



YOU'RE the apple of God's eye.  
You're His masterpiece. He loves you!  
From my experience,  
when I don't practice Sabbath  
—deliberate moments where I pause—  
I forget how favored I am.  
My gratitude leaks out.  
And it's easier to complain.

***God Blesses Us  
More Than We Deserve***



One day, while doing my cheesy morning Sabbath ritual of reading a book under a tree, I looked up at the sky.

That's when I remembered the perfect distance between the Earth and the sun. If the Earth was just a little closer to the sun, we would all be chicharron. But if the Earth was just a little farther, we would all turn into ice popsicles.

Have a soul-healing Feast today!

May your dreams come true,

**Bo Sanchez**

**WELCOME**  
**to our ongoing**  
**FEAST Talk Series:**  
***RESTED***  
**Talk 4: *Jubilee***

## *Time to Celebrate!*

LAST Feast Sunday, the Gospel was about Jesus raising a dead girl and healing a sick woman. So, in his homily, Fr. Chris Cellan talked about illness and death. Now, you might be asking: Why is our title here *Time to Celebrate*? Because the Gospel is really about celebration-- rejoicing that death is not the end...Why? Read on, *page 3*.



Yes, we celebrate because transgressions we have committed will be erased. After all, God has blessed us with the *Jubilee Year*-- the topic of Talk 4 of our ongoing Feast Series, *RESTED*, which Bro. Bo Sanchez introduces on *page 1*. You don't want to miss this talk ever!

Yes, it's time to celebrate because we learned so much about *Time*, Talk 3 of our series, as Bro. Audee Villaraza brought us to the times of time. *Flashback* on *pages 13-22*.



We are celebrating because we are already done with the first half of Year 2024, surviving its challenges. Bro. Ryan Nabus, welcoming us to The Feast, challenged us to review our past six months and answer this question: Have I done my best yet this year? *page 7*.



And speaking of celebration, we rejoice with Jesus Christ Cares For Cancer (JCCFC) as it marks its Ninth Founding Anniversary this July. Big thank you to its chairman, Bro. Angelo Gelano and board secretary Sis. Maritess Cordero for providing us with the Foundation's info document and pictures we used for our happy article in our *Mercy Ministries* section, *page 23*.



Yes, there's a time for everything. Today, it's time to celebrate with *The Feast Family!*

All for God's Glory,

**Randy Borromeo**  
Media Ministry  
Executive Director



the  
**FEAST** ***FLASHBACK!***  
**JUNE 30, 2024**

## Holy Mass



## Homily

**FR. CRIS CELLAN** on the Gospel Mark 5:21-24, 35-43  
(or Mark 5:21-43)

Excerpts:

I WAS a volunteer chaplain at Makati Medical City for five years before the Coronavirus Disease (COVID) Pandemic.

One time, I visited a patient who called me for a consultation or counseling. When I got in, she asked, "Father, how does it feel when you know you're about to die?"

I couldn't answer-- for how am I supposed to know?

I told her, "I don't know because I haven't died yet. But don't worry, I'll share with you whatever I learned about death from theology."

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## The Source of Death

Who among you here is from Parañaque? Maybe you've heard of what happened to Fr. Jeff Manlapig. A priest who was very gregarious and engaging.

We called him Mr. Congeniality.

Probably, it was also the reason he was assigned by the Bishop as Vocation Director of the Diocese of Parañaque.

Fr. Jeff Manlapig succumbed to a heart attack while he was presiding over a wedding--right when he was raising the Sacred Host. He was only 44.

If you were the bride being married, maybe you would have said to your groom, "Honey, is this a sign to postpone our wedding?"

But seriously, it must have been a traumatic experience.

Fr. Jeff was gone too soon. He had so much potential. We often felt that Fr. Jeff would have been a bishop. He was a friend to many.

But when stress takes its toll on your body, it can result in death.

This may also be a reminder to you that while you love your priests, don't always give us pork cracklings or crispy pata. We also eat salad -- pork salad or chicken salad. But seriously, we need to exercise. We need to live a balanced life.

Each day, we are presented with this mystical question: "What happens to us when we die?"

The answer is provided in our First Reading today. The *Book of Wisdom* says that God being the eternal Author of Life, who is all good, could never be the source of death. If that is the case, then who is the cause of death?

There are two. The first one is men because of their free will to alienate themselves from God through a life of mortal sin. The second source of death is the devil himself.

### First Reading: Wisdom 1:13-15; 2:23-24

*13 God did not make death, nor does he rejoice in the destruction of the living. 14 For he fashioned all things that they might have being; and the creatures of the world are wholesome, and there is not a destructive drug among them nor any domain of the netherworld on earth, 15 for justice is undying. 2:23 For God formed man to be imperishable; the image of his own nature he made him. 24 But by the envy of the devil, death entered the world, and they who are in his possession experience it.*





## Death Is Not the End of Life

By the Mystery of the Incarnation, Jesus came down to restore our original relationship with the Father. Jesus conquered death so we can go home to the Father.

During the Black Saturday, there was silence. Jesus was supposed to be dead. But no. He was working. He went down to Sheol, the place of the dead, to tell them: "Rejoice, the gates of Heaven are now open. You can now come home."

This privilege is retroactively given to everyone-- even to those who haven't known

Jesus Christ since He came later in our history. At this point, death is no longer the end but the beginning of everything. Death is now a necessary door that we need to pass through to fully encounter the Lord.

St. Augustine said, "We only have one point of destination which is Heaven, and one point of departure which is sin."

So, take care of your body as if you're going to live forever but take care of your soul as if you're going to die tomorrow.

To prepare for death is to treat each day as our last so we can always be aware to be loving and to engage in loving relationships.

After all, we are Easter people. Through Jesus' passion, death, and resurrection, we have come to share a resurrected life. Resurrection is not something that happens after death-- but something that defines the character of our daily living before death.

## Second Reading: 2 Corinthians 8:7, 9, 13-15

*7 Brothers and sisters: As you excel in every respect, in faith, discourse, knowledge, all earnestness, and in the love we have for you, may you excel in this gracious act also. 9 For you know the gracious act of our Lord Jesus Christ, that though he was rich, for your sake he became poor, so that by his poverty you might become rich. 13 Not that others should have relief while you are burdened, but that as a matter of equality 14 your abundance at the present time should supply their needs, so that their abundance may also supply your needs, that there may be equality. 15 As it is written: Whoever had much did not have more, and whoever had little did not have less.*



## Death Is Homecoming

The Kingdom of God, Heaven, is already here and now. We are already experiencing the resurrected life. Death is just part of the process of becoming immortal. We are already exercising some form of dress rehearsal of dying to self and dying to sin so that we can resurrect every day with Christ.

Some would say, "We have already been saved by Christ. All we need to do is chill and relax."

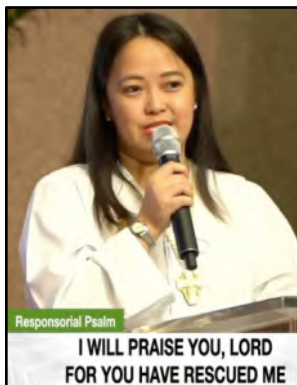
But if you are truly a worthy child of God, then you must behave like one. To do the will of the Father is to share in the life of Christ. Normally, when we were born, we were crying and the people around us were smiling. It has been said that the mark that you have lived your life to the fullest is that when you die, you are smiling and the people around you are crying.

The Lord Jesus wouldn't really want us to die. He went against a lot of taboos such as touching a woman with a hemorrhage which was a big no for a prophet. He also resuscitated the 12-year-old daughter of Jarius. Jesus was just trying to make a point that their faith had healed them. Faith is the love of Christ.

We should not be afraid of death. Death is something to be desired. Death is not a tragedy but a passport to glory. Death without Christ is a tragedy.

During the COVID-19 Pandemic, it was not just the fear of dying but the fear of dying alone that haunted us.

Last rites, holy anointing, or viaticum are important. Viaticum means food for the journey. At the height of COVID-19, I would bless people who were dying--even if it was forbidden by the church. I knew that it was important for the person to slowly fade away, but I also knew that that was the beginning of a new life that never ends. According to the Gospel, dying is somehow like sleeping because you know that it is not the end.



Be not afraid. The Lord Jesus is telling us today to persevere in our faith. It's not about the length of years but the quality of life that you've lived.

Let us be Easter people. Take note that we are living a resurrected life. Death is a homecoming to be with God forever in Heaven. Amen.

### **Responsorial Psalm: Psalm 30:2, 4, 5-6, 11, 12, 13**

*R: I will praise you, Lord, for you have rescued me.*

# Welcome!



## **BRO. RYAN NABUS:**

Let's clap our hands to the Lord! Hallelujah! Good Morning, Feast!  
First-timers, welcome to The Feast! Welcome to this spiritual family.  
We hope to see you again.

Announcement: We encourage everyone to subscribe to the monthly *The Feast* magazine.

Read inspirational stories and at the same time help The Feast Mercy Ministries.

Today is June 30, we're right smack in the middle of the year, we're closing the first half, and tomorrow, welcome, second half of 2024!

And what do we do when we hit the middle of the year? If it's a sports event, we are having the half-time break. In the corporate world, we call this mid-year. So, we do a mid-year review, mid-year analysis, and planning.

Yeah. We must take a break and look back, look at what we have done so far.

And one of the favorite questions we ask in the middle of the year is: Have I done my best yet this year--have I given everything I have?

And it seems fitting because we're also in the middle of a service. And we are about to give to the Lord. Maybe we can ask the same question..



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# Love Offering

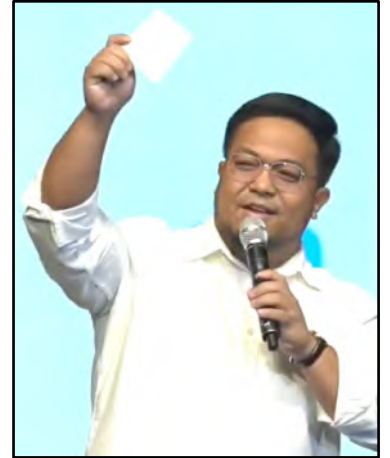
Have I been generous enough-- have I given my best to the Lord this year?

That's one question I pose to everyone as we give to the Lord today. Because when we give, we declare that we are grateful to the Lord for everything that He has given us. And we also declare that we trust God. We don't worry about what's to come-- because we know that He will provide today.

Proverbs 3: 9-10 says: *Honor the Lord with your wealth, with the first fruits of all your crops. Then your barns will be filled to overflowing and your vats will brim over with new wine.*

So, as we lift our Love Offering, let's look back and be grateful for all that we have received, for all the blessings, for everything that God has done for us. And let's also look forward to the best that God has in store for us.

Let's pray:



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

*Lord, we give You this Offering. Receive it, accept it. This is our best yet, Lord. And we know that You're in control of our future because You've been faithful to us.*

*So, we declare, Lord, abundance, we declare blessings, we declare healing, we declare prayers that will be answered in Your Mighty Name. Amen.*

**Help the Feast Mercy Ministries. Help them all.**

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# Worship!

## EXHORTATIONS:

### SIS. MHADZ PAMAONG:

Good Morning, Feast! It's a beautiful Sunday morning.

The Bible says: *I will praise the Lord all the days of my life* (Psalms 146:1-10)

So, let us sing praises to our good, good God!



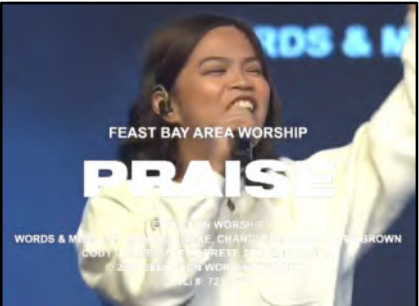
*Thank You, Lord, for making Yourself known to us. We believe that Your Presence is here and we ask You Holy Spirit to help us make room for You to fill in.*

Church, as we come to another moment of Worship, let's remain in that posture and may we be encouraged that there is hope in the Presence of God, there is love in the Presence of God, there is peace, there is protection, there is provision, there is a possibility in the Presence of God.

And there's no safe place to stay in, to testify that a day in His Presence is way better than a thousand elsewhere. Let's make this our prayer today.

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





**BRO. AUDEE VILLARAZA:**

Come on, give Him your praise, and thank Him today! Hallelujah!

Good Morning, Everybody.

I know you love spending time with God.

Why? Because you did not just magically appear in PICC. You know you made an effort to wake up early today, to take a shower, to brush your teeth, to dress up, and to travel so that your feet made it to this place.

Why? Because it's worth it to be here. It's worth it to spend time with God.

And I honor you for that. God honors you for that as well. And I believe that the Word that we're going to unpack this morning is going to give life.

I'm praying that this is going to set some people free today.



# NOVENA TO GOD'S LOVE DECLARATION OF ABUNDANCE

We're going to talk about *Time*.

How many of you need more time in your life?

I promise you, this is a Word that blessed me first-- even before you hear it. And I'm excited to preach this to you

Let's honor the Lord by declaring His abundance over your life and mine.

Everybody, lift your hands and say this with me, this is our prayer, our Novena to God's Love.

Everybody, say:



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.

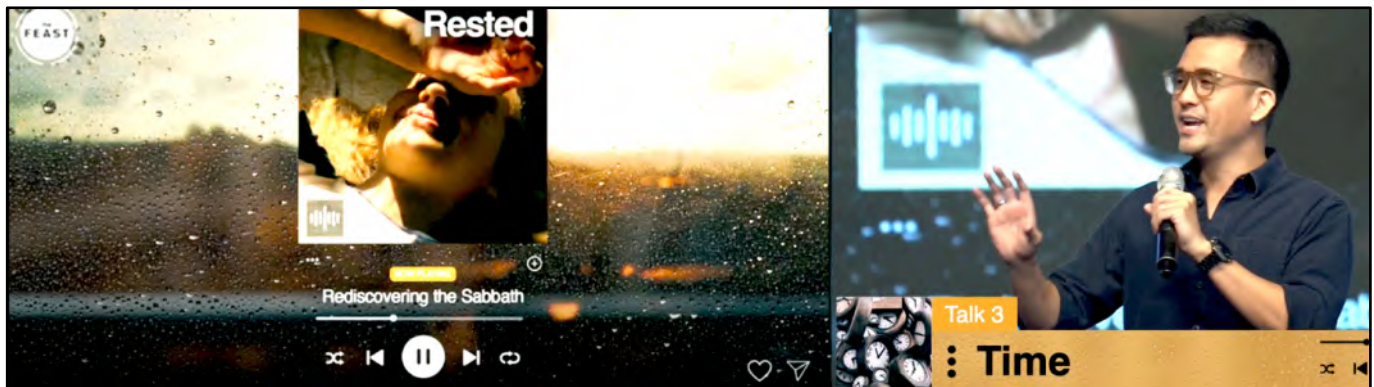


Everybody, lift your hands in honor and reverence to the Word of God:

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



# Talk



**BRO. AUDIE VILLARAZA:** OUR message today is a little instructional. I think you might not appreciate it based on the statement but if you dig long and hard and deep enough, I promise that this message will minister to you.

Say to your neighbor, right next to you,  
"Follow God's Rhythm of Restoration."

Let's open the good Book to Exodus 16: 4-5:

**Follow  
God's Rhythm  
of Restoration.**



Exodus 16:4-5 NABRE

"Then the LORD said to Moses: I am going to rain down bread from heaven for you. Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not."

Hear me out:

It seems to me that sometimes, God will bless you in a big way, but He'll also make sure that you also obey Him in a big way.

I wonder now that maybe some of you are not *receiving* simply because you're not *obeying*.

For now, I leave it at that because God gave the Israelites an instruction:

Exodus 16:21-23 NABRE

Morning after morning they gathered it, as much as each needed to eat; but when the sun grew hot, it melted away. On the sixth day they gathered twice as much food, two omers for each person. When all the leaders of the community came and reported this to Moses, <sup>22</sup>he told them, "That is what the Lord has prescribed."

Tomorrow is a day of rest, a holy sabbath of the Lord. Whatever you want to bake, bake; whatever you want to boil, boil; but whatever is left put away and keep until the morning.



## Three Insights about The Sabbath

Manna, the bread that came from Heaven, that fell from the sky, was good only for one day.

The following day, it would be spoiled and rotten. You would not be able to consume it. So, Moses said, prepare it and eat it within the day.

Like manna, there are three insights that I can share with you about Sabbath:

1

Like manna,  
Sabbaths need to be fresh.

1. Like manna, Sabbaths need to be fresh.

You cannot depend on the restorative abilities of your Sabbath --the emotional, physical, and spiritual restoration of manna-- if you take it only once a month.

You cannot feel nourished for the rest of the year if you go to church only once a year. You need a fresh dose of Sabbath every week. That is why I honor those who make a regular effort to receive and celebrate the Sabbath every Sunday.

2

Like manna, Sabbaths  
are Eden blessings.

2. Like manna, Sabbaths are Eden blessings.

In the Garden of Eden, Adam and Eve were in unity with God the Father and there was abundance. But when they were exiled from the Garden, they acted like slaves. They needed to till and toil the land.

Fast forward to the Israelites who were slaves. At that time, slaves had no days off. They had no idea how to rest. They could not ask for a vacation leave and promise to be back as a better slave. They could not practice the Sabbath.

Friend, whenever you practice Sabbath, it's like you're entering small portions of Eden where you experience the abundance of God because you trust Him.

3

Like manna, Sabbaths are  
miracles that require faith.

3. Like manna, Sabbaths are miracles that also require faith.

You cannot really rest and have peace of mind and peace in your heart if you do not believe

that God is providing your needs. As you stand here today, you have to trust in God that He will provide for you today and for the entire week.

Say this with me: *"Jesus, speak to me. I need Your Word. Let it give me life. Let it sustain me. Let it nourish me. Amen."*

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



## Timetable

Sabbath has a gift. And it is called time.


Time is something that we need. At times, we feel that there is so much to do but so little time. It seems that time is always running short.

But my friends, it wasn't always like that. I'll give you a brief history of time.


There was a time when there was no clock yet. People then had a sort of rhythm to their day. It wasn't ruled by a schedule or agenda. Basically, they were ruled by natural time until the first clock called Roman Sundial was invented in 200 B.C.

Time was determined based on the shadow that would reflect on the stone.

What's funny is that even during that time, there was already someone complaining about the invention of the clock. His name was Plautus.



“  
The gods confound the man who first found out how to distinguish the hours! Confound him, too, who in this place set up a sun dial to cut and hack my days so wretchedly into small portions.”  
Plautus (Roman playwright)



Fast forward to the 6th century. St. Benedict figured out a way to organize the prayer life of the monks in the monastery.

They revolved around seven prayers each day and it would tell what time it was during that day. By the 12th century, they had pretty much figured out a way how to build a mechanical clock around that schedule.

Our relationship with time was changing. But things took a different course.

In 1370, the first public clock was erected in Cologne, Germany. By this time, the public was now time-conscious.

Before that, however, time was natural. You woke up when the sun went up. You went to bed when the sun went down and when the moon went up. We were governed by God because He governs the sun and the moon.

But now that there is a clock, we are no longer governed by God-- but by man. By your wife, by your boss...Before, one only woke up because one's body was done resting.

Now, we wake up because our alarm is ringing. Time is now artificial.



## **This Is When It All Changed...**

In 1879, one of the greatest inventions of man, the light bulb, was created by Thomas Edison. With the light bulb, one could already stay awake past 6:00 p.m. -- and even work at night. Was that helpful? Yes, in so many ways.

But it also created a bit of a challenge for all of us.

You used to hear about great men and women who would wake up as early as 4:00 a.m. to recite lengthy prayers for two to four hours.

People like St. Theresa of Avila, John Wesley, John Knox, and Jesus Himself would sometimes pray throughout the night. You wonder how in the world they did it. Back then, they could do it because they didn't have Netflix, Instagram reels, and YouTube. They didn't have electricity. Before the invention of the light bulb, the average time that people slept was 11 hours. Why? Because there was nothing to do. If they slept at 7:00 p.m., they needed to wake up by 5:00.

So, this introduces us to the greatest conundrum of our time. Conundrum means a perplexing problem. We have invented labor and time-saving devices, right? Any innovation that you see is a time-saving device.

Before, we walked to where we wanted to go. But now we have cars to bring us quicker to our destination. Before, we needed to kill animals or harvest for food. But now, we can just book a Grab Food delivery. Before, we wrote letters and the recipient received them within one to two weeks. But now, we can send letters and the recipient will receive them after two seconds. We can even see each other eye to eye through FaceTime, Messenger, and Zoom.

With the invention of these time-saving devices, however, where did the time we saved go? The answer is that we spend our time doing other things.

Here's a trivia. Before the 1960s in the United States, they had laws in some cities mandating that businesses should be closed by 6:00 p.m., and on Sundays, all establishments closed-- except the churches. The only thing you could do was go to church.

But today, Sunday has evolved from worship and rest to an errand day for a lot of us. It has become a day to go out on dates or to go to the malls. And it's fine because this is our reality now. We cannot go back to a time when there was no technology.

What I'm saying is that probably, there is more to life than just binging on Netflix or just shopping on a random day.





## The Word for Today

Here is the Word for today: Sabbath is about time to be with God. It's about being with God and worshipping God.

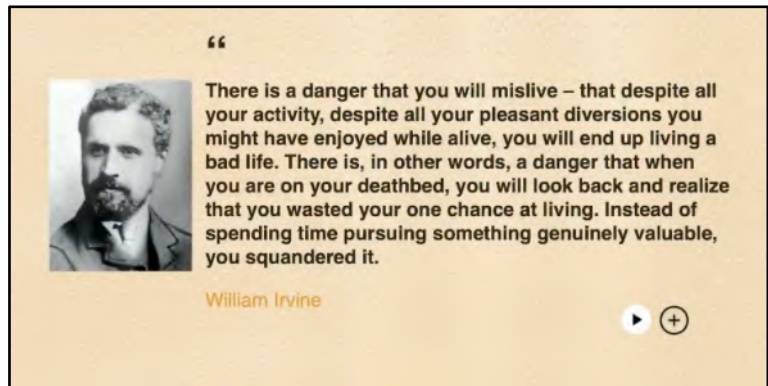
Some people lead busy lives but some have so much free time. But the solution is not more time or not less time.

The solution is to use the limited time that you have been given for what really matters the most.

**Solution**  
To use our limited time for what **really matters**

Scottish evangelist, William Irvine, author of the book, *A Guide to the Good Life*, said:

I think that's the worst nightmare that you can have: if you're on your deathbed and you realize how much time you wasted.



You may be like, “Yes, I was in the legendary mode -- Call of Duty... or “Yes, I have finished every round of Super Mario... or “Yes, I reached 2,384 in Candy Crush...”

But do they really matter in the end?

If you think about it, the lack of time is not your problem. It's just that you may not be using the time that was given to you for what really matters the most.

Some of you may be able to watch *TikTok* reels for 30 minutes but do you know that you can use those 30 minutes praying for your entire family?

You can spend the whole hour watching that episode of your favorite series, but you can also spend that time reading the Scriptures and learning about Jesus. And you can finish the Bible in six months!



## The Gift of Sabbath

There's a cost whenever we use our time for the wrong reasons.

You might be successful in your business right now but along the way, it may have caused you to end a relationship or a marriage. Some of you may have put your kids through college but you might have failed in teaching them the ways of God. You might be wealthy in terms of money but you're not wealthy in ways that are good to God.

Jesus said, "What does it profit a man (or for any of us) to gain the whole world but to lose one's soul?" -- Mark 8:36

Our time is limited. When the time runs out, you can't go back and simply say, "I wish I did this and that."

While you have the time now, you can still go back and make the most of what's precious -- relationship with God and with the people you love. When we go to Heaven, we cannot use the things we have on Earth. What we will remember on our deathbed and what we will bring to the next life are the relationships we built.

That's how Jesus lived.

The gift of the Sabbath to us is that God wants us to have time. Sabbath is not only on Sundays. Sabbath can be any day that you declare as the Lord's Day.



For servants at The Feast, Sunday may be not their Sabbath because they are serving in various ministries. Most probably, their Sabbath is on a Monday.

For me, my Sabbath is on a Saturday. I spend it with my family and with my loved ones.

# Three Ways To Follow God's Rhythm of Restoration

How do we follow God's Rhythm of Restoration? Here are three ways:

1  
**Sabbath is a time for Buffeting**

In Exodus 16:25  
Moses says:

Exodus 16:25 NLT  
Moses said, "eat this food today, for today is a Sabbath day dedicated to the Lord. There will be no food on the ground today."



Whenever we work, we always worry about the fruits of our labor. We work for the entire week but instead of resting on Sundays, we are already worried over the coming week.

But God is telling you today: "Stop."

Sabbath is a time for you to just stop and tell the Lord, "Lord, I don't need to do anything right now but Thank You for the blessings this week."

That is how you live in the Garden. By the way, when you're in the Garden, you work for six days, and you rest for one day to eat all the fruits from the trees that you have tilled and toiled for all week long. Work for six days. Rest for one day. Repeat the process.

2  
**Sabbath is a time for Breathing**

In Exodus 16:26, Moses continues:

Exodus 16:26 NLT  
You may gather the food for six days, but the seventh day is the Sabbath. There will be no food on the ground that day.

The busiest time for me is Sunday. A lot of servants will probably agree with me. Saturday is when I deliberately remove myself from ministry except for emergency cases. Saturday is when we visit my in-laws. That is part of our tradition now.

The only requirement for Sabbath is you breathe. You don't need to do anything. All you need to do is to breathe in the blessings of God, the grace of God. The Lord is giving you a license to rest. It's a command that you rest.

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3  
**Sabbath is a time for Being**

Again,  
in Exodus 16: 26 :

Exodus 16:26 NLT  
On the Sabbath day you must each **stay in your place.**



It seems that the only requirement during Sabbath is to remember that we are children of God. The "place" in the verse above is not a physical place but a state of mind. Being a child of God-- that is your place.

The Lord is telling you: "You need not work today but remember your place as My child. I will provide for you, care for you, I will love you, I will give you."

Sabbath is a time to enjoy being God's child.

But how do we follow God's Rhythm of Restoration with all the distractions?

Here's the key: You need to have a template -

- something that you emulate or copy. The best template to copy is none other than Jesus Himself. Clearly, Jesus is the One who used His time well. Jesus started His public ministry at the age of 30 and He ended it when He was 33. For three years, Jesus evangelized, discipled, and created the world that we know now.

It's hard to follow Jesus...

**Sabbath is a time to enjoy being God's child.**



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## A Lifestyle Template

I want to tell you the story of my father-in-law. His name is Ernesto Tiangco but we call him Papa Ernie. Two years ago, he started a hobby of biking which turned into a passion. Little did we know that he was training for it to the point of joining a 100-km competitive race in Subic. The 100-km distance is from SM North Mall in Quezon City to Tarlac. He biked for three and a half hours. We were all proud of him because he ended as a 15th placer even if it was his first competition.

It wasn't enough for him. He knew he could still stretch himself. So, he enrolled in the 200-km category. The distance is from SM North Mall to La Union. The route that he took was not just a flat road. It was an up-and-down path. That was a lot of effort. He finished that race in 7.5 hours.

Amazing! But it wasn't the end. Last year, he got himself into a 300-km race. The distance is likely from SM North to Baler. He finished that race in 16 hours. Of course, there were stopovers to rest and to eat. He started racing at 5:00 a.m. and finished at 9:00 p.m.

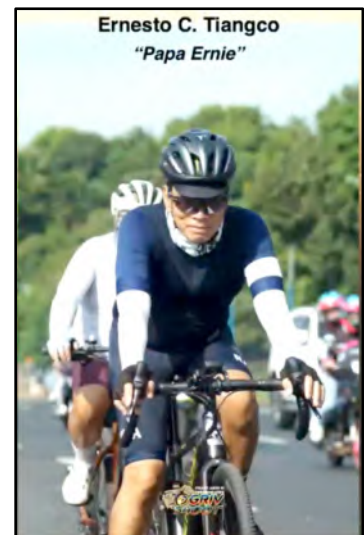
You know how old he is? He's 70 years old.

If he asks you to join him for a 100-km race tomorrow, will you go? I won't. I couldn't even finish 30 km in my condition today. But the only reason he can do it is that in the past two years, he has been waking up at 6:00 a.m. -- to bike around a distance of 50 km until 8:00 a.m., three to four times a week.

My point is simple. If you want to have that kind of life, you must adopt the lifestyle.

A lot of us say, "Lord, I want Your life." But you cannot experience the life of Jesus if you don't know how to adopt His lifestyle. He prayed regularly. He served regularly. He loved generously. He forgave as much as He could.

A lot of us want to be called champions but we don't want the challenges. We want the glory, but we don't want to do the grind. We want to win but we don't want to do the work.



## What Matters Most

Jesus is saying, "Follow me. If you want to have my life. You have to follow my lifestyle of waking up early and connecting with the Father. You've got to have that lifestyle of hunger and desire for evangelizing people."

A lot of us are complaining that we don't have much time. It's true that time is short but only because you don't use your time for what matters most.

At the end of your life, this is what God will tell you in your face, "Well done, my good and faithful servant. You have run your race. You were distracted a few times, but you stayed the course. Now, congratulations! You are at your finish line. You have spent your time well.

Work for six days. God gives you that much time. But rest for one day because God gives you that same amount of time for you to enjoy His creation and for you to spend time with your Creator. Let's pray:

*"Father, I thank you that we can spend time here today. But we know it's not enough. We don't want to arrive at the end of our lives and wonder where time went. We want to maximize every ounce of this breath that You've given us. Teach us how to manage our time, to allocate it to what matters most. Teach us Your ways. We want to be like Jesus. We want to follow You to the ends of the earth. If that means we die to ourselves every day, so be it. If that means we have to spend a little time reading scriptures, so be it. If that means we have to show up in church regularly and have time with You, so be it. We say amen to those acts because we want more time with You. We want to spend time with You. Thank You for feeling the same way too when it comes to me. There's no wasted time spent with You. You see us as your child. We bask in your presence declaring that we belong in this place. There is no place we would rather be right now than here in Your Presence and in Your Garden. We spend our day today resting and worshipping. We love You, Lord. Amen."*

## COMMITMENT

*Jesus, I am a sinner in need of a savior. And right now I need Your grace to come into my life. Let it flow like a river changing me, nourishing me, loving me, and healing me. Today, I declare that You are my King and nobody else. Today, I decide that I will follow You for the rest of my days. And I declare that I am never, ever, turning back. You are my God and I am Your child. In Jesus' Name. Amen.*





# MERCY MINISTRIES

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

--Matthew 5:7

## JESUS CHRIST CARES FOR CANCER

### *Celebrating Year 9!*

COULD anything good come out of tragedy, one might ask. It could. And it did.

Thus starts the major info document of Jesus Christ Cares For Cancer which marks its 9<sup>th</sup> Founding Anniversary on September 28, 2024.

We celebrate JCCFC with a special feature in *The FEAST FAMILY* this July, a significant month for the Foundation.

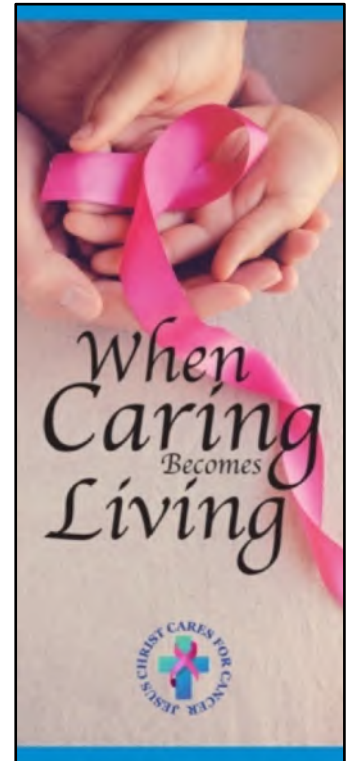
Jesus Christ Cares For Cancer started with Reylando “Rey” Ortega, founder of most of the Light of Jesus Family Mercy

Ministries. Bro. Rey has gone on to Heaven but he lives in the heart of every person he has helped live a life of providence, dignity, and faith in God.

Like Brian, a 7-year-old boy who succumbed to cancer in July 2013.

The young boy’s passing disturbed Bro. Rey and made him more conscious of the plight of the poor afflicted with the illness.

Here, we share this inspiring story of JCCFC which centers on the theme *When Caring Becomes Living*.



## Blessings Opportunity

Bro. Rey spent more than four decades helping the poor before his passing in June 2017. He founded several Mercy Ministries, including Tahanan ng Pagmamahal, Grace To Be Born, Pag-Asa ng Pamilya Scholarship Foundation, Healthcare Assistance for Indigents and Lepers of Mary (H.A.I.L. Mary), and Jeremiah 33:6-7 Foundation.

The AY Foundation, founded by Alfonso Yuchengco, and the Manila Jaycees recognized Bro. Rey's humanitarian work in 2012, bestowing upon him the Blessed Teresa of Calcutta Award.

St. Teresa well inspired the world with her fervent prayer: *May we never forget that in our service to the poor, we are offered a magnificent opportunity to do something beautiful for God.*

And yes, by God's Grace, Bro. Rey has promptly taken this opportunity as a priceless blessing, indeed living a life of caring.

In May 2015, Bro. Rey himself was diagnosed with Stage 4 prostate cancer. With only six months to live, he resolved to spend his remaining days serving indigent cancer patients.

He started JCCFC and officially registered it with the Securities and Exchange Commission on September 28, 2015.

## 3-Way Mission

JCCFC pursues a three-way mission:

### 1. Financial help

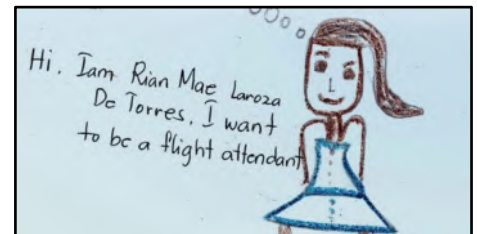
JCCFC provides monthly financial assistance to indigent cancer-stricken children and adults from various areas across the country. JCCFC believes it helps them live with dignity like what St. Teresa of Calcutta had done for the poorest of the poor.

### 2. Spiritual guidance

JCCFC Prayer Partners, a group of God-loving intercessors, pray daily and offer Masses for specific beneficiaries. We believe prayers are more important than the money we give them. The Foundation meets with beneficiaries every month. The fellowship allows them to bond with other patients, listen to motivational talks, and experience spiritual renewal based on the teachings of Christ.

### 3. Institutional support

JCCFC also reaches out to charity organizations with advocacies similar to JCCFC, particularly extending financial assistance and other needs of the organizations.



Artwork by Rian Mae de Torres, a cancer patient supported by JCCFC



## Volunteerism Abound



JCCFC has been able to accomplish its mission mainly through dedication of volunteers--from its chairman, Bro. Angelo Gelano, *here* with Sis. Maritess Cordero, JCCFC board secretary, to the members of the board of directors, accountant, bookkeepers, and area coordinators.

The Foundation has also been blessed with generous donors supporting fund-raising projects such as the *I'm Possible* *I'm Possible 2* benefit concerts which raised much-needed seed funds and helped finance the liver transplant and save the life of a terminally ill baby.

Light of Jesus Family founder, Bro. Bo Sanchez, has led our Community in supporting JCCFC through our Mercy Ministry headed by Bro. Hermie Morelos (*extreme right*) particularly designating our Shepherd's Voice Radio and Television Foundation to help sustain JCCFC's programs with a monthly cash donation.



This Mercy Ministry could do much more and continue its mission with the help of compassionate individuals and institutional benefactors.

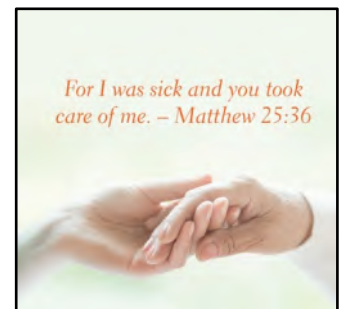
All funds raised and donations the Foundation receives go to beneficiaries.

Jesus Christ Cares For Cancer, Inc. holds office at the Lighthouse, the headquarters of our Light of Jesus Family, at 60 Chicago St., Cubao, Quezon City, with telephone numbers (02) 8725 9999. The Foundation accepts donations through BDO Peso Account No. 01109 8000 356.

If you feel the Lord is calling you to be among the pillars of JCCFC, kindly check out its Facebook page for details.

Yes, JCCFC is about loving and serving Jesus through the sick, the dying, and the less fortunate.

We relentlessly pursue this mission, humbly responding to Jesus' call in Matthew 25:40: *Whatsoever you did for one of these least brothers of mine, you did it for Me.* And in Matthew 25:36: *For I was sick and you took care of me.*



*For I was sick and you took care of me. – Matthew 25:36*



## **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](mailto: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](http://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:  
Account name: Shepherd's Voice Radio and Television Foundation Inc.  
BPI: Savings Account no: 0123-4849-67 Cubao Aurora Branch  
Banco de Oro Savings Account no: 003970019804 General Araneta, Cubao Branch  
Banco de Oro - Savings Account no. 000160506123 SM Cubao Branch  
PNB - Current Account no. 108410089566 SSS branch  
Metrobank-Savings Account no. 265-3-26509112-2 e Rodriguez Branch  
Allied Bank Savings Account no. 3160-12345-1 E Rodriguez Branch  
Union Bank Savings Account no. 00-206-000940-1 Tektite Branch

Note: Text, Fax, or email us your name, date and amount of deposit, and the branch of the bank where you deposited your donation, or fax the deposit slip to us. Email us at [support@kerygmfamily.com](mailto:support@kerygmfamily.com) or text us at (63) 922-828-9890/ (63) 998-968-4416 or Fax to (+632) 725-1230.



# **FAMILY ONLINE NEWSMAGAZINE**

*The Feast Family* online newsmagazine is produced by the Shepherd's Voice Radio and Television Foundation, which is also our partner beneficiary, with support services from the Light of Jesus Editorial and Multimedia Assistance Ministry.

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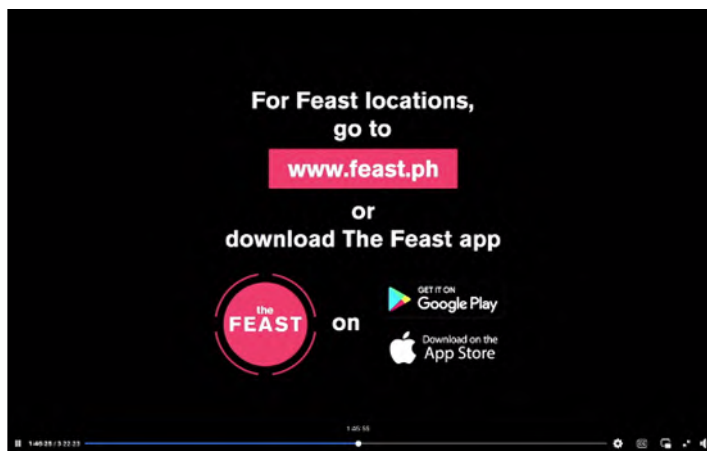
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***Go and make disciples of all men.***

— Matthew 28:19







