



# THE HERALD

FATHER'S HEART TODAY

## LISTEN

### The Silence of Lockdown

Fr. Steven C. Zabala — *Parish Priest*

**D**uring two weeks in September, CTK went through its own version of the strictest quarantine. The inevitable happened. Despite protocols, disinfections, and self-discipline, COVID-19 stealthily made its way into the convent necessitating a hard lockdown. It was a jarring eye-opener for many of us. Suddenly, there was silence, isolation, uncertainty, anxiety, even suspicion. But amid these, we also experienced overflowing concern, generosity, and love. Daily donations of food packs and vitamins were delivered to our gates, mounds of prayers for our wellbeing stormed the heavens, in-parish health professionals relentlessly monitored our condition, and so much more expressions of concern. The love was simply amazing and overpowering. Being isolated and confined within our small spaces also gave us a unique opportunity to discern in silence and solitude. Since volunteers were dissuaded from serving, Father Rowan, Father Reg, and I rotated lector-commentator and presider duties in our online Masses. It was not easy. We have a newfound appreciation and respect for volunteers that perform these tasks every day.

#### Dialogue and Discernment

I guess it is this kind of listening and discernment that our local church will be doing in the forthcoming synodal process. Pope Francis has

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expressed his desire to listen, discern, and talk with the Catholic faithful and beyond. During the ceremonies commemorating the 50th anniversary of the institution of the Synod of Bishops, Pope Francis said there should be a common path for “laity, pastors, the Bishop of Rome.” A document released by Rome says, “The fullness of the synodal process can only truly exist if the local churches are involved in that process. For genuine participation of the local churches, there also must be the involvement of other ecclesial bodies in this process, such as the Synods of the Eastern Catholic Churches, the Councils, and Assemblies of the Churches sui iuris, and Episcopal Conferences, with their own national, regional, and continental entities.” The synodal journey will culminate in October 2023 with the celebration of the Assembly of Bishops in Rome.

What a huge blessing that in our lifetime, with the guidance of our very own Cubao Bishop Nes Ongtioco, we are all going to participate and celebrate in the first-ever decentralized Synod! Already, the wheels have started to turn. Our PPC and other volunteers have plunged into the preparations of this dialogue and discernment process. Very soon, parish coordinators will be getting in touch with you to listen to your sentiments and vision for our Church as it moves forward. It is my fervent prayer that all of you will actively participate in this once-in-a-lifetime opportunity.

### **Doing**

Listening is good. Dialogue is healthy. Discernment is faith-filled. But all these fall flat on its face if we lack in the “doing.” On our second fiesta within a pandemic, the “doing” again takes the driver’s seat in this parish for others. The ideas and output of the Synod may take shape in our midst even before the process concludes.

As we mark our 42nd birthday as a parish and 500 Years of Christianity, we have adopted the theme “Rekindling the Faith: Gifted. Renewed. Sent.” Unbowed by the limitations on mobility, CTK is finding ways to commemorate our parish milestones in relevant ways. We give thanks for our

individual and communal gifts. We take stock, renew, and strengthen our faith. We pay forward by giving to those who are most in need. The pages of this issue will be full of ways you can participate in the “doing”. From dancing our hymn’s action song to praying in our physical church, online, and even on the streets as the Blessed Sacrament passes by. From virtual formation talks and Faith Streams that feed the soul to praise and worship concerts that fill the senses. From solemn First Holy Communion and Confirmation rites to fun Kamustahans. Different strokes for different folks but all for one mission in CTK, a parish for others.

### **500 Years of Giftedness**

I am particularly excited about the 500 Years of Giftedness project for the fiesta. CTK is once again knocking on your generous hearts to raise close to a million pesos worth of meaningful gifts to various clusters of 500 individuals. We want to feed 500 hungry families from ten of the poorest parishes in our diocese. We want to boost immune systems by giving vitamins to 500 health workers from three hospitals, 500 residents from Libis, and 500 residents from the Cubao Diocese. We aim to help financially challenged and talented students in the parochial schools of the diocese. Ambitious? I don’t think so. Time and again, you’ve surprised me with your overwhelming and immediate response. I am sure you will find it in your heart to share your blessings and gifts yet again.

On a personal note, I feel very gifted in seeing firsthand the boundless and astounding generosity of this community. Time and again, I am renewed in my faith and belief in what this parish for others can achieve and what it keeps on doing. I am thankful to have been sent to all of you as we continue this amazing journey 42 years onward.

Congratulations in advance to everyone for a successful, faith-filled synodal journey. Thank you for always being present for each other! Happy 42nd Fiesta and may you always be gifted, renewed, and sent for the Kingdom of God.

Photo credit to CUBAO MEDIA




# KUMPILANG BAYAN PREPARATIONS

Sheryl Coronel

Come and receive the

## Sacrament of Confirmation

All classes are via Zoom



**CHRIST THE KING PARISH**  
GREENMEADOWS  
Catechetical Ministry

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**Required Catechetical Orientation and Classes:**

- Oct 23, 1PM: Parents and Sponsors Orientation
- Oct 23, 2PM: Salvation History, A Love Story
- Oct 24, 2PM: Baptism and Confirmation, Chosen and Sent
- Nov 6, 2PM: Eucharist, Food for Eternal Life
- Nov 7, 2PM: Penance and Spiritual Preparation

**Sacramental Rite:**  
Nov. 21, 1-3:30PM,  
Christ the King Parish Greenmeadows,  
QC (subject to IATF guidelines)

**Please call 0998 999 1576 to register.**

**A** Kumpilang Bayan or Sacrament of Confirmation Rites will be held on November 21 at 1 to 3:30 p.m. at our parish church. Those who wish to receive the sacrament should be 12 years or older—adults are welcome! The following are the requirements they have to submit:

1. PSA Birth Certificate
2. Newly issued Baptismal Certificate
3. Application Form - Register through the following link: <https://bit.ly/3p4knPH>
4. Attend the orientation and the four required catechetical classes via Zoom. Language of instruction is Taglish. (No Confirmation if incomplete attendance.)

Session 1: Salvation History, Oct 23, 2pm  
 Session 2: Baptism and Confirmation, Oct 24, 2pm  
 Session 3: Eucharist, Food for Eternal Life, Nov 6, 2pm  
 Session 4: Spiritual Preparation, Penance, Nov 7, 2pm

The catechetical preparation is also available to those who would like to receive the Sacrament of Confirmation in their own parishes but have no access to required catechetical preparation. If you finish the four catechetical sessions, CTK parish will issue a catechetical certificate that can be presented to your parish priest or bishop.

For inquiries, call the parish office at 86330280 or the catechetical coordinator at 09989991576.

The sacramental rites and catechetical program are free of charge. ■



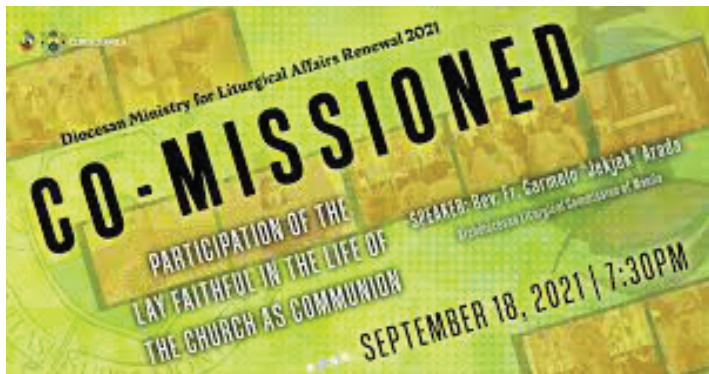
**CTK-KOC PLANT 500 TREES IN TANAY RIZAL**

Contributed by Anjoe Ramos

To meaningfully celebrate 500 Years of Christianity in the Philippines, the Knights of Columbus 12461 of CTK Greenmeadows planted 500 tree seedlings in Tanay, Rizal on October 12, 2021. The activity was a first for the group done in coordination with other Knights of Columbus of the Cubao Diocese and the Department of Environment and Natural Resources. Photo shows Sir Knight Leo Tan, District Deputy Rudy Retirado, Grand Knight Anjoe Ramos and Sir Knight Dindo Tangonan.



Left to right except person in civilian: JINSP. Chito Partisala—Chief, Paralegal, JSINSP. Frontstone Dang-Iw—Asst. Warden for Admin, SJ01 Jose Chito Santoluis—Asst. WDS, JO1 Julius Dumolang—WDS Staff



**CO-MISSIONED FORMATION SEMINAR**

The Diocesan Ministry of Liturgical Affairs (DMLA) of the Cubao Diocese held its first-ever live-streamed Formation Seminar for lay liturgical ministers on September 18 titled “Co-Missioned: Participation of the Lay Faithful in the Life of the Church as Communion.”

DMLA Minister Fr. Ron Roberto Mariano said that the renewal program for 2021 is aligned with the yearlong nationwide celebration of the 500th Year of Christianity in the Philippines. The online formation seminar focused on the participation of the lay faithful in the life of the Church as Communion. Rev. Fr. Carmelo Jekjek Arada of the Archdiocesan Liturgical Commission of Manila discussed the second chapter of the post-synodal exhortation *Christifideles Laici* of His Holiness John Paul II on the Vocation and the Mission of the Lay Faithful in the Church and in the World.

“Co-Missioned” was streamed live on the Facebook Page of the Roman Catholic Diocese of Cubao and the Diocesan Ministry for Liturgical Affairs on September 18, at 7:30 p.m. Attendance in the online seminar fulfilled part of the annual requirement of lay liturgical ministers to serve in their respective parishes.

**CWL REACHES OUT TO PDLs**

Contributed by Alma Yeh

Ching Botero, unit president of the Catholic Women’s League of CTK recently reached out to persons deprived of liberty (PDL) in the Quezon City Jail. Through the help of CTK parish priest Fr. Steven Zabala, the group donated a total of 1,400 yellow T-shirts for the PDLs in the institution. According to QC Jail Warden Mirasol Vitor, the shirts will benefit PDLs, especially those who don’t have relatives to visit them. There are currently 2,800 PDLs in the facility. Apart from their profuse thanks, the QC Jail presented a certificate of appreciation to CTK and CWL for the donation. Among those who were at the turnover of donation were JINSP. Chito Partisala, JINSP. Frontstone Dang-iw, SJ01 Jose Chito Santo Luis and JO1 Julius Dumolang.



**INNER ARTIST UNLEASHED!**

The Basic Ecclesial Community in Greenmeadows held an online painting activity for its second Zoom activity for the year on Aug 21. Organizers prepared painting kits—with a canvas, brushes, and acrylic paint—for pre-registered attendees and delivered them beforehand. GM village coordinator Fely Ong opened with a prayer followed by a 10-minute talk on the virtue of perseverance as she recounted her personal testimony. Tessie Moran facilitated the online event with Pinky Mathay, an artist-neighbor, who guided the participants as they painted two Koi fish in a pond.



**ADSUMUS, SANCTE SPIRITUS**

Prayer of invocation to the Holy Spirit

We stand before You, Holy Spirit, as we gather together in Your name. With You alone to guide us, make Yourself at home in our hearts; Teach us the way we must go and how we are to pursue it.

We are weak and sinful;  
do not let us promote disorder.

Do not let ignorance lead us down the wrong path nor partiality influence our actions.

Let us find in You our unity  
so that we may journey together to eternal life and not stray from the way of truth  
and what is right.

All this we ask of You,  
who are at work in every place and time, in the communion of the Father and the Son, forever and ever. Amen.

**ADSUMUS, SANCTE SPIRITUS**

Panalangin ng Pagtawag sa Espiritu Santo

Nagtitipon kami sa Iyong harapan, O Banal na Espiritu. Dahil sa Ikaw lamang ang gumagabay sa amin, manahan Kang lubos sa aming puso;

ituro Mo sa amin ang daan na aming patutunguhan at paano ito tatahakin.

Kami'y mahina't makasalanang;  
huwag Mong hayaang maghasik kami ng kaguluhan. Huwag Mo rin hayaan na ang kamangmangan ay ituro kami sa maling daan, o ito'y makagambala, kahit bahagya man, sa aming paggawa.

Masumpungan nawa namin sa Iyo ang aming pagkakaisa, sa gayo'y makapaglakbay kaming sama-sama patungo sa buhay na walang hanggan,  
at hindi maligaw mula sa daan ng katotohanan at kawastuhan.

Lahat ng ito'y hinihiling namin sa Iyo,  
na patuloy na kumikilos sa lahat nang dako't panahon, kaisa ang Ama at ang Anak, magpakailanman. Amen.



**A PRAYER FOR PRIESTS**

by John Cardinal O'Connor

Lord Jesus, we your people pray to You for our priests. You have given them to us for our needs. We pray for them in their needs.

We know that You have made them priests in the likeness of your own priesthood.

You have consecrated them, set them aside, anointed them, filled them with the Holy Spirit, appointed them to teach, to preach, to minister, to console to forgive, and to feed us with Your Body and Blood.

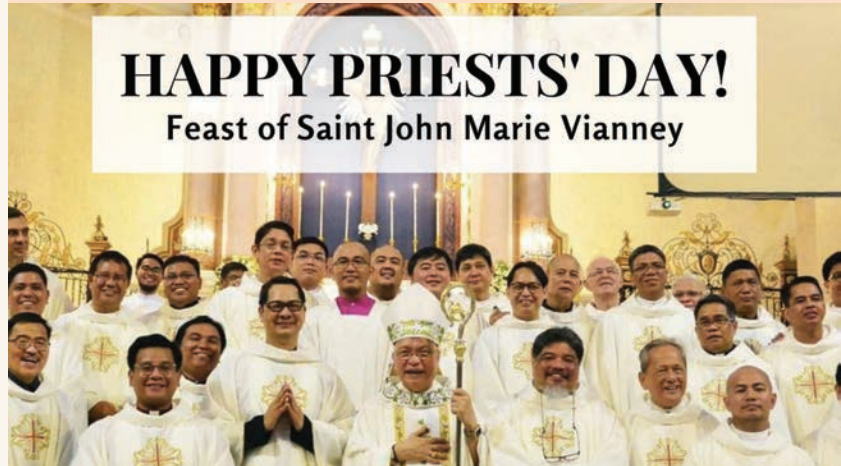
Yet we know, too, that they are one with us and share our human weaknesses. We know too that they are tempted to sin and discouragement as are we, needing to be ministered to, as do we, to be consoled and forgiven, as do we.

Indeed, we thank You for choosing them from among us, so that they understand us as we understand them, suffer with us and rejoice with us, worry with us and trust with us, share our beings, our lives, our faith.

We ask that You give them this day the gift You gave Your chosen ones on the way to Emmaus: Your presence in their hearts, Your holiness in their souls, Your joy in their spirits. And let them see You face to face in the breaking of the Eucharistic bread. We pray to You, O Lord, through Mary the mother of all priests, for Your priests and for ours.  
Amen.

**HAPPY PRIESTS' DAY!**

Feast of Saint John Marie Vianney



**October Month of the Rosary**

October 1 to 30, 2021

**Oct 1 | 5pm**

Live-streamed via  
CTK Facebook & YouTube

**Oct 2 to 29**

via Zoom

**Monday to Saturday | 5pm**  
**Sunday | 4pm**

Meeting ID: 886 5058 7994  
Passcode: ROSARY

**Oct 30 | 5pm**

Main Church

Live-streamed via  
CTK Facebook & YouTube




**VIRTUAL BLESSING OF THE SICK**

Christ the King Parish shall be giving a VIRTUAL BLESSING OF THE SICK in all weekend masses  
Sat | 6pm  
Sun | 7am | 10am | 5pm

Live streamed via  
CTK Facebook & YouTube

*We request those who are watching over sick relatives and friends to bring your devices close to the patient during the blessing.*



## SA PUSO NG ATING INA

*Bringing Kasambahays and Drivers Closer to Mama Mary*

Sandra Abad Santos's hardworking helpers Bec, who has been with her for almost 28 years; and Joy, who has been with her for two years, listen to online Mass almost daily since the pandemic. So when Sandra saw a Zoom invitation for August sessions for kasambahays on the apparitions of Mama Mary, she knew it was a good opportunity for Bec and Joy to join and learn.

Fifty-seven participants congregated in Zoom during the first day of the activity "Kasambahay and Drivers, Sa Puso ng Ating Ina" spearheaded by CTK's BEC and CWL. The activity was held on all Saturdays of August. Employers, kasambahays, and drivers were all excited to set up devices and take a break from work to be on spiritual mode. Some Zoom clusters had as many as five domestic workers in attendance.

Father Steve said that this activity was both crucial and meaningful. "They're part of our household and yet sometimes they are neglected, especially in spiritual activities beyond the usual liturgical services like Mass and processions. But Filipinos have always treated our kasambahays and drivers as part of the family. Our attachment to them goes beyond their specific tasks. As Catholics, it's good to look after them and guide their spiritual growth," he said.

The opening prayer was led by Jevelyn Gavidez of the Ong household in Greenmeadows. After that, Father Steve happily welcomed all the participants and, in his usual animated fashion, shared the story of the Annunciation of the Lord to Mary. CWL's Alma Yeh facilitated the session that revolved on the stories of Our Lady of Lourdes and St. Bernadette Soubirous. There was also an explanation of the Mysteries of the Holy Rosary which culminated in the praying of the Rosary.

Sandra set up her iPad for her household help to attend but ended up lingering when Father Steve came on to speak first. "I was drawn to listen to our charismatic parish priest. He elicited a lot of laughs and set the tone for the session. What followed was an interesting and informative talk on the apparitions of Mama Mary in Lourdes to St. Bernadette. Notwithstanding that I had read and learned about Lourdes and even after visiting the apparition site years ago in France, I discovered there is so much more to learn about Lourdes. The little tidbits of information that Alma

shared were an eye opener," she said. After the session, Sandra was delighted to hear Bec and Joy discussing what they had learned about Mama Mary. They looked forward to the succeeding talks.



**Teri Floro:** My household companions, Lala de Ostia, Andy Apolinario and Analyn Juan welcomed the chance to know and be closer to the Lord and Mama Mary. They were thrilled because it was their first time to attend such an activity and were very interested in the story of Our Lady of Lourdes.



**Fely Ong:** Our househelps Sarah, Jevelyn, and Daniel have been with us for around four years. They're young and didn't know how to pray rosary, so I taught them. They've been praying with us nightly since pandemic. I've seen how they've changed since they started praying. I realized they need to have a deeper devotion to Jesus, Mama Mary, and Saint Joseph.

**Tessie Moran:** My helpers stayed till the end of the session. They benefitted from the sessions that enriched the spiritual lives of our kasambahays and drivers.



## FR. JERRY ORBOS HOLDS TALKS FOR KASAMBAHAYS, DRIVERS

On August 28, 2021, Fr. Jerry Orbos gave a talk to kasambahays and drivers in CTK. As expected, the session was a big hit. Helpers did their household chores ahead of time to make sure they were done by 4 p.m., when the Zoom activity started.

Because of the enthusiastic response, the Basic Ecclesial Community, in coordination with other organizations such as CWL, is expected to come up with more of these activities. ■





Photo credit to CUBAO MEDIA

## CUBAO DIOCESE CLERGY REMEMBER THE GIFT OF PRIESTHOOD

Tessa Mangahas

The Bishop of Daet, Camarines Norte, and the Most Rev. Rex Andrew Alarcon DD led the clergy of the Diocese of Cubao through three days of spiritual renewal and prayer in a virtual retreat on October 4 to 6, 2021.

Focusing on the theme “Quo Vadis, Cubaoensis?” Bishop Alarcon on Day 1 invited the clergy of Cubao’s 49 parishes to look back at their priesthood as the most amazing gift they had received from God. He stressed that it is essential to heighten realizations about the purpose for which they received this gift which is to serve the God’s people.

On Day 2, Bishop Alarcon cautioned the priests on some of the pitfalls that may happen in the course of their ministry. Among these is how to maintain the solemnity and sanctity of the sacraments they celebrate. He pointed out how on some occasions, the role of priests seem to have been superseded by event coordinators. He cites the example of weddings saying that embellishments some groups try to put in an event make the people more excited for the reception rather than the celebration of the sacrament. He also warned about the priests’ negligence of “sacred time” and succumbing to the pitfalls of haste that shortchange the faithful from experiencing the holy nature of the sacraments.

Mission took center stage on the last day as the bishop reminded the clergy to align their dreams to that of Pope Francis. He stressed the importance for them to make sure that church customs and structures are channeled for evangelization and not just for self-preservation. Bishop Alarcon cited the ongoing

Synodal consultations as the perfect chance to know and feel the pulse of the faithful and journey meaningfully as one Church.

Finally, the bishop said that it is important for the priests to turn to God for strength so that they can remain faithful in their ministry. Keeping the vow they made is not easy especially amid unusual, trying times. ■



Republic of the Philippines  
COMMISSION ON ELECTIONS

## CALENDAR OF ACTIVITIES

in relation to the 2022 National and Local Elections

<b>October 1-8, 2021</b>	Period of Filing Certificate of Candidacy: (all elective positions, including Saturday and Sunday)
<b>October 30, 2021</b>	Last day of Voter Registration
<b>January 9, 2022 to June 8, 2022</b>	Election Period, Gun Ban
<b>February 8, 2022 to May 7, 2022</b>	Campaign Period for National Positions*
<b>March 25, 2022 to May 7, 2022</b>	Campaign Period for Local Positions*
<b>April 10, 2022 to May 9, 2022</b>	Overseas Voting Period
<b>March 7, 2022</b>	Last day to file LAV application
<b>April 27-29, 2022</b>	Local Absentee Voting Period
<b>May 8-9, 2022</b>	Liquor Ban
<b>May 9, 2022</b>	Election Day

\*Prohibited Campaigning on: Maundy Thursday, Good Friday, Eve of Election Day, and Election Day



# HOW TO HAVE YOUR FIRST HOLY COMMUNION IN CTK

The Mustard Seed Ministry



CHRIST THE KING PARISH  
GREENMEADOWS

## FIRST HOLY COMMUNION PREPARATION

PARENT ORIENTATION: Oct 2 @ 10am  
CATECHISM CLASSES: 10 sessions  
SAT & SUN of OCTOBER @ 2-3pm  
PARENT RECOLLECTION: Oct 9 @ 10am  
COMMUNION RITES: Nov 20 @ 10:30am



Despite the pandemic, CTK's Mustard Seed Ministry will have its First Holy Communion on November 20, 2021 at 10:30 a.m. at the main church. Here are the requirements to be included in the sacramental rites:

1. Should be eight years old or older (adults are welcome)
2. PSA birth certificate
3. Newly issued baptismal certificate
4. Application form - Register through the link: <https://bit.ly/3j4n7Zv>
5. Parents are required to attend the orientation and Parent recollection.
6. Communicant is required to attend all 10 catechetical classes. This will be done via Zoom on Saturdays and Sundays of October 2:00 to 3:00 p.m. Communicants are expected to complete asynchronous activities during the week.

True to our calling as a Parish for Others, the Mustard Seed Ministry has opened online catechism to children from different areas. Last May, we had communicants from Laguna, Fairview, Cebu, and Guam. Due to the pandemic and current online setup, families have the option to join the Communion Rites organized by CTK, or organize their own in their respective parishes.

Please send a direct message to the official Facebook Page of CTK's Mustard Seed Ministry for more details.

### EDITORIAL BOX

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## *Buklod Ng Panginoon:* **39 YEARS AND BEYOND**

Cita R. Pabillo

**T**his year, the Buklod ng Panginoon (BnP) celebrates its 39th anniversary. It was formed in 1982 by a pioneering and visionary group of 27 ladies of the St. Ignatius Village to help form a Christ-centered and united community. They envisioned a community of Christian families living an authentic Christian life—evangelizing, sharing, and obedient to the church.

For 39 years, BnP sought ways to concretize this mission through our outreach activities, such as the feeding program for the undernourished vulnerable preschool children of Barangay Libis; the visits to the youth offenders housed at the Molave Youth Center; the visits to the elderly at the Luwalhati Home for the Aged at the Manila Boystown Complex; and previously, the biannual visits to the wards at the Female Dormitory in Mandaluyong. We also reach out to the sick and elderly members of St. Ignatius Village to give them comfort and solidarity with our presence. The assistance of Christ the King Parish, both spiritual and financial, make the implementation of this mission easier to accomplish.

The pandemic created lots of challenges for BnP. Since most of our members are senior citizens, the lockdowns prevented us from carrying out our mandate. This pandemic

is also came with its financial challenges—to us and to CTK, our main source of financial support for our outreach activities.

The saying that when God closes a door, He also opens a window is indeed true. Despite the suspension of financial support from CTK for the supplemental feeding program of the undernourished children of Barangay Libis, donations from kindhearted members and friends have allowed us to continue these programs, albeit at a lesser frequency. Donations also allowed us to provide some food packs to the frontliners of Barangay St. Ignatius and Quirino Memorial Medical Center.

While we couldn't gather for our meetings and to celebrate special occasions like our anniversary and the feast of the Immaculate Conception, we adapted by doing online meetings and Eucharistic celebrations. Volunteers also stepped in to carry out our outreach activities.

We constantly pray that we be not afraid or embarrassed to get out of our comfort zones and reach out to the needy, the oppressed, and the destitute with the time, talent, and treasure God has given us. After all, these talents are not ours but God's. We also pray that God send us new members who will carry on the mission after us. Although the BnP was initially organized by residents of Barangay St. Ignatius, its membership is not limited to this area. Those interested to join our cause may contact the CTK Parish Office, or Ms. Tiny at 0908840870 and Ms. Michele at 09175336944.





## ROADBLOCKS LEAD TO SUCCESS

Ana Tan

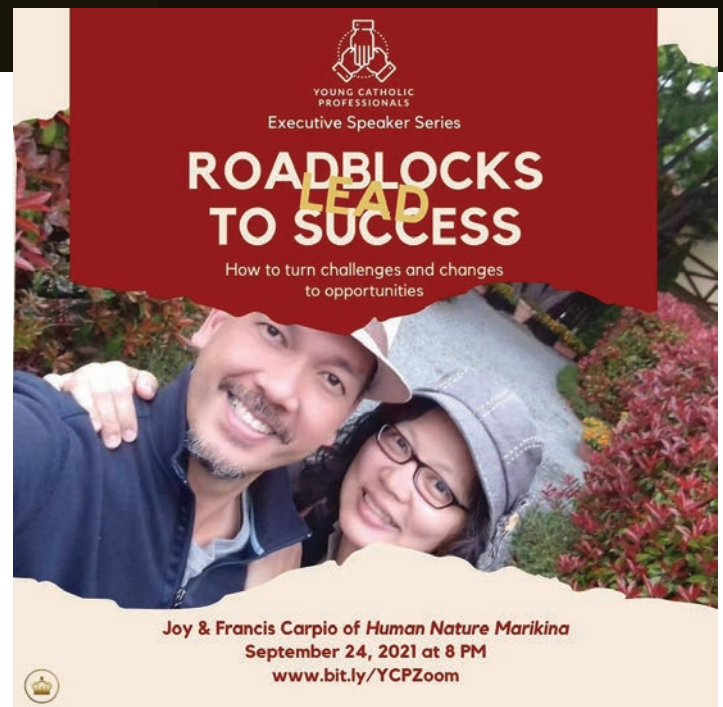
The last two years of our lives seem to be filled with so many roadblocks, just one after another. For some of us, they have littered along our personal paths for a lot longer than just the pandemic years.

This is true for the lives of Francis and Joy Carpio, a couple whose journey has been like following a map that leads from one dead end to another, their goals constantly slipping from their reach.

For the Young Catholic Professionals ministry's latest Executive Speaker Series talk last Sept. 24, 2021, the Carpios shared their story to encourage the young professionals community to keep their heads high amidst seemingly never-ending challenges in life. Against all odds, they shared that God turned each challenge into new and often unexpected opportunities—from a roadblock to a steppingstone.

From Joy's early career in the corporate sector to the couple's decision to enter into entrepreneurship, Francis and Joy faced every challenge imaginable—health issues, raising three children, business failures, natural calamities, and of course, the global pandemic.

But at every roadblock, through prayer, patience, and surrender, they discovered that not only would God lead them to overcome challenges, but He would also show them that challenges were necessary steppingstones that would lead to new successes. The loss of a high-paying job led to more time with the family and discernment towards a healthier career path. The failure of a business endeavor because of the Ondoy typhoon led to a more sustainable and socially oriented business in a different industry. Often, they shared, God leads you down paths that are daunting and seem like dead ends. But don't stop moving forward—He

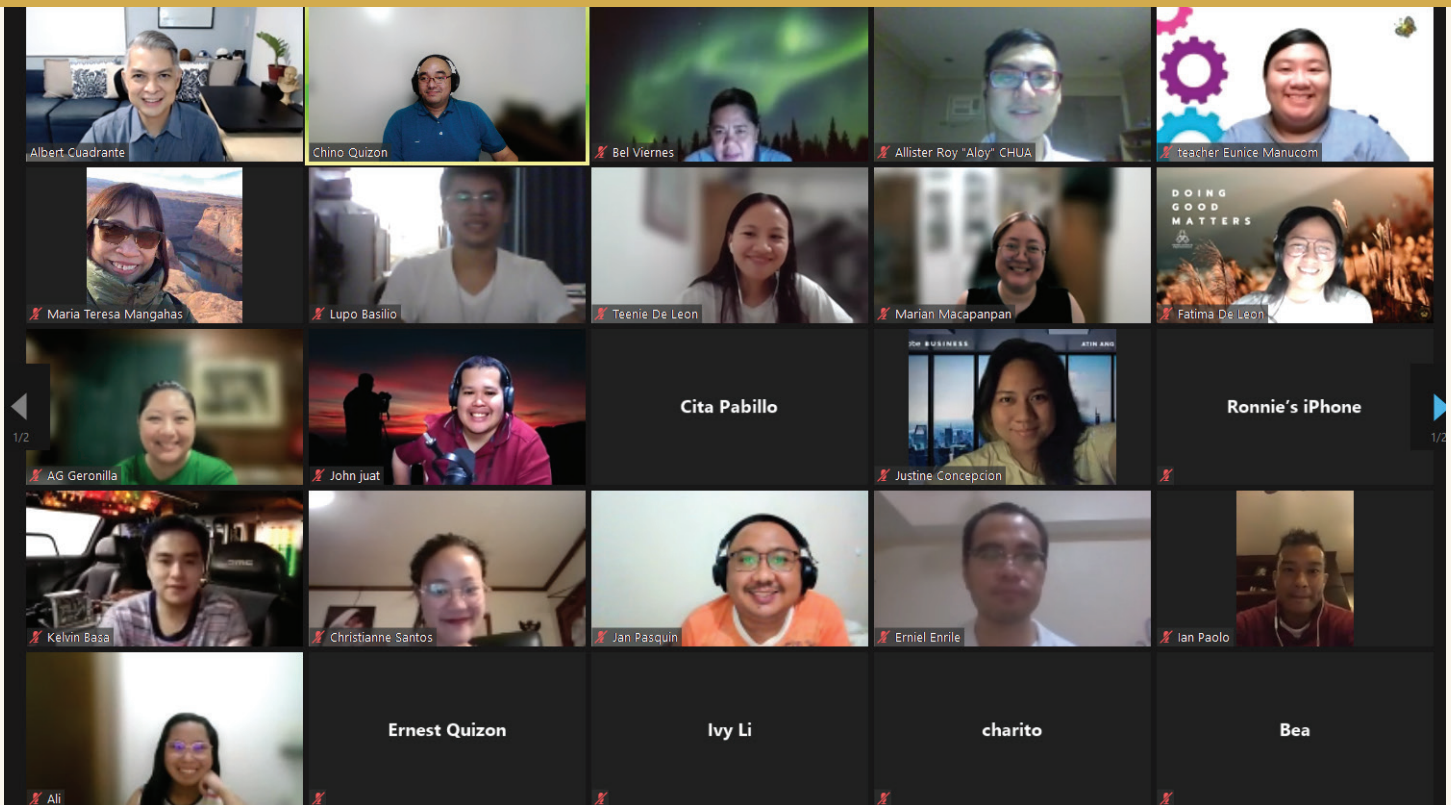


will definitely see you past this dead end to the blessing that lies on the other side.

Even as business challenges remain today, this faithful, inspiring couple continues to persevere by maintaining their social enterprise, the multi-awarded Human Nature branch in Marikina City, as well as continuing to spearhead outreach programs that allow their blessings to reach others.

**Join us in our upcoming events! Follow us on Facebook @ YCPCTKGreenmeadows and IG @ctkgm\_ycp**





## Give Back Wednesdays: ON BALANCE IN TRANSITIONS

Kritzia Santos

Every Give Back Wednesday gives us an opportunity to gather, reflect and to commit again from the realizations learned from the session. Last July 21, we were blessed by the sharing of Kuya Albert C. Cuadrante for his stories that brought insight and inspiration to many of the attendees. His talk titled “On Balance and Transitions” reminded us that there are ways to balance our personal and professional life when guided by a strong spiritual life. This will bring us to our true vocation, which is to reach heaven one day and become a saint. This is our common goal: sainthood!

It is not so much what we do, but how we do it—with love, joy, and the spirit of doing all things for God’s greater glory. Kuya Albert shared his story about being a father, husband, son, brother, and a eucharistic minister or servant in whatever form. He reminded us that we are not worthy, but through God’s grace, love, and mercy, we are gifted to love and serve. Every day, we are invited to commune with God and live out His mission in our personal and professional lives. “God wants us to be successful. God wants us to be our best. But the key to life is to make all things we do as a prayer,” he said. Inspired by St. Jose Marie Escriva who said, “Let us work a lot and work well, without forgetting that prayer is our best weapon,” Kuya Albert shared that the more roles in life we have, the more we need to pray. It’s in planning our prayer time within our 24 hours in a day and sticking to it that is the key to build our spiritual life.

That evening, 52 souls were rejuvenated and inspired to begin

again, to keep trying and to continue on our path to sainthood. It is living our daily vocations for the Lord, whether we are called to be a son, student, brother, sister, daughter, husband, wife, friend, minister, volunteer, helper, worker, or leader. As Pope Francis said, “To be saints is not a privilege for the few, but a vocation for everyone.”

Join us in our upcoming events! Follow us in Facebook @ YCPCTKGreenmeadows and IG @ctkgm\_ycp

Watch the recording of the talk and be inspired: [www.facebook.com/YCPCTKGreenmeadows/videos/26187952745413](https://www.facebook.com/YCPCTKGreenmeadows/videos/26187952745413)





## REKINDLING THE FAITH: GIFTED. RENEWED. SENT.

*Christ the King Greenmeadows Gears Up To Celebrate 42!*

Fr. Steven Zabala

**T**his is our second parish fiesta amid a global crisis that has impacted not only our health, economic lives but also our spiritual journey as well. But just as our patron has sustained us in the roller coaster ride of more than four decades, we are confident that He will bless us more as we mark our 42nd year.

I am delighted that one of the committed families in the parish has agreed to take on the cudgels to make this fiesta as memorable as the past ones we had, perhaps even more meaningful considering all the challenges we now face. Thank you to Team P—the Polancos family composed of Regie and Joanne, along with their dynamic daughters Ryanna and Regina.

### THEME

On October 30, on the anniversary of our Church Dedication, we are launching our 42nd Parish Fiesta. Aligned with the 500th anniversary of Christianity in the country, and its theme of “Gifted to Give” we are embracing the 42nd fiesta theme of “Rekindling the Faith: Gifted. Renewed. Sent.”

We **REKINDLE OUR FAITH** as a parish community, acknowledging that we are empowered and **GIFTED** by the Lord.

We **RENEW** our spiritual fervor and compassion, allowing the Holy Spirit to energize our entire selves for the journey.

And we go forth where we are **SENT** in our mission, sharing our blessings, proclaiming and living out the Good News and in the process bringing more people into the fold of faith.

### LOGO

The logo shows a cross with a flame on top. It is essential that we keep the fire of faith burning amid the physical, psychological, material, and spiritual lockdowns that we face. There is also an accent on the “D” in the word rekindling. This is to show that rekindling the faith should be manifested in mission, in the “d-oiing”. If you look closely, the D and the cross form a PAX sign. This signifies that the sacrifice of Christ on the cross, the fire of our faith and our commitment to mission will bring peace to the world. ■

# CTK 42 REKINDLING THE FAITH GIFTED. RENEWED. SENT.



Team P (Polancos Family)



## Objectives & Pillars

**GIFTED**

Celebrate and remember the GIFTS given to us as Filipinos and as parishioners of CTK.

**RENEWED**

Nourish, RENEW, and strengthen our faith so we are equipped to fulfill God's mission.

**SENT**

Inspire and remind our parishioners that we all have a part in this mission that we were SENT to fulfill.



# OCTOBER

## 30

6PM Dedication Mass  
Herald Release  
Launch 500 YoG  
CIOH Video

# NOVEMBER

## 12

6PM Novena Mass  
7:30PM Praise & Worship

## 13

7AM Village Blessing  
10:30AM EMHC  
4PM Youth Day  
6PM Novena Mass

## 14

7AM Village Blessing  
5PM Novena Mass

## 15

7AM Village Blessing  
6PM Novena Mass

## 16

7AM Village Blessing  
6PM Novena Mass

## 17

7AM Village Blessing  
6PM Novena Mass  
SNL+GBW

## 18

6PM Novena Mass  
7:30PM Formation Talk

## 19

7AM Village Blessing  
6PM Novena Mass

## 20

7AM Village Blessing  
10:30AM 1st Communion  
2PM Kamustahan  
6PM Novena Mass

## 21

Faith Streams  
10AM Mustard Seed  
1PM Kumpilang Bayan  
5PM Fiesta Mass



We have several activities under each sub-theme.

# ‘GIFTED’

- **Novena Masses** from November 12 to 20 where we will feature our different communities.
- **Village Blessings** from November 13 to 17. I will bring the Blessed Sacrament to your neighborhood. We did this last year and the feedback was that it was a breath of fresh air amid the stifling pandemic. It was heartwarming to see residents come out from the confines of their homes, kneeling, waving and praying as the Blessed Sacrament passed by. Please check with your village coordinators or the parish office for your schedule.
- **First Holy Communion** on November 20 and **Kumpilang Bayan** on November 21. We continue to give these sacraments in compliance with current government directives amid the pandemic.
- **Fiesta Mass** to be officiated by Bishop Nes Ongtioco on November 21 at 5 p.m. A special highlight will be the video montage of all our fiesta activities within the Mass, a first for CTK fiesta!



## NOVENA MASSES *November 12-20 6PM; 5PM on Sunday*

<p><b>DAY 1</b> Friday, November 12</p> <p><b>Theme</b> Discernment: Faith</p> <p><b>Featured Communities</b> Formation, SoW, LOM, AP, ANF</p> <p><b>Mass Sponsor</b> White Plains</p>	<p><b>DAY 2</b> Saturday, November 13</p> <p><b>Theme</b> Family: Embracing Openess</p> <p><b>Featured Communities</b> FLM, Youth, Mustard Seed, YCP, Sunrise, BnP, DKPG, CFC, CFM</p> <p><b>Mass Sponsor</b> St. Ignatius</p>	<p><b>DAY 3</b> Sunday, November 14</p> <p><b>Theme</b> Servant Leaders: Focused Service</p> <p><b>Featured Communities</b> Parish Pastoral Council</p> <p><b>Mass Sponsor</b> Libis</p>
<p><b>DAY 4</b> Monday, November 15</p> <p><b>Theme</b> Shepherding: Vocation</p> <p><b>Featured Communities</b> Priests, Vocation</p> <p><b>Mass Sponsor</b> Greenmeadows</p>	<p><b>DAY 5</b> Saturday, November 16</p> <p><b>Theme</b> Wisdom: Knowledge</p> <p><b>Featured Communities</b> Catechetical, SoComm</p> <p><b>Mass Sponsor</b> Enclave &amp; Ivory Court</p>	<p><b>DAY 6</b> Wednesday, November 17</p> <p><b>Theme</b> Abundance: Stewardship</p> <p><b>Featured Communities</b> Stewardship, BEC, PAM</p> <p><b>Mass Sponsor</b> Corinthian Hills</p>
<p><b>DAY 7</b> Thursday, November 18</p> <p><b>Theme</b> Generosity: Giving</p> <p><b>Featured Communities</b> SSDM (LOC, CWL, MBMG, KoC, Urban Poor, DRRM)</p> <p><b>Mass Sponsor</b> Corinthian Gardens &amp; Greenwich</p>	<p><b>DAY 8</b> Friday, November 19</p> <p><b>Theme</b> Mercy: Inspiring Worship</p> <p><b>Featured Communities</b> LeCom, EMHC, GreColl, Altar Servers, Music, LSS</p> <p><b>Mass Sponsor</b> Arcadia, St. Pedro Poveda College, Eton Cyberpod, Robinsons Galleria, Crowne Plaza</p>	<p><b>DAY 9</b> Saturday, November 20</p> <p><b>Theme</b> Apostleship: Evangelism</p> <p><b>Featured Communities</b> Parishioners</p> <p><b>Mass Sponsor</b> Acropolis</p>



## 'RENEWED'

- Formation Talk on November 18 at 7:30 p.m. entitled "CTK as a Pilgrim Church." Pope Francis has chosen our parish church to be a Jubilee church during the celebration of 500 Years of Christianity. What does it mean for CTK to be a pilgrim church and for its visitors? Our speaker is Fr. Rolando del la Rosa, OP. He is a church historian and former rector magnificus of UST.
- Faith Streams will feature our former parish priest, Fr. Bong Tupino.
- Mustard Seed Ministry Sessions, for the very first time, will feature the parish priest of CTK as the storyteller for the children on Fiesta day, November 21 at 10 a.m. This is via Zoom. Bring your children please!
- For the youth, our Young Catholic Professional Ministry and Youth Ministry will have a joint activity on November 17.
- Special Fiesta issue of The Herald.
- Praise and Worship event on the evening of November 12, at 7:30 p.m. Another first during our fiesta, this will be a night of music, reflection, and prayer. Please join us via zoom in this evening of praise and worship.



### Faith Streams: Fiesta Edition Fr. Bong Tupino

Former CTK Parish Priest

### Formation Talk via Zoom Theme: CTK as a Pilgrim Church



**Special Guest Speaker:**  
**Fr. Rolando V. dela Rosa, OP**  
Former Rector Magnificus of UST and  
once Chairman of the Commission on Higher Education





Celebrate 500 years of Christianity  
and CTK's 42nd fiesta through

# 500 Years of Giftedness

## 'SENT'

### 500 YEAR OF GIFTEDNESS FUNDRAISING PROJECT

This is a gift-giving activity where we hope to provide:

- > Food packs for 500 families in the 10 poorest parishes in the Diocese of Cubao. This amounts to P250,000
- > Vitamins to strengthen immune system of 500 health workers from three hospitals, 500 Libis residents, and 500 Cubao Diocese residents. We need P450,000 for the vitamins.
- > Tuition fee assistance for the financially challenged but talented students in the parochial schools of the Diocese of Cubao. We plan to donate P250,000 for this purpose.

The target is to raise P950,000 for "500 Years of Giftedness." Several people have already given their donations. One person pledged to give 500 vitamins. We are still looking for some donors to complete our target. You may donate in cash or in kind. Thank you for your generosity. Truly, we want to be faithful to what CTK is known for—A Parish for Others!

**You may send in donations  
until November 21, 2021  
through bank transfer (BDO):**

**Account Name:  
Christ The King Parish Pastoral  
Account Number: 0035-2011-3117**

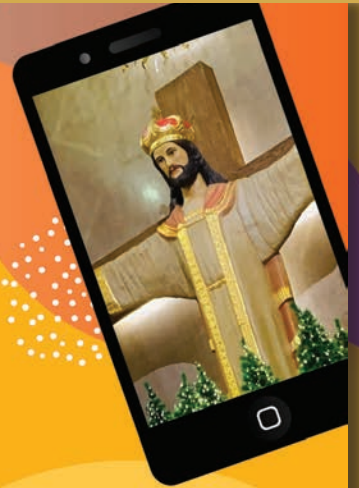
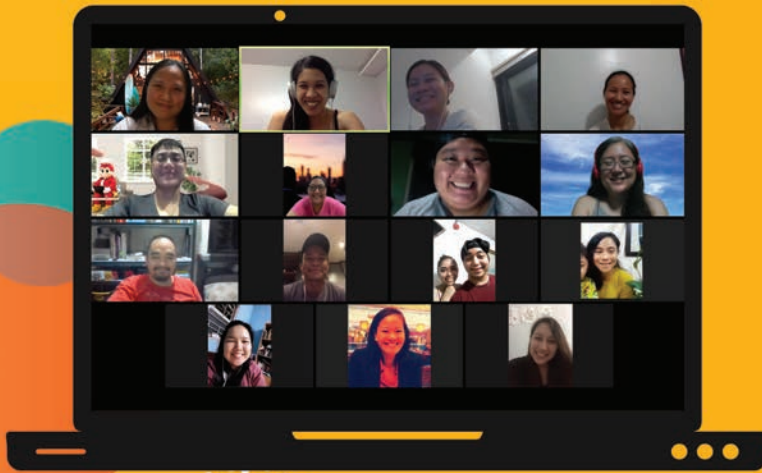
Please send deposit slip/ screen shot  
of transfer to Marj Ruga  
Email: [ctkgreenmeadows.ppc@gmail.com](mailto:ctkgreenmeadows.ppc@gmail.com)  
Viber: 0917-153-6091  
Please indicate in your email,  
"Donation for 500 Gifts"

For questions, please email:  
Mrs. Mila Bangco - [mrbangco@yahoo.com](mailto:mrbangco@yahoo.com)  
Mrs. Menchu Pascual - [pascual8@gmail.com](mailto:pascual8@gmail.com)



# UNMUTE

Celebrating Faith & Community with Raised Voices!



**20 NOV. 2021 | 2-4PM  
VIA ZOOM**

Come in **BRIGHT, SOLID COLORS**

## ‘SENT’

- The Parish Youth Day will be a virtual gathering on November 13 at 4 p.m.
- The Annual Parish Kumustahan entitled “UNMUTE: Celebrating Faith and Community with Raised Voices,” will be on November 20, Saturday, from 2 to 4 p.m. It is open to everyone. You can connect or reconnect with parish community members and enjoy the revelry of the parish community through this online gathering.
- “Christ in Our Hearts” Action Song. Last month, young members of our parish gave movement to our parish hymn that we launched when we turned 40. At 42, we add moves to the music and lyrics that tell our story. You will see members of our entire parish—from ministries to residents to our online family to anyone who has any kind of link to CTK in our new music video. Exciting!
- “500 Years of Giftedness” which I launched during the first week of October.

### LET’S DO THIS!

Are you all excited and fired up? You should be! That is what our fiesta celebration is all about.

I now declare CTK’S 42nd Fiesta Celebration... officially OPEN! Let’s do this!



## LOOK WHO’S GROOVIN’!!!

Join Fr. Steve and move along to the first-ever Christ the King Hymn, Christ in our Hearts!

Your videos will be used for our new Christ in our Hearts action song to be shown in our online masses!

Just send in your videos following the actions in this video ([bit.ly/CTK\\_CIOH](https://bit.ly/CTK_CIOH)) and we’ll do the rest. Submission is from Sept. 17 - Oct 2, 2021.



# CTK PLUNGES INTO SYNOD CONSULTATIONS

Tessa Mangahas

## Synod.

Suddenly, almost every active church volunteer or daily Mass goer is hearing this word. That's because Pope Francis, whom Filipinos fondly call Lolo Kiko, formally launched last October 10, at St. Peter's Basilica a two-year global consultation process leading up to the Synod of Bishops 2023. Pope Francis calls the synod "a process of spiritual discernment, of ecclesial discernment, that unfolds in adoration, in prayer and in dialogue with the word of God."

The Vatican announced in May that the synod on synodality would open with a diocesan phase from October 2021 to April 2022. A second, continental phase will take place from September 2022 to March 2023. The third, universal phase will begin with the XVI Ordinary General Assembly of the Synod of Bishops, dedicated to the theme "For a Synodal Church: Communion, Participation, and Mission," at the Vatican in October 2023.

Even before the formal announcement, the Diocese of Cubao already sounded off to parish priests and servant leaders on the task following Pope Francis' launch. Pope Francis wants to know the pulse of the Church—from the Vatican down to the grassroots of the faithful to the smallest parish—to encounter, listen, and discern. He wants to hear the truth on the ground not just from the bishops, clergy, and religious but from the simplest person and even the unchurched. That would mean listening and consulting with representatives from more than 200,000 parishes around the world and reporting this to the Vatican as a preparation for the 2023 synod.

CTK has galvanized into action in response to the call of Pope Francis. Father Steve enjoined parish leaders to participate in pre-synod briefings spearheaded by Fr. Omer Prieto. On October 3, Fr. Steve sent out a circular with an open invitation to the community to form small consultative groups. He also formed the core group of CTK's Synod consultations. The core group is composed of the following:

Overall Coordinator/Documentation:

**Bing and Elise del Rosario**

Members:

**Fr. Steve Zabala**  
**Albert Cuadrante**

Facilitators Group:

**Loung Cuartero**

Admin/ Logistics:

**Joyce Tanedo**  
**Fred and Maan del Rosario**  
**Peter and Leila Banico**



Facilitators and note-takers will conduct the consultation process via Zoom. Sessions will be done in small groups of about six to eight members to better glean their sentiments and reflections on the guide questions provided by the Vatican. Father Steve said that the Vatican has identified several guide questions that could aid the consultative groups in reflecting and thinking about what we want to share. These reflection themes are Companions on the Journey; Listening; Speaking Out; Celebration; Our Common Mission; Dialogue; Ecumenism; Participation; Decision Making; and Organizing Ourselves.

ENCOUNTER.LISTEN.DISCERN.

These will be the operative verbs during the Synod Consultations. Pope Francis says, "The Spirit asks us to listen to the questions, concerns, and hopes of every Church, people, and nation. And to listen to the world, to the challenges and changes that it sets before us." To invoke the guidance of the Holy Spirit, the Adsumus, Sancte Spiritus or the Prayer of invocation to the Holy Spirit for an ecclesial assembly of governance or discernment will be prayed in all Masses from October 1 to 31.

The journey of the Church continues. And in the words of Father Steve in his video invitation for facilitators, note-takers, and participants for the Synodal consultations – GAME NA! ■



"We stand before You, Holy Spirit, as we gather together in Your name. With You alone to guide us, make Yourself at home in our hearts."

**THE CHURCH  
WANTS TO LISTEN.  
POPE FRANCIS  
WANTS TO KNOW YOU.  
LET'S TALK. LET'S WALK.  
TOGETHER.**

Say **YES** and be part of the  
**SYNOD CONSULTATIONS**  
from October 14 to November 26!



Photo credit to CUBAO MEDIA

## Diocese of Cubao Kicks Off 'CUBAO TAYO: ONE DIOCESE, ONE CHURCH' CAMPAIGN

Tessa Mangahas

The pandemic has taken a toll on all aspects of our lives. Even the church was not spared. Parishes were locked down and the faithful were unable to attend Masses for extended periods of time. But while collections that helped parishes meet their overhead dwindled, the needs of the dioceses increased, albeit in different forms. More people were out of jobs and needed help. More were suffering from depression and mental health woes that also affected their spiritual health. More of the faithful were seeking guidance and hope.

Amid this backdrop, the Diocese of Cubao formally launched the "Cubao Tayo! One Diocese, One Church" program during a Mass officiated by Bishop Ness Ongtioco, DD on October 9 at the Immaculate Conception Cathedral of Cubao.

Fr. Aytoy Opiniano, project coordinator and parish priest of Santa Maria Della Strada Parish, shares "We've heard and seen many cries for help and prayer. We have to be creative in showing compassion and dedication as we provide help to the least, last and lost among us." Fr. Opiniano revealed that he has seen many acts of kindness and charity in the almost two years of the pandemic. He said that some give more than they should, while others sacrifice personal needs to give more to the vulnerable. He says that the COVID-19 crisis has severely affected donations and this has taken a toll on the operations of the diocese and the support it extends to its 49 parishes.


**Fr. Aytoy showed that that it will only take 100 families from the 49 parishes donating at least P6,200 each to meet the P30-million target.**

Father Opiniano admits that the financial position of the diocese is not in good shape. In this light, the "Cubao Tayo!" project seeks to ask for the commitment of the parishes to help sustain its operations, ministries, and programs for the year 2022. The objective is to raise P30 million for the diocese's upkeep and to sustain its essential programs. He posed a challenge to all parish priests, their lay coordinators, and ministries to help raise the amount needed. Fr. Opiniano said that the task may be formidable and daunting at first glance. But he insists that the goal is doable. With a little math, he illustrated that it will only take 100 families from the 49 parishes donating at least P6,200 each to meet the P30-million target. Of course, those who are moved to give beyond P6,200 can do so. In the same manner, any amount less than the suggested will be received just as warmly and with equal gratitude. Parish priests and pastoral leaders will soon be disseminating information on how donations can be channeled for this two-month-long campaign. The culmination will be a musical event from 4:00 p.m. to 9:00 p.m. to be live-streamed on December 4, 2021 on the diocese's Facebook page and other social media platforms.

Cubao Diocese vicar general and Christ the King Greenmeadows' parish priest Fr. Steve Zabala said the title of the campaign is faithful to the Church's character. "God deals with us both individually and as one people of God. 'Cubao Tayo!' is about being a community gathered by the Lord. Our Lord said, 'Whenever two or three are gathered in My name, there I am in their midst.' This is all about being in deeper communion and fulfilling our mission," he added.

Bishop Ness is hopeful that the

diocesan-wide project will succeed because of the synergy and compassion of the three-fold strength of the Diocese's "santatlo," which is comprised of the clergy, religious, and the laity. He shared that despite the hardships and great risk to life and limb, the Diocese has continued to serve the day-to-day needs of the diocesan family. Many have sacrificed a lot just to keep operations and ministries going and responsive to the most vulnerable and hardest hit. "This project will be successful kase kasama ang lahat!" he enthused. He added that with the systematic implementation of the project under the leadership of Fr. Opiniano, the "Cubao Tayo! One Diocese, One Church" campaign will surely be an example of how all things are possible when we embrace one goal and work under the mercy of the Lord. "the Lord's work will continue because we move as one family," Bishop Ness concluded. ■



**YOU ARE INVITED**  
to the launch of  
**CUBAO TAYO**  
One Diocese, One Church

**October 9, 2021 4pm**  
Cathedral of the Immaculate Conception

**Main Celebrant:**  
HE Most Rev. Honesto Ongtioco, DD

Livestreamed over FB:  
Roman Catholic Diocese of Cubao



## PANDEMIC OR NO PANDEMIC, THE LADIES OF CHARITY ARE ON THE JOB!

Mambie Aquino

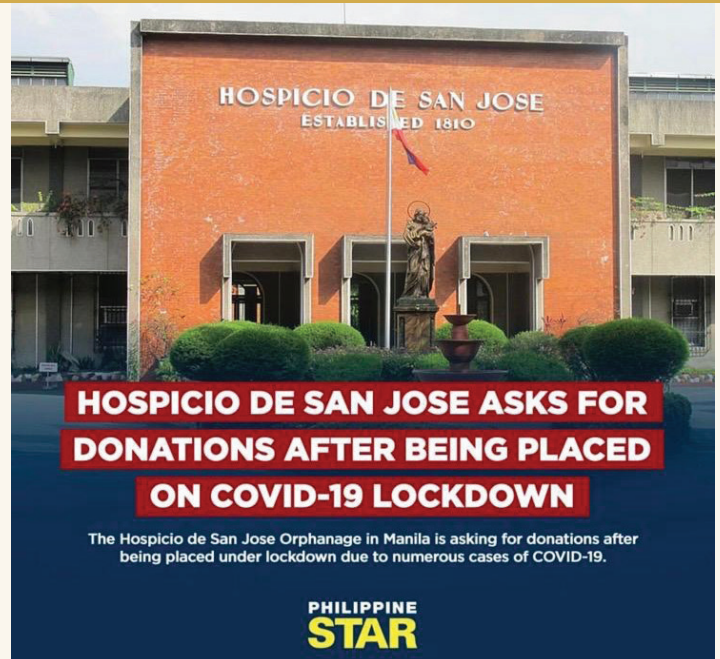
Amidst the lockdowns, restrictions on venturing outside of our homes, and having to meet virtually to socialize and discuss business matters, the LOC has not skipped a beat in fulfilling its mission of helping those in need.

Last March, St. Vincent the Paul Parish, a member of the Vincentian family, of which the LOC is also a part, launched a program called “Charity Over Virus Indifference and Despair (COVID). Its aim is to raise funds for a feeding program for street dwellers and the less fortunate around the parish and adjoining barangays. Due to the limitations brought about by the times, the Ladies could not physically help in the distribution of food for the 500 beneficiaries each day. As suggested by LOC National President, Tessie Fajardo, helping the feeding program financially was the next best thing to do. The daily cost of providing nourishment for the 500 families is P12,000.00. The Ladies readily formed groups of five or six, to split the cost for the day.

This way, the CTK Ladies kept the program going.



Sometime in April 2021, the Hospicio de San Jose, a welfare institution that caters to the elderly and orphans, issued an appeal for donations for supplies. The facility had been locked down due to COVID in the premises. The Hospicio de San Jose is likewise a member of the Vincentian family. The LOC responded to the appeal and raised a total of P47,000. But due to the overwhelming response from other sectors to Hospicio’s appeal, President Tonette Arizabal decided to hold back the donation and give it at another opportune time. That time came last month. A bank transfer was made and acknowledged by the administrator, Sr. Socorro Pilar Evidente, DC. The money was be used to purchase diapers, milk and baby food.



Nowadays, there is no dearth of causes to respond to, no lack of people who are in need. Lately, the LOC has taken on Child Haus, a project of the Ricky Reyes Foundation, as one of its beneficiaries. This opportunity came through the efforts of Livelihood Coordinator, Teri Floro, who has made several visits to the place. Child Haus provides temporary shelter for children and adults suffering from cancer, while undergoing medical evaluation or treatment in Metro Manila. Mr. Hans Sy of the SM Group donated the house that shelters the beneficiaries.



The CTK Scholarship Program continues to be the main project of the LOC. The scholars’ education, both academic and religious, is a matter that the Ladies take to heart. This year, LOC welcomed 14 new Grade 7 scholars to the program. In total, there are 121 scholars in various grade levels.





**DIOCESE OF CUBAO SSDM REPORT FOR AUGUST**

**4,800 7,500**

**HOTMEALS FROM KPI CARE GROUP, AND STA ANA DEVOTEE AND FRIENDS**

**KILOS OF VEGETABLES FROM TANGING YAMAN FOUNDATION AND DE LA SALLE COMMUNITY**



**17,500 2,700**

**KILOS OF RICE FROM CTKGM PANTRY FOR OTHERS AND MISSION PARTNERS**

**AYUDA BAGS FROM BDO AND MISSION PARTNERS**



**5M 6,000**

**GIFT CERTIFICATE FOR 5M FAMILIES FROM ACCENTURE**

**HOTMEALS PER MONTH FROM CARITAS DAMAYAN FEEDING PROGRAM**

**HATID-TULONG SA 34 NA PAROKYA**

*maraming salamat po!*







## SATURDAY NIGHT LIFE MAINTAINING RELATIONSHIPS

Ivy Dalangin

**M**aintaining relationships through time can be difficult. Relationships are two-way streets; they require effort from both people involved. We all have different ways of showing and receiving affection. Some people are great at nurturing someone else's physical, emotional, spiritual, and attentional needs, while others take time to pick up social cues. Likewise, there are those who appreciate and receive the affection well, while others don't. Once you can accept this and figure out what works for each of your relationships, you'll be more fulfilled, content, and at peace with that person. However, sustaining the chemistry can be tough. There are factors that can affect and change the way we interact with each other, that allow us to identify if being in a certain relationship is still good or healthy for us.

How do we know if we're in a healthy relationship or not? How can we maintain a relationship? We ask those questions a lot when it comes to our earthly relationships, and sometimes even when it comes to our relationship with God. We can say that we're in a healthy relationship if we feel we are happy, fulfilled, content, and have no doubt about keeping that person in our life.

One way to know that you're in a healthy relationship is if there is honesty. Honesty is an important value to uphold in any relationship. It's the foundation of trust and loyalty between two people. Of course, we need to remember that we still need to be cautious in how we speak our truth. If being honest involves coming clean about an issue that the other person may not receive well, make sure to think it through before having the conversation. Be considerate of the other person's perspective and devise a way to explain your side without being confrontational. That way, the other person can see your intentions are pure and that you are willing to understand and compromise, for the sake of growing together and working on the relationship.

The same goes with our relationship with God. Most of us have moments when we second guess our faith, especially when we go through hardships. This happens when we ask for many things,

which we can't sometimes handle once God hands it to us. We have a habit of looking for someone else to blame when things get rough. We sometimes even blame Him! If we exert as much effort onto our relationship with God as much as our relationships here on earth, we can understand His ways better. We will discover how to communicate with Him, and hear what He is trying to tell us through how our lives unfold. We have to remember that God loves us and will always be there for us no matter what. We just have to put our trust in Him.

To conclude, it's vital for any relationship to include God. Facing challenges and hardships by praying together and asking for guidance is helpful. Make God the center of your relationship and both of you see things more clearly and helps you make the right decisions.

Involving God through prayers will guide you through your discernment and give you clarity that will help you avoid regret. ■





**SCHEDULE OF PUBLIC & LIVE-STREAMED MASSES**



**Weekend**

**Saturday 6PM | Sunday 7AM, 10AM, 5PM**  
 Online reservations only via [www.churchseatbooking.com](http://www.churchseatbooking.com)

**Weekday**

**Monday to Friday 7AM, 6PM**  
 Walk-ins allowed for public masses

**YOU CAN SEND US YOUR MASS INTENTIONS ONLINE!**

For inclusion of your prayers of **Thanksgiving, Special Petitions and Repose of Souls in CTK's masses**, please visit [christthekingparish.ph/mass-intentions](http://christthekingparish.ph/mass-intentions). You will also find information on how to make love offerings.

Tuesday to Sunday 2PM cut off for Saturday to Sunday 10AM Masses | Tuesday to Sunday 2PM cut off for Sunday 5PM Mass

For details, visit @CTKGreenmeadows or [www.christthekingparish.ph](http://www.christthekingparish.ph)



CTK is a Stewardship Parish.  
 Here are ways to show thankful giving.

GCash  
 SCAN TO DONATE

**BDO**  
**CTK Stewardship BDO Account**  
 Account No: 0015-1003-4720  
 (Pastoral Programs)

**PSBank**  
 PHILIPPINE SAVINGS BANK  
**CTK Parish PS Bank Account**  
 Account No: 089-330000-16-2  
 (Parish Operations/ Church Maintenance)

**CHINABANK**  
**CTK Parish China Bank Account**  
 Account No: 242-002031-2  
 (Casa de Silencio)

**COMMEMORATION OF OUR FAITHFUL DEPARTED**

**Triduum of Masses: Main Church 10AM**

Sunday, October 31  
 Online reservation only via [www.churchseatbooking.com](http://www.churchseatbooking.com)

Monday, November 1  
 Walk-in, first come, first served

Tuesday, November 2  
 Walk-in, first come, first served

**Enroll names of your departed via CTK website [www.christthekingparish.ph](http://www.christthekingparish.ph)**

**OR**  
**Write names of departed loved ones on envelopes and drop these in designated boxes in the Main Church.**

Envelopes available at Main Church or parish office.

**Cut off: Saturday October 30, 2021**



Food and cash donations will be sent to Cubao Caritas to augment different community pantries especially those in parishes with large concentrations of poor communities.

**HOW TO HELP**

Please bring your food donations to our pantry drop box at CTK's church lobby.

For cash or check donations, you may choose from the following options:

\* PARISH OFFICE. Checks should be payable to "Christ the King Parish"

\* ONLINE. Payee: Christ the King Parish 1. Bank: Metrobank. Account #: 630-7-63002886-4. Send a copy of your deposit slip.

CTK's Pantry for Others is meant for poor communities even beyond its borders.

We accept donations of:

**FOOD**

Non-perishable food items like rice, canned goods, sardines, pork and beans, tuna, luncheon meat, noodles, milk powder, coffee, crackers, etc.

**CASH**

It will be turned over to Cubao Caritas to purchase perishable and essential food items like, vegetables, eggs, breads, etc.

The Diocese of Cubao fully supports the spirit behind the community pantry initiative. Several parishes have already set up their community pantries. On April 25, 2021, Good Shepherd Sunday, more parishes simultaneously launched its version of the community pantry effort to help ease the worsening problem of hunger especially during the pandemic.



**WARNING | FAKE APPEAL**

September 22, 2021

Please be warned of a **FAKE appeal for donations** for COVID-19 positive sisters supposedly coming from Bishop Raul Martinez.  
**Bishop Raul has NEVER issued any or similar appeal.**

Thank you.

**Fr. Steven Zabala**  
 Christ the King Parish Greenmeadows



CHRIST THE KING PARISH  
 GREENMEADOWS

Christ The King Parish — Greenmeadows





## EQUIPPING OUR CHURCH FOR THE PANDEMIC AND BEYOND

The pandemic has forced us to adapt, and that includes the equipment we use in our church. Aside from installing and upgrading our camera setup for live streaming, Christ the King now has of a giant ceiling fan that to cool parishioners sans air conditioning. The *Herald* interviewed Father Steve about these new installations.

### THE BIG FAN

**How will the fan affect ventilation in the main church? Won't it trap air and allow polluted air to linger inside?**

The main church is not an enclosed space when the aircon is not in use, so the fan won't cause air to be trapped and recirculate. There are two ways by which air is expelled on the lower level. On the upper level, fresh air is drawn in. Hot air, or air inside is pushed out by the fan's breeze by pushing it down and out through the air exits of all the doors and windows in the ground floor level. We had more windows opened last year—at the right side, the extension area, and the chapel side. Fresh air is drawn in through the windows on the second level beside the stained glass windows. Take note that the pier level is about eight meters high.

**How much cooler with the church be?**

Technical studies show that areas that utilize the big fan experience a “cooling-down” effect of about two to eight degrees Fahrenheit. Of course, the temperature drops even more when combined with an air conditioning system. Since we're not using the aircon at the main church, the breeze from the fan gives it “Tagaytay feels,” to quote a Mass goer. The air inside the church is so much better since a large column of air is moved constantly. For now, we are using only 40 percent of the fan's power. As it is, church goers have already expressed that they are more comfortable and able to concentrate more on the liturgies. We have the option to increase power depending on the season.

**How much would be spent on its maintenance? Won't it be difficult to clean when it gathers dust and this goes down to mass goers?**

There's a yearly maintenance schedule to keep the fan clean, do safety checks, to make sure it's in good working condition. Cost would be minimal.

**How will the big fan affect the aesthetics particularly the lighting in the Main Church?**

If properly located and planned, the fan will not have an effect on the lighting levels and the overall aesthetic of the church. Using drawings of the church, we were able to plot the line of sight from the loft area. If you don't really make an effort to look up to the ceiling, the fan is non-obtrusive at all.

**What measures did you suggest to prevent the big fan from having a distracting strobing effect in the church?**

The rule of thumb is to put a good distance between the lights and the ceiling fans of about one to one and a half meters. In this case, we

have a very wide fan so we opted to remove some lighting fixtures and moved others to avoid strobing. We also need to consider the aperture of the light to ensure it does not hit the fan blades. We transferred four spotlights above the location of the fan to the other columns of lights on the ceiling away from the fan.

For the lighting issues, CTK consulted Jinkie de Jesus-Tiaoqui, a light design expert with more than 15 years of international experience. She gained expertise and training from UP Diliman and the Istituto Europeo de Design in Milan. Jinkie has done extensive light design in Singapore for several years and has been at the forefront of illuminating major airports, hospitality and leisure spaces, cities and more.

### ZOOM CAMERAS

**What are the camera installed in church and why was there a need to upgrade?**

We recently acquired three robotic cameras or PTZ (pan, tilt, zoom) cameras. These can be controlled remotely with a joystick, pan left or right, tilt up and down, zoom in and out. There's no need for our sacristan-camera operator to race from his work area to the choir loft to adjust the angle of the two fixed cameras. Not only is this distracting to our public Mass goers, it is also dangerous for our camera staff. Plus the rush may sometimes cause jolts in focusing which may be distracting to our online viewers.

The robotic cameras are located on the left and right sides of the church and underneath the choir loft. Each has 20x lens which allows it to zoom to the image on the altar even from afar.

**What other live-streaming equipment have we invested in?**

We also bought a Black Magic Atem Mini Pro Extreme switcher. This has more advanced features, like eight HDMI inputs for instance. This allows us to connect four cameras (three robotic and one traditional). We still have four slots to connect a laptop, a media player, or more cameras.

**How will this new equipment enhance public and online worship?**

The pandemic has highlighted the need to address the requirements not only of Mass goers but also of our ever-growing online community. Pre-pandemic times, it was enough to enhance audio systems. But the “new normal” in our worship necessitates constant upgrades in our live-streaming equipment. This ensures a premium and heartfelt worship experience in our liturgies or events, both for those who attend physically inside the church and our online community. ■