



Are You Overworking but Underliving?

DO you often work overtime, come home exhausted, with almost zero energy to engage with your family?

You're so tired, you plop yourself on the couch, watch mindless TV shows, or scroll through endless reels, until you fall asleep. But in between, you still check your Messenger to answer chats from your boss, or your co-workers, or your customers.

You sleep with your phone beside you. So that when you wake up, the first thing you do is grab your phone and answer your messages and emails—as if they're a national emergency. You do that *before* you exercise, or pray, or read the Bible—if ever you do all those. Because you put priority on other people's agenda before your own survival.

And you wake up already tired. And you continue this endless cycle of exhaustion every single day in perpetuity.

Friends, I'm excited to open today our brand-new series, *RESTED*. I believe this 7-Talk course will save your life and family.

Warning: Your lifestyle today may be destroying, little by little, your health, your joy, your inner peace, your family, and your relationship with God. This series will wake you up, before it's too late, and shift your direction.

Have a transformational Feast today!

May your dreams come true,

Bo Sanchez



WELCOME
to our brand-new
FEAST Talk Series:
RESTED
Talk 1: *Rest*

Let's Rest...for a while

IN the Gospel last Sunday, June 9, 2024, the family of Jesus seemed they felt they needed to contain Jesus from focusing too much on His mission rather than being with His family. Was that weird?

Fr. Albert Garong asked that question and answered it himself in his homily last Sunday, *page 3*.



Bro. Bo also asked this question: Are you overworking but underliving? As in hardly having a good time with family and friends?

He answers his question in his brand-new Feast Talk series titled *RESTED* which he introduces on *page 1*. Yes, you may rest a while-- if you want to be happy.

Take a rest from your job and savor Bro. Bo's message in his talk, *Happiness*, the last of our series, *Feel: Why Your Emotions Matter*. *Flashback* starts on *page 16*.

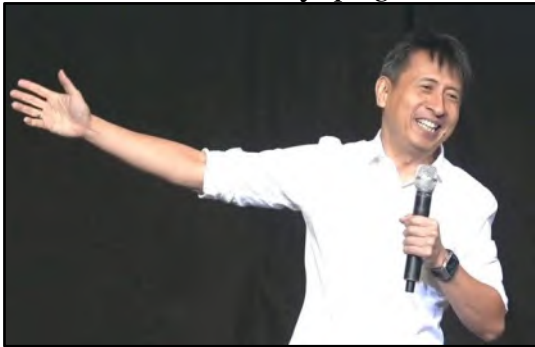
Yes, take a rest, lest you might get tired of doing the right thing-- a reminder from Bro. Audee Villaraza, *page 9*.

One who seems hardly resting from his ministry is Bro. Joe Dean Sola, founder of He Cares Mission Foundation, which takes care of hundreds of street children. Oh, but he pauses and leaves the He Cares home for a while -- to campaign for support for the children.

That's his working rest, *page 29*.

Hey, rest for a while. But not before you're done reading this issue☺

Be very blessed!



All for God's Glory,

Randy Borromeo
Media Ministry
Executive Director





FLASHBACK!

JUNE 9, 2024

Holy Mass



Homily

FR. ALBERT GARONG

on the Gospel Mark 3:20-35

Excerpts:

I SEE a lot of young families here today.

I want to ask this: If your son or daughter someday asks you if you would let them become a priest or a sister, what will you say? Will you allow them?

We, priests, are often asked how our parents reacted when we told them that we wanted to become priests.

In my case, my parents said, "Are you sure?"

There was a bit of hesitation because it was unexpected. My interest in going into the priesthood was unforeseen-- even by myself. My parents were concerned but after a while, they gave me their full support. I'm blessed in that way.

The FEAST FAMILY June 16, 2024 **3**

Not Everyone Is Lucky

But not everyone is as lucky. I've heard stories from sisters where parents break into convents to bring their daughters back home.

A priest shared that when he told his parents that he wanted to enter the seminary, they told him, "The moment you enter the seminary, we will cut you off completely."

You know what happened? He entered the seminary, and they did cut him off--completely.

It's weird, right? Sometimes, the people closest to us are the ones who will stand in our way. Families are complicated like that. Not because they're being evil or malicious. But I'm sure it's because, for them, they feel that they are looking out for you too. In some sense, they want to intervene for your good. So, there is no protagonist and antagonist here. It's just that your views are different from theirs.

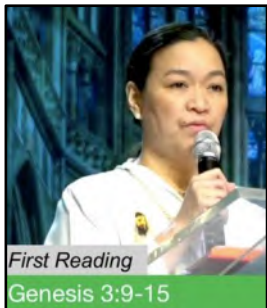
It also happened in the Gospel that we just read. The family of Jesus seemed to be at that moment when they felt they needed to contain Jesus for they thought that He was being out of his mind. His bashers were growing. They wanted to save Him.

Parents, isn't that familiar? You won't let anything hurt your child. Probably, that was where they were coming from.

But Jesus' response to this intervention was not just clear but very bold. He completely rejected that intervention and even said something that might be off-putting. It can even be deemed by some as disrespectful.

Jesus said, "Who are my mother and my brothers?"

I can just imagine what will happen if children tell that to their parents. They'll be grounded and receive no allowance for a month.



First Reading: Genesis 3:9-15

⁹ After the man, Adam, had eaten of the tree, the Lord God called to the man and asked him, "Where are you?" ¹⁰ He answered, "I heard you in the garden; but I was afraid, because I was naked, so I hid myself." ¹¹ Then he asked, "Who told you that you were naked? You have eaten, then, from the tree of which I had forbidden you to eat!" ¹² The man replied, "The woman whom you put here with me—she gave me fruit from the tree, and so I ate it." ¹³ The Lord God then asked the woman, "Why did you do such a thing?" The woman answered, "The serpent tricked me into it, so I ate it." ¹⁴ Then the Lord God said to the serpent: "Because you have done this, you shall be banned from all the animals and from all the wild creatures; on your belly shall you crawl, and dirt shall you eat all the days of your life. ¹⁵ I will put enmity between you and the woman, and between your offspring and hers; he will strike at your head, while you strike at his heel."



Jesus' Two Important Points

Jesus was not being rude. He was more about making a point. He was using that as a teaching moment. And I think He was making two important points there.

1. Sometimes faith can demand you to make certain sacrifices. There will be times when you have to choose who you will follow, even if they are people you love and care for but who are standing in your way.

Sometimes, it means going beyond that and still choosing what the Lord is telling you to do.

Jesus said, "I did not come here to bring peace. Families will be divided because of me."

That's how it goes. Jesus is saying, "If it comes to that, I hope you still choose the Lord. You still choose me."

It's not because God is being selfish, envious, or exclusive of other loves.

2. Jesus was making a point about who we are. We often identify ourselves with our relationships. But our greatest and core identity is based on a relationship that is not of this world.

You are beloved children of God. That is an identity that will not fade away.

Responsorial Psalm: Psalm 130:1-2, 3-4, 5-6, 7-8

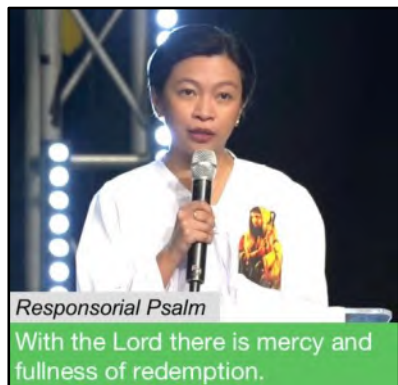
1 Out of the depths I cry to you, O Lord; Lord, hear my voice! 2 Let your ears be attentive to my voice in supplication. (R)

3 If you, O Lord, mark iniquities, Lord, who can stand? 4 But with you is forgiveness, that you may be revered. (R)

5 I trust in the Lord; my soul trusts in his word. 6 More than sentinels wait for the dawn, let Israel wait for the Lord. (R)

7 For with the Lord is kindness and with him is plenteous redemption;

8 and he will redeem Israel from all their iniquities. (R)



Remember: We Are God's Children

In our Second Reading, St Paul said that we should focus on unearthly things. Perhaps, that is who we are.

It has been indelibly marked in your soul: you are a child of God. Hard to believe but it's true. No matter how you look, or how much is the money in your bank account, or if this is the first time you went to church after ten years. The fact that you are a child of God never shifts, not even by a single bit-- because that is forever. That is who you are.

In our First Reading, we meet a character who wants to destroy God's plans-- the devil or serpent.

How does he do it? He gets in between the relationship of God and us. But the devil knows that he can't attack God; hence, he makes us forget who we are. That's the devil's greatest trick.

The Gospel said, "A house that is divided will fall."

How does the devil divide us? By denying the fundamental, common blessing that we have: We are all children of God. Take that away and we're all riddled with differences. We are different in a lot of ways. So, when we forget that we are all equally loved and dignified because we are all God's children, it's easy to hate your brothers and your sisters. That is the doing of the devil.

June used to be a wedding month. But nowadays, June is being celebrated as Pride Month. That is just one example of how we are being forced to identify in different camps. Make them forget that they are all beloved children of God... Divide them by making them feel they are fundamentally different. Make them fight and watch them fall. Wherever you are in that conversation, it always pays to remember that we are all children of God. We are always loved.



Second Reading: 2 Corinthians 4:13–5:1

13 Brothers and sisters: Since, we have the same spirit of faith, according to what is written, I believed, therefore I spoke, we too believe and therefore speak, 14 knowing that the one who raised the Lord Jesus will raise us also with Jesus and place us with you in his presence. 15 Everything indeed is for you, so that the grace bestowed in abundance on more and more people may cause the thanksgiving to overflow for the glory of God. 16 Therefore, we are not discouraged; rather, although our outer self is wasting away, our inner self is being renewed day by day. 17 For this momentary light affliction is producing for us an eternal weight of glory beyond all comparison,

18 as we look not to what is seen but to what is unseen; for what is seen is transitory, but what is unseen is eternal. 5:1 For we know that if our earthly dwelling, a tent, should be destroyed, we have a building from God, a dwelling not made with hands, eternal in heaven.



God Forgives

How can you excuse yourself from hating people whom God loves?

Before we continue that conversation, may we begin with the fact that we are beloved children of God? It's not just the interpersonal, it's even what is in you.

The devil's sin fragments you and makes you fight against yourself.

Do you find yourself doing something that you hate yet you continue to do it? That's the thing of the devil. He divides you. He makes you sin. Importantly, he makes you turn away from the remedy to that fragmentation-- which is God's mercy, which is always there because He is our Father. It's always given to us. We just don't want to take it.

During Confession, I hear a lot of heartbreaking misdeeds such as a young girl committing abortion or a married couple engaging in adulterous relationships. But people who make my heart melt are those who confess the sins they had already confessed-- because they feel that they have not been forgiven yet.

My heart melts because it's such needless suffering. That is not of God. What makes you think that God is pleased with you by hammering your heart all the time to make you wallow in your guilt? That is not God. That is the devil. He is making you think that you need to distance yourself from God.

In Confession, when you sincerely mean that you are sorry you offended Him, God forgives you and permits you to move forward-- to rebuild your life.

Guilt no longer has a purpose because it already brought you to repentance -- which is the purpose of guilt. If you have confessed something, no need to confess it again.

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Welcome!



BRO. AUDEE VILLARAZA:

Good Morning, Feast! Thank You, Lord. May I ask you to greet as many people as you can, give them a Hi-5, and say, "You're looking good today."

I want to talk to everyone here... How many of you felt tired this week? I pray the Lord will give you the rest that you deserve.

May I see the hands of all the first-timers who have come here?

Let's clap our hands for all the first-timers.

Thank you for joining us today. I pray that you encounter the Lord in a personal and powerful way.

Are there any who have come from out of town or out of the country? Thank you. Let's clap for those who sacrificed and traveled from afar just to join us.



Do the Right Thing

One of our goals here at The Feast is we want to make sure-- and we do try our best-- that whenever you come here, you feel like attending The Feast is worth your while. Like it's worth your energy, your resources, your effort, spending this amount of time, losing a bit of sleep just to come here. Isn't it right, that you feel attending The Feast is worth it?



But you know, I truly believe that it's not our job to do that. We want to do it for you, we try our best to make it worth your while, but we can't. If you won't open yourself up to the Lord, and if sometimes you're coming from a selfish disposition, we can't really do it for you. But I also want to say this: I believe that it's not God's job either to make it worth your while to come here. Because if you truly love the Lord, you will come here no matter the cost. Every effort, every sacrifice will be truly worth it.

I remember this story: Many months ago, I was reading my Bible and this verse leaped out from the page:

Galatians 6:9: *Do not grow weary of doing the right thing for at the proper time, we will reap the harvest if we do not give up.*

I reflected on that verse the entire morning, and you know, this is one of those pieces of advice that you can use at any given time during the week.

I love that verse. And so, that entire morning, I was looking for ways how to do the right thing.

So, I went to the grocery store that morning. And as I lined up at the counter, I noticed that there was an old woman behind me. My cart was half-full with items and I noticed she had only three to four items...

I remembered that verse: *Do the right thing...* and the right thing was to make her go ahead in front of me. You know, she smiled at me and she thanked me. And I felt good because I knew I did the right thing-- until she brought out a plastic bag full of coins. I looked at her bill-- it was P351.00. And she was going to be paying in coins!

So, I was thinking, "Are you sure?"

At that moment, I felt like I wanted to be good. But I've got to be honest with you: I also regretted having to wait...

Go All Out!

Do you have those moments sometimes? Where you're doing the right thing and you regret doing the right thing?

It's like you tell your mother: "Mom, I'm going to the grocery store. Is there-- something you want me to buy for you?"

And she's like, "Yes, son. Buy soy sauce, vinegar, sugar. Then pass by Aling Patring's place and pick up the dress

I asked her to sew. Then go to the drug store and buy the medicine I need."

You are like, "I was just going to the grocery store..."

And you regret doing the right thing.

I was beginning to be so, but at that moment, the Lord convicted me -- because I remembered that the verse doesn't just say, "Do the right thing."

It says, "*Do not grow tired of doing the right thing.*"

So, the message I want to impart today is that when you commit to loving the Lord with all your mind, body, and spirit, don't get tired... Go all the way, go all out..."

Touch your neighbor and say, "Go all the way."

Don't get tired. Yes, there are times when you will get tired of building that relationship with Jesus. But don't get tired just because you're too busy or you get distracted.

To some of you here, my message is when you commit to serving the Lord, go all the way. Don't serve the Lord just one Sunday, and then disappear for a year. Serve the Lord in church, at work, or in your organization. Even though sometimes you get a bad experience with a few people, don't get tired of serving the Lord.



Love Offering

When you commit to give to the Kingdom of God, go all out.

Even when you don't seem to have money in your pocket, continue to trust the Lord. And continue to give the portion of the blessing that He already gave. Because that's what it means to fully trust and worship the Lord.

You go all the way.

Tell your neighbor one more time:
"When it comes to God, go all the way."



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Lift your Love Offering. We'll pray together. Say this with me:



Dear Lord, this is just a portion of the many blessings that You already gave. I know I cannot out-give You. But I give this with my whole heart. I pray that You will use this to feed, to minister, to love, to heal everyone around me. Thank You for blessing me. In Jesus' Name. Amen.

Worship!

EXHORTATIONS:

SIS. VANYA CASTOR:

You won't let me down, God. You never have, and you never will let us down.

Right now, let's just take a little more time to thank Jesus for every moment He's been faithful to us. Clap for Him, praise His Name.

Thank You, Jesus, for guiding us. Thank You for healing us.

Friends, we're going to sing a new song today to our God who has stayed the same yesterday, today, and forever.







BRO. BO SANCHEZ:

Lord, our hearts are filled with gratitude because You have been so good. We cannot count the many ways You have protected us, sustained us, and nourished us, the many times there was food on the table and clothes on our back, and roof over our head, and friends that we call real family members that we love and that love us.

Father God, Thank You for the joys that You have spread and scattered throughout our days and weeks and months. And Thank You, Father, for the healing and the health, and even our bodies are not perfect, we can stand, we can walk, we can see, we can hear, we can touch, we can work, we can live, we can jump. Thank You, Lord God, for our relationship. Thank You for the love that we share and the Word that we break open to feed our soul.

And Thank You for the opportunity to serve. And Thank You for the way that we experience You. Thank You, Lord, that even in our trials, even in our problems, and even when our hearts are broken and we feel and sense the betrayal of people that we thought we trusted but now they break our trust.

We stand before You to say that through those tribulations, we are stronger. Because now, though they are unfaithful and though we ourselves are unfaithful, You are faithful. And because you are, we celebrate Your goodness today!

NOVENA TO GOD'S LOVE DECLARATION OF ABUNDANCE

Hallelujah!



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.

Give the Lord a big hand. Love Him today.

We need to give a big hand for our Worship Team. You guys are so amazing.
Amen. So good.

Thank you, Jules, Thank you, Vanya.

Everybody, I want you to tell somebody beside you: "God has been good
to you. God has been good to you"

I want you to Hi-5 some other people that you ignored right now.
Hi-5 them and tell them, "God has been good to you.!"

Talk



BRO. BO SANCHEZ:

Welcome to the last talk of our series, *FEELS*. In the past five weeks, we discussed the more difficult emotions such as *Shame, Fear, Anger, Sadness,* and *Jealousy*.

Thanks be to God, today we'll be talking about *Happiness*.

Are you happy? I want to warn you that not all are happy with happy because there are ways by which we can be toxic about happiness and that's what we'll unearth later on.



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What Is Happiness?

I'm going to preach on this message that it's truly about the goodness of God.

What's the definition of happiness?
For me, it's a feeling of goodness.

Popular illustrator Lynn Schulkins has this bunch of doodles that describe what happiness is...

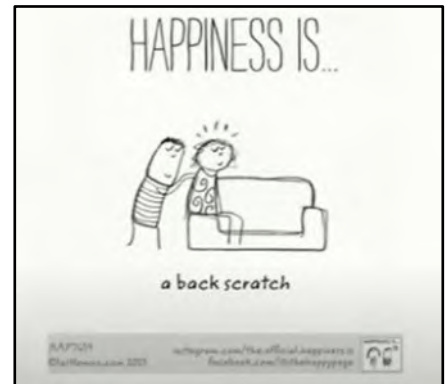


Happiness is a good cup of coffee.

It can be a cup of hot choco or a hot matcha too. For a friend of mine-- whom I will not disclose because it'll be hazardous to my health-- happiness is a soju bottle (Korean alcoholic beverage).

Happiness is a back scratch.

How many of you can relate? I can relate. If somebody is giving me a back scratch, it's my first installment to Heaven. I feel so good.



Happiness is an extra hour in bed.
I cannot relate. I love waking up early. But I have friends who feel they won the Lotto if they have an extra hour in bed --and they do not have to wake up to the sound of the alarm clock.



Happiness is travel.

As my auntie would say,
"You have a mole on your foot."



Happiness is a foot massage.

When my wife and I got married, I told her that there are five languages of love according to Gary Chapman. The first one is Words. The second one is Gifts. The third one is Service. The fourth one is Time.

The fifth one is Foot Massage. My love language is foot massage.



Happiness is growing old with you.

I'm not just talking about couples. I'm talking about old friends.

When I'm with my old friends whom I've served God with for 20-40 years, it feels so good.

Happiness is a mother's hug.

This is bittersweet for me.

My mom passed on many years ago. She's in Heaven.

The older I got, the more I realized that you cannot replace a mother's love. No one can give that to me anymore. I miss it.

One day, I know that I will receive that again.



Happiness is
a feeling of
goodness.



Feeling of Goodness

That's what happiness is.

The ones I mentioned are the simple joys of life. My suggestion is that when you go home, make a list of the simple joys that God has given to you and thank Him for each

of them. Happiness is also about the fruit of our work-- such as graduating from school. Happiness is accomplishing goals. Happiness is a birthday. Happiness is closing a sale.

How many of you just love your work? You love your work-- and it's good.

It's a gift from God. This overflow of goodness, when did it start?

We'll find out as we read God's Word:

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

Read with me:

Genesis 1, selected verses

In the beginning God created the heavens and the earth. Then God said, "Let there be light," and there was light. And God saw that the light was good. God called the dry ground "land" and the waters "seas." And God saw that it was good.

The land produced vegetation—all sorts of seed-bearing plants, and trees with seed-bearing fruit. And God saw that it was good. God set these lights in the sky to light the earth, to govern the day and night, and to separate the light from the darkness. And God saw that it was good.

Then God said, "Let the waters swarm with fish and other life. Let the skies be filled with birds of every kind." And God saw that it was good. Then God blessed them, saying, "Be fruitful and multiply. Let the fish fill the seas, and let the birds multiply on the earth." And God saw that it was good. Then God said, "Let us make human beings in our image, to be like us. Then God looked over all he had made, and he saw that it was very good!"

The reason it is deliberately repeated seven times is in Hebrew, the number 7 is very special. It means complete. The goodness of God is complete.

Nothing is lacking in God's goodness.

“
What else are your simple joys?
Make a list. And thank God for them.



My Friends, we just read at least selected verses in Genesis 1.

The word “good” repeats itself seven times in the Bible.

That was deliberate. Whenever ancient authors repeat something, it means that you must pay attention because it is important.

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I want you to think about this: God created a good world for you. He created a world where there are back scratches, foot massages, champurrado and salted dry fish on a rainy day, pizza with friends, and just lying down and just laughing and talking about mindless stuff.

He created a world where there is goodness. But we don't thank God enough for that. Our minds are always on the bad stuff.

This is my message for you>

God doesn't want you to just theorize, read, and talk about His goodness. God wants you to taste, to see, to hear, and to feel His goodness.

Pray with me:

Thank You, Lord, for your goodness that flows into me like a rampaging river. I am sorry that many times I'm blind and that I don't see or taste Your goodness. Help me to open my eyes and to open my taste buds so that I can really see and taste your goodness. In Jesus' Name. Amen.

Give the Lord a big hand, Everybody. Love Him.

Psalms 34:8 NLT
Taste and see that the Lord is good.





The Power of Goodness

By its design, goodness must be shared. That's the power of goodness: you can't contain it.



Is your mother beside you? Get a hug from her. That is the goodness of God.

I can't experience that anymore, but you can. Don't take that for granted.

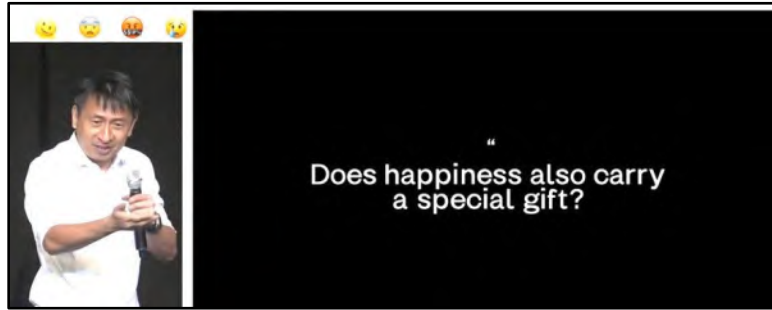
Do you have your father beside you? Get a hug from that guy who's not expressive.

Do you have your friend beside you? Get a hug from that friend.

That's goodness right there.



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



The Special Gift of Happiness

Every time we talk about difficult, troublesome emotions, we learn that they carry a special gift.



Shame calls us to build our identity in God's love.



Fear invites us to trust the only trustworthy Person.



Anger makes us strong to confront but also tells us to let God handle justice.



Sadness tells us to stop so we can heal.



Jealousy tells us to discern our desires and declare that we're made for more.



Happiness. What is the special gift of Happiness? You'll be blown away by this: The Special Gift of Happiness is to be in the present moment.

Whenever you are happy, it is a call to be present in the moment. To be *here*. To be *now*. We tend to live with the regrets of our past or to think about the worries of the future.

Happiness says, "Stop. Taste and see that the Lord is good."

I have a personal opinion. You can disagree with me and it's okay. Our greatest weakness is not pride, lust, or greed. Our greatest weakness is our lack of gratitude. All our sins come from there. When we do not say thanks to the goodness of God, we tend to be proud.

I believe our greatest weakness is not pride, or greed, or lust, but our **lack of gratitude**— and from there stems all our sins.

Happiness says, "Be here now. Stop going elsewhere. Enjoy God's goodness."

Are you *here* right now? One of our joys in life is to be at The Feast to worship the Lord. Can you just imagine how wonderful it is to worship God at The Feast and be surrounded by happy Feasters, be led by the most amazing worship team, and be preached by this handsome and amazing... priest in the Mass?

Give a big hand to Fr. Albert for that powerful homily a while ago.

The preacher is also okay. 😊



Happiness has a beautiful gift but there is the temptation to think of what's happening next week and of the mistakes you made last week.

Happiness is just staying in the present, but Happiness can also become toxic in two ways:

Problem 1
When we make happiness our highest value.
🙄 🟢

1. When we make happiness our highest value.

We say this to our friends, "Kung saan ka masaya." (Wherever you will be happy).

We need to qualify that statement. Here's an example:

After one Feast, a 14-year-old girl came to me-- and she was crying. She asked me to pray for her. I asked her what was wrong.

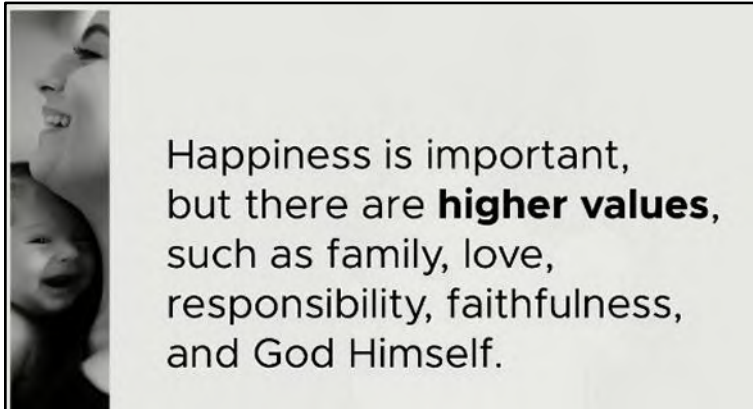
She said, "My mom parties with her friends every night. I miss her because I hardly see her. I asked her why she parties every night, leaving me alone. My mom said, 'I got pregnant with you when I was 21. You stole away my single life. It's now my turn to be happy.'"

That young girl's heart was crushed. I thought these things only happen in the movies.

Mothers, please don't misunderstand me. I will be your greatest cheerleader for you to have your "Me time."

Take care of yourself because if you do, your love tank is full and you can take care of your children.

What happened to that mother? She made happiness her highest priority.



There are values that are more important than your happiness-- like family, love, responsibility, faithfulness, and God Himself.

Here's another example. When we give advice to single people, especially about their love life. We tell them, "Follow your heart." We get that from romantic movies and Korean dramas.

Whenever single people ask me for advice, I never tell them to follow their heart. Because the Bible tells the very opposite, as we read in Jeremiah>

Jeremiah 17:9 NLT
The heart is deceitful above all things, and it is exceedingly corrupt.

I tell them to follow God's heart instead. You have to discern what God wants for your life-- because that's the best.

~~Follow your heart.~~ ❤️
Follow God's heart. 🤍

You don't become happy by pursuing Happiness. You become happy by pursuing values that are higher than Happiness.

I'm going to say something that will free you from disappointments-- because you have unrealistic expectations of happiness. You think that happiness will solve your problems.

No, it won't. Stop aiming to be happy 24/7.

Stop aiming to be happy 24/7. 🙄

When I was a young Christian, my goal was to be happy all the time because I thought that if I was a Christian and I loved God and God was with me, then I'd be happy all the time. I couldn't be sad, worried, afraid, and angry. I was wrong.



Happy Not To Be Happy



I love the movie, *Inside Out*.

It's an animated story that has Riley, a young girl, as the central character.

The movie is so brilliant that it brings out the emotions in the brain of Riley-- *Joy, Sadness, Anger, Jealousy*, and so on.



Joy, the one with the blue hair, is the de facto leader of all the emotions. She believes her mission is always to make her human owner, Riley, happy.

As the movie progresses, *Joy*--to her shock-- realizes that when Riley disregards the difficult emotions, the entire sections of her life collapses.

Joy-- the emotion *Joy*-- realizes that there are times she cannot help Riley.

It's got to be *Sadness* or *Anger* that should help.

At the end of the movie, you get this message that when we push away difficult emotions, we lose our ability to experience deeper happiness.

That's what God wants us to do.

When we push away difficult emotions, **we lose our ability to experience deeper happiness.**

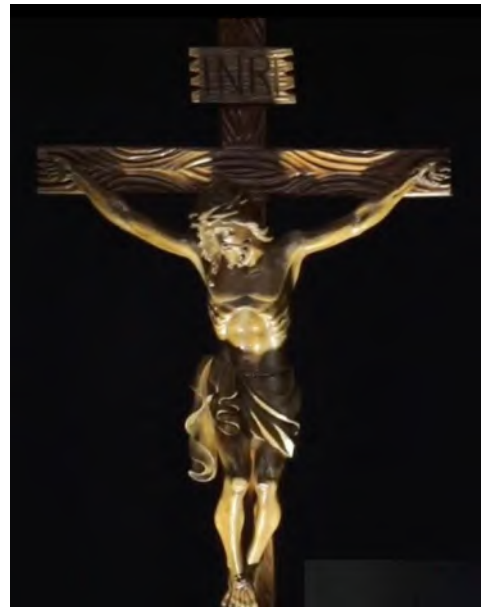
Problem 2
When we become allergic to happiness.



2. When we become allergic to happiness.

You're happy now but in your mind, you begin to be afraid because you think this will not last. This is too good to be true. Sometimes, we think that we don't deserve to be happy. Our mindset is that we believe in a horrible world surrounded by horrible people living horrible lives. If that's your perspective, then happiness is something you don't think you'll ever have.

I also met people whose image of God is distorted. They believe that God doesn't want them to be happy.



I began my Talk by discussing the simple joys of life. Now, I want to talk about the deepest joys of life.

John 15: 9-12 says:

John 15:9-12 NLT
I have loved you even as the Father has loved me. Remain in my love. When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love. I have told you these things so that you will be filled with my joy. Yes, your joy will overflow! This is my commandment: Love each other in the same way I have loved you.



My dear Friends, do you know what's crazy about the passage we just read?

The timing. Twenty-four hours after Jesus said these words, He was hanged on the Cross.

If you look at the Cross, is there anything happy or joyful about it? This tells you, however, that happiness and suffering can actually go together.

If you're standing in front of me and you're telling me, "Bro. Bo, this talk does not fit me. I'm nursing a broken heart. The person I thought would be with me for the rest of my life walked away..."

Maybe there is someone here who just lost a mother. You could relate when I was saying that I miss my mom's hug. You've been crying this whole talk. For someone else, you may be buried in debt...

Many people here are suffering right now but my message to you is this: Happiness does not depend on things outside of you.

Jesus is more committed to your happiness than you are.

Not just any kind of happiness but the *deepest* kind-- the overflowing joy that Jesus is talking about-- is to remain in His love, to obey, trust, and follow Him even when things are tough and there is suffering.

Right now, there is pain in your heart, but Jesus is saying, "Follow me. Love me. Trust me. Don't trust your own wisdom. Trust in my wisdom. Follow me and you will have the deepest joy possible even amid that suffering."

When you pursue God, trust Him, and obey Him – you will find overflowing joy.

When you pursue God, trust and obey Him. You will find overflowing joy.

Let us pause for a while and just be grateful for how God has profoundly blessed you in small and big ways. God has been good. Thank Him for His love. Thank Him for how much He loves you. Thank Him every day and every moment.

Put your hands on your chest and say, "Jesus, Thank You for your goodness. Thank You for loving me."

Amen.

Jesus is more committed to your happiness than you are.





Surrender

Let's just surrender to God. Lift your hands and say this after me:

Lord, Thank You for being so good to me. I've taken You for granted. And sometimes, I just live life complaining, grumbling. But today I choose to say Thank You and to surrender my life to You. I decide right now that I'm going to taste and see Your goodness every day. And I will love You and I will serve You and I will share Your goodness to the people around me every day for the rest of my life.

In Jesus' Name. Amen.

Last words You don't become happy by pursuing happiness. You don't. It's very elusive-- real joy. You become happy when you pursue the values that are higher than happiness-- loving other people, responsibility, faithfulness, kindness, honesty, integrity, and loving God. And that's my prayer for you. Amen.



MERCY MINISTRIES

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

--Matthew 5:7

HE CARES MISSION

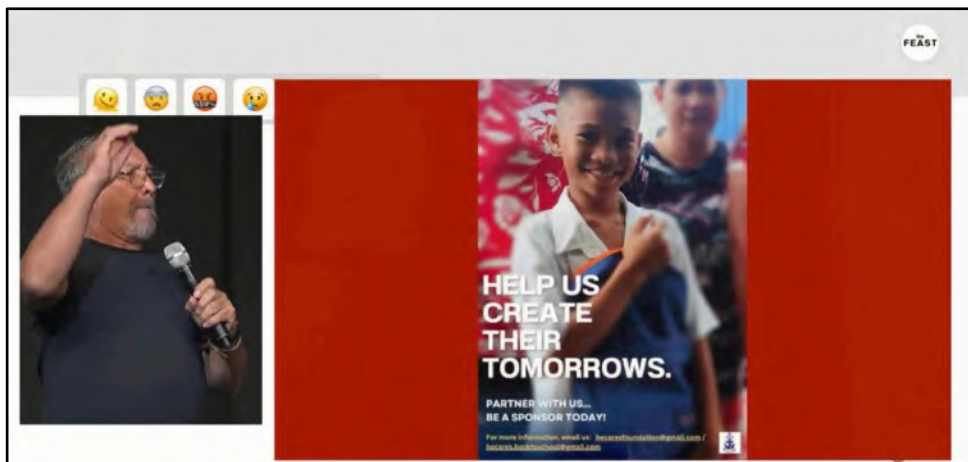
Love Offering for Street Children

THE FEAST last Sunday, June 9, 2024, welcomed a special guest:
Bro. Joe Dean Sola, founder of He Cares Mission for street children.

Last year, Bro. Joe Dean came to The Feast, appealing for support of He Cares, particularly its Back-to-School program granting out-of-school children an opportunity to yes, have a formal education, their ticket to a good life.

Aligning his message with Bro. Bo Sanchez's talk on *Happiness*, Bro. Joe Dean said, "That's my happiness-- responding to God's call to serve the poorest of the poor."

Last Sunday, Bro. Joe Dean came back to The Feast with a wonderful report on his mission and appealed once more for support as He Cares hopes to send more children to school this year.



And by God's grace, our Feasters responded with generous
Love Offering for the children.

The FEAST FAMILY June 16, 2024 **29**

A Voice for Children

BRO. JOE DEAN SOLA: I'd like to report to you. Last year I was here. We asked you to support our Back-to-School program.

And we delivered. We delivered the Good News to the poor.

Last school year, we were able to help more than 700 scholars. And many of them are graduating this year!

That's my happiness. Responding to God's call to serve the poorest of the poor.

And today, I am a voice for them. Because next school year, we are going to send more than 800 scholars back to school-- with your help.

I'm asking you never get tired of doing this for the glory of God. Because this is a part of our mission.

Thank you, we were allowed to have a table outside. This is our last day of the campaign for the Back-to-School program. And we invite you to join us. We have volunteers helping us.



These are children who have no voice to ask for help. They don't have provisions. I realized that a mission without provision ay talagang kunsumisyon (a heavy burden).

So, we need your help. Let us bring the Good News to the poor and help me bring back to school more than 800 children. We have He Cares in Bulacan now. We have He Cares Montalban, We have He Cares Bacolod. And we have 10 areas in Metro Manila.

For the children, we ask you for their tuition, school supplies, snacks. Together, we can help them.

Thank you so much and God bless you all.



A Heartwarming Story

“Cast all worries to Him because He cares for you.”

This Bible verse in 1 Peter 5:7 is the inspiration for He Cares Mission, a partner beneficiary of The Feast Ministries. He Cares defines its vision on its website, <http://www.hecaresmission.com/index.html> :

“He Cares is committed to caring for homeless, wounded, and vulnerable children in Metro Manila (and now in other key areas in the country, as Bro. Joe Dean mentioned)-- restoring their hope, and helping them to make a meaningful contribution to the world.”

We’ve written about He Cares Mission a couple of times — a beautiful, heartwarming, inspiring story that we love to tell again and again.

Once a carefree youth, Joe Dean needed help with his finances one dire day. He called his elder brother Dan, an active LOJ member then conducting prayer meetings established by Bro. Bo at the garage of his family home at 56 Chicago, Cubao.

When he received Joe Dean’s call, Dan happened to be at the LOJ prayer meeting. He told Joe Dean to come and meet with him there.

Joe Dean arrived in the middle of the prayer meeting. So, he had to wait for the meeting to end. As he sat in one corner of the garage, he couldn’t help hearing the talk of the preacher-- a part of which happened to be about the Bible verse in John 10:10: *“I have come that they may have life, and have it to the full.”*

A life in full. The verse must have impressed Joe Dean. For indeed, as promised in Hebrews 4:12 ... *“the word of God is a living and active, sharper than any two-edged sword, piercing the division of soul and spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”*



Long story short, Joe Dean experienced an intense spiritual awakening as he eventually joined LOJ, supporting our mission which includes pastoral care and spiritual nourishment in fulfillment of our core mission to make disciples for Jesus-- yes, including the least among our brethren.

Joe Dean eventually devoted his life to ministering to the youth in need like he was before.

On his own initiative, Joe Dean served street children. He often gathered children roaming on the streets, giving them food, reading them Bible verses, and explaining to them God’s message of hope and salvation.

God Cares for Children

As Bro. Joe Dean affirmed in his message at The Feast last Sunday, yes, He Cares has well delivered the Good News to the children and their families.

He served in various LOJ ministries, especially joining Bro. Bo in ministering to the lolos and lolas in our Anawim home.

In Anawim, Joe Dean served with other LOJ members, among them, Ardis Abrogar who, like Joe Dean, desired to serve the poor. Joe Dean and Ardis fell in love and got married on August 5, 1995.

When Joe Dean and Ardis settled down, naturally, they opened their home to street children. Eventually, the mission evolved into the He Cares Mission Foundation in 1996. And ably supported by Ardis, Joe Dean has well sustained the Ministry.

To this day, Bro. Bo (*third from left*) and happy LOJ volunteers have all the way supported He Cares.



Never Giving Up



In his exhortation during the Love Offering last Sunday, Bro. Audee Villaraza encouraged us to never get tired of “doing the right thing” --words he quoted from Galatians 6:9:

Do not grow weary of doing the right thing for at the proper time, we will reap the harvest if we do not give up.

Bro. Joe Dean echoed the exhortation in his appeal for He Cares children:

“I’m asking you never get tired of doing this for the glory of God.”

Those not tired, raise your loving hands in support of these children *here*, raising their hands of hope for a great future.





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.

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FAMILY ONLINE NEWSMAGAZINE

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Go and make disciples of all men.

— Matthew 28:19

