



FAMILY

MAY 19, 2024

WE'RE talking about *Anger* today.

This message will speak to two groups:

First: *People who cannot control their anger.*

Not only those who are prone to outbursts, but also those whose rage simmers inside, leaking into their relationships as sarcasm, or bitterness, or passive-aggressive behavior.

Today, We're Talking to Two Kinds of People



Second: *People who don't know how to get angry.*

I've met those who are being abused—or their loved ones are being abused—and they refuse to get angry. Because they think they deserve the abuse. Or because they believe it's always wrong to get angry.

This is going to be a powerful message.

Buckle up.

Be very blessed in today's Feast!

May your dreams come true,

Bo Sanchez

WELCOME
to our ongoing
Feast Talk Series:
FEEL:
Why Your Emotions Matter
Talk 3: *Anger*

How To Get to Heaven

LAST Sunday, we celebrated the Solemnity of the Ascension of our Lord Jesus. From His Heavenly Throne, Jesus came down to Earth and then He went up back to Heaven. How about us? How do we ascend to Heaven? In his Homily last Sunday Feast, Fr. Albert Garong told us how, *page 3*.



One way to get to Heaven is to calm down. Yes, manage our Anger which can lead to sins and away from Heaven. Bro. Bo Sanchez tackles the topic today in Talk 3 of our ongoing series, *FEEL: Why Your Emotions Matter*. Intro on *page 1*.



One other way to get to Heaven is manage another emotion: *Fear* --which we learned last Sunday Feast in Talk 2 of our series. *Flashback* by Bro. Audee Villaraza starts on *page 18*.

Another way to Heaven is Love our neighbor.



That's what we're doing through our Light of Jesus Disaster Recovery Ministry now called The Feast Little Acts of Love Foundation, our featured Mercy Ministry, *page 28*.



Yes, we start with Little Love.

All for God's Glory,

Randy Borromeo
Media Ministry
Executive Director





FLASHBACK! **MAY 12, 2024**

Holy Mass



Homily

REV. FR. ALBERT GARONG
on the Gospel Mark 16:15-20

Excerpts:

First of all, Happy Mother's Day to all the mothers here. Let's also clap our hands for those who aren't biological mothers but, in some way, or form, have become mothers to us. I'm sure the malls will be full later. I'm sure you already have plans on where to go in a while.



The FEAST FAMILY May 19, 2024 **3**

Paying for Exclusivity

Like many Filipinos, I go to the mall to unwind. If my goal, however, is just to unwind and not buy anything, I prefer to go to the less crowded malls. I would usually go during its off-peak hours, 1 p.m. to 3 p.m., just to walk around.

I discovered that there are malls that are less crowded because their market is rich people. I don't normally buy anything.

I don't even go to the stores because I cannot afford anything.

But one time, I went to one of those luxury malls in Makati. I heard a beautiful sound coming from one of the stores. It turned out to be a music store that sells speakers. Despite myself, I entered the store. I was surprised to see that the speaker was only a small one, like the size of my hand. It was a Bluetooth speaker. I was so impressed that such a beautiful sound was coming from such a small device. I dared to hope. I raised my hand for assistance because the item had no price tag. You would know that an item is expensive if it doesn't have a price tag.

I asked the attendant how much the item was but her answer really floored me.

She said, "Sir, it's P112,000.00."

I was so shocked. I felt like an alien who suddenly found himself on a different planet.

My friend told me that the reason some items such as that are expensive is its name. Some bags are priced at half a million pesos, right? You're not really paying for the bag. No amount of material will justify that. You're paying for the brand. You're paying for the exclusivity-- because when people see you are carrying that bag, that's an indication that you are one of the few. You're one of the elites. You belong to the 1%.

In life, it's natural for people to long for a lifestyle upgrade. Have you noticed that as you climb the social ladder, the people in your circle become more exclusive?



Our Inheritance

Today, we're celebrating the Solemnity of the Ascension. It's a different kind of going up because it's the total opposite of aiming for a life upgrade.. This kind of rising is not about exclusivity.

Why does Jesus go up to Heaven and return to the Father?

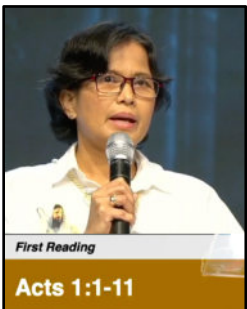
The first reason was that His job was finished. What was that? It was salvation.

His going back to Heaven was to prepare His house. For whom? For all of us. Heaven is the least exclusive place ever because, by Jesus' sacrifice and mission, every one of us has a place there.

The Second Reading is very clear:

Jesus said, "This is now your inheritance."

Inheritance means we have a right there. The whole point of Jesus' life and sacrifice is to earn that spot for you in God's house. In that place, there is a room for each of us-- even for those who don't go to church. Jesus' sacrifice made all of us worthy of that place.



First Reading: Acts 1:1-11

1 In the first book, Theophilus, I dealt with all that Jesus did and taught 2 until the day he was taken up, after giving instructions through the Holy Spirit to the apostles whom he had chosen. 3 He presented himself alive to them by many proofs after he had suffered, appearing to them during forty days and speaking about the kingdom of God. 4 While meeting with them, he enjoined them not to depart from Jerusalem, but to wait for "the promise of the Father about which you have heard me speak; 5 for John baptized with water, but in a few days you will be baptized with the Holy Spirit." 6

When they had gathered together they asked him, "Lord, are you at this time going to restore the kingdom to Israel?" 7 He answered them, "It is not for you to know the times or seasons that the Father has established by his own authority. 8 But you will receive power when the Holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth." 9 When he had said this, as they were looking on, he was lifted up, and a cloud took him from their sight. 10 While they were looking intently at the sky as he was going, suddenly two men dressed in white garments stood beside them. 11 They said, "Men of Galilee, why are you standing there looking at the sky? This Jesus who has been taken up from you into heaven will return in the same way as you have seen him going into heaven."

Path to Heaven

By going up, Jesus traces the path to Heaven and says, "If you follow me-- the Way, the Truth, and the Life-- you will get to Heaven because that's yours."

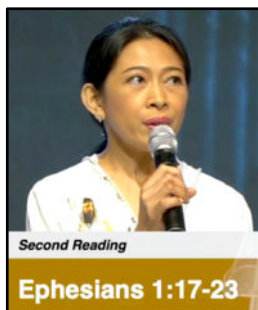
But what does that mean? Following Jesus is not something exclusive, either.

The more you follow Jesus, the wider the scope of your love becomes. The deeper the scope of your concern becomes.

The more you love Jesus, the more you have a heart for others. You become a less exclusive person in terms of your concerns and aspirations. Before, you would hear Mass to pray for the things you want to get in life. But as time goes by, your dreams become bigger because you want others to be blessed and you want them to be with you in Heaven.

This is what faith does. It makes you concerned with more people and love more and more of them.

If that doesn't happen, then we have a problem. If you don't feel like living that kind of life, you need to check and fix something within yourself.



Second Reading: Ephesians 4:1-13

1 Brothers and sisters, I, a prisoner for the Lord, urge you to live in a manner worthy of the call you have received, 2 with all humility and gentleness, with patience, bearing with one another through love, 3 striving to preserve the unity of the spirit through the bond of peace: 4 one body and one Spirit, as you were also called to the one hope of your call; 5 one Lord, one faith, one baptism; 6 one God and Father of all, who is over all and through all and in all. 7 But grace was given to each of us according to the measure of Christ's gift. 8 Therefore, it says: He ascended on high and took prisoners captive; he gave gifts to men. 9 What does "he ascended" mean except that he also descended into the lower regions of the earth? 10 The one who descended is also the one who ascended far above all the heavens, that he might fill all things. 11 And he gave some as apostles, others as prophets, others as evangelists, others as pastors and teachers, 12 to equip the holy ones for the work of ministry, for building up the body of Christ, 13 until we all attain to the unity of faith and knowledge of the Son of God, to mature manhood, to the extent of the full stature of Christ.



Pray, Listen, Discern

I feel that by the time we get to the doors of Heaven, God will not ask if we did good on Earth or if we followed Him. I believe that the first question that He will ask is: "Where are your brothers and sisters? Why are you alone?"

Being a Christian, being a follower of Jesus, means that you are a missionary. You spread the Word of the Gospel not because you are commanded to do it but because your faith compels you to share this Good News with people you encounter -- which should naturally happen.

Ask the servants here. Most probably, they used to be mere churchgoers who didn't want to be noticed. But as they continued to hear the Good News, they have become servants and leaders. That's a good sign that things are going well.

Today, we celebrate the Solemnity of the Ascension but next week, we will celebrate Pentecost -- where the mission-sending happens. There is a gap between going up to Heaven and being on Earth as a missionary-- which is also important. When Jesus ascended to Heaven, the Apostles didn't immediately go out. The first things they did were to pray, to listen, and to discern.

Responsorial Psalm: Psalm 47:2-3, 6-7, 8-9

R: God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

2 All you peoples, clap your hands, shout to God with cries of gladness, 3 for the Lord, the Most High, the awesome, is the great king over all the earth. (R)

6 God mounts his throne amid shouts of joy; the Lord, amid trumpet blasts. 7 Sing praise to God, sing praise; sing praise to our king, sing praise. (R)

8 For the king of all the earth is God; sing hymns of praise. 9 God reigns over the nations, God sits upon his holy throne. (R)



The Goal: The Cross

Brothers and Sisters, it's good if you have that missionary drive to serve and love the Church-- but the first steps to that are listening, praying, and discerning. Because God wants to use you in a very specific way. Something that only you can give-- with your history, talents, background, and especially, with your wounds.

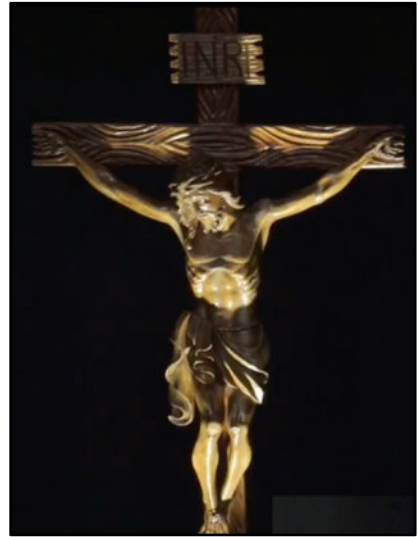
There is a specific role that God wants you to fulfill in this Body of His that is only yours.

So, before we go on our way, let's always take time to listen.

Cultivate that time of prayer and silence with the Lord and then do what He tells you to do. Do it boldly. Remember what was said in the Gospel: "So much power goes into us -- able to speak new languages, heal the sick, drink poison and not be killed, and so on. But those powers are always for the service of *mission*. Without *mission*, there is no power. Without following God's will, there is very little empowerment-- or none at all. All that was promised to us was at the service of that mission.



In today's culture, we are so big in self-care, right? There is nothing wrong with that. But remember that as Christians, we should remember that self-care is only good if it's at the service of *self-gift*. If it's only just for yourself, there's something wrong with it. We care for ourselves because we want to continue serving the Lord and loving others. The goal is just like what we sign ourselves with: the Cross. The goal is not self-enrichment but the enrichment of others.



Love Offering

BRO. AUDEE VILLARAZA:

You will notice that inside *The Feast Bulletin*, there are two envelopes...

The white envelope is for what we will give today. This will signify your tithes and offering to the Community which pays for the overhead expenses for running this event.

Some of you need to know this: How much does it take to run this event in PICC with the beautiful lights, and the technical staff, food that we give to all the servants. Check this out: our overhead expenses every Sunday is P799, 000. Small? Or big?

So, whatever you put in the white envelope, it goes to the operational expenses.

But that's not only what we do here at The Feast. We have discipleship programs. We have formation programs. We have pastoral programs. And Jesus Encounter programs.



Those programs are where the offering you put in the sacrificial envelope-- the red one-- goes to. This is for our formation programs and our Mercy missions here in The Feast.

What I want you to do: Do not give this today. I want you to bring this red envelope home. And throughout the week, pray and talk to the Lord: "Lord, how much sacrifice do you want me to put in this envelope-- so that The Feast can continue its mission of pastoring people and doing our Mercy missions. And then next Sunday, when we have our Grand Feast here in PICC...

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Symbol of Trust

You know, you get to give something from your blood, and sweat, and tears that you put in these envelopes today.

I want you to know the reason you are able to give is God has already given to you. He has already blessed you. He has already loved you. He has already saved you.

And what you put here is just a simple offering to say: *“Jesus, I trust You. I trust that you will provide all my needs. I trust that You will heal me. I trust that You will care of my family.”*

This is the symbol that you trust in the Lord. If you trust the Lord, lift your envelope-- with joy, with boldness, with courage and with confidence and say this with me: *“Lord, You have blessed me so much. And this is my offering, a simple gesture to say Thank You and to say I love You. I pray that You use my offering to bless this world. In Jesus’ Name. Amen and Amen.”*





Help the Feast Mercy Ministries. Help them all.

Receive Feast Magazine e-copy when you subscribe to monthly giving of Php 500.00. Visit us at the lobby!

Good News

By the way, we have one session now. I announced last week, there would be two sessions-- one in the morning, one in the afternoon,

We want to celebrate together as one district. So, instead of two, we'll have just one in the morning, 9:00 a.m. to 12 noon.

All the builders will be here. All the servants will be here.

And we're going to celebrate Pentecost together.

And here's the Good News: Every month, starting the month of May, we're going to have one Grand Feast at least once a month -- one joint session every month.

FEAST

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Ways To Give Online
Help us continue this ministry

The Feast Bay Area

Grand Feast

PICC
Plenary Hall

Sunday
May 19, 2024
9:00 AM

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Worship!

SIS. VANYA CASTOR:

Good Morning, Church!

Happy Mother's Day!

I believe that God always sees women and mothers where they are -- whether cooking, washing dishes, cleaning, feeding, nurturing the people that God has entrusted to them. God meets them anywhere. But most important, I love that they allow God to meet them where they are.



Today, I have a request. My request is that you allow God to meet you here today-- whether in your wins, in your grief, in your confusion, in your nothingness, and especially in your joy.

I pray that God meet you today unlike any other day.

Let's make the most beautiful sign of faith: In the Name of the Father, and of the Son, and of the Holy Spirit .Amen.

... Oh, how worthy You are, Lord God, to praise. A praise that we ar giving You today. How so worthy You are God.

We Thank You, Father, that You meet us where we are and that You are here. And because You are here, God, we want to make a decision to praise You bless even more and to bless Your Name. Amen.



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SOMETIMES YOU'VE GOTTA DANCE THROUGH THE DARKNESS



SING THROUGH THE FIRE PRAISE WHEN IT DON'T MAKE SENSE



SOMETIMES YOU'VE GOTTA STARE DOWN THE GIANT



WORSHIP FROM THE LION'S DEN



SOMETIMES YOU'VE GOTTA SHOUT IT FROM THE MOUNTAIN



LOUDER IN THE VALLEY



TRUSTING THAT HE'S GONNA GET YOU THERE



SOMETIMES YOU'VE GOTTA WELCOME THE WONDER



I'LL PRAISE YOU ANYWHERE

FEAST BAY AREA WORSHIP

PRAISE YOU ANYWHERE

BRANDON LAKE

WORDS & MUSIC BY: BEN FIELDING, BRANDON LAKE, HANK BENTLEY, JACOB SOOTER

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CCLI #

BRO. AUDEE VILLARAZA:

Allow me to pray for all of you today as your leader. If you are sick physically, mentally, emotionally, I want you to just put your hands over your chest, right now, whoever you are...

God in Heaven, Thank You for watching over your sons and daughters. We pray that the Blood of Jesus cover their sickness right now, as Your Son's Name is greater than the name of their ailments. I pray that healing flow in this place for each one, healing the innermost illness, healing and uprooting the source of that illness, and replacing it with Your grace of recovery.

Thank You, Jesus, that You're restoring each one's body, and spirit, and mind in this place. In Jesus' Name. Amen.

For those of you who need provisions-- material provisions-- you're looking for work, or you're looking for a business, or you want increase in your income, I want you to put your hands over your chest. Let me pray:

God, our Heavenly Father, You are our Provider. You are the source of every good thing in this world. Right now, we declare, that in Jesus' Name, You shall provide according to the riches of Your Son Jesus Christ. We believe, Lord, their incomes are doubling in this place, multiplying, and You're using people here to launch them into new territory, increasing their territory, increasing their influence, oh God.

We pray that You put food on our table every day. We Thank You for the daily bread that You put on our table, in our midst, and we Thank You in advance, Lord, for how You will provide not just for our needs but for the needs of our family, the needs of our brothers and sisters. In Jesus' Name. Amen.

For those of you who are experiencing anguish, depression, hopelessness. Just put your hands over your chest. Let me pray:

God Heavenly Father, I pray for these person right now -- You know who they are-- that whatever confusion, pain, tiredness that they feel in their spirit, I pray that You replace that, oh God, with Your joy, with Your purpose. And ultimately, Lord, put Your peace into each one's mind and heart. Let everyone walk in this world carrying Your peace every day, every single day, oh God. Let them breathe in Your joy. In Jesus' Name. Amen.



Prayer for Mothers

And lastly, we want to pray for all the mothers:

God, look at all the women that you've called to have children. The women you've called to have no children but to be spiritual mothers. And those that You are about to call into motherhood.

We join our hearts to pray for all the moms and those soon to be moms, that their joy would be like Your joy. That You will put peace, anointing, healing, abundance into each one's mind and heart. So that they walk into Your strength. They walk in Your favor.

We pray, Lord, for all these beautiful blessings You have in store for them-- plans to prosper them, plans to give them hope and not harm them. And we claim these in advance in Your Son's Name, in Jesus' Name. Amen.

We bless You, Lord!

Come on and lift praise to the Lord!

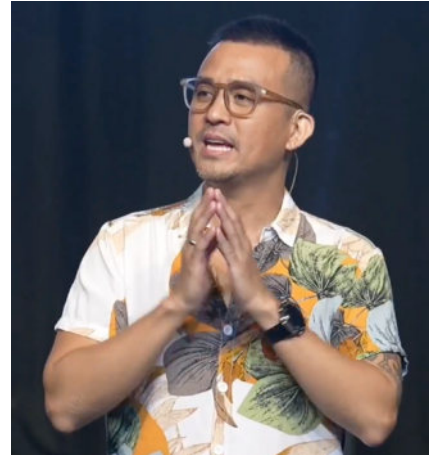
I believe that He deserves the glory!

Put those hands together and give Him a shout:

Thank You, Lord!

We bless Your Holy Name.

Hallelujah!



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Welcome!

How do you feel? You feel blessed? You feel good? Are you happy? Touch as many as you can and say, “Welcome to this place of God.”

We want to welcome every person here, from the front to the back-- men, women, children, adults, whoever you are, whether, wherever you are, wherever you come from. This is your safe place.

All of those watching online, welcome to the House of God. We know that the Lord is with you also wherever you are, and we’re praying for good Internet connection.

Lord, bless this person, right now. And keep the connection stable. I’m not talking about just the Wi-Fi, but I’m taking about the spiritual connection-- so, that they breathe and dwell in Your House.

One more time, may we clap our hands and give God the praise. Give Him the glory.

Let’s thank our Worship Team, our servants, our backstage team. Come on, and pray for all those serving you today.

We’re so grateful that we get to do The Feast because of the sacrifices of all these people.



NOVENA TO GOD'S LOVE DECLARATION OF ABUNDANCE

BRO. AUDIE VILLARAZA:

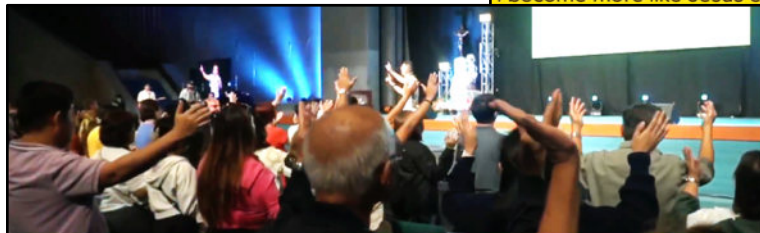
If you're ready to be blessed today, may I ask you to open both hands. Just open your hands out and say this prayer with me:



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



Today, I open myself to God's blessings, healing, and miracles.
Today, I open myself to God's Word so that
I become more like Jesus every day.

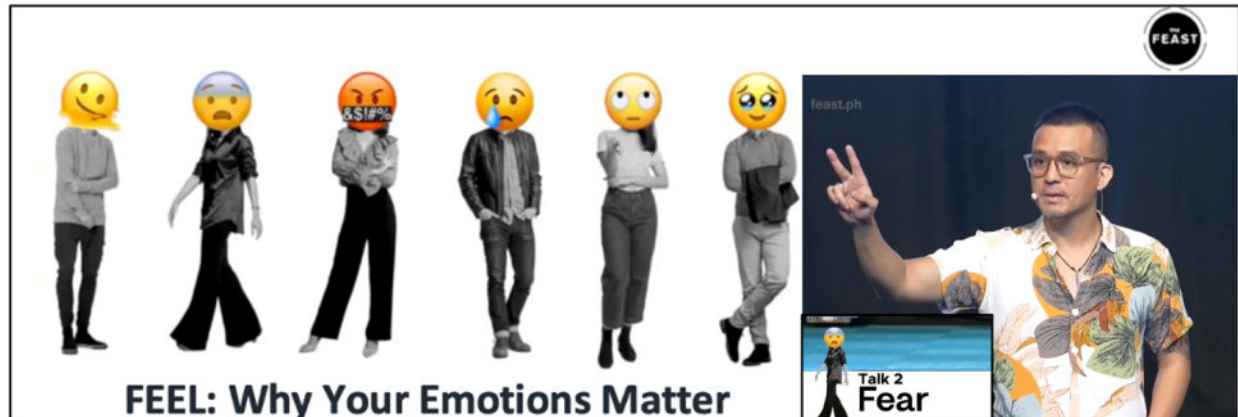


Today, I proclaim that I am God's beloved.
I am God's servant. I am God's powerful champion.



And because I am blessed, I am blessing the world.
In Jesus' Name. Amen.

Talk



Today, we are in Talk 2 of the series, *Feels, Why our Emotions Matter*. The topic for today is *Fear*.

How many of you know it is like to feel fear?

What is your greatest fear?

May I share with you what my two greatest fears are?

My first greatest fear are cockroaches. The greatest nightmare for anyone who is afraid of cockroaches is not when you see them, it's when they disappear in front of you. I don't know about you but I am the type who will turn my house upside down just looking for that one cockroach. I don't care if I lose sleep or late for work the next day. I'm going to look for that one cockroach to send it to cockroach heaven. Especially, I'm going to do it quickly-- before it realizes it has ability to fly.

Which, by the way, that's my second greatest nightmare: cockroaches that fly. Don't you just hate it when cockroaches think they can fly? For some reason, when they fly, they always seem to fly to you. You're their landing strip-- like they're magnetized by you.

We have different fears. Fears come in different faces. What might scare you might not scare me and vice-versa.

But here's the truth: Our fear is always real. It happens first in our mind. That's where it begins. But when you let fear marinate in your mind, I'm telling you, you'll go from bad, to worse, to worst.

From Chaos to Creation

I remember my friend, BG. One time, he started developing cough. It was so persistent that in the evening, he was still coughing.

He started to consult Dr Google -- everybody's doctor. Before the night ended, that cough had already turned into cancer-- in his mind. Why? Because he was truly afraid. It was a mild sickness, but it grew in his mind.

Does fear come from God? No. The Bible says in the beginning of Creation, there was nothing except for chaotic waters, which was darkness, was a representation of fear.

So, God replaced chaos with Creation. You can say that God did not create fear. *Timothy* says: "For God has not given us the spirit of fear. Instead he has given us power, and of love, and self-discipline." -- 2 Timothy 1:7

Romans itself says that God can still use your fear-- and He can use every emotion that you have for the good. That's how good God is.

Let us read the Word of God.

Everybody, let's sing:

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



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No Fear

We open our Bible and talk about *fear*. I think that this is the best place we can park our hearts for a moment. The Word comes from 1 John 4:16 NLT:

1 John 4:16-18 NLT

"We know how much God loves us, and we have put our trust in his love, and all who live in love live in God, and God lives in them. And as we live in God, our love grows more perfect.

So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world. Such love has no fear, because perfect love expels all fear."

Put your hands over your chest,
and say this with me:

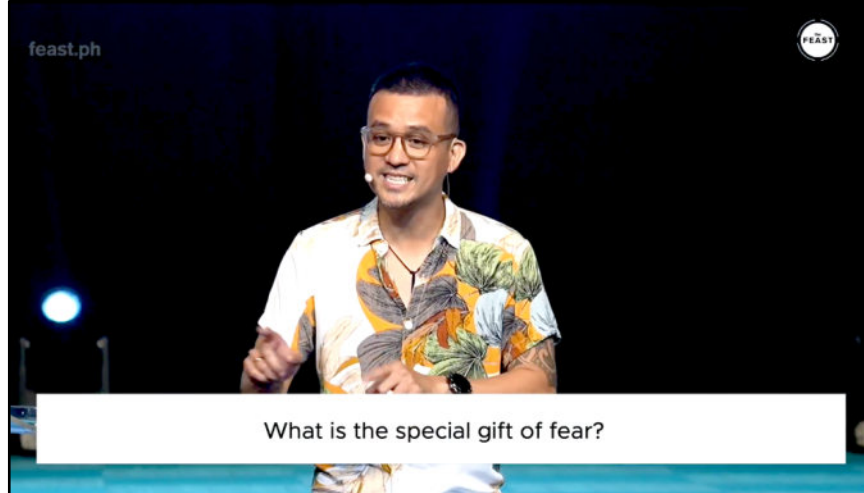
*Lord, speak to me. I'm listening.
You know what I'm going through.
Right now, I need Your wisdom.
Be here with me, in Jesus' Name. Amen.*

Let's thank the Lord, and sing
once more in His honor:

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



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Last Sunday, the first Talk was about *shame*.
We learned that there are no bad emotions-- just bad ways of dealing with them. The reason they're not bad is they have a special gift.

What is the special gift of fear?

It's a signal that there is a danger.

The main objective of fear is to keep you alive.

When you feel intense fear, it will drive you to be in three kinds of survival mode: Fight, Flight, and Freeze.

For example, if I see a cockroach crawling on our floor at home, my mind and my body will automatically go into "fight" mode. I would grab my slippers and hit the cockroach until it goes down.

Another example: If you see a group of armed men in a hoody and a mask climbing over your backyard in the middle of the night, you're not going to invite them for coffee... No. Either you *fight* -- if you're an MMA (Mixed Martial Arts) expert... or you take *flight* -- you run away.

One last example: "If you see an 8-foot snake slithering towards you, you're not going to say, "Oh, you're so cute. May I take a selfie with you?"

Instead, either you take *flight*... or you *freeze* and pray every Novena that you've ever learned since you were a child.

Fear is not a sin,
fear is a signal.

✂ fight ✈ flight ❄ freeze

Fear Is Good

Fear is good. But there's also a bad side to fear. Sometimes, when you feel intense fear, you are reduced to an animal.

Aside from the physical attributes, what is the biggest difference between us and animals?

It's our rationality-- our ability to process logically. But sometimes, when you feel fear, you lose your rational thinking, and all logic goes out the door.

I remember a story my cousin told me-- one day when nobody was at their home except their house help who received a call.

On the other side of the call, the house help heard a male in panic.

He said, "Shirley, the kids and I met an accident. Gather all our jewelry and go out into the village gate. A guy named Bong wearing a blue cap will meet you there. Give the jewelry to him. We need them to pay the hospital bill."

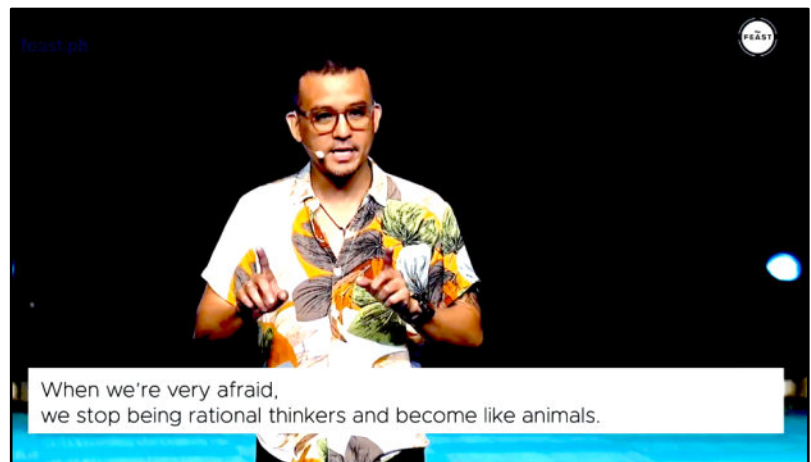
Shirley thought it was her boss who called. At that moment, she froze. All logic just disappeared. Shirley did what she was told.

That day, Shirley gave P500,000 worth of jewelry to a random stranger named Bong outside the village.

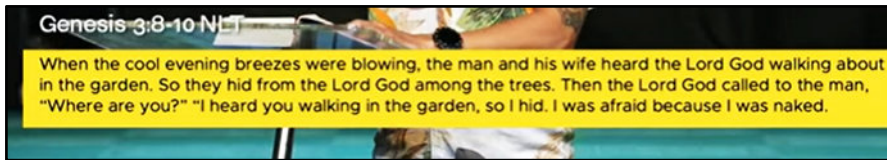
That's what fear does. It cripples your mind and you're not able to think properly.

What's funny about fear is that it makes you afraid of things that aren't dangerous.

My six-year-old son, Ethan, is not afraid of heights or swimming in an open ocean. He is afraid of Big Bird and of Elmo of *Sesame Street*. He cannot stand these two.



Let's go to Genesis:



Imagine this: One day you see me walking on EDSA, completely naked. That's scary, right? You'd be scared-- not for me but for you. That's traumatize you forever.

But in the Garden of Eden, walking around without clothes was completely safe.

What happened? When Adam and Eve started sinning and disobeying God, that was when fear came into the picture.

This is the first time we read about fear in the Bible. So, from this perspective, you can say that fear is a by-product of sin.

Some of the things we fear are not even dangerous. Some of us are afraid of being vulnerable-- so, we settle for shallow relationships and meaningless encounters. We don't make commitments because we are afraid of rejection.

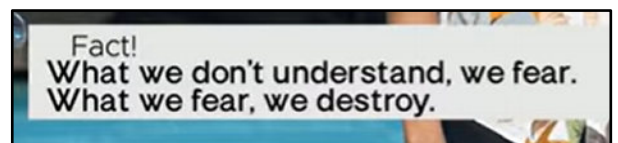
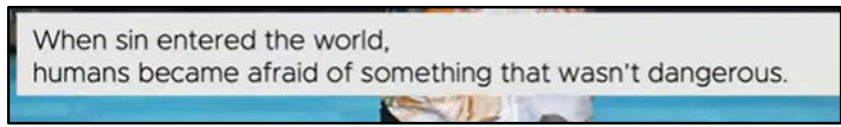
Some of us are afraid of uncertainty. We're okay with sticking in an abusive or sticking with that horrible job-- as long as it's predictable, as long as it's certain: "It's okay because I'm afraid of new things."

Some of us are afraid of losing our loved ones-- which is a fact of life. Because of this, we tend to over-parent, we tend to smother our children. We don't entrust our loved ones to our Lord because we're so afraid.

Fear also makes us afraid of people who are not dangerous. What we do not understand, we fear. And what we fear, we tend to destroy.

No wonder, the Jews crucified Jesus. They could not understand Him, so they destroyed Him.

Some people in your life are out to get you not because they are afraid of you but because they don't understand you.

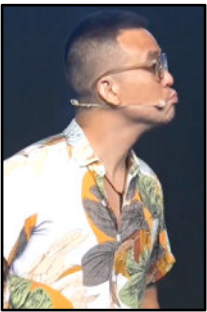


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Three Signs When Fear Rules You 🤔🤔🤔

Sign 1
You have accountability-issues

Whenever you're at fault, you like blaming others. You start pointing fingers at everybody except yourself.



That's what Adam and Eve did. When they bit the forbidden fruit. And when God pointed out their sin, Adam pointed to Eve as the culprit. In turn, Eve pointed to the serpent as the culprit. What did the serpent do? Nothing-- because the serpent doesn't have hands. And the serpent was not Filipino-- because we Filipinos have a natural gift. We do not need fingers.

When asked, "Brother, where are you going?" the Pinoy points to the direction with his lips 😊.

We have accountability issues. You blame others whenever you're at fault because you're scared to be punished.

Sign 2
You have truth-issues

A few months ago, I caught my son lying to us for the first time. He was playing with his friends. I guess he was frustrated with what they were doing, so he grabbed the toy and smashed it onto the ground. I didn't know about it until the father of Ethan's friend told me. When I talked to my son, he gave me a different version.

He said, "My friend did not like his toy anymore, so he threw it to the ground to destroy it."

In my mind, I wanted to tell him, "Ethan, I was not born yesterday. This was the same strategy I had with my parents. I know what it sounds like when you're lying..."

I kept on prodding him until he confessed. I asked him why he lied.

He said, "I was scared that you would get mad."

That's what fear does. It teaches us to lie because we are afraid of the truth.

Sign 3
You have trust issues

At the very heart of fear is the inability to trust in God. You try to control things. You try to set yourself apart from God.

That's what Adam and Eve did because they did not trust that God would follow through.

That's exactly what you do sometimes. You are short of money, but you don't believe that God provides-- so, you resort to stealing instead.

Manage Your Fear

Let me give you six steps to manage and lead your fear.

Step 1 **Observe your fear.**

When we're afraid, sometimes, we're not able to think. We just react.

But once fear has mellowed, remove yourself from that equation and check why you responded in a certain way: “Why did I cry?” “Why did I become violent?”

Step 2 **Go to safety.**

A safe place can be a physical place like a church. It can be The Feast, the Blessed Sacrament, a room in your house, or a place in your office. For some of you, a safe place might be a perspective in your mind. You dream of being in a safe place.

To others, can be a person like a spouse, children, or a friend.

A safe place can be God.

Step 3 **Explore your fear.**

Is there a recurring pattern? Is there a pattern that I see on why I respond to a specific stimulus?

Step 4 **Seek for wisdom.**

Talk to God. Talk to your mentors or spiritual counselors as well. If you have a hard time processing your fear, talk to people who love you.

Step 5 **Create a strategy.**

By now, you know the pattern and process of how you deal with fear. What do you do when you fear? Do you set yourself apart? Do you gift yourself the gift of gap?

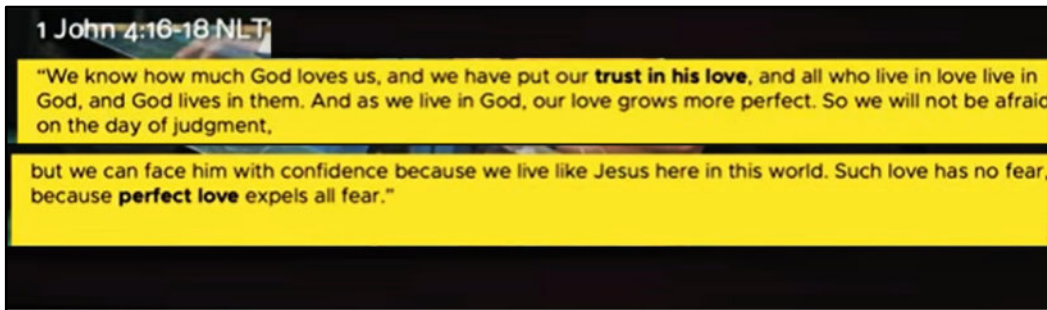
Step 6 **Form lifelong habits.**

Create practices that stick with you throughout your life.



Perfect Love Expels All Fear

I'm going back to the Scripture we read:



It's a profound verse. The reason I couldn't understand it was I couldn't grasp the concept of perfect love. I've never experienced perfect love. My parents, my wife, my children don't perfectly love me.

We're imperfect people-- that's why we've all fallen short of the grace of God. My love will always have conditions and boundaries. I never knew perfect love until I discovered the perfect love of God. His love knows no limits. It recognizes no time and space.

I hope you can receive it the way I received it this week. For many of us, the reason we don't trust God is we fear. We fear for the future, so we do things our way. We fear for our life-- so we shortcut the process and sometimes, even the progress. We fear so we want to be in control.

Adam and Eve didn't trust the Lord. They were lied to, so they did the one thing that God told them not to do. They took matters into their own hands. They defined good and evil according to their terms simply because they didn't trust God enough.

I want to speak this to somebody today: The only safe place in this world-- and in Heaven-- is with the Lord. The moment you remove yourself from that safe place, you end up in a place of danger. Sometimes, we think we're better on our own because we can control.

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The safest place is in the arms of the One who loves you perfectly.

Only He can love you perfectly. I can't do that. Bro. Bo can't do that. Your spouse can't do that. Even your parents can't do that. God spoke loud and clear to me when I was studying His Word this week.



Two days ago, our three-year-old daughter, Ellie, she was rocking her stroller, she fell, and her head hit the ground. She started crying and we didn't know if we should bring her to the hospital or not.

At that moment, I just prayed, "Lord, I know you're in control."

God spoke to me and He said, "My love for your daughter is more than your love for her."

We love the people around us so much that we are afraid to let go of them and entrust them to the Lord. God loves them more than you ever could and ever will. God's love is perfect.

My point is that He will take care of them. He's going to heal them, lead them, and embrace them. What we need to do is trust in His love. We declare that God's love is our safe place and there's no place we'd rather be.

Jesus, Thank You that you love us more than we can ever love ourselves. Some of us hurt ourselves because we think we're unlovable and rotten inside. We think we're unworthy of being loved. So, we carry the shame and fear with us. But today, these all changes. Today, we get to open our hearts to receiving the love of God.

You don't need to overact. You don't need to shout to the heavens. You just simply have to be in the Presence of God and speak to Him. X#x##x#c#

"Lord, I'm open. Walk into my heart right now and change me from within. Lord, I need you. I've been so afraid simply because I don't trust you enough. I want to trust You. I want to do it today. I trust that You are in control. I don't need to do anything more except to surrender my life, my family, my work, my children, my ministry, into your big, loving, and capable hands. I declare that because You are for me, that nothing can be against me. In Jesus' Name. Amen."



MERCY MINISTRIES

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

--Matthew 5:7

The FEAST LITTLE ACTS of LOVE PART 2

MISSION ACCOMPLISHED!

On April 28, 2024, street dwellers in Caloocan, Manila, and Quezon City received much-needed food packs.

On May 7, 2024, residents of Isla Namayan, Malolos, received much-needed medical and dental services.

Both are projects of the Light of Jesus Disaster Recovery Ministry, now called The Feast Little Acts of Love Foundation.

Yes, with little acts of love, the Ministry provides relief for villagers affected by calamities-- typhoons, volcanic eruptions, earthquakes, fires, armed conflicts. And even beyond calamities, the Ministry relentlessly serves the needy yes, little acts of love.

In partnership with the City of Malolos Health Office, the Barangay Government of Namayan, and a host of sponsors, The Feast Little Acts of Love Foundation provided Isla Namayan, Malolos, almost 1 ton of vegetables and fish donated by our Feast Baliuag and Feast Malolos.

Here, we share images of giving and receiving joy...

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God bless our partners and many sponsors...



Thanks, Salutes, and Blessings to the Ministry Team, *from left:* Bro. Jodhie Hizon, Feast Builder of Baliuag; Bro. Val Austria, Feast Preacher and Finance Head of Baliuag; Bro. Jhun Que, Feast Preacher of Baliuag and Feast Little Acts of Love Foundation Operations Head, with other supporters.



Everybody present...

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Yummies for everyone...

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So, the necessary “ouch” has become possible so that Isla Namayan residents may have beautiful smiles 😊



And everything happens under the loving watch of our Lord Jesus...

The Mission Continues



At the onslaught of Typhoon Ondoy on September 26, 2009, our founder, Bro. Bo Sanchez, encouraged our Community leaders to form a group to help members in times of calamities.

Thus was born the Light of Jesus Disaster Recovery Ministry, as part of the Light of Jesus Family Mercy Ministries led Bro. Hermie Morelos as chairman (*right*).



The LJDRM was first led by Bro. Roy Pasimio (*extreme left*), then by Bro. Jorge Diomampo.

Soon, Bro. Jorge retired, and Bro. Marvin Tan, *below*, with supportive wife Sis. Liza Tan, took over as Executive director of what is now called The Feast Little Acts of Love Foundation.





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 to 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>

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.

4. Directly Deposit to Our Bank Accounts. Deposit to Shepherd's Voice Account in any branch of these banks:
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Banco de Oro Savings Account no: 003970019804 General Araneta, Cubao Branch
Banco de Oro - Savings Account no. 000160506123 SM Cubao Branch
PNB - Current Account no. 108410089566 SSS branch
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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

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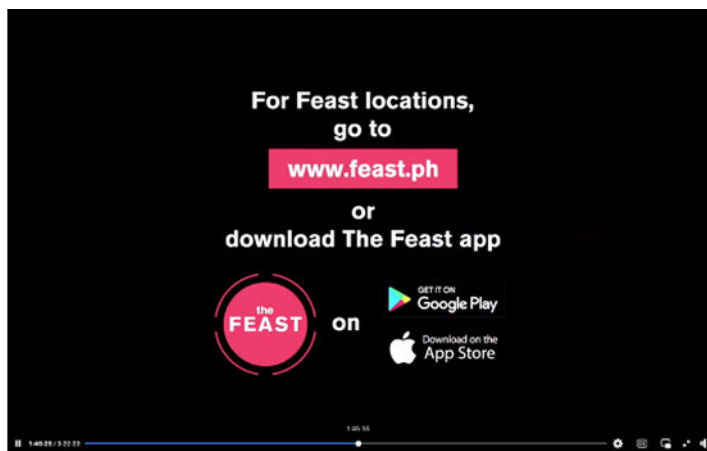
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Go and make disciples of all men.

— Matthew 28:19

