



*The Life-Changing Magazine*  
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2018

Who Is the Holy Spirit?

**The Oral Tradition,  
the Pentecost, and  
the Catholic Church  
(And Why Their  
Connection Matters)**

Strengthen Your  
God Connection

**Balancing Family  
and Money Matters**

# **EMPOWERED:**

## *The Fire to Live a Great Life*

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### ***SORIANO FAMILY***

In today's society where marriage and familial life is challenged, God uses the Sorianos to spread love, faith, and inspiration to the people around them.

# Do You Want to Change Your Life and Be Truly Rich?

**Don't look for complicated solutions.**

This book contains tried and tested truths gained from the school of experience—the best teacher of all.

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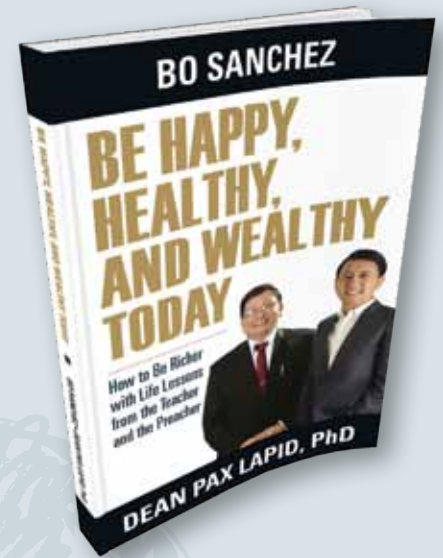
They have distilled over half a century of lessons learned through living, failing, and succeeding. You will save yourself from a lot of unnecessary heartaches when you listen to them. Learn the lesson without having to go through the painful experience.

The simple truths captured in this book have the power to transform your destiny. They will help you become truly rich and abundant when you apply the priceless wisdom contained here.

In this book, you will learn about:

- ✓ The Dreams and Drivers to Success
- ✓ Valuable Nuggets of Financial Wisdom
- ✓ Snippets of Business Success
- ✓ How to Live in Significance and Trust
- ✓ The Pattern of a Miracle

Drink up their stories, their experiences, and their lessons. Their life lists are an invitation for you to create your own. Listen and learn from the teacher and the preacher, and start living a fulfilled life. Be happy, healthy, and wealthy today.





# Strengthen Your God Connection

**A** few weeks ago, while taking a brief walk in the mall, I managed to overhear a few teenagers grumbling about the Wi-Fi connection.

"I'm going to die! There's no Internet connection here!" one of them said.

"Let's go to another mall. I hate it here. I can't even post in IG!" another said.

It made me think.

Their concerns are legitimate, but not in the way you might think.

Hear me out.

Of course, they wouldn't die without Internet connection.

But it made me wonder why they were so desperate for it. What do Facebook, Instagram, Viber, and all other social media platforms give us anyway? Why do we spend so much time connected to the Internet?

"Ah," I thought. The answer was right there.

People want to be connected.

People hunger for connection. They want it so bad, they think they'd die without it.

Relationships are so important, and people try to pursue it in different ways. Nowadays, we find it in social media. In the likes, comments, and shares that we receive. In the validation we feel when people say good things about our posts. We become so addicted to social media because it makes us feel "connected."

But it's not enough. People are still sad. People are still hungry for connection. People are still desperate for attention. And they keep finding it, keep searching for it, keep pursuing it in all the wrong places.

It becomes a vicious cycle that never ends.

I understand that there's a big hole in our hearts. But this is an emptiness that only solid, real, and true connections can fill.

People resort to addictions because they need one thing: love.

I understand your need for connections. Even Jesus wanted to be connected.

When Jesus was twelve years old, He went with His parents to the Jerusalem

Temple. On their way back home, they couldn't find Jesus. Perhaps you're wondering how in the world could they lose their Son. Were they too busy?

Here's a little background. This was a four-day trip and they traveled with other people. And men and women traveled separately. It's quite possible that Joseph thought that little Jesus was with Mary, and Mary thought that little Jesus was with Joseph. The Bible says, "Three days later they finally discovered him. He was in the Temple, sitting among the teachers of Law, discussing deep questions with them and amazing everyone with his understanding and answers" (Luke 2:46-47, TLB).

Jesus wanted to connect with His Father. He was seeking God's Word. And He did that by listening to religious teachers and asking questions. And Jesus told His parents, "But why did you need to search? Didn't you realize that I would be here at the Temple, in my Father's House?" (Luke 2:49, TLB).


My friend, I have a message for you: Get connected to the True Source.

Have you noticed? There are a lot of "fake" Wi-Fi connections around. That's what I call it. That's the frustrating experience of walking in a mall, turning on your phone to check for Wi-Fi, and finding that the signal is very strong. Five bars! Woohoo! Your hopes are up. You get excited. But when you open your Facebook... nothing. The Wi-Fi is a dud. You can't connect to the Internet. Why? The Wi-Fi modem isn't connected to the Internet. You cannot give what you don't have.

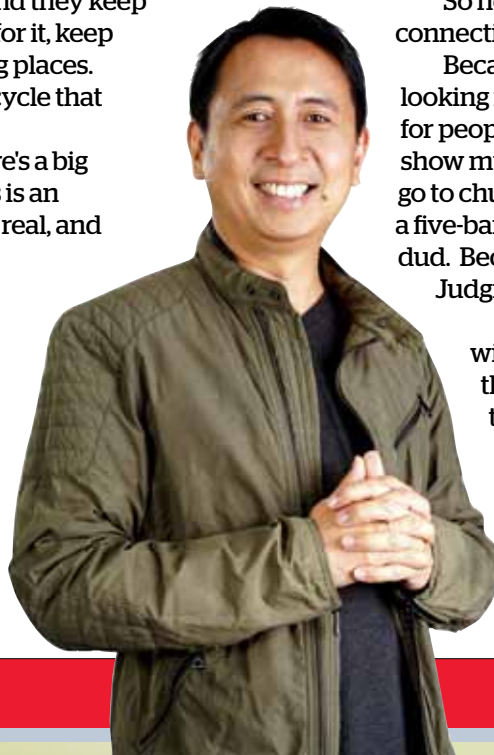
So here's my message: Strengthen your God connection.

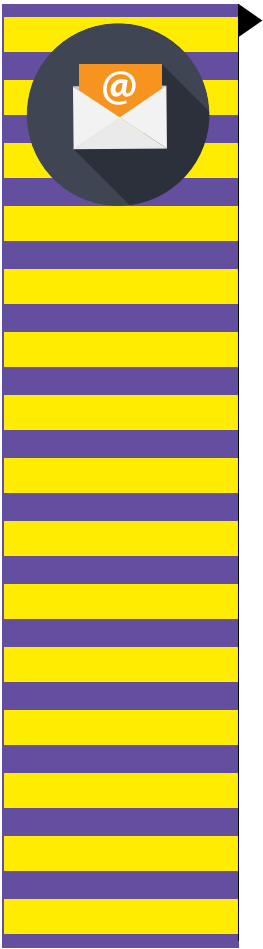
Because whether people know it or not, they are looking for a God connection. And they are looking for people to be their spiritual Wi-Fis. Some people show much promise because they're religious. They go to church. They read the Bible. They're emitting a five-bar signal. But soon, people find out it's a dud. Because there's no love. Only spiritual pride.

Judgment. Arrogance. Labeling. Hatred.

Unless people have a strong connection with God and receive His unconditional love, they cannot pass on this unconditional love to others. 

May your dreams come true,





*I am sixteen years old and currently on my third year in college at the University of Santo Tomas. My family began attending The Feast last January 2016, and we have attended every session since then. The constant inspiring words from The Feast builders, Ms. Rissa Singson Kawpeng's authored books, and monthly Kerygma magazine write-ups, are among the major driving forces why I continuously write blogs and articles, so that in my smallest way, I could give back to the world all the blessings I receive day by day. We thank God for giving us The Feast, our spiritual fortress and shelter, and we continually pray for its expansion so that someday the whole world would recognize Jesus' name and His salvation.*

*I hope that someday I would be given the opportunity to have my work printed in the pages of the monthly Feast magazines. God be with you always.*

*Thank you once again for the unending motivations. May you never stop. God bless!*

**Adrian Jr. A. Maronill**  
**University of Santo. Tomas**  
**Manila**

*Thank you for your October 2017 "Angels & Demons" issue. I was reminded of my duties as a Catholic after reading this issue. It enlightened me of some of the weird and unexplainable things that happened to me long time ago.*

*Through this issue, I came to understand the roles of angels in our daily lives, and how we can unknowingly predispose ourselves to demons.*

*However, I have one experience with the supernatural that I couldn't forget. I can't explain what happened to me, or did it really happen, or was it just my imagination? Is there anyone that you can recommend for me to consult about what I have experienced with the supernatural (perhaps a priest or an exorcist maybe)? I have been trying to find answers to my questions but still failed.*

*Thank you so much.*

**Joyce**  
**via e-mail**

**Editor's note:**

*Ask the chancery of your diocese for the contact details of the exorcism ministry in your area. For Manila, e-mail the Archdiocese of Manila Office of Exorcism at [amoe.inquiry@yahoo.com](mailto:amoe.inquiry@yahoo.com) or [amoe.request@yahoo.com](mailto:amoe.request@yahoo.com), or call 899-4971.*

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**M**ommy, I want to go up the stage with you," my young daughters told me as I was about to do the love offering exhortation during one of our Feasts. I had already finished giving the talk and was coming onstage a second time. I told my girls to remain offstage and wait for me, but they stuck to me like barnacles. So I hobbled up the stage with two girls clinging tight to my sides.

I don't know what their real intentions were. Maybe they missed me—even if I had only been gone for two hours. Or maybe they enjoy being in the limelight like a true descendant of a movie actress, which my grandmother was.

Whatever their motives, I didn't want them to get used to being up there for no reason. Here's why: I believe the stage should be approached with great fear and trembling. Because everyone literally looks up to you, you seem bigger than life and everything you say on that platform sounds grander and more eloquent than normal. I believe you have to earn your right to stand on stage because it gives you credibility that should be truthfully matched by the right character.

I've seen preachers stand on stage who didn't have the integrity to back up their words. And their shameful fate when they're finally exposed chills me to the bone. Their stories remind me that my walk should be consistent with my talk and vice versa.

For those who aspire for service that's carried out on stage, here's my friendly advice: grow deep, not wide.

Psalms 92:12 says, "The righteous will... grow like a cedar

of Lebanon" (NIV). The Hebrew word for *grow* used in this verse is *sagah*, which connotes three things.

The cedar grows **deep**. They say that this tree has two to three meters deep of roots for every meter of growth above ground.

It grows **high**. Cedars are eighty to a hundred feet high and are taller than other trees because of its well watered roots.

It grows **out**. After it reaches a height of ten feet, the cedar's branches begin to fan out horizontally to give shade and also to keep snow from falling to its roots. By doing this, it prevents excess water from rotting its roots.

It's not easy to grow down fast. It's easier to grow up high.

From our vices and sinful life, we find ourselves at The Feast and before long we are worship leaders, music ministers, Light Group heads, and ministry heads. But what's the test of true growth? It's your staying power.

Cedars in Lebanon need to grow deep to

By Rissa Singson-Kawpeng

survive the fierce winds high up in rocky mountains. If they didn't have deep roots, the wind will bend and break and uproot them. Being high up in the summit, they also catch a lot of snow on their branches. They say that no manmade beam constructed at right angles can bear the weight of snow that these trees carry.

Remember the Parable of the Sower on Matthew 13? The seed sown on rocky ground immediately sprang up but when the sun came out, it was scorched because it didn't have roots. When trials and persecution come, the shallow-rooted Christian is quick to fall away.

At the end of the day, our connection to the true Vine will determine the fruitfulness of our service.

So ascend to the stage with fear and trembling. When people applaud, give the glory back to the One who entrusted you with the privilege of standing on His platform. 🙌

*"Be especially careful when you are trying to be good so that you don't make a performance out of it. It might be good theater, but the God who made you won't be applauding."  
(Matthew 6:1, MSG)*

E-mail Rissa at [justbreatherissa@gmail.com](mailto:justbreatherissa@gmail.com). Visit [www.rissasingsonkawpeng.com](http://www.rissasingsonkawpeng.com).







*Bingo and Carol Soriano, who will be celebrating their twenty-eighth wedding anniversary this year, are members of Ang Ligaya ng Panginoon (LNP) Community, both serving as senior leaders. They are entrepreneurs in their respective fields, and they are blessed with two beautiful daughters, Christella and Nicole. Christella, also known as Stella or China, twenty-six years old, is part of the Singles District of the LNP and runs her own accessories business. Nicole, on the other hand, is twenty-three years old and part of the University District, also of the LNP, and works for a Singapore-based art gallery. In this issue, they share how the fruits of the Holy Spirit, through their community, nurtured their individualities and strengthened their family amidst challenges. Turn to page 40.*

*Photos by Daniel Soriano*





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# daily pause **with** Pope Francis

<p>▶ <b>1</b></p> <p>"We need the Holy Spirit to transmit the faith. We cannot do it alone."</p> 	<p><b>2</b></p> <p>"Let us learn to recognize that which leaves a good and lasting mark on our hearts, knowing that it comes from God."</p>	<p><b>3</b></p> <p>"God, who cannot be outdone in generosity, still uses you and me to help our brothers and sisters."</p>
<p><b>7</b></p> <p>"The secret to fanning the flame of our spiritual life is a willingness to allow ourselves to encounter Jesus and to be encountered by Him."</p>	<p><b>8</b></p> <p>"Let us ask ourselves this question: what is Jesus telling me today? And let us try to listen to Jesus' voice, the inspiration from within."</p>	<p><b>9</b></p> <p>"If we encounter Jesus and our brothers and sisters in the everyday events of our life, our hearts will no longer be set on the past or the future, but will experience the 'today of God' in peace with everyone."</p>
<p><b>1 3</b></p> <p>"We are all called to live the joy that comes from the encounter with Jesus, to overcome our selfishness, and to move beyond our comfort zone."</p>	<p><b>1 4</b></p> <p>"If we want a future of prosperity for all, we need to keep our compass pointing toward 'true North,' in the direction of authentic values."</p>	<p><b>1 5</b></p> <p>"We offer a gift pleasing to Jesus when we spend time with a person who has difficulties or we help someone for the sake of helping."</p>
<p><b>1 9</b></p>  <p>"In our daily lives we experience the tenderness of God who lovingly saves us from our sins, fears, and anxieties."</p> <p>"Worldly life aims to do whatever we want; consecrated life chooses humble obedience as the greater freedom."</p> <p><b>2 5</b></p>	<p><b>2 0</b></p> <p>"When we confess our sins with humility and sincerity, we receive forgiveness and are reunited with God and our brothers and sisters."</p>	<p><b>2 1</b></p> <p>"How good it is for us to hold the Lord 'in our arms' (Luke 2:28), like Simeon. Not only in our heads and in our hearts, but also 'in our hands'; in all that we do: in prayer, at work, at the table, on the telephone, at school, with the poor, everywhere."</p>
<p><b>2 6</b></p> <p>"Christians are called to keep alive the memory of how much God has done through them."</p>	<p><b>2 7</b></p> <p>"We cannot remain silent before the suffering of millions of people whose dignity has been wounded."</p>	<p><b>2 8</b></p> <p>"Jesus never forsakes us in the trials of life: He always prepares us, helps us, as He prepared [His disciples], with the vision of His glory."</p> 

4

"Savoring the encounter with Jesus is also the remedy for the paralysis of routine, for it opens us up to the daily 'havoc' of grace."



5

*"When you meet other people in the Lord, you can be sure God's surprises will follow."*

6

"Almsgiving helps us to recognize our neighbor as our brother or sister, and to acknowledge that what we possess is never ours alone."

1 0

"Pause for a little while, refrain from the need to show off and be seen by all, to continually appear on the 'notice board' that makes us forget the value of intimacy and recollection."

1 1

"Fasting makes us more alert and attentive to God and our neighbor, and reminds us that He alone can satisfy our hunger."

1 2

*"We can support one another, and face every kind of challenge with courage and hope, when we draw our strength from Jesus."*



1 6

"May we never look at the screen of our cell phone more than the eyes of our brothers or sisters, or focus more on our software than on the Lord."

1 7

"Only those able to acknowledge their mistakes and ask pardon receive understanding and forgiveness from others."

1 8

"The message of Jesus is troubling and disturbs us because it challenges worldly religious power and stirs consciences."

2 2

"To serve human life is to serve God and life at every stage: from the womb of the mother, to the suffering and sickness of old age."

2 3

"May the sick always be shown love in their fragility and respected in their inviolable dignity."

2 4



"The Lord is present in our lives, showing us all His love and encouraging us to respond with generosity."



2 9

"If the fruit of faith is charity—as Mother Teresa often used to say—then the fruit of distrust is apathy and resignation. Distrust, apathy, and resignation: these are demons that deaden and paralyze the soul of a believing people."

3 0

"Pause a little, leave behind the unrest and commotion that fill the soul with bitter feelings which never get us anywhere."

3 1

"Consecrated life is born and reborn of an encounter with Jesus as He is: poor, chaste, and obedient."





## SURPRISING HEALTH BENEFITS OF A GOOD NIGHT'S SLEEP

**ASIDE FROM REDUCING** the dark circles under your eyes, a good night sleep can also bring you the following positive changes:

- 1. Lowers the risk of depression.** Psychologists have proven that the lack of sleep can contribute to depression. Sleeping well can lower anxiety and increase emotional stability.
- 2. Improves memory.** During sleep, your mind undergoes the process of consolidation where you strengthen memories or practice skills learned while you were awake. So aside from actual practice and action, sleeping well can help you master things better.
- 3. Stimulates creativity.** According to researchers from Harvard University and Boston College, sleep strengthens the emotional components of a memory, which may help spur the creative process.
- 4. Improves your grades.** According to a 2010 study, children who are ten to sixteen years old who have sleep disorder are more at risk to have problems with attention and learning. Another study says that college students who didn't get enough sleep had worse grades than those who did.
- 5. Prevents accidents.** In 2009, it has been reported that more fatal car crashes occurred in the United States because of a sleepy driver than a drunk one. Don't drink and drive, and don't drive when sleepy as well.

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

## CUT BACK OR SPEND MORE ON BEAUTY PRODUCTS?

**IF YOU ARE CHOOSING** between a cheap product or a branded one, here are some recommendations to take note:

Cut Back	Why?	Spend More	Why?
Shampoo	Using an expensive one is like watching your money go down the drain.	Conditioner	The healthy ingredients in a high-quality conditioner stick to the hair longer.
Cleanser	It will be on your face for only two seconds which is not worth the expense. For acne-prone or sensitive skin, look for labels that say "gentle" or "noncomedogenic."	Face Powder	A branded one gives you that flawless and long-lasting look, so you won't need too much retouch.
Mascara	Because bacteria grows in it easily, used mascara tubes must be disposed after three months. No need for an expensive one.	Eyeliner	The more expensive the pencil, the softer the wax and the smoother the application.
Lip gloss	Half of it might just rub off on your cup or glass anyway. If you only want a bit of tint and shine, no need to spend much.	Eye shadow	Branded shadows stick to the lids better and offer richer colors than their drugstore counterparts.

Source: <https://www.realsimple.com/beauty-fashion/>



### Quick Health Tip

#### Avocado

**AVOCADO** is a green, pear-shaped fruit, loaded with important nutrients such as potassium that support healthy blood pressure levels, monounsaturated oleic acid that's good for the heart, fiber that helps in weight loss and metabolic health, and antioxidants lutein and zeaxanthin, which are important for eye health.

Source: <https://www.healthline.com/nutrition/>



## Saints-at-a-Glance

### St. Rose Venerini

**Birth: 1656**

**Died: 1728**

**Feast day: May 7**

St. Rose was born in Viterbo, Italy to Goffredo and Marzia Zampichetti. When she was twenty, her fiancé died and she decided to enter the convent. Rose returned home to take care of her widowed mother. She invited women to pray the rosary together and started teaching them about the Catholic faith. St. Rose died in Rome on May 7 after establishing more than forty schools. Soon, her lay school teachers formed a religious organization called the Venerini Sisters who help Italian immigrants. Pope Benedict XI canonized St. Rose on October 15, 2006.

Source: [www.catholic.org](http://www.catholic.org)



### Pastoral Statement Against Divorce

**"I promise to be faithful** to you, in good times and in bad, in sickness and in health, to love and to honor you all the days of my life". This Matrimonial Covenant is promised by married people before God and before each and every one of us. This marriage our Constitution recognizes "as an inviolable social institution, is the foundation of the family and shall be protected by the State." In fact, our Constitution was once touted as the first pro-family constitution in the world.

**Couples** who overcome trials in marriage **together** grow in virtue and happiness. That is why decent peoples of the world accompany couples and families toward reconciliation and healing. And our holy Mother, the Church, will always and everywhere be there to help.

**Children** deserve a home where love, faithfulness, and forgiveness reign. In particular, they don't want to see their parents quit because there are difficulties in their relationship. The sight of their parents persevering together will always remain with them, especially when they will have their own families.

**Science and human experience** tell us that marriage is an immutable and undeniable good. Even in difficult marriages, children have benefited psychologically, physically, and spiritually. Its demands and benefits lead to a better, compassionate, stable and more dynamic society. Our Constitution's goal of the common good demands all these.

**The dignity of women and men** requires all these. Because of all of these, Christ the Lord raised marriage to the dignity of a Sacrament. Let not Congress lay waste these victories with a divorce bill.

**"Because of the hardness of your hearts,** Moses wrote you this commandment [on divorce]. But from the beginning of creation, 'God made them male and female. For this reason a man shall leave his father and mother (and be joined to his wife), and the two shall become one flesh.' So they are no longer two but one flesh. **Therefore what God has joined together, no human being must separate**" (Mark 10:5-9).

### NO TO DIVORCE!

21 February 2018

Note: The above statement was discussed during the first meeting of the 2018 ECFL National Conference.

The following were present and called for the issuance of a pastoral statement against divorce. This is the shortened version.

Benjamin Aguilar of the Prayer Warriors of the Holy Souls

Michael Ariola, Jimmy and Lorna Ilagan, Lawrence Quintero of Couples for Christ Global Mission Foundation

Dr. Rene Bullecer of Human Life International - Philippines

Victorico and Ma. Clarita Fernandez of Ang Ligaya ng Panginoon

Floro and Natalia Teresita Flores of Focolare New Families Movement

Raymond Ganar and Rex Morales of World Organization Ovulation Method Billings

Eduardo Jr. and Socorro Hipolito of Catholic Engaged Encounter

Ed and Emma Karganilla of Regina Pacis Mundi

Rene and Ellen Lantin of the Neocatechumenal Way

Timothy Laws of Alliance for the Family Foundation, Inc.

Maria Elma Lopez and Grace Helen del Castillo of Subtle Attacks against the Family Explained

Guillermo and Zenaida Mallillin of Servants for Family Empowerment

Michael Anthony Mapa of Filipinos for Life

Noemi Marasigan, Manjoe and Lenette Mendoza of Educhild Foundation, Inc.

Oca Obefias, Ansel Beluso, and Xavier Padilla of Couples for Christ Foundation for Family and Life

Reyes Ordoñez and Renato Rafon of Familia

Carlos Antonio Palad and Lito David of ProLife Philippines

Renato and Lilian Perez for Heartbeat Pregnancy Support Services of Asia, Inc.

Julio and Merle Gilda Ramores of Catholic Grandparents Association

Maureen V. Q. Reyes, for Lay Evangelization - Katesismong Pamilya

Lee-An Rosal of Live Life

Edwin Valles of Courage - Philippines

Edna Vargas of Worldwide Marriage Encounter - Philippines

Dexter and Jessica Yu of the Christian Family Movement

Archbishop Gilbert A. Garcera of the Episcopal Commission for Family and Life

Sources:

<http://www.pagadiandocese.org/2018/02/25/cbcp-divorce-bill-anti-marriage-and-anti-family/>

<http://cbcpnews.net/cbcpnews/pastoral-statement-against-divorce/>



# A Transforming Recollection in Anawim



**Embraced.** Anawim spiritual adviser, Babes Zambrano, opened up how she felt loved and blessed to serve in the home for the elderly.

by Shellie Anne Javier-Follero

**T**herefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come." – 2 Corinthians 5:17

On March 8, 2018, Anawim Home for the Abandoned Elderly had a Lenten recollection for the staff and volunteers with the theme "Transformation." The recollection was held in the beautiful Anawim chapel with the green mountain of Montalban, Rizal in the background.

The main goal of the recollection was to equip the staff and volunteers with the Holy Spirit. The management and personnel believe that to

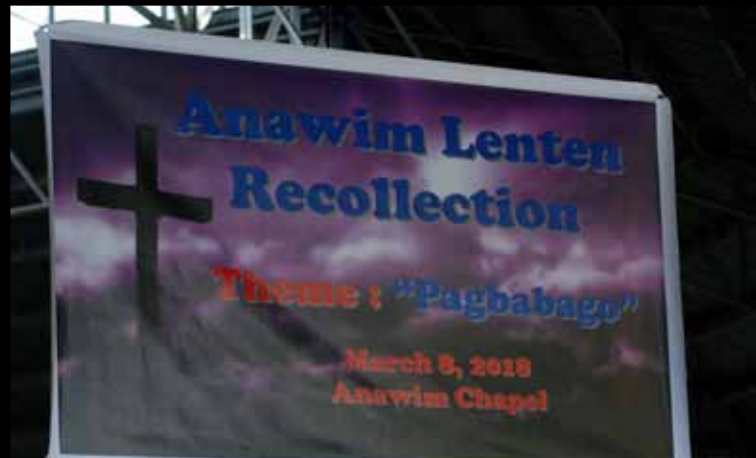
better serve in Anawim, the servants need a break to reflect and connect with God. And Lent was the perfect season for a recollection.

## **A Dream Come True**

Ben Salvedia, Anawim's person-in-charge for formation, hosted the day's event, while Babes Zambrano, Anawim spiritual adviser, shared how God blessed her through her service in Anawim. She felt God's embrace in all the trials she had been through. She believed that God would do the same to all the participants. Babes led everyone to a heartfelt worship to officially open the recollection.

Caloy Dimson, Anawim center director, shared that he





was grateful that God allowed the recollection to happen in Anawim. "This is one of my answered prayers," he said.

Caloy then introduced the first speaker as someone who was also enthusiastic to make the recollection happen. It was no other than the president of Shepherd's Voice Publications and one of Anawim's board of trustees, Hermie Morelos.

He said, "I know how difficult your work really is. But I want to honor all your hardwork. I admire your patience and love for all our *lolos* and *lolas*. I am happy to be here with all of you. I am happy that we have this recollection. Because I know this will help you serve our *lolos* and *lolas* more."

### Overcoming the Storms


Hermie opened the topic about facing the storms in our life. Storms may be problems and challenges. He emphasized that no matter how strong the storm, God will never leave us. He added that through the storm, God remains with us.

Hermie reminded all the participants that a storm is an instrument to transform us—from weak to strong, from failure to triumph.

After his talk, every one was encouraged to spend time alone and reflect. Volunteers and staff went to different corners of the Anawim chapel. Ben instructed the participants to write down

their sins, burdens, and concerns on pieces of paper. These were collected and nailed on a cross as a sign of surrendering everything to God and accepting His grace and forgiveness.

The recollection ended with a smile on the faces of the servants, and hearts full of love and grace.

Truly, God can transform anyone. The old things have passed away and new hope is coming for Anawim volunteers and staff. 

*To know more about the mercy ministries of LOJF, log on to [www.lightfam.com](http://www.lightfam.com) or call 725-9999.*





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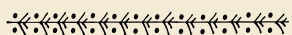


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KERYGMA May 2018



*I've been serving in our parish for four years now, and I must say that it helped me grow spiritually and emotionally. These recent months, though, I feel that I am already burnt-out. I wanted to pray about it, but I am tired of praying as well.*

*What should I do? Because of my busyness, I am often sleepy whenever I pray. Deep within, I know that it also comes from hopelessness because some of my prayers seem to fall on deaf ears.*

*Please help me on what to do.*

**Burdened Servant**

### **Dear Burdened Servant,**

*Almost all the time, we feel that we need to produce something—be it talent, product, or being a successful person in a business. But after a while, we can get burnt-out. You just don't have the emotional drive to do the same. It also happens when we pray. And being tired of praying can come from not allowing yourself to be loved and from the feeling that your prayer is not productive; you don't see any result.*

*Fr. Thomas H. Green, in his book, When the Well Runs Dry, says that in this moment, you're not going to be lifted by a sermon or a song. When you're unable to pray, usually, the Lord is drawing you to a deeper relationship with Him. And the attitude that we should take in is like when we're waiting for someone we love in a train station—we wait graciously. Don't feel that you have to produce anything.*

*Pope Francis said that when he's too tired, he would just go to the chapel, sit down, and let Jesus look at him with great love. Sometimes he even falls asleep, and after a few minutes, he'd wake up but he doesn't feel guilty. Because he knows that during those few minutes when he's asleep, Jesus didn't take His eyes off him. Jesus still loves him.*

*So when you feel that you don't know how to talk to Jesus, just let Him look at you with great love.*

**Fr. Bob McConaghy**

*Fr. Bob McConaghy is a retired priest from the diocese of Allentown, Pennsylvania. He came back to Manila, Philippines and has been serving for more than eight years now at Lorenzo Mission Institute Seminary in Guadalupe, Makati City.*



E-mail your questions to [editsvp@shepherdsvoice.com.ph](mailto:editsvp@shepherdsvoice.com.ph). Or if you need to talk to someone, call **(632) 726-4709 or 726-6728** to contact a pastoral carer of the Light of Jesus Pastoral Care Center. Pastoral caring session by telephone is 24 hours from Monday to Friday, and 8 a.m. to 5 p.m. on Saturdays. Face-to-face session is by appointment. For correspondence pastoral session, e-mail [lojpastoralcare@gmail.com](mailto:lojpastoralcare@gmail.com), go to [www.kerygmfamily.com](http://www.kerygmfamily.com), or call **(632) 725-999**.

## **I Am Tired of Praying**





*Huwag mahiyang magtanong.*



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*Isang pangalan sa gamot na kailangan.*



## My One True Calling

By Zena Magana




**E**ver since my elementary years, I have always been interested in learning sign language. Because of this, I took up the Filipino Sign Language course in De La Salle–College of Saint Benilde (CSB) in 2014. That year, I was immersed with the deaf community and appreciated more their language, identity, uniqueness, and culture. I admit that it was not easy, but the deaf whom we studied with were patient in teaching us how to learn the signs.

During our last term, my classmates and I joined an event called, “Sing It with Signs.” After the competition, Ms. Naty Natividad, a CSB employee, approached us and invited our group to attend The Feast Bay Area (FBA) so that we could enhance our skills. I immediately said yes for the sole purpose of developing and practicing my skills in sign language. However, after weeks of attending The Feast, I eventually found myself yearning to deepen my relationship and my faith in

God. The Lord called me to serve Him. It dawned on me that this is what He has always wanted me to do. Before, I never really understood why I have always been passionate to learn sign language, until I realized that God wants to use me to help others, especially the deaf and hard of hearing, to know, understand, appreciate, and love God’s teachings.

After serving with the Deaf Ministry (formerly known as Ephphatha Ministry) for more than two years, an unexpected change happened. The FBA SYNC (now The Feast Mall of Asia) was moved to the 9:00 a.m. slot from the original 11:30 a.m. This meant that we would be joining a relatively different crowd led by Didoy Lubaton. During our first Sunday with SYNC, we thought that it would just be any ordinary Sunday. But Bro. Didoy, together with the servants and the attendees, made us feel welcome. As weeks passed by, we developed sincere and deep connections with the community.

We saw their efforts to make each session more “deaf-friendly,” thus making the members of our ministry feel loved and accepted.

Attending and serving at the FBA SYNC sessions has changed my perspective in life. Spending time with the deaf and hard-of-hearing (HOH) attendees has made me realize that we are all blessed no matter what our condition in life may be. Now, I do my best to imitate the good deeds of Christ in order for others to see Him and to feel His love through me. I want every person I encounter to realize that life is truly worth living, and that it is and will always be beautiful. 

*Join The Feast Mall of Asia every Sunday, 9 a.m., at the Center Stage Cinema, 2nd Level, SM MOA.*

*To find The Feast near you, check out the venues and schedules at [www.lightfam.com](http://www.lightfam.com).*



# THE 4TH PHILIPPINE VISIT OF THE PILGRIM RELICS OF ST. THERESE OF THE CHILD JESUS

**T**he Fourth Philippine Visit of the Pilgrim Relics of St. Therese of the Child Jesus happened at the Shrine of St. Therese of the Child Jesus, Newport Blvd., Villamor, Pasay City (formerly St. Therese Chapel of the Villamor Air Base) on January 12, 2018.

Hosted by the Military Ordinariate of the Philippines (MOP), the visit coincides with the Catholic Bishops' Conference of the Philippines' observance of the "Year of the Clergy and Consecrated Persons."

According to the Apostolic Administrator of the MOP Bishop Oscar Jaime Florencio, the pilgrimage of the relics of the Little Flower is very timely who, in her entrance

to Carmel, declared, "I have come to save souls and especially to pray for priests." This is also part of our country's preparation for 2021, the Fifth Centenary of the First Baptism and Mass in the Philippines.

The pilgrim relics of St. Therese of the Child Jesus will visit forty-five Philippine archdioceses and dioceses and major Armed Forces of the Philippines and Philippine

By Gracious B. Romero

National Police camps all over the country from January 13 to May 31, 2018.

### Previous Visits

The first visit, during the Great Jubilee Year in 2000 was the very first pilgrimage both in the Philippines and Asia.

The pilgrim relics of St. Therese returned to the Philippines during the Year of St. Paul in 2008, at the inauguration of the newly completed Shrine and Columbarium dedicated in her honor in Pasay City. During the visit, Msgr. Bernard Lagoutte who was then the rector of the Pilgrimage Office in Lisieux, France promised that the relics will come to visit the Philippines every five years.





On her third pilgrim relics visit during the Year of Faith on December 12, 2012 to April 15, 2013, St. Therese of the Child Jesus was hailed as a woman of faith.

The theme for this year's visit is "*Salamat, St. Therese!*" brought about by her previous visits which have given the Catholic faithful so much graces and heavenly favors.

### The Reliquary

The reliquary that travels around the world is originally called the "Centennial Reliquary," as this was made in 1997 during the centenary of her death. It is made from precious, tropical-scented jacaranda hardwood from South America. The main case of the relics, which is inserted into this reliquary, is a solid silver case dipped in gold.

The pilgrim relics have been traveling along with a pilgrim icon of St. Therese. The pilgrim icon is a bas-relief of the image of St. Therese made of resin.

When in France, the relics stay at the Basilica of St. Therese in Lisieux. Rev. Fr. Olivier Ruffray, rector of the Sanctuary of Lisieux, and Sr. Monique-Marie of the Lisieux Pilgrimage Office came with the relics to the Philippines.

### Stories of Love and Healing


In the Philippines, the previous visits of St. Therese's relics in 2000, 2008, and 2013 brought countless faithful to conversion, and received grace and favors.

Sr. Philline Ann Vivas of the Missionary Catechists of St. Therese of the Child Jesus had an established

career as an accountant and a childhood sweetheart whom family and friends thought she would eventually marry. In the 2000 visit of St. Therese, Philline Anne got curious and attended the celebrations and conferences at Cebu's Holy Name Cathedral. It was there that she received her calling and found her true happiness as a nun.

Grace Shucke was nursing a broken heart when she prayed for her true love. On October 1, feast day of St. Therese, her best friend asked her to meet someone at the airport. Little did she know that she would

meet the true love sent to her by St. Therese.

Former Armed Forces of the Philippines Chief of Staff Gen. and Mrs. Eduardo Año are devotees of St. Therese. In the late 1990s, Mrs. Año was diagnosed with colon cancer. It was a hard blow to the couple because their children were still very small then. In February 2000, she had a colonoscopy to finally confirm her condition and determine what steps to take. They arrived early for the doctor's appointment so Gen. Año, then a cadet, suggested they pass by Monasterio de Sta. Clara along Katipunan Avenue. Providentially, the pilgrim relics of St. Therese was there for a short visit that morning. The Año couple had a chance to venerate St. Therese and whisper their hearts' desire. At the hospital, their attending physician told them the great news. The cancer was gone! 





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**M**ay is a busy month for people in Marikina City because this is the feast month of the Diocesan Shrine of Our Lady of the Abandoned, or Mama OLA, as she is fondly called by Marikeños.

But on a regular fourth Saturday, a Holy Mass is presided at 5 o'clock p.m. at the shrine and it is already filled with people. This is what they call the Fourth Saturday Devotion in honor of Our Lady of the Abandoned. Right after the Mass, the image of Mama OLA is processioned in the parish vicinity. This tradition has been practiced since January 2010.

## A Family of Devotees

For the Estanislao family, serving Mama OLA every fourth Saturday of the month is way beyond attending the Holy Mass and joining the procession. Jojo and Lina serve as lay minister and usher, respectively, during the Mass. Their two sons, Idris and Matthew, have been members of a group of young men called Obreros de la Nuestra Señora de los Desamparados, since its founding in February 2011. They are not only responsible for taking care of Mama OLA's image but also promoting the devotion to her.

Before the 5 p.m. Mass, the brothers are already busy preparing the float or carriage where the image will be placed. Together with the other Obreros members, they dress up in their blue vestment, and after the Mass, they lead the image out of the shrine and into the streets.



## The Fourth Saturday Devotion to Mama OLA

By Krizelle R. Talladen



The Diocesan Shrine of Our Lady of the Abandoned is located at J.P. Rizal St. corner V. Gomez St., Sta. Elena, Marikina City. Visit [Facebook.com/OLAMarikinaOfficial](https://www.facebook.com/OLAMarikinaOfficial) for more updates.


## Mama OLA's Mantle of Care

For Idris, Mama OLA's intercession serves as his guide whenever he is lost and whenever he needs clarity. Her presence in his life pushes him to be closer to Jesus. For Matthew, the name "Our Lady of the Abandoned" is very appropriate for the Blessed Mother. While he has parents and a brother, he still felt that he is never abandoned. What more if those who are really alone will come to her?

Indeed, she didn't abandon the family when Lina suffered from mild stroke in 2016. Through the prayer and continuous service and devotion of the men in the family, Lina's full healing and recovery didn't take long. After a few weeks, she was able to serve in the Fourth Saturday Devotion Mass again.

## An Invitation

The Estanislao family is just one of the families who were blessed through the intercession of Mama OLA and through their service and devotion to her and the Church of God.

If you and your family are living in and around Marikina, discover and be immersed in the beauty of this Catholic tradition. Pope Francis once said, "A Christian without Our Lady is an orphan. Also a Christian without the church is an orphan. A Christian needs these two women, two mothers, two virgins: the church and Our Lady." 

**Q**uestion: I was happy to read your books *Raising Pinoy Boys* and *The Retelling of The Richest Man in Babylon*. I quit my job a couple of years ago. No regrets though as my husband and I are saving more now than when I was still working. My son is still very young and when I see your picture with your three grown-up sons, I get inspired.

I want to earn more money while I'm at home. I work as a virtual assistant and I also do active trading in the stock market. Can you help me balance everything—make money at home, raise an intelligent boy, be a passionate and loving wife, etc.?

— Gina via e-mail

## Answer:

Balancing family and career is every mother's challenge. All these media talk about the "Have It All Woman" makes the greatest mothers and wives insecure to bits. Now that I'm a golden girl who has raised three wonderful young men and still passionately in love with my honey, I have to say, "Yes, a woman can have it all, but maybe not all at the same time." At least that's how it goes for ordinary mom-mortals like me.

Let's take up the three items in your list.

### 1. Make money at home.

Congratulations on saving more now even after quitting your job. When I quit my job to take care of our sons, I became more vigilant with our expenses and maybe that's what you're doing too. May I ask how you are doing with your active stock picking? Studies show that equity index funds outperform the actively managed funds. So evaluate if it's better for you to just invest in equity index funds in an automatic way. This way you could channel your time and effort to the other things in your

priority list. Did you quit your job to devote more focused attention to your son? Then money-making activities should work around your schedule with him. And this brings us to the second point.

**2. Raise an intelligent boy.** Let's go beyond just intelligent and set out to raise your child to his fullest potential—confident, with high FQ, God-loving, and ready to take on the challenges of the world. Isn't this the dream of all parents? But this entails a lot from us. Spend time with your son so you can observe him. Focus on his strengths and help him manage his weaknesses. If we devote our focus honing their God-given strengths, they can aspire to attain mastery in these fields.

**3. Be a passionate and loving wife.** I love that this is in your list of priorities. I believe that a great marriage is the foundation of great parenting, and it also helps a lot in attaining your financial goals. While your son is still young, show him that there's a special relationship between Mom and Dad. Set

one day each week to date and spend time with each other. Eat healthy, exercise, be spiritually grounded, and keep yourself attractive and exciting as you age. Your husband will not only love you more for this, he will be proud to show you off and ward off unnecessary temptations. Of course, the greatest product of this is that you get to love yourself even more.

Remember, successful balancing is not simply giving equal parts of time and resources to each of these three all the time, but knowing how to prioritize at certain periods in your life. Ask yourself, "Whose time is it now?" Later on, I wish that you will get to this place where you can say, "Yes, a woman can still have it all, not just all at the same time."

Cheers to parenting and womanhood! 📺

**Rose Fres Fausto** is a writer, speaker, Gallup Certified Strengths Coach and Behavioral Economist. Follow her on FB and YouTube as FQ Mom, and IG and Twitter as theFQMom. For questions, visit her website [FQMom.com](http://FQMom.com). com or e-mail [Rose@FQMom.com](mailto:Rose@FQMom.com) or [FQMomm@](mailto:FQMomm@)



By Rose Fres Fausto







## Sleep: A Necessity, Not a Luxury

**H**ave you experienced going to sleep and yet waking up still feeling tired?

That means your body didn't have enough quantity and quality of sleep.

The quality of your sleep affects the quality of your waking life, including your mental sharpness, emotional resilience, physical vigor, creativity, and even weight!

Sleep is one of the most potent medicines that you can take that will give you so many benefits with so little effort. While you sleep, your body goes into a maintenance mode, doing all sorts of functions to prepare what you need for the waking hours ahead. Without enough sleep, you will not be able to maximize your full potential because your body goes into a conservation and survival mode. Skimping on sleep due to busyness and other activities is really not worth it. Habitually sleeping less eventually leads to a physical and mental breakdown.

### How much sleep do you need?

Most people that I meet usually say that six hours is enough.

But researchers at the University of California, San Francisco discovered that some people have a gene that enables them to do well on six hours of sleep a night. This is very rare though—only three percent of people have it. Ninety-seven percent of us need more sleep.

Listen to your body and you'll know if you need to doze off more.

You are most probably sleep deprived when you experience these:

- difficulty in getting out of bed in the morning
- drowsiness during meetings or while driving
- the need for an alarm clock and snooze to wake you up
- sluggishness and an overall feeling of fatigue
- the need to sleep more during weekends
- uncontrolled blood pressure and blood sugar levels despite medical measures
- falling asleep quickly in less than five minutes when resting on a couch or in bed
- getting sick more often and frequent colds and cough
- difficulty in

concentrating and in decision-making

- reduced creativity and finding it hard to go into the rhythm at work and in activities
- Irritability, moodiness, and impaired ability to cope with stress
- Unexpected weight gain.

You may be surprised. I gain weight when I'm sleep deprived?! It's a resounding yes.

Sleep deprivation has a direct link to overeating and weight gain.

You are more likely to crave for food that will give you a quick energy boost like sugary snacks, chocolate, and soda.

Two hormones regulate your normal feelings of hunger and fullness:


*Ghrelin* stimulates appetite, while *leptin* lets your brain know that you are full.

When you get less sleep than what you need, your ghrelin hormone levels are up, giving you the hunger pangs, and you tend to overeat. Leptin levels go down, and the feeling of being satisfied after meals are reduced, which lead you to eat more. Simply put, the less sleep you have, the more food your body will desire.

I usually prescribe seven to nine hours of uninterrupted sleep for adults.

When you sleep, that's the time when your body's restorative functions take place the most.

Your hormones are regulated, the tense muscles relax, the digestive system detoxifies, your immune system is boosted, your heart slows down and blood vessels are under less pressure, and your brain functions reprocess and reprogram.

Think of sleep as your body going into a reboot. You get refreshed and restored. 

*Dr. Didoy Lubaton is a health mentor, motivational speaker, and the builder of Feast Mall of Asia.*

*He wrote the book, Don't Let Them Lose You, available at [www.kerygmabooks.com](http://www.kerygmabooks.com). E-mail him at [connect@didoyMD.com](mailto:connect@didoyMD.com).*

Dr. Didoy Lubaton





# Holy Spirit: The Breath of God

By Dina Pecaña

**T**he Holy Spirit is the most perfect gift of the Father to men, and yet He is the one gift that the Father gives most easily.” (Thomas Merton)

My first knowledge about the Holy Spirit as a grade school student was mentioning His name as I made the sign of the cross. As I grew up, I came to know the Holy Spirit as part of the Holy Trinity, who is consubstantial (the same substance) with the Father and the Son—three persons in one God. It was difficult then for me to understand this, and today I still strive to grasp the very essence of the Spirit of God.


Who are You, Holy Spirit? Let me try to describe Him in a simple way: Jesus is the Father’s gift to men and the Holy Spirit is the gift wrapper. The gift remains hidden, unseen by the receiver, until the package is opened. The gift is a promise waiting to be fulfilled. The *Catechism of the Catholic Church* teaches us, “From the beginning until ‘the fullness of time,’ the joint mission of the Father’s Word and Spirit remains *hidden*, but it is at work. God’s Spirit prepares for the

time of the Messiah. Neither is fully revealed but both are already promised, to be watched for and welcomed at their manifestation. So, for this reason, when the Church reads the Old Testament, she searches there for what the Spirit, ‘who has spoken through the prophets,’ wants to tell us about Christ” (702).

In Hebrew, the Holy Spirit is called *ruah* that means breath, air, or wind. Jesus is the Word of God while the Holy Spirit is the Breath of God. Jesus is God made visible to men by the Holy Spirit: “Now God’s Spirit, who reveals God, makes known to us Christ, his Word, his living Utterance, but the Spirit does not speak of himself. The Spirit who ‘has spoken through the prophets’ makes us hear the Father’s Word, but we do not hear the Spirit himself. We know him only in the movement by which he reveals the Word to us and disposes us to welcome him in faith. The Spirit of truth who ‘unveils’ Christ to us ‘will not speak on his own’” (CCC 687). In the Holy Trinity, God speaks and brings forth His Word, Jesus, and His Breath, the Holy Spirit, is the silent herald of the Word who prepares the hearts, minds, and

souls of men to receive God’s divine gift of His Son.

We believe, know, and have faith in Jesus through the power of the Holy Spirit. We may not see Him but the Spirit is powerfully at work in us. We are “temples of the Holy Spirit” (1 Corinthians 6:19). We may not feel Him but the Spirit “is right alongside helping us along”; when don’t know what to pray, “He does our praying in and for us, making prayer out of our wordless sighs, our aching groans” (Romans 8:26-27). We may not hear Him but the Spirit assures us of who we are because “He knows us far better than we know ourselves... and keeps us present before God” (Romans 8:27).

*Come, Holy Spirit  
Fill the hearts of the faithful  
And enkindle in them the fire  
of Your love  
Send forth Your Spirit and we  
shall be created  
And You shall renew the face  
of the earth. Amen.* 

*Do you have questions about the Catholic faith? E-mail us at [editsvp@shepherdsvoice.com.ph](mailto:editsvp@shepherdsvoice.com.ph).*





# The Time

Death is not something to be feared but a friend to be welcomed

**T**here is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die.” (Ecclesiastes 3:1-2, NIV)

Recently, my doctor told me that the cancer in my body had progressed to the point that “the time to die” was near. He told me it would be good to tell my family so that they, too, would be ready. He also told me it would be good to get all my affairs in order.

It was a reality check. I knew that death comes to all of us at its appointed time, but to know it might just be around the corner made me think of what to do with my remaining time.

In some ways, cancer is a blessing because it gave me time to prepare. Discussing with my friends what songs I would like sung at my funeral Mass and the flowers and balloons I would like was a surreal experience. So was discussing with my brother my living will and the “no resuscitation order,” as well as entrusting him with all my important documents.

It was a time of letting

go. Slowly letting go of earthly attachments and emptying of oneself. It was not long before I was hospitalized to drain 2.5 liters of fluid that had accumulated in my right lung. A day after I was discharged from the hospital, I was brought back due to a fever. I went through a battery of tests and experienced a great deal of pain. In the end, I underwent surgery for what they determined as a ruptured gall bladder. The power of prayers was seen in how the intestine cradled the ruptured gall bladder and kept it in one place; thus, preventing the spread of infection or sepsis. Throughout this experience, especially as I was being wheeled into the operating room, God’s peace covered me and I really felt so free because everything was in His hands. I simply had to trust.


Death is not something we often think about. If we do, it is approached with fear. But death is not something to be feared but a friend to be welcomed—a friend who will escort us to our heavenly home.

A lesson I learned from this inevitable life experience is the importance of expressing gratitude for all life’s blessings, especially for family, friends, brothers, and sisters who go out of their way to love and

serve me. I also appreciate all the prayers offered for me. Before I knew it, word went out to brothers and sisters in communities all over the world, and assurances of love and prayer flooded in. No wonder, the doctors were amazed with the outcome.

I also learned to travel light. We should not die with our material possessions in hand. They are meant to be used during our lifetime to bless others. We are only good stewards of the many blessings we have received from God. Freely have we received, freely we give.

I began to reflect on the immortality of our soul. The body may die, but our soul continues on. There is so much I don’t know about the soul, but it is something I desire to appreciate.

My life’s journey may soon come to an end, but no matter the length of our lives, may we live it to the full because Jesus came that we might have life, and have it to the full (John 10:10). 

By Beth Melchor



*Dr. Beth Melchor worked as an educator for forty years and is a senior leader in an international, ecumenical community. In her book Taken by Love, she shared her experience from being a rebellious youth to becoming a missionary in China.*

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# The Battle with Failed Kidneys and Finances

*God Sets Us Up for Victory through Angels in Disguise*

By Don Reyes

**L**ord, paano ba ito? Kunin Mo na kaya ako? Kaysa nahihirapan na ako at ang pamilya ko” (Lord, how will this be? Won’t You just take my life? That would be better than me and my family suffering). Out of desperation, I uttered this as a prayer to God after I was diagnosed with kidney failure and our debts rose to millions.

## The Kidney Failure

“You have to undergo dialysis immediately.”

I was taken aback when my attending physician told me these words.

In 2006, I went to the hospital for what I thought would be an ordinary checkup. But I was wrong. Right at that moment, the doctor found out that my kidney was failing perilously so I needed to do something soon. My wife and I were newlyweds back then and our son was not even two years old. Our salaries as chemists were not enough to cover additional expenses. My dialysis—an expensive and painful procedure—had to be done twice or thrice a week.

We dreaded my dialysis schedules because we didn’t know where to get the money to pay for it. After each dialysis, I would go home very tired, lay on our bed, and could not even move. I was down mentally and emotionally. I came to a point that I wanted to give up and asked God to take my life.

What sustained me though was the love of my wife and son. I saw how Shela would eagerly help me get up from bed, stand up, and walk. She would always be there to check how I was every day, especially after dialysis. My son was also there for me constantly.

Eventually, I decided to accept my health condition. I accepted my kidney failure because that was the reality and I could not do anything to reverse it anymore. I realized how important acceptance is so that I can get up from the trial.

So I treated my next dialysis sessions like I was just going to watch a movie. I trained my mind to think that way to lessen my stress.

## The Financial Failure

The second thing that we accepted as a couple was our financial trouble. We were already drowning in debt. Our expenses piled up because of our daily living expenses and my medication. We frequented government officials and foundations to ask for financial support.

We also started some small businesses—barbecue stand, computer shop, selling clothes—but they were all unsuccessful because we didn't have any guidance on how to properly run a business.

Left with no choice, we borrowed money from relatives and friends. But our loans increased so much so that our relatives began to avoid us whenever we would go to their house, thinking that we would ask for financial help again. There was a time when our budget was already negative and we could not get any help from others, so I bravely went to the dialysis center and asked them that I would pay for the procedure the next day. Fortunately, they agreed.

In 2009, we started a new business of sourcing chemicals such as lubricants,



grease, and cleaning formulas from suppliers, repackaging them into smaller containers, and selling them to clients. Sometimes, even after my dialysis, I would deliver these products to clients disregarding my tiredness. I persevered so we could finally pay for our needs and our debts. I knew I had to move.



**Growing family.**  
Don and Shela (second and third to the right, respectively) with some of their company's employees.

## The Kidney Donor and Our Growing Business

"Does your son need a kidney donor?" a stranger asked my mom one random day in 2012.

My mother was surprised. At the time, she was busy tending to her vegetable store at the public market. She looked at the middle-aged woman who asked her and inquired back, "Why did you ask?"

The lady smiled with a concerned look on her face and responded, "Whenever I see him here, he seemed so weak and his skin color shows signs of jaundice. I wonder if there's something wrong with his kidney so I wanted to help."

My mom controlled her tears from falling and immediately called me to relay the good news. Finally, a ray of light after eight long

*"God didn't hear my prayer to take away my life and end our suffering. He gave my life back so I can bless not just my family but other people as well, which is the true meaning of success."*



years of struggling with my kidney failure and torturous dialysis!

My wife and I met up with my donor and we learned that she has just given birth. Despite her situation, she offered to donate one of her kidneys to me. She's truly an angel-in-disguise for us!

We underwent a series of laboratory procedures to make sure that her kidney would match mine. We stormed heaven with prayers while waiting for the results. Three months passed and, lo and behold, the results showed that our kidneys had eight-five percent matching rate! Normally, sixty or seventy percent would be enough. Praise God!

Aside from this miracle, another breakthrough happened in 2012. A friend offered to help us financially in our business by paying out cash to cover our debts and expenses. My wife and I also attended a business seminar where we first met Bo Sanchez. That's where we knew that we were in the right business because chemicals is our expertise given that we were employees in a chemical manufacturer and distributor

company.

We started attending The Feast, a Catholic prayer meeting of the Light of Jesus Family in the Philippine International Convention Center (PICC). The Feast deepened our relationship with the Lord and it made us more grateful for all the blessings that we received. We began to see how He moves in every detail and how He sends people to help us carry through.

The following year, I had a successful kidney transplant. I didn't just have a functional organ, we also gained a good friend in my donor.

#### **The Debts Paid and the Business Bloomed**

We borrowed money when we attended the business seminar and when I underwent kidney transplant. But our growing trading business sustained us and helped us pay our debts little by little. We were blessed because our suppliers and clients trusted us and were kind to us.

Six months after the transplant, we were already debt-free. Only God


could have made it possible! Eventually, we started to blend our own chemical formulas. From traders, we are now manufacturers. Our company is growing steadily.

Through God's grace, we began investing in the stock market and we were also able to buy our own house and car. We couldn't believe that from being sick and heavily-indebted, we can still bounce back this much. God is good!

#### **Life Lessons**

Shela and I believe that the first step in overcoming a problem is to accept it and face reality. It is after acceptance that we can only think of ways to move forward.

It is also important that we trust God and continue with prayer and perseverance.

We are thankful for all the successes God has given us through angels in disguise—the people He sent so we can rise above and over our challenges. God didn't hear my prayer to take away my life and end our suffering. He gave my life back so I can bless not just my family but other people as well, which is the true meaning of success. 

**Blessed with more.**

The blessing of Don and Shela's new house.



◀ **Family, faith.**  
Don, Shela, and their son, Albert, at the Jordan River.



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# EMPOWERED:

## The Fire to Live a Great Life

By Bo Sanchez

**I** have a very big announcement to make.  
Your mission in life isn't to earn money.  
Your mission isn't to enjoy life.  
Your mission isn't to have a good time.  
Your mission isn't even to be happy.

All those goals aren't bad. They're good goals. (Yes, like any father, God wants His children to be happy.)

But they're not the sacred purpose of why you were born.

Your mission, my friend, is to make disciples.

Read what Jesus said: "Go, then, to all peoples everywhere and make them my disciples: baptize them in the name of the Father, the Son, and the Holy Spirit, and teach them to obey everything I have commanded you. And I will be with you always, to the end of the age" (Matthew 28:19-20).

I can hear you now. "Bo, you're crazy! I'm not a priest. I'm not a nun. I'm not a preacher like you. I'm an ordinary Catholic."

Ah, there lies your mistake.

There's no such thing as an ordinary Catholic.

Every Catholic has a mission, and that mission is to make disciples. Your mission is to bring others closer to God.

A lot of people ask me, "Bo, please pray that my son (or

daughter, or husband, or uncle, or friend, or classmate, or officemate) find God."

What's the best way to bring your family and friends to God?

I propose three simple but powerful steps:

Step 1: Friend them.

Step 2: Serve them.

Step 3: Guide them.


Yup, I know it's tough. Befriend your officemate who spreads gossip against you? Serve your leader who takes credit for your job? Guide your daughter who does nothing but scroll down on her Facebook newsfeed?

Difficult, but it's possible.

How? By being empowered by the Holy Spirit.

Following Jesus can be challenging sometimes. There are things that you can do on your own. That's why He said, "If you love me, you will obey my commandments. I will ask the Father, and he will give you another helper who will be with you forever. That helper is the Spirit of Truth. The world cannot accept him, because it doesn't see or know him. You know him, because he lives with you and will be in you" (John 14:15-17).

Friend, be empowered by the Holy Spirit.

And you'll see God doing great things in and through you beyond what you could ever imagine. 

# Special **S**ection

Teaching



## WHO IS THE **HOLY SPIRIT?** WHAT ARE THE ROLES THAT HE PLAYS IN OUR LIFE?

By Bob Canton



**I**n my simple capacity as God's servant with a healing ministry, I've been privileged to minister to people in fifty countries I've visited so far. I have witnessed the paralyzed rise out of wheelchairs, the blind see, the deaf-mute hear and speak for the first time in their lives, tumors and abnormal growths disappear, and those oppressed by evil spirits set free by the power of the name of Jesus.

In Acts 1:8, Jesus says, "You shall receive power when the Holy Spirit comes upon you and you shall be my witnesses in Jerusalem, throughout Judea and in Samaria and to the ends of the earth." As baptized believers we are imbued with power from on high, we have received the same power that raised Jesus from the dead. In John 14:12, Jesus says, "Truly, truly, I say to you, he who believes in me will also do the works that I do: and greater works than these will he do, because I go to the Father."

But who exactly is the Holy Spirit?

### **The Third Person**

The Holy Spirit is God. He is the Third Person of the Trinity, coequal and co-substantial with God the Father and God the Son. He is not a ghost or a concept. He is not a white cloud. He is not a dove. He is a person possessing a will, an intellect, and emotions.

The Holy Spirit is called the Advocate, the Comforter, the Counselor, an Intercessor, a

Helper, a Standby, a Strengtheners, a Teacher, a Guide, a Love between the Father and the Son, and the Uncreated Power of God. The *Catechism of the Catholic Church* #693 states, "Besides the proper name of 'Holy Spirit,' which is most frequently used in the Acts of the Apostles and in the Epistles, we also find in St. Paul the titles: the Spirit of the promise, the Spirit of adoption, the Spirit of Christ, the Spirit of the Lord, and the Spirit of God—and, in St. Peter, the Spirit of glory."

The Holy Spirit dwells in us. We are His temple. In 1 Corinthians 3:16, the Word of God says, "Do you not know that you are the Temple of God, and that the Spirit of God dwells in you?" The Holy Spirit is our Helper. He is here to guide us and to strengthen us and to equip us. When we are in the midst of a storm in our life, we need to call on the Holy Spirit to help us. We can always depend on Him. We do not just rely on our friends and relatives or on our own wisdom and knowledge, or strength or own power but most of all, rely on the Comforter, the Holy Spirit who guides us and leads us to the right path and to the right direction to fullness of life.

The power of the Holy Spirit is manifested through the gifts of the Holy Spirit. In 1 Corinthians 12:4-11, St. Paul says, "There are different kinds of spiritual gifts but the same Spirit; there are different forms of service but the same Lord; there are different workings but the

*continued on page 33*

# Roles of the Holy Spirit

## Advocate, Paraclete, Comforter

A man who was accused of murder prepares for court trial. He gets the best lawyer there is to defend him. The lawyer then, with all his capabilities, tries his very best to prove the man's innocence. In the end, the truth is revealed and the man is set free. The man may truly be guilty or innocent but his lawyer will still defend him. That's one of the roles of the Holy Spirit as a Paraclete and Advocate.

In John 16:7, Jesus says, "But I tell you the truth, it is better for you that I go. For if I do not go, the Advocate will not come to you."

In John 7:37, Jesus exclaimed, "Let anyone who thirsts come to me and drink. Whoever believes in me, as Scripture says: 'Rivers of living water will flow from within him.' And who was Jesus referring to when He said 'Rivers of Living Water?'" Of course, Jesus was referring to the Holy Spirit.

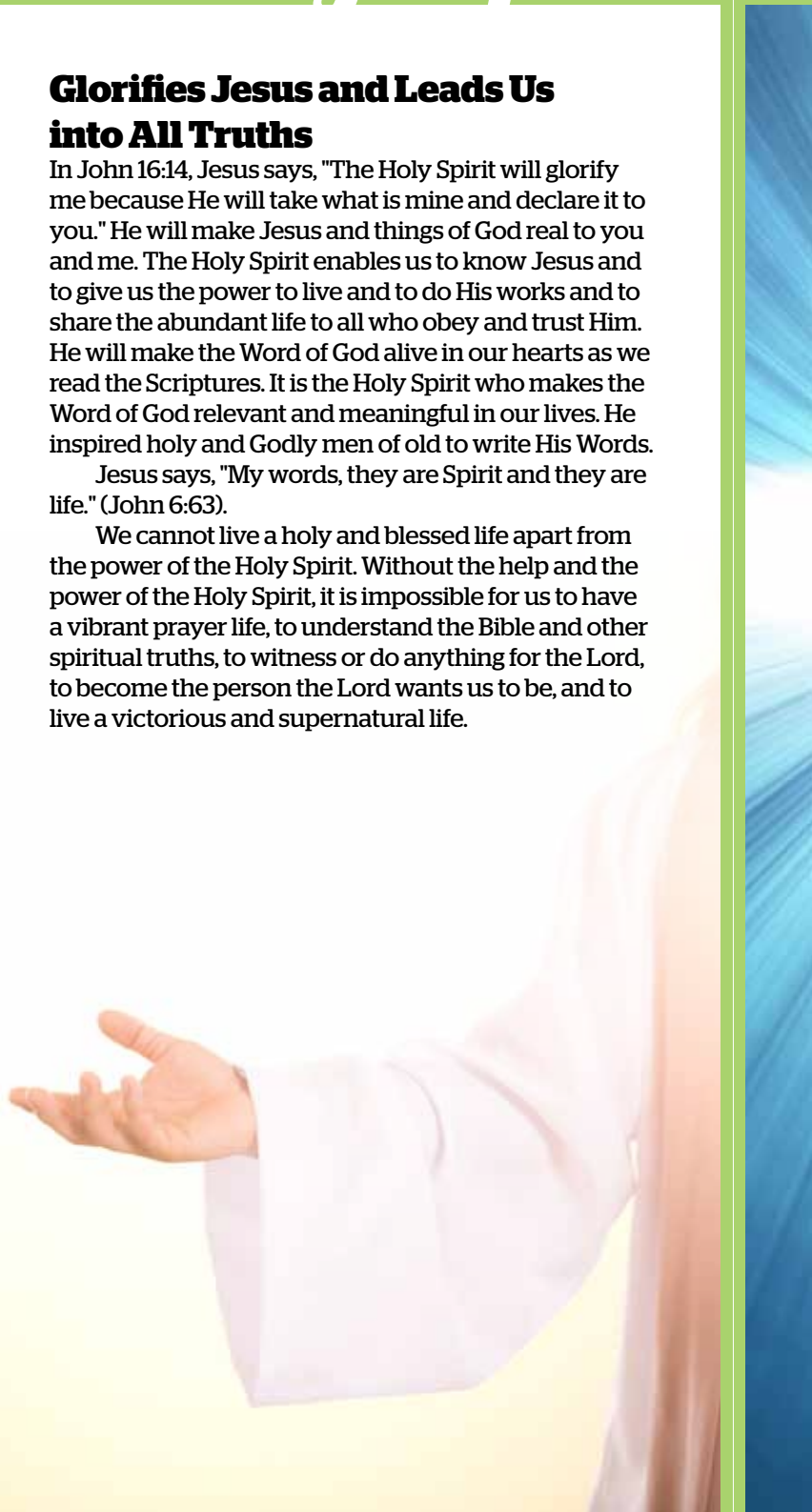
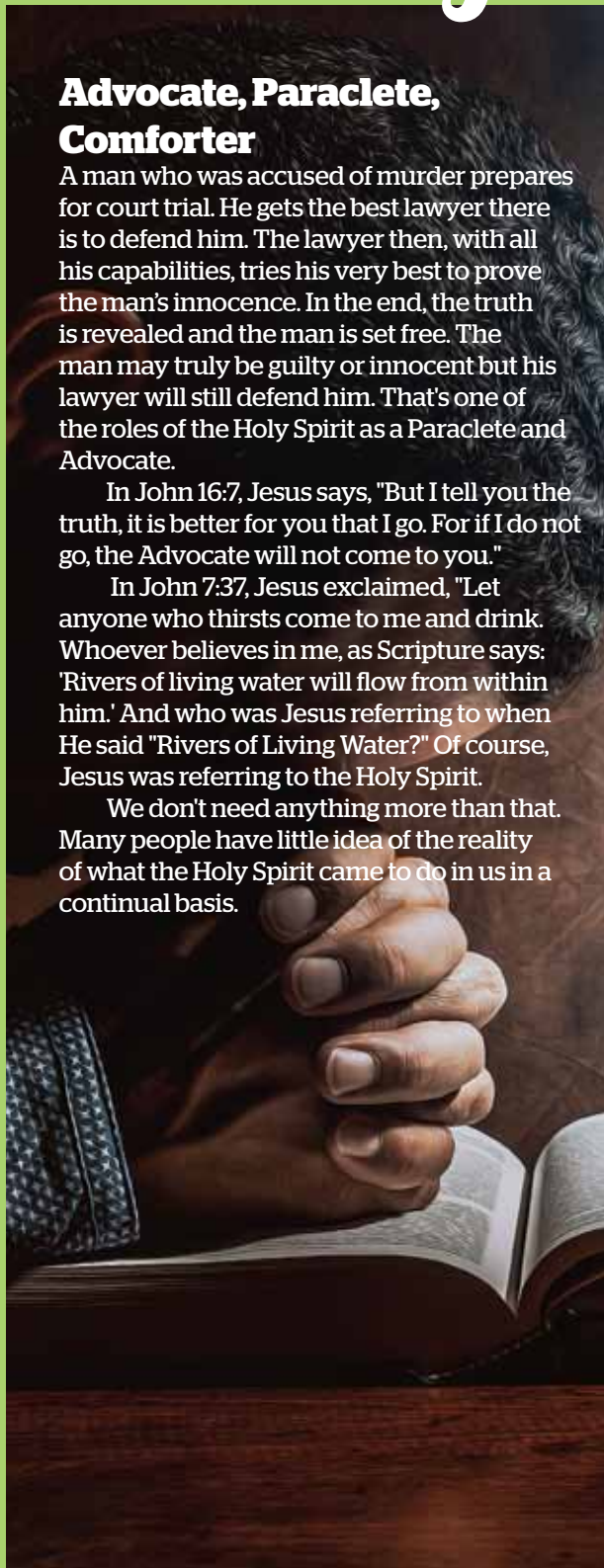
We don't need anything more than that. Many people have little idea of the reality of what the Holy Spirit came to do in us in a continual basis.

## Glorifies Jesus and Leads Us into All Truths

In John 16:14, Jesus says, "The Holy Spirit will glorify me because He will take what is mine and declare it to you." He will make Jesus and things of God real to you and me. The Holy Spirit enables us to know Jesus and to give us the power to live and to do His works and to share the abundant life to all who obey and trust Him. He will make the Word of God alive in our hearts as we read the Scriptures. It is the Holy Spirit who makes the Word of God relevant and meaningful in our lives. He inspired holy and Godly men of old to write His Words.

Jesus says, "My words, they are Spirit and they are life." (John 6:63).

We cannot live a holy and blessed life apart from the power of the Holy Spirit. Without the help and the power of the Holy Spirit, it is impossible for us to have a vibrant prayer life, to understand the Bible and other spiritual truths, to witness or do anything for the Lord, to become the person the Lord wants us to be, and to live a victorious and supernatural life.





*continued from page 31*


same God who produces all of them in everyone. To each individual the manifestation of the Spirit is given for some benefit. To one is given through the Spirit the expression of wisdom; to another the expression of knowledge according to the same Spirit; to another faith by the same Spirit; to another gifts of healing by the one Spirit, to another mighty deeds; to another prophecy; to another discernment of spirits; to another varieties of tongues; to another interpretation of tongues. But one and the same Spirit produces all of these, distributing them individually to each person as he wishes."

These gifts of the Holy Spirit are designed to serve and to build up the Body of Christ. We need the gifts of the Holy Spirit in order for us to do the works of Jesus. The spiritual gifts are God's manifestation of His presence and power in and through individuals and groups of believers.

Further, Paul proclaims in Ephesian 5:18, "And do not get drunk on wine, in which lies debauchery, but be filled with the Holy Spirit."

To be filled with the Spirit is to be filled with

Jesus, who is the baptizer of the Holy Spirit and to follow His commands. As Christians, we should strive to become more like Jesus in every way. The only way we can become more like Jesus is through the fruit of the Holy Spirit which is love, joy, peace, patience, kindness, gentleness, generosity, faithfulness, and self-control (Galatians 5:22-23). Without possessing the fruit of the Holy Spirit, it is impossible for anyone to enter into the Kingdom of God.

It is indeed very exciting to be alive in this day and age because the Holy Spirit is still very active in the world today. These "grace moments," the powerful manifestations of God's presence and power, are indeed still available to any believer who is a yielded vessel to His Spirit. Therefore, in order to receive and experience these "grace moments" from the Lord, all we have to do is to open our hearts wide to our Lord Jesus Christ and say, with faith and expectation, "Come Lord Jesus, and fill me with your Holy Spirit and with your power. Come Holy Spirit, and fill the hearts of your faithful and enkindle in us the power of your love." 

*Bob Canton is known internationally for his healing ministry. He is the National Coordinator of the Alliance of Filipino Catholic Charismatic Prayer Communities in North America (AFCCPC) International Charismatic Catholic Renewal Services and a former council member of the Vatican-based International Catholic Charismatic Renewal Services (ICCRS). He wrote a book titled, Miracles Never Ending, published by St Pauls, where he invites everyone to be open and experience the power of the Holy Spirit in their daily life.*

## **Equips and Empowers Believers**

When the Apostles and the disciples of Jesus experienced the power of the Holy Spirit on Pentecost in the Upper Room, they became bold, powerful, and effective proclaimers of the Gospel. They had never been the same again, and turned the world upside down and inside out in the mighty name of Jesus.



# *Reconciled*

## *God Took Over What I Couldn't Handle*

By Rowena Lizarda as told to Rhoda Osalvo



**M**y mother was my father's second wife. I am their only child. My father lived with us in a house not too far away from his first family. Once in a while, my dad would take me with him when he visited his children. They were friendly to me. I had no problem with them.

Sadly, when I was fourteen years old, Mom suffered from cardiac arrest and died—the first of three major tragedies of my life. Dad did not have a regular income so I had to live with his first family a few years later for practical reasons.

When I reached college, I worked as a promo girl during summer until I earned a Bachelor of Science degree. I easily got a job after graduation as a sales coordinator for an international hair brand. I worked up the corporate ladder. At the time, my father was already suffering from a lung disease. With my good salary, I was able to pay for his medical needs.

In 1994, some tension in the house rose to an unhealthy level so I decided to stay away. With a heavy heart, I left my old father to the care of my siblings. I went to live with my cousins in Laguna where I met Jayson whom I married a few years later.

I suffered two more major tragedies afterwards. And just when I was on the verge of giving up, God demonstrated His saving power in my life.

### **Hopeless, Helpless**

First, I lost my father. He went to the United States to get treatment for lung cancer—to no avail. He died there. I didn't even get to see him before he was buried. I was devastated.

Second, my marriage collapsed.

Jayson and I were only in our early twenties when we got married. We weren't prepared

for the challenges that married life brought. Even if we were blessed with a child, we could not reconcile our differences.

For one, we had contradicting religious backgrounds. My husband grew up in a Catholic family who were regular churchgoers. Jason even served as an altar boy.

I, on the other hand, hardly had a religious life to speak of. I was baptized Catholic but I rarely went to church. I would only go when I felt like it.

When we started having marital problems, Jason suggested that we try the Parish Renewal Experience (PREX) program in our church. I agreed. Later, we also attended a couples retreat of the Marriage Encounter group. But our problems had become so complicated, such programs weren't of much help to us.

Our arguments continued and in July 2013, Jayson and I agreed to separate ways. Our son, Jairo, stayed with me.

### **From an Accident to a God Moment**

"Dad is inviting us to The Feast," Jairo told me one day. I just shrugged my shoulders. Despite our conflict, Jayson remained close to our son. Jayson would invite him to Mass and to a weekly prayer gathering called The Feast, but I never joined them.

In May 2015, our son figured in an accident. He and a friend were riding his motorbike when they lost balance and crashed on the pavement, just a couple of blocks from our place.

Some neighbors who witnessed the accident called me. I rushed to my son, gripped with fear as I saw him bloodied on the ground. The thought of losing him was unbearable.

Our neighbors helped me to get him to the hospital. I prayed my hardest that day.

I thought of calling up Jayson but hesitated given our situation.

But I realized he is my son's father, and Jairo needed him that moment. So I called Jayson and he came to the hospital right away.

Our son sustained an ugly gash on his chin so he had to undergo an operation to stitch it up. He was confined for seven days. All those days, Jayson and I took turns to care for him. Seeing his love for our son made me think of what Jairo said the previous week. He said, "Mom, I envy my friends and their family who go to church and spend time together on Sundays. Can't we be a family again?"

When Jairo was out of harm's way, Jayson again asked that we go to this prayer gathering. This time, I said yes. I thought maybe it was about time I gave us a chance.


My first experience at The Feast Bay Area was at Aliw Theater. I'd never been to anything like it. The worship, the Holy Mass, and the talk reduced me to tears. I felt God's presence, His love, mercy, and compassion. I felt my heart was saying, "I belong here. This is my home."

All these years, I just kept all the hurt I had gone through in life buried deep in my heart. That day, I felt God comforting me, soothing me, healing me, to the point that I just let go of all the negativities in my heart. And then I felt lighter, liberated, as if a dark cloud that had constantly been over my head was blown away. What a wonderful feeling!

Afterwards, Jayson and I had a heart-to-heart talk. It was not easy. And I know it's only because of His grace and Spirit that we got to openly talk about our concerns. All the hurt from the past came back, but in the end, we reconciled and chose to give ourselves another chance. This time, we knew better and we invited Jesus to be in the center of our marriage.

### **Forward Together**

Today, we continue to work things out between us as we go through life together. I used to think that having experienced hardships, I could do anything by myself through sheer hard work and perseverance. But I realize now that God is all that I need. He's the big One I've been missing in my life all along.

Now that I have God in me, in my marriage, in my family life, everything is all right—not because of my own capability, but because of God's empowering Spirit that lives within me. 

# Special **S**ection

Teaching



# ORAL TRADITION, PENTECOST, AND THE CATHOLIC CHURCH AND WHY THEIR CONNECTION MATTERS

By Fr. Bob McConaghy





**W**hen we reflect on it, the only time we really think about the Holy Spirit is at our confirmation and when the priest speaks about the action of the Holy Spirit in us on Pentecost, which is one day a year. Other than that, we primarily center on Jesus when we pray or reflect. When you hear people speaking about God, they almost always refer to Jesus. He looks, therefore, like the active one.

The most dangerous thing that we can think of when it comes to God is that He is static, as though the Father and the Holy Spirit would sort of be in the background and Jesus is always in the foreground—teaching, preaching, healing.

But what is the great truth?

It's that the Trinity is very active. Sometimes when we think about God, we think about visiting Him on Sunday, worshiping Him, and praying for ourselves or someone we love. But there's a profound mystery in the way in which God works in each of our lives. The Holy Spirit is dynamic and active from the very beginning when he hovered over the waters.

We cannot talk about the dynamic powerful action of the third person of the Holy Trinity, the Holy Spirit, without having a grasp of a misunderstood word: tradition.

### **Understanding the Oral Tradition**

Basically, tradition is something of human origin. In other words, somebody starts tradition. The word *traditio* in Latin means “to pass on.” So an origin of tradition is a practice, value, or principle that is handed on from one generation to the next. For example, at some point in time, somebody decided that at the end of a wedding ceremony, the groom would kiss the bride. That had to happen somewhere for the first time, and when it did, it began a tradition which other couples picked up on. It's passed on from one generation to the next. Newly married couples do the same thing at the end of a ceremony now, and usually nobody really has to tell them. That's how it becomes endemic to the culture. But the truth is, because of human origin, it can change. Someday, couples might not kiss at the end of a wedding ceremony. It would start a whole new tradition because they want to bring across the important principle that what makes the marriage is not the kiss but the consent when they say “I do.”

So then, a tradition of human origin can change. It was once a tradition in the United States of America, a practice that was handed on from one generation to the next that human beings could own other human beings. Somewhere, someone decided that slavery should be the truth. It wasn't the truth and it took a civil war to change that traditional handing on of a value or principle. So then, a tradition is a practice, a value, or a principle that has human origin and is handed from one generation to the next, but it can always change and go out of existence. Why? Because it's of human origin.

Now you'll often hear that when the Church teaches, it is based on Scripture and tradition. Many people speaking about Catholic tradition would say, “You should only teach based upon what's in the Bible—‘Sola Scriptura’ or ‘Scripture alone.’” Everything else is man-made and therefore can change.

But that's not true.

The Catholic understanding of tradition is that the origin of what is handed on is Jesus Himself. The origin of what is handed on comes not from man but from God. When Jesus said, “Go out and teach all nations. Teach them everything I've commanded you to do. Spread the Good News,” that was of divine origin.

And how am I going to guarantee what you hand on before you write it down?

This is where the Holy Spirit comes in.

But for the first 399 years of Christianity, there was no Bible. So what was handed on from generation to generation through the Apostles was what Jesus gave them. And He guaranteed, "I'll be with you even to the end of the world." In other words, all of those issues and questions which were addressed by ordinary human beings, no less human than you and I, including all the bishops and the Pope, were settled with the truth of what was handed down to them until we had the Bible in the form that we have it today. Who assured that Jesus' teachings were faithfully transmitted over generation? The Holy Spirit.

Remember how scared the Apostles were? They felt completely helpless and hopeless about this future that Jesus had given them. But suddenly, they had courage when they received the Holy Spirit. They were ready to die for their faith, for their belief, for the Good News. That leads us then to lay a foundation of the dynamism of the early Church and all its experiences of carrying out that three-fold command: to make disciples, to teach, and to baptize. How did they do it when nobody wrote it down for about twenty

years after Jesus had ascended into heaven?

We all know the game, Broken Telephone. Somebody whispers maybe a three-minute story to one person who has to repeat the same to the next member of their team. The story is passed on from one person to the next until the last one recites the tale. Usually, what happens is that the details of the story have changed or have been corrupted. Maybe the entire story itself has a totally different meaning.

But that's not what happened to the truth proclaimed by the Apostles, the disciples and those that they would lay hands on, and the communities all over the world for the next twenty years. The truth remained unchanged and was faithful to what Jesus proclaimed in the very beginning. That is called "Oral Tradition."

Now twenty years after Jesus had ascended into heaven, the heart of the story was intact and most of the details were consistently proclaimed. For twenty years, that story that we call the Good News went all over the known world. When Mark was inspired to write the first Gospel, everything that the Holy Spirit, the Father, and Jesus wanted to proclaim were there. This Tradition, with a capital "T," refers to the truth being handed down and the truth of it protected by the Holy Spirit through all generations.

### **The Pentecost**

Wouldn't it have been wonderful if there was never an Ascension? Imagine Jesus in His risen presence among us. We know that the Apostles were incredulous for sheer joy when they saw Him. But Jesus did not appear to the rest of the world. Had He appeared to the rest of the world, everyone would be incredulous for sheer joy.

If He had not ascended into heaven, anyone could ask Him questions about things we don't understand. "Jesus, what is your point of view on this issue or that?" He would be a mainstay in talk shows and news programs. People would get used to His presence in the same way we get used to the Eucharist.

But no. Jesus, instead of sticking around in His risen presence, decided to entrust this powerful message of salvation to ordinary human beings. The fact of the matter is the Apostles had many chances to ask Him questions during the three years that they were with Him. The answers to the questions obviously didn't give them courage that would make them loyal. They had to wait until after the resurrection for that to happen even though they were incredulous for sheer joy. What happened?

Jesus says, in effect, "Full authority in heaven and on earth is given to me and I give it to you. So go. Don't stick around here. Teach all nations. Do three things. Baptize them, teach them, sanctify them." Then He ascends into heaven.

The Act of the Apostles said that His disciples were just standing around after Jesus ascended into heaven. Imagine this: Jesus said, "Go teach all nations everything I've taught you." His followers look around and ask each other,






"Did you take down notes? What did He say?" Someone answers, "No. I don't know how to write." Another asks, "Do you remember everything He said in those three years?" The other person answers, "No. I remember some of the things that He did, like the miracles, but I don't remember everything He said." Another disciple replies, "Yeah, so how are we supposed to teach people everything He said?" Then someone comes up and says, "Why are you all standing around?"

The Apostles and disciples were lost until Pentecost happened. Ten days after Jesus ascended, the Holy Spirit descended upon the Apostles.

Suddenly, these men who were filled with questions, filled with ignorance about what to teach suddenly become enabled to take that great truth and proclaim it to the nations with great enthusiasm, trusting that they have someone with them—the Holy Spirit to guarantee that they will never lead people in the wrong direction, away from Jesus. With the descent of The Advocate, the Holy Spirit, they were empowered to do the famous three-fold commission magnificently: "Go to all nations. Tell the good news, and baptize them in the name of the Father and of the Son and of the Holy Spirit."

And through the Holy Spirit, His fruit and gifts, the Church is able to continue Her mission up to this day, to the ends of the earth. 

*Fr. Bob McConaghy is a retired priest from the diocese of Allentown, Pennsylvania. He came back to Manila, Philippines and has been serving for more than eight years now at Lorenzo Mission Institute Seminary in Guadalupe, Makati City. His two books, Closer: Pray Your Way to Intimacy with God and Deeper: Finding Grace in Every Season, are available at [www.kerygmabooks.com](http://www.kerygmabooks.com).*



# THE GIFTS AND FRUIT OF THE HOLY SPIRIT

## SEVEN GIFTS OF THE HOLY SPIRIT



**WISDOM**  
the gift of judging and discerning according to the divine truth



**UNDERSTANDING**  
ability to comprehend the teachings of the Church, and to be compassionate to others



**COUNSEL**  
practicing the gift of prudence and right judgment



**FORTITUDE**  
courage to stand firm to our faith



**KNOWLEDGE**  
ability to choose the right direction that will lead us to God



**PIETY**  
devotion to God and inspiration to serve Him and other people



**FEAR OF THE LORD**  
gift of respect and wonder to God and His works which inspires us to follow His will not out of terror from the punishment but out of deep longing to be connected with Him always

## FRUIT OF THE HOLY SPIRIT BASED ON THE CHURCH'S TRADITION (CCC #1832)



**CHARITY**  
also called love. Selfless devotion to God and compassion to others



**JOY**  
profound happiness that comes from connecting with and following Jesus



**PEACE**  
finding comfort in God's faithfulness and being free from unnecessary anxiety whatever happens



**PATIENCE**  
relating with others with tolerance and sympathy, and bearing through life's obstacles steadfastly



**KINDNESS**  
to be considerate with others



**GOODNESS**  
striving to do what is pleasing to the Lord and avoiding sin



**GENEROSITY**  
Imparting blessings to other people, especially those who are in need



**GENTLENESS**  
to respond with calmness



**FAITHFULNESS**  
being committed to Jesus, His Word, and His Church



**MODESTY**  
purity in thoughts, words, and deeds



**SELF-CONTROL**  
overcoming temptations



**CHASTITY**  
using the gift of sexuality according to God's will

Sources: <https://www.catholic.com/magazine/print-edition/the-seven-gifts-of-the-holy-spirit>  
<http://www.rclbsacraments.com/confirmation/confirmation-gifts-fruits-holy-spirit>



# The Family Life in the Spirit

## How the Soriano Family Let the Holy Spirit Lead

By Krizelle R. Talladen

**P**icture this: A couple will be celebrating their twenty-eighth wedding anniversary this year. They have been serving as leaders of a group of single young professionals in their spiritual community. They are blessed with businesses. They have two daughters who are both passionate about their careers and are also part of the spiritual community's university and singles groups. Looks like a perfect picture of one's family goals, right?

But for the Sorianos—couple Bingo and Carol, and daughters Christella and Nicole—their lives both in the world and in the community are far from being perfect, but more of being blessed and guided by the Holy Spirit despite the challenges that they face.

### The Man of Faith in Action and the Woman of Discernment

Bingo called himself a “barbarian” before he met Carol, had a relationship with her, and attended his first prayer

meeting in their community, Ang Ligaya ng Panginoon in 1989. He recalled how he was blown away by the worship and felt like he was in heaven.

But instead of repelling, Bingo embraced community life. As he attended the Life in Spirit Seminar, opened himself to formation, and until he and Carol got married in December 1990, he realized how being in a spiritual family has helped him to concretely live out the teachings of the Catholic Church in the different areas of life. He shared, “As Catholics, most of us know the teachings, through Mass... To hear them and know them is one thing, but to live them out is another thing. The community, for me, is the one that helps you live them out...”

While Bingo was relatively a newbie in community life in 1989, Carol has been exposed to different community activities since she was ten years old. Her parents became members in 1976 when Ligaya was still on its first year. She had the tendency

to take community life for granted because it has been there since she was young.

She was thankful, though, that she learned early on the value of discernment, which is one of the gifts of the Holy Spirit. She said, “Ever since I was young, I would always hear talks about praying first before you make a decision. That’s probably how I lived my life as a single person... That’s what ruled my life. Even in choosing a husband and when we were in a relationship, everything was prayed about.”

Carol was also thankful that Bingo really loved being and serving in the community that she eventually learned to appreciate it more. As a couple and as parents, they share their fire for the Lord.

### The Trials and the Triumphs

Reality bites: Being on fire for the Lord is not always a bed of roses.

In 2004, Bingo was promoted as operations director for Asia in





a multinational fast-food company, which pushed the whole family to live in Singapore. The company provided for their house, car, and for the education of the two children.

Bingo's new role required him to travel around Asia, Europe, and U.S.A. Carol eventually became a museum guide and also catechism teacher. Stella and Nicole had the time of their lives in the international school that they were in. Above all, they joined Servants of the Lord, which is a sister community of Ligaya.

Just when everything was going well, Bingo was suddenly fired from his job in 2006. The car was gone, they had to move to a smaller residence, and the assurance of the children's studies in the international school became blurry.

Despite all the questions and confusions, God did not forsake them. Through prayer, reflection, and action, they were able to rise up from the challenges. Bingo ventured into entrepreneurship and was able to set up two businesses. Stella and Nicole were given tuition discounts and were able to stay in the same school for one more year. Stella also qualified for a full scholarship during their travel semester and she was able to go to India.

Finally, in June 2007, they went back home to

the Philippines with smiles of triumph.

### **The Constant Battles**

Aside from their struggles in Singapore which they have overcome, Bingo and Carol expressed that the constant challenge for them is integrity. As leaders in their community, they are required to give talks and teachings. "We don't just give the talk," Bingo said. "We have to walk the talk."

Carol admitted that they sometimes fail but they are thankful that the community is there to correct them.

"None of us are perfect," Bingo said. "All of us are works in progress. That's what you see in community, you can see the Holy Spirit working in the lives of the members and the leaders despite shortcomings and weaknesses."

### **Passing the Fire to the Children**

Similar to Carol's experience, Christella and Nicole grew up with Ligaya incorporated in their lives. They both experienced being in kids and youth programs, which became fun avenues for them to meet good friends and also to hone their leadership skills when given the chance to serve. They are currently part of Ligaya's Central Sector—Christella in the Singles District and Nicole in the University District.


Both Stella and Nicole agree to the fact that their parents and community life have been good

influences to them especially in the area of being there for people who are in need, and also in loving others, especially those who are difficult to love.

As a mother who values prayer and discernment, Carol has trained these two young ladies to pray and listen to what God is telling them when making decisions, such as when there would be suitors, when they would encounter difficulties in their careers, etc.

Nicole shared how, when she was a kid, she couldn't understand why her parents had to leave to attend meetings and serve in their community. She would cling to her mother and tell her not to go. But Carol was able to explain this well to the children until they understood: "We have to do this, because our family is so blessed. We have to do this because our family is OK, we're not a broken family... We have everything we need. It's our duty because we are accountable for this blessing. It's our duty to share this because others don't have this."

Although Stella and Nicole still have yet to decide if they will also be full and permanent members of Ligaya or not, Carol openly said, "What's important is that they have a community. I always tell them about Matthew 12:43-45. So if they think Ligaya is not for them, they have to think of other communities that will match their spirituality and temperament. There are so many. We're not *sarado* (closed) when it comes to that... as long as their house is not empty."

On the other hand, Bingo said, "I find peace that the Holy Spirit will take care of everything. It's a different generation now. I put my trust in the Holy Spirit because He knows how to deal with all generations. I may not have the wisdom for that but I know the Holy Spirit is working on younger leaders who will be able to relate more with the new generation. I guess, again, in relation to the Holy Spirit, I have a lot of trust and peace of mind that I don't worry about these things. He will take care of it." 



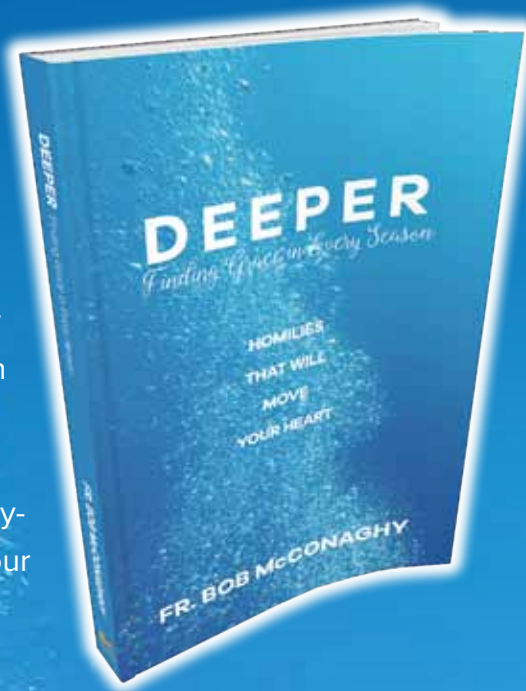
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– Arun Gogna

Bestselling author of *Happy Secrets to an Obedient Life*



**Fr. Bob McConaghy** is a retired priest from the diocese of Allentown, Pennsylvania. Having retired from active parish ministry for health reasons, he has come back to Manila, Philippines where he has been serving for eight years at Lorenzo Mission Institute Seminary in Guadalupe, Makati City, where he also lives. He is spiritual director to many of the seminarians there. Nowadays, he gives retreats and offers pastoral counseling in Greenbelt Chapel, also in Makati City. He has produced many DVDs and CDs of his seminars.

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## Do You Love Your Job? Caring about People and Numbers

**D**o I love my job? If you asked me that question twenty-five years ago, it would be a resounding yes! As an electronics engineer, I was technically and professionally fulfilled. I was working then for one of the biggest multinational technology companies in the world, working on projects that were making a difference for the company. I was promoted and got to lead the best engineering group in the Philippine facility (well, at least in my opinion). The team got recognized internationally which launched the breakthrough promotions for my esteemed colleagues.

Boy, I loved that job!

Was it the job or was it because that company or facility had a "people come first" philosophy? The numbers were important but we were not treated like a number.

Was it the fact that there was an open door policy that enabled us to voice out our concerns? The office culture was not perfect, but I felt I could

approach anybody for help.

Was it the job or was it because we had the freedom to suggest and work on projects we deemed important? We can relate with superiors as equals when solving a problem without fear of retribution. We had the freedom to recommend and form teams that can contribute to resolving issues important to the company. As a result, creativity and innovation was a way of life.

About five years later, I was in a different company. I had a higher position, made more than double of what I used to make, had the executive perks: nice big office, secretary, staff, company car, housing plan—the works.

The job by itself was great. I handled operations, engineering, and a new technology with a staff of good people.

Did I love my job?

I hope I did but... no! It was a very unhappy time in my life.


The word toxic accurately described that company. The executives in the organization seemed to love shouting at their people or at each other during meetings. Don't get me wrong. My colleagues were inwardly good people but they had issues with

temperament. Our company president was a good-hearted, very brilliant, even religiously devoted man, but he struggled with patience (and that's putting it mildly). This led to an abrasive management style throughout the leadership team.

The fear of committing mistakes and getting ridiculed superseded the creativity of many. People made sure they hit the numbers, even if it meant hiding the problem and cheating. I saw smart people become dumb in this culture. This is what happens when numbers come before people.

In his book, *Leaders Eat Last*, Simon Sinek pointed out that a stressful environment triggers cortisol to be released in our body. This chemical inhibits the "happy chemical" oxytocin that enables us to trust, cooperate, and work together. Instead of spending time teaming up to innovate, we end up protecting ourselves from each other.

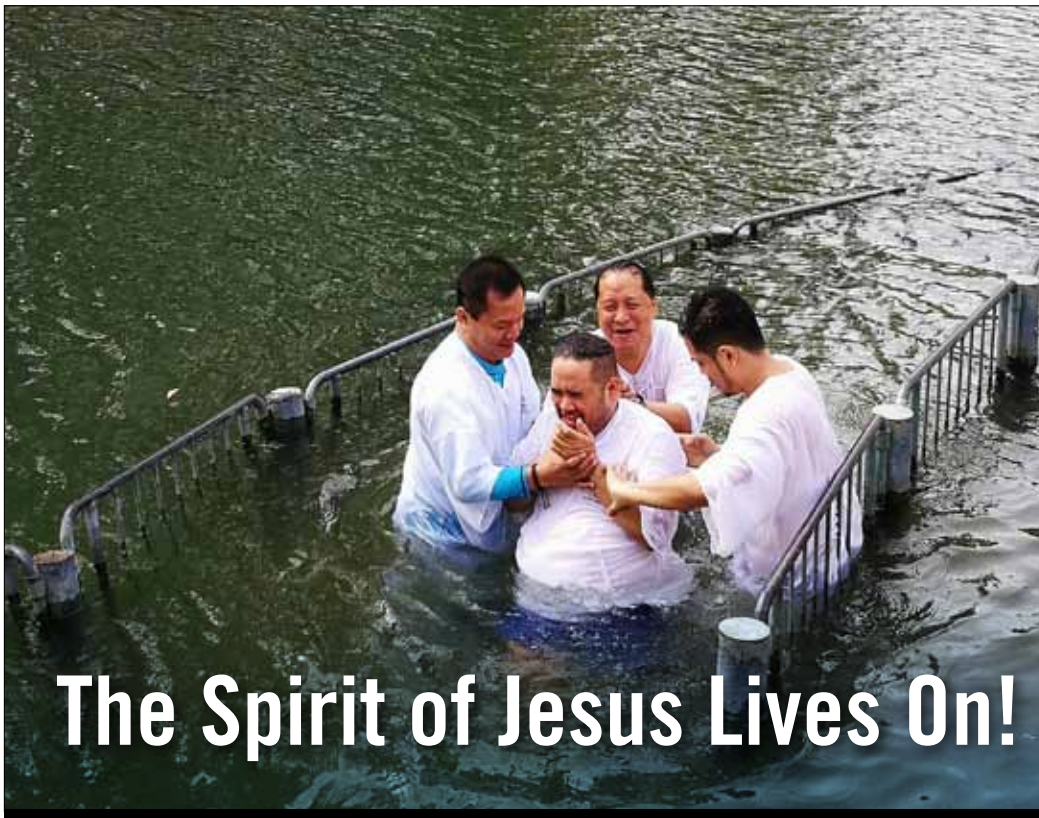
While Paul calls each Christian to "work at it with all your heart, as working for the Lord, not for human masters" (Colossians 3:23, NIV) regardless of the circumstance, Peter admonishes Christian leaders: "Don't lord it over the people assigned to your care, but lead them by your own good example" (1 Peter 5:3, NLT). In fact, Jesus' ministry is people—being around them, meeting their needs, nurturing them. He abhorred the elders who were bent on bringing people to comply with their hundreds of precepts. Jesus put people before "numbers."

It is the responsibility of leaders to put culture first before performance; people first before the numbers. 

*Ariel Driz is a certified Six Sigma master black belt and instructor. E-mail him at [adriz77@yahoo.com](mailto:adriz77@yahoo.com).*

By Ariel B. Driz





# The Spirit of Jesus Lives On!

**L**ast month, I was so blessed to join a pilgrimage to the Holy Land. It was a ten-day trip visiting the places where the important events in the life of Jesus took place. From the spot where angel Gabriel announced to Mary that she was to be the mother of the Savior, to where Jesus was actually born, where He started His ministry, and performed healing and miracles, to the very steps where He walked when He carried the cross, where He was crucified, and where His body was laid into the tomb.

Among all the places that we visited, one that shook me to the core was when we renewed our baptism at the River Jordan. It was around seven degrees Celsius that day and the water was freezing. Being water-baptized in that same river where John baptized Jesus and where the Holy Spirit

descended from the Father to Jesus was exhilarating. That day, I felt that I also received the Holy Spirit in me.

God the Father, God the Son, and God the Holy Spirit—one God in three Persons, the Holy Trinity. Most of the time, our focus is on the Father and the Son, but where does the Holy Spirit fit in God's scheme and salvation story? What role does the Spirit play in our lives as we journey towards redemption and salvation?

Before the night of the crucifixion, Jesus addressed His disciples and talked about the Holy Spirit.

"And when he comes, he will prove the world wrong concerning sin and righteousness and judgment—concerning sin, because they do not believe in me; concerning righteousness, because I am going to the Father and you will see me no longer; and concerning judgment, because the ruler of this world has been condemned.

"I have many more things to say to you, but you cannot bear them now. But when he, the Spirit of truth, comes, he will guide you


into all truth. He will glorify me, because he will receive from me what is mine and will tell it to you" (John 16: 8-12, 14).

Jesus was saying that after He was gone, the Spirit will be with us, to teach us and guide us into the truth. After He ascended into heaven, He sent the Holy Spirit to be with us and lead us back to His kingdom.

As Christians, we have decided to follow Jesus, but we no longer see Him, we no longer hear Him, we no longer witness His miracles. But through the Holy Spirit, we continue to experience God's love, wonder, and mercy.

The Holy Spirit equips us in ministry, bestowing to us many gifts. He strengthens us in our times of weakness, comforting us in times of sorrow. As we wait for our union with Christ, the Spirit fill us with His love, grace, and compassion. The Holy Spirit is the driving force that unites us and brings us back to Jesus. In my life, there were several times that I have gone astray but the Holy Spirit always leads me back to Jesus.

As I ended the ten-day pilgrimage, my heart was filled with joy and grace that can only come from the Spirit of the Lord. I may not have witnessed or experienced Jesus in His time, but His spirit lives on in me today. I thank the Lord not only for this wonderful experience but also for sending us the Holy Spirit that allows us to bear fruit in Christ.

Today I encourage you to let the spirit of God dwell in your life because the Father, the Son, and the Holy Spirit is, after all, our one God in three persons. 

*Joel is the builder of The Feast Ortigas Galleria Thursday session. E-mail him at joelsaludares@yahoo.com.*

By Joel Saludares





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Deadline of submission of entries date and time		Raffle draw date, time and venue	Coverage date to qualify on the raffle	Prize	No. of Winners
Minor draw	July 2, 2018, Monday, 6PM	July 16, 2018, Monday, #60 Chicago Street, Cubao, QC	March 1, 2018 to July 2, 2018	Fujifilm X-A10 Mirrorless Camera	1
Minor draw	October 15, 2018, Monday, 6PM	October 29, 2018, Monday, #60 Chicago Street, Cubao, QC	July 3, 2018 to October 15, 2018	(5) Kerygma Conference 2017 VIP Tickets	1
Minor draw	December 31, 2018, Monday, 6PM	January 13, 2019, Sunday, 11:45AM The Feast Bay Area, Vicente Sotto Street, Pasay City	October 16, 2018 to December 31, 2018	Devant 32" Smart TV (32LTV800)	1
Grand draw	December 31, 2018, Monday, 6PM	January 13, 2019, Sunday, 11:45AM The Feast Bay Area, Vicente Sotto Street, Pasay City	March 1, 2018 to December 31, 2018	Trip to Holy Land Pilgrimage	1

### Grand Prize: 1 Winner Holy Land Pilgrimage

- Entries received from **March 1, 2018 until December 31, 2018** qualify for the Trip to Holy Land promo. A DTI representative will be invited to witness the grand and minor raffle draw on **January 13, 2019, Sunday, 11:45AM** at The Feast Bay Area, Vicente Sotto Street, Pasay City.
- Holy Land Pilgrimage Prize inclusions: Round trip Airfare from NAIA to Libson Airport – Libson Airport to NAIA, meals on full board basis, hotel accommodation for 10 days and 9 nights with breakfast. Exclusive of travel tax.
- All new and regular subscribers are required to have a passport valid until 2020, travel documents, taxes and other related documents.

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#### (1) Winner of Fujifilm X-A10 Mirrorless Camera

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- Kerygma Conference 2018 is on November 22-25, 2018 at the SMX Convention Center.

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### Guidelines:

1. A participant can only win once. Subscriber who won the minor prize is not eligible on the other minor & grand draw. Non-winning entries after minor draw can still win the grand prize.
  2. A notification letter via registered mail will sent to winners for confirmation. Instructions on where to claim the prize will be detailed in the letter via registered mail. For GMA and provincial winners, the sponsor will not cover the transportation fee going to the travel agency and NAIA upon departure to Pilgrimage. SVP Sales staff will coordinate and instruct the grand prize winner all the necessary details and inclusions of the trip to Holy Land before endorsing to sponsor travel agency.
  3. The winner of the trip to **Holy Land Pilgrimage** will secure his/her own passport.
  4. Prizes are transferrable but not convertible to cash.
  5. The winner of the trip to **Holy Land Pilgrimage** shall shoulder all the taxes and documentations related to the trip, and the 20 percent tax for prizes exceeding P10,000.
  6. Validity of international trips is within 6 months from issuance.
  7. Prizes must be claimed w/in 60 days from receipt of notification.
  8. Prizes unclaimed will be forfeited in favor of SVP with prior DTI approval.
- a. Winners shall claim their prizes at the Shepherds Voice office at 60 Chicago St., Cubao, Quezon City. Winners must present the notification letter, official receipt of subscription, claim stub with control number & valid ID with photo (e.g. driver's license, Company ID or passport).
- b. Winners may send a representative on their behalf provided they present letter of authorization from the winner, proper identification / any valid ID with photo (e.g. driver's license, Company ID or passport), letter sent by SVP & official receipt of subscription payment and claim stub with control number.

9. The promo organizer's decision is final with the concurrence of the DTI.
10. All SVP employees are not eligible to join the raffle promo including their relatives up to the 2<sup>nd</sup> degree of consanguinity or affinity.
11. For GMA winners, they can claim their minor or grand prize at #60 Chicago Street, Cubao, Quezon City; For Provincial winner of minor prize, he/she can claim the KCON2017 tickets upon agreement between SVP and his/her preferred method of transaction. . The winner shall shoulder 20% tax on prizes exceeding 10,000.

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3. New or renewing subscribers from March 1 to March 31, 2018 are qualified for Coffee with Bo promo. While April 1, 2018 to December 31, 2018 new or renewing subscribers are qualified for Breakfast with Bob promo.
4. Coffee with Bo & breakfast with Bob schedules will depend on the availability of Bro. Bo Sanchez & Father Bob Mcconaghy.
5. Call 725-9999 and look for Sarah for more details.

Per DTI FTEB Permit No. 3783, Series of 2018.



I've lived a convenient life after college. I was blessed to land a job that pays enough for a young adult. My life as an accountant sustained me financially that I didn't have to think much of any problem aside from lack of sleep. But two years later, in the earlier months of 2017, I received a wake-up call in the form of recurring and unbearable bodily pains. Gladly, I was given weeks to take a rest, and in those moments I had a lot of time to ask myself: Are you suffering for the right reasons?

Weeks passed and I knew there was something wrong within and no, not physically. I had no fulfillment or happiness and my body agreed. I left that stable job with no backup plans. I didn't know if I was brave, stupid, or just rebellious. I decided to take an indefinite pause from worldly pressures and obligations. I went home jobless, clueless, and anxious. Never had I known that it's through those series of restlessness that my passion would spring and present itself before me again.

## Where I Started

We have a chapel in our house in Binangonan, Rizal where our century-old image of Jesus carrying the cross is placed. It's the first image of Jesus introduced to all the children of the family—the suffering Christ.

From being restless, I found my ground zero at home. Jesus of Nazarene reminded me of the real essence of finding my passion. Passion is suffering.

## ON STILLNESS, DREAMS, AND GOD'S PERFECT TIMING



**Soli Deo Gloria.** In the process of dreaming, waiting, and receiving God's answer, Charlene learned to fully surrender and declare, "Glory to God alone."



By Charlene Doblada Ilog

It is not just the very thing that makes me happy. It is something I'll be willing to sacrifice for. As I looked at the wooden cross in our chapel, I suddenly thought of my love for writing and its power to change the world one word at a time. I've set it aside for a long time and now it came knocking on my door again. I asked myself: *If writing is as heavy as this cross, will I still be willing to carry it? Will I be willing to suffer for it at times with blood, sweat, and tears?* My answer surprised me. I said yes.

## How I Continued


When I said yes, I still didn't have an idea what was next. I remember juggling different projects, writing on the blog, and trying to come up with new and engaging ideas to be posted on my social media author accounts. But my heart still remained uneasy. I still felt empty every time I felt like nothing was happening.

One night while working on a blog post, I saw the sleeping St. Joseph statue in my room. I wondered, how can he be so strong and calm at the same time? How can he be silent and still successfully carry out the mission God had given him? How can I be like him as I pursue my own purpose?

I suddenly thought of asking for his help. "Launch a book by March 2018, before Holy Week," was the first thought that came to mind that night. I wrote it in my *Novena to God's Love*, a prayer booklet containing a list of all my dreams. I also wrote it on a paper, placed it inside a small drawer under St. Joseph, prayed, and humbly asked for his intercession.

I channeled my time, effort, and energy to making that book despite the uncertainty. It wasn't roses and daisies. I had major sacrifices to make. I joined workshops, spent nights staring on blank paper, doubted if this dream was really for me. But I reminded myself every day of the cross I vowed to embrace and the stillness I had to imitate. I held on to that prayer for months—fully entrusting what's ahead to the Lord.

Fast forward to March 2018, exactly a week before Holy Week and a day before St. Joseph's feast day, the first set of printed copies of my debut book, *Erstwhile*, landed in my hands.

God spoke to me through His chosen guardian of the Holy Family about stillness amidst storms. God seemed to be writing a grander plan for me all this time. After all, He wrote the best story ever told. 

# I PRAY THAT YOU RECEIVE YOUR MIRACLES IN JESUS' NAME!

**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, of the Son, and of 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, of the Son, and of the Holy Spirit, Amen!



### **SPECIAL INTENTION FOR THIS MONTH:**

Lord Jesus, thank You for embracing and choosing me. Thank You for reminding me this Pentecost of my calling, my mission, my purpose. Pour out a double portion of Your Holy Spirit. Remind me of my call, remind me of my dream. In Your mighty name, Lord, pour out Your power especially to those who need strength and guidance at this very moment. Amen.

Praying for you,

*E-mail your prayer requests to me at [bosanchez@kerygmfamily.com](mailto:bosanchez@kerygmfamily.com) or write to me at Shepherd's Voice Publications, #60 Chicago St., Cubao, Quezon City, Philippines 1109.*



# DO YOU LONG FOR MEANINGFUL SUCCESS IN YOUR CAREER, BUSINESS, AND LEADERSHIP?

"This must-read book tells us that whatever path a person decides to take largely depends on one's resolve."

- Washington Sycip (1921-2017), Founder, SGV & Co.  
1967 Management Man of the Year

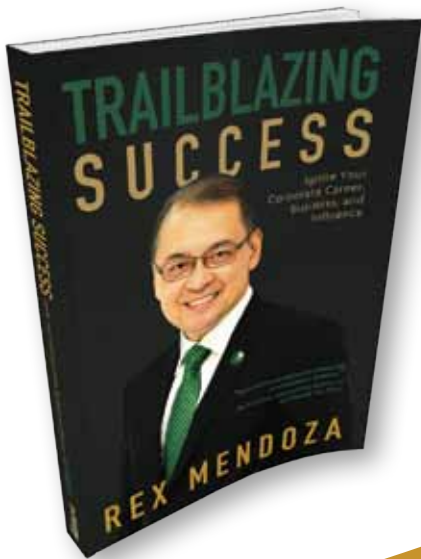
Packed with wisdom and powerful insights, this book will help set you up for success.

Whether you are an employee, executive, entrepreneur, or student, there is a lesson for you to learn. The author is a living testament that you can be all that you set out to be.

From his humble beginnings as an employee and insurance agent, to his rise as CEO of a multinational company, a successful entrepreneur, and a prosperous investor, Rex takes you on his life journey and along the way equips you with the tools you need for your own path to success.

You will also learn leadership lessons that you need as you move from one stage of your career to the next.

Soak in the wealth of insights from this inspiring leader who honors God and is loved by those whose lives he has touched. Follow the best practices that Rex generously shares to catapult you in your career, business, and family life.



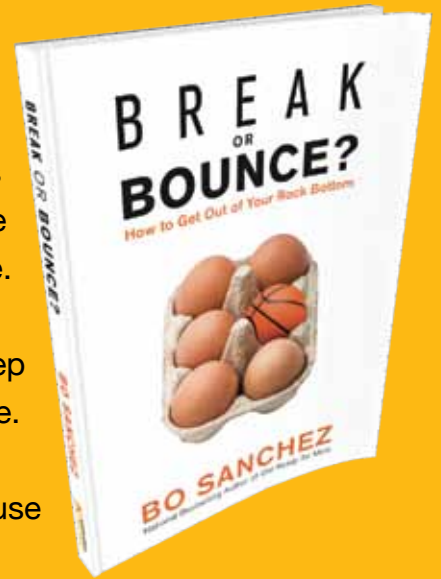
# ‘The Harder I Fall, The Higher I Fly.’

Have you failed? Have you fallen on hard times? Are you going through your toughest struggles? Are you walking through your darkest days?

This amazing book is the answer to your prayers. Because every page is brimming with powerful encouragement from Bo Sanchez, a leader whose words—for the past forty years—have changed the lives of countless people.

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