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{K}

KERYGMA

No. 277 Vol. 23

June 2013

**FOLLOW YOUR DREAM
WITH PASSION**

**WIN YOUR
RELATIONSHIPS AND
YOU WIN IN LIFE**

**WIN
BIG
IN EVERY
AREA
OF YOUR
LIFE**

**Young Author Discovered
Her Passion for Writing
Amidst Credit Card Debts**

**Franchisee's Flourishing Business
Made It Possible for Her Husband
to Come Home for Good**

**In Forgiving a Doctor After a Botched
Surgery, God Healed a Musician's Eye**

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You can find him at home, in the office, in church, or in the streets.

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He may be standing today, managing people, giving presentations, and answering questions.

He may be hunched over, trying to solve a problem, fixing a leak, or repairing the house.

He may be busy serving his customers or simply enjoying playtime with the kids.

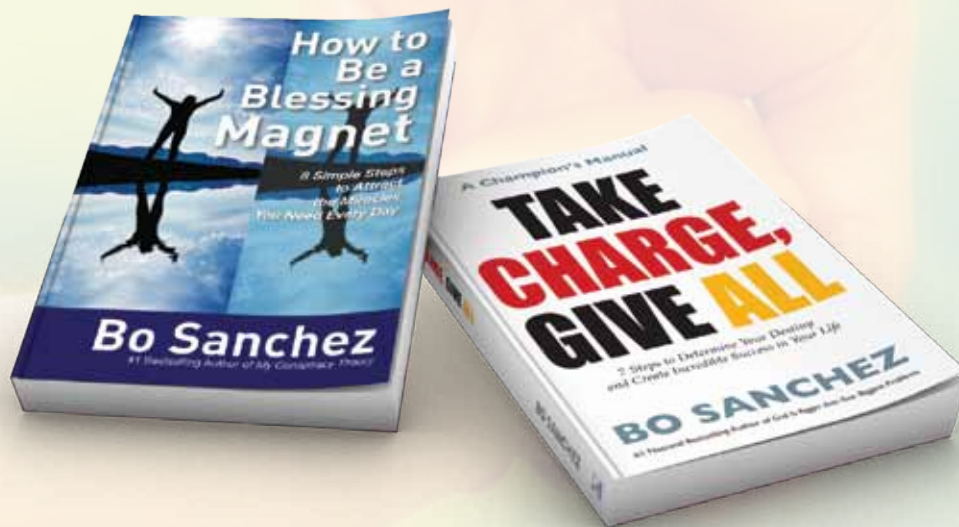
He is known as protector, coach, provider, leader, husband and father.

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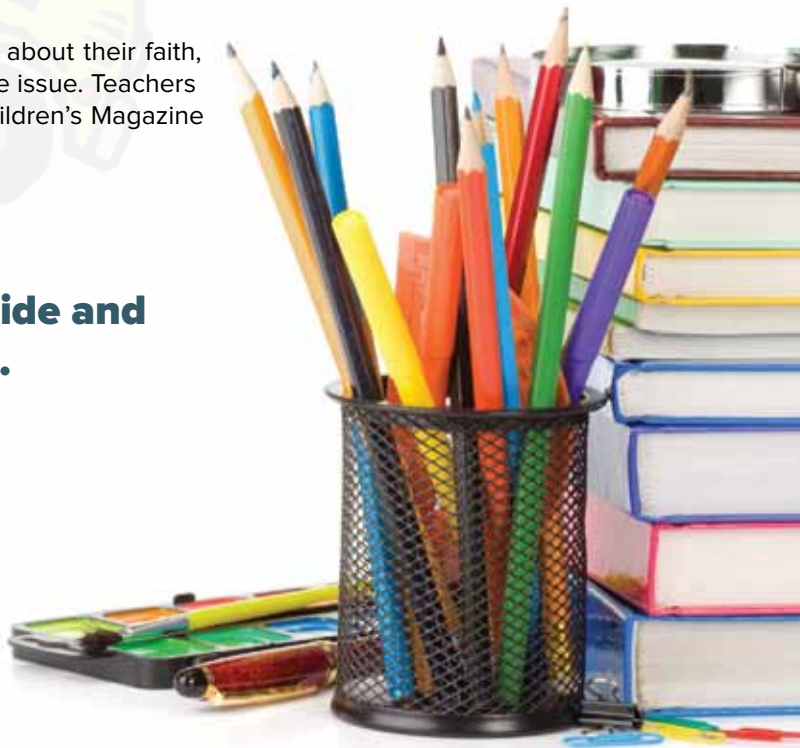
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here's this one very special restaurant in Singapore that my friends loved. In fact, its Hainanese chicken is so over-the-top and out-of-this-world, the restaurant has become a minor tourist attraction. If you visit Singapore, you have to visit this simple restaurant.

My two friends loved this restaurant so much, they had this crazy idea. They wanted to be the franchisee of this restaurant here in the Philippines.

So they flew to Singapore to talk to the owner. And that was when they learned that they weren't the first people to think of the crazy idea. They were last in a long line of people. The owner mentioned some very wealthy Filipinos who already visited him, wanting to buy the franchise. These Filipinos were huge institutions in the restaurant industry, the best of the best.

But for some reason, the owner turned all of them down.

Obviously, my friends were shaken. "If he turned down these gigantic Philippine restaurants, he's going to turn us down, too!"

But that's when they received the shock of their lives. After their long conversation with the owner, he looked at them and announced, "I'll give you the franchise for the Philippines."

Later on, they learned why.

The owner used one big question to decide. He asked every applicant, "If I give you the franchise, who will come here to Singapore to get trained in my kitchen for four straight months?"

The other applicants — very wealthy business people — said, "We will send our best chefs for your training program."

KBZZZZZZT! Wrong answer.

But when my friends were asked the same question, they raised their hands and said, "We'll go!" In other words, they said, "We'll forget whatever we're doing in the Philippines and focus only on one thing — your restaurant."

The restaurant owner was a very wise man. He was looking for people *who knew what they wanted*.

I believe God is like that restaurant owner. He wants you to franchise His love in this world. He's looking for His representatives. And He, too, is looking for an alignment between passion, potential and purpose!

Passion means knowing what you want and giving everything you have to get it. Passion is saying to yourself and to the universe, "This is what I want, and I'm betting my entire life on this. I'm putting my time, my future and my comfort at stake here. I'm unloading all my guns. I'm holding nothing back. I'm sacrificing everything on the altar!"

That restaurant is now in the Philippines — and they're full every single day. They're so full, you can't get in without a reservation. It's a smashing success. Why?

Because there was alignment.

Let me ask you today:

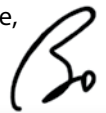
Do you know what you want?

Do you want it bad enough?

God waits for your answer.

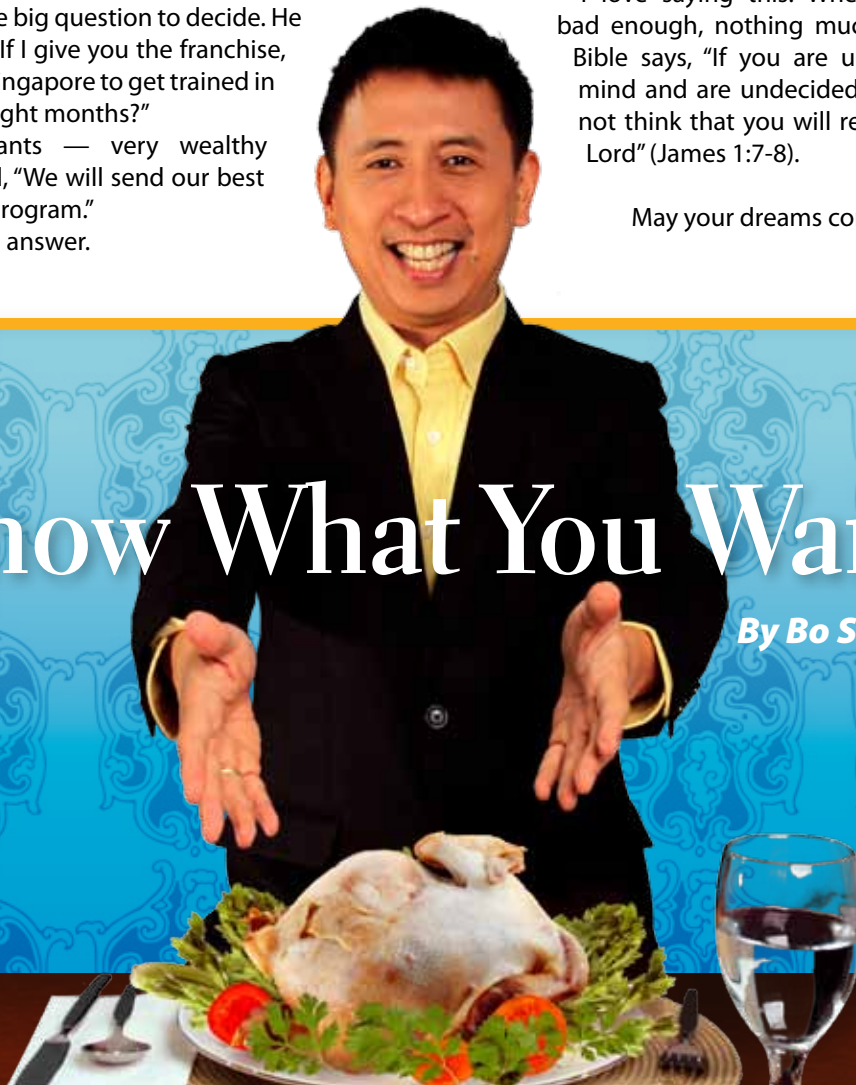
I love saying this: When you want something bad enough, nothing much can stop you. As the Bible says, "If you are unable to make up your mind and are undecided in all you do, you must not think that you will receive anything from the Lord" (James 1:7-8).

May your dreams come true,



Know What You Want

By Bo Sanchez



Thank God for Kerygma. Just by reading your true stories, I am sure most of our problems became lighter by trusting the Lord more that, no matter what, He is always there to help us. I feel that I am never alone and it helps my faith to grow more. And because I am truly inspired, I am now giving your magazine to my daughter's school library. Thank you for being there. Praise God.

Jill Yu
Via email

I was inspired to compose a simple poem after a year of attending The Feast. I used to serve in one of the Feasts but because of unexpected circumstances that happened to me, I failed to continue my ministry service. I'm praying to God that this year I will be able to serve Him again.

Let me share with you my poem:

My Dream, His Promise, His Will

With eyes opened wide
But still in the darkness
Whispering, "Be not afraid"
For I feel Your presence
In the midst of hopelessness
I lift up my dream
Deep inside my heart
I hear, "Rise again, My child, rise again."
Thy grace I receive
You're bigger than my pain and fear
Behold the power of Your will
As I hold on to my dream
In Your arms I feel safe
Must I draw the strength
As You say, "Rise again, my child,"
I will follow You through Your guiding light
Believe in the unseen
For this faith is immeasurable
And it can never be invisible
Leading me to His promise of true joy.

Thank you for continuing to inspire your readers.

Marita Garcia
Calamba City, Laguna

My sister gave me a copy of Kerygma magazine and I love reading it. It has a great impact in my life. It inspires me more to live life from God's perspective. More power to your ministry.

Karen Tan
Leyte

As a person seeking for God, reading the Holy Scripture and works of Christian writers occupies a great deal of my free time. But reading Kerygma is an altogether unique experience for me. I can really feel Jesus' reassuring care and love. May God continue to use your magazine to reach out to His children.

Rey Cayetano
Alabang, Muntinlupa City

We Want to HEAR from YOU!

Send your message via email to editsvp@shepherdsvoice.com.ph, through text to 0923-378-4941, or by snail mail to The Editor at 60 Chicago St., Cubao, Quezon City, Philippines 1109.

You can also reach us through Kerygma Family. Log on to www.kerygmfamily.com.

For subscription-related concerns, text or call Sarah Discutido at 0922-814-7031 or email subscription@shepherdsvoice.com.ph.



Listen to Mama

I have a mixture of excitement and anxiety as my almost-five-year-old goes off to big school this month. I know she'll be like me on my first day — unflustered, independent and eager to have new friends. But I also worry about experiences that I can't protect her from.

So as I cut her apron strings, I send her off with advice that I pray she will take to heart as she grows up.

Charlize, listen to Mama:

1. You don't need "stuff" to make you fit in. For the next 12 years, you'll be surrounded by kids from some of the wealthiest families in town. You'll learn about brand names, exotic vacations and expensive entertainment that we can't afford or choose not to have. It's OK. I want you to know about these things, learn to rejoice with your friends at what they have, while being grateful and content with what you have.

2. God made you beautiful, and He always has the last say.

As you grow up, your self-image will be hammered by what others say about you. If they say positive, upbuilding things, that's great. But if they try to disfigure the healthy self-esteem that God has given you, then drown out their voice. Tune yourself to what God says about you — that you are fearfully and wonderfully made. No matter what others say, you are beautiful because God — and your mom — says so.

3. There will always be bullies — in school and in life. When a thug of a classmate tyrannized me in Grade 2 to the point of hitting me, I told my mom about it right away. I expected her to storm to school and scold that girl like she deserved. But I never forgot Mom's words. She said, "Hija, you have to learn how to fight your own battles."

I was disappointed that she didn't run to my defense, but I didn't resent her for it. Because I trusted in her wisdom. Guess what? I did learn to fight my own battles.

4. Befriend the outcast, the unpopular, the one who needs a friend the most. You can't escape getting embroiled in popularity contests as you grow up. Everyone wants to fit in, to be accepted, even at the expense of someone else.

There will be times when your classmates or friends will pick on a newcomer because she doesn't fit in. Don't get sucked in by the frenzy of the crowd. Choose to do good, even when you have to do it all alone.


5. Take criticism, defeat and rejection like a good sport. I know that's hard. Because you and I were cut from the same cloth. I know where your impatience, your competitive spirit and your being a sore loser come from. (Clue: it didn't come from your father's side.)

Remember what I taught you whenever you lose

your cool with your sister? Count one to ten. You won't understand this now but scientists have discovered that it takes as short as two seconds for our frontal lobe to pacify the amygdala, that part of our brain that goes berserk when we're angry. Giving yourself that gap allows you to control your temper.

I honor your efforts to apply this technique because I hear you counting up to 10 whenever you and your sister fight. The problem is you count *after* you've already whacked her on the head or screamed at her.

Oh, if I could only download into your brain everything that I've learned so that you won't have to commit the mistakes I've done. But alas, that's not possible. All I can do is share with you what

I've learned and pray that you'll be wise enough to take my advice without having to put my wisdom to the test. 

The mind of the wise appreciates proverbs, and the ear that listens to wisdom rejoices. (Sirach 3:29)

Email me at justbreatherissa@gmail.com, subscribe to my Facebook updates or visit my website rissasingsonkawpeng.com.

What to Expect This Month:

I used to be a shopaholic and a mall rat in my younger days. Now, I only go to the mall when I need to buy something. Besides, I've discovered an easier and more convenient way to shop online. Believe it or not, for the last couple of years, I did my Christmas shopping right from my laptop. And that's why I've been working to make our books easily available online as well.

You don't have to leave home, commute or pay for parking to go to the bookstore to get our books. We'll even deliver to your doorstep for free (for a minimum purchase of P300 within Metro Manila)! So check out our new and improved website at shepherdsvoice.com.ph now!

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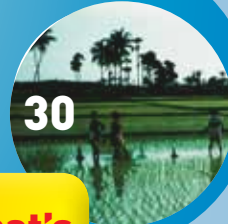
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ABOUT OUR COVER MODEL

Marietta Cardenas, or simply Yetski, looks like a college student, but she's actually going 23 this October. Her cheerful and soft features endear her to the children of the Awesome Kids Ministry of The Feast PICC. She handles kids four to six years old and is much like an older sister to them. She also heads a caring group for "Facebooker Singles."

Yetski says that serving God and giving 101 percent of her effort, love and praises make her a complete Christian. She grew up in a family that values and gives importance to spirituality. Thus, she was molded with a servant's heart.

Currently, Yetski currently works at the Institute of Internal Auditors Philippines, Inc. She obtained her Bachelor's Degree in Commerce, major in Internal Auditing, from the Far Eastern University in Manila.

Yetski also considers her entrepreneurial skill as a gift and she now uses this in her online cosmetic shop.

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June 2013

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KERYGMA. A Greek word meaning "Proclamation of the Gospel." It is a Catholic inspirational magazine. It aims to be an evangelistic tool to all nations, providing Scriptural, practical and orthodox teachings to Catholics, particularly those in the Catholic Renewal, as an alternative to present-day magazines. It is also committed to fostering the renewal and unity of the whole Christian people. Philippine copyright Shepherd's Voice Publications, Inc. 2013. No part of this magazine may be reproduced without permission. KERYGMA is published monthly by Shepherd's Voice Publications, Inc., whose editorial and business offices are located at 60 Chicago St., Cubao, 1109 Quezon City. Tel. Nos.: 725-9999, 411-7874, 725-1190. Fax: 727-5615 Email: editsvp@shepherdsvoice.com.ph. Website: www.shepherdsvoice.com.ph

New You

Tips for personal development

PARENTING

Four Best Health Habits for Your Family



Obesity among children is a growing epidemic. These healthy habits, which the family can do together, can help lessen your kid's risk for obesity by 40 percent and boost their IQs and success in school. Amazingly, three of the most important habits don't involve diet or exercise.

1. **Go biking.** A study discovered that teens who did best on exercise bikes had the highest scores in intelligence tests, including verbal, logical, technical and other types of intelligence. Better test scores were linked to cardiovascular fitness because cardio exercises increase oxygen and blood flow to the brain.
2. **Limit TV time.** A research study revealed that kids who spend the most time watching TV have bigger bellies and weaker legs. Excessive belly fat increases the risk for developing heart disease, insulin resistance, and metabolic syndrome. According to a research study at Ohio State University (OSU), children who watched fewer than two hours of TV daily were 25 percent less likely to become obese.
3. **Dine as a family.** Research shows that when families eat together, they tend to consume more fruits and vegetables and fewer fried foods and sugary soda. In the OSU study, kids who ate with their family at least five nights a week had a lower risk for obesity than those who grabbed food on the run without adult supervision.
4. **Get the kids to bed on time.** Less sleeping time is strongly linked to obesity in both kids and adults. Sleep-deprived kids are less active and burn fewer calories during the day. They also have higher levels of the stress hormone cortisol, which increases appetite and which leads to more snacking.

Source: <http://health.yahoo.net>

HEALTH

How to Prepare Nutritious Lunch Packs for Kids



It's June and you are now wondering what to prepare for your little kids who are going back to school. Don't worry, the key is to plan your menu ahead, a week in advance, to make sure your kids are nourished well as they study.

1. **Give them lots of healthy selections to choose from.** Packed lunches should have three to four of the food groups represented to energize them throughout the day. You can prepare rice for carbohydrates, fried chicken for protein, and include vegetables and fruits in season.
2. **Prepare sandwich spreads the night before to save time in the morning.** Use a different sandwich filling for each day: tuna, cheese, egg and chicken are some options. Use whole-grain bread and low-fat mayonnaise. Include cut-up vegetables such as tomato, lettuce and cucumber for additional fiber.
3. **To avoid unnecessary expense on carbonated beverages, include milk and fruit juices in their packed lunches.** Keep these in the freezer and place directly on their lunch box in the morning, so that it will be thawed by lunchtime. It will also keep the rest of the food cool. Use thermal or insulated lunch boxes to maintain the temperature of the food.

Source: <http://www.fnri.dost.gov.ph>

Passion fruit is cultivated in warmer, snow-free regions, widely grown in South American countries and found in India, Australia, US, and the Philippines, among many others. When mature, the fruit is yellow or dark purple with a soft to firm juicy interior filled with numerous seeds.

Passion fruit is high in beta carotene, potassium and dietary fiber. Its juice is a good source of Vitamin C and good for people who have high blood pressure. The purple passion fruit peel is said to help in controlling asthma symptoms. This fruit also contains lycopene, which is good for the heart.

Source: <http://en.wikipedia.org>

Quick Health Tip: PASSION FRUIT





Spotlight on WYD Symbols

As preparations are ongoing for the World Youth Day on July 23 to 28, 2013 in Rio de Janeiro, we focus our eyes on the WYD symbols that will accompany this spiritual event, which can be likened to the fire being lit during the Olympics. These symbols, however, represent the living light of faith.

The Holy Cross, also known as the "Jubilee Cross," the "WYD Cross," the "Pilgrim Cross" or the "Youth Cross," was given by Blessed Pope John Paul II to the young people of the world during the Holy Year of the Redemption (1983-1984). He said, "My dear young people, at the conclusion of the Holy Year, I entrust to you the sign of this jubilee year: the Cross of Christ! Carry it throughout the world as a symbol of Christ's love for humanity, and announce to everyone that only in the death and resurrection of Christ can we find salvation and redemption."

Since then, the WYD Cross has traveled around the world — in Europe, beyond the Iron Curtains, to America, Asia, Africa and Australia. It is always present during World Youth Day celebrations. Since 1994, it has journeyed in the dioceses of its host-country.

Accompanying the Holy Cross is the icon of Our Lady, entrusted by Pope John Paul II to the youth in 2003. The icon of Our Lady, *Salus Populi Romanix*, is a copy of a venerated icon in Santa Maria Maggiore in Rome, the first and largest basilica in Rome dedicated to the Blessed Virgin Mary.

Blessed Pope John Paul said, "From now on, it will accompany the World Youth Days, together with the Cross. Behold, your Mother! It will be a sign of Mary's motherly presence close to young people who are called, like the Apostle John, to welcome her into their lives."

Source: <http://www.rio2013.com>

Doctors Warn UN That Abortion Harms Mothers

Abortion is not medically necessary to promote women's health and can actually harm women instead, medical experts told the United Nations Commission for the Status of Women in New York City.

"Real medical care decreases maternal mortality; abortion does not decrease maternal mortality," Dr. Donna J. Harrison shared with the Catholic News Agency.

At the UN event, Dr. Harrison and her fellow doctors challenged the assumption that expansion of health care and women's rights demanded the expansion of abortion.

Dr. Eoghan de Faoite, board member for the Committee on Excellence in Maternal Healthcare in Ireland, noted that his country has one of the lowest rates of maternal death in the developed world and has not experienced the "rise in mortality" seen in other Western countries that have legalized abortion.

He cited studies that found no data to suggest that abortion lowers maternal mortality. Based on these reports, the Committee on Excellence in Maternal Healthcare has declared that abortion is not a medically necessary procedure.

Dr. Elard Koch of the Center of Embryonic Medicine and Maternal Health in Chile also presented data showing an increase in maternal deaths after the legalization of abortion in countries around the world. This is caused by the complications that come from abortions. He added that the abolition of abortion in countries such as Chile have coincided with a decline in maternal mortality.

Dr. Koch and Dr. Harrison explained that maternal mortality can be effectively decreased not through abortion but through education, skilled birthing technicians, access to clean and highly staffed birthing facilities, and adequate prenatal care.

Source: <http://www.catholicnewsagency.com>

St. Justin Martyr

Born and Died: AD 100, Neapolis – ca.165, Rome, Italy

Saint Justin was an early Christian apologist. Born to a pagan family, Justin received a Greek education. In search for the Truth, he sought it from different philosophers but was dissatisfied. Until one day, he chanced upon an old man, a Christian in the vicinity of the seashore where he liked to spend time alone. The old man engaged him in a dialogue about God and spoke of the testimony of the prophets who knew and experienced God. This discussion enkindled Justin's love for Christ and led him to embrace Christianity. He then went to Rome and started his own school.


During the reign of Marcus Aurelius, Justin and six others were put on trial by Junius Rusticus. Just before sentencing them, Rusticus asked Justin, "If you are killed, do you suppose you will go to heaven?" Justin replied, "I do not suppose it, but I know and am fully persuaded of it."

Saint Justin is regarded as the foremost interpreter of the theory of Logos in the second century. His feast day is on June 1.

Source: <http://www.catholic.org>

Saints at a Glance





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“At sinabi ni HESUS, ang mga may tainga ay...

makinig.

Luke 8:8

A Guardian Damages a National Treasure

By Lella M. Santiago

The Tubbataha Reefs Natural Park, with its spectacular corals and richly diverse marine life, adorns the southern portion of the Philippines like crown jewels. It is a great source of national pride as it was declared a World Heritage Site by the UNESCO. It is listed as one of the Wetlands of International Importance and was a nominee for the New Seven Wonders of Nature. Tubbataha has likewise placed the country in the tourism map as it is a premier diving site.

The coral reef does not only provide food and raw materials, but it also nurtures marine life by giving shelter and acting as breeding grounds. Moreover, it protects the coastlands from storm surges and provides livelihood for fishing communities and those in the tourism industry. Thus, damage to the reef has an extensive impact on both the ecosystem and the community.

On January 17, 2013 the grounding of a 224-foot, 1,300-ton American minesweeper, ironically named the USS Guardian, caused massive damage to Tubbataha after its crew reportedly ignored park officials' warnings. The area destroyed by the ship was initially estimated at 1,000 square meters. Later reports have placed the damage at an alarming 4,000-plus square meters.

A report written by Haribon Foundation stated that when a ship runs aground, it causes serious harm to the coral reefs. At the point of impact, there can be 90 to 100 percent coral mortality. The wreckage left in the sea inflicts added damage when strong waves cause the fragments to dash against surrounding coral colonies. Toxic substances that seep out from the stranded ship will further jeopardize the already slow recovery of the corals. Based on another ship grounding in the Florida Keys, they have determined that only 22 percent of the original live coral is recovered within a period of five years.

The Haribon report also said, "It is sometimes difficult to appreciate how much we, as a society, depend on natural ecosystems for our daily needs. This is the reason why we calculate the benefits that we get from them — the ecosystem services. Coral reef services are valued at an average of

\$130,000 per hectare per year and up to a maximum of \$1.2 million based on the DIVERSITAS Biodiversity Conference in October 2009 in Cape Town, South Africa."

The destruction caused by USS Guardian will not only be felt by the environment. It can also affect the local economy. Tubbataha was the eighth best dive site in the world by the CNN travel website. With the damage, fewer divers might flock to Tubbataha and result in a downturn in the income of the diving industry.


Almost a month and a half since it ran aground, the salvage operation on USS Guardian finally began. According to Philippine Coast Guard officials, the ship will be cut into pieces to prevent additional damage to the reef. Floating cranes will lift the dismantled segments off the impact site and onto barges.

News reports have stated that the US government will compensate the Philippines for the damage wrought by the USS Guardian, not just by paying fines (the regular fine is \$300 per square meter) but also with a package that includes a grant to be used for restoring the coral reef and funding for the park's communications system improvements. Other ideas being floated for the rehabilitation include a site survey to recommend upgrades on the ranger station, assigning Peace Corps Volunteers to the coral atoll, and an endowment to a Philippine university for research on coral restoration.

Guarding God's Gifts

God has blessed our country with an abundance of natural resources and breathtaking wonders that rival the best in the world. An incident such as this opens our eyes to the sad truth that many times, man's thoughtlessness causes irreparable damage to nature.

If we do not act as guardians of the environment, the jewel-like corals on the sea bed, the flying fish that glint in the sun as they playfully dart out of the water, and the pristine beaches luminescent as pearls will just be images that our grandchildren will see in history books.

It is not enough that we exact payment for the damage. More importantly, we as a people should learn to value the gifts God has bestowed on our nation. 



How Do I Explain Sex to My Young Kids?

I have young kids aged 8 and 11 years. Children today are exposed to sex and violence in the media, on television, reading materials and conversations of older people.

My son is now nearing puberty and is asking questions like: What is sex? What is masturbation? What happens when people kiss? This he asks as he often sees people doing it on TV.

My question is, how do I explain rape, which he asked when we watched the news and there was a report about it? They would ask, how is an act malicious or what is the big deal about seeing a person naked? What is the best approach to questions like these from young children? I don't want my children to have a negative idea about sex.

Thank you in advance for your advice.

Gail

Michele S. Alignay is a registered guidance counselor and is currently taking up her Ph.D. in Family Studies at Miriam College. For 12 years, she worked as a guidance counselor handling grade school children for premier exclusive schools. Today, she is an associate counselor at the Love Institute and also holds consultancy and counseling work for schools on guidance and child-parenting programs. Michele is happily married and a fulfilled mom to two growing children.



Dear Gail,

I acknowledge your concern on these crucial matters. Your kids are blessed to have you as their parent.

I agree that children nowadays are exposed to sexuality issues through multimedia and different realities. The truth is, at eight years old, with their innocence and thirst for knowledge, it is the best time to discuss sex with kids. You can do the same for your 11-year-old kid.

First, be aware of how comfortable you are with the topic. The key factor is being in touch with your own sexuality — that is, integration of mind, body and spiritual aspects, along with your attitude and values.

Second, your manner of communicating should be open, composed and free from malice and judgments. A good communication entails that you and your child have a comfortable relationship. Thus, if your children asked you, it means that they see you as the authority and your counsel is important to them.

Third, the content of the discussion should be age-appropriate for the level of your children. Your goal should be to help your child on his sexuality development as it is your role as a parent to educate them. Use the right terms and have the talk in a manner that is comfortable for you both. Introduce the kids to the proper terms like “penis,” “vagina,” etc.

Refer to the questions your child previously asked as your springboard for the discussion. Note that you should listen well to their questions, as well as their non-verbal language and their reasons for asking. Start conversations by stating, “You asked me the other day about...”

Then proceed by explaining in practical terms about the beauty of the human body and the sexual act, how it is a gift from God, and your personal and family values about it. Talks about sex should be linked to marriage and relationship values.

Discussion starters may be, “I know how much you like the beach and say it’s beautiful, that’s God’s work. You know, that’s how beautiful God made sex to be...”

Establish the essentials of the body and its capacity for sex. You can have follow-through talks on how it is connected to the other aspects of sexuality — the mind to discern, the emotions to feel, and the spirit as the voice of God. Further issues, including the issues of rape, premarital sex, pornography, etc., will be easier to talk about later.

Michele

Email your questions to editsvp@shepherdsvoice.com.ph. Or if you need to talk to someone, call (632) 726-4709 or 726-6728 to contact a Light of Jesus Pastoral Care Center’s counselor. Telephone counseling is 24 hours from Monday to Friday, and 8 a.m. to 5 p.m. on Saturdays. Face-to-face counseling is by appointment. For correspondence counseling, email lojcounseling@yahoo.com or go to www.kerygmfamily.com.

Or Call (632) 725-9999

Pregnant? Confused? Abortion is not the answer. Contact Grace to Be Born at 0917-816-4700 or email reylindo.ortega@gmail.com.

You may also contact Pro-life Philippines at (632) 733-7027.



How Can I Go Back to My Normal Self After Losing My Parents and Brother?

Dear Kaye,

I feel your pain. It is not easy to lose a loved one, all the more three loved ones at the same time. It is definitely hard to fathom why God allowed this to happen. All we can do at times like this is to put our trust in God. I would like to assure you that you are absolutely normal. God understands why at times you find it hard to pray. Didn't Jesus Himself ask God the Father, "Why have You abandoned me?" The human side of Jesus couldn't understand why God allowed it to happen to Him.

Continue serving God through your Catholic community. Continue praying no matter how hard it seems at times. Continue to fellowship with your community. You are definitely on the right track towards recovery from your loss. I am sure that the Holy Spirit is working in you to heal and remove all the pain in your heart and He will turn your mourning into dancing.

Regarding your other concern about your "affinity to reading novels with explicit 'adult' scenes," I believe it stems from your loneliness brought about by the loss of your loved ones. When temptations like this come, turn to the Lord in prayer. Burn these novels so you won't be tempted to read them. I also suggest that you open this up to your pastoral head in your community so you are accountable to somebody other than God. Ask your head to partner with you in prayer so you may overcome your weakness. Request your head to constantly check on you so you are reminded not to fall again.

God bless you, Kaye. May God be with you and restore you to your fullness.

Reng

It's been several months since my parents and brother met a vehicular accident and died on the spot. They were traveling back from my brother's graduation when the accident happened.

After we had laid them to rest, I noticed that my daily communication with God became lukewarm. Sometimes I would even miss my prayer time. I head a Catholic community here in our place and twice they've requested me to share because, despite what happened to my family, I continue to serve in the community. I refused because, deep down, I knew that I still have issues to fix. I went to confession and attended a local World Youth Day type of conference in our parish, hoping that these would rekindle the fire within me, but to no avail. After many days, I am back to the "abnormal" me.

Another thing that I would like to address is my affinity to reading novels with explicit "adult" scenes. I don't know why this thing has resurfaced now. Believe it or not, I do not finish the whole novel because it feels awful. I feel very disappointed with myself because I know I can do better. It's such a shame to face God at Mass or even during my on-and-off prayer time.

How can I overcome the present issues that I have?

Kaye

Reng Morelos gave up her corporate job years ago to become a full-time wife and mom. She tremendously enjoys her "job" as driver and *yaya* to her younger kid. She supports her husband, Hermie, in his ministry as president of the Light of Jesus Family. She has been with LOJ since 1981 and once handled the single sisters of the community.



LOVE IS A TWO-WAY STREET

By Rey Ortega

Y

ung sanggol na bagong panganak, ayaw dumede ng infant formula. Puwede lang daw ang gatas ng ina, sabi ng doctor. Pero me sakit ang nanay niya. Di siya puwede kasi baka mahawa yung sanggol. Anong gagawin natin?" (The newly born baby cannot take infant formula. Only mother's milk will do, says the doctor. But the mother is sick. The baby might get infected. What shall

we do?)

The staff of a government-run hospital was in panic. A crisis was unfolding and the life of a newborn child was at risk.

It so happened that on that particular morning, one staff member of Grace to Be Born was bringing a mother to the hospital for routine prenatal checkup. Grace to Be Born is our ministry for saving the unborn from abortion, caring for unwed pregnant mothers in crisis, and managing a shelter for abandoned babies.

The staff hurried back to the Grace shelter and broke the news to the mothers at the shelter. The mothers, the volunteers, and the stay-in staff of the Grace shelter talked to one another. None of them knew the baby or the mother personally. The mother was not one of the Grace shelter mothers. But they knew the baby needs help. Fast.

In no time at all, the group made a decision. The Grace mothers voluntarily offered to share their milk with the baby. Breast pumps were promptly brought out. Sterilized bottles were taken out of the cabinets. And in a few minutes, several mothers were depositing their breast milk in the bottles.

When two bottles were filled up, one volunteer rushed to the hospital and donated the milk to the hospital staff who, in turn, immediately fed the baby.

The Grace mothers repeated the process, the tender act of compassion, for several days until the baby was trained to take in infant formula.

They are fulfilling their prayer in our *Novena to God's Love*, "And because I am blessed, I am blessing the world, in Jesus' name."

Children Blessing the World Through Dance and Music

Janet (not her real name) is 11 years old. Her friends are a bit older.

Some are 13 or 14 years old. She calls them *ate* or *kuya*. But none of them are related to one another.

They all live in Tahanan ng Pagmamahal Children's Home, a shelter for orphaned or abandoned boys, girls and babies.

And on certain Sundays of the month, you can see Janet and her friends giving glory to God in their own little way.

They dance for the Lord. Just like the way King David glorified Yahweh by praying and singing and dancing.

Janet and her Tahanan "siblings" joined the Dance Ministry of The Pasig Feast in Valle Verde Country Club (the weekly gathering of the Light of Jesus Family held in various locations at different schedules), highlighted by a celebration of the Holy Eucharist followed by dynamic preaching, dazzling worship, and songs and dance.

Lilian and Neneng (not their real names), also Tahanan kids, don't know how to dance. So they were left out.

But every Wednesday afternoon, Lilian and Neneng quietly bring out their borrowed violins, commute to a house in Kamuning, Quezon City, and learn how to play wonderful music, courtesy of a music school.

Their dream: To one day join The Feast musicians and add their violins to the guitars and keyboard and drums providing fantastic music for the Holy Mass and the worship that follows.

"And because I am blessed, I am blessing the world, in Jesus' name."

A Scholar Supporting Other Scholars

I was walking at the mall one evening when a fellow chapel servant approached me. With an embarrassed look on her face, she told me, "Oh brother Rey, I owe you an apology! I was so busy lately I forgot to give you something." Then she pulled out her bag and retrieved a bulging envelope inside.

"Somebody asked me to give this to you weeks ago. But my schedule was so toxic I forgot to give it to you. Sorry, *ha?*"

I opened the bulging envelope, addressed to me. Below my name were the words "Executive Director, Pag-asa ng Pamilya Scholarship Foundation, Inc."

Inside was cash. Thousands. A generous donation to the foundation.

I asked her, "And who is this angel who gave this?"

The servant gave me a name. At first it didn't ring a bell.

I was about to say, "But I don't know her," when I suddenly remembered. The giver was a former Pag-asa scholar who graduated maybe six or seven years ago.

"And because I am blessed, I am blessing the world, in Jesus' name."

Love Is Always a Two-Way Street

Most people think that the mothers in Grace to Be Born shelter, the children in Tahanan ng Pagmamahal orphanage, and our Pag-asa foundation scholars are constantly on the receiving end of our acts of mercy. Most people think that those Grace mothers and Tahanan kids and poor Pag-asa scholars are vulnerable, helpless and incapable of helping others.

And because of this, people who are more well-off financially are the ones blessing our mercy missions' beneficiaries.

But look again. In their own little ways, our Grace mothers, our Tahanan kids and Pag-asa scholars are themselves blessing us and being used by God to show us a lesson or two on what love means.

After all, love is always a two-way street. 

We must consider how to rouse one another to love and good works. (Hebrew 10:24)

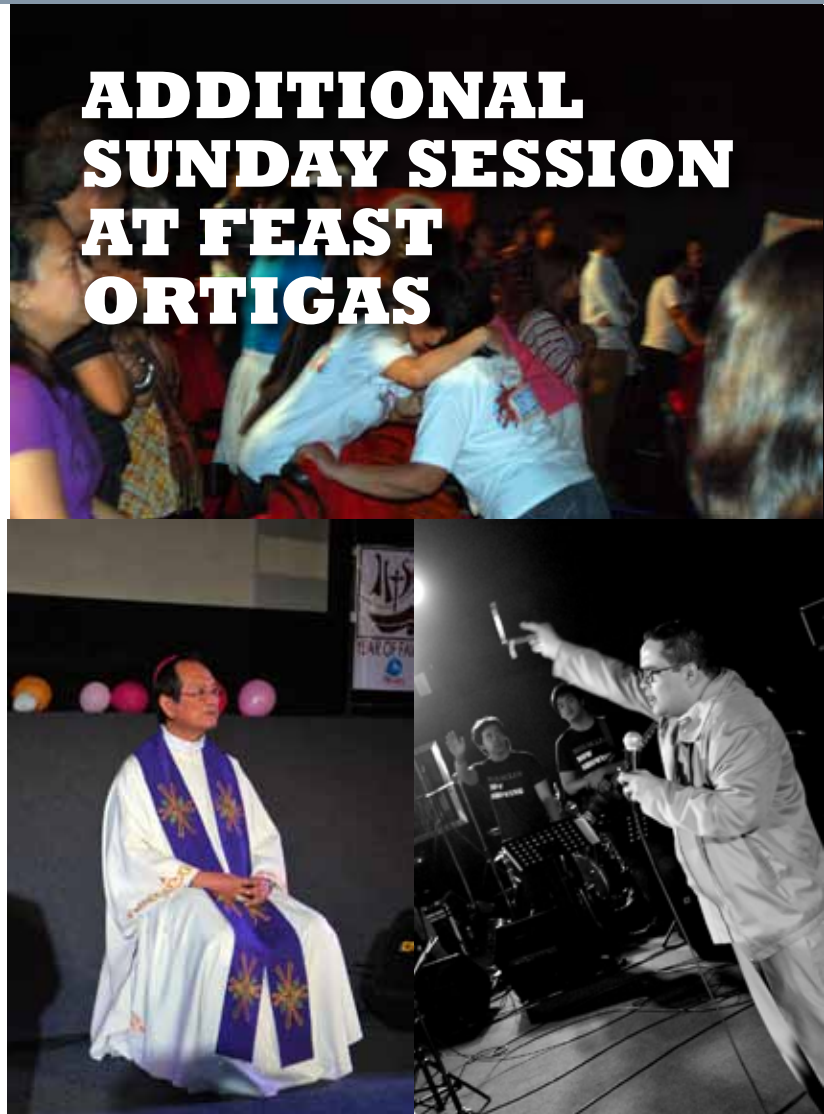
If you've been blessed and you want to bless others in return, especially the abandoned or orphaned children and babies in Tahanan ng Pagmamahal Children's Home, the pregnant women in crisis in Grace to Be Born, and our scholars in Pag-asa ng Pamilya Scholarship Foundation, feel free to contact Rey Ortega at 0922-859-7035 or reylindo.ortega@gmail.com. You may also deposit your donations directly to their bank accounts:

Pag-asa ng Pamilya Scholarship Foundation
Banco de Oro S/A 397-005-9458

Grace to Be Born
Banco de Oro S/A 397-005-9687

Tahanan ng Pagmamahal Children's Home
Banco de Oro C/A 430-191-022 or S/A 430-230-176.

ADDITIONAL SUNDAY SESSION AT FEAST ORTIGAS




M

ore and more Feasts are sprouting in strategic places in the Philippines and in other countries, or are adding sessions to their current ones.

On February 24, 2013, Ortigas Feast opened a second Sunday session. Its regular schedule is from 1:00 to 3:00 p.m., with Mass, worship session, and a talk by its Feast builder, Joel Saldares. Venue is at Cinema 3 of Robinsons Galleria in Ortigas Center.

There are two other sessions at the same venue: Sundays at 10:15 a.m. and Mondays at 7:30 p.m. with Feast Ortigas's main Feast builder, Vic Español, as preacher.

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harder.***

Aileen's ordeal has taught her that listening to God's will should be one's priority in life. Following it is next.

“Open the Eyes of My Heart, Lord”

*In Forgiving My Doctor,
God Healed My Eye*

*By Aileen Serrano as told to Tess V. Atienza
(This article contains excerpts from Aileen's
sharing in the Couples for Christ's Pearl Book,
obtained with permission from its editor.)*



Bob and Aileen travel to different parts of the country and the world to bring hope to people through music.



At the play, *Selpie*, which was directed by Aileen's husband, Bob.



With their brothers and sisters in Couples for Christ after an event.

or the longest time, I was wearing contact lenses. Without it, I could hardly see.

In December 2008, I was diagnosed to have retinal tears (*punit*) that required several laser shots to correct. After this procedure, my doctor (Doctor 1) told me I was a candidate for retinal detachment because of my very high contact lens grade, which was in the range of 650-675. He said surgery to correct my myopia would help prevent the detachment. He referred me to his son-in-law (Doctor 2), who recommended intraocular lens replacement surgery.

I asked about the costs and told him I would consider it after my retirement. He said that having perfect vision without glasses or contact lenses was the best retirement gift I could give myself. I was then about to retire at age 50, after 21 years of working in a multinational company. Somehow, I agreed to it without much thought — or even prayer.

Upon my retirement, I returned to Doctor 2 for consultation. He assured me that the procedure would be so simple and I could even go out for lunch afterwards.

On July 2, 2009, I had my left eye done. I was there as early as 8 a.m. and was given anesthesia immediately. Then, while waiting, a big politician came and Doctor 2 attended to him first. By the time he got back to me, the anesthesia had worn off, so when he made the first incision, I shouted in pain. I could see that the doctor was in panic. After the procedure was done, I had lunch out and then went home.

When I reached home, my eye was too painful. *This isn't how he described it*, I thought. I tried to postpone the July 4 surgery for my right eye because my left eye was still painful and could not see. When I went back to Doctor 2, he looked at it and said that some eyes respond differently from others. He convinced me to push through with the procedure. And so we did it on July 5.

When my right eye was recovering, I knew something was wrong with my left eye. My right eye was painless and could see after a few days, while the left was in great pain and still blurred. He told me that I had developed macular oedema and advised me to go back to Doctor 1.

I had to go for checkups and treatment twice or thrice each week, from July to December 2009. I took steroid pills, steroid eyedrops, and steroid injections into the eye. Both doctors said that the oedema was unrelated to the surgery and just coincidentally developed after the operation. By December 2009, my vision had improved to 20/50. They told me this was the best they could do.

A Long Way to Healing

Bob and I belong to the Couples for Christ Community. In our chapter assembly in January 2010, one of our members urged me to see his son-in-law, an ophthalmologist (Doctor 3), for another opinion. Doctor 3 was surprised when he looked into my eye. He asked if I was aware that my doctor had not taken out the sutures inside my left eye. I said no because both Doctors 1 and 2 said the sutures had dissolved and did not need to be taken out. I asked Doctor 3 to remove the sutures, which he did, then he gave me some eye drops to protect against infection.

After that, my husband Bob and I went on a mission trip to Australia. In Australia I felt that my left eye was hyper-sensitive to light. It also seemed much smaller and out of focus. So immediately upon our return from Australia, I consulted with Doctor 3. He said he saw an infection developing and prescribed antibacterial drops. But as my condition worsened, he referred me to a corneal infection specialist (Doctor 4), who told me the infection was so deep it had caused a hole in the cornea.

They had to do a culture in which a needle had to be inserted in and out of my eye several times, without anesthesia, to determine the specific type of bacteria that was growing. It turned out to be the same yeast found in HIV patients, that required very expensive medicine that was available only in a big Makati hospital at P15,000 a vial. I would bring the vial to Doctor 4, which he mixes into an eye drop. It had to be dropped into my eye every 15 minutes, then later on every 30 minutes.

My left eye was almost shut. It was so red-black you could hardly see the pupil. Doctor 4 said the worst case scenario was that the infection would go into the inner eye and break the eye sac, causing my whole eyeball to collapse. The best case is that the growth of the yeast would be halted, but that I would still need a corneal transplant as there was already a hole in the cornea.

On March 15, I woke up with excruciating pain in my left eye. My shirt was soaked with liquid, and my eye was completely shut. I knew the worst case scenario was

happening. I woke up Bob, who prayed over me, and then we also prayed together. Then I was rushed to the hospital. Doctor 4 had to pry open my eye with metal tongs, but when he looked inside, he found that the sac with fluid was intact! I knew God's miraculous healing was taking place.

The next two weeks were a period of greatest pain for me, but it was also a time when I felt closest to God. As I put eye drops every 30 minutes, I prayed for people who needed healing. I prayed for people who have hurt me or whom I have hurt. I asked the doctor for permission to go to Baguio, where I was asked to give a sharing at our Echo Conference. He allowed me to go provided I get enough rest and do not miss my medication. On March 20, I shared in the Southern Tagalog Echo Conference despite great pain. As we were driving home the next day, I realized it was the first time I felt no pain since the infection began three weeks ago! It was God's gift for my birthday on March 23.

Choosing to Forgive

By the end of March, the pain had gone but my left eye still had no vision. I could not read even the big letter E in the eye chart. Upon the prodding of family and friends, I wrote a demand letter to Doctor 2, asking for compensation for the medications and a refund of the surgery fee for one eye. After a long delay, Doctor 2 responded with a letter insinuating that the infection was caused by Doctor 3.

I consulted with Doctor 3, who told me to proceed with the case because he could defend himself and prove the infection was caused by the sutures left in my eye. My friends suggested I just expose Doctors 1 and 2 through the media instead of going the legal route. With my eye still shut and looking terrible, it would be easy to blow up the case and get the doctors to pay up. They were saying that even if Doctor 2 does not answer to the lawsuit, I would be vindicated because he'd lose his business. When they said that, the first thing that came to my mind was his three children. I imagined them having no food to eat.

So I decided to take the legal route. In the midst of all this, I a former member of our lower household called me. When I told her about my eye and the lawsuit/media ideas, she asked me, "Have you forgiven him?"

I was stunned by her question. Then she told me to read Proverbs 3. I knew Proverbs 3 from memory: "Trust in the Lord with all of your heart and lean not on your own understanding" (v. 5). Nonetheless, I decided to open my Bible and read the whole paragraph after she hung up. I felt that God was speaking to my heart. What followed the well-known verse was: "Let His presence pervade all your ways, and He will protect you. Do not consider yourself wise, fear God, and turn away from evil. This will be a medicine to your body and a relief to your bones" (verses 6-8). I cried when I read these verses.

So that night, I prayed and asked God, "Is this Your message for me? Do I have to forgive before You heal me?" I tried to bargain, saying I would forgive but would still sue because I wanted my money back so I could donate it to the mission fund of the 29AD Musicionaries, of which we are members. At that time, we were raising money to travel to Australia for the Oceania Conference. However, God's command was clear: forgive.

At 4:00 a.m., April 21, I got up from bed, went downstairs and wrote a second letter to Doctor 2. I told him that even if he never admitted his mistake or asked for forgiveness, I was forgiving him. Hopefully, I wrote, my forgiveness letter would be more memorable than a court case and would make him take greater care so that the incident would never happen again. He never replied.

At that time, I had just had an eye checkup that showed my vision to be 20/300. I could only see shadows of the big letter E. On my checkup on April 22, my vision had miraculously improved to 20/50. Amazed, Doctor 4 asked me: "What did you do between April 20 and today?" I told him, "I forgave the doctor who did this to me." He shook his head, not fully understanding what I meant. Then he saw that the hole in my cornea was around 90 percent sealed. He said I won't need a corneal transplant anymore, maybe just a plastic implant to cover the small hole.

In May, despite my every-30-minute medication, I traveled with Bob to the Oceania Conference in Melbourne to share my story of forgiveness and healing. The episode with my eye has taught me that we can choose to be a blessing and continue to praise God even in our most painful moments. I thank God for being a perfect Creator, giving us two eyes instead of just one. I had accepted the possibility of my left eye going blind, because I still had my right eye, which had very good vision. God has taught me that if we decide to love even when it is easier to hate, He will take care of us.


My eye has completely healed and did not even require an implant. I only need to wear glasses because the scar on the cornea has caused severe astigmatism. I still have a problem with glare and with seeing depth, which sometimes causes me to slip and fall. But this in itself has become a blessing as Bob, my kids, and the people around me have become extra careful to always look after me.

God's Hidden Agenda Revealed

Recently, God unfolded an unfinished part of the story. In my forgiveness letter to Doctor 2, I told him I remembered his stories about his three sons. I wrote that when I decided to forgive him, I had thought about how destroying his career would also mean ruining the future of his children.

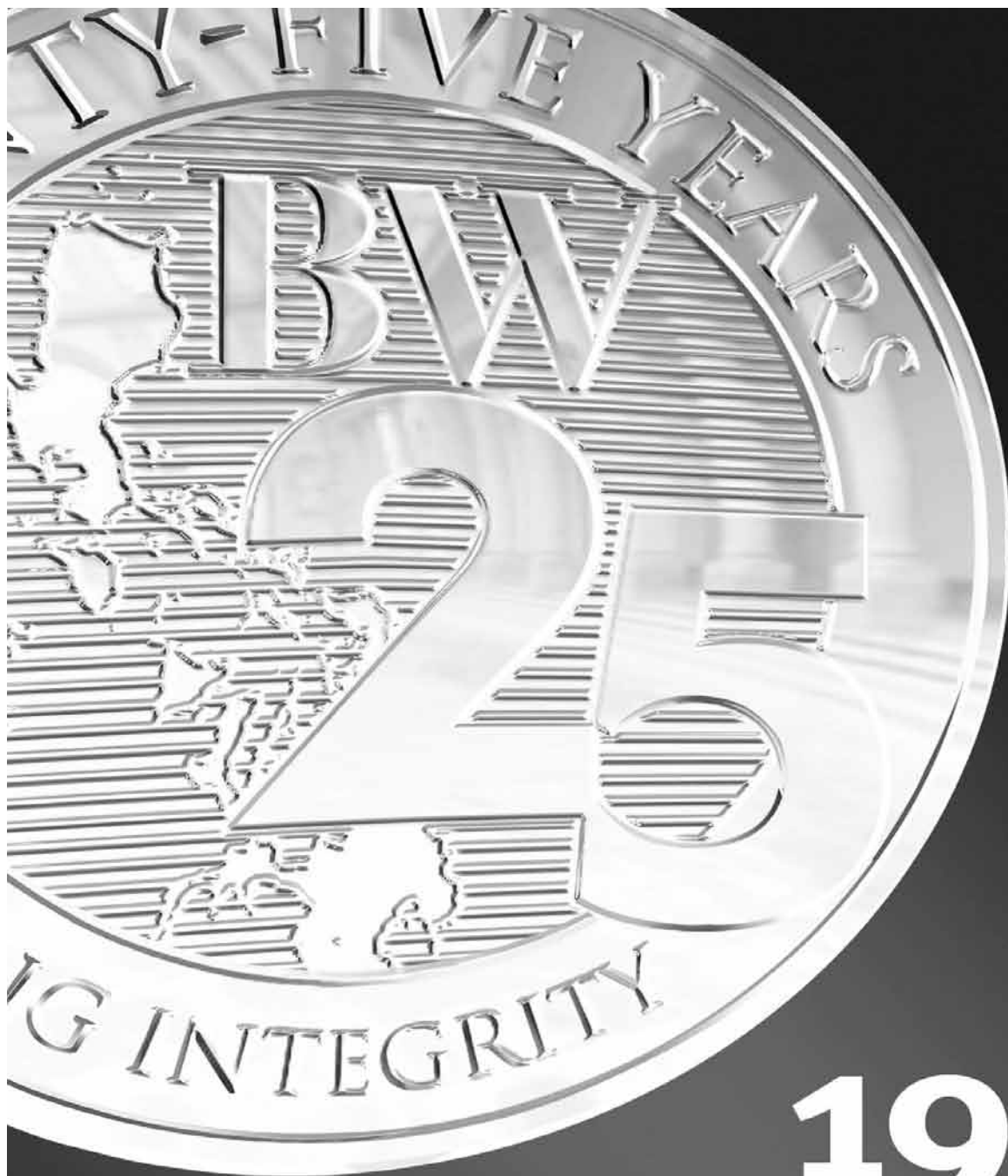
In December 2010, my niece-in-law arrived from the United States to attend the wedding of her half-sister who, it turned out, was getting married to Doctor 2's son! God has shown me that my obedience to His will allowed Him to turn my story of anger, pain and suffering into a story of love.

My doctor had said the best gift I could give myself after my retirement was to be able to see without glasses and contact lenses. He was wrong. The best gift I received through this experience is that, in following His will, God has opened the eyes of my heart so that I may see as He sees.

That is truly perfect vision. 



Bob and Aileen Serrano serve the Lord in the family, music and healing ministries as members of the 29AD Musicionaries of the Couples for Christ.



1987

Founded by Raul L. Locsin in July 1987, BusinessWorld traces its roots to BusinessDay, Southeast Asia's first business daily and a paragon of fairness, credibility and integrity in the world of business journalism.

Today, BusinessWorld still provides decision makers in business and government here and abroad with competent and responsible news reportage.




BusinessWorld
25 YEARS OF STERLING INTEGRITY

At The Feast (the weekly gathering of the Light of Jesus family in various locations), we always pray the Novena to God's Love. We created a little booklet where people can write their dreams for every area of their life.

And you know what? I'm amazed at how powerful it is in making people's dreams come true! Writing each dream down, praying for them every day, believing that God will grant them, and doing one's share in making them a reality — these are the necessary ingredients for winning big in life.

In this issue, you will learn about how to follow your dreams with passion and how to win in all areas of your life — spiritual, financial, family, career, personal.

But here's a reminder: Blessings come to you not just for your own benefits. You'll be blessed more if you use them to bless the world. 

**WIN
BIG
IN EVERY
AREA
OF YOUR
LIFE**

By Bo Sanchez

Special Section



Follow Your *Dream* with Passion

By Bo Sanchez

It was the first time I visited Las Vegas.

The sights were overwhelming. The lights, the hotels, the fountains and the casinos — it was all an incredible sight. On the way to a restaurant, I remember walking through endless rows of slot machines. I saw the players — mostly old people — sitting in front of the machines.

I wondered: How long have they been here?

Even as fast music and blinking lights surrounded them, I sensed sadness in some of them. After our meal, my friends and I went to watch a concert in a theater on the upper floor of that gigantic hotel.

After the two-hour show, I had to pass through the lobby with the slot machines again. And there they were, the same people playing the machines!

I noticed one man. Medium-built. In his 50s. Tired. He seemed so miserable doing what he was doing.

I looked at his eyes.

Call it discernment. Call it just a wild hunch. Call it whatever you want. But I felt there was so much emptiness in his life.

It was like he woke up every morning not knowing what to do. So he comes here just to spend his money and time on nothing.

Seeing him broke my heart.

I wanted to pull him out and tell him, “Do you want real joy? This isn’t the place. Come with me to the Philippines. So many poor people have no homes. You can help us build homes for them. So many poor kids are begging on the streets. You can send them to school. Perhaps you’ll find your purpose there.”

I walked out of the hotel feeling foolish for thinking this way.

But I really believe that unless a person finds a purpose bigger than himself, life will always be empty.

Friend, have you found yours?

Have you found a dream worthy enough that you’re willing to die for it?

Self-Oriented Dreams Are OK As Long As They’re Not Purely Self-Oriented

I believe a person without dreams is like a zombie. He’s still breathing and walking and working, but a part of him is already dead. Because he just goes through the motions of living.

Search your heart.

What are your dreams?

Perhaps your dream is to have your own house.

Or to drive a new car.

Or to send all your kids to school.

Or to build your own business.

Or to become vice president of a company.

Or to travel around the world.

Some extremely religious people look down on these dreams. Because they’re still self-oriented. They only praise “holy” dreams like building an orphanage, or evangelizing the lost, or becoming a missionary, or sending poor kids to school, or building a micro-lending program in slum areas.

But I disagree.

You can’t judge people by the dream itself. A person who dreams of building an orphanage may be doing it for his own glory, while a person who dreams of a new car may want it to serve his family and friends.

There’s nothing wrong with self-oriented dreams — as long as they’re not purely self-oriented.

I believe that God plants dreams in our hearts. And these dreams will always be — ultimately — a blessing for others. This is the only way to real happiness.

God made you for a purpose bigger than yourself.

Your dreams may bless you first — but that’s so you can be a rich blessing to others.

Just like David’s dream.

It’s OK If a Dream Isn’t for God Alone

The statement above sounds heretical, but it’s not.

In fighting Goliath, David was willing to die for God. That was clear in the biblical text. He loved God.

But the Bible specifically says that David also did it for himself. David fought Goliath because he liked the reward. He did it for his family’s well-being, too. And I don’t think there’s anything wrong with that. It doesn’t make him less spiritual.

For example, some of my religious friends didn’t understand why I got into business some years ago. A few of them were disappointed. They said that because I was their preacher, they wanted me to remain pure, untouched by the world.

But I wasn’t celibate. I had a family to feed. And because I was in ministry, I also had a long line of people that kept asking me for help — and I didn’t have any means to help them.

A few people think there’s something wrong with doing something for yourself. That somehow, it lessens your brownie points in heaven. Some people believe that you should do everything for God alone and not mix it with anything that is self-rewarding.

Question: Why can’t I do things for both God and me?

I love me! And God loves me, too!

Frankly, I do it all the time: I love God and me at the same time.

And I’m sure you do it all the time, too.

For example, I eat because I’m hungry. That’s self-oriented.

But I eat also because I want to serve God with a healthy body. (But I must confess that the second cup of ice cream I ate last night wasn’t very healthy. Sorry, Lord.)

I brush my teeth daily so I can eat well and remain handsome when I smile. That’s self-oriented. But I also do it because I don’t want people around me to be victims of chemical warfare.

I earn money so I can buy my favorite peanut butter, feed my kids, date my wife each week and go on family vacations. That’s sort of self-oriented. But I also do it because I want to feed poor kids and fund the work of the Kingdom.

The key is to not just do it for yourself.

Or your heart will never be at peace.

Yes, a dream must be bigger than yourself.

There will be a throbbing emptiness within you that you

won't stop unless you love more than just yourself.
Loving yourself is just the beginning.
You need to dream bigger dreams!

Focus on the Dream, Not the Giant

I don't understand mean jokes about mothers-in-law. I love my mother-in-law. She's a jewel, one of God's best gifts to me. Personally, I have a suspicion that she loves me now more than she does her daughter, but that's just our little secret. Don't tell my wife.

For 20 years, my mother-in-law worked for a company that sold educational plans, pension plans and other financial products. For obvious reasons, I bought various plans from her. Through the many years, my investments accumulated to P900,000 and I dreamt of getting a nice sum when the plans matured.

But one day, I read in the newspaper that her company was failing. In a snap, I saw my investments disappear.

My mother-in-law didn't know what had happened either. Being in the sales department, she was completely in the dark, too. She was so embarrassed and apologized to me profusely. I told her, "Mommy, it's OK. That's just money. I'll earn it back." (I also told her, "I didn't lose anything." I placed my arm around her daughter and said, "I've got my real wealth right here beside me.")

When I experience trials, I try to follow this powerful principle: Focus on the dream, not the giant.

Whenever I have a problem, I never waste my time or energy focusing on the problem. I'd rather spend my time and energy on my dream. My dream of investing in her company was to make lots of money. If her company failed, that doesn't mean my dream failed with it. I will still fulfill my dream. I will earn that money.

Focusing on your problem depresses your spirit. It limits your vision. It traps you into a hole.

Focusing on your dream is different. It energizes you. It expands your vision. You see new opportunities you never saw before.

Instead of regaining back P900,000 from the failed company, I chose to earn 10 times that amount in other ways. Today, I've fulfilled that goal. Because of this, I was able to give so much more to the ministry.

Imagine the other scenario. Let's say I focused my work on getting the P900,000 back from that company. And let's say I actually got it back. (Fat chance but suspend analytical thinking.) Aside from the worry and anger I would have accumulated in my heart, I would have gotten P900,000 only.

Don't Make the Mistake of Watching the Problem for 40 Days and Nights

Saul's army chose to listen to Goliath's speech for 40 days and nights. They focused on the giant.

Soldier 1: "My gosh, look at those biceps."

Soldier 2: "It's as big as my torso."

Soldier 1: "Do you think he eats people?"

Soldier 2: "I wouldn't be surprised if he was a cannibal. He seems to have fangs. Perhaps he's also a vampire."

Soldier 1: "I don't know. Maybe he's an alien. Inside that human skin, he's really an 80-foot scaly lizard."

Soldier 2: "You think he'll speak again tomorrow? I'll tell my neighbors to come and watch this."

Soldier 1: "Tell them to come early if they want to get good seats. I'll bring some popcorn."

Soldier 2: "Cool. I'll bring the drinks."

David didn't do any of that. Instead, he focused on the reward.

He focused on the dream.

He focused on the princess.



And that's what you need to do, too.

Hey, if you experience a loss, it's OK to cry. To grieve. To acknowledge the hurt. To mourn the loss.

We need that.

Because grief heals.

But grief, if extended far too long, will kill.

Get up.

Find your dream.

Find your passion.

And pursue it.

Repeat the Dream to Yourself Again and Again

David wanted to hear about the reward again and again.

Champions are like that.

From experience, champions write their dreams down. And champions read them often, pray about them often and visualize them often.

I share about this great study all the time: In 1957, Harvard University asked their graduates whether they write down their dreams. Only three percent of the entire batch answered yes. Twenty years later, in 1977, they went back to these same graduates and what the researchers found out astounded them. The assets of the three percent who wrote down their goals outweighed the assets of the 97 percent combined.

One night in 1997, I wrote my dreams.

I nicknamed it my Dream Book and it was 15 pages long.

Let me now give you one of the most powerful success habits of my life. Since that fateful night in 1997, I've read my Life Dreams every day. No kidding.

Each morning, as part of my prayer, I read my dreams and present them to God. I declare it anew to myself, to the world, to the universe. I remind myself of my future.

It's so powerful, I wake up each morning knowing exactly what I want to do with my life.

So writing down your dreams is fantastic. By itself, it already unlocks the blessings of the universe upon your life. By writing down your dreams, you open yourself to life's river of abundance.

But when you read your dreams every day, you multiply the power of that river tenfold.

If you don't like reading them, hang photos of your dreams on your bedroom wall. Look at them every day.

Pray for them every day.

Make Your Dream as Graphic as You Can

When David spoke to Goliath, he was very graphic.

He said, "This day the Lord will deliver you into my hand, and I will strike you down, and cut off your head; and I will give the dead bodies of the host of the Philistines this day to the birds of the air and to the wild beasts of the earth."

I know, it's gory, but I'm driving home a point: Your dream should be graphic.

Graphic details trigger your emotions. They give you energy — something you need when you want to conquer Goliaths and achieve your dreams.

If it's going to be graphic, you'll need imagination.

That's why the great Albert Einstein said: "Imagination is everything. It is the preview of life's coming attractions."

It's also why Olympic champions visualize their goals. Coaches tell their athletes to win first in their minds if they want to win in the field.

So a runner imagines himself crossing the finish line.

A gymnast imagines herself doing the perfect floor routine.

A basketball player imagines himself making many three-point shots.

Champion athletes visualize constantly.

In the same way, champions in life create visions of their desired future in their minds.

Graphic Means Specific

I mentioned above that my Dream Book is 15 pages long. Why so many pages? Because my dreams are clothed with color, texture, sizes, shapes, tastes, smells and sounds.

The more specific, the better.

Is your dream to lose weight?

Don't say, "I want to lose weight."

That's too blah. And when it comes to dreams, being unimaginative is a crime. Speak from the heart. What do you really want?

Instead of saying, "I want to lose weight," say instead, "I weigh 120 pounds. My children look at me and say, 'Wow, you did it, Mom!' I'll buy a whole new wardrobe because all my clothes are too big. I can walk long distances and not feel tired at all. I feel healthy, strong and full of energy every day."


Don't just say, "I want to earn more money." Say instead, "I earn P120,000 a month. I pay the tuition fees of my kids on time, bring out my wife on a weekly date and give 12 percent of my income to God."

Don't just say, "I want to have my own house." Say instead, "I own a two-bedroom condo in Makati. It's a beautiful home filled with love, noisy meals with my kids and friendly neighbors around me."

Success author Napoleon Hill said, "Whatever the mind can conceive and believe, it can achieve."

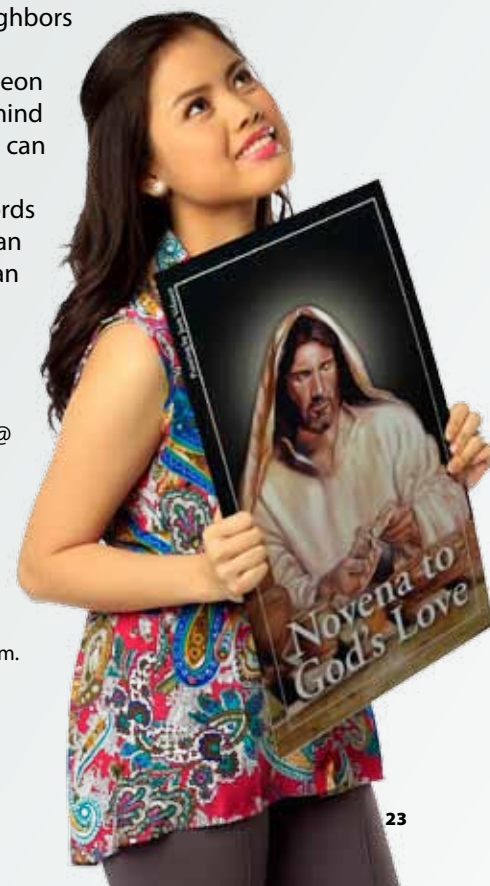
Let me change his words a bit: Whatever the mind can imagine and believe, it can achieve.

I did it.

You can, too. 

Email me at bosanchez@kerygmfamily.com.

This article is lifted from Bo Sanchez's book, *How to Conquer Your Goliaths*. To order, call (02) 725-9999 locals 101 to 108 or log on to our new and improved website www.shepherdsvoice.com.ph.



Emily feels fulfilled but longs to help others more.



MY FLOURISHING BUSINESS MADE IT POSSIBLE FOR MY HUSBAND TO COME HOME FOR GOOD

T

he boys were running wild and enjoying the party — the food, the games, the company of one another.

When the last game was over, the boys ran to their fathers. They got their hugs and warm embraces. Some were even carried by their fathers.

My son, Christian Joseph, then four years old, just looked at me. His eyes said a thousand words — his father was not around to give him a hug and to carry him. My heart melted. I could only hug him with my motherly arms.

That incident became the seed for a dream — and a prayer.

I started dreaming and praying that God would give us a business in the Philippines so that my husband, a seaman, wouldn't have to leave the country. More so, that my son would have his father around while he's growing up.

By Emily Carpio as told to Tess V. Atienza

Dreaming the Big Dream

I am a pharmacist by profession. Even when my husband was already working as a seaman, I continued to work. I rose from being the production supervisor, assistant production manager, and then warehouse manager of a big pharmaceutical manufacturing company in Cavite.

In 2006, I applied for an early retirement and had initially planned to go to the United States to work as a pharmacist, with the end goal of saving at least P20 million, which was the franchise fee for a major drugstore at that time.

I reviewed for the US pharmaceutical board exam, Foreign Pharmacy Graduate Equivalency Exam, for one and a half years. But my first interview at the US Embassy was a failure. They thought I was going there to join my parents because I had a pending petition from them.

On the date of my second interview, I had a life-threatening surgery (the third one actually). I was prepared to die and was even given the last sacrament by two priests when my husband, who was then on vacation, asked me, "If you die, who will take care of our son?"

That question gave me the will to live.

While recuperating from my surgery, I chanced upon an advertisement of The Generics Pharmacy in the newspaper. I made inquiries and attended their orientation seminar. At that time, The Generics Pharmacy was a young company.

After getting a sense that God did not want me to go abroad to earn and save P20 million, I asked Him, "What's Your plan for me?"

Around that time, I received a copy of Bo Sanchez's book, *8 Secrets of the Truly Rich*. I began praying earnestly — every day since then — the Millionaire's Prayer on page 17, indicating my target monthly income of P500,000 then, and to expand my territory.

A Dream Fulfilled

With my hospitalization and surgeries, my retirement pay was almost depleted. I told my mother about The Generics Pharmacy and she agreed to give me some capital, including my husband's savings, so I could get a franchise. At that time, the franchise fee was less than P1 million.

I experienced many trials before I could open my very first branch, but I was too eager to have a successful business so that my husband could come home and we could live as a complete family. I always went back to that "big why" whenever things would become difficult.

I did everything possible to attract customers. Would you believe that three months after opening our first branch on February 2, 2008 in Dasmariñas, Cavite, I was able to recover my investment of P780,000?

I had to sacrifice a lot to be able to operate it successfully. There were times when my helper, who was actually my son's nanny, and I had to wake up at 4:00 a.m. to cook our breakfast and lunch, go to the store before 9:00 a.m., and sometimes stay late in the night. It was a blessing that my helper used to work in a pharmacy, so her experience was a big help. Whenever I had to go to Manila to replenish my stock, I would ask a trusted friend or church colleague to man the store aside from my helper.

But more opportunities to open additional branches came as sales surpassed my expectations.

Expanding My Territory

Three months later, on May 10, 2008, I opened my second branch, this time in Binakayan, Kawit, Cavite. There were more sacrifices because my helper and I had to man each store separately.

Sales grew even more. Before 2008 ended, I opened two more branches — in Tagaytay in July and in Cavite City in November. In 2009, I added another two more.

The more my businesses grew, the more I opened myself to giving — to church, to seminarians, to poor people who asked for my help. As Bo would say, "The purpose of wealth is so you could share more with others." And I have tried to live by that principle as the number of branches I franchised grew. In fact, I have put up a system whereby the income from every branch would be used for a specific purpose: one branch for salaries of employees, which now number around 40; one branch for charity; one branch for amortization of properties; one branch for rentals; and so on.

The Big Why Has Come to Pass


After I opened my third branch in 2008, I asked my husband to come home for good. It wasn't easy not having him around. The businesses are growing and I needed someone to help me. It was also hard being a wife of an OFW (Overseas Filipino Worker) because temptations are always around, on his side and mine.

Today, we do things together — including raising our only son, who no longer has to look for a father figure because his dad is right beside him every day of his life.

On to Another Big Why

With my family life in order, I now pray for another dream — to be able to get a franchise of a giant fast-food chain at P30 million in 2018. I don't have that amount yet, but I'm sure that if it is God's will for me, it will happen.

And my big why this time?

Because I am blessed, I want to bless more people in return. 



With Daddy Danny home for good, Christian Joseph can't be any happier.

W

hy is Facebook so big today?

Because deep in our hearts, our most basic need, found in our DNA, written in our genetic code, is the need to belong to a community, a friendship, a network, a club or a family.

Forgive me for being flat-out corny, downright mushy, but whether you know it or not, whether you admit it or not, you have a desperate need for love.

You were born with it. Everybody has it.

Male or female, you need love.

Yes, men too. I don't care how macho you are. I don't care if you look like a 500-pound wrestler and you can crush me just by your stare. At your deepest core, you still need love.

The billionaire living in the penthouse of his own skyscraper and the beggar living in a dark alley behind that skyscraper — both of them are desperate for love.

The eight-month-old baby, left in her crib, longing and crying for her mother's arms to embrace her, and an 80-year-old woman in a wheelchair, longing and crying for her son to visit her — both are desperate for love.

Single, married, divorced, or widowed — you need love.

Christian, Muslim, Buddhist, Hindu, atheist or agnostic — you need love.

When God made you, He placed that need in you. He designed this need into you.

Why? Because at the end of the day, even if you have 346,114 Likes in Facebook — this need, this craving, this hunger for love will never be met. Ultimately, this need for love is a need for God. Because God is love.

At the end of the day, your desperate hunger for love will push you towards God — because every family, friend and community will fail. Only God can never fail you. And only God can fill your desperate need.

Which brings me to my next point...

Define Your Win

In anything you do, you need to learn to define your win. If you can't define your win, defeat is certain.

In sports, the win is very obvious. It doesn't take a basketball expert to know that the win is putting a rubber ball through the hoop. And it's so easy to keep score. If you arrive late for a game, the first thing you ask is, "What's the score?" The score is based on the win — the number of times the ball went through the hoop.

But let's imagine the preposterous. Let's imagine that a basketball team is confused about what the win is.

Player #1 thinks the fanciest dribble wins the game. So all he does is dribble like he was a clown in a circus.

Player #2 thinks that the fastest runner wins the game. So all he does is run back and forth from one side of the court to the other.

Player #3 thinks that the loudest cheer wins the game. So all he does the entire game is shout, "Go, team, go!"

Player #4 thinks that the most fashionable uniform wins the game. So this guy walks around like a fashion model in a catwalk.

Player #5 thinks that the most handsome player wins the game. So while everyone is scrambling for the ball, he stops to comb his hair.

Do you think this team will win?

In life, the first thing you need to do is to define your win.

**WIN YOUR
RELATIONSHIPS
AND YOUR
LIFE**



Special Section

By Bo Sanchez

I repeat. Unless you define your win, defeat is certain.

Here's the problem: Life has become so complicated for many people, the win is no longer obvious. Life has become so discombobulated, it's almost impossible to define the win.

What Is the Win in Life?

To know what is life's win, we need to go back to the One who made life. And in Matthew 22, Jesus unpacks human life for us, separating what is nice and what is necessary, what is external and what is essential.

The Teachers of the Law asked Jesus, "What is the greatest commandment?" These Teachers knew that there were 613 Old Testament Laws to choose from.

And Jesus said, "Love God and love others."

And I'm sure you remember this passage... (We read it in greeting cards):

If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

—1 Corinthians 13:1-3

That's it. That's our win. Love is the win of life.

In every area! Let me pick four examples.

1. What Is the Win in Business Life?

Some people think the win of business is profit. No, it's not. I speak as an entrepreneur. I run a few businesses and, from my experience, if a company makes profit its number one win, it won't last. It will have a short-lived success.

What is the win of a business? I believe the win of a business is to convert your customers into your raving fans. Raving fans will tell others about your product — the best marketing in the world. Raving fans will be willing to pay premium prices, increasing your margins. Raving fans will forgive you if you sometimes fumble.

In other words, love your customers so much that your customers love you back.

The win of enlightened businesses? Love.

2. What Is the Win in Family Life?

Let me tell you about Jim. Jim had a good-paying job in Manila. But he wanted more. He wanted to buy a bigger house, to drive a better car, to go to better vacations. He tried to convince himself that he was really doing this for his family. So he applied for work in Saudi and got accepted.

Jim talked to his wife and she understood. With reluctance, she allowed him to go.

It was now time to talk to his six-year-old boy, Jaime.

After dinner, he sat in front of little Jaime and spoke to him in a way that the boy could understand. Jim said, "Jaime, I need to work in a different country so I could earn more money for you. You won't see me very often, but please remember that I'm doing this for you. So I could buy you more toys..." (I now realize where we learn to bribe.) Six-year-old Jaime nodded and Jim was happy that he understood. He and his wife tucked their son to bed.

A few minutes later, while Jim and his wife were already in their bedroom, Jaime knocked on the door. When they opened it, they saw Jaime dragging behind him his box of toys. The six-year-old said, "Daddy, I want to sell my toys. So you can have money. So that you don't have to go away to work anymore."

Jim cried that night. His little boy was telling him what was most important. Little Jaime knew what the win of family life was.

The win in family life? It's not how big your house is or how new your car is or how expensive your family vacation is. Your win is your relationships.

(Note: There are more desperate situations where parents have no choice but to work abroad. This is perfectly understandable. But this isn't my example above. Jim already has a good-paying job and a house.)

3. What Is the Win in Church Life?

Our spiritual family, the Light of Jesus, has been experiencing a growth explosion these past few years. In four



short years, we've grown from one Feast to over a hundred Feasts scattered all over the world. Believe me, it's totally unmerited. Totally undeserved.

By the way, I'm not proud of these numbers. Because community isn't primarily about numbers. It's primarily about the people behind those numbers. That's what I'm excited about.

One day, God spoke to my heart and told me, "My blessing goes to those who are open to my blessing. And your unity — which can only come from the high price of humility — was that opening I was looking for."

I remember the Bible when it says that when there is unity, the Lord bestows His blessings (see Psalms 133:1-3).

When I heard that from God, I felt so humbled. Because our unity isn't pure, perfect or polished. Our unity is broken, blemished and bandaged. Believe me, our leaders have fought a million times. But by God's sheer miracle, we've forgiven each other a million times as well.

And yes, unity comes from the high price of humility. And humility is powerful. God says, "Those who exalt themselves will be humbled, and those who humble themselves will be exalted" (Luke 14:11).

That day, God was telling me, "The world will know you are my disciples not by the eloquence of your preaching, or by the energy of your worship, but by the excellence of your love for one another. Your mission is your relationships. Make your relationships your first priority. Remain united. If you do, you'll see an increase of my favor in your community."

We Grow Bigger by Growing Smaller

A lot of people think that church is all about Mass, prayer meetings, worship, preaching, seminars... No, it's not. Bottom line, it's all about relationship. It's about loving one another every day. That's why we always invite people to caring groups. (Caring Groups are 8 to 15 people who meet every week for prayer, encouragement and friendship.) The only way we can grow bigger is by growing smaller.

After The Feast, a woman grabbed my arm and, with uncontainable joy, she said, "Bo, thank you for making Light of Jesus Family. It has blessed me so much." I was half-expecting her to say that my brilliant preaching and erudite wisdom has impressed her immensely, but she didn't say that.

She said, "My nine-month-old baby got very sick and needed to go through surgery." She said she had to see her sleeping little infant, with tiny tubes attached to her body, being wheeled into the operating room. She continued, "When the doors of the operating room closed, it was like life's doors closed on me as well." She had to wait for five excruciating hours outside wondering what was happening inside. But with tears welling up in her eyes, she said, "But throughout that time, my caring group was there with me. Calling me up. Visiting me. Praying for me and my baby. I felt so much love from them. Thank you for the Light of Jesus Family."

Friends, this is what the Catholic Church is all about. At least, it's what it should be. (But sadly, churches are like sacramental gas stations. Get your tank filled up and go off your own way.)

Light of Jesus isn't just about The Feast, or the talks, or the worship, or the ministries we do. At the end of the day,

Light of Jesus is about loving people every day.

The win in church life? It's all about relationships.

4. What Is the Win in Christian Life?

As Christians, we're confused. Because we have a tendency to complicate what God has made simple. We complicate Christianity. We complicate following God.

Why? One reason: We like to make things more complicated because we like impressing people and feel special. I notice that we like to be part of an elite group that possesses a special lifestyle or culture or rituals that others don't have. Religious groups do this all the time to make them feel that they're better than the other less committed Christians around.

Twenty-Four Rules

Some 15 or 20 years ago, the Light of Jesus Family was exactly like this. We were very big on rules. Our community culture was obsessed with rules. In fact, once you became an official member, we gave you a list of 24 Rules that you should do if you wanted to remain a member in good standing. Example? 1. Pray one hour a day; 2. Read the Bible for another hour a day; 3. Go to Mass as often as you can; 4. Pray the rosary every day. We printed the list of our 24 Rules on a card and we required members to keep it in their pocket or wallet.

I'm ashamed to say this, but I also encouraged members to do spot checks on each other. Like some kind of spiritual police. Because of this, the "win" of the Christian life was confused.

But thank God, one day He knocked my head and told me, "Bo, you've got it all wrong." (Actually, it didn't happen in a day, because I was hardheaded. He had to knock my head a few more times!) Through many years, God clarified in my heart what the win was in the Christian life.

How did God do it?

Two remarkable things happened.

Do I Want to Live with Them for All Eternity?

First, I realized that some religious people who deserved a big gold medal for getting a perfect score with our 24 Rules (or similar lists) were the most judgmental, critical, self-righteous, condemning, arrogant, manipulative and obnoxious people I've ever met in my life. *They did everything right in a wrong way.* Because they were so holy and perfect, they saw everyone as uncommitted, undisciplined, immature, carnal, fleshly and tainted by the world.

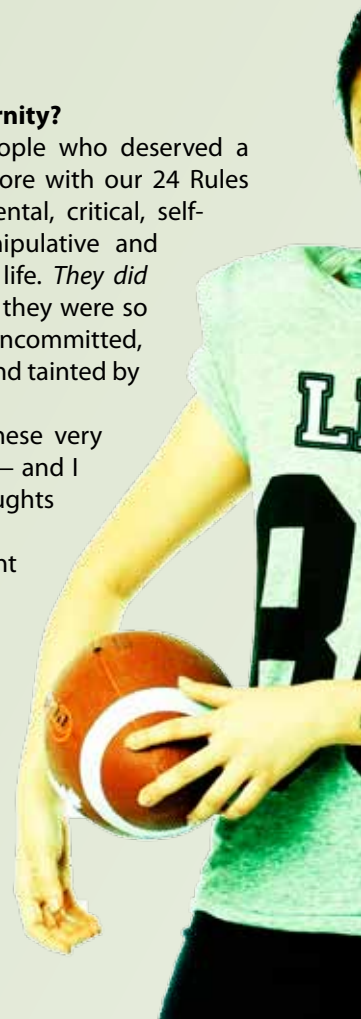
Suddenly, I imagined living with these very "holy" people in heaven for all eternity — and I cringed. To be honest, I had second thoughts about going to heaven.

Let me give you a more current example...

The Heart of the Bible

I receive thousands of emails. Most of them are happy emails. But I get a handful that attack me.

From them, I get this line often: "Bo, you're going to hell. And you're bringing many people to hell." They criticize my doctrines and beliefs, because they say what I teach is



against the Bible. Oh believe me, they know their Bible. They send me large swathes of Bible verses.

But do they really know the *heart* of the Bible? Because I notice that their emails are dripping with hate. And they just don't hate me, they hate everyone.

The heart of the Bible is love.

Second transformational experience that God gave me?

He brought to my path unchurched people who were more loving than many church people I know.

One day, I met a man who astounded me with Christ's unconditional love flowing out of him. I was stunned because I learned that he never went to church his entire life. But as I talked to the people living around him, they tell me that they experience God's love through him. I was shocked beyond my wits. How could that be possible? He was an anomaly that didn't fit my nice theology that says, "Christians are good, non-Christians are bad."

Here's my big realization: There's a difference between religious maturity and spiritual maturity. *Religious maturity has to do with rules. Spiritual maturity has to do with relationship.*

The longer I live as a Christian, the more I realize that it's very simple to follow God. (Note: I didn't say it's easy. I said it's simple.)

Christianity is about one thing. *It's all about relationships.*

Everything else — Bible study, Holy Mass, doctrinal teaching, prayer Meetings — were designed to strengthen your relationships. If these aren't strengthening your relationships, there's something terribly wrong.

A Marriage Based on Rules Isn't a Marriage

Imagine if after our wedding day, I brought out a piece of paper containing 24 rules and told my wife, Marowe, "Darling, you're very lucky to marry me. Here are the 24 rules I want you to do to make me happy..."

Rule #1: Feed me every day; no leftovers please and no repeating of viands for at least two months;

Rule #2: Make babies, feed babies, wash babies, carry babies, dress babies, raise up babies until they're 21 years old. Once 21, we'll drop them in some public park and leave them there.

And then I add, "By the way, if you don't do these 24 Rules, I won't love you anymore. The marriage is finished. Kaput. Gone."

Do you think that will be a great marriage? That's not love, that's law. That's not a marriage commitment, that's a business deal.

Let me shout this from the rooftops: This isn't Christianity!

God wants a relationship with you.

Don't get me wrong. I'm not against rules. Every relationship has basic rules, but it's not the center, nor the spirit, nor power of the relationship.

God wants you to love Him not because

you're afraid He'll throw you to hell if you don't do the rules. God wants you to love Him because He loved you first (see 1 John 4:19).

Let me end with one last story...

God Prioritizes Relationships

One day, a group of angry men threw a woman at Jesus' feet.

In my imagination, she was most likely bruised with blood dripping on her face, slapped a couple of times by these holy men. She was most likely naked, too.

These men said to Jesus, "Jesus, we caught this woman in the act of adultery. The Law states that we should stone her to death. What do you say?" (This makes me wonder. The last time I checked, adultery happens between two people. Where's the guy?)

In other words, she broke the rules! But to God, His relationship with the woman was more important than those rules. So Jesus threw a pail of cold water on these violent, blood-thirsting, stone-carrying, rage-breathing, nostrils-flaring mob by saying, "He who has no sin cast the first stone." One Bible manuscript says, "He who has not committed this same sin cast the first stone."

One by one, the guys dropped their stones and walked away.

(Let me insert this: Next time you're angry at something, check the mirror. Because most often, we're angry at something that's in us, but we don't admit it yet. So we project our anger at others.)

When everyone left, Jesus bent down to this woman cowering in front of him. He asked, "Where are those that condemn you?"

The woman said, "They've left."

That was when Jesus said two powerful things to her. And it's important that you keep the sequence of these two powerful things right. (Many religious people invert this sequence!)

Jesus said, "Neither do I condemn you."

And then He said, "Sin no more."

Religious people have inverted the sequence of these two words. They preach, "Sin no more... and God won't condemn you."

You hear this again and again. "Keep the rules... and God will love you."

That's not what God said. That's not the right sequence.

The first thing God says to you is, "I don't condemn you. I love you. I accept you as you are. You may feel like junk right now. Rubbish. Garbage. Because of your sins, your failures, you feel like the scum of the earth. Well, I don't condemn you. And if you receive my love, and enter into a relationship with me, I'll help you not to break the rules anymore. Because of my love for you, you can overcome sin in your life."

That's the Gospel of Jesus.

God prioritizes your relationship with Him. More important than all the rules or anything else in the universe.


Dear friend, go do the same. Prioritize your relationships. Make relationships your win in life.

Life is all about relationships.

Business life is all about relationships.

Family life is all about relationships.

Church life is all about relationships.

Shout it from the housetops: Life is all about relationships. 

Email me at bosanchez@kerygmfamily.com.





Crossing the *Threshold*

**HOW A POOR FARMER BROKE THROUGH THE
BARRIERS OF POVERTY**

*By Desi (not his real name)
as told to Judith Concepcion*

he scene begins in a rice field with a young man wearing a wide-brimmed hat under the scorching sun, pushing the plow as it is being pulled by a carabao. Next scene shows a man braving the busy streets of the metropolis on a bicycle with a basket mounted above the bike's front wheel.

This was the opening video on *Eat Bulaga's* search for "Superwheel's Super *Pamilya ng Lipunan*," which was shown on national television on September 12, 1992. These scenes were snapshots from my life. My story, which was submitted by one of my housemates, was chosen among hundreds of letters sent. I didn't want my story to be featured, but what the show's director said made me reconsider. My story, he said, could give hope to those who had already thrown in the towel. And for this same purpose, I now share my story to you.

Humble Beginnings

I was a farmer, and my father was, too. My mother was a housewife. At age seven, I started to work in the fields. My father was a hardworking man, so our needs were provided for. All was well with our life until that fateful day in December 1945 when my father and eldest brother were taken by the Japanese soldiers, never to be seen again. I was 10 years old then. My mother was left to fend for her remaining six children. Poverty struck us. Even the basic needs had become a luxury.

I entered Grade 1 when I was 11 years old because schools in our province were closed during the Japanese occupation. After Grade 4, my mother told me to quit school as she couldn't afford to pay my tuition fee of two pesos. I wanted so much to finish Grade 6 and get my certificate — the only thing a poor lad like me could be proud of — so I worked at my uncle's *singkamas* plantation to earn my keep. I graduated from Grade 6 at the age of 16.

When I was 18 years old, I went to Manila to work and study. I found a job in a button factory but my desire to study waned. Supporting my family became my top priority.

I got married at 20. The button business was not doing well so my wife and I went back to the province. I entered just about any job to support my family. I caught fish at night until the wee hours of the morning, worked in a sugar cane field and in a construction company.

In 1958, I became a delivery boy in Capital Auto Supply owned by Mr. Chua. I delivered the ordered spare parts to auto supplies to various parts of Metro Manila riding a bicycle. I landed this job through my brother-in-law, Eduardo, who worked in Capital as an agent. Though I was receiving a bigger salary as a construction worker, I left my job because Eduardo said that I was intelligent and believed that I could prosper there if I could just learn the ropes.

Eduardo and I were pioneers in this newly established business. After a year, the business started to grow and

we moved to a bigger location. Though Mr. Chua hired additional employees, Eduardo and I continued to serve as collectors every Saturday because we were the only ones trusted by Mr. Chua. I was also given other tasks to do, which I did without complaining.

Opportunity Knocked

The store's purchaser and manager was resigning so he chose from among three people who would replace him. He didn't like the two salesmen who were Commerce graduates because of their temper and attitude problems. That left him with only one choice: me. He told Mr. Chua, "Desi is not yet knowledgeable but I think he knows how to handle people." My first night in my new position, I couldn't sleep and even had a splitting headache. I didn't know anything about running a business. But later, when I learned the ins and outs of the business, it prospered, thus making Mr. Chua a millionaire. He trusted me so much that even if he was abroad, he'd leave the business in my care.

Taking the Plunge


Some friends and acquaintances from the auto supplies industry were pushing me to put up my own business. Aside from not having the means, I felt the time was not yet ripe. Some time later, when one of Capital's previous corporate purchasers said that he would only deal with me if I already had my own auto supply, I started to prepare for it.

My business started informally in my rented two-story apartment in Makati with only a telephone line and no inventory. My youngest brother initially took care of the business operations. We borrowed money for our start-up capital of P6,000. After six months, our capital rose to P50,000. That was when I scouted for a site. Just then, a Chinese friend called me to help him find a buyer for his auto supply. I bought it, thus Model, our auto supply, was born on May 3, 1971.

The Great Payoff

My business was a big blessing to me. My eldest entered college when Model started. Although it took years before Model started to pick up and prosper, it helped a lot in providing the means for my 10 children's education. I was also able to build my own house. Now, I turn my focus into lifting the lives of other young people, especially my employees in Model, by providing for their education so they, too, could fulfill their dreams and have a better future. I also support some seminarians.

I was poor and lacked education but these did not deter me from dreaming and pursuing my dreams. It was a steep climb toward their fulfillment but my efforts paid off well.

Whatever I have accomplished in life, I owe it all to God. I couldn't have won in life without the guidance of my Divine Director. 

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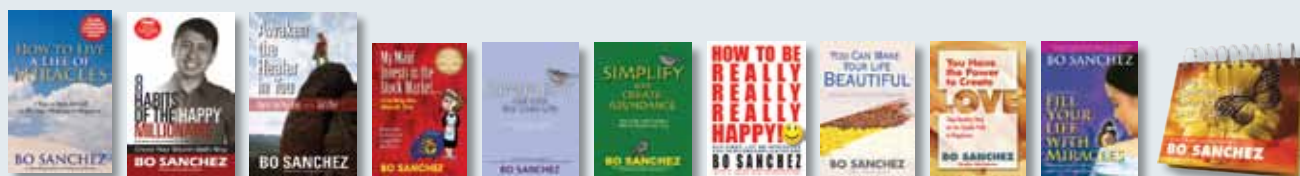
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1. Lucky winners will be drawn. A participant can only win once per draw.
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3. A notification letter via registered mail will be sent to winners for confirmation and will be published in the March 2014 issue of *Kerygma*. Instructions on where to claim the prize will be detailed in the letter via registered mail.
4. Winner for the pilgrimage will secure his/her own passport.
5. Prizes are transferable but not convertible to cash.
6. Winners for trips shall shoulder all the taxes and documentations related to the trip, and the 20% tax for prizes exceeding P10,000.
7. Prizes must be claimed within 60 days from receipt of notification, except the trip to Holy Land which the winner needs to coordinate until January 23, 2014.
8. Prizes unclaimed will be forfeited in favor of SVP with prior DTI approval.
9. Claiming of prizes. The Winners shall claim their prizes at the Shepherd's Voice office at 60 Chicago St., Cubao, Quezon City. Winners must present the notification letter, claim stub and a valid ID with photo and signature (e.g. driver's license, company ID or passport). Winners may send a representative on their behalf provided they present the following:
 - a. Letter of authorization from winner
 - b. Proper identification
 - c. Letter sent by SVP and claim stub
10. The promo organizer's decision is final with the concurrence of DTI Representative.
11. All SVP employees are not eligible to join the raffle promo including their relatives up to the third degree of consanguinity or affinity.
12. A DTI Representative will be on hand to witness the draw on January 5, 2014, 10:30am at the PICC during The FEAST.
13. Per DTI-NCR Permit No. 1459 Series of 2013.

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Old Truths about Kids' Use of Gadgets and Multimedia

M

y six-year old begs, "Mom, can I play with your tablet or the computer?"

My three-year old quips, "Oh, it's still buffering!"

That's how technologically versed kids are these days. That is why they are called *digital citizens*. We, adults, are labelled as *digital migrants* attempting our way to this new world.

Some patterns in our children's development can be attributed to fast-changing technology. Truly, our lives are

easier with everything just a click away. But some effects are turning out not so good than we and our little netizens can understand.

In my work as a counselor, I have encountered children who are so wired to their gadgets and the Internet. They can't live a day without it. They have problems with focus, hyperactivity, academics and aggressive behavior. One crucial question to ask is this: "What gadgets do you use at home and for how long?"

The sad truth is, many parents resist regulating their children's use of multimedia and are even proud that their precocious tots can use tablets and smartphones. It is still our responsibility as parents to teach kids not just how to use it, but also the value of it. The old school way of developing kids still applies in our digital age.

Consider these points in ensuring appropriate multimedia management among children:

- 1. Content and Pace.** Try watching kids' video games or music videos. If a headache shoots up, then the fast-paced scenes may not be good for you, and more so for kids. More than screening for content, be vigilant of the pace of the program and how it is affecting kids' brains. As pointed by Math and Psychology professor, Dr. Queena Lee-Chua, "When children get used to speed, everything in life including school and homework becomes boring." If your kids can focus on a game but find it hard to read, sit still or write, treat it as a red flag. They might find it hard to adapt to real life and enhance the more important skills.


By Michele S. Alignay, MA, RGC

2. FB in Kids. "You will not use Facebook if you are under 13," says the Statement of Rights and Responsibilities No. 4.5 of Facebook. If this is so, how come kids are being allowed to use this social networking site (SNS)? Dr. Lee-Chua pointed that it is because their parents consented or did not regulate. Children are allowed to fake their age, and that is outright dishonesty. What is more important for you and your child — being "in" with the FB fad or teaching kids discipline and honesty?

3. Reading, Writing and Thinking. The techie kids appear smart but many lag in basic developmental skills, such as writing, speaking and reading. The tech savvy grope for answers to "why" and "how." Too much of being wired seems to make it hard for kids to be patient, diligent, think logically and be creative. Parents need to let children experience the world unwired.

4. Regulation Is the Key. The American Academy of Pediatrics stands by their statement on children's use of TV since the last decade. Their suggestions hold true until now and include:

- o Children under two should not be exposed to TV or other gadgets (quite hard, really!).
- o Children aged two up to preschool age should have supervised use of only 30 minutes a day.
- o School age kids and above should only have a maximum use of two hours a day.

Let kids experience childhood in its truest essence. It is only when we parents take deliberate steps in managing their multimedia use that kids will understand its real value and purpose. Gadgets and technology are aids in life, but not life itself. 

For inquiries and consultations, email Michele at ichel.alignay@gmail.com.





A Stirring Testament

By Rosanne Romero

I don't want to be phony and say I embrace suffering. Or that in pain I instinctively turn to prayer. That's not me. When in pain, I'm in pain. I whine. I cross my eyes. I put out my snout. My life will never be stuff for an inspirational movie.

There is much to complain about having Multiple Sclerosis. And yet, true as that is, I must tell you that I realize there are things in my MS-ed life I am profoundly grateful for.

Each time MS intravenous treatment comes, Omy, my husband, plans it with meticulous deliberation. To detonate potential bomb-like predicaments, we set it when Omy doesn't have a scheduled business trip. We kind of make moves like we're all going on a picnic — with the doctors and the nurses at the oncology unit of St. Luke's Medical Center.

That time came this week. And Omy settled me in the easy chair and watched as the needle got pushed in a good vein. And as the 3,000 milligrams of Solumedrol started being "downloaded" into my veins, Omy took out his laptop and began downloading things that needed his attention. For some of the IV sessions, he stays all day. And in some sessions, he hies back to the office nearby for things that can't be done digitally, like meet a client, discuss a proposal, etc. Today, he did just that. He slipped away for a couple of hours.

And just as the last drops of Solumedrol dripped into my veins, Omy strides back into the onco unit, exchanging small talk with the nurses who stayed with me. He's not preoccupied. Not vexed or annoyed. Just visibly giddy-glad one day of infusion is over.

The reason I highlight this is, this is not typical. I've traded stories with many other ladies who have MS. This is not their experience. There's a lot of bickering over the expense, the ill time. There's a lot of blaming that ensues. For many,

that is a cardinal rule: When things go wrong, find someone to blame. I didn't ask for MS and I cringe when I think how this wasn't in the deal when Omy asked me to marry him. MS — who knew? It hit us like a huge rock.

Out of a warped sense of superiority, I so wish I could pay for my own bills. But until God inspires somebody stupid enough to hire me and pay me big time, Omy will be picking up all my medical bills.


I digress. I'm trying to get to a point.

Here's the point. This doesn't have anything to do with me being this fragile, delicate and charming Pollyanna whom people feel delightfully compelled to help. That I am not.

So this has only to do with the fiber Omy is made of. I don't mean home-grown and self-crafted fiber. This is character hewn by God.

And I am grateful to witness character hewn by God in my children as well. Zach and Rinka gifted me with a chemo goodie bag — full of gummy bears, sour candy, a magazine, and a big pack of Maltesers. As well as Malaya, our granddaughter (although she was banished from the place in 10 minutes flat). And Becca took a three-day leave from work just to make sure I got Starbucks coffee or a cup of steaming white chocolate from Mary Grace during the infusions.

In this circle, I am not treated like an invalid. But neither am I treated with indifference. I love that this is the way it is.

Lives given to the Lord turn up like this in difficult times. It's the stuff they're made of. Character hewn by God. To borrow from Steve Green: "May our lives be a stirring testament of God's sustaining grace." 

Email me at kitchenscribbles@gmail.com.





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By George Tolentino Gabriel

I just came from Grace to Be Born, one of our partner outreach ministries in the Light of Jesus Family. It's a shelter for pregnant mothers in crisis. Women as young as 12 years old who either got raped or couldn't afford to raise a child find hope as they're taken in, cared for and assisted in delivering and raising their child.

Grace to Be Born is located in the heart of Pasig. It's tough to get there. The streets are narrow. There are about a thousand jeepneys and half a thousand tricycles that you need to either evade or overtake. Plus, the establishments are built shoulder to shoulder, so it's hard to pinpoint where it is unless you know exactly where it's located. I had to circle the block two or three times before I finally found it, only to realize I had already passed by it but missed it. Just before I arrived, I was actually already a bit irritated because I was afraid I'd be late for my appointment. But I found it just in time.

It made me think about how, in the middle of our trials and tribulation, our problems and preoccupation, our distraction and despair, we lose sight of hope. But I believe that if we look closely enough and are pointed in the right direction, we'll find hope in the midst of everything we're going through.

The girls of Grace to Be Born were probably at the end of their rope as well. Most of them say they were about to abort their babies, had Grace to Be Born not rescued them from their situation. When all hope seemed to be gone, it came just in time.

You may be in a tough situation right now. You may feel lost, like you're going in circles. You may want to give up already. But friend, don't lose hope. God is right in the middle of your circumstance. He's right there, in the thick of your situation. 

Email me at george.svp@gmail.com.

George Tolentino Gabriel is the creative director of Shepherd's Voice Radio and Television Foundation, the media office that produces all the radio, TV and Internet programs of Bo Sanchez. He is also the managing editor of FiSH, our award-winning inspirational youth magazine, and author of Love Life, named best youth book at the 2011 Catholic Mass Media Awards. He is also a Feast Builder and the worship director of the Light of Jesus Family. He preaches regularly at The Feast PICC every Sunday at 2:00 p.m.

Grace to Be Born is located at 53 Dr. Sixto Antonio Avenue, Kapasigan, Pasig City, with tel. no. (632) 654-1377.

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Sha's burning desire is to help people through her writings.

One Last Story

I Discovered My Passion Amidst Credit Card Debts

writer. I just kept writing without any concrete plans on what to do with my articles.

An Idea to Write a Book

In one of the seminars I attended, an idea came to mind. "Sha, write a book." At first I was so uncomfortable with the idea. I had so many reasons why I should dismiss it: It was so ambitious; I was too young to write a book; I was not a writer; I was clueless how to do it; I didn't know any author or publisher (or no one knew me).

But my burning passion to share the message on personal financial management took over my fears and excuses.

My First Book

I wrote nonstop for two years until my first book, **Think Rich, Yuppies!**, was finally published in the first quarter of 2011.

My published book was just icing on the cake. The real prize was the lasting joy of finding my real passion — writing.


I Couldn't Stop Writing

I wrote and published my second book in late 2011. It was an e-book entitled **How to Earn While on Vacation** with a foreword by Bo Sanchez. The e-book is about passive income. I decided to give away the e-book for free at www.SeminarPhilippines.com so I could reach out to as many people as possible.

In the last few months, a number of people came up to me and asked me if I could help them write a book. Then I remembered Bo Sanchez's words: "Use your gifts to serve others" and "Be significant and help others achieve their dreams."

And so I came up with my latest e-book, **How to Write a Book Even if You're Not a Writer**, to help those who want to write a book make their dream come true.

To date, I've written and published other books and e-books, which include **How to Make Your Dreams Come True** with a review by Brian Tracy and **The Ultimate Guide to Happiness**. (For the complete list of the books I've written, visit www.AuthorSha.com.)

Looking back, I believe the crisis I went through — being sick and tired of my job, getting broke, and being buried in credit card debts — turned out to be blessings in disguise. The crisis not only helped me turn around my finances but also helped me discover my passion for writing. As Bo said, "Your greatest failure will be the source of your greatest victory." 

Sha Nacino is an author, blogger and speaker. You may check her blogs at www.SeminarPhilippines.com and her books at www.AuthorSha.com.

By Sha Nacino

Silver bells! It's Christmas time in the city!" I could hear the happy Christmas carols being played over the radio of the taxi I was riding. We passed by a restaurant and everyone looked cheerful — except me, and perhaps the taxi driver. My eyes watered, my breathing became heavy, and I felt as if my heart was crushed to pieces. I wanted to cry out loud, "Why do I have to work on Christmas Day?"

Little did I know that that painful experience would awaken the author in me.

How My Credit Card Debts Helped Me Become an Author

Immediately after I graduated from college, I started working in the call center department of a bank. I was earning my own money. I felt rich! I started to overspend. I also got hooked on credit cards and, in just a year, I maxed out the credit limit of my two cards.

At that time, I got so sick and tired of my job. It pained me to work on night shifts and special occasions like Christmas and New Year. I wanted to resign. Sadly, I was buried in credit card debts. If being broke was painful enough, it hurt more to be in a crossroad. I didn't know what to do in case I resign, and I didn't even know what would make me happy.

Those painful experiences fueled me to improve my finances and discover my real passion. I read books, attended seminars, sought mentors, and listened to audio books. I applied what I was learning. In three years' time, I was able to turn around my finances and zero out my credit card debts.

I observed that a lot of yuppies were also going through financial difficulties, overspending on their credit cards, no savings, buying this and that. I wanted to help them break that pattern. I wanted to share how important it is to manage one's finances, to be free from bad debts, and to invest in financial literacy.

But I realized that money was such a sensitive issue. I had a close friend and she didn't feel comfortable when I would start talking about money. So I started writing — even if I was never a

I pray that you receive your miracles in Jesus' name!

by **Bo Sanchez**

I PRAY THAT GOD LIFT YOUR TRIALS, heal your diseases, bless your problems and direct you to the path He wants you to take. I pray that God remove your fears and give you the courage to surrender your burdens to Him.

So place your hand over my hand, and let's pray with trust, together with our prayer team of intercessors praying for you right now...

This page is our Point of Contact, our spiritual connection.

Say after me...

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

Lord, I surrender to You my worries and anxieties. I surrender to You my needs, my problems, my trials. I place them all in Your big hands. And I open myself to all that You want to give to me. On this day, I say yes to Your love, to Your blessings, to Your healing, to Your miracles. And Lord, specifically, I ask for the following miracles for my life...

I believe that You answer my prayer in the best way possible! And I thank You in advance for the perfect answers to my prayers. I also ask for the special intercession of Mama Mary. I pray all this in the Name of the Father, the Son and the Holy Spirit. Amen!

SPECIAL INTENTION FOR THIS MONTH:

Bless the readers of *Kerygma*, Lord. You have planted dreams in their hearts. You have given them special gifts. You want them to realize their dreams and live their lives to the fullest. Enkindle in them the fire of Your love so that they may live with passion in their hearts. But as they pursue their dreams and strive to win in all areas of their lives, grant them wisdom so that they may realize that their biggest win in life is a deep relationship with You. Amen.

Praying for you,



Email your prayer requests to me at bosanchez@kerygmfamily.com or write to me at Shepherd's Voice Publications, #60 Chicago St., Cubao, Quezon City, Philippines 1109.

