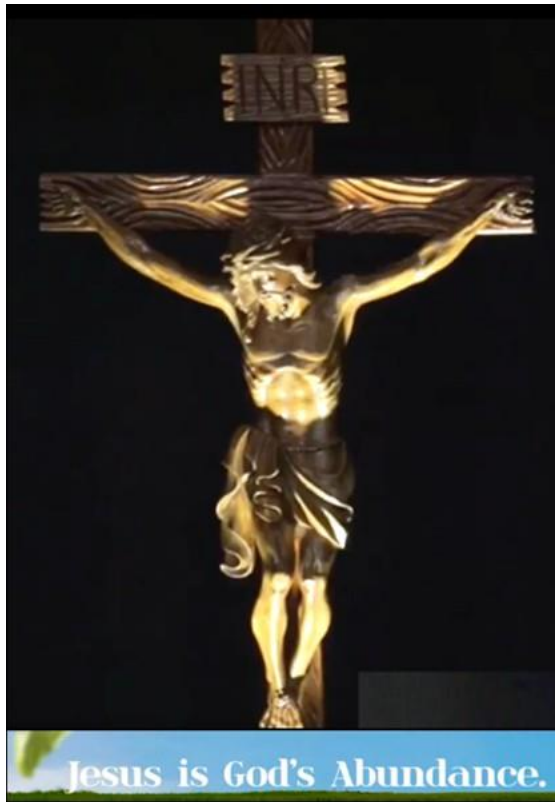
I'm just joking that they're evil. ☺ We love each other so much. My Dad and Mom, they left us a house. And I told my sisters, "You know, it's yours. Don't give me a share. I'm blessed already. You take it."

My sisters said, "No, no, no, no. You have to."

We're at the very opposite. You got what I'm saying? What every family is saying, "Mine, mine, mine."

We're giving. Give, give, give. Why? There's abundance everywhere.

We live in a world of abundance because we know, my sisters and I know, that when we give, God's going to just provide. There's abundance everywhere.



Your Father knows what you need.

And I just want to speak this Word to you. Your Father knows what you need. what? He does not only know what you need. He knows your greatest need. And your greatest need is Jesus. You need Jesus.

The Father does not only know what you need, the Father knows your greatest need.



You need Jesus.

And Jesus, He is God's abundance. He is God's generosity. That's who Jesus is. And the most extravagant, generous act of the universe is Him hanging on a Cross. What else? Sino pa tatalo dito? Who else can defeat that?

God Himself giving Himself to you and telling you, "This is my abundance. I'm giving it to you. Can you trust me? Can you trust me that I know what you need? I will provide. You don't have to worry. You don't have to go to war. There are wars going on around the world right now.

We don't have to do that. The stupidity of wars. We don't need wars. Let's come before Jesus.

Prayer from the Heart

Put your hand over your chest as a symbol that you pray with all your heart, and just say this after me:

Lord Jesus, Thank You that you are here. And you're speaking to me: Not to worry. And not to go to war. You're telling me to let go—of my fear that there is not enough. You are telling me there is more than enough. You are telling me there is abundance in this universe. Because you rule this universe with generosity. And so, I Thank You. In Jesus' Name. Amen.



Decision

May I invite you to make a decision?

Give your life to Him. Surrender yourself to Him. Give up all your fears. Give up all your worries. Give up to God all the pain, the heartache. Broken heart—give it to Him. Your failures. Your regrets. Your entire life—past, present, future.



For some of you, this might be the first time you're doing this. That's great. Give your life to Jesus. For most of us, let's renew our decision to give ourselves to Him-- forever.

Everybody, if you can lift your hands, that'll be great. Tell Jesus: *Lord, I give my life to You. I ask You, forgive me for all my sins. Change me. Make me a new person. Give a new life. From this day on, I will live for You. I surrender all my worries, all my fears. I also surrender all my dreams, all my needs. And I surrender every area of my life. Be the Lord, be the King. In Jesus' Name. Ame*





MERCY MINISTRIES

*God blesses those who are merciful,
for they will be shown mercy.*

--Matthew 5:7

ANAWIM YEAR 28 SPECIAL



Wacky! Wacky!

YES! That's always the best part of every group picture: *Wacky! Wacky!*

Like this wacky photo of The Feast Quezon City North Triangle Singles, hamming it up before the camera during their visit to share their donation to our lolos and lolas at our Anawim Home for Abandoned Elderly.

Thank you! Thank you!

We always say that The Feast is the *Happiest Place on Earth!* That may sound just a boast. Maybe not the *entire* Earth. But indeed, happiness is in the heart of every Feaster receiving the grace of the Holy Mass, the inspiring practical talks, and the unconditional love of the leader servants and fellow Feasters. And yes, not just happiness-- but really, the joy of sharing the love with those in need.

More Feasters!



Thank you, Feast Ortigas District Shop!



Thank you, Karlo and Jhen Quiosue of Feast Qatar!

The FEAST FAMILY features one Mercy Ministry per month—four stories for the four weeks of the month.

Last October, we featured the Anawim Lay Missions (ALMS) which operates our Anawim Home for Abandoned Elderly. We gave you four stories for the four weeks of the month. But since Anawim is celebrating its 28th Founding Anniversary, we have more than four stories.



Last Sunday, November 5, 2023, we featured a *Special* on the Birthday celebration of Bro. Hermie Morelos, chairman of our Light of Jesus Family Mercy Ministries and Anawim's Board of Trustees, who generously shared his blessings with our lolos and lolas.

Celebrators!

Now, this series on Anawim will not be complete without this *Thank You!* issue – our deep gratitude for Anawim’s donors. Through tithes of members, our Feasts contribute to Anawim to help in its operations. But with the many needs of our lolos and lolas, the funds are never enough. So, we gratefully welcome donors giving in cash and kind. Because of space limitations, we can’t feature them all. So, here, we present recent benefactors reported by Sis. Arcie Binohhi, Anawim Center Administrator, for *Anawim Herald*.



Thank you, Mabby Abrigo Holovohoy celebrating the 18th birthday of Zander Ivo Holovohoy



Thank you, Paolo Nuñez!

Thank you, St. Mary's College, Quezon City- Batch 1979!

Thank you, Fidette Concepcion of Daly City, California, United States, sending adult diapers!

Families!



Thank you, Myrbeth Espiritu! Thank you, Ms. Eden Paulo!



Thank you, Sir Lan Loria!

Thank you,
Corazon Labusuen!

Thank you,
Ms. Luzviminda Cruz!



Thank you, Cabana Siblings!



Thank you,
Ms. Angie Borilla

Friends!



Thank you, Catholic Women's League



Thank you,
Ms. Sheila Alvarez
and Friends



Thank you, Inner Wheel Club
of Makati-East!



Thank you, Ian and Sandra Mendoza,
Aaron and AJ Rosales,
Paul Padolina, Isabel Chu,
Gian Carlo Pavongayong,
Eric Kaufman, and Ramil Rafael

Medical Missions



Thank you, Rotary Club of Marikina and Dra. Josephine Carungay!



Thank you,
Philippine
Medical
Association!

Thank you,
Marikina Valley
Medical Society!



Thank you,
Montalban
Municipal
Health Office!

*--Arsenia D. Binohhi
Anawim Center
Administrator*



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 Inc. 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 Inc. and mail (registered mail) to Shepherd's Voice, 60 Chicago St., Cubao, Quezon City, Philippines 1109.

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Banco de Oro Savings Account no: 003970019804 General Araneta, Cubao

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FAMILY ONLINE NEWSMAGAZINE

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

