



THE HERALD

CHRIST THE KING PARISH • GREENMEADOWS



'HANG IT ON THE CROSS'

By Cubao Bishop Honesto F. Ongtioco DD

February 5, 2022, Saturday, was a historic day in the parish life of Christ the King Greenmeadows. In solidarity with the Philippine's yearlong celebration of 500 Years of Christianity, CTK welcomed the Jubilee Cross in its church where it will stay until March 5, 2022. No less than Cubao Bishop Honesto F. Ongtioco DD presided over the Welcome Mass with concelebrants Fr. Steve Zabala, Fr. Rowan Rebutillo, and Fr. Reg Tiongson. Fr. Rey Paglinawan served as MC. In his homily, Bishop Ness highlighted the significance of the visit in three words: gratitude, missioning and witnessing. Here are his reflections.

GRATITUDE

As we look back to our past since the planting of the seed of faith in our Philippine soil, we thank the Lord for His countless blessings. We cannot thank God enough for the gift of faith. What kind of life will we live and enjoy if we have never heard of Jesus and His good news? Would we know how much we are loved by a merciful and compassionate God empowering us with that same love to love others? Would we have hope and see some light in the midst of this pandemic, political and economic crisis and other burning issues

that affect our nation, our people and our future? Would we have the heart to reach out to others in the midst of difficulties? Many people getting hungry, losing some of their loved ones, losing their jobs, business and other ways of supporting their families.

Because of the faith, we have learned how important it is to bond, to journey together in a synodal way, and to care for one another. We learned the importance of growing together and bringing each other to Christ who unites us. Because of the faith, we are taught that we have a mother, Mary, who loves us, who guides us, who intercedes for us, and who never leaves us alone but loves us the way she loves her Son Jesus. Yes, we will never be alone as we journey in this valley of tears.

We give some attention to an important symbol of the faith. It is the Cross. It used to be a sign of punishment for criminals. But when Christ was nailed on this cross, its meaning radically changed. The Cross becomes a symbol of deep and true love. "Greater love has no one than this, to lay down one's life for one's friends."

During this 500 Years of Christianity (YOC) celebration, we renew our appreciation of the meaning of the cross in our life. The cross is a sign of hope because in the cross, there is life beyond

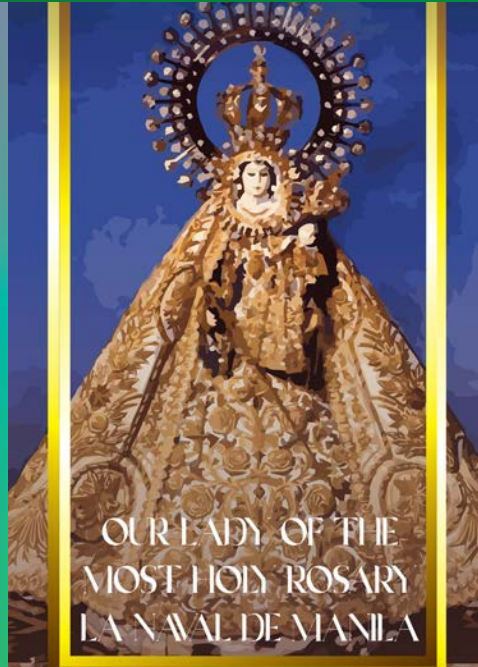
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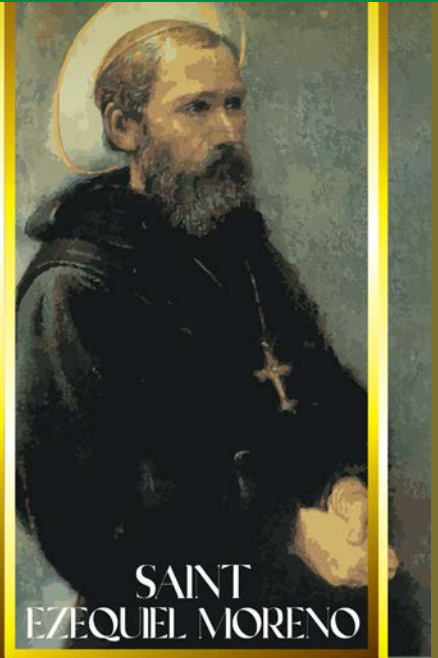
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500 Years of Christianity
Diocese of Cubao Logo



OUR LADY OF THE
MOST HOLY ROSARY
LA NAVAL DE MANILA



SAINT
EZEQUIEL MORENO

Sa Puso, Divya'l Gawa.
Sa Palnubay ni Jose'l Maria.
Limang Daang Taon ng Biyaya'l Awa!

Prayer

Holy Mary, at the sound of your voice, Elizabeth, was filled with the Holy Spirit, and the baby in her womb leapt for joy. Visit us as you visited the home of Elizabeth. During our earthly pilgrimage towards God's kingdom, may we magnify the Lord whose greatness endures from age to age, who lifts up the lowly, fills the starving with good things, and comes to the help of His servants.

Our Lady of the Rosary of La Naval, Our Mother, first disciple of your Son Jesus, intercede for us in our most earnest request (pause for a moment and offer your petition).

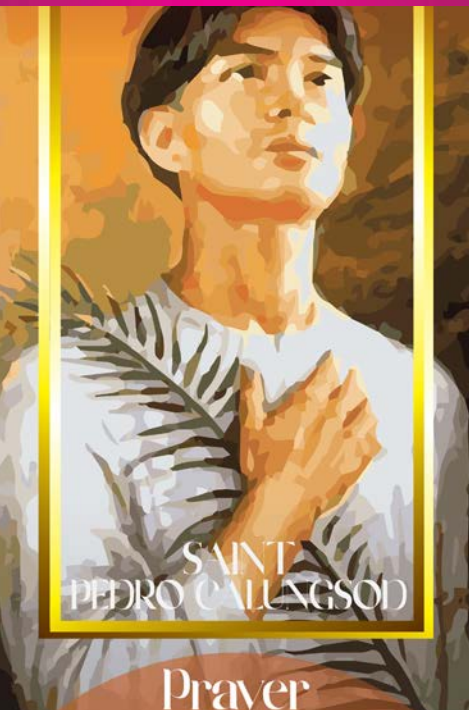
May we, in turn heed your unceasing call to do whatever your Son tells us to do. With your powerful intercession, we believe that what is most difficult can be done, what we have overlooked, you cannot miss, what is meaningless, bitter or painful can be transformed into fulfillment, gratitude and joy. Amen

Prayer

Loving God, in Saint Ezequiel Moreno you have given us a model of courage in times of suffering. I turn to you at this moment of my life for strength.

Grant, through the intercession of Saint Ezequiel, that I may receive your healing comfort and be restored to health of mind and body, should it be your holy will.

I also offer this prayer for those who are suffering from cancer and other life-threatening diseases, through Jesus Christ our Lord. Amen.
St. Ezequiel Moreno, Pray for us.



SAINT
PEDRO CALUNGSOD

Prayer

Saint Pedro Calungsod, young migrant, student, catechist, missionary, faithful friend, and martyr, you inspire us by your Fidelity in times of trial and adversity, by your courage in teaching the faith in the midst of hostility and by your love in shedding your blood for the sake of the Gospel of Jesus.

We beg you, make our cares and troubles your own (here mention the special intention you are asking him to bring to the Lord) and intercede for us before the throne of Mercy and Grace, so that as we experience the help of Heaven, we may be encouraged and strengthened to proclaim and live the Gospel here on earth. Amen.
Saint Pedro Calungsod, Pray for us!



Servant of God
DARWIN RAMOS

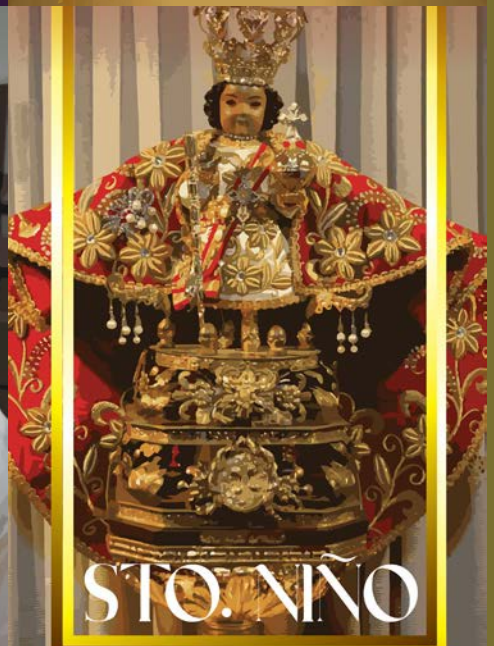
Prayer for the Servant of God

O God of all Joy, Father, Son, and Holy Spirit, you never leave alone those who are in a time of trial.

We thank you for giving us, in Darwin Ramos, a street child, an illuminating example of Christian life. During his short life you gave him the grace of simple never-failing faith of joyful hope in illness, of endless charitable concern for his neighbor.

We pray you grant your servant Darwin glorification on earth so that young and sick people may find in him a master Joy.

Through his intercession, hear our prayer, (express it here). We ask this, through Jesus-Christ, our Lord. Amen.
Our Father/Hail Mary/Glory to the Father.



STO. NIÑO

Prayer

O miraculous Santo Niño, prostrate before your sacred Image, we beseech you to cast a merciful look on our troubled hearts.

Let Your tender love, so inclined to pity, be softened at our prayers, and grant us that grace for which we ardently implore you. Take from us all unbearable affliction and despair. For your sacred infancy's sake bear our prayers and send us consolation and aid that we may praise you, with the Father and the Holy Spirit, forever and ever.
Amen.



SAINT JOSEPH

Prayer

Hail, Guardian of the Redeemer, Spouse of the Blessed Virgin Mary. To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man. Blessed Joseph, to us too, show yourself a father and guide us in the path of life. Obtain for us grace, mercy and courage, and defend us from every evil. Amen.

St. Joseph, Pray for us.

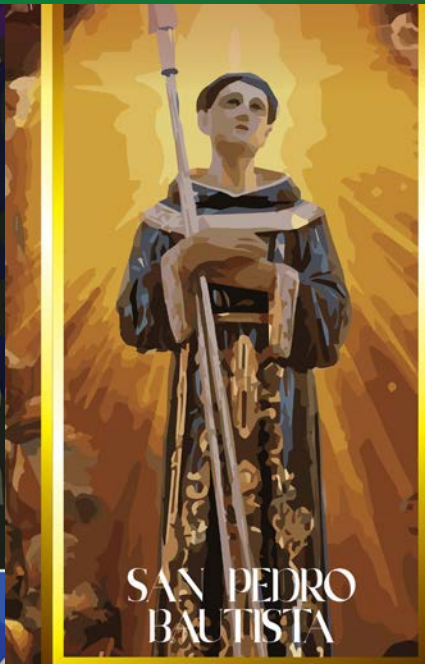


Saint Lorenzo Ruiz

Prayer

Grant us, O Lord God, the patience of your martyrs Saint Lorenzo and his companions in your service and in that of our neighbor, because they who endure persecution for the sake of justice are blessed in your kingdom. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, forever and ever. Amen.

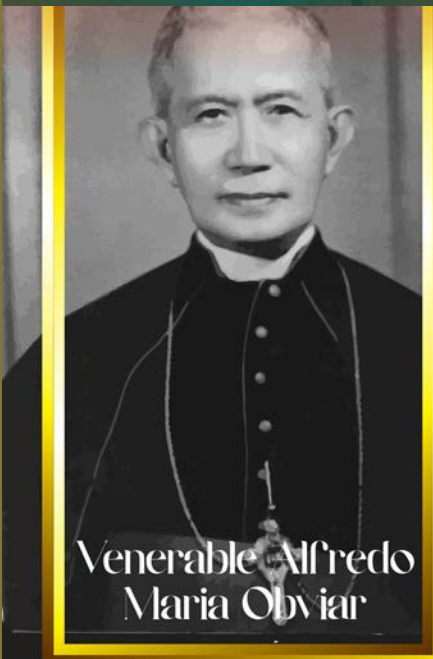
Saint Lorenzo Ruiz, pray for us!



SAN PEDRO BAUTISTA

Prayer

O loving San Pedro Bautista, living image of Jesus Christ crucified, I come before your altar to implore your powerful intercession. [Fervently mention your petitions] By your death on the cross, I ask you to protect me against all evils and to teach me the way that leads to God. Behold, O beloved saint, the many enemies that surround us. The devil with his suggestions, the world with its vanities, and the flesh with its enticements invite me to offend my Lord. Help me, O powerful saint, to succeed in my struggle against such enemies. Strengthen my faith, liver my hope, and inflame my heart in the love of God that I may serve God better. Through the faithful observance of His commandments, Be mindful also, O loving saint, of my temporal needs. Bless my work and daily cares, that I may serve God in peace and joy. Amen. Our Father...Hail Mary...Glory...



Venerable Alfredo Maria Obviar

PRAYER FOR THE VENERABLE ALFREDO MARIA OBIAR

Almighty and ever loving Father, You always provide for Your people by appointing shepherds to care for them. You made Alfredo Maria, a faithful priest, a true shepherd to the flock, and a model to his brother priests. We thank You for having raised this servant as an example of humble obedience to the Church, a silent and committed witness to the Paschal Mystery of Jesus. We also praise You, Father, that fired with filial love for Mary, Queen of Carmel and imbued with the simplicity of Saint Thérèse, You inspired Alfredo Maria to loved the institute of the Missionary Carmelists of Saint Thérèse in order to carry out the task of evangelization, an urgent task for the Church today.

In Your merciful love, grant us the grace we now ask (mention your petition), so that You may be glorified and the Church may present him to the world as another witness of holiness. Through our Lord Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Our Father ... Hail Mary ... Glory to the Father ...

Our Lady of Mount Carmel, pray for us, Saint Joseph, pray for us, Saint Thérèse of the Child Jesus, pray for us.



VENERABLE MOTHER IGNACIA DEL ESPIRITU SANTO

PRAYER FOR THE BEATIFICATION OF VENERABLE MOTHER IGNACIA DEL ESPIRITU SANTO

Father in heaven, Your name is glorified over all the earth in your saints, men and women, distinguished by a whole-hearted service and love for You. Through them You have established religious congregations in Your Church. In Your goodness and mercy, You have looked with favor on your people in the Philippines and have chosen from among them your lowly handmaid IGNACIA DEL ESPIRITU SANTO to be the foundress of a religious family under the special protection of the Blessed Virgin Mary. We humbly ask You, then, to glorify your name in her by performing the miracles needed for her beatification. Through Your Son, our Lord and Savior Jesus Christ, (Petition). May her prayers and intercession obtain for us the favors we ask for, particularly that of remaining ever faithful to Your love and service. Amen.



Venerable Mother Francisca del Espiritu Santo

Prayer for the Cause of Venerable Mo. Francisca del Espiritu Santo

God, Father Almighty, in your infinite wisdom, You have willed that Your Servant Francisca del Espiritu Santo de Fuentes be the Foundress of a Filipino Religious Congregation. An instrument of your ineffable holiness, Francisca del Espiritu Santo de Fuentes touched so many lives and continues to edify our Filipino people. Let her beatification and

Canonization be yet another outpouring of Your love to Your chosen people in the Far East and an added blessing to the Universal Church. In the Power of the Holy Spirit, who filled the heart of Francisca del Espiritu Santo de Fuentes, We lay down all our petitions before you (mention them) so that at the end, we can all sing: "Glory be to the Father, and to the Son and to the Holy Spirit." Amen.

PILGRIMS TO CTK UNTIL MARCH 5, 2022 WILL GAIN A PLENARY INDULGENCE

A plenary indulgence is gained only once a day. One must be in a state of grace, and must fulfill the following conditions:

- Go to confession
- Attend the Holy Mass
- Pray for the Pope's intention (recite the Our Father, Hail Mary, and Glory be)
- Say the prayer to Christ the King
- Perform a work of charity



A WEBINAR ON
GIVING LIFE TO THE
MISSION THROUGH A
PARISH FOR OTHERS

MSGR. ESTEBAN "BONG" LO, LRMS
NATIONAL DIRECTOR
PONTIFICAL MISSION SOCIETIES IN THE PHILIPPINES

7:00 PM | FEBRUARY 19, 2022

BROUGHT TO US BY THE VICARIATE OF
OUR LADY OF PERPETUAL HELP



LIVE VIA FACEBOOK PAGE AND YOUTUBE CHANNEL OF THE
ROMAN CATHOLIC DIOCESE OF CUBAO

Prayer to Christ the King

O Christ Jesus, we acknowledge you to be the King of the universe. Exercise over us all your sovereign rights. We hereby renew the promises of our baptism, renouncing Satan and all his works and pomp. We engage ourselves to lead a truly Christian life. And in a special manner, we undertake to bring about the triumph of your love and mercy in the Church, in our community and in our family. Divine Heart of Jesus, we offer you our endeavors to be solely Thine. May the Kingdom of your peace be firmly established in our home, in our hearts, and throughout all the earth. *Amen.*

Panalangin kay Kristong Hari

O Banal na Kristo Hesus, ikaw ang Hari ng buong sanlibutan. Maghari ka nawa sa aming mga tahanan. Pinagpapanibago namin ang mga pangakong aming sinambit sa aming binyag na itakwil si Satanas, ang kanyang kapalaluan at masamang gawain. Nangangako kaming mamuhay ayon sa tunay na Kritiyanong pamumuhay. Sa isang natatanging paraan, nawa'y lagi naming papurihan ang tagumpay at ringal ng Iyong wagas na pagmamahal at awa, sa Simbahang Katolika, sa aming mga pamayanan at sa aming mga pamilya. O Banal na Puso ni Hesus, iniaalay namin sa Iyo ang lahat ng aming pagsusumikap at pintuho. Sa Iyong kapangyarihan, O Kristong Hari, punan Mo ng kapayasaan at pagmamahal ang aming mga tahanan, ang aming puso at ang buong sanlibutan. *Amen.*



Worship Ministry Mini Conference January 22, 2022



WALKING TOGETHER AS A CHURCH

Lessons from the CTK Worship Ministry Mini Conference

By Rissa Singson-Kawpeng

Almost a hundred parish volunteers belonging to its various ministries attended the online Worship Ministry Mini Conference on January 22. After the preliminary program that included an opening song cum prayer by the Novo Concertante Manila, Father Steve Zabala gave the talk to his eager co-workers in the Lord’s vineyard. His topic: Synodality.

The Synod on Synodality is a two-year process of listening and dialogue that will culminate with the Synod of Bishops at the Vatican in 2023. Christ the King parish participated in the synodal consultations last year, where parishioners divided into small groups, gave their inputs on ten questions that the Pope and bishops are seeking answers for.

In his talk, Father Steve defined synod as walking or journeying together. He started with a historical background of papal authority and the role of bishops in the church so

his listeners could have a better grasp of what Pope Francis is trying to accomplish in this upcoming synod.

From a dominant papal power that exercised moral but not administrative authority, to the rise of the bishops to rule over the church with the pope, Father Steve explained that Pope Francis wants synodality to permeate all levels of the church—the laity, the pastors, and the bishops of Rome walking together and actively participating in the life and mission of the church.

Previous synods throughout history—like the famous Vatican II that renewed the Catholic Church in modern times—involved only the church leaders. But this time, the Pope wants us, the laity, to be part of the discussion. Towards the end of his talk, Father Steve referred to the Micah 6 where God asks Israel to walk humbly with Him. “Because we have freedom, not all will walk with Jesus,” Father warned. But if we respond to Pope Francis’ call to synodality, we will become a missionary church that listens to the voice of the Spirit and goes forth as God’s people. 👑

DRIVE-BY BLESSINGS IN CTK VILLAGES



White Plains

By Betsy Tenchavez

For many of us who have missed going to the Blessed Sacrament at the parish especially after daily Mass, November 17 was a day of excitement and jubilation in White Plains. It was a welcome sight as Barangay Captain Butz Tenchavez drove his pickup with a loudspeaker playing the music of Mozart to warmly announce the advent of the Blessed Sacrament.

Fr. Steve Zabala stood tall at the back of the truck, enduring the heat of the sun and the humps of the rolling streets of the village, as he held up the Blessed Sacrament.

Residents patiently waited outside their gates or on the streets to catch a glimpse of the Blessed Sacrament and pay homage to the Lord.

Attendance in White Plains was higher than last year and had the most attendees compared to the other villages visited, cited Father Steve.

White Plains residents warmly welcomed the Blessed Sacrament by waving white flags, white handkerchiefs, and even white scarves. Some lighted candles as the vehicle carrying the Blessed Sacrament drove slowly. Others carried religious images.

Such were the vibrant expressions of faith elicited by the visit of our Lord through the Blessed Sacrament in this time of the pandemic.

Corinthian Gardens and Greenwich

By Sandra Abad Santos

On November 13, Father Steve came to bless us and our homes in Corinthian Gardens and Greenwich. This was the first of a week-long visit to the communities in the parish as part of the activities for the Feast of Christ the King.

Blessing, defined as God's favor and protection, is what we really need in these times of uncertainty and pandemic.

How joyful we are that Christ has come to us. Much like the centurion in the Gospel who appealed to Jesus to cure his servant, we are not worthy for the Lord to enter our roof. But worthy or not, we were blessed that day, as seen in the happy faces that greeted our Good Shepherd as He passed by our homes. Even a resident who had lost some loved ones this past year to COVID couldn't help

but have a tearful smile from that encounter. Altars were prepared outside some homes as well.

Father Steve's last stop was the clubhouse where a number of residents were gathered for another community activity.

Thank You, Lord. We are not worthy but You said the word and we are healed... kept safe and protected.



Corinthian Hills Village Blessing 2021

By Dinah Uy

My day as village coordinator started early on Nov 20, 2021. Corinthian Hills' blessing was to begin at 7 a.m. We started on time with Father Steve initially blessing our newly built barracks for our security and maintenance personnel. With bells ringing, we began our procession around the village. It was a quiet morning and the first few houses we passed by had no one waiting outside. This made me nervous as I thought to myself, "Oh no! Baka walang mag greet kay Father Steve kasi sobrang aga. Nakakahiya!" But as we turned the curb, a family of four, including their helpers, waved white towels with smiling faces. Thank God!

We proceeded, bells ringing as we walked around. Soon, there was a trail of enthusiastic people that lined the streets. The trail became longer as we went around the whole village. Some residents carried their statues to approach Father. Still, others waved white towels and hankies with their statues on top of tables in front of their houses. It was such a fun and exhilarating feeling! Even though our village residents had no comments or reactions whenever I sent messages on our Viber group regarding this activity, the Catholics turned out to greet our Lord. By God's grace, the event was a success.



Greenmeadows

By Fely Ong

On the morning of November 19, Greenmeadows (GM) residents eagerly awaited the visit of a VVIP, Jesus, who would drive by their homes. The Blessed Sacrament, held up by Father

Steve who was seated on a chair mounted on a pickup truck, departed from the church parking lot at 8 a.m. Father Steve's entourage included members of the GM BEC core group—Fely Ong, Eileen de Leon, Rissa Kawpeng, Beth Monedero, Mai Supetran, and Ana Fernando; and two lay ministers, Anjoe Ramos and Dennis Choa, who followed in another vehicle to sprinkle holy water on the faithful lining the streets. Residents welcomed the Holy Sacrament by waving white hankies and kneeling on the pavement as Jesus passed by.

Fe Cardinez, who was a daily Mass goer before the pandemic forced her to attend online Masses, shared, "I couldn't contain my joy and excitement with the Lord passing by." Another CTK regular, Vicky Kho, said, "We feel blessed for having been visited by the Holy Sacrament when we can't physically be at the church."

It was the second time during the pandemic that Jesus, in the form of the Blessed Sacrament, visited the different villages in the parish. Father Steve noted that more people came out of their homes to greet the Lord compared to the first time last year.



Arcadia

By Fe Flores

Thank you CTK and Father Steve for the BLESSING of Arcadia homes and residents this morning. Most grateful po! Father Steve very graciously made two (2) rounds of BLESSINGS at Arcadia because our subdivision is small. The residents are grateful for this gesture.

Such a comforting feeling to know that we are Blessed. Thank you very much



St. Ignatius Village

By Lulay dela Cruz

Nov 17 was a holy day in our village. The Lord Jesus Christ blessed our village through the Eucharist and Father Steve. It was a surge of joy and excitement from the blessing as our parish

priest raised the Blessed Sacrament. Along the route, we witnessed the faith of people as they paid homage to the Lord's Eucharistic presence and said solemn prayers to Christ the King. The places where He passed, He blessed. And the faithful extolled their God and King!

Acropolis

By May Nitorreda

November 15, 2021 marked another day of blessing for the Acropolis residents as Father Steve brought the Blessed Sacrament around the village. With much anticipation, the Acropolis residents once again lined the streets outside their homes to greet, pay homage, and pray. It didn't matter that the visit fell on a Monday as there were more residents that went out of their homes this year compared to 2020. A village circular, an announcement, and several reminders sent via the homeowners Telegram through Acropolis board secretary Kit Robles, created awareness. The sound of bells ringing along with the Salve Regina hymn that played from Vince Garcia's SUV signaled the arrival of Father Steve and the Blessed Sacrament.

Since Father Steve was aboard a golf cart expertly maneuvered by Dan Ruleda, the residents got a closer view of the Blessed Sacrament. At the same time, they were able to exchange pleasantries with Father Steve this time around. The excitement of the residents was undeniable.

Side by side with Father Steve, extraordinary ministers of the Eucharist Manny de Leon and Leo Tan painstakingly blessed the residents with holy water. Thank You, Holy Spirit for giving them the energy to walk the entire length of the blessed activity.

Bing del Rosario, on his scooter, took beautiful pictures of the residents and captured the joyous moments. Bing demonstrated that riding a scooter is not only for the young but for the "young once" as well. His pictures, including those taken by Vince, were posted in the AGHAI Facebook page, which gave everyone the opportunity to download a memento of the visit.

About 80 percent into the route, the golf cart lost power. But this did not deter Fr. Steve from doing what he does best as a shepherd of God's flock. Father Steve donned a cowboy hat and continued the blessing on foot until he hopped on to the rear end of Vince's SUV. Some of the residents couldn't help but comment that under any circumstance, Father Steve is indeed game, a "cowboy" who is willing to do everything necessary to accomplish his mission. 👑





THE GIVING CONTINUES

By Tessa Mangahas

Fr. Steve Zabala recently updated the CTK parish on the outcome of the 42nd fiesta fundraiser, 500 Years of Giftedness and its contribution to the Typhoon Odette relief efforts. The 500 Years of Giftedness is a gift-giving activity with health care workers, residents of poverty-stricken areas and scholars.

On November 25, 2021, CTK delivered the following:

- Five hundred boxes of vitamins (each good for 30 days) to health care workers of the East Avenue Medical Center, Quezon City General Hospital and the Lung Center of the Philippines.
- Food packs and vitamins to 500 residents of the poorest parishes in the Diocese of Cubao through Caritas Cubao.
- Food packs and vitamins to 500 residents of Barangay Libis and Barangay Bagumbayan.

The initial target of the campaign was to raise P950,000.00 for the intended beneficiaries.

As usual, generous CTK parishioners exceeded the goal. The total donations received reached P2,159,201.00! Cash donations reached P2,080,451.00 while in-kind donations and vitamins were valued at P78,750.00! Father Steve jokingly said that this was the kind of “disobedience” that is very much welcome.

He further informed the parish of the breakdown of expenses, which is as follows:

Food packs:	P 500,191.20
Vitamins for health workers/poor residents:	235,250.00
Tuition fee assistance:	500,000.00

A generous donor gave 500 packs of vitamins and CTK was

able to get a lower purchase price for the succeeding 1000 packs. With the substantial savings and bigger collection, Father Steve said that CTK was able to give additional 500 food packs to Libis and Bagumbayan residents. CTK was also able to increase tuition assistance to talented but financially-challenged students of the parochial schools of the Diocese.

All told, CTK still had an excess fund of around P900,000. This was allocated for food distribution to poor communities, aid to health care workers in government hospitals and Typhoon Odette relief efforts.

To all you donors, thank you very much for your generosity. 🙏





A NIGHT OF MUSIC AND REFLECTION

By Dr. Arwin Tan

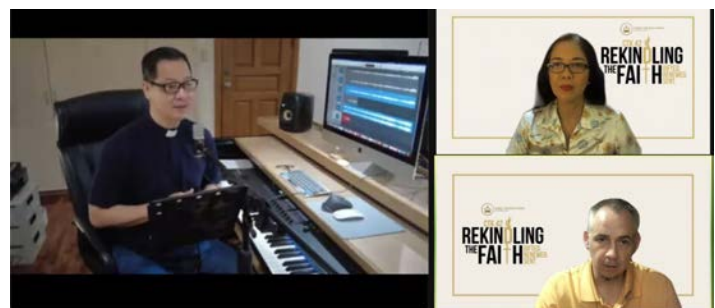
On November 12, 2021, the 42nd Fiesta celebration of Christ the King aptly titled “Rekindling the Faith: Gifted, Renewed, Sent,” kicked-off with its first virtual social event, Praise and Worship! It was an evening of prayer, reflection, and music featuring seven of the resident choirs of the parish: Chorus Paulinus, City of Voices Chamber Singers, CTK Youth Choir, Hail Mary the Queen Children’s Choir, Hangad, John Van de Steen Male Choir, and the Novo Concertante Manila, together with the special participation of CTK parish priest, Fr. Steve Zabala. The singing was made more meaningful with prayers and meditations led by the husband-and-wife team and Ateneo Theology professors, Michael Liberatore and Tinnah dela Rosa.

This musical celebration was the first among the many events carefully planned by the highly commendable Polancos family—Regie, Joanna, Ryanna, and Regina—in collaboration with the CTK Music Ministry. It is also the first time that such a solemn night of music and prayer has been held at the CTK, which hopefully will become an annual event after this inaugural edition. Praise and Worship! was held through Zoom and it was attended by CTK parishioners who were emotionally moved and spiritually refreshed with the night’s program.

The evening started with a welcome address from Father Steve, followed by the introduction of the prayer leaders by the current Music Ministry coordinator, Arwin Tan. Prayer leaders Michael Liberatore and Tinnah dela Rosa went on to lead the devotional reflections aptly connected to the lyrics of the music. After the different choirs sang and Fr. Zabala’s well-appreciated special number, he closed the event with his inspirational message, followed by the video montage of the CTK community performing the CTK hymn, “Christ in Our Hearts” with words by Tessa Mangahas, music by Dodong Sanchez, and arrangement by Nonong Sampang. 👑

The Program

- Hangad, singing “Papuri” with words by Chito Salazar and Jandi Arboleda, music by Norman Agatep, and arrangement by Paulo K. Tirol
- Novo Concertante Manila singing “Atong Daygon” with text from the Eucharistic Prayer II, Tantum Ergo, music by Ralph Hoffmann
- CTK Youth Choir singing “Pascha Nostrum” with Latin text taken from a traditional Easter hymn and music by Jude Roldan
- HMTQCC singing “Pie Jesu” with words from the Latin Requiem Mass set to music by Francisco de Guzman, Jr.
- John Van de Steen Male Choir singing “Deep River” with music by Henry T. Burleigh
- City of Voices/Musikalipa singing “Ave Maria,” a traditional prayer to the Virgin Mary with music by Kevin Memley
- Chorus Paulinus singing “Written in the Sand” with words by Agnes Caballa and music by Danny Tan, arranged for chorus by Fr. Arnold Zamora
- Fr. Steve Zabala’s rendition of the quincentennial song, “Awit sa Misyon” with words by Fr. Carlo Marcelo and Tagalog translation by Fr. Marcelo and Monsignor Hernando Coronel, music by Fr. Marcelo.





WE ARE ONE

By Mina Mejia

"I really was excited when I was younger, but then the pandemic happened and I wasn't able to receive Jesus. I felt bad, so I prayed for an opportunity to receive Him.

"And when my parents told me that we will start having Catechism class in preparation for communion, I was really happy that I will be a step closer to receiving God.

"When we finally were able to have communion, I felt so many different things—nervous, shaky, but I felt more excited. When I felt the host in my mouth, I felt that my brain and heart leaped for joy! I felt so grateful and happy that I finally received Jesus!"

Tala Gan, 11 years old from Laguna

Do you still remember how you felt when you received your first Holy Communion? Last November 20, we witnessed 21 children who eagerly awaited this moment. After two postponements due to the lockdowns, God allowed it to finally happen on the eve of the Feast of Christ the King. The face masks

the children wore couldn't hide the excitement they felt.

The Mustard Seed Ministry held two batches of online Catechism in May and October to prepare children for the Sacrament of Holy Communion. The attendees were from Cebu, Cavite, Laguna, Muntinlupa, Taguig and even Guam—true to our calling as a parish for others. Some opted to receive Holy Communion in their respective parishes after completing the sessions.

"Teacher, what would happen if Adam and Eve did not eat the apple? Will we still be in paradise?" "Why didn't God just destroy the tree so that they wouldn't have eaten the fruit?!" "If Satan is in hell, why is he there in the garden of Eden?" These were just some of the innocent but thought-provoking questions the young participants asked during the online classes.

Their parents and guardians were also invited to an online recollection given by our Fr. Steve Zabala, who spoke on the Real Presence of Jesus. He also officiated the First Communion Mass.

After being away from the church and locked at home for months due to the pandemic, last November 13 was their first time for many of these first communicants get out of the house. They also had their first Sacrament of Reconciliation with Father Fr. Rowan Rebastillo and Father Reg Tiongson. Some of their family members also took the opportunity to go to confession. It was a beautiful sight, with members of entire families going to Confession.

After all, we are one family, one church, one body. 👑

THE BACKWARD KING

By Mina Mejia

During the fiesta celebration of Christ the King, Fr. Steve Zabala treated The Mustard Seed children with a special story about the Backward King. This monarch was very different from all the kings we are all familiar with. He wasn't born in a palace with knights and ladies-in-waiting. Instead of a majestic horse, he rode on a donkey.

The children had fun participating in Father's storytelling. They were asked to shout, "That's backward!" whenever Father makes a stop sign with his hand to emphasize the stark contrast between this backward King and all earthen kings.

"Remember, this Backward King was different! This King rose from the grave to live forever. Now, instead of being the Backward King, He is the Forever King. He is the King to anyone who chooses Him to be their King. Oh, there are still

some people who call Him 'King Backward,' but those who know Him don't call Him that. They call him King Jesus! Jesus wants to be your king too, and if you choose Him to be your king, you will live happily forever, and forever after!" Father Steve narrated animatedly.

He challenged the children by asking them if they would choose Jesus to be their King. The children answered with a resounding yes!

After Father's story, the kids made their own crowns. They assembled and colored paper crowns that bore the words "CHRIST is the KING of every PERSON, every FAMILY, every COMMUNITY, every NATION. CHRIST is the KING of the UNIVERSE!"

Will you also choose to follow this Backward King? Are you ready to allow Him to turn your life upside down, inside out, and backward?

Don't worry, when we decide to follow Jesus, He promises that we will live happily ever after! 👑



CUBAO DIOCESE TO ITS FAITHFUL: DISCERN. BE PARTISAN

By Tessa Mangahas

To prepare for the forthcoming national elections, the Diocese of Cubao is launching a discernment process with the aim of aiding its faithful in choosing its leaders for the next six years. On February 8, 2022, Cubao Bishop Honesto “Ness” Ongtioco issued a pastoral letter entitled “Let us Discern Together.”

In this letter, Bishop Nes stressed that while the Church will keep its non-partisan role and be vigilant in guarding the votes through the Parish Pastoral Council for Responsible Voting (PPCRV), it will be proactive in the preparation of the faithful in exercising its civil and moral right to vote.

Vicar General and CTK’s parish priest Fr. Steven Zabala detailed the step-by-step process that the diocese will undergo in preparation for the elections. He cited the importance of voter education and the discernment process in which the Diocese is enjoining the entire faithful to participate. He said that the discernment process, a mandate of the Catholic Bishops Conference of the Philippines (CBCP), is an act of synodality, of walking together, and an act of listening to the urgings of the Holy Spirit and to each other. In its letter “Seek the Common Good,” the CBCP said, “We encourage voters to be very discerning in their votes. Let the lay groups engage in discernment circles to help one another know the candidates well and choose the candidates with the common good of the whole country in mind and not according to what the candidates promise.”

The diocese will continue its traditional modes of voters’ education through PPCRV seminars, videos, and posters. It has a scheduled Diocese Voters’ Education Seminar via Zoom on February 24. But Father Steve emphasized that beyond these usual forms, the country’s current dismal state aggravated by the pandemic has made the matter of choosing the next set of leaders urgent and crucial. This is the reason why the diocese has decided that more than listening, discussing, and discerning, there should be positive, concrete action and active participation in the nation’s political process.

Father Steve shared that the three-month discernment process will entail forming discernment circles of six to ten people discussing and discerning for one to two hours. Each discernment

circle will tackle the sanctity of their vote and responsibility and how their vote will translate to witnessing. The exercise will also entail mock elections to scrutinize the backgrounds and track records of each candidate. It will highlight the 4Cs that should be considered in choosing their leaders—character, competency, commitment, and compliance.

The final part of the process may be the most difficult. Father Steve says that when choices have been discerned and decided, one should be a herald and organize circles of discernment among their own families, neighbors, and organizations. He said that each person should be partisan and actively campaign, convince people, and volunteer in their chosen candidates’ groups. The call to action will include actively posting vetted facts on social media, fighting fake news, and when able, sharing financial and material resources to the campaign.

To further stress the objective of the diocese for embarking on this endeavor, Bishop Ongtioco says, “As your pastors, it is our duty to provide guidance to all of our lay faithful. It is our duty to urge the lay faithful to participate in this electoral process with mind, heart, and soul open to the promptings of the Holy Spirit—and if the Spirit so moves you, to be partisan: to actively support and promote the candidates whom you have prayerfully discerned as best able to bring Gospel values to government.”

Father Steve said that the discernment process is nothing new in the mission of Christ. In fact, he says it is always been Christ’s mission to “bring glad tidings to the poor, give sight to the blind, liberty to captives, make a jubilee year.” And with the Philippines sinking to the bottom of the global pandemic response ranking—with more than 54,000 dead out of 3.6 million infected with COVID-19, with one in every five Filipinos experiencing involuntary hunger, and thousands of Filipinos jobless or underemployed—each person’s vote on May 9, 2022, is sacred, crucial and an act of Christian charity and love. 👑



NEXT STEPS AFTER FEB 9 ASSEMBLY PAGPUPULONG TUNGKOL SA HALALAN 2022

DP Kit. We will be releasing the Cubao Diocese's Discernment Process Kit on February 12. This kit will contain:

- the DP circles of discernment **module** developed by Fr. Nelson Orqueta, which is a 1 ½ hour module based on Gospel values, and done in the mode of spiritual conversation
- a DP **guide for facilitators**
- a **parish activation plan**— where we propose steps on how to roll out DP in the parish
- **information material** on the different candidates,
- and other **supplementary material**.

Start When Ready. If parishes are ready to begin planning and implementation, there is really no need to wait for anything else.

Laity Lead. Instructions will be given to the Diocesan clergy to support the laity in taking the lead in carrying out the DP in their parishes. So, dear lay leaders and parishioners, spearhead the DP in your parishes.

Facilitators' Training, Feb 16. For those who wish and for those who

may find this session helpful, we shall meet again on February 16, at 8:00pm (zoom link to be sent to your PPC heads). Fr. Nelson will demonstrate the circle of discernment process and explain it further. Since this will practically be a training of facilitators, we hope that participating parishes can also invite those who have the skills and/or training for facilitating group processes, those who are willing to learn, and willing to engage in DP as facilitators. Facilitators play a key role in this discernment process. We are especially interested in tapping and training lay people to be the DP facilitators; however, parishes may also invite priests, religious and seminarians who are gifted or trained along this line.

Other Schedule for Training. If still needed, we will advise you of other facilitators' training schedules.

March Diocesan Assembly. We will gather the Diocesan Laity by mid-March or by the third week of March to consolidate the initial results of the community **DPs** and discern what further action the laity will take.

HIGHLIGHTS OF FEB 9 ASSEMBLY PAGPUPULONG TUNGKOL SA HALALAN 2022



Discernment Process **positively received** by the assembly. This will be the main format of Voters' Education in the parishes.

We are running out of time. True. But let us do our best. Reach as many people as possible. Set targets and timelines, and work hard.

Results Consolidation. Let us move fast and finish the DP by mid-March. We will gather by mid-March or the third week of March to consolidate initial results of community **DPs** and discern what further action to take. The **DPs** in parishes do not necessarily need to stop at that point. The **DPs** can continue, so as to reach as many people as possible.

PPCRV. There might be a shortage of PPCRV volunteers because of the DP, and the mandate of the PPCRV will suffer.

The PPCRV's non-partisanship has to be protected and preserved because it has an important role in ensuring that votes are counted. Some parishioners have to be dedicated to this. Parishes may decide to dedicate certain people exclusively to PPCRV duties. Still, because the DP is a non-partisan process, PPCRV volunteers can in fact—if they wish to do so—serve as DP facilitators without compromising the non-partisan position they must adopt as PPCRV.

In the Circle of Discernment module, volunteering in the PPCRV will be part of the list of possible actions DP participants can engage in—if they are moved to do something after the DP session.

Candidates' Info. The facilitators do not have enough information about the candidates and their stands on issues. Other groups have done their research and there are existing, updated materials already. We can make use of these materials. Information sheets on the candidates will be provided in the DP Kit.

Other dioceses around the country are also moving in the area of engaging the lay in discernment and participation in election-related activities. While some bishops and priests have decided to take a more visible, frontline role in these activities, most have decided to remain low-key, but are actively providing the laity with guidance and accompaniment. Different modules of DP sessions are being used across the dioceses.

The Diocese of Cubao is also doing its share in sharing our DP module and mechanics with other dioceses.

Non-partisan process. People might ask the DP facilitators: why don't you just tell us who to vote for, since you have more access to information and you know more?

For the facilitator, it could be tempting to give an answer; however, doing so may compromise the non-partisan nature of the process. The DP is also aimed at helping people come to their own decisions, based on the framework of faith that the discernment circle provides, and within the context of prayer and spiritual conversation. People who are allowed to come to their own decisions are also likely to act on the fruit of their discernment. The key for facilitators is to invoke the Holy Spirit, and to trust the process.

CTKP-GM DONATES MORE THAN P4.9M TO CUBAO TAYO FUNDRAISER

By Tessa Mangahas

Call it yet again a case of not following instructions or overflowing generosity.

When the Diocese of Cubao gave CTK a target of Ph4 million as part of the P30M target for operational expenses in 2022, some thought that it was a formidable goal. The diocese needed the funds to answer for the costs of running diocesan operations including salaries, utilities, and catechetical expenses among others.

Apart from giving each of the more than 40 parishes a suggested target, the diocese held a Christmas Chatathon called “Cubao Tayo! One Diocese. One Church” participated in by the different vicariates from 3:00 p.m. to 9:00 p.m on December 4, 2021, at the Lantana offices. Several celebrities and guest sharers and influencers were on hand during their assigned segments to chat with online viewers and accept donations and pledges.

The Vicariate of Our Lady of Perpetual Help to which CTK belongs had its host priests, Fr. Steven Zabala of CTK and Fr. William Garcia of the Nativity of Our Lord parish. They were joined by co-hosts, television personality Diane Medina and CTK BEC coordinator Eileen de Leon. The entire Dabarkads of Eat Bulaga, CTK’s Novo Concertante, and singing priests Fr. Steven, Fr. William, and Fr. Ricky Montanez provided the entertainment numbers. Multi-awarded author-influencer and CTK’s The Herald editor-in-chief Rissa Kawpeng provided some spiritual insights in the segment.

At the end of the day, Fr. Steve reported that CTK raised a total of P4,994,500.00 in cash and pledges exceeding the target by almost a million pesos. Cash donations amounted to P4,789,500.00 and pledges worth P205,000.00. Fr. Steve said that the amount was turned over to the Diocese of Cubao. Marlon Manaol one of the fundraiser’s organizers said that as of January 2, 2022, total funds raised reached P18,302,052.75.

The Diocese of Cubao continues to accept donations and pledges. Thank you once again to CTK’s generous donors!



Cubao Tayo reading

Tara na sa CUBAO TAYO

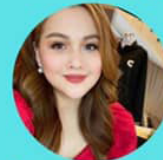
Christmas
CHATATHON
to P30 Million

TULUY-TULOY ang SAYA

Live streamed on Dec 4, 3-9 PM
Cubao Diocese FB and Youtube



Our Lady of Perpetual Help Vicariate



Ms. Dianne Medina
Celebrity Host



Ms. Eileen de Leon
Celebrity Host



Eat Bulaga Dabarkads
Celebrity Performers



Novo Concertante Manila
Celebrity Performers



Fr. Ricky Montanez
Priest Performer



Fr. William Garcia
Priest Host & Performer



Fr. Steve Zabala
Priest Host & Performer



Ms. Rissa S. Kawpeng
Spiritual Formator

with Novo Concertante Manila and many more special surprise guests!!!



Team OLPH





THE CTK SYNOD HARVEST

By Bing del Rosario

The following are highlights from the official report Christ the King Greenmeadows (CTK-GM) submitted to the Diocese of Cubao on the Synodal Talks in preparation for the forthcoming Synod on 2023. This first part speaks of the process and the inputs culled from online gatherings of the different sectors of the parish community, which is a preparation for the Synod of Bishops in Rome next year.

The Process

CTK-GM first set up a core synod team, consisting of a facilitation lead Loung Cuartero, scheduling and logistics head Maan del Rosario, and overall coordinator Bing and Elise del Rosario, plus advisers Tessa Mangahas, Albert Cuadrante, and Leila Banico, headed overall by parish priest Fr. Steve Zabala. The facilitation lead identified, over the span of ten days from October 2 to October 12, twenty-four parishioners with proven track records and invited them to join the facilitators and note-takers team.

The Virtual Gatherings

The focus of the CTK-GM core team was to ensure maximum participation by the Libis Basic Ecclesial Community (BEC), the only underprivileged sector in the parish; and the kasambahays, who are part of the households in the gated communities. Hence, the very first sessions were five simultaneous synod conversations with Libis residents on October 23, organized by the BEC-Libis. No major CTK-GM group remained untouched in the drive to generate participation in the synod conversations. The biggest ministries, Extraordinary Ministers of Holy Communion (EMHC) and Lector-Commentators, each had a number of sessions. All the villages participated. Other ministries also fielded participants—Sunrise, Youth, Young Catholic Professionals, Catechetical, and Family and Life. The organizations and movements also had their synod conversations—CFC, CFM, Buklod ng Panginoon, Diwanihan Kristiyano, Knights of Columbus, Ladies of Charity, CWL. Even the parish staff formed their own synod grouping.

The Listening

Companions on the Journey. The family members are the most important companions on the journey. Typically, parents influence their children, the father provides support for the religious journey,

and in turn, the mother pushes her children on their own faith journeys.

Interactions. There are limited interaction between ministries. Also, given the economic class divide, the majority of well-to-do parishioners unconsciously “tune out” their poorer neighbors.

Speaking Out. The priest is acknowledged as the official spokesperson for the parish. But can we adopt the practice of other denominations to allow laity to occasionally talk at the altar?

Celebration. It’s impressive that as the whole, CTK-GM has good homilists; lively music on the weekends; effective lectors and commentators; and there’s always enough EMHCs to assist.

Common Mission. CTK is blessed to have the unique mission of being a “parish for others.” That has arisen from more than a decade of being a Stewardship Parish. Most of the parish activities and projects align with this mission. Its focus on social action is unique and highly commendable. CTK’s Oplan COVID and Pantry for Others are great examples of how the Church can touch those who have been marginalized by the pandemic. It was also pointed out that the Libis community has been the beneficiary of so much giving from the rest of the parish. When that community expresses a need, there is always someone or a parish group ready to help. Perhaps it’s time to “distribute the wealth” and go to the other areas of the diocese that need more help?

Ecumenism. Catholics are often criticized for not being friendly, welcoming, and sociable—we arrive just in time for the Mass then quickly leave at the end, unlike our other Christian counterparts like CCF, Victory, and other Pentacostals and evangelicals. They do a lot of socializing before and after service. Can we introduce the concept of “fellowship”? Maybe we can bring in features of the services of other Christian faiths to make ours livelier?

Authority and Participation. CTK-GM is a big parish that covers a large geography, a large number of parishioner families, and a large and very involved laity. But size also presents a problem since it can be intimidating and it’s harder to feel a sense of belonging and camaraderie. The solution is to have small groups where involved parishioners can be part of, and which naturally fosters this feeling of belongingness.

Forming Ourselves in Synodality. Participants were guardedly optimistic that the Catholic social teachings on human dignity, common good, social justice, and reducing the wealth gap are not just “flavor of the month” topics but would be taken seriously by the clergy and the faithful, given that Pope Francis continues to lead. 👑



Duplex homes soon to be turned over to beneficiaries

AIC PHILIPPINES PROJECT TO BE PRESENTED TO THE 2022 SESSION AT THE UNITED NATIONS IN NEW YORK

By Tessie Fajardo

AIC or International Association of Charities is an NGO of women with more than 100,000 volunteers in 55 countries who work in their local communities to combat poverty. The Ladies of Charity - AIC Philippines is a member of AIC International.

The Vincentian Family Coalition members are AIC, Congregation of the Mission, the Daughters of Charity, the Sisters of Charity Federation and the International Confederation of the Society of St. Vincent De Paul. The coalition chose homelessness as the focus of its advocacy work at the United Nations.

AIC International and AIC New York has chosen our Ladies of Charity (LOC) project “Rebuilding Houses Damaged by Typhoon Rolly in Naga City, Philippines” as part of the First Vincentian Family Project for the upcoming session 2021 -2022 at the United Nations, with the topic “What Happens When People Have Housing? Better City—Better Life,” which we presented to the coalition last October 28, 2021.

Our project started right after typhoon Rolly hit the Bicol region in November 2020, which was the world’s strongest typhoon in 2020. Typhoon Ulysses came eleven days later.

LOC-AIC Philippines immediately sent support to LOC Naga City and LOC Libon, Albay. All our units in eight regions showed solidarity by giving donations. AIC International also sent donations.

The ocular visit and assessment after the typhoon made by the basic ecclesial community of St. Jude Thaddeus parish showed 1,980 individuals were forced to leave their homes, 309 houses partially damaged, and 58 houses destroyed in their parish.

Together with our partners Fr. Francis Tordilla, parish priest of St. Jude Thaddeus and Melba Vera Cruz, diocesan president of LOC Naga City, we were able to rebuild 58 houses.

Last September, the local government of Naga City gave 20 lots to 20 informal settlers living in sub-human condition in damaged houses and needing relocation. We were able to get donations for seven houses from the Vincentian Family Homeless Alliance based in London, three houses from AIC International, and two houses from LOC-AIC Philippines. The 12 new, one-bedroom and toilet duplex and lot will be awarded to 12 families.

The ground-breaking ceremonies and distribution of Certificate of Lot Allocation was held last November 19. Construction of the 12 duplex houses started on December 1, 2021 and is located in St. Isidore Village, Barangay San Isidro, Naga City.

There are still eight families praying and waiting for donors to help them have a decent home. Each house cost only P70,000. Interested donors may contact Tessie Fajardo, president of the National AIC Ladies of Charity, at 09178114424. 👑



Gemma Navida and family eagerly await their dream homes



WE SERVE BECAUSE WE LOVE

By Menchu Pascual

“We serve because we love” is the guiding principle of the Social Service and Development Ministry (SSDM) of Christ the King Parish, also known as a parish for others, together with the SSDM of the Diocese of Cubao. Our guiding principle was inspired by a quote from the Bible, “In the end three things last: faith, hope, and love, and the greatest of these is love” (Corinthians 1:13).

The COVID-19 Pandemic has no doubt caused aches and pains from loss of jobs and loved ones, among others. But it also came with its benefits. Being confined at home allowed us to reflect on what really matters in life. It has been a time of possibilities and opportunities—for silence and contemplation; to focus on family and home; to reconnect with long-time friends and relatives; and to evangelize and be evangelized.

Seeing the suffering around us reawakened a deep sense of social responsibility and generosity, bringing us to extend more help to those in need, such as giving to community pantries. At the same time, we saw how we are interdependent and need mutual support in the fight against the virus. Everyone suddenly became conscious of the value of good health. There was also our greatest realization of God’s greatness and our nothingness. No one is invincible, but God’s Word sustains us.

Digital technologies have enabled us in the SSDM to remain connected to each other. We pursued our mission with renewed faith and passion. Our major projects directed to education, poverty alleviation, Catechism, and values formation as we undertook quick response to hunger relief and various forms of assistance to health workers and COVID victims.

Last November, we celebrated 500 years of Christianity and our Christ the King fiesta. Led by our parish priest Fr. Steve Zabala, the Parish Pastoral Council, and the Polancos team,

we carried out several activities. Our SSDM team distributed a thousand grocery bags and a thousand boxes of vitamins to the poorest of the poor families in the Diocese of Cubao and nearby Barangay Libis and Bagumbayan. The recipients were overjoyed with the generous food packs, taking particular notice of the good quality rice and sizable canned goods they received. We also distributed five hundred boxes of Klin-C vitamins with zinc to health workers of Quezon City General Hospital, Lung Center of the Philippines, and the East Avenue Medical Center. In addition, the sum of P250,000 was given to the Diocese of Cubao as financial assistance for scholars. With deep gratitude, we in the SSDM would like to recognize our generous donors and benefactors who made these activities possible.

While we face uncertainties, lifelong learning is a must to meet the challenges of the changing times. Our love for our neighbors will remain steadfast. We embrace the new normal with hope and optimism. Looking ahead, we would like to enhance our ongoing projects and resume our livelihood and feeding programs. We all thank God for the opportunity to love and serve.

The SSDM is composed of Mila Bangco and Menchu Pascual as coordinators, and heads of organizations: Tonette Arizabal of the Ladies of Charity; Alma Yeh and Ching Botero of Catholic Women’s League; Cita Pabillo of Buklod ng Panginoon; Wanda Reyes of the Apostleship of Prayer; and Poying Mauricio of Mother Butler Mission Guild; Anjoe Ramos of Knights of Columbus; and Teng and Bunny Gerochi of Christian Family Movement.

ANGELUS

The Angel of the Lord
declared unto Mary,
ALL: And she conceived
of the Holy Spirit.
Hail Mary....

Behold the handmaid
of the Lord.
ALL: Be it done unto me
according to Your Word.
Hail Mary....



Tonette Adelaida, *Parish Cashier*

MORNING OFFERING

O Jesus, through
the Immaculate Heart
of Mary, I offer you
my prayers, works,
joys, sufferings of
this day, in union with
the Holy Sacrifice of
the Mass throughout
the world.



Noel Miro, *Live-Stream Technician, Sacristan Mayor*

I offer them for all the
intentions of your
Sacred Heart;
the salvation of souls,
the reparation for sins,
the reunion of
all Christians;
I offer them for the
intentions of our
bishops and apostles
of prayer and in
particular...



Marj Ruga, *PPC Administrative Assistant*

For these and the
other intentions of
the Holy Father and
our own personal
intentions, we pray

Our Father...
Hail Mary...
Glory be...



John Dequina, *Live-Stream Technician, Sacristan*

CTK'S JEREMIAHS

By Leila Banico

Christmas 2021 seemed like the beginning of the end of the restrictions brought by the pandemic. But not yet. Omicron made its presence felt and, for the safety of everyone, CTK Parish reverted to closed-door online Masses starting Jan 7, 2022 evening Mass.

The service of lectors and commentators for our online Masses was put on hold too.

Manpower turned even leaner when our sacristan cum production guys for our online Masses—Noel Miro, John Dequina, Jay Gascon—and guest priest Fr. Reg Tiongson were not spared from the virus. Thankfully, their symptoms were minimal.

Our ever multi-tasking parish priest, Father Steve wasted no time in giving a half-day production training to our parish female staff Esmer Magalong, Bella Consulta, Tonette Adelaida, Marj Ruga, and Eula Victorio.

Our other guest priest, Fr. Rowan Rebutillo, had just left for the U.S. for a speaking engagement on the 500 Years of Philippine Christianity. But how the Lord provided! Fr. Rey Paglinawan and Fr. Arvie Bello, the latter who was on a short break from his studies in Rome, came to the rescue.

Our parish office girls stepped up and filled in not only for the online Mass production tasks but even the Lecom duties. Tonette and Marj took turns as lector-commentator for weekday Masses while Father Steve and Father Rey pitched in for the weekend Masses.

Bella, Eula, and Esmer learned how to stream our Masses in a jiffy while Eugene Catungal assisted as a cameraman—a skill he mastered at the start of the pandemic.

Tonette and Marj delivered the lector tasks so well that some parishioners thought they were nuns who are helping our CTK priests. Meanwhile, the production team of Bella, Eula, and Esmer live-streamed our Masses with ease.

Good news came with the negative COVID test results for Noel, John, and Jay on January 18.

With encouragement and little push from our parish office manager, Nerisse Lazaro, Noel and John proved their worth as lectors too.

Tonette, Marj, Noel, and John never imagined themselves proclaiming the Word of God. But the Lord has His plans set for them. Like Jeremiah, who resisted the call of the Lord by complaining that he was only a child and didn't know how to speak (Jeremiah 1:6), the Lord put the word in their mouths. Indeed, they are CTK's Jeremiahs! 👑



Parish office staff were excited to learn the ropes of live-streaming and lector service from Fr. Steve. Good job, guys!



CHRIST THE KING PARISH
GREENMEADOWS

The Catechetical Ministry Presents

**ADULT SACRAMENTS OF INITIATION
BAPTISM, CONFIRMATION, AND EUCHARIST**



Required Classes (2pm via Zoom):
March 13, 19, 26, 27, April 2, 9, 10
Sacramental Rites: April 23, 2022 8-11am

Christ the King Parish Greenmeadows,
Brgy. Ugong Norte, Quezon City

Please register for the 7-session online catechetical classes
ON OR BEFORE MARCH 13. All sessions are required.
Classes are free of charge.

To register, please call the Parish Office at +632 86330280 and
look for Ms. Marjorie Rugga. You can also send us a text
message at +63 917 153 6091. Thank you!



EMHC AND LECOM SERVICE AWARDS. CTK Service Awards were given to retiring EMHC and LECOM members after the 42nd Fiesta Mass for their years of committed service in the worship ministry. Shown flanking Father Steve are (front, L-R) Mondy Mondoñedo, Mila Mondoñedo, Cecile Santos, and Ed Bartolata. Standing at the back are (back, L-R) David Ong, and Eli Santos. Not in photo is Mila Bangco.



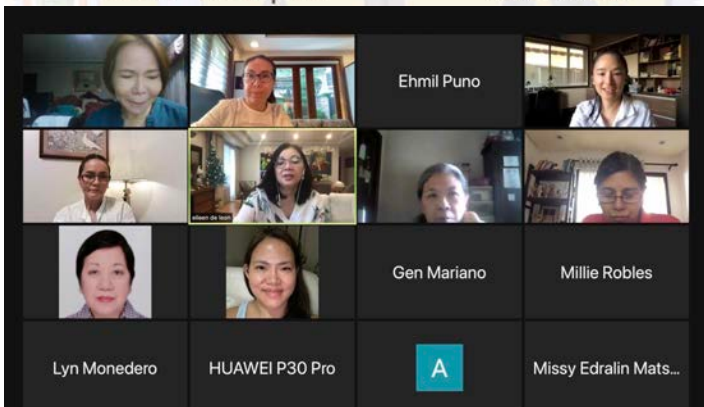
CONFIRMATION 2021. Fr. Steve with some confirmands during the rites held last November 21, 2021. A total of 31 confirmands received the Sacrament of Confirmation as part of CTK Fiesta activities.

CTK-GM BEC invites you

HOME HACKS
hacks you wish you knew

Nov. 9, Tuesday
3:00-4:00 pm

zoom
ID: 381 980 7426
code: 864327



LEARNING EASY BUT ESSENTIAL HOME HACKS

By Fely Ong

The CTK basic ecclesial community (BEC) group in Greenmeadows had another fulfilling zoom activity on the afternoon of November 9 entitled “Home Hacks You Wish You Knew.” The resource speaker, Jenny de Leon, shared tips on how to be handy moms especially during the pandemic. Jenny taught her mostly female audience the basic tools you need to have at home and how to use them to fix common house problems. Greenmeadows resident Rissa Kawpeng then gave a biblical reflection on the value of resilience, especially during the time of the pandemic. 🙏



MINISTERS OF THE WORD COMMISSIONED

By Tessa Mangahas

Forty-four lectors on-site and 77 others online were installed by Fr. Steve Zabala on December 5, 2021. The lectors attended the required number of formation seminars and renewal workshops conducted by CTK parish and the Cubao Diocese. In his homily, Father Steve harped on the value of humility in service—being a “nobody” in the eyes of men—but being a dutiful servant in the eyes of God. Thank God for their selfless service amid all the challenges of the times, including the ongoing pandemic! 👑

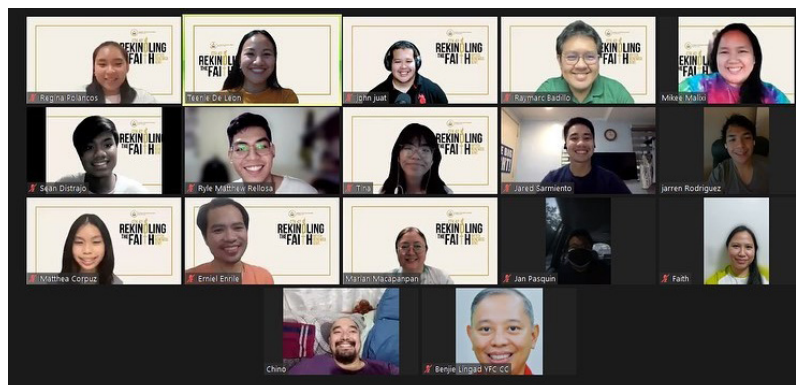
PARISH YOUTH DAY KICKS OFF CTK FIESTA

By the Youth Ministry

Every year, CTK’s Youth Ministry puts together the Parish Youth Day that kicks off the celebration of the Feast of Christ the King. The usual setup is similar to a fair, with different activity booths set up by the different youth organizations in the parish. It gives the parishioners a chance to get to know their fellow youth as well as each church org that they can take join.

This was the second year we had to do things online, so the team was a little more used to navigating around the online setup. The youth ministry started things off by putting together a virtual fun run wherein participants were given a week to complete the 5-kilometer run on their own pace and their own way. It was open to everyone because with everything being online these days, it’s important to have something that encourages people to step away from the screen and get moving, even just for a little while.

On the Parish Youth Day itself, those that finished with the fastest time were awarded with gift vouchers. To keep everyone moving and on their feet, the session began with teaching the attendees the dance to the CTK Hymn. The attendees enjoyed learning the dance and said it made them feel more part of the parish now that they know the steps to the hymn. The dance was followed by an afternoon of games and activities. In the spirit of the Feast of Christ the King, there was also a quiz bee round for some CTK trivia. It was fun to see everyone just relax and have fun while learning more about the parish, taking part in the games, and of



course, get excited about the different prizes they were able to win in the raffle draws.

The usual talk portion of the Parish Youth Day happened in a separate event entitled “Life-Changing Journeys,” which was in collaboration with the Young Catholic Professionals Ministry. Instead of the usual structure of just one speaker talking to an audience, the session took the “Fireside Chat” approach wherein a panel of speakers has an open conversation with the audience. Three speakers were invited, each representing possible scenarios the audience may relate to: Sophia Bello was invited to talk about graduating college and starting a career online; Dani Cornejo to talk about having to switch careers because of the effect of the pandemic; and Mark Ruiz shared his story as a business owner during this pandemic hit. The insights shared were reflective and reminded everyone that they’re not alone during these times, and yes, it’s been two years in, but it’s still okay to not have everything figured out. After everything we’ve gone through, the parish is truly blessed to still witness a strong spirit of community even though we’re still just seeing each other through the screen. 👑

ANG GUSTO KO

By Angelica Vilorio

January 2 was the Solemnity of the Epiphany of the Lord. It was also the First Sunday of the Year and Stewardship Sunday in our parish.

Typically, we start the New Year with resolutions and wishes. After battling this pandemic for the past almost 22 months, what are our hopes as we face the New Year? Like the three wise men who journeyed to see the baby Jesus, what star guides us as we go through life? What do we seek to find? How do we become truly wise?

In 2020, I read the book *Advice for Future Corpses and Those Who Love Them—A Practical Perspective on Death and Dying* by Sallie Tisdale. It mentioned an old Japanese tradition where a person writes a poem on New Year's Eve to be read at that person's funeral if they die in the year to come.

I thought it was an interesting practice, so I tried it out for the year 2021. I did it again for 2022 although I wrote it earlier, on Christmas Day. Writing it was a thought-provoking experience. The bottom line: God is truly gracious and generous. *Siya na nga ang may kaarawan, Siya pa ang may regalo o pa-birthday sa akin.*

Let me share my poem for our reflection.

Ang Gusto Ko

Ano ba ang gusto ko
sa darating na taon?
Isang buhay na mas mabuti sana
sa kung ano ang meron ngayon.

Kalusugan para sa lahat.
Isang pinunong mahusay at tapat.
Ekonomiyang tuluyang babangon,
sa kahirapan, di na muli, lilingon.

Ang dasal ko ay isang bansa
na “meron” ang lahat.
Pagkain, bahay, trabaho
at bawat kailangan ay sapat.

Libre naman ang mangarap
na sing tayog ng alapaap.
Ngunit nang silipin ko ang langit,
ang nais ko'y nagmukhang maliit.

Ano ba ang gusto ko
sa darating na taon?
May iba pa palang tanong
na kailangan ng tugon.

Pag-ibig sa bawat tao.
Pagpapatawad sa nagkamali.
Pang-unawa sa lahat ng bagay,
sa kinaiinisan, pagtitimpi.

Bawasan ang galit sa puso.
Sumunod kay Hesus nang totoo.
Maglingkod sa bawat pagkakataon,
Nang wagas, buo, at wasto.

Ito pala ang tamang tanong.
Hindi kung “Ano ang gusto ko?”
Kundi “Ano ba ang gusto Mo, Panginoon?”
Yan ang dapat isabuhay ko.

Ano ba ang gusto ko
sa darating na taon?
Ang gusto ko
ay gustuhin ko sana
at ng bawat tao, Panginoon,
kung ano ang gusto Mo.



THE LAST TIME I FELT LIKE THIS

By Fr. Steven Zabala

At the cusp of yet another year, I am overwhelmed by mixed feelings. Somehow, I feel I'm gripped by something like a continuing Advent when the dark hues of purple are lightened up by the rosy colors of dawn.

TOUCH

Before the pandemic struck, CTK was riding on a high spurred by the celebration of its 40th anniversary. Then March 2020 happened. We were forced to "distance" from each other to stem an invisible enemy called COVID-19. People so tactile were suddenly not allowed to touch. But this community could not keep their helping hands to themselves. *Para-paraan*, as we say in Filipino. The community found ways to touch the lives of people who were desperately in need of aid. And in my report in the succeeding pages, the people keep outdoing themselves in generosity. Enter Oplan COVID. Enter the Pantry for Others. And so many more. These days are surreal. We can't even think of going out without a mask. We are scared to shake hands, and we bump elbows instead. We can't deny the lingering fear of being infected, but this is overcome by a compulsion to reach out, help—and touch others.

TRADITIONS

I am incredibly happy and grateful that we went all out in our 40th celebration. It was tiring but so fulfilling. We realize now that there are several traditions that may not return as we continue to grapple with our new normal. Will communion be always by hand? Will we return to public kissing of the Baby Jesus in the crèche? Will Confirmation ever be back to anointing by hand? Or even to the simplest, will the horde of eager kids ever feel safe to make *mano* to their parish priest again? Will we ever discard our masks and sing with gusto and in unison again? At first, the modifications are jarring and tend to make our revered traditions feel less satisfying. *Parang walang dating*. The Jubilee Cross is hoisted at the main altar. But we refrain from kissing or touching it because

of the virus. But then we realize that we are enlightened by the real significance beyond these gestures. Respect for the Host. Homage to the Babe in the manger. Missioning in the anointing. In the end, we are made to see that even with alternatives, without usual traditions, faith happens and takes over as it should.

TIMES

So we are flipping our calendars. So a lot of us have gotten our initial vaccines and boosters. We continue to remember the last time we zumba-ed in a big Christmas party, the last massive school graduation, the flamboyant weddings and processions, the last time we hugged and kissed and made *mano*. Happy times indeed.

Now we look forward to meeting new people physically and virtually. There are those we've discovered from online Masses, Rosaries, Zoom, and Google meet-ups. These times we've learned to prioritize faith and family over fleeting pleasures. Even our voters' education campaigns are effective via virtual means. More than a thousand attended our recent Halalan Pulong. Things are hopeful.

TOGETHER AGAIN

There is only one way to live out our Christian life, and that is being together. Maybe not as touchy-feely, hug after hug, *beso-beso* kind of being together. But this time a togetherness drawn by a bond woven by a common mission. Onsite Masses are back. People are returning to the church to worship publicly. I was elated to see the elderly and the children cautiously, but with a gleam in their



eyes, enter our church once again. I was delighted to see trusty church volunteers come back to serve. We were not trained at the seminary to celebrate the Eucharist before a camera no matter how high-tech we are. So many of our rituals that are anchored in our spontaneous togetherness have been snatched away. Still, we will continue living in a tapestry of new habits that are molded and bonded into a kinship borne of our faith in Jesus Christ.

We keep this in mind as we celebrate our being a Jubilee Church. I am overwhelmed with mixed feelings of hope and anxiety. The last time I felt like this was when I took my vows to be your *kura* three years ago. There was a wee bit of trepidation by the challenges, but more fueled by hope. We continue to be a parish for others. We continue to pray for safety and healing. We continue to be vigilant in our Christian duties including preparing spiritually, mentally, and physically for the crucial national elections. We

continued from cover...

death. The cross is a sign of love, a love that is total self-giving, and true love.

MISSIONING

The receiving of a gift does not stop in us. The theme of our 500 YOC celebration is "Gifted to Give." This captures what it means to be grateful for the gift that we have received. After we have been blessed with the faith, we are asked to bless others with the same gift.

The call to share the gift we have received is missioning. We have a mission. We are sent to spread the Good News that can change and transform the world. There is just too much work to be done. It is important that we are patient and persevering, and learn more how to listen to people. We are now in the preparatory stage of the 2023 Synod of Bishops. We are doing some consultation where we listen to many people especially those who do not come to Church regularly or even non-Catholics. We listen to their expectations, dreams, pains, hurts, and their cries so that we can know what kind of Church the Lord wants us to become.

WITNESSING

We are challenged to listen while we are walking as a people disregarding economic status, educational attainment and other sub-cultures that can alienate people. This will not be easy, but it's a process that takes time, patience, and constant evaluation, a process that requires prayer, discernment, and openness to the ways of the Spirit. Concretely, we have the coming May elections, and we are asked to remind our people to participate actively. We thank God we have come up with a Discerning Process by which we educate and form our people in the right way—to encourage their active involvement in choosing our future leaders with the proper criteria.

As we continue our journey in this 500 YOC celebration, we look ahead with hope and courage. We are asked to be creative and explore different ways in fulfilling our duty to evangelize the world. And yet being a missionary starts at home. It starts in the family where God wants to dwell and remain.

Let me end my homily with this popular poem entitled "Hang It on the Cross" by Logan Parker:

If you have a secret sorrow,
A burden or a loss,

continue to be a parish for others.

Let me cull some lines from a song from the movie "Same Time, Next Year" sung by Johnny Mathis and Jane Olivior.

Oh, the last time I felt like this I was falling in love,
Falling and feeling, I'd never fall in love again.
Yes, the last time I felt like this, was long before I knew
What I'm feeling now with you.

Yes, I've fallen deeply in love with this community. I have hope that this community will be vigilant and discerning in their Christian duties including choosing the right leaders for the next six years. Kapit lang. We've got this because our patron Christ the King has got our back. Welcome back to CTK! 👑

An aching need for healing...
Hang it on the cross.

If worry steals your sleep
And makes you turn and toss,
If your heart is feeling heavy...
Hang it on the Cross.

Every obstacle to faith
Or doubt you come across,
Every prayer unanswered...
Hang it on the Cross

For Christ has borne our brokenness
And dearly paid the cost
To turn our trials to triumph...
Hanging on the Cross.

For the greatest expression of God's love is
Hanging on the Cross. Amen.

Be grateful.

Commit to spread the Good News.

Witness every day to that generous love God has shown to us on the Cross. 👑



Christ The King Parish — Greenmeadows



CTK Public Masses

Effective Feb 12, 2022, 6PM mass

Mass Schedules (Public and Online via)

Weekdays

Mon to Fri at 7AM & 6PM | Sat at 7AM

First come-first served basis

Weekends

Sat at 6PM | Sun at 7AM, 10AM, 5PM

(no 12NN mass yet)

Online indoor seat reservation via

www.churchseatbooking.com

Reservation period:

Thurs 8AM to Sat 2PM for Sat 6PM,

Sun 7AM, 10AM masses

Thurs 8AM to Sun 2PM for Sun 5PM mass

326 indoor seats per mass for those who are **18 years old and above** who are **fully vaccinated** and **below 18 years old**, regardless of vaccination status

50 outdoor seats will be open to all ages regardless of vaccination status

Wearing of face mask at all times; face shield is optional



Other Parish Schedules

Effective Feb 2, 2022

CONFESSION

Wed & Fri 9 to 10AM | Sat 5:30 to 6PM

Sun 9:30AM to 10AM, 4:30 to 5PM

beside Divine Mercy Chapel

PARISH OFFICE

Tue to Sun 8AM to 12NN & 1:30 to 4PM

Landline: 8633-0280, 8687-1909

Mobile #s (text only please): 0917-6282572 (Esmer), 0965-4380554 (Bella)

Email: ctkgreenmeadows@yahoo.com.ph,

ctkgreenmeadows_weddings@yahoo.com

CHURCH VISITS

Main Church

Mon to Fri 10AM to 6PM | Sat 10AM to 3PM

MORTUARY

Daily 8AM to 9:30PM

CRYPT VISITS

Daily 8AM to 6PM

WEDDINGS & INDIVIDUAL BAPTISMS, as scheduled

Divine Mercy Chapel & Adoration Chapel are closed



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

GCash



CTK Stewardship BDO Account

Account No: 0015-1003-4720
(Pastoral Programs)



CTK Parish PS Bank Account

Account No: 089-330000-16-2
(Parish Operations/ Church Maintenance)



CTK Parish China Bank Account

Account No: 242-002031-2
(Casa de Silencio)

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