



FAMILY

JUNE 9, 2024

Joy!

WELCOME to the conclusion of our transformational series, *FEEL*.

Man, the series is so good, I don't want it to stop. (But when I think about our next series, I'm excited about that too 😊.)

After spending five weeks discussing our most difficult emotions—shame, fear, anger, sadness, and jealousy—we'll end today by discussing happiness.

What is happiness?

Here's a simple definition: *Happiness is a feeling of goodness-- we experience through the many simple joys of life.*

But there is also a happiness that is so much deeper. I call it overflowing joy.

We're going to find out how to receive it today.

Have a life-changing Feast today!



May your dreams come true,

Bo Sanchez

WELCOME
to the conclusion
of our FEAST Talk Series:
FEEL :
Why Your Emotions Matter
Talk 6: *Happiness*

What's Your Tragedy?

THIS issue of *The FEAST FAMILY* discusses tragedy.

In his homily during Mass last Sunday's Feast, Fr. Ed Dantes pointed out what's sad-- hunger and thirst, what the world is starving for today.

But tackling last Sunday's Gospel, Fr. Dantes happily said the answer to our craving is in the Mass-- the Holy Communion giving us the Body and Blood of Jesus Christ, *page 3*.

Our founder, Bro. Bo Sanchez, says we can experience overwhelming happiness. How? That's what we will learn today in Talk 6, the conclusion of our Feast Series *Feel: Why Emotions Matter*, *page 1*.

Bro. Audee Villaraza reminded us we crave more in life when we see others having greater, or better than what we have. That's about *Jealousy*, topic of Talk 5, *page 15*.

Bro. Nico Narvaez shared a heartwarming story about his sister who, as early as she's three years old, doesn't seem to crave more than her sugar-coated candy, *page 7*.

Sis. Mahalin Montaner is all smiles because she has chosen to be a caregiver in our Anawim Home for Abandoned Elderly, *page 25*.

Indeed, *Happiness is a choice that requires effort at times*.

We learn that from Aeschylus, ancient Greek tragedian. Yes, playwright focusing on tragedy-- a genre of drama where terrible sorrowful events befall the play's hero but in the end, he learns a lesson-- so he is thankful that his suffering is worthwhile.

Correction: More than tragedy, this issue is about Happiness. 😊



All for God's Glory,

Randy Borromeo
Media Ministry
Executive Director

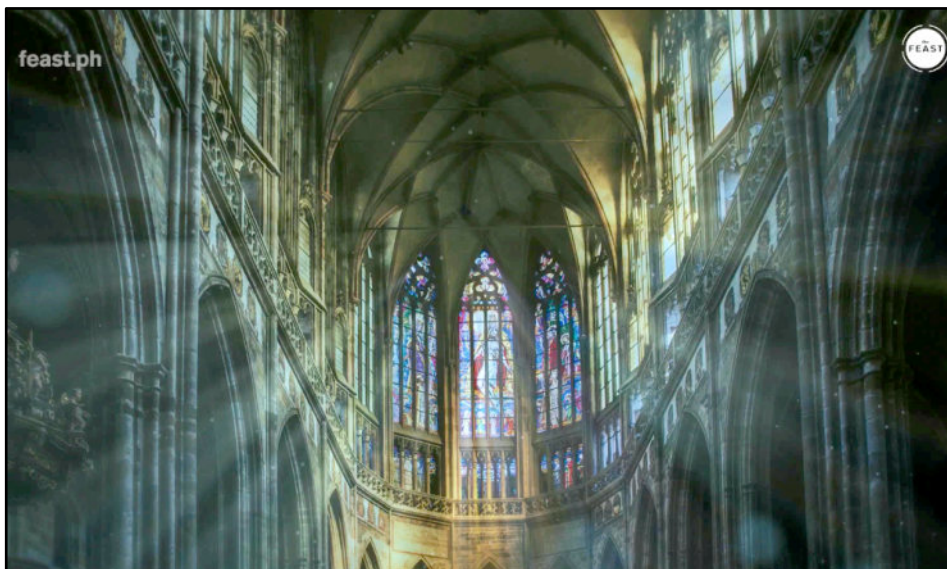




FLASHBACK!

JUNE 2, 2024

Holy Mass



**THE SOLEMNITY OF THE HOLY BODY AND BLOOD OF CHRIST
CORPUS CRISTI**

Homily

REV. FR. ED DANTES

on the Gospel Mark 14:12-16, 22-26

Excerpts:

Today, we celebrate the Solemnity of the Most Holy Body and Blood of Christ or the *Corpus Christi*.

But before I continue, imagine what you are craving for, what you think is lacking in your life, or what the world is starving for today.

Have you had breakfast? I hope you're full. Do you remember what you ate? If yes, please shout it out. I can tell what others have eaten by their breath:)

There is a saying that goes: "You are what you eat."

How would you feel if I told you that? I heard one say here that she had baboy-- Pork Adobo. I'm just joking, please don't take it personally 😊.

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Our Holy Communion

In our Communion, we receive the Body and Blood of Christ-- so we are conformed to Him. We should look like Jesus through our words and our actions. Please check the persons beside you-- left and right-- if they look like Christ or if they look like the last food they ate☺.

Who here has not experienced hunger and thirst? I think at one point or another, we became thirsty or hungry. Some faint and others get grumpy when they are hungry. Who among you here has diabetes? I have diabetes. When we are low in sugar, we feel dizzy...

In our Gospel, we read that during the Last Supper, Jesus said, "Take and eat; this is my body."

It means: "It is I. It is me that must be divided and given to you."

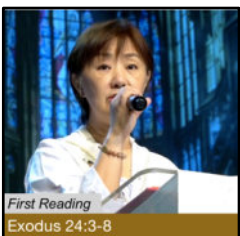
We remember that in His death on the Cross, we share to redeem as He redeemed us from our sins.

To this day, this is Jesus' gift of Himself. He comes to us, never leaving us--the Body and Blood of our Lord Jesus Christ, our Holy Communion.

Now, we understand why people kneel again and pray after receiving Communion. Because that is the real Body and Blood of Christ.

Receiving the Bread is our way of accepting Jesus. Your way of accepting Him in your life and in your heart where you become one with Him, with the Father, and with the Holy Spirit.

This is the reason we call the Eucharist *Holy Communion* -- our union with God and God's union with us.



First Reading: Exodus 24:3-8

3 When Moses came to the people and related all the words and ordinances of the Lord, they all answered with one voice, "We will do everything that the Lord has told us." 4 Moses then wrote down all the words of the Lord and, rising early the next day, he erected at the foot of the mountain an altar and twelve pillars for the twelve tribes of Israel. 5 Then, having sent certain young men of the Israelites to offer holocausts and sacrifice young bulls as peace offerings to the Lord, 6 Moses took half of the blood and put it in large bowls; the other half he splashed on the altar. 7 Taking the book of the covenant, he read it aloud to the people, who answered, "All that the Lord has said, we will heed and do." 8 Then he took the blood and sprinkled it on the people, saying, "This is the blood of the covenant that the Lord has made with you in accordance with all these words of his."

The Bread That Lasts Long

Another reference to *bread* that we know is the *breadwinner* -- the person in the family who brings food to the table.

To all the breadwinners who are here today, thank you very much.

For a long time, I was a breadwinner.

I worked in GMA-7 for more than 12 years as an actor... you're loudly reacting 😊... I was producer and director for News and Public Affairs.

But eventually, I decided to resign.

They asked me, "Why are you leaving? Aren't you happy with your job?"

I answered that I was happy with what I was doing but more than the salary and food I was giving my family, I was looking for something that would make me happier for a longer time. So, I let myself be taken, blessed, broken, and shared. I let myself be taken away by God from my job and my daily life.

What hurts most is when you are broken into pieces. Various events happened, and my priesthood was delayed for two years. I almost didn't make it. But God is good. I am blessed to be a priest now, already for one and a half years. The best thing is to be able to be shared -- to offer myself to God and my neighbors.

Sometimes, I lead four Masses in one day, especially on Sundays.

At times, I am also asked to preside over the funeral Mass in the evening. Occasionally, I am requested to do blessings at 10:00 pm. They thought that priests never sleep. I am not complaining because I feel so blessed in administering the Sacraments. But I'm only human and I also get tired.

This is what I prayed for: that more than the usual food we eat that's easily consumed, I would have the food, the Bread that can last long and will lead me to serve others.



Responsorial Psalm: Psalm 116:12-13, 15-16, 17-18

R: I will take the cup of salvation, and call on the name of the Lord.

12 How shall I make a return to the Lord for all the good he has done for me?

13 The cup of salvation I will take up, and I will call upon the name of the Lord. (R)

Our Life Mission

When we talk of God's Wine and Bread turning into His Body and Blood, we must also remember the hunger of the children in some parts of the world and how many of them still die despite the plentitude of resources.

You've heard the story of World War II. In concentration camps in Europe, the children would not sleep for fear of dying the next day. To assure them that they would live for another day, the soldiers and the nurses would give each child a piece of bread. The children would embrace their bread at night when they sleep. It was an assurance for them that they would have something to eat the next day. Can you imagine their experience of hunger yet comfort with a piece of bread?

In your situation, what would you like to sleep with tonight? What are you hungry for? Can you try Jesus-- the Bread of Life?

We may have hunger, thirst, and longing. But we look at Corpus Christi being Bread and Love -- what we need to survive. In a while, we will take Holy Communion. We believe that this is Jesus' Body and Blood. We accept it wholeheartedly. Can this help us to be more like Jesus Christ by offering ourselves and our love?

May the Body and Blood of Christ not only be our food but also become a part of our life mission. To be taken, blessed, broken, and shared with others. Amen.



Second Reading
Hebrews 9:11-15

Second Reading: Hebrews 9:11-15

11 Brothers and sisters: When Christ came as high priest of the good things that have come to be, passing through the greater and more perfect tabernacle not made by hands, that is, not belonging to this creation, 12 he entered once for all into the sanctuary, not with the blood of goats and calves but with his own blood, thus obtaining eternal redemption.

13 For if the blood of goats and bulls and the sprinkling of a heifer's ashes can sanctify those who are defiled so that their flesh is cleansed, 14 how much more will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from dead works to worship the living God. 15 For this reason he is mediator of a new covenant: since a death has taken place for deliverance from transgressions under the first covenant, those who are called may receive the promised eternal inheritance.

Welcome!



BRO. NICO NARVAEZ:

Good Morning, Feast! Tell the person beside you, you're so beautiful!

My name is Nico, and I want to greet those who are celebrating their birthday this June. Let's pray:

Father, we pray for this beautiful person, we pray for blessings for this person. Thank You, for the gift of life. May this person love more. May this person give more. May this person spread joy. May this person bless more people.

In Jesus' mighty Name. Amen.



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Love Offering

I'll go now to our Love Offering.

Ten years ago, on a typical Sunday, my family and I attended The Feast.

When it was time for the Love Offering, my Mom got her giving envelope from her wallet, put money in it, and gave the envelope to my little sister, then seven years old, who was supposed to put it into the Love Offering basket.

Instead of doing that right away, my sister did something crazy. She went back to her seat, opened her Dora the Explorer backpack, put her tiny little hands inside the bag,

and grabbed three pieces of Potchi sugar-coated candy. Then she got her own giving envelope and put the three pieces of Potchi inside the envelope.

Then, she went to our Mom and said, "Mommy, this is my giving."

Mom said, "Okay, put my envelope and your envelope into the basket."

Because my sister was so generous, she gave away three Potchis-- from her total net worth totaling 10 Potchis. So, she gave away 30% of her wealth.

I asked my Mom, "Why did you allow my sister to give three pieces of Potchi in the Love Offering basket?"

Mom said, "I didn't want to be the one to stop her from giving to God. Because her intention was so pure."

My sister didn't do it because she wanted to impress. She didn't do it because she just wanted to have fun. She wanted to give because she felt a tug at her heartstrings when she saw our Mom give to God-- so, she wanted to give to Him too.



Giving with Pure Intentions

I shared that story because I just wanted to say that may we also give with pure intentions. May we give not because someone is looking, or because of pride, or because we feel ashamed (if we do not give). But may we give because we just really want to be radically generous to His Church, to God, to our church.

When you give to The Feast, you also give to our Light of Jesus Mercy Ministries.



FEAST Help the Feast Mercy Ministries. Help them all.

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Let's pray:

Father, what I am giving is a blessing that came from You in the first place. And I just want to give it back to You. Lord, fill my heart with pure intentions. May this giving be not out of pride, not out of pressure, but because I just really want to be radically generous like You. In Jesus' Mighty Name. Amen.

Worship!

EXHORTATIONS

SIS. LUAN FEDERIGAN:

Good Morning, Feast! How many of you have felt God's goodness over the past few days? Wow. Praise God, many. Thank You, Lord.

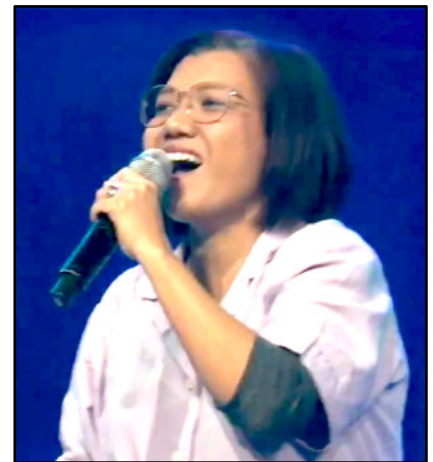
I believe that God has been blessing us in so many ways. Yes. Maybe in our finances. Maybe in our work. Maybe in our family and maybe in our relationships. In our ministries.

God has always been blessing us. And it's a good feeling. I also believe that always remain faithful to His promise that His goodness and His mercy will follow us all the days of our lives.

So, right now, let us all worship our God. Let's fill every space in this place with all our praises because God deserves the glory we can give. Amen.

Let us sing of His goodness as we declare in the name of the Father, and of the Son, and the Holy Spirit. Amen.

You're so good to us, Lord. In whatever circumstance we are in right now -- in grief, in joy, in sickness, in health, in trials, in triumphs, we will forever bless Your Name. And we just want to Thank You, God, for all the blessings that You've given us. We will bless Your Name in the morning, in the evening, in every hour, in every minute. Whatever chance we can ever get we will bless Your Name.





**COME ON AND
PRAISE THE LORD WITH ME**



**BLESS GOD
IN THE FIELDS OF PLENTY**



**BLESS GOD
IN THE DARKEST VALLEY**



**BLESS GOD
WHEN MY HANDS ARE EMPTY**



**BLESS GOD
WITH A PRAISE THAT COSTS ME**



**BLESS GOD
WHEN THE WEAPON'S FORMING**



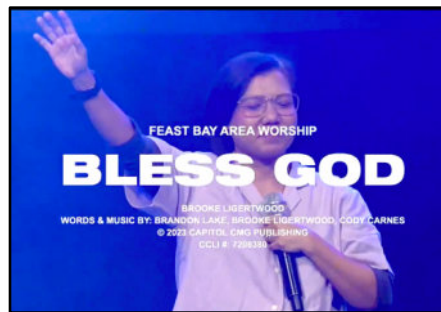
**BLESS GOD
WHEN THE WALLS ARE FALLING**



**BLESS GOD
FOR HE HOLDS THE VICTORY**



**BLESS GOD
FOR HE'S ALWAYS WORTHY**



FEAST BAY AREA WORSHIP
BLESS GOD
BROOKE LIGERTWOOD
WORDS & MUSIC BY BRANDON LAKE, BROOKE LIGERTWOOD, CODY CARNES
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BRO. AUDEE VILLARAZA:

He's worthy. He's worthy. Worthy of our praise.

They say that love is an emotion. It's a feeling in your heart, in your body it tingles when you love. But love is more than just an emotion. It's a decision. It's a choice that you make.

So, wherever you find yourself in your situation today-- you might be tired, you might be anxious, you might be fearful, you might be joyful, you might be lonely.

Wherever you find yourself today, I want you to know this: that you do not just worship God simply because of how you feel. Because if you're going to depend on how you feel, you're not going to worship God when times are bad.

But you see, love is not an emotion. It's just not an emotion or a feeling. It's a choice. It's a decision. And I want you to know that you don't just worship God because of what He did for you. Don't just worship God simply because He blessed you. Don't just worship Him simply because He healed you.

You worship God not for what He's done but because of who He is. You worship Him because He is holy. You worship Him because He's worthy. You worship Him because He is mighty.

Worship God for who He is. Not for what He has done but because He is our God. Come on and lift those holy hands!

If you believe God deserves praise, put your hands together. Give Him a shout. Today is the day that the Lord has made and we will rejoice, we will be glad.

In Jesus' Name. Amen.





Thank You, Jesus!

Friends, I want you to touch as many persons as you can and just tell them, “Thank you for worshipping Jesus today.”

How lovely is the dwelling place of God. How many of you are blessed that you’re here? Raise your hands. Give me a wave. Welcome! Welcome! Welcome!



Today, we are celebrating a wonderful milestone for Feast PICC.

How many of you have been attending since we moved here in 2010?

You get the Loyalty Award today.

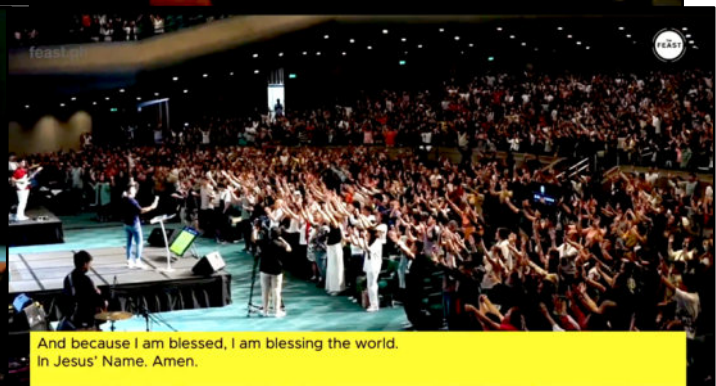
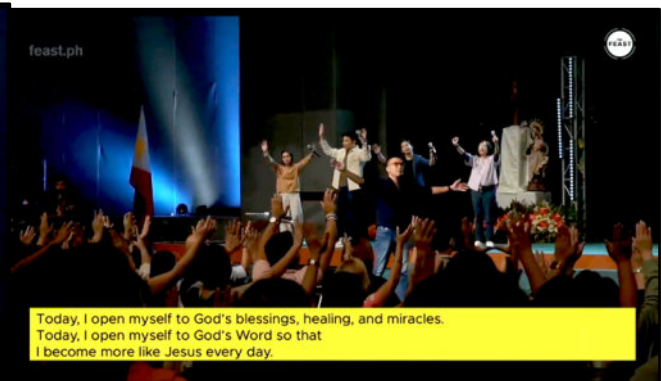
Last May 30, we celebrated our 14th year being here as a family. Thank God for this blessing. The faithfulness of God is in this place.

And in case you are a first-timer, it doesn’t mean you’re not eligible to celebrate with us. You’re very much part of our family. So, welcome, welcome!

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NOVENA TO GOD'S LOVE DECLARATION OF ABUNDANCE

Let's all lift our hands. Let's say this together:

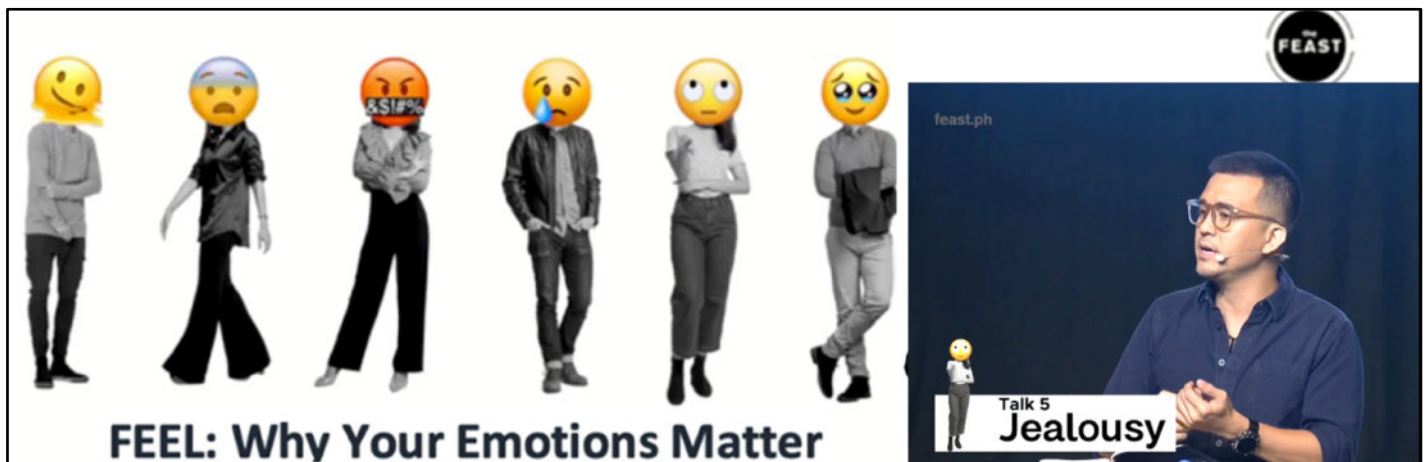


May I invite everyone to lift
your hands as we give honor
and reverence to God:

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



Talk



BRO. AUDEE VILLARAZA:

We're talking about emotions. So far, we have covered *Fear*, *Anger*, *Shame*, and *Sadness*. Today, we're talking about this delicate emotion called *Jealousy*.

How many of you know what it feels like to be jealous?

Even if we don't admit it, we get jealous, right? Some of you might be jealous right now of the persons standing next to you because they had more rest this week. They're carrying their luxury bag-- while the only ones you have are your eyebags 😊

How do we look at jealousy in the context of how God sees it?

Open your Bible at the Book of Genesis Chapter 4:1-5 about the two children of Adam and Eve:

Now Adam had sexual relations with his wife, Eve, and she became pregnant. When she gave birth to Cain, she said, "With the Lord's help, I have produced a man!" ² *Later she gave birth to his brother and named him Abel.*

When they grew up, Abel became a shepherd, while Cain cultivated the ground. ³ *When it was time for the harvest, Cain presented some of his crops as a gift to the Lord.* ⁴ *Abel also brought a gift—the best portions of the firstborn lambs from his flock. The Lord accepted Abel and his gift,* ⁵ *but he did not accept Cain and his gift. This made Cain very angry, and he looked dejected.*

--Genesis 4:1-5 NLT

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The Gifts

In the story, we have two brothers -- Cain and Abel. Cain was a farmer who brought crops to the Lord. Abel was a shepherd who brought lamb.

We don't know why God did not accept the gift of Cain but accepted the gift of Abel.

But thank God, the *Book of Hebrews* explained it to us:



Hebrews 11:4 NLT

It was **by faith** that Abel brought a more acceptable offering to God than Cain did. Abel's offering gave evidence that he was a righteous man, and God showed his approval of his gifts.

While I was studying this, it seemed to me that sometimes, we can give God a gift. But if we don't give with faith, it's unacceptable to the Lord.

How do we know if we're giving a gift with faith?

I do not know. Because we don't see each other's faith. One thing I perceive-- what Abel's gift makes him a righteous man was that he didn't expect anything in return-- unlike Cain did

A righteous person is someone who can give but not expect something back. The problem with Cain was he gave to God-- but only as his response to how God reacted to the occasion...which aroused his emotion of jealousy.

I pray that the message today is something that you need. Preach this to your seatmate today: "Entrust your desires to God."

Lord, this is Your Word. It's alive and active.

But until we put it into practice, it'll be meaningless.

In the few precious times that we are together, we ask You to be the conductor of this symphony. Allow Your Word to sink deep in each one's heart so that no thief can take it away from us.

Thank You, Lord. We hear You loud and clear.

This is our prayer, in Jesus' Name. Amen.



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

When Jealousy Kicks In...

May I make a confession? I'm also human and I get jealous from time to time.

I have this one person in my life whose name is Sid and he is my childhood friend. We grew up together. We knew each other's stories. We came from humble beginnings.

I love this guy except that whenever I see him, he's the image of success-- at least in my eyes. I saw him grow up.

He's now a commercial director. When he became successful, I saw his life gradually improve. He started buying cars, properties, and going on vacations.

During the Coronavirus Disease (COVID) Pandemic, Sid and his wife made the bold decision to uproot their kids-- their whole family-- and they bought a piece of land in El Nido, Palawan. Some people dream of going on a beach vacation once or twice a year. But Sid is at that beach resort for the rest of his life.

So, whenever I see his posts and stories on Instagram, there's a part of me that just gets jealous. I wish that I could also afford to be at that beach every day.



In short, we're okay.

But sometimes, that's the problem -- we're not okay with just being okay. We want more, greater, and better. That's when jealousy kicks in.



Let me make this clear. My wife and I live a comfortable life, but we don't have a big land like Sid has.

My wife and I live in a small condo unit in Quezon City that keeps getting smaller as the kids get bigger.

I'm grateful for my life because we have a solid roof over our heads. We eat three square meals a day. We have enough money to start building our house.

Is Jealousy Bad or Good?

Now let's define jealousy. Some of you may be confused. The common textbook definition of jealousy is that awkward insecure feeling that you have when your romantic partner starts becoming attracted to those Korean drama actors. In Filipino, we call that "selos."

But jealousy is broader than that.



Jealousy is that uncomfortable feeling of seeing someone have something you want but don't have.

For example, one day you're riding on the bus to work, like you've always done. As you look out the window, you see your former high school classmate who was also commuting when you were still in school. But now, he's driving a BMW. Let's make it fancier. He's driving a brand-new Audi luxury vehicle.

So, it got you thinking, "What in the world happened? Twenty years ago, we were on the same boat but now there's a big wealth gap between us."

Gradually, you feel that tinge of jealousy.

Another example. You suddenly decided to attend the monthly gathering with your friends. You haven't attended for a year because you were busy at work. As you arrive at the party and scan the room, you realize a glaring truth. Everyone there is either married, engaged, or in a relationship. In your case, the only relationship you have is with food-- which, by the way, is not bad.

You say to yourself, "No wonder, I'm also our group's designated photographer." That's where jealousy also kicks in.

Jealousy is everywhere. Where is the place where jealousy thrives the most?

On social media. Isn't it true that whenever you look at your social media, everybody is doing something amazing-- except you? As you scroll your phone in the middle of the night, jealousy kicks in.

Question: Is jealousy a sin? Jealousy is not a sin. It's not a bad emotion but the way you respond to jealousy will determine whether it'll become sinful or not. There are no bad emotions. Only bad ways of dealing with them.

The Four Gifts of Jealousy

Every emotion has a gift. Jealousy has four gifts:



Gift 1

Jealousy Says
"You Have Desires"

Can you imagine if the Lord did not create you to have desires? You would either be a robot, a puppet, or a zombie. You're living on the outside but on the inside, you're dead



Gift 2

Jealousy Says
"It's Time To Act"

If you are jealous of someone, you cannot be jealous forever. You should get your act together.



Gift 3

Jealousy Says
"You Have Dark Desires Too"

Have you ever desired for a triple cheeseburger, a large soda, and large fries at 3:00 a.m.? Those are not good for you.

Jealousy spotlights all these desires, and invites us to discern if they're healthy or unhealthy.

Not all desires are healthy.



Gift 4

Jealousy Says
"You're Made For More"

How many of you felt jealous of someone because they're wearing the size of the clothes that are just your dream?

So, you worked out and starved yourself. Finally, you fit into that size. But suddenly, you feel empty not just physically but also emotionally. As you chase the things you're jealous of, you'll find out that at the end of it all, you're still hungry. Why? Because you're not meant to just pursue worldly wealth. You're meant to pursue God.

More important than pursuing good things on Earth, jealousy can remind that **we were created to pursue God.**



Your desires are supposed to push you to your goals.

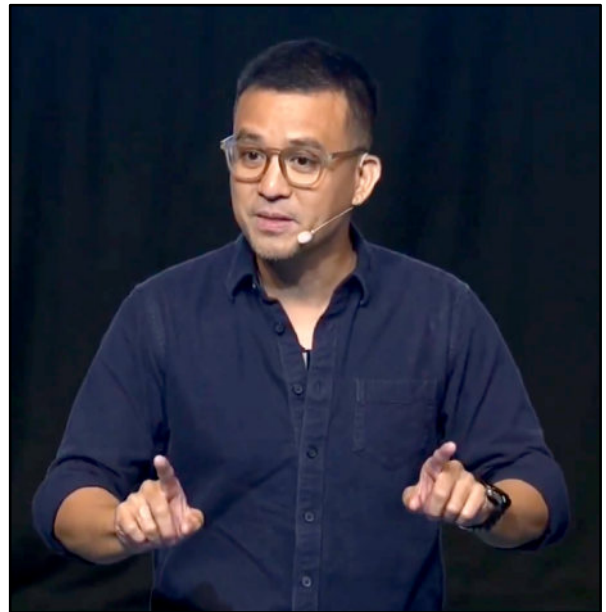
Is Jealousy Different from Envy?

Is there a difference between jealousy and envy? It sounds the same but if you peel the layers off the concept, you'll see they're different.

You're jealous because you want to have something that another person has but you don't have. But if you're okay with that person, you won't do anything about it.

Envy is when you start to hurt the other person. Envy is malicious.

That's what happened with Cain. He killed Abel, his brother. It started with a desire to please God but since jealousy turned into envy, his jealousy turned into a desire to kill Abel.



When the feeling of jealousy **includes feelings of hostility towards the person who has what you want**, that's no longer jealousy, that's **envy**.

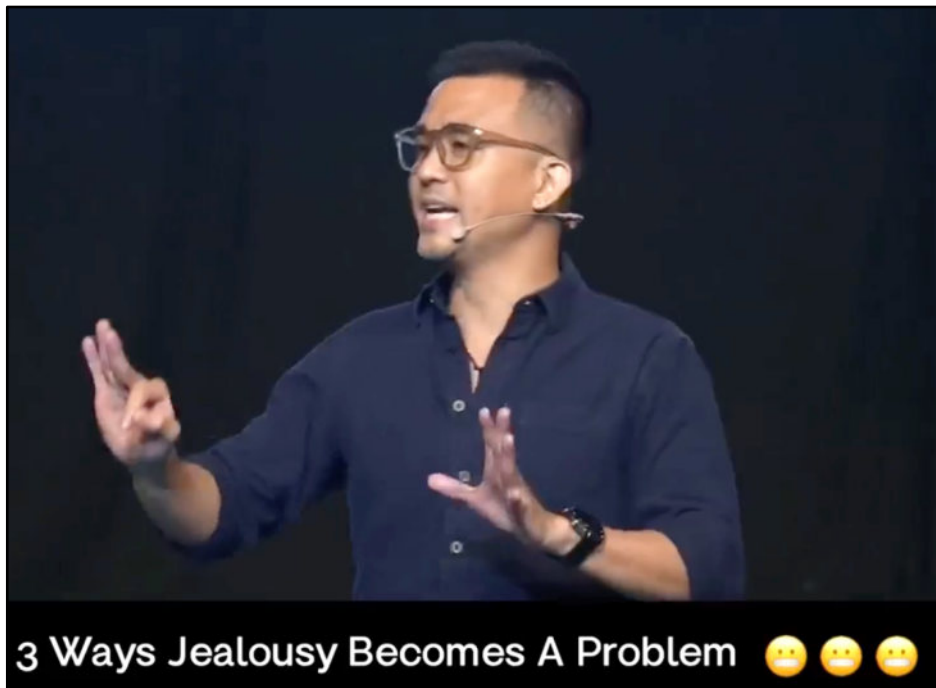
When you allow your small desires to go unchecked you'll realize that your desires have turned dark.

Proof? David defeated a giant named Goliath. But David lost to a woman named Bathsheba he desired.

TRUTH

Our real giants are the un-godly desires that we haven't killed yet.

The real giants in your life, my Friend, are the ungodly desires that you are not defeating, that you're not dealing with. If you don't deal with the small desires, they become giants.



3 Ways Jealousy Becomes A Problem 🙄🙄🙄

How do I know that my jealousy is becoming a big problem?
I'll give you three ways:

1 🙄 **When Jealousy Leads to Obsessiveness**

When you spend an obscene amount of time, energy, and resources just focusing on that jealousy and you begin to look like a stalker in social media. You do everything to get the same thing that that person has.

2 🙄 **When Jealousy Leads to Envy**

You're starting to resent the person you're jealous of even if he or she isn't doing anything wrong to you. In your head, you're creating rumors, invisible weaknesses, and flaws of that person-- to compensate for your insecurity.

3 🙄 **When Jealousy Leads to Self-Pity**

You're just not resenting the person you're jealous of. You are now resenting yourself. You feel that you can't measure up to the standards of that person.



How do we get out of this jealousy trap? How do we get out and make sure we don't operate in jealousy that turns to envy? Let me share with you seven steps:

👣 Step 1
Name your jealousy.

Identify who or what you're jealous of. Because you can't fight an unknown enemy. Men are proud to say that we're sometimes jealous. It's easier to be the object of jealousy than to be the one who feels jealous.

👣 Step 2
Be vulnerable with people you trust.

Go to your safe person and acknowledge that you're jealous.

Whenever I'm jealous, I tell my wife that I'm jealous about something. Not only that I feel lightened but also humbled to acknowledge before the Lord that I'm human. So, talk with people you're safe with.

👣 Step 3
Thank God for what you have.

Gratitude is a magnifier. When you're grateful, you become thankful of the things you possess. It reveals the truth and removes the blindness in your eyes-- to know the truth that you're already blessed beyond belief. So, be grateful for what you have.

👣 Step 4

Thank God for other people's blessings.

This is a difficult step.

Sometimes, when you feel that someone is being more blessed by God, you start hating that person.

But hating other people will not prevent God from blessing them. It only undermines your understanding of God's ability to love each one of us in His own unique way.

When you start celebrating the wins of other people, you're beginning to trust in God's provision.



👣 Step 5

Purify Your Desires

You won't get the blessings you ask for when your motives are wrong. Your jealousy blocks your heart from receiving that blessing.

👣 Step 6

Pursue your God-given desires.

When I learned of my God's calling that might not be the same for you, I realized that I need to run my own race. I need to plant in my own garden. The grass is greener when you water it. Pursue your own calling.

Use your energy to focus on your own race,
not someone else's finish line.

👣 Step 7

Form long-term habits.

This is the most important step.

Jealousy will come today. It will come tomorrow. It will come next week. It will come next month. And the more you are equipped and empowered to attack and manage jealousy, the more this will determine your success.

So, form lifelong habits.

Not the Bottle...But the Place

On the surface, the message tells you that the reason you're jealous is, "I want what they have."

But jealousy tells you that there is not enough blessing to go around... "Because God seems to be blessing others more than me."

When I look at jealousy, I actually picture bottled water. When you buy this from the streets, it costs around P15.00 to P20.00. When you buy it from a supermarket, it's around P20.00 to P25.00. In cinemas, it's priced from P40.00 to P50.00. From selected restaurants, it's priced at around P80.00. In expensive places like Balesin or Amanpulo, it's from P250.00 to P650.00.

It's crazy, right? It's the same bottled water. The one thing that changes is the place where they sell it.

My point is that the next time you're overwhelmed by jealousy, and you feel worthless because you're not as blessed as others, my advice is to go to where you are appreciated.

It's not in the value-- it's in the place. That's how the value changes.

Jesus said something so wild in the *Book of John*:

John 14:2-3 ESV

My Father's house **has many rooms**; if that were not so, would I have told you that **I am going to prepare a place for you**? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am."

Say this: "*Lord, I am blessed. I am favored, and I am loved.*"

You're God's child. If you declare that to the heavens, it won't matter how God is moving in the lives of other people.

Because what truly matters in your heart today is that there is a God who loves you that much to bless you. There's no need to be jealous, envious, and to keep on grabbing blessing after blessing.

God will bless you in His own time and in His own way.

Say this with me:

Dear Lord, I am Your child. I am blessed. I am welcomed. I am loved.

I am deeply favored. 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 PART 2

Beloved

By MAHALIN F. MONTANER

I WAS born May 28, 1979, and I am now 44 years old.

Here, you see me relaxed amid the cool greenery of Anawim Home for Abandoned Elderly.>>>>>>>

Why? What makes me calm and joyful starts with my name, *Mahalin*-- which comes from *mahal*, Tagalog for *dear* or *loved*. And yes, that's me. I am loved...

First, by my parents Igleserio and Nelia, and my siblings Ruel, Aldin, and Nestor.

My parents, now in Heaven, gave me a fairly good life. A good education-- first at the Guinayangan Elementary School, Guinayangan, Quezon, where I graduated in March 1992; then high school at the Guinayangan Academy, also in Guinayangan, March 1996. I then took up a six-month Caregiving course through the Alternative Learning System (ALS) by the Technical Education and Skills Development Authority (TESDA). I graduated in 2019 as a qualified caregiver.

Second, I am loved by my husband Edmon and our children Jhared, now 16 years old, and Jaden, 10 years old.



Here we are, from left: Jaden: Edmon; ME; and Jhared.

The FEAST FAMILY June 9, 2024 25

Third, but not least, I am well-loved by my Anawim family.

Before Anawim, I worked as a housemaid. Anawim changed my life very much for the better.



In 2019, I was blessed to do my on-the-job training in Anawim, my school's requirement for me to qualify as a caregiver.

Here, I met Sis. Prisilla Nunez Tibor, retired nurse in Anawim, who kindly helped me during my training. So, eventually, I was accepted as a caregiver.

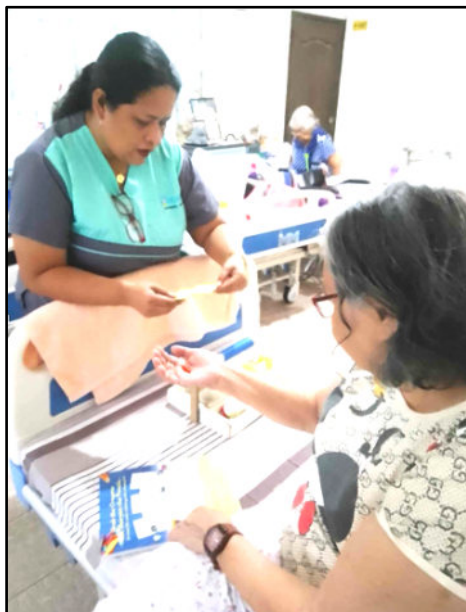
As a caregiver for Anawim, I take care of the lolas from morning through evening

I assist in administering medicines for them. I accompany them to the hospital for their regular health check-up and, if they get sick, for their treatment or confinement.

I make sure that they go through their daily health care requirements: proper nutritious diet; exercise; and proper hygiene.

In addition, I monitor the proper use of supplies, equipment, furniture, and fixtures assigned to the lolas. I make sure their cottage is clean and in order. And I love helping them decorate their cottage.

I also take care of students coming to Anawim for their on-the-job training, particularly demonstration and supervision of the lessons.



Blessings

I give my best to Anawim, a beautiful place with palm trees and resort-like cottages. And by God's grace, Anawim has blessed me much more than I give. Receiving a good enough salary, I was able to buy a house, furniture, and appliances. And not to mention the needs of my children.



The best of the best is spiritual nourishment through the Anawim Feast Light led every Wednesday by Feast Builder Bro. Hermie Morelos (*left*), also chairman of our LOJ Mercy Ministries.

Through The Feast teachings, I've understood and well-appreciated God's Word-- so that now, I love Him so much and I'm very close to Him.

Especially when I worry or am anxious over some difficulties, I hold on to the promise in 2 Corinthians 4:18: *So, we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.*



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.

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FAMILY ONLINE NEWSMAGAZINE

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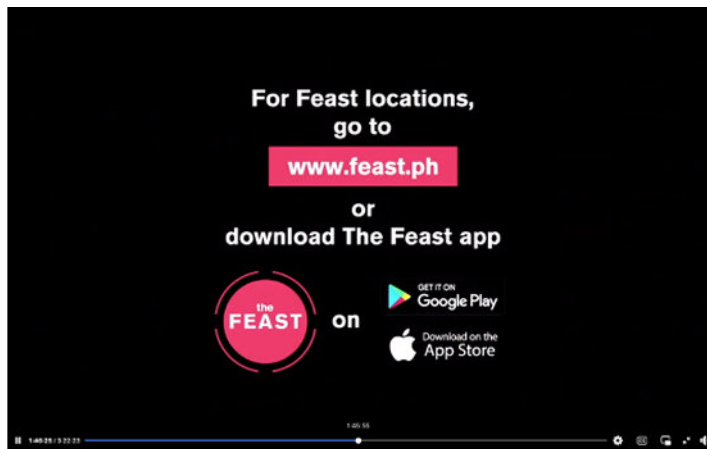
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Go and make disciples of all men.
— Matthew 28:19

