



FAMILY

JUNE 2, 2024

IS jealousy a sin? Gosh, it feels like it.

But what if I tell you that it may do some good?

Let's define it. *Jealousy is that uncomfortable feeling of seeing someone have something you want but don't have.*

While riding a bus to work one day, you see your former classmate driving a brand-new BMW. Hey, how could that happen? Ten years ago, both of you were fooling around in high school. Why is there now a wealth gap?

Here's another example: One day, you realize all your *barkadas* are hitched. All have boyfriends and girlfriends. But you're still single. So, when you're with them, they call you their official photographer.

Today, you're going to learn what special gift this "uncomfortable feeling" can give you.

Have a transformational Feast!

May your dreams come true,

Bo Sanchez



Juicy Jealousy

WELCOME
to our ongoing
FEAST Talk Series:
FEEL:
Why Your Emotions Matter
Talk 5: *Jealousy*

Three-in-One

IT's convenient. You have your coffee, cream, and sugar in just one sachet. That's our generation's Three-in-One Coffee.

That's not the topic of our *The Feast Family* this week. But we *are* talking about the best Three-in-One-- the Father, the Son, and the Holy Spirit, our One God. Last Sunday Feast, we celebrated, the Feast of the Solemnity of the Most Holy Trinity. What is really the Trinity? Rev. Fr. Kiev Dimatatac gave us a comprehensive definition, *page 3*.

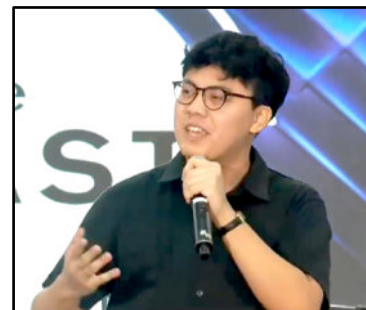
Not all "threes" are good. Not *that* relationship with a third party-- coated with jealousy. But that's not the *Jealousy Bro. Bo Sanchez* introduces-- topic of his Talk 5 of our Feast series, *FEEL: Why Your Emotions Matter, page 1*.

Jealousy may be bad, but it has gifts-- like the emotions we have studied so far. Last Sunday, Bro. Bo presented the gifts of *Sadness, page 14*.

Speaking of giving, Bro. Nico Narvaez reminded us the amount of what we-- one, two, three, four-- does not matter. What matters? See *page 8*.

Lola Cecilia knows very well what matters-- the Diamond she found in the Anawim Home for Abandoned Elderly, *page 26*.

So, what are you counting?



All for God's Glory,

Randy Borrromeo
Media Ministry
Executive Director





FLASHBACK!

MAY 26, 2024

Holy Mass



**REV. FR. KIEV AIRES
DIMATATAC, SSP**
on the Gospel Matthew 28:16-20



Representation of the Holy Trinity
Holy Trinity Parish, Diocese of Novaliches

ARE you familiar with the song of True Faith, *Huwag Na Lang Kaya-- Never Mind?*

The first line goes like this: *Nais ko ay magpakilala sa iyo at ipahiwatig ang nilalaman ng puso ko-- I want myself to be known and for you to know my heart's desire.*

If we're going to look at the heart of our celebration today, perhaps this is what God is telling us today: *Nais ko ay magpakilala sa iyo at ipahiwatig ang nilalaman ng puso ko.*

God wants to be known. Isn't that romantic?

Isn't it the first stage of courtship -- to know the other person and to be known in return? Without this stage, the relationship will not go further. There can be no love. That is why introducing yourself and your intention to your beloved is important.

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God's Revelation

In getting to know God, somehow, we lose the romantic essence because we become afraid of these theological terminologies: *One God, Three Divine Persons, Four Relations Subsisting, and One Substance, One God.*

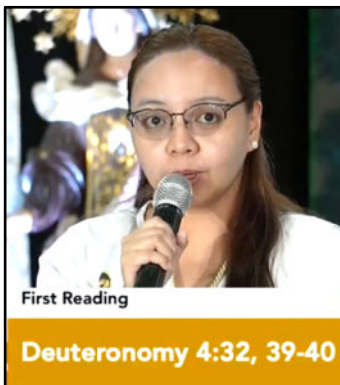
God wants to be known. Why? Because He wants to be in a relationship with us.

Our First Reading today says that since the beginning of Creation, God has been revealing Himself-- through the book of *Genesis*, through Abraham, Moses, throughout the history of Israel.

And finally, through the coming of His Son Jesus.

All because of His loving desire to have a connection with us.

Jesus revealed that the Father, the Son, and the Holy Spirit are only one God. They are three but only equal to One. Mathematically, it doesn't make sense. But the Trinity is not a mathematical conundrum to be solved-- but an experience on how to be in a relationship with God. We can only know something if we are into it. We can only experience God more if we have a relationship with Him.



First Reading: Acts 2:1-11

32 Ask now about the former days, long before your time, from the day God created human beings on the earth; ask from one end of the heavens to the other. Has anything so great as this ever happened, or has anything like it ever been heard of? 33 Has any other people heard the voice of God[a] speaking out of fire, as you have, and lived? 34 Has any god ever tried to take for himself one nation out of another nation, by testings, by signs and wonders, by war, by a mighty hand and an outstretched arm, or by great and awesome deeds, like all the things the Lord your God did for you in Egypt before your very eyes? 39 Acknowledge and take to heart this day that the Lord is God in heaven above and on the earth below. There is no other. 40 Keep his decrees and commands, which I am giving you today, so that it may go well with you and your children after you and that you may live long in the land the Lord your God gives you for all time.

Three Points about the Holy Trinity

What is the Holy Trinity?

I'll give three points.

1. IDENTITY

One theologian said, "The more we know ourselves, the more we know God. The more we know God, the more we know ourselves. Because the Trinity is our identity."

In the Book of *Genesis*, God says, "Let us make man in our image and likeness."

Believe it or not, we are created in the image and likeness of God. Thus, we have the qualities of the God who created us. If God is good, we also have an innate goodness. If God is love, we also have that innate love in us.

When we were baptized, we were baptized *In the Name of the Father, of the Son, and the Holy Spirit*. Now, we are being nourished by the Holy Eucharist *In the Name of the Father, of the Son, and the Holy Spirit*. When we sin, we are forgiven *In the name of the Father, of the Son, and the Holy Spirit*. During the marriage rites, you and your spouse commit *In the Name of the Father, of the Son, and the Holy Spirit*. When we die, we are also being blessed *In the Name of the Father, of the Son, and the Holy Spirit*. Whenever we do the Sign of the Cross, we declare that we belong to *The Father, to the Son, and the Holy Spirit*.

We know our history and we know our future. So, when we are asked where we come from, we cannot just reply, "Your honor, I do not remember."

Because we are being constantly reminded of who we are and what we are. Our identity is the Trinity.



2. COMMUNITY

The Trinity is a model of a Perfect Community.

Last Sunday, we celebrated the Feast of the Pentecost. We remember the Holy Spirit descended not upon a structure but a Community of disciples. Since the beginning, God intended to build a nation that belongs to Him--because that is the image of the Trinity. God is not alone because He Himself is a Unity, a Community of the Father, the Son, and the Holy Spirit. God is not alone because he is a Community of love.



Our Community now is a pattern of the Trinity.

In our Second Reading, Jesus said, "Therefore go and make disciples of all nations, baptizing them *In the Name of the Father and of the Son and the Holy Spirit.*"

God is telling us to make everyone a member of His Family. We are called to become agents of unity.

But let's ask ourselves: Are we a source of unity in our Community? Is our presence causing division? Are we the ones hindering people to go back to the Church? Are we being true to our identity as an agent of unity just like the Holy Trinity?

As members of the Church, we are being sent to reach out and to make everyone a member of this Family where no one is left behind.



Second Reading: Romans 8:14-17

14 For those who are led by the Spirit of God are the children of God. 15 The Spirit you received does not make you slaves so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship.[a] And by him we cry, "Abba,[b] Father." 16 The Spirit himself testifies with our spirit that we are God's children. 17 Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

3. CHARITY

With unity comes love. Interestingly, the word *charity* includes the word *charism* which means *gift*. With love, comes the giving of *gift* --the *gift of life*.

It is in giving that we create life for other people. We are products of God's love.

Self-centered persons cannot give life to the world. They are like a black hole-- an area of such immense gravity that nothing, not even light, can escape from it. So, let's ask ourselves if our presence is like a black hole in our Community. Are people afraid of me because I'm a life-taker instead of being a life-giver?

Millennials have coined the term *character syndrome*. Persons suffering from character syndrome are like black holes-- they absorb everything.

On this Feast of the Holy Trinity, let's ask God to help us have a true connection with Him so that our life and our Community may be patterned after the Holy Trinity. Amen.



Responsorial Psalm: Ps 33:4-5, 6, 9, 18-19, 20, 22

R: Blessed the people the Lord has chosen to be his own.

4 Upright is the word of the LORD, and all his works are trustworthy. 5 He loves justice and right; of the kindness of the Lord the earth is full (R)

6 By the word of the LORD the heavens were made; by the breath of his mouth all their host. 9 For he spoke, and it was made; he commanded, and it stood forth (R)

18 See, the eyes of the LORD are upon those who fear him, upon those who hope for his kindness, 19 to deliver them from death and preserve them despite famine. (R)

20 Our soul waits for the LORD, who is our help and our shield. 22 May your kindness, O LORD, be upon us who have put our hope in you. (R)



Welcome!



BRO. NICO NARVAEZ:

Good Morning, Feast! My name is Nico, and I want to greet everyone who came here for the first time. Welcome to The Feast! This is your home now. Thank you, for being here. And also, I want to acknowledge everyone who brought along a first-timer. Thank you!

So, I want to go to our giving.

I just want to share a story. When I was a teenager, I was so desperate to win the Lotto. Yeah. I went to the nearest Lotto outlet and then I put out my P20, bought a Lotto ticket, I wrote my special numbers and submitted the ticket...

Then, I went to the nearest Adoration Chapel. I knelt, I prayed, I told God, “Lord, please, make me win this Lotto. Promise, 50 percent of what I will win, I’ll give to Church. If I win P100 million, P50 million for You. Don’t You like that?”

The following morning, it was already the Lotto draw. And here’s the good news, Brothers and Sisters... I did not win!☺

No! But here's the thing: I actually took that as a real lesson. Because God spoke into my heart something that changed my perspective on giving. So, this is what God told me, and I hope it also speaks to your heart:

“It’s not the amount that matters. But it’s the position of your heart when you give. I don’t count whether you give P2 million. I don’t count if you give P5,000. I don’t count if you give P50.00-- if that’s all you have... What matters is the position of your heart.”

And that changed me. So, I started giving even when I was still a teenager. I started, maybe, giving P20.00, sometimes, P10.00. Because God reminded me that what’s important is our position in our hearts.

Love Offering



So, I invite you to raise your Love Offering, and let's pray:

*Lord, may this giving be
an example of Your love
for Your Church
and for Your people.*

*May this giving not be just
because I want to give-- because
I'm required to give--
but because what's important
is what's in my heart.*

*And I want to be an example
of your radical generosity.
I want to be an example of your
radical love.*

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

Help the Feast Mercy Ministries. Help them all.

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Worship!

EXHORTATIONS

SIS. PAULINE GUEVARRA:

Come on, church, this is what we believe.
The Lord goes before you. He is with you.
He will never leave you nor forsake you.

Right now, as we sing the next few lines,
let's remember that we can always find hope
in knowing that no amount of sin, nor shame,
not depression nor anxiety can ever pull us
away from God's heart. His perfect love
embraces all that we are.

So, if it's a comfortable position, why don't
we lift our hands to the heavens as a response to His Perfect Love?
So, let's sing with confidence and trust.





Never Walk Alone
 Source: Musixmatch
 Songwriters:
 Benjamin David Fielding /
 Jenn Johnson / Hannah Hobbs
 Never Walk Alone lyrics
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BRO. BO SANCHEZ:

Lord, You are my hope. No matter what I'm facing, You are my hope.

When I feel like giving up, You are my hope. When I am desperate and my needs are overwhelming, You are my hope. When I feel I have no more energy left in my body, You are my hope. And when I am facing giants in front of me and I know that I am being defeated and failure is upon me-- my head and my eyes rise and I look at You. because You are my hope.



NOVENA TO GOD'S LOVE DECLARATION OF ABUNDANCE

BO SANCHEZ:

I want you to hug somebody or give a Hi-5 to somebody. Just tell that person: God is our hope. God is our hope. God is our hope. Amen.



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.

Extend your hand towards the Word...

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



Talk



BRO. BO SANCHEZ:

Today, we will be talking about *Sadness*.

I don't like talking about sadness.

How many of you want to be happy? To be happy, we have to talk about *Sadness*.

But the problem is this: If you think that happiness is the goal of life, what happens is we look at sadness as the enemy-- but it's not.

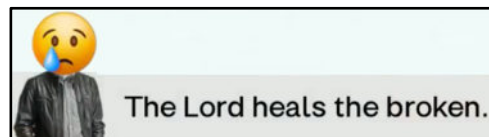
What we do is try to get rid of it as fast as we can but that's not the way to go.

Psalm 34:18 NIV

The LORD is close to the brokenhearted and saves those who are crushed in spirit.

Preach this to yourself and to somebody beside you: "The Lord heals the broken."
Let's sing it again:

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



Sadness: Enemy or Gift?

If happiness is the purpose of life, is sadness the enemy? The answer is No.

But that's why a lot of people try to get rid of sadness. They do that by overeating, overworking, over-Tiktoking, and over-Netflixing. When people are sad, that's how they cope. They try to get rid of sadness or escape it.

We learned from this series that difficult emotions carry special gifts. So, sadness also has a gift. We'll find out what that is.

When do we experience sadness? When we experience losing a loved one, money, material things, opportunity, boyfriend, girlfriend, or friend who migrated elsewhere. To understand sadness better is to liken it to physical pain. When you say it hurts, you may be referring to physical pain or emotional pain.

A freak thing happened to me. I visited a friend at his house. I entered through the door. I bumped my head on the top door frame. Bang! I saw shooting stars. My head throbbed with pain. The only consolation was that I felt I was 6'8" tall.

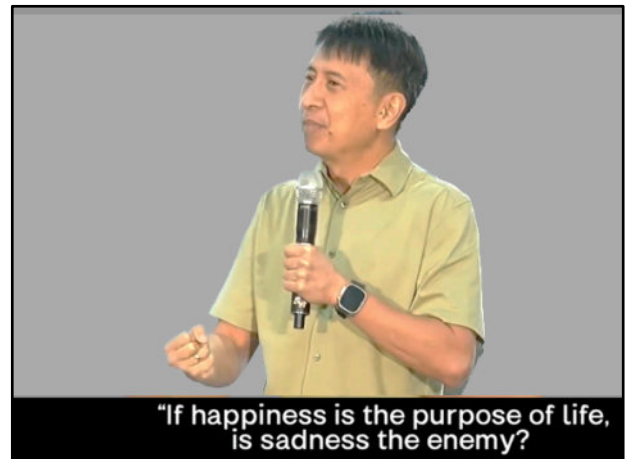
My friend was very apologetic, "Bro. Bo, I'm sorry. Welcome to my hobbit house. All of our family members are below 5 feet tall. So, all of us are cute. You are not."

He gave me some ice which helped to massage that sore spot. I had to pass through the door again when I was about to leave. It was hilarious. The entire cute family placed five pairs of hands on my head to guard the injury as I walked through the doorway. My friends, I tell you that story because that is the role of pain.

| | |
|---|--|
| <p>Pain is the body's protective mechanism.</p> | <p>Pain says: Stop! Spend time to heal yourself. And guard yourself so you won't get injured again.</p> |
|---|--|

Do you know that there are people who do not experience pain? It is a rare condition called CIP or Congenital Insensitivity to Pain. They don't feel any pain which makes it such a dangerous condition. They cut themselves or they break a bone yet they don't feel pain.

To be graphic: Imagine that you have CIP. Some of your friends came by your house unannounced one morning to have breakfast. You started frying eggs in the kitchen. Then, 370°F hot burning oil dripped onto your foot. You had second-degree burns. Your foot looked like sushi-- blisters are popping out from your skin. But you were so focused on frying the eggs, that you didn't notice that more oil splattered on the other foot.

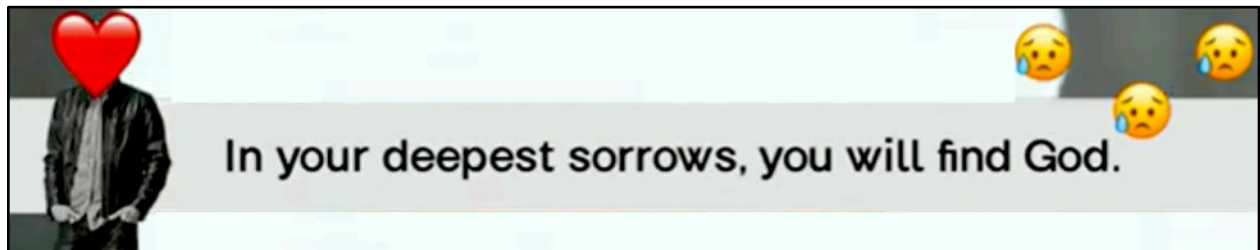


**Sadness tells us: Hey, stop!
Not everything is okay. Heal!**

Thank God for pain. When you feel pain, you stop and tend to your wound. That is exactly the purpose of sadness.

Sadness should push you to the Lord. When we feel sad, sometimes we just want to escape from it. So, we immerse ourselves in Korean Drama or we go to a loud party with noisy friends. But what we need to do is feel the pain and, hope it drives us closer to God.

So, sadness can be good.



I wrote the book, *Awaken the Healer in You*. It's about health. The book is based on one single premise: that your body can heal itself. Your wound can heal itself. Your broken bone can heal itself. You can recover from disease in the same way.

But for your body to heal, two points:

1. Don't Rush the Healing

You don't put a band-aid on the wound and remove it after five minutes, expecting the wound would already be healed.

When I was a teenager, I was leading this group called Light of Jesus -- our faith community. It wasn't as big as it is now. We were a small group of 200-300 members. I had hyper-faith in the sense that I believed that if you were following and trusting God, you would never act sad.

‘Victorious!’

Let's travel back in time. Imagine that you were part of the Light of Jesus and I was a teenage preacher there.

I would say to our members then that whenever somebody asked how they were, they shouldn't say, "I'm not so well."

Because words create reality. It doesn't matter if their house got burned down or their car got stolen. No matter what was happening, they should answer, "Victorious!"

It should be faith-filled.

Our members then were very obedient. We practiced this insanity for a few years.

Later, I noticed that there was something wrong with my teaching-- when one of our members lost his mother.

When we went to the wake and people would ask him how he was, he would answer, "Victorious! She's in Heaven!"

He wouldn't cry, and he told everyone in the family not to cry.



Bro. Bo Sanchez, then only 18 years old, leading the very first nationwide assembly of the Light of Jesus dubbed *Victory Celebration with Jesus* at St. Paul College on February 8, 1988. --els

WARNING

If you keep getting rid of the feeling of sadness, you'll lose your ability to recognize sadness when it comes.

2. Don't Delay the Healing

If you have a wound, you let it be. Be patient but don't keep on poking at it.

While you are healing, remember these 3 'Don'ts':

1. Don't make sadness your identity.

It is easy to say that we're sad and take on the victim mentality. When you over-indulge in your sadness, you may receive a lot of rewards like people giving you more attention, help, and pity. Suddenly, you already embraced sadness as part of who you are. Some people fall into that extreme.



In the same way that
we can get used to numbness, **we can also get used to grief.**

Grief is only for a particular season. Grief is medicine. There is an expiry date to grief. Grief heals but you have to respect the expiry date.

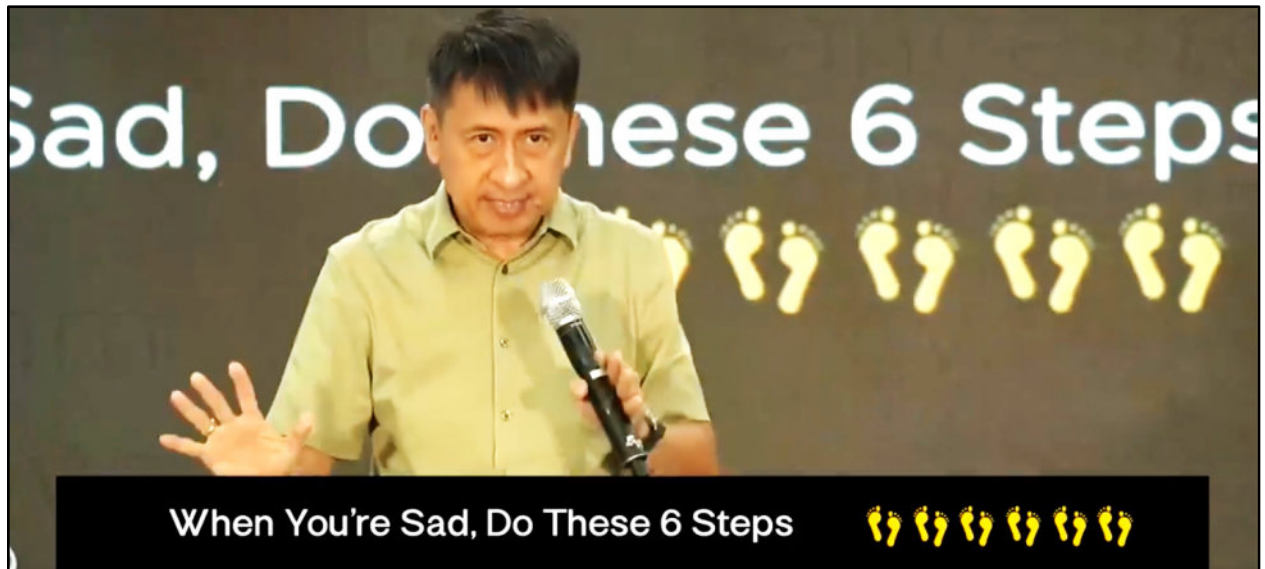
2. Don't let sadness morph into hopelessness.

Later, sadness can become despair. There is a difference. You can be sad and still be hopeful for sadness and sorrow is not your destination. Be sad today and that's okay but let the healing happen. Hope can co-exist with sadness, but it cannot co-exist with despair.

2. Don't confuse sadness with clinical depression.

Clinical depression is often physiological, coming from a chemical imbalance from a thyroid problem, or postpartum hormone imbalances, or vitamin deficiency, or seasonal affective disorder, etc.

Do not try to treat clinical depression as emotional sadness. If you do, you will not be able to address the chemical imbalance of the physiological issue behind it. Also, do not treat emotional sadness as clinical depression because you will make things worse.



 **Step 1**
Allow Yourself To Feel Sad

There is a story in the Gospel where Jesus lost a friend. His name was Lazarus. Lazarus died. (And Jesus saw his sister and other Jews weeping). Now, the funny thing about the story-- I found it funny-- Jesus was going to raise him from the dead. But before He did (He also cried.)




It says here...

John 11:33-36 NABRE
When Jesus saw her weeping and the Jews who had come with her weeping, he became perturbed and deeply troubled, and said, "Where have you laid him?" They said to him, "Sir, come and see." And Jesus wept. 36 So the Jews said, "See how he loved him."

If Jesus allowed himself to feel sad, it's okay if we also allow ourselves to feel sadness because it has a message. Sadness can heal.



 **Step 2**
Journey With Safe People

Resist the urge to isolate especially if you're an introvert. Look for someone whom you can journey with in your sadness.

Talk to someone you trust. I'm also speaking to men. We live in a culture that says, "Real men don't cry."

They just fix things.

When I look back on my married life, I see myself dividing my being a husband into two phases. Husband version Number 1 lasted up to 15 years. If ever I felt sad, worried, afraid, bothered, like any typical man, I would go into my man cave, and I would try to fix whatever problems I was facing.

After three or four days of at least having a solution, I would go out and talk with my wife,

"Sweetheart, there was something bothering me, but I already have the solution." I wanted to be the superhero.

Husband version Number 2 is about 10 years already. How did I transition?

My wife came up to me and said, "Love, I know that something is bothering you. Why don't you tell it to me before you fix it? Am I not your wife? What's my purpose if not to be here to listen to you?"

I said, "Okay, then."

But yes, I was forced to say that. But when I started telling her my concerns, it was wonderful! Half of the burden was lifted from my shoulders. Now, every time that I'm sad, I reach out to her. I don't fix it.

I just tell her, "Sweetheart, can you just listen?"

Boom! Wonderful! It's amazing.

You need to journey with safe people. So, if you are sad, tell your mom, tell your dad. tell your brother, tell your sister. If you have a Light Group or a Feast Light, that is a great blessing. If you don't have one, please sign up.

Step 3
Identify Your Losses

When you're sad, sometimes the loss is obvious-- like losing a parent or a job. But sometimes, the loss is not obvious.

For example, your boyfriend cheated on you. You did not only lose a boyfriend.

You also lost self-value.

You start asking yourself, "Why did he cheat on me? What's wrong with me? Am I not enough? Am I ugly?"

Sometimes, when you're sad, you don't go through the logic. It's just one hazy dizzying chaos of heaviness. So, you need to identify your loss.

You need to say: "I am enough. I am beautiful. I am a daughter of the king. That guy is a jerk."



Step 4
Identify Your Needs

When you're sad, know your needs. For example, "I need prayer. I need God's Word. I need my Light Group. I need my safe people. I need exercise. I need sunlight. I need healthy food, not junk food. I need The Feast."

Step 5
Practice Gratitude

Gratitude is important but it's not Step 1. This is Step 5. Why? You already allowed yourself to feel sad, you shared it with your safe friends, you identified your own losses, and you already identified your needs.

Finally, you start saying, "In my loss, God still blessed me."

Then you start counting the blessings of God amidst the crisis.



Step 6 Form Long-Term Habits

This step is crucial because sadness will come again. You will lose something else in your life. But because you know how to respond already to sadness, you'll be able to be wiser.

One time after The Feast, a young guy approached me and said, "Bro. Bo, I don't know why I'm here. I'm an atheist."

I smiled at him, and I said, "Welcome Home. We welcome atheists like you. This is your home now. This is your community."

Then I asked him, "Why are you an atheist?"

He said, "There is so much suffering in this world. If there is a good God who is all-powerful, why is there so much pain and suffering?"

I told him, "That's my question too and I don't know the answer. But I have hints and I'm going to share one hint. It doesn't fully answer your question. After living on this Planet for almost six decades, my realization is this: Suffering makes us stronger. Suffering is the only thing that can make us stronger. An easy and comfortable life stunts our growth. It does not elevate humanity. A convenient life does not make us better, only suffering does."

Friends, I'm going to give you a statement that I didn't tell him. But I'm going to tell you now because I'm preaching about sadness. If you're watching online, I hope you're hearing this word:

If you wisely respond to sadness, you mature, and it pushes you to deeper happiness.

Do you want to be happy? Be sad whenever you go through moments of sadness. Just do it in the right way and it'll push you into a deeper kind of happiness. This is what I love about the Christian faith -- we embrace suffering. We don't deny it. We deal with it head-on.

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How many of you have a Crucifix at home? Can you just imagine someone who does not know anything about Christianity and walks into your house to see a crucifix on the wall?

He'll be shocked and say, "Who's that dead man hanging on the piece of wood?" That's our faith- suffering.

When you pray the Rosary twice a week, meditate on the Sorrowful Mysteries. We do not run away from suffering.

How many of you understand that the Mass is called the "Sacrifice of the Mass?" It's the suffering of Jesus.

How many of you have a Catholic grandmother?

When you're sick or you're having a problem, your grandmother would most likely tell you, "Offer it up to the Lord."

When I was a kid, I couldn't understand my mother when she would tell me to offer up my problems. Does God need my suffering?

I couldn't get it...until I read this verse from St. Paul:

Colossians 1:24 NABRE

Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in the afflictions of Christ on behalf of his body, which is the church.

Just a clarification: Jesus is enough. His Cross is enough. But because God invites us to be His partners, He uses our sadness and suffering to build His Kingdom-- first in our lives, and then in the world.

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The Role of Sadness

There was a time when Jesus was at a party of Matthew-- along with tax collectors, drunkards, and prostitutes.

The religious leaders told Jesus, "Why are you doing that?"

Jesus said, "The healthy don't need a doctor. It's the sick that need a doctor. I am the doctor."



Does that mean that the religious leaders were not sick?

They were sick but they just didn't know. They had CIP. They did not feel the pain of their hearts. But the tax collectors, drunkards, and prostitutes knew they were sick.

I've got news for you, my Friends.

Every person here is sick and that's okay. Every person here is in pain and that's okay. Every person here has lost something and that's okay.

Because we worship the One who says, "I will heal the broken-hearted."

The Lord heals the broken. He is our great physician. If there is sadness, loss, wound, and scar right now in your life, I want you to run to God.

That's the role of sadness. It pushes you to the right direction. I hope you respond well because it's so easy to be distracted and say:

"I'll overeat because I'm sad."

"I'll go with my friends who have vices because I'm sad."

"I'll distract myself with Facebook and TikTok because I'm sad."

Let your sadness push you to the Great Healer. Let Jesus heal you.

Are you ready to be healed?

Jesus, heal me now what needs to be healed in me. Perform a miracle.

Today, I give my life to You. I serve You with all my heart. I accept You as my Lord and as my Savior. I repent from all my sins. Heal my soul, mind, body, and life. In Jesus' Name. Amen.



MERCY MINISTRIES

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

--Matthew 5:7

ANAWIM HOME FOR ABANDONED ELDERLY

Diamond Girl

YES, I like to call myself Diamond Girl.

I was born in my family hometown in Masbate City, on July 5, 1949. So, I am now 74 years old.

Next year, I will be 75 years old, my Diamond year.

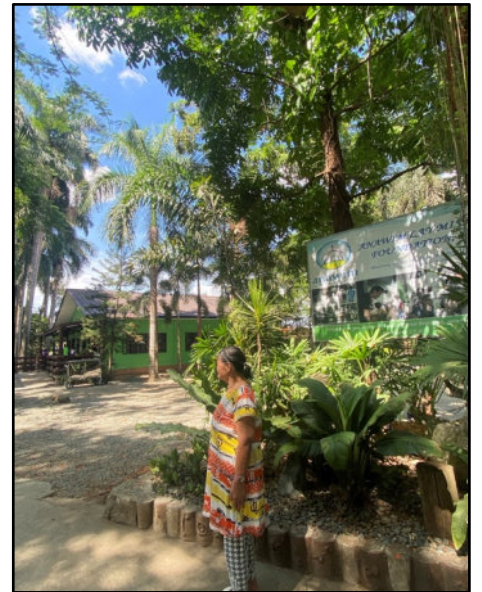
I grew up in a family just surviving with basics like food, no budget for education. So, my parents sent me to a public elementary school, and that's just it.

For a better life, I left Masbate and went to Manila to look for a job.

I settled in Barangay San Jose, Montalban, where I met my beloved common-law partner, Gary. Gary had a job, we were okay together living in a simple house we rented.

Until a tragic blow... Gary was murdered. It was more than a thousand times shocking, so I'd just forgotten the exact date of his passing, the reason for the murder. What remains... forever... is the pain of losing him.

With Gary gone, I just had to find a way to sustain my day-to-day needs, not to mention the house rent. I found a job as a housemaid. But I was already weak, so I did not last long in this job. With no money for my rent, I had to leave the house and stay out-- at a creekside in our barangay.



The FEAST FAMILY June 2, 2024 **25**

From Creek to Cottage

By this time, I was already in my 70s, old age ailments rendering me half-paralyzed.

A staff in a social welfare office in our place saw me at the creekside. As a social work facility, the office is familiar with ministries for the elderly. And so, the staff arranged that I be accepted in one: in Anawim.

This happened on November 30, 2023. And I felt I was like back in my hometown.

For in Anawim, I am home-- with food, a bed in a comfy cottage, and my other basic needs.

I am with family-- my fellow elderly residents.

Not to mention the very kind Anawim leaders, personnel, medical staff, social workers, caregivers. They've all made me feel safe, secure, and loved.

And above all, spiritually nourished. I am Catholic, by the way, so I am so grateful we have here the Anawim Feast Light with Holy Mass, Worship, and talks on practical living.

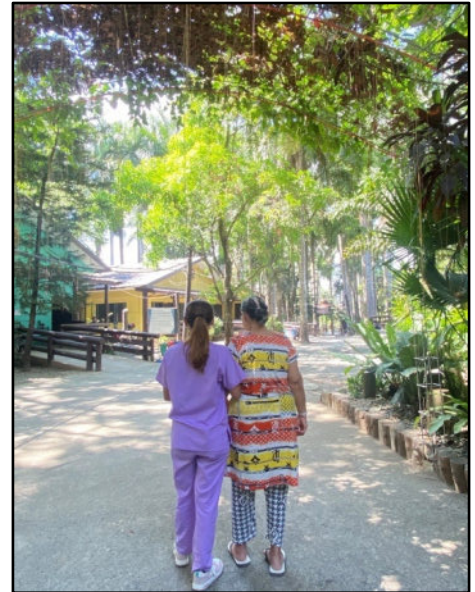
The best lesson I've learned is that the Lord will use other people to help me in so many ways. I am blessed to become part of this Community where faith and loving people unconditionally are the priority.

At The Feast, I feel great learning Bible verses, all true to my situation-- past, present, and future. Like what's now my favorite:

The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.-- Deuteronomy 31:8

Next year, I will be 75 years old-- yes, my Diamond Year.

I praise and thank God I have found my Diamond in advance.
And that's Anawim.





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
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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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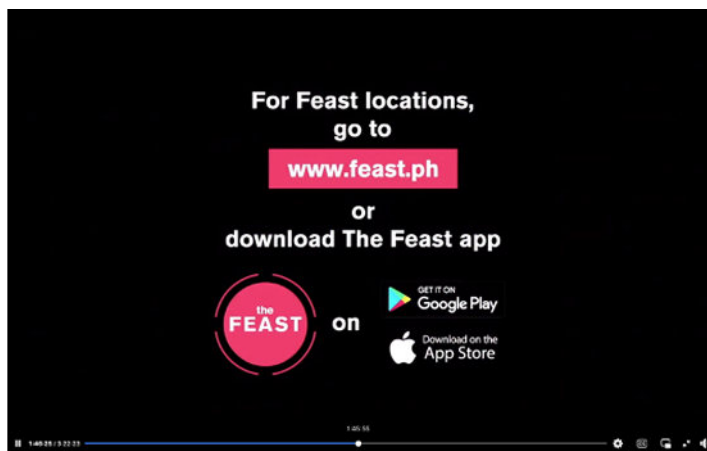
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Go and make disciples of all men.

— Matthew 28:19

