



**NEWSLETTER**  
**June 5, 2022**  
**PART 1**



## ***Make Space for Goodness***

MY grandfather loved gardening. Every afternoon, he would be found in his garden. It was his little patch of paradise. He treated his garden as one of his children, feeding them, grooming them, talking to them, and most important, protecting them.

The first time I visited his garden, I saw my grandfather crouched over the grass, looking as if he had dropped something.

I asked, “What are you doing, Tatay?”

He said, “I’m looking for weeds.”

He explained, “Tiny weeds look just like ordinary grass. But if you look closely enough, you’ll see that they’re different. Weeds are a threat to a garden’s ecosystem. They harm the plants by competing for water, nutrients, and sunlight. The trick is to find them when they’re little and uproot them so they don’t cause any permanent damage.”

The same is true with sin. It will slowly throw off your life’s entire ecosystem. When sin takes root, it’s harder to remove and discard.

Sin is anything that turns your heart away from God.

Matthew 26:41 says, “*Watch and pray so that you will not fall into temptation.*”

How do you fight sin? Defeat it while it’s still small. Don’t give it room to grow. Instead, make space for goodness.

But you cannot do it alone. You need the Holy Spirit to help you discern and keep you alert for those pesky weeds.

Have a blessed Pentecost Sunday!

All for God's Glory,

**Audee Villaraza**



## Challenge: Hope Again!

*The Feast Family* June 5, 2022 is power-packed with comprehensive features, so, surprise: this issue comes to you in three parts.

Part 1 gives you the Introduction to this Sunday's Feast Talk, plus *Flashback* on last Sunday's Holy Mass and Worship.

Part 2 presents the *Flashback* on the Feast Talk last Sunday, Talk 5 of our series *Depths of Mercy*—the last of the story of Jonah.

Part 3 is *The Feast Family Special* on the Anawim Home for Abandoned Elderly, our feature in our *Mercy Ministries* section this June.

In our past two issues, *The Feast Family* posed two challenges to you: first to *love* again, and second, to exercise your *faith*.

This issue presents a third challenge: *hope* again.



Discussing last Sunday's Gospel on *The Ascension of Jesus*, Fr. Mark Demanuele points out that instead of being sad, the apostles were happy when Jesus left them to ascend to Heaven—because this gives back their hope to continue Christ's Ministry. Read on *page 3*.

Bro. Audee Villaraza opens this issue because our founder, Bro. Bo Sanchez, is on a pastoral visit in our Feasts at the United Kingdom. Still, he tackles the talk for last Sunday through Zoom. Bro. Audee and Bro. Didoy Lubaton help out with other parts of the talk about new hope for us *When God's Goodness Doesn't Feel Good*. See *The Feast Family June 5, 2022 Part 2*.



Yes, when hope's gone, we can hope again. That, in a gist, is the story of our lolos and lolas in our Anawim Home for Abandoned Elderly which marks its 27<sup>th</sup> Founding Anniversary this 2022. Don't miss *The Feast Family Special*!

Hope you accept this challenge to hope again!

Glory to God!  
**Randy Borrromeo**  
Media Ministry  
Executive Director





## FLASHBACK!

MAY 29, 2022

### Holy Mass



**FR. MARK DEMANUELE,**  
**Presiding**



### SEVENTH SUNDAY OF EASTER



**FR. EDWIN AGIUS,**  
**Concelebrating**

#### **Gospel: Luke 24:46-53**

*<sup>46</sup> He told them, "This is what is written: The Messiah will suffer and rise from the dead on the third day, <sup>47</sup> and repentance for the forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem. <sup>48</sup> You are witnesses of these things. <sup>49</sup> I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high. <sup>50</sup> When he had led them out to the vicinity of Bethany, he lifted up his hands and blessed them. <sup>51</sup> While he was blessing them, he left them. and was taken up into heaven. <sup>52</sup> Then they worshiped him and returned to Jerusalem with great joy. <sup>53</sup> And they stayed continually at the temple, praising God.*

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**FR. MARK DEMANUELE**

on the Gospel: Luke 24:46-53

*The Ascension of Jesus*

Excerpts...

FAREWELLS are not really happy moments. I don't like farewells, but they are part of our life. At times when we need to say goodbye, we need to say the last words for our brothers and sisters-- maybe for a long time.

When I go to the airport, I prefer to go to the Arrivals area where you are waiting for someone with a lot of joy. And then when you go to Departure— so many have faces with tears because people have to say farewell to a loved one. It's time for that person to go, to leave.

So, why is it that Jesus is going up into Heaven, saying farewell to the apostles -- but they go back joyfully? In fact, even the first prayer of the priest is very beautiful: "Grant in us with holy joy, Almighty God."

Why should we be happy that Jesus is going? "Thank God, He's gone!"

No. There is an important comparison that we really need to do. Jesus doesn't depart from us-- but He disappears. We cannot see Him but He's still with us. That's His promise. Even in Tagalog-- I had to check about it-- it's *pag-laho*, but not *pag-alis*.

He is there but you cannot see Him. But He does not run away, depart from us. And that is the joy of the Feast of Ascension.



**Reading I: Acts 1:1-11**

<sup>6</sup> Then they gathered around him and asked him, "Lord, are you at this time going to restore the kingdom to Israel?"

<sup>7</sup> He said to them: "It is not for you to know the times or dates the Father has set by his own authority. <sup>8</sup> But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

<sup>9</sup> After he said this, he was taken up before their very eyes, and a cloud hid him from their sight...

## Jesus in the Eucharist



We all have a very important moment in our life when we also see this: Jesus, in the Eucharist, He is showing us that although we can't see Him in the host -- we cannot really understand-- but that is Jesus. And then when we take the host and it's in us, Jesus is Present in us in a different way-- and that's the joy of the Ascension.

Jesus is not limited anymore with time, with space-- because now in His Divinity He can be in each one of us personally, intimately, every time, in every moment of our life, Jesus is still with us.

So, Ascension is a time for us to understand that Jesus is not absent. He is doing something very important for all of us. He told us already: He is going up to Heaven to send His Spirit upon each one of us. The Spirit of God Himself, the Spirit of Jesus Himself who is with me, in me, is no longer outside of me. He is within each one of us. How beautiful!

That's the reason the apostles, when they left, they left joyfully. We have to remember: when Jesus was being taken to Crucifixion, they were afraid. But this time they're not. This time is different-- because this time they know that Jesus is not leaving them. They won't be able to see Him but He remains in each one of them.



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## Make Witnesses

It's a bit of a mystery: How can it be now that Jesus is going to be Present in the midst of us?

And there is a beautiful sentence: “*You* are my witnesses.”

*You*—referring first to the apostles.

Second, He refers to the Church—

to us: “You are my witnesses now. I will be

Present in the midst of the world-- through you.”

Each one of us has got Jesus-- a responsibility that He has got, to share Him with the world—and you do not have to preach or to teach.

St. Paul VI said something so beautiful and I love to say it to you.

He said, “The world needs witnesses more than teachers.”

We don't have to teach. We don't have to go and do homilies here and there. Leave that to the priests. But with your own life, with a smile on your face, with that good action that you do for a person, with the love you show, with the forgiveness you give-- with the care for each other-- you are a witness of Jesus.

Jesus still is in the midst of us because there is *you*. There is *us*. And this is not the only thing He says.

He says something that is also very important: “Go and make witnesses...”  
Go and make disciples...



## Reading II: Ephesians 1:17-23

*<sup>17</sup>I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit[a] of wisdom and revelation, so that you may know him better.<sup>18</sup> I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people <sup>19</sup>and his incomparably great power for us who believe.*

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## **We Are Not Alone**

Lastly, are we doing this alone?  
No.

Jesus promised us: “I will send you the Holy Spirit, the Paraclete, Defender, the Person who is going to give you the courage to do it. And the Holy Spirit dwelling in me, impels me, as St. Paul says, to love one another.

As the love of God impels us, so the love of God within us impel us to reach for the people around us.

So, that’s why the Feast of Ascension is part of God’s plan for us...

God raises Jesus from the dead. Jesus now is in Heaven and with His Divinity, He is still Present around the world through you.

And He is giving us the help we need to continue making disciples.

This is what the Lord wants from each one of us:

First, believe that God, Jesus, the Holy Spirit—you are the temple of the Holy Spirit.

Second, behave like a normal person with the Holy Spirit in you. The way you behave, the way you act, people will be able to reach out for Jesus.

Third, belong to the Holy Spirit.

Let the Holy Spirit take charge of us so we can be Jesus for others. Amen.



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# Worship!

## EXHORTATION



### **DIDOY LUBATON:**

WELCOME to Church, everybody.

Many of us come to God bringing along baggage. How many have baggage in their life? And yet we're singing *How Great Is Our God*. We're saying *Name Above All Names*.

But sometimes, we miss out the full experience of worshipping God because we still hold on to our baggage. It's precious to you. Because you've been carrying it for the longest time. You're concerned about it. You're worried about it.

But today, I encourage you-- my dear Churchmates, dear Family of God, dear Feast Family, even online-- today, I want you to declare the goodness, the greatness of God, leaving behind your baggage. Not because you're just letting it go, but because you're going to let God work on this, work on you. So, we can strive to carry it again. Right now, I want you to sing the greatness of God, leaving everything behind first. And just be with our God, our great God. With our heart, with our mind, with our strength, worship Him like never before.





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## God Is Carrying Us!

We can carry our baggage again because God is carrying us. I want you to great as many people around you. This is our house, this is our home and we are a family here from all different places, from all different colors, even online, you're one with us. We cannot touch one another but we can allow ourselves to be touched by one another through our face, our eyes, through our presence, and I just want you to give a wave to the people around you, and say, "Thank you, for showing up."



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## Novena Declaration of Abundance

So, I welcome you, my dear friends.

Let's pray our favorite prayer in The Feast. And we're praying this not because we want anything from the Lord. We want Him. We want to be closer to Him. The way we worship God is not because "Lord, I worship because I need something from You. I worship You because it's You. Amen.

And we become like Him whom we worship...I believe that once we've come into the Presence of the Lord, we will be changed-- transformed in and out.

So, I want you to pray our Novena, our Declaration of Abundance.

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



*Thy Word is a lamp  
unto my feet  
and a light unto  
my path.*

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**SEE THE *FLASHBACK* ON THE FEAST TALKS  
IN *THE FEAST FAMILY* PART 2 (attached)**



## Thank You!

**The Feast Family**, now organized as the **Feast Mercy Ministries**, is a spin-off ministry of the Light of Jesus Family founded by Bro. Bo Sanchez, earlier named as Kerygma Family, a unique online, non-physical, borderless, international community of friends who support each other's personal growth.

Partner beneficiaries of the Feast Mercy Ministries flourish because of your generous support.

Thank you for being with us. We pray that you find your daily source of inspiration from the resources that we send to you. We pray too that you may consider giving to The Feast Family. No gift is too small.

Thank you very much in advance for your gift. Our prayer is that God will continue to reward you as you give.

### **FOR EXISTING DONORS:**

Thank you for the Love. Your monthly donation helps us continue extending support to our Light of Jesus spin-off organizations, including our partner beneficiaries. Your gift will sustain our operations and, we hope, help us reach out to the persons our Lord has called us to make disciples and give them renewed hope.

Be a Feast Family member. Write or call us. Now.

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## Our Partner Beneficiaries

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is a shelter for girls  
particularly victims  
of sexual abuse.



Grace To Be Born is a halfway home  
for pregnant women in crisis.



He Cares Mission  
provides shelter  
for street children.



Pag-asa ng Pamilya Foundation  
gives scholarships to poor students.



Jesus Christ Cares for Cancer provides financial assistance and pastoral  
care for indigent cancer patients.



The Light of Jesus Pastoral Care Center ministers to those who are  
emotionally and spiritually wounded.

H.A.I.L. MARY is acronym for Healthcare Assistance  
for Indigents and Lepers of Mary, adopting the Blessed Mother  
as the patroness of its mission to eradicate leprosy in Abra  
within 8–10 years.



The Light of Jesus Disaster Recovery Ministry provides evacuation  
assistance,  
relief goods, financial aid, and other needs of calamity victims.

The Light of Jesus Prison Ministry brings Jesus  
to the Correctional Institution for Women  
to give the women hope for a new life of dignity.



Anawim Lay Missions Foundation provides a home for poor elderly  
who have been abandoned by their family and have nowhere  
else to go.

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# **FAMILY ONLINE NEWSMAGAZINE**

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***Go and make disciples of all men***

— Matthew 28:19