

WELCOME HOME

CONNECT WITH GOD. CONNECT WITH ONE ANOTHER.

LEARN TO LAUGH MORE



Our series, *TABOO*, was so heavy I decided to end it with something funny. I found three titles of country songs that were, uh, very honest:

- *I'm So Miserable Without You, It's Like You're Still Here*
- *My Wife Ran Off with My Best Friend and I Miss Him*
- *She's Lookin' Better with Every Beer*

Sorry, just trying to make you laugh. Here's a crazy idea: Some people avoid truth by being *funny*. But what if you use funny to be more honest? George Bernard Shaw said, "If you're going to tell people the truth, you better make them laugh, or they'll kill you."

A grandmother who knew she was dying, rather than avoiding to speak about the touchy subject, talked about her death freely and honestly. She liked

joking, "It won't be long now, I'll be a ghost. So be kind to me. Or I'll haunt you at 3:00 A.M. everyday."

A couple, who hid from their kids the fact that they were bankrupt, finally confessed to them. One daughter said, "Dad and Mom, I knew you guys were carrying a big problem; I thought of the worst—divorce, cancer... I'm so relieved it's just money. That's so easy to solve. Hey, I've always wanted to enter showbiz and make a movie..."

Instantly, the entire family started laughing non-stop, hugging and crying together.

Learn to trust. Learn to laugh.

Have an awesome Feast today.

May your dreams come true,
BO SANCHEZ

BRING IT TO THE LIGHT

It was my first day to wear brown long pants to school. My friends and I were playing a game called *patintero* after dismissal while we wait for the school bus to fetch us. As I was in the front line, I ran and reached out to the opposing team member successfully tagging him, but severely scratching my left knee on the unpolished concrete floor. Ouch! And it started bleeding. With adrenaline pumping through my veins, I didn't mind the wound though and continued playing.

Arriving home from school, I felt the pain and noticed the big patch of dried blood showing on my left knee. Dust and dirt accumulated on the scratched surface of my pants that was torn from the impact. Fatigued from the whole day, I went straight to bed and woke up the next day from the pain on my left knee. I also felt feverish.

Early the next morning, my mother woke me up for school and saw the wound. She cleaned it up despite my protest. And wow it was excruciating! She carefully and meticulously took the grime from the wound, and exposed it to the beaming sunlight in my room for 30 minutes. She did this daily until the wound dried and healed. By the way, sunlight exposure heals wounds faster by killing the bad bacteria. Sunlight helps improve conditions like bacterial and fungal infections, psoriasis, eczema, and acne. Increased exposure to the sun will also build up your immune system by increasing the production of germ-fighting cells called white blood cells.

What's my point?

We get wounded from time to time. And any wound that is kept in the dark and not cleaned up will fester. We have physical, emotional, relational, familial and spiritual wounds. Some of them have been lingering in the dark far



too long and we don't want to expose it due to shame, fear, or denial.

I invite you to bring it to the light today. Let your inner wounds heal as you expose it to the Light of the world.

Confused and lost? His Word will give you directions and comfort, as His Word is the light unto our feet and the light unto our path.

My wound left a scar on my left knee. But instead of it reminding me of my previous hurt, it reminded me of my healing as I brought it to the light.

Blessing and healing,
DIDOY LUBATON



HOW TO TALK ABOUT
THE STUFF WE DON'T
WANT TO TALK ABOUT
BIG DAY

The FEAST
BAY AREA

THE FEAST
BAY AREA
SYNC

A Catholic prayer
community of the
Light of Jesus Family.

08 27 17
SUNDAY

Today's Bible Readings

1st Reading: Is 22:19-23
Psalm: Ps 138:1-8
2nd Reading: Rm 11:33-36
Gospel: Mt 16:13-20

BLESSING BLOG

BREAKING FREE

PEACE THAT WAS SHAKEN

September 13, 2009. My Kuya Arnold called my mom saying, "Ma, hindi ako makahinga." That time, he was living in Pasig because it was near his work, while my mom and I resided in Manila. He worked night shift for a BPO company and had a busy lifestyle. Whenever we're together, we normally noticed him coughing hard, but he wouldn't mind. Until that day. We rushed him to Medical City; he kept on complaining that he could not breathe and that he was exhausted. He was confined for two weeks. My dad, who's working overseas, had to rush back home to be with us. On September 27, my brother died. He died of AIDS.

It was very painful for us, but I didn't cry until his burial. I didn't know that his death would shake my peaceful, ordinary life.

FALLING INTO SIN

I did not grow up with a permanent father figure since my dad worked abroad. I also did not have a close relationship with my brother because he was a homosexual and I didn't like what he was doing. But after his death, I found myself swimming in an ocean of sins. I entered numerous illicit relationships and got addicted to pornography and other sins of the flesh. Every night, I was out clubbing and drowning myself in alcohol. I was too proud and thought I could please everyone. I never went to church and this dark phase of my life lasted for around 3 years.

FOCUSING MY EYES ON GOD

In June 2012, I was browsing through different TV channels and chanced upon Bro Bo's Feast session on Channel 13. That time, I was praying to God to help me change for the better, and I felt that He answered my prayers. On June 24, my mom and I attended The Feast for the first time, and we found ourselves crying during worship. After that, I joined a Caring Group (now, Light Group), I started serving by January 2013, and I attended several formation programs like Jesus Encounter and the Lovelife Retreat. Slowly, God was shedding light to my dark life, and I started coping with the loss of my brother.

It wasn't a smooth ride, however. In April 2013, I once again fell into sin and found myself in wrong relationships, one after another. I thought



Abet Mateo is an IT professional and serves with the Liturgical Ministry. He is also the head of his Light Group and attends Sync with his mother every Sunday.

I was okay. I questioned God why such things kept on happening. I was attending The Feast, I had my support system, but I kept on sinning. And then I decided to end my last relationship in December 2014. Once again, I found myself drained and empty.

I went to an Adoration chapel, prayed, and had confession. I started reading the Bible again, and meeting my life coaches as well as spiritual guides. Slowly, I was starting to feel whole. I went back to serving God, and my relationships deepened. Now, I have three families who I am very grateful for - my biological family (my mom, my dad, and my brother who's now my guardian angel), my Feast community who supports me all the time, and my Rewind family who are my closest friends here at Sync. Every day, I never forget to thank God for saving me. By His grace, I had a breakthrough from sin, and my heart is just overflowing with love.

RECAP FROM LAST SUNDAY

Gospel Reading According to Matthew 14:22-33 - Jesus Walks on the Water



HUMILITY + PERSEVERANCE = ANSWERED PRAYER

- Rev. Fr. Marlon Reyes

Do not reject people who are not like us. When people reject us, continue to be humble.

SERIES: TABOO

Talk 3: Addiction

Big Message: "Trade it for something better"



Bro Didoy Lubaton

The opposite of addiction is not sobriety. The opposite of addiction is connection. This is why we have this community. This is why we have The Feast.



Bro Audee Villaraza

You turn to your addictions and you say 'save me', but they will not save you. They will destroy you, and only God can save you.

Addiction is an absurd exchange. You exchange your family for alcohol, you exchange your dreams for drugs, you exchange true love for porn. Exchange your addiction for something better. Exchange it for God's love.

THANK YOU, LORD

...for the opportunity to go home to Nanay and Tatay in Davao. Thank you, too, that I finished all my papers for my MA class and got passing grades. - Natividad

...that my son Carlos has taken steps to get closer to You by joining the Sync Music Ministry. - Ditas

...I got more orders this week after praying about it last week; may bonus at may additional pa! - Sol Avelino

...for the continuous physical healing. - Farrah

...for the success of the Medical Ministry's outreach in Anawim. Also, thank You for the success of Landbank Gawad Sibol Tree Planting Activity in Lipa, Batangas, and for the safety of the tree planters and all volunteers. - Rain

...for the great experience at Livelife 2017. - Anonymous



▲ Establish deep relationships and never lose connection. This is the best way to avoid and to cure addiction.

**" YOUR
REDEMPTION AND
YOUR FREEDOM IS
IN THE LORD. "**

BRO DIDOY LUBATON



TRADE YOUR ADDICTION FOR SOMETHING BETTER



▲ Watch and pray so that you will not fall into temptation.



**BELIEVE
THAT GOD
IS WORKING
IN YOU.**

**" SURRENDER YOUR ADDICTION
AT THE FEET OF JESUS. "**

BRO AUDEE VILLARAZA

ENHANCE YOUR FEAST BAY AREA EXPERIENCE

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I^{heart} life

The Feast Bay Area Singles Retreat

batch
25

SEPT
15-16

St. James
Retreat House
Tagaytay

Visit the Singles' Table at
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0927-559-1434 or 0908-207-2201
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Regular Rate **Php 3000**
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*All rates are inclusive of food,
accommodation and transportation

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