



*The Life-Changing Magazine*  
**KERYGMA**

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2018

Doctors of the Heart

**Take Charge of  
Your Plate**

The Catechism on  
Our Emotions

**Growing Older:  
The Invitation of Aging**

# REGAIN YOUR HEALTH

**You Have the Power to Heal Yourself**

**KOOTS AND ICHEL ALIGNAY**

A couple shares how their love and commitment to each other brought healing to their family.

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# Do You Think Your Children Are Too Entitled?

The first generation makes the money. The second generation spends it. By the third generation, there's nothing left. It's the same classic story that we've heard before and we can't help but ask—why do many accomplished entrepreneurs find it easier to build a business than to raise their children to become independently successful?

This book is for those wondering why their children are lazy and reckless with their money. This is for the children who wonder why they're being labeled as lazy and self-indulgent. And this is for those who are close to success and have the time to prepare their children for what's to come.

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# God Goes the Extra Mile

One day, Abraham was growing old and so he wanted his son Isaac to get married. But he wanted him to marry a woman from where he came from—the land of Ur. So he sent his most trusted servant, Eleazar, back to Nahor's village to look for a wife for his son Isaac.

That's how they did it during ancient days—which is pretty complicated. Today, Isaac would just probably use Facebook or go to a dating site.

Eleazar took with him ten of Abraham's camels. Then he made the camels kneel down outside the town, beside a spring. It was evening, and the women of the village were coming to draw water.

"O Jehovah," he prayed, "here I am, standing beside this spring, and the girls of the village are coming out to draw water. This is my request: When I ask one of them for a drink and she says, 'Yes, certainly, and I will water your camels too!'—let her be the one you have appointed as Isaac's wife. That is how I will know."

Eleazar wasn't just asking a sign from God the way we do today. "Oh Lord, if this guy is for me, let him give me a white rose. If he's not for me, let him give me a red rose."

But what if he gives you a pink rose? No wonder there are Facebook statuses that are complicated.

Here's a teaching for singles: Yes, Eleazar was looking for a sign, and the sign was **character**.

In biblical times, you were required to show hospitality to strangers. You were required to give water to travelers, but not to their camels. Eleazar was an old wise man. He knew that a great wife is a woman who was selfless and who would do more than what was required.

Giving water to camels is no simple task. It's backbreaking work. Think about it. The Bible said that Eleazar had ten camels. Each camel can drink forty gallons of water. That means, the woman should bring him 400 gallons of water.

As he was still speaking to the Lord about this, a beautiful young girl named Rebekah arrived with a water jug on her shoulder and filled it at the spring. Running over to her, the servant asked her for a drink.

"Certainly, sir," she said, and quickly lowered the jug for him to drink. Then she said, "I'll draw water for your camels, too, until they have enough!" (Genesis 24:10-19, TLB).

If I were Rebekah, I would have said, "Here's your drink. For your smelly camels, get water yourself. You're a big boy."

She didn't say that. Rebekah did more than what was required of her. That's her character.

And I doubt giving water to camels was her passion. I can't imagine her saying, "Wheee! This is my lifelong dream, to give water to thirsty camels!"

Nor was she doing it for some emotional purpose. Unless she got an SMS earlier that day that said, "Today, you need to impress an old guy with ten camels because you may end up marrying a cute heartthrob named Isaac." (I must tell you that I seriously doubt this SMS theory.)

Here's my theory: She did it out of habit. It's her character. It's her identity. It's her nature. She always did it.

In my lifetime, I have the great pleasure of working with people like Rebekah. There are people who *always* go the extra mile because that's the kind of person they are.

Loving people will always love. Throw a loving person into any situation, and that loving person will transform that situation into love. A loving person will still love unlovable people. You cannot stop a loving person from loving.

I think of my wife. There are times when I'm unlovable. When I'm not easy to love. But my wife loves me anyway. Because that's who she is—she's a loving person.

Friend, God is not just a loving person.  
God is love.

Whether you're good or bad, God loves you.

Whether you're lovable or unlovable, God loves you.

God is your Rebekah.

He always goes the extra mile for you.

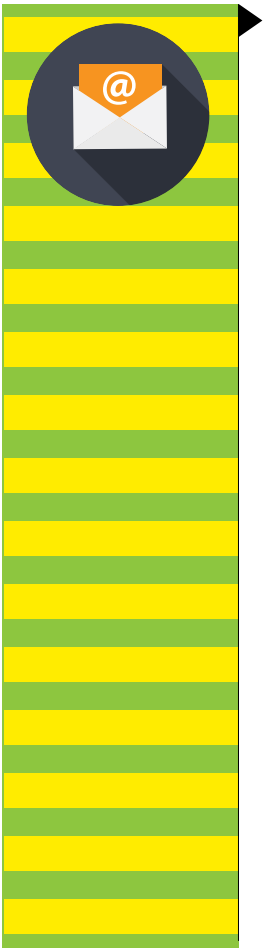
He always blesses you—but not only you.

*He blesses your camels too.* Your business, your job, your investments, and every area of your life.

Allow Him to love you today. 

May your dreams come true,





*I find Kerygma magazine down to earth and relevant for people from all waks of life. I will promote Kerygma in 2018 Year of the Clergy and the Religious to read and share to other people.*

**Fr. Bert Rivera**

*Thank you for the inspiration and wisdom, Kerygma. Your magazine and all the books of Shepherd's Voice change many lives, including mine. Whenever I feel hopeless about my situation, I remember all the teachings and stories that I read from your past issues and I become motivated to face life again.*

*Keep writing and inspiring the world, Kerygma! We need more positivity now more than ever. God bless you.*

**Mae Talara  
Pasig City**

*I was never a fan of Kerygma before because I thought all religious magazines are the same: preachy, theological, and "pushy" in a way. But when an officemate invited me to read one of the stories in Kerygma, I became hooked right away. I realized how different it is from the rest. Every page is filled with wisdom and inspiration. I learn about our Catholic faith and so much more. Kerygma is a big blessing to the world!*

**Stephanie Barientos  
Quezon City**

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**T**here are many reasons why couples should wait till after the wedding before consummating it.

One, when a pregnant bride is walking down the aisle, it would be awkward if the choir sang, "Here comes the bride, three months inside!"

Two, if the couple is already sexually intimate, verb tense would be a problem during the wedding vows. When the priest says, "Do you take this woman to be your lawfully wedded wife?" the groom would have to answer, "I did!"

Three, the newlyweds would have to spend for a much bigger hotel room because their entire *barkada* would crash there for the night. After all, what's supposed to happen that night has already happened.

Kidding aside, there are valid, self-serving reasons why single people should save sex for marriage.

There's HPV, STD, and HIV. If you're a woman, having sex at an early age doubles your chances of getting cervical cancer, the only sexually transmitted cancer caused by a virus called the human papillomavirus or HPV. Eight out of ten women will get this virus in their lifetime so the longer you have it, the greater your chances for it to develop into cancer.

The shocking truth about sexually transmitted disease or STD is that sixty-two percent of Filipinos who have it are teenagers. Teens also make up twenty-seven percent of Filipinos who are HIV-positive, the retrovirus that causes AIDS.

These may not be enough motivation for people to preserve their virginity or to



## The Top Reason Why You Should Save Sex for Marriage

*It's FHM*

practice chastity, but wait, there's more.

LUV and FHM may be more powerful reasons for us to encourage singles to save sex for marriage. Anybody looking for a lifetime partner wants to find true love and have a future happy marriage (FHM).


Because the truth is, one sure way to know if you love your partner and vice versa is if premarital sex is out of the picture. Sex has a way of throwing a monkey wrench into the decision-making process, obscuring issues in a relationship that would otherwise stand out as red flags.

Besides, sex is more pleasurable between married couples than unmarried ones. Why? Because researchers have found that "commitment increases sexual pleasure for both sexes."

There's a hormone that kicks in after a man has had sex that heightens his sense of responsibility. Called vasopressin, its effect is to make a man realize that he has to provide for the child that his partner may conceive because

By Rissa Singson Kawpeng

of what they just did. So if they're married, this will make the man more committed to his wife and family. But for a guy engaging in premarital sex, it makes him ask questions like, "Am I ready for this? What if she gets pregnant? Do I want to marry her?" So it partly explains why a guy will avoid the girl he just slept with.

Every noble thing we want to achieve requires goal-setting and great effort—and that includes a future happy marriage. No matter what society or modern times finds acceptable, saving sex for marriage increases your odds toward your happy ever after. 

*Let marriage be honored among all and the marriage bed be kept undefiled, for God will judge the immoral and adulterers. (Hebrews 13:4)*

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## about the cover models

Koots Alignay is a bank sales manager and his wife, Ichel, is a psychologist-speaker. They have been married for fifteen years and are blessed with two children, Migo, 11 and Maia, 8. The two met in a Catholic community for singles. The couple is actively serving at The Feast Valle Verde, where Koots leads worship, and both are parent overseers of the Youth Missions. Together, the couple believes in giving love and support to each other. Read their story of combatting sickness and embracing healing on page 34.

Photos by Dominic Barrios  
([www.dominicbarrios.com](http://www.dominicbarrios.com))  
Makeup by Renren Santos





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**Kerygma.** A Greek word meaning "Proclamation of the Gospel." It is a Catholic inspirational magazine. It aims to be an evangelistic tool for all nations, providing Scriptural, practical, and orthodox teachings to Catholics, particularly those in the Catholic Renewal, as an alternative to present-day magazines. It is also committed to fostering the renewal and unity of the whole Christian people. Philippine copyright Shepherd's Voice Publications, Inc. 2018. No part of this magazine may be reproduced without permission. Published monthly by Shepherd's Voice Publications, Inc., whose editorial and business offices are located at 60 Chicago St., Cubao, 1109 Quezon City. Tel.: (632) 725-9999, 725-1190, and 650-9733 (Production Department). Fax: 727-5615. E-mail: [editsvp@shepherdsvoice.com.ph](mailto:editsvp@shepherdsvoice.com.ph). Website: [www.kerygmabooks.com](http://www.kerygmabooks.com)

**“The family is the hope of the future. Let us pray especially for families facing serious difficulties: May our Lord assist them.”**



**“There is no freedom greater than letting yourself be guided by the Holy Spirit and allowing Him to lead you wherever He wishes.”**



**"I invite communications professionals to promote a journalism of peace at the service of all people, especially those without a voice."**

**“We are Christians to the extent that we allow Jesus Christ to live in us.”**

**“Our Lady Queen of the Rosary, pray that Jesus may have mercy on us sinners.”**

“Convert our hearts, Lord, so  
that love may spread here  
on earth.”

**“In the Cross, Jesus showed us the greatness of His love and the power of His mercy.”**

**“Praying means being with  
God, experiencing God,  
loving God.”**

**“Be one with Christ when you pray, take care of your most vulnerable brothers and sisters, and work for peace.”**

“God alone can give us true happiness. It’s useless wasting time looking for it elsewhere: in wealth, pleasure, and power.”



**“Authentic Christians are not afraid of opening up to others, of sharing their living spaces and transforming them into places of solidarity.”**

**“Life only fully makes sense when it is given as a gift. It becomes tasteless when it is lived for itself alone.”**

“When we are full of self-importance, we leave no space for God. So let us ask the Lord for a conversion of heart.”

**“All it takes to encounter God is to  
acknowledge that we are needy.  
And the key to that encounter lies in  
humbling ourselves.”**

“Mercy opens the doors of the heart because it makes us feel like we are all children of one Father.”

**“The Christian vocation means being a brother or sister to everyone, especially if they are poor, and even if they are an enemy.”**



4

"Your response to Jesus cannot be conditioned by momentary calculations and convenience. It must be a lifelong 'yes.'"

5

"We begin building peace in our homes, streets, and workplaces: wherever we craft communion and community."

6

"The Ascension of the Risen Jesus contains the promise that we too will participate in the fullness of life with God."

1 0

"How wonderful to be 'envoys of hope,' simple and joyful messengers of the Easter acclamation."

1 1

"Every insult, injury, or act of violence inflicted upon our neighbor, offends God our Father and Creator."

1 2

"Joyfully performing works of charity for those who are suffering in mind and body, is the most authentic way to live the Gospel."

1 6

"Do we really want peace? Then let's ban all weapons so we don't have to live in fear of war."

1 7

"The Lord Jesus communicates His love for us, so that we can love God and our neighbor as He has loved us, by giving His life for us."

1 8

"When we are open to God's grace, even the impossible becomes possible."

2 2

"The Word of God is the lamp with which we look to the future: its light allows us to read the signs of the times."

2 3

"Let us follow the example of St. Francis of Assisi and take care of our common home."

2 4

"God calls each one of us, and each call is a gift that should fill us with joy."

2 9

"God asks us little and gives us a lot. He asks us to open our hearts and to welcome Him and the most vulnerable of our brothers and sisters."

3 0

"Those who protect children are on God's side and triumph over those who oppress them. Let us free every child from every form of exploitation."

3 1

"While I continue to pray unceasingly for peace, and invite all people of goodwill to do the same, I renew my appeal to all those with political responsibilities to ensure that justice and peace prevail."



## 7 SIMPLE HABITS WE DIDN'T REALIZE ARE DANGEROUS FOR OUR HEALTH

**THESE HABITS** may seem harmless at first. But they lead us to huge health risks such as cancer, heart problems, and many more. Wanting to live a longer, healthier, and more vibrant life needs discipline, even if it takes breaking a habit.

1. **Breathing secondhand smoke.** Breathing in the toxic chemicals from cigarettes is prone to heart disease and lung cancer. It is also harmful to infants and children because it triggers bronchitis, ear infections, and asthma attacks.
2. **Failing to deal with stress.** Experiencing stress over the long run can take a toll not just on one's mental health, but also physical health. It may lead to unhealthy diet, skipping exercises, and inadequate sleep. This ups the risk of weight gain, high blood pressure, heart disease, and other health issues. Persistent firing of stress hormones also weakens our immune system.
3. **Not having a regular exercise routine.** Inactivity is one of the major factors of heart disease, arthritis, stroke, some types of cancer, and depression. Therefore, regular, vigorous exercise is quite important regardless of age and sex.
4. **Forgetting to drink water.** In a tropical country like the Philippines, it is vital to stay hydrated. Dehydration causes headaches, loss of concentration, dry skin, and fatigue. We will also more likely eat more, thus, gaining weight, and end up with brain fog.
5. **Eating mindlessly.** Not paying attention to what you eat may meet your caloric requirements, but not the kind of nutrients your body is looking for. As a result, health issues such as digestive distress, overeating, and weight gain may likely occur.
6. **Not addressing debt.** Regardless of socioeconomic status, higher debt is linked to higher stress, depression, and diastolic blood pressure.
7. **Staying in an unhappy relationship.** Good relationships have mental health benefits. The happiness of our partner is also our own happiness. Therefore, if the relationship is doing more harm than good, take a closer look whether it's worth the pain.

Source: <https://www.rd.com/>

## REMEMBER THESE 7 THINGS ON YOUR FIRST DAY OF WORK

**...and you will survive for the rest of your working days.**

1. Be inquisitive. Asking questions to your colleagues will never hurt you and your work, but faking knowledge will.
2. Listen more than talk.
3. Don't just be physically ready for a new project; make sure you're mentally prepared, too.
4. Don't be afraid to make mistakes. There is always a lesson or two to learn from them.
5. Set a goal. Know your priorities.
6. Be ready to adapt to your new working environment, and coming into your job with an open mind can make all the difference.
7. Be yourself, and enjoy work.



## Quick Health Tip

### Greek Yogurt

Greek yogurt is having a major moment in the food world—it seems like the stuff is suddenly everywhere. You can serve it with fruit and honey for breakfast, use it to replace other fats in baked goods, make a tangy, dill-flecked sauce for baked salmon, or a light, creamy raita for spicy dishes by adding some cucumber and garlic. However you enjoy it, keep eating, because it's full of the probiotic bacteria that promote good digestive health and it has more protein than other yogurt varieties.

Source: <https://www.delish.com/>



## Saints-at-a-Glance

### St. Mary Magdalene

**Feast Day: July 22**

Mary Magdalene is one of the most loyal and celebrated disciples of Jesus, being present in Christ's crucifixion and burial, and the first person to witness the resurrection.

Mary came from a town called Magdala, and has long been portrayed as a prostitute and sexually immoral, but this is not supported in the Scriptures. In the Gospels, she was viewed as a repentant sinner. Jesus cast seven demons out of her and healed her from evil. From then on, Mary was one of the women who accompanied and supported Jesus and the twelve Apostles during the ministry.

Mary Magdalene is the patroness of contemplative life, converts, penitent sinners, people ridiculed for their piety, sexual temptation, and women.

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



**THIRTY-SEVEN-YEAR** old priest Fr. Joel Silagpo finally built the San Antonio de Padua Parish Church in Lamitan City, Basilan after months of being a fish vendor.

"I went to the *bagsakan* to buy fresh fish for our consumption, [and] there I saw the opportunity to raise funds through fish vending. Then, I called on the PPC (Parish Pastoral Council) for a meeting and told them the idea of selling fish as a fund-raising activity," recalled Fr. Silagpo. Many people felt ashamed and laughed at his idea. Still, Fr. Silagpo was determined to sacrifice for a noble cause. "If Christ can sacrifice for His people, then I am just doing my share to my community."

Last May, the parish church was completed. Many parishioners, including Mayor Rose Uy Furigay and Vice Mayor Oric Furigay, attended the blessing of the church. Archbishop Martin Jumoad, along with Fr. Joel Silagpo and other ten visiting priests, celebrated the Mass and consecration of the altar.

Fr. Silagpo's perseverance and humility not just serves as an inspiration but also an advocacy of faith.

Sources:  
<https://kickerdaily.com/> ; <http://newsline.ph>



Image by Victor Booc Capistrano via Facebook page

## GREENPEACE CAMPAIGN: #DIETFORCLIMATE

**ACCORDING TO RESEARCH**, seven out of ten Filipinos eat meat at least once a week. It results to an alarming rate of obesity and other health ailments and unsteady livelihood for our farmers.

But it is never too late to support our farmers while considering our well-being at the same time. Greenpeace challenges Filipinos to eat at least two meat-free meals a week, and post our vegan meals on social media. Here are the mechanics:

- 1. Take a photo** of your meat-free meal of the week. (This could either be a lunch, dinner, or maybe both!)
- 2. Upload and share** the photo on your social media accounts (Facebook, Twitter, and/or Instagram).
- 3. Write** a short caption about your meal (you can share the recipe), and your motivation to join Greenpeace's Diet for Climate challenge. Don't forget to use the hashtags #DietforClimate and #LessIsMore.
- 4. Tag five friends** to challenge to eat healthier: "I nominate my friends namely \_\_\_\_\_ to eat more plant-based food this week."

Source: <https://www.greenpeace.org/seasia/ph/>



Greenpeace



# Bringing Heaven on Earth



**Hope-givers.** The JCCFC team commits to continue Rey Ortega's mission of giving hope to God's people.

By Shellie Anne Javier-Follero

*Have compassion on me, Lord, for I am weak. Heal me, Lord, for my bones are in agony. – Psalm 6:2*

**W**hen we feel sick, we usually ask two questions. First, "Why am I sick?" And second, "How will I be healed?" But the late Rey Ortega, founder of Grace to Be Born, Jeremiah Foundation, Lepers of Abra, and Jesus Christ Cares for Cancer, was different.

"I can buy medicine for myself and afford my medication because I have the resources. But how about our poor brothers and sisters? How can they afford the expensive medication of cancer?" He asked himself these questions while suffering from cancer.

Instead of sulking over his condition, Rey thought of ways on how to help those who are suffering like him. That was the main reason he established Jesus Christ Cares for Cancer Inc. (JCCFC). He battled against his own illness but fought for others, too.

Rey, with the help of the Light of Jesus Family and Shepherd's Voice Radio and Television Foundation (SVRTV), was able to support almost thirty-seven patients financially. He wanted to bring heaven on earth by not only giving financial help but also lifting up the





beneficiaries that there is a community praying for them.

#### **The Legacy Lives On**

When Rey Ortega was called home to heaven by our God on June 30, 2017, all ministries mourned this great loss. But the mercy ministries knew that they need to be strong and continue all of Rey's hard work and good deeds.

On April 18, 2018, the new director of Jesus Christ Cares for Cancer, Angelo "Alo" Gelano, held a meeting with coordinators, board members, officers, and beneficiaries. He wanted to gather all the beneficiaries because some of them communicate only over the phone and never see each other personally.

*"Ito po ay munting salo-salo para tayo ay magkakila-kilala. Higit sa pinansyal na tulong, gusto po naming ipaalam sa inyo na kaming lahat ay nagdarasal para sa inyo"* (This is a simple celebration for us to get to know each other. More than the financial support, we want to let you know that we are all praying for you), Alo Gerano shared during his opening remarks.

The beneficiaries introduced themselves one by one and

shared how JCCFC helped them throughout their battle.

#### **A Heavenly Partnership**


Yokogawa, a multinational company that provides enterprise technology solutions to its local and global clients, aims to help foundations and communities through its Employee Affairs program. It is a collaboration of Yokogawa Philippines management and its employees to strengthen their corporate social responsibility. And one of their partner beneficiaries is JCCFC.

On March 23, 2018, the Employee Affairs Committee headed by Ms. Vicky Guevara went to the ministry office to donate and bring food for JCCFC patients. Alo Gelano, together with SVRTV and Shepherd's Voice Publications president Hermie Morelos, welcomed the Yokogawa Philippines Employee Affairs.

They prayed and ate together as one family. When asked why they keep on doing acts of kindness to others, Vicky responded, "This is a little help we can give to the community. We have a lot of

work to do." She continued, "God provides for us always. I really don't know. But maybe, just maybe, it is because of Yokogawa management and employees' habit of sharing their blessings to these mercy ministries."

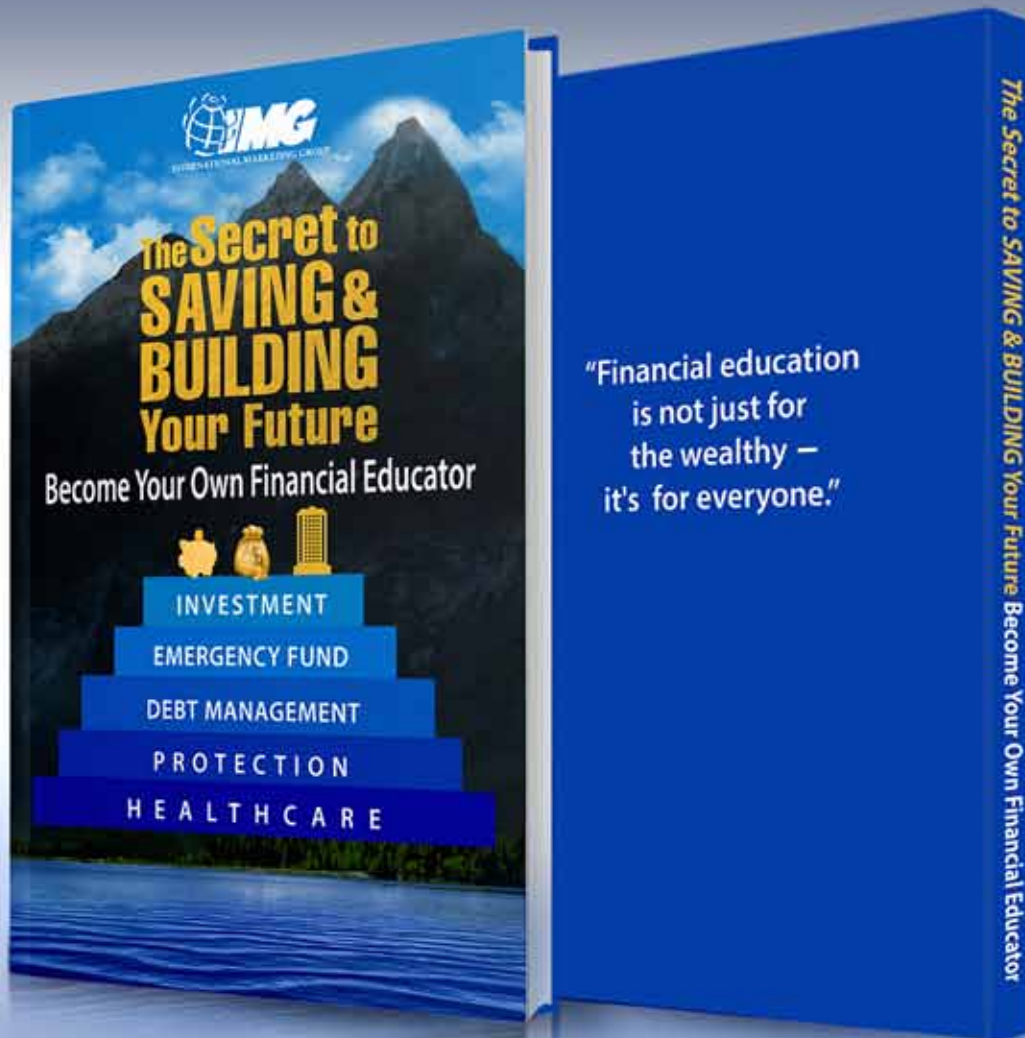
Jesus Christ Cares for Cancer was not the first mercy ministry they have supported. They already helped Tahanan ng Pagmamahal, Jeremiah Foundation, and Grace to Be Born. Yokogawa's continuous support to the mercy ministries have brought so much hope and joy to the beneficiaries.

There's still so much to be done. Many people are still suffering and hurting. But through these silent but loving activities for the mercy ministries, including Jesus Christ Cares for Cancer patients, Rey's prayer to bring heaven on earth comes to life. May we all become instruments to help the weak, the sick, and the forgotten to see Jesus' compassion and healing grace through our help and prayers. 

**T**o know more about the mercy ministries of LOJF, log on to [www.lightfam.com](http://www.lightfam.com) or call (02) 725-9999.



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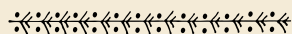
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# Does Mama Mary Really Care for Us?



*Why does Mama Mary have different titles? Does she really listen to our prayers and care for us?*

**Doubting Daughter**

## Dear Doubting Daughter,

The titles of Mary are indeed puzzling. But when you think of our mothers, we also call them in many ways. I think of the many different ways I have called my mother a long time ago in Germany: Mutter, Mutti, Mama, Mami, Mam. In English, it is similar: Mother, Mom, Mama, etc. It is a term of endearment. We do not call a person we are afraid of by different names. First, Mary was just called "Mother of Jesus." When the divinity of Jesus was denied by heretics, the Church officially gave her the title "Mother of God" (*Theotokos*). When Mary was assumed into heaven, more and more titles were given to her: "Queen of Heaven" and "Queen of the Angels" to honor her. On May 21, Monday after Pentecost, we celebrated for the first time a new Marian feast—Mother of the Church. These titles are expressions of how we honor and love Mama Mary.

The second part of the question is difficult to answer. Since our earthly mothers care for their children very much, it is obvious that the holy Mother of God cares much more for us, her spiritual children. Under the cross, the dying Jesus entrusted His mother to the beloved disciple to care for her, and entrusted him to her care. We cannot prove that she listens to our prayers. But if we go to Lourdes or Fatima and ask the people whether they have experienced Mary's answers to their prayers, you will not doubt her powerful answer to prayers anymore. Of course, the prayers should always end with "if it is the will of God" and "if it is good for me." A good mother will never grant what is not good for her child.

**Fr. Rudy**



When Fr. Rudy Horst came to the Philippines in 1984, he was first assigned to the Immaculate Conception Parish in Cubao. It was where he came in contact with the still young Light of Jesus Family. In 1990, he moved to Christ the King Mission Seminary, where he now serves as head spiritual director of the seminarians and teaches Religious Education. He also teaches Holy Scriptures at the Maryhill School of Theology and the Divine Word School of Theology in Tagaytay.

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**.



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**W**hat comes into your mind when you hear the words gratitude, sharing, or giving back? For me, gratitude is our ability to see the grace of God despite any circumstance.

## A Rollercoaster Ride

Initially, the doctor said it would be difficult for me to conceive since I have polycystic ovarian syndrome (PCOS). But seven months after our wedding, I got pregnant. Praise God for the answered prayer! My husband, Chuck, and I were ecstatic about the news. Everybody in the family was excited.

But when I had my first trimester screening on October 2, 2017, the doctor concluded that our baby could possibly have some genetic problems. He referred me to a genetic counselor who suggested a lot of expensive tests for confirmation. As if the pain wasn't enough, she asked me if I wanted to keep the baby or have it aborted. I had the biggest shock of my life! That's a lot of bad news all in one day. I told her, "Aborting the baby is never an option. I want to keep him."

No matter what they say, our baby is a blessing from God. I went home crying and confused.

## Even When It Hurts

During my second trimester, at around eighteen weeks, I had two bleeding episodes. I was admitted for two nights for observation. Thank God, our baby was well at that time. We found out that I had a low-lying placenta which caused the bleeding and the doctor recommended bed rest for two months.

Feeling helpless and bored, I served remotely at The Feast Singapore-Bugis Music and Intercessory Ministries. I kept



## Ethan Job: Strong Like Job

By Lyianne Oraya Balmes

myself busy doing the song slides, preparing the lineup of singers, and heading the team for the Christmas party and anniversary.

During those two months of hospital leave, I worried about our finances. What we had was just enough—no allowances. I also thought that I wouldn't be eligible for the year-end bonus because I didn't work for two months. However, I was blessed to have a supportive husband. He told me, "God will provide. For the things that are beyond our control, just surrender everything to Him." So we continued serving and giving our love offering knowing that He is our great Provider.


Indeed, He never fails.

## Immeasurable Reward

God surprised me not only with a bonus, but an amount that was more than what I expected. The blessing did not stop there. The doctor told us that the cyst that they found on my baby's neck stopped growing.

My doctor already scheduled me for labor induction on March 27, 2018. I went to Mass on March 15 and 16 and specifically prayed to experience a

normal labor and delivery. The following day, my bag of water broke at 5 a.m. and it started my twenty hours of labor. My blood pressure and other vitals were stable despite the earlier diagnosis that I had preeclampsia. Our baby never showed any sign of distress. I knew it was God doing miracles in our lives. And He answered my prayer. I had a normal delivery. Praise God! We named our baby Ethan Job. Ethan means strong, and like Job, our baby held on despite all the trials that he faced. Ethan Job is a testimony of God's goodness and faithfulness to our family.

Giving back to the Lord is not only about the financial aspect. It can also be our time and talent. When we continue to serve God despite the challenges, He will bless us immensely. He is the God of abundance. As a song says, "Give as the Lord has given to you. How you give is the reflection of your gratitude." 

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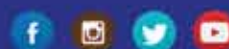


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**A** number of people fuss about getting older or growing older. "My hair is turning into silver" or "I'm getting quite forgetful!" Our Filipino humor even adds a derogatory description to the elderly: "*Amoy lupa na!*" literally translated as "smells like the earth," alluding to the fact that the elderly will eventually die and be buried. The only bright side to aging these days is the list of senior citizen discount card privileges.

In developmental psychology, reaching old age is a time to review one's life. One either celebrates a full life or becomes despondent and miserable for missing out on life. To those who have lived a life, old age is a time for celebration, relaxation, thanksgiving, revisiting one's ego room (where one stores in the mind all the achievements, memorable events, etc.), preparation for death, learning to adopt a disposition of surrender, and leaving legacies behind.

To those who missed out on life, old age is met with misery and anger. Old age becomes a time for regrets over what could and should have been; anger with self, others, and God; drama, lamenting, and whining over past hurts; continuous effort to make up for unfinished tasks; fighting and fearing death; bargaining with God; and sadness for not having legacies to leave behind.

The book of Ecclesiastes reminds us that there is a time for everything. Let's explore what aging is all about and some of the invitations of getting older:

**A time to reconcile with physical limitations.** At this stage, we come to terms with the fact that we are no longer



as strong and virile as in our youth and that we have to honor our physical limitations.

Having recently turned sixty myself, I also noticed of late that carrying books to sell in my seminars now prove to be an ordeal. So when a retreat house security guard offered to help carry my books one time, I gladly gave in. I tell my friends, "I am counting the days!" I am counting the days that I can still do what I normally do with a young body. While my mind says that I am still young, my body does not agree. Aging is a time to be gracious to receive as much as we give. We need to be open to rely on people or things to get by. Some elderly still feel defensive about the idea of using a cane. But if this is necessary, we should be gracious to use one. We must also allow people to help us cross the street or carry our heavy loads for us. This becomes difficult for those who are used to being self-reliant and self-sufficient. We have to remember that getting help does not diminish us. Being vulnerable is not equated to being weak.

**A time to slow down the aging process.** Today, there is the

By Earnest L. Tan

existence of biomedical gerontology, a field that explores and studies how to help the elderly reverse and prevent aging. The elderly now has to be conscious of the food that one takes in, such as antioxidants, fat busters, vitamins that will strengthen the bones, and the corresponding lifestyles or exercises such as walking, Tai Chi, or yoga. As we age, we become prone to sickness and therefore should give extra care to our health.

**A time to shift from doing to being.** In trying to attain success in our youth, we sometimes move so fast that we miss out on smelling the roses. Old age is a time to enjoy life and be mindful of things that we take for granted. It's the time to enjoy the pleasure and joy of eating and having company. The retired husband of a friend now takes time to attend his son's school activities. He realized that he had missed so much in the past because of his work. He enjoys bonding with his son now more than ever.



**A time for saging.** The elderly who has lived a life possesses enough wisdom to pass on to the next generation. In a way, this is his or her attempt to experience some form of immortality. The elderly lives on in the young who continues what they have learned from him or her. In the *Star Wars* saga, Luke Skywalker learned from Yoda, the Jedi Master. In the latest *Star Wars* series, Young Ray now turns to Luke to learn the ways of the Jedi. The one who was once a disciple has transformed into a teacher. This can only happen if the elderly proved himself or herself worthy by leading an honorable life whom the young can genuinely look up to and emulate.


**A time to grow in spiritual indifference.** As the elderly knows full well, he or she has no complete control over many things in life. The

elderly now adopts what Saint Ignatius terms as "spiritual indifference." This means that a person opts not to choose wealth over poverty, health over sickness, but surrenders to what will ultimately be for the greater glory of God. Even if one suffers from illness, if this will reflect God's redeeming power, then we lend ourselves open to this.

I had the fortune of witnessing this when the anchor of our radio program was diagnosed with bile duct cancer. When I visited her in the hospital room, she was calm and serene. She told me: "If this will be the Lord's time, so be it!" She passed away within a week. All of us were amazed at her capacity to surrender because she had indeed led a full life.

**A time to stop proving and just be.** In our youth, our ego is preoccupied with attaining success, power, recognition, and

approval. At our later stage, we let go of these and focus more on the soul's concern. More important than these is our legacy of love. We don't have to try hard to do this but just be our loving self to others. Ultimately, what we will leave behind is how people will remember us. The elderly cease to work too hard to be loved and looked up to. As the song "Seasons of Love" reminds us, we measure our life in terms of love.

Let me close this article with two quotations: "To the unlearned, old age is winter; to the learned, spring!" (Anonymous), and "The wiser man mourns less for what age takes away than what it leaves behind" (William Wordsworth). 

*Earnest Tan is a licensed guidance counselor and freelance facilitator of formation programs. He is also a published author of several books. E-mail him at [earnest\\_tan@yahoo.com](mailto:earnest_tan@yahoo.com).*

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A few months ago, I was 211 pounds and growing. I've lost weight before in record time. But somehow, I couldn't get myself to decide to get back into shape. I was fat and happy. I needed to change but something in me was resisting it. Eating *chicharon*, *sinigang* with lots of rice, *tapsilog*, blueberry cheesecake with brewed coffee, were more appealing than being healthy and lean.

St. Paul was probably referring to this when he wrote to the Roman church: "For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing" (Romans 7:19).

Fast forward to today, I tipped the scale at 156 pounds. I had to cut my belt three times the past weeks. I am able to wear the clothes that I used to wear. I looked a lot better.

So what happened?

I needed to overcome the resistance to change. It took no more than ninety days to turn things around. All researches on "Change Management" often based on analysis of successful changes and unsuccessful changes highlight this equation: *Dissatisfaction + Vision + First Step > Resistance*.

**1. Dissatisfaction** with the status quo.

- I knew I needed to do it but this alone was not enough.
- Being overweight and having a bulging belly presented a lot of discomfort. I struggled to wear clothes that would fit me and be comfortable at the same time.
- Being constantly around people who took care of themselves physically gave positive peer pressure that pushed me to do it.

**2. A clear and understandable vision** of



# The Ninety-Day Burst

by Ariel Driz

what the new situation will be. In other words, a strong dream.

- I remembered how good I looked when my tummy was not protruding. I visualized a flat stomach and much thinner cheeks!
  - I recalled that I looked and felt great at 155 pounds. Thus, I set a goal to reach this in ninety days or less.
  - The program I wanted to follow was going to be launched in the Philippines and could mean serious income opportunity for our business. A vision was born: I want to create a huge weight-loss and wellness community in the country!
- 3. First step now:** Get started.
- They say the path to mastery is to get out and do it. Things are never perfect when we start changing a habit.
  - The faster we take the first step towards our goal, the faster it is to counteract resistance. When this happens, positive momentum starts to set in.
  - Dr. John Maxwell would say, "Losers wait to feel good to act while winners act then they feel good."

- I started with a decision to exercise and avoid sugars and too much carbohydrates. These small acts established other good habits that made me more productive. Charles Duhigg calls this Keystone Habits.
- Then we started a group of people who wanted to lose weight as well. This created a shield of protection as we held each other accountable.

Were there naysayers? Absolutely! However, starting the process, coupled with relationships with the right people, propelled me to focus on getting my goal. 📌

*"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." (Galatians 6:9)*

E-mail Ariel at [adriz77@yahoo.com](mailto:adriz77@yahoo.com).







## WHAT IS MENTAL ACCOUNTING?

### Raising Children with High FQ

**Q**uestion: What is your opinion on how to handle “once-in-a-blue-moon” or irregular income (e.g., from commercials, speaking engagements, contest prizes, award money)? How much of it should you save? How much should you spend? – Gerardo via Facebook

Your question is best answered by discussing the Behavioral Economics (B.E.) concept of Mental Accounting. B.E. is a relatively new field that studies the decision-making process of consumers and how they are not always based on rational and utility maximizing principles, but are mostly affected by emotional and psychological factors. It is a combination of Economics and Psychology.

Among the key principles in B.E. is **Mental Accounting**. It refers to our tendency to separate accounts based on a variety of subjective criteria,

like the source of the money and intent of each account. According to the theory, individuals assign different functions to each group, which usually has irrational and detrimental effect on the consumer—i.e., money is not used efficiently.

We all know that money is fungible or interchangeable. Regardless of the source of your cash, it gives you the same value and purchasing power, so if you were an *Econ* (the term coined by Father of Behavioral Economics Richard Thaler to refer to the rational consumer being assumed in traditional Economic models, vs. the usually irrational human, which is what is assumed in B.E.), you wouldn’t differentiate how you will spend or save your income from your commercials, speaking engagements, prizes, etc., from your regular cash flow. That means that if you save a certain percentage of your regular income, then you do the same

by Rose Fres Fausto

for your “once-in-a-blue-moon income.”

However, since we are only human, we tend to treat this income differently. We always rationalize to ourselves, “Anyway, this is not expected, so I can freely spend it to give myself a treat.” If we keep on doing this, we won’t be able to take advantage of these windfall income sources in our asset accumulation.

On the other extreme, the more frugal ones will actually save everything since it’s not an expected income, and take the opportunity to accelerate asset accumulation. Check yourself: what inspires you to do more of those extra income activities. Will a save-and-invest-it-all behavior make you happy, or will a little treat make you happier? I sometimes get the kick out of investing everything (*Ilocana ngarud*) but sometimes, we like to buy something out of the proceeds of the windfall

continued on page 22



I'm on a plane, flying back home to Cebu.

The past three days have been an enriching experience. I went to Ormoc with my good friend Marc Lopez to give an empowering seminar upon the invitation of my U.P. Medicine classmate Dr. Clarence Basa. We gave four seminars to different groups: two elementary schools and two Energy Development Companies (EDC). It was filled with joy and laughter, but at the same time, we also felt the fear of other people, especially the sick. In our talks, we shared about the "heart of healing," a journey towards our core, our true center.

Incidentally, after our third seminar, we had a tour around the biggest geothermal power plant in the Philippines. We saw with our own eyes the wells drilled into the core of Mother Earth, the turbines, control rooms, pipelines, steam—such a grandiose manifestation of how nature exudes its raw geothermal power to share freely and generously to humanity.

I paid close attention to everything that I was seeing, especially the steams billowing up the sky. I felt the reverberating magnificence and presence of the Source of Creation. I couldn't stop my tears from flowing as I bowed down once again to the Source of Creation.

Since our seminars focused on journeying towards our core as human beings, I believed that it is not by accident that we were brought there. This trip brought me into an experiential process of journeying towards the core, externally and internally.



## A TOUCH OF INSIGHT

On day one, I felt the magnitude of raw power sitting beneath me when I had my morning meditation on top of the mountain where we stayed.

At the end of day two, after all the activities, I also felt the palpable fear of some of the people I met. An open heart is vulnerable. But it is through this openness and gift of empathy that I allowed my body to process all the information that I have been exposed to the past days.

During dinner with my classmate Clarence and friend Marc, my body said, "It's not yet time for dinner." So I told my friends that I would have dinner later. After they ate, we walked from my classmate's house to where we were staying. Intuitively, my body wanted to walk barefoot and connect once again to the earth. It was a beautiful barefoot walk, under the moonlight with the

calming sound of nature at the background. The company of my friends added loveliness to the moment.

As our plane began to descend, I immersed my life once again into the wholeness of the Truth. Indeed, health and spirituality are intimately linked. I remember the famous equation of Albert Einstein:  $E=mc^2$ .


$Mc^2$  is the matter, E is the energy.

$Mc^2$  is the power plant, E is the raw geothermal energy.

$Mc^2$  is the body, E is the spirit.

$Mc^2$  is the health. E is the spirituality.

The fastest healing is a "healing of perception," because when perceptions heal, problems dissolve.

And the best medicine is "transformation" because when we transform, we have listened to the intuitive intelligence of our bodies. 

*Dr. Romy is the author of Health Made Incredibly Simple, available at [www.kerymabooks.com](http://www.kerymabooks.com).*

By Dr. Romy Paredes







that will serve as a remembrance of that blessing. But at the very least, save the same percentage that you would on your regular income.


**The House Money Effect.** This was first described by Richard Thaler and Eric Johnson in a paper written in 1990. In casinos, it is observed that when one wins while playing, the profits are made separate from the original capital. Then the gambler is more willing to bet all his profits because he feels that the money is “house money.” This is also observable in people investing in the stock market. They view their profits as disposable and take greater risk, which usually brings them back to zero profits, if not negative. So this *mental accounting* tendency is what makes us spend windfall income more freely.

**Another Danger of Mental Accounting.** Because of the categories we assign to our money, we sometimes act irrationally. Why do some people keep a significant balance in their savings account, which is not earning anything, and continue to pay interest on their credit card debt? This is obviously irrational but those who do it would defend it saying, “At least I have cash in case of emergency.” Well, they’re better off paying their credit card loan and consequently, save on interest first. When an emergency comes, that’s when they should access their credit card facility. (Actually, the best solution to this is never to have credit card loans because their interest rates are ridiculously high, but that’s another article.)

### **The Upside of Mental**

**Accounting.** Given that money is fungible, the rational way of spending our money is to think of opportunity cost. For example, when you eat out every day instead of bringing *baon* to school or work, what are you foregoing? You can relate it to the amount of investments that you can make, or the pair of shoes that you can buy instead of eating out every day. Those are opportunity costs of eating out every day. But can our human mind systematically do all these immediate assessments of opportunity costs? Nope, unless you’re an *Econ*.

So we resort to mental accounting. We assign buckets to our expenses. It is our way to guide ourselves to stay within budget. The jar system (usually with labels Give, Spend, Save) is a handy tool to teach kids money management. If it works for little kids, it sure works for adults! Just beware of the negative effects that rigid application can bring as discussed earlier.

So to answer your question how much should you spend and save from your “once-in-a-blue-moon income,” the answer is this: It’s your call. But knowing what you just learned from the above, should the source really matter? 

**Rose Fres Fausto** was an investment banker turned full-time homemaker and now a writer, speaker, Gallup Certified Strengths Coach and Behavioral Economist. She has published three books: *Raising Pinoy Boys*, *The Retelling of The Richest Man in Babylon* (English and Filipino versions), and the latest, *FQ: The nth Intelligence*. 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), e-mail [Rose@FQMom.com](mailto:Rose@FQMom.com) or [FQMomm@gmail.com](mailto:FQMomm@gmail.com).



**E**very Filipino household knows that, as Catholics, we have a duty to attend Mass on Sundays. This spiritual tradition results to close-knit family relations and mutual bonds among family members. For parents Aldem and Vanessa Salvaña, this is definitely true.

## The Start of a Christian Home

Aldem and Vanessa joined the Ligaya ng Panginoon Community as college students. As single persons, they were invited to join the families who celebrated a tradition called The Lord's Day. When Aldem and Vanessa got married in 1996 and went on to raise their own family, they continued practicing The Lord's Day.

On occasions, the Salvañas join other families from their community and celebrate this special day as a way to build stronger ties and share their faith with each other. From time to time, they invite other friends and family members to these occasions as a way of sharing their faith.

## The Lord's Day

The Lord's Day follows the Jewish practice of welcoming the Lord from sunset of Saturday until dusk of Sunday. It prepares the members to "step out of the cares of the week" to usher in the day set aside for the Lord that includes attending the Holy Mass, usually on Sundays. The ceremony is performed before and after Saturday dinner. Families dress up and prepare their best evening meals, as if they are having a special dinner with Jesus.

It is an opportunity to honor the Lord, set aside concerns of the week, celebrate Jesus's life and suffering, and thank Him for the blessings of the past week. The father of the house closes the ceremony by blessing the family members.

## The Power of Two

Being part of Ligaya ng Panginoon has personally influenced Aldem and Vanessa's relationship as husband and wife. It made them more aware of their "priestly" role as parents and spouses.



# Keeping the Faith Alive through the Lord's Day

By Elle Z. Silvestre

Prior to the Lord's Day, they discuss the topics and engaging activities they can do together as a family. They become accountable in imparting God's Word and love to their family. Vanessa learned how to submit herself to her husband, the way Aldem submits himself to their family and God. Usually during the Lord's Day, Vanessa lights the candles and recites the opening prayers, while Aldem leads the worship. This practice not only unites them, but they get to spend quality time together after days of being apart.

Sometimes, when one or both of them are out-of-town, conducting training workshops, they delegate the responsibility of celebrating the ceremony to their older children. This teaches the kids to take leadership roles, even in simple ways.

## The Fruit of Love

In order to build a Christ-centered home, Aldem and Vanessa believe that everything starts by living out their faith and openly sharing about it with their children.


In a family with six children—three of whom are in college, two in high school, and one in elementary—interesting discussions about their faith crop up

as they are encouraged to communicate candidly about whatever is in their hearts and minds. This is the part where Aldem and Vanessa help them understand and appreciate their Catholic and Christian beliefs. Staying true to their ritual lets their children receive regular doses of faith-filled encounters.

During the Lord's Day, each family member shares their "high" moments—their blessings and their "low" moments, which are the challenges they encountered for the week. This is a way for the family members to become more aware of what is going on in each other's lives and what is important to them.

After the Lord's Day, the Salvaña kids get together to watch movies, play games, or simply share stories.

## Get in Touch

For more information about the Lord's Day, you may e-mail Bob Lopez of Word of Joy Foundation, Inc. at [wordofjoyfoundation@yahoo.com](mailto:wordofjoyfoundation@yahoo.com). 



# The Catechism on Our Emotions

By Dina Pecaña

**B**itin. That was how I felt after the credits of the movie *The Avengers: Infinity War* had ended. (Editor's note: Spoiler alert! Proceed with caution.) I wanted to know if what happened to Thanos—the scene showing him talking to the young Gamora and the one where he sat in a hut while gazing at the sunset—meant his end or his beginning.

It was the first time that I had become more curious about the *kontrabida* (antagonist) more than the *bida* (protagonist) because the movie seemed to end with the bad winning over the good. What added to my curiosity was that Thanos had a messianic complex—he claimed to “save” Titan, his dying planet, and other planets by killing half of the population to ensure survival. He had the people draw lots, and rich and poor alike he killed by chance. A genocide streak coupled with a monstrous appearance, is Thanos really an anti-hero? But what of his tenderness towards his adopted daughter, Gamora? Is it possible

that beneath his angry, destructive behavior lay a lonely being, longing to love and be loved?

This got me thinking about emotions and how we should control them and not let them control us. The *Catechism of the Catholic Church* (CCC) clearly states that, “Either man governs his passions [emotions, feelings] and finds peace, or he lets himself be dominated by them and becomes unhappy” (2339). In the 1980s, professor and psychologist Robert Plutchik introduced the “wheel of emotions” that has eight primary dimensions: happiness vs. sadness, anger vs. fear, trust vs. disgust, and surprise vs. anticipation. These emotions can be combined in many ways, just like an artist would mix colors together. Anger plus sadness is equal to envy, while disgust plus joy can result in morbidity. Fear plus sadness leads to despair, while joy plus surprise produces delight. What emotion or combination of emotions do you see in yourself? What behavior do you show as a result of these emotions? Remember, knowing how

and what you feel helps you control that emotion, and directing your emotion helps you be at peace.

The CCC further teaches that emotions by themselves have a specific function in us humans that is “neither good or evil” (1767) but are part of our natural psyche (1764). Our emotions are like bridges that carry our sensory experiences to our human intellect (1764), and from the intellect, dispose and contribute to our actions (1762). Emotions move us to love by directing our senses, intellect, and will toward what is good, and away from what is evil (1765). But it is only with the help of the Holy Spirit that can put our emotions into perfect order and bring joy in the pursuit of what is good (1769).

Like Thanos, we may also believe that what we do is good. But then if what we do leaves us angry, sad, and tired, maybe it's time for us to examine our emotions closely, and the way we do the good that we do. Maybe it's time to pray and ask the Holy Spirit to purify our motivations, senses, intellect, and will. **K**





# College Graduate After Seventeen Years

By Adrian Pantonial  
as told to Marjorie Duterte

**A**s my three-year-old sister lay on the hospital bed helpless while undergoing blood transfusion at the charity ward of the National Children's Hospital, I cried and sang at the same time. "God will make a way when there seems to be no way."

We were orphans. Our father had just died and our mother had left us. I vowed to God that if He will just heal my sister, I would serve Him wherever He will call me.

## Growing Up Poor

I'm the eldest of five siblings, with a younger brother and three sisters. When I was young, I made everyone happy though I felt lonely deep inside. I often sought security and belongingness from others, something I didn't get from my parents who quarreled almost all throughout their married life.

My father and I argued a lot and I felt like he did not value my opinions. Growing up, I had a difficult relationship with him and I did not get the affirmation I needed. They were migrants to Manila from Samar, and we lived along West Crame outside of Greenhills when I was growing up.

During Christmas time, my friends and I would ring the doorbell of big houses along Greenhills to ask for *pamasko* (Christmas gifts or food). My brother and I would assist cars parking along the streets to earn money.

Fortunately, because I was diligent in my studies, an organization called the Christian Children's Foundation sponsored my education from elementary until high school. My sponsor from America would send money to assist in my studies. It started my passion for learning English because we would exchange letters every month.



### Eldest Son-Turned-Young Father

In December 1997, I took care of my dad in the hospital but he passed away. I was eighteen years old then. Shortly after he died, my mother left us for another man who had another family and kids of his own. We tried everything to win her back but she just kept returning to them even though the man would physically abuse her. She felt it was normal because our father also abused her.

It was hard living on our own. We became orphans and lived an "instant life," feeding on instant noodles and canned goods because we were all busy studying, working, and making ends meet. I pretended to be strong for my siblings though I felt helpless inside.

I had so many questions about life when my father died. I worried about how I would take care of my four siblings. I turned to books, but the answers I got there weren't enough. I worked to provide for my family and God was nowhere in my priority list.

### Putting My Siblings First

My late father and aunt had an agreement that I, being the firstborn, would finish a two-year diploma course as quickly as I could so I could help my other four siblings finish their college education. So I took a course I was not passionate about in order to fulfill this duty. I had to stop studying and to work and to provide for my family.

I became a clerk for Innodata, scanning books and photos to upload into CDs. In

2003, I worked in the call industry for twelve years while doing freelance event hosting, tutoring, and writing to provide for my siblings.

In July 1999, because of our unhealthy eating habits, my youngest sister, Aniecar, who was then three years old, got seriously ill with a disease that the doctor said would take over a month of hospital confinement for her to recover fully. She was confined at the charity ward of the National Children's Hospital due to our financial limitations.

One night, while she lay on the hospital bed undergoing blood transfusion, I sang to God as I cried, "God will make a way when there seems to be no way." I promised Him that if He would just heal my sister, I would serve Him. After only a week, my sister got healed. It was a miracle. And I only had to pay the hospital fifty pesos.

From among my friends whom I called for prayer assistance during that time, only my friend, Jesusa, and her mother voluntarily visited us in the hospital and gave us financial aid. Deeply moved by her Christian love, I agreed to visit the church community she invited me to go to one Sunday morning in September 1999.

I eventually surrendered my life to Jesus and asked Him to forgive all my sins and take control of my life. Soon after, I began serving God as volunteer teacher for kids in a church community in U.P. Diliman. It also started my journey to healing and wholeness.

After a while, I decided to go back to school again realizing that a college degree would open better opportunities for me. My two sisters, Jack and April, whom I helped to finish their college degrees, were now helping me financially. While working as a part-time freelance tutor, I made another attempt at a college degree in Tourism at the University of Rizal System.





### **The Prodigal Mother**

After eight years of living with her other family, our mother came back to us. Shortly after her return, she was diagnosed with breast cancer. I learned to forgive my mother.

I stopped attending school again and returned to my former job in customer service so I could provide for her operation. My mom had never experienced being hospitalized before and it terrified her. She underwent mastectomy and chemotherapy but after the fourth session, she asked us to stop her treatment because she was in so much pain. Her condition became worse, and after over a year, she got diagnosed with colon cancer. She died in May 2013. I was hurt by what happened to her,

that I decided to work on a cruise ship overseas. When I returned, I decided to study again.


### **A College Degree after Seventeen Years**

At thirty-seven years old, I began to pursue my studies again during the daytime, while working full-time at night, and doing hosting events on weekends. It's been seventeen long years after I finished my first diploma course and now all my four siblings have their own families.

After three years of hard work and the grace of God, I finally received my college diploma on May 19, 2018. I graduated with Bachelor of Science in Business

Administration, Major in Marketing Management at Informatics College, Eastwood Campus.

I do not want my future children to go through the same sufferings I did, so I'm doing my part right now to ensure a good future for them, no matter how difficult and no matter the cost.

I found Romans 8:28 so true in my life, "In all things, God works for the good of those who love him, who have been called according to His purpose." He made a way for me during my darkest hours. After all the bad things that happened, God made me a stronger a person and He continues to change me to be the best that I can be—for His glory. 





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# REGAIN YOUR HEALTH

## You Have the Power to Heal Yourself

**I** believe when God designed man's body, He designed it to be healthy. How do I know?

I have two boys. As their father, I want them to be brimming with health. If they have cough or colds, I do everything I can to make them recover.

Think about it: God is our *Abba*. Daddy. *Tatay*. And I know He wants us to be healthy, too. This is the reason He created our body with an amazing capacity for self-healing.

*Yes, your body can heal itself.*

Have you ever had a wound? Notice how it heals by itself even if you don't apply medicine on it.

When I was a kid, I was sickly. I would get sick every other month. At first, I loved being sick because I hated school. But after being sickly for many years, I felt it wasn't fun anymore. Especially when I had a crush and I couldn't see her lovely dimples.


Because I was sickly, I used to take pills like they were candy. I probably financed the drugstore owner's Mercedes Benz.

But one day, I learned the *power of self-healing*. And I stopped becoming sickly. And many, many years now, during the rare times that I get sick, I don't take synthetic drugs anymore but simply allow my body to heal itself.

I'm not imposing this on anyone. I'm just sharing my experience to you.

Whenever I'm sick, I consult my Seven Doctors: Dr. Sleep, Dr. Breath, Dr. Drink, Dr. Food, Dr. Sun, Dr. Move, and Dr. Green. They're free and they're all around us. Isn't that amazing?

But for this issue, I'll introduce to you other Doctors that we often take for granted. These Doctors strengthen my body so that it can heal itself.

And by knowing them, I pray that you'll start to regain your health—today. 



By Bo Sanchez

# Special **S**ection

Teaching



## DOCTORS OF THE HEART

By Bo Sanchez



**B**etter is a dinner of herbs where love is than a fattened ox and hatred with it. (Proverbs 15:17, ESV)

This is such a powerful verse.

Let's Filipinize this passage: "Letsugas with love is better than *lechon* with hatred."

The world is telling you, "You need *lechon* to be happy." The world is telling you, "You need success, money, achievements, fame, pleasure to be happy."

There's nothing wrong with *lechon* if you eat it once in a while. But it's not what you really need. At the end of the day, the Bible says you need love.

And you know what? Your soul isn't the only one that needs love. Your body needs love as well. Medical research today confirms this. Test after test after test prove that love makes our physical body healthier.

Here's God's message for you: *Love is your food.*

In this article, I'll introduce to you the two doctors of the Heart: **Dr. Commitment and Dr. Forgiveness.**

When you are in love, medical research says that your body is healthier and your immune system is strong.

By the way, to know if a person is in love, there are four signs.

First, he's always laughing, no matter what happens. Someone asks him, "Was there heavy traffic coming here?" and he says, "Oh yes, there was a lot of heavy traffic, ha, ha." Another person asks him, "I heard your grandmother is the hospital. Is that true?" and he says, "Yes, the doctor says she's dying, ha, ha."

Second, he's always on the phone. When he's talking with his beloved, they can't seem to put the phone down: He says "Bye!" and the other person says, "Bye!" And they laugh and they repeat, "Bye! You put the phone down first," and the other person says, "No, you put down the phone first," And they laugh again. And guy says, "OK, let's put down the phone together. 1, 2, 3," and then more laughter.

Third, he's forgetful. He forgets his eyeglasses, his jacket, his book, his wallet. And he still laughs. "Oh, I forgot my laptop, ha, ha." But if he's angry and says, "Damn it! I forgot my laptop!" he's not in love. He's just *uliyenin* (forgetful).

Fourth is... hmm, let me see... gee, I forgot. Ha, ha, ha.

But medical research says that any kind of loving relationships—not just romantic love—makes your body healthier. Love in your family. Love among friends. Love for God.

Here are the two doctors of the heart:

### **1. Dr. Commitment**

*Love is your food!*

Look around you.

Many are starving to death.

Recently, I met a very lonely man who stayed most of the time at home with only a maid taking care of him. His wife left him, his adult children don't talk to him, and he had very few real friends.

Here's what I noticed: He was not only lonely, his body was slowly dying. When he described his sicknesses to me—and they were many—it was like all his internal organs, one by one, were just signing off. It was like his kidneys, his liver, his gallbladder, his heart were all submitting their resignation papers to him, saying, "We don't want to function

anymore."

Why? *Love is our food.* If we don't get love, we die.

According to Dr. David McClelland, one of the most well-known doctors in the field of psychoneuroimmunology, *people who enjoy loving relationships are two times healthier than people who don't.*

And people who lack loving relationships increased their risk of early death by fifty percent—almost the same risk as those who smoke fifteen cigarettes a day.

And among adults with heart disease, those who don't have loving relationships are 2.4 times more likely to have a fatal heart attack.

I'm sure you're familiar with the label in cigarettes that says, "Warning: Surgeon General has declared that smoking is hazardous to your health." Well, I think we should have another label pasted in every human being on planet Earth: "Warning: Spiritual General has declared that lacking in love is hazardous to your health."

Do you want to be healthier?

You need to be in loving relationships.

But loving relationships don't just happen.

*You have to make them happen!*

Loving relationships take a lot of work.

### **Are You a Chicken or a Pig?**

The only way for loving relationships to happen is through *commitment*. Unless you put top priority to your relationships, they won't work.

I remember the classic story of the pig and chicken. One day, the pig and the chicken were walking on the road, and the chicken said, "Hey, let's open a restaurant! We can call it Ham and Egg Restaurant. I can already see it. It will be very successful!"

The pig thought about it and shook his head. "I'd rather pass."

"Huh? Why?" the pig asked the chicken.

*"Because you'll only be involved, while I'll be committed."*

The chicken is involved. The pig is committed.

The reason relationships don't work is simple: We just want to be chickens—not pigs. We just want to give our eggs—not our body. We want to give a part of ourselves—not our entire self.

Loving relationships require *selfless sacrifice*.



### Are You Willing to Pay the High Price?

Love costs something.

When I got married two decades ago, there was no Skype then. So when I went on a mission trip abroad, I had to call my wife long distance.

I had little money then so I had to really calculate how much I could afford. I was going to Indonesia for six days—so I researched. The ad says I needed to pay P20 per minute. So I calculated if I called up my wife for twenty-five minutes, that's P500. If I called her up for six days, that's P3,000. I could handle that.

So I went to Indonesia and called up my wife every day.

Every time I called her, after around ten or fifteen minutes of talking, my wife would say, "Hey, this call is already expensive." I'd say, "Sweetheart, nothing is too expensive for you." But actually, I had a stopwatch on my right hand, counting the seconds—hoping that it won't reach twenty-five minutes.

And I made my wife very happy.

But a few days after I arrived home, I received the phone bill—the phone company was charging me P28,000! At that moment, I had a heart attack, a stroke, and a miscarriage all at the same time. And my soul left my body.

My wife, who was standing beside me, read the phone bill and almost cried. "Oh no, you're spending P28,000 for me!"

I looked at her, held her hand, and said, "You're worth that amount and more. Speaking with you is priceless."

My message? Love is expensive. I'm not talking about money. I'm talking about dying to your comfort, convenience, and selfishness—for the other person.

And one of the biggest things you must sacrifice is your time.

### Put More Love On Your Calendar

So do it now. *Put more love on your calendar.* Fill up your calendar with regular time with the people in your life.

People ask me all the time, "Bo, what's your secret? How can you do all that you do? You're preaching, writing, running

businesses, and leading ministries, yet you still have time for your family. How do you do it?"

There's only one secret: Priority. The first thing I put in an empty calendar is my relationships. I fill my calendar with love. When they're written down, I then put my other activities—work, meetings, etc.

Right now, if you look at my calendar for next year, big chunks of my year are already booked. With what? Meetings with the most important people in my life.

- Weekly date with my wife
- Weekly date with my two sons
- Weekly date with siblings and their families
- Dates with my friends and fellow leaders
- Small groups (I've got lots of those.)
- Vacations with the same people above.

Here's what I learned: *If you will not design your future, someone else will.* Oh, believe me, other people have many designs for your life—and these things may not be what God wants you to do.

Go do it. Deepen your connections.

That's your food.

Stop starving yourself.

Especially your connection with the most important Person in your life. *Each day, have your date with God.* Spend time with Him in the best way you can.

And throughout the day, always connect with Him. As the Bible says, "Pray without ceasing" (1 Thessalonians 5:17, ESV).

### 2. Dr. Forgiveness

Once, I met a drug addict who looked like he just walked out of a horror movie. He was a



walking skeleton with some clothes on.

Here's why: shabu will not make you eat for days. But aside from starving from real food, shabu was also poisoning his body.

That's exactly what happens to people who don't forgive. *Bitterness is a drug.* Remember that love is your food. Bitterness not only prevents you from receiving love, it actually poisons your body.

I say this because each week, I pray for a lot of sick people. I cannot count the number of people who are sick because of unforgiveness. Cancer, heart disease, hypertension, lung problems, ulcers—you name it—many of them are simply manifestations of the bitterness poisoning their entire system.

Jesus said, "Happy are those who are merciful to others; God will be merciful to them!" (Matthew 5:7, GNT). Haven't you noticed? *You can't be hateful and happy at the same time.*

Let me give you my favorite analogy for chronic anger: It's like holding a knife to stab your enemy—except that you hold the blade instead of the handle.

So each time you stab, you give your enemy a dull pain—but your hand is mutilated. The tighter you grasp, the fiercer you stab, the deeper you cut yourself.

Sometimes, people ask me: What is hell like?

I tell them, "Have you ever met a bitter person? That's hell."

### **Never Wait for the Other to Deserve Forgiveness**

"But Brother Bo, that person



who hurt me hasn't asked for forgiveness yet. He hasn't repented. He doesn't deserve to be forgiven!"

Have you heard that line before?

I have. Many times.

And it's foolishness. Because you don't depend on the other person to do something before you drain out the poison of anger out of your body.

Let me give you an analogy. If an evil person pushed you into a giant vat filled with toxic chemicals, do you say, "I'm not getting out of this pool of poison until that person says sorry to me."

That's nuts. But that's what bitter people do. They wait for the offender to repent before they forgive them—not understanding that they are swimming in a vat filled with poison—the poison of their bitterness.

Don't wait. Get out of the pool of poison that you're swimming in right now.

I tell people, "*You forgive not because they deserve to be forgiven but because you deserve to forgive.* You deserve the inner

happiness, spiritual freedom, and if I may add, the robust health that comes from forgiving others."

This is how God forgave. Man didn't deserve forgiveness. St. Paul said, "He saved us. It was not because of any good deeds that we ourselves had done, but because of his own mercy that he saved us" (Titus 3:5, GNT).

And that's how we should forgive too.

### **Forgiveness Must Be a Lifestyle**

Do you take a bath every day?

I hope so. Why? Because we get dirty every day.

In the same way, we are also emotionally dirty because people are not perfect. That includes you too.

And it's very possible that you'll hurt someone and you'll get hurt by someone too.

So at the end of the day, before you sleep, bathe with forgiveness. Release the poison of vengeance from your heart each day. Let forgiveness become a lifestyle.

Bitterness is poison.

Don't swallow poison.

Instead, eat your food regularly.

*Love is your food.* 🍴

E-mail Bo at [bosanchez@kerygmfamily.com](mailto:bosanchez@kerygmfamily.com).



**Awesome God.** Koots and Ichel strike a pose in 12 Apostles, Victoria, Australia as they celebrate their triumph over trials.

## *In Sickness and in Health: A Family's Commitment to Heal One Member*

By Koots and Ichel Alignay as told to Maymay R. Salvosa

**K**oots: "Mahal, I'll just go outside," I told my wife, Ichel. It was the middle of the Christmas season in 2010 and we were staying in a hotel for a short vacation. My wife probably thought I would be out for a leisurely stroll, but no. I went to the emergency room of the nearest hospital alone. My body had swollen and my skin had become extremely dry due to an unknown cause, and I couldn't take the pain and itchiness anymore.

Some months before that day, I noticed a few small rashes somewhere in my underarm. Like a typical guy, I just brushed it off. "It's nothing," I said to myself. "It's covered by my shirt, anyway."

Big mistake. The rashes and itchiness intensified as days passed by. My skin became drier and drier. By Christmas season, my body had already inflamed and the cool air worsened my condition. I applied different moisturizers and

lotions but to no avail. Nothing could hydrate my skin enough. It was worsening until my skin started to peel because of the dryness.

So while the whole world was celebrating Christmas, I was lying on an emergency room bed, hoping that the injected steroids and cortisol would do their job, so I could enjoy the holidays with my family.

**Ichel:** I accompanied Koots to his checkups and treatments. He underwent several laboratory tests, but doctors couldn't find the cause of his skin ailment. The tests didn't zero in on any condition, but they suspected an immune imbalance that was manifesting in his skin.

The new year 2011 came and his days revolved around checkups, laboratory tests, steroids, sleeping pills, and antihistamine drugs.

Aside from his dermatologist, we also consulted with radiologists, allergologists, immunologists, and



integrative doctors. But none of them could directly point out what was going on.

### **Hopeless, Helpless**

**Koots:** After a series of steroids medicine, the allergologist told me, "Your condition is forever. You have to live with it." She advised me to learn how to manage my skin ailment for the rest of my life.

I didn't agree with her. I researched about my condition and tried every health protocol that I thought would be helpful. Months turned into years. As my sickness progressed, my self-esteem plummeted. I worked as a sales person but I couldn't look directly at my clients. Everytime I met with them, their curious eyes felt like a scanning machine. They thought I had a serious allergy or I washed my face using a strong astringent. I didn't want to sit beside anyone because a slight contact would cause so much pain. My skin would molt like a snake. I couldn't endure heat; I couldn't enjoy the cold.

What hurt more was I could not function well as a family man. I couldn't spend quality time with Ichel. I couldn't play with the kids. I couldn't even sleep with them. I would wake up every so often to scratch my skin, apply moisturizer, and freeze because of the air con. I had to sleep through the following morning to regain my energy.

I got so tired of it that in 2013, I quit taking any medicine. I was exhausted measuring my vitamin intake, and monitoring how often I should drink this and that. I cried to God, "When will this end?" I was too young to take maintenance medicine of any kind. I couldn't take any of it anymore.

**Ichel:** One morning, I found Koots on the floor, shivering from the cold. I knew this is something serious but he didn't want to be brought to the hospital. As days passed, he became thinner and his face looked a decade older.

One time, we attended a wedding and he couldn't smile or move his face and neck. His skin had become almost leather-like that would crack to bits like an old bark of a tree. Hopelessness crept in. I prayed, "Lord, send us to the right people. Please, help us."

God's help came early the year after.

### **Goodbye, Sugar**

**Ichel:** "I think I know a doctor who can help in Koots' healing." The words of my mentor-friend in Miriam College kindled hope in my heart. It was January 2014, and we prayed so hard that this year would be better. We were referred to Dr. Susan Balingit, a holistic medical doctor promoting natural health.

**Koots:** We had our consultation at her house. I explained to her my condition and showed her my laboratory results. After analyzing my case, she told us, "It's an imbalance in your system. Your body can no longer expel all of your sugar intake that's why it surfaces on your skin. Somehow, your condition is saving your liver. Instead of the liver working hard to detox everything, your body lets it out through your skin."

**Ichel:** Then Dr. Susan told me, "I also have to work with you, and even your children, because you are a family. You share the same energy. So whatever I advise him to do, your family should do also. It takes a lot of discipline, but your support can help him heal. It's a family commitment."

**Koots:** Ichel cleaned the pantry and disposed of all desserts, processed food, and canned goods. We started to use natural ingredients like coconut oil, olive oil, sea salt, and coconut sugar. We checked the labels of food products we consumed. We ate only unpolished rice.

**Ichel:** Wherever we go, I would pack healthy meals for us. We explained to the kids that we needed to do this to help Daddy. Of course, it was hard for them to let go of chocolates and cookies at first. But when they saw our example, they followed suit. Vegetables became our main meal, not a side dish. It was an extreme change of habit. We bid sugar goodbye and said hello to better days. But not for long.

### **Towards Healing and So Much More**

**Koots:** A few month into transitioning to good eating, I had a healing crisis. I tried a chicken burger from a famous fastfood, and the next day, I had high fever, rashes and blisters all over my body, especially my

face. The four-day high fever burned my very thin facial skin and arms along with the rashes, to the point that it looked like *tocino*. My body rejected the processed meat.

**Ichel:** We went to Dr. Susan almost every three days during this bout. She prescribed a particular plant-based diet, some soups for cleansing, medicinal plants for bathing, and an old-school medicine to arrest the infection. From then, we became even stricter in our eating patterns.

Even our kids Migo, who has bronchial asthma, and Maia, who has skin asthma, improved in their conditions when we bid goodbye to processed food. My own allergic rhinitis also stopped bothering me. We all found healing as a family through good food choices.

**Koots:** I learned that this isn't just my battle; it's our family's. I saw how Ichel took care of me and the kids. She put off her doctoral studies and guilt consumed me many times. All I wanted was to support her, but I ended up being the reason she couldn't pursue her dreams.


We had our own share of marital fights and resurfacing of old conflicts in the process of healing, but at the end of the day, we stood against these challenges together.

Whenever I felt like giving up, I would recall how my family fights for me, then I would have the strength to carry on. This journey showed me how resilient our family can be and what really mattered. Most importantly, it reminded me that God is always there. He's never too far away. We just don't notice Him when we are in pain. This phase strengthened our family's spirituality.

**Ichel:** We recently went to Australia to celebrate God's goodness. It was a real celebration because we couldn't even go on vacations before.

Despite all we've been through, we marked our fifteenth wedding anniversary with much gratitude, steady health, and a stronger relationship.

I realized that this is what our wedding vows mean: "in richer or in poorer, in sickness and in health."

God has a mission for us—and it can be as simple as sharing our story to let the world know how powerful love and commitment can be. 



# Special **S**ection

Teaching

TAKE CHARGE OF YOUR PLATE •





By Dr. Didoy Lubaton

**W**e are what we eat.

The food that goes through our mouth will be broken down and absorbed by the digestive system, and the waste products will be expelled via the stool and urine.

Food is your fuel.

When you take care of your car, you put the appropriate fuel for it, right?

You'll even put premium fuel as much as possible.

Think of a sports car running at full speed. It will surely need fuel.

Your body is like the car. It needs the right fuel to make it run smoothly and efficiently.

Don't give it junk to reduce gunk in your system.

Give it good food with the right amount of nutrients.

This article is dedicated to empower you in what to eat and calibrate your eating habits.

I encourage *mindful eating*.

What does it mean?

**Be mindful of *what* you eat.**

Choose well what goes into your body. Eat what your body will thank you for.

**Be mindful of *how* you eat.**

Simply savor each bite, enjoy each moment. Take your time and focus on eating your food.

Below are some tips to help you eat right and get the essential nutrition.

These are designed to help anyone who wants to shift from careless eating to mindful eating. This is for those who want the journey to happy and healthy meals.





### **Use the Food Hierarchy**

Go for easily digestible food. Fruits and vegetables are digested within thirty minutes to an hour of consumption. It makes nutrients easily available for your body, plus gives your body natural fiber. All these help eliminate wastes from your digestive system, reducing the time for bacteria to act on the digested food in the colon, and translates to good bowel movement and lesser toxins in the body. Fish takes a few hours to digest and has good protein and nutritious oils. On the contrary, meats (beef, lamb, pork, chicken, etc.) take one to three days to digest inside your tummy. Whenever you are about to eat, look first if fruits and vegetables are available, when not satisfied, then look for fish, and make meat your last option. Indicate the number of servings per day as a practical guide.

### **Practice the 80/20 Rule**

I noticed that a lot of people resort to binge eating when they feel deprived of what they want to eat. After being strict on their diet, people tend to overeat and eventually regret when

it's too late. This leads to frustration, less self-confidence, and poor self-control. What I recommend is *mindful eating*. Think purposefully before you eat. Your mind is more powerful than your hand and mouth. *Eat to get nourished, not to get full.* As much as possible, manage your intake so that eighty percent of the food you'll eat would be healthier options, and allow twenty percent for the times when you cannot help but munch on the "bad" stuff. You'll be surprised later on how making the healthier decision becomes second nature to choosing what to eat. This is because you manage the deprivation mindset. This simple approach gives you higher chances of consistently eating a healthier versus unhealthy food, a lot better than running the risk of abandoning healthy eating altogether.

### **Drink one to two glasses of water every hour except during mealtime**

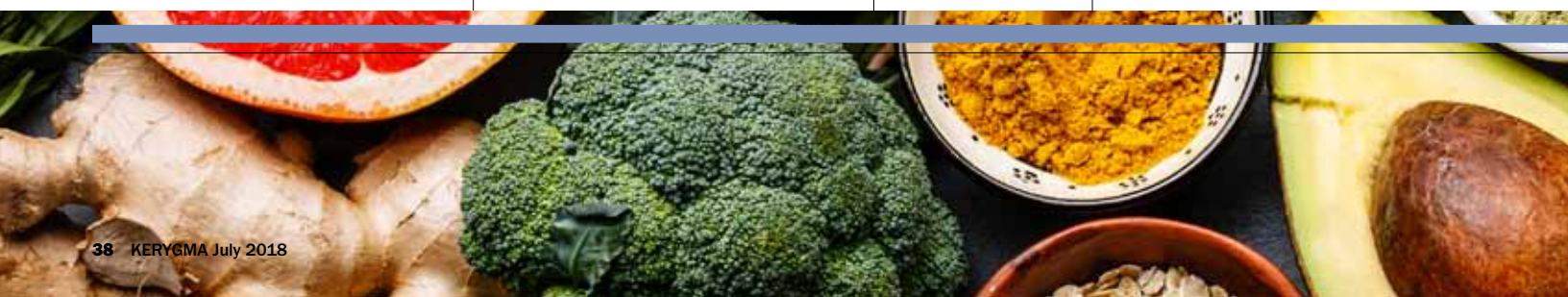
Whenever you get hungry, try drinking a glass of water. Most of the time the hunger pangs indicate that you're thirsty. Food and water go

through the same oral route. We often make the mistake to eat more food when our body is actually asking to drink more water.

Keep your body hydrated by drinking one to two glasses of water every hour. Water works like oil for machines: It makes your metabolism work better, and allows more energy production. By the way, your body is not a water tank, where you fill it up in the morning and you're done for the day. Frequency of drinking is better than volume of water. What your body needs is a constant flow of water supply as your body constantly produces wastes as well, like urine and sweat. It is better to minimize water intake right after meals because it dilutes the stomach acid. When that happens, your body will need to produce more acid, which makes your organs work double-time to digest, and it also takes away the potential energy you can use for productivity.

### **When cooking, dodge the artificial flavors.**

It has already been reported and studied that artificial flavors cause migraines,







allergies, and a lot more problems. Ever experience getting a headache after eating too much in a particular restaurant? Nowadays, it's not necessarily just eating fast food. A lot of commercial kitchens are now using artificial substances to add savory flavor to their meals. Use natural spices and herbs instead. Sea salt, pepper, ginger, paprika, rosemary, thyme, and others are great natural flavors you could play around with for your meals. Spices and herbs (fresh or dry) are easily found in bigger grocery stores and supermarkets.

### Plate Method

Another way of mindful eating is the Plate Method. It's simply giving more percentage to the good stuff on your plate. I've modified the Plate Method a bit: fifty percent goes to greens and vegetables (ease up on that dressing dude!), twenty percent for good carbohydrates (grains, potatoes), twenty percent go to your lean protein (fish and meats), and allow ten percent for fruits. Better yet, take the fruits first, allow it to be digested and be absorbed for about fifteen (some say

thirty) minutes so your hunger pangs go down.

Always remember that food is your fuel and you have to be mindful of what you eat. This will help you to live a happier and healthier life.

### New Habits, Better Health

They say that the farthest journey is from the mind to the heart. And whatever the heart feels, it usually does. If you want to take charge of your health, focus on changing your habits—like the way you eat, the time you sleep, the way you handle difficulties and difficult people, how much work you take on, and so on.

What's your default setting?

When you change the programming, you change the


program. When you change the system, you change the whole being.

The greatest system you have is your belief system.

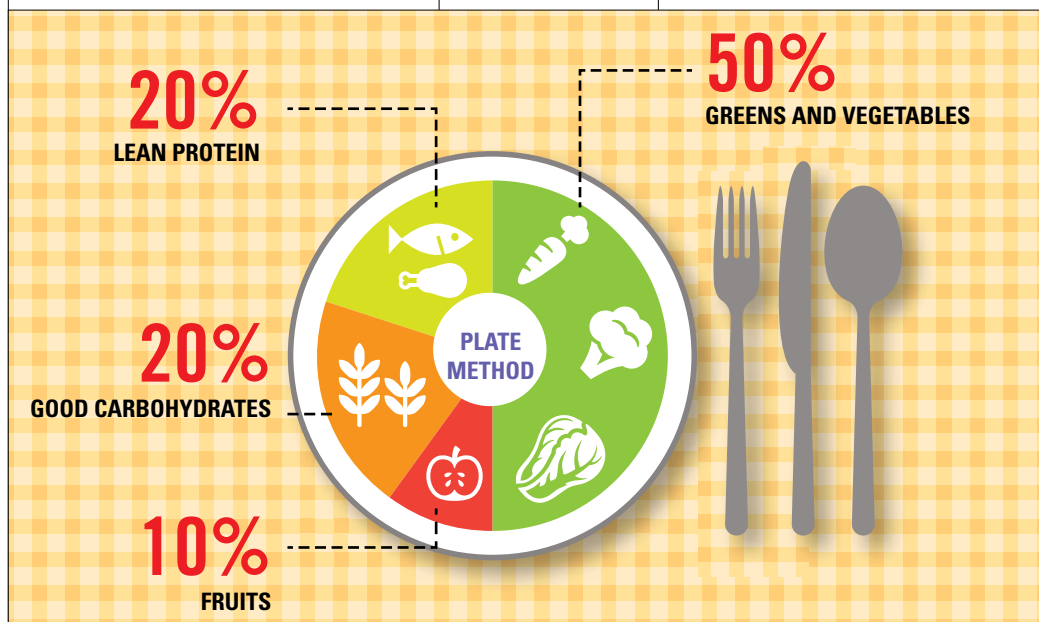
The software—your being—determines the work of the hardware—your doing.

If the being is incomplete, the doing will never be completed.

If the being is complete, the doing will be accomplished.

Change your habits, your ways, and you change how you will feel and how your body will respond. 

*Dr. Didoy Lubaton is the builder of The 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 [didoymd@gmail.com](mailto:didoymd@gmail.com).*





# *Limit, Labor, Love*

*What I Learned from My Health Transformation*

By Rudolph Jimenez



**I** was late, so late, for my appointment. I rushed through hotel security, all smiles and all sweat. I was still trying to catch my breath when I spotted my client with her wedding coordinators. She was to walk down the aisle in two months' time and I would host her reception.

It was my first time to meet my client. I was highly-recommended to her after I hosted two of her friends' wedding receptions.

The meeting went on smoothly—no fuss, no rush. It ended with a handshake. We'd see each other again in two months.

But two days later, her coordinator called me up. I was fired. No reasons were given.

Until now, I do not know why I was dropped, but I know that my heart plunged. I gradually lost my self-confidence. I doubted my sense of greatness. I began to question this God-given talent of hosting.

I didn't know that my broken self-worth could lead to a serious health bout.

### **Unhealthy Lifestyle**

Stressed and depressed, I turned to eating instead of praying. I didn't mind how much weight I gained. I had been fat for a long time anyway.

I didn't care what I ate. Food made me feel alive.

The people around me didn't mind also that I was gaining weight.

A month later, I got really sick. I was dehydrated. It was at that point that I realized that I needed to take care of my health. When I looked in the mirror, I saw an ill-built man. This must have been the reason why I was fired as a host.

But I had to overcome one thing: my fear of doctors. I had always thought that doctors were harbingers of bad news so I avoided them.

Thankfully, I met Dr. Didoy Lubaton through a weekly prayer gathering called The Feast. He pushed me to have a checkup with the promise that he would be a friend first when he read my lab results.

When the results came, he kept his promise.

He read my results with the concern of a friend and with the knowledge of a doctor. He advised me to monitor what I feed my body.

### **Decision, Discipline**

I followed Dr. Didoy's advice. I studied what food was good and bad for me. I avoided the bad and I ate what was good.

Slowly, I saw positive results. From XXL, I shrank one size smaller. Then I graduated to L. I was ecstatic when I reached M. Now, I wear an S.

From a waistline of 37 inches, I am now a size 29.

My biggest takeaway from this journey to a healthier me was discipline. Since I was used to my habits, I thought I was incapable of learning and developing new ones. And my love for words helped me realize that *discipline* came from the Latin word *discipulus*, which means learner.

More than just choosing the right food, I learned more valuable things.

**I learned to limit.** I said goodbye to some rich sources of carbohydrates—like rice and pasta. But I had one kryptonite: freshly baked bread. Its smell even from several miles away makes me salivate, but I look away. It's inviting, yes, but I learned to set limits to reach my goal.


**I learned to labor.** Since I limit what I eat, I prepare my food. Cooking is not in my skill



**A complete turnaround.**  
From uncontrolled eating, Rudolph has now become more mindful of what he takes in and how his health choices affect his entire life.

set, but I learned to maintain my diet. When I enter a restaurant, I check the menu right away, hoping to find something that I can eat in that restaurant.

**I learned to love.** I embraced single blessedness a few years ago and I have accepted the fact that I have to take care of myself. Yet I neglected my body, the temple of the Holy Spirit. My journey of body transformation taught me about self-care and self-love.

The push button for change is decision. Make up your mind about what you like to change. Be mindful every step of the way. Then blow everyone's mind when you reach your destination. 

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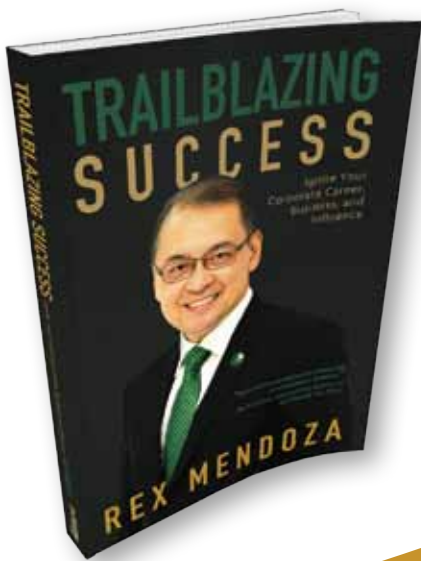
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# KERYGMA MISSION PARTNER 2018

## 28<sup>th</sup> ANNIVERSARY RAFFLE PROMO



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1. Subscribe to Kerygma from March 1, 2018 to Dec 31, 2018.
2. The number of raffle entry a subscriber gets depend on the following type of subscription:
  - a. Regular KMP- P800.00: 1 Raffle entry
  - b. Silver KMP- P2,500.00: 3 Raffle entries
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2. To subscribe, tear off the subscription form from the magazine that will serve as your raffle coupon, fill out with your complete name, address, telephone number, e-mail address, mode of payment, affix signature, and mail to or drop at:

Shepherds Voice Publications Inc., #60 Chicago St. Cubao Quezon City

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

1. 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.
2. 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.
3. 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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3. Prize inclusions: (1) winner of Five (5) Kerygma Conference VIP Tickets reserved seating in all classes and plenary talks and a limited edition conference t-shirt.
4. Kerygma Conference 2018 is on November 22-25, 2018 at the SMX Convention Center.

#### (1) Winner of Devant 32" Smart TV (32LTV800)

5. Entries received from **October 16, 2018 to December 31, 2018** qualify for the **Devant 32" Smart TV (32LTV800) promo**. A DTI representative will be invited to witness the grand and minor raffle draw on January 13, 2019, Sunday, 11:45AM, The Feast Bay Area, Vicente Sotto Street, Pasay City.

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

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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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1. Platinum Kerygma Mission Partners (donation of P10, 000.00 and above) are automatically entitled to Coffee with Bo and a sponsored Breakfast with Father Bob Mcconaghy.
2. KMP Mercy Package includes a Kerygma Books package worth P500.00, The Light of Jesus Coffee Table Book, Coffee with Bo and/or a sponsored Breakfast with Father Bob Mcconaghy.
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.



**T**here was a story about a young vice president of a Fortune 500 company that was rumored to be promoted to president.

One day, the board of directors sat down and decided that the young and talented VP would be the next president. They decided to announce this promotion after lunch time. So they all went to have lunch. On the way to the buffet, the board members greeted the VP who was in front of them. Unintentionally, the board members fell in line with him. Filled with excitement, they watched him closely, excited for the announcement for the young leader.

Unfortunately, the board members saw the VP took three pieces of butter which costs three cents each and covered it with his napkin so as not to be seen by the cashier. The board members were so disappointed and angry with what they saw. Instead of announcing his promotion, they announced a termination.

Sometimes, we tend to justify the small bad things that we do, thinking it's no big deal. There are times we feel it's OK to do bad things, for as long as it is insignificant, especially when no one knows about it.

But that's what sin is all about. It projects itself as something small, something good, and all other tempting things that will defy reason and lure you into its trap. We become unaware of the danger it brings.

### **A Tale of Two Kings**

Two of the most prominent kings in Israel were Saul and David. Both of them sinned and failed God terribly. Saul did not obey God's command, while David committed adultery,



conspiracy, and murder. But if you notice, Saul was rejected by God, while David was called a man after God's own heart even after committing a horrific act. Both men sinned, but why was Saul rejected while David was blessed, considering the weight of their actions?

The difference is their response to sin. When Saul disobeyed God's direct command, he justified his actions instead of feeling sorry for it and asking for forgiveness. To make matters worse, no thanks to pride, he started pointing fingers, blaming everyone else instead of just manning up for his mistakes.


David, on the other hand, took ownership of his mistakes rather than making excuses. He was broken so he repented for his transgressions. Check out his letter to God in Psalm 51. He laid bare before God asking for forgiveness and restoration.

We are all sinners, no question about that. But how do we respond to sin? Are

**By Monching Bueno**

we a Saul who justifies our sins and turn on the blame game, or are we a David who, out of his brokenness and complete remorse, falls on his knees with a contrite heart, doing penance and asking forgiveness from God?

The world nowadays makes us look at sin as something that can bring happiness to our lives. But we should know better. Sin can never fill the empty space in our heart. Sin can never put meaning to our life. We are so blessed because God gave extra meaning to our lives when He sent His Son Jesus to us. People will always try to search for meaning in their lives. But instead of looking elsewhere, we just need to look into our hearts. God is there, waiting for us.

Go to Him and you will never be empty again. For only God can fill you up! 

*Monching is the builder of The Feast Blue Wave Marikina. E-mail him at [ramon\\_bueno@yahoo.com](mailto:ramon_bueno@yahoo.com).*



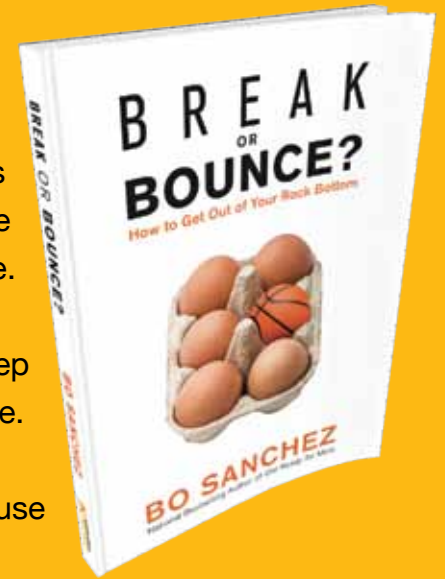
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**A**lex (not his real name) after winning the prize in the guitar class recital, tearfully said, *"Nagpapasalamat ako sa Diyos hindi lang dahil marunong na akong tumugtog ng gitara kundi dahil nakita ko na may mabuti pa palang magagawa at makikita sa aking sarili."* (I thank God not only because I know now how to play the guitar but I also see that there are still a lot of good things that I can do and discover about myself.)

Alex was part of the first-ever guitar recital class in Medium Security Compound in the New Bilibid Prisons in Muntinlupa. He was incarcerated for the crime of attempted homicide. He spent two years in the city jail before he was sent to the national penitentiary where I met him. Alex is twenty-three years old.

Immediately after being ordained to the priesthood, I was sent to the New Bilibid Prisons to minister to the sacramental needs of the inmates through the Philippine Jesuit Prison Service. As of this moment, there are more than 25,800 inmates distributed in four major prison camps in the reservation. This number excludes the 2,800 women who are imprisoned in the Correctional Institute for Women in Mandaluyong. Imagine how the Bureau of Corrections manages to feed all of them on a daily basis, not to mention the provision of other basic human needs.

After celebrating my first Mass inside the prison camp, I asked myself what else could I give and do for my Mass goers. The first thing that came to my mind was music. In that very moment, I decided to teach


them how to play the guitar. After leaving the camp, I immediately posted on my Facebook account: "Question: What makes a guitar a guitar? Answer: Only when it is played! So if you have a guitar and it has not been used for quite a while, please donate it to the inmates of Bilibid. I started a guitar class inside the prisons and I need your old guitars to bring hope, joy, and perhaps even conversion to the inmates. PM me if you are willing to let go of your old guitar and let your guitar be a real guitar."

After that social media post, I received more than a dozen guitars from generous friends. With the permission of the bureau and after fixing the broken ones, I brought in the guitars and began the eight-week guitar class program. Fifteen inmates, who had never held a guitar before, enlisted in the class. Finally during the recital, each one of them played with confidence and gratitude in his heart. Alex turned out to be the best player. He cried after his performance. I could almost see in his face how his

dignity was restored.

There were many more inmates who enrolled in the second and third batches. A couple of months ago, all the inmates in the camp were locked-down in their cells for five days as a consequence of the brawl that happened between two groups. There were no Masses, sports, nor classes during those days. When finally the inmates were allowed to resume their daily activities and I was able to enter the camp again, one of my inmate students ran to me and said, *"Father, buti na lang marami na kaming marunong tumugtog ng gitara, nakatugtog kami at nakapagdasal din. Hindi uminit ulo namin."* (It is good that a lot of us know how to play the guitar now, so we were able to play and to pray. It kept our heads cool.)

If music is indeed the language of the soul, perhaps, music is the language of God as well. I never thought that a simple guitar class could bring hope, joy, and even conversion to the inmates.

Alex was released a few months later under the parole program. Before he gained back his liberty, he approached me and asked me to baptize him. 



## MUSIC BEHIND BARS

By Fr. Ro Atilano, SJ

# 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 the Holy Spirit. Amen.



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

Father almighty, we thank You for Your healing grace. We pray for our brothers and sisters who are suffering from all kinds of illness right now. We claim that Your power of health and healing are flowing through our body, mind, and spirit. Strengthen our faith in every circumstance. This we pray in the mighty name of Jesus. 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.*



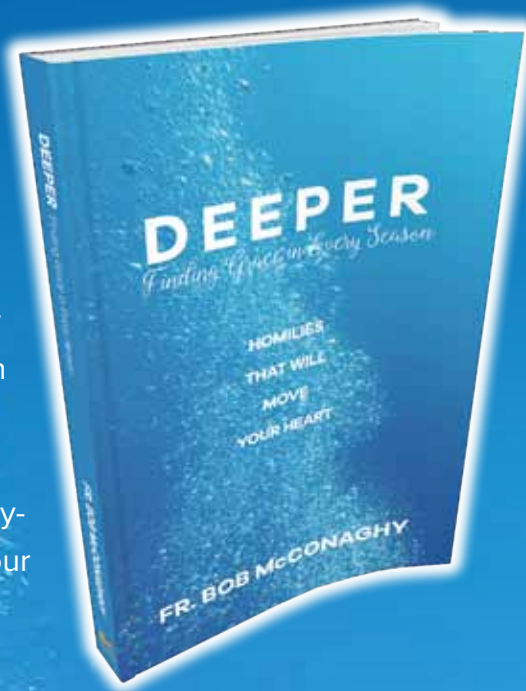
# God Wants to Be in Your Every Season

The rituals and traditions that complement our faith can be overwhelming. Or they may seem archaic to others that their response is to become indifferent to these practices and celebrations. That's why this book is a breath of fresh air to those who want to enliven their faith.

Through this soul-kindling collection of homilies, Fr. Bob McConaghy invites us to take God's hand and experience His love and presence in every season of the liturgical year.

Father Bob gives light to theological truths by presenting them in easy-to-digest stories and insights. He gives practical ways to live out your faith during Lent, Easter, Advent, Christmas, and the Ordinary Time.

Let your spirit soak in love and grace at every season of the year as you deepen your relationship with the Lord.



*"Father Bob has a gift of delivering the truth from a fresh, different perspective. This book will help you embrace the teachings and traditions of our Catholic Church more. As you read these pages, you will find that you want to pray more, fast more, love more".*

– 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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