



Kingdom of Heaven Fair 2017 Draws Record Number of Children

It was a full house last Sunday October 22nd with over 180 kids showing up, as Christ the King Parish celebrated the Kingdom of Heaven Fair 2017, the Catholic



Fr. Serge Maniba with 'St. Michael, the Archangel'

foil to the vampires, witches, zombies, monsters, devils, slasher-horror villains, and vampire themes that pervade the 'traditional' Halloween celebration. Displaying great collaboration as well as cooperation, three CTK ministries - Mustard Seed Ministry led by Sonny and Mina Mejia, Youth Ministry headed by Louie and Lei Abando, and the Family & Life Ministry led by Regie and Joanne

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Casa de Silencio Retirement Home Project Launched

Last October 17, at the 69th birthday of the head of the Roman Catholic Diocese of Cubao, Bishop Honesto F. Ongtioco DD, the Cubao clergy announced its most ambitious project infrastructure project yet, a retirement home for sick and retired priests cum retreat and conference center. Prior to this, the biggest project yet was the 'Pabahay' project for diocesan staff in Antipolo. The renewal center had been 'baptized' as Casa de Silencio, named after one of the streets near Araneta Avenue where the retirement home would rise, next to the Holy Redeemer Parish Church.



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2018 is Year of the Clergy and Consecrated Persons

CBCP's Pastoral Exhortation on the Year of the Clergy and Consecrated Persons



At the December 2 anticipated 6 pm mass, Fr. Bong Tupino III formally announced for the first time that 2018 will be the Year of the Clergy and Consecrated Persons. The new liturgical year kicked off last December 3, the first Sunday of Advent. The theme was chosen for liturgical year 2018 as part of the nine-year preparation of the 5th centenary of the Philippine Church's Christianization to be celebrated in 2021.

With the theme "Renewed Servant Leaders for the New Evangelization," the Year of the Clergy and Consecrated Persons is the sixth of the nine-year spiritual journey. The year-long observance began December 3, the first Sunday of Advent, and will close on Nov. 25, 2018, on the Solemnity of Christ the King.

At the suggestion of Fr. Bong Tupino, we reprint the Catholic Bishops Conference of the Philippines' Pastoral Exhortation on the Year of the Clergy and Consecrated Persons.

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CBCP's Pastoral Exhortation on the Year of the Clergy and Consecrated Persons

Dear Brothers and Sisters in Christ,

Grace and Peace to all of you!

We are on the 6th Year of our 9-year Spiritual Journey towards 2021 – the 500th Year after the arrival of Christianity to the Philippines. It was in 1521 that the Holy Mass was first celebrated and the Sacrament of Baptism was first administered in the Philippine archipelago. Then the Santo Niño devotion began in Cebu. That was the start of our Evangelization.

The year 2018 is dedicated to the Clergy and Consecrated Persons. They comprise just a small portion of the Church, yet they are fulfilling a vital role in her mission. In our culture, they are greatly instrumental for the lay to become truly an evangelized and evangelizing community of disciples. Yet they are not immune to the twin errors of a dichotomy of faith and inadequate discipleship of Christ.

Renewed servant-leaders for the New Evangelization – this is the goal of our prayers and activities this year. We aim towards the integral renewal of the values, mind-sets, behavior and lifestyles of the Clergy and Consecrated Persons. Following the example of the Good Shepherd, they are invited to become servant-leaders who care most especially for the least, the lost and the last. It will be a year, too, of revisiting ways of seminary and religious formation and the collaboration with the laity in the work of mission and ministry. (Cf. Pastoral Exhortation on the Era of New Evangelization)

As we embark towards a new Evangelization we have become aware of the bright lights along the way. Our priests faithfully celebrate the sacraments daily in the busy urban areas and in the distant and lonely barangays. Our men and women religious administer church institutions, teach catechism, and serve in the parishes. They bring joy to orphanages, hospitals and prisons. Some have started working for rehabilitation of drug dependents. Working without habits, but no less committed, are the members of lay institutes, promoting the Kingdom in their own humble way. They truly inspire and strengthen us, like the priest of Marawi, Fr. Teresito “Chito” Suganob, who almost lost his life caring for his

parishioners caught in the crossfire’s of war. They make us hopeful for tomorrow.

On the other hand, the bright lights undeniably go at times with some dismal shadows, brought about by some of our Clergy and Consecrated Persons themselves. There were occasions of frailty and scandals that sadden us. Such misconducts call for sincere reflection and humble repentance and reparation. May these faults point us to new and vast possibilities of renewal and communion with those who are weak and broken. May our Priests and Consecrated Persons, in their weakness and woundedness, continue to serve and guide fellow sinners with the joy of the Gospel that leads to the fullness of life. Jesus himself encourages us with his words: “In the world you have tribulation; but take courage, I have overcome the world.” (Jn 16:33) Renewal of the Church requires the renewal of the Clergy and Consecrated Persons. For this, we take inspiration and example from the tender scene of Jesus washing the disciples’ feet.

JESUS IN COMMUNION WITH THE FATHER

“Fully aware that he comes from the Father...” (Jn 13:3) – Jesus never lost that unity with his heavenly Father while he lived on earth. His communion and intimacy with the Father moved him to reach out to sinners and needy. It was the source of the impact of his words and the effectiveness of his miraculous deeds. (cf. Jn 6:38, 46; Jn 8:19, 29)

As Lay, Clergy and Consecrated persons, we are invited to share in this “communion” and “intimate relationship” between Jesus and the Father. The Clergy and Consecrated Persons are united with Christ in the Proclamation of the Word, in the celebration of the Sacraments, and in their Spiritual Leadership. That is why they are called “alagad ng Diyos,” men and women “of God” or even more accurately, “servants of God.” It is through their very ministry of sanctification that they too are sanctified (cf. CCC, 1534)

But at times, they seem far from God and from following his will. Some get entangled in their concern for material possessions, in their need for pleasures and in their desire for power. Instead of becoming servant-leaders of communion they may even lead us to confusion and

disharmony. Let us pray that we may remain ever closely united to Jesus as he is in constant communion with the Father! We pray that all the Clergy and Consecrated Persons continue to abide in Jesus and become perfect disciples of the Lord for the New Evangelization. (cf St. John Paul II, Pastores Dabo Vobis III, 26)

JESUS STOOD TO HUMBLY SERVE...

“Jesus stood...” (Jn 13:4) – Jesus “rose up from the meal” to wash his disciples’ feet. His love for them moved him to serve them humbly.

With this inexhaustible strength in communion with the Father, Jesus was determined to serve and love those who were given to him, even to the point of death, death on the cross. (cf Phil 2:8) We, as members of his Church, are invited to actualize the Kingdom of God present in our midst. We are called to reach out to those in greatest need, to love and to serve those considered different and far from us. The Clergy and Consecrated Persons, given their role of leadership in our communities, and who often enjoy privileges and entitlements, should stand up from a comfortable and privileged position to generously and humbly serve. May they stand out in a world that is increasingly indifferent and even hostile to the Good News, and yet hungering for something it knows not. In the end, the Gospel will prevail, faith in Jesus will be vindicated, for as he said, “fear not, I have already conquered the world.” (Jn 16:33)

“...AND HE BEGAN TO WASH THE DISCIPLES’ FEET”

“...and he set aside his vestments...began to wash the feet of the disciples...” (Jn 13:4-5) The Lord, kneeling at the feet of his disciples, set aside his garment of protection and put on the towel of service. Showing his example of humility, he washed their tired and soiled feet. He later admonished them to do the same to one another, “...just as I have done for you, so also should you do.” (Jn 13:15)

“How lovely are the feet of him who brings the good news!” (Is. 52:7; Rom 10:15). The Scriptures acknowledges them who come with joyful tidings, who bear the Gospel message. The task of sharing the Good News entails reaching out, and traversing distances, here in our country and in neighboring Asia. We are careful not to neglect anyone needing the joy and hope that the Gospel brings. “To

Cubao Diocese Launches Casa de Silencio Retirement Home Project

Invited to Bishop Ness Ongtioco's birthday dinner at the Obispado in Lantana, Cubao were representatives of



Above, three of the four oldest priests in the Cubao Diocese - Msgr. Ben Razon, Msgr. Dan Sta. Maria, and Msgr. Tony Mortillero. Below, retired priests gathered at the Ephesus Haven in 2016 for a retreat.



the Parish Pastoral Councils from the 47 different parishes making up the diocese. The Christ the King Parish Greenmeadows PPC was complete, with Bert and Marie Anne Santos, Henry and Joyce Tanedo, David and Fely Ong, and Bing and Elise del Rosario in attendance, together with Fr. Bong Tupino and the other CTK priests.

Although it wouldn't be formally launched in the diocese until the First Sunday of Advent, the 'hat' was informally passed around, resulting in an unexpected contribution total of nearly P800,000.

A month earlier, Fr. Bong Tupino met with the CTK PPC officers and asked if the team was willing to take on the additional assignment of Ways and Means Committee, reporting to him in his designated role as Ways and Means Committee Head for the retirement home project. The PPC officers said 'yes'. So the following week, on September 27, the CTK PPC officers, together with additional member Fe Pery, convened officially, with members of the Cubao Diocese curia - Fr. Jun Simon, Chancellor; Fr. Steve Zabala, vice-chancellor; and Fr.

Ronnie Santos, Oeconomus. At the meeting, Fr. Steve ran them through the details of the project. Based on the discussion, the CTK PPC officers prepared a draft plan of action that was discussed at a second meeting two weeks later. They also prepared a draft PowerPoint presentation that would be used by Fr. Bong Tupino and Fr. Steve Zabala as they made the rounds of the 3rd quarter vicariate leadership meetings. Finally, on November 27, two of the CTK PPC members presented to the Cubao clergy at-large during their Advent recollection in Tagaytay and got their approval to formally launch on the first weekend of Advent, December 2-3.



Above, the specially-designed envelope. Below, the collection box. Bottom, the poster displayed in all the parishes.



Help Build the Casa Silencio Renewal Center, a Home for Retired Priests and a Center for Retreats and Conferences



With gratitude for their years of faithful ministry, the Diocese of Cubao is building a home for elderly priests who have faithfully served the Diocese for many years.



A SAFE HAVEN FOR OUR RETIRED PRIESTS

"All elderly people, priests included, need safe havens in their old age. A place they can call home, where they can live either independently or with professional assistance. A place where they can enjoy the warmth, support and camaraderie of fellow retirees of the cloth. The Roman Catholic Diocese of Cubao is planning to build a retirement home cum retreat and conference center where our retired and elderly priests can opt to stay and spend the rest of their lives with quiet grace. I hope you can join us in this truly worthwhile endeavor!"

- Bishop Honesto F. Ongtioco DD



This meant that the CTK PPC had to rush the design of special envelopes, posters, and custom-designed collection boxes that were shipped out to the different parishes last December 1 and 2. On the diocese side, Fr. Steve Zabala was entrusted with getting Bishop Ongtioco to prepare a video so that the parish mass presiders would not need to talk too long on the project but more to underline how important the project was and how critical would be the support from the parishioners.

So starting with the December 2 Saturday masses, the presiding priests of these masses in the 47 different parishes made the same appeal - with the average age of Cubao priests at 52, these priests are going to be hitting retirement age soon, and some will need to retire even sooner as cancer, sickness, dementia, mobility issues and other issues arise. But as a parish priest retires, he has to leave the parish rectory where he may have resided for many years, if not decades. That's to make room for the new incoming parish priest. But since the Cubao diocese has no official retirement home, retired parish priests who have spent several decades living in their parish rectory have no choice but to look for rectory bed space in other parishes, or rent an expensive apartment, which is often beyond their means, or try very hard to look for relatives who will shelter them during their remaining years. And as everybody knows, priests have no children to turn to, which is the usual alternative of the very elderly. Priests in their 70s and 80s need a home to retire to, where they have the companionship in their aging years of fellow apostles of the faith, and where the severely ill or incapacitated can reside in quiet dignity.

As currently designed, there will be 20 rooms for retired priests, with most of them opening into the garden area on one side, and the main dining hall on another side. A nurses' station and a medical ward is also part of the design for sick or terminally ill priests. And most importantly, the main building leads to the chapel that can accommodate as many as 100 massgoers.

The upkeep for any retirement facility will be costly. So the plan is to build a retreat and conference center around the retirement home. In this way, the center can earn revenues that could help defray

CBCP's Pastoral Exhortation

the peripheries!" Let us roll up our sleeves and work! The Church is like a field hospital! "Duc in altum!"

My dear people of God, please continue to support our clergy and consecrated persons in their journey as "servants to the servants of the Gospel." As shepherds to the Lord's flock, may they "take on the odor of their sheep." As vulnerable "lovely feet" of the New Evangelization, may they encourage others to mission by serving with humility, by loving in action, and by strengthening the poor, the hopeless, the victims of injustice and oppression (cf. Is 52:7; Rom 10:15)

Let us also pray for the young men and women in the seminaries and formation houses. As they prepare for a life of self offering and service may their communion with Jesus be the source of their inspiration, strength and joy.

Let us all together, Lay, Clergy and Consecrated Persons, remain united with Jesus. With Mary let us proclaim the greatness of the Lord and rejoice in God our savior. May we become servants of the new evangelization to one another so that one day, God may finally and truly be all in all. (cf 1 Cor 15:28b)

From the Catholic Bishops' Conference of the Philippines, December 3, 2017, First Sunday of Advent

+ **ROMULO G. VALLES, D.D.**
Archbishop of Davao
President, Catholic Bishops' Conference of the Philippines

In the Cubao Diocese, to which Christ the King Parish belongs, the Santuario de San Pedro Bautista in San Francisco del Monte, Quezon City, hosted the closing of the Year of the Parish as Communion of Communities and the opening of the Year of the Clergy and Consecrated Persons last December 2.

Representatives from the basic ecclesial communities in the diocese started the celebration with a karakol, with some members of the clergy and religious congregations joining in dancing the karakol. Bishop Honesto F. Ongtioco, DD officiated the 9:00 am 'Misa ng Sambayang Pilipino', together with some members of the Cubao clergy and Franciscan priests from the Order of Friars Minor. An agape followed the mass.

Casa de Silencio Retirement Home Project

the regular operating cost of meals, utilities, repair and maintenance of the facility, and salaries of nursing, physical therapy, kitchen, housekeeping, maintenance, drivers and grounds staff. Retired priests will also be charged a portion of their meager monthly pension for rent and upkeep. As a renewal center, the facility will also offer spiritual growth, healing and transformation by offering daily and Sunday Masses;



Above, the architectural rendering of the planned renewal center. Below, a perspective of one of the retired priest rooms.



spiritual retreats; meeting and conference space for clergy, congregations, parochial school faculty, and parish staff; and availability of very senior priests for confession, counseling, and fellowship.

For the 'renewal' part of Casa de Silencio, there will also be 50 smaller rooms on the upper floors for overnight retreat participants, plus two small meeting rooms and one mid-sized conference room good for 50 participants.

It's a very ambitious project, with a lot of opportunities to fail, given the high cost (some estimates go as high as P200M). But the CTK Parish Pastoral Council is guardedly optimistic that if everyone in the diocese who can afford to give does give, there's a fighting chance that the donation targets can be achieved. The near-term fighting goal is to get to P30M so as to allow breaking ground on the project by end March 2018, and to get to P200M by late-2019 when the building could possibly be completed.

Fr. Bong Tupino and the CTK PPC echo the words of Bishop Ness Ongtioco in the video when he said, 'I hope you can join us in this truly worthwhile endeavor.'

Fr. Ted Gonzales on Life's Directions

Fr. Ted Gonzales SJ, a returning speaker, spoke on 'Life's Directions' at a forum organized by the Vocation Ministry last December 2, at 10:30 am at the Divine Mercy Chapel. His talk was targeted at single young professionals and graduating college students.



The Life's Directions talk aimed to help young adults prepare for life's challenges through understanding one's strengths, weaknesses, values and world view in their journey towards God through self-awareness and one's innermost desires.

Fr. Ted currently teaches at the Loyola School of Theology and is connected with the Ruben M. Tanseco, S.J. Center for Family Ministries (RMT-CEFAM) as Program Director, Professor and Counselor.

With Fr. Ted were two volunteers from the Life Directions program, who had themselves gone through the program themselves and are now purposed with helping other younger folks make the right life choices. Fr. Ted said, 'Think of Life's Directions not as a weekend retreat but as a support organization, a mentoring program, and a free counseling service all rolled into one.'



Advent Season Is Done; Christmas Season Starts

The 2017 Advent Season officially began December 2-3 with the First Sunday of Advent. As explained by Fr. Bong Tupino in his homily during the 6 pm First Advent mass, the Advent season is not the Christmas season, which only begins on Christmas Eve, December 24, and ends on January 8, 2018. Advent is the four weeks of expectant waiting and preparation for the celebration of the Nativity of

who dwelt in the land of gloom a light has shone. You have brought them abundant joy and great rejoicing, As they rejoice before you as at harvest, as men make merry when dividing spoils.

For a child is born to us, a son is given us; upon his shoulder dominion rests. They name him Wonder-Counselor, God-Hero, Father-Forever, Prince of Peace. His

faithful of Mary and Joseph's journey to Bethlehem.

- The 3rd Sunday of Advent, also called Gaudete Sunday, symbolizes Joy with the "Shepherd's Candle", a reminder of the Joy the world experienced at the coming birth of Jesus.
- The 4th Sunday of Advent symbolizes Peace with the "Angel's Candle", a reminder to the faithful of the message of the



Fr. Bong Tupino blesses then incenses the advent wreath and its candles at the start of the Advent Season (photo from last year)



Left, Enrique Santos goes up to light the first Advent candle as Chito Santos, right, leads the congregation in the prayer in lighting of the Advent Candle



Jesus at Christmas. The Advent season offers the opportunity for parishioners to share in the ancient longing for the coming of the Messiah. With each week as his Advent, or "coming," draws nearer, another candle is lit, with each candle dispelling the darkness a little more. Thus, the Advent wreath helps to spiritually contemplate the great drama of salvation history that surrounds the birth of God Incarnate who comes to redeem mankind.

During Advent, the Gloria of the Mass is omitted, so that the return of the angels' song at Christmas has an effect of novelty. Not just at the CTK Main Church but in all the village masses last December 2-3, the advent wreath was blest by the mass presider, followed by the lighting of the first candle by a pre-selected parish family. Last December 2nd, it was Father Bong Tupino who blessed the Advent Wreath in the main church. Fr. Bong recited the words of the prophet Isaiah:

dominion is vast and forever peaceful, from David's throne, and over his kingdom, which he confirms and sustains by judgment and justice, both now and forever.

Parish Pastoral Council Head Lay Coordinator Bert and Marie Anne Santos, with daughter Kristina and grandson Enrique led the prayer on the lighting of the first candle while the Santoses' son Chito (Enrique's father) read the prayer in lighting of the Advent Candle.

There is a lot of symbolism in the four candles of the wreath:

- The 1st Sunday of Advent symbolizes Hope with the "Prophet's Candle" reminding us that Jesus is coming.
- The 2nd Sunday of Advent symbolizes Faith with the "Bethlehem Candle" reminding the

angels: "Peace on Earth, Good Will Toward Men."

Immediately after the 6 pm mass, Fr. Bong Tupino led the congregation outside to the garden for the traditional lighting of the CTK Christmas tree.



Above, Fr. Bong gives the signal to light the CTK Christmas tree.

The people who walked in darkness have seen a great light: Upon those



CTK Completes Simbang Gabi

Simbang Gabi, the long-treasured Philippine tradition of dawn masses for nine consecutive days, or novena, before Christmas Day, started last Friday, December 15 with the 8 pm Misa Aguinaldo.



It is one of the longest and most important religious celebrations in the Philippines that has lasted over 600 years. In the Spanish times, the masses were celebrated very early, usually at 4 in the morning, since they took place during the harvest season, when farmers had to be in the fields at the crack of dawn. At the first sound of dawn, at the crowing of the rooster, the entire family would get up and walk to the nearest parish church. The novena culminated on the ninth day, December 24, with the Mass of the Gifts, or Misa de Gallo ('gallo' means rooster, in Spanish) which celebrates the birth of Jesus.

Three Christmas Eve Vigil Masses on December 24th - 6 pm, 8 pm, and 10 pm - were scheduled at the Main Church, to include Blessing of the Belen and Veneration of the Image of Baby Jesus.

- **6:00 pm, Youth Ministry & Mustard Seed Ministry** as offerors, with Alumni Choir
- **8:00 pm, Family & Life Ministry & Sunrise Ministry** as offerors, with Couples for Christ Choir
- **10:00 pm, Parish Pastoral Council** as offerors, with CTK Youth Choir

For Christ the King Parish Greenmeadows, the pre-dawn masses were at 5:00 am. and replaced the usual 6:00 am daily morning mass. Officiating priests were from the Society of Jesus. Different organizations had been assigned as sponsors for the nine different days:

- **16th: Ladies of Charity**, coordinated by Fe Perry, with the Cathedral Choir, presided by Fr. Bong Tupino III
- **17th: Apostleship of Prayer & Adoracion Nocturna Filipina**, coordinated by Wanda Reyes & Rudy Tecson, with Hail Mary the Queen Choir, presided by Fr. Serge Maniba

- **18th: Diwanihan Kristiyano Prayer Group**, coordinated by Mon and Loung Cuartero, with Diwanihan Kristiyano Choir, presided by Fr. Ricky Montanez
- **19th: Catholic Women's League**, coordinated by Kim Cua, with ICC Choir, , presided by Fr. Arvie Bello
- **20th: Legion of Mary & Buklod ng Panginoon**, coordinated by Mila del Fonso, Ruby Borja, and Cita Pabillo, with APLOC Choir, presided by Fr. Herbie Santos
- **21st: Couples for Christ**, coordinated by Ed & Cecille Salonga, with Couples for Christ Choir, , presided by Msgr. Dan Sta. Maria
- **22nd: Mother Butler Mission Guild**, coordinated by Betsy Tenchaves, with CTK Youth Choir, presided by Fr. Ronald Plomillo
- **23rd: Life in the Spirit Healing Ministry & Knights of Columbus**, coordinated by Bobby & Margie San Juan, and Boy Angeles, with LSS Choir, presided by Bishop Honesto Ongtioco DD
- **24th: Christian Family Movement**, coordinated by May & Leo Nitorreda, with Tingig Zone 5, presided by Fr. Bong Tupino III

In addition, CTK Parish Greenmeadows also mounted evening Simbang Gabi masses, scheduled for 8:00 pm., starting December 15 and ending December 23. Officiating priests include Fr. Bong Tupino plus the other guest priests. Different villages had been assigned as sponsors for the nine different days:

- **15th: Greenmeadows 1 & 3**, coordinated by Eileen de Leon & Dulce Barreto, with Alumni Choir, presided by Fr. Bong Tupino III
- **16th: Acropolis**, coordinated by Maan del Rosario & Irene Robles, with ICC Choir, presided by Fr. Manoling Francisco SJ
- **17th: Enclave & Ivory Court**, coordinated by Reggie Nolido & Joey & Irene Sto. Domingo, with Tingig Zone, presided by Fr. Bill Abbott SJ

- **18th: Corinthian Gardens, Greenwich & Arcadia**, coordinated by Fe Pery, Linda Guanzon, Vangie Yam, Fe Flores & Lita Sambrano, with APLOC Choir, presided by Fr. Pops Repole SJ
- **19th: Eton CyberPod, Galleria, Robinson's Galleria, Crowne Plaza & Poveda**, coordinated by Merlin Lumba, Ding Castaneda, Gladys Silverio & Azucena Camagan, with CTK Kids Choir, presided by Fr. Joe Quilongquilong SJ
- **20th: Corinthian Hills**, coordinated by Paul & Linda Uy, with Alumni Choir, presided by Fr. Junjun Borres SJ
- **21st: St. Ignatius Village & La Maison**, coordinated by Baby Banal, Lulay dela Cruz, Tiny Perfecto, Fe Reyes, Ceri Yamsuan & Virgie Abastillas, with Koro Santuario, presided by Fr. Jett Villarin SJ
- **22nd: White Plains & White Plains Terraces**, coordinated by Jane Duque, Mel Novales & Alfred Contreras, with Servi Domini, presided by Fr. Francis Alvarez SJ
- **23rd: Libis**, coordinated by Ching Botero & Jo Piyaw, with Hangad Music Ministry Choir, presided by Bishop Honesto Ongtioco DD

A highlight of the evening Simbang Gabi was pioneered by Greenmeadows 1 last December 15, the first night, when coordinators Eileen de Leon and Dulce Barreto had 35 yayas, kasambahays and driver residents of GreenMeadows 1 as offerors. The gesture was a tribute to the people who have been working hard to help keep houses clean, cook food, wash clothes, etc. After the mass, the kasambahays were treated to a dinner fellowship at the convent veranda. The 35 househelp were uplifted with joy, gratitude and appreciation as it was their first time to be recognized and given the chance to participate on the first night of the festive preparation for the birth of our Lord.



Above left, the 35 kasambahays, yayas, and drivers from GreenMeadows 1 get ready for the Offertory. Below, the GM offerors enjoying dinner fellowship.



Parish Pastoral Council Hosts Christmas Dinner for Everyone Serving in the Parish

The Christmas party of CTK's Parish Pastoral Council, held Wednesday evening, December 13, was a resounding success, as fun, laughter and good fun kept rocking the Social Hall of the Parish Formation Center. The event, organized by PPC secretary Fely was marked by song and dance performances, games, and raffles.



The Sacred Heart Seminarians of Palo, Leyte singing 'Oh Come, Oh Ye Faithful'

Nearly 300 devoted servers of Christ the King Parish - lectors & commentators, extraordinary ministers, greeters & collectors, altar servers, ministry heads and core team members, mandated organization officers and members, renewal movement officers and members, village and BEC coordinators - were in attendance. Also in attendance were CTK priests Msgr. Tony Mortillero, Fr. Serge Maniba, Fr. Ricky Montanez



Above, Servi Domini. Below, round 2 for the Sacred Heart Seminarians.



Fr. Bong Tupino gave the welcome remarks, then introduced the priests and officers of the Sacred Heart Seminary of Palo, Leyte. He reminded the CTK faithful



that the seminary had been completely devastated by typhoon Yolanda in 2013 and since then had been slowly rebuilt, through the kindness of the other dioceses and parishes, including Christ the King. He then asked the invited seminarians of the Sacred Heart Seminary to lead the audience in singing 'Oh Come, Oh Ye Faithful'. After which he blessed the party food.

The performances included two songs by the Servi Domini, an award-winning choir that had been a mainstay at CTK led by choirmaster Noel de la Paz, a highly-applauded violin performance by talented youngster Nicky Maza, a volunteer of the Mustard Seed Ministry whose dad Bong Maza was a Knight of Columbus as well as EMHC. Also well-received was the tap dance by the colorfully-clad Tapestry Tap Dance Group of the combined Youth and Mustard Seed Ministries. The Sacred Heart Seminarians came back for two more Christmas carols. The final number was by professional singer Girl Valencia, a CTK regular who energized the crowd with her sing-along of Deck the Halls.

Last year's hit game, Dressing Up Santa



Above, the Tapestry tap dancers. Below, violinist Nicky Maza. Bottom, Girl Valencia working the priests' table.



Claus, was brought back due to popular demand. And once again, it elicited significant participation - and audience reaction - as five teams - GreenMeadows, Catholic Women's League, Ladies of Charity, Mustard Seed-Youth Ministry, and BEC Libis - used up their five minutes to dress up their Santa with the use of red crepe paper, a roll of tissue paper, tape, and a pair of scissors. Based on audience volume, the two finalists of the 'Best Dressed Santa Claus' were those groomed by BEC Libis and Ladies of Charity, with LOC bagging home first



The 10 winners of the Purefoods fiesta ham raffle prize donated by Irene Robles

Parish Pastoral Council Hosts Christmas Dinner

prize after emcee Bing del Rosario consulted with Fr. Bong and game organizers Sheryl Coronel and Maan del Rosario.

The second game, Bato Pato Pik, organized by Irene Robles, involved everyone in the hall betting his or her twenty peso bill by squaring off with the nearest person. The winner got the P20 bill of his opponent. After the first round, the 32 winners were holding on to P40

The raffle draw was also eagerly anticipated. The first draw involved 10 Purefoods fiesta ham, donated by Irene Robles, plus an electric fan by PPC Assistant Coordinator Henry and Joyce Tanedo and a mosquito trapper by PPC Coordinator Bert and Marie Anne Santos. The final draw was for the electric chopper by PPC secretary David and Fely Ong and the personal refrigerator donated by Bing and Elise del Rosario, won by Bing Cruz.



Above, the 'quarterfinals' of the Bato Bato Pik game. Below, the final result of the 'Dress Up Your Santa'.



each. After the second round, the 16 survivors were each holding on to P80. Then the 3rd round saw eight quarterfinalists, each with P160. By the end of the fourth round, the four survivors each had P320. And by the time it came to the final round, involving Fr. Serge - the crowd was cheering him on, with some shouting 'God is on your side, Fr. Serge' - against Couples for Christ's Cecille Salonga, each already had P640. The crowd cheered when Fr. Serge emerged victorious.

PPC Coordinator Bert Santos acknowledged all who had made the evening possible, but he did the acknowledgments early to make sure no one had left yet. Bert also pointed out that this was going to be Fr. Bong's last Christmas party with the CTK PPC crowd since the transfers of parish priests would take effect in June of next year. Fr. Bong formally closed the evening by thanking everyone who came and wishing everyone a Merry Christmas.

Commemorating All the Faithful Departed

Christ the King Parish announced three initiatives in preparation for the November 2 commemoration of all the faithful departed.

First, the parish invited parishioners to write down the names of beloved family members, relatives and friends on the envelope provided at the back of the church and at the parish office and drop these at the designated boxes. The CTK priests prayed for and blessed the names of the departed throughout the November 1 to November 9 novena masses.

Second, CTK crypts were opened from 6 am to 10 pm from October 25 to October 30 and from 6 am to 12 midnight on October 31 to November 2. Designated areas for flowers, candles, and incense were identified.



Third, daily masses were offered for all those interred in the CTK crypts aside from the regular First Monday mass at the crypt. 9 am masses were offered on October 31, November 1 and November



2 at the Lower Crypt chapel. Aside from these, a special 3 pm mass for the

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CTK Hosts Fiesta Eve Fellowship Dinner

Right after the 6 pm Saturday mass on November 25, Christ the King Parish held the Fiesta Night fellowship and thanksgiving dinner for all Parish Pastoral Council members, Eucharistic ministers, lectors-commentators, greeter-collectors, parish staff, village coordinators, and other involved parishioners.



CTK parish priest Fr. Bong Tupino formally opened the Fiesta Eve thanksgiving dinner by thanking everyone for coming and doing the grace before meal. Nearly 300 people came, with the biggest contingent coming from the Libis community, with some 100 in attendance. Leila Banico, Worship Ministry head, was



overall organizer for the event and she had arranged two buffet tables, with four separate queue lines that made getting food nearly painless.

The highlight of every parish fiesta dinner is the recognition of retiring parish servers. As some readers will recall, the Diocese of Cubao implemented a mandatory retirement age of 75 for all lay liturgical ministers - EMHC, lectors & commentators, greeters & collectors - similar to priests who have to retire at 75. Worship Ministry head Peter and Leila Banico, who led the presentation and awarding ceremony, did emphasize that retirement is not the end of their



Above, Remy Cabanban. Below, Mars Quesada. Bottom, Linda Famador and Armine Tagaysay.



Above, EMHC Oggie Benipayo. Below, singing duo Carlo and Cherry Subido.



service to our parish as they can continue to be members of mandated organizations, renewal groups, or the newly-formed Sunrise Ministry, the ministry for Seniors. Fr. Bong then blessed the statues of Christ the King that were going to be given away to the honorees.

Honored and awarded were:

- ▶ **Lector-Commentators Linda Famador, Diana Gozum, and Armine Tagaysay.** Fr. Bong and LeCom Coordinator Mel Novales led the awarding.
- ▶ **Extraordinary Minister of Holy Communion Mars Quesada.** Fr. Bong and EMHC Asst. Coordinator Manny de Leon led the awarding.
- ▶ **Greeter-Collector Remedios Cabanban.** Fr. Bong and GreCol coordinator Jeanette Cagurangan led the awarding.

There were two song numbers to regale the evening's fiesta crowd. First out was EMHC Oggie Benipayo, also a part-time professional singer who sang 'Ikaw'. Oggie is part of

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CTK Hosts Fiesta Eve Fellowship Dinner



'Himig Heswita and Friends' in addition to singing during Cardinal Tagle's Sunday morning's 'Word Exposed' on ANC. The second song number was a husband and wife duet by LeCom Carlo and Cherry Subido. Cherry is also the lead vocalist of an acoustic band managed by Carlo.



In addition, there were two dance numbers. First was by the ladies (and one gentleman) of BEC Libis. This was followed, as a final fiesta number, by the parish staff who did their own rendition of the 'Baby Shark' Challenge.



Above, the BEC Libis dancers. Below, the Baby Shark Challenge by the parish staff. Bottom, line dancing.



Worship Ministry's Peter Banico did double duty that evening as music provider. A line dance began as soon as the formal dinner program ended.

Commemorating All the Faithful Departed



departed, presided by Fr. Bong Tupino and co-celebrated by Bishop Raul Martirez, Msgr. Antonio Mortillero, and Fr. Serge Maniba, was held on November 2 at the main church.

After the special November 2 mass for the dead, Fr. Bong, Bishop Raul, Msgr. Morti and Fr. Serge went separately to bless the crypt vaults in the Upper Crypt, Lower Crypt, and Garden Crypt.



Christ the King Parish Celebrates Feast of Christ the King

Christ the King Parish Greenmeadows formally celebrated its Fiesta Day last November 26, the last Sunday in Ordinary Time.

Older parishioners might recall that on November 25, 1979, at the Feast of Christ the King, in a mass officiated by His Eminence Jaime Cardinal L. Sin, then the Archbishop of Manila, a new parish composed of Bgy. Libis, Bgy. Bagumbayan, the gated villages of White Plains and St. Ignatius, and the newly-opened Corinthian Gardens and Greenmeadows was formally established, out of the original territory that used to belong to Our Lady of Miraculous Medal Parish, Project 4. This new 'Christ the King Parish' was placed under the vicariate of Our Lady of Perpetual Help (OLPH). The White Plains chapel served as the temporary parish convent and Fr. Victorio Antonio Lanuevo was installed as the first parish priest. So Christ the King Parish Greenmeadows is officially 38 years old.

The November 26 Fiesta Day was preceded by nine days of 6 pm Novena Masses starting November 11 and ending November 25. For each Novena day, different presiders, village sponsors, and choirs had been assigned, culminating last November 25, the ninth day, with Msgr. Dan Sta. Maria, the Vicar General of the



- **22nd: Corinthian Hills**, coordinated by Irene Robles and Maan del Rosario, with Koro Sanctuario, presided by Fr. Herbie Santos
- **23rd: Eton Cyberpod, Robinsons Galleria, Crowne Plaza & St. Pedro Poveda College**, coordinated by Merlin Lumba, Ding Castaneda, Gladys Silverio, and Azucena Camagan, with Novo Concertante, presided by Msgr. Rig de Guzman
- **24th: Barangay Libis**, coordinated by Ching Botero and Jo Piyaw, with CTK Youth Choir, presided by Msgr. Dan Sta. Maria



At 3 pm, the Eucharistic Adoration, organized by the Apostleship of Prayer, was held at White Plains Chapel, the parish's first church, led by Fr. Bong Tupino. Songs, prayers, and readings interspersed with

- **18th: Acropolis**, coordinated by Irene Robles and Maan del Rosario, with Koro Sanctuario, presided by Fr. Allan Samonte
- **19th: Enclave & Ivory Court**, coordinated by Joey & Irene Sto. Domingo and Regie Nolido, with Cathedral Choir, presided by Most Reverend Teodoro C. Bacani, Jr., D.D.
- **20th: Corinthian Gardens, Greenwich & Arcadia**, coordinated by Fe Pery, Linda Guanzon, Vangie Yam, Fe Flores, Lita Sambrano, with APLOC Choir, presided by Fr. Eric Castro
- **21st: White Plains & White Plains Terraces**, coordinated by Paul & Dinah Uy, with Servi Domini, presided by Fr. Edgar Joseph Miranda

periods of silence served to direct the attention of the faithful. Then at 4 pm, the monstrance, or ostensorium, with the consecrated Eucharistic host, was led out by Fr. Bong who mounted the carroza to begin the Eucharistic Exposition. The Eucharistic procession to Christ the King parish church began, with the altar servers leading the entourage, followed by the brass band, then the Knights of Columbus honor guards. Fr. Bong Tupino then made his way into the church for the Consecration and Benediction ceremony that concluded with the Eucharistic Blessing.



Diocese of Cubao, and previous parish priest of CTK, as presider; Barangay Libis as sponsor; and CTK Youth Choir as singers. The specific assignments for each of the novena days were:



Photos of Eucharistic Adoration, Eucharistic procession, and Bishop Ongtioco officiating the fiesta mass are photos from last year

- **17th: Greenmeadows 1 & 3**, coordinated by Eileen de Leon & Dulce Barreto, with Couples for Christ Choir, presided by Fr. Bong Tupino

Annual First Communion Rites at the Parish

For 2017, the Christ the King Parish's First Communion was held last November 11. There were 20 first-time communicants all of whom attended the



First Communion Catechetical classes on October 1, October 8, October 15, October 22, October 29, and November 5.

Receiving their First Communion were:

- ▶ **Apuad, Lucky Belle**
- ▶ **Araullo, Tyrell Atreides**
- ▶ **Bicierro, Andrea Dionne**
- ▶ **Chuanico, Ian**
- ▶ **Dela Cruz, Jenella**
- ▶ **Eroy, Joseph Laorance**
- ▶ **Francisco, Noah Yusef**
- ▶ **Labanza, Ryeberg Xannder**
- ▶ **Laigo, Nathaniel James**
- ▶ **Mariazeta, Manolo Rafael**
- ▶ **Natores, Monique Joy**
- ▶ **Onabia, Nicole**
- ▶ **Palma, Kaitlyn Marie**
- ▶ **Quizon, Gabriel Lucas**
- ▶ **Rivera, Raymond Vher**
- ▶ **Rivera, Veronica Mayee**
- ▶ **Sanoy, Nasche Gabrielle**
- ▶ **Sengson, Charles Cedric**
- ▶ **Valencia, Gabriel Antonio**
- ▶ **Zalameda, Nino**

The solemnity of the rite and the prayerful disposition of the First Communicants, who were garbed in pristine Sunday clothes and veils for the girls, left many teary-eyed. The First Communicants actively participated in the liturgy as readers of the Mass readings and Prayers of the Faithful, choir leaders, and gift bearers during the Offertory. Fr. Bong Tupino celebrated the First Communion Mass, witnessed by the children's parents and godparents.

The various catechism topics included 'Salvation History' - from the fall of Man to the Resurrection of Jesus; Pentecost, the Holy Spirit and the Birth and Mission



Eucharist and the Sacrament of Reconciliation as preparation for receiving Jesus.

In the last two sessions, Alma and Sheryl practiced the order of the mass and the responses with the children.



of the Church; the Apostles, their Successors, the Bishops, and the role of the Pope; Grace and Sacraments; the

The First Communion catechesis and rites have always been organized by the Catechetical Ministry, co-headed by Alma Yeh and Sheryl Coronel. This year, they were assisted by Mina Mejia of the Mustard Seed Ministry. Last year, there were only eight First Communicants so the twenty for 2017 was a major jump in numbers.



CTK Confirmation Rites for a Record 51 Confirmands

CTK's Sacrament of Confirmation was held last November 18, Saturday, at the Main Church, from 9 am to 11 am. The Confirmation Rite was officiated by Monsignor Antonio Mortillero. The actual rites were slightly held up when it was found that the Libis confirmands had not yet done confession prior to the mass. But a quick scramble by the organizers to get as many confessors as possible solved what could have been a major emergency.

The Confirmation Rite proceeded solemnly with evocative music and a rousing homily by Monsignor Mortillero. A total of 51 confirmands, 25 from Barangay Libis and 26 from the CTK villages and outside the parish, took their confirmation rites, escorted by their parents, and in some cases, godparents. The 51 boys and girls had gone through their catechesis for two hours, from 10 am to 12 nn, over six Saturdays - October 8, October 15, October 22, October 29, November 5, and November 11. The classes were

Confirmation and their roles in supporting the confirmands in their new life as young workers of Christ. The classes were characterized by lectures, slide shows, videos, reflections, sharing, and prayers.



conducted by Sonny and Mina Mejia, heads of the Mustard Ministry, together with Alma Yeh and Sheryl Coronel of the Catechetical Ministry. Parents and godparents were also given a 3-hour catechetical seminar on the Sacrament of

- ▶ Garen, Grace Leane
- ▶ Gonzales, Daniel
- ▶ Irog, Andrea Nicole
- ▶ Kapunan, Kyla Marie Nicole
- ▶ Macasieb, Jasmin
- ▶ Macasieb, Mary Ann
- ▶ Merculio, Rachele Ann
- ▶ Pactor, Harvey Dennyce
- ▶ Paningbatan, Jamaica
- ▶ Samonte, Joycelyn
- ▶ Sayno, Jenny
- ▶ Siong, Arianne Jem
- ▶ Somera, Ahrishia Maries
- ▶ Teves, Lebron Drake
- ▶ Tria, Nina Mae
- ▶ Irog, Janna
- ▶ Domingo, Victor Nicko Luis

From the villages:

- ▶ Aldea, Josiah Leandre
- ▶ Araullo, Atreyu Aric
- ▶ Calustre, Charles Kendryck
- ▶ Carranza, Christopher Jesse
- ▶ Cervas, Aldrin Jay
- ▶ Cervas, Aren May
- ▶ Dearos, Jose Emilio
- ▶ Dearos, Maria Anastacia Luisa
- ▶ Dearos, Maria Sofia Ysabel
- ▶ Dy, Janpatrick
- ▶ Infante, Alex
- ▶ Infante, Andreas
- ▶ Infante, Jude
- ▶ Joven, Skyler Lucas
- ▶ Leal, Mark Reinier
- ▶ Natoes, Michael Seth
- ▶ Perez, Anya
- ▶ Perez, Sabin
- ▶ Perez, Santi
- ▶ Tragura, Mica Marie
- ▶ Villegas, Jhon Paul Vincent
- ▶ Yusay, Andrea Gabrielle
- ▶ Yusay, Jaime Antonio
- ▶ Zalameda, Natassia
- ▶ Zalameda, Nathan
- ▶ Zalameda, Nicole

The full list of confirmands are as follows:

From Libis:

- ▶ Adlawan, Krystel Marie
- ▶ Baluyot, Angel Trisha
- ▶ Baluyot, Von Joshua
- ▶ Banderado, Stanly
- ▶ Cabrera, Christine
- ▶ Calicdan, Roxanne Mia
- ▶ Candido, Michaela
- ▶ Cucio, Reishell Bleu

The Confirmation was open to young parishioners aged 12 and up.



Seniors' Fiesta Assembly: Food, Games, Talks, and Swinging

It was another 'festive' morning last November 19 as the senior citizens of Christ the King Parish Greenmeadows enjoyed the 'Seniors Fiesta' event, held from 10 am to 12 nn at the Social Hall of the CTK Formation Center. Over a hundred senior citizens - and some were 'super seniors' - came to the assembly.

role in imparting life lessons to their children and grandchildren, rather than waiting for them to ask.

What impressed the attendees was not only how lively and energetic Msgr. Vengco was and how articulate he was in expounding on his topic, but how

if nothing had happened. That is because children's bones are dense and at the same time flexible. Unfortunately, when senior citizens fall, slip, trip, or stumble, chances are high that it will result in bone fracture. The reason is osteoporosis, or degradation and weakening of the bone substance. As we grow old, our bones become spongy and brittle. To prevent this, seniors are



Not wishing to tinker with a highly successful formula, Sunrise Ministry heads Doy and Estrelle Lopez drew up a program similar to the previous seniors' assembly.

confident he was in engaging the crowd. Also impressive was that he spoke without notes or slide aids.

Msgr. Vengco is presently a professor of theology at: the Loyola School of Theology, ADMU; the San Carlos Seminary Graduate School of Theology in Makati; Immaculate Conception Major Seminary Graduate School of Theology in Guiguinto, Bulacan; the Ecclesiastical Faculties of University of Sto. Tomas; and the Recoletos School of Theology, in Quezon City. He also continues to host the Catholic Sunday broadcast 'Ecclesia in Asia - Ang Salita ng Diyos, aired from 5 am to 6 am at DWIZ AM radio882 as well as write the weekly Thursday column 'Alalaong Baga' in Business Mirror. Msgr. Vengco was ordained in 1965 and has an MA Philosophy, a PhD in Sacred Theology (magna cum laude), and a diplomate in Liturgy (summa cum laude) from Germany.

There were two keynote speakers in the program. The first was Msgr. Sabino Vengco Jr., who gave the talk, 'Celebrating Christmas With a New Heart and Mind: A Senior's Perspective'. Msgr. Vengco, who had just turned 75, gave a feel-good talk that focused on what senior citizens like him could offer the younger crowd. He talked about wisdom that comes with age and experience, why senior age should be treated as God's gift, and how senior citizens should take a proactive



The second keynote talk was on 'Preventing Falls and Fractures'. by Jose Fernando Syquia, a noted orthopedic surgeon. Dr. Syquia stated that bone fractures in senior citizens usually result from falls. But then he posed the question - why is it that when children fall, they don't break anything and they continue on as



advised to avoid risk factors, do regular exercise, and take sufficient calcium and vitamin D. Fall risks can be due to poor eyesight or being under the influence of medications.

Dr. Syquia finished his premed at UST, with the honor of being its first summa cum laude, then graduated with a medical degree in 1990, magna cum laude, and a board topnotcher. In 1991, he was awarded Most Outstanding Orthopedic Resident Award by the Makati Medical Center. He was Chief Resident at the Philippine Orthopedic Center from 1995 to 1998. He holds the distinction of being the first and only orthopedic surgery resident to be awarded the Most Outstanding Surgical Resident Award, by the Philippine College of Surgeons back in 1998. He also won the Most Outstanding Orthopedic Resident Award from 1996 to 1998, given by the Philippine Board of Orthopedics. In 1999, he topped the diplomate examinations given by the Philippine Board of Orthopedics.

As usual, there were games and prizes. Doy Lopez and Anna Lagman grouped

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Seniors' Fiesta Assembly



the participants by table and conducted the game 'Ganito ang Tawag Niyo Ngayon, Ano ang Tawag Namin Noon'.

There was also Line Dancing, led by the swinging Ladies of Charity. Together with the lead DI, they encouraged the seniors in attendance to join them in swinging to the groove.



Another highlight was the free bone screening for osteoporosis, which started at 8:30 am.

And finally, the traditional distribution of loot bags filled with goodies capped the seniors' assembly.

Advent Recollection for Kasambahays, Drivers & Community Helpers

The kasambahays, drivers and community helpers had their own Advent day of recollection last December 4 and 5. Participants had a choice of either date, depending on their schedules.



Fr. Bong Guerrero served as recollection leader, replacing Fr. William Garcia, who had to attend to an emergency.

The event is an annual project of the Catholic Women's League. For this 2017 Advent recollection, a total of 48

release of stipends for Fr. Guerrero and the catechists.

The CWL organizing team included: Kim Cua, Nadine Navarro, Charito Barredo, Rosario Joson, Flor Cabello, Carmina Hidalgo, Ruby Joaquin, and Eden Almirez.

Other CWL ladies attending included: Ching Botero, Ellen Asuncion, Terry Lucero, Benita Lozada, Carol Teves, Remedios Cabanban, Nanette Cayme, Dolores de la Cruz, Corazon de la Cruz, and Paulina de Jesus.

The full-day program included several talks and lectures by Fr. Bong Guerrero, community prayers and singing, and individual sharing by each participant on what they would like to hear at their eulogy and how far they were from achieving that vision. They also viewed



participants attended, 30 on Monday December 4 and 18 on Tuesday, December 5.

The CWL ladies prepared the room, the projection system, the white board, and sound system. They also facilitated registration, assisted the assigned catechists, prepared the morning, lunch and afternoon snacks, and processed the

several uplifting videos. The last part of the program was confession, where everyone went through the Rite of Reconciliation.



Christmas Party for LOC's Feeding Program Participants at LES

LOC's Eileen de Leon with Libis Elementary School principal Ms. Chelma Cabatic



The Ladies of Charity (LOC) held a Christmas party last December 15 for the beneficiaries of their feeding program at Libis Elementary School. A hundred first- and second-graders from Libis Elementary School are currently in the

The children prepared a song followed by a dance number. Each child left the Christmas party with a goodie bag.

Two weeks earlier, on November 28, seven CTK parishioners who are regulars in the CTK morning exercise group at St. Luke's Room decided to band together and share their blessings with the kids of Libis Elementary School. In coordination with LOC, they brought food and cheer to

the 100 children under the CTK-LOC feeding program. The exercise group is headed by LOC ladies Melanie Aquino and Tessie Saulog. The other ladies who chipped in included: Irene Almario, Digna Pastor, Nellie Alleje, Diana Gozum, and Marcia Fong.



program. With recommendation from



the school administration, beneficiaries had been chosen based on nutritional needs, and their family and financial background.



LES principal Chelma Cabatic opened the program with welcome remarks and extended her thanks to Christ the King Parish for its continuing support for the school. The kids were given a special Jollibee treat of fried chicken and spaghetti. Some of the ladies also donated fresh apples and chocolates for the children.



Ladies of Charity Holds Rummage Sale

The Ladies of Charity - CTK Chapter held their rummage sale all day last November 19 at the LOC Lingap Center beside the Divine Mercy Chapel. For the past two weeks preceding, the LOC had been broadcasting their request for parishioners to bring their donations of used clothes, toys, appliances, etc. The proceeds always go to fund their social outreach projects.



Chef Jessie Wows Libis Moms with Quick Healthy Cooking

Last November 25, the Ladies of Charity invited nationally-renowned Chef Jessie Sincioco to teach the Libis community moms - and a few dads as well - how to cook simple, cheap yet nutritious and nice-to-look-at meals for the family.

Fifty mothers came to the tutorial. Chef Jessie deliberately prepared a dish using typical leftovers found in the fridge. She also gave several pointers while cooking:

- ▶ Eat only when hungry.
- ▶ Never cook too much. When you do, the family feels compelled to eat what's on the table.
- ▶ Focus on breakfast since that is the most important meal of the day.
- ▶ The biggest servings should be carbs - brown rice, pasta, etc. - followed by vegetables, then meats and eggs. Minimize on dessert.

- ▶ Get into the habit of serving fruits first. They make you feel full so you avoid overeating.



Also, fruits like bananas soak up the cholesterol that will follow.

- ▶ Eat dinner early, preferably at least 5 hours before bedtime. Eating late forces the digestive system and the heart to keep working late in the evening.
- ▶ Always keep a clean kitchen and wash your hands often.
- ▶ Avoid mixes to get flavors; instead go for sauteeing, starting with garlic then onion .
- ▶ Finally, do not take shortcuts in food preparation. These shortcuts also shortcuts your family's life years. .



Informal Mini-Reunion of Ex-LOC Scholars

Seven former scholars of the Ladies of Charity had an informal mini-reunion of sorts last November 12 at CTK's St. John A Room, at the invitation of LOC's Eileen de Leon and other LOC officers. The seven had graduated at different times, as early as 2005 and as late as this year. After a light meal, the former scholars were asked to share what had happened to them

since they graduated and they v e r y willingly obliged.



LOC Serve Lunch and Distribute Rice During Manila City Jail Visit

November 27 was the Ladies of Charity day with the prisoners of Manila City Jail. The LOC delegation, headed by LOC president Fe Pery organized a mass, after which they distributed lunch packs. The ladies shared lunch with the Manila City Jail prisoners in the chapel. After the meal, sacks of rice were donated to the jail administrators for cooking future meals of the inmates.

Last year, the LOC donated plastic chairs for the city jail chapel.



LOC's Livelihood Training on Practical Nail Art

Last November 30, the Ladies of Charity, or LOC, conducted a Livelihood Training Program on 'Practical Nail Art'. The demo-tutorial was conducted by Janina Gutierrez-Tan, a CTK parishioner.

The one-day livelihood project was participated in by the graduates of prior LOC cosmetology livelihood training from Barangay Libis.

The participants were taught basic nail care; proper use of nail tools; creative ways to better their manicure & pedicure craft; and new original designs for nail decorations.



More 'Coffee After Church'

The Coffee After Church, or CAC, is regularly held after the Sunday 9 am mass in the front garden. Each Sunday is sponsored and coordinated by a different parish group based on agreed assignments.

December 10 by Mustard Seed Ministry and Catechetical Ministry



November 26 by Buklod ng Panginoon



November 19 by Youth Ministry



November 12 by Diwanihan Kristiyano



October 29 by Couples for Christ & Knights of Columbus



October 15 by Life in the Spirit Prayer Group



CTK GreenMeadows Gawad Kalinga at Novaliches Celebrates 8th Anniversary

The Christ the King Greenmeadows Gawad Kalinga Village in San Diego Street, off Zabarte Avenue, Barangay Kaligayahan, Novaliches, Quezon City celebrated the 8th anniversary of its founding in 2009 with its usual Foundation Day festivities at the Zabarte Road compound last November 30. And as in previous years past, Christ the King Parish Greenmeadows demonstrated its continuing support for the GK village flagship project it underwrote and jointly sponsored with Gawad Kalinga for the 50 former resident families of Libis Sitio 1, the area under the Santolan-Katipunan overpass and the first of several Libis sitios to be forcefully evicted. Unlike most other GK villages, this CTK Greenmeadows GK village was donated not by one corporation but by several hundred parishioners, parishioner families, CTK chapters of mandated organizations and renewal movements.

Village sponsors and CTK PPC members Benjie and Wins Mirasol once again visited the 50-unit village, spread out over 3,000 sqm, together with regular GK Zabarte Foundation Day-Christmas party emcee Bing del Rosario. To recall, Benjie Mirasol was the project manager for the site search and housing construction in 2008-2009 under then-parish priest Monsignor Dan Sta. Maria. Libis Sitio 1 was already nearing forced evacuation and the 50 families, including CTK staffers Noel Miro (Sacristan Mayor), Dodong Cabintoy (driver-gardener), and Rey Llagas (parking area maintenance) had nowhere to go. As with other GK sites, beneficiary families had to undergo training and orientation on community building as well as values formation before they could get custody of the houses; in turn, the CTK donor-sponsors committed to spot livelihood opportunities so that the beneficiaries and their children could become valuable assets to their new parish. Since 2009, Benjie and Wins had also been taking care of the spiritual needs of the villagers and ensuring that the Couples for Christ-GK

ideals and value systems are internalized by the relocated families. From being marginalized, the project beneficiaries have become productive community members with transformed attitudes, life outlook, and spirituality through the formation programs of the Couples for Christ-CTK Chapter. But even after eight years, the village elders continue to regularly consult their 'godparents' on many different matters - financial, conflict resolution, moral concerns, employment issues, village leadership questions, etc.

by the village leadership team, consisting of president Tony Gallardo (who had been president since 2009)



Below, the older children with their dance number



and Juliet Mendoza (treasurer). Also at the event was Benjie's fellow instructor at Ateneo's School of Management (SOM), Pam da Silva, who had a team of five graduating students working at the village identifying livelihood opportunities as part of their graduation requirements.

The Foundation Day cum Christmas Party was emceed by Bing del Rosario who interspersed games with the prepared musical performances. Bing was assisted in some of the games by the SOM Ateneo students. Village president gave the closing remarks at 12 noon and the village lunch followed.



The Ateneo students helping out Bing del Rosario with some of the children's games



The CTK delegation of Benjie, Wins and Bing were met and entertained



Worship Ministry Commissioning: LeComs, EMHCs, and GreCols



deliberately recommitting to be proclaimers of God's Word. So he thanked the LeComs and asked the congregation to give them a big hand. The LeCom Ministry is led by Mel Novales.

The EMHC are currently led by Overall Coordinator Albert Cuadrante. To recall, last August 27, a record 16 new members were added to the EMHC ranks. CTK Eucharistic Ministers serve in the three daily masses, 10 weekend masses, some of the weekly village masses (Acropolis, Corinthian Hills, White Plains) daily village masses (Corinthian Gardens, St. Ignatius) plus giving communion to the sick in their homes on a weekly basis.

Eight hours later, the 90-plus renewing Extraordinary Ministers of Holy Communion, or

The day before, November 18, at the 7:30 pm mass, the Greeters & Collectors (GreCols) renewing their service for 2018 were similarly commissioned. The GreCols are currently led by Overall Coordinator Jeanette Cagurangan.

EMHC, were formally commissioned for 2018 duties during the 5:00 pm mass at the same main church.

In his introduction, Fr. Bong told the congregation that these extraordinary ministers had completed the renewal seminar, fulfilled the minimum attendance requirement

for the 2017 vocation talks, and were deliberately recommitting themselves to faithfully administering the Eucharist during Communion at mass.



The 140-plus renewing lectors-commentators - not including the nine new ones commissioned last August 13 - were formally commissioned by Fr. Bong Tupino during the November 19 9:00 am Sunday mass in front of a full congregation. He mentioned that the lectors-commentators had gone through the renewal seminar and were



'What Inspired Me to Answer the Call'

Fr. Fred Cristian Narvasa spoke to over 125 teenage youth and altar servers on 'What Inspired Me to Answer the Call to Priesthood' last November 4. Some parishioners would recall that November is always 'Diocesan and Parish Vocation' Month hence vocation talks such as Fr.

to the priesthood despite the challenges. Fr. Fred talked about his childhood, how he and his brothers would put on blankets and pretend to say mass, using grape juice as holy wine and Fita crackers as Eucharistic hosts.



It was his grandmother who encouraged him to pursue his dream of becoming a priest. Without her encouragement and guidance, he would never have gone through with his priestly vocation, Fr. Fred admitted.

In the seminary, Fr. Fred admitted that homesickness was the biggest challenge. He had many classmates who cried at night and a few who couldn't stand the separation from their families and quit. But in the end, Fr. Fred was unequivocal in proclaiming that the sacrifice was all worth it, as he finally fulfilled his dream of becoming an agent of the Lord.

Fr. Fred Narvasa was supposed to have shared the podium with his brother Frederick Carlo who is currently a Deacon, also at the Our Lady of Guadalupe Minor Seminary but Frederick had an emergency and couldn't make it at the last moment.

Fred's are typically scheduled in November. Most of the attendees were CTK scholars sponsored by the Ladies of Charity and Knights of Columbus.

Fr. Fred had only been a deacon for exactly a year when he was ordained as a priest in March 2017. He is currently Parochial Vicar of the Lady of Pentecost Parish.

His talk centered on what inspired him to enter the Our Lady of Guadalupe Minor Seminary and continue to pursue his call



Msgr. Tony Mortillero Celebrates 82nd Birthday

CTK's retired resident priest, the still sprightly Monsignor Antonio 'Tony' or 'Morti' Mortillero SJ, celebrated his 82nd



birthday last November 5 with a 7 am morning mass on November 4. This was followed by a hearty breakfast at the



convent veranda. Msgr. Mortillero has been in the priesthood for an unbelievable 54 years, having been ordained on the 23rd of December 1962. His very first assignment was as Assistant Parish Priest in Pateros, Marikina, He then became the parish priest of Sta. Rita de Cascia Parish in Baclaran, Parañaque in 1971, and concurrently, Director of the Sta. Rita de Cascia Parochial School. He occupied the position for 22 years until 1993. From 1994 to 2012, or a total of 18 years, Msgr. Mortillero was assigned as parish priest of Our Lady of Perpetual Help Parish in QC Project 8. In 2004, Msgr. Antonio Mortillero was concurrently appointed the second Vicar General and Moderator Curiae of the Cubao Diocese. He retired in 2012.

Record 66 Couples Attend 4th Quarter Marriage Vocation Program



Ministry, Doy and Estrelle Lopez, who had been running the program since the late 1990's.

For this quarterly offering, the lead couple were Aji and Angie Rualo, supported by facilitators Charito Barredo, Louie and Jops Padrinao, Edwin and Michelle Bernardo, Joel and Annavi Tamor, Jinggo and Ludgie Aldecoa, Jing and Girlie Alampay, Joel and Sandra Pamo, and Paul Uy.



The CTK Family & Life Ministry, headed by Regie and Joanne Polancos, held the 4th quarter Marriage Vocation Program, or MVP, on the weekend of November 4 and 5. It was attended by a record 66 couples, all slated to get married at CTK main church anywhere from December 2017 to March 2018.



At 16 hours long over two weekend days, Christ the King has one of the longest marriage preparation seminars in the Metro area. The pre-cana material had recently been condensed into a book, 'Marriage Vocation Program for the Engaged: Preparing Couples for Marriage'. It is based on the package developed by the original heads of Family & Life

Fr. Bong Tupino, CTK parish priest, addressed the group at 8:30 am on Saturday, November 4. The Holy Mass for the engaged couples, conducted the next day, November 5, was presided by Fr. Serge Maniba.

Couple speakers who gave talks included:

- ▶ Alex and Tata Albert, on 'Images of Love'
- ▶ Bing and Cielo Diño, on 'Sacrament of Matrimony'
- ▶ Johnny and Ayen Guevara, on 'Effective Communication in Marriage'
- ▶ Judd and Paz Balayan, on 'Sexual Expression in Marriage'
- ▶ Beng and Debbie Pangan, on 'Responsible Parenthood'
- ▶ Doy and Estrelle Lopez, on 'Natural Family Planning and Parenting 101'
- ▶ Jinggo and Ludgie Aldecoa, on 'The Journey Ahead'



DK Sponsors Mindfulness Talk

Diwanihan Kristiyano organized a talk with accompanying exercises last October 31 on the increasingly-popular topic of 'Mindfulness', a process of focusing on the present. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Scientific studies had shown that consistent mindfulness results in better levels of physical and mental health and reduces stress, depression and anxiety.

Invited by Diwanihan Kristiyano head Loung and Mon Cuartero to give the talk was Dr. Myrna Sanchez PhD, a senior counselor at CeFam, at San Carlos



Seminary, and at Lorenzo Mission. She is also a faculty member at the Loyola School of Theology and at St. Scholastica's College.

Dr. Myrna first mentioned the pioneers in the field, specifically Jon Kabat-Zinn, founder of the 'Center for Mindfulness in Medicine, Health Care and Society' at the University of Massachusetts School of Medicine, and Richard Davidson, founder of the 'Center for Investigating Healthy Minds' at the University of Wisconsin. The two pioneers had staged similar studies that proved that experimental groups tutored for eight weeks in mindfulness and meditation techniques reflected jumps in left prefrontal cortex activity compared to control groups that recorded no change in brain activity. And people with active left prefrontal cortex tend to describe themselves as 'interested', 'excited', 'active', 'alert', and 'enthusiastic'. The studies have concluded that just eight weeks of mindfulness training in a



busy workplace environment can have a positive effect on well-being.

Dr. Myrna had the attendees do some simple meditation exercises. The first was 'mindful' breathing where the person pays attention to every breath taken in and given out, mentally reciting suggestive words, and visualizing images. Another set of exercises was on practicing the various senses, especially on touch, smell, sound and taste.

She gave five tips for regularly practicing mindfulness:

- 1 **Set aside some time.** You don't need a meditation cushion or bench, or any sort of special equipment to access your mindfulness skills—but you do need to set aside some time and space.
- 2 **Observe the present moment as it is.** The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. The goal is simple: we're aiming to pay attention to the present moment, without judgement. Easier said than done, we know.
- 3 **Let your judgments roll by.** When we notice judgements arise during our practice, we can make a mental note of them, and let them pass.
- 4 **Return to observing the present moment as it is.** Our minds often get carried away in thought. That's why mindfulness is the practice of returning, again and again, to the present moment.
- 5 **Be kind to your wandering mind.** Don't judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off, and gently bring it back.



Youth Fiesta Kick-Off Starts CTK's Fiesta Celebration

The CTK Youth Ministry, headed by Louie and Lei Abando, mounted the annual Youth Fiesta Kick-Off last November 18,



usually staged a week before the actual feast day of Christ the King. The participants, mostly in the 15 to 20 year old range, included village youth, PREX



youth, Ladies of Charity scholars, Knights of Columbus scholars, plus friends and 'barkada' of some of the participants.

It followed the usual successful formula - dinner, followed by a get to know you segment, then praise and worship, led by Where's the Sheep band. This transitioned into the fun portion of the evening, with games. The evening concluded with the Closing Prayer.

October was Rosary Month

October was Rosary Month and the first of October, a Sunday, was celebrated by praying the Holy Rosary followed by the flower offering at 4:20 pm, just before

Some of the villages, like Acropolis and GreenMeadows 1, mounted daily Holy Rosary sessions. In the case of Acropolis, it was done in their Acropolis Park



Above, October Rosary Month in Acropolis. Below, Rosary Month in GreenMeadows 1.



the 5 pm Sunday mass at the main church.

gazebo while in GreenMeadows 1, the rosary recitation moved from house to house.

The Rosary was prayed the following day, October 2, until October 31 after the 7 am masses and before the 6 pm masses on weekdays. On Saturdays, the Rosary was recited before the 6 pm mass and before the 5 pm mass on Sundays.

October 31, a Tuesday, was the culmination of Rosary Month. The 6 pm mass was held at the main church rather than at the Divine Mercy Chapel and it was preceded by the recitation of the Chaplet of the Divine Mercy, praying of the Holy Rosary, and the final flower offering. What made the mass even more special was the blessing by Fr. Bong Tupino of the images of the Blessed Virgin Mary.



October 28 Candlelight Procession Marks End of Fatima Centennial Devotion

Last October 28, a Saturday, the Fatima Centennial Devotion formally concluded at Christ the King Parish with the candlelight procession after the 7:30 pm anticipated mass. The procession started from Christ the King parish church to Acropolis and back.



Fr. Bong leads procession from main church



Procession through Acropolis streets, above; and passing by Acropolis Clubhouse, below



At the end of the procession, as the Fatima image arrived back at the main church, Fr. Bong incensed the image one last time, led the prayers, then thanked Ellen Chua for donating the Fatima image and Worship Ministry heads Peter and Leila Banico for organizing the event.

Two weeks earlier, the parish held its last Holy Hour in honor of Our Lady of Fatima, last October 13 after the 6 pm daily mass. The next day, Saturday, October 14, CTK undertook its last parish pilgrimage to the National Shrine of Our Lady of Fatima in Valenzuela, Metro Manila, from 8 am to 12 noon.



Winding its way back to the main church

Kingdom of Heaven Fair 2017 Draws Record Number of Children Parishioners to Its Pearly Gates



Fair program with an opening prayer. He even stayed around to play with several cute little tykes. All the children had a chance to parade from the stage down to the red carpet, with their names and the



Polancos - worked together to stage the biggest and most successful Kingdom of Heaven Fair so far, last October 22 at the Parish Social Hall.

The Kingdom of Heaven Fair requested the children in the parish to dress up as biblical characters, saintly figures, and consecrated persons. And indeed, at least 50 children showed up in inspiring and religion-inspired costumes. There was a formal parade of costumes to cap the fair.



A sampler of the various costumes that the children came up with.

Below, a shot of the huge crowd inside the Parish Social Hall.



Above, parade of early birds at the noon mass



Though the event was scheduled from 1 pm to 5 pm, there were so many early arrivers that the organizers decided to parade them during the Sunday noon mass, with the permission of the priest presider. this elicited loud applause from the massgoers.



Fr. Serge Maniba officially opened the Kingdom of Heaven

Kingdom of Heaven Fair 2017 Draws Record Number of Children



Pinky Antonio, Dulce Barreto, Eileen de Leon, Maritel Nievera, Nene Supetran, and Mrs. Tantoco of GreenMeadows, Ana Fernando of CFM, Bet Montecillo, Mrs. Naty and Mrs. Penaflor. There was an Angry Birds game booth, a basketball booth, a bowling booth, a shooting game, a hoop toss, a 'pin the Baby Jesus on the nativity scene', and the most popular one, 'Fishers of Men', where the kids got to actually fish for live aquarium fishes. Game booth sponsors included Henry Tanedo, Maling Gutierrez of GreenMeadows, Zeny Palisoc of Acropolis, and the Ladies of Charity. Cash sponsors included Linda Tanjanco of GreenMeadows and Louie Laudico.

had been thankfully scattered.

Aside from Joanne Polancos, Mina Mejia and Lei Abando, the organizing team also included Jops Padrinao. Jops' husband Louie did the emceeing chores while Joanne Polancos' daughter Regina took the photos.

religious character they represented being announced.

There were seven game booths, scattered around the social hall, with the children having to complete all seven games so they could get the game stamp on their 'passports'. Completing their 'passport' meant being able to get their loot bag. Loot bag goodies were compliments of Apostleship of Prayer, CWL, MBMG,

There were also food booths invited to sell in the social hall, offering siomai, arroz caldo, halo-halo, turon, cookies, nachos, cupcakes, baked penne, shaved ice, etc. There was also free taho, courtesy of Diwanihan Kristiyano, and free popcorn, courtesy of Acropolis coordinator Irene Robles. By the third hour, the tired parents and guardians were noted to have congregated in the center of the social hall where chairs



Organizers giving out the loot bags



Weary parents and guardians taking a rest



PPC's Ministries Present Plans and Programs for 2018

The traditional CTK Parish Pastoral Council (PPC) planning meeting was held last October 28 to 29 at Sonya's Garden, attended by the ministry heads and representatives of parish organizations who comprised the PPC.

The full agenda included an introduction by Fr. Bong who set the parameters for the planning as well as the guidelines and why the exercise was important. Other diocese directions were discussed. Fr. Bong also shared his impending sabbatical before he moves to another Parish, capping his two 3-year assignment terms at CTK.



This was followed by the presentations of the ministries' 2018 plans and budgets. Prior to this meeting, the ministry heads had sat down with Fr. Bong for a preliminary review. Questions were asked, and the final plan and budget approved, with the assistance of the Treasurers Bing and Elise del Rosario.

The presentation was started by the youngest of the ministries catering to the youngest parishioners and led by the youngest Ministry heads, Sonny and Mina Mejia. Innovative ideas were put forth. A significant observation was that

there is an age group – from age 9 to 12 – that also needs attention – that fell between the pre-communicants of up to age 8 (Mustard Seed), and those in their teens (Youth). 2018 activities lined up to include this sector included: building up teaching resources; designation of the Feast of Sto. Nino as the Children's Ministry Awareness Sunday; Parents and volunteers fellowship; greater inter-ministry coordination; commissioning of children's ministry core team; and volunteer workshops.

Led by Joanne and Regie Polancos, the Family and Life Ministry discussed its plans to continue conducting the Marriage Vocation Program and organizing: Parenting Talks, Conscience Formation of the Youth, Medical Mission projects, and, in collaboration with the Youth and Children's Ministries, oversee the Kingdom of Heaven Fair activities.

Alma Yeh, who co-heads Catechetical Ministry with Sheryl Coronel, presented the plans of the Catechetical Ministry to hold: the regular summer catechetical classes, lent recollection for CTK scholars, first confession and confirmation classes and rites.

For the Vocation Ministry, Louie Laudico, who heads the ministry together with Anna Lagman, talked about: the planned encounter of altar servers with diocesan seminarians; celebrating vocation month; setting up a full-day program for Vocation Sunday; and the Vocation Eucharistic Hour; as well as scheduling talks to enlighten young men about priesthood as a vocation.

Clockwise, from top left: Mustard Seed Ministry's Mina and Sonny Mejia; Catechetical's Alma Yeh; Vocation Ministry's Louie Laudico; Catechetical's Sheryl Coronel



The ministry for the elderly, called the Sunrise Ministry, is headed by Doy and Estrelle Lopez. In their absence, the plans already approved after Fr. Bong's review were presented by Louie Laudico.



Clockwise, from top left: SSD Ministry's Mila Bangco; CWL's Kim Cua; KOC's Boy Angeles; Buklod's Lulay dela Cruz



Activities centered on physical, creative and formation concerns of the elderly members. The ministry also planned on conducting seniors' 'assemblies', half-day affairs that include community singing, dancing, games, informative talks, free health check-ups, snacks, and freebies. A highlight is the visitation service by volunteers of the sick elderly parishioners.

Mila Bangco, ministry head of Social Services and Development (SSD), explained how the works of the mandated organizations Apostleship of Prayer led by Wanda Reyes; Buklod ng Panginoon by Cita Pabillon, Catholic Women's League by Kim Cua, Knights of Columbus by Boy Angeles, and Ladies of Charity by Fe Pery have brought the SSD closer to its objectives of poverty alleviation and improved living conditions for the oppressed, exploited, and depressed families. After the individual activities of the organizations were completed, Mila categorized activities into: Scholarship, Feeding, Livelihood, Rice Distribution, Prison Apostolate, Catechism-Recollection, and Medical-Dental Missions.

Fr. Bong celebrated mass for the attendees. Participants also had the opportunity to discuss ministry matters and shared experiences, problems and successes over first day dinner and second day breakfast.

PPC's Ministries Present Plans and Programs for 2018



Clockwise, from top left: BEC's Tiny Perfecto; Acropolis' Maan del Rosario and Irene Robles with GreenMeadows' Eileen de Leon; Stewardship's Benjie Mirasol; Worship's Leila Banico; Greeters-Collectors' Jeanette Cagurangan; and Worship's Peter Banico.



The second day started with the presentation of the Youth Ministry led by Louie and Lei Abando. Activities discussed were the Youth Pilgrimage, PREX Youth, Days with the Lord, November Fiesta Kick Off, Kingdom of Heaven Fair, Vicariate Summer Sports League, Vicariate Youth Ministry Visitations, Easter Egg Hunt, Social Service Outreach, and the monthly youth gathering both for the high school and college levels.

In the absence of Formation Ministry Head Joey Galvez, Bing del Rosario, who was present during the previous week's Q&A with Fr. Bong, presented the ministry's plans of continuing the Bible study formation series. Additions were a new weekly Familiarization with the Faith series, and the Formation topics relevant to the Year of the Clergy and Stewardship.

In line with Formation activities, Life in the Spirit (LSS) Parish Prayer Community plans were presented by Pepe and Billie Pilar who presented for LSS leaders Bobby and Marge San Juan. The Community's weekly activities of healing mass, praise and worship, sharing and teaching night were discussed. Pepe discussed the request support for its healing mass during the

World Day of the Sick, teaching sessions, and Life in the Spirit Seminar.

Tiny Perfecto discussed plans for the BEC, a major part of which is the conduct of BEC Awareness and Orientation Seminars. It will continue its involvement with the Libis BEC projects and seek to be more active in the villages. The Ministry has also planned a recollection activity for the Libis and village BECs.

Led by Peter and Leila Banico, the Worship Ministry, with the most number of members, provides for orderly and meaningful liturgical celebrations. The following are the groups within the Ministry, their leaders and number of members: Lectors and Commentators (Lecoms) led by Mel Novales, with 52 ;Music led by Benjie Mirasol with 24 choirs, 2 instrumentalists, 2 vocalists; Extraordinary Ministers of the Holy Communion (EMHC), led by Albert Cuadrante, with 97; Greeters and



PPC Coordinator Bert Santos

Collectors (Grecols) led by Jeanette Cagurangan, with 28 ; and Altar Servers, led by Louie Laudico, with 35. Formation talks and renewals were going to comprise the most common activity for the groups, with the exception of the music ministry which is still focused on choir training to provide music for worship.

Jing and Girlie Alampay, heads of the Public Affairs Ministry, explained why the activities scheduled for 2017 were not carried out and instead proposed a livelihood project for 2018. They also planned for a talk on the '7 Habits of Highly Effective People' for the police. Media Ministry head Bing del Rosario presented the activities carried out for 2017 as well as the plans for 2018 with

respect to the CTK website, newsletter, as well as the newly-installed LED display. Under the leadership of Sheryl Coronel and Althea Geronilla, the social media, that is, Facebook, Instagram, etc., arm will remain active and continues to lend support to the Media Ministry goals.

Capping the presentations on projects and corresponding cost budget was Bert and Marie Anne Santos, head coordinator of CTK's PPC. Bert Santos explained that the administrative expenses are included under the PPC, to wit: salary and allowances of the PPC assistant; supplies; the Coffee After Church Project, and mid-year recollection. 2018 donations for the Year of the Clergy activities had also been included under the PPC.

In her integration, Treasurers Elise and Bing del Rosario presented the corresponding budget of each Ministry, commenting that the total budget totaling more than 8.5 million pesos is up by 30% over that of 2017. More than half of the budget is allocated to Social Services and Development. PPC has the next biggest share at 11% and Worship Ministry at 8%. It was also noted that disbursements range from half to almost a million each month.

Capping off the presentations was that of Stewardship, led by Benjie and Carina Mirasol. Benjie stated that the Stewardship group aims to create givers who are Christ-centered as well as to widen the base of parish workers, using the unique talents and gifts of more and more families in the parish. It is from the Stewardship activities that funds for the various ministries are sourced.

The planning presentations concluded with Fr. Bong providing the Closing Remarks. He congratulated the PPC on well-thought out plans for next year but at the same time, he emphasized the importance of faithful execution of the various planned projects and activities.



Hangad Music Ministry Celebrates 26th Anniversary with Gesu Concert



The Hangad Music Ministry, one of CTK's regular weekend choirs, celebrated its 26th Anniversary last October 22,

Sunday, at the Church of the Gesu in Ateneo de Manila with a Thanksgiving Mass at 5PM, followed by a free concert at 6:30 PM. The event also marked the launch of its limited-edition album called "Hangad 25 The Anniversary Celebration"

which contains songs from previous albums plus three



Catechetical Ministry's Sheryl Coronel on Radio Veritas' "God Will Make a Way"

Sheryl Coronel, co-coordinator of the CTK Catechetical Ministry, was interviewed last August 6 on the Radio Veritas Saturday morning show, "God Will Make A Way", an apostolate run by Catholic psychologists and psycho-spiritual counselors to minister to people who have been victims of abuse and psychotrauma. Many among the show's listeners are women and children from abusive homes; individuals recovering from drug addiction; victims of crime; and others who suffer from different forms and degrees of mental and emotional illnesses.

Sheryl gave a first-person testimony on her own personal struggles against anxiety disorder, which began since childhood. She spoke of irrational fears that progressed through her adolescence and early adulthood making her doubt the love of God. Commiserating with the show's audience, Sheryl spoke of her own feelings of hopelessness then, of searching for meaning and healing in other religions, and of her straying from the path of virtue and grace. Experiencing pregnancy issues compounded Sheryl's misery, which led to her developing hypochondria, depression, and suicidal thoughts.

Sheryl confessed that she reached the depths of 'spiritual poverty' before God opened the gates of his mercy for her. She witnessed her own remarkable spiritual healing through the Sacrament of Reconciliation. She discovered personal joy through Eucharistic adoration during daily Masses. And

Sheryl found a deep well of loving support in the Christ the King Parish community. Her life story, Sheryl admitted, has truly been one of hope, redemption and recovery.

From her own life experience, Sheryl gave the following advice to people suffering from mental illness:

- 1 Stay in a state of grace.** Sin makes people vulnerable to spiritual oppression or demonic attacks.
- 2 Receive the sacraments often as food to strengthen the soul with the life of God.**

3 Do not be in a hurry to recover. Trust the Lord's timing. Impatience to be well too soon can only increase anxiety.

4 Be in a community that loves God. Surround yourself with people who have a strong faith in God who will help strengthen yours.

5 Serve others. Hell is the perpetual contemplation of self. When you serve others, you take your attention from yourself and see that others have worse problems than you do. Helping others opens a spring of joy in your heart.

6 Seek the help of a Godly psychologist or counselor.



'Have a Vulnerable and Defiant Christmas!'



Christ the King Parish had its Advent Recollection, 'Christmas Has Two Faces', last December 9 at 10 am at the Divine Mercy Chapel, led by Fr. Francis Alvarez, SJ. Fr. Francis was ordained in 2009, completed his Licentiate in Sacred Theology with a concentration in Scripture in 2013, and then completed his Doctorate in Theology and Education from Boston College just this year. In 1997, Fr. Francis was awarded 'Ten Outstanding Students of the Philippines'. He finished his AB Philosophy degree from the Ateneo de Manila University in 1999, graduating magna cum laude and batch valedictorian. He then finished his MA Philosophy in 2002, then completed his Bachelor's in Sacred Theology from the Loyola School of Theology, summa cum laude, in 2009, and was class valedictorian. For his doctorate, he focused on how to teach Scripture to the faithful today.

Fr Alvarez began his talk with the image of the Roman god, Janus, with his two faces, to point out his theme, that Christmas has two faces.

He asked the audience several questions: Though Advent is supposed to be the season for waiting, have you really been waiting for God this Advent season? When you review this past year, how many times did you need God, if ever? Were there days when you couldn't have survived the day without God's help? Or has pride prevented you from admitting you needed God? Is God just an extra, to be called when we're desperate for help?

Fr. Francis asked everyone to reflect on their life actions, plans and projects that came to fruition and met with success. Then he asked if we thought we were

successful because we gave it our 100%, or did we not exert any effort and asked God to do 100%, or if we thought it was a 50%-50% effort, or if it was 99% us and 1% God, or 99% God and 1% us. The right answer, he said, was - success came because you gave it your 100% and you asked God to give his 100%. He alluded to Matthew 11:30 with the passage - 'for my yoke is easy and my burden is light'. He explained that oxen, the original beasts of burden, always worked in pairs, so a 'yoke' meant that two oxen shared in the load, which is what happens in our lives, where God shares our burden by being the other ox in the yoke.



For the first 'face' of Christmas, which is a Christmas of vulnerability and weakness, he focused on Chris Rice's song, "Welcome to our World". Instead of singing Happy Birthday to Jesus on Christmas, Rice sings instead 'Welcome to our world'.

Fr. Francis argued that the country, and the world, is in a mess, what with the senseless violence, extra judicial killings, sexual harassments, the Marawi siege, the political crises in Israel, North Korea, etc. Like the gracious guest who, though announced, finds the host scrambling to get everything in order, God tells us: "You don't have to sweep the dirt under the rug or hide the embarrassing junk in the closet. The reason I have come is you. If it is a messy you that I find, then I will enter your messiness and help you straighten up the mess. I only ask

that you make room for me - even if it is only a manger. In you, I will make my home." This is why Chris Rice is encouraged to invite this God deeper into himself:

[Bring Your peace into our violence](#)
[Bid our hungry souls be filled](#)
[Word now breaking Heaven's silence](#)
[Welcome to our world.](#)

But we ask - if things are already messy, why did God come in fragility, as a baby Jesus born in a manger? Would not the world's woes be better addressed with imperviousness and toughness - perhaps

by a mighty warrior or a powerful king leading a formidable army? Would it not have been more efficient if God just came swooping down like a great big ball of fire from heaven to burn away all that is evil in us and purify us from all sin?

Fr. Francis provided the answer -

because living in a messy chaotic world makes us vulnerable. And by showing us his own vulnerability as a tiny baby in a manger, we open up to him and become intimate with him. God comes in weakness because He desires our love. Attraction to someone much more powerful can be motivated by selfish

'Have a Vulnerable and Defiant Christmas!

interests. But being drawn to someone weak can only be love.

Fr. Francis advises - this Christmas, and throughout the New Year, let us welcome weakness into our world. When we stand with those whose tears are falling, whose hearts are breaking – as Chris Rice’s song began – we will be more in touch with our need for God.

Chris Rice ends his love song to God:

So wrap our injured flesh around You
Breathe our air and walk our sod
Rob our sins and make us holy
Perfect Son of God
Welcome to our world.

So we welcome the Lord God this Christmas with the words, 'Have a Vulnerable Christmas'.

For the 'other' face of Christmas, which is a Christmas of 'defiance', Fr. Francis used as a peg the poem 'Christmas Bells' by Henry Wadsworth Longfellow. He recounted that Longfellow heard the church bells ringing, and he wrote:

I heard the bells on Christmas Day
Their old, familiar carols play
And wild and sweet the words repeat
Of peace on earth, goodwill to me!

But how could Longfellow write about peace and goodwill when, two years earlier, his wife Fannie had died due to injuries she suffered when her dress accidentally caught fire and then the following year, he received news that his son was seriously injured and paralyzed after fighting in the American Civil War. So he wrote:

And in despair I bowed my head;

“There is no peace on earth,” I said;
“For hate is strong,
And mocks the song
Of peace on earth, good-will to men!”

How can we greet each other “Merry Christmas”, given the darkness outside and inside us? But, Fr. Francis argued, Christmas does not end in despair. It ends with care. It does not end with heads hung low and heavy hearts. It ends with peace. Henry Wadsworth Longfellow realized this, too. And so he wrote:

Then pealed the bells more loud and deep:
“God is not dead, nor doth He sleep;
The Wrong shall fail,
The Right prevail,
With peace on earth, good-will to men.”

Outside, it is dark. But still, we hang these tiny twinkling lights all around us – not bright enough for us to see that far ahead, but bright enough for people of faith to be reminded that in the midst of darkness, there can still be light. And Light has conquered the world. We need a defiant faith to celebrate what seems like a dark and dismal Christmas season. We need to be able to defy our own darkness, our many deaths, and our distrust and say, “There is light. There is life. There is love.” We need to be able to ring with the bells more loud and deep and proclaim, “God is not dead nor does he sleep. The Wrong shall fail, the Right prevail, with peace on earth good-will to men!”

The best way to greet each other this season is not with “Have a merry Christmas” but with “Have a defiant Christmas!

From the Editor

It's been a very busy liturgical year for Christ the King Parish GreenMeadows. This last quarter is usually the busiest, what with the Feast of Christ the King last November 26 and the novena masses leading up to it, culminating in the 5 pm Fiesta Mass officiated by Bishop Honesto F. Ongtioco DD, head of the Roman Catholic Diocese of Cubao. The night before was the parish fiesta thanksgiving dinner, in gratitude for the services of the various ministries, villages, mandated organizations, and renewal movements who keep the parish spirit alive. It's also the time when the retiring EMHCs, Lectors, and Greeters are feted and honored.

We then entered the Advent season last December 2, with the First Sunday of Advent on December 3. The first weekend of Advent also happened to be the formal launch in the various parishes of the retirement home project for retired and sick priests. We not only lit the Advent candles in every mass leading up to the 4th and last Sunday of Advent but we also lit up for the first time this year the CTK Christmas tree last December 2.

December is usually a busy month for the Vocation Ministry and they sponsored the Life Directions talk by LD director Fr. Ted Gonzales. CWL sponsored the Advent recollections for Kasambahays and Drivers on December 4 and 5, while the Stewardship Committee organized the parish-wide Advent recollection, led by the charismatic Fr. Francis Alvarez SJ. The PPC had its annual Christmas party for its various constituents.

Then we began the early morning and mid-evening Simbang Gabi, from September 15 to December 24.

Our First Communion and Confirmation were also held this quarter, as was the quarterly Marriage Vocation Program. The fourth quarter is also when the various Worship Ministry groups are formally commissioned, for service next year.

So yes, it's been a busy year, and a very busy fourth quarter. Your Media Ministry tries hard to capture as many of the events as it can, to include in the electronic display located in the steps of the main church, in our official CTK Facebook page, in the website christthekingparish.ph, and in the quarterly Herald.

Bing and Elise del Rosario
Media In-charge



ERRATUM:

In the previous issue (3rd quarter), we mistakenly reported that in recognition of his valuable contribution to the Church, Fr. Jim Ferry, our regular guest priest for the Sunday 9 am mass, was offered by the late Manila Archbishop Jaime Cardinal Sin to be nominated as bishop, but Fr. Jim declined. Fr. Jim corrected us - the offer was for 'monsignor'; only the Vatican can approve promotions to 'bishop'. We stand corrected.