



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

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# Relearn GMRC

## Goodness, Modesty, Respect, and Courage

Reviving the Forgotten Virtues  
of Purity and Modesty

**Do It Afraid**

Discipline Through LOVE

**The Pebble that Crushed  
a Mountain**



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### **TINTIN BERSOLA BABAO**

This mompreneur commits to be rooted in good  
Christian values both in family and business.



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# The Pebble that Crushed a Mountain

I'm sure you know the story of David and Goliath—about how a boy, sent by his daddy to bring lunch to his older brothers, came face-to-face with the Philistine giant. I wonder if David knew what he was getting into when he said, "Who is this uncircumcised Philistine, that he should defy the armies of the living God?" Big challenge from a young boy.

King Saul heard about the brave lad and summoned him. "How could I send you to fight Goliath? You're just a kid."

That was when David spoke with so much power, it rocked the room. There was confidence in the way he spoke when he said, "Yes, I'm a kid. But I'm also a shepherd who protected my sheep by fighting bears and lions—and I killed them."

King Saul offered David the best weapons from his armory. But David told the king, "I'm touched that you're lending me your armor, but this isn't me. If I wear this, I won't be able to kill Goliath."

What is it with David? Is he just too proud to receive help in facing Goliath? Or maybe he wanted to fight the Philistine the way he knew how—with no less than the Lord God Himself to back him up.

David marched toward the Philistine army, and along the way he picked up five smooth stones. That was all he needed. Nothing else. As he came nearer, he challenged his enemy and said, "You come to me with a sword and with a spear and with a javelin; but I come to you in the name of the Lord of host. This day, the Lord will deliver you into my hand, and I will strike you down and cut off your head. And that all this assembly may know that the Lord saves not with sword and spear; for the battle is the Lord's and He will give you into our hand."

That was when Goliath came forward, like a wild beast bursting from its cage.

A pebble against a mountain!

Goliath laughed and shouted, "Doesn't Saul have better soldiers than this mouse?"

Then suddenly, Goliath threw his spear at David. The mighty weapon sliced through the air. David jumped and the missile zipped passed him, missing his shoulder by an inch.

That was when David placed one smooth stone in his leather sling. And he started running toward the giant. Goliath stood his ground, laughing like a madman.

While running at breakneck speed, David spun his weapon of choice above his head. And some twelve meters from Goliath, he flung it with all his might.

One stone. One forehead. Thud.

A pebble had crushed the mountain!

And David, still running, reached for Goliath's sword and sliced the giant's head off.

The secret of David's victory versus Goliath?

His self-knowledge—more than armor and sword, David was confident to use his trusty sling and stone.

His strong faith—David believed God would give him victory against his enemy.

His innate courage—David's courage was rooted not in His own ability but in His deep trust in the Lord, the same One who assures us, "Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you" (Deuteronomy 31:6).

What Goliath are you up against today? Run toward the giant and believe that Your all-powerful and invincible God runs with you to defeat the enemy.

May your dreams come true,





It's great reading *Kerygma*! And it helps me in my daily living.

**Ever Estephany  
Kerygma Family**

Thank you for the wonderful inspiration, *Kerygma* magazine!

Reading *Kerygma* helps me to grow in awareness of God's presence within me.

**Ria Capistrano  
Kerygma Family**

★  
MERRY  
Christmas  
— & —  
HAPPY NEW YEAR  
★



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## Have a Silent, Meaningful Christmas

once came across a book with an interesting title—*Quiet: The Power of Introverts in a World That Can't Stop Talking*. How true that silence is something that has become as alien to us as meeting a Martian! Even when we find ourselves alone, our thoughts are still racing. We can't sit still and keep quiet.

Even when we're in church, inner peace eludes us. Our hearts can't settle and focus on the Lord. We leave the church with souls that remain disturbed by many concerns or bothered with so much gadget time.

It won't be any easier as the Christmas season rolls by. Exam week, plans for the approaching vacation, Christmas shopping and parties will surely add to our already noisy and busy disposition. That's why all the more we need to make a conscious decision to stop.

To be still.  
To be silent and to listen.  
For what, you may ask?  
For the message of Christmas. For the love that the Celebrant is shouting out to you in so many ways throughout this season.

Did you ever wonder why it was a silent night when Jesus was born? Maybe because God wanted all of creation to cease from its activity and look to Bethlehem. He wanted us to stand in awe of the miracle before us—God's love clothed in flesh, housed in a frail body like ours. Because, Emmanuel—God who is with us—has come.

In the Bible, there's a word that you will find seventy-one times in the book of Psalms. This is the Hebrew word *selah*. It means "to stop and listen." It's a great reminder for us who usually do all the talking when

By Rissa Singson Kawpeng

we pray and don't allow God any airtime to speak to us.

This Christmas, don't exchange the merriment of the season for the meaning of the season.

Shhhh! God is speaking to you.



E-mail Rissa at [rissakawpeng@gmail.com](mailto:rissakawpeng@gmail.com). Visit [www.rissasingsonkawpeng.com](http://www.rissasingsonkawpeng.com) for more of her inspiring articles.

Rissa's outfit courtesy of [ELITE Garments/Freeway](#)



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## about the cover model



Tintin Bersola Babao has left the daily grind as a radio and TV host at ABS-CBN to become the dynamic and hardworking mompreneur that she is today. She is at the helm of CBB Events that organizes the Charity & Celebrity Bazaar held for many consecutive years at Circuit Makati, Shangri-La Plaza, and Ortigas Malls. "This is our way to raise funds for charity. It is also a way to give SMEs who cannot afford to rent space in the malls to display, promote, and sell their products," Tintin shares.

She also encourages celebrities who are in-between projects to join the bazaar and indulge their passion.

She also has a pop-up store in the East Wing of Shangri-La Plaza Mall and another at BGC where twenty online sensations, below-the-radar

Pinoy brands are showcased for mall goers to see. She says this gives online entrepreneurs a physical store where they can market their goods.

Profit is secondary for this mompreneur whose main purpose in building her businesses is to give struggling but deserving small and medium enterprises the avenue to succeed.

Tintin is married to Julius Babao, and they have two children, Anya and Nio. On page 41, she shares how the forgotten values of goodness, modesty, respect, and courage are very much alive in her and her family.

*Tintin's shirt courtesy of Worship Generation.  
Photos by Daniel Soriano  
Makeup by Marife Mordido*



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Living Life the GMRC Way

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# daily pause **with** Pope Francis

1

“Charity is the most effective form of witness, because in it people see the love of God.”

2

“Goodness, together with love, justice, and solidarity, are not achieved once and for all; they have to be realized each day.”

3



“Modesty is a virtue that is essential for anyone who wants to be like Jesus, who is meek and humble of heart.”

8

“Evil tries to convince us that death is the end of everything. But the Risen Christ reveals a new dimension of eternal life!”

9



“Jesus reveals the love-filled face of God.”

10

“Every Church member has a responsibility to become holy by taking care of others.”

14

“Let us find the courage to purify our hearts by removing the rocks and thorns, which choke the Word of God.”

15

“God wants us to call Him Father, with the trust of children who abandon themselves in the arms of the One who gave them life.”

16

“Jesus invites us to build the civilization of love together in the situations we are called to live every day.”

20

“Respect for creation, then, is a requirement of our faith: the ‘garden’ in which we live is not entrusted to us to be exploited, but rather to be cultivated and tended with respect.”

21

“It is God who gives life. Let us respect and love human life, especially vulnerable life in a mother’s womb.”

22

“We ask for respect for indigenous peoples whose very identity and existence are threatened.”

26

“The first reason not to fear is the fact that God has called us by name. The angel, God’s messenger, called Mary by name.”

27

“From the certainty that God’s grace is with us comes the strength to take courage in the present moment: the courage to carry forward what God asks of us here and now, and in every area of our lives.”

28

“Let us go forward with courage on the path to holiness!”



4

“Still today, there are so many martyrs, so many who are persecuted for the love of Christ. They are the real strength of the Church!”

6

“When we place ourselves at the service of our most vulnerable brothers and sisters, we experience the joy of unconditional love.”

7

“The Kingdom of God grows in a mysterious and surprising way throughout the world with the power of a tiny seed.”

5

“In silence, we learn to contemplate God’s works, which surpass all our imagination.”

1 2

“Holiness is not only about the spirit: it is also the feet that take us to our brothers and sisters, and the hands that allow us to help them.”

1 3

“Prayer is never in vain: it always brings forth something new that, sooner or later, bears fruit.”

1 1

“Before helping others, we need to have a personal encounter with God: we need time to pray and to listen to His Word.”

1 8

“When you meet other people in the Lord, you can be sure God’s surprises will follow.”

1 9

“We all have the duty to be good.”



1 7

“You too are like the Good Samaritan when you recognize the face of Christ in those near you.”

2 4

“For us Christians in particular, fear must never have the last word, but rather should be an occasion to make an act of faith in God... and in life!”

2 5

“In moments when doubts and fears flood our hearts, discernment becomes necessary.”

2 3

“Let us all work together to promote peace among peoples and guarantee respect for human rights.”

3 0

“A merciful heart has the courage to leave comforts behind and to encounter others, embracing everyone.”

3 1

“Let us promote with courage all necessary means to protect the lives of our children.”

2 9

“The world needs the courage, hope, faith, and perseverance of Christ’s followers.”

**WASHING YOUR HANDS** may be the last thing in your mind when there are more important ways to keep healthy. But did you know that proper handwashing can prevent the spread of germs and help you avoid getting sick? Here are facts why you should not take for granted the importance of handwashing:

1. Ninety-five percent of people don't wash their hands thoroughly to effectively kill germs. You need to scrub your hands for at least twenty to thirty seconds, long enough to hum "Happy Birthday" twice.
2. Many bacteria can get trapped under your fingernails. Don't skip the nooks and crannies of your hands to eliminate dirt, grease, and microbes from the skin.
3. People often touch their face unconsciously, and germs can get into the body through the eyes, nose, and mouth, and make you sick. But handwashing is proven to make a person healthier. A study showed that those who washed their hands had fewer sick days.
4. The bacteria count is highest on your dominant hand. Yet right-handed people wash their left hand better than their right hand, and vice versa. When you're in a pinch, a hand sanitizer with alcohol content of at least sixty percent is effective at killing many types of germs.
5. Studies show you're better off using paper towels when drying your hands. Germs love to breed in moisture, so damp hands can make it easier to pick up dirt from the next surface you touch. Using paper towels can properly dry hands without spattering germs or drying out skin.

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

## 5 REASONS WHY YOU SHOULD MAKE HANDWASHING A PART OF YOUR ROUTINE



**THE WORD "COURAGE"** comes from the Latin word *cor*, which means "heart." When fear overwhelms you, here are seven ways to condition your heart and uplift your spirit:

1. **Remind yourself that fear is purposeless.** If you always end up getting scared, you'll miss out valuable opportunities and new experiences in life. Courage lets you grow and develops your character.
2. **Remember to breathe.** The emotional state greatly affects the physical state. So if you feel afraid, your breathing becomes faster and shallower. Take a few deep breaths, relax, and think positive.
3. **Expand your comfort zone gradually.** It's OK to start small since courage is a day-by-day process. It may not be easy at first, but if you take one step a time, you are more likely to experience success in your goal.
4. **Think of how you would perceive your best friend in the same situation.** Putting yourself in another's shoes can help remove any negative feelings you have and stimulate more self-trust and courage.
5. **Be objective.** Failures can stir uncomfortable feelings inside you. Take a step back and assess the situation why you have failed, instead of focusing on the meaning you're attaching to it.
6. **Ask, "Who do I need to become?" instead of, "What do I need to do?"** Aim to be the person you want to be, instead of calculating your actions. Stay committed to your goal, and your actions will follow.
7. **Take action.** Once you step outside your comfort zone, you're already starting to pursue your dream. Don't wait for a long time to muster the courage because it hinders success.

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



## 7 WAYS TO MUSTER UP COURAGE



### Quick Health Tip

**Pomegranates** have wide-ranging health benefits. They are incredibly high in antioxidants and other plant compounds that can help remove free radicals, protect cells from damage, reduce inflammation, and prevent disease such as prostate cancer, Alzheimer's disease, and arthritis.

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

## Saints-at-a-Glance

### St. Eulalia of Mérida

**Feast Day: December 10**  
**Birth: 290**  
**Death: 304**

Eulalia was born in Mérida, Spain. She was a devout Christian and led a holy life. She was only twelve years old when Emperor Diocletian issued a decree that everyone should sacrifice to the Roman gods, or else would be persecuted.

Her mother sent her into the countryside, hoping to protect her. However, she made her way back to the city and presented herself to the tribunal. She professed her faith and defended her religion in front of Judge Dacian, who attempted to flatter and bribe her.

When the judge failed to convince her, the soldiers seized her and stripped her clothing. She was tortured with iron hooks and torches before being burned at a stake. As she died, a dove flew out of her mouth and snow fell to cover her nakedness.

Saint Eulalia is honored as the patron saint of Mérida, Spain.

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



## BUKAS PALAD CELEBRATES 32 YEARS OF FILIPINO LITURGICAL MUSIC



**JESUIT MUSIC MINISTRY'S** Bukas Palad marked more than three decades of Catholic music at their thanksgiving and praise concert titled, "We Are Yours: A Bukas Palad Music Ministry Concert" on August 11, 2018 at the Church of the Gesu, Ateneo de Manila University.

Bukas Palad commemorated their amazing musical journey that started in 1986, and has since produced several notable albums such as *Behold the Cross, Light from Light*, and *Tinapay ng Buhay*. Among the classic songs lined up for the anniversary concert were "We Are Yours" and "Luwalhati."

The Catholic musical group's liturgical and inspirational hits such as "Anima Christi," "Humayo't Ihayag," "I Will Sing Forever," and "Sa 'Yo Lamang" have become timeless Eucharistic hymns that have been performed across the Philippines, Japan, Hong Kong, United States, and Canada.

Over the years, popular artists like Lea Salonga, Regine Velasquez, Gary Valenciano, Basil Valdez, Jamie Rivera, and Noel Cabangon have recorded and popularized Bukas Palad songs, which helped propel the group's music into the mainstream audience.

The musical group also released their remastered cassette tapes titled *Bukas Palad* (1986) and *Tanging Yaman* (1989) on Spotify, iTunes, and Apple Music.

Source: <http://cbcpnews.net/>

## CHURCHES AND ENVIRONMENTAL GROUPS TO GROW 25,000 TREES FOR LIFE AND JUSTICE

**A MEANINGFUL SHARED PROJECT** between churches and green groups encourages dioceses to plant and care for at least twenty-five thousand trees in honor and memory of the victims of the government's war on drugs.

The yearlong campaign, dubbed "Growing 25,000 Trees for Life and Justice," was launched on September 1, 2018, in time for the celebration of the World Day of Prayer for Creation, which was also the start of the Season of Creation.

"As the environmental crisis deepens, we Christians are urgently called to witness our faith by taking bold action to preserve the gift we share," said Bishop Gerardo Alminaza of San Carlos in a pastoral letter.

"Side by side with the constant threat of environmental degradation is the growing number of people killed in the war on drugs," he added, stressing the country's current situation.

The objective of the campaign is to respond to the integral ecology challenge of Pope Francis in *Laudato Si*, creating a heightened awareness and action on the current social and ecological crisis.

Participating organizations will plant and grow endangered Philippine trees and fruit trees on areas declared as ecological sites.

Source: <http://cbcpnews.net/>

Celebrating the  
 Season of Creation  
 2018

Theme: Growing Trees  
 for Life and Justice  
 PLANT & GROW 25,000+ TREES





# Do What Comes Naturally: Give!

By Dina Pecaña

**Y**ou already know what we're going to ask you. In fact, we have been asking you the same question for many years now. You also know for what and for whom we ask. And we are truly grateful that you always say yes.

This time around, we pose the same question: Will you continue to give? We ask this with hopeful hearts and complete trust that you will do what comes naturally.

We at Kerygma Family look forward to your support for our mercy ministries. Thank you for helping us help our brethren in need.

Have a giving and sharing Christmas!

**Grace to Be Born Maternity Home and Nursery** is a halfway house for pregnant women in crisis and an orphanage for children who are given up for adoption.

Address: 53 Dr. Sixto Antonio Ave., Bgy. Kapasigan, Pasig City 1600  
Telephone Nos. (+632) 654-1377; 0932-8880780; 0932-8880781

.....  
**Anawim Lay Missions Foundation, Inc.** is a home for the abandoned elderly providing physical care and rehabilitation, home life, medical care, spiritual nourishment, recreational activities and socialization, social service, end-of-life care, and burial services to its indigent inhabitants.



Address: Sitio Tañag, Bgy. Isidro, Rodriguez, Rizal  
Telephone No. (+632) 710-5273

**He Cares Foundation Street Children Caring Center**

takes care of street children's spirituality, health, family, life, education, and livelihood. Joe Dean Sola and his wife, Ardis, are both full-time missionaries from Light of Jesus and started the foundation in 1997.

Address: #9 Mines St., Project 6, Quezon City  
Telephone Nos. (+632) 928-8910; (+632) 453-0100

**Tahanan ng Pagmamahal** provides care, shelter, and education to neglected children who would otherwise end up as scavengers, thieves, and prostitutes.

Address: #45 Dr. Pilapil St., Bgy. Sagat, Pasig City 1600  
Telephone Nos. (+632) 631-7188; (+632) 788-8380

**Pag-asa ng Pamilya**

**Scholarship Foundation** grants scholarships to various poor and persevering students. Aside from providing financial assistance, the foundation organizes motivational seminars for the scholars to encourage them to pursue their dreams.

Address: 60 Chicago St., Bgy. Pinagkaisahan, Cubao, Quezon City  
Telephone Nos. (+632) 725-9999

**Jeremiah Foundation** is a shelter for sexually-abused girls eighteen years old and below. The foundation provides housing, spiritual formation, training, and empowerment to help them heal and be renewed.

Address: 66 Evangelista St., Bgy. Santolan, Pasig City  
Telephone No. (+632) 729-1648

**Shepherd's Voice Radio and Television Foundation, Inc.**

is the broadcast media arm of Light of Jesus Family, spreading the Gospel through TV, radio, and the Internet. SVRTV produces *Kerygma TV*, a weekly inspirational show airing on local channel IBC 13, cable channel ANC, and on Facebook and YouTube. It also produces two

early morning programs, *Gabay sa Biblia sa Radyo*, which airs on Veritas 846; and *Kape at Salita*, which airs on DZMM Radyo 630. SVRTV organizes the biggest inspirational event in the country, Kerygma Conference, as well as other major events of the LOJF.

Address: 60 Chicago St., Bgy. Pinagkaisahan, Cubao, Quezon City  
Telephone No. (+632) 416-7809

**The Prison Ministry** goes to the Correctional Institution for Women every second Sunday of the month to minister to the spiritual and some basic needs of the inmates, like toiletries and snack items. They also share a compassionate presence to inmates who do not have visitors. Every January, they hold a post-Christmas and pre-Valentine party, and a recollection during Lent.

Address: 60 Chicago St., Bgy. Pinagkaisahan, Cubao, Quezon City  
Telephone Nos. (+632) 725-9999; (+63) 9228589782; (+63) 9189534911

**The LOJF Pastoral Care**

**Center** is a ministry of compassion, encouragement, and transformation. Our pastoral carers listen, empathize, journey, and empower their clients to make godly decisions in their lives.

Address: 60 Chicago St., Bgy. Pinagkaisahan, Cubao, Quezon City  
Telephone Nos. 726-0267; 726-6728; 726-4728; 725-9999 loc. 117 to 121

For more information about the mercy ministries, go to [www.lightfam.com](http://www.lightfam.com).

“

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- Edward K. Lee  
*Founder & Chairman of COL Financial*



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## **STRONG AND FAITHFUL AT 38** **The Light of Jesus: From 'Community' to 'Family'**

By Cynthia U. Santiago

Photos By Ed L. Santiago



**B**o Sanchez asked the audience, "How is your prayer time?" And everyone broke into laughter. It was a private joke among the veteran members of the Light of Jesus (LOJ) Community, who struggled through their prayer time during the early days of the prayer group as they learned to maintain a regular, daily time with the Lord. But by God's grace, prayer has become a way of life for them.

On September 8, 2018, these pioneers gathered to celebrate their thirty-eighth anniversary at the Gloria Maris Restaurant in Greenhills, San Juan, Metro Manila.

The event's theme was *Strong and Faithful at 38*, taken from the song with the same title that Bo composed in the 1990s. For indeed, the community stands strong and faithful as what is now known as the Light of Jesus Family.

We know the history of how Light of Jesus was built, thanks to Bo's mother, Pilar Sanchez, who recorded

LOJ's important events in her diary.

### **The Light**

Prayer has been the foundation of this faith community.

LOJ started with a prayerful couple—Eugenio and Pilar Sanchez. Devoted Catholics, the couple accepted an invitation from Petra Crisanto, mother-in-law of their eldest daughter, Chelle, to attend prayer meetings of the Upper Room, a Charismatic prayer group in Quezon City. Tito Gene and Tita Pilar first attended the prayer meeting on March 26, 1978. They went back, again and again, bringing along their children—five girls, and the youngest boy named after his father and nicknamed Bogene, or Bo as he is now called.

The Sanchez family continued attending the Upper Room prayer meetings and thought of holding their own prayer meeting and how to name their group.

A few days before they started the prayer meeting, Tita Pilar and a

friend, Sis. Helen Arceo, went to pray over a sick friend. Tita Pilar mentioned to Sister Helen about the prayer group her family was planning to organize, but they still didn't have a name for it. Sister Helen then said that when she was praying for the Sanchez family, she had a vision of a lighthouse. "Maybe you should call your group Jesus' Light or Light of Jesus," she told Tita Pilar.

On the same day, she called up Sister Aida also to ask for a suggestion for a name of the prayer group. Sister Aida said she received a word from the Lord that they should name the group Jesus' Light or Light of Jesus.

During LOJ's first anniversary, the prayer meeting included a thanksgiving Mass led by Fr. Bernard Espiritu, SVD. In his homily, Father Bernard told the members not to be content with simply meeting by themselves every week. He challenged them to go out and





spread the Word of God.

Bo then announced his desire to form the group as a community. He called for a show of hands to find out who would join him. A total of thirty raised their hands. This group became the Light of Jesus Core Family which would give birth to six other families: Love, Peace, Joy, Strength, Faith, and Glory.

This was the group of pioneers who attended the LOJ 38th anniversary reunion on September 8.

### **Mission, Media, Mercy**

In time, the Light of Jesus Community went out on a relentless mission.

As Bo says in his talks, the community felt a burden to open its doors to others. This community was named after a vision of a lighthouse—a tower with a bright lantern, lighting up the path toward safety for those lost at sea—the broken, the poor, the unchurched who need Jesus, the True Light. The group has been transformed from a community into the Light of Jesus

Family (LOJF). Now on its thirty-eighth year, LOJF has been pursuing its core mission to make disciples of *all* men, as Jesus instructed His Apostles (Matthew 28:19) and serves under three major umbrellas:

- Mission, preaching the Gospel in prayer gatherings now called The Feast which already has over five hundred branches worldwide;
- Media, spreading God's Word through Shepherd's Voice Publications which produces *Kerygma*, devotionals, Bo's books and inspiring, motivational books of other authors; the Shepherd's Voice Radio and Television Foundation, and its online media spin-offs such as Bo's online shows and the Kerygma Family's *KFAM Report*, Bo's weekly letter to members, and *KFAM Insider*, a monthly online newsletter;
- Mercy, taking care of God's poor—abused girls, pregnant women in crisis, orphans, women in prison, street children, out-of-school youth, the downtrodden needing counseling, and the abandoned elderly.


### **The Lord's Day**

Opening the thirty-eighth anniversary reunion with a brief message, Bro. Hermie Morelos, LOJ Central administration director, thanked God for the pioneers' selfless efforts to build the Light of Jesus. "Thousands of the Light of Jesus Family and members of our other ministries stand on your shoulders," he pointed out.

### **Shining His Light**

Bo, in his brief talk after the Lord's Day prayers, pointed out how members have well grown in their spiritual journey, manifested not only in the growth of The Feast but in the strong commitment of members to serve in The Feast ministries, and trusting God with their tithes.

He encouraged everyone to be strong and faithful through the seasons: spring, summer, autumn, and winter.

"Whatever season you are in, shine His Light!" Bo said. 

"Let water and minerals, the magnificent life-sustaining creations of God, be the answer to your fervent prayers for health and healing."

- RENATO U. PARAGAS, M.D. -

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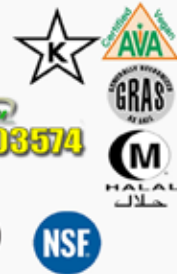
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## Life Lessons from Parents

**I**f you're going to do something, do it right the first time."

"If there is something you can't do, it just means you haven't learned it yet."

"As you become a leader, start thinking of how you can be replaced."

"Hard work always beats talent. Never settle because you think you're already good."

"If being right means hurting a lot of people, then it's never worth it."

These are some of the life lessons my parents tried to drill into our heads while my siblings and I were growing up. My parents were not perfect, but they tried hard to raise us up properly. They believed in world-proofing us rather than sheltering us. I knew they had a hard time raising up three boys who think they were smarter than everyone else. We were very opinionated and inquisitive. Unfortunately, my

parents found it difficult to make us obey. They struggled but I never knew how hard it was until I served as a youth minister. Here are some of the things I learned and realized as I helped parents raise their children by journeying with them through the youth ministry:

1. Respect and obedience are earned regardless of who you are and how good your intentions are. We earn these by spending time listening to young people and sharing our life stories with them.
2. The youth listen with their eyes and think with their hearts. Young people follow what they see and feel. Yes, they can discern right from wrong, but they don't have the capacity to think about long-term consequences and repercussions. That's why

**By Niko Capucion**

modeling is a very big part of their formation. The best way to teach them is to show them.

3. There are times when it gets tiring, frustrating, and disappointing as we love and guide young people. Reflect on God's effort to love you. Think about how others also struggled to love you. Ask God how He loved you in those times, too. Let your heart swell with gratitude and overflow with love for these young ones.

A single mother shared with me one of the wisest things about raising up young children: "Whenever I feel that I am becoming controlling, I remember that my son is God's first. He was just entrusted to me by God. I can rest easy knowing that God loves my son more than I love him."

You don't raise your child alone. God is with you. 

*Niko is a resource speaker, campus missionary, and worship leader. He authored the book Reckless: A Disciple's Guide to Bringing Young People Closer to Jesus. Available at [www.kerygmabooks.com](http://www.kerygmabooks.com).*



## SURPRISES COME IN ALL LEAFS AND SIZES

**O**ne day, my friend Gina sent me a special dish she had prepared. Its main ingredient was one of those I rarely see used these days—the leaf of the alagao plant. She mentioned that her alagao had a profusion of leaves, which she decided to put to good use. I must say I agree with her on that. She made my tummy happy that day.

Alagao leaves are rough and hairy. They are usually used as traditional medicine to heal cough, headaches, indigestion, and a host of other ailments. The alagao leaves are native to the Philippines. They have aromatic fragrance when crushed. It has green-white flowers that grow in clusters. When used as a wrap for steamed fish, its anise-like

aroma adds a unique flavor to the fish.

This recipe uses alagao leaves as a wrap. Get ready for a gentle explosion of flavors in your mouth when you take a bite of this dish.

### **Alagao Vegetable Wrap**

Prepare and chop the following ingredients (1/2 cup each):

White onions  
*Kamias*  
Basil leaves  
*Siling haba*  
Peanuts (crushed)

(Optional)  
**Special sauce ingredients:**

Soy sauce or coco aminos  
Calamansi

By Chichi Barba



Brown sugar or honey  
A drop of olive oil

### **Instructions:**

Wash the alagao leaves. Get three to four alagao leaves and lay on plate. Place your desired portion of each ingredient in the middle of the leaf. Fold bottom side, then fold the two sides (right and left), and continue rolling forward (motion is similar to rolling *lumpiang sariwa*). Enjoy!

Optional: After laying the alagao leaves on the plate, rub a little of the special sauce in between the leaves. 📺

*Chichi is the author of the book, Eat Well Get Well, published by Shepherd's Voice Publications and is available at [www.kerygmabooks.com](http://www.kerygmabooks.com). E-mail her at [chichi@outlook.com](mailto:chichi@outlook.com).*



## THE MERGER THAT MATTERS MOST

**T**hroughout our childhood and into adulthood, there was one thing that my father would continuously repeat to us—our mother deserved every penny that he had ever earned and all the assets that he owned. This was something that I had never fully understood given that I would see him head to the office early each morning and come home late from a full day at work while my mom mostly stayed home to make sure that all of the household responsibilities had been taken care of. If he was the one grinding it out every day, why would he give her full credit for everything that he had made? Eventually, I learned about my parents' love story. It may not have been the most romantic narrative

but it was certainly one that inspired me about the realities and challenges of success.

As a child, my mother had belonged to one of the wealthiest families in Manila and enjoyed certain luxuries that were rare for most at the time. She was constantly pampered by their household staff and she could shop to her heart's content, indulging especially in her obsession with shoes. She was also quite intelligent so she was well on her way to a promising career in accounting when she chanced upon my dad—a hardworking colleague from the same office who had never graduated from college, and had barely a centavo to his name. Yet for some reason, she

By Eleanore Lee Teo

still fell in love with him enough to leave her prestigious life behind and entrust her future in his hands. It was by far the riskiest decision she had ever made.

Yet my father never heard a word of complaint when they moved in to live with his parents and his siblings in a small space on top of a factory. She never said a word when he could barely scrape enough for their expenses and never questioned him when he would invest all of their savings in one business opportunity after another. When they decided that migrating to Canada might open greener pastures for their children, my mother held her own as she traveled by herself with her one-, four-, and seven-year-old kids to settle in a foreign country that was completely unfamiliar to her. While my father was




busy building his business back in the Philippines, she stayed there without anyone else to help her raise three kids while simultaneously learning how to cook, to clean toilets, and do the laundry. And when my dad called one day to tell us that things were finally doing well and to move back after she had already learned to love the life we led in Toronto, she slowly packed our things in boxes and we came home.

For a while I wondered whether the moral behind my mother's experience was simply to be obedient to your spouse. But it was only when I got married when I realized why my father acknowledged

her as an essential element to his success. "You will only be as great as what your partner allows you to be," he stated. Individually, we depend on our own wits and abilities to survive. But if we choose to spend the rest of our lives with someone, they become an integral part of the process for us to attain the goals we set for ourselves. You must lift each other up, push each other forward, and understand what roles you must take to work efficiently as a team.

Every partnership has a different dynamic, whether in business or in life, so find someone who is a positive influence in your capacity

to work just as much as you should put greater value into their ability to thrive.

Choose wisely, and be with those who will allow you to share in each other's success. 

*Elyo is the director of Marketing and Operations at Calyum Trading Institute. She authored Raising Heirs available at [www.kerygmabooks.com](http://www.kerygmabooks.com). E-mail her at [elyo.lee@gmail.com](mailto:elyo.lee@gmail.com).*

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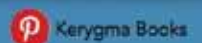
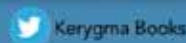
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## The Glue that Binds Us Together

If you think costume parties are only for Halloween, think again. For our family, it means more than just wearing the same clothes. It's all about having fun, enjoying each other, making memories, and doing something together as a family.

### The Colorful Start

I am the youngest in the family, and my sister and brother are both happily married with children. Each Christmas is special, given that most of the kids are grown-up. It is the only time when we all get together for several days under one roof.

In Christmas 2009, we started the tradition of going to Tagaytay Highlands to spend the holidays as a family. One of my nieces encouraged us to wear crazy hats or headbands for our family picture, and everyone was game to do so. That gave me the idea to create

a costume for the following year so we would have a great family picture every year. Both my parents are cancer survivors and this inspired me to make every Christmas an event to remember. As morbid as it may sound, it might be our last holiday photo as a complete family. I knew that death was inevitable, so I wanted us to take as much photos together as possible.

In 2010, inspired by Mark Darcy (from the movie, *Bridget Jones's Diary*) and his ugly Christmas sweater, I had festive pajamas made for the family. I found a cotton fabric with candy canes and gingerbread men prints and thought it would look good with the pine tree background in Tagaytay Highlands. Armed with mugs, scarves, and beanies, we went out into the cold, pine-tree-lined street and had a blast taking photos.

Another favorite is the green and red polka dot sweater we found at Surplus Shop. We went to three stores from different malls to complete the sweaters for the fourteen-member

**By Ara Fernando**

family. It was our first Christmas in our new home away from home. My personal favorite was 2016's red and navy polka dot scrub suits that really looked nice with balloons that spelled *Happy Holidays*. It was an instant hit on social media!

### The Tradition Lives On

We are a close-knit family that celebrates everything together, from small to big triumphs, birthdays, and anniversaries. But Christmas has always been our favorite season.

We look forward to having our picture taken because these show how much love we have in our family.

Christmas 2017 was the first holiday without my dad, who joined our Creator in July of that year. We were still mourning so I thought of us wearing black hoodies with a picture of Dad playing bowling, a sport he loved so much. Our dad may not be with us but he is still part of this tradition and his legacy shall remain forever in our hearts. 📸



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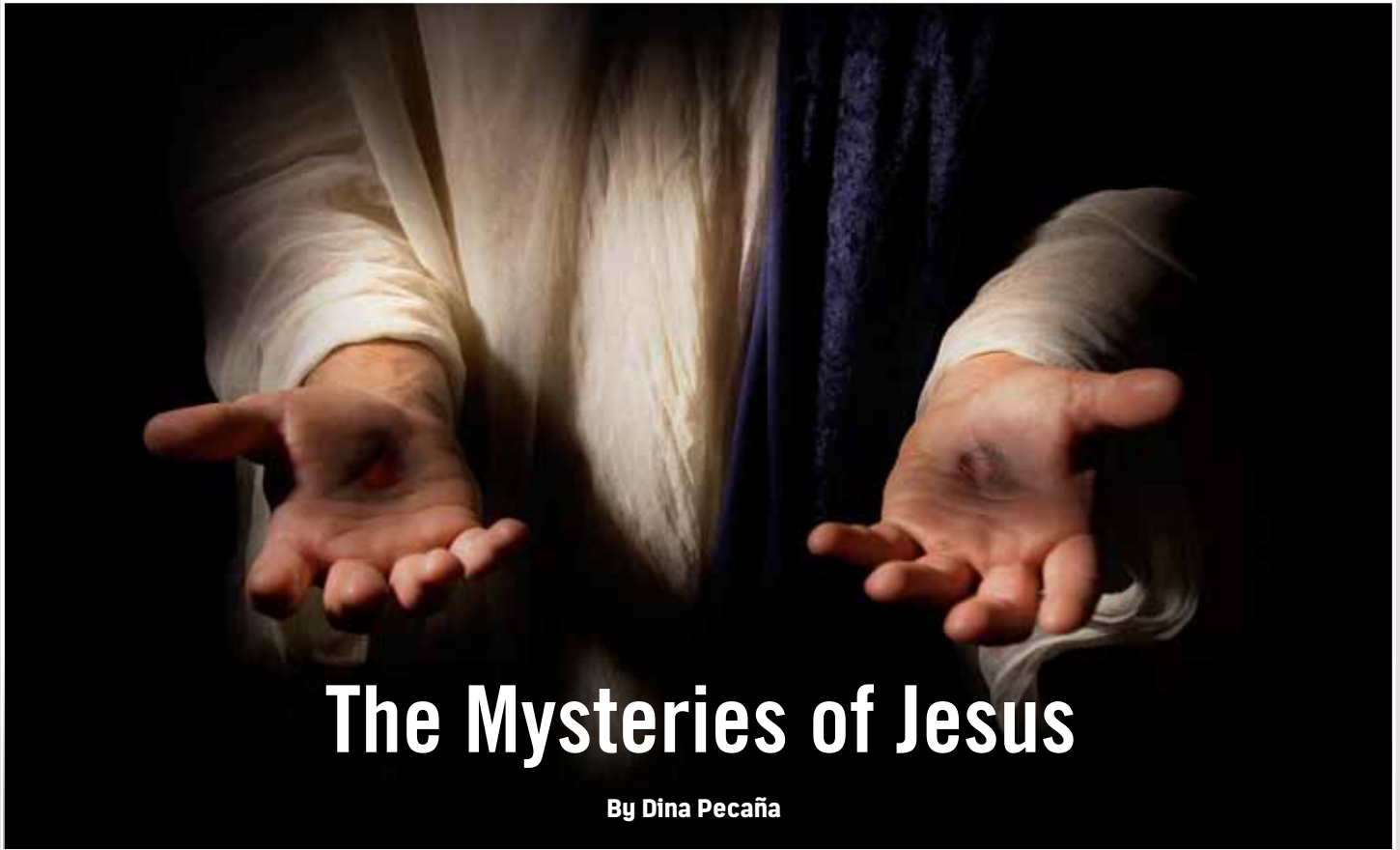
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# The Mysteries of Jesus

By Dina Pecaña

**J**esus began His ministry at thirty-three years old and performed His first miracle when He turned water into wine at a wedding in Cana. And the rest of His life, ministry, suffering, death, and resurrection we have read and studied in the Gospels.

But what do we really know about Jesus and His early life, apart from what we proclaim in the Creed and what we reflect on as we pray the rosary? Why were His growing-up years kept hidden and remain a mystery to this day?

We are curious about Jesus' secret life. We want to uncover this hidden layer of His humanity. While our curiosity can help expand our knowledge, it can also lead to confusion, doubt, and unbelief. So maybe the question we should be asking is this: is it still necessary to know Jesus' secret life for us to have faith in Him?


*The Catechism of the Catholic Church (CCC)* teaches that "Many

things about Jesus of interest to human curiosity do not figure in the Gospels. Almost nothing is said about his hidden life at Nazareth, and even a great part of his public life is not recounted" (514). Why is this so? The CCC explains, "What is written in the Gospels was set down there so that you may believe that Jesus is the Christ, the Son of God, and that believing, you may have life in his name" (514). This means that what has been revealed about Jesus in the Scriptures is like a soil that is fertile enough for the Father to plant seeds of faith in us. Faith, after all, is "the substance of things hoped for, the evidence of things not seen" (Hebrews 11:1).

We are all familiar with the proverb, "Curiosity killed the cat." With regard to Jesus, we satisfy our curiosity by studying the Gospels that were written by "men who were among the first to have faith and wanted to share it with others" (515). We take the Gospel writers' word

for it because they saw, heard, and experienced the living Christ. We expand our faith by believing that Jesus and His entire life is a revelation of the Father. "Christ's whole earthly life—His words and deeds, His silences and sufferings, indeed His manner of being and speaking—is a *revelation* of the Father . . . because our Lord became man in order to do his Father's will, even the least characteristics of his mysteries manifest 'God's love . . . among us'" (516).

This Christmas, we contemplate yet again another mystery: "Jesus was born in a humble stable, into a poor family. Simple shepherds were the first witnesses to this event. In this poverty heaven's glory was made manifest" (525).

We may never know the answers to these mysteries during our lifetime. But we continue to believe and experience God's unfathomable love in the greatest gift of all—the infant Jesus whose birth in our hearts we await. Merry Christmas! 

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**I**t was the first day of spring in Macau, March 1, 2018, and Eileen was trying to hold back her tears. She bowed her head and prayed to God, thanking Him that after many years and much prayers, her most-awaited day had finally arrived.

She took a deep breath right before the century-old doors of the Our Lady of Mt. Carmel Church opened. She looked up and saw familiar faces. The closest people in her heart filled the cathedral with so much love. The small crowd waited for her march. The second she took a step, a singer began to croon Kelly Clarkson's song "A Moment Like This."

She marched down the aisle in her beautiful white gown. She held her bridal bouquet like it was the one thing that would keep her steady. It was the most surreal, heart-stopping experience she's ever had. All eyes were on her, but up ahead, she couldn't take her eyes off the love of her life, the man she has shared a home and family with, actor-comedian Joey de Leon. His eyes were filled with tears.

Eileen's heart melted when she saw how emotional Joey was. She couldn't care less about the march, so midway down the aisle, the bride went running toward her groom. She hugged him tight and they both shed tears of joy.

It was a long-awaited promise that was finally fulfilled.

### Meeting Joey

In 1980, Eileen Macapagal, a seventeen-year-old student of St. Paul College, joined the Mutya ng Pilipinas beauty pageant. She won second runner-up, garnering the title Mutya ng Visayas. She didn't expect this would pave the way to a showbiz career. She soon landed a role in a movie, *D'Gradweyts*, starring comedy trio Tito, Vic, and Joey. She was told that she would be paired with Vic Sotto, the youngest of the three, so she was surprised that Joey became her leading man during the shoot. Unknown to her, Joey had approached the director and requested, "I want her to be my partner."

Eileen's movie gig was followed by a role in the TV sitcom titled *Joey and Son*, where she played the tutor to Joey's onscreen son played by Ian Veneracion. There, he started courting Eileen relentlessly. Joey sent her flowers every day for an entire year—whether she was in school or at the apartment of her classmate for a group study. Joey was aware he had competition from other suitors. Sometimes, he would visit her house and have to wait for this turn because an earlier visitor would still be in the living room. Other times, he would call her on the phone only to be dismissed. "She has a visitor. Just call later." Joey thought he would soon win her heart, but a year later, he still had no answer. So he quit.



# 35 Years and a Wedding: Eileen de Leon's Journey to Matrimony

By Elle Z. Silvestre

Married at last: The newlyweds pose by the door of Our Lady of Mt. Carmel Church in Macau.



### **The Tables Turn**

When the flowers stopped coming, Eileen began to notice. He also stopped calling. She felt the emptiness and began to miss Joey. Months of silence passed until her birthday in September when she received a call from Joey. She had hoped that the phone call would restart their friendship. But the call didn't last long—the

line unexpectedly went dead. Eileen panicked. She felt something's not right. Soon, she learned that Joey was rushed to the hospital. She thought it was something serious so she went to visit him, only to find out that he was suffering from a cough.

After she left the hospital, Eileen went to her classmate's apartment. Her friend greeted her with, "Why do you have that spark in your eyes?" Then it hit her—she was falling in love.

### **It's Complicated**

Eileen was in fourth year college when Joey became her first boyfriend. Young and naïve, she wasn't aware of the entanglements she was getting into. Joey was fifteen years older than her. He was separated from his wife and had two children—details that he was upfront about. Naturally, Eileen's parents were against him. Her mom asked her, "Do you want an instant family?" Her dad brought her to a "talking" Sto. Niño so she would change her mind. But they failed to change her mind. Or maybe she was just too blinded by love.

When Eileen attended a school retreat, she went to confession and told Fr. James Reuter, SJ about her complicated romance. Fr. Reuter was kind and understanding, but advised her to do the right thing. So Eileen broke up with Joey.

### **The Getaway**

Eileen graduated from BSE Accounting in 1982. When she couldn't move on from the breakup, they secretly got back together. Eileen knew her parents wouldn't give her their blessing, so on March 1, 1983, the couple eloped.

The night before she ran away, Eileen listed down the things about Joey that she could live with versus the things she couldn't accept. There were more positive things on her list so she decided to spend the rest of her life with him.

The couple lived with *Eat Bulaga* producer Antonio P. Tuviera and his wife, Madeleine. Every day, Eileen would pray a novena and cry her heart out. She was already one month pregnant. Mrs. Tuviera became her surrogate mom who took her to prenatal checkups because they kept the pregnancy a secret from her parents.

Two weeks later, Eileen returned to her parents' home, together with Joey and the Tuviera couple. Her parents welcomed them. Joey asked for Eileen's hand although he still had to finalize his annulment. The parents accepted them, but later, Eileen spied her dad coming out of the restroom with puffy, red eyes.

### **Family Life**

Joey and Eileen built a loving home. When their eldest daughter, Jocas, was born,

Eileen retired from showbiz and quit her bank job. She lived her dream of becoming a housewife.

But things between the couple were not always smooth sailing. Once, Eileen and Joey fought so she left home and went to her parents' house with Jocas in tow. But she realized she couldn't just quit every time she felt tired or hurt.

So Eileen decided to stick with her choices and never give up on their relationship no matter how hard it gets. When she and Joey had settled their problem, they made a pact never to use separation as a threat. That vow became their guide every time they had misunderstandings.

The couple had two more sons, Jako and Jio. Eileen enjoyed being a housewife because she could focus on raising their children with good values. This also made their relationship stable because she learned to value Joey's time whenever he came home from work.

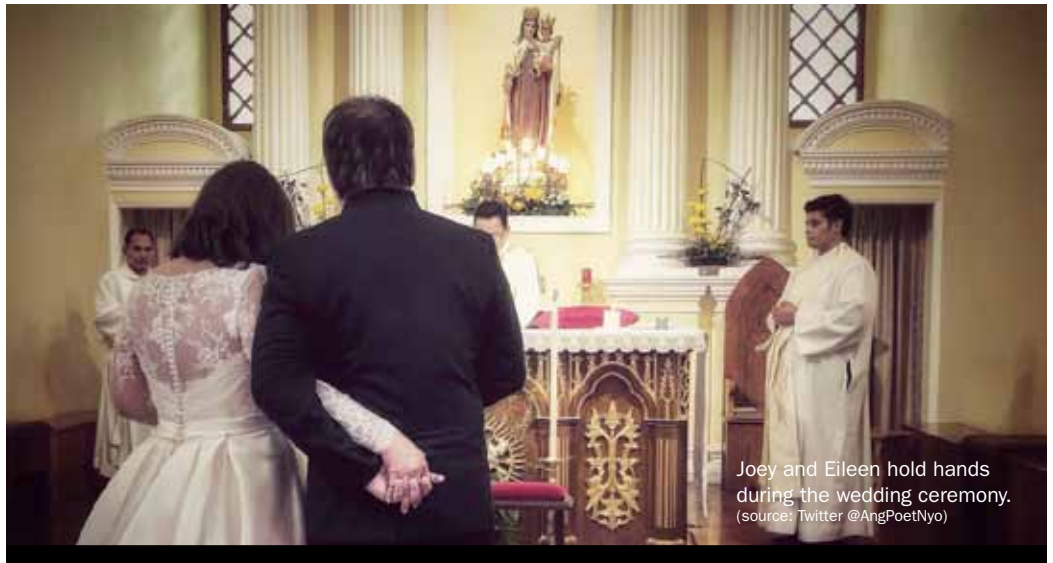
### The Long Wait

Eileen was aware that anything could go wrong in their union. But Joey and Eileen tried hard to live as normal as a married couple could be. Joey's civil annulment had always been on the agenda, but as they grew older, they valued God's blessing on their union more. It would be a form of spiritual healing for them, a concrete sign of His mercy and forgiveness.

The couple prioritized the church annulment that was granted in 2010. The civil annulment was more tedious and stretched for a decade. It was only granted in October 2017.



Joey de Leon gets emotional as his bride embraces him. (source: Instagram @jocasdeleon)



Joey and Eileen hold hands during the wedding ceremony. (source: Twitter @AngPoetNyo)

### Love Has No Measure

Things had come full circle. They held their church wedding on March 1, the thirty-fifth anniversary of their elopement. The wedding preparation was rushed and completed within a week. Eileen bought her gown off the rack but enjoyed choosing it as though she had it designed. Locked in Joey's embrace even before the ceremony started, Eileen already felt God had given them the mercy and forgiveness she had sought for years. They had a back-to-back wedding in a matter of two weeks. The civil wedding took place at the Supreme Court on March 19 on the feast day of St. Joseph, Joey's patron saint.

Eileen thought that eloping with Joey was a way to show how much she loved him. "*Hindi pala*," she concluded. "Through our years together, *ang daming problema. Wala palang sukatan ang pag-ibig*. You can actually give more... *doon mo malalaman na mahal mo pala talaga*. Love has no measure." (It's not. There are a lot of problems through the years. Then you get to know that you can't measure love. There's more you can give. That's when you know you really love the person. Love has no measure.) 📖

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**D**o you feel ordinary? Like so ordinary? Good! Fantastic! Perfect! Because ordinary is exactly what God is looking for.

I look back at my life and ask myself, “Why is God using me?” When I walk in a mall, there are times when people ambush me. Some are so happy to see me; some cry with tears of joy and tell me, “Brother Bo, you changed my life. You’re my lifeline. I won’t let a day pass without reading your message.”

That humbles me and makes me wonder, “Wow, why is God using me? Who am I? What’s so special about me?” Nothing. Zero.

When I was a kid, I thought I was the most ungifted person in class. I looked at my classmates and they were all brilliant and good in sports. They were sociable and very friendly. As for me, I was an introvert and I was lonely. I had bad grades. I was skinny and bad in sports. That was me.

And yet there, in my ordinariness, God is using me.


Do you remember the story in the Gospel of Matthew about how Jesus chose His Apostles? If you read the list of the Apostles and what they do, you will be so amazed at how ordinary they were. Many of them were fishermen—James, John, Simon, and Andrew. Most likely Philip, Bartholomew, and Thomas were fishermen as well. There was Matthew who was a tax collector, a public sinner, and an outcast of society. Then there’s the other Simon, the

zealot, who rebelled against the government.

All of them are ordinary guys. No kings, no princes, no politicians, no religious leaders like the Pharisees and the Sadducees. No people in authority. No rich people. Jesus chose ordinary people as His Apostles to lead His church and build His Kingdom in this world.

Today, Jesus is doing the same thing. He’s looking around for ordinary people that He can empower, call, and equip, so when they are able to do what He wants them to do, you and I will realize that God indeed uses ordinary people for His work, for His mission.

In this issue, we remember the basic lessons taught to us as children—Good Manners and Right Conduct or GMRC. It seems we have stowed away these simple yet relevant lessons in the memory chest of our minds as we grew up, as we have come into our own in this world, and as we let life happen. Yes, GMRC is ordinary as ordinary can be. But when ordinary people like us faithfully live this out, we become harbingers of goodness, modesty, respect, and courage to other “ordinaries” who seek to learn, live, and love in extraordinary ways.

As you read on, dig into your memory chest for those basic lessons from long ago. Put them into use as you discover the calling of Jesus for you. Like the Apostles, let Him use you in your ordinariness. 

# DO YOU FEEL ORDINARY?

By Bo Sanchez



# Special **S**ection

Teaching



REVIVING THE FORGOTTEN VIRTUES OF  
**PURITY AND  
MODESTY**

By Rissa Singson Kawpeng





I grew up in a Charismatic community that had strict norms when it came to purity and modesty. We were allowed to wear sleeveless shirts but not halter tops. We could wear shorts as long as they were not higher than two inches above our knees. Our swimsuits had to be one-piece with a regular leg cut, not tanga. These meticulous standards shaped the way I chose my clothes and made me conscious of modesty in the way I dress. Although I occasionally now wear halter tops or shorter shorts, I still am conscious that I don't show too much skin.

So imagine my surprise when I went to my daughters' Catholic school and the guard flagged me down for my outfit. I was wearing a sleeveless dress that covered my entire shoulders. "Ma'am, sleeveless tops are not allowed on campus," the guard sheepishly said. "Ah, but in our convent this is allowed," I joked. He let me off with a reminder that they would impose the rule next time.

That incident taught me a lesson that modesty and purity can mean different things to different people, times, and cultures.

But beyond semantics, I believe our problems with purity and modesty stem from our lack of desire to even pursue it. For many people, purity and modesty have gone out the window

together with the rotary dial phones and typewriters. It's an obsolete virtue that has outlived its use.

Unfortunately, if we're Christians who want to follow Jesus, we can't become like Him sans these virtues.

So what do we need to do to revive the virtues of purity and modesty in our lives?

### **1. Set the bar high.**

Often, we set our standard for purity and modesty at the barest minimum. The question we often ask is, "How far can I go without sinning?" "How much skin can I show without tempting?" "How low can I go without looking promiscuous?"

Parents, we need to teach our kids—in no uncertain terms—to abstain from sex till marriage. Every day, they are bombarded with media messages that it's OK to sleep with someone you aren't married to. If we want to counter this constant attack on our values, our children need to hear this from us often. You may argue against me that sexual abstinence is a losing battle in today's world, but God didn't make us to be animals that act on our instincts. We are humans, made in the image and likeness of God, who have the power of reason and choice to say no to our sinful urges.

One of my great learnings at a recent counseling course I took was the difference between our sex and our sexual orientation. The reproductive organ we have from birth determines our sex; therefore

we are either male or female. But our sexual orientation is determined by whom we are attracted to: whether it's to the opposite sex or the same sex. As my teacher Fr. James Gascon, SJ put it, "Sex is who you are when you're sleeping; sexual orientation is who you sleep with."

Our sexual attraction is unconscious. We, heterosexuals, didn't choose to like the opposite sex. We were just naturally attracted to them in the same way that most homosexuals didn't choose to be attracted to the same sex. (I say most, because I know of homosexuals who became so because they were sexually molested by someone of the same sex.)

While sexual orientation is unconscious, *the expression of that orientation is always conscious*. That's why the Catholic Church teaches now and again that the sin is not in your orientation but in how you *express* your orientation. Even if you were straight and have sex with someone you are not married to, you sin in the same way as a gay who sleeps with another man.

Bo Sanchez used to say when he was single that we should set the bar of purity high. That way, if we fail to reach the stars, we'll end up on the roof at the very least. So he didn't kiss his girlfriend, Marowe, on the lips until after their wedding vows.

Another preacher, JPaul Hernandez, our young builder from The Feast Greenhills, wrote an article titled "Why I Stopped Kissing My Girlfriend." He revealed it was because he has been sexually active in the past so he wanted to keep himself from being tempted and falling into sin. Like Bo, JPaul kissed Nicole in front of the altar after their wedding ceremony.

## **2. Let's not allow society to dictate what's acceptable and what isn't.**

I once asked a counseling expert what to tell a boy whose mom abandoned her marriage and ran away with another woman. The counselor's reply surprised me, especially since she was affiliated with a faith-based organization. She said, "It depends on what's acceptable to society."

God's Word doesn't change.



Therefore, our values should not depend on what society deems as right and wrong. Saint Paul exhorts us in Romans 12:1-2, "Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect."

Exodus 23:2 also says, "Neither shall you allege the example of the many as an excuse for doing wrong" (NAB).

When it comes to moral standards, let God and our Church have the final say.

## **3. Let's resensitize ourselves to the sin of impurity.**

The history of the bikini is proof of how desensitized to scandal we've become. In 1946, the world first saw the bikini in a Paris fashion show. It was so revealing that none of the French fashion models were willing to wear it. What did the





designer do? He got a stripper to model it instead.

What only a stripper was willing to wear in the 1940s is a standard beach and poolside outfit today. Women wear two-piece swimsuits, but unlike the bold stars back in the day whose pictures would appear in the newspaper or magazine, they post it in their Facebook for, literally, the entire world to see.

Ladies, I want to challenge you to rethink your fashion choices. Let me share about a Princeton study that I renamed as the “*hipon* (shrimp) research.” The study got male college volunteers to measure how their brain reacts to seeing women in bikinis. They were shown a series of pictures of fully clothed and scantily dressed men and women. Researchers reported that most of the men remembered the headless photos of women wearing


bikinis even if they saw these images for only two-tenths of a second.

Reporting on this study, *National Geographic* wrote, “Men tend to associate bikini-clad women with first-person action verbs such as I ‘push,’ ‘handle’ and ‘grab’ instead of

the third-person forms such as she ‘pushes,’ ‘handles’ and ‘grabs.’ They associated fully clothed women, on the other hand, with the third-person forms, indicating these women were perceived as in control of their own actions.”

In other words, a man sees you as an object to be pushed, handled, and grabbed when you’re scantily dressed. You become a “shrimp” because they disregard your head—that you’re a thinking, logical human being—and only want your body.

Friends, when it comes to preserving chastity, Saint Jerome teaches us that flight is more effective than open warfare. He said, “Therefore I flee, lest I be overcome.” Sirach 21:2 gives a similar advice: “Flee from sin as from a serpent that will bite you if you go near it; its teeth, lion’s teeth, destroying human lives.”

Let’s restore God’s standards of modesty and purity in our lives that we may claim the blessing Jesus promised us. “Blessed are the pure in heart, for they shall see God” (Matthew 5:8). 

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## What Are the Blessings of Remaining Pure Before Marriage?

### Niño and Erika Ventura

“The blessing of remaining pure, among many, is that you get to focus on discovering each other’s character, personality, and preferences rather than distracting yourself with physical and fleeting self-fulfillment. But most of all, it is having inner peace from being able to please God as you obey.”

### Gary and MM Bogarin

“The most concrete blessing we received is being able to know each other well by spending more time communicating without any hidden agenda. We didn’t hang out in a secluded place that could be a source of temptation to be physically intimate. We would go out, talk, or be with friends or family. Transitioning into marriage, we had an easier time discussing our challenges and disappointments because we got used to doing it before getting married. Secondly, although sexual intimacy is important, it doesn’t rule over our relationship as husband and wife. Our mutual respect and commitment to love and serve each other after God is our priority.”

### Goods and Vaneé Agudo

“In community, we were taught to practice chaste courtship, and this way of life has helped me to differentiate between women who just want to have suitors or boyfriends (for the sake of having one) versus those who discern, seek, and are committed to finding the right partner God has prepared for them,” said Vaneé. Goods added, “After completing my state of life discernment, before I knew who she was, what she looked like, or where she lived, and eventually to see the face of the woman whom I had been saving myself for, I made the decision to remain pure and patient in love. It was truly worth the effort. I am grateful to God for the blessings I received.”

### Gelo and Tin Taton

“You get to do *real talk*. You appreciate each other’s traits, good or bad. Also, remaining pure gives your families (both sides) a reason to fully trust you. When they know you’re following God, they see you and your significant other differently. They know they can trust you to do the right thing. Another blessing of purity before marriage is respect. Respect is like a glass that contains love, which holds the couple together. When the urge and sexual attraction fade away, only respect and the love of the husband and wife will remain. Chastity before marriage builds each other’s self-worth.”

Niño and Erika Ventura



Gary and MM Bogarin



Goods and Vaneé Agudo



Gelo and Tin Taton



## *What Were the Challenges to Purity that You Faced as a Couple?*

### **Niño and Erika**

“So many! We are both leaders in our own way, and one of the challenges is to be a role model to others. Another is remaining committed to our promise to be pure. It wasn’t easy. We almost fell many times. But by God’s grace, we were able to pull through.”

### **Gelo and Tin**

“Living and sleeping together are the norm today. Some friends found it weird that we practiced chastity. Another challenge was our itch to travel together. We see many couples traveling (and staying in one hotel room) on their own, and it doesn’t seem to be a big deal. We’ve always wanted to travel, but because of possible temptation, we never traveled alone. Temptation comes in the first stage of your relationship as an engaged couple. Emotions will tempt you to stray from purity. The secret to a great relationship is having in mind the best interest of the other.”

### **Goods and Vanee**

“Whenever a junk thought bubble pops up in our mind, we would always say a short prayer for God to ‘remove from my mind and my heart false ideas and evil sentiments.’ Being a part of a community that reinforces our faith, of ongoing spiritual formation, service to the Church, and building familial relationships, together with pastoral guidance is a blessing for us as a couple.”

### **Gary and MM**

“Although temptation is everywhere, from provocative billboards to television and social media, we are fortunate that we didn’t have challenges related to purity. Trust is very important to us and we would not do anything to ruin it. We tell each other everything and we surround ourselves with wholesome company.”

## *How Do You Remain Pure in Your Married Life?*

### **Niño and Erika**

“Anything done out of love is pure. This includes expressions of love like kissing, hugging, and even sex. Therefore, to remain pure in the context of marriage means expressing yourself to each other not to merely please the other, but rather, to express authentic and pure love for the other.”


### **Gelo and Tin**

“We learned from American author Jason Evert that God designed our bodies for His divine purpose; no man should contradict the design. Since we want to be as prepared as we can when we conceive, we do the natural way of family planning for now. Another way is having eyes only for your spouse. It is a deliberate decision to brush off from your mind other people (or things) who might threaten your marriage. Where your self-worth comes from will determine the purity in your marriage. If you have low self-worth, chances are you have little to give to the marriage. But if your self-worth is rooted in God, you’ll have a successful marriage, and purity follows.”

### **Goods and Vanee**

“Part of our community’s way of life is to have regular discussions as a couple. This is a big help, not only in remaining pure, but also in keeping our marriage strong by living in the Spirit as a couple. ‘So I say, live by the Spirit, and you will not gratify the desires of the sinful nature’ (Galatians 5:16). Purity in marriage is one of the legacies we want to leave our three sons. Teaching by example is the best way to raise men of virtue. Our prayer is that they, too, will remain pure and experience the blessings God has promised whatever vocation they choose.”

### **Gary and MM**

“A good and fruitful prayer life keeps us grounded. We pray for each other, may it be big or small petitions. Purity of the mind and heart is where it all begins. We avoid significant relationships with the opposite sex. We have many friends but we are each other’s best friends. We are present at each other’s important events, and we listen a lot to each other. Also, we don’t watch movies or read books that put too much emphasis on sexuality.” 

# Special Section

Teaching

A person is walking a tightrope across a deep canyon. The scene is set at sunset or sunrise, with a warm, golden light illuminating the sky and the rocky terrain. The person is silhouetted against the bright light, with their arms outstretched for balance. The canyon walls are rugged and layered, and the overall atmosphere is one of challenge and triumph.

# DO IT AFRAID

By Bo Sanchez

**I**f you want to fulfill your dreams, you have to have courage. Because your fears are what stand in between you and your dreams. Read carefully: your fears can either be a *wall* or a *way*.

For many people, fear is

a *wall*. When they smell fear, they run away. They give up their dreams.

For some people, fear is a *way*. It's a door to a whole new world of abundance and blessing. When they smell fear, they know that abundance is near. All they need to do is walk through the door of their fear.

### **Thank God for Fear!**

Does being courageous mean not being afraid? Not at all. God gave us fear for a purpose. And that purpose is to take us out of danger.

For example, I thank God I'm afraid of snakes. If I see a cobra in front of me, I won't stand here and say, "Hi!" I won't go religious and pray in tongues and cast out the spirit of "snakeness" from the snake. You'll see me running away as fast as I can.

Thank God for fear.

But be careful with fear. Because when fear becomes overwhelming, it'll control you. When it does, fear won't only take you away from danger, death, and destruction. It'll take you away from your dreams, too.

You've heard this many times. Courage is not the absence of fear. Courage is doing the right thing in the midst of fear. When your heart is pounding. When your knees are shaking. When your sweat is dripping. And you do the right thing anyway. That's courage.

I define courage as "doing it afraid." Unless you do it afraid, you'll never achieve any success.

Perhaps you've failed in your business. Perhaps people have rejected you. Perhaps you've been booted out of your job. So right now, you're afraid of being rejected again. My word to you? Do it afraid. Trust God and go out and try again. And believe that God has something great in store for you.

Are you single? Perhaps you've been hurt by a man before. Perhaps he used you, walked out on you, and chose someone else. Right now, you're afraid of being hurt all over again. My word to you? Do it afraid. Learn from your mistakes. But trust in God and

open your heart to the new person that He will give you.

### **How a Woman Saved a Nation**

Once upon a time, there was a woman who did it afraid.

Her name was Esther. She was a beautiful Jewish woman who became the wife of the king of Persia. But Persia had a wicked prime minister named Haman who wanted to kill all the Jews. He was like an ancient Hitler who wanted to wipe them off the face of the earth.

The Jews' only hope was Esther. She was the only one who could stop the massacre.

Married women might say, "Oh, that's easy. All she has to do is tell her hubby to throw out the prime minister. Or it's the couch for him tonight."

It didn't work that way two thousand five hundred years ago in ancient Persia.

They had this crazy Persian law: it was a crime for anyone to appear before the king uninvited. Even if you're the queen. Anyone who does so will be executed.

But Esther was a woman of courage. She told the Jews to fast and pray for her. She said, "I will go to the king, even though it is against the law. If I must die for doing it, I will die" (Esther 4:16).

In fact, this was what almost happened. When the king saw Esther in front of him uninvited, he got very angry. But he took pity on her and asked her to come to him. When Esther told him about Haman's evil plan, he had Haman executed—and the Jews were saved.

God says to you, "Be determined and confident. Do not be afraid of them" (Deuteronomy 31:6).

### **What Are You Afraid Of?**

Think about it. The same person, the king of Persia, could execute her or save her people from

annihilation. The king was both the source of her fear and also the source of her freedom.

Remember my lesson earlier: see your fear as a door. It's not a wall, but a way. Walk through the door of your fear and you'll walk toward your dreams. Everything that you want in life—happiness, friendship, abundance, blessing—is right *after* the door of fear.

Let me say it again. Esther didn't get rid of her fear. She just did it afraid. She did the right thing even when she was still afraid. But that's the secret to overcoming fear and achieving great success. Esther's love for her people was bigger than her fear. That's why she faced the king of Persia at the risk of losing her life.

In the same way, make your love bigger than your fear—and you can do anything. You can reach your dreams. When your fear is the biggest thing in your life, you get stuck. You don't grow. You remain there for the rest of your life.

Do you feel as though nothing is happening in your career? In your spiritual life? In your relationships? Do you feel stuck? Find something that's bigger than your fear, and you'll be able to walk through the door of fear.

### **What Is Bigger Than Your Fear?**

In my preaching ministry, I had to "do it afraid" many times. The first time was when I had to talk to ten thousand people at the Araneta Coliseum, I was afraid.

I was sixteen years old. While waiting for my name to be called, my knees were literally shaking. My heart was pounding in my chest so loudly that I wondered if the people beside me heard it. "Uh, excuse me, those bongo drums you're hearing is just my heart beating." I was behind the big stage, awed at the massive audience around me.

It didn't help that at sixteen, I looked like a malnourished refugee. I was so thin that if the fan blew in my direction, I had to hold on to something. I asked myself, "What am I doing here? What was I thinking

saying yes to give a talk to this humongous crowd? For crying out loud, I'm sixteen years old. I have nothing to tell them!" I remember what I told myself that day. I said, "I'm here to love them, not impress them. Let them laugh at me. Let them boo me off the stage. It's OK. I'm here to love them." My name was called. I stepped on stage. I did it afraid and loved them. Before I knew it, my fear was gone. The secret to courage? Make your love bigger than your fear. Make your dream bigger than your fear. Believe that God is bigger than your fear.

That wasn't the last time I did it afraid. There were many more occasions in my preaching ministry.

The first time I spoke to an international audience (it was in Canada), I did it afraid. The first time I gave a talk to a roomful of executives, I did it afraid. The first time I gave a talk to roomful of judges, I did it afraid. They looked so stern. And none of them laughed at my jokes! It was like they were, uh, judging me. The first time I gave a talk to a roomful of bishops and priests, I did it afraid. I asked myself, "What did I know that they didn't know? Whatever I say, they already studied about during their four years in Philosophy and four years in Theology!" But each time, I stepped on stage and told myself, "Yes, I'm afraid. But I'll love them."

Here's what I noticed. God expanded my ministry to the degree I was willing to do it afraid. It's the same with all of life. Your life will only grow in direct proportion to your willingness to "do it afraid." You can't even follow God if you won't do it afraid.

### **It Takes Guts to Be Good**

Courage is the basic ingredient for any virtue. Without courage, you can't follow God. It takes guts to be good. Without courage, you can't be loving, or loyal, or humble, or honest, or committed, or faithful.

Let me give you an analogy. If the different virtues are different

flavors of ice cream, courage is the milk in the ice cream. You can't have ice cream without milk. It's in all flavors. In the same way, you can't have virtue without courage. Courage is in all the virtues.

### **He Said, 'I'll Do It God's Way'**

My friend Tom was a medical representative for a pharmaceutical company. Tom told me that in his province, it was standard operating procedure (SOP) that med reps drank with the doctors and gave them women. In fact, his own boss told him that he wouldn't succeed in his job if he didn't drink with the boys and offer girls to his clients. Being a rookie in the job, he felt ashamed to decline, even if in his conscience, he knew it was wrong.

So he went along with the drinking. He'd try to drink only two or three bottles at the most. And while his companions would take their bar girl to a motel, he'd just talk with the bar girl the entire evening.

But one day, he asked himself, "Am I more concerned about 'loss of face' or 'loss of soul'?" Mustering enough courage, he went to his boss and said, "Sir, I won't join you and the guys tonight. And I've decided I won't be drinking and offering women to my clients anymore." His boss was shocked. He asked, "Are you crazy? Why?" He said, "I'm a Catholic." The boss said, "I'm Catholic, too. But this is our job." Tom said, "I'm a renewed Catholic. I can't go against my faith." "Mark my words," he told Tom sternly, "You'll lose your job." Tom said, "Watch how God will work."

The next day, Tom gave *Kerygma* magazines to the doctors. The next day, he gave them *Didache*, a daily reflection guide. The day after that, he gave them *Companion*, a Bible journal. He also worked doubly hard. The result? In three months, Tom became the top-selling, top-performing med rep in the entire region.

### **Simple Examples of Courage**

Without courage, you can't even do something as basic as tithing. It takes



courage to give ten percent of your income to God each month. And then believe that He will stretch your money to meet your needs.

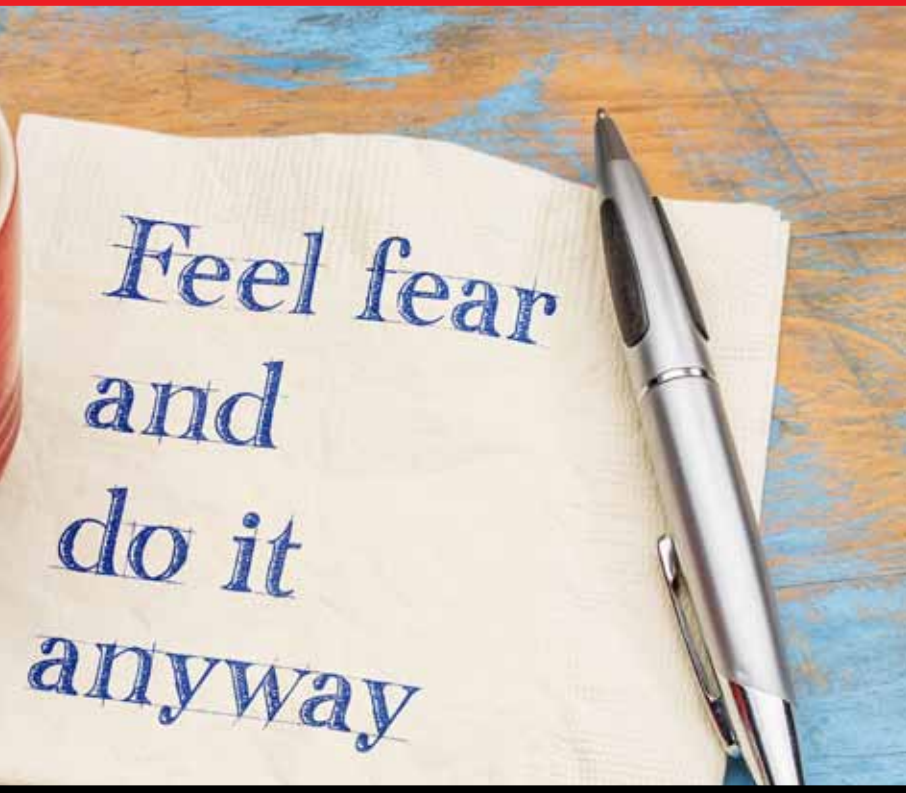
When I was earning P10,000 a month, I found it easy to give P1,000 a month. But when I started earning P50,000 a month, I had to swallow hard when I put P5,000 in my tithe envelope. I wasn't used to giving that big an amount. Through the years, I kept tithing—and saw my income go up.

It takes courage to volunteer in a ministry, sacrifice your time—and believe that God will multiply your time. It takes courage to disciple someone—loving the person until he grows in his spiritual life.

It takes courage to die for someone.

It takes courage to live for someone.





### **Love Even If You're Afraid**

I love telling my favorite story of courage. When I was sixteen years old, I won a trip to Jerusalem from a Bible quiz on national TV. This is not the trip to Jerusalem game where kids circle around chairs. (That's how Filipinos call the game "musical chairs.") I really won a trip to the land of Israel. It was the first time I was going to travel, and I was going to travel all by myself for forty-one days, visiting twenty cities all over Europe. As a sixteen-year-old backpacker, I was scared and excited at the same time. My mother sewed a hidden pouch in my socks and inserted my dollars there. Because my money was very little, her instructions to me were, "Don't stay in hotels; stay in convents. Don't eat in restaurants; buy your food and eat on park benches."

My first stopover was Athens, Greece. As I sat in the airport, waiting for my flight to

Israel, a somewhat plumpish woman (OK, a really plumpish woman) came walking toward me carrying two huge suitcases. I ran to help out. I said, "Madame, can I help carry your things?" She didn't understand a word I said. I knew a little Spanish, so I asked, "*Puedo llevar tus cosas?*" She also didn't understand. Being charismatic, I was tempted to speak in tongues. But I decided against it. Instead, I used the universal language. I held up my hands as though I was carrying two suitcases. Immediately, she understood. She handed me her suitcases, thinking perhaps I was a porter.

I then moved my hand like it was a plane, made the "whoooo" sound, and said, "Jerusalem." Her face lit up. She did the hand action of a plane, the "whoooo" sound of a plane, and said, "Jerusalem!" We were going to the same place. We walked to the airline counter. I gave my ticket and the kind

gentleman gave me my boarding pass. I was ready to fly. Then it was the woman's turn. She handed her ticket with a smile. The man read her ticket, shook his head, and said, "I'm sorry ma'am, this is an invalid ticket. You can't ride this plane."

### **Lord, What Do You Want Me to Do?**

She couldn't understand him. They had to get a translator—what language I had no idea—to tell her that she had to buy a new ticket if she wanted to fly. Tearfully, she told them that she had no money. And that this was a stopover for her, too, so she was stranded. The man behind the counter raised his hands in surrender, telling her they couldn't do anything about it. She got her suitcases from me. She walked to a corner of the airport, sat down, and wept loudly.

I watched her from the distance. How could I leave her like this? But what could a sixteen-year-old kid do? So I prayed, "Lord, what do You want me to do?" I learned that was a very dangerous question to ask. Don't take it flippantly. Because in my heart, I felt God tell me, "Buy her a ticket." It was absolutely nuts! Didn't He know that my dollars were in my socks?

I walked up to the counter guy and asked, "How much is a ticket to Israel?" He said, "\$256." Gulp. But I knew in my heart that I had to do it.


### **A Miracle Happens**

I walked up to the weeping lady. Through sign language, I told her I was going to buy her a ticket. She understood me immediately. She literally jumped for joy and hugged me. I disappeared in her embrace. Gently, I brought her arms down. I checked for broken bones and found none. We both walked to the counter.

"Sir," I announced, "I'm buying a plane ticket for this lady." The man gasped. He asked, "Do you know her?" "No, I don't. I just met her here." He shook his head. "Are you rich?" I smiled. "No. But my Father is rich!" He didn't want to sell me a ticket. He called his big boss. In a few minutes, the man marched in and they both argued our situation. Finally, when our flight was about to go, I thought I heard the big boss sigh in exasperation and say, "OK. Let the lady fly. But don't let this stupid guy pay!"

I couldn't believe it. They were letting her have a free ride. My dollars remained safe in my socks. Both of us boarded the plane. We even sat beside each other and prayed together.

I was sixteen when this happened. All through my life, there have been many times when I did it afraid. I believe it's the secret to all of my breakthroughs.

My friend, do it afraid. 



By Heck Zamora

**D**iscipline is such a big word nowadays, especially in the classroom. The classroom is a miniature of reality. As a Grade 7 teacher in a public school in Caloocan for more than eight years now, I experienced firsthand how discipline can impact one's life—the life of my students and also mine. Let me share my story.

My early years as an educator was a baptism of fire for me. I was a young professional who was realizing his own dream of becoming a beacon of hope to the next generation. It was not easy as I thought it was. It was like being fed to a den of lions.

I remember one particular incident that changed my perspective about discipline. I had this student in my advisory class who was so obnoxious that he got on my nerves. What I did to him was so horrible. I gave in to my temper and suddenly punched the student in the stomach. He went home barely OK.

The following day, the mother talked to me and asked me why I did that. She said, "*Pasaway naman ang anak ko pero hindi ko ginawa sa kanya ang mga ganun.*" (My child is obnoxious but I never did that to him.) That statement

changed my perspective about disciplining my students.

I took a leave in handling an advisory class. I couldn't stand being a second father to a group of children after what happened. But God turned this painful experience into His greatest revelation. After a year, I was given another advisory class assignment. At first I was hesitant, but I eventually accepted it.

I was assigned to a middle level class, section six out of the possible nine classes. Section six changed my life. In this section, I was able to experience how God's love changed my perspective. Section six gave me an opportunity to correct my past mistakes. I was able to motivate them to win the monthly contests in our school. But more than that, what I'm proud of is I was able to instill in them how to discipline themselves so they can achieve their respective dreams. Section six became my testimony on how God's love can change a person.

To teach young people about discipline, you have to do it with **L.O.V.E.**

**LISTEN.** In this day and age, young people need to be heard. Gone are the days when they were sub-members of society. They know what they want but they don't know how to act on it. So let's listen to them. For them, the first order of love and discipline is to listen. Hear what they want to say and learn from them.

**BE OBJECTIVE.** When they commit mistakes (I'm sure they will), be objective in giving them proper correction. Don't let your disappointments or frustrations get ahead of you. Most of the time, young people have a hard time understanding the punishment

meted out to them. Just encourage them to do better next time. Explain to them what they have done wrong. Remember, hate the wrongdoing but not the person who committed it.

**VALUE.** Tell them how much you value them. Appreciate their uniqueness. One of the reasons many students are unruly in the classroom is because they need our attention. They need to feel that they are important, too. If we neglect this, we are teaching them to neglect one important aspect of life—time. Sometimes you have to go the extra mile for them to know the real value of discipline.


**EMPOWER.** Trust them to make their own decision. They are old enough to make decisions but guide them anyway. Allow them to make mistakes but encourage them to try again. Experience is the best teacher after all. Empower them by telling them each day how you love them. It might sound cliché but it works.

At the end of the day, discipline and love coexist.

Love is the discipline that the world needs.

A love that never gives up on people.

A love that gives us second chances.

A love like Jesus. 

## Living Life the GMRC Way

**W**here did the values we learned as children go? Have these become so ordinary that we have left them on the sidelines only to be buried under heaps of fads, trends, and relativism? We may have forgotten the values of goodness, modesty, respect, and courage but these remain in the fiber of our being.

All it takes to unearth them is to pause, and in silence allow God's light to seep through the cracks of our memories.

Tintin Bersola Babao shares how GMRC (goodness, modesty, kindness, and courage) has become a way of life for her. As we read on, let us ask the Holy Spirit's grace to remember and His help to revive these values in our lives.


**On Goodness:** "I believe that everybody is inherently good. But my weakness is failing to see a person's bad side. I always look beyond a person's fault. I still show goodness to that person in the hope that he will repay me with the same. I believe goodness begets goodness."

**On Modesty:** "Modesty is guarding yourself—the way you speak, the words you choose, the way you move, the way you sit, the way you dress. It is my wish that more mothers will encourage their kids to dress appropriately and properly most especially during the Mass.

We may live in a big house but we maintain our modest lifestyle. It's not the size of the house; it's the size of the hearts of the people who live there. At the heart of our home is the prayer room where we retreat to be with God."

**On Respect:** "When our children Anya and Nio were little, I made them T-shirts that reminded them about respect. On one shirt I printed, "Po, ho, opo." Then we also taught them to greet our guests by saying "Good morning, good afternoon, good evening," and to take their hand and make *mano*.

**On Courage:** "When I was sixteen years old, my parents separated and I was left to be a big sister to my younger sister Charmaigne. Then my parents got back together for awhile to give the marriage a chance, and my mom gave birth to Niño my youngest sibling. My parents separated a second time when I was twenty-one years old and my brother was three years old. My mom, to preserve her sanity, entrusted to me the care of my siblings. I gladly took the reigns of being the responsible big sister but it required much courage from me. The Lord is good to bless me with a good-paying job where I can talk away and enabled me to see my siblings through college."

It is neither too late nor too old fashioned to live out GMRC in our lives. Let us do so now and encourage others to do the same. 



Tintin's shirt courtesy of Worship Generation.

Photo by Daniel Soriano  
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"Keep your lives free from the love of money and be content with what you have,

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So we say with confidence, "The Lord is my helper, I will not be afraid.

What can mere mortals do to me?"

Hebrews 13:5-6

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# KERYGMA MISSION PARTNER 2018

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



Subscribe to Kerygma magazine and get a chance to win exciting prizes this 2018!

- Subscribe to Kerygma from March 1, 2018 to Dec 31, 2018.
- The number of raffle entry a subscriber gets depend on the following type of subscription:
  - Regular KMP- P800.00: 1 Raffle entry
  - Silver KMP- P2,500.00: 3 Raffle entries
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- 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

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

### Minor Prizes:

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

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

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### Guidelines:

- 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.
  - 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.
  - The winner of the trip to **Holy Land Pilgrimage** will secure his/her own passport.
  - Prizes are transferrable but not convertible to cash.
  - 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.
  - Validity of international trips is within 6 months from issuance.
  - Prizes must be claimed w/in 60 days from receipt of notification.
  - Prizes unclaimed will be forfeited in favor of SVP with prior DTI approval.
- 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).
  - 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.

- The promo organizer's decision is final with the concurrence of the DTI.
- 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.
- 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.

### THERE'S MORE!

Kerygma Mission Partner Mercy Package:

- 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.
- 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.
- 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.
- Coffee with Bo & breakfast with Bob schedules will depend on the availability of Bro. Bo Sanchez & Father Bob Mcconaghy.
- Call 725-9999 and look for Sarah for more details.

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



# CHRISTMAS COINCIDENCES

**T**here are coincidences in every life story. Scripture scholars and exegetes classify such congruence as belonging to either of two of the four categories of “senses” of the Bible: the allegorical or moral. For us less scholarly types, let’s call them “divine coincidences.” St. John Paul the Great once said, “In the designs of Providence there are no mere coincidences.”

Let’s look at a few of the many in the Christmas narratives.

Bethlehem, the city where Jesus was born, has its etymological origins in the Hebrew words *beth* (house) and *lehem* (bread) meaning “house of bread.” In recent weeks, we had had four consecutive Sundays of the Bread of Life discourse where Jesus, following His miracle of multiplying loaves, stressed His body as the bread from heaven to be eaten that one may attain life everlasting. At Bethlehem, He is laid in a


manger, a feeding trough for sheep.

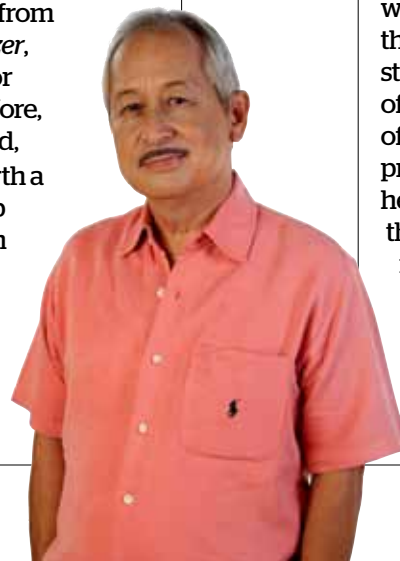
After Herod died, an angel of the Lord appeared to Joseph in a dream and told him, “Take the child and His mother, and go to the land of Israel, for those who sought the child’s life is dead.” Joseph did as the angel said but on learning that Archelaus, Herod’s son, reigned in Judah, he went to settle with Jesus and Mary in Galilee, in a town called Nazareth. His decision fulfilled a messianic prophecy: “He shall be called a Nazarene.”

Nazareth comes from the Hebrew word *nezer*, which means shoot or sprout. Centuries before, Isaiah had prophesied, “There shall come forth a shoot from the stump of Jesse, and a branch shall grow out of its roots” (Isaiah 11:1). With the fall of the kingdom of Judah to the Babylonians in 587

By Ed de Vera

B.C., the Davidic line had not died but simply gone dormant and forgotten till an angel reminded Joseph he was a son of David and recalled for him Isaiah’s prophecy (7:14) about the Virgin and the Immanuel (Matthew 1:20-24). By taking Mary as his wife, the child to be born, the Son of David, would rule in an everlasting reign (2 Samuel 7:12-13).

Now let’s do the math on dates related to Christmas: Feast of Tabernacles celebrated on the month of Tishri fell on or about third week of September. That was when Zechariah doubted the Archangel Gabriel, and was struck dumb. March 25, the Feast of the Annunciation: Mary learns of Elizabeth’s sixth month of pregnancy and hastens to visit her, and stays till the birth of John the Baptist on June 24. Nine months after the Annunciation is December 25. 



E-mail Ed at [catholicsoul@gmail.com](mailto:catholicsoul@gmail.com).



# GOODNESS BEYOND CHRISTMAS

**G**one are the days of never-ending parties, reunions, exchanging gifts, and all that stuff during the holidays. This year will be my seventh year of spending Christmas with more meaning. In the morning of Christmas, I'll be with the poorest of the poor at the Missionaries of Charity in Tayuman, Manila founded by St. Mother Teresa of Calcutta. My good and dear friend, Ai-ai delas Alas told me about this. She would share with our Light Group that when she feels sad and lonely, she seeks refuge at the home for the aged at the Missionaries of Charity. She would visit the elderly and give them a bath. It gives her joy to serve them despite her hectic schedule in showbiz.

Once, a few days before Christmas, I received an invitation to perform on Christmas day at the said place. I readily accepted the invitation. For the first time, I celebrated Christmas in a totally different way.

I was surprised to see more than a thousand people who wanted to partake in the merry-making with the volunteers who prepared food, gifts, and entertainment. We were even blessed to attend early Mass officiated by no less than Luis Antonio Cardinal Tagle, archbishop of Manila.

After that blessed Christmas experience, I went on and continued to serve as host and entertainer every Christmas day. After a few years, Angelo Lobrin joined us in giving joy and laughter to thousands of God's

By Adrian Panganiban

beloved poor.

Christmas will never be the same again when we serve in our humble and small way by sharing the talents that have been entrusted to us by God. It simply makes our Christmas more meaningful and memorable. 📖

**Christmas will never be the same again when we serve in our humble and small way by sharing the talents that have been entrusted to us by God.**

*Adrian is the builder of The Feast Ermita which happens every Sunday, 9:00 a.m. at Cinema 3 of Robinson's Place Ermita.*



**I** served as lector on July 1, 2018 at The Feast Greenhills. Father Arlo Yap was the Mass presider then. His homily was about the woman who bled for twelve long years. For us to better understand the woman's story, Fr. Arlo put a white cloth on the altar to represent Jesus' clothes, and he reenacted the scene. Before he ended his homily, he asked all the sick people to come forward. So I did. He offered a special healing prayer. Then I touched the end of the white cloth and uttered the bleeding woman's words: "If I could only touch His clothes, I shall be healed."

Five days later, it was The Feast Manila's ninth anniversary titled "Fix You." Alvin Barcelona talked about the story of Bartimaeus, the blind man who cried out to Jesus. Jesus asked him, "What do you want Me to do for you?"

Alvin emphasized why Jesus still needed to ask the blind man when the answer was obvious. Jesus asked Bartimaeus because he might not want what Jesus wanted to do for him.

The Lord asked Bartimaeus because He is a loving God. Jesus respects what we want.

Alvin added the importance of telling Jesus what we really want: "*Para 'pag dumating, alam mong galing sa Kanya at hindi tsamba!*" (So that when the answered prayer comes, you know it wasn't just a coincidence but it came from God.)

Alvin ended his talk with a question: "Jesus is asking you now. *Ano ba talagang gusto mong gawin Niya para sa iyo?*" (What do you really want Jesus to do for you?) It struck me to the core. I'm not used



**"My grace is sufficient for you, for power is made perfect in weakness."** Joselle holds on to her life verse as she receives healing from illness.

## GRADUAL HEALING

By Maria Joselle Botacion

to praying for my own intentions. I believe that prayer will be more powerful if someone else prayed for me. So instead of praying for myself, I interceded for others. But that moment, I told Jesus: "*Lord, gusto ko na pong gumaling sa sakit ko. Ayoko na pong mag-steroids.*" (I want to be healed. I don't want to take steroids anymore.)

Then I had my checkup. My right wrist was still swollen and painful. I expected my doctor to prescribe steroids for three months or maybe increase my dosage.

To my surprise, she said I was ready to discontinue taking steroids. I had mixed emotions.

I was happy but also wondered if I could survive a day without it. But something unexplainable burst in my heart. There was a miracle happening before my very eyes. I was at a loss for words, and just cried tears of gratitude.

I didn't expect that the healing

would take place immediately, just a week after Fr. Arlo's homily. I never thought it would be possible.

I had already accepted the fact that I would forever take steroids for lupus that I contracted eleven years ago.

I also underwent six monthly sessions of chemotherapy when I was twelve years old. I had another six-month cycle that started in May 2015, and nine quarterly sessions that I just completed in June 2018.

Reflecting on everything that has happened, I realized that my healing came gradually. For eleven long years, God was at work. He prepared my heart for this great miracle. Despite all the tears and pain, a time of rejoicing will come. That time is now.

Indeed, 2 Corinthians 12:9 is real, that God's grace will always be sufficient.

May Jesus the Healer be praised! Amen. 

# 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, the Son, and the Holy Spirit.

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

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



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

Lord Jesus, we pray for the grace of self-control and inner peace that we may treat others with respect and calm. During trying times and tension-charged situations, may Your Holy Spirit remind us of Your experience in the desert where You calmly and confidently responded to the questions posed by the enemy. As we await Your birth this Christmas, we do so with patience and look forward to the greatest gift we can ever receive—Emmanuel, the Savior child who has come to save us.

*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.*

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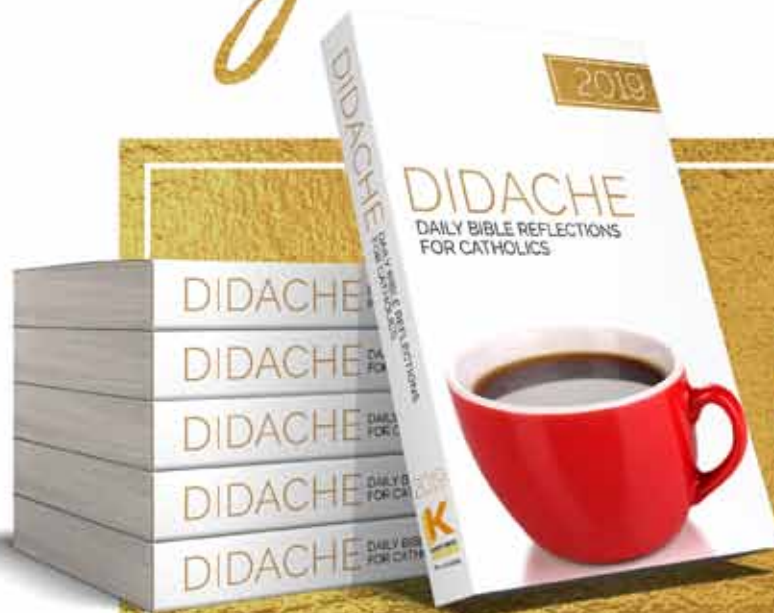
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**DAVAO:** ABREEZA MALL **ILOILO:** SHOPS AT ATRIA **NEGROS OCCIDENTAL:** THE DISTRICT - NORTH POINT  
**OLONGAPO:** HARBOR POINT **PAMPANGA:** MARQUEE MALL

**ALSO AVAILABLE AT HOUSE OF PRAISE STORES:** ROBINSONS GALLERIA VMALL FESTIVAL MALL SM MEGAMALL

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