



CTK Bids Goodbye to Fr. Bong Tupino . . .

Fr. Bong Tupino was given a rousing despedida dinner by parish volunteers last June 8, after the 6 pm mass. Given the maximum capacity at the Parish



Formation Center second floor, the Parish Pastoral Council had to limit the number of attendees per mandated organization, prayer movement, ministry and village-BEC.

Fr. Bong had also been feted in separate despedidas by various mandated organizations, prayer communities, as well as village BECs. Acropolis for example, celebrated with Fr. Bong after he officiated at their village mass last Sunday, June 3. The Lectors and Commentators gave their despedida-lunch for Fr. Bong right after their LeCom General Assembly last June 9 from 10 am to 12 noon.

At the Parish Social Hall, the PPC-organized farewell began with emcees Bing and Elise del Rosario requesting Fr. Bong to say the special grace before the despedida meal. Fely Ong, head of the organizing committee that included Maan del Rosario, Eileen de Leon, Irene Robles, Alma Yeh and Sheryl Coronel, had set up three buffet lines to minimize the queue times.

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. . . and Welcomes New Parish Priest Fr. Steve Zabala



Fr. Steve Zabala, the incoming parish priest of Christ the King Parish Greenmeadows, held his first official mass last June 17 at 9 am.

This first mass was followed by a bienvenida breakfast with parishioners as part of the Coffee After Church, or CAC, at the Parish Social Hall.

The day before, June 16, Saturday, at the June PPC meeting, all the PPC members - PPC officers, ministry heads, mandated organization heads, prayer movement heads, village coordinators - introduced themselves to Fr. Steve, with some of the groups submitting written reports containing plans, objectives, and achievements for his later perusal. And even much earlier, last May 18, a Friday, Fr. Steve met with Fr. Bong and the parish

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New Parish Assignments Announced at Maundy Thursday Chrism Mass

At the Maundy Thursday **Chrism Mass** at the Immaculate Conception Cathedral in Lantana, Cubao, officiated by Bishop Honesto F. Ongtioco DD and attended by all the Cubao Diocese parish priests, it was formally announced that Fr. Bong Tupino will be formally reassigned to the Parish of Holy Sacrifice, at UP Diliman.

Bishop Ongtioco also announced that Fr. Steve Zabala, coming from the Lord of Divine Mercy Parish in Sikatuna Village, was taking over as parish priest of Christ the King Parish Greenmeadows. ■



Mabuhay and congratulations to Fr. Bong Tupino and the CTK priests for renewing their priestly vows at the annual Holy Chrism Mass on Maundy Thursday, March 29, morning at the Immaculate Conception Cathedral.

The Apostolic Vicariate of Puerto Princesa is May Outreach Sunday Beneficiary



The Apostolic Vicariate of Puerto Princesa was the beneficiary of CTK's Outreach Sunday for May. Last May 20, Rev. Fr. Eugene S. Elivera, representing the Vicar Apostolic of the Puerto Princesa Vicariate, Bishop Socrates C. Mesiona, appealed to CTK parishioners for support of the priest retirement home project of the Puerto Princesa Vicariate. His call for financial help was made during all the weekend masses on the third Sunday of May. In CTK, all third Sundays of the month are designated as Outreach Sunday.

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Message From Our Parish Priest

FR. BONG'S THANKSGIVING MESSAGE ON HIS 25TH ANNIVERSARY IN THE PRIESTHOOD

Manila Cathedral, 9 April 2018

Good evening brothers and sisters!

From the bottom of my heart, I wish to thank all of you who have come this evening to join me in offering my thanksgiving to God as I celebrate my 25th year in the priesthood.

In February 1993, after my Comprehensive Exams at the Loyola School of Theology, His Eminence Jaime Cardinal Sin, then the Archbishop of Manila, approved my application for ordination and asked me, together with my classmates who were also from the Archdiocese, Fr Jun de Peralta and Fr Lito Jopson, to choose the date of our ordination. We unanimously chose March 25, the Solemnity of the Annunciation. But since Cardinal Sin was scheduled to go to Rome that time and would return only on the 26th, he promised us that he would ordain us the following day, the 27th of March. While in Rome, however, he got sick and manifested signs of chickenpox. He immediately returned to Manila; and, Msgr. Soc Villegas, now the Archbishop of Lingayen-Dagupan, informed us that Cardinal Sin would not be the one to ordain us. In his stead, Archbishop Gian Vincenzo Moreni, then the Nuncio to the Philippines, had offered to ordain us. I wish to thank Cardinal Sin and Archbishop Moreni. May they both rest in peace!

Twenty-five years ago, in this very place, I was ordained to the priesthood. Today I return, bearing the fruit of the 25 years of priestly ministry and imploring the Lord to accept my thanksgiving and my desire to renew my priestly promises.

When I celebrated my 24th anniversary last year, I wrote my Bishop about my desire to return to this place today on this Solemnity of the Annunciation to express my gratitude to the Local Church of Manila whom I have served for 10 years before the establishment in 2003 of our Diocese of Cubao. Thank you Bishop Ness for allowing me to celebrate my anniversary here and for accepting my renewal.

I was born and raised in Paco, Manila, in the humble parish of Our Lady of Peñafrancia de Manila. My parish priest then, Fr Vicente Coronel, came to our house one evening to anoint my dying grandmother who used to bring me to our parish church. When he saw me, he turned to me and said, **'Ikaw, magpapari ka!'** He did not ask me if I wanted to be a priest; it was like a prophetic word, compelling and disturbing, difficult to ignore! That year I volunteered to serve in the parish as an altar server and my parish priest did not stop motivating me until I decided to enter the seminary. The rest is history.

Twenty five years ago, here in this place, I received my first assignment: Parochial Vicar of the newly established Parish of the Lord of Divine Mercy in Sikatuna Village which, at this very moment, is also celebrating its 25th Anniversary. From there I was assigned as Parish Priest of Our Lady of Peace in Parañaque; then, of San Isidro Parish in Tandang Sora; then, of Hearts of Jesus & Mary Parish in West Triangle; then, of Our Lady of Pentecost Parish in Loyola Heights, and now, of Christ the King Parish in Greenmeadows. For 25 years I was called to be a Parish Priest — a shepherd and steward missioned to care for God's flock, God's holy people. As I look forward to the coming years, I am again entrusted with a new community to shepherd, the Parish of the Holy Sacrifice in the University of the Philippines in Diliman. Thank you Bishop Ness for your trust and confidence!

Today, as I contemplate the story of the Annunciation, I echo Mary's wonder and awe, **'How can this be?'**

Paano nangyari ang dalawampu't limang taon? Napakabilis ng araw! Parang binhing tinanim: tumubo at namunga nang hindi mo namamalayan at hindi nalalaman kung paano ito nangyari!

And the angel said to Mary, 'the Holy Spirit will come upon you and the Most High will overshadow you.'

Huwag kang mangamba! Lulukuban ka ng biyaya ng Diyos. Yayakapin ka ng kanyang awa. Babalutin ka ng kanyang kagandahang-loob. At pupupugin ka nya ng kanyang pag-ibig.

Mary said, 'I am the handmaid of the Lord. Be it done to me according to your word.'

Pagitiwala. Pananalig. Pagsuko sa pangako at katapatan ng Diyos. Ito ang patuloy na tawag at hamon.

Allow me to thank the Bishops and Priests who have concelebrated with me this evening - the Archbishop of Manila, Luis Antonio Cardinal Tagle; the Bishop of Novaliches, Most Rev. Antonio Tobias; the Bishop Emeritus of Novaliches, Most Rev. Teodoro Bacani; Auxiliary Bishop Emeritus of Cebu, Most Rev. Antonio Rañola; the Bishop of Naval and our homilist, Most Rev. Rex Ramirez; the Rector of Manila Cathedral & Chancellor of the Archdiocese of Manila, and Fr. Reggie Malicdem.

The Priests celebrating also their 25th Anniversary this year - Fr. Mike Veneracion (Cabanatuan); Fr. Jovic Lobrigo (Legazpi); Fr. Joel Ruyeras (Tagbilaran); Fr. Lito Jopson (Pasig); Fr. Romy Ponte (San Pablo); Fr. Michel Joe Zerrudo (Cubao); Fr. Carlomagno Marcelo (Manila).

The Priests Formators and Alumni of San Jose Seminary, San Carlos Seminary, and Our Lady of Guadalupe Minor Seminary; the Priests Professors of Loyola School of Theology; the Priests from the different Religious Congregations - the Society of Jesus; the Augustinian Recollects; the Order of Carmelite Discalced; the Maryknoll Missionaries; and the Priests from the Prelature of Opus Dei; our Priest-Friends from the other Dioceses - Antipolo, Bayombong, Calocan, Malolos, Manila, Parañaque and Pasig. Most especially I wish to thank my brother priests from the Diocese of Cubao.

Allow me to thank also the Parishioners from my former Parish Assignments - Parish of the Lord of Divine Mercy, Sikatuna Village, QC; Our Lady of Peace Parish; Fourth Estate Subdivision, Parañaque; San Isidro Labrador Parish; Philand Subdivision, Tandang Sora, QC; Hearts of Jesus & Mary Parish, West Triangle, QC; Our Lady of Pentecost, Loyola Heights, QC.

And most especially my Present Parish Community of Christ the King, Greenmeadows. Our Parishioners from - Greenmeadows Subdivision; Acropolis Village; White Plains Subdivision; Corinthian Hills Subdivision; Corinthian Gardens & Arcadia; St Ignatius Village & Le Maison; The Enclave & Ivory Court; Poveda & Robinson's Residences; and Barangay Libis.

My special thanks to the Preparation Committee and our Liturgical Ministers - Bro. Mark Purugganan; Ms. Nerisse Lazaro; Ms. Leila Banico, our Commentator; Seminarians RJ Demol & Kenneth Parsad; Ms Jocas de Leon & Nikki Lazaro; our Readers & Psalmists; Ms Betsy Tenchavez & the Mother Butler Mission; Seminarians of San Jose Seminary; our Altar Servers; and Chorus Paulinus, our Choir.

I am deeply grateful to our benefactors who have significantly helped me to prepare this celebration. They do not want their names to be mentioned but their names are surely written in heaven!

Finally, I want to thank my family, my siblings and relatives, who are ever supportive of my priestly vocation and ministry. I believe that our parents too, Mama Luz and Papa Joe, are one with us tonight, praying with us and for us. Wherever they are, I wish to thank them for the selfless and unconditional love they have shown us. I still remember when I entered the high school seminary, I had with me a statue of Santo Niño. It was an image being peddled in Paco where we used to reside. We could not however buy it with cash money; for it was only being exchanged with old jewelries. Mama during that time had only one pair of earrings, a diamante negra. She knew I wanted to have the Santo Niño. And so, without any hesitation she let go of her precious earrings and gave them to the man in exchange for the Santo Niño. She told me to take it and to bring it with me to the seminary. Before she died two years ago, I gave her, unknowingly, a necklace with a Santo Niño pendant. It was only after her death that I realized that the Santo Niño became a symbol of our wonderful exchange of gifts, her enduring love for her children, and our grateful love for her and papa.

Thank you Lord for giving us wonderful parents. And thank you for the gift of my vocation to the priesthood. Thank you for calling us as you have called the Blessed Virgin Mary to be an instrument of your salvation in the world. May I always say like her, "I am the servant of the Lord, be it done to me according to your word."

CTK Hosts 2nd Quarter OLPH Vicariate Assembly, May 22; Parish Priests Bid Their PPCs Goodbye

Christ the King Parish hosted the **May 22nd quarterly assembly for the Vicariate of Our Lady of Perpetual**

clarify structures, policies, and procedures.

Aside from the survey results and a short presentation on how to manage parish meetings more effectively by **Jojo Sumpaico**, the PPC reps of the OLPH parishes took the opportunity to say farewell to five of the seven parish priests who were being transferred. **Fr. Arnel Recinto** is replaced by Fr. Aris Sison at the St. John Paul II parish as he takes up his new assignment at Mt. Carmel Project 6. **Fr. Bong Tupino** is replaced by Fr. Steve Zabala at the CTK Greenmeadows as he takes up his new assignment at Holy Sacrifice in UP Diliman. **Fr. Louie Caupayan** is leaving San Roque and taking on the parish priest role at Holy Family Kamias, with Fr. Larry Garces taking his place. **Fr. Jun Nadua** is leaving Miraculous Medal for Holy Redeemer Masambong and his Miraculous Medal position is taken over by Fr. Nelson Orqueta. And **Fr. Ronald Macale** is moving to take over both St. Joseph Aurora Blvd. and San Isidro Labrador parishes, and is being replaced at Nativity of Our Lord by Fr. Victor William Garcia.



Help to which CTK belongs.

The vicariate assembly was held at 7 pm at the Parish Social Hall, right after the 6 pm mass at the Divine Mercy Chapel. There are seven parishes in the OLPH vicariate, headed by the Vicar Forane, Fr. Arnel Recinto of St. John Paul II in Eastwood.



Top, Fr. Bong welcomes OLPH vicariate guests and introduces guest speaker Jojo Sumpaico. Above, one of the two tables reserved for CTK.

Jing Karaos gave a summary of the results of the recent diocese survey. Among the recommendations: a workshop for priests on how to give constructive feedback to fellow clergy; reinforce the stewardship, formation, vocation and media ministries of the parishes; strengthen the 'pamayanans' or BEC geographies; minimize duplications in parish activities; promote livelihood programs; and continue to



Above left, Fr. Arnel, as OLPH Vicar Forane, bids goodbye to the vicariate's PPC officers. He is followed by the other parish priests. Above right, Fr. Ronnie Macale gives reminders about welcoming the incoming parish priests. Below, attendees pose for a group photo.



staff headed by Nerisse Lazaro to review the infrastructure, finances, and processes.

Aside from taking over Christ the King Parish Greenmeadows, Fr. Steve Zabala had also been recently assigned Vicar General, the diocese second-in-command, replacing Msgr. Dan Sta. Maria who had earlier retired. At the PPC meeting, the members first learned that Fr. Steve will only be able to make the physical move by July 5.



Fr. Steve Zabala addresses the CTK PPC at his first get-to-know-you during the June PPC meeting, June 16.



Rev. Fr. Steven Ceguerra Zabala is 51 years old, having been born in Daet, Camarines Norte on March 6, 1967 to a provincial fiscal father and a teacher mother. He entered **St. Camillus College Seminary in Marikina** in 1984 and graduated cum laude in 1991. He then studied at **San Jose Seminary in Ateneo de Manila University** from 1992 to 1996, and graduated magna cum laude from the Loyola School of Theology. He was ordained as deacon in his last year, on September 16, 1995 and six months later, around graduation time, on March 25, 1996, he was ordained as priest at the Immaculate Conception Cathedral in Lantana, Cubao by no less than Jaime Cardinal Sin.

Upon graduation and priestly ordination, Fr. Steve was quickly assigned as assistant parish priest at **Our Lady of Perpetual Help Parish on 13th Avenue**. After a year, he was assigned as parish priest at the newly-formed **Parish of San Isidro Labrador, Bagong Silangan**.

Fr. Steve confessed, 'I had no clue how to run a parish. Guided by Vatican II's understanding of the Church as people of

God, I was convinced that as parish priest, I must enable and inspire the parishioners to actively participate to become a Church community, to deepen their sense of mission and to deepen their faith. Parish life means community building. And we do this in order to come to an encounter with God who is the reason and motivation why we are a community in the first place.' The San Isidro stint taught Fr. Steve a lot. 'San Isidro is a simple community. My first assignment as parish priest echoes Pope Francis' call to go to the periphery. San Isidro has taught me that to be a parish priest is to build the community which must always include those who have less in life.'

San Isidro Labrador turned out to be a two year assignment because in May 1999, Fr. Steve was assigned to start up the newly-formed **Parish of Our Lady of Pentecost in Loyola Heights**. This turned out to be a seven-year stint. And what did Fr. Steve learn from his Lady of Pentecost stint? 'Our lady of Pentecost became a parish with nothing—no church, no lot, no rectory, no money. It taught me how to become a builder and a fundraiser. Of course, the first thing I did there was to build the community. Construction and fundraising became easier with a solid community to back you up.' Fr. Steve added, 'Beginning at Pentecost, all my subsequent parish assignments involved building the community, raising funds, and constructing.'



Project 6. There he constructed a 3-storey pastoral center and convent, and later, an adoration chapel.

Then with the diocese-wide transfers in 2012, Fr. Steve was transferred to the **Parish of the Lord of Divine Mercy (LDM) in Sikatuna Village** where he had

stayed for the past six years. Fr. Steve proudly stated, 'In the Parish of the Lord of Divine Mercy, we constructed a 6-storey structure that housed the rectory, meeting rooms, wake room, adoration chapel and parking. This 78 million peso project had been a dream of the community since 20 years ago. I feel blessed to have been its pastor when it was declared a jubilee church during the year of mercy and compassion.' There's just one minor issue when he leaves LDM. Per Fr. Steve, 'The parish still has to raise 18M more to reach its 78M target. I feel sorry handing this shortfall to my successor, Fr. Herbie Santos, who is from CTK. At any rate, he has a brand new convent and a brand new building for his first time assignment as parish priest!'

For the last six years as well, concurrently with his LDM role, Fr. Steve was also **head of the Diocese Media and Communications Ministry** as well as **Vice Chancellor**.

Unknown to many outside his parishioners, Fr. Steve has a performing streak in him. He's been singing since childhood. In 4th year high school, he joined a band as an electric guitarist, and they got to perform weekly in a resto bar. That's where he admits gaining confidence performing on stage. When he entered the seminary, Fr.



Screen grabs from YouTube video showing Fr. Steve performing as Elvis, the Pelvis.

Steve then learned how to play the keyboard, taking on the role of organist of the seminary. He also began to write songs while inside. During his time at San Jose, they produced four musical plays and he wrote the music, ranging from rock to ballad to gospel music, using his high school rock and pop music background.

We asked if he already knew about Christ the King Parish Greenmeadows. Did he already have expectations? Fr. Steve answered, 'All I know is - CTK is very supportive and responsive to many of the diocesan initiatives and projects. I am humbled by its generous offering of time, talent and treasure. I don't know much about CTK and its PPC yet, which makes me excited to know more about her. I am ready to be surprised. Or better yet, I am ready for God to surprise us all, in a hopefully, meaningful and delightful pastoral and faith journey together! ■

Parishioners Crowd Palm Sunday Rites at Christ the King

Much larger crowds than usual participated in all the Palm Sunday masses last April 9, including the Saturday April 8 anticipated masses. Fr. Ronald Plomillo presided over three Palm Sunday masses, Fr. Bong Tupino did two, and Fr. Serge Maniba, James Ferry, Fr. Evan Villanueva presided over at least one mass.



Front, from left: Juan Miguel De Leon, Willy Corpuz, Radford Pereja, Bong Maza, Fr Bong, Leo Tan, Irwin Reyes, Cresencio Pinga. Back row, from left: Reggie Nery, Lito Perona, Jessy Quiroz, Jomel Quiroz and Alex Quiroz.



Fr. Bong Tupino incensing the palms

By Saturday April 8, palm vendors had already lined up Green Meadows Avenue



Procession going to the Main Church for the 7:30AM mass.



Above, Fr Bong reading the Gospel before the Blessing of the Palms. Below, blessing the Palms of the Apostles.



Blessing the Palms of the congregation. Senior Altar Server Noel Miro assisting Fr. Bong.



EMHC took on the role of Pilate, the presider took on Christ's role, and the commentator read the storyline as narrator. The congregation was encouraged to take on the role of the Jewish 'crowd' and join the choir. So there were two Gospel readings, the second being the long dramatization, and two homilies. In addition, most of the presiders accommodated the late arrivals by having another blessing of palms at the end of the mass.

For the 7:30 am mass, Fr. Bong Tupino blessed the palms at the parking lot in front of the Divine Mercy Chapel. At the forefront of the palm waving were this year's twelve apostles. This was followed by the procession to the main church where the mass was held. For all the other masses that followed, the blessing of palms was held inside the main church.



Posing with Fr Jim Perry at the 9 am Palm Sunday Mass: brothers JoMari and Jan Pasquin, Fr. Jim, Ramon Tecson, Sr. Altar Server Jan Joseph Famanilla, Xyrus Gulliergan, and Zui.

selling various types of palms. Traffic had become difficult since each Palm Sunday mass took over an hour. This was because Palm Sunday of the Lord's Passion was celebrated in two parts - the first part was the commemoration of Jesus' entrance into Jerusalem which included the Blessing of Palms and the Gospel reading of the Lord's entrance into Jerusalem. Even with the EMHCs and deacons participating in the blessing of the palms, it still took quite a while to cover all the areas of the main church.



Other Palm Sunday masses: above, Fr. Serge Maniba for one of the evening masses; below, Fr. Ricky Montañez at the Acropolis 4:30 pm Sunday mass.

The second part of the liturgical celebration on this special day was the mass proper, highlighted by the Gospel reading according to Matthew which was the narrative and dramatization of the Passion of the Lord. In the dramatization, the 2nd reader, if a male, or an



Good Friday Procession of the Holy Internment

Good Friday, March 30, the second day of the Paschal Triduum, saw the 2 pm Way of the Cross, the last one for Lent. Then, at 3 pm, though mass was not celebrated, the Good Friday liturgy began, consisting of the Liturgy of the Word, Veneration of the Cross, and Holy Communion.

The Good Friday service was followed at 4:30 pm by the procession of the Santo Entierro, literally, 'holy internment', and



Entierro, was escorted by the band, the Knights of Columbus Honor Guards, and EMHC as prayer leader.

Following Santo Entierro was the new image of **St. Salome**, accompanied by the Catholic Women's League as prayer leader, with Couples for Christ. The **Mary Magdalene** image followed, escorted by the Greeters-Collectors and the Mother Butler Mission Guild as prayer leader. Then the image of **St. John the Beloved**, escorted by the Diwanihan Kristiyano as prayer leader, with Family and Life Ministry.

Finally, bringing up the rear of the



The procession of the Santo Entierro and Madre Dolorosa through Greenmeadows 1



Veronica, escorted by the LeComs as prayer leader, and the Mustard Seed Ministry. Then came the image of **St. Marta**, escorted by the Apostleship of Prayer as prayer leader.

procession was the image of the Sorrowful Mother, or **Madre Dolorosa**, escorted by the Ladies of Charity as prayer leaders, together with the CTK priests.

Upon returning to CTK, the procession carroza of the dead Christ was blessed by Fr. Bong Tupino before the image was brought back inside the main church. ■



Above, Fr. Bong incenses the carroza of St. Joseph of Arimathea.

The fourth image was a new one, **St. Joseph of Arimathea**, escorted by the Legion of Mary as prayer leader, with Buklod ng Panginoon. The fifth image was also a new addition for 2018, **St. Nicodemus**, accompanied by LSS and Healing Ministry as prayer leader, with the Sunrise Ministry and Adoracion Nocturna.

Image no. 6, the image of the **Santo**



Below, after the procession, Fr. Bong Tupino incenses the carroza carrying the image of the Santo Entierro before the image is returned inside the main church.



Above, the procession begins, with the image of St. Veronica at the foreground, followed by St. Marta. Bottom, the Santo Entierro image.



the Madre Dolorosa. The procession, which wound through Greenmeadows 1 then back to Christ the King church, started with the **Crucifix and Candles**, then the image of **St. Peter**, escorted by Christian Family Movement as prayer leader, with the Stewardship Committee. This was followed by the image of **St.**

Three New Images for Good Friday's Santo Entierro

Christ the King featured three new images at the Santo Entierro Procession last Good Friday, March 30. The three new images included:

1. **Image of St. Joseph of Arimathea**, who, according to all four canonical Gospels, assumed responsibility for the burial of Jesus after His crucifixion.



2. **Image of St. Salome**, the wife of Zebedee and mother of Apostles James and John and cousin of Mary, mother of Jesus. In Roman Catholic tradition, Salome is counted as one of three Marys.



3. **Image of St. Nicodemus**, a secret disciple of Jesus. As a Sanhedrin, he would meet Jesus by night so that others would not see him with Jesus.



Without any effort, the Worship Ministry was able to quickly secure benefactors for the three new images. Existing images that had been used in previous years' Santo Entierro include:

- ▶ **Image of St. Peter**
- ▶ **Image of St. Veronica**
- ▶ **Image of St. Martha**
- ▶ **Image of the Santo Entierro**
- ▶ **Image of Mary Magdalene**
- ▶ **Image of St. John the Beloved**

Solemn Easter Vigil & Salubong



The Service of the Light, above and below, kicks off the Solemn Easter Vigil



The Solemn Easter Vigil last March 31 started at 8 pm with the Service of the Light, just outside the main church. This included the Blessing of the Fire and the preparation and lighting of the Paschal Candle. The congregation then trooped in, as Fr. Bong and the other CTK priests went through the Liturgy of the Word, which consisted of multiple readings, even as the church remained in darkness, then followed by the Liturgy of Baptism, and finally, the Liturgy of the Eucharist.



Above, the Risen Christ about to leave the Acropolis gate escorted by male parishioners. Below, the 'Salubong' between the Risen Christ and the Blessed Mother, still in veil. Bottom, a girl 'angel' lifts the veil from the Blessed Mother's face.



The male parishioners marched down Greenmeadows Avenue to the Acropolis gate and then accompanied the image of the Risen Christ in the direction of CTK. At the same time, the female parishioners marched to the corner of Giraffe and Greenmeadows Avenue and accompanied the image of the Blessed Mother. The Salubong happened in front of the CTK Formation Center. An 'angel',



played by a young Libis girl, lifted the veil off the face of the Madre Dolorosa. This was already past midnight. A festive atmosphere was enjoyed by everyone, aided by snacks and music.

Easter Sunday masses followed the usual weekend schedules. In keeping with tradition, masses featured the Renewal of Baptismal Promises, with the presiders and EMHCs sprinkling holy water on the crowd.



Lenten Recollection for Kasambahay and Drivers Held

Christ the King held its annual Lenten recollection for kasambahays and drivers last March 26, Holy Monday, and March 27, Holy Tuesday at St. Luke's Room,

questions, apprehensions, doubts, as well as expressions of guilt. Then at 3 pm, Brother Kenneth gave a 15 minute input on the Sacrament of Confession



Above, Brother Kenneth Parsad goes through recollection session no. 3.

from 9 am to 5 pm. The program was offered on two different days to facilitate attendance of all house staff within the same household.

The recollection was organized by the Catholic Women's League, or CWL, headed by Alma Yeh. This annual program actually started 18 years ago during the time of Monsignor Jaime Mora, Christ the King's first parish priest.

The recollection was facilitated by three seminarians - **Brother Arvin Uriat**, **Brother RJ Demol**, and **Brother Kenneth Parsad**. It will be recalled that Brother Kenneth was one of the speakers tapped by Louie Laudico and Anna Lagman of the Vocation Ministry for the Vocation Forum last year.

Both days drew more than 30 attendees coming from the different villages nearby - Acropolis, Green Meadows, Ivory Court, Enclave, White Plains and St. Ignatius. Lunch and merienda for both days were served free of charge.



Above and below, Brothers RJ Demol and Arvin Uriat facilitate the recollection and confession.

The first recollection session began at 9 am, facilitated by Brother RJ. After morning merienda, the second morning session began at 10:45, facilitated by Brother Arvin. Lunch was at 12 noon. Session no. 3 resumed at 1 pm, facilitated by Brother Kenneth. Then at 2 pm, for an hour, CWL scheduled a group sharing, with participants expressing their take-aways,

even while the first group got organized in the baptistry to begin their confessions with Fr. Serge Maniba. Everyone was encouraged to pray the rosary while waiting for confession. Others were encouraged to do silent journal writing. The day concluded with a mass at 4 pm.

Kumpisalang Bayan



The Holy Week penitential service and confessions, or Kumpisalang Bayan, was held over three full evenings, from March 26, Holy Monday, to March 28, Holy Wednesday. Following the 6 pm masses on Holy Monday to Holy Wednesday, there was a short Penitential Rite with Examination of Conscience. Then the four assigned priests, which included **Fr. Diony Acaso**, CTK's regular guest priest, took their positions in the two confessional boxes at the back of the church and at the front side corners to hear the individual confessions. Although confessions were supposed to last till only 8 pm, for all three days, the Kumpisalang Bayan ran over time, up to past 9 pm on two of the three days.



CTK regular guest priest Fr. Diony Acaso was one of the confessors at Kumpisalang Bayan



Fr. Parilla Leads Parish Lenten Recollection

The Parish Lenten Recollection, scheduled for the Holy Paschal Triduum on Holy Thursday, Good Friday, and Black Saturday, went ahead as scheduled. from March 29 to 31 at the CTK main church, from 9:30 am to 12 noon.



The recollection facilitator was **Fr. Harold Anthony S. Parilla**, a Professor of Theology at the **St. John Marie Vianney Theological Seminary in Cagayan de Oro**. Ordained to the priesthood in 2003, Fr. Harold is an alumnus of San Jose Seminary and graduated Summa Cum Laude at the Loyola School of Theology in

Ateneo de Manila. After some years of work at the local seminary and in the chancery of the Diocese of Tagbilaran, Fr. Harold left for Rome to obtain a licentiate degree in canon law at the Pontifical Gregorian University. His academic resume also includes masteral degrees in pastoral ministry and educational management from two Jesuit universities in the Philippines. For the most part, his ministry in the Church involves teaching and formation work. When circumstances



allow, he also facilitates at spiritual retreats for various groups. He was a former student of the Archbishop of Manila, Luis Antonio Cardinal Tagle and was referred to by the Cardinal as 'one of the finest students I have had in forty years of teaching'.

Bp. Raul Guides CFC and LSS Lenten Recollections



He then began to define 'faith'. Faith is not about amassing ideas or collecting facts; rather it's about relationships - do I really know Jesus? And faith, argued Bishop Raul, needs to grow and develop, be nourished and nurtured. Bishop Raul added that personal growth, as with relationships, entail some pain. He quoted Pope Francis, who had said, 'Real love starts when the honeymoon is over'.



Bishop Raul then transported the audience to the Garden of Gethsemane, with Peter, James and John witnessing Jesus' agony. To give them courage, Jesus allowed them to experience his full divinity during the Transfiguration.

The **CTK Life in the Spirit Prayer Community** held its own lenten recollection last March 19, a Monday, during the Feast of St. Joseph. The recollection, given by CTK's very own Spiritual Director **Bishop Raul Martinez**, was held at the Divine Mercy Chapel at 7:30 pm. Bishop Raul talked on 'Faith and Transfiguration'. The recollection was followed by a celebration of the Holy Eucharist in honor of St. Joseph.

Interestingly, **Couples for Christ** requested Bishop Raul to give the same recollection talk four nights later, on March 23.

Bishop Raul began the recollection by quoting scripture, specifically, Matthew 16:13 where, at Caesarea Philipi, Christ asked, 'Who do you say I am? And he was answered, 'You are the Messiah, the son of the living God'.

Bishop Raul ended by stating that oftentimes, we don't recognize the presence of God in our lives but He is there. So he admonished that at least for the coming Holy Week, let us remember the real presence of our Lord in our lives.



Holy Thursday Vigil at the Altar of Repose

As part of the Holy Thursday rite, the Blessed Sacrament was moved to the altar of repose, where the Communion hosts consecrated on Maundy Thursday during the Mass of the Lord's Supper are placed, or "reserved", for use on the following day, Good Friday.

Fr. Bong, formally accompanied by the CTK Knights of Columbus, carried the Blessed Sacrament to the Divine Mercy Chapel. The beautifully adorned chapel below the main

church served as the Altar of Repose.

A simple Eucharistic Vigil followed, from 7 pm to midnight, assigned by the hour to the different CTK villages.

The Visita Iglesia period, literally, 'Seven Churches Visitation', officially began at this time. In the Philippines and several other Catholic countries, the faithful will travel from church to church praying at each church's altar of repose. ■



Instructions to Stand



After thorough review of the General Instructions of the Roman Missal and the Code of Canon Law, our Cubao Diocese bishop, **Most Reverend Honesto Ongtioco**, signed the circular on 'Diocesan Guideline on the Universal Law on the Posture of Kneeling at Mass' that was released last April 16.

The said circular stated: 'In the Diocese of Cubao, we hereby exhort all to follow the Universal norm of kneeling after the Sanctus, during the Consecration, and stand after the Consecration, with the Mysterium Fidei.' That is, when the priest says, 'the Mystery of Faith', everyone should stand.'

The CTK parishioners were regularly reminded as part of the pre-mass announcements, by electronic bulletin board message, and by the commentator reminding the congregation immediately after the priest had said, 'The Mystery of Faith'.

In addition, a full copy of the circular had been posted at the CTK website christthekekingparish.ph. ■

Fr. Bong and CTK Media Ministry Offer Thanks to Mila San Juan

Fr. Bong invited **Mila San Juan, President & CEO of The House Printers**, to a thanksgiving lunch at Crisostomo Restaurant in Eastwood Mall last March 17, a Saturday. Fr. Bong, together with Parish Pastoral Council secretary Fely Ong and Treasurer-Media Ministry heads Bing and Elise del Rosario, thanked Mila for nearly 20 years of free printing services. Bing del Rosario also thanked Mila for the free printing of the quarterly CTK newsletter, The Herald.

At the same meeting, Fr. Bong officially informed Mila that he was leaving CTK by mid-June but no official announcement had yet been made as to his replacement. Fr. Bong expressed the hope that Mila would continue to support the parish even 'under new management'. Fr. Bong hinted to Mila that he would try to arrange a meeting between her and the new parish priest even if he was already out of the picture.

Mila had been a permanent fixture in the Parish Pastoral Council of Christ

the King-Greenmeadows parish since the early years of the parish church under Fr. Jaime Mora. She was convinced in 1995 by Monsignor Mora to take on the Worship Ministry and stepped down only when Fr. Mora was replaced by Bishop Honesto Ongtioco in 2005.

Although no longer active with CTK since she moved residence to the hills of Antipolo back in 2011, Mila continues to support the parish by continuing to provide printing services for the parish newsletter free of charge, which she has been doing since 1995.

Even at 70, Mila continues to keep full working hours at The

House Printers. Mila continues to be a major player in the board and paper packaging sector. ■



Fr. Bong Celebrates 25th Sacerdotal Anniversary

Outgoing CTK parish priest Fr. Bong Tupino celebrated his 25th Sacerdotal Anniversary last April 9 at the Manila Cathedral, the site where he was first ordained as priest, back in March 27, 1993.

The 'Solemn Thanksgiving Mass' marking Rev. Fr. Jose Sanmillan Tupino III's 25th anniversary in the priesthood was celebrated on the occasion of the Solemnity of the Annunciation of the Lord at the Basilica of the Immaculate Conception, more commonly known as the Manila Cathedral.

Helping celebrate the special occasion were **Bishops Rex Ramirez, Teodoro**



Bacani, Antonio Tobias, and Antonio Rañola. In addition, Fr. Bong was joined at the altar by other priests celebrating their silver jubilee as well. This included **Fr. Carlomagno Marcelo, Fr. Jojo Zerrudo, Fr. Joel Ruyeras, Fr. Jovic Lobrigo, Fr. Lito Jopson, and Msgr. Mike Veneracion.**

The Introduction to the Mass, found on the very first page of the beautifully printed program, appropriately said:

We join Rev. Fr. Jose Sanmillan Tupino III in giving thanks to God for twenty five years in the priesthood. Fr. Bong gave his 'yes' to the call to ordained ministry and God has been gracious and faithful in sustaining him until this day in the call he has generously given himself. It is God's fidelity that sustains Fr. Bong and allows him to persevere in the ministry. We continue to

pray for Fr. Bong and for all priests and consecrated men and women who, like Mary, have offered their lives in the service of God and have made their yes an offering that the Word may be Incarnated in the lives of the many they minister to. A yes rooted in God's unwavering fidelity.

The special mass was graced by the participation of **Luis Antonio G. Cardinal Tagle**, despite the cardinal being 'under the weather'. A unique part of the mass was the Renewal of Priestly Promises, which was conducted by **Most Rev. Honesto Ongtioco DD, Bishop of Cubao.** After asking Fr. Bong to reaffirm his vows, Bishop Ness turned to the crowd and said:

Dearest sons and daughters, pray for Fr. Bong and for priests, that the Lord may pour out his gifts abundantly upon them, and keep them faithful as ministers of Christ, the High Priest, so that they may

lead you to Him, who is the source of salvation.

Bishop Rex Ramirez, a good friend of Fr. Bong and classmate at the San Jose Seminary, who had just been promoted to bishop of the Diocese of Naval (Eastern Visayas), delivered the homily. In his final response, Fr. Bong thanked Cardinal Tagle, Bishop Ongtioco, the other bishops who came, the priests who attended (which was nearly all the diocesan and guest priests of the Cubao diocese), including all the parishioners from his previous parishes of Lady of Peace of Sucat, Paranaque, San Isidro Labrador in Tandang Sora, Hearts of Jesus and Mary in West Triangle, Our Lady of Pentecost in Loyola Heights, and his current parish of Christ the King Greenmeadows. He also acknowledged the special presence of an old teacher at the seminary, Sister Amelia. Brother Mark Purruganan was overall event coordinator, master of ceremonies, and



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25th Sacerdotal . . .

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in-charge of the liturgy. He also stood by Fr. Bong Tupino as sacristan the whole time.

The mass commentator was no other than CTK's own **Leila Banico**, Worship Ministry head. Fr. Bong invited several priests with whom he grew up and attended San Jose Seminary.



After the traditional picture taking of Fr. Bong with the bishops, with best friend priests, and with all the Cubao diocese clergy, the congregation made its



way to Fr. Blanco's Garden three blocks away, at the back of San Agustin Church, for the reception. Seats had been pre-assigned and Christ the King Parish Greenmeadows had six adjoining tables reserved, in addition to the CTK staff table. Over 300 guests came to celebrate



with Fr. Bong. Chef Jessie Sincioco catered the exceptional dinner. ■



Remembering Not to Forget: How Seniors Can Battle Dementia

The Sunrise Ministry, headed by Doy and Estrelle Lopez, held the first seniors only event for 2018 last April 14 at the CTK Formation Center. Nearly a hundred seniors attended.



The theme of the gathering was aptly called 'Remembering Not to Forget' and focused on the brain and how to keep the seniors' mental faculties intact. **Dr. Socorro Martinez**, a neurologist and Chair of the Dementia Council of the Philippine Neurological Association, was the guest speaker and she talked about the changes in our brain as we advance in years. She also gave strategies for remembering.

Dr. Martinez began with some interesting statistics - e.g., the human brain weighs three pounds and is the size of a medium-sized cauliflower. Our small brain holds a hundred billion neurons and a hundred trillion synapses. Unfortunately, as our bodies age, our brain also ages, that is, a decrease in the frontal cortex, changes in the medial temporal area, and changes in the parietal lobes. This leads to several degradations:

a. Confusion with time and place

- ▶ lose track of dates, seasons, and passage of time
- ▶ forget where you are or how you got there
- ▶ forget what you did three years ago or what you ate this morning
- ▶ Trouble understanding something if not happening at the immediate moment

b. Problems with words

- ▶ difficulty in following or joining a conversation
- ▶ may stop in the middle of a conversation and have no idea how to continue or may start again
- ▶ not finding the right words or calling things by the wrong name
- ▶ words 'at the tip of the tongue'

c. misplacing things and losing the ability to retrace steps

- ▶ putting things not in their usual places and then forgetting where you put them
- ▶ accusing someone of stealing things

d. Withdrawal from work or social activities

- ▶ remove themselves from hobbies, social activities, work projects, or sports
- ▶ trouble keeping up with favorite sports or remembering how to complete a favorite hobby

e. Changes in mood and personality

- ▶ can become confused, suspicious, depressed, fearful, or anxious
- ▶ may be easily upset at home, at work, with friends, or in places where they are out of their comfort zone

The good news is that some things do not degrade, such as - verbal IQ, vocabulary, and comprehension.

Dr. Martinez confirmed the analogy of the brain to a hard drive. As we get older, storing of new information is hampered by distraction and interference, while retrieval is hampered by slower processing. However, she did clarify that unlike most hard disks, the brain's storage capacity is never an issue given the hundreds of billions of neurons.

Dr. Martinez highlighted that slight cognitive impairment is normal as we, as well as our brains, grow older. But 24% of the population will degrade into Mild Cognitive Impairment (MCI) where some cognitive domains are significantly impaired that may begin to concern both the individual and family members but which do not hamper daily living activities. However, 12% will continue degrading to Alzheimer's Disease or other forms of dementia where cognitive impairment becomes severe enough to interfere with everyday abilities.

Dementia has long been a problem in developed countries but its effects are now being felt in the Philippines, with nearly 10 million of its populace over the age of 65.

But there are ways and techniques to forestall the quick progress of dementia. This includes:

a. challenging yourself with new activities

- ▶ learning a new language
- ▶ playing a new musical instrument
- ▶ learning a new game or craft
- ▶ googling more often
- ▶ travel and exploration

b. move and groove, i.e., physical exercise

- ▶ aim for 30 minutes physical activity or exercise five times a week - walking, swimming, ballroom dancing
- ▶ build muscles with strength training
- ▶ add balance and coordination exercises - taichi, yoga

c. practice positive

continued on next page



Remembering . . . continued from previous page

thinking until it becomes the default

- ▶ look forward to each new day
- ▶ avoid stress and anxiety



- ▶ laugh more

d. get a good night's sleep

- ▶ sleep for at least six hours to avoid dangerous visceral abdominal fat
- ▶ take half-hour power naps to pep up mental functioning
- ▶ seek treatment for sleep disorders

e. know and keep the right 'numbers'

- ▶ blood pressure between 100-120 and 70-80
- ▶ FSB at 100 mg/dl or HbA1C < 5.5.
- ▶ bad cholesterol < 150 mg/dl
- ▶ body mass index of 18 to 25

When communicating with a person with Alzheimer's, Dr. Martinez advises:

- ▶ agree, never argue
- ▶ redirect, never reason
- ▶ distract, never shame
- ▶ reassure, never lecture
- ▶ reminisce, never say 'remember'
- ▶ repeat, never say 'I already told you'
- ▶ say 'do what you can', not 'you can't'
- ▶ ask, never command
- ▶ encourage and praise
- ▶ reinforce, never force

There was also humor interjected into Dr. Martinez' talk, such as the Senility Prayer:

God grant me the senility to forget those people I never liked anyway,
The good fortune to run into those I do like,
And the eyesight to tell the difference. Amen.

After the well-received lecture which was marred by the malfunctioning sound

system, Doy Lopez got the entire group up to do some exercises. He then called the five senior panelists up the stage to

take their seats and share their tips and techniques for coping with memory difficulties and absentmindedness. Sharing their insights were: Francis Horn, Manolo Dayrit, Linda Famador, and Anna Lagman. This was followed by questions and additional sharing from the audience.

Interspersed throughout the morning were Foods for Thought as well as Brain Exercises. There was also the traditional community fun singing and dancing as well as the usual surprises.

The final closing words was by organizer Doy Lopez who bellowed in his ringing voice:

Remember not to forget: God loves us unconditionally and always!

As people exited, the organizers gave away efficacious oil, donated by Manolo and Linda Dayrit, cookies baked by Jorge and Baby Banal, Katinko from Earth Kitchen's Emma Yeun.

Speaker Dr. Martinez is a UST magna cum laude graduate of preparatory medicine and cum laude, UST Doctor of Medicine. She is also head of the St. Luke's Institute for Neurosciences, former head of St. Luke's Memory Center, head of Cardinal Santos' Memory Clinic in the Brain & Spine Center, co-founder and former president of the Alzheimer's Disease Association of the Philippines,



and she is also a Certified Dementia Rater, accredited by the Washington University and the Alzheimer's Disease Research Center in Missouri, USA. ■



VOCATION MINISTRY

New Altar Servers

Brothers Jake Elroy Aragon, 12yrs old, and Kristof Isaac Aragon, 9 yrs old, were recently commissioned last June 17, together with the other active Altar Servers. The brothers are shown assisting Fr. Perry below.



Did You Know That You Need to Change Parenting Styles As Children Grow?



when you were growing up. Parents using this style find themselves in frequent battles with their child. Anger and frustration probably characterize the power struggles that you and your child experience. Parents using this style tend to look for a more successful

The quiz would indicate that parents scoring very high on only one style clearly tend toward that style, while those scoring high on two styles that are close to each other would be using two styles at the same time. The quiz also differentiates between belief and action so where the belief score is markedly higher than the action score, it would suggest that you tend to believe one thing but do another. This is more common than you would think.

Joanne made it clear that parents need to change parenting approaches as the child ages. For toddlers and very young children, the operative word is 'control', where the parent sets boundaries, uses reward and punishment, and handles the child's temper tantrums.

CTK's Family and Life Ministry, headed by Regie and Joanne Polancos, held a talk on effective parenting last April 28, a Saturday, at the CTK Formation Center. The talk was given by **Dr. Joanne Trina Moreno-Javier**, Chair of the Developmental Psychology Division of the Psychological Association of the Philippines.

Joanne is a licensed psychologist and certified developmental psychologist and is currently completing her dissertation for her PhD in Developmental Psychology. A member of Artpsychcircle, she has created modules and facilitated sessions for psychosocial intervention for underprivileged and abused children. She is a registered professional teacher, having taught preschool, high school, college, post-graduate, and adult education for 14 years. She has designed and taught programs on early childhood care and development. Dr. Javier is currently a life coach consultant of a private organization that provides counseling services to its corporate clients and holds the title of Deputy Director for the company's e-learning division. She has her own private clinical practice at ILAW Psychological Services.

She posed the question, 'What influences our parenting style?'. To which she answered that it was a combination of our own childhood experience, our inherent and acquired personality style, and our society.

Joanne gave a 30-item quiz which allowed the participants to identify their beliefs about being a parent. To summarize, parents tend to adopt one of three styles, or some combination of:

1. **autocratic style.** This was the predominant style parents used



approach.

2. **permissive style.** In an attempt to avoid being autocratic, you may have over-compensated and developed a permissive style. Your relationship with your child may be pretty good as long as you do what your child wants. But you probably find that your child gets very hostile and perhaps even throws tantrums when you say no or make a demand of him or her. Your relationship is characterized by service and pleasing but only in one direction. You may already have begun to resent this unfairness. It is easy to get fed up with a permissive approach and flip back to an autocratic one.

3. **active (or democratic) style.** If you scored highest on the style, your relationship with your child is probably already positive. Though problems certainly occur, an atmosphere of mutual respect, trust, and teamwork enables you to handle them without the hurt or resentment that characterize the other styles. You are probably unconsciously using many of the methods advocated and taught in 'active parenting'.



values, initiate bonding activities,

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Parenting Styles . . .

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introduce 'individual time', and begin to reason with them.

For teenagers, the word to keep in mind is 'counsel'. The parents should be there to listen, to communicate in the teen's



language ('teenlish'), to respect the child as an individual, and to empower.

Joanne gave five mini-case studies involving: a toddler, a 5-year old, a seven year old, a 13-year old and a 17-year old. She had the participants group themselves into small groups and discuss what they would do and what parenting style the action corresponds to.

Dr. Javier spent a bit of time on the power of social media and its implications for parenting. Her advice to parents -

1. leverage the technology, using it as a platform to communicate especially among teenagers. Have 'online time' with your child.
2. establish boundaries, especially, restrict usage and monitor your child's activity online.
3. educate them and yourself about its use. The internet is not just about social media but a great educational tool; explore it together.

In closing, Joanne gave several catchwords to connect with your child across the different ages - share ordinary time; create special time; stay involved and interested; communicate, communicate, communicate; practice active listening; give them space and privacy; and respect their choices. ■

WORSHIP MINISTRY

Formation Talk Organized for CTK Greeters & Collectors



Last April 28, Saturday, at the same time that the Family and Life Ministry was holding its parenting talk, the Greeters and Collectors Ministry, under the Worship Ministry headed by Leila Banico, held its full-day formation talk, facilitated by **Charit Montalban of Contemplative Outreach Philippines**. Also included in the audience were members of BEC Libis.

The formation session was broken up into four main topics, each lasting for one to one and a half hours. The first two were done before lunch. Session 1 was entitled '**Ano ang Tunay na Paglilingkod?**', or 'Spirituality of Service'. Session 2 was entitled, '**Panalangin: Ugnayan ng Diyos at Tao**', or 'Prayer as Relationship'.



After the provided lunch, Session 3 followed, on '**Kalagayan ng Sangkatauhan at Kahalagahan ng Katahimikan ng Kalooban**', or 'Human Condition'. The last session, Session 4, was entitled '**Banal na Pagbasa**' or 'Praying the Scriptures'. This was followed by the afternoon break and then the question and answer segment. The formation talk finished at 4 pm.

Contemplative Outreach Philippines is based in Don Bosco, Makati, which has a mission to teach centering prayers. Several of the formation talk organizers of Contemplative Outreach were also parishioners of Christ the King. ■



Contemplative Outreach organizers included: Pagie, Edna, Susan, Rita, Chari, and Gerry

CTK Gives Parish Mothers a Special Blessing

Last May 13, which was the Solemnity of the Ascension of the Lord, was also Mother's Day. Christ the King parish presiders consistently gave recognition to all the mothers among the massgoers by asking them near the end of the mass to go to the front for special blessings. This had been a long-standing tradition that parishioner mothers



always look forward to at this time of the year.

other masses he officiated, Fr. Bong worked his way from left to right to



Fr. Serge Maniba celebrated both Saturday anticipated masses at 6 pm and 7:30 pm. Bishop Raul Martirez celebrated the 7:30 am Sunday mass, Fr. Ricky Montañez did the 5 pm mass, guest priest Fr. Bong Guerrero officiated the 8 pm mass and guest Bishop Allan Casicas did the 12 noon mass. Fr. Bong Tupino did the other masses - at 6 am, 9 am, 10:30 am, and 6:30 pm.



At the 7:30 pm mass, as with the



YOUTH MINISTRY

Youth PReX Garnerers New Graduates

by Abby Banico

The CTK Youth Ministry held its Youth Parish Renewal Experience, from the evening of May 25 until the evening of May 27. As in previous years, venue was the entire ground floor of the Formation Center. This was open to all single youth from 17 to 30 years old. The 3-day retreat aims to disconnect participants from their distractions so that they could



Monzon. Together with their Adviser Ernest Quizon, the team relentlessly prepared for this weekend. The theme "What's Next" relates to the continuing mission to help the youth renew their relationship with the Lord.

focus more on their feelings, emotions, and of course, with the Lord. This is in line with the CTK Youth Ministry's aim of bringing the youth to renew their relationship with the Lord and to build a stronger foundation with Him.

Various speakers dwelt on the different topics about the Catholic faith. A selection of activities to get to know each other, bond as a group and as a family, complemented the talks. The culminating activity was their blessing by the priest and presentation to the community during the mass.

On its last day, May 27, PReX Youth produced 3 graduates, who comprise PReX Youth Batch 24.

With its new batch of graduates, PReX Youth is even more strengthened to stay committed to its goal of bringing the youth closer to God through a renewed and deeper understanding of the faith. ■

The group was led by the team leaders Francis Vidanes and Ana Kathrina Cruz together with their assistant team leaders Rez Sicat, Matt Obias and Mel



Renovated CTK Perpetual Adoration Chapel Reopened

Fr. Bong Tupino led the reopening and blessing of the newly-renovated Perpetual Adoration Chapel last June 3 during the Solemnity of the Most Holy Body and Blood of Christ, right after the 6 am mass. After reciting the blessing prayer, Fr. Bong related how the Adoration Chapel has provided comfort and relief to so many Catholics, from Makati to Antipolo, because of the central location of CTK and its Adoration Chapel and it's 20-hour during all days of the week. He noted the large number of people who regularly seek sanctuary and communion with God in the midst of heavy emotional burdens.

Fr. Bong blessed the doors, then led the



congregation inside. After brief prayers, he turned around to bless the people inside the chapel.



WORSHIP MINISTRY

Chaplet of Divine Mercy, Holy Rosary, and Flower Offering Mark Flores de Mayo Masses at CTK



The CTK Flores de Mayo season kicked off last May 1. Daily Flores de Mayo masses had been scheduled by the parish, with lay organizations, PPC ministries, and villages being tapped to sponsor one of the 31 daily masses. The

May 1 mass also included the incensation of the image of the Blessed Virgin Mary.

For the masses held at the main church, sponsoring organizations were asked to provide two prayer leaders for the Chaplet and the Rosary. Masses at the Divine Mercy Chapel required only one prayer leader. As a rule, all the masses were held at 5:20 pm at

the chapel, except for the weekend masses which were at the Main Church. The evenings started off with praying the Chaplet to the Divine Mercy, followed by the Rosary, flower offering

of long-stemmed red and white roses, and finally mass at 6 pm.

Flower offering of long stemmed red roses during the May 19 Flores de Mayo mass, above and below.



CTK Offers May Catechism Classes for Young Libis Kids

The Catechetical Ministry co-headed by **Alma Yeh** and **Sheryl Coronel** mounted the annual Flores de Mayo catechism classes for Libis and Bagumbayan youth, held during the children's summer break.

The theme for the 2018 summer catechetical classes was Biblical characters, with special emphasis on the life and times of Jesus Christ. The classes ran daily, during the weekdays, for the entire month of May, from 2 to 4 pm starting May 2. The first hour, 2 to 3 pm, was devoted to formal Bible lessons. Then the 3 to 4 pm period was devoted to activities, praying the rosary, and floral offerings. For 2018, an innovation



There was always a fun activity each day. Below, Elsbeth Llana shows a You Tube video to the younger group.



regulars headed the call to help. Sheryl Coronel and Alma Yeh thank the following for sharing their time and talent in volunteering



to teach the children together with them - **Joy Schallenberg** (two classes); **Monette Najar**

Catechetical Ministry co-head Alma Yeh was commentator during the children's mass



Younger set, above, and older kids, below



Last year, the classes drew 101 participants. This year, the Libis village coordinators and Libis Youth organizers outdid themselves, gathering 108 children, ages 7 to 12. As in 2017, given the size, Alma and Sheryl opted to divide the children into two different classes, with the younger Group A, composed of seven to nine years old, totaling 53, and Group B, consisting of those in the 10 to 12 year age range, totaling 55. The medium of instruction being a mix of Tagalog and Taglish. There were over 60 topics covered.

As with last year, many PPC members and LeCom Ministry



Fr. Serge gives Holy Communion to the Flores de Mayo catechism class graduates



introduced was the consistent use of You Tube videos that had been pre-identified as lesson aids.



Above, Ivy Yeh lead the discussion among the older group. Below, Ivy and select kids leading the rosary praying.



(two classes); **Mary Viernes** (two classes); **Eileen de Leon** (two sessions); **Jessie Sincioco**; **Maget Fabella**; **Mina Mejia**; **Isabel Recto**; **Sol Coronel**; **Jane Aldeguer** (two sessions); **Christine Bernardo**; **Christianne Pasquin** (two sessions); **Edna Famorca**; **Leila Banico**; **Elsbeth Llana**. Special mention should be given to Alma's daughter **Ivy Yeh** who took on six of the sessions, the heaviest workload among the volunteers. Special thanks also go out to the Libis Youth leaders who kept the classes under control when the kids tended to become unruly.

The catechism classes ended last Wednesday, May 30, with a Eucharistic celebration at 2

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Public Affairs Ministry Links Up With PPCRV

Catechism classes . . .

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pm at the Divine Mercy Chapel, officiated by Fr. Serge Maniba with more than ninety children attending. Culminating rites followed at 3:30 pm at the St. Matthew-St Mark Rooms of the Formation Center. The hall was packed with the hundred children and their parents, mostly mothers, plus some of their siblings. The highlight of the closing ceremony were the stage plays put on by the different teams.

Below, graduation rites. Bottom, the children groups dramatize selected Bible scenes.



The Parish Pastoral Council for Responsible Voting, or PPCRV, through PPCRV veteran **Augie Soliman** and CTK's Public Affairs Ministry, through ministry head **Jing Alampay**, took center stage during the May 14 barangay and SK elections last May 14.



Above, CTK PPCRV chairman Augie Soliman with the Libis volunteers. Below, Public Affairs Ministry head Jing Alampay with the White Plains PPCRV volunteers.



The call for volunteers by PPCRV CTK chapter chairman Augie Soliman was met with enthusiastic response. As PPCRV volunteers, they were the citizens' arm at the polling places of barangays Libis, White Plains, St. Ignatius, Acropolis (of barangay Bagumbayan), Green Meadows and



Above, Acropolis volunteers guarding the vote at the six Bagumbayan precincts in the village clubhouse.

Corinthian Gardens (of barangay Ugong Norte). The volunteers showed up for the briefing and polling place assignments on the Saturday before, May 12, at 4 pm at the CTK Parish Formation Center.

For Greenmeadows 1, volunteers included: Eileen de Leon, Dennis Choa, Gen. Mariano, Alex Quizon, David and

Fely Ong, Anjo Ramos, Dulce Barreto. From Libis, volunteers included Jeanette Cagurangan and Jo Piyaw. Corinthian Gardens volunteers included Fe Perry, Linda Guanzon, Francis Singian, Sydney Go, Ley Alan Dy, Mervin Maligaso, Leonardo Pajar, Lolita Ty, and Aurora Guanzon. St. Ignatius volunteers counted Gilbert Bosea, Ma. Rosario Barredo, Aaron Tan, Antonio Olalia, Manuel Cortez. White Plains yielded Joel Nava, Art Sumbillo, and Jing Alampay, while Acropolis volunteered the services of Pepe and Billie Pilar, Chito Gomez, Manny de Leon, Leo Tan and daughter Lea. Assisting with food preparation from the parish end were Marjorie Ruga and Anna Papa.

At the end of polling day, Monday, Jing Alampay thanked all the CTK parish election volunteers. He also thanked Fr.



First Greenmeadows volunteers at the ready.

Bong Tupino and the parish staff for providing breakfast, lunch, dinner and merienda for all the volunteers in the different polling places.

Newly elected barangay chairs included Butz Tenchavez for White Plains, Alex Cruz for Bagumbayan, Zarina Jorge for Ugong Norte, Pasco-Giovanni for Libis, and Edwin Tansingo for St. Ignatius. White Plains kagawads are - Ramiscal, Castro, de Castro, Claravall, Garcia and Celis. Ugong Norte kagawads include Antonio, Bangco, Bautista, Chua, Dichaves, Garcia, and King. St. Ignatius council members include Banal, Angeles, Sumbillo, Remo, Perfecto, Yee, and Torres. For Libis, the kagawads are - Victoriano, Desear, Tubianosa, Velasco, Macol, de Una, and Morzo. And elected as Bagumbayan kagawads were - A. Mejia, M. Mejia, Pastidio, Bituin, Quiza, Lati, de Guzman.

CTK's New Children's Choir Sing at 10:30 am on 4th Sundays

Christ the King Parish Greenmeadows now has a children's choir! The CTK Children's Choir, under the supervision of the Mustard Seed Ministry headed by Sonny and Mina Mejia, had their maiden performance last April 22, the fourth Sunday of April, during the 10:30 am mass at the main church presided by Fr. Ronald Plomillo.

Auditions began last March 4. The auditions targeted parish pre-teens, aged 8 to 12 years old. It is meant to be the next stage for Mustard Seed graduates, that is, those who had already received first communion but are still too young for most of the Youth Ministry activities. After leaving Mustard Seed, these kids in



this age bracket now have the option of serving as readers in the children's mass, join as altar servers if males, or become choir members.

Five Mustard Seed regulars have now transitioned to the choir. These are: **Lucas Magno, Lianne Tiongson, Mishka Francisco, Gracielle Dangel, and Maxine Pangan.** They're joined by sixteen other children of CTK parishioners who did not pass through Mustard Seed - **Arianna Valdepeñas, Bella Dumauual, Sophia Rimando, Cait de Asa, Adrianna Carpio, Patricia Reyes, Katrina Reyes, Branden Rodas, Zoe Co, Reese Cauton, Siena Cauton,**

Zach Manlosa, Khale Manlosa, Kailyn Tiongson, Andrea Dimanlig, and Cherry Centeno. Siena Cauton is the youngest Children's Choir member at six years old.

The choir had barely a month of practice before getting their big break. Music Ministry head Benjie Mirasol was able to give them a mass choir slot rather quickly. Jess Agraviador, who has been serving CTK parish since 2006 as choir master and voice coach, was assigned by Benjie to mentor the children's choir. In the absence of Jess, Samantha Mejia and Nicky Maza take turns in teaching given their musical backgrounds. Girl Valencia, a CTK professional singer also recently volunteered to voice-coach the children, teaching them proper breathing techniques and vocalization exercises. The children practice every Sunday morning, from 9:30 to 10:30 am at the Divine Mercy Chapel.

The CTK Children's Choir sang for the second time last May 27 and will be singing every fourth Sunday of the month at the 10:30 am mass. Organizers



Sonny and Mina Mejia are still accepting applications for choir membership. Parents can contact Sonny Mejia at 0905-590-4010 to set up an audition time where the choir master can determine the child's readiness and vocal range.

MBMG Recollection

The Mother Butler Mission Guild held a recollection last May 4, conducted by Fr. Jerry Orbos. Fr. Orbos had been a Formation speaker before at Christ the King Parish Greenmeadows. Some of Fr. Orbos' key messages:



- ▶ When suffering or in pain, meditate on Mother Mary, who has a 'doctorate' in pain yet remained gentle and joyful.
- ▶ The past is done. Stop rewinding. Leave your troubled past to Jesus. Be grateful and move on. Otherwise you cannot experience being grateful in the present. But if you insist on being miserable, don't make others miserable too.
- ▶ Humility starts when we realize that all that we have come from God.
- ▶ Don't be concerned with what people say. Be concerned with what God will say.
- ▶ Never forget to smile, to laugh; never take yourself too seriously.
- ▶ Worried about trials? Remember that God said He will always be with you.
- ▶ Instead of dwelling on your problems, give them to the Lord.
- ▶ You don't need to rejoice in money, belongings, or career. Rather, rejoice in God our Savior. The Lord is enough.
- ▶ We worry about so many things - our marriage, our work, our kids, our grandkids, our health. Stop worrying about the future. Look at the flowers and the birds in the air; the Lord is taking care of them.
- ▶ No one leaves this world alive. So leave it to God. The more you worry, the more you hurry to the cemetery. Rather, spend the remainder of your time on earth with your loved ones and paying back.
- ▶ Let Mother Mary be our example - 'Thy Will be done!'

MBMG meets monthly with Fr. Bong during either the second or third Wednesday of the month after the 7 am mass. In their February 14 meeting, Fr. Bong commended MBMG for their efficient help in the accounting for the mass collections. MBMG assignments for the Lenten observances were finalized during their March 21 meeting.



Livelihood and Feeding Programs Highlight CTK Ladies of Charity's Second Quarter 2018 Activities

The CTK Ladies of Charity's livelihood project scholars had their 'graduation' last April 3. The 26 graduates completed the Hilot Massage training and had their mass graduation ceremony at the Inner Lobby of Quezon City Hall.



The livelihood class graduated last April 3.



LOC had teamed up with QC's Social Services Development Department, Vocational Development Division, to offer the training to Barangays Libis and Bagumbayan residents.

The 26 graduates were accompanied by LOC representatives Tonette Arrizabal, Beth Monadero, Nars Malatuba, and Maritess Turingan. The participants had their practicum two weeks earlier, last March 15, at the CTK Lingap Center. CTK parishioners, including Msgr. Tony Mortillero, got free massages.

Then last May 16, the CTK Ladies of Charity started a **second Hilot Massage livelihood training**, this time at Krus na Ligas. There were only 17 participants,



The next livelihood class at Krus na Ligas.



which was acceptable given that the available venue was quite small.

The training was held every Tuesday and Thursday from 8 am to 5 pm from April to June.

In charge of the feeding program for a hundred children at Libis Elementary School, the LOC treated its beneficiaries to the last day of school special feeding on March 16. All the children received chips and a Cornetto ice cream cone, in addition to their regular sumptuous



meal. The ice cream cones were courtesy of Tessie Fajardo and Mila Bangco.

The LOC ladies feted Fr. Serge Maniba at UCC Eastwood last April 24 on the occasion of **Fr. Serge's 22nd priestly anniversary**.



The LOC ladies of Christ the King Parish Greenmeadows hosted the LOC Diocesan **Lenten Recollection** at CTK, followed by a mass, last Saturday March 17, with **Fr. Rolando Tuazon** as Retreat Master.



Eighteen CTK LOC members attended the **21st annual convention of Ladies of Charity in Roxas, Capiz** last April 14-16.

We join the CTK ladies in congratulating their very own Tessie Fajardo and Melanie Aquino in their appointments as National LOC President and National Treasurer, respectively.



Buklod ng Panginoon Engages in Outreach Programs for Second Quarter

Last May 25, Buklod ng Panginoon of St. Ignatius Village rendered **free dental services to the feeding program beneficiaries of Barangay Libis**, consisting of 30 Libis children at the Bgy. Libis Health Center. The dental mission



Dras. Cory and Voleth demonstrate the proper way to brush teeth to young kids and their mothers.



was headed by Dr. Cory Alviar-de los Santos, daughter of BNP president Cita Pabillo, and included Dra. Voleth Estrellado.



More recently, last June 6, the BNP conducted their **annual outreach program for the children of Molave Youth Home**. The Home houses over 300 youth and juvenile offenders and is under the auspices of the QC Social Services Development Department which provides food, shelter, counseling, and education. The BNP team, consisting of Cita Pabillo, Tiny Perfecto, Evelyn Sumbillo, and Agnes dela Cruz, sang and danced with the Molave children.



BNP officers at Molave Youth Home

Another outreach activity was held last April 11 at the **Home for the Aged, Luwalhati ng Maynila** in Marikina City.

Headed by Buklod president Cita Pabillo, the outreach team consisting of Lulay dela Cruz, Myrna Delena, Fe Reyes, Baby Banal, Fe Yap, Evelyn Sumbillo, Tiny Perfecto and Agnes dela Cruz, distributed snacks, bathroom cleaning materials, and loot bags for the 400-plus elders of the Center. The BNP delegation even danced with the super-seniors.



MORE COFFEE AFTER CHURCH, MARCH TO MAY



March 18, sponsored by Apostleship of Prayer



April 8, sponsored by Diwanihan Kristiyano



May 6, sponsored by Mustard Seed Ministry



March 25, sponsored by Catholic Women's League



April 15, sponsored by Catechetical Ministry



May 13, sponsored by Greenmeadows 1



April 1, Easter Sunday, sponsored by Acropolis



April 29, sponsored by Libis BEC



May 20, sponsored by the Life in the Spirit Prayer Community

Dioceses build homes for retired priests

By: Julie M. Aurelio @inquirerdotnet
 Philippine Daily Inquirer / 07:30 AM May 21, 2018



Fr. Steven Zabala, vice chancellor of the Diocese of Cubao, recalls the story of a retired priest who had no family to take care of him in his old age. "I was a seminarian then, but it really struck an emotional chord in me that some retired priests are not being taken care of. After their service to the Catholic Church and people, they deserve to be taken care of," Zabala said.

It was also this concern for aging priests that pushed Zabala's superior, Cubao Bishop Honesto Ongtioco, to plan in 2005 a home for the diocese's retired priests. The diocese currently has five retired priests, and this number is expected to rise in the next 20 years, with 28 more retiring over that period.

House of Silence

Casa de Silencio (House of Silence) Renewal Center will rise on a 3,300-square-meter

property at Most Holy Redeemer Parish near Gregorio Araneta Avenue in Quezon City. The retirement home will have four stories and 75 rooms.

The diocese tapped architect Peter Ong, who designed a retirement house in the Diocese of Cabanatuan, to design Casa de Silencio. Ong is donating his services to the diocese.

The Cubao diocese is working hard to raise funds for the P200-million project. Groundbreaking is planned for June. The Cubao diocese hopes to complete the project in two years. So far, parishes under the diocese have raised P26 million since the project was launched late last year. Donors may write a check to the Casa de Silencio program and give it to their parish.

Retirement plan

The Archdiocese of Manila already has Cardinal Sin Welcome Home at Our Lady of Loreto Parish in Sampaloc district. Built in 2002, the retirement home takes care of 17 elderly priests. "Now, other dioceses in the Philippines are starting their own homes for retired or ill priests," said Fr. Jose Alan Dialogo, director of the retirement home. Other jurisdictions that already have retirement homes for their priests are the Diocese of Cabanatuan and the Archdiocese of Cebu and Archdiocese of Jaro, Iloilo province. The Diocese of Parañaque is planning to build its own retirement house.

Visits from fellow priests

In a separate interview, Zabala confirmed the consultation on concerns of elderly priests. "One thing we discovered is that retired priests fear staying in a retirement house because they don't want to be isolated from the world," Zabala said. What elderly priests look forward

to, he said, is visits from their fellow priests. "They will be lonely if they are cut off from the world. But they are happy when they are visited by fellow priests," Zabala said.

The Cubao diocese was thus inspired to design Casa de Silencio not just as a retirement home, but as a venue for spiritual retreats and other activities. With such a place, active clergymen will be able to visit and interact with retired priests, and the retirement home will be a self-sustaining and income-generating center. Casa de Silencio will be located near St. Luke's Medical Center, De Los Santos Medical Center and Capitol Medical Center—convenient for retirees needing a medical checkup. "It's also near Araneta Avenue, where there are many funeral homes. There will be many who will need their services for Masses and sacraments," Zabala said.

Aging with dignity

Priests, according to him, don't stop being priests when they retire. Most, if not all of them, still want to do their priestly duties, he said. A retired priest may still administer the sacraments, and speak at spiritual retreats.

Like other retirees, priests are afraid of losing their physical strength and their faculties, Zabala said. "They fear developing dementia, becoming forgetful. They fear the weakening of their bodies," he said. What they want is aging with dignity. They don't have to worry about being abandoned, because the diocese will take care of them," Zabala said. Looking after them in their old age is the task not only of the priests in the diocese, he said, but also of the lay people these men of God served in their youth. "These priests took care of us spiritually for years. It's now time for us to give back and take care of them," he said.

Casa de Silencio Project Moves Along

Fr. Bong Tupino, as head of the Casa de Silencio Project Ways and Means Committee, called for a dinner meeting of all the **PPC coordinators of the 47 different parishes** making up the Cubao Diocese last March 23 at the Obispado de Cubao Building, in Lantana. Of the 47 parishes, 22 sent at least one person. A total of 49 representatives attended.



Fr. Bong convenes the meeting with the PPC officers of the various parishes



Bishop Ness Ongtioco and Fr. Bong meeting with various male and female religious orders



Architect Peter Ong detailing the retirement home design, left, and Ways and Means Committee member Bing del Rosario talking about next steps



For CTK, Bert and Marie Anne Santos and Bing del Rosario attended.

This was followed by a dinner meeting cum presentation to the religious orders last April 11. Several **male and female religious orders** heeded the call of Fr. Bong Tupino and came to listen to the update given by CTK's Bing del Rosario on the Casa de Silencio project. Also presenting the design was Architect Peter Ong of Archion, the firm responsible for the design of the renewal center. Bishop Honesto Ongtioco graced the occasion, giving the prayer before meal, and delivering the opening and closing remarks. Fr. Jojo Simon, the diocese Chancellor, was also in attendance while Fr. Bong acted as discussion moderator.

The Diocese Steering Committee met with the six short-listed contractors for the pre-bid conference last May 10. The bidders were given roughly three months to submit additional questions and finalize their bids.

The Committee also met on the same day with the Holy Redeemer parish officials, including parish priest Fr. Jojo Zerrudo and the PPC officers, to address their concerns about the project.



As the people who had served the parish faithfully for six or more years lined up to get their food, Fr. Bong went around to the different tables to personally greet the well-wishers who had become his close friends over the years. He also made sure to stop at the two tables with the children performers from the Mustard Seed Children's Choir. Sitting in the front tables were the PPC officers, the parish staff with Leila Banico, and our priests Fr Bong and Msgr. Tony Mortillero.



stand up and dance with them, a la 'flash mob'.



So Fr. Bong can dance?

By 8:15 pm, when a majority of the guests had finished most of their dinner, the formal program began with the song 'Seasons of Love' from the Broadway hit 'Rent', done by the cute kids of the newly formed **Children's Choir, under the auspices of the Mustard Seed Ministry.**

The children were trained on the acapella song by professional singer Girl Valencia.

This was followed by a dance number by the Youth Ministry members as well as members of the Family & Life Ministry core team. Near the end of the dance, the performers encouraged the crowd to

These two acts were then followed by 'Fr. Bong' dancing for the first time. Everyone knows that Fr. Bong doesn't dance or perform in public and yet there was his giant face on a large bag worn by the dancer. The performance was the brainchild of Fely Ong who had seen a similar performance in the past.

The PPC officers, led by Lay Coordinator couple Bert and Marie Anne Santos, Assistant Coordinator couple Henry and Joyce Tañedo, Secretary couple David and Fely Ong, and Treasurer couple Bing and Elise del Rosario each gave a very short tribute, which was followed by Bert Santos asking everyone to stand up, grab a glass, and giving a toast to Fr. Bong. The PPC officers then gave a token of appreciation to Fr. Bong, on behalf of the entire Parish Pastoral Council. It was an artist's pastel sketch, with the CTK church in the background.

The final number was a **community singing**



Toasting Fr. Bong, above, the PPC officers, and below, the PPC members and other parish volunteers



number, with the song 'You've Got a Friend', sung by the attendees, led by Fely Ong and Ellen Chua, to Fr. Bong.

Fr. Bong was asked to give a final response. In it, he recounted why he was a priest and why the priesthood gave him the incentive to wake up bright and cheery each morning. He also requested the Parish Pastoral Council and the rest of the parishioners who serve in the ministries, in the prayer movements, and in the mandated organizations to continue to serve the parish.

The following day, June 9, the Lectors & Commentators Ministry held its 2nd quarter General Assembly, with Fr. Bong as the formation speaker. Fr. Bong gave everyone a free copy of **Pope Francis' Apostolic Exhortation, Gaudete Et Exsultate.** He shared several relevant passages with the LeComs. Later, the LeComs gave Fr. Bong a despedida lunch.



CTK Bids Goodbye . . .

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CTK Bids Goodbye . . .

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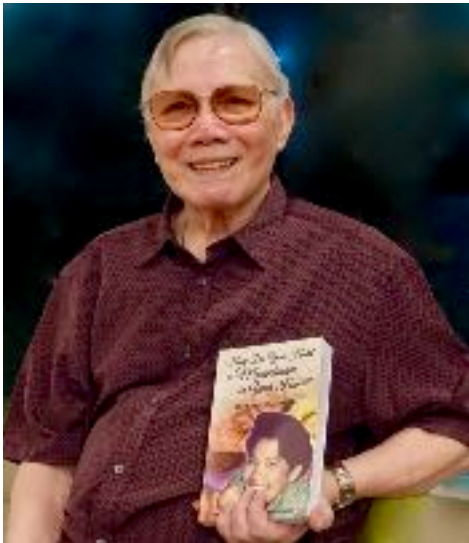


Various other parish groups held their own despedida events for Fr. Bong. Below left, the LeCom Ministry last June 9; below right, the Acropolis massoers last June 3.



Rudy Ibañez Shows How to Hold a Moonbeam in Your Hand

With the support of Christ the King Parish and parish priest Fr. Bong Tupino, prolific author and longtime **CTK luminary Rudy Ibañez** launched his 10th book last May 17 after the 6 pm mass officiated by Fr. Bong Tupino. The book was entitled - **'How Do You Hold a Moonbeam in Your Hand: the Best of Mom and Me'**.



Fr. Bong introduced Rudy, a former Extraordinary Minister of the Holy Eucharist, current member of the Knights of Columbus, and author of eight other books (three of them winning the CMMA Cardinal Sin Book Award, in 2008,



Christian Family Movement head Leo Nitorreda and PPC Lay Coordinator Bert Santos wait for author Rudy to sign their free copies.

2011, and 2013) then called him to give a short talk about the book before giving everyone in the congregation a free copy of the book and going ahead with the book signing.

More a collection of Rudy and wife Leth's life stories and the many people who had influenced them than a single storyline, Rudy's new book is about life, love, family, lessons and wisdom that comes from age and living with God in the midst. And for Rudy, life's greatest lesson is - true happiness is sharing yourself with others.



The chapters include heartwarming stories on Rudy's Arellano Class of 55, a lifetime of tutelage with Rudy's tatay Agripino, his mom Pacita, a second chance at life after a near-death experience battling kidney cancer, his long-running love affair with wife Leth, memories of the children growing up, the influence of Fr. Joe on Rudy's spirituality, the intense friendship with officemate Jim Black, the mentorship and guidance of Lino Imperial, and why he considered Unilab's JY Campos as his role model.

When everything is said and done, **How Do You Hold a Moonbeam in Your Hand** is the story of Rudy and Leth Ibañez, their love for each other, the love of family they had nurtured and continue to nurture, the loving relationships with friends they had diligently watered through the years, and the communities that they continue to serve. It's an inspiring read and begs the question - could there be a fourth Cardinal Sin Book Award in store? ■



Diwanihan Kristiyano head couple Mon and Loung Quartero and Family & Life Ministry core team couple Joel and Annavi Tamor take advantage of Fr. Bong's presence to get blessed on their wedding anniversaries.

MESSAGE FROM THE EDITORS

Has it been six years already? It was in January 2012 that the CTK parishioners and the PPC bid goodbye to Monsignor Dan Sta. Maria and welcomed Fr. Bong Tupino, coming in from his assignment at Lady of Pentecost in Loyola Heights. Now, six years later, we're saying adieu to Fr. Bong and welcoming Fr. Steve Zabala. We are reminded of the insightful comment by Lulay dela Cruz who greeted Fr. Bong in 2012 with the words, 'Life goes on.' This is the last issue that will cover Fr. Bong. We cover in-depth his 25th Sacerdotal Anniversary last April 9 as well as the PPC despedida dinner last June 8. But just as importantly, we introduce the readers to incoming parish priest Fr. Steven Ceguerra Zabala, or Fr. Steve, who is coming from the Parish of the Lord of Divine Mercy in Sikatuna Village.

We also cover Palm Sunday, Santo Entierro and the three new images, the Holy Thursday Vigil, the Solemn Easter Vigil, as well as the Lenten recollections for CTK parishioners, kasambahays, Life in the Spirit Prayer Community, Mother Butler Mission Guild, and Couples for Christ.

In the last issue, we featured the various activities of Ladies of Charity-CTK and Buklod ng Panginoon. We continue to give space for these two mandated organizations as they regularly update the Media Ministry on their projects.

Important assemblies and talks have been featured, including the Sunrise Ministry's seniors' assembly on 'remembering not to forget', the Youth Ministry's talk on parenting styles, and the Greeters and Collectors Ministry's full-day formation talk by Contemplative Outreach Phils.

In this quarter, we also had the PREX Youth weekend, the May 14 barangay elections, the Flores de Mayo catechetical summer classes for the Libis children for the whole month of May, and the formation of a Children's Choir under the auspices of the Mustard Seed Ministry.

We also provide the readers with updates on the Casa de Silencio project and Coffee After Church.

As usual, we thank all our photo and report contributors - Agnes dela Cruz, Cita Pabillo, Eileen de Leon, Betsy Tenchavez, Fely Ong, Jing Alampay, Alma Yeh, Leila Banico, Abby Banico, Wins Mirasol, Albert Cuadrante, and Louie Laudico.

Bing and Elise del Rosario
Media In-charge