



2019 is Year of the Youth

The Philippine Catholic Church will celebrate 2019 as the 'Year of the Youth', in the wake of the World Synod of



Bishops on young people that concluded last October 28. The October 3 to 28 Synod of Bishops has as its theme, 'Young People, the Faith, and Vocational

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CTK Unveils New Parish Logo



The new parish logo was unveiled during the Parish Fiesta Fellowship last November 24.

The journey to a new logo began when Fr. Steve arrived and the problem was posed – after 40 years as a parish and 30 years with a new church, Christ the King Parish Greenmeadows never had a consistent logo, with various symbols and imagery being adopted at different times to capture the spirit and essence of the parish. When the parish began, those in charge used a traditional

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CTK Celebrates November 25 Feast of Christ the King with Nine-Day Novena and Fiesta

Christ the King Parish Greenmeadows celebrated its fiesta day last November 25, the Solemnity of Christ the King and the last Sunday in Ordinary Time. The special day of days was preceded by nine

days of 6 pm novena masses, from November 16 to November 24, except for November 18, a Sunday, where the novena mass was at the regular 6:30 pm time. CTK invited different presiders for



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Another Successful Year for Kingdom of Heaven Fair

The 2018 edition of Kingdom of Heaven Fair was successfully held last October 21, a Sunday, from 1 pm to 5 pm at the Parish Social Hall. To recall, the Kingdom of Heaven Fair, also known as 'Holyween' was first mounted in 2016 as the Catholic foil to the vampires, witches, zombies, monsters, devils, slasher-horror villains, and vampire themes that pervade the 'traditional' Halloween celebration. Displaying great



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Message From Our Parish Priest

Last October, I accompanied some pilgrims to the Holy Land. The itinerary included the baptismal site along the Jordan River, mount of temptation, Jericho, Caesarea Philippi, Capernaum, Nazareth, Cana, Jerusalem, Bethlehem, the Dead Sea, and Samaria.



The highlight of the pilgrimage was the visit to the Church of the Sepulchre in Jerusalem and the Church of the Nativity in Bethlehem. These two sites always have the longest lines. It took us 3 hours in line at the Church of the Holy Sepulchre before we could enter the tomb of Jesus and 2 hours in the Church of the Nativity before we could touch the birth spot of our Lord, located right below the altar of the Church.

A silver star marks the exact spot of Christ's birthplace. Two staircases (entrance and exit) descend a few feet into the site where pilgrims kneel and kiss the birth spot. The spot has a Latin text 'Hic De Virgine Maria Jesus Christus Natus Est' which means 'Here Jesus Christ was born to the Virgin Mary'.

'Born to the Virgin Mary.' With this statement, **I suddenly realized that the Virgin Mary can guide us in our Advent preparation.** While John the Baptist was officially appointed to prepare for the coming of the Messiah, Mary has done the most immediate preparation - offering her womb as the first home of the baby Jesus for his first nine months on earth, finding a place to give birth to the child, taking him to safety when Herod ordered all babies two years and below to be killed, bringing him to the temple, finding him there when he got lost and doing all her motherly duties to the baby such as feeding him, clothing him, cleaning him, making sure he grows up safe and healthy.

Advent Preparations

Every year, the liturgical calendar of the Church begins with the season of Advent. Advent is a preparation for Christmas, beginning four Sundays before Christmas and ending on Christmas eve.

Advent comes from the Latin word 'adventus', which means 'coming'. The

WITH MARY THIS ADVENT

by Rev. Fr. Steven C. Zabala

coming of Christ is understood in two senses. first, Christmas is a remembrance of the first coming of Christ - his coming in the flesh, when he was born in a manger in the town of Bethlehem, 2000 years ago; a celebration of God becoming a human being in the person of his only son, Jesus Christ. Second, Advent is a time when our 'minds and hearts are led to look forward to Christ's Second Coming at the end of time' (Ordo).

Christmas has a more festive character. The Philippines is regarded as celebrating the longest Christmas. When the 'ber' months begin (September to December), Christmas decor and songs start to appear in the malls. Thus, the Advent season is characterized by parties, shopping, gift giving, raffles, games and houses brightened up by Christmas lights, lanterns and trees.

Originally though, Advent was a period of fasting to accompany repentance and prayer leading to Christmas. The Council of Tours (567AD) instructed monks to fast daily in the month of December. Advent was referred to as a 'little Lent' for its similarity with Lenten fast and penitence. As it evolved, fasting would cease being a requirement for Advent but the component of repentance was retained. The sober Advent became a joyful preparation for Christmas.

Mary and Advent

How can Mary guide us in our Advent preparation?

- **Mary invites us to prepare a room for the Lord Jesus.** She urges all of us to look inward and allow Jesus, as he was born in the her womb, to be born in our hearts.
- **She invites us to repentance and sanctification.** Mary was immaculately conceived because God wants to prepare a clean womb for the baby Jesus. Christ's coming must also clean and purify our heart. His grace must melt and cleanse our hearts that have been hardened by hatred, unforgiveness, and evil.
- **She invites us to commit ourselves to our Lord.** She gave all her being when she said yes to God's invitation to become the mother of His Son. 'I am the handmaid of the Lord. Be it done to me according to your word.' With that, God's plan and purpose took over her mind and heart.
- **She invites us to rejoice and be grateful.** When Elizabeth exclaimed how blessed she is among women for being chosen as the mother of God, Mary burst into praise and thanksgiving. 'My soul magnifies the Lord, my spirit rejoices in God my savior,

for he has looked with favor on the lowliness of his servant.' She is thankful for what the Lord has done to her. As a Stewardship parish, we should remember that the very basis of our spirituality is gratitude for all the wondrous things and blessings that come from Him. Look around and count your blessings, your family, your work, your daily sustenance. Thank God daily.

- **She invites us to be generous.** By saying yes to God, she shared all of herself. Her very person was at God's disposal, totally cooperating with God's grand plan of salvation. What can we give back to God as an offering when everything we have belongs to him? What are we willing to give of ourselves so that God can fulfill his plan for us? May our generosity build lives and bring a smile to other people especially the poor.
- **Lastly, Mary invites us to pray.** After the shepherds told her about the amazing things the angels told them about the baby Jesus, we are told that 'Mary treasured all these words and pondered them in her heart.' (Luke 2:19) At some point, we need to pause. Spend some time in prayer and just be in God's presence reflecting about our life.

Below is Saint John Paul II's prayer to the Blessed Virgin during Advent:

May the Virgin Mary help us to open the doors of our hearts to Christ, Redeemer of man and of history; may she teach us to be humble, because God looks upon the lowly; may she enable us to grow in understanding the value of prayer, of inner silence, of listening to God's Word; may she spur us to seek God's will deeply and sincerely, even when this upsets our plans; may she encourage us while we wait for the Lord, sharing our time and energies with those in need. Mother of God, Virgin of expectation, grant that the God-who-comes will find us ready to receive the abundance of his mercy. May Mary Most Holy, 'Woman of the Eucharist' and Virgin of Advent, prepare us all to joyfully welcome Christ's coming and to celebrate worthily his sacramental presence in the mystery of the Eucharist.

My Personal Thanks

To end, allow me to offer you, the CTK community, my personal thanks for your generosity in helping finance the retirement house project of the Diocese, Casa de Silencio. We had a groundbreaking last August. Actual construction will begin soon after some design revisions and building permit issuance. We will still need more donations to complete the project, and we are relying on your continued support.

May the love and peace of Christ, our King, reign in your hearts and may Mary guide us in our Advent preparation! ■

Completing Advent Season and Simbang Gabi; Christmas Season Begins

Advent officially began at the 6 pm mass on December 1, the first Sunday of Advent. The mass was marked by the blessing of the Advent Wreath as well as the Prayer and Lighting of the 1st Advent Candle, led by the Leongson family, nominated by the Altar Servers Liturgical Ministry. For the rest of the December 1-2 weekend, the lighting of the Advent Candle were done by: Diwanihan Kristiyano's Cruz family; LeCom Liturgical Ministry's dela Llana family; Christian Family Movement's Cruz family; EMHC's Tecson family; Mustard Seed Ministry's Dangel family; Knights of Columbus' Tan family; Couples for Christ's Uson family; LeCom Liturgical Ministry's Reyes' family, and Worship Ministry's Alivarvar family.

Succeeding masses on all the succeeding Sundays of Advent - 2nd Sunday last December 8-9, 3rd Sunday last December 15-16, and the 4th and last Sunday of Advent on December 22-23 - were similarly marked by Prayer and Lighting of the Advent Candle by specified families, but without the initial blessing. The villages also had their own Advent masses and their own Advent candles for lighting.

As explained by Fr. Steve in one of his homilies, Advent is the four weeks of expectant waiting and preparation for the celebration of the Nativity of 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. After the 6 pm December 1 mass, Fr. Steve officiated the blessing and lighting of the CTK Christmas Tree.

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

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



EMHC's Leo Tan and family light the First Advent Candle and lead the prayer at the noon mass of Sunday, December 2

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.

As before, CTK had two sets of Simbang Gabi, the pre-dawn masses at 5 am, which replaced the usual 6:00 am daily morning mass, from December 16 to 24, and the evening masses at 8 pm, from December 15 to 23. The evening Simbang Gabi presiders and offerors included:

December 15: Fr. Jett Villarin SJ with Acropolis as offerors

December 16: Fr. Bong Tupino with Enclave and Ivory Court as offerors

December 17: Fr. Eric Eusebio SJ with Corithian Gardens, Greenwich and Arcadia as offerors

December 18: Fr. Pops Repole SJ with Corinthian Hills as offerors

December 19: Fr. James Gascon SJ with Eton, Galleria, Crowne Plaza, and Poveda as offerors

December 20: Bp. Honesto Ongtioco DD with White Plains and WP Terraces as offerors

December 21: Fr. Manoling Francisco SJ with St. Ignatius as offerors

December 22: Fr. Junjun Borres SJ with Libis as offerors

December 23: Fr. Steve Zabala with Greenmeadows 1 & 3 as offerors

The morning Simbang Gabi presiders and offerors included:

December 16: Fr. Steve Zabala with Ladies of Charity as offerors

December 17: Fr. Domie de Guzman with Diwanihan Kristiyano Prayer Group as offerors

December 18: Fr. Benny Tuason with Apostleship of Prayer and Adoracion Nocturna as offerors

December 19: Fr. Joel Jason with Catholic Women's League and Knights of Columbus as offerors

December 20: Fr. Herbie Santos with Legion of Mary and Buklod ng Panginoon as offerors

December 21: Msgr. Dan Sta. Maria with Couples for Christ as offerors

December 22: Fr. Steve Zabala with Mother Butler Mission Guild as offerors

December 23: Bp. Honesto Ongtioco DD with Life in the Spirit-Healing Ministry and Knights of Columbus as offerors

December 24: Fr. Arvie Bello with Christian Family Movement as offerors

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.

- 1. 6:00 pm, Youth Ministry & Mustard Seed Ministry as offerors, with Alumni Choir**
- 2. 8:00 pm, Family & Life Ministry & Sunrise Ministry as offerors, with Couples for Christ Choir**
- 3. 10:00 pm, Parish Pastoral Council as offerors, with CTK Youth Choir**

Philippine Catholic Church Declares 2019 as Year of the Youth

Discernment.' The year-long celebration, which will start on the first Sunday of Advent on Dec. 2, will carry the theme 'Filipino Youth in Mission: Beloved, Gifted, Empowered.' This follows the past 12 months celebration of the Year of the Clergy and Consecrated Persons. The Episcopal Commission on Youth of the Catholic Bishops' Conference of the Philippines, or CBCP, said that the 'Year of Youth 2019 will officially kick off with the feast of Christ the King, November 25, 2018, but the solemn opening ceremony will be held on December 2. The Diocese of Cubao launched the Year of the Youth at the Immaculate Conception Cathedral with a celebration of Diocesan Youth Day last December 1, starting with a Holy Mass at 7 am followed by a parade at the Cathedral School grounds.

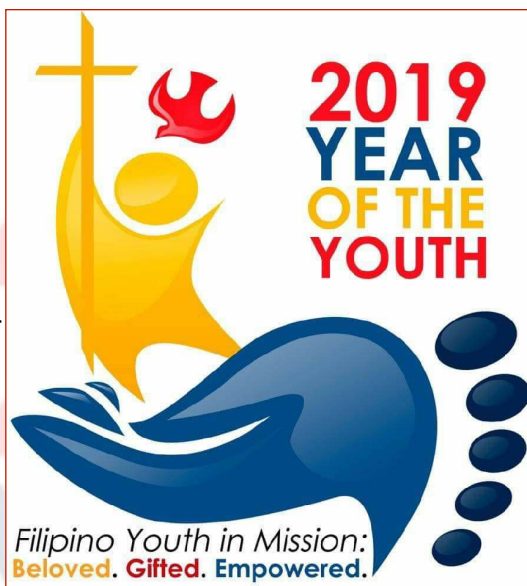
Its observance, which the CBCP described as part of the 'nine-year journey for New Evangelization', will end on Nov. 24, 2019, the 2019 Feast of Christ the King. It will be recalled that in 2013, the bishops' conference launched a 'nine-year journey' to 2021, the fifth centenary of the arrival of Christianity in the Philippines, with a different theme each year. According to the bishops, the first Mass on Filipino soil was celebrated in Limasawa Island on Easter Sunday on March 31, 1521, and the first Filipino Christians were Humabon and Hara Amiham, who were baptized Carlos and Juana, respectively. The Spanish missionaries brought the Christian faith to the Philippines 500 years ago and today the nation is home to Asia's largest Catholic population. Out of 110 million inhabitants, 80% are Catholics.

'We look forward with gratitude and joy to March 16, 2021, the fifth centenary of the coming of Christianity to our beloved land,' the Philippine bishops had written in a 2012 pastoral letter, ahead of the 9-year preparation. The first five years were dedicated to 'integral faith formation' (2013), the laity (2014), the poor (2015), the Eucharist and Family (2016), and the 'parish as a communion of communities' (2017). The year 2018 was dedicated to the clergy and consecrated persons, while the

remaining two years of the preparation will be dedicated to ecumenism and inter-religious dialogue in 2020 and 'bringing the Gospel to all people', in 2021.

Activities next year are aimed at 'youth in formation, youth in communities, church and society, youth in mission, and youth ministry and youth ministers.' The 'Year of the Youth' observance comes after the Synod of Bishops on young people last month. The final document of the meeting stressed the concrete aspects of the lives of the youth, the role of schools and parishes and the need for the laity to be trained to accompany young people.

The CBCP stated, 'As with the two disciples of Emmaus [cf. Lk 24:13-35], Jesus constantly and faithfully accompanies young people in the journey of life. We as Church in the Philippines are called to take the same stance with our youth: journeying with them, listening to their doubts and dreams, inviting them to conversion and communion, and raising them up in mission to enlighten and inflame the



Spirit, offered as a gift [cf. Jn 20:22; Acts 2:38; Rom 5:5] to each of the baptized. The blue hand, carrying the human figure in a supporting and presenting gesture, symbolizes how young people are loved by the Father; this same love is mirrored by the Church. This blue image can also be seen as a footprint, signifying movement for a purpose and making a mark.

CTK youth, led by Louie and Lei Abando (first row, right) at last year's Regina Rica retreat, will be 'in mission' in 2019



country with the Spirit of Christ and to tell the world of His love.'

The Logo of the 2019 Year of the Youth features four primary figures: a young person and a cross (both in yellow), a dove (in red), and a big hand, which also appears as a footprint (in blue). The human figure in yellow stands for young people conformed to Christ, the Light of the world [cf. Mt 5:14; Jn 8:12], who is represented by the cross. The dove in red, being received by and hovering over the human figure, signifies the Holy

Young people are in mission: proclaiming the Good News who is Christ, especially to their fellow youth in the peripheries. Filipino youth are beloved by God and His Church, especially through her youth ministry, who raise them up and carry them lovingly through life, with all its trials and tribulations. They are gifted with the Holy Spirit, who inflames them with faith, passion and courage. Rooted in Christ, they are empowered to shine on a world of darkness and confusion, taking part in His Body, the Church, for building God's Reign. ■

Devotion to Mary Highlighted During Rosary Month

Christ the King Parish Greenmeadows celebrated October as Rosary Month in a big way. On the first day, October 1, a Sunday, the Holy Rosary was recited and flowers offered at 4:20 pm. before the 5 pm Sunday mass. The Prayer to the Blessed Virgin Mary, Queen of the Most Holy Rosary, was prayed in all masses starting with the October 1 5 pm mass. It went:

O Mother Mary, grant that the recitation of your Rosary may be for me each day, in the midst of my manifold duties, a bond of unity in my actions, a tribute to filial piety, a sweet refreshment, an encouragement to walk joyfully along the path to duty.



Flower offering following the rosary, below. Above, typical October weekday evening mass.



Grant, above all, O Mother Mary, that the meditation on the mysteries of the Rosary may form in my soul, little by little, a luminous atmosphere, pure, strengthening, and fragrant, which may penetrate my understanding, my will, my heart, my memory, my imagination, my whole being.

I put all my confidence in you, since your prayers before God are most powerful. For the greater glory of God and for the sake of Jesus, your loving Son, hear and grant my prayer.

Oh Mary, Queen of the Most Holy Rosary, pray for us. Amen.

From October 2 to 31, the rosary was recited at the Divine Mercy Chapel after the 7am masses and before the 6 pm weekday masses. The rosary was also prayed before the 6 pm Saturday mass and before the 5 pm Sunday mass at the main church. It was then followed by the flower offering.

Starting October 12, the White Plains Cenacle Group, led by Betsy Tenchavez, began to pray the rosary every 4 pm on the sidewalk beside the Greenmeadows 1 gate all the way up to October 31. The group put up a banner on the subdivision fence entitled Praying the Rosary for our families, our Church, and our country. The rosary crusade rally was a response to the call to pray the rosary for the crisis in our families, our church and our



White Plains Cenacle Group holding Rosary Vigil at Greenmeadows gate from October 12 to 31

by the Prayer of Total Consecration, then Divine Praises. The afternoon rally would end with the Lady of Fatima song.

The different villages also held their daily recitation of the Rosary, mostly in the evenings. For Acropolis, for example, Acropolis village coordinators Maan del Rosario and Irene Robles assigned a different Rosary Leader Family for each day in October. To ensure that there would be enough villagers who would assist the prayer leader family, all Acropolis-based LeComs and EMHCs were asked to commit seven different dates in October when they would show up for rosary praying. On the very first day, Fr. Jimmy Mathew CSC, Director of the Family Rosary Crusade in the Philippines, led the Acropolis faithful in their reflection and prayers. He also blessed the Blessed Virgin Mary images and rosaries brought by those who came. The last Acropolis rosary session was held on October 30, a Tuesday, at the Acropolis Clubhouse. It was well-attended and was followed by a village salu-salo. Unlike Acropolis where the rosary recitation was always in their Acropolis Park gazebo, in GreenMeadows 1, the rosary recitation moved from house to house.

country. The proponents hoped that they had inspired passers-by to pray too.

Each afternoon, the group sang the Immaculate Mother song, prayed the prayer intentions and the rosary, went through the Litany of the Blessed Virgin Mary, recited the St. Michael Prayer, followed

Acropolis faithful at their clubhouse for their last Rosary session on October 30



Another Successful Year for Kingdom of Heaven Fair



collaboration and cooperation, three CTK ministries – the children’s or Mustard Seed Ministry led by Sonny and Mina



Mejia, the Youth Ministry headed by Louie and Lei Abando, and the Family & Life Ministry led by Regie and Joanne Polancos, represented by daughter Ryanna and Louie and Jops Padrinao -

worked together to stage the latest Kingdom of Heaven Fair.

As before, the Kingdom of Heaven Fair requested the children in the parish to dress up as biblical characters, saintly figures, and consecrated persons. And indeed, 42 children showed up in inspiring and religion-inspired costumes. All in all, 108 children registered for the event. There was a formal parade of costumes to cap the fair, with Family & Life Ministry core team member Louie Padrinao taking on emceeing chores. Easily, the crowd favorites were Sto. Niño toddlers Kelsie Paramio and Ryne Valderama.

The children’s choir officially opened the Kingdom of Heaven Fair program with an opening prayer. In his message to the children and their parents-guardians, Fr. Steve Zabala shared that his favorite saint was St. Lawrence, patron saint of the poor and one of the most venerated Roman martyrs. It is said that Lawrence gave the church’s treasures to the poor and the sick before his arrest. Many conversions to Christianity throughout Rome reportedly followed Lawrence’s death, including those of several senators witnessing his execution. St Lawrence is one of the most beloved saints in the

calendar – perhaps owing in some small sense to his humor in the face of adversity, but also because of his love for the poor and the downtrodden of society.

Fr. Jojo Gatdula also graced the event, plus PPC officers Joyce Tañedo and Bing del Rosario. Taking the lead was Youth Ministry couple Louie and Lei Abando, assisted by Sonny and Mina Mejia, Mon



Above, Louie and Jops Padrinao with Youth head Lei Abando awarding a prize for correct answer to quiz question on life of saints



and Frances Bernardo, and Kitchie Diaz of the Mustard Seed Ministry; Teenie and Faith de Leon, and Samantha Yap of the Youth Ministry; Regie and Joanne Polancos and Louie and Jops Padrinao of the Family & Life Ministry. Providing the staffing manpower for the different gamebooths were youth volunteers Joshua Kyle and Gabriel Abando, Jeanina and Louisse Padrinao, Sam and Alex Mejia as well as parishioner youth from

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CTK Commemorates the Faithful Departed

Christ the King Parish Greenmeadows scheduled a triduum of masses for those interred in the CTK crypts. The first was at 9 am on October 31 at the Lower Crypt chapel; the second at 9 am on November 1 at the Lower Crypt; and the

crypts. Concelebrating the special mass for the departed were Fr. Jojo Gatdula, Fr. Norman Kagaoan, and Fr. Elvin Carupo, with Fr. Jojo taking the lead.

In his homily, Fr. Jojo mentioned several things:

►When a person dies with great sin, God is so merciful that, beyond time, Jesus is continuously offering himself so that the departed can be cleansed and thereafter see God.

►Jesus has prepared our place in heaven.

►He is the life and the resurrection and whoever believes in him will no longer die but will live eternally.

► Even if we experience physical death, we will live on. But we already experienced death when we were baptized. We now live in our spiritual bodies which will experience fullness in heaven. Our loved

remember our loved ones, their legacy lives on.

In the Special Prayers for the Dead, Fr. Jojo intoned, 'We pray that God may give them peace and life forever. We pray that God may give them joy in the company of all the saints. Release our departed from all punishment in answer to our prayers. Give them the pardon they have always desired.'

The three priests then split up for the blessing of the Crypt vaults, with Fr. Jojo taking on the Garden Crypts, Fr. Elvin doing the Upper Crypts, and Fr. Norman taking on the Lower Crypts. As each priest went the rounds to bless the different portions of the crypts, the parishioners trailed behind, praying. Interestingly, and very Filipino, so many parishioners wanted to make sure the specific crypt of their departed was touched by holy water. When it didn't seem like it, they would ask the priest to sprinkle holy water again. There were even a few who dragged the priests by the sleeve to a specific crypt to bless the crypt again.



third and last day, November 2, saw two masses, the first at 9 am at the Lower Crypt and the second at 3 pm, at the Main Church.

In observance of All Saints Day and All Souls Day, CTK crypts were open from 6am to 10pm last October 25 to October 30 and from 6am to 12mn from October 31 to November 2. Also, in commemoration of all the faithful departed, parishioners with loved ones in the crypts were encouraged to write the names of their beloved relatives and friends on the envelopes provided, with the promise to pray for and bless the names of the beloved departed throughout the novena masses in their honor starting November 1 until November 9.

The most important mass was the 3 pm mass last November 2 for all those interred in the CTK crypts held at the main church; this was followed immediately by the blessing of the



ones' spiritual bodies live on because of the mercy and love of God.

► We celebrate mass on November 2nd for the atonement for the sins of our beloved even as we continue our pilgrimage on earth.

► The memory of our loved ones continues because we live. As we



CTK Youth Ministry Kicks Off Fiesta Celebration

It was another fun night last November 17, with the organizers of the traditional Parish Youth Fiesta Kick-Off delivering on their promise of 'a night full of fun'. Entitled 'Color the Night', the annual event, usually staged the weekend before

the parish feast day was organized by the CTK Youth Ministry headed by Louie and Lei Abando. It officially started at



gave color to his life. He also recalled the story of the daughter of a good friend who used to be proud and independent but then had a boyfriend and he would see her constant Facebook posts. They were always together in the photos, they

guest was former CTK parish priest Msgr. Dan Sta. Maria, who had just finished presiding over a novena mass. After



Msgr. Dan makes a surprise visit to Youth Fiesta Kick-off

7:30 pm, with the opening remarks by CTK parish priest Fr. Steve Zabala.

Fr. Steve first recognized the different delegations, from Bukas Palad, Timothy Ministry, Days With the Lord. In his opening remarks, he talked about the theme, Color the Night, and he asked the young audience to think of who has given their lives color and meaning. He confessed that for him, in his youth, it was his crush since second year high school. He looked forward to going to



Fr. Steve does an unscripted song number

were very sweet, and clearly in love. Until one day, his friend called for help – his daughter had tried to kill herself because the boyfriend broke up with her. Fr. Steve pointed out that it is only in Jesus Christ that a person can find ultimate happiness that is true and permanent.



Game time, with Louie and Earle doing 'Bato Bato Pic' and 'Arrange Yourselves'



saying that he was honored that Msgr. Dan dropped by, Fr. Steve kidded him that he might have wandered into the wrong place because this was a youth, not elderly, gathering. Fr. Steve then saw a guitar nearby and on the spur of the moment decided to sing an original composition of his about friendship. His guitar playing and singing elicited huge applause.

Emceeding the event were PREX Youth leader Earle Manucom and Family & Life Ministry core team member Louie

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Emcees Louie Padrinao and Earle Manucom

school everyday, not because he was going to learn his lessons but because he was going to be able to see the girl who



A surprise The Bukas Palad Music Ministry render their version of 'I Will Sing Forever'

CTK Celebrates November 25 Feast of Christ the King with Nine-Day Novena and Fiesta Mass



Retiring EMHCs Romy Casas and Jun Chipeco with EMHC head Albert Cuadrante, and retiring LeCom Bing Cruz with LeCom head Mel Novales, recognized during the 9th novena mass of November 24

nine days and asked the different villages to coordinate, as follows:

1. November 16: Fr. Jeff Quintana with White Plains & WP Terraces as offerors
2. November 17: Msgr. Dan Sta. Maria with Barangay Libis as offerors
3. November 18: Fr. Larry Garces with Enclave & Ivory Court as offerors
4. November 19: Fr. Joe Quilong-Quilong SJ with Corinthian Gardens, Greenwich & Arcadia as offerors
5. November 20: Fr. Ron Roberto with Greenmeadows 1 & 3 as offerors
6. November 21: Fr. Jojo Zerrudo with Corinthian Hills as offerors
7. November 22: Fr. Herbie Santos with Eton, Galleria, Crowne Plaza & Poveda as offerors
8. November 23: Fr. Joel Jason with St. Ignatius and La Maison as offerors
9. November 24: Fr. Anton Pascual with Acropolis as offerors

After each novena mass, the offerors sat down with the presider and Fr. Steve for light dinner. On the last Novena mass of November 24, the Parish Pastoral Council recognized the services 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. Fr. Steve Zabala called on EMHC lead Albert Cuadrante and Lectors - Commentators

lead Mel Novales to present the replicas of the CTK altar statues as a token of recognition. Honored and awarded were:

1. **Ma. Esther Cruz**, Lector-Commentator
2. **Fe Cardinez**, Lector-Commentator



Apostleship of Prayer ladies coordinated the Eucharistic Adoration at the White Plains Chapel during the Feast Day, November 25



Consecration and Benediction with Eucharistic Blessing by Fr. Steve



Van der Steen Male Choir had female singers

3. **Romy Casas**, Extraordinary Ministers of Holy Communion
4. **Jun Chipeco**, Extraordinary Ministers of Holy Communion

The actual feast day, November 25, the Solemnity of Christ the King, was marked by the traditional Eucharistic Adoration

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The Polancos family lead the Prayer of the Faithful during the Feast Day Mass



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CTK Celebrates November 25 Feast of Christ the King with Nine-Day Novena and Fiesta Mass



at 3 pm at the White Plains Chapel, the parish's first church, coordinated by the Apostleship of Prayer. Songs, prayers, and readings interspersed with periods of silence served to direct the attention of the faithful.

professional music was the Van der Steen Male Choir.

Then at 4 pm, the monstrance, or ostensorium, with the consecrated Eucharistic host, was led out by Fr. Steve 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, the EMHCs, then the Knights of Columbus honor guards. The Consecration and Benediction ceremony by Fr. Steve followed, concluding with the Eucharistic Blessing.

This was followed at 5 pm by the Fiesta Mass, presided by Most Reverend Honesto F. Ongtioco DD. Tapped as offerors were the barangay councils of Ugong Norte, White Plains, St. Ignatius, Libis, and Bagumbayan, as well as the homeowners' associations of Acropolis, Arcadia, Corinthian Gardens, Corinthian Hills, Enclave, Greenmeadows 1 & 3, Greenwich, Ivory Court, La Maison, St. Ignatius, White Plains, and White Plains Terraces. Providing the



Above, Bishop Ongtioco with the other priests in attendance. Below, with Louie Laudico, Mark Puruganan, and the altar servers. Bottom, with PPC members at the dinner that followed.



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Another Successful Year for Kingdom of Heaven Fair

St. Paul – Lexie and Chleo Toledo, Keyanna Torres, and Klia Vasquez. Members from Timothy Youth Ministry also helped with the décor and venue set-up. Registration and game booth manpower staffing was coordinated by Ryanna Polancos while sister Regina took care of photography.

All the children had a chance to parade from the stage down to the red carpet, with their names and the religious character they represented being announced. Later, a quiz show on the lives of saints merited prizes for children who could answer the questions.



There was even a photo booth at the Kingdom of Heaven Fair

There were five 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'. There was the 'Boom' hoop-through-the-wire maze game, a Pokemon Go game, a hoop toss, and the ever-popular one, 'Fish Be With You', where the kids got to fish for live aquarium fishes. Boom and Pokemon Go were new for this year.

Completing their 'passports' meant being able to get their loot bag as well as free food giveaways. Loot bag goodies, food, and cash donations were compliments of Diwanihan Kristiyano, David and Fely Ong, Henry and Joyce Tañedo, Dulce



Baretto, Maan del Rosario, Jimmy Hernandez, Louie Reyes, Kuyas Reno and Leo, Lito Perona, Albert Cuadrante, Mary Jane Yu, Irene Robles, Aileen Rodas, and Betsy Tenchavez.

Food booths, such as corndogs, Pedrico's Pizza, siomai, etc. were also invited to sell in the social hall.

Fiesta Eve Fellowship Honors Past CTK Parish Priests

Nearly 300 Parish Pastoral Council members and involved parishioners helped celebrate the Feast of Christ the King with a Parish Fiesta Fellowship celebration dinner following the ninth

After dinner, emcee Bing del Rosario introduced the special audio-visual presentation, a tribute to all the past CTK parish priests. The AVP was scripted by Leila Banico, animated by new LeCom

Lupo Basilio, with photos provided by Brother Mark Puruganan and Bing del Rosario. The video started with the 1979 creation of the new parish out of the original territory that used to belong to Our Lady of Miraculous Medal, Project 4, with Fr. Victorio Lanuevo as CTK's first parish priest. In 1982, Msgr. Antonio Tobias took over, followed a year and a half later by Msgr. Jaime Mora. The church was completed in June 1988 and consecrated by Jaime Cardinal Sin on October 30, 1988, now celebrated as the Feast of the Dedication of Christ the King Parish Greenmeadows.

It was during Msgr. Mora's term that the Parish Formation Center, crypts, Perpetual Adoration Chapel, and mortuary chapels were also put up. In 2003, the diocese of Cubao was established with Honesto Ongtioco designated as its first bishop. In 2004, Msgr. Mora retired, with Bishop Ongtioco temporarily taking over as acting parish priest as he reorganized the parish assignments. It was during Bishop Ongtioco's brief term that the Stewardship as a Way of Life program was started. Installed as the fifth parish priest in 2006, Msgr. Dan Santa Maria introduced additional infrastructure – parking, weekend market, church extensions, baptistery, St. Therese garden. The final segment of the AVP was on Fr. Bong Tupino, installed in 2012.

There were video testimonials throughout the AVP – Linda Famador on Fr. Lanuevo, Ben Famador on Msgr. Tobias, Armine Tagaysay, Dolly Borlongan and Amer de Guzman on Msgr. Mora, Fe Pery and Virgie Cheng on Bishop Ongtioco, Mila Bangco, Louie Laudico and Lulay dela Cruz on Msgr. Sta. Maria, and David and Fely Ong, Bert and Maries Anne Santos, and Henry and Joyce Tañedo on Fr. Tupino.

The AVP was paused as well at three different points to allow for entertainment numbers related to the parish priests. A song medley from Doy and Estrelle Lopez and family, the Libis BEC leaders for a dance number, and a song medley from Isa and Ralf Colet.



Above, Doy and Estrelle Lopez and family; below, Isa and Ralf Colet. Bottom, the Libis BEC lady dancers.



novena mass last November 24 for all Parish Pastoral Council members, Eucharistic ministers, lectors-commentators, greeter-collectors, parish staff, village coordinators, and other involved parishioners. Worship Ministry head Leila Banico as overall organizer for the event saw to it that all parts of the program went on smoothly.

The celebration, with the theme – 'Concluding the Year of the Clergy and Consecrated Persons: Renewed Servant Leaders, Renewed Community', formally opened with welcome remarks from the PPC Lay Coordinator couple Bert and Marie Anne Santos. This was followed by the Opening Prayer led by CTK resident guest priest Fr. Jojo Gatdula.

At the end of the AVP, the emcee introduced Fr. Steve Zabala as the seventh parish priest of Christ the King Parish Greenmeadows. He gave a heartwarming and humble message.

Good evening and thanks to all of you here tonight who selflessly serve the parish and who have dedicated their time, talent and treasure in support of

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Fiesta Eve Fellowship Honors Past CTK Parish Priests

the parish and the diocese. And thank you for making me feel very welcome. As I keep telling the Parish Pastoral Council, I'm still intimidated by the

issues do not derail progress. The infrastructure is very near where it should be, our facilities and services are in high demand. But one important

credit though goes to Msgr. Jaime Mora. His two decades as parish priest of CTK Greenmeadows and his systematic execution of a grand vision for the organization of the ministries and the physical infrastructure in those 20 years created the backbone on which nearly everything we see and do now have been built upon.

Even the short stint by Bishop Ongtioco enabled the parish to pause and reflect and arrive at another audacious goal – to be truly a stewardship parish, with members, parishioners and servant leaders who would be men for others, giving much of their time, talent, and treasure in the service of Jesus' mission. On top of those strong foundations, we had six years of Msgr. Dan Sta Maria, who created a strong culture of transparency. This was followed by six years of Fr. Bong Tupino who instituted process excellence and emphasized liturgical celebrations. During their terms, both Msgr. Dan and Fr. Bong reinforced the values of servant leadership, strengthened the parish organizations and how the various groups work together, and got back to the basics of formation, fellowship, evangelization, and being a real church for the poor.

And now it's my turn. I stand on the shoulders of the parish priests who have come before me. I am so blessed and lucky that Fr. Lanuevo, Bishop Tobias, Bishop Ongtioco, Msgr. Sta Maria and Fr. Tupino have paved the way. I can only wish and pray that I will leave CTK, in 2024, an even better parish than when I arrived in July 2018.

Fr. Steve then called on his fellow priests – Fr. Louie Caupayan, Fr. Choi Garcia, Fr. Dodot Torres, Fr. Jojo Simon, Fr. Gelo Parlan, Fr. Herbie Santos, Fr. Jojo Gatdula, and Fr. Fred Narvasa – to sing 'Panagutan'. Later at the end of the evening, the group again sang the 'Princesa' Medley, followed by the 'Give Thanks' Medley, and ended with 'Yo Pare Ko', a Fr. Steve original composition about young people considering the priesthood. In between, Fr. Steve asked a few of the performing priests to talk about their vocation and the circumstances that led to the call to the priesthood. ■



Fr. Steve, Fr. Louie Caupayan, Fr. Choi Garcia, Fr. Dodot Torres, Fr. Jojo Simon, Fr. Gelo Parlan, Fr. Herbie Santos, Fr. Jojo Gatdula, and Fr. Fred Narvasa entertained the fiesta dinner guests with several medley numbers



servant leaders of Christ the King Parish Greenmeadows – the institutions you have formed, the processes and procedures you have put in place, the organizations and ministries and how they work effectively together, the size of weekend and stewardship cash offerings, the various laudable practices that you've set in motion that would be the envy of the other parishes in the diocese. I'm in awe of your spirit of service and how very little of politics, personal agenda, and conflicts manifest themselves in the way you do God's business in the parish.

I have told the bishop many times – there is very little for me to do here. The parish almost runs by itself, things get done, plans get executed, personal

point should not be forgotten – that all of where we are now, the quality of our office staff, the quality of our parish pastoral council, the exceptional support and teamwork by the various ministries, liturgical groups, and mandated organizations and renewal movements which support our social and developmental services, the high quality of our infrastructure and facilities – they were all the result of thirty five years of dedicated work by the parish priests who have come before me.

I recognize the early start-up efforts of Fr. Victorio Lanuevo and Bishop Antonio Tobias. They were saying mass in White Plains, all the while that they were planning to build a new church along Greenmeadows Avenue. Much of the

BISHOP HONESTO F. ONGTIOCO CELEBRATES SEVEN DECADES

A Solemn Eucharistic Celebration at the Immaculate Conception Cathedral on Lantana St., Cubao, at 6 pm on October 20 marked Bishop Ongtioco's 70th birthday. It was followed with a festive dinner-program at the Immaculate Conception Cathedral High School gym.

Then on the morning of December 8, Bishop Ness celebrated his 46th Presbyteral Anniversary with the mass on the Solemnity of the Immaculate Conception of the Blessed Virgin Mary at the Cubao Cathedral.



Parish Pastoral Councils and youth representatives from the 47 different parishes of the diocese were encouraged to come in designated vicariate colors - pink for the Vicariate of the Holy Family; purple for the Vicariate of the Our Lady of Perpetual Help (OLPH); yellow for the Vicariate of St. Joseph; green for the Vicariate of St. Nino; red for the Vicariate of San Pedro Bautista; and blue for the Vicariate of Sta. Rita. Christ the King Parish Greenmeadows belongs to the OLPH vicariate. CTK's Lay Coordinator Bert Santos was designated as OLPH vicariate coordinator.

Attending for CTK were Bert and Marie Anne Santos, the parish's lay coordinator couple; David and Fely Ong, the parish's secretary couple (with David also head of the Formation Ministry), Cen Hernandez of Knights of Columbus, and Benjie and Wins (who attended the mass but skipped the salu-salo). ■



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Fiesta Eve Fellowship Honors Past CTK Parish Priests

Padrinao, who had also emceed the Kingdom of Heaven Fair two weeks earlier. It was interesting to note that like the Kingdom of Heaven Fair event, the Parish Youth Fiesta Kick-Off was once again a collaboration among three ministries: Youth, headed by Louie and Lei Abando, Family and Life, headed by Regie and Joanne Polancos, and Mustard Seed. Earle and Louie started the ball rolling with an icebreaker game, Arrange Yourselves, forming four teams of eight. Dinner followed.

After dinner, Louie and Earle mounted a second game, 'Bato Bato Pic', where everyone was encouraged to join. But instead of the usual P20 bill, the participants were each given a KitKat.



Fr. Jojo Gatdula shows off his musical talents

After the second game, the emcees introduced the Bukas Palad Music Ministry. The group, decked in orange and red shirts, had been composing, singing and recording liturgical and spiritual songs professionally since 1986 and had performed in more than a hundred concerts in the Philippines, Japan, HK, and the US. They sang several pieces, starting with I Will Sing Forever, from their 1989 album Tanging Yaman. The song was an original composition by Fr. Manoling Francisco SJ and first interpreted and popularized by Bukas Palad, a product of the Ministry of Jesuit Music, Ateneo.

Fr. Jojo Gatdula, CTK guest priest also joined the festivities and was egged by the crowd to do a number. He promptly obliged and picked up the guitar a la Fr. Steve. This was followed by a series of religious musical numbers by the Worship Ministry of the Timothy Prayer Group, which is part of the Living Hope Prayer Community. The Timothy Youth Ministry had recently been teaming up with CTK's Youth Ministry for several events, including the August 11 Day of Sacraments. Dancing followed after the closing remarks. ■

CTK Commissions Lectors-Commentators, EMHCs, and Greeters-Collectors for 2019

The renewing batch of lectors and commentators were formally 'commissioned' by the Christ the King Parish Greenmeadows parish priest Fr. Steve Zabala last Sunday, November 18, during the noon mass. A total of 95 LeComs were in attendance, with 45 absent, for a total of 140 renewing lectors-commentators for 2019. They join the 12 new lectors-commentators who had been commissioned earlier, for a total of 152 expected active Lectors-Commentators in 2019.

Fr. Steve called on all the lectors-commentators present to come forward to the front of the church for the commissioning rites. He then introduced the commissioning by saying:

The Word of God, proclaimed in the sacred Scripture, enlightens our minds and hearts. When the Scriptures are read in the liturgical assembly, God speaks to us and calls us to respond in faith and

proclaims Gods' living word. We ask God to bless these Lectors and Commentators and for all of us who now listen to the word of the Lord.

At that point, Fr. Steve asked the LeComs, 'Are you resolved to continue to undertake the office of proclaimer of the Word of God as Lector and Commentator at the service and growth of the Church?' And 'Are you resolved to continue to strive more earnestly than ever to live the Christian life, to give good example, and to take your faith more seriously?' To both questions, the LeComs present answered in unison, 'I am'.

Fr. Steve ended with the Prayer of Blessing, 'Everlasting God, when he read in the synagogue at Nazareth, your Son proclaimed the good news of salvation for which he would give up his life. Bless these Lectors and Commentators as they proclaim your words of life, strengthen their faith that they may read with conviction and boldness, and put into practice what they read.' After which Fr. Steve proceeded to bless the lectors and commentators, then asked them to face the massgoers, before sending them back to their pews.

The batch of 152 lectors-commentators who will read the Word of God in 2019 have gone through the diocese-organized half-day renewal seminar at Lantana, Cubao at any of the half-day sessions held from September 1 to November 17; the refresher course a.k.a. retraining of LeCom protocols and practices with their mass or village coordinators; and attended at least one LeCom General Assembly and two formation talks, whether organized

by the Formation Ministry, Stewardship Committee, or EMHC or LeCom liturgical ministries. The Lectors and Commentators Liturgical Ministry is led by Mel Novales.

At the November 18 10:30 am mass just before the noon mass where the LeComs were commissioned, the Extraordinary



Ministers of the Holy Communion or EMHCs were similarly commissioned. EMHC had 91 renewing Eucharistic ministers, with 72 of them attending. Therefore, with the 11 new EMHCs earlier commissioned, there will be a total of 102 active EMHCs for 2019. The EMHC Liturgical Ministry is headed by Albert Cuadrante.

It should be noted that the LeComs and EMHCs who failed to attend the commissioning will still need to be commissioned before they can legitimately take their place in the roster. A second commissioning date is still to be identified for both liturgical groups. Also, a few of the commissioned LeComs are still on probationary status due to unfilled requirements until and unless they can make up by attending one or both formation talks scheduled for November and December.

The Greeters-Collectors similarly had their commissioning later in the same afternoon, at the 5 pm mass. The GreCols are led by Coordinators Jeanette Cagurangan and Beth Monadero.



love. The Ministry of the Lectors and Commentators, then, is important to the life of the Church, for the reader

Catechetical Ministry Organizes Kumpilang Bayan

The CTK parish, through its Catechetical Ministry, headed by Alma Yeh and Sheryl Coronel, held the annual Kumpilang Bayan, or 2018 Confirmation Rite, last November 17, Saturday, at 9 am at the main church. The confirmation rite was



officiated by no less than our Most Reverend Bishop Raul Martinez. During his homily, Bishop Raul mentioned that Confirmation means receiving the gift of the Holy Spirit. When the Holy Spirit is depicted, it is usually as a dove, explained Bishop Raul. But at Pentecost, the Holy Spirit is henceforth described as 'tongues

of fire' sitting atop the heads of the apostles and the other disciples.

After the homily, the forty confirmands were presented to Bishop Raul. The commentator, Catechetical Ministry co-head Sheryl Coronel said, 'Rev. Bishop Raul Martinez, the parish of Christ the King Greenmeadows presents to you these young men and women who have prepared for and are now ready to receive the Sacrament of Confirmation. Bishop Raul then proceeded with the Renewal of Baptismal Promises by asking the confirmands:

- ▶ Do you reject Satan and all his works and all his empty promises?
- ▶ Do you believe in God the Father Almighty, creator of heaven and earth?
- ▶ Do you believe in Jesus Christ, His only Son, our Lord, who was born of the

Virgin Mary, was crucified, died and was buried, rose from the dead, and is now seated at the right hand of the Father?

▶ Do you believe in the Holy Spirit, the Lord, the giver of life, who came upon the apostles at Pentecost and today is given to you sacramentally in confirmation?

▶ Do you believe in the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

To all these questions, the confirmands answered 'I do'. Then, at the Laying of Hands, Bishop Raul prayed aloud, 'All powerful God, Father of our Lord Jesus Christ, by water and the Holy Spirit, you freed your sons and daughters from sins and gave them new life. Send your Holy Spirit upon them to be their Helper and Guide. Give them the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence. Fill them with the spirit of wonder and awe in your



presence.

Then the confirmands took their positions in the center aisle with their parents and godparents. For each one, Bishop Raul anointed their foreheads with chrism while saying, 'Be sealed with the Gift of the Holy Spirit.' After all the confirmands had been anointed, they took their seats and the mass continued. The final list of confirmands included:

Sophia Alejar, Rain Arche, Jedric Bandong, Vanessa Blasabas, Josh Cariño, Arjee Cardinoza, Arleen Cardinoza, Samantha Cascalla, Alexandra Casco, Rayne Cortez, Tory Cortez, Lia Cua, Bia Ritz Duren, Jamilla Gaviola, Mary Ann Juan, Asrin Juinio, Marx Lee, Gyan Madayag, Ryan Madrazo, Ryan Magbanua, Catherine Magcamit, Charmaine Magcamit, John



Malaya, Isabella Maloles, Daniella Mejia, Marjorie Ollete, Yvonne Ollete, Johnver Orpilla, Veronica Orpilla, Heaven Pactor, John Pactor, Jenie Pagdagdagan, Mariel Patente, Chrystal Querimit, Julian Querimit, Timothy Rodriguez, Kyle Torres, James Valenzuela, Jane Valenzuela, and Louise Mae Wee.

The confirmands, all 12 years old and older, had gone through seven Saturday afternoon catechism classes in preparation for their Confirmation, from September 22 to November 3. Doing the yeoman's chore with the confirmands' catechesis was Sonny Mejia, who taught most of the classes. Alma Yeh's daughter Ivy Cheneva Yeh assisted with a few of the classes. Parents and godparents were also given a 3-hour catechetical seminar on the Sacrament of 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.

Thirty Children Receive First Communion Through the CTK Annual Program

CTK held its annual first communion rites last November 17, Saturday, 2 pm at the Divine Mercy Chapel. 30 children received their first Holy Eucharist from Fr. Louie Punzalan SVD, the current chaplain of the De La Salle High School.



The children were from public schools, international schools or home-schooled, which do not offer this service. In 2016, there were eight first communicants; last year, there were 20, or a 150% increase. This year saw a 50% jump in the number.



The children occupied the front pews and some read the responsorial psalm and prayers of the faithful, as well as participated in the offertory. At communion time, they lined up with their parents on each side, knelt on the kneeler provided, took the Eucharist by mouth, then made way for the next first communicant.

Receiving their First Communion were, in alphabetical order:

Adrian Antonio; Layla Barinaga; Hansen Baroro; Pristine Barrameda; Alexandra Barrat; Mishka Bernardo; Eli Castillo; Nina Chupungco; Juan Dearos; Julian Diño; Ben Dionisio; Elai Estrella; Erin Kawpeng; Frances Lanuza; Ijo Larios; Bea Maligat; Martie Medrano; Ansel Miñas; Matthew Miravite; Nate Miravite; Michael Ortiz; Gabby Pascual; James Pendon; Bea Querimit; Rysse Rodriguez; Jade Santos; Lance Tan; Joshua Torres; Ava Unson; and Jared Valenzuela.

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. From September 22 to November 3, the children went through seven Saturday afternoon catechism classes in preparation for First Communion. Helping out with the communicants' catechesis were – Mina Mejia, Aileen Rodas with daughter Abrie,



and Mon and Frances Bernardo, whose daughter Mishka was also a communicant. Alma Yeh also acknowledged Rosanne Unson, one of the homeschooling moms who provided the veils for the girls.



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CTK Unveils New Parish Logo

painted graphic of Christ the King, the type of image you could easily 'google'. In the early 2000s, the parish used a stylized sketch of the church itself, trying to capture the circular footprint as well as the rising roofline and the carillon tower at the back of the church. Even now, that same imagery is used in our screensaver inside the church.

Sometime 2005, CTK also used photos of the giant standing statue at the altar - in fact, if you visited the CTK website a month ago, you would still have seen the altar image on the home page. Somewhere along the way, an escudo or shield was also designed, consisting of several elements - crown, dove, fleur de lis, three circles, etc. This 'coat of arms' was being used in our FB page but nowhere else. Then when the Willy Layug statue was commissioned by Fr. Bong and installed in the front garden, CTK began to use its image for some of its communications, especially the Herald and the liturgical schedules. But with all these representations, CTK lacked the one consistent logo or symbol of the parish that the priests, staff, and PPC officers and members could use in all the communications. CTK needed a logo that would immediately establish the parish identity and which every ministry, mandated organization, and renewal movement could use, without fear of violating our identity standards.

When consulted, Fr. Steve Zabala said he wanted an identity with a simplified look, using at least one of the several elements of Christ as King. It could use the crown, a symbol of honor, power and kingly reign. Or even a scepter or royal staff, to symbolize authority. Or even a throne, to symbolize the sovereignty, power, dominion and authority of a king.

But Fr. Steve also argued that we also had to make sure the new logo was a familiar image. The image of Christ the King at our church altar didn't have a throne or scepter. The Layug sculpture has a scepter but no throne. But was common in all the images in our parish was a crown. The next question was - but what kind of crown? Fr. Steve wanted simple, dignified, at the same time a modern rendering so as not to turn off the millennials. And what about the text? Perhaps in gold and silver, symbols of kingly wealth.

So digital marketing expert Sheryl Coronel and her Alfa Fusion team came up with a number of studies. After several late nights and iterations later, the official Christ the King Parish Greenmeadows logo was finally approved by Fr. Steve and unveiled at the Parish Fiesta Fellowship.

The logo was announced the very next day at the electronic slide show at the steps of the main church. Within a week, the logo was also adopted for the website homepage, for the Herald newsletter, for the printed tarp bulletin board, and for the Stewardship Committee's refrigerator magnet giveaway. Plans are also underway to replace the stock parish envelopes and stationery once existing stocks are used up.

Turning 83 and Still Going Strong:

Monsignor Morti Celebrates Birthday with Fellow Cubao Priests

Monsignor Tony Mortillero celebrated his 83rd birthday last November 13 with fellow priests, PPC members and close parishioners after the 6 pm concelebrated mass at the Divine Mercy Chapel. Actually, Msgr. Morti's birthday was last November 5 but due to scheduling conflicts, the celebration was moved a week later.



Their first answer was – bully. But having answered that, they also quickly remembered that at the same time, he was caring and had a soft heart. For example, he would knock at door of the young priests' rooms, for example, to ask them to have breakfast with him. As Vicar General, he would personally visit a priest who did not show up for the priests' assembly to see if the priest was sick or needed assistance.'

Msgr. Dan continued. 'The second word that came to the diocese priests' minds was – impatient. But just as quickly, they'd remember that when we were just beginning the diocese of Cubao, he would



priestly brotherhood by being present to one another with the readiness to help a brother priest needing companionship or words of consolation, appreciation or affirmation.'

'And the third word that came to their minds was – siga! Of course, they didn't mean 'macho' or 'astig', only 'siga'. But Morti the siga is actually Morti the caregiver. He cared for his mother, or Mama. And his care of a close friend priest, Msgr. Clem Lopez, until his death revealed his 'pusong mamon'!'

Msgr. Dan then gave his own descriptors of Msgr. Mortillero. 'He can be brutally



Concelebrating the thanksgiving-birthday mass were Bp. Raul Martinez as lead, Fr. Steve Zabala, Msgr. Dan Sta. Maria, with Msgr. Mortillero, assisted by Deacon Rev. Carlo Narvasa.

At the conclusion of the mass, Msgr. Sta. Maria gave a humorous roast of the birthday celebrant. He referred to the reading of the First Epistle of Paul to Titus, which read, 'Older men should be temperate, dignified, self-controlled, sound in faith, love and endurance.' To which he said, 'Definitely, Morti is a very dignified old man, sound in faith and love. What about being temperate, self-controlled and possessing endurance? I did an informal survey of some priests of this great Diocese of Cubao asking them what descriptors came to mind when you mention 'Morti'.

patiently gather the priests for different fellowship activities. He wanted to make sure that they appreciate building up



frank. One time, I sang in public and he later accosted me to say that my singing voice is better hidden.' Msgr. Dan also mentioned that Msgr. Morti's homilies are brief, but they are always meaty. And that he loved expensive Spanish cuisine. Fr. Steve, who is probably the best at imitating Msgr. Morti's gruff voice, also shared his own funny anecdotes that had his fellow priests in stitches.

Almost 20 parish priests from the diocese attended either the concelebrated mass or the dinner that followed. This included: Bp. Ness Ongtioco who came in time for the dinner; CTK's very own Bp. Raul

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Martirez; former CTK parish priest Msgr. Dan Sta. Maria; Msgr. Dom Erfe; current CTK parish priest Fr. Steve Zabala; Fr. Ron Macale; Fr. Gido Dumlao; Fr. Jojo Simon; Fr. Dennis Soriano; Fr. Honorato Nadua; Fr. Omer Prieto; Fr. Herbie Santos; Fr. Ronnie Santos; CTK guest priest Fr. Jojo Gatdula; Fr. Bong Guerrero; regular CTK presider Fr. Raymond Arre; Fr. Rey Paglinawan; Fr. Fred Narvasa; and Reverend Carlo Narvasa. It was a phenomenal turnout of fellow priests, some of whom had expressed disappointment that Msgr. Mortillero, who was supposed to join them in the pilgrimage to Eastern Europe, suddenly took ill the day before departure and was unable to go. Clearly, the invited priests all had a good time, presumably swapping stories about their new parish assignments.



Among those who came from the PPC were: Bert and Marie Anne Santos; Henry and Joyce Tañedo; Bing del Rosario; Benjie and Wins Mirasol; Eileen de Leon; Maan del Rosario; Anna Lagman; Althea Geronilla; John Juat; Fe Flores; Lulay dela Cruz and Charito Barredo.

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. Morti 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.

CTK PPC Sponsors Four Young Parishioners to Life Directions Workshop

A total of 22 participants, four of whom were sponsored by Christ the King Parish Greenmeadows' Vocation Ministry, headed by Louie Laudico and Anna Lagman, graduated last September 30 from the Life Directions Retreat Weekend of Fr. Ted Gonzales.

their phones on Saturday morning and got them back only on Saturday late afternoon before the final mass. 'So that we can really take in everything, we had to **disconnect to connect**,' explained Althea.



The Life's Directions Retreat, a three-day semi-silent retreat held in Karis, Tagaytay, gathers single young professionals and assists them to reconnect with God, the idea being that amidst the hustle and bustle of life, it is always helpful to occasionally stop and reflect on the journey of life, the relationships formed, the crossroads encountered, and how to better cultivate a deeper relationship with God who created us. Participants are helped by the service team and the organizing committee to understand their strengths, weaknesses, values and world views. These facilitators have gone through the program themselves and come back to help out every weekend with the participants' life journeys.

By way of opening the retreat, Fr. Ted, who had already spoken several times at CTK's past formation talks, addressed the participants, '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'.

Batch 108 that joined the Life Directions Weekend last September 28-30 at the Karis Retreat House in Tagaytay included Althea Geronilla, CTK's Youth Ministry Coordinator; John Juat, CTK's Altar Servers' coordinator; Lupo Basilio of PREX Youth and newly-commissioned lector-commentator; and Francis Vidanes, also from PREX Youth.

Althea recounted that they had to turn in

Lupo Basilio recounted his own reflection. 'Before the weekend, I felt truly lost and unsettled about many things. I was worried whether I would find a stable job that I actually enjoy, what the future holds for me, and so many other external factors that I have no control over. The retreat was a good balance between silent time and group sharing, which I found very helpful. The ambience of the retreat house was very welcoming and relaxing, the entire compound had a very uplifting atmosphere.' Lupo added, 'I really enjoyed interacting with other people and listening to their stories. I realized a lot of things about life and about being a human being.' When asked if he would recommend the retreat, he said, 'I recommend this Karis Retreat weekend especially for college students, college graduates, and young professionals.'

The Retreat has been going on for more than 20 years. Fr. Ted explained, 'It's a weekend filled with self-discovery, where the participants can locate themselves in the 'map of life', identify where the crossroads are, and most importantly, find ways to enrich their relationship with God amid the daily struggles.' He added, 'Going away for the weekend and away from daily routine forces our participants to just be there in the moment and be there with God.'

Stewardship Talk Enjoins Parish to Follow Jesus with Maturity

Fr. Ari Dy, President of Xavier School, was the guest speaker for the Stewardship Committee's quarterly formation talk held last September 22. It forms part of the committee's continuing Spirituality of Stewardship series and in celebration of the 13th year anniversary of 'Stewardship as a Way of Life' in the CTK parish. Fr. Dy's talk, conducted from 10 am to 12 noon at the Divine Mercy Chapel, was entitled 'Good to Great: Following Jesus with Maturity'.

Fr. Dy started with the premise that everyone in the room were on the path of essential Christian discipleship, that is, private prayer and private integrity as habits; exercising charity and justice, working for the survival of the weakest and the gentlest; involvement within an ecclesial community; and forgiveness and mellowness of heart. But the difficult part is to move from essential discipleship to 'mature discipleship'.



Fr. Ari invited the participants to look at six invitations that come to us in the Gospels, namely:

1. To look for Christ on the way to Emmaus. In our journey of discipleship, we will be discouraged and tempted to walk away towards some place of consolation, say, Emmaus, but on that road, Christ will appear in a new guise. Initially we will not recognize him, but in that encounter, Jesus will restructure our imagination and our faith and we will recognize Christ anew, in a much deeper way; and that recognition will turn us away from Emmaus, the place of consolation, and back to our dream of faith and our church, our Jerusalem.

2. To remain committed, like Peter, when everything in us suggests that we walk away. When Jesus said, 'For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.' Many of his disciples who were listening didn't understand and no longer accompanied him. Jesus then said to the Twelve, "Do you also want to leave?" Simon Peter answered him, 'Master, to whom shall we go? You have the words of eternal life. We have come to believe and are convinced that you are the Holy One

of God.' Peter's words are a paradigm for maturity and sustained commitment. Anyone who has ever been in a commitment for a long time, be it marriage, religious vocation, or some service to the community, knows that there are days and seasons when you'd like to walk away - except you are smart enough to know that, in the long run, the commitment brings you life! One of the major trials in mature discipleship is that of fidelity, of remaining steadfast and loving within our commitments over the long haul, after our initial emotional fervor has waned and some disillusionment has set in.

3. To walk as both 'Son of David' and as 'Lord' inside the regions of Tyre and Sidon. At a certain point in his ministry, Jesus leaves the Jewish regions within which he is preaching and withdraws to the notoriously pagan region of Tyre and Sidon. There he is approached by a Syro-Phoenician woman to cure her daughter. Jesus says to her: 'I was sent to the lost sheep of the house of Israel, and to them alone. It is not right to take the children's bread and throw it to the house dogs.' The woman replies,

'Lord, even the dogs eat the scraps that fall from the master's table.' Upon hearing this, Jesus says to her: 'What faith you have!' And he heals her daughter. The woman pleads with him twice, first as Son of David, the Jewish Messiah, the identity Jesus had up until then embraced. She then addresses him as Lord, calling him to a wider loyalty by appealing to another identity that Jesus also carries. She appeals to him as God's universal instrument of salvation for everyone, those prepared and those not.

4. To look frantically for the lost coin.

Biblical compassion demands that we never be content for as long as some of our members are separated from us. Jesus teaches this all the time, as in the parable of the lost coin. We can reframe the story and say that the woman had ten children. Nine of them were okay and had a good relationship with her, but one was estranged, the so-called black sheep. The mother never stopped trying to reconcile with that one child the black sheep, and after many attempts they are finally reconciled. The woman is so happy that despite being of modest means, she throws a big party to celebrate the wholeness of her family. We are compassionate as God is compassionate only when, like Jesus, we remain in tears for those 'other sheep that are not of the

fold,' and like the woman and her ten coins, we go out and turn everything upside down until we restore the wholeness that has been lost.

5. To live the baptism of Jesus and not just of John. John is in prison and can hear the party going on where the daughter of Herodias is entertaining the crowd. John will soon be beheaded, but he doesn't seem troubled by it. He might as well die, he feels, because he is only half a man and half a prophet. John is aware of both his strength and his impotence. He can point out what's wrong and what needs to be done, but after that he is helpless, with nothing to offer in terms of the strength needed to correct the wrong. He can call people to repentance, but that is all. John's is a baptism of repentance, a realization of what we are doing wrong and a resolution to correct our bad behavior. The baptism of Jesus is entry into grace and community so that we can do what is impossible by will power alone. Too often, we are already adults but we still try to live our lives by John's baptism alone.

6. To wait in the Upper Room with other disciples. At the end of Luke's Gospel, before he departs this earth, Jesus tells his followers to return to the city and not to leave until they feel themselves clothed with power from on high. In the Upper Room, we find a formerly confident bunch of apostles, now confused and out of energy, needing to be recharged, unsure of what they were waiting for, but waiting nonetheless for something new to happen to them, for new fire, for new vision, for a new energy from beyond. This can describe us too. **Waiting is an act of hope,** for the promise to be fulfilled.

Fr. Ari Dy with CTK's Stewardship Committee



Accepting the six invitations in your adult years allows you to live a less self-centered life. Mature discipleship is about expanding your perspective, your love, your patience and perseverance, and your compassion. It is about integrating divided loyalties, grace, and human nature. It is finding God in all things and finding faith in community.

The talk received very favorable feedback from the participants. 'The talk was inspiring, useful, and insightful', said one listener. 'The Bible readings used were explained in a different light, giving me new information and insights', said another. A third said, 'Fr. Dy's points were very useful for people at mid-life - instructive and inspiring in a comforting kind of way'. ■

Fr. Serge Maniba Shows The Way to Become Effective Proclaimers of the Word

The LeCom Liturgical Ministry's last General Assembly was held last October 20, at 10 am.

The first part of the assembly was conducted by Mel Novales, Leila Banico and Trix Deleña who alternated in introducing the newly-inducted LeComs, discussing the remainder of the 2018 liturgical calendar, reviewing the requirements for the November 18

the Word, he participates in saving souls because he brings to the believer the Mystery of God - that He dwells in our hearts and that we have a fellowship with Him.



Mel Novales, above; Leila Banico, below; Trix Deleña, bottom



Invocation by Rissa, above left; new LeComs



commissioning, as well as conducting a post-mortem on the recent 'retraining', conducted by the mass and village coordinators. The invocation and opening prayer were delivered by Rissa Kawpeng.

'Those who accept my commandments and obey them are the ones who love me. And because they love me, my Father will love them. And I will love them and reveal myself to each of them.'

John 14:28

This passage from the gospel of John opened the talk of former CTK guest priest Fr. Serge Maniba during his address at the LeCom General Assembly entitled, 'Becoming More Effective Proclaimers of the Word'. He stated that during the Eucharist, we behold Jesus come alive as 'word made flesh' on the 'table of the Word', which is the lectern, and the table of the Eucharist, which is the altar. He said that since the 'Word' has the power to attract people and transform their lives, the proclamation of the Word by a lector to the believers becomes the most beautiful job! In light of this, he encouraged the LeCom group to study the bible, know God's Word, love it, and be inspired by it. He proposed that when a lector effectively proclaims



Mila Bangco raises a question during Q&A

Fr. Serge suggested that the lectors also read *Verbum Domini*, a post-synodal apostolic exhortation issued by Pope Benedict XVI which deals with how the Catholic Church should approach the Bible, the Word of God. Recognizing that a person's encounter with the Word is actually an encounter with Jesus, it emphasizes the proclamation of the Word as a parish priority. It is not only the listening believer who benefits.



Former CTK guest priest Fr. Serge Maniba, 'imported' from Holy Sacrifice Parish, UP

When a lector allows the Word to affect his own spirituality and prayer life, he develops a life with depth and he allows the Word to bring him closer to sainthood and fullness of life!

He cautioned, the group, however into believing that life in Jesus will be free from suffering. He points to an image of our God who bears a cross, implying that the process of conversion can be a painful one as God needs to break through our hard-heartedness to transform us. Paraphrasing from Pope Benedict's book, Fr. Serge says that tears, like water, soften the ground of our being, helping the seed of the Word to grow and take root in us until we become the flesh of Jesus in the world.

In conclusion, he reminded the lectors and commentators that they can discern the extent of their transformation by observing the fruits of the Holy Spirit in their lives. (Galatians 5)

Fr. James McTavish Expounds on Same Sex Attraction and Homosexuality

Fr. James McTavish FMVD of Verbum Dei, CTK's regular facilitator for the School of the Word every Wednesday morning, was the speaker during the Living Hope Prayer Community's talk last November 13 on 'Love and Same Sex Attraction: Understanding the View of the Catholic Church'. Although Living Hope is not one of the recognized renewal movements of CTK, the group holds regular meetings at CTK, including its weekly Timothy Youth Ministry, and includes among their leaders Sonny and Mina Mejia, CTK's Mustard Seed Ministry lead couple.



Fr. James began by stating that the Catechism of the Catholic Church defined homosexuality as the relations between men or between women who experience an exclusive or predominant sexual attraction towards persons of the same sex. He then expounded on three key points:

1. First, that current perceptions of the prevalence of homosexuality in society are way overblown. To prove it, he asked the audience what they thought was the ratio of homosexual, gay, bisexual and transgender

people compared to the general population. A few said 10% while the majority said 20% or 25%. In fact, he showed the 2014 study by the Center for Disease Control, or CDC, which revealed only 3% of the US population identified themselves in a private survey as being in the gay-lesbian-bisexual group. And what was the cause of the great disparity, he asked the crowd. It's the media and it's the assertiveness of this tiny community with their lobby groups that make them seem much larger than their actual headcount. Watch any noontime show or afternoon variety show on TV, he said, and chances are, you have gay hosts, interviewing gay guests, holding Ms. Gay Philippines and similar cross-dressing competitions. Our media is 'super-saturated' with gay people, argued Fr. James.

2. Second, admittedly, given the onslaught of social media, youth today can be conflicted as to their sexuality. In a study of American youth, over one fourth of 12 year olds were unsure if they were heterosexual or homosexual. Why the ambivalence, he asked. The evidence for genetic disposition is scant, Fr. James argued, while the evidence for the role of 'environment' and 'nurture' is strong. Of course, there will be boys who are more artistic, creative, with poorer motor skills and unfortunately, society will already pre-label them as potentially gay. Aside from prevalent

media, you have - poor relationship with fathers and-or mothers; sexual abuse by an older homosexual male; labeling by peers, parents, teachers, etc. during their formative childhood period. This usually results in difficulty in bonding with same sex friends that further aggravates the situation. He also argued that sexual orientation is about feeling and feelings can change. For example, a boy can have a temporary infatuation with an inspiring male teacher, but that doesn't mean he's homosexual. So asking young people to 'come out' because they think they might be gay when in fact, only 3% of the population are indeed homosexual means that 97% of the time, you will be wrong.

3. And third, there is a insidious 'ideology of gender' that keeps attempting to put gender identity and sexual orientation front and center, when in fact, gender identity and sexual orientation are but one aspect, not even an essential aspect of a person's humanity. No one should ever be introduced as gay or homosexual. First, a person is a child of God. Then he or she's a parent and-or a child; then he or she's a student, or teacher, or priest, or office worker, or laborer. The person can be defined by his physical sex, his height, his skin color, his racial heritage, his IQ, his sociability, and many other things. Cardinal Ratzinger himself reminds us that

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Fr. James McTavish on Same Sex Attraction and Homosexuality

'the human person, made in the image and likeness of God, can hardly be adequately described by referencing his sexual orientation.' Fr. James argued that it is only today where a person can be a male - genetically, anatomically, physically, physiologically - yet one piece of data can override all that information. And that's the person's feelings - 'I don't feel male, I feel female'. Fr. James asked everyone, 'Can that one feeling override all the other data?' He struck the analogy of the child telling his parent that he feels he's superman. Would that parent allow her child to climb up to the roof and jump, just because he 'felt' he could fly?

marriage.' The CBCP weighed in similarly. 'Males and females are meant to complement each other in a union of the two. And human sexuality, characterized as distinctly masculine or feminine, is ordered by nature towards that union, of one specifically with the other.'

- ▶ Fr. James also sought to correct the misimpression about an often-used quote from Pope Francis. What's in the popular literature is 'Who am I to judge?' Actually, Fr. James clarified, the whole and correct sentence was, 'If a person is gay and seeks God and has good will, who am I to judge him?' Which gives a different meaning and tone to what he was trying to say.

What does the Catholic Church say?

- ▶ First, the sexual orientation is not in itself sinful. But engaging in the homosexual act is. Why? When a homosexual male is promiscuous and engages with several partners, it can only bring him harm. The typical number of partners by a sexually active homosexual male is 700, based on a recent survey. This can't possibly be healthy, with the risk of sexually-transmitted disease like syphilis, gonorrhea, and HIV. Fr. James once gathered a group of gay men and asked them, 'If a man and a woman can fall in love, get married, and stay in love till their old age, can't the same thing happen between two men who 'fall in love and stay in love'. The reaction from the group surprised him, he confessed. The group said in one voice, Father, we have never ever met a faithful gay man.'



- ▶ Second, in the words of Pope Francis in his book 'The Joy of Love', 'denying the difference between a man and a woman and envisioning a society without sexual differences is contrary to the anthropological basis of the family.' In the same book, Pope Francis said, 'Same sex unions, for example, may not simply be equated to

In terms of prescriptions, Fr. James offered several.

1. Prayer - praying for people with same sex attraction and they praying for direction - was number one. Prayer, argued Fr. James, can keep the mighty force of human sexuality under control. He quotes Scripture, 'Do not fall into the grip of your passion. Fierce passion destroys its owner'.
2. He also argued strongly for continuing formation, especially for those with same sex attraction. He cited the COURAGE apostolate, which was formed for persons with same sex attraction trying to be chaste, with the help of the community, while ENCOURAGE was created for parents with children having same sex attraction.
3. He encouraged young men and women with same sex attraction to develop healthy non-sexual friendships - and to create strict lines and boundaries.
4. Lastly, he strongly advised to avoid discriminating against persons with same sex attraction. They must be accepted with respect, compassion and sensitivity. Even the Catechism of the Catholic Church had strong views on the subject - 'Every sign of unjust discrimination in their regard should be avoided (CCC 2358)'.

EMHCs Encouraged to Model After

Fr. Steve Zabala was the invited speaker by the EMHC liturgical ministry headed by Albert Cuadrante at their monthly October Formation Talk last October 18. Fr. Steve talked on 'In Pursuit of Happiness: Imitating Mary', a timely talk considering it was the Month of the Rosary.



Fr. Steve talked about man's holiness. Man has been invited by God to be holy. 'You must therefore be holy, for I am holy (Lev 11:44). God has established his relationship with man. 'I will be your God, you will be my people.' God differentiates between his children and other people. 'I am the Lord your God; I have separated you from the



peoples.' (Lev. 20) And God clearly shows the way to holiness: 'Whoever claims to live in him must live as Jesus did.'

On Mary, Fr. Steve especially highlighted her virtues: obedience to God, not questioning why her; selflessness; fidelity to the Son, staying with him and supporting him till his death and resurrection; fidelity to the Church; and being prayerful.

Diocese Holds First Assembly of Social Communications Ministry

The Diocese's Social Communications Ministry held its first General Assembly at the Immaculate Conception Cathedral

Communications Day 2018, the theme for the General Assembly was 'The Search for Truth: Social Communications

speakers. First to talk was Bishop Mylo Vergara, Chairman of the Episcopal Commission on Social Communications, or ECSC, who spoke on the 'Importance of Social Communications in the Church Ministry'.

The second talk, on 'Social Communications and Evangelization', was by Rev. Fr. Joselito Jopson, the Executive Secretary of the Ecclesiastical Commission on Social Communications. An open forum regarding the first two talks followed right after.

They were followed by Edwin Lopez of EWTN Asia-Pacific. Though asked to talk



Bp. Milo Vergara, above; Fr. Jopson, below; EWTN's Edwin Lopez, bottom



School auditorium, last October 27. Eighty-six delegates from the different parishes attended, with Bing del Rosario and Sheryl Coronel from the CTK Media Ministry attending. Drawing inspiration from the message of Pope Francis during World



Fr. JBoy Gonzales, above; Tina Monzon-Palma, below



at the Service of Peace'.

The event started at 8:30 am with a concelebrated mass by Bishop Honesto F. Ongtioco and Fr. Herbie Santos, Director of the Diocese Social Communications Ministry.

The General Assembly had a full line-up of



CTK Catechetical co-head and Media Ministry's FB lead Sheryl Coronel wins a raffle prize, above, and asks a question of EWTN's Edwin Lopez, below

on 'Accurate Data in Social Media', Mr. Lopez decided to ask the audience what topics were on their minds and then proceeded to discourse on the questions asked.

After lunch, a talk on 'Recognizing and Eliminating Fake News and Promoting a Journalism of Peace' was given by Fr. JBoy Gonzales SJ, Assistant Director for Formation at Ateneo de Davao.

Then came the last speaker, well-known TV personality and broadcast journalist Ms. Tina Monzon-Palma who gave her take on 'The Relationship Between Mainstream and Church Media'.



Seniors Given Tips on How to Add Years to their Lives and Life to their Years

The Seniors Ministry a.k.a. Sunrise Ministry, held its general assembly last November 24, a Saturday, at Matthew-Mark Rooms. Nearly a hundred senior citizens showed up, mostly from

so clients can attain their goals. The couple does one-on-one coaching, group coaching, as well as give talks and workshops. Willie is also the author of a book, 'Don't Mess Up Like I Did: My Epiphany to Health Literacy.'

They began with some aging 'truths', such as the fact that neurons do not regenerate; that we lose a billion in our lifetime - but the loss is compensated by additional dendrites or neuron projections; that we age because of 'rust'

- production of aging proteins, weakened immune systems, telomeres getting shorter, and hormones becoming helpless. Physical issues manifest themselves in inflammation, which then results in cancer, gut problems, heart disease, stroke, alzheimer's, diabetes, and arthritis. As we grow old and more aging proteins are produced due to excess blood sugar, sludge accumulates throughout our blood vessels resulting in hardening of the arteries, face and skin wrinkles.

They went into their four 'pillars of health', that is, living correctly, moving correctly, thinking correctly, and

eating correctly, using the acronym LEAN, for lifestyle, exercise, attitude, and nutrition. For lifestyle, they advocated getting a good night's sleep since it increases nitric oxide production which dilates arteries, delivers blood flow, and optimizes blood pressure. The lack of sleep, which increases tiredness, also increases appetite by 25%. For exercise, they asserted that the best exercise is the one you will do and keep doing. So the advice is - start low and go low; keep it safe; and make it fun. The Lagdameos argued that moving instead of sitting results in much less risk of Alzheimer's, improved vision and gum health, healthier skin, stronger and healthier heart, as well as good joint and gut health. The exercise routine should include strength training, endurance or cardio, and flexibility or stretching. They then asked the senior audience to join them in doing cross-arms and side bends.

Regarding attitude, it's all about not having negative thoughts. Their advice: begin each day with a grateful heart. They also argued that the company you keep has a lot to do with the state of your

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Health coaches Mae and Willie Lagdameo on healthy aging



barangay Libis.

The focus of the assembly was on 'Keys to Healthy Aging', which included talks by Dr. Willie and Mae Lagdameo, head couple of Health & Wellness Coaches Phils., on healthy eating, the value of supplements, the need for sound sleep, and several other topics on aging gracefully. The talk was subtitled: 'Add Years to Your Life and Life to Your Years'.

'Coach' Willie Lagdameo is a pediatric surgeon with UST, Cardinal Santos and Medical City and a Dr. Sears certified health coach while 'coach' May Lagdameo is a certified integrative nutrition health coach as well as a holistic cancer wellness coach, and a stress management coach. Both Lagdameos have survived cancer and spent 2003 to 2013 in the US with the Institute for Health Nutrition and Dr. Sears Wellness Institute. As health coaches, they help clients set goals, track and review progress, share knowledge and solutions, and motivate and inspire



Bon Intengan lead the seniors into Laughter Yoga routines



Stewardship Committee Releases 'Attractive' Refrigerator Magnets as End-of-Year Gift for Current and Future Stewards

The Stewardship Committee, through heads Benjie and Wins Mirasol, released their end-of-2018 refrigerator magnet give-aways to their regular Stewardship donors and to the PPC members during the First Advent Sunday masses. The cute magnets, a set of four and squarish in shape, are reminders of 'Stewardship as a Way of Life'. They replace the desktop calendar that the Committee had always given away at the end of the year.

For December 2018, the Committee wanted to give more people than the usual number because of the realization that CTK is

composed not just of the people who serve and who are seen regularly to participate in the various liturgical as well as community building activities organized in the parish but also includes the hundreds of families who regularly or occasionally attend the ten Saturday & Sunday masses and who may not even live in the nearby villages but farther, some as far as Antipolo and Marikina. There are also regular weekday morning and evening massgoers, on their way to work or on their way home from the office, who also do not live in the villages designated as part of the CTK GM parish.

Thus the Committee members thought that perhaps on one weekend in December, the Committee can give all these families of massgoers the annual token gift, which had traditionally been the CTK stewardship calendar. For the past few years, the Stewardship Committee has been giving calendars for the following year either at Christmas time or early at the start of the year, as a token of appreciation to parishioners who serve in the various ministries and organizations of the parish. The calendar features photos of the past year's activities of the ministries and organizations, some stewardship

messages, and bible verses on stewardship.

But producing five or ten times more calendars than usual would be prohibitively expensive. Besides, the Stewardship Committee noticed that for the last two years, they had so many

leftover copies of the desk calendar after having allocated the requested number of copies of the calendars, and despite sending copies to share outside the parish like the diocese clergy and the other parishes' stewardship committees. It also dawned on CTK's Stewardship Committee

that many people today use their phone and laptop calendars. Besides, calendars also are the usual Christmas corporate giveaways. Putting the committee members' heads together, they agreed on small refrigerator magnets with stewardship bible verses. After all, they argued, family members go to the refrigerator often in one day. The ref door is also used in varied ways: a place for your reminders, short messages to each other, emergency telephone numbers, delivery hotlines, cute family photos for cheering up, the report card with a star or an "A", mementos of your travels, other favorite magnets, etc.

The four bible verses for the four magnets to describe the characteristics of a good steward were nominated by Angel Vilorio, a committee member, and the floral background and text typeface and layout designed by Angel's daughter Ali. The project was presented for review to Fr Steve Zabala and the media and finance heads of the PPC to get their blessings. Each of the four magnets will remind the owner that:

- ▶ A good steward is grateful for all the blessings he receives from the Lord. The basis of Stewardship is gratitude. Everything comes from God.

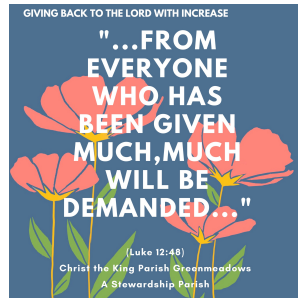
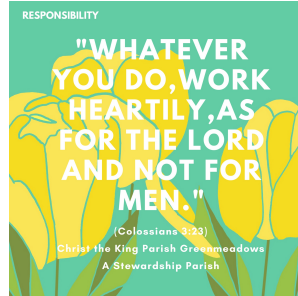
Give thanks to the Lord for He is good; His love endures forever. (Corinthians 16:34)

- ▶ A good steward is responsible for everything that God has blessed him with. One must use those blessings prudently, also making sure that they are not wasted or diminished from lack of use. **Whatever you do, work heartily, as for the Lord and not for men. (Colossians 3:23)**
- ▶ A good steward is generous, joyfully sharing all his blessings with justice and love. He knows that it is better to give than to receive. **Freely you have received, freely give. (Matthew 10:8)**
- ▶ A good steward gives back to the Lord with increase, because the Lord can never be outdone in generosity and He knows what's best for each one of us. One day we have to stand in accountability before the judgment seat of God. And God will ask: What did you do with all the time that you had? What did you do with all the gifts I gave you? What did you do with your life? **From everyone who has been given much, much will be demanded. (Luke 12:48)**

Wins added, 'We hope that everytime a recipient opens what some call the 'door to happiness', he or she is reminded how blessed he or she is, and that God wants he or she to bless others too!'

Related to the Stewardship Committee, Benjie and Wins announced the Search for CTK Stewards of the Year. At the last November PPC meeting last November 10, Benjie and Wins announced the draft rules for the Stewardship Recognition Program, the main objectives of which are to recognize members who exemplify stewardship traits and to highlight the message that CTK is a Stewardship Parish.

The organizers are also thinking that the annual search becomes a regular source of witnessing stories for future stewardship articles and videos. Every ministry, mandated organization and renewal movement will be encouraged to identify a member who best exemplifies the ideals of gratitude, responsibility, giving back and generosity, with more emphasis on 'time' and 'talent' vis-a-vis 'treasure'.



Fr. Harold Parilla Focuses on Spiritual Maturity for Advent Recollection

Fr. Harold Anthony S. Parilla was the leader for CTK's Advent Recollection last Saturday, November 17 from 10 am to 12 noon at the Divine Mercy Chapel. Encouraged by the good feedback



Disheartened by the saying, he went away sorrowful, for he had great possessions. It's a parable about growth, Fr. Harold explained. We should not be content with just being good; our love for God must be strong enough to transform our goodness into greatness. In the case of the rich man, though he followed the commandments, a part of him was distracted by maintaining, enjoying, and growing his worldly possessions. Fr. Harold maintained that when you love God 90% of the time, the 10% gap keeps us sad deep inside.

received from his CTK Lenten recollection last March, Formation Ministry Head David Ong requested him lead the Advent Recollection.

The topic for Fr. Harold's Advent recollection was 'Spiritual Maturity'. Fr. Harold defined spiritual growth, which should be the objective of all Christians, as the process of becoming more mature in one's relationship with Jesus Christ. Someone who is growing spiritually will love God more.

Fr. Harold began with the parable of the rich young man (Mark 10:17-31, Matthew 19:16-30, Luke 18:18-30) who ran up and knelt before Jesus Christ and asked him, 'Good Teacher, what must I do

He then discussed the important elements necessary to keep us moving on the road to spiritual maturity.

► First, is knowing and accepting ourselves, or self-knowledge and self-understanding. In today's world, there is competition and pressure to perform and succeed and prove ourselves. But then we lay ourselves open to self-doubt and self-rejection if we fail. So, at the core of a strong spiritual life is the conviction that we are God's beloved. And here, Fr. Harold told the story of inspirational speaker and You Tube sensation Lizzie Velasquez, afflicted at birth with an extremely rare congenital disease called Marfanoid-progeroid-lipodystrophy syndrome



to inherit eternal life?' You know the commandments: 'Do not murder, Do not commit adultery, Do not steal, Do not bear false witness, Do not defraud, Honor your father and mother.' And he said to him, 'Teacher, all these I have kept from my youth.' And Jesus, looking at him, loved him, and said to him, 'You lack one thing: go, sell all that you have and give to the poor, and you will have treasure in heaven; and come, follow me.'

that, among other symptoms, preventing her from accumulating body fat and gaining weight and meriting her the dubious distinction of the ugliest person on the planet. But despite this, Lizzie never doubted herself and believed in God's love for her.

► Second is gratitude. Fr. Harold observed that everyone complains

but very few are thankful. Contributing to a perpetual sense of ingratitude are envy of others, over-familiarity with our own strengths, virtues and skills to the point of ignoring them, and a sense of entitlement, that what we have we



deserved anyway so why be thankful. He therefore suggested that the best antidote for ingratitude, and the resulting depression that arises, was to keep a 'gratitude' journal, where we write down every little thing each day that happened to us for which we should be grateful. We would be surprised at the number of entries that we would make if we only paid attention. He brought up the story of the blind beggar who had a sign 'I'm blind. Please help.' The beggar received a few coins but was disappointed, until a smart man wrote another sign at the back which said 'It's a beautiful day and I can't see it.' The blind man received so much more donations because it forced the reader to appreciate the gift of sight that the beggar didn't.

► Thirdly, the sense of personal vocation. God not only gives but calls as well. We all need to look at our work as a response to God's call and a willing participation in his plan for us. So spiritual growth must include a sense of vocation and life purpose.

► Fourth, a reflective and discerning heart. Growth is about looking within and asking, 'Where to, Lord'.

► Fifth is self-transcendence. It's going beyond personal needs, requests, wishes and aspirations are, to where you can make a contribution and sacrifice for others.

► And the sixth element for spiritual maturity, is the ability to celebrate,

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CTK Greenmeadows Gawad Kalinga Project Celebrates 9th Foundation Day

Fr. Steve Zabala led the CTK delegation, consisting of BEC Coordinator Eileen de Leon, Acropolis liturgical and BEC coordinator Maan del Rosario, Media Ministry co-head Bing del Rosario, and Catechetical Ministry co-head Alma Yeh, in visiting the CTK Greenmeadows Gawad Kalinga village in San Diego Street, off Zabarte Avenue, Barangay Kaligayahan, Novaliches during their Foundation Day last November 30 on the 9th anniversary of the village founding in 2009. Also with the party were Benjie and Wins Mirasol, Stewardship Committee head couple and original project in-charge for the GK project.



Welcome sign greets Fr. Steve and CTK guests

And as in years past, Christ the King Parish Greenmeadows again demonstrated its continuing support for the GK village flagship project it underwrote and jointly sponsored with Couples for Christ-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 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.

The 50-unit village is spread out over 3,000 sq.m. 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 initiated by Couples for Christ 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, in tandem with the Couples for Christ North team, 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.

The CTK delegation met with the village leadership team, consisting of president Tony Gallardo (who had been president since 2009), Juliet Mendoza (treasurer), Fred Figueras (Peace and Order in-charge), Emiliana 'Baby' Paz (Environment and Safety in-charge), and Marietta 'Neneng' Torres (Visitors' Welcoming Committee in-charge) to discuss village history, early problems and solutions, faith-centered initiatives by CFC and CTK, village management, and community relations for the first hour. A very dynamic exchange ensued. Bing del Rosario had insisted previously that the CTK GM GK village was the first real example of BEC ever organized by the CTK parish, hence it merited a



CTK GK village leader Tony answers questions

serious look by BEC officers Eileen de Leon, Maan del Rosario and the other BEC coordinators, as well as by Fr. Steve.

After the huddle in the air-conditioned Meralco Sibol school building, the Foundation Day cum Christmas Party program began, emceed by Bing del Rosario who interspersed games with the prepared musical performances. Game prizes were given away by the team of Wins Mirasol, Eileen de Leon, Maan del Rosario and Alma Yeh. Fr. Steve gave a message midway into the program and then unscriptedly launched into a Sampaguita song medley that had the senior citizens swaying and on their feet. This merited loud applause at the end of the number. At 12 noon, the village lunch followed.

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Moving Forward on the Road to Spiritual Maturity

no matter the outcome. Fr. Harold encouraged us to build the capacity for hoping, trusting and surrendering.

As with previous recollections, Fr. Harold required that the attendees spend 15 minutes in quiet and contemplative mood to reflect and pray. He gave everyone the guide questions to reflect on:

- ▶ When you hear the words 'spiritual maturity', what do you sense in yourself – growth or regression?
- ▶ In which element do you find resonance, or the lack of it?
- ▶ What do you hear in the prayer as the Lord's invitation?



Formation Ministry head David Ong introduces the speaker and wraps up the recollection session

At the end of the recollection, Formation Ministry head David Ong thanked Fr. Harold on behalf of Fr. Steve and the entire parish.

ABOUT OUR RECOLLECTION LEADER

Ordained to the priesthood in 2003, Fr. Harold Anthony S. Parilla finished his theological studies at the Loyola School of Theology in Quezon City, graduating Summa Cum Laude. After some years of work at the local seminary and in the chancery of the Diocese of Tagbilaran, he left for Rome to obtain a licentiate degree in canon law at the Pontifical Gregorian University. His academic résumé 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 also formator and lecturer at St. John Vianney Theological Seminary in Cagayan de Oro City until his current post as Rector of the Immaculate Heart of Mary in Tagbilaran City, Bohol.

Fr. Gilbert Leads Advent Recollection for Kasambahays, Drivers and Community Helpers

The Catholic Women's League-CTK Chapter, led by Alma Yeh, held the annual Advent Recollection for Kasambahays and Drivers last December 3 and December 4 at St. Luke Room, Parish Formation Center. Participants had a choice of either Monday December 3 or Tuesday December 4, with homeowners opting to divide



their housekeepers' attendance between the two dates. The speaker-facilitator for both days was Rev. Fr. Gilberto Fortunato 'Gilbert' Dumlao, Parish Priest of Sto. Niño Parish, Bago Bantay, QC.

There were 10 attendees for December 3 and 17 for



Above, day 1 participants; below, day 2 participants



December 4, for a total of 27. Sessions began at 9 am with breaks for snacks and lunch. Participants were grouped for reflection and group sharing. Both days' sessions ended at 3 pm, followed by Confession. The Eucharist was celebrated at the end of the 2nd day. Confessions and mass were presided by Rev. Fr. Louie Punzalan.

Day 1 participants were: Rosela Daniola, Cherry de Jesus, Nisa Dignos, Estela Jutba, Inday Desales, Ariel Abragan, Violeta Cervantes, Erlinda Santiago, Carol Buendia, and Manuel Bitamog. Day 2 participants included: Racquel Gallego, Emeranda Sta. Monica, Marites Pombo, Mely Cretencio, Rose Tibio, Mary Ann Mesa, Cathy Dumbgas, Ruby Sarmiento, Tata Dacillo, Elenette Villanueva, Mely

Gonzales, Teresita Berviano, Landa Deriada, Janet Valles, Rabellia Gardose, Eladio Marfil, Nona Marfil.

In his talk, Fr. Gilbert explained the origin of Advent and its relevance to the Catholic faith. He structured it so that reflections and sharing were based on the meanings of the four candles of Advent, namely:

► **Candle 1, for hope or 'pagasa'.** The faithful hope on the promise of God to send a Savior and hope on the promise of Christ to come back again. The reflection question was: 'Ano ang mabubuti mong pangako sa buhay? Nasaan ka na sa mga pangakong ito?'

► **Candle 2, for faith or 'pananampalata'.** Fr. Gilbert enjoined the kasambahays to pay attention to God whispers and to read the Bible to understand his Word. He also explained that the sacraments are the pathways for blessings. The reflection question: 'Kumusta ang ating paglalakbay sa pananampalataya?'

► **Candle 3, for joy or 'ligaya'.** The blessing received should be passed on so we can experience joy without end. Fr. Gilbert's reflection question: 'Maligaya ka ba? Anong biyaya ang maipapasa mo sa kapwa?'

► **Candle 4, for peace or 'kapayapaan'.** Sins produce noise and stains to our soul, which is why we are often not at peace. Fr. Gilbert expounded on the effects of sin and the peace one experiences in the Sacrament of Reconciliation. His reflection question: Examine your conscience in preparation for confession.

Present for the Kasambahay recollection were several CWL officers and members, including: president Alma Yeh, Nadine Navarro as activity head, Baby Banal, Chat Barredo, Flor Cabello, Eden Almirez, Ruby Joaquin, Azon Benito and Chayong Joson, who took care of the lunch, and Libis ladies Ching Botero, Ellen Asuncion, Carol Teves, Nenet Cayme, Benith Lozada, Myrna Fullese, Cora dela Cruz, Dolores dela Cruz, Remy Cabanban, and Paulina de Jesus. ■



Day 2 mass with Fr. Louie Punzalan

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Seniors Given Tips on How to Add Years to their Lives and Life to their Years

mind set. So the advice is – surround yourself with positive influences and enjoy life with them. On nutrition, the straight advice from Willie and May was – get off the sugar rollercoaster. Why? Because sugar highs are always followed by crashes which result in a craving once again for sugar, and the cycle goes on. The couple advocate for 'traffic light' eating, that is, classify food into green or 'go', yellow or 'slow down', and red or 'stop and think'. Red light foods, or foods that speed up aging, are those that are high in man-made fat and hydrogenated oils, low in fiber, highly processed, and contains artificial flavors, colors, and preservatives. This includes packaged food and fast foods. As for food



supplements, ordinarily, man should get by on regular food. But due to commercial farming practices wherein plants are treated with chemicals and raised in soil with depleted nutrients, we tend to lack nutrients that lead to illness. Hence the value of specific food supplements.

In addition, a talk on 'Health Insurance for Seniors' was given by a sales representative from Maxicare Prima. The one year Gold card, available for approximately P12,000 entitles senior holders to unlimited consultation at MyHealth Clinics with internal medicine, OB-GYN, ENT, derma and optha physicians; plus unlimited CBC, urinalysis, lipid studies, glucose, chest x-ray, and ultrasound lab procedures. Once a year, the card holder is also entitled to prophylaxis and panoramic full-mouth x-ray.

Making a return trip to the Seniors' Assembly was Bon Intengan, who gave comic relief as well as physical activity with his Laughter Yoga routines. Bon had done a similar intermission number during the August 25 assembly.

Aside from serving a morning merienda, the Sunrise Ministry heads also served lunch. The participants all left with umbrellas for the rainy day as their 'loot' after the productive morning. ■

CWL Visits Camp Karingal Ladies Dorm 'PDLs'

The Catholic Women's League of Christ the King Parish conducted their annual outreach in the Ladies Dormitory of Camp Karingal last October 19. The organization has been visiting and conducting this annual outreach for the past 20 years, serving the spiritual and immediate material needs of the dormitory's 'persons deprived of liberty', or PDLs.



In the past, material assistance given included hygiene kits, t-shirts, sanitary napkins, and other personal needs. Last year, 600 utility storage boxes were donated for their personal belongings. This year, CWL donated a 65" LG Smart TV. This will be installed in the facility's activity center and utilized for the various activities such as for their daily zumba exercise, learning sessions,



formations sessions, and others. Also distributed were 1,100 pieces of 'pan de amerikana ensaymada'.

A short program was also held, highlighted by the signing of a Deed of Donation between Jail Supt. Marie Rose Laguyo, City Jail Warden of the Ladies Dormitory, and Alma Eva Yeh, CWL unit

president. This was witnessed by Mrs. Baby Banal, past Unit President of CWL and Senior Inspector Erlinda Turaray, Assistant Warden and Concurrent Chief of Inmates Welfare and Development. The Inmates performed song and dance numbers. As a touching gesture of their gratitude, Certificates of Appreciation were given to the Catholic Women's League unit, to Alma Eva Yeh, and to Mrs. Baby Banal, along with beautiful handcrafted bead bags made by the inmates themselves.

Present during the jail visit were: Alma Eva Yeh, Unit President; Ching Botero, 1st Vice President; and board members Regina Lacson, Ellen Asuncion, Rosa Cayme, Carol Teves, Benith Lozada, and Charminia "Baby" Banal, Past Unit President.

When asked how she felt about the visit, Alma Yeh said, 'This has truly been a blessed day, filled with gratitude for the loving presence and generosity of God through the Catholic Women's League and Christ the King Parish Greenmeadows. All Glory and Praise to Him!'

Mother Butler Mission Guild Provides Free Vestments to Poor Parishes

The Mother Butler Mission Guild Manila to which the MBMG CTK belongs held an exhibit of vestments, stoles, altar linens, vessels, mass kits, and sick call kits last November 5 and November 6 at the San Carlos Seminary in Guadalupe. The exhibit was timed to coincide with the seminary homecoming, with the materials on display to be given for free to 'homecomers' coming from the poor parishes in the Philippines, especially provincial ones.



MBMG also set up a table ten days later, from November 15 to 17 at San Jose Seminary inside the Ateneo de Manila University compound in Loyola. As with San Carlos Seminary, San Jose alumni priests coming from poor parishes can request for, and are given, the church and mass materials. Aside from giving away free mass and church materials, MBMG receives requests via mail and e-mail



Alumni priests from poorer parishes line up for free vestments, stoles, altar linens and mass kits

from the provincial parishes where the parish priests, having heard of the MBMG apostolate, request for the materials and where they have the stock and the request deemed meritorious, the goods are sent free via courier.

MBMG production of vestments, stoles and altar linens takes place the whole year non-stop to get ready for the annual San Carlos and San Jose homecomings and to accommodate written requests.

Ladies of Charity Extends Help to the Young and Elderly, Scholars, Poor Families and Inmates

Last September 27, in celebration of both the anniversary of the Lingap Lolas program as well as the feast day of St. Vincent de Paul, patron saint of the



Ladies of Charity, the Ladies of Charity-CTK Chapter held a celebration at the Matthew-Mark Rooms. The Lingap Lolas, consisting of super-elderly from the Libis community who had been adopted by LOC for nearly a decade, prepared a special dance number.

Last October 1, the Ladies of Charity's livelihood project, Housekeeping, held its graduation ceremony at Matthew-Mark Rooms. The 18 graduates of the three-month program were automatically hired by Clean Zone, an Air B&B company. In attendance at the



graduation were Barangay Captain Mariano Agua Jr., QC Social Services Development Department head Jessica Montejo, and TESDA trainer Geraldine Garac. Representing LOC were president Tonette Arrizabal and Livelihood chairperson Teri Floro.

The Ladies of Charity distributed rice at the Libis community last November 18



during the Day of the Poor. 400 families received five kilos of rice each.

It was gift-giving last November 19 at Manila City Jail when the Ladies of Charity – Metro Manila Diocese visited, with Fr. Serafin 'Pery' Peralta, spiritual adviser of LOC AIC Phils., presiding over the mass. For each of the 300 senior, disabled, and sick inmates, the LOC



ladies gave two kilos of rice, Tide and Perla laundry bar soaps, Safeguard bath soap, assorted groceries, food pack with rice, pork and chicken adobo, hard boiled eggs, banana, and bottled water. In reciprocity, the MCJ warden Senior Inspector Del Natividad gave the Ladies of Charity a Certificate of Appreciation for the gifts given to the inmates. Representing LOC were National President Tessie Fajardo, VP Paulette Songco, Treasurer Melanie Aquino, board members Anita Casas and Elsie Matalote, plus officers and members of different Metro Manila units. The mass by Fr. Peralta was followed by short talks by the Diocesan President Nhel Soriano, Senior Inspector Natividad, and Tessie Fajardo, culminating in the gift giving.

Then last December 12, the Ladies of Charity-CTK and friends brought Christmas cheers to the 100 children of the Libis Elementary School Feeding



Program with Christmas loot bags for all 100 kids. With Principal Janice Palaran were LOC ladies Marite Agbayani, Tessie Fajardo, Mila Bangco, Margie San Juan, Teri Floro, and Eileen de Leon.

The LOC-CTK held its Christmas party last December 8, with a 'Hawaiian tropical' theme. They invited all the LOC scholars who gamely came in theme clothes. The highlight was the formal thank you note written by the scholars. In their heartfelt letter, the scholars said, 'Firstly, we want to thank our Lord Jesus Christ for giving us the CTK Ladies of



Charity as a blessing in our lives. We cannot imagine how our lives would be without every single one of you here today. You are all truly a gift from God to all of us. We ask Lord Jesus Christ to bless every single one of you and give you all a prosperous life to help more students like us.' The Lingap Lolas did a reprise of their September 27 performance. ■

BEC Mounts Various Libis

The Libis community celebrated its First Friday Street Mass last December 7, with none other than Fr. Steve Zabala officiating. This was Fr. Steve's first for the Libis community and was organized by BEC coordinator Eileen de Leon. Accompanying Fr. Steve were Eileen, Maan del Rosario, Wins Mirasol, and a



delegation from the Ladies of Charity that included president Tonette Arrizabal, Mila Bangco, Teri Floro, and Melanie Aquino. In his homily in front of 70 massgoers, Fr. Steve talked about why Jesus asked the two blind men he healed to keep their healing a secret and why the two did not do so. His answer was – news of blessings always need to be shared. Similarly, the 'Good News' cannot be contained but has to be shared within the community. And through sharing the Word of God, we bring the community residents closer to the Church. After the mass, Barangay Libis Kagawad Danny, who together with the other kagawads represented Kapitana Leni, who was indisposed, gave the response, where he wished that the Libis residents would be 'tsismosa' and spread the word so that they can attend the next street mass and meet the new parish priest. Eileen then introduced Fr. Steve who gave h 70 participated in the mass, many more came afterwards during the fellowship to partake of the merienda, including a large group of Libis children. Wins

Mirasol of Stewardship Committee also distributed out the Stewardship refrigerator magnets.

Last October 12, the CTK BEC officers led by Eileen de Leon together with some Ladies of Charity leaders Teri Floro and Tonette Arrizabal and Public Affairs Ministry co-head Jing Alampay met with Libis Barangay Captain Leny Pasco to figure out a way to work together for the formation of the reformists, including possible livelihood projects for the surrenderees and their families, plus scholarship assistance for the surrenderees' high school children. The discussion immediately resulted in the first Formation Talk two days later, on October 14, at the Libis Barangay Hall. A follow-up formation talk was then held last November 25, this time by Fr. Serge Maniba, still at the Libis Barangay Hall. The BEC officials brought food to share with the surrenderees.

Greenmeadows 1 held its monthly BEC



Fr. Norman Kagaoan with surrenderees, above

meeting last September 19. The speaker was Danny Moran and the topic was 'Understanding the Meaning and the Mysteries of the Holy Mass'. The Libis community had its first Formation Talk under the BEC umbrella last October 20, with Fr. Norman Kagaoan facilitating. The topic was on 'God's Forgiveness and Our Father'.



Danny Moran speaks at GM BEC meeting

Buklod ng Panginoon Brings Cheer to Pre-Schoolers, PDLs and the Elderly

Last November 13, Buklod ng Panginoon, or BnP, the St. Ignatius-based renewal movement, held their 'Spreading the Joy' Day at the Marikina Home for the Aged.



Flying the Buklod ng Panginoon flag at the event were BnP President Cita Pabillo, Baby Banal, Puring Litaua, Evelyn Sumbillo, and Agnes dela Cruz. The team donated small gifts and shared snacks with the home's elderly.

A week earlier, on November 6, Buklod ng Panginoon had its Service Day at the QC Molave Youth Home, where over 300 juvenile offenders are housed and provided



food, shelter, education, and spiritual and values formation. The prayer community donated several electric fans and provided snacks plus inspirational messages. Present were Cita Pabillo, BnP president, Evelyn Sumbillo, Carol Marana, and Agnes dela Cruz.

Even earlier, last October 20, BnP also sponsored free chest x-rays for the Libis pre-school kids under their feeding program. This was held at the Quirino Memorial Medical Center at 7:30 am. ■



Fr. Steve Leads Holy Land Pilgrimage

Our very own Fr. Steve Zabala led a pilgrimage starting last October 26 to the Holy Land: Off the Beaten Path, that took the 30-plus pilgrims, which included the entire extended family of Acropolis village coordinator Anne del Rosario to Israel, Jordan, Palestine and Egypt. Also on the pilgrimage tour were several Daet, Bicol friends and townmates of Fr. Steve, which resulted in a happy reunion event.

We asked Fr. Steve if the Daet-based reunion was an accident. 'No', he answered. 'Regina Ong-Field, a good friend and a year below me at La Consolacion College in Daet, now Australia-based, called me last year and said 'Steve, I want to spend my 50th birthday in the Holy Land next year. I can

and then mass at Mt. Nebo, reputed to be the place where Moses was shown the Promised Land. No trip to Jordan is complete without a full-day visit to Petra. The group then crossed over into Israel, with Nazareth as the first stop. The

the Cenacle or 'Upper Room' on Mt. Zion which was the site of both the Last Supper and Pentecost, Church of Dormition and Benedictine Abbey.

After mass in Palestine's Ramallah, the pilgrimage crossed over into Sinai at the

Fr. Steve Zabala with his 'Sermon on the Mount'



pilgrims visited the site of the Annunciation, the Church of St. Joseph where they had mass, and the Greek Orthodox Church of St. Gabriel to see Mary's Well.

The following day itinerary included the Mount of the Beatitudes with a morning mass, Capernaum to see Peter's House, Tabgha for the multiplication of loaves and fishes and Peter's Rock, and a boat ride on the sea of Galilee. The next day, the group went up Mt. Tabor for the Basilica of the Transfiguration, then to Cana for the first miracle at the Cana Wedding, where married couples were able to renew their marriage vows during the 10 am mass. At the Jordan River, the pilgrims got to renew their baptismal vows. They also got a chance to take a dip in the Dead Sea's healing waters, after passing by Qumran to check out the caves where the Dead Sea scrolls were found.

Then on to Palestine-controlled Bethlehem, where the pilgrims visited the site of the Nativity, St. Catherine's Church, and St. Jerome's Cave. Mass was celebrated at 4 pm at Shepherd's Field, reputedly where the shepherds first saw the star that led them to the infant Jesus.

On November 2nd, the group visited Jacob's Well in Samaria then drove to Jerusalem to visit the Mount of Olives, with the Ascension Chapel, Pater Noster Church, Dominus Flevit Chapel, Gethsemane Garden, and the Basilica of the Agony with mass at 5 pm. It was still the Old City the next day, with the Church of St. Anne, the Via Dolorosa, Basilica of the Sepulchre where mass was celebrated at 10 am, the Wailing Wall,



Taba Border. On the last day, the group arrived in Cairo. Fr. Steve left the group before they crossed over into Egypt.

With Anne del Rosario were husband Fred, daughters Mollie and Lizzie, together with eldest daughter Trixie and her family -husband Javi and young daughter Charlie. The del Rosarios had very positive words for Fr. Steve's chaplain role. 'His sermons were always relevant and entertaining,' Javi answered. 'He explained the significance of the different sites well - and he was able to relate how the events of a thousand years ago are still applicable to present life,' said wife Trixie. Trixie's sister Lizzie added, 'He made sure we did our morning prayers and he was always sensitive to our readiness to praying on the bus or not.' Head of the family Fred del Rosario chimed in, 'Fr. Steve was very accommodating'.

Anne was very positive on the pilgrimage. 'One of the best graces of the pilgrimage for me was hearing my children converse back here at home about how awesome it was to walk on the same ground that Jesus walked. They also discussed which places they'd go



form a group but can you be our pilgrimage chaplain?' And I said yes. So she brought her sister Rowena Ong-Cortez with husband Gerry, her friend and ex-officemate Albert Sarte, and schoolmates Girlie Sicat-Root of Arizona and classmate Lyn Nepomuceno of Florida, and Manila-based Dr. Em-em Villanueva, sister in law of the former Daet mayor.' Fr. Steve further clarified, 'In my college days, during our seminary summer break, I played in the town's annual summer basketball league and these guys used to watch these games. So we all know each other very well.'

The pilgrimage began on October 26 in Amman, Jordan and concluded on November 5 in Cairo, Egypt. First stop was Amman, Jordan, visiting the mosaic-filled Madaba Greek Orthodox Church

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CTK Parish Pastoral Council Concludes 2019 Planning and Budgeting

In a whole-day marathon last October 13 at the Eugenio Lopez Center, the CTK Parish Pastoral Council met to present, discuss and review the 2019 parish pastoral plans and budgets. The meeting, which lasted from 9 am to 6 pm, was the culmination of a full week of intensive meetings, from September 17 to 22, by Fr. Steve and the Parish Pastoral Officers

For education, on which Fr. Steve would like to continue putting emphasis, the two organizations charged with implementation are Ladies of Charity, LOC, and Knights of Columbus, KOC. LOC plans to continue giving scholarships to 130 high school and 20 college students in 2019, at the same time requiring an 85 GPA and attendance in twice-monthly

scholarships and financial assistance. In addition to the P2.8M budget for educational assistance, some P200,000 is also budgeted for the catechetical talks and recollections of the scholars.

Schoolchildren feeding takes the next biggest chunk of the SSDM budget, but is lower than last year's budget since the parish is trying to de-emphasize feeding, given the city government stepping up to take on a bigger chunk of the responsibility. Still, nearly P1M has been allotted, divided among Catholic Women's League, which feeds an average of 50 malnourished students each in three different schools; LOC, which has historically done feeding to 100 students at Libis Elementary School to the



Planning and budget review with the Social Services and Development Ministry and its implementing 'agencies', in September, which required several iterations before final approval

led by treasurer couple Bing and Elise del Rosario, with the individual ministries and mandated organizations-renewal movements regarding the ministry-org-movement's proposed plans and budgets. The projects that were approved and their corresponding approved budgets were shared with the rest of the PPC at the Planning Presentation meeting. As with the individual ministry-organization reviews, where the heads were requested to relate the proposed project to the 8-point diocesan agenda, the final Planning Presentation meeting required the proponents to again relate the approved projects to the diocese seven-year agenda.

The biggest chunk of time was given to Mila Bangco and her Social Services & Development Ministry, since 58% of the entire parish pastoral funds are allotted for social services projects. Mila clarified the ministry's objectives – poverty alleviation and improvement of living conditions of the oppressed, exploited and depressed families in and around the parish and diocese. With the addition of Christian Family Movement, or CFM, the number of mandated organizations and prayer communities deputized as implementing agencies of SSDM increased to seven.

catechetical lessons. The Knights of Columbus, tasked with providing

At the Eugenio Lopez Center for the full-day presentation of the various ministries' 2019 plans and programs



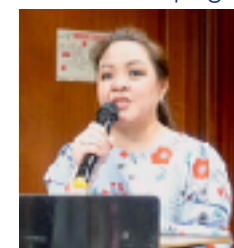
financial assistance to those who fail to make the 85 GPA requirement of LOC, expects to support 80-100 high school students and 15 college students in 2019. Slightly over half the P5M budget of SSDM has been allotted for

equivalent of two sections but will reduce the headcount to 60 next schoolyear; and Buklod ng Panginoon which feeds some 30 pre-schoolers in

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Louie Laudico for Vocation Ministry; Peter Banico for EMHC; Leila Banico for Worship Ministry; Sheryl Coronel for Catechetical Ministry



CTK Parish Pastoral Council Concludes 2019 Planning and Budgeting



Regie Polancos for Family and Life Ministry; Jing Alampay for Public Affairs Ministry; Sonny Mejia for Mustard Seed Ministry; Benjie Mirasol for Stewardship Committee. Below, Leila Banico raising a question on a 2019 project proposal



the Libis community. For 2019, CWL has dropped Bagumbayan Elementary School.

Livelihood and skills training is the third-biggest outlay for SSDM, with P650,000 allocated to three different organizations involved, though the bulk is done by Ladies of Charity, with their TESDA-approved Pinoy Hilot Massage and Hotel Housekeeping courses. Mother Butler Mission Guild continues to support the outsourced knitting and needlework operations farmed out to the Christ the King Greenmeadows GK project in Zabarte, Novaliches. Catholic Women's League has been requested to look for a second site to outsource vestment and altar cover knitting-embroidery work.



After a rigorous day, St. Ignatius stalwarts Cita Pabillo and Lulay dela Cruz, with 'guest singer' Leila Banico, serenade Fr. Steve

CTK will continue with its prison apostolate at the Camp Karingal ladies dormitory, to the tune of P335,000 in 2019, with CWL and Apostleship of Prayer sharing in the outreach – CWL doing the formation talks and giving away the official yellow t-shirt while AP coordinates masses, with both teams providing snacks during masses and formation talks. A tiny piece of the prison

budget is given to Buklod ng Panginoon to assist them in their work at the Molave youth center.

The tiny remainder of the SSDM budget, roughly P55,000, goes to support medical-dental missions of both Catholic Women's League and Buklod ng Panginoon. Finally, P90,000 is reserved for CFM's catechism classes at St. Vincent de Paul home for abused girls.

The Worship Ministry and the Formation Ministry will take the next biggest slices of the Parish Pastoral Council budget for 2019. P740,000 was approved for Worship Ministry, headed by Peter and Leila Banico and P600,000 for Formation Ministry headed by David Ong. The large budget for Worship Ministry is understandable given that there are five liturgical ministries under it – Lectors & Commentators, Greeters & Collectors, Extraordinary Ministers of Holy Communion (EMHC), Altar Servers, and Music. Sixty percent of the entire Worship Ministry budget is allocated to the Music liturgical ministry under Benjie Mirasol and the funds are spent primarily for the allowances of the music teachers and arrangers who train the choirs in the ten weekend masses. EMHC, led by Albert Cuadrante, gets the next largest slice, with P120,000, nearly half of which is allotted for its World Day of the Sick outreach. P70,000 goes to the Altar Servers liturgical ministry, headed by Louie Laudico, to be spent primarily for prayer books and 50% subsidy for the albs.

Formation Ministry will spend its P600,000 for its Coffee After Church program (30%), 'School of the Word' Bible Formation Series (25%), and the Catechism of the Catholic Church monthly series (15%). Life in the Spirit (LSS), Parish Renewal (PREX) and other formation talks take up the rest.

Youth Ministry, Vocation Ministry, and Family & Life Ministry come next in the 2019 budget allotments. The P500,000 budget for the Youth Ministry, headed by Louie and Lei Abando, is divided into several activities: Parish Youth Day sometime August; three-day Youth Camp in April and November; overnight weekends by Days with the Lord in January and May; World Youth Day vigil in January; weekly youth prayer meetings to be held jointly with Living Hope's Timothy Ministry; PREX Youth in April; and Day of Sacraments outreach in August.

Of the P400,000 budget for Vocation Ministry, 75% is allotted to sponsorship of diocesan seminarians. This budget will support three seminarians at P5,000 per seminarian for 10 months. Headed by Louie Laudico and Anna Lagman, the ministry's other activities include: CTK alumni priests reunion on St. John Vianney's feast day in August; subsidy for parishioner participants in the Life Directions Seminar; Parish Vocation Month celebration; breakfast encounter between CTK altar servers and diocesan seminarians; and Vicariate Vocation Sunday.

The P300,000 budget approved for Family & Life Ministry, headed by Regie and Joanne Polancos, is planned to fund the following: weekly meetings of the Courage program for youth feeling same-sex attraction; Father-Daughter Camp in March and Father-Son Camp in October, to foster closer relationship, bonding, and me-time with fathers; monthly facilitated meetings of single parents;



Fr. Steve celebrates mass at the end

and parenting talks for parents of the LOC-KOC scholars. Several talks are also lined up – family planning, Courage-related, single parenting, depression and suicide, etc. The Family & Life Ministry is also responsible for the quarterly Marriage

continued on next page

CTK Parish Pastoral Council Concludes 2019 ...

Vocation Program but the activity is self-funding since fees go directly to the ministry.

The Children's, Seniors', Catechetical Ministries and the Basic Ecclesial Communities (BEC) have been given P125,000-P175,000 budgets for 2019. The P175,000 budget for the Children's Ministry, also known as Mustard Seed Ministry, and headed by Sonny and Mina Mejia, is directed at several projects, which include: the annual Kingdom of Heaven Fair, or 'Holyween'; the Easter Fair; Feast of Sto. Niño; the annual First Communion; children's choir support; volunteer workshop; plus art material and book expenses. The P160,000 budget request by the Seniors' Ministry, also known as Sunrise Ministry, headed by Drs. Doy and Estrella Lopez, was approved, to fund: two general assemblies of seniors in May and November; monthly visits to the sick and elderly in the parish; monthly tai-chi and dancing sessions; and every other month painting sessions. Also planned is a pilgrimage to Metro Manila heritage churches in February.

Catechetical Ministry, headed by Alma Yeh and Sheryl Coronel, has a P150,000 budget, 80% of which will be spent for

KOC scholars. The P128,000 BEC budget will be divided among – BEC Awareness talks in June; weekly Bible sharing in Libis; Salubong during Holy Week; monthly street masses in Libis; plus various Libis transportation-related costs. BEC is headed by Eileen de Leon.

Rounding out the bottom are Public Affairs Ministry and Media Ministry, with P70,000 and P85,000 budgets, respectively. Public Affairs Ministry, headed by Jing Alampay and Rene Montemayor, will provide PPCRV Election Watch support at the barangay level in May; and conduct the Seven Habits for Highly Effective Individuals Workshop for PNP officers in September.

Media, headed by Bing and Elise del Rosario, will continue to publish the quarterly Herald newsletter; support the Christhekingparish.ph website; operate the electronic bulletin board display at the entrance of the main church; maintain the FB page; and for 2019, to install large screen TVs as projection screen at Matthew-Mark and Luke Rooms. 80% of the 2019 media budget will be for website hosting charges since Herald printing continues to be provided for free by Mila San Juan of The House Printers.



the Flores de Mayo activities, where daily afternoon catechism classes with snacks, transport and culmination ceremonies for 100 Libis children are provided. The budget for the annual Kumpilang Bayan also comes from the Catechetical Ministry. But the biggest demand on their time is still with the catechism classes for the twice-monthly LOC and

Lastly, administrative charges of P375,000 have been built into the 2019 budget. 55% will be for the salary cost of the PPC administrative assistant and 40% will be for the 2019 planning and budgeting meetings in the June timeframe, as the diocese moves to a July to June fiscal year. ■

Fr. Steve Leads Holy Land Pilgrimage



back to in Israel when they had the chance.' She added, 'I'm proud that my family internalized that we were on

Fr. Steve with the younger pilgrims, below; with more 'senior' ones above



pilgrimage and not on a holiday vacation; in fact, they did that better than some of the 'more mature' pilgrims with us. I was also very thankful that my pregnant daughter survived the long and sometimes difficult walks. And that Charlie, our two-year old pilgrim toddler, was very cooperative the whole time and never threw a tantrum even if her naps on the bus was being constantly cut short and some of our mealtimes were later than typical.' Finally, Anne added, 'Fr. Steve did a good job of connecting with his younger pilgrims and I'm grateful especially since I had the most number of young members in the party. Overall, *tama lang yung blend of seriousness and light moments.*'

The del Rosario family contingent were impressed by different things during the pilgrimage – the camel ride up Mt. Sinai, the Petra architecture and engineering, the artwork inside the Church of Gethsemane, the preservation of the Israel ruins with churches built atop the sacred sites, the sheer size of the pyramids, and the well-preserved atmosphere in Nazareth, Capernaum, and Jerusalem's Old City which made the biblical stories come alive. Giving the family members spiritual chills were – the birthplace of Mother Mary, Golgotha, imagining Jesus on the Mount of Beatitudes, and singing inside the church at Shepherd's Field. ■



The youngest pilgrim, Charlie del Rosario Coromina

Mustard Seed Stages Volunteers' Workshop

Last September 29, the CTK Children's Ministry, more popularly known as the Mustard Seed Ministry, led by couple Sonny and Mina Mejia, held a Volunteers' Workshop conducted by the Ateneo Catechetical Instructional League, or ACIL. One of the volunteers, Ryanna Polancos, daughter of Family and Life Ministry head couple Regie and Joanne Polancos, is an active member of the ACIL. Ryanna conducted the workshop together with fellow ACIL members Pia Sto. Domingo and Gia Fuentebella. Sonny and Mina invited their group because they also conduct seminars to catechists

when Mustard Seed Ministry sponsored the Coffee After Church.

- ▶ **Aileen Rodas and children Branden and Abrie.** Aileen had been active in CTK back in 1995 during the preparations for World Youth Day while Branden and Abrie regularly serve as readers in the monthly children's mass.
- ▶ **Regina and Ryanna Polancos.** Like their parents, they have the heart for service and despite their busy student schedule, they try to make time to teach at least once a month.
- ▶ **Kitchie Diaz.** She has been teaching the Mustard Seed children since the ministry began in 2015.
- ▶ **Alma Yeh and daughter Ivy.** Alma joined the roster of teachers last November. Daughter Ivy Yeh has been teaching in the ministry since the start of 2018.
- ▶ **Nicky Maza, Lexie Juarez, Sonny and Mina Mejia's daughters Sam, Alex and Dani, and Nicole and Lance Macalalad** are high school regular volunteers.

In addition to the above active volunteers, the Mejias received expressions of interest from Rica and Lupo Basilio. The Ministry heads continue to invite volunteers who would like to share 30 minutes to an hour each month to teach our youngest

every year in Ateneo. The workshop focused on tips and techniques for teaching the Gospel more effectively to young students.

Attendees were Mustard Seed's Parish Involvement Girls from St. Paul, plus members of the Catechetical Ministry of the Parish of the Holy Sacrifice, UP Diliman. Alma Yeh, co-head of CTK's Catechetical Ministry, also came with daughter and Mustard Seed volunteer Ivy Yeh. Food was sponsored and served by Joanne Polancos, while daughter Regina Polancos acted as photographer.

As of today, the Ministry's active teacher volunteers include:

- ▶ **Mon and Frances Bernardo.** Parents of one of the Mustard Seed attendees, they joined the team during the Mustard Seed's Pentecost party.
- ▶ **Tessie and Bernie Bagaman.** They said 'yes' during one of the Sundays

parishioners. For those who might be thinking of volunteering, they are enjoined to check out the Mustard Seed Ministry's FB page to get a good feel for the weekly activities.

The officers and active volunteers of the Mustard Seed Ministry will be commissioned on the Feast of the Sto. Niño in January 2019. ■

From the Editors

What a fourth quarter! Before we realized it, we had come up with 36 pages, eight more than our regular 28! So consider this a special Herald Christmas issue.

At the top of our news is the launch of the new Christ the King Parish Greenmeadows logo last November 24. The Feast of Christ the King was also big news, what with the nine-day novena masses, the Eucharistic Adoration, Procession, and Benediction followed by the fiesta mass on November 25, celebrated by none other than Cubao Diocese Bishop Ness Ongtioco, and the Fiesta Fellowship Dinner on the 24th.

We had several great formation and recollection talks in the fourth quarter and it's such a shame they don't draw as big a crowd as they deserve. These included Fr. Harold Parilla's Advent recollection talk on 'Spiritual Maturity', Fr. James McTavish's talk on 'Love and Same Sex Attraction: Understanding the View of the Catholic Church', Fr. Ari Dy's talk on 'Good to Great: Following Jesus with Maturity', Fr. Serge Maniba's talk on 'Becoming More Effective Proclaimers of the Word', and Fr. Steve Zabala's talk on 'In Pursuit of Happiness: Imitating Mary'. We also wish that our Wednesday mornings' School of the Word by the Verbum Dei and our monthly Catechism of the Catholic Church series, Rediscovering Our Catholic Faith, by Fr. Jigs Rosalinda, would get more regular participants.

It's also that time of year when we have our November First Communion and Confirmation, or 'Kumpilang Bayan'. November is also when we have our annual 'commissioning' of Lectors-Commentators, Greeters-Collectors, and Extraordinary Ministers of Holy Communion, who are formally charged to carry out their duties next year. November 30 is also the Foundation Day of the CTK Greenmeadows Gawad Kalinga Village in Novaliches, where CTK and Couples for Christ helped resettle the Libis Sitio 1 informal settlers nearly 10 years ago. In December, the CWL always organizes the recollection for kasambahays and drivers.

Once a year, the Parish Pastoral Council goes through a formal review of what we were able to accomplish vs. what we had planned to do for the year. In the same sweep, we also plan for the next year's projects and activities, and we put peso budget amounts to these planned activities. We did this in September and October and in this issue, we give a peek into what was agreed upon for 2019.

But lest the reader thinks it's all serious stuff in the parish, we also had our Kingdom of Heaven Fair which is our parish's response to the traditional Halloween, the Youth Fiesta Kick-Off, our seniors' assembly with the theme 'Keys to Healthy Aging', as well as Msgr. Tony Mortillero's 83rd birthday mass and dinner, which was attended by no less than 20 of his fellow diocesan priests.

For the succeeding Herald issues, we've decided to regularly carry updates from three different groups since they're always very busy 'creating news'. These are - Ladies of Charity under Tonette Arrizabal, Buklod ng Panginoon under Cita Pabillon, and the Basic Ecclesial Communities, or BEC, under Eileen de Leon.

The editors of The Herald wish all our readers a very Blessed Christmas and a Happy New Year!

Bing and Elise del Rosario
Media In-charge

