



# FAMILY

## DECEMBER 11, 2022

## SPECIAL REPORT



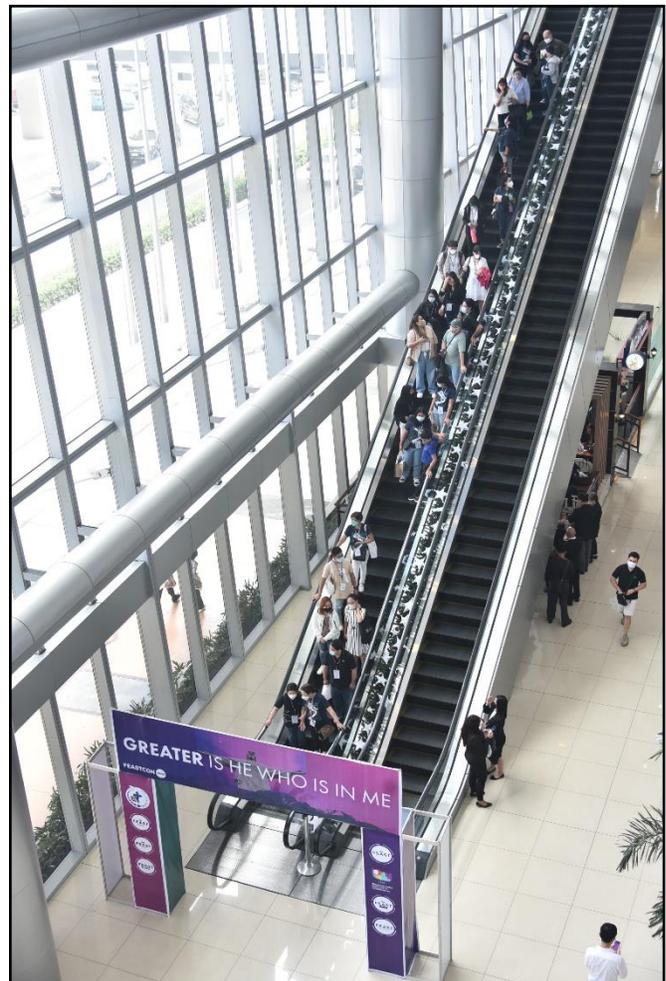
THE Feast Conference is an offshoot of the Kerygma Conference rallies led by our founder, Bro. Bo Sanchez, to bring *Kerygma*, the inspirational magazine he founded, closer to readers.

*Kerygma* magazine is distributed in The Feast, the faith gathering Bro. Bo also founded, now with branches in key areas worldwide.

Thus, *Kerygma* eventually was renamed *The Feast*, and the Kerygma Conference is what we know now as The Feast Conference or FEASTCON.

FEASTCON 2022 centers on the theme *Greater Than*, based on the promise of our Lord Jesus to His apostle Nathanael. Nathanael first thought nothing significant happens in Nazareth, the Lord's hometown, until he realized Jesus is the Messiah. Jesus thus told Nathanael: "You will see greater things than this."

— John 1:50





**DAY 2:**  
**NOVEMBER 19, 2022**

## **PLENARY TALK**

**DAVID ADINATA**

Feast Builder, Feast Indonesia

The theme of this talk centers on the Gospel when Jesus calls Philip and Nathanael in John 1:43:46:

*43 The next day Jesus decided to leave for Galilee. Finding Philip, he said to him, "Follow me." 44 Philip, like Andrew and Peter, was from the town of Bethsaida. 45 Philip found Nathanael and told him, "We have found the one Moses wrote about in the Law, and about whom the prophets also wrote—Jesus of Nazareth, the son of Joseph." 46 "Nazareth! Can anything good come from there?" Nathanael asked. "Come and see," said Philip.*



Note that among the disciples, only Nathanael seems skeptical, questioning whether Jesus is the true Messiah-- asking, "Can anything good come from Nazareth?" Nazareth. Is a small place. So Nathanael thinks there is nothing significant happening there.

Question: What is your Nazareth? A life that has no significance?

The Good News is whatever you are, Jesus can come up with something good for you...

If today you feel insignificant, if you had a dark past, sinful past, and you feel not worthy to be used by God, know that God can use your weakness for His glory.

Philip told Nathanael, "Come and see."

Nathanael went and met Jesus. If he didn't, Nathanael would have no reason to follow Jesus.

Today, Jesus is telling you: "I will change you into something greater."

Greater things happen when we encounter Jesus.

Come and see who you are in this Feast Conference.

## CLASSES

### *Ways to Get Motivated When You Are Running Spiritually Empty*

**FR. KALI PIETRE LLAMADO**  
Vice-Rector, Manila Cathedral

Emptiness reaches us to see what is important, essential, worthwhile, meaningful, and divine.



### *How To Prepare Your Heart for a Joyful Retirement for Seniors*

**HERMIE MORELOS**  
Overall Coordinator  
Feast Mercy Ministries  
with wife **RENG**

Not everyone has the ability to enjoy (retirement) such life... *Iba yung natutuwa ka, iba yung may joy and happiness...* When you plan, you have to confirm your plan with God.



### *How To Build Your Financial Routine and Thrive in Difficult Times*

**BENJ SANTIAGO**  
Founder and Head Coach  
Truly Rich Makers

If you want to be rich, you need to be financially literate...  
Preparedness for any eventuality starts with financial literacy.





*Not Worrier: How To Stop  
Feeling Anxious about Anxiety*

**REZZA SORIANO**

Transformologist and Life Coach

I don't feed myself with what's causing me anxiety... Anxiety is a choice.

When I recognized my contribution to my anxiety, I chose that I don't want to be in this state anymore...

The more we focus on something that is not good, the more anxious we get. Personality types affect anxiety.

Our anxiety does not come from thinking about the future but from controlling it... Try something different. Try something new.

*Simple Guide to a Successful Freelancing Career*

**FITZ VILLAFUERTE**

Founder, Ready To Be Rich

It is easy to become ready for something that you love...

Work hard and smart. You cannot work smart if you don't know how to work hard...

You cannot improve what you don't measure. Small and regular improvements will compound.



*Tidy Up Your Home, Spark Joy in Your Life*

**RENELYN TAN-CASTILLEJOS**

Certified KonMari Consultant

You have to surround yourself with things that make you happy. Your internal clutter will show up in your external surroundings. Everything that you build in your home should contribute to the life you are building.

I let go (of my items) only in gratitude. By doing so, I'm actually honoring the items better. You don't create a relationship with things. You create it with people.

Tidying up is emotionally exhausting, and mentally draining, but it is worth it.



## *Why It's Never Too Late to Be Close to Your Family*

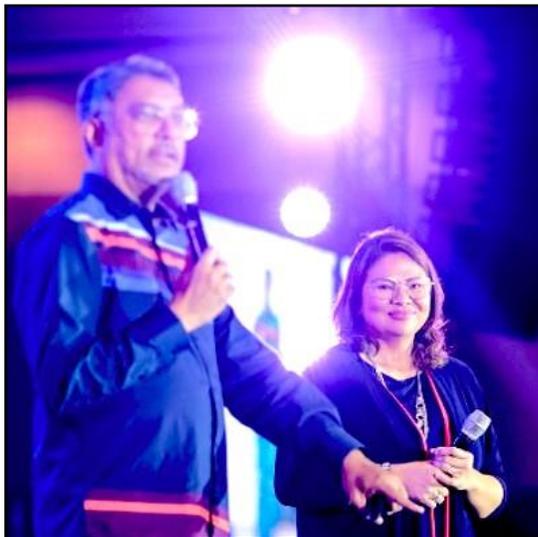
### **RANDEL SERRANO**

Feast Builder, Feast Caloocan

Whether we like it or not, there will always be flaws in the family. It's never too late to begin again.

God is giving you many, many chances to begin again.

It's never too late to catch up with the lost time and opportunities—never too late to make things right.



## *How To Spiritually Protect Your Family*

### **ARUN GOGNA**

Regional Builder, Light of Jesus Mega Manila  
with wife **LALLAINE**

We need to tell each other in the family who we truly are...

We need to tell each other we're children of God.

## *Productivity Tips While You're Working from Home*

### **JOEMER ERNN EMBERNATE**

Co-Founder, Support Shepherd

Never get so busy making a living that you forget to make a life.





## ***Building Wealth in This Post-Pandemic World***

### **BO SANCHEZ**

Founder  
Light of Jesus Family  
Truly Rich Club

What business should you get into?  
You have a God-given gift.  
Solve a problem with your expertise.  
This is how you start a business.  
Invest 20% of your income in big companies  
in 20 years or more.



## ***How to Start Your Career as an Online Seller***

### **KOLEEN RENZ CHUA YAP**

Don't ignore the signs of the universe... If you're going to have a business, *dapat gusto mo yung ginagawa mo*. You choose to serve your business through the highs and lows.  
Never settle for "okay na yan."  
If you serve your market well, they will help...  
The fastest you fail, the faster you learn...  
Time is your most valuable non-renewable resource.

## ***Basic Neuro-Linguistic Programming (NLP) Techniques To Help Your Business Bounce Back***

### **JOJO APOLO**

NLP Master Trainer

When you wake up, keep your eyes closed, remember your dream, and then write it down—because your dreams will give you clues about the problems you are experiencing.

Create your power anchor, embed your goals, and capture your dreams—then offer them to the Lord.



## ***Modern-Day Dating for Singles***

**VANESSA ANTONIO**

US-Certified Matchmaker Science-Based Dating Coach

We were born not knowing how to date. Being in a relationship is constant dating... The people who find love are those who do not give up on love... Do not give up on love, *kahit sobrang tagal*—no matter how long it takes.



**VELDEN LIM**

Preacher and Author

True love waits— but true love works... Love is a verb so you have to act it out... You need to treat dating as a goal, as a journey... You need to work on yourself, not just on your choice... You are not asked to just maintain a relationship. You are tasked to make it flourish.

## ***The #1 Reasons You're Sick:***

## ***The Simplest Solution To Heal Yourself***

**DR. RENATO PARAGAS**

Medical Director, VER 1REV Enterprises Corporation

Water is a very good cleansing agent... If you'd like to stay out of dialysis, add your water intake—it will keep your temperature regulated.



## ***You Can Care for You***

**DR. MICHELE ALIGNAY, Ph.D.**

Registered Psychologist and Author

You have to make self-care work in your life— you have to make it simple and sustainable...

Self-care is not the only solution for our mental health...

Self-care is not getting off the bus— it is staying on the bus and doing it even if it's moving. Do it even though it's hard— do it even if your circumstances are not perfect.



*Special Blend: Coffee and Scripture  
To Start Your Mornings Right*

**BENE SANCHEZ**

Youth Leader

When Jesus says to love God and love your neighbor, He's assuming you're doing it in Community— because it's impossible to do it alone.

*Turning Your Passions for the Arts as a Business*

**JEWELLE VILLARISCO**

Artist and Youth Leader

You don't need formal training: you don't need to go to an art school or an art course. As long as you have the willingness, grit, and a lot of faith, you'll be able to make it work.



**Catholics Come Home: Rediscover the Beauty  
of the Catholic Faith**

**BERNZ CAASI**

Founder, Unboxing Catholicism

Mere Christianity is not enough because we are not called to settle for mere things— we are not called to settle for less.

We Catholics are called to have the fullness of truth.



**FAMILY**

## **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 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> Telephone Numbers: 8725-9999/

Fax 725-1230

## Our Partner Beneficiaries

### Jeremiah 33 Foundation

is a shelter for 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 students in need.



### 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 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 Shepherds  
Voice Radio and Television Foundation 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 and mail  
(registered mail) to Shepherds Voice, 60 Chicago St., Cubao, Quezon City,  
Philippines 1109
  4. Directly Deposit to Our Bank Accounts. Deposit to Shepherds Voice Account  
in any branch of these banks:  
Account name: Shepherd's Voice Radio and Television Foundation  
BPI: Savings Account no: 0123-4849-67 Cubao Aurora Branch  
Banco de Oro Savings Account no: 3970019804 General Araneta, Cubao Branch  
Banco de Oro - Savings Account no. 160506123 SM Cubao Branch  
PNB - Current Account no. 371157500015 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 editorial services by the Light of Jesus Family Library Ministry.**

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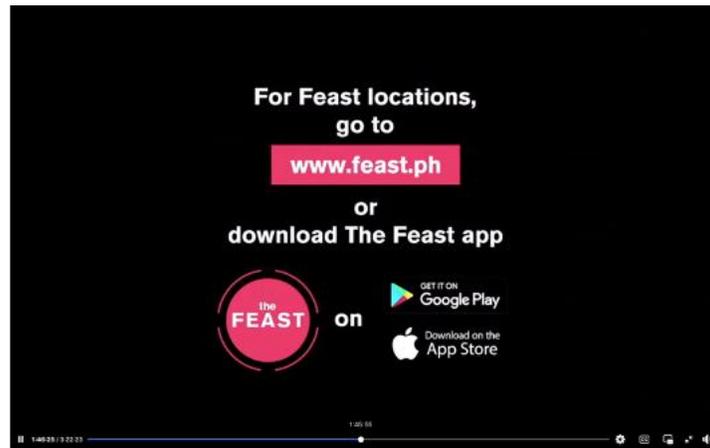
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***Go and make disciples of all men.***

— Matthew 28:19

