

WELCOME HOME

CONNECT WITH GOD. CONNECT WITH ONE ANOTHER.

The FEAST
BAY AREA

THE FEAST
BAY AREA
SYNC

ARE YOU IN THE RIGHT BOXING RING?

ARE you struggling with a habitual sin?

Anger? Lust? Greed?

Welcome to the Club. Been there, done that. It's true that I may not have actually murdered anyone, but I have on occasion imagined myself to be Superman and used my heat vision to disintegrate my "enemy" to dust.

So today, I'll speak to you as a fellow-sinner.

Here's what I realized. When I look back at the times when I couldn't escape my habitual sins, it was because I was fighting in the wrong boxing ring. Why? I've realized that the boxing ring isn't outside but inside me.

No wonder we've been losing. We think of temptation as an external problem. It's not. All these temptations are *totally powerless* if they don't have *allies* working within us.

Failure and victory are always an inside job.

Get ready for an awesome Feast.

May your dreams come true,

BO SANCHEZ



A Catholic prayer community of the Light of Jesus Family.

08 20 17
SUNDAY

CONNECTION HEALS ADDICTION



During the Vietnam War, the injured American soldiers especially the ones who underwent surgery were given a medical form of heroin which is known to be a powerful painkiller but is notoriously addictive too.

There was a growing concern that these soldiers would come home as heroin addicts and they might eventually be distressful to their community and society. There was a follow-up study done to check on the heroin-induced soldiers and amazingly, they found out that 95% of them did not get hooked on the heroin drug.

Here's their observation. In war-torn Vietnam, the soldiers got addicted to the drug because their reality there was so ugly that they needed a form of escape, and they got the high they needed from the drug. But most of the soldiers went home to their respective families, churches and support systems. There was no need to escape reality anymore; hence, their hook from the drug was broken. However, the remaining 5% of the soldiers who got addicted to the drug after the war went home and remained in isolation without enough family or community support. Their reality in the war and at home wasn't too different, that's why they never got to break their addiction.

This lesson from history shows us that the opposite of addiction is not sobriety. The opposite of addiction is *connection*. It is when we have meaningful connections that we could let go of our addictions. We don't need the painkiller anymore, because we have found love, joy and consolation.

My friend, I pray that you connect to God today in a powerful way. He longs to shower you with unconditional love and unspeakable joy. Allow yourself to be connected too with the family and community that He has given you. You and I need to heal. We heal together when we commune together.

Have a powerful Feast today

Blessing and healing,

DIDOY LUBATON

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

TALK 3: ADDICTION

Today's
Bible Readings

1st Reading: Is 56:1-7
Psalm: Ps 67:2-8
2nd Reading: Rm 11:13-32
Gospel: Mt 15:21-28

BLESSING BLOG

FINDING PEACE IN HIM

THE STRUGGLE

Cams is a single mom who grew up without a father, which is why when she gave birth to her son Biboy, she got stuck in a ten-year cycle with Biboy's dad, trying to work things out to no avail. Cams ended up being clinically depressed; even her own family did not know how to help her. She hid inside her shell and away from people, fearing that she'll be judged.

In early 2016, she hit rock bottom. Biboy finally found out that her parents were never really together, and he did not take it lightly. He became a difficult and angry child. A few months after, in August, reality hit Cams – her child's father do not see them as part of his future. This devastated her more, and so she was desperate to find refuge and help.

THE INITIAL STEPS

One Saturday, Cams went to the book launching of "The Happy Solo Kit", a book for single parents. There, she was invited to attend The Feast. She attended Bro Alvin Barcelona's session with only one clear desire – healing for her and Biboy. After several Sundays of attending The Feast, Cams began to feel much better, and so did Biboy.

In January of 2017, Cams joined the Lovelife Retreat Batch 21. It wasn't easy for her to just let people in her life, having put walls around her for so long. After the retreat, the mother and son continued to attend one of the big Feasts at the FBA District, until one Sunday, they were encouraged by Cam's batchmates to attend FBA Sync. The atmosphere at Sync was really different and people knew each other. While she didn't find

RECAP FROM LAST SUNDAY

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



KEEP OUR EYES FIXED ON JESUS. – Fr. Michael La Guardia

We usually doubt God's love, power, and providence. Do not falter; do not doubt. Even when we are drowning in a sea of problems, we have to look for Jesus and keep our eyes on Him. Only then can we overcome all the trials that we encounter in life.

SERIES: TABOO

Talk 2: Abuse

Big Message: "Take Charge of Your Life."



Sis Rissa Singson-Kawpeng

There are 4 kinds of abuse – physical, sexual, verbal or emotional, and religious. Sadly, abuse happens most commonly at home. Therefore, it is important that we need to recognize if we are the abused or the abuser.... then do something about it.



Bro Didoy Lubaton

After recognizing abuse, you then have to respond and do something about it. Protect and take care of yourself, and don't let abuse happen again. Next, leave your comfort zone and clean up after your mess. Finally, start walking into your courage zone and take responsibility for your life.



Cams Alfaro and her son Biboy (9 years old) used to spend their Sundays by themselves. But now, they have found a new home at Sync where Biboy serves as a greeter for the Warmth Ministry, and with Cams' batchmates from LLR Batch 21.



PICK UP YOUR MAT

The cycle stops with you. God can heal you but you need to give Him consent. Turn to Him for the grace to move forward.



**Light of Jesus
Pastoral Care
Center**

(02) 726-0267
(02) 726-6728
(02) 726-4709

lojpastoralcare@gmail.com

Are you emotionally and spiritually wounded or a victim of abuse in any way?

The Light of Jesus Pastoral Care Center gives telephone, face-to-face or online counseling to those who are in need of someone to share, unburden, pray with or talk with.



WALK

Walk out of your negative thinking and into your courage zone. Potential is what you could be. Decision is what you choose to be.



GET UP

People are paralyzed because they are waiting for somebody to save them. Instead of blaming people, start breaking through your problems. Only you can do it for yourself.

ENHANCE YOUR FEAST BAY AREA EXPERIENCE

HURRY!
EARLY BIRD RATE
UNTIL AUGUST 31 ONLY

TICKET PRICES

PREMIUM*	PHP 3000
PREMIUM* SENIOR & PWD	PHP 2400
*FREE COMMITTED PREMIUM SHIRT + RESERVED SEATING AREA + PRIORITY CLASS REGISTRATION	
EARLY BIRD UNTIL AUGUST 31 ONLY	PHP 1800
REGULAR SEPTEMBER - NOVEMBER 2017	PHP 2000
REGULAR SENIOR & PWD	PHP 1600
YOUTH (4 DAYS)	PHP 700
YOUTH (2 DAYS)	PHP 500



*FREE WITH EVERY PURCHASE OF A PREMIUM TICKET

Bo Sanchez's
KERYGMA
CONFERENCE 2017

C O M M I T T E D

NOVEMBER 23 - 26 MANILA
SMX CONVENTION CENTER | MALL OF ASIA ARENA

GET YOUR TICKETS AT THE LOBBY
OR ONLINE AT
WWW.KERYGMACONFERENCE.COM



SYNC IS DEAF-FRIENDLY

FSL Interpreters are present at the venue to assist our Deaf and Hard of Hearing (HOH) friends.

COME! YOU ARE WELCOME HERE.



lovelife
The Feast Bay Area Singles Retreat

**batch
25**

SEPT
15-16

St. James
Retreat House
Tagaytay

Visit the Singles' Table at the Feast Bay Area or contact 0927-559-1434 or 0908-207-2201 or register online at bit.ly/FBALLROnlineReg

Regular Rate PHP 3000

For Deaf and HOH PHP 2800

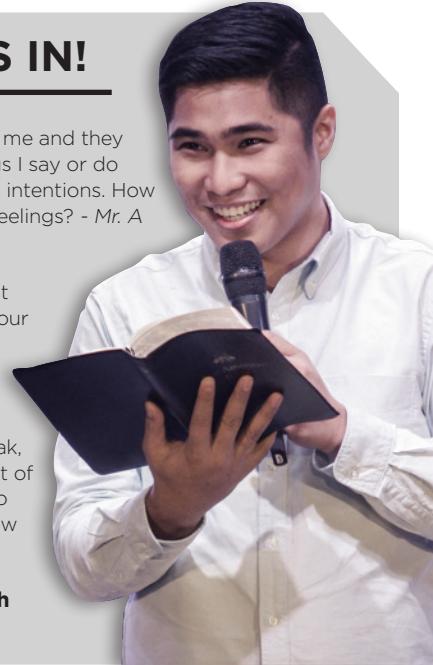
*All rates are inclusive of food, accommodation and transportation

THE DOCTOR IS IN!

Q People usually misinterpret me and they get offended with the things I say or do even if I don't have any bad intentions. How can I be more sensitive of others' feelings? - Mr. A

A Hi Mr. A,
By asking me this question it means that you are trying your best to be sensitive to other's feelings. You have a good heart. Sometimes the root of the conflict is just a miscommunication and misunderstanding. Before you speak, you listen. Ask before you act. Most of the time it's not what you say or do that matters, but the manner of how you say or do it. - Didoy

Send us your questions through hello@fbasync.com.



BE A KERYGMA CONFERENCE PARTNER!

- OPPORTUNITY TO SHOWCASE YOUR PRODUCTS AND SERVICES
- OPPORTUNITY TO INTERACT WITH NEW CUSTOMERS WITH YOUR OWN EXHIBIT SPACE
- YOUR PRESENCE ALL OVER THE CONFERENCE VENUE
- OPPORTUNITY TO BLESS OUR MERCY MINISTRIES
- BE AT THE FOREFRONT OF THOUSANDS OF INSPIRED, EMPOWERED, AND HAPPY PEOPLE.



TALK TO US AT THE LOBBY TODAY
OR EMAIL US AT
sponsor@kerygmaconference.com
OR
donate@kerygmaconference.com
FOR MORE DETAILS

C O M M I T T E D

NOVEMBER 23 - 26 MANILA
SMX CONVENTION CENTER | MALL OF ASIA ARENA

THE FBA SYNC STAFF BOX

Founder: Bo Sanchez **Builder:** Didoy Lubaton

Media Head: Jaja Bolos **Editor-in-Chief:** Rizal Pinlac

Associate Editors: Tina Tindugan, Andrew Sia

Layout Artist: Patty Bellido

Writers: Angelo Merced, Ariel Gozon

Photographers: Anel Mendoza, Dahlia Bagatsing