



WELCOME to *Under One Roof*.

Look around you. Tell me if you see what I see: *People live under one roof, but their hearts live in different worlds.*

How do we solve this? How can we heal our home? How can we fulfill God's plan for our families?

Introduction: Family



I introduce our 6-part series with three statements...

1) All Families Are Blessed and Broken at the Same Time

Some are just more adept at hiding their wounds than others. After serving for 45 years in Ministry, I can back up this claim. I have yet to meet a family who isn't wrestling with something.

2) Families Can Help Us Or Harm Us The Most

Families can develop us or damage us. This unique power comes from two factors—*Proximity* and *Vulnerability*. (1) These are the humans that are closest to us, so they have a huge impact on us. (2) And we're exposed to them while we're young, naïve, and defenseless, that's why the impact can go deep.

3) If We Were Hurt By Families, We Can Also Be Healed By Families

That's why the first three Talks will be on our biological family and the last three Talks will be on our spiritual family.

Do you now see how crazy this amazing series is? *Our big problem is usually our families—but God's solution is still family.*

One Big Message: Your Family Will Bless Other Families.

May your dreams come true,

Bo Sanchez



LETTERS

The FEAST Year 27 *Happy Anniversary!*

IF you're a regular Feaster, you know our Light of Jesus Family began when Bro. Gene Sanchez and our Tita Pilar attended a Charismatic gathering and eventually started a prayer meeting at the garage of their home at 56 Chicago St., Quezon City. They celebrated their first anniversary on September 9, 1980. The following week, on September 16, 1980, their youngest son Bo, then only 14 years old led the prayer meeting.

Every quarter, we held a General Assembly called Victory Celebration with Jesus which eventually became The Feast starting on August 3, 1997. *Above*, that's Bro. Bo leading our Feast at our first venue, the Camp Aguinaldo in Quezon City.

Yes, The Feast is now 27 years old! The traditional LOJ General Assembly is now what we call our Grand Feast. Like our Grand Feast of our Feast Bay Area last Sunday, July 28, 2024.

In this issue, we share with you images of our celebration as our Feast has remained the happiest place to be.

"Happy" does not mean we don't struggle through the challenges of building and sustaining our Community. There are trials big and small. Like Typhoon Carina last Sunday causing power interruptions-- so that our sound system conked out now and then. That explains why our founder, Bro. Bo Sanchez, was using a huge megaphone to continue blessing us with God's Word.

No, nothing can stop God's Feast.
Happy Anniversary to us all!



All for God's Glory,

Randy Borrromeo
Media Ministry
Executive Director



the
FEAST ***FLASHBACK!***
JULY 28, 2024

Meditation

WELCOME, Brothers and Sisters to today's GRAND FEAST!

To start our session, let's prepare for a five-minute guided Meditation. Find a comfortable position, take a deep breath, relax, release any tension, and listen.

Feel the Holy Spirit's Presence and invite Jesus into your heart.



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Opening Worship!

BRO. ZACH PE:

As we dive into Worship,
we enter into the Presence
of God.

May I invite you to close your
eyes and let us rest in the
Presence of God? And as you
take a deep breath, realize that
there's actually nothing to fear.
There's nothing to worry about.

Right now, there's nothing to think about. As one family here, we can create an atmosphere filled with the love of God, right now. And all it takes is your heart.

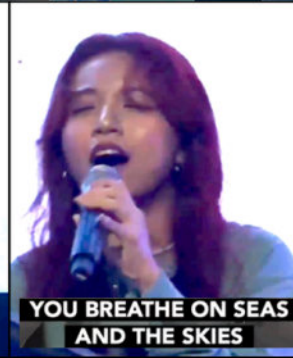
So, we remain in God's Presence.

*Heavenly Father, we open up our hearts to You right now. Silence our minds,
Lord God. Remove anything that's not from You.*

*Jesus, to still my heart. I want to be with Your peace. I want to feel the warmth
of Your embrace here, in this place.*

Brothers and Sisters, take a moment to just rest in the Presence of God.





You Are God
Song by Feast Worship
Songwriters: Ryan Masse / Frank Santora
Source: [Musixmatch](https://www.musixmatch.com)

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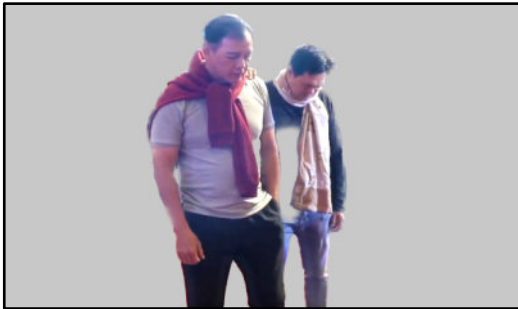
BRO. ALVIN BARCELONA:

Welcome to our Grand Feast! We thank the Lord for saving us from Typhoon Carina. We continue to pray for those who were badly affected by the storm.

Today, we culminate our series, *RESTED*. Today, we will stop and see God more.

Do you remember our talk last Grand Easter Feast?

It was about the two disciples of Jesus who were walking (from Jerusalem where they witnessed the death of Jesus) to Emmaus (their hometown).



While they were on their way, Jesus suddenly appeared and walked with them. The Bible says they did not recognize Jesus. It makes us wonder *why*, despite being Jesus' disciples, they did not see Him. But we have some clues.

The Bible says that they were downcast, or they were looking down, so they didn't see Him. They were so sad. They were depressed. They lost all hope because the one they thought would be their savior-- Jesus-- they saw He was nailed on the cross, He died, and was buried.

They were like, "He's dead. Nabudol tayo. We were gypped. Uwian na lang tayo. Let's just go home."

Jesus, however, rose from the dead. He appeared before them, yet they didn't recognize Him. But Jesus did not impose Himself on them. He just listened to the two disciples recount the death of Jesus. Little did they know they were talking to Him.

Then, Jesus also told His story and the two disciples listened. When night came and they arrived home, Jesus walked on. But since He was nice to them, they invited him to stay in their house.

They said, "It is getting late, not safe for you to go on."

Most of the time, that's what Jesus is waiting for – that we invite Him a little more to our homes, to our hearts, and our lives.





‘I Have Seen Jesus!’

So, Jesus stayed with the disciples in their home. As they sat down to eat, He took the bread and blessed it. Then He broke it and gave it to them. (Like He did during His Last Supper with the disciples).

Suddenly, their eyes were opened, and they recognized Him.

Again, we have practical clues on why it took a while for the two disciples to recognize Jesus.

First, they were hungry. Once they’ve eaten, they recognize Jesus. Sometimes, when we’re hungry, it’s hard to think clearly.

Second, they were tired from walking. But when they sat, they felt rested.

You see, they must be tired not only in body but also in mind and heart because they lost their Savior. They thought Jesus was gone-- but at that moment, they saw Him, they felt Him in their hearts.

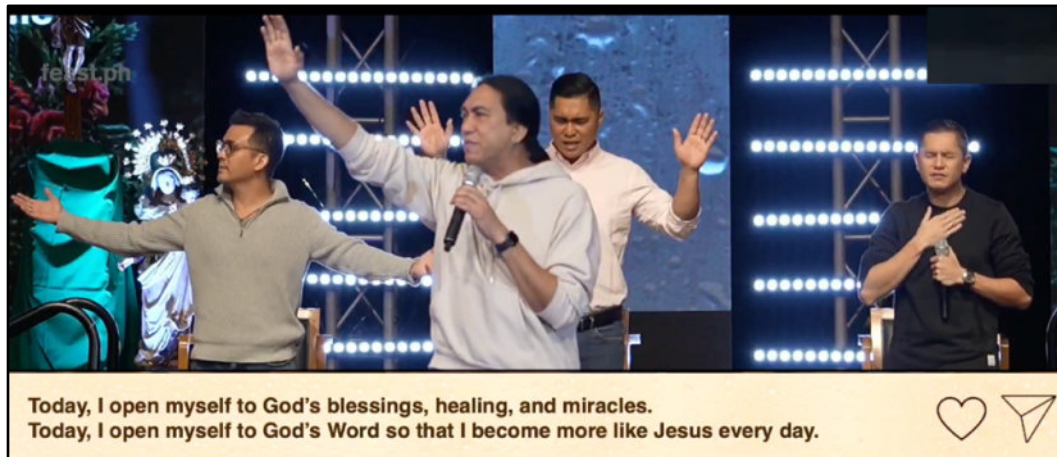
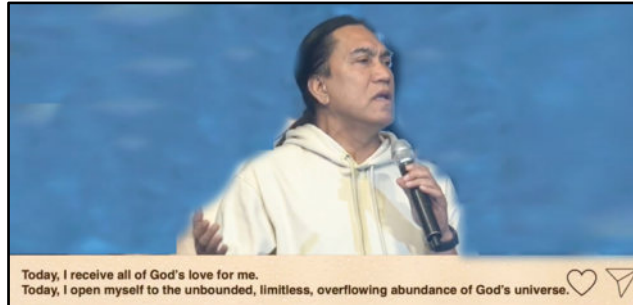


So, they stood up and went back to Jerusalem. Once there, they loudly declared, “I have seen Jesus!”

At one point, we all felt tired not only physically but mentally, emotionally, and spiritually. This series reminds us to stop and to rest so that we can see Jesus again a little more clearly.

NOVENA TO GOD'S LOVE DECLARATION OF ABUNDANCE

Let's pray our favorite prayer.
In the Name of the Father, the Son, and the Holy Spirit.





Let us sing to the Word of God:
*Thy Word is a Lamp unto my feet
and a Light unto my path*

Today, we have this one verse that guided us throughout our Feast Talk series, from Matthew 11:28:

Matthew 11:28 NLT
Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

Today on our Grand Feast, we will stop, rest, delight, and contemplate. Maybe the Lord is inviting us to: “Let’s stop and talk awhile. Let’s stop and rest awhile.” Today, God will give us *real rest*.

  **God will give you rest.** 

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

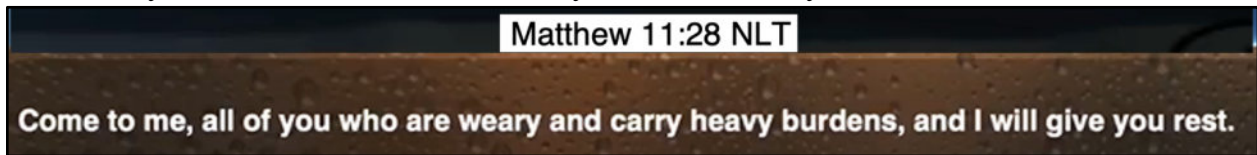
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SPECIAL GRAND FEAST TALK

BRO. DIDOY LUBATON:

This is a safe place. May I see a raise of hands if this verse resonates with you-- because you feel burdened with heavy concerns and you need God's rest?



If the person beside you raises a hand, tell him or her, "God will give you rest."

This is not part of the plan, but I will sit down while preaching because if I stand, I don't look like I'm resting☺

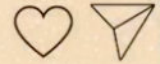
REST. The holistic importance of REST. It is a necessity, not a luxury.

I'd like to give Five Types of Rest so that we may have ideas, practical ways of what we are going to do after being inspired by The Feast talk. What lessons may we apply..

5 Types of Rest:
Physical, Mental, Emotional, Social, Spiritual

Physical Rest

Our bodies need time to repair, regenerate, and recharge.



Your body is not just an artificial machine. It's a supernatural, beautiful, and wonderful creation. It's created to rest too.

Your body needs time to repair, regenerate, and recharge.

Simple. First, get good sleep. Sleep is the charging station of your body.

You will develop chronic illnesses if you don't sleep well. Your allergies are related to that.

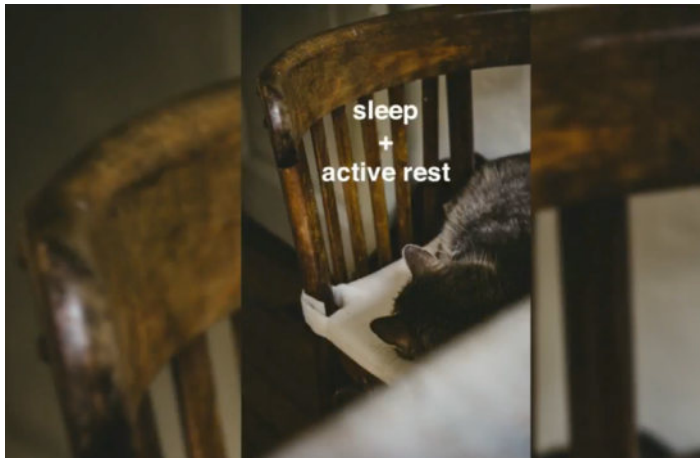
I'm wearing my medical doctor's hat as well as my preacher hat as I speak now.

Your moods are affected by your sleep. Please sleep. But not now 😊

Second, do active rest. Wow, weird-- *active* rest.

Yes, slow and gentle movements-- such as walking in nature, stretching, and deep-breathing exercises.

Those are good for you. They recharge you.



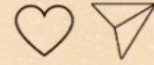
Physical rest is not just reclining with your mouth wide open 😊 No. Go, walk... Inhale, exhale...

Remember, St. Paul said that our body is the temple of the Holy Spirit: *Don't you realize that all of you together are the temple of God and that the Spirit of God lives in you?... God will destroy anyone who destroys this temple. -- 1Corinthians 3:16-17 NLT*

When we rest, we honor God. Taking care of our bodies is not just a necessity but it *is* a spiritual responsibility.

Mental Rest

Our minds are constantly bombarded with information and tasks, leading to mental fatigue.



The moment you wake up, what's the first thing you hold? Your phone...?

When I was younger, it used to be the Bible. Well, okay, now the Bible is already on the phone 😊

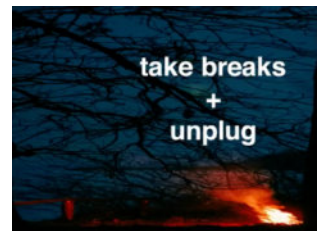
Our minds are constantly bombarded with information and tasks leading to mental fatigue. Have you ever felt that at times, your mind is simultaneously loaded with concerns in the family, profession, and business? Everything-- what's in the news, even showbiz news.

We need a mental break. When I'm in the office, I leave my cubicle not only for water breaks and bladder breaks. I leave my cubicle to walk and to talk with some people.

Sometimes, your desk can also be toxic to you when you're sitting there for a long time. You need to unplug --which means you need to literally take off from the Internet. Turn off your laptop. When we're putting our laptops off, it's a sign that we are trusting God.

Recently, in my office, we unplugged and recharged just for one day. Among top officers in my 700+ organizations, a dozen leaders, including me, hied off outside Manila.

It's good for our well-being when we unplug and recharge elsewhere. We cannot expect the same thing happening all over again and expect the same result.



We too must find moments of solitude to rest our minds and reconnect with our inner peace.

Once in a while, you need to withdraw-- not just from your (ATM) Automatic Teller Machine) account but from your current mental situation-- as Jesus often did even if He is God already.

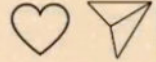
We too, must find moments of solitude to rest our minds and reconnect with our inner peace... >

LK 5:16

As Jesus often withdrew to lonely places to pray,

Emotional Rest

means allowing ourselves to feel and process our emotions without judgment.



Your heart needs to rest too.

Let's allow ourselves to feel and process our emotions without judgment.

Nothing to fear. No walls up. Guards down.

How do we do that?

First, we need to express our feelings. Find someone or a few people that you can talk with candidly. Go to people where you feel safe. Loneliness kills. Emotional rest doesn't mean you need to be alone.

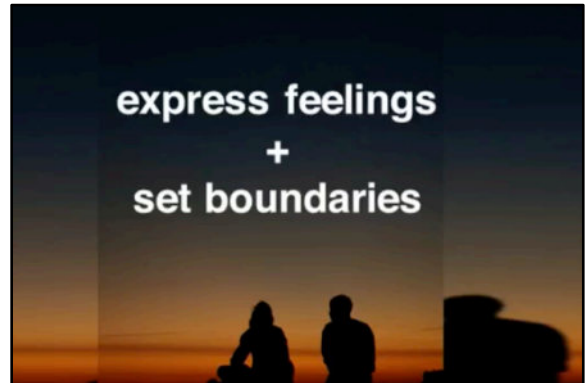
If in any case, you can't find anyone where you can be vulnerable, look up to Heaven and cry to Him.

Second, we need to set boundaries. Learn to say *No*. I get a lot of invitations, but I need to say no to some of them.

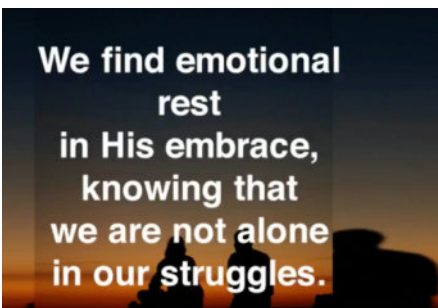
If I say yes to all of them, I will not have that full yes to everything and everyone. So, we might even lose who and what matters most.



express feelings
+
set boundaries



We find emotional rest in His embrace, knowing that we are not alone in our struggles.



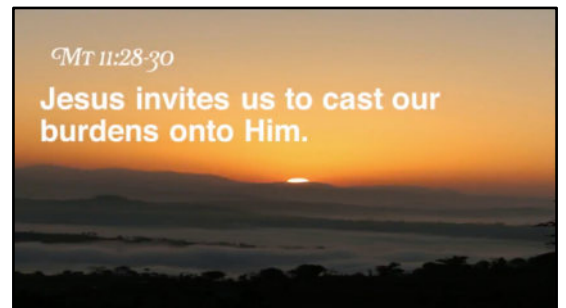
You have emotional burdens? Cast your burdens unto Him. We find emotional rest in His embrace, knowing that we are not alone in our struggles.

Elbow the person beside you and say:

“You are not alone. Jesus is with you, and I am with you.”

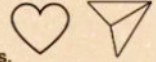
Mt 11:28-30

Jesus invites us to cast our burdens onto Him.



Social Rest

doesn't necessarily mean avoiding people but rather surrounding ourselves with supportive and energizing relationships.



Aaahh, this is good. We need social rest, Brothers and Sisters. You need to rest with friends. Social rest doesn't necessarily mean avoiding people-- but surrounding yourself, again, with supportive and energizing relationships. Life is all about relationships. Your joy, sorrow, success, happiness, and triumph are not just from your titles but from your relationships.



Quick, practical steps for social rest:

Quality over Quantity. Be choosy with your environment. Veer away from toxic people. Distance is good. Let's permit ourselves to be alone.

Whenever I need to be alone I say to those inviting me, "Sorry, I need to be alone."

My friends understand that. And my Community understands that.

I love Blessed Sacrament Adoration time. I sit. I stay silent. I don't think about anything, but I know Jesus is there-- physically Present in my midst.

Being alone helps. Try it.

So, we are launching Feast Bay City next week. In preparation for the launch, on a Sabbath weekend, we didn't have the usual operations.

Instead, we set the Sabbath for building relationships. Along with our leaders and coordinators, we went to a house surrounded by nature, ate vegetables, organic lechon. We had a team building session but it turned out to be a team eating session.

Even Jesus has a circle of friends -- His disciples. He spent time alone with them when He needed to recharge.

Maybe you need some social rest. Spend some time alone with the people who recharge, and energize you. You get to choose-- because it is also good for you.

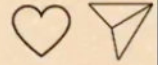


Mk 1:35

Even Jesus had a close circle of friends -- His disciples. He also spent time alone when He needed to recharge.

Spiritual Rest

is about connecting with our faith and finding peace in God.



There is no real rest without rest in God.
There is no real peace until you rest with the Prince of Peace.

How do we do it?

Through prayer time. Meditate through the Scriptures. It is our Catholic practice We're grateful for the Sacraments.

Think about it... How is your spirituality? Maybe, it doesn't just need more energy but *real* spiritual rest.

Our spirits need to be rested, not restless. Check, check, check our spiritual Community. Do our servants feel rested, or do they feel restless?

What kind of Community we're building here?

And I love it, Psalm 23 reminds us: *He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul.*

So, Five Types of Rest. What type of rest do you need starting today?

I'm wearing pink today. It's the birthday of my wife and of our daughter in the coming days. I wanted to honor them. I normally wear black, blue, and white.

In pink, I greeted my wife, "Happy Birthday!"

She said, "That's nice, thank you."

This is a long-sleeved shirt but my wife told me, "Roll up the sleeves so you'll *look* rested."

I know my wife means well.

But I asked myself, "Do I really have to look rested?"

But then again, resting is a symbol of trusting. You can rest because God is doing the rest of what you need.

God bless us all.

Let us pause once again for a minute of silence. Close your eyes and rest in God's embrace.



Ps 23

**He makes me lie down
in green pastures, He leads me
beside quiet waters, He restores
my soul.**

BRO. TONY VALENZULA:

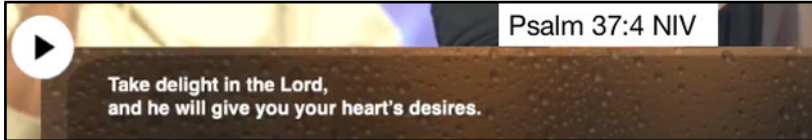
Breathe in. Breathe out. Delight.

Bro. Alvin shared about *Stop*.

Doc. Didoy shared about *Rest*.

Allow me to share about *Delight*.

Psalm 37: 4 says:



I don't know about you but whenever I hear the word *delight*, I think of only one thing: *dessert*.

Normally, we have dessert at the end of the meal. But if we reflect on Psalm 37, *Delight* means something else when it comes to God's perspective:

Take delight in the Lord, and He will give your heart's desires.

Delight in the Lord comes first.

How often have you been focused on your heart's desires first? Does it happen to you?

You are like, "Lord, I want a big house, a car, a promotion. Lord, my lovelife..."

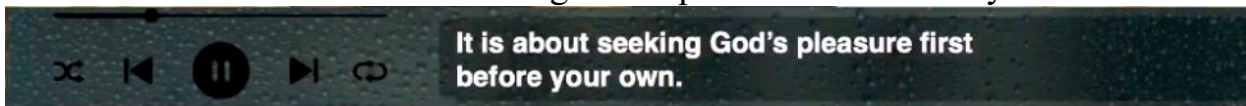
Then after expressing your desires, that's the only time you focus on the Lord. There's nothing wrong with that. But what if we put God first as our *delight*--- before our heart's desires?

Your perspective will change. The Lord will open your mind, heart, and spirit.

When you rest, what do you focus on? We immediately think of vacation, beach, buffet dinner, Korean drama, Netflix, or staying in bed, sleeping for two extra hours.

Maybe these are parts of your rest as Doc Didoy said earlier.

But I believe that rest is seeking God's pleasure first before your own.



God's Pleasure

Now the question is: What is God's pleasure?
I believe it is always God's pleasure to be with you.

It is always God's pleasure to be with you.

He loves it when He is with you. When you realize that it is God's intention to always be with you, won't you feel grateful?

Close your eyes for 30 seconds. Think of one thing you're grateful for today...

Now, open your eyes. Hold on to what you're grateful for. Realize that the things we are grateful for come from God.

Recharge by focusing on God's love for you and all the gifts and blessings, He already has given you. You just have to pause and take delight in those blessings. When you start to maximize your attitude of gratitude, you're always recharging yourself. Weren't you recharged within those 30 seconds? Only 30 seconds -- yet you were already recharged. How much more if you're thankful more and more every day?

When you recharge, you're focusing on God's love for you. Those blessings are already there even before you acknowledge them. You just have to pay attention, take a moment to pause, delight in them, and be grateful. And you start to smile. You start to share your blessings, you start feeling uplifted.

When you spend time with the Lord, you'll also realize what's valuable in your life because you're grateful for it.

Later, my wife and I will have our "Sundate." We will watch a movie. We didn't have our "Saturdate" because we attended a baptismal party. Sunday is not just a quality time but a personal time with each other-- aside from enjoying Wolverine versus dead wolvers. No spoiler intended.

Taking delight in the Lord is the whole reason for the Sabbath. We need to put God first not only during the Sabbath day but every day. And you start to realize that being open to God's Presence, being grateful for all His blessings, yes, you delight in the Lord.



**Taking Delight in the Lord
is the whole reason of the Sabbath**





BRO. AUDIE VILLARAZA:

Imagine if I sat or lay down here for 15 minutes without saying a word. Would you stay? Would you take a nap? Would you start fidgeting with your phone?

That's the reality of life. We like it when something is always happening. Maybe, we can sit still for 15, 20, 30 minutes... But how about for an hour, for two hours? Just sitting still, doing nothing.

I wonder how many of you will feel the need and the urge to do something like get your phone to play a game, send an email, or log off if you're watching at home.

We feel restless when nothing is happening.

How many people can resonate with this? The truth is that this is how our world operates now. With so many options on what we can do, we think we need to fill our space with what we need to accomplish

The sad reality is that the world is so noisy already. So much noise coming from your home and your office. People are constantly talking. The TV is on. The radio is on. And to drown out the noise, you create more noise. Sometimes, you like to have music in the background, or you like to play.

Not all noises, by the way, are bad. Some of you like to listen to inspirational music or educational podcasts. But here's the thing: Sometimes in the process of drowning out the noise, you also drown out God's voice. You're unable to hear His voice simply because there is so much noise in your life.

Why People Get Tired

Do you know what is the leading cause of burnout in Ministry? Why people quit serving the Lord?

I have been serving in Ministry for decades.

People have approached me saying, “Bro. Audie, I’m tired of serving. I am exhausted. I want to quit. I want to take a break. I want to rest.”

My usual answer to them is this: “How is your relationship with the Lord?”

The reason people get tired of serving is “overserving.”

It’s possible. Remember the story of Mary and Martha?

Let’s read Luke 10:38:

³⁸ As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. ³⁹ Her sister, Mary, sat at the Lord’s feet, listening to what he taught. ⁴⁰ But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, “Lord, doesn’t it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me.” ⁴¹ But the Lord said to her, “My dear Martha, you are worried and upset over all these details! ⁴² There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

When Jesus came into town, He was not looking for a free meal. He wanted to visit His friends. And here comes Martha-- she sees that as an opportunity to showcase her cooking skills. So, she started preparing food in the kitchen. The more she prepared, the more she wanted to serve, there’s nothing wrong with that. It’s good to serve the Lord.

But as she served the Lord in the kitchen, she started complaining to Jesus and she said, “Lord reprimand, Mary. Tell her to help me...”

But Jesus said *No*. Mary chose the better thing. I will not take that away from her.”

What did Mary do? She sat down at the Lord’s feet.



Listen to me, my Friends.

If ever you have arrived in that position where you are for overserving, my message to you is this:

Doing *for* God is not the same as being *with* God.

I know that you're busy.



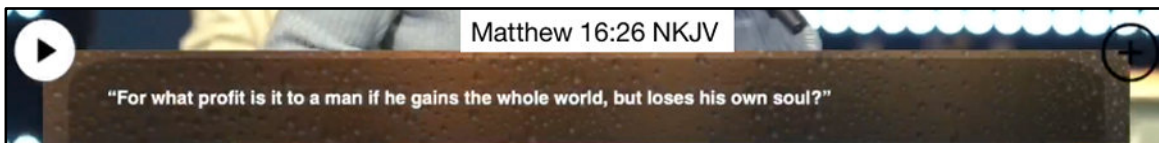
**'Doing for God' is not the same as
'being with God'**

You're like, "On Sunday, I also have to work. I've got because they're expecting me to work"

Yes, I know that you're busy. Bills need to be paid. Mouths need to be fed. Things need to be made. Emails need to be sent.

But at what cost is your busyness affecting your soul?

Jesus says:



You might be successful in what you do-- but at what cost? You might be forfeiting your soul. Our worst mistake is when we think we're winning in the world but we're losing in Heaven. You're so busy *serving* the Lord that you forget that it's different when you're *with* the Lord.

Some of us here need to hear this message: You are winning in life. You're succeeding in life. Your life may be improving, your accomplishments are increasing-- but then your soul is languishing.

I don't mean to be overdramatic, but I don't want you to be listening to the talks, and you're like "Wow, what Bro. Alvin, Bro. Didoy and Bro. Tony talked about-- they're all inspiring!"

But then tomorrow you come to work still stressed-- simply because you didn't take the time to contemplate what God said. You just sat there, you heard the talks. But then on your way to the parking lot, you would be quarreling with someone who perhaps blocked your way.

That's how the enemy will snatch the Word. Why? Because you didn't bother to sit down and really listen to what God was trying to tell you. You let the enemy snatch that message.



Two Ways To Follow Jesus

If you want the Word of God to really change your life, you need to be fertile ground so that God's Word will create roots, so that one day, it'll bear fruit.

The Bible is such an amazing book. When you read the Bible regularly, when you contemplate God's Word, you'll realize it has all the wisdom that you need to journey in this world.

One thing that people are forgetting, however, is that the Bible is not just a book that will inspire you.

The Bible is also a biography. It chronicles the life and death of Jesus. The Gospel writers wrote about what Jesus did every day.

As I close this, I say that if you want to follow Jesus, don't just look at the Bible as though it's an inspirational book. But look at the Bible as a biography in the sense that if you want to be like Jesus, then you follow what Jesus did. Jesus showed us what He did. He practiced the Sabbath. He stopped, rested, delighted, and contemplated God's Word, and He prayed.

Jesus invited His disciples to follow Him and today, He invites us to do so.

There are two ways to follow Jesus.

First, is the physical. Like you follow what Jesus did. Like what He said to His disciples: "Follow where I go. Follow me where I will make miracles. Follow me where I will preach."

It's physical.

Another kind of following Jesus is literal... Jesus is simply saying, my dear Friends, if you need something to copy... Let's say some of you are tired of the way you've been living your life and you're tired of carrying your cross there is a better way to do so.

Jesus is simply teaching all of us today a new, better way to carry our crosses.

He says, "Follow Me. Do like I did. Pray how I prayed. Live how I lived."

Jesus is telling all of us: "You don't have to carry your problems all by yourself. I carry your burdens with you. I get to carry the heavier part of the cross. All you've got to do is follow me step by step by step. Come to me. Take my easy yoke. Follow me and I will give you rest."

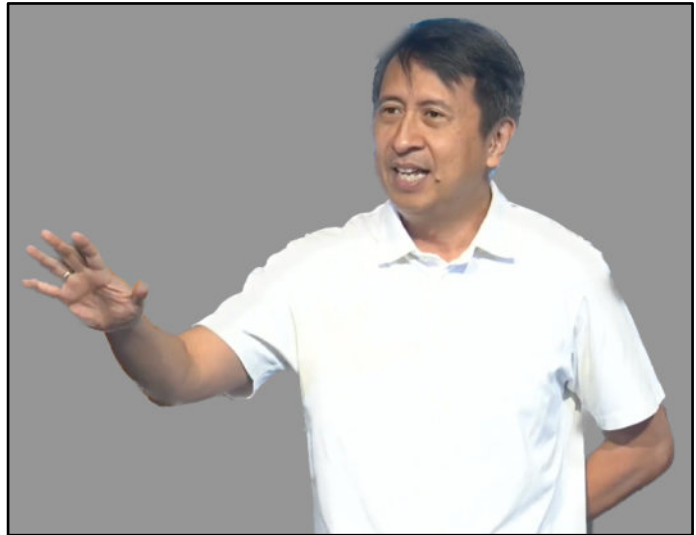
That's Jesus. He will give you rest but you must follow Him.

BRO. BO SANCHEZ:

Let's worship the Lord. In this entire series, Everybody say, "God spoke to me. I want you to put your arms around somebody beside you and tell that person, "Let's rest with God together."

If there is one thing that I know about God, He wants you. He looks at you and He says, "I love you. I want you with me. I like you. I delight in you. I want to rest with you."

Pray with me today.



Worship!

BRO. NICO CAUNCA:

We continue to serve our God. That no matter what happens, whatever storm that comes our way we continue to trust in God, that He will give us rest. That for every breath of our life He is there and He will not abandon us.

Brothers and Sisters, let's continue to worship the Lord. Continue to proclaim His mighty Name. His Holy Name and we will trust. No matter what happens, we will trust in You.

Whatever part of our life, in moments we are busy, and with our mistakes you make us stop so that we can breathe. We will trust in You, Lord, in your power





FLASHBACK!

JULY 28, 2024

Holy Mass



SEVENTEENTH SUNDAY IN ORDINARY TIME

Homily

REV. FR. KALI LLAMADO

on the Gospel John 6:1-5

Excerpts:

PERHAPS, for all of us who are here and for those joining online, the past week had been very challenging. So, we need to take a rest and have a conversation with the Lord this Sunday.

From our Readings today, I would like to highlight the conversation between God and man.

In the First Reading, the servant of the prophet Elisha said, “These 20 barley loaves are not enough.”

But God said through Elisha, “It will be more than enough.”

After that, there were leftovers.

There Is More Than Enough

The conversation between Elisha and God was also the conversation in the Gospel this Sunday (July 28, 2024).

The Apostles said to Jesus, “These five loaves and two fishes are not enough.

But Jesus said, “It’ll be more than enough.”

Have you heard of that conversation also in your life?

Sometimes, we tell ourselves, “I am not enough.”

Perhaps somebody said to you, “You are not enough.”

But God is telling you today, “You are more than enough.”

That is the grace we ask for in this celebration: The grace of changing our perspective, of God giving us a new vision of not always looking at what is lacking-- but looking at what is abundant.

The Apostles saw the lack of food. Jesus saw the abundance of souls who were present.



Looking at Abundance

This morning, I was excited when I arrived here.

But at the car park, the one who fetched me immediately said, “Sorry, Father, we are having technical difficulties.”

Indeed, I noticed that in this Mass, we were having technical difficulties. Nevertheless, I don’t want to look at what is lacking. I am looking at the abundance of people who are here.



First Reading: 2 Kings 4:42-44

42 A man came from Baal-Shalisha, bringing to Elisha, the man of God, twenty barely loaves made from the first fruits, and fresh grain in the ear. Elisha said, “Give it to the people to eat.” 43 But his servant objected, “How can I set this before a hundred people?” Elisha insisted, “Give it to the people to eat.” For thus says the Lord, ‘They shall eat and there shall be some left over.’ ” 44 And when they had eaten, there was some leftover, as the Lord had said.

Full of Love

A while ago, we were singing *Glory to God* when the mic stopped working. Yet, you continued singing even if we lacked a sound system.

I can see the abundance of souls who are here.

So, thank the Lord for the abundance that He has given us today.

A while ago, Bro. John Ben asked who are the single people here. May I ask the single people to stand? I have a question for you: Do you get tired when people ask when will you get married? People look at you as someone lacking.

But tell the people today, “I am not lacking in love. I am full of love.”

Many times, people see single folks like priests as incomplete. But *no*. You are not lacking in love. You are full of love, and you are just waiting for someone to share it with.

Who among you here does praise and worship in a loud and big way? Some would call it overacting. In Filipino, “kulang sa pansin.”

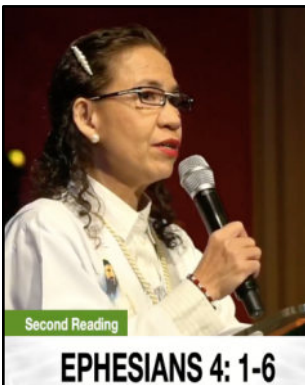
Why do we judge people who are very passionate as overacting? Can it be that they just feel an overflow of God’s love? So, if you want to raise your hands during the Mass, raise your hands. If you want to sing, close your eyes and cry.

If you think you’re not enough. God is telling you today:

“You are more than enough.”

Let us tell Him, “Lord, you are more than enough for me.”

Amen.



Second Reading: Ephesians 4:1-6

1 Brothers and sisters: I, a prisoner for the Lord, urge you to live in a manner worthy of the call you have received, 2 with all humility and gentleness, with patience, bearing with one another through love, 3 striving to preserve the unity of the spirit through the bond of peace: 4 one body and one Spirit, as you were also called to the one hope of your call; 5 one Lord, one faith, one baptism; 6 one God and Father of all, who is over all and through all and in all.

Responsorial Psalm: Psalm 145:10-11, 15-16, 17-18

10 Let all your works give you thanks, O Lord, and let your faithful ones bless you. 11 Let them discourse of the glory of your kingdom and speak of your might.

R: *The hand of the Lord feeds us; he answers all our needs.*



Adoration

FR. MARK DEMANUEL:

My dear Brothers and Sisters, here is the Lord in the midst of us. The Lord who comes to heal each one of us, to touch each one of us. Here is Jesus Himself. The Presence of the Eucharist is the biggest gift we have in the Catholic Church-- Jesus Christ Himself.

We Thank You , Lord. We praise You. We bless You. We adore You, Lord. You found a way, Lord, to stay with us, to remain with us, to be in the midst of us. As You heard today, You are more than enough for us, Lord. You abundantly love each one of us, unconditionally, You are loving us. You are showering us, Lord, with Your grace as You are here with us.

My Brothers and Sisters, I invite you to have a few moments of silence where you can truly be intimate with the Lord. Embrace the Lord. And let the Lord speak to you.

Let us pray:

*You have given them bread from Heaven, having God's sweetness in it.
Oh, God, this wonderful Sacrament has left us a memorial of Your passion.
Grant us, we pray, to revere Your Body and Blood, that we may always experience in ourselves the truth of Your Redemption, Who lives and reigns forever and ever.*

We say together:

Blessed be God. Blessed be His Holy Name. Blessed be Jesus true God and true man. Blessed be the Name of Jesus. Blessed be His most Sacred Heart. Blessed be His most Precious Blood. Blessed be Jesus in the Most Holy Sacrament of the altar. Blessed be the Holy Spirit, the Paraclete. Blessed be the great Mother of God, Mary, Most Holy. Blessed be her Holy and Immaculate Conception. Blessed be her Glorious Assumption. Blessed be the name of Mary, virgin and mother. Blessed be St. Joseph, her most chaste spouse. Blessed be God and His angels and His saints

*O, Sacrament most Holy. O, Sacrament Divine
All praise and all thanksgiving be every moment Thine
Be every moment Thine.*



Welcome!



BRO. TONY VALENZUELA:

May we give a round of applause for Fr. Mark, Fr. Bob, and Fr. Kali for being with us here today.

I pray that we are fully rested in God's love. And I want to invite the first-timers to the house. Welcome to The Feast!

We want to officially welcome you to our Feast Family. Join us here and we will give you a welcome gift.

This is just the beginning. I pray that you continue to be rested in God's loving embrace throughout the rest of this week.



MERCY MINISTRIES

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

--Matthew 5:7

JESUS CHRIST CARES FOR CANCER

Celebrity Love

JESUS CHRIST Cares For Cancer (JCCFC) holds a monthly General Assembly, inviting mostly preachers to comfort and inspire the beneficiaries and their families, assuring them of the love and mercy of our Lord Jesus.

Like Bro. Anthony 'Tony' Valenzuela, who graced JCCFC's General Assembly last April as the main speaker.

If he looks familiar, yes, you see him in the film *Gomburza* as a *criollo* (a full-blooded Spaniard born in Asian Spanish colony). You also see Bro. Tony on television every day as a commercial model endorsing Vicks, Smart Dishwashing Paste, Shoppee, and Start Corned Beef.

Yes, God has blessed JCCFC with a celebrity whose missionary journey is a Divine Design starting as early as Tony was born on November 10, 1984, when God blessed him to be born into a Catholic family.

And so, he studied in Catholic schools: Elementary, Sacred Heart School, Isa Town, Bahrain, graduating in 1996; High School, also at Sacred Heart, 2001; for College, Our Lady of the Angels Franciscan Seminary Bachelor of Arts in Philosophy, 2006; and Adamson University, Bachelor of Arts in Mass Communication, 2009.

And, take a deep breath, he is now earning a Master of Arts degree in Pastoral Theology at Don Bosco School of Theology.

Before entering the seminary, Bro. Tony was already active in his parish church's Youth for Christ (YFC) and also the YFC branch in Adamson.



Mercy Mission Amid Conflicts

Active in Catholic ministries, Bro. Tony would naturally find out about lay preacher Bo Sanchez and our Light of Jesus Family and The Feast.

He relates: “I found out about the LOJ Family first when I read Bro. Bo’s book, *How To Find Your One True Love*. Then I learned he moved his Feast session from Valle Verde to the Philippine International Convention Center (PICC) around 2009/2010. That’s when I also started attending Feast PICC since it was closer to my home (in Tondo, Manila).”

At right, Bro. Tony, gracing the JCCFC General Assembly last April, shares his miraculous exit from Israel at the start of the Hamas siege in October 2023.

Yes, Bro. Tony happened to be on a pilgrimage pastoral mission in Israel at the outbreak of the Hamas-Israel conflict.

Brief background: The enmity goes way back to the time of Abraham.

In the Biblical account of Genesis 22, God tested Abraham’s faithfulness by mandating that Abraham offer his son Isaac as a human sacrifice to God. Abraham promptly obeyed but when he was about to kill Isaac, an angel of the Lord stopped him. God commended Abraham’s obedience, making him patriarch of the Israel people, and gave him the Promised Land, Canaan.

At the time, Canaan was a territory of the Palestinians who since then have been opposing the Israeli occupation. Particularly the Palestinian militant group, the Hamas, has relentlessly fought Israel. The Hamas launched a surprise attack on Israel on October 7, 2023, with a rocket barrage, breaching the barrier between Israel and Gaza, a Palestinian territory.

Amid territorial conflicts, JCCFC steadfastly ministers to the sick and their families. The Foundation provides the beneficiaries cash assistance most needed for their medical consultations, especially their chemotherapy, the drug treatment to kill fast-growing cancer cells.





Blessings

Bro. Tony as speaker in the General Assembly, attests, “I was already blessed to meet the beneficiaries and servant volunteers, see them face to face and journey with them-- if even for just a few hours.

I felt so blessed to meet JCCFC Chairman Bro. Alo Gelano (*left*). I discovered he is a member of the Secular Franciscan Order as well and we both are connected with several Franciscan friars that I also journeyed with and learned from during my seminary years.

Bro. Tony found out about JCCFC through its board secretary, Sis. Maritess Cordero (*right*) a member of the Toastmasters Club where Bro. Tony is also active.

He relates, “I first heard about JCCFC through her whenever she would share about it during her speech assignment in our Toastmasters Club meetings. She also distributed flyers about JCCFC which I still have.”





Privilege and Opportunity

Although busy with his multiple activities, Bro. Tony serves as Builder overseer for all Pastoral Ministries under the Discipleship Pillar in The Feast Bay Area (FBA) District. This includes for now the Couples, the Singles, the Youth, The Feast Light Movement, the Light Groups, and all Pastoral and Discipleship Events and Activities for the FBA District led by Feast Bay Area District Builder Bro. Alvin Barcelona.

Happy servant leaders, *from left:* Bro. Alvin Barcelona, Bro. JC Libiran, Bro. Didoy Lubaton, Bro. Audee Villaraza, Bro. John Ben Rodriguez, and Bro. Tony

Bro. Tony expressed to *The Feast Family* his big gratitude for The Feast blessings.

He exclaims, “I’ve received so many blessings since I joined The Feast! But one major blessing is the privilege and opportunity to be of service.

Being a Feast Builder is simply another bigger level of it but an equal one to all others nevertheless. New friendships, deep relationships with the servants, fellow Light Group mates, and continuous growth and spiritual nourishment with the leaders and brothers Bo Sanchez and Alvin Barcelona, especially.”

Being a Feast servant leader is not easy as there are challenges almost every step of the way.

But Bro. Tony remains steadfast in his mission, particularly in serving in our Mercy Ministries. His pillar? The Bible verse he learned at The Feast, Exodus 14:14:

*The Lord will fight on your behalf,
and all you have to do is stand firm.*





Thank You!

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

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

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

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

FOR EXISTING DONORS:

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

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

Email Address: jocelyn@kerygmfamily.com

Website: <https://kerygmfamily.com>

Our Partner Beneficiaries

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



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



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



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



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



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



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



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

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



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

CHOOSE HOW YOU WANT TO GIVE

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

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

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

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FAMILY ONLINE NEWSMAGAZINE

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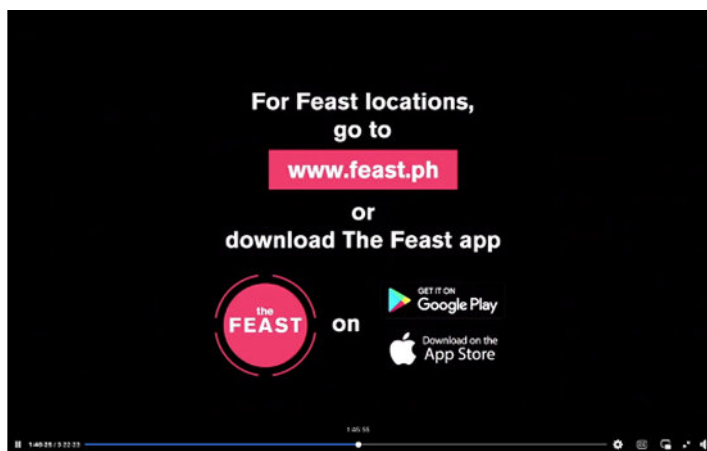
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Go and make disciples of all men.

— Matthew 28:19

