



Let's Stop and Talk Awhile

IT's our Grand Feast once again! We're ending our amazing, powerful, life-changing talk series, *RESTED: Rediscovering the Sabbath*, with our very special monthly joint Feast.

And we invite everyone to STOP, REST, DELIGHT, and CONTEMPLATE.

Remember the story of the two disciples on the road to Emmaus? That was our Grand Easter Feast theme! The disciples were on their way home and the Gospel says they were downcast. They put their hopes on Jesus, The Messiah. But they saw Jesus die on the cross. They were walking home with feelings of much loss, frustration, and hopelessness.

Then Jesus, Our Risen Lord, joined them in their walk. But they didn't recognize Him! How come? They were His disciples. They knew Him! Maybe that's because they were downcast – too sad, too desperate, too tired, and exhausted not only in body but in mind, heart, and spirit.

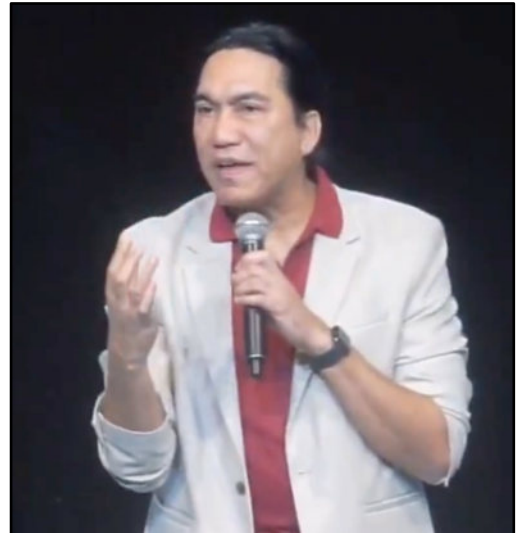
Later on in the story, they did recognize and see Jesus after all. And when was that? When they finally stopped, sat down, and broke bread with Him.

Today, we'll do that. We'll STOP, SIT DOWN and REST, and BREAK BREAD with the Lord. And we will see Him!

Get ready for a restful, replenishing, and restoring GRAND FEAST!

Mayroong Magandang Mangyayari Sa 'Yo!

Bro. Alvin Barcelona
Feast Bay Area
District Builder



WELCOME
to our
GRAND FEAST
Special Talk:
RESTED

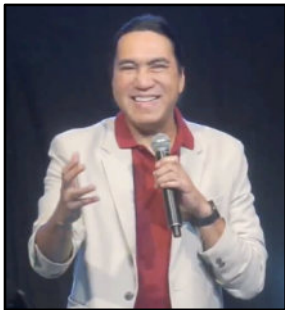
You Are Invited

YES, this issue of *The FEAST FAMILY* is an invitation.

First, an invite from our Lord Jesus in the Gospel last Feast Sunday Mass for you who are weary to come and rest for a while. Fr. Joel Jason explains what's that kind of rest, *page 3*.

Our founder, Bro. Bo Sanchez, invited us for that real rest in Talk 6 of our series *RESTED*, *page 13*.

Walking his talk, Bro. Bo hied off to Australia -- yes for real rest. So, Bro. Alvin Barcelona, our Feast Bay Area District Builder, is the one introducing our Grand Feast Special, inviting us to *Stop and Talk Awhile*, *page 1*.



Sis. Cath Tan welcomed us to The Feast and invited us to wonderful events, *page 7*.

Our Mercy Ministry story is about the mission of Feast Timog led by Bro. Bimbo Leonardo who began his



missionary journey after LOJ members invited him and his supportive wife Elsa to The Feast, *page 25*.



We invite you to read on and invite others to do so and be very blessed.

All for God's Glory,

Randy Borromeo
Media Ministry
Executive Director





FLASHBACK! **JULY 21, 2024**

Holy Mass



Homily

REV. FR. JOEL JASON
on the Gospel Mark 6:30-34

Excerpts:

Look at the person beside you. Does he or she look like a person? If the answer is yes, then that person is broken, hurting, and burdened.

Our Gospel today is such a consolation. Jesus commissioned the Apostles. He told them to minister to people. They came back with gladness, yet they were exhausted too.

Jesus said, "Come away by yourselves and let us go to a deserted place so that we can rest for a while."

The FEAST FAMILY July 28, 2024 **3**

Three Kinds of Rest

All of us get tired. All of us need rest.

Some of you may be having financial problems. Some of us may be confronted with health issues. We are not just confronted by our vulnerability but by our mortality. Some of you may be carrying emotional baggage such as family concerns. Each of us has different levels of hardships in life.

That is why the invitation of the Lord is "Come away by yourselves and let us go to a deserted place so that we can rest for a while."

Every time I hear that, I also remember 1 Peter 5-7: "*Cast all your cares upon me because I care for you.*"

We give our burdens to the Lord because we need rest. But what kind of rest is the Lord promising us? What kind of rest should we be longing for?

I have three suggestions:

1. The Rest of the Confident-- not of the Indolent

An indolent person is a lazy person...

When Pope Francis visited the Philippines in 2015, he promoted a devotion to the Sleeping St. Joseph which became popular. Most likely, you have one in your room.

When I was still in the parish, I would bless plenty of the image. I asked one parishioner why he had that image. He said that it was because he was insomniac.

He made the image a sleeping pill☺ The image of the Sleeping St. Joseph is not simply to help you sleep at night. The image teaches that the sleep of St. Joseph is not the sleep of the indolent but the sleep of the confident.

What does *confident* mean? Trust. Why was St. Joseph sleeping? Because he trusted the Lord. He trusted that after he had done what he could do, the Lord would supply the rest.

Joseph was not a lazy man. The Bible says that while Joseph was asleep, the angel of the Lord would speak to him in his dreams. Yet, once he woke up, would do what the angel told him to do. So, Joseph was a man of action. He was not lazy.

He was like, "Lord, I've done what I should do. I will sleep now. Why? Because I know you will do the rest. I know that the salvation of the world does not depend on my powers, on my labors. I know that it is still your Church. It is still Your world. My life is in Your hands. So, I can sleep."

That is a confident man. And that is the rest that Jesus wants us to have.



2. The Rest of the Virtuous-- not the Vicious

What is *vicious*? Vice. When we need rest, some of us often resort to vices.

When I was still a seminarian, we did apostolate work in parishes. We had a priest who would apostolate with us but unfortunately, he was not a good role model. After a busy Sunday schedule, he would drink and smoke on a Monday. He would even invite me to join him.

I went to my spiritual director for advice. He said that sometimes, even priests need to be shepherded. He added that the priest was right to take a break, but he said your form of rest should renew you and not destroy you.

Why do we also call it recreation? It is supposed to recreate us

What is your rest and recreation? Does it recreate, renew, and rejuvenate you?

If it renews you, then you will grow in virtue. But if it destroys you, you will grow in vice. If it renews you, it'll consummate you. But if it destroys you, it'll consume you.

The Lord promises a rest that consummates-- not consumes. It is a rest that will make you virtuous and not grow in vices.



First Reading: Jeremiah 23: 1-6

1 Woe to the shepherds who mislead and scatter the flock of my pasture, says the Lord. 2 Therefore, thus says the Lord, the God of Israel, against the shepherds who shepherd my people: You have scattered my sheep and driven them away. You have not cared for them, but I will take care to punish your evil deeds. 3 I myself will gather the remnant of my flock from all the lands to which I have driven them and bring them back to their meadow; there they shall increase and multiply. 4 I will appoint shepherds for them who will shepherd them so that they need no longer fear and tremble; and none shall be missing, says the Lord. 5 Behold, the days are coming, says the Lord, when I will raise up a righteous shoot to David; as king he shall reign and govern wisely, he shall do what is just and right in the land. 6 In his days Judah shall be saved, Israel shall dwell in security. This is the name they give him: "The Lord our justice."



3. The Rest of Intimacy

-- not of Inactivity

Do you remember John the Beloved? During the Last Supper, He was heavily burdened because Jesus would be gone. So, he rested on the chest of Jesus. It was a gesture of intimacy.

The heart is made for the eternal. Only the eternal can satisfy that longing. That is the reason you go to The Feast every Sunday. You long for intimacy.

I just hope that everyone in your family can be here. Parents, bring your children here. Children, bring your parents here. I hope that all can always come. Only in regularity will intimacy blossom.

Friends, God has a beautiful invitation for us: "Come away with me to a deserted place and let us rest for a while."

It's such a consolation. When you receive the Lord later through the Holy Communion, aim for that rest that only the Lord can give:

The rest not of the indolent but the confident, not of the vicious but the virtuous, and not of inactivity but intimacy. Amen.



Second Reading: Ephesians 2:13-18

13 Brothers and sisters: In Christ Jesus, you who once were far off have become near by the blood of Christ. 14 For he is our peace, he who made both one and broke down the dividing wall of enmity, through his flesh, 15 abolishing the law with its commandments and legal claims, that he might create in himself one new person in place of the two, thus establishing peace, 16 and might reconcile both with God, in one body, through the cross, putting that

enmity to death by it. 17 He came and preached peace to you who were far off and peace to those who were near, 18 for through him we both have access in one Spirit to the Father.

Responsorial Psalm: Psalm 23:1-3, 3-4, 5, 6

R: The Lord is my shepherd; there is nothing I shall want.

1 The Lord is my shepherd; I shall not want. 2 In verdant pastures he gives me repose; beside restful waters he leads me;

3 he refreshes my soul. (R)



Welcome!



SIS. CATH TAN:

Good morning, Everybody! Blessed Sunday! Welcome to The Feast! First-timers, welcome to our home. This is our spiritual family.

Let me introduce myself. I'm *Famous*-- in Tagalog *Sikat*, *Si Cath* 😊 I'm one of the *Ates*, *Big Sister*, here in The Feast for the Youth. I am the District Youth coordinator and also a Campus missionary at the De La Salle University Manila.

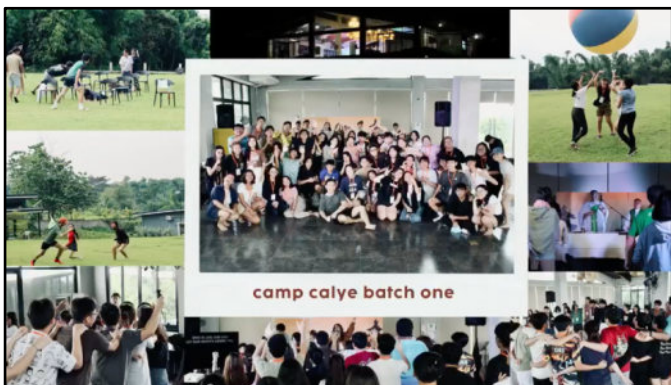
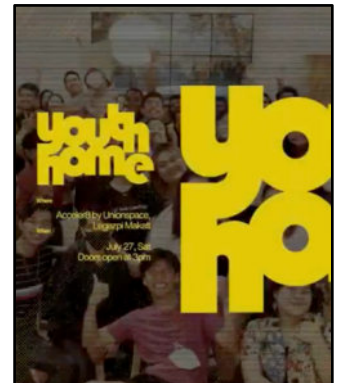
I would like to share with you a few announcements.

First, our Sacrament of Confession is available here every Sunday. Receive God's love and mercy.

May I call the youth in the house? This coming Saturday, July 27, at 4:00 p.m., we have a youth gathering we call Youth Home, our monthly gathering where we talk about Loving God and Loving Others.

Also we'll discuss *Love Someone Today* by Bro. Bo Sanchez (a discipleship guide to help new disciples start their relationship with God).

And sharing Batch 1 of Camp Calye, a weekend full of fun activities. We will have Batch 2 on August 23-25. Thank you!



Love Offering

Thank you for your giving. Your giving goes a looong way.

Let's lift our Love Offering and let's pray:

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

Dear God, we Praise You, we Adore You, we Glorify You. And we Thank You for all the blessings that You give us. We Thank You for family, for friends, for our health, for our relationships, and for all that You provide for us.

Lord, what we are holding, what we are giving, is a fruit of our labor. This is the work of our hands. There is no other way to give it back to the Person who cares for us, who provides for us. And Lord, may You use this giving as You will. And through You, Lord, may it bless other people as well.

Also, I pray for everyone here today. May You bless their hearts, bless their intentions, bless their prayers. We ask these through the intercession of Mama Mary, in the Name of Jesus. Amen.

God loves to give to cheerful givers. So. with smile and joy in your heart, you may now give your Love Offering. Thank you!



Help the Feast Mercy Ministries. Help them all.

 Asaph Lay Ministries Foundation, Inc.	 Grace to be Born Minority Home and Nursery	 Ho Care Foundation Street Children Caring Center	 Jeremiah 33:6-7 Foundation	 Pagasa ng Pamilya Scholarship Foundation
 LOJ Prison Ministry	 LOJ Pastoral Care Center	 HAIL Mary of Abra	 Jesus Christ Care for Cancer	 Shepherd's Voice Radio and Television Foundation, Inc.

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Worship!

EXHORTATIONS:

Good Morning, Church!

In Jeremiah 23, the Lord says: “I am a God who’s everywhere. No one can hide where I cannot see. For I’m both in Heaven and on Earth.”

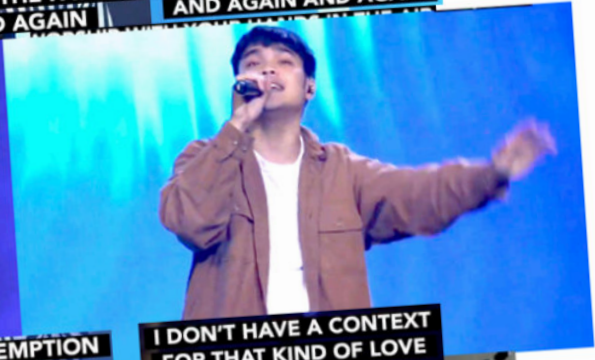
And Church, wherever God is, there’s always life. There’s always goodness. And sometimes, we struggle to see that. But now, we can stand on the promise of God that He is with us. Through mountains and valleys in between.

So, if you’re someone who needs that life-giving, comforting Presence of God, why don’t you stretch your arms to the heavens?

Let’s fill this place with holy noise and give Him Praise today.



God, sometimes we struggle to praise you anywhere. But Thank You that You always remind us of Your faithfulness. We don’t have to fret. We don’t have to fear. Because we have You as a Father. A Father that we can always run to. And a Father who always runs after us. We want to receive You today. This is our prayer. In Jesus’ Name.



BRO. BO SANCHEZ:

*I declare that today, I belong to You.
And that's why I run home to you. Because
I live in You.*

*Father, I live with You. I belong here
with You. I do not belong to my past.
I do not belong to my sin. I do not belong
to my worries or my fears. I do not belong
to my regrets. I do not belong to my pain.
I do not belong to my brokenness.*

*I belong to You. And that's why
I'm coming home. That's why I'm running
home. That's why I belong here with You. In Jesus' Name.*







Give the Lord a big hand and love Him. Love Him today.
I want you to put your arms around somebody beside you.
Tell that person, "You belong here. You belong to God. You belong here."
Let's give a big, big hand to our Worship Team. You guys are amazing.
Thank you so much. So good.

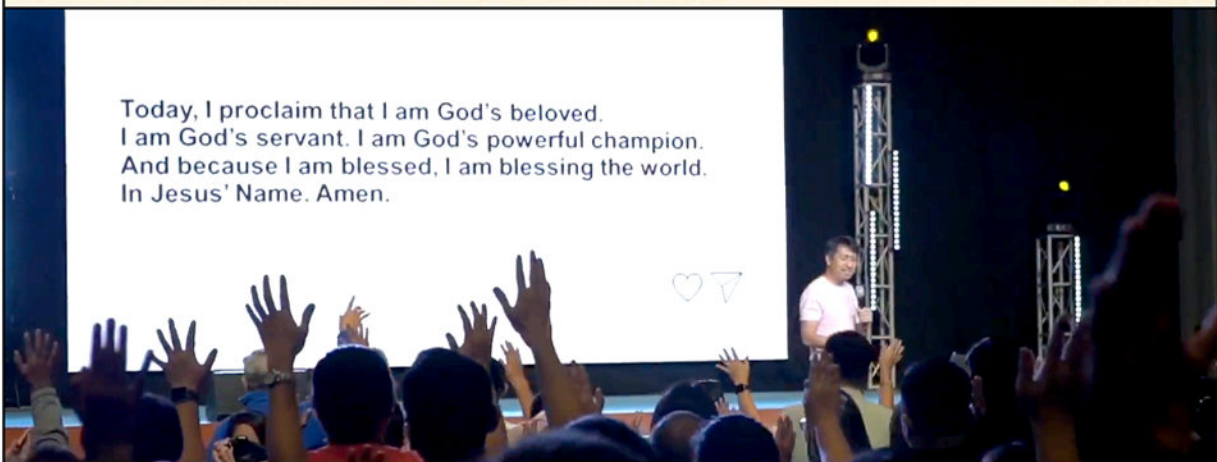
NOVENA TO GOD'S LOVE DECLARATION OF ABUNDANCE



Everybody say:



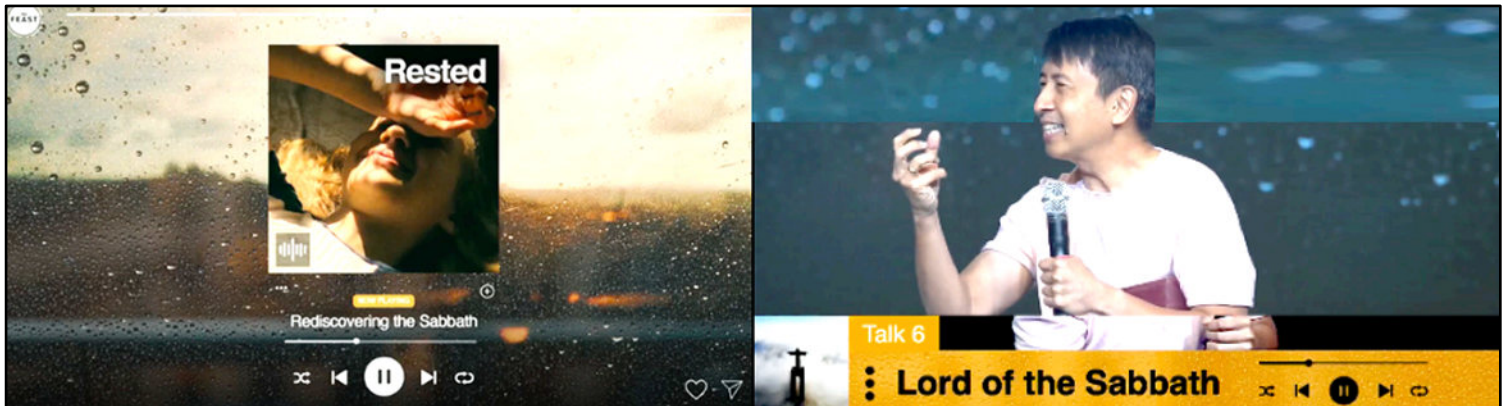
Today, I receive all of God's love for me.
Today, I open myself to the unbounded, limitless, overflowing abundance of God's universe.  

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.  

Talk



I'm going to preach this Word right away to you: *God is giving you real rest.*

That person beside you might be tired.

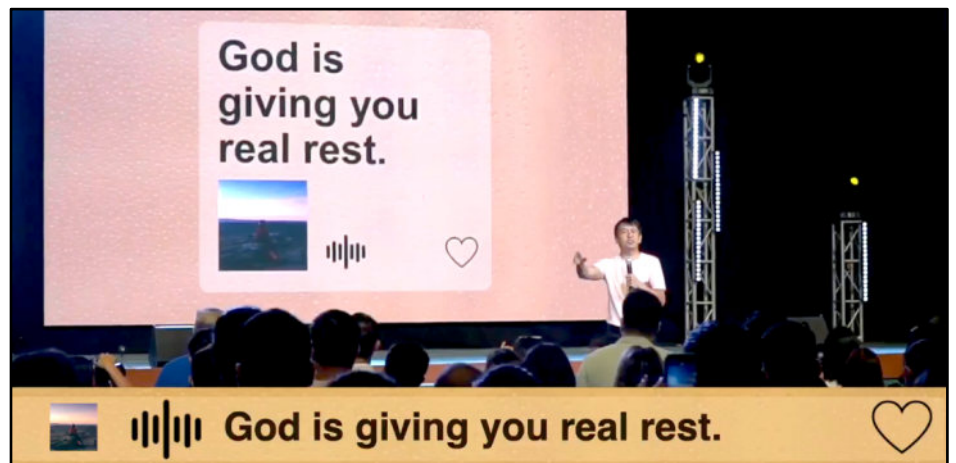
That person beside you might be experiencing the pandemic of exhaustion.

I want you to tell that person, wake him up: God is giving you real rest.

We've been going through five weeks already-- five weeks of analyzing low-grade exhaustion that people are carrying like a badge of honor. Because if you're not tired, people will say you're doing nothing, and therefore, probably you're irresponsible and, you know, you're passing on the responsibilities to other people. And so we carry this exhaustion. And we think it's normal.

But for the past five weeks, we've also been saying that God has an antidote. And that antidote is Shabbat. And Shabbat is sacred rhythms of rest and relationship.

How many here can actually say that in the past five weeks, God has spoken to you? God has dealt with you, and you have been blessed by our series.



antidote

**Shabbat—
a rhythm of rest and relationship.**



We Don't Have Sabbath Rhythm

There's something that troubles me. We, Catholics, are supposed to be loving and obeying God. But I noticed that many of us don't have any sort of Sabbath rhythm. We go to church or to The Feast. But that's it.

I have a hunch. I think we've misread the Gospels. In all four Gospels-- Matthew, Mark, Luke, and John-- there are a bunch of stories where Jesus heals on a Sabbath.

But a bunch of guys called the Pharisees took Sabbath seriously. They criticized Jesus for not making the Sabbath the way they wanted Him to. We've got this message: If Jesus did not take the Sabbath seriously, why would we? Maybe, it's not very important.

In this talk, we will convince you otherwise: That Jesus took Sabbath very seriously-- but in a different way.

So, extend your hand towards the Word:



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



In Matthew 11:28, Jesus says, "I will give you rest."

The global average of burnout is 45%. That is shocking. It means that people of all ages in different cultures and nationalities are experiencing burnout.

But there is something worse. In the Philippines, a Deloitte study shows that 63% of millennials and 70% of Gen Z are going through burnout. This is wild and crazy.

The verse above is very relevant but then Jesus shocks everybody as He continues:

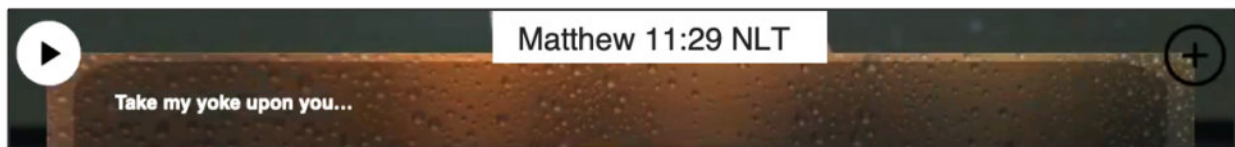
Global Average Burnout = 45%

Experiencing Burnout

63% Millennials

70% Gen Z

**in the Philippines, according to the Deloitte study*



The Yoke of Jesus

A yoke is a harness around the neck of an oxen or a carabao.

Can you rest while carrying a yoke?

Can you rest while carrying a yoke around your neck?

No. But if it's Jesus' yoke, you can rest.

Here's news for you: God is not in the business of removing your burdens. He is in the business of replacing them.

We have the wrong notion of what rest means. We want a comfortable life but what we really want is the absence of burdens. Yes or no?

How many of you dream of not having any burden? How many of you want to retire early? We want that.

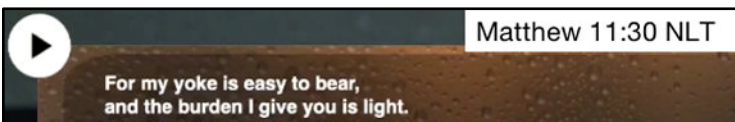
My friends, there is such a thing called rest but there is such a thing called *real rest*. Real rest, however, is not the absence of burdens.

A study about people who retired at the age of 55 versus a group who retired at 65 shows that people who retired at 55 increased their risk of death by 37%.

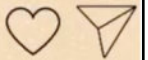
You know why? They just stayed at home, and they didn't do anything anymore. So, their health suffered until their death. They had an absence of burden.

Be sure that if you retire, you've got something to do. Continue to carry burdens. Stress is good. Many people say that stress kills. In one sense, it does. But only for people who think that stress will kill them. But stress can strengthen you.

Jesus continues: *For my yoke is easy to bear, and the burden I give you is light.*

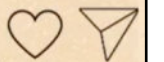


God isn't removing our burdens. He wants to replace them.



Real rest isn't the absence of burdens.

Those who retired early increased their risk of dying in 10 years by 37%.



A comfortable life will make you weak. Only burdens can make you stronger.

Why is the yoke of Jesus light? Because the yoke is usually made for two animals.

Jesus wants to carry your burden with you.



Jesus wants to carry your burden with you.



Put your hands on your chest and say: "*Jesus, speak to me. Continue to transform my life by the power of Your Word. Give me real rest. In Jesus' Name. Amen.*

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



Real Rest

How many of you can say that Matthew 11:28-30 is one of your favorite Bible passages? May I shock you? That verse is connected to Sabbath. That verse, on its own, is very comforting and inspiring.

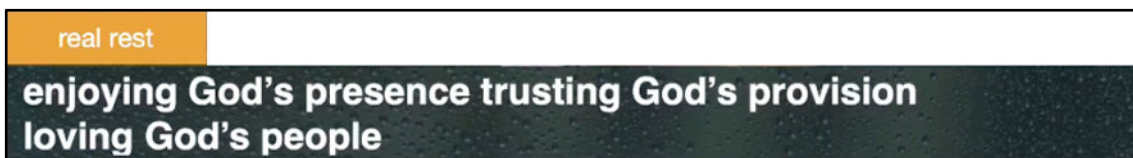
Do you want to know the full meaning of that verse? You must find out the original intent of the author, Matthew. You've got to know the surrounding verses and the context. This verse is found in Matthew 11.

In Matthew 11:28-30, Jesus says, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew follows those lines with two controversial stories where Jesus does “scandalous” chores on the Sabbath. There is rest and there is *real rest*. Rest would be whatever we do such as sitting on a couch while Netflixing or Tiktoking-- which is fine.

But there is such a thing as *real rest*. In the mind of Jesus, during the Sabbath, one may have three important dispositions:

1. Enjoying God's Presence; 2. Trusting God's provision 3. Loving God's people



Where do those three ideas come from? They are in the two Sabbath stories that came after the verse we just read a while ago: “Come to me, all you who are weary...”

What are these two stories?

1. Can You Pick Wheat on the Sabbath?
2. Can You Heal on the Sabbath

Two Scandalous Sabbath Stories

1st Sabbath Story

Can you pick wheat on the Sabbath?

Let's read Matthew 12:1-2:



Matthew 12: 1-2 NLT

At about that time Jesus was walking through some grainfields on the Sabbath. His disciples were hungry, so they began breaking off some heads of grain and eating them. But some Pharisees saw them do it and protested, "Look, your disciples are breaking the law by harvesting grain on the Sabbath."

Imagine the disciples walking with Jesus in the grainfield. They got hungry and they started to pluck wheat grains and munch them like popcorn.

The Pharisees saw them and said, "Aha, you broke the Sabbath law!"



They were referring to the Sabbath law stated in Exodus 34:21: On the Sabbath, you cannot plant, and you cannot harvest.

What were they doing? Walking in the grainfield, plucking wheat, and eating wheat. Now, here's the big question: Was that harvesting?

For the Pharisees, the answer is *Yes. Absolutely.*

Jesus disagreed. He gives two reasons to defend Himself.

First Reason

A new King is in town.  

Let's read Matthew 12: 3-4:

Matthew 12: 3-4

Haven't you read in the Scriptures what David did when he and his companions were hungry? He went into the house of God, and he and his companions broke the law by eating the sacred loaves of bread that only the priests are allowed to eat.

Why were David and his companions able to break the law? Because David was king, and kings had the authority to interpret the law for specific situations. And according to King David, this was allowed at this particular time.

So, by telling this story, Jesus-- in a not-so-subtle way-- was announcing to everybody, "Hey, guys, there's a new king in town."

And then, get this: He starts defending Himself or explaining His decision through another way...

Second Reason

A new Temple is in town.



Let's read Matthew 12:5:

Matthew 12:5 NLT

And haven't you read in the law of Moses that the priests on duty in the Temple may work on the Sabbath?

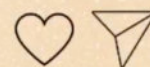
My dear Friends, at that time, everyone did not work on a Sabbath-- except the priests at the Temple. At the end of the Sabbath, you can imagine their white robes drenched in blood because their work was preparing animal sacrifices.

Why were the priests allowed to work during the Sabbath?

Because they were working in God's Presence.



**Working in God's presence wasn't work—
it was hanging out with God in the Garden.**



When you work in God's Presence, it is not *work*. It is hanging out with God-- just like Adam and Eve were hanging out with God in the Garden of Eden.



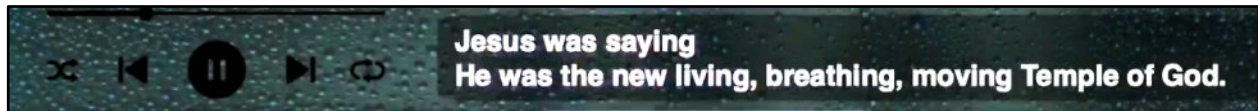
Back to Eden

So, Jesus says, “I tell you there is one here who is even greater than the Temple.”

Jesus is kind of telling the Pharisees, “I am not only the new King. I am also the new Temple.”

He was announcing to the Pharisees-- and he was saying it not in the way I am saying it...

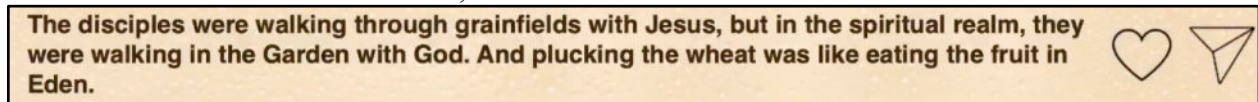
He was saying, “I am the living, breathing, walking, moving Temple... I bring the Temple of God.”



Remember, when Matthew was writing this story, the Bible, particularly in this case, Genesis 1-3, was always the lens in telling stories. When the disciples --Peter, James, John-- were walking, plucking, and eating wheat with Jesus, the new King, the new Temple, Genesis 1-3 was happening-- they were walking in the Garden, the Garden of Eden,

God was there. This was not *work*.

This was just a grainfield but in the spiritual realm, behind the curtain of the visible and the invisible, we are back in the Garden.

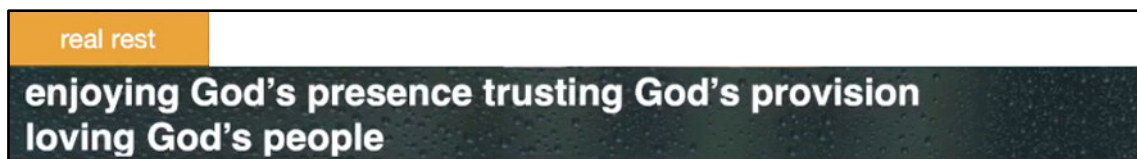


Jesus brought us back to the Garden.

And the wheat-- what was that? The fruit of the Garden.

God says to Adam, “The fruits are all there.”

This is *provision*: Sabbath is about enjoying God’s Presence, trusting God’s *provision*, and loving God’s people. All of those happening at *that* moment.



Can you heal on the Sabbath?



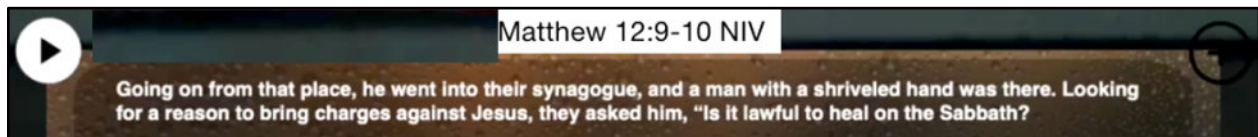
Okay, let's review: In the mind of God, the Sabbath was first, enjoying the Presence of God; second, trusting God's provision; and third, loving God's people.

We kind of got it, from the first Sabbath story about enjoying God's Presence-- because Jesus was with the disciples in the grainfield. And yes, trusting God's provision-- because look, wheat we can eat...

How about loving God's people?

Ah, that comes from the Second Sabbath story.

This is what Matthew says-- Matthew 12: 9-10:



My dear Friends, just in that line, you capture the idea that Someone took His Sabbath seriously. He went to the synagogue.

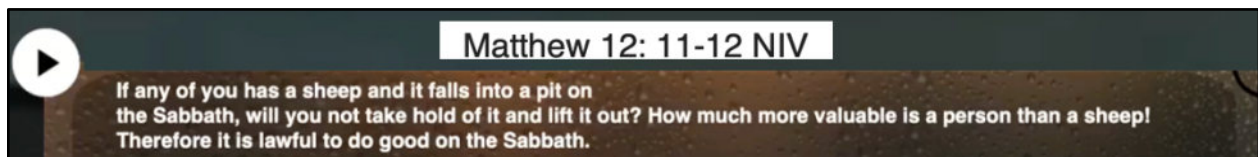
Jesus was no law-breaker who said, "Come on, Sabbath is passe-- it's already Old Testament. I'm the New Covenant..."

No, no. He was Someone who followed the law and He took His Sabbath seriously.

And then a man with shriveled hand was there in the synagogue.

This is the controversial part. Looking for a reason to bring charges against Jesus, they ask Him, "Is it lawful to heal on the Sabbath?"

And this is what Jesus says: "If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it, and lift it out? How much more valuable is a person than a sheep? Therefore, it is lawful to do good on the Sabbath."



Sabbath in the Mind of Jesus

My Friends, for Jesus, in His mind, Sabbath is about loving God's people. It is about sharing God's goodness with our neighbors.

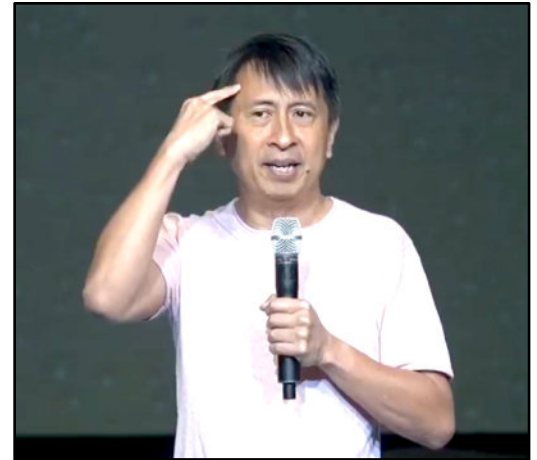
Sabbath was sharing God's goodness to our neighbors.

You know what I'm doing here on a Sunday-- on my Sabbath?

Every Sunday, I am working hard. I'm preaching. Not only me. Everyone here, onstage-- our Worship Team. Not only them. Every usher and person in the Awesome Kids, the Intercession, the Admin, and the Finance.

All these people are like priests in God's Temple. They are working hard on the Sabbath because they are working in the Presence of God.

Therefore, that's not work. We're just hanging out in the Garden.



But of course, after The Feast, I'll hang out with my family. We'll eat together. I'll rest. I'm going to be in the presence of love. I will enjoy.

Every time you gather for a meal-- whether you pay for it or someone else pays for it, it's all the provision of God. You're enjoying God's provision.

Jesus was fulfilling the purpose of the Sabbath. That's why He calls Himself the Lord of the Sabbath.

States of Life

Yesterday, I attended a beautiful musical show with my son Francis. I happened to be beside Miss World. The woman beside me was blonde, had a crown, and was seven feet tall.

But I'm talking about the other woman who is my Miss World.

My Friends, I'd like just to move this to a close. I believe that in life, there are two states.



State 1: No Struggle

This is no-struggle state. This is where we all want to be. This is where we all lie on a hammock and just enjoy life.

State 2: Struggle

This is a difficult stage. You carry all sorts of burdens in life like family, work, ministry. But this is the state where you grow. This is the state where you become better, stronger, and wiser.

In State 1, you'll stop growing. This state is where you atrophy. So many people want to be in State 1. I'm warning you: Avoid that state.

In State 2, I'm married to Miss World.

Do you know how difficult it is to be married to Miss World? I must take care of her and meet her needs. It has been a heavy responsibility for the past 25 years. But I love it. It made me stronger and wiser. It made me more loving and patient.

I also have two boys. It's difficult. It's a burden. But fatherhood has made me so happy.

At the same time, I also lead, preach, and serve in the ministry.

Sometimes, when I'm really exhausted, I have this tantalizing idea: What if I just stop serving-- cold turkey. Stop preaching, stop caring for people, stop helping people, stop getting involved in other people's problems-- messy as they are. Ahh, comfortable life, wonderful life, beautiful life ... for a while.

At a certain point, I'll feel empty. I'll feel miserable.

You want to be in State 2 with all those burdens.

Stress is good for you.



Bro. Bo with his Miss World Marowe, and their sons Bene (*right*) and Francis (*left*).



State 3

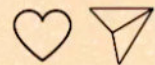
I have good news for you. There are not just two states of life. There is a third state of life called “Surrendered Struggle.”

It is a state where Jesus comes and says, “*I will give you rest. Take my yoke upon you. I will carry the burden with you.*”

God never designed you to carry your burdens alone. If right now you’re carrying burdens-- your worries, fears, pains in your heart, hurts caused by other people, confusion, chaos, the storm within you-- you are designed to surrender them to God. *At right*, Feast Bay Area Builder Bro. Audee Villaraza, like Jesus, helps Bro. Bo with his bags.



Don't carry your burden alone. He wants to carry it with you.



Let's go to the Third State. It's called the Sabbath. As we worship God, enter into your Sabbath.

Say this after me:

Jesus, Thank You that You died for me on the Cross and You rose from the dead for me--to give me life and to bring me to the ultimate Sabbath not when I die but right here, right now where I'm enjoying Your Presence, trusting Your provision, and loving Your people. In Jesus' Name. Amen.





MERCY MINISTRIES

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

--Matthew 5:7

FEAST TIMOG *Cycle of Blessings*

FEAST TIMOG is a fairly new Feast, starting at the Sequoia Hotel on Mother Ignacia Avenue, corner Timog (South) Avenue in Diliman, Quezon City, only in October 2023, with Bro. Antonio 'Bimbo' Leonardo as Feast Builder.



By God's Grace, Feast Timog flourished at the Sequoia Hotel. Attendees increased in number, thus it transferred to a bigger place-- The Circle Events Place on 1 Timog Avenue, now its venue, holding The Feast every Sunday, at 9:30 a.m.

From the *south*, Feast Timog has gone *up and about*, blessing not just the Feasters but also those in need.

As early as its first quarter-- from October to December 2023-- Bro. Bimbo, ably supported by his wife Elsa, started a Feast Timog fundraising drive called SHARE+ to cover operational expenses.



Attendees themselves generously contributed portions of their funds. Feast Timog continued the drive during its annual Servants' Christmas Fellowship, soliciting donations from private individuals and companies that supported The Feast in the past.

The FEAST FAMILY July 28, 2024 25



Sharing

Having received such a precious gift, Feast Timog promptly shared the funds as aguinaldo to our Anawim Home for Abandoned Elderly, and Jeremiah Foundation, our home for abused girls.

Also, this year, Feast Timog donated cash to He Cares Mission for street children in response to the appeal of Bro. Joe Dean Sola, He Cares founder, when he visited Feast Timog earlier to promote the He Cares Back-to-School scholarship program for out-of-school youth.



Blessing After Blessing

In Community, we often say that God cannot be outgiven. True.

Bro. Bimbo has received blessing after blessing since he dedicated his life to serving God and His people.

Bro. Bimbo worked in the sales department of NCH Philippines, a company of the National Chemsearch Corporation, an industrial maintenance firm.

By Divine Design, among Bimbo's officemates at NCH are Clarisse Isidro and Percy Garcia, members of Homes for Christ of the Light of Jesus Family. They invited Bimbo and Elsa to join LOJ, and thus began the couple's missionary journey.

Starting at the LOJ Homes for Christ in Fairview, Quezon City, they then joined The Feast at the Aguinaldo Theater, QC, then The Feast at the Bureau of Soils and Water Management (BSWM), also in QC, where Bimbo served as Feast Builder. During the Coronavirus Disease (COVID) Pandemic, Feast BSWM had to close. After the Pandemic, the Feast BSWM joined the Feast Ortigas District and was revived as a morning session Feast at the Novotel Hotel in Cubao. Then, the Feast Novotel morning session eventually became the Feast Timog.

Yes, it's a cycle of blessings. Not to be outgiven, God has blessed Bimbo and Elsa with the child they so longed for.

Here they are with their priceless treasure, Ria, now 25 years old.

A second blessing is Bimbo's lucrative job as a sales manager at Blue Process Technologies Inc. which specializes in advanced composites for marine and construction industries, resins for making molders.

Priceless gift is the love of the Feast Timog family. Here, servant leaders pray over Bimbo during the celebration of his 60th birthday.

Yes, it's a cycle of blessings.

Feast Timog is giving back to the Lord.

This coming October 13, to celebrate its first-year anniversary, Feast Timog will be holding a musical event at Circle Events Place. The beneficiaries are again our Mercy Ministries-- Anawim, Jeremiah Foundation, plus Jesus Cares for Cancer Foundation.

And for sure, the Lord already has new blessings for Bimbo and his family, for Feast Timog, and its Mercy Ministries. As sure as the promise in his favorite Bible verse, Psalm 23: *The Lord is my shepherd; I have all that I need...*

My cup overflows with blessings.





Thank You!

The Feast Family, now organized as the Feast Mercy Ministries, is a spin-off ministry of the Light of Jesus Family founded by Bro. Bo Sanchez. Earlier named as Kerygma Family, The Feast Family is a unique online, non-physical, borderless, international community of friends who support each other's personal growth.

Partner beneficiaries of the Feast Mercy Ministries flourish because of your generous support.

Thank you for being with us. We pray that you find your daily source of inspiration from the resources that we send to you. We pray too that you may consider giving to The Feast Mercy Ministries. No gift is too small.

Thank you very much in advance for your gift. Our prayer is that God will continue to reward you as you give.

FOR EXISTING DONORS:

Thank you for the Love. Your monthly donation helps us to continue extending support to our Light of Jesus spin-off organizations, including our partner beneficiaries. Your gift will sustain our operations and, we hope, help us reach out to the persons our Lord has called us to make disciples and give them renewed hope.

Be a Feast Family member. Write or call us. Now.

Email Address: jocelyn@kerygmfamily.com

Website: <https://kerygmfamily.com>

Our Partner Beneficiaries

Jeremiah 33 Foundation
is a shelter for minor girls particularly victims of sexual abuse.



Grace To Be Born
is a halfway home for pregnant women in crisis.



He Cares Mission
provides shelter and pastoral care for street children.

Pag-asa ng Pamilya Foundation
grants scholarships to indigent students.



Jesus Christ Cares for Cancer
provides financial assistance and pastoral care for indigent cancer patients.

The Light of Jesus Pastoral Care Center
ministers to those who are emotionally and spiritually wounded.



H.A.I.L. MARY is acronym for Healthcare Assistance for Indigents and Lepers of Mary, adopting the Blessed Mother as the patroness of its mission to eradicate leprosy in Abra within 8–10 years.



The Light of Jesus Disaster Recovery Ministry
provides evacuation assistance, relief goods, financial aid, and other needs of calamity victims.

The Light of Jesus Prison Ministry
brings Jesus to the Correctional Institution for Women to give them hope for a new life of dignity.



Anawim Lay Missions Foundation provides a home for poor elderly who have been abandoned by their family and have nowhere else to go.

CHOOSE HOW YOU WANT TO GIVE

1. Donate ONLINE (through credit card) Go to www.kerygmfamily.com and click 'DONATE' box Paypal I US Donations.

2. Pick Up from Your House or Office (Metro Manila Only) Cash or Checks Address Checks to Shepherd's Voice Radio and Television Foundation Inc. and call Joy at (+632) 725 -9999 loc 112 or text (+63) 922-828-9890 and we'll pick them up from your home or office.

3. Mail 12 Post-Dated Checks to Our Office for US and CANADA: Address Checks to Kerygma Family, 848 Rainbow Blvd # 1937, Las Vegas, NV 89107. For Other Countries/Philippines: Address Check to Shepherd's Voice Radio and Television Foundation Inc. and mail (registered mail) to Shepherd's Voice, 60 Chicago St., Cubao, Quezon City, Philippines 1109.

4. Directly Deposit to Our Bank Accounts. Deposit to Shepherd's Voice Account in any branch of these banks:
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Note: Text, Fax, or email us your name, date and amount of deposit, and the branch of the bank where you deposited your donation, or fax the deposit slip to us. Email us at support@kerygmfamily.com or text us at (63) 922-828-9890/ (63) 998-968-4416 or Fax to (+632) 725-1230.



FAMILY ONLINE NEWSMAGAZINE

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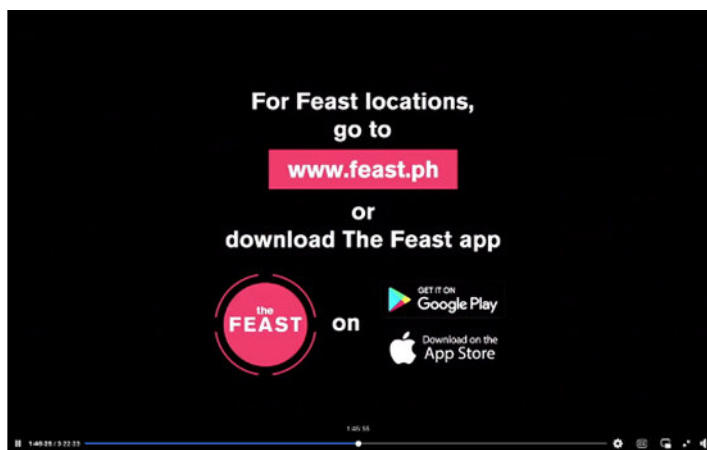
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Go and make disciples of all men.
— Matthew 28:19

