



## ***WHO DO YOU WORSHIP?***

WE said this before, and we'll say it again: *"You become the gods you worship."*

And yes, we do worship many gods.

They may not be as obvious as the false gods people worshipped in the Old Testament stories, where they even offered human sacrifices. But they're equally dangerous. They may be money or fame, pleasure or power – or "human idols" to whom we offer our lives.

That's why God hates false gods.

No, He isn't insecure. He is and will always be God whether we worship Him or not. But He loves us, and He doesn't want us to devote our whole lives to something – or someone – who will only frustrate us and turn us into monsters -- of selfishness and greed.

Welcome to Talk 2 of our amazing series, *WHO CAN LEAD US: Our Bible Study on Joshua, Judges, and Samuel*.

We'll learn about Joshua and clarify some questions like: "Did genocide really happen in the battles of the Israelites against their enemies?" "Did God order that?" "Did God play sides in these tribal wars?"

We'll discover and realize the ultimate victory that the battles of Joshua were leading to.

Again, it's not about the destination – or who wins or loses in the battles. It's how we walked with – and loved-- God along the journey.

*"... as for me and my family, we will serve the Lord."* (Joshua 24:15 NLT)

Get ready to be blessed as we welcome you to The Feast, where You are loved!

*Mayroong Magandang Mangyayari Sa 'Yo!*

**Alvin Barcelona**

## *Who Is Your Choice?*

SOME things in life don't necessarily require us to make an immediate decision on.

For instance:

“What phone model should I buy?”

“Which school should I enroll my kids in?”

“Where will we go for vacation this year?”

These questions may take a long period of discernment, not because they're super important, but because the consequences are not as dire.

There are, however, decisions that we cannot put off because of the sheer importance of their effect in our life.

And I cannot think of any decision that is greater than we can make on this important question: “Who is your God?”

We cannot delay our decision on who we will worship. We have only today. Tomorrow is not promised.

So, as soon as you are mentally able to, you must choose – because there's no in-between. Either you're living in the light or you're living in the dark.

The Bible says: *“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other.”* (Matthew 6:24 NIV)

Choose today. And choose wisely.

Prepare to receive a blessing today.

In Christ,



**Audee Villaraza**



**WELCOME**  
**to our ongoing**  
**Feast Talk Series:**  
***WHO CAN LEAD US?***  
**Talk 2:**  
***As for Me and My House***



**NAME:** Feast Quezon City North Triangle Trinoma  
**VENUE:** Cinema 1, Ayala Malls Trinoma  
**SCHEDULE:** Every Sunday, 9:00-1130A.M.  
**NUMBER OF ATTENDEES:** 143-175  
**DATE ESTABLISHED:** June 5, 2022

### **The BUILDER**

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**BIRTHDAY:** December 7 AGE 43



Bro. Marvyn Gaerlan studied at Don Bosco Technical Institute Makati, the University of Santo Tomas, and the University of the Philippines. Now a lawyer, he is a business and labor law coach, Data Privacy Compliance adviser, Occupational Safety and Health (OSH) officer. He was active in a law-based fraternity.

He works at the Sangalang & Gaerlan (SG) Law Firm Online. He served as an Extraordinary Minister of the Holy Eucharist at Claret Immaculate Heart of Mary Parish in Quezon City, as well as during daily Masses at Quezon City Hall.

## Ministry Journey

Bro. Marvyn's ministry journey intertwines with building his family life.

Here they are, Bro. Marvyn and his wife Em with their children, *from left*: Matthew John Elijah; Elisha Gabrielle; David Michael; and Marijah Isaiah.

With Em, Bro. Marvyn previously served with the Couples for Christ Foundation for Family Life (CFC-FFL) chapter at the Claret School, Quezon City, particularly its tutorial program on Answering the Cry of the Poor (AnCoP).

Bro. Marvyn and Sis. Em then felt they needed to grow more in their spiritual life.

He shares: "In 2012, we were looking for a community that can guide us in raising a family and nurturing our spiritual growth as a couple. About a few weeks after our church wedding, we walked in at the Feast Quezon City Bureau of Soils and Waste Management."

They then underwent LOJ's trimester Love Someone Today (LST), a disciple training program founded by Bro. Bo Sanchez. They finished the training just in time for them to join and finish the LOJ Jesus Encounter, a program for knowing more about the Lord and deepening faith in Him. This was in 2013 -- a day before their first child was born.

Bro. Marvyn stepped up his ministry with more tasks: as facilitator for the Love Someone Today training course; as lector under the Liturgical Ministry; engager for the Warmth Ministry; co-preacher of Bro. Ervine Pangwi, Builder of Feast Trinoma; and setting up the Feast Light Olongapo, pre-Coronavirus Disease (COVID) Pandemic.



From his various ministries, Bro. Marvyn then took just one big step to be the Builder of Feast Quezon City North Triangle Trinoma.

## Beginnings

A part of the Feast Quezon City District, The Feast Quezon City North Triangle Trinoma underwent various launching steps:

On June 5, 2022: as a Feast Light (as in a smaller version of the Light of Jesus Family) at St. Michael's Chapel, Trinoma;

On November 5, 2022: as Feast Quezon City North Triangle Trinoma at the Cinema 6, Ayala Malls Trinoma.

On January 29, 2025: The Feast Light Quezon City North Triangle Trinoma at St. Michael's Chapel, Trinoma, was relaunched.

Bro. Marvyn relates: “Most of the work for reopening The Feast at Trinoma after the Pandemic was to take on what was started by our leaders, past and present, in Feast Quezon City. I am privileged to have the best mentors and Light Group (previously called Caring Group) heads, *at right, from left:*

-- Bro. Eng Si, Bro. Arcee Si, Bro. Ervine Pangwi, as well as my previous Light Group head, Bro. Quin Ocampo (*right*) now our Feast QC North Triangle Connect Pillar (Discipleship head).

“We maintained nurturing our relationship with past and new servants and tried our best to re-launch the present Feast QC North Triangle. It was through the commitment of the past and present Light Group heads that we were able to re-launch our Feast.”

## Challenges

The beginnings were not without struggles.

Bro. Marvyn continues: “As commonly experienced by most newly set up Feasts, finances is always a challenge. We are still doing our best to nurture and grow our existing core members, figuring out what works to respond to the needs of the new set of core members, to sustain our operations, while strengthening the relationships among the old and new members. Since we are still about two years running, there are still a lot of trials and errors both in our weekly Feast operation, as well as in the implementation of programs and plans for the different ministries.



## Support Programs

“We have benefited from the full support of our Feast QC District programs,” Bro. Marvyn points out.

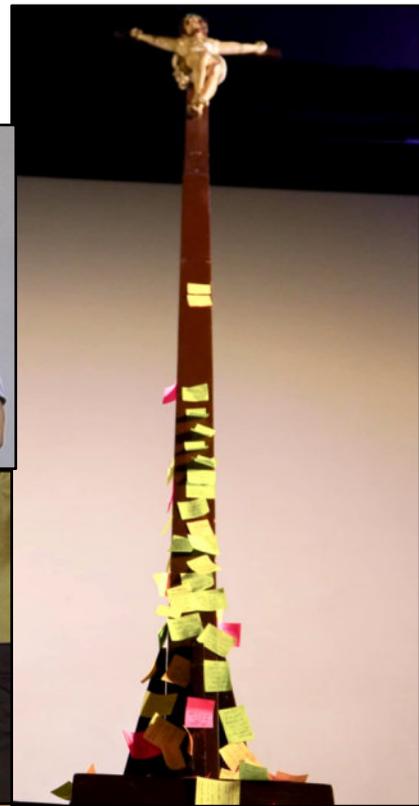
Such programs are the Jesus Encounter and Transfer, as well as the Lighten Up Couples (LUXs) and Singles Love Life Retreat for the initial runs, jointly done with Feast QC Fairview.

“We were also able to sustain our operations for the Awesome Kids Ministry with a temporary play place for the kids,” he adds.



Awesome Kids Youth Walk on All Saints' Day with kids from Sta. Rita Parish





## Holy Mass

Celebrating the Eucharist on the Feast of the Sto. Niño; inspiring message by Bro. Marvyn; blessing the children; posting faithful vows on the Holy Cross; uplifting Worship!

## Hello, 2025!

Feast Quezon City started 2025 not dashing forward. It retreated.

Last January 12, 2025, Feasts under the Feast Quezon City District jointly held their first Leaders' Retreat to reflect on, seek Divine Will for how 2025 should go.

Bro. Marvyn says Feast Quezon City District commits to focus all events and activities more on Discipleship this year.

He explains: "With emphasis on the Feast QC discipleship priority for this year, our branches will cook up programs that will equip our disciples to go back to basics."



Basic Communication program for the present generation; formation programs touching on the Holy Eucharist, Intercession, and Servant Leadership, among others, will be lined up.

## Blessings



### *Anatomy of a Hopeful Heart*

“THE doctors literally stopped my heart to beat and my lungs became blurred for one hour and 20 minutes...”

During the Tithers’ Banquet, a gathering of members offering financial contribution to Feast QC North Triangle, Bro. Edwin Oliva, one of the Community’s humble servants, shared about his quadruple heart bypass operation.

What’s a quadruple heart bypass?

Google the term and you’ll see this comprehensive info...

Doctors explain that the heart muscle pumps to keep blood flowing throughout the body so you stay alive.

To be able to do this, the heart needs oxygen and other nutrients.

Blood vessels or coronary arteries supply the heart muscle with blood.

Sometimes these blood vessels can be blocked by plaque made up of excessive cholesterol, fat and other substances from the food we eat and from being inactive.

The procedure is called *quadruple bypass* when quadruple, yes, *four* blood vessels that feed the heart are blocked. The operation is done to reroute the blood, yes *bypass* the blockages, for the blood to flow through alternative vessels taken from other parts of the body-- the arms or legs-- which are called *bypass grafts*.

The quadruple bypass surgery is an open-heart surgery. The chest is cut open, the heart is stopped to prevent motion during the surgery. The patient is put on a heart-lung bypass machine to allow both the heart and lungs to be still. The machine supplies oxygen to the blood instead of the lungs doing this job. The machine pumps the oxygenated blood through the body as the heart would normally do.

That was what Bro. Edwin struggled through.

By God’s mercy, he survived the ordeal.



<https://www.gettyimages.com=heart+bypass+surgery>



*Here's Bro. Edwin (extreme left) with his Feast QC Light Group who saw him through his ordeal.*

At the Feast QC gathering, he shared: “God prepared me for everything. God moves in a way you won’t even notice. Sumisimple din si Lord sa buhay natin. He just simply sneaks around in our lives.

Today, Bro. Edwin serves as Caritas Pillar for Feast QC North Triangle with his loving wife Sis. Mabel. He also serves with the Social Media Team as one of the photographers. He is also leading the recently established The Feast Light Quezon City North Triangle at the PhilAM Subdivision in Quezon City.

*Here's Bro. Edwin with his family, from left: son, Migs who serves as Youth Ministry Coordinator; daughter Caila; and wife Mabel.*

Deeply grateful for his new life, Bro. Edwin adds: “God plans out everything already, so all we have to do is we just let go and let God.”





## MERCY MINISTRIES

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

--Matthew 5:7

Feast Quezon City District has kindly supported our Light of Jesus Mercy Ministries.

Bro. Mike Santos, Feast QC District Connect Pillar and Feast QC North Triangle Create Pillar, leads in supporting the Feast Mercy Ministry.

Yes, it's all about loving those in need as Bro. Mike and Bro. Edwin Oliva (*to his left*), Feast QC North Triangle Caritas Pillar, express with the now popular Korean Heart sign of love, during their recent visit in He Cares Mission, our shelter for street children.



*Here, Sis. Anna Santos, wife of Bro. Mike, is with Bro. Joe Dean Sola, founder of He Cares, during the Mission's Christmas program which Feast QC North Triangle servants support annually.*



We bless our lolos and lolas with our loving presence at the Anawim Home for Abandoned Elderly. But really, we are the ones more blessed-- just like the Feast QC North Triangle Singles, *here*, joyfully victorious during their visit in Anawim.

Bro. Marvyn adds: “Humbly, in our own little way, my family and I visit and support Grace To Be Born.”

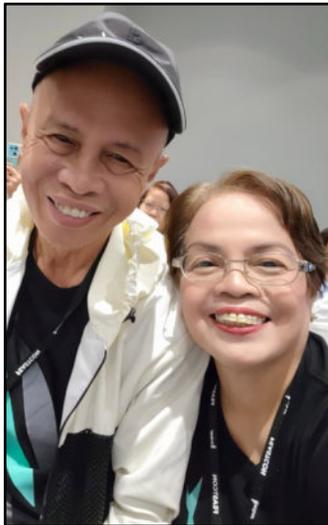
This is our shelter for unwed mothers in crisis where we take care of them during their nine-month pregnancy so that they will not resort to abortion, and yes, to give their baby the grace to be born.

The smiles of Bro. Marvyn, his wife Em, and their children are gestures enough expressing the joy of giving the lost a hope for a life of dignity.





## Salutes!



Bro. Tito Langrio,  
Extraordinary Minister  
of the Holy Eucharist (EMHE)  
-Liturgical Ministry,  
and Sis. Zon Langrio,  
Caritas, District Pillar



Sis. Yish Martin (*foreground*)  
Single and Thriving Singles



Bro. Jay Tarroza, Care Pillar



Bro. Carlo Yu, Engagers Ministry



Bro. Jerome Si,  
District Call Pillar



Servant leader Bro. Omeng Tawid, Call Pillar,  
with his wife, Sis. Rochelle, Visuals, and family.



Intercessory Ministry with Sis Juvy Tarroza (2<sup>nd</sup> from right)  
and Sis Juday Boholano (3<sup>rd</sup> from right)



Bro. Mike Santos  
Create Pillar and District Connect



Bro. Miguel Oliva, Sis Haidee Rojo, Sis. Kristine San Miguel, Dance Ministry



Bro. Joseph Allan Santos,  
pastoral head, Worship Team



Worship Team with Bro. Joseph Santos (*center, black jacket*),  
Bro. Jeckerson Deniña (*2nd from right, in blue*), and Bro. Jerome Si,  
(*extreme right*), District Call Pillar



Worship Team *onstage*,  
*from left*:  
Sis. Kali Ocampo,  
Bro. Agon Alosado  
Sis. Joey Joanna Sto.  
Domingo (*right, in red*)



Worship Team with  
Bro. Mike Santos  
(*in brown jacket*), Create  
Pillar; Joseph Santos  
(*brown long sleeves*), Bro.  
Jeckerson Deniña (*center, in blue*),  
and Bro. Jerome Si (*foreground*), District Call Pillar





Sis. Patricia Anne Martin,  
head, Singles Branch



Emcy Manuel and Gie Lacay (*left and center*),  
coordinators, Singles Branch District



Singles Branch Engagement



Sis. Manette Pajara and Bro. Dennis Pajara, Couples Branch coordinators



Sis. Belen Abalos (*left*) and Sis. Ruby Millarez (*above*), Awesome Kids Ministry



Bro. Ramil Olaivar, Facilities Ministry,  
with his wife, Sis. Adelle



Bro. Keeper Cayanan, Facilities



## Thank You!

The Feast Family, now organized as the Feast Mercy Ministries, is a spin-off ministry of the Light of Jesus Family founded by Bro. Bo Sanchez.

Earlier named as Kerygma Family, The Feast Family is a unique online, non-physical, borderless, international community of friends who support each other's personal growth.

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

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

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

### **FOR EXISTING DONORS:**

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

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

Email Address: [jocelyn@kerygmfamily.com](mailto:jocelyn@kerygmfamily.com)

Website: <https://kerygmfamily.com>

## Our Partner Beneficiaries

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



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



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



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



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



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



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



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

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



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

## CHOOSE HOW YOU WANT TO GIVE

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

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

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

4. Directly Deposit to Our Bank Accounts. Deposit to Shepherd's Voice Account in any branch of these banks:  
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BPI: Savings Account no: 0123-4849-67 Cubao Aurora Branch  
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Banco de Oro - Savings Account no. 000160506123 SM Cubao Branch  
PNB - Current Account no. 108410089566 SSS branch  
Metrobank-Savings Account no. 265-3-26509112-2 e Rodriguez Branch  
Allied Bank Savings Account no. 3160-12345-1 E Rodriguez Branch  
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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](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**

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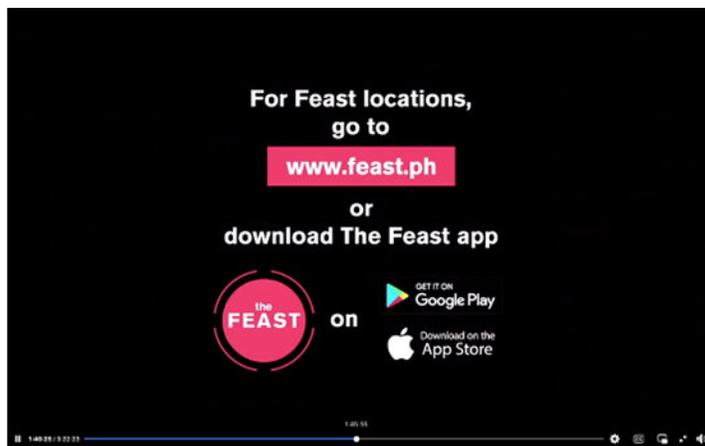
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***Go and make disciples of all men.***

— Matthew 28:19

