



GRADUATE FROM LOOKING AT THE BIBLE AS A CHILDREN'S BOOK

For many, Jonah is nothing else but a simple children's story. Admit it. When we hear the word *Jonah*, the first thing we think of is *Whale*. (Note: The Bible does not say whale. It was a mistake of the translator of the King James Version.)

Believe me, Jonah is not a children's story.

By the way, this is not just a problem for Jonah; this is a problem for the entire Bible. Many people think the Bible is a collection of simple bedtime tales with moral lessons. *"And the moral of the story is...be a good boy...be a good girl."*

Here's the truth. The Book of Jonah is one of the most sophisticated, complex, intricate writing in all of the Scriptures, jampacked in one and a half pages, crafted by a brilliant Jewish author some 2,400 years ago.

Sadly, people don't see the profundity of Jonah.

Welcome to a brand new and exciting series, *Jonah*.

By learning how to read Jonah, you'll learn how to read the Bible the way Jesus read His Bible.

Have a powerful Feast today!

May your dreams come true,

Bo Sanchez

Founder, The Feast



ARE YOU LIKE JONAH?

Surely the first thing that comes to your mind with the question in the title is if you, too, were swallowed by a whale. I don't blame you. Many know Jonah, in the Bible, simply as the guy swallowed by a whale. But in this new talk series, you'll learn so much more, not only about Jonah, but about how to *truly* read and understand the Bible, especially Jonah's story.

Let me give you clues in advance.

If you heard God's voice telling you to go somewhere and you went the opposite direction — then you're like Jonah.

If you think God favors only you and your kind and shun those who are not like you — then you're like Jonah.

If you think God should punish bad people and not show any mercy to them — then you're like Jonah.

And if you think the only quick answer if God does not grant what you wish for is *"Just let me die!"* — then you're like Jonah.

This talk series should enlighten, convict, and change you.

Get ready for another power-packed talk series in our FEAST!

"Mayroong Magandang Mangyayari Sa'Yo!"

Your Friend In Jesus,

Alvin Barcelona

District Builder, Feast Bay Area

P.S. Thank you again to everyone for your continued support of our comeback here at PICC. Next Sunday, however, PICC is unavailable due to the elections. We shall, instead, hold our FEASTS at the Manila Hotel with 3 Sessions at 8:00 AM, 10:45 AM, and at 2:00 PM. Please help spread the word. See you!

P.S. FOLLOW, LIKE, and SHARE my M3SY Live Talks and Videos on Alvin Barcelona FB Pages, Instagram, and TikTok. You will be blessed!

MAY 1, 2022



LESSONS AND INSPIRATION FROM THE BOOK OF JONAH

THIS IS MY STORY: FAITH AND COMMUNITY

Sandra Arce, 44, from Batangas, shares how The Feast shifted her life's perspective and supported her as she grieved the loss of a loved one.

It was through a book written by Bro. Bo Sanchez and a copy of Feast (then, Kerygma) magazine that I came to learn about The Feast in 2001. Since then, I have longed to experience a Feast session. Almost two decades later, it happened.

The Link

It was October 2020, and Metro Manila was on lockdown due to the pandemic. My co-financial advisor, Ayesha, posted a prayer journal and a Zoom screenshot on her social media account, and I got curious. I messaged her, and she reintroduced me to The Feast.

"In this community, nobody is perfect, but you can be authentic. The community is there not to judge but to uplift and celebrate you," she said. She also sent me the link to The Feast's Facebook page after. I was ecstatic when I found out I can *finally* attend a Feast session without needing to travel because the mass, worship, and talks were all streamed online.

Journeying With Community

Bro. Bo Sanchez's and Bro Audee Villaraza's powerful preaching left me with so many realizations. But my experience didn't end with the program. After the virtual session, I also attended *Zoomustahan*, an online fellowship for Feasters (mostly first-timers).

Our group reflected on our learnings from the talks and their applications in our lives for the coming week. We openly shared our anxieties, frustrations, and concerns. No one felt judged but encouraged and empowered. Indeed, what Ayesha said was true.

I continued attending *Zoomustahan* and the online sessions of The Feast PICC and Ortigas. Later on, I also joined a Light Group.

The Shift

I used to be overly ambitious, materialistic, self-assured, and proud; I easily get irritated when things don't go according to my plans and timetable. Despite this, I thought that nothing was amiss. I believed I could go to heaven since I was *not* breaking the Ten Commandments.

Attending The Feast broadened my horizons and shifted my outlook on life. I learned that being good is not enough; I must do good to others as well. As a follower of Christ, I must strive to be humble, sympathetic, and empathic. Every sin we tolerate or accept, such as pride, greed, and jealousy, obstructs our spiritual development.

Facing Struggles

I, too, had my share of problems and felt like I was constantly fighting a battle. The worst came in 2019 when my mother was diagnosed with Ovarian cancer. Because I was the eldest and my two brothers were away working abroad, I assumed responsibility for her care and treatment. On top of this, my children and I also have our own health concerns.



Sandra Arce and her mom, Estela Dimacuha.

"I learned that being good is not enough; I must do good to others as well. As a follower of Christ, I must strive to be humble, sympathetic, and empathic. Every sin we tolerate or accept, such as pride, greed, and jealousy, obstructs our spiritual development."

The Feast was a big help during this difficult time. Every week, after each session, I felt light and recharged. Knowing that my brothers and sisters in the community are praying with and for me makes a huge difference and gives me strength.

It was a difficult ordeal, but we've faced them head-on with God. Because of this, these struggles didn't weigh me down as they did before.

Trust and Surrender

November 2021, my mom passed away. *Masakit tanggapin* as I placed my hope and trust in the Lord, fully expecting a miracle. But because of the prayers offered for me and my family, the grieving process did not take long. I learned to accept that our prayers aren't always answered in the way we expect.

Despite the pain, I continue to trust and surrender to God. I believe His plans are always bigger than mine. And as I follow Jesus, His plans are now also my goals in life.

Got an inspiring story? Email us at iamblessedatthefeast@gmail.com



DEPTHS OF MERCY

LESSONS AND INSPIRATION FROM THE BOOK OF JONAH

Erratum on the story "Road to Hope and Renewal" published on April 17, 2022: Joey Lyn Jean "Jawi" Llapitan-Genovana got her heart broken in 2016 (not in 2015) and attended Love Life Retreat the year after.

RECAP HOMILY

The Gospel According to John 20: 19-31 // Jesus Appears to His Disciples



"We are all vessels of mercy."
- Rev. Fr. Mark Demanuele, MSSP

Jesus calls us to give the same mercy we abundantly receive from the Lord to the people around us. And if there are moments when we doubt if we can give mercy as He does, surrender and ask help from God. The more you pour your cup, the more the Lord will refill it—and He will always fill it to the brim.



"It is a great consolation to know that over His justice, God is more merciful."

-Rev. Fr. Tommy Guzman

The novelty of the second Sunday of Easter, with the story of Thomas and with the Feast of the Divine Mercy, is that the risen Christ doesn't just depict God's power. The risen Christ also shows His never-ending mercy. The Gospel challenges us to mirror Jesus' mercy to others, to keep on loving despite experiencing pain and betrayal.

TALK

SERIES: CITIZEN: HOW TO BUILD A NATION

Metanoia

Like Simon, we, too, experience feeling hopeless, trapped in a mundane cycle; our best efforts remain unnoticed and unappreciated. But things change when we encounter Jesus. More importantly, we change when we move from being a *believer* to a *follower* of Christ.

Three Bs of Following Jesus:

1. **Believe** - Have faith. Grow your belief in God as He constantly reveals Himself to you.
2. **Belong** - Following Him brings people together; God makes a way for you not to be alone.
3. **Become** - Christianity is about having and growing a relationship with Jesus. Because the goal of life is not to solve all our problems but to turn to the real solution—Jesus.

More Steps to Following Christ:

Listen to Jesus (through His Word, the Gospel, prayer and meditation). **Obey God's will**; even when in doubt, trust Him. **Go deeper and prepare for a big catch**. Dig deeper into your faith and get to know God more. When you go deeper, especially upon His instructions, you will get a big catch. Be a blessing to others as you **share your catch**. **Acknowledge the Lord** and heed His call. Lastly, **leave everything** — your sins, doubts, fears — and follow Him.

Breaking The Loop

Jesus wants to break you out of the loop you are imprisoned in. He will turn your life around. Focus on the Lord and see Him for who He is and what He can do for you. Surrender and place your life in His capable hands. Miracles happen once you let Jesus in and decide to follow Him.

VERSES

SERIES: DEPTHS OF MERCY

TALK 1: THE PROPHET WHO WON'T PREACH

"The Lord gave this message to Jonah son of Amittai: "Get up and go to the great city of Nineveh. Announce my judgment against it because I have seen how wicked its people are." But Jonah got up and went in the opposite direction to get away from the Lord. He went down to the port of Joppa, where he found a ship leaving for Tarshish. He bought a ticket and went on board, hoping to escape from the Lord by sailing to Tarshish." (Jonah 1:1-3 NLT)

"When God saw what they had done and how they had put a stop to their evil ways, he changed his mind and did not carry out the destruction he had threatened. This change of plans greatly upset Jonah, and he became very angry. So he complained to the Lord about it: "Didn't I say before I left home that you would do this, Lord? That is why I ran away to Tarshish! I knew that you are a merciful and compassionate God, slow to get angry and filled with unfailing love. You are eager to turn back from destroying people. Just kill me now, Lord! I'd rather be dead than alive if what I predicted will not happen." The Lord replied, "Is it right for you to be angry about this?" (Jonah 3:10 - 4:4 NLT)

DEPTHS OF MERCY

Personal Reflection and Group Discussion:

1. Have you experienced being Jonah in the past where you felt God was too loving to your enemies? Can you share about it?
2. Pray that you become like Jonah, who despite his brokenness, became a channel of mercy to others.

LESSONS AND INSPIRATION FROM THE BOOK OF JONAH

BIG MESSAGE: FOLLOW HIM



SCENES FROM LAST SUNDAY

JESUS CALLS US TO "FOLLOW HIM AND BE FISHERS OF MEN".



FEAST BAY AREA DISTRICT ONLINE WEEKLY PROGRAM | MASS. TALK. WORSHIP.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Live FEAST PICC AM ENGLISH 8:30 AM WITH FSL FOR THE DEAF</p> <p>BRO. BO SANCHEZ BRO. AUDEE VILLARAZA</p> <p>Live FEAST PICC PM TAGLISH 1:30 PM</p> <p>BRO. ALVIN BARCELONA BRO. TONY VALENZUELA</p>	<p>M3SY LIVE</p> <p>BRO. ALVIN BARCELONA</p> <p>SINGLES GIG (Gathering In God) 8:00 PM</p> <p>BRO. DIDOY LUBATON SIS. ARIANE LIBAO SIS. MAYI LUBATON SIS. SHELLY VIGUILLA BRO. ZACH PE BRO. PONG JIMENEZ</p>	<p>BETTER TOGETHER 8:00 PM</p> <p>BRO. JC LIBIRAN</p> <p>SIS. REZZA CUSTODIO-SORIANO</p>	<p>M3SY LIVE</p> <p>BRO. ALVIN BARCELONA</p> <p>YOUTH AT HOME TAFT 5:00 PM</p> <p>BRO. MON REYES</p> <p>YOUTH AFTER PARTY 8:00 PM</p> <p>BRO. TONY VALENZUELA</p>	<p>FR. MICHAEL LAGUARDIA'S BIBLIAKONIA (Liturgical Bible Study) 8:00 PM</p> <p>FR. BOB MCCONAGHY</p> <p>FR. ALBERT GARONG, SSP FR. PAO ASPRER</p>	<p>M3SY LIVE</p> <p>BRO. ALVIN BARCELONA</p> <p>TGIF: Tonight God Is First (Worship Night) 8:00 PM</p> <p>BRO. ADRIAN PANGANIBAN BRO. JB RODRIGUEZ</p>	<p>FEAST AT HOME MANILA 4:30 PM</p> <p>BRO. PHILIP SUMERA</p> <p>BRO. RYAN CAPITULO</p>

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FEAST AT HOME

FORM THE HABIT OF BEING INTIMATE WITH GOD FOR 30 MINUTES DAILY.

Summons to Your Surrender Place

A SUMMONS IS A PERSONAL CALL BY NAME FROM JESUS TO COME TO YOUR SURRENDER PLACE.
- Fr. Bob McConaghy

Monday to Friday @ 6:00 A.M. on FB Live

FR. MICHAEL LA GUARDIA'S BIBLIAKONIA

FEAST AT HOME

I KNOW MY SHEEP AND MINE KNOW ME

JOHN 10:27-30 | FOURTH SUNDAY OF EASTER

MAY 05 | THURSDAY | 8PM

[/TheFeastMallOfAsia](#) [/TheFeastMallOfAsia](#) [Feast Bay Area Pages](#)

FEAST AT HOME AUGUSTINE INSTITUTE

YOU ARE NOT ALONE IN YOUR LONGING FOR A FULFILLING LIFE. THERE IS MORE FOR YOU, SOMETHING BETTER THAN WHAT YOU HAVE RIGHT NOW. IT IS THERE FOR YOU. IT IS WAITING. DISCOVER THE ANSWER TO YOUR DEEPEST LONGING TODAY!

THE SEARCH
FINDING THE MEANING OF LIFE

A 7-WEEK SERIES, EVERY SATURDAY STARTING MAY 7, 2022 2:00PM TO 4:00PM VIA ZOOM

REGISTER: <https://tinyurl.com/TheSearchSeason3>

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FEAST Feast Bay Area Holy Rosary

EVERY NIGHT VIA ZOOM
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PASSCODE: FEAROSARY

JOIN OUR FACEBOOK GROUP
facebook.com/ourmthsrosary

SCHEDULES
ENGLISH HOLY ROSARY MON, TUES, TH, FRI 9:45PM-11:15PM SUN 8:30PM-11:15PM
SANTOS ROSARIO SAHILIPINO SAT 8:30PM-11:15PM
HEALING ROSARY FB LIVE BROADCAST WEDNESDAY 9:00PM-11:15PM

COME AND JOIN US IN PRAYING THE HOLY ROSARY

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GRAND FEAST

Finding

J



Y

in 2022

January 2, 2022

Do You Think God Is Happy?

I believe so.

Because Joy was His idea. He invented it.

That's why I believe *Christianity is a religion of joy.*

We worship a happy God.

In the 16th century, St. Theresa of Avila, a Carmelite nun, said something so funny: *"A sad nun is a bad nun... I am more afraid of one unhappy sister than a crowd of evil spirits..."*

Pope Francis said, *"True joy is contagious and sustains us. However, when you find a seminarian or a novice who is too serious, too sad, something isn't right! They do not share in the joy of the Lord. Sadness is not holiness!"*

Bottom line? God's Love and God's Joy are one.

My prayer for you: May you receive more of God's Joy in 2022.

May your dreams come true,

Bo Sanchez
Founder, The Feast



GRAND FEAST

Finding

J



Y

in 2022

A BLESSED YEAR



I wish I could say that it's going to be a perfect year. A year where there will be no trials and tribulations. A year where the weather will be cooperative all throughout. A year where we will no longer need to wear face masks. A year where we will go back to our regular lives.

But there's no such thing as perfect.

So I don't wish for a perfect year. Instead, I pray for a blessed year. A year where, despite the trials and tribulations, we will overcome. A year where, despite typhoons and calamities, we will rise up. A year where, despite the pandemic, we will remain protected and provided for.

We don't need *perfect*. We just need *blessed*. We want God's blessing to be upon us. We want His grace to carry us. We want His love to fuel us.

I declare a blessed 2022 for you, my friend.

In Him,

AUDEE VILLARAZA
Builder, Feast At Home
Bay Area (Sunday/ English)

GRAND FEAST

Finding

J



Y

in 2022

JOY = Jesus, Others, and You

Happy New Year!

Welcome to our Feast Bay Area District Grand Feast for 2022!

I pray and claim that the many number 2s in the year 2022 should signify *double* the blessings, double the love, and double the joy.

Of course, it's not just about the numbers. *It's about believing that despite the continuing challenges we face — there is hope. Because there is God!*

Every New Year tells us that. God isn't done with us yet. He still gives us a brand new year to restart — to dream again, to have hope again, to live, and to love more.

We welcome the year with joy, and we know the secret to *real joy*.

It's putting JESUS first, OTHERS next, then YOU.

That means to continue calling on and holding on to Jesus in everything you do. And that making Jesus your everything results in loving and serving others more.

Then YOU will have real joy!

Here's another powerful simple secret to a joyful life. You read it in 1 Thessalonians 5: 16-18.

"Rejoice always, pray continually, give thanks in all circumstances."

Your rejoicing is always connected to your praying continually and in living a life of gratitude and thanksgiving — in all circumstances.

Do these, and I guarantee you, this year 2022 will be the best year of your life!

"Mayroong Magandang Mangyayari Sa 'Yo!"

Your Friend In Jesus,

Alvin Barcelona
District Builder, Feast Bay Area

GRAND FEAST

Finding

J



Y

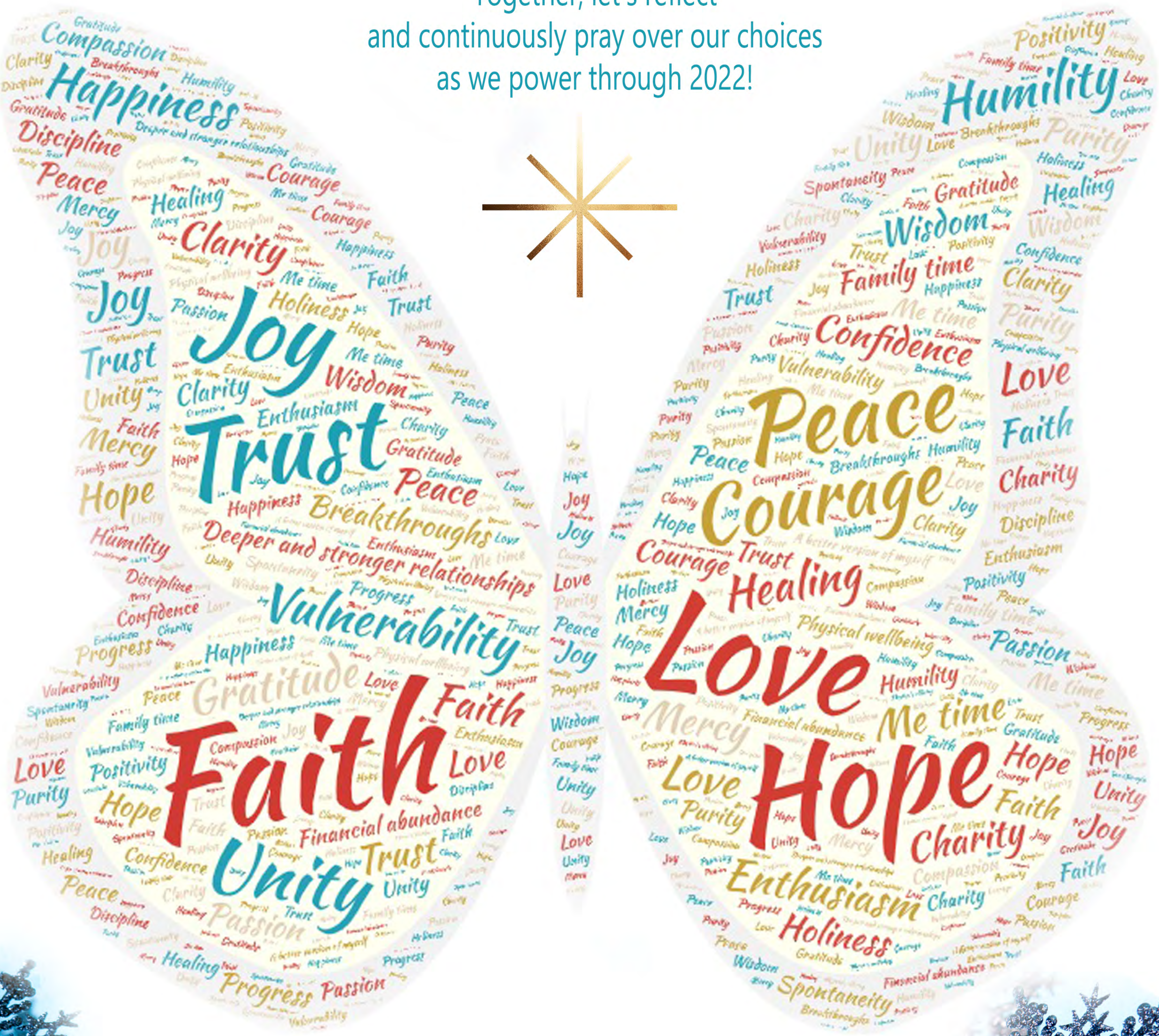
in 2022





What do you want more of this 2022?
Pick a word/s or a phrase/s from the collage below.

Together, let's reflect
and continuously pray over our choices
as we power through 2022!



Recap:

HOMILY

The Gospel according to Luke 2:41-52 //
The Boy Jesus at The Temple

The Holy Family—like every other family—is a human family. Despite the difficulties and disappointments they've faced, they stayed together by practicing the virtues of love, patience, humility, and forgiveness. May we also practice the same virtues in our own families. Let us also remember to place Jesus in the center of everything. Pray and listen to His word as one family. Let's always love and respect one another. Such is a family that stays together forever.



"Pray for your own family, have Christ in your midst, and love and respect one another."

- Rev. Fr. Mark Demanuelle, MSSP

Verge:

John 15:10-12

GRAND FEAST

Finding **J**  **Y** *in 2022*

"If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full.

This is my commandment, that you love one another as I have loved you."





DENIED

Fulfilled

January 30, 2022

The Process
& Passion
to Completion



LESSONS FROM THE BOOK OF MATTHEW

The Problem of Overconfidence

I love confidence.

Confidence is essential to all success.

But no doubt about it, overconfidence will kill you. Hubris has destroyed lives, families, churches, businesses, and nations.

And that's what happened to Peter the Apostle.

Overconfidence is seeing only your strengths and not your weaknesses. It's believing in your own lies about how great you are.

Today's Feast will be amazing.

Get ready for God to speak to you!

May your dreams come true,

Bo Sanchez
Founder, The Feast



This Is My Story: **Loved. Accepted. Embraced.**

Maybelle Borjal, 36, from Antipolo City, shares how *The Feast* opened up a door that led her to a community that helped deepen her understanding of who God is.

Losing The Focus

I used to be a part of a different Christian community. I attended services regularly and passionately served the Lord. But things began to change; disappointment and negativity took over. I was so fixated and clouded by these emotions. Slowly, I began searching for a “place” where I’ll grow more spiritually.

The Plunge

My friends from graduate school, as well as my sister, are active attendees at *The Feast*. Over the years, they’ve been inviting me to join them, but I kept on declining. I didn’t have the time. It was only in 2020 that I took the plunge; I clicked on *The Feast* PICC AM’s Facebook post and participated in an online session.

A Safe Space

That Sunday, I attended the Mass and stayed for the worship and the talk. I felt God speak to me through the preacher, Bro. Audee Villaraza. It was as if the message that Sunday was crafted specifically for me. I attended the *Zoomustahan* after the session; it’s a gathering for first-time attendees. I was so glad I did!

“This is your safe space, and we invite you to be vulnerable.” When the *Zoomustahan* started, we were greeted by these comforting words. And vulnerable, we became. I unloaded the baggage I carried; I felt accepted despite my weaknesses and shortcomings. At that time, I was experiencing anxiety caused by many factors mostly due to the pandemic. In the *Zoomustahan*, I also met believers who were going through the same challenges. This consoled my wounded heart; I felt understood and less alone. I became a regular attendee and participated in the *Zoomustahan* every Sunday since. I’ve learned about *The Feast* Bible Study too when I was invited by Tito Rolly and Cecilia Agustin. Little did I know then that this would be a gateway to a lot of changes in my spiritual life.

*“This is your safe space,
and we invite you to be vulnerable.”*

*When the Zoomustahan started,
we were greeted by these comforting
words. And vulnerable, we became.*

*I unloaded the baggage I carried;
I was accepted despite my weaknesses
and shortcomings....This consoled my
wounded heart; I felt understood and
less alone.”*



Maybelle Borjal, feeling *Loved. Accepted.*
and *Embraced* at *The Feast*!

The Fruits

Eventually, I also became a part of a Light Group and continuously attended the Liturgical Bible Study. I also served through the First-Timers Ministry and *Feast* Bible Study. As I continued my *Feast* journey, I met more people who inspired me in knowing and following Christ. They embody the fruits of the Spirit that I also long to develop more — self-control, gentleness, kindness, love, joy, and peace.

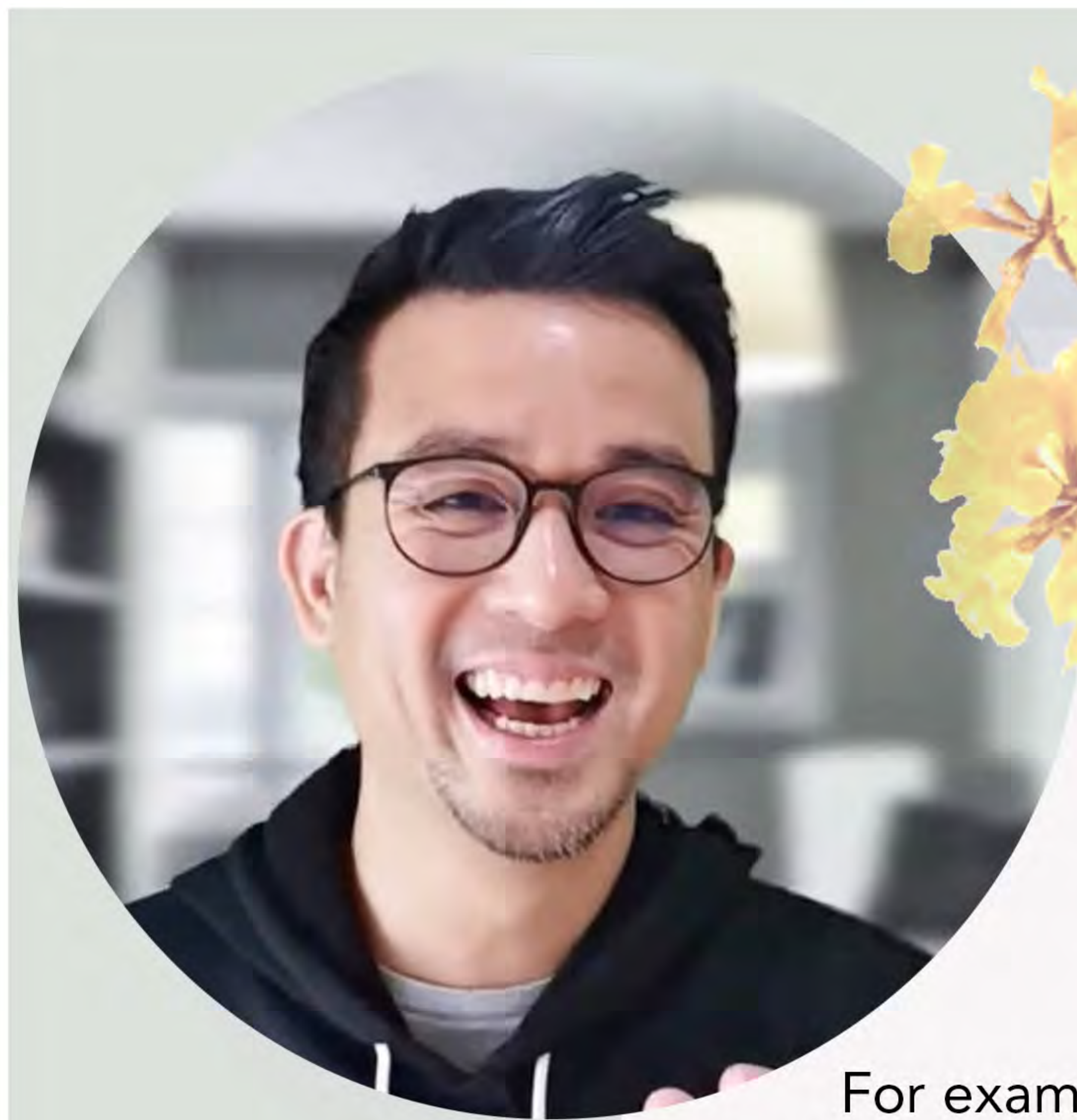
Last August 2021, one of my close friends died due to COVID-19. I was so down and found it difficult to serve God, but my *Feast* family showed me compassion and understanding. They helped me get back on track. Another thing I’ve learned is the importance of regularly nourishing our minds, hearts, and souls with the Word of God. Aside from studying His Word, we are also called to live by them.

Journeying Together

Sometimes, God allows us to be *blinded* so that He can redirect us to where we are supposed to be. He used my blindness to lead me to *The Feast* — to a community that helped me grow and mature more in faith. In my journey, I’ve learned to trust and surrender to Him more. I grew to learn that when the Lord asks us to let go of something we hold onto tight, it’s usually because He has something better in sight.

Loved. Accepted. Embraced. May you also feel these same things I felt should you decide to journey with *The Feast* community. Together, let us proclaim God’s love.

Share your inspiring story!
Email us at
iamblessedatthefeast@gmail.com



Backsliding

I was only introduced to this word when I joined The Feast. Before that, I had no clue that it even existed. *Backsliding* means going back to an old bad habit or condition.

For example, you've successfully stopped drinking, or watching porn, or gambling, then you had a sudden moment of weakness and gave in to it again, that means you *backslid*.

It's a human condition. We all go through it. Why? Because we're all open to temptation. Even the most faithful of Jesus' disciples backslid because of temptation.

How do we avoid temptation? First, you have to understand that we cannot avoid it. It's all around us. But we can resist it.

I've learned that *the best way to resist temptation is to speak your temptation out loud*. When you share it with a trusted friend, for instance, the temptation loses its power.

Ultimately, stay close to Jesus. When we're close to Him, we're strong, conscious, and genuinely joyful.

Have a blessed Sunday.

In Him,

AUDEE VILLARAZA
Builder, Feast At Home
Bay Area (Sunday/ English)

RECAP

HOMILY

The Gospel According to Luke 6: 27-38 //
Love Your Enemies

We all have enemies — people who wish us ill, who think we are beneath them, who talk behind our backs. There's always a natural temptation to get revenge. But we are called to follow Jesus' example — to forgive and love; do good to those who persecute us. Pray for your enemies; allow the Lord to change your heart in the process. The grudge you harbor only imprisons you. Like Jesus, give mercy, even when undeserved, and set yourself free from being your enemy's spiritual and emotional slave.

SERIES: **Fulfilled**
TALK 6: **Condemned**
BIG MESSAGE: **Get Up**

Dealing with Our Guilt

There are two types of guilt. First, *Holy Guilt* that brings us closer to God. Second, *Unholy Guilt* draws away from the Lord. We've all sinned and experienced guilt, but it is how we deal with our guilt that determines our destiny.

Four characters who dealt with guilt the wrong way:

1. **Judas** - He acted as his own judge and executioner. Often, we find ourselves in the same situation. We judge ourselves as *too sinful* or *unforgivable*. We punish and sabotage ourselves by deliberately living a miserable life.
2. **the Priests** - They did good deeds to assuage their guilt. Like them, instead of admitting that we're wrong and asking for repentance, we try to cover up our mistakes. But covering up is very different from restitution. Besides, we can never fool God.
3. **Pontius Pilate** - He washed his hands and didn't stand up for what was right. When we wash our accountability off our hands, we lose the opportunity to own up to our sins.
4. **the Mob** - They followed the wrong voices and made the wrong choices. There are times that we listen more to the voice of others than our own hearts and conscience. We justify what we did wrong by thinking it was for the *common good*.

Remorse and Return

Guilt is the enemy of Grace; it holds us from receiving His mercy and healing. Return to God. Let Him be your judge. The good news is, He is far more merciful than you are! We will never understand the depth of God's mercy. Come before the Lord and repent; no person is *too broken* for Him. And as you receive His mercy, also be a channel and extend the same Grace you received to those around you.



"Pray for your enemies...they might not change when you pray for them, but you will."

-Rev. Fr. Bob McConaghy

VERSES

SERIES: **Fulfilled**
TALK 7: **Crucified**

"Some of the governor's soldiers took Jesus into their headquarters and called out the entire regiment. They stripped him and put a scarlet robe on him. They wove thorn branches into a crown and put it on his head, and they placed a reed stick in his right hand as a scepter. Then they knelt before him in mockery and taunted, "Hail! King of the Jews!" And they spit on him and grabbed the stick and struck him on the head with it. When they were finally tired of mocking him, they took off the robe and put his own clothes on him again. Then they led him away to be crucified.

Along the way, they came across a man named Simon, who was from Cyrene, and the soldiers forced him to carry Jesus' cross.

The people passing by shouted abuse, shaking their heads in mockery. "Look at you now!" they yelled at him. "You said you were going to destroy the Temple and rebuild it in three days. Well then, if you are the Son of God, save yourself and come down from the cross!"

At noon, darkness fell across the whole land until three o'clock. At about three o'clock, Jesus called out with a loud voice, "Eli, Eli lema sabachthani?" which means "My God, my God, why have you abandoned me?" Then Jesus shouted out again, and he released his spirit.

At that moment the curtain in the sanctuary of the Temple was torn in two, from top to bottom. The earth shook, rocks split apart, and tombs opened. The bodies of many godly men and women who had died were raised from the dead.

The Roman officer and the other soldiers at the crucifixion were terrified by the earthquake and all that had happened. They said, "This man truly was the Son of God!"

(Matthew 27:27-32,39-40, 45-46, 50-52, 54 NLT)

Personal Reflection and Group Discussion:

1. Where do you think have you answered the Call of the Cross, imitating Jesus in dying to yourself for others?

"On the way, Jesus told them, "Tonight all of you will desert me. For the Scriptures say, 'God will strike the Shepherd, and the sheep of the flock will be scattered.' But after I have been raised from the dead, I will go ahead of you to Galilee and meet you there.

Peter declared, "Even if everyone else deserts you, I will never desert you." Jesus replied, "I tell you the truth, Peter—this very night, before the rooster crows, you will deny three times that you even know me." "No!" Peter insisted. "Even if I have to die with you, I will never deny you!" And all the other disciples vowed the same.

Meanwhile, Peter was sitting outside in the courtyard. A servant girl came over and said to him, "You were one of those with Jesus the Galilean." But Peter denied it in front of everyone. "I don't know what you're talking about," he said.

Later, out by the gate, another servant girl noticed him and said to those standing around, "This man was with Jesus of Nazareth." Again Peter denied it, this time with an oath. "I don't even know the man," he said.

A little later some of the other bystanders came over to Peter and said, "You must be one of them; we can tell by your Galilean accent." Peter swore, "A curse on me if I'm lying—I don't know the man!" And immediately the rooster crowed. Suddenly, Jesus' words flashed through Peter's mind: "Before the rooster crows, you will deny three times that you even know me." And he went away, weeping bitterly."

(Matthew 26:31-35, 69-75, NLT)

"After breakfast Jesus asked Simon Peter, "Simon son of John, do you love me more than these?" "Yes, Lord," Peter replied, "you know I love you." "Then feed my lambs," Jesus told him. Jesus repeated the question: "Simon son of John, do you love me?" "Yes, Lord," Peter said, "you know I love you." "Then take care of my sheep," Jesus said. A third time he asked him, "Simon son of John, do you love me? Peter was hurt that Jesus asked the question a third time. He said, "Lord, you know everything. You know that I love you." Jesus said, "Then feed my sheep." "I tell you the truth, when you were young, you were able to do as you liked; you dressed yourself and went wherever you wanted to go. But when you are old, you will stretch out your hands, and others will dress you and take you where you don't want to go." Jesus said this to let him know by what kind of death he would glorify God. Then Jesus told him, "Follow me."

(John 21:15-19 NLT)

Personal Reflection and Group Discussion:

Share realizations about the three powerful lessons from the passage:

1. Let's do a meditation exercise. Recall your biggest regret, whether it be a sin or a failure. Then, merge it with Jesus embracing you at that moment, loving you, saying, *Even if you failed, I still trust you.*
2. Jesus bore His suffering (1) because He loves us, and (2) because He knows how the story will end. Let's do a second meditation. Describe how your story will end.

RECAP

Homily

The Gospel according to Luke 1:1-4; 4:14-21 //
Sunday of the Word of God

The Church and the Bible go hand in hand in their purpose to reveal God to us. The sacred Scripture is not merely a record of events. It is the living Word. We are reminded to set aside a regular schedule to read and study Scripture. Let us ask the Holy Spirit to expand our hearts and minds as we get to know and encounter Jesus in a unique and powerful way through the Bible. May we always build ourselves using a strong foundation—the Word of God.



"The sacred Scripture is the living Word of God... These sacred texts have the power to let anyone encounter the person of Jesus Christ"

- Rev. Fr. Albert Garong, SSP

SERIES: Fulfilled
TALK: Betrayed
BIG MESSAGE:
God wants you
to eat and drink
His love.

Silver Coins

God entrusts His heart to us. Because of His relentless love, He brought us into His inner circle and dropped His defenses giving us the capability to pierce His heart whenever we succumb to temptation. Jesus sacrificed His life and rescued us from sin. Don't give Him up for loose change—for *lust, greed, pride*. Don't exchange Jesus.

Eat and Drink

More than understanding, God wants us to eat and drink His love through the Holy Mass. Jesus is the Bread of Life. His blood is the blood of the covenant. He is the Lamb slain for our salvation. In the same way that God rescued Israel from the slavery of the Pharaoh, Jesus rescued us from the slavery of sin.

Taste and See

Jesus offered His body and blood so that we get to taste the Lord's goodness. Let us partake in His banquet. Only He can satisfy our emptiness; only He can fill us to the full. When we have Him in our lives, we have more than enough. Through Christ, we are made whole.

I'm So Happy The Feast Is A *Thinking* Community

With your permission, I want to do some Theology with you.

And my heart is burning inside. I must do this. Because what is at stake here is your picture of God.

I love saying this: *You become who you worship.*

Have you noticed? There are some who've been religious for years, yet they are the most judgmental. They look down at others. They condemn others. They actually hate a lot of people in God's name.

Many times, the root cause is their picture of God. It's distorted. *And when you have a distorted image of God, you live a distorted life.*

Another reason why I'm doing Theology with you? Because you can handle this. The Feast is a *thinking* community.

Today, we'll answer these hard questions:

- "I don't understand how Jesus died for my sins."
- "Can't God just forgive me without Jesus dying on the cross?"
- "How can you follow a God who kills his own Son?"

Have a mind-nourishing and life-changing Feast today!

May your dreams come true,

Bo Sanchez
Founder, The Feast



Real Leaders Serve

Can I share two pieces of random trivia with you?

First: Did you know that the word *leader* is mentioned only four times in the entire New Testament? Considering the length of the Bible, you would somehow expect the word *leader* to be abused and overused.

After all, Jesus was known as a very effective leader during His time. As we know it, the world regards Him as the greatest example of how it is to lead people. And yet, how come the Bible rarely referred to Him as a leader?

Here's the second trivia: Did you know that the word *servant* is mentioned at least 489 times in the King James Bible version alone? If you add the other versions, the word *servant* is mentioned more than 1,000 times.

You don't need to be a rocket scientist to figure this one out. While Jesus was a leader to many, to His closest confidants who authored the New Testament, He was a *servant*. He served people, loved them, and cared for them.

Here's the truth: Before you learn how to lead, learn how to serve. Real leaders serve.

In Him,

AUDEE VILLARAZA
Builder, Feast At Home
Bay Area (Sunday/English)



February 27, 2022

Fulfilled

The Process
& Passion
to Completion

LESSONS FROM THE BOOK OF MATTHEW

the
FEAST

YOUR JOY IS YOUR JOB



JOYFUL

November 28, 2021



JOYFUL



YOUR JOY IS YOUR JOB

How is your joy tank these days?

One time, I made the mistake of saying that a friend *stole my joy* because he did something that angered me. But later on, I realized that it was not exactly the right thing to say. No one can steal your joy unless you give it to them. Many people don't know this, but your joy is your job. *You're responsible for your joy.* Did you know that?

The Psalmist said, *"Today is the day that the Lord has made, I WILL REJOICE and be glad in it."* (Psalm 118:24 NLT) Everybody say, *"I will rejoice."* Even if it's traffic on the way to work, I will rejoice. Even if I'm sick, I will rejoice. Even if I'm stressed out, I will rejoice.

Because to rejoice is a personal choice. You might not feel like it, but you choose to do it — because *your joy is under your jurisdiction.*

Decide to be joyful today.

In Him,

AUDEE VILLARAZA
Builder, Feast At Home
Bay Area (Sunday/ English)



THIS IS MY STORY

A Love to Last



As shared by Irene Siopongco-Blackwell, a businesswoman from Calbayog City, Samar, to Loveleah Mallari.

God of surprises

At 37, I thought I would be single forever. But John William “JB” Blackwell, my online friend for three years and a prominent and handsome Phil-American, proposed marriage, and I was proven wrong. On June 8, 2013, we had a grand wedding even when I told JB that a small wedding would do. He wanted the memory of the event to last a lifetime.

God in our trials

A few months after getting married, our business was severely hit economically by Super Typhoon Yolanda. Despite this, our relationship stood strong. But the financial problem persisted until 2015. At that point, I didn’t know what to do or where to go.

But God truly knows our every need even before we ask. I happened to watch The Feast on TV and decided that was where I should go. I attended a session in PICC and received a copy of the Novena to God’s love. A Feaster testified that the Novena works! He shared that before he came to The Feast, he was a businessman with many debts and financial obligations. Now, he fulfilled the dreams that he used to only pray for. His experiences mirrored what I was going through.

I knew at that time that I found my happy place — somewhere where I feel comforted by God. JB, while he was a very generous, kind, forgiving, and loving person, was a self-proclaimed agnostic.

Battle with COVID-19

Last August, we had our first dose of COVID-19 vaccines. After five days of being vaccinated, however, we both got symptoms of the virus. At first, JB only showed mild symptoms while I was bedridden. Eventually, I got better, but his condition got worse. He had trouble breathing.

I remember, three days before his confinement, JB asked me, *“Why do you look peaceful and calm despite having difficulty breathing, when I, on the other hand, would have panic attacks?”*

“Because I have God,” I replied.

JB then asked me to teach him how to pray. He even requested me to pray the Holy Rosary for him. We began praying together. Amid his suffering, my husband learned how to turn and surrender to Jesus.

An Outpour of Love and Graces

While he was in the hospital, we were on video call 24/7 as I could not be with him physically. I continually prayed the Rosary and the Divine Mercy prayer for him.

Our battle with COVID wasn’t over yet when the second wave of financial trials hit us. Our businesses were losing money because of the pandemic. The growing hospital bill made matters worse.

Known to many as a strong person, I kept our situation to ourselves. Help, however, still came from classmates, friends, and family in different forms — food, prayers, messages of love, and financial support. To me, it was a miracle.



“To those who are married: Take every opportunity to love your spouses. Tell them that you love them and shower them with affection.”

I posted about it on social media to show my gratitude and acknowledge the love, generosity, and support that we received. I’m not used to sharing my vulnerabilities. But, I wanted to proclaim the message that it is okay to show your weakness and to give others the chance to help you.

I’m also thankful to The Feast and the Kingdom Builders Family for the outpour of love and support. They are my beacon of hope.

My husband’s legacy

JB’s health continued to deteriorate. He was transferred to the ICU. From then on, we no longer had communication. After 17 days in the hospital, he passed away on September 6, 2021.

His love, however, did not end with his death. He has planted enough seeds of love in our hearts—his family and friends—for us to remember him. In our eight years of marriage, he made me feel secure and truly loved. We were always together. With him, I became a better person. He taught me that life is meant to be experienced. He was my answered prayer, and I never thought that he would leave too soon.

Currently, I’m contemplating starting a foundation under JB’s name. Friends with severe COVID-19 are asking me to guide them spiritually because of what I’ve personally gone through. To those who are married: Take every opportunity to love your spouses. Tell them that you love them and shower them with affection.

Share your inspiring story!

Email us at

iamblessedatthefeast@gmail.com

RECAP



the
FEAST

Homily

The Gospel According to John 18: 33b-37 //
Jesus' Trial before Pilate

Joy is not a butterfly we chase. It is a gift we receive in success and struggle. It is in giving joy to others that we receive the true joy that lasts. Remember who and Whose you are — beloved children of The Servant King. And when you embrace your identity, you embrace your purpose — to live a life of meaningful and joyful existence.



"Joy is choosing to place that happiness where it belongs—in the fulfillment of life's deepest purpose."

- Fr. Paolo Asprer, SSP

FEAST CONFERENCE 2021

GRAND FEAST

BIG MESSAGE:

THE JOY OF THE LORD IS MY STRENGTH.

Emotions & Actions

Often, we let our emotions dictate our actions; we act depending on how we feel. It's time to practice a new life formula: *act right and in due time, you will feel right*. Because joy isn't just an emotion, it is also an action.

The Father's Joy

The Lord is happy because He is with us. But, sometimes, we find this truth hard to accept. We feel unworthy; we only see our sins and shortcomings. Despite this, God still delights in our presence. His arms are always open to envelope us with His warmth and mercy.

Your Strength

Let your joy be based on the Father's joy, and not on things that are fleeting. Let your source of happiness be Him — He who remains faithful despite our flaws. Draw strength from the joy and the love that He has for you. Open your heart to Him. Allow Him to love you, so that you would be able to live joyfully and channel that same love to others too.

Special
Talk:

BE A BRINGER

"On the third day a wedding took place at Cana in Galilee. Jesus' mother was there, and Jesus and his disciples had also been invited to the wedding. When the wine was gone, Jesus' mother said to him, "They have no more wine."

"**Woman**, why do you involve me?" Jesus replied. "My hour has not yet come."

His mother said to the servants, "**Do whatever he tells you.**"

Nearby stood six stone water jars, the kind used by the Jews for ceremonial washing, each holding from twenty to thirty gallons.

Jesus said to the servants, "Fill the jars with water"; **so they filled them to the brim.**

Then he told them, "Now draw some out and take it to the **master of the banquet.**"

They did so, and the master of the banquet tasted the water that had been turned into wine. He did not realize where it had come from, though the servants who had drawn the water knew. Then he called the bridegroom aside and said, "Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but **you have saved the best till now.**"

(John 2:1-11 NIV; emphasis provided)

Personal Reflection and Group Discussion:
Share realizations about the three powerful lessons from the passage:

- 1. Start with What You Have.**
Specify what you realized you have *now* to have real joy.
- 2. Serve Where You Are**
Specify what you realized about who the person or persons just around you *now* you must serve.
- 3. Stock Up as Much as You Can**
Specify what you realized about the *quality* of your service for people around you, or for your ministry. Specify which area you must improve on.

the
FEAST

GREED VS GENEROSITY



Lessons and Inspiration from the Book of Matthew

THE CLASH

of Culture, Kingdom, and Comfort

September 26, 2021

Receive His Love



At the age of 13, I joined a fraternity called "Akro". The initiation was brutal. They put out a lit cigarette on my left hand as a test that I was seriously committed to the brotherhood. The bruise has long healed, but the scar remains to this day. Whenever I see it, I'm reminded of the foolishness of my youth.

When you're young, you're capable of doing crazy things to fit in the crowd. The majority of the foolish things I ever did were done during moments when I was trying to prove myself to people. But everything changed when I met the Lord.

I realized that you don't need to do anything to earn His love. You only need to receive it.

Open your heart to Him today. It will change you.

In Him,

AUDEE VILLARAZA
Builder, Feast At Home
Bay Area (Sunday/ English)



Every morning, before I read, I pray, *"Speak Lord, Your servant is listening!"* Why? *I don't want to just read a book; "I want to encounter God. It's my date with the Father, the Son, and the Spirit.*

Here's my point: *I must "personalize" my Bible reading.* I'm His beloved, and I expect Him to speak to me.

But there's an important step many people miss: *Before you personalize, you must contextualize.*

What does that mean? God did not ask an angel to ship the Bible to our mailbox. God used human authors to write the Bible. Hundreds of them. *I must respect the human authors that God used.* I must enter their world and worldview to understand the Word.

We'll talk more about this in today's wonderful Feast.

May your dreams come true,

Bo Sanchez
Founder, The Feast

How should you read
THE BIBLE?

VERSES

GREED VS GENEROSITY

Talk 3
Series: The Clash

"Now listen to another story. A certain landowner planted a vineyard, built a wall around it, dug a pit for pressing out the grape juice, and built a lookout tower. Then he leased the vineyard to tenant farmers and moved to another country..." - Matthew 21:33 NLT

"Now I will sing for the one I love a song about his vineyard: My beloved had a vineyard on a rich and fertile hill. He plowed the land, cleared its stones, and planted it with the best vines. In the middle he built a watchtower and carved a winepress in the nearby rocks." - Isaiah 5:1-2 NLT

"At the time of the grape harvest, he sent his servants to collect his share of the crop. But the farmers grabbed his servants, beat one, killed one, and stoned another. So the landowner sent a larger group of his servants to collect for him, but the results were the same. Finally, the owner sent his son, thinking, 'Surely they will respect my son.' "But when the tenant farmers saw his son coming, they said to one another, 'Here comes the heir to this estate. Come on, let's kill him and get the estate for ourselves!' So they grabbed him, dragged him out of the vineyard, and murdered him." - Matthew 21:34-39 NLT

"When the owner of the vineyard returns," Jesus asked, "what do you think he will do to those farmers?" The religious leaders replied, "He will put the wicked men to a horrible death and lease the vineyard to others who will give him his share of the crop after each harvest." - Matthew 21:40-41

"I tell you, the Kingdom of God will be taken away from you and given to a nation that will produce the proper fruit." - Matthew 21:43

"When the leading priests and Pharisees heard this parable, they realized he was telling the story against them—they were the wicked farmers." - Matthew 21:45

"I have been given all authority in heaven and on earth. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age." - Matthew 28:18-20 NLT

Personal Reflection and Group Discussion:

1. Do you have this "Life is a gift" and "I belong to God" perspective? How can you have more of it?
2. In your life, how can you be a better tenant in God's vineyard, representing Him and caring for His vineyard (God's people)?



HOMILY

The Gospel According to Mark 9:30-37 // Jesus Predicts His Death a Second Time

Titles are often related to *success* which will then lead to *influence*, *affluence*, and then *happiness*. But *significance* is different from *titles* or *talents*. We are called to make a difference by having a *servant-like* effect on others. Let us be first in goodness and last in concern to ourselves. Remember, to achieve happiness — the kind which will withstand tremendous sadness and is found within — we must be humble, simple, and child-like.

Series: The Clash
Talk: Righteousness vs. Repentance
Big Message: God's Mercy is Bigger Than All Your Mistakes

A Bright Future

We make mistakes. This leads us to think that we no longer deserve His Grace because of our countless shortcomings. The good news is *our mistakes can't be bigger than the Father's mercy*. If we look at the scripture, the brightest stars are also the biggest sinners — Jacob, David, Elijah, and even Peter and Paul. Growth requires failing, but the Father makes room for our mistakes and gives us the gift of mercy.

A License to Hope

His mercy is not a license for us to continue sinning. It is an affirmation that we are swimming in an ocean of His grace — nothing we can do can stop Him from loving and blessing us.



"We are called to be significant."

-Fr. Bob McConaghy

The Dangers of Judgement

There are dangers when we think that we are in a better position compared to others. First, we become **detached and distant** as we judge and look down on them. Second, the loudness of our ego leads us to be **deaf to the Father's voice**. Humility humbles us to hear. Let us listen intently to the Father.

The Repentant

Being a Christian is not only about speaking the right things, but also doing the right things. Let us not allow *shame* to stop us from seeking Him and His mercy. The Father doesn't call the righteous, but the repentant. Like the prodigal son, we might have strayed, but what is important is that we come back to Him. Don't be defined by your mistakes, see yourself through the lenses of His mercy. *It's time to run back to the Father, He is waiting for you and His arms are wide open.*

This Is My Story

Home for My Father

the
FEAST

Jenni De Jesus, an Insurance Entrepreneur from Parañaque, shares her hopes for a better tomorrow despite losing someone dear to her.

Burned Memories

Beaming lights and a stream of people filled our street as we came home that night. I thought a movie was being filmed because of all the commotions. Our family home burned down. We arrived just in time to gather the remnants of what was once the place of my childhood. It was the most tragic experience I've encountered as a teenager.

Everything — personal items, important documents, furniture, collection items of baby pictures, and other memorabilia — was destroyed in a snap of a finger. The house could've been saved — the tragedy avoided — had my parents stayed home instead of driving me to a birthday party in the South.

Storms From the Past

The fire fanned our life in a different direction. For a while, we had no permanent address, renting one house after another. After several months, we finally settled in a rental house in Pasay.

In 2009, Typhoon Ondoy submerged many areas in Marikina. The village, where our old house used to be, included. What happened to that village made headlines for days. I gasped a sigh of relief and gratitude. Thankfully, we left that area 20 years ago. God spared our family from the super typhoon.

Path to Healing

But things got worse before they became better. Problems chased us down to the new place where we've resided. The toxicity of the constant family turmoil we were experiencing drove me to leave home. I lived independently for 12 years.

In those years, I discovered The Feast in 2008. I became a regular attendee since then. Gradually, through the spirit-enriching worship and talk sessions, God healed me of my past hurts and woundedness. I felt a longing to reunite with my family.



New Dream

My aspiration to serve our family propelled me to pursue new goals. In the first quarter of 2020, I decided to have a dual townhouse built and be neighbors with my father. I wanted to look after him because he has been sickly due to his old age. I believed that his health would improve if we lived somewhere not as congested as the city. I also saw this as an opportunity for us to make new beginnings and memories as a family.

People around me were supportive of my new project. A contractor/architect committed to complete the proposed construction within six to seven months. My best friend was also a great help in achieving this family goal. She boosted my confidence and collaborated with me for its fulfillment.

Delays and Disappointments

March 2020 was the original target month for the building permit, clearances, and other requirements. But when the government called for an Enhance Community Quarantine (ECQ), we had no choice but to adjust our timeline. Requirements processing took longer than usual due to shorter office hours and mandated skeletal force for government offices and business institutions.

This Is My Story

Home for My Father

In July, we had our groundbreaking. My father often said, "Baka hindi ko na maabutan 'yan". But I was never discouraged by his words. It only pushed me to persevere and gave me a strong motivation to oversee the construction.

We started the cleanup, earthworks, and formworks in the lot property in late August. I sent my father pictures of the exterior and interior developments as the construction progressed. It's a two-story duplex residence with a semi-outdoor space to sit in when he wants a breath of fresh air. I thought the photos will assure him that his new house will be structurally sound and fill him with energy and enthusiasm.

By the end of 2020 the house was still not finished. My faith was stretched. But I still hoped that it'll be completed in February — my father's birth month. Sadly, the contractor/architect informed me that the dual townhouse will not be turned over until the 2nd week of June 2021. I was overwhelmed with worry and anxiety. It was disappointing that they couldn't deliver on time, the six-month project extending to the second year of the pandemic season.

Coming Home

My father became critically ill towards the end of May. His cancer had magnified to his lungs, with complications. It was heartbreaking. He got stuck in the hospital for four weeks. He could hardly breathe on his own and was supplied with high levels of oxygen.

When I visited him on June 12, he held my hand tightly. He wanted to go home. But his doctors said he can't. I felt helpless, yet I told him, "You will come home with us in the new house this coming Sunday."



"The valuable lessons they taught me on perseverance, patience, and faith no matter the circumstance keep me going in this life."

I went to the hospital almost every day to keep an eye on him in the days that followed. I witnessed my father slowly deteriorate as the days went by. June 19, 2021, he expired. He celebrated his first Father's Day in heaven with our Father.

Gloom still overshadows me since I lost my Dad. He went to a different home – in heaven where my Mother is. I know that both are at peace now, without pain and suffering.

While they may have already gone from this world, my parents will forever reside in the deep recesses of my heart. They were my compass, the reason why I aim for a meaningful life. The valuable lessons they taught me on perseverance, patience, and faith no matter the circumstance keep me going in this life.

My parents accomplished their dream, a brand-new house for our family where I can have new tomorrows.

Share your inspiring story!

Email us at

iamblessedatthefeast@gmail.com

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